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is most deceptive, and it is often that medical men who err in this respect that have acquired a great name as authorities—I must tell the reader that the name of the disease is of no consequence whatever. When a person is ill his whole body suffers; and the whole body must in the first place always come under treatment.

The best thing, suitable for every patient, is always the universal remedy, the steam-bath in bed, No. 1, and he should never wait till the disease has quite broken out and till he knows what disease it is, but the great point is to nip it in the bud, to take preventive measures at its very first appearance.

For the application of a steam-bath in bed, the following rule is to be observed:

In acute attacks of illness, attended with fever, the patient is kept in the steam-bath for from half an hour to one hour, but above all, only as long as he feels comfortable, and until the fever has again obtained the upper hand. It should be followed either by a lukewarm bath (88 degrees), or by wet rubbing of the whole body in tepid water (73 degrees). It may be repeated as often as required.

An extra compress is applied to inflamed and painful parts of the body during a pack, which may frequently be substituted here for the steam-bath in bed.

In chronic (protracted) diseases, however, the duration of the steam-bath in bed is usually one hour to one and a half hours, and even longer, and from two to four of them are given weekly; an extra compress may also be applied in this case to the affected part. A bath or rubbing with wet towel of the whole body should follow the pack as above described. I *must not omit* to mention here that the patient must be taken out of the pack the moment he feels uncomfortable in it, a point to be strictly observed in all diseases, whether acute or chronic.

In acute cases (when there is fever), the linen sheet should not be wrung so dry as in chronic cases.

Besides the steam-bath in bed, the abdominal compress (which may also justly be designated a universal remedy) can be applied. In cases when the conditions of illness assume a feverish character, a somewhat thicker linen sheet is used, dipped in tepid water (73 degrees to 77 degrees)/ wrung out less thoroughly than usual, and put round the body. It is changed as soon as it gets hot or irksome. In chronic diseases, on the other hand, a sheet less thick is em-



F. E. **BILZ.**

Hygienic Physician and Author of the famous work "Bilz; The Natural Method of Healing."

Bad Health.

Or Treatment for Every Illness, Even Though the Name be Unknown.

By F. E. Bilz, Founder and Proprietor of the Bilz Sanitarium at Radebeul, Dresden, Germany.

The uninitiated cannot always know the nature of a disease; and not only these, but in many cases even physicians are ignorant of it, for their diagnosis (dis-
:ingiiishing the character of a disease by its symptoms)

ployed, wrung out well and applied (if in the day time) from two hours to four hours in bed; if in the evening, it may be left on all night. Be it again expressly mentioned that in every disease the air must be fresh, in or out of doors (sleep with the window open); in most cases the diet must be non-stimulating; above all, the bowels kept open, if necessary by means of enemata, which should also be applied for detergent purposes. (For Modes of Application, see Index. In case of obstinate constipation we refer also to Enemata "Constipation," further, "Convalescence," and "Medicine, Opinions of Medical Men on Taking.")

If therefore a member of your family falls ill, apply with confidence the universal remedy, the steam-bath in bed, and with the aid of the other healing agents mentioned here—fresh air, etc.—you will be successful in most cases.

But to give the reader a better idea of the subject, and a more general survey of the comprehensive heading, "Bad Health/" I will give some special instructions on this subject.

Treatment of Acute, i. e., Inflammatory Diseases, Attended by Fever. The first thing is to examine the patient, whether his temperature is higher than usual (normal temperature is 98.6 degrees). With the hand feel his head, chest, stomach, feet; where the heat is greatest, there is the seat of the disease and the inflammation.

Either sponge bath of the whole body with tepid water (73 to 81 degrees) is applied in the first place, or a lukewarm bath (88 degrees) and the patient then put to bed; or steam-bath No. 1 applied in bed, or some fever treatment (see Ibid.), a cool enema is likewise administered at once; for it is an inviolable principle, when combating disease, not to apply treatment to a single part of the (body only, but at the same time to the whole of it.

If, during the examination of the body, as directed above, the greatest amount of heat and pain should be found to exist in the throat, pointing to croup or diphtheria; or in the chest, indicating inflammation of the lungs; or in the sides, suggesting pleuritis; or in the abdomen, implying intestinal inflammation of some kind—then a soothing compress or pad should be put on the affected part. If the head should be hot, combined with violent headache—symptoms which may point to inflammation of the brain or its membranes—cool compresses are placed round the head. Together with these cool compresses or pad round or on the throat, chest, stomach, head, etc., which should be changed when warm, a derivative treatment must, particularly if the pain does not diminish, be applied at the same time. It consists in stimulating packs for foot and leg and calf, also partial packs, etc. (see Index); for cold feet a hot-water bottle, wrapped in a wet cloth, may also be applied to them, or a foot steam-bath given previously. Or instead of the derivative treatment, a steam-bath in bed may be given, with a thick extra compress round the affected part. Duration half an hour to an hour, as it agrees with the patient. This application is continued for, if agreeable, it may be alternated with some other fever treatment, and repeated as long as the heat (the fever and pain) greatly increase. The greater the heat the thicker

and wetter the cooling or soothing" compresses or pads, and the more frequently they must be changed.

If there is costiveness, apply treatment given under "Enemata" and "Constipation." If there are violent pains in the intestines, etc., warm or hot compresses should be applied frequently, especially if the pain in the stomach does not diminish. In all diseases with attendant fever, keep the window always open, and sometimes the door, too; the couch should be cool, and feather beds avoided as much as possible; the diet must be cool and non-stimulating. If the patient shivers, vigorous dry or wet rubbing must be applied; and afterwards a dry-pack, or a steam-bath in bed instead. If he perspires in this, it should be succeeded by a bath (86 to 88 degrees). If after this treatment a rash appears (the purples, small-pox, or pustules, denoting scarlatina, measles, etc.), it may be considered a very favorable sign, because with them the morbid matter in the body is generally thrown off, and the illness assumes a mild character.

In order to entirely remove all foreign substances from the system, it is advisable to give the patient affected with the purples or the small-pox a few more steam-baths in bed, or stimulating three-quarter or full packs, in which he will perspire gently; and to follow up with a bath.

In small-pox, constantly apply compresses to the face to prevent the troublesome itching which causes the patient to scratch his face, resulting in its being pitted. For further information we refer to article on small-pox.

Inflammation of the Cavities of the Mouth and Gullet, and exudation of morbid matters from them, i. e. croup, etc., are treated with cooling compresses round the throat, to be changed every fifteen minutes; or, according to necessity, coupled with a detergent or derivative treatment and gargling with tepid water (68 to 77 degrees) every hour.

As already mentioned, steam-baths in bed, duration from one hour to an hour and a half, together with thick throat compresses (73 degrees), are most efficacious. In this complaint it is also essential to give cooling, non-stimulating diet, frequent gargling or drinking of moderately cold water, nose baths, mild pure air for breathing, detergent enemata, massage of the neck and back (slapping the back). Care should be taken to keep the feet invariably warm. (In acute diseases of the throat, such as croup, diphtheria, see Index. See also "Children, Diseases of.")

Treatment of Chronic, i. e., Protracted Diseases. For the cure of chronic diseases, of whatever kind, a strengthening or, according to the case, a regenerative treatment, is of primary importance, in addition to the often mentioned steam-baths applied in bed.

A perfectly equal distribution of the blood throughout the system is one of the first things to be aimed at; should the patient's feet be constantly cold, rubbing of the feet with a wet towel must be resorted to as a remedy; in addition to foot steam-baths, foot-baths, followed by walking exercise, walking barefoot, etc. (See also "Feet, Cold.")

Chronic constipation must be removed by fruit diet and wholemeal bread, as well as by frequent and regular enemata and massage of the stomach, and hip-baths combined with massage of the stomach.

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Bilz' Naturopathic Institute. Dresden-Radebeul, Germany.

Further, in chronic complaints great attention should be paid to the skin. Wet rubbing of the whole body with cool water (73 to 77 degrees) or a lukewarm bath (86 to 90 degrees) must be applied daily. For weakly people or persons not used to water, the water may be taken from two to four degrees warmer. Always begin with water that is not too cold and lower the temperature very gradually.

The system of a chronically affected patient having been improved by the above means, a more regulated treatment may be entered upon for the purpose of strengthening the affected organs and removing from the system the morbid matter and all impure substances existing in the blood. This is only accomplished by sweating cures, such as steam-baths in bed, stimulating packs, etc. But the patient must perspire gently, and often very gently indeed. Excess must always be avoided. Do not, try to force perspiration; it will come of its own accord at the proper time.

The stimulating abdominal compress, if continually used at night for a length of time, will of itself eliminate a great quantity of morbid matter from the body; and many a chronic sufferer has been restored to health by it alone. Indeed, most astonishing results are obtained by it. This compress, i. e., the sheet, must be washed thoroughly in warm water and rinsed with cold water. It should be washed in the open air. In moved.) Breathing exercises, curative gymnastics,

and massage must also be employed. Many chronic complaints may be treated with the regenerative, sometimes with the preliminary, treatment. Enemata, besides being applied in constipation, should also be given for derivative purposes.

If, after a lengthened application of steam or sweating packs or compresses, etc., eruptions such as abscesses, herpes, etc., should appear, they may be looked upon as favorable symptoms.

For Chronic Affections of the Head or Brain, which may perhaps be of a gouty or rheumatic nature, compresses round the head (more or less wet, as the patient's feeling prompts), to be changed more or less frequently, together with head douches may be combined with derivative treatment. In the same way head-baths, steam-baths for the head, nose, forehead, and mouth baths; as well as gargling- (77 to 90 degrees); dry,, and wet full-packs; followed by bath **are** aft highly beneficial.

In Chronic Affections of the Eyes the following applications are advised I Eye-baths (**73** to **89** degrees opening and shutting the eyes in the water, gentle massage in water, massage of the eyes and throat, throat compresses, washing the eyes, bathing the **head** or back of the head, and derivative treatment as weft abdominal compresses at night. Non-stimulating d The patient would also do well to have a **sweat** occasionally: see "Sweating* Cure/* For **chronic** a gestion of blood in the head, annlv now **am? th**** «

rubbing of the feet, and stimulating packs of the legs and feet at night; as well as derivative hip-baths.

In Chrome Diseases of the Ear use frequent gentle injections with tepid water; head-baths and head steam-baths; ear-baths and ear steam-baths; neck compresses, massage of the throat; masticate vigorously (hard crusts of bread); and, after the injections, put at night wet cotton-wool into the ear.

In Abscesses or Eruptions on the head, or in the face, apply stimulating, dissolving, local compresses; stimulating or dry full or three-quarter packs; or steam-baths for the purpose of perspiring. A bath or wet rubbing of the whole body daily; detergent or derivative treatments as well.

In Chronic Diseases of the Throat (internal or external) wash the throat frequently with cool water and expose it to the air. Further, apply local stimulating compresses, tepid garglings, bathing the mouth, and detergent treatment. Also a steam-bath in bed now and then is beneficial, besides other sweating cures. Massage of the throat for internal affections.

In Chronic Affections of the Chest or Lungs, e. g. chronic catarrh of the lungs, etc., with viscid expectoration, apply daily one or two gentle wet rubbings of the whole body; or bath, stimulating trunk and leg packs at night (the latter only if the other should not suit the patient), trunk and shoulder pack in bed during the day. Repeated gargling, drawing water up the nose, breathing exercise; and a sip of water taken after every fit of coughing. Derivative treatment; bathe the mouth, and apply wet or dry full or three-quarter packs for the purpose of perspiring, or give steam-bath in bed. Fresh air, and sleep with the window open.

In Induration of the Breast, use stimulating, dissolving compresses on the place, made of linen folded many times. When the tumor opens, put wet lint on it, and wash it with tepid water frequently. Above all we recommend either a three-quarter steam-bath, or a steam-bath for the breast.

Chronic Pulmonary Diseases (Consumption) are treated with soothing compresses on the chest, occasionally also with gently stimulating packs, or bed steam-bath, if they agree with the patient; bathing the whole body with lukewarm water (86 to 90 degrees). However, if the latter prove too exciting for patients who are very ill, they should not be persisted in.

Stimulating packs for the feet, calves, thighs or legs. Plenty of mild, pure air, particularly forest air. Breathe through the nose, sleep with the window open, practice breathing exercises, and adopt a strictly non-stimulating diet (drink the juice of stewed fruit).

In Chronic Disorders of the Stomach, Liver, Intestines, Kidney, Gall, etc. Stimulating trunk packs or stomach compress at night, with stimulating leg packs, cool lavations of the regions of the stomach, liver, intestines, etc. Douche for the stomach, hip-baths with the massage of the abdomen, steam-baths in bed, or else stimulating full or three-quarter packs with extra compresses on the affected part; massage either of the affected part or of the whole body.

In Chronic Affection of the Sexual Organs. Tepid hip-baths (66 to 80 degrees), stimulating stomach compress at night and stimulating or else soothing T pack; now and then stimulating full packs, or

steam-baths in bed, with extra compresses on the genitals. Besides these, local treatment is advised for females in the form of injections (77 to 81 degrees), partial baths (77 to 90 degrees) from two to four daily, and also stimulating compresses on sore places, e. g., for men under the prepuce, etc. For this purpose prepared wet cotton wool or linen is employed, to be changed or removed as soon as it gets dry or the patient's feeling prompts its renewal or removal. This, however, has to be done very cautiously, so as not to injure the freshly formed skin under it; the compress is either softened by wetting it, or the underlayer is left on and wetted by putting a fresh layer of lint on it.

The main requirement in these cases is a strict non-stimulating diet, and abstention from sexual excitement.

In "the Whites*" (fluor albus), cleanliness must be established by injections, rinsing or washing out, and several hip-baths daily (81 degrees). (To allow the water to enter readily, the vagina should be distended. Stimulating stomach compress at night, and a wet linen cloth passed between the legs.)

In Protracted Hemorrhage of the Womb, hip-baths are always the best remedy; they should be of a temperature of 73 degrees, and last from ten to fifteen minutes; by the gradual addition of cold water they are during that time reduced to the temperature of spring water, about 46 to 54 degrees.

In paralysis and Swelling of the Knee, lengthy cool or cold -knee affusions are applied, or cooling compresses round it, as well as stimulating packs of the thighs or leg, with the same kind of compresses on the knee. Also steam-baths, with cool lavations to follow, are of great effect. Further, occasional stimulating full packs with extra compresses round the knee, or local stimulating packs and massage, are recommended.

In Chronic Ulcers on the legs and feet, etc., keeping the wounds clean is of great importance. Next bathe them a long time in water of 77 to 81 degrees, continually pouring water on the wounds and ulcers, either with a vessel or with the hands; in doing so the limb has to be held up outside the water; stimulating packs of the affected parts. Sun-baths to the affected parts and a tepid bath or affusion afterwards. When walking out or taking in-door exercise in cold weather a rag with vaseline on it should be applied. For the pack (lukewarm water, 77 to 86 degrees, is used) the sheet should not be wrung too dry and extra damped lint is put on the ulcer. It should be changed according to the patient's feeling, i. e., as soon as he feels the pack to be inconvenient.

Further, a stimulating full or three-quarter pack applied now and then, or a steam-bath in bed, with extra compress on the ulcer, are of benefit. Strictly non-stimulating diet, and fresh air. In severe cases, a regenerative, or a preliminary treatment.

Paralysis of the Limbs. Repeated cold frictions of the limb with bare hands dipped in cold water, then stimulating local packs, succeeded by cold wet rubbing, partial steam-baths, full steam-baths, full packs, etc., both dry and wet sweating packs, to be changed as the patient's feeling suggests. Kneipp douches after getting thoroughly warm. The treatment most agreeable to the patient should always be

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chosen. Wet rubbing of the whole body, sun-baths with hie warm or cooler douche baths, affusions, friction-baths, massage, and curative gymnastics, also applications of the Faradic interrupted current are all of great benefit.

Sprains, Strains and Dislocations. Rest for the injured limb, cooling or soothing compresses; or cold water dropping on the sprained part, or holding it in cold water for some time. In dislocations, the limb must first be set. Stimulating compresses to be applied afterwards, but only if agreeable to the patient. Massage is especially effective here. It consists in gentle, concentrated rubbing, but at first not near the inflamed part, beginning by rubbing gently and then gradually more firmly. When tendons are torn, rub *in* every direction.

For Abscesses of Every Kind, it is best to apply stimulating compresses. The harder the abscesses and the tighter the skin, the thicker the wet linen cloth must be laid on. Most beneficial also is an occasional stimulating three-quarter or full pack, or a steam-bath in bed with extra compress on the abscess. Strictly non-stimulating diet. It is only under the hard skin, e. g. of the hand or the soles of the feet, that an incision may be made to relieve the abscess, in all other places they open of their own accord when they have matured, in consequence of these stimulating compresses. Exceptions are, however, made occasionally with very young children, or when the pains are excessive; a light prick with a needle, or a slight cut in the abscess is sufficient to help the matter to discharge and thus give relief. After it is opened, gentle pressure of the abscess will aid the discharge, and tepid water may then be dropped on it, and the pus washed off; wet lint is again put on it before another stimulating compress is applied.

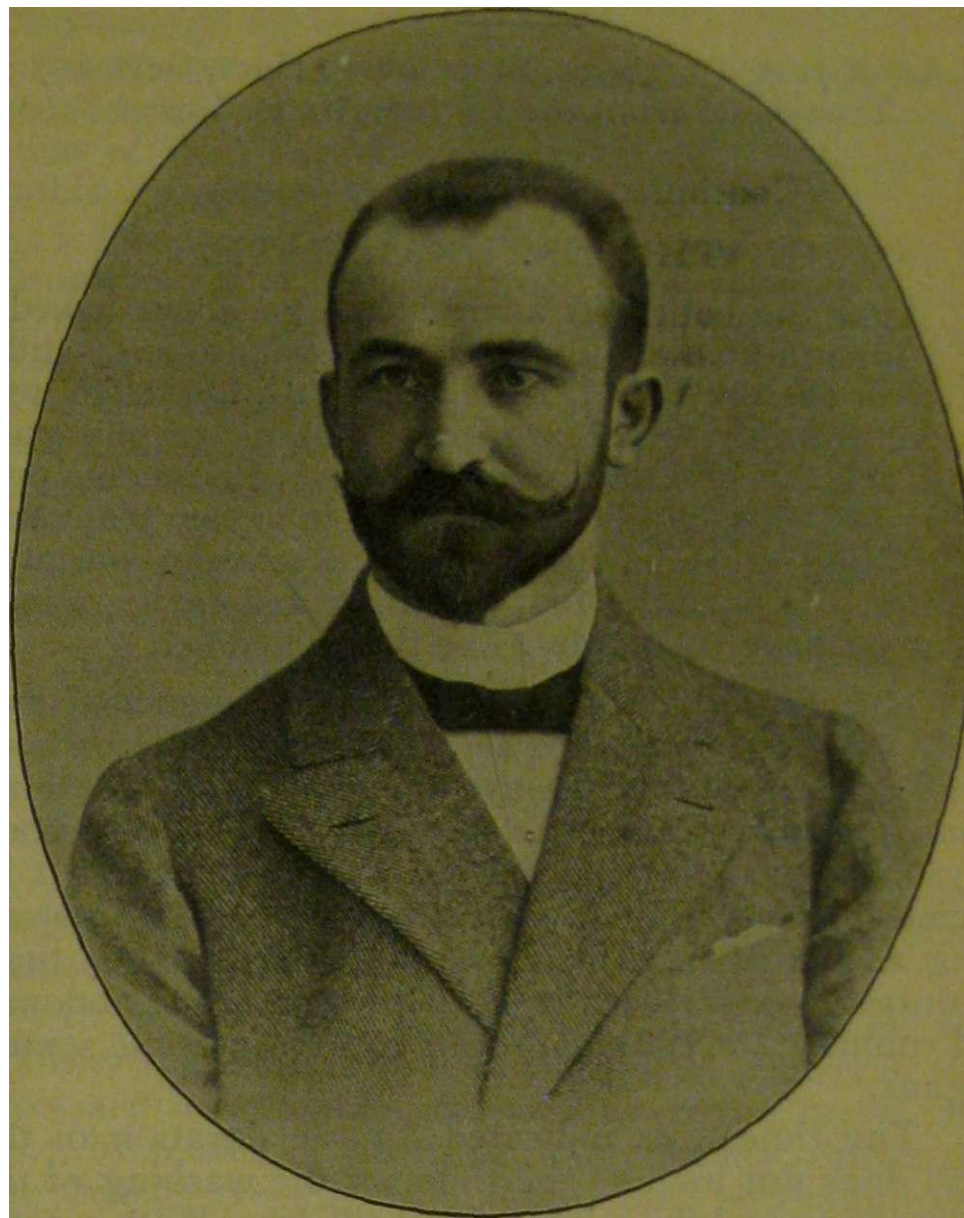
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It should be mentioned that sun baths, massage, curative gymnastics, and dietetic, regenerative, or preliminary treatment are of great value in many chronic diseases. No less important also is attention to a gentle action of the skin, according to the patient's condition, good air in and out of doors, sleeping with the windows open, daily opening of the bowels (enemata for constipation and detergence). Mixed, plain, or invalid diet, suitable to the patient's strength, and breathing exercises in pulmonary diseases, etc.

Lastly, do not forget that every compress, pack bath, etc., has to be changed or removed at once, if it becomes inconvenient to the patient. If the application is on that account discontinued, a cool, tepid or lukewarm sponge both of the parts before treated should follow.

The following plaster can also be recommended for ordinary boils and ulcers to which a wet compress cannot always be applied during the day-time. Dissolve equal quantities of pitch, turpentine, and oxycrocius over a very moderate fire, and spread it thinly on a piece of linen—this is the ordinary red pitch plaster.

We have now mentioned the diseases human flesh is heir to, and given practical hints for their cure, so that everybody, though he may not know the disease, nor its name, can help to avert or to soothe it in case of need. At the same time we must point out that



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all the different applications, which we have enumerated above, must never be continued one after the other too frequently, so as to cause weakness and prostration instead of giving strength and recovery of health, but moderation must be observed with regard to them; and it has always to be born in mind that it is nature only (the vital, preserving, healing force, residing within us) that cures the disease, and that we can only assist nature by these applications.

Pauses also have to be made sometimes in wearisome, chronic diseases that can only be healed slowly, in order that the patient may recoup a little; for the all-important point in the cure of diseases is to give tone to the system, and keep it strengthened, so that the innate vital force may the better be able to eject all morbid matter from the body, and thus conquer the disease. The patient must therefore study himself in this respect.

If the reader act conscientiously according to the manner indicated, and gradually makes himself **more** conversant with the character of the Natural Method of Healing, he will soon experience the **beneficial** results of it and acknowledge what a blessing that system really is, and he will gradually rid **himself** of the monstrous error that healing is only possible **from** medical science, and exclaim with me, "**Thank God* I** have at length vanquished this error, this **fatal prejudice**, which has sacrificed health and life and **caused** endless expense/" (Bilz* The **Natural Method of Healing**.)

THE KNEIPP WATER CURE MONTHLY.

Return to Nature.

By Adolf Just, Jungborn, Stapelburg, Harz, Germany.
Translated from the German by B. Lust.

(Continued from October Issue.)

III. THE NATURAL BATH.

After the bath it is advisable to go about naked for a time in a cold room with open windows, or still better in the open air. But care must be taken to restore warmth; rapid, vigorous walking or physical work are the best means of bringing this about, or, where neither is possible, wrapping in wollen blankets or bedding must be resorted to. Restoring warmth through the sun, the best warming and invigorating agent we have, is highly to be recommended.

The duration of the bath must be regulated entirely by the temperature and condition of the bather. Here again everybody must observe his own inclinations somewhat, and heed the inner voice. On cold days from two to five minutes are sufficient. If it is warmer, or very hot in summer, the bath may last as long as ten minutes and over. One-half of the time of duration of the bath is to be devoted to the abdominal rubbing, the other half to the rubbing of the sexual organs.

The time thus indicated for the duration of the bath does not include the time for the washing of the entire body and the rubbing of it till dry. With respect to the number of baths everyone must again consult himself.

A daily bath may be taken in the warm season, or we may bathe twice a day if it can be done in the sun, in a room, or still better in the open air. In colder seasons it may be sufficient to bathe only once in two or three days. Sometimes it is even advisable to suspend bathing entirely for a time.

As a matter of course hot fever patients and strong, vigorous persons can bathe longer and more frequently than chilly patients and weak anaemic persons.

I have often observed that many people prefer to take a short bath and repeat it at frequent intervals; others prefer it a longer time and less frequently. This is also the case among animals in the free state of nature. | ! 4

It is advisable never to warm the water for the natural bath. It is also best to take the bath, if at all possible, in an unheated room, in which even the windows are open.

At the end of the bath the feet and the arms should always be scrupulously washed. This insures their cleanliness, which is very important.

It is clearly the most natural and the very best way to take the bath in the open air.

The opportunity to take the natural bath in the open air can be found almost everywhere, for a little water is everywhere to be had where there are people.

The full bath, however, can not always be had in free nature. It is possible only in a few places, where there happen to be large brooks, rivers, ponds, or lakes.' The opportunity for the natural bath in the

open air is, therefore, much more commonly ^and easily tounu than for the full bath.

The position of the person in the natural bath is comfortable and desirable.

The natural bath differs from all other water applications especially in that the bather does not sit or lie in the water quietly, but is continually rubbing special parts of the body, and finally the entire body, with the bare hands, not with a towel or the like.

All water applications hitherto have differed from this natural bath, therefore they were not according to the prescriptions of nature and could not produce the proper results and were often even harmful. Nature insists in every respect on having her dictates obeyed.

The natural bath is in every way simpler and more beneficial than any water application that has heretofore been used. It requires but little water (no warm water), and can be taken alone, without the help of a second person. The bath tub required for it is simple and more easily handled than other bath tubs. Everyone can easily have one standing under his bed, ready for use in the morning after rising.

Therefore this bath will surely come more and more into favor in families and with the public than other more complicated modes of bathing.

If one does not happen to have an appropriate basin or tub at hand, for instance while travelling, one can take the bath nevertheless in a still simpler form. Any wash basin will answer.

One sits down over a wash basin containing cold water, washes the arms and cools the sexual organs by pouring water over them with the hollow hand for a few minutes. Then the abdomen is speedily washed with the hand and finally the whole body, whereupon the work of drying by rubbing is begun.

In this manner a bath can be taken anywhere and at all times, and it is the easiest, simplest bath possible.

Even when taken in this way it is well to go about naked for a while after the bath.

This always enhances the efficacy of the bath.

The natural bath, taken in any form whatever, far surpasses in its effect all water applications hitherto employed.

As I continued to think about this new kind of bath, it became more and more clear to me that a bath of this sort must be necessarily superior to all others. The primitive man evidently was often obliged to walk about for weeks, perhaps months, in the wet, perhaps even in the snow. He was most likely also obliged to stand still in it for a length of time, and also to sit down with his seat in the wet. The feet and the posterior, therefore, must have been designed by nature to endure wet and cold. But whatever nature has made a necessity for her creatures, she has at the same time made their greatest blessing. When, therefore, present day man keeps his feet and the anus artificially warm, parts where congestions (piles, etc.) so often occur, being caused by internal inflammation: then he deprives the body of its greatest blessing and does it much harm. Therefore many nature doctors order their patients to walk barefooted in the wet for hours and even days, to stand in it for a short time, forbid the sitting on bolsters in order not to heat

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the anus artificially, and recommend injections that are *to* be retained. It is well known that accumulation of the faeces at the extreme end of the rectum, piles, etc., on the anus, which are productive of heat there, affect the head very injuriously. A thorough cooling with water of those parts must therefore have the effect of relieving the head. By immersing the seat and the feet in water the circulation is at all events regulated. An intense *cooling* of the abdomen, which, being* the *source* and actual hotbed of disease, where, as is well known, great heat is generated in sickness, must be of the greatest importance.

In the natural bath nearly all the means are united by which the chief representatives of the nature cure method of to-day attempt to heal disease; going bare-footed, standing in the water, avoiding the heating of the anus, the enema, the light-and-air bath, the abdominal compress, the abdominal bath, the water bath, the cooling of the sexual organs', Kneipp douches, massage of the abdomen and of the whole body. *Just this simultaneous co-operation* of all these means is the design of nature, and the natural bath is therefore of the highest efficacy and benefit to mankind.

These *natural and effective* means are of course always also accompanied by severe healing crises, which may manifest themselves in distressing sensations and pains, since the powerful reactions which are produced at once begin to dislodge and expel the foreign matter.

The more natural a remedy is, the severer the crisis may often be. || |

But these healing crises are not at all of a nature to be dreaded: they are rather always to be welcomed.

The crises occur only in the beginning, and we *must* above all things not allow anything to prevent us from bathing.

Man fell out of harmony with nature; he no longer subsisted on fruit which the earth offered him freely; he no longer went naked, and he transgressed the laws which nature gave him concerning" air, earth, water, etc. Consequently he became ill. Only by returning to the harmony in which nature had originally placed him, can he regain health. Man must once more be led by nature, for this he needs no skill and need not learn or jfnow anything. He must rather, in order to find the right way to health, unlearn all the unnecessary and false things that one is obliged to learn to-day; he must first of all discard all the wise ballast that burdens and oppresses the mind and the soul, and that in reality only blinds and sttipifies mankind. When man once more listens to the voices of nature, he must not want to know anything; he must not even aspire to know why his diseases are healed or his health strengthened by arranging his life according to the *dictates of nature, or how the processes* in his body, thp phenomena in his mind and soul are to be explained. The present-day knowledge of men is unreliable and only too easily leads one astrav.

Man must once more yield himself to nature in child-like faith.

AH our anti-natural habits cannot, however, be eradicated at once. Neither do T wish here to pour out the child with the bath, but will make concessions

to the present tendency of m a ttflMjjjff explanation for everything.

Therefore I shall explicitl^^ concerning the origin of disease, and £ r an expianation of the great effect of the natural bath and the other nature remedies to be specified later.

Disease is caused by the introduction into the human body of unnatural food; that is, such food as nature has not intended for man and for the assimilation of which his digestive organs are not adapted. The unnatural food is then either not sufficiently, or not at all, digested. Unassimilated remnants remain behind, constituting foreign matter within the body, which inter-penetrates it in all directions, enters into fermentation,* and becomes the cause of all disease, all pain and suffering in man.

Like the want of water, light, etc., powerful emotional influences also foster and cause disease by paralyzing and disturbing the nervous and digestive function of the body, and by aiding or favoring the formation of foreign matter.

The fermentation of the foreign matter produces heat, wherein chiefly lies the injurious and dangerous element of disease.

In order to cure disease we must above all aim to lower the internal heat of the body. But it is also necessary to stimulate the vitality of the body, that force, by means of which the body, firstly, draws the true benefit (repair) from food, but, secondly, also expels the foreign matter (diseased matter) through the skin (as perspiration), urine (faeces, etc.), the force which constitutes the real life of man.

It is readily to be seen that both of these ends must be achieved by means of the natural bath.

By the application of cold water to the abdomen (the seat of all disease), and to the sexual organs (the centre of the nervous system), we secure the most immediate and effective lowering of the internal heat of the body. The nerves are stimulated to action by rubbing during the bath, and the cooling of the interior of the body, as well as the stimulation of the vital force, is thus best accomplished by way of the sexual organs.

It is of great importance that by means of the bath the anus becomes thoroughly cooled and cleansed.

All remedies that have not been taken from nature, and are not in accordance with her, prove futile, no matter how often, apparently, they may have operated beneficially and effectively. There are too many deceptions here. The injury that inevitably accompanies all unnatural remedies always comes to the surface, sooner or later, and causes them to disappear again, unfortunately only after much harm has been done. Such unnatural, or not strictly natural, remedies come and go, therefore, and will never find an abiding place of refuge.

*) In these days it is usually chronic we have to do. If the fermentation is powerful, it a revolution in the body, during which the latter eliminate the foreign matter suddenly and violent have acute dies ease (colds, typhoid fever, pneumonia. When the body is no longer strong enough for » fi of acute disease, chronic disease annears.

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We see accordingly new remedies rising to the surface daily in medicine, only to disappear again as quickly as they came. To-day carbolic acid, to-morrow salicylic acid, now antifebrin, again Koch's lymph is the elixir upon which the safety and happiness of mankind is said to depend, until it has become clear that they work only harm and disaster. At present we calmly allow ourselves to be most seriously injured by remedies whose dangerous character can reveal itself only in the future.

Dr. Faust, who, in company with his deceased father, had so often dispensed medicines and magic draughts, and to whom the populace does homage and offers thanks on Easter day, is made to break out into this reproachful lament by Goethe:

Couldst thou but read, within mine inmost spirit,
How little now I deem,
That sire or son such praises merit!

This was the medicine—the patient's woes soon ended,
And none demanded: who got well?
Thus we, our hellish boluses compounding,
Among these vales and hills surrounding,
Worse than the pestilence, have passed.
Thousands were done to death from poison of my
giving;
And I must hear, by all the living,
The shameless murderers praised at last f *

mik as a Fire Extinguisher.

Very few persons will know which is the best way to extinguish a fire caused by explosion or combustion of an ordinary kerosene oil lamp. I will therefore relate an accident which happened recently to a friend of mine.

The servant girl had overturned, through carelessness, the lighted kerosene oil lamp. Everything was tried to extinguish the spreading flames, but all in vain. At last the servant girl seized a pot containing about a quart of milk and threw the contents over the flames, and the fire was at once extinguished. I recommended this simple remedy to a friend of mine, who wrote me a letter recently in which he said that he had effectually tried my advice on the occasion of a lamp exploding in a private hall where a great amount of furniture was in danger of being burned. By his presence of mind in obtaining some milk and throwing same over the flames, a large conflagration had been prevented.

Milk in above cases was the only successful fire extinguisher.

*) At the end of the last century the sickly tree of humanity sprouted once more and grew a twig of rare vigor. The great Goethe saw the light of day. This lofty genius could not attain to the full truth in his time, and his last words upon earth were, "More Light!" But still he came near to a recognition of our cause, the truths of nature. In Goethe's "Faust," at least, we find the absurdities of civilized mankind exposed in the most masterly manner and described in magnificent poetry.

Learn to Wait.

Your business has gone wrong. Things are in a turmoil. You cannot see your way out. You imagine ruin and disaster stares you in the face. What do you do under these conditions? Too frequently you worry all day, and then go home and lay awake and worry all night. In the morning your body is wearied, and your mind incapable of proper thought. You have simply made a bad matter worse.

Deal with the matter in this way. When things get in a tangle just retire to your private office, or your home, where you can be alone, and for a few moments make a strong and silent demand for the power to set matters straight, and a clear head to find the proper path out of the difficulty, and then WAIT. Every day repeat these demands, and soon a solution of the whole difficulty will present itself. Dismiss the matter which is worrying you from your mind, except so far as your demands are concerned. Go on with your regular work and impress everyone about the place with your absolute confidence in yourself to carry things through successfully. Things will work out in a way which will amaze and strengthen you for future effort along the same line.

Do not be in a hurry.' Do not be impatient.

Make your demands earnestly, and wait. Perhaps you doubt it. Try it and be convinced. You tell your boy or girl to keep cool in danger, you impress upon your employee to go slow when in doubt, and then you go off at half cock yourself. Get yourself in hand, and when in a tight place, quit work, close your desk, go home, and start matters on the right track by making a demand for them to be set *right*

Young man—a business proposition is presented to you which may influence your whole future life. Take time to consider it. Demand that power be given you to see the best way and wait a short time. The best course will be opened to you.

Your inclination and your friends tell you a certain business or employment is best for you. Commune with yourself about it. Demand a clear head to consider it, and you will know in a short time whether or not the work is suited to you. The man or woman in the wrong occupation in life is the cause of more failures than all other causes combined.

Be sure you are right and then go ahead. Learn to wait. A little loss of time at the beginning of th* journey of life is not nearly as serious a matter as a material loss of time from getting in the wrong place, making a false start, and have all to do over again.

The elements of success are within yourseK Demand the things you need to strengthen you, and you will grow into a power which will surprise you by its force, and gratify you in the success which it will bring you.

Go slow. Learn to wait. Demand power to get on the right track when your choice is made, put on a full head of steam, and keep everlasting at it. You will be bound to win, and no one can keep you from gaining any goal in life you set your eye upon. (How to Succeed.)

THE KNEIPP WATER CURE MONTHLi,



Alma Olivia Piehn.

Vaccination Must Go!

Alma Olivia Piehn, daughter of Hon. L. H. Piehn, President of the First National Bank, of Nora Springs, Iowa; President of the Bank of Rudd, Iowa, and the President of the Anti-Vaccination *Society* of America, born 4th day of February, 1888, died May 13, 1894, murdered by vaccination, ordered by the Iowa State Board of Health.

In the spring of 1894 the Iowa State Health (?) board issued an order that all the people of the State be vaccinated forthwith and prohibiting children from entering school unless vaccinated.

Lay members of local boards of health are not generally informed on the subject of vaccination, and such was the case in Nora Springs, Iowa, where the Hon. L. H. Piehn, was a member of the local board. He, with the other members of the board allowed the health (?) officers to attempt to carry out the order of the State board. The Nora Springs school board, better informed, refused to carry out the despotic and tyrannous school vaccination order, so the local health (?) officer went about assuring individuals they were blaged to comply with it or force would be used. In

Good Health 1

Good Health! What a rare, golden treasure.
We mourn it the *moment* W* gone.
We compass the world to reclaim it,
And fairing, are wretched, undone.

When, with us, we value it lightly,
We treat it as though it were clay;
Too often, a slave to our pleasure,
We find it and fling it away.

A servant most faithful we find it;
Its laws are a boon in disguise.
But dear is the price we are paying,
When its precepts we deign to despise.

Yet always 'twould give us good service,
If its laws we would only obey;
But by constantly breaking its precepts,
We wilfully drive it away.

—B. Franklin Richards.

Health, In How, To Find It and
How to Keep It.

Believe in Yourself.

Instead of saying: "I can't do it," when the matter is presented to your mind, as the best thing to be done—say with a *will*, "I can and I will." Then go to work and *do* it, and you will find that it will be easily done.

this way he secured many victims, little Alma being one of them. The doctor assured him she was a very healthy child and *nothing* bad would follow vaccination, and laughed at his fears and excuses, telling him all children had to be vaccinated. Mr. Piehn is a law-abiding citizen and allowed himself to be over-persuaded into allowing the poisonous virus to be injected.

Shortly after this assault upon the pure blood and good health of the innocent victim, her arm swelled greatly and became very inflamed. The health officer was informed and laughed at the father's fears, telling him that the vaccination was working just right. The little girl's condition became continually worse and black spots spread all over her body. The health (?) officer was again called and said there was no cause for alarm, the vaccination was working just as it ought to work to save any one from small-pox. She kept getting worse continually and on May 13th, 1894, died from blood poisoning, caused by vaccination.

Just do a thing and don't talk about it. This is the great secret of success in all enterprises. Calk means discussion; discussion means irritation; irrit; TLON meant opposition; and opposition means hindrance always* whether you are right or wrong.—Sarah Grand

THE KNEIPP WATER CURE MONTHLY.



Photograph of a group of patients of Rev. Seb. Kneipp returning from attending one of his Naturopathic Lectures.

The Half-Bath.

How should the Half Bath be taken, cold, luke-warm or hot? Our reply is: the colder the water the better will be its after effects. A half bath should not be luke-warm, because it would then not be of any material advantage.

Already in the holy scripture it says: "The luke-warm (water) should be spat forth." Warm water weakens the body. Those of an effeminate and weakly constitution may at first use water with the chill just taken off. But this should only be an intermediate stage until they can stand the cold water.

How long should be the duration of the half bath? Two to three seconds are sufficient; just enough to count one—two—three. During the bath rapidly wash the upper body superficially and throw a few handfuls of cold water over your shoulders and back. In all water cure institutes the patient always receives a gush of cold water upon his back additionally after each treatment.

A thorough washing of the body cannot of course take place on account of the limited duration of the half bath. Persons who are hardened sufficiently may at the conclusion of the bath submerge the entire body up to the neck in cold water.

According to my own personal experiences I find that the shorter the bath the better, because it neither lessens the corporal warmth nor attacks the vital strength, but increases them both.

Cold baths of longer duration detract proportionately from the warmth of the body and thereby weaken the constitution.

Where shall we take the half bath? Wherever it is most convenient to us. A bath in the open air and in flowing water during the warm season may be all right, but the water is then generally too warm. Neither is it advisable to expose one's body too much to the air but to go into the water at once. Otherwise the outer air may gain admission into the pores of our skin and thereby cause rheumatism later on. After the bath one should as soon as possible slip again into one's clothes. No need to dry oneself thoroughly. The water evaporates upon the skin surface very quickly, thereby causing an agreeable warmth. It is for this reason not very advisable to take a half bath in the open air when windy.

In what condition should the body necessarily be so that the bath be of advantage to the bather? The body should be thoroughly warm; the warmer the better and the more agreeable and more salutary will the half bath prove to be thereafter.

He who lacks natural warmth or who shivers in front of the water should beware of entering the cold water. Wherever there is lack of bodily warmth it must first be produced either through exercise or rest (i. e., in bed). During the half bath the heat of the body has to withstand a combat with the cold of the water. Now, if the body is thoroughly warm it can easily overcome the sudden cold and is strengthened thereby, while the shivering individual who goes into the cold water cannot withstand the sudden cold shock and loses still more of his bodily warmth.

Just as before the bath: the body must be thoroughly warmed after the same. This can also be done either by bodily exercise or by rest (in bed), as pre-

THE KNEIPP WATER CURE MONTHLY.

viously described. A partial wanning of the body is detrimental instead of beneficial.

When may the half bath be taken to advantage? At any time during the day, but not immediately before or after meals.

Nervous or anaemic people should not take the half bath before going to bed for the night, because it excites them. But after a rest of a few hours, when the body has been strengthened and the nerves quited, the half bath will certainly prove beneficial to them.

The half bath strengthens the body and hardens the constitution and may be taken by all sick as well as healthy people. For the latter a bi-weekly half bath is quite sufficient. As it greatly strengthens the abdomen it is especially recommended to ladies.

After a hard day's work the half bath is a wonderful fill *refreshment* and *tonic*. Children and the growing up young folk need it for strengthening and hardening their constitutions. Our future lies in our progeny, therefore if we harden them betimes they will be better enabled to meet successfully the adversities that life has in store for them, and they will grow up to be a hardier and healthier race than their forefathers.

Diabetes mellitus.

By the Editor.

This disease may be caused either by heredity, the partaking of too much beer, eating of too-many sweet-meats, a continuous floury or starchy diet, excessive tobacco smoking, and sometimes even by violent emotional feelings.

In some places diabetes is more prevalent than in others, which may either be caused by heredity or by similarity in diet.

This disease attacks *oftener the male than the female* sex. Its preliminaries generally are acidity of the stomach, stomach cramp, and other digestive troubles.

As soon as the disease is fully developed the patient will suffer from intense thirst, feel very dry in the throat and pass a large quantity of water. If these symptoms occur simultaneously, then diabetes may be safely inferred; certainty may be gained by Urinalysis.

Duration of this disease is generally from 1 to 3 years; but sometimes even longer. The patient loses flesh and feels very much exhausted and tired.

The cure of diabetes depends upon various circumstances, as in this disease the various organs undergo some change which may or may not influence the cure accordingly. Several theories have been propounded about this disease, but none of them is universally acknowledged to be the correct one.

Treatment of diabetics is generally reduced to withholding from them all those carbon-hydrates which are passed out by the urine as sugar.

For this reason the diet should consist with presence of substances containing plenty of nitrogen, therefore beer, sweet wines, sweet fruit, potatoes, corn, rice, sago, etc., should strictly be abstained from, but plenty of meat, green vegetables, fish, bacon,

cheese and butter should be eaten. Even some milk is permissible. An absolute meat diet cannot be recommended as it will only agree with very few people. The patients ought to take plenty of exercise every day. The water cure is an excellent healing factor, but care should be taken not to overdo it, What is good for the one may be of harm to the other. We have obtained many a cure by aid of the water cure treatment, even in cases where the dieting was not strictly adhered to. However, this does not mean of course that great care need not be taken. On the contrary, one has to observe most rigorously everything necessary for the curative treatment.

Diabetes can be treated successfully with the water cure only in cases where the percentage of the sugar contained in the urine is not already too large, and where the patient has not yet been weakened too much.

Of course gentle water applications may be applied with benefit to all cases even where the disease is already very far advanced.

It has often been noticed that after repeated water applications the patients' thirst has lessened considerably already, from which a lessened secretion of sugar in the urine may be assumed. Those patients who are not yet compelled to lie in bed will benefit very much from the water applications as the exercise compelled by same is very good for them, because otherwise they may wish to postpone the necessary exercise as they feel too indolent and lazy for same. However, over-exertion should be avoided."

In Diabetes-Mellitus the following water applications are the most beneficent; that is, for those who are compelled to lie in bed: daily two entire bed ablutions from the bed, and every hour 10 drops of tincture of tormentill in a table-spoonful of water.

For those who are able to go about yet, the best applications to be recommended are: Half baths, thigh gushes and upper body ablutions, always applied alternately, and will be of evident benefit. The above mentioned tincture of tormentill also may be taken to advantage.

Eat Apples.

The partaking of apples is a well-known although cheap preservative of health. Apples are not only an excellent food but also one of the most eminent dietetics, because they contain more phosphoric acid in easily congestible condition than any other fruit or vegetable product of our earth.

Apples if eaten just before going to bed react, 1st, advantageously upon the brain; 2nd, stimulate the liver, 3d, induce, if eaten regularly before going to bed, a quiet sleep; 4th, disinfect the malodorous exhalations of the cavity of the mouth; 5th, bind the superfluous acids of the stomach; 6th, paralyze hemorrhoidal disturbances; 7th, stimulate the action of the kidneys and hinder the formation of stone in the bladder; 8th, combat digestive troubles, and 9th, relieve catarrhal affections of the throat.

Therefore, eat apples and eat plenty of them.

Diseases.

How to Treat Them According to the Kneipp System.

DIARRHOEA, WITH VOMITING, is cured with warm compresses of water and vinegar on the abdomen, and suitable diet. Bilberries are particularly serviceable. Their preparation is found under "Diarrhoea." Tincture of bilberries, one tablespoonful taken in six spoonfuls of warm water or wine, is the strongest form of this remedy.

DIGESTION is assisted by taking daily a few grains of powdered chalk in water, or with the food; also by peppermint tea, a cupfull morning and evening.

DIPHTHERIA. This destroyer of our children is absolutely harmless when combated in time, and in the right manner.

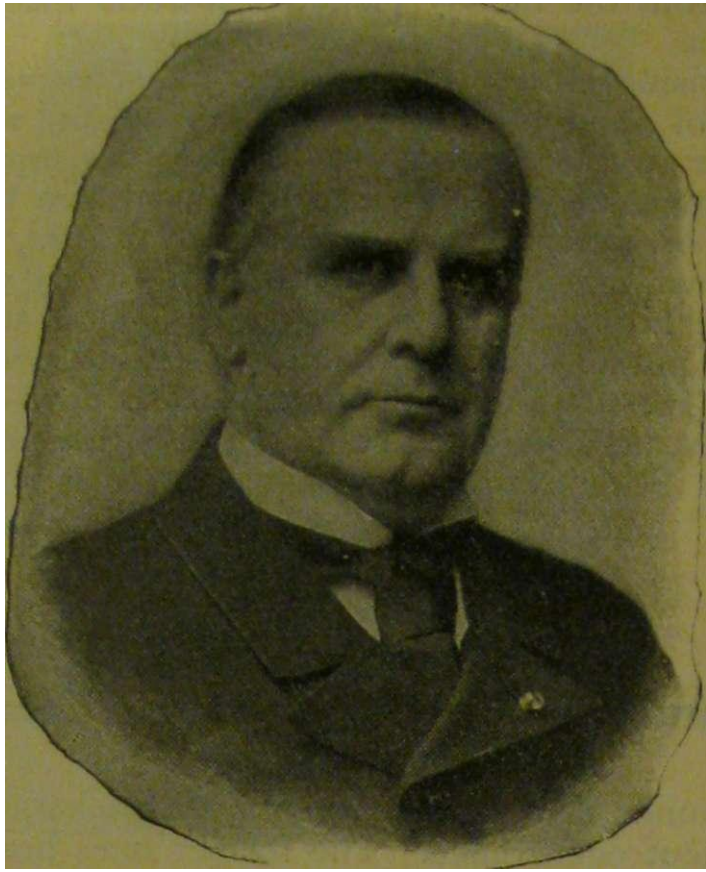
The blood being congested in throat and gullet, the main object must be to disperse it, and to restore the normal circulation. This is best accomplished by clothing the child in one of its own shirts wrung out in hot hayseed water; then wrapping it in a blanket and putting it to bed. The blood, following a natural law, goes where there is heat, and thus is distributed all over the body, from the place in which it set up the inflammation in the throat; the inflammation then subsides, and the danger is over. The child usually falls to sleep after a short time. If, after an hour's time, inflammation and heat set in again, the procedure is repeated; or the child may be taken out of bed, washed all over with cold water, put back to bed again, and well covered up. In this way a copious perspiration will often be produced. A small, coarse sheet is more suitable for the purpose than the shirt. The child, as a rule, gets into a perspiration in such a pack. If the feet are cold, they may be warmed specially by a warm foot-wrap. This is the warm-water treatment, which is most frequently employed. But this dreaded disease is easily cured with cold water, in the form of upper jet baths. The child bends down, or is bent down, and has a canful of water poured quickly over the upper part of the back, and is then put to bed to perspire. If the desired perspiration does not take place, the jet or douche is repeated two hours later. A teaspoonful of an infusion of fenugreek, or yarrow, or mallow, which dissolves mucus, is given every hour. This will promote expectoration, and assist respiration. It is likewise advisable to give the child daily about four teaspoonfuls of good salad oil, in order to allay the internal heat. When the child perspires, it should be left quiet in that condition. During the further course of the disease the child should be dipped twice or, if the high temperature renders it necessary, three times a day into cold water, so as to wet the neck, body, and thighs; but not the legs below the knee. The best way to effect this is to take the child up, and, with one arm under its neck or shoulders, and the other under its knees, to dip it, back downward, in a suitable bath. This simple procedure works wonders, if begun in time; and it will never fail, if recourse is had to it immediately when children, living in a place where diphtheria is prevalent, become seriously unwell. With a child already in a more advanced stage of the

disease, and when the fungoid growth in the throat is going on apace, a powerful jet should be directed on the neck as well as on the upper part of the body (upper affusion); and this may be instrumental in saving the child's life. It is indeed a pity, that so simple a treatment should not be known and employed universally.

In the advanced stages of the disease the following treatment is also recommended. A compress, wrung out in hot vinegar and water, is applied to the throat, as hot as the patient can bear it, covered with woolen material, and renewed every quarter of an hour or twenty minutes. This will cause the fungoid growth to fall off, and it will be thrown up. The child should, at the same time, be enveloped in a lower wrap or three-quarter pack, wrung out in vinegar and water; and so remain for an hour or an hour and a half. This may be done twice in the day.

TRANSMISSION OF DISEASE, by bad blood and other constitutional defects of the parents. In our increasingly degenerated conditions the sins of the fathers are visited on the children more often than ever. Many years of close intercourse with men interested in this subject, and with patients of every description, led Father Kneipp to remark that many cases had come within his ken, in which he could distinctly trace in children that their father had been treated for a length of time with mercury, and had still in his system the poisoned blood which had naturally been transmitted to the poor innocent offspring. Father Kneipp also had occasion to observe how children, whose parents had indulged in self-abuse, were, as the unmistakable evidence of this vice, dragging on a miserable existence with their digestive organs weakened and disordered, and were thus doomed to fall victims to consumption, for want of proper nutrition. It should be a consolation to all so afflicted that a rational water cure can radically restore both parents and children to health.

For children two partial baths and four full lavations weekly, one day a partial bath, the next two days lavation, are recommended. The diet had better be at first free from animal food; later, after about six weeks, mixed diet may be permitted. The patients should walk barefooted a great deal, and occasionally put their feet into cold water for twenty seconds in the evening, taking exercise afterward, and, if necessary, clothing the feet, in order to get warm again. This is the treatment for the warm season, during which, after a six weeks' cure (but not sooner), a short river bath (duration, a few minutes), may now and then be added. In the cold season, two partial baths and two full lavations will be sufficient to recruit the weakened vital force, and to restore to its normal condition the disordered circulation of the blood. More must not be done on any account; if children, while being under this treatment, should catch a cold, evidenced by hoarseness, cough, and chilly sensations, they should have a warm application at once, the most suitable being the warm hayseed shirt. All young patients of this class had better be treated with the warm hayseed shirt, if they are attacked by scarlet fever, measles, diphtheria, etc.; because the weakened constitution is by that means best enabled to thoroughly rid itself of morbid matter, which would not be the case with cold applications.



The late President WILLIAM McKinLEY.

Who Killed Our President?

DISEASE AND SUFFERING PREVENTABLE
BY MORAL AND PHYSICAL
CULTURE.

The article in our last number, under the above title, by Dr. A. T. Buswell, has attracted considerable comment, both pro and con; we can give space, however, to the responses of but two physicians, granting to Dr. Buswell the right to a brief reply thereto.

J. E. Rullison, M. D., of Toledo, Ohio, writes: "I am greatly pleased with the truth of the article by A. T. Buswell, M. D., on the treatment and death of our late President.

"May we have another along the same line, that wrong may be overcome with right. Success to you."

From the adverse criticisms, we have decided to publish the following: —

By Geo. M. Ockford, M. D., Ridgeford, N. J.

I find an article in the October number of the Herald of Health with the above caption. Dr. Buswell would lead us to infer that there was doubt about the cause of death.

Now I have no hesitation in declaring that Czolgosz was the assassin. Aside from the question of treatment, the wound was necessarily fatal. It is useless to compare the St. Martin case with his. The wound of the latter only damaged the anterior wall of the stomach, and all the cases reported as recovering were either wounded only in the anterior wall or shot transversely through the body. I have yet to see or read of the recovery of a person where the ball passed through the anterior and posterior walls of the stomach and lodged anywhere in the vicinity of the spine. The reason is not hard to find. A blow over the solar plexus has caused death. Wouldn't a bullet wound be likely to do as much damage?

Wounded nerves always undergo degeneration, and as dire results ensue from nerve degeneration as

from any other cause—a bullet passing (as in the case of Mr. McKinley) through the stomach and into the muscles of the back might not strike the solar plexus, but would very likely strike some ganglion of the sympathetic or the trunk of that important nerve. A wound of that nerve would inhibit its action, and the body would be like a machine with the fly-wheel off. The sympathetic controls every involuntary action of the body. Take off this control, and the pulse would run wild as in the President's case. Inhibit its action and there would be no recuperative power in the tissues, and gangrene would follow. Nerve force is essential to the action of the organs of the body, and its absence or deficiency is always followed by degenerative changes.

I am not an apologist for the medical profession, and care nothing for the line of treatment pursued. The only question is whether the treatment prolonged or shortened life. Undoubtedly, the early operation would have proved useful if the wound had involved only the stomach, or even one or two folds of the intestines. It is useless to attribute the President's death to his habits or the doctor's methods. Undoubtedly the wear and tear of official life lessened his nerve forces, and also, possibly, his use of tobacco. But neither of these factors are sufficient to account for the results, and the only thing that can be accused of causing death was the bullet fired by Czolgosz.

Dr. Buswell's Reply to Dr. Oxford's Criticism.

As might be expected*, Dr. Oxford treats the subject from the viewpoint of a doctor trained in the routine schools of medicine and is therefore incapable of throwing off that nightmare of materialism which comes of such education, leaving the mind unable to conceive of any possibility of a cure in the case of a patient shot as was Mr. McKinley.

This unfortunate bias, which fastens itself like an octopus upon the intellect of every thoroughly trained medical man, limits his intuitive judgment forcing him to look upon past experience as a precedent forever, and quenches his higher perceptions not only in surgical cases, but as to a hopeful prognosis of disease in general.

Doctors pronounce unfavorably, for instance, upon tuberculosis, and the patient, thus fairly driven from their office, drifts into the hands of a Naturalist, a "Boston Tent Doctor," or a Mental Scientist and often gets well. It is because of this materialistic and unyielding practice of the healing art, that Christian science, questioned as it is, found a warm welcome among the afflicted. Kneipp himself was given up by the German doctors, to die with consumption, but, as a peasant-boy, possessed sufficient common sense to outwit, and bring them, at last, on their knees before his marvelous, yet simple curative system. Eugene Sandow, who is now delighting New York audiences with his feats of strength, recently told the writer that he did not inherit his wonderful physique. In fact, when a boy, the family physician in Koenigsberg told his father he must take the weakling to Italy for the winter, to save his life.

In Italy, he said, the Greek and Roman Matties

inspired him with admiration and envy. Standing before the statue of Hercules, he asked his father, "Why is it there are not more men built like Hercules in these days?" The father's answer was in the nature of an excuse for modern degeneracy. But Sandow's soul was awakened, and, as a mere lad, he resolved to lift from himself the stigma of weakness; and he went at once to work to revolutionize his physical system. I may add that Mr. Sandow insists, that, primarily, physical culture is mental action. In this we see a union of mental science and purely physical culture.

I might go on with innumerable cases in illustration of beneficent results following a departure from empiric practice, and the adoption of simple rational methods.

To treat more specifically of my critics' points. There is no question but what Mr. McKinley would have been with us to-day if the bullet had not been fired. The point I make is, that the bullet was not, after all, necessarily the actual cause of death and the murder of Czolgosz would not have been required, had the President been rightly treated.

The writer further says, it is useless to compare the case of St. Martin with that of Mr. McKinley.

Although the anterior wall of the former's stomach was not perforated by the wound, I maintain, as the respective records show, that the wound was far more serious, and the surgical treatment far less skillful, leading to the necessary conclusion that the vitality of the former was greatly superior to the latter case or that the treatment was, in the President's case, woefully at fault.

Let me ask the doctor, why, in his opinion, "wounded nerves always," as he claims, "undergo degeneration when punctured." Is it really not because the nervous system, in 99 cases in a 100, is not supported by a healthy reactive power, or vitality. In other words, is not the average human body more or less, diseased or weakened, from false habits of living, and hence prone to the very nervous degeneration or 'fag' of which the bullet or other cause is often but the concomitant? We who have outgrown our false medical training know that the "grip," for illustration, is a filth disease of the stomach, and is not to be charged up to a sudden change of temperature, as is commonly believed, but to the faulty, "persona", habits and microbes, both of mind and body, of the victim.

Hence, gangrene, as in the President's case, follows only where the subject is depleted from some unwritten cause, and my colleagues' remark that it is useless to attribute the death to the President's habits, looses, to quite an extent, its force.

If Mr. McKinley had kept away from Mark Hanna's banquet board, and gone with Mr. Roosevelt into the woods, leaving his \$1.00-black cigars behind, he would have been with us to-day. But he was too much of a pet of the money-kings!

I tell you, reader, the great majority of business and professional men are living at high pressure, "burning the candle at both-ends," and until we learn to sacrifice our little and big vices, we may expect disease, suffering and premature death, with little or

no help from the merely palliative medical methods of our time.

In closing let me strongly urge the supreme importance of seeking, at once, that mode of life which shall give to the individual a healthy development alike of mind and body; so that, if overtaken by an accident, or, perchance, an epidemic of disease, there may be, within him, a reserve fund of vitality which shall tide him over the trying hour. That such a culture is possible there is the most assuring evidence. Surely, "He that dwelleth under the shadow of the Almighty, no harm shall come nigh his dwelling I"

New York, November 1st, 1901.

Arthur True Buswell, M. D.

How to Heal Wounds Quickly by Natural Means.

Wounds of a light or even a grave character are of frequent occurrence. The former ones heal up as a rule without needing any other aid except one's own natural healing power; but the latter need more or less aid in order to heal up perfectly and without any ill after effects. The greatest importance should be paid to keeping the wound perfectly clean.

One of the best of Nature's cleansers is a decoction of shave-grass. A daily ablution, mornings and evenings, with a shave-grass decoction is quite sufficient to keep any wound clean.

The healing act is accelerated by a decoction of arnica or tincture of arnica. The latter should be diluted with water, either in equal parts, or two parts of water to one part of tincture. Repeated applications of tincture of arnica, if undiluted, may cause arnica poisoning. Further healing remedies are: juice of ribwort, whey and coltsfoot.

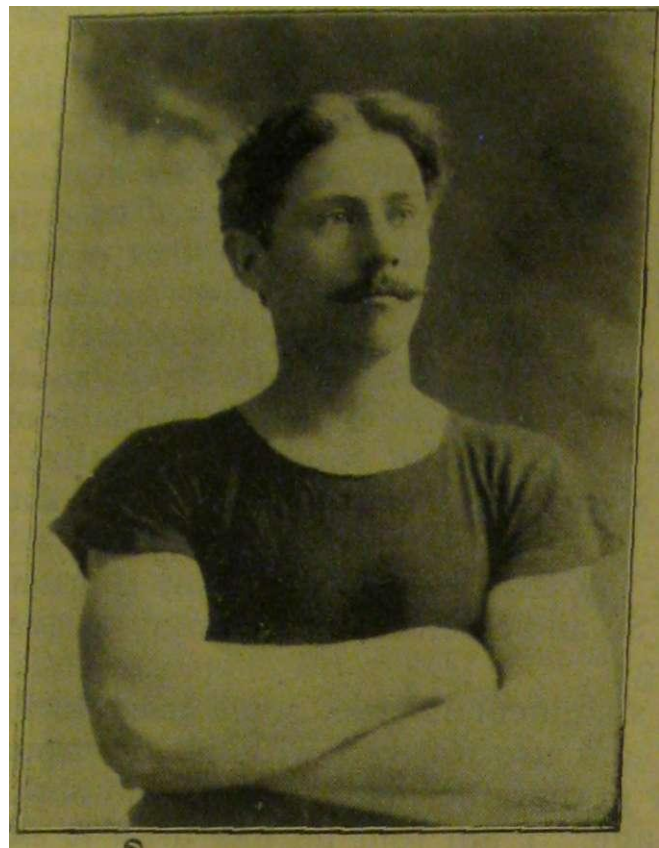
To remove foreign bodies, i. e., small splinters, thorns, etc., one may apply Kneipp's Pitchplasters, prepared from shoemakers' pitch and rosin. This plaster readily draws out all the foreign matter, and thereafter the wound should be treated as described above.

In case of larger wounds caused by bits of glass, large splinters, broken pieces of metal, etc., which are liable to cause blood-poisoning, the utmost care should be taken to remove these substances as quickly as possible. If there are any symptoms of blood-poisoning one should at once have recourse to hay-flower compresses, or still better bathe the part of the body in question in a decoction of hay-flowers. The latter should be very warm, as hot as the body can stand it. As soon as it cools off a second decoction should be ready, etc., etc. This should be continued until the pain gets less and the wounded place looses its peculiar blueish-red tinge. One may, as already said, apply hot hay-flower compresses, but still the decoctions of hay-flower are preferable.

The ensuing wound-fever is best combated by repeated cool ablutions of the entire body.

One copy of this magazine is often worth \$1.00. You can nowhere get so much practical advice in a year, as in the Kneipp Water Cure Monthly.

THE KNEIPP WATER CURE MONTHLY.



William James Cromie.

Tobacco.

By William James Cromie, Physical Director.
Easton, Pa.

The boy or man who smokes cigarettes is like a
cipher with the rim knocked off.—Robert Burdett.

They are slaves who will not choose
Hatred, scoffing, and abuse,
Rather than in silence shrink
From the truth they needs must think
They are slaves who dare not be
In the right with two or three.

—Longfellow.

"A cigarette has a fire on one end and a fool on
the other."

For right is right, since God is God;
And right the day will win ;
To doubt would be disloyalty;
To falter would be sin.

—Frederick W. Faber.

From drinking and swearing and every sin
Ton are safe and secure if you never begin.

—Edward Carsell

The one most seriously affected by the use of tobacco is the user. The first trial of this obnoxious weed, which makes slaves of its tens of thousands, generally causes giddiness, trembling of the limbs, faintness, depression, sickness of the stomach and cold sweats. The pulse is weak and quivering, the breathing hurried, and the vision impaired. By repeated trials the system learns to endure and then to like it. The appetite for it grows and the amount required increases. Its attending evils, when once the habit becomes fixed, are many, viz.: nervousness, stomach trouble, weak and flabby muscles and unnatural stimulation of the salivary glands. It makes the brain languid and cloudy, and the heart irregular in its action. It has even caused cancer of the throat. Tobacco smoke affects the lungs while its poisonous in-

gredients pass through the air cells into
blood, i

Until the discovery of America by Columbus, tobacco was unknown to Europeans, in which Raleigh, who had become acquainted with its use, introduced it into England.

Thirty years after its introduction into England, its use had become so prevalent, and such enormous sums were expended in obtaining it, that King James, in the quaint style which was natural to him, said « "It is a custom loathsome to the eye, hateful to the nose, harmful to the brain, dangerous to the lungs, and in the black, stinking fume thereof nearest resembling the horrible Stygian smoke of the pit that is bottomless."

The origin of the name "Tobacco" probably came from the Indian "Tobaco," a name applied by the Caribs to the pipe in which they smoked the leaves of the plant, and later came to be applied to the plant itself by Europeans. We see then, although its use is very prevalent to-day, that it originated with the savages, and by this practice we are slaves as much as were the Indians.

Woodman and Tidy state in their volume on Forensic Medicine and Toxicology that "Excessive smoking has proved fatal, as in the cases recorded by Gmelin, when two men smoked seventeen and eighteen pipes respectively at one sitting. Mr. Smith of Sheffield records two cases of paralysis directly caused by hard smoking."

Physicians say that a few drops of oil extracted from tobacco placed on the tongue of a dog will kill him almost as quickly as prussic acid. Two drops placed on the tongue of a fowl caused death almost instantly. Children who have inhaled the odor of nicotine from old tobacco pipes or who have swallowed particles of it have been thrown into convulsions, and death has sometimes resulted. Nicotine when vaporized by heat in a close room gives out an odor so oppressive that breathing becomes difficult, even if but a drop of it has been spilled.

Dr. D. P. Robbins in the Dietetic and Hygienic Gazette testifies against this objectionable poison. He bases his conclusions upon experience gained as medical examiner for life insurance companies. He observed that four-fifths of the applicants for insurance use tobacco and that three-fourths are injured more or less thereby. One-fourth are dangerously poisoned, while at least one-eighth have the smoker's heart* Is this not alarming? This writer continues to add: "Think of the American nation having worse than uselessly spent over five hundred millions of dollars for tobacco in 1897, which was more than the cost of bread and potatoes, or of sustaining schools or churches. Yet we wonder why the times are hard. To be sure this was less than half the cost of the other great destroyer, liquor, but it is certainly worth our careful attention. It is not only selfish, filthy and entirely useless, except as strychnine or arsenic in rare instances, and in homeopathic doses, but benumbs the mental and moral sensibilities and outrages respectable society."

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

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chewing tobacco. Ride in the street car, train, boat, or any public conveyance, and one must inhale the foul, offensive breath of the tobacco fiend. Even the churches are not exempt from the odor of this narcotic. How unfortunate it is when even some of our ministers use it. To whom shall we look for examples of personal purity if not to the clergy. But alas! too many of them have succumbed to the influences of this debasing and poisonous weed. How can a soul belonging to a body no longer as the Lord made it, but stimulated, injured, and shall we say teeming with nicotine, inspire and elevate the thoughts of others to things pure and holy?

The apostle Paul said, "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy, for the temple of God is holy, which temple ye are."

The man whom God calls 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. He should realize that he not only degrades himself, but is a stumbling block to others who are weak, and that he exerts a mighty influence upon the highest welfare of society, more so probably by his living than by his preaching.

Is it any wonder that young boys smoke and chew when they see their fathers, brothers, teachers and even their pastors using this vile life destroyer. How inconsistent for a parent to tell a boy not to use tobacco when he sets the example by using it himself. The boy naturally thinks "Why do you continue its use if it is harmful." The writer, when a boy, used to think this way and accordingly acquired this manly (?) habit. He thought in order to become a man it was necessary for him to daintily knock away the ashes from a cigarette with his little finger, and in fact, to imitate perfectly the hundreds of gentlemen (?) who enslave their bodies by using this filthy weed.

You likely think it is a slur to question your being a gentleman. You may be master of the classics, have the culture of art and travel, have wealth, position, fame, and still not be a gentleman in the largest and truest sense if you persist in moving among your fellows and make a nuisance of yourself by this practice. Tobacco may have attractions for the user, but for one with sensitive nerves and senses the odor of tobacco is by no means a pleasant aroma. It has a bad odor and the user naturally acquires the same characteristic.

Again you would riot consider a woman a lady if she were to walk up and down the street fumigating herself or looking like a smokestack. If a woman who uses tobacco is not regarded as a lady, I think the same statement would apply to men.

A person addicted to the tobacco habit will generally advise one to never begin its use. He should take a little of his own advice and stop using it before the fetters with which he is bound become any stronger. By the action of using tobacco he acknowledges to all who see him that he is a slave to habit; that he squanders his money; that he is selfish; that he cares not for the convenience of others, and that

he is constantly violating every fundamental principle of courtesy, refinement and gentility.

How disgusting for one to walk along the street and see it all stained with tobacco spit; how much more so when one's mouth and chin are in like condition. If the powers of cities compelled its citizens to expectorate in vessels provided for that purpose disease would not be so prevalent. How lamentable it is to see a young man take from his pocket a box of cigarettes and lightly remark, "Here goes another coffin nail." It makes one exclaim, "What fools some mortals be!" Does the young man realize that he is driving a nail in his coffin by the act of shortening his life?

Some say that tobacco does not shorten life because Mr. So and So lived to fifty, sixty or even eighty years of age.

This statement is true, some men do live to be quite old and use tobacco without any apparent injury. My grandfather uses tobacco and is *past* ninety years of age. I am told he has used it all his life. How much stronger might he be to-day had he never become addicted to its use. How much stronger might I be to-day had my grandfather, father and myself never have used this slow poison? Physicians tell us that each generation that uses alcohol or tobacco becomes weaker and has less strength to resist these habits. Again the noxious influence of tobacco is more actively operative upon one class of persons than upon others. Those who do hard normal labor suffer least from the deadening influence of noxious agents because the system is largely counteracted by physical exercise, or toil, which strengthens the entire system and conduces to health. But let no one because he does hard normal labor begin its use on that account or think he is justified by using it, for it slowly kills the strong as well as the weak and inactive. In this class, however, may be seen the results of tobacco's use in the form of cancer on the lip, tongue or throat, dyspepsia, constipation, nervousness and irregular heart, as in fatty degeneration by alcohol.

The other class includes persons of wealth, leisure and idleness, as well as those devoted to literary employments and sedentary occupations. In these paralysis and nervous derangements are found to be quite prevalent. When constitutions are weakened by bodily inactivity, tobacco takes hold more quickly and is much more injurious and ruinous.

Some in defense of smoking say, "We enjoy pretty good health." How good? "Why, as good as other people." This does not prove much as other people so far as we know die of disease—in other words of violence, and not a natural death. The transgressors of moral and physical laws do not, cannot, should not, live as long as those who follow Nature's laws rightly. As for dying in good health, there neither is nor can be any such thing. If man would live within the laws of Nature and not do anything that would weaken his body, he would live on into the teens of his second century.

Most everyone knows that smoke is composed of dust, etc., but few know that tobacco smoke contains nicotine, soot in minute particles, acetic, formic, butyric, valeric, and still other acids, while prussic acid, creosote and some hydrocarbons are traceable. This-

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shows that tobacco smoke contains three very deadly poisons, nicotine, creosote and prussic acid. The smoke which lodges on pipes, etc., may be seen. The smoke of fireplaces and stoves blackens our *chimneys* and the soot flies through the atmosphere, but the nose, *mouth* and windpipe, though transformed into chimneys, so long remain white and clean; Why do they not become blackened with soot like chimneys and old tobacco pipes. Simply because the tobacco deposited in these cavities is absorbed, carried into the circulation, and becomes part of the system itself. *It has poisoned us.* It has impaired our health by *lowering the* tone of our vital energies, and in a greater or lesser degree shortened our lives.

Parents should teach their boys and girls that tobacco *ruins* health. Mothers should realize that their daughters will one day marry one of the men with whom they associate. They should teach these daughters to expect men whose lives are pure that they may be fit fathers to raise their children. Young women do not expect enough from their male companions. They should demand the same purity in all things from their male associates as is expected of them. Too many girls keep company with men whom they know to chew, smoke, drink, and the private life of whom they know to be impure. The girls and women have more to do with the forming and moulding of the manhood of the country than they are aware. As long as girls cater to men whose lives are said to be questionable and a little fast so long will we have fast men.

The tobacco question must be solved mostly by the *women*. The young woman must expect and demand before marriage that her husband be a man of good habits, as reformation after marriage are not so successful. Man will do much for a good pure Christian woman. After marriage the woman as a mother must teach her children the effects both physical, and moral of the use of tobacco. It is very easy to *teach* children as we have plenty of object lessons. If this is done tobacco users will have greatly decreased a few generations hence.

Tobacco is expensive. If you are a married man, and your wife spent one dollar and a half a week for chewing gum, would you not protest against the expenditure? Yet you spend that amount and possibly more for tobacco. Did you ever realize that one dollar and a half per week amounted to \$1,560 in *twenty years time*?

Dr. J. G. Cleveland, of Boston, in his issue of "The Temperance Cause," says: "As to the average person, arriving at middle life, who has the habit of smoking or chewing fully established, it is doubtful whether the Archangel's trumpet would *startle* or *convince* him of his delusion. We have little hope of benefiting such. But boys we hope to benefit. Now, boys, here are facts you should heed. Tobacco is a nerve poison. It paralyzes nerves which *control* functions whose activity is essential to healthful life, and its temporary soothing power is gained only by stupifying instead of resting the tired body. It is the shock given to the nerves which causes the death-like sickness when tobacco *is* first taken, and its continual use soon injures the nerves so that they no longer give warning of the

mischief going on. If the *poison* *flung* up, for a while, the nerves recover their sensitivity and begin to cry out against the poison and make demand for misery. Then the sufferer *is told that* tobacco will stop this misery, so more is taken and the nerve again are paralyzed into silence. So great *is* the relief from the misery, the sufferer imagines himself happy and talks about the comfort gotten out of tobacco while the truth is he would have been far more comfortable and happy if he had never touched the weed. And so the habit goes on enslaving the sufferer until it becomes a terrible master whose orders must be obeyed. Thousands of men would give all they have 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 life-time slavery, to a miserable habit, or will manfully resist its first approach in spite of the ridicule which foolish companions may heap upon him.

"To be well born is the right of every child."

"The bearing and the training of a child

Is woman's wisdom."—Tennison.

Healthy Sleep and how to get it.

Any person who cannot sleep is ill. A person who is always sleepy is also not well. A healthy person sleeps only during the time allotted for rest, and his sleep will be at an average of the same duration.

Now comes the question: how long shall we sleep? Of course what is suitable for one does not necessarily apply to all. Children, because they are continually growing, need plenty of sleep. Old people need only little sleep.

For a grown up person a sleep of from 7 to 8 hours duration should be quite sufficient. "Septem horas dormire sat," a seven hours' sleep suffices, was an old Roman proverb.

How do we obtain a healthy sleep? One of the foremost necessary conditions is the thorough ventilation of the sleeping apartments. Without the right amount of fresh air a healthy sleep is not possible.

If you want to sleep well you should not partake of any late supper. If the stomach has to attend to its duties of digestion while we sleep, it cannot rest. And with the stomach there are also other organs affected. For the same reason you should also abstain from partaking of any hard digestible dishes at your evening meal. There is one point which should not be overlooked: that is to have some rest before going to bed.

He who overworks himself steadily, be it either bodily or mentally, as also he who excites himself over broods over his sorrow; will not be able to enjoy healthy sleep.

The right time for sleep is undoubtedly the time before midnight, because the sleep before that time is the most beneficent as is well known and proven by scientific research, and counts double.

Nine o'clock or a little later is the right time to go to bed, and if possible do not go to bed later than 10 o'clock. The above may be taken as a general rule, but of course there are some exceptions to every rule.

Scientific Cooking and Eating. HealthCulture.

By Jonas; Morgan, Chicago.

The fourteen elements of the human body need the fourteen elements contained in the air, water and food; these fourteen elements and seventeen combinations are being consumed every day and must be replaced. The carbonates for fuel, nitrates for muscles and bones, phosphates for nerves and brain, all of which have been organized in some plant or vegetable in Nature's laboratory,

CHEMICAL AFFINITY.

The twelve cell salts, phosphates, sulphates, chlorides, etc., of lime, sodium, potassium, iron magnesium, etc., are set free from the organic portion of food by the process of combustion, disintegration, or digestion, and are thus carried into the blood. The lack of these elements or non-assimilation of food is the cause of disease. The living human body contains over seven-tenths water, the cell salts one-twentieth, organic matter the balance.

AIR IS A FOOD.

The oxygen if not the nitrogen is a food and helps to build up new tissues; the chemical phenomenon of life is oxygenation. (See "Secret of Long Life," of "Right Breathing in this magazine of April 1901, also "Key on How to Obtain Long Life" in Kneipp magazine of June 1901.) Tesla claims we can live on air alone.

TEMPERAMENTS.

Harmony is the keynote of the universe; intelligence is the mast of all force. The different temperaments (vital, magnetic, electric and psychic) must be harmoniously adjusted to our individual key note to express perfect health and happiness.

v THE LAWS OF NUTRITION.

They should be studied and observed since nitrogen is the most important and costly food. Ninety per cent, of our population spend forty to sixty-five per cent, of the family expense on the food supply, and do not pay enough attention to the chemistry and science of cooking, the application of heat to retain the flavor and convert raw and indigestible material into nutritious food.

VARIETY OF FOOD NECESSARY.

To keep the digestive organs in perfect condition natural food must be taken in natural proportions. The appetite should be satisfied without any waste material; that which we love best in its natural state guided by osmazone in its perfection is best for us and in the right condition for digestion. All natural food is provided with its own flavor (salt and sugar), but it may be lost in cooking, therefore it should be eaten raw or steamed. Entire wheat contains the right proportions; rye is next. Barley food contains more than twice as much phosphates as wheat and for literary men of sedentary habits can be made into porridge and barley cakes or soup. Rice pudding with "gooseberry sauce eaten with fresh vegetables, particularly lemon or string beans, are very, nutritious.

Green peas contain less starch and casein but more sugar. Green corn on cob is good.

Grains, fruits, vegetables and milk products, proteids, fully heating malts, fibre, contain salts and water and are essential to human life and activity. A few types of foods most rich in proteids: Gluten wheaten, cheese, 25 per cent, to 40 per cent.; beans, peas, 20 to 30 per cent.; entire wheat bread, 10 to 20 per cent.; nuts, 15 to 25 per cent; peanuts.

Some fibre is needed to keep the bowels in condition (fruits, potatoes, apples and figs) eaten with entire wheat bread. Salts are obtained from vegetables (stew cooked) and fruits.

£ THE PROCESS OF DIGESTION.

Depends on the relish with which it is taken. It is one of the duties of life to enjoy preparing and eating food. We should have regular hours for eating, sedentary people in particular. Food at nine and five p. m. to be taken in such quantities as the system demands. See this magazine May "Popcorn Breakfast, or Science of Eating."

All food to be eaten slowly and deliberately and well masticated and mixed with saliva, thus promoting cheerfulness, "To laugh and grow fat" is a good motto to hang in our dining room. Painted and framed in one "astral" color.

DEMAND FOR WATER IN HUMAN SYSTEM.

Man requires from twenty-five to forty oz. of water in twenty-four hours; about the same amount of food, one-third of which is for muscle building. Soft, artesian well, or distilled water is best.

ACIDULOUS DRINKS.

The juices of all fresh ripe fruits (peach, grape) (lemon is a good blood purifier) are useful in eliminating from the system various alkaline impurities.

FATIGUE.

Arises from the lack of energy or force, due chiefly to want of proteid or albumen in the blood, which have, though partaken, not been fully digested, and produced to much waste matter, like the ashes in the grate.

EXERCISE.

Helps us to get rid of the acidity of the body through the skin; as long as the acidity is in the body, the wasted products will be less inclined to come into the blood, but remove the acidity and in rush the waste products.

GLAME, !

Is the principal life-impulse which can be obtained in breathing pure air, drinking pure water, and eating fresh fruits, grains, nuts and vegetables, taking sun and air baths and wading in running water. The mystic adept understands this law and is very careful in the selection of his food, eating only fresh sun-ripened fruits, nuts, cereals and vegetables. See Magazine of Mysteries, New York, Oct.

THE ETHERIC AGE.]

Many of the new thought publications have given much space to right breathing. For "The Conquest of Old Age" they claim it is absolutely unnecessary for man to take an ounce of food into his stomach if he understands the process by which the universal life

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force may be approximated and knows how to absorb the gold which is in the air. To build the Brain, see "Christian Path Finder/* Colorado Springs, Col.

CARDINAL POINTS OF HEALTH. VITALITY, FOOD, EXERCISE, CHEERFULNESS.

THE CODE OF HEALTH.

1. Breathe only (and plenty of) pure air.
 2. Drink only pure water.
 3. Eat only pure food.
 4. Take sufficient muscular exercise.
 5. Preserve proper attitudes.
 6. Discipline the mind by proper mental exercise.
 7. Take proper rest, recreation and sufficient sleep.
 8. Restrain the passions and govern the emotions.
 9. Give *attention* to personal cleanliness.
 10. Be temperate in all things.
- If these rules are followed, health, peace and competence will be the result.

CHIEF ERRORS IN DIET.

We eat at the *wrong* time. Our food is not properly cooked or prepared. It may be wrongly mixed. Some fruits have acids that hinder the digestion of starch. Drinking with a meal is wrong. Failing to masticate your food, also not eating slow enough and mixing with it saliva, which helps to digest the starch and turn it into sugar to carry it a stage nearer to being used as heat and *energy*, is also wrong.

You may be taking an excess of the nourishing elements. An excess of proteid turns to waste products, or you may not be taking enough of these elements.

Abstain from drinking during or within half an hour before or two hours after eating extremely hot food. Each person must find out for himself that which agrees with him best; he must learn to combine and mix the various foods scientifically and chemically.

LOVE THYSELF.

We can not bestow upon another or give him that which we do not possess, therefore to "Love thy neighbor as thyself" we must first be in possession of "Love Thyself," being full and overflowing with the vibrations of love, we radiate it to all that we come in contact with, the same as the sun radiates its heat. If we foster the love element within ourselves and hold the thought of "Love Thyself," our neighbor must receive the overflow, personally I have my physical body as a perfect instrument for the mind to play upon. All I have to do is to keep the instrument (physical body) in perfect trim so that the mind can produce the most harmonious and beautiful vibration of health; there is nothing too "rich for my blood." The best care we take of our physical body the more pleasant will be our lives. The *reaction* of the body upon the mind is quite an item in estimating the exposure of energy to keep our body in perfect health; we must love to see *it perfect* admire it, picture it in thought as beautiful as the artist or sculptor does his creation before it is manifested.

Gymnastics.

Gymnastic exercise is undertaken for the purpose of bringing every part of the human frame into action[^] thereby regulating and accelerating the circulation of our blood and at the same time hardening, the entire body.

For these reasons gymnastics ought to be encouraged by every one; unfortunately, however, nowadays gymnastic exercise is either neglected altogether or on the contrary it is exaggerated to such a degree that *often* sprained limbs, broken bones and lingering disease are the consequences. Those so-called would-be athletes will over-exert their strength to such a degree that they eventually become cripples.

Now we may be asked, is there no substitute for gymnastic exercise? Certainly there is a substitute for it which, if adopted with common sense, will never entail any mutilation, broken limbs or peril to life. It is mechanical or manual labor. But even this should be adjusted to the strength of each individual case according to the constitution and power of endurance of each. What is good for one may not be of benefit to the other. Weakly constituted persons should commence to do some light work, and this for a stipulated time only.

Some of the employments which are most conducive to health are: gardening, wood-cutting and splitting, nailing of boards, pumping water and many other similar occupations.

Walking exercise, if not overdone, is also very beneficial to the general health, but one should take care when walking to give all parts of the body an equal share in the exercise. It is wrong to take a constitutional walk with one's hands in the pockets or folded behind one's back. No; all the limbs must be exercised freely to be of decided benefit to the body and to recuperate thereby one's health. Out-door exercise is necessary to everybody for the preservation of their health, but especially to those of sedentary occupations as office clerks, teachers, seamstresses, factory hands, etc. The blood which by sedentary occupation gets partially clogged can only by a corresponding amount of out-of-door exercise be made to circulate freely.

Exercise is also otherwise of very great service, because it detracts one's thoughts, and this is of very great importance to hysteric and melancholic persons.

Exercise strengthens the muscles and is of great benefit to nervous people. Exercise increases one's vitality and aids man by strengthening: the body, to overcome the various vicissitudes of life. It hardens body and soul; combines both into a harmonious unity and gives us the necessary strength required for our calling.

However, if overdone exercise like anything else will be of detriment to him who exceeds the limit of his personal strength. Overexertion and overstraining of one's bodily faculties has shortened the lives of many a one, and brought them to an early grave.

HOPE, There is always hope in the and honestly works. In idleness alone there perpetim? despair.—Carlvie.

Traveling Through the West Indies.

It was on Saturday, Aug. 10th, when I went on board of the steamer *Altai*, of the Hamburg American Line, bound for Columbia in South America. We left New York City W. 25 str. at 12 p. m. We were soon threading our way out of New York harbor bound to the land of romance and chivalry. Like dreams seemed the last farewells as we saw over the taffrail the fading forms of the well-known shores of Manhattan Island. We passed Sandy Hook and turned our heads due south to chase the health-giving sunbeams of the tropics. In two days we were already traversing the South Atlantic. Flying fish began now to be a source of interest and amusement as they skim from wave to wave dipping their wings ever and anon to plume themselves for further flights. Then we passed through large waves of saragossa and gulf weed and thought of the memorable day when Columbus' ship first plunged her bows into the tingled ocean meadow and the sailors were ready to mutiny, fearing hidden shoals. This gulf weed has not, as some fancy, anything to do with the Gulf Stream, thrust away to the south by this great ocean river, it lies in a vast eddy or central pool of the Atlantic, between the Gulf Stream and the equatorial current, where it revolves and revolves. It is a class of itself; it is ocean-born, and long ages have passed since it lost the habit of growing on the rocky sea-bottom; forever floating, it feeds among its branches whole families of fish, crabs, cuttlefish and mollusks, which, like the plant itself are found in no other place in the world.

The first land we sight is Watlings (or San Salvador) Island, which was the first land discovered by Columbus. We soon passed Bird Rock with its picturesque light-house, and entered what may be termed the Bahama Sea. To our left was the long, low-lying island known as Fortune Island, where the steamer stops with mails and to embark natives to assist the regular crew. They were all negroes who never in their lives had worn shoes, hence their enormous big feet. I said to myself: "These are children of nature, not yet spoiled by so-called etiquette and civilization."

Leaving Castle Island with its light-house and flourishing cocoanut plantation, our next sight of land was Cape Maysi, the eastern end of Cuba, and then we saw on the horizon the splendid mountains of Hayti and Jamaica, the former clothed with luxuriant timber from foot to crest, and the latter showing so many sharp lines and peaks as to resemble a piece of crumpled paper.

The climate of the West Indies is divided into the wet and dry seasons, the latter commencing about the middle of November and continuing until May; during this time the days are bright, dry and clear, with a full blue sky overhead, the temperature averaging about 70 degrees. At sea the warmth is tempered by the trade winds, which blow from the east and northeast; while on shore we have the delicious soft, soothing land breeze by night, and the tonic sea breeze by day. This free circulation of dry pure air and the rich and abundant sunlight render the climate during the season both exhilarating and salubrious; the variations in temperature are very slight.

We arrived at Kingston, Jamaica, on Thursday, Aug. 15th. The island is situated in the Carribbean Sea about 90 miles south of Cuba. It is the largest and most valuable of the British West Indian Islands, with a population of 750,000. It was discovered by Columbus in 1494 on his second trip to the New World; in 1670 it was ceded by Spain to England. Kingston is the chief town of the island and now the seat of the government. It is picturesquely situated at the foot of the Liguanea Plains at the head of the splendid harbor formed by the arm of the Palisadoes, at the outer end of which stands Port Royal.

We remained there till Saturday afternoon. During the two days I was a guest at the bishop's residence and the Jesuit Community, where I was received very kindly. The Rev. Ed. McGrath, S. J., a schoolmate of a well-known and popular clergyman of New York City, the Rev. Father Daly at St. Patrick's Cathedral (who by the way, if I am not mistaken, is also a reader of the Kneipp's paper), by order of his superior, gave me a carriage ride about the city and showed me all places of interest.

I found the streets excellent; some are laid with bricks, some with asphalt. They are well lighted by gas and electricity. In the suburbs there are some very handsome cottages built after the American style.

We left Kingston Saturday afternoon, Aug. 17th, and arrived at Savanilla in Columbia, South America, on Monday morning. This port is connected with the city of Barranquilla by a railroad, though a very primitive one, owned by an English company. As we were to remain at this port till Tuesday afternoon, I accepted the kind invitation of a fellow traveller, Mr. J. E. Davis, of Jersey City, to go with him to Barranquilla for pastime whilst he went on business. Mr. Davis is one of the gentlemen that own the electric street car railway in Bogota, the capital of Columbia. He told me that this is his thirteenth trip from the United States to Columbia. We intended to stay over night at Barranquilla and went to the best hotel to engage rooms. When the rooms were shown to us Mr. Davis said no; if we cannot get anything more comfortable we will go back to the ship, and so we did. The heat in Barranquilla was intolerable, and the rooms at the hotel were located towards the interior courtyard, hence no chance to get the least breeze. The city is very old fashioned after the Spanish style; streets are very bad.

Along the railroad we passed many negro bands, the inhabitants of which need not return to nature as far as clothing is concerned: they are still natural. We heard in Barranquilla that everything was in an excited condition in government circles on account of the rebels trying to overthrow the government. Here I parted from Mr. Davis, whom I found a very sociable gentleman during our voyage. He went to Bogota with a boat on the Magdalen river.

We left Savanilla and its ever green mountains and woods with their green and red parrots and monkeys on Tuesday night and arrived at Carthagena next morning at 9 o'clock.

Carthagena was the old strong-hold of Spain on the Atlantic coast and was founded in the fifth century. It possesses a wonderful fine harbor. The city itself lies on a sandy neck of land, connected with

THE KNEIPP WAT4R- CURE HONTni^i

| the main *land* by a bridge at La Popa Hill, crowned
j with its old convent, now turned *intp* a kind of sanitarium by the government for the use of sick soldiers. Its white walls are visible for many miles at sea.

The walls which completely surround the city are in some places sixty feet thick. The harbor is the most picturesque I ever saw. The city has, besides the cathedral, several other old and magnificent churches, the most prominent of them being that of San Juan de Dios, which rises majestically over the city walls on the sea coast. Cartagena has also a fine park with bathing places along the beach.

I regretted very much that I had no time to visit La Popa Hill; there must be a grand view from it into the interior of Columbia, and if some "Americans," as the natives here call the people of the United States, would interest themselves in purchasing said hill and erect a sanitarium after Just's system, no doubt it would, during the winter season, attract people (that is, people of means) not only from the three Americas, North, Central and South, but from the whole world, there being every facility for ocean steamers *coming to* Cartagena from all ports of the world.

When we arrived in Cartagena we were told that nobody was allowed to land without special passes from the governor, on account of the revolution. I showed my passport as a citizen of the United States to the purser of the steamer, Mr. Becket, who during the voyage I had found a thorough gentleman in every regard. He at once telephoned to the American consul in the city and before long answer came back that nobody should molest me nor prevent my landing. I then tended to my business, calling on the Archbishop. He received me very cordially and at once called on the governor and on the following morning an official document was sent to me by the governor, *stating that I was* appointed as Superintendent of the Public Schools in Saint Andrews and Providence Island.

I left with the same steamer for Lima, in Costa Rica, Central America, on the next day, Thursday, at 4 p. m., and arrived at the latter place on Saturday morning just two weeks after leaving New York. It was my intention to leave Lima without delay after finding out which way I could get over to Saint Andrews Island; but I was told that it might be a month or more before I could get away from Lima, as there was a strict quarantine on account of the yellow fever being in that port. I followed the advice of a fellow traveller and went to San Jose, the capital of Costa Rica, 4,000 feet high up in the mountains. The heat down in Lima on the sea shore was as intolerable as in Barranquilla, whilst up at San Jose it is about 70 degrees on an average. ! The climate up in the mountains is very fine; just now is the rainy season and for this reason not very agreeable; still there is sunshine all forenoon. Costa Rica is the most southern state of Central America with a population estimated at about 275,000. It is a wonderfully rich country, as its name implies. Before long the railroad that runs now from Lima on the Atlantic ocean to San Jose will be continued to the Pacific ocean. From the top of the volcano Trazu can be seen both the Pacific and the Atlantic oceans; it has a height of nearly 12,000 feet. Its woods are still inhabited by

tigers and all kinds of snakes. The city of Sari Jose has a fine cathedral besides a number of old churches* dating from the first Spanish settlers. There is also a small Episcopalian church for English speaking Protestants. The houses are nearly all of one story on account of the *triquent* earthquakes. They are built after the old Spanish fashion of thick stone or clay walls and therefore totally opposed to hygienic principles. The rooms are damp and unhealthy. What a benefit to the health of these people it would be if they could be induced to give up their old ways and in a climate like theirs build the "light-air" cottages as Just recommends in his book, "Return to Nature."** (By the way, Mr. Lust, how long yet till the English translation of this, interesting book will get on the market?)

A few weeks after my arrival the Rt. Rev, B. A. Thiel, bishop of Costa Rico had died from a complication of diseases, kidney and bladder trouble. He was naturally of a strong constitution and only 51 years old. Five physicians attended him during the last month of his life (he was only four weeks sick in bed), which in my opinion was reason enough that a recovery was out of the question. I suggested to one of the clergymen that the bishop's life could be saved if he 'could be induced to submit to a natural treatment, after Kneipp, Kuhne, Just, etc., but I was told that the people of this country are not yet ripe for accepting the new creed of health. How easy the people here could live on a fruit diet, but I find that such is not the case, but meat is eaten at least twice a day, which surely cannot be natural nor healthy in a tropical climate. I, for my part, have, since I left North America, tried to remain faithful to the principles of "Return to Nature."

The handsome summer villa about three miles outside of the city, which Bishop Thiel had intended to occupy during the coming months, over which the rector of the seminary has to dispose, has been offered to me during my stay at San Jose, and of course I gratefully accepted the kind offer and here I live as near to nature as possible. Windows and doors I keep open all day. In the morning my medicine consists of a glass of orange juice, the villa being surrounded by a grove of orange trees. Then I go in Kneipp sandals down to the river which runs through the farm belonging to the villa. There under the shade of the -trees I tried to take the air-baths as they do at the Bellevue Sanitarium at Butler, N. J., but I took only one, for the mosquitoes (not the usual ones but a very small kind) gave me such a welcome that thus far I could not make up my mind to let them again taste the sweetness of my flesh. I, however, take my daily short bath in the river and as there is also opportunity for walking in the grass, I have made daily use of it thus far to the amusement of the visiting*^{SB} clergymen that call here occasionally. My meals at noon and in the evening consist of bread (no Kneipp Whole-wheat bread, though, which cannot be obtained here in any baker store), milk and honey (of both there being plenty on the farm), rice vegetables and fruit

After landing at my destination, St Andre land, the readers of the Kneipp papers roave hem me again. REV. ALBERT STROEBEL*!
San Tose, Costa Rica, Sent. 20. 1906.

THE KNEIPP WATER CURE MONTHLY.

Osteopathy briefly explained.

It is but fitting that the Kneipp Water Cure Monthly with its thousands of progressive, intelligent readers and its advanced ideas of natural methods of healing should be one of the first journals of importance in the East to bring before the people the new science of osteopathy.

Many of the readers of this monthly understand the history principles and theory of osteopathy, and to such this necessarily short article will contain little of interest, but from our experience in the East we are sure thousands who know nothing of it will like to have brought before them a short history of the science that may perhaps interest them, and possibly in the end bring them to a better understanding of Nature's forces operative in the human body and the utter folly of pouring into the stomach upon all occasions the worse than useless drugs.

The word "osteopathy" is taken from the Greek words "osteoy, a bone, and "pathos," suffering, and is another evidence of the utter inadequacy of a single word to explain a science.

From the two words, bone and suffering, many are led to believe that osteopathy has to do only with diseases of the bone, or that the osteopathist believes that all diseases are directly due to displacement or dislocations of the bones; both of these ideas gained from the etiology of the word are incorrect, and yet the name applies as well as any one word could.

It is rather because of the importance of the bony structure and its relation to the cause and cure of disease from an osteopathic standpoint that the name becomes applicable.

The skeleton forms a bony framework which gives grace and form to the body, attachment and stability of position to the various organs and structures and renders possible normal function, physiology.

Using the bony eminancer, as also does the surgeon, as landmarks from which to calculate the true position of the soft tissues and organs and the bones and their muscular and ligamentous attachments as pulleys, levers and props with which to relieve pressure upon nerves, arteries and veins the osseous structures, as can be seen, becomes of vast importance to the osteopathist and it is his extensive use of them that has caused the coining of the word "osteopathy."

The principles of osteopathy were discovered by Dr. A. T. Still, of Baldwin, Kansas, 1874, and have since been developed by him and his co-workers, until to-day osteopathists are to be found in every State in the Union and in every city of importance.

Dr. Still for many years devoted himself to the practice of medicine: becoming dissatisfied with the poor results attained through drug medication, he set before himself the task of discovering if it were possible, a better and more natural system.

He reasoned that a body so perfectly constructed mechanically must have been intended to be able of itself to lubricate, care for, and protect itself against the inroads of disease, without the artificial aid of external substances, present in the way of food.

He early reached the conclusion that "a natural flow of blood is health?, and disease is the effect of

local or general disturbance of the blood." With this as a basis he followed up his experiments. He found that "the bones could be used as levers to relieve pressure on nerves, arteries or veins." He also found that there were certain nerve centers, chiefly along the spine, controlling the various organs that could be operated upon and controlled by pressure or stimulation with the fingers, and that the desired result could be reached much more quickly and be more lasting; in this manner, than by drug medication. So step by step the science grew until to-day almost every known disease is treated successfully.

The bones, muscles, arteries, veins, lymphatics, glands and nervous organs and tissues of the body are placed together in compact form in close proximity to each other, and a displacement of any one of these component parts cannot occur without interfering in a measure with its neighbor.

The osteopath holds that if every tissue of the body, the history, principles and theory of osteopathy, and thus he looks upon disease as indicative of displacement in some part of the mechanism, not necessarily a bone, but often a muscle, tendon or ligament.

Displacements may arise from atmospheric changes, strains, slips, falls, overwork; a draught of air or a cold, wet day may cause a contraction of muscles which immediately interfere with the cutaneous circulation and when greatly contracted produce tension upon bones, especially vertebrae or ribs, oftentimes drawing them from their normal positions, these in turn press upon the blood vessels or nerves passing between them, thus shutting off the blood or nerve supply to an organ or part, thereby causing disease in that part.

The osteopathic method of cure would be, then, first of all, to correct the displacement wherever it might be, to re-establish a perfect supply of blood and nervous energy to the part, then suggest such diet, baths, exercise, etc., as the case would indicate, and nature will perfect the cure.

The keynote of osteopathic treatment is adjustment: to establish within the body perfect freedom of motion of all the fluids, forces and substances pertaining to life, thus establishing a condition known as health.

Just a word concerning the educational requirements of the osteopathy and then I am done. There are now eight reputable osteopathic colleges in which are taught all the studies pursued in the medical colleges with the exception of materia medica, including dissection, chemical and microscopical analysis.

G. WINFIELD PATTEN, D. O.

.Our Christmass number will beat all previous issues. Subscribe that you will get it.

Do not forget to send names of relatives and friends, who may possibly become a subscriber, to the publisher.

AGENTS WANTED

for the Kneipp Water Cure Monthly in every locality. Write for terms to agents.

The following letter addressed to the Editor speaks for
• itself

To the *Editor*:

As there has been much discussion of late on the subject of fasting, diet, etc., an account of a little practical experience *may not* be out of place.

It is now generally acknowledged that a scientifically prepared, properly proportioned vegetarian diet has much more sustaining power than the meat or mixed food. This has been demonstrated many times in the long distance races and athletic contests.

But of late the advocates of raw food or uncooked diet have come much into prominence through the claims they make and support by good reasoning and many illustrations.

Most people, on mention of raw food, have visions of unpalatable stuff which no one but a crank could eat; and they do not realize that they are very fond of some 8 or 10 kinds of vegetables uncooked, such as lettuce, radishes, onions, tomatoes, celery, beets, cucumbers, etc. Also, many kinds of fruit and nuts and possibly some of the grains, as most country children enjoy chewing wheat for gum (a splendid practice after meals).

One can easily add to the list they have been accustomed to by tasting only a few bites of something like green peas, carrots, green corn, potatoes, etc. You can also grind or chop a number of these raw vegetables together, adding as the fancy may wish a little fruit and nuts or ground wheat with some nut or Olive oil and lemon juice or salad dressing, and get an endless variety of dishes that are most appetizing, nourishing and harmless.

It is easy to remember and proportion, the food to the work or weather. Nuts, oils and yellow corn give condensed heat. Fruits and most vegetables are cleansers and fillers, supply relish, quantity and variety; and the grains, whole or ground, raw wheat and oats especially are the bone, *body*, muscle, brain, hair and teeth builders. With a little study almost any housekeeper can get up a raw food meal of surprising variety, consisting say of salad of lettuce, green corn (which is far better uncooked), a dish of berries and *ground* wheat, sweetened with honey (in the winter using dried fruit, like prunes or apples), some almonds, English walnuts or any mixture of the many nuts to be had at any grocery; finishing with nice apples, peaches, plums or melon; and if more sweets are desired eat a few good dates, raisins or figs. The *sugar beet will no* doubt in time become an important sweetener in its raw state.

A meal of this kind is much cheaper, simpler and easier to get up, will not spoil so readily when off the ice as the cooked variety will, and with a little practice is as much of a relish and perhaps more so. Half the quantity will give as much *strength and endurance, and* for all purposes, except pandering to an old fancy, is superior to the cooked food, which causes our wives, mothers, and *sisters* so much toil and worry, and frequently leaves them with no time for self-culture, dwarfs their characters, and makes them anything but agreeable companions. *If you feel that you must have bread, use whole wheat, Graham or corn bread or gems (never the white stuff)

The cooking of food kills its life. It must then be eaten very soon or *it rapidly* loses its nourishment. If you eat more cooked food than is needed, and most people do, and use no method, such as healthful exercise to work it off, it lies in the stomach and intestines to ferment and becomes the source of bad blood which is the cause of nearly all disease. Uncooked food, on the other hand, is rapidly passed through the system, and if more is taken than is needed it does little harm. This is a very important point.

Now as to the practical application of this diet: the writer, in ordinary physical condition, took a good handful of raisins, dates, almonds, walnuts and wheat in his pocket on a bicycle trip from Denver to Golden, Morrison and return, starting about 7 a. m. without breakfast, eating the above handful about 8:30, leisurely making the trip of 43 miles, climbing foot-hills to his heart's content, and returning about 1:30 p. m., feeling in the very best possible spirits, but not in the least hungry, though on any other diet he would have been ravenously hungry as usual. The next trip was a wheel Denver to Manitou taking five pints of the

• ove mixture of preserved fruits, nuts and grain for five
• ys' rations. Also occasionally got an ear of corn from a

neighboring field, took fresh cider and lemonade lemon to neutralize the alkali of the ~~<M\$4>~~*m* much better) in the small towns he *ptofitA th* fruit liberally at Manitou. This diet enabled a** ing 30 pounds of luggage on a very inferior run to readily draw away from two apparently 1 trong **mmf'** eating wheelmen going up to Fakner* Lake,

But in climbing to Pike's Peak was the *ti* companion, though a vegetarian and of about equal ability, ate partly cooked *food. Three* meat with us from the half-way house nearly to the one of these was an experienced mountain climber, against whom I thought I stood no chance, as I had never been above the hog's back near Morand and to get into such an altitude was a decided ~~>~~ence. But at the timber line even the best man* step-slowed down, and his mouth-breathing became very labored, while a half dozen rasins and dates had so strengthened me that I felt I must go faster to reach the summit before daylight, so went alone the last three miles in a little over an hour, making the last half mile faster than any before over frozen ties, and finishing on a brisk run. The down trip showed as much superiority of the food as the ascent had.

As to the cold or disease resisting qualities of the food* can say that I took a bath in the cold stream at night above the half-way house, rubbing off with the hands only, in a drizzling rain, then lying down for over three hours in a damp deserted mine to sleep, with only one extra suit of extra *summer* underwear on in addition to the ordinary summer clothing. Neither this nor the three hours' standing in the cold at the summit left the slightest trace of a cold. In fact, I do not believe that one can catch cold or take any other disease unless the system is filthy inside from accumulated, *unneeded food* which will not digest without exceptional effort. The best cure for this condition is a short fast, followed by a very light fruit, and then raw food diet; of course, using unlimited fresh air, distilled water* contact with the earth and sunshine, good healthful all-round exercise, preferably in the mountains, air, sun, internal and cold water baths.

GEO. W. PATTERSON,
525 Kittredge Bldg.
Denver, Colo.

Cold in the Head.

Catarrh of the Nose.

Cold in the head is produced by an inflammation of the nasal membrane. It is generally caused by exposure to dampness, draught, or sudden change from hot to cold temperature or vice-versa.

Children of weak constitution and who are often exposed to repeated changes of temperature are very much liable to catch cold.

It should be one of the foremost rules, which I cannot impress enough upon all parents and guardians, to harden the young folk as much as possible so as to enable them to resist all inclemencies of the weather successfully.

To cure a child addicted very much to colds give the following treatment: Give the child tri-weekly a hay-flower shirt (i. e., a shirt dipped into a concoction of hay-flowers and water and wrung out only partially) and wrap it up well in blankets. In addition to this dip the child every day or every other day into a cold bath for about one or two seconds (that is after it has been already thoroughly warmed in its bed), and bring it to bed again immediately. Entire cold ablutions may also be recommended, but they must be applied rapidly to prevent catching cold. •Inwardly a little sugar and water may be given or sotte tea of sage in small quantities.

LITERARY NOTES.

ALL books mentioned in our publications may be obtained at Quoted prices from the Kneipp Magazines Pub. Co., 111 East 59th St., New York

Power of Will, Through Direct Mental Culture. By Frank C. Haddock. Published by Thos. P. Nichols, Lynn, Mass. Price \$2.00.

This work describes in full the theory and practice of how to exercise one's power of will. It has chapters on direct control of the mental faculties, on success in the conduct of affairs, on the growing will-power, with an analysis of the symmetrical existence.

It is not only written for deep thinkers, and those who enjoy to follow out and think out for themselves interesting and psychological problems, but its language is easily understood by the average business man and woman. It is also a great incentive to exercise one's intellectual capacities, and to follow out the masterly directions of the author. Every one who will read the book, and who will try to thoroughly understand its purport, will certainly not only ameliorate his mental perception, but will also to a larger extent than before be able to control his mental faculties.

Karezza, Ethics of Marriage.—By Alice B. Stockham, M. D., published by the Stockham Publishing Co., Chicago, 111. Price, elegantly bound, \$1.00.

This is a book written for married men and women who have lofty aims in life, and who are pure in heart. It gives a high ideal to parental functions, and pleads for justice to the unborn child. It elucidates a theory of marital relations, which leads to individual growth and a closer bond of union, the practice of which at all times gives complete control of the fecundating power. Karezza controverts the prevailing ideas of baseness and degradation associated with the sexual nature and aims to lead individuals to a higher development of themselves through a knowledge of their creative powers. The author hopes that its teachings will lead individuals to a purer life, to right understanding and appreciation of sex functions, to intelligent control of propagation and finally through right adjustment in most sacred relations to the ideal marriage.

Constipation: How to Cure Yourself Without Medicine, by F. E. Tuttle.—Published by the author, at 796 State St., Springfield, Mass.

Constipation is a serious condition and if neglected often leads to dangerous and even fatal results. There is no drug known that will cure constipation. Yet people will persist in buying all kinds of medicines, although they know that it will not cure them.

This little book explains that to cure constipation it is necessary to go to the root of the trouble, as any other form of treatment is necessarily only superficial, and gives explicit advice with illustrations how to alleviate and cure this disease completely, without any drugs, by natural means only.

Health; How to Find It When It is Lost: How to Keep It When It is Found.—By Franklin B. Richards. Price \$1. Pacific Press Publishing Co., Oakland, Cal.

Errors in diet are of daily occurrence. The chapter, "The Conscientious Stomach," tells with much originality in form of a fable how the stomach and its satellites argue and dispute with the other organs of the human body about the diet and the quantity of food administered. The book contains a great amount of invaluable facts, and anyone taking it up by chance will be so interested in the truths it contains and the remarkable way that these facts are represented therein, that he will wish to possess a copy of the book.

Diet and Food Considered in Relation to Strength and Power of Endurance, Training and Athletics.—By Alexander Kraig, M. A., M. D. Third edition. Published by I. C. A. Churchill, 7 Great Marlborough St., London, W. England. Price 2 s. 6 d.

In diet lies the key to nine-tenths of the social and political problems that vex our great thinkers. Wrong diet is often the cause of a large waste of time and money; it

often produces mental and moral obliquities, even destroys health and shortens life. The object of the author of this book is to show that it may be easily made to fulfill its proper purpose and that by a correct diet waste of time and money may be prevented and the dangers to life and health averted.

Food Value of Meat. Flesh Food Not Essential to Mental or Physical Vigor.—By W. R. C. Latson, M. D. Published by the Health Culture Publishing Co., 481 Fifth Ave.; price 25 cents, cloth, 50 cents.

The question of what to eat is a matter of the highest importance. Few will disagree with Emerson's proposition that health is the first wealth. Proper food means health, means economy of time, of money, of vital force. The most important question and the one of the greatest frequency is that concerning the use of flesh-meat as an article of food. The booklet in question treats this subject exhaustively and practically.

The New Internal Bath, an improved method of Flushing the Colon or administering an enema for acute and chronic diseases.—By Laura M. Wright, M. D. Published by the Health Culture Co., 481 Fifth Ave. Paper, 25 cents.

Much has already been said and written on the use of large enemas for the purpose of washing out the bowels. However, the writer has something new and important to present to those interested in this method. We should bear in mind that nature's instincts and inherent laws should never be neglected or violated, for all cures rest with natural forces. The new system is based upon this principle, and its advantages over the old method will be readily apparent. The price of the booklet places it within the reach of all.

The Liver and Kidneys, with a chapter on Malaria.—By Susanna W. Dodds, M. D. Published by the Health Culture Co., Fifth Ave. Price 25 cents.

This series of articles will answer many questions that are continually occurring to the thoughtful person interested in eating to live, instead of living to eat, and will alone be worth much more to them than a complete library of hygienic publications on similar subjects. The chapter on Malarial Fever is full of common sense and sound advice from beginning to end; and if the advice contained therein will be attended to, provided drug medicines are not given, will pull the patient through if combined with good nursing and strict attention to diet.

F. E. Bilz. Natural Methods of Healing.—In two volumes, containing over 720 illustrations and 2,000 pages: also many colored plates and six complete colored models, which may be taken apart. The best and most complete hand book of the entire Natural Methods of Healing and the Kneipp Cure; also Massage, Curative Gymnastics, Magnetism, Hypnotism, etc. Price elegantly bound \$8.00; to be had from the Kneipp Mag. Pub. Co., 111 E. 59th St., New York.

F. E. Bilz's Supplementary Volume to Natural Methods of Healing, which has just been published, is considered to contain all the information that could possibly be collected of any subject not mentioned in the original volume. This book is a perfect household treasure, and is indispensable to every family, as it contains all information that could possibly be wished for. There is no other work in the entire world as complete as these three volumes. It has 1,060 pages, 572 illustrations, 15 colored plates, 1 model of the female body, which can be taken apart. Price for the Supplementary volume in German, \$3.00.

Life and How to Live It.—By Aurette Roys Aldrich Published by Dreschel Biddle, 228 South Fourth St., Philadelphia, Pa. Price \$1.00.

Many books have been written on the development and care of the body. Some are misleading, others in a measure helpful, and still others are valuable. Among the latter class of books we may safely class above work.

It lays great emphasis upon the rhythm of the breath being the basis of health and therefore the basis of all

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bodily activity. It aims to tell truthfully the story of the rhythm of the body and its wonderful power to make life easy and natural.

The authoress has spared no pains to make herself plainly understood and has avoided all flow of superfluous rhetorical language.

* * *

History of Medicine.—A brief outline of medical history and Sects of Physicians, from the earliest historic *period*; with an extended account of the new schools of the healing art in the nineteenth century, and especially a history of the American eclectic practice of medicine, never before published. By Alexander Wilder, M. D.; published by the New England Eclectic Publishing Co., New Sharon, Maine. Price, elegantly bound, \$2.75.

The above medical compendium should be a necessary addition to every medical and scientific library. It is a splendid work of reference for the medical student as well as to all those who are interested in medical therapy and researches. The history of medicine is very attractively written and full of interest even to the educated layman, as it expounds the truths and fallacies of all the various medical school theories as expounded by physicians of the highest standing in all the countries of the universe.

* * *

Libertinism and Marriage.—By Dr. Louis Jullien (Paris). Translated by R. R. Douglas. Extra cloth, \$1, postpaid. F. A. Davis Co., Publishers, 1914-16 Cherry St., Philadelphia, Pa.

The disease of which this volume treats and its ensuing consequences brings us face to face with some very delicate problems, not to be easily solved by the average individual. The translator has done the very best he could, with such a dangerous subject, and the language is, although sometimes scientific, at least verbally pure. The contents of the book will greatly interest all those interested in medicinal problems as well as those readers who have at some time or other been a victim to the various phases of the disease described by the author.

* * *

Royal Road to Hell, with Side Tracks, Switches, and a Brief History of the General Superintendent of the Road.—In twelve sections, by Melville C. Keith, M. D. Price—Published by the author at Bellville, O. The language in this book is rather *strong and* to the prude the contents will seem to be entirely too "shocking." We do not commend the language, but the advice contained in the book is certainly sound and commonsense.

Those of our readers who do not like the truth in its entire nakedness should certainly abstain from reading a single page of it, or their standard of *morality might* receive a severe shock.

The diet question as expounded by the author has everything to commend it to all thinkers.

* * *

On the Functions of the Skin, in relation to Life, Health and Disease.—By Richard Metcalfe; published by the author at the Hydropathic Establishment, Ltd., Richmond Hill, Surrey, England. Price 20 cents; to be obtained in America from the Kneipp Mag. Pub. Co., 111 E. 59th St., New York.

Dr. Lyon Playfair, of London fame, has said: "A great part of Sanitary Science can be comprised in that one word—cleanliness."

And we must certainly admit that this commodity is not a costly one, and because it is within reach of everybody, should be universally adopted.. Dr. Metcalfe's pamphlet is full of common sense and every reader will enjoy the lucid way in which he treats this somewhat delicate subject.

I 1 *

Meatless Dishes; being a collection of tested recipes for various dishes in which meat forms no part; including also hints on hygiene and science in the kitchen, care of cooking utensils, etc. Price 10 cents. Published by the Vegetarian Co., McVickers Bldg., Chicago, Ill.

* * *

A Stuffed Club.—Edited by J. H. Tilden, M. D., and published at 2831 Lafayette St., Denver, Col. It is a lively,

up-to-date magazine, whose moderate price, *ip emm per* copy or \$1.00 per annum, should procure it many a subscriber.

Dr. Tilden says: "There it a happy mean between the extreme drug Therapeutist and the mental Therapist and we heartily endorse his opinions in this and many others of his spicy sayings. No one will regret the 20 cents for a sample copy of the "Stuffed Club."

We have received a complimentary copy of Richard Metcalfe's "Sanitas Sanitatum et Omnia Sanitas" from the author, who is the leading hydropathist of England. This, which is Mr. Metcalfe's *first* book (price 10 s. 6 d.), is published by the Co-operative Printing Co., Plough Court, Fetter Lane, London, E. G, England. It contains besides a large number of letters from statesmen, medical men and other authorities in support of the hot-air bath as a sanitary agent, chapters on small-pox and dipsomania, and describes how these and other maladies may be cured by the hot-air baths without use of drugs. It is a book full of interest to every believer in Hydropathy, and its splendid results in the cure of disease.

Naturopathic Adviser.

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

J. C. D., Lebanon, 111. Ques. You advised me to allow my boy with chronic swollen tonsils to go barefooted; do you advise this during the winter also, and do you advise that a baby 1 year old goes barefooted during the winter? Answer: There is no reason why children hardened by cold water and walking barefooted during summer shall not go barefooted during winter, but you must always take in consideration that with natural treatments you have continually to individualize. Qu.: What is the best diet for a year old baby who is being weaned? Answer: Milk if possible directly from the cow or lukewarm (98° F.), not boiled before nor sterilized, barley and oatmeal gruel, farina or millet with milk, all kinds of fruit juices, scraped apples, bananas, Zwieback softened with milk. Dr. Lahmann's vegetable milk is a splendid food for babies. Sweeten with pure honey, do not use sugar. Very little honey in the beginning.

Qu.: What is the proper clothing for a boy 5 years of age during winter. Answer: Any clothing that is porous and allows the air to penetrate, avoid leather leggings, leather hats etc.

Qu.: What is the proper clothing for a year old baby during winter? . Answer? Linen chemise and drawers, light flannel dress, outdoors a good woollen cloak, stockings half woolen and half cotton; sandals.

Qu.: What is the best treatment for vomiting in children? Answer: Wet abdominal bandage alternating with 54 packings, injections, very little and easy digestible food, cold natural lemonade without sugar, 1 teaspoonful every half hour.

O. S., Harpersville, N. Y. Qu.: I have weak lungs, often pains over left lung, and I spit blood. Have catarrh in head and throat, cold weather seems to chill me more than it used to, sometimes I have terrible colds which settle on lungs. Answer: The best advice I can give you is to go to a southern climate, California, Florida or Arizona, and live as much as possible outdoors, sleep in a tent, take sun and air baths and live on a vegetarian diet. If you cannot go away then take a bed-steambath every other day followed by a lukewarm half or sitzbath or cool sponge bath. Every night a throat and abdominal bandage. Every day light callisthenics and breathing exercises through the nostrils* be in fresh air as much as possible. Live on a vegetarian diet, plenty of milk (lukewarm or direct from the cow), Tea of Lungwort, ribwort, rue and knotgrass mixed, 1—2 cups every evening before going to bed. Luke-warm injections if constipated.

L. Staden, NatttroyNM^
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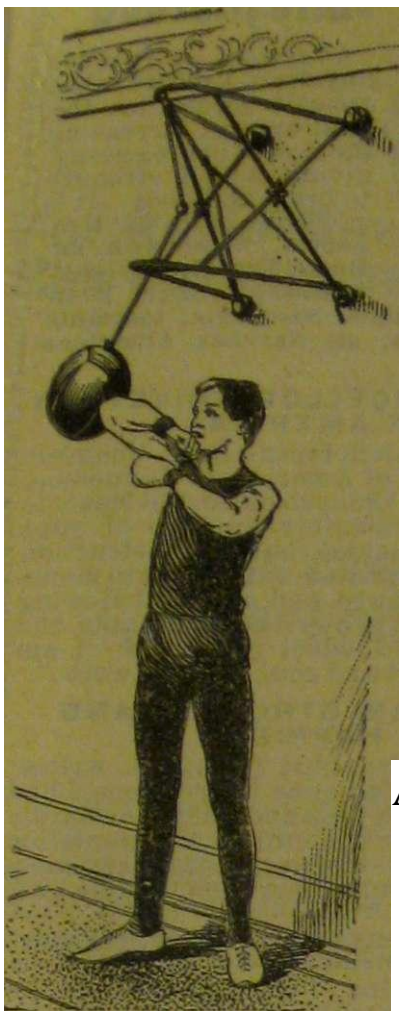
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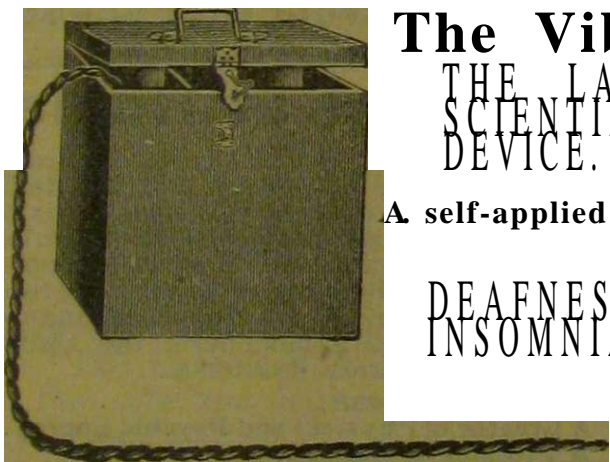
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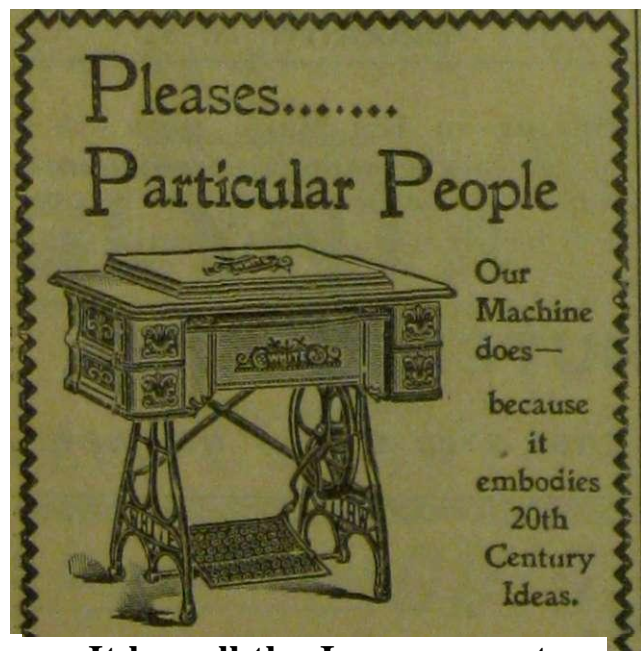
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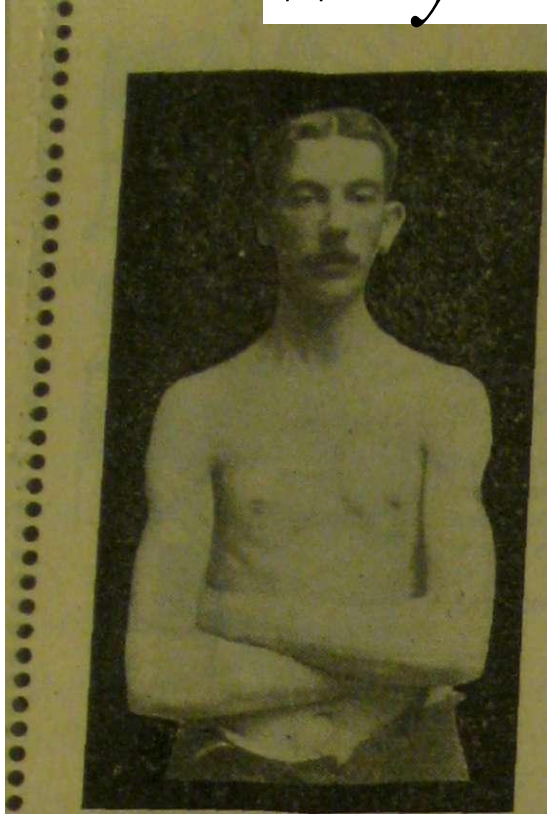
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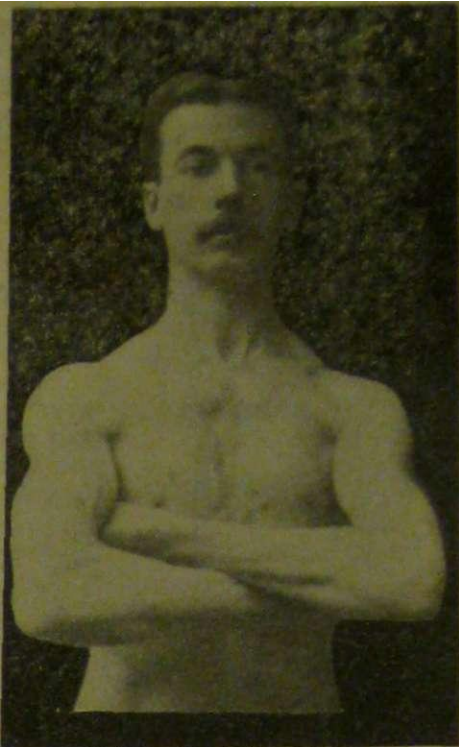


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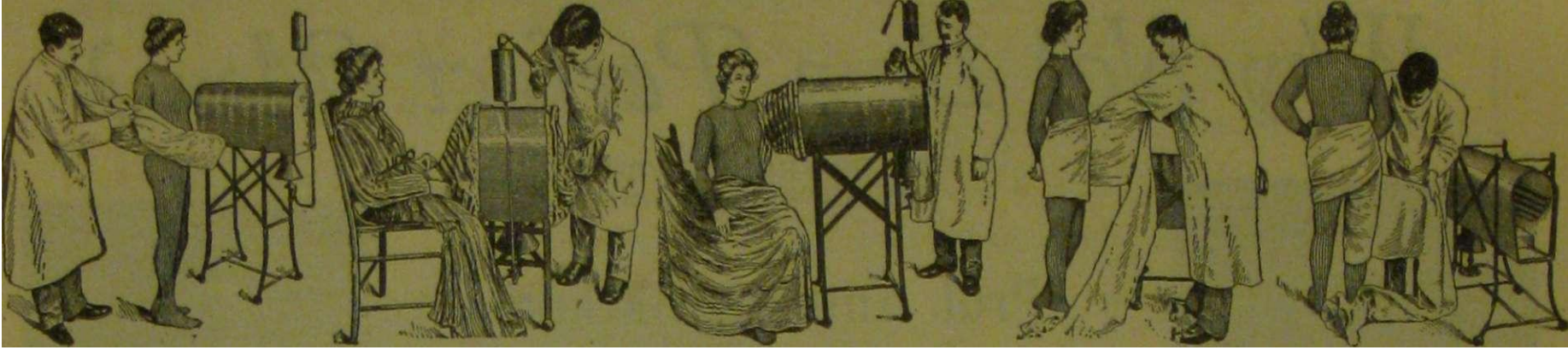
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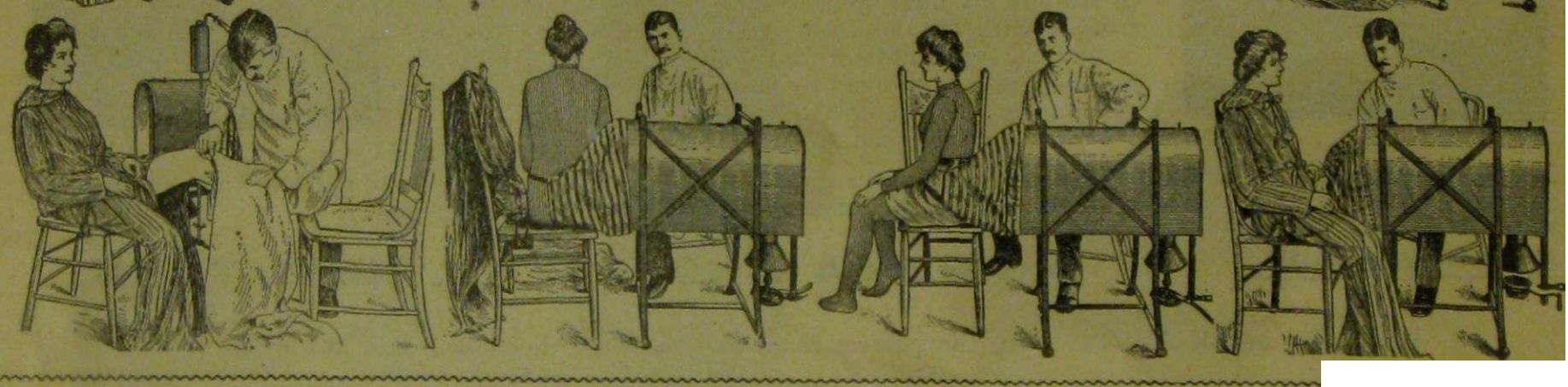
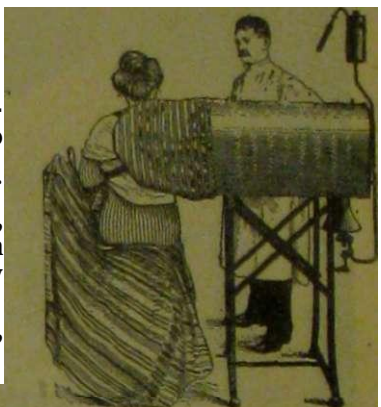


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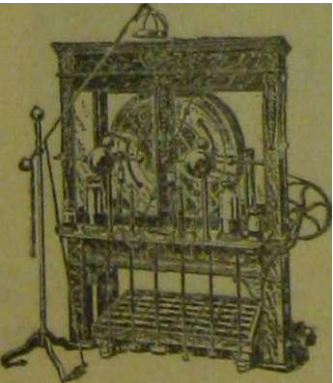
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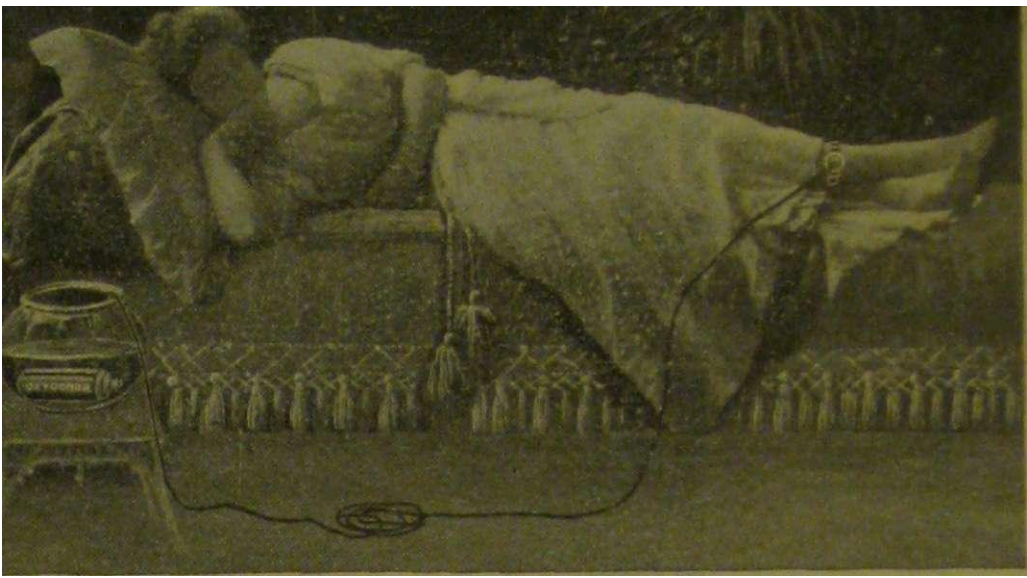
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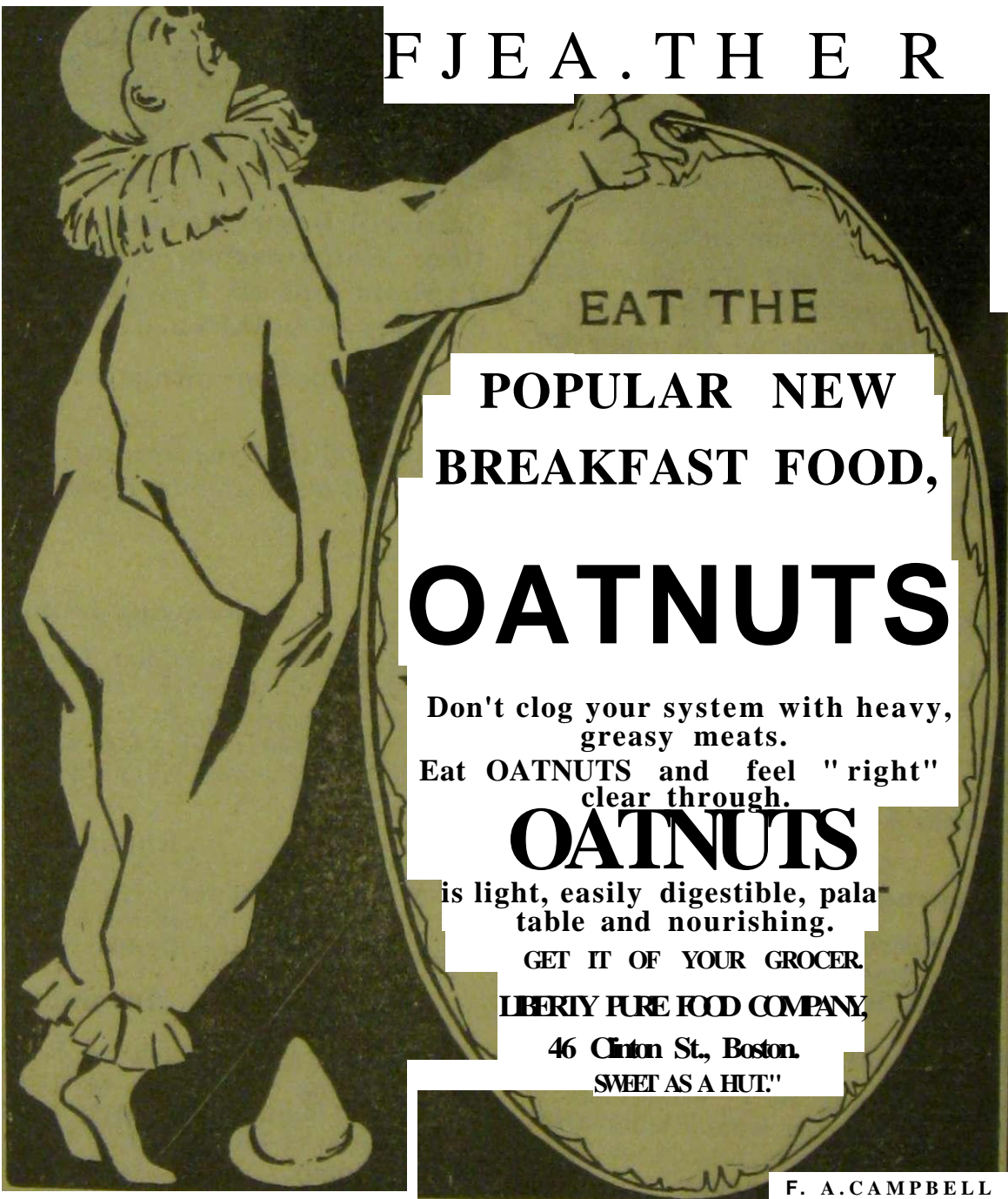


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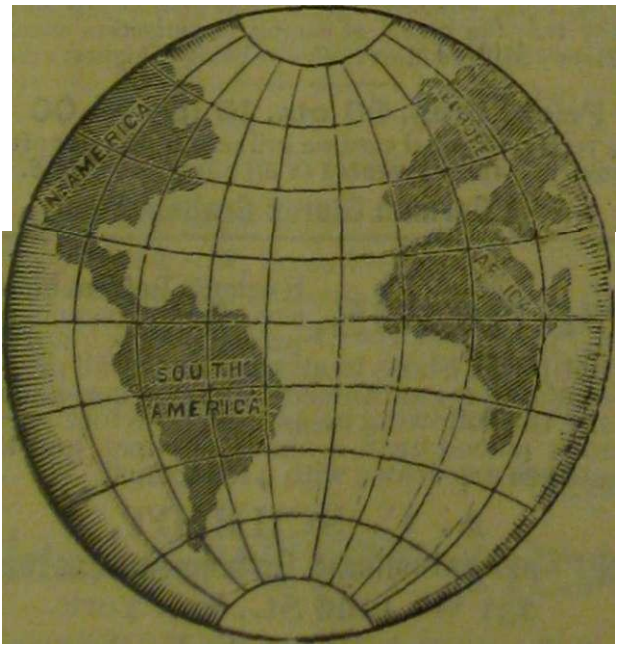
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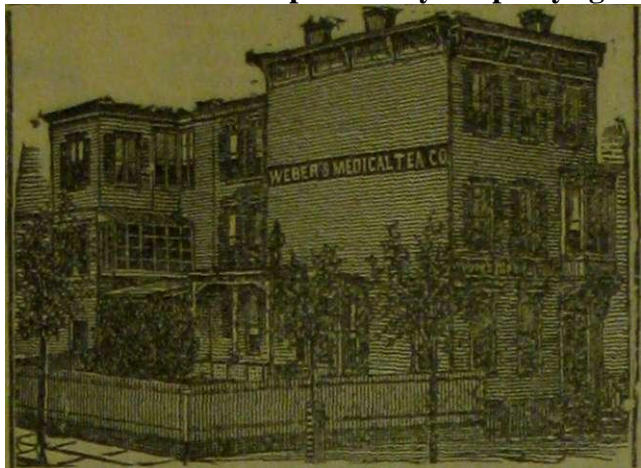
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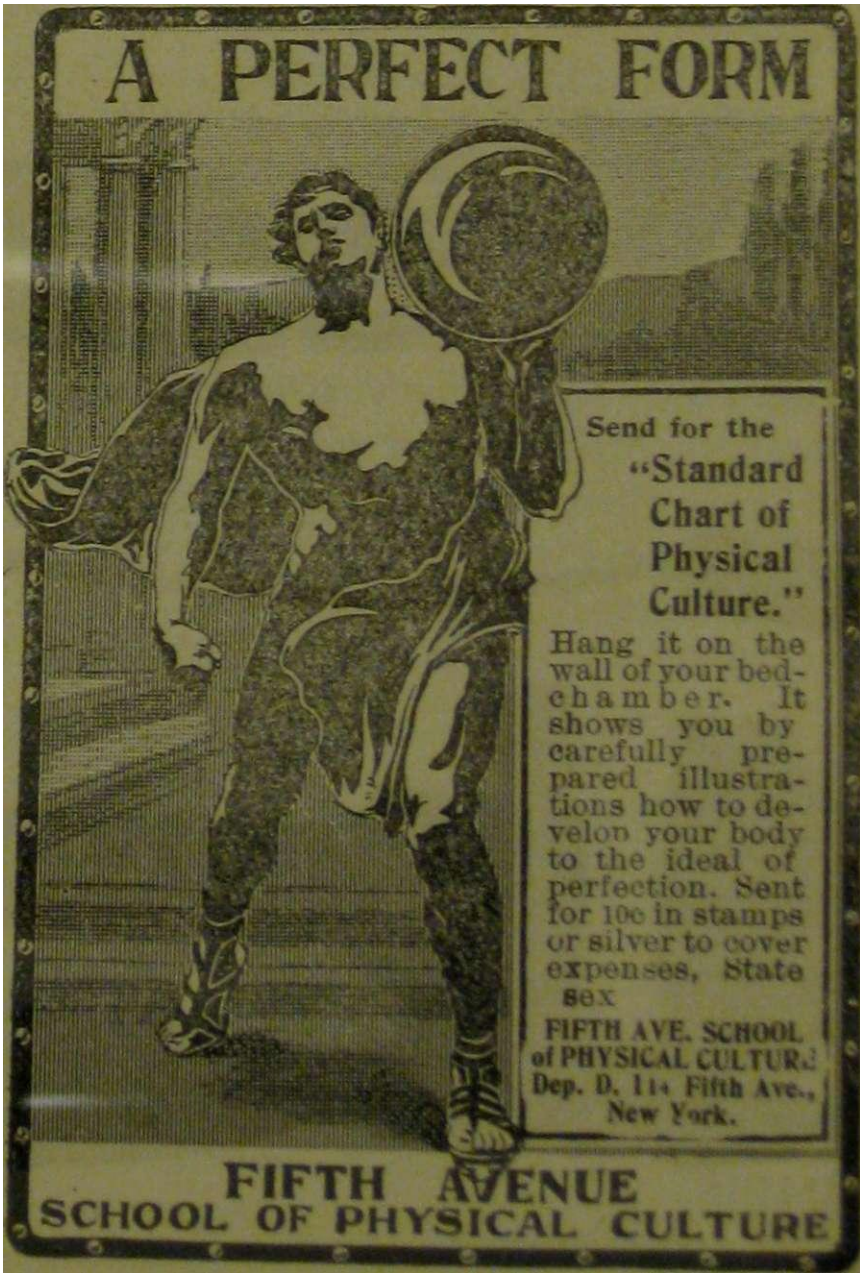
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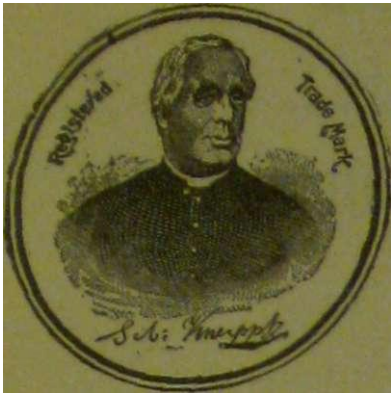
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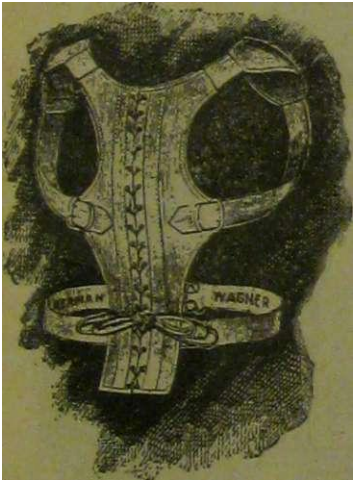
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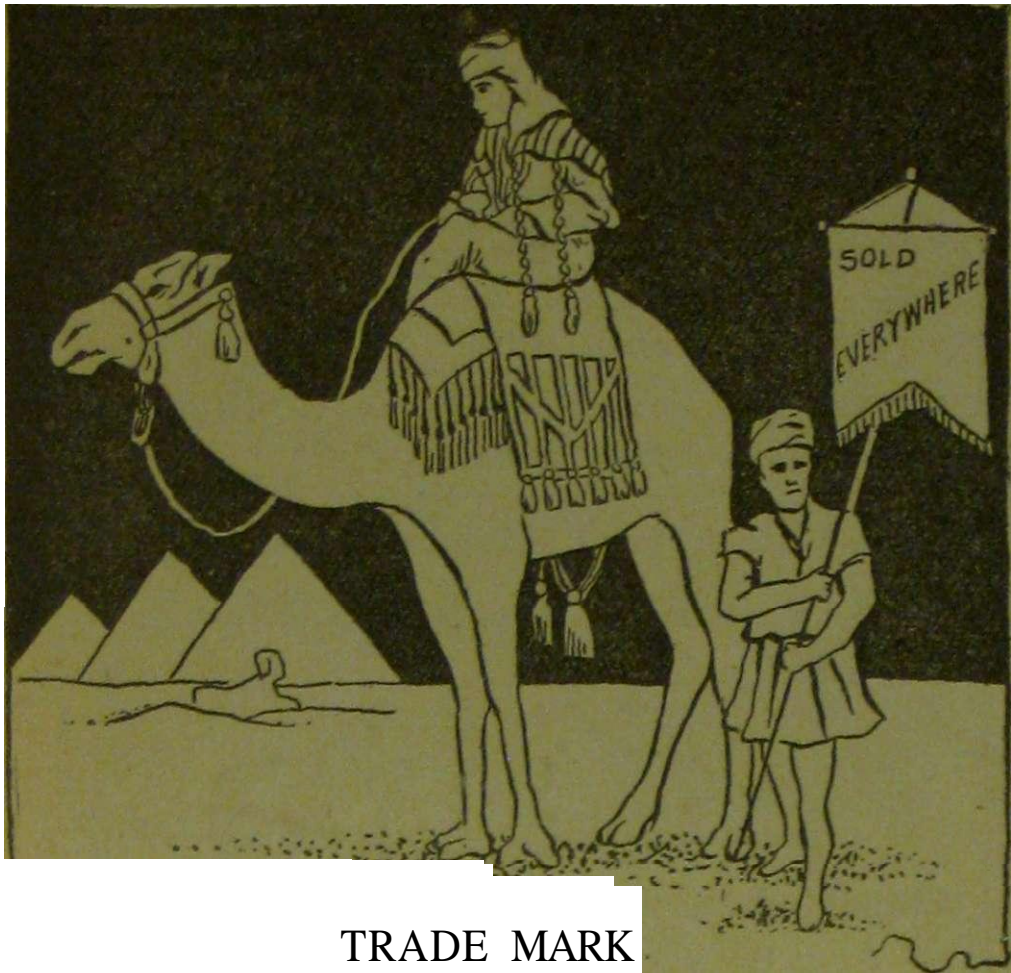
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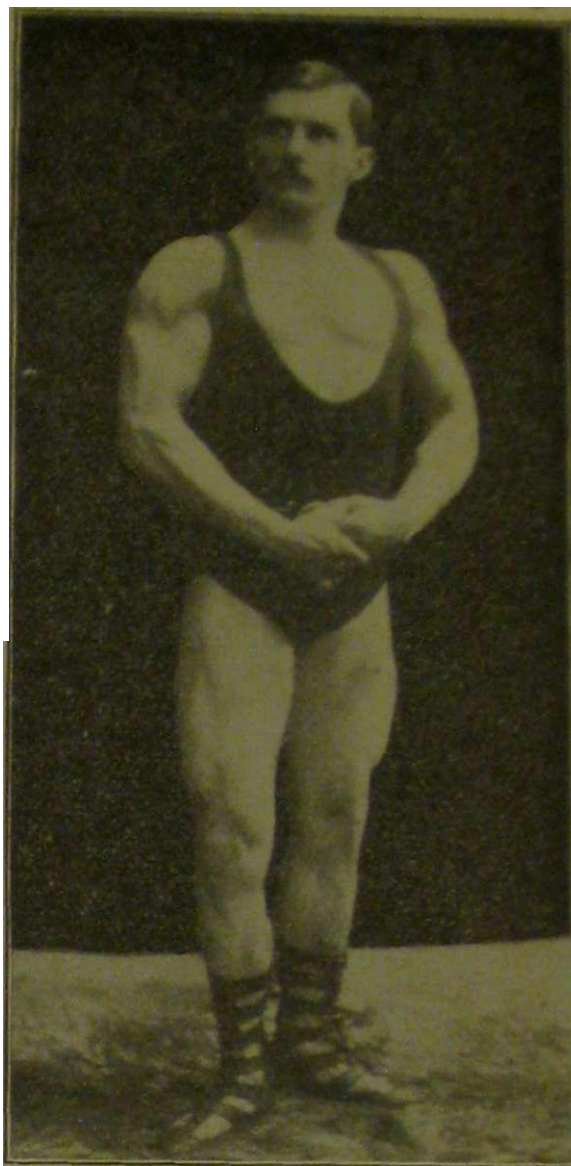
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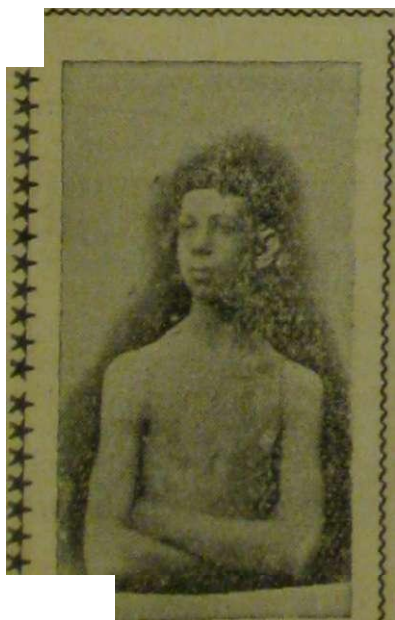
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Keafrisoa wfeu Aug. % tent. IX Kerr, Semeeaa* tttaeii 04 Road Ccn*>^tu> L>eart*sra Cbkago, UL

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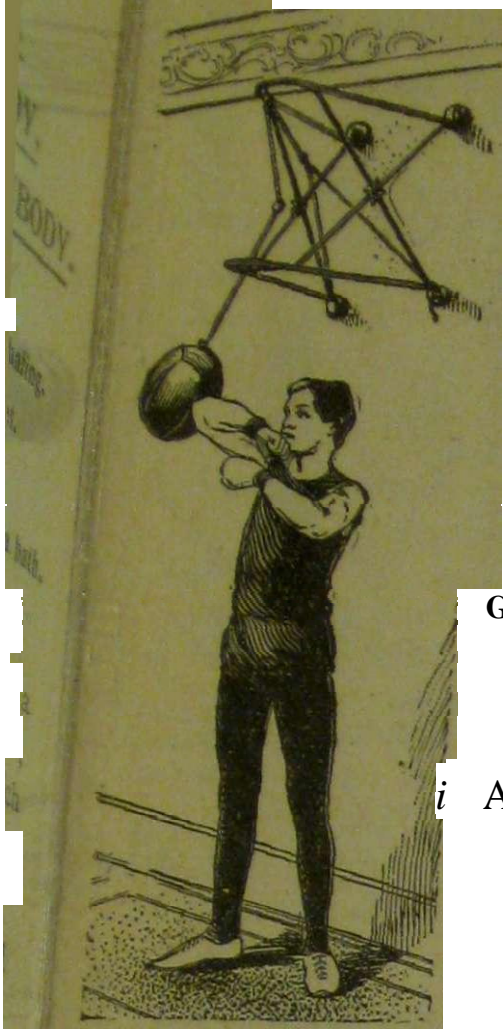
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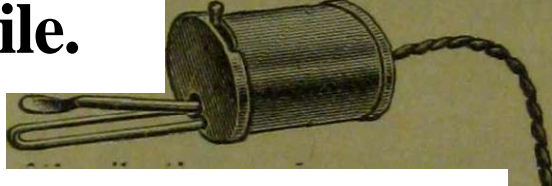
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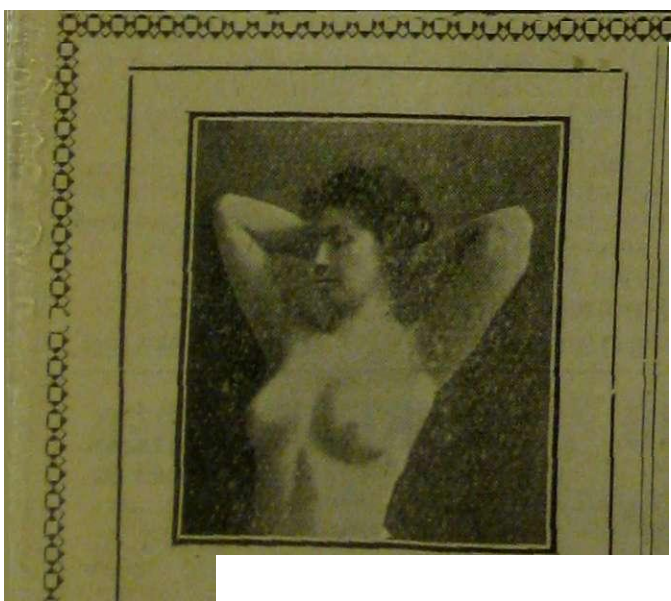
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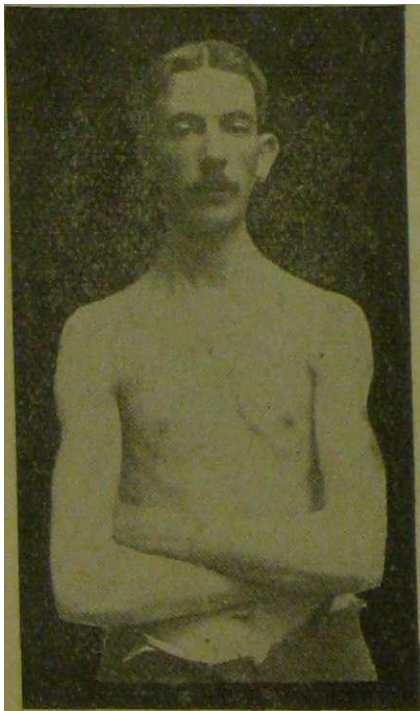
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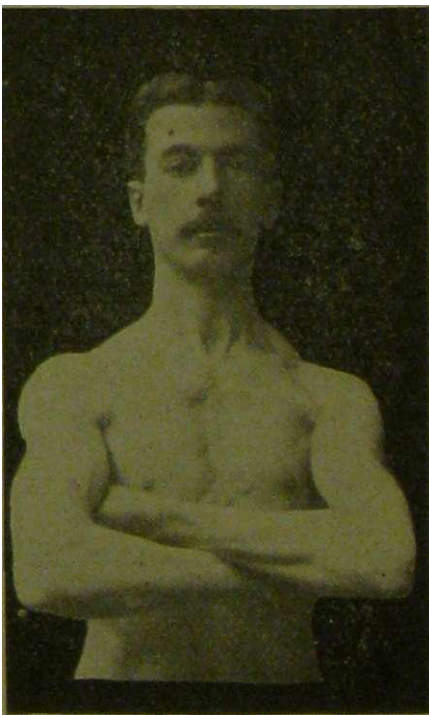
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