

ESTES *Back to Nature*



JUNE, 1928
Vol. 2 No. 5

25 cents

FEAR—THE GREAT ENEMY OF THE RACE—By Dr. St. Louis A. Estes
THE APPLE—NATURE'S OWN TOOTH CLEANSER—By Dr. Philip Welsh, D. D. S.

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People—

AND

Articles on Many Interesting Phases—Peoples, Conditions,
Science, Art and the 'Human Comedy' in General

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ESTES BACK TO NATURE



*A Journal of Reflections that Mirror the Relationship
between "Nature" Which is God's Expression and
Man Who Is God's Creation*



DR. ST. LOUIS A. ESTES
Editor-in-Chief

MORT E. SHAW
Associate Editor

DR. E. L. MORAINÉ
Associate and Art Editor

VOLUME 2

JUNE, 1928

NUMBER 5

Notice TO SUBSCRIBERS

Owing to unforeseen publishing conditions we have had difficulty in placing our recent issues on the newsstands within 'specified' time, which means about two weeks preceding date of publication.

To eliminate this condition and catch up on our publication date, we are PRINTING the MAY issue as JUNE. We are setting forward your subscription one month so that **you will receive twelve individual issues, just the same.** Subscriptions ending in January, for example, we will credit to February.

Hereafter, you may expect your copies of Back To Nature Magazine with well defined regularity, and abounding with contents which will continue to maintain the vitally important message it has to give to you as an intelligent and sincere adherent to the principles of health and mental advancement.

With best wishes for your success, health and happiness, I am

Editor-In-Chief
Back To Nature Magazine.

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DR. ESTES SLOGANS:

"To Be a Deep Thinker You Must Be a Deep Breather"
"As Man Breatheth, So Will He Be"
"You Are As Old As Your Blood"
"Your Health Is Your Wealth"
"As a Man Eateth, So Is He"
"Talk Less, Think More"
"How to Live 150 Years"

Announcement

APPECIATION of one's efforts—and support for one's convictions, are among the sweetest sources of satisfaction known to the human race.

And it is the writer's great good fortune to be able to enjoy to no small degree, such personal satisfaction as the result of the widespread favorable comment which has come in regarding the last issue of this magazine.

In an effort to bring the highly important messages of proper living, health and happiness to a greater number of readers throughout the country, several changes of a radical nature were made by the editorial board of "BACK TO NATURE MAGAZINE." We were experimenting in a way, and the experiment has evidently proved successful, judging by the almost unanimous comment received. We evidently are in a way to succeed in giving what we believe is "something for everyone—and everything for someone." That is our aim.

Too little attention is given in this workaday world—with its rush of business and social activity—to the highly essential matter of living properly, and to an advanced age. Therefore, while entertaining and amusing, this magazine strives to bring home this important message, that you may live well and long.

Human progress means improvement. Therefore it is our aim and desire to improve the issues of this magazine as

they appear month after month, and to increase the importance of the matter contained in these pages. That we have a truly unusual publication was shown by the speed with which manufacturers of nationally advertised products joined the ranks of our advertisers. They have confidence in the magazine and believe it will be one of the greatest forces in its field. And they *know* the faith which the readers of this magazine place in the publication.

Because the matter of proper living begins to be important from the moment an infant arrives in the world, we have established places in this magazine where everyone, whether infant or adult, may find something of value. And because we realize that too much stress upon the merely technical and physical aspect of proper living and diet can be monotonous, we have brought every possible element of general interest into the publication.

These are not boastful statements—they are the result of our extreme gratification that the new "BACK

TO NATURE" magazine has met with such universal approval. It is not perfect yet—but it will be if our subscribers and readers continue to contribute the valuable suggestions which we have received from a great number of persons.



DR. ST. LOUIS A. ESTES

Discoverer of Dynamic Breath Controls for
Disease Prevention
Father and Founder of the Raw Food Movement,
and International Authority on Old Age
and Raw Foods

Dr. St. Louis A. Estes

ESTES

BACK TO NATURE MAGAZINE

*An Exposition of
The Estesian Philosophy of Longevity*

VOLUME 2

JUNE, 1928

NUMBER 5

FEAR— THE GREAT ENEMY OF THE RACE

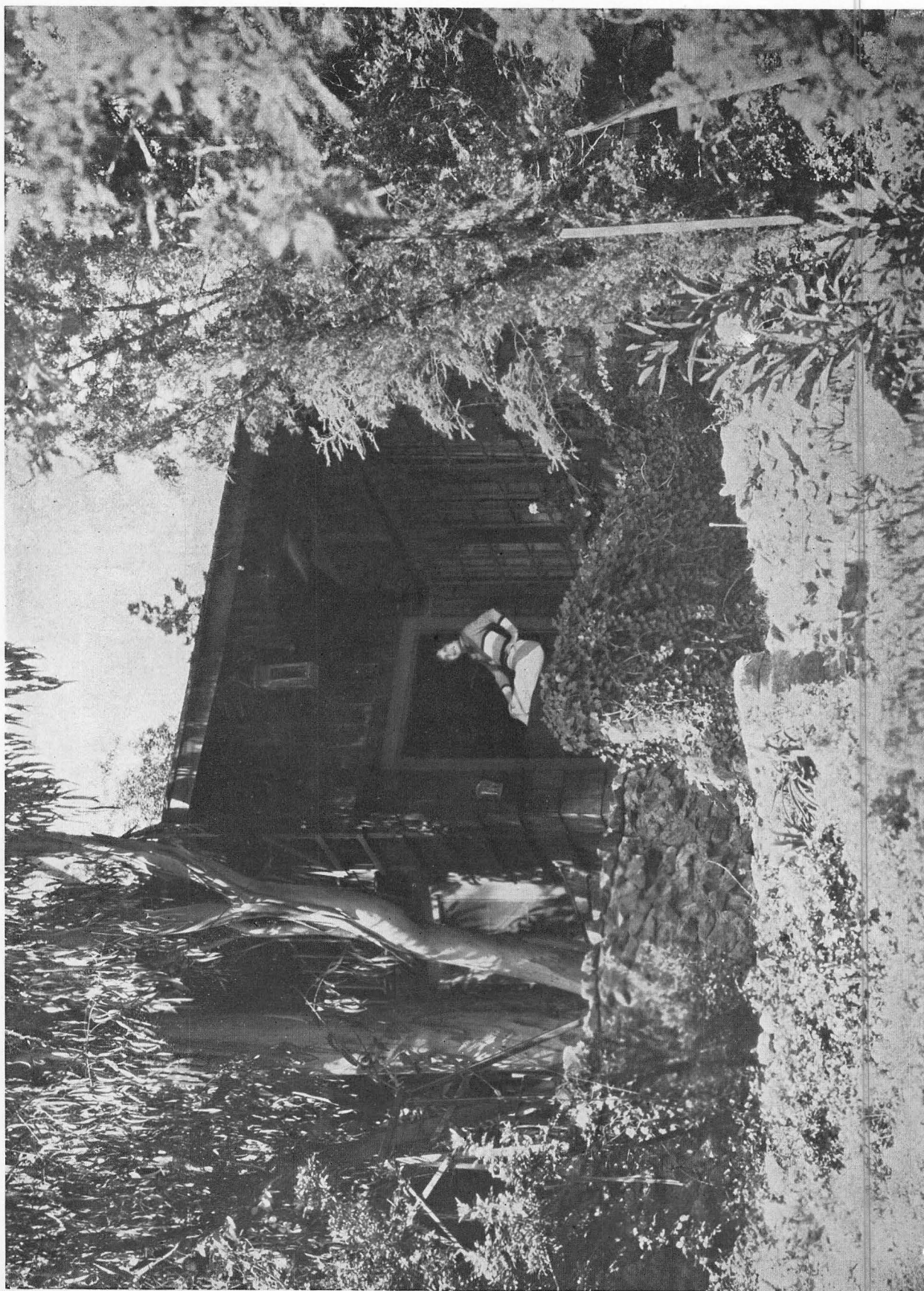
By DR. ST. LOUIS A. ESTES

Reformers would do well when reforming the race, to look themselves **square in the face**, and examine their own **conscience** and body, to see if there is not hidden away somewhere in the recesses of their own being, a spark of **FEAR** which if fanned into flame by some unforeseen cause or medium, and brought to the surface would not throw them into a panic. **FEAR** frequently causes such a severe reaction upon the body and the nerves, that it not only produces innumerable **diseases**, but also **insanity**, and frequently **death**. **FEAR** is the **octopus** of modern civilization, and largely produced by **education**, for as a civilized race, we have been taught, for thousands of years, **morality** from the stand-point of **FEAR**. We are **forced to be moral** and to do right as we understand it, not from our own desire, but because we **fear** to have the consequences become known.

Business-men frequently lie to each other for **fear** of losing prospective business. They also **fear** their competitors. The child does right because it **fears** the scolding or thrashing from its parents. The **criminal fears the law**, the **murderer fears the gallows**. We live **artificial** lives for **fear** of the reproaches of our neighbors. Professional men **fear** to express themselves on account of their ethics. The minister **fears** the loss of his church because of **growing old**. People have to **smirk, deceive, cheat, and lie** to each other for **fear** they will lose **patronage and prestige**. It is sown in the minds of the boy and girl from infancy. You **MUST NOT** do this, and you **MUST NOT** do that. The system becomes choked with suppressed and repressed emotions throughout the years of life, until **disease follows**. The social outcast kills herself because of the **fear** of what the world might think. Armies and Navies of Nations are created and destroyed by men through **FEAR**. **FEAR shatters the nerves, breaks the health, causes old age, saggy cheeks, produces pasty complexions and hang dog expressions**. Fear cuts years off the normal span of life. Men perjure themselves on the witness-stand and sell each other's souls away through fear and will even swear away a life which is the body and receptacle of the Living God.

FEAR has made of us a **world of make-believes**. It is time that this **destructive menace** to the race was turned to one of **constructive power**. The only way that **FEAR** can be erased from the conscious body, is by absorbing plenty of **GOD'S NATURE**, and by **living close to His elements**.

To master **FEAR**, man must first **master himself**. To do this he must return to **natural and clean living**, learn the **secrets and laws of nature**. **FEAR and SELF MASTERY** are distinctive opponents. To **FEAR** anything is to **recognize your weakness**. **SELF MASTERY** is a **GOD POWER** produced by **clean living**. Follow the **NATURAL LIFE** in thought, word and deed, and see how quickly you **react to the positive**. The devil **FEAR** will be **dispelled**. You will become **master of yourself** and your environment, and you will be quick to see what a **different man or woman** you will be.



A "Back To Nature" Scene with Nancy Carroll, Paramount Stellar Player in Her Cozy Sylvan California Cottage

The New York Advanced Class Tenders A Tribute To Dr. Estes

Dear Dr. Estes:

It is the realization of the significance and importance of your work in a world blindly seeking health and happiness, that impells us as a class to express ourselves in the form of a testimonial to you, in hope that the many seekers may have the good fortune to stumble upon it and thus be lead to their salvation.

We wish to impress upon the reader that your work is singular and as void of hokum as

other works on the "mysterious" question of health are full of it, and that the method in which you put it over and the pains you take to see that each pupil "gets" it not only proves the truthfulness of your teachings, but also shows up a character of sterling quality.

May you live on and on—the world badly needs you!

(Signed)

Rebecca Berenson
Charles A. Carol
Martha A. Carol
F. H. Cogswell
Michael Sental
Theodore Mohr
Mrs. Alma Smith
Mr. Jonas G. Johnson
F. M. Kraus
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Margaret Wagner
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DAUGHTERS OF VENUS



A Beauteous Butterfly, Winsomely Winged

Shirley Collins of Paramount Christie Comedies

"Back To Nature" Diet Keeps Her in Trim

THE DANCE

The New Movement in the Dance; Dmitri Conquers Obstacles

By NAN C. SULLIVAN

THE dance is at last finding itself; carving a place not alone in New York, but in America, where it is now basking and disporting itself in all of its joyous moods; excelling, too, in dramatic interpretations.

It has taken many years for America to accept the dance as an art, but an art that is as natural a one as the dance, though it hide its head for a while, must grow and become a vital necessity to everyday life as well as art life.

Our youngsters, with fresh minds and hearts, daring and intrepid persistency, have awakened it into being.

It is so much a part of youth. Through them the new dance form is beguiling the elders, intriguing them by novel ideas and the interesting thought it is knitting into its dance stories.

There are individual dancers, and sadly enough they stand alone, who never entered the field of showy sensationalism, but have devoted themselves entirely to the creation of a definite center for the dance. Just walking about a stage, however, is not dancing, and cannot be given that title no matter how many arguments are advanced in its defense.

Continuous growth can be attained, too, without violent activity.

There are many phases of the dance, and each dancer or would-be dancer must discover his particular talent. A character dan-

cer is rarely fitted, either physically or temperamentally, to be a toe dancer. The toe dancer is wise who remains the toe dancer. The dancer with an Oriental illusiveness can find much of charm and beauty in this type of dancing. But we need the creative dancer, he who breathes dance life into irrelevant things and makes them living things. It is he who will lead the way in this art.

No matter with how much fire and abandon the character dancer endows his presentation he must concede first place to him, the serious creative artist, who, on the other hand, seldom gains the popularity of the former.

If entertainment be the chief aim of an art it is soon dwarfed and ceases to be art. As with the commercial play the commercial dance is an ephemeral thing.

The concert stage is now offering to the classical dancer an interesting field, and it is

here that the dance as an art and the dancer as an artist will grow and develop.

The season which is now closing saw many interesting programs and recitals. The dance public has increased by many hundreds. This is what the dance needs—understanding, sympathy and encouragement by way of the box office.

It is almost five years ago since a very young boy, eager and aglow with what life had to



Dmitri In "One Of Life's Little Jokes"

offer him, alighted from a train to enter the big city—New York. He walked from the station to a hotel and immediately set out to make a tour of the city's streets to find inexpensive quarters.

His first glimpse of New York—what a thrill!

The tall buildings, the crowds in their hurry east, west, north and south, the seething energy that leaped up at him from unexpected quarters, the joy, the sorrow, the tragedy that was glimpsed in the faces of passersby—these, all these, were to be his life. No more restless days.

His work was to be the Dance.

To dance, and through it make others happy, and some day, perhaps, a beautiful building,—yes, even this then far-off vision—where young dancers could live at least in moderate comfort, and study dancing without the worry of how to pay for shelter, food and tuition. This was the boy's dream.

Who is this dancer?

Dmitri.

The ordinary obstacles were his, as they are of all who have to meet the world with empty pockets. But added to these, which often are more than discouraging, he met with those that never should have been, for the pride with which the press holds truth should have forbidden them. Should have made them impossible.

His ambition large, his ideas unique, and interesting, his dramatic ability unusual, what Dmitri has to give to art must be vital.

He was the first young man to dare to give an entire solo dance program. This was daring indeed, since young men dancers five years ago were looked on by the men (self-styled) as beyond the pale of decent society.

His belief that the dance has as much to say as sculpture; has as much to say as painting, since the human body is sculpture, is painting, and that it has more to say than music, he dared also to create dances in a style different from any that had been seen.

He discarded the old method of composi-

tion that repeated the motive in order to register the effect.

If a Greek dance step spoke with more emphasis in telling an incident in his dance story, even though the setting be oriental, the Greek step was applied. To him it was absolutely necessary for the life of the dance that the fundamental idea transcend the finished composition; that the dance should not be phrased as a musical composition, since it primarily is a pictorial art, balanced by light, color and shade.

In his style Dmitri works practically for the creation of a pattern that dispenses with constant activity and intricate steps; for repose, deliberation of thought growth helps to radiate the force that gives birth to the idea.

The dance must have something to say, and it should be said in as beautiful a manner as realism will permit. These, too, are Dmitri's creed.

Being young and inexperienced, he believed in life, he believed in truth, he believed in fairness, especially in the fairness of those who help to mold public opinion.

In this, disillusionment awaited him.

When assistant music reviewers and photographers, intent on seeing the dance through the eyes of their favorite method, attend the compositions of a radical like Dmitri, little sympathy may be expected, but when disinterestedness and personal antagonism are openly admitted for an artist how is it possible for understanding and intelligence to enter into their reviews?

The work of a modern so extremely original as Dmitri must be judged by standards of originality. He has left far behind the artifices of a stiff, unnatural dance. His is the expression of a completely individualized individual, and judgment should be built from this point.

Happily for Dmitri there are many important minds that have received with enthusiasm his new ideas, and in the near future he promises to be one of the most important dancers of the day to have departed from the traditions of a past age.

MAKE MONEY with your SPARE TIME—

Write READY MONEY Editor, Back to Nature Magazine

146 Central Park West, N. Y. C.

—PROVE THAT 'TIME IS MONEY'

"Raw Food and Health"

*Fifth Installment of Dr. St. Louis A. Estes' Great Book
Presented in Serial Form*

Raw Food and Health is the story and works of the noted scientist Dr. St. Louis A. Estes, who revolutionized the science of life control and developed an entirely new principle of longevity, when he changed himself from hopeless invalidism to super vigorous health after the age of fifty.

This is the fifth installment of this most remarkable book.

To all those who suffer—to all those who would be well—to all those whom hope has deserted, a message of cheer is herewith presented. A "way out" from the soul penalizing devastation of the so called "Hopeless Invalidism" a "way out" from the mental torture of "work to do" and "just can't do it"—a "way out" from all that makes life that should be a blessing, an almost unbearable burden.

The following extract from the Author's Preface, will indicate to all who can properly judge sincerity and knowledge when they are combined in their most helpful form, the priceless value of this message of Dr. Estes, through which many thousands have been virtually *reborn* to a much longer and a much more beautiful life.—The Editor.

"RAW FOOD AND HEALTH" in book form may be had by writing this Magazine.
The price is \$5.00—Back to Nature Magazine included for one year for \$7.00—you save \$1.00

FROM THE PREFACE OF RAW FOOD AND HEALTH

"On a diet of clean, wholesome foods, eaten in their live natural state, the system is kept free from the fermentation and clogging impurities which poison and thus deplete. The sensibilities become keener and more delicate, the temperament more pliable and docile, the mind more alert and receptive to new ideas, and the character molded by these influences, becomes more noble and the soul more exalted.

We are created in order that we render service to humanity, and only when we have developed the Spiritual, Mental and Physical being, which is ourself, can this be attained. Spiritual and Mental advancement comes in proportion to our Physical development. We can develop perfect physical bodies and robust health through right living. There is no other possible way.

Let us gaze into the mirror of life, view ourselves as we should be and then as we really are; and with the roadway cleared before us, let us, with new courage and determination, set out to reach the great goal "Health" which insures both Happiness and Harmony to all who possess it.—The Author.

Salt

I Teach You How to Live—You Decide How to Die

Continued from April Issue

Despite the progress of science, the correction of dietetic errors and the various advanced methods of treatment for disease, sickness and death pursue their relentless path from month to month and year to year. Although exhaustive research on bacteria has proved effective to a great extent in coping with many diseases, it has been futile in the handling of maladies of baffling character, and now the attention of medical science has been directed to the enemy within the walls of the fortress. The keen eye of the medical profession looks askance upon sodium chloride, the accessory of every table, and this hapless condiment, salt, is charged with treason. A traitor to health,

instead of an agent of, it is to be banished from the table completely.

The diseases and poisons resulting from the excessive use of salt afford enough material for countless books to be written on the subject. You need no salt whatever in a diet of *natural* foods. The human system requires only about 15 grains per day of sodium chloride, yet the quantity taken by the average person is from 200 to 500 grains each day. Uncooked vegetables and fresh fruits contain sufficient of the natural salts, including sodium chloride, to meet the requirements of the body. Of course, when these vegetables and fruits are cooked, the mineral salts are drained off with

the water into the sink; consequently some of the salts must be artificially restored to make the foods at all palatable.

Salt is a powerful irritant which stimulates the entire system and acts directly upon the organs of generation, inciting the sex impulses. Where this condition is persistent the over-functioning of the sex organs is the result, and disease and general depletion can only follow.

Salt contracts the muscles of the uterus and destroys their flexibility and elasticity. This is one of the reasons why *Caesarian* operations are a necessity in many cases. When salt has been dispensed with entirely, there will not be the heavy congestion and general tension in the pelvic and uterine region; the tissues will be soft and flexible, and a normal, natural birth without laceration will be achieved.

Research proves that salt is responsible for cancer. Experiments and profound study of the subject have disclosed the fact that cancer is a disease of civilization and is not found among tribes of savage people. Practically the only notable contrast between the foods of civilized and savage peoples is the addition of sodium chloride, or table salt, to the diet of civilization. Formerly cancer was a rare disease, but as the production of salt has increased in proportion to the demand, cancer has become more and more prevalent. Another startling fact is that cancer does not originate as a malignant growth, but is a simple, benign tumor which, due to persistent irritation and the inability of the bloodstream to heal, eventually passes into a malignant state—and proves fatal.

No cell of the body can become cancerous through its own independent action but must receive its irritating incentive from the chemical composition of the plasma (the fluid content of the blood), an agent of which is sodium chloride.

Medical science goes on to tell us that there must be an idiosyncrasy to salt in persons developing cancer. Thus, not all salt eaters develop cancer, but all cancerous people are salt eaters.

Sodium and potassium are both elements in cell life, but sodium is found in greater quantities in the secretions and fluids of the body, whereas potassium exists in a greater degree as an ingredient in the cell. The equal distribution of these two elements in the cell constitutes a healthy cell. Hence, if a superfluous amount of sodium is taken into the body, the potassium element is crowd-

ed out, and although potassium is the rightful ingredient, the sodium displaces it and becomes the predominating element of the cell. Naturally the cell will try to eliminate an irritating substance, and then begins the first local inflammation.

Cancer is not a communicable disease and cannot be transmitted through hereditary influences. However, the idiosyncrasy to salt in the parent can be transmitted to the child, making it liable to a cancerous development.

Cancerous cases put upon a saltless diet and treated with administrations of potassium nitrate, which restores this missing element to the cell, have responded immediately to treatment and have been effectively cured.

Extensive inquiry has failed to disclose the authenticity of the generally-accepted report that all animals must have salt or they will perish. No one has ever witnessed the pilgrimage of animals to the natural salt springs, or "licks". Deer frequently, at certain seasons, do resort to brine springs, but it is only a tradition that buffalo follow suit. Moreover, in these salt springs are found large amounts of lime, iron, sulphur and other minerals. As one authority has suggested, it is reasonable to assume that the wild animals may crave and seek at these springs certain minerals which nature deprives them of at that particular time of the year. Horses and cows of civilization are fed salt, but a block of the coarse salt used for this purpose lasts the animal many months. It is an artificial taste, and some horses and cows refuse salt when given it. Birds avoid it. It is fatal to chickens.

Why does man eat what animals are intelligent enough to reject?

One cancer specialist who is waging relentless war against the use of table salt, cites the case of a pet cat which was brought to him for treatment of a cancerous lip. Convinced of the popular fallacy that all animals must have salt, the owner had liberally seasoned the cat's food with salt from the time it was a small kitten until it was about three and one-half years of age, at which time it developed cancer of the lip. The cat became sick and refused food and lost its fur. Given treatment for cancer precisely as a human patient, the cat was cured and a new coat of fur grown. Those who are worried over falling hair and imminent baldness should give this fact consideration. The cat's fur fell out—it was ill and developed cancer (*when fed on salt*). The salt was omitted from its food, the cancer

cured and a new coat of fur was grown. Draw your own conclusions.

The human bloodstream contains three parts of sodium chloride to one thousand parts.

Salt is eliminated principally through the kidneys and skin. Statistics show that the average person consumes about two-thirds of an ounce of salt daily. About one-eighth is lost through the skin, and the greater part of the remainder is eliminated through the kidneys. Observation proves that salt disappears entirely from the urine when wasting is prolonged.

Dropsy is produced, in the majority of cases, by the accumulation of salt in the tissues—the kidneys are unable to eliminate the excess of salt, and as it is pushed out into the tissues it must, of course, be held in solution by water. For every half ounce of salt retained in the body, a pound of water will be retained to hold it in solution. Hence it will be easily understood why the weight increases in dropsy, Bright's disease and edema.

Observation also shows that the kidneys fail to eliminate salt at the usual rate in various other diseases, including pneumonia, pleurisy, typhoid fever, jaundice, cirrhosis of the liver, smallpox and some forms of heart disease.

In extreme cases it has been observed that complete retention of salt preceded immediate death. Specimens of urine of patients suffering moderately from diabetes showed no sodium chloride whatever, although some was being taken in the food. Repeated examinations within twenty-four hours showed no trace of salt. At the end of the second day the patient was dead. There had been no previous symptoms of a serious condition. Other cases similar to this are on record showing in all instances that the complete retention of salt was fatal.

One two-hundredth of its weight in salt administered to a dog will cause convulsions and death.

A case was reported of a young woman whose death was induced by a half-pound dose of salt taken as a vermifuge.

Postmortems performed after deaths due to overdoses of salt have led to the conclusions, that the excessive use of salt causes chronic kidney disease, as these postmortems reveal enlargement and heavy degeneration of the kidneys.

Practically no chemical change in salt is made by the cells of the body. In other words, the composition of salt remains unalterable,

and if more salt is eaten than can be eliminated, the excess accumulates in the cellular walls, and subsequent irritation begins.

To people who have always been heavy salt-eaters, this anti-salt propaganda will come as a sensationally-new fad to be dismissed with a shrug. However, it is not new. The medical profession of the British Isles became involved in such a heated controversy in the latter part of the 19th century that the fraternity split into two factions—the Salts and the Anti-Salts. At this time, the leader of the anti-salt faction issued the statement that he would advise alcoholic drinks and vinegar in preference to the constant use of salt.

Salt was known to the ancients as a corrosive poison. The sages and philosophers of the early centuries knew of the injuries man incurred through the use of salt, and warnings against this indulgence were carved on tablets of stone.

Stefannsson, the explorer, in his narrative of experiences with the white Eskimos, stated that they had never tasted salt until he and his followers went among them. The Eskimo's aversion to salt was very strong. To safeguard his meat supply Stefannsson had only to sprinkle it liberally with salt, and the light-fingered natives of the Polar region left it severely alone.

Dr. Harris Houghton of New York City, a writer and lecturer on pathological subjects, has demonstrated that salt is very dangerous to people with *high blood pressure*. He states that 80% of the high blood pressure cases can be promptly relieved by carefully administered saltless diet. Specialists in the treatment of diabetes and physicians famous for research in blood chemistry support Dr. Houghton in this saltless diet for blood-pressure cases.

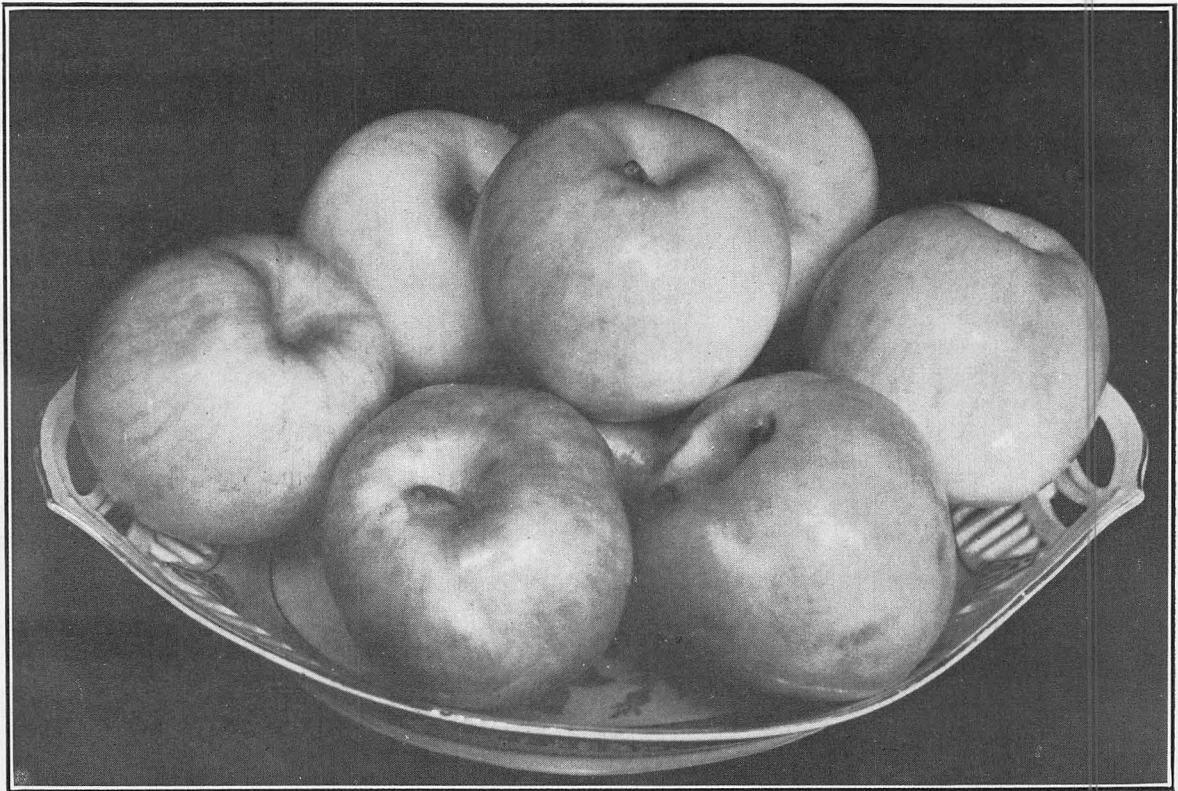
Some conditions of extremely white skin are attributed to the destructive action of salt on the capillary circulation. Florid complexions, tendency to nose-bleed and a feeling of tension in the head constitute what is termed plethora, another symptom which is evidenced in cases of excessive salt eating. Still another symptom is progressive wasting and emaciation, especially in young children, where there is no obvious or ascertainable cause.

Salt throat, where the throat is more or less sore and streaked alternately with red and white, red circles on the fingers back of the nails (being a more pronounced color at this point than on other parts of the hand), and

(Continued on page 27)

THE APPLE— Nature's Own Tooth Cleanser

By DR. PHILIP WELSH, D. D. S.



Succulent Apples, A Raw Food Tooth Cleanser

Savages are known for their wonderful teeth, though they never give them any care at all. They use Nature's dentifrice in a natural way. "What is the best thing to clean the teeth with?" is the question most often asked a dentist.

This is a more important question than we might at first think because—the mouth is the doorway to the body. All our food, our drinking water, and even the air we breathe, passes through the mouth and when the mouth is not clean these life-giving elements are contaminated right in the mouth.

New York City alone spent \$177,000,000 to insure its inhabitants clean drinking water; many more millions are spent to keep our food clean. The advantages of most all of this expenditure are truly wasted and let us see why. Time and again we have taken large groups

of people, people who were supposed to have been above average intelligence, people who were impressed with the importance of a clean mouth, people who earnestly thought and believed they had a clean mouth, who brushed their teeth every day and often after each meal; we examined the mouths of these people and what did we find? More than 90% had unclean mouths, stained teeth, decayed or rotting teeth, films around and in between their teeth, inflamed and bleeding gums. These statements are by no means exaggerated. If you want to be convinced, here is a good way. Get a small mouth mirror from your dentist, a good supply of light and stand in front of a large mirror. Take a good look into your mouth, particularly the *inside* surfaces of your six lower front teeth. Then draw a piece of thread or dental floss between your back teeth

and then smell this thread. To get the contrast look into the mouth of any wild animal and note the really clean teeth. Again get a close view of the teeth of the different members of your family and note that most all of them have stains, films, and deposits around their teeth. Many will have an offensive breath without even knowing it. If you will make this inspection you certainly will agree that we have utterly failed in keeping our own mouths clean. In spite of all the miraculous tooth pastes, in spite of all the wonderful mouth washes, with the whole nation digging their teeth with most promising tooth brushes, the people have not been able to keep their mouths clean.

My experience which stretches over a period of ten years' close observation in mouth hygiene prompts me to make the broad statement that with the best tooth brush and any of the tooth pastes or powders on the market it is impossible for the patient to really clean his own mouth. For years I instructed my patients to clean their teeth thoroughly, after each meal and before retiring, to wash their mouths with the various washes on the market and I observed the results. Their mouths were not clean, their teeth continued to decay, their gums continued to become inflamed, pyorrhea was not checked. I was not satisfied, so for three years I experimented on my mouth. I brushed my teeth for 15 minutes after each meal and 20 minutes before retiring. After each brushing I used the dental-floss between my teeth and then finished by using a mouth wash. I tried most all of the tooth pastes and powders on the market, every kind of tooth brush and the mouth washes which were supposed to be best. At the end of the experiment, my mouth was examined and five new cavities were discovered.

During the three years, though my teeth seemed clean, I could feel that my tongue seemed to lack a certain freshness I now enjoy. My breath was not sweet, particularly in the morning when I awakened. I knew I had not yet found the right way to keep my mouth clean. I decided that my search was in the wrong direction. It was not the natural, the biologic, the logical way. I went back to our animals and sought to find what they used to clean their mouths with and found it was nothing more or less than the foods they ate, so I turned my investigation in that direction. During the first few months, I would live on one particular kind of food for several meals

after which I would test the result by applying a detecting solution to my teeth.

A detecting solution is a harmless mixture consisting mainly of iodine which, when painted over the enamel of the teeth, stains any film but leaves the clean enamel unstained. This stain can be polished off very easily with an orange wood stick and a little pumice.

It did not take me long to discover that the nearer a food was to its natural state the less it stained or adhered to the enamel. The more refined or processed the food the more readily it stained and soiled the teeth. I also noticed that the same thing was true of my dishes, and I am sure the same thing applies to the entire intestinal tract. The last is an important point. White flour, white sugar or any product made of these chemicals, refined cereals, any food cooked, baked, or fried, stained the teeth. Even pasteurized milk stained the teeth with a formation of film over them. I then turned towards raw and natural foods like apples, oranges, lemons, grape fruit, pears, bananas; raw vegetables—lettuce, celery, cabbage, carrots, onions, cucumbers, and the various nuts. I found that these natural foods did not form films over the teeth. The raw acid fruits particularly the apples and the oranges cleaned the teeth and actually made them sparkle. I then tried combining the cooked and raw food in one meal and found when I finished the meal with the cooked foods, my mouth was not clean but if I finished the meal with the raw fruit it felt, looked and proved much cleaner. While experimenting with the raw fruits I was so convinced with their beneficial effects not only upon the teeth but upon the entire physical condition that I have given up the cooked foods and live entirely upon raw fruit, raw fresh vegetables with a few nuts.

Of all the foods the raw, ripe, unpeeled apple is the best thing I know of, with which to clean the teeth and entire mouth. The apple works both physically and chemically. Physically or mechanically, the apple is tough, crisp and hard and when the teeth are dug into it, they are naturally cleansed and polished. The apple encircles the tooth under a great pressure and after cleaning all the surfaces of the teeth, the beneficial effect comes to the gums which are massaged as the fruit is forced over them in mastication. In chewing the hard and firm apple with its tough peel, the teeth are forced into their sockets which contain the blood vessels. This pressure exercises the teeth

and stimulates the flow of blood through both the teeth and gums. This action helps to bring fresh nourishment which strengthens and hardens them.

But the real beneficial effects of our apple and acid fruits are derived from their chemical action. When this fruit is taken into the mouth, it immediately induces a copious flow of alkaline (opposite to acid) saliva. This alkaline saliva is the greatest antiseptic of the mouth. It protects the gums, hardens the enamel and cleans the teeth by dissolving and preventing the formation of the films in the remotest localities of the teeth.

After the fruit is swallowed, it is absorbed by the body where it purifies the blood. During its passage through the intestinal tract, it cleans it. The fruit juices promote the action of the liver and intestinal tract. The great water content, the cellulose and roughage and the character of the remaining waste all tend to counteract and overcome constipation.

Acid fruits act as a disinfectant of the mouth, stomach and intestines. Bacteriological reports have proved that many of the micro-organisms which are present in certain forms of intestinal indigestion do not thrive in fruit juices.

After fruits are transformed into blood they supply the mineral salts which are so very essential for building the teeth and bones and in that way make hard and strong teeth. These mineral elements, like lime and phosphorous, are needed in comparatively large quantities because they form not only the teeth but also every one of the two hundred bones of the body; besides they are needed in a great many secretions and blood of the body. Lime is essential in the blood to make it clot. The reason some people find it hard to stop wounds from bleeding is because there is not sufficient lime in their blood. The lack of lime is also a very potent factor in causing tuberculosis. Yet few people know that these minerals are not found in white flour, white sugar, meat, boiled and mashed potatoes, pastries, tea, coffee, refined cereals and in 90 per cent of our modern foods which are bleached, denatured, demineralized, devitalized, and destroyed by cooking, baking, steaming, processing and adulterating. These minerals are not found in our attractive man-made foodless foods.

Though the healing professions have adopted the use of fruits in the diet of the sick it has yet to acquaint the well with its beneficial

effects and its completeness as a food for man, woman and child.

Raw fruit is the cleanest and purest food I know of. Not only is it clean but it is also cleansing. It cleans and purifies the blood. During mastication it cleans the teeth. It cleans even the dishes: Take a greasy plate and put some apple, orange or lemon juice on it and note the cleansing effect. Directly and indirectly it cleans every cell and structure of the body. It supplies the body with its most vital elements in a pure, balanced and natural form.

Nature gives us this purest food through the soil where all the elements needed by our bodies, in the right form and right proportion are combined with the rain and clean air and baked in the vitalic rays of the sun. Raw fruits are valuable for their nutriment, naturally distilled and absolutely pure water, mineral salts, vitamins, tonics and laxative properties.

Some people complain that fruit does not agree with them. It is not the fruit, but the wrong mixture of the other unnatural foods with the fruit which upsets the digestive process. All pathological conditions or disease is accompanied by an excessive production of acid in the body. The acid fruits have the wonderful property of counteracting this acid by their production of alkaline secretions. These alkaline secretions exert their beneficial effect for hours after the fruit was consumed. In other words, the acid fruits are permanent, lasting, natural and real cleansers of the teeth and mouth. Acid fruits are internally alkaline-forming foods. Most all of our denatured foods are acid-forming.

The refined-acid-forming foods cause the teeth to decay and also cause the decay and disease of every other part of the body. You can be sure that when your teeth, which are the hardest structures in the body, are decaying, the softer structures are being destroyed by this same supply of acid.

Let us compare the lasting action of the raw fruits with that of the tooth pastes, powders, and brushes. The tooth brush is one of the most difficult instruments to keep sanitary. If you make a culture of your tooth brush you will be unpleasantly surprised. The dentifrice is placed on the brush and the teeth are brushed for a few moments (where they least need it) after which the mouth is rinsed. Presuming that the effect of the dentifrice was beneficial, its action would last for only a few

(Continued on page 27)

The Road to Beauty

By Dr. E. L. MORaine

Health and Beauty Secrets

In this twentieth century age the activities of the average woman, whether married or single, keep pace with the strenuous work of man, and the clever woman, to keep her youthfulness and beauty as the play girl of the evening, must have a rejuvenating treatment that will relax tired nerves that have been fairly sand-papered during the business hours, and will freshen her skin lest she fall by the wayside in the world of beauty.

It goes without saying that beauty radiates from the inside out, and those who strive for beauty *must know their onions*, and eat plenty of them, for onions make rich, healthy blood, and a pure blood stream makes for a clear and beautiful complexion.

But for the tired business girl who is going out for the evening after a hectic day at the office, I would suggest the following treatment which will work like magic if followed to the letter.

While your bathtub is filling, place hot towels on the face and neck. After the face has been thoroughly steamed and the pores opened, massage a liberal amount of pore cleansing cream into the face and neck. The massage will relax the strained tissues and muscles, while the cream is cleansing the skin. Remove the cream with cleansing tissues or a soft towel, and smooth a light application of wrinkle and tissue cream over the face and neck, allowing it to remain while you take your bath.

As to the manner of bathing: a shower is far superior to a tub bath in many respects. First of all, the average person who takes a tub bath has the water too hot, then they proceed to sit in this hot bath and *soak*, as so many people term it. The consequences are they parboil themselves and are weaker when they get out than they were when they went into it.

A shower with its needle spray of water stimulates the entire body. If you have never taken a shower bath, you have missed a real treat. If you have a shower in your home and

are afraid of getting your hair wet, put on a bathing cap and get in and under. Allow the warm water to play up and down your spine for several minutes. When the body has been thoroughly warmed, wash with a pure soap. After rinsing the soap off, gradually turn on cold water, changing the temperature slowly so as not to chill the body until you have the water quite cold. Now rub down with a good Turkish towel and your flesh will fairly tingle with new life and energy.

If you go by way of the tub bath, as so many will, either through necessity or preference, be sure to have your bath water warm and *not hot*. After the warm bath, dash some cold water from the faucet over the entire body, increasing to cold water gradually, just as you would the shower.

The bath over, you are ready to complete your facial. If the skin is inclined to oiliness, remove the tissue cream with a soft towel and apply an astringent lotion, patting it on gently with a silk sponge or cotton pad. When this has dried, you have toned up the jaded skin and instilled it with the freshness of youth, forming a splendid foundation upon which to apply your rouge, powder and lipstick.

If the skin is dry, don't remove the tissue cream or use the astringent lotion. Instead, bathe the face in ice water or place a small piece of ice in the palm of your hand, passing it smoothly and gently over the surface of the face and the neck. After doing this for several seconds, wipe the face and neck with a soft towel. You will find you have an excellent powder base, one that will retain powder all evening if the powder is of the right kind and properly applied. Remember always to dust the powder over your face and neck. *Never rub or scrub it in* as I see so many women do.

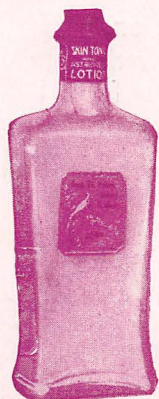
Now allow yourself five minutes for complete relaxation before dressing. Lie down in your bed, on the flat of your back, stripped, as the body will relax more thoroughly being nude, having no clothing on to irritate the

(Continued on page 27)



The Path to Beauty is Health

Dr. E. L. Moraine's BACK TO NATURE
Cosmetics Are Pure and Nourishing



BACK TO NATURE
Astringent Lotion
\$1.00

Nothing is more refreshing than this fine, pure Astringent Lotion. When applied to the sagging muscles of the eyes, face and neck. Saturate small pads of cotton with this lotion, lie down and close your eyes. Place the pads on the eyelids, allow them to remain for ten minutes, and you will be astonished with the results obtained.

BACK TO NATURE Talcum is a boon to the entire family. For Milady's toilette, after the Baby's bath, and for the Man of the household after shaving. It is specially recommended for use on sore flesh and aching feet. A thin layer used in the shoes daily absorbs the poisonous moisture given off from the feet.



BACK TO NATURE
Talcum Powder
50 cents



BACK TO NATURE
Brilliantine
\$1.00

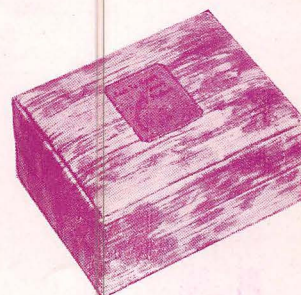
BACK TO NATURE Brilliantine gives a perfect gloss to the hair. It will hold the most obstinate locks in place.

BACK TO NATURE Complexion Soap can be used with perfect safety on the most sensitive skins and for the Baby as well.



BACK TO NATURE
Complexion Soap
25 cents

Everyone seeks a face powder that will cling to the skin and not be injurious. BACK TO NATURE Face Powder is the dream fulfilled of the discriminating woman. It has the natural coloring and fragrance of rose petals.



BACK TO NATURE
Face Powder
\$1.50



BACK TO NATURE
After Shaving
Vegetable Lotion
75 cents

BACK TO NATURE After Shaving Vegetable Lotion is excellent in closing the pores, nourishes the skin and tightening the tissues producing a healing and antiseptic effect. It leaves the skin stimulated and refreshed.

BACK TO NATURE Snow White Shampoo is just what the name implies. Light as a feather and snow white, it gives the loveliest of shampoos. It makes the hair soft and fluffy, giving it the appearance of twice its thickness.



BACK TO NATURE
Snow White Shampoo
50 cents

For the perfect shave BACK TO NATURE Shaving Cream is the only cream that makes the hair cut at an angle. It gives a cool, smooth, soothing shave and leaves the skin soft and velvety.



BACK TO NATURE
Shaving cream
50 cents





BACK TO NATURE Beauty Products build exquisite skin and stimulate the entire system through the pores. They are all made of Natural Pure Food Products—Fruits, Berries and Vegetables and contain no Lead, Mercury or Bismuth. Dr. Moraine's **BACK TO NATURE** Cosmetics are wholesome and 100% pure by every laboratory test.

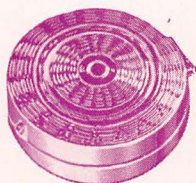


DR. E. L. MORAINE, Naturalist



BACK TO NATURE
Double
Compact
\$1.50

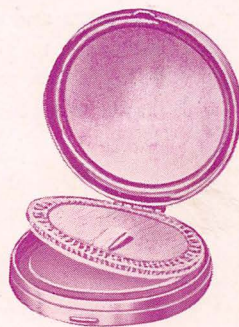
BACK TO NATURE
Rouge Paste
\$1.00



BACK TO NATURE
Lipstick
\$1.00



BACK TO NATURE
Dry Rouge
75 cents



Feed your Tissues while you Rouge and Powder. A dainty rouge and powder compact, made from vegetable juices and oils.

BACK TO NATURE Rouge Paste is a most Natural shade. It can be used for both lips and cheeks. Made from the coloring of berries.

Here we have a delightful BACK TO NATURE Lipstick. Made from the coloring of fruits. It is good enough to eat.

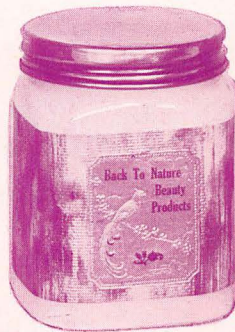
BACK TO NATURE Dry Rouge is made of vegetables and the coloring of strawberries.



BACK TO NATURE
Skin and Pore
Cleanser
\$1.25



BACK TO NATURE
Tooth Paste
25 cents



BACK TO NATURE
Wrinkle
and Tissue
Cream
\$1.50



BACK TO NATURE
Peach Bloom
Hand Lotion
50 cents

Perhaps nothing so detracts from an otherwise lovely face, as poor teeth, and personal appearance counts much for success. Use BACK TO NATURE Tooth Paste, and protect your teeth from decay. It leaves the mouth and gums delightfully clean.

BACK TO NATURE Pore Cleanser not only cleanses the pores but stimulates the circulation which helps the pores throw off their waste poisons. To get the best effects from the skin and pore cleanser it should always be used preceeding the wrinkle and tissue cream.

The marvelous building properties of the Wrinkle and Tissue Cream, are far beyond what is required to fill out the skin and eliminate the lines from the face. This cream should always be used following the skin and pore cleanser, to obtain the best results.

Unightly hands are a stumbling block to progress Use BACK TO NATURE Peach Bloom Hand Lotion if you would have skin like velvet.

Mail Orders To
Back to Nature Corp.
146 Central Park West
New York City

Reason in Rippling Rhyme And Pleasant Prose

A TIMELY ACROSTIC

*With humble apologies to true rhythm
and rhyme!*

D stands for Doctor we honor to-night,
R is for raw food now our delight;
Sunshine and water, and breathing, of course,
They're all most important to build up life force.
Lectures and classes we've had many weeks
On how to gain health, which everyone seeks;
Useless gab to cut out, and think, oh much more,
If we wish to be balanced, not be a bore.
Superwomen and men—let that be our aim,
Extending our influence for good in Life's game.
Such is the message the Doctor has brought,
Then let us profit by all he has taught.
Each of us hopes he'll come back when he can—
So here's to the "one hundred and fifty year" man!
F. GERTRUDE HARVEY

—O—

WISDOM OF THE AGES

The poetry of earth is never dead.
Desire not to live long, but to live well;
How long we live not years, but actions tell.
Every tomorrow has two handles.
We can take hold of it by the handle of anxiety or
the handle of faith.
You cannot avoid necessities—you must conquer
them.
Be sparing of advice by words, teach by example.
Music is never stationary; successive forms and styles
are only like so many resting places—like tents pitched
and taken down again on the road to the ideal.
There are no riches above a sound body and there is
no joy above the joy of the heart.
Every man is occasionally what he ought to be per-
petually.
They who do not value praise will seldom do any-
thing worthy of it.
Nothing is so difficult that it cannot be uncovered
by research.
It is a man's duty to have books. A library is not a
luxury, but one of life's necessities.
The strong, sound mind is that which can embrace
things great and small.

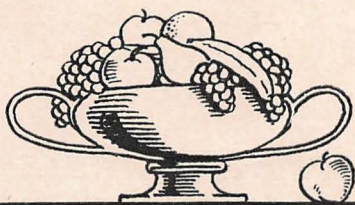
BACK TO NATURE

When God created Paradise
And placed there Eve and Adam,
He gave to them some good advice
To follow, which he bade them
"Four things in mind ye needs must keep,"
God unto them said kindly,
"Which are to eat, drink, work and sleep,
But thinkingly, not blindly.
"All luscious things I made for thee,
Of them eat and be healthy:
From ground and bush and noble tree
Ye have to make you wealthy.
Of them, when hungry, then partake,
Just as you find them standing:
No need to cook nor boil nor bake
Nor fuss with useless handling.
"When thirsty, there's the crystal stream,
Which any thirst will slacken,
Or from the juicy fruit which teem,
But not from water bracken.
Each cooling draught brings keen delight,
No need ye have for liquor,
Which stimulates, but leaves its blight
And needless heart beats quicker.
"To gather these means honest work,
Which stands for toil and sweating,
Which, when you really do not shirk,
Your health is then abetting.
Each organ will co-ordinate,
The sweat glands throw out poison,
And youthful, then, remains your gait
And life you will rejoice in.
"And last of all, 'A little rest,
Of hands a little folding!'
When tired, stop! for that is best,
And good health will be holding."
WM. H. RAUCHFUSS, D. C.

—O—

THE ETERNAL MOTHER

Through Recordless Ages has she tended in silent
adoration the glowing Flame of Life. In travail has she
brought forth Sentient Being, that Mankind might not
sink back into the Sea-Slime whence it sprang.
Mysteriously urged to DIVINE FULFILLMENT
will she ceaselessly people the Earth in the Majesty of His
IMAGE, as the Races march through cadenced centur-
ies to an Unseen Destination.
Hail to the Mother!



EATING TO LIVE

Suggestions for Luncheon or Dinner, Etc.

No. 1

Celery stuffed with Pimento or Cream Cheese
Diced Young Turnips with Mayonnaise Dressing,
raw Mushrooms spread with Sweet Butter Milk or Cream

—o—

No. 2

Head of Lettuce. Serve with French Dressing to which has been added the pulp of a large tomato, a tablespoonful each of chopped cucumbers and onions.

(This makes an attractive palatable salad)
Garnish with Sliced Radishes.

—o—

No. 3

Dates Stuffed with Cream or Cottage Cheese
Serve on Lettuce with Mayonnaise Dressing
Milk or Cream

—o—

No. 4

Tomato stuffed with Shredded Cabbage
Mayonnaise or French Dressing
Radishes Onions
Milk or Cream

Delicacies

Raw Food Candy

Chop or grind one cup of nut meats, one cup of figs, $\frac{1}{2}$ cup of dates. Add one tablespoon of orange juice and one square of unsweetened chocolate. Roll out on board, sprinkle with nuts and cut into shapes.

—o—

Banana Egg Nogg

Place two ripe bananas in a whipping bowl and macerate thoroughly. Beat two fresh eggs thoroughly, adding them to the bananas. To this add 2 tablespoons full of honey, and a pint of half cream and half milk. Whip together with an egg beater. Pour into lemonade glasses and cover the top with whipped cream to which has been added honey sweetened to taste.

—o—

French Dressing

To one teaspoon of honey, add a dash of paprika. Mix well and add slowly one cup olive oil and the juice of one lemon, alternating oil and lemon juice.

Laugh and Grow Healthy

IT TAKES 64 MUSCLES OF THE FACE TO MAKE A FROWN AND ONLY THIRTEEN TO MAKE A SMILE. WHY WORK OVERTIME?



HEALTH!

Back to Nature means:
Forward to Health.

RAW DEAL

Give your body RAW FOOD
Or you give it a *raw deal*.

SAME OLD WORM

"The worm shall turn,"
says the old adage.

"The worm sh'll toin,"
says the N'awker.

So what's a poor worm to do,
especially when he's the
same on both sides?

EAT—!

"Eat, drink and be merry
For tomorrow"—

You will take bromides.

Eat, drink . . . sensibly and all
Tomorrows will be delightful.

LIVE—!

We who live the natural way
Find that life is full of play.



SUN and AIR

Without the sun, without the air
Nothing might live, no green thing fare,
All would be jagged, inert mass
So thank our fate such does not pass.

KEEP FIT

If you are fat all folks will gape
So keep in trim, retain your shape
On natural foods and proper breath
Health will be yours until your death.

MODERN CHAMPIONS

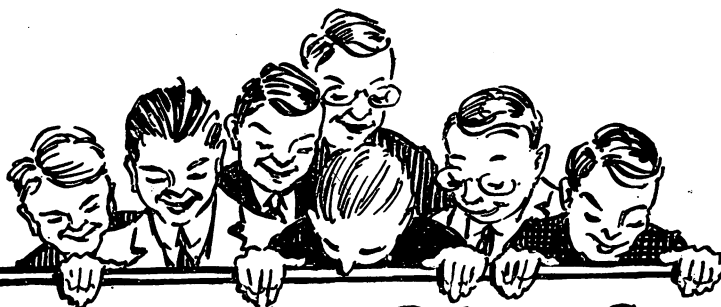
One by one the records fall
Champion athletes great and small
Shatter them and still they strive
To shatter more in every drive.

VENUS REVEALED

Venus de Milo, a well turned lass
(She lived a simple life)
Was fair and rare above the mass
Until she 'came a wife.

And she grew fat
And she grew sour
As she begat—
Only more fat.

M. E. S.



Read What Others Say

My dear Dr. Estes:

Have just finished your last course of lectures and am writing to tell you how benefited I have been in just one week. Was very sorry to have missed the advanced course of breathing but if you give this course again any place near Westchester County hope you will send me word. Thanking you for all the help you have given me, I am,

Mabel Dean, Tuckahoe, N. Y.

Dear Dr. Estes:

I have suffered from pain in the back of my neck, also swelling of feet and different part of my body. Through your treatment of breathing and raw food, I find myself greatly benefited, the pain is gradually leaving me. I feel young again and full of energy, for which I thank you most heartily and people who do not follow your teaching are missing the best of their life as when your health is gone, life has very little attraction.

Mrs. John Verbeck, New York City.

Dear Dr. Estes:

You cannot imagine how delighted I was when I received "Raw Food and Health", and also the Magazine, Back To Nature. I do not want to miss any of them. We would appreciate a missive from you, for we never have forgotten your me sages of health. Your salads are wonderful. Everything that the book contains is years ahead of time. My son has a baby one year old and is going to try your plan in raising it.

While I was in St. Petersburg, Fla., last winter I saw Mrs. Fox, who was in your class and was cured of so many ailments.

Yours for more Success than Ever—

To Dr. Moraine and Family

Mrs. E. M. Freck, Asheville, N. C.

My dear Doctor:

My hands were paralyzed for fifteen years, itched but had no other sense of feeling. I had bowel trouble for 35 years but lately I have had a complete change in health, thanks to Dr. Estes' Raw Food Doctrine and Breath Control. I feel the best that I have felt in 27 years.

Mrs. M. Fehrenbach, New York City.

Dear Dr. Estes:

Suffered from bad toe and my personal doctor said that it would have to be amputated. I then went on a raw food diet for two weeks and at the end of that time it was all gone. Previous to that, I hardly could walk. I think that the Doctor is a most wonderful man. I feel remarkably better.

Mrs. W. Oettle, New York City.

My dear Dr. Moraine:

I took Dr. Estes' Course and I can only reiterate what thousands of others have said, that Dr. Estes is the most wonderful human being and his teaching deserves the prayers of all those privileged to hear him.

Wishing you and your family all the happiness in the world, I am,

Anna B. DeKay, Bronx, N. Y.

Dear Doctor Estes:

Your discovery of brain breathing which I learned in your recent Newark Classes, has been a God-send to me. For many years I have been bothered with a series of diseases, and have been given treatments of all sorts, but have never had relief for any length of time from constipation and a number of internal disorders. I find that Dynamic Breath Control and raw food doctrines, have really been the means for aiding me to completely rebuild myself. I sincerely hope that your great message will be carried to all sufferers.

Miss Marie Simpson, Newark, N. J.

Fox Film Stars Raise A Racket

A FAVORITE medium of keeping fit for films is tennis. Los Angeles has long been a stronghold of the game, but oddly enough, on private rather than the public courts. Along with the swimming pool, the big estates generally have a cement court or lawn for the game, but public places to play are decidedly few.

This is something of a mystery. Especially so when one recalls that May Sutton Bundy, then May Sutton, was a Los Angeles resident over a score of years ago when she won the American and Wimbledon championships. She was a prominent factor, however, in popularizing the sport.

Since her rise, there have been other nationally notable players with the racquet from Los Angeles, including Mary K. Browne, Maurice McLoughlin and Tom Bundy. And in the movie colony, tennis has come to enjoy a great popularity. Charles Farrell, Victor McLaglen and Madge Bellamy are particularly adept.

This trio, like many others, relies on the sport and sensible diet to keep in fine physical



Madge Bellamy

Knows how to Score at 'Love' in Pictures and on the Tennis Lawn. That's Two Reasons Why She's Starred in... 'The Play Girl,' Fox Comedy-Drama.

Charles Farrell

Bounded High in 'Heaven,' and Goes Up for High Ones with the Racquet. He's an Artist in 'Street Angel,' and Artful at the Net.

Victor McLaglen

Has a Powerful Forehand Drive on the Courts and in 'A Girl in Every Port.'

Hollywood Notables Keep Fit

condition. They also have found it to be a "mental tuner." The ability to grasp openings and make the most of every opportunity on the courts plays a part in keying up picture players for direction in the studios.

George O'Brien, Edmund Lowe, Janet Gaynor, Marjorie Beebe, Barry Norton, Charles Morton, Nick Stuart, Lois Moran, Nancy Drexel and Mary Duncan often attach themselves to a racquet for exercise between studio calls during production of Fox pictures.

HEALTH IS PROGRESS

Races Survive So Long As They Remain Natural In All Essential Needs

By Mort E. Shaw

RACES who have progressed through all history have always been of vigorous, normal stock, possessed of natural, vital intelligence, fed by a continuous influx from a sturdy, simple-living, rural populace.

Races that have failed and disappeared have invariably been the victims of an overdose of civilization and its degenerating influences. Through all time there have been aggressive, vigorous tribes who have swept down upon the urban civilizations and invariably conquered.

'Too much' civilization is not due to man's advancement industrially, artistically and ethically but because civilization has ever tended to cause man to forget the standard of normal living and thinking. His indulgences always became such that they destroyed him physically and mentally.

Civilized man has suffered because he has become a victim of his own inordinate and unnatural passions for things artificial.

Man, with his heritage of hundreds of thousands of generations of natural living, suddenly finding himself under intensively artificial conditions, fails to adapt himself to these unsurmountable artifices. A few centuries back, in all civilized countries the great majority lived simply and naturally, close to the soil.

With the advent of modern civilization and its manifold artifices for the taste, sight and mediums for mental reactions, there has resulted an unbelievable physical degeneration. Concomitant with this, civilization has produced a myriad tricksters who have defiled millions of tons of printers' ink and otherwise good paper with their cure-alls, pills and nostrums. They all are responsible for many of the degenerate tastes of our civilization. Many individuals with the slightest of bodily disaffections have taken all the so-called 'cure-alls' and have become veritable drug addicts who as time elapses grow farther away from

the solution of their problems than before they took to the pills.

Today it is an unquestioned fact that we may live in the greatest cities of the world, and yet be healthy, balanced and alive with real vitality. We have the examples of thousands who, during the past few generations, have obeyed nature's dictums, lived on natural foods, feeding their stomachs only such 'fuel' which retains every quality of its innate, vital, germinal values, scorning all cookery and chemically treated victuals.

Our own Dr. Estes has repeatedly proven that cooked foods suffer from loss of vital elements and in many instances, palatability, necessitating all sorts of body-consuming seasonings. Natural foods possess an alkaline quality which dare not be interfered with or it becomes 'dead matter' and tends toward the production of acidosis in the human system.

With each succeeding year, myriads of chefs, men whose livelihood is obtained by attempting to take natural, delicious, and succulent foods and 'revamp them' so that the diner imagines himself to be eating a decidedly different tidbit. The chef strives also to make new forms of pastry and cookery, adding to the countless thousands of already meaningless recipes already extant.

One self-evident fact in psychology is that the more we indulge in variety, the more jaded and sensation seeking we become—slaves of habit. Simple natural indulgences allow for mental and physical intensity in accomplishing essential objectives. At such times when we decide to indulge too freely, we discover that we accomplish very little in essential objectives and, as to our bodies, when we overload with gastronomical artifices of our civilization, we pay a huge toll in lack of efficiency.

Most of nature's food bounty may be combined and still maintain all essential elements which healthy, vigorous organisms demand.

Natural foods give maximum of value with minimum of digestive effort. Devitalized and cooked foods are just contrary in every respect. From every test we discover that maximum efficiency is based on natural living.

Nature allows for no compromise. If we violate her dictates, she destroys us.

In past ages, vigorous tribes were wont to hungrily sweep down on ancient civilized nations and often conquered them. In time, the conquerors too became viciated, having succumbed to the civilized modes of the conquered and in turn, they were destroyed by other vigorous races. Always, the natural race has been the most vigorous and successful in bygone days with few exceptions.

Modern city dwellers, whose perverted appetites are for roast meats; fried, boiled and devitalized foods and other artificial indulgences, also fail to reproduce their kind to any necessary degree in maintaining a normal increase in population. Innumerable couples bear no children at all. Some bear one and very few, two or more.

We must be thankful for the influx of the healthy, rural, natural stock from our own and foreign farms which really continues our urban race. They, too, in time almost disappear in a matter of several generations and now, with farm population diminishing to

perhaps less than one-half the number which it boasted of a generation ago, cities must look to themselves—must avoid destructive forces to maintain consistent growth.

Civilized men and women, must realize that they dare not violate nature's dictums; they must live more naturally if they would be healthy, let alone survive. Aside from the intensively painful annoyance that civilized people suffer as a result of their disregard of natural living, they lack the vitality and vital qualities which natural folk delight in and radiate.

There is no choice in the problem before us other than eating and living as natural human beings, who will avoid all artifice wherever possible or invoke the woes as stated in that much quoted line from Hamlet about 'the slings and arrows of outrageous fortune' upon our heads.

Back To Nature Magazine uncompromisingly stands for the necessity of the raw food diet—natural living, and Dynamic Breath Control. Innumerable thousands who have subscribed to Dr. Estes' teachings realize now that they will live no other way because Back To Nature food diet and Breath Control have proven that the way to health, vitality and accomplishment is only through natural living—and thinking.

Actresses Must Retain Health Or Opportunities Fade

HEALTH is wealth in more instances than one. Now comes the example of 'Dimples' Lido, the Viennese Actress, who, according to news dispatches could not resist 'fat living,' ice cream and other sugary, destructive artificial foods.

Dimples signed with the Universal Film Corporation at a considerable salary, was slated for stardom but she thought more of overloading her system with cooked foods and pastries than anything resembling natural living. As a result, some more sensible actress will undoubtedly achieve the goal which belonged to her by contract.

Dimples signed her contract in Europe, It stipulated that she stay within certain

weight limit. Over-indulgence and opulent living soon blessed her with a series of suet wrinkles.

The motion picture producers sent her to a California hot spring to boil down. But Dimples evidently thought of nothing else but her 'tummy'. She returned after a time with an additional ten pounds on her already over-plump frame. Now, Universal has one less actress on its roster.

All this recalls the celebrated Nita Naldi, who was one of Famous Players' eminent stars, up to a few years ago. Miss Naldi could not avoid the tempting sweets of civilization. She literally ate her way out of pictures, which means \$2,500 to \$5,000 a week income stopped automatically.

Your Theatre and Mine

Through the Eyes of

NAN C. SULLIVAN

"Marco Millions", by Eugene O'Neill, is a rare play of unusual interest.

Marco leaves his home in Venice to woo fortune in the East. Syria, Persia, India and Cathay, with their magnificent palaces and courts, rich in jewels and costly settings, entice him and create an acquisitiveness that he seeks ever to appease.

Eugene O'Neill mirrors the race for us in Marco in this play not by nationality or creed, but in avarice, self-aggrandizement and a gross insensibility to the finer, oft-times seeming buried human traits which could soon be uncovered if Marco were to probe just a little way.

As he swaggers through the cities of the East, alert with the alertness of a fox, he stops long enough in each place to acquire, by shrewdness and a ready cheerfulness, some of the comforts and gold it offers, and to enjoy, too, high adventure, for Marco is a bold and daring swashbuckler. He inspires one great love.

The Oriental mysticism of the East never touches him.

His self-importance, however, dominates all of his actions and leads in every experience he encounters.

One neither likes nor dislikes Marco. He is accepted as he accepts himself.

His travels cover seventeen eventful years, then he returns to Venice and his countrymen, and we leave him enjoying hugely his own

valuable rehearsals of the many exploits and adventures that he has extracted from the East and its peoples.

The Theatre Guilds' artistic presentation of "Marco Millions", the beauty and magnificence of its settings, embody all the romance and illusiveness that is so much a part of the East and its charm.

☆☆☆

It was a Thursday matinee that lines formed to the right and left at the Booth Theatre, with tall ladies directly in front of the box office window looking over the heads of shorter sisters—scoring one up on the little ones—the crowd mulling quietly but determinedly, sometimes jostling callously, in its eagerness to see Ina Claire, with Constance Collier in "Our Betters".

It is a comedy of manners which seem to have become customs, by W. Somerset Maugham, the Englishman, who has written so many successful plays

and is the author of equally successful and popular books.

Mr. Maugham must have had as many delicious moments of fun while writing "Our Betters", as he has given to the large audiences that have seen it and chuckled with him the while he exposes English social customs and the ambition of some Americans to secure social distinction in London.

Ina Claire as Lady George Grayston, formerly of America but now of London, estab-



Ina Claire

lishes herself in a commodious house with delightful gardens surrounding it, gives week-end parties at which no expense is spared to make them distinct successes, and surrounds herself with as many lords, cabinet ministers and socially prominent persons as she can interest and intrigue by cleverness, frankness, and unceasing energy. She very soon attains a power and influence which she has no intention of relinquishing despite the serious dilemma she eventually has to face.

Ina Claire is an admirable Lady Grayston. Her voice, which she pitches to an almost raucous tone, convinces one that she would use the scythe on all obstacles big and little in her path. Lady Grayston must never show emotion when invitations to her week-end parties are pointedly not accepted, and Miss Claire's manner of accepting these deflections are as cool, clear water trickling down a mountainside.

Constance Collier, also an American, but for many years a resident of London, as the Duchess de Surrennes, in her fifties or thereabouts, is in love with a young Englishman, Bertie, who out-gold-digs the golddiggers.

The Duchess is willing, however, to pay and pay and pay and the episodes of this pair which finally lead up to their contemplated marriage are the most amusing bits we have seen in a play this season.

There is an excellent supporting cast, and the play runs so smoothly that it seems a bit of real life one is watching.

☆☆☆

And still the desire is nurtured for another season of the Irish Players in their repertoire of Sean O'Casey's plays. We toyed with time while this splendid company and Mr. O'Casey's interestingly different plays were being presented at the Knickerbocker Theatre, and so saw but one, "The Plough and the Stars."

This play deals with incidents that took place in the Easter rebellion in Ireland in 1916.

The Sinn Feiners demanded separation from England, and refused Home Rule in the hope that it would aid more quickly overcoming the objections of those opposed to them, and complete independence be the outgrowth.

Fighters every one, disturbances became frequent, and to quell them the British troops were called. Tragedy and death followed.

The touches of home life with its petty annoyances and consequences as revealed throughout these scenes were trenchantly illuminating.

No company of repertoire players so clearly define tragedy and comedy and at the same time mingle the two with such unconscious deftness as these players.

Their tragedy is poignant; their comedy sparkling.

The death of Bessie Burgess, a street fruit vendor, is a memory that has remained the clearest scene of the season's plays.

☆☆☆

"The International", by John Howard Lawson, staged at the New Playwrights' Theatre, 40 Commerce Street, has sufficient material and plot in it for the foundation of several plays.

It was handicapped also by what seemed too many directors or artists each taking a fling at presenting his particular art.

In it, however, we saw one of the most satisfyingly splendid bits of acting that it has ever been our pleasure to witness. That of Lawrence Bolton as the Grand Lama of Tibet. We would gladly travel many miles to again see this actor in this particular role. As Monsieur Fouchard of the French Ministry, he showed the versatility that might be envied by some of those in his profession who have attained a certain popularity but not Mr. Bolton's insouciant mastery of acting.

☆☆☆

The Little Theatre movement is gaining more and more recruits in New York as the season for plays is nearing its close. Many of these little theatres are tucked away in out-of-the-way places but within easy distance of subway or L.

The plays presented are usually of the serious turn of mind, with a surprising amount of talent among its actors, and as in the case of The New Playwrights' Theatre, an actor who would grace any role that he would choose to act.

The little theatre idea seems to be taking hold in almost every city of any size.

Chicago, California and cities in the South and Mid-west are becoming actively interested, and it would not be surprising to hear soon of a corps of new playwrights from among this rank, some among them, who may, like O'Neill, give interestingly enlightening plays as well as entertainment.

☆☆☆

The summer season will soon be on and we trust it will introduce us to many new light comedies and much musical entertainment.

(Continued from page 14)

moments. Though misleading claims of all descriptions are made concerning their preventive action, they only serve as a form of soap. They are chemicals which when placed in the mouth interfere with the normal action of the saliva. The mouth was made for receiving foods not chemicals. The tooth brush and pastes and powders have totally failed to prevent the diseases of the mouth. As a matter of fact, the decay of the teeth has increased in the last few years. The only reason for this is the increased consumption of refined foods.

We are all agreed upon the fact that alkaline saliva is the great antiseptic of the mouth. Instead of using chemicals why not produce this alkaline condition the natural way, the Creator's way, the easiest and most pleasant way by the use of acid fruit? "An apple a day keeps the doctor away"; half a dozen a day keeps the dentist away.

The best way to eat fruit is to make a whole meal of it. The first and last meal of the day lend themselves very nicely to fruit, but do not hesitate to eat fruit at any time of the day; the more the better. I am convinced that raw fruits, and raw vegetables are the best and only real food for man.

Since I have realized the value of the natural foods, my teeth have not decayed. My breath is sweeter. My tongue has better color. My dental friends tell me I have one of the cleanest mouths they have seen and patients who have not seen me for years tell me that I look younger.

Incidentally I might mention that before I began my fruit diet, I was troubled with catarrh as long back as I can remember. I used every form of treatment without any improvement. Now it has disappeared. Just as soon as I begin to eat denatured foods it reappears.

Children should not be blamed when they refuse to stick a brush and chemical into the mouth. If the last meal of the day is raw fruit, they need not use the brush.

Just how to keep the mouth clean I will describe in detail in another article but when my patients ask me "What is the best thing to clean the mouth with?" My answer is "Raw fruit and fruit juice—Apples."



High School Students:

Boys and Girls SELL

BACK TO NATURE MAGAZINE

146 Central Park West, N. Y. C.

Call in Person or Write

READY MONEY EDITOR

Remember 'TIME IS MONEY'

(Continued from page 11)

dandruff are all manifestations of a system crowded with sodium chloride.

It is a grave mistake to permit children to eat salt freely on such foods as celery, onions, radishes, etc. Some parents will even give the children salt in the palm of the hand when they seem to relish it. Neither children nor adults should have any salt added to their food, much less eat it plentifully as though it were a sweet. If parents realized that habits of early masturbation in children were a direct result of the eating of salty foods, they would be very guarded about the children's diet. Salt produces an irritation in the genital organs, which causes the child to scratch itself. As this continues, the irritation is apt to develop unwholesome desires in the child and lead him into habits which are ruinous to his mental and physical growth.

Cancer, hardening of the arteries, impaired vision, defective hearing, dizziness and insomnia are only a few of the many dangerous and chronic ailments which may be traced to cumulative salt poisoning. (July issue will conclude this remarkable chapter).

(Continued from page 15)

nerves. Saturate two small pads of gauze or cotton with astringent lotion, placing one on each eyelid, and relax as completely as possible for five or ten minutes. When the pads become warm, turn them over, thus keeping the cool side of the pad next to the eyelid during the entire period. This is a wonderful stimulant for tired nerves of the eyes.

If you are going for a *real good time*, and you want to look and feel top'old, try this regime. The results will be amazing.

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The following from Dr. Benedict Lust (M.D., N.D.), of New York, the well-known editor of "Nature's Path," speaks for itself:

"I have been using Flaxolyn in my treatment of a number of my patients at the Butler Sanitarium. I consider it a most modern and natural adjunct and find it a great help in assisting the process of elimination of irritants from the system. It helps bring the body back to its normal stage. It is certainly a natural remedy and complies with the teachings and tenets of such teachers as the great Father Kneipp and other authorities for natural healing. I advise every drugless believer to give Dr. Luntz's Flaxolyn a fair trial."

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BACK TO NATURE

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WITHOUT "DRUGS"

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Tells How Herbal Flaxolyn Relieves Constipation and Weak Stomach Condition Naturally and Brings Sound, Restful Sleep by Perfecting Digestion

Hundreds of folks who formerly suffered with nights of sleeplessness and days of agonizing stomach distress due to constipation now feel fit, eat with keen appetites and sleep serenely since taking a nature's own formula, Dr. Luntz's Herbal Flaxolyn.

According to the statement issued by Dr. A. W. Herr, formerly physician at Battle Creek Sanitarium, "Flaxolyn is recommended because, first, it is not a secret prescription, and, second, it does relieve in a natural way that dreaded condition called Constipation. In several cases under my care, where auto-intoxication prevented sleep, the use of Flaxolyn has

been the means of so cleaning the colon that natural sleep is now the usual thing and life has taken on a different aspect for them."

**Flaxolyn a Tonic
Laxative**

Dr. George Starr White, prominent health writer, author of "Prostate Diseases," and specialist, aroused kidney and liver sufferers by taking an open stand in praise of Flaxolyn when he said last week, "I know of no remedy that can equal Herbal Flaxolyn as a corrective and eliminant—no more natural formula for self-poisoning," due to constipation."

International Health Authorities Endorse Flaxolyn

Nothing could be greater testimony to the effectiveness of Herbal Flaxolyn than this statement of Dr. J. A. Royer (N.D., M.E.), of Montreal, Canada.

Dr. Royer says: "I was recently called into the home of a lady patient and found that she suffered from an acute attack of gastritis. Instantly I gave her a Flaxolyn herb powder. This treatment I repeated in 15 minutes and again in 30 minutes. In one hour the patient was recovering rapidly and surprisingly. The following day when I called, she had spent a good night's rest and was positively normal."

Take the case of Dr. Middlekauff of Los Angeles, a drugless or Naturopathic doctor, who was formerly a Baptist minister and who suffered for 15 years with gastro-intestinal troubles and failing health. Dr. Middlekauff not only received such help from Flaxolyn to the extent that he is now completely recovered, but he is so enthusiastic about it, he recommends it to all his friends.

Flaxolyn is highly endorsed by the London Health Centre, Academy of Physical Reconstruction of Los Angeles, Houston, Texas, Health Food Clinic, Sanitarium Health Baths of Olympia, Washington, etc., etc.

Don't wait. If you suffer from stomach distress constantly, if toxic poisons and constipation are causing poor blood, weakened condition, loss of sleep and vitality, act at once.

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WHAT I THINK OF PELMANISM-

By Judge
Ben B. Lindsey

PELMANISM is a big, vital, significant contribution to the mental life of America. I have the deep conviction that it is going to strike at the very roots of individual failure, for I see in it a new power, a *great* driving force.

I first heard of Pelmanism while in England on war work. Sooner or later almost every conversation touched on it, for the movement seemed to have the sweep of a religious conviction. Men and women of every class and circumstance were acclaiming it as a new departure in mental training that gave promise of ending that *preventable* inefficiency which acts as a brake on human progress. Even in France I did not escape the word, for thousands of officers and men were *pelmanizing* in order to fit themselves for return to civil life.

When I learned that Pelmanism had been brought to America, by Americans for Americans, I was among the first to enroll. My reasons were two: first, because I have always felt that every mind needed regular, systematic and scientific exercise, and secondly, because I wanted to find out if Pelmanism was the thing that I could recommend to the hundreds who continually ask my advice in relation to their lives, problems and ambitions.

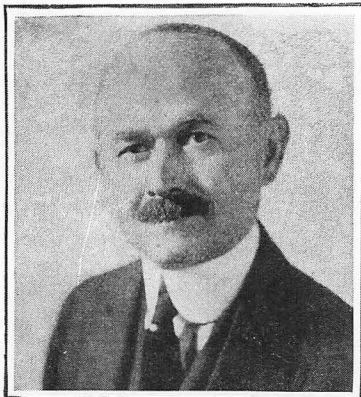
Failure is a sad word in any language, but it is peculiarly tragic here in America, where institutions and resources join to put success within the reach of every individual. In the twenty years that I have sat on the bench of the Juvenile Court of Denver, almost every variety of human failure has passed before me in melancholy procession. By *failure* I do not mean the merely criminal mistakes of the individual, but the faults of training that keep a life from full development and complete expression.

It is to these needs and these lacks that Pelmanism comes as an answer. The "twelve little gray books" are a remarkable achievement. Not only do they contain the discoveries that science knows about the mind and its workings, but the treatment is so simple that the truths may be grasped by anyone of average education.

In plain words, what Pelmanism has done is to take psychology out of the college and put it into harness for the day's work. It lifts great, helpful truths out of the back water and plants them in the living stream.

As a matter of fact, Pelmanism ought to be the beginning of education instead of a remedy for its faults. First of all, it teaches the science of self-realization; it makes the student *discover* himself, it acquaints him with his sleeping powers and shows him how to develop them. The method is *exercise*, not of the haphazard sort, but a steady, increasing kind that brings each hidden power to full strength without strain or break.

The human mind is *not* an automatic device. It will *not* "take care of itself." Will power, originality, decision, resource-



JUDGE BEN B. LINDSEY

Judge Ben B. Lindsey is known throughout the whole civilized world for his work in the Juvenile Court of Denver. He says,

"The human mind is *not* an automatic device. It will *not* 'take care of itself.' Will power, originality, decision, resourcefulness, imagination, initiative, courage — these things are not gifts but results. Every one of these qualities can be developed by effort, just as muscles can be developed by exercise."

fulness, imagination, initiative, courage—these things are not gifts, but results. Every one of these qualities can be developed by effort just as muscles can be developed by exercise. I do not mean by this that the individual can add to the brains that God gave him, but he can learn to make use of the brains that he has instead of letting them fall into flabbiness through disuse.

Other methods, and systems that I have examined, while realizing the value of mental exercise, have made the mistake of limiting their efforts to the development of some single sense. What Pelmanism does is to consider the mind as a whole and treat it as a whole. It goes in for mental team play, training the mind as a unity.

Its big value, however, is the instructional note. Each lesson is accompanied by a work sheet that is really a progress sheet. The student goes forward under a teacher in the sense that he is followed through from first to last, helped, guided and encouraged at every turn by conscientious experts.

Pelmanism is no miracle. It calls for application. But I know of nothing that pays larger returns on an investment of one's spare time from day to day.

(Signed) BEN LINDSEY.

Note: As Judge Lindsey has pointed out, Pelmanism is neither an experiment nor a theory. For almost a quarter of a century it has been showing men and women how to lead happy successful well-rounded lives. 650,000 Pelmanists in every country on the globe are the guarantee of what Pelman training can do for you.

No matter what your own particular difficulties are—poor memory, mind wandering, indecision, timidity, nervousness or lack of personality—Pelmanism will show you the way to correct and overcome them. And on the positive side it will uncover and develop qualities which you never dreamed existed in you. It will be of direct, tangible value to you in your business and social life. In the files at the Pelman Institute of America are hundreds of letters from successful Pelmanists telling how they doubled, trebled and even quadrupled their salaries, thanks to Pelman training.

"Scientific Mind Training" is the name of the absorbingly interesting booklet which tells about Pelmanism in detail. It is fascinating in itself with its wealth of original thought and clear observation. "Scientific Mind Training" makes an interesting addition to your library.

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No matter how fast your hair is falling out—no matter how much of it is already gone—I make this amazing guarantee! I'll end dandruff—stop falling hair—grow new hair in 30 days—or you don't pay me a cent! No strings attached! No "Ifs", "Ands" or "Maybes"! New hair or no pay! And you are the sole judge!



By ALOIS MERKE

Founder of the Merke Institute, 5th Avenue, New York

SAVE yourself from baldness! Stop falling hair! Grasp this "no risk" offer to grow new healthy hair in 30 days!

Here's My Contract!

If your hair is rapidly falling out—if your appearance is spoiled by approaching baldness—if you have tried countless expensive hair treatments unsuccessfully—it makes no difference. My contract stands! I'll grow new hair in thirty days—or the trial costs you NOTHING!

Here's My Secret!

Years of training and research and day after day experience in treating thousands of cases of loss of hair at the famous Merke Institute, Fifth Avenue, N. Y., have taught me many valuable facts about the hair—and this, the most amazing of all—that in most cases of baldness the hair roots are not dead, but merely dormant—asleep!

You're wasting your time—you're throwing away money—when you try to reach these dormant roots with ordinary hair tonics, oils, massages and salves. For such measures treat only the *surface skin* and *never even get* to the roots, the *real source* of trouble. How could they ever *possibly* grow new hair?

My Method Reaches the Roots

It's no use trying to make a tree grow by rubbing "growing fluid" on the bark. You *must* get to the roots!

And that's just why my scientific treatment is so tremendously beneficial! It penetrates *below* the surface of the scalp. It quickly reaches the *cause* of the trouble—the dormant, starving hair roots. It awakens them. Hair begins to sprout again. It takes on new life and color. It becomes stronger and thicker. And in a surprisingly short time—sooner than you ever imagined possible—you have a new, healthy growth of hair—OR I PAY ALL COSTS OF THE TREATMENT MYSELF!

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