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Animal Life
is in a Perpetual State of Change.

By Richard Metcalf.
London Hydro, Richmond Hill, Surrey, England.

It may be truly said that the human body is in a perpetual state of change, so that about once in every seven years the whole of its complicated structure is supposed to be renewed; at each moment of life a continual change of matter, more or less accelerated by external influences, is going on in the animal organism, a part of the structure being thus transformed into disorganized matter, and replaced by new material.

Physiologists tell us that every movement, every manifestation of force, results in the transformation of structure or substance, and that evpry conception, feeling, or sensation, is accompanied by a change in the structure of the brain. The lungs, the kidneys, the bowels, and especially the skin are the channels by which the worn-out and effete matter of the body is eliminated.

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

The internal layers, called the cutis, or skin proper, is plentifully supplied with blood vessels, nerves, and absorbents, and is consequently very sensitive. The external layer is the epidermis or cuticle, or the scarf-skin, as it is commonly called. It is a thin, elastic, albuminous merrjbrane, and, being destitute of blood vessels and nerves, it is comparatively devoid of sensibility. Between the skin proper and the cuticle is the "rete mucosum," an indistinct layer, unless, as in the negro, it becomes the seat of the pigment from which his color is obtained.

The surface of the skin is studded over with an amazing number of minute pores, orming the mouths or openings of the canals or ducts of the sudoriparous (for sweat) glands and sebaceous follicles, situated in the skin. These minute glandular organs are continually secreting and excreting, the one a watery and the other an oily fluid, which imparts pliancy and softness to the skin. The opening of the canals may be readily

seen and their number estimated on the points of the fingers, by a simple microscope. By means of a powerful one- Sir Erasmus Wilson was enabled to count the number of pores in a square inch of body surface, and hence to estimate with a close approach to accuracy, the total number of pores in the whole body of an averaged-sized person. He found these to amount to seven million, and as each pore represents a little tube a quarter of an inch long, it follows that the length of excretory tubes in the skin is little short of twenty-eight miles.

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

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

It is also well known to medical men that medications, when rubbed into the skin, produce their known effects as rapidly and completely as when introduced into the stomach or directly into the blood.

As an excreting organ the skin is of great importance, being said to perform nearly as much work as all the other depurating organs combined. Its primary office is to separate the effete hydrogen from the blood. It has, however, many important secondary duties to perform. The perspiration secreted by the skin is of two kinds—insensible and sensible. Insensible perspiration or transpiration is an invisible moisture, continually being thrown off by the skin. The sweat, a sensible perspiration, is experienced after violent exercise, or when the body has been subjected to artificial heat. It is essentially an aqueous fluid, but it holds a great variety of substance. Its taste is saltish, and its re-action acid. Chloride of sodium (common salt), salts of ammonia, the salts of the organic acids—butyric, formic, acetic, lactic, and carbonic acids, earthy phosphates, peroxide of iron, pigmentary, fatty, proteine and nitrogeneous matters are always present in it.

As to the quantity of matter exuded by the skin of the adult human body in twenty-four hours, various estimates have been made which have ranged from twenty to forty ounces, and, perhaps, thirty might be taken as a fair average. Seguin found, from experiments, the amount to be 15,840 grains, or about thirty-three ounces. According to the carefully conducted experiments of Anselmino, the sweat contains on an average .088 per cent of solid matter, 100 grains of which gave 22.9 grains of saline matter. These calculations give for twenty-four hours 107.47 grains of "organic matter" and 81.92 grains of "saline matter."

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

In disease of the kidneys, for instance, the skin sometimes eliminates, in the form of carbonate of ammonia, the urea which accumulates in the blood, and would otherwise act as a deadly poison. It is in this way that the balance necessary to life is maintained; but this compensatory action is limited, so that the one organ cannot wholly, or permanently, or, indeed, for any length of time supply the place of the other. As an evidence of the sympathy existing between the skin

and the kidneys—the *most* casual observer will have noticed that, in hot weather, when the skin is active, the quantity of perspiratory matter thrown from this system is increased, and the quantity of urine passed is diminished, while in cold weather this process is reversed.

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

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

A few of these millions who are "in populous cities pent up" ever perspire profusely. The hand toiler does so; who lives by the vigorous efforts of his muscles, but not the brain toiler, and very rarely the fairer portion of humanity, consequently a good deal of the pining melancholy might be prevented by an occasional sweat.

Now whether it be those persons whose duties require sweat of brain rather than of brow, or those who merely led a sedentary life at home, all require an occasional outpouring by the skin. The relief may be obtained by a variety of athletic exercises, if there is ability to engage in them, a smart walk or ride, gymnastics, games, sawing or chopping of wood, etc., such means of evoking perspiration as develop muscle and nerve, and promote the general weal of the body, and undoubtedly the most natural, but they are not always available and efficient. In the first place, there are a large number of individuals, who are not capable of undergoing the fatigue attendant on exertion with a view to perspiration. In the second place, there are diseased persons whose system morbid matter is so deeply seated, that it cannot be eliminated by all the perspiration procurable by any bearable exertion of nerve and muscle.

For the purpose of inducing artificial perspiration, the hot-air bath is unrivalled. As a means of preserving health amongst the pent-up inhabitants of towns who, generally speaking, do not have air and exercise sufficient either in quantity or quality, to properly decarbonize or oxygenize the blood, its value is beyond calculation. It does much to compensate for deficiency of air and exercise, giving appetite, strengthening di-

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Ingestion, and imparting elasticity to mind and body. It affects the system more powerfully than any kind of manual exercise, gymnastics, or sport, even as to the points wherein the excellence of these consists, and can be frequently enjoyed when these cannot. The "Malaise" brought about by over-excitement of the brain, combined with underworked limbs, lungs, and skin: by indolence and luxury, and by the demons of 'hypochondriasis and dyspepsia, would disappear, were the institution to become thoroughly national, and ordinary water baths would to a great extent be superseded in our public bathing establishments.' The cadaverous look of the overwrought and ailing citizen would be exchanged for the ruddy hue of health by the use of hot-air combined with cold water.

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

This is the most effective, if not the most ancient, of all hygienic appliances for artificial sudorific purposes. It has found signal favor, not only within the realms of the water cure, but in all the principal cities and towns in the kingdom, as a sanitary and curative process. An enthusiastic hydropathic admirer speaks of it as the "short way to the water cure," and the phrase has a good deal of truth in it.

Wonderful as was the efficacy of Priessnitz's system, as applied by himself, it owes much to the ardent and intelligent disciple who immediately followed him, for the position and consideration it now commands. This fact is, no doubt, due in great measure to the character of its founder. He was not a brilliant talker or eloquent writer, he had even a difficulty in expressing the ideas which he must have possessed ere he embodied them in his system, and had it not been that Captain Claridge gained his esteem and had the knack of drawing him out occasionally, the world would be still a sufferer from the loss of much of the "therapeutic thought" of Priessnitz, the founder of the water cure.

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

Trail, Shew, and other hydropathists across the Atlantic.

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

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

Animal Economy.

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

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

Many evils, however, apparently unavoidable, may be mitigated or removed by care and attention. None are more frequently than the hydropathic practitioner called to witness the mental anguish caused by the lost health of the neglectful or the eager clinging to any remedy which promises to restore* it. Any sacrifice will be made for health after it is irrevocably gone. "Skin for skin—yea, all that a man hath will he give

for his life.** How much better would it be were people to rise in time so as to adopt those means which nature points out as conservative of health! But doubtless that would involve the exercise of voluntary attention, and of self-denial—conditions which only a comparative few are willing* to accede to. For those few, if for none others, a few hints may here be of service.

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

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

But let the phenomena of living activity be disproportionately great in any one organ, and all the —e. g., let the stomach be excessively gorged. With food, and so aroused to abnormal activity, the organs together become more or less disordered, brain, spinal marrow, and kidneys will be implicated, and a sleepless night with bad urine in the morning will be the result. Or let the skin be exposed to cold or damp until the heat and blood are driven from it into the interior, the internal organs become congested. The excessive organic activity thus aroused in the lungs will show its result in inflammation of those organs or in bronchitis; and the general burdening and forced action of the internal organs in "fever," which has been called a skin disease, because of the feverish heat and ultimate perspiration in such maladies, show that they are simply an effort of nature to re-establish circulation and secretions of that organ.

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

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

1. Without good food, pure air, and due exercise, no healthy blood can be made.

2. Without healthy, nutritious, and duly organized blood, no organ can act efficiently.

PI 3. Without pure air, producing good oxydations of the blood, a due quantity of nerve force cannot be developed, which is the great agent of action.

4. All labor and no rest, or the continual employment of any one organ, renders it over-suscepti-

ble and irritable, and ultimately destroys its functions, and that at the expense of all other important functions of the frame.

5. The "periodical employment of different organs alternately or seriatim with a due amount of "exercise" and "rest" develops the greatest amount of efficient action.

a 6. The constant repose of any organ diminishes energy, power and nutrition, and ultimately renders it useless.

7. All appropriate "exercise" and judicious "bathing" excites the nerve currents, and with it the flow of blood "to the surface or circumference" of the body.

8. But all "internal stimuli" and "irritants of every kind withdraw" this current and flux of blood "from the surface" towards the "centre" or internal organs. The former tends to what is shown to be the physical condition of health; the latter to the physiological condition of disease.

9. Warm air, hot rooms, damp, excessive study, anxiety, and sedentary habits, tend to the disorganization of all the vital forces, hence disease supervenes.

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

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

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

In the "British and Foreign Medical Review,"

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

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

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

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

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

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

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

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

How to Protect Health and Avoid Illness.

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

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

molehills, splitting hairs, trying to look through concrete, or to find a needle in a haystack^

Exercise.

The structure of all animal bodies renders physical and mental exertion necessary to secure health.

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

When any of the functions of the body are called into excessive action in respect to the muscular system, there is excessive nutrition, which is in proportion to the excessive muscular demands made upon the muscles. This is strikingly illustrated in a "blacksmith," where one arm is vigorously exercised, while the other is practically unemployed—hence the muscles of the two arms are out of proportion in size—the one having been excessively nourished, while the other has not had enough nourishment. The community who are chiefly confined in offices, brain-workers, ministers, evangelists, and all who lead sedentary lives, should pay attention to ways and means of counteracting these artificial habits of employment,, or sooner or later a preternatural weakness will set in, and the penalty will be in proportion to the violation that has been effected, as exhibited in the blacksmith's arms. Hence the due development and maintenance of the whole vital forces depends on each part of body being duly exercised; Dryden's words, uttered many years ago, are as true now as they were then:

The first Physicians by Debauch were made;
Excess began, and sloth sustains the Trade.
By chase our long-lived Fathers earned the Food,
Toil strung the nerves and purified the Blood;
But we their Sons, a pampered Race of Men,
Are dwindled down to threescore years and ten,
Better to Hunt in Heaths for health unbought,
Than fee the Doctor for a nauseous draught.
The wise for Cure on Exercise depend:
God never made His work for Man to mend.

Rest.

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

It may safely be assumed that those persons who* suppose that physiological rest consists of inaction.

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and that repair goes on during quiescence, are mistaken. Nutrition—and therefore repair—is the concomitant of exercise and fresh air. Appetite is one thing, the power to digest food is something entirely different. A man may feel ravenous, and consume large quantities of food containing the elements of nutriment, and yet be unable to appropriate the supplies in the form of actual nourishment. Mere inaction may be secured without actual rest, and idleness resorted to without any restoration of energy resulting therefrom.

The faculty of recovery and recuperation after exercise is in direct proportion to the vitality of the organ resting, but this faculty is not to be called into inactivity. It follows that relief and recovery from the effects of what is improperly called "overwork" cannot be obtained by simply "going away for a change," or by indulgence in idleness. A new form of exercise is necessary, and the mode of action chosen must be one that supplies moderate exercise to the very part of the system which it is required to "rest" and re-

Cowper, with the fineness of observation which marks the true poet, in directing attention to a man healthfully employed, asks us to:

"See him sweating over his bread
Before he eats:—'Tis the primal curse,
But softened into mercy* made the pledge
Of cheerful days, and nights without a groan"—

a condition to be envied above all others by the dyspeptic, who never enjoys an hour's ease, but whose life is a burden ever increasing as it "drags its slow length along."

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

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

Dirty, Unhealthy Dwellings are the Source
of all Diseases.

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

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

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

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

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

Taking this view of the matter, which is not without considerable experience, I feel that every Christian missionary might in this way help the local sanitary boards, which are of great importance in our large cities.

Cleanliness of the Body.

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

These establishments were regulated by the Legislature. Here, according to the historian of the "Decline and Fall," the meanest Roman could purchase with a small copper (half-farthing) the daily enjoyment of a scene of pomp and luxury, which might excite the envy of the Kings of Asia.

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

It is generally admitted that dirt, disease, and demoralization, are natural and ever-recurrent concomitants, therefore, I maintain that the use of the bath would prove to the body what the moral influ-

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dice of the Bible is to the soul. Their combined action would be attended with the greatest possible happiness; degradation would be materially arrested. In city or neighborhood, where there is a deficiency of baths, and other means of personal or domestic cleanliness, and consequently a predominance of dirt and filth, you will be sure to find disease and degradation there rampant.

I have found that when an intelligent artisan has once become acquainted with the advantages of any of the appliances of civilization, he is not slow to avail himself of their aid, and habits of cleanliness, once formed, quickly effect a transformation in a man's mode of living. His sensibilities become improved to such an extent that he will not live in a room which is unhealthy, or in a house that has bad drains, etc. The first step towards making a people healthy is to make them cleanly in their person, or, to quote Sir Lyon Playfair: "The sum and substance of all our sanitary science, accumulated for ages, may be summed up in the prophet's 'wash and be clean.'"

At present, to the great mass of the poor, the bath as a means of comfort, luxury and health, is hardly known even in name, and to this ignorance is due the prevalence of so much disease. No sane person will dispute the imperative necessity of keeping the skin in a perfectly clean condition as a means of preserving health.

Sir Alexander Bain says that, "next to eating and sleeping the bath may be ranked among the very foremost of the necessities and supports of life. It is of far higher consequences and of more general utility than any kind of manual exercise, such as gymnastics, etc. It affects the system more powerfully than these, even in the very points wherein their excellence consists, and it is applicable in a thousand circumstances where they are not. It does not supersede, but it ought to come before these other practices.

A place should be, therefore, found for the bath among our regular institutions, ranking immediately after the prime necessities of our being. Either daily, or several times a week, should every one repair to it, in some shape or other, either at morn, mid-day, or evening, according to strength and leisure. There certainly does not exist a greater device in the art of living, or a greater instrument for securing a vigorous diversion to the current of business occupations; it can suspend for a time the pressure of our pursuits and anxieties, and return us fresh for the enjoyment of our other delights. To the three varieties of state which our bodies pass daily through—eating, working, sleeping—it would add a fourth, luxurious in itself, and increasing the relish for all the rest. - It contributes to realize the perfect definition of a good animal existence, which is to have the appetite always fresh for whatever is before us.

The health of the mind must be based, in the first place, on the health of the body; mental occupation and refined enjoyments turn into gall and bitterness, if they are not supported by the freshness and vigor of the physical frame.

"A great part of sanitary science can be comprised into that word cleanliness."—Dr. Syon Playfair,

Refrigerant Ablution.

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

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

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

The temperature of the water in many instances will be a matter of experience. When the water is too cold, although the bather may re-act, and may even feel a glow immediately after the bath, yet perhaps in twenty or thirty minutes there may be a re-action, and a sense of cold may be experienced. This re-action is one indication that the water was a little too cold. Of course, I am assuming that the bather had not unduly exposed himself to the cold, in not dressing quickly enough. It is desirable, after all cold ablutions, to dress quickly and keep in motion as much as possible.

Reaction.

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

After a cold ablution the motto is: Dress quickly and take a smart walk to warm every part of the body, from the crown of the head to the tips of the toes and fingers, before sitting down to meals; otherwise it is impossible for the process of assimilation to go on well.

Bath for Cleansing Purposes.

All persons should give their body a thorough soap washing at least once a week. Those who cannot afford a large vessel or bath can wash with soap and flannel, doing the operation by piecemeal. A flesh glove is a very good thing to use instead of flannel. For those who can afford a vessel or bath for cleansing the body, the temperature of the local or general bath should be from 100 to 102 deg. J The mode of clean sins" by hot water is the more convenient, and for those living in large towns there are public warm baths, which can be readily resorted to. The frequency with which these baths are to be used naturally depends on the nature of occupation of the person, as those engaged in some occupations require a cleansing bath oftener than once a week. However indifferent a person may be to whole body baths, there is no doubt that one kind of bath is invariably necessary for everybody, and that is a foot bath, or washing the feet in warm water. It is immaterial what the occupation may be for this purpose, there are certain sebaceous emanations which exude from the feet through its close confinement in a boot, and when the boot is withdrawn it is too apparent a fact to deny. For any person to be in a room, or to get into bed with another, whose feet have been all day in a state of perspiration, is highly objectionable, and, in fact, injurious to all parties concerned. The want of such foot bathing, too, is the principal cause of corns and tender feet. There is no individual, however humble his circumstances, but who can wipe his feet well before going to bed, which will not only be beneficial to his health, but will add to his comfort during the day. Persons who have sweaty feet should always take the precaution to place their stockings (when taken off, preparatory to going to bed) on the fender, so that they may dry, and the emanations go up the chimney; for those who can afford it, a change of stockings daily is advisable.

There is no doubt, though, that for personal cleanliness the hot-air bath is far superior to the warm-water bath. The introduction of the baths and wash-houses has proved a great boon to the working classes, by giving them opportunities of getting cheap warm-baths, and also of having their clothes well washed, where they have no proper convenience at home.

Where people can afford to have a warm-bath at home, the difficulties of a cleansing-bath are minimized, especially during the winter months, but to those persons who have no sort of convenience for a warm-bath at home, and must go to a public bath, it is attended with considerable inconvenience, compared with what can be done in the warm lavatories of a Turkish-bath.

THE "KNEIPP APOTHECARY."

The "Kneipp Apothecary," by B. Lust, contains directions for use of the herbs, teas and oils needed to be used in some cases, in connection with the water cure treatment. It is an interesting and valuable publication. Send for a copy to Kneipp Magazine Publishing Co., 111 East 59th Street, New York. Price, 10c.

Be not provoked when opinions differ from your own.

Have a sincere sense of your own imperfections.

Give a patient hearing to arguments on all sides.

Weak minds never yield where they ought.

Never find fault without just cause.

If you would reform what is wrong, begin at home.

If we have done wrong, let us redeem the mistakes.

Experience, joined to common sense, is a providence.

The people's health is a nation's wealth.

Learn to say pleasant things whenever possible.

Your Cooking- will be the admiration of your friends when you use

KO-NUT.

A Pure Sterilized Vegetable Fat extracted from Fresh, Sweet, Clean Coconuts. Guaranteed free from Animal Matter and every Foreign Substance.

Never gets Rancid or Stale.

Perfectly replaces Lard, Butter and compounds for all Shortening, Frying and Cooking.

Digestible, Nourishing, Palatable, Economical.

A Perfect Material for the Kitchen, Bakery and Confectioner.

KO-NUT is handled in the same way as butter or lard.

For Shortening "KO-NUT" is so much richer than any other fats that only half the usual quantity is required.

For "Butter Flavor" Ko-Nut requires more salt than other fats do—an ounce of salt to a pound of "Ko-Nut" is a good rule.

"Ko-Nut" melts into thin liquid more easily than butter or lard, but melting does not hurt it. A pint of "Ko-Nut" melted equals one pound.

"Ko-Nut" is quite hard when cold so requires a little warming or extra working in flour.

If "Ko-Nut" is cold and hard, work thoroughly into dough until it is perfectly smooth.

Ko-Nut "creams" very quickly with sugar and should be beaten just to cream.

For Frying* "Ko-Nut" has no equal. Food fried in "Ko-Nut" is richer and finer than with any other fat, but is neither greasy nor indigestible.

DOUGHNUTS, Oysters, Fish, Potato Chips, Fried Mush, Egg Plant and other fried delicacies are a delightful revelation when "Ko-Nut" is used, and the most delicate dyspeptic may eat them freely without the slightest discomfort.

Try *Ko-Nut" to this and be convinced.;

TEA BISCUIT

2 cups Pastry Flour,

½ cup rich Milk,

1 teaspoonful Salt,

1½ level tablespoonful "Ko-Nut",

4 level tablespoonful Baking Powder.

Sift the dry ingredients together. Rub "Ko-Nut" in this mixture with the tips of fingers. Lastly add milk, mixing thoroughly. Drop from tip of spoon on to tin sheet well brushed with melted "Ko-Nut," and 1½ inches apart.

Bake in hot oven twelve to fifteen minutes.-

Note what a famous epicure and cook says of "KO-NUT": At the recent banquet given by the National Epicurean College, No. 20, at the Continental Inn, Philadelphia, Pa., your "KO-NUT" product was used in place of lard and it gives me pleasure to bear testimony to its Superiority over any other frying product on the market.

WILLIAM BELL WRIGHT, Secretary.
National Epicurean College, No. 20, U. S. A.
Philadelphia.

INDIA REFINING COMPANY, PHILADELPHIA.

Sole Manufacturers.

For Sale at the Kneipp Health Store 111 E. 59. St., N. Y.
1½ lb cans 25 c, 3 lb cans 50 c, 5 lb cans 80 c.

The Torment! I-Soap of Woerishofen is according to the assertion of physicians, chemists and laymen the best soap of the day. It does not only purify the skin but has also medicinal virtues and is most effective for any kind of rashes, chapped skin, freckles, scale and dandruff used with cold or tepid water. It makes the skin soft and tender and is very economical. Each cake bears the Trade-Mark "Okie Beware of Imitations. For sale at all first-class Kneipp-Stores. Price, 20c a cake, postpaid, direct from Depot: KNEIPP-STORE, 111 East 59th St, New York.

THE KNEIPP WATER CURE MONTHLY.

**** Pop-Corn Breakfast."**

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

By John F. Morgan, Chicago, 111.

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

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

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

"Not only does wheat contain every element, namely, protoplasm or gluten together with all of the inorganic minerals necessary to make flesh, bone and nerves—but it also contains a large amount of heat-making material, called starch or white flour. Sun-cooked vegetables and fruits contain the next greatest force. (We should never eat Irish potatoes, they absorb too much of the soil substance.)

All bread should be made from all wheat or rye and should be three or four days old before it is eaten and then toasted in an oven as you would roast coffee. This brings out the dextine or sweetness in the flour. Hot white bread should never be used, since it contains too much starch and when warm has too much ammonia. The fermentation of wheat bread creates an appetite for alcoholic drinks. We should use no yeast, soda or any kind of baking powders in making bread. These change the character of the digestive "juice when it reaches the stomach.

Eat Living Cells.

Cooking destroys the protoplasm and alters all of the vital conditions of food. Compressed all-wheat

*See our February article "How to Live on One Cent a Day"||

indefinitely.

Benjamin Franklin

is said to have withstood lightning because he lived on oatmeal gruel.

Daniel

was a great psychic, refusing the king's meat and wine preferring to eat pulse and drink water.

Air as Food.

The experience of J. H. Washburn, of Indiana, is chronicled in a book called *The Cure of Diseases, published by Mary R. Melendy, M. D., 4159 Langley Avenue. His fast lasted forty-three days without the loss of a pound of flesh and without eating an ounce of food or drinking a drop of fluid of any sort, every need of the body being supplied by the air he breathed. His mind continued active and clear. He exercised out of doors, walking five miles a day and sleeping only four hours out of the twenty-four. He claims he has never felt better.

Oriental Yoga.

In the Orient the adepts and masters understand how to sustain life for a very long time without tasting food or drink, demonstrated by their being entombed in solid masonry or buried beneath the ground five feet, for many days, wheat even being allowed to grow over their graves.

The secret of it all lies in the "Art of Breathing."* This science is now being taught by the Rev. Dr. Ottoman Zaradusht-Hanish, Rab-Magi of Math-el-Kharman, Persia, at the present time having over 650 pupils. His "Breath and Health Culture" classes are free of all charge. In one of his lectures he speaks of breathing through the teeth and absorbing the metallic substance which is in the atmosphere, namely, gold, copper and iron, and which the human system needs to make bone, for the blood, and nerve foods. After absorbing all that is in the air, apply moist soil to the navel, and by binding it there life can be prolonged for a long time. (If in fasting one gets faint* simply breathe through the teeth.)

Concentrate When You Eat.

It is not so much what we eat as it is the frame or mood of mind we are in when we eat. We should eat in silence, dwelling in thought only on pleasant things. "Grace before Meat," essay number forty, by Prentice Mulford (L. 5272, in the Public Library), I would advise every one to read and digest to your own advantage and profit. Your spiritual force, when you eat in the proper frame of mind, is working on others far from your body. Every effort, mental or physical, should give pleasure in the doing, particularly the act of eating. Say or think: "My food will agree with me. I enjoy it." Concentrate upon the nourishment you expect to obtain from the food. Put cheerful, thoughts into every mouthful you take.

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

THE KNEIPP WATER CURE MONTHLY.

more particular in your selection of food and the method of partaking of it—it is the mind bent on refinement that refines the body. Eating is a sacred act, and preparing food a divine service. There is only one dis-ease, and that is an abnormal appetite.

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

Vegetable turkey (receipt taken from Mazdazan Cook Book, 16i3 Pacific Ayenue, Chicago) costs ten cents;-sufficient for six meals. Shredded biscuits, one package, ten cents. Toast (of all-wheat and rye bread), ten cents. Stale bread, three days old, can be bought or one cent a loaf. Hulled wheat, ten cents a package (enough for twenty meals). Apples, ten cents. Macaroni, five cents. Ralston breakfast food, five cents. Tomatoes, five cents. : Canned corn, five cents. Canned peas, five cents. Granose biscuits, ten cents. Prunes, ten cents. Soup, five cents. Total estimate, one dollar, or less than two and a half cents a day.

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

First and Second Week.

- March iith—Breakfast, One shredded biscuit; no lunch or dinner.
- " 12th—Breakfast, one shredded biscuit; no lunch or dinner.
- " 13th—Breakfast, one shredded biscuit; no lunch or dinner.
- ☛ 14th—^Breakfast, one shredded biscuit; no lunch or dinner.
- *' 15tli arid 16th—Fasted, *m* Ate nothing until 6 o'clock, when I had two small leaves of lettuce and two small pieces of toast.
- ILL 17th—For breakfast, popcorn, unbnttered and unsalted. One handful at breakfast, for fourteen days. Six o'clock dinner, hard-boiled egg, two pieces of toast.
- " 18th—Dinner, two pieces of toast and three tea-spoonsful of stewed tomatoes.
- jKj. 19th—Dinner, small saucer of Ralston Breakfast Food, baked. Two small leaves of lettuce.
- " 20th—Dinner, small saucer of canned spring peas, two slices of toast. -
- | 21 st—Dinner, three granose biscuits.
- 22d—Dinner, vermicelli soup, "vegetable turkey," two pieces toast.
- " 23d—Dinner, two tomato sandwiches, made of small pieces of toast.

Third Week.

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

Fourth Week.

- April 1st, 2d, 3d, 4th, 5th and 6th, breakfasted each day on one shredded biscuit and six stewed prunes.
- April 1st—Dinner, two pieces toast and stewed prunes.
- 2d—Dinner, small bowl tomato soup and toast.
- " 3d—Dinner, small saucer stewed corn, six prunes.
- " 4th—Dinner, cranberry shortcake, made of two small pieces of toast; small saucer of stewed tomatoes.
- 5th—Dinner, small saucer hulled wheat and two pieces of toast.
- 6th—Dinner, small slice of baked macaroni, and two pieces of toast.

Fifth Week.

- April 7th, 8th, 9th, 10th, nth, 12th and 13th. Breakfasted each day on one shredded biscuit and one apple.
- April 7th—Dinner, hulled wheat, a small saucer; two pieces of toast and six prunes.
- 8th—Dinner, small bowl tomato soup; small saucer stewed corn and two pieces of toast.
- " 9th*—Dinner, small saucer hulled wheat and two pieces of toast.
- 10th—Dinner, small saucer Ralston Breakfast Food, two pieces of toast.
- % 11 th—Dinner, three granose biscuits.
- 12th—Dinner, small saucer hulled wheat, two pieces of toast and six prunes.
- " 13th—Dinner, three granose biscuits.

Sixth Week.

- Breakfasted 14th, 15th and 16th on one shredded biscuit each day.
- April 14th—Dinner, two small pieces of toast and six prunes.
- 15th—Dinner, small slice baked macaroni, two pieces of toast.
- 16th—Dinner, small saucer hulled wheat, an apple and one granose biscuit.
- " 17th, 18th and 19th—Fasted for the second time.
- 20th—Breakfast, one handful of popcorn, which I continued for five days, until the 25th.
- " 20th—Dinner, three granose biscuit.



THE KNEIPP WATER CURE MONTHLY.

The Natural Method of Healing.

How to Protect Oneself Against Disease and Illness.

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

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

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

Let us examine the causes of the numerous diseases, or of the unhealthiness of the human race, more closely. Let us look first at the living, sleeping, and work-rooms, in order to discover whether that most precious and necessary of human possessions, healthy air, is there to be had. *What a shudder passes through us, as we find the air everywhere impure, often thoroughly vitiated. In bedrooms, for instance, in which four or even more people sleep, and which are scarcely large enough to contain the beds and other furniture, not a window will be opened the whole night through, although the whole of the oxygen is consumed in a few hours. Yet more.—many people will not once open a window in the daytime, and when anyone accustomed to and fond of fresh air enters such a bedroom, the choking atmosphere literally throws him back. It is not only necessary that a window should be kept open, but a means of ventila-

vided, in order to make room for pure air to come in.

The state of things in living-rooms and in work-rooms appears to be almost as bad. It may, therefore, be taken for granted that the greater number of modern diseases are thus engendered. It may be assumed with equal certainty that until adequate ventilation in living, sleeping, and work-rooms is secured by legislation,—until it is universally understood that fresh air is not injurious to sleepers,—until, in fact, legislation compels the supply of fresh air alike to the sleeping and to the waking,—and until everyone feels the absolute necessity of open-air exercise for several hours daily, the race will remain unhealthy, and die premature and unnatural deaths.

Sleeping with a Window Open.

This is of the greatest importance because the breathing is most regular and deep during sleep, and consequently the air, which surrounds a sleeper, is the most utilized. If people cannot bear sleeping with a window open, they must learn to bear it. This can be managed in the following way* If you are an enlightened person and free from all prejudice as to fresh air being injurious to a sleeper, open a part of the window, and do so, even if the air blows directly in upon you. As a precaution on the first night, tie a cloth or handkerchief round your neck. If you are very delicate, open the window only a little at first, and then more and more on succeeding evenings, or move your couch near and nearer to the window. If your unnatural mode of life has so thoroughly disused you to fresh air that you cannot bear a breath of it, and consequently you get a swollen cheek or an inflamed throat, or find it difficult to swallow, do not be down-hearted.—the small trouble can be set right before nightfall if you employ natural means to that end. You may afterwards adopt precautions, but never leave off observing this beneficent rule of life, for you must learn to bear the effect of fresh air by night as well as by day. Fresh air is worth more than money. Pure air and cold water, these two indispensable gifts are essentially necessary for the physical welfare of man, and should be supplied without stint even to the poorest, if they appreciate and respect it. Mankind seems at present to value those possessions only which can be bought with money.

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

In this regard I consider it absolutely necessary that full and clear instruction on this highly important subject should be given to all classes, even to

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

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

The Importance of Tranquil Sleep.

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

Under present circumstances—when, on Sundays and holidays, noises- music and singing continue through half the night, if not all night, or when, before and after midnight, wheeled traffic prevents sleep—a proper night's rest is not to be had, and one is inclined then to shut the window and breathe impure air rather than to suffer from disturbed sleep. The proposals put forward in my book provide for all men having sufficient time for their pleasures and business during the day. The people who have lived to the greatest age and kept their health have always observed regular hours of sleep as one of their ordinary rules of life.

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

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

On this question I wish to make a few remarks.

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

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

If the teeth are to be kept sound, they must be frequently cleaned, and neither food nor drink should be taken hot. Taking food or drink hot spoils the teeth, and is extremely injurious to the gullet and stomach. H; People should be most particular not to take warm and cold food or drink directly after one another, as by doing so they will very soon destroy the enamel of the teeth (their natural protective coating), and the teeth will then certainly decay. Soup and soft food should be taken only in moderate quantity: bread should not be softened, but eaten rather hard. The teeth are there for the purpose of chewing, and they should be made to do their work. Teeth which are not allowed to do their work will go bad.

It may be remarked here that, under favorable circumstances, the teeth may be kept sound to the very end of life. It has been proved that diseases of the teeth, like other forms of disease, are transmitted and inherited through some taint in the juices of the body, and that, consequently, they cannot be completely cured in one generation. It may be held with equal certainty that toothache will no longer be known when people come to have a sound mixture of the alimentary fluids, and therefore, a sound set of teeth. Among the animals, which live in a state of nature, we scarcely ever find diseased teeth as we find them among mankind.

Further, there is an old proverb, "When the food tastes best, leave off eating"—("Always leave off hungry"). That precept contains much wisdom, and is well worth attention in relation to the present unnatural conditions. From a purely natural point of view, the precept may appear superfluous, since it is not to be believed that nature, otherwise so wise in her arrangements, would give human beings the ap-

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

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

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

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

I come now to speak of meat, and my first word must be, to beg everyone to regard it only as an aux-

iliary or supplementary article of diet,* Meat is tending to be adulterating and, therefore, injurious to the system* * fact that it is forbidden by doctors to fever patients should lead to the conclusion that it is a food of a character which cannot be entirely commended. Nourishment which is injurious to the sick must also be more injurious than useful to the healthy, although the latter do not at once discover its advantages. The nutritive value, also, of meat is far less than is commonly supposed, there being more nutritive material in a pound of whole-meal bread, made of wheat or other cereals, or in a pound of leguminous seeds, than in a pound of beef.

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

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

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

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

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

*Dishes made "tasty" with butter afford, to those who are accustomed to them, more enjoyment than dainty preparations of meat.

If I now proceed to answer the questions, "What should people drink?" the reader will not expect me to recommend to him anything which will do him harm. My object is not to rid people by force of the many failings and bad habits which, by degrees, have become their pet propensities, but to save others from falling into similar ways. Those who will not or cannot leave off injurious habits, in spite of the clearest



The Cruel Hand.

proofs of their harmfulness, must carry them to the grave. My wish is to guard and save their children.

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

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

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Corsets and Tobacco.

William James Cromie, Phys. Dir.

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

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

Corsets.

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

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

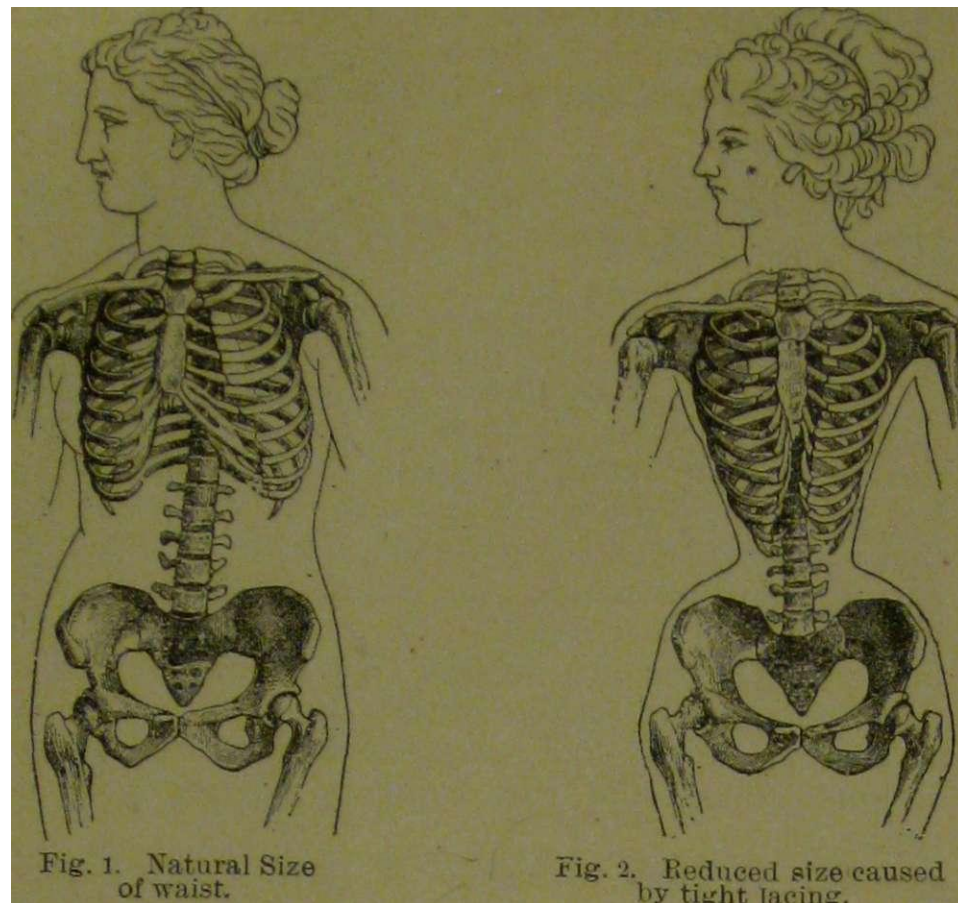
I have heard women say, "You surely do not object to corsets if one wears them loose?" That all depends on what one calls loose. I know women who wear corsets and claim they are loose, which on me would be decidedly tight. Then when she goes to a ball or party will she not draw them in just a little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

It is the fault of the mothers that corset wearing is so prevalent. If girls would never wear corsets till after they are twenty years of age, they would never then put up with the discomfiture of corset wearing.

In Fig. *2 you see the outline of a female chest, showing the condition brought about by tight lacing.

All the false ribs from the lower end of the breast bone are unnaturally cramped inward towards the spine; so that the liver, stomach and other organs are pressed into such small compass that their functions are interfered with, causing headaches, backaches, inactivity of the bowels, "that tired feeling," indigestion, hysteria, melancholy, cold extremities, falling of the womb and other troubles too numerous to mention.

THE KNEIPP W



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

In Fig. 1 you see a well developed and naturally proportioned female chest. Here is breadth, space for the lungs to act in, and plenty of freedom for the internal organs to perform their functions. The ribs are thrown outward, instead of being curved and twisted down towards the spine. With a frame such as this one should live to a good old age.

Tobacco.

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

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

Where can one go and not see victims of this disgusting habit. Take a walk on one of our city streets, and almost every other man is smoking or chewing tobacco. Ride in the street cars, train, boat or any public conveyance, and one must inhale the foul, offensive breath of the tobacco field. Even the churches are not exempt from the odor of this narcotic, while some ministers of the Gospel use it. Just think of Christ while on earth walking the streets of Jerusalem puffing at an old filthy pipe. To whom shall we look for examples of personal purity if not to the clergy? The man whom God calls to preach should be so impressed with the sanctity and elevation of his position, so filled with the Holy Ghost, that it would be impossible for him to commit such a sin against his own body.

own body, 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 boys smoke and chew tobacco when they see their fathers, teachers, brothers and even their pastors using this vile poison. How inconsistent for a parent to tell a boy not to use tobacco when he sets the example by using it himself.

You should not consider a woman a lady if she were to walk up and down the street fumigating herself and 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.

How disgusting for one to walk along the street and see it all stained with tobacco spit, especially when we realize the fact that some women sweep it up with their trailers. A hygienic city would not allow its citizens to expectorate on its streets, but would provide receptacles for expectoration.

I have noticed where men congregate in front of public buildings in some cities that the sidewalks would be covered with tobacco spit, making them look more like barnyards than public thoroughfares. If people were compelled to expectorate in vessels for that purpose it would lessen consumption and of the contagious diseases.

Some tobacco users, it is said, live to old age. Yes, to what is called old age. Some drunkards live to be sixty, seventy, or even longer, but they die with all the marks of violence.

Again, we are told that tobacco users enjoy pretty good health. How good? "Why, as good as other people." And what does this prove? It proves nothing. Other people are but so many bundles of transgressions and perish before their time. The wicked—the transgressors of moral and physical law—do not, should not live to a good old age.

In summing up we quote the following:

"The average person, arriving at middle life, who has the habit of smoking or chewing fully established, it is doubtful whether the Archangel Gabriel's trumpet would startle or convince him of his delusion. We have but little hope of benefitting such. But boys we hope to benefit. Now, boys, here are facts you ought to heed. They cannot be gainsaid. 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 stupefying 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 continued use soon injures the nerves, so that they no longer give warning of the mischief going on. If the poison is given up for awhile, the nerves recover their sensitiveness and begin to cry out against the poison and make desperate misery.

"Then the sufferer is told that tobacco will stop this misery, so more is taken and the nerves 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

habit goes on enslaving the sufferer, until it becomes a terrible master whose orders must be obeyed. Thousands of men would give all they possess to be free from this fearful scourge. It is, therefore, a matter of serious importance to a boy just 'beginning life, whether he will submit to a 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."

About Blood=Poisoning.

By the Editor.

Are not the now so often-occurring cases of blood-poisoning a consequence of bad viciated blood?

I have come to this conclusion, on account of an accident that happened to me recently. It caused me to reflect and to write this little treatise:

Some time ago, while walking in the park, I was stung by an insect in my left cheek; the sting hurt very much, the cheek began to swell up and was much inflamed.

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

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

In persons who have vicious, diseased blood, even the smallest wound becomes malignant, and takes a very long time to heal again. But in those who have healthy blood, every sore heals quickly and well.

At the Battle of Koniggratz a young Prussian officer had both legs shot off by a cannon ball, quite close to the body. He was, of course, at once taken to the field-hospital, and recovered again completely, although he also had an attack of cholera while there. I saw him myself ten or twelve years ago, when he was then about 38 years old, while he was driven about in a hand-carriage.

He looked healthy and fresh, was not at all melancholy, but full of life and sparkling humor.

How could such a cure have been possible without an entirely healthy body and pure, fresh blood before everything?

If you cannot obtain the genuine Kneipp Malt Coffee at your place, write for samples and enclose 10 cts. to the Kneipp Health Store, 51 E. 59th Street, New York.

Practical Methods for Instant Relief.

What Can be Done for Health Without Drugs

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

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

Dr. Helen Densmore, on "Natural Methods v. Drugs," writes in "Natural Food":—"When any member of your family is ill, stop the food, administer hot water, keep the feet warm and the head cool, see that a laxative is taken, preferably a herb aperient, and patiently wait for nature; she will never disappoint you. nor present a large bill." . . /* . "Hot water is the best possible remedy; in this very simple method of cure there is one serious drawback. The patient recovers so rapidly that no one believes there was any serious illness and the hygienic adviser gets no credit."

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

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

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

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

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

THE KNEIPP WATER CURE MONTHLY.

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

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

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

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

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

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

Treatment of the Stomach.

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

Such a procedure will seem rather formidable to most people, but it can be quite easily done.

How to Flush the Colon.

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

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

Usually, after a little water has been introduced, a strong desire to pass it out will be felt. Resist the feeling, if possible, and only force the water very slowly; but keep up the temperature of the water by adding extra hot at short intervals. If the desire be too strong, discharge the contents of the bowel, and then re-commence the flushing. After introducing all that can be endured, hold it as long as possible, vigorously contracting and expanding the abdomen; also knead with the hands so as to facilitate the loosening of the incrustated colon. The effect of this treatment, when carefully carried out, is a vast improvement of the entire organization. Of course, the first or second time of trying there may be some difficulty in carrying it out successfully, but don't give up. The best time, in most cases, is just before retiring for the night, as some patients may feel exhausted after the

first few trials. In that case a cup of "hot" drink is advisable; fig or raisin liquor should be added. Never use the enema within four or five hours after a meal. It is a good plan to raise the foot of the couch or bed ten to fifteen inches, so that the shoulders are lower than the hips. A thermometer should always be used and the temperature of the water from 104 deg. to no deg., never hotter.

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

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

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

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

Questions We Are Asked.

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

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

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

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

We are thoroughly convinced that flushing the colon—rinsing out the stomach—a proper diet, according to the patient's age, temperament, and mode of life, together with judicious exercises and adhesion to the hygienic rules herein stated, will wipe from human experience every form of disease. This, to many readers, may sound paradoxical; but, neverthe-

less, our experience in numerous cases fully confirms the reports of Drs. Drayton, Forest, Hall, Hunter, Metcalfe, Stevens, and many other writers on the subject.—(E. and B. May in Practical Methods.)

About Vaccination.

By the Editor.

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

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

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

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

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

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

"The idea that pox may be banished by aid of cow's lymph is not only phantastical but stupid, and just as presumptive as unreasonable. My final conviction I hereby state to be that the vaccinated part of humanity, with increasing age, is getting the more and more susceptible to pox, while the non-vaccinated part loses this susceptibility gradually more and more."

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

Professor Dr. Med. Jung, of Basel, writes:

"I am very sorry indeed to have to recognize in these latter years that vaccination never was a blessing but a curse for humanity."

Now, why are not all vaccinating physicians just as honest and confess their honest opinion, may well be asked. The answer to this is given by Dr. Med. Walz, of Landsberg, who calculated that the business of vaccination paid yearly about 30,000,000 marks

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

a "I can well conceive why a Dr. Simon insists on coercive-vaccination. J1. A yearly salary of £1,500 (\$7,500) is very likely a very important factor. And thus one may easily understand why all government and salaried physicians are convinced of the great advantages to be derived from vaccination.

"Surely it is the money-making part of it which contains the whole secret of their great predisposition for vaccination."

"Neither powder nor shot, neither sword nor lancet have ever destroyed as many lives as the lymph of the vaccinator/' says Dr. Med. Bohm, and this is not at all exaggerated.

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

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

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

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

Diet-Treatment in Nervous Diseases.

By the Editor.

•IV. *

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

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

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

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

In addition to these excitements there is added overstrained work, a dissipated life, excesses of all

anger and sorrow, etc., etc.

Of what use are the continual expenses for Physicians Of sanatoria, when at home the old mode of living is continued either voluntarily or because forced, to do so by circumstances?

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

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

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

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

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

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

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

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

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

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

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

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

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



For the Little Children.

Teething of Babies.

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

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

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

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

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

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

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

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

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

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

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

appearance, gradually, but very soon after the incisors.

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

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

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

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

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

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

In cases of the so much dreaded tooth-cramps the child should be bathed in above-indicated way, but it should also in addition receive a gush of water from 56 to 70 deg. F., with the exception of the face however.

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

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

In cases of other diseases as diphtheria, scarlet-fever, measles, whooping-cough, pneumonia, inflammation of the brain, or diseases caused by vaccination, you should either look up the treatise referring to the disease in question, or you should consult a capable Naturist-Physician.

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Mental and Physical Education of Children*

By the Editor.

Our advanced civilization, with its unnatural mode of living, in mental as well as physical respects, is now so far advanced that neither the mother nor the nurse know exactly when to begin the education of their darlings.

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

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

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

I only mention the dumb animals as above to explain that the wrong education of our young progeny is often caused through our so-called "school-sagacity."*

Through erroneous instruction received the mental capacities of humanity of to-day have been led into false courses and we may say they have been coerced into certain systems, which influence our health and our vitality perniciously. Our instinct has been so very much weakened that if this is further continued in future the entire Human Race will perish miserably; and whoever does not believe in this danger only need to make necessary enquiries to find out the general state of health of the people.

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

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

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

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

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

Enjoyment and Recreation In Their Hygienic Significance.

By Dr. Henry Pudor*

Art American physician has proved by statistics that brain-workers generally live much longer than body-laborers; and the well-known English hygienic writer, Sir Benjamin Ward Richardson, proves this assertion, which at first seems to be rather presumptive, to be very correct; because a brain-worker, when working even for his daily bread, has much more variety in his work than a laborer or artisan; and because work in general is less hygienic, the less change cause work in general is less hygienic, the less it is subjected to change.

That which makes work so non-hygienic is the tiresomeness, or rather monotony of it, and work which is continued after the body is tired acts non-hygienic and completely uses up the system.

Of course the system gets the quicker tired of any kind of work, the more monotonous and one-sided that work is.

On the contrary, however, a change in the work will be always found to be refreshing and invigorating, because then the same organs will not constantly be used and over-exerted.

This hygienic value of the change in work causes also the hygienic importance of recreation, diversion, amusement and enjoyment. Those organs, which were continuously strained when at work professionally, will then be completely at rest, and other organs come into action. For this reason an occupation which for one person may mean hard work, may be a recreation for the other. For instance, the renowned Prime Minister Gladstone used to saw wood as a recreation, but the professional wood-cutter would consider this work very fatiguing.\$ The welfare of the body depends mostly on the equilibrium of its organs; but this equilibrium will be disturbed by a continued monotonous one-sided professional labor, and it is regained by what we call recreation—i. e., through exerting different organs, thus giving the overworked ones a rest.

This is never caused by the occupation itself (may that recreation either consist in sawing wood or drinking beer, etc.), but simply by the change which gives recreation and acts hygienically.

For the saloonkeeper it is no such recreation to be drinking, as it would be to his guests, and the professional athlete does not desire the same salutary effects from sport as the amateur. And even the merry laughter may become irksome to him who has to laugh professionally—i. e., on the stage, etc. On the other side, however, we are nearly all professionals in some kind of mental or corporal occupation, and laughter for us is no fatigue, but instead means pleasure and amusement.

In accordance with the above it is only natural that to all those, who work with their bodies, mental labor means recreation, enjoyment and pleasure and has much hygienic value: on the contrary, to those who work mostly with their brains bodily labor means the same. For this reason sport has attained to such

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

For this reason it has also been found necessary to establish so many "Gymnasia" (in the Greek sense of the word) in the larger towns, and 'people's high-schools' in the country. On the other side again, mental education is not so universal as that the professional hard-working laborer or artisan knows how to seek recreation in mental labor; he does not know any better than to frequent the different saloons. [The so often denounced public-houses have, however, a hygienic value in so far that they form an attraction through the change they offer. The previously exerted organs have now complete rest, and others come into play. The undefinable something that attracts so very many to the saloons is nothing but the effectual fulfilment of the desire for a change, and thus the public-houses offer in this direction a source of physical incitement: a charm, they react beneficially upon the formation of matter and the blood-circulation.]

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

It affords the same pleasure to the towns-folk to take a trip to the country, as to the country-people to visit the big towns. The mountain-dweller likes to go to the valleys, and the inhabitants of the latter like to ascend the mountains. Week-days and Sunday, working-days and holidays and vacation—all these derive their hygienic significance through the change they produce, and thus act beneficially and stimulative upon vitality.

Theatre, music, arts, science, literature, and enjoyment of nature, all these as long as they are not looked upon as a profession are subjected to the charm of change, and have a stimulative effect and therefore hygienic properties.

It is for this reason that the so-called amateurship in all fields and professions has such a high hygienic value; and that monotony is just as non-hygienic as the many-sidedness is hygienic.

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

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

If, therefore, the hygienic value of enjoyment and pleasure generally depend upon change, and the changing mode of occupation, which should never be continued until the different organs are tired out, then the specific hygienic value of pleasure and enjoyment consist in the following:—

Firstly, the breathing-capacity is invigorated. When tired, unhappy, sorrowful, miserable or anxious, our breathing-capacity is reduced, it becomes restricted, superficial, insufficient.

The more the charm of pleasure and enjoyment is active, the more the breathing-capacity augments; it gets more vivified and thorough.

Necessarily, however, the blood-circulation is improved together with it, and the secretion of matter is accelerated thereby.

Thus there are derived augmentation of the general welfare and together with it human happiness.

The greatest hygienic significance may be attributed to laughter.

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

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

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

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

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

From the instinctive recognition of this hygienic value of recreation, of pleasure and of laughter, the so-called "love-for-pleasure" might well be derived from.

In great cities the people work the hardest, for this reason here also are to be found the greatest number of pleasure-resorts of a questionable kind. The harder a man works the lower his demands for recreation.

Seldom may there be found an opera-house in the big cities where performances are given during the entire year, only a few play-houses perhaps where exciting dramatic shows are continuously presented to the public.

However variety-shows, vaudevilles and music-halls abound in great numbers.

If, therefore, the people are to be educated up to a better and higher* standard of appreciation of the elevating mental pleasures, the hours for work must be restricted.

According to the present circumstances of our daily life, variety-shows, music-halls and circuses, etc., are a logical necessity, as they are a medium for the reconstruction of our physical and psychical equilibrium.

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Boys ! Dont

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

Don't look down on your father, and call him 'the old man so patronizingly. His advice and counsel are worth something yet, if he is old-fashioned; and you will probably save lots of blunders if you follow that advice.

Don't heed the sneers of your companions about being "tied to your mother's apron strings." You would have been badly off, indeed, had she not cared for you in the past; and the day is coming when you will have neither mother nor father to advise and help. Keep this in *mind*.

Don't try to break away from parental control. Don't be too sure you can "paddle your own canoe." That will depend on wind and wave—and you may get upset. Remember the kite that sought liberty by breaking its string—and was ruined in the operation!

Don't believe all people say about your parents being "hard" and "mean." When you are older and have to run things yourselves, and lie awake nights as they do—planning for the children, you may wish you had helped bear their burdens instead of fretting at their restraints. If they are stern and harsh at times, they love you; and harshness is better for you than the lack of care some children receive.

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

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

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

Don't get the foolish notion that it is "manly" to use tobacco, or drink liquor, or swear, or use vulgar, filthy words: it is the devil's own lie, whoever says it. If you do these things, you will never be men if you live to be as old as Methuselah.

Don't use tobacco in any form or for any reason. If your doctor prescribes it, burn up the prescription and get a new doctor. It will poison your blood, derange your stomach, darken your skin, clog up the wonderful mechanism of your body, and—worse still—dull your sense of right and wrong, dwarf your soul and handicap you hopelessly in the race of life.

Don't take the first glass of liquor. Don't allow any one to coax, or frighten, or drive you to use the vile stuff in any form, except under the positive directions of a physician *who does not drink himself*. If you have inherited the slightest appetite for strong drink, don't use it even for medicine. Most of it is poisoned, and you run great risks in touching it.

Don't use profane or impure language. If you have begun to use it, stop at once. Don't say anything you would blush to have mother hear!

Don't make friends of those, who do these things. Rum, bacco, profanity and vulgarity are all children of the devil, and they usually stop at the same house. Seek companions who will help you up instead of down. And you will find more of these—don't forget this—among Christian people than anywhere else!

Don't get the silly notion that a young man must sow his "wild oats." i. e., act like a fool till he gets sick of the business'—and be a better man afterwards because of that sowing. This is another of the devil's lies. It is just as true as ever that 'Whatsoever a man soweth, that shall he also reap'—only the harvest is always far worse than the sowing: "wild oats" *must* be harvested some time.*

Don't fail to be loving and tender to your own sisters. Some day you will appreciate the priceless value of a true sister's love—even if her face is not so fair as it might be. He who is unkind to his sister, cannot be trusted with another woman's love. Be kind to your sisters boys.

to treat yours! If a girl has no brother to protect her, all the more reason for this. Shame on you, boys, if you fail to care? And never do anything you would dislike to have your own sisters do—were that possible.

Don't "take liberties" with the girls you associate with—especially if you believe them to be pure girls, just to "see how far you can go." It is an outrage both to yourselves and to them; you have no right to do it, and a heavy curse will fall on you if you do. Even if you do not fall into sin thereby, it is quite likely to cause their ruin—and that is something the very thought of which should make you tremble. Avoid "fast" girls altogether; if you do not, your character will be smirched beyond repair.

Don't allow yourself—on any pretense whatever—to enter the paths of the "strange woman," whether she lives in a palace on a public street, or waits on you at a lunch counter or in a store. Solomon only told the cold, cruel truth when he said of the house of the "strange woman," "the dead are there." Pollution of this kind will rot out your very lives!

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

Don't read the trash of modern literature—whether overwrought fiction, or sensational "news," or the senseless drivel of the average Sunday newspaper. Read only what will make you better, stronger, braver, truer, purer men at last. Especially, don't forget to read the Bible.

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

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

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

Don't "strike out" for yourselves too early in life. Consult older men about the matter, and follow their advice. Especially if you are a country boy, be very careful how you forsake your quiet home for the rush and scramble of city life. You may be very shrewd and capable in that country home, but you will be as a babe in the hands of city sharpers.

Don't listen to the cavils and sneers of the modern infidel—of whatever name, whether in the pulpit or out of it. Don't think that the Bible is "out of date," its statements of fact "absurd," its moral precepts "old-fashioned," and its threatenings of a judgment to come a fit subject for ridicule. Don't be proud of your skepticism, don't sneer at religion and religious people, don't think it "smart" to deny the existence and providence of God. Don't get into the current of modern unbelief at all; it is not a matter of pride if you do, rather something to be sad about. "The old-fashioned Bible" has come to stay, and there are those who know it is what it claims to be. If you are honestly in doubt, try Christ's own remedy—"If any man willeth to do His will, he shall know of the doctrine."

Don't leave God out of your calculations; you will have to meet Him by and by. He is your best friend, and desires to do the very best thing possible for you. Get acquainted with Him—by reading His word and doing His will; accept the salvation offered through His Son, and make him your Adviser and Pattern in life: always keep open, by prayer, the lines of communication with His throne: do this, and whatever men may think about it, your lives will be grandly successful and you will share the unspeakable glories of the life to come. However you may fail elsewhere, boys, don't fail here.—From the *Safeguard and Armory*.

"Man should eat in order that he may live. So long as the motive for eating is the gratification of hunger only, so far is it normal. Eating for pleasure is a menace to the health, the intellect, the morality of the individual, and conducts straight down through the jaws of death.* LATSON.

Literary Notes.

Hydropathy in the Treatment of Influenza and Fever Cases.—Part II. On the Functions of the Skin in Relation to Life, Health and Disease, by Richard Metcalfe, London, England, published by the London Hydro, Richmond Hill, Surrey, England. Price, one shilling.

One of England's greatest hydropathists, Richard Metcalfe, gives in this book very interesting descriptions and information as to the efficacy of hydropathy and the turkish bath in diseases, skin affections, acute and chronic inflammations of all kinds. It is one of the best books written on the subject and contains information of great value to all adherents and believers in hydropathy.

Comprehensive Cookery, as used in the various hygienic establishments throughout the world. Contains instructions for over 1,000 tested recipes. Compiled by E. & B. May, of the Hygienic Home and Sanitarium, London, England, price, 1 shilling. Published by L. N. Fowler & Co., 7 Imperial Arcade, E. C., London. For sale in United States by the Vegetarian Society, 310 Chestnut street, Philadelphia, Pa.

Rational Memory Training, by B. F. Austin, B.A., B.D., published by the Austin Publishing Company, Limited, Toronto, Canada. Price, \$1.00.

A series of articles on memory, its practical value, its phenomenal powers, its physiological basis, the laws which govern it, the methods of improving it, attention, association and arrangement of ideas, causes of defective memory, mnemonics, their use and abuse, etc., etc., with hints and helps in memorizing figures, lists of words, prose and poetic literature, etc.

Classified Gymnasium Exercises, of the Roberts system, compiled by A. K. Jones, published by W. F. Adams Co., Springfield, Mass. Price, \$1.00.

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

Christian Science: Is it Christian? Is it Scientific? By Rev. E. P. Woodward, published by the Safeguard Publishing Company, 305 Cumberland street, Portland, Me. Price, 10 cents. This is a revised and enlarged discourse delivered by Rev. E. P. Woodward in Portland, Me., on April 22, 1900.

A Plain Talk on Purity, by Rev. Henry Rose, Auburn, Me., published by the Safeguard Publishing Company, Portland, Me. Twenty-eight pages. Price, 15 cents.

This very interesting lecture was delivered by the Rev. Henry R. Rose in the Elm Street University Church, Auburn, Me., March 22, 1896, and repeated in City Hall, Lewiston, Me., before the Woman's Reform League, of Androscoggin County.

The Cup of Devils, an exposure of the frauds of the liquor traffic, by Rev. D. T. Taylor, Hyde Park, Mass., published by the Safeguard Publishing Company, Portland, Me. Price, 10 cents.

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

Wisdom of the Ages, revelations from Tertoulem the prophet of Flaskanata, automatically transcribed by George A. Fuller, M. D., published by the Banner of Light Publishing Company, 204 Dartmouth street, Boston. Price, \$1.00.

A book written for believers in metaphysics, spiritualism and spirit communication. Its language is mystical, but pure, and contains many sublime thoughts. Its contents will only be understood by a chosen few.

A Nut and Fruit Dietary, by Sophie Leppel, published by Fowler & Co., 7 Imperial Arcade, Ludgate Circus, London, E. C. Price, 2d., or Fowler & Wells, New York, 10 cents.

The authoress, who is the founder and principal exponent of the Leppel system of dietetic (drugless) healing (vitalism) and is also a teacher of and lecturer on the properties of foods, gives here a very good nut and fruit dietary for brain workers.

The Missing Link in Dietetics, by Sophie Leppel, published by Fowler & Co., 7 Imperial Arcade, London, E. C. Price, 2d. These are a series of treatises reprinted from "Natural Food," of August, September and October, 1894.

Sexuality and Vitality, by Sophie Leppel, published by Fowler & Co., London, E. C. Price, 4d. The authoress herein asks: "How can earthly immortality be attained through the development of will power?"

Suitable Food and Physical Immortality, by Sophie Leppel, published by Fowler & Co., London. Price, 1d. A very ably written booklet, full of good points.

Diet versus Drugs, by Sophie Leppel, published by Fowler & Co., London, E. C. Price, 1 shilling. Contains nineteen lists of classified foods.

The New Doctor or Health and Happiness, by L. M. Bidie, published for the author by F. E. Ormsby & Co., Chicago. Price, \$1.00.

In the form of a story, the author relates many personal experiences and real facts culled from personal observation, and proves exhaustively and satisfactorily that Nature is the best physician.

What the New Thought Stands For, by Charles Brodie Patterson, published by the Alliance Publishing Company, Life Building, New York. Price, 10 cents.

This interesting little booklet expounds the theories of Christian Science and the new thought and their respective teachings.

The Nature Cure by Physical and Mental Methods, by Marvin E. Conger, M.D. Fourth edition. Published by the Educator Publishing Company, Chicago. Price \$2. All of our readers interested in the nature cure movement should not fail to procure a copy of this well written book. It contains a clear, concise treatise on the cause and cure of disease, excluding all drugs, but advocating (1) sunshine, (2) pure air, (3) pure water, (4) pure food, etc. The author, a medical practitioner, deprecates the present too abundant recourse to drugs, patent medicines and quack remedies, and gives full directions as to the treatment in all disease by the nature cure methods. We sincerely wish the author the very best success, as by his work he will benefit mankind at large and help to propagate the general knowledge about the practicability of the true natural methods of healing.

The Students' Manual of Venereal Diseases, by F. R. Sturgis, M.D. Seventh edition. Published by P. Blakiston's Son & Co., 1012 Walnut street, Philadelphia. Price \$1.25. This valuable work has been written especially for students of medicine, is very concise and, at the same time, very practical. It eschews all mooted points in venereal medicine, and confines itself to giving a careful and at the same time condensed description of the commoner forms of venereal disease which will fall to the lot of the average young practitioner to treat, together with the most appropriate remedies.

The Anatomy of the Nasal Cavity and Its Accessory Sinuses. An atlas for practitioners and students. By Dr. A. Onodi, of the University of Budapest, translated from the second edition by St. Clair Thomson, M.D., London: F. R. C. S., Eng. Published by Cassell & Co., 7-9 W. 18th street, New York. Price \$1.25. The accuracy and excellence of the engravings of the sixteen plates contained in this valuable work facilitates the study and the acquirement of practical knowledge of nasal anatomy. A correct idea of the topographical relations of the nasal fosse can only be obtained by the study of sections, which are correctly depicted and described in this excellent work.

Elements of English Grammar. By Geo. P. Brown and Chas. de Garmo. Published by the Werner School Book Co., 378-388 Wabash avenue, Chicago, Ill. Price 60 cents.

This book contains a study of how sentences are constructed and of their connection with the thoughts they express. It regards the sentence as the unit of language, and defines grammar as the "science of the sentence." This modern, scientific treatment of English will prove attractive to progressive teachers and educational thinkers.

We have received a copy of a new magazine called *The Psychic Healer*, devoted to "lifting suffering humanity," published monthly by G. A. R. Steiner, Editor, P. O. Box 475, Oswego, Kan. Price \$1 per year. This periodical will contain articles on hypnotism, mesmerism, mind reading, spiritualism, clairvoyance, right living and right thinking. Sample copies to all who mention this paper.

THE KNEIPP WATER CURE MONTHLY.

A system of *Pfysiologif.. Therapeutics*, being a practical exposition of the methods, other than drug-giving, useful in the treatment of the sick and in the prevention of disease. Edited by Solomon Cohen, A.M., M.D. In eleven handsome octavo volumes, with many illustrations, maps and plates. Vol. I. Electrotherapy, by Geo. W. Jacoby, M.D., with 163 illustrations. Published by P. Blakiston's Son & Co., 1012 Walnut street, Philadelphia, Pa.

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

The A B C of Scientific Lnrstianity, by Joseph Russell Clarkson, Omaha, fteb. Published by the author.

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

The Magic Seven. By Lida A. Churchill. Published by the Alliance Publishing Co., 19-21 West 31st street, New York. Elegantly bound. Price \$1.

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

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

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

We have received a beautifully illustrated prospectus of the "Kneipp Sanitarium, St. Joseph," in Poughkeepsie, N. Y., which is the summer branch of the New-York "Kneippianum," 1931-33 Madison avenue, corner 124th street, of which Miss E. Amend is the proprietor.

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

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

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

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

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

My Dear Sir—

I am very glad to have your letter and to know that my articles haveen been appreciated by the public. I hope you may long labor on in the good work, at the same time keeping your columns open to any good thing that may forward the cause of hygiene, regardless of either Priessnitz or Kneipp We live in an age of "advance" and everything that is likely to benefit *suffering* humanity must be proclaimed and utilized. I herewith enclose another article, trusting it will meet the wants of your many readers.

Again wishing you godspeed in your work, I am yours very faithfully,
R. METCALFE.
London, April 20, 1901.

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.

Capt. Thomas W.—You are right! The *article* * Christian Science and Naturopathy," in the April copy, has been spoiled entirely by the printer, although he has received the corrected proof sheets. It is not my fault, and I am perfectly powerless.

J. Aug. Bl., Dover Plains, N. Y.—Read: "and take a short walk until warm all over the body," then "three times weekly lukewarm sitzbath, etc." The way it was printed in April copy was regular nonsense. Please excuse.

Mrs. K. F., Springfield, 111.—Chronic catarrh of the stomach: • The first condition is a perfectly non-irritating diet, especially fruits, berries, whole wheat bread, plenty of lettuce and watercress (prepared with lemon juice, no *vinegar*), green vegetables (no cabbage), rice and other cereals, lukewarm milk, malt cotree. Do not drink after meals, always before. Every other day, bed steam bath with extra compress on the stomach, one to one and one-half hours, hereafter sitzbath ten to fifteen minutes, 85 deg. F., with pouring the water on the stomach. Every morning cool sponge bath, every night a wet abdominal bandage. Sun baths and air baths are very beneficial and should be taken whenever there is an occasion. In constipation, enema of lukewarm water mixed with a little lemon juice, daily if necessary. You may drink before going to bed small cup of tea of aloe or wormwood, juniper berries and peppermint mixed; if the taste is too bitter, add honey.

Special herbs for rheumatism are: Birch leaves, gentian, scurvy grass, commock.

Fr. A. L., New Haven, Conn.—Hay fever: Start right away to live on a non-irritating diet; avoid all stimulating: beverages, also no meat, soup, spices, vinegar, tea and coffee. Eat plenty of fruits, berries, lettuce, radishes, rhubarb, green vegetables, cereals, malt coffee, milk and eggs, whole wheat bread. Every morning, cold sponge bath combined with thigh gush and upper gush each, twice weekly, then breathing exercises five to ten minutes. Once or twice weekly, three-quarters pack one to one and one-half hours, with lukewarm half bath to follow, eight to ten minutes. Every alternate night Kneipp's shawl or chest compress combined with calf packs; every other night abdominal bandage. Sleep with open window; eat very little for breakfast; gargle the mouth daily with lemon water. Take an ocean and sun-bath whenever you get a chance. A cup of tea of ribworth and yarrow mixed with lemon juice and honey before going to bed. Enema if constipated.

T. F. P., Scran ton, Pa.—You may drink twenty minutes before breakfast as much water as you like, but never drink anything after meals within two hours. Drinking of especially cold beverages during meals or directly afterwards has been in many cases the cause of indigestion and stomach troubles. A very bad habit is to drink ice water with the meals. Try also the abdominal bandage which is a universal remedy for all stomach troubles.

O. W. M., Vinton, Ia.—Chronic nephritis: Every other day three-quarters oack, one to one and one-quarter hour with sitzbath, 85 deg. F., ten minutes, on the other days cool sitzbath, 60-70 deg. F., every morning and evening three to five minutes. After the morning sitzbath a cold sponge bath and air bath on the open window ten to fifteen minutes. Every other night a clay compress (potter's clay mixed with a little water, kneaded into a fine salve and put on thick on a wet piece of linen with a dry flannel wrapped over it and round the abdomen) for the kidneys. Sun bath on the back now and then. Enema of oak bark tea if constipated. Avoid strictly all stimulants. Vegetarian diet, plenty of fruits and nuts, daily one-half pint of buttermilk, one cup of tea of shave grass, brier hips and broom herb mixed before going to bed.

Agents Wanted

For the Kneipp Water Cure Monthly and Amerikanische Kneipp - Blatter in every locality.

Okie's Woerishofen Specialties

OKIE WOERISHOFEN GOUT CURE

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

Large bottle . . . *I k.* \$3.00
Small *p* 2.00
(Can only be sent by Express.)

TESTIMONIALS.

I suffered by gout for fully 14 years. Knobs formed on my hands and feet in the length of time which were very painful especially when the weather was about to change. On March 3rd, 1897, I was so bad that I had to seek my bed. The knees commenced to swell so much that my feet were stiff. The same took place with my hands. My fingers were swollen so much, that I was unable to make the slightest movement with them. My wife had to feed me like one would feed a baby. What pains I had to stand only one knows who has suffered by gout. I had to be carried on a linen sheet from one bed to the other. Such I spent 11 weeks. All remedies which I tried proved of no value to me, they were without effect. Then I heard that Mr. I. B. Okie, editor of the *Kneipp-Blätter* in Worishofen, had invented an effective remedy for gout. I decided to try this one as a last resort and, what a surprise, the pains stopped 15 minutes after I had applied this remedy, I could move my fingers and use my hands to eat my breakfast the next morning. The same success I had with my feet after applying Okie's Gout Cure. The knobs and swellings disappeared and to-day I am as well as I ever expected to be. Nobody will think for one moment that I ever suffered by gout. I had spent a little fortune for remedies to cure gout without any success, the small amount I paid for Okie's Gout Cure brought the result looked for in a short time.
Worishofen, July 14th. 1898.

Johann Georg Bader,
Proprietor of Restaurant "Krone".

I had the gout in my hands and feet. I tried every remedy and improved a little once in a while for a short time. Last winter I grew worse and worse, when a friend, who had spent the summer before in Worishofen, advised me to give Okie's Worishofen Gout Cure a trial. I did so and was cured. A little while after applying the remedy the pains ceased, the knobs disappeared and I could hope to get rid of this painful sickness. I recommend this remedy to all sufferers by gout or articular rheumatism.

Peter Bayer/, Tailor,
Weilheim, Bavaria.

Last week I treated one of my patients with Okie's Worishofen Gout Cure. The effect was excellent. Inside of one hour the pains stopped and did not return so far. Now he is able to leave the room on crutches.
Milwaukee, Wis., November 15th, 1898.

C. Keints,
Director of Dr. Rhode's Kneipp Sanitarium.

I recommended your Gout Cure to a friend of mine, Mr. G., who ordered a bottle to try it. This gentleman suffered by gout since a few years, and that so much that he had to stay in bed. I learned all about the Gout Cure in the *Kneipp-Blätter*, of which I am a subscriber. I applied the cure at the request of the patient and his wife, and according to your instructions. In 21 hours the gout was gone and my friend cured. Kindly send one bottle of your Gout Cure to Mr. J. B. in Ulm.

Hall, Württemberg, September 12th, 1898.

Rothmaier,
Bookkeeper, Royal States Prison.

OKIE WOERISHOFEN MOSQUITO CURE

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

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

The Mosquito Cure, as I call my invention, will now be an indispensable companion for everybody. Principally for cyclists, tourists, and men working outdoors, who are greatly molested in the warm season by Mosquitoes and other insects the salve will be most useful. But of even more importance my invention will be as a remedy against wounds. "Even a small wound is often the cause of blood poisoning and dead, then my salve will be a preservative. It is packed in plated tin boxes, nearly two inches long, and can be preserved for years. Along with each "SALVE" a piece of English court-plaster and the directions for use are given. The extremely low price puts it within the reach of all. The "Salve" is patented in all civilized countries, every piece bearing on the inner envelope my name (Okie) as trade mark.

10 cents a piece, box of 5, 45 cents, postpaid*

Only Representative in the United States and Canada:

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

Wholesale and Retail.

Agents wanted.

Kneipp's Health Foods.

" jPtire Food Means Good Health."

Nobody will deny the fact that most of the diseases and cases of ill-health so prevalent in our times may be traced to our incorrect habits of living and to our accustomed unhealthful diet. It is time for us to consider this matter seriously. Our highly developed civilization makes increasing demands on our faculties and energies, and we ought to be careful to keep the body in such a condition as to enable us to meet all our duties with ease and confidence. Otherwise our strength is sure to fail and we will be left behind by our competitors in the struggle for life.

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

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

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

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

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

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

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

TESTIMONIAL OF REV. FATHER KNEIPP.
Worishofen, February 11th, 1890.
To Mr. H. Zsiher Baker, Ulm a. D.

I beg you to take notice that I have thoroughly examined Vhe samples of bran- and wheat-bread sent to me in the latter part of Jauuary, also the three different kinds of strength giving soup meal, and have found them to come up to my standard as

to nourishing qualities and taste and they can be heartily recommended to all. God be with you.

Sebastian Kneipp, Parish Priest.

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

How to prepare it. This soup is made in three different ways: 1) Put two or three tablespoonful for each plate of soup into boiling beef or muttonbroth, let bon for twenty minutes, add one egg and serve; soupgreens and potatoes boiled with the meat will give an extra fine flavor to this soup. 2) Very nourishing soup isprepared by boiling the meal in milk with a little butter or an egg. 3) It may be boiled in water and seasoned to suit the taste.

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

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

Kneipp's Baby Food,

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

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

Price per can, 40c.

Kneipp's Grain Soup.

This plain but excellent food product is rich in nutritive elements, makes more and better blood, improves digestion, regulates the bowels ! There is no other article so well adapted for anaemic and dyspeptic patients. These should, from 3 to 6 times daily, chew one teaspoonful of this soup-meal and drink a small quantity of boiled milk. If this is continued for several weeks it will surely strengthen the stomach and the system wonderfully.—The soup is well adapted for children of two years and over, but it should be given in small quantities at first, a teaspoonful, boiled in a J pint of milk and given 6 or 8 times a day, is amply sufficient to insure good nutrition. Reconvalescents and weak persons will gain strength quickly if fed on this soup, boiled in either milk or meat broth.

Price, large package 25c, small package 15c.

Kneipp's Roasted Flour Soup,

combines the excellent qualities of Kneipp's Grain Soup is delicate taste; it will not offend the most fastidious palate,

To prepare this soup peel and slice a raw potato and a rot. put them with the soup flour and a little salt into a pi water or broth and let boil for \ hour. Some stewed veget; added to the soup will make it taste still better*

Price in packages, containing % portions, 5 cents, p&el of 4 portions 10 cents.

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

KNEIPP'S HEALTH FOODS.

Kneipp's Strengthening Zwieback,

prepared with whole wheat and real Swiss milk-meal, is the most nourishing. Can be used with milk, malt coffee, cocoa, etc. Everybody should use it and travellers should provide themselves with a supply of it. Children, patients and invalids", convalescents, nursing mothers", dyspeptics, should make this the principal part of their diet. Will keep for months.

Price 85 cents per package.

Kneipp's Oat Meal Biscuits.

containing oat flour and real Swiss milk-meal. These valuable ingredients will introduce into the body what it needs to gain strength. Sufferers from weak digestion, convalescents and children will find them very beneficial. Pounded and boiled in milk, they make an excellent food for small children. It has been demonstrated that milk is refined blood, distilled from the blood of the cow, through nature's process, and thus milk contains all the elements required to make healthy blood and supplies all the wants of our system. One pound of the milk meal is equivalent in nutritive value to 5 pounds of milk and this explains why foods containing this ingredient are vastly superior to all similar products. The nutritive value of our preparations is equal to that of meat according to chemical analysis, and they are easily the best for children, invalids, dyspeptics, etc., being most agreeable and digestible.

These Strengthening Biscuits are 25 cents a package.

Father Kneipp's Honey Gingerbread and Honey Nuts.

"Prepared from pure honey, real Swiss milk and best flour. Originated by Father Kneipp they may well be recommended as a very beneficial product for the strong and healthy as well as for the weak and ailing, for children, nursing mothers and to those suffering from dyspepsia and anaemia. They will prevent stomach and nervous troubles and diarrhoea with vomiting.

Honey-Gingerbread, in packages at 25c, 35c, 45c
Honey-Nuts, 35c per lb.

Kneipp's Oat Flour.

Examined and approved by medical authorities. It is a valuable food for weak and growing persons, will prevent anaemia and kindred troubles.

Boil J tablespoonful of this flour to a thin gruel. To make cows milk digestible for little children boil a teaspoonful with milk and water adding a pinch of sugar. Use I part of milk and 2 parts of water for babies up to four weeks old, the second month use 2 parts milk to 1 part of water, the third month take milk only.

Large package 25 cents, small 15 cents.

Father Kneipp's Soup Flours.

Kneipp's Barley Flour, S;	Large package	25c,	small	10c
Grünkern-Flour,	"	35c,	"	20c
Oat Grits,	"	25c,	"	15c
Lentil	"	25c,	"	15c
Pea	"	25c,	"	15c
Bean	"	25c,	"	15c
Maize	"	25c,	"	15c
Rice	"	25c,	"	15c
Potato	"	25c,	"	15c

These soup-flours are prepared with special care from the finest materials and are very nutritious and palatable.

Genuine Ulm Mutchel Meal.

No cook will ever want to do without this excellent preparation after she has once tried it. This is a standard article and its uses are manifold and the results always pleasing.

Recipes for the use of Mutchel Meal. It is used to make puddings or puff-paste, to stuff chickens, breast of veal, etc, it is better in all cases than crackerdust for breading cutlets etc. To make light and good dumplings or similar dishes add some Mutchel Meal to the flour used. For superior, delicious dumplings add one egg to each tablespoonful of Mutchel Meal, make a dough, let stand a few minutes, put with a spoon into boiling broth (which must be salted to taste), let boil for 5 or 10 minutes, according to size. They should stay at the surface while boiling. (Notice: If they sink to the bottom, the dough has been made too heavy; if they break up on being put in, then the dough is too soft).—The dough made as before may be baked in butter and served with gravy.—For Mutchel Meal Soup mix 2 tablespoonfuls of Mutchel Meal with the contents of an egg, add warm water or broth, and stir until it forms a liquid, pour into boiling broth, let it come to just a boil—and the soup is ready to be served.

Large package 25 cents, small package 15 cents.

Father Kneipp Oat Meal Bonbons.

These Bonbons are made of pure and wholesome ingredients only and contain besides finest prepared oatmeal, a quantity of juice from herbs, recommended as a cure for coughs by Mgr. Kneipp and others. They are by far the best confection and should displace the common candies and chewing gum, commonly made with glucose and similar undesirable ingredients.

In tin boxes, 15 cents per box.

Genuine Egg Noodles.

Mgr. Kneipp's favorite dish. These egg-noodles are unadulterated, made from the best wheat flour and strictly fresh laid eggs and make a wholesome dish. They are in use in a number of sanitariums and give excellent satisfaction. We have them wide, medium wide, and fine noodles for soups.

Price per lb. 20 cents, ½ lb. 10 cents.

Kneipp's Sweet Acorn Coffee.

Is a very wholesome drink for weak, sickly, scrofulous children. In his work "Thus Shalt Thou Live" the celebrated hygienist praises the Acorn Coffee as follows:

"I recommend its use for the abundance of its nutritious and healthy qualities; it is a pity that it does not stand in greater favor with the public.

I knew a mother whose child had been born seven weeks before its time. It was her only child and her only darling. She was advised to give it every day some Acorn Coffee in several small portions. She saved her child by that food; in time it grew up tall and strong, and is still living in full health and strength. I highly recommend the use of Acorn Coffee and milk for all the children. Acorn Coffee might be given to children until they are advantageously in a condition to take stronger food."

How to prepare Acorn Coffee. Take a heaped tablespoonful, boil in a quart of water until there is only half of the water left, let stand for J hour and pour off. It should now be perfectly clear. Mix cold with an equal part of well boiled milk. Make not more than one day's portion at a time; it is not advisable to keep it longer than 24 hours.

Price, original packages containing ½ pound, 35 cents.
Seelig's Acorn Coffee in small original packages 10 cents.

Main Depot for the United States :

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

Wholesale and Retail.

Agents wanted.

Rob. Reicheltm' Special Offer]

Water Cure Institute,
8 8 5 Third Ave., 53d St. L St., New York
Open daily from 8 A. M. to 9 P. M.
Sundays, 8 A. M. to Noon.
Steambaths with latest Patent Appli-
ances. First class Massage Treatment (Me-
thod of Prof. Metzger, Wiesbaden). Very care-
ful, successful individual treatment in all
eases of sickness—whether acute or chronic.
Twenty years' practical experience.
For ladies trained female attendance.

BOY BABIES

GIRL BABIES.

Many a mother has set her heart on
the hope that her next child might be a
boy, or might be a girl; but, until the
closing years of the nineteenth century,
the sex of child was thought by all to be
purely a matter of chance and wholly
beyond the control of the parents. Lately,
however, many of the most learned and
skillful physicians of the world have been
studying the subject, and the results of
their labor, together with his own ori-
ginal thought has been brought into con-
venient form by

DR. C. WILBUR TABER.
under the title of

“ Suggestion the Secret of Sex.”

The author's style is clear and simple,
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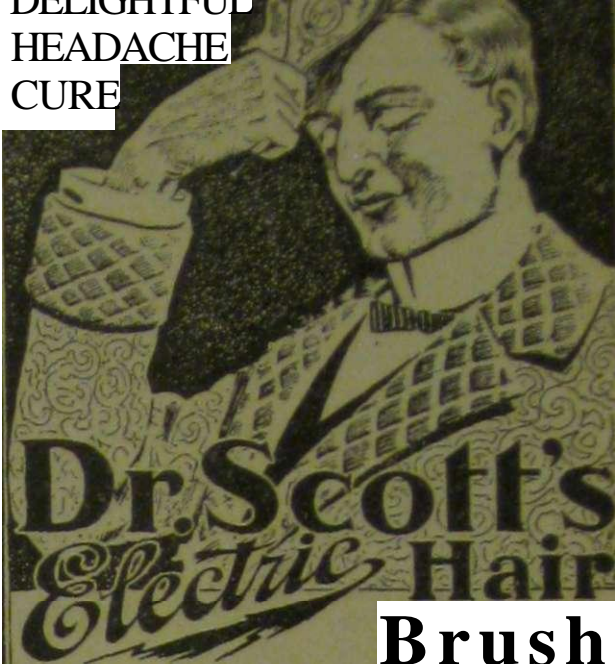
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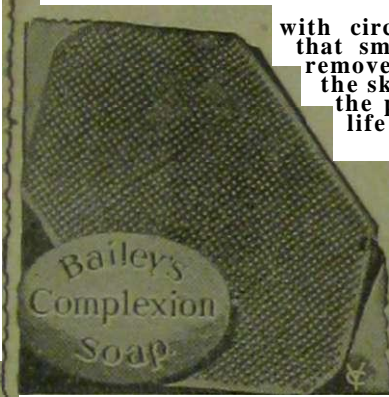
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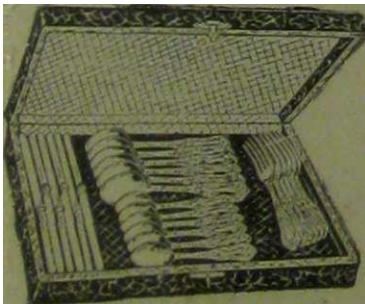
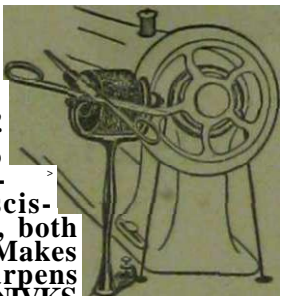
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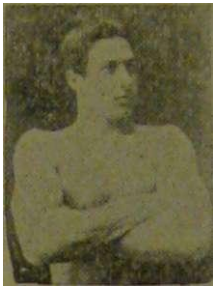
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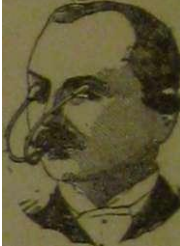
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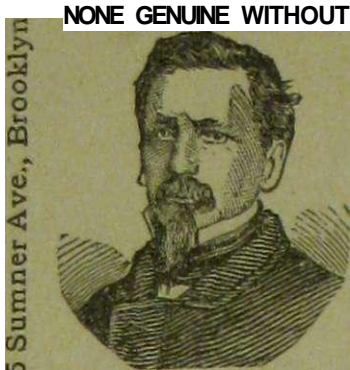
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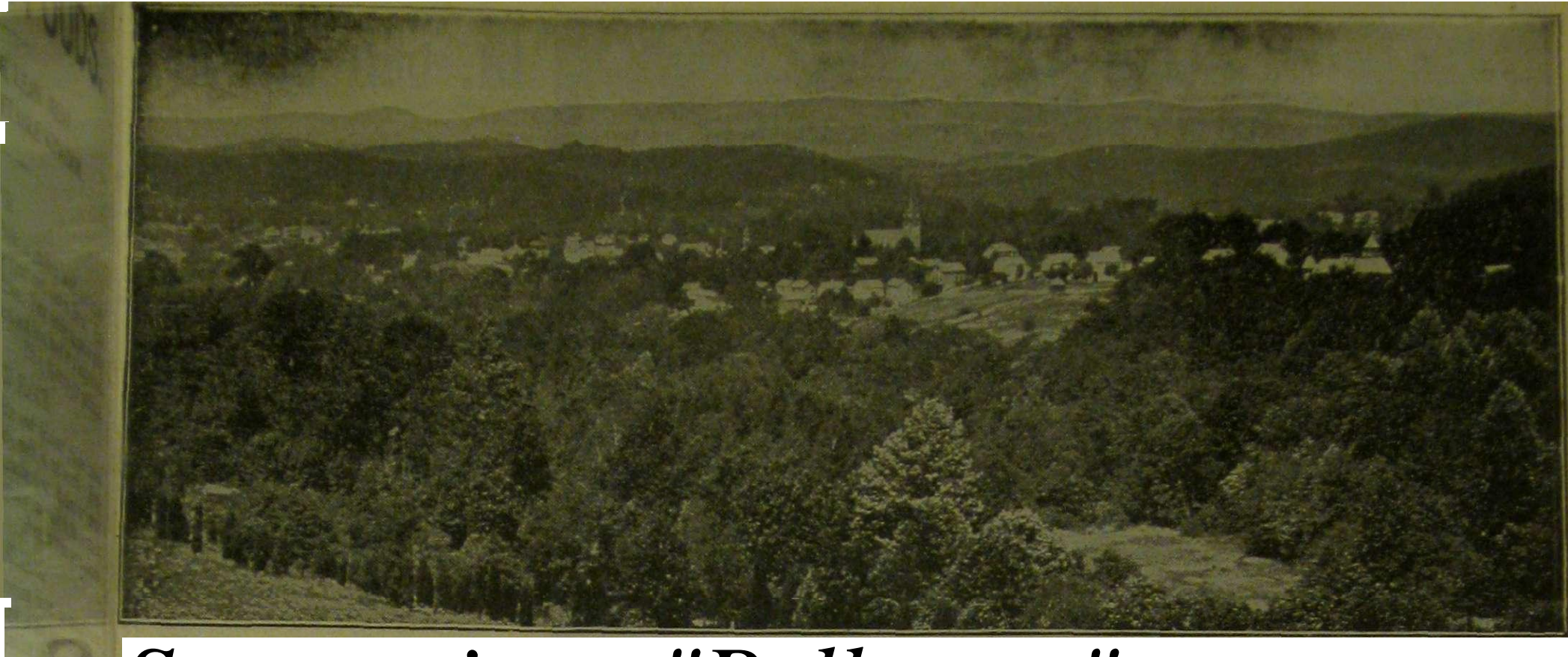
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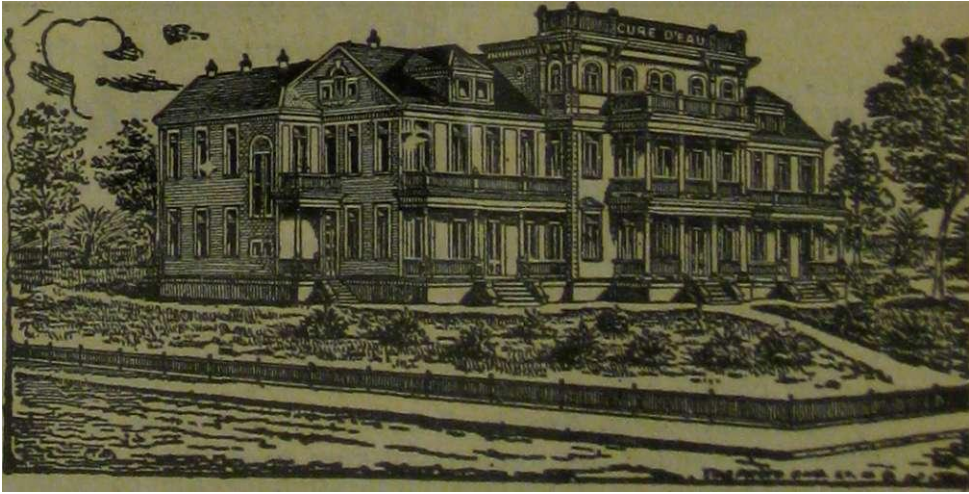
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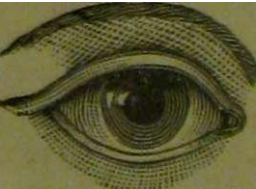
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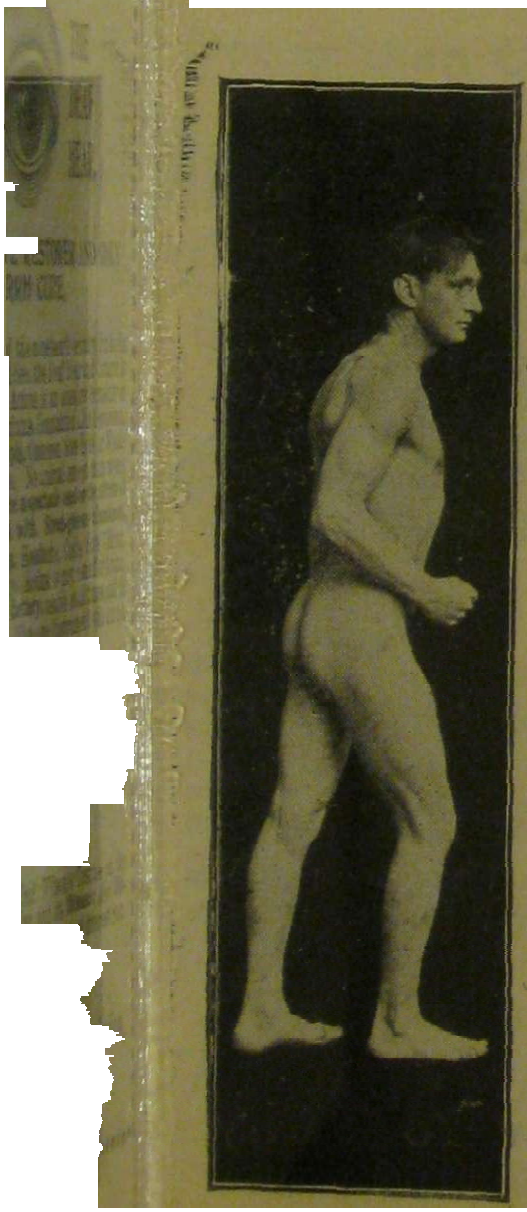
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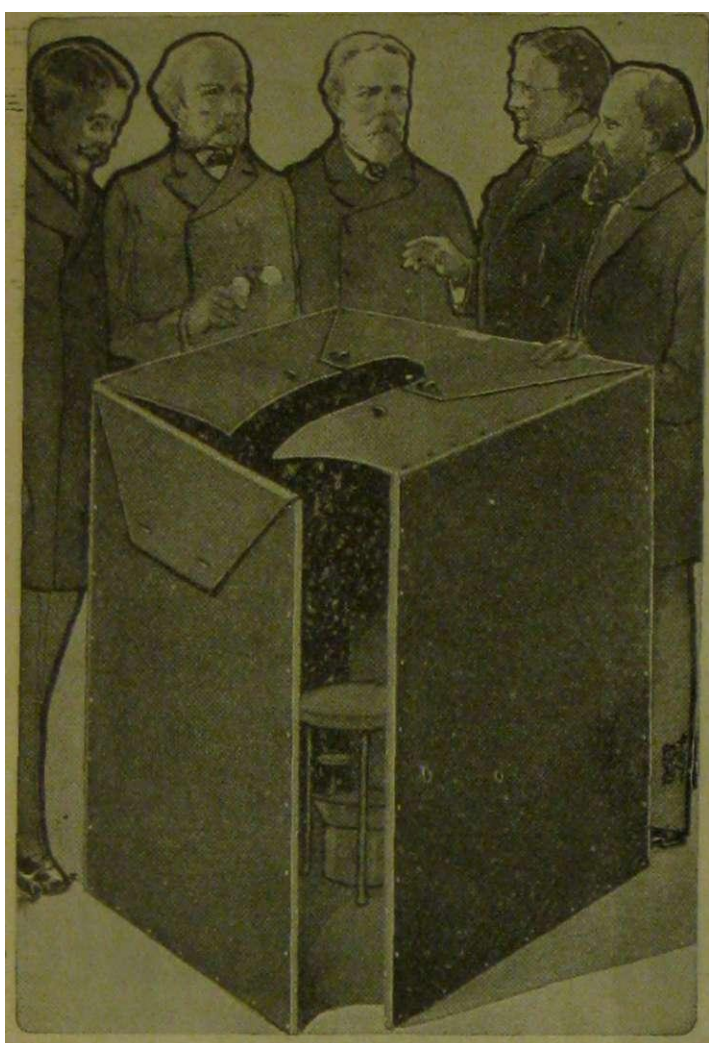
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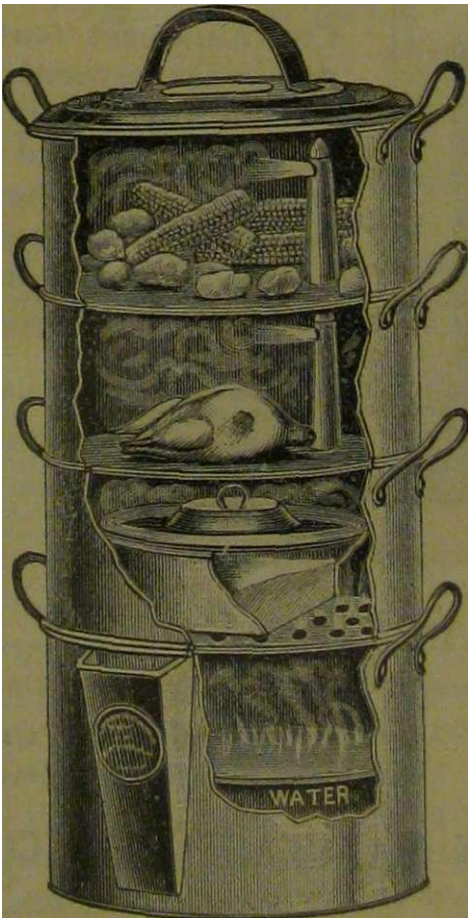
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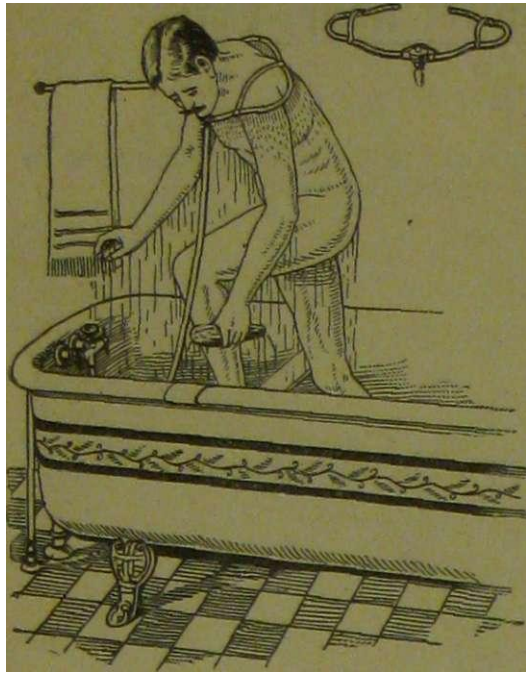
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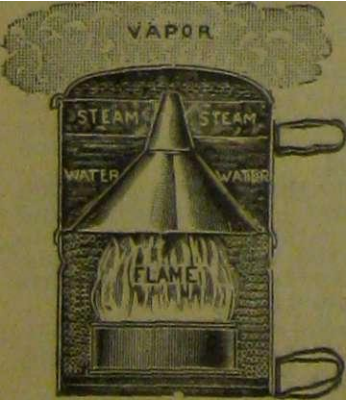
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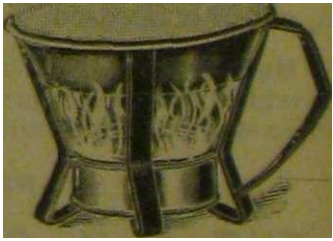
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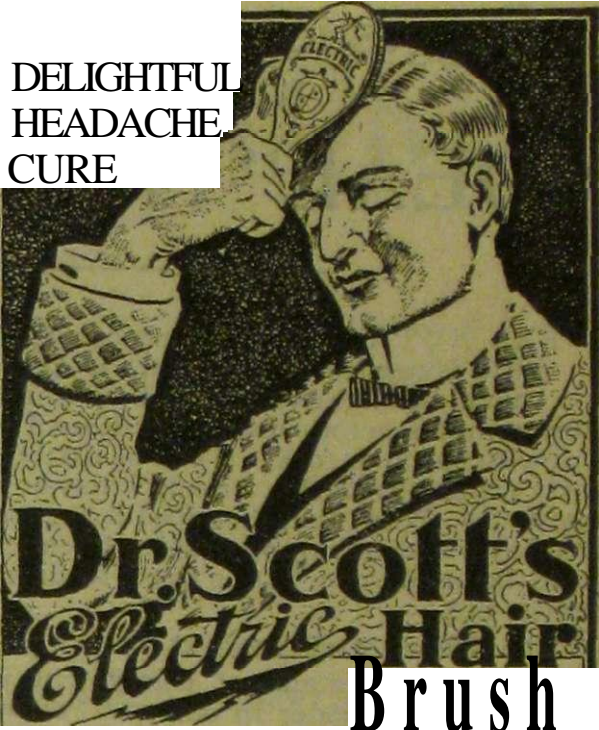
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