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The Lindlahr Magazine

FOR THE PROMOTION OF
HEALTH
SUCCESS AND HAPPINESS

Volume I

October, 1922

Number 4

The final purpose of evolution is not the production of a multiplicity of forms nor the perfection of physical bodies;— it is the elaboration of soul through the manifold transformations of matter.

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HENRY LINDLAHR, M. D., Editor

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The Lindlahr Magazine

Description of Electronic Diagnosis

Henry Lindlahr, M. D.

The electronic reactions of Abrams are based upon certain natural laws and basic principles which we must know before we can understand the technique of electronic blood examination. This new science is based on the fact that every specific disease has its own particular abnormal rate of vibration which is constant and invariable. The author has anticipated in his earliest writings this discovery of Abrams. In the "Catechism of Nature Cure" published first in the earliest issues of the *Nature Cure Magazine* he defined health and disease as follows: "*Health* is normal and harmonious vibration of the elements and forces composing the human entity on the physical, mental and moral planes of being, in conformity with the constructive principle in Nature, applied to individual life. *Disease* is abnormal or inharmonious vibration of the elements and forces composing the human entity on one or more planes of being, in conformity with the destructive principle in Nature applied to individual life."

Some people tell us: "Show me what the health vibration is then I will believe that there is a disease vibration." Normal or health vibration is in harmony with nature's harmonics of health, strength and happiness. The question arises, "What is a natural harmonic?" This has been answered on pages thirty-two, three and four, in the *Philosophy of Natural Therapeutics*.

As long as our stomach or any other organ is healthy or in normal vibration we do not know we have a stomach or a liver. But, when these organs are in abnormal or disease vibration then we are painfully aware of the existence of these organs. It is the same with

the iris of the eye. As long as the system is in perfect condition, the surface of the iris does not exhibit any abnormal signs, discolorations or lesions whatsoever. When, however, destructive processes are affecting certain parts or vital organs, or when foreign matter and drug poisons have lodged in the system, then these abnormal conditions show in the corresponding organ-areas in the iris. Health vibrations manifest in sensations of well-being, of physical and mental vigor and of perfect happiness; disease vibrations in the opposite.

We are now better prepared to understand what is meant by the (abnormal) vibratory rates of various diseases.

Thus cancer always has a vibratory rate of 50 ohms, tuberculosis of 42 ohms, congenital syphilis of 57 ohms, etc. This constancy of disease vibration seems to indicate that every disease arises from the presence in the system of disease matter of a definite molecular structure. For instance, water consists of the atomic combination, H_2O , two atoms of hydrogen and one of oxygen. This definite atomic combination produces a definite rate of radio-active vibration.

It would seem that in similar manner cancer, tuberculosis and all other disease substances have their own definite molecular structure which produces a constant and invariable radio-active or electronic vibration, each according to its own atomic combination. These molecular radio-active vibrations can be measured by the rheostat in terms of electronic resistance or electrical units. The cancer molecule produces a radio-active or electronic vibration which comes through the rheostat at the 50 ohm rate. The molecular vibration of tuberculosis substance comes through at 42 ohms. In other words when the rheostat is put at 42 ohms resistance nothing else but the tuberculosis vibration can pass through the electric meter. When the rheostat is put at 50 ohms nothing can pass through but the cancer vibration; when at 57 ohms nothing passes through but the vibratory rate of congenital syphilis. The same holds true of all other specific disease vibrations.

We shall now follow the technique of examination by tracing the electro-magnetic currents from the earth through the various instruments, the living subject and back into the ground.

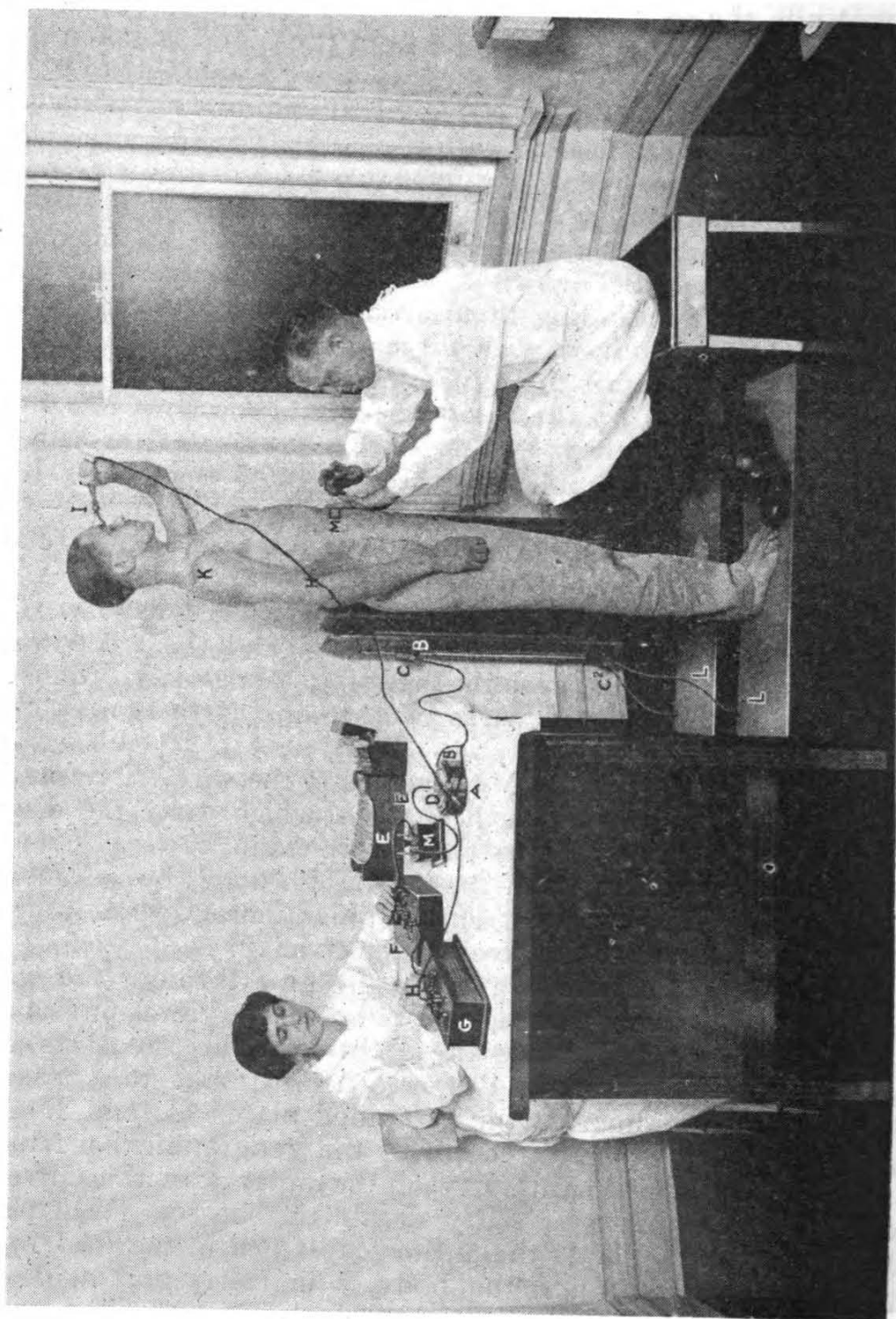
While the examining physician is at work in Chicago or San Francisco the person from whom the blood is taken may be thousands of miles away in Alaska or South Africa. The blood does not lose its radio-active vibrations for long periods of time. The assistant picks up with a small pair of tongs the blood specimen and drops it into the dynamizer, (A)—this is a round hollow wooden box containing two electrodes. These are grounded or brought in contact with the earth by means of aluminum wires (B-B). In a house or skyscraper the wires are grounded by winding them around a steam or water pipe (C) which is in contact with the earth below.

The cover (D) of the dynamizer also consists of an electrode. This picks up the radio-active vibrations of the blood specimen and takes them over wire (E-E) into and through the rheostats (F and G) and from these through the wire (H-H) and the electrode (I) into the body of the subject (K). The subject is standing on metal (zinc) plates (L-L). These are also connected by means of wires with the earth by way of the metal pipe (C²). In electric parlance both dynamizer (A) and the subject (K) are now grounded and the electric circuit from the earth through the pipe, dynamizer, rheostat, subject, foot plates, and wires back to the earth is now complete.

The little instrument (M) attached to the wire (E-E) amplifies the electro-magnetic earth currents which carry the disease vibrations and thereby makes them more distinct.

Miracle number one—the work is done by means of electric-magnetic earth currents. This at first seems improbable or impossible to the average electrician.

The earth currents travel up the pipe through the wires into the dynamizer, pick up the radio-active vibrations of the blood specimen and carry these through the rheostats into the body of the subject. But in order to make this possible the subject standing on the grounded plates (L and L) has to face exactly in the direction of the geographical west. If he is twisted a little this way or the other way the currents will not come through. Why should this be so? When facing north and south, as the author explained in the *Philosophy of Natural Therapeutics*, the body is in full report with the magnetic currents of the earth. These charge the body com-



Dr. Victor H. Lindlahr diagnosing by the electronic method

pletely and drown out the finer earth vibrations. It is for this reason we recommend the lying on the ground head to north and feet to south in order to receive the tonic effects of the magnetic currents of the earth. When standing in the east and west position, facing the west, back to the east, the body of the subject obstructs and excludes the earth currents and thereby becomes more sensitive to the radio-active vibrations of the blood specimen in the dynamizer.

Everything is now rigged and ready for the demonstration. The electro-magnetic currents of mother earth are carrying the radio-active vibrations of the blood specimen from the dynamizer through the rheostat into the body of the subject. We will assume the specimen is to be examined for the cancer strain. The assistant puts both rheostats at 50. Nothing can pass through but the vibratory rate of cancer. If the cancer vibration is in the blood it will come through the rheostats and register on the abdomen of the subject at point M in a well defined area about three square inches in size, around the navel. The electronic vibrations create in this area a dilatation of the blood vessels which results in congestion and, on percussion, in decided dullness. The examining physician who sits on a low stool in front of the subject elicits this dullness in the cancer area by percussion. He lays the middle and fore finger of the left hand flat over the cancer area and taps these fingers with the middle finger of the right hand. If the blood is free from the cancer strain the percussion sound will be like that of a drum, clear or tympanitic. If the cancer strain is present in the blood the percussion sound will be like that produced by tapping on a solid piece of wood.

There is where the art and finesse of the technique comes in. The diagnostician must have a refined and well trained musical ear in order to distinguish the gradation and fluctuations of percussion sounds.

Let us assume that dullness of the cancer area has proved the presence of the cancer strain in the blood specimen. The diagnostician now proceeds to test the strength of the strain. The first rheostat is left open at 50 ohms while the assistant places the indicator of the second rheostat at zero and gradually moves the same, point by point. to one, two, three, ten,

twenty, etc. The physician in the meantime keeps on tapping the cancer area and as long as he elicits the dull sound the assistant keeps on moving the hand on the dial. When the sound becomes clear the diagnostician calls "Stop." Whatever number the hand on the dial indicates at that moment marks the strength or ohmage of the cancer strain. For instance if the indicator stops at ten it means that the cancer strain has a strength equal to ten ohms electrical resistance or in other words the cancer strain has an ohmage of ten.

The examining physician now wants to determine whether the cancer strain has concentrated or focused in some particular part or organ of the system. Every organ and important part of the body has its location in a well defined area on the abdomen of the subject. This, by the way, is an interesting correspondence to the various organ areas of the iris located and described with exactness by Iridiagnosis. The physician now percusses the various organ areas on the abdomen of the subject while both rheostats remain open at 50. If he finds a decided dullness in a certain organ area it means that the corresponding organ in the body is seriously affected by the cancer strain.

It is self-evident that determination of the foci of the disease strains is a tedious and difficult procedure because the diagnostician must treat all the different organ areas on the body of the subject and might easily overlook one of the affected parts. This part of the examination is therefore greatly facilitated by furnishing a history of the case and an outline of the outstanding symptoms.

Having completed the diagnostic tests for cancer, the physician now proceeds to examine in the same manner for some other disease strain.

In the January number of this publication, Dr. Victor Lindlahr will describe his visit to the "House of Wonders" in San Francisco, and some of his interesting experiences while taking a course of instruction from the great genius of electronic science.

A Case of Tuberculosis Cured by Natural Methods

Miss I—H— came for diagnosis and treatment February 22, 1922. Her examination revealed active pulmonary tuberculosis in the advanced stages, tubercular cervical glands, tubercular perforating ulcer

of the legs, interstitial keratitis, secondary anemia, general autotoxemia. An electronic examination of the blood showed very high ohmages of congenital syphilis, tuberculosis and streptococcus virus. The patient had been subject to tonsilitis and catarrhal colds during early life; tonsils were removed at the age of nineteen. After that she developed tubercular cervical glands which were removed surgically but recurred frequently and were excised each time until she took up non-medical treatment. Her history presents the usual sequence of events following the extirpation of tonsils and other suppressions described in chapter X, page 102, *Philosophy of Natural Therapeutics*.

The patient passed through the various forms of healing crises such as diarrheas, spells of acute bronchitis accompanied with severe coughing and much expectoration. These acute reactions were always followed by periods of decided improvement. The patient was dismissed as cured August 9, 1922. The final examination gave the following findings: Afternoon temperature, night sweats, coughing and expectoration have all disappeared; no evidence of any tubercular process in the lungs; gastro-intestinal tract considerably improved; tubercular sores on lower extremities healed with moderate cicatrization. Electronic examination showed all strains zero with the exception of a trace of congenital syphilis. General health very much improved. Patient states she feels perfectly well.

These results were obtained by the natural methods including occasional periods of fasting and oscilloclast treatment.

Patient for High Blood Pressure Secures Life Insurance

Mr. B— L—, a merchant from St. Louis, came to us in July, 1921. His examination revealed arterio-sclerosis in the advanced stages; high blood pressure, systolic 235, diastolic 120, pulse pressure 65. The high pressure in the heart had caused enlargement of the heart and regurgitation or leakage of the mitral valve. He had suffered from constipation since childhood. Other symptoms were bleeding hemorrhoids, frequent attacks of headaches and vertigo. Two months before he came to us he had a slight apoplectic stroke.

The demands of an extensive business did not permit him to remain at one time until cured. Three times he returned for about six weeks of continuous treatment. In the meantime at home, he adhered strictly to the natural regimen laid out for him.

Before he started on the Nature Cure treatment he had not been able to obtain life insurance, which caused him considerable worry. Three months ago he wrote to me that the Mutual Life Insurance Company had granted him a policy for \$30,000 which is the best proof that his blood pressure had been reduced to normal. Constipation, headaches, vertigo, piles and other minor symptoms had disappeared when he ceased taking our treatment in February, 1922.

These results were obtained by the old Nature Cure methods before the advent of electronic treatment.

Eczema and Cancer Cured by Electronic and Natural Methods

Mrs. A— M—, fifty years of age, had been troubled for many years with itchy, burning, eczematous eruptions. These became acute and

very painful especially during the hot summer months. She had been troubled this way ever since she attended her sister who had been covered with eruptions of a similar nature and died of cancer.

Electronic examination revealed 10 ohms cancer in the genital organs. She was well on the way of meeting the same fate as her sister. The electronic treatment completely neutralized the cancer strain as well as high ohmages of other disease miasms. For the first time in many years the ugly eruptions have not returned this summer. Severe neuritic pains between the shoulder blades and in the arms have also disappeared entirely.

Many Cases of Hay Fever Cured by Natural Methods

Several cases of hay fever of many years standing have not experienced a recurrence of the trouble this season. Since the last attack, thorough Nature Cure and electronic treatment did the work.

An Interesting Case of Epilepsy

Mr. L—A—, about thirty years of age, had been suffering for many years from severe and frequent epileptic attacks. The electronic examination showed among other things a high ohmage of acquired syphilis. An electrode passed over his body located the virus behind the left ear in the epileptic center. (See Iridiagnosis). Thorough all-round treatment brought about marked improvement and cessation of convulsions followed by sudden recurrences. His mother, on inquiry, admitted that these returns of the old trouble always followed dietetic errors in the way of overeating and over-indulgence in heavy protein and starchy foods. This emphasizes the fact that clearing the circulation of hereditary and acquired disease strains may not be sufficient to bring about permanent recovery unless the patient adheres faithfully to the natural ways of living. In this case evidently the epileptic center was still sensitive to food poisons though the blood was free from basic disease strains.

ASPIRATION

*To love for common ends is to be common.
 The highest faith makes still the highest man,
 For we grow like the things that we believe,
 And rise or sink as we aim high or low.
 No mirror shows such likeness of the face
 As the faith we live by of the heart and mind.
 We are in very truth that which we love,
 And love, like noblest deeds, is born of faith.*

—Browning



Editorial Comments



Those who will derive the greatest benefit from the epoch-making discoveries described in these pages, are the coming generations. The time is fast approaching when parents will bring their children, as early in life as possible, not to have their tonsils, adenoids, appendices and glandular structures extirpated and their little bodies saturated with all kinds of serums, antitoxins, vaccines and other filthy disease products, but to have the hereditary and acquired disease strains and systemic toxins annihilated and eliminated by electronic and other natural methods of treatment.

Give the Little Ones a Chance Just imagine what a different start in life, compared to ourselves, these little ones will have. I have often used the expression "All we old ones can do is to patch up". The true aristocrats of physical, mental and spiritual health will be those who come after us—those who have been conceived and reared in harmony with the laws of their being; whose bodies have been purified in early youth of the congenital and acquired strains of syphilis, gonorrhea, cancer, sarcoma, tuberculosis, streptococcus virus, malaria and of other hidden disease strains and systemic poisons; whose blood has been fed before birth and after birth with the proper elements of nutrition and vitamins. These blessed ones will enter upon the battle of life with clean bodies endowed with natural immunity to disease, one-hundred percent efficient, physically and mentally.

There are those possessed of occult knowledge who claim that the guardians of humanity on higher planes of being have released the electronic discoveries at the beginning of the Aquarian Age in order to hasten the development of the sixth-root race which is to arise out of the Hades of greed and hate now vastating the high achievements of the fifth-root race.

With Apologies to 'Fair, Fat and Forty' Many times the writer has been asked "Why is it that you yourself, an ardent advocate of natural living, are not normal in weight and appearance?" To a friend of the work who broached the same subject we answered as follows: "Dear Friend—To begin with I will answer your inquiry with another question: 'Is it not better to be here *fat and sixty* than not to be here at all?' Twenty-five years ago I came to the parting of the ways when I was confronted by the choice of continuing in the old ways and soon dying of diabetes and the usual complications, or adopting the natural ways of living and treatment in order to continue living with a weakened, heavily encumbered, drug-poisoned organism. I chose the latter alternative with the result that I have lasted twenty-five years under a physical and mental strain which would have worn out a great many men of stronger constitutions to start with. Throughout this quarter of a century of hard work, great responsibilities and all sorts of trials and tribulations, I have not lost a day through sickness. While everybody else, young and old, has been on the sick list from time to time, 'the old man' was on the job early and late without fail. (Knock on wood.) This is not a bad record for one who by all the rules and regulations of othordox science should have been dead and buried at forty.

Look for the Hidden Enemy "But here comes the best of the story. The electronic examination of my blood revealed why I had been fighting probably from birth, physical and mental degeneracy, and during the later periods, specifically, diabetes mellitus.

Even after my Nature Cure 'come back' I was always on the verge of this destructive process. The electronic examination in my case showed congenital syphilis, 43 ohms; streptococcus virus, very high; and cancer, 9 ohms in the pancreas. Abrams tells us that in most cases of diabetes he finds a high ohmage of cancer in the pancreas—the diabetic organ. This explains the mystery of my life-long fight against this disease, aggravated by large amounts of iodine in the liver and kidneys as revealed by the diagnosis from the eyes.*

*See Iridiagnosis, pages 123 and 175.

"Whence originated these destructive hereditary tendencies revealed by the electronic examination? My mother was one of a family of twelve children. Everyone of these died of tuberculosis. The male progenitors on my father's side died with fatty degeneration of the heart, and apoplexy. Father, grandfather and great-grandfather were overtaken by death in their early fifties without a moment's warning.

"In addition to this my father and mother were first cousins which intensified and aggravated the destructive tendencies on both sides of the families.

**Awakening of
Cosmic Con-
sciousness**

"There was a period during my years of early maturity when I felt so miserable and unfit that I concluded I had no right to live and tried to put an end to my good-for-nothing existence by dissipation. Then came the light of Nature Cure and spiritual regeneration through the awakening of cosmic consciousness.

"A friend of my youth married one of my aunts. She became insane and died from tuberculosis. Their only child was epileptic from birth and drowned while overtaken by convulsions. The grief-stricken father wrote to me, 'The law should prohibit members of a family like yours from marrying.' Considering this record of hereditary and acquired encumbrances and handicaps, is it not surprising that I have been able to hold my own these many years against the dread destroyer lurking in my vitals—thanks to the natural ways of living and of treatment?

"Somebody might say 'Why all this fuss about prolonging life? Why not be done with it in the first place?' This reminds me of an illustrated quip in a comic paper. Two blasé looking individuals, while lounging over their demi-tasse and cigars, were discussing prohibition. The younger remarked in the course of the argument, 'There is no question but that whiskey is beneficial to humanity in many ways—at one time it saved my life.' 'Where does the benefit to humanity come in?' asked the other one. In my case the question could have been easily answered.

Make Life Worth the Living “Natural living not only saved and prolonged my own life but it enabled me to show thousands of others the way to health, success and happiness.

I do not say this in a boastful spirit, or to claim any particular merit in the matter. It was just as natural for me to find happiness in that way as it is for someone else to find pleasure in playing golf or shooting rabbits.

“What is the happy ending to my story? Four months of electronic treatment—I tried it on the dog first—have annihilated every vestige of hereditary and acquired disease strains. Incidentally the autopath, through high-potency electricity, has burnt up the cob-webs and rubbish in the gray matter of the brain. As a result my mentality is clearer and more alert than ever before in my life. While formerly I felt tired and logy and had to force myself to mental effort, I can now jump out of bed in the middle of the night and work with perfect ease.

“With mind wide awake and heart-throb in sympathy with the glad pulsations of happier times to come, I do not mind if Nature Cure and electronic treatment add a few extra joyous fighting years to the present ‘fair, fat and sixty.’

“Yours for health and happiness,

“Dr. H. L.”

The following quotations are extracts from an editorial in *Collier's Weekly* of March 11, 1922:

Meat or food of any kind has nothing whatever to do with rheumatism, and very little with gout.

Speaking of the cripples, with tuberculosis have gone two-thirds of childhood joint diseases, hip-joint disease, “white swelling of the knee,” spinal disease and humped and crooked backs of all sorts. When you see a cripple on the street now it fairly makes you jump and raises the question at once: “Whose fault?”

Another reason why there is vastly more health than unhealth is our superb and abundant supply of food. Never in the world before was our food so pure, so wholesome, so nourishing, so abundantly varied the year round.

All the chattering Bandar Long talk about our food being shorn of its strength, by stripping, whitening and bleaching and denaturing has gone by the board. Everyone with the simplest knowledge of food chemistry has known these ten years past that the nitrogen which is screened out of bread in making wheat flour white is mere husks (?), absolutely indigestible in the human stomach, resembling (!), in fact.

the stuff with which another amateur food reformer, the Prodigal Son, was fain to fill his belly.

The hue and cry of the different prophets of devitalized bread, of starving America, has dropped away sadly, partly for the reason that nearly all of these prophets are dead.

Keep the stomach well filled with a good variety of all active foods, the hands and kitchen utensils spotlessly clean, the windows and bowels open, the feet dry, the head cool, and we'll need precious little medicine to enable us to reach the full three score years and ten of a happy, painless old age.

In India men live according to the "highest" standards that prescribe no meat and no white bread. Their average expectation of life is twenty-four years, while we meat-gorging, sugar-devouring, hurrying westerners may expect fifty-one and a half, and our expectation increases as we learn to make health contagious instead of disease.

This is the usual talk of the average medical practitioner. It is the "tommy-rot" contributed to prominent newspapers and magazines by "hygiene experts" and "medical authorities" of the Woods-Hutchinson type and yet some people tell us that orthodox medical science is right up to date on everything worth knowing concerning the problems of hygiene and the healing art.

How is it possible in the light of the revelations of vitamin research that men who claim to be scientists can display such utter ignorance of the most important discoveries of science?

How can they afford to ignore and ridicule the necessity of scientific food selection and combination?

How dare they at this late day bleat forth in sheep-like fashion the ancient utterances of pseudo-science? "Eat what agrees with you and plenty of it," meaning of course eat what tastes good and stuff to the limit, or "What is one man's food is another man's poison" and similar hackneyed nonsense.

We have pointed out repeatedly in our writings on natural dietetics that the one-sided rice diet of oriental nations, especially when consisting of polished rice is more unbalanced and detrimental to health than our western mixed diet. Other unhygienic habits of living and unclean surroundings help to produce disease among these eastern people. Old, worn-out arguments like these only serve to display the utter ignorance of the average medical man concerning matters of hygiene and dietetics.

Whoever wrote these editorials in *Collier's Weekly* does not seem to realize that the enormous change for better in public health and increased longevity are to be credited, not to the destructive methods of allopathic science but to the enlightenment of the public on matters of natural living and healing from a hundred different sources absolutely alien to orthodox medicine.

The great improvement along these lines is due to the weaning of the masses from drugs, vaccines, serums, anti-toxins, surgical operations and to more natural ways of living as a result of the educational propaganda carried on by the Nature Cure and Physical Culture movements and by mental, metaphysical and drugless healing schools and systems, which are spreading the light of truth and slowly but surely dispersing the medieval superstitions of old-school medicine.

Electronic Reactions of Abrams the Final Proof

From *The Truth-Teller*, February 7, 1922

**VACCINE VIRUS FOUND FULL OF CONSTITUTIONAL
SYPHILIS AND TUBERCULOSIS TAINTS OF THE BO-
VINE TYPE SUFFICIENT TO CAUSE DISEASE**

**WHERE OUR SOLDIERS OBTAINED
THEIR DISEASE**

**Not a Vaccine Virus Examined Was Free of the Deadly Taint—
Examinations Made Before a Group of Doctors
Skilled in the Work**

For several years we have been much interested in the work of Albert Abrams, A.M., LL.D., M.D., F.R.M.S., of San Francisco, Calif. In 1914 we received the sixth edition of his work on Spondylotherapy, a large volume filled with most suggestive and instructive information.

At the present time we are receiving some of the proofs of the value of diagnostic methods which have been styled "the Electronic Reactions of Abrams," and feel impelled to pass this along

to readers of *The Truth-Teller*, making the matter as plain as possible for the lay reader, for this paper now goes largely to the people, and not exclusively to doctors and healers.

The electronic theory supplanted the atomic theory. Instead of the atom being the smallest thing, it is now known that the electron is much smaller, and matter is computed on the electronic basis. As a fact, according to our experience and belief there is no smallest thing, matter decreasing to the infinitesimal, or spiritual. We have along the line from the gross material the cell, the molecule, the atom, the electron, the infinite. At present we leave the earthly matter at the electron. The smaller the particles the greater the power. All the great forces of the universe are beyond the knowledge of our five senses. We perceive only their effects.

The methods of obtaining reactions cannot be explained here from lack of space. We can only give results. It has been definitely determined by Abrams and his fellow workers that syphilis is the primary causative factor in cancer and tuberculosis. They come from hereditary syphilis, passed through many generations sometimes. In the absence of hereditary or acquired syphilis there would be few chronic diseases. The Reactions of Abrams establish the pre-disease, or original disease, or cause. Any exciting cause may develop chronic diseases into acute diseases.

By the reactions established by Abrams many things are provable. The father of a child can be determined, the sex of an unborn child, the identity of handwriting, the correspondence of a remedy to a disease, and many varied problems of the day are determined with positive accuracy. Among the important facts established are—

All vaccine virus submitted to the electronic test shows the reaction of congenital syphilis. Even the vaccination scars show this contamination, and may become a breeding focus for constitutional invasion.

Four specimens of vaccine virus were examined by the Abrams' method at the laboratory of Dr. J. W. King, M.D., at Bradford, Pa., in the presence of Dr. A. B. Collins, of Lineville, Pa.; H. P. Fahrney, Frederick, Md.; Dr. C. A. Stout, Cincinnati, Ohio, and Dr. O. O. Sink, of Smithfield, Ohio. These specimens were from three manufacturers of serums and vaccines and were purchased in the open market. The following results were obtained:

Virus No. 1. Streptococcic and staphylococcic serum. It also showed the reaction of congenital syphilis 4 ohms (bovine type) and tuberculosis 3-25ths ohms (bovine type).

Virus No. 2. Variola test positive, showing active smallpox. Congenital syphilis 24 ohms (bovine type), tuberculosis 18-25ths ohms (bovine type). No streptococcic or staphylococcic reaction.

Virus No. 3. Test showed streptococcic serum. Reaction of congenital syphilis (bovine type).

Virus No. 4. Streptococcic serum as per label. Reaction of congenital syphilis (bovine type), and tuberculosis (bovine type).

These tests were made last August. Since then many more tests have been made of serums and all have shown similar reactions. Dr. King, in reporting these results says:

"Think of the innumerable cases of diseases due to vaccination or serum treatment. It can be shown that all vaccine virus subjected to the electronic tests shows the reaction of congenital syphilis. Every vaccination scar shows this reaction—later it may become a breeding focus for constitutional invasion. And it can be demonstrated that **these products are contaminated**, more or less, with various 'by-products,' than the ones intended for the disease to be eradicated by these means, namely, that cow-pox is not a disease peculiar to cattle, that steers are free from this pox, which appear only on the udders of milch cows conveyed there by syphilitics who milk the cows. This is fraught with great danger, namely, the inoculation of bovine syphilis or bovine tuberculosis. In this way syphilis and tuberculosis are easily conveyed by the so-called scientific practitioners in their well-meaning but dangerous methods as used in present-day practice."

(EDITOR'S NOTE: I explained these facts in *Philosophy of Natural Therapeutics* on pages 151 and 152 as follows: "The pus-like mass exuding from the smallpox pustule or the vaccination sore contains the virus not only of smallpox, but also of scrofula, psora, tuberculosis, syphilis, gonorrhea, anthrax, lumpy-jaw and whatever else there may be of hereditary and acquired disease taints and poisons in the system of the animal or human from which the virus is secured. Such filthy exudates are inoculated into the bodies of millions of innocent victims of a 'scientific' superstition.")

Here is another—and convincing—proof of the assertion of *The Truth-Teller* that the tuberculosis and other constitutional diseases, with which returned soldiers are now afflicted were vaccinated into them by force upon the demand of the one school of medicine which gained control of the army and navy. The murderous practice killed millions and will be responsible for the deaths of other millions within a short time. And the victims of this ungodly practice are still being forced into the clutches of the men who diseased them!

Let the public stop, look and listen to the proofs which are rolling in every day of the awful stupidity of a group of men who prate about their "science" and use it as a bait to catch gudgeons.

Ideals are like the stars; you will not succeed in touching them with your hands, but like the seafaring man on the desert of waters, you choose them as your guides, and following them, you reach your destiny.

—Carl Schurz

Ailments of the Digestive Organs

DRS. HENRY AND VICTOR H. LINDLAHR

(Continued from the July number)

Chronic Gastritis and Enteritis

(Chronic Catarrhal Indigestion or Intestinal Catarrh)

Repeated or long continued dietetic errors, the use of strong condiments and alcohol and the medical suppression of the symptoms of acute gastritis will lead to chronic gastritis which is due to a weakened, relaxed condition of the stomach and to a clogged, atrophic condition of the mucous membranes and glandular structures.

Acute inflammation and hyperacidity is revealed in the iris by white signs around the pupil in the area of the stomach and intestines. The chronic, atonic condition shows in the iris by a gradual darkening followed by brownish and finally blackish discoloration.

Cellular membranes and glandular structures undergo degenerative changes. At first there is considerable secretion of mucus. This is gradually followed by atrophy of the secreting structures, deficiency of pepsin and hydrochloric acid and a relaxed and dilated condition of the stomach, which gives rise to indigestion, fermentation, nausea, malassimilation and malnutrition. These destructive changes in the stomach quickly extend to the intestinal tract.

Under wrong, suppressive treatment the acute and sub-acute inflammatory processes soon become chronic. These develop into atonic and atrophic conditions, resulting in weakness, relaxation and prolapsus (or falling) of the digestive and abdominal organs. This falling and downward pressure of the abdominal organs is frequently the cause of falling (prolapsus) of the uterus. The surgeon's attempt to cure this condition by shortening the ligaments of the uterus is futile and frequently followed by serious complications and chronic suffering. The natural treatment consists in regenerating and strengthening the digestive organs through natural diet, manipulative treatment and specific exercises. Such treatment will invigorate and contract the muscles and ligaments supporting the abdominal organs thereby overcoming the downward pressure and prolapsus of the genital organs. This has been proved in many thousands of cases.

Medical Treatment

Medical treatment in such cases consists in the administration of animal pepsin, hydrochloric acid, tonic bitters and of opiates and anesthetics for subduing pain and irritation. The surgeon's knife reduces and "stitches up" the enlarged and prolapsed organs. All such treatment is at best only palliative. It tends to weaken the already benumbed and atrophied muscular, cellular and glandular structures and makes the conditions more chronic and incurable.

Natural Treatment

The natural treatment for chronic indigestion, constipation, malnutrition, relaxation and prolapsus of the abdominal organs is twofold: first, dietetic; second, tonic and stimulative.

Food selection and combination must be carefully regulated according to individual conditions and requirements. No hard and fast rules can be given. The quantity of food must be reduced in accordance with the limited digestive capacity of the patient. As a rule, starchy and protein foods, fats and sugars must be reduced to a minimum. The foods of the mineral salt group, rich in vitamins, such as fruits and vegetables, together with milk, buttermilk and eggs in moderate quantities, are best during the regenerative period. Occasional short or protracted fasts are very beneficial for promoting elimination of pathogenic materials and for giving the weakened and diseased organs a chance to strengthen and to recuperate.

Proper food selection and combination alone, however, is not sufficient to bring about satisfactory results in such cases. Even the best of foods cannot be properly digested and assimilated by a stomach and intestines in a weakened, atrophic condition. These organs must be made more alive and active through systematic treatment by all natural methods, such as hydrotherapy, manipulative and electronic treatment. Specific, tonic exercises and constructive mental and emotional attitude are essential in order to obtain the desired results. Such cases in the advanced stages, therefore, should receive systematic, institutional treatment by all natural methods.

Hemorrhoids

(Common Name—Piles)

These are enlargements or dilatations of the veins of the rectum, corresponding to varicose veins in other parts of the body. These abnormal conditions of the venous vessels are due to the following causes:

(1) rectal constipation obstructing return venous circulation;

(2) cirrhosis of liver; hemorrhoidal veins draining into the portal circulation via liver;

(3) mechanical obstruction to the return circulation from the rectum by tumors anywhere in the pelvic or abdominal cavity;

(4) general passive congestion in the system due to weakness of the heart, or to pathogenic (muroid obstruction) in the capillary circulation;

(5) an important contributory cause in hemorrhoids but particularly in varicose veins in general is a deficiency in mineral elements on which depends the textile strength and elasticity of the walls of the blood vessels.

The dilation of the veins inside and outside of the anus causes protrusions which interfere with defecation and may become very painful through pressure of passing feces or through friction of adjoining parts of the clothing.

Allopathic medical science looks upon these enlargements as of a purely local nature and treats them as such, through poisonous astringents and absorbents or through surgical excision. This, however, like all other suppressive treatment, may be followed by serious complications or chronic after-effects. I have traced in many instances various forms of chronic disease to such local suppressive treatment of hemorrhoids. Some of these patients developed fissures or erosions of the rectum. In many instances the piles returned in an aggravated form. Several cases that have come under our observation developed cancer of the rectum. Others became affected by diseases of the brain and spinal cord or by tubercular conditions. This is true especially after the suppression of bleeding and suppurating piles.

Natural Treatment

The natural treatment aims to correct dietetic and all other errors in habits of living which tend to produce the three

primary causes of disease. The diet must contain sufficient amounts of mineral elements. During the active treatment the diet must be low in starchy and protein materials and rich in mineral salts on which depend the textile strength of the walls of the blood vessels.

Pathogenic obstruction in the arterial and venous circulation must be removed through pure food diet, electronic treatment, Swedish movements and neurotherapy. The morning cold rub is a powerful aid to improving the general circulation. As a local application the cold sitz-bath has proved most beneficial. In bad cases it may be resorted to several times a day, but it should always be taken before retiring. The cold sitz-bath has a cooling and soothing effect upon the local conditions and it greatly accelerates the circulation in the lower abdomen.

Occasional fasts are very efficacious in promoting retraction and absorption of the local enlargements. The fasting should alternate with periods of raw food diet. (See Vol. II., *Practice of Natural Therapeutics*.)

A sad case of terrible suffering and premature death resulting from a series of operations, following the excision of hemorrhoids, I have described in the introductory article of this series, entitled *Congratulations on a Nature Cure Birthday*. As in many other cases, the original operation for piles was followed by complications and more operations until in the course of a few years cancer developed which killed the patient after four years of the most intense suffering. In the beginning the chronic constipation and hemorrhoids could have been cured without fail by natural methods of living and of treatment within a few months' time.

Since sedentary habits of living favor the development of constipation and hemorrhoids, curative gymnastics and exercise in the open air are good preventives and curative remedies. Especially beneficial will be found the exercises lying on the back. (See Vol. II., *Practice of Natural Therapeutics*.)

Abdominal packs during the night will help to overcome constipation and T-packs in connection with the abdominal pack will relieve local pain and irritation and promote elimination.

Morse wave, high-frequency, electronic and spinal treatments are very beneficial. Careful inhibitory treatment will re-

lieve irritation. Stimulation of the second lumbar will promote contraction.

With very few exceptions, ruined by drugging and too much surgical treatment, all cases of hemorrhoids have yielded to our natural methods of treatment.

Prolapsus of the Rectum

The rectum protrudes from the anus after an evacuation. This results from a weakened and relaxed condition of the rectum and its mucous membranes. Constipation and straining at stool are contributory and existing causes.

Allopathic treatment consists in removing part of the rectum by surgical excision. This, however, is only symptomatic treatment and is often followed by undesirable complications.

Natural Treatment

The natural treatment aims to overcome local weakness by purifying and building up the system generally through natural living and treatment in a similar manner as outlined.

Hydrotherapy, high-frequency, electronic and spinal treatments are essential to attain results. Cold sitz-baths and exercises, which strengthen the abdominal organs, muscles and ligaments, are highly beneficial.

After a prolapsus has occurred, place the patient in the knee-chest position and gently manipulate the rectum back into place. The lower bowel may be lubricated with a mixture of two-thirds olive oil and one-third lemon juice.

Fissure of the Rectum

This is a torn condition of the rectal membranes at the opening of the anus or inside of the rectum. Evacuation of the feces becomes very painful, especially if they are compact and hard. There is a smarting, stinging sensation followed by a dull burning and throbbing pain. This may continue for some time after defecation. Fissures of the anus and rectum frequently follow operations and excisions of hemorrhoids. In women, fissures are frequently the result of accidents or straining during labor. They are caused and aggravated by constipation, hardened feces and great straining at stool.

Natural Treatment

The natural treatment is the same as that for hemorrhoids. The ailment is always due to constitutional causes; to weakness of the tissues, constipation and a poisoned condition of the system. The fissures frequently exude fetid matter.

Cooling sitz-baths are very beneficial; after every defecation the sore parts should be cleansed thoroughly and rubbed with a mixture of two-thirds olive oil and one-third lemon juice.

Ulcers and Abscesses of the Rectum

Such conditions may be due to syphilitic infection or to a tuberculous constitution.

Several years ago we treated an Italian laborer whose troubles had started with constipation, hemorrhoids and fissure of the rectum. Operations for these local conditions were followed by fistula of the rectum. Abscesses and necrosis necessitated three more operations. After three years of drug-ging and surgical treatment the case was pronounced cancerous and incurable. Six months of thorough natural treatment restored the patient to good health. The cavity filled up with healthy flesh and healed perfectly. This was accomplished before the introduction of electronic treatment.

Constipation

Chronic constipation, accompanied by defective elimination and reabsorption of systemic poisons from the lower intestine, is one of the primary factors in the causation of most diseases and aggravates all of them.

This is proved by the fact that at least three-fourths of all chronic patients who come to us for treatment have been constipated more or less all their lives, while a few suffer from various forms of chronic diarrhea. All their swallowing of laxatives and cathartics has not been able to overcome this primary source of systemic poisoning. It is self-evident that any system of treatment which cannot overcome this basic trouble surely cannot accomplish anything else in the cure of chronic disease.

By these facts alone old-school, orthodox treatment stands convicted of utter inefficiency.

On the other hand, under natural living and treatment, the patients, (where this is at all possible in the nature of the case,)

report improved activity of the bowels, as well as of the skin and kidneys. In the majority of cases the bowels become more active and alive and begin to act freely within a few weeks' or a few months' time.

Since one of the primary causes of all diseases is an accumulation of waste and morbid materials, and of systemic and drug poisons in the system, no progress can be made until the organs of depuration—intestines, skin, kidneys, lungs, liver and bowels are made more active and alive. Herein lies the test of every system of treatment. If it cannot bring about this primary result, it cannot accomplish anything else in regard to the cure of chronic disease.

Constipation, its causes and natural treatment, has been fully described in Volume II, *Practice of Natural Therapeutics*. Chapter XXVI.

(To be continued)

Constipation, the Great Destroyer

Major Philander D. Poston, Washington, D. C.

(*Sunday Star*, Washington, D. C., January 8, 1922)

Not wars, nor liquor, not pestilence, nor famine, but just plain, everyday, universal constipation—man's worst enemy; the great destroyer of human life.

Through its insidious influence the strongest minds and bodies are undermined; happy homes and strong friendship wrecked, and foundations laid for multitudes of destructive chronic diseases, and many acute ones, often terminating in death. It is the arch enemy of civilized man—the white man's burden which is bearing down that part of the human race.

Constipation is an actual and serious problem—in fact, a real and grave menace—confronting about ninety million out of our population of a hundred millions. Most of those afflicted “take something” regularly in the form of habit-forming drugs, in a misguided effort to force unduly what should be a natural function. With many, it becomes a fixed drug habit, continued throughout a shortened and more or less miserable existence.

Broken Crutches

Millions of dollars are spent annually in the purchase of cathartics, laxatives, purgatives and other destructive crutches in the form of poisoned pills and treacherous tablets upon which the average person leans. Their habitual use forms one of our greatest national curses. These destructive drugs, the sale of which merely fattens the purses of the patent medicine makers, serve only to weaken and enslave the unthinking and credulous masses, who pin their faith to the inscrutable but harmful working of a mystic pill or potion while scornfully reject-

ing the simple and earnest appeals of Mother Nature, to whom ultimately they must turn.

In every phase of life, intake and outlet must be equalized—else there is disorder and chaos. Yet we continue to cram into the body, three times a day or oftener, large amounts of food, excessive in quantity and vicious in its destructive chemical composition, while the body's drainage system has either stopped work altogether, or is working but part time. Any business conducted upon this haphazard, happy-go-lucky principle would soon become bankrupt, and finally is forced into receivership of an undertaker.

Stop Kidding Yourself

Many people, claiming or assuming education, culture, refinement and wholesomeness, who bathe and scrub in lavish fashion the outside of their bodies, and who strut about in elegant and costly raiment, kidding themselves into the fond delusion that they fulfil every plan and specification for human perfection, are the sole owners and proprietors of intestinal tracts so filled with rubbish, waste and poisons, so congested with products of putrefaction accumulated over the larger part of their lives, that they would be indicted and severely punished by the health department of any progressive and respectable town or city if like conditions were allowed to exist in their back yards or cellar.

Feminine Follies

Since the complexion is the outward and visible sign of actual conditions in the intestinal tract, most women certainly reflect greatly disordered states and putrefactive processes in this part of the body. Large numbers of women, young and old, rich and poor, vampire and staid matron, spend a large part of their time in vain and pitiable efforts to look attractive. They paint and powder their faces in such manner as would incite the envy and jealous rage of painted savage and circus clown, and are the greatest offenders against fundamental wholesomeness and naturalness; the greatest sufferers from "the great destroyer." Only at long range can paint even partially hide the sickly and sallow skin which lies beneath, and which with each day's mistreatment becomes more dry and atrophied. Were paint and powder unobtainable, multitudes of women would fail to appear in public—unless as sallow frights of their former painted selves. Through correct living and thinking, they could without the false aid of incessant and destructive drugging fulfil this fundamental requirement of nature—proper elimination—and soon be on the road to Wellville, carrying a natural complexion that would not rub off, and en route to happier, more wholesome life.

Intellectual and Spiritual Bondage

Constipation is one of the principal underlying causes of practically all disease. Lack of the proper kinds and combinations of food is another. Constipation is the forerunner, the advance agent, of nearly every headache and cold; of the larger part of all stomach disorders, and its continuance over extended periods is indissolubly linked with and directly responsible for many fatal chronic diseases, as well as acute ones. It pours deadly poisons into the blood stream, incumbers

the body with quantities of waste and morbid matter, to which are added drug poisons in a futile attempt toward relief. It depresses and impoverishes the mind and, in large measure, prevents the liberation and expression of the finer intellectual and spiritual forces and impulses. Remove from the individual life this incumbrance and curse, this unnecessary poisoning of the whole being, and a new, free and happy man arises—freed from physical, mental and spiritual bondage.

* * *

Which Way Are You Headed?

It's up to you to choose between personal effort and self-control on the one hand, and self-gratification and self-abandonment on the other. These two extremes in constructive and destructive tendencies are nowhere better illustrated and exemplified than in what is known as right or wrong living and thinking. One leads onward and upward to unending heights here and hereafter, while the other puts the skids under the best of us and starts us sliding downward through a useless and miserable existence in this life and on to ultimate extinction as a final reckoning.

As to constipation—it's the red flag, the flaring, glaring danger signal of wrong living and destructive thinking, which may lead to ultimate wreck and disaster. Will you heed it?

Service Department Grows

For the benefit and convenience of the friends of the Lindlahr Institutes we installed our Service Department for the furnishing of Health Foods and Supplies by mail. This department fills a great need and has grown tremendously under the management of Mr. O. P. Kube. Mr. Kube's experience in this work enables him to select the choicest foods and to ship them to you at prices that compare favorably with those charged for inferior goods at your local dealer's.

The department was opened only a few weeks ago but now requires increased facilities, which have been provided by fitting and furnishing in an attractive and modern manner the front basement under the building of 515.

We are prepared to supply not only our house guests and transient patrons in Chicago, but can ship promptly to all parts of the United States and Canada by parcel post or express.

Write for price list and order blank, addressing

SERVICE DEPARTMENT
Lindlahr Nature Cure Institutes
515 South Ashland Boulevard, Chicago.

Our Distinguished Guest

By M. B.

Among the notables at the Lindlahr Institutes this season, the one whose coming has occasioned the greatest interest is Eugene V. Debs, labor leader and humanitarian, many times candidate for presidency of the United States.

Last February Mr. Debs was released from the Atlanta penitentiary, where he had been confined for three years as a political offender, having opposed the draft and World War on ethical grounds.

While imprisoned, Mr. Debs suffered from privations, mostly self-imposed, since he persistently refused to accept any favors, denied the other and less distinguished inmates. Food served at the prison is described by him as disgusting, rotten and filthy. He preferred to go hungry, eating only what was necessary to sustain life. To such causes is due his present need of relaxation and regenerative treatment.

His spirit is as dauntless and his personality as radiant as ever, and at our Elmhurst Heath Resort he is following the daily regimen with complete fidelity, in full hope and expectation of being restored to health and strength necessary to resume his humanitarian labors as soon as possible.

To those who have met Mr. Debs personally, it is not necessary to mention his gracious manner toward all, from the highest to the lowest, and his unconquerable spirit. His presence among us is an inspiration to continue with renewed energy the labors in which our own beloved leader, Dr. Lindlahr, has so nobly persisted.

Mr. Debs' appearance in the dining room on the occasion of our Annual Home Coming Banquet was the signal for a great outburst of applause, to which he responded in an impromptu address, from which we quote in part:

"Already I feel myself rejuvenated, and from the depths of my heart I thank you for this hearty reception. My appreciation is too great to be expressed. This is a most delightful occasion; a picture presented to my vision which will remain always on memory's wall. Assembled from various parts of the country, these graduates are entering service for the relief of humanity.

I assure you that my heart is with you and I wish for you abundant success.

"We live in a marvelous age—an age of rapid change! The miracles of today are the commonplace of tomorrow. Old things are passing away and a new social order is evolving from the present chaos.

"The world today needs as it never did before the young men and women who have mental and moral equipment, with which they have been provided here, that they may serve their fellow-beings. This ought to be the high purpose of every young man and woman who starts out in life. Self-ambition defeats itself.

"To be imbued with a feeling as one with the great human family, endowed with a superior mind, and having had superior training—to that extent you are under obligation to your less fortunate fellow-beings. If I take advantage of my superior ability and exercise it to gain an advantage over my fellow-beings, I may attend church but I am not civilized. (Applause.) The only way I can prove my superiority is in the service of my fellow men. (Applause.)

"I have been overcome by the sociability of this institution. I have long known your leader, and through all the years of his self-sacrificing life he has served all without regard to creed, color or condition. (Applause.) He has written his name where it will live forever. He has fulfilled his mission in actual service. This ought to be your inspiration. Leaving here as his graduates you multiply him indefinitely—you spread his truth. There is something inspiring about it which cannot be expressed in words. I can hear your hearts throb, for I know that all hearts here have been melted into one heart that beats for all.

"If I had not had some of the bitterness of life in my cup I might envy you. There is something infinitely beautiful about youth. You will only know the meaning of what we call youth when it has passed away. I wish you could understand your marvelous possibilities; what can be achieved in these very important days, when the world is lifting itself to a higher plane. If we have vision, if we have understanding, we can already behold the sunlight. There is not a pessimistic strain in my nature. (Applause.) I do not hate any individual in this world. I do not hate those that hate me. I feel sorry for them.

"You may be expecting to go out in the world and encounter prejudice and hate, but do not be discouraged. They unconsciously and involuntarily hate you as the apostles of a new Truth. It takes some spirit, some moral fiber to plunge into the stream and, with a determination to reach the other shore, brave all the billows.

"Every new Truth has to fight its way into recognition. Ancient prejudices have to be overcome. But the struggle on your part develops all your latent powers and you fulfil yourselves in noble achievement. You must screw your courage to the sticking point. A fine thing is ambition rightly developed.

"The noblest of the children of today are not engaged in the pursuit of material things. (Applause.) But let me say to you that real riches come from within—the spiritual riches—to be true to yourself, no matter if the whole world be against you.

"Be true to your own conscience so that you may always be able to look yourself in the face without a blush. You may have a thorny path, but if you have the right will you cannot fail. At night you can retire with your self-respect, and in the morning you can face the whole world, as Henley has said:

"Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods there be,
For my unconquerable soul.

"In the fell clutch of circumstance,
I have not winced nor cried aloud;
Beneath the bludgeonings of fate,
My head is bloody but unbowed.

"It matters not how straight the gate,
How charged with punishment the scroll,
I am the master of my fate.
I am the captain of my soul!"

If you want to be happy yourself, make others happy. If you want to make others happy, be first happy yourself. There you have the whole formula.

—Ossian Lang

Rally to the League

By LORA C. W. LITTLE, Secretary American Medical Liberty League

If it is not trenching on ground here sacred to the editor, I must begin this little exhortation with a word on health and disease.

A leading cause of illness is aimlessness and its resulting discontent and demoralization of life. Conversely, there is no more potent healing and sustaining force than a high purpose steadily pursued.

Of course this is just as it should be and exemplifies the true doctrine of the survival of the fittest. Life is for service. Service that is orderly and joyous (healthy) must have a plan, a purpose, an aim. Hence, he who fails to fulfil the end for which he was created—in other words, who fails to function—takes thereby the initial step toward the surrender of his body and his earthly life. To put it more roughly, Nature casts into her scrap-heap the useless trash, and works these elements over again. A man must use or lose, and his diseases are purgatorial stages which will lead him either to amendment or the grave, according to his own free daily choices—free but for one thing, to which we are coming.

This is one phase of the subject, and enough for the present; for the purpose of this article is to point a moral, and incidentally to indicate the chief reason why the sick who are restored to health by outside aid, drift back again and again to be cured all over again; either that, or else they conclude the fault lay in the methods that restored them and they go back to superstition and seek aid in some new twist of medical magic.

In general, there is today but one formidable obstacle to the enjoyment of health, outside the man himself. And since that obstacle can be attacked and removed, and the individual can at the same time be given his grand health-requirement, namely, an objective, it will be seen the two big problems are solved by the same means.

When one has learned that he cannot "buy health" through medical boards, as the busy bureaucrats urge and proclaim, but must instead work out his own salvation by

learning the laws of life and disciplining himself to obey them, he finds, if he is at all discerning, that he is a part of a commonwealth (in the U. S.) that is definitely organized to defeat and interfere with rational health-care. Indeed the dullest and most undiscerning may have the knowledge forced upon them in rude and startling fashion, as has already happened to millions in the last decade.

Definitely organized against health accurately describes the condition this country has come to, under the rule of State Medicine—which has already been established and is now in rather full swing.

Government propagation of irrational and dangerous medical doctrines; government discrimination against, and persecution of teachers and practitioners of natural and rational ideas and systems of healing; government going still farther—as it logically must, once started and left to itself—and with iron hand compelling submission to the practices of State Medicine, practices so horrid and vile that one must go to the history of the Dark Ages to find a counterpart; government seizing the healthy, innocent and inoffensive, and on the mere say-so of a superstitious doctor of the reigning school condemning such persons to indefinite or life-imprisonment—these and other conditions so bad as to be almost unbelievable, constitute an obstacle, insuperable while it stands, to the secure enjoyment of health and life.

It is perhaps hard, and yet quite simple by comparison, if one have freedom of action, to bring one's own private commonwealth into order; but when the larger, the social commonwealth is to be restored to order, the only way it can be accomplished is through united action on the part of many individuals. This means the organization of citizens who are informed upon these matters and fully awake. Everybody has his responsibility for the situation that has developed, but only the few have come to understand what it means today and what it portends for tomorrow. If *any* should know, it is those who have passed through illness and medical malpractice to sane health-care and sound health. If there is a class on earth who should be fully conscious of the necessity of medical liberty and firmly set in the purpose of attaining it,

it is those who know that their own lives and the lives of their children depend upon it.

Therefore to these comes the high call, and when they who hear it realize even faintly the benefits direct and indirect that will flow from their response to that call, the reign of State Medicine will be nearing its end. They will receive an influx of new life when that which they have begins to flow out in this splendid cause, this cause which *belongs* to them, and which they can no more ignore or desert than they can ignore or desert a child of their own flesh and blood.

Those to whom this message comes are of the elect; it is your duty to take a hand in the movement and organization that are under way and help push them to early victory. Join the American Medical Liberty League, get your friends aroused, and help organize a branch in your community; or, if there is one now, take hold of the work of that branch and transmute your desire for medical liberty into a thing of concrete achievement.

Annual dues, \$2.50, includes a year's subscription to *The Truth-Teller*, a live semi-monthly devoted to the promotion of this cause, 59 East Van Buren Street, Chicago.

AS WE WILL

In the loom of life we weave each day,

On the warp of circumstance,

The colors grave and the colors gay,

However the threads may chance.

But the web is our own to make or mar,

And the patterns ours to choose;

We may make it strong and firm and fair

And blend as we will the hues.

The glint of gold from our happy days

May shine through the sombre shades,

And love's warm gleams like the morning's rays

And beauty that never fades.

When the Master Workman judges at last,

May He find our weaving good;

The texture firm and the colors fast,

And His purpose understood.

—*Author unknown*

Natural Dietetics

Henry Lindlahr, M. D.

CHAPTER IV

Water Soluble C Vitamine

The term *Deficiency Diseases* has been applied to those types of ailments which are caused by a deficiency of mineral salts, vitamines, amino-acids or other essential food elements in the food of the patient—animal or human. It is now generally conceded that deficiency of fat soluble A vitamine will cause cessation of growth in young animals, emaciation, sterility and premature death and that an insufficient supply of water soluble B vitamine will cause beriberi, polyneuritis and similar ailments in animals and human beings. In like manner, it has been claimed by Funk and many other competent observers that scurvy is caused by a deficiency of water soluble C vitamine which is present in greatest abundance in citrous fruits, cabbage and other leafy vegetables. These claims seem to be fully supported by the experience of sailors and explorers during the last two centuries as well as by numerous practical scientific experiments conducted under rigid scientific test conditions. In the following pages we shall quote much convincing testimony to this effect.

At this late day, however, after scurvy had been looked upon as the oldest known and best proved deficiency disease, E. V. McCollum, chief of the hygienic and dietetic department of Johns Hopkins University, claims that scurvy as well as pellagra and rickets are not real deficiency diseases.

The rank and file of the medical profession welcome with considerable satisfaction McCollum's dissension from the findings of Funk and many other investigators who claim that the above-mentioned ailments are typical deficiency diseases. The reason for this universal reluctance of orthodox medicine to accept the conclusions of vitamine research are not difficult to surmise. The vitamine discoveries from the beginning have been a thorn in the flesh of orthodox medical science. First, because they confirm too many of the claims and teachings of "food cranks and naturists." Secondly, because they threaten to demolish the most venerable fetish of orthodox medicine, the germ theory of disease. Many of the staunchest allopathic investigators of vitamines reluctantly

admit that the bodies of animals and humans fed for a considerable time on foods deficient in water soluble B and C vitamins become the prey of all kinds of diseases. The explanation is self-evident. Depletion of vitamins or life elements means lowered vitality, weakened resistance, and the development of putrefactive processes which create the soil for germ activity.

Many scientific observers during the World War and through carefully conducted tests have proved that the bodies of victims of mineral salts and vitamin starvation soon "swarm" with streptococci and staphylococci and all kinds of bacteria, bacilli and parasites. This is exactly what Nature Cure philosophy has taught for many years previous to the recent "discovery of vitamins." It completely upsets and reverses the germ theory of disease and in its place establishes the fundamental laws and principles of Nature Cure philosophy and practice.

Germs are not the cause but the effect and product of disease processes. The five primary manifestations of disease postulated by the philosophy of Natural Therapeutics are:

First: Abnormal composition of vital fluids, such as blood lymph and glandular secretions, which means deficiency of mineral salts, vitamins, amino-acids, et cetera;

Second: Accumulation of pathogenic or disease-producing materials in the system, which is largely the result of the previous factors;

Third: Mechanical abnormalities of the bony structures and other connective tissues;

Fourth: Abnormal mental and emotional attitude;

Fifth: Lowered vitality as a result of the four previous factors.

These primary manifestations of disease create the putrefactive soil which breeds its own scavengers, the so-called micro-organisms of disease.

The vitamin discoveries, recognition of the mineral salt theory of Natural Dietetics and electronic diagnosis mean the death knell of allopathic theory and practice,—therefore the anxious endeavor of orthodox scientists to belittle the importance of these discoveries as exemplified by the utterances of E. V. McCollum and the editor of *Collier's* quoted in this issue. The following quotations taken from E. V. McCollum's latest book, *The Newer Knowledge of Nutrition* contain some of the arguments

through which he tries to disprove the deficiency character of scurvy, pellagra, and rickets. Later we shall bring abundant evidence to prove the fallacy and artificiality of his efforts to minimize the importance of vitamins. In some of his statements he plainly contradicts his own claims.

Quotations from *The Newer Knowledge of Nutrition*

By E. V. McCOLLUM

Pages 37-38:

"Scurvy has been produced experimentally by faulty diet in the guinea pig, and is not known to occur in any species other than man and the guinea pig. If the explanation of Holst and of Funk is correct that scurvy is the result of the lack of a specific substance in the diet, it becomes necessary to make the further assumption that man and the guinea pig require this substance, since both suffer from the disease, whereas other species, as the rat, do not require this complex as a dietary component. The only alternative is to conclude that scurvy is in reality not a 'deficiency' disease in the sense in which Funk and Holst employed the term. That there is no such unstable 'anti-scorbutic substance' or 'anti-scorbutic vitamin' as postulated by Holst and Funk, has been demonstrated by the studies of McCollum and Pitz. The proof of this is given in Chapter V. In the same chapter will be discussed the other so-called 'vitamin' deficiency diseases, pellagra and rickets, and the character of the diets which play a part in their etiology. The data available supports the view that among the list of so-called 'deficiency' diseases, beriberi, scurvy, pellagra and rickets, only the first is due to the lack of specific protective substance, Funk's 'vitamin', or water soluble B in the diet. The others are at least in some degree the result of faulty diets, but not in the sense in which Funk and Holst employed the term 'deficiency.'"

Pages 97-98:

"McCollum and Pitz found in the guinea pigs which had died of scurvy, that the cecum which is a very large and very delicate pouch through which the food must pass in going from the small to the large intestine, was always packed with putrefying feces. They decided that the mechanical difficulty which the animals have in the removal of feces of an unfavorable character from this part of the digestive tract was in some way related with the development of the disease. That this assumption was correct, was shown by the fact that the administration of liquid petrolatum, a 'mineral' product to which no food value can possibly be attributed, served to relieve a certain number of animals after they were near death from the disease, while confined strictly to the diet of oats and milk which caused them to develop scurvy. The explanation which they offered was that the liquid petrolatum served to improve the physical properties of the contents of the packed cecum, and thus enabled the

animals to rid themselves of this mass which was undergoing putrefactive decomposition.

"Further experiments showed that when the animals were fed an oat and milk diet, to which was added suitable doses of phenolphthalein, a cathartic, they could withstand the diet for long periods without developing scurvy. This, according to McCollum and Pitz, was due to the additional secretion of water into the digestive tract, brought about by the cathartic, and resulted in softening the feces so that they were more easily eliminated from the cecum."

Pages 98-99:

"Jackson and Moore suggested that scurvy is a bacterial disease, and they have secured experimental evidence which strongly supports that view. They found in the hemorrhagic joints a diplococcus, which may have a casual relationship to the disease. They were able to induce mild symptoms of scurvy by the injection of bacterial cultures into animals which were fed upon a diet which regularly maintains the guinea pig in a state of health. McCollum and Pitz hold the view that there may be an invasion of the tissues by organisms as the result of injury to the cecal wall, when the animals are debilitated. The cecum is injured by long contact with the irritating products formed by putrefactive bacteria acting on the protein substances contained in the cecum when it becomes packed with feces of such a character that they cannot be eliminated. They suggested the alternative hypothesis that there may be formed through bacterial activity, substances which are toxic, and have such pharmacological properties as cause injury to the walls of the capillaries of those areas in which hemorrhage is observed in scurvy. There are several problems still to be solved in connection with the cause of scurvy, but it seems to be satisfactorily demonstrated that it is not a 'deficiency' disease in the sense in which beriberi and the type of xerophthalmia of dietary origin. There is, according to McCollum and his coworkers, no protective substance against this disease. Diets of faulty character, and especially bacteriologically unsatisfactory, are responsible for its etiology, and it is relieved by a satisfactory diet."

What is this "satisfactory diet" but one which provides the protective and curative elements present in citrous fruits and leafy vegetables?

Dr. Walter Elliott, in the *Manchester Guardian* of July 28, 1922, gives expression to the fear of the materialistic scientist that something of a superphysical nature might invade the gross materialism of the medical science. He says:

"Vitamines are the latest fashion in medicine. The Harley Street specialist is as much subject to the latest fashions as any Parisian dress-maker, and doctors have attributed an altogether ridiculous importance to these substances. In particular, the so-called anti-rachitic vitamine A has shown a fatal fascination for all those whose minds turn naturally toward a demonological conception of the art of healing."

Let us examine now some of the overwhelming evidence in favor of the deficiency character of scurvy, pellagra, rickets, hemophilia and similar diseases. Stefanson, the arctic explorer, describes an outbreak of scurvy among his crew during one of his polar expeditions as follows:

"Anderson complained to me of having been gradually becoming more and more unwell for a week or two. 'The first symptom noted by him was dizziness on suddenly standing up, 'laziness,' gloom and irritability, showing itself in a tendency to condemnatory and uncalled-for argumentativeness, proneness to becoming tired, and loosening of the teeth and a swelling and recession of the gums, with a dull local ache in the gums or roots of the teeth. The appetite was normal both as to quality and kind of food desired. . . . Noice had become unable to walk and had to be hauled on the sleds; Knight was able to walk, but was getting weaker and more wretched. . . . At this time the teeth of the men were so loose that they could be plucked out with the fingers with no effort and the gums were of such a cheese-like consistency that they were cut (with little bleeding) by wooden tooth picks about as easily as ordinary American cheese could be. Every joint was sore and all movements painful. . . . The spongy condition of the gums and the looseness of the teeth are often characteristic symptoms."

Stefanson found that fresh lemon juice and other raw fruits and vegetables were the best cure for his stricken sailors.

The Medical Research Committee appointed by the Lister Institute for the purpose of investigating the results of vitamine research, reports in the Special Report Series No. 38, as follows:

"Fruit: The great value of fresh vegetables and fruit in the prevention and cure of human scurvy has so often been emphasized that its reiteration has become a commonplace. The juice of fresh citrous fruits has for centuries been regarded as the anti-scorbutic material par excellence. The 'experiment' made by Dr. Lind in 1747, is one of the most carefully recorded instances, but others are to be found in abundance.

"Curran mentions two 'hopeless' cases of scurvy who received one-half ounce of lemon juice with sugar and water thrice daily, and relates that the patients sat up and took food with cheerfulness in the course of two days. He also records that in the case of a gentleman affected with scurvy of a very severe description, 'the eating of a single rhubarb tart produced a most decided amelioration, equally sensible to the patient and his friends.'

"Lind recounts the tragic history of four ships which sailed from England to Bombay in April, 1600, carrying 480 men on board, including merchants and other officials, in order to establish the East India Company. The commodore upon his own ship had arranged for a regular issue of lemon juice, three tablespoonfuls daily, to all hands, and four months later, when the flotilla reached the Cape, his men were all in good health. On the other three ships, however, the seamen were so severely

attacked by scurvy that the passengers had to work as common seamen. In all 105 men died from scurvy during the voyage, and when Bombay was finally reached the entire work of unloading had to be performed by the crew of the commodore's ship.

"Budd relates how the voyage of the *Suffolk* to Madras in 1794, which occupied nearly six months, during which no land was touched, was accomplished with almost entire freedom from scurvy. A regular ration of two-thirds of an ounce of lemon juice was served out daily. Scorbutic symptoms were noticed in a few men but these disappeared on increasing the lemon juice ration. Perhaps the most impressive instance of all is to be found in the history of the navy itself, between the latter part of the eighteenth century, when thousands of cases of scurvy were reported annually, and the early years of the nineteenth century when, after the regular issue of lemon juice had been made compulsory in 1804, scurvy became a comparatively rare disease in the navy."

In all cases where lime juice has been tried for the prevention and cure of scurvy, it has proved absolutely ineffectual.

This coincides with the statement made in the April issue of this magazine, page thirty-five, that foods rich in vitamins have a yellowish, brownish or reddish color. The meat of limes is much lighter in color than that of lemons and oranges.

Benjamin Harrow, Ph. D., has done much valuable work along the lines of vitamin research. He says on page one hundred thirty-eight of his book, *Vitamines—Essential Food Factors*:

"Scurvy is a disease due to vitamin deficiency. Whatever doubt there may be regarding the relationship of vitamins to rickets, there is no doubt whatsoever that scurvy is a disease due to vitamin deficiency. Dr. Funk was among the first to advocate such a view, and subsequent work by many investigators has but strengthened it.

"Water Soluble C Vitamin: As we shall show, the vitamin, the absence of which gives rise to scurvy, is neither fat soluble A nor water soluble B. It is a third one of the substances belonging to the group of vitamins, which we shall call water soluble C to distinguish it from the other two. Since water soluble C cures scurvy, it is called the anti-scorbutic vitamin, to distinguish it from the anti-neuritic vitamin which cures beriberi, and the anti-rachitic vitamin which is probably responsible for the cure of rickets.

"In connection with the use of potatoes as an anti-scorbutic, it is instructive to note that among the Irish peasants, where the potato is the main source of food, scurvy invariably makes its appearance after a potato famine.

"In the recent war, outbreaks of scurvy among the civil and military populations were quite frequent. In Italy and Russia, and even in France, men and women and children became afflicted. Just at present Vienna presents a pitiable spectacle of the ravages of this disease. But scurvy

is but one of several diseases from which the under-fed and badly-fed Viennese are suffering.

"Infantile Scurvy: Not only may adults be attacked by scurvy, but so also may children. Infantile scurvy has been so exhaustively investigated by the English physician, Sir Thomas Barlow, that it is commonly known as 'Barlow's disease.' Much of Barlow's work was done in the early eighties of the last century. Apart from the knowledge we have since gleaned that the causative factor in scurvy is the absence of the anti-scorbutic vitamine, Sir Thomas Barlow's description of the disease, as well as the cure for it which he suggested, holds as good today as it did forty years ago. In one of his earliest papers Dr. Barlow points out that prolonged deprivation of fresh vegetables or their equivalent is the most constant fact among the antecedents of the disease; and that uncooked meat and fresh milk are anti-scorbutic just like fresh vegetables, though not to the same degree. The further we get from a living food the less is the anti-scorbutic power. . . . I suppose it will ultimately be found that raw, uncooked milk is better than cooked milk."

The last sentence is truly prophetic.

"Dr. Barlow's Treatment: The cases of infantile scurvy that Sir Thomas Barlow describes are those of children who had never been breast-fed, but had received proprietary infant foods, condensed milk and perhaps a little fresh milk. Dr. Barlow's treatment consisted in giving each such child plenty of fresh milk—a full pint for a child six months old—sieved potato (in place of the proprietary food), and a tablespoonful of orange juice. Striking recoveries were made in two to three days.

"Sir Thomas Barlow's opinion that the disease is intimately related to the type of food eaten has not gone unchallenged, despite the amazing results which he obtained with his treatment of the disease. Russian physicians in particular were—and some still are—of the opinion that scurvy is the result of an infection. We have heard a similar story regarding rickets. It is so easy to regard each distinct disease as being due to the specific bacterium; and physicians, being mortal, and being impressed by the wonderful advances made by the science of bacteriology, are sometimes apt to lose all sense of perspective, and ascribe to bacteria the sum total of human suffering. But the fact remains that neither in rickets nor scurvy has any microbe-organism in any way related to these diseases been isolated. Where infection has arisen it could be ascribed to secondary causes just as easily—to the general lowered resistance of the body, for example.

"Recently (March, 1920), Drs. Givens and Hoffmann, of the Western Pennsylvania Hospital, Pittsburgh, have presented the most convincing evidence yet advanced against the bacteriological hypothesis. Blood from scorbutic animals, regardless of the diet producing the disease, has been found to be sterile. 'The enlarged front joints of guinea pigs developing scurvy on oats alone were sterile; this was likewise true in the majority of cases of guinea pigs developing scurvy on other special diets. Occasionally staphylococci were isolated, but these could not be made to produce scurvy when introduced into healthy guinea pigs.'

"Equally unsatisfactory and vague is the hypothesis that the disease originates from some toxic materials in the food. What these toxic materials are no one has the remotest idea.

"The contention by Dr. McCollum that the curative value of anti-scorbutic foods is merely due to their laxative properties, and that such foods are indeed interchangeable with such laxatives as liquid petrolatum and phenolphthalein, has been disproved, and I understand that Dr. McCollum himself no longer believes it.

"Evidently there is some other factor necessary which only the addition of the orange juice to the diet supplies. This other factor, present in orange juice and in other fruits and vegetables, is the water soluble C vitamine, or the anti-scorbutic vitamine.

"But you may say this still does not sound very convincing. Milk is the sole food of infants, yet according to your account milk contains no anti-scorbutic. As a matter of fact, it does contain a little, but not enough; and where the quantity of milk is cut down to give place to other foods—as is the diet of the guinea pigs just cited—the deficiency of water soluble C becomes apparent. And indeed even where milk is the sole source of food, the tendency among physicians nowadays is to recommend the addition of orange juice two or three months after birth."

What a complete vindication of the teachings of Natural Dietetics this is. In our writings on baby feedings we have always claimed that fresh and clean pasteurized cow's milk with liberal additions of orange juice is the best substitute for mother's milk and that even mother's milk should be reinforced by additions of orange juice and as soon as possible after birth with the meats of fresh acid and subacid fruits. We do not delay the giving of orange juice for two or three months after birth. The Nature Cure baby takes this wonderful natural medicine from the second or third week on. Some of our readers may say: "Since scurvy is of such rare occurrence, why lay so much stress upon its causes and treatment?"

The answer is: "While the deficiency of water soluble C in the ordinary diet may not be serious enough to cause scurvy it undoubtedly does contribute to the causation of other diseases by lowering the vitality and creating the morbid soil for the micro-organisms of disease." About this we shall learn more in the following chapters.

(To be continued)

There are souls in this world which have the gift of finding joy everywhere and of leaving it behind them when they go.

—Faber

One of World's Greatest Health Teachers

Editorial by Bernard Bernard in *Health and Life*, the splendid new health culture magazine.

It was my pleasure during the month to meet Dr. Henry H. Lindlahr for the first time in my life. I had heard about him and read his books, for his work and reputation are known all over the world, and I can assure you that the impression he made on me corresponded to the one I had already made through contact with him in his books. Dr. Lindlahr has probably done more than any other man breathing for the great movement of gaining health by Nature's methods. Tolerant towards every new line of thought he has always been ready to encourage it and adopt the best in it; and there are many, many thousands of people spread over the globe who have to thank him for this superb quality which has enabled him to lead them back to health.

Those who see only the healer in Dr. Lindlahr are apt to forget what a really wonderful man he is in other directions. While I was in his office he discussed magazines and publications with me, health and health methods, and all the time kept at the end of telephone wires, directing the work of the clinics, the schools, and even the far-away sanitarium. Yet, all the time his face was lit up with a radiant cheerfulness.

Points for Success in Life

Do you know I have noticed this in nearly all the really great men with whom I have come in contact. The secret is that they are thoroughly capable. The man who flusters over a little work is not used to it and cannot master it. Work is made easier by sticking hard at it from the beginning; once it is mastered, no matter how hard it may be to begin with, it becomes easy in the end.

But Dr. Lindlahr is absolutely absorbed in his work. The object of his life is to give the world better health, and now that he has discovered that "Nature is the healer of all diseases", he is rightly proud and happy in the success of his efforts. Here, again, you see, we can pick out another point for success in life. One's work must be one's hobby. It is not the seeking after gold that will attain it, even if it were a desirable ambition, but it is the joy of giving the best of oneself to something worth while that makes success inevitable.

Matter—Soul—Spirit

Whatever the quarrel of the Mystic with Materialism for its exclusive recognition of Matter, and consequent idolatry of form and appearance, with Matter itself he has no quarrel. For although, by reason of its limitations, Matter is the cause of evil, it is not itself evil. On the contrary, it comes forth from God, and consists of that whereof God's Self consists, namely, Spirit. It is Spirit, by the force of the Divine will subjected to conditions and limitations, and made exteriorly cognisable.

Matter is thus a manifestation of that which in its original condition is unmanifest, namely, Spirit. And Spirit does not become evil by becoming manifest. Evil is the result of the limitation of Spirit by Matter. For Spirit is God, and God is good. Wherefore, in being the limitation of God, Matter is the limitation of good. Such limitation is essential to creation. For without a projection of Divine Substance, that is, of God's Self, into conditions and limitations,—of Being, which is absolute, into Existence, which is relative,—God would remain inoperative, solitary, unmanifest, and consequently unknown, unhonoured, and unloved, with all God's power and goodness potential merely and unexercised. For aught else to exist than God, there must be that which is, by limitation, inferior to God. And for this to exist in plenitude corresponding to God's infinitude, it must involve the idea of the opposite and negation of God. That is to say:—Creation, to be worthy of God, must involve the idea of a No-God. God's absolute plenitude in respect of all the qualities and properties which constitute Being, must be contrasted by that utter deprivation of all such properties and qualities, which constitutes Not-being. Between no narrower extremes can a Divine creation be contained. By no lesser contrast can God be fully manifested. The darkness of God's shadow must correspond in intensity with the brightness of God's light. And only through the full knowledge of the one, can the other be duly apprehended and appreciated. He only can thoroughly appreciate good who has ample knowledge of evil. It is a profound truth, that "the greater the sinner, the greater the saint." That exquisite epitome of the Soul's history, the parable of the Prodigal Son, is based upon the same text. Only they who have gone out from God, returning, know God. At once consequence and cause of the going out from God, Matter is an indispensable minister to Creation, without which and its limitations Creation were not.

But mere Creation does not represent the totality of the Divine purpose. And a creation restricted to the actualities of Matter would be the reverse of a boon to itself or a credit to God. For by a creation thus limited, Deity would have shown Itself to be that only which the Materialist imagines It, namely, Force. Whereas, "God is Love." And Love is that, not which merely creates and after brief caress

repudiates and discards; but which sustains, redeems, perfects, and perpetuates. And to these ends Matter ministers indispensably, and therein contributes towards that second creation which is the supplement and complement of the first. This second creation is called Redemption, and in it the Creator finds His recognition and glorification, and man his perfection and perpetuation. For Redemption is the full compensation, both to God and to the universe, for all that is undergone and suffered by and through Creation. And it is brought about by the return from Matter of Spirit, to its original condition of purity, but individuated and enriched by the results of all that has been gained through the process to which it has been subjected;—results which, but for Matter, could not have been. Matter is thus indispensable to the processes both of creation and of perfection. For that through which we are made perfect is experience, or suffering; and we are only really alive and exist in so far as we have felt. Now, of this divine and indispensable ministry of experience, Matter is the agent.

Such being for the . . . Mystic, . . . the origin, nature, and final cause of matter, he has with it no ground of quarrel. But recognizing it as intended not to conceal but to reveal God, and to minister to man's creation in the image of God, he regards the material universe as a divine revelation, and seeks, by humble, reverent, and loving analysis of it, to learn both it and God, and thus to make it minister to his own perfection. "Imitation," it has been said, and truly, "is the sincerest flattery," and man best honours God when he seeks to be like God. In this pursuit it is that, following his intuition of Spirit, he ascends from the exterior sphere of Matter and appearance—that sphere which, as the outermost of man's system, constitutes the border-land between him and the negation, and is therefore next neighbour to that which, mystically, is called the devil—to the interior sphere of Spirit and Reality, where God subsists in His plenitude. And so, from Nature's Seeming he attains to the cognition at once of God's and his own Being.

E— M—

HEAVENLY TREASURE

*"What I spen I had;
What I kept I lost,
What I gave I have."*

-- Old Epitaph

Ask Yourself These Questions

GEORGE A. MORREN, N. D.

Do you realize what a wonderful being you are?

Do you realize that man is *The Acme* of Creation?

Do you realize that you have the most complicated and intricate structure that exists?

Are you allowing the Life Forces to operate through attention to your carriage and posture?

Do you give your body daily exercise, and realize that Life is always harmoniously expressed through physical, as well as mental activity?

Do you bathe your body regularly, and allow it to breathe by exposing it to fresh air and sunshine daily?

Do you restrict the circulation with dense clothes, tight bands or shoes?

Do you realize that you breathe to the degree that you engage in activity, and that conscious direction of breathing is necessary if your work is largely mental in character.

Do you give attention to supplying the body's needs in life-giving foods, varied according to season and activity—or just eat what a perverted appetite calls for?

Do you realize the character of your emotions, and their effects on circulation and function?

Do you realize that thought is a dynamic power that builds or destroys according to its character?

Is your attitude towards your body normal and healthy, or perverted through precept and prejudice of the past?

Your answer to these questions will throw a great light on your present condition of mind and body. Examination of the character of your thought and actions will answer these questions. Realization of your shortcomings will prevent further disaster and proper adjustment will restore bodily and mental harmony and equilibrium.

Your desire to express the fullest degree of health will awaken in you the need for immediate action and study to regain what you have lost, and enable you to maintain a radiant, responsive body, and a clear thinking brain. The study of Nature Cure, the adoption of its principles and faithful adherence to them will mark a new stage in the development of your body, mind, and affairs.

The Help-Yourself Club

Directed by MAUDE BALL, Secretary to DR. LINDLAHR

Spinners in the Sun

Fabrics woven in the dark show many fantastic designs. The patterns are grotesque, the colors inharmonious and the texture uneven and defective. But when the spinners come out into the sunlight, the product of the looms becomes more perfect and beautiful.

In the dark recesses of the "sub-cellar" of the mind,—away down in the "inside cupboards" of the subconscious—there are spinners that never cease from spinning. They have been at work ever since "Adam was a fish" and "the serpent a protozoan." The fabrics of their weaving take color and design from the surroundings, as the butterfly and flounder copy the design and coloring of the flowers and leaves or the sand and stones among which they are safely concealed. For the same reason that the polar bear is white and the cabbage worm green, the sage hen brown, and the leopard flecked like the shadows falling through the leaves of the forest trees, the romances woven into the imagination of man are of the color and form of his surroundings and experiences, the reason being, that those not so protected do not survive to "perpetuate their kind." Though these thought fabrics may differ in minor detail, there is in every intelligence, certain types of design that always predominate.

Supreme above these weavers sits the master weaver, overseeing all. When he falls asleep or for an instant relaxes his vigilance, strange things happen. These busy workers in the basement of the mind become reckless and disorganized. They begin to work without guidance and the consistency of the pattern is destroyed. Strange fantastic shapes appear; morbid grotesque figures creep into the design.

The master weaver is the conscious intelligence, which, during waking hours directs the busy little workers and creates the ever-varying design. His dictatorship is based upon his ability to select and to discriminate; to weigh, compare and judge.

The little "spinners in the shadows" are his own legitimate children but he does not like to recognize them. He does not feel complimented by the limitations they manifest. There are only three patterns which they follow—three promptings which they obey. Some have the instinct to create that which shall be enduring. They weave a strange fabric which preserves life, health and vigor of mind and body; that which adds to comfort or to convenience. Anything which is injurious or painful they instinctively reject, however beautiful it may otherwise be. Others seem bent upon creating a romance around love. They are always weaving into the design the faces of friends and loved ones. If they were unguided in their work they would create a fabric of sensuous outlines in a riot of color. This one idea they carry out in intricate and subtle tracery, sometimes with bold audacity and sometimes with delicate appeal, but always there is apparent the lief motif,—the cry of the lost lamb for its mother; the call of the lark to her mate; the sigh of a maid for her lover, or the overpowering passion of the man for his bride.

The other little weavers are concerned with patterns of ambition. They externalize the self, the "I". They always express some modification of "Look at me, I did it", or "Behold what I can do". The "Why I write such wonderful books", "Why I am such a great man" from the disordered brain of a Nietzsche, are exaggerated patterns of the "ego" type. Outlines of castles, robes, crowns, scepters, jewels, luxuries, laurels and prizes are fashioned into thought-fabrics by these ambitious weavers.

Now, you may think this a very senseless little allegory, but the most significant fact is yet to be mentioned. The important lesson to be learned from the weavers in the shadowy recesses of the subconscious, is that whether bent upon self-preservation, race perpetuation or ego gratification, they are each obeying an urge that is as old as life itself, inherited from a line of ancestry dating back to the first primordial cell. These urges, like acute symptoms of disease, can not be effectually suppressed, although they may be perverted, and directed into wrong channels. Repression results in a variety of abnormal mental and physical phenomena, more or less

grave. Most crimes are traceable to perversions of the ego impulse.

Often these active little workers in the subconscious realm are like children rejected by the parents as illegitimate and unworthy of recognition. When they present themselves at the portal of the conscious mind, they are frowned down, disowned, put under discipline and "sat upon" with entire disapproval and denial.

In this manner, cut off from opportunity for rational expression, the force behind them compels perversions. The harvest of such unenlightened self-repression is a whirlwind of neuroses, psychoses, phobias, compulsions, obsessions and morbid thought-tendencies. Criminal and disease tendencies of persistent nature frequently result from such repressions. The active little offenders under the disapproval of the master worker watch for their opportunity and at the most unexpected moment break out in some extraordinary manner. It may be in loss of speech, or paralysis of limb. Hallucinations and delusions are woven into the fabric of the imagination. All the conscious mental faculties are attacked, producing lapses of memory, irrationality, loss of identity, double personality, recurring and peculiar dreams, embarrassing slips of the tongue, erratic conduct and various sorts of baffling physical disorders.

The child, always made to feel inferior and too much restricted in the expression of his natural healthy instincts, often seeks consolation in imaginings which compensate him for the disapproval of his elders and associates, and for the restraints imposed upon his energies. He may imagine himself a king, or warrior; he may picture himself as Napoleon or Caesar. If the restraining influence is prolonged indefinitely, he may exaggerate his self-importance even to the point of becoming an unmanageable maniac. The scrub woman who introduces herself to you as Empress Josephine, Cleopatra, or perhaps the Mother of Christ, sees no incongruity between her employment and her imagined station. The little weavers of the unconscious mind not possessing intelligent judgment, or conscience, relentlessly pursue the victim with "grandiose" or "persecutory" exaggerations of self-importance.

The normal child, given an avenue of expression in a constructive or social way, having proper encouragement and approbation, disciplined through intelligent guidance without complete repression, will learn to resolve that "ego-urge" into the most beautiful creations of art.

The "love urge" cannot be destroyed or completely repelled. It can be directed into higher channels than self-gratification. The love and ego urges are back of all the beautiful music, statuary, paintings, architecture, and other worthy achievements of mankind. Repressed, they manifest in crime, dissipation and vice. "Sublimated", they prompt acts of kindness and thoughtfulness and human relationships that make for happiness and completeness.

These inherited urges may be given proper direction by an illuminated intelligence, and a disciplined will; but this remember—**they cannot be eradicated!** To repress is merely to pervert and temporarily check. After all, "Unselfishness is only educated and enlightened selfishness."

Thus we see that the same fundamental principles upon which Nature Cure is based apply in the realm of psychic and aesthetic development. Our great leader and teacher in constructing the frame work of Natural Therapeutics has tapped a well-spring of vital truth, boundless and inexhaustible. What is *true* is *universally true*. The greatest achievement of the human mind is to have established broad generalizations running through every field of science and of art. Parallel truths exist in astronomy, in geology, physics, chemistry, biology and in psychology, sociology, music, painting, architecture and poetry. To understand Nature Cure in its broadest aspects requires an acquaintance with all the accumulated and organized knowledge of the ages. It is based upon principles universally applicable.

Reading aright, we may learn a new and wonderful lesson from the Chapter on "Unity of Disease and Cure", in the *Philosophy of Natural Therapeutics*. We may learn to recognize the primary urges and to look them squarely in the face. Half, perhaps all, the evils of the world come from our fear or hesitation to face facts honestly and squarely. We like to hedge ourselves about with interpretations that are flattering, consoling or beautiful. But what is more beautiful than truth?

The truth in this case is that we cannot completely deny a primary and natural tendency that has been inborn through generations of ancestry, whose life and progress depended upon struggle, and we can save ourselves much distress of mind and body, by a straightforward self-examination and acceptance of reality concerning our instincts.

The habit of self-repression in time destroys all spontaneity, all personal power. Emerson long before psychoanalysis was thought of, wrote: "To believe your own thought, that is genius. Speak your latent conviction and it shall be the universal sense; for always the inmost becomes the outmost, —and our first thought is rendered back to us by the trumpets of the Last Judgment. A man should learn to detect and watch that gleam of light which flashes across his mind from within, more than the lustre of the firmament of bards and sages. Yet he dismisses without notice his thought, because it is his. In every work of genius we recognize our own rejected thoughts."

Again he says, "We but half express ourselves, and are ashamed of the divine idea which each of us represents. . . . Trust thyself: every heart vibrates to that iron string. Accept the place the divine Providence has found for you; the society of your contemporaries, the connection of events. Great men have always done so and confided themselves childlike to the genius of their age, betraying their perception that the Eternal was stirring at their heart, working through their hands, predominating in all their being. And we are now men, and must accept in the highest mind the same transcendent destiny; and not pinched in a corner, not cowards fleeing before a revolution, but redeemers and benefactors, pious aspirants to be noble clay, plastic under the Almighty effort, let us advance and advance on Chaos and the Dark."

Biologically we are as yet only a few removes from the lower animals; historically, only a generation or two from savagery. We are, as a race, in our infancy. We cannot hope to destroy the instincts of self-preservation, love, or desire for approbation; nor is it desirable or necessary that we should. We may, by an educated judgment and courageous will turn these inherent tendencies into higher channels. We can use them for social rather than anti-social and individual ends. We

can apply them to constructive labor of hand and brain. We can beautify the fabric of our thoughts and conduct by coming out of the shadows of repressed desires and thoughts, and becoming *Spinners in the Sun*.

A Resourceful Practitioner

From Hay Island, Gananoque, Ontario, comes an interesting account of the successful application of hydrotherapy in a novel way. A student and former guest at our institutions, becoming enthusiastic with the wonderful benefits received through Nature Cure has been following the teachings in the treatment of various ailments, her latest success being the application of fever packs to one of her baby turkeys. We will let her tell the story in her own charming manner.

Hello Friends:—You must be surprised to hear from me. However, this is not the first letter that has been started to you in the past three years. I think it must have been because I had so much to say that I always wound up by not saying anything.

Probably on account of our location, we get some very good results and it is most interesting to try out the various sets of ideas hatching every day. You would laugh to see the men at the end of a hot day getting into their bathing trunks and asking for a blitz guss. One chap had his eyes burnt while wireless operator on a battleship and says they go blind when the hose hits the back of the neck. So I am very careful. He also says his eyes have quit hurting since he came. One man unable to sleep was soon cured.

Judging from what I hear, you have been growing fast these last two years. There are so many new things, I feel that I am getting away behind and will have either to get sick or pretend I am, so I can be a patient there once more, and catch up.

I must tell you about my latest patient. I tried raising some turkeys this year, but following a long spell of wet weather they began to droop. Anyone who knows turkeys will tell you they are very, very delicate in their early age and when they start to die nothing can save them. Having heard this all my life, I watched one drop out of the flock and by night picked it up dead. Next day another dropped out and towards evening I picked it up stretched on its side, eyes closed, and I thought dead. But I found it was still breathing. Quite a lot of us were gathered about and all saying the usual things about turkeys. Of course you can guess the workings of my Lindlahr-developed instincts as I held the dying bird in my hand.

We, the turkey and I, disappeared into the house and half an hour later we returned to the yard and I set the turkey on the ground. To my great joy he immediately started on the run after a miller bug nearby. I brought some food. He ran to me and ate heartily, as much as I would let him have. Fever packs up under the wings had worked wonders, but I could

not understand the quiet, amused expressions on the faces of the others, until I discovered they were convinced that I had switched turkeys on them as a joke. It was not until I called the flock for them to count that they could believe their eyes. The next day my patient drooped again a little and I gave it another series of wing packs. Since that treatment it is impossible to tell it from the rest and the fame of the "Lindlahr Turkey" has spread. I am sorry now that I did not realize when the first began to droop that Nature's laws were the same for man and beast. Yes, and for plants too. I have been experimenting a lot this winter with flowers and right now I have a cucumber vine which gave large fruit five weeks ahead of other vines of same seed that were planted a week earlier.

Give my love to the Doctor and to all the workers I know.

L—E—S—

Knocking It Out of Their Heads

From far away Buenos Aires, comes a letter from which we quote for the encouragement of "Help-Yourselfers" in the field:

It is now over four months since I established myself in Buenos Aires, and I am obtaining satisfactory results in every sense of the word. It is, of course, hard work, due to the fact that people have had it knocked into their heads for generations that health can only be purchased from the druggist. Their failure to receive alleviation of their sufferings, they do not blame upon the allopath or pharmacist, but upon the Almighty. They must consider themselves a wicked lot. I have, however, commenced educating some of them, with a certain degree of success, and have also made some of the allopaths look up. I have pleasure in stating that up to the present time, all of my patients have responded successfully to the treatment, including a case of a tubercular hip and another of Bright's disease, sent me as try-outs from the Military Hospital here. Many eminent men are pleased with the methods I use and I may shortly have some astonishing news for you.

The word that the Progressive College of Chiropractic is growing, pleases me greatly. I do not see how it can be otherwise, as no other college in the U. S. A. gives a better drugless course.

M—J—B—, D. C.

Saved for Her Babies

I wish to thank you very much for all the literature you have sent me. I have read every word of the two magazines, and here I am surprised this morning with a third one, thrown carelessly on the porch like any old advertisement. The postman doesn't realize how valuable this little book is. I feel under obligations to you people for your kindness. Your literature has been such a Godsend to me, such a help and comfort.

I am not the same woman who wrote the first time. I picked up a sensible diet and followed and enjoyed it and for the first time in my life (thirty-two years) have I had relief from constipation. My husband, who

is very cynical regarding diet, has seen a big change in me. I was up against a stone wall, so to speak. So I pulled together what was left of my once strong will and I have shown my husband what diet can do. He got so encouraged and relieved as my strength and disposition improved; so then I had to gradually and patiently explain that I needed the real Nature Cure treatments, as my throat has had horrid ulcers or something for four years and both breasts are congested, knotted and feverish and menstruation scant and there are many other troubles.

I have gotten so strong that I was able to have my teeth all fixed up. Have been going to the dentist's since the first of May and will not be through until August. Began my diet the tenth of March.

Dr. Lindlahr is what I call a Life Saver. It must be wonderful to be loved and respected by thousands of people—I hope it's millions not thousands.

God bless you all. I feel sure you have saved me for my babies.

Mrs. O—S—

Elmhurst Atmosphere

The Spirit of Elmhurst is expressed in the following verses, written by Mary T. Little, of Honolulu, to Miss Alice Clemens, both guests at our resort:

The beautiful sweep of cool green grass
The shadows of clouds that over it pass,
The sturdy strength of each noble tree,
Are part of what Elmhurst means to me.

The soft brown earth where row after row,
Carrots and beets and cabbages grow,
The dear little rabbits who late in the day,
Come out on the lawn to frolic and play;

The birds that circle around their nest,
When the twilight calls each one to rest—
And over it all the towering sky,
With its lazy white clouds so soft and high.

But more than these is the human touch,
The wonderful something that means so much—
A strong hand clasp, or a cheerful smile,
Or just a few words that seem worth while.

A hearty laugh, or a scrap of song,
No grumbling words when things go wrong,
For hope and courage and lack of fear,
Hold sway in the Elmhurst Atmosphere.

College Department

Under the direction of DR. M. H. KOWAN, Secretary

We have just closed four weeks of the most successful Post-Graduate work it has ever been our pleasure to conduct. Never have we had a more congenial or interesting group of doctors in our midst. They came from many parts of the United States: Colorado, California, New York, Oklahoma, Pennsylvania, Alabama, Arizona, Connecticut, Virginia, and our own state of Illinois furnished us with a fair-sized quota.

Many of these doctors left a large practice to join us for these four weeks of instruction, and we were proud to have them with us. Many different schools of healing were represented in the group, including doctors from the regular or Allopathic school, and we were glad to note that our allopathic friends were among our most enthusiastic students. Everyone expressed his complete satisfaction with the course, and we felt more than gratified with the results of our efforts. Quite a number expressed their intention of returning the following year for more of the Lindlahr "atmosphere."

Already we are looking forward to our next summer's course, to which we gladly welcome all our friends of the healing profession, both old and new.

Opening of Fall Term

The new home of the Progressive College is now in use and ready for the opening of the fall term. This increase in quarters makes it possible for us to take care of the ever-increasing number of students who find their way to us from the four corners of the globe for enlightenment and training in the cure of human ills.

The Autumn semester, which opens October second, will mark the largest enrolment of new students in the history of the college. With large, bright, airy, modern class rooms, a curriculum that is broader than can be found in any other drugless school, and a staff of teachers chosen from the best instructors in the country, we are better prepared than ever before to send men and women into the world worthy of the name of drugless physician. A school is selected today for

what it has to offer, and we consider our new building an evidence of our progressiveness and the good faith of the public in our methods of healing disease.

Requirements Increased

Our college has always been among the leaders to help raise and maintain the standard of the healing profession, and we are proud to announce the fact that we are the first Chiropractic school to increase its requirements for entrance to high school education. After the opening of the fall term, October second, only those students who can show a high school education, or its equivalent, will be admitted in our college. This step alone places our institution far in advance of all others. We have always endeavored to look out for the best interests of our graduates. When other schools were offering correspondence courses and conducting twelve-month resident courses, we maintained a two-year course in order that our graduates could go into the field prepared to meet the requirements of the various state boards and be fully eligible for licensure.

Visual Education

We want again to announce that visual education will be one of the important features in our course. Students have already witnessed the showing of many educational and scientific films since we purchased our moving picture machine. We are preparing to show, in the near future, one of the most instructive medical films in existence, made by the late Professor Wertheim and Professor Weibel of Vienna. This film illustrates explicitly the details of diagnostic technique and obstetrical manipulation. Many prominent physicians who viewed the film pronounced it a masterpiece of photography in obstetrical and operative procedure.

An Autumn Menu

Dr. Christine Matthiesen Yunkers

Relish

Celery

Cucumbers

Salad

Apple Salad

Vegetables

Delicious Roast

Buttered Carrots

Baked Potatoes

Dessert

Prune Whip—Vanilla Sauce

Whole Wheat Bread

Butter

Milk

Cucumbers: Select cucumbers with tender skins and serve them "peeling and all" in thin, round slices, without any dressing.

Apple Salad: Cut 4 red apples into dice, mix with salad dressing and sprinkle with shredded cocoanut. Serve on head lettuce.

Dressing: To 4 teaspoons of mayonnaise dressing add juice of 1 lemon, 2 teaspoons of sugar and 3 table-spoons of sweet cream. Mix well.

Delicious Roast: Grind together 1 can protose, $\frac{1}{2}$ pound (or 1 can) of mushrooms, 1 ear of corn, $\frac{1}{2}$ cup lentils (previously soaked over night and cooked); add 5 onions sliced thick and fry all in butter until brown. Cook 2 measuring cups of egg noodles in slightly salted water for 20 minutes. Mix all of these ingredients with $\frac{1}{2}$ pint tomato purée, $\frac{1}{2}$ pint of water, $\frac{1}{8}$ pound American cheese, grated; add seasoning, put in casserole, sprinkle with $\frac{1}{8}$ lb. of cheese, and bake about 1 hour.

Buttered Carrots: Scrape and slice 6 carrots, medium sized, into long, narrow strips. Steam slowly in very little water; add 2 heaping tablespoons of butter, season to taste. Shake all together and serve.

Baked Potatoes: Select medium sized potatoes, scrub with vegetable brush and wipe dry. Bake in hot oven until soft to the touch. Break the skin a little to allow the moisture to escape.

Prune Whip: Mix well 2 cups of cooked prunes, mashed through a colander with 3 tablespoons of brown sugar, juice of 1 lemon and the beaten whites of 2 eggs. Bake 15 minutes in a slow oven. Serve with vanilla sauce.

Vanilla Sauce: Rub 1 cup brown sugar into $\frac{1}{2}$ cup butter, and stir in one direction until foamy. Add 2 tablespoons flour. When well mixed add enough boiling water to make the right consistency, and let boil about three minutes, with constant stirring. Add the juice of $\frac{1}{2}$ lemon and flavor with extract of vanilla to suit taste.

The discovery of a new dish makes more for the happiness of man than the discovery of a star.

Progressive Doctoring

I took some dope, to make my head quit aching; it did the trick, but set my stomach wrong; and that old organ, all the bylaws breaking, just raised high jinks and bucked the whole day long. I took some dope to get my stomach working as in the days when it had fair renown; the dope did that, but set my muscles jerking, until it took three men to hold me down. I took some dope to make my muscles steady; they soon calmed down, and started cutting hay; but then my liver acted up, already; and threw a fit, and spoiled my happy day. I took some dope to quell my liver's riot—some bitter stuff, disguised with cherry jam; no sooner was that liver lulled to quiet than shooting pains whizzed through my diaphragm. I took some dope—but why prolong the anguish? I'm taking dope, for this disease and that; there's something new each day to make me languish; one day a boil, the next an aching slat. Pursuing health, all kinds of pills to swallow; the more I take, the more I have to buy; each pill demands another pill to follow—hand me the bitters, for I'm getting dry.

Walt Mason, in *Chicago Daily News*

A Timely Suggestion

Since the next issue of our magazine will not reach you until after the Holidays, we take this opportunity to remind you of the importance of selecting your Christmas gifts in time to insure a happy holiday season for your friends and for yourself. This time carry out your good intentions of making your selections leisurely and early. It will save you much worry, excitement and strenuous exertion during the rush of the holiday season.

The books of the Lindlahr Library of Natural Therapeutics abundantly meet all requirements. They are the most beneficial gifts that you can bestow upon your friends as an expression of your good will and loving remembrance.

Enclosed with this copy of the magazine is a folder descriptive of all the books we publish. Why not order now and benefit by our **Special Holiday Offer?**

	Regular Price	Special Price
Volume I	\$2.40	\$1.75 postpaid
Volume II	2.40	1.75 postpaid
Volume III	2.40	1.75 postpaid
Volume VI	2.65	2.00 postpaid
Magazine75 per year	.50 per year

Any 50c booklet or one year's subscription to our magazine absolutely free with every order for a full set of Dr. Lindlahr's books including the above four volumes.

This offer positively expires on December 15. We cannot guarantee to deliver before Christmas, book orders received later than that date.

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515 South Ashland Boulevard

Chicago, Illinois

Become Your Own Physician and Family Doctor

Elsewhere in this magazine appear the advertisements of the Progressive College of Chiropractic and the Lindlahr College of Natural Therapeutics. Not only those that contemplate taking up drugless healing as their life work need this valuable education, but every young man and woman should have a thorough theoretical and practical knowledge of the philosophy and practice of natural living and healing. It is the crass ignorance of the masses concerning the fundamental laws and principles underlying the processes of life and death, of health, disease and cure, of prenatal and postnatal child culture which accounts for the constant increase in chronic destructive diseases, physical and mental disability, insanity and premature old age.

You would not entrust the running of a valuable automobile to a person who knows nothing about its mechanism, nor how to drive it. Machine and driver would not last long. Still this is the actual situation regarding the large majority of people in matters of health and disease. Totally ignorant of the laws of natural living and healing, they violate habitually every law of their being, until they reap the effects in weakness, disease and suffering.

The time is fast coming when thorough instruction in natural living, healing and eugenics will be considered the most important part of every young man's and woman's education, before they assume the responsibilities of marriage and parenthood. As it is now, their brains are crammed with foreign languages, alleged music and all sorts of faddish notions while they remain utterly ignorant of the most important truths of life.

When they get into trouble, they go for advice to somebody with an M. D. behind his name—to a blind leader of the blind—and get deeper into trouble. A thorough education in drugless healing makes everybody his own physician, and the family doctor. It does away with the great loss of time, and expense for doctor and drug store bills, involved in sickness and chronic invalidism. Aside from this the diplomas of the Lindlahr schools assure the possibility of making an independent living in the most useful and honorable profession in the work of the master—the healing of the sick. Mature women, with good health and settled habits are especially adapted to the work.

The Lindlahr Health Resort

Elmhurst, Illinois



Change of surroundings has always been recognized by physicians as good as medicine for body, mind and soul.

Therefore they advise the nervous dweller in the crowded city to seek the quiet and beauty of the country. They tell the country patient who has grown weary in the isolation of farm and village to revive the drooping spirits by the stimulating, and educational diversions of city life.

We are now prepared to satisfy these various needs.

Those of our friends and patrons who prefer the interesting life of the metropolitan city remain in our **Chicago Home for Nature Cure**.

Those who seek the rest and beauty of the country cannot find a more congenial spot than our beautiful **Elmhurst Health Resort**—only a forty-minute ride on the electric car from the business center of Chicago.

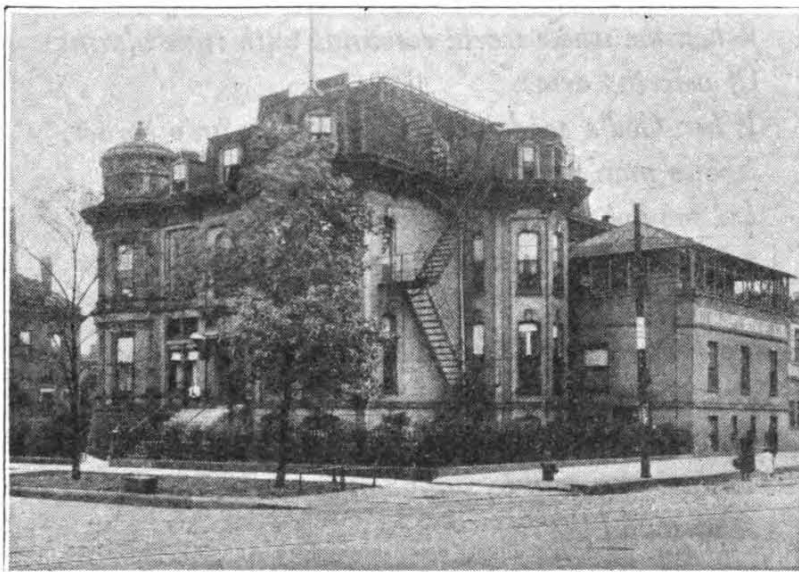
Chicago as a Summer Resort

Chicago has become one of the most popular resorts in the United States. Its beautiful parks and many miles of lake shore drives are unexcelled for beauty of scenery. Its zoological gardens, art galleries, instructive lectures, numerous theatres and churches of all denominations offer manifold opportunities for amusement and the acquisition of knowledge. The lake shore is dotted with bathing beaches which invite those who are fond of swimming. Lake steamers make daily excursions to neighboring cities and many short pleasure trips by day and by moonlight.

(Continued on opposite page)

The Lindlahr Sanitarium

525 South Ashland Boulevard, Chicago, Illinois



**The same methods, including electronic diagnosis and treatment, applied in the Chicago and Elmhurst Institutions
Twenty years record for highest percentage of cures
of Chronic Diseases**

DIAGNOSIS

In our methods of examination, as well as in treatment, we combine all that has proved true and efficient in all systems from the oldest to the most advanced, whether "orthodox" or "irregular," provided it conforms to the fundamental laws of cure.

Our examination includes family and personal history, thorough examination of all organs, spinal analysis by osteopathic, chiropractic, and other manipulative methods, diagnosis from the eye, inspection and examination of the eyes, nose, mouth, and teeth, X-ray examinations when indicated, and psycho-analysis.

In addition to the old approved natural methods of examination, we are now using electronic diagnosis—the most wonderful of all discoveries in medical science.

A booklet containing a complete copy of the examination reports is furnished to the patient. This should be preserved for reference and comparison with future examinations.

Every disease known to man is curable by the proper combination of natural methods of diagnosis and treatment, provided there is sufficient vitality left to respond to treatment and that the destruction of vital parts and organs has not advanced too far.

Rates reasonable and consistent with benefits received.

Courteous attention given to all correspondence.

Send for free literature. *Address all communications to*

The Lindlahr Nature Cure Institutes

509 to 529 South Ashland Boulevard, Chicago, Illinois

This Is My Task

*When the whole world resounds with rude alarms
Of warring arms,
When God's good earth, from border unto border,
Shows man's disorder,
Let me not waste my dower of mortal might
In grieving over wrongs I cannot right.
This is my task: Amid discordant strife
To keep a clean, sweet center in my life,
And though the human orchestra may be
Playing all out of key,
To tune my soul to symphonies above
And sound the note of love.*

This is my task.

* * *

*When, in church pews, men worship God in words,
But meet their kind with swords,
When fair Religion, stripped of holy passion,
Walks masked as Fashion,
Let me not wax indignant at the sight
Or waste my strength bewailing her sad plight.
This is my task: To search in my own mind
Until the qualities of God I find;
To seek them in the heart of friend and foe,
Or high or low,
And in my hours of toil or prayer or play,
To live my creed each day.*

This is my task.

—Ella Wheeler Wilcox