The skin is a delicate integument which envelops and protects the wonderfully complex organism of our physical frame. In an adult it is said to have an extent equivalent to about fifteen square feet, or 2,160 square inches. Though to the eye it appears to be a single and somewhat simple tissue, it really consists of three layers, differing very materially in structure.

The internal layers, called the cutis, or skin proper, is plentifully supplied with blood vessels, nerves, and absorbents, and is consequently very sensitive. The external layer is the epidermis or cuticle, or the scarf-skin, as it is commonly called. It is a thin, elastic, albuminous membrane, and, being destitute of sensibility, or the sense of touch, the absorptive function of the skin is illusory.

Now the greater portion of the blood flows through the vascular network of the true, i.e., the innermost layer, and it is important to bear in mind this vascularity, as we generally find organs supplied with blood in proportion to their importance in the animal economy.

The function of the skin is absorptive, secretive, and excretive; the skin is also the seat of the sense of touch. The absorptive function of the skin is illustrated by the rapidity with which water is frequently absorbed, when the body, under certain conditions, is entirely or partially immersed. Experimenters have often found that if the body, after long fasting or exhaustion by severe or protracted labor, is plunged into a warm bath and kept there for half an hour, a marked increase of weight ensues.

It is also well known to medical men that medicaments, when rubbed into the skin, produce their known effects as rapidly and completely as when introduced into the stomach or directly into the blood. As an excreting organ the skin is of great importance, being said to perform nearly as much work as all the other depurating organs combined. Its primary office is to separate the effete hydrogen from the blood.

It has, however, many important secondary duties to perform. The perspiration secreted by the skin is of two kinds—insensible and sensible. Insensible perspiration or transpiration is an invisible moisture, continually being thrown off by the skin. The sweat, a sensible perspiration, is experienced after violent exercise, or when the body has been subjected to artificial heat. It is essentially an aqueous fluid, but it holds a great variety of substance. Its taste is saltish, and its reaction to acid. Chloretic of soda (common salt), salts of ammonia, the salts of the organic acids—bytric, formic, acetic, lactic, and carbonic acids, earthy phosphates, peroxide of iron, pigments, fatty, proteine and nitrogenous matters are always present in it.
As to the quantity of matter exuded by the skin of the adult human body in twenty-four hours, various estimates have been made which have ranged from twenty to forty ounces, and, perhaps, thirty might be taken as a fair average. Segrin found, from experiments, the amount to be 15.840 grains, or about thirty-three ounces. According to the carefully conducted experiments of Anselmino, the sweat contains on an average 0.088 per cent of solid matter, 100 grains of which gave 22.9 grains of saline matter. These calculations give for twenty-four hours 107.47 grains of "organic matter" and 81.92 grains of "saline matter."

The substances enumerated above are the principal matters thrown off by the skin when the body is in a healthy condition. In various diseased conditions of the organism, however, the skin becomes the medium of discharge from the body of poisonous substances, either producing or resulting from disease. For instance, carbonate of ammonia and uric acid have been discovered in the perspiration in a variety of diseases, especially nervous affections; in such cases the skin has to do an unusual amount of work, in consequence of the impaired condition of the body. Excretion is an all-important depurating or purifying process; if the worn-out tissues of the body are not duly removed from the blood and discharged from the system, they rapidly accumulate and act as the deadliest poisons, the worst consequences to health and life often resulting. There is no greater and more just cause of alarm to the physician than the cessation or suspension of customary discharges from the various excretory glands and canals. The importance of the secreting organs may be estimated from the following facts: Should the renal secretions be suppressed, uraemic poisoning ensues; or should the urinary function be suspended, bile accumulates in the blood, and insensibility results; or again, should the respiration be interfered with, the effete carbon is retained in the system, and arterial blood becomes venous. It has been wisely and beneficially observed that when a function is temporarily suspended, and the functional activity of an organ diminished or arrested, its duties shall be partially undertaken by the other organs until it has recovered tone and energy. This increased activity, this augmentation of duties, on the one hand, is imperatively necessary to neutralize the lessenened energy of the suspended functions, otherwise the balance of the different functions, on whose integrity health depends, would be lost, and permanent disease, speedily terminating in death, would result. Now the skin often partially or wholly relieves other organs of their duties, viz: the lungs, kidneys, intestines. The functions of the skin and the kidneys stand in so close a relationship that they often resume the place, to a great extent, of each other, so that when the skin is impaired the kidneys increase in activity, and vice versa.

In disease of the kidneys, for instance, the skin sometimes eliminates, in the form of carbamates of ammonia, the urea which accumulates in the blood, and would otherwise act as a deadly poison. It is in this way that the balance necessary to life is maintained; but this compensatory action is limited, so that the one organ cannot wholly, or permanently, or, indeed, for any length of time supply the place of the other. As an evidence of the sympathy existing between the skin and the kidneys—the most casual observer will have noticed that, in hot weather, when the skin is active, the quantity of respiratory matter thrown from the system is increased, and the quantity of urine passed is diminished, while in cold weather this process is reversed.

What must be the effect of the re-absorption into the system of those matters which ought to have found an outlet through the skin? Why, an increased amount of work is thrown on the other excretory organs, which, however, fail in compensating for the inactivity of the skin; and the result is the advent of rheumatics, fevers, urinary, cutaneous, and biliary diseases, headaches, sleeplessness, nervousness, constipation, etc., in fact, there is hardly an end to the harmful results which may flow from failure of the functions of so important an organ, for that which in its proper character is simply excrementitious, becomes, if unduly retained, a positive poison.

In hardly any case can the functions of the skin be in a state of absolute abeyance. Whether in health or disease, there is always more or less insensible perspiration, though the amount, of course, varies very much with constitution and circumstances. So far it is ill. For people who are able to lead a strictly physiological life, insensible perspiration will suffice; unfortunately, however, experience proves beyond doubt, that to lead such a life in this world of toil is an utter impossibility. Consequently, mere insensible perspiration is not sufficient to maintain a high state of health, without an occasional pouring in copious visible streams.

For people who are able to lead a strictly sedentary life at home, all require occasional outpouring by the skin. The hand of fortune, as has been amply proved, is not always kind; for people who are able to lead a strictly active life in the open air, the hand of fortune is not always unkind. Hence there is ability to engage in them, a smart syn thesis of all the useful, the necessary, and the agreeable, a meeting place of the intellectual and the physical, a place of recreation as well as of service, and the hot-air bath is unrivalled. As a means of preserving health amongst the pent-up inhabitants of towns, who, generally speaking, do not have air and exercise sufficient either in quantity or quality, to properly de-carbonize or oxygenize the blood, its value is beyond calculation. It does much to compensate for deficiency of air and exercise, giving appetite, strengthening di-
Ingestion, and imparting elasticity to mind and body. It affects the system more powerfully than any kind of exercise, gymnastics, or sport, even as to the points wherein the excellence of these consists, and can be frequently enjoyed when these cannot. The "Malaria" brought about by over-excitement of the brain, combined with underworked limbs, lungs, and I skin; by idleness and luxury, and by the demons of hypochondriasis and dyspepsia, would disappear, were the institution to become thoroughly national, and ordinary water baths would to a great extent be superseded in our public bathing establishments. The cavalier look of the overworked and ill-fated citizen would be exchanged for the ruddy hue of health by the use of hot-air combined with cold water.

Vincent Priessnitz recommended physical exertion to invalids who had strength enough, such as walking, digging, chopping wood, etc., for artificially heating the body, prior to cold ablutions. For patients who were not capable of manual exercise he invented the blanket pack for procuring perspiration, which occupied three or four hours, and which process was dreaded and avoided as being extremely irksome to the nervous patient. Hence the desire felt for some process which would effect the object more speedily, and less tedious. It was with this object in view that Dr. Barter, of Blarney, introduced the steam or vapor box, and Dr. Gully, of Malvern, the hot-air or lamp bath, which they found could be made to give a copious perspiration by an agreeable process of some fifteen minutes' duration. Hence the vapor and lamp baths practically superseded the blanket sweat. Valuable, however, as the vapor and lamp baths undoubtedly are, they cannot compare with that Prince of Hydropathic appliances—the Roman bath (called Turkish bath), for the introduction of which into hydropathy happily the public are yearly becoming more alive to its advantages, both as a means of curing and preventing disease, and are long the system of the water cure will prove a formidable check to internal drug medication.

THE KNEIPP WATER CURE MONTHLY.

In the position which Providence has assigned to him. Captain Claridge gained his esteem and had the knack of drawing him out occasionally, the world would be still a sufferer from the loss of much of the "therapeutic thought" of Priessnitz, the founder of the water cure.

To these thoughts of the High Priest of the Graefenberg mysteries, so sensibly put and expressed by Captain Claridge, have been added ideas fraught with the experience of such men as Wilson, the Johnsons, Gully, and others of our own countrymen, as well as that of Weiss, Meeker, Rausse, Franke, Schroth and Kneipp, besides a host of "young ideas" from Drs. Trail, Shew, and other hydropaths across the Atlantic.

Then, as to the "worldly position," if one looks at the half hundred establishments, scattered throughout these islands, at the innumerable monster establisiments across the Atlantic, which dot the continent of Europe and other parts of the world, it is impossible to deny to Hydropathy a position equal to that of any other innovation on the allopathic system. It has its difficulties, such as encountering the utterly erroneous and absurd idea found in some silly pates, that it can be practised only among the hills and beautiful scenery, as if a douche, a pack, a Turkish bath, or any other Hydropathic appliance were not as effective when administered in St. Giles as in the most fashionable establishment on the most salubrious of hills. No doubt such retreats have their advantage for those who require a change of air, and have time and means at their disposal; but if a patient must remain in town, what is to hinder him from taking Hydropathic treatment, instead of, or in conjunction with, an improved form of internal medicinal remedies, no matter what school of medicine they belong to?

Notwithstanding the tardy way in which hygienic remedies have been received by the medical faculty, happily the public are yearly becoming more alive to their advantages, both as a means of curing and preventing disease, and are long the system of the water cure will prove a formidable check to internal drug medication.

Animal Economy.

While by the agency of the water Cure health is often restored to the shattered invalid, it should never be forgotten that in respect of health, more than any other interest, the old adage holds good—"Prevention is better than cure." It is easier and, in all respects, better to preserve health than to regain it when lost.

The natural agencies by which the body is maintained in life are those which also may be made subservient to its maintenance in health. A healthy life is that which nature intended man to enjoy, and which the combined action of her agencies is fitted to give. But as our artificial modes of living have largely interfered with the normal action of Nature's laws, it behoves us to call our intelligence to the rescue, and, by an exercise of attention and will, bring our voluntary habits into as near a conformity with Nature as circumstances will permit; so as to enjoy the highest degree of health compatible with those circumstances. This is all that can be urged upon the members of the community like ours, for it would be ridiculous to insist that the myriads compelled by necessity to follow sedentary or unhealthy occupations should abandon them under the idea of following out the life of a hunter or agriculturist. As a rule, man must abide in the position which Providence has assigned to him.

Many evils, however, apparently unavoidable, may be mitigated or removed by care and attention. None are more frequently than the hydropathic practitioner called to witness the mental anguish caused by the lost health of the neglectful or the eager clinging to any remedy which promises to restore it. Any sacrifice will be made for health after it is irrevocably gone. "Skin for skin—yea, all that a man hath will he erive..."
for his life. How much better would it be for people to rise in time so as to adopt those means which nature points out as conservativo of health? But doubtless that would involve the exercise of voluntary attention, and of self-denial—conditions which only a comparative few are willing to accede to. For those few, if for none others, a few hints may here be of service.

The points specially calling for mention resolve themselves into attention to the demands of the system in respect of food, air, clothing, and exercise—varying as those demands must be with the varying conditions of humanity—infancy, youth, maturity, decline, decay, labor, rest, etc.—so that in no respect shall there be excess or deficiency to interfere with the characteristics of a perfectly healthful life.

In such a life all the natural processes within the body go on without reminding the individual concerned that he has a head or heart, lungs, liver, or stomach, their action being so harmonious and free from anything like disagreeable sensation. There is in the healthy man a feeling of buoyancy and alacrity arising from this freedom from deranged organic sympathy, and the refreshment, relief, and invigoration which with each natural operation is attended. It is the result of a sound constitution combined with healthful habits.

But let the phenomena of living activity be disproportionately great in any one organ, and all the system, let the stomach be excessively gorged with food, and so aroused to abnormal activity, the organs together become more or less disordered by internal morbid, and kidneys will be implicated, and a sleepless night with bad urine in the morning will be the result. Or let the skin be exposed to cold or damp until the heat and blood are driven from it into the interior, the internal organs become congested. The excessive organic activity thus aroused in the lungs will show its result in inflammation of those organs or in bronchitis, and the general burning and forced action of the internal organs in "fever," which has been called a skin disease, because of the feverish heat and ultimate perspiration in such "fever," which has been called a skin disease, because of the feverish heat and ultimate perspiration in such maladies, show that they are simply an effort of the skin, their action being so harmonious and free from anything like disagreeable sensation. There is in the healthy man a feeling of buoyancy and alacrity arising from this freedom from deranged organic sympathy, and the refreshment, relief, and invigoration which with each natural operation is attended. It is the result of a sound constitution combined with healthful habits.

Hence it appears that errors in diet, clothing, etc., become fruitful sources of disease, and, consequently, that to avoid such errors is the duty of all who would preserve a sound mind in a sound body.

"Clothing is an equivalent or a certain amount of food," and that food must be in proportion to the extent to which pure air is inspired and exercise engaged in—i.e., supply must be proportional to waste, if the equilibrium of the solids and fluids of the body is to be maintained.

1. Without good food, pure air, and due exercise, no healthy blood can be made.
2. Without healthy, nutritious, and duly organized blood, no organ can act efficiently.
3. Without pure air, producing good oxidations of the blood and a due quantity of nerve force cannot be developed, which is the great agent of action.
4. All labor and no rest, or the continual employment of any one organ, renders it over-susceptible and irritable, and ultimately destroys its functions, and that at the expense of all other important functions of the frame.
5. The "periodical employment of different organs alternately, especially by the due amount of "exercise" and "rest" develops the greatest amount of efficient action.
6. The constant repose of any organ diminishes its energy, power and nutrition, and ultimately renders it useless.
7. All appropriate "exercise" and judicious "bathing" excites the nerve currents, and with it the flow of blood "to the surface or circumference" of the body.
8. But all "internal stimuli" and "irritants of every kind without" this current and flux of blood "from the surface" towards the "centre" or internal organs. The former tends to what is shown to be the physical condition of health; the latter to the physiological condition of disease.
9. Warm air, hot rooms, damp, excessive study, anxiety, and sedentary habits, tend to the disorganization of all the vital forces, hence disease supervenes.

In conclusion it must be remembered that the interior skin, or mucous membrane, is of a similar structure with the exterior skin, and is provided with equally numerous and complicated vessels to answer some analogous purpose, the whole of this wonderful system may be deranged, and its functions suspended through neglect and inattention of external appliances, the influence of cold ablation on the healthy skin, water is an invaluable agent for purifying, and that water is an indispensable aid, for in no other way can the secreted substance of the surface of the skin, and the dirt which adheres to it, be thoroughly removed without external applications.

Dr. Carpenter, Professor of Physiology in the Royal Institution of Great Britain, remarks: "The functions of the skin, taken altogether as a channel for the elimination of morbid matter from the blood, probably have been much underrated, and that much more use might be made of it (the skin) in the treatment of diseases, especially of such as depend upon the presence of some morbid matter in the circulating current. The wet-sheet packing used by the hydropathist is one of the most powerful of all dia- phoretics, and will probably be employed more extensively as a therapeutic agent in proportion as the importance of acting on the skin as an extensive collection of granulae (secreting organs) comes to be better understood. Again, no person who has watched its operations can deny that it is a remedy of a most powerful kind. If its agency be fairly tested, there is strong reason to believe that it will be found to be the most curative means we possess in nervous specific diseases, as well as that depressed state of the general system which results from the wear and tear of the body and mental powers."

Sir John Floyer states: "The effect of cold bathing reaches the very soul of the animal, rendering it more lively and brisk in all its operations."

In the "British and Foreign Medical Review,"
THE KNEIPP WATER CURE MONTHLY.

Sir John Forbes remarks that: "The cold bath is indeed one of the most valuable remedies we possess. Like all other valuable and powerful remedies, however, its employment requires great caution and discretion—first, as to whether it should be used at all; secondly, as to the form or mode of using it.

1. In a large proportion of cases of gout and rheumatism, the water-cure seems to be extremely efficacious. After the evidence in its favor, accessible to everybody, we think medical men can hardly be justified in omitting, in certain proportions of cases, at least a trial of it. No evidence exists of any special risk from the water-practise in such cases.

2. In that very large class of cases, complex diseases, usually known under the name of chronic dyspepsia, in which other modes of treatment have failed, or been only partially successful, the practice of Priessnitz and Kneipp is well deserving of trial.

3. In many chronic nervous affections and general debility, we should anticipate great benefit from this system.

4. In chronic diarrhoea, dysentery, hemorrhoids, the sitz-bath appears to be frequently an effectual remedy.

5. With careful and discreet management in the hands of a qualified medical practitioner, the water-cure is very rarely attended with danger.

6. Many of the principal advantages of hydropathy may be obtained in private residences, with the assistance of ordinary movable baths; therefore, it can easily be brought under the direction of a regular medical practitioner."

Baron Liebig states it is his firm conviction that by means of water-cure treatment, a change of matter is effected in a greater degree in six weeks than would happen in the ordinary course of nature in three years.

How to Protect Health and Avoid Illness.

For over thirty years I have been preaching against the development of disease, and, judging from the results of my own connections, I feel that my efforts have proved useless, or virtually so. I know in too many cases it is easier to preach than to carry out the advice, still where there is a will there is generally a way.

All will agree that health is an essential element to enable us to fulfil our various duties in life, and is worth some consideration, surely it is more economical to attend to the common crying wants of the body than to allow it to become diseased. While I have no patience with creatures openly insulting and violating God's physical laws, I have a wholesome dread of those monomaniacal coddling individuals who are amm everlastingly looking in upon themselves, finding fault with everybody, and who often cannot agree with themselves." My observations apply to those individuals who, if you say "good morning" to them, in a pleasant manner, and happen to say "how well you look," will, if you give them a chance, pour down upon you a volley of pure nonsense, saying they are suffering from "all the ills that flesh is heir to," as well as a few additional complaints that nobody has ever heard of. It is wise to steer clear of fads of this kind, many of which are nothing more or less than hallucinations of the senses, making mountains of molehills, splitting hairs, trying to look through concrete, or to find a needle in a haystack.

Exercise.

The structure of all animal bodies renders physical and mental exertion necessary to secure health. In proportion to a man's strength so may his usefulness be gauged on earth. It has been said that the wealth of a nation depends upon the health of the subjects, so it may be said that the amount of work to be accomplished by God's servants, during their lifetime, depends upon the health they individually possess.

When any of the functions of the body are called into action, it is easier to carry them out than to allow it to become diseased. While I have no evidence of any special risk from the water-practise in such cases.

In proportion to a man's strength so may his usefulness be gauged on earth. It has been said that the wealth of a nation depends upon the health of the subjects, so it may be said that the amount of work to be accomplished by God's servants, during their lifetime, depends upon the health they individually possess.

Neither animals nor human beings can enjoy health without a certain amount of healthful exercise, and it will therefore be self-evident that all persons engaged in sedentary occupations should avail themselves of a reasonable amount of bodily exertion in order to maintain an equilibrium healthy body. The invalided population who are unable to work should avail themselves of some forms of exertion sufficient to promote health and repair, always guarding, however, against over-fatigue. Of course I am not alluding to zymotic cases, fevers, and contagious diseases; there are always many occupations to which these remarks do not fully apply, such as agricultural laborers, or even evangelists whose duties take them regularly into the open air, involving bodily exercise.

It may safely be assumed that those persons who suppose that physiological rest consists of inaction.
and that repair goes on during quiescence, is mis-
taken. Nutrition—and therefore repair—is the con-
comitant of exercise and fresh air. Appetite is one
thing, the power to digest food is something entirely
different. A man may feel ravenous, and consume
large quantities of food containing the elements of
nutriment, and yet be unable to appropriate the sup-
plies in the form of actual nourishment. Mere inac-
tion may be secured without actual rest, and idleness
resorted to without any restoration of energy result-
ing therefrom.

The faculty of recovery and recuperation after
exercise is in direct proportion to the vitality of the
organ resting, but this faculty is not to be called into
inactivity. It follows that relief and recovery from the
effects of what is improperly called "overwork" can-
not be obtained by simply "going away for a change;"
or by indulgence in idleness. A new form of exercise
is necessary, and the mode of action chosen must be
one that supplies moderate exercise to the very part
of the system which it is required to "rest" and re-
cov er. Co wper, with the fineness of observation which
marks the true poet, in directing attention to a man
healthfully employed, asks us to:

"See him sweating over his bread
Before he eats,—'Tis the primal curse,
But softened into mercy" made the pledge
Of cheerful days, and nights without a groan"—
a condition to be envied above all others by the dys-
peptic, who never enjoys an hour's ease, but whose
life is a burden ever increasing as it "drags its slow
length along.

Health-seekers often err in trying to recover their
powers by simple diversion of energy. It is a popular
error to suppose that when the brain is over-worked
the muscular system should be exercised by way of
counter-action. The part itself should be worked, so
as to accumulate the faculty of nutrition, but it should
be set to fresh work, which will incite the same pow-
ers to act in a new direction.

Civilization has brought with it a considerable
amount of mental and physical suffering, and it is per-
fectly clear that if we were all living, in a primitive
state, suffering would be obviated all together.

Dirty, Unhealthy Dwellings are the Source
of all Diseases.

I frequently visit houses where the whole atmos-
phere is tainted with bad emanations, and it is quite
a relief to get out in the fresh air again. It seems to
me that it would be impossible for anyone to enjoy
immunity from disease, especially consumption, living
in such houses, overcrowded with human beings and
badly ventilated.

During my connection with a Sanitary Board in
London, I visited hundreds of houses occupied by the
laboring and artisan classes. The results of my in-
vestigations were, seventy per cent of the houses I
visited, where the occupants were afraid of soap and
water and fresh air, they enjoyed but very indifferent
health; while the thirty per cent who were more
cleanly in their habits all round, enjoyed average good
health; temperance is an invention to cleanliness.

Another source of insanitation arises from dirty
walls-papers, dirty ceilings, insufficient water supply to
closets, and want of separate cisterns for domestic
purposes. It is no use getting acts of Parliament to
provide artisans with proper dwellings unless, at the
same time, the owners are made to keep the dwellings
in wholesome repair, and fit for human habitation.
Christian workers who devote their lives to God's
work, should interest themselves on behalf of the
dwellings of the poor, to prevent the spread of dis-
case. In any case, where they see the people are sur-
rounded by an unhealthy condition, they should com-
municate with the local authorities, and in the event
of their communications receiving no attention, they
should communicate direct with the Local Govern-
ment Board, who will quickly put the machinery in
motion.

If every Christian visitor would interest them-
selves in this direction, I feel persuaded that in a few
years their efforts would be marked by a great change
in the condition of the artisans, both physically and
spiritually.

I may seem to suggest by these recommenda-
tions some amount of interference with the Inspectors
of the districts. My reply, to such an observation
would be that, while I have no wish to cause any
reflection on the diligence of the sanitary Inspectors,
they, unfortunately, very often only make what is
called a casual inspection of the houses, owing to the
various difficulties made, not only by the inhabitants,
but by the owners. But in the case of Christian peo-
ple making house to house visitation, they would have
better opportunities of getting an insight into the
dwellings of the poor than any Inspector could have.

Taking this view of the matter, which is not with-
out considerable experience, I feel that every Christian
missionary might in this way help the local sanitary
boards, which are of great importance in our large
cities.

Cleanness of the Body.

In the capital of the Roman Empire, according to
Fabricius, there were not fewer than 856 public baths,
some of which were sufficiently large to contain at
once eighteen hundred persons.

These establishments were regulated by the Legis-
lature. Here, according to the historian of the "De-
cline and Fall," the meanest Roman could purchase
with a small copper (half-farthing) the daily enjoy-
ment of a scene of pomp and luxury, which might ex-
cite the envy of the Kings of Asia.

Among nearly all ancient people who had a
knowledge of this great fact, ablution was a religious
duty. Our Western civilization, amidst its many other
anomalies, has until late years almost ignored the
bath. We're English flatter ourselves we are a clean
people, but, judged by the Eastern standard, we are
exceedingly dirty. "Cleanness is a matter of self-
examination not of external seeming, you must ac-
quire the habits of that refined people, from whom you are
endeavoring to adopt this practice."

It is generally admitted that dirt, disease, and
demoralization, are natural and ever-recurrent con-
comitants, therefore, I maintain that the use of the
bath would prove to the body what the moral influ-
THE KNEIPP WATER CURE MONTHLY.

Refrigerant Ablution.

Morning ablutions can be given in a variety of ways, and accessible to the humblest individual, man with a quart of water in a basin and two towels can give himself a good tonic ablution on rising by simply saturating one towel in water and well rubbing his body, taking a part of the body at a time; then using the dry towel in the same way. Another method is to have a vessel sufficiently large to either sit or stand up in, containing a couple of pails of water. Sponge all over the body quickly, then rub dry with a rough sheet. Where a bath can be had, put about sixteen inches of water into it, the bather should then jump into it direct from the warm bed, accomplishing the operation quickly, then give a good rubbing with a dry sheet, taking care to rub long enough to produce reaction.

These modes of ablution will have the effect of exciting the skin's action and of giving tone to the whole of the internal organs, and have a marvellous effect in increasing the appetite and preparing the stomach for a good breakfast.

The temperature of the water requires to be regulated according to the season of the year. The average temperature of all morning ablution in winter should not be lower than 70 deg. nor higher than 75 deg.; whereas, during the summer months when the weather is warm, the water may be resorted to perfectly cold.

The temperature of the water in many instances will be a matter of experience. When the water is too cold, although the bather may re-act, and may even feel a glow immediately after the bath, yet perhaps in twenty or thirty minutes there may be a re-action, and a sense of cold may be experienced. This re-action is one indication that the water was a little too cold.

Of course, I am assuming that the bather had not untuly exposed himself to the cold, in not partaking quickly enough. It is desirable, after all cold ablutions, to dress quickly and keep in motion as much as possible.

Reaction.

Exercise of some kind must be taken immediately after all cold ablutions, to secure reaction. Gentlemen pent up in close offices during the day should take a good walk before breakfast, so as to oxygenize the blood; but in cases where open-air exercise is impractical, a rug should be wound round the waist extending to the feet; this should be put on immediately after the bath and thrown off on leaving the house, care being taken to walk sufficiently fast to induce a general warmth throughout the extremities, before attempting to ride or stand about in the cold. During cold weather, exposure of the body to the air before the bath should be strictly guarded against.

After a cold ablution the motto is: Dress quickly and take a smart walk to warm every part of the body, from the crown of the head to the tips of the toes and fingers, before sitting down to meals; otherwise it is impossible for the process of assimilation to go on well.
The "Kneipp Apothecary," by B. Lust, contains directions for use of the herbs, teas and oils needed to be used in some cases, in connection with the water cure treatment. It is an interesting and valuable publication, and those who care for a vessel or bath for cleansing the body, the temperature of the local or general bath should be from 100 to 102 deg. The mode of cleanliness by hot water is the more convenient, and for those living in large towns there are public warm baths, which can be readily resorted to. The frequency with which these baths are to be used naturally depends on the nature of occupation of the person, and those engaged in some occupations require a cleansing bath oftener than once a week. However indifferent a person may be to whole body baths, there is no doubt that one kind of bath is invariably necessary for everybody, and that is a foot bath, or washing the feet in warm water. It is immaterial what the occupation may be for this purpose; there are certain sebaceous emanations which exude from the feet through its close confinement in a boot, and when the boot is withdrawn it is too apparent a fact to deny. For any person to be in a room, or to get into bed with another, whose feet have been all day in a state of perspiration, is highly objectionable, and, in fact, injurious to all parties concerned. The want of such foot bathing, too, is the principal cause of corns and tender feet. There is no individual, however humble his circumstances, but who can wash his feet well before going to bed, which will not only be beneficial to his health, but will add to his comfort during the day. Persons who have sweaty feet should always take the precaution to place their stockings (when taken off, preparatory to going to bed) on the fender, so that they may dry, as the emanations go up the chimney; for those who can afford it, a change of stockings daily is advisable.

There is no doubt, though, that for personal cleanliness, a foot bath is far superior to the warm-water bath. The introduction of the baths and classes, by giving them opportunities of getting cheap washing the feet in warm water. It is immaterial what the occupation may be for this purpose; there are certain sebaceous emanations which exude from the feet through its close confinement in a boot, and when the boot is withdrawn it is too apparent a fact to deny. For any person to be in a room, or to get into bed with another, whose feet have been all day in a state of perspiration, is highly objectionable, and, in fact, injurious to all parties concerned. The want of such foot bathing, too, is the principal cause of corns and tender feet. There is no individual, however humble his circumstances, but who can wash his feet well before going to bed, which will not only be beneficial to his health, but will add to his comfort during the day. Persons who have sweaty feet should always take the precaution to place their stockings (when taken off, preparatory to going to bed) on the fender, so that they may dry, as the emanations go up the chimney; for those who can afford it, a change of stockings daily is advisable.

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THE KNEIPP WATER CURE MONTHLY.

**"Pop-Corn Breakfast."**

Living on Less than Five Cents a Day for Over Thirty Days.

By John F. Morgan, Chicago, Ill.

Previous to the time that I began this experience I ate three full meat meals a day, and had three or four drinks of whisky, smoked three to five cigars. I ate a great deal of highly flavored game and meat "cured" forty days. My natural appetite had been pampered, stimulated and perverted by alcoholic drinks until I lost all taste or relish for food. Now, however, I have a sweet taste in my mouth and feel much stronger and better. I was unusually active in business and on my feet, walking most of the time, during the last six weeks. I have never felt as well in my life as I do now. My mind is clear and bright.

Dr. Julian Thomas, 12 West ninety-third St., New York City—who is Mrs. Rebecca Friedlaender's physician (Mrs. Friedlaender is a fashionable club woman and humanitarian)—claims one cent a day will furnish enough material to sustain life. Mrs. Friedlaender experimented with uncooked food. She ate but two meals a day for six weeks. She claims to have grown ten years younger and reduced her weight from 145 pounds to 130 without the slightest discomfort.*

Wheat contains every element requisite to build our bodies, and material besides to furnish heat and power. It is for that reason that we can live on such a small quantity as two tablespoonfuls three times per day (or about four ounces) and a few nuts for three continuous months, remaining strong and healthy all of that time. Horses, cows and other animals live on it and are strong and healthy. The Roman soldiers under Julius Caesar ate very little besides and conquered the world.

"Not only does wheat contain every element, namely, protoplasm or gluten together with all of the inorganic minerals necessary to make flesh, bone and nerves—but it also contains a large amount of heat-making material, called starch or white flour. Sun-cooked vegetables and fruits contain the next greatest force. (We should never eat Irish potatoes, they absorb too much of the soil substance.) All bread should be made from all wheat or rye and should be three or four days old before it is eaten and then toasted in an oven as you would roast coffee. This brings out the dextine or sweetness in the flour. Hot white bread should never be used, since it contains too much starch and when warm has too much ammonia. The fermentation of wheat bread creates an appetite for alcoholic drinks. We should use no yeast, soda or any kind of baking powders in making bread. These change the character of the digestive juice when it reaches the stomach.

Eat Living Cells.

Cooking destroys the protoplasm and alters all of the vital conditions of food. Compressed all-wheat bread. These change the character of the digestive juice when it reaches the stomach.

Concentrate When You Eat.

It is not so much what we eat as it is the frame or mood of mind we are in when we eat. We should eat in silence, dwelling in thought only on pleasant things. "Grace before Meat," essay number forty, by Prentice Mulford (L. 5372, in the Public Library), I would advise every one to read and digest to your own advantage and profit. Your spiritual force, when you eat in the proper frame of mind, is working on others far from your body. Every effort, mental or physical, should give pleasure in the doing, particularly the act of eating. Say or think: "My food will agree with my body, for the blood, and nerve foods. After absorbing all that is in the air, apply moist soil to the navel, and by binding it there life can be prolonged for a long time. (If in fasting one gets faint* simply breath through the teeth.)

Concentrate upon the nourishment you expect to obtain from the food. Put cheerful, thoughts into every mouthful you take.

Aspiration will ultimately free the body of all excessively gross appetites, and as we refine the body it will need less and less and any unruly appetite will drop away of itself. As your spirit refines, so will your physical tastes and appetites refine; you will be*

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*See our February article "How to Live on One Cent a Day."
more particular in your selection of food and the method of partaking of it—it is the mind bent on refinement that refines the body. Eating is a sacred act, and preparing food a divine service. There is only one dis-ease, and that is an abnormal appetite.

Cost of Food for Forty-two Days, One Dollar.

Vegetable turkey (receipt taken from Mazdazan Cook Book, 16th Pacific Avenue, Chicago) costs ten cents, sufficient for six meals. Shredded biscuits, one package, ten cents. Toast (of all-wheat and rye bread), ten cents. Stale bread, three days old, can be bought or one cent a loaf. Hull wheat, ten cents a package (enough for twenty meals). Apples, ten cents. Macaroni, five cents. Ralston breakfast food, five cents. Tomatoes, five cents: Canned corn, five cents. Granose biscuits, ten cents. Prunes, ten cents. Soup, five cents. Total estimate, one dollar, or less than two and a half cents a day.

The principal object in writing this letter or article was to call the attention of the employee to the fact that as soon as he realizes that he can live cheaply he will become more independent of his employer and will not be at the mercy of lock-outs, etc. . . . The man who thinks it costs him One dollar a day to live and feels that he must have that dollar or starve the next day, he will be compelled to submit to his employer’s terms. Whereas, the man who has one dollar in his pocket and knows that he can afford to remain idle (or look for a better position) for twenty days will be in a better position to negotiate with his employer as to terms, who, rather than have the “plant” closed down, meaning a loss of trade, depreciation in machinery and stock, etc., would be more willing to co-operate for the mutual benefit of both parties. It will also lead to the solving of some of the perplexing social problems.

First and Second Week.

March 1st—Breakfast, One shredded biscuit; no lunch or dinner.
  12th—Breakfast, one shredded biscuit; no lunch or dinner. 
  13th—Breakfast, one shredded biscuit; no lunch or dinner. 
  14th—Breakfast, one shredded biscuit; no lunch or dinner.
  15th and 16th—Fasted, Ate nothing until 6 o’clock, when I had two small leaves of lettuce and two small pieces of toast.

ILL. 17th—For breakfast, popcorn, unbuttered and unsalted. One handful at breakfast, for fourteen days. Six o’clock dinner, hard-boiled egg, two pieces of toast.

18th—Dinner, two pieces of toast and three teaspoonful of stewed tomatoes.

JK. 19th—Dinner, small saucer of Ralston Breakfast Food, baked. Two small leaves of lettuce.
  20th—Dinner, small saucer of canned spring peas, two slices of toast.
  21st—Dinner, three granose biscuits.
  22d—Dinner, vermicelli soup, “vegetable turkey,” two pieces toast.

23d—Dinner, two tomato sandwiches, made of small pieces of toast.

THE KNEIPP WATER CURE MONTHLY.

Third Week.

April 24th—Small saucer stewed corn, six prunes and two pieces of toast.
  25th—Dinner, one hard-boiled egg, watercress, two pieces of toast.
  26th—Dinner, two leaves of lettuce, six prunes, two pieces of toast.
  27th—One bowl of vegetable soup, two pieces toast, small saucer stewed apples.
  28th—One bowl vegetable soup and two pieces toast. Dinner, three granose biscuits.
  29th—Dinner, asparagus on two pieces of toast, two granose biscuits, “vegetable turkey,” tapioca pudding.
  30th—Dinner, milk toast, six prunes.
  31st—Dinner, tomato soup, macaroni and toast.

Fourth Week.

April 1st, 2d, 3d, 4th, 5th and 6th, breakfasted each day on one shredded biscuit and six stewed prunes.

April 1st—Dinner, two pieces toast and stewed prunes.
  2d—Dinner, small bowl tomato soup and toast.
  3d—Dinner, small saucer stewed corn, six prunes.
  4th—Dinner, cranberry shortcake, made of two small pieces of toast, small saucer of stewed tomatoes.
  5th—Dinner, small saucer hulled wheat and two pieces of toast.
  6th—Dinner, small slice of baked macaroni, and two pieces of toast.

Fifth Week.

April 7th, 8th, 9th, 10th, 11th, 12th and 13th. Breakfasted each day on one shredded biscuit and one apple.

April 7th—Dinner, hulled wheat, a small saucer; two pieces of toast and six prunes.
  8th—Dinner, small bowl tomato soup; small saucer stewed corn and two pieces of toast.
  9th—Dinner, small saucer hulled wheat and two pieces of toast.
  10th—Dinner, small saucer Ralston Breakfast Food, two pieces of toast.
  11th—Dinner, three granose biscuits.
  12th—Dinner, small saucer hulled wheat, two pieces of toast and six prunes.
  13th—Dinner, three granose biscuits.

Sixth Week.

April 14th, 15th and 16th on one shredded biscuit each day.

April 14th—Dinner, two small pieces of toast and six prunes.

15th—Dinner, small slice baked macaroni, two pieces of toast.
  16th—Dinner, small saucer hulled wheat, an apple and one granose biscuit.
  17th, 18th and 19th—Fasted for the second time.
  20th—Breakfast, one handful of popcorn, which I continued for five days, until the 25th.
  20th—Dinner, three granose biscuit.
The Natural Method of Healing.

How to Protect Oneself Against Disease and Illness.

Of all laws, regulations or rules, the law of life, how to live, is the most fundamental, and that which everyone should hold to be the most serious and sacred,—the one which should be the most punctually observed. In it the happiness or unhappiness of man-kind roots and culminates. Wealth and possession, reputation and honor, all these gifts of fortune are equally insipid to the sick man. A disconsolate, pain-ful condition of mind and body smotheres every joy and every hope of pleasure in the bud. Be it therefore accepted as an axiom, that the first and most earnest endeavor of each one of us should be to keep the body, and so also the mind (for sound, fresh intel-lect can abide only in a sound body), as healthy as possible. At present, that duty does not appear to be admitted, for if we look around us at mankind to-day, we find, unapplied, the reverse. Men begin to take thought for themselves, and to adopt a more reasonable and natural regimen, only when it is too late, and when they have fallen victims to their un-natural mode of life.

The great and grievous offences which people commit against themselves and their health, and to which the numerous diseases of the present genera-tions are traceable, are mainly due to the following: First, present conditions do not permit a man to en-joy his natural and full measure of health, because they never give him the opportunity of learning pre-cisely how he ought to live, in order to keep his health. Secondly, the material condition of individ-uals is generally so unfavorable that it is impossible for them to keep their health; sometimes because of the work of an over-fatiguing kind carried on too long, and perhaps in vitiated air, as is so frequently the case in our industrial establishments; sometimes because of poverty and destitution. Thirdly, the great indif-fERENCE and carelessness which prevails and which is the principal cause of all.

It is always, however, the unfavorable circum-stances of each individual, which have made and kept him indifferent to a question of such high importance.

Let us examine the causes of the numerous dis-eases, or of the unhealthiness of the human race, more closely. Let us look first at the living, sleeping, and work-rooms, in order to discover whether that most precious and necessary of human possessions, healthy air, is there to be had. What a shudder passes through us, as we find the air everywhere impure, often thoroughly vitiated. In bedrooms, for instance, in which four or even more people sleep, and which are scarcely large enough to contain the beds and other furniture, not a window will be opened the whole night through, although the whole of the oxy-gen is consumed in a few hours. Yet more,—many people will not once open a window in the daytime, and when anyone accustomed to and fond of fresh air enters such a bedroom, the choking atmosphere literally throws him back. It is not only necessary that a window should be kept open, but a means of ventila-vied, in order to make room for pure air to come in. The state of things in living-rooms and in work-rooms appears to be almost as bad. It may, there-fore, be taken for granted that the greater number of modern diseases are thus engendered. It may be assumed with equal certainty that until adequate ven-tilation in living, sleeping, and working-rooms is secured, in all, by legislation,—until it is universally understood that fresh air is not injurious to sleepers,—until, in fact, legislation compels the supply of fresh air alike to the sleeping and to the waking,—and until everyone feels the absolute necessity of open-air exercise for several hours daily, the race will remain unhealthy, and die premature and unnatural deaths.

Sleeping with a Window Open.

This is of the greatest importance because the breathing is most regular and deep during sleep, and consequently the air, which surrounds a sleeper, is the most utilized. If people cannot bear sleeping with a window open, they must learn to bear it. This can be managed in the following way.* If you are an enlightened person and free from all prejudice as to fresh air being injurious to a sleeper, open a part of the window, and do so, even if the air blows directly in upon you. As a precaution on the first night, tie a cloth or handkerchief round your neck. If you are very delicate, open the window only a little at first, and then more and more on succeeding evenings, or move your couch near and nearer to the window. If your unnatural mode of life has so thoroughly disused you to fresh air that you cannot bear a breath of it, and consequently you get a swollen cheek or an in-flamed throat, or find it difficult to swallow, do not be down-hearted,—the small trouble can be set right before nightfall if you employ natural means to that end. You may afterwards adopt precautions, but never leave off observing this beneficent rule of life, for you must learn to bear the effect of fresh air by night as well as by day. Fresh air is of more than usual importance in the season of the year, in which four or even more people sleep. Pure air and cold water, these two indispensable gifts on human health as fresh air, but before the present legislation compels the supply of fresh air alike to the sleeping and to the waking,—and until everyone feels the absolute necessity of open-air exercise for several hours daily, the race will remain unhealthy, and die premature and unnatural deaths.

Food and drink also have as great an influence on human health as fresh air, but before the present generation can and will cease from the many misuses and excesses which are indulged in, in this depart-ment of human economy, they must be taught clearly what foods and beverages are suitable and what are injurious to man. Most men are, unfortunately, quite in the dark on this subject, without expert knowledge and full of mistaken prejudices. People could very often secure for themselves far greater enjoyment and nourish their bodies better than they now do and that at the same or even less cost. The simple rule of varying the diet, and of preparing only just so much food as is required for a meal, will secure both enjoy-ment and economy.

In this regard I consider it absolutely necessary that full and clear instruction on this highly important subject should be given to all classes, even to
school-children, All the instruction at present given in the schools is entirely fruitless, so long as no attention is paid to the solution of such highly important questions as these:—how a man should live, what he should eat and drink, how he should sleep and clothe himself, in what manner and by what means the adult and the child alike may harden the constitution, how long they should take exercise in the open air, how necessary are baths, gymnastics, swimming, leaping, etc., in order that health may be preserved. I cannot help thinking that our legislation leaves much to be desired, in that it takes no account, or insufficient account of such momentous questions.

"Man is the product of his circumstances," that is the theme of the first part of my other book "The Solution of the Social Question." The present generation is, in the same sense, the product of existing conditions or existing want of rightful conditions, and is indeed still uninstructed in the most essential principles of human economy,—is not trusted with them. Let us try, then, to enlighten mankind on this subject, and to ensure for all fairly suitable conditions of life; due efforts will then be made to escape out of the darkness.

The Importance of Tranquil Sleep.

Fresh air and natural diet are not the only essential conditions of health. There are others, for instance, regular and deep sleep. In this respect the greatest regularity should be observed. "Everyone should retire to rest at a fixed hour on all days alike (the animals, guided by instinct, do so), and all the surroundings, the bed, the sleeping-rooms, and the windows, should be quiet and undisturbed, as if themselves in slumber, as wood and field, birds and other creatures sleep. If men will follow all the other rules and indications which hygienic science puts before them for observance, they will no longer find themselves in the morning more worn out than they were when they went to bed the night before.

Under present circumstances,—when, on Sundays and holidays, noises—music and singing continue through half the night, if not all night, or when, before and after midnight, wheeled traffic prevents sleep,—a proper night's rest is not to be had, and one is inclined then to shut the window and breathe impure air rather than to suffer from disturbed sleep. The proposals put forward in my book provide for observance, they will no longer find themselves in the morning more worn out than they were when they went to bed the night before.

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The crying of children, "which so often disturbs the sleep of their elders, would be less often heard under such improved conditions as I advocate, because the children would be more healthily, owing to their sounder sleep, in a more natural state brought up. Further, instead of worry and anxiety, a man should have only joy and peace of mind,—that and much more is necessary to him in order that he may keep his health.

When, How, and What Shall a Man Eat and Drink?

On this question I wish to make a few remarks.

1. As to "when" he shall eat. He will do best to eat three times a day, in order to give the stomach rest between meals. His evening meal should not be too late or too abundant, because the nerves of the stomach and brain are in close connection, and if the stomach is not at rest the brain will also be kept in activity; thus the rest will be disturbed by dreams, and consequently less strengthening than it ought to be. The same disturbing effect will be produced if the mind is overstrained by work shortly before bedtime, by reading or hard thinking, discussions, political business, etc. Mental excitement of that kind draws an excessive supply of blood to the brain, and the sleep will be rendered less refreshing by disturbing dreams.

2. "How" shall a man eat? The chief thing is to masticate the food properly, for two reasons: First, because in the process of digestion that most important element, the saliva, should be properly mixed with the food; and secondly, because the teeth must do their part in grinding the food finely before it is passed on to the stomach. Only in that way can the food be reduced, in the stomach, to the required consistency of pulp (chyme), in which it should leave that organ. In order to be able to supply the stomach with food in a properly comminuted state, one must have good teeth, a condition which is too seldom fulfilled in the present generation.

If the teeth are to be kept sound, they must be frequently cleaned, and neither food nor drink should be taken hot. Taking food or drink hot spoils the teeth, and is extremely injurious to the gullet and stomach. If people should be most particular not to take warm and cold food or drink directly after one another, as by doing so they will very soon destroy an every pulp (chyme), in which it should leave that organ. In order to be able to supply the stomach with food in a properly comminuted state, one must have good teeth, a condition which is too seldom fulfilled in the present generation.

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requires or can bear without discomfort. If to-day it be unfortunately true that human beings have an abnormal appetite, and therefore consume a greater quantity of food than the organism can bear, we must regard that state of things as against nature, and not as due to her economy. If we watch birds and other animals, we shall never observe that they suffer discomfort after a meal, even though it be a full one.

In spite of the prevailing prejudice against going to rest with a full stomach, I advise everyone, who can do so, to lie down at full length for half or three-quarters of an hour after the principal meal of the day, because when the limbs are at rest, the circulation of the blood is more fully at the disposal of the stomach, which can then better fulfill its digestive functions. I also strongly recommend the practice of taking a few deep breaths in the garden or open air after the meal, in order that the blood may be adequately supplied with oxygen, which is very necessary to digestion.

“...What shall a man eat and drink? In the main that which is easily digestible and free from all injurious constituents. Thus only can he continue in really sound health. Among non-injurious, easily digestible foods are to be classed all the fruits which the earth produces and ripens, e. g., wheat, from which the nutritious and palatable whole-meal bread is made. Whole-meal bread, made of wheat or rye, is nutritious and wholesome for human beings, because the bran contains the gluten which lies immediately under the husk of the corn, and which, in addition to its other beneficial qualities, is highly phosphoric. Phosphorus is of great importance, particularly for the brain. “Without phosphorus there would be no brain,” says Moleschott. That principal constituent of foodstuffs, the gluten, must not be eliminated from the flour; it is especially indispensable for the body and for the mind.

It is a matter for serious complaint that so important an aliment as whole-meal wheaten bread is not universally known. Vegetables, green and leguminous, potatoes, etc., should also be eaten. I recommend fruits and berries as most particularly necessary to man; if, in these days of overstrained exertion, we are not sufficient of ourselves to keep the body in full strength, it is by no means proved that they are not sufficient of themselves to feed the body. Our primeval ancestors lived in warmer and more fertile lands than ours, where fruits are found to this day,--such as bread-fruit, dates, melons, figs, etc.,--on which mankind lived exclusively. The over-exertion of the present day is unnatural and self-imposed. The law of nature demands only half the amount of work, and, consequently, food less solid and less rich in nutritive material. The professional “fasters”--Dr. Tanner, Succi, and others--have shown us that a human being requires very little nourishment, in order to exist. Fruit should come on the table every day because of its refreshing and health-giving properties. How a sufficient supply of fruit is to be obtained is shown in my book, "The Solution of the Social Question."

I come now to speak of meat, and my first word must be, to beg everyone to regard it only as an auxiliary or supplementary article of diet.* Meat is to be obtained and, therefore, injurious to the system--fact that it is held by doctors to fever patients should lead to the conclusion that it is a food of a character which cannot be entirely commended. Nourishment which is injurious to the sick must also be more injurious than useful to the healthy, although the latter do not at once discover its advantages. The nutritive value, also, of meat is far less than is commonly supposed, there being more nutritive material in a pound of whole-meal bread, made of wheat or other cereals, or in a pound of leguminous seeds, than in a pound of beef.

Very mistaken notions prevail on this point. Most people think that, if they want to maintain their health and strength, they must consume a great deal of meat,—the only food, the believe, capable of keeping their vital force up to the mark.

The excessive use of meat is, therefore, much to be deprecated. Natural foods, on the other hands, fully and entirely satisfy the sense of taste, produce a feeling of comfort, gratify mankind, and make them strong and vigorous in body and mind. The contrary is the case with the non-natural foods and bev-erages and rejuvenating process, puts on new life and excites our admiration, so the natural foods exercise a refreshing and re-animating influence and charm upon the human organism, and are not followed by reaction, as is the case with beer, spirits, coffee, tea, meat, and tobacco.

Spices stimulate the stomach powerfully to increased activity, and unless the quantity used is increased, the organs in question become visibly relaxed. The more and the longer people indulge in unnatural enjoyments or dainties of this kind, the more unnatural will they become in body and mind. Is it then to be wondered at when a sudden change from a non-natural to a natural diet does not at once suit the body? One must also remember in such cases the power of habit.

An experience of discomfort of shorter or longer duration, but certain to pass off, will be followed, if a natural mode of life be perseveringly carried out, by a state of physical health which the individual has, perhaps, never before known.

Spices, as above stated, are injurious; therefore, I advise everyone to be as sparing as possible in the use of them. He who has accustomed himself to highly-spiced and salted dishes or foods, has not done well or wisely for himself, and had better lay aside the bad habit. Non-irritating eatables are as palatable to people who are accustomed to them as sharply-pungent preparations of food to those who indulge in such things. Every product of the earth is provided by nature with its own savor,—fruit, berries of various kinds, potatoes, the cereals and other products of the soil, for instance; then water, milk, etc.,--all can be enjoyed by man without seasoning of any kind. Only a modern use in the preparation of foods and drinks has made the addition of spices and seasoning necessary.

*Dishes made "tasty" with butter afford, to those who are accustomed to them, more enjoyment than dainty preparations of meat.
If I now proceed to answer the questions, "What should people drink?" the reader will not expect me to recommend to him anything which will do him harm. My object is not to rid people by force of the many failings and bad habits which, by degrees, have become their pet propensities, but to save others from falling into similar ways. Those who will not or cannot leave off injurious habits, in spite of the clearest proofs of their harmfulness, must carry them to the grave. My wish is to guard and save their children.

First and foremost, I cannot recommend beer, spirits, wines, coffee, Chinese (or Indian) tea, etc. If these cannot be altogether avoided under existing circumstances, their use should be restricted within the narrowest possible limits. The drink most suitable is fruit-water, on account of the fact that one may drink almost more than is required to quench the thirst. If people cannot bear cold water in its natural state, they are sick, and will continue to be so until cold water comes to agree with them. If people would learn how to make it agree with them, let them proceed as follows: At first drink only a little, about as much as a doctor would prescribe if it were medicine: that is to say, a spoonful every hour, in order that the stomach may warm it; otherwise its effect, instead of being beneficial, will be injurious. By degrees the quantity should be increased, until an ordinary draught of cold water can be taken without inconvenience. People with whom cold water and fresh air do not agree are dried-up plants.

(Extract from the just appeared English Edition of Bilz' "The Natural Healing Method").

Are you looking for a safe investment? If so, write to the Western Mining & Investment Co., 8 W. 1st St. Salt Lake City, Utah, for their free market letter, containing list of securities.

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Corsets and Tobacco.

William James Cromie, Phys. Dir.

Men say that "women" are foolish when they squeeze themselves into an article of torture called a corset.

Women say "men" are foolish when they puff at the end of a filthy cigar, or chew a great hunk of filthy stuff called plug. Every intelligent person will say both statements are true, and that both parties are "in the same boat."

Corsets.

Why do women wear corsets? This is a hard question to answer and I doubt if the "women" can answer it satisfactorily. Some women wear corsets because it is the fashion, some because they think men like to look upon forms that are large at both ends and small in the middle, but most women wear them because they have acquired the habit. Women say they wear corsets to give them form, as if, speaking reverently, the Lord had made a blunder when He made woman. Corsets do not and cannot give form, but take form and in its place give deformity, sickness and death. The true form of the body is familiar to us from classic models. We pity the Chinese women for wearing tight shoes, but when we look at the picture "The Cruel Hand," should not our pity rather go to the one who is having her vitals pressed together in such a way that she will eventually succumb to the death grip wrought by this merciless hand of iron?

Some say that they have weak backs and cannot hold the body up without some support. If it is true that woman needs such bracing up, God must have made a mistake when He constructed Eve. It is the wearing of corsets that makes weak backs. When corsets are around one's waist, freedom of motion is restricted, thus changing the muscles of the back into fat. When one removes the corsets that part feels weak.

I have heard women say, "You surely do not object to corsets if one wears them loose?" That all depends on what one calls loose. I know women who wear corsets and claim they are loose, which on me would be decidedly tight. Then when she goes to a ball or party will she not draw them in just a little tighter to make her figure look more trim (?) and slender?

It is the fault of the mothers that corset wearing is so prevalent. If girls would never wear corsets till after they are twenty years of age, they would never put up with the disfigurement of corset wearing. In Fig. *2 you see the outline of a female chest, showing the condition brought about by tight lacing. All the false ribs from the lower end of the breast bone are unnaturally cramped inward towards the spine; so that the liver, stomach and other organs are pressed into such small compass that their functions are interfered with, causing headaches, backaches, inactivity of the bowels, 'that tired feeling,' indigestion, hysteria, melancholy, cold extremities, falling of the womb and other troubles too numerous to mention.
against his own body. it would be impossible for him to commit such a sin. should be so impressed with the sanctity and elevation of his position, so filled with the Holy Ghost, that it would be impossible for him to commit such a sin against his own body.

That part of the body around which corsets are placed has no bony structure, and this pliability renders it possible for one unconsciously to produce deformity in a short time.

In Fig. i you see a well developed and naturally proportioned female chest. Here is breadth, space for the lungs to act in, and plenty of freedom for the internal organs to perform their functions. The ribs are thrown outward, instead of being curved and twisted down towards the spine. With a frame such as this one should live to a good old age.

Robert Burdett said, “The boy who smokes cigarettes is like a cipher with the rim knocked off.”

Tobacco is acknowledged by eminent speakers and writers, both in this and in foreign countries, to be a slow but sure poison. It not only causes nervousness, stomach trouble, weak and flabby muscles, unnatural stimulation of the salivary glands, but has even caused cancer of the throat and heart disease. Tobacco smoke affects the lungs while its poisonous ingredients pass through the air cells and reach the blood.

Where can one go and not see victims of this disgusting habit. Take a walk on one of our city streets, and almost every other man is smoking or chewing tobacco. Ride in the street cars, train, boat or any public conveyance, and one must inhale the foul, offensive breath of the tobacco field. Even the churches are not exempt from the odor of this noxious habit, while some ministers of the Gospel use it. Just think of Christ while on earth walking the streets of Jerusalem puffing at an old filthy pipe. To whom shall we look for examples of personal purity if not to the clergy? The man whom God calls to preach should be so impressed with the sanctity and elevation of his position, so filled with the Holy Ghost, that it would be impossible for him to commit such a sin against his own body.
habit goes on enslaving the sufferer, until it becomes a terrible master whose orders must be obeyed. Thousands of men would give all they possess to be free from this fearful scourge. It is, therefore, a matter of serious importance to a boy just beginning life, whether he will submit to a lifetime slavery to a miserable habit, or will manfully resist its first approach in spite of the ridicule which foolish companions may heap upon him."

About Blood=Poisoning.

By the Editor.

Are not the now so often-occurring cases of blood-poisoning a consequence of bad viciated blood? I have come to this conclusion, on account of an accident that happened to me recently. It caused me to reflect and to write this little treatise.

Some time ago, while walking in the park, I was stung by an insect in my left cheek; the sting hurt very much, the cheek began to swell up and was much inflamed. My folks were very anxious about this incident and wanted me to consult a doctor. However I did not do so, but being an adherent of the water-cure methods, I went home and took some pure cold-water compresses. There soon formed around the black-streak of the sting a hard swelling as large as half a dollar piece and it had an elevated rim. I continued with my cold-water compresses, and in about eight days the swelled cheek became thinner again and the redness disappeared. The swelling around the sting remained for about a fortnight, then it also disappeared.

I presume that the insect that stung me had, previously to stinging me, absorbed some poison which it imparted to me, but that the poison which was thus conveyed into my system was not admitted by my healthy blood, but was secreted by it again at the place which had been stung. Therefore arose the swelling which was quite hard and painful and which took quite some time to heal again. There was no other explanation possible.

In persons who have vicious, diseased blood, even the smallest wound becomes malignant, and takes a very long time to heal again. But in those who have healthy blood, every sore heals quickly and well. At the Battle of Koniggratz a young Prussian officer had both legs shot off by a cannon ball, quite close to the body. He was, of course, at once taken to the field-hospital, and recovered again completely, although he also had an attack of cholera while there. I saw him myself ten or twelve years ago, when he was then about 38 years old, while he was driven about in a hand-carriage. He looked healthy and fresh, was not at all melancholy, but full of life and sparkling humor. How could such a cure have been possible without an entirely healthy body and pure, fresh blood before everything?

Practical Methods for Instant Relief.

What Can be Done for Health Without Drugs

"All diseases resemble each other in their progress... The type of all is one and the same."—Hippocrates.

"What about advice? A wise man doesn't need it, and a fool won't have it."—Anon.

Dr. Helen Densmore, on "Natural Methods v. Drugs," writes in "Natural Food":—"When any member of your family is ill, stop the food, administer hot water, keep the feet warm and the head cool, see that a laxative is taken, preferably a herb aperient, and patiently wait for nature; she will never disappoint you, nor present a large bill." . . . .

"Hot water is the best possible remedy; in this very simple method of cure there is one serious drawback. The patient recovers so rapidly that no one believes there was any serious illness and the hygienic adviser gets no credit."

Dr. Wesson writes:—"I have learned some things in my few years of practice which I have never seen in medical books or journals. These facts may be of value to some one, and they are given freely for the good of all.

"Try drinking a pint of hot previously boiled water, every four hours, for colds, coughs, pains in back, or catches in back, or any cricks, boils, or erysipelasotous swellings, or first appearance of pneumonia or meningitis, also for indigestion, sour stomach, irritable temper, palpitation, shortness of breath, headache, cold or hot hands and feet.

"Try giving simple herb medicines with much hot water, flavored with ginger, cinnamon or nutmeg, when a cathartic or diuretic action is wished, or the blood is to be cleansed. You can't give too much hot boiled water, but you can give too little.

"Try drinking a pint of hot previously boiled water, every four hours, for colds, coughs, pains in back, or catches in back, or any cricks, boils, or erysipelasotous swellings, or first appearance of pneumonia or meningitis, also for indigestion, sour stomach, irritable temper, palpitation, shortness of breath, headache, cold or hot hands and feet.

"Try hot fomentations over the liver and spleen for all enlargements or engorgements, or deficient action, or a torpid condition of the liver."

Within the last few years many physicians of the old school have changed their views and are now discarding drugs in the treatment of numerous classes of disease—thanks to such heroes, both lay and professional, as Priestnitz, Succi, Father Kneipp, Drs. Allinson, Metcalfe, Trail Densmore, Nichols, Tanner, and many other writers. It is well known that most of the ailments which afflict mankind originate from what they eat and drink. They may come directly from impurities in the food or drink, or indirectly from the fermented and decayed residuum of whole-some food taken in excess and retained in the stomach, and the intestinal canal, and then absorbed into the blood, resulting in physical decay. The putrid germs are taken into the circulation from all portions of the intestines—but especially from the colon. If you examine the inside of a person's stomach shortly after taking a hearty meal, you will find a festering mass that would disgrace a sewer. With thousands of people the stomach is a "fermenting yeast pot" for four hours after eating, in fact, until the next meal is taken, and thus new supplies are added, and the ferment continues. Should any portion of the organic structure

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be deranged, disease is the result. We are a ware that this is not a very cheerful picture, but you may as well face the truth, especially as we shall tell you how to remedy the evil.

The contents of the stomach pass into a tube about thirty feet long, called the small intestine. If the stomach has done its work properly, all will be well; but if only half done, the undigested food prevails, so that fermentation and decay go on with increased rapidity. This small intestine terminates in the large intestine or colon. This is about six feet long. Here the absorptions are not so active. Everything moves slowly—most of the nutritive material having been extracted from the alimentary canal previous to the small intestines. Thus see the colon is mainly a reservoir for excrementitious matter, which, on reaching the extremity, should be discharged easily and quickly. But is it? No. With most people constipation is the rule. The colon is loaded with waste poisonous matter for months, and in many cases for years. There may be a daily motion and yet the person is always suffering with constipation.

A recent medical writer says—"Daily movement of the bowels is no sort of a sign that the colon is not impacted; in fact, the worst cases of costiveness that we ever saw are those in which movements occur daily."

Our physical and intellectual well-being depends on a healthy alimentary canal. Nearly all chronic diseases of the body spring from this source. Diseases of the lungs, liver, skin, and kidneys, arise from it in two ways. First, the absorption of poisonous from the alimentary canal throws an over amount of work on the kidneys, skin, lungs, and liver in trying to eliminate them from the system. Secondly, the diseased or sluggish alimentary canal not only gives the blood poisonous but fails to give the organs the proper nourishment, and so they become weak.

Now, as the absorption of poisonous matters from the alimentary canal and defective nutrition are the causes of chronic diseases, we must commence the treatment by striking at the fountain head.

Flushing or washing out the stomach and the alimentary canal are the most important principles of "Practical Methods," and must be used in all cases because in all there is poor nutrition and a perverted, sluggish action. In constipation the advantages of flushing the colon will be apparent at once, as there is a slimy catarrhal condition of the mucus membranes accompanied by fermentation of the contents. An offensive smell prevents the action of the pector glands, and thus allows fermentation, instead of a normal digestion, to take place. Now, if this slime can be washed out with the poisonous matters present, there will be an opportunity for new and healthy action. There need be no argument to show that such treatment, if it can be carried out easily and with safety, is radical, direct, and common sense, and better than drugs. The introduction of hot water has a direct and powerful effect on the nerves, liver, kidneys, and all the organs of the stomach, stimulating them to vigorous and healthy action.

The KNEIPP WATER CURE MONTHLY.

Treatment of the Stomach.

There are two ways of flushing the stomach. The first is exceedingly simple, and may be earned out by anyone without fear, and with decided benefit. This method consists of taking into the stomach by drinking first every morning from one to three pints of hot (previously boiled) pure water (distilled is best). It will not cause vomiting, as some people suppose. Warm water will cause it, but hot water will cure, or prevent it. If the water is disagreeable at first, add a little lemon juice. After it is well liked, and actually longed for. An hour before each meal take more hot water, as it not only washes out the stomach, but it is distinct and powerful stimulant to the whole system, and brings one up like a cup of hot tea, without that stimulant's bad effects. Pain in the stomach can be relieved more quickly and safely by drinking a large cup of hot water every ten minutes. Pain in other parts of the body by hot-milk fermentations to be applied frequently. The second method of flushing out the stomach consists in the introduction of a flexible rubber tube down the throat, and pouring therein half a pint of hot water; then by stooping, and so lowering the tube towards the floor, the water, loaded with slimy acid substances which may have been collecting for days, will run out. Repeat the process until the water runs out clean. Such a procedure will seem rather formidable to most people, but it can be quite easily done.

How to Flush the Colon.

The object is to force the heated liquid far up, and to retain it as long as possible, thereby thoroughly cleansing the whole canal.

To flush the colon properly, place both ends of the enema into clean hot (previously boiled) water in a large vessel, and squeeze the ball as shown in the illustration; when water issues freely, then insert the bone pipe gently backward into the rectum (not upward or with violence) and inject from one to two quarts. The bone pipe should be lubricated with pure olive oil. The vaginal or red tube should be used by females at all times and under any condition with water as above for cleansing, soothing, and allaying any irritation arising from discharges or other womb troubles.

Usually, after a little water has been introduced, a strong desire to pass it out will be felt. Resist the feeling, if possible, and only force the water very slowly; but keep up the temperature of the water by adding extra hot at short intervals. If the desire be too strong, discharge the contents of the bowel, and then re-commence the flushing. After introducing all that can be endured, hold it as long as possible, vigorously contracting and expanding the abdomen; also knead with the hands so as to facilitate the loosening of the incrusted colon. The effect of this treatment, when carefully carried out, is a vast improvement of the entire organization. Of course, the first or second time of trying there may be some difficulty in carrying it out successfully, but the best time, in most cases, is just before retiring for the night, as some patients may feel exhausted after it.
first few trials. In that case a cup of "hot" drink is advisable, fig or raisin liquor should be added. Never use the enema within four or five hours after a meal. It is a good plan to raise the loot of the cough or bed ten to fifteen inches, so that the shoulders are lower than the hips. A thermometer should always be used and the temperature of the water from 104 deg. to no deg., never hotter.

After flushing the colon, always inject half-a-pint to one pint of cool water, about 86 deg. to 90 deg., and leave it there to be absorbed, by the system unless otherwise stated. Never use "cold" water in any form, as it is liable to cause cramp and do irreparable harm.

The enema, when not in use, should always be hung up by a loop of string fixed to the metallic end; a cloth can be hung over it to keep off the dust.

No mother's home is complete without an enema, and no mother would be without one if she only knew the value of lavement for self and family.

Some medical writers have stated that a too frequent use of the enema is liable to debilitate the parts, and so compel the person to continually use artificial means. We have no doubt that the use of "warm water and soap," as prescribed by the said medical men—like their drugs and mineral pills—do have bad effects, as proved by the thousands of cases that come under our observation; but, up to the present, all who have followed our advice have received immense benefit. It is quite unnecessary to follow the treatment when the person feels all right, and the bowels act naturally; but it is wise to be careful and moderate in all things, and strictly follow the hygienic rules of life—if you wish to live long and enjoy it.

Questions We Are Asked.

1st. Is not this contrary to nature?—Flushing the colon is not any more "contrary to nature" than sickness and the taking of poisonous drugs into the system.

2d. Does it not debilitate, and cause a dependence on the treatment?—Not at all. The most delicate may use it without fear, and it will "not" cause any weakening of the parts, or any necessity for continuing the treatment after the health is restored; but the intestines will grow stronger, and soon be able to carry on their functions unaided, if properly treated.

3d. How often should it be used?—In sudden and severe cases like cholera, colic, dysentery, fevers, stoppages, etc., as often as the patient can bear; but for ordinary cases, every night until relieved: then every third or fourth night until health is restored.

4th. After flushing the colon, I have no natural movement next day. Does not that prove that it is constipating?—Not at all. If the treatment has been thoroughly carried out, it simply proves there is nothing ready to be discharged.

We are thoroughly convinced that flushing the colon—rinsing out the stomach—a proper diet, according to the patient's age, temperament, and mode of life, together with judicious exercises and adherence to the hygienic rules herein stated, will wipe from human experience every form of disease. This, to many readers, may sound paradoxical; but, nevertheless, our experience in numerous cases fully confirms the reports of Drs. Drayton, Forest, Hall, Hunter, Metcalfe, Stevens, and many other writers on the subject.—(E. and B. May in Practical Methods.)

About Vaccination.

By the Editor.

According to the laws of Nature and Hygiene, a child should not be vaccinated.

The experience which I personally have derived about the derogatory influences of vaccination are so varied and extensive that I may well call myself competent to speak about the grave dangers of vaccination. I have had to treat a great many victims of this dreadful operation, and each and every case has clearly demonstrated that generally the vaccinating process is actually murder.

However, I will rather quote the opinions of a number of honorable vaccinating physicians where-after nobody with a clear conscience can reproach me with exaggerating the facts.

Dr. Med. Epps, for 25 years superintendent physician of the Jenner Institute for Vaccination, London, England, and who himself has vaccinated over 120,000 persons, gives from his own experience the following opinion:

"The vaccine-matter is a poison, which as such permeates all tissues and organs of the body, and influences them in such a way as to effectively prevent an eruption of pocks (pox). The injected lymph is neither an antidote nor a remedy, nor even a palliative against the human pdsx, but only an agent which paralyzes the expulsive forces of the healthy body and thus causes the morbid matter of the pox instead of coming out upon the outer skin, to fall back into the inner system."

Dr. Med. Gregory, for fifty years superintendent of the Hospital for Smallpox, London, England, has published, shortly before his demise, the following:

"I have had to treat a great many victims of this dreaded operation, and each and every case has clearly demonstrated that generally the vaccinating process is actually murder."

Dr. Med. Weiss, of Neuenburg, declares in his memoirs: "I deserve to be hung up to the highest fir-tree in the Black Forest as an expiation for those many vaccination crimes committed by me on the poor populace."

Professor Dr. Med. Jung, of Basel, writes: "I am very sorry indeed to have to recognize in these latter years that vaccination never was a blessing but a curse for humanity."

Now, why are not all vaccinating physicians just as honest and confess their honest opinion? I may well call myself competent to speak about the grave dangers of vaccination. I have had to treat a great many victims of this dreadful operation, and each and every case has clearly demonstrated that generally the vaccinating process is actually murder."

"Dr. Med. Walz, of Landsberg, who calculated that the business of vaccination paid yearly about 30,000,000 marks..."
THE KNEIPP WATER CURE MONTHLY.

(about $7,500,000) in fees to the vaccinating physicians. And Dr. Med. Stowell, of Brighton, says:

"I can well conceive why a Dr. Simon insists on coercive vaccination."

Professor of Medicine Dr. Med. Bauer acknowledges "that he himself has vaccinated to death his very own son."

Professor Dr. Med. Kranichfeld, of Berlin, explains sorrowfully: "I also have vaccinated my fourteen children at a time when I did not know hownoxious it is; to-day, however, I certainly would disobey the authorities and police-laws."

Like this and in a similar way some 500 other vaccinators testify.

Let this be enough said about the vaccination of children. Everyone should endeavor his very best, so that the vaccinatory laws should be abolished and in their place a law be promulgated forbidding vaccination. Then only will our poor helpless innocents have protection against those mercenary medical men.

Diet-Treatment in Nervous Diseases.

By the Editor.

"IV."

Cause: This disease will also very soon become a "general" one, because formerly it used to be known only in certain parts of large towns, but now you can meet nervous-disease sufferers even in any country village—that is, if the inhabitants are given to imitate the modern life of the large towns.

Recently a farmer's son came to a city sanitarium where he got his nervous system "repaired" to the amount of only $700. The young man on leaving sighed and said: "Now that I am all right again, the old life can begin afresh."

This young man belonged to eight clubs, each of which had six to eight different little dances or other entertainments, without counting the regular club-evenings, and besides used to frequent numerous other places of amusement.

One need only picture to oneself the social life in a town, and especially some of the large towns, with their continuous rounds of pleasures, entertainments, balls, parties, theatres and music halls, etc., then one will conceive that humanity must collapse some time or other under these continuous excitements.

In addition to these excitements there is added overstrained work, a dissipated life, excesses of all anger and sorrow, etc., etc.

Of what use are the continual expenses for Drs.*'s sanitariums, when at home the old mode of living is continued either voluntarily or because forced, to do so by circumstances?

Symptoms: This disease makes itself at first noticeable by pains of all sorts, tiredness, excitement, sleeplessness, digestive trouble and, in extreme cases, at last by madness.

Treatment: It is necessary, before anything else, to tear away the patient from the surroundings in which he contracted the disease.

If his means permit it, the patient should be sent to a sanitarium situated in the country and surrounded by beautiful scenery. If this is not possible, then a severe and rigorous treatment ought to be applied at home. The diet and other treatment is the same as in "Diet Treatment of the Lungs" (see our Index of Vol. I.)

Should there however be digestive or other stomach-troubles, treatment should be given as described in our "Diet Treatment for Stomach Complaints" (see our January issue).

In nervous diseases a very non—stimulative but at the same time nourishing diet is very important, as also pure mountain- or forest-air. Too much of the water-treatment, especially cold water, is not advisable.

Daily lukewarm ablutions or a bath in a warm room, or every second or third day a sitz-bath two hours before going to bed are quite sufficient and assist a speedy recovery.

Steam-baths are too exciting; perhaps every two weeks a bed steam-bath may be applied; but only when the perspirative functions of the skin are entirely dormant. In the evenings apply a foot steam-bath for cold feet.

Massage-treatment, electricity and healing-magnetism also do a lot of good.

It is also very advisable to have a sensible but energetic friend to live in the company of the patient suffering from nervous troubles, to counsel and advise the patient, and at the same time to see that treatment is rigorously adhered to. It will also be the friend's duty to enliven the patient and keep him from bad thoughts, or perhaps even self-destruction.

Only have plenty of courage and perseverance. Sunshine will follow a rainy day.

Ladies, why don't you give up that unhealthy corset, and get a Grecian-Bust Girdle instead? This is not only hygienic but also looks better and is better than the other. The Classic Corset Co. of Chicago will be very pleased to give you further particulars.

Dr. F. Wilholt's Ladies' Syringe is the only perfect vaginal syringe which assumes a thorough cleansing. Mention our magazine and you will obtain a useful booklet illustrated for women only, free. Write to Dr. F. Wilholt, Dep. 47, 13 Astor Place, New York.

A patient's strength is not sustained by medicine. If you wish to obtain a food in a concentrated form which will supply all the necessary ingredients of which New Blood is made, use Bovinine—to be obtained at all druggists.
Teething of Babies.

In former times, when mankind lived more natural lives, such troubles as severe teething, tooth-cramps, tooth-fever, etc., were surely unknown; but in our corrupt times a child must be born from very healthy parents indeed, and must have been brought up strictly in accordance with natural laws, if it shall have to overcome various ills during teething time.

How many children perish every year an account of severe teething troubles: their great numbers still increase from year to year.

We are even so used to the difficult teething process that a mother is almost astonished if her child grows all its teeth without any trouble. Thus we can see that it is not even generally known that teething is a perfectly natural process, which should be passed through without any pain or evil consequences.

If, during teething, other so-called children's diseases make their appearance, as are: English cholera, diarrhoea, scarlet fever, measles, etc., generally they are attributed as some consequences of teething.

Recourse is quickly taken to the doctor or some "Wise Woman," and Nature is tortured so much by these that she has not strength enough to overcome them all.

Then it is said: "The doctor tried his very best, but the child could not be saved."

But this is just the contrary of what actually did happen:—Just because the doctor took so much pains to find out and prescribe the most complicated medicines, and thereby subjugated the natural self-cure unconsciously, the child died.

The child's constitution had to fight the foreign matter in its body, and also against the abnormal functions of the blood, where should it now get the requisite strength to conquer successfully all those chemical compounds from the drug store which are therefore medicinal poisons?

A doctor of medicine can never "cure" with drugs, but often may destroy life, especially in young children, where the entire organism is not yet capable of great resistance.

It appears to me that parents call in a physician only to have their child butchered, because the life of the child is always in danger under medical treatment.

Teething generally begins about the eighth month. First appear the two lower middle incisors, and then the other teeth make their appearance, sometimes first at top, sometimes at bottom, but quite irregular. While the canine teeth generally do not grow until the second year, the molar teeth make their appearance, gradually, but very soon after the incisors.

As soon as the child has all its twenty milk teeth, there is a stoppage for the time being.

From its seventh year on the second period of teething begins, and the teeth appear gradually after another, similar to the first teething-period. But instead of twenty teeth the child gets thirty-two teeth, till about his fourteenth year; of these, however, the wisdom teeth do not make their appearance until perhaps the twentieth year.

These thirty-two teeth should do all the work of mastication until death, but unfortunately this is not the case, because present civilized man commits very many sins even against the preservation of his own teeth. Should the child have fever when teething, it should be bathed three times daily, and that a little cooler than usual,—i. e., morning, noon and evenings a bath of 24 deg. R. (102 deg. F.), or bodily ablutions of 18 to 24 deg. R. (about 72 to 82 deg. F.). In case of determination to the head, apply leg-packs with body-packs, or perhaps three-quarter packs.

In winter one may, as a precautionary measure, add well-moistened and covered warming-bottles to the feet.

The packs should never exceed more than two hours, preferably the child should be liberated much sooner.

In cases of diarrhoea or English cholera (see our special treatise), the child should be given after each evacuation a retaining enema,—i. e., a water enema of from 2 to 4 oz. of water, and besides every morning and evening a larger enema to properly cleanse the bowels.

In cases of the so much dreaded tooth-cramps the child should be bathed in above-indicated way, but it should also in addition receive a gush of water from 56 to 60 deg. R., with the exception of the face however.

The gushes should only be applied to the back of the head and also to the spine as above directed; cool ablutions, accompanied by rubbing, may be applied instead of baths. Besides the above apply, as soon as the attack comes, gentle stomach-massage, but rather than grope in the dark, it is better to call in a Naturist physician.

In this case also it is important to keep the child's feet warm.

In cases of other diseases as diphtheria, scarlet-fever, measles, whooping-cough, pneumonia, inflammation of the brain, or diseases caused by vaccination, you should either look up the treatise referring to the disease in question, or you should consult a capable Naturist-Physician.
Our advanced civilization, with its unnatural mode of living, in mental as well as physical respects, is now so far advanced that neither the mother nor the nurse knows exactly when to begin the education of their darlings.

The brute creature has no advanced culture like ours (except that which has been coerced upon our domestic animals), and still the animal knows far better how to bring up its young than civilized man. And even the Savage Natural Man shames us in this respect.

The mental and physical education commences as soon as the child itself fulfills all its vital-functions, therefore from its very birth. It evolves at once instinctive faculties, and the ensuing sense of touch comes thereupon also into action followed by the senses of taste, of hearing, of seeing, and of smelling.

Every sense, each in its natural course, should be taken care of and educated, so that none of them should take hurt or come to grief by either over-exertion or perhaps by total suppression of any one of them in particular, and thus do damage to the child's entire future life.

I only mention the dumb animals as above to explain that the wrong education of our young progeny is often caused through our so-called "school-sagacity." Through erroneous instruction received the mental capacities of humanity of to-day have been led into false courses and we may say they have been coerced into certain systems, which influence our health and once that pattern is settled. Our instinct has been so very much weakened that if this is further continued in future the entire Human Race will perish miserably; and whoever does not believe in this danger only need to make necessary enquiries to find out the general state of health of the people.

There is in fact scarcely a single family which enjoys complete health.

A great many babies die, even before they reach their first year, and a great number pine away under some lingering illness and die before they grow up.

This happens partly because already the parents were either themselves suffering from consumption, or from some other disease, and then again because the children are now no more brought up according to Nature.

The functions of some single organism are either exerted too much or entirely suppressed, and on this account the latter succumb to some kind, of disease sooner or later.

It is really not much, which is absolutely necessary for the children’s education, it is so little that the brute animal never fails to observe it. Observation of the Natural instinct, no compulsion, no soldier-like drill, and no artificial means, but instead: "Self education." For nobody is able to educate any child properly who is not himself a perfect human being.

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a great importance in our scientific era, and in this country in particular.

For this reason it has also been found necessary to establish so many "Gymnasia" (in the Greek sense of the word) in the larger towns, and "people's high-schools" in the country. On the other side again, mental education is not so universal as that the professional hard-working laborer or artisan knows how to seek recreation in mental labor; he does not know any better than to frequent the different saloons. [The so-called "love-for-pleasure" might well be derived from the instincts of the change; one should not only think of the changes of day and night, working and sleeping, labor and rest, but should before all think of the four seasons.

It affords the same pleasure to the town-folk to take a trip to the country, as to the country-people to visit the big towns. The mountain-dweller likes to go to the valleys, and the inhabitants of the latter like to ascend the mountains. Week-days and Sunday, working-days and holidays and vacation—all these derive their hygienic significance through the change they offer. The previously exerted organs have now complete rest, and others come into play. The undefinable something that attracts so very many to the saloons is nothing but the effectual fulfilment of the desire for a change, and thus the public-houses offer in this direction a source of physical incitement: a charm, they react beneficially upon the formation of matter and the blood-circulation.

In fact the entire charm of natural life is expressed in the significance of the change; one should not only think of the changes of day and night, working and sleeping, labor and rest, but should before all think of the four seasons.

Play is just the opposite of work. It is only play as long as it is not tiresome and fatiguing. This is a consequence of the attraction contained in the change of occupation. It is play only because it is free and voluntary. It is self-willed and for this reason it is hygienic and represents one of the charms of life.

Especially must be mentioned the play, as children's play or out-door-games, even playing cards, and playing for money.

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Thus there are derived augmentation of the general welfare and togetherness of its human happiness.

The greatest hygienic significance may be attributed to laughter.

Laughter is expressed by a voluntary contraction of the muscles, a forcible, jerky propulsion of the breath in conjunction with inarticulate sounds. It causes thus again animated breathing, and means therefore lung-exercise and lung-gymnastics, and then it consists in an action of muscles.

Here also the blood-circulation and formation of matter are promoted.

Especially, when laughing, the eardrum is contracted and the breath expelled forcibly in fits and starts, consequently the blood is driven from the inner organs to the periphery of the body, so that in cases of violent laughter one's entire body may become black and blue from laughing.

In thus easier the inner organs, arid conducting the blood as if under an air pump towards the periphery of the body, lies the great healing-value of laughter.

Laughter is healthy, it is just as healthy as love-misery is unhealthy. The former makes full-blooded, the latter makes green-sick, as the proverb says.

From the instinctive recognition of this hygienic value of recreation, of pleasure and of laughter, the so-called "love-for-pleasure" might well be derived from the instincts of the change; one should not only think of the changes of day and night, working and sleeping, labor and rest, but should before all think of the four seasons.

According to the present circumstances of our daily life, variety-shows, vaudevilles and music-halls abound in great numbers.

The Kneipp Water Cure Monthly is the only Magazine printed in the English language devoted to the interests of the followers of Father Kneipp and other Natural Healing Methods. Subscribe for it!
Boys! Don’t

Don’t imagine that you “know it all.” No doubt you do know a great deal, but you will know far less twenty years from now—and there are those who know more now than you do.

Don’t “try it” on the old man, not even if he is “old-fashioned,” and you will probably save lots of blunders if you follow that advice.

Don’t hered the secrets of your companions about being “built to your mother’s apron strings.” You would have been badly deceived had she not cared for you in the past, and the day is coming when you will have neither mother nor father to advise and help you.

Don’t try to break away from parental control. Don’t be too sure that you can “paddle your own canoe.” That will depend on wind and wave—and you may get upset. Remember the kite that lost its string and fell ruined in the operation!

Don’t believe all people say about your parents being “hard” and “mean.” When you are older and have to run things yourself, and live for others as they do—planning for the children, you may wish you had helped bear their hardships instead of fretting at their restrictions. If they are stern and harsh at times, they love you; and harshness is better for you than the lack of care some children receive.

Don’t be afraid to confide in your parents—especially your mother. This may come hard at first, but it is far safer than confidences with the boys. If you cannot confide a thing to another, you better have nothing to do with it. Don’t let any one laugh you out of this.

Don’t say or do things with your friends—or when alone, which you would ashamed to have your parents know. If you shrink in the least from the thought of what they knowing, you are surely wrong. And don’t say or do anything you would be unwilling to see recorded ten years from now. Remember, that record is being kept, and some day you will be compelled to read its burning pages, and be judged by it.

Don’t say and do things simply because “other boys do”—or other men. The “other boys” are quite apt to be wrong, and there are bad men as well as foolish boys. Most people’s bad habits were first learned by imitation.

Don’t get the foolish notion that it is “manly” to use tobacco in any form or for any reason. If your doctor, prescribes it, but you have the perspiration and get a new doctor. It will poison your blood, derange your stomach, darken your skin, stop up the wonderful mechanism of your body, and—worse still—dull your sense of right and wrong, darkens your skin, clog up the wonderful mechanism of your body, and—worse still—dull your sense of right and wrong, and—worse still—dull your sense of right and wrong, and—worse still—dull your sense of right and wrong.

Don’t take the first glass of liquor. Don’t allow anyone to coax, or frighten, or drive you to use the vile stuff in any form, except under the positive directions of a physician.

Don’t “strike out” for yourselves too early in life. Consult older men about the matter, and follow their advice. Especially if you are a country boy, be very careful how you think about it, your lives will be grandly successful and happy if you do, rather something if you do not. Thousands of boys have been ruined soul and body, simply for lack of courage to say “No.”

Don’t “take liberties” with the girls you associate with—especially if you believe them to be pure girls, just to “see how far you can go.” It is an outrage both to yourselves and to them; you have no right to do it, and a heavy curse will fall on you if you do. Even if you do not fall into sin thereby, it is quite likely to cause their ruin—and that is something the thought of which should hold you back.

Don’t allow yourself—on any pretext whatsoever—to enter the paths of the “strange woman,” whether she lives in a palace on a public street, or waits on you at a lunch counter or in a store. Solomon only told the cold, cruel truth when he said of the house of the “strange woman,” “The dead are there.” Pollution of this kind will ruin your spiritual life.

Don’t have anything to do with dancing, card-playing, the ball-room or the theatre. The devil has a say in all of them. Let him get you on them at all, and he is constantly foreclosing on it the health and morals and souls of their patrons. The “good” you may get will be like a dime in a ton of filth—hard to find and not worth hunting for, while the filth will “stick” to you through life.

Don’t read the trash of modern literature—whether over­wrought fiction, or sensational “news,” or the sometimes driven of the average Sunday newspaper. Read only what will make you better, stronger, truer, purer men at last. Especially, don’t forget to read the Bible.

Don’t forget that every stain and scar of every sin may show itself in your homes years afterwards. It is still true that the sins of the fathers are visited upon the children unto the third and fourth generation.

Don’t ever speak an untruth, even to save yourselves from blame; don’t overreach in your boyish tricks, don’t do a mean thing any quicker than you would put out your own eyes, and don’t fail to do your whole duty at whatever cost.

Don’t go through life without a definite purpose—noble, unselfish, and broad as the world. Never mind if your plans fall, keep planning, and execute as far as possible. And don’t be afraid to say “No” to every suggestion of wrong, and with a snap which will be understood. Thousands of unwise boys have been ruined soul and body, simply for lack of courage to say “No.”

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Hydrotherapy in the Treatment of Inflammation and Fever Cases.

Liturgical Notes.


A series of articles on memory, its practical value, its phenomenal powers, its physiological basis, the laws which govern it, the methods of improving it, attention, association and arrangement of ideas, causes of defective memory, amnestic, phrenic, and psychical effects of alcohol, general moral and physical advantages and disadvantages, memorizing figures, lists of words, prose and poetic literature, etc.


All those aspiring to become athletic, strong and muscular should get this book, containing a series of very complete gymnastic exercises.


A Plain Talk on Purity, by Rev. Henry Rose, Auburn, Me., published by the Safeguard Publishing Company, Portland, Me. Twenty-five cents. This very interesting lecture was delivered by the Rev. Henry Rose in the Elm Street University Church, Auburn, Me., March 22, 1900, and repudiated in City Hall, Lewiston, Me., before the Woman's Reform League of Androscoggin County.

The Cup of Devils, an exposure of the frauds of the liquor traffic, by Rev. B. T. Taylor, Hyde Park, Mass., published by the Banner of Light Publishing Company, Portland, Me. Thirty cents. This lecture, in very sharp, concise words, attacks the drink traffic, and adopts its complete eradication. It is very ably worded and will be appreciated by all.

Wisdom of the Ages, revelations from Tertullion the prophet of Flasakata, automatically translated by George A. Fuller, M.D., published by the Banner of Light Publishing Company, Portland, Me., on September 20, 1900.

This lecture, in very sharp, concise words, attacks the drink traffic, and adopts its complete eradication. It is very ably worded and will be appreciated by all.


The Nature Cure by Physical and Mental Methods, by Van E. Cooper, M.D. Fourth edition. Published by the Educator Publishing Company, Chicago. Price, $2. All of our readers interested in the nature cure movement should not fail to procure a copy of this well written book. It contains a clear, concise treatise on the cause and cure of disease, excluding all drugs, but advocating (1) sunshine, (2) pure air, (3) pure water, (4) pure food, etc. The author, a medical practitioner, deplores the present too abundant recourse to drugs, patent medicines and quack remedies, and gives full instruction as to the nature cure treatment, and how to get along without them.

We sincerely wish the author the very best success, as by his work he will benefit mankind at large and help to propitiate the general knowledge about the practicability of the true natural methods of healing.

The Student's Manual of Venereal Diseases, by F. R. Sturgeon, M.D. Seventh edition. Published by P. Blakiston's Son & Co., 5012 Walnut street, Philadelphia. Price, $1.25. This valuable work has been written especially for students of medicine, is very concise and, at the same time, practical. It covers all most points in venereal medicine, and confines itself to giving a careful and at the same time condensed description of the commoner forms of venereal disease which will fall to the lot of the average young practitioner to treat, together with the most appropriate remedies.

The Anatomy of the Navel Cavity and Its Accessory Sinuses. An atlas for practitioners and students. By Dr. A. Osmund, of the University of Budapest, translated from the second edition by St. Clair Thomson, M.D., London; B. F. Austin, Publisher,Eng. Published by Cassell & Co., 79 W. 16th street, New York. Price, $1.25. The accuracy and excellence of the engravings of the sixteen plates contained in this valuable work facilitates the study and the acquisition of practical knowledge of nasal anatomy. A correct idea of the topographical relations of the nasal fossa can only be obtained by the study of sections, which are correctly depicted and described in this excellent work.

Elements of English Grammar, By Geo. P. Brown and Chas. de Garin. Published by the Werner School Book Co., 3758 Wabash avenue, Chicago, III. Price 60 cents.


The Missing Link in Dietetics; by Sophie Leppel, published by Fowler & Co., 7 Imperial Arcade, London, E. C. Price, 21 cents. This book contains a study of how sentences are constructed and of their construction and of their connection with the thoughts they express. It regards the sentence as the unit of language, and the grammar as the "science of the sentence." This modern, scientific treatment of English will prove attractive to progressive teachers and educational thinkers.

We have received a copy of a new magazine called The Sixth Sense, devoted to "philosophy suffering humanity, published monthly by G. A. R. Steinzy, Editor, P. O. Box 475, Oswego, Kan. Price 51 per year. This periodical will contain articles on hypnosis, mesmerism, mind reading, spiritualism, clairvoyance, right living and right thinking. Sample copies to all who mention this paper.
THE KNEIPP WATER CURE MONTHLY.

A system of Physiologic-Therapeutics, being a practical exposition of the methods, other than drug-giving, useful in the treatment of the sick and in the prevention of disease, embracing the latest development of the scientific method, in active volumes, with many illustrations, maps and plates, Vol. 1, Electrotherapy, by Geo. W. Jacoby, M.D., with 163 illustrations. Published by P. Blakiston's Son & Co., 1012 Walnut street, Philadelphia, Pa.

The number of existing books upon electrotherapy is certainly a large one, but this work being practically a part of a system of extra-medical therapeutics, makes it very valuable to all students and believers in the natural healing methods. Electricity as a therapeutic agent certainly merits more consideration than it has yet received at the hands of the medical profession at large. The numerous illustrations serve to elucidate the text, and the clarification of style, harmony of scheme and co-ordination of treatment are perfect.

The A B C of Scientific Lazinanity, by Joseph Russell Clarke, Omaha, Neb. Published by the author.

The writer, who is a converted Christian Scientist, gives a sketch and exposition of the Scientific Christianity. His words are couched in a language rythmical and convincing and his argument is interesting.


This interesting book teaches how to use one's own personal magnetism and our inborn strength and become one's own perfect master. Its seven chapters are full of beautiful thoughts, which will be much appreciated, especially by the gentler sex.

A B C of Palynology, By Hathaway & Dunbar. Published by Banner of Light Publishing Co., 9 Bosworth street, Boston.

This little book contains a series of lessons which can be easily understood by every one interested in palynology. The student may find this study both an interesting pastime and a helpful acquisition for teaching them not only to know themselves, but also to know others.

We have received a beautifully illustrated prospectus of the “Kneipp Sanitarium, St. Joseph,” in Poughkeepsie, N. Y., which is the same as that of the New-York Kneippianum, 1831-33 Madison avenue, corner 124th street, of which Miss E. Amend is the proprietor.

This sanitarium, which is a health resort of the first order, is located in a beautiful locality, is sumptuously furnished, has all comfort of a first-class hotel combined with the necessities of sanitary provisions, and in every respect fully adapted to make a stay there pleasant and agreeable to all those seeking to recover their health.

Genuine Kneipp Water Cure methods only are adopted for treating all patients. The sanitarium also includes a very nice and shady park, which is noted far and wide for its beauty and location.

Those of our readers desirous of obtaining one of these illustrated booklets, will please mention this paper and address the above proprietor, who will at once mail you a copy.

The following is a letter received from one of our foreign contributors, Mr. Richard Metcalfe is the pioneer of the water cure treatment in England.

Metcalfe's London Hydro, Ltd., Richmond Hill, Surrey.

My Dear Sir,—I am very glad to have your letter and to know that my articles have been appreciated by the public. I hope you may long continue in the good work, at the same time keeping your columns open to any good thing that may forward the cause of hygiene, regardless of either Piroozitiz or Kneipp We live in an age of “advance” and everything that is likely to benefit suffering humanity must be proclaimed and meet the wants of your many readers.

Again wishing you godspeed in your work, I am yours very faithfully, R. METCALFE.

London, April 20, 1901.
Okie's Worishofen Specialties.

OKIE WORISHOFEN GOUT CURE

is a remedy which cures rheumatism and gout without fail. It has been used with the same success in thousands of cases. The gout cure is prepared according to the theories of the late Rev. Father KNEIPP and is no patent medicine. It is legally protected against imitation.

Large bottle... $1.00
Small bottle... 50 cents
(Can only be sent by Express.)

TESTIMONIALS

I suffered by gout for fully 14 years. Knobs formed on my hands and feet in the length of time which were very painful especially when the weather was about to change. On March 3rd, 1897, I was so bad that I had to seek my bed. The knees commenced to swell so much that my feet were stiff. The same took place with my hands. My fingers were swollen so much, that I was unable to make the slightest movement without feeling the pain.

I was advised to give Okie's Gout Cure a trial. I did so and was cured. A few hours the gout was gone and my friend, who had spent a little fortune for remedies to cure gout without effect. Then I heard that Mr. I. B. Okie, editor of the Kneipp-Blatter, of which I am a subscriber, I applied the cure at the request of the patient and his wife, and according to your instructions... In 22 hours the gout was gone and my Gout Cure is to be recommended.

Kindly send one bottle of your Gout Cure to Mr. J. B. in Ulm.

Worishofen, July 14th, 1898.

Proprietor of Restaurant "Krome".

Okie's Worishofen MOSQUITO CURE

Last summer an adherent of our system sent a communication to me, containing amongst others the following: I used your Tor men til-soap with the best success against the very fastidious and sometimes poisonous insect stings, therefore I should advise you to make similar experiments, and should they prove successful, it would be advisable to manufacture and put on the market a salve out of your soap.

I followed this advice and found that the above indication was thoroughly correct. I made experiments with other materials and arrived at the surprising result that the new stuff is a most valuable remedy for fresh wounds.

The Mosquito Cure, as I call my invention, will now be an indispensable companion for everybody. Principally for cyclists, tourists, and men working outdoors, who are greatly molested in the warm season by Mosquitoes and other insects the salve will be most useful. But of even more importance my invention will be as a remedy against wounds. "Even a small wound is often the cause of blood poisoning and dead, then my salve will be a preservative. It is packed in plated tin boxes, nearly two inches long, and can be preserved for years. Along with each Mosquito Cure I send a piece of English court-plaster and the indications are thoroughly correct. I made similar experiments, and should they prove successful, it would be advisable to manufacture and put on the market a salve out of your soap."

I recommended your Gout Cure to a friend of mine, Mr. G., who ordered a bottle to try it. This gentleman suffered by gout since a few years, and that so much that he had to stay in bed. I learned all about the Gout Cure in the Kneipp-Blatter, of which I am a subscriber. I applied the cure at the request of the patient and his wife, and according to your instructions... In 22 hours the gout was gone and my Gout Cure is to be recommended. Kindly send one bottle of your Gout Cure to Mr. J. B. in Ulm.

Hall, Wiltzenturm, September 12th, 1898.

Bookkeeper, Royal States Prison.

MOSQUITO CURE.

Wholesale and Retail. Agents wanted.

Only Representative in the United States and Canada:

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

Agents wanted.
Kneipp's Health Foods.

"Pithe Food Means Good Health."

No body will deny the fact that most of the diseases and cases of ill-health so prevalent in our times may be traced to our incorrect habits of living and to our accustomed unhealthful diet. It is time for us to consider this matter seriously. Our highly developed civilization makes increasing demands on our faculties and energies, and we ought to be careful to keep the body in such a condition as to enable us to meet all our duties with ease and confidence. Otherwise our strength is sure to fail and we will be left behind by our competitors in the struggle for life.

We ought to overcome inherited weaknesses or debilitating influences of our occupation and surroundings, or we will sooner or later succumb to adverse conditions.

We ought to make our health and our diet a study, rejecting stimulants, condiments and all kinds of food or drinks that are not natural, nourishing and harmless.

In this we may well be guided by the advice of authorities, who have experimented and studied in this direction. To Mgr. Kneipp principally is the merit due of showing us the necessity of returning to a simple, plain, appropriate diet called attention to the most natural and nourishing foods at our command and the proper way of preparing and using the same.

Kneipp's Health and Strength Foods are well known preparations and we have concentrated our efforts to make them cheap as well as good. Thus they will be found invaluable for the healthy and the sick, and of price suited to every purse. They are not patent medicines sold at an enormous profit, but sold for a few cents and within the reach of all.

All the following preparations have been made according to Mgr. Kneipp's personal directions and have been examined and approved by eminent practitioners, being the most easily digested, blood and muscle producing foods made. They should be used in every family where health and healthful food-products are appreciated.

The Guernais, Unfermented Kneipp Health Bread, made of whole wheat and rye, ground at our own mills, and guaranteed free from any artificial leaven or yeast. The best and most nourishing bread made today; a boon for dyspeptics and sufferers from constipation; the real stuff of life for children and adults. Price, 10 Cents a loaf.

Father Kneipp's Strengthening Soup Meal, for every age, for every table. Made strictly according to Kneipp's own directions, by H. Zeiher in Ulm a. D., manufacturer of Kneipp's Health Foods.

TESTIMONIAL OF REV. FATHER KNEIPP.

Worishoven, February 11th, 1890.

To Mr. H. Zeiher Baker, Ulm a. D.

I beg you to take notice that I have thoroughly examined the samples of bean- and wheat-bread sent to me in the latter part of January, also the three different kinds of strength giving soup meal, and have found them to come up to my standard as to nourishing qualities and taste and they can be heartily recommended to all. God be with you.

Sebastian Kneipp, Parish Priest.

This strength giving Soup Meal is the best thing for weak and sickly children, because it is easily digested, very nutritious, and a cure for anaemia.

How to prepare it. This soup is made in three different ways: 1) Put two or three tablespoonfuls of soup onto boiling beef or mutton broth, let boil for twenty minutes, add one egg and serve; soupgreens and potatoes boiled with the meat will give an extra fine flavor to this soup. 2) A very nourishing soup is prepared by boiling the meal in milk with a little butter or an egg. 3) It may be boiled in water and seasoned to suit the taste.

Mgr. Kneipp says: "I am convinced that a great many sick people might be made well and happy if the value of this soup was understood and turned to advantage. It should be used in every household."

Price per package 20c., small packages 12c, American made Soup Meal 15c. per pound.

Kneipp's Baby Food, prepared with pure Swiss Milk Meal, manufactured in the Alps, contains all the necessary elements required to build up a healthful body. From any medical substance it combines all the most natural and agreeable form all organic and nutritive elements required to make healthy blood, bones and tissues. Testing will be safe and easy for children reared on this food. According to Mgr. Kneipp, it is very easily digested and never causes gases and consequent gastric troubles.

To prepare it boil for 15 minutes with 1 part milk and 2 parts water for new born babies, during the first three months, very thin; for the next three months with 2 parts of milk and 1 part of water, and after that with milk alone. If the milk turns sour, boil the food in water and add boiling milk.

Price per can, 40c.

Kneipp's Grain Soup.

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