The Hevert Collection

Clinical Pearls *in* Naturopathic Medicine

In Their Own Words

Volume II: Chronic Disease



Edited by Sussanna Czeranko, ND, BBE

The Hevert Collection

CLINICAL PEARLS *in* NATUROPATHIC MEDICINE

In Their Own Words

Volume II: Chronic Diseases

The Hevert Collection

CLINICAL PEARLS *in* NATUROPATHIC MEDICINE

In Their Own Words

Volume II: Chronic Diseases

Edited by SussannaCzeranko, ND, BBE

Foreword by Joseph Pizzorno, ND



Crusoe House

Portland, Oregon

© 2019 Sussanna Czeranko, ND, BBE

Previously published by NUNM Press, 2019

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the prior written permission of the publisher, except where permitted by law.

Production: Fourth Lloyd Productions, LLC.
Design: Richard Stodart

Front cover photograph: Benedict Lust, ND

Crusoe House, Publisher
1630 SE Holly Street
Portland, Oregon 97214

davidjohnschleich@gmail.com

The HEVERT COLLECTION, *In Their Own Words*, comprises twelve historical compilations which preserve for the healing professions significant and representational works from contributors to the historical Benedict Lust journals.

Dr. Sussanna Czeranko and Crusoe House gratefully acknowledge the generous and prescient financial support of HEVERT USA which has made this historical series possible.

ISBN: 979-8-9982336-3-0
Printed in the USA



To Louise and Benedict Lust, whose love and determination to share the truth of health has weaved an exquisite tapestry for generations to come.

Truth is so rare, it is delightful to tell it.

—Emily Dickinson

Table Of Contents

Foreword *xii*
Preface *xiii*
Introduction *23*

1900 Nervous Dyspepsia • Benedict Lust *43*
Constipation • Friedrich Eduard Bilz *48*
Rickets And Vomiting • Benedict Lust *54*
Hemorrhoids, Piles • Benedict Lust *58*
Insomnia • Alfred Baumgarten, M.D. *61*
Jaundice • Benedict Lust *72*
Abdominal Complaints And Arthritis • Sebastian Kneipp *75*
Asthma • Sebastian Kneipp *80*
Loss Of The Voice • Sebastian Kneipp *84*
Headache • Benedict Lust *91*
Worms • Benedict Lust *96*
Headache II • Benedict Lust *97*
Cancer, Using Kneipp Methods • Benedict Lust *106*

1901 Apoplexy • Benedict Lust *115*
Snoring • F. J. Buttgenbach *120*
Catarrh Of The Bladder • Sebastian Kneipp *123*
Bed Wetting • Benedict Lust *127*
Chlorosis • Benedict Lust *128*
Goiter • Sebastian Kneipp *132*
The Cure Of A Sleep Walker • Author Unknown *134*

1902 Naturopathic Adviser • Ludwig Staden 141
Naturopathic Adviser • Ludwig Staden 144
How Naturopathy Cures • Ludwig Staden 147
Eye Affections • Benedict Lust 154
Control Of Emotions Through The Abdominal Brain • Sydney Flowers 160
Deafness And Diseases Of The Ear • Benedict Lust 162

1903 Chapped Hands • Benedict Lust 169
The "Whites", Their Causes And Treatment • Benedict Lust *170*
Obesity • Benedict Lust 172
Regulating The Bowels • Louise Lust 176

1904 Naturopathic Cures For Mental Illness • Benedict Lust *181*

1905 Hair Culture • Benedict Lust *187*
Heart Diseases • Benedict Lust *193*
Scrofula • Benedict Lust *196*
Abdominal Troubles Of Women • Benedict Lust *204*

1906 Perspiration Of The Feet • Benedict Lust *209*
Bright's Renal Diseases • Benedict Lust *212*

1907 Naturopathic Health Advisor • Benedict Lust *219*
Naturopathic Health Advisor • Benedict Lust *222*
Heart Failure Cured By Natural Means • Ella A. Jennings, M.D. *224*

1908 Authentic Medical Report • Unkown Author *231*
Tapeworms • H. E. Lane, M.D. *237*

1909 Surgery Not A Cure For Cancer • Eli G. Jones, M.D. *243*
Gout And Remedies • Benedict Lust *248*
My Experience In The Treatment Of Cancer • Eli G. Jones, M.D. *255*
My Case Of Diabetes • H. M. Heineman *258*

1910 Ringworm • Benedict Lust *267*
At The Sign Of the Bath Tub • Robert Biéri, N.D. *268*

1911 The Milk Cure • Philipp Karell, M.D. *273*

1912 Gallstones • G. H. *283*

1913 How To Cure A Cold • H. Nielsen, D.O. *287*
Mercurial Stomatitis • Benedict Lust *289*

1914 Boils • Ralph V. Streeter *293*

1915 One Disease, One Cure • Edward Booth, D.M.T., D.O. *297*
Constipation • S. Schatz *300*
Cancer, Cause And Prevention • Dr. Thomas J. Allen *307*
Cold Feet • Dr. Carl Strueh *311*
Catarrh • M. G. Young *314*

1916 Efficiency In Drugless Healing • Edward Earle Purinton *325*
Bad Breath • M. G. Young *333*
Female Diseases • Joseph A. Hoegen *338*

1917 The Nauheim Bath • Simon Baruch *343*
Rheumatism, Gout And Sciatica • Louis Kuhne *349*
Cold Hands And Feet, Hot Head: Their Cause And Cure • Louis Kuhne *358*
Specific Cures • Louis Kuhne *360*

1918 Rational Treatment of Neurasthenia • Dr. A. C. Biggs *365*
Epilepsy And Agoraphobia • Louis Kuhne *370*
Chlorosis • Louis Kuhne *375*
Cancer, Proud Flesh • Louis Kuhne *380*
How Do You Feel In The Morning? • William F. Havard *387*
Acid Dyspepsia • H. E. Bliler, D.D.S. *390*

1919 House Cleaning • William Freeman Havard *397*
The Cause Of Disease • Irving James Eales, M.D., D.O. *399*
Nature Cure Pioneers, Professor Arnold Ehret • B. W. Childs *401*

1920 A Course In Basic Diagnosis • William F. Havard *409*
Tonsils And Adenoids • William F. Havard *413*

1921 My First Case Of Encephalitis Lethargica Or Sleeping Sickness • Robert C. Biéri, N.D. 423
Nervous Prostration • Louise Lust, N.D., D.O. 428
Eczema • Benedict Lust, M.D., N.D. 431
Case Report • William F. Havard 433
Treatment For Hay Fever And Headache • Benedict Lust, N.D. *435*
Acute Diseases, Epidemics, Fevers • Carlos Brandt, N.D. 437

1922 The Life Worthwhile • Edwin J. Ross *445*
Arsenic Poisoning • Benedict Lust *450*

1923 Gonorrhea • Benedict Lust *455*
Syphilis • Benedict Lust *465*
Was President Harding's Death Due To Medical Ignorance? • B. Stanford Claunch, N.D. *471*
To Benedict Lust • J. S. Riley *481*

References *483*
Appendix A: Glossary *489*
Appendix B: Chronic Conditions. *495*
Index *499*
Index of Names *513*
About the Editor and Crusoe House *515*

Foreword

Over a century ago, naturopathic pioneers asserted that "suppression of symptoms" would cause more chronic disease. Although they were ridiculed by conventional medicine, we now know they were prescient. As they predicted, humans now suffer more chronic disease than ever before in history. While medical apologists try to explain this away as being due to people living longer, the harsh reality is that we have more chronic disease in EVERY age group. Diseases that were unknown in children in the past are now common and a large portion of the population is suffering from new diseases that had never been seen before.

What did the earlier naturopathic writers mean by "suppression of symptoms?" While the language is archaic, i.e., language used over a hundred years ago, using current language would say "relief of symptoms." In other words, these medical pioneers were saying that simply relieving symptoms without addressing the actual causes of disease results in the disease progressing unrelentingly to more and more physiological disfunction and eventually overt cellular damage. They realized that turning off the messages from the body that something is not working right was not only not a cure, but allowed the continuation of the lifestyle, diet, toxin exposure and behavior that cause the problem to continue without apparent consequences. Eventually the body breaks down and symptom relief is no longer effective, or the adverse effects of the intervention now exceed the illusionary benefits.

In this, the last volume of Dr. Czeranko's historic series on the origins of naturopathic thought she provides us key writings of the pioneers on the origins of chronic disease and the natural therapies to restore health. I think her organization by year helps show how these ideas evolved. A strong caveat for those new to reading these unedited historic articles is to realize their work was limited by the state of the medical science of their era. While they had great clinical insights, their efforts to explain physiologically what they were seeing were greatly impaired by the early stage of medical physiology and pathology. Another challenge is that language use a century ago was quite different than how we communicate today. Nonetheless, "Clinical Pearls" is a great title as their insights are so important for dealing with todays burgeoning ill health and disease burden.

Not surprisingly, many of the articles she reprints here were by Benedict Lust, ND, one of the founders of the profession. He was a prolific writer and was gifted in his ability to learn from his colleagues and effectively communicate with the public. This does not mean they got everything right. Which is why we engage in research. Not to prove ourselves right, but rather to get better.

Reading through this book I was struck by the urgent need to study hydrotherapy with modern scientific tools. So many case histories of patients with diverse chronic diseases responding well to various types of application of cold and hot water, with and without herbal extracts demands more study. When reading the many case histories of the efficacy of hydrotherapy, I think particularly important to realize how often these therapies were combined with broader health promoting guidance. Whole foods diets, vegetables instead of meat, spending time outdoors and in nature, increasing physical activity as the population became ever more sedentary—the examples are many of the healthful living guidance we now know is the only pathway to health and disease resistance.

The insistent on healthful living as the optimal treatment for most every disease is a powerful and consistent theme from all these writers. Reading the various theories and intervention strategies, again and again, the authors focus on cause rather than disease names and how important it is for the clinician to understand the messages of the body's dysfunction as expressed through signs and symptoms. Another theme that regularly presents is the critical importance of a properly functioning digestive system, which only happens in the context of prioritizing vegetables, avoiding processed foods, eating in season, and moderation in food frequency and amount.

Finally, I enjoyed the many reproductions of advertisements of the era. Perusing the sometimes hard to read small print is immensely entertaining—and interesting. For example, being myself a fresh air advocate I found quite humorous the ad on page 335 for the contraption that allows breathing fresh air while sleeping in a protected bedroom environment.

Commendations and deep appreciation to Dr. Czeranko for her important work bringing forward the critical clinical understanding of these insightful, pioneering men and woman who braved the condemnation of conventional medicine to think curatively about patients and the true pathways to health and vitality.

Joseph Pizzorno, ND
Founding president, Bastyr University
Co-author, *Textbook of Natural Medicine*

Preface

Clinical Pearls in Naturopathic Medicine, Volume II, is the final book in the Hevert Collection. It addresses the hugely important topic of chronic diseases. As you peruse the "Table of Contents" to survey the types of diseases encountered by Naturopaths over a century ago, you may well not be surprised that the diseases of the past continue to be the chronic diseases of the present. These afflictions are so common, in fact, that they have become part of the new normal. There is a notable difference, though: *the chronicity of diseases has intensified* and has become more prevalent, consistently overwhelming state and federal health care budgets. Data indicate that there has been an inversion of acute and chronic disease occurrence. Today, chronic diseases, such as cancer and heart disease, exhaust annual health care resources and have emerged in our time as the leading causes of mortality, replacing the acute diseases such as pneumonia, flu and tuberculosis of a century ago.

Clinical Pearls in Naturopathic Medicine, Volume II surveys chronic diseases treated by the early Naturopaths in their manifold presentations, and as documented in the Benedict Lust publications from 1900 to 1923. There are over 130 chronic diseases presented here, ranging from dyspepsia, constipation, gallstones, headaches, asthma, and rheumatism, right on through to cancer. Despite the best efforts by medical science to cure these chronic diseases, statistics reveal a complicated and more dismal picture of health in modern times than the protestations of advancements in mainstream medicine might prefer.

Even though the work of preparing the **Hevert Collection** is coming to an end after a decade, my enthusiasm for this project is intact and buoyant. This extraordinary journey has also brought me to a place of professional and personal self-reflection. Culling through Benedict Lust's publications from 1897 to 1923 to find relevant materials for the 21st century Naturopath was predicated on my belief in the relevance and utility of traditional Naturopathy as a system of medicine to address current health challenges, particularly chronic disease. One might wonder what we could possibly learn from these pioneers not already handily covered in our updated, contemporary training. As many Naturopathic Doctors know, the current state of medical affairs cites chronic disease as the greatest threat to our nation's health and the crisis needs our attention quickly. Katherine Mack of the Center on an Aging Society states in this regard, "Chronic conditions are the major cause of illness, disability and death in the United States". (Mack)

The courageous pioneering natural healers were simple in their approach and immensely impressive in obtaining results. Men and women such as Vincent Priessnitz, Mary Nichols, Joel Shew and others

prevailed against the odds, often using only water therapies as their tools to counter wretched practices of their era, such as mercury poisoning, for example. The materials in this book come directly from these early champions whose contributions occurred during the period when the practice of Naturopathy was experiencing growth, continuous transformation and substantial early success. The various therapies such as hydrotherapy, earth cure, sun and air baths, dietetics, physical exercise and mind body medicine were the principle tools in the armamentariums of these early Naturopaths. The cases and different protocols used may suggest a simpler time, but we must take care not to underestimate the power of these modest, even innocent looking therapies. The very diseases that still dominate in our era of evidence-based medicine were cured by Naturopathic Doctors who taught their patients how to sustain and maintain health, rather than permit an enmeshing, life-long drift toward a well-organized, drug dispensing conveyor belt. We have much to learn and incorporate in practice from these pioneers. We can admire not only their tools, but also the confidence with which they used them.

The allure of better ways to end suffering in humanity has always motivated healers, regardless of affiliation and paradigm. The early Naturopaths chose the natural path because of personal conviction and experience, accompanied by the evidence of results. Many were patients themselves, who experienced disappointment with conventional medicine. Early natural medicine healers such as Sebastian Kneipp, Louis Kuhne, Adolf Just, Benedict Lust, Henry Lindlahr and others found and put into practice Hydrotherapy or Nature Cure, for example, through observation, self-exploration and repeated practice. Having often exhausted the treatment choices offered by medical doctors, they discovered that returning to Nature was a viable, reliable healing choice. The learned by observing. They learned by listening. They learned by taking action to bring natural medicine therapies to their patients, yielding tangible outcomes that promoted enduring health. And, they wrote it all down for us.

Naturopaths long ago trusted Nature and become confident in using the tools that Nature offered to help alleviate disease and suffering. They considered it presumptuous to contend that we heal our patients; rather, they respected the sacred tenet *Vis medicatrix naturae*. They understood that the Vital Force is the driving power for the curative process in healing. They embraced the second naturopathic philosophy too, *Causa cessat, cessat effectus*, or remove the cause. They knew that mere suppression of symptoms invariably did not remove the causes for those symptoms. They knew, too, that they had to follow the tenets of Naturopathic philosophy which are so clear: Nature heals, first do no harm, treat the cause/s, treat the patient not the disease, treat individu-

ally and prevention is best. By their very actions, we can add to that list: Trust Nature.

We can still learn from these elders who did not have access to large synthetic drug dispensaries and high tech instruments. We can admire even today their simple tools of Nature. We can revisit and celebrate their astounding results for all of the diseases that plagued humanity and continue to do so. When we give these forgotten healers a moment of our time, we discover more than a pearl or two. To reach back, to value what has gone before, though, seems in some corners of our contemporary profession to be less valued and even eschewed as our profession strives to achieve social closure in civil society and, some say, drifts toward orthodox biomedicine.

As a case in point, on a recent trip to my alma mater to speak to a group of students and Doctors about the Hevert Collection, I went to the college library to check a reference before my presentation. The Canadian College of Naturopathic Medicine (CCNM) was the first Canadian naturopathic school [1978]. I was there at its launch in Kitchener, Ontario and here I was decades later, in a campus far bigger than our Benton Street beginnings in 1978. I graduated 25 years ago just when the campus had re-located to a tiny elementary school in a western suburb of Toronto. The school had changed in those two and half decades, of course; however, one would have expected its library collections to have expanded and diversified. As a student, and later as an alumna, I deeply valued the rare books housed in two beautiful wooden book cases on our Etobicoke campus. They were the symbols of our long history and determination to survive as a profession. I used these books often for writing projects, research and interest. The assistant librarian on the day of my visit, though, told me that the two book cases of historical texts were mostly gone. What had survived were a few dozen books on a single book cart. I was saddened and burdened by the question of what must have happened to those old volumes. I worried that day that this development reflects the threat to our new students knowing about the origins of their profession. I worried that the purpose of the collection had dissolved somehow among pragmatic concerns related to space, use of the books in the learnings process, and a diluted respect for the traditions and roots of the medicine.

The books in those two historical bookcases were from the library of Dr. Irlma Kennedy-Jackson, MD, one of the first women to graduate from medicine (specializing in psychiatry) from the University of Toronto in the early 20th century. Her grandfather and father, both active, entrepreneurial medical doctors, founded the Wingham Hospital in southwestern Ontario. Irlma studied in England with Drs. Margery G. Blackie (1898-

1981) and Sir John Weir, both gifted, eminent homeopathic doctors at the London Royal Homeopathic Hospital (LRHH). Dr. Blackie was the first woman to be the Physician to Her Majesty the Queen. After studying with Blackie and the staff at LRHH, Dr. Jackson returned to Hamilton, Ontario and practiced for several decades. Her book collection grew during that period its irreplaceable and inimitable first editions contained decades of priceless personal notations in the book margins which I and other students of the day savoured more than once.

Dr. Irlma Kennedy-Jackson's collection found its way to CCNM when it was still called the Ontario College of Naturopathic Medicine (OCNM) and located at 44 Benton Street, Kitchener, Ontario. The building was historically significant, the birthplace of William Lyon Mackenzie King (1874-1950), Canada's tenth prime minister. Mackenzie King's birth place later became an art museum which was purchased by a group of Naturopaths and Chiropractors who founded OCNM. Dr. Gordon Smith, the first Dean of OCNM, became aware of Dr. Kennedy-Jackson's book collection and successfully bid for the two book cases and their book contents for $1,100, a great deal of money at the time for the beginning school. This book case and its invaluable books were the heart of CCNM's library when I was a student. (Smith, 2019)

CCNM's librarian reported a process by which the school kept books deemed historically significant to Naturopathy and "weeded out" the rest. A telling aspect of this weeding was the releasing of books about Homeopathy to a local homeopathic college, a signal of the dilution of this traditional medical system within the naturopathic medical education enterprise, even though Homeopathy had long been a key element in the naturopathic curriculum and in ensuing professional practice. As the profession moves forward in our time, choices such as these are descriptive of how our roots are under siege. The *Hevert Collection* attempts to remedy some part of this change, calling attention to the rich well of knowledge we risk losing when we neglect and undervalue the foundational literature.

There are many contemporary Naturopathic Doctors who understand this concern and work constantly to keep the best of our traditions vibrant alongside new developments in the medicine. Dr. Joseph Pizzorno is such a Doctor. He has been championing Naturopathy for five decades. His long list of professional accomplishments definitely assures him a place in the naturopathic who's who hall of fame. Dr. Pizzorno has been a licensed naturopathic physician in Washington State since 1975 after graduating from NCNM. He was the co-founder and founding president of Bastyr University, the first fully accredited, multidisciplinary university of natural medicine, and the first NIH-funded center for alternative medicine research. In June 2000, Dr. Pizzorno retired after 22 years from the presi-

dency of Bastyr University. He continues as president emeritus. In 2002, he became the founding editor of *Integrative Medicine: A Clinician's Journal*, the most widely distributed peer-reviewed journal in the field. He has authored numerous books such as *Textbook of Natural Medicine, Encyclopedia of Natural Medicine, Total Wellness* and *The Toxic Solution,* and he has co-authored many others. Pizzorno has won numerous awards and has been recognized as a true leader in Naturopathy.

Each time that my path crosses his, I am left with new insights and new confidence in Naturopathy. Prior to one of Dr. Pizzorno's talks at NUNM, I recall having a conversation with him about the Apyrotrophers and the work of George J. Drews, who started this movement of raw fooders in 1912. I remember my awe that Joe was so receptive, curious and delighted to learn about this man. During that particular presentation, I remember his talking about how medical science is consistently rewritten, but that the naturopathic original literature has stayed true to its philosophy.

Thank you Dr. Pizzorno for your love and passion for Naturopathy. I could imagine a meeting between Benedict Lust and Joe Pizzorno. Kindred, impassioned spirits. Wouldn't I love to be a butterfly on that wall!

I want to acknowledge every NUNM student who typed articles while navigating her or his intense course loads and juggling personal lives. The complicated rigor of student life makes inhuman demands that leave me in awe of my students who share a love of history and always completed tasks when asked. I applaud your willingness to answer my calls for help. I especially want to acknowledge with heart-felt thanks **Karis Tressel** and **Kristen Carle** who typed a majority of these articles at a time when this book was only a faint idea. I kneel with thankfulness to **Aaron Potts, Adam Dombrowski, Alla Nicolulis, Allison Brumley, Amber Klampferer, Ashley Benson, Cadence Wong, Cody Strodtman, Delia Sewell, Erin Conlon, January Bourassa, Katie Clements, Lacy Nuckols, Laura Weldon, Lauren Geyman, Lucy-Kate Reeve, Mackenzie Clark, Meagan Hammel, Megan Danz, Meredith Trump, Michelle Brown-Echerd, Misty Story, Node Smith, Rebecca Jennings, Renae Rogers, Rhesa Napoli, Sierra Carey, Stephanie Woods, Susan Manongi, Tiffany Bloomingdale, Tiny Dreisbach, Tristian Rowe,** and all those whom I am inadvertently missing here. As this book project moves into the last lap, my appreciation for the invaluable early organizational help that I had received from **Dr. Karis Tressel** continue to bear fruit. I am deeply grateful for her profound love of the traditions and history of Naturopathy and for her inspiring, loving tenacity with this project.

The schedule of a student is packed with studying, never ending tests,

and fearsome final exams leaving little room for anything else. Yet, the day will arrive when the NUNM phase of your professional journey will come to an end and you will be walking across the stage to receive your degree. The skills and healing gifts that you have worked so diligently to acquire will be exactly what patients are searching for. You have so much to offer as Naturopaths. You have chosen a path of sacred work steeped in a valiant and honourable history. You will be loved and cherished by your patients because you listen and truly care. Remember to trust Nature's power of healing, the *Vis medicatrix naturae*! Listen carefully to your patients and they will feel enlivened and grateful to have found their way to you. And never forget for an instant the first generation of Naturopaths. Like you, they believed so fervently that people deserved a choice in health care and in medical freedom. Naturopathy is more than capable of meeting the challenges of your patients. With your knowledge and tools, go into your communities and heal.

This book would not have been created if it were not for the generous, humble and prescient support of the Hevert Corporation in Germany. Mattias and Marcus Hevert, thank you for being part of this vision to re-ignite the work of Emanuel Felke, Kneipp and so many other pioneers of Naturopathy! Much gratitude to the unwavering, behind the scenes support of the Board of NUNM, of Jerry Bores, and Kathy Stanford who understood the importance of this book project from the very beginning. I am indeed grateful to have had this opportunity to delve into the shadowy terrain of Naturopathy and to bring these precious works into the light. Thank you from me.

Working with Fourth Lloyd Productions, Nancy and Richard Stodart has been seamless and immensely joyous. Nancy and Richard have initiated me into a new realm that consists of twelve amazing and invaluable books. They have mentored me patiently and with humour. To receive the proof copy from them and to see the book manifest into an object of beauty is thrilling that no words can describe. Each time a book crosses the finish line and I see it in a final print copy, my heart soars and feels accomplished that a book exists to celebrate those women and men who championed naturopathic medicine over a century ago. I feel so lucky to have this designer team bring their expertise and wisdom in the beautiful book that you now hold. I am so ecstatic that our paths have intersected in this important book project. My heart felt gratitude to you both, Nancy and Richard for this final book in the **Hevert Collection**.

To my David, who has patiently walked beside me during this long journey. This book project has never failed to fill us with awe and wonder for the women and men who shaped Naturopathy at its very inception. Your unconditional love and support help me strive to do my very

best and continue until I am done. My day to day reality is set upon the stage of the 19th and early 20th centuries and you listen to my historical tales with constant delight. You are simply the best, and I could not do what I do without you!

The time is NOW for Naturopaths to seize the day and use the simple tools in Naturopathy to address the rampant surge of chronicity in America. Let's not forget that America, with its million medical doctors, 145,000 osteopathic doctors and 250,000 nurse practitioners in practice, faces a crisis in the effectiveness, design and delivery of health. This pattern is worrying, with no sign of respite. Medicine is supposed to heal people and yet the third leading cause of mortality in the United States is iatrogenic, caused by hospital and medical doctor errors in our complex health networks where orthodox medical men and women prescribe what they determine to be the right drugs and follow what they feel to be the correct protocols for their patients. (Makary et al.) In such a milieu, patients are looking to us more than ever for a natural way to restore health. We have the wisdom of Nature to offer, a far wiser paradigm than all of the research labs in the country. Trust the *Vis medicatrix naturae* and do no harm*!*

To delude ourselves into thinking that our patients need us to join the orthodox mainstream and dole out drug interventions too misses the entire reason why Naturopaths became Naturopaths in the first place. The early Naturopaths believed that patients should have the right to choose their doctor, just as they are free to choose their religion, political party or their clothes. Medical freedom implies choosing whatever kind of medicine you need. Whether it is natural medicine or conventional medicine, the choice should be ours to make.

In America, there are fewer than 5,000 Naturopaths actively practicing. In Canada, there are over 2,700 Naturopaths. If there were the same per capita Naturopaths practicing in America as in Canada, there would be about 27,000 NDs in the United States and tens of thousands of us worldwide. WE NEED MORE NATUROPATHS. If you are in practice, your patients most likely love that you invest precious time to help them. There may be some patients and acquaintances in your personal and professional networks who not only admire your work, but may well want to follow in your footsteps. Encourage them to choose Naturopathy as a career. We all need to build our profession from the ground up.

Blue Sky Blessings,
Sussanna Czeranko, ND, BBE
May, 2019
Portland, Oregon

Of course for every individual case there are individual rules. What will cure one will not cure the other. It is the task of the hydropathist to understand every case and to treat it accordingly.

—Benedict Lust, 1900, 39

Putting on wet stockings in the evening is an excellent remedy for those who do a great de3al of brain work and therefore absolutely require to have the blood led down from the head.

—Alfred Baumgarten, 1900 135

The celebrated Bilz book or the Platen book contain a great number of much more interesting cures.

—Ludwig Staden 1902, 192

Follow Nature and your bowels will rarely ever become disordered. Only some serious breach of her nutritive laws can ever derange them.

—Louise Lust, 1903, 338

The voluntary, educated and calculating intelligence is given expression through the brain in the head. There is another brain. It is called the solar plexus.

—Sydney Flowers, 1902, 237

Do not forget the vital importance of plenty of pure, fresh air at all times. Get as much of it into your bedrooms as possible.

—Benedict Lust, 1907, 251

Dr. Shepard first introduced the Turkish bath in this country some 44 years ago, is 82 years old and has absolute faith in his methods which are baths and fasting, sweating and starving out disease. He is not afraid of moribund cases and has snatched thousands from the grave, and worse still, the hopeless despair of disease.

—Ella A. Jennings, 1907, 359

My dear reader, I must tell you, never in my life have I seen a man like this great healer of humanity. At the first sight he recognized my sickness. He prescribed knee, hip, upper douches and half baths.

—Author Unknown, 1908, 139

In all States and countries where there is enforced vaccination, there you will find cancer on the increase.

—Eli Jones, 1909, 311

When the system becomes overloaded with effete matter, Nature has provided numerous ways in which to relieve the situation.

—Ralph V. Streeter, 1914, 414

Try to find the cause and remove it, if possible. Causat cessat effectus. To remove the result without removing the cause is just as impossible as it is to remove smoke without extinguishing the fire.

—Carl Strueh, 1915, 673A

Hosts of people are eating too much—with disastrous results in the shape of lack of ambition, lack of physical energy to do the things their remaining ambition might prompt, plethora, constipation, diseased or prolapsed stomachs, and an unending list of incapacitating conditions.

—Edward Booth, 1915, 15

Never eat unless you feel a natural hunger. … Never eat to repletion. Masticate your food very thoroughly.

—S. Schatz, 1915, 305-306

Catarrh is an unnatural discharge of the body which comes through the mucus membrane. It is an effete matter; and it is a waste of the body, which is sent out by the blood under the intelligent direction of that great guardian of the body, which is properly called the Vital Force.

—M. G. Young, 1915, 770

As an efficiency engineer, armed with logic, I have reached the conclusion, final and unalterable, that the mind is the regular, almost universal, source of chronic disease. This being so, all your pills, plasters, foods, baths and exercises, prescriptions, gyrations and manipulations, are feeble and partial modes of cure unless you also penetrate, heal, renew and empower the mind of the patient.

—Edward Earle Purinton, 1916, 1

We all know that the head ought to be cool, and the hands and feet warm, yet we very often meet with just he contrary state.

—Louis Kuhne, 1917, 354

One often hears people saying that their stomach and digestion are excellent, only that they suffer from constipation. It is sad proof how little people understand about a good digestion.

—Louis Kuhne, 1917, 358

Every operation affords a fresh proof of the inadequacy of the modern medical school and of its absolute poverty in regards as real curatives. Operations are still more unnatural than the use of medicaments.

—Louis Kuhne, 1918, 377

Just as in tuberculosis and dropsy [edema], cancer is usually an unnatural mode of living, pampering, over-feeding, and especially an over excitement of the nerves through stimulants, or by medicaments.

—Louis Kuhne, 1918, 463

It is useless to consult doctors—drug or drugless—if you are not willing to correct the cause yourself. It is useless to take treatment if you continue to abuse Nature.

—William Freeman Havard, 1918, 529

An indescribable feeling never known before of better health, more vital energy, better efficiency, and more endurance and strength came to me and gave me great joy and happiness just to be alive.

—Arnold Ehret, 1919, 494

Any treatment may be considered to be suppressive which aims to arrest the disorder without removing the cause.

—William Freeman Havard, 1920, 491

Only a knowledge of natural philosophy, in conjunction with a thorough knowledge of physiology, pathology and bacteriology will ever enable one to see the fallacy of the germ theory of medicine. Germs are not the cause but the product of disease, and until this is realized, and the "germ scare" removed, people will die in acute disease, but it will be from fear and maltreatment.

—William Freeman Havard, 1920, 495

To give a patient hope helps greatly in curing the disease; to tell a patient that he is incurable is a sure way to make him so.

—Louise Lust, 1921, 282

Our persistence is trying to dull, remove, or avoid acute diseases is the principal cause of all these chronic diseases, and therefore, of the human degeneration.

—Carlos Brandt, 1921, 401

Introduction

The last decade working on this book project wrapped me up inside a time warp. I found myself all these years living in an era far removed from the current terrain of medical science and professional tensions, but which felt familiar in my historical landscape nonetheless. The relentless imposition of heroic measures and a reductionist mindset, regardless of cost to health, life or economy were as perplexing to our forebears a century ago as they are to us today. From the very inception of their profession, Naturopathic Doctors have robustly promoted medical choice and safe protocols in the face of an orthodox biomedicine industry which eschews all providers with a different understanding of health and wellness. Naturopathy has always championed self-determination in health choice, taught safe protocols and promoted an understanding of health which is embodied in the *Vis* as well as in profound, humble respect for Nature. These notions constitute the essence of *Clinical Pearls in Naturopathic Medicine, Volume II: Chronic Diseases*.

The tools early Naturopaths used were simple, ubiquitous and affordable. The objectives and accomplishments of the early Naturopaths, using their simple tools in treating acute and chronic diseases, yielded outstanding outcomes. The unequivocal safety of these healing methods used over a century ago, compared with where we have landed in the current medical environment, leads to difficult questions with difficult answers. How did we move from the safety of these simple methods of sun and air baths, water and earth applications, diet, and physical exercise, to find ourselves in a health system drowning in a plethora of drugs, and invasive, hugely expensive over-medicalization?

While we might want to argue the importance of providing everyone with immunity against every conceivable infectious agent, the past teachers us about alternative, hopeful models for a healthier way of delivering health care. Contemporary media can quickly paint a scary picture of health care today, amplifying health concerns into recurrent panic scenarios sometimes, scenarios the likes of which our traditional forbears met with confidence and success. Over reliance on drugs is not only massively expensive, but also comes with a lot of risks of adverse reactions, and with compromised health for ourselves and future generations.

Coming to the final book, *Clinical Pearls in Naturopathic Medicine, Volume II: Chronic Diseases,* of the **Hevert Collection**, I find myself considering the underlying essence of the rich, valuable content of the many doctors whose work is the backbone of this series. Their messages reso-

nate through the almost six thousand pages of this series, and are in sharp relief in the current Volume. It has been an honour and privilege this past decade to be able to read and study the writings of the hundreds of early Naturopathic pioneers appearing in the publications of Benedict Lust. The experience has instilled in me a deep love and respect for their beliefs, their passion, their work and their legacy. These early pioneers were fearless. They were adamant in their conviction that Naturopathy was safe, powerful and accessible for all the ailments that humans faced. They worked in the trenches saving lives and administering health care using the simplest tools for life threatening diseases. This book project pulled me in head first, and the deeper I dove, the more entranced and in awe I became with their wisdom, courage and love for all living things and the wisdom of Nature.

Over a century ago, naturopathic doctors encountered every conceivable ailment of the era and nevertheless delivered on the promise of health which their new profession proffered. Looking through the lens of Nature, the early Naturopaths constructed what may seem to us as a simple understanding of disease and its purpose. T. R. Allinson, for example, like many of the pioneering Naturopaths, saw disease as a curative process and "to those who are living wrongly, disease is thus a most salutary process. It cleans their systems for the time being of all waste material." (Allinson, 1905, 121) Disease was a wake-up call or a warning to amend our wrongful habits. The quintessence of disease management was focused on life style habits and on correcting them, using the simple tools that Nature provided: sunshine, clean air, water, earth, healthy food, rest, meaningful work and physical exercise.

Fred Kaessmann reminded us that we must first ask ourselves why the patient is sick in the first place. The strategy voiced was to remove the cause of diseases and health would prevail. Kaessmann reasoned that before removing symptoms, we needed to remove the cause. (Kaessmann, 1913, 158) His suggestion: "When people understand the value and necessity of right habits and modes of life, then there will be less sickness." (Kaessmann, 1913, 159) William Havard cited that the first step in health involved personal responsibility. "It is useless to consult doctors—drug or drugless—if you are not willing to correct the cause yourself. It is useless to treatment if you continue to abuse Nature." (Havard, 1918, 530)

Carl Strueh, whose medical practice was in Chicago, counseled Naturopaths not to confuse symptoms with diseases. Suppressing symptoms in disease is easily done with remedies and drugs, but we must not be fooled into thinking that the disease has been cured. For cures, the task of the Naturopath is to target the cause. Strueh writes, "A cure, in order to be a cure at all, must be fundamental, must go at the root of the evil." (Strueh, 1913, 170) He continues, "To cure a disease, our object must

be to abstain from symptomatic treatment as much as possible, in order to occupy the entire cell action for the repair work which has to be done and not burden it with additional work which is incurred in the process of eliminating the drug." (Strueh, 1913, 170)

Life style management was the primary focus a century ago, just as it continues to be recognized as an increasingly plausible solution for our current health care crisis. Researchers today concur with the early Naturopaths that changes in lifestyle and diet can significantly prevent many of the chronic diseases. (Water et al., 2018) The strategy of the early Naturopaths was to counsel and support their patients to adopt healthy life habits and live as Nature intended us to live. Lust writes in an editorial, "A very small percentage of disability is caused by accidents, less than 10 percent, while 90 percent is the result of improper living habits: too much and the wrong kind of food, insufficient or improper exercise, breathing improper air, lack of sunshine, sexual excesses and deliberate poisoning with alcohol, tobacco and medicine." (Lust, 1921, 62)

The early Naturopaths were faced with similar chronic disease presentations that exist today. Rather than being stumped or paralyzed by chronic diseases, these Naturopaths replicated the wisdom and mastery of their predecessors with confidence and certitude. Their clinical armamentarium was derived from common sense, Nature and her simple tools. Weaving the threads together, the wisdom of those pioneers now appears refreshing and offers hope that we can return to a healthier model of health care.

It is important in disease management to first know how and what factors lead to the formation of disease. The reasons why people got sick a century ago continue to contribute to the unending conveyor belt of chronicity in health care today. Why is this such a surprise? Surely, with the advent and persistence of science and technology, we might have figured out how to create health and contain disease. In 1913, Carl Strueh offered a summary of causative factors, which reads as if written in the 21st century:

> Most all of us are living unnatural lives. We spend most of our time indoors away from sunlight and pure air and exposed to an overheated and impure atmosphere, we lack exercise or, on the other hand, overwork ourselves physically, or mentally, we do not eat the proper food or eat it in the proper way, we indulge in all sorts of excuses, deny ourselves natural sleep, we worry most of the time, and in short, live wrong in every way possible. (Strueh, 1913, 170)

Strueh's list is so familiar that we have to re-check the date of his

statement. Unfortunately, there has been little progress in solving these causative factors. A recent statement issuing from the Cleveland Clinic iterates Strueh's prognosis made over a century ago. "Poor lifestyle choices, such as smoking, overuse of alcohol, poor diet, lack of physical activity and inadequate relief of chronic stress are key contributors in the development and progression of preventable chronic diseases, including obesity, type 2 diabetes mellitus, hypertension, cardiovascular disease and several types of cancer". (Golubic, 2013) Little has changed to budge the principle causes for the chronic disease epidemic today.

As we survey the current medical landscape, there is a faint admonition of past voices murmuring, "We told you so." Benedict Lust insisted, "Natural healing is concerned far more with removing the causes of disease, than with merely curing its symptoms." (Lust, 1918, 424)

The early Naturopaths looked to Nature as their guide for healing and staying healthy. Drugs, over eating and unhealthy diets consisting of caffeine, sugar, refined foods and alcohol were eschewed. Adopting healthy life habits and a wholesome, simple diet were not to be replaced by drugs. The conditions for sustaining life were, in their view, the same conditions needed to restore health to the sick. Otto Carqué, a prominent writer on the subject of dietetics, eloquently stated: "The preservation of health, therefore, is only a matter of living in perfect harmony with Nature." (Carqué, 1905, 152)

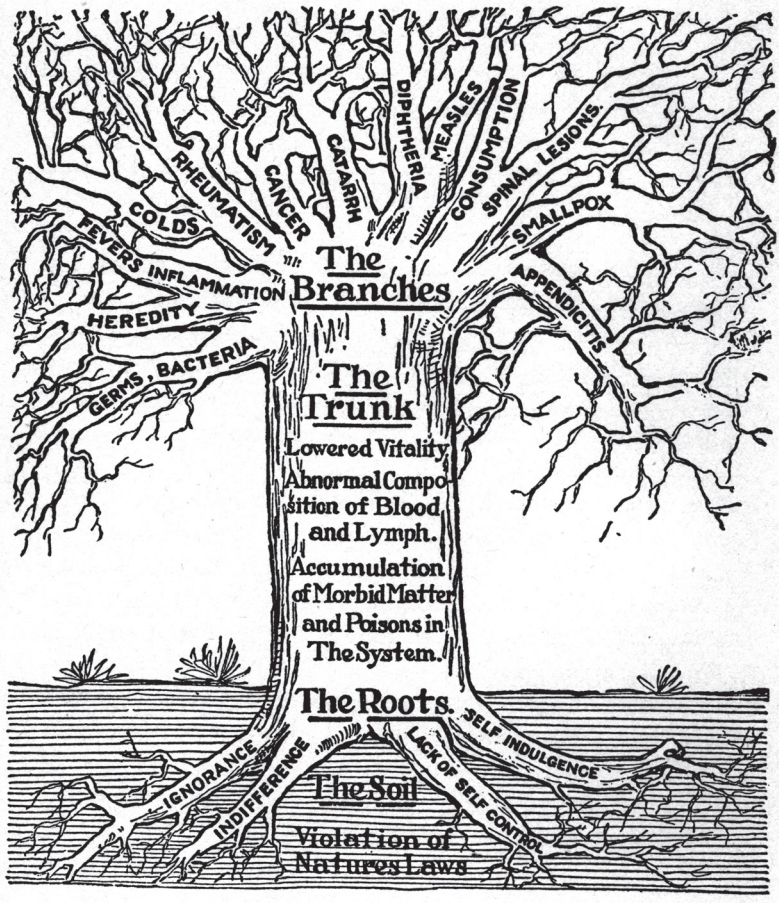
The *Vis medicatrix naturae* is a term that forms one of our foundational tenets, that there is healing in the power of Nature. Henry Lindlahr defined disease as "the natural and inevitable result of violation of Nature's laws", (Lindlahr, 1914, 12). This notion has become one of the most naturopathic of the philosophical laws that we have. When we ignore, and eschew healthy options in our lives, Nature has a way of leveling the score. Deceiving Nature indefinitely is not sustainable.

Lindlahr tried to ignore Mother Nature by stuffing himself with unhealthy food, wantonly consuming stimulants, and ignoring the symptoms resulting from over-work: the perfect storm for chronic disease to emerge. He describes his brush with chronic disease: "I reached the limits of Nature's endurance and began to suffer greatly from the results of my ignorance and foolishness." (Lindlahr, 1923, 439) He continues, "At the age of 35, I found myself a physical and mental wreck without faith in God, in Nature or myself." (Lindlahr, 1923, 439) Being diagnosed with diabetes at the end of 19th century was often a harsh death sentence. Insulin had not been invented. There was no cure for diabetes.

His life hanging by a thread, he was given Louis Kuhne's book, *The New Science of Healing* and read it in one sitting. Lindlahr resolved to radically change his life by adopting the instructions laid out in Kuhne's

book. His life was forever changed and he went on to contribute hugely to the Naturopathic profession.

Interestingly, his contributions to our understanding of disease and its origins have been symbolized by using a facsimile of the Upas tree.



THE UPAS TREE OF DISEASE

EVIL IS NOT AN ACCIDENT, NOT AN ARBITRARY PUNISHMENT, NOT ALWAYS AN "ERROR OF MORTAL MIND." IT IS THE NATURAL AND INEVITABLE RESULT OF VIOLATIONS OF NATURE'S LAWS. IT IS INSTRUCTIVE AND CORRECTIVE IN PURPOSE, AND WILL REMAIN WITH US ONLY AS LONG AS WE NEED ITS SALUTARY LESSONS.

In the mid-18th century, folklore circulated about a tree found in a remote area in Java or Madagascar was so toxic to life that should any animal and human come near it, they would die on the spot. Lindlahr's Upas tree of disease illustrated that the soil that bred disease began by violating Nature's laws.

A counter image to the Upas tree can be the image of a person eating healthy food and drinking pure water, breathing clean air, having meaningful work, getting plenty of physical exercise, adequate rest, and sunshine exposure. The point is that Lindlahr was pointing out with his metaphor or image of the Upas tree that the roots of disease consisted of human vices such as self-indulgences, lack of self-control, ignorance and indifferences to healthy choices which built the foundation of lowered vitality, abnormal composition of blood and lymph and the accumulation of morbid matter and poisons in the body. (Lindlahr, 1914, 12) Essentially, it was the wrong ways of living that result in acute or chronic diseases. (Lust, 1900, 77) Naturopaths saw the genesis of disease as beginning within a person, not by external factors or forces; not unlike the roots and branches of the infamous Upas tree of disease.

Stanford Claunch provides a familiar concept, also presented by Carqué, that the creation of diseases is a devitalized diet resulting in the accumulation of compounds that the body is unable to utilize. "When more of these acid-forming substances accumulate than the body can endure, Nature, being unable to tolerate any longer the abuse, sets up a crisis, a reaction, in an effort to *kick out* the offending poison." (Claunch, 1923, 472) Naturopaths saw these symptoms as a curative response by the body, whereas Allopaths saw the crisis or symptoms as disease itself and "they direct[ed] practically all their efforts toward the suppression of these healing efforts of Nature". (Claunch, 1923, 472)

This model of disease used by the early Naturopaths helped them to understand its nature and to determine a paradigm for healing all types of diseases, regardless of their designation or name. Lowered vitality and the accumulation of morbid matter were the conditions that would weaken the body's defenses, but acute disease was Nature's way of removing from the system the dangers such as microbes, morbid matter, and toxins. Suppressing these eliminations, in this model, led to chronic disease and also thwarted the body's ability to heal. J. W. Wigelsworth writes in this regard, "Chronic disease must be treated to bring it to an active eliminating stage, or it can never be cured." (Wigelsworth, 1918, 732) The curative crisis and symptoms that manifested during a naturopathic treatment were proof that healing was taking place and more importantly, that chronic disease was resolving.

The modalities that were used in the emerging American naturopathic clinics evolved from various leaders in healing, predominately from Germany. Vincent Priessnitz (1799-1851), Sebastian Kneipp (1821-1897), Arnold Rikli (1823-1906), Louis Kuhne (1835-1901), Friedrich Bilz (1842-1922), and Adolf Just (1859-1936), for example, left forged a trail that the early Naturopaths could follow. Our familiarity with hydrotherapies has dwindled to a scant few, such as wet socks, throat and abdominal compresses. Our present awareness of the detail of this rich, abundant field does not come close to the wide field of various water applications that were in use for the treatment of chronic diseases back in the day of naturopathic beginnings.

We might jump to the conclusion that the environmental and living conditions today are no match for the therapies of the past. However, the substantial literature of our forebears begs to differ. Vincent Priessnitz, as a case in point, proved in the mid-19th century that mercury toxicity could yield to simple hydrotherapeutic measures in the form of sweating wraps, ablutions, and cold water baths. Priessnitz, the master of all healers, excelled in chronic diseases. In fact, Gräefenberg was the epicenter for healing for all those hopeless and despairing. Patients arrived at the doorsteps of Priessnitz after traveling, in many cases, for weeks to reach his clinic.

Faced with a patient population which had exhausted the methods employed at the time, such as calomel (mercury chloride) used in gram doses, Priessnitz and his patients both saw his hydrotherapies as a last resort. Gräefenberg was inundated with patients severely poisoned by allopathic uses of such toxic substances. Priessnitz was able to bring these patients back to health with his astute understanding of water. His remarkable success echoed around the globe and soon he was teaching medical doctors such as, Wilhelm Winternitz, Joel Shew, and many others how to use water to cure disease.

In 1900, the leading causes of mortality were acute diseases, such as pneumonia, flu and tuberculosis. Naturopaths excelled in treating these successfully, using simple natural methods such as hydrotherapies, homeopathy, dietetics, and herbs. William Havard, a professor in Lindlahr's and later in Benedict Lust's schools, viewed acute diseases as easily treatable. Having treated many successfully during the deadly Spanish Flu, Havard dispelled the mystery of acute diseases. He wrote: "Unbelievable as it may seem in face of the propaganda of fear spread by the medical profession, acute diseases are self-limiting, and the patient will recover in 99 cases out of every 100, without the application of any therapeutic devices." (Havard, 1921, 168)

"When Hippocrates said, "Give me a fever, and I can cure anything," he implied exactly what the Naturopath means when he says, "All acute

diseases are Nature's way of reacting to irritation in the body. They are self-limiting, and in themselves are a cure." (Havard, 1921, 169)

The Naturopaths viewed acute disease as Nature's way of housecleansing the body of any foreign matter. Seemingly counterintuitive as an understanding of how the body responds to such presentation, they were right to contend that acute disease only occurred when a state of vitality was present. Chronic diseases became the natural progression if the symptoms of acute diseases were suppressed, rather than allowing Nature to run its natural course. Early Naturopaths, such as Claunch, added: "Chronic disease is the condition that results from medical interference with Nature's curative methods." (Claunch, 1923, 472) Suppressing acute symptoms take a toll on the body, resulting in lower vitality and the body's ability can no longer react acutely and chronic disease is the result. Claunch continues, "If the acute disease (Nature's healing crisis) had been permitted to run its course, instead of being suppressed, recovery would have been complete, vitality would have been restored and there would have been no after effects" (Claunch, 1923, 472) and there would be no progression to chronic diseases.

While Allopaths incriminated the germ as the culprit causing acute diseases, the Naturopaths taught their patients that the fever was a natural consequence of bad life habits and showed their patients how to purge the body of its impurities without harm, by using safe and gentle treatments, such as fresh air, sunshine, hydrotherapy, herbs, and dietetics. That people were susceptible when exposed to germs meant that their bodies were overburdened by their choices and bad habits. Brandt writes: "Germ diseases only affect sick people, that is, such people whose systems are clogged with foreign matter." (Brandt, 1921, 401) The term, "morbid matter" has fallen out of use. Today we speak of endotoxins and body burden, replacing the archaic term "morbid matter" from the 19th century.

The early naturopaths were united in their belief that "the primary cause of disease, barring accident or surgical injury to the human organism, or a hostile, destructive environment, was *violation of Nature's laws*. The argument rests on the notion that the effect following any and all violations of the immutable laws of Nature is, primarily and principally, lowered vitality, an abnormal composition of the blood and lymph, [and] accumulation of waste matter in the body." (NY Society of Naturopaths, 1914, 147) This perspective contends that morbid matter was a principle cause for disease. Lindlahr explains:

> When disease germs find in the human body the necessary conditions for growth and propagation—namely, lowered vitality, and their congenial morbid soil—they multiply very rapidly

> and develop all the symptoms of that particular germ disease. Similar to the phenomenon of fermentation, we observe accelerated circulation, rapid pulse, increased temperature, congestion and quickened elimination in the form of mucus, pus, perspiration and other morbid discharges. (Lindlahr, 1910, 131)

Lindlahr like Claunch emphasized the importance of letting the processes of elimination "run their course in a natural manner and when purification and elimination are fully completed, the acute symptoms will subside of their own accord, and after such a 'natural cure' the patient is actually rejuvenated and says that he feels like a 'new man'." (Lindlahr, 1910, 131) The Naturopaths guarded the healing properties of the fever while Allopaths suppressed and extinguished any acute symptoms with the use of poisonous drugs. The Naturopaths saw a correlation between acute disease suppression and the rise in chronic diseases.

Carlos Brandt had published many articles for the *Herald of Health and Naturopath* during the 1918/1919 Spanish flu epidemic. In 1921 he revealed some startling trends related to the surge in chronic diseases. He writes:

> According to official statistics, in many civilized countries the increase in the use of vaccines, serums, lymphs, cocaine, morphine, quinine and other drugs has coincided with the diminution of colds, smallpox, fevers, and other acute disease. On the other hand, the same statistics show that such diminution has coincided with an enormous increase of heart disease, cancer, diabetes, syphilis, insanity, tuberculosis and other chronic hereditary and incurable diseases. (Brandt, 1921, 400)

Dr. Margery Blackie, an astute and brilliant Homeopath, saw that infectious diseases in children had a role in the development of the child that was much more valuable in producing a naturally produced immunity in comparison to the vaccinations. (Blackie, 1976, 185) Blackie also saw a similar trend noted by Brandt. She had worked for over six decades in hospital settings and also observed that the increased use of antibiotics was followed by immunological deficiency problems in babies and children. (Blackie, 1976, 180) Despite the recent push to mandate nationwide vaccination, chronic diseases continue to escalate. (Bigtree, 2018) The data corroborating this escalation have given some merit to Blackie and Brandt's observations of provocative nature of drugs on diseases.

America's love for prescription drugs exceeds any other country. *The Washington Post* cites, "Americans spend more on prescription drugs—average costs are about $1,200 per person per year—than anyone else in the world". (Langreth, 2019; Carr, 2017) Over four billion prescriptions

are filled throughout the United States each year, costing over $73 billion dollars, according to the Health Policy Institute of Georgetown University. The average number of prescriptions filled annually by the age group 50 to 64 is 13 and increases with age to 20 prescriptions for the 65 to 79 age group. (Health Policy Institute website). The impact of drugs upon the biomarkers for health is not yielding the positive health outcomes that one might think.

The observation made by early Naturopaths such as Brandt has now manifested into a medical nightmare, spinning out of control. The Milken Institute Report cites the extent of America's expensive medical system: "U.S. health care cost for chronic diseases such as heart disease, cancer, diabetes, and Alzheimer's disease totaled $1.1 trillion in 2016. When lost economic productivity is included, the total economic impact was $3.7 trillion. This is equivalent to nearly 20% of the U.S., gross domestic product." (Waters et al., 2018) Americans have indisputably the most expensive disease care system in the world. Any and all proposed solutions to this tsunami of expense and suffering are important to consider. The time to reassess and repurpose our health care is now. The trajectory for chronic diseases is frightening and would benefit immensely from natural and safe methods to improve health outcomes and model a future of health for the generations to come.

For the early Naturopaths, the fever as a symptom was a sign of vitality or Vital Force fully capable of restoring health especially in cases of chronic diseases. The paradigm of Naturopaths and Allopaths diverged completely when considering the value of the fever. Brandt writes: "Every drugless physician knows that acute diseases are not dangerous, but instead they are useful to cure chronic diseases." (Brandt, 1921, 400)

The fear of germs dominated the allopathic medical strategies that incorporated vaccines as a solution, and continues to the present. Vaccines were seen to lower the body's ability to mount a curative crisis. Havard reasoned:

> Only a knowledge of natural philosophy, in conjunction with a thorough knowledge of physiology, pathology and bacteriology will ever enable one to see the fallacy of the germ theory of medicine. Germs are not the cause but the *product* of disease, and until this is realized, and the "germ scare" removed, people will die in acute disease, but it will be from *fear* and *maltreatment*. (Havard, 1920, 495)

Avoiding acute diseases by suppression was, in the view of the early Naturopaths, one of the major contributors to chronic diseases. (Staden, 1902, 17) Brandt adds, "Our persistence in trying to dull, remove, or

avoid acute diseases is the principal cause of all these chronic diseases, and therefore, of the human degeneration." (Brandt, 1921, 401) Lust had yet another perspective on chronic disease. He wrote, "Disease becomes chronic when the vitality reaches such a low ebb that the body has not the power of reaction." (Lust, 1919, 113)

William Havard suggested that the greatest hurdle for Naturopaths was to convince people that their indulgences, ignorance, over consumption, and lack of self-control contributed to their susceptibility to diseases. (Havard, 1921, 168) Each time these symptoms were countered by the ready supply of drugs to eradicate the presence of any symptom, the accumulation of undesirable poisons continued. The complexity of disease was expressed by Havard in a most elegant manner:

> Medicine has been at work for centuries in getting people away from Nature; Naturopathy cannot lead them back to first principles overnight. Medicine has built up the false hope that the penalty for violations of natural law can be vicariously paid, and feeds this hope by bringing forth new "cures" every day. Where, oh where, are the "cures" of yesterday? Must we continue this process until chemical possibilities are exhausted? Must it go on until all the diabolical [means] that the mind of perverted man can conceive of are brought forth? Is it possible that there is no end to this experimenting with human life? Is man so indifferent to his welfare that he will not set himself to thinking on this problem; that he will not force the issue and bring the matter to a climax, establishing, beyond doubt which philosophy is correct and which false? (Havard, 1921, 169)

Long before the advent of the 10,000 food additives and preservatives of our era, of environmental toxins, and of inflammatory foods, the early Naturopaths advocated for a simple, highly nourishing, unstimulating diet. They recognized that water therapies could mobilize and eliminate toxins from the body, and bring vigor and improved health. They knew to teach their patients the simple laws of Nature to stay healthy and well. They recognized the damaging effects of vaccinations and drugs and counselled patients to choose routinely the conditions for health. These conditions seemed to them so basic and grounded in common sense, yet our ability to eat healthy food and drink pure water, exercise our bodies, and take gentle care of our emotional well-being elude us. Today, medicine can be characterized as a balancing act of tweaking chemistry to conjure the right synthetic constituents to mask or undo the effects of people's poor life habits and choices. In this connection, Carl Strueh summarized the effects of drugs as follows: "Drugs act merely symptomatically and … when a patient relies upon drugs, may sooner or later have to cope with two or more diseases, instead of one." (Strueh, 1911, 487) The early

Naturopaths did not embrace drugs. Instead, they chose less invasive paths to support healing and kept their sights on the guiding principles of their philosophy.

The concept of *Vital Force* is to some these days an antiquated term. However, early Naturopaths used it to name the metaphysical energy sparking life into being. It is a phrase that causes the Allopaths (and perhaps even some Naturopaths today) to prickle. Since I admire so strongly the work of those early Naturopathic pioneers who have been dead for decades, I have no issue or concern for Vital Force as a term in Naturopathy's lexicon. The Vital Force is assaulted by junk food, food additives, environmental poisons, solvents, EMF's, screen time, deadlocked traffic, sedentary work, sleeplessness, anxiety, stress, nature deprivation, the limits of a 24 hour day, air pollution, global warming, etc., a new normal for a person living in the 21st century.

Acute or chronic disease presentations are proportional to the extent of assault upon the Vital Force and the responsiveness to disruption. If the Vital Force is reactive and responsive, a patient will most likely experience an acute disease. If repetitively assaulted, the Vital Force loses its capacity to react, one will find some cascade of chronicity develop if the body can no longer mount an acute reaction, such as a fever, diarrhea, skin eruption, or some form of a discharge, etc.

Understanding how to manage an acute disease with the precious tools of Nature enabled the early Naturopaths to know how to cure chronic diseases. The distinction between managing and curing is quite significant. Acute diseases did not need any fixing or silencing of symptoms for a resolution of the acute disease. Carlos Brandt writes: "Every drugless physician knows that acute diseases are not dangerous, but instead they are useful to cure chronic diseases." (Brandt, 1921, 400) Benedict Lust wrote:

> Naturopathy takes no credit for the recovery of any patient from an acute disease, because recovery is the natural outcome. But a Naturopath or any other physician should be held responsible for all deaths from acute disease that occurs under his treatment. It speaks ill of the doctor who loses a patient during a healing crisis of this character. It shows ignorance or neglect on his part. (Lust, 1918, 813)

While acute diseases were managed, the chronic diseases evolved by either suppressing or mismanaging acute diseases. In other words, if the Vital Force was suppressed, the body's ability to heal was paralyzed.

We are very familiar with chronicity in patients. Their vitality is low and the abundance of drugs and interference with the healing processes complicate the objectives of treatment. Unless a chronic disease reverts

to an acute presentation, it cannot be eradicated or cured. Lust lists two important and necessary factors in healing chronic disease: increased elimination and increased power of resistance. (Lust, 1918, 813)

Throwing the baby out with the bath water was essentially the demise of Hydrotherapy as a core modality. Factors for the waning of water cure included its being too time-consuming, and competing new therapies. The Sanitariums offered relaxation and repose, but they also were located in remote areas, requiring transportation by train or slow Model T's. Patients were required to be at the Sanitariums for their water cure for weeks at a time, away from work and their families. The advent of aspirins and a patient population wanting a quick fix were part of this shifting landscape. As Hydrotherapy vanished from Naturopathy, other tools were quickly acquired, filling in the vacuum.

Many contemporary Naturopathic Doctors do not want to lose Hydrotherapy or other therapies that are found in *Clinical Pearls in Naturopathic Medicine*. We do have the choice to restore and use them. For example, the wet sheet wrap had numerous modifications such as the short bandage (three-quarter pack), or the bed steam bath, or the Spanish mantle or herbal packs. Depending upon the Naturopath, each of these applications had specific and definite properties and applications. Rarely was a water application used solely, but was combined in a treatment plan that had several different hydrotherapies administered during treatment.

The whole body wet sheet wrap is rarely used today, but was effectively used for a number of different diseases such as chronic dyspepsia and digestive ailments. (Lust, 1900, 39) Chronic headaches responded to a full wet sheet pack or to a steam bath in bed. (Lust, 1900, 193) Staden prescribed for inflammatory rheumatism warm hay flower full packs to alleviate pain. (Staden, 1902, 190) Friedrich Bilz treated Bright's disease or chronic nephritis using daily steam baths in bed, or a full wet sheet wrap. (Bilz, 2900, 81) William Havard used full packs to promote elimination and skin activity. (Havard, 1920, 494) Skin ailments accompanied by fever, such as in eczema was best relieved by cold packs, alternating with cold natural baths or friction hip baths. (Lust, 1921, 297)

A variation to the full body packing or wet sheet would be the use of vinegar mixed with water in the wet sheet. Lust and others would apply these vinegar wet sheets for dyspepsia and other related digestive complaints. (Lust, 1900, 39; Lust, 1920, 395) Vinegar added to abdominal compresses aided vomiting. (Lust, 1900, 78) Sebastian Kneipp for a severe case of asthma, "ordered quite hot packs, as well as cold ones, saturated with water and vinegar; and compresses of fenugreek and soft whey cheese." (Kneipp, 1900, 150) Lust reports using vinegar compresses for patients suffering from neurasthenia or nervous exhaustion. (Lust, 1908, 140)

Sebastian Kneipp, who was fearless and confident in hydrotherapies, applied the short bandage or three-quarter pack steeped in a warm decoction of oat straw to treat arthritis, (Kneipp, 1900, 150) and for systemic edema. (Kneipp, 1901, 182) Using plain water for a short bandage for asthma was also effective. (Kneipp, 1900, 150) Staden treated gout and systemic edema using the short bandage followed by a sitz bath. (Staden, 1902, 46) Staden counseled a patient with chronic dyspepsia and vomiting to apply twice a week, a three-quarter pack. (Staden, 1902, 46)

The Spanish mantle could be applied warm for those weak and with a lowered reserve of Vital Force to relieve the pain of arthritis, the warm Spanish mantle combined with head and foot steam baths were used by Kneipp. (Kneipp, 1900, 150) For a loss of voice, a series of head and foot steam baths, and various gushes combined with a Spanish mantle proved curative. (Kneipp 1900, 154)

Staden documents the use of bed steam baths, used in conjunction with a hot fomentation using fenugreek mixed with rye flour to resolve breast cancer in a female patient. (Staden, 1902, 46) Staden alternated the bed steam bath one day with three-quarter pack, and then followed with a full pack for the treatment of gout. (Staden, 46)

The Nauheim bath or the carbon bath has completely disappeared from naturopathic practice in America. In contemporary Europe, though, Hydrotherapies and Balneotherapy are alive and very well. The Nauheim bath is conducted in most European countries to treat cardiovascular disease, diabetes, peripheral neuropathy, hypertension and rheumatism. In the early 20th century, concoctions devised to simulate a carbon dioxide bath were produced for those who had no access to a natural source of carbon dioxide from thermal springs, such as those found in Saratoga, New York. Simon Baruch, renowned for his hydrotherapy books and his work in establishing Hydrotherapy within the Bellevue Hospital in New York City, became a leading voice for the Nauheim bath in Saratoga Springs. His many contributions to the Lust publications on this carbon dioxide bath, though, did not have enduring presence in Naturopathy.

I have personally used so many of these therapies that there is no going back. Although the modalities that are in current use have evolved since the writings found in this book, there is one thing that has not changed: our bodies are still governed by the same laws of Nature. We continue to require the same conditions to sustain healthy bodies that Carqué outlined 114 years ago: “sunshine, fresh air, water as drink, fruits as food, exercise and rest”. (Carqué, 1905, 152) The armamentarium of our pioneers is more needed than ever. Sedentary habits, nature deprivation, over work, sleep impairments, obesity, contamination of food, water and air, excessive use of drugs, screen time, and lack of spiritual connection with self

(and the list goes on), all indicate the need for a dose of Naturopathy today. The balance in our lives is skewed and twisted. It is time that we address the cause and bring our patients back to Nature, teaching the laws of health and the laws of Nature.

Thus the value of a book on historical cures for chronic diseases. Perhaps we suppose that the human condition has changed so much in the past century that our diseases require new tools, grounded in more comprehensive testing and pharmaceutically-framed treatment regimens. This latter path is coupled with a culture which has us inundated as individuals and as Doctors with screens, in front of which we sit apart from our patients all too often, and as individuals ourselves for hours at a time, staring at electronic images. Our contact with Nature in urban and rural settings alike is all too often replaced with images seen on a nature show or consumed as a podcast. We separate ourselves from our very roots in the earth, under the sky, breathing clean air and drinking pure water.

There are many examples in *Clinical Pearls in Naturopathic Medicine, Volume II* to refer to for chronic diseases. Louis Kuhne (1835–1901) stands rightfully tall on the naturopathic landscape because he indeed contributed much to the philosophical and knowledge base of its practice. Kuhne's understanding of healing came first hand by his personal suffering of stomach cancer and lung complaints. Kuhne exhausted the allopathic and natural doctors of his day and went to discover the secrets to healing. He coined the term "Nature Cure" which would later become synonymous with traditional or classical Naturopathy. Lindlahr branded his natural healing with Kuhne's lexicon.

Suffering for nearly a quarter of a century, Kuhne's experimentations upon himself led him to a discovery that culminated in writing two important books, *The New Science of Healing (1891),* and *Science of Facial Expression (1895)* which would guide generations of Naturopaths around the world in the 20th century. *The New Science of Healing* by the seventh German edition in 1894 had been published in 25 languages. So popular was the work of Kuhne, that his teachings went viral globally. By 1899, his book had reached its 50th edition and was seminal in uncovering the "Nature's definite and immutable laws". (Kuhne, 1899 Preface, v) His intimate comprehension of chronic disease was a catalyst for the work that he left behind in books that would form the foundation for Naturopathy one decade later.

Kuhne discovered that there were many manifestations of disease, but only one cause for them all. In treating disease, Kuhne also determined that just as there was only one cause for disease, there was one cure for disease. Called the "*unity of disease*" and "*unity of cure*", this seemingly over simplified concept of disease and cure had at its core immensely

valuable tenets that actually worked clinically. The last chapter in *New Science of Healing* comprises of 133 cases providing proof that Kuhne's theories had merit.

Kuhne referred to the microflora of the gut as microscopic fungi. He also created a theory of inflammation beginning in the digestive tract with the accumulation of morbid matter fermenting and creating heat that would be expressed as a fever. "Fever is fermentation going on in the system [body]." (Kuhne, 1901, 24) The relationship between fever and the active process of disease was intertwined. "There is no disease without fever and no fever without disease." (Kuhne, 1902, 10)

Kuhne rationalized that this fermentation process needed a vent to leave the body. Fever unabated in the body with no outlet would ultimately lead to death. The primary purpose of Kuhne's therapeutic treatments was the removal of foreign matter. "To merely drive the morbid matter from one part of the body to another, to confine it, and allow it to dry up: all this is no cure but simply suppression of symptoms." (Kuhne, 190, 99) When foreign matter is present, fermentation arises and fevers result. "If … morbid matter has in a suitable manner been removed from the body, the disease itself disappears." (Kuhne, 1901, 18)

Kuhne, who operated an enormous clinic in Leipzig, applied a similar protocol for acute and chronic diseases. In both presentations, Kuhne opened up the skin pores by administering a hot steam bath that allowed the patient to perspire. Following the steam bath, the patient would be given a cold friction hip bath and sometimes a cold affusion. Patients would continue perspiring and in this way, eliminate the impurities from the body.

Some examples of diseases that he encountered include cancer, tuberculosis, diphtheria, scarlet fever, rheumatism, migraines, obstinate constipation, paralysis, epilepsy, whooping cough, etc., etc. His armamentarium consisted essentially of dietetic counselling, the steam bath and the friction hip bath. Using these therapies, his ability to help patients remains triumph, and unparalleled to this day.

Chronic disease was understood by the early Naturopaths and was not feared. Kuhne established the "Unity of Disease" which was adopted and refined by Lindlahr, who felt that the treatment of chronic diseases required the stimulation or rousing of the sluggish organism to a greater activity of healing. (Lindlahr, 1914, 250) A century back, constipation was discussed ad nauseum. Articles on the topic abound throughout the years of *The Naturopath*. Recognized as a common ailment, Naturopaths considered the abdomen as the seat of disease. Lindlahr emphasized that "it was scarcely possible for constipated persons to recover from a chronic disease". (Lindlahr, 1931, 79)

Benedict Lust left behind a wealth of knowledge in his publications by gathering articles from the teachers and doctors in the naturopathic community over a century ago. We are indebted to his foresight and clarity of intent to publish naturopathic literature so that we can benefit from the pearls of wisdom left behind. He began broadcasting the word according to Kneipp when he was just 24 years old and continued until his death 50 years later.

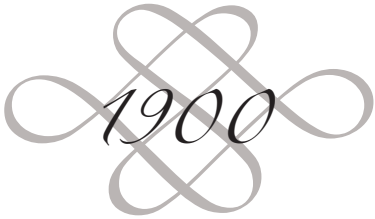
In 1896 Louise Stroebele opened her secluded "Sanatorium Bellevue" embraced by the beautiful forests and slopes of the Ramapo Mountains, near the quaint, little borough of Butler, New Jersey. Just 30 miles from New York City and an hour train ride, Bellevue became a desirable destination for those interested in living a healthy life. Louise hired Benedict Lust as the "Hydropathic Physician" at Bellevue and the services offered were quite extensive.

The June 11th, 1901 marriage between the proprietress and the physician was catalytic to the development of what would later become Naturopathy. Bellevue evolved into a bustling epicenter of Naturopathy, steered by what would also grow into one of the most powerful personal and professional life partnerships that Naturopathy would ever witness, the team of Louise and Benedict Lust.

Through my extensive readings and travels, I have delved into Louise and Benedict's lives and feel such an intimate warmth and love for these two people. Their sacrifices and conviction laid down the foundation for what we enjoy as Naturopathy. Without the financial support and kindness of Louise, and the fervent passion of Benedict, who knows what would have become of this little movement that began in the final years of the 19 thcentury? I feel blessed and deeply rewarded in the exploration of Naturopathy's history. As this project comes to an end, I wish each and every one of you to know and celebrate our shared story.

This final book focuses on chronic diseases, its treatments, protocols and case studies. Depending upon the tools used, the medical paradigm one follows, clinical proficiency and skills, chronic diseases can present as exhaustingly challenging or be simple as a *morceau de gateau* [piece of cake]. Perhaps, some of us have found chronic disease sometimes very simple to treat, as was the experience of the early Naturopaths. Perhaps, though, our various sets of tools have been reduced to an anti-biotic hammer and all we see are nails. The current statistics on chronic diseases are quite sobering and for those of our patients facing a life-threatening diagnosis, the future might seem bleak or even hopeless. My experience, though, living intensely among the naturopathic giants of the early 20th century, has left me confident and hopeful that we will reconsider some of the protocols used a century ago once again.

We can gain from these remarkable people's insights and trust their experiences as we put our feet to the metal. There is no other way to learn about the many modalities than by using them ourselves. I hope that you will find the protocols and cases left behind in these pages valuable and worthy for use in your precious time with the many patients who look to us for help.



Nervous Dyspepsia

Benedict Lust

Constipation

Friedrich Eduard Bilz

Rickets And Vomiting
Hemorrhoids, Piles

Benedict Lust

Insomnia

Alfred Baumgarten, M.D.

Jaundice

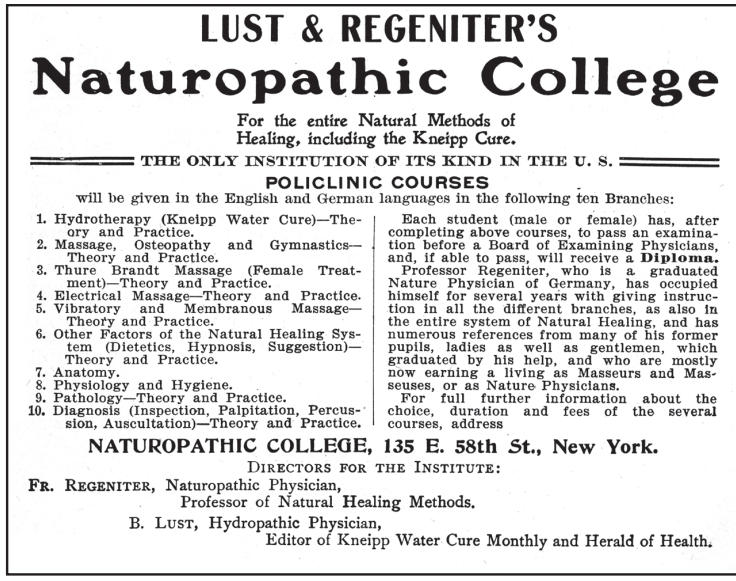
Benedict Lust

Abdominal Complaints And Arthritis
Asthma
Loss Of The Voice

Sebastian Kneipp

Headache
Worms
Headache II
Cancer, Using Kneipp Methods

Benedict Lust



LUST & REGENITER'S

Naturopathic College

For the entire Natural Methods of Healing, including the Kneipp Cure.

THE ONLY INSTITUTION OF ITS KIND IN THE U. S.

POLICLINIC COURSES

will be given in the English and German languages in the following ten Branches:

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

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

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

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

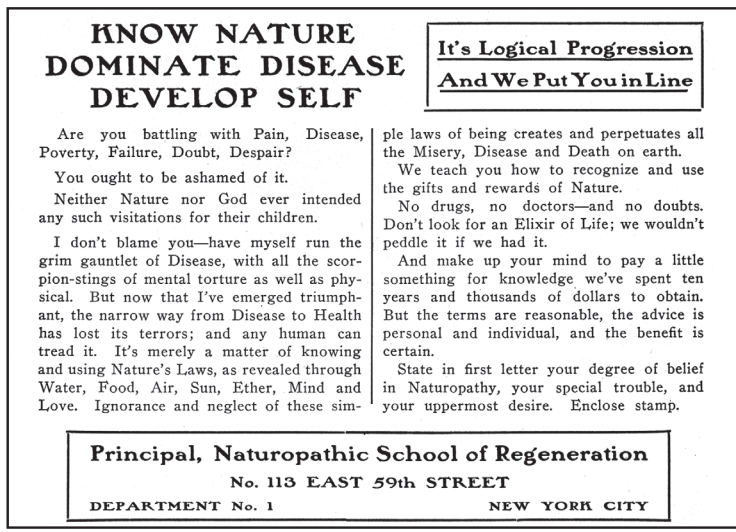
NATUROPATHIC COLLEGE, 135 E. 58th St., New York.

DIRECTORS FOR THE INSTITUTE:

FR. REGENITER, Naturopathic Physician,
Professor of Natural Healing Methods.

B. LUST, Hydropathic Physician,
Editor of Kneipp Water Cure Monthly and Herald of Health.

Benedict Lust's advertisement for the first "Naturopathic" college at 135 East 58th Street in New York City — founded in collaboration with F. Regeniter, who called himself a Naturopathic Physician — appears at the back of Friedrich Bilz's two volume set of encyclopedia books, *The New Method of Healing*, published in English In 1898.



KNOW NATURE
DOMINATE DISEASE
DEVELOP SELF

It's Logical Progression
And We Put You in Line

Are you battling with Pain, Disease, Poverty, Failure, Doubt, Despair?

You ought to be ashamed of it.

Neither Nature nor God ever intended any such visitations for their children.

I don't blame you—have myself run the grim gauntlet of Disease, with all the scorpion-stings of mental torture as well as physical. But now that I've emerged triumphant, the narrow way from Disease to Health has lost its terrors; and any human can tread it. It's merely a matter of knowing and using Nature's Laws, as revealed through Water, Food, Air, Sun, Ether, Mind and Love. Ignorance and neglect of these simple laws of being creates and perpetuates all the Misery, Disease and Death on earth.

We teach you how to recognize and use the gifts and rewards of Nature.

No drugs, no doctors—and no doubts. Don't look for an Elixir of Life; we wouldn't peddle it if we had it.

And make up your mind to pay a little something for knowledge we've spent ten years and thousands of dollars to obtain. But the terms are reasonable, the advice is personal and individual, and the benefit is certain.

State in first letter your degree of belief in Naturopathy, your special trouble, and your uppermost desire. Enclose stamp.

Principal, Naturopathic School of Regeneration
No. 113 EAST 59th STREET
DEPARTMENT No. 1 **NEW YORK CITY**

In 1902, Benedict Lust began operating his own naturopathic school, called the Naturopathic School of Regeneration, at 113 East 59th Street, New York City.

Nervous Dyspepsia

by Benedict Lust

The Kneipp Water Cure Monthly, I (3), 38-39. (1900)



Benedict Lust arrived in NYC at age 20. Working as a first class waiter at the Savoy Hotel, Lust was able to buy this exceptional bicycle, his prize and joy.

Nervous diseases are constantly increasing. Neurasthenia, the weakening of the entire nervous system, has spread in an alarming manner. Nervous indigestion has become very common. This is a disturbance of the functions of digestion which occurs without any special organic illness. Unfortunately, there are innumerable families in which nervous diseases are inherited. Mental exertions, the haste of our busy lives, mental disturbances of all kinds, such as anger, sorrow, that constant fear of the future, and all sorts of excesses may bring about nervous diseases. Abusive use of alcohol, tobacco or coffee also causes this sickness.

The healthy person feels no discomfort during the process of digestion, while the patient suffering from nervous dyspepsia experiences all kinds of uncomfortable sensations, such as bad taste in the mouth, gaping, belching of wind or sometimes intense pain. Nearly all such afflicted people complain of a swelling of the abdomen, a distention of gases in the stomach and intestines, and often constipation. It is almost impossible to believe how many different disorders this gas and particularly the suppressed wind will bring about, and in what a detrimental manner they affect the entire disposition towards mental labor. The symptoms of pressure and fullness do not always occur right after eating but often appear from one-half to three-quarters of an hour later. Others occur upon an empty stomach. During the process of digestion some people are easily excitable, feel very uncomfortable in all positions, and have to walk up and down to stop their complaints.

The appetite is usually normal in a majority of cases. It is not always rich and heavy food which produces indigestion. In fact, some patients

digest heavy food and have all sorts of trouble with any light food. The surroundings and mind of the patient bring about these conditions. At times, a patient will feel comfortable after eating certain dishes, while at other times the same dishes will cause him great trouble.

Great fatigue and weariness are often complained of. The patient is so dreadfully tired that he could sleep all the time, and feels more tired in the morning than at night. Other symptoms are heat and pressure in the head, particularly in the forehead, a feeling of tension in the neck and abnormal sensations in the arms and legs such as heat, cold or prickling. Attacks of dizziness are also connected with this disease.

There is no inclination for mental work, and also a failing of energy and loss of memory. The patient becomes distressed and has a very excitable temper, worries a great deal and has little energy and courage.

One should suppose that so many opposing forces would have an unfavorable effect upon the nourishment of the patient, but usually the contrary is the result. The majority present a good appearance and an apparently strong constitution. Some, however, show a pale and bloodless color of the skin and loss of weight.

Treatment Of Nervous Dyspepsia

The treatment of nervous dyspepsia should never be a mere dietetic one, but must be directed more at the improvement and strengthening of the whole organism and specially the nervous system of the patient. A general treatment of the whole organism in such cases is of the greatest importance, for nervous dyspepsia is nothing but an expression of a weakness of the whole nervous system. Of course, for every individual case there are individual rules. What will cure one will not cure the other. It is the task of the Hydropathist to understand every case and to treat it accordingly. In all such cases in which, in spite of all imagined disorders, nutrition is good, one will succeed with a general treatment of the whole organism and certain rules of diet. Slight attacks may be treated by the patient in his own home, while the majority ought to be treated in a sanitarium. Far from all professional duties etc., the patient will find such rest as is needed for a successful treatment. For in quite a number of cases, the excitement brought about by the discharge of such professional duties is often the only cause of the disease.

Vegetables, milk, butter and eggs, with as little meat as possible, should be given to the patient. Fruit, especially grapes, will be very beneficial. The patient should not be overfed. The quantity of food must be regulated according to the strength of the patient and the ability of his stomach to digest the food. Those who are weak and need strength should get a food containing plenty of albumen [protein]. Such patients

should take frequent meals of small portions. In some cases such meals should be served every two or three hours. In other cases, again it will be right to have the patient eat something every hour and allow him even to partake of small portions of milk with zwieback or soft boiled eggs during the night. Where the loss of strength and flesh is very great and in cases where there are bad disorders of the digestive organs, the patient should only get milk and soft boiled eggs. After he has gained a little strength, beef broth and a little raw meat grated very fine may be given. Then a little beefsteak, half rare, calf's brain, stewed chicken or young pigeons and zwieback may follow. A little rice or tapioca will do no harm.

Of vegetables, only spinach and mashed potatoes may be recommended from the beginning of the cure. Asparagus, cauliflower, mashed young green peas and mashed carrots will do no harm after the patient has improved a little. Fish, oysters and cheese should not be allowed. Fruit dishes like stewed prunes or apple sauce will be very beneficial. Noodles or macaroni will also do no harm, while all cakes, fat, sugar, as well as vegetables like cabbage, should be avoided all together. Herrings, sardelles [sardines], caviar or smoked meats or fish are poisons for those suffering from nervous dyspepsia. The somewhat improved patient should have three regular meals and between them, if necessary, some milk. Alcoholic beverages must be avoided as much as possible. Their effect upon the nervous system is a bad one. In cases of absolute necessity, wine in small quantities may be allowed, but beer never on account of the hops and yeast contained in it. Coffee should not be served on account of its effect upon the nerves and digestion. For the same reason, the smoking of tobacco must be prohibited.

With meals, no fluids should be taken. If there is too much thirst, a little wine or water will do. Between meals, water or buttermilk in small doses will help digestion and move the bowels.

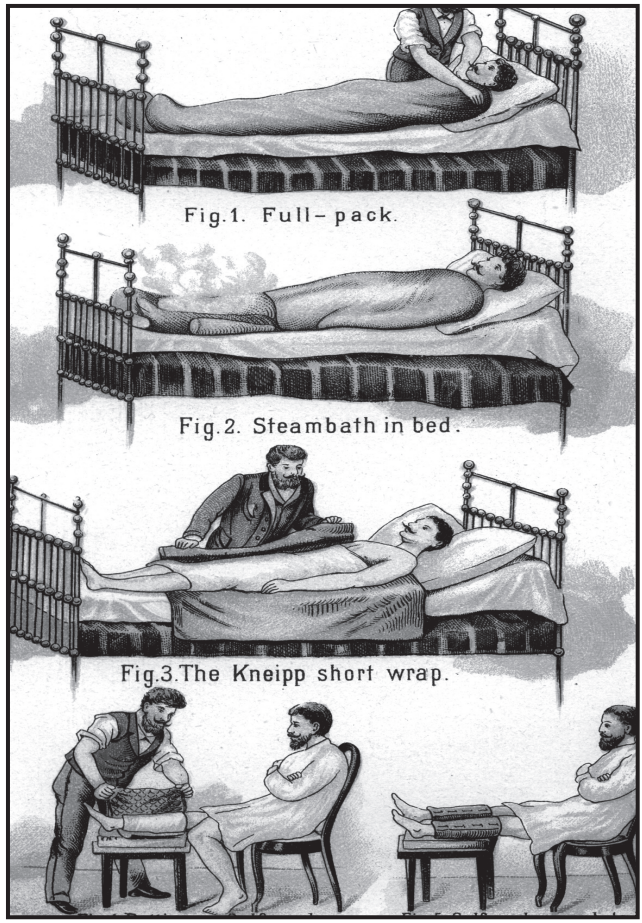
As stated above, rules for the diet must be made for each case according to the strength of the patient.

Besides the dietetic treatment, the patient should get cold water applications to strengthen his nervous system. Very weak patients should start these applications with washings. Those who suffer from chlorosis besides nervous dyspepsia should be made to feel warm before these washings can be applied beneficially. Such patients should stay in bed until their bodies are warm enough. A little vinegar should be added to the water.

The diet and these washings will soon improve the health of the patient. From the beginning a washing of the whole body may be applied or if the patient is too weak, the upper part of his body should be washed in the morning and the lower part in the evening.

Packing of the body will be of benefit too. For these packings, vinegar and water should be used. They should last for one hour and

should be applied every two days in the morning or in the evening, according to the disposition of the patient. Some cannot stand them in the morning; others not in the evening.



Three versions of the wet sheet pack or wrap

The packing will be applied as follows. The wet linen, wrung out well, must cover the whole abdomen. This linen, which must reach around the whole body, must be covered with a woolen cloth to produce the heat necessary to create that beneficial effect which will cure. The packing will stop that painful pressure in the abdomen, remove the gas and help the stool.

Stronger patients may apply, besides the washings and packings, all lighter gushes, which may be increased in strength gradually until finally a sitting bath or a half bath is applied three or four times a week.

The Kneipp cure will work wonders in all cases of nervous dyspepsia and will lead to health and happiness even in such cases where other systems of healing doom the patient to a slow and miserable death.

For the Stomach's Sake

That heavy, stupid feeling after eating means that the stomach is not doing its work properly. It is weak, and needs assistance.

And worse yet, the disagreeable and distressful feeling will grow worse from day to day, unless you stop it now.

Antiseptic Charcoal Tablets

give you the relief you need.

They act promptly and effectually. They absorb the gases and poisons produced by indigestion, and destroy the germs that cause all the trouble.

This remedy is not a drug, and has no disagreeable after effects. It is clean, pure, pleasant to take, and quick to relieve the distress and oppression of indigestion.

For a sample box, send your name, address, and two 2-cent stamps. Or three boxes will be sent postpaid for $1.00.

Address:

PAN-PEPTOGEN CO., Ltd.,
52 N. Washington Avenue,
BATTLE CREEK, MICH.

Slight attacks may be treated by the patient in his own home, while the majority ought to be treated in a sanitarium. Far from all professional duties etc., the patient will find such rest as is needed for a successful treatment.

The patient should not be overfed.

Where the loss of strength and flesh is very great and in cases where there are bad disorders of the digestive organs, the patient should only get milk and soft boiled eggs.

For these packings, vinegar and water should be used. They should last for one hour and should be applied every two days in the morning or in the evening, according to the disposition of the patient.

The packing will stop that painful pressure in the abdomen, remove the gas and help the stool.

Constipation*

by Friedrich Eduard Bilz

The Kneipp Water Cure Monthly, I (4), 49-50. (1900)



Friedrich Eduard Bilz
(1842-1922)

It is to be regretted that the custom still remains of promoting activity of the bowels in children by giving at the same time rhubarb, decoctions of *cortex fanulae*, etc., and in adults by resorting to castor oil, senna, mineral waters or pills.

By the frequent employment of laxatives (as well as indulging in hot food and drinks, as coffee, tea, and such) the flow of the humors is directed to the intestines and thus the digestive organs become relaxed and seriously impaired. The cause of costiveness [constipation] is in most cases a relaxation and consequent slow activity of the nerves, vessels and muscles of the digestive apparatus, produced by a defective process of assimilation. There is nothing like bathing to assist the process of assimilation and to keep yourself and your children in good health. No laxatives are required in that case to keep the bowels open. By using these laxatives, especially in chronic affections and constipation, when they are frequently resorted to for weeks, months and even years, health is incalculably injured and the foundation often laid for life-long sickness. The Natural Method of Healing employs in constipation massage of the abdomen and curative gymnastics, as well as water enema, in conjunction with a proper diet. These, if rationally applied, will remove constipation in all but exceptional cases.

The full enema referred to in the article "Enema"** is always intended to open the bowels and the small or partial enema, always immediately following a motion, is intended to be absorbed by the intestine.

---

*Benedict Lust published an article in 1907 about constipation: "I do not hesitate to make the statement that constipation, at the present day, is the most widespread ailment affecting the American people. It is our national disease par excellence, and judging from the records of patients treated at my institute in New York during the past year, I should say that it is alarmingly on the increase. Furthermore, it is little known that this trouble is the starting point of a vast majority of more serious diseases, such as consumption, catarrh of the stomach, neurasthenia, etc. One of the first questions which any intelligent doctor, acquainted with this fact, asks his patient is, "Are the bowels regular?" If not, he knows immediately the primary cause of the patient's trouble and takes steps to remove it. Very often, with the mere correction of this trouble, the patient begins to improve in health and sometimes completely recovers without further treatment." (Lust, 1907, 129) —*Ed.*

**Friedrich Bilz is referring to his chapter on enemas (pp.1731-1734) found in his book, *The Natural Method of Healing,* (1898, Leipzig, 2014 pages). —*Ed.*

The process of assimilation in the intestine is by this means stimulated, and constipation gradually prevented.

Causes

The costiveness acquired by habits is to be distinguished from morbid constipation. The former occurs very often and will be considered first. The main causes favoring this condition are as follows:

- paying too little attention to the state of the bowels and keeping no regular times for their action;
- prolonged sitting, driving or riding;
- dry, heavy and stimulating food and insufficient fluid;
- defective secretion of bile, resulting in light colored stools (light yellow or white);
- inactivity or weakness of the intestines, amounting sometimes to paralysis; and
- excessive expansion of the rectum, etc.

The retention of the effete matter in the colon (usually the seat of the disease) causes it to become deprived of its liquid constituents. The excrement becomes hard, gathers into lumps, and is expelled with difficulty. If this state of things is allowed to continue long, the power of regulating this function at will is lost entirely; the complaint becomes chronic and difficult to cure. Costiveness of this kind is attended with headache, loss of appetite, feeling of discomfort, nausea and various abdominal complaints. Although no great trouble arises in the beginning, people affected with this condition are subject to various disorders after several years. It is in the case of hypochondriacs and nervous women that this kind of constipation acts most injuriously. Women in general suffer far more frequently from this ailment than men. The bowels ought to act every day.

Treatment

To prevent or to remove constipation contracted through habit, the patient should accustom himself to regular motions at a fixed time, preferably in the morning which is ensured with an enema applied previously and allowed about ten to fifteen minutes to act. Although no particular desire for evacuation may be felt in the beginning, Nature soon accustoms herself to regularity and the desired result will follow, if assisted by a stooping position and the exercise of a little pressure. Patience therefore, and perseverance are the only two things required. After stool, a small tepid (68° F/20° C) enema should be applied, but no lower than 80° F/27° C if the patient suffers from piles. This small enema is intended



An abdominal compress

to be absorbed by the intestines. Though the intestines may sometimes at first eject it, it will readily absorb it after a few days. An abdominal compress should also be applied, in light cases only at night; in obstinate cases in the daytime also, and in the latter case the patient must remain in bed while wearing it. In light cases, a woolen bandage worn round the abdomen by day will be sufficient. Both for diarrhea and constipation, the absorbent enema must never be large (about a wine glass full); otherwise, the contrary effect will be produced.

When an enema is applied to a young child, he should be made to lie on his side, and the anus must be closed for some minutes by means of the thumb to prevent the child from ejecting the enema.

The diet should, as far as possible, be non-stimulating, with plenty of Kneipp whole meal bread, fruit, soups made of whole meal, buttermilk, fruit juice, and rice with stewed prunes (the two latter should be soaked the evening before). Plenty of water should also be drunk. An enema is frequently given and attention paid to cutaneous action daily by means of a tepid (72° F/22° C) wet rubbing of the whole body or a lukewarm (88° F/31° C) bath, etc.

In more serious cases, a lukewarm (80° F/27° C) hip bath should be given, combined with kneading and pressing of the abdomen. The abdominal massage and curative gymnastics and other bodily exercises are especially effective. Take plenty of walking exercise and perform some manual labor in the open air. Apply also an abdominal compress at night. A steam bath in bed may often be taken with good results.

Besides the constipation incurred through habit, there is also, as we have said, costiveness accompanying and characterizing various diseases.

In such cases, enemas must be applied in the first place, and the costiveness will disappear with the disease.

In more serious cases, an automatic ball syringe, arranged to admit the syringe as far up the intestines as possible, must be used, or as an exception, a laxative as *Kneipp Tonic Laxative* (Wühlhuber I) or blackthorn blossoms may be employed.



Blackthorn blossoms
[*Prunus spinosa*]

The following is an effective remedy. The juice of a cupful of boiled prunes is strained through a sieve and mixed with two spoonfuls of wheat or rye pollard. This mixture should be taken early in the morning on an empty stomach, and half an hour before every meal during the day. It must be made fresh every day. If necessary, soap, soda, or salt and water enemas may be tried. It is a great mistake to suppose, as many people and even doctors do, that the application of an enema is only good for opening the bowels; it is a cure for diarrhea as well. In cases of diarrhea, a small enema is take immediately after every discharge, half a gill* or less for an adult, and about a quarter of a gill for a child, according to age.

The temperature must be cool, but it is best to begin with 59° to 66° F/15° to 19° C; after a few enemas, the temperature may be reduced to 54° F/12° C or even to 50° F/10° C. The idea that the system may get accustomed to enema is altogether erroneous. In the same way as the gouty patient throws away his crutch when he gets well, so the enema can be discarded without harm resulting, once the digestive organs are in good order again.

Physiological Action Of An Enema

In addition to cooling, dissolving and softening the contents of the intestines, the process according to Jezek is as follows: if a water enema be introduced into the rectum, the water rapidly absorbs the gases in the intestines, and a vacuum is formed in the whole of the large intestine, to fill which the feces are expelled by the small intestine. In consequence of the heat of the body and the variations of pressure, the water is converted into vapor, the result being that the gases absorbed by it are again set free and are added to the gases that have entered from the small intestine. As these gases have now an insufficient space for expansion in the large intestine, an increased pressure is exerted, opening the orifice of the rectum and expelling the feces.

---

*A gill is an unit of measurement for volume equal to a quarter of a pint. —*Ed.*

The New Internal Bath



THE benefits and great importance of properly flushing the colon is now fully recognized, and it has lead to a large and increasing demand for syringes used for this purpose. The appliances in general use have one very serious fault, the water is discharged into the lower part of the rectum, which is distended, and thus produces an irritation which often proves injurious, causing and aggravating piles and other rectal troubles. It is frequently a cause of constipation and creates a necessity for continuing the use of enemas indefinitely.

Dr. Wright's New Colon Syringe

Consists of a strong, well-made four quart rubber bag or reservoir with two long SOFT RUBBER FLEXIBLE TUBES, by the use of which the water is easily carried past the rectum and into the sigmoid flexure and by the use of the longest tube may be carried up to the transverse colon. The water is then discharged were it is needed and the cleansing is made much more perfect than it can be in any other way. The tubing and the outlets are extra large securing a rapid discharge of the water, which reduces the time required to less than one-half that usualy taken, which is avery great advantage over other syringes. This new syringe will prove a most important help in the taking of the "Internal Baths" and will often prove curative when others fail. If you have any doubts about this ask your doctor.

Never Take Physic

to move the bowels, it will become a habit you cannot break and result in chronic Constipation with all its attending ills. Instead of taking CATHARTIC DRUGS, which always increase this trouble, ASSIST NATURE by introducing into the bowels sufficient pure water to wash away the accumulation and so relieve the system of impurities.

Never Inject the Water

into the rectum, as it causes its distension and weakens its power of action, producing Hemorrhoids, increasing Constipation and Making the continued use of Enemas a necessity and a source of irritation. The trouble is not there, but in the sigmoid flexure and the colon, and there the water should be used.

Never Use a Short Tube

of hard rubber or any kind of a syringe or appliance having this attachment, as with this the water cannot be carried where it is needed, but it is discharged below and must rise of itself if it can, whereby the walls of the rectum are distended to their fullest capacity, causing great injury.

The Water Should Always

be carried up into the colon, when the desired results are certain, the discharges are full and prompt and the cleansing complete and thorough, a result secured in no other way.

The New Eternal Bath

must supersede all former methods as soon as its principles are fully known and understood. All who have tried to pronounce it perfect and commend it to their friends. It is as easily used as any other for adults or children. It will cleanse the system of impurities, sweeten the breath, overcome constipatipn, indigestion, bloating of the abdomen and all bowel troubles, and should always take the place of other methods.

The New Colon Syringe

is the only instrument that can be used to carry the water where it is needed, and no other should ever be used if all the evil results of using enemas or the "Internal Bath" are to be avoided.

Dr. Wright's Manual

on the taking of the "Internal Bath," containing full directions for its use in Constipation, Diarrhœa, Dyspepsia, Biliousness, Sick Headache, Kidney Troubles, Convulsions Jaundice, Rheumatism, Colds, Influenza, La Grippe, Diseases of Women, Worms and Constipation in Children and other diseases, with many price 25c., is given free with each syringe.

Carefully packed in a fine polished wooden case, will be sent pre-paid to any address on receipt of price, $4.00.

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

One of many enema appliances

Cure Of Severe Constipation Of Long Standing

(From Dr. Munde's book, *Natural Healing and Hydropathy*)

He relates the following case of Bishop Diepenbrook:

"I led," writes the Bishop, "a very active life in my youth spending much time in travelling, hunting, etc. A sudden change in my career, however, compelled me to lead a life in intense study for about three years after my twentieth year. Relying upon an iron constitution, I gave no heed to the consequences of my sedentary life, which manifested themselves by habitual constipation, often lasting from a week to ten days at a time. More serious results however, gradually ensued, such as indigestion, want of appetite, gastric and abdominal complaints, vertigo, and a strong congestion of blood to the head. I applied medicines, which certainly gave relief but only aggravated the affection by weakening the organs. The result was a general accumulation of mucus in the internal organs. Repeated attacks of pain were a proof of Nature's endeavor to heal, but the external, favorable conditions were wanting. My sedentary life continued. I went through a course of waters at Wiesbaden, a few years later at Marienbad, and finally at Carlsbad, but without any result. The functions of the intestines were completely paralyzed and owing to constant indisposition, my nerves were brought to the highest pitch of irritability. For a month I was compelled to relieve my stomach of thick gall by means of emetics and the frequent use of vinegar, suffering from the most horrible headache all the time. The condition to which I was brought by flatulence and pressure in the abdomen became intolerable; during the last twelve months I could only procure relief by regularly taking six pills of ox gall three times a day. I was in this condition when I went to Gräefenberg to undergo the water cure. I am in good health now, but conform strictly to the prescribed diet, and take a bath every morning."

There is nothing like bathing to assist the process of assimilation and to keep yourself and your children in good health.

By using these laxatives, especially in chronic affections and constipation, when they are frequently resorted to for weeks, months and even years, health is incalculably injured and the foundation often laid for life-long sickness.

An abdominal compress should also be applied, in light cases only at night; in obstinate cases in the daytime also, and in the latter case the patient must remain in bed while wearing it.



Rickets And Vomiting

by Benedict Lust

The Kneipp Water Cure Monthly, I (5), 77-78. 1900

The English Disease, Rickets

Deficient nourishment causes this disease. Children are afflicted by it towards the end of the first, second or third year of their life. Some physicians call this disease a chronic one, but that is not right, for it is only a result of our wrong mode of living.

A head unusually large and a small pale face, distorted, resembling more the face of an old person; a thin emaciated neck; small and thin teeth, broader below than above, often indented and decaying very early, and a thick and shapeless belly which protrudes a good deal indicate the English disease.

In the vicinity of the epiphysis, the child's bones are much thicker than usual. One notices this best on the knuckles of the hands and on the lower parts of the legs. After some time of suffering from this disease, the child's leg bones become crooked and crippled. Other parts of the skeleton are also afflicted and malformations of the spine or pelvis often take place. The little sufferers are not able to hold themselves straight nor to walk properly.

Should this disease attack a child after it has learned to walk, it will either lose knowledge of walking or its movements will become waddling and uncertain, while the upper part of the body too is constantly moving to and fro in an unusual manner. Children suffering from English disease have a very large appetite, strange as it may seem to be.

The urine left standing becomes thick, while the action of the bowels is most all the time sluggish. Kneipp often said that he did not know of any other sickness harder to cure than this. The whole body is sick and obstructions are everywhere: in the muscles, in the bones, etc. It is the first task of the Hydropathist to dissolve all the obstructions and indurations.

The following applications will prove very beneficial and will cure this disease after some time.

Soak hay flowers in boiling water, press them out well and envelop the child in them. The child has to stay in this hay flower envelope for one hour and a half. After the child is taken out of the hay flowers, clean the child with fresh water to remove the hay flower. Should the little patient be too weak for such a treatment, a shirt should be dipped into hay flower water and put on the child, who after that should be wrapped in a blanket. Either one of these treatments may be given every day or every third day for some time until the illness commences to decrease. After that, one treatment every week will be sufficient.

Another method of healing the English sickness is the following. The first day an oat straw water bath is given to the little patient, the second day a shirt soaked in oat straw water is put on, and the third day the child is immersed in cold water. This treatment is repeated until the sickness has passed.

Only good and easily digested food should be given to children suffering from this disease. A strong broth, bread soup and other dishes prepared from wholesome flour will work wonders. Vegetables, milk, acorn coffee mixed with honey and milk, or malt coffee prepared in the same way are very good foods in such cases.

Should the little patient become thirsty, very little water should be allowed and this partaken of in small quantities.

Vomiting

When a baby vomits, the mother is always under the impression that her darling is sick, which is often not so. It is in many cases a natural way of emptying the stomach of all that it does not need. It is different should the child vomit up all the milk mixed with water and bile. Then the baby is ill. Simultaneously with the vomiting, diarrhea appears, fever heat, pains and thirst follow. These symptoms indicate an inflammation of the stomach and intestines.

What shall the mother do in such cases? Certainly there are remedies for diarrhea. Wormwood tea given in small teaspoons every hour is a good remedy. Should the child not be able to take anything, the best remedy is to dip a cloth in water, wind it round its body from the arms to the knees and leave it to work for one hour. This treatment will strengthen the whole system of the baby and secrete the bad stuff which caused the inflammation.



Wormwood
[*Artemisia absinthium*]

The vomiting will soon cease when a small cloth, folded twice and dipped into a mixture of water and vinegar is put on the abdomen of the

child. The wet cloth must be covered by a dry one. The thirst will soon be relieved by this bandage which must be removed as soon as it gets hot. A small spoonful of water or sugar water every little while should be given to the patient.

If the child is very strong, one may dip the child in water for a second or two, which will soon remove the evil. As long as the vomiting lasts, this treatment may be repeated two or three times a day.

If the child has taken some food which does not agree with its stomach, a spoonful of honey should be boiled in a quart of water. A teaspoonful of this fluid taken every half hour will prove an excellent remedy.

Mothers do not need to be afraid to apply the small bandages, the baths or the washings of the whole body, for they will surely strengthen the system and are not in the least harmful.

Extracts of wormwood and centaury in drops, six or eight at a time on sugar will act well; from four to six drops of fennel oil dropped on sugar will do the same.

In the vicinity of the epiphysis, the child's bones are much thicker than usual. One notices this best on the knuckles of the hands and on the lower parts of the legs. After some time of suffering from this disease, the child's leg bones become crooked and crippled.

Children suffering from English disease have a very large appetite, strange as it may seem to be.

Soak hay flowers in boiling water, press them out well and envelop the child in them.

Should the little patient be too weak for such a treatment, a shirt should be dipped into hay flower water and put on the child, who after that should be wrapped in a blanket.

Only good and easily digested food should be given to children suffering from this disease.

The vomiting will soon cease when a small cloth, folded twice and dipped into a mixture of water and vinegar is put on the abdomen of the child.

[For rickets] soak hay flowers in boiling water, press them out well and envelop the child in them. The child has to stay in this hay flower envelope for one hour and a half.

[For diarrhea] wormwood tea given in small teaspoons every hour is a good remedy.

Hemorrhoids, Piles

by Benedict Lust

The Kneipp Water Cure Monthly, I (5), 80. 1900



Benedict Lust
(1872-1945)
Young editor of
The Kneipp Water Cure Monthly

There are many sicknesses which may be inherited or may be the result of certain modes of life. Hemorrhoids, or as they are commonly called, piles, belong in this class. All those who lead a sedentary life are often troubled with this complaint. People who work hard and partake of simple food only, drink little beer or wine, and eat little meat know nothing of this ailment.

Piles are a harmless disease, though troublesome. They may last for the life-time of those afflicted. Painful itching and burning and a depression of the mind are consequences of the piles. It would be entirely out of place to treat this sickness with indifference and neglect. Great care should be taken to prevent the disease from increasing.

What are hemorrhoids?

All our readers know the red fleshy bags which hang from the neck of the turkey-cock like empty pockets. As soon as the cock gets into a passion, these bags fill with blood and resemble red globes. Such bags or globes filled with blood or mucus are hemorrhoids. They bleed, but often they do not; in the latter case, they are called blind hemorrhoids.

All veins are elastic. Often too much blood gets into one part of them; consequently the vein becomes extended, a little blood collects in them and the foundation for piles is laid. By and by these extensions change into little knots which burst from time to time. The fluid they contain is either pure blood or more frequently a brown mucus. The bursting of the piles relieves the patient for a short time. Soon they fill again and the same trouble is experienced.

It will be easily understood that the more numerous the piles, the greater the harm done by them to the part of the veins where they grow. Therefore, it is very dangerous to neglect them as incurable ulcers may be the consequence of such foolish action. Ulcers may also be caused by the little worms which form inside the rectum and in such cases great suffering is before the patient.

The best and most effective cure for piles is a water treatment. Thousands are treated for this ailment according to the rules of the water cure every year, with the most satisfying results.

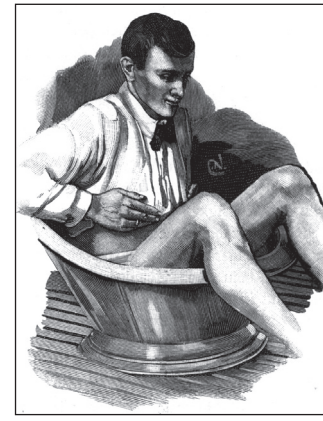
The first attack is made upon the little worms. These must be removed first to stop their pinching, biting and itching, a feeling which often too is the result of the refilling of the piles. Cold water has the same effect upon these worms, which are called ascarids by science, as salt has upon the leeches. They stop their work and are washed away by the water flowing off again. Therefore, from one to three cold water injections applied in quick succession will do the work. These injections have to be repeated until all the worms are gone.

To cure the piles, three points must be taken into consideration. First, the blood must be lead from certain parts of the body to which it is determined to flow; second, those parts of a vein or veins which are over extended must be contracted; and third, those parts of the vein or veins must be cleansed and all impurities removed.

To gain these three points the following application will do good service. A piece of linen is dipped into very cold water and spread in the bed so that the patient can lie on it. The cloth must be long enough to reach from the neck down to the legs und wide enough to cover the back.

The patient must lie down on this wet sheet for three-quarters of an hour and repeat the application three of four times weekly. Should the cloth become warm before the three-quarters of an hour are passed, it must be wetted anew with cold water.

The cold sitting bath is another application which will do good service. This bath should be taken three or four times every week. It is recommended to repeat this bath two or three times during the day and also once during the night. When taken right after leaving the bed, it should never last longer than one or two minutes.



Sitz bath

Should these applications not effect a complete cure, they will surely prevent the increase of the piles and give much relief to the patient. In such cases the application must be made once in three months lasting each time for one or two weeks.

People suffering from piles should eat the pure genuine Kneipp Health bread instead of the ordinary wheat or rye bread. Many patients have got great relief from it. We are sorry to say that even this health bread is adulterated by many manufacturers. Healthy bread is always heavy while the adulterations are as light as the common bread.

Those who think these instructions too troublesome to follow cannot

expect any other advice from the Hydropathist. They are surely not half as troublesome as the evil itself which is constantly disturbing the patient, while the applications only last a few minutes and will effect a cure in the majority of cases.

To cure the piles, three points must be taken into consideration. First, the blood must be lead from certain parts of the body to which it is determined to flow; second, those parts of a vein or veins which are over extended must be contracted; and third, those parts of the vein or veins must be cleansed and all impurities removed.

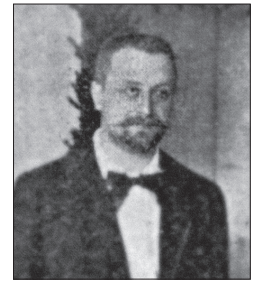
The patient must lie down on this wet sheet for three-quarters of an hour and repeat the application three of four times weekly.

The cold sitting bath is another application which will do good service. This bath should be taken three or four times every week. It is recommended to repeat this bath two or three times during the day and also once during the night.

Insomnia

by Alfred Baumgarten, M.D.*

The Kneipp Water Cure Monthly, I (8), 132-135. 1900



Alfred Baumgarten, M.D.

Insomnia may be rightfully called an ailment, especially in modern times. In former times, one was used to the fact that old people slept a little worse than people who performed strenuous night shifts for a long time, had an easy sleep and woke up at the slightest noise. Patients who had been in bed for an extended time showed a certain sleeplessness; in brief, one was accustomed to the fact that insomnia might present itself in special cases. Today, of course, this has been changed completely. The physician is not much surprised any more if boys or girls of 14 or 15 years of age complain of insomnia. Men who are at the prime of their lives may frequently suffer from obstacles, sleeplessness or excited sleep. As a rule this ailment is not as often found with women, but frequently enough. The old people today sleep almost better and quieter than the young ones.

This great inconveniencing, of course, is based upon a very valid reason. Insomnia has become so frequent an ailment of our times because unreasonable living and frivolous excess of the nerves almost absorb prematurely the vital forces of man, as well as disturb the brain, spinal marrow, and nervous system.

When we consider the life in a modern school, especially higher schools, colleges, grammar schools, girls high schools, etc., from the early morning to the late evening the future literary men and women are sitting firm on the bench. One after another, perhaps six famous teachers do all in their power to insert various matters into the brain of the young student. Each one of these teachers, naturally, has the well-founded desire to have his scholars advance the most in the branch he is teaching. The result is unreasonable competition, the eagerness to surpass the other, and the poor scholar naturally suffers the most. If you, for instance, consider what is required in the colleges of the big cities, the reasonable physician will feel a cold shudder, and he must come to the conclusion that a student of a normal education never will be able to master such a volume of study. It would either require special talents or an immense effort of the nerves forces, especially of the brain to respond to these unhealthy

---

*Alfred Baumgarten, M.D. succeeded Father Kneipp as medical director of Wörishofen. —*Ed.*

requirements at length. If these scholars are to pass the necessary examinations, the result is overexcited nerves and mostly interrupted sleep in many instances, as well as complete insomnia. Naturally, if the brain is overcharged the whole day, it necessarily must continue to work during the night instead of reposing, and the sickly excitement of the day continues in the night.

In the same manner as I have represented the facts with the scholar, it goes with other professions and occupations. For example, the merchant, who only recognizes money as his God, is brooding day and night over his gold and naturally finds no rest. It is worse with the man who in a wild enjoyment of life makes day of the night and wading in the morass, sacrifices his best times and his best forces to this will o' the wisp behavior.

These mostly are circumstances which induce insomnia. However, I shall not fail to also mention that kind of insomnia which every person respects the most, i. e. the insomnia which is super induced by hard services in the interest of our fellow people. Persons that have performed the care of patients for a number of years and are used to awake out of their light sleep at the slightest sigh of the patient they are watching, naturally will acquire a certain degree of insomnia over the course of time, because the nervous system never gets the needed rest and recreation it justly should be entitled to in order to re-establish the normal equilibrium. Also, those suffering from long lasting chronic diseases and are possibly bed ridden for many months, finally suffer from a certain degree of insomnia, because the physiological metabolic assimilation of the sickened body has been greatly reduced by the involuntary great quietness and because the conditions of circulation in the body naturally are greatly injured through want of exercise. These conditions, however, generally disappear by themselves over time as the illness improves and the body grows well. In most cases there is a very good chance for recovery.

Finally, I wish to still mention a certain normal insomnia, which we may be aware of in old age. After the height of life has been passed, when the hair turns gray and the functions of our senses commence to decrease, when the declining forces point to the fact that the wanderer has reached the aim of his life, it is evident that all the functions of life also show a certain deliberation in the aged body. Energy fails, as does the elasticity of youth and the old man returns to childhood. In such cases, sleeplessness may be understood and this mostly is not the complete state of insomnia we get aware of in cases of sickness, but sleep is only more or less interfered with consistently, with the injury to all vital functions of the aged body.

Sleep may be interfered with in several respects: first in its deepness, second in its length, and third in both. Sleep mostly is interfered with when there are conditions of excitement. For example, with the class of

scholars or with the merchant that does not find rest day and night, the condition then has to be traced to the fact that the strong excitements of the day are transferred to the night. The excited brain cannot find rest because the necessary time for composure and recreation has not been given them. Such poor quality sleep mostly shows itself by the patient throwing himself from one side to another in an agitated manner, tormented by wild dreams and finally awakening in a state of fright, but without the slightest sign of rest and recreation—evident proof that the excited brain could not find the necessary rest and equalization.

In a similar way, this kind of sleeplessness caused by taking too much food also presents itself. If, for instance, a child is fed in the evening with too heavy victuals, or if given a big meal shortly before going to bed, the result mostly will be a very uneasy and disturbed sleep. Also, overweight people may notice acute insomnia, produced by improper or abundant food.

The deepness of sleep is absolutely subjective, in that only the patient has the feeling as if the sleep is slight and greatly disturbed. The observer notices that the party in question is moving all over restlessly, and that his sleep is heavy and apparently unnatural. The respiration is not calm and even, but spastic and especially deep. In brief, while in a sound sleep, the face will produce a quiet, contented expression and the respiration is regular in progression and depth. While the body generally has a quiet and harmonious position, the body of the party suffering with this insomnia shows a somewhat twisted position and the depth of respiration is changeable and convulsive. The expression of the face itself is abnormal and in many instances extremely uneasy. The features of the sleeper reflect the wild pictures his excited fantasy is dreaming of during the sleep.

Such a sleep naturally does not afford recreation and if these conditions last for a longer time, the length of sleep is bound to decrease, that is only six hours instead of seven to eight or perhaps only five, four and sometimes one hour. First of all, if the sleep decreases in length, the patient will show the symptom that he wakes up once during the night and is unable to find sleep again. He becomes wide awake and the more he tries to find the sleep hoped for, the more his condition of wakefulness increases and the less he is able to find rest. This interruption in sleep may happen often and a sleep interrupted does not afford the needful rest and restoration to the patient.

Others again principally show the same disturbed condition of sleeping. The slightest noise is sufficient to prevent him from falling asleep. Once the patient has fallen asleep, his sleep most continue satisfactorily the rest of the night.

Other people again do not seem to require so much sleep and still they feel proportionately well. I knew a director of a seminary who had

become very famous in his circles for his high pedagogical talent and his excellent books on the German language. This director of the seminary did not sleep more than four hours in the night and not at all during the day, and this he withstood for 10 to 15 years without experiencing any injury in his health. This is a strange exception, and everybody must come to the conclusion that these corporal conditions are unusual, for in our modern times, in which the nervous system is subject to much stress, sleep should in no way be any less than seven to eight hours—for children even nine hours and more.

He who thinks for instance that he can keep the sleep off by drinking strong coffee or tea in the evening in order to study, is not worth indulging in his studies. No greater harm can be done to your own health in our modern times than to prevent the normal quietness and restoration of the nervous system through those foolish remedies.

He who is sitting on a place where he sees hundreds and thousands of people in a year that complain of sleeplessness will understand what I just said is the perfect truth, for unfortunately, we have a large number of young students and teachers who complain of this detrimental condition of sleeplessness. The question has arisen: what end shall this have? For a person who does not sleep, cannot work either. Those who do not find the needful restoration of their forces by a good sleep will become mental and physical wrecks.

Sleeplessness is one of the most dangerous symptoms of neurasthenia and it is absolutely necessary that everybody should guard from this disease with all energy. Therefore, parents, teachers and all people having a certain influence upon youth, including the more mature youth, should most energetically insist upon the fact that sleep is the most necessary for the body and should be duly appreciated. Should it be seriously interfered with in educational institutions that young people extend their studies until night time or to an advanced hour of the night even, shortened sleep means to shorten your life, i. e. reducing the Vital Force.

"Sound sleep, sound mind" and without question, the good spirits of man, which on this thorny earthly pilgrimage may casually be of great necessity to him, must finally suffer, if the Vital Force declines by a bad or too short sleep.

I principally must share the views of those who think sleep before midnight is beneficial and are in favor of retiring early. 9 o'clock, 10 o'clock at the most, should be the end of the day. The old Vienna custom that one is left to the mercy of the janitor after 10 o'clock at night, who is at liberty to open the front door or not and to whom a "Sechser" (Austrian currency) is to be paid at all events if he does open the door, is well-founded and commendable in every respect. Maybe the world-renowned Vienna humour, which delights everybody and harms nobody,

has been kept up to date through this arrangement. If the man sleeps well, he most likely has a fresh and good humour.

The worst degree of insomnia naturally is that through which any sleep completely disappears, thus giving the excited mind time to think wide awake over all kinds of things during the whole night. The Frenchman has a very good and characteristic expression for this: "*La nuit blanche*", the white night. If one is in bed from the evening till the morning, hearing the cathedral clock strike every quarter of an hour, gradually such a degree of hotness is produced in the brain that one should feel inclined to put the head in cold water all the time. The eyes seem to get out of the orbit, the eyelids are heavy, and though one closes the eyes, the longed for sleep does not come. The complete wakefulness of the sick person's brain is like a humming noise. Now one should believe that sleep must be induced by staying in bed quietly. One adopts the usual pose, slightly lying on one side or the other and endeavoring to get in a state of a certain equability and quietness by taking a deeper breath several times. Relentlessly, the excited nervous system and especially the brain want their right to spend their rays, as if they would say: "First, the excitable conditions have to cease; then we only can rest." It would seem that one cannot sleep, but the buzzing of a night-flea is sufficient to put the seemingly quieted nerves back into plain high excitement. One suddenly awakes with a strong fright and discovers upon trying to find out how long one has slept that it has been ten minutes, perhaps one quarter of an hour. The chasing, the wild war thus continues through the whole night, the images flitting about continually and the overexcited fantasy producing the most incredible figures in the bedroom.

Entire battles display before the eyes of the excited; dragons, hobgoblins and devilish figures shake hands; funeral processions and murderers march past the excited senses in kaleidoscopic perturbance. The motion becomes wilder and wilder and the chasing increases in eccentricity. The visions are precipitated and a feeling of infinite helplessness and excessive calamity befall the waking person. With his eyes wide open and shining, he stares into the emptiness and would not be able for millions even to get real rest for only a minute. The night goes on and as soon as the first gray glimmers penetrate the windows of the tortured person's room, the day seems a salvation to him, as the darkness of the night will not influence the dreadful mind pictures any further. The more the daybreak progresses, the quieter the patient becomes and when the morning bells sound, sleep will befall him for an hour to two at the most, which somewhat calms the excited scenery.

I do not exaggerate anything in this description, for I learned this state of affairs from many, many reports and my extensive experience. An American, who had not been able for two years to sleep without using

soporiferous remedies and had been cured in Wörishofen, once told me that he rather would work for ten years in the baths, forged to his chains like a galley slave, than to endure longer this state of complete sleeplessness. I can tell from my own experience that strong men were lamenting, insane and crying that they could not master their sleeplessness; these conditions being the worst imaginable. This may be understood, if one considers that life can only be pleasant and work can only be beneficial, if the functions of the body are interrupted by adequate quietness and rest.

The great question arises: "Is it possible to cure sleeplessness and what can be done to improve such conditions that shorten the life of a person to a great extent, or to completely suppress them?"

Loss of Sleep Drives Thousands Insane.



Undisturbed repose and peaceful sleep necessary for good health. Electricity the World's latest and greatest discovery for Insomnia.

The Davis Electric Medical Battery

the Newest Discovery for administering Electricity into run down Nervous System. You have never felt anything like it before. It causes rich red blood to go leaping, bounding and tingling through your entire system. Melancholy supplanted by buoyancy. You can almost feel disease and congestion leaving you. For Rheumatism, Lumbago, Sciatica, Constipation, Torpid Liver, Backache, Neuralgia, Headaches, Nervous Debility, Sluggish Circulation and all forms of Chronic invalidism

Electricity Has No Equal.

Relief almost instantaneous. Not a mechanical Vibrator, but a Therapeutical Instrument of the very highest merit, so pronounced by men highest up in the Medical profession. As a force in arousing circulation, purifying the blood, removing congestion, and strengthening the mind powers it stands alone. This wonderful instrument operates on ordinary incandescent light current. A child can operate it. Nothing to get out of order. Last a life time.

Write for booklet.

The Davis Electric Co., Sole Manufacturers
Main Office and Factory, Parkersburg, W. Va., U.S.A.

I claim that in the great majority of cases, insomnia can be cured in a natural manner and that it is not necessary to apply the hard soporiferous remedies with a view to cure this dreadful state of affairs. Furthermore, I would say that often nothing more is attained than a prolongation of the misery. A proper cure really does not occur in most of the cases. I have experienced from many, many examples that those, who once have started with using soporiferous remedies and made a habit of using them, have remained in their servitude forever. In old times when nervousness had not reached the high proportions in manhood as now-a-days, soporiferous medicines were extremely scarce. In exceptional cases, only the doctor decided to apply such a remedy temporarily, whenever great pains or exceptionally dangerous causes prevailed.

For the rest one tried to preserve the mind and body of the patient in

quietness in the limits of possibility by proper attitude, a quiet mode of life and avoiding all exciting affairs, meals and drinks. Chronic insomnia was extremely rare indeed in that golden age and it would almost seem today as if insomnia would become the norm and sound, undisturbed sleep an exception.

This again is an intimation for us that we all should try as much as possible to obviate the exciting and exhausting mode of life of our age and to return to the simplicity of those that we see in the full bloom of health and vigor today at the age of 70 and 75.

Besides this simplicity in the mode of life, it is necessary also in view of having a good sleep, on occasion to completely unburden the nervous system that has been placed in a high tension by the increased requirements of modern times. However, one does not unburden the nervous system by regularly attending pleasures every night, such as theatres, concerts, banquets, or drinking bouts. Rather, the life of a citizen should be simple, and the family should retire at 9 or 10 o'clock. Of course, there are exceptions at festivities and in other occasions; these exceptions, however, should not become a rule.

Should insomnia occur by any reason whatsoever, one should not immediately have recourse to the ill-famed remedies, but one should spare the mind and body as much as possible by keeping absolutely quiet and by total physical and mental abstinence, in order to give the excited nervous system a chance to rest. Furthermore, one should have recourses to the so-called smaller remedies, the smaller applications, which the Kneipp Health Cure offers in abundance. The following water applications or most of them eventually will produce sleep, and quiet the nerves: the total gush, the upper gush, the abdominal packings, wet stockings, washing of the abdomen, and hip bath.*

It is essential, however, that the right choice be made with these remedies. The half bath will cause sleep in the rarest cases only, for I experienced that in cases of high nervous excitement, a half bath did not have a quieting effect, but excited the nerves more. Therefore, I would not recommend the half bath in the first place.

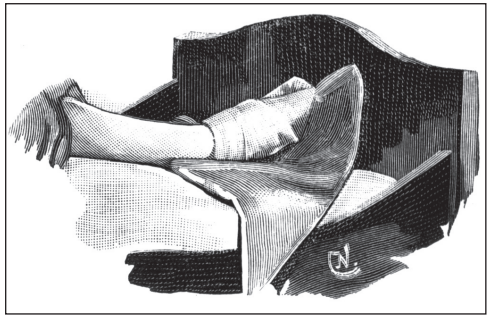
The matter is quite different with the hip bath. A hip bath of three

---

*Benedict Lust made the following suggestions for insomnia (February issue of *The Kneipp Water Cure Monthly,* p. 27): "Before retiring, wet one-half of a towel with cold fresh water; place this wet half upon the neck in such a way that the lower half covers the hind part of the head. Cover the wet part of the towel with the dry part of it and go to bed. This simple process will refresh the brain, and produce a sound and healthy sleep surer and better than any narcotics would do. Sleeplessness or restlessness provided by disorders of the digestive organs is cured in a similar way. Wet a towel with cold fresh water, wring out, put it around the abdomen and cover the wet towel with a dry one. This remedy was used with good results when drugs failed or took too much time to produce an effect." —*Ed.*

seconds has a very favorable effect in many cases. One should pay attention to the following: if a person suffers from insomnia and often frightens during the night and cannot sleep, he should have the hip bath ready. The sitz tub should be kept ready filled with water, and whenever tortured with sleeplessness, when he throws himself from one side to another and cannot find rest, he quickly should take a hip bath and quickly return to bed. This whole procedure of getting out of bed, taking a sitz bath and returning to bed, should not exceed half a minute, so that no unit of heat can escape from the body, and that the condition of awakening caused by the getting out of bed and going into the water should not be excessive. In most cases a certain state of mind will be produced, especially if the body is covered with bed sheets of course linen.

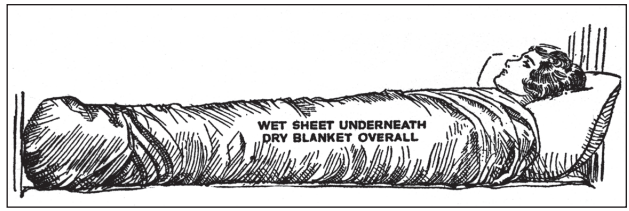
The total gush generally should be less recommended. It is principally only applied if the body has considerably suffered from the heat in hot summer weather and if the man is prevented from enjoying a quiet sleep, not only through his excited nervous system, but also by the effect of the heat. A cooling full gush in summertime is an excellent soporiferous remedy indeed.



Wet socks

Putting on wet stockings in the evening is an excellent remedy for those who do a great deal of brainwork and therefore, absolutely require to have the blood led down from the head. By putting on wet stockings great heat will be felt in the feet, the head becomes quiet and clear, and mostly a good, sound sleep is the delightful consequence. One should take into consideration that all these remedies cannot have the same result every day and that the same remedy should not be applied all the time. One should try to do without any remedies for two or three nights, and then again one of the remedies should be applied which has proved beneficial for the respective body. The upper gush is sometimes recommended in the evening before retiring to those who suffer from insomnia. I may mention in addition to this that many nervous people cannot stand a single drop of cold water on the body in the evening before retiring and react to the cold water by absolute insomnia which mostly lasts four, five or even six hours. The nervous system gets into a certain state of excitement and a *white night* is the consequence. However, we can make a trial with nervous people as to whether the upper gush has a good effect or not.

In every instance, we should see to it that the upper gush is applied correctly. First, one should go to bed and after having lain in bed for about twenty minutes and become warm, one should get washed or wash oneself and then return to bed.



Wet sheet wrap

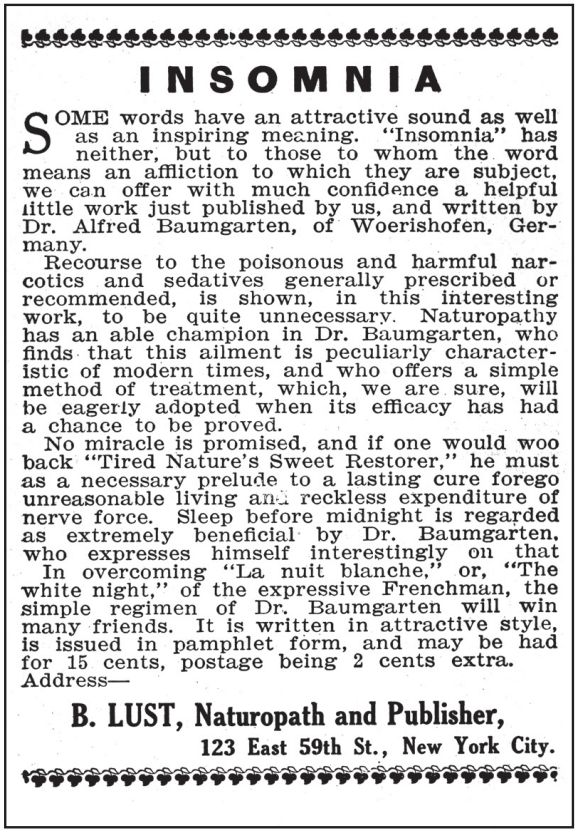
The wet bandage around the body has been recommended from older times as a soporiferous remedy and it is a matter of fact that this remedy renders quite valuable services in individual cases.

The easiest and at the same time the best remedy to produce sleep, however, is the following: one should place a receptacle with cold water alongside the bed, and if sleep does not come, one should dip the hand into this receptacle and rub the abdomen regularly and quietly with the wet, cold hand upward on the right side, turning to the left, then downward on the left side. The abdomen should be rubbed for 5 or 10 minutes, frequently repeating the dipping of the hand into the cold water. The embrocation with cold water mostly completely relieves the nervous system and a quiet dreamless sleep generally follows this application. One can make this application more frequently and will find that among all soporiferous remedies it can be applied the longest and a good result may be hoped for. Taking the water may also be considered as a calming remedy, but should only exceptionally be recommended as a direct soporiferous remedy.

There also are herbs, however, that will calm the nervous system.* A mixture of tincture of valerian, tincture of angelica, tincture of chamomile and tincture of silverweed (*Potentilla anserine*) in equal parts, will extraordinarily strengthen the nerves and calm them, and taking from 20 to 25 drops daily in a spoonful of water will prove a delicious medicine for nervous and restless people. It results from the above that one does not absolutely need the soporiferous remedies, provided one manifests perseverance and sufficient love for one's self and one's health, to be protected with these simple remedies against the dreadful disease.

---

*All herbs and tinctures, also this mixture, bearing the name "Nerventrost" in German, quiet the nerves and induce sleep, thus being quite valuable. It can be bought at 65 cents per bottle at the Sole Agency for the United States.



INSOMNIA

SOME words have an attractive sound as well as an inspiring meaning. "Insomnia" has neither, but to those to whom the word means an affliction to which they are subject, we can offer with much confidence a helpful little work just published by us, and written by Dr. Alfred Baumgarten, of Woerishofen, Germany.

Recourse to the poisonous and harmful narcotics and sedatives generally prescribed or recommended, is shown, in this interesting work, to be quite unnecessary. Naturopathy has an able champion in Dr. Baumgarten, who finds that this ailment is peculiarly characteristic of modern times, and who offers a simple method of treatment, which, we are sure, will be eagerly adopted when its efficacy has had a chance to be proved.

No miracle is promised, and if one would woo back "Tired Nature's Sweet Restorer," he must as a necessary prelude to a lasting cure forego unreasonable living and reckless expenditure of nerve force. Sleep before midnight is regarded as extremely beneficial by Dr. Baumgarten, who expresses himself interestingly on that In overcoming "La nuit blanche," or, "The white night," of the expressive Frenchman, the simple regimen of Dr. Baumgarten will win many friends. It is written in attractive style, is issued in pamphlet form, and may be had for 15 cents, postage being 2 cents extra. Address—

B. LUST, Naturopath and Publisher,
123 East 59th St., New York City.

The physician is not much surprised any more if boys or girls of 14 or 15 years of age complain of insomnia.

Naturally, if the brain is overcharged the whole day, it necessarily must continue to work during the night instead of reposing, and the sickly excitement of the day continues in the night.

Those who do not find the needful restoration of their forces by a good sleep will become mental and physical wrecks.

9 o'clock, 10 o'clock at the most, should be the end of the day.

The Frenchman has a very good and characteristic expression for this: "La nuit blanche"*, the white night.*

I can tell from my own experience that strong men were lamenting, insane and crying that they could not master their sleeplessness; these conditions being the worst imaginable.

Chronic insomnia was extremely rare indeed in that golden age and it would almost seem today as if insomnia would become the norm and sound, undisturbed sleep an exception.

The following water applications or most of them eventually will produce sleep, and quiet the nerves: the total gush, the upper gush, the abdominal packings, wet stockings, washing of the abdomen, and hip bath.

The matter is quite different with the hip bath. A hip bath of three seconds has a very favorable effect in many cases

This whole procedure of getting out of bed, taking a sitz bath and returning to bed, should not exceed half a minute, so that no unit of heat can escape from the body, and that the condition of awakening caused by the getting out of bed and going into the water should not be excessive.

Before retiring, wet one-half of a towel with cold fresh water; place this wet half upon the neck in such a way that the lower half covers the hind part of the head. Cover the wet part of the towel with the dry part of it and go to bed.

Putting on wet stockings in the evening is an excellent remedy for those who do a great deal of brainwork and therefore, absolutely require to have the blood led down from the head. By putting on wet stockings great heat will be felt in the feet, the head becomes quiet and clear, and mostly a good, sound sleep is the delightful consequence.

The wet bandage around the body has been recommended from older times as a soporiferous remedy and it is a matter of fact that this remedy renders quite valuable services in individual cases.

Jaundice

by Benedict Lust

The Kneipp Water Cure Monthly, I (8), 138-139. 1900

Jaundice arises principally from accumulation of bile, some of its constituent parts passing into the blood vessels and lymphatic ducts. Jaundice also comes from diseases of the liver etc., or from irritation of the liver caused by mental disturbance, anger, or vexation and the like. As well, jaundice can come from tight lacing or tight fastening of any garment, or in the case of infants, from the umbilical cord bandage being too tight. It is well known that about two pints of gall are, in a healthy subject, carried daily into the intestines as a means of digestion and of removing digested matter. In consequence of the above diseases, the biliary ducts can be obstructed and a great part of the bile overflows the blood vessels and lymphatic ducts, and causes jaundice. The disease is rather serious (even though it is often held not to be dangerous), as the bile not only fails to fulfil its purpose in the intestines, but creates disturbances in the blood and in every organ into which it intrudes.

There are two forms of jaundice:

1. Jaundice caused by bile passing from the liver into the blood.
2. A form of jaundice, independent of the liver and which is produced in the blood by the resolution of the blood corpuscles and the change of the red particles thus set free into matter of the same color as the bile. This kind of jaundice is a severe disease. The stools in this are of a dark color, the epidermis and the mucous membrane are very yellow, and the urine is tinged slightly with the same color.

Jaundice in newborn infants, especially those who are weakly owing to premature birth, is due, according to some authorities, to the hepatic vein becoming suddenly void of blood, through the tying of the umbilical cord, and absorbing, therefore, the accumulated bile. According to others, it arises from the capillary vessels parting with, letting or forcing out, rejecting, extravasation of hemoglobin from the red corpuscles, which then undergo some change. Frequently, however, the reason is, as already mentioned that the umbilical cord has been tied too tightly. Some kinds of jaundice pass off quickly and cure themselves; but that of a newborn infant, originating in diseases of the navel, must be considered serious.

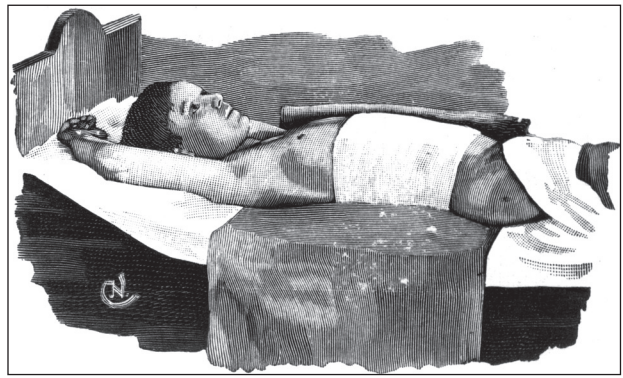
Usual Symptoms

Feeling of repletion pressure, tension in the stomach, sickness and

vomiting, thirst, difficulty of digestion, flatulence, accumulation of mucus, loss of appetite, dislike to meat, furred tongue. After a few days, the skin turns yellow, which will be first noticeable in the sclera of the eye. Later, slow pulse, perspiration, staining the linen yellow, red or brownish colored urine, emaciation, and violent pain in the region of the liver, if gall stones are the cause of the jaundice. With newborns, unusual sleepiness will be a symptom.

Treatment

Avoiding the causes, in the first place; next, entirely non-irritating, sparing, easily digested food, excluding meat, fat, eggs; plenty of fresh air, and sleeping with a window open. Two to four abdominal compresses



An abdominal compress

daily (72° to 81° F/22° to 27° C), each to remain on for two to three hours. Besides, other mildly stimulating treatment of the skin, as one or two thorough (72° F/22° C) rubbings of the whole body with wet towel wrung out, or a lukewarm (90° F/32° C) bath. Bowels to be kept regular by enemas. Steam baths in bed or steam or vapor baths (about three a week) may likewise be taken for some time. The latter is followed by a full pack, and both by a 90° F/32° C bath or (72° F/22° C) thorough wet rubbing, as above. In more severe cases, strengthening treatment.* If gallstones exist, plenty of water should be drunk. Moreover, if inflammatory symptoms are present, lukewarm (72° to 77° F/22° to 25° C) compresses, on the region of the liver, to be changed according to the feeling of the patient.

A trial should also be made by rubbing the lower ribs on the right side

*Strengthening treatment refers to hardening using cold water applications such as a full wet sheet wrap. —*Ed.*

in the direction of the navel, in order to remove the gallstones. Especially, this is done in tepid (72° to 77° F/22° to 25° C) hip baths. Steam baths as above should also be taken in this case.

Instead of the daily treatment above indicated, the following may be applied: a lukewarm (82° F/28° C) full pack daily lasting from one to two hours, and then a 90° F/32° C bath. Further, 77° to 82° F/25° to 28° C abdominal compresses, kept on from an hour to an hour and a half, and 72° F/22° C calf packs. For the rest, see above.

The treatment of newborn children consists in one or several small lukewarm (86° F/30° C) abdominal compresses, with succeeding warm (92° F/33° C) bath; and, above all, in avoiding the causes of the complaint.

Treatment By Massage

Consists here gently stroking and kneading the region of the liver in the direction of the stomach. It is best, however, to have it performed in the case of this disease by an expert hand.

It is well known that about two pints of gall are, in a healthy subject, carried daily into the intestines as a means of digestion and of removing digested matter.

Two to four abdominal compresses daily (72° to 81° F/22° to 27° C), each to remain on for two to three hours.

Steam baths in bed or steam or vapor baths (about three a week) may likewise be taken for some time. The latter is followed by a full pack, and both by a 90° F/32° C bath or (72° F/22° C) thorough wet rubbing, as above.

Abdominal Complaints And Arthritis*

by Sebastian Kneipp

The Kneipp Water Cure Monthly, I (9), 149-150. (1900)

How To Treat Diseases According To The Kneipp System

Spasms In The Abdomen

Hay seeds (remnants of hay and grass) steeped in hot water, used for warm compresses and packs in combination with other resources of the natural method of healing, are a powerful and reliable means of relief. For abdominal complaints which are caused through obstruction of the kidneys by mucus, lime blossom tea furnishes an excellent remedy. Decoction of peppermint or water mint, taken in warm milk, soothes pain. Rue tea, or rue (*Ruta groveolens*) tincture, twice daily, ten or twelve drops on sugar, or the same quantity of it in olive oil, answers the same purpose.



Father Sebastian Kneipp (1827-1897)**

Violent Spasms In The Abdomen

Violent abdominal spasms yield to chamomile tea. Such spasms are frequently nothing but the result of the accumulation of gases, and are accompanied by vomiting and cold hands and feet. In such cases, an infusion of peppermint, water mint, anise seed, or fennel—or a mixture of them all—will be of great service. Besides taking chamomile tea, the patient should, on the first day of attack, wash three times with warm water and vinegar; on the second day, twice, and afterward only once a day. Thus equal warmth and normal circulation of the blood will be re-established.

Abdominal Complaints

Warm foot baths daily, and corresponding hip baths. A small cup of lime blossom tea, or St. John's wort, mixed with yarrow, three times daily.

——

*The original title assigned to this article was "Diseases". —*Ed.*

**Father Sebastian Kneipp used his simple garden watering can for gushes and ablutions. —*Ed.*

Abdominal Complaints And Debilitation In Women



Shavegrass [*Equisetum arvense*]

Three cold hip baths a week, of one or two minutes duration, and daily ablution—the patient getting out of bed for the purpose, and returning to bed afterward; and hardening the body by wearing less thick clothing and walking barefooted at times. These are the best preventative measures that can be adopted. If the patient suffers from fluor albus (leucorrhea), rinsing the parts twice a day with a decoction of common pewter grass [*Equisetum arvense*] will be of great advantage. At night a four-fold cloth, dipped in vinegar and water, should be kept on the abdomen for two hours. A tea of yarrow and St. John's wort mixed has a good effect.

Loss Of Appetite

A full ablution every morning on rising from bed. One teaspoon of *Kneipp Stomach Cordial*, and some wormwood pills two or three times a day. Five drops of spikenard or lavender oil on sugar. Plenty of walking exercises.

Arthritis

This disease is generally connected with swelling of various parts, as hands, feet, shoulder. The patient has no appetite and cannot sleep; is very feverish and perspires a great deal. In such cases, he should wear for an hour and a half or two hours every day, a shirt steeped in an infusion of hay seed. He should give himself daily one full ablution, or even two if the fever is high and three upper and knee affusions a week, drinking every day a cup of the infusion of elder flowers, juniper berries, and common yarrow. He should continue this for four weeks, and then take as a tonic two baths weekly, and submit to a juniper berry cure.

If the malady has occurred repeatedly, and if accompanied by pain, the following course should be adopted. A three-quarter pack twice a week, with a coarse cloth steeped in a warm decoction of oat straw; duration is one and a half to two hours. Wash the body three times a week with water and vinegar; the patient leaving his bed for the purpose, and returning to it after the washing. Wear twice a week for an hour and a half a shirt, dipped in a warm decoction of oat straw, and take every day a cup of tea made of sage, wormwood, and St. John's wort combined. After four weeks, the shirt should be worn only once a week for the time above described and one short cold bath should be taken. Finally, after about six weeks, two half baths weekly should be taken as security against a relapse. It is likewise advisable for a patient to take dai-

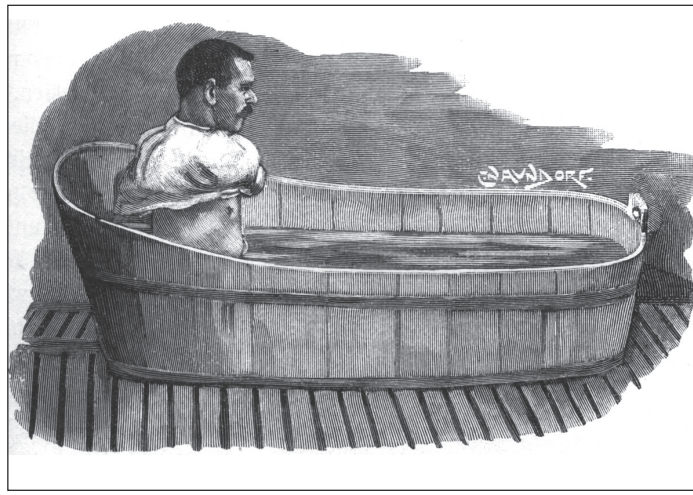
ly a cup of primrose tea, made of the deep-yellow flowers, (*Primula)* for some length of time. This remedy soothes the pain and causes it gradually to disappear.



Primrose
[*Primula officinalis*]

Articular Rheumatism

Cases will vary much in the degree of severity, for articular rheumatism is the result of many diseases. Various stomach complaints, and grave disorders of the kidneys often end in rheumatism of the joints, as the result of bungling medical treatment, and the patient so afflicted will have suffered much, and present a picture of misery. The morbid matter has penetrated into the marrow of his bones and effects every limb.



A half bath contains cold water that reaches the umbilicus.

In such cases one should have recourse at once to warmth as a resolvent. A warm Spanish mantle therefore, and head and foot steam baths, but by no means too many applications, or in too quick sessions. Such a patient, already weakened as he will have been by previous suffering, cannot have any great reserve of Vital Force, and the consideration of that fact must enter into the doctor's calculations. Wraps, and upper and lower affusions may then follow, but only one of these in a day. The patient should get out of bed every morning for a full washing and then go back to bed to get warm again.

The treatment continues for a month. During the fifth and sixth week the patient should take each week, two half baths, a head and foot steam

bath, and a Spanish mantle pack. Finally warm baths alternately with cold and with upper and thigh or knee affusions. And last of all, two full ablutions and one upper and thigh affusions should be taken weekly, with now and then a warm bath, in order that the blood, which has been so long, perhaps for years, clogged with impurities, may once more flow freely and be attracted to the outer surface of the skin, so as to render it more susceptible to the subsequent cold applications. The head steam baths, however, are employed only when the hair has disappeared to a great extent, and when the pain, through the circulation of the blood has extended to the upper parts, both of which eventualities may be expected in severe cases of rheumatism. If they do not occur, the head steam bath should not be used, but the rest of the treatment above prescribed should be observed.

Case

The following is an instance of the disease in its lighter form: a man of otherwise sound and strong constitution was for twenty years afflicted with articular rheumatism, and had for a long time used steam baths, taken large quantities of salicyl, and many salt water baths, and finally had tried massage. But all without the desired effect. He had tried everything except cold water against which he had been most strictly warned. After a time a rather severe eruption on the legs, and varicose veins made their appearance. Washing the parts with bran-water, rubbing in with tar soap, washing with hot water, and again rubbing in rice powder, were prescribed in order to remove these complaints. For the varicose veins, flannel bandages around the legs were used.



A leg wrap

The treatment which cured him in eight weeks consisted of two or three applications daily: upper and thigh affusions alternating with half baths, local steam baths and full ablutions, etc. The patient had also to walk assiduously barefooted: and so he became convinced that his disease could be simply cured by water. Unfortunately, he had before been quite ignorant of the efficacy of water, was even a sworn enemy to it, and had avoided it in every way.

In his later years, Kneipp treated this disease exclusively by cold applications, and with the best results. The patient, rising from his bed for the purpose received a cold affusion on the painful joint, continued until the pain abated. He then went back to bed. When the pain became troublesome again, the process was repeated, and the repetitions were preserved with until the ailment was finally cured, which, even in acute cases, often happened within a few days.

Violent abdominal spasms yield to chamomile tea.

Warm foot baths daily, and corresponding hip baths. A small cup of lime blossom tea, or St. John's wort, mixed with yarrow, three times daily. [Abdominal complaints]

If the patient suffers from fluor albus (leucorrhea), rinsing the parts twice a day with a decoction of common pewter grass [Equisetum arvense] *will be of great advantage. At night a four-fold cloth, dipped in vinegar and water, should be kept on the abdomen for two hours.*

Asthma

by Sebastian Kneipp

The Kneipp Water Cure Monthly, I (9), 151. (1900)

Difficulty of breathing. Hundreds of asthmatic people have been restored to health by the Kneipp cure.

Case

An old man, aged 67, who has suffered with asthma for ten years, took a plunge in the river every morning for twelve months, remaining only five seconds in the water, and in the evening, when the asthma come on, a brief, bold, hip bath. With these simple remedies, and the usual plain fare of a caretaker he completely recovered his health. However, it would have been restored more promptly if, after the first fortnight, he had applied affusions in the following order: Monday, upper and knee affusions, and in the evening a hip bath; Tuesday, upper and thigh affusion, and in the evening a hip bath; Wednesday, back affusion and evening hip bath; Thursday, upper and knee affusions, evening hip bath; Friday, upper and thigh affusions, evening hip bath; Saturday, back affusions, and evening hip bath; Sunday, full washing and in the evening a half bath. Strong subjects may take two full baths a week, and walk on wet grass every day.



Violet
[*Viola odoratta*]



Mullein
[Verbascum Thapsus]

Internally, tea of violet leaves, *Kneipp Cough Cordial*, infusion of mullein, and beating with stinging nettles are often used with good effect. As people afflicted with asthma are frequently troubled with cold feet, the first remedies recommended are warm foot baths with salt and ashes, as

well as washing of the upper part of the body; the next remedy are hip baths, to be followed after a fortnight's time, by the various affusions in turn. Most asthmatic persons are shy of cold water, and it is advisable, therefore to order at first washing of the upper part of the body and foot baths, in order to get the feet warm; full washing may come afterward. A short pack or wrap now and then, and walking barefooted, at first in the room, should also be prescribed.

Case

Baron v. Boeninghausen relates an interesting cure of severe pulmonary asthma. He had contracted this trying complaint by taking cold; had an incipient catarrh—treated medically, and therefore only suppressed—caught a fresh cold, which brought on shivering fits, and from that time, May, 1889, dates his asthma of the lungs. He tried everything: hot baths in Wiesbaden, every imaginable remedy, baths in the German ocean, and a prolonged sojourn in the South at Nice. The accumulation of phlegm in his lungs was so enormous that the doctor declared he had never seen anything like it. Medicine could do him no good. His strength failed him; breathing became difficult for him, and he was unable to do his work.

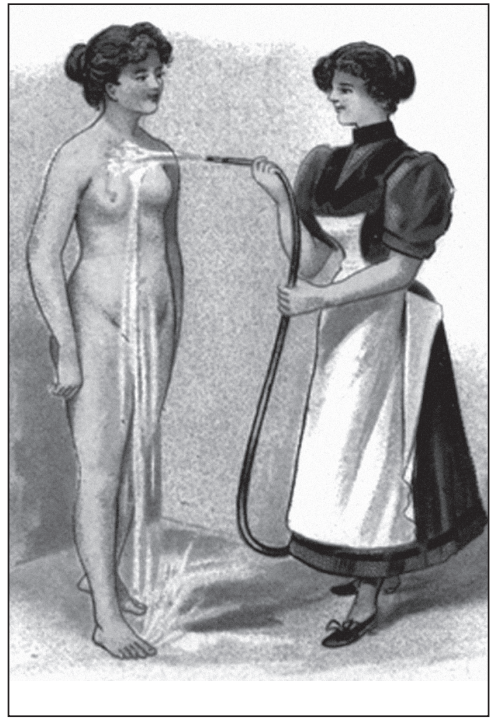
He then made up his mind to apply the Kneipp cure, in spite of all the doctors dissuading him from it; it was his last resort. Cough and oppression of the chest, after the first use of the affusions, deprived him of sleep. Even the rattle in the chest remained. He was attacked with violent shivering fits and fever; had severe, pricking pain in his right lung; with excessive, blood-stained expectoration. Kneipp now and then ordered quite hot packs, as well as cold ones, saturated with water and vinegar; and compresses of fenugreek and soft whey cheese. This treatment brought about his complete recovery. Perspiration set in, which threw off all kinds of vitiated matter. Expectoration become constantly less, and the asthma disappeared. Sleep and appetite have since then been very good, and the patient feels in better health than ever. He was soon able to walk for hours, morning and afternoon; but continued to take two affusions daily, as an additional source of strength. From four to six weeks sufficed for this miraculous cure; while for four long years previous no physician, no health resort, had been able to give relief to the sufferer, still less to restore him to health. What will his former medical advisers and professors say now?

Be it here observed that, in the practice of the water cure the first few days' treatment will often be found to aggravate the symptoms for a time ; but this should by no means discourage the patient from persevering with the cure.

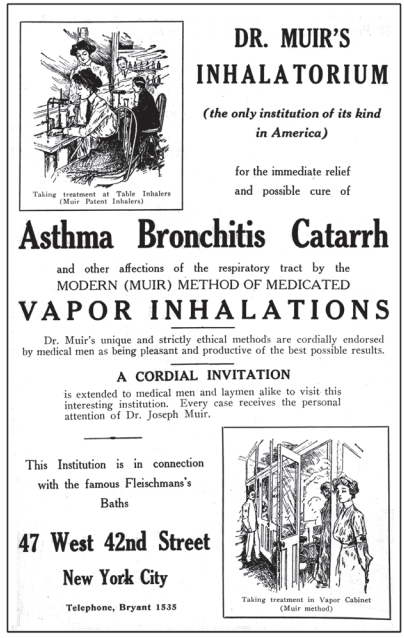
In asthma, steam may be applied to the feet instead of a bath, if the patient is troubled with cold feet.

The main principle of the treatment is the rapid production of heat. On the occurrence of spasms, which are so alarming and distressing to the sufferer the back should be warmed by dry friction; and the whole body be washed afterward with vinegar and water (one-third of the former to two-thirds of the latter).

In bad cases a cloth, dipped in water as hot as the patient can bear it, should be applied to the throat and chest. If it cannot be borne on the chest, it may be applied to the back. Thus, during every attack, the rule is, warm applications, as warm as they can be borne. When the attack has passed off, cold affusions may be given; an upper (in rotation with a back) and a thigh affusion; two of the first to one each of the others; because the first has the greatest effect in warming the body, which is here the main object. On every recurrence of the attacks, it will be well to use the hay seed twice in each week, warm. During the attacks—if possible, every half hour—a tablespoonful of a decoction of stinging nettles or blind nettles should be taken; at other times a cupful daily.



Kneipp popularized the upper gush also known as an affusion.



An old man, aged 67, who has suffered with asthma for ten years, took a plunge in the river every morning for twelve months, remaining only five seconds in the water, and in the evening, when the asthma come on, a brief, bold, hip bath.

Internally, tea of violet leaves, Kneipp Cough Cordial, *infusion of mullein, and beating with stinging nettles are often used with good effect.*

In asthma, steam may be applied to the feet instead of a bath, if the patient is troubled with cold feet.

In bad cases a cloth, dipped in water as hot as the patient can bear it, should be applied to the throat and chest. If it cannot be borne on the chest, it may be applied to the back

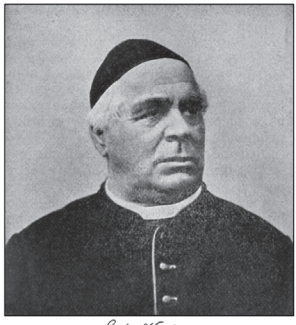
During the attacks—if possible, every half hour—a tablespoonful of a decoction of stinging nettles or blind nettles should be taken; at other times a cupful daily.

Loss Of The Voice

by Sebastian Kneipp

The Kneipp Water Cure Monthly, I (9), 154-155. (1900)

It frequently occurs that people lose their voices partly or entirely, without apparent cause.

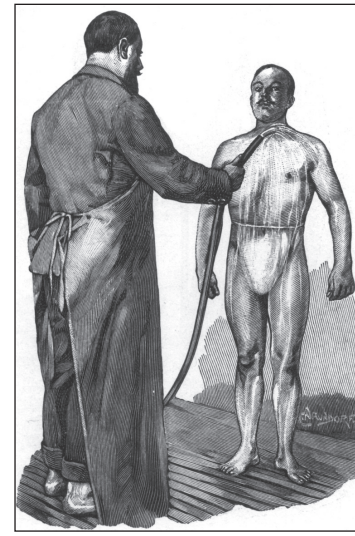


Sebastian Kneipp
(1821-1897)

Case:

Twelve years ago there came to me a priest who was obliged to carry about with him paper and pencil in order to communicate his thoughts to others by writing. Utterly unable to perform the duties of his vocation, he had sought help everywhere. Gargarism, magnetism, electricity, and scarification had been employed in vain; fourteen times *lapis infernalis* [fused silver nitrate] had been applied to his throat and caused so much havoc in it that a physician declared he would never regain his voice. At last, cold water became the remedy to which the priest, next to God, owed his recovery. His complexion was rather sickly, but he felt no particular pain in his body. He was lacking nothing but his voice, so he thought. How can the organ of speech be unfit for use and if it is not injured, if no pain whatever is felt? If I bandage a person's mouth, no organ is injured and yet he will be unable to speak. It would be folly to seek for the cause in the throat. I must remove the bandage and his voice will be heard. The organs of speech may be perfectly sound but various influences, bandages, as it were, may impede their action. What are these influences?

When shepherd boys amuse themselves by throwing stones into the rill [small stream] that flows through the valley, they impede its regular course and force it to leave its bed and either to run in another direction, or to fill with its water ditches and hollows that may be near. The same process often takes place in the human organism. If we could only look into this many veined river basin, we should see how often the circulation is disturbed by such obstacles, and that agglomerations, swellings of mucous membranes, etc., must be the consequence. Who has not seen a so-called kernel (a hard concretion in the flesh) on a hand or foot? Imagine what pressure such a swelling, or whatever it may be called, must cause if it is formed on an internal part. Must not the activity or a pressed organ be impaired and disturbed? Muffle the most high-sounding bell and it will be mute, and all burning and hammering will be of no avail.



An upper gush using a hose instead of a watering can

Let us now return to our speechless gentleman. Already the first upper gush showed me the dreadful agglomerations, almost tumors, which had bound the organs of speech like so many fetters. The removal of the agglomerations was effected by dissolving and evacuating water applications. Dissolving the agglomerations, the head vapor holds the first place. It produces perspiration over the whole upper body. A cold gush immediately succeeding it will wash away what has been dissolved, and strengthen the system. Since the patient is rather stout and such persons generally suffer from congestion of blood to the head, a foot vapor with following cold gush should be applied to lead the blood downwards. These two applications may be taken once a week, and if the corpulence is very great, twice weekly.

A second application which acts in a dissolving manner on the whole of the body is the Spanish mantle. To this are added cold baths (one or two weekly for one minute), and half baths reaching to the armpits with vigorous ablution of the upper body. One upper and one lower gush may be substituted for the half bath. These applications punctually taken and combined with a regular mode of life, much exercise in the open air, and light manual labor, restored the whole machine to its proper motion and the little wheel of the voice ran without burning and electricity spontaneously and as well as it had formerly done. Nobody had believed that this priest would ever regain his voice. In six weeks, he was completely restored and to this day, after twelve years, his voice has so sonorous and powerful a tone that it gives pleasure to all who hear it.

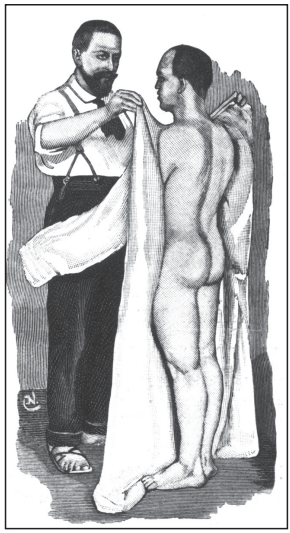
Case

A priest had lost his voice and had consulted the most renowned physicians for five years. He inhaled much, he had the parotid glands cut, all in vain. The seat of the complaint was always considered to be in the neck until the last physician who examined him declared that there was absolutely nothing the matter with his neck, but that he could not discover why he lost his voice. This declaration induced the patient to have recourse to the much feared water cure. He regained his voice before six

months had elapsed, and it was of so mighty a sound that he thought half of it would have sufficed him.

Also in this case, the loss of speech did not originate in the organs of speech. The gentleman's neck, however, was unusually thick, and the upper body disproportionately stout compared to the emaciated hands and feet. He had formerly often suffered from attacks of colic. Nature sought in this manner to help itself but failed in throwing off all morbid matters.

Later these attacks ceased, and the patient felt from time to time contractions of the chest which, however, did not trouble him much. The tenant which had formerly dwelled on the ground floor was now lodged in the upper story. No inhalations, no cutting of the glands or even of the uvula, would here effect a cure. If the whole organism is restored to order, the voice will return spontaneously.



A Spanish mantle

The patient took in the week a head vapor and foot vapor, an upper and a lower gush. To contract the bloated parts of the body, he descended four times weekly into the cold water (to the axilla) remaining in it for one minute during which time, he vigorously washed his upper body. He also took the Spanish mantle once a week. After four weeks the applications were reduced to one upper and one lower gush and one half bath weekly. The patient was not allowed to discontinue the applications suddenly. He had to make use of them for some length of time in the same succession as during the actual cure. It generally requires no urging on my part to induce patients to continue the applications. The desire for, and the trust in the application of water hold pace with the sensation of increasing strength. Our gentleman's voice was restored to its former strength. The old complaint never returned although eleven years have elapsed since the cure.

Case

A professor in his best years was unable to attend to his vocation as teacher. He had lost his voice. He first consulted the doctors in the neighborhood and then other celebrated physicians who made throat complaints their special study. After inhalations and electricity had been applied in vain, he was told that the vocal ligaments had lost their elasticity. Seeing the inefficacy of all remedies, nothing could be done at present to cure him, and finally that he should let his organ of speech enjoy rest

from all activity for a whole year. This verdict did not satisfy the gentleman and he resolved to use the water cure. In six days, he regained his voice; in six weeks it was so strong and sonorous than it had scarcely ever been before. This happened five years ago and the gentleman need have no fear; his voice will remain as it is.

I will now answer the question: What had there been the matter with the gentleman? His appearance was not sickly, although his complexion lacked the freshness of health, his appetite was excellent, and he possessed plenty of natural strength. Should only the vocal ligaments have been treated so unkindly by Nature as to lose all elasticity and refuse their service altogether? That is not probable. The gentleman was somewhat vexed at my assertion that nothing was the matter with the organs of speech and when the neck was entirely passed over in my examination, he was at the point of losing all confidence in my treatment. I, however, wished to prove to the gentleman that the complaint did not originate in the neck. I was right in ordering no remedy to be applied to it. Where was the root of the evil? The gentleman had on the upper part of the back, on both sides of the seventh vertebra, small elevations like little cushions. They exercised a pressure on the organs of speech. Vigorous gushes were applied to the young gentleman, he received the shawl, half baths and the Spanish mantle. Later, half baths and the Spanish mantle. Still later, half baths with ablutions of the upper body were sufficient. The fear of water soon gave way to such a desire for it that the applications became a necessity to him. Not a week passed without some applications which preserved him in good health.



A cold wet compress applied to the chest and shoulder was called a "shawl".



A wet shawl wrapped with dry coverings

Case

Countess N., 15 years old, reports:

> Two years ago I had diphtheria in its highest degree. After this malady I got a terrible headache and some weeks later after a hot bath, I lost my voice and was, therefore, obliged to converse with others by writing. My parents consulted the most celebrated physicians. I had to inhale, and to take diverse mineral remedies. I was electrified every day for several weeks and leeches were applied to my neck which often caused me to faint. I can only think with terror of the details and will not even attempt to mention all the medicines I took. Thus, I continued for more than two years and finally the doctors declared that I should never recover my voice. The whole year through, my hands, feet, and my head were ice cold. I cannot eat nor does any food do me any good; I am often tempted to despair. I am only 15 years old, but there can be no more unfortunate being than I am.

The girl was suffering from extreme poverty of the blood. This was proven by the sensation of chill; only in the chest did she feel warmth. She had to be swathed in order that the formation of blood could take place and the circulation could be regulated. The patient was advised to live on a simple fare and to take twice or three times daily, a cold arm bath reaching to the elbows and a foot bath reaching to the ankles, or better still, she should walk barefoot in wet grass or on wet stones. This may seem contrary to reason, but these are excellent means to produce vital heat in the system, especially in the bloodless extremities. To effect the same in other parts of the body, back, chest and abdomen should be vigorously washed with cold water twice daily. The first attempts cost a great effort on the part of the patient, but the awakening vital heat gave her new courage. Duration and height of the two baths could be increased. These practices were continued for eight or ten days. Then followed light knee gushes and upper gushes. They were taken every second or fourth day, one in the morning, and the other in the afternoon. After a fortnight, these applications were replaced by a half bath reaching to the pit of the stomach, taken for one minute, and a daily upper gush. The diet should be of such a kind as to promote the formation of blood and juices; hence, it should consist in simple food not spoiled by spices, etc. Milk is the best drink, but nothing ardent should be taken. To brace her system, she had to continue the aforesaid practices for some time.

Case

A girl of 16 years, lost her voice without any apparent cause and could only with great difficulty make herself understood. She consulted physicians who ordered medicaments, but they had no effect. The girl

had a blooming appearance and good appetite. Her head was full and round, her short neck rather thick, and her breathing somewhat difficult. Her feet were always cold.

In six weeks, the girl was completely cured. By which applications? The blooming complexion, the full hot head, and the cold feet showed clearly that there existed a determined rush of blood to the head. Hence, the disproportionate development of the upper parts of the body; perhaps also congestion of blood. Equality of vital heat was the first object to be aimed at. The girl took twice or three times daily a cold foot bath of one minute duration at the utmost, followed by brisk exercise in the open air. She also walked barefoot in the wet grass or on wet stones. The practices tended to draw the blood downwards to the extremities. In order to dissolve and remove the agglomerations in the head, neck, and upper body, the Spanish mantle was applied daily during the first week, three times during the second week and twice during the third; later only once a week. After a fortnight, one half bath with washing the upper body was taken in the week, to brace the system. The same result might be obtained by one upper and lower gush. Thus, the three objects, production of equal vital heat, dissolution and evacuation of superfluous matters and strengthening of the whole body were attained by the respective parts of the healing process. The girl increased in strength and her voice became clearer and more sonorous than it had ever been before and was excellently adapted for singing, which art is the object of the girl's particular study.

Dissolving the agglomerations, the head vapor holds the first place.

A cold gush immediately succeeding it will wash away what has been dissolved, and strengthen the system. Since the patient is rather stout and such persons generally suffer from congestion of blood to the head, a foot vapor with following cold gush should be applied to lead the blood downwards.

A second application which acts in a dissolving manner on the whole of the body is the Spanish mantle.

The patient took in the week a head vapor and foot vapor, an upper and a lower gush.

The girl was suffering from extreme poverty of the blood. This was proven by the sensation of chill; only in the chest did she feel warmth.

The girl took twice or three times daily a cold foot bath of one minute duration at the utmost, followed by brisk exercise in the open air. She also walked barefoot in the wet grass or on wet stones. The practices tended to draw the blood downwards to the extremities.

Headache

by Benedict Lust

The Kneipp Water Cure Monthly, I (11), 192-193. (1900)

In no complaint are the causes more various, and more difficult to determine than in headache. The head is drawn into sympathy even by irregularity in the circulation of the blood or by disturbances of the digestive organs, constipation, irritation of the brain, etc. There is no pain which so frequently occurs as headache. It accompanies almost every disease, whether febrile or not, but especially the former, and when there is congestion of blood, as a premonitory and accompanying symptom, in digestive disorder or diseases of the intestines in hysterical or hypochondrical conditions, with anemia and hyperemia, etc. Sometimes, indeed, it occurs independently of any other disease.

General Description Of Headache

Headache may be transitory and of moderate severity, or it may be constant and very violent. It may be permanent or decrease from mere discomfort to such an intolerable degree as to cause desperation and madness. It may be transient or last for a long period, even for a whole lifetime. Some persons are afflicted with non-intermittent headache from their earliest infancy, and never get rid of it either in youth or in old age. Headache, too, may attack only a small part, e.g., the forehead, temples, eyes, or one side of the head (partial headache), or it may take possession of the whole head, including even the bones.

Causes

Causes of headache include various kinds of diseases, as well as deposits of morbid matter in the head, e.g., in smallpox, measles, typhoid fever, syphilis, and other complaints. Moreover, external violence on the head, foreign bodies in the ear or the nose, stings from insects, sunstroke, bright light, strident sounds, drugs and particularly narcotics, constipation, strong emotions, especially anger, sorrow, joy, abundant growth of hair, too little hair, dyeing the hair, recumbent position of the body, and consequently, sleeping in poorly ventilated rooms and in those which are filled with the smoke or vapor of burning coal or other strong smells, and also in newly painted rooms. Other causes are want of sleep, or sleeping too long or at unusual times, waking suddenly, irrational application of electricity or galvanism, drunkenness, overloading the stomach, excesses, taking too much of drink, particularly too much alcohol, partaking of unwholesome food and drinks, such as adulterated wine, beer, sweets,

etc.; worms, notably tapeworm, defective conditions of the bile, empty stomach, flatulence, waste of semen, as in sexual intercourse carried to excess, or self–abuse [masturbation], etc.; irregular menstruation, suppressed hemorrhage, or other discharges, to which the system has become accustomed, such as bleeding at the nose, foot sweats, piles, discharge from the ears, etc. Suppressed itch, impetigo, ulcers of long standing, and similar causes may also produce headache. Sometimes, notably with women, lingering gastric inflammation causes protracted headache. If headache increases with a horizontal position of the body, it points to hyperemia of the brain and to all conditions in connection with it, such as inflammation of the brain; whereas, a headache, which is most violent in a vertical position of the body indicates anemia of the brain.

TREATMENT OF HEADACHE IN GENERAL

In the first place remove the cause which induced that particular form of headache. Next, promote open bowels by means of enemas; take as well two or three small detergent enemas.* See that pure fresh air is in the room, sleep with the window open, take physical and mental rest, moderate exercise in the open air, practice breathing exercises, and indulge in cheerful conversation. Keep away from all noise. Apply cold, cool, or tepid head compresses (select those most suitable), in many cases combined with a detergent treatment, etc. Rub the temples continually for some time with the hands dipped in cold water. Regular action of the skin by a daily rubbing of the whole body, lavation or bath, and vegetarian diet. Drink cold water. The adoption of these measures, even if the primary cause of the headache be unknown, will more or less mitigate, if not altogether remove it.

Headache is sometimes soothed by pressure of the hand on the head, or by a fairly tight bandage round it; also by lying with the head somewhat raised or in a sitting posture, or again in other cases, by keeping the head in a lower position than the body, and the feet warm. A transitory headache is often mitigated and dispelled by opening the bowels by means of a lukewarm (77° F/25° C) enema.

For cold feet, take warm foot baths, foot steam baths or foot steam baths in bed coupled with, according to circumstances, cold, cool, or tepid head lavations or compresses, followed by vigorous friction of feet and legs, or a tepid (72° F/22° C) wet rubbing of the whole body. Steam baths in bed or partial steam baths, either daily or three or four times a week, succeeded by a bath and thorough washing of the head have a most excellent effect in many cases.

---

*A detergent treatment refers to enemas using small amount of water with each application. —*Ed.*

For a chronic headache, apply also a derivative treatment* consisting of foot packs, etc., in the night; partial or wet rubbing of the whole body in the morning and enemas. Fresh air and tranquility of mind, likewise lukewarm (83° F/28° C) hip baths from five to eight minutes' duration are to be recommended; but for acute headache a detergent treatment, combined with soothing compresses on the head. Above all, it is necessary to pay attention to the primary complaint and cause of the headache, because a genuinely permanent cure can only be effected by their removal. If the headache is congenital, it is better to apply a strengthening treatment.**



Foot vapor bath

Treatment By Massage

For headache caused by a congestion of blood to the head, vigorous massage of the neck, as well as energetic downward stroking and friction, applied to the neck, shoulders and back, and kneading the arms and legs, are the most appropriate treatments.

In cases of nervous and anemic persons suffering from headache, stroking the forehead and the region of the temples has a highly soothing effect.

If congestion of blood to the head is the cause of headache, the application of curative gymnastics is also recommended. In order to have some knowledge of the cause of the particular headache, and to hit upon the right form of remedy in consequence, it is necessary to be acquainted with the difference between the various kinds, and for this purpose I give a more detailed description of several kinds of headache.

Gastric Headache

Gastric headache is due to the stomach being out of order. The tongue is covered with a bitter, viscous phlegm; the patient complains of pressure on the forehead, and of lassitude; his face is pale, cheeks flushed, and the

---

*Derivative treatment uses hot and cold water applications for the purpose of moving blood from an area of congestion to other parts of the body. —*Ed.*

**A strengthening treatment refers to some form of hardening that most invariably uses some form of cold application. —*Ed.*

lateral nasal cartilage is tinged with yellow (a few drops of blood generally issue from the right nostril), the breath is offensive, the bowels act badly, and the urine is thick and cloudy. The patient also suffers from slight cough, feeling of sickness, vomiting, and piles. The causes are faulty diet, eating viands unfit for consumption, worms, acid bile, and strong emotions. This form is mostly found in very sensitive persons and in those who are accustomed to a sedentary mode of life.

Treatment

Avoid the causes. Next, steam bath in bed, daily or every other day, an hour to an hour and a half duration; then tepid (72° F/22° C) wet rubbing of the whole body and particularly washing the head with the bare hands. Abdominal compress and leg pack at night and enemas for hard bowels as well as for detergent purposes. Light, very limited vegetarian diet. As much walking exercise in the open air as possible and pure air in the room. Sleeping with open window. Washing the head to be repeated if there is no relief. The hand is to be dipped very frequently into water of 72° F/22° C.

Rheumatic Headache

Persons are affected with this form who are otherwise not subject to headache at all. It mostly comes after rheumatism of the eyes, teeth, gums, neck, or extremities, and there are no definite symptoms. It is a violent splitting headache and torments the patient day and night. Rheumatism of the scalp that pushes the skin out of its place produces pain.

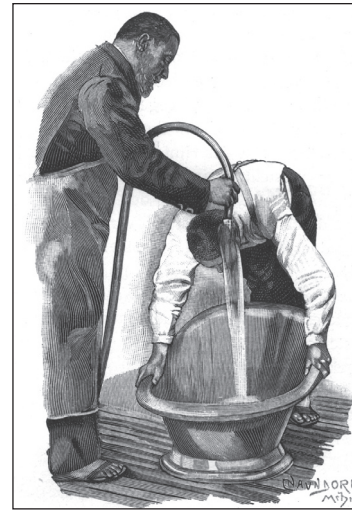
The headache is generally increased by violent exercise, shocks to the system, effort to stool, by stooping, coughing, and sneezing. It usually commences with a sensation of stiffness and contracting pains in the neck, which spread over the whole head to the brow. The patient is generally extremely sensitive to touch in the hairy part of the head, as if the hair itself were painful. The pain is also associated with a distinct throbbing. The pains diminish at times for a short period, only to begin again with redoubled violence.

The aching in the muscular and sinewy parts of the skull is of a racking, bursting or drawing kind and is similar to rheumatic headache. It increases particularly with pressure and movement, chewing, nodding the head or frowning.

Treatment

When the approach of an attack of this kind is noticed, an endeavor should be made to perspire by vigorous exercise in the open air, steam bath followed by (77° F/25° C) jet or spray on the head and warm head packing. With massage, the pains increase at first, but afterward gradually

diminish. If there is a congenital disposition, sweat cure must be repeatedly applied, especially steam baths, and a non-stimulating diet observed. Rubbing the head with the bare hand dipped frequently in cold water should be continued till the pain has abated, and be repeated if the pain comes on again. A steam bath in bed, or simply a steam bath followed by full packs to be taken every day. Both must be succeeded by a lukewarm bath (88° F/31° C) with head affusions or douche. In the case of constipation, enemas are given; also smaller ones for detergent purposes. Frequent walking exercise out of doors, fresh pure air in the rooms, sleeping with the window open. With this treatment, the headache will usually disappear within a few (two or three) days.



Head affusion or gush

For cold feet, take warm foot baths, foot steam baths or foot steam baths in bed coupled with, according to circumstances, cold, cool, or tepid head lavations or compresses, followed by vigorous friction of feet and legs, or a tepid (72° F/22° C) wet rubbing of the whole body.

For a chronic headache, apply also a derivative treatment consisting of foot packs, etc., in the night, partial or wet rubbing of the whole body in the morning and enemas.

Avoid the causes. Next, steam bath in bed, daily or every other day, an hour to an hour and a half duration; then tepid (72° F/22° C) wet rubbing of the whole body and particularly washing the head with the bare hands.

When the approach of an attack of this kind is noticed, an endeavor should be made to perspire by vigorous exercise in the open air, steam bath followed by (77° F/25° C) jet or spray on the head and warm head packing.

Worms

by Benedict Lust

The Kneipp Water Cure Monthly, I (12), 214. (1900)

Among the vermin apt to weaken the human body and cause disorder, the ascarids and other kinds of worms are especially injurious. Little children are frequently troubled by them and if a mother be not careful, they may do much harm. They form in the rectum. Indigestible farinaceous food and especially black bread are particularly favorable to their formation and growth. Worms are generally expelled from the rectum, but sometimes also from the mouth. Symptoms of their presence in the body are great appetite, uneasiness and pain in the abdomen. Children afflicted with worms are apt to put their fingers in the nose and have a sickly appearance due to the deprivation of nourishment through the worms.

Remedies against worms are:

1. Cut up an onion and put it overnight in two pints of water. In the morning the juice should be well pressed out of the onion and the water is drunk while fasting. If this remedy has been used for three or four days, the worms will certainly be killed and expelled.

2. A spoonful of honey is boiled in two pints of water and this water taken. The worms drink themselves full of this water and a cup of wormwood tea [*Artemisia absinthium*] which is poison for them, taken later, will kill and expel them.

3. The strongest effect is produced by wormseed [*Chenopodium ambrosioides*], the seed of the plant which has the property of expelling worms.

Three thick long worms came one day out of a woman's mouth. She had been ill for some time and was taking medicine. Two spoonfuls of wormseed taken two hours before breakfast on two successive days brought about within three days the expulsion of no less than seventy-eight long worms.

Among all worms the tapeworm is the most dangerous.* To expel tapeworms, a very safe remedy with directions for use may be obtained in every Kneipp store.

---

*An article on tapeworms and their treatments is in Chapter 1908 found on page 237. —*Ed.*

Headache II*

by Benedict Lust

The Kneipp Water Cure Monthly, I (12), 223-226. (1900)

Nervous Headache

Nervous headache and pains in the scalp come on in periodic attacks. To this class belong all those kinds of headache which accompany menstruation, or arise from mental excitement and weakness; also those that attend hysteria or hypochondria. The pain is at one time dull or violent, at another racking or burning; often ceases for a time, and appears just as before. Pressure on the painful place or affected nerve, and combing the hair upward increases the headache.

Treatment

Partial or foot steam bath in bed, duration according to the patient's wish, cooling the head frequently by dipping the hands in cool water, and washing the whole head and neck. Omit this if it does not agree with the patient. Then should follow a lukewarm bath (88° F/31° C) with affusion, particularly of the head. Enema when constipated. Plenty of outdoor exercise, fresh air in the room and sleeping with the window open. At night abdominal compress and leg or foot pack with wet rubbing of the whole body (73° F/23° C). In the morning, also wash the head frequently in lukewarm water (86° F/30° C) with bare hands, soft flannel or soft brush. A weak galvanic current may also be applied for one or two minutes, and inductive electricity often does good; magnetism may also be applied.

Headache With Head Cold

Affusions on the occiput (88° F/31° C to 92° F/33° C), stimulating (88° F/31° C) compress on the neck, kept on to relieve vascular spasm.

Inflammatory Headache

Inflammatory headache is caused by congestion of blood to the brain. Its characteristics are pressing, throbbing, drawing, or racking pains, violent throbbing in the temples and veins of the throat, noise in the ears, lustrous eyes, painful sensation in the orbital cavity, dryness in the nose, etc. Moreover, it comes on frequently after meals, and even after drinking a

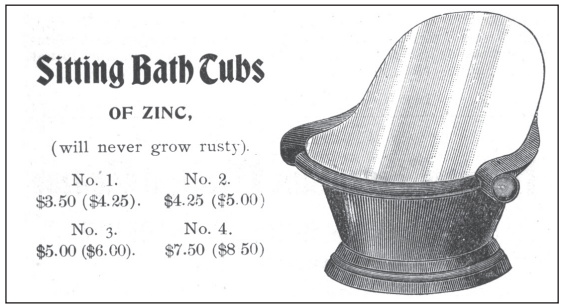
---

*This article had several other categories of headaches that were excluded due to repetition and incompletion. —*Ed.*

moderate quantity of fermented liquors, and increases as the temperature becomes higher or lower.

The causes are generally mental excitement, such as anger or delight, sunstroke, spirituous liquors, suppressed hemorrhage, and other unnatural irritations of the brain. To this class belongs also the headache which children and plethoric young people are affected.

Treatment



Sitting bath tub for sitz bath

Avoid the cause. Take a hip bath of considerable duration (an hour or more). Foot steam bath with cooling head compresses. For the rest, the same treatment as in nervous headache.

Plethoric young people should take plenty of exercise, not sleep too long, observe a non-stimulating diet, and always maintain open bowels by means of enema if necessary.

Rheumatic Gout

Headache associated with rheumatic gout in the head is usually of a violent nature and affects the whole head, even the bones of the skull may rage for a considerable length of time. Or, again, it may be periodical and located in only one part of the head. It is connected with gout, especially with suppressed gout, but is caused also by recession of erysipelas, piles, fluor albus [leucorrhea], herpetic eruptions, habitual perspiration, and the like.

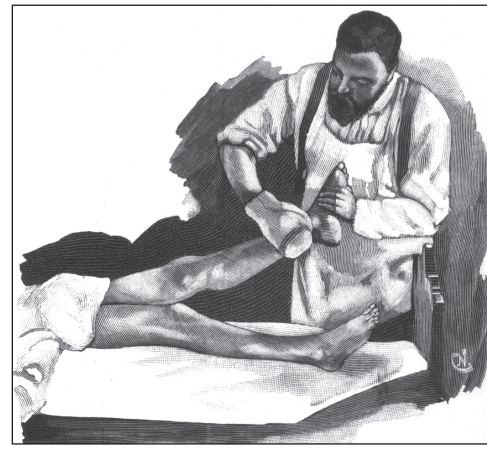
Treatment in the first place must be adopted to the primary cause. Otherwise, use the same methods as in rheumatic headache.

Intermittent Headache

Combined with so-called latent intermittent fever, usually attacks the head every day, generally in the morning, at a particular hour, often as early as three or four o'clock, and rages for one to two or even eight to

ten hours. If the attack is very violent, it generally lasts only a short time, but when of a mild character it is often of long duration. The attacks also sometimes return in the afternoon. The pain chiefly affects the left side of the head.

Treatment



Wet friction rub

Rest for the body and mind, sitting position, avoidance of all noise and glaring light. A three-quarter steam bath in bed, the head being cooled at the same time with the hand dipped in cold water, or by compresses to be changed on getting warm. Wet rubbing of the whole body (73° F/23° C) follows the bath, in which likewise the head is to be washed with the bare hands. Detergent enema, abdominal compress by day (duration two or three hours) to be repeated at night and left on unless it proves irksome. Stimulating leg packs may also be added at night. The intermittent fever must be treated simultaneously.

Migraine Or Hemicranial Headache

This affection which attacks all ages and both sexes. The female more frequently than the male sex is distinguishable by the suddenness of its attacks, sometimes the left, then the right side, at other times the front or the back part of the head being more or less affected. The pain racks the patient for a few hours, or even for half or the whole day, but rarely longer. In most cases, vomiting takes place when the attack is at its worst, after which the patient falls into a beneficial sleep of several hours' duration, from which he wakes free from the pain. These pains generally return every three or four weeks, unless they are cured or mitigated in the interval.

Symptoms

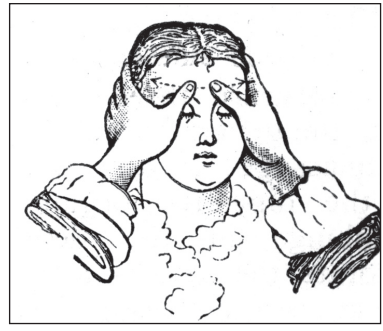
Sometimes there are certain premonitory symptoms, such as shivering, feeling of sickness, giddiness, incapacity for concentrated thought,

irritability, morbid hunger and yawning, etc. Next violent boring, pressing, bursting and heavy or dull pains are located in any part of the head. The sense of hearing and sight is extremely delicate, on which account the patient, in order to avoid sensuous impressions as much as possible, prefers to be in a dark, quiet room. Bodily and mental debility, depression, indifference, feeling of sickness, spasmodic yawning, and even cold shivers are also present. The affected side of the face is sometimes pale and shrunken, the ears cold, and the pupils enlarged; or may be hot, red and swollen, the temporal veins distended, pulse rapid, the sclera of the eye red, the pupil contracted, the eye itself watering and painful.

The causes of this affection are as yet but imperfectly established. The fundamental reasons seem to be disturbance and irregularity in the circulation of the blood, or rather stagnation of the blood in the brain, and it is probably intimately connected with some gastric complaint (stomach, liver, bile, etc.) and with an irregular blood circulation of the whole organic system. It may also arise from anemia of the brain, etc., from irregularities in menstruation, morbid condition of single nerve trunks, or general irritability.

The female sex in general, and young people are more liable to be attacked than other persons, and it appears that congenital predisposition may be a cause of it.

Treatment



Massage for migraine

A tepid wet rubbing of the whole body (73° F/23° C) in the morning, and about four three-quarter steam baths in bed a week, followed by a lukewarm bath (88° F/31° C) and washing and douching of the head. A lukewarm hip bath (80° F/27° C) daily, duration of fifteen minutes. Abdominal compresses and leg pack at night as well as enema for constipation, and fresh air out of doors and indoors sleeping with the window open. Avoid feather pillows and strong draught. Relief from the pains may be obtained by electric treatment given professionally, massage and stroking the forehead vigorously, with the patient's eyes closed. For chronically cold feet, apply foot steam baths.

Hemicranial headache is also said to be soothed and cured by continually applying about five cold affusions daily until an unpleasant sensation is produced every time. A small watering can may be used for the

treatment, and the spray of water applied directly on the affected place. Several small cold enemas are given daily in connection with this application as a detergent for the intestines. To ensure a complete cure, this treatment must often be continued for some length of time.

Massage by stroking for migraine, according to Dr. Reibmeyer, consists for nervous persons and those with anemia, in moderately stroking the forehead with both thumbs in the direction of the temples (see figure on previous page), and in equal downward strokes of the whole scalp with the fingers. If the patient is plethoric and in cases of determination of blood to the head, in vigorous massage of the throat and kneading the arms and legs. See also the accounts of cures effected which follow this article. Headache is also present with inflammation of the brain, the pulse is then quick, full and hard and the face flushed. Chronic cases are attended by great excitement and sleeplessness.

Cure Of Headache

(From Pastor Köenig's book, *The Natural Method of Healing*)

A letter written by Frau Ottilie Fischer, wife of a Magistrate of Berlin, to the Reverend Koenig:

Reverend and Dear Sir!

It gives me great pleasure to be able to inform you that I have entirely got rid of the headache from which I have been suffering for years almost uninterruptedly, by means of a three weeks' treatment according to the *Natural Method of Healing* as you prescribed for me. Expressing my sincerest gratitude to you for the same, I remain, etc., etc.

A Second Case From The Same Book

My wife was, and is even now at times, suffering from violent nervous headache, which almost developed into spasm of the head. When this malady made its appearance, I applied Herr Pastor Koenig's *Natural Method of Healing* and her pains disappeared in a few hours. This result has convinced me that the affection would cease entirely in time, if my wife were treated systematically and with observance of a proper diet. Anybody who knows what a nervous headache is, lasting as it often does for days, and torturing the patient, will appreciate this beneficial and simple method. N. N., Berlin.

Cure Of Headache And Giddiness

(From Theodor Hahn's book, *The Paradise of Health*)

My wife suffered for many years from giddiness and violent headache which returned every three or four weeks, combined with sickness and vomiting, to such an extent as to be obliged to remain motionless with

eyes closed for two or three days while the attack lasted, lying in her bed without taking the slightest sustenance, food of any description being repugnant to her. Now, however, that she has changed her former diet and adopted a vegetarian regimen, her former troubles have entirely left her, and she at present enjoys perfect health. (F. Hocker)

Cure Of Chronic Headache

(From Professor Trall's book.)

The Rev. Hunting, of L. I., had suffered periodically from headache from his infancy. The attacks were most violent, and were attended with choking and vomiting. In consequence, he was generally incapable of doing any work for three or four days. They returned regularly every five weeks. After entering my Sanatorium, he had only one more attack, and in three months' time was cured of all susceptibility to the malady.

Cure Of Cephalalgia

(By Edmund Schneckenberg)

Cephalalgia belongs to the rare complaints, and yet, during the last twelve months, I have twice had the opportunity of treating it with eminent success. A gentleman weighing nearly 250 pounds was tortured for a year with the most excruciating cephalalgia. The attacks came on more and more frequently as time went on, and became so aggravating that the poor man could not go to work for days altogether. He was confined to his room, as the pains grew so intense as to disturb the normal action of his sight and hearing. Chronic cold feet and legs and constipation attended the affection; they were, however, not the cause but the effect of the malady. The cause lay in the digestive organs. After a twenty day treatment, he returned to his home perfectly cured, and now, after six months, enjoys undisturbed health. A short time ago, he paid a visit here, just as a second patient was being treated for the very identical complaint.

This patient was allowed a mixed diet. To increase the circulation of blood in the feet, partly leg steam baths and partly warm foot baths were applied with succeeding vigorous massage of feet and legs.

Partial and afterward three-quarter packs were given, to regulate the general circulation of the blood, and energetic massage of the abdomen applied to strengthen the digestive organs, while systematic hill climbing (in the depth of winter) helped to invigorate the heart's action. It may be easily realized that, as a last resource, breathing fresh mountain air day and night had a favorable effect. I did not apply partial and hip baths, for the reason that my bathing apparatus was altogether too small for him. The patient lost nineteen pounds in weight, and to achieve this, I wish

particularly to emphasize, he was not put on short rations. Although this case was attended by really remarkable success within a few days, I do not mean to assert that all similar affections can be cured in the same short space of time. I have already said in my work on phthisis, "Patient, be on your guard against any man who promises to do wonders, whether he be privileged to practice or not", and I now say the same; every disease must take its time; one man gets cured more quickly than another. But the plant of health blossoms sooner or later for everybody nevertheless.

Cure Of An Abscess In The Head

(By H. Sperling, Natural Healer in Berlin)

Mr. Maske of Berlin, living at the time at 20 Friedrichsberger Strasse, had struck his head against the balustrade in the dark. Suffering as he had been for some time from congestion and headache, it was no wonder that these increased in consequence of this blow to such a degree as to be almost unendurable. He felt, at times, as if his head would burst, and though the principal pain was only in one place, his whole head was affected by it. I found on examining his head that even with the very slightest pressure on the affected place Mr. M., became insensible. I told him that he had an abscess in the head, that a derivative treatment must be applied, that the head must be cooled very gently, etc., unless it was already too late, as fainting and a paralytic condition of the whole body, very bad symptoms indeed, had supervened. In medical treatment, if the Vital Force is weak, and the healing process does not take place very speedily, death is generally the result, as either mortification sets in, or else the purulent matter acts with a disintegrating effect on the brain. At best, Nature finds relief by discharging the matter through the ear or the nose. By administering violent medicines, however, the discharge is suppressed, and the morbid matter in the head, reinforced still more by these poisons, draws the brain and other adjacent vital organs within the sphere of its destructive action, and causes paralysis and other serious affections, death being the inevitable result.

An abscess in the head may arise from congestion, which, for some reason, has existed for a considerable time, as both the smaller and larger blood vessels become distended through increased congestion of blood to the head. This engorgement causes deposits of old, morbid, foreign substances which, unless they are by the law of compensation, expelled and replaced, settle permanently, and by attacking whole masses of tissue or single portions of it, exercise a pressure on the brain. Or, again, they cause inflammation and produce a fibrous exudation, and sometimes degenerate into festering suppuration and even mortification. The local symptoms are associated with those of fever, affections of the brain and



Foot bath



Wet head compress

the cerebral tissues, or pyemia (blood poisoning).

My treatment commenced with foot steam baths, followed by foot baths (80° to 86° F/27° to 30° C), enema, (73° F/23° C) massage of the arms and legs; stimulating, foot, leg and calf packs, and wet cool head compresses, put on turban-fashion, and changed as required. Not till a few days afterwards could I give partial baths, and a few days later full steam baths, wet rubbing of the whole body, slapping, and other treatment, such as mild (95° to 91° to 86° F/35° to 33° to 30° C) head affusions and wet packs, etc. This treatment resulted in the formation of an abscess behind the ear, which increased from day to day in size and in pain. The tension became so great as to induce me to subject the ear to steam, and after a few days a loud noise announced the bursting of the tumor, and a discharge of matter ensued, which flowed for several days more or less copiously, and caused wonder as to whence such a quantity of purulent matter could have come.

If the natural method of healing had been applied sooner, no abscess would have formed at all, because the healing process would have been supported by its beneficent action. The pains diminished in the ratio of the quantity of pus discharged, and the patient was now able to sleep a little and appetite for food and drink returned, which was satisfied by a non-stimulating diet. The pains left him entirely by degrees, while the discharge from the ear continued for some time, until that, too, ceased after four to six weeks. I treated him further by applying to him (73° F/23° C) tepid enema once a day, abdominal and calf packs every other night, followed by steam baths with full packs once a week, wet rubbing of the whole body every day, with head affusion, breathing exercises, massage, and the strictest non-stimulating diet.

All this was necessary in order to enable the system, which had

become accustomed to discharge its morbid matter through the head, to once more avail itself of the ordinary channels of excretion: the skin, lungs, kidneys, and intestines. Finally, I had only a wet rubbing of the whole body given once a day, a few baths during the week, and the vegetarian diet continued for some time longer. A complete cure rewarded the treatment.

Partial or foot steam bath in bed, duration according to the patient's wish, cooling the head frequently by dipping the hands in cool water, and washing the whole head and neck.

Take a hip bath of considerable duration (an hour or more). Foot steam bath with cooling head compresses.

A tepid wet rubbing of the whole body (73° F/23° C) in the morning, and about four three-quarter steam baths in bed a week, followed by a lukewarm bath (88° F/31° C) and washing and douching of the head.

Abdominal compresses and leg pack at night as well as enema for constipation, and fresh air out of doors and indoors sleeping with the window open.

Cancer, Using Kneipp Methods*

by Benedict Lust

The Kneipp Water Cure Monthly, I (12), 234-236. (1900)

Breast Cancer**

Next to the object of ridding the blood of impurities, by which it is so much vitiated, the maintenance of the general strength of the patient must be kept in view as the aim of the treatment in this disease. During the cold months of the year, one of the forms of water application should be used daily; and in the summer, two.

For the winter months the following may be the course:



An upper gush (affusion)

First day, half bath;
second day, upper affusion;
third day, thigh affusion;
fourth day, half bath;
fifth day, upper affusion;
sixth day, whole washing; and
seventh day, back affusion; and so on, in the same order.

For the warmer months:

First day, half bath in the morning, and upper affusion in the evening;
second day, thigh affusion in the morning, and washing of the upper part of the body in the evening;
third day, back affusion and half bath;

---

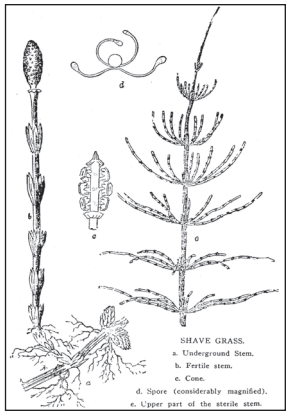
*The original title for this article was, "Diseases". —*Ed.*

** An excerpt from an article written by Benedict Lust on Kneipp treatments adds another perspective. "Most doctors, in such cases, resort at once to cutting; chiefly when tumors in the breasts of females have to be dealt with. "Removal by cutting, or cancer," they say. But the natural healers cure the ailment very simply and without an operation in the following way: during the first fortnight the patient is given daily an upper and a thigh jet bath, to strengthen the enfeebled body, and three half baths as well. On the affected mammary gland a coarse linen cloth, folded several times and steeped in an infusion of pewter grass is placed, and well covered with a dry woolen cloth. In this way the swelling will gradually disappear. To prevent a recurrence of the malady, and to permanently strengthen the system, it is advisable to take two half baths and a full washing weekly for some time to come." (Lust, 1902, 435) —*Ed.*

fourth day	upper affusion in the morning, and thigh affusions twice, afternoon and evening;
fifth day	whole washing in the morning, and in the afternoon a half bath;
sixth day	upper affusion in the morning, and thigh affusion in the afternoon; and
seventh day	back affusion and whole washing; and so on, repeating the course.

If the patient is weakly, one application each day will suffice at all times of the year.

Local treatment of three kinds may also be adopted. Every two hours a compress, well wrung out in a decoction of pewter grass [*Equisetum arvense*], should be applied, not only over the diseased spot, but over the whole chest. As a change to this, soft curds* stirred till quite smooth, and spread on lint or linen, may be laid on the diseased spot and the surrounding parts, and allowed to remain until dry, when they should be renewed. These two forms of compress may be employed alternately, each for two days in succession. The third local remedy, which is strongly recommended, is a clay compress, or a compress wrung out in clay water. This should be used occasionally, especially in the second and third weeks. An ointment should also be made of clay, mixed in a decoction of pewter grass [*Equisetum arvense*] and septfoil [*Potentilla erecta*], and should be applied, spread on coarse linen as a plaster, to the wound. The plaster should be renewed as often as it dries.



Shavegrass
[*Equisetum arvense*]

Difficulty Of Breathing

Accumulation of mucus may be cured, according to Father Kneipp's prescription, by tea of mullein, mixed half and half with black mallow. This dissolves the phlegm powerfully and enduringly; and it is also an effective remedy for gout. Rue is also an excellent remedy, either in the form of tea or as a tincture. Ten to twelve drops of it, on sugar, may be taken twice a day; or the same quantity of infusion in salad oil. The latter mixture must stand for some time in a warm place. For difficulty of breathing, due to flatulence, two large or three small cups of violet leaf tea

*Soft curds refers to pot cheese which was fermented milk made into curds. —*Ed.*

daily, made by infusing a handful of the dried leaves in half a pint of water. A gargle or tea of mullein dissolves phlegm effectively, and still more so if made of mullein and mallow, half and half.

Burgundy Nose (Lipoma)

Take two half baths, two hip baths, two knee and thigh affusions, every week; walk barefooted as much as possible; and apply abdominal compresses or foot pack at night.

Burns And Scalds

The best remedy for burns is to apply fresh sauerkraut to the place; also clay (loam) mixed with water, put on every half hour, has a similar effect.

Cancer

When degeneration of the blood and other fluids of the body has developed to a certain degree, this terrible disease, which poisons the whole body, frequently makes its appearance in the form of cancerous ulcer or glands. The ulcers may attack almost any part of the body and especially under mistaken medical treatment, may become cancerous in the end. There is, therefore, cancer of the lips, tongue, liver, stomach, mammary glands, and of the intestines. Cure is possible only in those cases where the disease is as yet in its initial stage; and where, therefore, the Vital Force is not yet greatly reduced, and the fluids not yet too vitiated.

Cancer Of The Lips

May be either hard or soft. If it is hard, soft curd will be the most serviceable remedy to apply. If the wound is open, a mixed powder of aloe and alum, six parts to one part alum, should be sprinkled over it. By way of a change, the powdered aloe alone may be used for a few days, and then powdered alum alone; afterward the mixed powder as before, in the proportions given above.

Case:

A man was suffering with cancer of the lips. The lower lip had already gone. Being as yet strong, the most vigorous applications could be employed: knee, thigh and head affusions, every day in turn. The sore place was well washed with aloe and alum water three to five times a day, and a curd poultice was applied at night. Nearly perfect recovery followed after a few months of treatment.

Cancer Of The Tongue

Case:

Another man had small, but very painful ulcers on the tongue. The doctors diagnosed cancer of the tongue. The patient had two lower and back affusions a week. His mouth was washed out daily three or four times with the infusion of shavegrass; and he had to put on a wet shirt for an hour and a half. When the shirt was taken off, a cold lavation was applied. The ulcers disappeared gradually, and the man's health improved visibly.

Bowel Cancer

It is far too little known, and the knowledge ought to be spread far more, that the waters of Karlsbad (Karlsbad salts), when drunk repeatedly and continuously for a length of time, are frequently the cause of the terrible disease of intestinal cancer.* The momentary and transient improvement in the weak condition of the bowels induces the patient to repeat and to persevere with the cure. But the effect of the continuous use of the strong saline substances, contained in that water, is to destroy, in the long run, the interior surface of the mucous membrane. The very opposite result is then manifested, to that which appeared at the beginning. Everything passes from the patient, because the action of the bowels has ceased. In the last stage of the disease there is rarely any help to be given; yet, upper, thigh and back affusions, in turn with hip and partial baths, are good remedies if it has not advanced too far. Full and lightning affusions may be given to patients with a strong constitution.

A Cancerous Tumor

A tumor of the arm was treated very successfully with the use of partial baths; upper, back and thigh affusions; and the daily wearing of a shirt dipped in salt water. Fenugreek was put on the ulcer during the day; while the same herb, boiled to a mash, and later soft curds were applied to it at night. The diet in all these cases must be simple, with but little salt, and no other condiment whatever.

Cancerous Ulcer

May be cleansed with a solution of alum or with aloe water. Powdered aloe, mixed with charcoal, may likewise be sprinkled on it, with advantage. Kneipp's tea for purifying the blood should be taken several times a day.

---

*There was such opposition to mineral water and balneotherapy among the water cure practitioners who followed Kneipp. Those who studied with Priessnitz recognized the value of minerals in water. —*Ed.*

Cancerous ulcers when not too far advanced, may be treated with alum, either powdered and sprinkled direct on the wound, or dissolved in water, and used as a wash, or for moistening small linen compresses, which are applied in the usual way. Powdered aloe, spread thickly over the ulcer once a day, and the whole covered with a dry bandage, absorbs the vicious matter, and helps to form a hard crust, under which new skin soon forms.



Aloe
[*Agave Americana*]

Case:

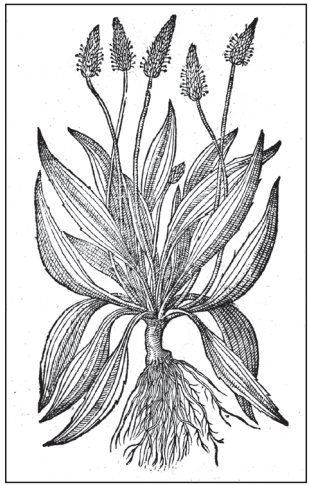
A woman was affected with a cancerous gland at the breast, as large as a hen's egg and a great deal of matter issued from it at times. The wound was washed with aloe water three times a day, and soft curds then applied to it. She took, besides, an upper and back affusion daily, and the Spanish cloak pack twice a week. The disease being as yet in its initial stage, the bad breast was cured in four months' time. An ointment from prepared clay (loam) is also recommended for cancer.

Cancrum Oris (Oro-Facial Gangrene)

Inhale warm vapors with the fumes of yarrow, ribwort [plantain], or stinging nettles. Next, wash and rinse the mouth with cool water, and a little lemon juice is added to it. Rinsing the mouth and gargling with a decoction of sage and shavegrass is recommended. Above all, it is necessary to adopt a general treatment, in the form of wraps and full lavations.



Yarrow
[*Achillea millefolium*]



Plantain or ribwort
[Plantago lanceolata]

Caries

Caries occurs often in children who have bad blood and vitiated humors in their system. But it also occurs in adults, in connection with tuberculosis and syphilis, and with complaints of the liver, spleen or kidneys. Its cure, if tuberculosis is the cause, is problematic. The object of the treatment must act upon the whole body. Whole washings and wraps; and later, two half baths a week. For children, the chief consideration is good nourishment, blood-forming food, free of salt and other condiments. If a cure is at all possible, it can only be very slowly attained. All affected parts should be enveloped in compresses of fenugreek, shavegrass, oat straw and hayseed, and in turn used in such a manner that each suffering part has several applications every day. In addition to the compresses, four whole washings and two half baths will be advisable each week, so distributed that a half bath comes after two whole washings. This external treatment should be supported by the patient's taking daily about a small teaspoonful of white bone meal, which will promote the forming of new bone.

Caries Of The Bones

Bone caries are cured by shavegrass, in its various forms of applications; either as an infusion in washings, packs, compresses; or wrapping some of it in a wet cloth and putting it on the affected part; or, lastly, in the form of steam baths.

*Local treatment of three kinds may also be adopted. Every two hours a compress, well wrung out in a decoction of pewter grass [*Equisetum arvense*], should be applied, not only over the diseased spot, but over the whole chest.*

Soft curds [pot cheese] stirred till quite smooth, and spread on lint or linen, may be laid on the diseased spot and the surrounding parts, and allowed to remain until dry, when they should be renewed. These two forms of compress may be employed alternately, each for two days in succession.

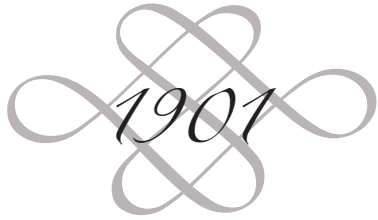
On the affected mammary gland a coarse linen cloth, folded several times and steeped in an infusion of pewter grass is placed, and well covered with a dry woolen cloth.

[Difficulty of breathing due to] accumulation of mucus may be cured, according to Father Kneipp's prescription, by tea of mullein, mixed half and half with black mallow.

The best remedy for burns is to apply fresh sauerkraut to the place; also clay (loam) mixed with water, put on every half hour, has a similar effect.

Powdered aloe, spread thickly over the ulcer once a day, and the whole covered with a dry bandage, absorbs the vicious matter, and helps to form a hard crust, under which new skin soon forms.

A woman was affected with a cancerous gland at the breast, as large as a hen's egg and a great deal of matter issued from it at times. The wound was washed with aloe water three times a day, and soft curds then applied to it. She took, besides, an upper and back affusion daily, and the Spanish cloak pack twice a week.



Apoplexy

Benedict Lust

Snoring

F. J. Buttgenbach

Catarrh Of The Bladder

Sebastian Kneipp

Bed Wetting
Chlorosis

Benedict Lust

The Cure Of A Sleep Walker

Author Unknown

In Memoriam



Louis Kuhne
(1835-1901)

The "Naturalist" movement has sustained a severe loss in the death of the well-known and celebrated Naturalist apostle, Louis Kuhne in Leipzig. He had great merits, and died in his 67th year. Through his mercantile routine and continuous advertising, he attracted the attention of a very great many persons, who otherwise would scarcely have noticed the natural methods of healing.

His work, *The New Science of Healing*, has been translated into many languages and many thousands of copies of his book have been sold everywhere. His book on facial diagnosis, *The Science of Facial Expression* has become a standard work of reference, and his theories have become adopted more and more by modern practitioners. (Lust, 1901, 157)

Wedding Bells



Benedict Lust
(1872-1945)

Louise Stroebele
(1864-1925)

On Tuesday, the 11th of June, there was celebrated in St. Patrick's Cathedral, Fifth Avenue, New York, the wedding ceremony between Mr. Benedict Lust of New York, and Miss Aloise Stroebele of Bellevue, Butler, New Jersey.

Mr. Benedict Lust will be known to our numerous readers as the editor of this magazine, and as a director of the New York Naturopathic Institute and College, 135 E. 58th Street.

The bride has for several years past had charge of the Bellevue Sanatorium in Butler, New Jersey, and by her literary abilities as well as accumulated experience in her travels around the world will be a good and valuable help mate to her fortunate "Better Half".

After the church ceremony, a wedding breakfast was given at the Arion club, where it was noticed by some of the guests belonging to the editorial staff of this paper that the copious table, loaded with refreshments and dainties of every description, was not in strict keeping with the *doctrines of Kneipp.* However, they consoled themselves with the thought: *Errare humanum est*, and enjoyed the given opportunity.

After a reception, which was held by the bride and bridegroom at 135 E. 58th Street and which was honored by very numerous friends and visitors, the bridal couple started for their wedding trip to Buffalo.

We wish the now happy "Benedict" and his wife all success they so richly deserve, as well as future happiness and prosperity.

The Editorial Staff (1901, 163)

Apoplexy

by Benedict Lust

The Kneipp Water Cure Monthly, II (3), 77-78. (1901)

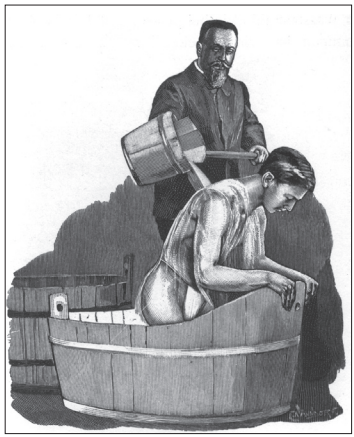
Case

Paul has been stricken by apoplexy. The right side of his upper body is paralyzed, his mouth dreadfully distorted, his right eye sunk in, the eyelid stiff, his voice broken, and all his courage gone. The physician who had been called immediately declared that nothing could be done and that the patient should daily drink some "*Bitterwasser*" (mineral water impregnated with some neutral salt). This prescription did not satisfy the patient. He began directly to try water applications and in twelve days he was well again. This happened thirteen years ago and the robust, although elderly gentleman delivered his lectures for many years after.

How was this cure effected?

As soon as the work of a watch is disturbed in its order by a fall or a shock, a standstill takes place. Maybe none of the little wheels is injured, but perhaps there is something between them that hinders their course, or they press and prevent each other from keeping their regular pace. The disturber ought to be expelled and the little workers reconciled in order to make every part serve the purpose of the whole. In the same way the human body is sometimes troubled by inward disturbers of peace, perhaps by one of those conglomerations which occurs especially in advanced years, when the wheels of the work, such as the organs, are rather worn out. Mouth, eye or tongue, these delicate wheels, are not injured but have been pushed, as it were, out of their proper place. Expel the disturber and order and peace will soon be restored.

I will try to assist you in the proper proceeding. A head vapor followed by a gush will do its dissolving work in the upper part of the body and a foot vapor will produce the same effect in the lower part. The patient should then take a warm bath followed by a cold ablution. This application, besides working in a dissolving manner, will diminish the congestion of blood to the head. As soon as the conglomerations are thus removed and the circulation regulated, it will be good to proceed to



A gush using a watering can

the oiling of the machine, which is done by a nourishing, strengthening fare; not too much at a time, however. Strong wines, spirits and spices ought to be avoided, as well as mental exertion and agitation.

Case

A pastor was stricken by apoplexy. One hand, one foot, and one whole side of his body were totally paralyzed; voice and consciousness were also gone. Remedies were applied for several days, but without success. The physician declared that the one side would remain paralyzed as it was, and that a second stroke was likely to follow the first and put an end to the poor gentleman's life. I thought that in this case an experiment with water could do no harm. The cold foot and arm were vigorously washed with cold water; two warm foot baths with vigorous washing of the feet and four ablutions of the upper parts of the body were the applications on the second day. On the third day, we perceived that there was still feeling and life in the two paralyzed limbs. This gave us courage. On the fourth day, we applied a lower package to the awkward body and put the feet twice into a warm bath with salt and ashes. We continued in the same manner for a fortnight. Then the patient began to assist us with the healthy hand and foot and showed to his own great satisfaction that we were able to lift the paralyzed hand a little. For the following three weeks, whole ablutions were applied alternately with the head and foot vapors, weekly one of the vapors and daily one ablution of the upper and lower body. New life seemed to animate the body that had been so suddenly struck down and the appetite increased. The applications for the next three weeks were: every week one warm bath followed by a cold one, one head vapor, one foot vapor, and three half baths with ablution of the upper body for one minute. The cure was completed by upper and lower gushes applied alternately with the Spanish mantle. It was indeed no easy work, but the gentleman recovered his former health insomuch as to be able to say Mass daily, to sing it occasionally, to visit the sick, and to attend to his correspondence. His tongue, however, had been affected so much that a difficulty in pronouncing certain words always remained and rendered him unable to preach. It is now ten years since, and the pastor still lives and enjoys good health.

Case

A man, 45 years old, was stricken by palsy. The right hand and foot were completely paralyzed and without any feeling; appetite was wanting entirely. The patient took daily ablutions of the upper body and the feet; the water used was warm and mixed (in equal quantities) with vinegar. Three times a day, he took 30 drops of extract from wormwood, sage and bogbean. After a fortnight, normal warmth and feeling had returned to

hand and foot, and the man was able to walk in the room. The appetite increased, the paralyzed side recovered its strength, and after a few more days, the man was perfectly well again. It is worthy of notice that this man had indulged in the drinking of brandy, and that stroke must be attributed to this cause. To secure a complete cure and recovery of strength, eight to ten baths of a decoction from oat straw or pine twigs should be taken, the temperature of the bath being 99° to 104° F/37° to 40° C, for the duration of 20 minutes. As usual the warm bath is to be followed by a vigorous cold whole ablution, or a half bath with washing of the upper body.

Some general remarks about strokes may find a place here. Whenever a person has been stricken by apoplexy and is partly paralyzed, recourse should be had to cold washings immediately. Back, chest and abdomen should be vigorously washed twice to four times daily. Salt or vinegar may be mixed with the water. In the same way, feet and arms must be washed in order to distribute the blood equally to all parts and to produce sufficient warmth in them. All ablutions must be performed as quickly as possible. Their duration should never exceed one minute.



A friction rub of the upper body

If the effects of the stroke are only slight ones, and the patient is able to sit up, the best application will be a head vapor for 20 minutes followed by a vigorous washing of the upper body. After an interval of four to six hours, a foot vapor (also for 20 minutes) should be applied, followed by an ablution or lower gush. Then the above-mentioned ablutions may be made use of.

I caution against the application of the larger packages in such cases. The natural warmth is too weak and cannot be roused by these stronger

remedies. I know of a case in which a physician attempted to cure the patient by cold wet sheet wraps. The first package did well; but after the second one had been applied, the person remained cold, and the whole body assumed a blueish hue. Only application of warmth could bring him round again.



Head vapor

Case

A man is stricken by apoplexy. One side is completely paralyzed as well as the tongue. The patient is unconscious. So he remained for ten days. The physician who attended him declared that nothing could be done, and a second stroke would soon follow. The first application which I prescribed in this case was the head vapor. The sick man was lying in bed; a basin half filled with boiling water (a few handfuls of hay flowers had been added) was placed on a stool near the bed. The patient was laid near the edge of the bed and his upper body, which was exposed to the vapor, covered with a blanket. In ten minutes, the man was bathed in perspiration and continued so for 15 to 20 minutes, the water running down in drops. The upper body and the head were vigorously washed with fresh water and vinegar and laid to rest. On the same day, the washing was once repeated but without vapor application. On the second day, a foot vapor was applied for 25 minutes, the patient being still unconscious. Profuse perspiration of the whole body resulted from this vapor, which was followed by a whole ablution. On the third and fourth days respectively, we applied a head vapor and a foot vapor. On the fifth day, consciousness returned and the patient was able to move his paralyzed limbs. On the next three days, a whole ablution with water and vinegar was taken twice a day. Then the patient partly recovered his voice, but three weeks passed before he could speak freely again.

From this time the patient began to make use of three applications:

1. whole ablution,
2. covering with wet sheets, and

3. lying on wet sheets, alternately in the morning and in the afternoon.

In a few days the patient felt so much stronger that a knee gush could be applied every morning, and an upper gush every afternoon. Besides these applications, whole ablutions were taken and as soon as the patient could walk, this application was substituted by half baths, and upper gush with knee gush. The effect of the cure was so good that the man, even now after twelve years, is perfectly able to attend to his business.

A head vapor followed by a gush will do its dissolving work in the upper part of the body and a foot vapor will produce the same effect in the lower part.

A pastor was stricken by apoplexy. One hand, one foot, and one whole side of his body were totally paralyzed; voice and consciousness were also gone.

For the following three weeks, whole ablutions were applied alternately with the head and foot vapors, weekly one of the vapors and daily one ablution of the upper and lower body.

Some general remarks about strokes may find a place here. Whenever a person has been stricken by apoplexy and is partly paralyzed, recourse should be had to cold washings immediately.

If the effects of the stroke are only slight ones, and the patient is able to sit up, the best application will be a head vapor for 20 minutes followed by a vigorous washing of the upper body.

On the same day, the washing was once repeated but without vapor application. On the second day, a foot vapor was applied for 25 minutes, the patient being still unconscious. Profuse perspiration of the whole body resulted from this vapor, which was followed by a whole ablution.

Snoring

by F. J. Buttgenbach

The Kneipp Water Cure Monthly, II (3), 80. (1901)

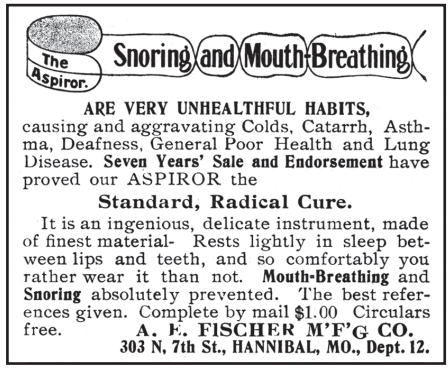
Editor of *The Kneipp Water Cure Monthly*:

Dear Sir:

I take the liberty to write to ask you to print the following for the benefit of mankind.

A few months ago I was travelling through the country and stopped one evening in a hotel. Here I found on a stand among newspapers, etc., a catalogue, and in the latter I read the following advertisement, which, by its great impudence, attracted my attention, and on account of the great value of the matter, I give it here in spite of that would-be public benefactor. I give you the explanation also for nothing, only that the readers for your paper may have a chance to follow the advice.

> Absolute and harmless cure for snoring. Guaranteed to stop it the first trial, and will cure the habit in from 10 to 30 days. Send by Registered mail for only $2.
> — I. H. Lewis, Lock Box 119, Rockville, Connecticut.



As nearly everybody knows, the snoring noise is audible as soon as a person lies on his back while sleeping, but not everyone knows that this snoring, besides being a disagreeable sound to others, is very unhealthy for the snorer himself. If people would only look at the animals they would find a good many corrections for their own bad habits, of which snoring is one.

You know now where the treatment can be obtained for only two dollars. I had rather throw the two dollars in the river for the fishes to play with, if I had too much of that stuff, than to the send them to Mr. Lewis, for I know a better and cheaper way for a cure.

Now read it carefully and be convinced. It is a very bad and unhealthy habit for any person to lie on his back, because the inner organs are not in their right position. Nature immediately attracts the attention of the victim's fellow men, and they call him or kick him to get him to change position and quit snoring, which annoys them.

To break this habit, it is only necessary to take a long towel or similar cloth, make a hard knot in the middle of it, and tie the towel around the waist so that the knot is in the middle of the patient's back; then tie the towel not too tightly in a hard knot on his left side. Thus prepared when the snorer turns on his back, he will feel the knot and turn back again then, involuntarily, to his right side, which position is the only healthy one to have a good sound sleep and receive the blessing of a good rest.

To lie on the stomach while sleeping is unnatural and unhealthy, and for these reasons uncomfortable, and will soon be given up. To lie on the left side is unhealthy because the pressure on the heart is too great and the blood cannot circulate properly. Lying on the back is unhealthy, for as soon as the person falls asleep, he commences to breathe through his mouth, which causes the palate to dry, thus producing in a short time the noise called snoring, which annoys nearly everybody. The only right and proper way for a person

THE IMPORTANCE OF CLEAN, OPEN NOSTRILS

Catarrhal Conditions Interfering With the Breath of Life

It is said "and the Lord God formed man of the dust of the ground and breathed into his nostrils The Breath of Life and man became a Living Soul," and so we find him to-day, breathing, breathing, breathing the Breath of Life. Breathing all the time from the time he is born until the time he dies. It is a scientific fact that as long as he lives he breathes and when he stops breathing he is dead.

Everybody knows this, but few of us know that the more we breathe the more we live and the less we breathe the more dead-like we become. If we did realize this fully, we would not find a sensible person going around with one of his nostrils so completely closed that breathing is impossible through it and yet he is ignorant of the fact.

In some cases people are walking the streets with both nostrils closed, doing the best they can to get the Breath of Life through their mouth. They do fairly well through the day when they can think to keep their mouth open, but at night when they sleep and their mouth and throat are relaxed, they make such an effort to get their breath that their snoring is heard all over the house.

It is no wonder they dream all night and wake up the next morning more tired than when they went to bed. Neither is it a wonder that they are always anæmic, frequently suffer from mal-assimilation and have poor digestion because without a large amount of oxygen in the system, food even of the best quality cannot be digested, nor is it strange that they sooner or later develop some derangement of the lungs and frequently also of the heart, for affections of the stomach, lungs and heart are very closely connected and will nearly always be found in conjunction with a more or less contracted irritable and perverted condition of the breathing apparatus.

My Treatment for Catarrh and Difficulties in Breathing

Nearly everything I know about the healing art was found out upon myself. In trying to learn to sing I found that my nasal passages were abnormally contracted, I found catarrhal conditions have developed. Naturally, I had this condition treated at once, but the treatment did no good and I was compelled to devise a simple, effective treatment that I could apply myself. The treatment that I finally devised and perfected is just as simple as breathing itself. To anyone sufficiently interested in my treatment to write me, I will send full particulars. Address:

JULIAN P. THOMAS, M.D. CO.
DEPT. 1B
522 West 37th Street New York City

to breath is to draw the air through the nostrils into the lungs while the mouth is closed, which is plainly seen what the animals do.

The nose acts like a filter or strainer and ventilator for the lungs, the impurities of the air such as dust etc., being caught by the little hairs inside where they can do a great deal of harm. The mouth should always be closed while breathing.

The nose must always be kept clean or it cannot fulfill its functions. If during the day, when washing, cold water is drawn up the nose from the hollow of the hand, it will cleanse the nose and also prevent a great many of what is called in this country, bad colds.

Now, my wish and desire is that the readers of your paper who are afflicted with snoring will try the above advice and be helped and convinced by it that I may not have to say, "Who doesn't want to hear, he has to feel," as I have often done lately when I have heard of someone having a bad cold who had read my article in the West about the "Cold, prevention and cure of it," and laughed at the advice and forgot it.

Thanking you very much for publishing the above article.

I remain respectively,

F. J. Buttgenbach

Lying on the back is unhealthy, for as soon as the person falls asleep, he commences to breathe through his mouth, which causes the palate to dry, thus producing in a short time the noise called snoring, which annoys nearly everybody.

The only right and proper way for a person to breath is to draw the air through the nostrils into the lungs while the mouth is closed, which is plainly seen what the animals do.

The nose acts like a filter or strainer and ventilator for the lungs, the impurities of the air such as dust etc., being caught by the little hairs inside where they can do a great deal of harm. The mouth should always be closed while breathing.

Catarrh Of The Bladder

by Sebastian Kneipp

The Kneipp Water Cure Monthly, II (7), 181-182. (1901)

Case

A gentleman relates:



Father Sebastian Kneipp (1821-1897)

I am 30 years old. For three years I have been afflicted with catarrh of the bladder. I attribute this complaint to over-exertion, and especially to undue retention of the urine. In the beginning I still attended to my ordinary occupation, although under great pain, until I broke down suddenly at table with weakness and pain. For 4 months, I was bedridden and became so miserable that I resembled a skeleton; the weight of my body having been reduced to 92 pounds. The physician prescribed *Wildungerwasser* (mineral water), of which I drank no less than 100 bottles, and sitting baths. A violent catarrh of the stomach and bowels added to my sufferings. In spring, things went on better. In summer, my pain was bearable, although very great at times. My urine was very often, almost daily, of a dull color. In winter, my pains always increased, and in summer I became better again.

In the winter of 1877, the pain in the bladder grew more violent. The urine became increasingly scanty and dull, and I had to keep to bed for three weeks. My strength was going so fast that it was believed consumption would soon bring me to my grave. The lower parts of my body were always cold, and I was shivering in a very well warmed room, dressed as I was in five pairs of trousers and three pairs of stockings. The physician only prescribed keeping warm, and several kinds of mineral water of which I took 150 bottles. At last, encouraged by many, I resolved to go to Wörishofen, as soon as the weather would permit.

The patient looked very ill and emaciated, but he did not cough. I gave him hope for recovery. On the third day already the color of his face had improved, the pain decreased, the urine became profuse and clear, and after four weeks the patient declared: "Now I am again the cheerful and healthy man I was formerly; this has been the result of the water."

The result was extremely good. A physician, who had made bladder complaints his special study, declared the gentleman completely recovered and was greatly astonished on seeing the result of the cure.

The applications were in the beginning, a night stool vapor with a

decoction of shavegrass. Then for three weeks upper gush and walking in the water in the morning and in the afternoon; later on daily sitting baths and upper gush alternately. Besides this, tea from shavegrass and juniper berries.

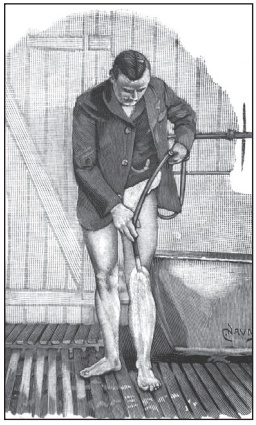
Case

A teacher says:

> My disease has been declared by physicians to be nervous irritation of the bladder and the bowels. For fifteen years I have suffered more or less from difficulty in making water. In spring this year the disease appeared in an unusually high degree. Sometimes, I had to urinate 15 to 20 times a night with considerable sediment containing salt crystals and later on mucus. I was also afflicted with winds, constipation, a feeling of chill and trembling (especially of the lower body) during the night, sometimes with convulsions in the legs. Complete loss of appetite and sleeplessness rendered me weak.

The applications were the following one:

1. every night a whole ablution (for which the patient got up after lying in bed for some time);
2. one day, a short package and the next day, a shirt dipped in warm salt water; and
3. daily a cupful of tea from shavegrass, in which 20 crushed juniper berries had been boiled.



A self-applied knee gush

This protocol was continued for three weeks. In a short time appetite and sleep returned, and one symptom of the disease disappeared after another. There remained only debility and pain in the leg. Against these we applied:

1. an upper gush in the morning;
2. a knee gush in the afternoon; and
3. half bath from time to time.

Blood Decomposition Case

On my return from a journey, I visited a parish priest of whom I had heard on the way that his end was expected. I entered and found the gentleman sitting in an armchair. He gave me the following account of his sufferings:

> I have 25 holes and wounds in my body. You see in my face five little bandages; of these I have 20 on my body. The little pustules form quickly and contain brown fluid. If I put on a bandage, it will stick to the pustule for a day and, when taken off, some putrid flesh will come off with it. In this manner I have suffered for months, and I fear there is no longer help for me. More tormenting even than the wounds on my body is for me a foul taste in my mouth, which is disgusting beyond description. If you, dear brother in Christ, have some advice for a wretched man like me, give it speedily.

I prescribed five or six spoons of tea from sage and wormwood to be taken every two hours to remove the bad taste from his palate. Then I left him, convinced that I should only see him in heaven.



Wormwood
[*Artemisia absinthium*]

Five days after this incident, a messenger brought me the news—not of the priest's death—but that the tea had resulted in the desired change in the priest's taste, and that he even felt appetite for food. He now asked for a remedy which would complete his cure. I prescribed a whole ablution to be taken daily for a fortnight, the washing to be performed as quickly as possible. Again the news arrived that the patient's health was improving and the appetite increasing. I now advised him to make use of the Spanish mantle and the whole ablution alternately, every day for some weeks. After a fortnight, the priest said Mass for the first time after a long interval. From that time he took every week a hay flower bath (95° F/35° C) to conclude with a cold whole ablution, and every day cold half baths (with ablution of the upper body) alternately with whole ablutions. The good priest's recovery was a perfect one, and he lived for twenty-four years after this cure, cheerfully attending to his office as pastor.

Case: Edema

A man comes and reports:

> For two and a half years I have been ill, and nobody can help me. Two years ago both my feet swelled and became quite blue up to the knees. Two holes formed on each foot, out of which ran much matter and blood. When the feet became a little better, the right arm swelled, became likewise, blue and holes formed on it. The arm is now better, but I have a tumor and pains in my back. Sometimes my abdomen is swollen, and I feel great pain there. But much worse than my bodily complaints are my mental

sufferings. People say that I sometimes speak confusedly. If I were allowed, I should have committed suicide long ago. They also say I was bewitched. Whether this be true or not, I cannot become more wretched than I am.

I prescribed: boiled oat straw, in which a flour sack* is dipped in the oat straw decoction. The patient slips into the sack, as you would into a pair of trousers up to the armpits. Then have yourself wrapped in a blanket and remain so for two hours, after which you can go to work. The second day, dip a coarse shirt likewise in such hot water, wring it out, and put it on; then the blanket, as the previous day. The third day, you take a short package sipped in oat straw water, for one and a half hours. Thus continue for a fortnight. After this time the tumors had disappeared, one foot was cured, the other one had still a little hole; the appetite came back, and the peasant had to make use of one of the three applications every third day. After three weeks, body and mind were completely cured.



Oats
[*Avena sativa*]

The applications were in the beginning, a night stool vapor with a decoction of shavegrass. Then for three weeks upper gush and walking in the water in the morning and in the afternoon; later on daily sitting baths and upper gush alternately.

I prescribed five or six spoons of tea from sage and wormwood to be taken every two hours to remove the bad taste from his palate.

I prescribed a whole ablution to be taken daily for a fortnight, the washing to be performed as quickly as possible.

I now advised him to make use of the Spanish mantle and the whole ablution alternately, every day for some weeks.

I prescribed: boiled oat straw, in which a flour sack is dipped in the oat straw decoction. The patient slips into the sack, as you would into a pair of trousers up to the armpits.*

*A cotton pillow case with each end open would serve just as well as a flour sack which is no longer in commercial use. —*Ed.*

Bed Wetting

by Benedict Lust

The Kneipp Water Cure Monthly, II (2), 182. (1901)

Not only children of both sexes but also adults are often afflicted with this complaint. It is a pity that unfortunate children are often treated with cruelty or that remedies are applied such as those advertised in almost every newspaper. I was once told that in an institution for children, the bed wetters were punished every night before going to bed. No wonder, if fear and anxiety prevent the poor creatures thus treated from falling asleep immediately. This is not all; they will afterwards fall into a deeper sleep, and the dreaded accident is sure to happen. The cause of this unpleasant complaint is weakness of the system. If the latter is braced, the former will soon disappear.



Water treading according to Kneipp

I advised six children, from 8 to 13 years old, to walk from three to five minutes in a bath with so much water as to reach the calves of the legs, and then to take brisk exercise either in the room or the open air. After five days, only two of the five wetted the bed; in a few more days these were also cured. After the walking in water they made every time use of the arm bath. Holding their arms in cold water, which was of great efficacy not only against the defect in question, but also against their unhealthy appearance. The applications prescribed for children will suffice for adults as well. Only when the juices of the blood are much affected through weakness, it is advisable to take a cupful of tea from common yarrow, half of it in the morning, the rest in the evening.

For the applications, the coldest water proved the best. I made an attempt with warm water in such a case but it increased the complaint.

I advised six children, from 8 to 13 years old, to walk from three to five minutes in a bath with so much water as to reach the calves of the legs, and then to take brisk exercise either in the room or the open air.

After the walking in water they made every time use of the arm bath. Holding their arms in cold water, which was of great efficacy not only against the defect in question, but also against their unhealthy appearance.

For the applications, the coldest water proved the best.

Chlorosis

by Benedict Lust

The Kneipp Water Cure Monthly, II (9), 240-241. (1901)

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

Chlorosis generally appears in young girls shortly before or during the beginning of their menarche. Chlorotic girls have generally a pale appearance, white discolored lips, and bluish rings around the eyes. They often also have a swollen abdomen, and suffer from constipation, pain in the abdomen, difficulty in breathing, palpitation of the heart, and tiredness in all the limbs. They also experience a sparse menstruation and have desires after the most peculiar, sometimes not even edible things.

Causes Of Chlorosis

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

How To Cope With Chlorosis

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

Diet

The partaking of a good, easy digestible mixed meat and vegetable diet. Beef, veal, calves' brains, sweetbread, stewed veal, pigeons, fowl, raw and boiled ham, further roasts of all kinds, game and the likewise nutritious blood sausages. Light digestible flour and milk dishes in the form of pancakes, rice milk, and such similar preparations.

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

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

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

Leguminous plants in moderation because chlorotic patients generally have a lack of gastric juice, and therefore cannot digest so easily these legumes which contain proportionately a large amount of magnesium. The usual meals, prepared carefully and tastefully should be divided into repeated, small meals of short duration. As much as possible let them avoid drinking any fluid while eating.

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

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

Air

Inhalation of pure, fresh air, if possible pine forest air; in conjunction with moderate exercise. Sleeping in large, airy and perfectly dry rooms; however, sleep should not be indulged in to too great an extent—and the mattress should be of "horse hair", if possible. [:)]

Dress

The dress should avoid all effeminacy, and should not be either too tight or too close; therefore, avoid wearing corsets, tight collars and rubber stocking bands.

Kneipp Applications

1. Moderate barefoot exercise, by degrees gradually extended to half an hour, especially in the morning dew. Immediately after this, the foot covering should be put on, while the feet are still damp, in order to create the so very advantageous steam warmth.
2. The so-called: "treading" the water, with the water above the calf of the leg, but only one to two minutes. This may be done every morning early, or several times a week only. Both of above applications may be applied all through the summer until late in the autumn.
3 During the week, dip the arms into fresh cold water for about half a minute, or take a knee gush for half a minute. Take a pitcher of water and let a steady stream of water fall on the bare knees for half a minute.
4. Apply repeated entire body ablutions right from the bed.
5. After the body is already comparatively hardened, a treatment of four to six weeks duration, consisting of upper gushes and cold upper ablutions in the forenoon, or of corresponding knee gushes and half baths in the afternoon, is recommended. For chlorotic patients who are too delicate can at first use lukewarm water, but this should gradually be reduced to its natural temperature.



A knee gush

For inciting the appetite, take daily four to six tablespoons of tea of peppermint, at intervals during the day. Every day some exercise and a time in the pure, fresh air for about one and a half hours each day.

FERROSANOL



FERROSANOL, a new electrolytic osmo-therapeuticum, represents in its novel mode of production, as well as in its efficiency and the thereby derived benefits, a new means for the direct treatment and nourishment of blood being below the standard of health. FERROSANOL is especially indicated in **Anemia, Chlorosis, Scrofula, Tuberculosis,** Diseases of the **Nervous System, Irregular** or **Painful Menses** due to anemic conditions; further in **Reconvalescence** following weakening **Operations, Child Birth, etc.** Appetite is greatly stimulated. Experiments have proven that the preparation is easily and completely assimilated by the system.

The preparation, as marketed, is in a highly concentrated form, the dosage as given below should under no conditions be increased.

When taken as directed FERROSANOL will have no deleterious effects on the stomach, bowels, and the kidneys. Remarkable is the steady and speedy increase in hemoglobin. The microscope has furnished positive proof that the iron, extremely disseminated as it is present in FERROSANOL, is actually taken up and incorporated by the red corpuscles.

FERROSANOL has before other iron preparations the great merit that it is actually absorbed and assimilated, whereas of many current iron preparations little or none of the iron finds its way to the blood corpuscles.

DIRECTIONS FOR USE—According to age and general condition of health one to three drops in half a tumbler full of water should be taken three times a day. Stir before drinking. A lesser amount sufficient after decided improvement has taken place.

Price per bottle postpaid, sufficient for several weeks of treatment, $2.00.

HAEMOZON PRODUCTS CO.
110 E. 41st STREET, NEW YORK, N. Y.
Sole Importers and Distributors of Oxigen Preparations

Moderate barefoot exercise, by degrees gradually extended to half an hour, especially in the morning dew.

Take a pitcher of water and let a steady stream of water fall on the bare knees for half a minute.

For inciting the appetite, take daily four to six tablespoons of tea of peppermint, at intervals during the day. Every day some exercise and a time in the pure, fresh air for about one and a half hours each day.

Goiter*

by Sebastian Kneipp

The Kneipp Water Cure Monthly, II (10), 276. (1901)

A stout parish priest tried to give his thick throat a normal shape by means of iodine, prescribed by a physician. In order to produce the desired effect in as short a time as possible and get rid of his goiter, he was rather extravagant in his use of iodine. In a short time, the strong gentleman emaciated so remarkably that he lost half the weight of his body. The physician gave him up, because the iodine had poisoned his blood.

In such cases the water *Pfarrer* [Father Kneipp] is always good enough to make up for other people's imprudence. I wish this remark to be regarded as a mere joke which I wrote down without the slightest feeling of bitterness! The patient took warm baths with a decoction of pine twigs (95 to 100° F/35° to 38° C) followed by a cold, but quick ablution. He lay on and was covered with warm sheets. There were further applied to him: the upper and lower gush, the lower package dipped in a decoction of pine twigs, every day two applications in the given order. Besides this, he walked barefooted in the dewy grass.

Tonic Of The Pines Bottled For You in Bing's Pine-Needle Baths



Is a new process **"Pine-Needle Extract"** which embodies the magic curative qualities with which Nature has endowed the Pine. Used in the Bath it exhales the wonderful aromatic odors of countless pine tree forests. It relaxes and soothes, acting as a strengthening nerve tonic.

Just as as sojourn among the pines helps restore the ailing to health, so do the **Pine-Needle Baths** benefit both sick and well. Tired people, nervous people, fagged mental workers—all who suffer from stress and strain, are wonderfully refreshed and strengthened. Even the robust should indulge in the Luxury of

Bing's Pine-Needle Baths

They cost but 8 cents and less per bath. Use it in hot, warm or cold bath, the one you most enjoy. After you have experienced the *feeling of* ease and well being—the relaxing of nerve strain—the general rest of a **Pine-Needle Bath**, you will retain it as an indispensable toilet article. Any physician will testify to the value of **Pine-Needle Baths** and their great aid to those seeking better health or greather efficiency.

Bing's Pine-Needle Baths come in 3 size pkgs. No. 1: Individual, holds 10 baths, $1.00. Size 2: Family pkg., holds 75 baths, $5.00. Size 3: Hospital or Sanitarium pkg. holds 160 baths, $10. Sent Exp. Prepaid on receipt of price. Personal checks accepted.

Live Agents wanted.

Fred. K. Bing, Jr.
906 Great Lakes Building
Chicago

He took daily a teaspoon of chalk dust or slaked lime** dissolved in half pint of water, to be divided into two to four doses; likewise daily one or two spoons of Province oil whilst he lived on simple, nourishing household fare. Also in this case the water did excellent service.***

---

*This excerpt comes from an article entitled "Blood Poisoning" that is found in Volume I *Clinical Pearls in Naturopathic Medicine,* on page 72. —*Ed.*

**Slaked lime is a white, caustic, alkaline substance consisting of calcium oxide. —*Ed.*

***Benedict Lust in an article on Kneipp Treatments written in 1902 adds another treatment option for goiter, "A piece of coarse linen is dipped in the infusion of scalded oak bark, and put on as a pack round the throat. But this remedy is of use only when the affection is in its initial stage, or for inflamed throat and glands. Knee and thigh affusions should be taken as well, and an abdominal pack at night." (Lust, 1902, 435) —*Ed.*

GOITRE CURE



A Convenient and Soothing Appliance worn on the neck at night and cures while you sleep. An antiseptic, hygienic absorbent that reduces the swelling and the distressing symptoms disappear in a short time. 16 years' success. Write for free booklet, terms and particulars about the best, cheapest, and quickest remedy in the world for Goitre. **PHYSICIANS REMEDY CO., 135 Sinton B'dg. Cincinnati, O.**

The patient took warm baths with a decoction of pine twigs (95 to 100° F/35° to 38° C) followed by a cold, but quick ablution. He lay on and was covered with warm sheets. There were further applied to him: the upper and lower gush, the lower package dipped in a decoction of pine twigs, every day two applications in the given order.

A piece of coarse linen is dipped in the infusion of scalded oak bark, and put on as a pack round the throat.

The Cure Of A Sleep Walker

by Unknown Author

The Kneipp Water Cure Monthly, II (12). (1901)



I

Our Joe is a sleep walker! Just look at him, how bad he looks, the poor boy. I would advise you, my dear, to go to the soothsayer in the nearest town; he may give you something to cure him.



II

The soothsayer prescribes: wild herbs from the devil's garden to be boiled in the moonlight, and of this decoction one quart full is to be given each day to the patient. Then, when there is a full moon, pull out seven of his hairs and bury them near the cemetery wall close to the chapel; recite seven times "The Lord's Prayer", and your boy will be well again in four weeks.



III

Well, look here, after having done for four long weeks exactly as we were told—still here is Joe again sleep walking upon the roof. Thunder and lightning! Tomorrow you shall drive to town and consult the village doctor.

IV

In my opinion the best remedy I could advise would be a copious blood-letting. Of course, he will be weakened a little, but at least he will keep quiet at nights.



V

May all the Saints protect us! Look, there he is again upon the roof, in spite of his weakened condition. I'm afraid he my yet break his neck one of these days.



VI

Ah, good day, Mr. Landscape Painter, are you going to stay with us again for your vacation? Yes, certainly, I will but my dear friend, what is the matter with you? You are making an awful wry face. Tell me all about it.

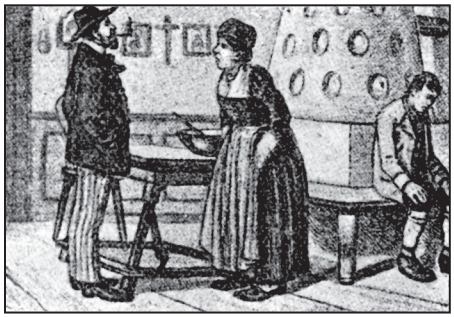




VII
And so you have actually tried everything all without success. Well, I think I know of a very simple remedy, the Kneipp Water Cure. All I need for that is a large tub partially filled with water and two large cans filled with water. I will personally attend to everything else.



VIII
Ah, now he is beginning to move already! Soon he will start his sleep walking again. Now you just watch me, the treatment begins.



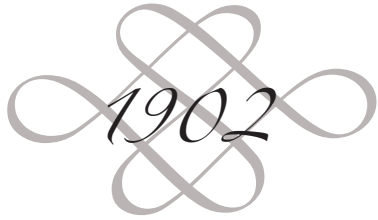
IX
Oh! Heavens! Stop. Hu—h u — h i — h — O h , O h , stop for God's sake, stop. I guess this shall be your last sleep walk.

X
The somnambulistic mania had disappeared. And when the landscape painter returned the next year, Joe had grown to such athletic proportions that the artist scarcely recognized him.



XI
And when after another year Joe and his sweetheart celebrated their wedding, the artist was of course one of the special guests, and made everybody remember Joe's Water Cure treatment.





Naturopathic Adviser

Naturopathic Adviser

How Naturopathy Cures

Ludwig Staden

Eye Affections

Benedict Lust

Control Of Emotions Through The Abdominal Brain

Sydney Flowers

Deafness And Diseases Of The Ear

Benedict Lust

The American School of Naturopathy.

You can.

I will teach you how.

If you want to better yourself—to help Humanity— to master the hidden wisdom of Nature, and to revel in her wondrous bounty—then listen.

For this is a personal message to you.

Don't neglect it. Don't forget it. Don't postpone it.

Read it through—*now*. And again.

Then *ask yourself*.

The United States, Canada, Mexico and Cuba need to-day, on a conservative estimate, 50,000 practicing Naturopaths. There are only about 2,000 in the field. And most of these are ill-balanced and ill-equipped—either all physical or all metaphysical at that, some are making as much as $10,000 yearly.

There are said to be 2,000,000 Physical Culture folk in this country, 3,000,000 New Thought people. This many human beings *already know* they *need you* when you have mastered Naturopathy. And 75,000,000 more *do* need you—if you have the power to prove it. The field is unlimited. Nothing limits you but the size of you.

No license is required. No State Board to be passed. As we teach and practice Naturopathy, it is legal anywhere and everywhere.

No large expenses for medicine or apparatus.

A more pleasant life-work than that of the old-school doctor; a more noble one than that of the business man. And as lucrative as both.

After a few month's study—which is fascinating in itself—you can begin practicing right in your own home—among your own neighbors. And by studying at night, you can keep the daytime for the work you are doing now.

There are *more avenues to success* through Naturopathy than in any other sphere of activity. You will be in great demand as a teacher, healer, physician, nurse, demonstrator, lecturer, athletic director, special writer, editor, hygienic advertiser, food manufacturer, baker, dietetic counsel, suggestive therapeutist—or in any one of a dozen other branches—whichever you like best.

If you long for a life you can put your heart into—and, get happiness out of at the *only institution* teaching it *entire*—"The American School of Naturopathy", of New York City.

Founded 1901. Incorporated 1905.

Curriculum covers 25 branches of Nature Cure and Nature Life, including Massage, Physical Culture, Osteopathy, Dietetics, Electropathy, Hydropathy (Kneipp, Priessnitz and Just), Heliopathy, Suggestion, Mental Science, et cetera.

1. *General Course.* Extends over period of two years, divided into four terms of 5 months each. Classes form in September and February.

2. *Mail Course.* Embodies first three terms of General Course. For invalids and families with special modifications, and for non-resident students.

3. *Advanced Course.* Is designed for Medical Students and established Practitioners. Period of 5 months, offers clinical practice to graduates of Mail Course.

4. *Postgraduate Course.* Instructs regular Physicians in the principles of Naturopathy. Period of 4 weeks.

Partial Courses arranged on request.

Special clinical advantages at our Naturopathic Home, Butler, New Jersey, May to October. Latest American and European methods. Evening Classes *now* at the City Branch—Day and Evening Classes after September 1st.

Send 10 cents for complete Prospectus. Silver or stamps — whichever is nearest.

American School of Naturopathy,

(Incorporated under the laws of the State of New York)

BENEDICT LUST, N. D., President and Founder,

124 East 59th Street, New York City.

This 1905 publication ad shows Benedict Lust establishing a naturopathic school in New York City.

Naturopathic Adviser

by Ludwig Staden

The Naturopath and Herald of Health, III (1), 46. (1902)

Under this column FREE advice according to the rules of Naturopathy will be given to all subscribers of the *Naturopath and Herald of Health*.



Ludwig Staden, Naturopath

Fred. L., Kansas City—Question: I am a sufer with gout for 6 years, my knees are swollen and weak, and I hardly can walk. I have great pains in feet, arms and hands; every evening feet and calves are swollen dropsically. I am constipated and pass very little urine. I have tried all kinds of medicine: Turkish baths, massage, electricity; nothing seems to help me.



Oak
[*Quercus robur*]

Answer: Put two hands full of hay flower blossoms and a quarter pound of chopped oak bark in a bag of thin cloth. Cook with six to eight quarts of water for about one hour. Let cool the water down to 120° F/49° C and put in a linen bed sheet, wring it out a little and spread it over a woolen blanket. Then apply a bed steam bath with three hot bottles wrapped in a wet sheet towel, one day three-quarter pack, the other day whole pack. Remain in the packs one to two hours, followed by a sitz or half bath 90° F/32° C, 10 to 15 minutes. Add to the bath the hay blossom water and finish with a cold sponge bath on the whole body. During the afternoon hot or cold hay blossom packs round the knees and feet covered with dry flannel, the hot ones if you have no pains, the cold packs if you have pains; the latter renew as soon as pain is starting again. Every night use wet clay packs round the knees and if necessary round the feet.

Your diet has to be: no breakfast, but you may drink the juice of two oranges and two lemons mixed. Dinner: spinach, carrots, turnips, oyster plants, sprouts, mushrooms, string beans with boiled rice or macaroni, lettuce, lettuce prepared with lemon juice, table celery, horse radish, raw or cooked fruits of all kinds. At 4 o'clock the juice of two oranges and two lemons mixed; drink through a straw. Supper: Dr. Lahmann's Cocoa



Juniper
[*Juniperus communis*]

with whole wheat bread and butter, stewed prunes, baked apples, farina, oatmeal gruel, dates, figs, grapes, etc. Before going to bed, one cup of the following mixed teas: juniper berries, shave grass, briar hips, yarrow and elder leaves. For constipation, lukewarm injections of one to two quarts of fennel and anise seed tea.

Mrs. Sp., Wheeling, West Virginia—Question: I am 55 years old, have a tumor in my right breast with no pain, but it worries me a great deal. Doctors say the tumor will increase constantly and only an operation can cure me. The tumor is the size of a hen's egg. I will do anything to avoid an operation. Have you cured such ailments?

Answer: Five years ago I had the same case to treat. The cure was a complete one. Also a similar case of a tumor size of a billiard ball on the right lower jaw of a five year old boy of Morgantown, West Virginia was completely cured without operation two years ago.



Fenugreek
[*Trigonella foenum graecum*]

Take *foenum graecum* and rye flour* in equal parts, cook it with water until you have a thick paste, put one or two tablespoons on linen rag and place it as warm as you can stand it on the tumor. Cover with warm flannel and renew every two to three hours, except during the night when it may remain till morning. After a certain time the tumor will soften, form an ulcerated process and excrete, which may last six to seven weeks. As soon as every particle has been excreted by Nature, the wound closes and your tumor is gone and will never come back.

In the first mentioned case, the entire healing process lasted about 16 weeks; in the second 11 weeks. Assist the cure with bed steam baths twice weekly, cold sponge bath in the morning, sitz bath 85° F/29° C after the pack. Live on a general vegetarian diet, especially plenty of fruits.

Charles M. O., Buffalo, New York—Question: Do you think it

---

* In the original text, rye flower was used. —*Ed.*

possible to cure lupus by your system? I am very interested in a case of one of my friends.

Answer: There is no doubt that lupus is curable by Naturopathy. Last year in Berlin I saw four cases of lupus at the Johannisbad being treated according to the Finsen light cure system (electric arc light) with great success, one being almost cured. Dr. Finsen at Copenhagen has cured till now about 500 lupus cases. M. Mehl at Berlin, the original inventor of this special light cure, uses a simple burning glass. Other cases have been cured by sun baths, water applications, fruit diet and other natural healing factors.

Mrs. G. B. M., Bridgeport, Connecticut—Question: I am very fond of oranges but cannot eat them as I feel sick in my stomach and have to vomit immediately after having taken the smallest piece.

Answer: Live on a general vegetarian diet, avoid all stimulants, drink every morning and evening one cup of malt coffee mixed with one teaspoon of strong oak bark tea (1 teaspoonful of chopped oak bark cooked with two cups of water half hour). Every night wet abdominal bandage and twice weekly three-quarter packing.

—346 Schermerhorn St., Brooklyn, N.Y.

[Gout] Put two hands full of hay flower blossoms and a quarter pound of chopped oak bark in a bag of thin cloth. Cook with six to eight quarts of water for about one hour.

[Gout] Then apply a bed steam bath with three hot bottles wrapped in a wet sheet towel, one day three-quarter pack, the other day whole pack. Remain in the packs one to two hours, followed by a sitz or half bath 90° F/32° C, 10 to 15 minutes.

For constipation, lukewarm injections of one to two quarts of fennel and anise seed tea

Take foenum graecum *and rye flour in equal parts, cook it with water until you have a thick paste, put one or two tablespoons on linen rag and place it as warm as you can stand it on the tumor.*

[Breast cancer]Assist the cure with bed steam baths twice weekly, cold sponge bath in the morning, sitz bath 85° F/29° C after the pack.

Naturopathic Adviser

by Ludwig Staden, Naturopath

The Naturopath and Herald of Health, III (2), 101. (1902)

Under this column FREE advice according to the rules of Naturopathy will be given to all subscribers of the *Naturopath and Herald of Health*.

Lowville, New York—Question: What treatment would you advise for a chronic case of catarrh of the prostate gland?



Chamomile
[*Matricaria chamomilla*]

Answer: Take a cane chair and put under the seat a vessel with boiling water; then sit on the chair, lower part of the body undressed, and a blanket all around from the hips down to the floor. You may put in the vessel some chamomile tea. After 20 or 30 minutes, a warm sitz bath, about 98° F/37° C, 10 to 15 minutes, and thereafter cool sponge bath. Do this every day. During the night hot flannel compresses on the region of the bladder and gland, well covered with dry flannel, three times weekly combined with wet abdominal bandage. Strictly non-irritating diet: apples, oranges, bananas, rice with stewed carrots, turnips, corn, oatmeal, hominy, lukewarm milk, malt coffee, fresh unsalted pot cheese, Dr. Lahmann's cocoa, Zwieback, whole wheat bread, dates, figs, nuts. Before going to bed, one cup of briar hip and shave grass tea, mixed with one teaspoon of lemon juice and a little honey; daily lukewarm enema of about one quart.

C. G. R., Milwaukee, Wisconsin—Question: I am troubled with gases in stomach and bowels as well as also obstinate constipation. What treatments and foods would be best in such case? Would warm water injections [enema] be hurtful, that is, using them regular to make bowels move?

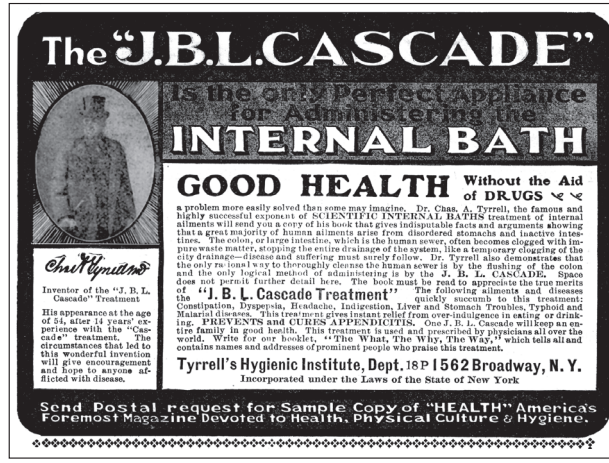
Answer: Do not eat any breakfast; instead drink one cup of fennel seed and anise seed tea mixed with one teaspoon of lemon juice and a little honey. Live for about four to six weeks on apples, oranges, dates, figs, nuts and whole wheat bread, and then general vegetarian diet. Avoid cabbage, lentils, dry peas and beans; also not many potatoes, but you may eat rice every day. Do not drink during or directly after meals. Injections are

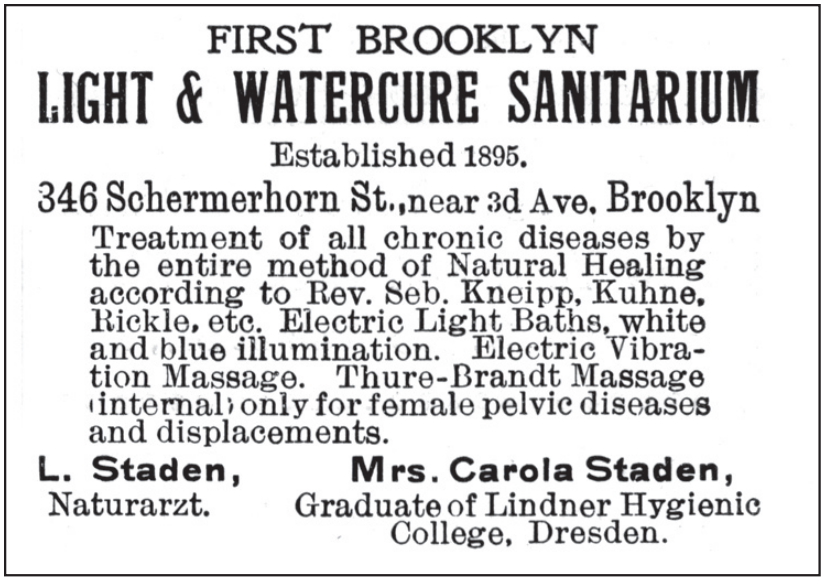
never hurtful; apply one of thin peppermint, yarrow and rice tea mixed about one and half quarts, 95° F/35° C, every day. Twice weekly bed steam bath one and half hours with 85° F/29° C and a sitz bath 10 to 15 minutes to follow, or hot air bath (at Casselmann's Institute in your city). Every morning, cold sponge bath, combined three times weekly with cold half bath one and half minutes. After the sponge bath, etc., good rubbing of the whole body and exercises, especially trunk bending forward, backward and to the left and right side. During the night wet abdominal bandage; warm foot bath now and then.

Wm. H., Charleston, South Carolina—Question: I have for some time now a growth similar to a wart on the ends of my fingers, but unlike a wart they are very hard. I have tried every means I know of to get rid of them without success.

Answer: Twice every week, a steam bath, or hot air, or bed steam bath with lukewarm sitz or half bath to follow. Every night a hot poultice of *foenum graecum* and rye flour, one tablespoon of the mixed flour at equal parts. Cook with a little water until you get a thick paste, put it on a two or three folded linen and apply it to the fingers and envelope the compress with a dry flannel. In the morning, alternate hand bath ten minutes hot and one to two minutes cold. If you can also apply the poultices during the daytime, at least for some hours, it will be so much better. The growth will soften, discharge some matter and disappear. For a certain time you may expect that you cannot use your hands at all. Vegetarian diet, plenty of fresh fruits; if you cannot use the poultices during the day time, wet the finger tips very often with pure lemon juice.

—246 Schermerhorn St., Brooklyn, N.Y.





FIRST BROOKLYN

LIGHT & WATERCURE SANITARIUM

Established 1895.

346 Schermerhorn St., near 3d Ave. Brooklyn

Treatment of all chronic diseases by the entire method of Natural Healing according to Rev. Seb. Kneipp, Kuhne, Rickle, etc. Electric Light Baths, white and blue illumination. Electric Vibration Massage. Thure-Brandt Massage (internal) only for female pelvic diseases and displacements.

L. Staden, Naturarzt.

Mrs. Carola Staden, Graduate of Lindner Hygienic College, Dresden.

Take a cane chair and put under the seat a vessel with boiling water; then sit on the chair, lower part of the body undressed, and a blanket all around from the hips down to the floor.

During the night hot flannel compresses on the region of the bladder and gland, well covered with dry flannel, three times weekly combined with wet abdominal bandage.

Do not eat any breakfast; instead drink one cup of fennel seed and anise seed tea mixed with 1 teaspoonful of lemon juice and a little honey.

Do not drink during or directly after meals.

Every night a hot poultice of foenum graecum and rye flour, one tablespoons of the mixed flour at equal parts. Cook with a little water until you get a thick paste, put it on a two or three folded linen and apply it to the fingers and envelope the compress with a dry flannel.

How Naturopathy Cures

by Ludwig Staden

The Naturopath and Herald of Health, III (4), 190-192. (1902)

Practice is better than theory; that's an old truth. Whatever may be explained and studied theoretically will not so much convince as when explained and experienced practically. One small fact of practical experience causes more excitement and has more influence than a whole book of scientific theories as the following examples will show. About two months ago, there was a notice in the *New York Herald* that a lady in England was cured of cancer of the throat by a peasant woman with tea of violet leaves. Also, it was remarked that tea of violet leaves was very beneficial for all throat troubles. The consequence was that patients suffering from all kinds of throat afflictions tried violet leaf tea. Doctors prescribed it predominantly, and a florist in Brooklyn told me that he could not raise enough violets, such a large demand there was for them.

Case: Inflammatory Rheumatism

It is now my intention to give the readers of this magazine an idea how Naturopathy can cure by citing some facts taken from actual practice. Those who should doubt the following may have the addresses of the respective parties, who will willingly confirm the truth. There is first a ten month old Brooklyn baby, whose name is Walter. When four months old the little boy became sick and the family doctor was summoned. The diagnosis was trouble of the spine, but what kind of trouble the doctor could not find out exactly. He thought something like spinal meningitis. Indeed, it is hard to tell sometimes with a baby, who cannot explain what ails him, and so the doctor advised a plaster of paris corset round the trunk. The consequence was the baby cried day and night. Apparently, he seemed to have pain all over the body; he lost appetite and weight. The doctor finally allowed to open the corset in the front, but with very little success. The child did not grow, could not sit up, and became poorer from month to month, until after six months of fruitless work and worry, the hopeless parents tried Naturopathy.

My diagnosis was inflammatory rheumatism in connection with atrophy of the muscles of the thighs. The child could not straighten the legs and was not able to sit. Every touch to any part of the body caused great pain; there was very little appetite and severe constipation. My advice was warm hay blossom, three to four packs and full packs with hay blossom half bath, 90° F/32° C, and cold sponge bath every morning. Abdominal bandage afternoon and night and an enema of chamomile tea. The food was changed from "peptongenic" milk powder to Dr. Lahmann's



DR. LAHMANN'S
Non-Constipating Cocoa
Oatmeal-Cocoa, Chocolate
Vegetable Salt Extract
Vegetable Milk

To be had in groceries, druggists and Naturopathic and Kneipp Institutions

Write for booklet and samples

KASTOR & HAASTERS
SOLE LICENSEES AND IMPORTERS
127 FRANKLIN ST. NEW YORK CITY

vegetable milk mixed with cow's milk, fennel tea and a little honey; one teaspoonful of orange juice now and then. Later, electric light baths were applied every two weeks. The result after two months was perfect health and the baby had increased in weight and size three-fold.

Case: Peritonitis



Sitz bath

Mrs. Ch. M., of Brooklyn, now living at Landing, New Jersey, was afflicted with peritonitis shortly after the birth of her second child. The doctor prescribed different kinds of medicines, pills and turpentine vaginal injections with the result that the abdomen was swelling higher from day to day. The pains being excruciating, the fever rising, and finally the condition becoming very critical, I was called in. The doctor had given strict orders that the patient should not be moved, but I immediately put her in a 90° F/32° C sitz bath, which caused a large movement of the bowels of a very bad odor, but at the same time, some relief. After being sponged off with cool water, three to four layer packing was applied for about one hour and then again a cool sponge bath. The latter was repeated often during the day and night in alteration with cool compresses on the abdomen. The diet consisted of nothing else but orange juice and cool water; thus we worked for six days. Then Mrs. M. was out of all danger. She was free from fever and pains, the size of the abdomen was again normal, and after another week's treatment, the patient was entirely restored to health.

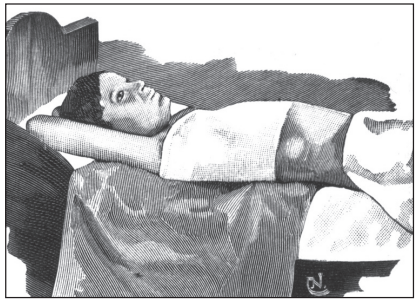
Case: Mandible Tumor

A very peculiar case was the following one: Frank, a bright little fellow, four years of age, from Morgantown, West Virginia, was healthy until he got a growth on the lower jaw of his left cheek. The doctors declared it to be a tumor and they knew no other cure for him but an operation. Professor Acherman of Wheeling proved this statement, and added that with the operation half of the lower jaw would have to be removed, which of course would disfigure the face of the boy for all his life. The mother wished to try first the naturopathic treatment, and the doctor consented, as the latter could not do any harm, and the operation could be performed later on just as well. The mother waited for a couple of months, but the tumor grew in size slowly, so she decided to go to Brooklyn. It happened that she met on the road coming over here a doctor from the University of Vienna, who told her that the tumor was a second lower jaw, and no naturopathic treatment could help in such a case.

I found the tumor of the size of a hen's egg, and hard as stone. There were no other symptoms of disease whatever. The treatment consisted of hot poultices of *Foenum graecum* and rye flour mixed in equal parts, applied day and night continuously, steam, hot air and electric light baths, packs, sitz baths, cold sponge baths, Kneipp gushes and a vegetarian diet. After three or four weeks, the tumor began to soften, and three little pimples appeared on and near the tumor, which, eventually developed into ulceration. Finally, yellow matter and dark blood were discharged, and after ten weeks the boy was rid of the growth.

Pneumonia And Brain Fever

Miss W., 16 years old, residing at Brooklyn, now Woodcliff, New Jersey, was afflicted with the pneumonia and brain fever in the fall of 1899. The parents, being strict adherents of Naturopathy, called Mrs. Staden immediately, and after two weeks Miss W. was entirely restored to health. The treatment consisted of three to four packs, half baths, 90° to 85° F/32° to 29° C, Cascade injections [enemas], local cool compresses on chest and around the head, abdominal bandages, sponge baths, etc.



A chest compress



A head compress

The diet consisted of orange and lemon juice with water during the first week, then light barley, rice, and oat soup, malt coffee, milk, farina, raw and stewed fruits, etc.

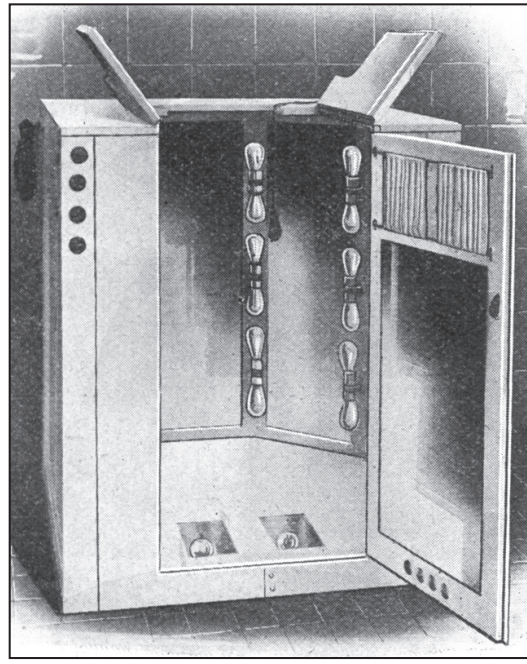
A student of the Long Island College Hospital, who lived in the same house, warned the parents not to have their child treated by such an unscientific method, picturing the great responsibility they would take upon themselves and the reproaches of all their relations and friends after the death of their daughter. The parents said if Naturopathy did not help, medicine would never help, and that they trusted in Nature more than in science. Very seldom we find such courageous and brave people. Ten times out of eleven, people listen to such warnings and return to the school of medicine. How often has this happened in my practice and I thought of Hamlet's words:

> And thus the native hue of resolution
> Is sicklied o'er with the pale cast of thought,
> And enterprises of great pith and moment,
> With this regard their currents turn awry,
> And lose the name of action.

Diabetes Mellitus

This case was a real triumph of the skim milk cure which I prescribed according to the late Dr. Donkin, of Belfast. Unfortunately, the patient had hard feelings against me, as he became very weak for a few weeks during the course of treatment, which weakens. He thought it could have been prevented, although I explained to him many times that such a weak condition was very often experienced in connection with natural cures and that it could not be prevented. He would not listen to these arguments, and stopped with the cure as soon as he had no more sugar. He only called once again, after six or seven weeks, showing me how he had improved and gained 14 pounds in spite of living contrary to my prescriptions. About one year later he had a relapse, returned to medicine and died 12 months afterward. When he started, September 9, 1899, he had ten percent of sugar in the urine, his doctor dieted him especially with meat. I changed the diet to a vegetarian one and reduced the percentage to 7.7 till November 12th. Then we started with the skim milk diet. Here are the results of the examinations of the urine, which were done by an expert chemist:

Within 24 hours	Quantity of Urine (quarts)	Specific Weight	% of Sugar
Nov. 12	5.5	1043	7
Nov. 18	2.5	1026	4
Nov. 27	2.25	1023	3.25
Dec. 4	2.5	1018	1.75
Dec. 14	2.5	1020	1
Dec. 29	2.5	1014	1.33
Jan. 6-Feb. 18, exam made every day; no sugar present in urine.			



Electric light bath

The treatments were principally electric light baths, packs, massage, and physical culture. The skim milk has proved to be a perfect healing factor in Bright's disease, and dropsy or edema of the severest kind can be reduced entirely within one to three weeks. Recently, I had again to observe a splendid cure of edema of arms, legs and abdomen on a 60 year old lady, who was treated according to the skim milk diet by the Naturopath H. Diechmen, at Brooklyn.

Case: Chronic Gout And Rheumatism

Miss T., of New York; here is what she reports herself:

> Since a number of years suffering from rheumatism and having alternately been treated by four different physicians without permanent success, I suddenly became sick with a heavy attack of gout about four years ago. The toes, fingers and wrists were swelling with the most severe pains, and I was perfectly unable to move hands and feet. Medical assistance caused some relief from the pains for a short time, but only to be followed by a still worse attack. Now also my knees and shoulders are affected and I became absolutely helpless. Like a baby, I had to be moved from one side to the other, had to be dressed and undressed, and the food had to be given me. A few more physicians were consulted who brought me momentary relief, but finally my case was declared beyond hope and incurable. The hands, in the course of time, became almost entirely crippled; the fingers and wrists were filled with thick gouty calcinations, depriving me of all strength and capacity to use them, even in the lightest form. Walking was nearly as bad; the smallest effort caused terrible pains. Nearly despairing, I remembered the advice of one of my friends to try the naturopathic treatment. In Ludwig Staden's Institute I was seeking my last hope, and I found it. Today, after about one year's treatment and natural diet, my feet, knees and shoulders are perfectly normal again; the gouty accumulations on the hands have completely disappeared, and only a light swelling of the wrists is still observable, which I do not doubt will also soon vanish. The old strength returned to my hands, and I can walk as a healthy person.

These are only a few reports of naturopathic cures; there is no place for more today. The celebrated Bilz book or the Platen book contain a great number of much more interesting cures. For instance, the cure of Prince Wilhelm of Wurttemberg by Schroth; the cure of the famous Professor of history, Dr. W. Oncken of the University of Giessen, by Weicker; the cure of the son of the multi-millionaire Zimmerman in Saxony, who donated one million marks to establish a naturopathic sanitarium at Chemnitz. In Germany, where the profession of healing is free, Naturopathy has gained triumphs over triumphs. More than 500 medical physicians have been converted to it. Many have written fine works in which they frankly condemn the use of poisons, vaccinations, etc., and confess that medical science has no therapy. Would such facts be possible if Naturopathy would not be a truth? Think it over and do not wait until bitter experience forces you.

My diagnosis was inflammatory rheumatism in connection with atrophy of the muscles of the thighs.

My advice was warm hay blossom, three to four packs and full packs with hay blossom half bath, 90° F/32° C, and cold sponge bath every morning. Abdominal bandage afternoon and night and an enema of chamomile tea.

The doctor had given strict orders that the patient should not be moved, but I immediately put her in a 90° F/32° C sitz bath, which caused a large movement of the bowels of a very bad odor, but at the same time, some relief.

The diet consisted of nothing else but orange juice and cool water; thus we worked for six days.

The treatment consisted of hot poultices of Foenum graecum and rye flour mixed in equal parts, applied day and night continuously, steam, hot air and electric light baths, packs, sitz baths, cold sponge baths, Kneipp gushes and a vegetarian diet.

The treatment consisted of three to four packs, half baths, 90° to 85° F/32° to 29° C, Cascade injections [enemas], local cool compresses on chest and around the head, abdominal bandages, sponge baths, etc.

The parents said if Naturopathy did not help, medicine would never help, and that they trusted in Nature more than in science. Very seldom we find such courageous and brave people.

Eye Affections *

by Benedict Lust

The Naturopath and Herald of Health, III (5), 227-230. (1902)



Fennel [*Foeniculum vulgare*]

Also in these diseases, which occur so frequently and under such various forms, Kneipp has recorded the most brilliant results. Many a sufferer, who was near losing his eyesight, and even people who had already lost it, have recovered the precious light by this cure. As a rule in such cases, the maxim holds good: when the entire system has been brought into a satisfactory condition, the eye, too, will get right again. Besides water, there are other remedies for affected eyes, which act as purifiers, solvents, and strengtheners. Also, water is a very good purifier. One has only to put a small pinch of powdered aloe into a glass of warm water, and to shake it well, and the eye-water is ready. The eyes should be washed with it twice a day. The way to do this is to dip a small piece of linen cloth into the water, and to lay it upon the open eye, not the eyelid.

Fennel water is also a capital remedy for the eyes; as well as honey, wormwood, rosemary and eyebright. The tea must never be made strong, but very weak. Sugar and honey, applied in the form of an ointment, are also very effective.

Eye Inflammations

When the eyes water or discharge mucus, a head steam bath is usually given, followed later by foot steam baths and warm foot baths. Soft whey may be placed on inflamed eyes overnight. All that has been said on the application of the steam bath must be scrupulously observed. The head affusion after the bath acts with very strengthening effect on the whole head. Half a can of water is sufficient.

Scrofulous Eye Affections

Eye affections of a scrofulous nature are best cured with three full baths (85° F/29° C) a week, for which cold washings and half baths should be substituted. In cases of scrofulous children, sore eyes are treated very

*The original title of this article was "Diseases". —*Ed.*

successfully in the following way. The child is taken out of the warm bed, and dipped into cold water up to the armpits for three seconds, once a day. Twice a week, the child is wrapped for an hour and a half in a shirt, steeped in a warm infusion of hayseed. After a month's treatment, the applications are reduced to three cold dips and one warm shirt wrapping weekly; and continued for a few weeks.

In eye complaints, wormwood tea may also be applied as an eye water. If there is heat in the eyes, a decoction of an American aloe leaf (about a pint of water), with a teaspoonful of honey mixed in it should be taken internally in small doses, in addition to the careful washing of the eyes. The aloe eye water is made thus: a good pinch of aloe powder is put in a glass beaker, hot water is poured over it, and the mixture is well shaken, as mentioned above. This aloe water is applied three or four times a day, and is an excellent wash to counteract watery or mucous charge from the eyes. A little twitching and burning at first must be expected. Eyebright (*Euphrasia officials L.)* is employed either as an infusion or powder. The infusion is for washes and compresses; the powder is taken internally, a pinch of it in a spoonful of soup or water. The infusion serves likewise as a stomachic bitter, to assist digestion and to improve the gastric juices.

Cataract

There are three varieties of cataract: green, black, and gray.

Green cataract is caused mostly by determination of blood to the eye, and congestion in it. If taken in good time, it may often be treated successfully by drawing the blood away from the head to the feet; which, in most cases, will be found to be cold.

The best derivative measures will be knee and thigh affusions, and walking daily in water. For strong constitutions, three upper affusions and walking daily in water. For strong constitutions, three upper affusions; for weaker patients, three washings of the upper part of the body, in rotation with three half baths, may be prescribed. In addition, two eye baths should be taken daily; and the eyes should be frequently washed with aloe water and wormwood tea. Green cataract is easily perceived, as the eyes generally protrude considerably, and have a greenish color.

In black cataract, the treatment may be brought to bear more directly on the head; though the main object must still be to regulate the assimilative functions by vigorous measures.

Two or three eye baths should be taken daily; with a head affusion one day, and a half bath the next. Thus, three head affusions and three half baths will be taken weekly, as well as two full affusions during the week. In black cataract, the optic nerve gradually decays, in which event there is no possibility of cure.

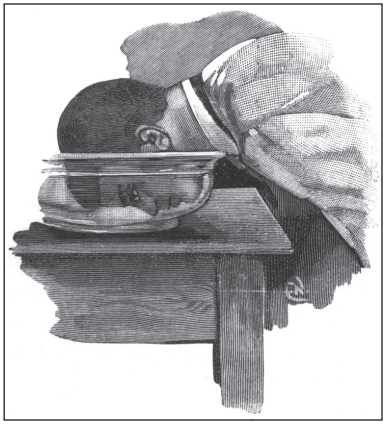
Gray cataract is also a serious disease, consisting in a clouding of the

lens of the eye. In most cases an operation is resorted to, and the opaque lens is removed. If a radical water cure be entered upon, under competent advice in the earliest stage of the disease, its postponement is possible. Not only the eyes, but the whole body must be treated. One or two eye baths should be taken daily; and every week three packs, two or three head affusions, and two throat packs. These will be the most effectual applications.

Case:

A landowner and magistrate, in a village of the county of Glatz, was affected with cataract and nearly blind. Celebrated oculists in Breslau and Neisse had treated him for a long time, without result. He had been compelled to give up his magistracy, and had resigned himself to his fate. In the extremity of his need he applied the Kneipp Cure, and after a six months of treatment, the main features of which were affusions and walking barefooted, his precious eye sight was saved. The name of the village is Oberhaunsdorf, near Glatz, and the name of the landowner, R. Kushchel.

The amount of misery which has been wrought in the world by specialists is absolutely outrageous. Is there any sense in treating specially the eyes, say, of a strong, plethoric butcher or brewer, whose sight is getting affected? Frequently, and in the majority of cases, the diseased eye need not be touched at all, and will recover of itself if upper, knee, and full affusions as well as half baths are judiciously employed to restore a normal circulation of the blood. How quickly would the affection be stopped at the very outset, and how terrible is the picture of misery presented on entering an institution for the blind! Ask and you will be convinced that of every hundred blind people, hardly five were born blind. All the rest have been "cured" blind by medicine! Is not that fearful to think of? Most of the blind persons were, when children, treated for scarlatina and measles in the orthodox medical fashion. The morbid matter was never expelled, but only suppressed, and the result was blindness or deafness!



An eye bath

For the eyes, Kneipp prescribed particularly certain curative eye baths. The face is immersed two or three times consecutively, with the eyes open in a basin of cold water for five seconds.

Anyone who does this several times a week will have good eyesight to a great age, provided he hardens his body in other respects and lives moderately.

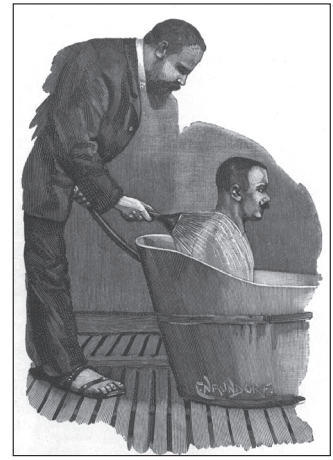
Case:

A gentleman, aged thirty-six, felt during three years his bodily strength and eyesight failing. He was nearly blind when he was compelled to resign his official duties. He sought help from the most famous specialists, who tried all they knew, and finally declared that the optic nerves were completely paralyzed and that therefore recovery was out of the question. By treatment with water, new life and vigor were thrown into the whole system. One day, full washing; the next, upper and knee affusions; the third, upper and thigh affusions; the fourth, full washings; the fifth, upper and thigh affusions; again on the sixth, upper and knee affusions; the seven, back affusion. These are the applications during the first week for all cases of this kind. The unfortunate man had lost all his appetite but it returned to him with the water treatment. He lived on the simplest fare, which unfortunately is too rarely known and chosen, namely, strengthening soup (not broth), morning and evening. For dinner, a little meat and vegetables. His appearance gained from week to week in freshness and in health, while his strength increased. After twelve weeks, he found himself in perfect health; his strength was completely re-established, and his eyesight, which had quite failed, improved from day to day, slowly but surely. The applications during the weeks following alternated between half baths, upper and thigh affusions, back and knee affusions, and full washings; so that each of these was applied twice in rotation.

Case:

A mother brought her boy, a pitiable object, almost half dead, and yet not affected with any particular disease. The complaint was that he was all but blind; and all that had been done for his eyes had not benefited him. Kneipp saw at once that the poor creature was not properly nourished, and that naturally he must waste away.

The poor boy had no appetite; though the best wines (in small quantities), coffee, beer, and a choice selection of food were given him daily. He was now washed every day with cold water, and had for ten days, every twenty-four hours, an upper and a lower affusion.



An upper affusion

Restores Eyesight

Spectacles Can be Abandoned

"Actina," A Wonderful Discovery That Cures Afflictions of the Eye Without Cutting or Drugging.

There is no need for cutting, drugging or probing the eye for the cure of most forms of disease for a new system of treating afflictions



of the eye has been discovered, whereby all torturous methods are eliminated. There is no risk or experimenting, as hundreds of people have been cured of failing eyesight, cataracts, granulated lids and other afflictions of the eye through this grand discovery, when specialists, they state, termed the cases incurable.

Gen. Alexander Hamilton, Tarrytown-on-the-Hudson, N. Y., highly recommends "Actina."

Louis Meyer, 93 Herman St., Rochester, N. Y., writes: "'Actina' has effected a wonderful cure in my wife's case, curing her of a severe eye trouble, and I would not be without it."

Mr. A. L. Howe, Tully, N. Y., writes: "'Actina' has removed cataracts from both my eyes. I can read well without glasses; am sixty-five years old."

Robert Baker, Ocean Park, Cal., writes: "I should have been blind had I not used 'Actina.'"

Hundreds of other testimonials will be sent on application. "Actina" is purely a home treatment and self-administered by the patient, and is sent on trial, postpaid. If you will send your name and address to the New York & London Electric Association, Dept. 212B, 929 Walnut St., Kansas City, Mo., you will receive, absolutely free, a valuable book—Prof. Wilson's Treatise on Disease.

After that, a daily half bath with upper and thigh affusions. For diet, strengthening soup twice a day (not meat broth); good simple, mixed food at the midday meal; and between breakfast and the noon meal a spoonful of good milk hourly; the same again between that meal and supper. Five weeks later, the boy looked the picture of health, was happy and cheerful, always going barefooted. He relished his simple fare, and his eyesight was completely restored. There cannot be plainer proof that an unnatural mode of life renders young people, in particular, wretched, while the systematic use of water, combined with proper food, will speedily rehabilitate a constitution which has been seriously weakened.

An eye water of wormwood tea has often proved of the greatest service to people suffering with the eyes. Washing them three times a day in a decoction of fennel—half a spoonful of the powder boiled in half a pint of water—is recommended; while steaming with the same remedy (holding the eye over the steam of the decoction, instead of using the later as a wash) has a still more powerful effect. Caraway and anise seed act in a similar way; or all three may be mixed. A teaspoonful of honey, boiled for five minutes in half a pint of water, makes a purifying and strengthening eye wash, which should be applied with a small piece of cloth.

The head affusion after the bath acts with very strengthening effect on the whole head. Half a can of water is sufficient.

In eye complaints, wormwood tea may also be applied as an eye water. If there is heat in the eyes, a decoction of an American aloe leaf (about a pint of water), with a teaspoonful of honey mixed in it should be taken internally in small doses, in addition to the careful washing of the eyes.

The best derivative measures will be knee and thigh affusions, and walking daily in water.

By treatment with water, new life and vigor were thrown into the whole system. One day, full washing; the next, upper and knee affusions; the third, upper and thigh affusions; the fourth, full washings; the fifth, upper and thigh affusions; again on the sixth, upper and knee affusions; the seven, back affusion.

Washing them three times a day in a decoction of fennel—half a spoonful of the powder boiled in half a pint of water—is recommended; while steaming with the same remedy (holding the eye over the steam of the decoction, instead of using the later as a wash) has a still more powerful effect.

Control Of Emotions Through The Abdominal Brain

by Sydney Flowers

The Naturopath and Herald of Health, III (5), 237-238. (1902)

The purpose of these instructions is to teach you how to at once control your emotions, not your voluntary intelligence. The voluntary, educated and calculating intelligence is given expression through the brain in the head. There is another brain. It is called the solar plexus. It is located at the pit of the stomach and consists of a mass of nerve substance from which nerve fibres radiate to various parts of the system.

It has been scientifically proved that the solar plexus, or abdominal brain, controls the emotional nature of man. It controls the involuntary functions of the body. A hard blow on the pit of the stomach will stop involuntary action such as breathing and heart action—resulting in death. A bullet may crash through a man's head, yet he will continue to breathe and his heart will beat for hours. Indeed, it does not necessarily mean death, for the center of involuntary force has not been disturbed.



ELLA WHEELER WILCOX.

with the purpose of the New Thought magazine. The magazine is having a wonderful success and the writings of Mrs. Wilcox for it, along the line of the new movement, are among her best. Words of truth so vital, that they live in the memory of every reader and cause him to think—to his own betterment and the lasting improvement of his own work in the world, in whatever line it lies—flow from this talented woman's pen.

The magazine is being sold on all news stands for five cents. It is the brightest, cleanest and best publication in its class and its editors have hit the keynote of all sound success. The spirit of every bit of print from cover to cover of the magazine is the spirit of progress and upbuilding—of courage, persistence and success. Virile strength and energy, self-confidence, the mastery of self and circumstances are its life and soul and even the casual reader feels the contagion of its vigor and its optimism.

FREE.—The publishers will be pleased to send a handsome portrait of Mrs. Wilcox, with extracts from her recent writings on the New Thought, free. Address

THE NEW THOUGHT
45 The Colonnades, Vincennes Ave., Chicago, Ill.

The solar plexus controls the emotions. Therefore, control or stimulation of the solar plexus will affect the emotions. You may affect and stimulate the solar plexus at will by an elastic pressure from within through the action of the lungs and abdominal muscles.

Directions

Suddenly expand the abdomen by inhaling a breath of air quickly,

keeping the chest, ribs and upper air passages motionless. Expand abdomen only. You will feel a pressure at the pit of the stomach. Now suddenly and forcibly, while holding the breath, contract, and bear down on that distension at the pit of the stomach by hardening the abdominal muscles and you will instantly find that the feeling of fear or other morbid emotion has diminished in acuteness, if indeed it has not entirely left you. The whole process will not take more than ten seconds to accomplish. Repeat five times.

Success in varying degrees is immediate. Results are sure and the effect is an astonishing mental or rather emotional calmness. This means that you have discovered the secret of emotional control. You can force all mental distress of an emotional nature to leave you instantly. You are absolute master of yourself from now on. The nerve currents in the solar plexus, or emotional brain, have been stimulated into a normal activity. Use this exercise only when you feel you need it.

Among the emotions which can be controlled by this method are Fear, Doubt, Worry, Anxiety, Love, Hate, Anger, Passion, Melancholy, Pity, Excitement, Grief and Remorse.

Keep your own counsel and conserve your energies so that you may be a power in the world.

—From *New Thought*, Psychic Research Co., Chicago, Illinois

The solar plexus controls the emotions.

Suddenly expand the abdomen by inhaling a breath of air quickly, keeping the chest, ribs and upper air passages motionless.

The whole process will not take more than ten seconds to accomplish. Repeat five times.

Keep your own counsel and conserve your energies so that you may be a power in the world.

Deafness And Diseases Of The Ear

by Benedict Lust

The Naturopath and Herald of Health, III (12), 490-492. (1902)

Deafness can arise from so many causes and develop itself by so many different methods. To treat the subject exhaustively would require a volume of many hundreds of pages. To the general reading public, even the information contained in a short article can be of infinite value in pointing out what to do, as well as what not to do in the early stages of most ear troubles.

Congenital malformation of the inner organism of the ear must naturally mean incurable deafness. It is this total deafness which creates a large percentage of the deaf mutes that exist, many of them having their organs of speech perfectly developed but being utterly unacquainted with sound, have never learned to speak. All other forms of deafness are at some stage of development, amenable to local and systematic treatment in a longer or shorter length of time.

The sources of deafness and ear troubles are also so diversified that it would take a long list to cover the ground entirely. The most general are different forms of nervousness, rheumatism, scrofula, gout, scarlet fever, diphtheria, and colds. Besides this, noises in the head and consequent hardness of hearing arise from some forms of heart trouble; an accumulation of wax, or a hardening caused generally by catarrh of a certain section of the membrane of the inner mechanism of the ear.

Whatever the cause of the trouble in the ear may be, the greatest of care must always be observed in undertaking its treatment. Whatever wash is used for the interior of the ear must always be warm, but not hot. It is always wiser to use a small medicine dropper in preference to a syringe in washing out the ear, etc., as the gentle percolation of the fluid a drop at a time is less likely to injure the delicate and highly sensitive internal organism than the force of a stream from a syringe, however gently and carefully it may be applied.

Earache is of frequent occurrence among young children, and may be of a neuralgic or inflammatory character. In either case, careful attention to diet and the regularity of the bowels are of primary importance. It is easy to tell the difference by the local heat and swelling in cases having their origin in inflammation. Whatever the source may be, any pain in the location of the ear should receive immediate and careful attention. The following advice both as to local and general treatment may be confidently followed in any case.

Reduce diet, take nothing heating to the blood, and live principally on fruits and vegetables, and good nutritious health foods. Drink nothing

but warm milk and water. Take a good enema before commencing treatment, even if the bowels have been acting regularly. Bathe the feet and legs to the knees freely in pretty warm water before going to bed.

As to the local treatment, that is very simple as the ear should not be meddled with more than is absolutely necessary by one not trained on that subject.* Take pure almond oil, make it warm by placing the bottle in hot water for a few minutes. Drop four or five drops of the oil in the ear slowly and carefully, using the dropper as before suggested. The proper way to drop anything in the ear is to insert the dropper just inside the opening to the inner ear and allow the drop to trickle slowly down the inner wall; then plug lightly with absorbent cotton. Apply hot cloths to the side of head covering the ears well and allowing the compress to reach well down the neck under the chin, and round to the base of the brain.

This treatment will usually induce sleep, especially if, in the case of a very nervous patient, a soothing spinal massage is given. Should the pain not subside, however, the compresses may be dipped in a pretty warm infusion of poppy heads, and allowed to remain on.

Earache arising from cold can frequently be cured in a very short time by inserting a small warm roasted onion in the outer section of the ear. Great care must be taken to remove all the outer burnt skin, and to have the onion large enough so that there is no danger of it slipping into the cavity. Tie a handkerchief around the head, to keep the onion in. If small onions are not to be obtained, roast a large one, take part of the inside, tie it in a piece of gauze, the thinner the better, and put that in the ears as described.**

Should any foreign substance have got into the ear, if it is dissolvable, the following is generally successful: make lather with warm water

---

*Kneipp's treatment for ear complaints appeared in 1900: "**Aural Affectations**" Two head steam baths within three day are, as a rule, the proper application in these cases, especially when they are connected with noise in the ears, discharge from them, and acute pain. The treatment should end with affusion behind the ears. For steaming ears the infusion of mallow blossoms is much recommended. If the ear is stopped up, syringing with warm water, about three times a day, will generally suffice to remove the obstruction. After the syringing four or five drops of almond oil are dropped into the ear, which is then closed with cotton wool, against draughts and cold. Or the same quantity of oil may be dropped into each ear on alternate days, and the ear be syringed on the intervening day, with either lukewarm water or decoction of pewter grass [*Equisetum arvense*], cotton wool being inserted after such process. The week's course of water treatment should consist of two hip baths, two partial baths, two whole washings, and two short wraps at night. Good olive oil may be used instead of that of sweet almonds. —*Ed.*

**An alternate method of using onions for earaches is to cut an onion crosswise in half and bake the two halves in a toaster oven until glassy, hot but not fully baked. Apply each half to the ears and secure in place with a tensor bandage. Excellent and immediate relief for otitis in children. —*Ed.*

and a little Castile soap. Let the patient lie on his side. The water should be dropped in until the ear is full, held steadily for a moment; then turn the head and let the water run out. Repeat this until the substance has dissolved and been perfectly washed away. Then drop three drops of almond oil into the ear, and plug with absorbent cotton until the next day. This should be done for several days, until all danger of inflammation is removed. In treating the inner ear, one important detail must always be remembered; you cannot work too carefully or go too slowly.

If the substance introduced into the ear cannot be dissolved, go at once to someone skilled in the mechanism of the ear and he will remove it with the tiny forceps made for that purpose. Never try to do it yourself by using crude instruments like hairpins, etc. In the first place, the points of the hairpin are likely to do more damage to the ear than the article that has got in there, and another thing is that the channel is too narrow to allow the round end of the implement to enter without the risk of pushing the substance still farther in. Don't try to remove it. The article, whatever it may be, will do much less harm lying there quietly, until skilled treatment can be obtained, than you will by picking and prodding at it. Any injudicious tampering with the ear will do more harm than anything that is likely to be inserted.

In case an insect should have got into the ear, use exactly the same treatment as in dissolving matter in that organ. That will drown it, and it is readily washed out.

For ear discharges, whether it be scrofulous or the sequel to scarlet fever or diphtheria, the very first essential is perfect cleanliness. The ear should be washed out thoroughly with warm water, and swabbed dry with cotton, three or four drops of warm almond oil dropped in gently and the ear then carefully plugged. This should be done both morning and evening, and once during the day.

There are cases that must be dealt with systematically besides by this local treatment. The exact condition of the patient, his habits of life, diet, heredity, environment, and everything that can have bearing on this general state of health must all be ascertained before ordering treatment. Every little peculiarity must be studied, as there is no knowing to what extent it may have effect on the disease. It is by these minute enquiries that the Naturopath is enabled to get right down to the root of the matter, and so remove the cause of all these troubles. Ear discharges can never by cured by simply local treatment; therefore, it would be wise to place the patient in the hands of a skilled Naturopath, and the sooner it is done the better, as the suppurating centre may spread until it reaches the membrane of the brain, or may cause necrosis of the temporal bones.

Deafness caused by noises in the head is most frequently the result of congestion of local blood vessels, caused either by some form of heart trouble, or constipation. An unusual accumulation of wax in the ear will

often cause noises in the head and deafness. The treatment is simply the washing out before described. The two former causes need more than amateur care. If after carefully using the warm water, the noises do not subside, the case should be placed in competent hands at once.

Nervous attacks will cause some of the most stubborn and difficult cases of deafness, which are much more serious than the other forms in their premonitory stages. Cases of loss of hearing that are the result of nervous shock or strain are those which are often spoken of as incurable. Unless there is a total paralysis of the auditory nerve, even this form of deafness can be cured. It is certainly much more difficult to master, but it will yield in a longer or shorter time according to the condition of the patient, his age, and the circumstances under which the deafness developed and its duration. Many of the less serious forms of deafness are often attributed erroneously to paralysis of this nerve, and regarded as incurable.

There is a very simple test which anyone can apply and reassure himself. Let the sufferer take a watch between his teeth. If he can hear its ticking, the nerve is not destroyed and he stands a good chance to get full use of his faculty in a more or less short time. If he cannot hear its tick, he must make up his mind that he must take long and continual treatment if he ever wishes to hear again.

Ear cases should always be treated more or less as nervous patients and kept in a quiet peaceful state of mind. Baths are absolutely essential and should be used under experienced instruction. Massage especially of the spine, and behind and below the ear will benefit every case, but it should be soothing and not stimulating in its character. Diet should be carefully considered, nothing being eaten or drunk that will heat the blood or cause an unusual flow to the head. No excitement, no worry should be allowed, nor during the time of treatment should any great amount of mental activity be allowed. Everything around the patient should have a soothing restful influence which will materially shorten the period necessary to obtain a cure.

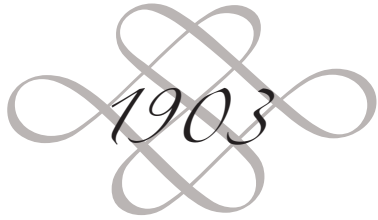
Whatever wash is used for the interior of the ear must always be warm, but not hot.

Reduce diet, take nothing heating to the blood, and live principally on fruits and vegetables, and good nutritious health foods.

For steaming ears the infusion of mallow blossoms is much recommended. If the ear is sopped up, syringing with warm water, about three times a day, will generally suffice to remove the obstruction. After the syringing four or five drops of almond oil are dropped into the ear, which is then closed with cotton wool, against draughts and cold.

In treating the inner ear, one important detail must always be remembered; you cannot work too carefully or go too slowly.

There is a very simple test which anyone can apply and reassure himself. Let the sufferer take a watch between his teeth. If he can hear its ticking, the nerve is not destroyed and he stands a good chance to get full use of his faculty in a more or less short time.



Chapped Hands

The "Whites", Their Causes And Treatment

Obesity

Benedict Lust

Regulating The Bowels

Louise Lust

The Real Fountain of Youth

Everything that pertains to your life, everything that you eat and drink—the air you breathe—comes from the Earth. The vegetable foods come directly, and the animal foods come indirectly, from it. But it has probably never occurred to you that your body should be fed and nourished directly from the same source.

HOW A PLANT GROWS

The plant pushes its little rootlets, which are supplied with a chemical fluid or sap, into the moist earth. The action of the sap sets free certain elements of earth, which at once combine with it; rejecting those which are of no use, and appropriating those which it requires. That which it takes up, it sends upward to form new fibre, leaves and fruit.

NATURE'S WAY

The truly astounding success recently achieved by a few advanced thinkers in the healing of nearly every disease hitherto found by medicine to be incurable, is due simply to the fact that the universal proto to the human system—*there being brought about, by a* cess of assimilation Nature has been adapted *natural medium, a natural absorption of the materials necessary to rebuild degenerated and wasted tissues of the body*, as in plant life.

The medium for this absorption is from Nature itself—an amorphous mineral taken from the pure glacial drift, in the form of an exceedingly fine, soluble powder. With it, we have combined other mineral substances which add to its healing efficiency generally, and at the same time aid in the incorporation of tissue.

The medium is Nature Tissue Tablets.

Altogether apart from drugs—Nature's tissue food. It brings about health *simply by creating new tissue. Rationally*, it is the only nerve tonic.

Invaluable for a weak stomach, and an inactive liver.

It cures indigestion by giving strength and tone to the organs.

The tablets have proved a cure for consumption, paralysis, nervous debility, varicose veins and neuritis.

A preventive for apoplexy, and all troubles caused by a breaking down of tissue.

They should be used by those in good health as well as by the sick *because they prolong life and insure health.*

(Guaranteed under the Food and Drug Act, June 30, 1906)

Send $1.00 to-day for one month's treatment—*you will at once notice your improvement.*

THE NATURAL HEALING COMPANY

46 Stone Street, Rochester, N. Y.

ALL IN ONE

Comfort Elegance and
Convenient Durability



Adjustable to every possible position

Send for Free Illustrated Book

Marks Adjustable Chair Co.

11 East 30th Street, New York

Pure Honey

Direct from Producer



We are producers of Honey and sell as directly as we can to the users—at half the cost at the stores. Price, 13c. per lb., delivered east of the Mississippi; a corresponding reduction in price west.

Honey is a *food* and should be used as such. Use it partly in place of creamery butter, nut butters, confections, etc. *Place it on the table every day.*

Sample by mail and copy of booklet "Honey as a Health Food," 10c. Booklet is full of health hints about eating; honey cooking recipes, remedies using honey.

We also sell beeswax.

Allvert J. Hann

Pittstown, N. J.

Hann's Famous Honey is also for Sale at

Kneipp Store, 465 Lexington Avenue, New York

LUST'S

DELICIOUS



Uncooked FRUIT CAKE

As Nutritious as it is Tempting

(NATURE'S IDEAL FOOD)

Nuts, Fruits and **Crushed Grains,** scientifically combined, from the natural **live** ingredients of this Famous Food **Product. Neither** of the ingredients has been subjected to fire or heat to lessen its life-sustaining value. Eaten daily it will effect a wonderful change in all cases of Constipation. All ready to eat. Let it be your breakfast for one week. Keeps good for one year. **35c.** per lb.; by mail, **51c.** 5 lbs., express prepaid to any address in the U. S. for **$2.00.**

LUST'S HEALTH FOOD BAKERY

100 East 105th Street, - New York City

Benedict Lust financially helped his younger brother, Louis, create the Lust Health Food Bakery.

Chapped Hands

by Benedict Lust

The Naturopath and Herald of Health, IV (5), 116. (1903)

After every sudden change of temperature, especially during the winter season, our hands (and feet) are liable to become chapped, and the skin between the joints will crack in several places, and become very painful. These chapped hands are healed the quickest, if an infusion of hay flowers is made and the wounded part is put right into the hot suds of this for a time, and then immersed immediately into cold water for three minutes. Several hours later, the hands may once more be immersed into cold water, as before. Therefore, remember daily one compress of hot hay flowers for a half hour, and twice daily for three minutes immersion of the hands into cold water.

EUGENE C. DIEZ
438 Pearl Street, New York

IMPORTER OF

Hayflowers, regular gray; Hayflowers, yellow, more aromatic than above, packed in 1-lb. bags, 25, 50 and 100-lb. sacks.

Pine Needle Extract—strongest obtainable—unexcelled in the treatment of rheumatism, in 1-lb. bottles, 5 and 10-lb. tins, 50-lb. kegs and 110-lb. barrels.

Fumigating Pastilles, red and black, for the sick-room.

I also import select qualities of the last crop only of German Chamomiles, Peppermint, Shavegrass and all other herbs mentioned in Father Kneipp's books.

MANUFACTURER OF

All kinds of Medicinal Teas mixed in a scientific way for the treatment of Liver, Kidney, Stomach, Leucorrhœa, etc.

Send me your formula or, if preferred, I will furnish same.

Aromatic Herb-Bath (*Aromatisches Kräuterbad*), put up in 1-lb. bags, sufficient for one bath and ready for use.

Fumigating Powder for the sick-room. Fumigating Asthma Powder.

Write for Price-List

GERMAN CORRESPONDENCE

Hayflowers were introduced by Kneipp and were used for many conditions.

The "Whites", Their Causes And Treatment

by Benedict Lust

The Naturopath and Herald of Health, IV (8), 236. (1903)

The whites are not exactly a disease as whooping cough, scarlet fever, inflammation of the lungs, ulcers in the stomach, etc. The "whites" or fluor albus [leucorrhea] as science calls them are rather the symptoms of a disease. Just the same as a cough, for instance, is a sign of a great number of diseases (cough may indicate a catarrh of the larynx, bronchitis, inflammation of the lungs, pleurisy, tuberculosis), the whites do not indicate a certain disease, but are connected with a great number of diseases. Inflammation of the vagina, mucous membrane of the womb, or the ovaries, tumors of the womb and ovaries, swellings and abscesses around these organs, misplacement of the womb and connected organs; all these diseases as well as many others cause whites. Even diseases which have no direct connection with the sexual nerves show these symptoms. It is a well-known fact that anemic girls often suffer from whites and that these disappear without direct treatment, if it is possible to cure anemia by natural means. It is just as well known that serious cases of whites have attacked little girls and that the source of the disease is so-called *oxyuris vermicularis*, small worms about a half to one centimeter long which, during the night, find their way into the vagina. No woman should ever be satisfied with the diagnosis that it is "whites," but should always try to investigate the real source of the disease.

From the above it is evident that the treatment of the whites must vary according to the causes of the suffering. Only ignorance of indifference will treat this disease by a set rule. If misplacement of the female organs is the cause the only natural treatment would be to put them into the right position; after this is done, the discharge will stop. If foreign substances such as rings [sic] or worms, immigrated from the rectum, are the cause, the treatment would naturally be to remove these substances. We call this a causal treatment because it does away with the causes of the disease, in contrast to a symptomatic treatment, which only lessens the symptoms and sufferings without actually curing.

The following rules may give good advice regarding a symptomatic treatment and indicate applications which can be used in every case of whites in connection with the causal treatment:

1. Take a douche of pure water, of a temperature of 88° F/31° C several times a day, as often as you have a feeling of burning, heat or itching in the vagina. These douches are best taken in a lying position with the loins raised, because in this way the water reaches the infected parts more easily and better cleanses them.

2. If the feeling of heat and other sufferings are not lessened by these douches, one, or if necessary, several applications of a sitting bath of pure water of 88° F/31° C and of a duration from five to ten minutes may be recommended. Very important is a comfortable position during these sitting baths. It is best to use sitz tubs with a comfortable back, and care should be taken that those parts of the body which are not in water, especially the legs and feet, are well covered with warm blankets.



Sitz bath

Just the same as a cough, for instance, is a sign of a great number of diseases (cough may indicate a catarrh of the larynx, bronchitis, inflammation of the lungs, pleurisy, tuberculosis), the whites do not indicate a certain disease, but are connected with a great number of diseases.

It is a well-known fact that anemic girls often suffer from whites and that these disappear without direct treatment, if it is possible to cure anemia by natural means.

If the feeling of heat and other sufferings are not lessened by these douches, one, or if necessary, several applications of a sitting bath of pure water of 88° F/31° C and of a duration from five to ten minutes may be recommended.

Obesity

by Benedict Lust

The Naturopath and Herald of Health, IV (10), 298-299. (1903)

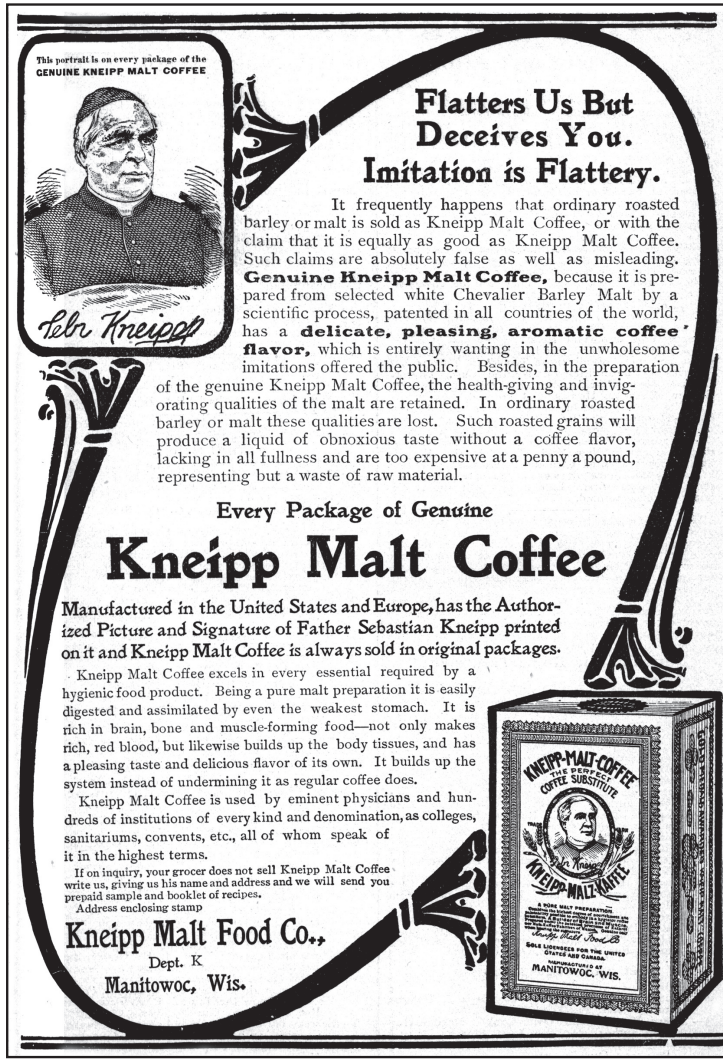
We call a person corpulent if there is a considerable accumulation of fat in many parts in his body where in normal condition this fat would not be found. We distinguish a plethoric (full-blooded) and an anemic (bloodless) form, according to the condition whether the accumulation of fat is caused by the albumen in the organism or by the blood.

Both forms owe their existence usually to improper nourishment and to individual susceptibility to over-supply of carbohydrates (*Kohlen-Hydraten*), such as starchy foods, etc., of fats and particularly of alcoholic spirits such as in beer. Who would doubt this when walking through the streets of "Gambrinus Residence" (Munich) where he observes the obesity, not only of the old beer drinkers but also of the weaker sex? Lack of exercise and physical and mental inactivity, favor very much an abnormal accumulation of fat. Only a small percentage of corpulent people, usually women after middle life, have become stout by moderate living. In such cases, it is perhaps more a result of hereditary tendency, or probably a change in the circulation of the blood.

With corpulent people, all muscles, particularly those of the heart, are intermixed with fatty substances. Like a parasitic plant, which absorbs all the juices of the trees or bushes and destroys them, the fat which grows between the muscles injures the organism. The muscles lose their solidity and energy. The muscles of the heart particularly have to pump three times the blood representing a tenth of the weight of the body through the body and the capacity of which every 24 hours corresponds to a power lifting 1008 cwt. one meter high. These muscles of the heart, if covered with fat and consequently weak, can perform their work only incompletely. The blood is stopped up in the lungs and in the outer parts of the body, the blue blood is insufficiently improved, reddens and openly shows itself on the neck, the hands and the feet. This condition as well as the fat on the muscles of the limbs, become fatty and inactive and causes the great difficulty of corpulent people to move, particularly in climbing hills, etc. We further observe that stout people, owing to weakened circulation of the blood, show irregularities in all their organs which give rise to various complaints and diseases.

Obesity cannot be cured by determined rules. The first thing to look into must be to discover the origin of obesity.

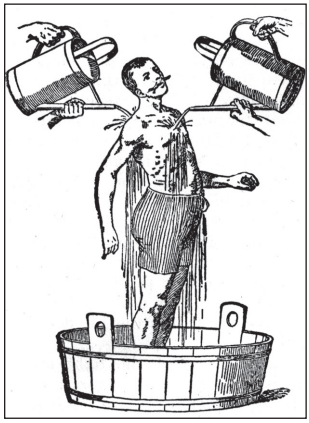
The diet of full-blooded people should be a limited one, consisting in general of albuminous substances (such as meat, milk, and eggs), very small quantities of fat and some bread and vegetables. I believe that



regular diet cures, such as Barting's, Ebstein's, Oertel's, etc., if applied rigorously, become very undesirable, and can do much harm to the health, as experience teaches. The diet of anemic people should be strengthening and unlimited. Albumen containing foods, milk and eggs come first. Besides, various vegetables and well-baked shredded wheat will prove to be very beneficial. Strong coffee made from the bean must be absolutely avoided by anemic as well as full-blooded people, and they should take instead of it alternately milk, Kneipp's malt coffee, Bilz nutritious salt cocoa, unfermented wines and fruit juices.

Every corpulent person should seek exercise. Full-blooded people may take long walks or climb hills, but anemics may be satisfied with less exercise of the same kind, which promotes a more active change of matter, forming an accumulation of albuminous substances and adding flesh, while they on the other hand reduce fat.

A general factor in the treatment of obesity, however, is the treatment by cold water. It is known that Carlsbad, Marienbad, Kissingen and other health resorts are mostly frequented by corpulent people. Their drinking cures promote a more active circulation of the blood and increase the change of matter. But do not ask how often an organic disease, and with it probably the first seeds of death are acquired in these places. Many have indeed become thin; not owing to the decrease of fat, but to an absorbance of organic albumen which is a necessary constituent of life. Do not ask how many have become sick by these cures. I know by experience that the effects of these mineral waters are of no value whatever for certain individuals. A small quantity of it can have a strong effect on a comparatively strong man, and a very weakening effect on a man of weak constitution; while on others it has no effect, or very little at all. In my opinion, this is the most dangerous part of such cures that one has no control of the results obtainable. Even the physician cannot tell what the condition of the digestive organs with their millions of glands is, which, stimulated by this drinking cure, should increase the change of matter. The outward application of cold water, I am convinced, is a much less dangerous and more effective means to promote change of matter, according to requirements in individual cases, without affecting the internal organs.



The full gush: water applied to the front and back of the body.

The greater the irritation of nerves, the greater, under similar circumstances, the change of matter and consequently also the decrease of the fat accumulated.

If it is a case of a young, corpulent and full-blooded man, whose organs are sound so that I can make him use them without harm, I increase the change of matter by frequent Kneipp gushes over the body or by full baths; sometimes a Spanish mantle also renders good service.

Case

A short time ago I experienced this while treating a young man who, being only twenty-one years old, lost 15 pounds in four weeks. The fat melted like but-

ter and it was plainly visible that methodic perspiration and proper applications and combinations of cold water had an enormous effect on the reducing of the fat, so that this method is decidedly of greater consideration in treating of corpulent, but otherwise healthy people.

For the second form of obesity, I consider Kneipp's cure of special value, as the mineral water drinking cure is so dangerous in such cases, and Kneipp's cure increases the change of matter without weakening the body. In such instances I would not recommend perspirations but mild applications, such as partial shower baths, half baths of short duration and light wrappings. The change of matter would certainly be increased and reducing of fat accomplished, and at the same time a loss of albumen not only avoided but an increase of albuminous substances attained, and the general constitution of the patient strengthened. First think it over, and then act! According to the condition of the person, i.e., whether he is more or less anemic, the Kneipp physician will have to modify his applications, and will be just as sure of success as the drinking cure is uncertain.

FAT IS FATAL

If you are corpulent, try the famous

MARIBA BREAKFAST TEA

for reducing without dietary restrictions. Wonderful results, absolutely harmless. Large box (month's supply) $1.00, postpaid. Sample and information free

Star Importing Company, Passaic, N. J.

AGENTS WANTED—Mariba Tea is an excellent seller and repeater. Steady trade and protected territory. Big profits.

The Natural Obesity Treatment

Obesity is a disease, and a serious one, if allowed to run unchecked.

STANDARD BRAND REDUCING BELTS

are guaranteed to reduce large abdomens 2 to 4 inches in less than 60 days. Natural methods only; no drugs or dieting. Buckles in front; easy to adjust; a pleasant supporter; lasts for years; made of finest materials.

PRICE, prepaid by mail, $5. Money refunded if unsatisfactory.

FREE our catalogue descriptive of our full line, comprising misses' elastic stockings, mouth breathing devices, suspensories, and hundreds of other appliances for self-treatment.

DON'T WAIT—DON'T SUFFER—WRITE TO-DAY.
Send for circular of our modern developer for men.

Standard Appliance Co. (Est. 30 yrs.)

1204 BROADWAY, DEPT. 112 - NEW YORK CITY

The muscles of the heart particularly have to pump three times the blood representing a tenth of the weight of the body through the body and the capacity of which every 24 hours corresponds to a power lifting 1008 cwt. one meter high.

Obesity cannot be cured by determined rules. The first thing to look into must be to discover the origin of obesity.

A general factor in the treatment of obesity, however, is the treatment by cold water.

Regulating The Bowels

by Louise Lust

The Naturopath and Herald of Health, IV (11), 338. (1903)



Louise Lust (1864-1925)

Follow Nature and your bowels will rarely ever become disordered. Only some serious breach of her nutritive laws can ever derange them. The fact that about half of the children born die during early childhood, and of these one-half of bowel difficulties. Wrong dietetic habits cause this infantile mortality. For punishment comes in the line of the law violated, which right feeding can prevent.

A dose of castor oil forced down into infants is one great cause of their subsequent alimentary difficulties. All purgatives constipate afterwards, and upset susceptible bowels; tepid water injections are aid enough, and leave no bad effects. Many of the bowel difficulties, colic and summer complaints of infants are caused by castor oil.

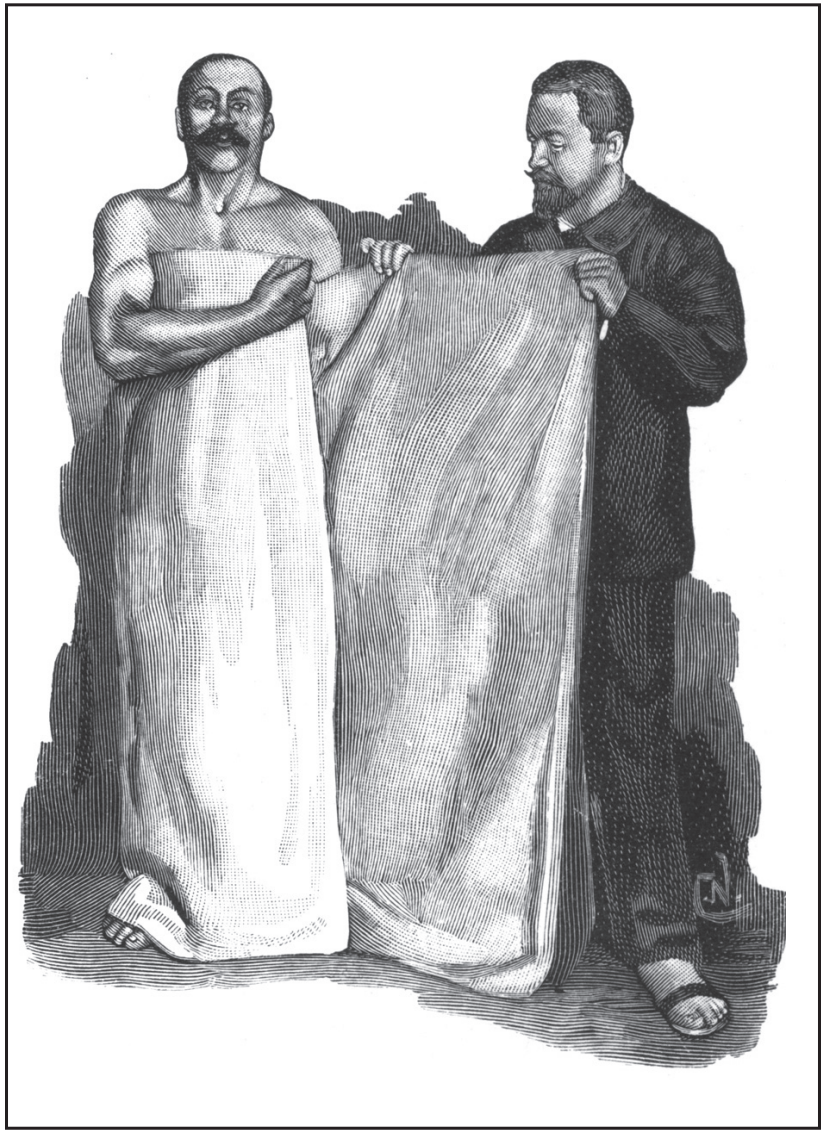
Except in extreme cases, give no purgatives to mother or child. If the mother nurses the child she has to keep her digestion and bowels all right; that is the only true way to regulate her infants.

Diarrhea is caused by Nature casting injurious and noxious materials out through the bowels; then forestall it, by giving the patient nothing noxious requiring to be cast out. Every indigestible thing eaten deranges the bowels.

Apply cold wet bandages whenever diarrhea has set in, or the bowels have become inflamed. This feverish state must be subdued by external applications, not internal medicines which always leave injurious effects afterwards. Tea made of bilberries can be given, and boiled mullein root is most astringent. Regulate the bowels by foods instead of medicines. Medicines kill more than diseases. Nervous mothers, frenzied by false excitement, rush around frantically, thereby unnerving the child, and resort to desperate means with fatal effects. Nervousness is not suitable for the sick chamber. The best thing most mothers can do for their child is to keep themselves cool and well which will rectify the child through their own milk; whereas staying over the child perpetually unnerves, exhausts, diseases, and fevers them, and this behavior in turn affects their milk which makes them worse.

Physic [drugs] does not cure, Nature alone can cast out disease and restore health; and the less she is interfered with, the better. Many are literally doctored to death. Simple teas excel heroic medicines. The great art

of nursing consists in keeping infants well, by mother and child observing the health laws. They will never be sick unless these laws are violated in one or both. What promotes adult health also promotes infantile health. All women should study physiology. In short, keeping the mother well is the main means of keeping the child well. Whatever improves her own health effectually promotes the life force.

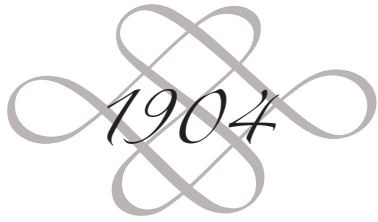


A wet sheet wrap is applied with the patient standing.

Apply cold wet bandages whenever diarrhea has set in, or the bowels have become inflamed.

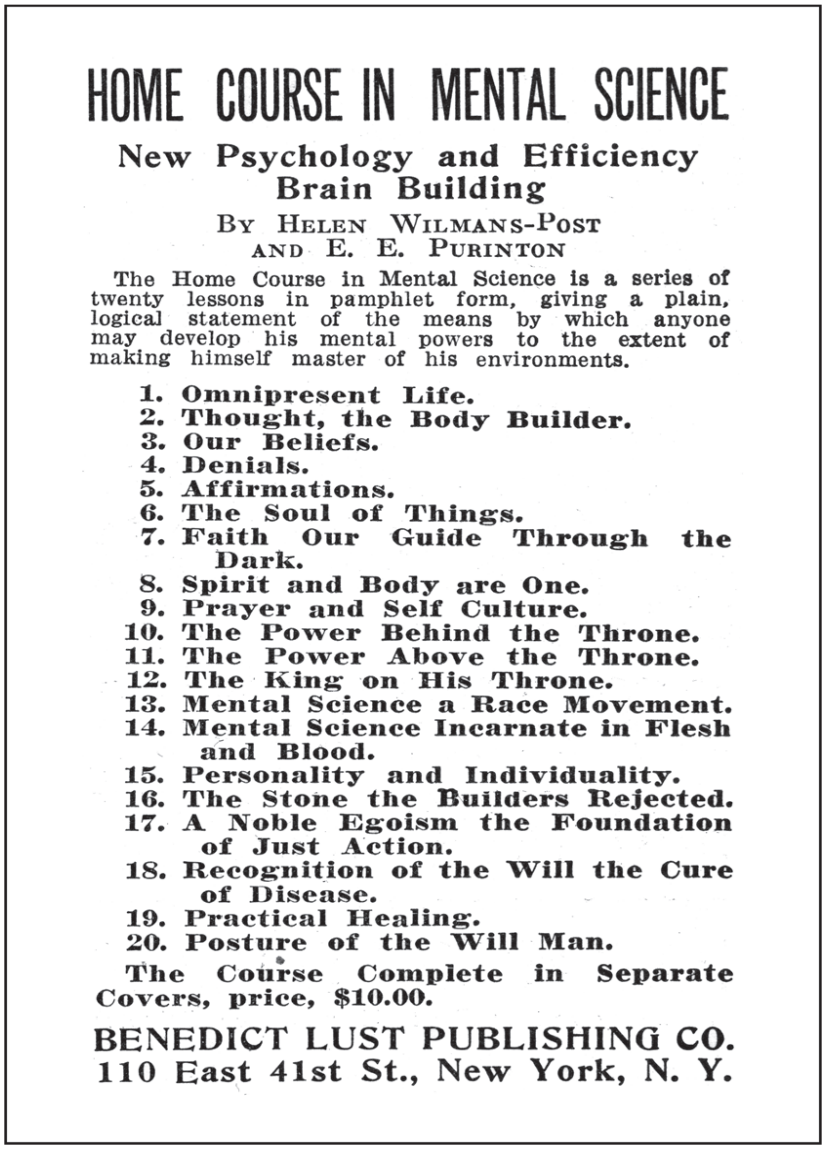
Regulate the bowels by foods instead of medicines.

Physic [drugs] does not cure, Nature alone can cast out disease and restore health; and the less she is interfered with, the better. Many are literally doctored



Naturopathic Cures For Mental Illness

Benedict Lust



HOME COURSE IN MENTAL SCIENCE

New Psychology and Efficiency Brain Building

By Helen Wilmans-Post
and E. E. Purinton

The Home Course in Mental Science is a series of twenty lessons in pamphlet form, giving a plain, logical statement of the means by which anyone may develop his mental powers to the extent of making himself master of his environments.

1. Omnipresent Life.
2. Thought, the Body Builder.
3. Our Beliefs.
4. Denials.
5. Affirmations.
6. The Soul of Things.
7. Faith Our Guide Through the Dark.
8. Spirit and Body are One.
9. Prayer and Self Culture.
10. The Power Behind the Throne.
11. The Power Above the Throne.
12. The King on His Throne.
13. Mental Science a Race Movement.
14. Mental Science Incarnate in Flesh and Blood.
15. Personality and Individuality.
16. The Stone the Builders Rejected.
17. A Noble Egoism the Foundation of Just Action.
18. Recognition of the Will the Cure of Disease.
19. Practical Healing.
20. Posture of the Will Man.

The Course Complete in Separate Covers, price, $10.00.

BENEDICT LUST PUBLISHING CO.
110 East 41st St., New York, N. Y.

Helen Wilmans-Post (1831-1907) had an immense impact on body-mind medicine through her numerous publications and courses in mental science. She is one of our treasures.

Naturopathic Cures For Mental Illness*

by Benedict Lust

The Naturopath and Herald of Health, V (6), 135-136. (1904)

Novel methods are being adopted in the treatment of the mentally ill in State Hospitals. Douches take the place of the straight jackets, and hot water succeeds opiates. Patients are not under restraint. Instead of the padded cell, the bathtub: instead of the straight jacket, the Scotch douche.

This is the stand taken by the Manhattan State Hospital on Ward's Island, in which there are about 2,500 women patients. In support of this theory, there is being put in practice the most novel and revolutionary system of treatment ever attempted in an institution for insane patients.

Insanity is regarded as a symptom of physical weakness or illness and the patient entering the hospital is treated accordingly.

They come in squads from all parts of the city, most of them by way of Bellevue Hospital. They are taken by boat to the island, a struggling writhing mass of sodden, silent humanity wedged in among the violent and raving. Sometimes they are bound and manacled.

However as soon as they reach the reception ward, where they are examined, all of this is changed. Every suggestion of restraint is removed. The first step in the treatment is the effort to free the burdened minds of the idea of any attempt at oppression or opposition.

Hot Water Soothing**

The patient is taken to the bathroom, laid out on a marble slab and washed and shampooed in the most thorough manner. This is followed by massage and then the patient is put to bed for observation.

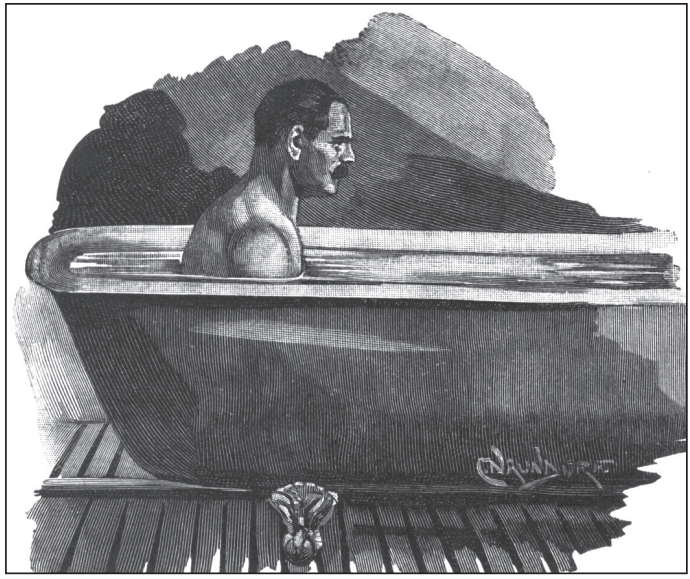
This bathroom is a comparatively small and unpretentious place, but it is the centre of all the hydriatic procedures from which such startling results are being derived. The boilers, tanks and all the supply apparatus are in the basement. In the bathroom itself are visible only ordinary bathroom appliances and a large white marble table, fitted with nickel handles, thermometers, gauges and indicators. From this, all the baths and douches are manipulated and regulated.

A struggling, fighting, apparently irrepressible patient is taken in by two attendants and placed in what looks to be an ordinary porcelain bath-

---

*The original title was "Naturopathic cures for Insanity" and was changed to a more appropriate title. —*Ed*

**Water temperatures of 99° F/37° C were considered hot water in the early 20th century and we classify these temperatures as neutral baths. —*Ed*



A full bath

tub, on which rests a raft-like frame. The patient is placed on this and by a simple process the elastic strips of the frame become a cradle in which the patient rests.

At first there is much struggling and kicking and splashing, but the attendants keep a firm hold on the patient, and the doctor at the marble table keeps his hand on the lever and his eye on the thermometer before him. The water in the tub is controlled by this lever, and is maintained ordinarily at a temperature of about 99° F/37° C. Soon the soothing effect of the warm water on the ends of the agitated nerves begins to tell, and the patient grows less violent, and finally lies perfectly calm and content. Soon the patient sleeps.

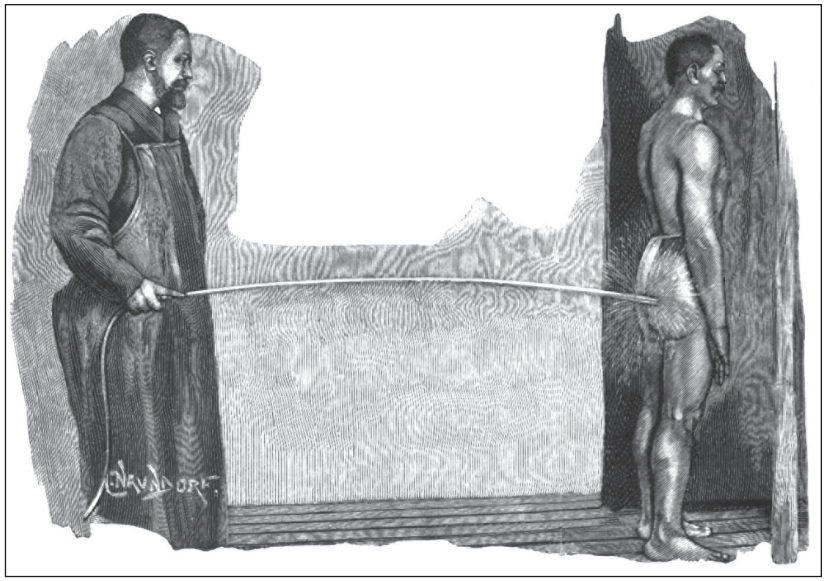
In Tub For Weeks

The length of time during which the patient is left in the tub depends on the character of the disease and the physical condition. Sometimes the subject remains only a few hours; sometimes for days or even weeks. The longest time during which a patient is kept continually in the tub is between three and four weeks. Day and night the patient swings contentedly in the cradle in the bath tub, takes his meals there and sleeps there.* Soon the patient has been transferred into a tractable, peaceful being, on the road to rapid recovery.

---

*We assume that the patients were allowed to have appropriate temporary removal from the bath tubs to meet the call of nature. —*Ed.*

Of course, there are many conditions in which the full hot bath cannot be used advantageously. For these, there are specialized baths which are equally effective in their way. The sitz bath, for cataleptics and other forms of mental disturbance, is constantly in use and the hot air cabinet, which is one of the important adjuncts of the hydrotherapeutic system, is substituted for drugs in relieving pain. It has been found quite as efficient and there are no depressing after results.



The Scotch douche

Other accessories of the department are the rain bath, needle bath, warm and cold packs and the Scotch douche. The last is one of the most forceful tonics that can be employed. It is regulated from the marble table, as are the various baths. The patient stands at a distance of about twelve feet, and the doctor, keeping one hand on the lever which controls the cold water, and the other which controls the water heated to a fixed temperature, turns on a stream of one and then the other. The thermometer in front of him enables him to gauge the temperature accurately and there is an indicator by means of which the force is measured.

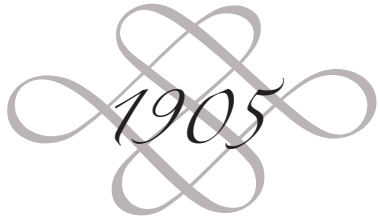
Dr. Emmet C. Dent, superintendent of the hospital, says:

> I find that when water is properly applied in the form of packs and hot and warm full baths, it acts as a hypnotic and sedative and is of great value when it is imprudent to administer drugs. "We meet more or less opposition on the part of patients to these baths, but I find that it is seldom, if the patient is properly handled, that the baths cannot be given.

The water in the tub is controlled by this lever, and is maintained ordinarily at a temperature of about 99° F/37° C. Soon the soothing effect of the warm water on the ends of the agitated nerves begins to tell, and the patient grows less violent, and finally lies perfectly calm and content.

The sitz bath, for cataleptics and other forms of mental disturbance, is constantly in use and the hot air cabinet, which is one of the important adjuncts of the hydrotherapeutic system, is substituted for drugs in relieving pain.

Other accessories of the department are the rain bath, needle bath, warm and cold packs and the Scotch douche. The last is one of the most forceful tonics that can be employed.



Hair Culture

Heart Diseases

Scrofula

Abdominal Troubles Of Women

Benedict Lust

Become a Vegetarian

And become stronger, healthier, happier, clearer-headed—and save money. Learn about Vegetarianism through THE VEGETARIAN MAGAZINE.

The Vegetarian Magazine stands for a cleaner body, a healthier mentality and a higher morality. Advocates disuse of flesh, fish and fowl as food; hygienic living and natural methods of obtaining health. Preaches humanitarianism, purity and temperance in all things. Upholds all that's sensible, right and decent. Able contributors. Has a Household Department which tells how to prepare Healthful and Nutritious Dishes without the use of meats or animal fats. Gives valuable Tested Recipes and useful hints on HYGIENE, SELECTION OF FOODS, TABLE DECORATION, KITCHEN ECONOMY, CARE OF COOKING UTENSILS, etc. Full of timely hints on PREVENTION AND CURE OF DISEASE. Gives portraits of prominent vegetarians, and personal testimonials from those who have been cured of long-standing diseases by the adoption of a natural method of living. TELLS HOW TO CUT DOWN LIVING EXPENSES WITHOUT GOING WITHOUT ANY OF LIFE'S NECESSITIES, EXPLAINS THE ONLY WAY OF PERMANENTLY CURING THE LIQUOR HABIT. WAYS TO INCREASE MUSCLE AND BRAIN POWER. Valuable hints on Child-Culture—how to inculcate unselfishness, benevolence and sympathy in children. A magazine for the whole family. Uniquely printed, well illustrated. Pages 7 by 10 inches in size. Published monthly. Sent postpaid to your address, 1 year, for $1; 6 mos., 50c.; 3 mos., 25c.; 1 mo. 10c. No free copies.

Literature You Ought to Have

"24 Reasons for Vegetarian Diet"..... 5c.
Cleanliness the First Principle of Hygiene..... 10c.
Clerical Sportsmen, J. Howard Moore..... 5c.
Kindness to Animals, Mann..... 5c.
Why I am a Vegetarian, J. Howard Moore..... 25c.
Vegetarian Diet for Athletes ..... 5c.
Flesh Eating a Fashion ..... 5c.
Meatless Dishes (Cook Book)..... 10c.
Force in Foods, Dr. J. D. Craig..... 10c.

Send money to:

Vegetarian Co., 76 Madison St., Chicago, Ill.

RATH'S HAIR CURE

positively stops Falling Hair, cures Dandruff, Itching, stimulates and invigorates new and healthy growth.



It will destroy the parasitic germs (microbes) on your scalp which in most cases are the cause of Dandruff and the Loss of Hair, and will nourish the scalp and feed the starving Hair by supplying the root Hair with proper nourishment.

Rath's Hair Cure has wonderful Power to stimulate and influence new and healthy growth.

It is the best Hair Tonic ever made.

It is not oily, sticky nor greasy and will make the hair soft and glossy.

Try it to convince yourself of its excellent merit.

PRICE 50 CENTS.

At all Druggists, or Kneipp Health Stores.

Manufactured only by **Rath Vienna Toilet Co.**

33 West 24th St., New York

Send for explicit Circular and Testimonials.

For Shampooing the Hair use **RATH'S MEDICATED SCALP SOAP**

Kneipp's World-renowned Books

MY WATER CURE (THE KNEIPP METHOD)
Paper Cover, 50c; stiff cover..... .75
fine binding, cloth, gilt stamp.....$1.65

THUS SHALT THOU LIVE
Paper Cover, 50c; stiff cover..... .75
fine binding, cloth, gilt stamp..... 1.65

MY WILL (KNEIPP SYSTEM, ILLUSTR.)
Paper Cover, 50c; stiff cover..... .75
fine binding, cloth, gilt stamp..... 1.65

CODICIL TO MY WILL
Paper Cover, 50c; stiff cover..... .75
fine binding, cloth, gilt stamp..... 1.65

THE CARE OF CHILDREN
Paper Cover, 50c; stiff cover..... .75
fine binding, cloth, gilt stamp..... 1.65

PLANT ATLAS
Edition I, Albertype printing..... 2.00
Edition II, in natural colors..... 3.85

THE KNEIPP BROCHURE, FREE
Mailed postpaid on receipt of price.

Kneipp Magaz. Publ. Co., 111 E. 59th St., N. Y.

The Alanno International College
Soul Culture and Souletical Healing.

PRACTICAL PSYCHOLOGY.

This College was founded for the purpose of teaching and practicing all things pertaining to Soul Culture, the Art of Healing, Practical Psychology and Divine Work.

Mediums developed. Wonderful work now being done at both the College and abroad. A regular mail course of lessons. Address:

ALANNO,

N. E. Cor. Dennison and Third Aves., Columbus, Ohio

A Muscle and Arm Builder

My book called "HEALTH OR LUNG AND MUSCULAR GYMNASTICS" is a clear, concise and simple description of the most beneficial exercises for attaining perfect health and form. I have used these exercises very successfully for many years on the gymnasium floor. The book is full and complete with half tone illustrations, and the entire course of instruction is contained in it. I have received many letters from Physicians, Editors of Health Publications, and from Physical Directors of Y. M. C. A.'s and colleges all over the country praising its value. The price of the book is 25 cts. and will be sent postpaid on receipt of price.

"I have examined with much interest the book on Health or Lung and Muscular Gymnastics by W. J. Cromie. It is written in a clear concise manner giving full instructions for keeping the body in a normal condition. I consider it well adapted for public school work as well as for the private individual who wishes to enjoy the best of health." ALVIN DAVISON, Professor of Biology, Lafayette College.

"Your book on health is all right, because it is sensible. There is no strange and mysterious road to the possession of a good physique; there is no wonderful "system" procurable on the mail order plan, with an outlay of $25 to $50, however extensively such systems may be advertised. You have based your excercises on the fundamental physiological basis which is the only way. Your book will do great good, if its teachings are followed. I trust that you may have great success; and although you may not pocket as much money as the mail order men, yet you will be doing greater good to humanity, and that is the greatest thing, after all."—J. C. ELSOM, M. D., Physical Director University of Wisconsin, Madison, Wis.

Price 25 cts. Address

W. J. CROMIE,

PHYSICAL DIRECTOR Y. M. C. A.

EASTON, PA.

Hair Culture

by Benedict Lust

The Naturopath and Herald of Health, VI (2), 51-53. (1905)



Benedict Lust
(1872-1945)

Hair grows over almost the whole body. The hairs are formed in little pits called hair follicles in the cutis vera and emerge with their excretory ducts from the surface of the skin.

A hair consists of the shaft (the portion projecting from the outer skin and tapering to a point) and a bulb-like root, contained in the follicle, the bulbus pili. The hair is developed from a small papilla of true skin at the bottom of the follicle. The papilla contains a network of fine blood vessels which supply the nourishment to the hair. The hair bulb contains granules of a pigment, embedded in cells and supplying the coloring matter.

There is a great difference as regards the length, thickness, color, and quantity of the hair in various parts of the body. The hair on the head and pubes is longer and thicker than that on other parts.

Hair is a portion of our body; consequently "Culture of the Hair" is equivalent to "Culture of the Body". If due attention be paid to strengthening the body, the latter will be enabled to produce healthy hair.

A few hints on the care of the hair may therefore find a suitable place here. Cleanliness is as essential to the hair as to the rest of the body, especially as dust and other impurities are very apt to collect in it. Daily combing and brushing with a moderately hard brush are necessary. Anybody who is willing to devote a proper amount of time to this object, and will not rest content with merely passing the comb and brushing a few times through the hair in a desultory fashion, will not fail to notice that the hair will, after a short time, not only be cleaner, but will present a more attractive appearance. In addition to this daily brushing and combing, the head should be thoroughly washed from time to time—about once a week. For this purpose tepid water (68° to 77° F/20° to 25° C) should be used. Cold water should be avoided, as it does not remove dirt so thoroughly as tepid water, and is, moreover, liable to produce a rush of blood to the head, causing headache and other troubles. The hair and its roots should, thus, be thoroughly washed with soap and tepid water. A few degrees colder water may then be applied and the head well dried.

This last point is of great importance. If it be neglected, the water remaining in the hair evaporates, causing a liability to take cold which may easily lead to rheumatic pains. Care must be taken, on the other hand, not to rub too violently, as the irritation may also have the effect of drawing too much blood to the head, causing the same troubles that we have already mentioned. The best plan is to dry the hair gently with a soft towel and then, wrapping a second dry towel round the head, to sit in the sun in a place free from drafts till the hair is thoroughly dry.

LUXURIANT HAIR

Freedom from Baldness, Falling Hair, Dandruff and other Scalp Ailments may be yours, if you will



adopt the methods by which I saved my own hair. No drugs, Tonics, Torturous Exercises, Fasting, Dieting, or Fads. Full personal course, with personal letter advice, covering your special needs with my richly illustrated book, "HARMONY & HEALTH" all for $1.00. Results guaranteed. EARL WARD PEARCE, The Pearce Studio, Dept. 4, Los Angeles Cal., U. S. A.

The question remains whether any and what kind of grease is suitable for the hair. The hair naturally contains a certain quantity of grease secreted by special glands, which prevents it from becoming brittle. In most cases, however, this supply of grease is not adequate, and it may be necessary to supply the deficiency by using a little oil. Pure burdock root oil, oil of sweet almonds, or *Kneipp Capillary Oil of Nettle* are the best for this purpose.* All other substances, especially pomades, should be avoided; the latter, particularly when they are used too freely, have the effect of closing the pores, which may result in the hair falling out. Even the use of oil should be regarded only as an exceptional expedient. The object to be aimed at should be by general and local strengthening treatment (stimulating head packs at night) to restore the glands to a healthy condition, so that they may be enabled themselves to supply the necessary amount of grease to the hair.

Loss of hair occurs frequently in old age, but it may also be the result

---

*Benedict Lust in a previous article, "Care of the Hair" (published June, 1902) provided directions for hair care products. "I have found two remedies which are really excellent. The one is prepared by boiling dried common nettles for several minutes, then a little vinegar should be added, and with this solution the scalp should be well rubbed in, three or four times each week taking particular care to get at the roots of the hair. If this is continued for some time, the hair in most instances will be sure to grow again.

Another good remedy is prepared by boiling the roots of the common nettle in two-thirds water and one-third vinegar for some time—and after allowing this decoction to stand for some weeks, the solution will be found to be a really excellent hair tonic, if the scalp is washed well with it several times each week.

In addition to this, it is advisable to rub the scalp once a week with almond oil or oil of nettle roots." (Lust, 1902, 259) —*Ed.*

of certain diseases, such as typhoid fever, skin diseases, also of scurf and herpes, etc., but more particularly of disorders directly affecting the nerves passing through the roots.

General Causes

Violent emotions, severe and prolonged brain work, especially when attended with anxiety and care, dissipated habits, severe illness, hereditary predisposition, erroneous treatment, and neglect of the hair are common causes. Loss of hair is found more especially in old age, as we have mentioned.

Treatment

Removal of the cause, or treatment of the disease lying at the root of the trouble is required for resolution. Healthy diet and mode of life are important, as well as avoidance of all ointments—oil, soap, and pomade. All head coverings should be dispensed with as much as possible, as this interfere with the evaporation from the skin. (At any rate, only light material should be used.) Great cleanliness should be observed, the head being bathed regularly with water of 77° to 84° F/25° to 29° C, and carefully dried to avoid irritation of the cranial nerves. In connection with the bathing of the head, we would recommend that women with long hair should loosen it, then dip the fingers in water and rub the skin. In this way, an electrical action is induced. For the better drying of the skin a small cap should be put on so as not to run the risk of catching a cold. This should be done both in case of actual disease of the hair and as a preventative. Covering the head after washing is sometimes also advisable for men suffering from disease or weakness of the hair. A stimulating head pack may also be applied at night on alternate days. A daily wet rubbing of the whole body with water of 73° F/23° C, or a tepid bath of 89° F/32° C, may be recommended on account of its strengthening and refreshing properties, as well as plenty of fresh air. General strengthening treatment is also beneficial in these cases. In case of sycosis, herpes, scurf, etc., three of four box steam baths in bed a week should be taken, followed by a pack and bath with affusion for the head.



Nettle
[*Urtica dioica*]

In addition to the constitutional treatment, Kneipp recommends washing the head with a decoction of stinging nettles or capillary extract of nettle root.

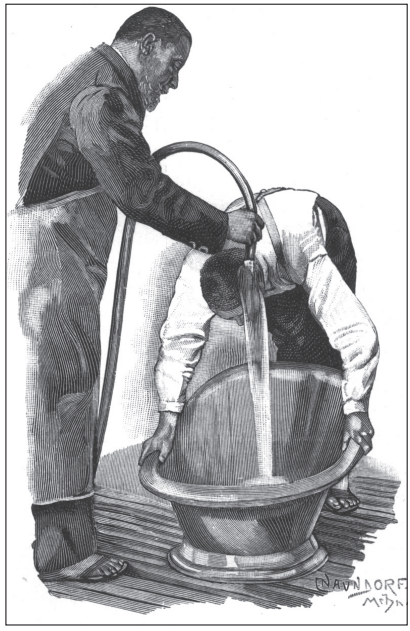
Falling Out Of The Hair

In this malady the hair falls out in a peculiar way. The disease, which at first always attacks the skin of the head, commences by affecting a small circular spot on the top; this part becomes completely bald, the skin either retaining its original character or becoming glossy and brittle. The neighboring portions, which are still covered with hair, are usually scaly.

As the disease progresses, the circular bald spot at the top of the head becomes larger, and may, at last, result in complete baldness; even eyebrows, eyelids, beard, etc., become affected.

Treatment

By a rational mode of life and especially a strengthening treatment, strict avoidance of spirits and similar beverages, such as brandy, strong beer, wine, coffee, etc., this disease may be arrested in its course. Lukewarm (77° to 86° F/25° to 30° C) head lavations are, in any case, indispensable.



Head gush or affusion

At present, different opinions prevail as to the causes of alopecia. Some think that it has its origin in the nerves; others ascribe it to a fungus which destroys the hair.

Case Of Alopecia

I had originally an abundant and luxuriant crop of hair. In the year 1901 it suddenly began to fall out in large quantities in front. I never applied anything but pure water to my hair, except on Sundays, when I used a few drops of hair oil. It gradually fell out to such a degree that, even when I only rubbed a little water into it, my hands and my comb were covered with hair. I treated it just as I had done before. Sometime later I was induced to become a vegetarian, after the doctors had brought me so low with their "high art" (treating me for gastric, abdominal, pulmonary, and nervous complains) that I could hardly walk. After following the prescribed diet strictly for six months, during which time I lived on scarcely anything but bread and farinaceous food, not only was my condition so improved that all my acquaintances were astonished at the change in my appearance, but I made the agreeable discovery that my hair had all at once stopped falling out. Whereas formerly comb and hands were full of it, I find now only a few stray hairs, perhaps five or six, and it has remained so ever since. What but a rational mode of living can have produced this favorable change?

It would be interesting to learn whether this remedy has the same effect upon other people. If so, it would be a feather in the cap of vegetarianism, for this point has never yet been touched upon, as to my knowledge.

I may supplement this case by adding, that Mr. Stier came to my Sanatorium completely exhausted and at death's door. He was racked with hectic fever and exhausting diarrhea (five to twelve times within twenty-four hours) which had pulled him down to such an extent that for several



weeks I expected every day he would die. The treatment I adopted, consisting of wet abdominal compresses, enemas, partial baths, and the strictest vegetarian diet, saved him. A severe chronic gastric catarrh, apparently accompanied by ulcers of the stomach, induced me to keep him to a farinaceous bread and milk diet a few months longer, until he was finally out of danger. At the end of September he left me heavier in weight by about twenty pounds, and like a new being.

I have observed the beneficial effect of vegetarianism upon baldness, upon which Mr. Stier comments, not only in his case, but in many other patients, who have undergone my vegetarian treatment. A rational mode of living, whether applied generally or in particular, cannot but have a favorable effect. What is good for all, must also benefit the individual's hair, which, like every other part, organ, or tissue of his body, is nourished by one and the same blood. If this be pure, healthy, strong, and nourishing, the tissues formed from it must be perfect and sound.

The one [haircare] is prepared by boiling dried common nettles for several minutes, then a little vinegar should be added, and with this solution the scalp should be well rubbed in, three or four times each week taking particular care to get at the roots of the hair

Another good remedy is prepared by boiling the roots of the common nettle in two-thirds water and one-third vinegar for some time—and after allowing this decoction to stand for some weeks, the solution will be found to be a really excellent hair tonic, if the scalp is washed well with it several times each week.

Great cleanliness should be observed, the head being bathed regularly with water of 77° to 84° F/25° to 29° C, and carefully dried to avoid irritation of the cranial nerves.

A daily wet rubbing of the whole body with water of 73° F/23° C, or a tepid bath of 89° F/32° C, may be recommended on account of its strengthening and refreshing properties, as well as plenty of fresh air.

Lukewarm (77° to 86° F/25° to 30° C) head lavations are, in any case, indispensable.

Heart Diseases

by Benedict Lust

The Naturopath and Herald of Health, VI (4), 109-110. (1905)

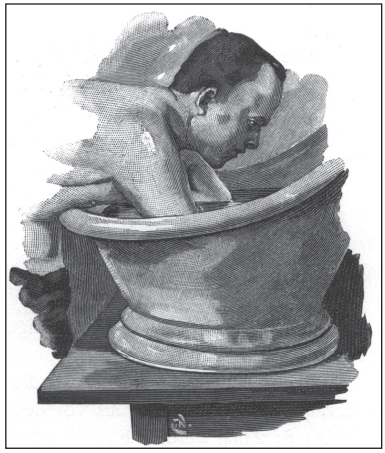
The number and nature of heart diseases are very large and varied, because the heart, as the central organ, is more or less exposed to the reactions of all disadvantages effecting the whole organism. The heart has to provide, in the first place, an increase of blood for all those parts whose organs are required to act more lively, it has to settle all disturbances and still be satisfied with that quantity and quality of the blood, as it is prepared for it by the digestive and respiratory organs. Nature has fitted this organ, whose activity means life and whose ceasing to work means death, with a far-reaching capacity to adapt itself to any condition. Many diseases, known as chronic heart diseases, represent merely a life preserving adaption of the form and action of the heart to abnormal claims, and the latter will transform itself accordingly and even equalize the capacity of various single parts by strengthening, transforming and adopting them to others. It is not fit, however, to meet all the expectations opposed to nature to which it is subject principally through the habits of modern life, and when it commences to fail in its self-protection heart diseases will become noticeable. Many of them are easily recognized by the layman, others cannot be traced unless by the dissecting knife. It is a common mistake in examining them that cause and effect are frequently confounded. The diseased heart is blamed for any perceptible trouble in your health, while it is diseased in consequence of the latter only. We should not look for the cause of the evil in this and that organic disease of the heart, but in this and that blunder in our way of living. High livers and drunkards, for instance, die more of a diseased heart than of any sickness of their stomach or their swag-belly, and in spite of that, the heart did not kill them, but was deprived of its productive and vital power by the contents of the stomach.

Anemia, and nervous debility, dyspepsia, constipation, piles, hypochondria, hysteria, chlorosis, uterine troubles, worms, bladder stones, etc., as a rule, are in close contact with the symptoms of heart diseases and point to the fundamental cause. The consequence of such conditions connected with disturbances in the circulation of the blood and the nervous system is very frequently the so called nervous palpitation of the heart. It is also frequently found with children and may be of very violent, painful nature, causing uneasiness, but without being directly alarming. The general condition in such cases requires energetic help.

The care for good blood and regular function of all organs are the main conditions under which a cure or, at least, a relief in heart diseases

may be possible. The ways and means to succeed are not different in this case than what they are in others, and have been repeatedly described in this magazine. Meat should be entirely avoided. The creatinine contained in meat is poison for a diseased heart. It may be emphasized that body exercise is not only advisable, but absolutely necessary, although it should be in accordance and in proportion to the general condition of the patient's strength, same as any other stimulants to be selected for this purpose. The different symptoms in heart diseases should guide any further proceedings in this cure. All sanitary advises should be strictly observed and no fear should take place at the appearance of the symptoms. Although the heart is frequently partaking, as mentioned previously, without giving us any idea that it may be diseased itself, it often concerns nothing more or less than temporary congestions of the blood which are erroneously taken as heart diseases.

If heart troubles should appear, apply at once water dressings upon the legs, abdomen and the body which will prove revulsive, place voluminous compresses upon the region of the heart and take a steam foot bath



Arm bath

and repeatedly a half bath. Arm baths and treading water will also have favorable effects. In an advanced state of the disease cold water applications must be limited as much as possible and temperated water should be used to a large extent. Clysters may be administered and good care should be taken for regular evacuations of the bowels. Sexual and other disadvantageous excitements must be avoided as much as possible.

The patient should get used to deep breathing and sleeping with open windows. The diet should be principally limited to boiled rice, hominy,

etc., with stewed fruit, buttermilk, sour milk, curds, parsley, celery, pastinaca, asparagus tips, dandelion, fruits, nuts, etc.

A fatty heart must be treated in the same manner as obesity. Inflammations require the application of revulsive remedies, limiting, however, the use of incentives. Inflammations of the heart, as a rule, will appear only together with other severe diseases principally caused by contamination of the blood, and then most frequently in consequence of wrong treatment, by repulsing diseased matter and irritating the heart by administering the usual drugs and stimulants.



Dandelion
[*Taraxacum officinale*]

The care for good blood and regular function of all organs are the main conditions under which a cure or, at least, a relief in heart diseases may be possible.

If heart troubles should appear, apply at once water dressings upon the legs, abdomen and the body which will prove revulsive, place voluminous compresses upon the region of the heart and take a steam foot bath and repeatedly a half bath.

Inflammations of the heart, as a rule, will appear only together with other severe diseases principally caused by contamination of the blood, and then most frequently in consequence of wrong treatment, by repulsing diseased matter and irritating the heart by administering the usual drugs and stimulants.

Scrofula

by Benedict Lust
The Naturopath and Herald of Health, VI (4), 111-115. (1905)

This disease is a disease of the juices of the body. It develops in children who have been brought up on bad or unsuitable food, in stuffy rooms, with insufficient care, or who have inherited a weaknesses from their parents.

From the blood of scrofulous children diseased matter, instead of healthy new matter, is deposited in the various organs and ulcerates, after having caused an inflammation and swelling of the neighboring parts. Such deposits most frequently occur in the glands, and for this reason scrofula is usually called a disease of the glands. Among these glands again, particularly those on both sides of the neck and on the back are most likely to be affected.

The scrofula disease can be divided into two classes: the torpid (slow) and irritable or hypersensitive (erethism). The first one reveals itself by an abnormal slowness of the change of matter; the second one shows an abnormal rapidity of change of matter. Children having torpid scrofula have an unusually large head, flat forehead, broad jaws, a thick and extended upper lip, enlarged pupil and puffed up cheeks. These children suffer from continuous nasal discharge, cough, inflammation of the eyes, irregular digestion, enormous appetite, and become emaciated. In the irritable form, the body is delicate and has a tendency to grow tall. The mind is vivid, the eyes expressive, with the whites of a bluish color. The complexion is good, but the body as well as the mind show a diseased sensitiveness.

Scrofulous families are recognized by a general expression of indolence with which the children are affected. The form of the body of the children does not possess the natural symmetry; the trunk and extremities do not show a comparative uniform development; the head is too large; the extremities do not possess the symmetry in comparison with the weak, too long or too short body; they are either too small or too large, and as a rule, they are swollen. Frequently, we observe defected connection at one or several places of the middle line. With some children, the chest is dislodged, the ribs are out of line, and the breast bone protrudes upward or forward. The different parts are clearly to be seen under the skin and the depth of the chest is larger than the width. This defective formation can be changed between the eighth and twelfth year. As a rule, this malformation continues, thus hindering the regular development and full extension, and it is a sad sign that the scrofula disease becomes deeply rooted.

Scrofulous people usually are small, but sometimes of unusual size.

Both symptoms originate from the same source, i.e. the body does not possess the necessary degree of strength in order to regulate the development of the organs and in this way is subjected to either a limited or an unlimited nourishment. The mouth of such people is small, protruding, or much too large. The teeth, especially the second teeth, are pushed forward; they are not white but usually dark; they change easily and are very brittle. The spongy tissues of the bones are too strongly developed in comparison with the hard substances. This condition of the spongy tissues of the bones is easily recognized by the following symptoms, although they are not always combined: the cheek bones protrude considerably; the lower part of the lower jaw is unusually developed and the ends of the tube-bones are too thick. The pubic bone, the sacrum and the ischium are over-developed, which is especially disadvantageous for the women in case of child birth.

The digestive organs are in a condition of relaxation. Many scrofulous children are never hungry, so that they sometimes take hardly a sixth of food they should at their age. This is a consequence of the weakness of their digestive organs, which can be compared with a catarrhal condition of other organs, such as inflammation of the eyes, cough, inflammation of the bronchial tubes, etc.

Such children grow weaker all the time and no improvement can be expected unless they gain strength by better activity of their digestive organs.

In other but less frequent cases, they show an intense craving for food, which owing to the defective digestion is just as harmful, if not more, as it is to eat too little. The action of the bowels is very irregular. It is either constipation, due to extreme dryness of the mucous membrane of the bowels, or weakness of the peristaltic movement of the bowels. Or the patient suffers from diarrhea, interchanged with constipation. We could call this a blennorrhea of the bowels, like that of the eyes, the nose and the ears. The mucous membrane of the bowels naturally has a greater discharge than the one of the nose, or in cases of scrofulous inflammation of the eyes and in case of cough. The discharges of the bowels sometimes contain undigested matter because the mucous membrane of the bowels, in such a catarrh condition, is unable to effect a thorough digestion.

The skin and tissues are exceedingly emaciated. Many scrofulous people have a dry skin, covered with herpetic eruptions and itching crusts. Scrofulous children usually show great indifference and laziness. Children showing an exceeding antipathy towards any kind of exercise have to be driven by force in order to induce them to take a walk. Mothers frequently complain of the careless carriage of their children, particularly of their daughters who let their heads hang down as though they could not bear the weight of it, and that they are lazy and do not want to move. Such

children cannot do otherwise; their carriage lacks strength; the muscles of their vertebral column are atrophic, their muscles are altogether insufficiently developed and the tissues do not possess the necessary degree of solidity to be able to carry the body properly.

Children with a scrofulous constitution show an involuntary fatigue which rather increases than decreases after rest. The bed, in which they cannot find a comfortable position, tires rather than strengthens them.

The scrofulous tendency so clearly demonstrates itself in most cases that one does not need to be a physician to recognize it. In some instances, however, it is less shown because the individuals suffering from it possess a strong constitution, which keeps this tendency in the background. There are some members in scrofulous families who have reached maturity and have long survived their sisters affected by this disease, without showing any symptoms of scrofula, but such exceptional cases do not make the rule for the natural course of things. The apparently healthy condition has a limited duration and time brings those who have enjoyed it finally back to the inherited disease of the family.

Inherited diseases, the same as the lines of the face and the form of the body, are peculiarities of the family. The similarity of the external appearance remains sometimes unnoticed, because it either is not clearly defined or is covered by certain obvious peculiarities. These, however, disappear in time and then the relationship of the sisters is unmistakable, although up to a certain age, it was not noticeable.

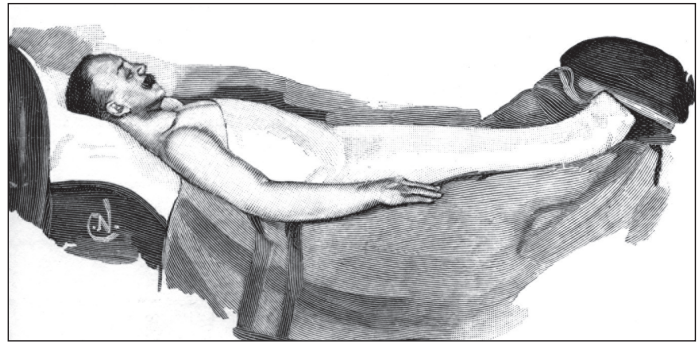
If the first symptoms of scrofula are not overcome by strict observation of a proper diet and a general treatment, this disease gradually develops to its full extent and demonstrates itself in various ways. The swelling of the abdomen increases and digestion has to contend with various disturbances, such as the following: the small sufferers have a sour breath, a special craving for a coarse, solid, floury foods, black bread, potatoes, etc.; they suffer from gas in the stomach, and often worms. Their bowels move irregularly. On the skin, particularly of the head and the face, eruptions and ulcerations appear. The eyes, particularly the eyelids, become inflamed; the patients have a strong smelling, running of the nose and ears and suffer from cough and swelling of the tonsils.

One of the principal symptoms, as mentioned before, is the swelling of the glands at the throat and neck. These at first appear singly or like a string of pearls linked together in sizes of peas or beans, being easily dislodged and soft, but they grow harder and larger. Often they remain for a long time in the same condition, sometimes disappearing for a while and returning again; sometimes they become inflamed and ulcerate. Such scrofulous ulcerations do not cause much pain, but they are deep and unclean, have a pale appearance under the skin are hollow and rather hard, have blue edges and do not heal easily.

The scrofulous matter deposits itself in the external as well as the internal glands of the body, particularly those of the stomach, the bones and especially of the extremities.

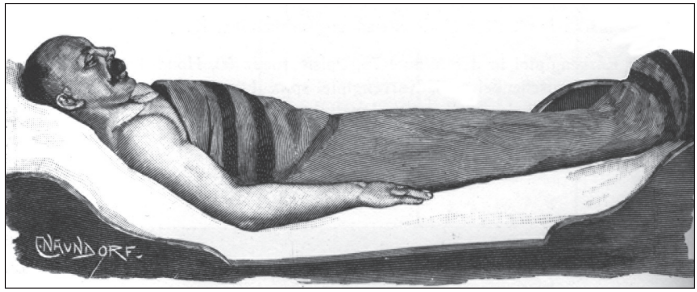
The bones swell up and ulcerate, which is a very dangerous condition, known under the name of caries. The scrofulous bone diseases as well as those of the internal glands eventually lead to consumption.

Scrofula is a general as well as a local disease. Consequently, the treatment must be directed towards an improvement of the constitution of the entire body as well as to a cure of the respective single organs. We can easily imagine that it will be easier to cure a scrofulous trouble, such as an inflammation of the eyes, eruptions, ulcers, etc., than to master the original disease without using remedies affecting the whole system. The principle thing is to improve the fluids of the body; the treatment of the diseased individual part of the body is only a support for the cure. The food, living, clothing, and occupation must be regulated if the child should be exempted from scrofula. The food must be nourishing and easily digestible and be given in regular intervals which, as we know, assists the digestion of any food. The size of the portion has naturally to be in proportion to the age. Children subject to scrofula must live in airy, well ventilated, dry and sunny rooms. Their beds should not be curtained. The bedroom should always have fresh air, and they should sleep with the windows open. During the daytime, let them live out of doors as much as possible. Nothing harms scrofulous children more than to sit quietly for hours in stuffy school rooms. When outdoors, the child should not sit quietly but move around and exercise as much as possible. Only care should be taken that it does not get overheated while playing and thus be liable to catch cold.



Wet sheet for a full wet sheet wrap

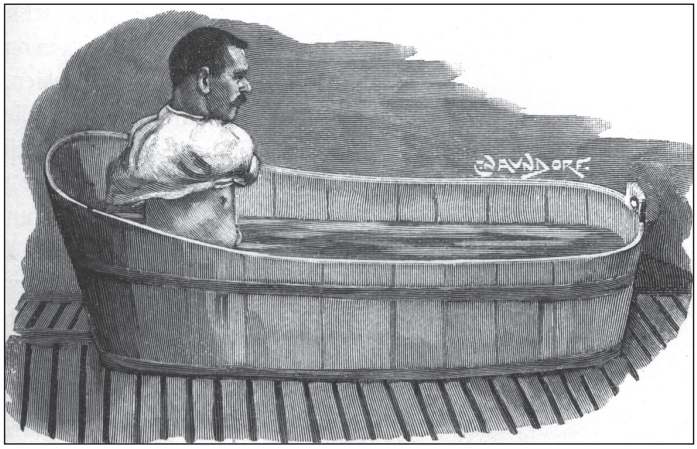
The best medium for strengthening weak constitutions is the water cure. Washing and baths as well as packings will prove very beneficial.



The wet sheet wrap and outer wool blanket

It is well to begin with washing the entire body with lukewarm water, gradually getting it colder. In washing, do not wash the entire body at once, but take a wet soft towel and wash one part after the other, rubbing them dry afterwards with a rough towel. The part of the body which is dried is to be covered. Washing, on account of its effect by improving the mixing of the body's fluids, is an excellent remedy for treating scrofula, and a reliable cure if assisted by a supply of fresh air as well as a proper diet. Besides this washing, apply three times a day stimulating wrappings of the body, which are to remain overnight, as well as every other day two enemas of a quarter of a pint of 75° F/24° C water. Two or three times a week give them a hot bath of 95° F/35° C, with a cold shower between the shoulders. According to the age of the child, use for the shower one to seven wine bottles filled with water.

If the disease has advanced far and shows swollen glands of the throat and abdomen, and the lower part of the body are swollen, half baths and packings, outside of above washings, are to be recommended. It is best to take the half baths in the morning, between ten or eleven o'clock.



Half bath

The water should not be too cold in the beginning. I usually recommend to begin the half baths with 90° F/32° C and to go down by four degrees every three days, until 55° F/13° C is reached. The duration at 90° F/32° C should be 20 minutes, at 55° F/13° C 10 minutes. During the bath knead and rub the abdomen softly. For the regenerating effect, the wet cold wrapper is preferable, which should be extended up to one hour with washing the entire body afterwards.

Very good for the treatment of scrofula are also sea baths, and the natural full baths. The greatest benefit of the sea baths lies in the cold temperature of the water, in the surf and the sea air.

Cold water, by suddenly taking much warmth away from the body, acts beneficially on the nervous system and drives the blood from the skin into the internal regions of the body. The nerves and blood vessels soon relax again and give a pleasant sensation of warmth after the unpleasant chill in the beginning. This repeated action on the nerves and blood vessels increases their energy and leads to a greater activity on their part.

The hardening of the glands is to be dispersed. As soon as such swellings appear, put on compresses by wetting the cloth in lukewarm water and wringing it out well. These compresses are to the renewed every three hours. The damp compresses are to be covered with a woolen cloth.

As scrofula affects the glands all over the body, it is usually found that the eyes are affected, which causes discharges of the mucous membrane and ulcerations, sticking of the eyelids and inflammation of the internal parts of the eye. When scrofulous inflammations of the eye are traced back to a diseased condition of all the fluids of the body, not only one eye, but usually both are affected, although in a different degree. Children suffering from such inflammation of the eyes, as a rule, have other scrofulous troubles such as a swollen face, hardened glands of the throat, running of the ears, etc. The children are afraid of the light. In such instances, they keep the eyelids closed all day and hide their faces in the pillow in order to avoid the light. If small ulcers appear on the outer part of the eye, they show themselves in the way of small spots of the size of a pin head and usually lie at points where the blood vessels merge; if these ulcers happen to be on the pupil, they sometimes leave spots there which impair the sight.

For scrofulous inflammation of the eyes, lukewarm compresses on the eyes are very helpful, besides the above mentioned general cure. It is also necessary to wash the eyes three or four times a day with a small syringe. The water for this purpose should also be lukewarm, not too cold. It is further not advisable to deprive scrofulous children of light, especially, even if they fear it.

Scrofulous running of the nose and the ears requires the general treatment for scrofula as outlined before. To assist the local treatment, use

compresses for the forehead and ears as well as gargling and syringing of the nose and ears.

Inflammation of the hip joints takes sometimes a rapid and serious course; more often, however, a slow and lingering course. In the latter instance, the trouble begins with an insignificant, not lasting pain in the hip joint, with some fatigue and stiffness of the limbs, which is particularly felt on rising in the morning. The creeping inflammation in the hip joint in time turns into caries, the head of the upper thigh bone and the socket in which it lies are partly decayed, the joints in the hip become loose and the muscles surrounding it draw the bone up and press it on another part of the bone. The limb thus becomes shorter and the corresponding half of the buttock grows larger. In serious cases, the respective part of the buttock produces a painful swelling, which finally breaks open and discharges much matter.

A treatment in the beginning of the disease will have very successful results. Half baths of 98° F/37° C of one hour's duration, as well as entire packings with cold compresses on the diseased hip joint, should be administered at the beginning of the inflammation of the hip joint. The duration of the entire packing should not be extended for more than an hour. During the day, let the patient rest quietly and put cold compresses on the hip, renewing them as soon as they become warm. I have always reached the desired effect with this treatment. Children who already have ulcerations should be treated by the same method, but with the exception that the water of the half bath reaches only 95° F/35° C temperature and the bath lasts 20 minutes. The entire packings are extended up to two hours and the ulcerating parts covered with small, lukewarm compresses. During the night, apply stimulating wrappings. The food is to be nourishing and easily digestible, and the bedroom has always to be well ventilated.

Emaciation as a consequence of scrofula of the abdomen is recognizable by a gradual falling away, with frequent attacks of colic, swelling of the stomach, pain when touched, lack of appetite, interchanges of constipation and diarrhea and fever towards evening. Diarrhea is always part of the trouble.

For colic, use hot compresses; in general, a treatment as described above, will prove effectual.

Scrofulous families are recognized by a general expression of indolence with which the children are affected.

The digestive organs are in a condition of relaxation. Many scrofulous children are never hungry, so that they sometimes take hardly a sixth of food they should at their age.

It is either constipation, due to extreme dryness of the mucous membrane of the bowels, or weakness of the peristaltic movement of the bowels.

Children showing an exceeding antipathy towards any kind of exercise have to be driven by force in order to induce them to take a walk.

Children with a scrofulous constitution show an involuntary fatigue which rather increases than decreases after rest.

One of the principal symptoms, as mentioned before, is the swelling of the glands at the throat and neck.

The principle thing is to improve the fluids of the body; the treatment of the diseased individual part of the body is only a support for the cure. The food, living, clothing, and occupation must be regulated if the child should be exempted from scrofula.

The best medium for strengthening weak constitutions is the water cure.

Besides this washing, apply three times a day stimulating wrappings of the body, which are to remain overnight, as well as every other day two enemas of a quarter of a pint of 75° F/24° C water.

I usually recommend to begin the half baths with 90° F/32° C and to go down by four degrees every three days, until 55° F/13° C is reached. The duration at 90° F/32° C should be 20 minutes, at 55° F/13° C 10 minutes. During the bath knead and rub the abdomen softly.

Cold water, by suddenly taking much warmth away from the body, acts beneficially on the nervous system and drives the blood from the skin into the internal regions of the body.

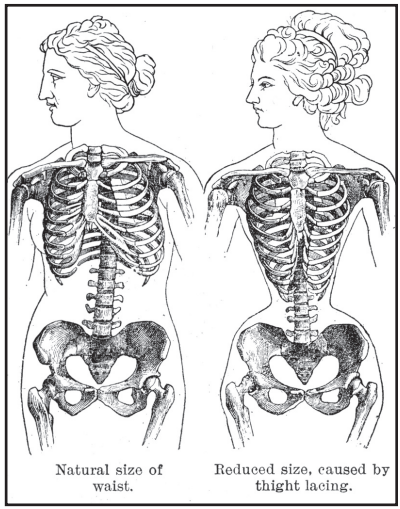
Children suffering from such inflammation of the eyes, as a rule, have other scrofulous troubles such as a swollen face, hardened glands of the throat, running of the ears, etc.

Half baths of 98° F/37° C of one hour's duration, as well as entire packings with cold compresses on the diseased hip joint, should be administered at the beginning of the inflammation of the hip joint.

Abdominal Troubles Of Women

by Benedict Lust

The Naturopath and Herald of Health, VI (5), 137-138. (1905)



The corset contributed many woes to the health of women.

For what are not women treated when they go to the physician and complain of sick-headache, palpitation of the heart, dizziness, pain in the stomach, buzzing in the ears, cold feet, etc. One physician gives antipyrine for headache, the other one bromide of potassium for dizziness, the third Karlsbader salt for supposed catarrh of the stomach, the fourth digitalis for palpitation of the heart, and the fifth iron for anemia, which only increases the action of the heart and ruins the stomach. It is fortunate that in such cases, the body throws the medicines out by the so-called eruptions, as a caught thief is put out of the house. How powerless is Allopathy in such instances! The symptoms are indeed suppressed, but this suppression often causes mental weakness and even actual insanity. Poor women! You are more to be pitied than all those who unjustly term you "cross of the home", and how you are misjudged! The woman who looks splendid is said to be only lazy. The poor woman suffers much under such inhuman criticism, particularly on the part of the physicians and the husband. She becomes distrustful towards the world, pessimistic and weary of life. Death would be a happy release. She is anxious to end her sufferings, but she has not the courage to do so. Poor pitiful woman, deserted by science and the sympathy of friends, how endless is your suffering!

And still this suffering could be easily relieved if, instead of suppressing the symptoms, physicians would remove the causes of disease. Many women become ill after giving birth, from symptoms which the family cannot explain. The woman who formerly was full of life suddenly becomes excitable and irritable; she avoids company which she formerly enjoyed; the family she loved before she now dislikes, various nervous affections, cramps of the stomach and of the muscles appear.

The physician says she is hysterical and prescribes valerian drops, asafetida or castoreum. But the recipe prepared with such secrecy usually has not the desired effect; the physicians are blamed as being worthless and relief is sought from midwives, charlatans, extortionist, etc. All this for nothing! It does not give relief if the navel is rubbed with chicken fat at midnight or covered with slices of radishes; the appliance of nut shells does not help any more, and the whole neighborhood whispers that she is bewitched and will never get rid of her disease. Then sympathy is sought, but this without any better results.

The poor woman could be easily cured if one would know what causes the disease. As before, she has, particularly during her pregnancy, taken very little care of herself hygienically. She has done nothing towards treating her skin because this has been strictly prohibited by the midwife. She has never sought pure air and has not discharged the poisonous matter owing to improper clothing. She has not followed the principle, "everything would go better if one would go more." Through improper nourishment she has overloaded the blood with impurities, disturbed the change of matter and thus laid the foundation for the bad condition of the blood. This causes weakness, and weakness is the beginning of all diseases. If the blood of women is out of order it will, first of all, badly nourish the muscular tissues of the womb which will become relaxed. The ligaments of the womb are not able to keep it in the right position, the womb is easily misplaced and we have what we call a prolapsus of the uterus.

Such a condition brings on many diseases and how often are they misjudged and the woman made unhappy for her whole life. If the womb is misplaced, its nerves are drawn; this again reflects on the other nerves, particularly so on the nerves in connection with the blood vessels. This causes headache, dizziness, buzzing in the ear, palpitation of the heart, cold feet, enlargement of the pupil, pressure of the stomach, heat spells, and fear of apoplexy, etc. How often is a woman with symptoms of nervous stomach trouble thought to be suffering from stomach catarrh and sent to Carlsbad, only to return later in a much worse condition? Some women suffer from such a collection of gases in the abdomen that they cannot stand the pressure of their waist bands. Many believe in their nervous condition that they have a frog or a lizard in their stomach.

A general consequence of such troubles of the abdomen are the bleeding of the womb, which does not cease, notwithstanding all burning, cauterizing, cutting and scraping.

There are invaluable means in the Kneipp cure to radically prevent these bleedings. Of particular benefit, in cases of bleeding of the womb, have proven to be the knee and upper douche, as experiments have shown that the knee douche, particularly if it is applied to tissues of the womb,

thus stopping the bleeding by contraction of the ligaments, while the upper douche draws a considerable portion of the blood to the upper part of the body. The back douche, particularly if it is applied to the larger part of the hips, rather stimulates the bleeding and therefore should be avoided.



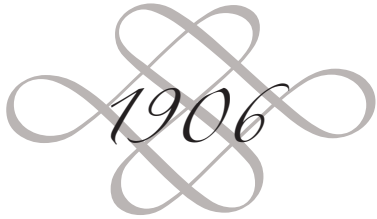
The knee gush

If the bleeding is abnormal during the time of menstruation, the following treatment will be found very beneficial. The lower pack, by dipping the linen cloth in water of 60° F/16° C with the cloth sufficiently wide to cover the hips well. The hip douche, by applying much water to certain parts of the inner part of the thigh. Also, walking in water, of 45° F/7° C, [duration one to five minutes] for three months can be recommended. There are harmless and very effective means with which I have had much success in cases of great bleedings of the womb.

If the blood of women is out of order it will, first of all, badly nourish the muscular tissues of the womb which will become relaxed. The ligaments of the womb are not able to keep it in the right position, the womb is easily misplaced and we have what we call a prolapsus of the uterus.

Of particular benefit, in cases of bleeding of the womb, have proven to be the knee and upper douche, as experiments have shown that the knee douche, particularly if it is applied to tissues of the womb, thus stopping the bleeding by contraction of the ligaments, while the upper douche draws a considerable portion of the blood to the upper part of the body.

If the bleeding is abnormal during the time of menstruation, the following treatment will be found very beneficial. The lower pack, by dipping the linen cloth in water of 60° F/16° C with the cloth sufficiently wide to cover the hips well.



Perspiration Of The Feet

Bright's Renal Diseases

Benedict Lust



As Sunshine is to the Earth so is

LECITHIN

to the System.

"NATURE'S OWN GROW STUFF"

LECITHIN is a food.

It is a principle extracted from the yolks of fresh eggs in concentrated form.

It is the most easily assimilable form of phosphorous.

And phosphorus is to the nerves and brain what bread is to the stomach—what men and women need who **work** and **act** and **think.**

Physical and Mental Disorders are mainly brought about through lack of nutrition.

And the remedy for lack of nourishment is food.

Don't resort to Drugs or Stimulants; Build up the system with **Lecithin** compound. The foremost authorities in therapeutics agree that **Lecithin** is the **true** Brain and Nerve Food.

A supply of **Lecithin** Compound sufficient for Ten Days' use will be sent to any address on receipt of One Dollar.

Write to-day for interesting booklet, "The Wonderful Grow Stuff." It is **free.**

Or, if you think it advisable to correspond with us as to your condition, write freely and fully. We will be glad to answer all communications.

AMERICAN LECITHIN CO.
63 FIFTH AVE.
NEW YORK

The Secret is Solved.

It has long been known that oats as a food is far more nutritious than wheat. Men of science realizing this have spent years in an endeavor to place on the market a concentrated ready-to-eat oat food perfect from a standpoint of nourishment and digestibility. The fruit of their labors is to be found in

NORKA

THE ONLY COOKED OAT FOOD IN THE WORLD. Norka is prepared from the very best whiteoats and is cooked by the scientific Norka process, which brings out all the nourishing elements of the grain. It is delicious to the taste, EASILY DIGESTED and a CURE FOR CONSTIPATION. Those whose work entails mental or bodily strain find it the most sustaining food in the world. Government tests show that NORKA contains greater nutritive qualities than any other ready-to-eat cereal food.

Give it a fair trial and be convinced.

Your Grocer Sells It.

The Norka Food Co., Ltd.
Battle Creek, Mich.

KANO FOOD COFFEE.

The PERFECT Coffee Substitute has the delicious Coffee flavor without the poison.

KANO Food Coffee is manufactured by the celebrated Norka Process, which is a revelation in the manufacture of food products. Kano Coffee has been perfected after many years of experiments and the expenditure of vast sums of money.

KANO Food Coffee aids digestion, is quickly assimilated by the weakest stomach and imparts new life to the nervous system.

Let the children have KANO Food Coffee freely.

Manufactured only by

The Norka Food Co., Ltd.
Battle Creek, Mich., U. S. A.

Write for samples and literature.

Perspiration Of The Feet

by Benedict Lust

The Naturopath and Herald of Health, VII (4), 144-145. (1906)

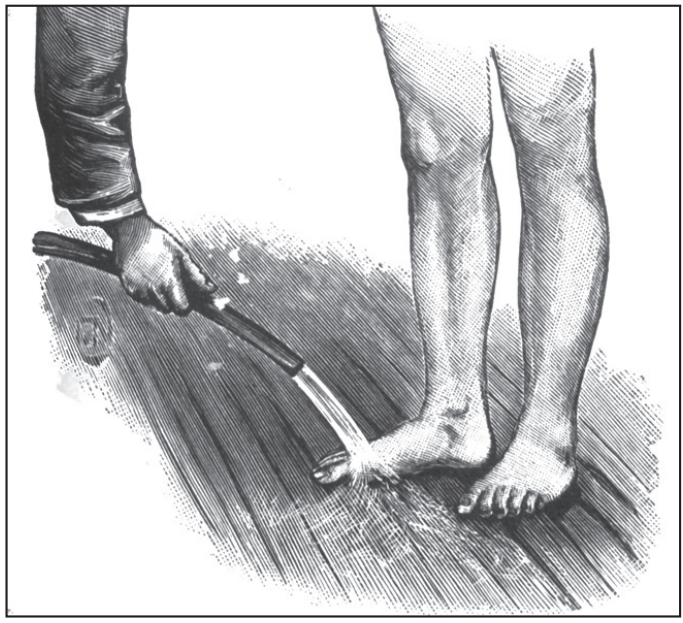


Though perspiration of the feet is apparently, not a disease, it is certainly very disagreeable. The remedies for it are countless. Now we learn that formaldehyde, a modern disinfectant, is very effective. Of such remedies the sufferer ought not to avail himself. By forced suppression of this secretion, the general health will be impaired; and at some later time symptoms, which apparently have no connection at all with foot sweating, will manifest themselves. That such connection does exist is known to the writer of this essay, who for years has treated patients in diseases which were the consequences of the suppression of this perspiration. Every day we hear remarks like these: "Since I had that horrid cold, I am losing in general health." The partisans of the Nature Cure method, as well as the Homeopaths, find the origin of all local diseases in the constitution and disposition of the individual. Dr. Hahnemann, the founder of homeopathy, has treated this subject very thoroughly; and Dr. Grysanowsky, one of the most zealous anti-vivisectionists, says in one of his lectures:

> Such an extirpation (suppressing or driving off) of the symptoms of any disease by treating the disease, reveals a lack of careful thought, of which our surgeons, who are becoming bolder with every day, show themselves guilty. These gentlemen will extirpate a piece of carcinomatous stomach or a piece of tuberculous lung, and the press will triumph over these as victories. Cancer is curable, and consumption will soon belong to the evils of the past.
>
> His message will be printed in big letters.

It is a well-known fact that perspiration is poisonous; besides, I refer the reader to Dr. Lahmann's essay on "The Air Bath." If we, by formaldehyde or any other chemical preparation, prevent the body from eliminat-

ing this virus (poison), this same matter will affect some other organ and, sooner or later, the patient will be afflicted by rheumatism, inflammation, hemorrhages, or some other disease to which he may have a natural predisposition.



Cold foot affusion

The only way to cure foot sweating is by opening all the conduits and passages of the body, in order to relieve the feet from this secretion. In addition, the feet should be treated with tepid baths and cold ablutions. The socks should be changed every day; going barefoot should be practiced; in spring and summer, air and sun baths should be taken; and, if possible, these ought to be continued during the cold season.

This treatment will be the more effective if porous clothes be worn, a strict diet followed, and alcohol and nicotine discarded. Then this disagreeable malady will be cured. That such a cure is of far greater value and far more permanent in character than any smearing over, or contraction of the pores by chemicals can possibly be, is, I suppose, readily understood.

DR. W. H. A. FLETCHER'S



ANTISEPTIC

FOOT POWDER

Is an emollient designed by Dr. W. H. A. Fletcher, a chiropodist of many years' standing, to quickly and permanently cure and relieve inflammation, excessive sweating or offensive odors of the feet.

It is made under the most sanitary and naturopathic conditions, under the personal direction of DR. FLETCHER. Absolutely no Talcum or Starch enter into this preparation.

It is also used as a dressing, for cuts, sores, burns, scratches, insect bites and other therapeutic uses, and as a dusting powder over the body after bathing.

Guaranteed by the

FLETCHER SPECIALTY CO.

60 West 25th St. New York

Price, 25c. Postage, 4c. extra or 4 cans $1.00 prepaid

The partisans of the Nature Cure method, as well as the Homeopaths, find the origin of all local diseases in the constitution and disposition of the individual.

In addition, the feet should be treated with tepid baths and cold ablutions.

This treatment will be the more effective if porous clothes be worn, a strict diet followed, and alcohol and nicotine discarded. Then this disagreeable malady will be cured.

Bright's Renal Diseases

by Benedict Lust

The Naturopath and Herald of Health, VII (4), 162-163. (1906)

Bright's renal disease means usually, an inflammation of the kidneys combined with constipation and stopping of the excretion of urine. There is an acute and a chronic renal disease. The first is of frequent occurrence. This is only a matter of course, as the kidneys, like other secretory organs, must secrete all the poisonous matter circulating in the blood, and consequently, become irritated. Therefore, all diseases which affect the blood will always cause an inflammation of the kidneys. This disease may also be caused by colds, scalding of the skin, chronic poisonous conditions, and abuse of alcohol and inflammation of all organs. Even pregnant women will, now and then, contract an inflammation of the kidneys during the last months.

The symptoms of renal disease are: fever of various degrees, often begun with chills; sensation of pains and tension, and compression near the kidneys; dropsical swelling of the skin in various parts of the body as the legs, sexual organs, lower eyelids, and so forth. Also symptoms include less frequent urinating and a dark, brown-red, turbid bloody urine with a flaky sediment. The urine, if boiled, shows 5 percent albumen. Microscopic examination of the sediment of the urine shows red blood corpuscles and several kinds of cylindrical formations. The circulation of the blood will also be disturbed, the chest organs become affected and even nose bleeding may occur. The disease may last from two to four weeks, or from two to four months.

The beginning of recovery is marked by increased secretion of urine and gradual lessening of the swelling. If no recovery follows, the acute renal disease becomes chronic; or it may develop into dropsy of the inner parts, as for instance, of the pericardium, of the lungs, of the pleura, or of the abdomen, causing death.

Men suffer more frequently from this disease than women do. It is very important that it should be treated in its primary stage.

The careful adherence to the following rules bring relief, and probably arrest further development. The patient should have a great deal of rest and adopt a strictly vegetarian diet. Meat, spicy dishes and alcoholic drinks are absolutely prohibited. Milk, sweet and sour, and especially almond milk, are highly recommended, as they are not irritating. A cup of birch leaf tea, boiled down to a syrup, and taken every day will produce wonderful results, according to Professor Dr. L. Winternitz.

The body must be treated with compresses from 77° to 81° F/25° to 27° C, while separate compresses of 77° F/25° C should be applied



Cold compress

to the kidneys.* These compresses should be renewed every twenty or thirty minutes. Every day also, two or three trunk baths of 99° F/37° C of fifteen of twenty minutes' duration, should be taken. To prevent constipation, enemas of 80° to 90° F/27° to 32° C going down to 68° to 72° F/20° to 22° C should be used. To prevent the passing of the urine into the blood, damp warmth should be used to excite the action of the skin; a bed vapor bath or a food vapor bath ought to be taken. Should this, however, not agree with the patient, he must be wrapped up in wet compresses.

Chronic inflammation of the kidneys is an independent disease, and is seldom developed from the foregoing acute inflammation, but its actual causes are not yet fully known. From this disease, also, men suffer more than women. For one thing, they are more addicted to alcoholic drinks. Factors that contribute to cause chronic inflammation of the kidneys are damp dwellings, obdurate colds, long suppurations, losses of humors, physical conditions caused by slow poison, and diseases brought on by drugs. The fundamental character of the disease, from an anatomical standpoint, is the decay of the renal plexus or the cells which have to conquer the affected parts of the kidneys. Consequently, the azotic

---

*In an article written by Benedict Lust in 1900, he included dietary and herbal protocols for Bright's disease: Lemon juice, among other things, is an excellent remedy. A patient affected with Bright's disease ate, as Dr. Siebert tells us, three hundred lemons in the space of three months, or three to four lemons daily; his urine was free from albumen, and he was discharged as cured. In southern countries, the lemon and lemon juice are a universal remedy among the people. Of course, suitable water treatment must be adopted. A short pack, with thigh or knee affusion, three times a week each; besides, two whole washings and two half baths in the week, a trunk steam bath and an abdominal pack. A tea of knot grass, sage and dwarf elder root. (Lust, 1900, 234-236) —*Ed.*

Become a Vegetarian

And become stronger, healthier, happier, clearer-headed—and save money. Learn about Vegetarianism through THE VEGETARIAN MAGAZINE, (reduced fac-simile of cover shown here).



The Vegetarian Magazine stands for a cleaner body, a healthier mentality and a higher morality. Advocates disuse of flesh, fish and fowl as food; hygienic living and natural methods of obtaining health. Preaches humanitarianism, purity and temperance in all things. Upholds all that's sensible, right and decent. Able contributors. Has a Household Department which tells how to prepare Healthful and Nutritious Dishes without the use of meats or animal fats. Gives valuable Tested Recipes and useful hints on HYGIENE, SELECTION OF FOODS, TABLE DECORATION, KITCHEN ECONOMY, CARE OF COOKING UTENSILS, etc. Full of timely hints on PREVENTION AND CURE OF DISEASE. Gives portraits of prominent vegetarians, and personal testimonials from those who have been cured of long-standing diseases by the adoption of a natural method of living. TELLS HOW TO CUT DOWN LIVING EXPENSES WITHOUT GOING WITHOUT ANY OF LIFE'S NECESSITIES. EXPLAINS THE ONLY WAY OF PERMANENTLY CURING THE LIQUOR HABIT. WAYS TO INCREASE MUSCLE AND BRAIN POWER. Valuable hints on Child-Culture—how to inculcate unselfishness, benevolence and sympathy in children. A magazine for the whole family. Uniquely printed, well illustrated. Pages 7 by 10 inches in size. Published monthly. Sent postpaid to your address, 1 year, for $1; 6 mos., 50c; 3 mos., 25c; 1 mo., 10c.

A free sample of a back number on request. Address:

The Vegetarian Company, Inc.
No. 243 Michigan Boulevard, Chicago.

substance continues to be secreted; by this process, the body loses a great part of its albumen, without which the human body cannot exist.

Chronic inflammation of the kidneys during the process of development either manifests symptoms of the acute form, or it is lingering; the patient is tired, languid, and has a headache, nausea and lack of appetite. Eventually, dropsy of the skin and the vital organs will appear, followed by enlargement of the heart, which will endanger the patient's life. The swelling of the skin begins usually at the ankle bones and the legs, extending later to the whole body. In a few cases the face will swell at the beginning of the disease. The urine is usually turbid, yellow-reddish, and the secretion is slow. Then the quantity of the albumen in the urine amounts to twenty, even to twenty-five grams. Microscopic examination of the profuse sediment of the urine shows several kinds of renal cylinders, adipose cells and fatty compounds. By means of an ophthalmoscope one can diagnose the disease at a time when all symptoms have not yet become apparent. On the retina of the eye, where the optic nerve enters the retina, appear white stripes or spots. Sometimes an extravasation, small or large, is noticed on the retina. Disturbance of vision and interruption of the field of vision, and temporary blindness may cause the patient to have the urine examined, in order to be sure if any indication of chronic inflammation of the kidneys is found. In most cases, a disease like this lasts for months, even for years. It almost invariably ends in death; cases of complete recovery are very rare.

The treatment is the same as that for acute inflammation of the

kidneys.* The diet must be thoroughly vegetarian. Meat and alcoholic drinks should not be touched. Bed and vapor baths and massage are among the important items of treatment.

The kidneys lie one on each side at the back of the peritoneal cavity. Externally, they look like leveled round fleshy substances, having the form of beans; but internally, they are of a very artificial structure. In a kind of rind or shell, a great many small tubes lie in pyramidal arrangement. These are the delicate *tubulus uriniferus*, the very mass of the kidneys; through its partitions, as well as through very fine filters, the urine is secreted from the blood. These all discharge into a hollow large cavity, called the pelvis of the kidneys; from here the urine flows vertically from each kidney through a straight tube to the urinary bladder, from which it is excreted from time to time.

The body must be treated with compresses from 77° to 81° F/25° to 27° C, while separate compresses of 77° F/25° C should be applied to the kidneys. These compresses should be renewed every twenty or thirty minutes.

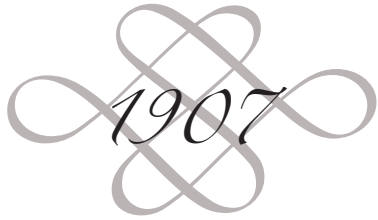
In southern countries, the lemon and lemon juice are a universal remedy among the people.

A tea of knot grass, sage and dwarf elder root.

The diet must be thoroughly vegetarian. Meat and alcoholic drinks should not be touched. Bed and vapor baths and massage are among the important items of treatment.

---

*From an article "Bright's Disease", published in May, 1900 by F. E. Bilz, the following recommendations were made for chronic kidney disease: "Daily a steam bath in bed (as above) or soothing full pack (two hours), then a 88° F/31° C lukewarm bath, or a 92° to 94° F/32° to 34° C full bath (duration eight to ten minutes). Compresses at night, as in the acute form, non-stimulating, nutritious diet, especially fresh sweet milk. Drinking fresh water in moderation, open bowels by means of enema, and above all, complete rest in bed." (Bilz, 1900, 81) —*Ed.*



Naturopathic Health Advisor

Naturopathic Health Advisor

Benedict Lust, M.D.

Heart Failure Cured By Natural Means

Ella A. Jennings, M.D.



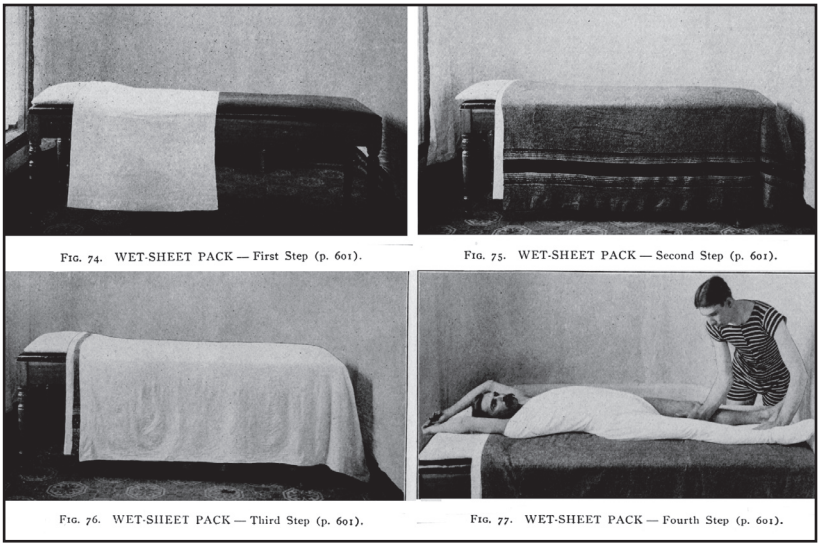


FIG. 74. WET-SHEET PACK — First Step (p. 601).

FIG. 75. WET-SHEET PACK — Second Step (p. 601).

FIG. 76. WET-SHEET PACK — Third Step (p. 601).

FIG. 77. WET-SHEET PACK — Fourth Step (p. 601).

This series of images taken from John Kellogg's *Rational Hydrotherapy* shows how to do a wet sheet wrap.

Naturopathic Health Advisor

by Dr. Benedict Lust, N.D.

The Naturopath and Herald of Health, VIII (2), 63. (1907)

Note: Under this column, each month, questions of general interest to our readers will be taken up and answered. The column is open to subscribers of *The Naturopath and Herald of Health*.

Question: What is the cause and cure of articular rheumatism? Have been taking medical treatment for kidney trouble and ever since then have become aware of rheumatism in the joints. Is it possible that the medical treatment which I have been taking is the cause of the present trouble?



Spanish mantle

Answer: You are undoubtedly right in surmising the cause of your present trouble. Not infrequently bungling medical treatment will cause the morbid matter of the disease to penetrate into the marrow of the bones and affect every limb. In my extensive experience with cases of this kind, I have invariably found this to be a fact, though, of course, there are frequently other causes that may bring about a pathological condition such as you mention. Would advise you to have recourse at once to warmth as a resolvent. To this end once a week a hot Spanish mantle and head and foot steam bath should be adopted, care being taken to regulate these applications according to your present strength and vitality. Wraps and upper and lower affusions may them follow, but only one of these in a day. It would be advisable for you to get out of bed every morning for a full washing and then return to bed again to get the proper warmth which must follow the reaction of the wash. This treatment should be followed faithfully for a month. During the fifth and sixth weeks would recommend that you take, each week, two half baths, a head and foot steam bath, and a Spanish mantle pack. Finally, warm baths alternating with cold and with upper and thigh or knee affusions.

Question: I have been troubled for a long time with what is commonly known as loss of appetite. Can you suggest a remedy?

Answer: Would advise a full ablution every morning immediately on rising from bed. In addition to this would recommend that you take one teaspoonful of *Kneipp Stomach Cordial* and some wormwood pills twice

daily. Five drops of oil of spikenard or lavender, with about a teaspoonful of sugar, will also be found beneficial in restoring lost appetite. Plenty of walking should be indulged in.

Question: I am suffering with what my doctor has described as an abdominal complaint. Please advise me what to do for this trouble?

Answer: Warm foot baths daily, and corresponding hip baths. A small cup of lime blossom tea or St. John's wort, mixed with that of yarrow, thrice daily.

Question: What would you advise for impure blood?



Elder [*Sambucus nigra*]

Answer: Take the regeneration treatment as explained in Bilz's books. Besides, would recommend any of the various herbs which Kneipp has advised for impure blood, among which are borage, blackberry leaves or common elder leaves. But the best and surest remedy for improving the blood is to be found in *Kneipp Depurative Tea*.

Question: I am troubled at times with colic and cramps in the stomach. What would you advise?

Answer: For these conditions would advise any of the following teas: *Kneipp Cramp Tea*, tea of chamomile or fennel tea.

Question: What would you advise for rush of blood to the head? I am troubled with this condition frequently and have tried a number of remedies without avail.

Answer: Remove the cause by correcting diet and habits. Try tea of rue, which is also found beneficial in cases of painful menses and hysteria cramps.

Question: What is the cause of inflammation of the bowels, and will you please suggest a remedy for same?

Answer: This condition may be brought about by a chill, by obstruction of the bowels, by hard feces, by excessive physical exertion, by worms, or purgatives and very often by too active clysters. The symptoms which usually indicate the trouble are the desire to relieve the bowels, pain, pass-

ing mucous matter tinged with blood, sweating, constipation, and a feeling of great weakness. The treatment should consist of packs, hip baths, clysters and a judicious diet, confined mostly to mucilaginous soups and milk.

Question: Can you suggest a remedy for what I have been told is gastric headache?

Answer: Would advise steam bath in bed, daily or every other day, of from an hour to an hour and a half duration; then tepid (72° F/22° C), wet rubbing of the entire body and particularly washing the head and leg pack at night. Enemas when a condition of hard bowels is evident, as well as for detergent purposes. The diet should be of a vegetarian kind and very frugal. Walk and exercise in the open air as much as possible, and see that you have pure air in your room night and day. Sleep with your windows open.

To this end once a week a hot Spanish mantle and head and foot steam bath should be adopted, care being taken to regulate these applications according to your present strength and vitality. Wraps and upper and lower affusions may them follow, but only one of these in a day. [Rheumatism]

Would advise a full ablution every morning immediately on rising from bed. [Loss of appetite]

Five drops of oil of spikenard or lavender, with about a teaspoonful of sugar, will also be found beneficial in restoring lost appetite.

Besides, would recommend any of the various herbs which Kneipp has advised for impure blood, among which are borage, blackberry leaves or common elder leaves.

The treatment should consist of packs, hip baths, clysters and a judicious diet, confined mostly to mucilaginous soups and milk. [Bowel inflammation]

Walk and exercise in the open air as much as possible, and see that you have pure air in your room night and day. Sleep with your windows open. [Gastric headache]

Naturopathic Health Advisor

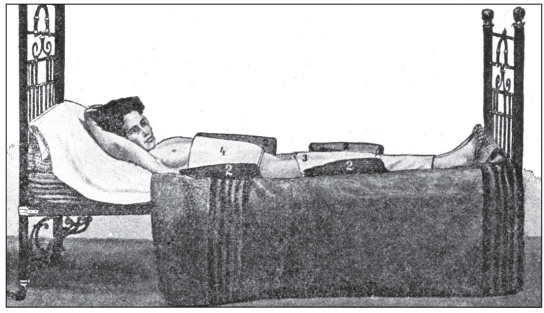
by Dr. Benedict Lust, N.D.

The Naturopath and Herald of Health, VIII (8), 251. (1907)

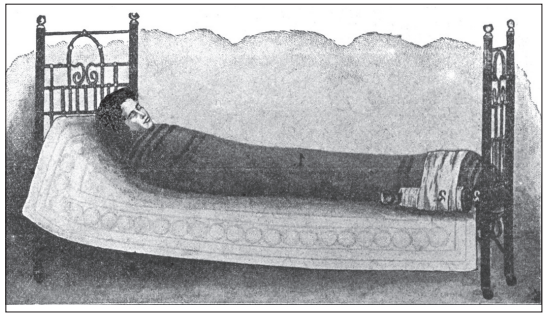
Note: Under this column, each month, questions of general interest to our readers will be taken up and answered. The column is open to subscribers of *The Naturopath and Herald of Health*.

F.M.V., Dover, New Jersey: Can you outline a treatment for chronic asthma that will help my case? Have been a sufferer for years and sometimes the condition gets so bad that I must gasp and fight for breath.

Answer: From what you say regarding your trouble, you undoubtedly have asthma in an aggravated form. Begin immediately to take up the Kneipp treatment. Would advise bed vapor baths of one to two hours duration daily or every other day, to be followed always by lukewarm sitz or half baths. Also, every night before retiring a hot hay flower or salt water foot bath lasting from five to seven minutes and which is immedi-



The bed steam bath. Step One. The body is wrapped with a cold wet sheet and then hot water bottles are laid alongside the thighs and upper body.



Step Two. The patient is wrapped in blanket and hot water bottles are placed at the feet.

ately followed by a cold foot bath of half minute duration. Mornings, I would advise cold water sponge bath for upper part of body and weekly two knee gushes.

Would advise you to take especial care to have warm feet at all times and see that regular evacuation of the bowels takes place. Ribwort tea is excellent for the latter purpose, so also is *Kneipp Liver Regulator No. 2*. When an attack comes on such as you mention, you will find relief by rubbing the back and chest vigorously with a rough wet towel. Also, dip the hands and arms in hot water and then place hot wet cloths on chest and lower abdomen and cover with dry flannel or wool cloths.

Make your diet consist as much as possible of vegetarian foods, especially fruits and fruit juices. In fact, the simpler and more wholesome your food is, the quicker and more certain will your cure be effected.

Do not forget the vital importance of plenty of pure, fresh air at all times. Get as much of it into your bedrooms as possible. Would also advise you to take up some system of deep breathing to develop and strengthen the lungs.

With the above instructions, there is no reason why you cannot gradually eliminate your trouble, though if you could manage to go to some reliable nature cure sanitarium where massage and kindred treatment beneficial in your case are given, quicker results would follow.

Would advise bed vapor baths of one to two hours duration daily or every other day, to be followed always by lukewarm sitz or half baths.

[Would advise] every night before retiring a hot hay flower or salt water foot bath lasting from five to seven minutes and which is immediately followed by a cold foot bath of half minute duration.

Mornings, I would advise cold water sponge bath for upper part of body and weekly two knee gushes.

Would advise you to take especial care to have warm feet at all times and see that regular evacuation of the bowels takes place. Ribwort tea is excellent for the latter purpose, so also is Kneipp Liver Regulator No. 2.

Make your diet consist as much as possible of vegetarian foods, especially fruits and fruit juices.

Heart Failure Cured By Natural Means

by Ella A. Jennings, M.D.

The Naturopath and Herald of Health, VIII (12), 358-360. (1907)

Thinking my case may interest the readers of *the Naturopath and Herald of Health*, I hereby submit a synopsis of it.

For twenty-eight years, I was actively engaged in the practice of medicine in New York City. In the spring of 1904, I met with a serious financial loss greatly aggravated by the circumstances attending it. For some months, I was overwhelmed by grief, loss of sleep, loss of appetite and interruption of the bodily functions.

On January 15th, 1905, I had an attack of heart failure while ascending the elevated railroad stairs; was assisted home and called Dr. Simpson of 115th St., a specialist in heart troubles and the nervous system. He came four times in four hours and told me, "There was no hope for me; that I was liable to die any moment with angina pectoris, that medical skill was unavailing."

The agony of the spasms was indescribable. For over sixteen hours I pumped the heart by pressure of the hands. The sensation was a smothering or drowning in your own blood. At 6 a.m., I had the New York Medical College & Hospital for Women telephoned for accommodation and requested them to send a physician for me at once. Upon my arrival said, "I want the best woman physician you have, and she must understand the right remedy, and if she is not here in half an hour, I'm a dead woman." Was undressed, put to bed and immediately relapsed into unconsciousness and slept sixty-two hours. Remained in the hospital for three weeks and went home.

In April had another shock to my nerves and heart, the spasms recurred, and from 2 a.m. until 11 a.m. they were almost constant. Cardiac dyspnea set in and the difficulty of breathing greatly augmented my suffering. It was agonizing. During the year, I had consulted some twenty eminent physicians of both schools; few of them offered me the least hope. Some said, "You are liable to die any moment, and the climbing of one flight of stairs might stop the heart beating."

One physician, a specialist of repute, told me "It was a bad case of nervous angina, and three years' rest will restore you to health." Others were certain it was organic and hopeless. I refused to accept their verdict. A heart that has served me faithfully for over half a century could not so suddenly go wrong. I had lived so careful a life, never taking any stimulants, not even coffee, and then only in small quantities and occasionally, and always observed sanitary measures, baths, diet, physical culture, etc.

One doctor advised twelve-year-old Rye whiskey in small doses.

Found benefit from the Nauheim baths, also Emily Bachelet's magnetic generators. Went to Ocean Grove, New Jersey, and found the air, quiet and restfulness of the place a great benefit. In October, 1906, took an apartment and resumed practice; felt pretty well, mind hopeful, courage and strength returning.

October 12th 1906, a sister's death under very sad circumstances (self-induced by morphine through melancholia) gave me a shock that brought a return of the heart spasms and dyspnea and suspended the functions of some of the organs. The liver ceased to contribute the necessary bile, and the stools were the color of chalk, the stomach refused to digest the food it passed through the alimentary canal, undigested, fermented and foamy like yeast. The pulse seldom below 140, sleep not more than one or two hours in the twenty-four. Dyspnea prevented a recumbent position, so distressing as to make life a perpetual burden and death a desired release. Mental depression and sadness had replaced an unusually cheerful and happy nature. Kidneys secreted very little urine of a dark color and where I usually pass three pints in the twenty-four hours, I seldom voided more than six to twelve ounces in twenty-four hours. Sometimes even less. Face had an expression of anguish.

In January, 1907, had a severe congestive chill and dropsy set in; feet and legs were swollen to three times their normal size. Called the same physician who had probably saved my life at the hospital. She prescribed Kali carb and the dyspnea was greatly lessened for a time. She urged my going to California at once. Kidney, stomach and liver troubles continued. For the first time in nearly three years of my illness, I began to lose hope; felt that Hydrotherapy might help me. Called up Dr. Simon Baruch and learned they did not receive patients only for daily treatments. I wanted baths, diet and nursing.

On March 5, I went to Miller's Hotel and bath house, spent five days and grew rapidly worse, the dropsy ascending and increasing steadily. Dr. Miller, believing my case as likely to terminate in fatality any day, requested my sister to remove me. I then made application to another sanitarium where they gave the water treatment; their physician reported my case adversely as "too far gone to recover." While waiting for their decision, I recalled Dr. Shepard's sanitarium in Brooklyn and had Dr. Miller's secretary phone to see if I could have a room there. There were no formalities as to liability to die, no physician's examinations to see if I were a safe risk, but the reply came: "Dr. Jennings can come right over; we have a room." Thank God, death was not a crime in the doctor's sanitarium. Dr. Miller sent his secretary with me, thinking I might die enroute.

Dr. Shepard first introduced the Turkish bath in this country some forty-four years ago, is eighty-two years old and has absolute faith in his methods which are baths and fasting, sweating and starving out the dis-



···THE···

Home Turko-Russian Cabinet Bath.

Dry Steam, Vapor, Medicated,
Mineral, Perfumed Baths,

3 CENTS EACH.

Write for:

"History of Turkish Bathing."
"Its Benefits to Health and Beauty."
"What Diseases it will Cure."
"What Noted Authorities say."
"Advantages of the Noonan M'f'g Home Turko-Russian Cabinet Bath."

Fastens to any chair.
Weight supported by chair.
Swings open and shut.
Can be heated before entering.
Cooled before leaving.
Weighs seven pounds.
Packs in case 15 in. sq., 3 in. deep.
We send on approval.

"A genuine Yankee Notion worth its weight in gold."

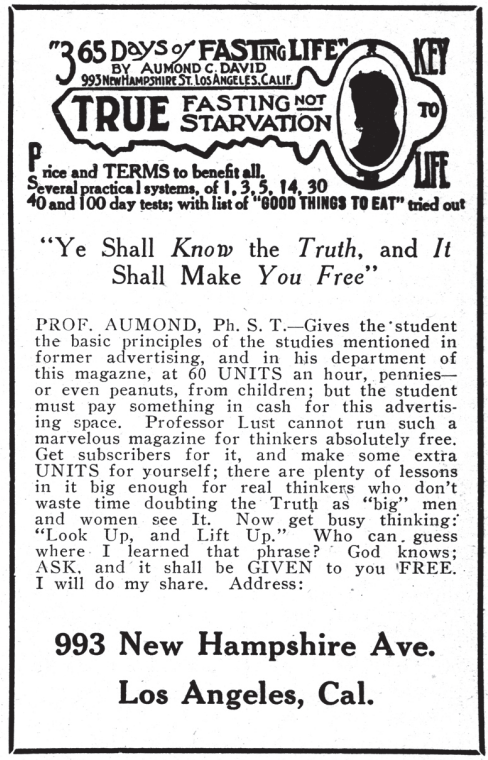
Prices: $10.00, $7.50, $4.90.

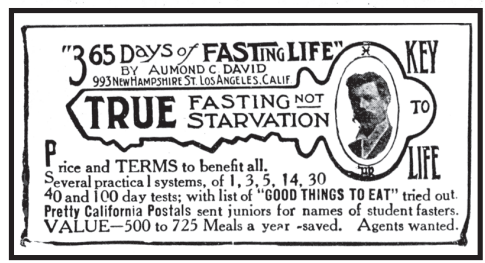
Noonan M'f'g Co.,

Offices: 328 West 23rd Street, NEW YORK.

ease. He is not afraid of moribund cases and has snatched thousands from the grave, and worse still, the hopeless despair of disease. He looked me over, took my pulse, 125, looked at my tongue, and said quite cheerfully, "You are pretty sick, Dr. Jennings, but yes we can pull you through if you are willing to take the medicine." I replied, "I cannot take strong drugs, never have and cannot even to save my life." He put me on a strict water fast with a little lemon juice (but no sugar) and for six days, a daily Turkish bath and a light body massage. This was my regimen for the first six days; the next four days, three oranges and water, if thirsty, and subsequent four days, boiled onions once a day to eliminate the impurities of the system. Was very hungry on the thirteenth and fourteenth days and so ravenous on the fifteenth day I insisted on some food. The doctor had designed to keep me thirty days without eating or until my pulse had decreased to normal. Doctor is rather heroic along these lines, and believes that only by abstinence and rest a stomach regains power to digest and make good blood from good food. Before going to Dr. Shepard's, I had not lain down in nearly three months, except for an hour or two; had to rest in a Morris chair. The cardiac dyspnea was constant, my feet and ankles swollen to three times their natural size, my mental condition one of hopeless despair and longing for death. Had not slept up on my right side or back in three years, no appetite, unable to digest even hot or malted milk. After the first bath, the dyspnea was greatly relieved. I could lie down; after second bath it had disappeared and upon the fourth day, the dropsy had vanished entirely. After fifteen days of abstinence, I had a chop and some educator crackers, and never did food taste better.

I have been here for six weeks, sleep like a child, I'm getting strong, can walk two miles without fatigue, feel comfortable and satisfied with





one light meal a day at 1 PM, consisting of soft boiled egg or a chop with spinach and celery or water cress, onion, lettuce and brown bread and butter. Have learned much along the dietetic lines and regard my stay here as the most valuable experience of my life. Doctor says that I ought to give myself at least six months of rest to get well, but women physicians have no tobacco, beer, whiskey or other bad habits to overcome, and so rebounded more quickly. My pulse is down to 70 for the first time in three years, and I feel really well and strong, but have agreed to keep the brakes on so as not to have a relapse. The baths and massage are delightful, refreshing, and the twenty-two pounds I have lost are a

gain. Lost eighteen pounds the first two weeks, some of it being dropsical effusion. Passed four to six quarts of urine daily for eight days. Mental depression gone, cheerful, happy, hopeful, and feel that life is once more a joyous thing. Am perfectly willing to confine myself to one meal per day if health can thereby be secured. The pleasures of the palate are as nothing compared with pain and suffering of unwise or overeating. If my case aids any suffering human being, I am amply repaid.

Should like to hear from naturopathic physicians regarding their cures of angina pectoris. I feel assured that many of you will rejoice that so simple and effective a cure can be made life saving, and so formidable a disease as angina pectoris with cardiac asthma and dropsy.

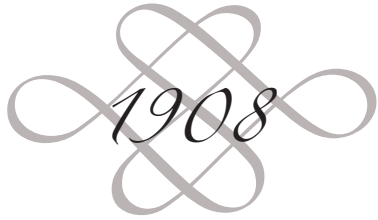
In January, 1907, had a severe congestive chill and dropsy set in; feet and legs were swollen to three times their normal size.

Dr. Shepard first introduced the Turkish bath in this country some forty-four years ago, is eighty-two years old and has absolute faith in his methods which are baths and fasting, sweating and starving out the disease.

He put me on a strict water fast with a little lemon juice (but no sugar) and for six days, a daily Turkish bath and a light body massage. This was my regimen for the first six days; the next four days, three oranges and water, if thirsty, and subsequent four days, boiled onions once a day to eliminate the impurities of the system.

After the first bath, the dyspnea was greatly relieved. I could lie down; after second bath it had disappeared and upon the fourth day, the dropsy had vanished entirely.

I have been here for six weeks, sleep like a child, I'm getting strong, can walk two miles without fatigue, feel comfortable and satisfied with one light meal a day at 1 PM, consisting of soft boiled egg or a chop with spinach and celery or water cress, onion, lettuce and brown bread and butter.



Authentic Medical Report

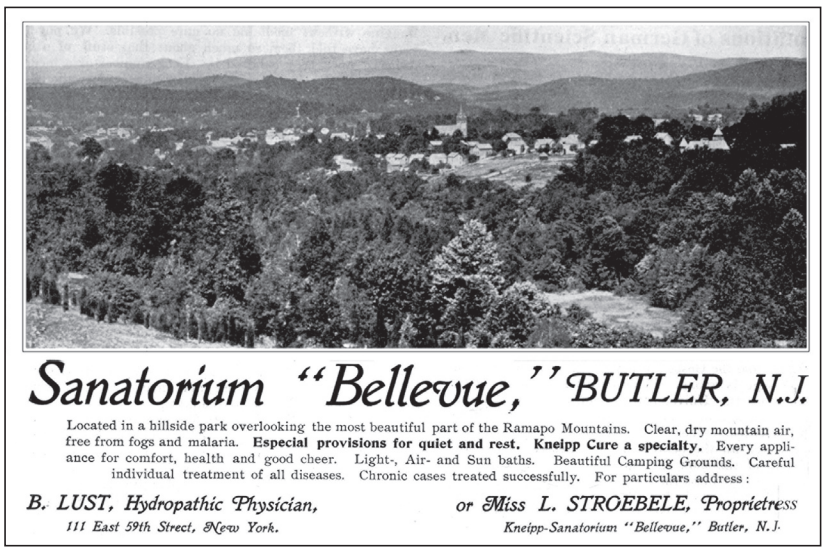
Unknown Author

Tapeworms

H. E. Lane, M.D.



Adolf Just's book *A Return to Nature* (1896), was translated in 1901 by Benedict Lust with the help of his brother-in-law, Reverend Albert Stroebele. The book became a best seller and was essential reading by the early Naturopaths. The air cottage encouraged people to live closer to Nature.



Louise Lust opened her Sanitorium Bellevue in Butler, New Jersey, based upon Arnold Rikli and Sebastian Kneipp's therapies. Very quickly Adolf Just's therapies were added.

Authentic Medical Report*

by Unknown Author

The Naturopath and Herald of Health, IX (5), 138-141. (1908)

Sympathy with my fellow beings induces me to make known the methods and means which have delivered me, a man of twenty-five years, from long suffering. From the day I was born I was a weakling. I had rickets and was treated by the village quack, the barber, who himself had had this sickness, of which he had never been cured and which had made him a life-long cripple.

When a boy of fourteen years, I had to work on a farm. Now and then I felt weak, had pains, but did not pay attention to these disturbances. Then the time came for military service. During this period of three years and six weeks, I enjoyed such good health that I considered myself the strongest man of the whole regiment. Maybe the regular diet, the many marches and exercises had something to do with it. But this condition was not permanent. Three weeks after having left the service, I became sick; I had stomach and intestinal catarrh.

Now my nervous weakness became fully apparent, and I thought that the rickets had not been thoroughly cured of course, and that the fatigues of three sham fights and a long ordnance journey I had to make with my colonel had, certainly, contributed their share to this weakness.

I consulted several famous physicians, but none of them could really help me. I tried all possible and impossible things, even quack medicines and charms. For three months I was in a hospital; instead of becoming better, I only became worse, and my confidence in physicians and their science was thoroughly annihilated. I suffered the most excruciating pains and lost all hope. One famous physician gave me only four weeks more to live. Is it not horrid, dear reader, to hear such a verdict after having swallowed so many drugs, so much poison and having spent a great deal of money?

For four years I suffered with headache, nausea, winds, gastralgia, pressure, belching, sourness, vomiting, sleepless nights, depression, fatigue, palpitations in all joints, and diarrhea and constipation, tinnitus aurium, weak eyes and so forth. At this time, an old man gave me a book on Kneipp's water treatment.

In the beginning I had not much confidence in these prescriptions. Nevertheless, I followed them out and they have been my salvation. After three or four weeks I felt a great improvement; all my doubts were dis-

---

*The original title of this article, "Authentic Medical Report and Success over Stomach, Bowels and Nervous Diseases," was abbreviated. —*Ed.*

persed. I applied cold water with all my energy and, finally, I betook myself to Wörishofen, to the great apostle of water.

On a Sunday, it was June 1, in 1894, I set out on this journey; though tortured with a great deal of pain, yet trusting to recover under Father Kneipp's treatment.

The very first morning I was so fortunate, notwithstanding the crowd of patients, to be admitted into the presence of the Reverence Monsignor Kneipp. My dear reader, I must tell you, never in my life have I seen a man like this great healer of humanity. At the first sight he recognized my sickness. He prescribed knee, hip, upper douches and half baths. Every hour I had to swallow a spoonful of tea, a decoction of wormwood, sage and shavegrass. Four times during the week I had a compress dipped into a hot decoction of hay flower. This was the beginning of my convalescence. As my digestion was altogether upset, I could only every half-hour take a half spoon of boiled milk and a piece of Kneipp bread; at noon easily digested vegetables; in the evening *Kraftsuppe* [consommé, soup]. Such was my diet for a whole year. It is a matter of course that I lived a great deal out of doors, especially in the forest. Every evening I retired at nine o'clock and was up at six in the morning; at nights I slept with open windows. I never touched alcohol; and after one year and six months I was fully restored to health. During all my life I will thank Father Kneipp, propagate his method as best as I am able to do, and in this way contribute to the welfare of all humanity. My message to each and all is: "Return to Nature and follow the laws of Nature." Here at Wörishofen, we have thousands and thousands of patients who have been dismissed as incurable by physicians and who have been restored to health by the remedies of a plain country parson.

"Truth is truth." Therefore, my dear reader, follow my advice which I proclaim in the interest of suffering humanity. If you live punctually and regularly up to the cure, you will be richly rewarded. Health, cheerfulness and long life will be yours. Whoever will not mind these natural laws, will have to bear the consequences, which are sickness, misery and an early death.

In regard to stomach troubles, I beg my readers to bear in mind the following points: never touch any alcoholic drinks, nor indulge in smoking; in eating avoid everything that is fat, sour or spicy and always take light, digestible food. In the morning, milk or tea; at noon, vegetables such as spinach, and fruit sauces and so forth; three times a week, vegetarian dishes; in the evening a good soup of oatmeal or any kind of cereal, always boiled to a good porridge. Thin soup lies heavy on the stomach.

Twice a week, take a knee douche; three times, a thigh douche and two half baths; three whole ablutions; every morning a cold wash of the upper part of the body, then remain still half an hour in bed. Every hour a spoonful of tea, prepared of wormwood, sage and shavegrass. Every

second evening put a four-folded compress dipped into a hot decoction of hay flower; leave it on the abdomen for one hour.



A knee gush, self-administered using a jug.

This ailment is many sided and therefore not easily diagnosed. We have, for instance, indigestion, ulcers of the stomach, dilatation of the stomach and the very worst, cancer. In the latter case, a spoonful of pot cheese and tea of chickweed and yarrow (milfoil) ought to be taken every hour. The same things may also be used in gastritis and gastric catarrh, in stomach cramps compresses of chamomile* and silverweed have to be applied.

Nervous troubles are nowadays to be found in every family and may be divided in three degrees: nervousness, neurasthenia and nervous prostration.

The origin of these troubles is easily traced. The true cause is that humanity has deviated from the plain way of living and really has bid defiance to the laws of Nature. The farmers, though living in a plain style, work too hard; live in unhealthy houses, are not sufficiently nourished and indulge in alcohol.

Officials and professionals who are sitting all day long in their offices are mostly submitted to nervousness; but it is not only their profession, but also their disorderly way of living that causes these troubles. All the entertainments, parties, theaters and so forth are another cause of nervousness.

Then come the poor factory people who, day by day, are exposed to the bad air in their workshops and also become nervous.

How can we conquer this general evil? It is not so easy as the reader may imagine.

Cure For Nervousness

Hardening of the body may be practiced by everybody, no matter if he lives in the country or in the city. Weak nerves will be strengthened by barefoot walking in the dewy grass in summer, in snow in winter, or by walking a few minutes in water. The following cold water applications may be taken by everybody. For one week the following things may be

---

*In the original text, the word calomel was written, which I believe was an error. Father Kneipp adamantly opposed drugs of any form and would never be one to condone the use of calomel, or mercury. —*Ed.*

done: two half baths when rising and then again to bed for one half hour; two douches over the upper part of the body and frequent walking in water; three knee douches, three whole ablutions when rising and return to bed; one full douche, one sitz bath for one minute. Every day, every hour a spoonful of tea, made of juniper berries, or of male speedwell and valerian.

In nervous prostration, wash the upper part of the body every morning with vinegar and water; walk frequently on wet stones; take every second day, a sitz bath; frequently, knee and back douches; twice a week a four-fold compress of cold water and vinegar for one hour. Once a week, a short bandage. These applications made correctly and regularly will have the desired effect.

Intestinal diseases, though obdurate and of long duration, may also be cured in this way.

Diarrhea

Vehement diarrhea is conquered by hot, four-fold compresses of a decoction of hay flower on the abdomen for one hour and to be renewed every half-hour. Every hour a teaspoon of tea, made of oak bark, shavegrass and tormentil. After two weeks replace this tea by that made of juniper berries, angelica and wormwood. Only by frequent variation can a cure be accomplished. Also the compresses have to be changed to water and vinegar.

Colic And Constipation

Colic may be stopped by a hot cloth on the abdomen; or by one or two cups of milk boiled in fennel seed.

Constipation is easily cured. Every hour or every half-hour, a spoonful of cold water; on the empty stomach a spoonful of sauerkraut, honey, or buttermilk, or onions boiled in milk; or tea of eyebright or blackthorn blossoms.



Blackthorn blossoms
[*Prunus spinosa*]

These, my dear reader, are the practical applications of Father Kneipp, which, up to this day, have benefited everybody. The essential point is patience and courage, if these efforts in the beginning have no results whatever. Bear in mind that I have untiringly applied these remedies for one year and a half: I made them willingly because I had suffered so much and such a long time. Water and Nature are slow, but sure remedies.

Drugs are often very effective, but never thorough. I compare the medical treatment with the acts of a mouse. If you shut up his hole, he soon makes another and he is there again where he is not wanted; so it is with drugs. If one disease is cured, though only apparently, it will soon break out at another place and will be worse than before.

Finally, I have still to add: by drugs and much suffering I had lost almost all my hair. Thanks to this excellent cure, and also to *Kneipp Hair Tonic*, I have now an excellent growth of hair. I advise, therefore, everybody who has thin hair to acquire this remedy, which is not expensive. Also, my teeth had become loose and defective, but by *Kneipp Toothpowder* they have become white and strong.

Then I would advise my readers to acquire Kneipp's *My Water Cure,* a treasure for each household; all diseases that may come up are mentioned and prescriptions given for each case; its cost is $1.10, but its real value cannot be paid with money.

For four years I suffered of headache, nausea, winds, gastralgia, pressure, belching, sourness, vomiting, sleepless nights, depression, fatigue, palpitations in all joints, alternately diarrhea and constipation, tinnitus aurium, weak eyes and so forth.

At the first sight he recognized my sickness. He prescribed knee, hip, upper douches and half baths. Every hour I had to swallow a spoonful of tea, a decoction of wormwood, sage and shavegrass. Four times during the week I had a compress dipped into a hot decoction of hay flower.

As my digestion was altogether upset, I could only every half-hour take a half spoon of boiled milk and a piece of Kneipp bread; at noon easily digested vegetables; in the evening Kraftsuppe [consommé, soup].

My message to each and all is: "Return to Nature and follow the laws of Nature." Here at Wörishofen, we have thousands and thousands of patients who have been dismissed as incurable by physicians and who have been restored to health by the remedies of a plain country parson.

In regard to stomach troubles, I beg my readers to bear in mind the following points: never touch any alcoholic drinks, nor indulge in smoking; in eating avoid everything that is fat, sour or spicy and always take light, digestible food.

Twice a week, take a knee douche; three times, a thigh douche and two half baths; three whole ablutions; every morning a cold wash of the upper part of the body, then remain still half an hour in bed.

Every second evening put a four-folded compress dipped into a hot decoction of hay flower; leave it on the abdomen for one hour.

Weak nerves will be strengthened by barefoot walking in the dewy grass in summer, in snow in winter, or by walking a few minutes in water.

In nervous prostration, wash the upper part of the body every morning with vinegar and water; walk frequently on wet stones; take every second day, a sitz bath; frequently, knee and back douches; twice a week a four-fold compress of cold water and vinegar for one hour. Once a week, a short bandage.

Vehement diarrhea is conquered by hot, four-fold compresses of a decoction of hay flower on the abdomen for one hour and to be renewed every half-hour.

Constipation is easily cured. Every hour or every half-hour, a spoonful of cold water; on the empty stomach a spoonful of sauerkraut, honey, or buttermilk, or onions boiled in milk; or tea of eyebright or blackthorn blossoms.

Tapeworms

by H. E. Lane, M.D.

The Naturopath and Herald of Health, IX (12), 380-381. (1908)

The name of this disagreeable guest, who does not pay any rent and only causes expense, is derived from its well-known flat shape.

The head of the tapeworm is as large as a pin head and is furnished with two protruding proboscides. By these proboscides, backwards bent little hooks, the worm attaches itself to the bowels of its master. The so-called head lacks mouth and the other organs of sense. A very thin head connects the head and the joints; these beget themselves continually, those nearest to the head first; consequently, those at the end are the largest and the oldest.

In the last ones the eggs develop which, after some time, with still living beings, are thrown out by the tapeworm and land on the dung-hill, in water or on plants from whence they, sooner or later, will be swallowed by animals which eat everything, as for instance, the pigs. Out of these eggs creep the larvae, only visible by a microscope, furnished with two hooks, by which they perforate the coats of the stomach and enter the circulation of the blood in order to be carried away. In some weak part of the body, as for instance, the muscles, eyes, brains, liver, kidneys and so forth, the globular larvae settle and develop. A liquid small vesicle is formed, the hooks fall off and several heads take their place. This formulation is called *cisticercus cellulosus* or vesicle.

In the inside of this vesicle, one or several hollow uvola originate and develop into tapeworm. If this vesicle enters the stomach of a human being and is digested, the head of the tapeworm becomes detached, wanders about in the small intestine, to attach itself to the intestinal wall, to develop its joints which then again produce eggs. These joints are taken as single beings, though the whole tapeworm is called an animal group.

The most important species of the tapeworm are the *Taenia solium*, two or three meters long.

The head has a double row of hooks and four protruding proboscides; the fully developed joints are longer than wide and detach themselves one by one. Its vesicle lives in the pig; its development from the first swallowing of the meat containing this vesicle, to the detaching of the first joints, lasts about three months.

The next, *Bothriocephalus latus*, reaches a length from five to eight meters; the head has no hooks, only two proboscides; it is especially found in the western part of Switzerland, in Poland, in Russia and in Sweden.

The *entozoon* (animal parasite) lives in the body of the shepherd's dog; its larvae is a vesicle which enters the brain of sheep and causes the

fatal staggering. From the *echinococcus* of the dog, the form of the vesicle lives in man and even in all possible organs.

Now we come to that part, most interesting to readers and always looked for in any description of diseases, that is: the means to cure the disease and to remove it out of the human body, without injuring humans.

In this respect many mistakes are made. The most pungent things are taken which, now and then, remove the tapeworm. By this treatment certain parts of the bowels are paralyzed, because the worm that can only exist on life matter, is forced to depart. Such treatment is followed by fatal consequences.

The method of Nature Cure is correct in its views, its conclusions and its applications. These are: animal parasites can only be brought forth and exist in a weak body. It is foolish to try to kill such animals; they are like all bacteria, are callous; they have more power of resistance than the human body has.

If plant lice appear on a sickly plant, the only right way to remove the lice is to improve upon the condition of the plant. For instance, put it in a larger flower pot with new earth and do not water it too much. If one would apply any killing means, as for instance fire, the plant would suffer more than its inhabitants, which are not so easily dispossessed. Our principle is to disburden, to strengthen the bowels by a strictly meatless diet, by eating much fruit and apply some harmless remedies. I will only remark, the old popular belief that all entozoons disappear quickest at the waning moon, I can only corroborate.

Before I begin my treatment, my patients have to abstain from meat for three or four weeks and to consume as many hulled gourd kernels (pumpkin seeds) as possible. In the evening before treatment, no food is to be taken. Anyone who will continue this treatment for a few days, which is very good indeed, must be very careful in eating. Whatever comes from animals as milk, butter or cheese, ought not to be touched. Only fruit containing a great deal of sugar ought to be taken; if this is not at hand, gourd kernels, mixed with sugar, must be the only food of the patient. Anyone who takes Kneipp's remedy for tapeworm has every one or two hours to take a few drops of castor oil. If the tapeworm begins to come out, one must not accelerate this process by pressing. If not thoroughly thrown out, the cure has to be repeated.

Remedy # 1

Mix one-half cup full of gourd kernels with one-half cup of plum marmalade or red whortle berries; take half of it on an empty stomach and the other half one-half hour later.

Remedy # 2

For several mornings eat on an empty stomach grated carrots.

Remedy # 3

Take on an empty stomach coconut milk; if the stomach begins to grumble, take from three to five grams cocoa butter, palm or pure olive oil.

Remedy # 4

Prepare a strong tea of mignonettes [*Resedaceae*], mix it with some castor oil, or olive oil or coconut oil and take it before retiring.

As many people do not like castor oil; I replace it by agar-agar (to be found at the Kneipp store), of which I give the patient for two or three hours every half-hour one spoon half water and half agar.

The most important species of the tape worm are the Taenia solium, two or three meters long.

The next, Bothriocephalus latus, reaches a length from five to eight meters; the head has no hooks, only two proboscides; it is especially found in the western part of Switzerland, in Poland, in Russia and in Sweden.

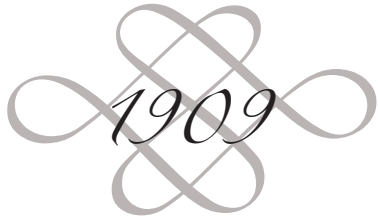
The old popular belief that all entozoons disappear quickest at the waning moon, I can only corroborate.

Before I begin my treatment, my patients have to abstain from meat for three or four weeks and to consume as many hulled gourd kernels (pumpkin seeds) as possible.

Only fruit containing a great deal of sugar ought to be taken; if this is not at hand, gourd kernels, mixed with sugar, must be the only food of the patient.

Mix one-half cup full of gourd kernels with one-half cup of plum marmalade or red whortle berries; take half of it on an empty stomach and the other half one-half hour later.

As many people do not like castor oil, I replace it by agar-agar (to be found at the Kneipp store), of which I give the patient for two or three hours every half-hour one spoon half water and half agar.



Surgery Not A Cure For Cancer

Eli G. Jones, M.D.

Gout And Remedies

Benedict Lust

My Experience In Treatment Of Cancer

Eli G. Jones, M.D.

My Case Of Diabetes

H. M. Heineman

EUGENE C. DIEZ

438 Pearl Street New York

IMPORTER OF

HAYFLOWERS (regular gray)

MELILOT FLOWERS (yellow Hayflowers, highly aromatic)

Wholesale and Retail

PINE NEEDLE EXTRACT,

GUARANTEED PURE

(Best remedy for Rheumatism)

In 1-lb. Bottles.....45c. per lb.

By the Keg of 55 lbs., Cheaper.

THE FOLLY OF MEAT EATING

A Copy Free!

A booklet by Otto Carque, a most convincing argument against the use of meat as food. Sent free, postpaid, as a premium to new subscribers only who remit 25 cents for three months' subscription to the

Vegetarian Magazine

The only publication of its kind in America. Official organ of the Vegetarian Society of America and all its branches. Read it and learn how to become stronger, healthier, brainier, happier. Worth many times its cost to any one wanting to better his or her condition in life.

Get the Magazine for three months on trial (25 cents) and "Folly of Meat Eating" thrown in.

Or, if preferred, a booklet on Anti-Vivisection. Free with three months' subscription.

Or Adelaide Johnson's great book, "Harmony, the Real Secret of Health, Happiness and Success," free with six months' subscription (50 cents).

Or all three of the above Books sent free upon receipt of $1 for a year's subscription.

These premium offers good for a limited time only. Better remit to-day. You won't regret it.

VEGETARIAN MAGAZINE

80 Dearborn Street CHICAGO

(Sample Copy Free)

INGERSOLL BEACON

A Spicy Little Monthly at 50 cts. a year, 5 cts. a number.

Devoted to Science, Free Thought and the Gospel of Reason and Good Cheer, in contrast with the "foolish forms and cringing faiths" of theology.

Organ of the Ingersoll Memorial Association of Chicago. Edited by William H. Maple.

THE NEATEST RATIONALISTIC MAGAZINE EVER ISSUED . .

The BEACON is a friend to all liberal publications and organizations. One and two-cent postage stamps taken. Subscribe now. Each number is worth the price for a year.

Ingersoll Beacon Co., 78 La Salle St., Chicago

MY PHYSICULTURE OF THE EYES



New wonders of ADVANCED MASSAGE, as applied to the eyes.

will accomplish what nothing else on earth could do for your optics. Enables you to counteract eye strain and headache on the instant, and to avoid spectacles, more properly designated as eye-crutches. It is a real triumph of Nature Cure Science, without drugs, without apparatus, without pain or inconvenience, at every one's finger's ends, as it were. Write for free booklet of this peerless method of eye preservation and eye regeneration, and trust me with your eye troubles. I am prepared to—literally—open your eyes. Address the

HEALTHOLOGIST OF "VIGOR"

LA CROSSE, WIS.

VIGOR, a monthly magazine on Health Culture and Nature Cure Science. Price 75 cents per year. 10 cents a copy.

PUBLICATIONS OF

The Order of the Golden Age

Paignton, England

Official Journal: "The Herald of the Golden Age." Quarterly. Illustrated. Threepence. Circulation in forty-three countries. Subscription 40 cents.

"The Temple of Art." A plea for the higher realization of the Artistic Vocation. By Ernest Newlandsmith. Price 3s. 6d., post free.

"A Comprehensive Guide-Book to Natural, Hygienic and Humane Diet." By Sidney H. Beard. Thirtieth thousand. Price, in art canvas, 50 cents, post free.

By the same author: "Is Flesh-Eating Morally Defensible." Seventh edition. Thirty-fifth thousand. Threepence, post free.

"The Testimony of Science in Favor of Natural and Humane Diet." Fifteenth thousand. Price One Penny.

"The Blood Tribute of Christendom." Price One Penny

"How to Prevent Cancer." By Robert Bell, M.D., F.F.P.S. Price, 3d.

"Errors in Eating." By Sir W. F. Cooper, C.I.E. Price, Sixpence.

"Essays of the Golden Age." By Dr. Josiah Oldfield, D.C.L., M.A., M.R.C.S. Sixpence Net, post free.

"The Penny Guide to Fruitarian Diet and Cookery." By Dr. Josiah Oldfield. Fortieth thousand.

"The True Significance of Food Reform." By Francis S. Blizzard. Price One Penny.

For full list of books, pamphlets, leaflets, etc., see the Official Journal.

Send paper money please. No coins or stamps.

Cancer Cured

without pain, inconvenience, or leaving home.

NO KNIFE—NO PLASTER—NO PAIN

The MASON treatment indorsed by the International Medical Congress and prominent New York physicians to be the only actual cure. All other methods are acknowledged useless.

Send for free booklet. Investigate to-day. Cancer does not wait. The skeptical convinced.

THE MASON CANCER INSTITUTE,

U 5. 1700 Broadway, New York.

Water Cure and Massage Institute

G. STARK

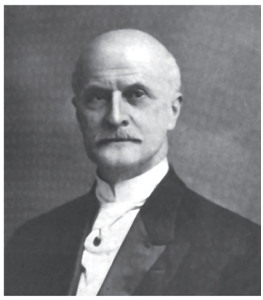
406 EVERGREEN AVE., BROOKLYN.
(near Bleeker Street).

All kinds of water, steam, air and light baths. Electric Light Baths, Vibratory Apparatus. Many years of successful practice stand for good results. Moderate prices. 'Phone, 2021-J Bushwick

Surgery Not A Cure For Cancer

by Eli G. Jones, M.D.*

The Naturopath and Herald of Health, XIV (5), 310-311. (1909)



Eli Jones, M.D.
(1850-1933)

There are about 50,000 people who die of cancer in the United States annually.** From my own 40 years of experience in the treatment of cancer in all its forms, I feel confident that 95 percent of these cases could have been saved **without** an operation. Over the tombstones of most of them might be written, "BUTCHERED IN THE NAME OF SCIENCE." For the past 200 years the great mass of the medical profession have considered cancer as a local disease, and they have made it their practice to cut out everything that looks like a cancer. Statistics will abundantly prove that a surgical operation not only does not cure cancer, but actually hastens the death of the victim.

A surgeon can only cut out what is seen and felt under the knife, while millions of germs grow and multiply in the blood, the nuclei of future cancers.

Dr. Walsh, in his able work on cancer, says that "the knife can neither be regarded as a means of curing cancer or of prolonging the existence of the person afflicted with the disease." Dr. Thomas W. Cooke, surgeon, of the Cancer Hospital, London, England, says: "From 1851 to 1863 there were 413 cases of cancer operated on at the Cancer Hospital in London, England. The average time before the cancer returned was 6 ½ months." Dr. Monroe of Scotland operated on "sixty cases of cancer; at the end of two years, only four out of the sixty operations were successful." In 1896 I kept a record of fifty cases of cancer of the tongue that had been operated on and not a single cure resulted. Dr. James Wood of the Royal College, London, said: "Gentlemen, I have operated on some thousand cases of cancer and they all returned but six and they were not cancer." Sir Benjamin Brodie (one of the fathers in surgery) said after he has removed 500 cancers of the breast that he would not remove another

---

*Eli Jones, M.D. was the consulting Physician in cancerous growths to the Physiological Hospital at 465 Lexington Avenue, New York, and at Benedict and Louise Lust's Yungborn Sanitarium, Butler, New Jersey. —Ed.

**In 2018, an estimated 1,736,000 new cases of cancer were diagnosed in the USA and about 610,000 will die from cancer.

without telling the patient that the operation would not prolong her life. Sir James Paget, one of England's greatest physicians, says in speaking of cancer, "The number of cases in which cancer does not return after an operation is not more than one in 500." In my own practice, about four out of five cases of cancer that manifest have had a surgical operation and the cancer had returned worse than before.

About one hundred years ago, the early fathers of the Botanic School of Medicine considered cancer as a blood or constitutional disease and treated it as such and cured it. No form of local treatment will ever cure this malady, because it is in the blood and must be reached through the blood. In 1896 I treated my first case of cancer. I called it a blood disease. I treated it with our simple botanic remedies and cured it. Since that time I have seen more cases of cancer in all its forms than any physician in this country. I have a record of permanent cures, made 15 and 25 years ago, and there has been no return of the disease. Within the last four years, I have seen 200 cases where the x-ray [radiation] had been tried in cancer cases and left the patient worse than before treatment. Radium will not cure cancer because it is not a local disease. Any form of hypodermic treatment as practiced by some doctors—that is injecting medicines into the body—claiming that they can cure cancer, is all a delusion; it does not cure the disease.

The cause of the rapid increase of cancer throughout the civilized world may be explained by the following great causes of cancer:

Worry

Worrying weakens the nervous system, lowers the "nerve power" and then opens the way for the invasion of cancer. In all countries where you find insanity on the increase, there you will find cancer a close second. In Chicago, where insanity has increased the fastest in the world, cancer has increased 812 per cent from 1861 to the present time.

Vaccination

In all States and countries where there is enforced vaccination, there you will find cancer on the increase.

Meat Eating Is A Prolific Cause Of Cancer

In England the mortality from cancer has increased; it is 4 ½ greater than fifty years ago. The people consume 131 pounds of beef per head every year. Is it any wonder that the "beef eaters" have cancer? In 25 countries using meat largely, 19 had a high death rate from cancer, 5 a moderate, and 1 a low rate.

In countries where the diet is almost entirely vegetable, there you will

find very few cases of cancer. In Bombay in 1875, the death rate from cancer was only 1 in 10,000; in England 5.5 per 100,000. In Egypt cancer is never found among the black races, who are vegetarians, but among Arabs and Copts, who eat as Europeans. In the monastery of the Grand Trappe, where the diet excludes tea, coffee and meat, there has not been a case of cancer for 27 years.

Tea And Coffee

Tea and coffee weaken the coats of the stomach and the nervous system and produce various disorders in the human system. In all countries where the people drink tea and coffee freely, there you will find cancer on the increase.

Our own country, America, has become a nation of "tea drinkers". As a result, three out of five persons have some form of dyspepsia or indigestion, and cancer has increased from 1 in 91 in 1850 to 1 in 12 in 1890.

In 30 countries drinking a large quantity of tea and coffee, 25 had a very high death rate, 5 a moderate, and none a low rate. In America we are becoming a nation of nervous, hysterical people, and insanity is on the increase. It must be ever borne in mind that if the nerve power falls below the normal standard, there is danger of invasion of cancer.

Alcoholic Stimulants

The use of intoxicating liquors is a fruitful cause of cancer. In all countries where they are used to excess, there cancer is on the increase. In England, among the wine and spirit merchants, the death rate is five times greater than other men. Beer drinking towns, such as Munich, Stuttgart, and Copenhagen have a high mortality from cancer.

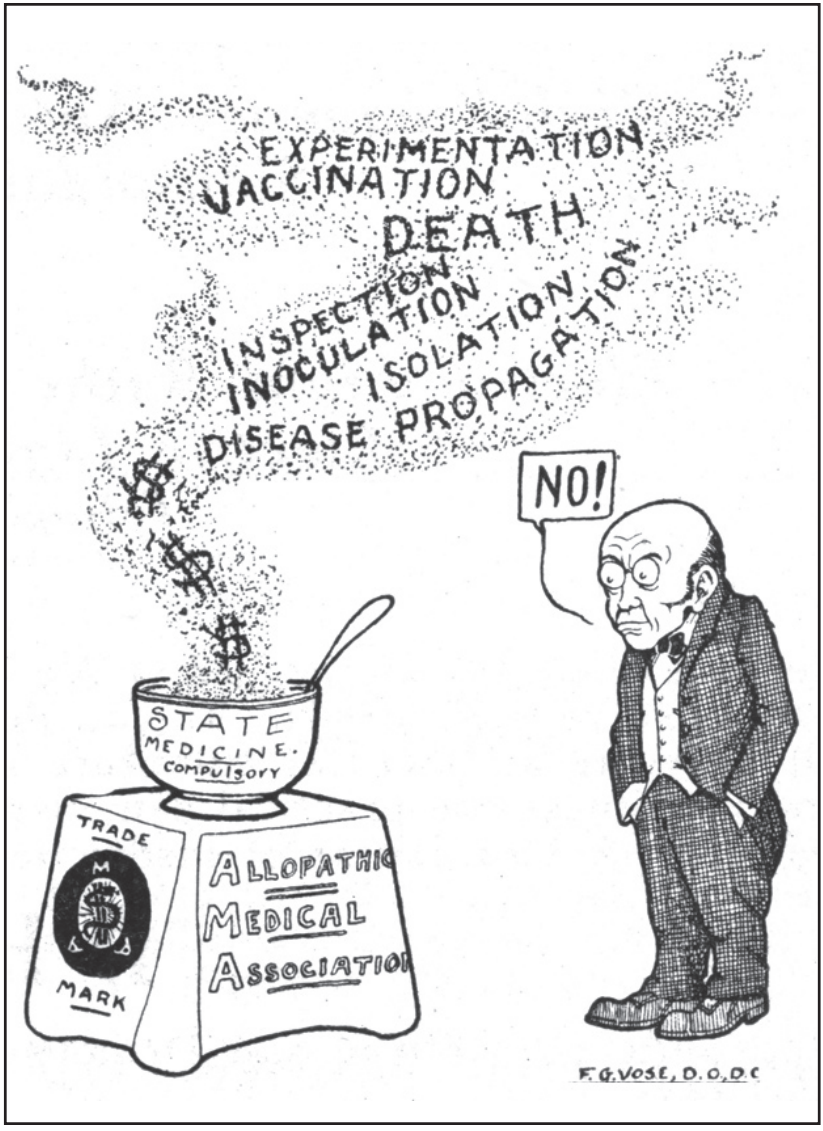
What people need is to be taught how to live. There must be temperance in all things. Good pure water and good pure air help to make good healthy red blood. Unadulterated food, mostly vegetables, easily digested, leaving out tea and coffee, keep the nervous system strong and vigorous. Stop worrying! In this way we can protect ourselves against the dreaded monster, cancer. A return to the "simple life" of our forefathers is what we need. Modern civilization, with all its luxury, high living and drinking and filling the stomach with all kinds of food and drink (the most of it never intended for the human stomach), is only encouraging the inroads of cancer.

The Naturopath teaches people how to live and put them on the right road to health.

In my treatment of cancer I use simple vegetable remedies and remedies that act in harmony with Nature's laws. In my experience, patients

afflicted with cancer do better in a sanitarium, where they can have personal attention and be put under proper diet. It is always best to see.

—Burlington, New Jersey



There are about 50,000 people who die of cancer in the United States annually.

From 1851 to 1863 there were 413 cases of cancer operated on at the Cancer Hospital in London, England. The average time before the cancer returned was 6 ½ months.

Sir Benjamin Brodie (one of the fathers in surgery) said after he has removed 500 cancers of the breast that he would not remove another without telling the patient that the operation would not prolong her life.

About one hundred years ago, the early fathers of the Botanic School of Medicine considered cancer as a blood or constitutional disease and treated it as such and cured it.

In 1896 I treated my first case of cancer. I called it a blood disease. I treated it with our simple botanic remedies and cured it.

Radium will not cure cancer because it is not a local disease.

In countries where the diet is almost entirely vegetable, there you will find very few cases of cancer.

In the monastery of the Grand Trappe, where the diet excludes tea, coffee and meat, there has not been a case of cancer for 27 years.

Our own country, America, has become a nation of "tea drinkers". As a result, three out of five persons have some form of dyspepsia or indigestion, and cancer has increased from 1 in 91 in 1850 to 1 in 12 in 1890.

Modern civilization, with all its luxury, high living and drinking and filling the stomach with all kinds of food and drink (the most of it never intended for the human stomach), is only encouraging the inroads of cancer.

Gout And Remedies*

by Benedict Lust

The Naturopath and Herald of Health, XIV (7), 420-423. (1909)

Gout

The painful attacks in gout are the moments when uric acid salts are deposited in the tissues, which are, perhaps, influenced by the central nervous system. The real symptoms of gout are found in the joints and the tissues which, by poor nutrition and injury, have been deprived of the power of resistance. The salt crystals deposited in the decayed tissues may be dissolved again and settle in other badly nourished parts of the body: the deposits always cause the most acute pains.

The conclusion drawn from all of this: gout is so complicated a disease that we do not understand it.

Now let us treat the subject from a natural point of healing. In order not to go too deeply into details, we will at once point out the difference between the two conditions. Put your toe into a screw box and then turn on the screw until you can no longer stand the pain. That is rheumatism; give another turn to the screw and you have gout.

We fully agree with the Allopaths as to the cause of the disease; that is, uric acid. We also know that the Allopaths are not able to cure it. Now we know that the living body, in order to exist, must continually take in new substances and secrete the worn out ones; the secretion is as important as the taking in. One of the most essential substances of this assimilation is uric acid. The meat eaten has to be assimilated, and this process causes a great deal of work and effort to the secretory organs. If these are not able to do the work, if they have been weakened by medical poisons, or if the organs have suffered by fright, emotions or excitement, and so forth, the "auto-infection" of the body is the natural consequence. The symptoms of such infection are numerous—from plain pains in the abdomen and headache; they may culminate in insanity, and the ever-changing rheumatism may develop into gout.

This infection or pungency, if it hits the nerves, causes the greatest pains as a matter of course and these pains we will discuss. The true remedy and preventative are the culture of the skin by sun, air and cold water baths, respectively ablutions; abstaining from everything stimulating, especially meat and broth, spices, salts, alcoholic drinks, and so forth.

---

*The original title of this article was "Taking Cold". I have deleted a few repetitive paragraphs and renamed the article to reflect the topic. —*Ed.*

Allopathy is unable to prevent gout altogether. Pains, of whatever kind they may ever be, are always indications that something in the body is not as it ought to be. These pains the Allopaths calm internally and externally by salicylate preparations, opiates, acetates of morphine and chloroform. The consequences of such treatment are but increased pains of the most varied kind.

Our remedies: compresses of pot cheese, clay and cold ablutions, animal magnetism, and so forth, are well known, but we may also heal by non-poisonous vegetable remedies. The natural method of healing is opposed to anything detrimental to the human body, against all plasters which prevent the secretions of humors and against all operations. The statement that no remedies at all are given, would not be quite correct. Then, we had also to exclude Homeopathy, with its deep wisdom and sound views, as well as the heartsease [*Viola odorata*] tea, the mustard plaster and all the remedies of the primitive peoples from whom we might learn a great deal. As an antidote against the poisonous bite of the cobra, the Indians use the fragrant tonka bean [*Dipteryx odorata*], or some other root known to them alone. They also use a certain stone, which attaches itself externally to the wound. I, for my part, would prefer these remedies to cauterizing or drinking alcohol until I become unconscious.

In my endeavor to be true to Nature, I do not even prescribe enemas any more, but let my patients sit in cold water, from three to ten minutes. Of course, this can only be done in a sanitarium or among a very limited number of patients.

The large drug-ridden crowd can only by slow degrees be educated to a totally drugless cure by nonpoisonous remedies.*

---

*Benedict Lust published a similar piece in the August, 1902 issue on gout.

"In both forms of gout [hot and cold], however, those remedies which are depurative (blood purifying) and act upon the kidneys are most to be recommended, to which, always considering the individual circumstances, gentle purgatives may be added. Especially to be recommended are ground juniper berries, further dwarf elder, parsley, common nettle root; and there should be added from four to six tablespoons of a mixture of the above remedies to a quart of water, and the lot be boiled until only three-quarter of a quart remain. This tea should be taken two or three times a week for some length of time.

The secretion of uric acid from the blood, which is most essential, is also greatly favored by drinking for some length of time daily one to two cups of tea made from a decoction of ground juniper berries, shavegrass and knotgrass, to which finally, some wormwood should be added. This warm tea must be taken on an empty stomach in the morning; also in the evening, several cups at bed time.

For an external application in gout, I would recommend rubbing the joints with oil of camphor. The very best of results, however, may be derived from warm hay flower compresses round the joints. Another excellent remedy, which almost always gives great relief, is Kneipp's Embrocation of Gout and Rheumatism, which is rubbed onto the sore joints." (Lust, 1902, 348) —*Ed.*

Agar

With what difficulties our efforts are beset, any practitioner of Naturopathy knows only too well. Once I had told a rheumatic, who had taken drugs by the pound, to stop taking medicines. After a fortnight I met him again, and, horrified at his sight, I exclaimed: "What is the matter with you? What have you done?" "I do not take medications any longer, but I boil the stuff out of my body!" Any man who cannot perspire at tropical heat must die if he takes a hot bath. I had made a gross mistake. I had to prescribe him agar, and to draw his attention to the fact, that by such cure the return of ailments will be prevented, if combined with strict natural living. Agar is not only a remedy, but a food, containing vegetable salts in organized form. I prescribe it in a diminutive form for any patient. Four or five times every hour a tablespoon of fresh, but not ice water, and the fifth or sixth hour, one tablespoon three-quarter water and one-quarter agar, and so on; that is, four or five times water and then agar. If the patients kept up this prescription, I have had excellent results, especially in rheumatic and gouty conditions, in constipation, diarrhea, anemia, female troubles, hay fever, influenza and colds. I recommend this treatment from an economical point of view. The mucous membranes of the stomach and the intestines, refreshed by the water, become vitalized and more quickly absorb the organized nutritive salts—then the wonderful results of the agar are only a matter of course in almost all diseases; for all diseases are to be traced back to a wrong composition of the blood. Gout is almost healed by agar; it dulls the pungency of the uric acid and improves the composition of the blood.

Horse Chestnut

Another domestic remedy is the horse chestnut; its bark, flowers and fruits have healing virtues. The bark of the young branches, being contracting and bitter, may be scattered on putrid or rotten abscesses, or used for gargling in croup. The flowers are of greatest effect in rheumatism. For this purpose the flowers are picked when still in their first young beauty, cut to small pieces, and put into a bottle. Then alcohol of 90% is poured over it, well closed and put on the window sill for several weeks, where it is exposed to sunlight. Then it is drained and kept in well-corked bottles. With this liquid the painful parts are rubbed. The fruits will yield a tincture against headache caused by abdominal troubles, constipation, colic, inveterate coughing, and so forth. This tincture is prepared in the following way: a few chestnuts are converted into powder; on twenty grams of this powder, pour one hundred grams wine spirits; this remains standing for three weeks in a moderate temperature, then strained and kept for use. Of this tincture, three or five drops may be taken several times a day.

I beg to state that sick flowers or plants in earthen vessels will be cleansed from all parasites. If a decoction of these chestnuts is poured on the flower pots, all worms, though wringing and writhing, will come to the surface and die. The plants are not in the least injured by this decoction.

Sumac And Rhus Tox

Rheumatism in the shoulders, the back or the hips is cured by sumac or rhus tox, and brandy. If rhododendron is at hand, it may be alternated with rhus tox.

Ants And Formic Acid

Go to an anthill and bore a hole into it with a cane. The ants will come to the surface; pass your hand over them, at a distance; then the formic acid discharges itself on the hand, and with this rub the painful parts. The principle in this case is cure an inflammation by an inflammation.

Earth Cure

An old primitive remedy is the following one. Put fresh earth on the painful parts, leave it there until the earth gets warm; then put the earth into a pot and therein plant a turnip while you invoke three holy names. As the turnip is growing, the gout is passing away by slow degrees until it is no more felt.

Kneipp's Secretion Oil

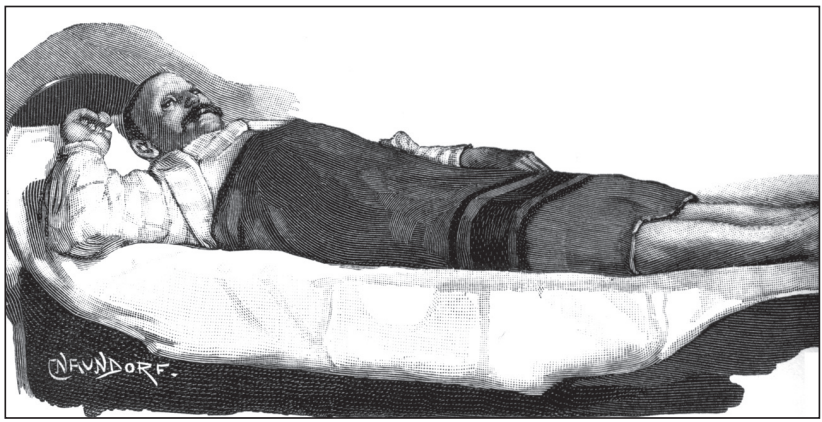
Now we come to "Medicine Chests". These I have on sale. Five dollars will buy a pretty polished chest, made of oak, containing twelve excellent preparations. One of the most essential ones is *Secretion Oil*, called by Father Kneipp, "the rascal's oil". This oil has a wonderful healing power. Its application is very simple. The patient rubs with a dry finger behind his ear until the place is red; then he rubs a little of this oil on that spot which then becomes inflamed. On the second day pustules of the size of a pin's head will develop; they will dry up and fall off. It is recommended to water the inflammation, thereby alleviating the pain and accelerating the healing of the pustules.

The effect of this oil is really startling. It will cure almost everything: migraine, la grippe, neuralgia, tooth, eye, ear ache, as well as menses, a cold, difficulty in breathing. But there is one drawback: the oil has to be applied with the greatest care if taken internally because it is poison, and if one particle of it enters the eyes, it would be fatal; I give it only to reliable people.

Water Cure*

The same effects are realized by walking in water or snow or by taking cold douches. These one cannot take everywhere; besides, many people object to them. The preparation of the oil is only known to a few select ones; by this oil I have succeeded in making faithful water partisans. When using oil or agar, I prescribe a short pack or an ablution of the upper part of the body and a meatless diet.

If we will convince, we have to come down to the level of our patients. Patience has not only to be recommended to them, but has also to be



The short bandage or pack

*Benedict Lust published on the subject of gout in 1903, outlining water applications that he used. "As regards the local applications, they should be applied very warm, even hot, and should consist of some heat retaining material. Kneipp recommends hay flower bandages for this purpose, which act very well indeed, and which on account of their aromatic and chemical ingredients have also other not clearly definable propensities, aiding materially to the dissolving process above described.

After removal of the bandages it is very advisable to give a cold local application, either by an ablution or by a cold local gush. A better blood circulation should certainly also be induced; this is best obtained by the various Kneipp gushes, as upper gush, thigh gush, back gush, half bath, upper body ablution, knee gush, etc. Finally the activity of the kidneys should be stimulated as much as possible; this is effected to advantage by help of various herbs as rosemary, dwarf elder, elder roots, juniper berries and juniper sprigs.

Tea of juniper sprigs, partaken of regularly (i.e. one cup full daily in small portions) has been very effective in curing a great many cases of gout. As to diet, why, the patient should of course abstain from meat as much as possible, and should certainly be forbidden all spirituous liquors or strong drinks! To quench the thirst we recommend milk or natural lemonade as being the best and most appropriate beverages." (Lust, 1903, 91) —*Ed.*

exercised by the physicians.* We have always to remember that against stupidity even gods fight in vain.

Here I recall to mind the following anecdote: one day a general called upon the famous Dr. Hein (in Berlin, about 100 years ago) complaining about coughing and expressing the fear that it might be consumption.

For a little while the famous disciple of Aesculapius measured the robust, wiry figure of the old soldier, with a mocking smile, and then he said: "There are two kinds of coughs: the one called bronchial cough comes from the lungs and forebodes pulmonary phthisis; the other, called dry or sheep cough, comes not from the lungs but from too much drinking. Yours, sir, is not the bronchial cough."

Now we know that the living body, in order to exist, must continually take in new substances and secrete the worn out ones; the secretion is as important as the taking in.

I prescribe it in a diminutive form for any patient. Four or five times every hour a tablespoon of fresh, but not ice water, and the fifth or sixth hour, one tablespoon three-quarter water and one-quarter agar, and so on; that is, four or five times water and then agar.

Gout is almost healed by agar; it dulls the pungency of the uric acid and improves the composition of the blood.

Especially to be recommended are ground juniper berries, further dwarf elder, parsley, common nettle root; and there should be added from four to six tablespoons of a mixture of the above remedies to a quart of water, and the lot be boiled until only three-quarter of a quart remain.

---

*To illustrate the importance of a curative crisis, this testimonial written by one of Benedict Lust's patients regarding his treatment for gout states: "At the beginning of the treatment I became nearly discouraged, because there came a crisis when I thought that I could not stand the awful pains. But, when a few days later (just as Mr. Lust predicted) a considerable eruption on the skin of my legs and feet appeared, the pains lessened gradually, and today, eight weeks after the beginning of the treatment, I have no suffering whatsoever, although before, I could hardly walk more than a few steps without suffering intense agony." (Fr. W., 1904, 101) —*Ed.*

The secretion of uric acid from the blood, which is most essential, is also greatly favored by drinking for some length of time daily one to two cups of tea made from a decoction of ground juniper berries, shavegrass and knotgrass, to which finally, some wormwood should be added.

The very best of results, however, may be derived from warm hay flower compresses round the joints.

The bark of the young branches [of horse chestnut], being contracting and bitter, may be scattered on putrid or rotten abscesses, or used for gargling in croup. The flowers are of greatest effect in rheumatism.

The fruits [of horse chestnut] will yield a tincture against headache caused by abdominal troubles, constipation, colic, inveterate coughing, and so forth.

Rheumatism in the shoulders, the back or the hips is cured by sumac or rhus tox, and brandy.

An old primitive remedy is the following one. Put fresh earth on the painful parts, leave it there until the earth gets warm; then put the earth into a pot and therein plant a turnip while you invoke three holy names.

When using oil or agar, I prescribe a short pack or an ablution of the upper part of the body and a meatless diet.

Finally the activity of the kidneys should be stimulated as much as possible; this is effected to advantage by help of various herbs as rosemary, dwarf elder, elder roots, juniper berries and juniper sprigs.

My Experience In The Treatment Of Cancer

by Eli G. Jones, M.D.

The Naturopath and Herald of Health, XIV (7), 442-443. (1909)

One of the first cases of cancer I was called upon to treat was a case of cancer on the side of the neck. When the growth dropped off, the carotid artery and jugular vein could be plainly seen beating and throbbing, with only a thin veil of tissue to cover them.

Case

In February, 1884, I treated a lady in this State for rose cancer of the breast. Several physicians had seen the case, among them Dr. Agnew, the famous surgeon of Philadelphia, who pronounced it incurable and beyond human skill. This cancer measured 22 inches in circumference, and weighed four and half pounds. It was the largest cancer ever removed without a surgical operation. It was commented on by the papers in New York and Philadelphia. This case established my reputation in New Jersey. It was reported in detail to the *Medical Summary* of Philadelphia. In 1890 I met a physician in consultation in New York City on a case of cancer of the breast that had been diagnosed as cancer by three doctors in Washington, D. C. They sent her to the Cancer Hospital, New York, but the doctors there said she was past cure. I took the case under my treatment and cured her, as I cured the other two cases I have mentioned. This case was also reported in a medical journal.

Another case of cancer of the breast occurred in Paterson, New Jersey. A lady had been examined by six doctors, and her case was diagnosed as cancer. She was treated by a doctor with caustic plasters. The treatment left her worse than before. The cancerous wound was as large as a small dinner plate. She suffered so much pain that she could not sleep nights and could not retain any food in her stomach. I treated her 18 years ago, and the cancer has never troubled her since. This case was reported in the Medical Journal and favorably commented on by the editor.

Cases

About sixteen years ago, I was called to see a gentleman who had been operated on for what three doctors called an abscess in the right side of the abdomen. After the operation they decided that it was a cancer, attached to the stomach and bowels. This case I cured and it was reported in the Medical Journal.

About four years ago I was consulted by a physician in Ohio. He had given up his wife to die of cancer of the stomach. Under the treatment

that I advised, he cured her, and she has not shown any signs of the disease since the treatment.

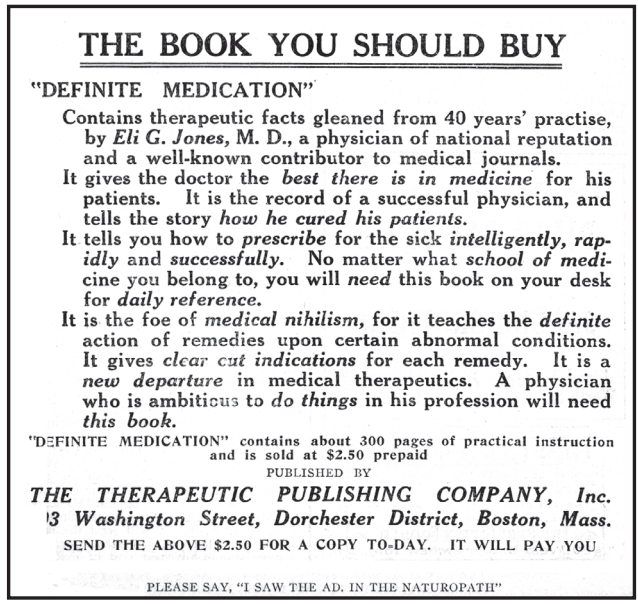
Three years ago I was asked by a physician to see his aunt. Her case had been diagnosed as cancer of the bowels by five specialists in New York City. They told her she would have to be operated upon and three feet of the intestines removed. After a careful examination of the case I could not find any symptoms of cancer; it was simply a case of obstruction of the bowels. I advised a course of treatment that cured her.

In 1904 I saw a lady who had a cancer near the eye. It has been cut out four times and given up as past cure. I took the case and cured her. This cure caused much comment and I reported it to the Medical Journal.

I was consulted, by letter, by a doctor in Iowa about a case of cancer of the womb that he was very anxious to cure. I wrote him full instructions on how to treat the case. He cured her and his success in that case established his reputation in that community.

In 1885 I treated a case of cancer lying over the femoral artery. The doctors were all afraid to operate on the cancer as they feared the patient would bleed to death. I treated the case and made a permanent cure of it.

For many years I have reported cases of cancer cured to the different medical journals to prove that cancer could be cured by proper medical treatment. I have had physicians examine my patients before and after treatment. I have always been ready to give them all the opportunity to investigate my method of treatment. A good many doctors have availed themselves of the privilege of taking a post-graduate course of instruction under my tutoring in the treatment of cancer. Most of my correspondence is from physicians all over the United States, asking my advice about the treatment of cases of cancer. One prominent physician in New York City wrote: "We regard you as an authority on cancer."



THE BOOK YOU SHOULD BUY

"DEFINITE MEDICATION"

Contains therapeutic facts gleaned from 40 years' practise, by *Eli G. Jones*, M. D., a physician of national reputation and a well-known contributor to medical journals.

It gives the doctor the *best there is in medicine* for his patients. It is the record of a successful physician, and tells the story *how he cured his patients.*

It tells you how to *prescribe* for the sick *intelligently, rapidly* and *successfully.* No matter what *school of medicine* you belong to, you will *need* this book on your desk for *daily reference.*

It is the foe of *medical nihilism,* for it teaches the *definite* action of remedies upon certain abnormal conditions. It gives *clear cut indications* for each remedy. It is a *new departure* in medical therapeutics. A physician who is ambitious to *do things* in his profession will need *this book.*

"DEFINITE MEDICATION" contains about 300 pages of practical instruction and is sold at $2.50 prepaid

PUBLISHED BY

THE THERAPEUTIC PUBLISHING COMPANY, Inc.
13 Washington Street, Dorchester District, Boston, Mass.

SEND THE ABOVE $2.50 FOR A COPY TO-DAY. IT WILL PAY YOU

PLEASE SAY, "I SAW THE AD. IN THE NATUROPATH"

Known as the "cancer doctor for doctors", Eli Jones published *Definite Medication* (1911), *Cancer: Its Causes, Symptoms and Treatment* (1920), and became an exceptional cancer doctor using principally botanical and homeopathic medicine.

In February, 1884, I treated a lady in this State for rose cancer of the breast.

This cancer measured 22 inches in circumference, and weighed four and half pounds. It was the largest cancer ever removed without a surgical operation.

Her case had been diagnosed as cancer of the bowels by five specialists in New York City. They told her she would have to be operated upon and three feet of the intestines removed.

For many years I have reported cases of cancer cured to the different medical journals to prove that cancer could be cured by proper medical treatment. I have had physicians examine my patients before and after treatment.

My Case Of Diabetes

by H. M. Heineman

The Naturopath and Herald of Health, XIV (9), 574-576. (1909)

In offering this article to a kind public, I wish to state that the suggestions are just as well adapted to a great many other disturbances of the human frame for those in their declining years of life. They are absolutely nothing which could in any way disturb any of the functions of our organs. I discovered that I had sugar contained in my urine some 15 years ago—my age being then 48 years—and after I consulted five or six different doctors, the last one advised me to study up my own case along the lines of Dr. Winternitz, Von Seegen, Von Duhring, Van Noorden, etc., and which I did conscientiously, with the result as given and which gives me good strength and general comforts. I must state that I do not consider myself cured in any way of the disease proper, if ever such a thing can be accomplished, which I doubt very much.

In investigating further, I came upon the suggestions also of Bilz, Kneipp, Priessnitz and others of the natural mode of healing and adopted their suggestions almost entirely.

I start every morning by applying to myself a full Kneipp gush with a plain rubber hose, of three-quarter inch diameter, without spray, starting in at the right calf, and playing the hose first on both of my lower limbs and then circling around my head. I throw water down my back next, along the arms, circle around the liver, pancreas, abdomen, etc., and finish with the lower part of the spine. This whole operation should not last beyond one and half minutes. I then dry myself only half and get into my underclothing quickly and return to bed for warmth and quiet, and taking some good deep draughts of breathing from the abdomen, continue my sleep for about one hour.

After that, I take my exercises of physical culture for about 30 minutes as follows: I raise myself on the balls of my feet and shake my lower limbs vigorously. Next, I limber up my lower body and draw my knees up to my abdomen. Then, standing on one foot, I shake the suspended foot violently to warm it up. It need not be said that cold feet are something all mankind is heir to as the years advance on us and we are on the shady side of 50 years of age. After that, I swing one of my legs into as high a kick as I can reach conveniently, and rest and swing my legs in a circle, one after the other. Everything is supposed to be done with one foot, of course, and then the other, and not too rapidly either, so as not to exhaust a person.

Now, anybody cannot learn these motions all by himself; he needs the guidance of a teacher of physical culture or a nurse. Next I swing my abdomen around in a half-circle and reverse. This motion especially

has to be taught, so as not to do it too violently, but rather steadily, and deliberately. It is a grand cure for general constipation and general health. Then I squat my whole body down on the balls of my feet, such as is generally known as army and navy movements, and rise up quickly, and follow with the diving movement, such as you see in pictures or statuettes when a person gets ready to dive. I then swing my arms up and down and breathe freely, inhaling in one position and exhaling in the other. This should not be done in your bedroom, but in absolutely fresh air, where the windows have been open all night. It is critical to have your bedroom well ventilated and to sleep with open windows under any circumstances, but to arrange your bed not to be in a draught.

To return to our exercises, I circle my head slowly first, one way and then reverse. I step forward with one foot and touch the floor with my hands to strengthen the spine. Stand erect and drop my hands towards the ground quite violently. Some people do this with dumb bells in their hands, which I condemn seriously, because this impedes the circulation of the blood around the smaller vessels in the tips of our fingers.

Everybody must be aware that we have two kinds of blood vessels: one is the artery in our pulse, which is quite large, and the other the one in the tips of the finger, etc. I then project my hands quite violently from my chest away from me, similar to what I had done just before to the ground. After that, straight up in the air for the development of the chest.

I then swing my arms in all directions and clap hands over my head and behind my back, and commence all over again from the beginning. In some of the motions, as rising on the balls of my feet, etc., I support myself partly on the back of a convenient chair, so as not to be nervous in any way, but steady and deliberate.

As to the diet of a person afflicted with diabetes, it is absolutely necessary not to overload the stomach with food, as we only live and are sustained, according to Van Duhring, "on the material which we digest". All other stuff is carried off as ballast and no nourishment can be derived from excess food. To quote his own words: "*Der mensch lebt nur von dem was er verdaut*." He used to take his patients into the Black Forest, *Schwarzwald*, make them live in the open air and control their food while on these excursions. He did not give them any of the poisons which his colleagues prescribed freely at that time. In fact, today, all the regular physicians prescribe are nothing but poisons, and quite a time is required to work these poisons out of the system. On the other hand, if I should at any time be compelled to be bedridden with complications, I would only be too willing to accept all these poisons, so as to get onto my feet again.

This has happened to me about three times before I made all these discoveries at the outset of my sickness. Of course, it behooves everybody to study his own case, as there is naturally quite a difference between individuals, but there is no danger as long as a person feels well and strong

to follow these suggestions as embodied. I do not intend to convey the impression to anybody or suggest to throw over all materia medica in fighting this disease, as there are a great many of our physicians who treat all kinds of sickness with their best ability, according to the principles as they have been taught. Our universities have declined to adopt these plain remedies of Nature, and it was with the greatest possible obstructions that Dr. Winternitz obtained any recognition of his discoveries by granting him a chair in the University of Vienna. When Bilz died, the University of Leipsic purchased his institutions near Dresden for a round million of thalers from his heirs and is conducting his sanatorium as a money investment, to the best of my information and belief.*

I must absolutely forbid the use of coffee, tea, alcohol and tobacco to anybody who wants to take this system of combating this disease or any other nervous affliction. Instead of bean coffee, I advise any kind of cereal coffee; it may be not of a person's taste at first, but gradually a person gets used to it—half-boiled milk and half-cereal coffee—and I, for my part, will not touch any other. The regular vegetarian diet is the best, but not too much starchy food, as this is hard to digest, and a little meat in between is not bad. Eggs are very beneficial and contain a lot of nourishment. Bread is all right, but in moderation. Gluten bread, etc., I do not believe in at all, as all the strengthening qualities are washed out and a person might just as well tackle pasteboard, or anything, as the likes of that. Everybody should study his or her constitution, and partake of such food as his instinct will lead him to, same as the wild animal in the forest. If a bear is shot, he trundles straightway to the nearest brook and washes his wound, and so do other animals.

It is an undeniable fact that diabetes in a person below 30 years is incurable, but at 45 and 50 years a person can manage to get along for quite a number of years, and by that time everybody should be able to tell what agrees with him or not. All kinds of pork has to be cut out, as the hog eats its own dirt and wallows in filth. A person has to be careful not to invite other complications because that is where the danger arises. It takes roasted pork five and a quarter hours to digest, while it takes boiled rice one hour. I consider the seat of my disease is in the pancreas, an adjunct to the stomach which generates certain fluids which enable the stomach to disseminate our food, and I hardly think the disease is in my kidneys, although they are somewhat affected.

Now by taking a cold bath, an average of 58° F/14° C, the skin activity is enlarged and assisted to perform the duties imposed to other organs. By exercising our physical frame we assist the circulation of our blood and some of the surplus sugar is absorbed by the muscular system. This is the sum and substance of my whole observations and researches within the last 15 years.

---

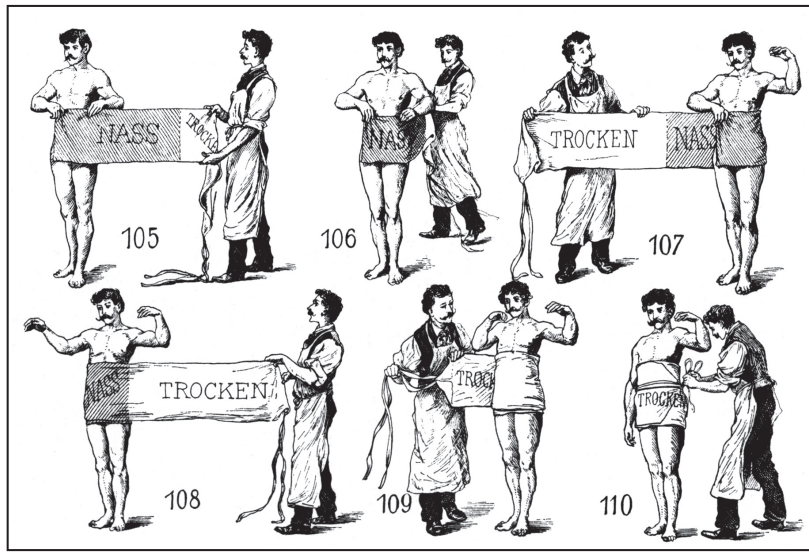
*This article was published in 1909. Friedrich Bilz died 1922. —*Ed.*

The cold bath in the morning should be taken while the temperature registers 65° F/18° C.

Another good blessing is the invention of a German peasant by the name of Priessnitz, who has given to the world the application of a wet bandage, to be taken whenever a person feels somewhat nervous or out of sorts. To take it while going to sleep is the best way. Take four yards of good linen; dip in cold water and wring it out well, then put it around your abdomen and cover with a half wool blanket supplied with two long ties or ribbons, say, each about two yards long [to secure the compress in place]. Safety pins are not good for this purpose. The wool should reach about three



Vincent Priessnitz
(1799-1851)*



The abdominal bandage as prescribed by Priessnitz

inches beyond each side of the wet compress, so as to retain the steam. This is kept on all night, until about one hour before rising, when all is to be removed and while in the bed to regain your normal temperature.

Particular attention has to be paid also to the condition of your bowels. I keep a bottle of Epsom salts, diluted, on hand at all times, for immediate use. As soon as I notice that my bowels have not moved, I

---

*Vincent Priessnitz was the first to truly understand the value of hydrotherapy. —*Ed.*

immediately take two goblets full of cold water all at once—if that has not the desired effect, I take a wine glass full of diluted Epsom salts, say 20 parts of water to one part of salts.* This must be strictly observed. I consider it dangerous to neglect the bowels.

Another elegant and effective way to increase the skin activity is to walk about four miles continuously, and then go home and undress quickly and take a towel, wet it quickly, and circle around the heart, rinse it out, dip it into the cold water again and rub arms and body quickly. Then put on your undershirt and take the towel again and rub towards stomach from legs and feet upwards. This whole ablution, or sometimes called sponge bath, should be done quickly (1 ½ minutes or so) and new, fresh underwear put on quickly. If the four mile walk is too much, a person can commence with a half mile and then gradually increase it. If weather does not permit this walk, chopping wood for one to two hours is quite effective in its place.

—San Francisco, California

After that, I take my exercises of physical culture for about 30 minutes as follows: I rise myself on the balls of my feet, shake my lower limbs vigorously next, and then limber up my lower body, draw my knees up toward my abdomen, and stand on one foot and shake the suspended foot violently to warm it up.

As to the diet of a person afflicted with diabetes, it is absolutely necessary not to overload the stomach with food, as we only live and are sustained, according to Van Duhring, "on the material which we digest".

I must absolutely forbid the use of coffee, tea, alcohol and tobacco to anybody who wants to take this system of combating this disease or any other nervous affliction.

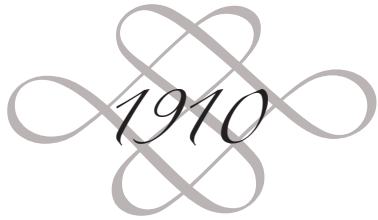
Now by taking a cold bath, an average of 58° F/14° C, the skin activity is enlarged and assisted to perform the duties imposed to other organs.

*Benedict Lust, as editor, commented on this article: The use of Epsom salt is not Naturopathic; why not use something harmless, like Kneipp's herb teas or the enema. —*Ed.*

The cold bath in the morning should be taken while the temperature registers 65° F/18° C.

Another good blessing is the invention of a German peasant by the name of Priessnitz, who has given to the world the application of a wet bandage, to be taken whenever a person feels somewhat nervous or out of sorts. To take it while going to sleep is the best way.

Another elegant and effective way to increase the skin activity is to walk about four miles continuously, and then go home and undress quickly and take a towel, wet it quickly, and circle around the heart, rinse it out, dip it into the cold water again and rub arms and body quickly.



Ringworm

Benedict Lust

At The Sign Of The Bath Tub

Robert Biéri, N.D.

The Schuessler
Tissue Food Remedies

Calcarea Fluor.

Glandular swellings, hemorrhoids, varicose veins, prolapsus of womb. ... **$1.25**

Calcarea Phos.

Anemia, bone diseases, teething disorders, cholera infantum. **$1.25**

Calcarea Sulph.

Ulcers, suppurating skin diseases, chronic catarrhal conditions, advanced stage of lung diseases. **$1.25**

Ferrum Phos.

Fevers, inflammations; early stage of all congestive diseases. **$1.25**

Kali Mur.

Second stage of inflammatory diseases, croup, coughs, diphtheria, glandular swellings, gastric disorders, constipation, sluggish liver. **$1.25**

Kali Phos.

Mental disorders. Nervous diseases, neurasthenic conditions generally, neuralgia, sciatica, insomnia. **$1.25**

Kali Sulph.

Late stage of inflammatory and catarrhal diseases. Bronchitis, pneumonia, scarlet fever, etc. **$1.25**

Magnesia Phos.

Neuralgia, convulsions, spasmodic conditions, nervous headaches, sciatica, dysmenorrhœa; whooping cough. ... **$1.25**

Natrum Mur.

Skin diseases, with thin, watery discharges. Influenza, hay fever, coryza. Leucorrhœa. Diabetes mellitus. .. **$1.25**

Natrum Phos.

Gastric and intestinal disorders with sour or acid symptoms. **$1.25**

Natrum Sulph.

Intermittent fever, bilious attacks, jaundice, diarrhœa, Skin diseases with yellowish scales. **$1.25**

Silicea.

Chronic, deep-seated ulcerations and suppurations. Chronic glandular swellings, tumors, carbuncles, etc. Phthisis pulmonalis. **$1.25**

Prices of the Schuessler Tissue Remedies

Bioplasma a general reconstructive for Vitality and Regeneration, a combination of the 12 Schuessler Tissue foods, **$2.25**, postpaid.

DR. BENEDICT LUST
110 East 41st Street, New York

Ringworm

by Benedict Lust

The Naturopath and Herald of Health, XV (6), 361-362. (1910)

Amputation Of Finger Prevented

A correspondent from Germany makes the following report of a case treated by a naturopathic practitioner in Berlin: A young man came to him suffering from *Panavitium periostale*, a malicious inflammation and suppuration of the last joint of a finger, commonly called ringworm.

The case is described as follows: the diseased finger was terribly swollen and so painful that the patient, a professional musician, could not find sleep. The allopathic physician had made a deep longitudinal incision into the finger, and could not stop either pain or inflammation or the alarming infection, with the large formation of pus, which was inducing the patient to try a Homeopath, who advised immediate amputation of the finger. As a musician (violinist), this meant a crippled carrier, and he resolved to try a Naturopath.

The treatment consisted in three hand baths daily, and special irrigations of cold water for the large formations of wild flesh that had formed around the infected finger. Wet packs of long duration were made around the finger and (deriviative) elbow baths or lavations made three times daily.

The first result was, that after a few days, the formerly almost unbearable pains subsided and the patient began to sleep and eat. On the tenth day the last bone splinter from the phalanx tertia was expelled with the pus, and the wound looked less inflamed and the pains had entirely left the arm and hand.

The elbow baths were now omitted, but the packs and irrigations were still kept on. After three weeks, the finger looked almost normal again and the loss of the bone was hardly noticeable. However, the nail was entirely lost, as it failed to grow again.

For the inflexibility of the finger, manipulations, exercises and massages were introduced, and after two more weeks the patient was able to take up his professional occupation as a violinist.

At The Sign Of The Bath Tub

by Robert Biéri, N.D.

The Naturopath and Herald of Health, XV (9), 522. (1910)

Hot Water Treatment Of Gonorrhea

A boon to young men! You can cure your nasty trouble with less anxiety, less pain and expenses. Chronic and acute gonorrhea will yield sooner to abstemious diet, the free use of water as a drink, frequent injections of hot water into the rectum, sitz bath, and a complete absolute abstinence from alcohol, than to any other treatment.

Hot water is well known in England, not as a cure-all, but as being highly beneficial and efficacious in pains of every description. For colic or indigestion the application of hot fomentations over the abdomen, with the feet in hot water, is a novel departure for the sick-room and always stands the test of the most severe critic.

For insomnia, a tepid sponge bath before retiring, the patient going to bed immediately, without drying the body, but wrapped in a sheet.

Treatment Of Boils (Furuncles)

Another triumph is recorded in the treatment of boils with hot air. The heat is directly injurious to bacterial organism; active hyperemia of the tissues and, consequently, increased resistance to the formation of pus is induced. The skin is sterilized and danger to reinfection rendered less probable. No cases treated with this agent allowed suppuration or tissue necrosis to take place. Infection of surrounding parts of the boils never occurs. In cases of general infection, the tendency to fresh boil formation was greatly diminished. This form of treatment reduces quickly swellings and relieves the pain as a result.

Hot Baths For Arteriosclerosis

This pathologic condition of the arteries, so very apt to shorten human life, is the inherent penalty of strenuous life, meaning, of course, the overstrenuous life with excesses. Nothing was known to hydrotherapists up to a few years ago against arteriosclerosis. However, the hot bath brought splendid results in the clinics of Winternitz, Rausch, Peebles, Kellogg and others. The beneficial effect of the hot bath upon the patient suffering from arteriosclerosis is fourfold, as follows:

1. The distribution of blood pressure is changed in the internal organs and the increasing of the vascularization of the skin. Hence it affords relief in many of the various cases of pain associated with internal gout, which is so frequently the case of arteriosclerosis.

The sleeplessness, so troublesome in this disease, becomes in a short time manageable without any hypnotics or drugs.

2. The hot bath increases combustion, which means increased metabolism, increased oxidation of waste products, and an increased respiratory exchange.
3. Elimination of waste products is increased.
4. Blood pressure is reduced in the same manner in which the pressure of water, running from one tap, is lowered as soon as another tap is turned on. The patient's blood is diverted to the skin, and the pulse at once becomes softer and more frequent. The systematic employment of the hot bath at last establishes an increased vascular habit of the skin, thus permanently lowering blood pressure.

ARTERIO-SCLEROSIS

Hardening of the Arteries
High Blood Pressure
Low Blood Pressure
Improper Metabolism
Diabetes and Bright's Disease
Pernicious Anaemia
Paralysis and Apoplexy
Insomnia and Paranoia
Heart Trouble and Heart Failure
Tumors and Cancers

are some of the effects of subnormal capillary circulation and perverted gland secretions.

Our new Natural Remedy brings nearly all functions back to normal blood pressure in 90 days, balance in six months.

Treatment open to doctors of any school or direct.

Retail Price $5.00 per quart bottle. Doctors get discount. Ten bottles effect complete recovery as a rule.

The Aqua Nova Vita Co., Inc.
115 East 59th St., New York

For colic or indigestion the application of hot fomentations over the abdomen, with the feet in hot water, is a novel departure for the sick-room and always stands the test of the most severe critic.

For insomnia, a tepid sponge bath before retiring, the patient going to bed immediately, without drying the body, but wrapped in a sheet.

However, the hot bath brought splendid results in the clinics of Winternitz, Rausch, Peebles, Kellogg and others.

DR. PUSHECK'S

Complex Homeopathy

and

Elektro-Homeopathy (Mattei)

Used and indorsed by all leading Nature Cure Institutes and by DR. B. LUST, President of the American Naturopathic Association.

Complex Homeopathic Remedies (Pusheck) and Elektro-Homeopathic Remedies (Mattei) are not Drugs nor Drug Treatments, but a scientific combination of herbal extracts and plant juices such as you use in your daily diet. The peculiar and absolutely original method of preparation liberates the God-given curative powers, which are harmless, yet wonderfully potent in overcoming morbid conditions in the human body.

This Is the Only Advanced, Progressive Treatment Working in Harmony With Biological and Naturopathic Methods, to Relieve Human Suffering Throughout the Universe.

Dr. PUSHECK'S TREATMENTS are admirably adapted for administration to patients in office practice, institutional treatment and for home use. They do not conflict with Federal Laws and can be dispensed (in original packages) by practitioners of any school. Complete instructions accompany each of the specifics.

ELEKTRO-HOMEOPATHIC TREATMENTS (Mattei) are being used in every civilized country of the world. They can be used successfully by every practitioner, of any school, as an invaluable adjunctive treatment. Introduced in the United States in 1880 by the late Dr. Karl Pusheck, they have become famous in every State of the Union and are today recognized as the only safe and dependable treatment for malignant diseases.

HAVE YOU A CASE that is baffling you, that will not yield to routine treatment? Then Write To Us. Let Us Consult With You. Our 43 years experience enables us to give you invaluable advice. **We can help you** build up a wonderful reputation as a Result-Producer.

BE PROGRESSIVE—GET THE FACTS—Write Today!

Let Me Tell You HOW and WHY—

You Should Use These Safe and Reliable Gifts of Nature

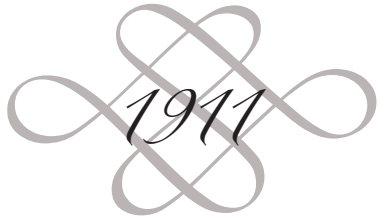
Send $4.20 for text books for Practitioners on this wonderful Natural Science

Write for Literature.

Eastern distributor:

Dr. B. Lust's Nature Cure Supplies House

110 E. 41st St., New York, N. Y.



The Milk Cure

Philipp Karell, M.D.

THE MILK CURE

By Philip Karell, M. D.

AMID the allurements of a thousand remedies (so-called) for disease, the milk cure takes high rank as a source of nutrition where the system refuses to assimilate any other form of diet. Dr. Karell in this pamphlet assures us that by means of an exclusive milk regimen, he has had the most gratifying success. He describes in full his method of treatment in many well-defined diseases.

He analyses milk, showing its composition of water, fat, albumen, sugar and mineral salts, making it a perfect food. By reason of the fact that digested milk leaves little residue, and contains little fat, it produces constipation in many people, which is corrected by swallowing a few tablespoonfuls of bran saturated in milk per day and eating boiled prunes and apples, with, or without, the assistance of an enema.

Dr. Karell has studied the milk cure from the standpoint of scientific feeding and tells us that milk is both diuretic and sudorific and therefore hastens to remove the fluids of the body, since poisons are secreted by the urine and in perspiration this effect is anti-poisonous. These poisons are mostly acids and the great efficacy of milk in general, results from its being an alkaline fluid of strong anti-acid power. Another fact is that milk renders the blood more alkaline, and the more free from acid the blood becomes, the more the body becomes resistant to the inroads of disease.

He points out that great care must be exercised to obtain milk from cows living in the open and not in stables, so that their milk will not sour readily. Good milk is neutral and does not react to testing, that is, it will neither redden blue litmus paper, nor make the red one blue. If milk reddens blue litmus paper it reacts sour, and therefore cannot be anti-acid, diuretic and sudorific, and anti-poisonous.

This is a most important analysis of the milk cure.

Price in paper, prepaid, 50 cents.

The Nature Cure Publishing Co.
Butler, N. J.

The milk cure was a popular therapy and had many followers.

The Milk Cure

by Philipp Karell, M.D.

The Naturopath and Herald of Health, XVI (5), 296-300. (1911)

My Method

My way to prescribe the milk to my patients consists of excluding, especially at the beginning of the cure, every other kind of food and going cautiously at first. I prescribe to the sick three to four times daily, in fixed and strictly observed intervals, half a cup or a whole cup (60 to 180 g/ml) of skim milk, according to the temperature, just as the patient prefers it, and give him the advice to take the allowed quantity only by mouthful and not to pour it all at once in his stomach, for the purpose that a corresponding quantity of saliva may enter the stomach at the same time.

It is understood that I recommend to the patient to procure only good milk, and if possible, from a cow out of town, whose milk reacts most of the time neutrally while the milk of the cows in town reddens always litmus paper. My patients took the milk mostly lukewarm, after having warmed a cupful of it in a vessel with hot water. In the warm season of the year, most of them preferred it in the usual temperature of their rooms. I increase the doses gradually, always being on the lookout how the patient digests the milk, and he usually increases daily consumption to two bottles at the end of the second week. If the cure is going alright, I always adopt the rule that the sick person takes his ration at 8 a.m., at noon, at 4 p.m. and at 8 in the evening. I sometimes alter the hours if he desires it, but insist strictly on intervals of four hours. This is of importance, because he is protected against overburdening the stomach. After four hours at his ease, examine his appetite and by this regularity being always conscious of his undergoing a cure which renders him more conscientious in following the rules rather than by being told simply: "Drink milk whenever and as much as you want!" With this regulated diet, the patients do not complain of hunger or thirst, in spite of the cautiously taken little doses in the beginning of the cure. If a very sick patient would take for instance, in the first days, instead of his four little coffee cups full of skim milk, four big beer glasses full right from the cow, he would surely not digest it and his confidence in his cure would be impaired at once.

Bowel Inflammation

Five years ago I was called to the wife of General B., who suffered for four months of constant vomiting and diarrhea, which was caused, as it was said, by a chronic inflammation of the bowels. I found her extremely emaciated, with a great adipose liver and who had formerly suffered for

a long time of hemorrhage of the gut and of menorrhagia. When after an examination I proposed to the two attending physicians (very skilled and experienced men) the methodical milk cure as the sole resource, they answered: "She can't stand it; we have tried it several times." Upon my questioning of how the milk was given to her, I heard that the sick had taken it several times in the day in great quantities and besides had consumed soups and other easily digestible food. I prescribed to this woman on the first day four tablespoons of skim milk, taken three times, and nothing else besides. The vomiting stopped at once, the diarrhea on the third day. The stool became more formed and of such an appropriate quantity as had not been the case for years. At the end of the second week, the woman drank already two bottles daily. She recovered and lived for many years after that.

It is not the small quantity of food in general which has here such a favorable effect, for I have reduced patients to just as small quantities of beef tea or to rolls with water, etc., and have not obtained such good results. My experiences have proved, in my opinion, that if I allowed the patient perhaps once a day for instance at noon some other food besides the milk, the results were never as brilliant as when the sick had remained at his milk solely. I also experienced that the sick because of the progressing relief had come by and by to 10 or 12 glasses a day and felt afterwards their troubles become worse. I was obliged to reduce their ratio again to four glasses for some time. It is usual that in the first days of this cure the stool discontinues, which I regard as a good omen. While the liquid substances of the milk are being absorbed, the feces form naturally very hard and solid masses, which can be alleviated by a clyster [enema] of water.

Some people who in their sickness had complained formerly of additional vapors [flatulence], do not have them during the milk cure. If in the later course of the cure, constipation becomes very obstinate, I allow to add to the same quantity of milk boiled prunes or a roasted apple. If this cure rumbles in the bowels and diarrhea occurs, the milk is either too fat or the quantity too large. If the diarrhea was not caused by ulcers in the gut, it was soon removed by the milk, the proper quantity and quality of which had been carefully ascertained. Fever is not an adverse symptom.

If the sick person is thirsty I allow him plain water; if he has a great desire of solid food, I allow him from the second to third week rolls, not quite fresh ones, in addition to the milk, which he takes at 4 o'clock, at the time of his former principal meal, and sometimes with his ration at 8 in the morning a piece of white bread. Instead of the milk at noon, there may be prepared for him later on milk soup with some groats added. After the patient has borne on this way with the milk alone, the cure can be continued later according to the success in such a way that he drinks three times a day only milk and receives once a proper meal.

The greatest resistance has always been shown to me by the sick themselves. This has a great natural cause. For if such a patient, suffering from a chronic disease, has experienced the most different treatments of his malady without success and is now accosted with a milk cure which he values for nothing, he suspects that he is being regarded as a man to whom every hope of a recovery by medicine has been cut off. Many a nervous patient was so much shocked by my proposal that he asked for some time to consider it and finally resolved to undergo it like a painful operation. The patients answered usually that the milk has always been contrary to their nature, and that the milk never agreed with them. Someone, because he suffered of the liver since olden times; another one, because he smoked; a third one feared to die from starvation by the cure, or he had tried it once already and was obliged to discontinue it, as he could not stand it. In short, what could the milk be of use to him, since all the other remedies worked only slowly or has no success at all? To all this I answered, that milk is a nutriment, which everybody can stand as soon as understood how to be taken in a convenient quality and quantity. There can be no fear of starvation, since some people lived from milk only. Milk contains all the substances which are necessary for the nutrition of men and can be easily assimilated.

I had finally recognized it in my practice of many years to be also a strong remedy for certain maladies. With so strong a conviction, which is founded on facts, I usually induce the patient to adopt the milk cure, and usually in a few days I had the satisfaction that the patient, especially if he was a hydropic [edematous], as well as those around him, showered on me the usual praises, which are imparted to us physicians often without a merit when the good success is quickly apparent, while in cases ending in death, where we deserved some praise at least for sacrificing our own health, people want to stone us.

Before I come to a discussion of the diagnostics pros and cons of the milk cure, I will communicate some cases quite faithfully and with the greatest possible impartiality, partly following my own observation, and partly from records of skillful colleagues who are well known to me.

Diabetes Case

W., a rich landlord of this city, 67 years of age, had always been in good health, but had let himself to be bled about thirty times, once a year, from 1828 to 1858 to get rid of a feeling of heaviness which troubled him usually at springtime. All this time he liked to eat well and in great quantities, taking little exercise. Thus he lived up to his sixty-eighth year. In the spring of 1859 his feet became so weak that he couldn't walk in his room without a cane. Dr. Walter in Dresden found sugar in his urine and advised him to take a cure in Carlsbad at the springs under the guidance

of Dr. Segen. At the end of this cure, he was strengthened so much that he could walk more than three miles. Before this cure in Carlsbad the specific weight of his urine was: 1,045; quantity: 10 to 11 pounds; sugar: 7 to 8 percent. After cure there of six weeks, specific weight: 1,030; quantity: 6 pounds; sugar: 7 to 8 percent.

Although he felt well, the next winter he repeated the cure for caution's sake in the years 1860 and 1861, with the same favorable success. At Easter of 1862, dropsy and asthma troubled him, which disappeared again after a treatment during which he had also to drink milk. In November of the same year, the symptoms of dropsy appeared again, which changed their places of attack: a horizontal position became impossible to him and the examination of the urine showed 10.4 percent sugar and albumen. Besides the use of the ordinary medicines which such cases demand, there was prescribed for him as a diet: eight to ten beer glasses full of milk daily, fresh from the cow, good soup, meat, roast beef, also Bordeaux wine, etc. But his condition became always worse. The malady was declared to be incurable and the family informed that the end of his life was imminent.

Eight weeks after his last relapse, I was called to the patient's bedside. The diagnosis of the four skillful practitioners who treated him was as follows: an obese degeneration of the heart, hydrocardia, dropsy of both the lungs and catarrh of one of them, sugar and albumen in the urine, a severe dropsy of the skin and one of the belly just starting. The patient passed the nights sitting in a chair for six to eight weeks, sleeping restlessly for one to two hours. If trying some movements, asthma attacked him; slimy ulcerous eructation of great quantity, but thrown out by a cumbersome coughing, the tongue being crimson and partly denuded of the upper skin. The activity of the gut was in good order, the pulse between 80 and 90, being not quickened, yet he looked well and his muscles were quite preserved. After observing the patient for several days, I felt convinced that the methodical milk cure ought to be applied.

My position among these four esteemed colleagues became quite a difficult one, as their experience ran to a hundred years, and everyone had also prescribed the milk in proper cases. But these gentlemen yielded at least after a long consultation to my proposal of a strenuous treatment by the milk cure, the tonics, however, to be continued at the same time. "For if this patient with an obese heart, with the dropsy of both the lungs, etc., would be deprived of the tonics, he would be a dead body in forty-eight hours." This judgment was pronounced in the presence of the family, and I found no support in spite of all my experience. Although I could not but assent to my esteemed colleagues in regard to the diagnosis and the dangerous condition of the malady, I could not, however, share their opinion, that only the tonics were able to keep up the vanishing spark of life. On the contrary, every tonic affected greatly the organs of digestion and

considering it of great importance that these organs should be spared as much as possible, I could expect only from this cure a last chance.

The man yielded at last on this point, and assented to the milk cure only as a trial. On January 9th, 1863, every medicine and all other food were set aside and the patient received on this day, after having eaten some meat already in the morning, only two cups of warmed skim milk, about 180 g. each. On the tenth day of January, four times this dose. On the third day of this cure, the eleventh day of January, when we five physicians met again at the sickbed, the patient told us that during the whole time of his sickness, he never had such a good night as the last one, having been able to pass two hours even in a lying position. The swelling of his abdomen diminished; he emitted fourteen glasses full of urine, though he had taken only four glasses of liquid food. His asthma lessened and the formerly crimson tongue was paler; there was no thirst, nor an appetite for food. The milk, which was not disagreeable to him, was sufficient in this quantity. On January 13th, the examination of the urine disclosed hardly any sugar at all (5 percent); albumen, 0.45; specific weight, 1,023; quantity, 2,400 ccm. The patient continued to take four cups of milk daily till the 17th, and his condition improved, as could be seen. The dropsy of the buttocks which was formerly hard as a board, had disappeared. The dropsy of the shanks was much lessened, the upper parts of the lungs quite released, the two tones of the heart could be distinguished more audibly, as well no attacks of asthma. The quiet sleep at night lasted six hours without interruption, though in the chair yet, his mind being serene. Against a constipation of four days, a clyster is given.

From the 17th to the 22nd of January, five glasses of milk and a salt roll are given daily. There was hardly any more dropsy on the femurs. The calves also became softer, the tongue being bare yet of the upper skin in its whole extension. Examination of the urine on January 20th: quantity, 1,100; specific weight, 1,016; sugar, 1 percent; albumen, 0.5.

From the 17th to the 22nd of January: in the first days of this week, a continuous improvement in all direction set in, and the appetite being strong, the doses of the milk were increased to ten glasses, rather too quickly, when on January 26th a restless night followed. A clyster removed the condition of the stomach, and the following night the quiet sleep lasted seven hours.

From the 27th of January to 5th of February, the patient was kept at four to five glasses and, to prevent constipation, ten to twelve cooked prunes a day were allowed to him. His strength grew; no asthma, no coughing occurred; he felt much contented, the urine being plentiful, dropsy only on the lower parts of the calves and on the soles; the lungs produced only on the lowest posterior parts a feeble crackling noise.

On the 8th of February, four weeks after the methodical milk cure

was begun, the condition of the patient was very satisfying. He slept quietly for seven hours in a horizontal position; was cheerful; took many exercises in his room without any trouble and behaved as formerly in his healthy days, tending to the administration of the seventy houses which he possessed in St. Petersburg. The dropsy appeared only feebly on the ankles of the feet, but his appetite being very strong, the patient could not be restrained to use the milk solely and therefore received at 4 o'clock a dinner, consisting of soup and roast, while he drank three times the milk from one to two glasses. In the course of this month, cylinder shaped sediment had been discovered twice at the examination of the urine, but no more in later times. The sugar remained between 1.3 and 3.9 percent.

After all these sufferings and for the prevention of a relapse, I also favored now a tonic, this consisting of fresh air and the sunlight of the south, and I proposed, therefore, a journey to Nizza. My colleagues as well as the patient assented to this. The journey from Petersburg to that resort was made quickly and happily. He felt very well during six weeks, but, as his attending physician said, he could not be restrained from excessive eating, especially of hard boiled eggs, ham, etc., during the Russian Easter, and as soon as dropsy appeared, the patient adopted the milk cure again. In the month of May, however, he intended to visit Carlsbad and went there against the advice of his physician. After having used the waters for three days, his condition became worse; although the examination of his urine disclosed only 3 percent sugar, yet an increased percentage of albumen. The degeneration of the liver had undoubtedly set in. On advice he then visited the mineral waters at Schwalbach and Wiesbaden, with no better results, and he, therefore, went to Geneva. Without the knowledge of his physician, he underwent here a massage of his body, with fat in the evening and eau de cologne in the morning, and while remaining very often *en deshabilé* [scantily clothed], he caught a bad cold. In consequence of it, he became subject to a severe shaking fit and pleurisy on the left chest set in, with an exudation following. The exudation was almost totally absorbed again by milk solely, but taking no caution and catching a cold again, he had new exudations and when dropsy affected his brain, he died on the 24th of September.

GALACTOTHERAPY

(MILK CURE)

By GORDON BEVAN

A new book just off the press giving the details of the application of the greatest of all curative agents

Prof. David Starr Jordan, M.S., Ph.D., M.D., L.L.D., President of Stanford University, writes (Sep. 14, 1920):

"Your book on milk diet is invaluable."

Prof. Kellogg, M.D., F.A.C.S., L.L.D. (Medical Director of Battle Creek Sanitarium), says:

"A wonderful food product, unequalled by any other substance known... It is unique and superior to all other foodstuffs."

Prof. Karell, M.D., The Russian Court Physician, says:

"It is the best and surest of remedies."

ONE DOLLAR, POSTPAID

BENEDICT LUST PUB. CO.

110 E. 41st STREET, NEW YORK

I prescribe to the sick three to four times daily, in fixed and strictly observed intervals, half a cup or a whole cup (60 to 180 g/ml) of skim milk, according to the temperature, just as the patient prefers it, and give him the advice to take the allowed quantity only by mouthful and not to pour it all at once in his stomach, for the purpose that a corresponding quantity of saliva may enter the stomach at the same time.

My experiences have proved, in my opinion, that if I allowed the patient perhaps once a day—for instance at noon—some other food besides the milk, the results were never as brilliant as when the sick had remained at his milk solely.

It is usual that in the first days of this cure the stool discontinues, which I regard as a good omen.

If the diarrhea was not caused by ulcers in the gut, it was soon removed by the milk, the proper quantity and quality of which had been carefully ascertained



Gallstones

G. H.



CATARRH, ASTHMA
CURED WHILE YOU SLEEP

Two or Three Cents a day if you are satisfied, and Nothing if you are not. Harmless, Convenient, Agreeable, Private, and Marvelously Certain. INHALANT is Discovery of an Eminent Physician, improved by us through years of experience, and is Best in the World. INHALER is our Patent and is Best Ever Devised. Its cures of **CATARRH** caused patients to name it, **"THE LITTLE WONDER."** Its cures of **ASTHMA** have looked like Miracles. By far the best for **BRONCHITIS, HAY FEVER** and Catarrhal Disease in every form and stage. Best Remedy for **COLDS,** and prevents Pneumonia. Cures or prevents **DEAFNESS,** and restores **LOST SMELL. LITTLE CHILDREN** infallibly and easily cured. **BAD BREATH** it never fails to cure. Succeeds as nothing else can, because it is the Right Medicine applied in the Right Way,—that is, **CONTINUOUSLY.** A healing Balm laid directly on the Sore Spot, whether in Nose or Bottom of Lungs. **Change of Climate without Change of Residence.** Takes none of your time, does not hinder the breathing, and may be regulated to any force desired. Needs no help from other medicines. A Triumph of Science and Common Sense. **LONG TRIAL.** Sold always under **STRICT, LEGAL GUARANTEE,** which would have ruined us long ago but for the Astonishing Reliability of the Remedy. Write today, as you may not see this again; for never before has come to you a thing so Wise in its Means, so Strong in its Proofs, so Easy in its Application, so Generous in its Terms, so Certain in its Results.

E. C. C. CATARRH-ASTHMA CURE, 3001 Van Buren Street, CHICAGO

Loose Teeth — Sore Gums



The Dread of Dentistry is PYORRHEA
(*Sometimes called Riggs Disease*)

It is characterized (among other symptoms) by bleeding, discolored gums, receding gums, sensitive teeth, bad breath and finally loosening and dropping out of the teeth.

DO YOU KNOW that 90 per cent of the people have it in the first, second or third stage—

DO YOU KNOW what causes it or what a terrible menace it is to your health—You should know how to recognize Pyorrhea when you see it and how to prevent and overcome it.

SEND ME YOUR NAME and without obligation of any kind I will send you FREE my illustrated booklet about this most common but dreadful disease of the gums. Also estimonial letters from hundreds of people who have treated themselves at home avoiding pain, loss of time, expensive treatment and false teeth. 25 YEARS' SUCCESS.

My Illustrated Book and Full Information FREE

DR. F. W. WILLARD,
B555 POWERS BLDG., CHICAGO, ILL.

Please send your illustrated free book on tooth and gum diseases, with information about your successful home treatment.

Name .....

Address .....

I Can Save YOUR Teeth

I am doing it for others every day.



Ninety per cent of the people have Pyorrhea or Riggs Disease—a terrible and dangerous mouth and tooth infection that destroys teeth, gums and jaws endangers health, mind and powers.

Sore Teeth
Foul Breath
Diseased Gums

Are symptoms of this dread disease. For years it has been considered incurable. I have perfected a simple

Home Treatment

by which you can make your mouth healthy, save your teeth, and health and avoid the expense and torture of the dental chair.

My Book Will Tell You How FREE

If you have Pyorrhea, gingivitis, receding gums; elongated, loose, or twisted teeth; soft, spotted or spongy gums, foul breath, bad taste or teeth that hurt when you chew send AT ONCE for this book. Sent FREE and without obligation.

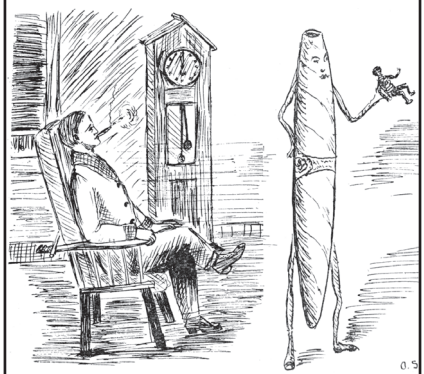
Dr. F. W. Willard A555 Powers Bldg., **Chicago**

THE PROSTATONE
NEW METHOD OF MASSAGING THE
PROSTATE GLAND

Gives new strength, courage and vitality to all who try it. By massaging the Prostrate Gland congestion is relieved, permitting fresh, new, vital blood to flow into weakened and seemingly run down parts.

Dr. Thomas offers to send particulars in typewritten form pamphlet to all who write him, absolutely free. Inclose 4 cents in stamps to cover cost of mailing.

ADDRESS DR. JULIAN P. THOMAS,
1479 Broadway, New York



You may think you have the smoking habit—but in reality it has you.

Gallstones

by G. H.

The Naturopath and Herald of Health, XVII (8), 537. (1912)

Noting the article on gallstones by Dr. Strueh in *The Naturopath* for July, I think the following contribution in this heading will be of interest and benefit to your readers. Although I wish to say nothing against the regeneration cure advocated by Dr. Strueh, which, to the contrary, I endorse heartily, I want to mention a simple remedy for the removal of gallstones which I think is well known among Naturopaths and Physical Culturists. After the experience which I just have gone though, it seems to me, that the removal of gallstones is about the easiest thing in the world and the following is an account of it.

About a year ago, I read in Bernarr Macfadden's *Physical Culture Magazine* an answer to a question about a remedy for the removal of gallstones in which it was advised that a cup of olive oil taken at night would have the desired effect. As the state of my health at that time was very unsatisfactory, it occurred to me that the presence of gallstones might be one of the causes and I decided to follow the above advice someday.

A few days ago my brother returned from Los Angeles and mentioning a dull pain which I felt in the region of the liver, he told me of some of his neighbors who had used with great success a cure for gallstones for similar complaints. It turned out that a patent medicine concern in Los Angeles was selling a remedy for gallstones, which this gentleman had bought several times at $1.50 for each treatment and used with good results. When detecting that the said remedy consisted simply of olive oil flavored in order to conceal its identity, he used plain olive oil with the same success. The story spread, of course, and soon some six more neighbors tried the cure-all with great success.

This tale reminded me at my intention

Good Health

depends as much upon your discrimination in the selection of foodstuffs as anything else.

OLIVE OIL is a wholesome food and builder of health when its production and preparation for market is protected all the way from the pressing of the native fruit to bottling and canning of the pure oil.

PARAGON Olive Oil

is a perfect product produced under the most modern sanitary conditions—it is pure and wholesome.

Packed in 5 Gallon, 1 Gallon, Quart, Pint and one-half Pint Tins. Your Jobber can supply you. Order from him now!

Paragon Olive Oil is used by the best Naturopaths and the Natural Life and Nature Cure People everywhere. Endorsed by physician, connoisseur, cook, housewife and those who know!

Magnus, Mabee & Reynard, Inc.

257 Pearl St., New York City

Established 1895

to try olive oil for gallstones, so I decided to do so at once now and proceeded in the following manner:

Yesterday morning I ate my usual breakfast and no other meal any more that day, the idea being to remove all fecal matter from the intestines, for which purpose I took further a Seidlitz Powder [laxative] at 2 o'clock; when it appeared that the powder seemed to work very slowly, I took another one three hours later which had the desired effect.

At 8:30 last night, when feeling sure that I would not have to stool any more, I drank one-half pint of olive oil in which I had poured a little lemon juice and I went to bed. At 6 o'clock this morning I took again a Seidlitz powder and at 7:30 ate my usual breakfast.

At about 8 o'clock the powder became effective and the result was certainly as surprising as gratifying: for the stool contained easily about 80 stones. A few were as big as a nutmeg, some 20 were larger than a bean and the rest consisted of all sizes, from that of a pea to a pin's head; all were of a beautiful green color and the total volume was about equivalent to a hen's egg.

The pain which I had in the region of the liver has almost disappeared and I firmly believe it was a syndrome of gallstones. I intend to repeat the process in a week or so and after until I am sure that all stones have been removed.

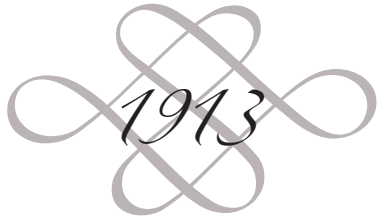
—G. H., Mt. Vernon, New York

P.S. Since writing the above, I have tried the cure again with good results.

About a year ago, I read in Bernarr Macfadden's Physical Culture Magazine an answer to a question about a remedy for the removal of gallstones in which it was advised that a cup of olive oil taken at night would have the desired effect.

At 8:30 last night, when feeling sure that I would not have to stool any more, I drank one-half pint of olive oil in which I had poured a little lemon juice and I went to bed.

At about 8 o'clock the powder became effective and the result was certainly as surprising as gratifying: for the stool contained easily about 80 stones.

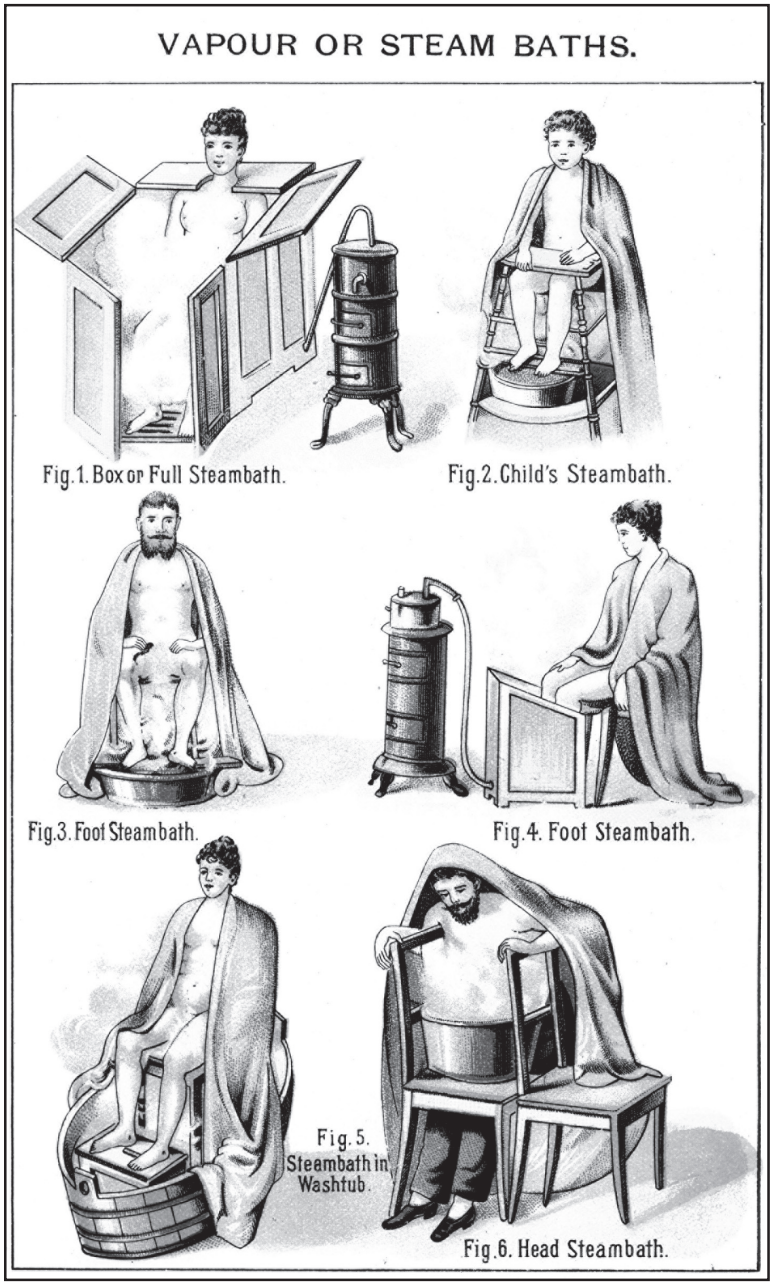


How To Cure A Cold

H. Nielsen, D.O.

Mercurial Stomatitis

Benedict Lust



These images of vapor baths were published in Friedrich Bilz' book, *The New Method of Healing* (1898) and illustrate the different ways of having a vapor bath.

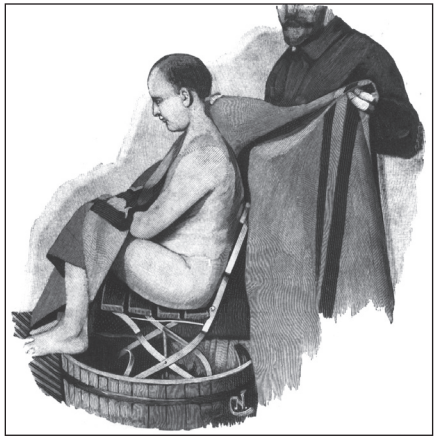
How To Cure A Cold

by H. Nielsen, D. O.

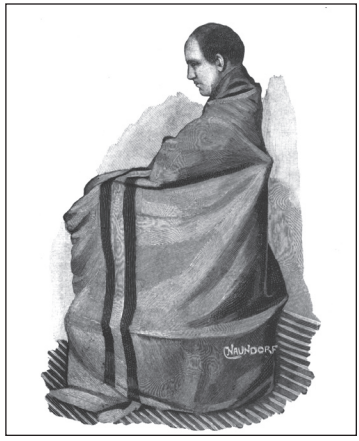
The Naturopath and Herald of Health, XVIII (3), 162. (1913)

The way to cure a cold is to eliminate the impurities through the skin, the lungs, the kidneys and the intestines. You knew it was coming. You know what to do in an osteopathic way, all right. If you are a "mixer", you can get any number of sure "cures" to make you feel better. All of them will hinder elimination, unless a laxative is incorporated in the "dope." Raw apples, cabbage and other salad-herbs will beat any laxative ever poured from a bottle.

So, to cure a cold, eliminate the poisons and do it naturally and thoroughly.



Hot water was placed in a tub and hot bricks were added to maintain steam production.



A blanket helped to keep the steam contained in the sitting steam bath.

A hot foot bath, a hot lemonade sweetened with honey, figs or dates, and right to bed, to perspire. A steam bath and enema will help the elimination of poisons. A cold bath every day in the year makes it mighty hard to get a cold in the first place.

If your lungs are weak, the cure consists of well-ventilated bedrooms and outdoor life. Deep breathing, with the mouth shut, is of great aid. Pure air cures consumption, you know. Always breath through the nose, to warm and strain the air before it enters the lungs.

Drinking freely of water will help. Food cannot help. It adds more matter for elimination, and it feeds the cold. Don't eat until you have

eliminated the cold. You cannot name one acute ailment where food helps to cure. The old saying of feeding a cold is all wrong.

Constipation is very often present in all kinds of ailments. Have the patient eat freely of raw fruits and vegetables, using only lemon juice, olive oil, and honey as a dressing. If you wish a quick cure, allow no other food. Never, under any circumstances, eat anything except at the call of natural hunger. Doing this you will find Nature ever generous and ever ready to restore the body's equilibrium, which is health.*

HEAVY COLDS

are the result of sudden chills.

Going from a warm room out into zero weather is the most likely way to catch cold unless you wear

Kneipp Linen Mesh Underwear

This underwear allows the pores to breathe and quickly adapt themselves to sudden changes.

GUARANTEE: We empower any dealer to replace without question, any garment in the natural shade which does not give satisfactory wear.

If not at your dealers, send to us for samples, prices, etc.

Kneipp Linen Mesh Co.

40 East 19th Street **New York**

A complete line of Kneipp Linen Mesh Underwear is on sale at the Naturopathic Supply Store, 465 Lexington Avenue, New York.

So, to cure a cold, eliminate the poisons and do it naturally and thoroughly.

A steam bath and enema will help the elimination of poisons.

A cold bath every day in the year makes it mighty hard to get a cold in the first place.

Don't eat until you have eliminated the cold. You cannot name one acute ailment where food helps to cure.

Above all, avoid overeating, late hours, and all senseless waste of vitality.

---

*Benedict Lust wrote an article on colds in 1904 and provides the following suggestions for treatment: "Do not forget to lay stress on hygiene to those who are always catching a cold. Have the bedroom window open, put a screen around the bed and furnish it with abundant light, warm coverings. Moderate daily exercises. Regular bathing, skin friction and oil rub. What the skin does not do may be forced upon mucous membranes, causing a congestion and hypersecretion of morbid matter. Above all, avoid overeating, late hours, and all senseless waste of vitality." (Lust, 1904, 66) —*Ed.*

Mercurial Stomatitis

by Benedict Lust

The Naturopath and Herald of Health, XVIII (12), 861-862. (1913)

Definition

Ptyalism is produced by mercury.

Etiology

This disease is common with artisans who work with mercury. It is one of the results following the administration of mercurial preparations internally.

Symptoms

The first symptom is tenderness of the gums, which may be noticed when bringing the teeth forcibly together. There is a marked redness of the gums near the insertion of the teeth. The patient will notice a metallic taste in the mouth, and there is an increased flow of saliva.

Chronic Symptoms

There is a profuse flow of saliva and stench or fetor of the breath. There is a redness, swelling, and tenderness of the gums. In severe cases, the tongue may be similarly affected and may protrude from the mouth. There may also be a deep ulceration of the mucous membrane, loss of the teeth and necrosis of the bone.

Treatment

The doctors of the regular school prescribe iodide of potassium to suppress the elimination of the mercury for the time being. Astringent and antiseptic mouth washes are also used, but they are not curative. Acid fruit eaten plentifully is Nature's eliminator, although it may seem hard on the patient during the crisis. The chiropractor treats this disease by adjusting the 5th thoracic and middle cervical regions. [From *The American Drugless Healer*.]

Silver amalgam fillings in teeth often cause a mild trouble similar to the above and the healthy circulation of nourishment to the teeth is so interfered with that new cavities are sure to follow later on in neighboring teeth. The symptoms are tenderness of the gums to any foreign matter that works its way in between the teeth, necessitating the use of the tooth-pick. The gums are extra red, soft and spongy and often low on the teeth. About a year after the first amalgam filling, you wonder what has caused so many other teeth to become defective. Later on comes the necessity of

a gold crown and then the galvanic current passing between the gold and silver and mercury further spreads the destructive effect of the mercury. The poisonous effect of the silver amalgam does not confine itself to the teeth, gums and jaw bones, but spreads over the trophic nerves and other nerves to the whole body, especially affecting the bones and glands.

There is a reason why some well informed and experienced homeopathic physicians refuse to treat patients until their amalgam fillings are removed.

The first amalgam filling is an investment as profitable to the dental profession as the first dose of calomel is profitable to the medical profession.

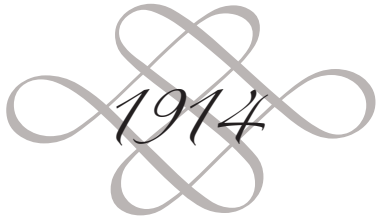
Silver amalgam fillings in teeth often cause a mild trouble similar to the above and the healthy circulation of nourishment to the teeth is so interfered with that new cavities are sure to follow later on in neighboring teeth.

Later on comes the necessity of a gold crown and then the galvanic current passing between the gold and silver and mercury further spreads the destructive effect of the mercury.

Silver amalgam fillings in teeth often cause a mild trouble similar to the above and the healthy circulation of nourishment to the teeth is so interfered with that new cavities are sure to follow later on in neighboring teeth.

Later on comes the necessity of a gold crown and then the galvanic current passing between the gold and silver and mercury further spreads the destructive effect of the mercury.

The first amalgam filling is an investment as profitable to the dental profession as the first dose of calomel is profitable to the medical profession.



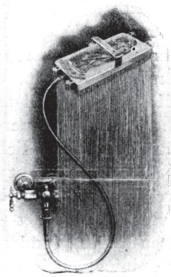
Boils

Ralph V. Streeter

"THE BATH DE LUXE"

THERE are 3,500 pores to every square inch of surface on your body. Think of these millions of skin glands! Think what it means to health and beauty to remove every foreign particle from these ducts. The skin glands act as a part of the entire respiratory system. They cannot breathe when clogged. The skin glands remove certain impurities from the blood. These impurities must be carried away. No sponge or wash cloth cleanses thoroughly—completely and unquestionably thoroughly.

KNICKERBOCKER SPRAYBRUSH



FOR THE BATH, SHAMPOO, MASSAGE

A Revelation of Cleansing Efficiency—The Only Appliance of Its Kind on the Market.

It makes every bath a recurrent delight, but it is more than a luxury—it is a hygienic necessity, insuring immaculate cleanliness in every pore of the body.

A myriad of tiny fountains through hundreds of tiny tubes of velvety rubber, a myriad of water jets, penetrate, cleanse and instantly carry away the dirt or waste matter of every pore. Pliable to every contour of face and figure. It constitutes a miniature hand shower bath, pleasanter and more effective than any other bath appliance.



It Will Not Scratch the Tenderest Skin

Perfect Construction and Durability. The Knickerbocker Spraybrush is made of the finest grade pure Para Rubber, with flexible back — non-corrosive throughout. In design, construction, utility and durability, the Knickerbocker is superior to any other bathing appliance.

FOR THE BATH INCOMPARABLE—Just slip the tube over the combination faucet and you can regulate force and temperature of water to a nicety.

FOR THE SHAMPOO DELIGHTFUL—It enables you to use eggs and keep the hair luxuriant and the scalp absolutely cleansed.

FOR THE COLD BATH INVIGORATING — It gives the tonic, energizing effects longed for by those whose systems will not stand the shock of cold plunge or shower.

FOR MASSAGING EFFECTIVE AND CONVENIENT —Either with or without water its soft rubber more closely simulates the finger tips than any other substance and in all forms of massaging it is effective in promoting bodily health, vigor and beauty.



Supplied in Complete Outfits in Three Styles



OUTFIT NO. 1
Brush 5½ inches long, 2¾ inches wide, with 556 hollow teeth, one nickel-plated extension handle, five feet fine white rubber tubing, one single faucet connection, neatly boxed.
PRICE $3.00

OUTFIT NO. 3
Brush 4¾ x 2¾ inches, with 351 hollow teeth supplied with extension handle, five feet of fine white rubber tubing, one single faucet connection, neatly boxed.
PRICE $2.00

OUTFIT NO. 5
Brush 3¼ inches in diameter, with 225 hollow teeth, five feet of fine white rubber tubing, one single faucet connection, neatly boxed.
PRICE $1.25

Add 25c if sent prepaid

Children have tender skins—and children will get dirty, but all the torture of soap-in-eyes, harsh bath brush, and dangling, dripping wash cloths can be avoided by use of the Knickerbocker Spraybrush.

SPECIAL CAUTION The Knickerbocker is unlike any other bath appliance. It must not be confused with the innumerable cheaply made and unsatisfactory devices with which the market is flooded. If you send for the Knickerbocker you will not be disappointed, for the Knickerbocker is distinctive and superior in every feature.

Satisfaction Guaranteed. Five Days' Trial.

Mail the coupon with remittance and we will send you the Spraybrush and refund your money if unsatisfactory.

The Progress Company,
597 Rand-McNally Bldg., Chicago

THE PROGRESS COMPANY,
597 Rand-McNally Bldg., Chicago.

Gentlemen:—I enclose herewith $ .....for a Knickerbocker Spraybrush Outfit, No. ....., which you will please send me at once, carriage prepaid. It is understood that if I find the Spraybrush unsatisfactory after five days' trial, I may return it to you, and my money will be refunded.

Name..... .....

Address ....

City.....*State*.....

Boils

by Ralph V. Streeter

The Naturopath and Herald of Health, XIX (6), 414. (1914)

A great many people are troubled more or less with boils. We have noticed particularly lately a large number nursing these ugly and painful swellings. The cause of boils is an excess of waste material in the system and defective eliminative power. Too large a consumption of sugar, starch and fat is responsible for this systematic derangement.

When the system becomes overloaded with effete matter, Nature has provided numerous ways in which to relieve the situation. Boils are a manifestation of Nature at work striving to eliminate waste matter that has accumulated in the circulation and in the tissues. There is a collection of pus beneath the skin accompanied by an inflammatory swelling, usually followed by a rupture and passage of the matter.

Boils are easily cured if the proper course is taken. Upon the first indication of a boil, stop eating. The system is overloaded, and cannot take care of the quantity and quality of foods you have been using. Don't make the mistake of adding to the problem or trouble will be multiplied. You should abstain entirely from food for a few days. Drink freely of water. The juice of half a lemon to a glass of water should be used, probably consuming two or three lemons in this way each day of abstinence. If this regimen is adopted, you will check the development of the boil and it will disappear without scarring the skin, the impurities which would ordinarily collect being absorbed and passed off through the usual organs of depuration.

If the boil has developed to a point beyond absorption, then it will come to a "head" and burst when it is ready to discharge the accumulated pus. A simple poultice of bread and milk is of service in softening the skin, leading to a speedy discharge. If it is desirable to hasten the process of discharge, a sterilized needle may be used to prick through the skin. It is not, however, advisable to adopt this latter measure unless the skin over the pus is thin and appears to be upon the point of breaking. To relieve pain accompanying a boil, alternate hot and cold packs prove effective.

To one finding a boil developing, the sign should be interpreted and heeded. Many serious complaints can be avoided if we will only take warning and improve upon our habits of living. Everything that tends to build up one's general health is valuable in every instance of systemic derangement. Bodily activity which calls into use all the muscles should become a daily habit. Walking and running are admirable to tone up the system and improve the circulation. Deep breathing should be the rule at all times.

Upon the first indication of a boil, stop eating. The system is overloaded, and cannot take care of the quantity and quality of foods you have been using.

You should abstain entirely from food for a few days. Drink freely of water. The juice of half a lemon to a glass of water should be used, probably consuming two or three lemons in this way each day of abstinence.

A simple poultice of bread and milk is of service in softening the skin, leading to a speedy discharge.

To relieve pain accompanying a boil, alternate hot and cold packs prove effective.



One Disease, One Cure

Edward Booth, D.M.T., D.O.

Constipation

S. Schatz

Cancer, Cause And Prevention

Dr. Thomas J. Allen

Cold Feet

Dr. Carl Strueh

Catarrh

M. G. Young

A NEW BOOK
ON
Curative Diet
Called
"250 Meatless Menus"



Here are some of the Chapters:

Balanced Menus for the Manual Laborer.
Balanced Menus for the 4 Seasons of the Year
Refrigerator and Kitchen Hygiene.
Dietetic Do's and Don'ts
Diet for School Children
Feeding the Pregnant and Nursing Mother
Over-eating
Feminine Freedom and Feminine Beauty.
Balanced Menus for the Sedentary Worker.

THE PURPOSE OF THIS BOOK IS:

To make the food the Family Doctor.
To increase the pleasure of eating and decrease the expense account.
It is beautifully illustrated and bound in vellum and gold. Price $1.00, postpaid.
P. S.—Read this book—if you are not satisfied, return it and I will refund your money.

VIENO BRAN

An infallible food cure for constipation. Six recipes and twenty health rules in each box. Agents wanted everywhere. Send 25c. for full size package, by mail.

ADDRESS

MOLLIE GRISWOLD CHRISTIAN
42 Seventh Avenue, Brooklyn, N. Y.

THE SECRET IS OUT

A Treat for the Epicure *A Triumph of Culinary Art*



LOUISA LUST, N. D.

The Naturopathic Resort "Yungborn" at Butler, New Jersey, and the Florida Yungborn "Quisisana" at Tangerine have long been famous for the originality and excellence of their vegetarian diet. Visitors have described the meals as "masterpieces of the culinary art," and many have sought to discover the secret of the succulent and delicious viands which grace our table. All the vegetables, fruits and nuts of a bounteous Nature seem to have combined at the touch of a magician's wand into a profuse variety of new and savory dishes which tickle the palate and bring the smile of inward contentment to those assembled round the festive board. Selfishness has no place in Naturopathic ideals. Being willing, therefore, that our friends should have the secret of this dainty and nutritious cooking, Mrs. Lust has decided to place before the public the result of her labor and study of years in this particular branch, in the form of a complete Naturopathic - Vegetarian cook book, aptly entitled the

GOOD DINNER COOK BOOK

Vegetarian cooking takes on a new meaning after you have tried some of the recipes in this book and the gastronomic horizon of the vegetarian is broadened by new and unthought-of combinations, even the reading of which makes your mouth water with joyful anticipation. You are real mean to yourself if you don't get this book. Send for it to-day and give your friends a treat.

AN APPEAL TO COMMON SENSE.

The Folly of Meat-Eating

A POWERFUL REPLY

o an Editorial of the New York and Chicago Evening American & San Francisco Examiner

By Otto Carque,

Author of "The Foundation of all Reform".

The information contained in this 16 page pamphlet whic h includes two valuable tables giving complete analyses of the 12 mineral constituents of various foods is worth at least a hundred times the price charged for it. The arguments of the author are unanswerable and based on new and original scientific investigations. Published the first time in this country. Indispensable to every student of nature. Price Postpaid United States and Canada 10 Cents. Great Britain 6 d.

Send orders to the

"Naturopath," 124 E. 59th St., N. Y.

A Moral Diet

is the foundation to perpetual health, morality and all reform



"Trophotherapeutics" is the art of curing diseases with natural specific food." (in Nature's own way) without the use of dangerous drugs.

Unfired Food and Tropho-Therapy

— BY DREWS —

A Text Book For Nurses, Physicians, Students and Mothers

It is a book embracing five volumes in one. It contains 325 pages, bound in black cloth and stamped in white foil. It is illustrated with 30 halftones and some etchings. Price $3.00.

NEW PUBLICATIONS

by

Prof. Arnold Ehret

on

SCIENTIFIC DIET

Rational Fasting, Regeneration Diet and Natural Cure of all Diseases..... $1.00

"Mucusless Diet," a series of articles on the "Mucusless Diet Healing System" and Prof. Arnold Ehret's life story.. 1.00

The Definitive Cure of Chronic Constipation. Engl. or Ger. 0.50

The Internal Uncleanliness of Man; The Secret of Vitality; The Magic Mirror; The Transition Diet, including Lesson 5, 15, and 16 of the Mucusless Diet Healing System..... ..... 3.00

These three lessons are from the Practitioner's Course of the Mucusless Diet System and contain progressive mucus-lean and mucus-less menus for every day over a eight-week period. The menus are a practical sample of a transition diet for the average man suffering from any kind of a disease. A general outline of food — combinations — special menus — eliminator recipes — salad dressings — and much other valuable information will be found in these lessons.

Ehret's Full New Life Diet Course in book form is now ready. Price $10.00.

"Kranke Menschen," the original German copy of Rational Fasting..... 0.50

"Chronische Verstopfung" 0.50

Warum ist der Krieg und warum nimmt er kein Ende? Die Ernährungsfrage Lösung. In Serialform erschienen in 3 Jahrgängen des Hausdoktors 1915-1917 ..... 5.00

Mailed post paid to any part of the world on receipt of price.

DR. B. LUST
110 E. 41st ST., NEW YORK, N. Y.

Many people contributed to the topic of dietetics and how to eat healthy.

One Disease, One Cure

by Edward Booth, D.M.T., D.O.

The Naturopath and the Herald of Health, XX (1), 15-16. (1915)

Naturopaths, Physcultopaths, Osteopaths and other Drugless Practitioners are often confronted with a question from unthinking patients as to why their advice is so nearly the same in cases of disease of apparently quite different sorts, or at least of different symptomatology. The reason for this, from the viewpoint of the broad-minded physician, is very plain. True, the Osteopath has been taught that he must seek and remove his lesions, the Physcultopath must purify the blood, the Chiropractor must re-establish currents of nerve impulses, and so on, but underlying all these apparently different creeds, as my experience among these men and women have shown, there is a practical understanding, and a frank admission of one basic idea; namely, that if a man, through unwise living, has permitted a condition of disease to be set up within his body, then in order to rid himself permanently of such disease, he must return to a sane plan of living. He must stick to it for a sufficiently long time to undo the mischief caused by his lapse from the course of rectitude. Thus, a patient of physicians such as those mentioned, may know beforehand that he will be required to give up tobacco and alcohol. He will be instructed and shown how to eat a normal amount of food for his particular condition. He will have to exercise daily in order to maintain a desirable condition in his muscular system, and that he will be required to see to it that he breathes only air that is fresh and pure. This sort of advice is applicable to almost any pathological condition one might mention.

A host of people are eating too much—with disastrous results in the shape of lack of ambition, lack of physical energy to do the things their remaining ambition might prompt, plethora, constipation, diseased or prolapsed stomachs, and an unending list of incapacitating conditions.

Employers complain bitterly of the poor spirit of the present-day average young man, stating that he is absolutely without appreciation of those conditions in commercial life to which he should aspire for his own best interests. The reason is plain. The average young man of today is a slave to a drug habit. Nicotine paralyzes or kills his ambition before he is old enough to see where he stands or ought to stand in the demanding commercial world.

Of what use that a man with stomach trouble haunts the office of a physician, if he insists upon continually creating a condition of inflammation in his digestive organ by reason of the alcoholic "bracers", "nightcaps" etc., which he seems to consider a necessary part of his existence?

Some folks will not exercise. They insist that their daily walk of a few

blocks to or from work, and the work itself, is ample in this respect. They suffer from depression, the "blues", cold hands and feet, poor circulation and red noses.

There are people whose actions would lead you to believe that they considered cold, pure air a menace to health and well-being, something that ought to be inhaled only thru a respirator or something of the sort. They overheat their houses, avoid a draft of fresh air as they would the devil, open their eyes wide and raise their hands to Heaven in dismay at the idea of an open bedroom window during sleeping hours, and they go about with coughs and colds. They feel "dopey" in the mornings; they cough up great masses of phlegm regularly and heartily cuss the climate declaring it is everything that is vile.

So long as a man maintains an incorrect manner of living, he cannot get rid of his physical diseases or shortcomings. No physician, of whatever school, can help him. It matters not from what a man may suffers, he must live rightly before he can realize in himself the real meaning of physical happiness and health. Practically all treatment must be the same, allowing, of course, for individual variations in the matter of diet, exercise, bathing etc., whether a man has rheumatism, dyspepsia, constipation, bronchitis, headaches, liver trouble, or what not.

In the light of these facts, it is hard to understand why one wants to "take something out of a bottle" when indisposed. Medical men themselves admit that drugs cannot cure disease. Their action is in one of two directions: to inhibit too great an action within the system, or to stimulate a very sluggish action. To use the old illustration—if your horse, overworked by an excessively heavy load, were to fall down in the street, exhausted, what would you do? Would you apply the whip or would you rest the horse and remove some of the excessive load? When a man suffering with constipation takes a dose of physic, he is literally applying the whip to the jaded horse.

Drugs are not necessary. Natural methods are being used in thousands of cases and are producing more and quicker cures than the drug system ever did. There was a time was when a man digested his food with pepsin, moved his bowels with a dose of pills, went to sleep with a powder, and thought he was healthy! Nowadays, we know better—we look for causes, and when we find them in wrong living, we go about removing them by returning to a normal life. Two things are required to remedy most of the ills of mankind: a reasonable amount of time, and a correct plan of living.

He will be instructed and shown how to eat a normal amount of food for his particular condition that he will have to exercise daily in order to maintain a desirable condition in his muscular system, and that he will be required to see to it that he breathes only air that is fresh and pure.

They insist that their daily walk of a few blocks to or from work, and the work itself, is ample in this respect. They suffer from depression, the "blues", cold hands and feet, poor circulation and red noses.

They overheat their houses, avoid a draft of fresh air as they would the devil, open their eyes wide and raise their hands to Heaven in dismay at the idea of an open bedroom window during sleeping hours, and they go about with coughs and colds.

So long as a man maintains an incorrect manner of living, he cannot get rid of his physical diseases or shortcomings.

Nowadays, we know better: we look for causes, and when we find them in wrong living, we go about removing them by returning to a normal life.

Constipation

by S. Schatz

The Naturopath and Herald of Health, XX (5), 304-307. (1915)

Air And Sunshine

As one of the causes of constipation is usually sluggish circulation, the improvement of the latter is imperative. The value of no other physiological function is so generally admitted and so easily proved as that of inhaling pure air. Nevertheless, there are some important rules necessary even here.

Breathe through the nostrils only. If any nasal disease should prevent the adoption of this rule, this trouble will be cured by the other elements of this treatment.

> Man's nasal passages are provided with delicate fiber-like linings, the functions of which are to warm and purify the air before it enters the lungs. The air which enters the nostrils differs from that which fills the lungs after having passed through the nasal ducts much as pond or cistern water differs from distilled.*

Breathe as much as possible of out-door air; when sleeping or working indoor, keep the windows open. This rule is applicable the whole year round, the extreme temperatures can be regulated by proper bedding and clothing.

As we breathe also by means of the skin, the latter must be clean, and the clothes light and porous.

Expose your face and whenever possible, the whole body to sunshine. The first is easily accomplished by working and walking in the sunshine, whenever possible; the second is usually effected before and after bathing and swimming. To avoid sunburn and headache, a light cap and a very thin and porous cover for the body are permissible, especially while acquiring this habit.

External Water Application

When the skin is not clean, a hot bath, with soap made from vegetable oils, vigorous rubbing, and a final cold spray is necessary. The best course is the following:

Fill the bath tub so that the water will cover your outstretched legs, wet and rub the whole body with the soap in the hollow of your hands, or, still better, in a piece of rough cloth. Put away the soap, rinse the cloth in

---

*Dr. E. Densmore "How Nature Cures" p. 93. See also George Catlin "Shut your Mouth and Save your Life."

the water and vigorously rub the whole body. Soaping and rubbing should be continued until the skin is in such a condition that it will not shed any more matter in spite of protracted rubbing. Then empty the tub and take a cold spray. In case of absence of a spray appliance, the same results may be obtained by opening the cold water and partially shutting the faucet with the finger or hollow of the hand; directing the spray and changing the position of the body, all the parts of the latter may be washed. Wipe yourself with the open hands or with a rough linen towel till dry.

As a curative agent, apply the so-called natural bath. Here are the most important requirements of a natural bath for the cure of the diseases in question. The temperature of the water should not be artificially changed. The tub should be filled to the same extent as in the previous rule, and vigorously dashed over the abdomen. The drying of the body is accomplished by energetic rubbing with the bare hands. The circular rubbing of the abdomen, from right to left, induces bowel movements, and is advisable not only after the bath, but also in case of failure to have a natural passage.* The duration of the bath must be short, about five minutes, but may be considerably lengthened or shortened according to the endurance of the patient, room temperature, etc. The rubbing, on the contrary, should be protracted, thorough and vigorous. Such a bath should be taken every morning before dressing.

Swimming in clean water is highly beneficial. The best results are obtained in Russia, where no bathing suits are used; however, very good results may be obtained even with the use of trunks only. The bather should swim, dive, and take general exercise all the time, in order to keep warm. Special care should be taken not to gratify completely the appetite which appears after swimming, as the digestive organs are not improved in proportion to the appetite.

Work And Exercise

Any form of hard physical work is conducive to bowel movements. On the fourth day of one of my fasting experiments, in order to test my strength and endurance, I worked from 8 a.m. until noon as a building laborer. My task consisted of carrying buckets of cement mixing from the yard to the second floor. I must confess that at noon I was "fired" for slowness and awkwardness. My experiment, however, benefited me in an unexpected way—my bowels, which had been obstinately inactive from the beginning of the fast, were considerably cleansed by several abundant movements immediately after the laboring experiment, and all my slowness and awkwardness vanished with the filth.

---

*A natural passage is one that occurs in about five hours after a meal.

Only three kinds of exercise are sufficient: walking, swimming and self-rubbing after external water application. In order to make walking more beneficial, it should be persisted in daily in long stretches, irrespective of the weather, having no other but the hygienic aim in view. Uphill climbing is preferable; while walking, and at any other time, keep your head erect. While recommending work and exercise for the sake of improving circulation, another rule to the same end is pertinent.

Don't wear stiff collars, belts, two-piece underwear and corsets.

AUTO-SUGGESTION

If the patient has insufficient will power to adhere to the rules of this article, let him enjoy auto-suggestion. Any intelligent observer may have noticed that when before falling asleep, he firmly decides to awaken at a given hour, he usually awakens at the desired time. That is one of the manifestations of so-called auto-suggestion.

It may be also easily noticed that whenever a person positively determines to do something, he is usually forced by some hidden power to accomplish the work. That is another form of the same auto-suggestion.

> The subjective mind of a given individual is as amenable to suggestion by its own objective mind as by the objective mind of an outside person. The state of mental abstraction called reverie, immediately preceding natural sleep, has been found exceedingly appropriate for treatment by this kind of suggestion. While waiting for sleep, then, it is possible so to influence the mind by repetition of an appropriate phrase into a dominant idea which influences function and conduct. The transliminal self is, of course, similarly impossible in the waking state, but not to the same degree.*

DIET

Never eat unless you feel a natural hunger.

> Like natural thirst, natural hunger is located in the mouth and throat, and is a sensation that food would taste deliciously. . . . Faintness, emptiness, all-goneness, craving, gnawing, etc., are the sensations of appetite and not of hunger and are the results of wrong habits of eating.**

Never eat to repletion.

Masticate your food very thoroughly.

Keep all foods (soft as well as hard, liquid as well as solid) in the

---

*Dr. J. D. Quackenbos "Hypnotic Therapeutics," pp. 81–84.

**C. H. Haskell "Perfect Health," p. 46.

> mouth till it has become thoroughly mingled with saliva, has lost all its flavor, and is ready to disappear down the throat without an effort at swallowing. Unless the mouth thus does its work, the lower digestive tract has to do it at ten times the expenditure of Vital Force, and the result is dyspepsia.*

Give up breakfast, living on two meals a day. The first two or three mornings you are apt to feel dizziness and headache, but no injury will result from it.

> During sleep, the body is without exercise, there is the minimum of waste; therefore but little, if any, waste to repair. Consequently, there is no necessity for food, for as I have said before, we eat only to repair the waste of the body.**

The natural and most healthy diet is one of fruits, berries, nuts, and some vegetables (as tomatoes, melons, carrots and lettuce), all eaten raw.

> A diet consisting of nuts and fruits eaten raw … is by far the best of all diets. The immediate effect of the diet is to open the bowels, and the result is a feeling of great exhilariation and buoyancy. A cool, clean feeling is experienced, which is never attained under any other system of diet. The eyes become clear, the senses keen and alert.***

The highly decaying particles of animal food getting between the teeth are the main cause of diseases of the latter; bad teeth, in their turn, frequently lead to bad digestion.

STARK FRUIT BOOK
44 pages 9 x 12 inches; 22 pages showing in natural colors 216 varieties of Fruit, with concise description and season of ripening of each; 64 half-tone views of Nurseries, Orchards, Packing Houses, etc. Send 50 cts. for book (post-paid) and Rebate Ticket permitting return of book by mail within 60 days and we refund the 50¢. Or, mail us within 1 year, Rebate Ticket with $12 order for nursery stock and we will credit $1.00 in part payment on your order and you KEEP THE BOOK free. WE PAY THE FREIGHT.
We Pay Cash weekly and want more home and traveling salesmen. OUTFIT FREE.—Stark Bro's, LOUISIANA, Mo., Atlantic, Iowa, Fayetteville, Ark.

In case of absence or expensiveness of fresh fruits, unsulphured dried fruits may be used.

> Unsulphured fruit tastes much sweeter and more appetizing than sulphured fruit. Anyone whose senses have not been blunted by wrong living, or the abuse of condiments, can readily detect the

---

*Henry T. Finck in "Century Magazine" of Nov., 1911. See also the works of Horace Fletcher.

**C. H. Haskell "Perfect Health," p. 51. See also the works of Dr. E. H. Dewey and of T. Owen.

***H. Carrington in "Cosmopolitan Magazine" of Aug., 1910.

sulphuric acid taste on dried fruits, especially when it is eaten raw, as it always should be eaten, if you wish to derive the greatest benefit from it.

When the dried fruit is soaked or washed sufficiently to remove the sulphur, it loses much of its nourishing qualities.*

Do not use inorganic salt, sugar in all its artificial forms, and condiments. The above prescribed diet will abundantly supply the body with organic salts and sugar; especially much of mineral salts is contained in tomatoes and lettuce. Raw fruits, nuts and vegetables don't need any sweetening, salting or spicing.

Do not drink anything but plain cold water, and plenty of it at that. The best water is that contained in juicy fruits; next is distilled and lastly plain water. The last is better even than distilled water, provided it is absolutely pure. Of all artificial drinks only unfermented fruit juices are permissible. Especially constipating are tea, coffee and cocoa or chocolate.



Do not drink during your meal, none within half an hour before or an hour after the meal. It is a good practice to drink a glass of water immediately upon arising, as hot as can be borne preferred.

The most laxative foods are: figs, grapes, apples, prunes, oranges, carrots.

The most constipating foods are: fine flour bread, peeled rice, all kinds of fried, greasy and fatty foods.

The so-called grape or orange cures are advisable, provided no other food is eaten.

Eat a little bread and three or four pounds of grapes a day. The bread should not exceed eight to twelve ounces; grapes at discretion. Of course, no drink is required. There is an abundance

---

*Care of the Body" (Section of Los Angeles Sunday Time Magazine), Oct. 22, 1911.

Constipation

How to Fight It

Constipation is man's deadliest enemy. It kills more people than war, pestilence and famine combined. It begins subtly and causes Colitis, Appendicitis, Bright's Disease, Cancer and other dread diseases. Yet—Constipation can be remedied by steady attention to daily habits, diet and exercise. This is explained in a book by Dr. John Harvey Kellogg who thus gives you results of his treatment of thousands of cases of Constipation during the nearly forty years he has been Superintendent of the great Battle Creek Sanitarium.

Dr. Kellogg is the world leader in "Preventive Medicine." He teaches you how to avoid sickness and stay well continuously. Dr. Kellogg's books are not dry and technical, because—he has the happy faculty of making his writings intensely interesting and so clear and concise they can be understood by anyone. In his book on Constipation, Dr. Kellogg tells you how to rid yourself of this affliction and stay rid of it. The book is not large—only a little over 125 pages—but its contents are worth many times the price. In board covers, the price is $1.50 but, to give the work widespread distribution, Dr. Kellogg has permitted a limited edition bound in library paper covers and, while these last, we shall sell them for *only $1.00* postage prepaid.

Order at once, if you wish to take advantage of this offer. You take no risk sending money because, if you are not entirely satisfied, you may return the book for prompt refund. Order today and get relief from Constipation. Address:

GOOD HEALTH PUBLISHING CO.

7304 W. Main Street. Battle Creek, Michigan

of pure distilled water in the grapes, and in them also are all the elements of a pure and perfect nutrition.

People get well under this treatment, because from day to day they get rid of all the old matter, impure matter, and diseasing matter of their bodies, and replace it with new, pure and healthful matter.*

In the orange cure about a dozen of sweet juicy oranges are consumed daily. Both "cures" should be practiced until the patient is relieved of constipation. Dr. E. R. Moras recommends also what can be termed the "orange juice cure."

In orange season, a very excellent habit is to drink a full tumbler of the strained juice on arising. I have never known a case of constipation to be obstinate enough to withstand that when persevered in every morning, about one hour before breakfast—especially if one takes a walk in the interval.**

As far as the author's experience goes, he has never known a case of constipation be to obstinate enough to withstand the abundant use of figs—fresh, dried or pressed. Being aware that few people only will

---

*Dr. T. L. Nichols "The Diet Cure."

**"Autology," p. 234.

be determined enough to follow the above diet, especially after curing themselves by it, the following list of less objectionable foods outside of it is offered:

Of cereals: graham and whole wheat bread, preferably unfermented; shredded wheat biscuits; unpolished rice.

Of animal products: fresh dairy goods, eggs and honey.

Of cooked foods: vegetable dishes (spinach is the richest in mineral salts), soups and broths. Stewing, steaming and bag cooking are preferred to the usual style of cooking [boiling], which destroys many valuable vegetable edibles.

Breathe through the nostrils only.

The circular rubbing of the abdomen, from right to left, induces bowel movements, and is advisable not only after the bath, but also in case of failure to have a natural passage.

Never eat to repletion.

Keep all foods (soft as well as hard, liquid as well as solid) in the mouth till it has become thoroughly mingled with saliva, has lost all its flavor, and is ready to disappear down the throat without an effort at swallowing.

A diet consisting of nuts and fruits eaten raw … is by far the best of all diets. The immediate effect of the diet is to open the bowels, and the result is a feeling of great exhilaration and buoyancy.

Do not drink anything but plain cold water, and plenty of it at that.

Cancer, Cause And Prevention

by Dr. Thomas J. Allen

The Naturopath and Herald of Health, XX (9), 572-574. (1915)

> *"Since the food used by the lower animals is the same as the food used by man, the cause of cancer must lie in the preparation of the food."*
>
> —Dr. Mayo
>
> *"Careless, unintelligent eating."*
>
> —Dr. Oschsner,
> Well-known operator in cancer

"This comes a little late, but not too late." The relation between cancer and diet was repeatedly pointed out several years ago, "to save thousands, or rather millions, of lives." Cancer can be prevented and cured, when not too long neglected by a method similar to that at last adopted in the treatment of tuberculosis, but no magic remedy, no serum or other "cure" will ever be discovered, as we now know to be true of consumption. We must prevent cancer.

Bertillion, who investigated the cause of cancer from the statistics of the French government four years ago, reported that the great frequency of cancer of the stomach in man and its rarity in animals points to "something in the food". Dr. Hoffman, a well-known American statistician, declared his conclusion, at a meeting of the Society for the Prevention of Cancer in New York that "civilized diet" is the cause.

Bad "food preparation" is a factor in the causation of cancer, but Dr. Mayo overlooks the principal difference between the food of man and the lower animals. As stated in a book recently published by Sir James Crichton Browne, a well-known English physician: "Civilized man has departed, more and more, in regard to food from the simplicity and uniformity which characterized his primitive state, and which still characterize the food habits of almost all the lower animals. He has introduced an extraordinary complexity into his dietary and has subjected it to all sorts of processes."

I am the originator of the theory that cancer is caused by variation in feeding which is well supported by the statistics, by laboratory and clinical experiments and by the recent discovery of Italian physicians that the essential cause of high infant mortality is not so much bad milk as variation in feeding. Cooley, an American investigator, discovered that the change from the milk of one cow to that of another will frequently precipitate a serious bowel infection, with species of bacteria which before were benign becoming malignant.

It is admitted by all authorities that cancer is a variation in cell growth. Darwin shows that variation in feeding is the chief factor in variation in species, quoting Welsh, an American entomologist, as saying that many lower forms can be seen to vary within the feeding.

There must be the same tendency to variation in the world of cells that we see in multicellular animals. The differing cells of stomach, kidney and muscle are regular variations and adaptations in form and function to the requirements of the body politic, but the cancer cell is a renegade, assuming control of its own nutrition, a reversion to its primitive type. One of the recent discoveries in cancer is that the stomach cancer cell has the power to digest protein beyond the stage of stomach digestion.

All animals and plants are subject to cancer. Man, the dog, the fowl, mice, and rats are the most subject. The records of the Berlin Animal Clinic show that cancer is rare in the horse, but very common in the dog. The feeding of the former is uniform, while the dog eats much like his master. Burbank says in his work on "The Human Plant," that "when a plant is fed an unbalanced ration, it is quickly attacked by fungus diseases;" cancer is an animal fungus. Mr. Burbank says in a recent letter that plant cancer is the same as animal in structure and some other respects.

Irritation is the local factor that excite variation in cell growth when the constitutional condition is favorable. The most serious causes of irritation that lead to cancer of the stomach are fermentation resulting from bad food combinations, too much food and too frequent eating, acids developed in fried foods, pepper, salt, and other conditions of the "bad food preparation" which Dr. Mayo and other authorities have declared to be the cause, especially when there is an ulcerated condition of the stomach or intestines.

In support of his variation theory of the cause of cancer, I present a great array of statistics from laboratory and clinical experiments. I point to the fact that the Irish, German and Scandinavians show a marked increase in cancer in America, while the Italian, Greek, Russian, Chinese and some other peoples, who do not adopt an excessively varied and overcooked diet show no increase. The commercial traveler, who is subjected to a constantly varying diet, is the most subject to cancer of all occupations, both in England and America, although perhaps a majority of commercial men change their occupation before the age of greatest liability to cancer. The African American, living on a simple and wholesome diet in the South, more than doubles his cancer rate in the North where his diet becomes "civilized". The highest rates for American cities are in California where the greatest varieties can be indulged in at all seasons by all classes.

"Intelligent eating" is the remedy as suggested by Dr. Orschner in saying that "unintelligent eating" is the cause. The worst combinations of foods are flesh meat with fruits or milk, acids with starches (since starch is

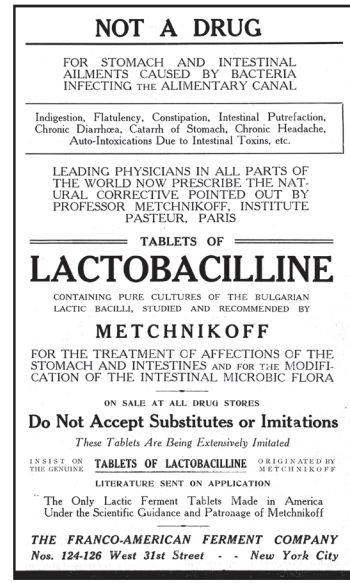
digestible only in an alkaline medium), and fats with starches, which prevent the access of the digestive secretions. Eating between meals is a bad habit. Coffee and much liquid taken with the meals retard digestion and thus favor fermentation, which tends to the irritation that leads to gastric ulcer and cancer. Eating when exhausted or when excited and eating too fast or taking a great variety of foods at a meal are habits of "unintelligent eating" that should be avoided, especially after thirty.

Cancer is not a germ disease, and there can be no magic cure for it, though it is entirely preventable, as consumption is, and curable when not too long neglected by a similar method of treatment. Early operation may prove successful, but late operation is always dangerous.

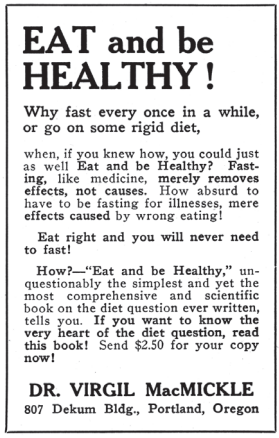
No one who maintains a good condition of the blood by intelligent eating, sufficient exercise, good air and right mental condition, especially avoiding worry, need fear cancer. Dr. Henry Smith Williams says, "It is known that the blood of a healthy person will digest cancer cells and cancer can develop ONLY WHEN CERTAIN PROPERTIES OF THE BLOOD OR TISSUES THAT NORMALLY GIVE IMMUNITY HAVE BEEN ALTERED." Cancer is not hereditary, but an hereditary predisposition is transmissible that makes certain persons especially liable to the disease, as is true of tuberculosis and other diseases.

Metchnikoff discovered in his notable investigation of premature senility the identity of that problem with cancer, although he failed to see the relation of variation in feeding to both.

The highest cancer rate in the world is in Switzerland where there is not a single centenarian; the lowest is in Bulgaria which has the most centenarians. Switzerland is the world's headquarters for fabricated foods. Metchnikoff says the Bulgarians live on bread and milk; others say they live on black bread and vegetables. All of Metchnikoff's cases of noted longevity lived on two or three articles of food, usually bread and milk, whether they used buttermilk or not, which he advocates as the sovereign antidote for auto-intoxication, a life prolonger and therefore good as a preventive of cancer; if his conclusions are correct.



Eli Metchinkoff was the first to recognize the importance of acidophilus and Naturopaths fully embraced his work.



EAT and be HEALTHY!

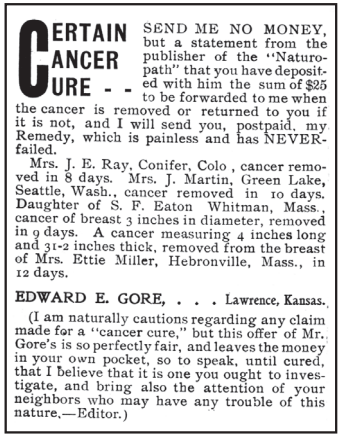
Why fast every once in a while, or go on some rigid diet,

when, if you knew how, you could just as well **Eat and be Healthy? Fasting,** like medicine, **merely removes effects, not causes.** How absurd to have to be fasting for illnesses, mere **effects caused** by wrong eating!

Eat right and you will never need to fast!

How?—"Eat and be Healthy," unquestionably the simplest and yet the most comprehensive and scientific book on the diet question ever written, tells you. **If you want to know the very heart of the diet question, read this book!** Send $2.50 for your copy **now!**

DR. VIRGIL MacMICKLE
807 Dekum Bldg., Portland, Oregon



CERTAIN CANCER CURE - - SEND ME NO MONEY, but a statement from the publisher of the "Naturopath" that you have deposited with him the sum of $25 to be forwarded to me when the cancer is removed or returned to you if it is not, and I will send you, postpaid, my Remedy, which is painless and has NEVER-failed.

Mrs. J. E. Ray, Conifer, Colo , cancer removed in 8 days. Mrs. J. Martin, Green Lake, Seattle, Wash., cancer removed in 10 days. Daughter of S. F. Eaton Whitman, Mass., cancer of breast 3 inches in diameter, removed in 9 days. A cancer measuring 4 inches long and 31-2 inches thick, removed from the breast of Mrs. Ettie Miller, Hebronville, Mass., in 12 days.

EDWARD E. GORE, . . . Lawrence, Kansas.

(I am naturally cautions regarding any claim made for a "cancer cure," but this offer of Mr. Gore's is so perfectly fair, and leaves the money in your own pocket, so to speak, until cured, that I believe that it is one you ought to investigate, and bring also the attention of your neighbors who may have any trouble of this nature.—Editor.)

Bertillion, who investigated the cause of cancer from the statistics of the French government four years ago, reported that the great frequency of cancer of the stomach in man and its rarity in animals points to "something in the food".

Bad "food preparation" is a factor in the causation of cancer, but Dr. Mayo overlooks the principal difference between the food of man and the lower animals.

The records of the Berlin Animal Clinic show that cancer is rare in the horse, but very common in the dog. The feeding of the former is uniform, while the dog eats much like his master.

The most serious causes of irritation that lead to cancer of the stomach are fermentation resulting from bad food combinations, too much food and too frequent eating, acids developed in fried foods, pepper, salt, and other conditions of the "bad food preparation" which Dr. Mayo and other authorities have declared to be the cause, especially when there is an ulcerated condition of the stomach or intestines.

"Intelligent eating" is the remedy as suggested by Dr. Orschner in saying that "unintelligent eating" is the cause.

All of Metchnikoff's cases of noted longevity lived on two or three articles of food, usually bread and milk, whether they used buttermilk or not, which he advocates as the sovereign antidote for auto-intoxication, a life prolonger and therefore good as a preventive of cancer; if his conclusions are correct.

Cold Feet

by Dr. Carl Strueh

The Naturopath and Herald of Health, XX (11), 673. (1915)



Carl Strueh, M.D.

It is surprising how often we meet with people complaining of cold feet, especially during winter. Only those who are troubled with cold feet know how painful and distressing this ailment is. Cold feet are caused by poor blood circulation, due as a rule to weak heart action which naturally reflects itself most of all upon the feet, because they are the farthest away from it and consequently suffer first. It is the same as in any water system in which an impaired working of the central pumping station first affects the remotest supply stations.

Poor circulation may be due to various conditions. Naturally, all those conditions which impair the general health will also weaken the heart action. People, therefore, who are afflicted with anemia or any weakening disease usually suffer from cold feet. The same applies to convalescents. Cold feet are a frequent symptom in patients whose affliction is associated with a congestion of blood to the internal organs, as is the case in diseases of the lungs, liver and kidneys, piles, etc.

The question naturally arises: what should people who are troubled with cold feet do? The answer is: try to find the cause and remove it, if possible. *Causat 'cessat' effectus*. To remove the result without removing the cause is just as impossible as it is to remove smoke without extinguishing the fire.

People who are troubled with cold feet must see to it that they strengthen their whole system and promote a good circulation and an even distribution of blood to all parts of the body. Only doing so can they prevent congestions to the internal organs.

The means by which we improve the general blood circulation, irrespective of the existing causal disease, consists of massage, cold water treatments and open air exercise. The application of cold water in the form of knee sprays [or gushes, douches], treading of water and the like, bring about splendid results in as much as they draw the blood to the lower limbs and establish a normal circulation. Barefoot walks in the dew and the rubbing of the feet with snow or cold water are also very effective. The temperature of the water to be used as well as the length of the treatment must be in accordance with the condition of the disease and the physical strength of the person concerned. The stronger the person's heart, the colder the water may be.



Walking on wet grass or on the dew was strengthening and established healthy blood circulation.

People with a weak heart action may start with lukewarm water and gradually decrease the temperature thereafter. If the feet are exceptionally cold, it is well to rub them before applying the cold water.

Walking and outdoor exercise are absolutely necessary after each application in order to get the desired reaction. If neglected, the cold water treatments may prove to be detrimental rather than beneficial. People who are too weak or otherwise physically unable to exercise thereafter should go to bed and apply a hot water bottle or woolen blankets to the feet.

In case of frozen toes or feet, the application of heat should be absolutely avoided. In such cases, it is best to rub the frozen part with snow, ice or cold water until red and warm. After that, the person should lie down in a cold room and be given warm drinks to increase the circulation of the blood.

By conscientiously following the advice given above, a person can improve his circulation in such a way that he will be no longer troubled with cold feet.

Cold feet are caused by poor blood circulation, due as a rule to weak heart action which naturally reflects itself most of all upon the feet, because they are the farthest away from it and consequently suffer first.

People who are troubled with cold feet must see to it that they strengthen their whole system and promote a good circulation and an even distribution of blood to all parts of the body.

Barefoot walks in the dew and the rubbing of the feet with snow or cold water are also very effective.

If the feet are exceptionally cold, it is well to rub them before applying the cold water.

Walking and outdoor exercise are absolutely necessary after each application in order to get the desired reaction.

Phytotherapy Department

(The American Herb Doctor)

Address all communications for this department to its editor

Prof. M. G. YOUNG, 4156 Arcade Building, Seattle, Wash.

Catarrh

by Professor M. G. Young

The Naturopath and Herald of Health, XX (12), 770-774. (1915)



M. G. Young

As I desire to do the most good for the largest number at the earliest possible time, I have decided to use this subject as my first; I believe there are more people suffering from this complaint than from almost any other. Then again, this season of the year is generally the unfavorable one for the catarrh patient.

Now, let us patiently examine this annoying and dangerous disease.

First, to get a clear idea of just what it really is. What is catarrh? In answering this question, I shall avoid the use of any uncommon words, and try to help you clearly understand the plain truth about it. Catarrh is an unnatural discharge of the body which comes through the mucus membrane. It is an effete matter; and it is a waste of the body, which is sent out by the blood under the intelligent direction of that great guardian of the body, which is properly called the Vital Force. I here refer to that intelligent God-given force or power which built up our bodies; and which, constantly and unerringly guides and controls all of the work of supplying, rebuilding, and cleansing of the body. This force is the directing intelligence which causes your hair and your nails to grow; which directs the foods and drinks in their course through the body, and finally makes you conscious that the wastes are ready to be emptied.

It is important that you should understand that this force is absolutely opposed to anything which cannot be made into living matter and thus become a part of the body. It, therefore, seeks its elimination or emptying. When it cannot get rid of this unusable material in the natural ways, it must seek other avenues for exit. In some cases, it is compelled to direct it all to some part of the body, and in that way clean the other organs. This last act is named a "growth," but it is not a growth; it is simply an aggregation of wastes of the body deposited there, and is sometimes called

a tumor. Again, this Vital Force may dispatch this offending material to the skin and cause it to erupt, and in this way free the body of filth. This is more correctly named a gathering, a boil, or abscess. It may be of the kind which is named cancer; but any way it is very evident that Nature is getting rid of something not very clean or very desirable to keep in the channels of circulating blood.

When these fluid wastes come through the mucus membranes, we call it catarrh. If it be the membranes of the nose it is nasal catarrh, or of the head, throat, stomach, bowels, or of the reproductive organs we can say it is catarrh of the organ where it appears. Now do not overlook this fact, that this emptying of the effete matter is not the result of the decay of that local organ, nor is it the decay of any organ in the body; but is simply the emptying of the dead particles and unusable material in the body. However, when this virulent and decaying matter has long been sent out through the mucus membrane, its poisonous effects will cause a local sore. Yet this sore is not furnishing all this discharge, but is there on the mucus membrane simply because of what is passing through and over it. In treating the catarrh, this fact should be borne in mind, and a cleansing of this sore should be sufficiently frequent to keep it in a healthy condition, just as you would treat a raw, irritated sore on the skin. Then the Vital Force can heal it up, as soon as this irritating, catarrhal matter is cleansed out of the body.

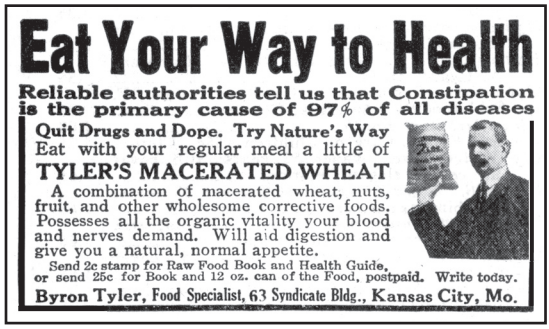
I will now direct your attention to the cause of catarrh. If we can get a clear knowledge of the cause, we can then proceed in an intelligent way to treat the disease. Let me say right here, it is due to a lack of knowledge of the cause of catarrh that so few people are ever permanently cured of it. Nor is this true of catarrh alone, but the same reason exists where other diseases are so unsuccessfully treated. Few physicians have ever given the question of cause of disease much careful study. This can be soon found out when you ask them the question, "What caused this or that disease?"

If you pay close attention to the answer, you will observe that they are not clear. Although their answer is often very scholarly and embedded in language you are not familiar with. It is not made plain and understandable to you. The reason is pretty plain: either an intent to deceive you and keep you ignorant, or it is because the physician does not know himself, clearly, what the cause is. In the average practice, the effort is not to prevent disease, but to treat it. Very little is done to instruct the people in the laws of Nature. The cause of catarrh is as I have stated, that class of fluid wastes in the body, which are there because of taking into the body an excess of foods which cannot become a part of it. This by far is the most important cause. When you find cases of catarrh, you will find that the patients eat large amounts of starchy foods and are generally large

eaters. These starches are most commonly the white potato and white flour. The white potato contains 22% of starch, 72% water, 0.5% gum and 0.5% oil.

The potato starch is a very poor, coarse kind of starch. The white flour is a better quality of starch, but when mixed with fat or grease is rendered absolutely indigestible. When made into pastries or gravies, it is simply a waste in the body if eaten, for it cannot be changed into living needs. Just consider what percent of the food one eats at the average table is starch. To help yourself to realize it, when you eat your next meal, put upon an extra plate equal quantity of each kind you eat. Then when you have finished, look it over and you will be surprised to see that the larger part was starch. Years ago before the Roller process of grinding foodstuff was introduced, there was more of the germ and bran in the flour; and then it was much more useful to the body. There was far less catarrh and also less other ailments.

There are other materials eaten which also are causes of catarrh. Eggs are almost all albumen, hence pasty, and are very often largely the cause of this excessive waste in the body. They stimulate the reproductive organs, but do not strengthen them. Candies of all kinds are most certain causes of catarrh. They are composed mostly of glucose and as a consequence are as bad as starch. These are the foods which are the most direct causes of catarrh.



We will now show you some of the indirect and yet important causes. You will remember in the beginning of this article we asserted that catarrh was an unnatural discharge of the wastes of the body through the mucous membranes of the body. Now you will see by a moment's thought that anything which would obstruct the natural outlets for any of the wastes of the body would as a result be an aggravating cause of catarrh. Hence, if the drinks should have the effect to hinder the full and free action of the kidneys, the bowels, or the skin, we would find it necessary to stop their use. I will first speak of coffee. This drink came to the civilized world from the Arab. Due to its opiate effect on the nerves, it has come to be

almost a universal drink, and with it has come a multitude of diseases. The effect of coffee upon the glands of the body is very bad. I refer to the liver, kidneys, and spleen. By some honest scientists it has been called a "Liver Rotter," and its effect on the kidneys is no better. I have never known of a case of Bright's disease where the patient had not been a habitual coffee drinker.

What is meant by Bright's disease is consumption of the kidneys. Now, when coffee enters the kidneys, it has an irritating effect on the organs of filtration, or what is called the pyramids of the kidneys, which resembles in shape the sharpened end of a lead pencil. The continued use of coffee so affects these organs as to cause them to swell shut, or nearly so; then only a small amount of urine passes, and it will be red or highly colored. There will be retained a large quantity of liquid wastes which must seek other ways out of the body. The further damages to our bodies, caused by coffee, are those which come as a result of its stagnating effect on the liver. This hinders the flow of the bile into the bowels. This bile is Nature's physic and hence when the bile does not flow into the bowels to act upon the food, the bowels are constipated and the food matter, remaining too long in the body, decays and being absorbed by the intestines increases the amount of damaging, disease breeding matter; which must consequently increase the supply of catarrhal wastes. Now, can the catarrh patient expect to be cured and continue the use of coffee? Tea is another imported commodity which also comes to us from a highly cultivated and intelligent race of people, the Chinese. While its effect is not like that of coffee on the body, yet it is by no means friendly to a man's body. For tea, like coffee, is not a natural drink and is unhelpful to Nature. Its injurious effects are found mostly in the stomach and nervous system. It robs the skin of its oil and renders it thin, and wrinkles come to the face prematurely.

I will now speak of malt liquors: they are also of no benefit to Nature. They are frequently found to contain drugs which slowly but surely destroy digestion and cause in that way a larger amount of wastes for the blood to carry out of the body. Hence, the catarrhal matter will increase. There is no benefit in any kind of alcoholic drinks. They can in no way aid the life force to clean, tone, or build up the body. Hard water is also a very bad drink for the catarrhal patient. Its injurious effect on the kidneys will soon debilitate them. Hence, as this part of Nature's sewerage becomes inactive, the accumulation of fluid wastes must increase, and the unnatural discharge must come through the mucus membrane. Those who live in a hard water country should procure a water still and distill the drinking water, as not only catarrh may be caused by drinking hard water, but also rheumatism, skin diseases, bladder trouble, gravel, dropsy and goiter are often caused by its use. So, buy a still, which like the tea kettle, may stand on the stove, and the heat used for cooking will distill sufficient water for

drinking purposes. Then you will have one of the greatest agents possible to be used in not only the prevention, but the cure of catarrh. Yes, and it is true that pure water is of the first importance in the cure of any disease.

The last of catarrh I will mention in this article is that which is called "catching cold". When you suffer from a cold, you have had some of the living fluid chilled, and hence killed in your veins; and the dead particles are carried to the mucus membranes to be thrown off from the body. There are some people who are in such a condition of ill-health that they have a cold almost all the year; and they, of course, have catarrh. This susceptibility to catching cold is due to the engorged and inactive condition of the pores of the skin. It is truthfully said that 32 ounces of vapor wastes are thrown off by the pores of the healthy person every 24 hours. This effete matter comes out in what is called insensible perspiration. But where there is a case of chronic cold catching, this avenue of emptying is closed or the larger number of the pores are closed. Those who are thus troubled would find great relief if they would boil the boughs of hemlock and use the tea to wash their face and neck before going out into the cold air. The remedy, which is by far the best, is to take a daily cold water bath on arising, applying the water with the hand, quickly wetting the whole body, and then briskly drying with a good bath towel. This daily bathing is one of the most important parts of the proper treatment of catarrh. Persevere in its use and general health will greatly improve.

The reader may consider such a lengthy article on this disease quite unnecessary, but allow me to remind you of the fact that I am dealing with an almost universal complaint, and one which, because of its being common, is not seriously considered. Then again, remember, that this very common complaint is not cured by the doctors of today, and I think you will see that there is a very good reason why the whole truth should be given to the people.

We will now consider the treatment which I can assure you will assist Nature to cure; yes, cure every case.

I have already spoken of the importance of the daily bath.* As Nature

---

*Giving different therapeutic options, Benedict Lust published a 1900 article on catarrh based upon Kneipp's methods —*Ed.*

"The more effeminate we get in our habits, the more we are tormented with catarrhs of the most various kinds. The usual catarrh of the throat, connected with a cold in the nose, is often removed by a full lavation in the evening, and drinking elder blossom tea. If the head, too, is much involved in the affection, steam, applied to the head, is a valuable remedy.

Where the conditions occurring are of an obstinate catarrhal character, three things may be resorted to: first, a daily full lavation; secondly, a wrap, steeped in the infusion of hayseed; thirdly, also steam, applied to the head, since a neglected catarrh is apt to make an injurious inroad on any part of the body, so as to cause it to waste and thus gives rise to consumption of the larynx, trachea and lungs. The deeper-seated and more inveterate



Pine Sprigs (*Pinus*)

is the only curing power of any disease, aid Nature first by observing the foregoing rules of diet and drinking. Then take a glass of warm lemonade each night on going to bed, and drink two or more glasses of cold soft water each morning. Make an infusion of the inner bark of white pine, an ounce to a pint of boiling water, steep covered 30 minutes. This may be drunk during the day. Also, use an infusion made by pouring onto one ounce of Canada snake root [or Canadian wild ginger, *Asarum canadense*], a cup of boiling water, let steep, covered, 15 to 20 minutes. Strain and drink it before each meal. This tea will relieve that offensive smell so troublesome with catarrh patients, besides its general good effect on the entire body. To cleanse the affected parts of the head and throat, make a wash by pouring a cup of the hot infusion of the white pine bark onto ¼ teaspoonful of the powdered root of goldenseal. Let it steep half an hour; then strain off and bottle for use. Take from bottle a teaspoonful and add to one-third glass warm water, pour a little in your hand and draw up nostrils. Also, use as gargle for the throat; do this each morning and evening. It will quickly relieve the congestion, by enabling the mucus membrane to cleanse off the filthy materials. Keep this bottle in a cool place to prevent its souring.

Be sure to keep your teeth clean. There may be someone who would find it impractical to make the warm infusion which I believe is best. For those who are obliged to be away from home at meal time, I will give this formula: place one pound of guaiac chips in ½ gallon fruit jar, pour onto it one quart of pure alcohol, cover tightly; let it stand in a warm place ten days; at that time boil 3 pounds of white pine bark in three

---

a catarrh is, which has troubled the patient for months, the more searching and vigorous the water treatment must of necessity be. To the daily full lavations are then added three partial baths a week. Pulmonary catarrh of the lobes is cured most speedily by full lavation on getting out of bed, and one or two upper affusions a day. If the bronchial tubes and the larynx are attacked, upper and back affusions frequently save life by causing the discharge or great quantities of mucus. A teaspoonful of honey, boiled in half a pint of water, furnishes an excellent gargle, especially for singers. It may likewise be made from mullein (*Verbascum Schraderi Meyer*), which acts as a vigorous solvent of mucus, and may be rendered still more effective by the addition of an equal quantity of black mallow." (Lust, 1900, 236)



gallons of water for one hour and remove it from the fire; stir it into ½ pound of garden sage, broken fine; let it stand until cooled to warm, then strain it through a strong cloth, squeezing out all you can. You may now strain through the same cloth the alcohol and guaiac chips into the tea. There should be five quarts. Now add enough cut loaf sugar to make a thin syrup; bottle and keep it in cool place when the weather is warm. Take a dessert spoonful of this before each meal and on retiring or oftener. Use the wash to the nostrils and great relief will come speedily. Nature can and will cure you if you hold fast the instructions given in this article.

Children should have these remedies in doses according to their age. They cannot be injured, and I again assure you they will not only get well, but ever remain free from this loathsome disease. The above remedies can be obtained from any general druggist. If he does not have them in stock and cannot get them for you, they can be had by sending to the office of *The Naturopath and Herald of Health*.

In conclusion, I will mention the foods that long experience in successfully treating this disease have proven to be the best. Fruits of all kinds, which are ripe; bananas, however, are not good in these northern countries, because they are never ripe here. Vegetables of all kinds, except dry beans and "Irish" or white potatoes. Your bread should be whole wheat, rye, graham or corn. Biscuit, pancakes or fritters are not good. Nuts of all kinds except peanuts are good when eaten at meals. Homemade jellies, jams, or preserves are good. Cheese, chicken, macaroni, sago, tapioca, vermicelli, pork, and rich salads, ice cream, and ice cold drinks are bad. Roast beef, mutton, wild fowl, or game, turkey, goose, and duck are allowable meats. Care should be taken to eat slowly and to chew the food well. It is best not to drink while eating, nor soon after. Water is the best drink for the catarrh patient and also is the best for everybody. If a hot drink is desired, a mild cup of sage tea will be very good. Milk is not good for catarrh patients. The above will be found correct in all cases, and we earnestly urge patients to continue the above diet after recovery.

It is important that you should understand that this force is absolutely opposed to anything which cannot be made into living matter and thus become a part of the body. It, therefore, seeks its elimination or emptying.

This last act is named a "growth," but it is not a growth; it is simply an aggregation of wastes of the body deposited there, and is sometimes called a tumor.

Just consider what percent of the food one eats at the average table is starch.

Years ago before the Roller process of grinding foodstuff was introduced, there was more of the germ and bran in the flour; and then it was much more useful to the body. There was far less catarrh and also less other ailments.

This susceptibility to catching cold is due to the engorged and inactive condition of the pores of the skin. It is truthfully said that 32 ounces of vapor wastes are thrown off by the pores of the healthy person every 24 hours.

The remedy, which is by far the best, is to take a daily cold water bath on arising, applying the water with the hand, quickly wetting the whole body, and then briskly drying with a good bath towel.

A teaspoonful of honey, boiled in half a pint of water, furnishes an excellent gargle, especially for singers. It may likewise be made from mullein (Verbascum Schraderi Meyer), which acts as a vigorous solvent of mucus, and may be rendered still more effective by the addition of an equal quantity of black mallow.



Efficiency In Drugless Healing

Edward Earle Purinton

Bad Breath

M. G. Young

Female Diseases

Joseph A. Hoegen

Do You Know How to Diagnose?
From Facial Expression and Body Contour?

Can You Tell When Foreign Bodies
Are interfering with Metabolism, clogging the System and laying the foundation for Serious Disease?

Do You Know the Relation Between Facial Expression and Phrenological Signs?

Do You Understand Mental Diagnosis?
And the mental causes of disease?

Do You Know What Led to the Establishment of Naturopathy?
Have you studied the works of Louis Kuhne, who brought into perfection the science of NATUROPATHY and has given Nature Cure or Drugless physicians an exhaustive treatise upon the causes and drugless cures of diseases?

Do You Realize That Your Success Depends Largely Upon Your Understanding and Use of Psychology?

Have You a Good Technique for Electrotherapy?

Can You Successfully Treat Leprosy in its Incipiency?

What Would You Do With a Case of Yellow Fever?

Can You Reduce Facial and Body Encumbrances by Easy Methods?

Do You Understand Radium Emanation and the Radium Theory?

Have You a Manual of Hydrotherapy?

These and Many Other Important Subjects

are covered and obtainable in concretely arranged and convenient reference form in the

UNIVERSAL NATUROPATHIC DIRECTORY
(Yearbook of drugless therapy)

containing a complete list of drugless practitioners of the U. S. A., Canada and foreign countries. This book is out of print and when the present issue is exhausted the subject matter will not be obtainable.

More than fourteen hundred pages filled with things needed by every Naturopathic Physician.

Price per volume, postage paid anywhere, $10.00.

Dr. BENEDICT LUST Directory Department: 110 E. 41st St., New York City

Efficiency In Drugless Healing

by Edward Earle Purinton*

Herald of Health and Naturopath, XXI (1), 1-7. (1916)

Mental Causation



Edward Earl Purinton

The mind is the usual source of chronic disease

No, I am not a Christian Scientist, nor even a "New Thoughter"; and I set up no defense for the hobbies, theories and vagaries of a one-sided metaphysician or "divine" healer, whose only remedies are words. But an efficiency engineer is trained to ferret out causes. He sticks to the trail of a cause, like a fox hound on the trail of a scent. His job is the location, then dislocation of the causes of inefficiency. For this job he finds the chisel of cold, keen and ruthless logic is his main tool.

As an efficiency engineer, armed with logic, I have reached the final and unalterable conclusion that the mind is the regular, almost universal, source of chronic disease. This being so, all your pills, plasters, foods, baths and exercises, prescriptions, gyrations and manipulations are feeble and partial modes of cure unless you also penetrate, heal, renew and empower the mind of the patient.

There are a few exceptional cases, such as malformations by birth or accident, and malignant cell growth as in leprosy or cancer. We may reasonably grant that the mind is not here the ultimate cause of disease, though even here the mind may be made to promote the cure. I am convinced that for at least 90 percent of the cases of deep-seated physical troubles, we must hold the mind of the sufferer chiefly responsible. *The fact that we fail to locate the mental cause does not change the fact of its presence.*

If I had the time and opportunity, I would guarantee to produce from the mind of the invalid the real, governing cause in at least nine out of every ten chronic ailments that any physician, allopathic or naturopathic, would refer to me for study. The external form of the trouble might be anything, from diabetes, rheumatism or asthma to insomnia, neurasthenia or anemia. I would in every case find an original, persistent, all powerful, mental cause.

The real thing to look for in treating disease is not the cause, but the cause of the cause. A drugless physician who merely ascertains and

---

*Edward Earl Purinton acted briefly as editor for Benedict Lust's publications in the early 1900's. —*Ed.*

even removes a physical cause does only half his duty, and the easier, less important half. He must probe the life of the invalid, not merely his body, and reveal the mental cause of the physical cause. Then so change or disperse this anterior, subtle cause as to prevent the recurrence of the posterior, tangible cause. A few illustrations of this principle.

You may say that a weak stomach is the cause of dyspepsia. No, it is not. A weak stomach is caused by a weak or perverse mind, as shown by the transgression of the natural instincts and normal habits of eating which keep the digestion of the animal or the savage wholesome, painless, rapid and powerful. Hygienic food of itself never cured dyspepsia—there must also be hygienic thought, emotion, faith, purpose and habit of life.

You may say that uric acid causes rheumatism. No, it does not. The uric acid is caused by excess of meat and accompanying poisons; by lack of combustion through proper breathing, exercise, ventilation, evacuation, perspiration and skin hygiene; also by lack of inspiration and initiative, to keep the whole organism highly toned and fully electrified. Now the excess of meat products, the lack of combustion, and the absence of inspiration, all indicate a flabby, dense, low, inert, state of mind and you cannot permanently cure rheumatism without relieving the mental factor in the case.

You may say that neurasthenia was caused by a set of flimsy, faltering, congested, pain-racked, ill-fed nerves. No, it never was. The real function of the nerves proceeds from their point of origin, at the brain. If a man has nervous prostration, you may feed him lecithin, phosphates, albumin and mineral salts till doomsday he will remain the victim of exhaustion, depression and horrible mental chaos, till you show him how to grasp, harness, guide and employ the wayward thoughts and loose emotions that are subtly but constantly running away with his nerve force.

This line of reasoning applies to every form of chronic ailment. Back of the diseased organ lie the nerves which are controlled directly by the brain, and the blood stream which is controlled indirectly. Before any organ of the body can be seriously disturbed, the blood or the nerves or both must have been guilty of unwholesome action for a long time. And the mind is to blame.

For a doctor, whether allopathic, osteopathic or naturopathic, to assume to heal a sick body without a constant, careful, expert use of psychological diagnosis and treatment is as foolish and criminal as it would be for a blacksmith to take charge of a short-circuit electric power plant. The majority of the drugless healers whom I know are diagnostic and therapeutic blacksmiths. They can tinker up the engine of the human power plant, which is the digestion; however, they cannot even locate the faulty action of nerves, which are the electric wires, nor of the brain, which is the battery.

Would that this general state of ignorance and awkwardness be corrected. In the daily course of my efficiency work for various publications and institutions, I am asked by hundreds of invalids where and how to recommend a cure. Though a large proportion of these are nervous cases even to a superficial observer, I never advise one of this ilk to endanger his life at the typical drugless resorts within my range of knowledge. The methods are too material, the facilities too crude, and the doctors too dense. A Nature Cure sanitarium without a trained psychologist in regular attendance is a joke on the face of it and a crime in the heart of it. The mind of man is the crowning masterpiece of Nature. How can we neglect this and be safe or honest or effective, as teachers and healers appointed by Nature?

Men of divergent species of mind can no more be healed by the same physical methods than a peach tree and a potato vine could be given healthy growth by the same yardstick rule. Bugs may attack the potato vine, birds or boys may rob the peach tree; and bugs, birds and boys require separate and distinct modes of treatment. When a human plant falls ill, germs are the bugs, thoughts are the bad boys, and desires are the mischievous birds. The germs, thoughts and desires must all receive proper attention and scientific treatment.

In positing the mind as the source of chronic disease, and hence the source of cure, we should maintain a four-fold conception of the mind, remembering it has these departments or planes of impression and expression: *mental, emotional, psychic, spiritual*. The mental phase concerns the character, development and use of the cerebrum. The emotional phase concerns the size, fibre, expansion and control of the cerebellum. The psychic phase concerns the influence of astral entities and ethereal forces on the human organism. The spiritual phase concerns the dominance of the soul of the man over material conditions, outer and inner. All four phases concern the healthy activity of the solar plexus, and of the entire nervous system.

Had we the space, we could show the exact physiological results on the human body of these four factors of the mind. Such a treatise, however, would fill a book in itself, and might even then be unintelligible save to an expert psychologist. We will, therefore, give concrete examples of disease, where the cause was traced to one of these four divisions of the mind; and where, with removal of the cause, the disease vanished. We will cite one case each, under the four headings: mental, emotional, psychic, spiritual. All these cases I have known personally.

Mental Case

The first case was one of dyspepsia, constipation, exhausted nerves and brain—the cause of which was *mental*. The man had been a sturdy

farmer, living in ideal surroundings, where a crystal brook, sunny river and a stretch of pine woods made the physical aspects of life as wholesome as Nature ever knew. But the sufferer could hardly eat the simplest food without extreme pains in the stomach. He was so nervous he couldn't be still a minute and would tramp for hours, back and forth, trying to get peace of mind and body. At last, when his very sanity was threatened, and when all the local doctors had failed to relieve him, a psychologist happened to visit him. At once the horizon cleared.

It seemed that many years before, the invalid—who was then a strong, husky fellow—had been wakened in the middle of the night by the entrance of burglars. A panic ensued, shots were fired, the whole neighborhood was roused, and for months thereafter sleep was almost impossible for the man concerned. The fright had completely disorganized the brain centers, and so impressed the subjective mind that horrible fear settled with nightfall, and haunted the house with ghost shapes and dreads. From the hour of this acute shock, the man's physical degeneration commenced. He is now virtually cured, by Psychotherapy, reinforced by Naturopathy. He would never have been cured; the cause of his troubles would never have been located by material means alone.

Emotional Case

The second case was one of tumor, the cause of which was *emotional*. A big-hearted woman of middle age had been sadly disappointed and bereaved in the greatest love of her life. She was distinctly a mother-type of woman. But she had given up her desire of marriage and children, to care for a helpless and appealing relative, on whom she lavished all the affection of her strong woman-nature. When the relative grew able for self-support and independence, and the need for the woman's devotion was suddenly removed, an emotional upheaval and serious crisis came upon the victim of self-immolation. She lived most abstemiously, and no physical cause for a tumor was disclosed. But the tumor was there. It was merely the focus of prolonged emotional repression, bursting at the point of readiness, the uterus where under normal conditions a child would have come forth.

The false growth has now disappeared, and the woman is as near well as a woman who was a born mother but never married can hoped to be. The methods of cure? Mostly naturopathic, but fundamentally psychological. Our friend is now the head of a large institution, where the growing numbers of young people under her charge need a lot of "mothering" that she delights to give. How few doctors know that the preponderance of tumors, cancers and other morbid growths in women are the outcome of their unrequited love! Not sexual cravings, which are physical, but longings which are emotional and spiritual. It takes a woman doctor to

understand a woman because all women have emotional longings in common, while most men, sad to confess, often have only sexual cravings.

Psychic Case

The third case was one of neuritis and insomnia—and the cause was *psychic*. A man had been well-nigh crazed by sleeplessness. The nerves were on fire, and the brain seemed almost ready to burst. The most modern treatments for insomnia had been applied, with no permanent effect. The sufferer had resigned his position, and was spending his whole time trying to get well (a most unhygienic thing to do, by the way). The man had a very peculiar belief, regarding his own affliction. He said that when he woke in the night, as he always did when he should be in the deepest slumber, he felt that somewhere in the heavens a strange, uncanny force was pulling his soul away from his body! He often lay awake in fear, dreading to sleep less the ghostly robbery might take place and his very soul be in the air of sky-thieves! Don't laugh and show your ignorance, you materialistic readers. Wait till I tell how the man was right. Of course, the dumb, numb and elephantine doctors all ridiculed the man's belief—they said he was an unfortunate victim of obsession or hallucination. (Definition of hallucination: an obscuration in the doctor).

The truth of the matter was this. About six months before, the dearest friend of the sufferer had died, under peculiar and terrible circumstances. This friend had exerted an overpowering psychic influence upon the man who still lived, with telepathic or astral communication a frequent occurrence. When the psychological twin was taken, the effect was no less severe on the brain and soul of the man who was left than the decease of one of the Siamese twins proved to the remaining twin, who shortly died, as you may remember. I have no doubt that the acute and painful ordeals of insomnia, which began soon after the death of the sufferer's mate, were actually induced by the struggles of the unwilling soul in shadow-land to return to the side of the friend here. If not to return, to seize the soul of the friend and bear it up yonder! In a case like this, ponder the futility and sad absurdity of such insomnia cures as a hot drink or hot foot bath just before retiring! The man was *cured*. He moved from his accustomed haunts to a home a thousand miles away. He began a wholly new kind of work, which absorbed him by day and exhausted him so that the physical urge for sleep was greater by night than the psychic pull from the sky. He filled his life with an ideal and affection that bound him here while his normal span should run. All pure psychology.

Spiritual Case

The fourth case was one of shallow breathing, torpid liver, colds and catarrh. Skin eruptions and poor circulation—and the cause was spiri-

tual. A college youth had all these troubles at the same time. He was told that the source of the various complaints was in the lungs. Not only did the young man fail to use more than half his lung capacity, but his method of breathing was so wrong that his chest rose when he exhaled and fell when he inhaled!

Of course, the digestive organs, heart and circulatory system had become slow and defective in action, due to the cramped position and erratic functioning of the long-abused lungs. The patient bought a couple of patent breathing machines, and blew in them religiously night and morning. He joined a college gymnasium class, played outdoor games, rode horseback, went swimming, and even led in those lung-bursting feats called "college-yells". But his breath simply refused to adopt regular habits and would almost stop when its owner was not looking.

Then, one day never to be forgotten, a mystic who was also a character analyst gave the boy a "reading". She told him he was a born poet, asked him why he was training for a hum-drum, superficial work, and suggested ways of seeking the muse of rhyme. Then the boy breathed! And he has been breathing ever since. The old physical troubles have gone and the present lung capacity of the former weakling is 50 cubic inches above the average. The depth of his respiration was according to the height of his inspiration. Often this proves to be the analogy; and always the victim of shallow breathing is below par on his normal, *spiritual* plane.

Next to the solar plexus, the lungs are spiritual organs, demanding spiritual motive and sustenance. The *habit* of deep breathing is a habit of deep feeling.

The four cases mentioned here, while perhaps unusual, are not rare at all. Any psychotherapist of good repute and long experience could give scores of parallel or similar cases, all demonstrating the fundamental principle that mental diagnosis should precede or accompany physical diagnosis and treatment of any chronic disease. There is no Nature Cure without Mind Cure.

So clearly has this truth been revealed to many trained observers of psychiatry and psychotherapy that lists of the varied thoughts, emotions, affections, instincts, and desires have been prepared with a view showing how the abuse, non-use or over-use of mental factors will result in chronic disease. There are metaphysicians who claim that a certain kind and amount of erroneous thought will produce liver trouble, another produce rheumatism, another one produce cancer and so forth. I do not believe that scientific lines of reference can be drawn so closely through the realm of mental causation; and I have observed that, as a class, mental healers are as prone to exaggerate the power of the mind as doctors are to overlook it.

Thus, in the four cases mentioned above, neither mental nor physical

means alone would have restored health. The order of procedure that did the work in each case was this: (1) mental diagnosis, (2) physical diagnosis, (3) physical treatment, (4) mental treatment. From a rational, impartial viewpoint, the neglect of the proper physiological methods of treatment, witnessed in so-called Divine Healing, Christian Science or New Thought, is even more culpable than the omission of psychotherapy in most of our Nature Cure sanitaria. Whatever the form of disease, the body must be diagnosed and treated. If a scientific combination of hot baths, fasting and massage will cure insanity—a frequent occurrence nowadays—will not such auxiliaries be of help in the comparatively mild cases of nervous and mental disturbance? If I were writing for a metaphysical magazine, I should emphasize the power of the body to renew the mind, not the power of the mind to renew the body.

How shall mental diagnosis be accomplished? How shall the physician cross the darkened threshold of his patient's consciousness, and penetrate the labyrinthine chambers of the mystic human ego? The best minds of the ages have been focused on this problem, and the solution is not yet. For me to presume to instruct you would be folly. But I do want to suggest a few methods that seem full of promise, and that are now being tried in various localities of Europe and America. None of these may be held infallible, and a few of them are perhaps unsafe except in the hands of doctors who combine skill, experience and honor. They all are deserving of thoughtful consideration.

Lords of Ourselves

By EDWARD EARLE PURINTON

Price, cloth, postpaid, $2.10; paper, $1.50.



THE author calls this book "A chart of life on earth for souls that dare." It is a compendium of naturopathic philosophy spiced with curious, quaint and even contradictory views of life. His style is a compound of Whitman's elemental looseness, Oscar Wilde's biting sarcasm and sex-searching aphorisms, with a vocabulary that gets intoxicated with its own verbosity. He conducts a dissertation on thirteen different topics, to wit: Naturism, Humanism, Sleep, Travel, Play, Study, Stoicism, Romanticism, Prayer, Service, Music, Silence. These are the qualities necessary for those who dare be themselves and are commented upon by one that has a true wanderlust for exploring the abnormal, the poetic, the irrational, the musical, the morbid, the primitive, the occult, the beloved and the damned. Those who are Lords of themselves must possess a cosmic consciousness and are thrilled by a Bowery audience, rapturous harmony, or transportation to a distant star. Nothing is too bizarre, too far-fetched, or too unconventional for our author's philosophy. He is always looking for an opportunity to give conventionality a black eye. Boiled down to a phrase, his theme is Love and Life and his dissertations thereon are Purintonesque to the highest degree. Beyond this, nothing more can be said. Here and there, scattered through his pages are very rational views on health, food, sleep, baths, etc., proving our author is strongly in favor of a "Return to Nature" for physically and mentally distressed humanity.

THE NATURE CURE PUBLISHING CO., BUTLER, N. J.

I am convinced that for at least 90 percent of the cases of deep-seated physical troubles, we must hold the mind of the sufferer chiefly responsible.

The real thing to look for in treating disease is not the cause, but the cause of the cause.

The majority of the drugless healers whom I know are diagnostic and therapeutic blacksmiths. They can tinker up the engine of the human power plant, which is the digestion; however, they cannot even locate the faulty action of nerves, which are the electric wires, nor of the brain, which is the battery.

Phytotherapy Department

(The American Herb Doctor)

Address all communications for this department to its editor

Prof. M. G. YOUNG, 4156 Arcade Building, Seattle, Wash.

Bad Breath

by Professor M. G. Young

Herald of Health and Naturopath, XXI (5), 332-334. (1916)

An Undeniable Evidence Of Inward Corruption



M. G. Young

Bad breath is caused by a corresponding bad condition of filth somewhere in the body. It is not usually one thing, but a combination of things or conditions. There is generally a history leading up to the exhalation of a breath that is laden with effete and worn-out material.

To get at the cause quickly, let us consider that if a person eats an onion, in about an hour the breath smells of the onion. This continues for four to twelve hours and then changes. The bad breath person has a bad breath continually. In these cases, there is a continual cause. The onion smell is on the breath until Nature has so changed it by the process of digestion and assimilation that its odor can no longer be detected.

The history of such cases is usually one in which the person has been a gross feeder and has had no regard as to what was eaten so long as it tasted good, and one who drank freely of unnatural drinks. People who drink only water do not have bad breath as a rule. When a habit of bad eating and drinking has continued long, constipation often follows, because the liver becomes freighted with a large amount of bad food wastes and being so obstructed, cannot emit the bile to the intestines; so therefore, constipation is a constant ailment.

The food matter decays in the bowels because it is retained there too long, and the bowels absorb the decayed matter. It is conveyed to the liver and also the channels through which it passes. When this vile material is carried into the lungs and the breath of pure air enters the lungs, it is freighted with this vile odor of decayed matter.

Children who have worms have bad breath because the old filthy material in their intestines, which makes it possible for the germs to hatch into worms, is absorbed by the bowels.

Those who have eruptive diseases are also cursed with the bad breath, because if they did not have the vile conditions of filth inside their bodies, they would never have had the eruptive disease, for the very good reason that the specific eruptive disease germ could not have found a place to hatch or incubate in their bodies. But when the filth suitable to the eruptive disease germ is found in a body, then that body has the eruptive disease.

The same thing is true in a case of typhoid fever. There is a universal filthy condition all through the body. Also in cases of catarrh. There is a vast amount of decayed starch food and other unusable material all through the body and as it becomes old and putrid, it has a vile odor. There are many people who are walking around who smell as though they should be buried. They are usually unaware of their bad breath. Someone should kindly tell them and we will tell all who read this article how to get rid of it. There are those whose unpopularity in social circles is due to their bad breath. Nothing is much harder to endure with giving offense, than to have some good-hearted, earnest person breathe one of these foul breaths into your face while talking to you. They are so wholly innocent of knowing how they are afflicting you that it puts you into a hard position.

Now reader, we will not leave you in this dilemma, but will lay before you in a clear understandable way, just what you should do to remove this plague of bad breath. The first work to be done to restore anyone to health is to correct or stop the continuing cause, then remove the direct cause and Nature can then restore strength and vigor. This first step is the arrangement which will secure to the patient, pure, fresh air to breathe day and night. There are about 500 cubic feet of air breathed in twenty-four hours by a man in the open air. A very conservative allowance of air to each individual in a room is twelve feet square of space, which would give him 1,728 cubic feet of air and even this allowance is made with the supposition that the room is so ventilated that the air can be constantly changing.

Now, you will readily see that such a vast amount of air being passed through the lungs daily is no small medium of letting out at least the vile odor of corruption in the body. How important it is that this air should be free from smells. It may assist Nature to get rid of internal impurity. Pure air is a wonderfully cleansing element. I have entered bed chambers where filthy people had slept or were living all the time which smelled like a poorly-kept morgue. There was death and destruction in every part of the space in which they existed. Bear in mind, good reader that it is just as nice and healthful to re-eat the food and re-drink the water which comes from your body as it is to re-breathe the air from your lungs. This is not putting it too strongly. So, if you want to have a sweet breath and be well,

this is of the first importance, both to cure bad breath and to prevent it. Breathe PURE AIR!

An Open-air Bedroom



You can sleep outside in your own home lying comfortably in bed, protected from sudden changes of the weather, storms, insects and cold and have all the benefits of an outside open-air bedroom with none of its disadvantages. No excessive weight of bedclothes to tire you; the body is kept warm in a warm room, and uses its full energy to resist disease and rebuild brain and body tissue, by breathing the pure, crisp, outside air in a

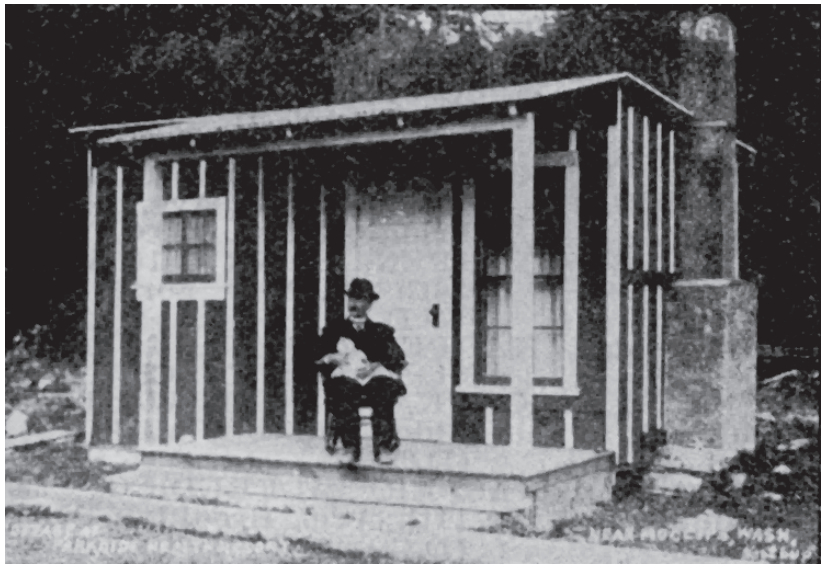
Walsh Window Tent

Inexpensive, it pays for itself by the fuel saved. **Especially valuable to business and professional men who are indoors during the day.** No nails and screws, fits any window.

For consumption, catarrhal trouble, general debility, nerve exhaustion and all diseases of malnutrition, the best tonic is oxygen acquired by sleeping in the open air. Write for booklets to the

WALSH WINDOW TENT CO.

212 Franklin St., MORRIS, ILL. PETERBOROUGH, ONT.



M. G. Young sitting in front of his air cottage.

Drink is the next item. Next to air, water is the greatest cleansing element in the world. No one can expect to become free from bad breath who does not drink pure water. Yes, pure water. Pure from all smells or tastes. Your nature can use no mixture to as great advantage as in dissolving and cleansing out the retained, old materials. Mineral waters are far less useful than pure water. This water should be used both in drinking and washing and used freely. Make an effort to have pure water to use, even if it not very convenient to get.

We must now consider the food. Let no one who has bad breath eat pork or swine fat in any way. Nor, eggs, mackerel, oysters, clams or other shell fish, cheese, milk, white bread, white potatoes, pancakes, or hot bread, macaroni, vermicelli, or pastries of any kind. They should also be very careful not to eat too much. They will do best if they eat but two meals per day, omitting breakfast. All of these precautions are very necessary. A sweet breath from a clean body is worth a thousand times as much effort as these precautions will cost you.

Now for the treatment. I will be very glad to advise anyone in a particular way about their case on receiving their request, but I will now point out a few general steps to be taken in properly aiding Nature to cleanse out the accumulations which cause bad breath.

The bowels should have our attention first. Injections of warm, water used once daily. Where the case is of long standing, it will be necessary to use a medicated injection. It should be made by steeping three ounces of catnip herb in one gallon of boiling water thirty minutes (do not boil). Strain through a cloth and add sufficient cold water to make it blood warm.

In using this injection treatment, the patient should lie on his right side while taking it. Give two or three times all he can receive each time. The result of this treatment will convince you of its necessity. There is now another equally important treatment to be used. This should be given in the morning before the patient eats anything. This treatment is a cold water pack given by first stripping the patient of all clothing and applying first two large bath towels wrung out of cold water just so the water will not drip from them. Have the patient lie down in bed on woolen blankets and spread the towels on his chest and abdomen, covering from his shoulder to shoulder, and from his neck to his groin. Spread a folded blanket over the towels and wrap the under blankets up over all. Draw them together snugly and pin them. Now place hot water bottles to the feet and back and cover him with plenty of blankets. Let him remain in the pack three hours, then remove all and give him a quick cold water hand bath all over and at noon give him food. Three nuts, whole wheat bread, and cooked fruit. Give all the cold water he wishes to drink while in the pack.

This treatment may be given once each week, but after the first one, cover in the same way the whole body with the cold, wet towels. There will be wonderful results from these two treatments.

There is a third cleansing treatment, which is even more efficient that the first two. This is the emetic treatment, which consists of both vomiting and sweating the patient at the same time. This is a natural means of cleansing the body which had gone out of fashion, perhaps because there was no money in it, and the patient got well too quickly to amount to much of a doctor's bill.

I suppose I am the only man in all this great Western country who knows how to properly administer an emetic treatment. At any rate, I know how, and more than this I can and will teach anyone how to give it with sure success. Should my readers desire this information I will gladly give it on application by mail.*

This treatment is of infinite value in treating any form of human ailment where complete, quick and natural cleansing is desired. There are never any bad results from taking it, and the weakest, oldest, or youngest patient can take it with great and certain benefit. I always employ this treatment in fevers of any name.

Now, good reader, I have said a great deal about the bad breath case and yet not one word too much, for where there is one such case in a family, no effort is too hard and no means too expensive to use in its cure. Not only the well-being of the patient is at stake, but the health of the whole family.

When a habit of bad eating and drinking has continued long, constipation often follows, because the liver becomes freighted with a large amount of bad food wastes and being so obstructed, cannot emit the bile to the intestines; so therefore, constipation is a constant ailment.

The first work to be done to restore anyone to health is to correct or stop the continuing cause, then remove the direct cause and Nature can then restore strength and vigor.

Let him remain in the pack three hours, then remove all and give him a quick cold water hand bath all over and at noon give him food.

*M. G. Young produced an herbal emetic that he sold to patients and by mail order. —*Ed.*

Female Diseases

by Joseph A. Hoegen, N.D.

Herald of Health and Naturopath, XXI (8), 469-470. (1916)



Joseph A. Hoegen, N.D.

In most female diseases, it is a confirmed fact that the ailment has existed often for years, before a physician is consulted, and patients admit that they knew disturbances existed. Why they have not given more attention or done something sooner for their trouble, different reasons may be given.

Naturally, the busy housewife places her own person in the background. The husband and children are first looked after, and then her housework that consumes so much of her time that there is none left for her own trouble. Little pains are thus overlooked, and if they do become worse, she hopes that they go away by themselves and unless they become very bad, a physician is not called.

Different reasons are the causes of many ailments. How often do we find trouble even at the beginning of puberty? That is the time to begin and remedy the trouble. Many girls at this period suffer much with head and stomach ache, digestive disturbances, pain in the sides, tired and heavy feeling in the limbs. The age at which the reproductive organs become functionally operative is usually between the ages of 12 and 17 years, varying of course, according to the race, climate, and body constitution. Too early commencement of the menses and too profuse bleeding are not very good. Many delicate and weak girls and women plainly show the detrimental effects by their anemic appearance, due to profuse loss of blood.

The monthly cleansing process should appear regularly every 28 days, beginning weak on the first day, stronger on the second, lessening on the third, and finishing on the fourth day. Of course, there are exceptional cases, where it appears only every eight weeks, twelve weeks, or even scarcer, but still regular at these certain intervals.

If these cases are not accompanied by pains in the back, stomach or headache, congestion of blood to the head, neuralgic pains, etc., nothing can be done, as Nature has so provided in these particular cases. Menopause or the change of life comes sooner to those so affected. Very often the menses stop entirely without any discomfort between 35 to 40 years. Very important, and not to be taken too easily, is when the flow appears sooner than before the 28 days have elapsed and continues longer than four days. This is a sign of an abnormal condition and can be easily

remedied in the beginning with proper treatment; while if neglected, months and years may pass, before a normal condition is reached.

The first symptoms are usually more or less severe pain. As many women believe this to be natural, nothing is done, and the proper treatment is neglected. The nervous system, this watchman of the whole organism, often gives the first sign that something is wrong. There is not that pleasure in working, and the bodily weakness makes them feel that they have nerves. They get all run down, have headaches, stomach trouble, poor digestion, etc. Years go by, the woman is unable to do her work and the change of life begins. Then she realizes, or an examination reveals, that everything she has suffered during the whole time was brought on by some disturbance of the genital organs.



Sitz bath

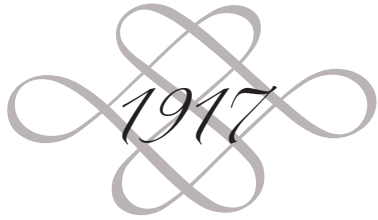
These conditions require daily sponge baths, (cool), of the whole body, in order to excite skin activity. Warm sitz baths after the fourth day, five to ten minutes, morning and night, cool compresses around the stomach, also cool leg packs. Excellent results are obtained with these simple measures.

Leucorrhea, also commonly called "whites", is a viscid, whitish discharge from the vagina and uterine cavity caused by a congestion of these parts, and is a common occurrence with women and girls, and is often found in severe forms in the first years of puberty. This condition is often overcome with irrigations [douches], sitz baths and compresses. One of the chief factors for preventing most of these ailments is cleanliness.

The same care that is given your face and hands, also should be given the other parts of your body, and especially the generative organs. There is more or less secretion from the vagina, which is greatly increased after the first menses, and it is advisable that the external genital organs should be washed at least twice a week with a lukewarm solution of boric acid. Women having much discharge, especially married women, should use irrigations almost daily.

Sexual excesses in married life should be avoided, as every sensible person should know the danger this leads to. In fact, where this discharge exists, sexual intercourse had best be avoided, as well as all excitement, and a regular and sufficient bowel discharge should be had daily.

Educating children in time, getting them used to living a natural life, with proper care of their bodies, will bring forth good results, healthy and strong women and girls, and prevent much sorrow and trouble later on.



The Nauheim Bath

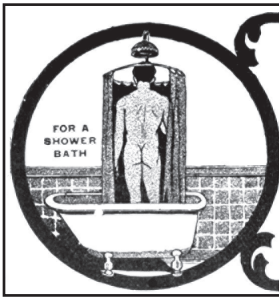
Simon Baruch

Rheumatism, Gout And Sciatica

Cold Hands And Feet, Hot Head: Their Cause And Cure

Specific Cures

Louis Kuhne



Bathe Often and Live Long

"The Perfection" Vapor Shower Bath is an Ideal Scientific Cleansing Apparatus.

An active condition of the skin is absolutely essential to good health. A healthy skin will rid the body of all impurities and materially assist all the organs of secretion.

***THE ONLY* VAPOR AND SHOWER BATH IN ONE.**

Simple in construction, made of brass, highly nickel polished, suitable for the finest bath rooms; readily attached to any bath tub, and requires NO PLUMBING. The shower following the vapor bath closes pores of skin, prevents taking cold.

Unlike cheap sprays and shower rings, which do infinite damage by spraying the walls, floors and curtains, but is so constructed as to confine the spray within the tub.

This Shower Bath alone is equal to any shower bath costing four times the cost of this. Patents granted 1901.

Write for catalogue, guarantee and 15-Day Trial.



VAPOR SHOWER BATH CO.,
Berlin, Ont. Dep. E **Rochester, N. Y., U. S. A.**

RHEUMATISM

Is successfully treated by means of the new type

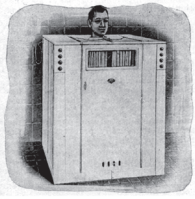
Burdick Light Baths

Thousands of people—your patients—are going abroad to obtain these popular LIGHT BATHS for:

Obesity, Rheumatism, Gout, Diabetes, Arteriosclerosis, Bright's Disease, Neurasthenia, etc.

Why not keep both them and their money at home under your personal supervision by placing a BURDICK LIGHT BATH in your office, institution, or in the homes of some of your patients? Cost is Little. Results are Big.

Highest Awards



1. Standardized approval of the National Board of Underwriters.
2. Highest gold medal award of the Panama Pacific International Exposition.
3. Endorsement of recognized medical authorities.
4. Universal endorsement of all users.

Special Features

1. All steel sanitary construction.
2. Types to meet every requirement —Upright, Horizontal, Collapsible.
3. Prices lower than for primitive wooden cabinets.

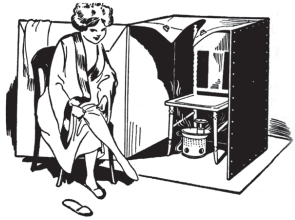
Your Free Copy

of the third edition of the Manual of Light Therapeutics is now ready—a concise and comprehensive treatise on the physics, therapeutics, and clinical technique of the Light Bath for office, home, and institutional practice.

Dealers Wanted Everywhere

BURDICK CABINET COMPANY
WABASH AND WASHINGTON STS., CHICAGO, ILL.
Factory: MILTON, WIS.

Turkish Baths at Home Do Wonders and Cure Rheumatism



Few would be sick if it were not for the overaccumulation of poisons in the body. One of the most effective ways to extract these poisons is through the skin pores, by vapor baths. Valuable results have been produced by the—

Robinson Thermal Bath Cabinet

in chronic rheumatism, lumbago, kidney and blood troubles, eruptions, dyspepsia, insomnia, throat and lung troubles, constipation, and especially on nervous prostration and general fatigue.

It Costs But 2 Cents a Bath at Home

by using the "Robinson." Its tonic effects are very pronounced and immediate. Fatigue is merely evidence of tissue-waste poison, and the latter are quickly extracted, as is also uric acid and other impurities.

Robinson Thermal Bath Cabinets are sold by all leading druggists and department stores. See that you get a genuine "Robinson"—the best made. Send for our great book, "Philosophy of Health and Beauty." It's FREE.

ROBINSON MANUF'T'NG CO.

SUITE 113, SNOWFLAKE BLDG., TOLEDO, OHIO

How Warm Water Keeps You Healthy

NEARLY everyone now-a-days is troubled with constipation at times. Splitting headaches, that dull, weak, tired feeling, lack of energy and pleasure in your work or recreation—all are caused by "auto-intoxication" of the system due to the clogging of the colon, the large intestine, with poisonous waste matter that should be eliminated Immediately and Often.

¶ Physics remove accumulated waste but afford only temporary relief. They leave the digestive organs weak and are really harmful when their use is continued.

¶ There is no simpler, more economical way to keep your colon clean than to use nature's harmless remedy—plain warm water—if it is applied properly.

¶ The EAGER INTERNAL BATH APPLIANCE eliminates the muss, the fuss and the bother. An internal bath taken with its aid is a pleasure. It cleans the intestines, restores digestion in a natural manner, makes you sleep soundly and wake the next morning with a keen appetite and feeling fine.

¶ It should be in every home. Write NOW for free treatise concerning Internal Bathing.

EAGER COLON CLEANSER CO., 737 Washington Ave., BROOKLYN, N. Y.



Hydrotherapy Department

Address all communications for this department to its editor
JOS. A. HOEGEN, N.D., 334 Alexander Avenue, New York

The Nauheim Bath

by Dr. Simon Baruch

Herald of Health and Naturopath, XXII (3), 179-182. (1917)



Simon Baruch, M.D.
(1840-1921)

Attention should be paid always to the general manifestations following these baths. A sense of prolonged fatigue and loss of sleep indicate that the bath is probably too intense.

Patient must be seen before each new bath prescription.

In fatty heart and so-called weak heart, manifesting themselves by a feeble compressible pulse of 80 or over, or increased considerably by ordinary exertion, one may readily proceed from the mildest to the strongest CO_2 bath, with intermissions, raising the duration up to fifteen minutes, and lowering the temperature to 85° F/29° C by degrees.

In **arteriosclerosis,** the therapeutic indications are conditioned upon the presence or absence of increased blood pressure and high pulse tension. In the latter cases, the bath temperature and duration may be gradually increased to a point at which results appear to be favorable, always being ready to recede on the appearance of unfavorable manifestations. When there is high blood pressure, however, great caution is necessary and it is well not to allow the temperature to go below 95° F/35° C. A full bath of Hathorn No. 1,* with saline addition at 93° to 95° F/34° to 35° C is ideal in such cases, if the duration be gradually and cautiously increased up to fifteen minutes.

In true angina pectoris, when amyl nitrite does not relieve the paroxysm, Groedel advises to refrain carefully from the carbonic acid bath. He gives the same warning for patients with arteriosclerosis, who have had an apoplectic attack, even of the mildest type. Our own Babcock

---

*Simon Baruch wrote extensively on the topic of the carbon dioxide baths located in Nauheim, Germany. Here he is referring to Carbon dioxide baths in Saratoga Springs, New York. Baruch did much to popularize hydrotherapy and the carbon dioxide baths. —*Ed.*

says, "Nauheim baths must be ordered with extreme care. I now recall only one patient who appeared not to be benefited by these baths."

Angina pectoris of the so-called nervous or functional type, requires gradual neuro-vascular training, beginning with baths of five minutes at 93° F/34° C and diminishing the temperature in each bath, until 85° F/ 29° C without salines.

Groedel and Goldscheider regard the carbonic acid baths as the most excellent means of exercising the vasomotor nervous system and of raising the tone of the cardio-muscular nervous system. This is entirely in accord with my own observation. These baths, without salines, having brought me very satisfactory results in cases of nervous or false angina, which must be diagnosed cautiously.

In Basedow's disease and in neurasthenics suffering from nervous disturbances of the heart, manifested by easily produced palpitation without exertion, these cases should be carefully differentiated. The depressed type may be treated energetically with daily brief CO_2 baths at the Lincoln Spring which has the highest CO_2 content, beginning at 90 F/32°.

In the erythemic type, the carbonic acid baths are contraindicated.

Purely anemic patients should be treated with a full gas content (Lincoln Spring), without salines, increasing duration and decreasing temperature, beginning with 90° F/32° C and decreasing until the lowest temperature, which produces an agreeable reaction reached on account of the value of open air exercise after the bath in non-cardiac cases. I recommend the Lincoln and Empire Springs for the neurotic cases.

The Nauheim physicians have ascertained, by long experience that patients arriving there should be kept in absolute rest, before the baths are begun, until a fairly normal condition of the pulse and respiration are established. They should also have physical and mental rest before each bath. The most favorable time for the bath is in the morning, about an hour after a light breakfast. Patients should endeavor to be quiet in the bath and avoid inhalation of carbonic acid gas, which is not to be as apt to occur in the natural as in the artificial bath, in which it may be fanned off before entering. He should be dried gently, without friction, with warm linen sheets or towels and he should rest in bed in a well-ventilated room, one or two hours after each bath. A fairly strong patient, whose pulse is not easily excited, may walk slowly to his lodgings and there take a rest, but in the majority of cases, I regard it as advisable for the patient to ride in a chair to the hotel and in severe cases, he should not leave the bathhouse without resting at least an hour. The period of rest is the time for the physician to see him personally, if possible, in order to note the effect of the bath.

A reliable guide to the beneficial or other effects of the bath is the condition of the pulse, which should be reduced in frequency and somewhat increased in tension, in uncompensated or imperfectly compensated patients. Groedel, Sr., holds that cases that do not respond to digitalis are, as a rule, not benefited by baths. I am disposed to believe that this is too broad a statement, since we have in the bath (plain water or water containing CO_2 of varying temperatures and durations) means for adapting them to conditions that will not respond to digitalis.

An important auxiliary in the Nauheim method is the mechanical treatment by passive and active movements.

Mechanical Treatment

While rest is probably one of the most important elements in the management of cardiac ailments, exercise is of great service. The latter must be adapted, just like the baths, to the responsive capacity of the heart, with due regard to physiological principles that exercise of the voluntary muscles produce on emptying of the veins, which in advanced cardiac cases always are too well filled. That respiration may also be affected by certain mild forms of exercise, I have had abundant opportunity to prove. I have in mind a medical society meeting in which an eminent internist who, asked about this effect as a result of a recent visit to Nauheim, stated that the resisting exercises of the arms had no impact. However, on his declining he gave them to another colleague, who in reply to the question if he felt any effect, said that he felt somewhat fatigued.

Active exertion, like tennis or bicycling, etc., or long walks, are absolutely forbidden, but the energy of the heart may be trained by mild methods of exercising. Passive and resisting exercises followed by the Oertl system of walking, all of which must be applied with due regard to the reserve power of the heart and the vascular system, always bearing in mind that the latter is vicarious of the former. The physical condition of the patient is here of great importance. He must be absolutely calm during the exercises. In the passive method, the attendant grasps an extremity, with the right hand. Holding the adjoining portion of the limb, with the left hand, he flexes and extends it slowly several times, with a view to press the venous blood out of the muscles, increasing the arterial supply of the latter. This is repeated with the other extremities, after each of which the patient is advised to rest. In the resisting movements I still adhere to Schott's *Wiederstand Gymnastik*, consisting of slow movements executed by patient, and resisted by operator, short intervals allowed between each for rest, patient sitting in chair, rises for each movement. They may be alternated with the baths or follow the completed series.

Exertion should be small and cause no increased respiration, flushing or pallor. Patient should be loosely clothed and told to breathe quietly.

Resistance of such kind that the patient feels himself master. Operator must not grasp or constrict the limb, but oppose by hand held flatly.

1. Each movement is to be performed slowly and evenly, that is, at a uniform rate.
2. No movement is to be repeated twice in succession in the same limb or group of muscles.
3. Each single or combined movement is to be followed by an interval of rest.
4. The movements are not allowed to accelerate the patient's breathing, and the operator must watch the face for the slightest indication of (a) dilatation of the alae nasi; (b) drawing of the corners of the mouth; (c) duskiness or pallor of the cheeks and lips; (d) yawning; (e) sweating; and (f) palpitation.
5. The appearance of any of the above signs should be the signal for immediately interrupting the movements in process of execution, and for either supporting the limb, which is being moved; or allowing it to subside into a state of rest.
6. The patient must be directed to breathe regularly and uninterruptedly, and should he find any difficulty in doing so, or for some reason show a tendency to hold his breath, he must be instructed to continue counting in a whisper during the progress of each movement.
7. No limb or portion of the body of the patient is to be so constricted as to check the flow of blood.

Exercises

1. Arms extended in front of body on a level with the shoulder, hands meeting; arms carried out until in line and brought back to original position.
2. Arms hanging at sides, palms forward, arms flexed at elbow until tips of fingers touch shoulder, back to original position; one arm only moved at a time.
3. Arms down, palms forward, arms carried outwards and upwards until thumbs meet overhead; back to original position.
4. Hands in front of abdomen, fingers flexed so that second phalanges touch those of opposite hand; arms raised until hands rest on top of head; back to original position.
5. Arms down, palms against thighs, arms raised in parallel planes as high as possible; back to original position.

6. Trunk flexed on hips; return to original position.
7. Trunk rotated to left, to right; return to original position.
8. Trunk flexed laterally.
9. As No. 1 but fists clenched.
10. As No. 2, but fists clenched.
11. Arms down, palms against thighs, each in turn raised forwards and upwards until arm is alongside of ear, then turned outward; arm descends backwards.
12. Arms down, palms to thighs, both together moved backwards in parallel planes as far as possible without bending the trunk forwards.
13. Thighs in front flexed on trunk, opposite hand resting on chair.
14. Lower extremities in turn extended fully, and bent on trunk forwards and backwards to extreme limits of movements opposite hand resting on chair.
15. Legs in turn flexed on thighs, both hands on chair.
16. Feet together, lower extremities in turn abducted as far as possible and brought back to original position, opposite hand on chair.
17. The arms extended horizontally outwards are rotated from the shoulder joint to the extreme limits forwards and backwards.
18. The hands in turn are extended and flexed on the forearm to extreme limits and brought back in line with arm.
19. The feet in turn are flexed and extended to extreme limits and then brought back to their natural position.

These exercises are given on the Zander apparatus in Nauheim and other resorts.

The principal guide to a prescription of the Nauheim method, whether natural or artificial is adaptation of the bath in duration, temperature and gas and mineral contents, to each case, and a careful watching of the response of the heart.

Artificial Nauheim baths for use at home demand precision also.* This may easily be obtained by disregarding the directions in the package, and following this method. For example, if in the first series of baths a weak CO_2 water and full strength saline content are indicated, fill the tub with water, dissolve 13 ½ pounds sodium chloride and 1 pound calcium

*Artificial Nauheim baths could be prepared in the office using salts and acids to simulate the effervescence of carbon dioxide. —*Ed.*

chloride in it, then add quarter or half the quantity of the alkali and acid in the package. If a full strength of Nauheim water is indicated, dissolve the salines in the water then add all the packages for producing CO_2. The Nauheim bath is rarely given higher than 95° F/35° C nor lower than 86° F/30° C.; with good reaction it may reach 80° F/27° C.

Summary

The object of all treatments is to mildly raise the responsive capacity of the heart muscle by withdrawing obstacles to its free action at the periphery, and enhancing the ventricular energy by slow degrees. In other words, to train the heart muscles as we train the muscles of the arm, with dumbbells, by gradual increase of labor. This is a coarse analogy; no harm can be done to the healthy voluntary muscles by over-exercise, whereas the cardiac muscle acts involuntarily and is related intimately to the complicated machinery of the entire body, to which it furnishes pabulum for the organic activities. Moreover, we have to deal with a pathologic condition of a delicate organ, demanding cautious adjustment.

In Nauheim, they find a series of eighteen baths and not exceeding twenty-four of average usefulness. From this brief data it may be inferred that the routine prescription of a series of eighteen or less number of baths, which many American physicians are in the habit of prescribing, is not to be commended. Positive individualization, which involves examination after every two or three baths, is necessary in every case, not alone on account of occasional idiosyncrasies that may bring about serious or fatal results, but owing to the uncertainties in the responsive capacity of patients suffering from cardiac diseases, no two of whom are alike. One of my patients complained that a doctor in Nauheim, to whom I had sent him, was objectionable, because he seemed to pursue him, when he did not appear at his office, as directed. The patient regarded his motive as mercenary, but the fact was that this conscientious physician was intent upon protecting him against possible deleterious consequences from negligence of his prescriptions. It is safest to err on the right side and see the patient frequently. In conclusion I would urge that, as has been shown, the plain CO_2 bath, whether natural or artificial is not "just as good" in cardiac disease. It is a poor substitute for the Nauheim bath in which the salines insure Nauheim results.

Rheumatism, Gout And Sciatica*

by Louis Kuhne

Herald of Health and Naturopath, XXII (12), 342-354. (1917)



Louis Kuhne
(1835-1901)

Rheumatism is a disease so widely disseminated that you will no doubt be interested in hearing of the progress I have made in its treatment. In earlier times, only elderly persons, more especially males, were troubled with rheumatism. Nowadays it spares neither age nor sex, children even being especially liable to it. It may be confidently asserted that despite the innumerable remedies employed against it, the disease has increased. Any part of the body may be affected. Who has not at one time or another experienced those agonizing rheumatic pains in legs, arms, shoulders, head or teeth? The most feared of all is probably that affecting the joints, or articular rheumatism.

People take little trouble to discover the cause of this complaint. "I have caught cold," is always the story. Indeed, it is astonishing that the inventive spirit of our century has not tried to concoct some kind of weather without the unpleasant property of making young and old catch cold. There is something more to be said about this catching a cold. Suppose that in cold, wet weather a regiment of soldiers is dispatched into the open country, they being picked men of approximately the same age, and in the popular opinion, of nearly equal health. On their return, the effects will show in various ways. Some will complain of coughs and colds in the head, others perhaps of toothache, or some other rheumatic pain. Most of them will be in the best of health, or will even have gotten rid of some minor disposition, such as headache. Now all this is set down to the weather; and those who assert this would seem to be in the right, for the changes in the systems of the men were, as they themselves felt, caused by being always in the open air. The first cause, however, is sought in the wrong place. There is hardly a more false conclusion in the world than that drawn here that the same weather can at the same time make one person ill and another well.

It is a fact that for centuries sick humanity has indeed been but little aided by a theory of disease unable to solve such contradictions; on the

---

*Benedict Lust translated Louis Kuhne's book, *The New Science of Healing* (1891), and re-published it in 1917 as *Neo-Naturopathy, The New Science Of Healing*. Excerpts were included in *Herald of Health and Naturopath*. —*Ed*.

contrary rheumatic complaints, in particular, have spread very considerably.

Rheumatism frequently affects only one side of the body, or only one leg, one arm, or one shoulder. This circumstance alone, in my opinion, sufficiently proves that the weather is not properly to blame. For it is not at all probable that rheumatism would then have seized on only one leg or one arm, when both legs and both arms were exposed to the same influences. It likewise often happens that a person sits with his right arm towards a draughty window, but gets rheumatism in his left arm, though the latter was further away and better protected from the draught than the other. If, therefore, we would resist rheumatism with better success, then we must search more carefully after its cause.

Let us first observe what this disease has in common with other disorders.

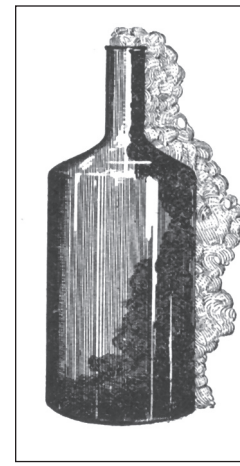
If we carefully examine a rheumatic patient, we shall find that he also has fever, and that the painful parts are inflamed and swollen, the digestion also being out of order. We find further that inflammation especially in articular rheumatism, always appears in certain places. The symptoms named at once bring us a step nearer to the cause. For the present, we must keep to the three symptoms: fever, inflammation and indigestion, and seek to discover what caused them. I have remarked that in rheumatism of the joints, the pains always appear in definite parts. Strangely enough in my extended experience it has not once occurred, that in articular rheumatism the principal pain was experienced in any other spot than *below* the joint, e.g. never above the knee, but always below it. That cannot be accidental, but must have a reason.

As already explained, the spreading of foreign matter in the body often takes place without occasioning fever to expel the matter from the system. The body then generally becomes encumbered to the fullest possible extent. With adults this is, in fact, generally the case, at all events in the temperate and frigid zones. If now a sudden fall in the temperature takes place, the matter will begin to retreat to its source. As we know, all bodies are expanded by heat and contracted by cold. This universal natural law also holds true in the human body. We see the expansion clearly in a case of fever, and on the contrary, the contraction of the limbs within the shoes or gloves with cold. This contraction of the limbs exerts a pressure on the foreign matter accumulated within them, setting it in motion and causing it to retreat towards its source, the abdomen. At the joints, the foreign matter accumulates, the course being obstructed by the continual movement of the joints. By reason of the pressure against the obstruction, inflammation is produced, causing violent pain. As the matter is on its way back, the inflammation and pain always appear below the joints, that is, below the knee, the shoulder joint, etc.

If we again reflect on the illustration of the soldiers, the conviction will grow upon us, that the real cause of illness must lie in the body itself, and that all the weather does is to occasion a reaction of the system, i.e. a transformation of the chronic, morbid condition, into an acute, feverish one. The symptoms of disease, therefore, appear only in those parts of the body in which a certain quantity of foreign matter is present.

To us, it is quite clear how *articular rheumatism* is caused. If we undertake the treatment of a rheumatic patient, an exclusively local treatment of the parts affected is, of course, absurd. To relieve the pain, to render the matter fluid, and to open up channels for it, a local steam bath may be given. For a cure, the foreign matter must all be gradually drawn to the natural organs of secretion, and there expelled.

This, of course, is true not only of articular rheumatism, but of rheumatism in general. Whenever it appears in the shoulders, back, side, neck or joints, it arises from friction; there must be some obstruction or resistance to the foreign matter. Now in the body, the fermenting matter does meet with resistance, since the fermentation cannot, as in the bottle, proceed unhindered. (See figure) Friction results everywhere, on account of the obstruction of organs such as kidneys, stomach, heart, lungs and joints. If there is considerable movement, pain is caused. It is evident that as the foreign matter comes in contact with, accumulates and settles on the organs, the latter suffer an alteration and become diseased.



All pain, all rheumatism (the specific term is of no consequence), every twinge, burning sensation and every pressure, arise only from friction, and friction comes only from motion. That is what I would say to you about the cause of rheumatism.

In proof of this theory, I will now proceed to describe a few of the many cases which so frequently occur in my extensive practice, and in this way explain to you the method of cure.

Case

At the beginning of this year, I was called to a woman who, as her husband told me, was suffering greatly from rheumatism, particularly in the right leg, also further up, in the joint, in the back and neck. "What treatment do you intend employing, Mr. Kuhne?" was the question she asked me. Previous treatment, extending over several weeks, had met with no success. To such queries I am accustomed. I explained, in the first

place, in what manner the pains were brought about: "According to my experience," I replied, "it would be purposeless for me to undertake any treatment of the legs, neck, back or thighs (wrapping them up in wadding and the like). All the pains of which you complain are symptoms of internal fever. We must not therefore use warmth, but must go on to the root of the disorder and diminish the great heat. You will soon come to see the correctness of this method." As the woman was quite helpless, the bath-tub was brought close up to the bed. The united efforts of three persons were required to get the patient, who screamed aloud at every movement, into the water. I instructed a sick-nurse to give the helpless patient a friction sitz bath. I think it was within scarcely 15 minutes when the patient, who at first constantly moaned and groaned, became quiet. "Well," I said, "you have grown very quiet all at once," to which she replied, "Yes, the pains have subsided." From this, you see that the treatment was correct. The pains in the back, thighs and neck arose in the manner I have explained, and could be relieved only by such treatment. In a few days, the woman was able to get out of bed unaided and to take the baths by herself, and in a few weeks she could again go about her work.

Case

Here is another case. An elderly man, who for months had been treated unsuccessfully for acute articular rheumatism, had me called in, and asked if I could still help him. I explained, after making a diagnosis according to the *Science of Facial Expression*, that it was not too late to aid him. It was the left leg which pained him. Treatment was applied, similar to that in the previous case, and two baths enabled the man to go away on foot, though he had come in a cab. Now, why did only the left leg happen to be affected and not the right?

This I will explain by the following examples.

In my explanation of fever, I have explained the one-sided accumulation of foreign matter, by showing like processes in a bottle. It is probably evident to you, without further explanation that a one-sided illness must come from a one-sided accumulation of foreign matter. Now you will perhaps ask, whence this latter arises, since it would seem probably that the body would distribute the matter as far as possible, in order to make more room? Well, as a matter of fact, the accumulations are, as a rule, not entirely one-sided; but they almost always begin on one side, and remain confined to that side until it becomes overloaded, whereby the matter is forced over more or less to the other side. The first side has for a long time the larger deposit. The cause of this one-sided accumulation is a purely mechanical one, resulting merely from the fact that matter obeys the law of gravitation. A few simple experiments will make this plain.

Suppose we take two glass bottles, fill them, to begin with, with pure water, close them, and leave them so overnight. On examining them the

next morning we find no alteration, nor can we see on which side the bottles have lain. If we shake up a little mud with the water in each bottle for the following night, and leave the bottles again in the same position, we perceive a difference next morning. On carefully taking up the bottles, we immediately see in what position they have lain over night. For on the side on which they have lain, mud will be deposited, above which the water will be quite clear. If we add to the mud, for the third night, any quick ferment, the appearance next morning will at first be the same; but on opening the bottles and conveying them into a warm place, fermentation begins in the interior, in the muddle sediment. The fermenting mass rises and escapes on that side upon which the bottle has lain. (See figure on page 351) Thus it is not an accident that the mass works out of the bottle on one particular side; for it will invariable issue from that side upon which it has collected in the bottle.

The fermentation would have begun in the mud, even without a special ferment, only it would then have depended upon the influence of the weather, and we might have had to wait a long time for it. You will have an illustration still more similar to the human body, if you imagine the fermenting masses in a carefully closed bottle with elastic sides. The fermenting masses need room, and this they obtain, as the bottle is closed, by stretching its sides.

These simple experiments illustrate the processes going on in the body; the matter is deposited on the lower side, and which this is, depends chiefly upon the position which we assume when sleeping.

On looking at a perfectly healthy person, one cannot see upon which side he is in the habit of sleeping. To him, also, it will be quite the same whether he sleeps on the right or left side, for he can lie as comfortable on one as on the other. When, however, the body is encumbered with morbid matter, it is very easy, according to my new method of diagnosis, to remark at once the greater or lesser deposit of matter on one side than on the other. When the accumulation of matter has become excessive, its distribution is more regular; while the condition has grown to be so uncomfortable, that the person affected can no longer lie quietly on either side, but tosses about uneasily.

When one side is especially encumbered, this side will always be affected more easily, or more intensely than the other. Thus, you see how it is possible for a person to sit with his right arm, for instance, next to a draughty window, and nevertheless, get the rheumatism in his left arm.

The one-sided body deposit, it is true, does not take place so quickly in the human body as in a bottle. Children are often born with a one-sided encumbrance, owing either to the one-sided position in which the mother has been accustomed to sleep during her pregnancy, or to the position taken by the child within the womb.

You will now see plainly why in the case of the patients mentioned

above, some of them had the toothache, etc., on one side only; and you will likewise perceive without difficulty, why my patient had the rheumatism only in his left leg. He had for years slept regularly on his left side, hence the one-sided encumbrance.

Case

A short time after treating the last case, I was called to Magdeburg, to be consulted about what was regarded as a very exceptional case of rheumatism. I went accordingly and found that the case was quite of the ordinary kind, but that the symptoms were very severe. The knee and ankle were extremely swollen and painful, and the man could not move his leg. The joints below the knee were highly inflamed, and the part above the knee was at the same time much swollen, so that the patient could not straighten out his leg. He told me that he had suffered much during his life. The disease had attacked him every year, and had grown worse every time. The man was encumbered with morbid matter from head to foot. New foreign matter was pressing on towards his knee, while the old sought to return. Induration would soon have set in, and then it would have been a case of gout. This was partly due to the fact that the disease had always been treated locally with warmth. The condition had changed, it is true, under this treatment, and apparent recovery had resulted, but in reality the disease had only been changed to a chronic one; the matter was quiescent, but ready to be set in motion by every fresh fermentation.

The diseased parts were now first softened by a steam bath, and the cold baths to draw off the morbid matter, very considerably prolonged. This treatment met with the greatest success in a very few days.

Case

I was consulted once by a woman who suffered greatly from gout in her hands and feet. She said that all remedies applied had been unavailing. I tried to explain to her that her ailment was owing simply to imperfect digestion, and that relief was possible only when digestion was restored and when the bowels and skin performed their functions properly. I advised her to take three friction sitz baths daily, and to observe a suitable diet, so that no new foreign matter might enter into the system. Some weeks later, the joints were no longer so cold as before, but quite hot. At a slight distance the heat could be distinctly felt. The cold baths had, therefore, not induced cold in the body, but warmth; their purpose is to remove the foreign matter and thus produce a better circulation of the blood, so inducing normal warmth. In a short time, the heat disappeared from the joints and the body assumed the natural degree of warmth, and the patient had recovered.

Another Case Of Gout

In a family where I had treated the children for some weeks with much success, I was summoned to a little chamber in which, I was told, their grandmother lived. She had often expressed a desire to have a word with me. "I see how successful you are with my grandchildren," she said; "can you not help me, too? I am in great pain, and give a great deal of trouble to all around me. I have been lying in bed for three years." I answered briefly: "It is quite possible, if certain conditions are procured; that is to say, better action of the bowels, kidneys and skin. Your sickness has arisen from defective secretions." "You may be right there, Mr. Kuhne, I have not perspired these many years and am, in fact, very glad of it; formerly I used to perspire much. It is the same thing with the bowels: once every four, five or six days; otherwise my digestion is good."

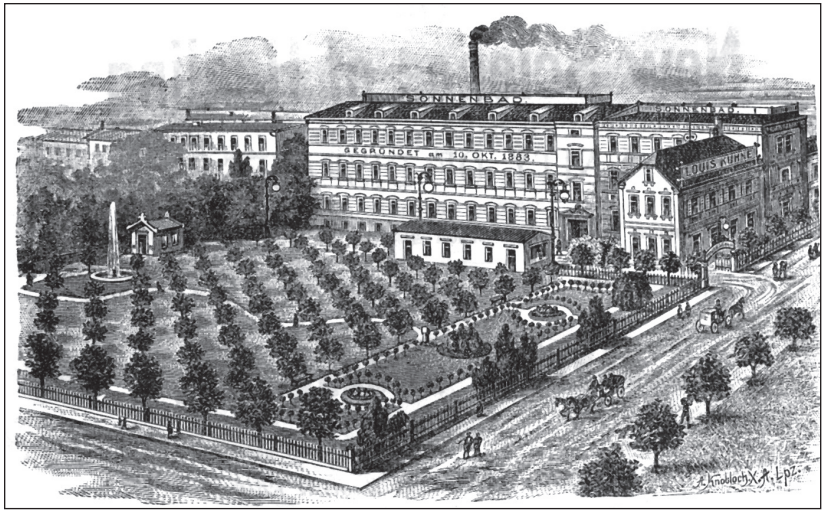
One often hears people saying that their stomach and digestion are excellent, only that they suffer from constipation. It is sad proof how little people understand about a good digestion. "Yes," I replied to the patient, "your food goes into the body well enough, but does not come out regularly. What becomes of substances that are introduced into the body? Gout is nothing more or less than a result of imperfect digestion." This seemed reasonable to the old lady, who was in her 70th year, and she requested me to begin the cure in a day or two. I sent my bath-woman to her and prescribed the manner in which the baths were to be taken. The patient had to take three baths daily, after which she was put to bed, in order to make her perspire if possible. She began perspiring sooner than we expected, and after each bath so freely that her nightdress had to be changed twice during the night. Within a few weeks she was so far restored that she could rise without pain and work about her room.

This patient had gout. The first cause was that her digestion was out of order, and one of the first effects of her imperfect digestion had been rheumatism. "As long as I had my shop, I always had a great deal of work to do, and did not pay much attention to my rheumatic pains," the patient explained to me one day. " After giving up business, however, I got the gout." In other words, gout came on because the rheumatism had not been attended to.

Sciatica

Sciatica, too, is nothing more than an inflammation of the hip joint, which comes about in the same manner as rheumatism, and consequently is cured in the same way. Let us hear what a former patient of mine writes in his gratitude:

"Herewith I send you my heartfelt thanks for the cure of my many indescribable sufferings.



Louis Kuhne operated his clinic in this building in Leipzig, Germany.

"I was attacked in the autumn of 1885 by violent pains combined with stiffness in my left hip, then in the right one, and in the small of my back, developing into general stiffness and rigidity. The physician whom I consulted diagnosed the disease as sciatica. His course of treatment brought on in addition severe photophobia (dread of light), nystagmus (quivering of the eyelids), shooting pains across the face, heaviness in the head, dreadful twinges and aches in the left arm and hand, and complete general debility, so that I could neither draw off my shoes and stockings, nor even get into bed without assistance. My hair turned quite gray in a short time, owing to the fearful pain.

I was treated unsuccessfully by more than twelve celebrated professors and doctors of this town, and was also exhibited as a remarkable case to the students by some of the University lecturers. A young physician used me as a subject to pass his examination for the State medical diploma. I was often for months at a time in the Municipal Hospital and the University Clinic. Finally, one professor and a doctor of the Leipzig University Polyclinic advised me, in January 1889, to consult Mr. Louis Kuhne, who just at that time was giving public lectures. I did so on January 23rd, 1889.

On January 24th, I commenced the baths. At the very first bath, considerable quantities of water were passed, the abdomen grew smaller, the head lighter, and for the first time in years, I was able to walk without the sticks, hitherto constantly used. On the same day, I presented myself to the professors of the University Polyclinic, at their request, to obtain their confirmation of the striking improvement in my condition.

After conscientiously pursuing the method of cure prescribed by you

for three weeks, I was able to report to you on February 13th 1889, at a public conference held by you, in the presence of some twenty or thirty students, that I was in perfect health, at the same time giving ocular demonstration of my statement by all kinds of movements.

Since then I have been quite well and able to work; I can carry a hundred-pound weight in each hand, whereas before I could not move, to say nothing of being able to work or carry weights. From the autumn of 1885 to January 23rd 1889, I had been treated by the leading physicians of Leipzig, my condition steadily growing more wretched and miserable. Between January 23rd and February 13th 1889, you restored me to health and ability to work, by your new method of treatment."

Strangely enough in my extended experience it has not once occurred, that in articular rheumatism the principal pain was experienced in any other spot than below the joint, e.g. never above the knee, but always below it.

The symptoms of disease, therefore, appear only in those parts of the body in which a certain quantity of foreign matter is present.

For a cure, the foreign matter must all be gradually drawn to the natural organs of secretion, and there expelled.

I instructed a sick-nurse to give the helpless patient a friction sitz bath. I think it was within scarcely 15 minutes when the patient, who at first constantly moaned and groaned, became quiet.

When the accumulation of matter has become excessive, its distribution is more regular.

The cold baths had, therefore, not induced cold in the body, but warmth; their purpose is to remove the foreign matter and thus produce a better circulation of the blood, so inducing normal warmth.

Gout is nothing more or less than a result of imperfect digestion.

She began perspiring sooner than we expected, and after each bath so freely that her nightdress had to be changed twice during the night. Within a few weeks she was so far restored that she could rise without pain and work about her room.

Cold Hands And Feet, Hot Head: Their Cause And Cure

by Louis Kuhne

Herald of Health and Naturopath, XXII (6), 354-355. (1917)

Let us now consider the origin of cold hands and feet and a hot head. We all know that the head ought to be cool, and the hands and feet warm, yet we very often meet with just the contrary state. Now let us see how these symptoms of disease arise. I said in one of my former lectures, that there is no disease without fever, and no fever without disease. Therefore, according to my assertions, this condition must also be a feverish one. That this is so in the case of a hot head, no one doubts. Cold feet and hands are less likely to be regarded as indications of fever. I maintain, however, that both, the hot head and cold hands and feet, are caused in one and the same manner. How can that be? Every disease is occasioned by the presence of foreign matter in the system. By fever—fermentation—this matter is transported from the abdomen into the remotest parts of the body. Some is deposited in these remote points, that is, in the head, feet and hands. If the fermentation matter enters the feet and hands, it finds there but very slight resistance. The foreign matter first accumulates in the toes, then in the feet, and thus spreads gradually upwards into the legs, obstructing the circulation and consequently lowering the warmth. It is the same with the hands. With many persons only the finger tips are cold at first; with others; only one foot; later on, in the course of years, they begin to complain also of the legs, which are cold up to the knee. Warm stockings are tried, but they too will not help for long. Even fur boots afford but temporary relief; there comes a time, when no warm clothing will suffice. The feet can no longer be warmed. This makes it very evident, that, as is well known, the clothing does not warm the body, but the body the clothing. If, in the beginning, the warm clothing does protect one against the feeling of coldness, the reason is that there is still a certain amount of warmth in the limbs, which is communicated to the thicker clothes and retained by them. This protection given by the warmer clothing does not long avail. Whenever the secretion of the skin and the regular circulation of the blood gradually decrease, the warmest clothing becomes useless.

With the head, it is quite a different matter. The brain, with its abundant supply of blood, is far more capable of offering resistance to foreign matter pressing upon it than the hands or feet. Hence, strong friction results, and as a consequence, warmth. Thus the riddle is solved. Exactly the same thing which makes the hands and feet cold, renders the head hot at first. Even the heat in the head terminates sooner or later. In my

practice, I have met with patients enough in whom the head had already grown quite cold. Thus there is a limit here also. When the foreign matter presses on the head in great abundance, the resistance here also ceases after a while, and the head likewise grows cold. A proof of the correctness of this supposition can be given only in the cures resulting from a treatment founded upon it. If a patient would be relieved from the chilliness in hands and feet and the burning feeling in the head, he must commence his treatment at the place from which the fermentation arises, that is, in the abdomen. The digestion must be regulated, and then the hands and feet will grow warm and the head cool. A cold head will at first grow warm again and then attain its normal coolness. This has been observed in a thousand cases, fresh instances occurring daily in my practice. Here I will add that sufferers from cold hands and feet are always especially liable to rheumatic attacks.

Cold feet and hands are less likely to be regarded as indications of fever.

I maintain, however, that both, the hot head and cold hands and feet, are caused in one and the same manner.

Every disease is occasioned by the presence of foreign matter in the system. By fever—fermentation—this matter is transported from the abdomen into the remotest parts of the body.

This makes it very evident, that, as is well known, the clothing does not warm the body, but the body the clothing.

Exactly the same thing which makes the hands and feet cold, renders the head hot at first.

When the foreign matter presses on the head in great abundance, the resistance here also ceases after a while, and the head likewise grows cold.

The digestion must be regulated, and then the hands and feet will grow warm and the head cool.

Specific Cures

by Louis Kuhne

Herald of Health and Naturopath, XXII (6), 355-357. (1917)

Case

I will now call your attention to some cures of such cases in my practice. In 1889, a Mrs. H. called during consultation hours, bringing with her, in child's carriage, her son, 13 years old. He was suffering from a painful curvature of the spine, upon which a considerable protuberance had already formed. The boy could walk only with the greatest difficulty, and with the aid of two sticks, and usually had to be wheeled in the carriage. I asked his mother what treatment had been employed. She informed me that the disorder had been so troublesome for over two years and medical advice was needed. A well-known physician, a Leipzig professor, had operated upon the boy and tortured him frightfully with an extension bed, steel splints and other instruments of constraint, but with no success. Medical and surgical aid were of no avail, as Mrs. H. had clearly perceived, for which reason she tried household remedies for some time before coming to me. I explained to her that the morbid matter had in this case sought out a place of deposit on the back, and that in order to cure the disease, the only way was to remove this matter. She understood my statements, and the treatment began that same day. The boy took three friction sitz baths daily, each lasting half an hour; the diet was strictly unstimulating and I insisted upon the child being as much as possible in the open air outside the town. In this still youthful body the foreign matter retrogressed with extreme rapidity, so that the result was surprising. After a week, the child no longer needed to be wheeled about, but could walk alone with his two sticks. A fortnight after, the latter also had become superfluous, and the body was far more erect. After two weeks' further treatment, the boy could again go to school, which he had been compelled to give up for a long time. The child followed this treatment for half a year, and was so far restored to health, that he could again carry his body perfectly straight, as Figure 2 shows.

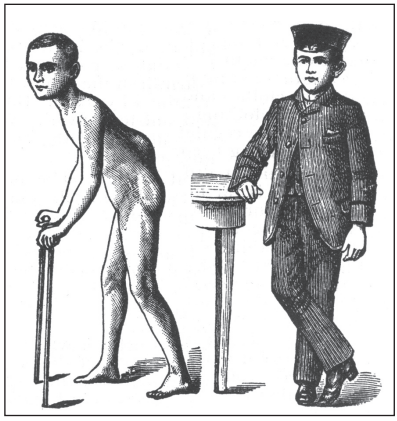
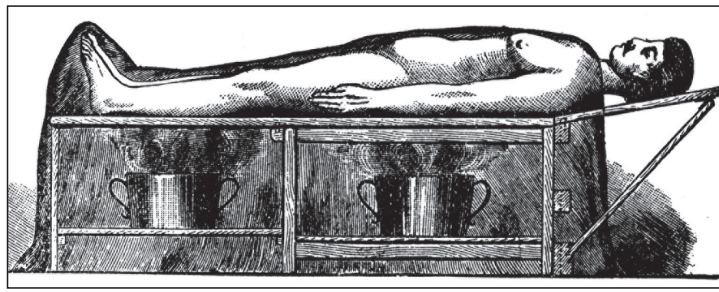


Figure 1 Figure 2

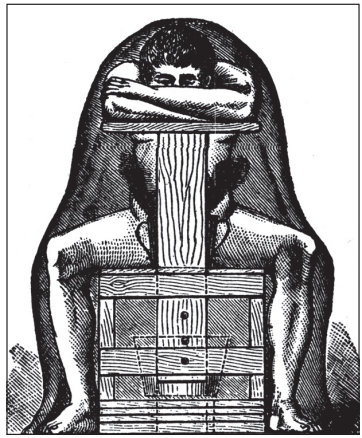
If I assert that the foreign matter which here produced the disease was the same as that which produces smallpox, scarlet fever, diphtheria, etc. in other cases, then it would also be expelled from the system, and thus a cure effected by the same method; and this I proved to these parents in their son's case to be a fact.

The very day on which this boy was brought to me, a woman whose menstruations were attended by an abnormally excessive loss of blood, and a girl 9 years of age, afflicted with a dreadful skin disease (tetters), who had in vain tried every other method of treatment, also sought my advice. Both were treated in the same manner as the boy, due allowance, of course, being for the individual circumstances, and all three were cured. This, however, could only have been the case if the cause of all three diseases was the same, and this fact the cures proved.

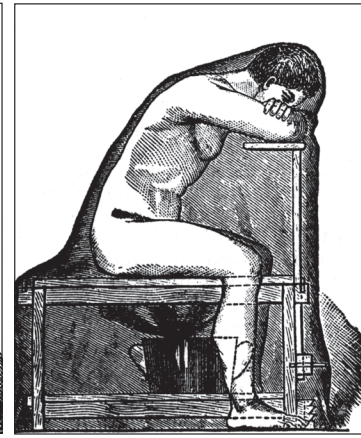
Now after all these remarks, I hope that the unity of all disease, *i.e.*, the uniform cause, has become plain to you. You can daily meet with proofs of this fact in my practice.



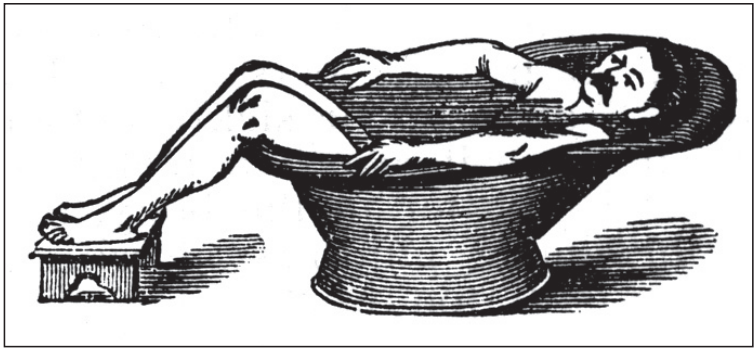
Steam bath devices designed by Kuhne: 1. Patient lying on a bed.



2. Sitting steam bath



3. Sitting steam bath (side view)



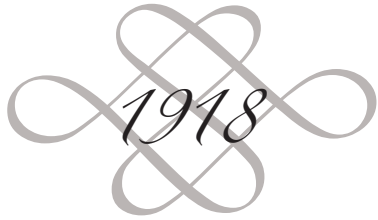
The sitz or sitting bath

I will now call your attention to some cures of such cases in my practice. In 1889, a Mrs. H. called during consultation hours, bringing with her, in child's carriage, her son, 13 years old. He was suffering from a painful curvature of the spine, upon which a considerable protuberance had already formed.

I explained to her that the morbid matter had in this case sought out a place of deposit on the back, and that in order to cure the disease, the only way was to remove this matter.

The boy took three friction sitz baths daily, each lasting half an hour; the diet was strictly unstimulating and I insisted upon the child being as much as possible in the open air outside the town.

The child followed this treatment for half a year, and was so far restored to health, that he could again carry his body perfectly straight, as Figure 2 shows.



Rational Treatment Of Neurasthenia

Dr. A. C. Biggs

Epilepsy And Agoraphobia

Chlorosis

Cancer, Proud Flesh

Louis Kuhne

How Do You Feel In The Morning?

William F. Havard

Acid Dyspepsia

H. E. Bliler

1897 1918

TWENTY-SECOND

ANNUAL CONVENTION

of the

American Naturopathic Association

to be held at

Cleveland, Ohio

June 6th, 7th and 8th, 1918

Every State and local society should immediately elect their delegates.

Every Drugless Physician is welcome.

All Sessions open to the public. We have no secrets to withhold from the truth-seeker.

Everyone is invited to attend.

Delegates and members coming from a distance can have accommodations reserved for them by writing to the Convention Manager, Dr. Wm. Vernon Backus, Permanent Building, 746 Euclid Ave., Cleveland, O.

Rational Treatment Of Neurasthenia

by Dr. A. C. Biggs

Herald of Health and Naturopath, XXIII (2), 136-138. (1918)



A. C. Biggs, M.D.

The chief virtue of cold application in neurasthenia is the strengthening of the nervous system and the development of the patient's will—the awakening of the *Vis*.

If cold applications are to be used, treatment should be commenced at a temperature agreeable to the patient and within his power to react and lowered gradually day after day.

The good effect of the cold shower in morphinism and melancholia is psychological as well as physiological. It requires a certain amount of character to take a cold plunge or chilly shower. One has to "brace up," use his will-power, and that is just what the average neurasthenic should do. There is no case of neurasthenia that cannot be benefitted by hydrotherapy—the physician's task being to select the particular form and adapt it to his patient's needs.

No single form of physiological treatment is more effective in true neurasthenia than electricity. This agency, however, is often condemned by those who know little or nothing about it, and many patients, who have known others to take electrical treatment with unpleasant results, fear it. But when unfavorable results occur, the fault lies entirely with the physician who used it, and not with the agent itself. Proper electric applications are directly and positively beneficial in the most severe cases of neurasthenia and nervous prostration. General faradization or general applications of the sinusoidal current are invaluable for overcoming muscular weakness and for improving metabolism. Central galvanization is almost specific in its action in certain forms of spinal irritation. Applications of the high frequency vacuum electrode over the occiput and spine are beneficial in every form of nervousness. It is also one of our most efficient agencies in relieving the various symptoms in neurasthenia. D'Arsonvalization is almost equally valuable for relief of local distress due to impoverished nerves, one pad (electrode) being placed over the organ affected and the other over the spinal segments supplying the nerves to that region.

In the splanchnic variety of neurasthenia, the sinusoidal current properly applied invariably gives prompt relief and is curative. One mode of application is almost magical in its effects: the patient lying face down

on a table, a large pad electrode is placed under the abdomen; the other electrode is now moved slowly up and down the spine, giving special attention to the upper dorsal region. A slow sinusoidal current is used of sufficient strength to secure vigorous but painless contracture of the spinal muscles or the dispersing electrode may be kept stationary at different points and 25 to 30 pulsations per minute obtained. This particular method is almost invariably effective in relieving the anemic headache which is so frequent in splanchnic neurasthenia.

Static insulation, crown breeze, static wave and brush discharge have been extensively used by many electrotherapists, and undoubtedly have a wholesome tonic effect and are beneficial in treatment of symptoms, but I have found them less effective than the high frequency sinusoidal and galvanism.

Vibration also has a wide field of usefulness in neurasthenia, general vibration being employed to improve metabolism and to overcome fatigue. It is a valuable aid in relieving symptoms, as nearly all nervous persons enjoy this form of treatment. In splanchnic neurasthenia, application is made in the upper dorsal region in the first to fifth intervertebral spaces, a small ball electrode being employed. In extreme nervousness, a soothing and quieting effect may be produced by gentle vibration with downward stroke from occiput to feet.

The arc and incandescent light applications to the spine are useful in all forms of spinal irritation, and seem to enhance the good effects of the sinusoidal and high frequency modalities.

The beneficial effects of massage, Swedish movement and manipulations of various kinds are too well known to require more than passing mention.

The importance of diet in neurasthenia cannot be over-estimated, yet there is not a diet for neurasthenia, but many diets for neurasthenics. The foods should be palatable, nutritious and well within the power of the patient to digest. The diet should be based upon the patient's condition and physiological needs. It is the physician's duty to cure the patient rather than to convert him to a dietetic theory. Theories differ. Foods especially rich in phosphorus and other cell elements have been advocated, but there is no way by which we can cause the elements to arrive at the desired destination. Therefore, if we select a mixed diet composed of carbohydrates, fats, proteins in proper proportion and in sufficient quantity to give the required number of calories, and have the foods agreeable to the patient and suited to his physiological condition and especially the condition of his digestive organs, we have really met the requirements of the case.

In nervous cases, it is advisable to go counter to the patient's habits and tastes only so far as is necessary to meet physiological needs. If he

is willing for you to select all his foods from the vegetable kingdom, do so. But in the absence of special reasons (intestinal auto-intoxication, arteriosclerosis, rheumatism, etc.), it is often unwise to force vegetarianism upon him, although the amount of meat should be closely limited. The physiological requirements must be met, however, and when meat is contraindicated, a strict non-meat diet must be enjoined.

Seldom, if ever, do we meet with a case of neurasthenia in which there are no mental factors. The nature of the disease leads to abnormal introspection and fixation of the attention upon various symptoms. Wrong habits of thought are formed and strange phobias (fears) and fancies are developed. Fear of open places, fear of being alone, fear of high places, abnormal fear of death, fear of insanity, all the various phases of hypochondriasis (belief in existence of certain ailments, inability to exercise when muscular system is normal, palpitation, loss of appetite) are all dependent upon the fundamental neurasthenic state. These psychic features must be treated by psychological methods.

Analyze the patient's psychic state, gain a clear and definite idea of the fears or habits of thought that cause his distress. Endeavor to learn their origin. Have the patient go into details regarding the first appearance of the phobia and trace all association. The sexual life at the beginning of the trouble must be carefully investigated. Remember that sexual suppression, disappointment, disgust, some fear associated with sexuality, or sexual desire in a person of neurotic temperament may be expressed in the conscious mind as fear of crowds, open spaces, high buildings, or any other phobia. The form of the phobia is dependent upon associations formed at the time of its first appearance.

Sexuality is not all-important. There are other factors in life. Psychic accidents happen just as do physical. A neurotic person convalescent from an operation or illness may become faint in an auditorium and for years after be unable to enter a church or other large building without keen mental and physical distress—associations have been formed between feelings of distress and the faculty of space perception.

Then, too, we have within ourselves strange survivals of remote times when fear was essential to our ancestor's safety. Only those who feared open spaces survived—the others were destroyed by wild beasts while away from shelter of the cliffs or forests. Fear of open spaces is therefore a long forgotten inheritance, but we have it. A man of neurasthenic tendencies may be looking out of his office window across a public square—he has overworked; he is on the point of nervous breakdown; his inhibitory powers are in abeyance; his mind wanders; he is in a semi-conscious dreamy state. But the faculty of space perception is active—he beholds the wide-spreading square, just as his ancestors viewed the dangerous valley from the cliff. Old associations are awakened for beneath the conscious

mind; old instinct paths are opened; an old fear is aroused; and he experiences a dread of the harmless city square. Such is the theory of some of the most profound students of the human mind as to the development of the neurasthenic symptom of agoraphobia.

Is it strange that such a condition cannot be overcome be massage, spinal concussion, milk diet or a phosphorus pill?

The problem is deeper. These "cranky" neurasthenics with their complaints and "funny" fancies will at least give one food for thought. The physician should view such a case with a profound reverence for the mysteries of the mind of man, and the complexity of the human brain.

They can be cured. I believe that every one of them can be cured by naturopathic methods such as we have just reviewed, in conjunction with simple common sense psychological methods.

There is no case of neurasthenia that cannot be benefitted by hydrotherapy—the physician's task being to select the particular form and adapt it to his patient's needs.

In the splanchnic variety of neurasthenia, the sinusoidal current properly applied invariably gives prompt relief and is curative.

Vibration also has a wide field of usefulness in neurasthenia, general vibration being employed to improve metabolism and to overcome fatigue.

The importance of diet in neurasthenia cannot be over-estimated, yet there is not a diet for neurasthenia, but many diets for neurasthenics.

These "cranky" neurasthenics with their complaints and "funny" fancies will at least give one food for thought. The physician should view such a case with a profound reverence for the mysteries of the mind of man, and the complexity of the human brain.

The BIGGS SANITARIUM
ASHEVILLE, NORTH CAROLINA



DR. A. C. BIGGS, DIRECTOR
Seventeen years experience in the practice of naturopathic methods

THE BIGGS SANITARIUM is situated in one of the most desirable residential sections in the metropolis of "The Land of the Sky." A City famous for its beauty as well as for its healthfulness.

This region is favored with the best all the year around climate to be found in America. Many thousands, residents of the Northern States and Canada, spend the fall and winter months in Asheville because of its healthful climate.

At the Biggs Sanitarium all the various successful forms of physiological drugless treatment are employed: massage, remedial gymnastics, mechano-therapeutics, spondylo-therapy, electricity, hydro-therapy, high frequency, electric light baths, arc light, X-ray, vibration, with special treatment in certain ailments, such as asthma, catarrh, paralysis, etc. Psychological treatment and mental training in indicated cases. Scientific regulation of diet is an important factor in our plan of cure.

Our teachings and practise in all matters of hygiene and correct living are in perfect accord with the advanced principles of THE NATUROPATH MAGAZINE.

Our patrons are almost exclusively from that large class of chronic sufferers which ordinary methods of treatment fail to cure. We treat successfully asthma, bronchitis, catarrh, dyspepsia, rheumatism, neuritis, neurasthenia, nervous debility, insomnia, melancholia, paralysis (including paralysis in children), and special diseases of men and women.

We do not accept cases of tuberculosis, cancer or insanity; neither do we accept any case that we consider incurable or or any reason undesirable.

SPECIAL ADVANTAGES: Thouroughly scientific diagnosis. Carefully arranged plan of treatment to meet the requirements of the individual case. Personal care and attention. All the comforts of home; pleasant rooms, electric light, steam heat. Congenial environment. Moderate charges.

Every patient accepted for treatment is allowed one week in which to become acquainted with us and to become familiar with our methods, *with the distinct understanding that if in any way dissatisfied treatment may be discontinued at the end of the trial week, and there will be no charge.*

Illustrated pamphlet describing our methods, diagnosis blank, testimonials and case records, and the names of physicians, clergymen, lawyers, editors and others who endorse our methods, will be sent *free* on request.

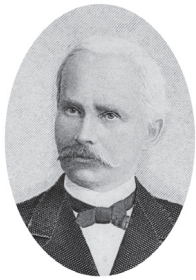
If you are not satisfied with your physical condition, write us and learn of these new and better methods of cure.

The BIGGS SANITARIUM ASHEVILLE NORTH CAROLINA

Epilepsy And Agoraphobia*

by Louis Kuhne

Herald of Health and Naturopath, XXIII (4), 352-354. (1918)



Louis Kuhne

From all classes of society today we hear the complaint about poverty of the blood and chlorosis. Neither poor nor rich, neither young nor old are free from these disorders, although there is a whole host of remedies in the field. It is the upper classes, supplied with ample medical advice, who use these remedies most, and especially in the form of what is called nutritious diet: eggs, flesh meat, bouillon, wine and beer, etc.

Modern medical science boasts of the great progress it has made. Chemistry and physiology claim to have ascertained exactly the nutritive value of all articles of food and their effect on the human organism. Yet in spite of all this scientific knowledge, the disorders are not in the least diminished, but spread more and more. They produce weakness, debility, and nervousness, and lead to abnormal sexual impulse. They prevent a proper supply of milk in mothers, and in short, they render people mentally and physically unfit, incapable to think or to act. They cause over-sensitiveness, weariness, heaviness in the feet and pains in the muscles. There is loss of appetite and the bowels no longer act regularly.

What is the position which the medical profession takes in regard to these diseases? Supported by chemical analysis, the doctors recommend the use of flesh-extracts, said to contain all the constituents necessary for eruption. Quiet prevails for a time, until new tension is caused by processes of combustion, decomposition and reformation within the earth. The process is similar in epileptic fits. An encumbrance of foreign matter forms within the abdomen, causing slow, yet constant fermentation, attended by the development of gas and tension. The seat of encumbrance here being limited in space by the foreign matter, there is a constant increase in tension, assisted by the continual fermentation. Finally, there is an eruption, which brings on the fits, and through pressure on the brain, suspends the functions of the latter. When the process of fermentation and the attendant pressure subside, consciousness returns, although the entire body remains more or less exhausted after such a violent attack.

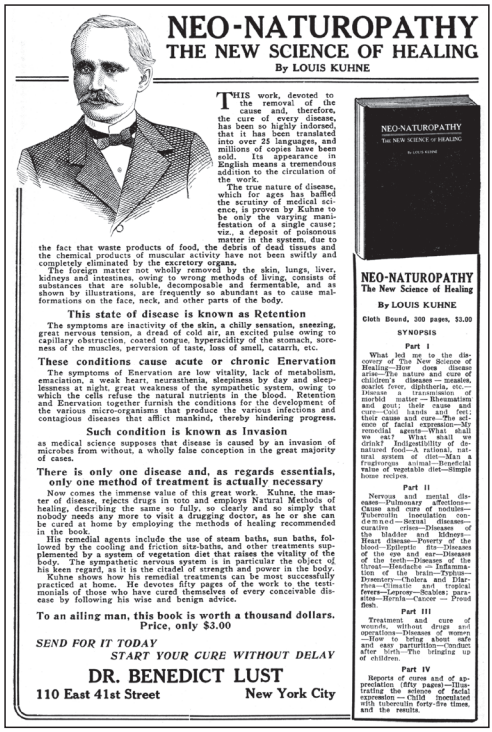
It is much to be regretted that the medical profession is unable to cure epilepsy, and still more so that it does not up till today even know its character. Often, it regards this disease merely as a nervous disorder. Little

*The title of this article was "Poverty of Blood, Chlorosis" which was mistakenly mistitled by the publisher at the time (1918). —*Ed.*

does it think that all these, as it considers them, incurable and mysterious disorders, are chiefly its own work: the fruit of misled science, wrong advice as to the care of the health, and the use of injurious remedies, such as potassium bromide, etc.

The course of cure in epilepsy differs much, according to the encumbrance of the patient. With some, the attacks gradually decrease very soon after beginning treatment; with others, they at first appear oftener. Owing to the changes going on in the system, such temporary symptoms occur frequently; but as soon as the encumbrance is expelled, they gradually, or even suddenly, disappear. They become weaker and weaker, until they are merely swoons or giddiness, which quite disappear on continuation of the cure. In advising patients, it is therefore well to call their attention to the probable course of the cure. Here again my *Science of Facial Expression* serves as an excellent means to foresee those curative crises which may be unavoidable, especially in the case of serious encumbrances.

We come to see that the curability of epilepsy depends solely upon the



NEO-NATUROPATHY
THE NEW SCIENCE OF HEALING
By LOUIS KUHNE

THIS work, devoted to the removal of the cause and, therefore, the cure of every disease, has been so highly indorsed, that it has been translated into over 25 languages, and millions of copies have been sold. Its appearance in English means a tremendous addition to the circulation of the work.

The true nature of disease, which for ages has baffled the scrutiny of medical science, is proven by Kuhne to be only the varying manifestation of a single cause; viz., a deposit of poisonous matter in the system, due to the fact that waste products of food, the debris of dead tissues and the chemical products of muscular activity have not been swiftly and completely eliminated by the excretory organs.

The foreign matter not wholly removed by the skin, lungs, liver, kidneys and intestines, owing to wrong methods of living, consists of substances that are soluble, decomposable and fermentable, and as shown by illustrations, are frequently so abundant as to cause malformations on the face, neck, and other parts of the body.

This state of disease is known as Retention

The symptoms are inactivity of the skin, a chilly sensation, sneezing, great nervous tension, a dread of cold air, an excited pulse owing to capillary obstruction, coated tongue, hyperacidity of the stomach, soreness of the muscles, perversion of taste, loss of smell, catarrh, etc.

These conditions cause acute or chronic Enervation

The symptoms of Enervation are low vitality, lack of metabolism, emaciation, a weak heart, neurasthenia, sleeplessness by day and sleepiness at night, great weakness of the sympathetic system, owing to which the cells refuse the natural nutrients in the blood. Retention and Enervation together furnish the conditions for the development of the various micro-organisms that produce the various infections and contagious diseases that afflict mankind, thereby hindering progress.

Such condition is known as Invasion

as medical science supposes that disease is caused by an invasion of microbes from without, a wholly false conception in the great majority of cases.

There is only one disease and, as regards essentials, only one method of treatment is actually necessary

Now comes the immense value of this great work. Kuhne, the master of disease, rejects drugs in toto and employs Natural Methods of healing, describing the same so fully, so clearly and so simply that nobody needs any more to visit a drugging doctor, as he or she can be cured at home by employing the methods of healing recommended in the book.

His remedial agents include the use of steam baths, sun baths, followed by the cooling and friction sitz-baths, and other treatments supplemented by a system of vegetation diet that raises the vitality of the body. The sympathetic nervous system is in particular the object of his keen regard, as it is the citadel of strength and power in the body.

Kuhne shows how his remedial treatments can be most successfully practiced at home. He devotes fifty pages of the work to the testimonials of those who have cured themselves of every conceivable disease by following his wise and benign advice.

To an ailing man, this book is worth a thousand dollars.
Price, only $3.00

SEND FOR IT TODAY
START YOUR CURE WITHOUT DELAY

DR. BENEDICT LUST
110 East 41st Street **New York City**

NEO-NATUROPATHY
The New Science of Healing
By LOUIS KUHNE
Cloth Bound, 300 pages, $3.00

SYNOPSIS

Part I

What led me to the discovery of The New Science of Healing—How does disease originate?—The cure of children's diseases—Measles, scarlet fever, diphtheria, etc.—Disease a transmission of morbid matter — Rheumatism and gout; their cause and cure—Cold hands and feet; their cause and cure—The science of facial expression—My remedial agents—What shall we eat?—What shall we drink?—Individuality of natural food—A rational, natural system of diet—Man a frugivorous animal—Beneficial value of vegetable diet—Simple home recipes.

Part II

Nervous and mental diseases—Pulmonary affections—Cause and cure of nodules—Tuberculin inoculation condemned—Sexual diseases—Diseases of the kidneys and the bladder—Alburia—Heart disease—Poverty of the blood—Epileptic fits—Diseases of the eye and ear—Diseases of the teeth—Diseases of the throat—Headache — Inflammation of the brain—Typhus—Dysentery—Cholera and Diarrhea—Climatic and tropical fevers—Leprosy—Scabies; parasites—Hernia—Cancer — Proud flesh.

Part III

Treatment and cure of women without the use of specifics—Diseases of women—How to bring about safe and easy parturition—Comfort after birth—The bringing up of children.

Part IV

Reports of cures and of appreciation (fifty pages)—Illustrating the science of facial expression—Child inoculated with tuberculin forty-five times, and the results.

Louis Kuhne published his book *The New Science of Healing* in German in 1891, which was translated into English in 1901. In 1917, Benedict Lust translated Kuhne's book and renamed it, *Neo-naturopathy, the New Science of Healing.* Kuhne's book would later form the basis of Nature Cure espoused by Henry Lindlahr.

state of the encumbrance of the patient. In nearly all cases, a cure has resulted by my method. Some cases may have been tedious or even incurable, when the patient's condition was already too chronic; and when the body, particularly the digestion, had been too seriously injured by the customary medicaments, such as bromine. In such patients, the nerve connections and the brain have been too seriously distributed to allow a return to the former state. In my establishment I had have some obstinate cases, which have required most careful treatment on my system for years before the attacks ceased. Cessation of the fits must not be looked upon as always signifying that the patient's encumbrance has been gotten rid of. For the complete removal of such, a still longer time is often required.

According to the report of the National Medical Commission, in 1889 the number of epileptic school children in Saxony was at the end of that year, 795, or 13.6 in every 10,000 children. It is, therefore, much to be wished, in the interest of suffering humanity that the successful cures of the *New Science of Healing* should also become better known in influential and authoritative circles.

I cannot refrain from also introducing here an actual case which I have treated for the purpose of elucidating the subject.

Case

A girl of nineteen had suffered for six years from severe epileptic fits. Every week she has at least two attacks. Her digestion was the worst possible, and her menstruation likewise altogether irregular. Not once since puberty had she had normal periods; sometimes they remained away altogether, at other times appeared too frequently.

By means of my *Science of Facial Expression*, I found that she was also highly chlorotic, with a disposition to consumption. Her head was abnormally large. The state of the encumbrance was, however, favorable, so that I could assure her of a good prospect of success. In order that she might not mistake the course of the cure, I called her attention to the fact that the attacks might possibly, during the first fortnight, be more frequent than before, but then would gradually diminish, and finally cease entirely. My natural remedial agents did not desert me in this case either. Steam baths, however, as in most epileptic cases, had to be avoided. In three weeks the patient was free of all fits.

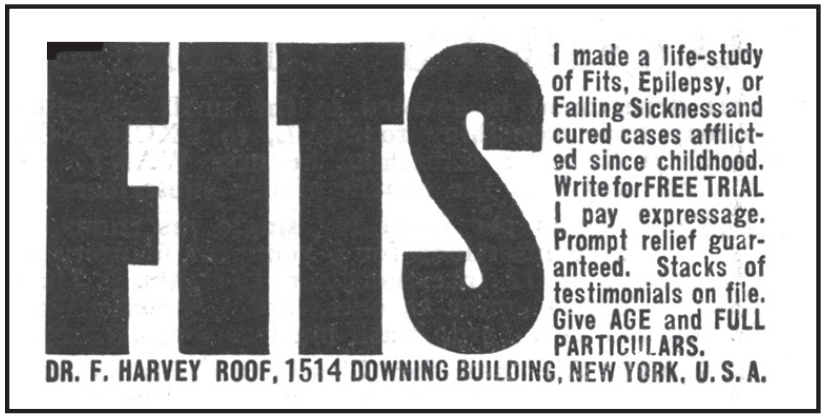
The cure took the exact course, which I had foreseen. In the first days there were two, three, or even more attacks. After sixteen days these gradually passed into swoons, and giddiness, and finally ceased entirely. Such speedy success was only possible on account of the patient's digestion having fortunately improved with surprising rapidity and the menstruation having soon become normal. In many cases, so rapid a cure is

not to be effected. The quick cure here was to be attributed solely to the very favorable position of the encumbrance of the patient. Other epileptic cases which I have treated have required two, three, or more times as long to cure. (see Reports of Cures, Part IV)*

Agoraphobia

Agoraphobia is a condition in which the persons afflicted are unable to go across a broad, open space. This disease, also, is simply the result of encumbrance, with foreign matter. The condition is due to the inner tension of the body being no longer able to offer sufficient counterpressure to that exerted by the atmosphere; or, it may be, it exerts too high a pressure on certain internal organs. The rarer and purer the air, the more is the oppression felt by such persons. I have had patients under treatment, who could only walk close to the houses, without falling down. This comes from the fact that the air there is always a little denser than in the middle of the street; and though the difference is very slight, it is still sufficient to be felt by the patient. Wherever the air grows purer and rarer, the patients feel oppressed and disquieted in the highest degree. The inner pressure deprives them of all support.

This disorder, like tuberculosis and cancer, is always a final stage of other preceding diseases, whether it appears directly or indirectly through being inherited. Whether a patient will recover depends altogether upon his condition and the encumbrance. A radical cure, in any case, can only be effected by my method, which removes the cause. The cure, it is true, often requires a long time.



*Louis Kuhne's book, *The New Science of Healing,* included in its last chapter 133 cases of cure ranging from epilepsy, cancer, diphtheria, rheumatism and many other diseases. —*Ed.*

Modern medical science boasts of the great progress it has made.

Yet in spite of all this scientific knowledge, the disorders are not in the least diminished, but spread more and more. They produce weakness, debility, and nervousness, and lead to abnormal sexual impulse.

We come to see that the curability of epilepsy depends solely upon the state of the encumbrance of the patient.

Agoraphobia is a condition in which the persons afflicted are unable to go across a broad, open space. This disease, also, is simply the result of encumbrance, with foreign matter.

Chlorosis*

by Louis Kuhne

Herald of Health and Naturopath, XXIII (4), 354-357. (1918)

That sudden, malignant complaint which attacks the human organism, those morbid paroxysms commonly known as epilepsy, which overcome the body. They are but the conclusion of a series of preceding diseases which have been suppressed or are the result of inherited disorders, too often to be traced to the youthful folly of the father. In the latter, the treatment of sexual disease with drugs has driven back the foreign matter into the body, with the natural result that accumulations of such morbid matter have formed in the parents. The transference of this matter to the body of the child is the foundation of the disease which we call *fits*.

In the course of my practice, I have treated numerous cases of epilepsy with striking success. How often have I seen that sudden epileptic attacks are nothing more than sudden ebullitions of fermenting foreign matter, which had first developed in the abdomen. In many cases these ebullitions of fermentation first pass down into the legs, only afterwards pressing upwards. By the outbreak of fermentation, many persons are first whirled round, as it were, several times, before falling. Others again, as soon as the fermentation rises towards the head, lose consciousness and fall to the ground.

These processes in the body may be compared to the outbreak of a volcano, when the expanding gases and masses, accumulated within the earth, suddenly rush forth. For the building up and maintaining of the human body, they advise a liberal diet and prescribe pills and powders, quinine and iron in various forms. What is the result of this treatment? In general, just the contrary of that hoped for. The blood becomes still poorer, the patient becomes more chlorotic, and other troubles may set in in addition, the sole cause of which is the unnatural medical treatment. Astonishing though it may sound, it is a fact that today we can even find newborn babes suffering from poverty of blood.

These observations bring us to the conclusion that the modern treatment and diet in these cases cannot be the right one. It must also be admitted that chemistry is not sufficient to prevent errors when dealing with the processes going on in the living body. According to our experience, artificial extracts of all sorts, and artificial preparations used for the purpose of "feeding up" the patient, are most difficult to digest and are often not to be digested at all. Foods in the natural form, unchanged by cooking and seasoning, are always the easiest to digest.

---

*The original title for this article was "Epileptic Fits, Agoraphobia" which was erroneously mistitled by the publisher at the time (1918). —*Ed.*

My *New Science of Healing* teaches an entirely different treatment of these diseases. The external symptoms of anemia and chlorosis give us no clear idea of their nature. We know that a normal skin never has the pallid color of an anemic patient. Nor is the skin ever too red, yellow or brown, but always feels *moist* and *warm*. Healthy blood is bright red and thin, even in the veins; blood loaded with morbid matter, on the contrary, is darker, nearly black, thick and half coagulated. In addition, where the encumbrance is very great, the blood vessels are partly expanded and sacs are formed to contain the largest masses of blood. This expansion sets in gradually, in consequence of the continual tension and inner pressure accompanying the encumbered state. In all chlorotic and anemic persons, we therefore notice, besides the pallid skin, conspicuously dark veins. Normal veins, filled with easily flowing, healthy blood, shine but faintly through the skin. At all events they never exhibit the blue color and distention seen in the case of persons suffering from chlorosis. Further, we see in the case of such persons, a pale, withered inactive skin, which often appears wax-like, and of a greenish yellow color. In other anemia patients, again, the face is red and the complexion fresh, but notwithstanding this there is complete incapability, debility and deficient chylification. This condition, owing to the apparent health, is often set down by the medical profession as an "imaginary disease".

In anemia and chlorosis there is always too much internal heat, with an external sensation of cold. And here we have the explanation of these diseases, which like all other chronic diseases, point to internal latent fever.

Imperfect digestion in conjunction with *insufficient activity of the skin and lungs, i.e.* want of good food and air—are the sole causes of these diseases. In consequence of the imperfect digestion, masses of foreign or morbid matter accumulate, causing tension and increased heat in the unhealthy body. In a state of gaseous fermentation, they pass through the whole body and are deposited especially in the extremities directly under or in the skin. The finest blood vessels of the skin thus gradually become obstructed and the blood is no longer able to reach them, so that there is not the warm feeling which a healthy skin presents. The skin, on the contrary, appears pallid and withered.

Thus it is imperfect digestion which is chiefly to blame for anemia and chlorosis. In activity of the lungs, with its consequences, is another cause, due in turn, to the want of fresh, healthy air. Unfortunately, the fear, fostered by physicians, of taking cold, keeps many people from properly ventilating their rooms and so admits of the injurious influences of bad air proving all the more effective. The orthodox medical school well knows, that it is the lungs which by the respiration of fresh air renew the blood; nevertheless, in cases of sickness, the mistake is made of keeping the patient confined to his chamber, and advising him to avoid all contact

with the fresh air. But this also, so clearly characterizing the imperfection of the orthodox medical system, is to be explained.

Allopathy, which does not recognize the real cause of disease, makes no endeavor to remove the morbid matter from the body, but only to suppress the symptoms of the disease. It transforms every illness into a chronic state, not observed by the uninitiated, and calls this a "cure". But as we shall see, such a cure is only apparent, not real. Unfortunately, no one has possessed a certain and infallible method of discovering these pseudo-cures. Now, however, we have my *Science of Facial Expression*, which enables every student of the system to recognize whether the cure is real or not.

When unnatural medicaments are employed for the purpose of curing *bloodlessness* and *chlorosis*, the stomach is burdened with still more indigestible matter and the condition rendered worse. These diseases can be cured only by expelling the foreign matter from the system, but never by medicaments. By drugs, including that favorite remedy for anemia, iron—the stomach soon becomes so weakened that the patient has no appetite except for strongly seasoned, piquant dishes. Such, however, we are convinced, are altogether indigestible and operate solely to stimulate the system, until there is finally no longer any normal appetite at all. Then the doctor will recommend a highly nutritious diet, "nourishing" wines, meat, and eggs, aided by still stronger medicines than before. Then the patient, finding ultimately that his physicians do him no good at all, begins to despair and only then, unfortunately, when in this sad condition, generally seeks my advice. The first week under my treatment usually suffices to open the eyes of my patients as to the mistakes of the orthodox medical school, and the successful result of the cure converts them finally into enthusiastic disciples of my *New Science of Healing*.

As soon as the foreign matter obstructing the pores and impeding the circulation is removed, the blood again circulates to the surface of the body, renews its warmth and restores to it its normal color and moist condition.

The easily digestible, unstimulating foods, which I advise, are particularly suited for anemic and chlorotic patients.

I repeat, that fresh, natural air as found *outside* or in our rooms when the *windows are open,* possesses, like water, the power of aiding in a natural manner the curative crisis which Nature causes to take place in our bodies. Unfortunately, our orthodox physicians, on the plea of avoiding the danger of colds, forbid the use of these two important factors, fresh air and cold water, a proof of how little they understand of the nature of colds. Unable without serious injury to the organism to effectually combat chills, they endeavor before all things to prevent such appearing, and to this end use the means most suitable for suppressing the reactionary power of the body.

To anyone who has studied my theory of disease as previously outlined, a cold is a quite harmless symptom: it is, indeed, to be welcomed. A really healthy person cannot catch a cold, because there is no foreign matter in his body. Again, a person who is encumbered with such matter, but who lives in a natural way, knows that by a suitable use of cold water, fresh air and an unstimulating diet, he will be able to recover his health. He will thereby attain a hardiness and inner bodily purity, which he did not before possess. He knows, too, that colds, caused especially by sudden changes of temperature, can only be brought about by the fresh air so strengthening the vitality of the body as to enable it to produce a curative crisis, which appears in the form of a cold. By means of this crisis, the body will be able to expel a quantity of the foreign matter. Such a crisis, therefore, far from doing injury, assists the body to return to better health.

The treatment of anemic and chlorotic patients must be adapted to the particular individual, being mild or energetic, as the case may require. Advice exactly applicable to every patient, cannot be given. From the following report, however, the chief general principles may be learned.

Case

A girl of nineteen had been under allopathic treatment of chlorosis since her fifteenth year. Her physician had at first prescribed iron in the form of pills, then as a mixture with pepsin and other medicines. He had further advised her to take only the most "nutritious" food: meat and bouillon, ham and eggs every day, with one or two glasses of Hungarian wine; instead of tea or coffee, he recommended good boiled milk. Water, he said, might contain many dangerous miasmata, so he advised her to rather drink some "strengthening" beer. His directions were conscientiously followed for months and years, but without success. The girl's condition at first was bad enough, by the treatment it was made far worse. Her digestion became much weaker and despite the strengthening diet she was literally starved. She gradually grew weaker, paler and more discontented in mind. She plainly felt that the doctor's prescriptions did her no good, yet she laid the blame not on them, but on her own body, believing that she was incapable of regaining health. The strengthening food which she ate passed through her body, it is true, in spite of constipation, but afforded no nourishment for the system, since the stomach was altogether debilitated. From puberty, her menstruation had never been normal, being always irregular. After four years of allopathic treatment, her condition was wholly miserable. Melancholy and weary of life, languid, distrustful and haunted by thoughts of *suicide,* excessively nervous, a burden to others and herself, this poor mistreated girl came under my hands.

I immediately changed her diet, giving her entirely unstimulating,

easily digestible vegetarian food, prescribing as a beverage only pure water, and recommending besides, abundant exercise in the open air. Further instructions were to sleep with the windows open, and to take three friction baths daily and two steam baths weekly. In a week, the patient's frame of mind was already completely transformed. Her pessimistic and morbid mood had changed to one of joy and delight in life. Within four months, both digestion and menstruation had become fairly normal, and the girl was, so to say, regenerated. Her skin which before could not be brought to perspire, now became normally warm and moist. In six months more, the girl developed in a truly astonishing manner, and within a year, she was completely cured.

Astonishing though it may sound, it is a fact that today we can even find newborn babes suffering from poverty of blood.

It must also be admitted that chemistry is not sufficient to prevent errors when dealing with the processes going on in the living body. According to our experience, artificial extracts of all sorts, and artificial preparations used for the purpose of "feeding up" the patient, are most difficult to digest and are often not to be digested at all.

Healthy blood is bright red and thin, even in the veins; blood loaded with morbid matter, on the contrary, is darker, nearly black, and thick and half coagulated.

In anemia and chlorosis there is always too much internal heat, with an external sensation of cold.

In consequence of the imperfect digestion, masses of foreign or morbid matter accumulate, causing tension and increased heat in the unhealthy body.

Unfortunately, the fear, fostered by physicians, of taking cold, keeps many people from properly ventilating their rooms and so admits of the injurious influences of bad air proving all the more effective.

To anyone who has studied my theory of disease as previously outlined, a cold is a quite harmless symptom: it is, indeed, to be welcomed. A really healthy person cannot catch a cold, because there is no foreign matter in his body.

Such a crisis, therefore, far from doing injury, assists the body to return to better health.

Cancer, Proud Flesh*

by Louis Kuhne

Herald of Health and Naturopath, XXIII (5), 463-468. (1918)

Cancer can be cured by the use of my method. A certain cure can nevertheless only be expected by such persons having a tolerably good digestion, and sufficient vitality to overcome the severe crises, which are unavoidable. It is only those thoroughly acquainted with my method who will be able to cure cancer, like tuberculosis and dropsy, a most dangerous disease.

Case

A gentleman, about 50 years of age, was suffering from cancer of the nose, and had consulted the most celebrated physicians of the orthodox school. They were able to tell him that he had cancer of the nose, but they could not cure it, not knowing its nature and cause. These physicians had all applied sharp and poisonous medicaments to the nose, in order to get rid of the local symptoms of cancer. But just as a tree is not decayed only where there is a rotten branch, so in cancer, the external gangrenous ulcerating new growth is not the disease itself, but only the place where it is most advanced. The rottenness of the bough is no local disease of the tree which we at once see when the tree is felled. On dissecting a body, the physician can ascertain that the whole system of the cancer patient was diseased. It is certainly to the advantage of the patient if this can be recognized beforehand!

My patient had been suffering for years from most severe indigestion. Curiously enough, this had quite escaped the attention of the modern scientists, who occupied themselves exclusively with the patient's nose. Had they had the slightest notion of my *Science of Facial Expression*, the gangrenous condition of the nose would have afforded them positive information concerning similar internal conditions in the patient's abdomen. The patient fortunately now recognized the uselessness of all the local treatment, and being of an optimistic nature and full of hope, came to me. The nose and upper lip were completely eaten away, the tip of the nose on the point of disappearing, and the color of the skin of the nose showed gangrene. There was obstinate constipation and irregular urination, often attended by frightful pain, which however, happily did not permanently affect the patient's spirits.

His constitution responded very readily to my treatment, his vitality being still considerable. His digestion in particular, and consequently

---

*This article on cancer is an excerpt from the original article. —*Ed.*

his entire condition improved rapidly. From week to week the cancerous inflammation of the nose abated without any local treatment. First it became flaming red, the normal color of the skin being restored after about four months. The nose itself, together with the upper lip, healed during this time from within, without leaving any scar whatever.

The means here employed were wholly unstimulating, dry diet, especially suited to the patient's condition and digestion, my friction hip and sitz baths, and once or twice in the week a steam bath for the whole body, or only for the head, when the pain and inflammation were no longer to be borne. The baths were necessary every two hours. During these baths, the pains always decreased, so that the patient felt most relieved when bathing. Already on the second day the internal gangrenous inflammation began to travel downward, becoming apparent by the sore at the part rubbed during the friction sitz bath. This caused the patient great anxiety, the condition being naturally attended by severe pain. I explained to him, however, the cause of this, remarking that he must choose between quietly going through this derivative process and certain death. I also called his attention to the fact in the same degree in which the inflammation had appeared at the point of friction, it had disappeared from the nose. This he perceived, and decided to follow my further directions. His only way to freely get over this painful condition was by frequent bathing, and he soon had the satisfaction of attaining his purpose.

During the treatment the patient suffered at first from a temporary return of an old kidney complaint, and then from a sexual disorder, but both in a far milder form then previously. These diseases had not, as had been imagined, been healed at their first appearance, but only forced back into the body by the drugs used. They were the preliminary stage to cancer of the nose, but only gave direct rise to it when thus treated with medicaments. The secretions during the treatment for cancer of the nose left no doubt of this. The pus secreted smelt at times exactly like the drugs which he had taken for the kidney and sexual disorders. As already observed, this is because the body envelops poisonous medicines in mucus, these mucus covered lumps remaining in the system, and under the influence of the inner heat, gradually begin to chondrify and dry up. Under proper hydropathic treatment, these firm and hardened masses of mucus dissolve again, and if the vitality is raised, are secreted from the system. In my practice I have seen confirmation in many thousands of cases, and have likewise observed how seriously the use of drugs delays the real cure of the disease by my method. It is, moreover, the excretion of drugs from the system which causes the sufferer most pain. This my patient also experienced. But his steady improvement encouraged him to continue my treatment until he had become perfectly free from his serious disorder.

It must not be supposed that the place where the friction is applied during the friction sitz bath will in the case of *every* patient become sore through the gentle rubbing with cold water. Sores arising from the friction during the sitz baths, which are especially observed in chronic disease such as cancer, only occur in special cases and in definite forms. If there is no inner latent inflammation, or if the foreign matter is easily expelled in another way, there will never be a sore at the point of friction. I have had patients who bathed from an hour and a half to two hours daily for two years, yet were never troubled with soreness. Others were only temporarily affected during the transformation of their chronic, latent, diseased state into an acute one, during the critical period. Then only for such time as the inner acute inflammation was in course of being drawn downwards. The soreness then disappeared during the bath, exactly as it had come. In many cases open suppurating sores of greater or less extent often form at some distance from the point of friction, which continually throw off pus, that is, foreign matter in an acute form, a state of fermentation. This pus does not come, as many foolishly suppose, from the friction, but simply and solely from the condition of the patient's body. It is originated wholly by the inner latent or acute inflammation, which is brought about by the foreign matter being in a state of fermentation. This pus, therefore, is nothing more nor less than the cause of the crisis. It is thus quite a mistake, if patients employing my method for themselves at home, grow anxious at the appearance of such sores. It is just this participation of the body in the cure, and the expulsion of the foreign matter, which proves most conclusively that under the influence of the baths recovery is taking place. Naturally, the sores at the place of friction and the formation of pus are worst when the internal inflammation has already a gangrenous condition, such as is the case of cancer. The patient, when not bathing, must then apply a wet linen cloth in several folds wrapped a number of times around the sore, and keep it as wet as possible.

Case

Another case of cancer may here be mentioned, as being of general interest. A woman in the beginning of the fifties was suffering from cancer of the breast. Her left breast had been operated upon in Berlin by the same eminent surgeons who attended the late Emperor Frederick. Soon after, the right breast was also attacked by cancer. The very successful operation, therefore proved quite useless; indeed, the patient's general condition was decidedly worse than before. She then presented herself a second time to the above-mentioned surgeons, to consult them about the reappearance of the cancer. After a long examination, she was told that in order to effect a cure, the right breast would also have to be operated

on, but that her body was too weak to bear this and she could not survive the operation. There was no other means of cure, however. In her perplexity, thus given up by the first physicians of Germany, she came to me. The right breast was gangrenous and several hard tumors, some as large as an egg, dark colored and gangrenous, had formed, extending from the breast to the armpit. The abdomen, too, was covered with tumors and abnormally large and hard. The digestion was bad, the bowels moving but once every third or fourth day, and then only by means of enemas. Hard balls of fecal matter, rendered black by the internal heat, formed the entire evacuation. The urine also was scanty. Low vitality gave rise to great anxiety, especially as excessive headaches diminished the vitality from day to day.

This woman took up my treatment with great perseverance. The headaches soon abated. The digestion also began to improve slowly from week to week. The number of baths daily had to be most carefully regulated, according to the patient's condition and strength. The treatment itself was somewhat painful during the first six weeks. During its course, the effect of the successful operation in Berlin was very plainly manifested. In place of the old, deep scar on the left breast, there formed during the very first week of treatment an open gangrenous sore, which constantly grew in size and depth in the course of the first four weeks, until it was about fifteen square inches in extent. The gangrene of the right breast decreased in like measure as that of the left increased. By operating on the left breast, the cause of the cancer had by no means been removed, but merely the extreme seat of the fermentation. The system was forced to divert the progress of cancerous fermentation, until at length it was transferred to the right breast after hard tumors had formed from the right breast and up to the armpit. By my treatment, the disease was compelled to retrogress, so that there was nothing surprising in the reappearance in the left breast of the morbid matter, in the same acute condition in which it was at the time of the operation. Here again, a striking proof that Nature does not submit to the violence which the medical profession is so ready to commit. Every operation affords a fresh proof of the inadequacy of the modern medical school and of its absolute poverty in regards as real curatives. Operations are still more unnatural than the use of medicaments. My readers will now understand why on the title page I described my science of healing not only as "without medicines," but also as "without operations."

Let's return to the case. By bathing regularly, the pain which the patient had to bear, in consequence of the changes taking place in the body, became more endurable after the baths. Nor was it long before open suppurating sores appeared at the place of friction a certain proof that the great internal gangrenous inflammation was being drawn off.

Soon the other tumors under the arm likewise softened and gradually dispersed, being always drawn down more and more towards the abdomen. During the first two months, the patient had lived solely on whole meal bread and fruit. On this diet it was possible for her, by taking the friction baths diligently for three months, to so far recover that the open sores in the left breast were as good as healed and she could journey home.

The hard cancer nodules in the throat became soft in a few weeks and excreted pus. The patient was then able to swallow without pain.

In the case of cancer of the tongue, after the application of each friction bath, a brown coating disappeared from the tongue. The tumors there vanished much sooner than those in the lower part of the body, so that the tongue was soon smooth and normal.

The most dangerous matter in all these cases is the immense hemorrhoidal tumors in the abdomen. In cases where the patients are no longer able to take solid food, it is at all events possible to banish the unbearable pains, and so obviate morphine and starvation. In this way, too, we can dissolve the tumors and cure the sleeplessness. Nevertheless, there can be no real cure for the patient, since the continual liquid food does not produce normal evacuations of the bowels.



The friction hip bath was a core element of Kuhne's protocol for cure.

The effects of the friction sitz baths were most striking in attacks of suffocation, such as frequently occur in severe diseases. With patients I have treated, who often had several attacks daily, the danger of suffocation was over only a few minutes after the commencement of the bath. Whenever a tumor in the throat dissolved and poured its pus into the

windpipe, or threatened to suffocate the patient by swelling up before dissolving, these attacks of suffocation occurred. They were always instantly averted by the friction baths. These processes, for the prevention of which tracheotomy has been until now the only means tried, are of the greatest significance. In these dangerous crises, my friction baths perform the same invaluable service as they do in suffocative attacks occurring in diphtheria, for which physicians unfortunately know no other remedy to try than surgical operations. Injections of serum, as the reports of the hospitals show, have in no way diminished the number of operations. We see by this of what small worth these injections are.

Proud Flesh, Excessive Granulation

Those proliferations and new growths which take place on injured parts of the body, commonly known as proud flesh, are far less dangerous than cancer. They can also be much more rapidly healed, the proud flesh can be transformed into pus more quickly. In this way, the expulsion of foreign matter from the body occupies less time. This has been amply confirmed by actual cases in my practice, one of which I here cite.

Case

The patient was a woman of thirty, whose right forefinger had been in a bad state for some time. The tip, in consequence of an injury sustained, had become inflamed and got rapidly worse, until finally a large growth of proud flesh took place at the injured spot. The physician who was treating the case immediately cut this away, cauterizing with lunar caustic and similar corrosives. This was without success, for in spite of repeated operations, the proud flesh always appeared again. The finger finally became gangrenous and the physician declared that the disease had reached the bone, and that an operation was absolutely necessary to prevent it spreading further. The patient, however, not being able to reconcile herself to an operation, came to me. I explained to her that amputation, such as the doctor had advised, was not only wholly unnecessary, but absolutely prejudicial to the health. The diseased finger, I further explained, resulted from a definite cause, and only when this latter was removed, could the finger be cured. I prescribed three to four friction sitz baths daily, each of half-hour's duration. She was to live on an unstimulating, natural diet, and during the first three or four days take a local steam bath for the finger before the friction sitz bath. The woman meanwhile was lying in, and therefore, had some scruples about taking friction sitz baths. When I told her, however, that I knew no better advice, she decided at once to follow it, for otherwise there was nothing but amputation. The cure was most rapid. Already after the first bath, further growth of proud flesh had

ceased. On the third day the flesh began to be transformed into pus, thus indicating a great improvement. The gangrenous condition had ceased, and consequently, all danger as regards to the bones and fingers was over. Within fourteen days the diseased finger was completely healed, nor was a trace of a scar to be seen.

The means here employed were wholly unstimulating, dry diet, especially suited to the patient's condition and digestion, my friction hip and sitz baths, and once or twice in the week a steam bath for the whole body, or only for the head, when the pain and inflammation were no longer to be borne.

Under proper hydropathic treatment, these firm and hardened masses of mucus dissolve again, and if the vitality is raised, are secreted from the system.

This pus does not come, as many foolishly suppose, from the friction, but simply and solely from the condition of the patient's body. It is originated wholly by the inner latent or acute inflammation, which is brought about by the foreign matter being in a state of fermentation. This pus, therefore, is nothing more nor less than the cause of the crisis.

Here again, a striking proof that Nature does not submit to the violence which the medical profession is so ready to commit.

Every operation affords a fresh proof of the inadequacy of the modern medical school and of its absolute poverty in regards as real curatives. Operations are still more unnatural than the use of medicaments.

These processes, for the prevention of which tracheotomy has been until now the only means tried, are of the greatest significance. In these dangerous crises, my friction baths perform the same invaluable service as they do in suffocative attacks occurring in diphtheria, for which physicians unfortunately know no other remedy to try than surgical operations.

How Do You Feel In The Morning?

by William F. Harvard

Herald of Health and Naturopath, XXIII (6), 529-530. (1918)



William F. Havard, N.D.

How do you awaken? Do you feel more tired than when you went to bed the night before? Do your eyes refuse to open? Are they so sensitive to the morning light that you are obliged to close the window blinds before retiring, so that the morning light will not disturb you?

Is it an effort for you to get up? Are you always late for morning appointments because your sense of time and responsibility is dulled in the morning? Do you squint at the clock, say, "O, Hell," and roll over for another nap? Do you approach morning tasks with unwillingness, disinterest and a feeling of apathy?

If you do, there is something radically wrong with you and your habits.

Of the hundreds of cases in my practice to whom I have put these questions, over 90% of them have answered in the affirmative. The condition of the individual in the morning is the best index of his state of health. How do you feel in the morning? How should a healthy, normal individual feel?

The hours spent in sleep are hours of recuperation, rejuvenation, repair, regeneration. The individual should awaken from such a process rested, relaxed and alert, with a willingness to arise and tackle the day's work, ready to face his responsibilities, and solve the most perplexing problems. He should be conscious of his vitality and thankful for the opportunity the day offers for the exercise of his talents. He should approach his day's work with joy in his heart. He should sing a hymn of praise to the sun for bringing the day.

The morning is the time for creative work, and if you do not feel the urge toward higher, bigger, better things, you are sick. You may be free from aches and pains, the doctor even may not be able to call your disease by name, but you are decidedly unhealthy. However, you are far from alone in your condition. The vast majority of people are like you, and because the condition is so common, doctors give it no heed. When people begin to think for themselves and realize what health really is, they will know that no medicine, no drug, no potency and no amount of manipulation can alone be relied upon to restore health. Then the false doctrines of disease and of cure will pass away.

No one, unless he has experienced both health and disease, is competent to judge health. The individual born with health is like he who inherits money and cannot understand the needs of the poor. He who is diseased will never appreciate health until he gains it through working for it. As long as he continues in the path of false living and depends for health upon the ministrations of another, disease in some form will always be with him. He may experience periods of freedom from annoying symptoms, but the underlying cause remains.

The problem of the cure of disease has been solved these many years, but the problems of medicine, i.e., disease counteraction, will never end. The newer school of healing, the Nature Cure, is no longer concerned with health per se, but has now turned its attention to health as the foundation of an efficient life.

Of those individuals who think they are healthy, we ask again "How do you feel in the morning?"

What Is The Cause Of All These Unnatural Feelings?

The body is overtaxed, overstrained, but not necessarily from productive labor. More vitality is being consumed than can be regenerated during the hours of rest.

Look over the following list of causes, and see if any of them applies to you.

- Abnormal stimulants: Alcohol, tea, coffee, tobacco, condiments, drugs.
- Food poisons: excess of protein (meat, eggs, cheese) and starch.
- Constipation: permitting the absorption of putrefactive products from the intestines.
- Monotony: lack of change in occupation or work, bringing disinterest; insufficient normal, mental and physical stimulation.
- Overwork with faulty diet and lack of recreation.
- Insufficient exercise.
- Insufficient sunlight.
- Faulty breathing of lack of pure air.
- Sexual excess.

Abnormal stimulation is the cause of lowered vitality in the greater number of people. Stimulants do not supply energy; they consume it. When the reaction comes, the body needs more than the normal amount of rest to recuperate from the effect of the abnormal stimulant.

It is of little value to go into detail and recount all the symptoms pro-

duced by these different causes. It is sufficient for you to take account of your condition in the morning. If you do not feel fit, take stock of your habits. The first step toward efficiency is to stop all disease-producing habits. It is useless to consult doctors—drug or drugless—if you are not willing to correct the cause yourself. It is useless to take treatment if you continue to abuse Nature.

Treatment may stimulate you for a time; it may even allay all symptoms, but it will be done at the expense of your vitality, and the grand collapse will come sooner or later.

If the normal amount of sleep does not rest and regenerate you, your body functions are being imposed upon, you are driving them at too high speed, and instead of resting during the night, they must continue working to finish the extra duty you have imposed upon them.

If you want health and efficiency you can have them, but if you are unwilling to remove your handicap don't squeal because the other fellow beats you to the tape. Correct your habits and then ask yourself how you feel in the morning.

The condition of the individual in the morning is the best index of his state of health. How do you feel in the morning?

The newer school of healing, the Nature Cure, is no longer concerned with health per se, but has now turned its attention to health as the foundation of an efficient life.

Abnormal stimulation is the cause of lowered vitality in the greater number of people. Stimulants do not supply energy; they consume it.

The first step toward efficiency is to stop all disease-producing habits.

It is useless to consult doctors—drug or drugless—if you are not willing to correct the cause yourself. It is useless to take treatment if you continue to abuse Nature.

Acid Dyspepsia*

by Dr. H. E. Bliler, D.D.S.

Herald of Health and Naturopath, XXIII (9), 795-797. (1918)

Without a doubt, the most common form of dyspepsia is what is known as acid dyspepsia which is caused by hyperacidity of the gastric juices. The symptoms are: coated tongue, sour taste in the mouth, heartburn, and eruptions of sour liquid from the stomach. There are sometimes pain and soreness at the pit of the stomach. Most scientists who have given this subject any study have agreed that the most common of all causes of acid dyspepsia is an inactive state of the bowels. When the bowels are inactive, there is putrefaction of the undigested food, and the poisonous matters which are formed are absorbed in the colon and afterwards excreted into the stomach where, under the influence of these toxic substances, the stomach glands produce an excessive quantity of highly acid gastric juice.

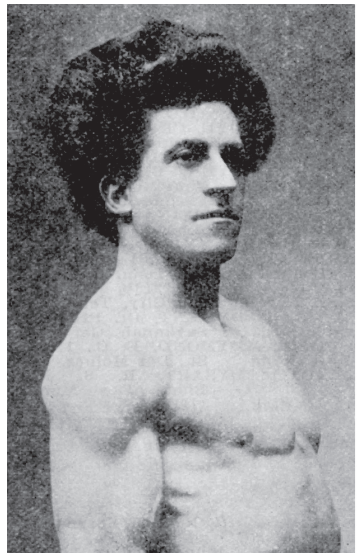
Another cause of stomach dyspepsia is a condition of nerve tone as a result of which the stomach seems unable to empty itself, and the food instead of being pushed on through the pyloric orifice forms and gives off poisonous gas which disturbs the regular beatings of the heart. The quickest relief for gas in the stomach is a glass of water in which a heaping teaspoon of carbonate of soda has been dissolved. This neutralizes the acid, brings up the accumulated gas and sweetens the stomach. Then give the stomach a rest. Stop eating; skip four or five meals; cleanse the stomach. It will do you no harm. Give Nature a chance. Avoid meats and all products of cane sugar. When you begin again, go cautiously, following a corrected dietary in which fat forms an important part. Fat has the effect of hindering the production of gastric acid. If bread is eaten, a liberal amount of butter should be taken with it. The following foods have been found very valuable in most cases of acid dyspepsia: buttermilk, eggnog, gluten gruel, and malted milk, yolk of eggs, rice flakes, browned rice, stewed prunes, stewed raisins, and baked apples.

Importance Of Chewing

The process of chewing and insalivation by which food is prepared for the stomach is such an important step in the process of digestion that it calls for extended treatment. By insalivation we mean the mixing of food with saliva. There are all sorts of theories regarding mastication from the theory of Horace Fletcher, who would chew every morsel of food until it became a liquid and slipped down the esophagus without any conscious effort at swallowing. There are other equally well known scientists who

*The original title was "Health, How to Attain It." —*Ed.*

claim that it is not necessary to Fletcherize foods. It is a fact that a wolf does not chew meat before he swallows it. He is carnivorous. He has no "grinders" with which to chew. His teeth were made to tear flesh apart, and he swallows it in chunks. The Scotch collie, a direct descendant of the wolf, does the same; but in the process of training and domesticating him, we have made him partly herbivorous, and yet he has difficulty in eating any other foods than meat. As the digestive apparatus of the dog does not differ radically from that of the human, the conclusion is natural that it is not necessary to thoroughly chew protein food.



Horace Fletcher published several books, one of which *The ABZ of Our Own Nutrition* (1903) outlined the need to masticate one's food.

But man is an omnivorous animal. He eats everything but himself. Whatever may be the conflicting theories regarding the chewing of meats and other protein foods, of one thing we are absolutely certain, and that is that all foods that contain carbohydrates should be chewed and chewed and then chewed. In other words, such foods must be thoroughly mixed with saliva, and there is no other way to mix them with saliva except by thoroughly chewing them. What is this saliva which many people think so unimportant? Saliva is one of the most important of the digestive fluids, and the failure to thoroughly moisten foods with it is one of the causes of fermentation in both stomach and intestines.

The habit of bolting down food without thoroughly chewing not only makes it impossible for the organs of digestion to absorb all the nutritive material in the food, but ultimately leads to serious digestive disorders. The saliva is an alkaline liquid secreted by the salivary glands of the mouth, and contains important elements which are necessary to digestion. The digestion of starch in the mouth begins immediately when the saliva comes in contact with it, and the action of this saliva, it is claimed, continues in the stomach for one to two hours after the food has been swallowed.

There are two ways in which this saliva can be prevented from coming in contact with all particles of food. One is by bolting down the food without chewing; another is by drinking copiously of water or other liquids while eating. Some liquids are permissible at the table. It is another

interesting fact in connection with mastication that the thorough chewing of food develops sound teeth and healthy gums. Even the thorough chewing of food, however, will not develop sound teeth if the food is deficient in those elements that go to form the teeth. The way to ensure thorough insalivation, good teeth and good digestion is to eat crisp, coarse foods.

Of course, if every person lived a normal outdoor life, with plenty of oxygen to burn up all the fuel taken into the body and with plenty of exercise to keep the muscles and the bowels healthy and active, he would never need to know that he possessed an alimentary canal. He would never be troubled with digestive disorders of any kind. But many persons have to pay for the refinements of civilization. Nearly everything we eat is refined, and nearly everything we do is refined. We cannot hope to have the digestion of an Indian, and yet it is possible to overcome or avoid many of the ills which come from modern methods of living by a proper selection of food and a close observance of the laws of hygiene.

The Rational Plan

If you have any chronic, morbid symptoms as herein indicated, visit one of the many drugless sanitariums for a few weeks. Their method of treatment in assisting Nature is largely the same: dieting, baths, exercise, proper nourishment and eliminative treatment. Rest your stomach as well as your nervous system. The change of air, diet and environment is essential to regain your health and efficiency. As a matter of fact, live the simple or animal life, for man is an animal, and a predatory animal at that.*

—Author, *Systemic Hygiene*

---

*Benedict Lust published a related article on dyspepsia and here is an excerpt of his treatment plan. "The diet and these washings will soon improve the health of the patient. From the beginning, a washing of the whole body may be applied or if the patient is too weak, the upper part of his body should be washed in the morning and the lower part in the evening. Packings of the body will be of benefit too. For these packings vinegar and water should be used. They should last for one hour and should be applied every two days in the morning or in the evening according to the disposition of the patient. Some cannot stand them in the morning; others not in the evening.

The packings will be applied as follows. The wet linen, wrung out well, must cover the whole abdomen. This linen, which must reach around the whole body, must be covered with a woolen cloth to produce the heat necessary to create that beneficial effect which will cure. The packings will stop that painful pressure in the abdomen, remove the gas and help the stool.

Stronger patients may apply, besides the washings and packings, all lighter gushes which may be increased in strength gradually until finally a sitting bath or a half bath is applied three or four times a week. Sun and air baths, exercise and cross country walks should take up most of the patient's time." (Lust, 1920, 395) —Ed.

The quickest relief for gas in the stomach is a glass of water in which a heaping teaspoon of carbonate of soda has been dissolved.

Then give the stomach a rest. Stop eating; skip four or five meals; cleanse the stomach.

When you begin again, go cautiously, following a corrected dietary in which fat forms an important part. Fat has the effect of hindering the production of gastric acid

The process of chewing and insalivation by which food is prepared for the stomach is such an important step in the process of digestion that it calls for extended treatment. By insalivation we mean the mixing of food with saliva.

Whatever may be the conflicting theories regarding the chewing of meats and other protein foods, of one thing we are absolutely certain, and that is that all foods that contain carbohydrates should be chewed and chewed and then chewed.

Saliva is one of the most important of the digestive fluids, and the failure to thoroughly moisten foods with it is one of the causes of fermentation in both stomach and intestines.

Of course, if every person lived a normal outdoor life, with plenty of oxygen to burn up all the fuel taken into the body and with plenty of exercise to keep the muscles and the bowels healthy and active, he would never need to know that he possessed an alimentary canal.

The wet linen, wrung out well, must cover the whole abdomen. This linen, which must reach around the whole body, must be covered with a woolen cloth to produce the heat necessary to create that beneficial effect which will cure. The packings will stop that painful pressure in the abdomen, remove the gas and help the stool.



House Cleaning

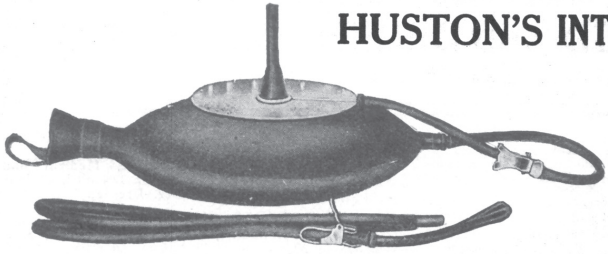
William Freeman Havard

The Cause Of Disease

Irving James Eales, M.D., D.O.

Nature Cure Pioneers, Professor Arnold Ehret

B. W. Childs



HUSTON'S INTERNAL BATH

Insures proper elimination; Cleanses and sweetens the intestines; Flushes every particle of waste; Stimulates the organs and nerve centers. Relieves and cures sluggish liver, constipation, catarrh of the bowels and all troubles caused by the accumulation of waste not thrown off in the natural way.

Price $7.50 for the complete set as illustrated. Comfortable, Safe, Sanitary.

HUSTON BROTHERS COMPANY

DEPT. NA., 30 EAST RANDOLPH STREET, CHICAGO, ILL.

HEALTH SERVICE

You may regain your health at home without drugs or surgery by natural methods

or at

STECHMANN'S NATUROPATHIC
(Drugless)
INSTITUTE

621 Bushwick Ave. Brooklyn, N. Y.

Take Canarsy Train at Municipal Building to Myrtle Avenue Station.
Phone Stagg 3847

FATHER SEB. KNEIPP'S PILLS



never fail, when you are troubled with constipation. They are a blood purifying and stomach strengthening remedy. Contain only pure vegetable elements and are therefore used in stubborn cases of constipation, indigestion, when you suffer from piles, congestions, etc. Above all they give relief to women in cases of illness which result from constipation and biliousness. One tin costs $1.00. Headquarters for Supplies of Kneipp System and Natural Healing Methods.

Kneipp-Sanitarium "Nature and Life"
Butler, N. J.

New York Depot:
KNEIPP STORE, 110 E. 41st ST.

"INNER-CLEAN"

A Scientifically Prepared, Effective Blood Purifier and System Cleaner

A Drugless Herb Compound Perfected By Prof. Arnold Ehret

The special efficiency of this wonderful discovery is not through any laxative qualities, but rather through its ability to effectively remove from the intestines hardened feces and other age-old, uneliminated, imperfectly digested fatty substances produced through the wrong eating of various foods of modern civilization and consequent lack of natural efficiency.

INNER-CLEAN remedies this condition and rejuvenates the bowel's action. Severe cases of chronic constipation of long standing have been *permanently* cured.

Postpaid to any part of the United States, 60 cents a package; 6 for $3.00.

HEALTH STORE, 110 EAST 41st ST., NEW YORK. N. Y.

House Cleaning

by William Freeman Havard

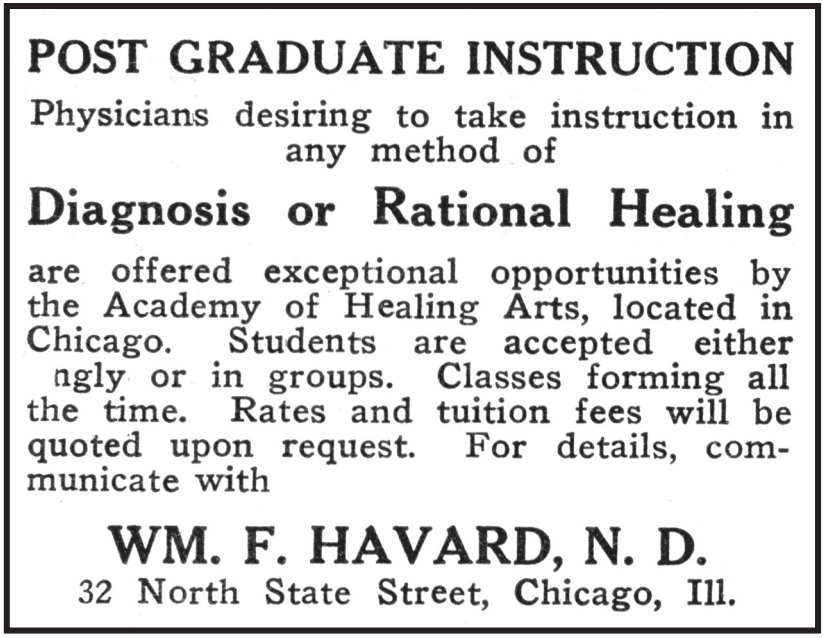
Herald of Health and Naturopath, XXIV (3), 115. (1919)

Spring is coming. We can sense it in the air and now the good housewife begins to think of cleaning up, renovating and redecorating the home. We begin to realize the close condition of the inside atmosphere and to consider taking down the storm sashes. The extra fires of winter have left their deposits of soot and dirt on the ceiling, walls and furnishings and the cleaning process must begin.

Our bodies must be subjected to the same treatment as our homes. Little do we realize what accumulations the body acquires during the winter. The extra clothing worn during the cold weather hampers our skin action and reduces elimination, while the extra food required produces greater waste. This waste is retained in the body until the channels of elimination are opened with the breaking up of winter. When the snow melts on the mountains and the spring freshets are on, then the body begins to rid itself of all the debris collected through the winter months.

During this process, the body asks for more ventilation, less clothing, more water and less foods. It is the season for limbering up. The winter's confinement has stiffened our muscles and now is the time to shake out the kinks with more active exercise. It is the season for light diets and moderate fasting in order to give the body an opportunity to adjust itself to the change of season.

We would suggest to all good Naturopaths that they fast two days each week for six weeks; with a light diet on other days consisting mainly of raw foods, with the exception of, say, Sunday, when they may indulge in a good cooked meal. Take daily exercise to produce perspiration, a cold shower or sponge bath in the morning and a strenuous towel rub at night. Sleep between sheets with light covering and the windows wide open. Follow this religiously and we will guarantee that you will need no spring tonic and will be free from the usual boils and pimples of the spring season.



POST GRADUATE INSTRUCTION

Physicians desiring to take instruction in any method of

Diagnosis or Rational Healing

are offered exceptional opportunities by the Academy of Healing Arts, located in Chicago. Students are accepted either ngly or in groups. Classes forming all the time. Rates and tuition fees will be quoted upon request. For details, communicate with

WM. F. HAVARD, N. D.

32 North State Street, Chicago, Ill.

William Havard taught at Henry Lindlahr's school in Chicago and later at Benedict Lust's school in New York. Havard contributed a few very articulate papers to Lust's publications but sadly did not leave behind any books.

Little do we realize what accumulations the body acquires during the winter. The extra clothing worn during the cold weather hampers our skin action and reduces elimination, while the extra food required produces greater waste.

We would suggest to all good Naturopaths that they fast two days each week for six weeks; with a light diet on other days consisting mainly of raw foods, with the exception of, say, Sunday, when they may indulge in a good cooked meal.

Take daily exercise to produce perspiration, a cold or shower or sponge bath in the morning and a strenuous towel rub at night.

Sleep between sheets with light covering and the windows wide open.

The Cause Of Disease

by Dr. Irving James Eales, M.D., D.O.

Herald of Health and Naturopath, XXIV (6), 276. (1919)

To those who have given little if any thought to the matter of the abuse of the stomach and other digestive organs by over-eating and drinking, let me call your attention to a little statement prepared by Professor Soyer giving the quantity of food usually consumed by an ordinary man during sixty years of life, after early childhood. He places the total at 33 ¾ tons of meat, vegetables, and farinaceous food (water-free food) during that period, which if computed in terms of animals would mean that a man at seventy had eaten 30 oxen, 200 sheep, 100 calves, 200 lambs, 50 hogs, 1,200 fowl, 300 turkeys, 24,000 eggs, 4 ½ tons of bread (9,000 loaves of one pound each) and 3,000 gallons of tea and coffee. A vegetarian, would of, course consume other than flesh floods, but of the same weight. Another writer estimates that an adult male will consume of food and water: 3,000 pounds every year; nearly eight pounds a day.

These computations are made according to ordinary standard dietary tables, allowing 118 grams (about 4 oz.) of protein, 56 grams (nearly 2 oz.) of fats, and 500 grams (about 17 oz.) of carbohydrates every twenty-four hours. This is according to Professor Carl Voigt of Munich, whose tables have been quoted for fifty years as being about the average diet necessary. They vary very little from any of the fifteen dietary tables by many writers in different countries. According to investigations and facts determined within the last few years by Professor Chittenden, director of the Sheffield Scientific School of Yale University and professor of physiological chemistry, it has been very clearly and definitely proved that the nitrogen allowance (derived from the protein foods: meat, peas, beans, lentils, etc.) is altogether too high in the Voigt and other standard dietary tables. Rather, health, strength, nerve force, blood, and every bodily function is improved greatly under a low protein diet: 60 grams of protein (2 oz.), 50 grams of fats (1.66 oz.), and 480 grams of carbohydrates (16 oz.) is the Chittenden standard, and is amply sufficient for a good hard day's work.

It will be noticed that the principal difference between the Chittenden and the Voigt standard is that of nitrogen: Voigt, 118 grams; Chittenden 60 grams, almost half. The Voigt diet gives 3,055 calories, and the Chittenden 2,679 calories in twenty-four hours. But standards are of little value, as most people pay little attention to them or to the proteins, fats, and carbohydrates in their diet. They eat three square meals a day; lunch whenever they get a chance, and never miss a meal. They weigh from 25% to 40% in excess of what they should weigh according to the stan-

dard life insurance tables, and then wonder what is the matter with them when the stomach and other organs, after months and years of patient endurance of this abuse, break down. And this, in a few words, is the cause of disease. With the expenditure of the vital energy necessary to digest and assimilate such vast and unnecessary quantities of food, is it any wonder that degeneration of the vital organs should take place and disease manifest itself? We must also consider in connection with overeating, the demineralization of food by milling, manufacturing, canning, and cooking; food preservatives, the action of acid on tin in canned goods, an excess of protein food, and wrong combinations of food as other potent causes of disease.

Nature Cure Pioneers, Professor Arnold Ehret

by Professor B. W. Child

Herald of Health and Naturopath, XXIV (10), 493-496. (1919)



Arnold Ehret
(1866-1922)

I take great pleasure in editing this biographical sketch of Professor Ehret. I knew him first as an author, later as a sanitarium proprietor and lecturer, and now esteem him highly as a friend and the pioneer of the most complete, natural, and scientific system or movement for the Cure and Prevention of Disease known. I have no hesitancy in stating that he has evolved and developed what now seems to be the "last word" in regard to health and longevity.

He was born near Freiburg, in Baden, Germany; is 53 years of age, and was endowed by his father with a natural bent or extraordinary desire for delving into the causes and reasons for occurrences and results. His father may have bequeathed him an inheritance for consumption, for he died of that disease at the age of 53, but he also bequeathed him a fine reputation of skill in treating animals as well as men without drugs and with natural remedies with what seemed as miraculous success.

His education was obtained at a college where the long walk added to the work on the farm, on almost an ordinary vegetarian diet, brought on a severe attack of bronchial catarrh, but in spite of this, graduated with honor. His greatest interest being for physics, chemistry, drawing and painting, he took a special academy course and graduated as professor of drawing for high schools and colleges at 21 years of age. He taught at a college until drafted for military service, but was released after nine months service because of neurasthenic heart trouble, resuming his vocation as a teacher. At 31 years of age he was quite fleshy and looked well, as others said, but was suffering from kidney trouble and Bright's disease, with consumptive tendency.

In his own words, "Five times I took vacations to recuperate, but finally was pronounced *incurable* and resigned. Then for five years I *suffered much from many physicians* (24 in all) and part of this suffering was to pay the bills of about $6,000, but with the result pronounced incurable. Physically and nearly mentally bankrupt, I thought of suicide, but accidently heard of Naturopathy and was treated at a Kneipp sanitarium three different times, getting some relief and a desire to live, but not cured.

Was treated at five or six other Nature Cure sanitariums and tried all other methods known in Europe, expending more thousands, with the result not down sick, but not healthy, either. I learned something from the experiences, though.

The main symptoms were mucus or pus and albumin in the urine and pain in the kidneys. The doctors, thinking a clear urine indicated health, tried to stop these eliminations with drugs and to replace the albumin by a meat, egg, and milk diet, but it only increased the disastrous results. I reasoned from these methods what seemed like a great light on the subject; the right diet should be free from mucus and albumin. My naturopathic treatments drew out some of the mucus by baths; exercise, etc., but fed it back by wrong diet.

I resolved to face what seemed a tragedy for me (and does now to most chronically sick persons after getting no relief from doctors), and try for myself that which I had learned from past experience. Wrong eating was the cause and right eating might be the cure. There were vegetarianism, fruit and nut diet, numerous food cures and a few hints that fasting would help. I went to Berlin to study vegetarianism, as there were over twenty vegetarian restaurants there at this time. My first observation was that vegetarians were not any healthier than meat eaters, for many looked sickly and pale. With the starchy food and milk I grew slowly worse, but started a course of study at the University of Medicine, physiology, and chemistry. I visited a school of Naturopathy, learned something of mental healing, Christian Science, magnetic healing, etc., all to try to find out the real foundation truths of perfect health. I was more or less disappointed and next went to Nice in southern France, and tried a radical fruit diet with the exception of a pint of milk a day, thinking then that I needed the albumin. I made no special application of the fruit diet to my condition, as most others did not, and received but little benefit. Some days I felt well and on others felt very bad, so I soon went back home, returning to the so-called "good eating", as lived and suggested by well-meaning friends, relatives and physicians. I had learned something about fasting, but it was opposed by all friends and relatives, even by my former naturopathic doctor who told my sister that for a person with Bright's disease, a few days fast would prove fatal.

The next winter I went to Algiers, in northern Africa. The mild climate and the wonderful fruits improved my feelings and gave me more faith in Nature's methods and an understanding of them. I gained courage to try short fasts to assist the cleansing properties of fruit and climate, with such results that one morning of a well feeling day I chanced to notice in my mirror that my face had taken on an entirely new look, that of a younger and a healthy looking person. But on the next day the old and sickly looking face returned, yet it did not last long and these alternating

changes in my face impressed me as a revelation from Nature, that I had found out her methods in part and was on the right track, and I resolved to study them more and live them closer in my future life.

An indescribable feeling never known before of better health, more vital energy, better efficiency, and more endurance and strength came to me and gave me great joy and happiness just to be alive. This was not only of the physical, but there was a great change in my mental ability to perceive, to remember, greater courage and hope, and above all an insight into the spiritual which became like a sunrise, throwing light upon all higher and spiritual problems. All my faculties were improved, far surpassing their best during my healthiest and best youth. My physical efficiency and endurance became wonderfully increased. I took a bicycle trip of about 800 miles from Algiers to Tunis, accompanied by a trained bicyclist who lived on an ordinary diet. I was never behind him but often ahead towards night when endurance became the test. Keep in mind that I was formerly a candidate for death, so declared by the doctors, but now jubilant that I could surpass the most efficient, and a constant joy and exhilaration from having escaped the "slaughter house" of mankind, called "Scientific Medical Clinics."

Rational Fasting

Regeneration Diet and Natural Cure for all Diseases

By ARNOLD EHRET

Synopsis of contents:

I. The common fundamental cause of diseases.

II. Remedies for the removal of the common fundamental cause of disease and the prevention of their reoccurrence.

III. The fundamental cause of growing old and ugly, of the falling out and getting gray of the hair.

IV. Death.

THIS is a severely scientific treatise on the rationale of fasting. The argument goes directly to the point and shows how the chronic stuffing of th body mucus-generating foods is the prime cause of disease, premature old age, and death.

Our author declares that disease is nothing else but a clogging-up of the smaller blood vessels, the arterioles and capillaries by mucus, by effete food-products. This clogging up leads to decomposition, to fermentation of the dead matter, that is nature's effort to rid the system of wholly offensive and boiled-dead food products. These decay partially in the living body, causing abscesses, cancer, tuberculosis, syphilis, lupus, etc. The decomposed material gives birth to microbes that are not the cause but the product of decomposition. They are only discernable in an advanced stage of the disease, and by their excretions, called toxins, they also poison surrounding tissues. The prescribed remedy for this state of things is to fast entirely from food, for a long or short period, according to the vitality of the faster.

The energy of the system when not engaged in digesting food attacks the decomposing mucus, slime, or paste, that over-indulgence in food stores up in the system, and cleanses the body from the offensive material.

Mr. Ehret declares war not merely on meat and alcohol, but on cereal and white flour products, being a fruitarian. Walnuts, figs, dates, oranges, bananas, do not generate in the system floral and faunal fermentive slimes and pastes that so readily decompose and produce death dealing diseases. Nobody who values health can afford to overlook this splendid pamphlet that discloses the natural cure for all diseases.

Price, postpaid, 50 cents.

The Nature Cure Publishing Co.
Butler, N. J.

Arriving home again, I demonstrated by ability and endurance to perform the hardest farm labor and in tests of strength superior to those in good training on the ordinary diet. However, being surrounded by friends and relatives who were living in the ordinary way and coming in contact with professional men who were excited by fear that my discoveries were

of true principles and would eventually succeed and surpass those they were practicing, I gradually took up the ordinary diet. Fasting was then very unpopular and living in the family of my sister who threatened to prevent it should I attempt one, I could not take up again what I firmly believed and had proven by actual experience, that fasting (simply eating less) was Nature's omnipotent method of cleansing the body from the effects of wrong and too much eating. I had also found it the "Master Key" to mental and spiritual unfoldment and evolution. I had not neglected the study of the scientific reasons why fruit and mucusless foods were so efficient, and had found that they developed during the process of digestion what was known as grape sugar, and from what was termed, carbohydrates, by analysts. My experience, tests, and experiments as well as cures, all showed that grape sugar of fruits was the essential material of human food, giving the highest efficiency and endurance, and at the same time was the best eliminator of debris and the most efficient healing agent known for the human body.

This was in direct contradiction of the nitrogenous albumin theory of the doctors and scientists and also of the more modern theory of mineral salts. In 1909, I wrote an article denouncing the "metabolic theory" and in 1912 learned that Dr. Thomas Powell of Los Angeles had made the same discovery and was making remarkable cures by using foods containing what he called "Organic Carbon", which is the same food ingredient that develops into grape sugar during digestion. With the embryo of these discoveries in mind and my experiences, I left my friends and relatives, who would have shortened my life by their well-meaning kindness, and accompanied by a young man who was won by my experience to try with me experimental diet and fasting for his ailments, the principal one being stuttering, went to southern France. Here, during several months of experiments, I renewed my experiences in Africa and won a firmer belief than ever that fruit diet and fasting were Nature's infallible factors for regaining and maintaining a superior health than is enjoyed by most of civilized mankind.

The results obtained were often called miraculous, but were only marvelous because of their rareness. The knowledge I had gained of the wonderful methods by which Nature carried on the cleansing from impurities from wrong food, and then the regenerating, repairing, and strengthening, by the right food, was the marvel, but not a miracle.

Especially important were the results on this comparatively young man, ten years younger than I. We made tests with all the general foods of civilization after cleansing fasts. Our now more sensitive organs revolted at once against their undesirable elements and especially against combinations, giving the most convincing evidence that modern cooking, with its mixtures, with but little knowledge of their qualities, was the founda-

tional cause of all diseases. It is impossible to know what food really is and its effects until the body has been cleansed by Nature's own method, a fast. I have never known of such experiments ever being made by any one, and the facts gained have now been so abundantly proven during many years of the most searching and difficult practice, that they have raised my knowledge above all doubts or arguments about the dietetic opinions of others.

To test our efficiency at exhaustive labor, we took a trip through northern Italy, walking for 56 hours continuously without sleep or rest or food; only drink. This, after a seven day fast and then only one meal of two pounds of cherries. This was called by the professional minds that knew of it a most marvelous test, from their viewpoint. From what came the energy for this efficiency? From nitrogen, albumin, organic salts, fats, vitamins, or from what? After a 16-hour walk, I made a test of knee bends and arm extensions, 360 times in a few minutes, and later numerous strength tests with athletic competitors, showing superior results. These, after being pronounced incurable and my father and brother having died of consumption. During our trip through Italy, we were often the subjects of interesting comments by ladies on our ruddy and healthy complexion and inquiries of how we brought it about, etc.

As a completely transformed man, I desired high experiences, as they were not only physical, but mental and spiritual. The same with my young companion. He was wonderfully improved in many ways, but his stuttering showed no change. I had the idea that even that was caused by a physical encumbrance of debris. We proceeded to a secluded place on the island of Capri and there took longer fasts and daily sunbaths with heat around 120°F/49°C of four to six hours. We were so well cleansed that we did not sweat. On the 18th day, my young friend became quite hoarse, and fearing he would lose his voice—not then knowing what caused it—ended his fast with about three pounds of figs at my suggestion, with the result that for nearly an hour he raised a very large quantity of mucus from his throat and his body cleansed itself in other directions. His voice soon being restored and his stuttering disappeared and has never returned. We had

"INNER-CLEAN"

A scientifically prepared, Effective, Blood Purifier and System Cleaner

A Drugless Herb Compound perfected By PROF. ARNOLD EHRET

The special efficiency of this wonderful discovery is not through any laxative qualities, but rather through its ability to effectively remov : from the intestines hardened feces and other age-old, uneliminated, imperfectly digested fatty substances produced through the wrong eating of various foods of modern civilization and consequent lack of natural efficiency.

Inner-clean remedies this condition and rejuvenates the bowel's action. Severe cases of chronic constipation of long standing have been **permanently** cured.

Postpaid to any part of the U. S., 60 cents package.

HEALTH STORE

110 E. 41st ST., NEW YORK, N. Y.

accomplished what his rich father had in vain tried to do by employing almost every known treatment for him, without the slightest permanent improvement.

—Alhambra, California

Then for five years I suffered much from many physicians (24 in all) and part of this suffering was to pay the bills of about $6,000, but with the result pronounced incurable.

Wrong eating was the cause and right eating might be the cure.

I gained courage to try short fasts to assist the cleansing properties of fruit and climate, with such results that one morning of a well feeling day I chanced to notice in my mirror that my face had taken on an entirely new look, that of a younger and a healthy looking person.

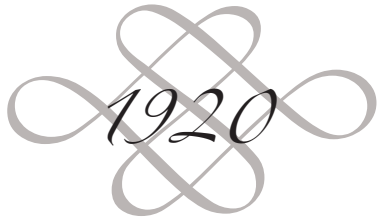
I took a bicycle trip of about 800 miles from Algiers to Tunis, accompanied by a trained bicyclist who lived on an ordinary diet. I was never behind him but often ahead towards night when endurance became the test.

My experience, tests, and experiments as well as cures, all showed that grape sugar of fruits was the essential material of human food, giving the highest efficiency and endurance, and at the same time was the best eliminator of debris and the most efficient healing agent known for the human body.

To test our efficiency at exhaustive labor, we took a trip through northern Italy, walking for 56 hours continuously without sleep or rest or food; only drink. This, after a seven day fast and then only one meal of two pounds of cherries.

It is impossible to know what food really is and its effects until the body has been cleansed by Nature's own method, a fast.

His voice soon being restored and his stuttering disappeared and has never returned.



A Course In Basic Diagnosis
Tonsils And Adenoids

William F. Havard



HEAR THEM LECTURE

The Three Great Drugless Physicians Called the Three Modern Wise Men of the East

Photo, left to right, Benedict Lust, Frederick W. Collins, and Alzamon Ira Lucas.

In 1920, Benedict Lust and Alzamon Ira Lucas nominated Frederick W. Collins to run for president of the United States.

> So, let's all get together. Let us show our power as a protesting multitude against evil conditions which prevail with ever increasing violence to our freedom as men and women. This is but the beginning of our struggle. We may not win this fight. We may not win the next. But if we keep on we will surely win in the end.
>
> I am willing to do my part. I am willing to make myself a target for ridicule and abuse, even within our own ranks that the truth may be known and eventually prevail. Are you willing to do your part? Unless I am greatly mistaken, the great majority of drugless healers and right thinkers will stand behind us and help us go out and give the hosts of oppression a battle which will make them know they have been in a fight.
>
> All of which is respectfully submitted for your approval.
>
> —Dr. F. W. Collins

A Course In Basic Diagnosis

by William F. Havard

Herald of Health and Naturopath, XXV (2), 67-69. (1920)

Pathological Sequence

The following case histories will serve to illustrate the points in the previous lesson.*

Case

Man, thirty years of age. Height 5 feet 6 inches. Weight 130 pounds.

Base—Moral, First Inclination—Intellectual, Second Inclination—Physical.

Remembering that the liver is the weakest organ in this case, the lungs intermediate and the generative organs the strongest, the following history will show the progress of deranged function.



William F. Havard

Presenting Symptoms

Chronic nasal catarrh with recurrent attacks of acute bronchitis. Severe headaches and constipation.

Personal History

Vaccination at the age of two. Measles twice between the ages of two and four. Scarlet fever at six followed by chickenpox. Bilious attacks beginning at about the age of seven. Attacks of diarrhea in the summer, lasting often for several weeks. Severe pneumonia in the twelfth year. Treated homeopathically. "Stuffing" to build up strength brought on chronic catarrh of nose with frequent sore throat and bronchitis in the winter season. This was overcome for a time by outdoor exercise and athletic games. Overwork and insufficient rest brought on a rundown condition during one summer, which culminated in an attack of typhoid fever in the fall. This occurred at the age of eighteen. Allopathic treatment was administered, the diarrhea was stopped by the use of opiates after the first few days, and no movement of the bowels was possible for four weeks. The fecal matter in the rectum became hard and dry. The

---

*Please refer to a previous volume in the Hevert Collection, *Principle of Naturopathic Medicine*, for William Havard's "Course of Basis Diagnosis" found on pages 327 to 360. —*Ed.*

rectum and colon remained in an atonic, inactive state for several years after. Recovery was slow and shortly after the bronchial affection again manifested itself in a magnified form. The following year tuberculosis was suspected.

Osteopathy and Neuropathy were then tried with the result that the respiratory symptoms were minimized but the severe headaches which began with the bilious attacks previously mentioned, became more pronounced and more frequent. The treatments finally lost their effect and the respiratory symptoms returned. It was at this point that the patient came under naturopathic treatment.

The acute conditions up to the age of six, when the patient had scarlet fever with allopathic treatment followed by chickenpox, were natural reactions with skin elimination for the purpose of cleansing the body of hereditary taints and the vaccine. These attempts were not very successful or that the cause was being added to continuously, are proven by the fact that the patient developed bilious attacks at an early age. Here is the first sign of the results of imposing on the weaker organ, the liver. A so-called bilious attack is a "kick" registered by an overworked liver. It is a warning that the diet and general habits of the patient should be changed for the better. The attacks of diarrhea were also endeavors on the part of the digestive apparatus to relieve the body of the excess waste matter which the normal channels of elimination were incapable of removing. The ordinary diet and general habits of living being adhered to, the liver became less and less capable and the condition was reflected to the intermediate organs, in this case the lungs, and a crisis developed in the form of pneumonia. This was treated homeopathically. Food did not have to be restricted as the patient would eat nothing but oranges; in spite of every effort to force beef juice, broths, eggs, milk, etc., upon him. There was apparently a good cleansing process and the patient took a new lease on life.

The trouble began again however, with the stuffing treatment that was introduced afterward. In spite of the wrong method of living, we see the patient gaining strength largely through exercise so that when the next crisis arrived, it was handled by the digestive organs. In other words, it was reflected back to the weakest organs. The allopathic treatment administered in this case laid the foundation for a chronic disorder of the liver and digestive organs, which was again reflected to the respiratory organs. When the patient came under naturopathic treatment, an examination revealed an atonic and atrophic state of the intestines and colon, and a sluggish, engorged liver. The catarrhal elimination from the nose and bronchi was excessive, developing into repeated acute attacks which often bordered on pneumonia. The bowels were very sluggish and the headaches were frequent and severe.

It is safe to say that if this condition had progressed to the point where the respiratory apparatus was no longer capable of rendering assistance to the body by throwing off the excess waste in the form of mucoid discharge, that the ductless glands and generative organs would have become involved and a degenerative process of grave character would have set in and culminated in death in a few years.

In any case, this progression is caught before the disorder has been reflected to the basic organs, that is, where there is still the possibility of some compensatory action, there is also the possibility of making a cure provided naturopathic methods are strictly adhered to. The case cited above was treated by natural, drugless methods with the result that the constipation, headaches and bronchial affection are things of the past. The secret of good, effective treatment lies in the manner in which the measures are employed. The first precaution taken in this case was to build up compensation in the generative system. For this purpose continence was insisted upon. Sitz baths, and sun baths to the pelvic region were given to tone up these organs and improve the circulation to them. The tired, overworked digestive organs demanded rest and to be relieved of their encumbrance. Consequently, frequent short fasts were instituted together with colonic irrigation. The diet between fasts was almost entirely eliminative, consisting largely of either fruits or vegetables. The headaches were occasioned by putrefaction in the intestines, for they were relieved by the colon irrigation and the patient was free from them unless constipated. Baths were given first hot to increase skin activity and elimination. Later on, cold bathing was instituted as a general tonic. The patient adopted a low protein vegetarian diet as a habit of life, eating as a rule two meals a day. Very little symptomatic treatment was given for the respiratory trouble, because it was realized that as the liver and digestive organs caught up with their work and as the basic organs increased their tone and activity (internal secretion), the catarrhal elimination from the respiratory tract would subside as there would be no need for such vicarious elimination. The ultimate result has been that this patient, although not possessed of what is called a robust constitution, has



Sitz bath

been practically free from any distressing symptoms for a number of years and as he himself will testify, he need never have a single disorder, barring accidents, as long as he keeps within the law of his being.

Curative Diet

By

Wm. Freeman Havard, N.D.

A little treatise on the curative value of foods with an outline of diets for different specific purposes, the same being a condensation of Dr. Havard's lecture course on the subject.

Price 50 cents by mail prepaid

This makes a suitable booklet for physicians to present to their patients. Saves many hours of the physician's time otherwise taken up in instructing patients. Special price when ordered in quantity.

B. LUST, Publisher

110 E. 41st STREET, NEW YORK

The attacks of diarrhea were also endeavors on the part of the digestive apparatus to relieve the body of the excess waste matter which the normal channels of elimination were incapable of removing.

When the patient came under naturopathic treatment, an examination revealed an atonic and atrophic state of the intestines and colon, and a sluggish, engorged liver

Sitz baths, and sun baths to the pelvic region were given to tone up these organs and improve the circulation to them. The tired, overworked digestive organs demanded rest and to be relieved of their encumbrance.

The headaches were occasioned by putrefaction in the intestines, for they were relieved by the colon irrigation and the patient was free from them unless constipated. Baths were given first hot to increase skin activity and elimination.

Tonsils And Adenoids

by William F. Havard, N.D.

Herald of Health and Naturopath, XXV (10), 490-495. (1920)

Cause Of Lymphoid Hypertrophy



William F. Havard

The more toxic material there is in the blood or lymph, the harder the lymph glands are compelled to work. When they are worked to capacity, and there are still un-neutralized toxins in the blood or lymph, the lymph glands will increase their size in order to perform more work. This is simple cellular enlargement or hypertrophy. Every functioning cell of the glands becomes larger, stronger, and more capable, and will continue in this hyperactive state until the excess toxins are destroyed. Hypertrophy is, therefore, not a disease, but a compensation and a preventive of disease. Simple enlargement of lymphoid structures is an indication of toxemia, and can be corrected by a thorough course of eliminative treatment.

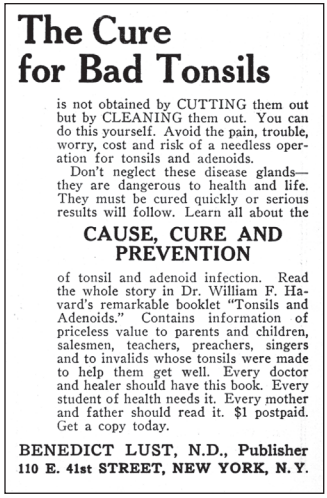
If the toxemia persists, hyperplasia may take place, to be followed by a shrinkage of connective tissue (hardening) that will seriously interfere with the function of the glands. This occurs with prolonged congestion of these organs, occasioned by a sluggishness of the blood or lymph flow, allowing waste and toxic products to accumulate in the tissues.

The tonsils and other lymph glands of the nose and throat hypertrophy very rapidly when the membranes of this region are subjected to prolonged irritation with congestion. This is simple hypertrophy, such as the heart or any other organ would undergo in order to meet a demand for more work, but such a condition continued beyond the ability of the part to respond would inevitably lead to disease.

Nose And Throat Disorders

The difference between acute and chronic disorders is that while the acute disorder is a reaction occasioned by irritation of an abnormal character and instituted for the purpose of removing or destroying the disturbing element, the chronic state is the result of fatigue brought on by the unsuccessful endeavor of the part to overcome irritation or obstruction to function and circulation.

Tonsils and adenoids may hypertrophy during acute, inflammatory conditions of the membranes of the nose and throat or during an acute


The Cure for Bad Tonsils

is not obtained by CUTTING them out but by CLEANING them out. You can do this yourself. Avoid the pain, trouble, worry, cost and risk of a needless operation for tonsils and adenoids.

Don't neglect these disease glands—they are dangerous to health and life. They must be cured quickly or serious results will follow. Learn all about the

CAUSE, CURE AND PREVENTION

of tonsil and adenoid infection. Read the whole story in Dr. William F. Havard's remarkable booklet "Tonsils and Adenoids." Contains information of priceless value to parents and children, salesmen, teachers, preachers, singers and to invalids whose tonsils were made to help them get well. Every doctor and healer should have this book. Every student of health needs it. Every mother and father should read it. $1 postpaid. Get a copy today.

BENEDICT LUST, N.D., Publisher
110 E. 41st STREET, NEW YORK, N.Y.

Lust published some of Havard's articles as small booklets.

reaction involving the entire body, but they do not become actually diseased except as the result of a prolonged chronic catarrh of the nose and throat. Disorders of the tonsils and adenoids are not primary disorders; consequently, no remedies can be prescribed unless the treatment aims at the eradication of the constitutional cause of the trouble. It will be seen at a glance that the writer has little or no sympathy with the latest theory of medicine that foreign germs invade tissues here and there in the body, causing diseases of the parts so attacked. Therefore, it will be necessary to give a brief outline of the cause and cure of the commoner nose and throat disorders, in order that the reader may understand the underlying causes that lead up to chronic enlargement of the lymphoid structures of the nose and throat.

Colds, Coryza

Coryza, cold in the head, acute nasal catarrh.

Symptoms: Sneezing, watering eyes, inflammation of the nasal membranes, running from the nose, partial or complete obstruction of nasal passages, slight rise in temperature and sometimes frontal headache.

Basic Cause

Accumulation of waste products in the blood. All catarrhal discharges are means of vicarious elimination. Wastes that are insufficiently oxidized are not readily carried off by the kidneys and sweat glands, and remain as an encumbrance in the blood, to be discharged as mucous secretions from the membranes of the alimentary or respiratory tracts. Such secretions furnish an admirable soil for the multiplication of the bacteria.

Secondary Cause

Sudden constriction of the blood vessels of the skin caused by a rapid fall in external temperature, exposure, wet feet, irritation of the nasal membranes from foreign matter in the atmosphere.

Treatment

Stop all feeding except fruit juices until all acute symptoms have

subsided. Cleanse bowels thoroughly by the use of enemas. Increase skin activity by a three to five minute bath in water as hot as bearable before retiring. Dry skin thoroughly in a warm room, and go immediately to bed between warm blankets. Take a copious drink of hot flaxseed or slippery elm tea flavored with lemon. Have room well ventilated, and increase oxidation by practicing deep breathing. Repeat each night until symptoms have entirely disappeared. Eat moderately, avoiding meat, cheese, eggs, white flour products and pastry, using a preponderance of fruits and salads for ten days to two weeks thereafter.

Chronic Nasal Catarrh

This state results from a persistence of the causes of the acute stage without proper treatment, or where merely local, suppressive treatment has been administered. Any treatment may be considered to be suppressive which aims to arrest the disorder without removing the cause. In this case, the basic cause is in the blood, and not merely on the membrane. Consequently, dietetic and general eliminative measures are absolutely necessary to effect a cure.

In all chronic catarrhal conditions, there is at the same time a chronic inactive condition of the skin, with a more or less constant mucoid secretion from the membranes, with periodic acute attacks.

Pathology

The membranes of the nose and pharynx thicken, and in the children the pharyngeal tonsil enlarges. The throat membranes often become inflamed, and the faucial tonsils enlarged. This condition often spreads to the frontal and ethmoidal sinuses causing an almost constant dull ache or heavy feeling above the eyes.

Treatment

Diet and exercise with manual and mechanical treatment to normalize the blood supply. Frequent nasal douching with normal salt solution. Diet consists of largely fruits and vegetables to promote elimination. Colon cleanliness by means of enemas if necessary.

Outdoor exercise to promote circulation and increase skin activity. Sweat baths at night. Cold baths in morning.

Pharyngitis, Acute Sore Throat

Causes

Same as Colds, Coryza.

Symptoms

Membranes of the throat are sore and inflamed, tongue coated, swallowing difficult and painful, faucial tonsils swollen. Condition usually spreads to the larynx and bronchi, producing a sense of tightness in the upper chest, difficult breathing, husky voice or loss of voice, cough which is at first dry and painful, but which is relieved somewhat when the mucous secretion becomes plentiful. All adenoid tissue in the neighborhood becomes enlarged, including the anterior cervical and submaxillary lymph glands.

Treatment

Same as for coryza with the following additions: before retiring, place a wet bandage (Priessnitz compress) around the throat, and if the condition has gone down to the bronchi, use the same type of bandage around the chest.

Gargle for acute sore throat: water acidulated with lemon juice should be used every two hours, but may be alternated in severe cases with a bicarbonate of soda solution (common baking soda) made by dissolving a half teaspoonful of soda in a glass of water. This may also be used in acute or follicular tonsillitis.

Acute Tonsillitis

While inflammation of the tonsils accompanies many *fevers*, the mucous membrane covering the tonsils and neighboring structures is often the seat of acute inflammation. The condition is misnamed; however, as the tonsil tissue itself is seldom affected.

Follicular Tonsillitis

This is another condition which is misnamed. Again, it is the mucous membrane and the crypts which are affected, and not the gland. It is very often associated with acute rheumatism, or may precede an attack.

Cause

The cause lies in the accumulation of acid waste products of protein origin in the blood. The crypts or depressions in the mucous membrane overlying the tonsils are convenient avenues for the discharge of this morbid matter. If the discharge is suppressed (driven back into circulation) by drugs or other means, the poisons will seek another outlet, forming other foci (abscesses) or precipitating an attack of acute muscular or articular rheumatism.

When follicular tonsillitis is properly treated without drugs or

other suppressive measures, there are no sequelae or serious after effects. It is largely on account of the suppressive treatment or the lack of proper hygiene that the tonsils have come to be looked upon by the medical profession as breeders of disease. As a matter of fact, the tonsils are rarely diseased, except after a prolonged, chronic catarrhal condition of the nose and throat, and after repeated suppressions of the discharge.

An unhygienic condition of the alimentary tract, a filthy mouth from decayed teeth and food, or purulent catarrh of the nose and sinuses will breed further disease. When the crypts of the tonsils fill up with thick, cheesy matter which decomposes and is absorbed back into the blood, it stands to reason that it will produce a disorder in other parts of the body. Proper sanitation and personal hygiene would prevent such conditions. The blame cannot be placed upon the tonsils, and the folly of removing them to "cure" rheumatism and such diseases is at once apparent.

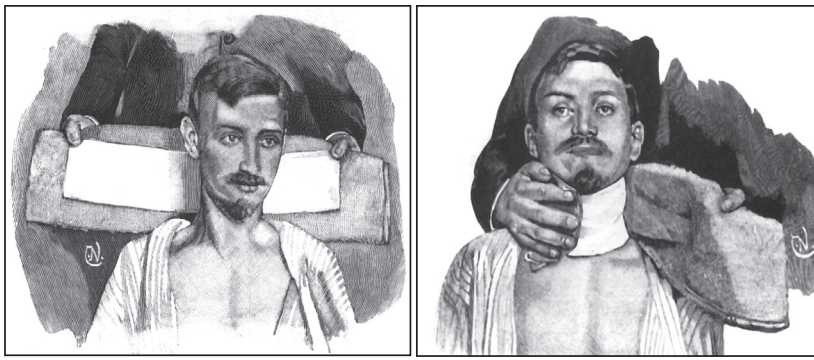
Symptoms

Onset is sudden, with rapid rise of temperature to 103° or 104° F/ 39° or 40° C, or higher. The throat is hot and dry, tongue coated and fetid breath. Glands under the jaw are sore and swollen. Tonsils and surrounding tissues are inflamed and congested with yellowish patches in the crypts, or a dirty yellow membrane covering the entire tonsil. Severe headache usually of a frontal character and general muscle ache throughout the body are also present. It is sometimes difficult to differentiate from diphtheria. A bacteriological test is sometimes the only means of detecting diphtheria. In mild cases of diphtheria, the typical membrane is sometimes absent, while in severe cases of tonsillitis, there may be a membrane present. The membrane of tonsillitis is merely a coating on the mucous membrane, and is easily scraped away.

Treatment

Restrict diet to dilute fruit juices. Enemas every three or four hours the first day, or until the colon is thoroughly cleansed. Full packs (wet) should be used to produce skin activity, and thus reduce the toxicity by increasing elimination. Nasal douching with a normal saline solution should be employed, and the throat swabbed out with gauze saturated in bicarbonate of soda solution, twice daily. A gargle of normal saline solution, or lemon and water (one part lemon juice, three parts sterile water) should be used frequently.

A Priessnitz compress should be used on the throat upon the appearance of the first symptoms, and renewed every two hours with about a one half hour intermission between packs.



The throat compress

No mechanical treatment is advisable during the acute stage except light spinal inhibition and gentle cervical treatment, to drain the lymphatics. This will also serve to relieve the headache and tenseness of the throat. (After a wide and varied experience with all forms of mechanical treatment, the writer has found that for acute disorders the "Neuropathic" treatment is more applicable and gives the best results without any danger of suppression. It is unfortunate that so few drugless physicians are familiar with this method.) After the more acute symptoms have subsided (about three days) the tonsils and surrounding tissues should be thoroughly drained by light finger pressure from inside the mouth. All cervical lymph glands should be thoroughly drained, and this treatment continued with irrigation of the crypts with normal saline solution for at least ten days. Too great stress cannot be laid upon this after treatment, as many sequelae are in this way avoided.

It must be remembered that an acute reaction such as tonsillitis is the means of relieving the body of much morbid matter, and consequently, the condition must not be aborted or suppressed, but allowed to run its course under the most hygienic and advantageous circumstances. In such a way, the system will get rid of much troublesome waste material that might otherwise seriously interfere with the operation of the vital organs and lead to chronic disorders. Once the character and object of acute diseases are known, and it is realized that they are in reality beneficial processes (Nature's healing efforts), no one need fear them. With fear removed and rational treatment employed, there need be no mortality from them except through carelessness or accident. When Nature resorts to an acute disease to institute a cleansing process and most forcibly calls our attention to the state of our body, it should open our eyes to Nature's ways, which constantly remind us of law and order. Instead of man investigating his habits, his way of living and his environment to find the cause and in which he has trespassed the law, he invents a "devil" upon whom he can shift the whole responsibility for his misdeeds and ignorance.

The germ is the modern devil. Truly our modern men of medicine are direct descendants from the witch doctors of the middle ages. Only a knowledge of natural philosophy, in conjunction with a thorough knowledge of physiology, pathology and bacteriology will ever enable one to see the fallacy of the germ theory of medicine. Germs are not the cause, but the product of the disease, and until this is realized, and the "germ scare" removed, people will die in acute disease, but it will be from fear and maltreatment. The mortality from acute diseases under rational non-medicinal treatment is so small as to be negligible.

The writer had opportunity during the influenza epidemic to witness the results from various methods of treatment, and it was only under allopathic treatment that the mortality was high. Many cases that had no special treatment recovered in a few days, where they obeyed the instructions to take nothing but fruit juices until the fever had been down for twenty-four hours. The mortality was very low among Christian Scientists and mental healers, which would in itself tend to prove that one was safer without treatment than in the hands of allopathic medicine.

Quinsy

Sometimes erroneously referred to as abscess in the tonsil, but in reality a peritonsilar abscess.

Many of the symptoms of acute tonsillitis are present, but the condition is marked by the formation of an abscess or abscesses on one or both sides of the throat in the tissues surrounding the tonsils (usually above these organs). The abscess usually ruptures into the throat, but sometimes requires to be lanced. This condition sometimes develops in improperly treated cases of acute tonsillitis, and delays the recovery.

Hypertrophy is, therefore, not a disease, but a compensation and a preventive of disease. Simple enlargement of lymphoid structures is an indication of toxemia, and can be corrected by a thorough course of eliminative treatment.

The difference between acute and chronic disorders is that while the acute disorder is a reaction occasioned by irritation of an abnormal character and instituted for the purpose of removing or destroying the disturbing element, the chronic state is the result of fatigue brought on by the unsuccessful endeavor of the part to overcome irritation or obstruction to function and circulation.

Eat moderately, avoiding meat, cheese, eggs, white flour products and pastry, using a preponderance of fruits and salads for ten days to two weeks thereafter.

Gargle for acute sore throat: water acidulated with lemon juice should be used every two hours, but may be alternated in severe cases with a bicarbonate of soda solution (common baking soda) made by dissolving a half teaspoonful of soda in a glass of water.

When follicular tonsillitis is properly treated without drugs or other suppressive measures, there are no sequelae or serious after effects. It is largely on account of the suppressive treatment or the lack of proper hygiene that the tonsils have come to be looked upon by the medical profession as breeders of disease.

An unhygienic condition of the alimentary tract, a filthy mouth from decayed teeth and food, or purulent catarrh of the nose and sinuses will breed further disease.

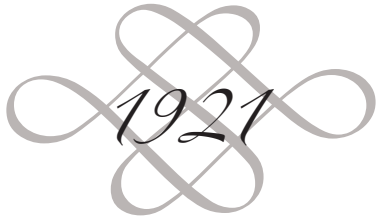
Nasal douching with a normal saline solution should be employed, and the throat swabbed out with gauze saturated in bicarbonate of soda solution, twice daily.

A Priessnitz compress should be used on the throat upon the appearance of the first symptoms, and renewed every two hours with about a one half hour intermission between packs.

It must be remembered that an acute reaction such as tonsillitis is the means of relieving the body of much morbid matter, and consequently, the condition must not be aborted or suppressed, but allowed to run its course under the most hygienic and advantageous circumstances.

Instead of man investigating his habits, his way of living and his environment to find the cause and in which he has trespassed the law, he invents a "devil" upon whom he can shift the whole responsibility for his misdeeds and ignorance. The germ is the modern devil.

Germs are not the cause, but the product of the disease, and until this is realized, and the "germ scare" removed, people will die in acute disease, but it will be from fear and maltreatment.



My First Case Of Encephalitis Lethargia Or Sleeping Sickness

Robert C. Biéri, N.D.

Nervous Prostration

Louise Lust

Eczema

Benedict Lust

A Case Report

William F. Havard

Treatment For Hayfever And Headache

Benedict Lust, N.D.

Acute Diseases, Epidemics, Fevers

Carlos Brandt, N.D.

Mineral Treatment

The therapeutic value of minerals has been overlooked in medical science.

Minerals applied externally are proved to be the Great Healing and Restoring Force of Nature.

A scientist with large experience in America and Europe has spent years in investigating and testing the therapeutic value of certain minerals.

Pure minerals have been discovered, taken from a great depth, and free from organic matter, which have the strongest chemical and bio-chemic affinity for the irritating poisons of the body which cause disease. These minerals are put up in the wonderful

TOXO-ABSORBENT PACK

which applied externally searches out the poisons from every organ of the body, draws them to the surface, absorbs and assimilates them, at the same time it carries in by osmosis the material for rebuilding the wasted tissues.

Depletion and elimination of the irritating poison is nature's method of making radical cures.

Toxo-Absorbents go far beyond the action of drugs and cure cases considered incurable.

The Toxo-Absorbents can be adapted to reach every organ of the human body.

Cancers and Fibroid Tumors are cured without an operation.

Pneumonia, Pleurisy and Consumption are cured by drawing out all septic and inflammatory conditions.

Appendicitis, Peritonitis and all internal inflammations are quickly reduced.

Ulcers and Abscesses—The action is prompt and certain.

Asthma, Bronchitis and all throat diseases respond promptly.

Bone Diseases (tuberculosis and necrosis)—Absorbents have never failed.

Typhoid Fever is aborted in a few hours.

All zymotic and inflammatory conditions are reduced at once by Toxo-Absorbents.

I am pleased to state that I have used the Toxo-Absorbents in my practice, and have prescribed them for my patients. I have used them in congestions and in typhoid and malarial fevers with excellent results. In one case of typhoid fever I succeeded in reducing the temperature five degrees in three hours by using the Absorbents. I would recommend the use of the Absorbents in all cases of fevers, congestions and inflammations. Yours,

S. GRIFFING, M.D.,
South Butler, N. Y.

Case reported by E. Grant Paxton, M.D., of Rochester, N. Y.:

Vaccinated Mrs. G. After ten days violent inflammation set in with septic poisoning. After walking the floor all night sent for me in the morning. Found arm badly inflamed from shoulder to elbow; very red and sensitive to touch. Indurated about the vaccination three by four inches. Fever high.

Used bi-chloride treatment. In evening found no improvement. Applied Toxo-Absorbent. After ten hours' treatment found all septic and inflammatory symptoms had disappeared, and vaccination vesicle umbilicated. Patient left for New York in afternoon. Had no return of symptoms.

Dr. S. H. Morris, of Rochester, says:

The best I can say of the Toxo-Absorbents is that I have adopted them in my practice. I have never before seen such surprising and gratifying results.

All who use them are enthusiastic in their praise:

Cancer of the Breast.—After two operations for cancer of the breast, the disease returned in worse form than ever. I had given up all hope when I used the Toxo-Absorbents. The terrible pain ceased at once, and in ten days I was well. I have never had such perfect health as since my cure.

MRS. J. H. PORTER.
Albion, N. Y.

I had an abscess of the liver which discharged through a large opening in the abdomen. Seven leading physicians pronounced it incurable. I was near death when I used Toxo-Absorbents. After discharging freely the opening closed, and in three weeks I was a well man. It seemed like a miracle. Refer any "doubting Thomas" to me.

REV. WM. CONNER,
40 Monroe Ave., Rochester, N. Y.

TOXO-ABSORBENT COMPANY,
Rochester, N. Y.

Gentlemen:

It is due to you to tell you of the very remarkable case of my daughter, Mrs. Joseph Dorsey, of this city. It seems to us like a miracle. For more than ten years she has suffered the most intense pain day and night, from a large abscess in the left pelvic cavity which would gather and discharge quantities of pus. The left limb was affected and was almost useless. Twice she came near dying from blood poisoning. The case has been considered incurable. She has been a great sufferer and has not been free from pain day or night for a single moment. It was in sheer desperation that we used the Toxo-Absorbent Packs. She has been free from pain from the first application. The first packs used were fairly loaded with the offensive poisons and were burned. She has not suffered a pain or even a throb since the first application, and the useless limb is as good as the other. She is gaining every day in flesh, strength and health.

We feel very grateful to you for your interest in the case, and we want you to use this for the benefit of other afflicted people.

Mrs. Dorsey's address is 106 Beard Place. She or I will cheerfully answer any inquiries about the case, and if it is necessary will make an affidavit covering the above facts.

Sincerely yours,

C. N. WALLACE.
618 Dillaye Building, Syracuse, N. Y.

This is an **Honest Remedy.** Give it **an honest** trial.

Let us send to you and your friends our free book on Absorption.

Write us freely about your case. We want no case that we cannot benefit or cure.

TOXO-ABSORBENT COMPANY

94-96 STATE STREET, ROCHESTER, N. Y.

My First Case Of Encephalitis Lethargica Or Sleeping Sickness

by Robert C. Biéri, N.D.

Herald of Health and Naturopath, XXVI (6), 267-269. (1921)

Report Of Case With Special Reference To Physiological Treatment

Introduction

During 1918–1919, and including the first quarter of 1920, there has been prevalent in the United States an epidemic disease which proved fatal to forty percent of victims, and which caused lively interest to many of our prominent investigators. Numerous theories were advanced by scientists, while the public press was widely discussing the dreaded diseases under the name of "Sleeping Sickness".

Following the severe epidemic of Influenza [Spanish flu epidemic of 1918], many observers noted a series of symptoms characterized by disturbances of consciousness (desire to sleep), and by cranial nerve irritations or palsies which proved unlike any other known disease. It has been confounded for poliomyelitis, encephalomyelitis, polyneuritis, meningo-encephalo-myeloneuritis and polio-encephalitis. For the present we must, therefore, regard these conditions separately. There is no question among neurologists now but that encephalitis, whether a new disease or not, is a distinct clinical entity.

The fact that encephalitis occurs most frequently in those who have suffered from influenza, and that the disease made its appearance about six months after the influenza epidemic, clearly points to an etiological relationship. Beyond this, the cause of the fatal sleeping sickness is unknown. Much material and data has been produced on all sides. However, it is still inconclusive, and final judgment must be reserved until such time as our knowledge is more complete.

All we can say, says the *Bulletin of the Department of Health* for New York City, is that it is probably an air-borne infectious disease, and also probably contagious. Most of our present day knowledge points to the theory that it is produced by the toxins generated by the end products of the influenza bacillus.

Personal Observations

My own experience with the case to be presented in this article dates back to December, 1920. It was not until about that time, when physicians realized the great value of Physical Therapy in the post-acute stages of encephalitis lethargica. I desire to thank Dr. Walter Cimiotti for valu-

able advice, also Dr. R. M. Bruns of the Fidelity and Casualty Company of New York for much data and information. The case was referred to me for special treatment by the Dr. A. E. Ollp, and to him I am indebted for his amiable cooperation, advice and the general supervision of the case.

The patient, who at this time is still under treatment, has evidently been of the milder type. Convalescence is progressing slowly but the patient is extremely hard to manage. The progress made during the last month has however, been greater than the previous month. The physicians in charge, as well as the parents, are greatly encouraged.

Case

Female, aged twelve. Lives with parents. Up to a year ago, only child. Parents in comfortable circumstances. Ideal home life. Patient much petted and spoiled.

Complaint

Drooping of eyelids; cannot move upper lip. Slight difficulty in swallowing. Cannot close lips nor whistle. Pains in the head and right side of neck. Drowsiness, emotionalism, slow gait, and languid general motions. Depressed and forgetful.

Personal History

Had an attack of influenza early in 1920. Healthy until that time. Measles when two year old, uncomplicated recovery. Slight attack of diarrhea following the influenza. Family history practically negative. Uncle died of pneumonia in 1917. Patient had no infectious diseases before the influenza. No operations. No trauma. Was always a little overweight. Very active, friendly, and above average intelligence.

Present Illness

Two days after onset of illness patient complained of numbness of legs and disturbance of locomotion, (August 1920). Took to bed. Fell asleep. Hard to rouse. Temperature: 101° to 102.25° F/38° to 39° C for three weeks. In wakeful moments complained of great pains in head and neck. Had a drawing feeling along the sciatic nerve, and pains in lumbar region. Slightest exertion made her head swim. At that time, she slept twenty hours each day. Depression very great. Swallowing became difficult and eyesight was impaired. Day and night nurse in attendance. Patient at home.

Physical Examination

Dr. A. E. Olpp and Dr. J. C. Lermos. Patient has lost fifteen pounds of weight. She is asleep. Saliva runs out of left corner of mouth. Eyelids only half closed. Slight tremors about face and right hand. Skin pale, cold

and damp. After much coaxing and shaking, patient is sitting up. Head falls slightly to left. Tries to swallow. Much facial contortions. Saliva runs faster from left corner of mouth. Tongue protrudes in midline and is a little tremulous. Blood pressure, 104 systolic, 80 diastolic. Artery walls not palpable. Heart normal. Abdomen negative. Reflexes below normal. The right patellar reflex less active than left. Plantar reflexes on both sides very sluggish. Cannot do finger-nose test. Thyroid a trifle enlarged; no other glandular enlargement. Lungs negative. No diplopia, left pupil larger than right, reaction to light poor. Equilibrium very unsteady; walking unassisted impossible. Complains of much muscular pain in chest and back when standing.

Roentgen Ray Report

Chest; Heart about normal size. Slight dilatation of aorta. Lungs and diaphragm normal.

Dental report. One bicuspid badly necrosed. Two other teeth are decayed and quite loose. No doubt they form a source of considerable absorption and cause infections.

Final Consultation, Diagnosis, And Laboratory Reports

On the 24th of January the family physician, Dr. A. E. Olpp called in for final consultation with the four other doctors, and the result, after having gone over all reports and laboratory findings, was unanimously the following:

The case was a puzzling one at first as far as the diagnosis was concerned. Aside from the acuteness of the onset, the history of influenza and the persistent drowsiness, plus the fact that there were other cases of sleeping sickness reported in the town, the physicians were puzzled by other objective symptoms resembling meningitis, paralysis, and tabes dorsalis. However, this was finally eliminated by the reports of a negative spinal fluid and also a negative Wasserman test. The diagnosis was made that day as *meningo-encephalitis acuta,* viz. *encephalitis lethargica* with lesions in the gray matter of the cord.

Stool examination: Negative

Urine examination: Specific gravity, 1010-1016. Albumin, negative. Sugar, negative. Microscopically, red blood cells, 0; white blood cells a few at times; Hyaline casts at first; (later absent).

Cerebrospinal fluid: About 25 c.c. clear fluid removed. Pressure, not increased. Cells, 2 to entire field (lymphocytes). No film formed in twenty four hours. Wasserman reaction, negative.

Laboratory reports: Blood: Red blood cells, 5,856,000. White blood cells, 10,000. Hemoglobin, 85 percent. Red blood cells and platelets, normal. No abnormal cells seen.

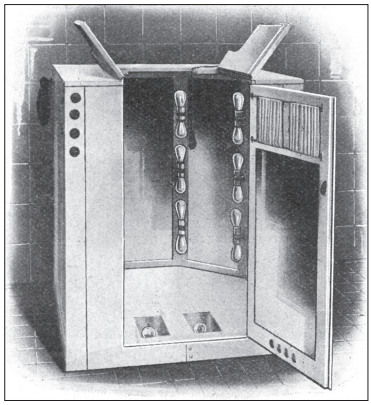
Treatment

Until the date of the final consultation, January 24th, 1921, when all consulting physicians were discharged and the family physician resumed full responsibility, nothing specifically had been attempted in the way of medication. The patient rested in bed and arm chairs, was protected from all external stimuli, mild laxatives, a bland diet, and occasionally some local application was prescribed against headaches and pains.

Fourteen days later, I first saw the patient in my office. Dr. A. E. Olpp had informed me the previous day of the case and had personally accompanied the patient with her parents to my office. He briefly went over the history and diagnosis with me, and advised a series of mild eliminatory treatments, to which gradually tonic and stimulating procedures could be added.

First Six Treatments

Alternating mild electric light baths with cold ablutions. Massage of face and neck muscles with faradizations. Reconstructive exercises of arms and legs. (Active and passive).



Electric light bath



Friction cold rub

Second Six Treatments

Scotch douches with mitten rubs alternating with cold half bath. Spinal douches and massage of back and limbs. Deep therapeutic light backings of neck and back followed by ice rubs.

Present Treatment

Cold packs followed by alcohol sponging. Deep faradizations of entire torso. Gymnastics and concentration exercises. A rich mixed diet less starch. Patient fifty percent recovered. Attends school, seldom falls asleep, and is making a slow but positive recovery.

NERVE-FORCE

is a Home Remedy; a noble UNGUENT for external application. It is founded upon the principle that Suffering, Premature Decline, and Premature Death are the direct, and indirect, results of

DORMANT CIRCULATION;

that rescue can only be assured by its reëstablishment by **directly** charging the controlling battery-cells with **an element imitating the nerve force prepared for that purpose by Nature.** This imitative element is our faithful NERVE-FORCE, and it will positively reëstablish the most sluggish CIRCULATION to normal. It has won for us many Gold Medals for life-saving in the past twenty years. We do not, however, advertise it—but our NERVE-FORCE JOURNAL, which explains its every detail. We send this Publication free, **in plain envelope,** to as many addresses as you may send us. We describe this foe to mankind as the root of



A NOXIOUS WEED.

and we appeal especially to the "chronically ill" who are wearied and discouraged with "stomach-drugging" as a means of warfare against Disease: to sufferers threatened with cruel "operations:" to men and women who, in spite of heroic efforts for cure, feel themselves steadily declining; to men and women who are victims of sedentary employment or excessive "brain exhaustion," and to those who have been cast aside as "incurable."

MR. and MRS. GEORGE A. CORWIN,
1577 Mt. Morris Bank Building, - NEW YORK CITY.

Following the severe epidemic of Influenza [Spanish flu epidemic of 1918], many observers noted a series of symptoms characterized by disturbances of consciousness (desire to sleep), and by cranial nerve irritations or palsies which proved unlike any other known disease.

The fact that encephalitis occurs most frequently in those who have suffered from influenza, and that the disease made its appearance about six months after the influenza epidemic, clearly points to an etiological relationship.

Nervous Prostration

by Louise Lust, N.D., D.O.
Herald of Health and Naturopath, XXVI (6), 282. (1921)

Persons suffering from nervous prostration [nervous exhaustion or nervous breakdown] have allowed the urgency of daily duty, worry and care to drive them on in work until the vital energies have been nearly exhausted. Sensibility has the upper hand and self-control is partly lost. The whole system is affected. Poor digestion, strange feelings throughout the body, sleeplessness, restlessness, depressing thoughts and even a wish for death are all symptoms of nervous prostration.

HERALD OF HEALTH AND NATUROPATH APRIL, 1921—PAGE 205

THE SECRET IS OUT

A Treat for the Epicure *A Triumph of Culinary Art*



LOUISA LUST, N. D.

The Naturopathic Resort "Yungborn" at Butler, New Jersey, and the Florida Yungborn "Quisisana" at Tangerine have long been famous for the originality and excellence of their vegetarian diet. Visitors have described the meals as "masterpieces of the culinary art," and many have sought to discover the secret of the succulent and delicious viands which grace our table. All the vegetables, fruits and nuts of a bounteous Nature seem to have combined at the touch of a magician's wand into a profuse variety of new and savory dishes which tickle the palate and bring the smile of inward contentment to those assembled round the festive board.
Selfishness has no place in Naturopathic ideals. Being willing, therefore, that our friends should have the secret of this dainty and nutritious cooking, Mrs. Lust has decided to place before the public the result of her labor and study of years in this particular branch, in the form of a complete Naturopathic - Vegetarian cook book, aptly entitled the

GOOD DINNER COOK BOOK

Vegetarian cooking takes on a new meaning after you have tried some of the recipes in this book and the gastronomic horizon of the vegetarian is broadened by new and unthought-of combinations, even the reading of which makes your mouth water with joyful anticipation. You are real mean to yourself if you don't get this book. Send for it to-day and give your friends a treat.

PARTIAL CONTENTS

Section 1—Cooked and Uncooked Foods. Section 2—Substitutes for Animal Foods. Section 3—Egg Plants, Potato Croquettes, etc. Section 4—Rice or Farina Fritters, Rice with Tomatoes, etc. Section 5—Mushroom Pie, Cabbage Pie, Spinach and Eggs, Stuffed Peppers, etc. Section 6—Soups and Gruels. Section 7—Vegetables and what may be done with them. Section 8—Sauces and their importance to a good dinner, etc., etc. Sixteen Sections with table of Food Values from reliable authorities.

Price, 75 cents; Cloth, $1.00. Postpaid with a year's subscription to The Naturopath $2.25. Send all orders to

NATURE CURE PUBLISHING COMPANY, BUTLER, N. J.

There is no need for despondency, however, for the trouble is curable if the right means are employed. The whole system must be strengthened. If extreme weakness prevails and the stomach is weak, a few spoonfuls of non-acid vegetable gruel should be given every two or three hours, increasing in quantity as the patient becomes stronger. Alternate this diet with fruit, forbid all drugs and narcotics, see that the patient sleeps with open windows and lives out-of-doors if the weather permits. Every morning after a warm sitz bath, put the patient back in bed and apply a cool compress over the stomach and abdomen for one-half hour or for as long a time as it feels comfortable.



Leg wrap

Muscular pains in legs and back will yield to hot and cold methods of treatment. Leg packs from the knee down may be given. Manipulation of the muscles of the back and gentle pressure on the right parts will relieve and strengthen the patient. Manipulation, however, should not be confined to the spinal column alone. The treatment should be carried down the limbs until the weary feeling gradually disappears and warmth and strength slowly pass over the body, even to the very toes.

Thus life itself is communicated to the whole system. Such treatments, given two or three times a week, will bring forth wonderful results. The patient must have a complete rest. By this is meant that the patient must lie in a restful position in a sunny, airy room or out-of-doors. Many people believe that it is weakening to lie still. "Get up, take exercise and enjoy the fresh air" is a good order for a person truly ill. The sort of exercise needed in such cases is given by others in the form of treatments

which stimulate the organic nerves without using the vital force of the sufferer.

The mind has always an influence over the body. To give a patient hope helps greatly in curing the disease; to tell a patient that he is incurable is a sure way to make him so. As a rule, a person afflicted with nervous prostration has no hope and little, if any, energy left.

Reverend Sebastian Kneipp often said in his lectures, "Every disease is curable, but not every patient." The earnest cooperation of the patient is necessary. An immense power of healing, however, is exerted by the person who speaks of the possibility of a cure with a genuine ring of hope in his voice.

Many cases found incurable by the usual treatment have yielded to the treatment recommended here, and to give this impression to a patient is to win half the battle. Those who speak carelessly to patients should never enter a sick room or be in the healing profession. Look then for every sign of improvement, discourage all doubts and encourage all hopes. What otherwise might be a hopeless case will be cured with comparative ease.

There is no need for despondency, however, for the trouble is curable if the right means are employed.

Every morning after a warm sitz bath, put the patient back in bed and apply a cool compress over the stomach and abdomen for one-half hour or for as long a time as it feels comfortable.

To give a patient hope helps greatly in curing the disease; to tell a patient that he is incurable is a sure way to make him so.

Reverend Sebastian Kneipp often said in his lectures, "Every disease is curable, but not every patient."

Many cases found incurable by the usual treatment have yielded to the treatment recommended here, and to give this impression to a patient is to win half the battle.

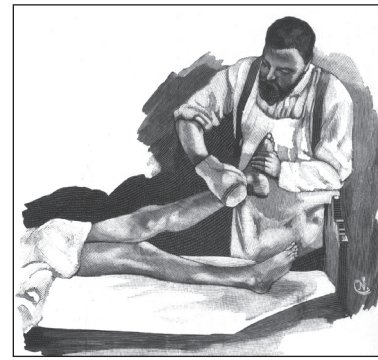
Look then for every sign of improvement, discourage all doubts and encourage all hopes. What otherwise might be a hopeless case will be cured with comparative ease.

Eczema

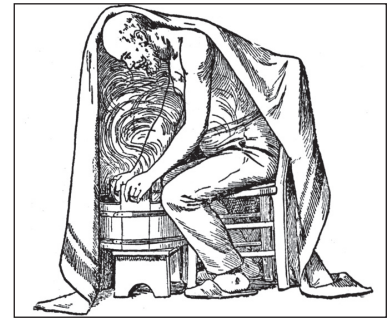
by Benedict Lust, M.D., N.D.
Herald of Health and Naturopath, XXVI (6), 297. (1921)

Skin eruption, known under the name of eczema, has various causes. When the cause is a failure of the skin to act properly, the skin of the whole body will be dry and hard.

In this case, warm baths with radium soap should be given, followed by a good friction rub with cold water douche or spray. When general debility is also present, all means should be used to increase the patient's vitality. Correction of faulty metabolism, a simple diet, abundance of fresh air, and sun baths are most beneficial. If the face is affected, a head steam with chamomile two or three times a week may be given, followed with an application of dry clay dusted on the skin. Enemas with cool water should form part of the treatment.

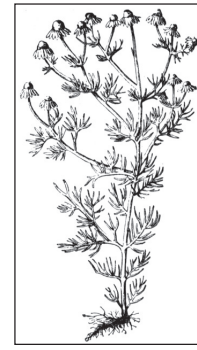


Friction rub



Head vapor bath

Prejudice often exists against cold water treatments of any kind, but if this is not overcome, the patient will lose a precious means of relief. If fever accompanies the skin eruption, it can be relieved only by cold packs, alternating with cold natural baths or Kuhne friction hip baths. If these treatments are well carried out, the feeling of comfort given will soon tell how they are working. In all cases of skin trouble, linen should be worn next to the skin.



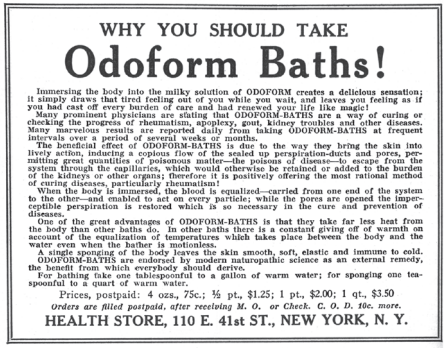
Chamomile [*Matricaria chamomilla*]

Almost all patients who come for treatment for skin diseases and eye troubles are people who rarely bathe. They do not realize that frequent bathing will make them live longer, and look and feel younger. Sun, air and rain baths give vitalized oxygen to the system.

All teachers of hygiene insist upon the vital

importance of frequent internal and external ablutions. The two million perspiration glands of the skin regulate the internal temperature and communicate with the surface of the body. We must keep these sewers clean if we would be in health and good to look upon.

Many people class the water cure as a fad because they do not understand the importance of its practice in both health and disease. The medical profession, however, appreciates the value of baths, ablutions and packs in the treatment of disease and has evolved a most complex system of hydrotherapy.



WHY YOU SHOULD TAKE

Odoform Baths!

Immersing the body into the milky solution of ODOFORM creates a delicious sensation; it simply draws that tired feeling out of you while you wait, and leaves you feeling as if you had cast off every burden of care and had renewed your life like magic!

Many prominent physicians are stating that ODOFORM-BATHS are a way of curing or checking the progress of rheumatism, apoplexy, gout, kidney troubles and other diseases. Many marvelous results are reported daily from taking ODOFORM-BATHS at frequent intervals over a period of several weeks or months.

The beneficial effect of ODOFORM-BATHS is due to the way they bring the skin into lively action, inducing a copious flow of the sealed up perspiration-ducts and pores, permitting great quantities of poisonous matter—the poisons of disease—to escape from the system through the capillaries, which would otherwise be retained or added to the burden of the kidneys or other organs; therefore it is positively offering the most rational method of curing diseases, particularly rheumatism!

When the body is immersed, the blood is equalized—carried from one end of the system to the other—and enabled to act on every particle; while the pores are opened the imperceptible perspiration is restored which is so necessary in the cure and prevention of diseases.

One of the great advantages of ODOFORM-BATHS is that they take far less heat from the body than other baths do. In other baths there is a constant giving off of warmth on account of the equalization of temperatures which takes place between the body and the water even when the bather is motionless.

A single sponging of the body leaves the skin smooth, soft, elastic and immune to cold. ODOFORM-BATHS are endorsed by modern naturopathic science as an external remedy, the benefit from which everybody should derive.

For bathing take one tablespoonful to a gallon of warm water; for sponging one teaspoonful to a quart of warm water.

Prices, postpaid: 4 ozs., 75c.; ½ pt., $1.25; 1 pt., $2.00; 1 qt., $3.50

Orders are filled postpaid, after receiving M. O. or Check. C. O. D. 10c. more.

HEALTH STORE, 110 E. 41st ST., NEW YORK, N. Y.

Pine needle, hay flower, oak bark and many herbal baths are used for various skin diseases. The more serious diseases are treated with these baths, in combination with clay and sun baths, with perfect success. The effect of the sun bath upon the entire system cannot be overestimated, for it not only overcomes disease but prolongs life and gives power of which we hardly dream.

In this case, warm baths with radium soap should be given, followed by a good friction rub with cold water douche or spray. When general debility is also present, all means should be used to increase the patient's vitality. the face is affected, a head steam with chamomile two or three times a week may be given, followed with an application of dry clay dusted on the skin.

If fever accompanies the skin eruption, it can be relieved only by cold packs, alternating with cold natural baths or Kuhne friction hip baths.

The two million perspiration glands of the skin regulate the internal temperature and communicate with the surface of the body. We must keep these sewers clean if we would be in health and good to look upon.

Pine needle, hay flower, oak bark and many herbal baths are used for various skin diseases.

Case Report

by William F. Havard

Herald of Health and Naturopath, XXVI (7), 340-341. (1921)

Case

Mrs. X, age 37. Chronic constipation. General debility. Patient complained of nervousness and heart trouble. Examination revealed a simple endocarditis. Patient also was suffering from psoriasis.

Treatment

The first three successive evenings, the patient was given an enema in the following manner. Patient was instructed to lie on the left side and one pint of warm water was injected. When this was ejected, the patient then lay on the right side and was given a further injection, this time using one quart of warm water. This is somewhat different from the usually accepted method of giving an enema, but the results assuredly repay the effort.

For the first week or two, the patient was instructed to rest as much as possible. Manipulative treatment at this time was confined chiefly to abdominal massage and gentle articulation of the entire vertebral column. Cold packs were applied to the trunk nightly.

Diet consisted of the following:

Breakfast composed of any of the acid fruits, such as fresh pineapple, grapefruit, oranges, etc.

Lunch consisted of raw vegetable salads. The following are a few of the combinations: Lettuce, tomatoes, celery; dish of whole rice, raisins, little milk; raw cabbage, celery, green peppers; watercress, tomatoes, lettuce.

Dinner was just as uncomplicated. For example: one pint of milk, nothing else; ripe bananas, thoroughly masticated; baked potato, little butter, and lettuce; spinach steamed just long enough to soften, two or three biscuits, celery; apple, celery, few nuts.

This regime was followed for a period of three weeks and then changed to the following:

Breakfast consisting of as much milk as the patient desired, together with any of the sweet fruits, dates, black mission figs, sweet prunes, currants, raisins, persimmons, etc.

At 10 a.m. any one of the acid fruits.

Noon: Same as breakfast, or nothing but milk, or milk and raw vegetable salad.

3 p.m. Milk alone, or any sub-acid fruit.

Evening Meal: Same as breakfast, or same as noon.

With this change in diet, change was also instituted in treatment. Epsom salts baths were given: two pounds of salts to half tub of water. Patient was instructed to rub the entire body thoroughly with coarse bath mitts. Duration of bath twenty minutes, gradually finished off with cold water. One bath every twenty-four hours. This for two weeks.

Discussion

It will readily be seen that no specific disease condition was concentrated upon. The treatment used being upon the demonstrable assumption that all disease is the result of retention of waste matter within the bodily organism. Elimination of the various irritating encumbrances was the sole object. The Epsom salt baths were not given at the commencement of treatment because of the pronounced fear of the patient of too much warm water and also because of the heart condition. It is understood, of course, that any ailment of the heart is rarely, if ever, primary. Nevertheless, the strict diet instituted at the commencement of treatment removed many of the irritants responsible for the misbehavior of the heart and strengthened that organ so that the warm baths resulted beneficially. Rheumatism and constipation are cited as the predisposing causes of any heart condition, but then we know that back of these conditions are other predisposing factors. Very often a patient gets well not because of the treatment but in spite of it. Whether that applies to this case or not won't be argued but the patient assuredly got well.



Treatment For Hay Fever And Headaches

by Benedict Lust, N.D.

Herald of Health and Naturopath, XXVI (8), 372. (1921)



Benedict Lust
(1872-1945)

A most effective prevention and cure for hay fever is a head steam bath of *Foenum graecum* or a half bath with hay flowers to produce perspiration and every other day, a sitz bath. Sponge all over each night with water and vinegar. Generally, there is more or less pain in the head. The stomach and head affect each other, a disordered stomach causing severe headache which aggravates the symptoms of hay fever. A Priessnitz pack overnight will be a great relief and eventually result in a cure.

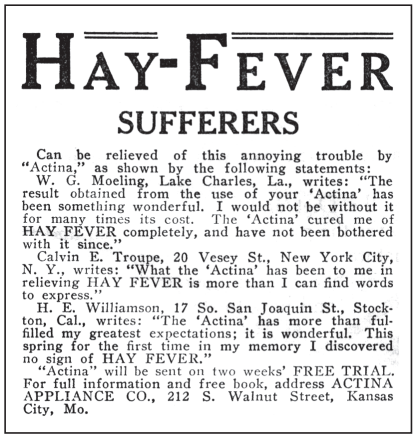
Headaches may be caused indirectly by the failure of some of the organs to do their duty, in which event other methods must be adopted. The use of tobacco so injuriously affects the whole system that headache often results, and refuses to be cured unless the tobacco be given up. This applies, as well, to tea and coffee. Constipation, or sluggish action of the bowels and imperfect action of the kidneys also cause headaches.

A great relief for this is the Priessnitz compress applied every day or overnight for two weeks, then stop treatment for one week during which time take a cup of shavegrass tea [*Equisetum arvense*] twice a day, or drink freely of lemon water. It must be remembered that over eating, or the eating of indigestible food, must be given up, and the food that is eaten must be masticated till it is reduced to a liquid consistency. Many will say they have no time for this, but time must be taken. Half the quantity of food well masticated will nourish better than the whole imperfectly masticated.

Headache on awakening in the morning is a frequent result of stomach disorder. In such a case, take a few spoons of peppermint tea two or three times a day. Wormwood tea is also an excellent stomach purifier.

Massaging the head is important in cases of neuralgic headache and eye trouble, but if pain or uneasiness result from the massage it should be stopped and other treatment substituted. To massage the head, gently press the returning stream of venous blood on its course from the weighted brow, back over the top of the head, then apply a cold cloth and massage again. Finish the treatment with the cold applications. More or less relief will come in a short time. In ten or fifteen minutes, there will be a very great change for the better.

There may be another cause for the headache and that is pressure



HAY-FEVER

SUFFERERS

Can be relieved of this annoying trouble by "Actina," as shown by the following statements:

W. G. Moeling, Lake Charles, La., writes: "The result obtained from the use of your 'Actina' has been something wonderful. I would not be without it for many times its cost. The 'Actina' cured me of HAY FEVER completely, and have not been bothered with it since."

Calvin E. Troupe, 20 Vesey St., New York City, N. Y., writes: "What the 'Actina' has been to me in relieving HAY FEVER is more than I can find words to express."

H. E. Williamson, 17 So. San Joaquin St., Stockton, Cal., writes: "The 'Actina' has more than fulfilled my greatest expectations; it is wonderful. This spring for the first time in my memory I discovered no sign of HAY FEVER."

"Actina" will be sent on two weeks' FREE TRIAL. For full information and free book, address ACTINA APPLIANCE CO., 212 S. Walnut Street, Kansas City, Mo.

on some nerve, and this pressure hinders the free flow of vital impulse along the nerve. This hindrance is what we feel as pain. To remove the pressure is then to relieve the pain. Pressure from overwork often cause headache. Rest from work in such cases removes the pressure, and consequently, the pain. If the pressure results from a failure of energy in some part of the head, slight swelling is present and to increase the energy can result in a cure. Also spinal treatments relieve the pressure but they should be alternated with spinal fomentations for 30 minutes. Avoid exposure to cold during this treatment. It is suitable for all cases, but general health rules must be observed.

A most effective prevention and cure for hay fever is a head steam bath of Foenum graecum or a half bath with hay flowers to produce perspiration and every other day, a sitz bath.

Headaches may be caused indirectly by the failure of some of the organs to do their duty, in which event other methods must be adopted.

A great relief for this is the Priessnitz compress applied every day or overnight for two weeks, then stop treatment for one week during which time take a cup of shavegrass tea [Equisetum arvense] twice a day, or drink freely of lemon water

Headache on awakening in the morning is a frequent result of stomach disorder. In such a case, take a few spoons of peppermint tea two or three times a day. Wormwood tea is also an excellent stomach purifier.

Acute Diseases, Epidemics, Fevers

by Carlos Brandt, N.D.

Herald of Health and Naturopath, XXV (8), 400-402. (1921)

Trying to kill the germs, physicians kill the patients. —Dr. Peter

The human race is sick; each individual is born with a more or less large quantity of foreign matter clogging up his body. This quantity of foreign matter augments through our wrong mode of living, and then we transmit it again, through inheritance, to our descendants. Although acute diseases are useful in removing this foreign matter, the most rational method is to live according to Nature, in order not to acquire such matter, or if it comes to us through inheritance, to eliminate it. We must try to be healthy so that it is unnecessary to have acute diseases. If we are not healthy, then we must not try to avoid acute diseases, which, when treated by means of a rational method (Naturopathy), will surely cleanse our body and make us strong and healthy.

I could quote many eminent drugless physicians who condemn most strongly the system of abating fevers and acute diseases artificially, that is, by means of serums and drugs. At present, I will quote only one regular physician, Dr. A. Benchetrit, who, as far as I know, has never studied drugless medicine. Still, as there is but one truth, he has arrived at the same conclusion as the drugless physicians. He is a specialist on Spanish influenza, and cured thousands of those afflicted, without having ever lost a single case. He says,



Dr. A. Benchetrit, M.D.

> The great depression which the human system receives with this disease increases the vital energy of the sick person to such a degree that if he were treated by a rational method, he would feel stronger after the disease than he did before it. Only those who use quinine, pyramidon, phenacetin and other drugs remain weak and exhausted. In the present epidemic, I have seen many people suffering from chronic diseases such as asthma, heart, nerves, liver and kidney disease, whose health has improved or even been spontaneously cured of their chronic diseases having the Spanish influenza, provided they were cured of the latter by a rational drugless method. The stomach is the seat of this disease. I consider it a crime to give milk to the patient, because milk is a poison in such cases. The best proof that adynamia (sub-normal

> temperature) is simply result of poisoning, is the fact that after four days of fasting, the patient feels in splendid condition and sleeps soundly, which means that the body has been freed from the poison.

Dr. F. A Rizquez, M.D., says in his book, *General Pathology*, "Fever is a reaction of organic defense and as such, it should be protected, rather than opposed. Generalized febrile infections are more dangerous, when they develop themselves apyretically, as for instance, pneumonia of old people, cholera, diphtheria, etc." Every drugless physician knows that acute diseases are not dangerous, but instead they are useful to cure chronic diseases. As Schiller says, "A fever which does not kill, invigorates." Acute diseases are, therefore, convenient, because their aim is to protect human life, or in other words, to promote the law of conservation of life.

According to official statistics, in many civilized countries the increase in the use of vaccines, serums, lymphs, cocaine, morphine, quinine and other drugs has coincided with the diminution of colds, smallpox, fevers, and other acute disease. On the other hand, the same statistics show (see chapter "Common origin of diseases") that such diminution has coincided with an enormous increase of heart disease, cancer, diabetes, syphilis, insanity, tuberculosis and other chronic hereditary and incurable diseases. This proves that the apparent success of these drugs, serums, etc., has been attained by means of weakening the body, dulling the curative crisis, or rendering it impossible. Our persistence is trying to dull, remove, or avoid acute diseases is the principal cause of all these chronic diseases, and therefore, of the human degeneration. According to *La Reform Alimentaire* of Brussels, the most and the least vaccinated countries are respectively Holland and Hungary. The former has the most cases of cancer, and the latter has the least. Through vaccines, drugs, etc., we weaken our strength and prevent important physiological processes upon which principally, our health depends.

Germs are not the cause but the result of disease. In some people they work as the match touched to the explosive. While on the other hand, really healthy people have an absolute immunity from them, since the nature of these individuals is not an appropriate place to breed microbes, germs, etc. Germ diseases only affect sick people, that is, such people whose systems are clogged with foreign matter. During an epidemic, germs are absolutely unavoidable, since they live in water, air and everywhere, and even the greatest means practiced to prevent them are useless. Nevertheless, these diseases do not affect all people alike. Nurses, physicians and such people who are in contact with patients are not so readily affected, as those who are intimidated and take the greatest precaution. Everyone knows that tuberculosis is endemic in all civilized countries, and

that no one is able to avoid Koch's bacilli. Nevertheless, this disease does not afflict everyone, but only those whose body, appearance, complexion, and aspect show to the eyes of the expert physician a fit place to breed Koch's bacilli.

Eminent regular physicians have come to these two conclusions, based upon personal experiences and repeated observation:

1. In certain individuals, and even in certain countries, permanently infested by certain germs, the corresponding disease never develops.
2. A germ disease can appear and develop without the presence of the corresponding germ. In other words, it seems as if the germs could be generated spontaneously.

Such facts destroy the germ theory, or at least disposes of its claimed importance. Still regular physicians, in which prejudice predominates over experience, help to support the old microbial dogmas. Their bias speaks about predisposition. In other words, it tacitly recognizes that germs only affect such people who have a proclivity to be affected; thus, such people are a fit medium to breed germs. Regular physicians are unable to explain what is predisposition because they do not believe in Naturopathy, yet drugless physicians know that predisposition is the clogging of foreign matter in the system as first proclaimed by Louis Kuhne.

We know in hereditary diseases that the only thing which can be inherited is the predisposition, proclivity or complexion, but not the germ of the disease. This shows that the latter is of secondary importance. According to Kuhne, the form, situation and nature of the foreign matter can be detected in the appearance, complexion and aspect of the affected one, even years before the corresponding disease appears.

Man is a sick being. There are more imaginary healthy people than imaginary sick ones. We are all born with some foreign matter in our system. *Vitiis nemo sine nascitur*, says Virgil. Taking it for granted that in every human body there is more or less large quantity of foreign matter, that is, that all bodies are a fit soil to breed germs, we should not blame our natural persistence in trying to avoid the latter. Where there are explosives, it is natural to avoid fire. Nature has given us an aesthetic sentiment (of which cleanliness forms a part) as a Vital Imperative (see chapter, "Teleology of Aesthetics"), to make us abhor (by sight, smell, taste, etc.), all kind of dirt, decayed matter, and every emanation of miasms, every infection and every presence of germs. It is clear that dirty cities must be visited by epidemics more frequently than clean ones. It is also clear that the cleaner a city, the better its hygienic conditions are. Still, from the sound natural love of cleanliness, to the morbid, hysterical

and unhealthy sickening terror of germs, there is a great difference. This error is unhealthy, as are also the so called disinfectants and the pasteurizations, for by means of the latter, food loses most of its nourishing value, and water its best properties. Germs only affect those who have an overclogging of foreign matter and who therefore need a strong curative crisis (acute disease) to cure their body.

To try to exterminate diseases by killing germs is as useless as to try to exterminate the swamps by killing the mosquitoes. What we have to do is to clean, to eliminate swamps, dirt, infectious places, etc., and then the germs will naturally disappear. Let us put an end to our wrong living, to our wrong foods, to the use of drugs, serums, vaccines, disinfectants, etc., all of which prepare our nature to be a fit breeding ground for germs. Let us purify our body and then we will see that germs will never pursue us, nor will they be harmful to us.

As we have seen in one of the preceding chapters "Common origin of diseases", the aim of acute disease is the elimination of clogging matter from the body; or in other words, acute diseases exist in order to cure chronic diseases. Since chronic diseases have the same cause as moral diseases (vice, envy, hate, etc.), we see that acute diseases not only cure the body; but also cure the soul. Everyone who has had an acute disease, and who has been cured of it by rational, natural methods (that is, without drugs, serums, etc.,) knows that immediately after having been cured, not only his body became clean, but also his soul; and that he experienced not only physical, but also spiritual pleasure, beatitude, or as the Greeks called it, *Eutimia*. After having gone through a curative crisis, the individual is free from sorrow, hate, worry, fear, etc., and it is not until his body starts again to clog up with foreign matter that these moral perversions come upon him again.

Physical and psychical diseases are so closely connected to each other, that what is good to cure the one is also good to cure the other. So, we see that acute diseases are good, not only to cure the body, but also to cure the soul. We cannot expect to be perfectly good and happy if we are sick. Goodness and happiness are the result of health. "A sweet soul is incompatible with a sour stomach." This teaches us also that we do not have to look for happiness outside of ourselves, as it is within us, although in a latent state. "Our remedies oft in ourselves do lie, which we ascribe to heaven," says Shakespeare.

All those people, who have been cured rationally of a serious fever or of any acute disease by a drugless method, know that happiness is nearer to us than we can imagine. We only need a little more light in our brain and a great deal more will power to attain it. As I have said before, anyone who has been rationally cured of an acute disease has been able to taste—although only for a short time—what happiness is. His spirit will

have seen wider horizons, will have experienced equanimity, and *Eutimia*. His soul will have wandered, although for a short while to such spiritual regions in which those demigods called Zarathustra, Pythagoras, Epicurus, once lived.

Acute diseases are good, as well for the body as for the soul. They are only feared by men in their ignorance and by regular physicians in their error. Acute diseases promote the law of the conservation of life. Consequently, the use of vaccines, drugs and serums is immoral.

The human race is sick; each individual is born with a more or less large quantity of foreign matter clogging up his body.

If we are not healthy, then we must not try to avoid acute diseases, which, when treated by means of a rational method (Naturopathy), will surely cleanse our body and make us strong and healthy.

Fever is a reaction of organic defense and as such, it should be protected, rather than opposed.

Every drugless physician knows that acute diseases are not dangerous, but instead they are useful to cure chronic diseases.

On the other hand, the same statistics show (see chapter "Common origin of diseases") that such diminution has coincided with an enormous increase of heart disease, cancer, diabetes, syphilis, insanity, tuberculosis and other chronic hereditary and incurable diseases.

According to La Reform Alimentaire of Brussels, the most and the least vaccinated countries are respectively Holland and Hungary. The former has the most cases of cancer, and the latter has the least.

Germs are not the cause but the result of disease.

Regular physicians are unable to explain what is predisposition because they do not believe in Naturopathy, yet drugless physicians know that predisposition is the clogging of foreign matter in the system as first proclaimed by Louis Kuhne.

Germs only affect those who have an over-clogging of foreign matter and who therefore need a strong curative crisis (acute disease) to cure their body.

As we have seen in one of the preceding chapters "Common origin of diseases", the aim of acute disease is the elimination of clogging matter from the body; or in other words, acute diseases exist in order to cure chronic diseases.

After having gone through a curative crisis, the individual is free from sorrow, hate, worry, fear, etc., and it is not until his body starts again to clog up with foreign matter that these moral perversions come upon him again.

Acute diseases are good, as well for the body as for the soul. They are only feared by men in their ignorance and by regular physicians in their error.

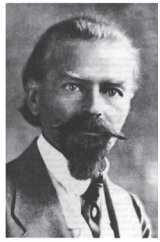


The Life Worth While

Edwin J. Ross

Arsenic Poisoning

Benedict Lust



Yours for "Ehretism"
Prof. Arnold Ehret

NATUROPATHIC NEWS

† † †

Just received the sad news that our old personal friend and pioneer of Dietetics, and well known authority in the Nature Cure line, Prof. Arnold Ehret, of Los Angeles, California, lost his life by an accident on October 9th. He was delivering a lecture at Hotel Angelus, and leaving close to twelve o'clock at night and crossing the street with a number of friends who left the hotel with him, he slipped on the sidewalk and hit his head on the curbstone and never recovered consciousness. He died on the spot.

Dr. Ehret is the author of a number of famous books on dietetics in German and English, French and Portuguese. His principal work is his famous course of twenty-four lessons which he has made up for practitioners; however, of late he opened same up also for the public at large. These lessons consist of a scientific course on dietetics and are the last word on this question. The Ehret mucousless diet is a diet for more efficiency, more strength and more endurance and longevity. This course is also a real therapeutic system for the cure of all disease by diet. Cures have been made by Prof. Ehret all over the world, and his diet seems to be far superior to any other diet so far known in the world. His lesson five on the Secret of Vitality, Lessons 23 and 24 on the Magic Mirror and Lessons 15 and 16 on the Transitional-Diet, explaining also the so-called Internal Uncleanliness of Man, are absolutely new ideas in Dietetics. These lessons have been published in special little booklets. Anyone who is in harmony with Ehret's teachings should get these little booklets as long as they can be had. Dr. Ehret has also discovered an Herbal Food called Inner Clean which is a specific cure for the removal of mucous from the digestive tract and is not a medicine. With this discovery alone Ehret has rendered a great service to natural therapeutics. In the near future we will bring a biography of Prof. Ehret, also his picture. We are awaiting more news from Los Angeles in regard to his sudden death. We are all shocked and sustain a great loss, as Dr. Ehret is one of the pillars on which the drugless movement stands today in America. He was a leader, and there were many who copied him, many who used his methods, but none of them came up to him. His name will never die in the history of the drugless movement and Natural Dietetics.

R. I. P.

* * *

NATUROPATHIC NEWS

It pains us very much to have to announce the death of that venerable German pioneer of Natural healing, Dr. F. E. Bilz.



Dr. Bilz passed away only a few days ago at the advanced age of eighty-four years. Dr. Bilz is known whereever Nature Cure or Naturopathy is known as one of the early pioneers in our great movement. He and his associates started the great Nature movement in Germany while Dr. Bilz himself has spent more money upon the movement than any other man.

He originated many health foods, among them being "Bilz Cocoa" and "Bilz Nutritive Vegetable Salts." He advocated what is now known as the Vitamine theory, over twenty-five years ago.

He is the author of the famous books "Bilz Natural Methods of Healing," which are a veritable encyclopedia of Nature Cure philosophy and methods. It has been translated into fifty-two languages while the German language editions have already reached the one-hundred and thirty-second edition. Over two million copies of these great books were sold in Germany alone. Bilz Natural Method is the text book for drugless colleges and students, and the great family physician all over the world.

In 1882 he wrote his now famous work: "The Future State," in which he predicted the world parlaments and world police. He also wrote a work called: "Man, Heaven and Earth."

He founded the "World Reform Society" to do away with race, class, religious and political prejudices. Also a school for drugless doctors and one for drugless nurses while his Nature Cure Sanitarium founded at Radebeul-Dresden, in Saxony, is the largest of its kind in the entire world. He was the founder of the first light and air bath for the masses.

Someday, when the history of the Nature Cure movement is writen the name of Bilz will be given a very prominent place on its pages. Naturopaths, everywhere, mourn the death of this great leader in Nature Cure and Natural living.

• • •

1922 saw the loss of Dr. Arnold Ehret and Dr. Friedrich E. Bilz, two men who enormously influenced Naturopathy.

The Life Worth While

by Edwin J. Ross

Herald of Health and Naturopath, XXVII (2), 65-67. (1922)

Digestion And Indigestion
Elimination And Constipation

Indigestion and constipation are today so widespread, that it would be difficult to find anyone who is not at least occasionally the victim of these physical ailments. Great industries the world over are kept busy producing *cures*, and the newspapers, magazines and other avenues of publicity are cluttered with their advertisements. Physicians will tell you that the majority of their cases are sufferers from one or both of these simple complaints. Yet the cure of these twin afflictions is not difficult.

Both indigestion and constipation are largely due to an improper diet. Insufficient fresh air and physical activity are also greatly responsible for these conditions. People who live an active outdoor life are but little troubled with either of these ills. As an active outdoor life is, however, considered to be out of the question by most of those who suffer from these maladies, therefore exercise and proper diet form the only true alternatives.

It must also be understood that those who lead a true active outdoor life, such as hunters, foresters, and to a certain extent also farmers and fishermen, usually eat their food in a fresher and more natural condition than do the inhabitants of town and city. Though it might be well to mention in this regard that nowhere do we find any considerable body of men living on what we would call a true one hundred percent natural diet.

Such a diet, even exclusive of exercise and other health-giving practices, can absolutely banish both constipation and indigestion. This is because a proper natural diet conforms to all the laws and conditions of the body and is therefore handled by the body's digestive and eliminative apparatus with the greatest care.

A natural diet must carry with it all the essentials of complete nutrition, and besides this, all the necessary salts and stimulating elements that will cause a proper peristaltic activity of the stomach, liver, kidneys, bladder and colon. In other and possibly simpler language, a natural diet must not only be such as the body can make easy, complete and quick use of it, but it must also stimulate the movement of the bowels as well as of the upper digestive organs.

A natural diet must provide these organs with just enough but not too much work. For this purpose it must possess bulk or cellulose [fibre] for the intestines to act upon. For this reason also, highly concentrated,

or so-called nourishing foods are not as good as some foods which are generally looked upon as less nourishing. The foods containing a lot of fibre or cellulose, such as apples, oranges, lettuce, celery, spinach, etc., are in reality far superior to concentrated foods such as grains, cereals, beans, peas, lentils, eggs, cheese, meats or nuts. The body handles them with the greatest ease. They are assimilated quickly, and the waste matter they contain is eliminated almost effortlessly.

The intestines must have this watery bulk to act on. It provides just the right amount of resistance to the intestinal walls, neither overburdening them with the labor nor passing through without any effort at all. A food which would provide no resistance to the action of the intestines would tend to weaken them, while heavy foods and over-eating tend to overwork and to strain them.

There is, of course, a great difference between concentrated foods which are whole and *unrefined* and similar foods from which certain necessary elements have been extracted. The removal of these salts takes away all their eliminative properties, and so they become a dead weight, a complete burden to the body. Whole wheat and brown rice are the same foods in their original and unrefined state and still contain their supply of mineral salts and are therefore much more easily taken care of by both the stomach and the bowels.

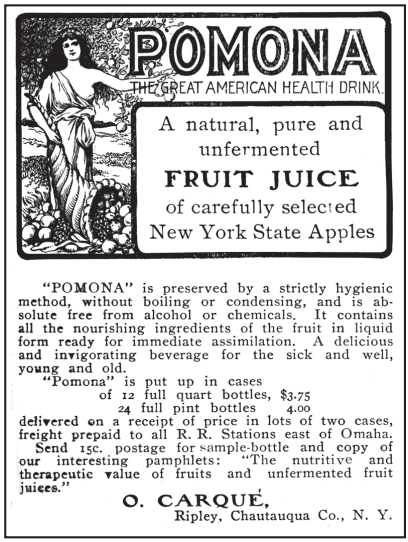
It should also be understood that these mineral salts are vitally necessary to the body. Many diseases such as, for instance, beriberi and various malignant skin troubles are directly due to the lack of these salts in the daily diet of the sufferers. The lack of iron, magnesium, sodium, and calcium in the majority of the foods of the American people is indeed a serious problem.

For the sufferer from intestinal ills, these salts are an absolute necessity. They cannot, however, be bought separately in the drug store or anywhere else. Even if they could, it is doubtful if they would be of any real use. Nature has dictated that food must be whole food, each part of this food in its proper proportion, condition and place. There is no way of evading Nature's edict. There should be no attempt to evade it. For it is good, simple and beneficial.

In the whole apple, pear, plum, orange, banana, etc., is found the total of dietary knowledge or science. In this regard at least, Nature cannot be improved on. Taste, appearance, nourishment have all been considered. They are perfect specimens of Nature's art. In whatever way man has modified them, he has not greatly increased their true value.

The final dietetic solution to the question of indigestion and constipation lies in the eating of whole natural foods, made from whole wheat, brown rice, non-pearled barley, whole rye or pumpernickel, whole or unbolted cornmeal, etc. Potatoes should be baked and eaten with the

jacket or should be boiled in their jacket and then either eaten that way even in soups, or else the jacket can then be stripped off in a thin peel, without also removing the valuable mineral directly underneath the skin. Yet, far better, we repeat, than the potatoes, grains and cereals, (and the legumes such as beans, peas and lentils) are the lighter, watery vegetables and greens.



Best of all for everybody, but particularly for those suffering from indigestion and constipation, are the fresh fruits and berries, though unbleached dried fruits are also valuable in this regard. Grapes, pineapple, apple, orange, grapefruit, lemon, lime, plum, cherries, apricots, pears, peaches, strawberries, raspberries, blackberries, gooseberries, huckleberries, etc., and all the great family of berries and fruits with the possible exception of bananas. Bananas are singled out, because they lack the watery bulk possessed by the other fruits, and also because in the United States it is practically impossible to get fresh bananas. They are usually kept in cellars to yellow for months, besides standing a long journey from where they are grown, before they reach the final consumer. Though an occasional banana, even under these circumstances, cannot hurt.

The sufferer from indigestion and constipation must learn to get along largely or wholly on fruits, at least for a time, if he is to get any real relief from these troubles. Other methods are bound to be not alone useless, but injurious. The internal economy of the body cannot be played with. You cannot fool it with drugs, nor feed it nor care for it with adjustment, electrical waves, or special foods or concentrations of any sort. Give the body what it wants and needs, and watch it respond.

Proper natural diet is a cure in itself but the body is not only a digestive machine. It is true that the whole body is built around the stomach, but this building around the stomach must be kept up. It has formed its own code. The arms and legs, the heart, lungs and brain are all busily engaged in attending to the wants of this stomach (and which the stomach in turn supplies with sustenance). They require special treatment and care; they suffer, and their plight reacts on the stomach.

The legs are intended to carry the stomach about, and the arms exist

to secure and prepare food for the stomach. These in our artificial times, when hunting and tree-clambering life are forgotten, still require the movement and activity to which they have been accustomed through the ages. Unless we are satisfied with only an approach to good health, these limbs must be given a little of their necessary activity.

Exercise is an artificial imitation of the activity of our forebears, and though not nearly as good as a natural active life, it is nevertheless the best thing under the circumstances. Unless we indulge in a great deal of physical play, exercise is absolute necessary to cure the sick and to keep the healthy in good health. The exercises shown in this Magazine from time to time are the very best all-around exercises, particularly helpful for those who are afflicted with stomach and bowel troubles. In such cases as well as in every case of ill-health where the patient is able to walk, long brisk walks in the open air are of great benefit. A three or four mile walk each day is bound to be of great benefit.

Just as there are special exercises which are directly effective in relieving and curing intestinal disorders, so also are there certain foods which are particularly calculated to relieve and cure these evils. These foods are as follows:

Prunes — First and foremost on the list are prunes, raw, or stewed with lemon and a little brown sugar or honey.

Pineapples

Figs — In the case of figs, get the California black, sun-dried variety, or else get the loose imported figs, either stringed or boxed. Be sure, however, not to get the shiny or light colored native or imported figs which have been treated first to a sulphur bath and then to a coat of sulphured molasses.

Apples
Spinach
Grapes
Rhubarb
Buttermilk
Oranges

This list is arranged so that each laxative and cleansing food is in its usual order of value and effectiveness. No list can, however, chart the exact condition of the individual, and so it may be that for some, one food and for others another food may be found most beneficial. Even with a particular individual, the effectiveness of any of these corrective foods may vary from time to time.

Do not rely however, on one food or another to cure your trouble. Follow, instead, as many of the health rules laid down in these pages as

you possibly can. Build up the health of your whole body, for each part depends on all the others. Only proper living can keep the body in good health, or put it back in good health. And proper living means more than a proper diet.

The intestines must have this watery bulk [fiber] to act on. It provides just the right amount of resistance to the intestinal walls, neither overburdening them with the labor nor passing through without any effort at all.



Louisa and Benedict Lust shipped citrus fruit from their second Yungborn, which they built in Tangerine, Florida.

Both indigestion and constipation are largely due to an improper diet. Insufficient fresh air and physical activity are also greatly responsible for these conditions.

The intestines must have this watery bulk to act on. It provides just the right amount of resistance to the intestinal walls, neither overburdening them with the labor nor passing through without any effort at all.

In the whole apple, pear, plum, orange, banana, etc., is found the total of dietary knowledge or science. In this regard at least, Nature cannot be improved on.

Do not rely however, on one food or another to cure your trouble.

Arsenic Poisoning*

by Dr. Benedict Lust

Herald of Health and Naturopath, XXVII (5), 241-242. (1922)



Benedict Lust
(1872-1945)

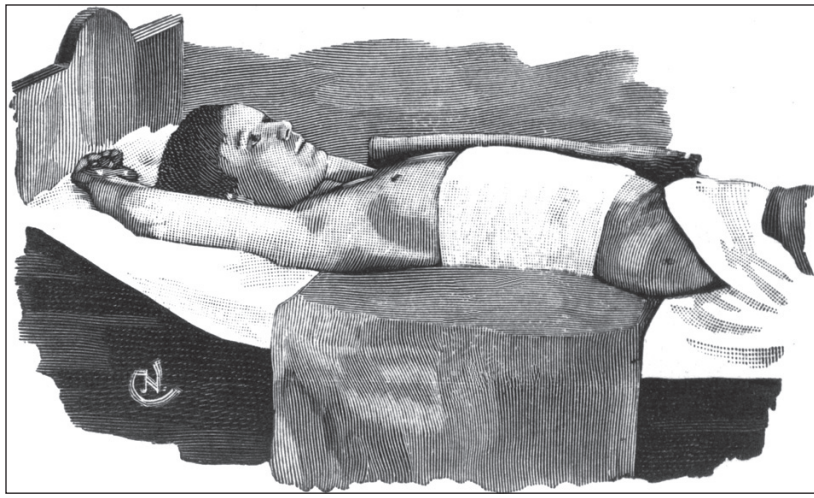
There are two forms of arsenical poisoning, the acute and the chronic. Acute arsenic poisoning which is caused by taking white arsenic, rat poison, or Scheele's green has the following symptoms: usually one to two hours after taking the poison, burning pains are felt in the abdomen, which are increased by pressure, giddiness, restlessness, and a feeling of dread followed by sickness, choking vomiting, diarrhea, convulsions, and cramp in the calves of the legs.

The bowel movement has an appearance of rice water, and smells excessively disagreeable. The skin is pale and cold; the pulse is slight and irregular. Thirst, dryness and irritation in the throat, etc., give us a vivid picture of the symptoms of this poisoning. If conscious, the patient should be made to vomit by irritating the epiglottis with a feather, or putting the finger as far down the throat as possible, or give large quantities of lukewarm milk. As an antidote, five or six spoonsful of calcinated magnesia in a cup of water to be taken at a draught. The magnesia must be well mixed with the water by stirring or shaking. Chemists sell an antidote to arsenical poisoning, consisting of calcinated magnesia and peroxide of iron. This, after being well shaken, should be given at first every five to ten minutes, in doses of one to two tablespoons. Should the condition of the patient improve, the same dose to be repeated every half-hour. If nothing is at hand, administer lime water. If cramps, fainting, giddiness, or other brain symptoms are present, give black coffee, or Brandy or *Kirchwasser*.

To excite the action of the skin, a cold moist friction, at 68° to 77° F/20° to 25° C, or a cool ablution all over, followed by applying a stimulant abdominal compress at 64° to 68° F/18° to 20° C, or a thick damp compress, 59° to 64° F/15° to 18° C, to stomach and abdomen. Enemas are recommended to stimulate the action of the bowels.

---

*This is excerpted from an article titled, "Natural Treatment Of Diseases". —*Ed.*

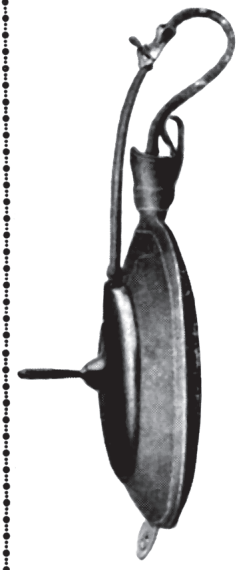


An abdominal compress

SWEET'S COLON BATH

Internal Bath Water Bottle Douche Bag

Cures Constipation Forever



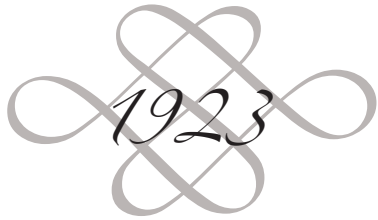
The only **Internal Bath** on the market in which **oil** can be used. It contains **a special oil** chamber. The portable pad is made of a high grade of Black Hard Rubber. Easy to sterilize, always sanitary. 3 IN 1. An **Internal Bath**, a perfect **Hot Water Bottle** and an excellent **Douche Bag** or **Fountain Syringe.**

SWEET'S COLON BATH

approved by **Doctors** everywhere. Has no equal for the Treatment of Constipation, Diarrhoea, Auto-intoxication and Intestinal Putrefaction. You reach the trouble direct.

Do not fail to read that interesting article on **"Internal Bathing"** in the editorial section of the Naturopathic Directory, written by no less a leader and professional man than Benedict Lust, M. D., N. D.

Sweet's Colon Bath Co. — Dept. 6.
4432 Magnolia Ave., Chicago, Ill.



Gonorrhea

Benedict Lust

Syphilis

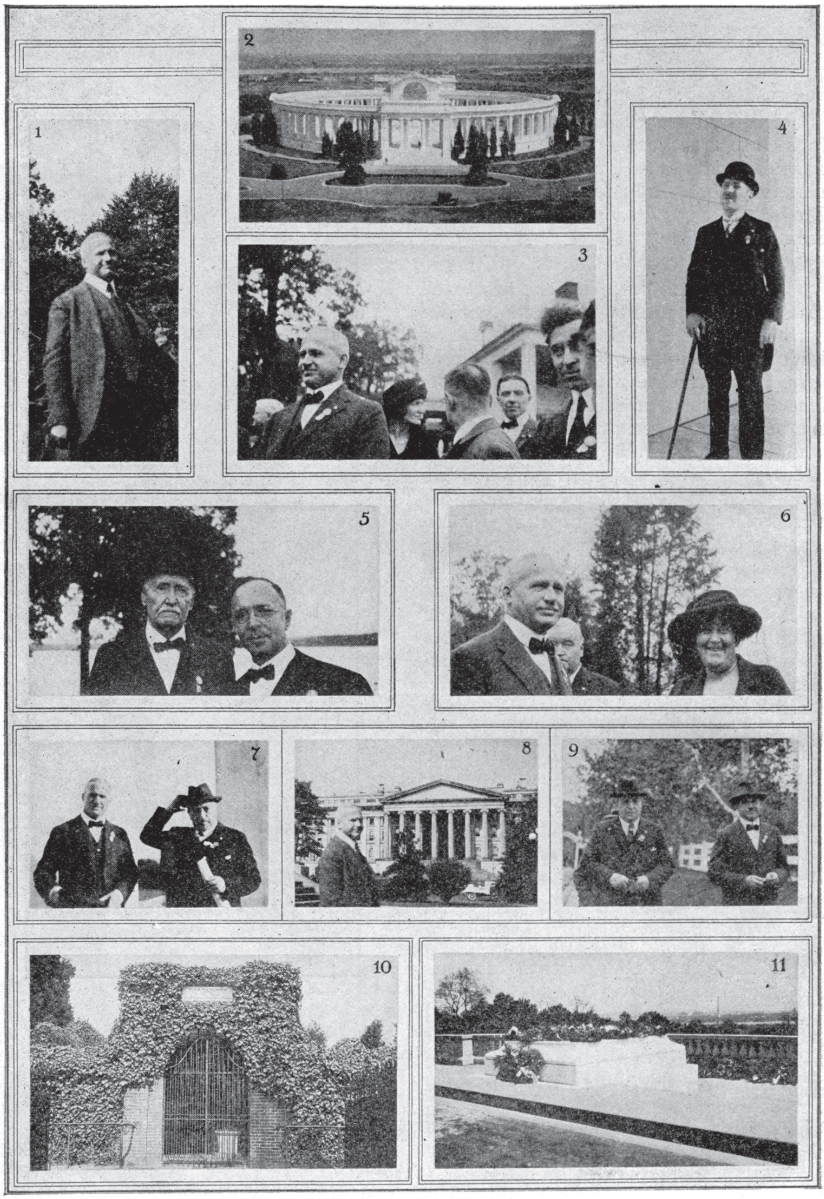
Benedict Lust

Was President Harding's Death Due To Medical Ignorance?

B. Stanford Claunch, N.D.

To Bendict Lust

J. S. Riley



SNAPSHOTS TAKEN BY DR. E. POSNER AT THE A. N. A. CONVENTION IN WASHINGTON, D. C.

1. Dr. B. Lust. 2. War Memorial in Arlington Cemetery. 3. Drs. Lust, Wacksmunska, Miller, Kritzer. 4. Dr. E. Posner. 5. Drs. Parker and Giedroyc. 6. Drs. Lust, Lindlahr, Carline. 7. Drs. Lust and Warsaw. 8. U. S. Treasury. 9. Drs. Warsaw and Lust at Mt. Vernon. 10. Tomb of George Washington. 11. Tomb of Unknown Soldier.

In 1922, the American Naturopathic Association held its annual convention in Washington, D.C. President Harding invited a delegation from the ANA for a meeting at the White House. This invitation was the first and not to be repeated.

Natural Treatment of Diseases

By Dr. BENEDICT LUST

Gonorrhea*

by Dr. Benedict Lust

Naturopath, XXVIII (7), 322-327. (1923)

Gonorrhea, Catarrh Of The Urethra



Benedict Lust
(1872-1945)

Gonorrhea is an inflammation of the mucous membrane of the urethra, caused by infection of contact with a poison called "gonorrheal virus". It is not a disease acquired by outward influences (an argument quoted in favor of the person attacked), but arises from the inception of pus during sexual intercourse with a person suffering from the disease. The pus differs from all others in containing one certain class of bacteria, a microbe called gonorrheal cocci. It possesses a great power of infecting any membrane of the body similar to the urethral membrane, especially that of the eyes, should it be carelessly exposed to the infection. Parts near the urethra may also be affected, as the prostate (Cowper's glands), the testicles, spermatic vessels, bladder, the urinary duct, bowels, and the vagina.

To acquire gonorrhea, there must undoubtedly be a tendency, based on various individual and otherwise accidental circumstances, but it is generally caused by charging the constitution with an accumulation of foreign or constitutional poison. One attack increases the tendency and the liability to infection. It is always considered a very serious disease, owing to its many dangerous complications, and yet there is no illness so lightly regarded by thoughtless youths as catarrh of the urethra. For them it is even considered as a sign of life experience, even of manliness, to have had it. True it is purely local at first, and the sword of Damocles does not hang over the head of the sufferer as in syphilis, of the fear of his entire body being affected, but as we shall see later on, the physical disorders and complications it brings are by no means trifling.

The clinical picture of gonorrhea is represented by an incubation stage lasting two to five days: we seldom find a lesser interval between the infection and the outbreak of the disease.

---

*This article was part of a series entitled "Natural Treatment of Diseases". —*Ed.*

It commences as a slight prickling pain-tickling accompanied by a transparent, light discharge from the urinary passage. The titillation is soon changed into a burning pain, which increases at the time of urination. The extremity of the urinary passage is somewhat reddish, and is occasionally blocked up by the hardened mucus. The flow of the matter now gradually increases; it also thickens, resembling pus, and becomes of a greenish-yellow color, leaving stiff stains on underwear and bed linen. The extremity of the urinary passage becomes swollen and inflamed. Sometimes the whole part of the extremity of the urethra is swollen and most sensitive. The pain, which generally increases, concentrates chiefly around the foremost part of the urethra in the region of the small hollow (fossa navicularis) under the scrotum. The sharp, mucilaginous discharge assumes a reddish color in cases where small veins have burst in the urinary passage, but this does not imply that the case is more dangerous. The foreskin becomes inflamed through the sharp and plentiful secretion; it then swells, and secretes also an acrid mucus. The pain and inflammation, which are now at their height, are most intense, and when the urine enters the urethra, become almost unbearable. Only when the patient has finished passing water does the pain gradually lessen. Involuntary erections take place, generally during the night, which are troublesome and painful, preventing sleep. Matter exudes by day as well as by night, and continual retention of urging also generally occurs in this disorder (gonorrhea).

Several complications may appear, as shrinking of the prepuce and tightness of the member. Sometimes, but seldom, the disorder is accompanied by numbness of the member. In this case the posterior part of the member is stiff, whilst the foremost part hangs down in a relaxed manner from the stiff part. Should the disorder last long, the following parts may become inflamed: the genitourinary glands and urinary passage, the mucous membrane of the urethra, the lymphatic vessels on the back of the limb, the prostate, the glands in the genitals, and the Cowper glands, etc. It very often happens, while gonorrhea runs its course, that a catarrh of the bladder sets in and an inflammation of the kidneys may also set in. A very important, and at the same time, very frequent accompaniment of gonorrhea, is an inflammation of the spermatic vessels and testicles. The inflammation in this case generally stays in the same spot, but occasionally (mostly in the third week of the illness) it spreads to an adjoining spermatic vessel. Bodily exertion, mechanical pressure, and irritation of the spermatic vessels, the injection of acrid chemicals—so-called remedies for gonorrhea—generally favor the inflammation of the spermatic vessels.

The forerunners in this case of the inflammation are shivering, great exhaustion and headache, after which a fever of various degrees (up to 106° F/41° C), and acute pains in the affected spermatic vessels set in.

Upon this a swelling of an adjoining spermatic vessel takes place, which often measures three or four times its actual size in circumference. When the testicle's membrane is covered by a greater or lesser quantity of secreted matter, it also swells, sometimes becoming as large as a child's head. An involuntary flow of matter from the spermatic vessels, which often is mixed with blood and mucus, constipation, a feeling of sickness, acute pains in the upper part of the thighs, which seem to spread to the lumbar region, etc., form, in addition to the already mentioned increase of temperature of the body, the other symptoms of an inflammation of the spermatic vessels at its height. This circumstance is characteristic: while the mucilaginous flow of matter from the urinary passage lessens when a spermatic vessel becomes inflamed, it returns in its former abundance when the inflammation of the affected vessel abates.

Even when gonorrhea, in its acute form, may be regarded as a local disorder at the commencement of its appearance, it may yet disturb the bodily comfort more or less, through the irritation caused by the mucilaginous venereal fluid. This gives rise to a gonorrheal metastasis, which is characterized by rheumatic pains in the region of the different muscles. In any case, four weeks at least must have elapsed from the time of receiving the infection to the time when the inflammation of the limb sets in. Another thing must be mentioned before I conclude gonorrheal excrescences as gonorrhea is often accompanied by them. These closely resemble warts, and owe their existence to an irritation of the skin by the decomposed fluid venereal matter. They are generally situated in the prepuce or in the groove of the scrotum. The bodily comfort of the patient suffers also in acute gonorrhea, through the quantity of venereal fluid matter which flows involuntarily, and through sleeplessness caused by the painful erections.

With proper precaution and care, and in cases where no serious complications arise, the acute gonorrhea lasts, as a rule, from four to six weeks. The pains gradually lessen, the discharges decrease, grow whiter and thinner, until at last they entirely disappear. But this termination does not always occur. Acute gonorrhea very often changes into a chronic gonorrhea, that remains in this stage for months, and even for years, when a proper means to cure it are not used. The treatment of an acute gonorrhea in its first stage should be as follows: the patient should take daily three or four baths in which the trunk of the body should be quite in the water. The temperature of the water should be 82° to 86° F/28° to 30° C; or sitz baths would do in place of the full bath. The temperature for the sitz bath should be 86° F/30° C, and the patient should stay in the water as long as possible. Should the patient feel inclined to pass water during the process of bathing, it would be better to do so in the bath, especially as the pains generally abate after this. In the time that elapses between one

bath and another, a compress, which somewhat excites the skin, may be employed. The temperature of the compress should be 73° to 77° F/23° to 25° C, which should be renewed from time to time. The affected part should be enveloped by a compress of double thickness; first, a compress of 73 ° F/23° C should be applied before that of 77 ° F/25° C, and in both cases they should not have been wrung out much.

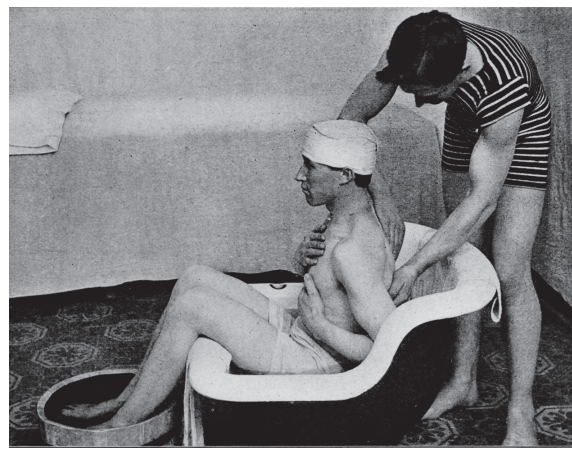
From the second or third week after the commencement of the disorder, about the time when in the normal course of gonorrhea, the swelling in the mucous membrane in the urethra somewhat abates, one may also syringe the urinary passage with water having a temperature of 84° to 88° F/29° to 31° C, to which a few drops of fresh lemon juice may be added with advantage. After filling the syringe with water as directed, put the point carefully into the urinary passage as far as possible, using the right hand for this purpose, while the left hand holds the penis. Then press on the top of the syringe, so that the water enters the urethra gradually and carefully. It is of advantage to press the opening of the urinary passage together with the fingers of the left hand after the syringe has been drawn out, so that the fluid may remain in the urethra as long as possible. The injections, which are efficacious in clearing the urinary passage of urine, are best taken directly after passing water, or after a bath, or when the compress is taken off. To prevent stiff stains from getting on the body, linen and bed sheets, as well as to avoid inflammation of the testicles, shrinking of the prepuce and tightness of the genitals, but above all, to meet or assist in curing any inflammation of the foreskin and of the extremity of the urinary passage, the bandage for venereal chancres, which has been already mentioned, should be worn. Place the bandage round the scrotum. This bandage is made of a thin, moist layer of chemically pure wadding or linen (it is sometimes called lint), and being pressed very flat it can be greatly recommended in this case.

A few more particulars regarding the treatment of gonorrhea may be given concerning the different methods of lessening pain. I recommend vapor baths, which are taken in a sitting posture; also fomentation of the abdomen and steaming compresses, which should be changed every eight or ten minutes, being allowed to remain the whole time on the genitals and region of the perineum, on which they may be put six or eight times in succession. Concerning the treatment of phimosis (shrinking of the prepuce), I have expressed myself already in the above article, but wish to enumerate a few more remedies when the disorder is in an advanced state. The remedies consist of frequently syringing the inside of the prepuce, say, every two or three hours, with water of a temperature of 73° to 77° F/23° to 25° C, so that the hardened matter in this part may be gradually removed; a thick, soft wadding compress, moistened with water of 73° F/23° C, may also be carefully applied under the affected foreskin. In order to lessen the intense pain in paraphimosis, sitz baths should be

taken, in which the patient stays as long as possible, the water being 95° to 106° F/35° to 41° C. With these should be taken alternately baths of 73° to 77° F/23° to 25° C, which should also be taken in a sitting posture, and as often as possible in order that the inflammation may abate or wholly disappear. It would be beneficial if the patient could remain forty to fifty minutes, or even longer, in the previously mentioned baths. After the bathing, the affected genitals should always be enveloped in a thick, hot compress; the temperature of the water in which it is dipped should be 64° to 68° F/18° to 20° C, which should be renewed every five to eight minutes.



A sitz bath



A friction sitz bath

Severe pains caused by retention of the urine require sitz baths, or sitz vapor baths, of long duration, and of 95° to 106° F/35° to 41° C. Inflammation of the film surrounding the urethra requires an application which lessens the inflammation, especially when it has an inclination to have an admixture of mucus. The part affected should be enveloped, and a heat

of 18° F/20° C preserved, whilst steaming compresses, vapor baths taken in a sitting position should be used. In a case of catarrh of the bladder, inflammation of the kidneys, inflammation of the prostate, and stiffness of the joints, refer to the treatment already mentioned. For a case of stiffness of articulation, and in order to lessen the pain, vapor baths, taken while sitting on a cane chair, should be tried, and baths should also be taken in which the whole body can be in water of 95° to 104° F/35° to 40° C. Inflammation of the testicles requires the patient to rest in bed and the affected part should be raised by putting a pillow under it. Three or four sitz baths, of 86° F/30° C, should be taken daily, each bath being of half or three-quarters of an hour in duration. During the time that elapses between one bath and the next, a thick compress of 73° to 77° F/23° to 25° C, should be first applied to the testicle, and then an extra compress, which has been loosely wrung, and has a temperature of 68° to 72° F/20° to 22° C. A bed vapor bath may also be taken occasionally with advantage. As regards buboes, they can often be cured by incision. In many cases they disappear without incision, when the symptoms are properly treated.

Careful diet is most necessary to effect a cure of gonorrhea. The food must be of a non-stimulating nature. A vegetable diet being recommended in order to avoid acrimony of the urine. Further, it is most essential in the first stage of gonorrhea, to avoid all food of a sloppy nature, such as soup, etc. Alcoholic as well as narcotic beverages must be strictly avoided. There are persons who say they can prove that they freed themselves from gonorrhea although they acted contrary to this rule. It is only after the third week, when the disorder, as a rule, takes a turn for the better, that the patient may take liquor or strawberries or lemons, or such cooling beverages, in order to keep the urine in a thin condition.

A proper suspensory is recommended, and should be worn by all those persons who are obliged to continue their bodily exertion. This is worn in order to prevent inflammation of the testicles.

Gonorrhea In The Female

A woman may be inoculated with gonorrheal poison and acquire the disease. This occurs not only to unchaste women, but it may be the fate of a respectable wife to be infected by her husband. While in males the disease attacks the membrane of the urethra, in females it not only lodges there, but attacks the mucous membrane of the vagina; the uterus, by exception, is seldom touched. It begins with itching and burning in the sexual organs, and by a discharge which is barely noticeable. In a few days violent pain is experienced, the private parts swell, the passage of urine becomes painful, the discharge increases, and becomes thick, yellow, or yellowish-green, and suppurating. The urethra discharges matter on

being pressed, a symptom that does not occur anywhere else. Very often abscesses form on the membrane, which may extend to the innermost parts. The disease lasts two or three weeks; the symptoms diminish, the discharge becomes less angry and slimier, but retains contagiousness to the very last.

The treatment is the same as for "Acute Catarrh of the Womb". The diet should be strictly vegetarian, much fruit and mucilaginous soup. Treatment on Kuhne's* system is effectual, and shortens the attack. The patient should wear stimulating packs at night, 68° to 72° F/20° to 26° C, and cover the abdominal region entirely with very thick compresses, wrung out more or less in proportion of the degree of inflammation.

Chancre

There is a difference between hard and soft chancre. Both forms appear as swellings brought about by infection through intercourse with an affected person, and situated in the sexual parts. But while hard chancre, one of the primary symptoms of syphilis, permeates the whole body with its poison, in soft chancre this is very rare, as it is strictly local, but occurs when the hard chancre appears simultaneously with the soft. We will, in this article, confine our attention to soft chancre (ulcus molle), and expand upon the other form in a following article "Syphilis". The only way of incurring soft chancre is by sexual contagion. A very slight wound on either person is sufficient to admit infection; the real nature of the poison is as yet unknown. While Allopaths maintain it is of a distinct bacterial character, the Natural System insists that it is one of the group of ptomaine poisons created by the fermentation of albuminous bodies. It is contained in the pus, and is extremely contagious. The incubation lasts about thirty to thirty-six hours. The infected spot becomes red, and after awful itching, in about forty-eight hours a red spot appears, which grows into a head on the third day. This, on the fourth, becomes a little blister, with clear matter. It bursts, and then festers. If any part of the skin around is broken, it will not heal, but is filled with a foul secretion. The abscess that has now formed spreads downwards or around, according to the degree of mischief in the tissue, and its size varies from that of a pin's head to a bean, and is generally round. It penetrates downward, drawing in the edges a little. In a few days it increases in size, and looks as if it had been hammered out. The edges, swollen, raised, either stiff and deep like a crater, or serrated, surround a dull-grey speckled interior, discharging thin acrid pus. Then the abscess is cleared out, or shows signs of healing and after ten or fourteen days, or it may be months, this

---

*Read Louis Kuhne's "The New Science of Healing, "$3.20. Nature Cure Publishing Co., Butler, New Jersey, and Tangerine, Florida.

interior disappears. The discharge is less angry and stops altogether at last, and the abscess is replaced by granulations (red, sappy tissue) until the wound is perfectly well. There is no pain, but tingling and itching are felt. It is not generally confined to one swelling. As a rule, there are several at a time, which unite and become one large abscess. The position is in the private parts of both men and women. The duration of the disease averages four to six weeks, but in slight cases the abscess is clear in about three weeks.

There are again two kinds, the mild and the angry. The last is represented by the gangrenous and the sloughing chancre, which also may be the outcome of the milder sort, if improperly treated or neglected; or it sometimes assumes the angry form from the first, in underfed scrofulous persons. Corroding chancre discharges a fluid that is extremely offensive, has a greyish, greenish core, sunken edges, and a fiery head. It extends around further and further, until the entire parts are diseased. While the mortification is going on, the core becomes livid and is covered with black scabs. The foreskin is dark blue or black, and the skin round is red or purple, and dropsical in appearance. Corroding chancre is distinguished by rapid corruption of the skin, sometimes laying bare some of the muscles of the abdomen.

A result of soft chancre is inflammation of the glands (bubo), brought on by violent physical exertion or cautery treatment. The inflammation attacks one or both glands in the groin, and shows a tendency to suppuration. The inflammation may come on after the chancre, at the same time, or even after it has healed. The glandular swelling is accompanied by shivering, high fever, vomiting, constipation, and violent pains all round. The skin over the glands swells, generally looking dropsical and inflamed. It becomes thinner and thinner, until the swelling is rare, and only in mild cases. The cure takes weeks and months, and a scar is always left. This is the case when the abscess has been surgically opened. In many instances, the swelling becomes chancrous, and in this case the discharge is poisonous and infectious. Sometimes we also find accumulation of matter under the skin, which may lead to an inflammatory affection of the blood vessels, the upper leg, and, eventually, may cause pyemia.

The treatment of soft chancre consists in the following measures: take with perfectly clean thin piece of chemically cleansed wadding, wring it out in water at 73° to 77° F/23° to 25°C that has been previously boiled, but has now cooled to this temperature, and lay it on the swelling. All water used in the treatment of abscesses must be boiled before using. By long boiling, all organic admixtures lose their power the water becomes free from germs. This purified water not only ensures perfect cleanliness in the wound, but prevents inflammation. This cannot be avoided in the use of a mild greasy ointment, as the component parts, on mixing with the

discharge, speedily decompose and irritate the wound. This applies in the treatment of all abscesses. Over this, put a fine linen bandage (doubled once is sufficient in the day, but at night it should be four-fold), or aseptic lint, and wrap it all in clean flannel. This bandage may be changed four or six times a day, as well as the wadding, but the linen and flannel only when they are wet through. If the wadding sticks to the wound, do not tear it off roughly, but wet it thoroughly with water (82° to 86° F/28° to 30° C) to loosen it. Then draw it gently away. At every change of the bandages, wash the wound carefully with lint, soaked in boiled water cooled down. To prevent any shifting of the bandages, put a dry cross-shaped pack over them all. To these measures may also be added the taking of two to three hip baths every day, tepid (90° to 92° F/32° to 33° C), and the duration twenty to forty minutes. While bathing, remove the bandages so that the water may act upon the wound. To obviate constipation, use enemas (73° to 77° F/23° to 25° C), and thick stimulating compresses at 68° to 73° F/20° to 23° C. These water applications will generally suffice, though tepid baths, or bed vapor baths, taken twice or three times a week are helpful. The diet should be mild, non-stimulating, and mainly vegetarian. Coffee, tea, and alcoholic beverages are to be avoided. Bodily exertion must be as limited as possible. Inflamed or suppurating chancre requires the same treatment.

Inflammation of the inguinal glands requires firstly, dispersion of inflammation, and that the swelling should open by the application of vapor compresses several times a day. Apply four to six compresses in succession, leaving each about eight to ten minutes on the swelling. After each course, take a sitz bath (88° to 90° F/31° to 32° C). After the swelling has burst, and there is consequently a discharge, apply the bandages described above, as well as the measures for changing them and cleansing the wound. The patient must keep to her bed.

Acute gonorrhea very often changes into a chronic gonorrhea, that remains in this stage for months, and even for years, when a proper means to cure it are not used.

A few more particulars regarding the treatment of gonorrhea may be given concerning the different methods of lessening pain. I recommend vapor baths, which are taken in a sitting posture; also fomentation of the abdomen and steaming compresses, which should be changed every eight or ten minutes, being allowed to remain the whole time on the member and region of the perineum, on which they may be put six or eight times in succession.

Severe pains caused by retention of the urine require sitz baths, or sitz vapor baths, of long duration, and of 95° to 106° F/35° to 41° C.

Careful diet is most necessary to effect a cure of gonorrhea. The food must be of a non-stimulating nature.

Natural Treatment of Diseases

By Dr. BENEDICT LUST

SYPHILIS*

by Dr. Benedict Lust

Naturopath, XXVIII (10), 573-576. (1923)

Syphilis is a constitutional disease incurred by contagion, which is the result of an epidemic poison, of whose origin and existence nothing further is known. Only so much is certain—that the infecting matter does exist, is conveyed from one body to another, and is propagated in the infected organization. The contagion is in the blood of the infected person, so that the slightest particle of syphilitic blood introduced into the skin of a healthy person invariably sets up syphilis. It implants itself in diseased secretions of the epidermis and membranes. If it should be on the skin of the lips, an innocent kiss would be followed by infection. But neither by urine, saliva, perspiration, milk, tears, fluid from the nose or windpipe, membranes, can infection be conveyed, as none of these contains the poison. The seed of the male and the ova of the female again are very receptive to the poison, and the consequence is that persons thus affected cannot have healthy children. There is no antidote to the poison. Anyone may be infected; a delicate skin affords an unusual susceptibility to infection. Doctors differ whether recovery from the disorder after a first attack is any protection against a second attack. Infection generally is brought about by sexual intercourse, though there are a number of instances known where it was conveyed by drinking glasses, pipes, surgical instruments and other things used by the infected person. I have already warned you that kissing is a channel of infection.

Midwives, infected themselves, may pass it on to pregnant women, or during a confinement. A nurse can give it to her patient if there is the slightest cut in the skin, or a tiny wound on the nipple may infect the infant. An infected babe with a sore mouth may carry it to the breast nipple of his nurse. We must not overlook vaccination, which is actually a poisoning of a human being by animal lymph, by means of which again the poison is conveyed. In short, there are so many channels by which anyone may incur this disease that in associating with our fellow men, using strange eating and drinking utensils, or kissing comparatively unknown persons,

---

*The original title of this article was "Natural Treatment of Diseases" which formed a series published in 1922 to 1923. —*Ed.*

the greatest care must be exercised not to become diseased. The plague has extended so far in our time that a university professor of dermatology unhesitatingly uttered these weighty words "Gentlemen, I believe everyone to be syphilitic, unless I know that he is not."

Syphilis may be inherited as well as acquired. The life germ may be poisoned from the beginning of its existence, if the father suffered in this way; or from the mother during her pregnancy, should she be first attacked at this time, but she may be infected at her conception. I must forego any treatment of syphilis from a practical point of view, owing to want of space. I will only remark that, in the course of centuries, syphilis has undergone diminution, and has assumed the form which we are considering today.

Between contracting the disease and the appearance of the first symptoms a period of two to four weeks elapses. Then the first sign appears in the form of a hardening of the place affected (ulcus durum, chancre). It does not as in cancer, raise a blister which bursts and then becomes a sore, but a hard lump develops, the size of a bean or pea. The interior of this knot, seen under a microscope, displays a group of cells. The skin over this knot (the outer skin is the epidermis, the inner, nearest the membrane, is the epithelium) at first shows no change, but becomes thinner and glossier and red, and discharges a serous liquid, which forms a scab. Sometimes it becomes an extensive abscess with gristly edges. If the sexual organs were the means of contagion, the chancre will appear in males on the foreskin, either on the inner or outer surface at the entrance to the urethra, or in it. In females, it develops in the genitals. If the infection entered at any other part of the body, the lips, the corners of the mouth, the tongue, the gums, breast nipples, fingers, etc., may be the seat of the hard chancre. As a rule only one chancre is developed, but there are sometimes several. According to its position it presents many forms, but I cannot go into this now. The hard chancre may remain unchanged for three or even six months. As a rule it disappears when the secondary stage sets in, leaving only a brownish red spot behind. The more rapidly it heals, the more speedily symptoms of general poisoning set in. The penetration of a contagious particle of poison occasions an irritation, and swelling of the nearest lymph glands sets up. The swelling is called an indolent bubo.

If the hardening is found in other parts, the results will be similar on the nearest lymph glands. But these often show a tendency to suppurate. In the secondary stage of the disease, swelling of the lymph glands occurs in other parts of the body. Those most usually affected are those of the back of the head, the neck, and the armpits, and often, after some years, are the only visible symptoms of an existing syphilitic lesion.

About five or seven weeks after the first appearance of the primary

effects, the disease enters the second stage, which attacks the skin and membranes. The eruption is accompanied by shivering, with fever of varying degree, and its numerous co-symptoms. One eruption thrown out from the epidermis is red, and is called roseola syphilitica, consisting of small red spots of an irregular, circular shape. They neither itch nor hurt, sometimes appear singly and sometimes in groups of such size that the entire body is covered. Generally, the amount lies between the two extremes, and the eruption appears on the abdomen, on both sides of the chest, on the outer side of the arm, and on the thighs. Sometimes it breaks out on the forehead near the hair, in the palms of the hands and soles of the feet. It lasts about three to five months, and in slight cases, then disappears, leaving little brown marks, which either disappear in time or turn white. Women are generally subject to the latter form, and the white spots occur most frequently on the neck. They also go in about two years from the first infection. Further troubles of the skin in the second stage are little blisters, sometimes called syphilitic water pox, on the fingers and toes. Sores of many kinds occur generally on the harder parts of the body, sometimes on the leg—these always leave white scars, which never go away. These are large and small scabs, dry or moist eruptions of varied form, extent, sorts, odor and color (copper red, reddish brown, brown, light brown) appear. Sometimes, unlike other syphilitic rashes, itch, now in one part, then in another. For instance, on the forehead near the hair, but more often other parts of the face, the elbows, wrists, palms, and soles of the feet.

Condylomata are a very important symptom, owing to their frequent occurrence. They are scabby and found on those parts where perspiration or other discharges occur, the genitals, the waist, the inner side of the thigh, the navel, area betweem the buttocks, etc. They are warty, of varied extent as regards their height as well as breadth; are covered with a tender greyish coating, which is sometimes festering and offensive; smart and itch if they come into contact with discharge from kidneys or bowels, and extremely dangerous, owing to their infectiousness—the discharge from them containing the poison. As regards eruptions on the membranes, they generally appear first on the throat, in the shape of purple round spots, and vary in extent. Besides these, there are angry, acute catarrhal symptoms, reddening of the membrane not covered with the eruption, swelling of the tonsils and uvula. A scaly formation appears on the membrane, in the shape of little swellings, which are greyish-white, flat, and circumscribed in appearance and of varied sizes. This eruption, called *plaques moqueuses*, may cause great trouble in the tonsils, uvula, etc., owing to its corroding nature. It also breaks out on the membrane of the cheeks, lips, and tongue. The lining of the nose, throat and ear are often affected as well. Hair and nails are also subject to the effects of the second stage.

The hair comes out in great or small quantities, the nails are dry, furrowed and lined, and fall off. The eyes are frequently affected by iritis at this stage. At this time, too, the bones are affected, especially the skull and the shin bone. The piercing pain that is now felt increases at night and ceases at dawn, after perspiration. If the cartilage covering the joints is attacked, it swells, becomes bright red, and is very painful. Joints and tendons are not so often affected.

If syphilis be treated according to very careful and conscientious rules of the natural curative treatment, it will decrease in about two or three years from its inoculation. Under scientific treatment with mercury, or iodide of potassium, a tendency to drug poisoning is the rule. In many cases, the disease enters the tertiary stage, when the general health is greatly disturbed, and pathological changes in the bodily organs take place. The tissues, the membranes and blood vessels of the brain and spinal cord become diseased, and according to the constitution, assume an abnormal and complicated condition. The organs of the periphery nerves, digestion, respiration, urinary, generation and circulation display the later symptoms of syphilis. The skin and muscular tissue now share in the syphilitic symptoms, owing to the appearance of (gummata) swellings of the bones in various places; the joints by inflammation, swellings, festering and crippling; the bones by ulceration, suppuration, mortification and decay. Many sufferings, extending over one or even two decades (although the patient is under the idea he has long ago recovered) are attributable to tertiary syphilis until now latent.



A whole body steam bath

The most important agent in curing syphilis is the application of damp heat in the form of vapor. Strong patients can take four to six enclosed or chair vapor baths a week; weaker persons, three to four for thirty to forty minutes. Immediately afterwards, the patient should be put in an entire pack, 77° to 81° F/25° to 27° C, for three-quarters to one and quarter hours. Then he should take a bath, 81° to 86 ° F/27° to 30° C, or a sitz bath 86° to 90° F/30° to 32° C. Further hydro applications are a daily wash all over, 73° to 77° F/23° to 25° C, and nightly stimulant packs on the neck, body and calves. At first the eruption will increase during this treatment, but will then die

out. When this has taken place, the patient should be strictly vegetarian, and consist mainly of judicious solid regimen; the use of any beverages as far as possible to be avoided. Instead of vapor baths, air and sun baths should be taken in summer time. The patient must calculate that he requires two or three months for a cure, and when the symptoms have subsided, some weeks more for post treatment in which vapor needs to be applied two or three times a week. Scaly eruptions of the epidermis and moist boils require the treatment laid down under "Eczema".* Affections of the mouth and throat membranes should be treated by the prescribed local treatment under "Catarrh of the Mouth."** Frequent rinsing and gargling with water 64° to 68° F/18° to 20° C (and for the latter 73° to 77° F/23° to 25° C) are generally sufficient. To the water add a little fresh lemon juice. In inflammation of the joints, knuckles and cartilage, follow the directions given above. If any special symptoms should show themselves, they can be treated as advised in this work.***

Contraction Of The Urethra (Stricture)

A contraction of the urethra may be occasioned by gonorrhea, or improper treatment, or it may be natural, or occasioned by an injury. It often is occasioned by sharp splinters of stone from the kidneys or bladder, which become fixed in the duct and contract it. The symptoms appear in the passing of the urine, which does not flow in a full and perfect stream, but sparsely, in drops, or in a divided stream.

There are also cases in which the urine is first discharged freely, then suddenly ceases and passes as above. The bladder is seldom quite emptied, so that frequent desire to pass water is in order of the day. Inflammation is not infrequently set up in the bladder in consequence of this continual uneasiness.

"The treatment is the same as that for Catarrh of the Bladder."†

Gonorrheal Opthalmia

Gonorrheal Opthalmia arises in consequence of a transference of the gonorrheal poison to one or both eyes. This is very dangerous; it may lead to total blindness. The symptoms are inflammation, reddening and swell-

---

*Please refer to the article on page 431. —*Ed.*

**This article mentioned was not included in this compilation however, please refer to M. G. Young's comments on catarrh found on page 314 —*Ed.*

***The Meyer's books and Natural Remedies on Syphilis in any stage and all other Sexual Diseases are highly recommended as absolutely reliable, harmless and perfectly safe and should be prescribed by every Naturopath and Physician and can also safely be used in Home Treatment by sufferers. Write for literature.

† Please refer to page 123. —*Ed.*

ing of the eyelids, and the secretion or formation and exudation of mucus and matter. Generally, in fact, all the symptoms are present which I have described in treating of "Inflammation of the eyes in newborn babies."

The eyes must be bathed in water of from 65° to 68° F/18° to 20° C, and in the intervals between bathing them, they must be covered with, alternately, cooling and stimulating bandages, or compresses, which must be changed the moment they become hot. One should also lay stimulating fomentations on the throat and nape of the neck, and take daily one or two stimulating whole or three-quarter packs, and foot baths, sitz baths, and friction sitz baths, in order to draw down the blood. At night application should be made of the abdominal and calf packs. In order to avoid self-infection, persons affected by gonorrhea must always be warned never to touch the eyes or other exposed portions of the skin and free or exposed mucous membrane with fingers that have been rendered unclean by contact with the matter.

Doctors differ whether recovery from the disorder after a first attack is any protection against a second attack.

If syphilis be treated according to very careful and conscientious rules of the natural curative treatment, it will decrease in about two or three years from its inoculation.

The most important agent in curing syphilis is the application of damp heat in the form of vapor. Strong patients can take four to six enclosed or chair vapor baths a week; weaker persons, three to four for thirty to forty minutes.

One should also lay stimulating fomentations on the throat and nape of the neck, and take daily one or two stimulating whole or three-quarter packs, and foot baths, sitz baths, and friction sitz baths, in order to draw down the blood.

Was President Harding's Death Due To Medical Ignorance?

by B. Stanford Claunch, N.D.

Naturopath, XXVIII (9), 444-449. (1923)

On Thursday, August 2, 1923, the attention of America was focused upon San Francisco. Her leader lay dead in the site of the Golden Gate. President Harding's death, in his suite at the Palace Hotel, came as a great shock to the Nation and a distinct surprise to a majority of her citizens.



President Warren Gamaliel Harding
(1865-1923)

He had arrived from Seattle on the morning of the previous Sunday, suffering from a slight gastro-intestinal disturbance, which, according to his physicians, grew worse overnight, and Monday found him with a temperature of 101, pulse of 118, respiration of 33, as given in the first official bulletin issues at 11 a.m.

A report issued at 5:18 p.m. states, among other things, that there were some cough and evidence of congestion in one lung and that he had taken some nourishment.

At 9 p.m. of the same day, the following bulletin was sent out: "Definite central patches of broncho-pneumonia have developed in the right lung, as indicated clinically by the X-ray. Nourishment is being taken regularly and the abdominal symptoms are less noticeable. While his condition is grave, he is temperamentally well adapted to make a strong fight against the infection. Pulse, temperature and respiration are about the same as shown in previous report."

(Signed).

C. E. Sawyer, M.D.
Ray Lyman Wilbur, M.D.
C. M. Cooper, M.D.
J. T. Boone, M.D.
Hubert Work, M.D.

Up to ten o'clock Tuesday morning, the headlines said: "President Harding has pneumonia, condition is grave." By this time, the "extras" were coming out with the glad tidings that the former "grave" situation had changed to a more optimistic outlook. The President was improving

and his condition gave evidence of a more favorable prognosis. Throughout the remainder of Tuesday, all day Wednesday and up to the hour of his sudden death at 7:30 p.m. Thursday, all reports sent out bore a message of cheer. The President seemed to be rapidly recovering and all were rejoicing. Then suddenly, and without the slightest warning, came the untimely end.

A statement issued next day, signed by the five medical doctors mentioned above, closed with the following remarks: "Under treatment marked improvement in the pneumonia and circulatory disturbances took place, and Thursday, August 2, he was free from fever and pain. We all believe he died of apoplexy or a rupture of blood vessel in the axis of the brain near the respiratory center. His death came after recovery from acute illness was in progress. It might have occurred at any time."

Forgetting for the moment the tragedy of President Harding's sudden demise, let us make a calm matter-of-fact summary of all that happened at the bedside as reported by his physicians. By reference to the title of this article, one will infer that its intent is to chronicle the facts as we find them with the view of permitting those who are interested to get an impartial vision of all that transpired, so they may be enabled to draw a logical conclusion as to whether the kind of treatment administered was favorable or unfavorable to his recovery.

Letter and comments on this subject have come to us from all parts of the country, and it was this evidence of great public concern which prompted its discussion here. If we are to accept most of these messages as a criterion, many people throughout the country who watched what was going on in the sick room with a critical eye, were not surprised at the sudden change for the worse, and not a few anticipated this change. Seven hours before the end, when all available reports indicated rapid recovery, the writer, in the presence of four people, predicated a relapse within forty-eight hours.

Of course, the doctors did the best they could—the best they knew. But there are those who are not convinced that their best was the best that was available in the way of treatment. Others have expressed themselves as believing that the treatment received by the President (frequent feeding and the use of purgatives) was, within itself, sufficient to produce disastrous results. It has often been remarked that Washington's death was caused by being bled and purged with violent drugs. Many articles have been published concerning the part wrong treatment played in the deaths of Roosevelt, Caruso and other celebrities.

In making a brief analysis of the circumstances as we find them, the first matter to be considered is:

Diagnosis

In the sick room were five leading "specialists" of medicine searching frantically, with all the instruments of precision and scientific apparatus available, for a technical name to attach to each of the rapidly changing symptoms.

The first diagnostic reports indicated ptomaine poisoning, superinduced by eating "infected" crab meat. A little later, it was found to be metallic poisoning, produced by copper in the crab, which had been caught on the shores of Alaska in the vicinity of where copper has been discovered in the mountains along the shore. Next day, the President was suffering from a "gastro-intestinal attack," but we were not informed as to what the "attacking" agent was. Later in the day, it was gall bladder trouble.

On the following morning, the right lung was found to be "infected," and a few hours afterward, the proper term for the disease was "pneumonia." Death was due to "apoplexy," but a post-mortem statement issued by these "men of science" revealed that arteriosclerosis was the disease that had caused it all, though we were not told what caused the arteriosclerosis. And, curiously enough, no mention of this trouble had ever been made previous to his death.

There we have the diagnosis—about as "clear as mud" to the average reader, and as scientifically accurate as the difference between tweedledum and tweedledee.

If this chasing of phantoms—this hair-splitting distinction in search for specific terminology, which, when found, was of no perceptible value—must be accepted as science, then one can but wonder for what purpose the word *guesswork* was invented.

Treatment

Treatment was necessarily based on the medical concept that *disease* is, within itself, an evil—an enemy. It is regarded as a specific entity which attacks its unfortunate victim with the sole purpose of destroying him. (It is this conception of so-called disease which we believe to be false, and this is the point on which all our arguments will be made. More about it later.)

The idea that disease is a terrible monster, with which the body is engaged in mortal combat, forms the premise from which the medical mind reasons that the body should be fed "plenty of good, nourishing food" to keep up the strength in order to enable it to carry on the warfare successfully.

So we find the President taking nourishment regularly. Milk, eggs and toast—foods of doubtful quality and questionable value even for a

person in health—were forced into his stomach at two hour intervals, and then purgatives given in an effort to get rid of them. This, in brief, was the character of the treatment administered to the President, and under which he died "after recovery from acute illness was in process". This reminds us of the famous lecture of Dr. R. T. Trall in the Smithsonian Institution in 1862, in which he referred to an Irish doctor who had rendered a bill: "To curing your wife until she died, $75.00." We were unable to ascertain if serums or hypodermic injections of any kind were used in President Harding's care.

Now let us contrast this hyper technical diagnosis, which revealed an ever changing multiplicity of so-called diseases, and the methods of treatment which were in keeping with it, with a sane, rational, common sense analysis of the President's condition, which has been stripped of all technical terms, and which expresses our idea of a true diagnosis as clearly as is possible from the facts at hand.

In our search for the cause of his trouble, we must go back further than a day or a week. For several months, he had led a strenuous life. Overwork, loss of sleep, irregular habits, banquets, entertainment and excitement had brought on a state of enervation, which impaired the digestion by inhibiting secretion and excretion. This caused a retention of the waste products of metabolism, the poisons of wear and tear. There were absorbed by the blood and a condition of toxemia (poison in the blood) was the result. Add to this the rich foods, which ferment readily when digestion is impaired, causing more filth to accumulate, and we find the President in just about the right condition for a gastrointestinal attack. What is the right treatment for this condition?

Before we can intelligently prescribe the remedy for a disease, we must know not only its nature, but its causes and its purpose. We mentioned before that the medical idea of disease being a specific entity, with a fixed purpose of destroying its human enemy with whom it engages in a battle for supremacy, was false. If we are able to prove this assertion, it will constitute a most serous indictment of any and all treatment based on that premise. It is self-evident that if the foundation is false, the entire superstructure must likewise be false. Error multiplied does not make a truth. A fallacy, even when practiced by a hundred thousand doctors, does not metamorphose into fact.

Naturopaths, and many other drugless physicians, have long held that filth, and not germs, was the primary cause of so-called disease; and that what is looked upon by the medical profession as the disease is, in reality, only Nature's effort to eliminate the filth and poisons which are encumbering us. Disease then is only a crisis in toxemia, a heroic effort of the body to force filth, which has accumulated through years of bad habits and wrong living, from the interstitial spaces where it has been

deposited to the surface through vicarious channels. The form in which the disease (symptom) manifests and the name which is given it are of no consequence. All acute forms of disease have the same basic causes and all have for their common purpose the elimination of waste from the body. They are for the purpose of keeping us well in spite of ourselves, so to speak, if we know how to treat them correctly.

For proof of this, let us consider a case of smallpox and a case of influenza, these being typical acute diseases. In their incipiency, the symptoms are identical and even the most accurate diagnostician cannot distinguish the difference until elimination takes place. In the former, the filth is in the form of pus. This is forced to the periphery through the skin, where it can be found in hundreds of pustules all over the body. In the latter, it assumes the form of mucus—sometimes pus, which reaches the surface through the bronchial tubes, throat and nasal cavities. When the "cough loosens" or the "cold breaks," the doctor says it was grippe or influenza. The patient's health is always much improved as the result of these system cleansing processes, provided they are permitted to run their course unhampered by food, drugs, serums or treatment of any kind.

Thus we see that disease is not an enemy, as taught by medicine, but a friend, when we understand its nature and correctly interpret its purpose.

What, then, is the correct treatment for an acute condition such as that from which the President was suffering? Nothing! In the very nature of things, acute disease is not something to be treated or "cured." It is the treatment itself. It is Nature's means of cleaning house to enable the body to permit a great influx of life from the infinite sources.

When filth has accumulated in the body to the danger point, Nature, by virtue of the inherent powers of the organism which tend ever toward health, develops a crisis. There is a rise in temperature, much congestion, the body aches throughout and one feels miserable generally. This we call disease. All the forces of the body have been marshaled and set to work in eliminating the filth. At this time, all other vital activities, including digestion, are suspended. There is no secretion of digestive fluids. All is elimination. Food introduced under these conditions cannot digest, but quickly decomposes, adding more filth to an already overburdened body. Thus we see that feeding or drugging at this times spells disaster.

On the other hand, the medical doctor, with his false conception of disease, feeds the patient to give him strength to *fight* the disease and at the same time gives him drugs or serums to cure (kill) it to force down the fever, check the cough, deaden the pain, dry up the rash or render the germs innocuous. This gives him what he thinks is a two-fold fortification against this vicious enemy.

Then what, in reality, is the effect of such treatment? The food, not

being digested, clogs the alimentary tract and circulatory system. This forces the body to cease its efforts to eliminate at a time when elimination is most vital, and causes it to resume the function of assimilation. The drugs and serums, instead of "curing" the disease, deaden the nerves so they are no longer able to register pain or keep up the reaction. The struggle soon ceases and the patient either dies, or, if he is vital enough to recover in spite of the treatment, the future will most likely see him suffering from "after effects" in the form of catarrh, indigestion, tuberculosis or some other chronic disease. This explains why the President was "free from fever and pain" just before his death. A normal recovery is impossible under treatment of this kind.

All that is necessary in an acute crisis is to put the patient in bed, keep him comfortable with hot or cold water bottles, keep both bed and patient clean and the room warm but well ventilated. An enema may be given every night if indicated. No food, no drugs, no serums, no treatments. Our experience with over five hundred cases, including over three hundred cases of influenza and more than fifty cases of diphtheria, cared for in the above manner without a death, has proven these theories to be demonstrable facts. The doctor who knows how to do nothing intelligently will have a lower mortality rate in acute disease than will the doctor who lives up to the dictum of his Alma Mater: "No matter what you do—do something!"

Being compelled to stand idly by and see the President die, when every fiber in our being vibrated with the utmost confidence that these simple measures could have saved him, was indeed a tragedy. Armed with this confidence, and hoping that attention might in some manner be aroused, we posted the following signed offer in the window of one of our places of business in the downtown district of San Francisco, where thousands of people passed during the day. It remained from 9 a.m. to 6 p.m., when the offer expired:

> San Francisco, Cal.
> July 31, 1923, 9 a.m.
>
> To Whom It May Concern:
>
> The morning paper announce that President Harding has pneumonia and his condition is grave. We believe this "grave" situation has been brought on by wrong treatment of what would have been only a simple illness under rational care. But, in spite of the fact that medical doctors in attendance can see nothing but "seriousness" and an unfavorable prognosis, we believe he can still recover if properly cared for.
>
> That the truth about the rational care of the sick may be brought to light, and in behalf of the life and health of the President, we hereby agree to place on deposit with any bank in the city the

> sum of $500, to be forfeited to charity if under our care, the President is not able to leave his bed unassisted and attend to his duties within ten days from date, provided someone can succeed in getting us a hearing.
>
> This offer is made with the provision that no drugs or serums have been introduced into the body since twelve o'clock (noon) of Saturday, July 28th. And provided further that we be called on the case not later than six o'clock p.m. today.

Of course, we did not get a hearing. In the nature of things that was practically impossible. But the offer was made in good faith and not for the purpose of gaining notoriety.

Up to the present time, the field of healing has been so autocratically dominated by the medical profession that even those who have beheld its shortcomings, and witnessed the havoc it has wrought in numerous special instances, have not dared to raise their voices in protest. This was partly because of fear and persecution at the hands of the medical hierarchy, but mainly because of the utter uselessness of such opposition. In the past, the "doctor psychology" had such a profound grasp upon the minds of the people that it took the nature of a religion. It was little short of sacrilege to even doubt the ability of the gods of medicine, while to openly oppose them was to invite ridicule, professional and social ostracism and, not infrequently, to land in jail.

A new day is dawning. Credulity is passing. Dogmatism and "authority" no longer ride rough-shod over the public mind. Atrocities committed in the name of science can no longer be palmed off as "the will of the Lord," as was the case in the deaths of Washington, Roosevelt, Caruso and thousands of others who have died before their time. The time-worn phrase, "All was done that was known to medical science, but without avail," has been shorn of its deifying powers and no longer stirs the spirit of hero worship in those who think. They now ask to know, if medicine is a science, why it failed.

During the past half century, many of those who have taken the time and trouble to investigate the claims, and counter claims, of the so-called science of medicine have been thoroughly convinced in practically every instance that what has been held up before the public as the last word in the "healing art" proved, under thorough and impartial investigation, to be a stupendous fallacy. It was only in comparatively recent years that the most persistent of these investigators have awakened to the appalling fact that most, if not all, of the methods of this "science," which have been used to exploit a credulous people under the guise of "immunization," "preventatives," "treatments," and "cures" for their diseases, have proved to be not only of no permanent benefit, but actually one of the most potent causes of disease.

But thus far, this privilege of turning the searchlight of reason and common sense into the mystic recesses of medicine and holding up to public view its fallacies and the repeated failures of its champions have come to only a few. The "science" of medicine has remained an impenetrable wilderness to the average student. This is due, first, to the fact that it is founded on a false premise—even its staunchest supporters are unable to logically interpret it or scientifically explain it—and second that through the ages it has retained its now dead language terminology, which has effectually prevented it from becoming common knowledge.

Medicine has arrogantly refused to investigate new ideas which come from outside sources, yet it brazenly denounces all those who oppose it as "unscientific quacks". It is true these "quacks" are frequently investigated by the "regulars," not with the view of acquiring any valuable information the quacks might have to offer, but usually for the purpose of prosecuting them for the violation of some medical practice act which was especially designed and written into the statue books for that very purpose. Their idea of fair play is to crush all opposition by legal methods which smack of the days of the Inquisition. But the time has come when we should investigate the "investigators."

An old adage says: "Give error enough rope and it will hang itself." This seems to hold true with the medical profession. While practically all opposition has been legally based combat, medical doctors are unwittingly, yet effectively, sharpening the sword of ignorance and incompetence upon which public opinion will eventually demand their professional execution. The voices of the prophets, crying out in the wilderness, have not been in vain. People will no longer accept the effrontery and self-imposed authority of medicine with an indifferent complaisance, born of that threadbare axiom that "ignorance is bliss," as they have in the past.

Up to the time of this death, three years ago, Sir William Osler, M.D., was regarded as the most brilliant man in the medical profession. His contributions to medical literature are masterpieces and his textbooks are the recognized standard everywhere. Dr. Osler committed one very grave "ethical" error one for which he will, perhaps, never be forgiven by the members of his own profession. At a moment when his sense of truth and justice overruled his caution, he made a public assertion: "We put drugs, about which we know little, into bodies, about which we know less, to cure diseases, about which we know nothing at all." No severer indictment of medicine as a science could possible come from even its most bitter enemies. But coming as it does from the greatest medical authority the world has ever known, it leaves no room for legitimate claim to public confidence or public patronage.

"Under treatment marked improvement in the pneumonia and circulatory disturbances took place, and Thursday, August 2nd, he was free

from fever and pain." This statement plainly shows how the doctors were misled in their interpretation of the symptomatic indexes in President Harding's illness. The last bulletin issued before his death showed that temperature was normal, the pulse was 110 and respiration 36 to 40. To the medical men, these figures presaged recovery, but to those with a clear conception of their fundamental significance, they were grave indeed. The fever has been reduced, but respiration was still abnormally high. To those who recognize disease as Nature's curative process, this meant that the vital efforts of the body to throw off its poisons—fever being the chief evidence, subdued, repressed by the ingestion of large quantities of food and drugs, which clogged the circulation and made elimination impossible. We do not believe the President was "in a process of recovery" at any time during this treatment, and the fatal termination of his illness justifies this attitude.

This is not written with a feeling of animosity or enmity toward any physician, but with the earnest desire and hope that all schools of healing, drugless as well as medical, may be induced to investigate this disease as Nature's means-of-cure philosophy, and to give the simple no-therapeutics method of treatment a fair test, in the interest of truth, justice and human life.

What, then, is the correct treatment for an acute condition such as that from which the President was suffering? Nothing! In the very nature of things, acute disease is not something to be treated or "cured".

All is elimination. Food introduced under these conditions cannot digest, but quickly decomposes, adding more filth to an already overburdened body. Thus we see that feeding or drugging at this times spells disaster.

The food, not being digested, clogs the alimentary tract and circulatory system. This forces the body to cease its efforts to eliminate at a time when elimination is most vital, and causes it to resume the function of assimilation.

All that is necessary in an acute crisis is to put the patient in bed, keep him comfortable with hot or cold water bottles, keep both bed and patient clean and the room warm but well ventilated. An enema may be given every night if indicated. No food, no drugs, no serums, no treatments.

Up to the present time, the field of healing has been so autocratically dominated by the medical profession that even those who have beheld its shortcomings, and witnessed the havoc it has wrought in numerous special instances, have not dared to raise their voices in protest.

Medicine has arrogantly refused to investigate new ideas which come from outside sources, yet it brazenly denounces all those who oppose it as "unscientific quacks."

We put drugs, about which we know little, into bodies, about which we know less, to cure diseases, about which we know nothing at all." No severer indictment of medicine as a science could possible come from even its most bitter enemies.

To Benedict Lust

by Dr. J. S. Riley

Herald of Health and Naturopath, XXVII (12), 591. (1922)



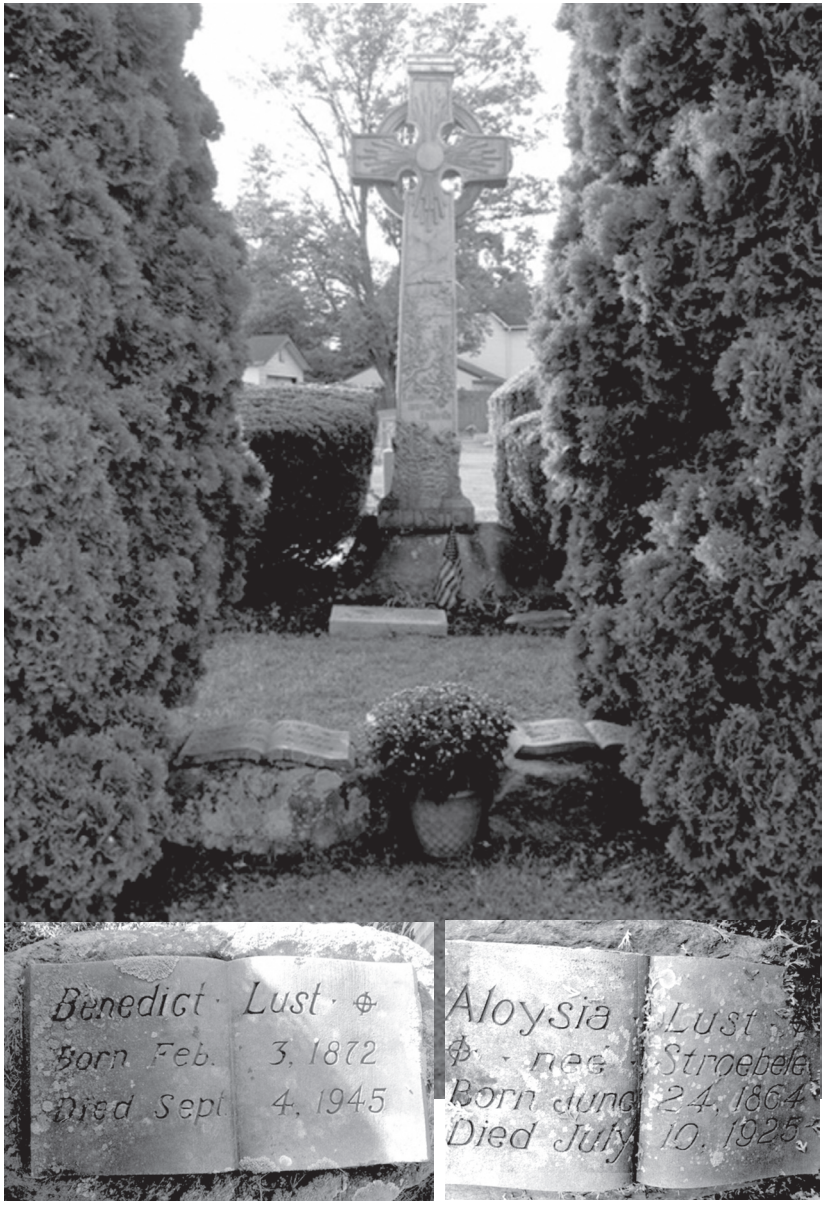
J. S. Riley

Of the men I have met and the men I would trust,
There are none to excel Dr. Benedict Lust.
His affable smile and the shake of his hand
Make truest of friends, their respect to command.
All the lore of the ages his greatest delight;
And for honor and truth he makes noble his fight.
And I give all my hand and my heart in the trade
To this noblest of men that God ever made.

He presides at conventions, where his presence inspires
Both the men and the women with truest desires
To excel in the race where each one may run,
And each may the richest of laurels have won.
For Benedict Lust is a prince among men,
Be he in the city, highway, the forest, or glen;
And when he but speaks the other's must hear,
And often applaud him with loud ringing cheer.

Dr. Benedict Lust is a man thru and thru,
With conscience and soul for Gentile and Jew.
His fame with his monument well may it rise,
Emblazoned with emblems and reaching the skies.
Not a limit we'd place to his growth on the earth.
Nor name the amount we know he is worth.
In science and letters his forces he leads,
And for building, uplifting mankind ever pleads.

Dr. Benedict Lust, as we pass thru the years,
In prosperity's courts or the valley of tears,
I know I may count on your loyal true heart
In the strong call to duty for more than your part.
O that soul and that mind, noble, honest, sincere,
And that courage and honor and smile that is dear.
May our efforts e'er blend in the kingdom and fold
Where both men and women are units of gold.



Louise and Benedict are buried in the St. Anthony of Padua cemetery in Butler, New Jersey. Butler was where they built a retreat center called the Butler Jungborn, based upon the work of Adolf Just. Louise Lust (née Stroebele) had acquired 60 acres from St. Anthony church in the late 19th century to create a healing center based upon Kneipp, Rikli, Kuhne and Just. Do visit and leave flowers.

References

Allen, T. J. (1915). Cancer, cause and prevention. *The Naturopath and Herald of Health,* XX (9), 572-574.

Allinson, T. R. (1905). The healing power of Nature. *The Naturopath and Herald of Health,* VI (5), 121-123.

Altman, D. G. (1994). The scandal of poor medical research. *British Medical Journal* 29 January, pp 283-284.

Author unknown. (1901). The cure of a sleep walker. *The Kneipp Water Cure Monthly,* II (12).

Author unknown. (1908). Authentic medical report. *The Naturopath and Herald of Health,* IX (5), 138-141.

Baruch, S. (1917). The Nauheim bath. *Herald of Health and Naturopath,* XXII (3), 179-182.

Baumgarten, A. (1900). Insomnia. *The Kneipp Water Cure Monthly,* I (8), 132-135.

Biéri, R. (1910). At the sign of the bath tub. *The Naturopath and Herald of Health,* XV (9), 522.

Biéri, R. (1921). My first case of encephalitis lethargica or sleeping sickness. *Herald of Health and Naturopath,* XXVI (6), 267-269.

Biggs, A. C. (1918). Rational treatment of neurasthenia. *Herald of Health and Naturopath,* XXIII (2), 136-138.

Bigtree, D. (2018). Vaccines: who is responsible for their safety? Part 2. December 20, 2018, https://thetruthaboutcancer.com/vaccine-safety-studies/

Bilz, F. E. (1898). *The Natural Method of Healing,* Bilz Publishing, Leipzig, 2074 pages.

Bilz, F. E. (1900). Constipation. *The Kneipp Water Cure Monthly,* I (4), 49-50.

Blackie, M. (1976). *The patient, not the cure: the challenge of Homeopathy,* Macdonald and Jane's Publishing, London, 242 pages.

Bliler, H. E. (1918). Acid dyspepsia. *Herald of Health and Naturopath,* XXIII (9), 795-797.

Booth, E. (1915). One disease, one cure. *The Naturopath and Herald of Health,* XX (1), 15-16.

Brandt, C. (1921). Acute diseases, epidemics, fevers. *Herald of Health and Naturopath,* XXVI (8), 400-402.

Buttgenbach, F. J. (1901). Snoring. *The Kneipp Water Cure Monthly,* II (3), 80.

Carqué, O. (1905). Nutrition in relation to health and disease. *The Naturopath and Herald of Health,* VI (6), 151-157.

Carr, T. (2017). Too many meds? America's love affair with prescription medication. Consumer Reports. https://www.consumerreports.org/prescription-drugs/too-many-meds-americas-love-affair-with-prescription-medication/ https://hpi.georgetown.edu/rxdrugs/

Child, B. W. (1919). Nature cure pioneers, Professor Arnold Ehret. *Herald of Health and Naturopath,* XXIV (10), 493-496.

Claunch, B. S. (1923). Was President Harding's death due to medical ignorance? *Naturopath,* XXVIII (9), 444-449.

Claunch, B. S. (1923). How disease is built. *Naturopath,* XXVIII (9), 469-481.

Eales, I. J. (1919). The cause of disease. *Herald of Health and Naturopath,* XXIV (6), 276.

Editorial Staff (1901). Wedding bells. *The Kneipp Water Cure Monthly,* II (6), 163.
Flowers, S. (1902). Control of emotions through the abdominal brain. *The Naturopath and Herald of Health,* III (5), 237-238.
G. H. (1912). Gallstones. *The Naturopath and Herald of Health,* XVII (8), 537.
Golubic, M. (2013). Lifestyle choices: root causes of chronic disease. https://my.clevelandclinic.org/health/transcripts/1444_lifestyle-choices-root-causes-of-chronic-diseases January 14, 2013.
Havard, W. F. (1918). How do you feel in the morning? *Herald of Health and Naturopath,* XXIII (6), 529-530.
Havard, W. F. (1919). House cleaning. *Herald of Health and Naturopath,* XXIV (4), 168-170.
Havard, W. F. (1920). A course in diagnosis. *Herald of Health and Naturopath,* XXV (2), 67-69.
Havard, W. F. (1920). Tonsils and adenoids. *Herald of Health and Naturopath,* XXV (10), 490-495.
Havard, W. F. (1921). Naturopathy in practice. *Herald of Health and Naturopath,* XXVI (3), 115.
Havard, W. F. (1921). Case report. *Herald of Health and Naturopath,* XXVI (7), 340-341.
Heineman, H. M. (1909). My case of diabetes. *The Naturopath and Herald of Health,* XIV (9), 574-576.
Hoegen, J. A. (1916). Female diseases. *Herald of Health and Naturopath,* XXI (7), 469-470.
Jennings, E. A. (1907). Heart failure cured by natural means. *The Naturopath and Herald of Health,* VIII (12), 358-360.
Jones, E. G. (1909). Surgery not a cure for cancer. *The Naturopath and Herald of Health,* XIV (5), 310-311.
Jones, E. G. (1909). My experience in the treatment of cancer. *The Naturopath and Herald of Health,* XIV (7), 442-443.
Kaessmann, F. (1913). Remove the cause. *The Naturopath and Herald of Health,* XVIII (3), 158-150
Karell, P. (1911). The milk cure. *The Naturopath and Herald of Health,* XVI (5), 296-300.
Kneipp, S. (1900). Diseases. *The Kneipp Water Cure Monthly,* I (9), 149-150.
Kneipp, S. (1900). Asthma. *The Kneipp Water Cure Monthly,* I (9), 151.
Kneipp, S. (1900). Loss of the voice. *The Kneipp Water Cure Monthly,* I (9), 154-155.
Kneipp, S. (1901). Catarrh of the bladder. *The Kneipp Water Cure Monthly,* (7), 181-182.
Kuhne, L. (1901). *The New Science of Healing,* translated by Kenneth Romanes, Louis Kuhne Publisher, Leipzig, 460 pp.
Kuhne, L. (1917). Rheumatism, gout and sciatica. *Herald of Health and Naturopath,* XXII (6), 342-354.
Kuhne, L. (1917). Cold hands and feet, hot head: their cause and cure. *Herald of Health and Naturopath,* XXII (6), 354-355.
Kuhne, L. (1917). Specific cures. *Herald of Health and Naturopath,* XXII (6), 355-357.
Kuhne, L. (1918). Poverty of blood, chlorosis (epilepsy and agoraphobia). *Herald of Health and Naturopath,* XXIII (4), 352-354.

Kuhne, L. (1918). Chlorosis (Epileptic fits, agoraphobia). *Herald of Health and Naturopath,* XXIII (4), 354-357.

Kuhne, L. (1918). Cancer, proud flesh. *Herald of Health and Naturopath,* XXIII (5), 463-468.

Lane, H. E. (1908). Tapeworms. *The Naturopath and Herald of Health,* IX (12), 380-381.

Langreth, R. (2019). Drug prices. *The Washington Post,* February 5, 2019. https://www.washingtonpost.com/business/drug-prices/2019/02/05/6b3c1776-295c-11e9-906e-9d55b6451eb4_story.html?utm_term=.75d1d78e03ee Lindlahr, H. (1910). The Anti-vaccination crusade, *The Naturopath and Herald of Health,* XV (3), 129-132.

Lindlahr, H. (1914). *Nature Cure,* The Nature Cure Library, Chicago, 438 pp.

Lindlahr, H. (1923). Henry Lindlahr, M.D., the father of scientific natural therapeutics. *Herald of Health and Naturopath,* XXVIII (9), 438-441.

Lust, B. (1900). Nervous dyspepsia. *The Kneipp Water Cure Monthly*, I (3), 38-39.

Lust, B. (1900). Rickets and vomiting. *The Kneipp Water Cure Monthly*, I (5), 77-78.

Lust, B. (1900). Hemorrhoids, piles. *The Kneipp Water Cure Monthly*, I (5), 80.

Lust, B. (1900). Jaundice. *The Kneipp Water Cure Monthly*, I (8), 138-139.

Lust, B. (1900). Headache. *The Kneipp Water Cure Monthly,* I (11), 192-193.

Lust, B. (1900). Worms. *The Kneipp Water Cure Monthly*, I (12), 214.

Lust, B. (1900). Headache II. *The Kneipp Water Cure Monthly*, I (12), 223-226.

Lust, B. (1900). Diseases. *The Kneipp Water Cure Monthly*, I (12), 234-236.

Lust, B. (1901). Apoplexy. *The Kneipp Water Cure Monthly*, II (3), 77-78.

Lust, B. (1901). Louis Kuhne. *The Kneipp Water Cure Monthly,* II (6), 157.

Lust, B. (1901). Bed wetting. *The Kneipp Water Cure Monthly,* II (7), 182.

Lust, B. (1901). Chlorosis. *The Kneipp Water Cure Monthly,* II (9), 240-241.

Lust, B. (1901). Blood poisoning (goiter). *The Kneipp Water Cure Monthly,* II (10), 276.

Lust, B. (1902). Diseases (eye affections). *The Naturopath and Herald of Health,* III (5), 227-230.

Lust, B. (1902). Care of the hair. *The Naturopath and Herald of Health*, III (6), 258-259.

Lust, B. (1902). Deafness and diseases of the ear. *The Naturopath and Herald of Health,* III (12), 490-492.

Lust, B. (1902). Kneipp's popular healing remedies and their applications. *The Naturopath and Herald of Health*, III (8), 348-349.

Lust, B. (1902). Diseases, how to treat them according to the Kneipp system. *The Naturopath and Herald of Health,* III (10), 432-435.

Lust, B. (1903). Gout, and the natural way of treating it. *The Naturopath and Herald of Health,* IV (4), 89-91.

Lust, B. (1903). Chapped hands. *The Naturopath and Herald of Health,* IV (5), 116.

Lust, B. (1903). The "whites", their causes and treatment. *The Naturopath and Herald of Health,* IV (8), 236.

Lust, B. (1903). Obesity. *The Naturopath and Herald of Health,* IV (10), 298-299.

Lust, B. (1904). Colds. *The Naturopath and Herald of Health,* V (3), 65-66.

Lust, B. (1904). Naturopathic cures for insanity, (mental illness). *The Naturopath and Herald of Health,* V (6), 135-136.

Lust, B. (1905). Hair culture. *The Naturopath and Herald of Health,* VI (2), 51-53.

Lust, B. (1905). Heart diseases. *The Naturopath and Herald of Health,* VI (4), 109-110.

Lust, B. (1905). Scrofula. *The Naturopath and Herald of Health,* VI (4), 110-115.
Lust, B. (1905). Abdominal troubles of women. *The Naturopath and Herald of Health,* VI (5), 137-138.
Lust, B. (1906). Perspiration of the feet. *The Naturopath and Herald of Health,* VII (4), 144-145.
Lust, B. (1906). Bright's renal diseases. *The Naturopath and Herald of Health,* VII (4), 162-163.
Lust, B. (1907). Naturopathic health advisor. *The Naturopath and Herald of Health,* VIII (2), 63.
Lust, B. (1907). Constipation. *The Naturopath and Herald of Health,* VIII (5), 129-134.
Lust, B. (1907). Naturopathic health advisor. *The Naturopath and Herald of Health,* VIII (8), 251.
Lust, B. (1909). Taking cold (gout and remedies). *The Naturopath and Herald of Health,* XIV (7), 420-423.
Lust, B. (1910). Ringworm. *The Naturopath and Herald of Health,* XV (6), 361-362.
Lust, B. (1913). Naturopathic news. *The Naturopath and Herald of Health,* XVIII (12), 840.
Lust, B. (1913). Mercurial stomatitis. *The Naturopath and Herald of Health,* XVIII (12), 861-862.
Lust, B. (1918). The principles, aim and program of the nature cure system, *Herald of Health and The Naturopath,* XXIII (5), 423-429.
Lust, B. (1918). Editorial, a little of the truth. *Herald of Health and Naturopath,* XXIII (10), 813-814.
Lust, B. (1919). Editorials, immunity, *Herald of Health and Naturopath,* XXIV (3), 113-114.
Lust, B. (1920). Nervous dyspepsia, *Herald of Health and Naturopath,* XXV (8), 393-395.
Lust, B. (1921). Editorial. *Herald of Health and Naturopath,* XXVI (2), 61-62.
Lust, B. (1921). Treatment for hay fever and headaches. *Herald of Health and Naturopath,* XXVI (8), 372.
Lust, B. (1921). Eczema. *Herald of Health and Naturopath,* XXVI (6), 297.
Lust, B. (1922). Naturopathic News, Ehret died. *Herald of Health and Naturopath*, XXVII (4), 191.
Lust, B. (1922). Arsenic poisoning. *Herald of Health and Naturopath,* XXVII (5), 241-242.
Lust, B. (1922). Naturopathic News, Bilz died. *Herald of Health and Naturopath*, XXVII (11), 557.
Lust, B. (1923). Gonorrhea. *Naturopath,* XXVIII (7), 322-327.
Lust, B. (1923). Syphilis. *Naturopath,* XXVIII (10), 573-576.
Lust, L. (1903). Regulating the bowels. *The Naturopath and Herald of Health,* IV (11), 338.
Lust, L. (1921). Nervous prostration. *Herald of Health and Naturopath,* XXVI (6), 282.
Mack, K. (unknown date). Challenges for the 21st Century: chronic and disabling conditions, Health Policy Institute, Georgetown University, https://hpi.georgetown.edu/rxdrugs/, https://hpi.georgetown.edu/archive/agingsociety/profiles/
Makary, M., Daniel, M. (2016). Medical error, the third leading cause of death in the US. *HOAF-Complementary, Alternative, Integrative Medicine, BMJ.* https://www.ncbi.nlm.nih.gov/pubmed/27143499

New York Society of Naturopaths, (1914). Naturopathic Legislation Series; practical ideals embodied in Naturopathy, *The Naturopath and Herald of Health,* XIX (8), 431-432.

Nielsen, H. (1913). How to cure a cold. *The Naturopath and Herald of Health,* XVIII (3), 162.

Null, G., Feldman, M., Rasio, D., Dean, C. (2018). *Death by Medicine,* Axios Press.

Purinton, E. E. (1916). Efficiency in drugless healing. *Herald of Health and Naturopath,* XXI (1), 1-7.

Riley, J. S. (1922). To Benedict Lust. *Herald of Health and Naturopath,* XXVII (12), 591.

Ross, E. J. (1922). The life worthwhile. *Herald of Health and Naturopath,* XXVII (2), 65-67.

Schatz, S. (1915). Constipation. *The Naturopath and Herald of Health,* XX (5), 304-307.

Smith, G. (2019). Excerpts from a conversation with Dr. Gordon Smith regarding the history of the rare book collection and it's acquisition. March 24, 2019.

Staden, L. (1902). What is Naturopathy? *The Naturopath and Herald of Health,* III (1), 15-18.

Staden, L. (1902). Naturopathic adviser. *The Naturopath and Herald of Health,* III (1), 46.

Staden, L. (1902). Naturopathic adviser. *The Naturopath and Herald of Health,* III (2), 101.

Staden, L. (1902). How Naturopathy cures. *The Naturopath and Herald of Health,* III (4), 190-192.

Staden, L. (1902). Acute and chronic disease. *The Naturopath and Herald of Health,* III (2), 69-71.

Streeter, R. V. (1914). Boils. *The Naturopath and Herald of Health,* XIX (6), 414.

Strueh, C. (1911). Nature Cure or drugs? *The Naturopath and Herald of Health,* XVI (8), 486-489.

Strueh, C. (1913). Symptomatic treatment, a waste of effort and time. *The Naturopath and Herald of Health,* XVIII (3), 170-171.

Strueh, C. (1915). Cold feet. *The Naturopath and Herald of Health,* XX (11), 673.

W. Fr. (1904). Report of gout case. *The Naturopath and Herald of Health,* V (4), 101.

Waters, H., Graf, M. (2018). Chronic diseases are taxing our health care system and our economy. https://www.statnews.com/2018/05/31/chronic-diseases-taxing-health-care-economy/, May 31, 2018.

Wigelsworth, J. W. (1918). Nature's safety valve, *Herald of Health and The Naturopath,* XXIII (8), 731-732.

Young, M. G. (1915). Catarrh. *The Naturopath and Herald of Health,* XX (12), 770-774.

Young, M. G. (1916). Bad breath. *Herald of Health and Naturopath,* XXI (5), 332-334.

Appendix A

Glossary

Abdominal compress has several variations, i.e. cold, warm using herbal decoctions, or vinegar and water. A wet cloth folded creating layers depending upon the vitality of the patient is placed over the abdomen.

Ablution is simply a washing of the body done with the hands, a washcloth, a bath mitt or a sponge with the benefit of applying friction or completing another hydrotherapy.

Affusion is a washing of the body by pouring water from a vessel, such as a bucket or large pitcher.

Air baths taken outside or in the comfort of one's home in front of an open window were taken preferably wearing no clothing.

Alternate warm/hot and cold bath is a sequence of baths beginning with a warm bath for ten minutes that is immediately followed with a short one minute cold bath. Repeated three times.

Back douche or gush is cold water administered either by a watering can or a hose to the back.

Bandage implies a wet cold compress to a body part that is entirely wrapped around the body and covered with a dry blanket in a similar manner of wrapping.

> *Lower bandage* a wet sheet wrapped around the body from the axilla to the feet.
>
> *Short bandage* or pack is a wet piece of linen or cotton, wrung out and wrapped around the body three to five times. The short pack extends from the axilla to the hips or knees.

Baths taken in a bath tub varied in the amount of water and temperature. See full and half baths.

Bare foot walking was used long before Kneipp to help harden and strengthen the body's constitution.

Bed steam bath is a three-quarter or full pack with one hot bottle wrapped in a wet towel applied to the feet, two of such bottles outside to the calves, and two bottles to the thighs. First, the body has to be wrapped in a wet sheet, then the hot bottles have to be placed, then the woolen blanket has to be enveloped round the whole. Three hot bottles on average are sufficient. Duration of the bed steam bath is from one to three hours.

Compress uses a piece of cotton or linen dipped in cold water and wrung out before applying to the body. The wet compress is then covered with a dry blanket or similar material.

Cooling packs used to lower fevers employed tepid water a few degrees lower than the body temperature.

Depletion: the reduction of congestion anywhere in the body.

Derivation: the reduction of congestion by moving the excess blood elsewhere by using hot or cold water application for such purpose.

Douche was adopted by Lust to describe the gushes that Kneipp devised for the various parts of the body. Originally, Priessnitz used douches which were flowing water from cold mountainous streams falling a distance of 10 to 20 feet.

Elder leaves and berries made into a decoction for an excellent blood purifier.

Epsom salt baths promotes elimination of endotoxins in the treatment of fever and assist in the elimination of uric acid.

Equisetum arvense [shavegrass] decoction used to stop bleeding, blood vomiting and for kidney stones. Decoction used in a steam bath for bladder complaints. Kneipp used shavegrass in diphtheria.

Fenugreek stewed into a pulp, spread on a piece of linen and applied warm was used to alleviate boils and areas of inflammation.

Fluxion: cold water applications increase the movement or flow of blood in a particular part of the body.

Fomentation is one of the most efficient means of applying heat in the case of pain by using hot moist compresses applied to the body.

Foot bath is taken in cold water for the purpose of diverting blood from the head and upper body to the feet. Foot baths are excellent for insomnia and increasing blood flow to cold feet. Warm foot baths [91-93] use various herbal decoctions.

Friction is a dry friction rub of the body using either a soft bristled brush, friction glove or a towel to stimulate the skin prior a cold water procedure.

Friction hip bath was devised by Kuhne and a sitz tub was filled with cold water to the patient's umbilicus. Using a coarse cloth, the abdomen and sexual organs are briskly rubbed.

Friction sitz bath was especially helpful for women. The patient sits on a

dry stool placed in a tub of water. Using friction and rubbing, cold water is used during this treatment.

Full pack is also known as the wet sheet pack.

Gushes were the signature water application developed by Sebastian Kneipp by using a simple garden watering can to pour water on different parts of the body. In time, the gush was often called a douche.

Half baths short cold water bath lasting from one to three minutes with water reaching the umbilicus. Benefits include strengthened digestion, convalesce, hardening, etc.

Half pack is a wet sheet pack that covers the trunk of the body from the arms to the hips. It is also called the short bandage.

Hardening or strengthening the constitution employed various methods, such as walking barefoot, ablutions, affusions, and baths. Kneipp recommended mothers to begin hardening early with their babies. The cold water bath lasted one to three seconds.

Hay flowers were made into a decoction that was used in baths, such as the foot bath compresses such as the short compress or Spanish mantle, and vapor baths.

Hay flower shirt: a shirt is dipped in a hay flower decoction, wrung out and worn with a covering of a woolen blanket. Hay flower shirts promotes perspiration and the elimination of toxins.

Heating Compress is a cold compress with wool coverings to induce heat production in the body.

Herbal baths are prepared with warm water infused with decoctions or extracts of herbs, such as hay flower, oat straw, shavegrass [Equisetum], and other herbs.

Hip douche is a modification of the knee gush and water is poured onto the feet and continues to the hip.

Injection is an enema or a vaginal douche.

Internal bath is an enema.

Knee gush was Kneipp's signature treatment which he administered using a garden watering can. Water is streamed onto the body forming a layer of water like a sheet of glass. The knee gush begins at the feet and ends at the knees.

Lower bandage a wet sheet wrapped around the body from the axilla to the feet.

Natural bath was created by Adolf Just after observing animals in the wild take their baths. A natural bath is taken in a shallow bath tub containing three to six inches of water and bather sits in the water using friction and rubbing of water onto their pelvic area.

Natural Method of Healing is a term that implies the work of Friedrich Bilz who was a follower of Kneipp's water cure methods.

Neutral bath is taken in water that is at body temperature, and water temperatures varies from 92° to 98° F/33° to 37° C. The temperature of the water is neutral meaning that the body loses heat at the same rate that its muscles create heat. No net loss of body heat. A neutral bath is considered a panacea for insomnia.

Non-stimulating diet consists of fruits, vegetables, cereals, whole wheat bread, fruit juice, milk. Excluded are alcohol, caffeinated drinks, beef broth, meat, and smoking.

Oat straw made into a decoction was used in baths such as the foot baths, compresses and vapor baths.

Packs is another name for a bandage or a wrap. Wet cloth is wrapped around a body part or the whole body.

Peppermint made into a decoction with vinegar stops blood vomiting.

Pot cheese is a fermented and curdled milk that resembles cottage cheese but is made naturally without food additives. Pot cheese used for skin eruptions and to assuage fever.

Priessnitz abdominal bandage is a small and effective bandage wrapped around the abdomen.

Reaction: cold water applied to skin will result in blanching of the skin followed by hyperemia. At the first sign of hyperemia, the cold water application is terminated.

Retrostasis: the movement of blood from the peripheral circulation; example, the skin to the blood vessels of the interior or core organs.

Revulsion: the mobilization of blood flow from one area to another with the use of cold or hot water or both used alternatively.

Revulsive compresses is the application of hot fomentations followed by cold compresses for the purpose of producing mild fluxion in an area.

Russian bath was conducted in steam cabinets using hot vapor or steam at temperatures varying from 105° to 145° F/41° to 63° C for 10 to 20 minutes. The body is showered with hot water and gradually cooled.

Salt bath used salt combined with wood ashes to warm water for a foot bath.

Salt rub or glow is a friction rub of the whole body using salt.

Salt Shirt consists of a large shirt soaked in cold salt water, wrung out and worn with a woolen blanket to prevent heat loss. Used in diseases such as measles, scarlatina.

Sauerkraut poultice is a poultice using sauerkraut externally on the skin to heal wounds, ulcers, lumbago and headaches.

Serum referred to vaccines made for infectious diseases. Examples, vaccinia for smallpox; antitoxin for diphtheria,**;** tuberculin for tuberculosis.

Shavegrass *[Equisetum arvense]* also called pewter grass or common horsetail has many uses that include purulent lesions, bladder and kidney disorders, urinary calculi, painful urination, hemorrhages, blood vomiting and epistaxis.

Shawl bandage uses a square linen clothe that is folded into a triangular shape which is dipped into cold water, wrung out and placed over the chest.

Short bandage or a **pack** is a wet piece of linen or cotton, wrung out and wrapped around the body three to five times. The short bandage extends from the axilla to the knees. Over the wet cloth, a dry woolen blanket to securely wrapped around to prevent evaporation and increase body warmth. Used for fevers.

Sitz bath is taken by immersing the hips and pelvic area into a tub containing either cold, warm or hot water.

Spanish mantle consist of a long shirt made of coarse linen is dipped into cold water, wrung out and put on like a night shirt. Woolen blankets are wrapped over the patient. The duration of the Spanish mantle is one to two hours. Indicated for gout, kidney stones, smallpox, typhus, fever, catarrh and mucus.

Steam bath was devised by Louis Kuhne to be used at the beginning of a water cure protocol. The steam bath was used to warm up weak and debilitated patients before the cold water application. Richard Metcalfe, a UK Naturopath treated hydrophobia using steam baths.

Stimulating compress is a term coined by Friedrich Bilz to name a cold compress that stimulates heat production in the body by increasing blood flow to the surface of the body.

Temperature: The classification of water temperature varied between

Hydrotherapists. Here is a chart with different water temperatures used in Hydrotherapy.

Hydrotherapist	Very Cold	Cold	Cool	Tepid	Neutral	Warm	Hot	Very Hot
F E Bilz (1898) (Bilz, 1898, 1942)		43-54° F/ 6-12° C	55-65° F/ 12-18° C	77-88° F/ 25-31° C		88-110°F/		
J H Kellogg (1903) (Kellogg, 1903, 100)	32-55° F/ 0-13° C	55-65° F/ 13-18° C	65-80° F/ 18-27° C	80-92° F/ 27-33° C	92-95°F/ 33-35°C	92-96°F/ 33-36°C	98-104°F/ 37-40°C	>104°F/ 40°C
C Pope (Pope, 1909, 22)	34-55° F/ 1-13° C	55-65° F/ 13-18° C	65-80° F/ 18-27° C	80-92° F/ 27-33° C	92-96°F/ 33-36°C	96-98°F/ 36-37°C	98-104°F/ 37-40°C	>104°F/ 40°C
G H Abbott (Abbott, 1914, 38)	32-55° F/ 0-13° C	55-70° F/ 13-21° C	70-80° F/ 21-27° C	80-92° F/ 27-33° C	94-97°F/ 33-36°C	92°-100° F/ 33°-38° C	100-104°F/ 38-40°C	>104°F/ 40°C
C Schultz (Schultz, 1914, 348)	32-54° F/ 0-12°C	55-70° F/ 13-21° C	70-80° F/ 21-27° C	80-92° / 27-33° C	94° -97° F/ 34°-36° C	92°-100° F/ 33°-38° C	92-100°F/ 37-38°C	>104°F/ 40°C
RM Le Quesne & M Granville (Le Quesne et al., 1936, 28)		<65° F/ 18° C	65-75°F/ 13-24° C	75-92° / 24-33° C	92-97°F/ 33-36°C		98-104°F/ 37-40°C	>104°F/ 40°C

T pack consists of a lower abdomen pack with an extra strip which is drawn between the legs.

Upper gush or douche is applied with either a watering can or a hose to the upper back and shoulders.

Upper compress is a compress placed on the chest and abdomen.

Vapor bath is a hot steam bath applied to the feet, or head or other parts of the body using hot water or herbal extracts.

Vinegar is used in many water application that include wet socks, cold ablution and packs to stimulate heat production in the body. The ratio of vinegar to water is generally one part vinegar to two to three parts water. Used in compresses for the purpose of strengthening the constitution and secrete morbid matter. Used in a fomentation to warm cold feet.

Walking in water or **water treading** is walking in cold water. Begin with water ankle deep for one minute and increase the depth of water and the duration of time in the water. One must continue to walk while in the water.

Wet sheet packs or **wraps** is a wet cold or tepid sheet wrapped around the body followed by two or more layers of blankets wrapped over the wet sheet.

Appendix B: Chronic Conditions

	Air	Diet	Earth	Enema	Herbs	Hydrotherapy	Physical Culture	Sun Light Color	Rest Friction Manipulation	Other
Abdominal spasms					XXX	XX				
Abscess (head)				X		XXX			massage	Breathing Non-stimulating diet
Acid dyspepsia	X	XXX				XXX	X	Sun		
Adverse drug effects		XXX		X		XX				Short fasts
Agoraphobia	X					XX				Non-stimulating diet
Alopecia						XXX				Vegetarian diet
Amenorrhea	X					XX				Non-stimulating diet
Anemia						XX				
Angina	X					X				
Anxiety										Breathing
Apoplexy [stroke]		X			XXX	XXX				
Appetite, loss of					XXX	X	XXX			
Arsenic poisoning		X		X		XX				
Arteriosclerosis		XXX				X	X		Manipulation, Massage	
Arthritis					XXX	XXX				
Asthma	X	XX			XXX	XXX				Fenugreek and curd compresses Vegetarian diet
Basedow's disease						X				
Bed wetting	X				X	XX				
Bladder catarrh					XXX	XXX				
Blood, decomposition					XXX	XXX				
Blindness						XXX				Simple diet
Blood rushes to head		X			X					
Boils	hot	X				X	XX			Short fast
Bone cancer	x				XX	XXX		Light		
Bone caries						XXX				Vegetarian diet
Bowel cancer						XXX				
Bowel inflammation		XX		X		XX				Milk diet
Brain fever		XXX		X		XXX				Vegetarian diet
Breast cancer		XX		X	XXX	XXX				Curd compress
Bright's disease		X		X	XXX	XXX				Vegetarian diet

Note: X indicates one treatment used. XX indicates two different applications used. XXX indicates three or more different therapeutic interventions.

	Air	Diet	Earth	Enema	Herbs	Hydrotherapy	Physical Culture	Sun Light Color	Rest Friction Manipulation	Other
Burns		X	X							Sauerkraut compress
Cancer		X				XX				Homeopathy Non-stimulating diet
Cancer prevention		XXX								
Cancrum oris					XXX	XX				
Caries, bone						XXX				
Cataract		X				XXX				
Catarrh	X	XXX			XXX	XXX	X			Vegetarian diet
Chancre		X				XXX				Vegetarian diet
Chapped skin/ hands					X	X				Vegetarian diet
Chlorosis	X	XXX			X	XXX	X			Non-stimulating diet
Cold feet	X					XXX	X			
Colds	X	XX					X		Friction	Short fast
Colic		X				X				
Constipation		XXX		X	XX	XXX	XXX		Massage	Non stimulating diet
Constipation, obstinate / chronic		XX		X	XXX	XXX	X		Manipulation Rest Rubbing	No breakfast Yarrow, peppermint enema Vegetarian diet
Coryza	X	X		X	X	XX				Fruit diet
Deafness		XX		X	X	X			Massage	Oil ear drops
Debilitation in women					XXX	XXX				
Diabetes		XXX				XXX	XXX	Light	Massage	Milk diet Vegetarian diet
Diarrhea					XXX	XXX				
Digestive catarrh	X	X			XXX	XXX				Non-stimulating diet
Dyspepsia	X	XXX				XXX	X			Vinegar packs
Eczema	X	X	X	X	XXX	XXX		Sun		
Edema					XX	XXX			Massage	Fasting
Encephalitis lethargica (sleeping sickness)						XXX		Light	Electrotherapy Massage	
Enuresis	X				X	XX				
Epilepsy	X					XX				Non-stimulating diet
Eyes, discharge					XX					
Eyes, inflammation					XX	XXX				Whey compress
Eyes, weakness		XX			XXX	XXX				
Feet Perspiration	X	X				XXX				

	Air	Diet	Earth	Enema	Herbs	Hydrotherapy	Physical Culture	Sun Light Color	Rest Friction Manipulation	Other
Flatulence		XX		X	XXX	XXX	X			No breakfast
Follicular tonsillitis						XXX				Fruit juice
Gall stones		X								
Gallbladder disease		XX			XX	X				
Gangrene						XX				
Gastric headache				X						
Goiter		X			XX	XX				
Gonorrhea		X				XXX				
Gonorrheal Opthalmia						XXX				Vegetarian diet
Gout		XXX	X	X	XXX	XXX				No breakfast
Hair loss / baldness	X	X		X	XX	XXX				Vegetarian diet
Halitosis	X	XXX		X	X	XX				
Hay fever					XX	XXX				
Headache	X			X		XXX	X		Electrotherapy Massage Rest	
Headache, gastric	X			X		XXX	XXX			Vegetarian, frugal
Heart burn	X	XXX				XXX	X	Sun		
Heart disease	X	X		X		XXX				Vegetarian diet
Heart failure						XX			Massage	Fasting,
Hemorrhoids		X		X		XXX				
Impure blood					XXX					
Indigestion	X	X				XX	X			
Insomnia					XXX	XXX				
Jaundice	X	XX				XXX				
Leucorrhea						XX				
Lip cancer					XX	XXX				
Lipoma						XXX				
Loss of appetite					XXX	X	XXX			
Loss of voice	X					XXX	X			
Lupus		X				X		Sun Finsen light		
Lymphadenopathy						XXX				
Mandible tumor	hot	X				XXX		Light		Vegetarian diet
Melancholy						X				
Menorrhagia	X					XXX				Non-stimulating diet
Mental illness						X				
Mercurial stomatitis		X							Manipulation	

	Air	Diet	Earth	Enema	Herbs	Hydrotherapy	Physical Culture	Sun Light Color	Rest Friction Manipulation	Other
Morphine abuse						X				
Nasal catarrh		X		X		X	X			
Nervous exhaustion	X	X				X	XXX		Manipulation	
Nervousness						XXX				
Neurasthenia		XXX				X	X	Arc light	Electrotherapy Vibration	Non-stimulating diet Vegetarian diet
Obesity		XXX				XX	X			
Otitis media		XX		X	X	X			Massage	Onion compress
Peritonitis		X				XXX				
Pharyngitis	X	X		X	XX	XX				
Pneumonia		XXX		X		XXX				Fruit juice
Prostate catarrh		XXX		X	XXX	XXX				Non-stimulating diet
Psoriasis		X		X		XXX			Manipulation	Vegetarian diet
Rheumatism						XXX				
Rheumatism, inflammatory		XXX		X	XX	XXX		Light		Chamomile enema
Rickets		XXX			XXX	XX				
Ringworm						XXX			Massage	
Sciatica						XX				
Scrofula	X	X		X		XXX	X		Massage	
Shortness of breath					XXX					
Sleeping sickness						XXX		Light	Electrotherapy Massage	
Snoring										Nasal breathing Sleeping on side
Spinal deformation	X	X				XXX				Non-stimulating diet
Stomach cramps					XXX					
Stroke [apoplexy]		X			X	XXX				
Stuttering		XXX								Ehret fasting
Syphilis	X					XX		Sun		Vegetarian diet
Tapeworms		XXX			X					Vegetarian diet
Tongue cancer						XXX				
Tonsillitis		X		X		XXX				Fruit juice
Tumor, mandible	X									Vegetarian diet
Ulcer / cancer			X		XX					
Vomiting		X			XXX	XXX				Vinegar hydro
Warts	hot	XX			XX	XXX				Vegetarian diet
Worms		XX			X					Milk diet & soup

INDEX

Underlined page numbers refer to a treatment protocol. Numbers in bold text indicate an image.

A

Abdomen, 161, 202, 212, 358-359, 462; compress, 46, **50**, 67, **73**, 76, 148, 194, 200, 223, 233-234, 261-262, 336, 392, 429, 450; fomentation, 268, 458; seat of disease, 38, 350, 370, 375; symptoms, 43, 53, 96, 125, 128, 148, 151, 198, 205, 248, 255, 277, 356, 383-384, 450; treatment/s, 48, 67, 69, 88, 102, 117, 201, 258, 301; vinegar, 55, 76, 117

Ablution/sponge, 29, 75-79, 85, 87, 115-119, 132, 210, 248-249, 252, 426, 432, 450; whole, 124-125, 130, 219, 232, 234, 262

Abscess/es, 103-104, 170, 250, 255, 315, 416, 419, 461-462, 463, 466

ABZ of Our Own Nutrition (1903), 391

Addiction, 213

Affusion, 38, 81-82, 156; back, 80, 106-107, 109-110, 157, 319; foot, **210;** full, 155-156; head, **95**, 97, 100, 104, 108, 154-156, 163, 189-190; knee, 76, 78, 108, **124,** 132, 155-157, 213, 219; lower, 77, 219; thigh, 78-80, 82, 106-109, 132, 155-158, 213, 219; upper, 76-80, 82, 106-107, 109-110, 155-**157,** 158, 219, 319

Agar, 239, 250, 252

Agave, **110**, 155

Agoraphobia, 368, 373

Air, 122, 160, 300, 336, 376; bath, 14, 23, 209-210, 248, 392, 431, 469; fresh, 12, 20, 30, 36, 50, 73, 85, 89, 92-95, 97, 100, 102, 127, 129, 130, 199-201, 221, 223, 225, 259, 278, 287, 297, 311, 318, 344, 376-379, 429, 431, 448; hot, 145, 149, 183, 268, 360; house, **230**, **335;** impure, 25, 34, 128, 233, 445; pure, 24, 28, 37, 245, 298, 309, 333-334, 373, 388; sunbath, 14, 23, 210, 248, 392, 431, 469

Alcohol, 25-26, 43, 45, 91, 172, 210, 212-215, 232-233, 248, 250, 260, 268, 297, 317, 388, 460, 463; tincture, 319-320; wash, 426

Allopath, 28, 30-32

Allopath/ic/y, 204, 249, 377; treatment, 29, 37, 267, 326, 378, 409-410, 419, 461

Aloe, 108-**110**, 154-155

Alopecia, 191-192

Alum, 108-109

Amalgam, 289-290

American Naturopathic Association, **364, 454**

American School of Naturopathy, **140**

Amenorrhea, 92, 100, 128, 372, 378

Anemia, 91, 101, 128, 170-171, 193, 204, 250, 311, 325, 376-377; brain, 92, 100

Angelica, 234

Angina, 224-228, 343-344

Anxiety, 34, 127, 161, 189, 268, 381, 383

Anise, 75, 142, 144, 158

Anger, 43, 72, 91, 98, 161

Apoplexy, 115-119, 205, 343, 472-473

Appetite, 43, 89, 116, 273, 301-302; large, 54, 96, 196, 278; loss of, 49, 53, 73, 76, 116-117, 124-125, 130, 147, 157-158, 202, 214, 219-220, 224, 226, 277, 367, 370, 377

Arsenic poisoning, 450

Artemisia/mugwort, **55**, 96, **125**

Arthritis, 36, 76

Ashes, 81, 116, 493; washes, 155, 260, 289
Asthma, 35-36, 80-82, 222, 228, 276, 277, 325, 437
Arteriosclerosis, 268, 343, 367, 473
Atrophy, 147, 198, 410
Auto-infection, 248, 470
Auto-suggestion, 302

B

Bacilli (Koch), 439
Back, 87; affusion, 80, 106-107, 109-110, 157, 319
Bandage, Short **46,**
Barefoot; grass, 89, 130, 132, 233, 311; snow, 311; walking in, 76, 79, 81, 88, 108, 156, 158, 210; wet stones, 89
Basedow's disease, 344
Bath, 56, 92, 109, 165, 199, 248, 260-262, 300, 318, 383-384, 402, 415, 458; air, 14, 23, 209-210, 248, 392, 431, 469; arm, 88, 127, **194**, 267; bed steam, 35-36, **46**, 50, 73, 92, 94-95, 99-100, 141-142, 145, 213, 215, 221-**222,** 463; Epson salt, 434; eye, 155-**156**, 470; foot, 75, 77, 81, 88-89, 92, **104**, 116, 145, 210, 220, 223, 287, 329, 470; foot vapor, 77, 92-**93**, 97-98, 100, 104, 111, 116, 154, 194, 219; friction hip, 35, 379, 381, **384**-385, **431;** friction sitz, 360, 381-382, 385, 459, 470; full, 154, 174, **182**-183, 201, 215, 457; half, 20, 67, **77**,79-80, 85-89, 106-108, 111, 116-119, 124-125, 130, 141, 145, 149, 154-158, 175, , 194, **200**-202, 213, 219, 222, 232, 234, 252, 392, 426; head steam, 154, 163, 189, **431**, 435; herbal, 55, 75-76, 125, 132, 141, 147, 220, 432, 435; hip, 35, 50, 67-68, 74-76, 80-81, 93, 98, 100, 102, 108, 163, 220-221, 463; hot, 80-81, 88, 200, 250, 268-269, 300, 329; light, 148-149, **151, 426;** lukewarm, 50, 73, 78, 97, 100, 115, 117, 429; natural, 35, 301, 431; nauheim, 36, 224, 343-348; needle, **183;** neutral, 181; sitz/sitting, 36, 46, 50, **59**, 67-68, 73-74, 76, 80-81, 93, 98, 100, 102, 123-124, 141-142, 144-145, **148**-149, 163, **171**, 220-221, 234, 268, **339**, **362**, 392, **411**, 429, 435, 457-**459**, 460, 463, 468; sponge, 141-142, 144-145, 147-149, 223, 262, 268, 339, 397, 435; sun, 405; steam/vapor, 36, 38, 46, 78-79, 82, 94-95, 97, 102, 104, 145, 189, **286**-287, 351, **361**, 372, 379, 381, 458, 460, **468;** Turkish, 20, 141, 225-228
Bedwetting, 127
Bellevue Hospital, 181
Bellevue Sanatorium, **230**
Birch, 212
Birth, 148, 197, 204; premature, 72
Bladder, 123-124, 215, 317, 445, 455; catarrh, 456, 460; stone, 193, 469
Bleeding, 58, 490; nose, 92, 212; menses, 205-206, 338-339,
Blackthorn blossoms, **51, 234**
Blindness, 156-157, 214-215, 469
Blind nettles, 82
Blood, 20-21, 58, 88, 128, 172, 187, 468; circulation, 59, 68, 75, 88, 91, 100, 102, 117, 121, 156, 165, 172-174, 193-194, 201, 252, 260, 311-312, 354, 358, 376, 470; congestion, 53, 72, 85, 89, 93, 97, 101, 103, 115, 155, 187-188, 220, 435; decomposition, 111, 124; epistaxis, 94; expectoration, 81; impure, 28, 30, 78, 106, 108-109, 149, 196, 220, 226, 243-244, 249-250, 314, 376, 413-415, 462, 474;

letting, 135; loss, 361, 472; menses, 205-206, 338-339; poisoning, 104, 132; poverty, 88, 370, 375, 377; pressure, 268-269, 343, 425; pure, 58, 309; urine, 212-213;
Boils, 268, 293, 397, 469
Bone caries, 111
Bowel, 20, 94, 162, 238, 298, 317, 333, 354-355, 392, 467; cancer, 109, 255; catarrah, 123; inflammation, 220, 273-274, 307; irregular, 197-198, 370, 383-384, 390, 410, 435, 448; movement, 35, 45, 48-49, 51, 73, 92, 98, 144, 148, 176, 194, 215, 221, 223, 261, 301-303, 336, 409, 415, 445, 450
Brain fever, 149
Bread, 96, 129, 142, 172, 191-192, 198, 227, 260, 390, 399, 492; Kniepp Health, 50, 59, 232; poultice, 293; soup, 55; white bread, 274, 304, 336; whole wheat, 144, 305, 309, 320, 336, 384
Breakfast, 96, 114, 284, 305, 344, 433-434; no, 141, 144, 303, 336
Breast cancer, 106, 110, 243-244, 255-256, 382-383
Breath/ing, 65, 102, 122, 160, 297, 330; difficulty, 80-81, 89, 107, 128, 222, 224, 251, 388, 416; exercises, 92, 104, 160-161, 194, 223, 258-259, 287, 293, 300, 326, 329, 346, 415; mouth, 121; offensive, 94, 198, 289, 333-336, 417
Bright's disease, 35, 151, 212-213, 215, 317, 401-402
Bronchi, 197, 416, 475; catarrh, 410; cough, 253
Bronchitis, 298, 319, 409
Burdock, 188
Burns, 108
Butler, New Jersey, 114, **230**, 243, 260, 482

C

Cancer, 13, 20, 22, 26, 31-32, 36-38, 108, 209, 243-246, 255-257, 307-309, 315, 328, 330, 372-373, 382, 385, 438; bowel, 109; breast, 106, 110, 243-244, 255-256, 382-383; lips, 108; mandible tumor, 149; nose, 380-381; stomach, 233; throat, 384; tongue, 109; ulcer, 109-110
Cancrum oris, 110
Caraway, 158
Caries, 111, 199, 202
Cataracts, 155-156
Catarrh, 21, 48, 81, 197, 314-318, 319, 334, 467, 476; bladder, 123, 456, 460, 469; bowels, 197, 231; bronchial, 401; ear, 162; gastric, 192, 204-205, 231, 233; larynx, 170; nasal, 409-411, 414-415, 417; prostate, 144; urethral, 455
Centaury, 56
Cephalagia, 102-103
Cerebrospinal fluid, 425
Chamomile, **144**
Chancre, 458, 461-462, 466
Chapped skin, 169
Chest, 88, 416, 425; compress, 149; oppression, 81-82
Chickweed,
Chill/s, 212, 220, 359, 377
Chlorosis, 45, 128-129, 193, 370, 375-378
Christian Scientist, 325, 331, 402, 419
Clay, 107-108, 141, 249, 431-433
Clothing, 76, 199, 300, 358, 397; improper, 205
Clyster, 194, 220-221, 274, 277
Coconut, milk, 239; oil, 239
Coffee, 43, 45, 48, 64, 128, 157, 173, 190, 245, 260, 304, 309, 316-317, 378, 388, 399, 435, 450, 463; acorn/malt, 55, 143-144, 150, 173, 260
Cold feet, 80, 82, 89, 92, 100, 102, 204-205, 258, 311-312, 358

Colds, 31, 122, 162, 212-213, 250, 288, 298, 329, 349, 377-378, 414-416, 438
Colic, 86, 176, 202, 220, 234, 250, 268
Compress/es, 110, 145, 202, 215, 458, 470; abdominal, 29, 35, **50, 73**-74, 94, 97, 99-100, 108, 144, 148, 192, 212-**213**, **261**, 339, 429, 45-**451**; chest, **149**, 194; earth, 107; eye, 201; hay flower, 75, 169, 232-234, 249; head, 92-93, 98-99, **104**, **149**, 163, 202; herbal, 81, 107, 111, 155, 163, 232-233, 435; hot, 459-461; leg, 339, **429**; pot cheese, 249; Priessnitz, **216,** 416, 417, 435; shawl, **87**; throat, 29, 97, 201, 416-**418**; vinegar, 35, 234
Congestion, 31, 53, 85, 89, 91, 93, 97, 103, 115, 164, 194, 288, 311, 319, 338, 413, 471
Constipation, 21, 38, 43, 48-49, 50,, 91, 95, 100, 102, 124, 128, 164, 193, 197, 212, 231, 234, 250, 259, 297-298, 300-305, 327, 333, 355, 378, 388, 411, 435, 445, 446-447, 457, 462; alternate diarrhea, 197, 202; obstinate, 53, 144, 147, 274, 277, 380, 409, 433-434; prevention, 216, 277, 463
Constitution, 175, 189,199, 260, 338, 455, 465, 468; strong, 44, 53, 78, 109, 155, 489, 491, 494, 198, 308, 411; weak, 128, 158, 174, 198, 199
Consumption, 48, 123, 199, 209, 253, 287, 307, 309, 317, 318, 372, 401, 405
Convulsion, 450
Corpulence, 85
Corset, **204**
Coryza, 414-416
Cramp, 204, 220, 450
Cranial nerves, 189, 423
Crisis, 328, 474; healing, 28, 30, 32, 34, 253, 289, 377-378, 382, 410, 438, 440, 475-476

D

Dandelion, **195**
Deafness, 156, 162-165
Debility, 124, 193, 356, 370, 376, 431, 433; mental, 100
Definite Medication (1911), **257**
Depression, 58, 100, 225, 228, 231, 298, 326, 424
Derivative effect, 93, 103, 155, 381
Diabetes, 26, 31-32, 36, 150-151, 258-260, 275-276, 325, 438
Diarrhea, 34, 50-51, 55, 128, 176, 191, 197, 202, 231, 234, 250, 273-274, 409-410, 424, 450
Diet, 44, 141, 152, 158, 165, 172, 191, 198, 200, 210, 213, 220, 231-232, 259, 273, **296**, 298, 302, 307, 370, 375, 384, 397, 399, 410-411, 415, 431, 433-434, 445; fruit/nuts, 143, 148, 303, 402, 404, 417, 429; milk, 150-151, 192, 276, 320, 368; mixed, 102, 366, 426; mucusless 404; non-stimulating, 50, 88, 95, 98, 101, 104, 109, 144, 150, 215, 360, 366, 378, 381, 390, 426, 463; poor, 26, 94, 176, 308, 377, 388, 446; raw, 129; strengthening, 173, 402; vegetarian, 92, 94, 102, 105, 128, 142, 144-145, 149-150, 162, 192, 194, 212, 215, 221, 223, 238, 244, 252, 260, 367, 401, 402, 411, 460
Digestion, 21, 43, 45, 72, 176, 232, 276, 326, 333, 355, 359, 380, 390-392, 475; aids, 45, 155, 404; dysfunctional, 196-197, 317, 339, 350, 372, 376, 383, 428, 474
Diphtheria, 38, 88, 162, 164, 361, 372, 385, 417, 438, 476

Distention, 43, 161
Dizziness, 44, 204-205, 303
Douche, 20, 95, 170-171, 181, 205-206, 232, 234, 252, 311, 431
Drinking cure, 174-175
Dropsy, 22, 151, 212, 214, 225-228, 276-278, 317, 380
Drugless, 22, 24, 32, 34, 249, 297, 325-327, 389, 392, 409, 411, 418, 437-441, 474, 479
Dwarf Elder, 213, 249, 252
Dyspnea, 224-226
Dyspepsia, 35-36, 44-45, 193, 245, 298, 302, 326, 390, 392

E

Ear, 162-165; pain, 163
Earth cure, 251
Eczema, 35, 431, 469
Edema, 22, 36, 125-126, 151
Elder, 76, 142, **220**, 318
Electrotherapy, 365-366
Elimination, 31, 35, 269, 287, 314, 397, 410-411, 414-415, 417, 434, 440, 445, 475-476; suppression, 28, 287, 289, 402, 479
Emetic, 53, 337
Encephalitis lethargica, 423-426
Enema, 48-53, 73, 93, 97-98, 100, 104, 144, 149, 163, 192, 200, 213, 215, 221, 249, 262, 274, 287, 383, 415, 417, 431, 433, 450, 463, 476; detergent, 92, 94-95, 99, 101; herbal, 147
England, 15, 147, 243-245, 268, 308
Epidemic, 31, 419, 423, 437-439
Epilepsy, 370-372, 375
Epistaxis, 92, 212
Epson salt, 261-262, 434, 490
Equisetum arsense, **76**, **107**, 163, 435
Erysipelas, 98
Exercise/s, 21, 23-24, 28, 33, 36, 49-50, 76, 85, 89, 92, 94-95, 97-98, 127, 129-130, 145, 174, 194, 197, 199, 221, 231, 258-259, 267, 278, 288, 297-298, 301-303, 309, 311-312, 326, 344-347, 379, 387, 392, 397, 402, 409-410, 415, 426, 429, 445, 448, 466; breathing, 104; lack of, 25, 62, 172, 275, 297, 367, 388
Expectoration, 81
Eyebright, 154-155, 234
Eyes, 65, 73, 91, 94, 97, 100, 115; blue rings, 128; complaints, 155-156, 414-415, 424, 431, 435, 455, 468, 469-470; discharge, 201; inflammation, 154, 196-199; sight, 154, 157-158, 214, 231, 424

F

Fasting, 20, 96, 225-226, 301, 331, 347, 402-406, 411, 438
Fat, 45, 73, 129, 172, 205, 214, 232, 274, 278, 293, 304, 309, 316, 336, 366, 390, 399, 405; accumulation, 172, 174-175, 195
Father Kneipp, 61, 75, 107, 123, 132, 232, 233-234, 251
Fatigue, 44, 198, 202, 231, 343, 345, 366, 413
Fear, 22, 29, 32, 43, 87, 127, 161, 205, 275, 328-329, 367-368, 376, 419, 434, 440, 477
Feet, 21, 116-117, 163, 169, 172, 222, 275; compress, 68; cold, 75, 80-81, 82, 88-89, 92, 100, 102, 116, 204-205, 258-259, 298, 311-312, 358-359; edema, 125, 141, 225-226, 278; pain, 141, 152, 253, 354, 370 perspiration, 209-210; steam bath, 82;
Fennel, 56, 75, 142, 144, 148, **154**, 158, 200, 234
Fenugreek, 35-36, 81, 109, 111, **142**, 145, 149, 435
Fermentation, 31, 38, 308-309,

351, 353-354, 358-359, 370, 375-376, 382-383, 391, 461, 474
Fever, 29-32, 35, 38, 55, 76, 81, 103-104, 148-149, 176, 202, 212, 274, 337, 350-353, 358, 376, 416, 419, 431, 437-441, 456, 462, 467, 472, 475-476, 478-479; hay fever, 250, 435; intermittent, 98-99; scarlet, 162, 164, 170, 361, 409-410; typhoid, 189, 334, 409
Finsen light, 143
Flatulence, 53, 73, 92, 107, 129, 274
Flu, 13, 29, 250, 475-476; Spanish, 29, 31, 423-426, 437, 475
Fluids, 45
body fluids, 108, 125, 199-201, 260, 315, 317, 391, 465, 475; meals, 45, 49, 129
Fluor Albus, 76, 98, 170
Follicular tonsillitis, 416
Fomentation, 36, 268, 436, 458, 470
Foot, bath, **104;** steam, **93**
Foreign matter, 30, 38, 103, 289, 350-354, 358-361, 370-373, 375-379, 382-386, 414, 437-441, 455
Formaldehyde, 209
Formic acid, 251
Friction, 82, 92, 92-93, 288, 351, 358; hip bath, 35, 38, 379, 381, **384**-385, 431, **459;** rub, **99**, **117**, **426**, **431**, 450; sitz bath, 352, 354, 360, 381-383, 385, 470
Fruit diet, 44-45, 143, 148, 303, 402, 404, 417, 429
Furnuncles, 268

G

Gallbladder, 473
Gall stones, 73
Galvanic current, 91, 97, 290, 365-366
Gangrene, 110, 380, 383
Gas, 43, 46, 51, 75, 144, 198, 205, 370, 375-376, 390, 392
Gastric, complaints, 53, 92-93, 100, 192, 221, 231, 233, 309, 471; fluids, 129, 155, 390;
Gastritis, 233
German/y, 18, 29, 37, 64, 69, 81, 152, 261, 267, 308, 343, 356, 371, 383, 401
Germ/s, 22, 30, 243, 327, 333-334, 437-439, 462, 474-475; theory, 22, 32, 309, 417, 419, 439-440
Gland/s, 85-86, 132, 174, 188, 196, 198, 199-201, 290, 317, 390-391, 411, 414, 416-417, 425, 432, 456, 462-463; lymph, 128, 413, 416, 466; mammary, 106, 108, 110
Goiter, 132, 317
Gonorrhea, 268, 355-363, 469; opthalmia, 469-470
Gout, 36, 51, 98, 107, 141, 152, 162, 248-253, 268, 354-355
Guaiac, 339-340
Gush/douche, 36, 46, 75, 149, 174, 252, 258, 392; back, **115**, 252; full, 67-68, **174;** head, **95**, 115, **190;** knee, 88, 119, **124**, **130**, **206**, 223, **233**, 252, 311; lower, 85-86, 89, 116-117, 132, 252; thigh, 252; upper, 67-69, **82**, **85**-86, 88-89, **106**, 116, 119, 124, 130, 132, **157**, 252

H

Hair, 62, 78, 91, 97, 187-190, 314, 467-468; alopecia, 191-192; gray, 356; loss, 190, 235
Half bath, 20, 46, 67, 76, **77**, 79-80, 85-89, 106-108, 111, 116-119, 124-125, 130, 141, 145, 147, 149, 154, 155-158, 175, 194, **200**-202, 213, 219, 222, 232, 234, 252, 426, 434-435
Halitosis, 333-337
Hardening, 73, 76, 93, 161-162, 233

Hay fever, 250, 435
Hay flower/seeds, 35, 55, 75-76, 82, 111, 118, 125, 141, 147, 155, **169**, 222, 232-234, 249, 252, 318, 432
Head, 20-21, 53-54, 68, 155, 160, 187, 190, 196, 358-359, 372, 375; affusion/gush, 92, 94, 104, 108, 154-156, **190;** bath, 36, 65, 77; compress, 92, **104, 149**, 163, 188; migraine, 99, 100-101, 251; steam, 36, 77-78, 85-86, 94, 115-**118,** 154, 163, 219, 318, 381, **431**, 435
Headache, 35, 44, 49, 53, 88, 91-95, 97-105, 187-188, 204-205, 214, 231, 248, 250, 298, 300, 303, 338-339, 349, 356, 366, 383, 409-411, 414, 417-418, 424, 426, 435, 456; gastric, 221
Heal/ing, 21, 47, 53, 55, 75, 89, 103-104, 142-143, 151-152, 169, 198, 248-251, 258, 315, 325-327, 381-386, 402, 418, 430, 432, 461-462, 466, 477, 479
Healer, 20, 106, 232, 325-330, 408, 419
Health/y, 22, 43, 45, 47-48, 53, 64, 67, 69, 72, 80-81, 87, 102-103, 109, 116, 121, 123, 125, 148-149, 152, 157-158, 164, 173, 175-177, 187-188, 192-193, 196, 198, 204, 209, 224, 228, 231-233, 245, 259, 275, 278, 283, 288-289, 293, 298, 304, 309, 311-312, 315, 330, 334, 337, 340, 348-349, 353, 357, 360, 371, 376, 378, 387-389, 392, 399, 401-405, 424, 436-439, 445, 448-449, 465, 468, 473, 475-476; foods, 162, **168,** 189, **296**, 303; retreats, 174; unhealthy, 61, 120-121, 127, 233, 318, 376, 387, 402, 440,
Heart, 102, 160, 351, 437, 477; burn, 390; disease, 31-32, 121, 162, 164, 172, 193, 194-195, 214, 276-277, 311-312, 330, 343-345, 401, 413, 425, 433-434, 438; failure, 224-226; palpitation, 128, 204-205
Heart ease, 249
Hemorrhoids, 58-59, 384
Herpes, 98, 189, 197
Hip bath, 35, 38, 50, 67-68, 74-76, 80, 93,98-100, 102, 108, 163, 220, 384, 431, 463, 490
Home Course in Mental Science, **180**
Homeopathy, 16, 29, 31, 209, 249, **257,** 267, 290, 409-410; Complex, **270**
Honey, 55-56, 96, 144, 148, 154-155, 158, 234, 287-288, 305, 319, 448
Horse chestnut, 250
Hot, air, 145, 149, 183, 268; alternate cold, 293; bath/s, 81, 88, 181, 183, 200, 222, 250, 268-269, 287, 300, 329, 331, 411, 415; bottle/s, 141, **222**, 312, 336, 476; compress/pack, 35-36, 81-82, 141, 144-145, 149, 163, 202, 219, 223, 234, 268, 459; head, 89, 100, 358-359
Hunger, 21, 273, 288, 302
morbid, 100
Hygiene, 288, 326, 392, 417, 431
Hypochondria, 49, 91, 97, 193, 367
Hysteria, 91, 97, 193, 205, 220, 245, 439

I

Impure, air, 128; blood, 220,
Indigestion, 43, 53, 73, 198, 233, 245, 268, 303, 309, 350, 354, 380, 445-447, 476
Infection, 248, 267-268, 307, 425, 438-439, 455, 457, 461, 465-467, 471

Inflammation, 55, 73, 92, 97, 101, 103, 147, 154, 162, 164, 170-171, 195-199, 201-202, 210, 212-213, 214, 220, 251, 267, 273, 293, 297, 350, 355, 381-383, 413-416, 455-460, 461-463, 468-469, 470
Injection/enema, 59, 142, 144, 148-149, 176, 268, 336, 433, 458
Insomnia, 61-68, 268, 325, 329

J

Joint/s, 77, 169, 237; disease, 79, 202, 219, 248-249, 349-352, 355, 460, 468-469
Juice, 96; fruit, 50-51, 141, 148, 173, 223, 304-305, 414, 417, 419; lemon, 110, 141, 144-145, 150, 213, 226, 284, 288, 293, 416-417, 458, 469
Juniper, 76, 124, **142**, 234, 249, 252

K

Kali carb, 225
Kidney/s, 105, 219, 287, 308, 311, 316-318, 351, 355, 445; disorder, 75, 77, 111, 212-215, 225, 237, 249, 252, 260, 381, 401-402, 435, 437, 456, 460, 467, 469
Kneipp, Capillary Oil of Nettle, 188; Cough Cordial, 180; Cramp Tea, 220; Cure, 47, 67, 80-81, 136, 156, 175, 205, 235; Depurative Tea, 220; Embrocation of Gout and Rheumatism, 249; Hair Tonic, 235; Health Bread, 50, 59, 232; Liver Regulator II, 223; Malt coffee, **173**; Secretion Oil, 251; Stomach Cordial, 219; Store, 96, 239; Tonic Laxative, 51
Knot grass, 249

L

Lactobacillin, **309**
Lapis infernalis, 84
Lavender, 76, 220
Laws of Nature, 176, 232-234, 245, 315; violation, 22, 383, 389
Laxative, 48, 51, 284, 287, 304, 426, 448
Leucorrhea, 76, 98, 170, 339
Lemon juice, 110, 141, 144-145, 150, 213, 226, 284, 288, 293, 416-417, 458, 469
Light bath, 148-149, **151**
Light & Watercure Sanitarium, **146**
Lime blossom, 75, 220
Lipoma, 108
Lord of Ourselves, **331**
Loss of appetite, 49, 53, 73, 76, 116-117, 124-125, 130, 147, 157-158, 202, 214, 219-220, 224, 226, 277, 367, 370, 377
Loss of voice, 84-89, 115-119, 405, 416
Lung/s, 105, 122, 160, 172, 287, 300, 333-334, 376, 409-410, 447; disorder, 81, 170, 209, 212, 223, 253, 276-277, 311, 318, 330, 471, 473
Lupus, 143

M

Magnetism, 84, 97, 225, 249, 402
Mallow, 107-108, 163, 319
Malt coffee, 55, 143-144, 150, **173**, 260
Manhattan State Hospital, 181
Manipulation, 267, 366, 387, 429, 433
Mandible tumor, 149
Massage, 48, 78, 93-94, 100-102, 104, 141, 151, 163, 165, 181, 215, 223, 226-227, 267, 278, 311, 331, 366, 368, 426, 435; abdominal, 50, 74, 102, 433

Mastication, 21, 302, 320, 390-392, 433, 435
Measles, 91, 156, 409, 424
Meat, 44-45, 58, 73, 129, 150, 248, 276, 308, 320, 326, 370, 377-378, 388, 399, 402, 446; eliminate, 73, 194, 212, 215, 238, 244-245, 248, 252, 390, 415; smoked, 45; reduce, 157-158, 172, 260, 367
Melancholy, 161, 378
Menorrhagia, 274
Mental, 325-330; exertions, 43-44, 97-98, 116, 128, 370; illness, 64, 72, 100, 125, 181-183, 204, 225, 228, 401; rest, 67, 92, 172
Mercurial stomatitis, 29, 289-290
Mercury, 233, 290, 268
Microbe, 438-439, 455
Milk, 45, 55, 75, 88, 129, 144, 147-148, 150, 158, 163, 172-173, 212, 221, 226, 232, 234, 238, 252, 260, 293, 308, 320, 336, 368, 370, 402, 410, 433-434, 437, 450, 465, 473; almond, 212; buttermilk, 45, 50, 195, 234, 309, 390, 448; coconut, 239; cure, 150, **272,** 273-278, **279;** diet, 150-151, 192, 276, 320, 368; fermented, 107, 195, 309; mother's, 176, 307, 370; rice, 129
Mignonettes [*Resedaceae*], 239
Morbid matter, 30-31, 38, 77, 86, 91, 103, 105, 156, 219, 288, 253, 354, 360, 375-377, 383, 416, 418
Morphine, 31, 225, 249, 365, 384, 438
Mucous membrane, 72, 84, 109, 170, 197, 201, 250, 288-289, 316, 414, 416, 417, 455-456, 458, 460, 470
Mucus, 31, 53, 58, 73, 75, 107, 124, 154, 319, 381, 402, 405, 456-457, 459, 470, 475
Mucusless diet, 404
Mullein, **80,** 107-108, 176, 319

N

Nasal catarrh, 409-411, 414-415, 417
Natural Method of Healing, 48, 101
Nature, 21, 53, 150, 288, 293, 317, 333-338, 377, 390, 437, 446, 474; Cure, 103, 142, 176, 238, 260, 289, 315, 318-320, 327-328, 330, **371,** 388, 392, 402-405, 418, 475, 479; laws, 176, 232-234, 245, 315; violation, 22, 383, 389
Naturopathic Society of America,
Naturopathic School of Regeneration, **42**
Nauheim bath, 225, 343-348; artificial, 347
Nausea, 49, 214, 231
Neo-Naturopathy, New Science of Healing, 349, 371
Necrosis, 164, 268, 289, 425
Nerves, 22, 45, 48, 67, 160, 201, 214, 290, 390, 399, 437, 468, 476; disorders, 97, 100, 155, 157, 165, 170, 174, 182, 189, 190, 205, 224, 248, 423-424; exhaustion, 61, 233, 244-245, 326-327, 365
nervousness, 69, 339
Nettle, 80, 82, 188; blind, 82; stinging, 80, 82, 110, 188-189, 289
Neurasthenia, 43, 48, 64, 233, 325-326, 344, 365-368, 401
New York Naturopathic Institute and College, **114**
Newborn, 72-74, 375, 470
New Science of Healing (Kuhne), 26, 37-38, 114, 349, 371-372, 376-377, 460
Nicotine, 210, 297
Non-stimulating diet, 50, 88, 95, 98, 101, 104, 109, 144, 150, 215, 360, 366, 378, 381, 390, 426, 463
Nose, 122, 287, 467; bleeding, 92, 212; disorders, 97, 103, 108,

197-198, 201-202, 298, 315, 318, 380-381, 409-410, 413-417

O

Oak, *55*, 132, **141**, 143, 234, 432
Oat straw, 36, *55*, 76, 111, 117, **126**
Obesity, 172-175, 195, 276
Olive oil, *75*, 163, 239, **283**-284, 288
Onion, 96, 163, 226-227, 234, 333
Osteopath/y, 287, 297, 326, 410
Otitis media, 163
Over eating, 228, 399-400, 435, 446
Oxyuris vermicularis, 170

P

Pack, **46,** 117, 151, 183, 200, 336, 392, 426, 431, 433; abdomen, 67, **73**, 104, 132, 213; foot/leg, **78,** 93-94, 97, 99-100, 104, 108, 221, 339, 429; full 73-74, 95, 104, **199,** 202, 215, 392, 417, 468; head, 94, 188-189; hot, 81; lower, 116, 132, 206; Priessnitz, 461; short, 81, 124, 126, 213, **252;** stimulating, 461; three-quarter, 76, 102, 141, 143, 470; throat, 132, 156
Pain, 46, 53, 73, 75-79, 94, 95,-104, 123-124, 141, 147-149, 183, 193, 198, 202, 204, 212, 220, 231-232, 248-252, 268, 284, 293, 328, 338-339, 349-357, 360, 381, 383, 392, 402, 416, 426, 429, 435-436, 456, 457-461, 468
Palpitation, 128, 193, 204-205, 231, 344, 346, 367
Paralysis, 103, 115-119, 157, 297, 425; gastric, 49, 53, 238
Parotid, 85
Peppermint, *75*, 130, 145, 435; water mint, *75*
Pericardium, 212
Peritonitis, 148
Pewter grass [equisetum arvense], *76*, 106-107, 163
Pharyngitis, 415
Phlegm, 81, 93, 107-108, 298
Phobia, 367
Photophobia, 356
Physic,
Pine, 117, 129, 132, **319**, 328, 432
Plantain, **110**
Pleurisy, 170, 278
Pneumonia, 29, 149, 409-410, 429, 438, 471-476
Poison, 103, 152, 194, 205, 209, 212, 231, 248, 259, 287, 290, 315, 326, 380-381, 388, 390, 416, 437, 450, 455, 461, 465, 468, 473; blood poisoning, 104, 132
Poliomyelitis, 423
Poppy, 163
Pot cheese, 107, 144, 233, 249
Pregnancy, 205, 353, 466
Primrose, **77**
Prostate catarrh, 144, 455-456, 460
Proud flesh (granulation), 380-386
Psoriasis, 433
Ptyalism, 289
Purgative, 176, 220, 249, 472, 474

R

Radium, 244, 431
Rational Hydrotherapy, 218
Respiration, 330, 344-345, 376, 468, 479; dysfunctional, 63
Rest, 44, 62-63, *65-67*, 68, 92, 99, 121, 165, 202, 215, 225-226, 258, 344-347
Restlessness, 67, 69, 277
Return to Nature (1896), **230**, 232
Rheumatism, 35-36, 77-78, 94, 98, 147, 152, 162, 188, 210, 219,

248-249, 250-251, 298, 317, 325-326, 330, 349-355, 367, 416-417, 434, 457
Rhus tox, 251
Ribwort, 110, 223
Ringworm, 267
Rosemary, 154, 252
Rubbing, 145, 188, 200-201, 223, 249-251, 288, 300-301, 311-312, 381-382, 397, 426, 431; wet, 50, 69, 92-95, 97, 99-100, 104-105, 117, 189, 191, 221, 262, 311, 434; wet towel, 73

S

St. John's wort, 75-76, 220
Sage, 116, 125, 232
Saliva, 273, 289, 302, 390-392, 465
Salt, 59, 109, 117, 248, 250, 303-305, 308, 326, 404-405, 445-446; bath, 78, 81, 116, 222, 347, 415; Epsom, 261-262, 434; shirt, 109, 124
Sauerkraut compress, 108
Scar/s, 293, 381, 386, 462, 467
Scarlatina, 156
Scarlet fever, 38, 162, 164, 170, 361, 409-410
Schuessler salts, **266**
Sciatica, 355-357, 424
Science of Facial Expression, 37, 114, 352, 371-372, 377, 380
Scotch douche, 181, **183,** 426
Scrofula, 162, 196-198, 199-202
Septfoil [*Potentilla erecta*], 107
Shavegrass, **76, 107**, 109-111, 124, 126, 232, 234, 249, 435
Shawl, **87**
Short bandage/package, 35-36, 81, 124, 126, 163, 213, 234, **252**
Sinusoidal frequency, 366
Sitz bath, 36, 46, 50, **59**, 67-68, 73-74, 76, 80-81, 93, **98**, 100, 102, 123-124, 141-142, 144-145, **148**-149, 163, **171**, 220-221, 234, 268, **339**, **362**, 392, **411**, 429, 435, 457-**459**, 460, 463, 468
Skin, 269, 287, 300, 315-318, 354, 376, 431; culture, 248, 326; disorder, 73, 210, 189, 197-198, 201, 276, 361, 446, 450, 462, 465-470, 475; eruptions, 34, 253, 329, 431-432; function, 35, 92, 213, 260, 262, 288, 293, 339, 358, 397, 410-411, 415, 458
Sleep, 61, 99; dysfunction, 91, 98, 120, 124, 163, 182, 224, 231, 255, 261, 269, 276, 343, 387-389; window/s, 73, 92, 94-95, 97, 100, 129, 194, 199, 221, 259, 298, 300, 379, 397, 429
Sleepiness, 44, 61, 73
Sleeping sickness, 423-426
Sleep walking, 134-136
Snoring, 120-121
Snow, 233, 252, 311-312
Solar plexus, 20, 160-161, 327, 330
Spanish flu, 29, 31, 423, 437
Spanish mantle/cloak, 35-36, 77-78, 85-**86**, 87, 89, 110, 116, 125, 174, **219,**
Speech, 84, 162
Spikenard, 76, 220
Spinal concussion, 368
Spinal meningitis, 147, 425
Spine, 147, 165, 258-259, 360, 365
Steam bath, **287, 361;** bed, 35-36, 50, 73, 92, 94-95, 99-100, 141-142, 145, 213, 215, 221-**222,** 463
Stimulating pack, 461
Stomach, 91, 121, 245, 437, 445-450; cancer, 37, 255, 307-308; cramps, 220; disorder, 43-44, 53, 55, 56, 77, 88, 123, 143-144, 155, 193, 199, 204, 225, 231-232, 250, 260, 297, 317, 326, 339, 355, 377, 390-392, 399, 429, 435, 473

Stools, 46, 284, 292; abnormal, 49, 225
Stroke, 116-118; sun, 98
Stuttering, 404-405
Sugar, 45, 56, 75-76, 107, 154, 220, 238, 260, 293, 303-304, 320, 390, 404, 448; urine, 150, 258, 275-278, 425
Sumac, 251
Sun bath, light/shine, 25, 250, 278, 388
Suppression, 11, 14, 28, 31-32, 38, 204, 209, 417-418
Suppuration, 103, 213, 267-268, 462, 468
Sweat/ing, 20, 29, 92, 209, 221, 225, 337, 346, 405, 414; cure, 95, 415; foot, 209-210
Sycosis, 189
Syphilis, 31, 91, 111, 438, 455, 461, 465-470

T

Taenia solium, 237
Tangerine, FL, 449
Tapeworms, 237-239
Teeth, 54, 94, 165, 197, 235, 289, 303, 319, 349, 391-392, 417, 425
The New Science of Healing, 26, 37-38, 114, 349, 371-372, 376-377, 460
Thigh, 147, 202, 352, 457; affusion/douche/gush, 78-80, 82, 106-109, 132, 155, 157-158, 213, 219, 232, 252
Thirst, 45, 55-56, 73, 226, 252, 273-274, 302, 450
Three-quarter pack/short bandage, 35-36, 76, 99, 102, 141, 143, 470; steam, 99-100
Throat, 84, 86, 101, 200, 475; disorders, 147, 198, 200-201, 315, 318-319, 384, 405, 413-414, 419, 450, 467, 469; compress, 82, 156, 417-**418**, 470; sore, 132, 409, 415-416
Tinnitus, 231
Tongue, 115-116, 118, 276-277, 289, 466-467; cancer, 108-109, 243, 384; coated, 73, 93, 390, 416-417
Tonka Bean, 249
Tormentil, 234
Trachea, 318
Tuberculosis, 13, 22, 29, 31, 38, 111, 170, 307, 309, 373, 380, 410, 438, 476
Turkish bath, 20, 141, 225-226
Tumor/s, 85, 104, 106, 109, 125-126, 142, 170, 315, 328, 383-384; breast, 142; mandible, 142, 149
Turpentine, 148
Typhoid fever, 91, 189, 334, 409

U

Ulcer/s, 109-110
Unconscious, 118, 224, 249
Universal Naturopathic Directory, **324**
Upper affusion/douche/gush, **82, 85**
Uric acid, 248-249, 326
Urine, 54, 72-73, 402, 456, 458-459; bloody, 212; retention/scanty, 123, 141, 212-213, 225, 383, 469
Uterus, 460; cancer, 328; prolapsus, 209

V

Vaccination, 20, 31, 33, 251, 244, 409, 465
Vaccine/s, 31-32, 410, 438, 440-441
Vagina, discharge, 339,-340, 455, 460; inflammation, 170, 460; injection, 148
Vapor/steam bath, **286, 287**
Vapor inhalation, **83**
Varicose veins, 78

Vegetable/s, 12, 44, 44-45, 55, 129, 157, 162, 172-173, 232, 245, 250, 288, 300, 303-305, 309, 367, 399, 411, 415, 429, 433-434, 447, 460; milk, 148,
Vegetarian/ism, 92, 94, 102, 105, 128, 142-145, 149-150, 191-192, 212, **214**, 215, 221, 223, 232, 260, 367, 379, 399, 401-402, 411, 461, 463, 469
Ventilation, 91, 128, 199, 326, 334, 376, 397, 415; bedroom, 202, 259, 287, 344, 476
Vibration, 366, 476
Vinegar, 53; packs, 35, 45, 55, 76, 81, 234, 392; wash, 75, 76, 82, 116-118, 188, 234, 435
Violet, **80**, 107, 147
Vis, 14, 19, 26
Vital force, 14, 21, 32, 34, 36, 61, 64, 77, 103, 108, 302, 314-315, 430
Voice, loss, 84-89, 115-119, 405, 416
Vomiting, 35-36, 55-56, 73, 75, 94, 99, 101-102, 143, 231, 273-274, 337, 450, 462

W

Warts, 145,
Water, 79, 85, 301, 377, 397, 399, 440; carbon dioxide, 343-348; cold, 45, 59, 65, 68-69, 77, 81, 84, 86, 88, 92-93, 95, 97, 99, 116, 122, 127, 130, 155-156, 169, 174-175, 183, 232, 248-250, 261, 312, 318, 336, 382, 431; cure, 53, 58, 81, 85, 87, 136, 199, 252; drinking, 45, 50, 56, 73, 92, 150, 174, 234, 293, 304, 317, 320, 333, 390-391; hot, 75, 118, 126, 181, 268, 312; mineral water, 48, 53, 109, 115, 123, 174, 336; salt, 78, 109, 117, 434; tepid, 187; treading, 124, **127**, 130, 194, 233-234, 252, 311; warm, 75, 116, 124, 312
Wet grass/stones, 80, 88-89, 234, **312**
Wet sheet pack/wrap, 35, 59, **46, 69,** 104, 118-119, 141, **177, 199, 200, 218, 222**, 417; rub, 50, 73, 92-94, 97, **99,** 100, 104-105, 189, 221, 300
Wet shirt, 109
Wet socks, 20, 29, 57, **68**
Whey, 35, 81, 154
Wild ginger [*Asarum canadense*], 319
Window/s, open, 73, 92, 94-95, 194, 199, 202, 221, 232, 259, 287-288, 298, 300, **331**, 344, 377, 379, 397, 429, 476
Winter, 102, 106, 123, 129, 169, 233, 276, 311, 397, 402, 409
Wörishofen, 61, 66, 123, 232
Womb, 170, 205-206, 256, 353
Worms, 58-59, 92, 94, 96, 170, 193, 198, 220, 237, 239, 267, 333,
Wormseed, 96
Wormwood, **55**-56, 76, 96, 116, 125, 154-155, 158, 219, 232, 234, 249, 251, 435
Worry, 25, 147, 161, 165, 244-245, 309, 428, 440
Wound/s, 107-108, 110, 169, 255, 260, 262-263, 265
Wrap, pack, 46, **69**, 73, 77-**78**, 81, 111, 118, 126, 163, **177**, **199-200**, 201-202, 213, **218**-219, **222**, 268, 318, **429**
Wrong habits, 54, 176, 298, 302-303, 367, 400, 402, 404, 410, 437, 440, 474
Wühlhuber I, 51

X

X ray, 244, 471

Y

Yarrow, 75-76, **110**, 127, 142, 145, 220, 233
Yungborn, 243, 449, 482

Z

Zwieback, 45, 144

Index Of Names

Allen, Thomas J., 307-310
Author Unknown, 134-137, 231-236
Baruch, Simon, 343-348, 225
Baumgarten, Alfred, 61-71
Benchetrit, A., 437-438
Bieri, Robert, 268-269, 423-427
Biggs, Andrew C., 365-369
Bilz, Friedrich Eduard, 29, 48-53, 258
Bliler, H. E., 390-393
Boone, J. T., 471
Booth, Edward, 297-299
Brandt, Carlos, 437-442
Burbank, Luther, 308
Buttgenbach, F. J., 120-122
Catlin, George, 300
Carque, Otto, 26, 36
Carrington, Hereward, 303
Childs, B. W., 401-406
Chittenden, Prof, 399
Claunch, B. Stanford, 471-480
Collins, Frederick, W., 408
Cookee, Thomas, W. 243
Cooper, C. M., 471
Darwin, Charles, 308
Densmore, E., 300
Dewey, E. H., 303
Drews, George, 17
Eales, Irving James, 399-400
Ehret, Arnold, 316, 401-406, 444
Finck, Henry T., 302
Fletcher, Horace, 302, 390-391
Flowers, Sydney, 160-161
G. H., 283-284
Goldscheider, 343-344
Groedal, 343-344
Hahn, Theodor, 101
Harding, President Warren G., 471-480
Haskell, C. H., 302-303
Havard, William F., 387-389, 397-398, 413-420, 433-434
Heinman, H. M., 258-263
Hippocrates, 29
Hoegen, Joseph A., 338-340, 343
Jennings, Ella A., 224 – 230
Jones, Eli G., 243-247, 255-257
Just, Adolf, 14, 29, 230, 482
Karell, Phillip, 272-280
Kellogg, John Harvey, 268, 494
Kneipp, Sebastian, 14, 29, 54, 61, 75-90, 106-109, 114, 123-127, 130, 132-133, 136, 154, 156-157, 163, 169, 175, 189, 205, 220, 222, 230-235, 252, 258, 318, 401, 430, 482
Köenig, Pastor, 101
Kuhne, Louis, 14, 21-22, 26, 29, 37-38, 114, 349-362, 370-386, 431, 439, 460-461, 482
Lahmann, Heinrich, 141, 209
Lane, H. E., 237-239
Lindlahr, Henry, 14, 26-31, 37-38, 371, 398
Lucas, Alzamon, Ira, 408
Lust, Benedict, 13-14, 20, 25-26, 28-29, 33-36, 39, 42-48, 54-60, 67, 72-74, 91-112, 114-119, 127-132, 140, 154-159, 162-166, 168-175, 181-184, 187-206, 209-215, 219-223, 230, 243, 248-254, 262, 267, 288-290, 318-319, 325, 349, 371, 392, 398, 408, 414, 431-432, 435-436, 450-451, 455-470, 481-482
Lust, Louis, 168
Lust, Louise, 20, 114, 176-178, 230, 243, 428-430
Mack, Katherine, xiii
Mayo, William W., 307-308
Metchnikoff, 309
Nielsen, H., 287-288
Nichols, T. L., 304
Oschsner, Dr., 307-308
Osler, William, 478
Peebles, 268
Pizzorno, Joseph, 11-12, 16-17
Priessnitz, Vincent, 13, 29, 109, 258, **261**, 416-417, 435

Purinton, Edward Earle, 325-332
Quackenbos, J. D., 302
Reibmeyer, 101
Rikli, Arnold, 29, 482
Riley, J. S., 481
Rizquez, F. A., 438
Rausch, 268
Ross, Edwin J., 445-449
Sawyer, C. E., 471
Schatz, S., 300-306
Schott, Thoedor, 345
Shepard, Dr. 225-226
Smith, Gordon, xv-xvi
Staden, Ludwig, 141-153
Streeter, Ralph V., 293-
Stroebele, Albert, 230
Strueh, Carl, 311-313
Trall, Russell, 102
Voigt, Carl, 399
Wilcox, Ella Wheeler, 160
Williams, Henry Smith, 309
Wilmans-Post, Helen, 180
Winternitz, L., 212
Winternitz, Wilhelm, 29, 212, 258, 260, 268
Wood, James, 243
Work, Hubert, 471
Young, M. G., 314-321, 333-337

About the Editor and Crusoe House

SUSSANNA CZERANKO, ND, BBE is a steward of traditional naturopathic principles and practices. Whether serving patients as a physician, speaking at international conferences, writing, curating a rare book collection of naturopathic literature, or founding clinics and teaching institutions, she champions the healing power of nature cure. For ten years she was the monthly Contributing Editor (Nature Cure—Past Pearls) for *Naturopathic Doctor News and Reviews* (NDNR). She was a Contributing Writer for the Foundations of Naturopathic Medicine Project. She founded *The Breathing Academy* and co-founded the International Congress of Naturopathic Medicine (ICNM). Fiercely, she has shed light on the role of women as professional healers and caregivers. Her specialized disciplines include botanical medicine, nutrition, breathing therapy and balneotherapy.

In 2019 she founded *Manitou Waters Clinic, Spa and Health Education Centre*, Manitou Beach, Saskatchewan, which is situated on the shores of a pristine, highly-mineralized northern lake. Here, in retirement, she continues her writing, editing, and educational workshops while enjoying an array of artistic projects in fiber arts.

Dr. Czeranko is a 1994 graduate of the Canadian College of Naturopathic Medicine (CCNM). During her 32-year career as a physician, she practiced in Ontario, Quebec, Oregon and Saskatchewan.

CRUSOE HOUSE is an independent, Portland-based publisher supported by Fourth Lloyd Productions (Virginia). Crusoe House publishes distinctive titles in children's literature, the history and philosophy of medicine, poetry, fiction, teaching theory, policy and pedagogy.

During its decade-long creation, the unique twelve-volume HEVERT COLLECTION benefitted from the rare book collection on natural medicine at National University of Natural Medicine in Portland, Oregon, for which Dr. Czeranko was curator from 2009–2019. This landmark series—*In Their Own Words*—brings to life and timely relevance the very best of early naturopathic literature.

The Hevert Collection: *In Their Own Words*

A Twelve-book Series

Origins of Naturopathic Medicine
Philosophy of Naturopathic Medicine
Dietetics of Naturopathic Medicine
Principles of Naturopathic Medicine
Practice of Naturopathic Medicine
Vaccination in Naturopathic Medicine
Physical Culture in Naturopathic Medicine
Herbs in Naturopathic Medicine
Mental Culture in Naturopathic Medicine
Hydrotherapy in Naturopathic Medicine
Clinical Pearls of Naturopathic Medicine, Vol.1: Acute Diseases
Clinical Pearls of Naturopathic Medicine, Vol. II: Chronic Diseases