

Kneipp mm Cure moniMy

AND...

SINGLE
COPIES
10 Cents,

HERALD OF HEALTH.

Magazine Devoted to Natural Healing Methods, Hydrotherapy and Kindred Topics, also the Development and Maintenance of Perfect Physical and Mental Welfare, to the Exclusion of Drugs and Non-accidental Surgery.

PUBLISHED BY THE KNEIPP MAGAZINES PUBLISHING COMPANY.

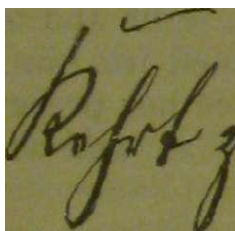
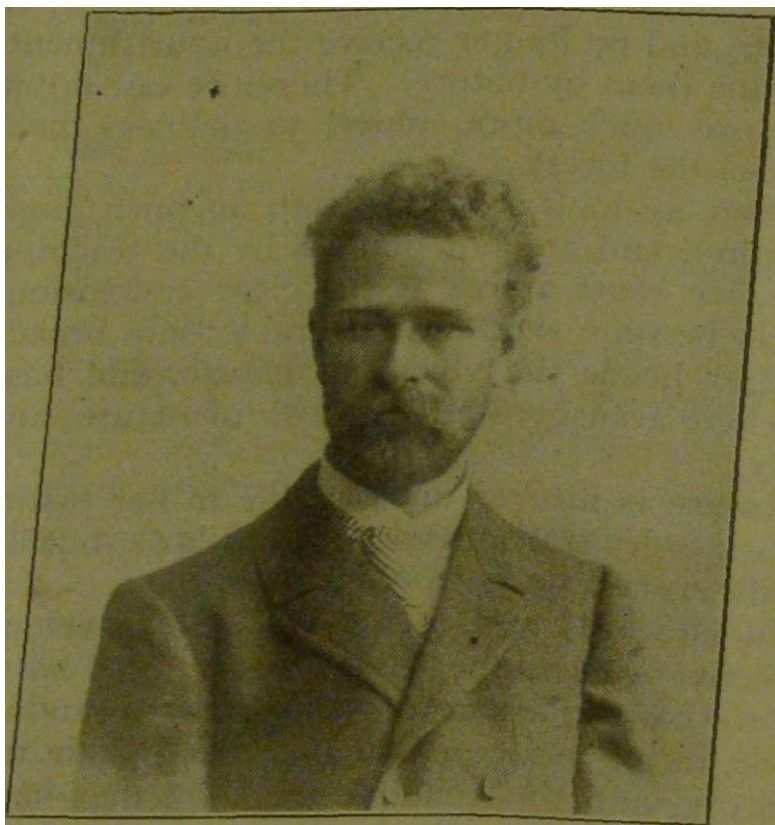
B. LUST, Editor and Manager.

Office: 111 EAST 59TH STREET, bet. 5th and Lexington Aves., NEW YORK.

Vol. J J.

SEPTEMBER, 1901.

No. 9.



Return to Nature.

By Adolph Just. Jungborn, Stapelburg Harz
Germany.*

I. The Voices of Nature.

In communicating my ideas concerning health, the cure of disease, and human happiness, I am merely obeying a serious, powerful inner command.

Man originally came from the hand of the Creator absolutely healthy and good, without any blemish in body or soul. The handiwork of the almighty, all-good, and all-wise Creator could not indeed have been from the start an imperfect and defective, a diseased and sinful, a miserable and unhappy being.

In paradise man lived originally free from sin and disease* in perpetual joy and unclouded happiness.

* Translated from the German by B. Lust.

But man lost paradise—was driven forth from it. The ancient myths, especially the myths concerning paradise, which we find among all civilized peoples, embody the profoundest truths regarding the original state of man and the primitive history of mankind.

True health is no longer met with among mankind. Everywhere on earth disease and decadence stare at us in infinite variety. From the cradle to the grave men are beset by pain and suffering in all their forms. Not nobility of soul and brotherly love, but hate, envy, jealousy, brutality, vice and crime rule in the world. It may truly be said that we behold contemporary man only in care and sorrow, in misery and suffering, in unhappiness and despair.

I, too, have had to drain the cup of suffering to the dregs. A serious nervous trouble, the disease of the century, and which was caused chiefly through inheritance, began early to undermine my health.

During this period I passed through all the phases of misery and unhappiness, and, as already remarked, was obliged to drain the cup of suffering to the dregs.

My ailment was a very serious one, all remedies; including those of the nature cure, proved unavailing, or at best gave only slight relief.

The greatest distress compelled me to pursue my studies further and further, in search of truth and help, and in this way I discovered the only sure path to health and happiness, and the only effective remedies. By passing through this severe school of Suffering I am perhaps the better fitted to preach the truth to my fellow men and to point out to them the true cure and help. Since I, too, have passed through all the mistaken paths along which mankind is journeying to-day, I am perhaps the better fitted to raise a cry of warning and lead my fellowmen away from them.

I intend to show in the following pages in what way alone we may escape all illness and suffering, and thoroughly cure all pain and disease. But we shall then see that in this way we can also free ourselves of all sinful impulses, of vice and despair, find rest and peace of mind, and return to true religion and to God.

I do not intend to write a book of precepts health and happiness according to some artistic conceived plan, but I shall communicate* my pi simply and precisely in the same order in which, a much wandering, I came upon the path that led to nature and consequently to health.

In my suffering*, I naturally consulted first

old-school physicians. I called on celebrated doctors and university professors, but they could not help me.

In the direst distress and despair I finally lost the high opinion of science which I had acquired through education and schooling. What did I care for science? In my despair I wanted help and nothing but help.

I now heard of the good results of the nature cure method, and turned to it. I began to go barefoot, to apply Kneipp douches, Kuhne baths, packs, steam baths, massage, vegetarian diet, etc. This for the first time gave me real relief and improved my condition. But I wished to go still further along this line, to achieve still greater success, to reach indeed the highest aim.

I placed my greatest hope in the nature cure method. By following it with the greatest perseverance I wished to regain my health,—the highest happiness.

But finally my confidence was undermined and shaken. The realization of my high hopes, my complete recovery, was still delayed. Besides, I saw so much quarrelling and controversy among the individual champions of the nature cure method. One or another process was represented as false, and even injurious.

Were the opponents right or wrong? Could it be that the nature cure method was even harming me? Or were all my sacrifices again in vain? If I got no help from the nature cure, where then was I to place my faith? Was I simply to resign myself to my fate? The dissensions among the nature cure people were at least suspicious.

These trying doubts cost me much distress, and I know that many patients have suffered greatly from similar depressing and tormenting doubts.

At the time, in my wanderings and despair, there suddenly appeared a bright star which I have steadily followed ever since, and which has brought the greatest and most significant change into my life. I greatly desire that before long it may become the guiding star also of all mankind, who would then no longer languish under the heavy burden of disease and invalidism.

Who tells the children of nature in distant countries, the animals of the woods, how they are to bathe, what they are to eat, and how to avoid danger? The voices of nature alone: instinct and the organs of sense (the senses of hearing, smelling, tasting, etc.) are their guides.

"Man while he striveth is prone to err."

—Goethe, "Faust."

We can therefore never expect to get any correct information from the men of to-day (not even from their writings) concerning our welfare and happiness.

Neither can we allow men to teach us the care of our health and the curing of our diseases.

But nature does not err: she is still the only one to teach us what is right.

Men who no longer listen to the voice of nature become the victims of a thousand different diseases and miseries. But the creatures of pure nature, on the other hand, the animals of our forests, are free

from sickness and from everything else as well that corresponds to the sins and vices of mankind.

"*f^M*: Every prospect pleases,
And only man is vile."

—Schiller.

To-day, indeed, there is not a spot left where man has not interfered with nature* for the worst. Therefore one finds even in free nature, in the forest among plants and animals, single instances of taint and disease, but these are still so rare, compared with the infinite sufferings and the great misery of mankind that the words of the poet quoted above still hold good.

The creatures of nature are, indeed, free from disease. But they also fall easy victims to it as soon as they are withdrawn from unmolested nature, and no longer stand in the relation to light and air, earth and water, and no longer receive the nourishment appointed for them by nature. Therefore our domestic animals are much more subject to sickness than the animals of the forest.

When we look at nature with an open, unprejudiced mind, and are not blinded by the teachings of science, we must arrive at the clear conclusion that man has become sick and miserable only because he no longer heeds the voices of nature, and has thus everywhere transgressed the laws of nature, and lost his way.

Nature is forever unassailable in her justice, she punishes every *transgression* of her laws, but likewise rewards every return to obedience.

In all cases and in all diseases, therefore, man can recover and again become happy only by true return to nature: man must to-day strenuously endeavor, in his mode of living, to heed again the voice of nature, and thus choose the food that nature has laid before him from the beginning, and to bring himself again into the relation with water, light and air, earth, etc., that nature originally designed for him.

Nature speaks intelligibly and gives her precepts plainly to all creatures, to the animals as well as to man.

* Man in his misguidance has powerfully interfered with nature. He has devastated the forests, and thereby even changed the atmospheric conditions and the climate. Some species of plants and animals have become entirely extinct through man, although they were essential in the economy of nature. Everywhere the purity of the air is affected by smoke and the like, and the rivers are defiled. These and other things are serious encroachments upon nature, which men nowadays entirely overlook, but which are of the greatest importance, and at once show their evil effect not only upon plants but upon animals as well, the latter not having the endurance and power of resistance of man.

To him who cannot see the defects caused by man himself, and who doubts the absolute perfection of nature, one is tempted to say:

"Thy sense is shut, thy heart is dead:
Disciple up! untiring, hasten
To bathe thy breast in morning-red!"

—Goethe, "Faust."

f Nature does not intend man to remain in such great ignorance and confusion concerning the true course of life and the true methods of cure so that he will fall out with his fellowmen in discussing these subjects and become a victim of tormenting care and doubt. We must not only no longer listen to men, but go for information to nature.

But nature speaks in a different manner than man. She offers her lessons not in books, not in dusty tomes; she expresses her will to her creatures plainly and clearly through instinct, the organs of sense, etc.

In addition to these, rational man is also gifted With conscience.

Primitive peoples in distant parts of the earth still preserve these only safe and sure guides on the road of life. It is well known that these children of nature are gifted with such keen organs of sense (seeing, tasting, hearing, etc.) and such sure instinct, as to readily recognize all danger and all things harmful to them.

These primitive peoples recognize, for instance, quite plainly every poisonous plant without ever having studied botany or indeed anything else.

Civilized mankind, consisting of the more highly developed human race, originally also followed the only safe guiding stars on the sea of life, and escaped all suffering and disease as long as they persisted in this course. But there lurked a danger for them in their higher intelligence.

Man is gifted with intelligence that he may recognize, in contradistinction to the animals, his connection with God, God's goodness and love, and so enter into filial relation with God and lead a higher life. His intelligence constitutes his highest excellence. But man used his intelligence for the purpose of separating himself from nature, he early refused to listen to the voices of nature, and followed the inspiration of his reason. He wished to be teacher and lawgiver on his own part, and made of himself "the little god of the earth." With the aid of his reason, his intellectual "faculties/" he engaged in special, arduous studies and researches, on which he reared a system of laws according to which he arranged his life, his food, his clothing, his labor, education, etc. Civilization began.

Out of this false use of his reason grew science. In this way science rests on error and is followed by disaster.

We shall here especially consider the science of medicine, with its teachings and demonstrations in chemistry, anatomy, physiology, etc.

The voices of nature have always been true to man, but science is the cunning serpent in paradise which deceived man from the start, led him astray, and gave him false instruction.

The more man listened to the teachings of science, especially of medicine, the more he became a victim of disease and misfortune, although science was extolled from the beginning as the dispenser of happiness and blessings.*

It is still a risky thing to attack science, notwithstanding the fact that precisely her most faithful and honest devotees are the most afflicted with disease

The only way, therefore, in which man can be cured of his diseases with certainty, and can again secure entire happiness is to abjure science in all things scientific.

It is very difficult, to be sure, to protect one's self altogether from this cunning serpent at present for men have been obliged to listen to science from early childhood, and have imbibed its poison from innumerable books, many have sacrificed their entire fortune and their wealth, to science,—in short, men everywhere have worshipped at the feet of this celebrated goddess.

When man is just beginning to allow himself to be guided once more by nature, in a simple manner, without any doubts and subtleties, the cries and exclamations of science are heard to interfere from all sides. In hygiene and pathology then the talk is of bacilli, albuminous matter, nutritive salts, colds, etc., etc. Man is then easily led astray again.

Let man therefore be guided solely by the voices of nature (instinct, conscience, organs of sense, etc.).

It may be objected that it is easy to see how the animals are safely guided by their instinct, but it is hard to understand how for the present man can be led by nature in the same manner.

To be sure, man has not listened to the voices of nature for a long time. Instinct and conscience have consequently grown silent, and the organs of sense have become weakened. But nevertheless we can still be led by them easily and safely. Well does the great Goethe say:

"Quite softly speaks a God in our breast,

Quite softly yet perceptibly he shows us which we must seize, and which to flee."

When I began to heed the voices of nature once more, every thing was soon clear to me. On the important points I soon knew everything that was necessary for me to know, and which I have recorded here in my book. There was no need of a long period of laborious research and investigation.

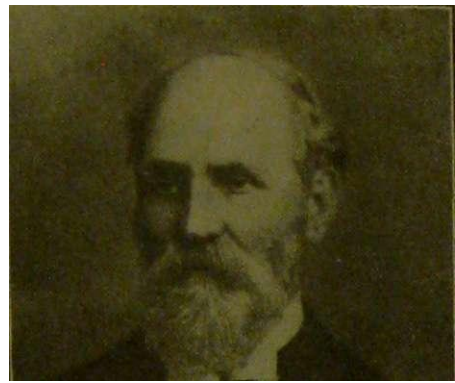
Everything that I have written in the following pages I learned from nature alone, her voices alone have guided me.

Let the reader judge for himself whether these teachings of pure and simple nature appear to him plausible and true. At all events I know that they have so far met with the most enthusiastic approval and acceptance on all sides, and that the good they have already done is greater by far than is generally believed. I have often had the opportunity to convince myself how much lost happiness my book has again restored, how many a blessing it has wrought.

(To be continued).

and suffering. I need refer only to the many nervous and broken-down savants. Our opponents here remind us of the great and beneficent researches, discoveries, inventions, etc. But I trust that those who read my book will no longer be dazzled by the great "achievements" of science or the great blessings of civilization, that are said to have grown out of it for man.

THE KNEIPP WATER CURE MONTHLY.



RICHARD METCALFE.

The Physiology of Sleep.

By Richard Metcalfe,
The Priessnitz Hydropathic Establishment, Richmond
Hill, Surrey, England.

I.

Insomnia, Sleeplessness, Somnomania, or Abnormal Sleep.

Herbert Mayo, F. R. S., Senior Surgeon of the Middlesex Hospital, says: In sleep the mind is put out of gear. The engine may continue to work, but the whirl of thought bears no relation to our practical being. It does not use our recollections of the past, or touch or influence our present purposes. Our personal being is detached from the play of our associations: Our anxious and responsible nature, with all its thoughts and cares, is wrapt in oblivion. Imagination, so dimly lighted is the chamber in which Reason sleeps, looks upon our tired hopes, our anxious fears and wants, and does not recognize them.

In respect to sleep, there are three points worthy of note. The first is on the physiology of sleep, the second is on sleeplessness which is the result of a diseased condition called insomnia. The third on those who sleep too long, which is another phase of disease of the brain which we term somnomania. The two first conditions will occupy our chief attention. The last, which is somnomania, is only brought in as a feature of disease, hence there are two problems in connection with sleep that hitherto baffled all attempts at solution, and it has been asserted by high authorities that whoever solves them will certainly be entitled to public honors.

The first is physiologically, the natural cause of sleep. The second is the discovery of an agent that will give or force sleep without ill-effects or danger. Though the theory of the physiological cause of sleep has not been advanced that is not open to many objections notwithstanding the subject has received the amplest attention from all classes of scientists. It is, however, generally agreed that before the condition of sleep can be established, there must be a diminished quantity of blood circulating in the brain/produced by a contraction of the cerebral blood-vessels; but after

all we scarcely know more of the subject than to define sleep as the natural expression of some wise law by which the external senses are for a time suspended. It would be impossible in a medical point of view to over-rate the value of sleep, as a preserver of health and as a restorer in sickness.

Sleep seems to have been appointed by God as a powerful and grateful means of keeping the vital powers in a state of health, mentally and physically, it is a period during which it receives its tone and stores up its forces, whilst at the same time most of the exhausting functions of the body lie dormant, a sense of voluntary power is for a time arrested—the respiration is lower. The amount of gas and fluids thrown off from the body are diminished and the heat lowered. Life is as it were vegetative only. One organ of the body, however, never sleeps, namely the heart, from the opening of life till its close, this member is ever on duty. When in a horizontal position for sleeping the only material ease that the heart gets in the course of its life journey, is that the pressure and activity of the circulation is less, hence the work is lighter. Dr. William Augusta Guy, M. B., says that sleep comes on for the most part at that period of the day and in that posture in which the circulation is the most sluggish, namely, at night and in the horizontal position. Now it may be stated that the pulse falls towards evening and it may be added that this is most frequent in the horizontal than in the erect position of the body.

These two circumstances, then, which favor a slow circulation of the blood, also favor sleep and partly explain its occurrence, but other causes must be taken into account such as darkness and silence, the absence of the usual impressions on the senses and the exhaustion of the nervous system. This exhaustion reacts upon the circulation, and the circulation in its turn reacts upon the brain. Sleep then may be considered as due partly to exhaustion of the nervous system itself and partly to the absence of impressions on the organ of sense, and partly to the languid circulation through the brain. The negotiation or absence of any of these conditions produces wakefulness; intense cold which is another familiar cause of sleeping, probably acts partly by causing accumulation of blood in the interior organs of the body and partly as a direct sedative. Languid circulation of the brain results in every case in the cold stage of ague; the same state of circulation exists and the same condition of brain, and when this is of long continuance or of great severity, deep sleep or coma occurs; however, the cause of this stage may be repletion and a certain state of intoxication. Sleep which follows full meals may be explained by the circulation through the brain of the products of digestion not yet fully converted into blood; spirituous liquors act as a poison when taken in small doses stimulate and act as narcotics in larger ones."

Dr. Sinclair says: "During sleep the nervous system seems to be directed to the restoration of the losses sustained during the day, and it has been well observed by Lord Bacon that the processes of assimilation and nourishment are accomplished chiefly during sleep; the necessary consequence of this is that the growth of the body is promoted by sleep which is

ascertained by experiments that young plants grow in the night time, which is generally their time of sleep, and there is every reason to believe that young animals follow the same rule, hence it is that more sleep is necessary for children than for grown persons."

Sir Erasmus Wilson says: "Sleep is one of the wisest regulations of nature to check and moderate at fixed periods the incessant and impetuous streams of vital consumption. It forms as it were stations for our physical and moral existence; and we thereby obtain the happiness of being daily reborn and of passing every morning through the state of annihilation into a new and refreshed life. Without this continual change, this incessant renovation, how wretched and insipid would not life be and how depressed our mental as well as physical sensation! The greatest philosopher of the present age says, therefore, with justice: 'Take from man hope and sleep and he will be the most wretched being on earth/'

How unwisely then do those act who imagine that by taking as little sleep as possible they prolong their existence.

But sufficient sleep is necessary in regard to support and duration of life. Nothing accelerates consumption so much, nothing wastes us so much before the time and renders us old as a want of it. The physical effects of sleep are that it retards all the vital movements, collects the vital power and restores what has been lost in the course of the day, and that it separates from us what is useless and pernicious. It is as it were, a daily crisis during which all secretions are performed in the greatest tranquility and with the utmost perfection."

Experience has demonstrated the superior efficacy of undisturbed sleep in promoting the secretions of the skin in so much that persons sleeping healthfully without any unnatural means to promote it, will in a given space of time perspire insensibly twice as much as one who is awake. In the space of Seven hours, from forty to fifty ounces of matter are commonly expelled from the body during undisturbed sleep, and it must be borne in mind that nothing passes from the pores of a healthy person but what is thoroughly digested and fitted to be thrown off as used up material.

Abnormal Sleep.

While a proper course of sleep either in disease or in health is indispensable to restore force, yet there is nothing more pernicious to the brain than oversleeping; it brings on sluggishness and dullness of all the bodily functions and naturally tends to weaken and debilitate by blunting and destroying the senses and thus rendering both the body and the mind unfit for healthful daily action. Sir Erasmus Wilson says that too long sleep accumulates too great abundance of pernicious juices, makes the organ too flaccid and unfit for use and in this manner shortens life. From the lowness of the circulation which too much sleep occasions, predisposes to undue corpulency, a bloated habit of body, and a tendency to dropsy, lethargy, apoplexy, and other obese disorders. Hence Galen calls sleep the brother of death and says that when carried to excess, nothing is more injurious. Wesley adds that lying too long in bed occasions weakness

of sight and though remarkably weak, yet as he grows weaker, owing he thinks to his practice of eating.

The proper time for rising is when signs so called ends. Dosing is not admissible from a reasonable health point of view. The ordinary into the state we call sleep, and the ordinary body follow.

Natural Sleep.

No rule can be laid down applicable as to the amount of sleep required to preserve health. It is a subject for individual rather than for general assessment, and will vary with different circumstances, but so long as the slumber is quiet, it is refreshing, whatever the number of hours may be.

Sir William Jones says:

"Six hours to law, to soothing slumber seven, Ten to the world, and all to Heaven."

But after all, each person must fix the standard of his own requirements, taking care not to let this be too low. Without wishing to indulge self-indulgence, we must express our opinion that most of us take too little sleep, for one must feel wide awake if one is to enjoy life or to conduct business with the full advantage of our intellectual powers, otherwise our daily occupations will be performed mechanically, instead of with the freshness of mental and physical vigor.

The sick, and all who suffer pain, should sleep as much as possible, as while sleeping the strength of the nervous system is improved, and nutrition is rapidly proceeding; and, in times of trouble and anxiety, "when sorrow sleepeth, wake it not."

The secret of good sleep is to work and weary the several parts of the organism so as to give them a proportionately equal need of rest at the same moment. Sleeplessness is steadily upon the increase, there is probably not one of the conditions of health upon which we are more absolutely dependent than we are upon sleep; anyhow there is not one which is more difficult to control, and there is certainly not one which takes such deadly vengeance for any rash or unskillful attempt to coax it. If a man be afflicted with loss of appetite he may probably lose flesh and tone, but he must be the most feeble minded of human creatures if he cannot compel himself to eat enough to keep the body and soul together until remedies have induced a better condition of health. If he be indolent and lethargic and unwilling to take exercise, a vigorous effort of the will is again all that is necessary in the case of loss of sleep, to exercise the will is not only useless but we might almost say injurious to the attainment of the desired object; but to lay awake watching for and vainly trying to conjure a sleep we know to be unwilling to obey us, is the condition of all our effort of the will is again all that is necessary. In its own object, and when, we therefore recognise our own practicable helplessness on the one hand and observe on the other the tremendous effects which follow the withdrawal or even a diminution of this little heeded daily blessing, we may ask ourselves what are the causes which tend to weaken its beneficent influence, and how far each man may succeed in increasing or diminishing the risk of his own particular case.

It is of course a truism that perfect health can only consist in due balance of mental and bodily powers; and it is also true that one may seem to flourish for a time with superior vigor if cultivated at the expense of the other. Experience teaches us that nature revenges herself sooner or later for experiment on such thoughtless premises, and especially if it be the mind which is cultivated at the expense of the body.

There are many fid-fad fancies and superstitions upon nearly all subjects, especially upon those which are outside of what is called the orthodox thinking public, and I must confess that it is very often a difficult matter to reconcile oneself to the truth of such theories, which from experience of those phenomena cannot be denied or disapproved. It is a very painful fact, but nevertheless true that there are many unorthodox doctrines which are not accepted on account of the people knowing about them, and pooh-poohing everything on these grounds. I have met with thousands of these individuals during my lifetime who are systematically in the habit of denouncing everything simply on the plea that they do not understand the subject.

The Position of Bed Electricity.

There are people who believe that the position of the bed has something to do with procuring sleep. The head should be to the north and the feet to the south. Now, without wishing to adduce any opinion on the subject of the bed beyond one, namely, to believe that a laboring man who is thoroughly tired, it does not matter which way his head or tail is, he will go to sleep provided of course there is no irritating cause in the body.

With regard to the position of the bed, there are however some logical inferences to be drawn. The life of the animal and vegetable kingdoms mainly depends upon the healthful action of electricity in the air, and the influence of electricity partly depends upon the dry or moist condition of the atmosphere. We also know that electricity and magnetism are very powerful elements in the maintenance of all life as well as destroyers.

Then as regards the magnetic poles which are supposed to run from the north to the south, but as to whether the negative is in the north or the south, I am not in a position to say.

Assuming the current does run from the north to the south, I can quite understand a nervous person lying with his head in the south with the current passing contrary to the circulation of the blood of his body would possibly produce some irritating influence, anyhow sufficient to prevent such a person from sleeping. We know perfectly by scientific investigation based upon experiments that the current which is passed contrary to the circulation has a rather irritating effect, while that which is passed in a line consistent with the circulation has a soothing effect.

The question of the position of the bed may have a similar effect upon a sensitive person; but the subject as to which way a current passes is too obscure and complicated and has baffled our philosophers.

Infinitesimal Action.

It is only conjectured as to the way the currents travel in the air. But one thing we have had pretty

good practical experience of, viz.: infinitesimal action, which may to some extent account for the many apparent eccentric notions that many of our highly sensitive people possess regarding their creative comforts.

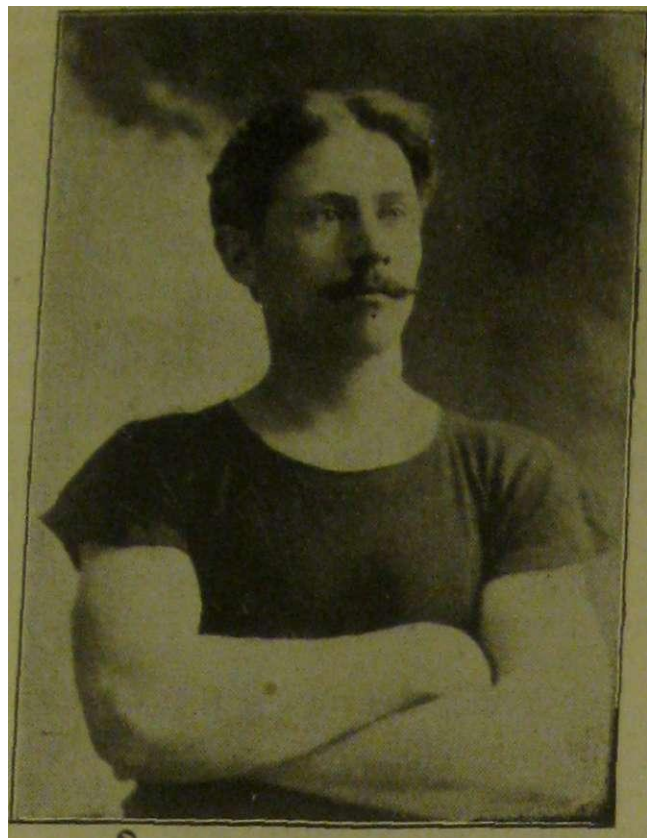
Take for instance the high potencies of homeopathic remedies.*! No one can dispute the fact of their efficacy upon the body, but how it is produced is a mere supposition: we only have the results. Then again there is what is called Count Mattei's system, where no positive perceptible ingredients are given in the medicine, it is merely impregnated similar to the musk where one seed will perfume a whole room, and that for six months, and yet the devotees of this system say they cure disease, which is generally admitted; namely, some of our worst types of diseases are communicated by the air where we know there are no atoms. Then again, without in the least degree agreeing or approving of the system of vaccination which is the law of our land, if we take the size of the vaccine lymph and compare the size of the body which has been vaccinated, it will be very difficult to reduce it to an arithmetical test, to compare the smallness. yet the law says it is successful in anticipating one of the vilest and certainly the most cruel disease we have. With such evidence before us we should be very careful in not pooh-poohing where practical experience has proved its utility, because it cannot be demonstrated by some logical principle, and I think that it is right that every healer should let the public have the benefit of his information on such subjects, allowing them to dispose of it as they please.

Sleeping with the Head to the North.

"From time to time some interest has been evoked in scientific and other circles by the discussion of the utility of sleeping with the head to the north. The subject was first brought into prominence by the reading of the Will of an eccentric Magdeburg physician, who was said to have lived to a great age, no less than 109 years.% He tells us that he attributed his years to the constantly observed habit of sleeping with his head to the north, and his feet to the south/' He considered this position favored the direction of the magnetic currents which flow towards the north pole, and therefore increased the energy of the jital principle. Some modern physicians have also recommended this position, and have recorded their belief in the sleep-producing tendency of the practice.

Sleep of Children.

With regard to children, they should avoid sleeping with old persons or in badly ventilated apartments. There are many things on record which are difficult to answer on a logical basis, and one of those is why a child loses vitality or an old person gains vitality by sleeping together. It is certainly a fact which has been proved by experience that children all round do not enjoy the same amount of relative health mentally or physically under the management of old persons as they do with younger ones. Some explain that the old unduly absorb the vitality of the young. The case recorded in the old testament of David and Abishag supports this idea, namely, that the old absorb the magnetic qualities of the young and thus check their nervous forces. (To be continued.)



WILLIAM JAMES CROMIE.

The Law of Activity.

By William James Cromie.

Nature knows no pause, and attaches a curse upon all inaction.—Goethe.

A millstone and the human heart are driven ever round;

If they have nothing else to grind, they must themselves be ground. —Von Logan.

It is exertion alone that supports the spirits, and keeps the mind in vigor.—Cicero.

To what part of the world shall we go to find no action, no motion, no exercise? Shall we look to the everlasting hills? No, for the geologist tells us that these are continually changing, both internally and externally, crumbling away by the action of the elements. Are not our river and ocean beds receiving fresh deposits from the firmest rocks on the globe?

Those mighty bodies, the oceans, how incessant is their action! Ever since the Spirit of God moved upon the waters when the world was in a chaotic state, this sublime, powerful activity has been going on; and ever will it continue till time shall be no more. The ocean and atmosphere are ever interchanging their commodities. The ocean, by the sun's rays is constantly giving off vapor to the atmosphere. This vapor comes back to fertilize the earth's surface in the form of rain, hail and snow, which forms springs, streams and rivers, and these return to their original source, the ocean.

Not only the parts of the world we inhabit, but other worlds as well are in perpetual motion. Think of the amazing velocity with which they revolve on their own axis, or the frightful rapidity with which they move in their orbits around their respective centers or suns. What mighty action is there in these countless systems of the universe! What importance God attaches to action, motion, exercise.

In the vegetable world is it not the same? To be sure we cannot see the action, neither can we M* the wind, but it is there nevertheless. Grasses, plants and trees could not live if it were not for the circulation of sap, juices and fluids through their innumerable little channels.

In the animal kingdom we find action more pronounced than in the other kingdoms of nature. Observe the swimming of the fish, the flying of the birds, the playfulness of the kitten; in fact, observe man as king of the animal creation, in the form of a little babe. How full he is of action. Kicking with his feet. Grasping with his little hands, his cries for food all indicate that action is the law of his being. How marvelously and beautifully constructed is his body. It is the masterpiece of Divine wisdom. Man is made in God's own image. God has decreed that no being needs exercise more than man, for whom all other worlds and beings were made. He has made us moral, free-will agents, with the power to do good or evil: to be active or inactive. In the vegetable and other kingdoms, God has kept the reins of government in His own hands. Besides establishing His laws within their structure, He has made permanent provision for their fulfilment.

We read in the Bible that the redeemed are flying through the midst of heaven, or saying "Holy, Holy, Holy, Lord God Almighty." Thus we see that action is even one of heaven's laws. Wherever we look, above or below, around or within us, we find this—call it what you will—action, motion, exercise.

The activity of man has made the world what it is. It explores the rich veins of rocks buried deep in the mountain side, extracting the gold, silver, copper, tin and other metals. It hews the storm-tossed oak, shapes the timber, and builds the ships which ride the mighty deep; and these carry to our shores the produce of every clime. 1 Man's activity, laughing at difficulties, spans majestic rivers, bridges deep ravines, builds cities over marshy swamps, and stretching from city to city the delicate iron thread called the telegraph wire, sends its messages almost as fast as the lightning to all parts of the globe.

The activity of man makes him like a mighty magician; he stately walks forth into an uninhabited region; he smiles as he views the dreary waste in its desolation, then waving his mystic wand, that barren country is changed to a peopled city, and the hum of industry is heard; the hall of science, the temple of worship, and the school house appear; the seas are whitened with the wings of commerce; barbarism is extinguished and a Christian civilization planted upon its ruins. The activity of the mind and body provides with daily sustenance the fourteen hundred millions of the family of man.

Give a hungry man a piece of bread, he masticates and swallows it; it is dissolved by saliva, gastric juice, acids and alkalies; churned, absorbed and hurled into the river of life. Hundreds of little factories along this mysterious river of blood change it as it passes here into the nerve cell, there into a bone cell, or into brain, skin and flesh cells. Is this not wonderful activity? We cannot trace the process by which this bread arrives at the muscles and acts, or at the brain

and thinks. We cannot tell what life is or where it begins, but we know that there is life in the blood.

The blood after it becomes venous and black with dead burnt-up cells and particles of worn-out tissues is changed in the lungs, at every breath, into pure, red blood.

In the blood floats our destiny; our success or failure. In it are health, strength and long life, or disease and premature death. From it our muscles, bones, nerves and brain all come.

In it are found our strength or weakness of character. In it are* susceptibilities of much learning, or dwarfed and narrowed faculties handed down from an uncultured ancestry. Through the blood we inherit weak, sickly bodies. In it are stored up the elements of a good or wicked life; the tendencies of a life that is chaste or immoral.

By our every action, walking, talking, moving, winking and even thinking, certain cells are destroyed. The blood in its ceaseless activity quickly replaces them by stronger living ones* In the body of man there are millions of these cells. We must have some agent which destroys the cells, but at the same time replaces them by stronger ones-; } There is only one agent which will effect this purpose safely, continuously and healthfully, and that is exercise.

By this law of metamorphosis, every particle, after remaining a certain time in the body, is cast off to be replaced by a new one. This alteration is carried on very slowly and almost imperceptibly, but without interruption.

If one whose muscles are weak, exercises vigorously each day until the muscles become tired, he will in a few months have stronger muscles, and will notice a decided improvement in his entire system. The muscles are of two kinds, voluntary and involuntary. The voluntary movements are controlled and regulated by the Cerebro-Spinal Nervous System, while the involuntary are adjusted by the Systematic Nerve System.

That power which we call "will" imparts, at times, an impulse to muscular activity, and at others it restrains and impedes it. *

The "will," however, is not the only instrument whereby the muscle receives a command to move as any mechanical, physical, or chemical action, for instance, a pinch, a blow, an electric discharge, the contact of a strong acid, etc., can play the part of a stimulus, and cause contraction and movements.

An impulse is created in the brain to flex or extend a certain muscle, it is carried to the nerves of the spinal chord, and from them to the peripheral nerves, and thence to the muscle itself. Thus we see that exercise is not so simple a thing as is commonly supposed, but on the contrary it involves a complex process involving the brain, the spine, the nerves and the muscles.

Some think that those who exercise the muscles, do so at the expense of the mind, but every motion that is performed with clubs or dumb-bells must first be performed in the brain. I have seen well developed athletes try to swing clubs for the first time and make of it a dismal failure. Was it because they became tired or that their muscles were not sufficiently deve-

loped? No* it was because the muscles and mind did not co-ordinate. So one who works at any occupation where muscular skill is required, must first work it out in his brain. This means the tearing down of some and the creation of other cells. While I am writing this, I am tearing down cells, and you, reader, are doing the same. But nevertheless new cells are being created. You may receive a thought which you had not before known, which will inspire you, and which time itself will not erase; while I may be inspired with the thought that this book may teach some one the way to health and right living. We are constantly giving out to others our vitality. How deplorable then if this be evil and no good. Every act one commits, every word one speaks has its influence on others. We can not live to ourselves nor can we die to ourselves.,

Proper exercise increases the breathing power, rids us of carbonic acid, and purifies the blood. If the whole body be exercised as near as possible at the same time, additional strength and vigor will be distributed to every part alike. The circulation is quickened and causes the blood to be pumped or forced into the different parts of the body with unusual force. The increase and power of the voluntary muscles is the least useful effect of exercise: the most important effect is a strengthening of the involuntary muscles in the process of perspiration and circulation, which enables us to use the increased power of the voluntary muscles (those over which we have control) with safety and comfort. By exercising the voluntary muscles, we thereby strengthen the involuntary muscles such as the heart, lungs, etc., and these in turn by being strengthened allow us to more vigorously exercise the voluntary muscles.

The sedentary stretch their lazy length
When custom bids, but no refreshment find,—
For none they need: the languid eye, the cheek-
Deserted of its bloom, the flaccid, shrunk.
And wither'd muscle, and the vapid *souh*
Reproach their owner with that love of rest
To which he forfeits e'en the rest he loves.

—Cowper.

Facts Everybody Should Know.

What is Nature's Cure?

Liberty enlightens the world.
Let there be light, and it will be light.
The strength of a Nation depends on the Health of its people.
A Nation who eats, drinks and wears well, does well.
Remember, the greatest gift is Health.
Good Health is happiness and a blessing given to us by nature.
Perfect life builds perfect Health.
Fine Foods build fine Minds.
The foundation of Health is "Hygiene" and the key to better times.
Perfect Health is our fortune and Humanity our duty.
Water, proper Food and Drink certainly accomplishes
Air (proper Clothing) is superior. Light supreme.

RESULTS:

Life! - Health! Wealth! Strength! Intelligence!
Longevity with youth! Knowledge! Magnetism! Will Power! Etc.

THE KNEIPP WATER CURE MONTHLY

The To-morrows of Happiness That Never Come.

To be intending to live a new life, but never to find time to set about it,—this is as if a man should put off eating and drinking and sleeping from one day to another until he is starved—TjL^tOTSON.

Governor William E. Russell, of Massachusetts, said, "Make a Hying,, but remember that there is one thing better than making a living,—making a life." Most people are so absorbed in making a living that they forget to make a life.

Many of us spend our best energies, the best years of our lives, accumulating money, lands, houses, stocks. We spend comparatively little time in real living; we are always going to live,—to-morrow, next week, next year, after we have laid up a little more money. We shall have more leisure then; we shall spend more time *in* self-culture; we shall take that, long" contemplated trip abroad. *visit the great art* galleries, of Europe, and study the conditions of life in other lands. Next year, we shall send the boy or girl to college, start a library, buy works of art, and take time enough from our business or profession to *get acquainted with* our families.

But to-morrow,- next week, or next year, finds us farther than to-day from the realization of our dreams. The habit of accumulating, of making a living instead of a life, has so fastened itself upon us, has become so intertwined with the fibre of our character, that it has ^already mastered us. We are slaves in its iron grip; and, though we may go on deceiving ourselves with the fiction of to-morrow and to-morrow, building castles in the air, dreaming of the things we shall do by and by to make life pleasant and profitable, we are slowly but surely losing even the desire to enlarge our horizon.

A fine art is this,—learning to live. But how few people ever acquire it! It is comparatively easy to become proficient in law, in medicine, in business methods, or to become a statesman; but how rarely do we find a man or a woman who lives a true life,—a life of simplicity, of refinement, of culture, of character-building! How few of us develop our finer social or home instincts, "We hurry at our meals; we hurry to our place of business; we try to crowd more than an average day's work into our working hours, and are all day pursued by a demon of hurry. When we return home, we are tired, irritable, exhausted, utterly unfit to enjoy the family life, or to contribute to the happiness of those around us. In the rush and nervous hurry of the day, we have used up all our energy. We have left no reserve for the cultivation of the higher side of our nature. We are exhausted, sucked dry like a squeezed orange. The next morning, as soon as we have recuperated after the night, we repeat the previous day's routine.

So we go through life, mocked by expectations which are never realized, simply because we never learn the secret of living properly, each day, as we go along. The future is a delusion and a snare, and he who banks upon it for his happiness is sure to end in bankruptcy. It is as much our duty to enjoy life to-day, to be cheerful and happy, to fill it with pictures of joy and happiness, as it is to tell the truth, to be honest, upright, and industrious. Happiness to-day, now, is our duty, and it is a positive sin to neglect it. This putting off one's enjoyment, happiness, until the sap of life has been drained, until the nervous system no longer responds to healthy, normal stimulants, this waiting until the fires of life have gone out, and there is nothing left but the ashes,, is not only foolish, but criminal. SUCCESS.

There is a great deal more for medical students of the next century. We put into their hands indeed plenty of ailments. We have failed to cure gout, asthma, rheumatism, aneur, consumption, and paralysis, without speaking of »ther"plaguey diseases" which afflict mankind. All that we can do at present is to recommend habits and diet which may perhaps be preventive. We can cure none of these diseases. •Will our successors prove more competent than ourselves? Walter Besant.

Scatter Sunshine.

In a world where sorrows
Where are found the
How much joy and com
Ti

CHO

Scatter sunshine all along your way
Cheer and bless and brighten ev
Scatter sunshine all along the way,
Cheer and bless and brighten ev

Slightest actions often meet the *soonest needs*,
But the world needs daily little kindly deeds;
Oh, what care and sorrow, you may help remove,
With your song and courage, sympathy and love.

—3—

When the days are gloomy, sing some happy song,
Meet the world's repining, with a courage strong,
Go with faith undaunted, through the ills of life.
Scattering smiles and sunshine o'er its toil and

It is quite true that if you regard the faces of men and women in public conveyances, on the street, or in drawing rooms, you find more men who carry the appearance of robust health than women.

This is due to many causes*— First of all, men have much more outdoor life than women.

They walk more, in the fresh air; they exercise more.

Nature intended us for outdoor life. We were meant to walk barefooted on the earth and to receive the electricity from it through the innumerable pores in the soles of our feet. That is why more pores to the inch were placed there than elsewhere on our bodies.

We were intended to be soaked by pouring rains now and then and to be dried by hot suns; to sleep upon the earth with all the subtle odors of grass and bark and rock and moss, sweeping through our lung cells.

We have wandered far and away from the original idea: but in this one respect of breathing fresh air, man keeps closer to the first plan than woman.

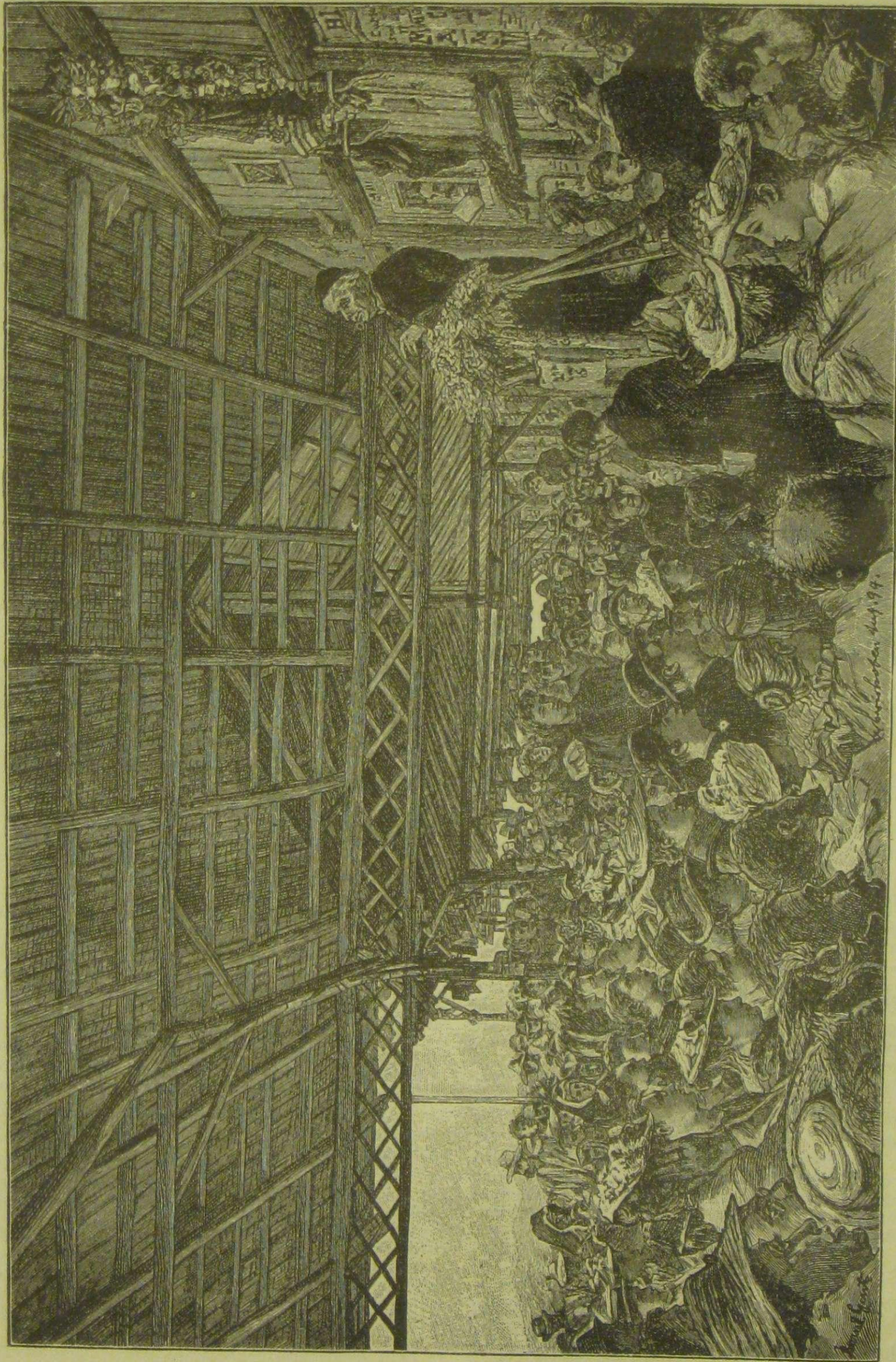
He is also freer in his clothing. The corset unquestionably does more or less harm in the world yet my ideas of its harmfulness are much modified by observation.

I have seen leaders of dress reform and teachers of "How to be beautiful without whalebones" losing all lines of grace before middle age, and I have quite as many groans of discontent from them as from the lady of fashion.

My correspondent must remember that motherhood is a more taxing profession than fatherhood; the man who walks to his toil every day and works hard to support his family, has not the drain upon his vitality that the mother has who soothes a fretful baby all night (after having brought it into the world), and stays shut indoors all day to care for it through the day.

Meantime, we must face the fact that in spite of all the drawbacks to health which women have to struggle with, she outlives man by a large percentage. We see ten old ladies where we see one old man. The preponderance of women in civilized lands may be one cause for the **lack** of lustre in many women's faces, for God intended the sexes to **associate** and where only women, or only men, congregate, there cannot exist the right **magnetic conditions** for **absolute** health.—Ella Wheeler Wilcox, in N. Y. Journal.

Man postpones or remembers,
present, but with reverted eye latne-i
of the riches that surround him, \$\$\$
the future. He cannot be happy a
lives with Nature in the iSfese-nt! afe



THE VERY REV. MR. SEB. KNEIPP LECTURING TO HIS PATIENTS IN THE OPEN HALL IN WOERISHOFEN.

The Douches.

By the Very Rev. Mgr. Seb. Kneipp.

If I picture to myself a large number of trees or regard them in a picture, each tree has its own particular place, and one can say "so many trees, so much space." One tree stands on a height, another in the dale; another on a mountain, another somewhere else, but all are alike in this, that each is rooted in the earth and grows out of the earth.

More in number and more varied than these trees are the diseases and infirmities of the human body which have their dwellings in definite parts of it, yet are they alike in this that their common home is the body just as the earth was that of the trees.

If a tree is to be removed from the earth, the attack must first be made on the roots and as soon as they are loosened and freed, the removal of the tree will be easy.

Exactly so it is with diseases embedded in our system. Although each disease has its own special place of development, it effects more or less the whole body prejudicially.

If therefore the sick place only be operated on, the roots of the tree of sickness will remain in the system and the sick person will never be well.

When a person is out of health, it is not only a part but the whole of the body that is sick.

I once asked a sick man what was the matter with him. He said "I am quite well; but two of my toes are so very painful, I cannot get up from bed nor can I work."

One would have supposed that having only his toes painful, other parts of the body could have done their work as usual.

I am convinced that there is no disease which does not gradually make itself felt throughout the whole body. Even when the disease confines itself at first to one little spot, it gradually extends itself till it has grasped the whole body* £As a rule I regard the bad spot only as the head of the disease which may be seen by any observant person just as the tree which grows out of the ground.

I am quite sure that the body would cast out all impure secretions and rid itself of all disease if only it had the power; therefore it is my firm opinion that those methods of healing are the best which support, strengthen, and brace up the whole body, thereby enabling it to throw off all hurtful matter and to resist any development of disease within it. It would not take long to cure a diseased part under such conditions.

Agatha had a whitlow on the finder. At first the pain confined itself to the finger but gradually extended to the hand and arm. Then came loss of appetite and chills in all parts of the body, and at length she could neither eat nor sleep. The pain in the arm became so great that she had to go to bed feeling altogether ill. This example shows clearly that not only the finger but the whole body was' sick, and that the finger was the spot through which the disease made an outlet. If one had treated the finger alone with remedies, the whole body might have remained sick

for weeks, until at length it had got rut 01 i *m*-matter it had imbibed, and in the piNWM w*e may have been lost.

I once met a gardener well known to me OT Aug? burg. He was full of trouble and complained TO mo that the doctors had decided to amputate two 01 the fingers of the right hand, and that the operation W I T to take place in two days. Up to his sixtieth year, this man was fat, strong, and healthy, he now looked wretched and ill, he had lost weight and his whole appearance was one of suffering; he had lost all his brightness and good humor by the pain and sickness he had gone through.

The hand was frightful to look at; it was so swollen that it was impossible to say whether it was one malignant ulcer or whether there were any fingers at all.

As the man so bitterly grieved over and feared the coming operation, I advised him as a last resort to try the water cure. This he was ready and glad to do. The effect of the water upon the whole body and upon the fingers was to take away the intense pain and the whole hand suffered less.

Every application brought with it relief so that the excellent effects of the water applications on the body and on the hand in a short time were very remarkable. He made up his mind not to allow his fingers to be taken off, and at the same time persevered with the water applications until at length the hand was healed leaving only little scars, and he was able to use the hand as well as ever, i;The application of water to the whole body strengthened it in its effort to cast out the diseased matter, and the benefit to the arm in dissolving and dispersing corrupt elements was equally great. Gradually the whole body became healthy. This is what I call heading.

The cure of all diseases should be undertaken in the same way as in the example I have just given. The whole body must be treated and in this way the diseased part will be healed.

These reasons have induced me regularly to work * upon the whole organism; at the same time, however, in order not to act upon it too severely, I treat from time to time a special part of i^ and then again another.

In very severe cases of illness I have found the simple washings with water ineffectual, and have therefore had recourse to douches which have answered extremely well on the various parts of the body. As each special douche exercised its influence on a particular part, a combination of them was made use of for the whole body.

We act much in the same manner as a servant who brushes his master's clothes; first he brushes the coat, then the trousers, and next the waistcoat, and so on until every article of the dress is clean. I have divided the douches as follows!, the Upper-Douche, which is applied to the upper part of the body; HeadDouche, which is specially directed to the head; Knee-Douche,. Hip-Douche, Back-Douche, Arm-Douche, and Full-Douche for the whole body. IN short the douche derives its name from the part of ffee body it acts upon. These douches taken together

THE KNEIPP WATER CURE MONTHLY.

operate on the whole body, but separately on each particular portion of it.

If therefore, dear reader, you are desirous of healing your sick body you must use various applications, one for instance to act upon the upper part, another on the lower part, or one that will work on the whole body, and you will be able to see how each and all work upon the whole system even when directed upon individual parts; and further that these applications must not be used always of the same power.

It must be borne in mind, therefore, that the greatest care must be observed in using the douches and that it is not so easy as people sometimes think. If the applications have been used only partially or superficially, it is impossible to obtain satisfactory results.—Kneipp, "My Will."

Chlorosis.

Chlorosis is a disease by which the percentage of water contained in the blood is increased considerably, accompanied by an insufficient New-formation of the red blood corpuscles, which may be correctly considered to be a sequel to the wasting of the blood-forming organs (the lymphatic glands and the spleen).

Chlorosis generally appears in young girls shortly before or during the beginning of their Period.

Chlorotic girls have generally a pale appearance, white discolored lips, bluish rings around the eyes; they often also have a swelled abdomen, and suffer from constipation, pain in the abdomen, difficulty in breathing, palpitation of the heart, tiredness in all the limbs; further, also, from sparse menstruation and have desires after the most peculiar, sometimes not even edible things.

Causes of Chlorosis.

The causes of chlorosis are:

1. A hereditated sickly corporal constitution, or as the case may be, a hereditary anaemia.
2. Considerable loss of vital juices (chronic diarrhoea).
3. Continued inhalation of impure and vicious air.
4. Sedentary habits, especially in badly ventilated rooms.
5. Insufficient nutrition, especially too much vegetarian diet.
6. Excessive consumption of warm, weakening beverages, as thin soups; further partaking of too much tea or coffee, whereby the digestive organs get weakened.
7. Over-exertion of the body although being poorly fed and while living in badly ventilated dwellings, as is to be found so often among the poorer classes.
8. Over-exertion of the mental faculties, as is now not unusual in our advanced state of civilization.

How to Cope with Chlorosis.

The following items are of most vital necessity in order to combat chlorosis successfully:

- (a) The partaking of a good, easy digestible mixed meat and vegetable diet.*Jiefff, veal, calves' brains, sweetbread, stewed veal, pigeons, fowl, raw and

boiled ham, further roasts of all kinds, game and the likewise nutritious blood sausages.

Light digestible flour- and milk-dishes in the form of pancakes, milk-rice, and such similar preparations.

In winter the easily digestible sacchariferous vegetables and in summer the fresh green vegetables in season (especially spinach), are advisable, however, only in moderate quantities only, to prevent flatulency.

Raw, but not too sour fruit, especially apples, in moderation, are very much to be recommended, especially these should be eaten between meals with whole-wheat bread.

Of potatoes, only very little should be eaten: however, if mashed and boiled in milk, they are to be recommended as an easily digestible dish.

Leguminous plants, but only in moderation, because chlorotic patients generally have a lack of gastric juice, and therefore cannot digest so easily these legumes which contain proportionately a large amount of magnesium.

The usual meals, prepared carefully and tastefully should be divided into repeated small meals of short duration* As much as possible let them avoid drinking any fluid while eating.

In the between-meals it is advisable, as already previously mentioned, to let them eat raw, fresh fruit, together with good, strengthening whole-wheat bread, or they may drink milk in small quantities at a time, because it is easier digestible.

Beer should be avoided as much as possible. Entirely to be avoided are: Sour white wines, fresh beer, and all sour, fatty, wind-generating and hard to be digested dishes, amongst these are the much liked dumplings, and doughnuts.

(b) Inhalation of pure, fresh air, if possible forest (pine) air; in conjunction with moderate exercise.

(c) Sleeping in large, airy and perfectly dry rooms, however, sleep should not be indulged in to too great an extent.—and the mattress should be of horse-hair, if possible.

(d) The dress should avoid all effeminacy, and should not be either too tight or too close, therefore, avoid the wearing of corsets, tight collars and rubber stocking bands.

KNEIPP APPLICATIONS.

(1) Moderate barefoot exercise, by degrees gradually extended to half an hour, especially in the morning dew. Immediately after this, the foot-covering should be put on, while the feet are still damp, in order to create the so very advantageous steam-warmth.

(2) The so-called: "treading*" the water, with the water above the calf of the leg, but only from 1 to 2 minutes. This may be done every morning: early, or several times a week only. Both of above applications may be applied all through the summer until late in the autumn.

(3) During the week dip the arms into fresh cold water for about half a minute, or take a knee gush for half a minute (take a pitcher of water and let a

steady stream of water fall on the bare knees for half a minute

(4) Apply repeated entire body-ablutions right from the bed.

(5) After the body is already comparatively hardened, a treatment of from four"to six weeks' duration, consisting* of upper gushes and cold upper ablutions in the forenoon, or of corresponding knee-gushes and half-baths in the afternoon, is recommended. For' Chlorotic patients who are too delicate, at first luke-warm water may be used, but this should gradually be reduced to its natural temperature.

For inciting the appetite, take daily 4 to 6 tablespoonfuls of tea of peppermint, to be taken at intervals during the day, and every day some exercise and a stay in the pure, fresh air for about one and a half hours each day.

Fomentations.

A fomentation is a simple and effective method of applying moist heat to any part of the body by means of flannel wrung out of boiling water, milk, or am medicated hot fluid. ^ It possesses advantages in man) cases, and is to be preferred to poultices, as it is lighter and cleaner, and can be frequently repeated without much trouble_f.. In extensive inflammations; .especially of the abdomen, in erysipelas, and to allay spasms in deep-seated parts, as in cases of renal and biliary calculi, repeated milk *fomentations* are always to be preferred. When moist heat is prescribed for inflammatory diseases of the joints, or as a mild derivative in rheumatic fever, to relieve the articular *pain*, *milk fomentations* will be found serviceable. Much depends on the way in which the fomentation is prepared, fit ought to be applied as hot as the skin can bear, and, although moist, the hot liquid should be thoroughly squeezed out of the flannel applied to the skin. A large piece of course flannel folded is employed for the purpose, and, after being soaked in the boiling liquid, it should be enveloped in a coarse towel, and the hot liquid may be wrung out of the flannel by simply twisting the ends of the towel several times round the fomenting cloth. Have two pieces of flannel and a pail of hot water in which to wash out each cloth before applying it a second time. *Aite*: the operation, well wash out the flannels and hang them in the fresh air (and sunshine if possible) until again required. To protect the hands use a wringer made by fixing a wooden rod to each end of the towel. To retain the heat, it is advisable to apply a dry flannel or towel over the wet one. If it is desired to produce *n* soothing effect add half pint of Kneipp's Curative Herb Tea to 2 quarts of boiling liquor, or a few drops of turpentine if the object be to induce slight counter-irritation. The milk must be sweet and good, also thoroughly boiled. Almost every form of disease will be much relieved and more speedily cured if milk fomentations are applied. Carefully sponge the fomented part with cool water, and use gentle massage after.

Doctor—Well, how do you feel now?
Patient—Much poorer.

Batfes and the Water Care.

Baths are *of* various kinds, and are *dfotingvMkrd* according to the substances of which they are composed, as Air, Earth, Sand, Vapor, or Water. According to their temperature as Cold, 1 epid, or Hot, and applied as affusion, Compress, Douch, l>ro\$>. Electro, Eye Fomentations, Fountain, Full Pack, Half Pack, Hot Air or Turkish, Injections, Plunge, Rain, Shower, Sitz, Sponge, Sun, Towel, Vapor 0* Russian, Wind, etc., according as they are general or partial, natural or artificial. Bathing, besides serving the great ends of bodily cleanliness and comfort, is very important in the preservation or restoration of health. Never bathe within less than three or four hours after a meal, or when exhausted. Cold baths are harmful when the powers of the body are too languid to bring on a reaction, but beneficial in cases of nervousness or general debility. They should always be taken with* caution. Many errors are committed bv staying in a cold bath too long. Never take any food immediately after bathing. Always sponge the body all over with cold water after taking a hot bath, as it tones up the nerves and leaves the skin in good condition. The most delicate and feeble person may take a cold bath with benefit and pleasure if they begin with a hot one. The temperature of a cold bath may be from 33 deg*. to 70 deg., a tepid bath from 80 deg. to 96 deg., a hot bath from 100 deg. to 112 deg. Some people can bear the temperature raised to 116 deg.

It is a great fallacy for elderly people or for any one suffering with heart trouble, anenia, colds, fevers, etc., to imagine that a good, hot bath, to be followed by a quick rub over with cold water and dry towels, will do harm. It is not so by any means. How can the bath be dangerous when it relieves the system by the elimination of impurities through the skin? Note the surprising quantity of scurf that can be got off by occasional baths and light friction. Excessive use of the hot bath in any form is bad, as it tends to make the skin dry, harsh, and scaly, by diluting the secretions of the sebaceous glands, the oil of which is intended by nature to keep the skin smooth, glossy, and soft.

I have not sufficient space to give a full detailed account of the various processes of hydropathy. The works of Father Kneipp, Dr. Trail, and other writers should be carefully read by those who wish to know more about it.

Little Boy—"Phew! ItM.awful hot for spring."
Little Girl—"You ou^ht to be thankful it's *no* worse. S'pose we lived in Arkansas; wouldn't that be awful?
Little Boy—"Arkansas? Why?"
Little Girl—"You'd better study your g'ography lessons. The g'ography says Arkansas is famous for its hot springs/'
—Good News.

Let us devote ourselves anew to the service of good will. Let us resolve, for the time to come, to be considerate to all, the present and the absent; to be just to all; to be kindly affectioned to all.—N. E. Frothingham.

If you want to be happy and make others ha say anything unkind, and keep your stomach in 1 dition.

The True flethod of Healing.

By the Editor.

IV.

The history of the Natural Method of Healing shows us that there have always existed some great thinkers, who fought against superstition and stupidity, and who by wonderful cures astonished the medical quacks, and who thereby gained great reputation.

These, however, were only mere attempts of individuals, which attached themselves to the names of the combatants only and which after their death soon fell into oblivion again.

From the Ancient History I only cite: Antonius Musa. "This man, who was a liberated slave, healed the Emperor Augustus, who, an example of these times, lived in a room completely covered with furs. His complaint, an inflammation of the liver, instead of being benefitted by the treatment of his physicians: By sweating, hot baths, and hot drinks, was made worse and worse. Musa, however, gave him to eat almost nothing but lettuce, nothing to drink but pure, cold water and treated him with cold baths and gushes.

The celebrated Greek physician, Asklepiades, declared openly, that he could not possibly ever fall sick, as he never took any medicine.

He died when over 100 years of age, from a fall from a ladder.

In the fifteenth century, Hydropathy was represented by Savonarola, Cardamus and Double. Even a medical practitioner, Ambrois Pare, declared himself in favor of the water-cure treatment!! At that time the treatment of disease was something awful. Light or even severe wounds were all treated with compresses of warm wine or oil, hot decoctions or aromatic herbs, pus-creating salves, and burning with hot irons; sometimes the wounds were enlarged by cross cuts and rilled with balsamic remedies. Who is not filled with horror and pity on reading this? And what about our present treatment of similar wounds with Carbolic acid, Iodoform and Sublimate? Trepanning also was already in vogue in wounds of the head, i. e., the cranium cover was pierced by some sharp instrument, and when the brain then lay exposed, it was maltreated as already described above.

The contemporaries of Pare were enemical to him and would not be converted, and it was only as late as 1762 at the siege of Schweidnitz that the until then unknown physician Sshmucker managed to save the life of Frederic II. by his cold water head compresses, and thus introduced that treatment permanently. Those suffering from wounds in the head, had until that time, nearly always died on account of the old execrable mode of treatment.

In the beginning of the 18th century we may notice the names of Crescenzo Todano and Sachnez, and about the end of the century the names of Wright and James Curry in England.

In the year 1754 there was published in Breslau a little booklet entitled, "Lessons About the Strength and Effects of 'Fresh Water' on the Bodies of Mankind," by physician J oh. Sigmtmd Hahn in Schweid-

nitz. Now at last the Hydropathic treatment became somewhat better known, but only for a short time, as it soon fell again into oblivion. Privy Councillor Hufeland, the celebrated professor of medicine in Jena, offered a prize in the beginning of last century, for the best treatise on healing effects of the Water treatment.

A notable combatant arose in the beginning of the last century, and sent out his doctrines about the healing strength of fresh water into the world under the title, "To Water Alone Honor is Due." Eucharius Ferdinand Christian Oertel, Ph. D. and Professor at the University of Ansbach (Bavaria) 1826 wrote, in order to give the medical faculty a complete dissertation about the new healing methods a Latin treatise: "Dissertatio Philologica-Medica," which called up a tempest of attacks from the medical faculty and caused him much enmity. Among his other writings the one called, "Latest Water-Cure Methods," had the largest circulation and the already above mentioned "Lessons of Hahn" which were re-edited by him also had a good circulation. For his meritorious works he received a gold medal from the King of Prussia.

When his contemporary, the peasant Vincent Priessnitz, by his wonderful cures (he opened the Grafenberg Sanatorium for Water-Cure treatment in 1829) began to draw the attention of the entire educated world upon himself, he found in Oertel a never tiring fellow-combatant. From Oerters work, "Vincenz Priessnitz, or Appeal to all the Governments of the States of Germany for the erection of Hydropathic Institutes," I wish to cite the following: "To Vincenz Priessnitz, who by his simple and pure Natural sense, managed to replace that element (upon which when God created the world, dwelled the Spirit of God and his Godly creative power) to the rank of a universal remedy for ailing humanity; to him we are indeed indebted, s He it is, whose Hydropathic Institute gives us the proof, that every disease, if it is at all curable, may be speedily and safely cured, without having recourse to any of those tedious, costly, uncertain, dangerous applications of strong drugs and unequal mineral-baths—only by the internal as well as external applications of fresh spring water—and may be cured quickly, cheaply, securely and without danger at that.

The medical faculty, however, if they even do sometimes have recourse to the water treatment, can not leave off prescribing their unsavory medicines as well, and thereby spoil the "Water-Cure treatment" completely. Fresh water must be applied solely and without addition of anything else, etc., etc.

Hufeland recommended the Water treatment, when Germany in 1831 was afflicted by the Cholera, with these words: I cannot omit to favorably mention the great merit which Professor Oertel has gained by generally recommending the Cold Water Cure as a universal remedy. Neither can I pass over without some notice the wonderful effect which the mere drinking of pure, cold water did produce, during the most terrible and deadly of all pestilences in our present era,—the Cholera.

It has accomplished often more than all other remedies, and often when other remedies have failed, still effected welfare and preservation of life. In

THE KNEIPP WATER CURS MUMITUI.

March, 1842, Oertel, Prof. Kirclimayer-Mtiaich and the priest V. Kollle *Wutzburg*, founded a "Hydropathic Health society, from which afterwards branches sprang* up at Berlin, Bromberg, Dresden, Kassel, Lytbeck, Zittau, Munchen, Ansbach, Nurnberg, etc.

With Priessnitz a fresh life begins in the natural art of healing and his theories penetrate into the people lasting. While Priessnitz attached great value to cold water applications, his contemporary and countryman, the peasant Johannes Schroth, drew attention to the importance of a severe diet. He effectuated sensational successful cures by letting his patients bathe in magnetic water and enjoining a dry non-stimulating diet. His establishment was located at Lindewiese, and is still in existence to-day as is also the one founded by *Priessnitz* at Graefenberg.

In the eyes of the physicians of that time, the above named three physicians of Natural Science were only "industrial quacks," But poor and rich alike, high and low sought to benefit by them. The denunciations of the physicians were useless, as even *the governments* bettered the position of these authorities skilled in medicine not by the grace of the faculty, but by the grace of "God/" by issuing an order in 1830 for the protection of Oertel, while the Austrian government gave the privilege to Priessnitz and Schroth of treating interior and exterior diseases in the same manner of any other *Doctores medicinae et chirurgiae*.

The mental successor to the above-named is Henry Francke (Rausse), a man of the greatest intellectual importance. If the former cut off the heads of the venomous serpent, he was the man to prevent the after-growing of the dragon's brood. It is he who injured the most the "devil's kitchen," he who through his works.: "Advice in Diseases," "Miscellaneous/" etc., drove the allopathists to despair, powerless wrath and fits of rage. Of his works Winkler says very rightly: "By bringing to light the few small volumes of Francke's against the legion of books written by the school of medicine and balancing them against the above, the former are a large dust-heap and the latter a small heap of gold and precious stones." What fascination, Franke possessed and how great an influence he exerted upon nature's yet susceptible for the good, *Proi. Dr. E. Kapp* describes very attractively in the description of Francke's life.

"In Amsterdam, Rausse was in the company of some young men. Well, everybody knows how people of their age become affected by the pleasures of such towns! (A false sense of honor, a peculiar passion to surpass others in more or less dangerous debaucheries, do not permit the interior voice of loneliness, reproachful hours to become loud). Now Rausse appears as a counsellor. . . . The young people stand up like men, viz., become solid as through magic! They agree to leave the bed earlier, to go to bed at reasonable hours, . . . they organize a society for a natural method of living', and remember even until the present day the wise councils of those previous days, having recognized that nothing surpasses the pleasures of a Complete Health.

His friend the apothecary Hahn became his successor. (To be continued.)

When, How and How often Shall We Eat and Drink?

in.

You should also avoid, dear reader, to eat immediately after a strong* corporal or mental exertion. You may thereby interfere considerably with your digestive apparatus. Strong emotions, fear, excitement, sorrow and fright, prevent the secretion of gastric juice, and it is therefore advisable to abstain from eating immediately after any such occurrence.

After your meal you should avoid any strong* corporal exertions, and also abstain from any mental strain.

It is very advisable to have a short after-dinner nap, if possible. A healthy person always has an inclination to close his eyes and sleep a little after his dinner, writes Dr. Wiel, and if you observe the dumb animals they do the same.

But this after-dinner nap should not be extended too long, never longer than an hour, otherwise, instead of feeling refreshed thereby, one will be tired and lazy.

To persons Who suffer from stomach complaints and disorders, it is not advisable to hold an afternoon nap. They generally, if they have indulged in an after-dinner nap, feel out of sorts, and are bad-tempered in consequence. These sufferers should always remember the old well-known saying:

"After dinner, as a rule, stand still,—

Or walk a thousand paces, at your will."

To these patients, however, a short nap before dinner is very advisable.

It is of utter importance, not to retire to bed immediately after supper. At least two to three hours should elapse, before going to bed. The more copious the last meal, the longer time one should wait before retiring.

Never compel or force any one to eat! There is no food in the whole world which is *just* as tasteful to everybody or that will agree equally well with every one—even in one and the same family there may be one or more of its members who may have a distinct aversion or dislike for some dish that seems tasteful and toothsome to the other members of the family. This is because our individual tastes differ according to our age, sex and idiosyncrasy (peculiar characteristics or natural antipathy).

It is certainly not the same with man as with the brute animals, before whom we can place a certain kind of food or fodder every day.

If, when several people dine at one table, the majority of the present company find some dish excellent, there is no necessity whatever why there should not perhaps be a minority to whom this food does not seem as excellent, but perhaps even distasteful.

These persons who show a dislike to that particular kind of food, may be either unwell or have no appetite at the time, but they might perhaps also have a natural aversion against it. But in either of the three Cases it would be deleterious to any person in question if he was compelled to partake of the food in question.

Professor Dr. Jaeger, of Stuttgart, the celebrated and renowned physiologist, expiates very fully about this fact in his work, "My System," page 295. Here he says:

"The bad habit to coerce any body to partake of a particular dish, as is generally practiced with guests and children, is certainly to be reprov'd, especially the habit of compelling children to eat of everything that is placed upon the table—as happens every day. This would certainly lead in many cases to very serious after-results, if nature herself would not revolt against this unnatural compulsion and by an upheaval of the stomach, again remove the food in question from the child's inside by the vomiting act."

With children the following rule should be observed: Never force a child to fill its stomach, or satisfy its hunger with any food which it dislikes, but only an attempt should be made to get the child gradually used to the food in question.

For this purpose it is not necessary that the child should eat large quantities of this food, but a little will do.

The old saying: "The child should eat that which comes upon the table" should be altered thus: Let the child taste of everything which comes upon the table, but let it satisfy its hunger with the food which it likes.

Of course there may be many housewives who will now say that it is practically impossible, especially in a large family, to prepare the favorite dish of each person—as this would involve a very great deal of extra trouble and cooking.

But this I most decisively wish to deny; it would certainly not be too much trouble for the housewife in question, if besides the prepared dishes, she would also place enough bread, butter, fruit and milk on the table, or keep them ready. The whole-wheat bread alone with a little fruit is sufficient for the nourishment of any human being, but in addition whole-wheat bread and fruit are generally well liked and eaten with preference by most children. And it would not be much trouble for any mother to give a child, which refuses its soup, a bowl of milk and a piece of whole-wheat bread.

The regular substitution or addition of such foodstuffs which require no special preparation is also in itself a matter of interest to every housewife, especially in those families where she prepares herself the various repasts.

Every lady who is attentive to domestic matters, knows the truth of the fact that the continuous inhalation of the food during its preparation, robs the person preparing the meal of most of its appetite for same. Even if she is not actually cooking herself, but simply superintending same, still this will be the case. And she will enjoy much more a dinner eaten out of the house, either as a guest in a friend's house or even in a hotel, because she has not assisted in preparing the viands.

Every physician knows well how true it is that it is mostly in the middle classes, that the wife generally suffers from digestive troubles. Which are mostly caused by the above explained reasons. The best and easiest remedy would be for the housewife to eat such

foodstuffs which she has not herself assisted in preparing.

Now, dear readers, I have tried my best to be particularly explicit with the so very important question of diet. For the proper diet is the key to the vital question: It is one of the principal healing factors of Natural Living and Healing Methods.

Care of the Teeth.

By the Editor.

To the teeth is assigned a very important part in the household of the human body: we use them for talking, and for masticating our food; for this reason we should pay great attention to their special care.

People with a faulty set of teeth or who have lost all their teeth by some cause of other can only talk very indistinctly, and are not able to pronounce some particular sounds at all.

If the food is not thoroughly masticated it cannot of course be thoroughly permeated by the saliva. The consequence is a bad digestion arising therefrom and the subsequent insufficient nutrition of the individual. From this it will be seen how necessary the care of the teeth really is.

For the maintenance of our teeth, cleanliness of the mouth is an important factor. The food-remnants which get stuck between the teeth, begin to putrify sooner or later, if not removed or dislodged betimes, causing not only a bad odor from the mouth but also attacking the teeth themselves and causing them to decay.

To prevent this evil, one should never omit to wash out one's mouth after every meal, and especially before going to bed. However the teeth should also be cared for and kept clean. All the innumerable tooth-powders, may they be advertised ever so much as the acme of perfection, are all deleterious to the teeth, because they contain ingredients which are harmful to the enamel of the teeth, because they injure it more or less and thereby render the teeth more prone to decay. The very best tooth-cleaning remedy is the common garden sage, i. e., its green leaves.

The sage not only cleans the teeth but it also purifies the breath by removing the bad smell from the mouth.

During the cold season, when fresh sage-leaves are not to be obtained, you may take sage-leaf powder and finely-ground linden wood coal in equal parts, mix them well together and clean the teeth therewith.

This powder does not hurt the enamelling and purifies the mouth very nicely.

Wet bread crusts are also a very good although cheap tooth-cleansing remedy.

The chewing daily of a few Juniper berries is also very beneficial for the preservation of the teeth.

One of the best remedies for the preservation of the teeth is the hardening of the system by often repeated water applications, especially to the lower parts of the body, in order to regulate the blood circulation.

Persons who always have warm feet, will never have any tooth-ache.

MECHANICAL MASSAGE—HOW IT IS APPLIED.



THE great value of massage in the restoration of health is fully recognized, and in all cities and towns there are men and women who make a profession of the application of this form of treatment; physicians prescribe it as they do medicine; patients who can afford it employ these professional masseurs to give the treatment, and from one to five dollars an hour is paid for the application of what is known as manual massage, which is given with the hand. This is of great service in many cases. Some find the treatment quite indispensable and it is kept up continually, of course at a good deal of expense. But there is another form of this treatment,

known as mechanical massage, and there are institutions where this is applied by expensive machines that are operated by steam or other power, which is found to be very effective.

There has been recently devised by a New York physician, Dr. W. E. Forest, a hand appliance for the giving of mechanical massage, known as Massage Rollers, by which this treatment can be applied by one's self or an unskilled attendant.

The Massage Rollers consist of a series of wheels, about 1 1/2 inches in diameter, each turning separately, on a flexible axle. Around the centre of each is a band or buffer of elastic rubber. This is set in a suitable handle convenient for use, and with these a strong, steady pressure can be brought to bear on the deep tissues and the internal viscera. These are not like a rolling pin, which may give pressure, but it is only by having the wheels turn separately that the peculiar effect, that is so like the human hand, is produced; there is alternate pressure and release, which impels a rapid circulation of the fluids of the body. There is little or no friction on the skin from the fact that the rollers turn, and the treatment may be taken over the underclothing or light bed clothing, without any exposure of the body, a very decided advantage over manual massage in many cases.

The Massage Rollers can be used for all functional troubles like dyspepsia, constipation, biliousness, nervous exhaustion, neuralgia, rheumatism, obesity, etc., and used over the entire body they will be found a great promoter of health and muscular elasticity. They should always be used over the underclothing after the bath, and will be found invaluable on the bare skin in connection with the air bath, that should

be taken daily, exposing the skin to the fresh air, giving it a much more healthful condition, opening the pores and allowing them to breathe.

For rheumatism use a No. 1 or No. 2, roll very lightly over the affected part and if in the joint roll thoroughly above and below; if in the back or shoulders roll around the part, and where there is a good deal of inflammation treat the part affected but lightly and roll thoroughly the adjacent parts and over the whole body to stimulate the circulation. For chronic cases treat twice daily, for acute cases every two hours. For stiffness following attacks of rheumatism or sprains roll the part very thoroughly and persistently so as to break up the adhesion of the muscles, which is the cause of this condition.

Those who have to stand much, causing the muscles of the limbs to become tired, will find great relief in the use of the roller. The method of application is shown very well in fig. 2. Either one roller or two may be used.

For paralysis go thoroughly over the affected part with as much pressure as is agreeable at least three times a day, rolling up and down and crosswise, treating mostly the part affected, that the blood and nutrition may be brought there to build up and strengthen the nerves and muscles. Of course recovery will be likely to be slow, but often there is relief from the very first.

In cases of neuralgia such treatment should be given as will take the blood from the congested parts; if in the head and face the movement should be downward over the veins and blood vessels, using the No. 3 roller, repeating frequently until relief is afforded, taking as much rest as is possible.

If you wake up in the morning tired, too tired to rise and dress, perhaps lame and sore from unusual exertion—we all have such mornings—and can prevail upon some friend or companion to take the roller, and, while you lie covered with a sheet, go over you vigorously, up and down and across the back and along the thighs, legs and arms, then the

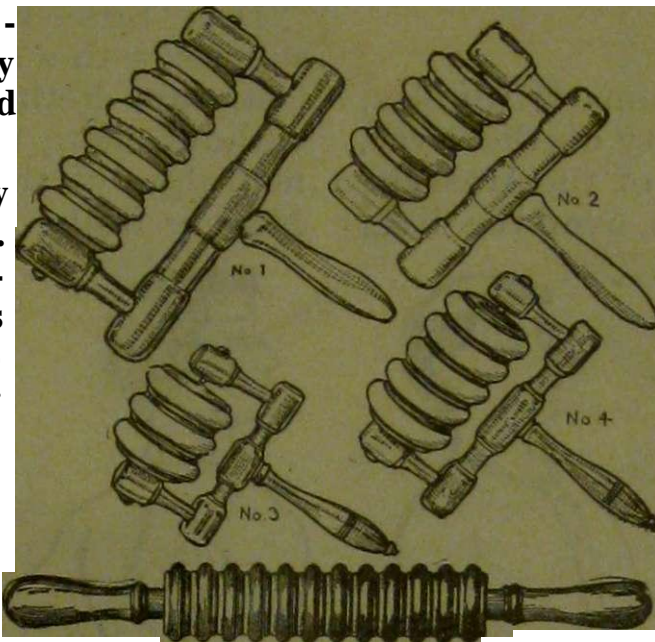


Fig. 1. Br. Forest's Massage Rollers



Fig. *

THE KNEIPP WATER CURE MONTHLY.

chest, and finally a thorough treatment of the abdomen, by that time there will not be a nerve in the body but tingles, and you will feel as vigorous as a well-groomed race horse.

This is a real tonic, not an irritant, to the system; a tonic well fitted to restore energy and life to many a sofa-bound invalid.

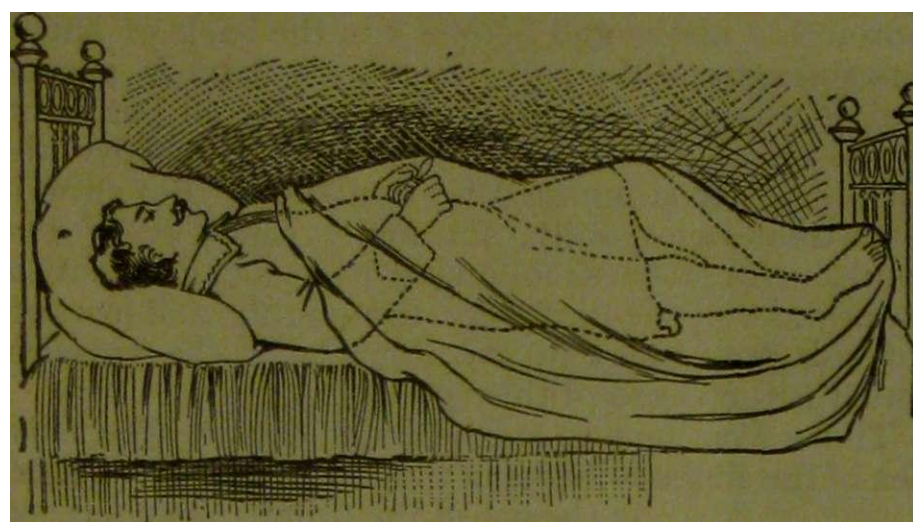


Fig. 3.

Dyspepsia, including all forms of stomach troubles, indigestion, constipation and torpidity of the liver, can be relieved and cured by the use of the Massage Rollers over the stomach and bowels, over the liver and the back.

For indigestion drink as much water as can be taken readily and massage over the stomach thoroughly. Finish with an upward movement from the left to the right over the stomach, so as to empty the stomach and cleanse it of accumulated impurities; then roll over the small intestines a few times, and the breakfast will digest much better. This treatment should be continued until there is relief from the trouble.

For constipation it is recommended that the rollers be used thoroughly morning and night by the person lying down, taking the

No. 1 or No. 2 roller by the frame in both hands, as shown in fig. 3, thoroughly massaging the centre of the abdomen so as to stimulate the action of the small intestines, also treating close to and under the edge of the ribs, the stomach and liver; then finish by passing the roller up on the right side over the ascending colon, across just below the ribs and down over the descending colon on the left side as much as one hundred times, and in severe cases more than this. This treatment should be with as much force

as feels agreeable and pleasant—not necessary to use more than this. Sometimes the movement of the gases in the intestines will cause some slight pain or griping, but this should be considered as a favorable indication showing that results sought for are being accomplished. After rising, the roller may be used over the stomach and bowels the same as when lying, as indicated in fig. 4, and some find better results from taking the most of the treatment in this way. It is also well to roll the back as in fig. 5, reaching up as high as is convenient and down over the hips. The most severe forms of constipation have been relieved by this method of treatment.

The following letter, which bears strong testimony as to the value of the rollers in indigestion, is from a lady who is well known, but naturally prefers not to publish her name in this connection, though almost daily she recommends the rollers to those she meets who would be benefited by their use.

Dear Sirs—For many years I have been a great sufferer with a stomach trouble, which the doctors at last, after dieting and taking all kinds of medicines without more than a momentary relief, pronounced neuralgia of the stomach and bowels, I bought a Muscle Roller in the spring of '97, used it faithfully and regularly, and now for a period of five months I have had no trouble whatever. • I eat as I will, and what I will, and nothing causes me any disturbance. The roller has taken away the soreness from the stomach, which was at times extreme. I am grateful for the relief I have received from it, and most unhesitatingly pronounce it something which everyone could use with benefit. ^ It will relieve nervousness, and will rest and give relief to overtired muscles. In my case it has saved doctors' bills and druggists' bills as well, which were a large item of expense before I began to use the roller. j] Wishing you all success, I am,

Yours, sincerely,

L. A. F.

Boston, Nov. 11, 1897:

In the use of the roller for this and all chronic troubles, it must be done thoroughly. It will not answer to use it only occasionally, or as you may feel like it, but make a business of it, and the sought-for result will surely follow. Of course, it is also important to observe proper care as to diet, exercise and all the laws of health and hygiene.

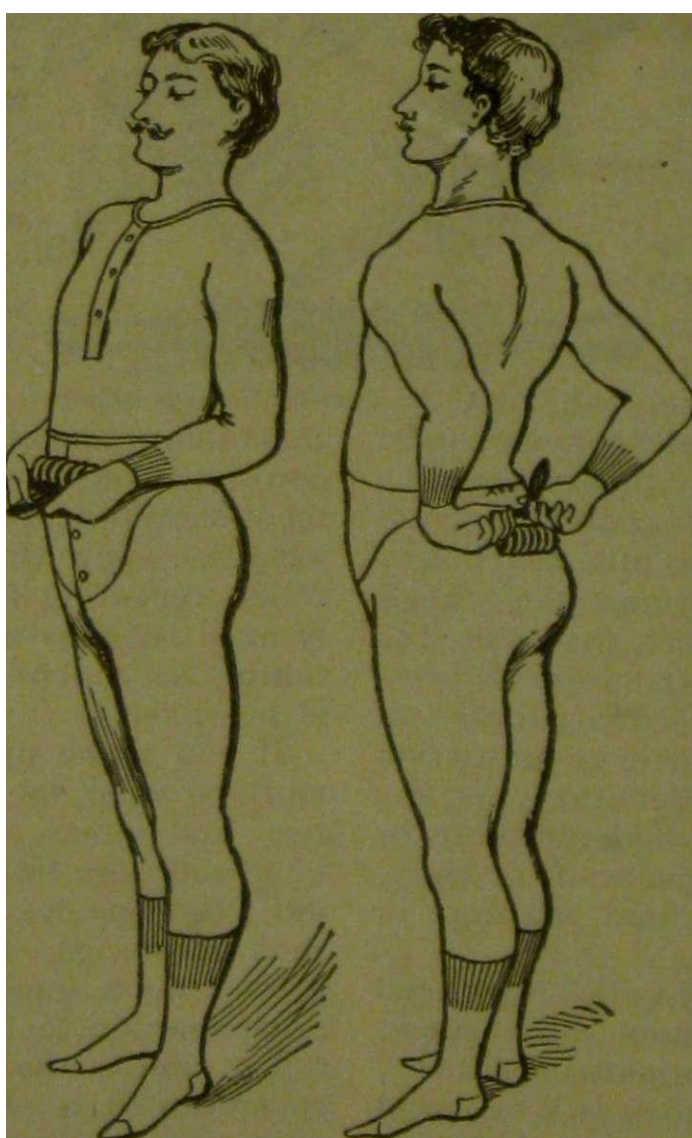


Fig. 1

Fig. 5.

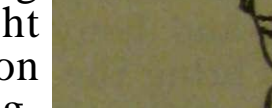
4re

tive and satisfactory manner with a constant force
in vigor, strength and muscular activity* Wowmt
can secure a reduction of the hips by rolling with 9

This treatment should always be lengthwise of the muscular tissues and not crosswise and should be applied a hundred or more times over each part morning and evening; where there is special abdominal fullness it can be overcome by rolling the side of the abdomen just in

(fig. 7) which will tend to a
 es, drawing the abdomen back
 have a maid can be relieved
 being rolled by her over the
 lying on a bed or couch..

Men who are stout find the most effective results by the use of the No. 5 roller, as shown in fig. 8. and with this roller the waist and abdominal fullness can be reduced with a continuous increase of bodily comfort, health and strength. There should be a firm, steady pressure brought with the roller over the abdomen and over the hips, sides and back, taking the treatment every night and every morning, on retiring and on rising, over the under-clothing.



Wherever there is a tendency to a flabby condition of any part this will help to restore the muscular strength and activity. While it is not necessary to restrict our diet to certain specific articles, it is well, when there is a tendency to make flesh fast, to avoid food that is especially fat producing.

A black and white line drawing of a woman sitting on a wooden chair. She is looking down at her feet. She is wearing a long-sleeved dress with a high collar and a small bow at the waist. Her hair is styled in an updo. A small object, possibly a shoe or a piece of clothing, is on the floor near her right foot. The background is plain.

Fife*

A black and white line drawing of a man standing, facing slightly to the left. He has a mustache and is wearing a long-sleeved shirt with a buttoned placket and trousers. He is holding a large, coiled spring or hose with both hands in front of his waist. The drawing is simple, with no shading or background details.

Fig. a

accumulation of fatty tissue, particularly over the hips and abdomen, can be overcome in a very effective

Fig. a
compliment of the pur-
pose much to be desired.

There is often, especially in advancing years, an accumulation of fatty tissue, particularly over the hips and abdomen, that is undesirable from the standpoint of health as well as beauty. Various anti-fat remedies are advertised and used, but these cannot be commended, for if the result is obtained, it is at the expense of health and strength by an impairment of the functions of digestion and assimilation, and a general weakening of the system.

This form of massage has been found very effective for the reduction of flesh by a steady, hard pressure with a long sweeping movement. The soft, often watery cells are broken up, carried into the circulation and so eliminated, and thus the

Fig. a

Fig. 7.

front of the hip bone (fig. 7) which will tend to a contraction of the muscles, drawing the abdomen back in place, **g**Ladies who have a maid can be relieved of a part of the work by being rolled by her over the hips and thighs while lying on a bed or couch..

THE KNEIPP WATER CURE MONTHLY.

As developers the use of the rollers have been found very effectual for a rapid and healthful filling out of the face, neck and bust.



Fig. 10.

It is often asked how it is possible that the same appliance will both reduce and increase flesh, but a word of explanation will make this plain. In the reduction of the tissues the pressure is made sufficiently hard to break down the fatty cells, which are carried into the circulation and in this way eliminated, while for the building up of any part, treatment is given very lightly and, as far as possible, crosswise of the veins and muscles,

so that it brings the blood to the parts, and of course in this way feeds the tissues, which must result in building them up. For the face, the treatment should be made with a somewhat rotary motion over the cheeks, and crosswise of all wrinkles, which will remove these, and around the neck and over the chest, both crosswise and up and down, so as to thoroughly stimulate the activity of the absorbents, bearing in mind it must be done lightly. If the breasts are thin and flat, in the morning on rising bathe them in cold water, rubbing briskly; put on the under, vest and, with a No. 4 roller, roll from the sides and under the busts towards the centre, in this way building up these parts, rolling lightly but firmly, and as many as a hundred times or more over each part. If the hands are thin and bony, roll them lightly, so as to bring the blood into them and so fill out the tissues. Roll across the arms or limbs to develop these parts. This treatment takes the nutrition from a part of the body that is full to a part that is wanting. If there is general emaciation, the rollers should be used over the stomach and bowels so as to increase nutrition, and over the whole body so as to restore circulation, promote assimilation and secure better nutrition.

For the hair or scalp, a light towel or handkerchief may be put over the head, and then a thorough rolling of all parts of the scalp with a *Jiffy*. 3 roller, as

shown in fig. 13. If this is done daily it will tend to a much more healthful condition of the scalp and so of the hair, and will often stop or prevent falling out

For insomnia, roll with the No. 3 roller downward over the arteries at the side of the neck from three to five minutes. Retire as quietly as possible; relax all the muscles and lie heavily on the bed, forcing yourself to think of nothing. Having an attendant with No. 2, roll the side and back up and down gently or as hard as feels



Fig. 11.

pleasant, and over the arms and limbs, turning quietly so as to have the other side treated also; turn on the back that the chest, stomach and bowels may be gently rolled, then on the right side, and lie slightly forward that the back and spine may be rolled from the head downward and over the limbs, and sleep will almost always be secured with much more of refreshing rest. In cases of collapse and swooning away for want of strength, the vigorous use of the roller will restore the circulation and revive the patient. It acts as a tonic and stimulant, from which there will be no reaction.

In general, for stimulating and equalizing the circulation, roll the entire body from head to feet for ten minutes over the underclothing or X on the bare skin, in which case the advantage of an air bath is also secured. This in the morning will be found to arouse the circulation, a good preparation for the day, and often much better than the cold water bath, and at night it will equalize the circulation, draw the blood from the brain, and relieve cold extremities. Either No. 1 or No. 2 can be used for this purpose. It is not too much to say there is no morbid condition of the system that will not be helped by a proper application of the massage roller treatment, for the simple reason that it promotes and equalizes the circulation and promotes the building of a new tissue.

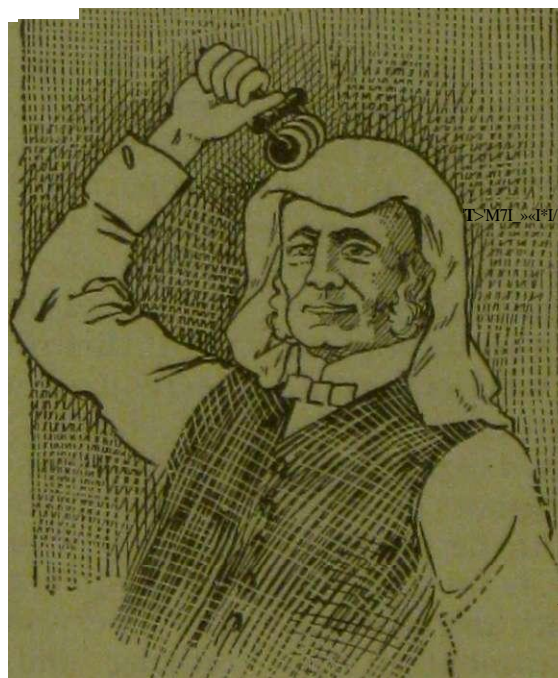


Fig. 12.

The Water Doctor.

I have no figure *to* speak of. When Nature began to enlargen niy forms, however, and I began *to* develop every day more and more of adipose tissue, I tried *to* combat this by all means at my disposal.

I rose early, took plenty of exercise, and fasted as much as possible. But all to no purpose, for I still became stouter and stouter every day.; ;At last I gave up in disgust all further attempts at reducing my circumference, abhorred the business of all photographers, and began to console myself for the loss of my beauteous figure by eating and drinking plenty and of the best.

This went on for a couple of years till the following occurrence happened to me in the fall of 1898, which was far worse than a mere aesthetic calamity,

I was travelling by steamer in the month of September from Stralsund to Kopenhagen* The weather was very rough and there was only one other, cabin passenger beside myself.

We partook of the dinner in silence and only towards the end he began to start a conversation.

He seemed to me to be a well educated young gentleman, but I could not guess his occupation or standing. At first I took him to be a travelling salesman or drummer for some large house, then I took him for a tourist who travelled for pleasure, i tried to draw him out, but noticed very soon that he was trying the same with me, only with the difference, that he succeeded, but I didn't.

I hate curiosity—in others—and at first evaded successfully his attempts to loophole me.

After we had had several glasses of grog with the captain later in the evening* and were walking up and down the deck, he told me during our perambulations that he never; cared to burden himself with any drafts or travelling checks during his many trips.

I don't see, he said, that they are of any use to me. Paper money in notes of large or smaller value are far more practicable and just as easy to carry about.

I told him that I, too, disliked the bother attached to cashing travelling checks, but that I preferred for some reasons of my own *to* have my money in gold, when I was travelling.

Soon after this we turned in. During the night I dreamt that I was in a dense forest, and that out of a thicket a tremendous snake started up and began to creep towards me. In vain I tried to escape, the reptile came closer and closer. In my fright and despair I caught a low-hanging branch of a tree and tried to swing myself up into it, but alas, I was too slow. The snake made a sudden dart and catching my left leg, it buried its large fangs in my big toe.

With an exclamation, which was not exactly a blessing, I tried hastily to rise from my cot and—knocked my head against the bulkhead—and saw beautiful stars before my eyes.

The pain in my big toe, however, was still very evident and, Oh! goodness—there is was again and again twinging me awfully; What could it be? Perhaps a scorpion!

I could not stand it any longer, but struck a lieht.

although this was- strictly against -the • ship** 'ations.

My big toe seemed highly inSamed — per) kind of cramp—per hap s, I thought, I might strained some vein during my fight with the Ma my previous dream.

I hesitated whether to dress and go on d but hearing the sailors starting to wash the c I lay down again and fell asleep.

The dream did not come back; but the sequi the previous 'experience made itself noticeable, wh I began to dress—as I could only with great diffi and pain get my *boots* on. When I got on deck at last, we lay alongside the wharf; and my Fellow passenger who was standing near the gangway leading' ashore asked me whether I intended to stay long in ^Copenhagen. I replied that I intended to travel to Kallandburg by rail and from thence per steamer to Aarhus.

How strange,—he exclaimed: I, also am going to Kallandburg;—if youTike, we can travel together.

I had no objections to offer, because I myself could not talk any Danish, but the young man could talk it well—and would therefore be of great use'to me at the Railway-depots and elsewhere.

My goodness, what a big bump you have on your forehead, he exclaimed, when I took off my head-covering as soon as we were seated in the Railway compartment.—Did you, perhaps, fall out of your bunk during" the night?

No, I replied—and then I told him the whole story including my dream. —

Hm—hm, he murmured with a very serious face—Would you permit me to have a look at your toe?

Are you perhaps a physician, I asked him, while I started the painful task of taking off my boots?

Well—no—not exactly; however, Oh—goodness me; the bite of that serpent in your dream has had more effect in one second then all the Burgundy. Portwine, rare game and turtle soup which you swallowed for so many years.—My dear Sir, you have the Podagra or Gout. —

The Gout? I exclaimed timorously.—

Certainly. But do not worry yourself! I will manage to rid you of same, as soon as we shall have arrived in Kallundborg.—

Thank your stars, that you did not fall into the hands of the doctors,—who would have made you suffer for years, in order to extract many fees from you&I I understand somewhat the "Water-Cure-tref\$ment", and this is the very best remedy to be applied in cases like yours. —

The Gout! this terrifying word meant for me great pain, suffering, doctors, lameness, and what wms worse than either or all of these, it meant temperance* sobriety and moderation in everything for the rest of my life!

Aequam memento rebus in arduis
Servare mentem

Be careful, to keep your temper
in all vicissitudes (of life).

These words I murmured to myself
pan ion, who apparently did not know any

THE KNEIPP WATER CURE MONTHLY.

off his hat and folded his hands, thinking I was reciting a prayer.

But what did I care about his lack of classical knowledge—here I was in a strange country, whose language I did not understand, and now I was so unfortunate as to be attacked with such a very disagreeable infirmity. — ,

I did not know how I could find any doctor who could perhaps understand my language, and therefore decided to keep a firm hold on my companion who was something of a medical man, as he had professed to be able to cure me by the Water-Cure-Methods.—

When we reached Kallundborg, my companion brought me to a second-class Hotel, which was near the depot, and where the meals, service, rooms etc., were at least as good, he said, if not better, but anyhow much cheaper than at the first-class Hotels.

My only objection, that no one at the Hotel could speak any other language but Danish, was removed by my companion ordering everything for me—and he had promised to cure me completely within two days at the utmost.—

He went to work immediately—and ordered me to drink several quarts of water the same evening, and my now much inflamed and very painful foot was wrapped up first in a wet bandage, over which my physician (?) wrapped around others but dry ones.—The next morning, however, after the servants had carried an enormous quantity of bed-sheets and some water into my room, my companion locked the door and started the Main-treatment. He asked me to get up and undress myself completely. Then he took a long bed-sheet and after dipping it into the water he wound it round and round my body until I lost my breath. But the bandaging continued on; first one piece and then another was wound around the first wet bandage, until I was completely encased, so that I could neither move hand or foot, and was lying like a mummy on the bed.—Are you hot, he asked me? I nodded, for indeed I was literally stewing in my own sweat.—That is all-right, he said, we will soon get rid of all the Gout.—Now just open your mouth wide—and he inserted a tightly rolled up handkerchief into my mouth and wrapped another one over the same tying it up at the back of my head.—

Now, do not make any efforts to speak, he said to me, it would be quite a useless exertion. If you desire to know why I have gagged you thus. I will tell you: I did so to prevent you from calling for help. Now you are neither able to move any limb, or to make yourself heard or otherwise noticeable—and now I am going to appropriate some of your property.

And actually, before my own eyes, the young man began to plunder my luggage and to appropriate all money and valuables that he could find—and he found everything.

I leave you your watch and cteinf and your ring, he said, as soon as he had finished, and now I am going to take leave of you. I shall order the Hotel-people to come and look after you in about one hour; at that time I shall be beyond the reach of any pursuit. For this rea\$pn you will be able to understand, that

I cannot remain to await the results of my treatment on you.—Well—Good-bye-

There I lay now,—bound, gagged, suffering from gout, fooled and robbed; and I had to lye thus a full hour before anybody came to my assistance.

Soon after an interpreter was called for, and a Doctor and the Police also made their appearance.—Some time later I received some money I had telegraphed for.

It is true, I was rid of the attack of gout—but that had been only a gentle pre-admonition of what was to befall me later,—and soon I -was enabled to continue my voyage.—However, I have never again heard from my Water-Cure doctor nor have I ever seen my money again. (Contributed by a Subscriber.)

Mental Science.

By John E. Morgan.

Mental science is the science of the mind, and its laws, if complied with, will bring you health, happiness and success. "The Evolution of Mental Science" includes the "New Thought," "Higher Thought," "Positive Thought," "Christian Science," "Divine Science," "The Science of Life," "The Science of Being,"—but, under whatever name it comes, it is a phase of the mental awakening which is affecting every aspect of modern life. "Don't Worry" clubs, also "Success" circles, are being formed all over the country.

The man or woman who can say to us: "You are opulent. All things are yours. The Universe exists for you and will be just what you make it. All power is vested in you. You can transmute the ideal into the real by the power of thought. Nothing but good can come to you,"—is indeed lending you a helping hand over a rough road, lifting you to the point where you can make your own affirmations.

Prentice Mulford was Father of Mental Science.

"Ask and ye shall Receive;" "Knock and It Shall be Opened unto You ;"||*The Supply is Equal to the Demand;" ""Thoughts are Things." See Chronicle, July 8; Patent Office Dept.,; Public Library.

Helen Wilmans of Freedom: Ralph Waldo Trine, "In Tune with the Infinite," "What all the World's Seeking;" T. J. Shelton of The Christian: "Vibrations," and all the other advanced thinkers and writers of the present time are imitators of Prentice Mulford. Earnest Loomis' Brotherhood is but an echo of Prentice Mulford. "White Cross Library," in Public Library, L 5272, seventy-three essays; shows how results may be obtained in business and art through the force of thought and silent power of mind.

Mental Medicine.

Th£ source of all strength lives in the massing your thought entirely on one thing. This knowledge is open to those who can receive it and use it to the best advantage; first, for their highest good, next, that of others.

The Gift of Thought Healing.

This belongs to all, in proportion to their determined good will to others, and has the power to build up an organ which is wasting away through lack of some element it needs. We should think only good thoughts, then we radiate from us a healing balm to all those with whom we come in contact.

Physician, Heal Thyself.

The mind should become so masterful that it can vitalize the atoms that are to replace broken-down tissue and give them such viril and potency that decay will be checked. Those who have attained this power at will over the physical are called Masters, Adepts, etc.

How Thoughts are Born.

If your associates be refined, the thought born of such chemicalization as it flows and mingles from mind to mind will be powerful.—Thought is food for your spirit. We can be creative and combine our thought with another; the purer your thought and motive, the greater the rapidity of such combination. The hopeful and confident *attract* the *elements* of success. Every thought of yours has a literal value to you; those near you will feel your thought.

Thoughts are Things.

"Every thought, spoken or unspoken, is as real as water, and goes to that person on which it is placed. Every thought is an outlay of force. New ideas are to be found by associating with congenial and sympathetic spirits in the same current of thought which exists between kindred minds.

The Accession of New Thought.

I "New thought is new life. Whatever the mind is set upon," that it is bringing to it. Life, then, whether its forces are in activity or rest, will be a perpetual elysium."

Co-operation of Thought.

When sent out in good will to all it meets the like current of thought, it forms a greater current in proportion to the number of minds sending their thoughts of like spirit to it to produce a Living Force,—for every thought of ours is a force in nature.

Mental Intemperance.

Any mood of mind attracts to it the same order of thought-element. The worst intemperance of today is that coming of hurry, worry, etc. It is the habit of mind which causes what is called "Nervous Disease/ An insane mind is a mind which has lost fits polarity) the power to fasten its thought on one thing. That also is a species of mental intemperance what cannot sit still/*

Prentice Mulford Saved My Life.

It was while living in Morgan Park, in 1888. and engaged on the Board of Trade, and when the clouds >n the horizon of my life were the darkest. was

meeting with heavy losses daily. At *mf* ftuburba home, we were distracted by the servant girl problem, so I had inharmony to contend with at both ends of the line. As I was heavily *inmited*, I was tempted into considering the proposition of being accidentally killed by the train as I went to and from the city. Bat one day, when I was in my "deepest depths/* I took one of Prentice Mulford's essays, 'Faith, or Being Led by the Spirit' (L 5274, Public Library), with me to read on the train. That article awakened in me certain dor men t faculties, and I was enabled to look upon all things in a different light. At that time Prentice Mulford's books were my Bible and my only consolation. I subscribed for every line of monthly publications and read them a as came from the press.

Prentice Mulford Club

was organized last November; its first meeting was held New Year's Eve, when Dr. Hanish spoke on "The Science of Breath and Power of Thought/' I was appointed Chairman of the Executive Board. The membership consists largely of lawyers, editors, publishers, literary and newspaper men, stockyards. Board of Trade, contractors, insurance, real estate, professional "Mental" scientists, and business men and women.

The club meets every Saturday night, and power of thought is demonstrated; reports are received of the practical and beneficial working of the "Health Circle," "Success Circle," and "Noon Hour Circle/* The many testimonials from the Success Circle" prove the good work the club is accomplishing, and the members are receiving marvelous power in the union of intelligent thought.

Suggestion.

Only such suggestion as affords illumination or adeptship through self-realization should be used. The quality of the suggestion should be governed by intuition and the mystery "of the Silence" when it becomes radiant with those who are in the sphere of Divinity.—"Atma/V

The great sage of Eastern Philosophy. Patanzili, teaches that "the mind is the instrument of the soul, and the soul uses it as an astronomer uses his telescope to make observations of the sky." The power beyond the mind is the spiritual soul of man.

Our aim should be to develop the physically intellectual, the moral and the spiritual, so as to bring forth a rounded, well-balanced character;/ not going around empty headed, nor to the other extreme of becoming too heavy with brain-cramming (as an intellual giant is as much a false development as a physical giant)—and, an empty heart.

"In the Silence/'

Into the secret places of the "Most High." let the* mind unfold its visions and dreams of the Adorable and Ineffable One. In the stillness of the impcnetrable Hush, may that which knows neither beginning nor end, birth nor death, matter or mind, realise God and Thyself—the 'atonentetit'*'^to*one-nient).

THE KNEIPP WATER CURE MONTHLY.

Individual Key-note.

Every person has a key-note. 'This is the cause of our likes and dislikes, or attractions and repulsions, the chemical atoms of our body having a different polarity and vibrating at different rates. Persons who possess a key-note in harmony with ours—say a third or a fifth—will be most congenial.

The effect of single tones, chords and melodies, upon the human body will in time be an interesting science, and be used largely in the cure of nervous disease.

The Astral Body

corresponds with the physical, atom for atom, but in a higher rate of vibration. One can project his astral, in fact, outside of the physical body, which is only an envelope. The brain and solar plexus are the foci of the envelope.

(To be continued.)

What We Should Like to Know.

Is it natural to be ill, any more than it is to be drunk? *

We think not. We know there cannot be an effect without a cause. Nature's laws have been broken, and the penalty must be paid.

Ought the patient to be poisoned for having, perchance unknowingly, broken nature's laws, and got ill thereby?

People to whom we have asked this question reply, "Certainly not."

Why, then, do people take poisonous drugs and minerals, that in millions of cases do more injury than the disease ever could have done?

Undoubtedly, in many instances, it is for the want of thought; in others it is most probably ignorance.

Has it ever occurred to the reader that to be ill is a serious waste of time and energy? How Can you afford it? Do you ever think of, or try to find out the cause? Just think of the unnecessary evil of having to support many thousands of doctors, dentists, chemists, hospitals, prisons, asylums, hydropathic and other establishments, for large classes of invalids and imbeciles. What are the causes? There are many, but the chief ones are wrong foods and drinks, wearing too much clothing, unnatural and insanitary conditions of life, the want of fresh air, cleanliness, exercise, cheerful and agreeable companions. What is our duty upon this planet? To work to try and leave it the better for our having lived on it, that the lives of those who follow us may be easier and secure from the ills and dangers that beset us at the present time. Don't forget to think it out carefully. You may then realize the perilous position of the present and future lives of men, women, and children.

"Do what conscience says is right;
Do what reason says is best;
Do with willing mind and heart;
Do your duty and be blest."

Secrets of Good Health,

How is Your Back?

Starch is a good thing to stiffen linen, but it doesn't work for a cent when it comes to backbones.

Bread to be the staff of life should contain about the same elements which are found in the grain, the bran, of course, excepted, but the demand for a white flour has led the miller to remove valuable elements because their presence gives flour a dark color, and the result is, that instead of a perfect food material we have in "patent" and high grade flours a material which when made into bread and eaten to the exclusion of all other foods, is incapable of sustaining life for any length, of time, says the American Kitchen. "Fortunately we have other sources from which to draw our food stuffs, so that we shall not starve even if we do continue to eat fine, white flour bread, but health would be greatly promoted were we to get more of these elements from bread and less from meat. The darker and lower grade flours contain more mineral salts and flavor-giving substances and should become more generally used in bread-making.

Headache.

A gentleman had been troubled with "morning headaches" for years. He was unable to obtain any relief. It was found in taking his history, that he had always eaten three full meals a day. We observed that the trouble was here* and could be nowhere else. After he was up for three or four hours the headaches would wear off.

There was more food eaten than the body required, and in this case the nerve centers felt the strain.

The treatment was based upon this diagnosis of the case. He was advised to omit eating anything until noon, but to drink a glass of hot water every two hours during the morning hours. He was allowed anything he could relish at the first meal, but was instructed to eat very slowly, and with as joyful spirit as possible. He was not to eat when tired at any time. The same instruction applied to his second meal, which was to be *some*, six or seven hours later.

This gentleman began next morning to carry out all that had been told him. and the result was that on the first morning after he began the treatment there was only the "threaten" of a headache, and on the second morning there was none. The man has continued eating only two meals a day ever since, and remains free from headaches. It has now been four years since.

There are thousands suffering from similar headaches, and the cause and cure are in their own hands.

HEALTHS

The Place for Coffee Drinkers*

is perpetually in a state of semi-intoxication from coffee—men, women and children alike, and to babies in arms it is fed with a spoon. It is brought to your bedside the instant you are awake in the morning and just before you are expected to drop off in sleep at night, at meals and between meals. The effect is plainly apparent in trembling hands, twitching eye-lids, rummy-hued skin, and a chronic state of excitability worse than that produced by whiskey.

MEDICAL TIMES.

Reciprocity.

"I hear that Jones treated his family doctor very badly."

• "So I heard. I suppose he thinks that turn about is fair play."

THE DOCTOR.

THE KNEIPP WATER CURE MONTHLY.



For the Little Children.

[• Squinting of Children.

Squinting may be caused either through bad habits or also through a palsy (paralysis) of the muscles of the eye. This symptom generally appears in two directions, that is: squinting outwardly or inwardly.

In this case the eyeballs do not possess the faculty to turn around in all desired directions. Squinting inwardly is mostly caused by children showing too much interest in small glittering objects, like glass pearls, and then straining their tender eye nerves *id* observing these or similar articles. Squinting outwardly is often caused by writing or reading overmuch in insufficient- or lamp-light, and also by generally straining the sight continually in various directions.

Over-straining the eyesight, however, not only causes squinting but also short-sightedness and far-sightedness. All these sufferings are a great deal attributable to overwork at school.

Omphalocoele.

This is a disease which appears only in very small children, and is comparatively easily curable by placing a narrow bandage around the child's stomach.

Even this ^however, is not always necessary, and in many cases the rupture will heal of itself. The cause of it is generally to be looked for in the too tight enveloping the child in its cot, whereby the children are compelled to overstrain the muscles of their stomach. They lack liberty for free movement. A child needs plenty of room for its lungs and stomach when it begins to cry; but is very much impeded by the tight bedfolds, as are now quite prevalent, and as it lacks space, both the lungs and stomach have to suffer herefrom.

It is self-evident that the child's stomach-wall is still very soft and impressible, as only recently theavel string has come off.

Whoever desires to prevent his child suffering from omphalocoele, should discontinue the use of swaddling clothes, and let the child lie in a proper bed, so that it may be able to cry out loudly, whenever it wants something.

Sincerity is the source of all geniality. Man might be much cleverer, if he were more moral.

Stomacace.

This evil is caused, like so very many others, through uncleanness, and often heals with much difficulty only, because all kinds of salves are rubbed in and unnecessary and noxious medicines given, but the ordinary causes of the disease are not eliminated.

However if the diseased child is bathed every morning and evening in lukewarm water (at 72° F.) and thoroughly cleaned and washed each time, and if the mouth every time before and after feeding the child is cleaned with water, and no unnatural food or beverage given it, a cure will speedily set in. That above treatment, except a little trouble, costs nothing whatever, I include as an accessory remark only.

Fungi.

This disease appears only in the very young babies in their first few weeks of existence. It is a healing process, caused by the reaction of the Natural healing forces.

As in all cases of disease, here also foreign matter contained in the stomach- is dissolved and excreted.

The cheese-like white pustulas which, by the way, are very painful, heal themselves; however, care and cleanliness of the mouth should all the time be observed, taking care that the new freshly formed pustulas should not be broken, before a new skin has formed underneath, to replace the old one.

Many people are of the opinion that fungi are a consequence of uncleanness! but this is only partially right; for fungi may appear in individual cases, where cleanliness may be strictly observed even.

Should we not be merry,
Gentle, too, and mild?
Then the whole wide earth doth wait
On each little child.
Should we not, in quiet,
At our mother's knee.
Praise our heavenly Father,
Thank Him lovingly—

Since earth and air, and land and sea
Give kindly gifts to you and me?
Since earth and air, and sea and land.
Come front our heavenly Father's hand

—Laura E. Richard*

Keeping Well.

If a person constantly violates some of the laws of health the time comes when he or she suffers the result. It makes no difference whether the law is broken through ignorance or with the eyes wide open. It does not matter if the law breaker is one who believes in the value of drugs or the opposite. If you place your hand in the flame it will be burned because it is a law that heat will destroy animal matter. So if you do anything to the body which shall violate the laws of health you will destroy or interfere with the part most intimately affected. Supposing you do this for years until some serious illness has been produced does it stand to reason, does it appeal to your good, every day common sense to suppose that anything you may take internally or externally will cure while you go on violating the law just the same? If you are breathing air out of which one-half of the oxygen has been extracted and carbonic acid gas introduced instead do you think you will be made well by any form of medicine? Do you believe that Christian Science can take the place of fresh air? Will Osteopathy cure a pout that arises from gluttony? Will Hydrotherapy save babies from being killed by over-feeding? What must be aimed at is health, not disease. What shall be done in order to keep well? Keeping well may be called the science of right living.

It costs too much to be sick in this practical, competitive, financial age. The man of affairs says he has no time to take care of himself, but he takes the time to be sick and finally leaves his family for the great beyond, five, ten, or twenty years sooner than he should. He had no time to busy himself with questions of personal hygiene, diet, breathing and exercise, but insuring his life for all he could afford, he lived in such a manner that his blood became thick, secretions scanty, liver torpid, kidneys irritable, in short suffering the inevitable results of wrong living and the programme ending with an early death. Does it pay? Really does it pay to give one's whole time and attention to money-getting, social duties or household work and then die?

A large majority, larger to-day than ever before, are beginning to ask the way of right living. More physicians than ever before are beginning to awaken to the fact that the true field of a physician's work is along the line of preventive medicine. They not only cure, but they prevent disease. The true physician should do much more than use pill and lancet.

Right living will be found to imply a host of conditions all of which must be comolied with before the science of "keeping well" is entirely mastered. There is not a moment of one's life from the first gasping breath to the end of physical life but has its duty. One lives for health or disease all the time. Few diseases, aside from those of an accidental nature are caused in a moment. Their origin may frequently be traced to errors of health laws indulged in for years. Finally the result comes in an acute illness, and comes with what seems to be great suddenness. But it is not so, it is the result of long continued evil living. To keep well then, one must live in such a way to avoid the beginnings of disease.

Regarding the hundreds of deaths occurring recently in New York from the excessive heat, one of the head nurses in Bellevue Hospital is reported as saying that she wished the people knew the great effect that their food and drink had upon their resistance to the heat. This is simply what we have told our readers recently. If you want to keep well in hot weather do not use cold weather foods. Do not worry and fret. Do not fill the stomach full of iced drinks so that it is unable to carry on the ordinary work of digestion. Use cold water outside more than in. A cool bath will lower your temperature more than quarts of iced drinks. If you have been eating meats three times a day, try a few weeks of a meat diet only once a day. Use plenty of fruit. See to it that the fruits and vegetables are eaten as soon as possible after being-gathered. Wear cool clothing. Duck and linen are very desirable in extreme heat. White clothes absorb less heat than black. The native Filipinos clothe themselves entirely in white. Let us profit by their example. Finally if you would keep

well do not eat too much. The quality may be above reproach, but if the quantity is more than is demanded for the repair of the body then disease is being invited. Do not expect impossibilities of your stomach.

THE CLINIC.

One of our readers, who is also a subscriber to the "Brief," a medical magazine, was highly amused by the following letter of inquiry from an M. D., who apparently was only able to DO others only, but being afraid to DO himself, asks for advice. We reprint the full letter of inquiry, as well as the letter of advice for the edification of our better-informed readers:

Question:—Have been suffering for the past five years with nervous dyspepsia. Am a married man, thirty-eight years of age, weight one hundred and twenty pounds. Never had any venereal disease except gonorrhea. Symptoms at present, dull pain under right shoulder blade, tenderness upon pressure over stomach, slow digestion, liver sore and inactive, bloating and unusual fullness in stomach and bowels after meals, lasting three to six hours, sleepy nearly all the time, gaseous distension of stomach and bowels, enlargement on left side of umbilicus since an attack of malarial fever a year ago, it is not sore or tender upon pressure, appetite very good, tongue coated a yellowish brown, bowels constipated in the extreme, urine scanty and highly colored, no sugar or albumen, poor circulation, hands and feet cold, pulse about seventy-five, except early in the morning, or upon exercise, when it rises to a hundred. Loss of sexual power, penial organs soft, flaccid and small, very nervous, headaches sometimes in the back part, sometimes over the left eye, dizziness, disturbed sleep, frightful dreams.

I have consulted several physicians, some say one thing, some another. Have taken nux vomica, chionanthus, Ginseng, bismuth, hydrastis, and a great many other remedies too numerous to mention.

Any information from the Editor will be kindly appreciated, as I have a very large practice, and am anxious to get well.

R. A. J., M. D.

Georgia.

Answer:—You are suffering from a diseased and weakened state of the medulla and pneumo-gastric nerve as the primary lesion. The subjective symptoms mentioned, nervousness, headache, dizziness, etc., are the result of absorption of poisonous substances from the bowels, as shown by the yellowish-brown tongue.

You need strychnine, but before giving brain and nerve stimulants, the blood should be purified, and constipation relieved. We recommend one-fourth grain calomel with two grains of bicarbonate of soda four times daily for two days, followed by a large dose of Epsom salts, and several copious enemas. The work of treating constipation is not done until the patient is passing yellow, formed movements.

Then give a half teaspoonful of Iodia in water after meals, for a week or two, as indicated, when you will be ready for the strichnine, one one-hundredth grain thrice daily.

Use half teaspoonful doses of Bromidia, in half glass of hot water, every other night at bed time, for a few times, when the habit of natural sleep will gradually return.—Ed. g

If All the Money.

"If all the money spent on wars were spent in taking care of the poor, poverty would be abolished, and if a tenth of the money that is spent on wars were spent on humane education, there would be no need of armies and battleships."

So says Mr. Geo. T. Angell, president of the Massachusetts S. P. C. A., and so say all of us. Whatever may be your politics can you look yourself right in the face and say that you honestly believe that the killing of Boer, Chinaman, or Filipino are necessary in order to advance the cause of truth, right, honesty, gentleness* kindness and love? Is the mental, moral or physical health of mankind to be increased thereby?

Literary Notes.

Suggestion: The Secret of Sex, by C. Wilbur Tabor, published by Charles H. Kerr & Co., 56 Fifth Ave., Chicago, Ill. Price, bound, \$1.

In *this* work the author endeavors by his originality to awaken the interest in this old subject from a new point of view, and certainly succeeds by his *original* views in being very interesting.

The New Method in Health Culture, by W. E. Forrest. M. D. Price, \$1. Published by the Health Culture Pub. Co., 481 Fifth Ave., New York.

This is a guide to home treatment of the sick without any drugs or medicines.

It is a folly to suppose that any *disease* of long standing can be thoroughly cured and completely eradicated from the system in a few days by any method of training, but with patience, perseverance and determination you will succeed.

Of course it is *easier to take a pill* than to change a habit that has caused your infirmity, but then it only temporarily palliates your trouble and weakens the system, but a *steady* application of the "New Method" leads steadily though slowly, back to health.

The Art of Massage, Its Physiological Effects and Therapeutic Applications, by J. H. Kellogg, M. D. Published by the Modern Medicine Publishing Co., Battle Creek, Mich. Price \$2.50. This work treats of a subject which to the rational physician as well as to any educated Free-thinker is one of greatest interest and importance.

It is not very many years ago that the art of massage was generally regarded as being closely allied to quackery—and scientific massage was almost unknown in this country, although in Germany, Sweden, France and other European countries most expert manipulators of the massage methods tried to spread the knowledge of this art. The Author who visited personally the most expert Masseurs and their establishments in the *various countries in addition to* his personal experience, collected within the last twenty years, was well adapted to summarize the facts he collected and to condense them in his book. As this manual is intended for the use of medical students and student nurses, technical expressions have been omitted, as far as possible. The treatises are accompanied by very lucid illustrations and the book is full of interest from beginning to end.

Positive Prevention and Cure of Tuberculosis by the Nature Cure Process, by Aug. F. Reinhold, Ph. D. M. D. Illustrated. Price, \$3. Published by A. F. Reinhold, 823 Lexington Ave., New York. We have perused this book with great interest, but, although we coincide with the author that tuberculosis may be cured by the Nature Cure, we cannot concur in the methods as expounded by Professor Reinhold in his book and as adopted by him in his Sanitarium.

Of course the book itself is very well written, but it does not carry conviction after perusal, because the right way has not been expounded.

The Treatment of Disease by Physical Methods, by Thomas Stretch Dowse, M. D., Abd. F. R. C. P., etc., etc. Published by E. B. Treat & Co., 241-243 W. 23d St., New York. Price \$2.75.

As the medical profession is gradually, but surely giving greater attention to the treatment of disease by physical methods—chronic disease especially—they are, in so doing, merely following lines of practice which are so largely adapted, and with remarkably good effects by medical men upon the Continent.

Massage, in the opinion of most eminent medical authorities is an important physical aid in the treatment of diseased states,—its usefulness as a healthy tonic cannot be denied. It is readily adopted by some and abused by others, but this has always been the case with the introduction of some new innovation and amelioration either in the nursing methods or in treat-

ment of disease generally, the author therefore is convinced, as well as we are, **that** Massage and Electricity will live **and** flourish **and** take their proper and justifiable position **in** the treatment of disease.

Sjiji The book is profusely illustrated and full of interest from beginning to end.

Druggists Hand-book of Medical Roots, Barks, Herb*. Flowers, etc. Published by G. T. Cheney Company, 15 Union St., Boston, Mass. Price 75 cents, postpaid. The compilers of this hand-book, which on account of its contents is of high value to all students and those interested in roots, barks, and herbs, have taken considerable pains to make their work exact and complete by consulting standard authorities for the correct Botanical names.

This work is a good and a very convenient handy book for correct and quick reference for the use of physicians, students, naturopaths, apothecaries and all those interested in Botany. All the names are arranged alphabetically with their pseudonyms and particulars; and the uses for which each one is especially recommended.

The price, 75 cents, postpaid, places it within the reach of every one.

Just How to Cook Meals Without Meat, by Elizabeth Towne, Holyoke, Mass. Price, 25 cents.

This is a brand new Vegetarian Cook Book, written in the author's chattiest, breeziest style. / It tells just what other cook books do not, namely, how to prepare a whole meal on the vegetarian plan. In fact, it gives twelve complete menus, with full and explicit directions how to prepare each dish. It also contains a brief chapter on Soups, one on Salads, another on desserts and a "P. S." which you should not miss.

"Modern Researches: Physiological and Psychological" by Bayer, U. S., author of "Maternal Impressions," "Studies of Life," "Hints for Child Study," etc. 284 pp., bound in vellum de luxe, \$3.00. Scientific Publishing Co., 96 Fifth Ave., Chicago.

This superb work represents years of mature thought and exhaustive research upon some of the most vital phases of human life and character.

It is not to be classed with the ordinary theoretical book, for its statements, in almost every instance, are substantiated not alone by logic and reason, but by the experience and testimony of reputable physicians, whose names are given. Neither is it a technical work, but is easily comprehended by the person unacquainted with medical terms.

Some of the views expressed are new and startling and yet generally they will be found in harmony with the latest and best medical authority, being taken at the points where scientific laboratory deductions coincide with the every day experience of the physician.

More than 100 physicians have contributed cases and authorized the use of their names.

The book is divided into four parts. The first shows very plainly the fallacy of the various theories advanced by Professor Schenk and others, and sets forth some of the evils likely to result to the child from attempts of the mother to adopt these theories. Not only every physician, but every prospective parent should know these facts.

The marriage question is incidentally, but ably treated and methods suggested for securing better conditions, especially for the coming child. **The cause**, and therefore the prevention, of what are termed hereditary defects, perversions and tendencies to evil, it pointed out.

In part two the deleterious effects of certain drugs upon the nascent child, when taken by the mother, are described, and many otherwise unaccountable afflictions explained. This part alone is of incalculable value to the physician, the parent and the race.

Part three explains the mystery of the cause of ver-nix caseosa, and clearly shows that it is an abnormal and injurious product, easily preventable.

The fourth division deals with parturition, and conclusively shows that much of the difficulty pertaining to this natural function results from the violation of Nature's plain and beneficent laws.

The book is replete with invaluable facts and suggestions demanding thorough investigation.

Nursing Ethics for Hospital and Private Use, by Isabel Hampton Robb, published by I. B. Savage, 90-92 Wood St., Cleveland, Ohio. \$1. Elegantly bound. Nursing as a profession, is getting more and more acknowledged in our present era. We may be sure of the thoroughness of the author's knowledge of her theme, she herself having had sufficient experiences during her career. And can therefore recommend this valuable book to all those in charge of invalids or who desire to take to nursing as a profession.

The Power of Thought in the Production and Cure of Disease, by Wm. H. Holcombe, M. D., published by the Purdy Publishing Co., McVicker's Building, Chicago, Ill. Price 15 cents. This remarkable essay was read before the American Institute of Homeopathy, and received so much acclamation, that Dr. Holcombe decided to publish it in printed form. As it is already in its fifth thousand, its actual great intrinsic worth will be apparent to everybody.

Any of our readers who wish to study Osteopathy and gain the degree of D. O. and M. D., would do well to address the Atlantic School of Osteopathy at Wilkes Barre, Pa. who will send them their beautifully illustrated catalogue free of charge. This Academy can be conscientiously recommended as its merits are far above the average similar institutions.

Messrs. P. Blakiston's Son & Co., 1012 Walnut St., Philadelphia, Pa., have just published their catalogue of 3500 questions on medical subjects arranged for self-examination. Price 75c. To each question is appended the page and volume of the reference books and in it are most of the questions of the State Examining Boards of New York, Pennsylvania and Illinois. It is a perfect little treasure to all students, and no candidate for an examination should be without one.

"The New Curative Treatment of Disease." A hand-book of Hygiene, Rules of Life, Health-Culture, and the Cure of Disease Without the Aid of Drugs, from the German. by M. Platen. Published by Alexander Duncker (H von Carnap) 178 Fulton St., New York. Two handsomely bound volumes, about 2000 pages, numerous illustrations, 17 colored plates, and 8 Anatomical plates. \$7.50. This popular work is a household treasure and family guide for the healthy and the ailing. It has chapters on Ventilation, What to Eat, Drink and Avoid, How to Choose our Wearing Apparel, the Care of the Skin. Eyes, Ears, Nose, Teeth, Hair, etc. The structure of the body is made plain by 8 anatomical plates of models, in separable parts, showing the bones, muscles, arteries, veins and *nerves of the body*.

The sensory organs, the eye, nose, ear, brain, etc., the organs of digestion, breathing, and circulation, the stomach, lungs, liver, heart, etc., are all represented and can be dissected..

"Platen's Curative Treatment" itself is simple, safe and inexpensive. Doctors and drugs are not required. Platen's Natural Curative Treatment eliminates disease from the system, in fact it does not treat the symptoms merely, but the disease itself. By its means diseases are radically cured and extirpated altogether. In short, it is a book for universal reference as well as a necessity for every household. Diseases of women and children are treated at great length, and every mother will appreciate this meritorious work as an unfailing source of good, sound, practical advice in all circumstances of every-day life. ||\$if

The publisher, Alexander Duncker, will be pleased to mail to any reader mentioning this paper, a full and descriptive prospectus of this useful and practical work.

Dr. Dewey's New Book.

THE NO BREAKFAST PLAN AND THE FASTING CURE.

This book is founded upon the following physiology, which is no less new to the medical world than to the people:

\$M

The brain is the source of every energy, and is the one organ of the body that does not waste either in sickness or starvation. Physiologists have known this without recognizing its significance. It maintains its weight in the absence of food or in sickness by its powers to absorb the body as predigested food. It is then a self-feeding organ in time of need; it is the dynamo of the human plant, with the stomach as one of the important machines. Its lost powers are regained from rest and sleep, and *not* from food, hence if this is not true we should be able to get lost strength back by going to the dining-room and not to the bedroom. As the brain furnishes all the powers to the stomach it has, it clearly follows that the digestion of a meal taxes the brain for strength rather than adds any to it. The after-meal sluggishness is due to excessive brain taxing. Our sole need of food is to maintain the weight of the body, and not to give strength, and it can only do this at a very considerable loss of general strength while digestion goes on, since the machine—the stomach—cannot be run without brain power. As the power to labor through the day comes from the sleep at night, it follows that one can work longer in the morning or forenoon without tiring if no food is taken to avert energy from the brain. As a matter of fact it has been *found that harder manual labor can be habitually performed without a breakfast than with one; and brain workers have found a wonderful clearness and strength of mind as the result of the forenoon fast. As the brain is a self-feeder when necessary it follows that no food is required during sickness for brain purposes. We need not try to feed the brain, and we cannot feed the fat and muscles so as to save them from wasting. Nature takes the appetite away in sickness that we need not waste brain power in running food through the digestive track only to lessen cure energy by adding indigestion to disease. The body will waste in spite of our feeding until the return of natural hunger. If no food is given in the absence of desire for it, the sick will recover sooner and suffer less, or they will live longer and suffer less where recovery is not possible. Nature will permit no one to be without a desire for food when it can be taken with relish and digested with power.

The author of this book has permitted, all of his sick, for more than a score of years, to do without food until the return of natural hunger, no matter how protracted the cases, and with the most happy results, especially in *typhoid* fevers and other severe acute diseases.

The entire book is a study of nature in disease, such as the author believes has never before been given to the world, and not in all time will a book be written with larger faith in nature as the power behind all cures, or less faith in medicines in the reconstructive changes involved in the cure of disease.

Price of the book is \$1.00. For sale by the Kneipp Mac Pub Co N Y

But man, the inhabitant of every clime.
With all the commoners of nature feeds.
Directed, bounded, by this power within.
Their cravings are well aimed: voluptuous man
Is by superior faculties misled.
Misled from pleasure even in quest of joy.

Sated with nature's boons, what thousands seek.
With dishes tortured from their native taste,
And mad variety, to spur beyond
Its wiser will the jaded appetite!
Is this for pleasure? Learn a juster taste;
And know that temperance is true luxury.
—John Armstrong.

Naturopathic Adviser.

Under this column FREE advice according to the rules of the Natural Method of Healing- will be given to all subscribers or the Kneipp Water Cure Monthly.

J. M. H., Philadelphia, Pa. The advice *given to you* in July copy is all right. I guessed what the original cause was but would not mention it. Calisthenics and moderate riding of bicycle can be recommended. Kneipp Malt Coffee I consider purer and therefore better than Postum Cereal. The printer made a mistake, read "every other day a three-quarter pack, etc." You may drink daily 2 raw fresh eggs mixed with the juice of one lemon and two oranges.

G. A., Mich. Your case is an exclusive one, especially as it is *congenital*. Only an operation can be recommended here, but I do not consider it necessary and would allow things to remain as they are. I *do not* see any reason why it shall be serious. BiV Natural Method of Healing does not *mention such* a case.

K. Fl., St. Andrews, Ontario. Question: I am suffering with pain in my stomach as well as that pain in my right side and constipation. There are also quantities of long threads sometimes covered with mucus and many flakes of this white substance. Answer: You are suffering on indigestion due to an inflammation of the inner membranes of the stomach and partially bowels. Take a wet hay flower shirt every day with an extra wet compress on the abdomen, r—2 *hours*, hereafter lukewarm *sitzbath* 85° F. 10—12 min. Daily one injection of weak camomile tea 90° F. 1 Quart. Every other night a wet clay compress on the abdomen a lid abdominal bandage every night. With the wet shirt apply a hot bottle to the feet, also in the night if feet and body are *feeling cold*. *Non-irritating diet* as recommended to you last year, thick soups, raw and stewed fruits etc. Every evening 1 cup of tea of Angelica Root and Gentian mixed with pure honey and 1 teaspoonful of lemon juice.

The laceration of the uterus of your friend has to be sewed.

In regard to the profuse menstruation of your friend she may apply on the second day cold four-folded compresses of water and vinegar to be changed as *soon* as they become warm. 2 hours alternating with 2 hours rest. During the night wet packs round the calves of the legs and a hot bottle to the feet, also a clay compress on the ovarian region of the abdomen. On the 5th day a cold *sitzbath* 1 min., which can be repeated for the *3 to 5 following days*. After the menstruation has stopped entirely every other day a *4* packing *Yz to 4 oi* an hour with cold sponge bath afterward. The headache and heart trouble etc. is a consequence of the heavy losses of blood she had. She ought to drink T—2 quarts of good lukewarm milk every day, if possible n part of it directly from the cow; 2 raw eggs or soft boiled. Dr. Lahmann's • Cocoa malt coffee, *plenty* of fruits, of all kinds. Roasted chicken, turkey, lamb or mutton now and then.

J. M. H., Phila., and A., Mich. Please excuse that you did not find answer in August copy. It was the printer's, negligence. I hope you will find answers in this copy.

Massachusetts. Question: I am suffering on sexual Neurasthenia, what is your advice? Answer: Directly after rising three times weekly a» cold *sitzbath* 1—2 min. and sponge bath of the other parts of the body afterward, then physical culture exercises 2—3 min. in the beginning and deep breathing exercises 1 min. and three times weekly High and upper gush. Every week 1 or 2 three-quarter packs, during the night T-bandage (wet abdominal bandage with a four-folded wet linen about 5 inches wide from the front to the back). Before going to bed lukewarm enema 1 quart. A sun bath whenever you have a chance. Long walks in fresh air, sleeping with open windows, moderate bicycle riding and garden work. Live principally on milk (lukewarm), fruits and whole wheat bread. Avoid all irritating food such as beer, wine, etc., slices, coffee, tea, beef tea,

Ludwig Staden,
346 Schermerhorn St., Brooklyn, N.

f»That Man

Live* Twice Who Lives the First Life Well

Every man is entitled to health and happiness* is the possessor of health—physical and mental he will be happy and successful in the social and world. The man who is sick and weak in body or is so because he has not understood or has not c< to the laws of nature, and has not rightly applied forces that nature supplies to all her children.

"Disease and Weakness are not Born of Nature
are they the Act of God."

Many years ago Professor Henry Ulrich made what he supposed to be a new discovery of an hitherto unknown power—the power of vitalizing, regenerating, and rejuvenating the human body and freeing it from diseases without the use of poisonous drugs. This mysterious power vitalizes the nerves, changes the sluggish • *Bow* of the blood to an active circulation, increases the efficiency of the vital organs, causes the natural channels to carry away the poisons from the tissues, and starting from the diseased portion, rebuilds and strengthens the entire system.

Re-discovery, perhaps, would be the better word to use in this connection, as careful research has shown that certain of the savants of the Old World understood and used this mysterious power in the curing of diseases.

Glorious Manhood! : Charming Womanhood! Life! Power! Strength! Vigor! The ability to conceive ideas! The power to execute plans successfully! Action; strong, destiny compelling action of the brain or body depends on the force of the Life Current within your own system.

An all-wise God never intended you for a failure, either mentally or physically. Professor Henry Ulrich simply applies the laws of nature to your case in his life treatment.

The Life Bath! The Life* Current! Physical Culture! Mental Treatment! are in harmony with nature's plans, and works with nature to separate disease from the tissues and lead it out of the body, to strengthen and build up the system, to intensify the power of the brain by giving it the necessary *rest and* proper exercise, and to send over the over-wrought nerves to all parts of the body a message of life and health and strength and power.

No Apparatus. "No Drugs. Only your own efforts.

By simple instructions Professor Ulrich teaches how to eat for the benefit of health and strength, how to put yourself to sleep in from three to fifteen minutes. His exercises insure rest while you sleep. Within four to six weeks he increases your chest measurement from 2 to 4 inches, increases biceps from *A to Ij*^ inches, reduces fat, flabby abdomens from 3 to 6 inches, increases weight from 2 *to 40* lbs.

One month's training by this system will accomplish more than one year's training in any gymnasium. For particulars address Professor Henry Ulrich, 50 Dearborn St., Chicago, **111**.

In hot weather frequent bathing is necessft
Health and *Comfort*.

You would bathe oftener if you had the time and convenience. A Shower Yoke is always ready and five minutes is all the time required. A shower is refreshing and invigorating. It develops both brain and body, increases muscular energy and enduring powers, makes work a pleasure and increases your capacity fifty per cent.

A Shower Yoke fits the body, is the shape of the body, showers the whole body at once, will not splash or wet the room, opens up and is put on like a collar (not over the head). It can be attached to your bathtub or with a foot-tub attached to your lavatory or kitchen sink. Holds itself in position, leaving hands free to use soap and sponge. The water running over the body whilst washing cleanses : much better and in much less time than a bath-tub and does not require but a friction of the amount of warm water-

Better than an overhead shower. A **1** u use
without wetting her hair. Just the thing to •hire
bath. Saves time and trouble. (See Advt.)

AMERICAN NEWSPAPER DIRECTORY

Tells the circulation of all American newspapers. Revised, corrected and reissued every three months. Sixteen hundred pages: Price Five Dollars a volume or **\$20** a year.

BUFFALO.

We should hardly know how to get along without the American Newspaper Directory. We regard it by all odds the most complete and reliable guide that the advertiser can make use of; in fact, we use no other.

Buffalo, N. Y., July 24, 1901.

f*§

R. V. Pierce, M. D.,
President World's Dis. Med. Ass'n.

VERMONT.

The American Newspaper Directory stands, as it has always stood, the first and best of newspaper directories—the only one which cannot be ignored, the only one which every advertiser must have. No other can take its place; no other is needed.—Joseph Auld, in the Burlington (Vt.) News of July 3, 1896.

ADVISOR.

The Advisor accepts the American Newspaper Directory as the standard in newspaper ratings. The obstacles which obstruct its efforts to get true and reliable information are many.

The directory question is one which interests every publisher in the country—nay, the entire world. But in the United States directories are becoming altogether too numerous. In this, as with other books of reference, it is necessary to have one which may be relied on as being an authority on the matter of newspaper circulaions. There can be no question about the fact that at this time, as for many years past, the American Newspaper Directory is that authority. The Advisor is not paid to make this announcement. It makes the statement in the interest of advertisers and publishers because it is true. One thing the advertiser is almost cock-sure of when he refers to the American Newspaper Directory is that the circulation figures he sees therein are not overstated to any great extent. In most other directories they are. Only the publisher himself is to be blamed for not securing a proper rating in that publication, and every advertiser of consequence knows it. Thus the publisher who refuses to furnish a statement places himself under a reasonable suspicion.—The Advisor for June. New York, June, 1901.

CHICAGO.

Messrs. Geo. P. Rowell & Co.'s American Newspaper Directory has long since earned the reputation of being the best of its character. It contains the results of patient, expensive and systematic effort to secure all attainable information or interest concerning American newspapers. The work has been honestly done. This will not be questioned by any unprejudiced examiner. The most important question is circulation. In attempting to give this information the editor of the Directory encounters his most difficult work. It is the aim and necessity of the Directory to give the truth. The American Newspaper Directory is to-day the dependence and guide, in a greater or less degree, of every large advertiser in the country.—Chicago (111.) Daily News.

BATES.

The American Newspaper Directory is the only reliable guide for the advertiser.

No man who advertises can afford to do without it.

What Bradstreet and Dun are to the mercantile world the American Newspaper Directory is to the world of periodical publications.

A new advertiser will get from the American Newspaper Directory a better idea of the greatness of his country, and the tremendous possibilities in newspaper advertising, than from any other source.

If an advertiser spends only one hundred dollars a year he should have the American Newspaper Directory. For his

business may grow and his right expenditure of his money become increasingly important. The time to learn how to spend **\$10,000** a year is before it is spent, otherwise the spending may be disastrous.

Many times the best paper in town costs the advertiser no more than the poorest. The American Newspaper Directory tells which is which.

The paper that was the leader in its town five years ago may lag behind to-day. Even one year may witness astonishing changes. If you are spending money for publicity it is vastly important that you should know where to get the most of it for the price. The American Newspaper Directory gives not only the present circulation rating of every paper in America, but shows their history by quoting past ratings.

The book costs five dollars a copy, and a single reference to it may readily save or make many times its cost.

All newspaper directories but one are erroneously optimistic about circulations. The American Newspaper Directory may occasionally err on the other side, but that makes it all the safer for the advertiser.

My advertising experience began in 1885, and one of the first things I did was to buy a copy of the American Newspaper Directory.

For sixteen years RowellPs "The American Newspaper Directory," has had a place of honor and usefulness on my desk.

Many a publisher is ready to prove by other directories that "Rowell's is wrong," but few indeed can be induced to prove it by opening their circulation books to the advertiser.

Among publishers who are not willing that their real circulation be known it is the best hated book in print. The moral is not far to find.

Charles Austin Bates.

New York. June 24, **1901.**

PABST.

If the improvement of the American Newspaper Directory continues in the future as it has during the past twenty years I do not think I shall live long enough to see any other directory take its place. There will, however, be the usual crop of directories, just as every other good thing is imitated. Four long years of experience in dealing with evasive circulation reports have most admirably fitted you for placing a proper valuation upon such statements. Advertisers have come to know that the Rowell estimates are nearer the proper figure than can otherwise be obtained. The American Newspaper Directory is therefore indispensable in every well regulated advertising department. Lines are being more tightly drawn every day; it is difficult to collect for twenty thousand when you print only eight. If the advertiser were buying barley he would not accept three pecks for a bushel, although the quality might at all times be open for discussion.

The American Newspaper Directory is the guide and companion of the advertising man, and it is to the interests of all concerned to help perfect it, support it and hurrah for it.

Pabst Brewing Co.

J. R. Kathrens, Adv. Mgr.

Milwaukee, Wis., June 7, 1901.

SAPOLIO.

A growing need created it—the advertising agency system. One of the earliest and most successful workers, Geo. P. Rowell, is still in the field. He originated methods. Others followed. A first early step in advance was his publication of a list of all the papers—the American Newspaper Directory. He has never ceased to love it, and labor for it. Soon, out of the gross stupidity of imitation, it became a rule that every agency down to those of Oshkosh or Oklahoma, must issue its own directory. An awful waste, for more than one out of ten was worth shelf room. If the National Association of Advertising Agents could agree long enough to buy Mr. RowellPs Directory, publish it officially and drop all the others, it would accomplish something.

Artemus Ward,

Advertising Manager for Sapolio.

* In Fame, March, **1901.**

WASHINGTON,
Every page of file American Newspaper Directory
breathes the wire of its publishers that it shall be abso-
lutely correct in every statement it makes.
Truly yours, Frank Roe Batcheld,
Cleric of the Committee on Banking and Currency,
House of Representatives, U. S.
Washington, D. C, Jan. 17, 1809.

SOUTHERN.
We subscribe to and pay cash for the American News-
paper Directory, and find it of great value in our advertising
department. We have 6,802 miles of railway, extending
from Washington, D. C. all over the South, and in adver-
tising *Ms system* we use more than 1,000 publications, and
in selecting this list we find that we get a correct idea of
circulation from this Directory that can not be obtained
from any similar publication. We receive other newspaper
directories gratis; but the fact that we pay cash for this
one in addition shows that we cannot place the same de-
pendence upon the "fjee list."

We thoroughly appreciate the careful manner in which
this Directory is compiled. Jos. H. Hannen,
Adv. Dept, Southern Railway.
Washington, D. C, Sept. 13, 1900.

GEO. P. ROWELL & CO., Publishers
A new cereal food has recently been placed on the mar-
ket, *called "Oat-Nuts"** which is prepared by the Liberty
Pure Food Co., 46 Clinton St, Boston, Mass. "Oat-Nuts"
sell at 10 cents per package, and are a refined oatmeal.
They look like the ordinary oatmeal of commerce, but they
are partially cooked and predigested and a finer grade of
Oatmeal. They are, also, cleaner and freer from hulls than
the ordinary Oatmeal. In fact it is a refined Oatmeal made
by modern machinery.

Its taste is rich and good, and when more has been pre-
pared for breakfast than has been consumed, the remainder
of the cold porridge can be made into fried pudding with
very little trouble. "Oat-Nuts" is relished by the young
and old, by the sick and healthy, and may be obtained from
the leading grocers, and also from the Kneipp Health Store
Co., in *h. 59th* Street.

am loc
» great
News pa

new ar
as the

Washington, D. C, May 21, 1001.

BALTIMORE.
We have used the American Newspaper Directory for
many years and find it more valuable to us than My other
similar publication. -Much of the information given w*
cannot obtain in any other way. The book is not only a
great help but a necessity *to* our business, and we think its
way of stating circulations is the ideal one.

A. C. Meyer £V Co.,
Prop'rs of Dr. Bull's Cough Syrup, etc, etc.
Baltimore, July 31* 1001.

Five dollars a Volume or \$20 per annum. Sent, car-
riage paid, on receipt of price. Address
American Newspaper Directory, 10 Spruce St., New York.

Those of our readers who are so unfortunate to be com-
pelled to wear false teeth will certainly be interested in the
new lining process advertised by the Daly Gold Lining Den-
tal Office, St. James Building, 26th St and Broadway.

This new process is valuable to the public. All physi-
cians know that rubber dental plates cause various diseases
to the wearer and that the only remedy heretofore was the
disuse of rubber and the substituting of a gold one. The
Gold lined plates of the Daly Dental Office are equal in every
respect to a gold one so far as clealiness and health are
concerned, and on account of its low cost is the only remedy
in reach of the people for all diseases growing out of wear-
ing rubber plates.

A gold lined plate will not peel or crack and will last
permanently. For further particulars we refer our readers
to the advertisement elsewhere.

MELCHERS' SHOWER BATH YOKE

A perfect Shower Bath for home use. Can be used attached to
bath tub or lavatory. Gives all the hygienic effects in the mechanical use
of water. A perfect sanitary appliance.

Not a Spray, nor a Ring.

Water is turned on first, regulating pressure and temperature;
opens up and is put on like a collar, not over the head. Shuts the water
off whilst open, preventing spattering* or wetting the room. Closes over
the shoulders adjusting itself to the shape of the body holding itseif in
proper position. It showers the whole body at once being the shape of
the bodv.

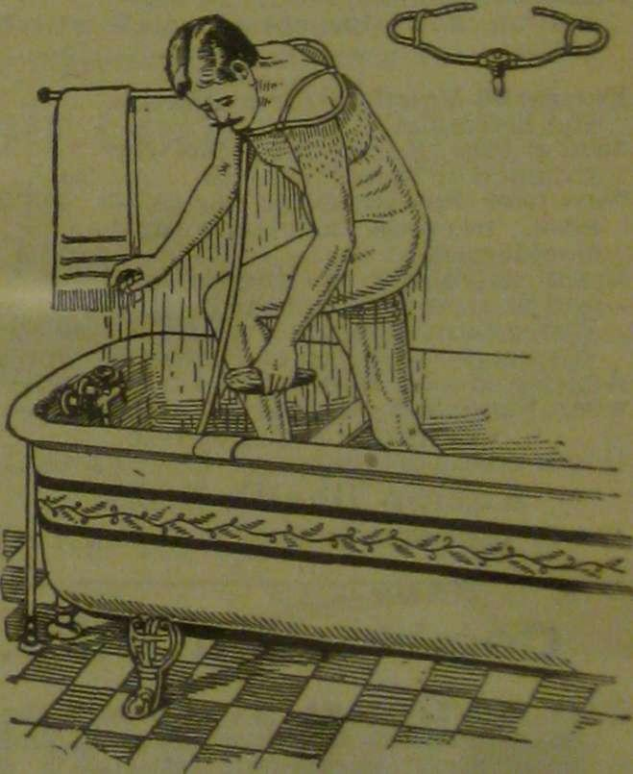
The impression of a cool or cold shower bath upon the harp of a
million strings—the skin—(and the skin can contain one-half to two-thirds
of the blood of the body) with its vast net work of sensory nerves, arouses
every nerve center. Every blood vessel throbs with quickened impulses.
The idea that the words "Shower Bath" mean to spray the body with cold
water is wrong. No bath should be taken at such a temperature, either
hot or cold, as to shock the system. A perfect shower bath sprays the whole body at once with

force and correct temperature to suit the bather. It may be hot, cool or cold rielcher's Shower Yoke
alone provides these features for home use. A perfect sanitary appliance and health promoter. You need
it It builds nerve and muscle; keeps the body in prime condition. Made of brass triple nickel plated.

Price only \$4.00. (Express prepaid East of the Mississippi River).

Try it 30 days. If not perfectly satisfactory, return it at our expense and your money back.
Sent free. Dr. Melchers' 56 page book *'Shower Baths in Health and Sickness".

THEF MEILINK MANUFACTURING CO., SPECIALTY MANUFACTURER
TOLEDO, <0.





Rev- Father Kneipp's
Remedies.

Sole Depot for
the exclusive import of "Kneipp"
Remedies* controlled by
the successors of the Rev.
Father Kneipp,

Wilt for purifying the blood and Constipation.....	50 Cts.
Eye-bright for diseases and inflam- mation of the eyes.....	50 "
Depurative tea for Cleaning and puri- fying the blood.....	35
Cough tea for coughs, colds. Influen- za.....	35 w.
Joint liniment for gout and rheuma- tism.....	1.00
Diuretic tea for Dropsy & urinary troubles.....	35 «*
White bone powder for nervousness, nervous headache* anaemia and vertigo.....	60
Grey Bone powder for lung, kidney and bladder diseases.....	50
Black Bone powder for scrofulous and rachitic children.....	50
Wuchhuber I (Liver Regulator No.1) a purgative for cleaning the sys- tem of all morbid matter.....	50 "
Wuchhuber II. (Liver Regulator No.2) a gentle purgative acting espe- cially on the bladder and kidneys.....	40
Wuchhuber III. Pills, action same as above.....	50 * '
Extract of Nettle Root, Kneipp's world famous Hair tonic for preserving and Strengthening the hair, best dandruff cure a.....	1.00 "
Oil of Nettle Root (for gentlemen).....	50 »
Oil of Hamack Root (for ladies).....	50 "
Whichever of these Oils is to be used with the Hair Tonic to keep the hair soft and to further their growth.	
Calendula Salve (Pomade Off Marigold) a healing salve for all wounds or sores.....	35
Pectoral Syron for coughs and affec- tions of the respiratory organs..	50 ; *
Cough Drops for coughs and sore throats.....	90 "
Antacid Pills made of Bilberry leaves.....	50 "
Antacid Pills made of Bilberries for rheuma and other local dis- eases.....	50 "
Antacid Drops and Tea each 40 "	
Magenest (Stomach Elixir for Indi- gestion and dyspepsia, small bottle.....	75 "
Excretive Oil (Malenzol) for toothache and headache.....	1.50 "
Spirit of Balm (Karmelitergeist) for stomach or bowel troubles.....	60
Nerve tonic (Nervetrost) for nervous- ness* nervous headache and sleeplessness.....	1.00
Practical Guide to the Kneipp Cure and Sample Copies of the Kneipp Water Cure Monthly.....	10
We keep a full line of Father Kneipp's Articles, Herbs, Malt Coffee, Linen, Under- wear, Sandals & other Hygienic Supplies. Complete Catalogue free. Goods send postpaid on receipt of price. Kneipp Health Store,	

Combination Offer



The NATIONALIST advocates the dis-
memberment of large Empires and the
multiplication of small nations.

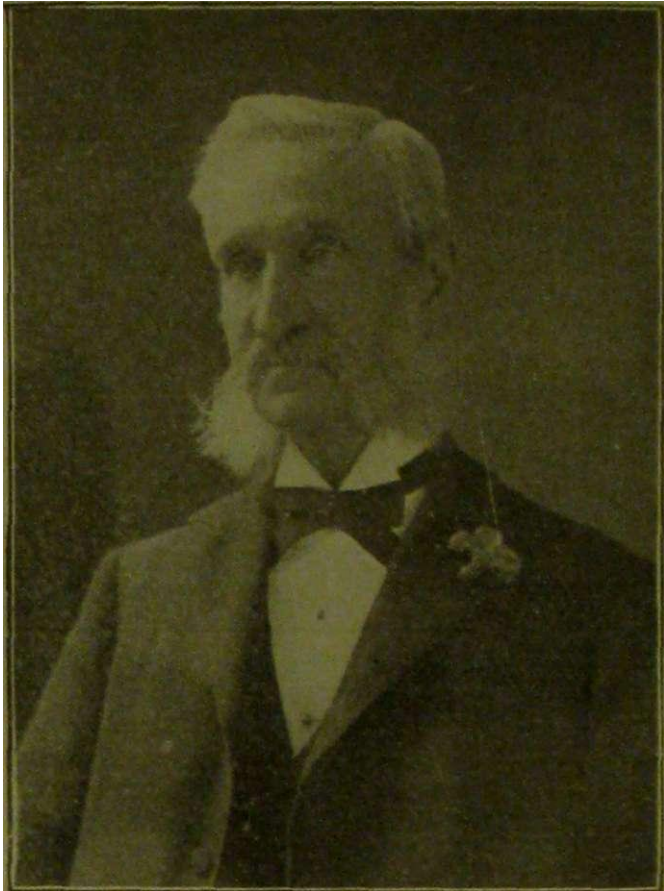
THE EAGLE »ND THE SERPENT.
An organ of Emersonian Egoism. A jour-
nal for Free Spirits and for Spirits strugg-
ling to be free.

LIFE AND BEAUTY with which is incor-
porated THE LOVER. A magazine
which instructs its readers how to be their
own doctors. In its columns the leading
actresses and authors tell how they keep
young and beautiful.

Samples of these 3 magazines for 12 cts.
U. S. stamps. A dollar bill pays a year's sub-
scription to all of the above magazines. Ad-
dress, LIFE AND BEAUTY, * Clevel-
and, Ohio, Gray's Inn Road, London, W. 1-
England.

The Welfare of the Internal Bath

DO you know that many of the
greatest physicians of this
city, including such authorities as
Dr. Daniel Lewis, President of the
State Board of Health, New York;
Dr. Cyrus Edson, Late Chief In-
spector of Contagious Diseases,
New York; and Drs. Herman J.
Boldt and W. B. DeGarmo, both
Professors at the Post-Graduate
Hospital, endorse and prescribe
this treatment? Also that the fol-
lowing distinguished people are
among the patrons: Princess Hart-
feldt; Governor Pingree of Mich-
igan; ex-Governor Goodell, of Ver-
mont; U. S. Senator, A. P. Gor-
man, of Maryland; Richard Croker,
of New York; General T. S. Peck,
O. A. R., Vermont; Miles Devine,
City Attorney, Chicago, 111.; Lil-
lian Russell, New York; and hosts
of others.



JOHN LUCAS,

s most p
mere hail

)1 lowing from of
Philadelphia's most prominent and
respected merchants:*

Philadelpeia. June 10, 1898.

Dear Prof. Tyrrell:

In response to yours of the 5th. no man liv-
ing has greater cause to speak highly of your
J. H. B. Cascade than myself, for had it not
been for its use a few years ago, I should not
be living to-day. I was in charge of a faithful
man-nurse and the best medical attendance
at Portland Springs and so low and ill. it was
considered questionable by the doctors, if I
could reach my home alive, and death consid-
ered certain within a week after arrival. My
attendant followed out your instructions to
the letter in persevering with the use of your
Cascade and though now in my 76th year I am
enjoying a fair share of health, apart from
weakness of my hearth.

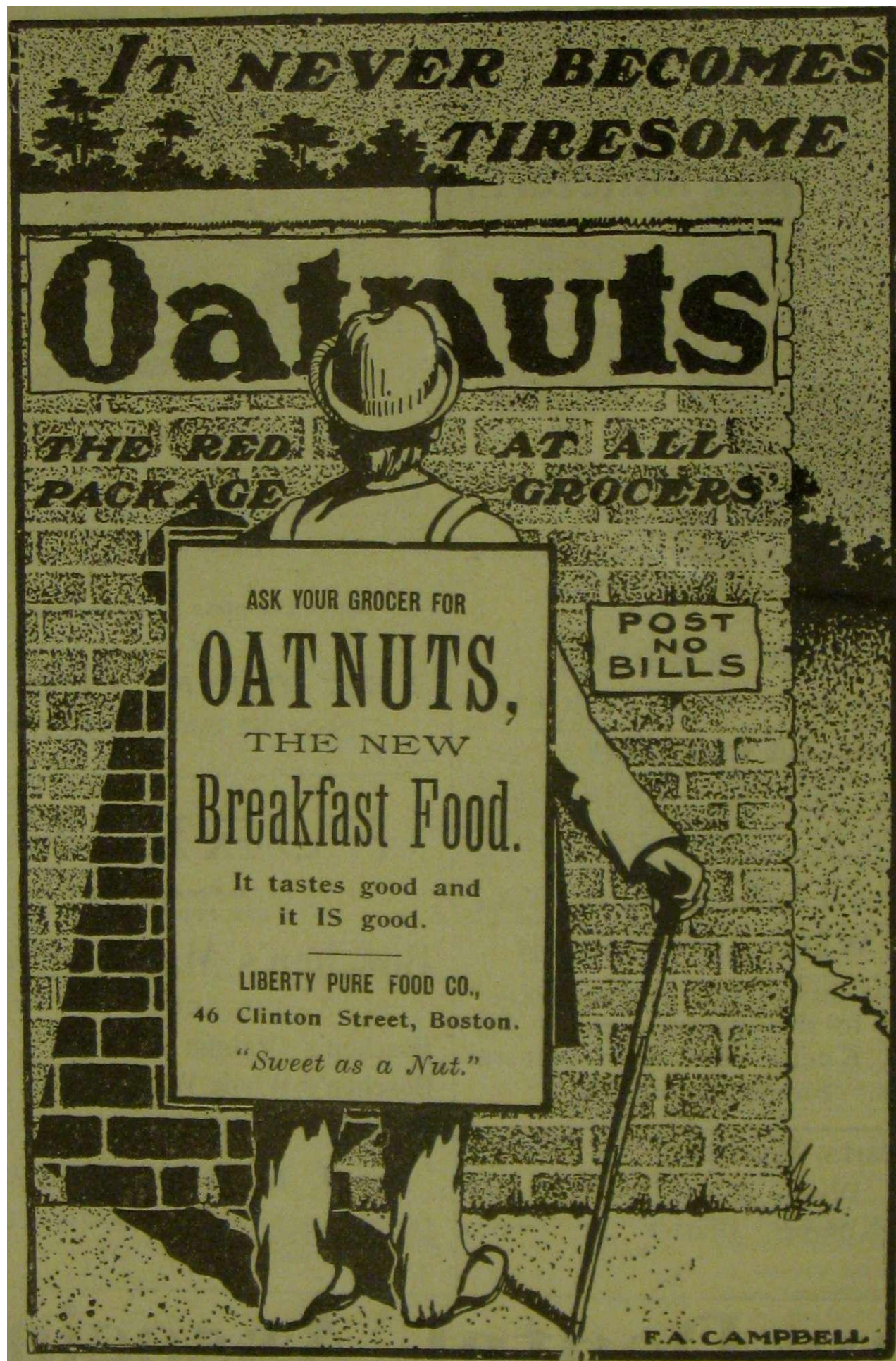
I recently retained from Jamaica. West
Indies, travelling from one end to the other,
per rail and in carriages, with comfort, I have
bought and made presents of your Cascade
to several personal friends, all of whom are
delighted with the wonderful results Of its
use.

Very sincerely yours.
JOHN LUCAS*
Firm of John Lucas & Co.

We want to send free to every person, sick or well, a simple statement setting
forth this treatment. It contains matter which must interest every thinking person.
If you live in New York you are earnestly invited to call, but if you can not call,
write for our pamphlet "The- What, The Why, The Way", which will be sent free
on application, together with our Great Special Offer for this month only.

Tyrrell's Hygienic Institute, 1564 Broadway, New York

>xr arlces are one-third to one-half less than any other dentist's charges for the same qialitjr^lpML Pyiwamifart*r#
 nost of our own rtock, and do nothing but first class work, and as we do ten times the wosjp
 can afford to give the people the benefit of onr thirty year's experience



May be obtained wholesale and retail at
THE KNEIPP HEALTH STORE CO. . . . East 59th St., New York.

Sanitarium and Massage Institute

Under the Direction of

DR. J. LUEPKE AND MRS. LUEPKE,
Graduate of New York School of Massage and Women's Infirmary
and Maternity Home, N. Y. C.

Kneipp Treatment, Douches, Steam-, Herb., Sitz-
and Needle Baths, Massage and
Swedish flovements, Electro-Magnetic Applications

Special care to boarding patients.
Easy terms. Beautiful location.
Light, airy rooms.

86 and 88 Redwood Ave., Paterson, N. J.

BLINDNESS and Cured

THE
BLIND
SEE.



THE
DEAF |
HEAR.

BY THE GREAT EYE RESTORER AND ONLY
CATARRH CURE.

Actina is a marvel of the nineteenth century, for by it
use the Blind See, the Deaf Hear and Catarrh is
impossible. Actina is an absolute certainty in
the cure of Cataracts, Pterygiums, Granulated Lids, Glaucoma,
Amaurosis, Myopia, Presbyopia, Common Sore Eyes or Weak-
ened Vision from any cause. No animal except man wears
spectacles. There need not be a spectacle used on the streets of
the world and rarely to read with. Street-glasses abandoned.
Actina also cures Neuralgia, Headache, Colds, Sore Throat,
Bronchitis and Weak Lungs. Actina is not a snuff or lotion,
but a Perfect Electric Pocket Battery, usable at all times and in
all places by young or old. The one instrument will cure a
whole family of and of the above forms of disease.

PROF. WILSON'S MAGNETO-
CONSERVATIVE APPLIANCES

Cure Paralysis, Bheumatism and all Chronic Forms of Disease
These appliances are as puzzling to the physicians as is the
wonderworking Actina.

A Valuable Book Free of Wilson's Treatise on the
eye and its Diseases; also Dis-
eases in general A book that will instruct and interest you.
Send for it.

Agents Wanted. Write for Terms.

New York and London Electric Association,
Dept. K, 920 Walnut St., Kansas City, Mo.

"Our Home Rights.

31 Cent* # rjar.
74 Boyfston St., Boston, M S N . U . 5 A .

Advocating reform in Social Politioai and Belig om ttfc.

Send for sample copy.

It is the people's magazine, and should be in every home.

A good Advertising medium. Agents wasted everywhere

Dr. Immanuel Pfeiffer is well known throughout the country as
a successful specialist in all cases of chronic diseases. He treats
through his knowledge of Natural Law—Front Cause to Effect. Pa-
tients from a distance treated successfully. Any one who has been
pronounced incurable by others, will find it to his or her advantage
to correspond with him. "P^W-

He is the doctor who, in the month of March 1900, fasted twenty--
one days in the interest of Science.

Address:

Dr. Immanuel Pfeiffer,
74 & on lot on ceteris.3&t\ao.

A Comprehensive

GUIDE-BOOK

To Natural, Hygienic and Human Diet.

By SIDNEY H. BEARD,

Editor of "The Herald of the Golden Age."K

A Vegetarian Cook-book containing valuable recipes
and published to lessen the amount of pain ana suffering
that exist in the world, both human and sub-human. It is
committed to the exaltation of humane ideals and advocates
the rights of animals to just and kind treatment, showing
how their slaughter for food may be discontinued to the
betterment of the race.

The ut-po-date Hygienic Cook-book.

Over ioo pp. Cloth, \$i.oo; paper, 50 cents, post-paid.

Kneipp Magazines Pub. Co., Ill East 59th St, Hew York

TORMENTIL SOAP.

THE TOEMENTIL-SOAP of Woerishofen is ac-
cording to the assertion of physicians, chemists and lay-
men the best soap of the day. It does not only purify the
skin but has also medicinal virtues and is most effective
for any kind of rashes, chapped skin, freckles, scale and
dandruff used with cold or tepid water. It makes the skin
soft and tender and is very economical. Each cake bears
the Trade-Mark "Okie". Beware of imitations. For sale
at all first-class Kneipp-Stores. Price 20c. a cake, post-
paid, direct from Depot: KNEIPP-STORE, | 111 East
59th Str., New York.

Accorijng to the Old German Recipe.^=^y^[

m Genine Tiedrichschofer Zwieback,

THE BEST, PUREST AND MOST WHOLESOME MADE.

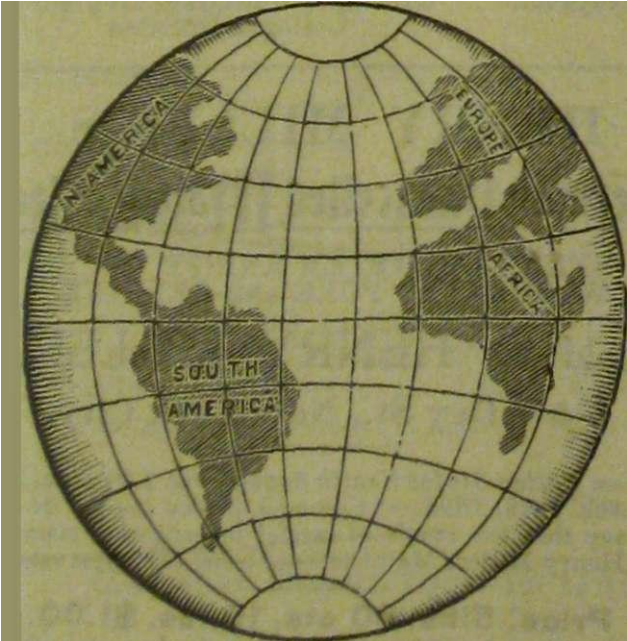
malt Zwieback,
malt Wafers.

Unsweetened Zwieback.
Realm Ulsters.

Write for Samples and Prices to the only Manufacturer

HENRY C. WILL, Cor. Park and Throop Ave., Brooklyn

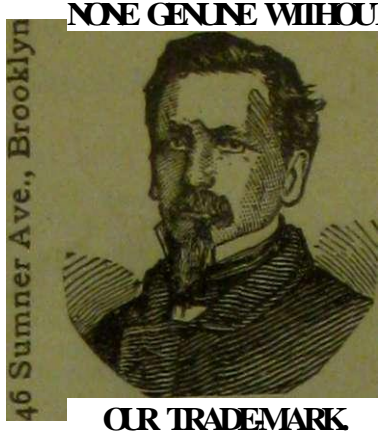
NOT GENUINE WITHOUT THIS TRADE MARK.
BEWARE OF IMITATIONS. I



TRADE MARK.

WEBER'S ALPINE HERB,TEA.

the best and cheapest remedy for purifying the Blood and preserving the Health*



WEBER'S MEDICAL TEA CO.,
46-48 Sumner Avenue. Corner Floyd Street, BROOKLYN, N. Y.

WEBER'S GENUINE ALPINE HERB TEA

World-known
through its gentleness and healing power, and as a
blood purifier and preserver of health.
For Children and Adults.

Only genuine with House and Portrait of Dr. E. Weber
and our Address on each package.

WEBER'S MEDICAL TEA CO.

A Course of Instruction

(Theory and Practice) in all the
branches of the Natural Healing
Methods will be commenced in
both English and German lan-
guages, about October 1st, 1901.

For particulars, prices, etc.,
apply to B. Lust, Naturopathic
Physician, in E. 59th St., N. Y.

Hygienic Reform Shoes
according to physicians
prescriptions. E. d. n
Ventilation Shoes in all sizes and at all prices.
Satisfaction guaranteed. In ordering sandals
send the following measures: The foot (socks
on) is placed upon a sheet of paper and the
outlines are drawn with a lead pencil.

A. C. SCHMIDT,
MTr of Anatomical^ Orthopaedic Footwear
331 W. 42nd St., New York.
Orders may be left in the Kneipp Store.
ill East 5th St., New Ko

S r Rosary Ittaazine

Which is issued under the auspices of the Dominican Order, is to
spread the Literature of the Bosary in History, Dogma. Poetry. Art
and Song. It is also an energetic worker in the cause of general
good reading. Enlisted in the Apostolate of the Catholic Press, the
Rosary Magazine is devoted to the interests of the Catholic Home,
as this is an essential element in training a Catholic generation.—
We are assured that devotion to our Blessed Lady, Queen of the
Rosary and the propagation of good literature, are dear to intelli-
gent Catholic hearts.

the Subscription Price is \$2.00 a year. Single Copie* 20 Cents.
PUBLISHED AT SOMERSET, OHIO.

NEW YORK OFFICE: 871 LEXINGTON AVENUE, NEW YORK CITY.

The best medium for advertising is that which reaches the right class of people
The Rosary Magazine is introduced, through the pulpit, into all cities and town
by members of the order who devote their whole time to the work; this guarantees a
steady and regular increase in circulation of from 500 to 1000 monthly.

The Rosary is a family magazine which is carefully read by every member of the
house, hence all its advertisements are s're to be noted*

The Rosary is kept, not thrown away like most publications, therefore an adver-
tisement is never lost. Try It and Judge for Yourself.

For rates and advertising information apply to

Advertising manager,

871 Lexington Avenue, New York City.

Personal.

A Doctor of Osteopathy, Electro- am
Hydro-Therapist, German (29), de
sires to meet a young lady of about 25
with about \$3,000 capital, to open a Sani-
tarium in Boston (Matrimony intended)
Address: Osteopath, 111 East 59th St.
New York City.

HERMAN WAGNER

MANUFACTURER OF

grosses fUMoiHinal Supporter;

Shoulder & Orthopedic Braces
Suspensory Bandages
Elastic Stockings, etc., etc.

Repairing promptly done at reasonable rates

354 SECOND ANENUE,
Between 20th and 21st Sts.» NEW YORK.

Prentiss Clocks



requeie winding but six
times a year. The move-
ment is strong and dur-
able, the calendar perfec-
tion itself, the case finely
finished, the timekeeping
qualities unequalled.

Also Tile, Frying-Paa, Program
and Electric Clocks.

Send for Catalogue No. 1130.
The Prentiss Clock Improvement Co.,
Dept. No. 113, 49 DEY ST, N Y. CITY.

FIRST BROOKLYN
LIGHT « WATERCURE SANITARIUM
Established 1895.

346 Schermerhorn 3fc. near 3d Ave. Brooklyn
Treatment of all chronic diseases by
the entire method of Natural Healing
according to Rev. Seb. Kneipp, Kuhnle,
Riekle, etc. Electric Light Baths, white
and blue illumination. Electric Vibra-
tion Massage. Thure-Brandt Massage
• internal* only for female pelvic diseases
and displacements.

L. Staden, Mrs. Carols Staden,
Naturarzt. Graduate of Lindner Hygienic
College. Dresden.

Henry Miller's I 6mat Unexdd Ifalt ofce

STRICTLY SYSTEM KNEIPP.
WARRANTED PURE and GENUINE.

Sold by HENRY MILLER,
5 & 7 Dey St., New York City.

From United States Health Report, Vol. XXIV., No. 20
Moo, 29th, 1896.—"Common justice impels us to
say that the result of careful investigation stamps
Henry Millers Malt Coffee as being of highest value.

Price! 5lbs. 50 cts, 10 lbs. \$1.00.
On receipt of postal card we will send to any part of the
country. Agents wanted In all parte of the U, 8.
Also German Gluten Graham Flour.

Kneipp's Diteit-tricof fiealtb Underwear



Recommended by the late Rev. Father Kneipp, Rev, Prior Boniface Reife and especially by chief-physician Dr. meet Baumgarten of Woerishofen, Germany.

WOOL UNDERWEAR.

The believers in woolen underwear make a great fuss about the property of wool to absorb sweat and other skin secretions and to bring- about their evaporation. Not taking into account, that this is not always right—there remains for instance, the skin tallow, that is an oily matter, which, one who wears a woolen shirt next to the skin will observe by his feeling and its smell,—even for the greatest cleanliness the use of woolen underwear has so many disadvantages, that woolen underwear is not considered any *longer* when *looking* for hygienic undergarments which answer the requirements of health.

Everybody knows, that in spite of all puffing by the Wool-apostles, *wool clots together* and shrinks more or less in consequence of perspiration or the process of washing, it tightens more and more and loses its best quality, the porosity. Besides it leads the body to produce unnatural heat, weakens its capability of resisting and aids when used for some time, the disposition to catch cold, an evil which one thought to prevent by constant use of woolen underwear.

One who perspires much, will have learned that woolen underwear commence to smell. This proves that they absorb sweat and skin-secretions but do not allow them to evaporate quick enough, to be beneficial to health, from a hygienic point of view.

One who has worn woolen underwear for a certain length of time has to use more and more of it in order not to feel cold. The skin has turned flabby and one is easily affected by draught and a change in temperature.

Experts know, that poultices of long duration—packs—weaken the body and absorb heat. This of course can only take place at the expense of the natural heat of the body whose loss interferes with the normal functions of the vital organs. This takes place when one wears woolen underwear. At first one feels nice and warm, but after a while explained by what is ;said above, wool creates damp heat the effects of which are like everlasting poultices—packs—weakening, effiniinating, and heat absorbing.

As long as woolen underwear was worn, it has been proven that wool does not possess the good qualities which were claimed for it either.

Woolen Garments are something very different, for they don't touch the skin. It does not matter whether they are woven or knitted. Woolen bedcovers over linen sheets may be justly recommended. Since centuries woel has *proved* salutary for these purposes and has always taken and received first place in this respect.

PRICES FOR LADIES AND GENTS UNDERWEAR.

Undershirts, natural gray,	\$2 00
I bleached,	2.25
Drawers, natural gray,	2.25
•« bleached,	V.....2.50
Shirts, with or without collar.....	l j 3.00
Kneipp Linen-tricot socks, natural gray.	50
•« " " black.....	60
3r. Deimel's linen socks, light and extra fine,.....	\$ 50
Anen stockings for ladies, wheelmen, sports, etc.:	
Gray, No. 7—10.	80c; 11—12..... 90c. per pair.
Black, No. 7—10,	90c; 11—12. . . . \$1.00

•WHOLBSKLB KND RETKIL,

General Depot for the United States.

Complete Catalogue free by mail.

HE PFAJRRER KNEIPP HEALTH STORE CO., in EAST 59th STREET, NEW YORK.

LINEN UNDERWEAR.

Why is linen underwear disliked now, while e* ancestor! were very fond of it?

Fine linen, worn next to the skin, is made impervious to a\$ by sweat, perspiration is -made impossible hereby, the linen sticks to the body, dries Very slow, gets cool, aids colds and rheumatic ailments and therefore it is better to use fine linen for dress shirts only.

Hand woven coarse *linen*, the same as our ancestor* wore, has not these bad qualities, for it is porous, thicker and coarser, it is not for weak soft skinned t>>de». except they are used to it from childhood, but in such cases they are not eliminated.

Linen-tricot underwear'absorbs the sweat just as quick as wool but dries in a third part of the time, it is easy to convince yourself of this fact. Linen-tricot underwear also prevents colds and complications connected with it. After being washed once they wear like silk, have all the quality of silk, but only cost the third part of silk, or even less, if the weight is taken into consideration.

Linen-tricot underwear does not clot together neither in consequence of sweat nor in consequence of the process of washing. It keeps its natural size and is always porous. It does not induce the body to give up to much heat, but keeps the natural heat in the same.

One who has worn Linen-tricot for a certain length of time, may without fear ot catching cold dress very light. Draughts and changes of temperature will not effect him at all. He will also find that Linen-tricot worn for a lon^: time will not smell, for the air will dry very quick in the porous tissue of the underwear. All bad matter will be removed by evaporation. These two facts mentioned last are the best recommendation for Linen-tricot from a hygienic point of view.

The "porous elastic tricot tissue whose meshes are always open, keeps, as stated above, plenty of air. Air is a very bad conductor of heat, consequently Linen-tricot underwear must protect as well against cold as against heat, without interfering with the perspiration of the body. This explains the pleasant sensation of being warm in cold weather and the exceedingly comfortable feeling during the hot season experienced by those who wear Linen-tricot.

For warm and hot climates with rapid changes of temperature Linen-tricot is the garment of the future and the only recommendable.

It rubs the skin slightly and pleasantly, keeps it clean and opens the pores, but does not stop them up like wool does.

Measure for Undervests and Shirts.

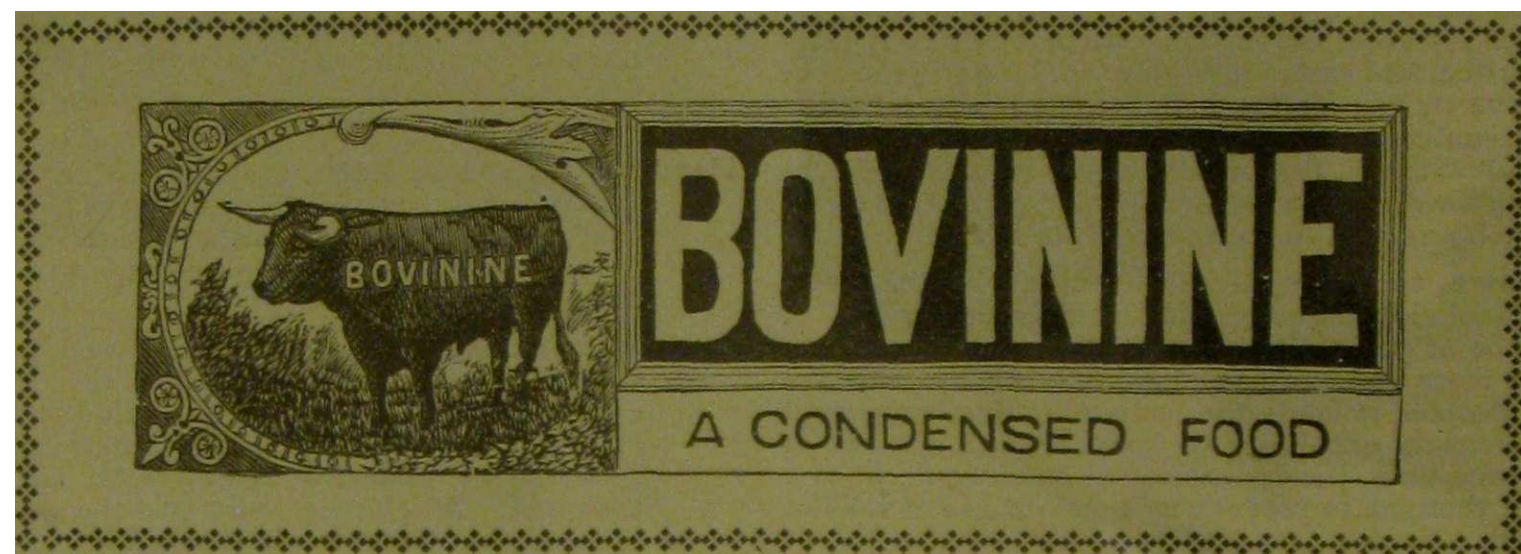
1. Total length.
2. Circumference of breast (full measure).
3. Length of sleeve from middle of back to wrist (bend your arm when taking the measure). For shirts one must add width of neck wanted.

fleas u re for Drawers

1. Circumference of body.
2. Lerigth o leg from step to ankle.
3. Total length of drawers.

A PATIENT'S STRENGTH

Medicine Does Not Always Sustain It.



Food, Food, Food
is what is required, but in concentrated
Form.

Brains! was the reply a prominent painter once made when asked with what he mixed his colors.

Brains! would be the reply of any modern physician if asked what he gave to effect his marvelous cures. There would be as much truth as terseness in the answer.

The same remedy is not always given for the same disease, in these times. Circumstances, the age of the patient, and surrounding conditions generally, are considered.

The first thing our advanced doctor attends to is the strength of the patient. That must be maintained at all hazards. Medicine can no more be carried to a diseased part, when the blood hardly circulates on account of weakness, than a boat can be sailed on a river whose channel has run dry.

New Blood Must Be Hade.

New flesh tissue must be built. New strength must be found, and all this with the least exertion on the part of the patient.

In such emergencies, beef tea, beef extracts, jellies, and other so-called invalid foods have been given, but they were not satisfactory, Too much of the life-sustaining qualities had passed off in the cooking.

Such facts as these led to the discovery of BOVININE— the greatest and most concentrated Beef Juice ever produced. It is used and commended by physicians the world over. In thousands of cases has it fanned the smouldering embers of life again into a blaze, and arrested the progress of some wasting disease.

For infants, the aged, convalescents, the over-worked, or sick, it is a boon beyond price. No family can afford to omit BOVININE from the medicine chest. Though it is not a medicine, it is preventive of those ills for which medicine is given.

THE BOVININE! COMPANY,

AT ALL DRUGGISTS.

LONDON.

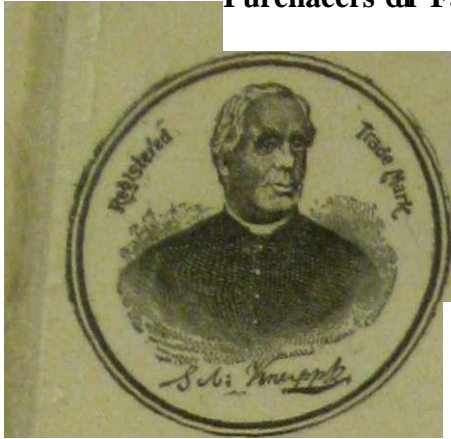
J
PARIS, CHRISTIANS.

NEW YORK

75 WEST HOLLIS STREET.

lff«L', •' rtHHKtH St a . KIHTiff nc.mc.uico

Ofoer-hausser d. Landaei*, of Wnrshunf, Germany, ar
prepare the Bey. Father Kneipp's Natural and Herbal Hei
Purenacers ar Father Kneipp's World-renowned Herbal M



ARNICA SALVE, for sores, wounds and Eczema.....	%dr
AUQCNTROST (CVCBRIGHT), for sore, weak and Inflamed eyes ...	so
*HOLE'A DROPS, for Diarrhoe, Cholera and Bowel Complaints.	1.00
Oi»uNATIVE TEA for purifying the blood, also acts as tonic,85
FIR CONE EXTRACT (honey), for catarrh, cough, sore & inflamed throat, etc.....	« 60
FRANGULA EXTRACT, a mild purgative, may also be given to children	55
GOUT EMBROCATION, for gout and rheumatism	1.00
ANTIDIABETIC PILLS, made of Bilberry Leaves,	50
ANTI-DIARRHOEA PILLS, for diarrhoea and intestinal disorders	50
KNEIPP PILLS, for purifying the blood and for constipation. . . .	50
COUGH TEA, for coughs, colds, influenza	35
COUGH DROPS, for cough and sore throat,	20
PECTORAL SYRUP, for affections of the respiratory organs. . . .	50
WHOPING COUGH CURE.	50
CRAMP DROPS and CRAMP TEA.....	each. 40
DIURETIC TEA, for dropsy and urinary troubles,	35
CALENDULA SALVE (Pomad.* of Marigold), a healing salve for all wounds and sores*	35
SPIRIT OF BALM (Karmelitergeist) for stomach and bowel troubles,	50
MAGENTROST (Stomach Elixir), for indigestion and dyspepsia, . .	50
medium size bottle, 75c, large bottle, .	1.50

EXCRETIVE OIL (MalensOil). for tootlia^he and hea4*ah«	
WHITE BONE POWDER, for nervousness, neffveoe hftateel anaemia and vertigo, ..	
GREY BONE POWDER, fox lu kidney an4 US4	
BLACK BONE POWDER, fo^ji ifulous and rachi	
NERVE TONIC, for nervousness, nervous headache 1tttsleei lessness; with Dr. Baumgarten'a Essay on InaomnJ	
TRAVELLING AND HOUSE APOTHEKAS. . . . iMtpi..	d its JO
WORM WOOD EVE SALVE, for weak eyes, cataracts, etc.,.....	
KNE1Pp's TRAVELLING DROPS, . . . - - >.....	••^4***
KNEIPP'S FAMILY HEALTH TEA, replaces Chinese Tan,	
'''	Jar&e box, as
WOERISHOFEN DIETETIC TEA, for anaemic and weak people.	
WUEHLHUBER 1 (Liver Regulator No. 1), a purgative for clean - ing the system of all morbid matter,*	
WUEHLHUBER 1 PILLS act same as above.....	
WUEHLHUBER 11 (Liver Regulator No. 2), a gentle purgative, acting especially upon the bladder and kidneys.....	
WUEHLHUBER 11 PILLS, action same as above.....	
EXTRACT OF NETTLE ROOT, Kneipp's world-famous Hair Tonic, for preserving and strengthening the hair, best dand-ruff cure.....	
OIL OF NETTLE ROOT, for gentlemen,	
OIL OF BURDOCK ROOT, for ladies,	
Either of these Oils is to be used with the Hair Tonic to keep the hair soft and to further their growth.	
KNEIPP'S MOUTH AND TOOTH WASH,	
KNEIPP'S HERBAL TOOTH POWDER.....	40
KNEIPP SOAPS, made from Shave Grass. Hay Flower, Tormentil, Foenum Graecum, Curative (Heilseife).....	each. 26

We keep a full line of Father Kneipp's Articles, Herbs, Malt Coffee, Linen Underwear, Sandals and other Hygienic Supplies.
CATALOGUE AND GUIDE TO HEALTH FREE* usiT R——ber: the Trade Mark and Name of Oberhausser & Lan-
GOODS SENT POSTPAID ON RECEIPT OF PRICE. H bT
AGENTS WANTED. 06M « F " ^ dauer must be on every package.
SOLE GENERAL AGENTS FOR THE UNITED STATES OF AMERICA *

KNEIPP HEALTH STORE CO., 111 East 59th Street, New York.

New York Naturopathic institute,

No. 135 East 58th Street, New York City.

NO MEDICINES. Telephone, lc3QT—79th St. £JO OPERATIONS.

Radical Cures by the latest Natural Healing Methods.

Here will be found all the latest improvements of the modern healing art. Tbe Bathrooms are large and airy, and are furnished according to our own system with every comfort.

In this institute will be admitted all invalids, reconvalescents and sufferers from chronic diseases of all sorts, as Diseases of the Nervous System, Diseases of the Breathing Organs, Diseases of the Digestive Organs, Diseases of the Kidneys, Liver and Heart, Diseases of the Genitive Organs, all Children's Diseases, Female Diseases, etc., etc.

Dr. H. von Pitschmann, a graduated German physician, has been for 5 years a specialist for treating Female Diseases. He treats all cases without operations or vaginal rings, and has always had the best success in treating diseases of the Uterus, Sterility, etc.

The healing treatment consists of Dietetics, Massage and Physical Treatment. Special healing factors are: Hydro-Thermo-Therapy, internal Massage, German and Swedish Healing Gymnastic Movements, Light, Air, and Sun Baths, Diet, Electrical Treatment, Psycho-Therapy, etc., etc.

The physicians of the Institute are : Naturopathic physician B. Lust, H. von Pitschmann, M. D. and another medical practitioner. There is also a graduated lady-attendant at the Institute.

Consultation hours are: from 9—12 A. M. and from 2—8 P. M.; Sundays, 9—12 A. M.

Institute open from 7 A. M. to 9 P. M.; Sundays, 7 A. M. to 1 P. M.

Prospectus and terms on application.

Summer Branch J Sanatorium "jungborn", Bellevue, Butler, N.J.

New York Naturopathic Institute and College, 136 Eat 58th Street, New York, B E N E D I C T L U S T , m I W i e
Editor Kneipp Water Curs Monthly and H«ræd of Health. 1



Dr. Carl Stall's

(Water Cure Sanitarium

AND

Natural Healt Institute.

464 Belden Avenue,
Near Lincoln Park,
CHICAGO, 11*1*.

Water Cure, Dietetic Treatment, Massage, Physical Culture, etc. Best results in all curable chronic diseases, Nervous Diseases, Rheumatism, Diseases of the Digestive Organs, Anaemia, Female Diseases, General Debility, etc. 'Single treatments given to patients not staying at the Institute.

OPEN SUFIRIER AND WINTER. WRITE FOR PROSPECTUS.

DR. REINHOLD'S

Institute of W a t e r C u r e >

823 Lexington Avenue,
NEW YORK CITY.



Methods employed:
*Water Cure, Massage, Passive Movements, Hygienic *Diet, Physical Culture, Lung Gymnastics, Air- and Light Baths, Osteopathy, and Therapeutic Suggestions**

Instructions to physicians are given in the above branches.

Patients are received in the Institute.

Dr. Reinhold's Books:
Nature vs. Drugs, 540 pages 154 illustrations, \$2.50 (reduced from \$4).
Facial Diagnosis (Translation of Kubne's), illustrated. Cloth \$2. co.

Positive Cure of Tuberculosis: Part I.. Physiology, 75c—II., Nature of Disease. 20c—III., Our Diagnosis, 40c.—IV., Loss of Health, 50c.—V.. Preservation of Health, 30c.—VI., Restoration of Health. 72 pages, 1sc, (describes how we cure *any* ailment by the Nature Cure).

Write for Circular.

J. UNTERMANN,

PRACTICAL

Bandage and Truss Maker,

193 Third Avenue, New York.



Importer *
and rtsaufacturer
of all kinds of
Appliances
far fiedical Use. H

• II

RUPTURE.
Trusses made according to my own scientific system. No more tortures. I personally attend to every case and strive to satisfy every patient.

ABDOMINAL
SUPPORTERS.
Made to order according to the r u l e s established by Kneipp in respect to size, form and material.

HEALTH COP^FTX. A real blessing for women. Perfect after H C / T I T I W i v o E T o. years of study. Best quality, durability and efficiency guaranteed. Write for particulars and ordering DT-rection.

oiy

At

Womanly Beauty of Form and Feature. The cultivation of Personal Beauty based on Hygiene and Health Culture, by twenty Physicians and Specialists, with 115 illustrations. Edited by Albert Turner, the publisher of "Health-Culture." J211110, extra "cloth, \$1.00. The most practical and thorough work on this subject ever published.

The Mew Methods In Health and Disease, A guide to the Home Treatment of the Sick, by W. E. Forest, B.S., M.D., fellow of N. Y. Academy of Medicine, Member of Medical Society of County N. Y., and N. Y. Medical Union. Fifteenth Ed. Revised, Extra Large Illustrations by Albert Turner. \$2.00.

This is the best guide to Health and Long Life published. 25,000 copies of previous editions have been sold, and this is greatly improved.

MaSSotherapy, or the Use of Massage Rollers and Muscle Beaters in Indigestion, Constipation, Liver Trouble, Paralysis, Neuralgia and other Functional Diseases, by W. E. Forest, M.D. 25c.

ConStipation, Its Causes and the Proper Treatment without the use of Drugs, by W. E. Forest, M.D. 10c

The only rational method of cure.

Hygienic COOkery, or Health in the Household, by Susanna W. Dodds, M.D. 600 pages, bound in cloth, \$2.00.

The Diet Question, giving the Reasons Why, by Susanna W. Dodds, M.D. 25c.

The Liver and Kidneys, with a chapter on Malaria. Part I. The Liver and Its Functions, Diseases and Treatment. Part II. The Kidneys, Their Healthy Action and How to Secure It. Part III. Malarial Fever, Rational Treatment by Hygienic Methods. By Susanna W. Dodds, M.D. 75c.

The New Internal Bath. An Improved Method of Flushing the Colon or Administering an Enema. For the relief of Acute and Chronic Diseases. By Laura M. Wright, M.D. Illustrated. 25c.

Cooking for Health, or Swain's Cookery, with Health Hints by Rachel Swain, M.D. Oil cloth binding, \$1.00.

Not an invalid's Cook Book, but for good wholesome every day dishes.

Practical Health Hints, by Rachel Swain, M.D. 10c.

Human Nature Explained. A New Illustrated Treatise on Human Science for the People, by Prof. N. N. Riddell. Illustrated, 400 pages, extra cloth binding, \$1.50.

Human Nature Indexed. A Descriptive Chart for the Use of Phrenologists. By N. N. Riddell. 25c.

Manhood Wrecked and Rescued, how strength and vigor is Lost and How it may be Restored by Self-Treatment. A series of Chapters to Men on Social Purity and Right Living, by Rev. W. J. Hunter, Ph.D., D.D. Cloth, \$1.00.

A book that every man should read. It will tell you how to secure and retain vigor and manhood.

The Thoroughbred, by Novus Homo (the new man). Paper, 25c. Cloth, 75c

The Food Value Of Meat. Flesh Food Not Essential to Physical or Mental Vigor, by W. R. C. Latson, M.D., editor of Health-Culture. Illustrated. Paper, 25c. Cloth, 50c.

Will tell you what to eat in place of meat.

Consumption. Hygienic Treatment. In three parts. I, Nature and Causes of the Disease. II, Prevention and Treatment in its Earlier Stages. III, Treatment in More Advanced Stages. By M. L. Holbrook, M.D. 50c.

HomO'Culture, or the Improvement of Offspring through wiser Generation, by M. L. Holbrook, M.D. 50c.

Natural Health Exercises. A Complete System for Home Use without apparatus. 24 full-page illustrations. 12c.

The Natural Cure of Consumption, Constipation, Bright's Disease, Neuralgia, Rheumatism, "Colds" (Fever), Etc. How Sickness Originates and How to Prevent it. A Health Manual for the People. By E. C. Page, M.D. Cloth, \$1.00.

HOW to Treat the Baby. To Make it Healthy and Happy, with Health Hints. Same author., Sixth Edition. Revised, paper 50c. Cloth, 75c.

Nature's Household Remedies

demands for nature and the human Organism
Intestinal Ills. A book designed for Physicians and Non-Professional Readers interested in
By Alcinous L. Jamison, M.D. \$2.00.

The True Science of Living. A Scientific and Physiological. The Story of Evolution the Cure of Disease, for Physician and Lay well and how the well get sick. Alcoholics Edward Hooker Dewey, M.D. Cloth, \$2.25

By

The New Era for Women. Health with way to the "Kingdom of Health." "Wit price." The best possibilities of reaching assured. By the same author, \$1.25.

Fruits and How to Use Them. A Practical keepers, containing over 700 recipes for the of Foreign and Domestic Fruits. By Mrs. \$

Fruit and Bread. A Natural Scientific Diet. By Gustav Schlichsen. Translated from the German by M. L. Holbrook, M.D. Is addition, also, it contains a complete and Radical Cure for Intemperance by the use of a Vegetable and Fruit Diet. By Chas. O. Groom Napier, F.R.S. \$1.00.

The Diet Cure. The Relation of Food and Drink to Health, Disease, Cure. By T. L. Nichols, M.D., Editor London Herald of Health. Cloth, 50c.

Vital Science Based Upon Life's Great Law. The Analogue of Gravitation, Agnosticism Refuted. By Robert Walter, M.D. \$1.95.

Presenting new and practical ideas on the cause and cure of disease.

Eating for Strength, or Food and Diet in relation to Health and Work. By M. L. Holbrook, M.D. \$1.00.

The Nature Cure by Physical and Mental Methods, by M. E. Conger, M.D. \$2.00.

Guide for Nut Cookery. By Mrs. A. Lambert. \$1.25.

Perfect Health* How to get it and How to Keep it. By one who has done both. \$1.00.

Creative and Sexual Science, or Manhood and womanhood, and their mutual interrelations; Love, its Laws, Powers, Etc. By Prof. O. S. Fowler. 1,050 octavo pages fully illustrated, \$3.00.

If you are married, or are contemplating marriage it will give you information worth hundreds of dollars, besides conferring a lasting benefit not only upon yourself, but upon your children. Every thinking man and woman should study this work.

Scientific Physical Training. By Ed. B. warman. \$1.50.

For Ciris- A special Physiology; or, Supplement to the study of General Physiology, by Mrs. E. R. Shepherd. \$1.00.

The best book on the subject ever published.

Tokology. A Complete Ladies' Guide in Health and Disease. By Alias B. Stockham, M.D. \$2.75.

The most popular work on the subject ever published.

Karezza. The Ethics of Marriage, by the same author. \$1.00.

Sexual Physiology and Hygiene, or the Mysteries of Man. By R. T. Trail, M.D. Fully illustrated. \$2.00.

Nature VS. Drugs. A challenge to the Drugging Fraternity, by Dr. Aug. F. Reinhold. \$2.50.

Prevention and Cure of Tuberculosis. By the Natural Cure Process. By the same author. \$3.00.

A Child Of Light, or Heredity and Parental Culture. Considered in the Light of the New Physiology, by Prof. N. N. Riddell. \$2.00.

For Men and Boys. By Sylvanus Stall, D.D.

"WHAT A YOUNG BOY OUGHT TO KNOW." \$1.00.

"WHAT A YOUNG MAN OUGHT TO KNOW." \$1.00.

"WHAT A YOUNG HUSBAND OUGHT TO KNOW." \$1.00.

"WHAT A MAN AT 45 OUGHT TO KNOW," \$1.00.

For Women and Girls. By Mrs. Mary Wood Allen, M.D.

WHAT A YOUNG GIRL OUGHT TO KNOW." \$1.00.

WHAT A YOUNG WOMAN OUGHT TO KNOW." \$1.00.

WHAT A YOUNG WIFE OUGHT TO KNOW." \$1.00.

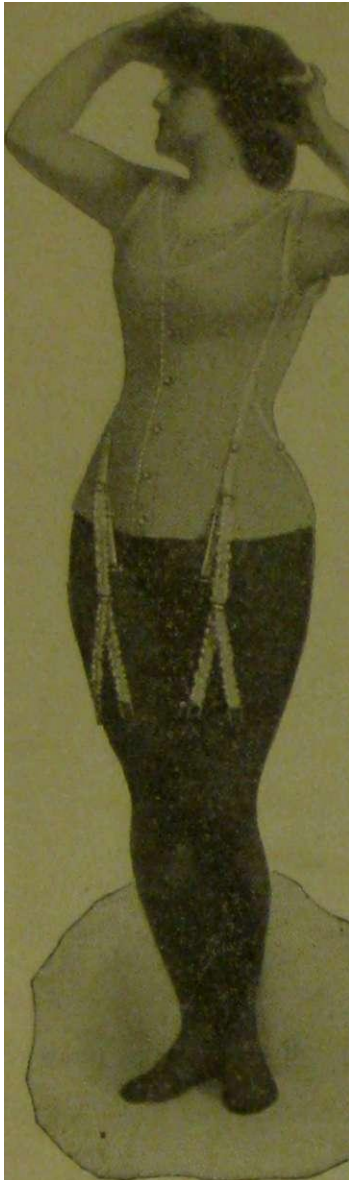
Sent by mail, postpaid, on receipt of price. Address

KNEIPP HEALTH STORE CO.,

No. 111 East 59th Street,

NEW YORK CITY.

"VENUS" Physical Culture Waist.

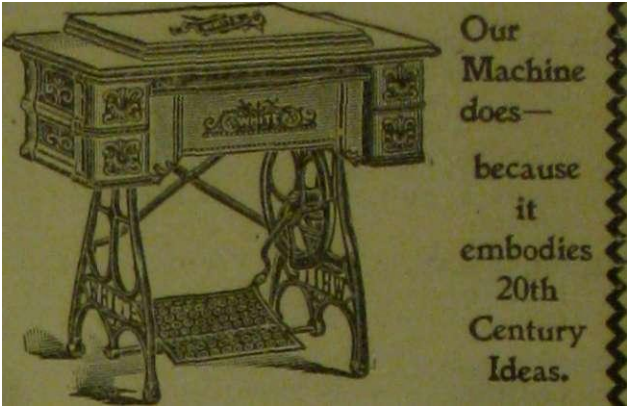


(Patent pending),
Combined waist, hose
supporter, - skirt sup-
porter and sanitary at-
tachment.
A simple and satis-
factory means, for sup-
porting every garment
worn by a woman, car-
rying the weight to the
shoulders.
COMFORTABLE :
No stays or stiffening
yields to every move-
ment of the body.
CLEAN :
As readily laundered
as your underwear.
ECONOMICAL:
Can be used as waist
and shirt combined,
for summer, or over
heavy underwear for
winter,
MADE TO MEASURE
From best qualities o,
knit materials ligbr
or heavy weights.
COST :
Complete, including
all attachments, \$1.50
to \$3.25. Express pre-
paid.
Write for samples,
measurement blank
and folder.
"Waists for boys and
girls, regular sizes 1 to
12 years, hose support-
ers attached. Cream 50c
white 55c. Address,
M. & J. Mfg. Co., Ltd.
GRAND RAPIDS, MICH.
DEPT. K.



Pleases*.*...*

Particular People



It has all the Improvements
common to first-class machines, and
others that are found T y / t IT' I I J
ONLY ON THE W I L L I J I
such as Pinch Tension, Tension Indica-
tor, etc; also Ball Bearings* Vibrator
and Rotary Shuttle Machines*
Catalogues and full particulars free*

WHITE SEWING MACHINE CO*
Rose Building* Cleveland* O*

Nature Cure Institute,
and Sanitarium, good location, is
for sale or to let on moderate
terms. No large capital required.
Apply to Kneipp Mag. Pub. Co.

naturopathic College, for the entire natural method of dealing
including the Kneipp Cure

THE ONLY INSTITUTE OF ITS KIND IN THE UNITED STATES.

P O L I C L Y N I C C O U R S E S will be given in the English and German Languages in the
following ten branches*

- Hydro-Therapy (Kneipp Water Cure), Theory and Practice.
1. Massage and Gymnastics, Theory and Practice.
3. Thure-Brandt Flassage (Female Treatment), Theory and Practice.
4. Electrical Flassage, Theory and Practice.
5. Vibratory and Membranous Massage, Theory and Practice.
6. Other Factors of the Natural Healing System (Dietetics, Hypnosis, Suggestion), Theory
and Practice.
7- Anatomy*
8. Physiology and Hygiene.
9- Pathology, Theory and Practice.
10. Diagnosis (Inspection, Palpation, Percussion, Auscultation), Theory and Practice.

Each student (male or female) has, after completing above courses, to pass an examination before a Board of Examin-
ing Physicians, and if able to pass, will receive a Diploma.

Dr. H. von Pitschmann is a graduated Nature Physician of Germany and has occupied himself for several years with
giving instruction in all the different branches, as also in the entire system of Natural Healing, and has numerous references
from many of his former pupils, ladies as well as gentlemen, which graduated by his help, and who are mostly now earning a
living as Masseurs and Masseuses or as Nature Physicians.

For further full information about the choice, duration and fees of the several courses, address:

NATUROPATHIC COLLEGE, 135 East 5th Street, New York City.

DR. H. VON PITSCHMANN NATUROPATHIC PHYSICIAN,
Teacher of Natural Healing Methods.

BENEDICT LUST, HYDROPATHIC PHYSICIAN,
Editor Kneipp Water Cure Monthly and Herald of Health

THE INDIA DIGESTIVE BISCUIT.

x'



4 Food Regulator
For the Stomach and Bowels
as well as a
Splendid Breakfast Food.

NO DRUGS. NO MEDICINE.

One Biscuit with the breakfast and one with the supper regularly each day, will relieve and cure constipation, indigestion and dyspepsia.

"No more cathartics, aperient waters, pills or tablets for us," say thousands who are using the biscuit.

Sold by all first-class dealers, or we will send two trial boxes for 60c., four for one dollar, prepaid to any part of the country. oft

THE INDIA FOOD COMPANY. 289 Fourth Avenue, New York.

BUY THE BEST MEDICAL LITERATURE
In all Languages.



THE
**MCINTOSH
FAMILY
FARADIC
BATTERY.**

We furnish with each Battery a Book of 32 pages giving full instruction how to apply

ELECTRICITY

for the cure of Rheumatism, Neuralgia, etc. etc.

Mention this Journal and send \$6.00
and we will forward Battery and Book,
Express Charges pre-paid

Mcintosh Battery & Optical Co.,
92 to 98 State St., Chicago, Ill

COVERING ALL BRANCHES OF THE SCIENCE.

PATHOLOGY. BACTERIOLOGY
HYGIENE. MIDWIFERY.
FEMALE COMPLAINTS, etc.

All MEDICAL JOURNALS.
ANATOMICAL MAPS in Large Variety.
<BILZ' CELEBRATED WORK *bo on the
Instalment plan*

Catalogue of our New and Second Hand Medical
Books mailed free to any address by

The York Medical Book Co..
45-49 East 42nd St., New York.

BRANCHES: LEIPZIG, Germany, Querstrasse 16.
LONDON, England, 10, Old Bally.
PARIS, France, 10, Boulevard St. Martin.

Kneipp's Linen-tricot Healthful Underwear

Recommended by the late Rev. Father Kneipp. Rev. Prior Boniface Reile and especially by chief-physician Dr. med. Baumgarten of Woerishofen. Germany.

WOOL UNDERWEAR.

The believers in woolen underwear make a great fuss about the property of wool to absorb sweat and other skin secretions and to tiring about their evaporation. Not taking into account, that this is not always right—there remains for instance, the skintallow, that is an oily matter, which, one who wears a woolen shirt next to the skin will observe by his feeling and its smell,—even for the greatest cleanliness the use of woolen underwear has so many disadvantages, that woolen underwear is not considered any longer when looking for hygienic undergarments which answer the requirements of health.

Everybody knows, that in spite of all puffing by the Wool-apostles, wool clots together and shrinks more or less in consequence of perspiration or the process of washing, it tightens more and more and loses its best quality, the porosity. Besides it leads the body to produce unnatural heat, weakens its capability of resisting and aids when used for some time, the disposition to catch cold, an evil which one thought to prevent by constant use of woolen underwear.

One who perspires much, will have learned that woolen underwear commence to smell. This proves that they absorb sweat and skin-secretions but do not allow them to evaporate quick enough, to be beneficial to health, from a hygienic point of view.

One who has worn woolen underwear for a certain length of time has to use more and more of it in order not to feel cold. The skin has turned flabby and one is easily affected by draught and a change in temperature.

Experts know, that poultices of long duration—packs—weaken the body and absorb heat. This of course can only take place at the expense of the natural heat of the body whose loss interferes with the normal functions of the vital organs. This takes place when one wears woolen underwear. At first one feels nice and warm, but after a while explained by what is said above, wool creates damp heat the effects of which are like everlasting poultices—packs—weakening, emminating, and heat absorbing.

As long as woolen underwear was worn, it has been proven that wool does not possess the good qualities which were claimed for it either.

Woolen Garments are something very different, for they don't touch the skin. It does not matter whether they are woven or knitted. Woolen bedcovers over linen sheets may be justly recommended. Since centuries wool has proved salutary for these purposes and has always taken and received first place in this respect.

LINEN UNDERWEAR.

Why is linen underwear disliked now, while our ancestor? were very fond of it?

Fine linen, worn next to the skin, is made impervious to air by sweat, perspiration is made impossible hereby, the linen sticks to the body, dries very slow, gets cool, and colds and rheumatic ailments and therefore it is better to use fine linen for dress shirts only.

Hand woven coarse linen, the same as our ancestors wore has not these bad qualities, for it is porous, thicker and coarser, it is not for weak soft skinned bodies, except they are used to it from childhood, but in such cases they are not eliminated.

Linen-tricot underwear absorbs the sweat just as quick as wool but dries in a third part of the time, it is easy to convince yourself of this fact. Linen-tricot underwear also prevents colds and complications connected with it, After being washed once they wear like silk, have all the quality of silk, but only cost the third part of silk, or even less, if the weight is taken into consideration.

Linen-tricot underwear does not clot together neither in consequence of sweat nor in consequence of the process of washing. It keeps its natural size and is always porous. It does not induce the body to give up to much heat, but keeps the natural heat in the same.

One who has worn Linen-tricot for a certain length of time, may without fear of catching cold dress very light. Draughts and changes of temperature will not effect him at all. He will also find that Linen-tricot worn for a long time will not smell, for the air will dry very quick in the porous tissue of the underwear. All bad matter will be removed by evaporation. These two facts mentioned last are the best recommendation for Linen-tricot from a hygienic point of view.

The porous elastic tricot tissue whose meshes are always open, keeps, as stated above, plenty of air. Air is a very bad conductor of heat, consequently Linen-tricot underwear must protect as well against cold as against heat, without interfering with the perspiration of the body. This explains the pleasant sensation of being warm in cold weather and the exceedingly comfortable feeling during the hot season experienced by those who wear Linen-tricot.

For warm and hot climates with rapid changes of temperature Linen-tricot is the garment of the future and the only recommendable.

It rubs the skin slightly and pleasantly, keeps it clean and opens the pores, but does not stop them up like wool does.

PRICES FOR LADIES AND GENTS UNDERWEAR.

Undershirts, natural gray,.....	\$2.00
bleached,.....	2.25
Drawers, natural gray,.....	2.25
bleached,.....	2.50
Shirts, with or without collar,.....	3.00
Kneipp Linen-tricot socks, natural gray.....	.50
« « black,.....	.60
Dr. Deimel's linen socks, light and extra fine,.....	.50
Linen stockings for ladies, wheelmen, sports, etc.:	
Gray, No. 7—10.....	80c; 11—12.....90c. per pair.
Black, No. 7—10.....	90c; 11—12...\$1.00

 TIE—WHOLESALE AND RETAIL.—>

General Depot for the United States.

Complete Catalogue free by mail.

THE PFARRER KNEIPP HEALTH STORE CO., 111 EAST 59th STREET, NEW YORK.

Do You Wear False Teeth?

If so you can get your plate thoroughly cleansed of the continually breeding and dying germs secreted in the pores of your plate, and the bad odor caused by this. I immediately removed. We do this and line the Plate with pure gold,—a lining that will not crack or peel, but will last always. This we guarantee. We are compelled to resort to advertising to let the world know of this new process, which has been patented, and can only be done at our offices. We do this at the exceedingly low price of Five Dollars (\$5.00), never exceeding Ten Dollars (\$10.00). J.

Parties living at a distance can send plates by mail.

DALY GOLD LINING DENTAL OFFICE,

St. James Building, 26th St. and Broadway,

Suite 1023.

NEW YORK CITY.

An Economical Coffee.

Better than Cocoa for Dyspeptics.

Moka-Jel

MADE FROM
COFFEE BERRIES
Already prepared with
Cream and Sugar.



A LIQUID COFFEE IN CANS, YOU NEED WATER ONLY.

MOKA - JEL may be drunk on an empty stomach before going to bed; it will not cause wakefulness, but will make sleep easier.

MOKA-JEL is a compound prepared from the finest Java and Maracaibo Coffee (leaving out nearly all the Caffeine properties and acids of the berries that make ordinary coffee so harmful to many), refined sugar and cream from cow's milk, with seven per cent, of the finest chicory. Not a particle of chemicals, oils or acids used.

MOKA-JEL mixed with Malt Coffee will produce an excellent hygienic beverage which tastes exactly like the finest Java Coffee without containing any of its injurious ingredients

PREPARED BY

THE A. H. PELLOUBET MFG. CO.,

71 Broadway, New York, U. S. A.

MOKA-JEL is a healthful breakfast and lunch drink. May be drank by the weak who like the delicate and grateful flavor of coffee, but are debarred from drinking ordinary coffee on account of the distress the acids of coffee cause them.

1 | \$ 1 0 WEEKLY |

To Consumers of Oatnuts

The Liberty Pure Food Co. of Boston, Mass., Dept. i, will give \$ 1 0 weekly in cash to the person sending in the largest number of porridge directions cut from the side of the

J OATNUTS I

packages. Remember only a very few packages will get the prizes the first few weeks until the heavier competition sets in.

The clippings must reach us in each Saturday's mail, will be counted Monday, and prize sent Tuesday following.

Contest open until November and* 1901* Weekly winners announced in this paper. Address as above.

Your Grocer has OATNUTS,

The "Refined Oatmeal/" "Sweet as a Nut".



The Food Value of Meat.

Flesh Food Not Essential to Mental or Physical Vigor.
By W. R. C. Latson, M. D., Editor of Health-Culture.
The most valuable work on Practical Dietetics that has been published. The question is considered in relation to health, strength and long life. Some idea of the scope may be seen from the following

CONTENTS
INTRODUCTION. Importance, of the subject. Influence of Foods on the Health and Morality of the community. The Most Important Question of Dietetics. Classes of Foods. S Description of Proteids. The Starches. Conversion'of Starches into Sugars. Fruit Sugar. The Fats. Salts. Effect of Cooking upon Foods.
DIGESTION. Definition of the Prqcess. Saliva. The Ptyalin. Effect'.of .Eating Sugar with Starchy *Toods*. Gastric Digestion. The Stomach; The Gastric Juice: Peptones; Digestion in the Intestines; Importance of Digestion; Tabular Statement of the Digestive Process.
COMPOSITION OF FOODS. The Four Elements of Food; Proper Proportion of Each Element Selection of Balanced Foods; Table of Food Analysis; Value of Cooked Vegetables; The Reason why Many Vegetarians Fail; Fresh Fruits; Pure Water; The Grains; The Legumes; Nuts.
FOOD VALUES OF FLESH MEATS. The Question at issue; Biological Data, What they Indicate; The Intestinal Tract; The Food Value of Meat; Poisons; Disease Infection; The Strongest Argument Against the Use of Flesh Meat; Vigorous Vegetarians; Intellectual Vegetarians; Vegetarianism and Vigor.
COMBINATION S OF FOODS. Principles; Cooked and Uncooked Foods Model Menus; Breakfast; Luncheon; Dinner; Advantages of Vegetable Foods.
Price by Mail, In Paper, 25c. Cloth Bfudixg, 50c.

The Liver and Kidneys

WITH A CHAPTER ON MALARIA.
By SUSANNA W. DODDS, M. D.
PART I.—THE LIVER AND ITS FUNCTION, DISEASES AND TREATMENT.
Its structure and Function.—Its Proper Position and Displacement—Effects of Tight Clothing, Improper Eating —Sweet and Starchy Foods.—Congestion and Hardening of the Liver.—Torpid Liver.—Constipation.—The "Blues"—Liver Pills.—Proper Hygienic Treatment.—Baths, Massage.—Dieting, etc.
PART II. THE KIDNEYS; THEIR HEALTHY ACTION AND HOW TO SECURE IT.
Their Function, how Disturbed.—Frequent -Cases.—Diseases.—Bright's Disease—Stimulants.—Over Eating.—The Remedy.
PART III. MALARIAL FEVER, NATIONAL TREATMENT BY HYGIENIC METHODS.
A Purifying Process.—Its Cause.—Its Symptoms.—Its Course.—The Results.—Improper Treatment.—Effects of Quinine and other Drugs.—Proper Treatment for the Chill, the Fever, Sweating Stage and the "Well Day" without Drugs, Full directions what to do to prevent and cure.
This is one of the most important booklets ever issued, the following of its teachings would save untold sickness and misery. Price only 25 cents.

The New Internal Bath.

An important method of flushing the colon of taking an Enema for the relief of Acute and Chronic Diseases, by D. L. M. Wright. 25c.
The book presents the most important discovery that has ever been made in regard to cleansing the system of its impurities. Every one who values health and all who are not well should read it.
HEALTH-CULTURE is the very best Health Journal published devoted to Natural Methods only; no drugs. \$1.00 a year; 10 cents a number.
The three books named above and A SAMPLE COPY sent for 50 cents. Sample copy of Health-Culture, and list of books sent free. Address,
THE HEALTH CULTURE PUB. CO., 481 Fifth Ave., New York.

A Universal Food

Army Bread never gets hard or bad.
Army Bread keeps for months.
Army Bread is manufactured from pure **natural products** and can be rrlauufactured very cheaply.
Army Bread is **easily** manufactured.
Army Bread is comparatively cheaper than any other.
Army Bread tastes good and contains all those condiments to make man **strong, muscular** and **enduring**.
Army Bread is easily digested and never causes any abdominal disease.
Army Bread only requires one fourth of the space of ordinary bread. This is of paramount importance in case of war, as each soldier can carry his supply for several days.

The Inventor wishes to dispose of his American patent«rights for cash. Has ajso several other useful inventions.

For full particulars apply to
JBMtor IKNEIPP /iDagajine^ PUB. Co.,
03m 111 East 59th St., New York.

FOUND AT LAST!



An Effectual and Natural Remedy for

Dyspepsia,
Indigestion
and
Constipation

"I have found DAHL'S DYSPEPSIA CAKES very efficacious for Constipation. In my experience ALL DRUGS, no matter what their composition, and no matter what their credentials, are objectionable in the treatment of Constipation, and I am glad to prescribe Dahl s Dyspepsia Cakes because they are drug free."
A. RABAGLIATI, M. D. Bradford, Yorks.

If your Druggist or Grocer does not keep our Cakes send orders direct to

Dyspepsia Cake Manufacturing Co*,
286, 288, 290 Schermerhorn Street, **BROOKLYN, N. Y.**

A box mailed from the factory on receipt of 50 cents.
DAHL'S DYSPEPSIA CAKES contain no Drugs.

g g ^ ' P I e a s e M a m m a ;

Baisto

only lakes
5 minutes

t O C O O K ' ' f l £

Rolf the battle In preparing
breakfast Is to have a -cereal that
suits.

R A L S T O N
B R E A K F A S T
F O O D

builds strong bodies and puts roses,
in the cheeks of children because it
contains all the nutriment of
the best wheat that's grown.

Many mothers say Ralston /i
the only cereal the young folks
care for; while its quick cooking
quality is a warm weather com
fort unequalled.

Ralston Breakfast Food nourishes but does not overheat
the blood

A s k y o u r g r o c e r f o r R a l s t o n f i r s t ; i f h e d o e s n ' t k e e p i t ,
s e n d u s h i s n a m e a n d r e c e i v e f r o m u s a f r e e s a m p l e .

P U R I N A M I L L S .
' W h e r e P u r i t y i s P a r a m o u n t '
826 Gratiot St., St. Louis, Mo.

DR. F. W. LANGE'S

LACTATED TISSUE FOOD

DELICATE INFANCY, I ARE ALIKE
ROBUST YOUTH, Y BY ITS
AND I NOURISHING
DECLINING AGE J QUALITIES.



Easily assimilated by the weak-
est stomach. Supersedes fresh
milk for household use.

*Rich in phosphorus and all the tissue-building properties.
Entirely free from preservatives.*

Analysis of Prof. W. H. DEAN, Witkesbarre, Pa.

Th Per of any Nourishment in cases of
Consumption and much more palatable.

Send name of your druggist c C a m n l e C a n
or grocer with request for 3 « " i p i C V i l l i

-TO-

LACKAWANNA DAIRY CO., Box 1000, Scrantoo, Pa.

FOR SALE AT 03m

Kneipp Health Store, in e. 59th st, N. y.

Naturopathic Sanimrram

/ i < i p r g * * K a d e k u r * * j u u u q u u u

121 Cast 83rd Street, New York

German Water Cure (Kneipp & Ktshne) WITH DIET
and Massage. Constitutional Treatment WITHOUT MED-
icine for cure of Chronic Diseases, Rheumatism,
Nervous Prostration, Indigestion, Catarrh, etc,
Particular attention given to building up DELICATE
young people and children. A course of TREATMENT
once a year conduces to a long healthy life. PHYSICIAN
.in consultation. For further information apply to

JOHN H. SCHEEL, \$
070 Park Ave., near 83RD ST

F. W. RITTMEIER,

Hydropathic Physician,

WATER CURE INSTITUTE

57 East 86th St., New York.

Medical and Steam Baths. Priessnitz Sheet
Packs. Kuhne's Hip Friction Sitting Baths.
MASSAGE and Swedish Gymnastics. • • B

INDIVIDUAL TREATMENT FOR ALL CHRONIC AILMENTS : : S J
TREATMENTS ALSO GIVEN AT PATIENT'S RESIDENCE IF Desired.

LADIES' ATTENDANT ALWAYS PRESENT.

OFFICE HOUES : 10—11 A. M. 4—7 P. M. Sunday. 9—12 A. M.
And by Appointment.

Park Sanatorium

Hackensack Ave., Hackensack, N. J.

A Home of Health and Beauty the best of Health Resorts.
The Sanitarium Grounds consist of 25 acres of land and
contains a magnificent park with more then 600 full grown
rees, mostly firs.

Good opportunity for hunting, fishing, boating etc.
In the Sanitarium only Natural Healing Methods in con-
junction with diet treatment are applied to all acute and chronic
diseases.

For full particulars and prospectus address

^ G E O R G E R K U C H ,

Hydropathic Physician,

Hackensack Avenue, Hackensack, N.J.

OSTEOPATHY.

NATURE THE CURE. WE THE AGENTS

Our School Incorporated.

The only representative college for Osteopathic Teach
ing and Practice in the East. One hundred and fifc j
Students in actual attendance.

Our Infirmary.

Chronic diseases a specialty. No knife. No oxx
Nerve Troubles, Paralysis. Special Curvature
Rheumatism Osteopathy is particularly successfu

Literature.

Write for our free Literature.

THE VIRGIL A. HOOK INFIRMARY, AND WILKES-HARRI
THE ATLANTIC SCHOOL OF OSTEOPATHY PA.

JUST2*>UTV One Million German Copies Sold

ENGLISH TRANSLATION ' OF THE ONE HUNDREDTH GERMAN EDITION OF THE FAMOUS

BILZ' NATURAL METHODS OF HEALING

Containing over 720 Illustrations and 2000 Pages, also many Colored Plates and Six Complete Colored Models (which may be taken apart): The female body, the head, the eye, the ear, the nose, the larynx, and the throat. Also an artistical plate containing 40 portraits of the most eminent representatives of the Natnral Healing Methods. The best and most complete hand book of the entire Natural Methods of Healing and the Kneipp Cure, also Massage, Curative Gymnastics, Magnetism, Hypnotism, etc. Gives complete cure and prescription for each disease. Price elegantly bound \$8.00. To be had through The Kneipp Magazines Publishing Co., 111 East 59th Street, New York, or from prominent news dealers, or from the International News Company, 83—85 Duane Street, New York.


This work is the first and best book on Natural Methods of Healing and cannot be reached, in its present form, by any other publication*

BILZ' Natural Healing Institute

A SANATORIUM OF FIRST ORDER, DRESDEN-RADEBEUL.

Three Physicians. Numerous References. Beautiful Position. Prospectus free.

P r N O W R E H D Y

PLATEN'S

Handbook of Hygienic Rules of Life, Health Culture and the Cure of Ailments without the aid of Drugs. An invaluable Household and Family Guide for the Healthy and the Ailing. 1600 pages, 432 woodcuts, 17 colored plates, 8 anatomical plates in separable parts, (Nose, Ear, Mouth, Heart, Eye, Head, Super-imposed plate of the Anatomy of the Male, and superimposed anatomical plate of the Female Body—with the Organs during Pregnancy).

2 Volumes, handsomely bound in full cloth, titles stamped in gold and five colors, boxed.....*

It is so indispensable in your house that you cannot afford to be without it. It will teach you in plain, simple language How to avoid illness—How to cure disease—How to restore health—How to treat accidents—All about ventilation—What to eat, drink and avoid—How to choose wearing apparel—How to take care of the hair, skin, eyes, ears, nose, teeth, etc. It acquaints you with all the details of the Structure of the human body, and treats with special care the Diseases of Women and Children. Exhaustive chapters on Hydro-Therapeutics (Water), Massage, Magnetism and Electricity, Hypnotism, Simple Health Movements, Healthy Dwellings and Workrooms, etc. A mass of information—the index contains about 3000 titles—concerning the Body and its Functions in Health and Disease, makes "Platen" the most perfect work on the CURE of Diseases. ^

DESCRIPTIVE ILLUSTRATED PROSPECTUS FREE FOR THE ASKING. Agents wanted everywhere.

ALEXANDER DUNCKER (H. von carnap), Publisher, ITS FULTON STREET, NEW YORK. 03m

