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M.E.C.

BOSTON MEDICAL

# The Lindlahr Magazine

FOR THE PROMOTION OF  
HEALTH  
SUCCESS and HAPPINESS



Volume 1

January, 1922

Number 1

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- The Spirit of Christmas
- Editorial Comments
- Natural Eugenics
- Throat and Lung Troubles
- Hay Fever or Hay Asthma
- Natural Dietetics—Vitamines
- Nature Cure Help-Yourself-Club
- College Department
- Why the Progressive College

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# The Lindlahr Magazine

FOR THE PROMOTION OF  
HEALTH  
SUCCESS and HAPPINESS

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JANUARY, 1922

Number 1

HENRY LINDLAHR, M. D., Editor

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# The Lindlahr Magazine

JAN 8 1902

THE SPIRIT OF CHRISTMAS

HENRY LINDLAHR, M. D.

Who asks not, the chambers are darkened,  
Where his soul sits in silence alone.  
Who gives not, his ear never hearkened  
To the love call of zone unto zone.  
Who receives not, exists, but he lives not;  
A blot and a discord is he:—  
Who asks not, receives not, and gives not,  
Were better drowned in the sea.  
Ah! the asking, receiving and giving  
Is the soul of the life that we live,  
All the beauty and sweetness of living  
Is to ASK, to RECEIVE, and to GIVE.

—Massey.

Have you ever stopped to think that giving and receiving is all there is to life and existence, that it is the fundamental law of Nature, that it is the law of action and reaction, of compensation, of the preservation of energy, and of gravitation, all in one?

According to the law of giving and receiving, every action has its reaction. Exactly as we give, so shall we receive. On this law depends the balance of the starry heavens; if one sun or one planet should give more of attraction or repulsion than it receives, this universe would fall asunder.

“Give and ye shall receive.” “He that loseth his life shall find it.” These are not merely the expressions of a religious enthusiast; they are scientific truths. As we give to others so Nature measures back to us; the more freely we give, the more abundantly we receive.

**Give, give, give!**—not necessarily of money and precious stones, but treasures far beyond these in value—sympathy, good cheer and loving service.

“Cast your bread upon the waters, and it shall return to you after many days.” The blessed Christmas time—the time of giving and receiving—is the happiest and holiest of all the festivals in the calendar year. It does more to bring out cheerfulness, good-will and the love-nature in man than all the other holidays combined.

Giving himself freely and unceasingly, the Creator has accumulated innumerable solar systems, with myriads of life-bearing planets, until the abyss of space sparkles with stars as thickly as the morning grass with dew drops. From the great **Central Sun** the rays of life shoot outward until they become solidified and individualized in the ultimate forms of matter. In these the over-soul loses its self-consciousness. The Creator becomes the created, the positive becomes the negative. “God sleeps in the mineral, dreams in the plant, awakens in the animal and becomes self-conscious in the soul of man.”

When man becomes the Master, the Angel and the God, the great snake of the cosmos swallows its tail—the circle of being is completed. Involution and evolution have run their course.

This is the “Immaculate Conception.” The Word of God takes on the flesh of matter. The formless and nameless rays of life and power return to their source laden with individual experience. Thus God, by giving, accumulates His earths, His heavens and His myriads of angelic beings.

If the message of brotherly love and of conquest by surrender delivered to suffering humanity by the gentle Nazarene had been taken seriously by those who profess to be His followers the millennium would be **here and now.**

But in order to compromise with Mammon and to enjoy the favor of the mighty of the earth, those who call themselves Christians have only too often proclaimed from the altars of the Christ and in His name the law of might as the law of right. They have not taken seriously the Golden Rule and all that it implies. They have invoked God's blessing on the sword of the conqueror and upon the lash of the oppressor.

Is it any wonder that the dogma of materialism is "the survival of the fittest," that is, of the strongest, the most cunning and the most vicious? We have been taught that in this relentless struggle for existence we can hold our own only by grabbing and withholding. For many the most serious business of life, their worry by day and night, is how they may take that which by right belongs to their neighbor.

While this may increase stores of gold and strengthen the nature of the brute, it starves and dwarfs the higher, God-like faculties, capacities and powers. On the higher planes of spiritual life, accumulating by giving becomes more and more the law of daily life. Grabbing and holding develops the heavy, earthy magnetism, the affinity for the things of earth. The selfish soul will not and cannot rise from the scenes of its conquests and its treasures. It is earth-bound. "Where the heart is, there also shall the treasure be." A starved and miserable miser, it grovels for ages among the scenes of its

selfish struggles, among its stores, mines, banks and factories.

Unselfish, cheerful service without thought of returns alone can overcome the gravity of earth and allow the soul to rise into higher realms of spiritual existence. It matters not whether such service consists in dish-washing or in ruling the United States. Its ethical value lies in the motif and in the spirit in which it is performed.

The majority of people on this earth plane recognize and apply only one aspect of the law of giving and receiving, that is, the receiving. They are only too willing to take, to acquire and to hold, but very reluctant to give a fair equivalent for that which they receive, and most unwilling to render their services without expectation of reward.

From this one-sided application of the law in individual life arises all the trouble, injustice and suffering in this sphere and in any other sphere which partakes of the nature of hell, for all there is of hell anywhere in the universe is selfishness, and all there is of heaven is unselfish service.

The keynote of the higher life here and in the higher spiritual spheres is that of unselfish, loving service; while that of the lower spheres is selfish taking and withholding.

The key in which we play determines whether we create in our souls the content, peace and happiness of the "kingdom of heaven" or the discords of hell. The conditions in this sphere partake so much of the latter because taking is held to be the most practical motive of action. Taking and holding all that one can possibly acquire is the ruling motive in the commercial life, in the relationship between capital and labor. In national



and international politics selfishness, cunning and brute force are the mainsprings of action. The tragedies of broken friendships, dead loves and discordant homes are usually caused by the willingness to receive rather than to give of sympathy and loving service.

On the proper balancing of giving and receiving are based the principles of equity, justice and right in all the relationships of life.

If all people would give as willingly, cheerfully and freely as they take, if they would work for their neighbor as patiently and honestly as they work for themselves, we would not need to hope and pray for admission into a future heaven. It would be "heaven on earth" here and now. There would not be a "social question" to vex the souls of statesmen and reformers. There would be no need of police courts, prisons, standing armies and dreadnaughts

Laws, constitutions, reforms and charities will never create the millennium. As long as selfishness is the ruling motive of men's lives, those in power will find a way to oppress their neighbors in spite of the most perfectly devised laws and systems; the best endeavors on the part of the wisest and greatest of men will fail to better conditions.

Although we cannot hope to raise mankind into higher planes, by laws and regulations, this does not imply that we should not work for the betterment of social conditions. It is only through such work that we can lift ourselves above the blood-soaked battle-grounds of self.

The fact that the "visionary schemes" of idealists, of social and political reformers, do not succeed for lack of popular support and on account of hostile opposition and

open persecution, does not prove that such "crazy ideas" are always foolish and impractical.

It means that as yet the masses of mankind are so deeply immersed in the slough of ignorance, selfishness, callousness and fear that they prefer the game of grab and individual possession to the universal reign of the Golden Rule.

There is no use in quarreling about tastes. Those who revel in the delights of the cockpit, the barbaric racket of the jazz band and the bedlam of the stock exchange will have their fill.

The worshippers of *things as they are* do not realize that on this plane and elsewhere they are creating the social and political hells and purgatories in which and under which they will have to suffer, again and again, through many ages, until by the alchemy of self-inflicted injustice, cruelty, poverty and disease the dross of selfishness, and callousness to the suffering of others is gradually transmuted into the pure gold of human-kindness and of unselfish, loving service. If this seems pessimistic observe the witches' cauldron, fired by greed, hate and revenge, now stewing and fuming in what used to be peaceful and prosperous Europe.

It would be foolish to deny the necessity of maintaining our own in this bitter struggle for existence. We must provide for ourselves and for those dependent upon us; but it is the motive which determines the effect of the struggle upon ourselves. Let us fight to live; not live to fight, conquer and oppress. Let us adopt God's way of accumulating; not the brute's way.

In the lower realms of evolution, nature's method "seems" to be the "survival of the fittest," that is, of the strongest and most ruthless, by sheer brute force. The insect is consumed by the worm, the worm by the

bird, and so forth ad infinitum. From a higher viewpoint the cruel slaughter takes the aspect of sacrifice. In the higher realms of evolutionary development, conscious and voluntary sacrifice become the means of advancement and self completion.

The spiritualizing, elevating power of fatherhood and motherhood lies in the unselfish service which it compels—in giving without looking for returns. Therefore is Christmas the apotheosis of sacrifice and loving service, of giving and receiving. The undeveloped, selfish nature of the child delights in receiving. The developed, spiritualized nature of the adult finds its greater happiness in giving.

When the Christmas spirit rules human hearts every day of the year and controls all the actions of men, sin and suffering shall have come to an end; the Golden Rule will be the ruling motive of action; the Kingdom of Heaven will be established on earth.

## THE MASTER WEAVER

Spin cheerfully,  
Not tearfully,  
Though wearily you plod.  
Spin carefully,  
Spin prayerfully,  
But leave the thread with God.

—*Writer unknown.*

## EDITORIAL COMMENTS

H. LINDLAHR, M. D.

Here we are at last—*The Lindlahr Magazine*, for the promotion of health, success and happiness." Let us hope that we shall become as numerous as grains of sand on the seashore.

For many years patrons of the Lindlahr Institutions, students of Natural Therapeutics, readers of the Nature Cure Books, and personal friends of the author, have been clamoring for a periodical that would serve as a live medium of communication between the friends and followers in the field, and the leaders, teachers and workers at the center.

This happy consummation was delayed from year to year by the manifold activities involved in the building up of two good-sized sanitariums, two schools of drugless healing, the writing of five volumes and many booklets on Natural Therapeutics, and in addition to this **the constant demands of professional duties.**

**Better  
Late  
Than  
Never**

Why does the publication come out now, when according to the rules of orthodox science the editor should have been dead and buried some twenty-five years ago, and when according to the dictum of an eminent authority of the regular school of medicine, at his present age, the founder of the movement should be duly Oslerized?

Here are a few of the reasons why *The Lindlahr Magazine* had to be born at this late day. Nature Cure, in spite of indifference, ridicule, opposition and persecution, has grown to such proportions that it needs a medium of expression and communication among its rap-

idly increasing teachers, practitioners, friends and followers.

What the circulation of the blood is to the human body a periodical is to an educational and reformatory movement. As the blood carries nourishment to the organs and cells of the living organism, so the magazine carries intellectual nourishment and encouragement of friendship and fellowship to the followers of a common cause. It is the live wire between the workers in the field and the dynamo at the center. It keeps alive the interest, loyalty and active propaganda of those who are striving for the same ideal and working for the achievement of a common purpose.

We have long hesitated to incur the great labor and expense of publishing a magazine. We know what this means from past experience, but Nature Cure is too good a thing, and too important for the welfare of humanity, to languish or to die for want of such a circulating medium.

For years friends of Nature Cure have asked for the republication of the writings of the editor in the *Nature Cure Magazine*, Nature Cure bulletins and in other health culture publications. One of these friends not long ago wrote as follows: "This early Nature Cure literature is too valuable to be lost. It should be collected, re-edited, brought up to date and published in permanent form."

**Our  
Reason  
for  
Being**

We are now ready to comply with this widespread demand, and along with new contributions from the editor and others who have risen to prominence in the field of natural living and drugless healing literature, we shall republish in this "Quarterly" all that

is valuable in the older Nature Cure literature which has not been incorporated in the recently published books of the Lindlahr Library of Natural Therapeutics.

The new magazine will be made up in such a way that it can be bound from time to time in book form and added to the Library of Natural Therapeutics.

Besides these older writings there exists in manuscript form and in the brain files of the editor an accumulation of unpublished and unwritten materials along the lines of natural eugenics, new psychology, natural dietetics, and the treatment of special diseases, which should be handed down to posterity before the evening shadows fall at the close of a perfect day.

No matter how thoroughly convinced and deeply interested we are in a new idea or better way of doing things, our interest will flag and our enthusiasm wane, unless they are kept alive by contact with kindred spirits and occasionally by fresh inspiration.

**Perseverance Wins the Crown**

Many of those who started on the natural way of living and achieved new health and happiness, slid back into the old ruts, returned to the flesh pots of Egypt and relapsed into suffering and misery for lack of encouragement along with covert or open disdain and opposition. The following is an excerpt from a letter written by a former patient. Frequently we receive similar expressions of failure and regret.

"When I left the Sanitarium, I was in good condition; life-long constipation, nervousness and insomnia had all disappeared. I felt like a new woman; so long as I adhered strictly to your directions, I got along fine but this was not easy to do. I am the only one in my family who believes in the natural ways of living. The others think I am foolish, and instead of helping me, ridicule my ideas and discourage me. This is especially hard when one is passing through a healing crisis and friends and relatives insist on calling in a 'real' doctor."

There are many others trying to live the natural life under all sorts of difficulties who need the occasional stimulus of a message from Lindlahr's, bringing more light and new inspiration.

Another reason why a periodical has become a necessity to the movement: We have here at the center and in the field young talent which is destined to continue the good work successfully started by the founders. This coming generation needs a common medium through which to concentrate the eternal truths of Nature Cure Philosophy and Practice into new modes of expression, in the terms of rapidly advancing science, research and new discovery.

**Nature  
Cure  
Combines  
the Best  
from All**

When we speak of Nature Cure we do not mean one or several distinct methods of drugless healing. Nature Cure is thoroughly eclectic. It does not claim to have a monopoly of truth in these fields of scientific inquiry and endeavor, but it tries to incorporate in its teachings and practices all that is good, true, and efficient in other systems, philosophies, schools and cults that deal with the problems of rational living and the treatment of human ailments.

Therefore is Nature Cure the common ground on which all schools and systems of drugless healing can unite and benefit each other by a free exchange of experience, opinion and practical demonstration. This will make *The Lindlahr Magazine* the central organ and common medium of exchange for all those who favor natural ways of living and drugless methods of healing.

So then, here goes *The Lindlahr Magazine*. May it grow and prosper until it carries the new gospel of natural living and of healing to every fireside in this beloved country of ours.

**THE STREAM OF LIFE**  
 Its Sources and Tributaries  
~~are~~  
 The Swimmer's Reason, Will  
 and Self-Control.





## NATURAL EUGENICS

HENRY LINDLAHR, M. D.

### *Introduction*

#### THE STREAM OF LIFE

One of the most beautiful symbols of human life is that of a mighty river winding its way from snow-clad mountain ravines through verdant forests and fertile valleys to lose itself finally in the immensity of the ocean.

Born from a tiny snow-fed spring, the rivulet soon becomes a creek, the creek a mountain stream, growing larger and stronger as it gathers contributions from many sources. Anon the placid brook, mirroring in its limpid waters moss covered banks and pine-clad hillsides, changes into a raging torrent, flowing now over a high precipice, now tearing its way through steep gorges worn through solid rock.

As it enters the peaceful valley, the turbulent mountain stream becomes the mighty river which carries on its bosom water craft of all sorts traveling past farm, village and city to the great seaport at its mouth, whence its commerce goes to the marts of distant countries. Thus the little mountain brook, fed by many tributaries, becomes the mighty Father of Waters.

So also the stream of human life is made up of many sources and tributaries. It travels from the cradle to the grave through many places, peaceful lanes and turbulent adventures, gathering experience, rendering loving service or leaving strife and suffering in its wake.

But no matter how devious and roundabout its course, whether long drawn out or brief its journey, it is destined to find its final resting place in the infinite ocean of eternity.

As Tagore, the Hindoo philosopher and poet, expresses it in beautiful imagery: "In the music of the rushing stream sounds the joyful assurance, I shall become the sea. It is not a vain assumption; it is true humility, for it is the truth. The river has no other alternative.

"In the same manner, our soul can only become Brahma\* as the river becomes the sea. Everything else she touches at one of her points, then leaves and moves on, but she never can leave Brahma and move beyond him. Once our soul realizes her ultimate object of repose in Brahma, all her movements acquire a purpose. It is this ocean of infinite rest which gives significance to endless activities. It is this perfectness of being that lends to the imperfection of becoming, that quality of beauty which finds its expression in all poetry, drama and art."

Our illustration on page 12 shows some of the sources and tributaries which make up the stream of human life. The most important of these, according to the manifold teachings of science, philosophy, and religion, are karma, astrological influences, race heredity, physical heredity, use heredity, prenatal influence, phrenological characteristics, postnatal management, environment, education, social and political institutions, individual aspirations, ideals and habits.

The great variety of these contributory influences makes for the infinite variation in physical, mental, esthetic, ethical, moral and spiritual characteristics of human beings. As we go along in our studies of Natural Eugenics, we shall test and examine these various fac-

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\* God.

tors in the making of a man as to their importance and reliability in the light of the fundamental principles of Nature Cure Philosophy and Practice.

#### ONE-SIDED, EXAGGERATED IMPORTANCE

Those who make of any one science of life a special study, usually attribute too much importance to that particular tributary of the stream of life. The theosophist looks upon karma as the determining force in human life and action; the astrologist believes that the stars exert a most powerful influence over character and destiny. He who makes heredity a favorite study, holds that man is largely the product of hereditary influences over which he has little or no control. The phrenologist tells us that the shape of our skulls indicates and determines to large extent our predominant tendencies, the strong and weak points in our characters, and that, guided by this knowledge, we should follow the lines of least resistance; that is, we should adopt those vocations for which the bumps on our craniums indicate special fitness.

The medical doctors, happy in the belief that they have dealt the death blow to another ancient superstition, deny the possibility of prenatal influence because they find no direct connection between the nervous organism of the mother and of the growing fetus. Other considerations, however, which are beyond their materialistic conceptions, and common everyday experience contradict the dogmatic assertions of medical science.

Educators are prone to stress the influence of didactic training and cramming. Social economists and reformers overestimate the influence of environment and social conditions.

Natural Therapeutics has reduced child production to an exact science and has proved that even the worst hereditary proclivity can be overcome by the right kind of prenatal and postnatal management. Early environment and educational advantages are undoubtedly great factors in the formation of human character. The best of hereditary tendencies may be weakened and obliterated by evil surroundings, and the wrong kind of educational influences. On the other hand, the most unpropitious hereditary tendencies may be improved or entirely eradicated by the right kind of surroundings, educational influences and curative treatment.

It has been claimed by scientists high in authority that one-fourth of man's mental power, character and conduct is due to heredity and three-fourths to environment, education, religion and social conditions. This does not credit anything to individual effort, which is, after all, the determining factor.

Man is a bundle of habits, and these habits he himself creates by the fashioning of molecular structures in the gray matter of his brain and by the records in the sub-conscious mind. Whether habits are constructive or destructive depends upon what use he makes of reason, will and the power of self-control—the tools with which God or Nature has endowed him for building the temple of human character. The nature and quality of the habits he forms depend upon his aspirations and ideals. These are the silent craftsmen who fashion the molecular centers in the cortex of his brain for the expression of all that is good or evil in human potentialities.

All these influences and their manifold variations

help to make up the stream of individual life. Man is thrown into the current to sink or swim.

If a man, unable to swim, be thrown into the water of a great river, he is at the mercy of the currents; the force of the waters will throw him hither and thither, dash him on the rocks or suck him into whirlpools. The skillful swimmer, with graceful strokes, skims the surface of the waters in whatever direction he pleases. Through the development of his physical and mental and moral facilities, capacities and powers, he is superior to the destructive power of the elements; through the raging torrent he goes where he listeth.

To those battling in the stream of life the saving factors are reason, will and self-control. Such as have not learned to use these highest attributes of the soul are at the mercy of Nature's destructive forces. Any and all the influences which make up the stream of life may become harmful to him who has not learned to control them by the exercise of his God-given faculties and powers.

The Bible says, "The Israelite is above the law." The meaning of "Israelite" is "a just man." The saying means, therefore, that the just man, the perfected man or master, is no longer subject to the destructive effects of natural laws and forces. The Master, Jesus, expressed this thought when he said, "I have overcome the earth."

It is only through the highest development of reason, will power and self-control that man can subjugate and direct the natural forces which are the mainsprings of life and action. The devils of karma, astrology, heredity, phrenology and of all other adverse influences have no terror for him who understands the laws of his being and has accustomed himself to comply with them. He has learned to swim in the stream of life and to

make the power of the waters subservient to his command.

I might be asked, "Where comes in the divine? You seem to have no need of it in your equation of human life and action."

Human life, intelligence, and power to will are an influx from the one great Source of life, intelligence and creative power in the universe, from that which men call God and by many other names. The nearer we live the God-life, which is the natural life, the greater the inflow of vital energy, wisdom and power to will, and the more we manifest in our lives health, strength, beauty, wisdom and creative power.

## CHAPTER I.

### NATURE CURE EUGENICS

Thanks to the initiative of the Nature Cure movement, eugenics or the science of man-building has become a subject of popular interest. Numerous societies, writers and speakers are advocating saner and more efficient methods for the breeding and rearing of human beings. The edict has gone forth, "We must pay at least as much attention to the creation of human beings as to the breeding of animals."

The greatest drawback to these well-meant endeavors is that popular eugenics is planned and formulated on the old, conventional theories of hygiene, dietetics and therapeutics. These efforts being based on entirely erroneous principles, a science of eugenics developed from these premises cannot produce good results. When the foundation is wrong, that which is built upon it will be wrong also.

**Prevention Better Than Cure.**—Natural Therapeutics has undoubtedly solved the problem of treating

human ailments. All other schools and systems will in time have to adopt the Nature Cure way. It is the hub of the healing art; all therapeutic methods radiate from it like spokes from a wheel.

Nature Cure, however, has something better to give than treatment, and that is prevention of disease. If children were brought into this world in the manner ordained by Nature and reared in harmony with the teachings of Nature Cure, disease would soon be a thing of the past. Human beings would enjoy as good health and be as beautiful and perfect in their kind as the animal creation, which lives in the freedom of Nature, guided by instinct and therefore in harmony with the laws of their being.

First, then, we shall discuss prevention. Prevention is always easier and cheaper than cure. Where must we begin to study the prevention of disease? Some will say, "At birth, because that is the beginning of life." Not so; that would be too late. To a large extent the mould is made and the foundation laid for health and strength, or weakness and disease, for physical and mental superiority or deficiency before the human being in process of creation sees the light of day.

"Then," it will be said, "we must begin with prenatal influences, for the physical, mental, emotional and moral habits of the mother influence powerfully the development of the new life she is carrying." True, but we have to start earlier than that. The making of the human being begins with mating and conception. All subsequent development depends upon the right start.

The question then is, what constitutes good mating in regard to racial qualities, to the most favorable age for procreation, and to the physical, intellectual and tem-

peramental qualities of the prospective partners for the propagation of the species?

The majority of people are unaware of the vital importance of the race question in mating. As a matter of fact, popular notions on this problem are contrary to the truth and to the immutable laws of Nature.

Many American people glory in the fact that this beautiful land of ours, the most favored by Nature on the face of the earth, has become the melting pot for all the races of men. There are, however, two sides to the matter. When I have presented some of the facts pertaining to the reverse side, I believe my readers will seriously question the glory of the melting pot and wonder whether it is indeed an unmitigated blessing, as represented by the enthusiastic advocates of promiscuous mongrelization.

We are now, here in America, face to face and right in the midst of the most thorough co-mingling of races that has ever taken place on this earth. Therefore, it behooves us to study carefully all sides of this great problem and not be carried away by superficial judgment and claptrap enthusiasm.

If the nation at large has no objection to a thorough mongrelization of the finest products of the Aryan race with fourth race blood and fifth race hybrids and half-breeds, the individual at least can follow his own best judgment in this matter, which is of vital importance to the welfare of the coming generations and to the future of our beloved country.

*(To be continued)*



## THE DRUGLESS PHYSICIAN

E. O. Johnstone

The modern, scientific physician of Natural Therapeutics is pre-eminently a practical individual. The very needs of his training and effort are based upon this quality. The charge can never be brought against him of being therapeutically destitute. He is not burdened with inconsequential theories or cut and dried formulas worshipped mainly because of their antiquity. These may tickle the ego of some but they add little to the sum total of usable knowledge.

The Nature Cure physician deals with the great, silent forces of nature, simple and direct in action. The very simplicity of Nature Cure is one of its strongest claims to truth, and the man who understands natural law must have a superior sense of what is true and valuable.

A close study of Natural Therapeutics will enable the capable student to develop his faculty of reason. It will assist him to arrive quickly at correct conclusions. He will gain an education which is really an education. He will collect the most valuable and exact information so as to prepare himself for the highest success. He must combine the finest qualities of intellect and heart with that skill which enables him to direct the forces of health constructively. In other words, he must be an embodiment of simplicity, wisdom and understanding. His success will be in direct ratio to his manifestation of these qualities.

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Over the French College of Physicians may be seen the words cut in stone:

***I dressed his wounds  
God healed him***

## THROAT AND LUNG TROUBLES

DRS. H. LINDLAHR AND VICTOR H. LINDLAHR

**Colds and Catarrhs:** People imagine they catch a cold or infectious disease in a jiffy. They sat in a draught, got wet feet, swallowed some germs and lo! they caught a cold, small-pox, pneumonia or some other infectious disease. This common belief, like many another popular superstition about hygiene, diet and the origin and treatment of diseases is erroneous and misleading.

The cold develops from within, it is not caught from without; it may be in process of development for many weeks, months, years, a life time or several life times. The "draught" or "wet feet" are the match to the powder; there can be no explosion without the powder. The powder in this case is the morbid soil, the predisposing "diathesis" and this, according to the philosophy of Natural Therapeutics, consists in lowered vitality, abnormal composition of vital fluids and the accumulation of systemic waste, disease taints and drug poisons. These predisposing morbid accumulations may be aggravated by mechanical lesions, pressure of luxated bones or contracted muscles and ligaments on nerve filaments and blood vessels and by abnormal thinking and feeling.

These primary causes and manifestations of disease may have been active, as before stated, for a long time before the system is in the right or rather wrong condition for the catching of that cold, pneumonia or typhoid fever. A body endowed with good vitality, pure blood and tissues, and the organs of elimination in live, active condition cannot catch a cold any more than a clean house flooded with fresh air and sunshine can breed fungi and vermin.

When a clean, healthy, vigorous body is chilled by a draught or exposure to wet and cold, morbid waste in process of elimination through the skin is suppressed and thrown into the system, but the other organs of purification, kidneys, bowels, and so forth, will take care of the extra work and eliminate these impurities without difficulty.

But when, at the time of chilling and suppression, the system is already overloaded with morbid encumbrances, when the vitality is lowered by excesses and overstimulation, when the organs of elimination as a result of constant overwork and irritation, are in a clogged, atrophied condition, unable to keep a clean house, then Nature has to find another outlet for the impurities reabsorbed by the chilling of the surface. This vicarious elimination may take place through many forms of acute catarrhal ailments affecting the respiratory, digestive or genito-urinary organs. The impurities and poisons in process of elimination irritate the membranes of the internal tracts, set up inflammatory and feverish processes accompanied by coughing, expectoration, morbid discharges, diarrhea, leucorrhœa, and so forth. In other words, *back of all catarrh is autotoxemia or systemic poisoning.*

What more rational and natural treatment can be applied in such circumstances than to revive the natural activity of the skin, kidneys and bowels through simple natural methods of treatment, such as fasting, fruit juices diluted with water, enemas if necessary, water sniffing, tonic cold ablutions, manipulative treatment and in case of high temperature wet packs applied in accordance with the rules and regulations outlined in Section 2, Volume II, *Practice of Natural Therapeutics.*

## ALLOPATHIC TREATMENT

Allopathic treatment consists in suppressing Nature's acute eliminative efforts by means of antiseptic, astringent and antipyretic drugs, the inhaling of antiseptic vapors, spraying, cauterization, extirpation of tonsils, adenoids and glandular structures, all of which is suppressive, destructive and not curative treatment. Such suppression of Nature's purifying, healing efforts by drugs, ice and surgery brings about, many times, fatal complications, or lifelong invalidism, the "mysterious sequelæ" that medical science cannot explain.

Thus it will be seen that the coughing, mucoid expectoration, morbid discharges, diarrhea and all forms of acute inflammation and fever are nothing more or less than Nature's purifying, healing and regenerating efforts and that these under no circumstances must be interfered with or suppressed by any means whatsoever. On the contrary, as before explained, these various forms of vicarious elimination must be encouraged and promoted by fasting, hydrotherapy and manipulative treatment and other methods outlined in *Practice of Natural Therapeutics*.

When these acute and sub-acute processes are suppressed, then the toxins in process of elimination, thrown back into the system, concentrate and accumulate in weak parts and organs, and thus become breeding grounds for all sorts of putrefactive and destructive processes, ordinarily called chronic diseases.

Somebody has caught a cold. His friends importune him with all sorts of advice for curing it—"If you don't do something for it right away it will turn into pneumonia or consumption." These well meaning but misguided counsellors do not realize that it is only too

often the "things they do for it," the doctor's prescriptions, patent medicines or home remedies which suppress Nature's healing, purifying efforts and bring about the fatal complications or chronic after effects.

Dr. Harvey H. Wiley, before he was ousted from his position as Government Chemist by the interests profiting from food and drug adulteration, published the contents of 32 cold, catarrh and consumption remedies. Every one of these contained one, two or more poisonous astringents, opiates or anesthetics, such as quinin, opium, morphin, cocain, codein, chloroform, ether, chloral, aspirin, phenacetin, creosote, or other coal tar poisons, all of which have a tendency to contract, benumb and paralyze the cells and glandular structures of the membranous linings of the internal tracts and thus to suppress the elimination of morbid disease producing materials.

In the following pages I shall describe some of the most common forms of acute catarrhal ailments, their natural treatment and the chronic diseases resulting from their suppression.

#### ACUTE CATARRHAL DISEASES

**Rhinitis, commonly called "Cold in the Head:"** In our temperate climate this is one of the most common forms of acute catarrhal elimination. Sudden changes from overheated rooms to outside cold temperature produce a constriction of the blood vessels of the skin. This, as before explained, causes suppression of cutaneous elimination, as well as a rise of blood pressure and temperature.

To relieve this condition the mucous membranes of the internal tracts are forced to take up the work of elimination and become congested and inflamed.

The membranes of the nose and throat are most readily affected as they are constantly subjected to irritation by impurities in the air. Overeating, excessive consumption of starchy and protein foods and the absorption of caffeine, thein, uric acid (from meats), nicotine, alcohol and other food, drink and drug poisons overloads the system with disease producing materials, which results in the outbreaks of "colds," inflammation and fevers.

**Laryngitis or Sore Throat and Bronchitis:** These ailments are characterized by catarrhal irritation, inflammation and elimination in the mucous linings of the larynx, pharynx and bronchi.

**Influenza or Grip:** A more serious form of acute catarrhal elimination is influenza or grip. According to medical definition this is 'A contagious, epidemic, catarrhal fever accompanied by great prostration and varying symptoms of severity and followed by many chronic sequelae.' The latter may be entirely avoided under natural treatment.

**From the Nature Cure viewpoint,** influenza is a very violent form of acute catarrh of the respiratory passages, which may be seriously aggravated by suppressive treatment, especially by the use of quinin, opiates, aspirin, phenacetin and other coal tar products. Very frequently we hear the old story, "Doctor, I was in perfect health until I got the grip—I was cured all right, but I have never been well since."

The history of these victims of medical malpractice reveals all sorts of chronic invalidism. These "sequelae" of influenza are not at all "mysterious" but are readily recognized as the results of suppression by means of agents mentioned in the previous paragraphs, which changed nature's purifying healing efforts into chronic

suffering. That these statements are not merely ignorant assumption dictated by prejudice or the desire to knock a noble profession is proved by the fact that during the late influenza epidemic, following the World War, we did not lose a single case although we took care at times of four or five patients in one family, attended by a single nurse. Furthermore, the patients treated by natural methods do not complain of chronic after effects but enjoy better health after the acute house-cleaning than they did before.

### NATURAL TREATMENT

This is practically the same in all acute catarrhal affections of the respiratory organs. One or more whole body packs (see Section 2, Volume II) or Spanish mantles may abort the oncoming congestion in a perfectly natural manner by restoring and promoting the natural activity of the skin. The Spanish mantle, so named by Father Kneipp, is a simple but very efficient water application: it consists in taking a cold rub or spray and going to bed without drying. Wrap a dry sheet around the wet body or put on a night gown or pajamas, cover up well with blankets and produce free perspiration. This should be followed by another cold rub or spray in order to remove the poisonous exhalations and excretions from the skin. A few such applications may be sufficient to prevent more serious trouble.

If the acute symptoms should develop into a prolonged febrile disease, the treatment should be in accordance with the directions given in Chapter 13 of *Nature Cure Philosophy and Practice* or in Section 2 of Volume II, *Practice of Natural Therapeutics*. These instructions are fully sufficient for the treatment of all acute diseases

from a simple cold to the most serious cases of small-pox, typhoid, cerebral and spinal meningitis, and so forth.

**The Allopathic Treatment** of acute diseases of the respiratory tract such as colds, coughs, influenza, bronchitis, pneumonia and pleurisy, consists largely in suppressive measures. Pain is relieved by morphia, Dover's powders or leeches. Inflammatory processes are suppressed by antipyretics and ice bags or caps. Morbid coughing and morbid expectoration are suppressed by quinin, opiates and coal tar poisons; powerful laxatives are given to induce artificial purging; external applications of iodine or innunctions of mercurial ointments or other poisonous counter irritants are applied to promote absorption. Accumulations of pus and other putrifiable materials in the lungs or pleural cavity are removed by aspiration, that is by tapping with a hollow needle. Sometimes a piece of rib is removed to allow free drainage.

According to our experience all such treatment is suppressive and destructive, not curative. The pain and germ killers benumb and paralyze the organs, cells and vital activities. Poisonous ointments, liniments and counter irritants are absorbed and help to create the worst forms of chronic ailments. They reveal their presence later in the iris of the eye. The tapping in most cases is followed by faster accumulations of purulent fluids.

We have cured by the natural methods many such ailments that under drug and surgical treatment had gone from bad to worse through many months of intense suffering. One of these cases that had drifted into empyema and miliary tuberculosis I have described as follows in Volume I, *Philosophy of Natural Therapeutics*.



## EMPHYEMIA AND MILIARY TUBERCULOSIS

Several gentlemen of Greek nationality called on me with the request that I visit a friend of theirs who had been confined to bed for about two months in one of our great West Side hospitals. On investigation I found the patient had entered the hospital while suffering from a mild attack of pneumonia. The doctors of the institution had ordered ice packs. Rubber sheets filled with ice were applied to the chest and other parts of the body. This had been continued for several days until the fever had subsided.

As a matter of fact, ice is more suppressive than anti-fever medicines. Continued icy cold applications chill the parts of the body to which they are applied, depress the vital functions and effectually suppress the inflammatory processes.

The result in this case, as in many similar ones which I had occasion to observe during and after the ice treatment, was that the inflammation in the lungs had been arrested and suppressed during the stage of destruction, while the air cells and tissues were filled with exudates, blood serum, pus, leucocytes, red blood cells, bacteria, and so forth, leaving the affected areas of the lungs in a consolidated condition.

As a consequence of suppression in case of this patient, the lungs had been left in a consolidated, liver like condition, followed by decay and putrefaction. The doctors in charge informed his friends that he was now suffering from "miliary tuberculosis," and would probably die within a week or two.

Discouraged by this information, the friends of the patient asked us to take charge of the case. The man was transferred to our institution and we began at once

to apply the natural methods of treatment. For ice packs we substituted cold water packs—strips of linen wrung out of water of ordinary temperature wrapped around the body and covered with several layers of flannel bandages.

The wet packs became warm on the body in a few minutes. They relaxed the capillary vessels and drew the blood to the surface, thus promoting heat radiation and the elimination of morbid matter through the skin. They did not suppress the fever, but kept it below the danger point.

Under this treatment, accompanied by fasting and judicious manipulation, the inflammatory and feverish processes which had been suppressed by ice packs and antipyretics soon revived, became once more active and were made to run their natural course through the stages of destruction, absorption (abatement) and reconstruction.

The result of this Nature Cure treatment was that in about two months after the patient entered our institution, his friends bought him a ticket to sunny Greece. He withstood the fatigue of the voyage well, and in the congenial climate of his native country completed his recovery.

A similar case which did not end so fortunately was treated by us a few years ago. The patient was a young woman servant in a druggist's family. She had contracted pneumonia and was given the ice pack treatment. This left one of her lungs in a consolidated condition, which in turn resulted in putrefaction and liquefaction. She had been tapped twice to remove purulent fluid. Soon afterward microscopic tests showed numerous tubercle bacilli in the sputum as well as in the exudates.

Under the Nature Cure treatment she began to improve and after three months her friends thought she was strong enough to continue the natural regimen in the country. I tried to impress upon them the fact that in such serious cases, the first improvement is not the cure; that true healing crises had not yet developed and that everything would depend upon the right management of these acute reactions. However, as in many similar cases, my warning was not heeded. The patient made fine progress for a few weeks more in the country; then developed an attack of acute pleurisy, a true healing crisis. A country doctor was called in, who promptly suppressed Nature's healing efforts with iodine injections and powerful antipyretics. This was more than Nature could endure. After she has worked up, with all her might, a vigorous healing crisis, another suppression by drugs, ice or surgical treatment is more than she can overcome and the healing crisis is turned into fatal collapse. That is what happened to this patient, as well as to many others who failed to cooperate with Nature in the crucial test.

I have never yet in all my experience seen a healing crisis end fatally when not interfered with by suppressive treatment. That this was indeed a true healing crisis was proved by the fact that several months of steady splendid improvement preceded the development of the attack of acute pleurisy, a form of crisis which was to be expected in the nature of the case.

The Nature Cure treatment of bronchitis, pleurisy and pneumonia allows the inflammatory processes to run their natural course through the stages of destruction, absorption and reconstruction. This prevents consolidation of the affected areas and the following putre-

factive and tubercular processes Recovery becomes complete and leaves the patient in a cleaner and healthier condition.

#### THE CASE OF CARUSO

The story of Caruso's prolonged suffering and untimely ending is another proof of the truth of our claims and contentions. The great singer was not so fortunate as the humble Greek whose recovery from empyema and miliary tuberculosis I described on pages 29 and 30. Too much money killed the great tenor.

When the daily papers first reported that Caruso had contracted a cold, that this had developed into pneumonia and that three eminent specialists were at his bed side by day and night, I said in a public lecture "Poor Caruso, one specialist is bad enough, three too much; he will never sing again." Unfortunately my prediction came true, though it required a year of constant drugging, operating and tapping to break down the resistance of his powerful constitution. The end came after the sixteenth operation. When publishing the sad news the Chicago Tribune gave utterance to the following profound observation—"His death was due to the fact that a celebrated surgeon who had been sent for to perform the seventeenth operation was detained in Milan." Oh, Sancta Simplicitas!—"Father forgive them for they know not what they do."

If the pneumonia and pleurisy had been treated by natural methods, Caruso would have been cured in a few weeks' time and his glorious voice saved for many years to come.

#### ASTHMA OR SPASMODIC BREATHING

Another serious ailment which frequently follows the suppression of acute diseases of the respiratory or-

gans is asthma, or spasmodic breathing. Allopathic authorities describe this ailment as a spasmodic contraction of the circular fibres of the bronchial tubes, giving rise to paroxysmal attacks of dyspnoea or difficult breathing.

The attacks come at irregular intervals and are frequently preceded by an overwrought or excited condition of the nervous system; there is great difficulty in breathing, especially in expiration. This may be so serious that at night the patient must assume a sitting or standing position. He grasps at some fixed object on which he can pull, in order to bring the respiratory muscles into action. A peculiar wheezing or whistling sound accompanies the respiration which is slow and much prolonged. Relief usually comes through a fit of coughing which may bring about a relaxation of the small bronchial vessels. The sputum which the patient raises is in the shape of little balls or mucous plugs. The attacks occur most frequently during the night, the patient waking up with a feeling of great dyspnoea or air hunger. He feels as if there were not sufficient air in the room and asks for the windows and doors to be opened. There is great mental depression; the patient feels as though he were dying. If the disease assumes the chronic character, there is a gradual increase in difficulty of breathing; the victim becomes gaunt, sallow and hollow cheeked. The lung loses its resiliency resulting in pulmonary emphysema.

#### FROM THE NATURE CURE VIEWPOINT

The medical book before me gives the following description of the peculiar appearance of the sputum expelled in asthmatic attacks: "The sputum consists of

ball-like gelatine masses or pellets which can be unrolled and are then found to represent casts of the small bronchioles." Curchmann describes its microscopic appearance as follows: "At first the pellets show two forms of spiral threads. The one form entangles within its mesh-work leucocytes. The other form contains a central clear filament, surrounded by a spiral network of other filaments of mucous. Later, the filaments disappear, and crystals of phosphates appear in the now mucopurulent expectoration."

What an interesting confirmation this is of our pathogenic theory of disease. The mucous plugs containing "leucocytes" confirm our theory of pathogenic obstruction through leucocytes and other colloid materials. The inflammatory processes incidental to the asthmatic attack decompose these morbid materials into phosphates, other salts and simple compounds more suitable for elimination.

Medical science attributes the attacks almost entirely to irritation of the nerve mechanism controlling the calibre of the blood vessels.

Asthmatic attacks may be precipitated also through toxic irritation of the vaso-contractor nerves of the bronchial tubes. Such irritation may result from acids, ptomains, alkaloids of putrefaction, xanthins, disease taints and drug poisons. It may also be caused through irritation of the vaso-controller nerves resulting from impingement of bony structures and connective tissues on the vaso-contractor nerves which control the lumen of the bronchial tubules. The systemic irritants must be eliminated through strict dietetic and other eliminative treatment. The mechanical impingement and irritation resulting from spinal luxations and encroachment of

connective tissues on the nerve trunks and filaments must be corrected and removed through manipulative adjustments and relaxing movements of neurotherapy treatment.

Medical science now holds that asthma is caused by the irritant effects of pollen, or protein food substances. One patient may have an attack after eating eggs, another may be affected by three or four different food proteins, and still another may succumb when near a horse or some other animal.

Medical men have prepared various extracts of pollen and proteins which they inoculate or inject into patients. If one of these substances produces a spasm it is assumed that the patient is "sensitive" to that particular kind of protein, which is then excluded from his diet, or the patient is removed from the offending environment or climate. Symptomatic relief may thus be secured, but is it a cure? Does such treatment remove the underlying causes before described which produce tendency to asthma and the "susceptibility" to protein substances and to the exhalations from certain animals? These tests are called "sensitization."

One of our patients was subjected by Dr. Walker to 44 tests, but not one of them proved to be the exciting agent in her case. These experiments resulted only in encumbering her system with 44 more kinds of waste materials.

The following letter gives an interesting account of the treatment and cure of a very stubborn case of chronic asthma:

"December 12th, 1919.

"My dear Dr. Lindlahr:

"In the hope that my experience in finding health again through Nature Cure may be of some help and encouragement

to another, I am sending you the following account of my case, asking that you use it in any way you may deem wise.

"For the past seventeen years, with some brief periods of relief, I have been a sufferer from asthma, varying in severity from slight wheezing and coughing to a condition which made it necessary for me to live in a Morris chair, the respiration so labored that it was an unwelcome effort to speak at all. Medicine, surgery, serums, osteopathy, chiropractic and change of climate were all resorted to with only temporary relief. More than once a good healing crisis was brought about in one way or another, but ignorance as to its nature and the orthodox return to "good nourishing food" as soon as I was able to eat brought the inevitable result of preparation for the next attack. Finally, in the summer of 1919, through the kind interest of one of your former patients, your book on Nature Cure was put into my hands, and it required very little reading to convince me that you held the key to my salvation.

"So in the latter part of August, I brought you a real old chronic case, 40 pounds under weight, the eyesight constantly decreasing in power, three large psoric spots in one lung, and the whole body choked with morbid matter. In my handbag was an atomizer containing "dope," which had been my constant companion for four or five years.

"The 12th day after my arrival I came down with a splendid healing crisis, the fever running up to about  $103\frac{1}{2}$ , while the poisonous excretions came from the whole respiratory tract in great quantities. The breath was very offensive and the tongue heavily coated. I was at once put on a fast which lasted for two weeks and left me feeling like a new creature in spite of the weakness. The asthma had disappeared and I could lie flat on my back in perfect comfort. All through the experience my mental attitude was one of great satisfaction and confidence in the healing processes which were at work, and pictures of myself in full health were constantly before me.

"However, I was hardly back on the regular Nature Cure diet before some of the old symptoms began to return and it soon became evident that the housecleaning was not yet over. As these symptoms increased, it seemed advisable to take a second fast, which, however, was continued only one week, and resulted in further elimination and a gain in flesh after returning to full diet. An improvement in the vision was also evident, and my glasses were reduced one number.

"After about two weeks of regular meals the old symptoms appeared again but in very much lighter form, and a slight loss of weight called for a repetition of the short fast. The response to this was most satisfactory, the sinuses eliminating freely by the end of the second day and the excretions being so green that the virulence of the poison was beyond question. This brought quick relief to the bronchial condition and the asthmatic symp-



toms subsided again, while my strength had so increased during the previous weeks that the seven days of fruit juices caused very little discomfort. The weight began to increase immediately after the fast was broken.

"There is, of course, much waste matter still to be eliminated and the short periods of fasting will be continued as often as conditions indicate the need. I am absolutely confident that faithful observance of requirements, including the proper natural diet, the use of cold water, massage, deep breathing exercises, and the right mental attitude as you have taught us so constantly in the life at the Sanitarium, will result in the return to full, abundant health such as I have not known since childhood.

"With deep appreciation of the great work of restoring humanity to its rightful heritage to which you are devoting your life, and heartfelt gratitude for all that Nature Cure has done for me in these short sixteen weeks, I am

"Very sincerely yours,"

"M. N. L."

#### HAY FEVER OR HAY ASTHMA

Also called Rose Fever, Autumnal Catarrh, Pollen. Catarrh.

**Allopathic Description:** "A catarrhal affection of the respiratory tract, particularly of the nasal passages, accompanied by a peculiar hyperaesthesia of their mucous membranes. This is the result of irritation of the Schneiderian membrane by the pollen of different plants, particularly that of the grasses. The peculiar sensitiveness of the respiratory membranes to the pollen of plants is frequently inherited."

The medical profession entertains two theories as to its true nature and causation:

First: That it is due to purely nervous influences.

Second: That it is due to irritation of a hyperaesthetic nasal membrane, generally associated with hypertrophic rhinitis.

The attack of hay fever is ushered in by violent and prolonged fits of sneezing, with constant tickling and irritation in the nose. A copious discharge, from both

the nose and the eyes, is present. The eyes become red and swollen. Attacks of asthma are often associated with hay fever; coryza, or bronchitis is always present. (Duration from six to eight weeks.)

As to prognosis, the disease never proves fatal, but complete cure is very doubtful.

The allopathic treatment consists in change of climate, to the seashore or to regions free from pollen. To stop the violent paroxysms of sneezing, Dr. Gatchell recommends plugging the nostrils with cotton, not tight, but so that the air, in breathing, will filter through.

A solution of cocain applied to the nasal membrane will relieve the sensitiveness to pollen. As a prophylactic, arsenicum or cepa may be given for some time before the expected arrival of the hay fever. The nasal membranes are sprayed and cauterized a few weeks before the advent of the attack, with strong antiseptic solutions. It is recognized, however, that all these allopathic methods are at best palliative, not curative.

#### FROM THE NATURE CURE VIEWPOINT

It is entirely erroneous to attribute this annoying ailment to the pollen of grasses and other plants. If this were the case, everybody should have hay fever in localities where the air is filled with pollen at certain seasons of the year. As a matter of fact, however, not more than one in a thousand exhibits the peculiar symptoms of the ailment; consequently, something else besides the pollen must be necessary to develop the acute attacks; and that something is a pathogenic condition of the system which produces certain catarrhal excretions in the nasal membranes and bronchial tubes, in which the pollen can produce a certain form of inflammation which brings on the irritating symptoms of this peculiar affliction.

This is only another confirmation of our contention that each inflammation-producing micro-organism lives on its own particular form of disease matter. In this case, the hay fever pollen depends for its peculiar fermentative activity on a certain kind of morbid catarrhal excretion, peculiar to hay fever patients. From this it becomes apparent that the orthodox local antiseptic treatment is not only useless but suppressive and destructive. The ailment can only be prevented or cured by eliminating from the system the pathogenic encumbrances which create the peculiar catarrhal elimination, which in turn furnishes the morbid soil for the activity of the hay fever pollen.

**Natural Treatment:** From what has been said it has become apparent that the natural treatment of hay fever is the same as that of other chronic catarrhal conditions. The local catarrhal elimination must not be interfered with in any manner whatsoever. It will cease of its own accord when the system has been purified of the pathogenic encumbrances responsible for this peculiar form of morbid elimination. In other words, as in all other cases, the cure must proceed from inside out and not from outside in.

“May 19, 1921.

“To whom it may concern:

“On August 19, 1917, I had an attack of hay fever. I consulted an allopathic physician and he checked the hay fever within a few days by medical and serum treatment. Within two days after this I developed asthmatic attacks. These continued and grew worse for eight months afterwards. The attacks were very severe and continued by day and night. All this time I was under medical and serum treatment. Also during this time I developed hemorrhoids, and the drugs I took caused indigestion. I constantly used powerful cathartics to move the bowels. All this resulted in great weakness and emaciation. I lost twenty-five pounds in weight.

“Through the advice of an acquaintance I finally consulted Dr. Lindlahr. While making the diagnosis from the iris he told

me that my eyes showed large itch or psora spots, which indicated that itch or scabies had been suppressed. I remembered that this was true. When about twelve years of age I had a severe attack of scabies which lasted over several months. My mother used suppressive treatment by means of salves, sulphur and molasses. Dr. Lindlahr claimed that it was these disease taints, together with other systemic poisons, that were the real causes back of the hay fever, asthmatic condition and other ailments from which I had been suffering.

"I remained under treatment in the Sanitarium for six months. Improvement was quite marked from the beginning, and the asthma disappeared entirely; but the attacks returned during the following winter. During that time I was also subject to severe nervous conditions bordering sometimes on the hysterical.

"Then I broke out all over the body with typical itch eruptions. These continued for about two weeks, and I did nothing to suppress them, but tried to promote the elimination by fasting, fruit juices and raw food diet. In addition to this I bathed two or three times a day in cold water. When the active elimination began to decrease, the skin all over my body peeled off in strips. After this crisis had run its course the asthmatic attacks disappeared entirely. The nervous conditions also abated, and I have not been troubled with them since that time.

"When Dr. Lindlahr made the first diagnosis from the iris he told me that the suppressed psora would some time reappear in the form of healing crises provided I adhered strictly to the natural methods of living and of treatment. Undoubtedly it was the stirring up of these poisons toward the end of the first year that brought on the return of the asthma and the nervous symptoms as healing crises. Understanding this, I was not frightened by the return of my ailments, and adhered strictly to the natural living treatment. Since that time I have been in perfect health, having gained thirty-five pounds, and according to the testimony of my friends, am now the proverbial picture of health. All other ailments from which I used to suffer have also disappeared entirely.

"From childhood up I suffered from painful menstruation. This also has entirely disappeared since I passed through the great healing crisis.

"During the period that I was affected by the asthmatic conditions I used to expectorate large quantities of mucus with slime and pus. The asthmatic attacks seemed worse a few days before the menstruation; in fact, they were so severe that my whole body trembled from exertion.

"I attribute my complete recovery to Dr. Lindlahr's diagnosis, the treatment I received at the Sanitarium, and the things I learned while there which enabled me to keep up the natural regimen at home until I passed through the final big healing crisis.

"Mrs. H. B. P., Chicago."

## LUNG TROUBLES AND CLIMATE

At this season of the year, many Chicagoans who can afford to travel, ask the question, "Where is the best place to go for throat and lung troubles?"

To these we say "Stay right here in Chicago and be cured."

"Why that is impossible! My doctors tell me catarrh is in this climate; the only way to cure it is to go south."

These doctors, from their viewpoints, may be right. The kind of treatment which creates the chronic catarrh can not be expected to cure it; therefore, the next best thing to advise is a change of climate. It is a convenient way of getting rid of a perplexing case.

The physician overlooks the fact that his patient cannot run away from himself; that wherever he goes he takes with him the refuse in his system which breeds the catarrh. In a warmer climate his catarrh may improve but the disease soil in him will produce other forms of noxious growth or systemic poisoning; he will merely change the outward form of disease.

## WHAT CAUSES CATARRH?

As already described the causes of cold and catarrhs are manifold. In all cases the coryza, cough and expectoration are forms of vicarious elimination. The mucous membranes of the inner organs are trying to do the work for the lazy skin, bowels, kidneys and other organs of elimination.

What we call the scrofulous constitution always inclines to catarrhal troubles, because the skin is weak and

enervated, the surface circulation is defective, the blood itself is watery and its corpuscles are sickly and deformed.

A person of this type suffers from cold skin, clammy hands and feet. The surface is blue and anemic while the inner organs are congested. For these reasons elimination through the skin is insufficient and oxygenation defective; especially do the outer parts of the body suffer from carbonic acid asphyxiation. The membranes of throat and bronchi are forced to perform the work of elimination for the skin and other sluggish organs of depuration. **Individuals thus afflicted exhibit in the iris a heavy scurf rim.** They usually belong to the negative type.

Another great percentage of chronic catarrhal troubles is due to uric acid and other systemic poisons. The ordinary meat, egg, white bread, pie and coffee diet overloads the system with uric acid, ptomains and poisonous alkaloids. These systemic toxins obstruct and contract the arterioles and form gluey (colloid) substances which clog the minute capillaries. This again impedes the surface circulation, hinders elimination through the skin, causes congestion in the inner organs and forces the mucous membranes of the respiratory, digestive and genito-urinary tracts to perform the work of elimination for the clogged skin, bowels, liver and overworked kidneys.

#### WILL MEDICINES CURE CATARRH?

When the mucous membranes of the nose, throat and bronchi, of stomach, intestines and genito-urinary organs try to make good for the overworked organs of elimination, when "colds," "catarrhs," "swollen tonsils"

and "adenoids," catarrhal conditions of stomach and bowels, diarrhea and leucorrhœa make their appearance, all the arts of physician, druggist and surgeon are resorted to, in order to promptly suppress these cleansing crises.

Quinin, coal-tar products, opiates, astringents and antiseptic sprays are employed to paralyze the eliminating cells of mucous membranes. The surgeon's instruments snip out swollen tonsils, adenoids or lymphatic glands which are doing their best to rid the system of waste matter.

Douches, saturated with poisonous antiseptics, suppress the catarrhal discharges from the genito-urinary organs (leucorrhœa) and drive the poisons back into the womb and ovaries. When this results in internal inflammation, the surgeon's knife removes the offending organ. (Far better sometimes if it removed the offending surgeon.)

Is it a wonder that this treatment does not cure catarrhal conditions, that the physician is finally forced to advise a change of climate?

The fault lies not with the climate but with the refuse-encumbered organism of the patient. If he goes to a warmer climate, the catarrhal conditions may improve, but malarial fever, liver and spleen diseases, digestive troubles, nervous prostration and insomnia will take their place. It means merely changing one form of acute disease manifestation for another. The underlying causes remain. It is a well known fact the "one lungers" who emigrate to southern climates can never return to their northern homes lest they relapse into their old troubles, which proves that "mild climate" never cured them. When on the other hand they have been cured

of asthma or tuberculosis by thorough purification and regeneration of their system, they can live with impunity in the arctic regions or in the fever infested regions of Panama or Brazil.

The following letter throws interesting light on the rational treatment of tuberculosis and the futility of sending patients suffering from lung troubles on a "wild goose chase" to mild climates.

"February 12, 1921.

"Dear Doctor Lindlahr:

"For the last ten years I suffered with chronic bronchitis. I contracted this disease while living in Petaluma, Solome County, California. During the last three years the catarrhal condition became much worse.

"I was drafted into the army on September 9, 1918. The army doctors diagnosed my trouble as pulmonary miliary tuberculosis, and I was discharged after twelve days' observation.

"I then returned to my home and tried different doctors and methods but without results.

"On November 8, 1920, I entered your Chicago Sanitarium, and under the Nature Cure treatment began to improve at once. Now, near the end of the fourth month, I am ready to go home in good health. My lungs are now in good condition. Though on a strict fruit and vegetable diet, I have gained 8 pounds in weight, and am feeling well in every way. This proves what I have heard you say in your lectures, that many-times people suffering from lung diseases come from California and southern climates to Chicago in order to be cured of their troubles, and the Chicago climate is supposed to be particularly hard on patients suffering from such ailments.

"Sincerely yours,

"W. G."

Much more important than climate, for the cure of tuberculosis is natural living and natural treatment. While a mild climate may palliate the irritation and catarrhal elimination from the throat and lungs, this does not remove the underlying systemic and scrofulous encumbrances which furnish the morbid soil for the development to tubercle bacilli. The only possible way



of eliminating these is by natural living and natural methods of treatment.

In this case the tubercular condition developed in the genial climate of California, and the patient was cured during the winter months in the smoky, gloomy atmosphere of Chicago.

**Tuberculosis:** The development of consumption or tuberculosis as a result of wrong living and suppressive treatment has been described in an article entitled *The Making of a Chronic*. The pamphlet entitled *How Nature Cures*, containing this treatise will be mailed to any one interested in the subject, on receipt of thirty cents.

## GROWING OLD GRACEFULLY

"The present conception of living and being useful is a reversal of many of the traditions of the past. Age is no longer an accumulation of years. It is a state of mind and the heart. The man or woman of seventy, or eighty, or ninety is no longer looked upon as a freak. Francis Wilson, the eminent actor, himself a man of sixty-seven years and still active on the stage, recently was called before the curtain by one of his enthusiastic audiences. He said: 'I haven't been able to keep the gray out of my hair, but I have kept it out of my heart and my legs.'

"But everybody knows some young fellow of seventy years who spends hours daily upon the golf links. Gone are the days when skull caps and canes were the companions of three score and ten. The zest of life has not all departed when the clock times the half century."—*Rock Island Argus*.

If it is possible for those living the conventional life to preserve youthful vigor and efficiency to a ripe old age, what may not be possible for those who adhere to the natural life?

A few generations of natural mating, child culture and right living should prolong man's span of life to the normal one hundred and fifty years instead of to the proverbial three score and ten. What is more important—the capacity for achievement and the enjoyment of life would be maintained to the very end.

## NATURAL DIETETICS

H. LINDLAHR, M. D.

## VITAMINES OR LIFE ELEMENTS

About a year ago I published a booklet entitled *The True Nature and Source of Vitamines or Life Elements*. In this treatise I called attention to the fact that in the first issues of the *Nature Cure Magazine* published in 1907-1909 I had described the "lately discovered Vitamines" under the term *Life Elements*, and that the word *Vitamine* is a literal translation of *Life Element*. I further showed that all the claims made within recent years for the vitamines as to their characteristics and functions in the processes of digestion and nutrition, I made in my early writings. In the *Vitamine* booklet I confined myself to a general description of the nature and source of the life elements and of their functions in the vital activities of living organisms.

In this series of articles I shall describe and explain the results of the latest scientific researches, pertaining to the subject of *vitamines* and as I proceed I shall compare these findings of up-to-date scientific research with the teachings of Natural Dietetics as presented in my former writings. The similarity and in most instances identity of conclusions arrived at will be quite apparent.

In my studies of the subject from orthodox sources I have consulted the writings of C. Eijkman, H. Fraser, A. T. Stanton, C. Funk, E. V. McCollum, M. Davis, Joseph Goldberger, R. H. Chittenden, Benjamin Harrow. Ph.D., and a pamphlet entitled *The Present Status of Vitamines* recently published by Catherine Blunt and associates.

In the *Vitamine* booklet I stated that investigation of the beriberi disease, its causes and treatment led to the discovery of the vitamins by Eijkman, Funk and others. They found that the disease was caused by the excessive consumption of polished rice and that patients suffering from this disease when near death could be revived and cured by the administration of very small amounts, in almost homeopathic doses, of rice polishings. This indicated that the pericarp or outer tough covering of rice and other cereals contains a substance indispensable to health and life.

In this connection I quoted from the *Britannica Year Book* for 1913, as follows:

"In 1909 Fraser and Stanton published their *Etiology of Beriberi*. Working on the lines suggested by C. Hose and Brad-don, they traced the cause of the disease to the use of 'milled' rice, i. e., rice which has been 'polished' by the removal of its husk and outer layers. Fowls or pigeons fed on polished rice alone quickly showed signs of the disease; but if the polishings of rice were added to their food they quickly recovered. Further observations, by De Haan, Chamberlain, Eijkmann, and others, showed that the disease was not due simply to the absence of phosphates from the rice. It was due to the loss of substance which is present as a mere trace in the husks; indeed, there are no more than ten grains of it in a ton of rice. Funk, working at the Lister Institute, has lately segregated this substance, and has given it the name of 'vitamine.' We are told that a pigeon fed on polished rice alone will, in three or four weeks, show signs of the disease. If, when death seems imminent, a minute dose of vitamine be given, the bird quickly recovers.

"The wonder does not end here. For this work on beriberi throws light on epidemic dropsy, scurvy, rickets, etc. Indeed, Funk has isolated from limes a substance similar to vitamine, and present in about one in 100,000 parts of the fruit. This 'vitamine of the lime' has a favorable action alike on beriberi and on scurvy."

Alfred McCann, who for a number of years has been teaching and demonstrating straight Nature Cure dietetics, carried on many experiments before teachers and children in public schools in order to reveal to them the importance of mineral salts and vitamins in food.

He would feed pigeons, guinea pigs and other test animals on polished rice, white flour, white sugar, chemically pure fat or casein extracted from milk. Within a few weeks animals fed on these "good, rich, nourishing foods" would grow weak and emaciated, develop symptoms similar to beriberi, polyneuritis, pellagra, rachitis, scurvy and pernicious anemia, ending in paralysis and death within a few months' time. When near death, minute amounts of the polishings of rice or pulverized bran, tiny doses of fresh whole milk or of the juices of fresh fruits and leafy vegetables would revive the animals and restore them to perfect health.

What was this mysterious something lacking in pure white rice, flour, sugar, casein and fat, but present in the whole cereal products, unrefined sugar, whole milk, fruits and vegetables? Science now answers, "the vitamins."

As related in the *Vitamine* booklet, Alfred McCann successfully carried out a similar experiment on a much larger scale on human beings. The German raider, "Crown Prince Wilhelm," during the World War had been scouring the open seas for over eight months. During this long cruise the marines and sailors had been living on the richest of foods, such as meats (fresh and salted), white bread, lard, condensed milk, white sugar, cheese, potatoes (peeled), all kinds of fats and oils, yet they developed diseases similar to beriberi, pellagra, scurvy and anemia. Many had been buried, others were in a dying condition or so weak that the commander did not have men enough left to navigate the vessel and was compelled to surrender to the United States authorities in Norfolk harbor.

Alfred McCann, after gaining admission to the meeting of consulting physicians on board the ill-fated

ship, in a rather adventurous manner, was allowed to treat the patients in his own way. He started to feed them on soup made from potato peelings, and, after they began to improve, on fruits and vegetables; and lo, every one of them recovered.

What a splendid confirmation this is of the teachings of Natural Dietetics! While the Nature Cure people were preaching and practicing vegetarianism, the medical schools and their "great authorities" on hygiene and dietetics, of the Woods-Hutchinson type, were condemning the use of whole grain bread and of other whole grain cereal products. They looked upon acid fruits and leafy vegetables as devoid of nutritive qualities, fit only to produce acid diseases, indigestion and other troubles.

In the following pages I shall quote more passages from the writings of orthodox authorities relating to the subject of vitamins, in order to present testimony unbiased by Nature Cure theories and opinion. Benjamin Harrow, Ph.D., in his interesting book, *Vitamines, Essential Food Factors*, writes in Chapter IX as follows:

"Milk, an excellent food for infants and growing animals, contains protein (casein), fat, carbohydrate (milk sugar) and inorganic salts. The protein, if given in sufficient quantity, contains all the needed amino-acids. Suppose that instead of supplying our animals with milk we feed them with the isolated constituents of milk, in quantity sufficient to supply fuel needs. We give our animals an excellent protein, plenty of fat and carbohydrates to supply energy needs, and all the mineral salts necessary. From what has been said so far, such a diet should comply with all requirements.

"So indeed thought most scientists until Professor Hopkins of Cambridge disproved it.

"Professor Hopkins took two sets of rats—which we shall call A and B—in about the same stage of development, and of about the same weight, and fed A with the isolated constituents similar to those that can be obtained from milk (protein, fat, sugar and mineral salts), and B with the same substances plus a minute quantity of fresh milk. The rats belonging to series A lost weight and showed decided pathological symptoms; those

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belonging to series B steadily gained in weight. On the eighteenth day the diets were reversed, so that now A was getting the little extra milk and B had theirs cut out. Almost immediately A began to gain in weight and B to lose in weight.

"Let us examine the results of this amazing experiment. The isolated foodstuffs yielded energy in quantity more than necessary to satisfy all calorific requirements. The protein was rich in the necessary amino-acids. The mineral salts were not only abundant but various in kind. The fat and carbohydrate were there too. Yet all this was of no avail. The animals lost weight almost as rapidly as if they had been starved. When, however, a minute quantity of fresh milk was added—about two five-hundredths of a pint per day—the animals thrived.

"The amount of milk added was so small that it could not have added anything material to the energy value of the food. Besides, the energy value of the foodstuffs was more than sufficient. And in so far as the most careful chemical analysis could show, the whole milk added was itself composed of nothing but protein, fat, carbohydrate and mineral salts, with the rest of it very little more than plain water. In other words, the chemical composition of the whole milk did not materially differ from the chemical composition of the constituents isolated from milk. Was the difference due to something in the milk other than fat, protein, carbohydrate and mineral salts? If so, this 'something' must be present in exceedingly small quantities, since the addition of two five-hundredths of a pint of whole milk was sufficient to exhibit such striking effects.

**"The Function of Vitamines.** But what is the function of these vitamines? If fats and carbohydrates supply the fuel, and proteins the material for tissue supply, and mineral salts are needed for bone construction, etc., just what do the vitamines supply? We do not know. Some, such as Professor Gies, are of opinion that they supply the body with certain necessary chemical units which the body is unable to manufacture. Others—Professor Hopkins, for example,—regard these vitamines in the light of stimulators, in that they exert a stimulating influence upon the various activities of the body. But all this is intelligent guesswork and nothing more.

"Now we must proceed to develop the whole subject of vitamines in such detail, and yet in so non-technical a way as to convince the reader that, though no one has ever set eyes on a vitamine, vitamines are real things and quite indispensable as part of our dietary. We have been eating them ever since man and things that have life appeared on this planet; but we were ignorant of the fact. Like certain amino-acids (in proteins) which serve as indispensable units in the building and repair of protoplasm, and which always formed a part of our diet even long before we were aware that such substances as amino-acids existed, so with these vitamines: we have used them always, but we have discovered them only within the last few years."

I have always recommended the liberal use of milk, cream, butter, eggs and honey in connection with a vegetarian diet in order to supply sufficient amounts of the animal life element. I did this in opposition to the advocates of strictly vegetable and raw food diet containing no dairy products. On page 15 of the November, 1908, issue of the *Nature Cure Magazine* I quoted Dr. M. Bircher-Brenner as follows:

“Thus, we see how streams of energy, which the sun sends to our earth, are transmuted into chemical energy; then food is sun energy, and living beings are indeed children of the sun.

“In the vegetable kingdom *only*, the springs are wound which drive the mechanism of life. Vegetarians derive their energy direct from Nature, while meat-eaters obtain energy indirectly and in a weakened form.”

To this I answered:

“All this reasoning seems plausible and has served well the advocates of a strictly vegetarian diet, but unfortunately for the learned doctor as well as for his ultra vegetarian and materialistic friends their arguments are based on false premises and therefore untenable.

“The fallacy of their reasoning is due to the fact that the energies at work in the vegetable kingdom are not, by any means, the highest expression of force on this planet.

“On the contrary, the vital forces animating our planetary body manifest in four differing ranges or ratios of vibratory activity.

“This explains why there is a quality of energy in animal food which cannot be derived from vegetable food, and this something is the animal life element, animal magnetism, or in other words, a higher and more refined range of vibratory activity than those animating the lower kingdoms.

“In every higher kingdom of nature, matter is made

to vibrate to higher ratios of vibratory motion and moulded into compounds of increasing complexity, greater refinement and containing higher potentialities of latent and kinetic energy.

“Four distinct life elements or “ranges of vibration” control the four great kingdoms of life. The lowest plane is controlled by the electro-magnetic life principle; the next higher or vegetable kingdom by the vito-chemical life element; the still higher animal kingdom is animated by the spiritual or animal life element and the highest or human plane by the soul life element.

“On the lowest plane, the electro-magnetic life element binds together the atoms into the simple inorganic compounds of the mineral plane.

“In the vegetable kingdom, the vito-chemical life element, by the aid of sun energy, builds up the simple compounds of minerals and water into the refined and complex living molecules of organic vegetable matter.

“The elements of earth, air, sun heat and water thus organized or made alive in the vegetable cell by the vito-chemical element, furnish the foods for the next higher animal and human planes.

“The spiritual life element governing the animal kingdom seizes upon the living matter of the vegetable plane and refines, organizes and vivifies it to still higher potencies of vital force and creative energy.

“To recapitulate, the four great kingdoms of earth life are animated and governed by four distinct life elements which are equivalent to progressively higher and more refined ranges of vibratory activity. Increase of vibratory activity means increase of kinetic or working energy.



“These facts in natural science explain why, in every higher kingdom, molecules become more complex and possessed of greater potential energy. Since the building of atoms into molecules involves the absorption of the energy which builds into that which it is building, every additional atom in the molecule means additional inherent energy.

“Our knowledge of the four life elements solves the problem and explains why animal food should possess greater values in heat and energy and why it should have a more tonic effect on the human organism than purely vegetable products.

“From the trend of this article it does not follow that we advocate a meat diet. We resort to flesh foods only in cases of extreme physical and mental negativity, in order to build up the positive animal qualities which have become depleted, below the norm. In such cases, we have frequently found meat of considerable value. We shall have more to say about this in future articles.

“For the reasons brought forth in this chapter, we do advocate, in the daily dietary, a liberal use of the dairy products. In the food products of the live animal, we partake of the kinetic energy of the animal life element without consuming at the same time the poisonous waste matter of the animal carcass.

“What we commonly call animal magnetism is the animal life element animating and controlling the animal kingdom. This subtle but potent force, which is absent in the products of the vegetable kingdom, is presented to us in the most available form, unimpaired by cooking, in the dairy products.”

Dr. Harrow admits that orthodox science does not know what the vitamins are. The previous quotations

from the *Nature Cure Magazine* and the contents of the *Vitamine* booklet supply the answer. Orthodox science has only touched the borderland of the realm of vitamines. It recognizes the importance, or rather deficiency of vitamines only in connection with a few ailments such as beriberi, pellagra, rachitis and scurvy. It does not realize that all phases of malnutrition and all types of disease are related to a deficiency or abnormal activity of life elements.

Orthodox science as yet is not aware of the fact that the life elements are omnipresent, that there is nothing but life elements, that they manifest as the law of polarity in ions and electrons at the basis of creation, and in the microzyma at the very beginning of vegetable and animal life. Verily, the life elements are God's way of creating the universe. They are the very souls of things and therefore will never be discovered by the scalpel of the anatomist or in the retorts of the chemist.

Science has discovered some of the substances which carry the life elements, but not "the thing in itself." Milk is not any more the milk vitamine than the body is the soul.

Scientific research so far has succeeded in differentiating three different types of vitamines, that is, fat soluble A, water soluble B, water soluble C. They correspond to what I have called for many years the electro-magnetic, vito-chemical and animal life elements. In the following articles of this series I shall discuss in detail these three vitamines, their distribution in food substances and their functions in the processes of digestion and nutrition.

(To be continued)

## THE LATEST SCIENTIFIC FOLLY

JAMES FAULKNER, D. C.

It takes a shrewdly constructed device to trick and trap an animal twice, but with man it is different; with him all you have to do is, change the bait and throw out the line. Proclaim to the world that you have something that will bring health and wealth without personal effort and immediately you have an audience. The approach of years or advance of disease awaken us with a start and instantly we begin a search for that something which will stay the wheels of time and check the progress of disease. But all too often they search in vain as did the Spaniard of old who sought the fount of youth in the forests of Florida. Ever so often so-called Medical Scientists announce that they have found this Elixir of Life in some serum, drug or antitoxin. And the idea grips and holds the uninformed public while they are being fleeced. The fact that these "Wonder Cures" lose their charm and are cast into discard as fallacies, it seems, conveys no lesson to humanity.

And now comes goat and monkey gland transplanting. Some say goats are best while others prefer the monkey. Which will you have? They say it works wonders, making a sixty-year old as kiddish as a boy of twenty. If you have carelessly squandered your vital energy through dissipation, all you need do is to buy a goat and hire a surgeon. A speedy operation will renew and restore to you that pep and vim which will enable you to go again the rounds of dissipation. It's wonderful, isn't it?—if it were but true. But alas, things do not work this way, except in day dreams and childish fancies. That which is permanent and lasting is so because it is built on truth. There is no royal road to health and happiness, but there is an easy way and a right

way and that is the Natural Way. Everything of value has its price.

I am not unmindful of the fact that gland extracts can excite artificial activity and that mental stimuli from hope of cures from above-mentioned operations may set to work activities in the body which produce temporary stimulation. But when, oh when, will scientists lay aside all this monkey business and get down to TRUTH? Did the thought ever occur to them to learn of the source of the supreme vitality of the monkey and the goat? Why not go and study the eating and other life habits of these animals and learn a lesson to pass on to man, so that he can be healthy, happy and full of pep the same as these animals? I am sorry to say that the main difference between the grown-up man and the boy is, that one wears long trousers, while the other does not; and one of the chief differences between man and the other animals is that man more easily permits the perversion of his inherited instincts of self-respect and self-preservation.

## **The Annual Home-Coming**

for the alumni, former students and friends of the Lindlahr College of Natural Therapeutics will take place from July 17 to August 12, 1922.

Friends and graduates are coming back to the Nature Cure Institute next summer to renew old acquaintances and to brush up on the latest ideas and methods of natural healing.

Many will plan to remain for our special summer course, condensed into four weeks of intensive study and training. Good fellowship and the interchange of ideas will add to the attractiveness and value of this course. See the announcement of the summer school on page ii of this issue.

*Watch for later announcements, or write to*  
**THE REGISTRAR**

**Lindlahr College of Natural Therapeutics**  
517 South Ashland Boulevard, Chicago, Illinois

## THE NATURE CURE HELP-YOURSELF-CLUB

EDITED BY MAUDE BALL

The Help-Yourself-Club is a Fellowship of earnest students of life and nature who are trying to make "ten grains" of wisdom grow "where one grew before." They have made a holy resolution to know more, do more, earn more, have more, be more and give more.

They believe that it is only by intelligent self-help that mutual help is possible. The spirit of the Help-Yourself-Club is to prepare for efficient social service by individual service "beginning at home."

There is no joy like that of passing a good thing along to friends. The happy messengers of Nature Cure are zealous missionaries wherever they go. But since a blind man is a poor leader of the blind, we seek first the wisdom and knowledge that come from demonstrating, each for himself, the application of Natural Law in the unfoldment of mental, physical and spiritual power.

We must be able to walk without stumbling, and talk without grumbling, if we would be teachers, leaders and messengers of good things. The Help-Yourself-Club is a band of volunteer workers who are devoting themselves joyously to the study of Mother Nature, not so much to conquer, dominate and compel what we want, but to understand, appreciate and attain to the good, the true and the beautiful in every thought, word and action.

While we work for self-improvement, we do not withhold assistance from others. Self-help and mutual aid go hand in hand and we are also demonstrating that in passing on to others the light that falls across our pathway, we are given new light, new strength and new courage for ourselves.

The Nature Cure Help-Yourself-Club was started twenty years ago at the Lindlahr Institutes. Its members now number tens of thousands. They hail from every walk of life and are engaged in every useful and joyous activity.

Many of our band are teachers; others are writers, musicians, business men and women, Nature Cure practitioners, salesmen, lawyers and others who labor with hand and brain. They come from city, village, country and hamlet, not only in every part of our own country, but from far distant lands as well. Whether it is in Japan, China, India, Norway, Sweden, France, England, Scotland, Germany, Russia, Australia, Africa, South America, Mexico, West India Islands, wherever sickness, sorrow, suffering and loneliness are, there they go with the message of good things which nature has in store for us all, if we but learn to understand and to obey her.

In the torrid regions and in the Arctics, as in the temperate summer and winter lands, our members are learning to apply Nature Cure teachings to the conditions which surround them. For Nature's Laws are universal, although our methods of adapting ourselves to them may differ.

While pioneer leaders have cut the road through stone and over mountain, have blazed the trail through dark forests of superstition, surmounting every conceivable obstacle to progress, we are today reaping the benefit of their labors, and for us the great question is: "How may we prove worthy of our heritage, and how may we best pass on to others the benefits derived through the noble and unfaltering sacrifices of those who have preceded us, 'to make a path more fair and flat'?"

How some of our members are getting along while adhering faithfully to the natural way of doing things may be gathered from a perusal of the letters which follow. *We want to hear from each and every one who has a message of health and encouragement—tell us what you have done for yourself in order that others may be inspired to keep up faith and courage.*

This first letter is from a dear little lady who embodies the principle of her life in the very beautiful custom of sending out to her friends on her birthday each year a little gift or expression of her appreciation and regard. Instead of expecting gifts from her friends she has claimed for herself the pleasure of contributing to the happiness of others. This letter was written on her last birthday, October 5, 1921.

“Dear Friends:

“’Tis my birthday. Memories awake recalling my birthday of just a year ago when I was at the Lindlahr Sanitarium in charge of the kind doctors and nurses there. It was a happy birthday. Thoughts of illness and disability were crowded out by the kindness and good will showered upon me, not only by the old friends back home but by the big-hearted, kind people in whose care I had given myself.

“Emerson says ‘Everything in life has its compensation.’ My fractured limb confirms to me the truth of this statement. It brought to me a pleasurable sojourn at the Lindlahr Sanitarium where I was not only nursed back to health, but where I was taught the great principles of life, which will add to my life length of days and put happiness within those days. The injured limb has healed nicely. I would not be incorrect in saying it is about ninety percent normal. I feel sure time will bring up the other ten percent.

“I am crowding into this birthday all the happy things I can—hence this letter to you to let you know of dear memories flowing in my heart. When, as the years go by, I shall look back upon Life’s Highway, I will linger at the bright and happy turns and remember Lindlahr’s Sanitarium and be grateful that I was privileged to pass that way.

“With a multitude of good, kind thoughts to you and with every good wish, I am

“C. G.”

"Dear Help-Your-Self's:

"I am getting along fine—still weigh ten to fifteen pounds more than when I was at the Sanitarium. I am as cranky as ever, or even more so, in regard to my diet (in fact I eat nearly all my food raw now). I have almost lived in the vineyard the last six weeks. I am still very fond of California and Nature Cure grows more interesting every day and there come times when I long for more knowledge. I am always very ready and glad to do or say something that will help pass the Nature Cure idea on to others.

"J. F., Pasadena, California."

Dr. James C. Thomson of Edinburgh, a graduate of the Lindlahr College of Natural Therapeutics, writes that the Nature Cure movement in Scotland since 1913, when he located there, has made steady headway, and even through the whole of the trade depression this year his work has not lagged. He is a stickler for the straight Nature Cure methods, and is doing some excellent work. He has been giving a series of lectures under the auspices of The Personal Health Association of Edinburgh, which were well attended. The subjects included food reform; nutrition; light, water and air, as aids to health; proper clothing; unity of disease, and other Nature Cure principles.

Dr. Thomson is in charge of the Edinburgh School of Natural Therapeutics; and one of the graduates, Mr. Jeffery, made a recent lecture tour in this country. His lectures attracted much favorable attention.

"Dear Friends:

"I am as enthusiastic as ever about Nature Cure and never fail to preach it whenever the opportunity presents itself.

"I think so much of that Membership in the Nature Cure Help-Yourself-Club that you sent me sometime ago that I have had the certificate framed and hung in my bedroom where I can read it every day. I have almost adopted it as a daily prayer.

"H. L. N., Dayton, Ohio."

"Dear Co-workers:

"I am making excellent use of the Library of Natural Therapeutics. I am loaning these books to patients for two or three weeks at a time. One patient, a woman of forty, has become



so enthusiastic that she is holding reading classes in the park each day for various groups of friends. Quite a few of her converts have declared their intention of taking up the work for life.

"Nature Cure is gaining a very substantial reputation not only throughout all of Washington and among its most prominent people but in the adjoining states, from which our patients are beginning to come from time to time, while many inquiries are being received from others as far south as Georgia. One of the Assistant Surgeon-Generals of the army remarked to me the other day that within twenty-five years the best men in the medical profession will be forced to practice Nature Cure principles. It is always well to make lifelong friends for Nature Cure of the best intelligences because they often are guideposts for the masses.

"Major P. P.,

"Washington, D. C."

"Dear Club Members:

"When I was an infant one year of age I had a severe attack of pneumonia and whooping cough at the same time. I did not recover from the effects. An irritating, deep cough continued to sap my vitality. All through the winter months I would cough until the soreness in the muscles of my chest and abdomen was exceedingly painful. I was frail and anemic all through my childhood, although I had a tremendous amount of nervous vitality. Every few months I would have a severe attack of sore throat and the slightest exposure would precipitate a cold of the most severe kind. This tendency to coughs, colds, tonsilitis and catarrh, with frequent attacks of hoarseness, continued with me until I was a mature woman. Thirty of the best years of my life were consumed in fighting these conditions.

"Three years ago I came to the Lindlahr Sanitarium almost a nervous wreck. I learned there that colds are not 'caught,' but are carried around in the cells of the body. I learned that my condition was almost entirely due to faulty diet. I corrected these dietary errors and took regenerative treatments, and am happy to say that all tendency to coughs, colds, sore throat, bronchitis and hoarseness has been overcome. During the past two years I have had hardly a symptom of my former trouble.

"I feel that I owe my life, and certainly my ability to do an enormous amount of physical and mental work creditably to Nature Cure.

"I am devoting my life to the extension of this work and will gladly confirm these statements over my own signature to anyone who may be troubled as I have in the past.

"M. J., Iowa"

## DINNER MENU

**Christmas 1921**

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## RELISHES

Celery

Cranberry Sauce

## SALAD

Holiday Salad

## ROAST

Elmhurst Favorite

Dressing and Gravy

## VEGETABLES

Spinach au Gratin

Creamed Sprouts

Special Baked Potatoes

## DESSERT

Plum Pudding

Hard Sauce

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## RECIPES BY ANNA LINDLAHR

### HOLIDAY SALAD

Take one good sized cucumber, four apples and one pineapple; peel and cut in strips about one inch long. Cut two large pimientos in half. Add seeds and juice to other ingredients. Mix with French dressing. Place on crisp lettuce leaves, garnish with strips of pimiento, and serve with dressing.

### ELMHURST FAVORITE ROAST

To two cups of raw grated carrots add one cup of ground peanuts and one of chestnuts boiled and mashed; one cup of cooked lentils, also ground; one large onion, two ground peppers, one cup of celery, minced; one cup of tomato pulp; one-fourth cup melted butter, three eggs, a little salt, and milk enough to make right consistency (rather stiff).

### DRESSING

Boil and quarter four large apples; stone one cup of prunes; slice two Spanish onions. Cook all these in a little butter, add very little water, until tender. Now fill a deep, buttered pan one-half full of the roast mixture; then cover with dressing; finish with roast mixture; dot with butter, and roast slowly about an hour and a half. Baste occasionally with milk or stock. Serve with gravy.

### CREAM GRAVY

Mix two tablespoons of butter with two of flour. Brown. Add enough stock to make right consistency. Season with a bit of minced parsley. Cook for about five minutes.

### SPINACH AU GRATIN

Pick over and wash spinach. Shred not too fine. Put in kettle with just enough water to cover bottom of kettle. Add a little pepper and salt if desired. Let cook gently about twenty minutes. Place in buttered baking dish, sprinkle with minced onions, bread crumbs and grated cheese. Let brown in oven, and serve at once.

### CREAMED SPROUTS

Pick over and wash Brussels sprouts. Steam till tender. Melt three tablespoons of butter in two of flour and add one cup of cream. Let cook two minutes. Pour over sprouts and sprinkle lightly with powdered mace.

### PLUM PUDDING

One cup of butter, two of bread crumbs, one of brown sugar, one-half cup of honey; one cup of chopped apples, one of raisins, one of currants, one of chopped almonds; one-half cup citron cut fine; one cup grated carrots; one-half teaspoon cloves, one-half teaspoon cinnamon, one grated nutmeg; five well-beaten eggs. Dissolve one teaspoon soda in two cups of cider or sour milk. Mix all fruit with one pint of flour. Add other ingredients. Mix well. Steam four and one half hours.

### HARD SAUCE

Two cups brown sugar, one-fourth cup butter; mix until creamy; then add white of one or two eggs (a little at a time); stir constantly at least ten minutes. Add vanilla flavoring and juice of one lemon. Put on ice until needed. Grate a little nutmeg over the top before serving.

### CRANBERRY SAUCE

To one quart of cranberries add two cups of sugar and one cup of water. Let cook fifteen minutes.

## WHY THE PROGRESSIVE COLLEGE OF CHIROPRACTIC?

### COLLEGE DEPARTMENT

Under Direction of DR. W. H. KOWAN

HENRY LINDLAHR, M. D.

When the news went forth that the P. C. C. had been chartered and launched on its glorious career, inquiries and comments began to come in from staunch friends and joyous boosters of Nature Cure. "Are you going back on Nature Cure? Why don't you fight your own battle? The enemy is on the run; now is the time for Nature Cure to smash its way to the front. Is Chiropractic greater than Natural Therapeutics? Are you out for gain or working for principle?" Our answer to these inquiries is, "United we stand, divided we fall."

In establishing the new school we were inspired by the desire to bring about a closer union of all the drugless healing movements and to give our students a better chance for legal recognition.

The drugless healing profession is now divided into many small groups which individually have no chance for legal recognition, whose divided efforts can never achieve the best results or attain the prominence they deserve. The gist of Napoleon's strategy was to concentrate the largest number of troops at the weakest point of the enemy. This should be our policy. United under one banner, the final victory for drugless healing will be won much sooner than by divided effort.

What more natural for all concerned than to unite under the leadership of the strongest champion! The growth of Chiropractic has been phenomenal. From insignificant beginnings it has developed within the short space of twenty-seven years to a well-disciplined army of many thousands. Various causes have contributed to this splendid achievement. Foremost among these

has been the extraordinary genius of B. J. Palmer for efficient propaḡanda and executive ability. While the founder of Chiropractic was concentrating all his ability single-mindedly on the establishment of his school, Dr. Lindlahr was applying all his efforts to the development of large institutions for drugless healing and to the writing of books which are now going out at the rate of over a thousand a month into every nook and corner of the United States and most of the world. Every one of these books becomes a missionary for drugless healing, making converts for the Chiropractic practitioner as well as for the Nature Cure physician. Both movements are working with the same object in view and both will be strengthened by whole-hearted co-operation.

The fact that we have recently established a Chiropractic College does not mean that the Lindlahr College of Natural Therapeutics is going out of existence. Because a school teaches Latin or Spanish, it is not implied that it must exclude English, our mother tongue. The mother language of natural living and healing for all human beings is Nature Cure Philosophy and Practice. It is the art and science of common sense living which every man, woman and child must understand and practice in order to achieve perfect health and happiness, as well as physical and mental efficiency.

The great fundamental truths of life our patients and students learn in the Lindlahr Sanitariums and in the Lindlahr College of Natural Therapeutics are not taught elsewhere—in home, church, school, college or university. Human beings could live in perfect health and happiness without a knowledge of the divine science of astronomy, but they cannot enjoy the supreme blessings of life without an understanding of the fundamental principles of Na-

ture Cure. Therefore the Lindlahr College of Natural Therapeutics will always remain a necessity for graduates of all other schools of healing, as well as for laymen.

While the Progressive College of Chiropractic will teach "straight" Chiropractic as thoroughly as any other school of that denomination, its graduates will also possess a good working knowledge of all that is efficient and practical in other systems of natural living and healing. This is only as it should be.

Let us consider, for instance, natural dietetics. Every up-to-date farmer has learned that his soil must contain a certain well-defined mixture of the seventeen chemical elements essential to plant growth and human life. If any of these are lacking, the vegetable products of an impoverished soil will not be perfect in themselves, not able to maintain animal and human bodies in normal condition. The agriculturist has also learned that food combinations lacking in mineral salts and vitamins cause weakness, loss of flesh and fatal disease in the animals under his care. How then can the physician afford to ignore the results of wrong eating and drinking in the treatment of human ailments?

Of equal importance in the recovery and maintenance of good health are the judicious application of water, rhythmic breathing, curative gymnastics, air and sun baths, constructive mental and emotional attitude, and all other health habits. No physician, no matter to which school of healing he belongs, can fulfil his personal responsibility toward himself and his patients without giving them the benefit of all these constructive influences in addition to his own specific method of treatment.

## COLLEGE NEWS

During the last year our student body has increased over 100%. Our attendance now includes over 130 students, about two-thirds being men and one-third women. Our alumni number over 300 and are scattered all over the globe. Thanks to the missionary efforts of the Nature Cure books, our school is of a more cosmopolitan character than perhaps any other similar institution. Our students come from every state in the Union, from Canada, South America, China, India, South Africa, Australia, Great Britain, Scandinavia and from many other parts.

During the past year, in order to accommodate the constantly increasing number of students, many important additions have been made to our college quarters and equipment; some of these are a thoroughly equipped clinic for men and women, accommodating fifty patients at a time. We have considerably enlarged our laboratory and installed an X-ray outfit of the latest and most perfect construction. Several commodious lecture rooms have been added. Our curriculum has been enlarged by the addition of several important subjects, such as Orificial Therapy, Dissection, and an excellent course in First Aid.

Our staff now comprises twenty competent teachers—graduates from various well-established schools of healing.

We have organized an Alumni Association of The Progressive College of Chiropractic and of The Lindlahr College of Natural Therapeutics.

We urge that all past graduates send us their present addresses with news from the field for this column.

The purpose of our Alumni Association is:

First: To promote the Drugless Healing Movement as a whole.

Second: To keep the Lindlahr graduates in live contact and close co-operation for mutual protection and advancement.

Third: To form a Legal Protective Association to insure every one of its members the right of unmolested practice.

Fourth: To make the terms of Lindlahr and Progressive the open sesame to the respect and confidence of the public.

Fifth: To establish an annual homecoming, not only for the exchange and advancement of threapeutic knowledge but also for promoting the spirit of sociability and fraternal solidarity.

## CHARACTER AND HEALTH

MARION B. CLARK, D.N.T.

It may seem that character building alone is difficult enough without combining it with health building, but if we think of the qualities which go to make up character we will discover that these same qualities are indispensable in the attempt to regain health. For example, it is necessary that you be honest with yourself and your resolution to follow the Nature Cure regimen "to the finish." It will not pay you to cheat yourself in this respect. You cannot omit any of the treatment, cannot fail to give all the time necessary for the different requirements, cannot be lax as to diet, without suffering in the end. Honesty here is always the best policy. It pays well to be consistent with your original determination.



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**FOR FULL INFORMATION ADDRESS**

**The Registrar**

# Progressive College of Chiropractic

515 South Ashland Boulevard, Chicago, Illinois

## MY CHRISTMAS GIFT

Not more of light I ask, O God,  
But eyes to see what is;  
Not sweeter songs, but ears to hear  
The present melodies.

Not more of strength, but how to use  
The power that I possess;  
Not more of love, but skill to turn  
A frown to a caress.

Not more of joy, but how to feel  
Its kindling presence near,  
To give to others all I have  
Of courage and of cheer.

No other gifts, dear God, I ask,  
But only sense to see  
How best those precious gifts to use  
Thou hast bestowed on me.

Give me all fears to dominate,  
All holy joys to know,  
To be the friend I wish to be,  
To speak the truth I know.

To love the pure, to seek the good,  
To lift with all my might  
All souls to dwell in harmony  
In freedom's perfect light.