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LETTER FROM ADMIRAL SCHLEY TO THE EDITOR OF
OUR HOME RIGHTS
McKINLEY AND THE CAUSE OF HIS DEATH

"He Who Masters Education, Masters the World."

Labadie
OUR HOME RIGHTS

v.1, no.6
Organ of the U. S. Confederation
of Medical Rights Leagues

Vol. I. No. 6.

Boston, Mass., October, 1901

Price 5 Cents

Medical Freedom

A man ought to be as free to select his physician as his blacksmith for he alone is to profit or suffer by his choice. The responsibility is his.

WM. E. GLADSTONE.

How is it that there are a thousand ways in which I may be permitted to damn my soul, but when it comes to a trivial matter like temporary ill health, the Legislature must prescribe how I shall do it. It is absurd and ridiculous.

MARK TWAIN.

Medical Monopoly

I think it would be better for the profession if we all would recognize the fact, that it is better to have patients to die under scientific treatment, than to recover under empirical treatment, therefore use tonics if needed for your dignity and thereby accept no dictating by the laity. B. F. Posy, M. D., in the Medical Times. Philadelphia, Pa., and Boston, Mass., Oct. 1900.

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IMMANUEL PFEIFFER, [M. D., President] and Founder

We Advocate Reform in Social, Political and Religious Life

McKINLEY AND PRAYERS

AUTHORITIES ON ANTI-VACCINATION

PUBLIC HEALTH DEPARTMENT

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OUR HOME RIGHTS

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We Advocate Reform in Social, Political and Religious Life,

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Entered at Post Office, Boston, Mass., as Second Class Mail Matter, June 5, 1901

Vol. I.

BOSTON, MASS., OCTOBER, 1901.

No. 6



This square marked with an X, in blue pencil means that your subscription to this magazine has expired. Please renew.

FOR HIS GOOD

I bring you the stately matron named Christendom, returning bedraggled, besmirched and dishonored from pirate raids in Kiaochou, Manchuria, South Africa and the Philippines, with her soul full of meanness, her pocket full of 'boodle,' and her mouth full of pious hypocrisies. Give her soap and towel, but hide the looking glass.—Mark Twain's Greeting to the Red Cross Society.

PREFACE.

Oh, a little Christian song I'm going to sing,
And both dollars and religion it will bring.

It's about the white man's burden,
And its martyr's crown and guerdon,
With a kind of catchy Barrack Ballad swing.

(P. S.) It's an easy trick to write that sort of thing.

BALLAD.

If you see an island shore
Which has not been grabbed before,
Lying in the track of trade as islands should,
With the simple native quite
Unprepared to make a fight,
Oh, you just drop in and take it for his good.

CHORUS:

Oh, you kindly stop and take it for his good,
Not for love of money, be it understood,
But you row yourself to land,
With a Bible in your hand,
And you pray for him, and rob him—
for his good.
If he hollers, then you shoot him—for his good.

There've been sad and bloody scenes
In the distant Philippines,
Where We've slaughtered thirty thousand
and for their good,
And, with bullet and with brand,
Desolated all the land;
But you know we only did it for their good.

CHORUS (*fortissimo, beginning with a howl*):

Ow! just club your gun and kill him
for his good;

Don't you waste a cartridge, give him
steel or wood,
When he's wounded, and he's down
Brain him, 'cause his skin is brown,
Only mind you do it for his good.
"Take no prisoners," but kill them—for
their good.

Yes, and still more far away,
Down in China, let us say,
Where the "Christian" robs the "heath-
en" for his good,
You may burn and you may shoot,
You may fill your sack with loot,
But be sure you do it only for his good.

CHORUS:

When you're looting Chinese Buddhas
for their good,
Picking opals from their eyeballs made
of wood,
As you prize them out with care,
Just repeat a little prayer,
To the purport that you do it for their
good;
Make your pocket-picking clearly under-
stood.

Or this lesson I can shape
To campaigning at the Cape,
Where the Boer is being hunted for his
good.
He would welcome British rule
If he weren't a blooming fool;
Thus you see that it is only for his good.

CHORUS (*pianissimo*):

So they're burning burghers' houses for
their good.
As they pour the kerosene upon the
wood,
I can prove them, if I list,
Every man an altruist,
Making helpless women homeless—for
their good;
Leaving little children roofless—for
their good.

MORAL.

But there's a moral to my song,
But it won't detain you long.
For I couldn't make it plainer if I
would.

If you dare commit a wrong
On the weak because you're strong
You may do it—if you do it for their
good.

You may rob him, if you do it for his
good;

You may kill him, if you do it for his
good;

You may forge and you may cheat;
You have only to repeat

This formula: "I do it for his good."
Crime is "Christian" when it's really
understood.

—*Bertrand Shadwell,*
in Chicago Record.

We take pleasure in calling atten-
tion to the advertisement of Dr. H.
B. Leighton on another page. Dr.
Leighton has a very fine medical
education and many years experi-
ence; he has made a life study of
female diseases and in his 17 years
of practice in Boston and vicinity
had rarely had to resort to the sur-
geon's knife. He makes it a point
to compound his own remedies and
has met with remarkable success. He
also treats diseases of the ear, nose
and throat and has made himself
prominent in medical circles by his
successful remedy of catarrh. Dr.
Leighton's office is at No. 1 Hotel
Pelham, 74 Boylston St., Boston
and he can be consulted free from
9 a. m. to 8.30 p. m. Correspondence
promptly attended to.

Advertisers will find **OUR HOME
RIGHTS** a good medium. The large
middle class, the consumers, read it.



Astrological & Department

Edited by Derolli, Hotel Pelham, Rooms 411-12, Boston.

THINGS THAT CANNOT BE DONE

Scarcely a day goes by that I am not asked to tell what stock will rise, and how much the rise will be. This is done by people who seem to think that astrology will show exact fluctuations of stocks. I deny this. Nor do I believe that any man can frame a chart that it is safe to follow, though I know that men sell such things, and that others depend upon them and generally lose thereby.

Stocks vary from a variety of causes: manipulation is the greatest factor, and what man can foretell the mind of anyone, of a lot of magnates. Disaster may come to a railroad, or to a mine; a crop may be short or large. In fact, the economic laws more than men govern the markets.

I assert then, that it is pure fraud to impose upon a purchaser a chart or diagram showing exact stock fluctuations. But astrology does

here teach something. It does this: it shows plainly, first, whether a man can safely meddle with stocks; and secondly, when, if at all, it is safe so to do.

His individual chart, but not the chart of corn or wheat or sugar or oil, is what tells the story. Some men should never speculate, others can. The reason is in the positions of planets that govern each person.

Therefore, when men ask me if it is safe to buy sugar I say, "I will see if it is safe for *you* to buy sugar. Your judgment and your days tell the story. Each case must be studied separately."

Just so with other things. There is no fast and fixed law governing all. Each man is a being governed by laws that affect him, and upon his own responsibility and nativity must his decision and his action rest. It is not a stock market chart, or a broker's views but the *man*.

We are in the habit of seeking the best. We never yet found anything too good. We have followed this plan in selecting Messrs. J. P. Simonds & Co., Photo-Engravers of 247 Washington St., Boston, Mass., to make our half-tone cuts. Those in this issue of S. I. Bordman, Margaret Haile, Dr. Judkins, Dr. Howard, Dr. Derolli, Dr. Pfeiffer, and "Us Two," are from their establishment.

We have known the Simonds' for many years and they are the leaders in their line. They give satisfaction and are safe people to deal with. Mention OUR HOME RIGHTS with your order and we will guarantee you will be well served. It is our experience we are saving money in dealing with Simonds, besides getting just what we want.

THE FAMILY PHYSICIAN

Everyone is interested in learning how to keep in good health, but as people continue to get sick in spite of all the good advice given, it naturally seems that either the advice is of no account or it is not adhered to.

I am, however, led to make a few remarks on the subject which may or may not contain something of value and interest, but of that you shall be the judge.

Individual constitution and environment must govern the regulation of the habits of our lives and also the treatment of our bodies in sickness. There cannot be fixed and invariable rules for all.

The old family physician occupied a very important position in this respect, he knew the constitution of his patient thoroughly, often from childhood, and possibly his parents before him, so that he was well able to act as a reliable adviser in health and sickness and for many reasons it is to be deplored that he is passing away and the specialist taking his place.

Though the specialist has become a necessity in these days of advanced knowledge, when the skill required in the various branches of medicine and surgery could not be acquired in the lifetime of one man, he should not crowd out the general utility man as he may be called, the family physician, but quite the contrary, encourage him to remain.

The family physician should be the one to direct you to a specialist when the services of one are required and he can aid the specialist by giving him an authentic account of your constitution as a basis for him to work from.

My advice to you then as the best means of keeping in good health is

to select your family physician and adhere to him and to his advice. Consult him frequently that he may detect in your body any departure from health before it is established beyond the control of treatment. Many times a disease is very insidious and the physician with the appliances of today has every advantage which should enable him to detect it, if his patient will only consult him occasionally during the year even though he may consider himself in good health.

How many rejected applicants for life insurance were surprised, having thought they were in perfect health!

By following this advice you may know that no such surprise would greet you.

RICHARD R. PETTIGREW, M. D.

74 Boylston St., Boston, Mass.

THE LEADER IN SHORTHAND

All we ask of persons who desire to take up shorthand is, don't select your school before you have investigated the Gregg system,—that is all. After you do this we have no doubt you will be a Gregg pupil, and the reason for this is your own interest will lead you to prefer the Gregg. It is the best of all. For terms apply to the Gregg Shorthand School, Rooms 411-412 Huntington Chambers, Huntington Avenue, Boston, Mass.—ED.

If you think OUR HOME RIGHTS is the kind of magazine which ought to be in every household, why not make an effort to help introduce it. Hand your copy to a neighbor. We will gladly send extra free copies for distribution among your neighbors if you will help us to get new subscribers.

Woman's Health Department.

Edited by H. B. LEIGHTON, M. D.

No. 1 Hotel Pelham, Boston, Mass.



H. B. LEIGHTON.

Women's diseases and troubles are peculiar to themselves, and are usually termed "nature's weaknesses." So common is this idea and belief that it does not occur to them that it is themselves that are at fault, and not nature. The good conduct of this generation cannot wipe out all the troubles, conditions and causes, but this generation can do a good deal for themselves, and very much for the next generation. If the proper rules of health were laid down here without explanations, the dear women would say at once, "the game aint worth the powder." Alright, I do not expect you to believe all I may say, certainly not until you have tested the remedies given. At this time it will be almost useless to

say that tight-lacing, tight and high heel boots, heavy weights upon the hips, roller skating, rope-jumping, dancing and late suppers, etc., are some of the causes of your trouble. Some of you must be guilty to all of these things, all of you must be guilty to part of them.

Many of you are obliged to run up and down stairs a great deal, run sewing-machines, stand on your feet most of the time, lift heavy loads, etc., etc. You are not to be blamed for doing any or all of these things, when you are forced to do them. But, my friends, don't charge your troubles to nature when brought on by any or all of the acts above named, as nature is quite correct, and would leave you alright if let alone.

Now, try and remember, if you please, that nature has been handicapped ever since you were born, and usually nine months before. In spite of all this, the good mothers trust their daughters to nature without realizing the fact that nature is barred out and cannot act.

Two-thirds of the thousands of women and girls who come to me for advice and treatment have some uterine troubles, the majority of which might have been well had nature's requirements been lived up to, and most of their troubles would have been prevented if they could have been cared for when twelve or fourteen years old.

No woman has any right to marry and bear children until some doctor

has pronounced them in condition to do so. Now, my friends, will you try to learn the causes of your trouble, then apply the remedy to the cause, and not to the effect?

I will try and put these things

plainer in this department next month. In the meantime, you may come to talk with me, or write to me, and I will advise you to the best of my ability, and it shall cost you nothing.

BOOKS AND PAMPHLETS

All books will be mailed from this office on receipt of price.

A Manual of Mental Science, for Teachers and Students. By Jessie A. Fowler. Price \$1.00 illustrated. We were recently called to mourn the death at an advanced age, of Mrs. C. Fowler Wells, "the mother of Phrenology in America." To-day her place is taken by Jessie Fowler, a Daughter of Phrenology, born with the best tendency to a study of a subject of which she seems a natural teacher. Indeed this book is of great service to teachers and students of "Childhood; its character and culture." The preface is written by the late Prof. Sizer, and on the whole, the work is the latest and best work on Phrenology out. Study it.

The New Method in Health Culture. A Guide to Home Treatment of the Sick. By W. E. Forest, B. S., M. D., 15th edition, edited, enlarged and illustrated by Albert Turner. Price \$1.00, 323 pages. This very valuable book is the best, indeed the only one, of the kind ever printed. It is a system of natural principles applied in curing disease in conjunction with, or without, a doctor's prescriptions. For some years we have known of people who have followed the instructions given in this book, who are now no longer patients. This book will be

sent prepaid for the price of a doctor's one little bit of advice, only a dollar, please!

The New Internal Bath. By Laura M. Wright, M. D. Price 25 cts., paper; in cloth, 50 cts. Some years since "Dr." Hall of N.Y., sold a "secret" of long life for \$4, which was but an inferior process to this new or "improved method of flushing the colon." This "internal bath" is as important as one outside, and all should know how to apply it properly, when they can do so at so small a price, and thus perhaps save their lives or at least prolong them, for it is claimed to be a better preserver of health and preventive of illness than any other known single means.

The Liver and Kidneys with a chapter on Malaria. By S. W. Dodds, M. D., 25 cts., paper; 50 cts. cloth. The functions, diseases and treatment by hygienic methods of these important organs.

Food Value of Meat, by W. R. C. Latson M. D., Editor of *Health-Culture*, 25 cts., paper; 50 cts. cloth. The author claims "flesh food is not essential to mental or physical vigor" with which the editor of OUR HOME RIGHTS agrees.

Advertisers will find OUR HOME RIGHTS a good medium. The large middle class, the consumers, read it.

Rational Therapy

Conducted by
"COMMON SENSE."

Under this heading we shall print, in each issue, some of the many forms of treatment that appeal to reason; and, although not adapted to the "regular" school of practice, its "medicine men" will probably adopt the methods suggested; just as physicians every day, ignorant of what to do, and at their wits end, which, in many cases, carry them but a little way, have to employ the "old woman's notion" of some "grandma" and, when the patient is well, go away and lie about the old lady, in order to claim the credit, themselves!

This "Department" is suggested to us by a bright man who has traveled much and seen many evils from what "the doctor ordered," which would have been deaths had they taken the remedies prescribed and followed directions of the physician. He tells me that he met a man where he had camped in the mining districts of California who could beat "regular" doctors in

Curing Pneumonia.

The claim of the man is this and he always effected a cure: "Unless some part of the digestive process is clogged, pneumonia is impossible, and one cannot even take cold if the circulation of the fluids of the body is free." Thus he puts away, with one full blow, the whole germ theory, the dominant view of physicians that this infective disease is caused by the *diplococcus pneumoniae*; and, casually, in his treatment, he gets

rid of the germ also, although he may not know there is one!

"His method is simplicity itself. In the first place, to start with, he gives a big dose of physic and puts his man into lots of blankets, and then he gathers all the bottles he can find in the camp and fills them with hot water and heats every part of the man but his head. As soon as he thinks the physic is out of his stomach, he makes him sip hot water. Just as soon as he sees a drop of perspiration on his forehead he will say: 'I've got you, old man. Keep the heat going until the pills operate freely, and don't let him take cold.' I have seen bad cases where they would have choked to death in less than an hour out at work in two or three days. He didn't consider it a question of constitution at all. It was only a question of cleaning the man out and keeping him warm."

Now, as the "regulars" admit, on the authority of Osler in his "Practice," page 529, "pneumonia is a self limited disease, and runs its course uninfluenced by medicine, it can neither be aborted nor cut short by any means at our command," why should they not stop giving medicine which has no effect, except in fooling the patient and family, and perhaps filling and killing him with poison and try some simple and common sense cure for the disease?

Some other treatments will be given in due season.

That the above is in line with the present "regular" use of heat, the following shows:

Acute Lobar Pneumonia by the Continuous Application of a Very High Degree of Heat Over the Whole Chest.

Ingraham (N. Y. *Med. Jour.*, vol. 63, no. 13) sums up the result of his observations in the treatment of pneumonia by heat, applied through the medium of a "pneumonia jacket," consisting of a cotton-flannel jacket, to which are attached coils of rubber-tubing, through which heated water circulates by force of gravity, coming from a small reservoir, as follows:

1. To hasten the various stages of the pneumonia process.

2. The high degree of heat not only hastens the disease processes, but *sustains the vitality* of the consolidated lobes.

3. It effectually prevents further extension of the pneumonic process.

4. It sustains lobular vitality, and consequently the lobe will not be so prone to chronic disease or to recurrent attacks of pneumonia.

5. It prevents complication.

6. It stimulates respiration, strengthens the heart action, and favors the performance in a normal manner of the various pulmonary functions, as regards both oxidation of the blood and elimination of carbonic acid and other respiratory products.

7. It relieves pleuritic complications.

8. It controls temperature.

On the other hand, that the "profession" does not employ heat alone, but goes to the other extreme, on occasion, is seen below:

Broncho-Pneumonia in Children

Le Grande (*Med. Press & Cir.*, vol. 61, no. 2971) says he gives unhesitating confidence to the application of *cold* to the thorax, through the medium of tarletan compresses

steeped in cold water, with a fourth of alcohol added; the compress is wrung so as to be only well dampened. At the end of a quarter of an hour the compress is removed, steeped again and replaced, and so on every quarter of an hour at first, then every half hour, and finally, every hour, according to the improvement obtained in the respiration, circulation and the nervous system; for the habitual effect of this treatment is the attenuation of all these symptoms. If no improvement takes place, recourse should be had to the wet sheet. D'Espine and Picot advise the warm bath at 95 degrees twice a day, with the cold application in the interval. Hutinel is a strong partisan of cold baths where the local lesions are not considerable. He finds that it increases notably the urinary secretion which facilitates the elimination of the toxins; the cold bath also increases the salivary and digestive secretions, rendering the tongue moist and permitting the digestion of liquid aliments. When the temperature attains 106 degrees the cold bath is always indicated, the first being at 82 degrees, the other lower, but never below 64 degrees. Cold water should be applied to the head while the child is in the bath. Le Grande usually uses the bath at a gradually cooling temperature. First at 102, an hour later at 95, two hours at 89 and then every third hour at 86 degrees. The effect is marked; the child gets calm, the dyspnoea is decreased and sleep comes on. Immediately after each bath something warm is given the patient. The internal treatment should consist of stimulant mixtures. Thus by hydrotherapy and good hygienic treatment Broncho-pneumonia in children gets well much better and quicker than by the old methods.



EDITORIAL

Immanuel Pfeiffer, M. D.

OUR RELIGION.

The Editor of this magazine is often asked what his religion is. Here it is.

"I belong to the Universe.
To establish Harmony is my mission."

Creeds and confessions? High church
or the Low?
I cannot say: but you would vastly
please us
If with some pointed Scripture you
could show
To which of these belonged the man
Jesus.
I think to all, or none. Not curious
creeds
Or ordered forms of churchly rule He
thought,
But one of love that blossomed into
deeds,
With human good and human blessings
fraught.
On me, nor priest, nor presbyter, nor
pope,
Bishop, nor dean, may stamp a party
name;
But Jesus, with His largely human
scope,
The service of my human life may
claim.
Let prideful priests do battle about
creeds,
The church is mine that does most
Christ-like deeds.

HOME VAPOR BATHS.

We have a few Home vapor baths; price \$5.00. Will send one f. o. b., all complete, for \$3.00. Address Vapor Bath Co., 312 The Pelham, Boston, Mass.

* * *

THE TEMPLE OF HEALTH.

Dr. J. M. Peebles, editor and proprietor of *The Temple of Health and Psychic Review*, Battle Creek, Mich., notified us in September that he should sail the first of October on his fourth tour around the world, leaving his medical business in the hands of his assistants. He stated that he should not publish the *Temple of Health* until his return for he would not be satisfied to have anyone else edit it during his absence. But, after looking over the field of similar periodicals, he selected OUR HOME RIGHTS as the nearest his ideal magazine to take the place of his own publication while he is away. Hence we have the pleasure to announce that the several thousand subscribers to the *Temple of Health* will be supplied with OUR HOME RIGHTS in its place for such a period of time as Dr. Peebles may be abroad; and that we shall, beginning with the next number (November) print communications from him, of interest to all our readers.

WORTH IMITATION.

Several of our friends have ordered copies of O. H. R. for October by the hundreds for distribution among their friends. Surely this is setting an example worthy of imitation. When ordered in lots, the price of OUR HOME RIGHTS is 3 cts. each.

* * *

We have succeeded in getting Dr. Leighton, 74 Boylston street, Boston, Mass., the noted specialist, to take charge of the Woman's Health Department. We know of no one better qualified to edit this department and we have no doubt our lady readers will follow his articles with great interest.

* * *

Dermatology of late years has come to the front and we have arranged with Dr. Brough of 11 Winter street, Boston, Mass., to edit this department. We live in an age of specialties, and people are looking to specialists for results. We naturally exercise a great deal of care in seeking our editors for the various departments and we have reason to be proud in having added Dr. Brough to our staff. He is master in his chosen field and is in every way a gentleman of culture and experience.

* * *

BOTANICAL DEPARTMENT

We have always believed there was an herb growing for every disease and we are backed in this opinion by the best authorities. Herbs are as much of a blessing to the human family as drugs are a curse. Dr. H. C. Lull of 165 Tremont street, Boston, Mass., who will edit this department, has from childhood been a lover and investigator

of herbs and his success as a botanical physician led us to invite him to join us in our educational work.

* * *

MORE DEPARTMENTS.

We have added quite a number of new departments to this issue and hope to continue to do so until the field is covered. We are determined to make OUR HOME RIGHTS truly the people's own magazine, and by having a large number of independent departments edited by brainy, experienced women and men, we will produce just such reading which will educate and elevate the common people. We receive every day evidence that our efforts are appreciated.

* * *

SUGGESTION

In the Cure of Diseases and the Correction of Vices.

MEDICAL ELECTRICAL DEPARTMENT.

Electricity is in its childhood as far as application is concerned. It is already a factor as a healing medium in the hands of the expert Physician. We have handed this department over to our friend and co-worker, E. Hood Corson, Doctor of Suggestive Therapeutics and Medical Electricity, 100 Boylston street, Boston, Mass. Bro. Corson is a successful specialist and everybody gains by coming in contact with him.

* * *

A FAMILY PHYSICIAN.

We refer to this interesting article from the pen of Dr. Richard R. Pettigrew, of 74 Boylston St., Boston, Mass. In the succeeding

numbers of OUR HOME RIGHTS, Dr. Pettigrew will discuss the subject of the human blood. This is truly an important matter, in fact it is so important that it is absolutely necessary to keep the blood healthy as a safeguard against disease. Dr. Pettigrew is a close observer and will give the readers of O. H. R. the benefit of his studies and observations.

Dr. Pettigrew has success inscribed on his banner and we welcome him as a permanent writer for O. H. R.

* * *

McKINLEY AND PRAYERS.

What is a prayer and how, when and to whom shall it be offered?

Who will and can answer these questions satisfactory? All the churches including the Christian Scientist (who make a special claim to know how to pray) evidently tried to influence their God to save McKinley, when the thirteen doctors had given an exhibition of their ignorance. What was the result? We all know that neither Medical Science (?) nor prayer helped him. McKinley in his dying hour seemed to know more, than all his doctors and the millions of his praying countrymen for he said: "It is God's way. His will be done." Moral.—When a man is in real danger, it takes something better than old-school, drug-stuff, doctors and prayers to help him. Is there anyone stupid and hypocritical enough to differ from us, when such facts are staring us in the face?

* * *

THE 10,000 MARK.

The "March of the Ten Thousand" was no grander or greater than has been that of OUR HOME RIGHTS to

the number we aimed to reach in the first six months of our existence as a magazine. With the subscription list of the *Temple of Health*, whose subscribers will receive OUR HOME RIGHTS during the absence of Dr. Peebles added to our own rapidly increasing recruits, we shall have by the first of January, 1902, the 10,000 subscribers we are seeking. After that we shall start a campaign for 100,000, and will then enlarge this magazine and increase its price to \$1.00 per annum. Until then, we shall not only receive subscriptions for 50 cents per year, but will make special clubbing rates with other magazines of which we offer a few below:

CLUB OFFERS.

The Stuffed Club comes first; and we will club anybody with this publication and our own for \$1.15 per year.

The Commoner and OUR HOME RIGHTS, one year for \$1.15.

The Phrenological Journal and OUR HOME RIGHTS for \$1.15 per year.

Health-Culture and OUR HOME RIGHTS, for \$1.00, the annual price of the former, alone.

The last is a very special offer and we advise all our readers to accept the same at once. We notice these periodicals in our review column, "We Welcome," elsewhere in this issue.

* * *

A STUFFED CLUB.

The great Denver (Colorado) magazine in its August number had an article on "Cure-Alls as founded by Optimism, Scientific and Otherwise," which contained many truths and some errors. While we gladly

refer to Brother Tilden as a practical reformer doing a grand work, we only show our friendliness to him in the cause he represents by calling attention in a most friendly manner to a common mistake entertained by most college-bred persons that a man must have a college education in order to be successful in his calling. As an honest and practical writer, Dr. Tilden admits that there are many failures among college graduates. On page 149, Brother Tilden says in reference to Christian Science: "The body dies and takes with it all mind manifestation." We cannot agree with him as we have evidence in abundance to prove that mind is able to manifest without assistance of the body. It really seems as if "*A Stuffed Club*" agrees with us because on page 155 reads: "The process we call death is life—a change of manifestation in which a temporary individuality is given up." On page 156 we read: "People are born in all states of perversion, mental and physical, and to cure them is equivalent to changing their natures; it is truly on the order of converting a pine board into an oak one." Of course there are not two things alike, consequently what will cure one will not effect another, but still the fact remains that if there is a certain amount of vitality in the patient he can be cured by some process.

It is only a matter of knowing how to extract poison and to introduce healthy chemicals to take its place. This we know can be done. It is done every day by successful practitioners of all schools, but we have yet to meet the man who can change a pine board to an oak one. Hence it does not seem wise for "*A Stuffed Club*" to make such a comparison. Again we quote from page 162: "All

educated physicians are not good physicians; if a physician can be a failure after being educated, what hope has the world that a man not educated at all can be a success? I have seen no less than 10 phantom tumors treated for pregnancy by physicians of reputation. If educated physicians can be fooled in this way, what assurance have we that people with no knowledge of fundamentals will know more." On page 163 of "*A Stuffed Club*" we read: "A bird may as well undertake to fly without wings as a man to have a respectable amount of education in the line of healing the sick without a systematic training in the best medical college of the land and becoming thoroughly drilled in the medical knowledge of the world. Nothing short of thorough medical education will give a mind sufficient comprehension to select the best from all the world of knowledge. Because there are a great per cent. of failures in graduates in medicine, it is no reason that the source from whence they draw their supply is a failure. All there is to be known medically is in the world's archives of medical knowledge." Now Brother Tilden, you have gone too far and stated that which you cannot substantiate. We claim that a physician in order to be successful must be born a physician. This rule applies to orators, musicians and many other classes. Under our present system of education we have produced a very large class of what might be termed educated fools. We will admit that when a man has a natural talent that a practical education will help to develop him, but an education is not necessary for him to be successful. We could give many illustrations of this to bear out our statement. It has been our

good fortune to be well acquainted with two gentlemen who might be termed natural physicians; each for upward of 50 years were successful and established a record of which any educated physician might be proud. Neither of them could hardly write his name, and had never studied medical works. Each worked at the bench and at the factory for many years until it was discovered that they had ability to go into a trance condition in which they lost their individuality, and in that condition could they not only diagnose cases of those with whom they got into physical contact, but also patients at a distance. They also had the ability to compound medicine and prescribe remedies with success. One of these natural physicians while in a trance also had the ability to perform surgical operations, something of which he had no knowledge whatever in his normal state. Each have accumulated wealth and fame in the very neighborhood where they used to work as common day laborers, and even educated physicians of reputation have consulted them and have admitted that they were right but were puzzled to know where they got their knowledge from. We know of a lady who is similarly gifted, and at times is employed by a noted surgeon, who when in doubt, is guided by the information he obtains from this natural physician. These statements are absolutely true and well known to many people, and I could quote many similar cases. The parties I have referred to have special gifts which cannot be obtained in any medical school. That there are many frauds and imitators is no evidence that there are not genuine gifted natural born physicians. Knowing that Brother Tilden is an

investigator and practical reformer, we consider it our duty to call his attention to these facts. "He who masters Education, masters the world" is the motto of O. H. R.: this is true; but there is a higher Education, which is not obtained through books; this is what we have tried to point out in this article.

* * *

VACCINATION.

EDITOR BOSTON TRANSCRIPT:

Of late we have read a great deal in the Boston papers about small-pox, and a few days ago one of the members of the Board of Health said in substance: "That while the board did not wish to force every citizen to be vaccinated, at the same time all good citizens are invited to co-operate with the board by volunteering to be vaccinated." He slurred those who oppose vaccination in a manner unbecoming a scientific gentleman, but perhaps we should not look for science in our Board of Health.

Herbert Spencer said: "I am strongly opposed to compulsory vaccination," and every honest man who has investigated vaccination is opposed to it. Prof. A. Wilder, M. D., noted as an authority around the world said: "A vaccinated people will always be a sickly people, short-lived and degenerate." Vaccination has been investigated by the brightest minds of the present day, and practically without exception, all investigators are fighting vaccination. A thorough investigation results only in one thing, opposition to it. The statement made by many ignorant Health Boards, that vaccination will stop an epidemic, has no foundation in fact. It has never done so anywhere.

Doctors cannot tell what vaccination is. When Dr. Raugh who was sent from the United States to appear before the British Vaccination Commission in 1891, to give evidence as to vaccination in the U. S. was asked: "Dr. Raugh, tell the Commission what vaccination is." He answered: "I do not know." English experts answered the same question in the same way. The case for vaccination was so poor that the Commission, every man at first a believer in vaccination, in its final report recommended that compulsory vaccination be done away with.

New York State has repealed the compulsory vaccination law, and even Utah last winter passed a law over the governor's veto, repealing the compulsory vaccination law. Let us hope that our beloved State of Massachusetts will soon take its place among the enlightened states, and by repealing the compulsory vaccination law, declare to the world that vaccination is a curse and a menace to health and personal liberty. Several courts have decided that compulsory vaccination is unconstitutional.

Had we time and space we could quote many cases of death from vaccination. We shall only quote one from the "*Animals' Defender*" of Oct.: "On or about June 3, 1901, of No. — St., Boston, a child of two years old was vaccinated at the Chardon St. Home, this city. Six days afterwards she went to the children's hospital for septic abscess in front of shoulder, which was opened freely. On June 15th the child died, the autopsy conducted by the Board of Health showing that death was caused by septic abscess of shoulder, septicity of the thymus gland, and septic pericarditis directly due to vaccination.

We quote a resolution passed by the New England Eclectic Medical Association at its last meeting: "Compulsory vaccination is a shameless violation of personal rights, a surgical operation which no one has a right to enforce, is an infliction of diseases and also of death, and without the sorry justification of preventing the development of any other diseases whatever."

Vaccine virus, so-called, is rotten cowpox pus. Cowpox is not smallpox and has no resemblance to it. Ricord first showed it was in the syphilis (pox) class. Creighton and Crookshank afterwards confirmed his experiments, but it remained for Hubert Boens, government vaccinator of Belgium, to trace cowpox to its original source which he found to be syphilitic sores on the milker's hands, and this also confirmed the experiments of the others in the same field, that the likeness was with syphilis, not with smallpox.

Dr. Hubert Boens is quoted thus: "Continue, gentlemen, to vaccinate if you choose, and because you make money by it, but never forget, pseudo-scientists and false physicians that you are, that whilst you sow vaccine among the people They Reap The Pox!"

Let us see how this hell concocted virus is obtained. A healthy calf is chosen, great care is exercised that this calf is sound; this calf is first injected with tuberculin, i. e., cultivated consumption, to test if it has tuberculosis. If it "reacts" properly it is pronounced healthy. Not a word is said anywhere about the danger of giving this healthy calf consumption if it did not already have it, which this injection is likely to do. Then cowpox virus, which as before said is closely relat-

ed to syphilis, is put into scars on its sides, thus you have a mixture of syphilis and consumption, at this stage of the game. Then the calf is tied up so it cannot move, to hang for five days, until these combined poisons have reached a white water stage of festering decomposition, when these watery sores are pressed with a sort of tweezers and the matter from them extracted, and is then mixed with glycerine and put up in tubes, to "poison" the life blood of the people.

This picture is true to life and the State Board of Health (death) cannot prove it false. It is a nice subject truly and when people understand how these self-styled scientific (?) men have deceived them some one will get hurt.

Where can we find a greater authority than Crookshank, whose works on bacteriology are in every laboratory in the world; where a better authority than Creighton, whose works are standard everywhere upon epidemiology; and we could quote a large army of great men, and it is true that for 40 years, no man of science who has investigated vaccination for truth's sake has upheld it. For proof of these facts, see Dr. Creighton's article in the 9th edition of the *Encyclopædia Britannica* on vaccination. The people should be taught the truths although every pseudo-scientific doctor in the Union be out of a job.

Alexander M. Ross, M. D., M. A., F. R. S. L., Eng., Toronto, Canada, Member of the College of Physicians and Surgeons of Quebec and Ontario, Professor of Hygiene and Sanitation at St. Louis Hygienic College of Physicians and Surgeons, Vice-President of the Association of Hygienists of America, Member of the Ninth Session of the Inter-

national Medical Congress, Member of the British, French and American Association for the Advancement of Science, etc., who was President Lincoln's confidential correspondent in Canada during the Southern Rebellion, says: "Pro-vaccinators insist that vaccination must be right because the great majority of medical men sustain it."

"The 'great majority' of medical men opposed Harvey's discovery of the Circulation for forty years. The 'great majority' denied a cup of cold water to the patient consuming with fever. The 'great majority' gave the people calomel until their teeth dropped out, the flesh rolled off the bones and the bones themselves crumbled into dust. The 'great majority' have inoculated the people with syphilis, eczema, consumption and smallpox. The 'great majority' have bitterly opposed every real and scientific reform in the healing art, they have filled the world with incurable invalids and given respectability to quackery by the outrageous quackery of the profession itself, disgusting all sensible and thoughtful men by their fallacies and delusions of which Jennerism (Vaccination) is the greatest and most destructive."

"WHY I OPPOSE VACCINATION."

"Because no rational theory ever has been or can be advanced to support the ridiculous assumption that vaccination protects from smallpox. One thing is certain, thousands of children are killed annually by vaccination, or its after results, and these victims of medical ignorance and cupidity are the only persons, it can be asserted with truth, that vaccination protected from small-pox."

"Because vaccination is an unmitigated curse, and the most destructive medical delusion that has

ever afflicted the human race. I know full well that the vaccinator sows broadcast the seeds of many filthy diseases of the skin, the blood, the hair, and the eyes, which are transmitted from generation to generation—an ever-biding curse to humanity.”

“Because nearly forty years’ experience as a medical practitioner has convinced me that vaccination does not afford the least protection or mitigation from small-pox, the unvaccinated and vaccinated being equally liable to the disease, under similar conditions.”

“Because I believe the propagation of disease on the pretext of thereby preventing disease is bad in logic, wicked in morals and futile in practice.”

“Because I have frequently seen vaccination result in terrible corrosive ulcers on the arms, glandular swellings in the arm-pits, filthy cutaneous diseases, erysipelas and intractable diseases of the eyes, ears and scalp.

“Because I have seen many children die from erysipelas and hydrocephalus (water on the brain) caused directly by vaccination. I saw two children die from corrosive ulceration of the eyes—in one case the eyes were actually eaten out of the child’s head before death relieved the little victim from its sufferings. I have known several cases where amputation of the arm has been necessary to save the lives of those who had been vaccinated.”

“Because I know, that eleven-hundred children under twelve years of age were vaccinated into small-pox and died from it during the epidemic of 1885 in Montreal.”

“Because I know, of several cases of death from tuberculosis caused by

vaccine pus from tuberculous cattle.”

“Because I know that filthy cattle diseases have been transmitted to children by vaccination with the rotten cast-off pus from diseased cattle.”

“Because I know that the best living microscopists are unable to certify to the purity or impurity of vaccine pus, falsely called lymph—still less, to its harmlessness.”

“Because authorities, who order and enforce vaccination, will not guarantee or indemnify a parent against the evils that so frequently result from it.”

“Because it is a cruel wrong to poison the pure blood of a healthy child with impurity from a diseased beast.”

“Because the danger incurred by vaccination is infinitely greater than that from small-pox—we know what small-pox is, but we do not know what hideous poison may lurk in vaccine pus.”

“Because we have no antidote for vaccine poison—for all other poisons we have—but for vaccine poison none!”

“Because all the protection we have against small-pox and other filthy diseases comes from our improved knowledge of hygiene and sanitation, and if one-quarter of the money spent for vaccination was applied to improving the conditions of life in localities where small-pox and other filthy diseases originate we would not only “stamp out” small-pox, but cholera, diphtheria, measles, scarlatina, and other diseases that are born in filth and thrive upon filth. Cleanliness is our only natural, hence scientific protection, not vaccination, incantation, charms, witchcraft or any other fetich.”

“WHY I OPPOSE COMPULSORY VACCINATION.”

“The theory of vaccination has this peculiarity, that the more firmly it is established the less justification does it afford for the plea that compulsion is essential to public safety. For the theory is, that vaccination protects against small-pox. Very well; if that is so, then every man has the opportunity of protecting himself and his children against the neglect of his neighbors. What justification has any one in that case for coercing his neighbors to adopt his belief? If it is said that his neighbor's children may take the small-pox and thus endanger those who are already “protected” by vaccination they surrender their claim, that vaccination protects. Of two things, one: either vaccination protects, in which case the vaccinated are not endangered by the unvaccinated; or else vaccination does not protect, and in that case what right has any one to compel another to run the risk of so dangerous and useless a rite.”

“RESISTANCE TO OPPRESSION.”

“The right of resistance to injustice and oppression is inalienable, and its exercise in no way depends upon the nature of the authority wielded by the oppressor. A majority can be as tyrannical as an autocrat. Injustice does not become just or tolerant because it has been countersigned by a majority. No one has a right to oppress, that is, to treat unjustly; no, not even if the oppressors have a majority of nine hundred and ninety-nine to one.”

“I stand for the right of every citizen, rich or poor, high or low, black, brown or white, male or fe-

male—the individual's right above all others to maintain the purity and integrity of his person, as against all theory or practice of unsettled and unsought defilement, his right to resist by all means in his power the enforcement of vaccination on his own person or the bodies of his children.”

“The time is coming when the claim of the medical profession to save our bodies from small-pox by the aids of fines and imprisonments, shall be read with the same feeling with which we now read of the persecution of the church in former times—“To save souls by halter and stake.”

“While I believe it the duty of every good man to obey a good law, I believe it the duty of every good man and woman to despise and resist even unto death all laws for the compulsory enforcement of vaccination.”

I will conclude this already too long article by quoting from a letter just received from one of the employees of the Boston Elevated R. R. Co.

“I am so disgusted and enraged that I cannot refrain from writing you a few words in regard to the vaccination scenes that take place in the many stations of the Boston Elevated Ry. Co.”

“The Dr., in most cases, is a young man who is in need of business. The men march along in single file with sleeve rolled up. Some of the men, when they come near the young dignitary faint and fall out of line, while others begin to vomit. If any declare that they will not submit to the disgraceful inhuman treatment, they are told, or given to understand, that they can settle up with the Co., which I think is an act of intimidation. The

men, as a rule, take the poison rather than give up their positions."

"If you could see some of the arms of these men, you would be as disgusted as I am. Some of the men have gone to the hospital, and one man will probably have to have his arm amputated. If he lives, he will get a switch to turn and a cut in wages. If he dies, it will probably be heart failure that caused it."

"When some of your 'Home Rights' certificates were presented, a halt was called. The Dr. straightened up and said that he would not pass those cases by, that he would find out about them, speaking to the checking clerk."

If I was to offer an apology for asking you to print this letter, I could only say, it is written in the interests of humanity, only considering. "The greatest good to the greatest number."

IMMANUEL PFEIFFER, M. D.

74 Boylston St., Boston, Mass.

* * *

THE LATE PRESIDENT McKINLEY.

This article is not written for the sake of popularity. Its basis are facts.

As a vegetarian, I am opposed to killing anybody, high or low is immaterial to me: if it is wrong to murder, it is contrary to what is right,—that is all.

I firmly believe that any person who is sane cannot commit murder. Remember, it is possible for a person to be sane upon ninety-nine points and insane on the hundredth point. In other words, a person can be sane upon any ordinary question and at the same time be insane upon any one special subject. The murderer of McKinley will be murdered

in a few days:—this is right under the laws of New York, but it is wrong under a higher moral law, which says: "Thou shall not kill." If it is wrong to murder one person, it is wrong to murder another one, and how can two wrongs possibly make one right?

The following is an expression of a leading teacher of Christianity: "I wish that policeman in Buffalo who seized the pistol of the scoundrel who shot our adored President had taken the butt of the weapon and dashed the man's brains out on the spot."

McKinley's own ministers expressed a wish to have an opportunity to kill the murderer. I have no sympathy with such jugglers of Christianity. They are insane and like the poor fellow who murdered our late President, should be locked up and treated——fully.

The able jurist who defended McKinley's slayer said: "How is it possible that a *sane man* could commit such an act?" There is a whole lecture in these few words. A New York jury said Czolgosz killed President McKinley, and practically the people of the United States have endorsed the verdict. Now let us see. The President's last words were: "Goodby, goodby all. It is God's way. His will be done." President Roosevelt said the same in his proclamation. If this be true and it would hardly be considered polite in this case to disagree with the two presidents,—poor Czolgosz was only an instrument in the hands of God. A prominent astrologer, Dr. Derolli of Boston in Sept. 1900, practically predicted the event. Now comes the 13 doctors, who doctored McKinley to death and declare: "that they don't know the cause of McKinley's death except a

weak heart, old age and that he had not taken enough exercise." Here is a further sample of Medical Science (?). On the 11th of Sept. the doctors' bulletin read: "The doctors feel more confident than ever. McKinley's stomach tolerates the beef gruel well." On the 12th of Sept. we read in big type in our daily papers: "McKinley's best day. The holes in the stomach are considered practically healed. The danger from inflammation where the bullet lodged, has disappeared. His steady improvement continues." On the 13th of Sept., the day before his death, we read: "The President has more than held his own since morning and his condition justifies the expectation of further improvement. Dr. Mynster has given him a hypodermic injection of strychnine." Later, we read on same day.——"Death seems near.—Strychnine, digitalis and other powerful heart stimulants do not produce effects and the worst is feared."

On the 14th of Sept. we were entertained by several contradictory statements from the 13 representatives of Medical Science (?) winding up by saying: "The President is dead." What a death-blow to Medical Science.(?) that 13 of their most able men could not save the President! May be after all that the President was right, when he said: "It was God's way" that he should die! I could not help but think of these words when a few days ago, I read in one of our dailies this item: "Total killed up to June, 1901, in the Philippine war, 115 officers and 3,379 men and up to same date, wounded 182 officers and 2,646 men. The losses from all causes in the regular army and the volunteers from July 1st, 1900 to June 30th last,

totalled 16,924 officers and men in the former and 8,191 in the latter." The end has not come yet, almost daily we read of the killing and wounding of our men (not to speak of the killing on the other side) and several new regiments have just been ordered to leave for the Philippines. Is it also God's way, that the late President ordered this war, instead of preventing it by issuing a proclamation to the people of the Philippines, saying: "The war with Spain is over—the U. S. sends you greeting and offer to help you establish Independence for your Country and assist you in every way in our power." Who will deny that McKinley had the power to do this and who will deny that this terrible loss of human life would have been avoided? Not to speak of the enormous expenditure of money, which at the present time is about \$1,500,000 per week.

In closing we must say a few words about the treatment of the late President. If he had been attended by one or two able, practical and progressive physicians, a great deal of mischief could have been avoided. The 13 doctors made a fatal mistake by injecting poison and feeding him the way they did. He should have had no other food, but good water for two weeks, or until he was out of danger. The food and medicine killed him and not the bullet.

It was an outrage to give a man in his condition solid food. Good nursing, rest and pure water would have done what poison, solid food, one ounce of beef extract every hour—constant irritation by too many doctors—failed to accomplish. Thoughtful physicians in spite of the glorious bulletins, doubted the

patient's recovery; just think of it, respiration never less than 24. Pulse never below 120 and every day report of temperature over 100. The treatment of McKinley will have to take its place next to the one accorded the late Pres. Garfield, not to speak of the miserable means employed by the doctors of our beloved President Washington.

The Anarchist, we assert, had no more to do with the killing of McKinley, than his most intimate friends. Those who are prejudiced and ignorant will deny this, but that does not change the fact one iota.

* * *

ADMIRAL SCHLEY!

Ever since the battle of Santiago, I have been a Schley man. We judge a man according to results and not technicalities. That Admiral Schley was not a favorite with "the powers that be" is evident to every fairminded woman, man and child. If there ever was any doubt about it, that doubt has been removed by the way the government's representatives have acted while the investigation has been going on. Before the trial commenced, I wrote a letter to Admiral Schley, assuring him of my esteem and sympathy and offered to start a collection to help him pay his expenses in connection with the investigation. Here is his manly answer.

"The Arlington

WASHINGTON, D. C., Aug. 24, 1901.

MY DEAR SIR:

Replying to your very courteous letter of the 20th inst. Admiral Schley directs me to say that he thanks you very much for your offer and for the great interest you have displayed in his behalf, but he would

very much prefer that no action, such as you are good enough to propose, be taken at the present time. With best wishes. I am,

Very respectfully,

B. W. WELLS, JR.,

Lieut. U. S. N."

Admiral Schley was vindicated in the eyes of his countrymen before "the Court of Inquiry" was instituted; that he has risen still higher after the details of the Santiago affair have come out, is evident on all sides. The government has the power to recognize Admiral Sampson as the hero of Santiago (although he was far away from the battle) but nevertheless the common people know that Admiral Schley is the real hero; the man who fought the battle, the man who is esteemed by those who served under him. The same day Admiral Sampson was cheered by the silkstocking aristocracy at Yale, Admiral Schley was cheered in Washington by those who heard the evidence of his men and the cheering re-echoed all over the country.

* * *

AN APPEAL.

MEMBERS OF THE MEDICAL RIGHTS LEAGUE:

Ever since we started "OUR HOME RIGHTS," it has been sent to every member of the *M. R. League*. Some have since subscribed, others have not. We now appeal to those who have not done so. This is the last magazine the members will receive free.

We would also ask members to make an effort to get their friends to join both the League and the circle of subscribers. We all have an influence, let us use it for the best. We

trust to hear from our many friends without any further delay.

* * *

THE FOOD DEPARTMENT.

We refer our readers to the introduction given to Norah Johnson Barbour, who in the future has charge of this department.

* * *

ADVERTISED BOOKS.

We will send almost any book now published to our subscribers, on receipt of the retail price. All of Dr. Peebles' books will be furnished, by mail, for the price printed elsewhere. We will also send any publication noticed in our review column, as per price named.

Before we made a contract with C. F. Conly, the artist Photographer of 320 Boylston St., Boston, we had satisfied ourselves of the splendid work turned out in that establishment. The only picture we can point to in this number is the Editor of Woman's Department, but we trust in near future to have all our half-toned cuts made from Photographs taken at the Conly Studio. We can cheerfully recommend our friends to go to Conly's and we will guarantee satisfaction. We trust in a short time to add an artistic department to O. H. R. and in that case it will be conducted by Mr. Armstrong, the able artist connected with the Conly Studio. He enjoys a national reputation; he is a born artist and his father and grandfather before him.

Advertisers will find OUR HOME RIGHTS a good medium. The large middle class, the consumers, read it.

PE-NO-LIA PREPARATION

The more modern uses of peanuts as food, make them very desirable for table delicacies, as well as for dessert and luncheon dainties. In Europe, peanut oil is becoming much used; and beginning to be appreciated here, and in this country, recently, we are making Peanut-Butter, the best and most toothsome product of the peanut. The leading brand is "*Pe-no-lia*," which we have placed among our "pure food" advertisements. Also "*Pe-no-lia*" Sandwiches and Candies. For supplies in New England, write Otis & Co., 3 India Pl., Boston, Mass.

Subscribe for OUR HOME RIGHTS. It is the friend and promoter of everything that makes the home pure and sweet. OUR HOME RIGHTS is for sale everywhere. Only *five cents a copy—fifty cents a year*. You can not afford to be without it.

In calling attention to the adv. of the New England & London Electric Co., of Kansas City, Mo., we are glad to say this firm comes to us well recommended, and as our readers will learn from the literature sent free to all applicants, evidence is given to the public that the Actina and other goods sold by this company give satisfaction. We shall be pleased if some of the readers of OUR HOME RIGHTS are benefitted in their dealings with this concern.

The Editor of O. H. R. is personally acquainted with Mr. O. K. Gregor, the Colonial furniture maker whose advertisement appears in this magazine and can cheerfully recommend him and his furniture. He has some fine articles on exhibition now. Make him a call.



Women's Department

Edited by Mrs. S. I. Bordman

"It is the mind that makes the body rich."

WHAT TO READ

Are you deficient in taste? Read the best English poets, such as Gray, Goldsmith, Pope, Thomson, Cowper, Coleridge, Scott and Wordsworth. Are you deficient in power of reason? Read Chillingworth, Bacon and Locke.

Are you deficient in judgment and good sense in the common affairs of life? Read Franklin.

We must find our duties in what comes to us, not in what we imagine might have been.—*George Eliot.*

BOOKS

They are the voices of the distant and the dead, and make us heirs of the spiritual life of past ages. Books are the true levelers. They give to all who will faithfully use them, the society, the spiritual presence of the best and greatest of our race. No matter how poor I am, no matter though the prosperous of my own time will not enter my obscure dwelling, if the sacred writers will enter and take up their abode under my roof; if Milton will cross my threshold to sing to me of Paradise and Shakespeare, to open to me the world of imagination and the workings of the human heart; and Franklin, to enrich me with his practical

wisdom, I shall not pine for want of intellectual companionship, though excluded from what is called the best society in the place where I live.—*W. H. Channing.*

WHAT A GIRL SHOULD LEARN.

To sew.
To cook.
To mend.
To be gentle.
To value time.
To dress neatly.
To keep a secret.
To be self-reliant.
To avoid idleness.
To darn stockings.
To respect old age.
To make good bread.
To make home happy.
To be above gossiping.
To control her temper.
To keep the house tidy.
To sweep down cobwebs.
To take care of the sick.
To marry a man for his worth.
To read the very best of books.
To keep clear of trashy literature.
To take plenty of active exercise.
To be a helpmate to her husband.
To be light-hearted and fleet-footed.
To wear shoes that won't cramp the feet.
To be a womanly woman under all circumstances.—*Home Magazine.*

Subscribe for OUR HOME RIGHTS.



Health at Home

Edited by E. Howard, M. D.

PURE AIR

In the last issue, we wrote upon "Human-Food" and the importance of regulating the diet to the requirements of the system. We should now consider Pure Foods and their great necessity to the people, but as a special department on Foods has now been opened in this Journal, we will now pass on to take up another and correlated subject, viz.: Pure Air. If we carefully examine the process of digestion, we shall have to consider respiration as its last act, and essential to it.

After food is masticated and mixed with saliva, swallowed and in the stomach, that great solvent, the gastric juice reduces it to chyme which is passed on to the duodenum to be mingled with the bile and other fluids. Then the innutritious portion is partially separated, to be completed in the intestinal canal, the surface of which is studded with innumerable lacteals, absorbing the chyle to be carried into a series of glands, for still further change and then finally conveyed by the thoracic duct, which ends in a large vein carrying a current of blood direct to the right side of the heart, prior to being transmitted to the lungs. But it is not yet blood, for it has not been sanguified, the air being necessary for that. Thus the chyle is brought, in the lungs, into contact with, and is acted upon by the air there, im-

parting a vital principle without which the body could not be sustained.

Every three seconds, the blood requires a fresh supply of oxygen and the whole system would suffer without it. Indeed, exclusion of atmospheric air from the lungs, for the space of three minutes, will generally cause the death of the individual. Many people are constantly excluding a part of this pure, vital air, which they require, and inhaling in its place impure air containing carbonic acid.

Observe the contrasting effects of wholesome or unwholesome diet in persons accustomed to one or the other; and see the difference between those who habitually breathe unwholesome, tainted air—too ignorant to discern its impurity, or to remedy it if known, and those who continually respire in a well-ventilated atmosphere; and mark the increased vigor, elasticity and comfort of body and mind imparted the latter.

There can be no doubt that impure air injures health, shortens life, induces disease and death. And yet discomfort, ill-health, disease and premature mortality is permitted by, or through the ignorance and neglect of the value of the simplest aid to good health—pure air.

Subscribe for OUR HOME RIGHTS.
You can not afford to be without it.



Socialistic Department

Edited by Margaret Haile

The readers of O. H. R. will regret to learn, that the able Editor of this department has left the city and will not be able in the future to serve us. While we regret the loss of Margaret Haile, we rejoice that she will now have a broader field to work in.

Her ability and reputation has gained her a prominent position on the staff of the *Wilshire Magazine*, 225 4th St., New York City. The motto of the *Wilshire Magazine* is "Let the Nation own the Trusts." We wish Mrs. Haile the success she deserves. Her soul is in her work and her ability and integrity will win for her the place in the Nation, which she deserves. We congratulate the *Wilshire Magazine* in having secured the services of Mrs. Haile. We shall endeavor to secure another good Editor for the future; the woods are full of them.

We would not consider OUR HOME

RIGHTS complete without a Socialistic Department.

If you are intelligent and honest and will try to comprehend Socialism, you are bound to be a believer, as it is beneficial to the whole human family both rich and poor.

The Encyclopedia Britannica says: "The ethics of Socialism are identical with the ethics of Christianity." Webster's dictionary says: "Socialism is a theory of society that advocates a more precise, orderly and harmonious arrangement of mankind than that which has hitherto prevailed."

Kansas City Daily Times, says: "There is no word which is so often misunderstood as 'Socialist.' It really means one who studies and works for society, for the people. And so far from being a reproach, to call a man a Socialist is to credit him with the purest and deepest of philanthropic feelings."

WE INVITE CORRESPONDENCE

We invite the friends of Medical Freedom all over the country to write to OUR HOME RIGHTS. *It is* as much at home in one part of the country as another. Let us all get acquainted, and form one mammoth organization embracing all the liberty loving people, and we will make the old quack—monopoly—regulars—shake in their boots. Enroll

your name in the Medical Rights League, and subscribe for OUR HOME RIGHTS. These are the two solid pillars upon which the structure can rest in safety. Now is your time to join: \$1.00 makes you a member of the League, and 50 cents secures OUR HOME RIGHTS for one year, a glorious opportunity to do good for yourself and others for very little money.



Public Health Department

Edited by E. H. Judkins, LL. B., M. D.

A PURE FOOD LAW

Public Health, as well as the private pocket, is sadly imposed upon by impure food, adulterated and unhealthful. Prepared foods are becoming more popular every day and more economical and convenient. At the same time their adulteration is increasing, because various food preparations are under no adequate system of inspection, either of the makers or of health officers. For instance, many of the malt houses are so nasty, that no one would knowingly partake of their products, but this is nothing to poisons being used in preparing, or generated in, certain foods.

Sometimes, food products give warning of being bad by their obnoxious odor, as in case of several samples at the Pan American exposition, badly decayed, from different concerns. But, often, olfactory or other indications are *nil*, and we are not aware of the poor or harmful quality by any outward signs. "OUR HOME RIGHTS," in connection with "*Good Housekeeping*" advocates the enactment, by Congress, of a comprehensive *Pure Food Law*, enforced by competent officials, co-operating with State food inspectors. We are far behind England and all Europe in protecting public health by proper food inspection.

MILK FOODS.

Five years ago, in 1896, the editor

wrote on "Continued Fevers, Food and Antipyretics" for the *Atlantic Medical Weekly*. In one of the August issues, of that year, he said: In my experience I find that some of the "milk foods" are of greatest value, but many of them, so-called, form a pasty, insoluble mass or mess, even though claimed to be perfectly soluble. At the head of foods that furnish the maximum amount of nutrition with the minimum tax upon the digestive organs, "Malted milk" is my favorite. It seems to supply all necessary nourishment for prolonged periods, and in typhoid and other low fevers it seems an ideal food, partially predigested, and in all intestinal and wasting diseases, as well as the disorders of infancy, it is readily retained and assimilated. After five years my opinion is unchanged. Just's Food Eskay's Albumenized and other Foods are almost as ideal to me, but one needs to add milk to make them seem milky. Mellen's Food is the old standby in this section as elsewhere and when cooked with milk or barley water, is well liked. But there is a prejudice against foods which one has to cook (boil in hot water) and prepare with other food products, milk, etc., to make "a perfect food."

To overcome this, there have been several new preparations placed before the public and physicians. One of the best of these is Milking, which

seems an offspring of the "M. M.," but contains milk, malt and meat; and similar to it is Cereal Milk (without meat but with milk sugar) also the preparations made in Philadelphia by Wyeth and by Wampole. All of these are good, and seem to give satisfaction.

The newest "Milk Food" is "Nutrium," now at our "Food Fair," which is advertised as "Nature's Blood, Bone, Brain and Body Builder," and claimed to be "the non-fatty solids of pure, sweet milk," etc., and this has the unique method of making with cold water.

WE WELCOME.

Now is a nice little monthly "Journal of Affirmations," which, as Omar Khayyam says, "strikes from the calendar dead yesterdays and unborn to-morrows" of which Whittier wrote: "Both are *Now*." It affirms truth and lets the false alone to waste away. Unlike "Christian Science" it doesn't deny evil, or as Emerson said, "don't bark against the bad, but chants the beauty of the good," which shall "overcome evil." It is edited by Henry Harrison Brown, who also lectures at the Mental Science School, San Jose, Cal., 50 cts. per year.

Harmony; a monthly magazine devoted to Divine Science, \$1.00 per annum; single 10 cts. *Harmony* and health by divine healing is a good way; and we have men in our midst in and around Boston, educated in two schools of medicine too, who are doing divine healing, in accordance with Biblical teaching. "*Harmony* is Wisdom's way of presenting Herself." She has "spread herself" too, as the "Directory of Divine Science Workers and Schools" shows. Those who wish simple truth in simple language should send for the journal.

The Golden Rule, 8 pages and a cover, monthly 25 cts. per year, To-

peka, Kan. It is to "publish a course in genuine mind reading," spelling is phonetic!

The Higher Thought. At a lower price than some of the others (50 cents a year) comes this "Journal of Realization" from Kalamazoo, Mich. It seems to be the organ of the "Church of Christ, Truth, Scientists" whose motto is in such measures as man recognizes his divinity he shall have dominion. "It, too has its "affirmations" but says that "denials are necessary when realization is weak." Another thought: "Truth cannot be brought down to us. We must ascend to it."

Our Home. Not OUR HOME RIGHTS; but organ of Our Home Life Insurance Co., and "by good rights every home ought to have" our loved ones protected by a policy. The paper is a model of its kind, with the motto of push and pull for 1901. It is now in its "vol. XIX" and is published by the Home Circle Co., Sears Building, Boston, Mass., at 50 cents a year.

Printer's Ink for advertisers. "A drop of ink makes millions think," and *Printer's Ink* puts it on thick. Think; the number at hand has a sketch headed "Artemas Ward," as a leading article and we settle down to read about that great "showman"

only to find that he is the "advertising manager of Sapolio." But everybody knows of *Printer's Ink* and Sap—but our advertising rates are seven dollars per agate line!

The Commoner is not so "common" or coarse as many people thought it might be. Indeed, that far-famed literary critic, Francis B. Livesey of Maryland, who does not believe in loafing or going to school either, says "everybody was disappointed in the *Commoner*." He was one of the first subscribers, but now thinks it is "as dead as Chelsea," as to him are Mr. Bryan's chances for the presidency; but to us the paper seems in charge of a strong, steady, and if we may use the expression "level-headed" hand. True, there is not much that is original in the number under review (Aug. 16, 1901) or that is bright or brilliant; the poem "Bingen on the Rhine" is not exactly new; indeed most of the matter is not news; but much of it is comment, selections headed, "Whether Common or Not," extracts and clippings from other papers and speeches, the words of Webster and works of Jefferson. But we must remember that this is a weekly and gathers up matters from all sources, similar to some monthlies; and while we cannot believe that Mr. Bryan puts much of his own personality into it, we give him a "glad" hand, and hope for the success of the paper and his own, and that "the common people" will make more use of the "*Commoner*" as contributors. (Lincoln, Neb., \$1.00 a year.) Clubbed with OUR HOME RIGHTS, for \$1.15.

"A Stuffed Club," for everybody reminds us in its title of the shillalah at a Donnybrook Fair, that

"hits every head in sight," yet it does not hurt, for its Editor, Dr. J. H. Tilden, of Denver, Col., has a kind heart and word and as the "Club is Stuffed" it does not wound even one's feelings. Its subscribers like it and one of them says "it slops over with hard horse sense." What more do you want for \$1.00 a year? Clubbed with OUR HOME RIGHTS, for \$1.15.

Unity, Kansas City, Mo., devoted to practical Christianity. "Built upon the foundation of the Apostles and Prophets, Jesus Christ, Himself, being the Chief Corner Stone." Eph. 2:20. This little monthly magazine seems to be the organ of "Truth Students," who believe that "Ye shall know the Truth and the Truth shall make you free." *Unity* is edited by Charles Fillmore (Leo Virgo) and Myrtle Fillmore, and published monthly at \$1.00 per year.

Dominion, a magazine of Twentieth Century Ethics, published bi-monthly at \$1.00 per year by Francis Edgar Mason, 424 Greene Ave., Brooklyn, N. Y. To teach the art of self-mastery seems to be one object of this little periodical pamphlet. In the article "Vibration" evil is recognized, but it declares we should not resist it, for that will "cause evil to resist us." When we pass the point of resistance and being resisted "we shall be in need of no system of religion, for God will be resident in man. We shall need no system of medication for perfection will be the fact of life and being and simple goodness (the reign of God) will become the law and gospel of life."

The Philosopher, C. F. Eldredge, 2938 Mich. Ave., Kansas City, Mo.,

\$1.00 a year, is a free-thought anti-faith and fanatic monthly published in aid of philosophy instead of prayer, judging by contents.

Vaccination "a Journal of Health, Justice and Liberty, that tells the truth about vaccination." Issued monthly, for the Anti-Vaccination Society of America, 25 cts. per year. Frank D. Blue, 1320 N. 12th St., Terre Haute, Ind.

The Mail Order Journal, \$1.00 a year. All mail order men need it. Louis Guenther, 84 Adams St., Chicago.

Vitality, a quarterly, 25 cts. a year. Walter DeVoe, 6126 Ingleside Ave., Chicago, Ill. "Vitality is Endless Growth."

Listen. A monthly devoted to the welfare of Humanity, \$1.00 per year. Edward Miller, Jr., 823 W. Franklin St., Evansville, Ind. Listen and learn—life and light. If you have learned to *Listen* in the right way, that is the way of life. All should *Listen* as subscribers to this Journal.

What Women Should Know. There are many things that women should know, and this magazine takes up many of them, including "Modern Embroidery." 50 cts. a year, monthly.

The Household. This old reliable household magazine, formerly of Brattleboro, Vt., is yet printed in N. Y. City, for \$1.00 per year. It is the old standard monthly.

Expression. Art, Oratory, Literature, 50 cts. a year, quarterly. 19 Pierce Building, Boston, Mass.

Good Housekeeping. All good housekeepers need this monthly magazine at the low price, \$1.00

Boston Cooking School Magazine. Only and best one of the kind, \$1.00 a year.

The Phrenological Journal and Science of Health. This old "stand-by" was established in 1830 and recently incorporated the English *Phrenological Magazine* within its pages. Always in advance on all questions of Health and Hygiene and the study of Human Nature, it has recently lost the last of its leaders like Profs. Sizer, L. N. Fowler and Mrs. C. F. Wells. But with Jessie Fowler and other able writers it is taking on new life and making progress as of yore, \$1.00 per year. We club it with OUR HOME RIGHTS for only \$1.15 if ordered now.

Health-Culture. We have watched the growth of this magazine from the start. Its genial publisher, Albert Turner of New York needs no introduction to the reading public. From a quarterly, he has made *Health-Culture*, a large monthly quarto, fully illustrated, devoted exclusively to its specialty, with all the latest improvements and discoveries in restoring and preserving health, without drugs, including all the preventive measures needed by the people in various diseases. \$1.00 per year. During November and December only, we club it with OUR HOME RIGHTS for the same price, \$1.00. This great offer should be accepted by everybody.

New Thought. Devoted to the Science of Natural Healing and the Higher Mental Unfoldment. Monthly, 50 cents, Pittsburg, Pa.

This is another "white-winged messenger" of health by higher and right living. There is such a multiplicity of these magazines that it seems there will soon be no chance for a "regular physician" to practice his obsolete art of medicine except on himself—and in such cases, as well as in so many others, "the patient always dies." Poor doctors, mighty, poor ones, too!

Practical Psychology. Quarterly 35 cts., per year. W. A. Barnes, 100 Boylston St., Boston. Not Mr. Barnes of New York, but Prof. Barnes of Boston is publisher of this magazine. It is practical and scientific, and proves the saying that "To understand the true philosophy of mind is one of the highest and most noble objects that can possibly engage the attention of any human being."

The Liberal Spiritualist, a monthly journal devoted to Twentieth Century Thought conducted by Thos. A. Scott, 63 Dartmouth St., Boston, \$1.00 per year.

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CONSULTATION BY LETTER

If there is any one thing we love more than another, it is to do good upon the grand old principle: the greatest good to the greatest number, but when we are reminded of the cold fact that we live on a physical globe and have expenses to pay, we

are forced once in a while to demand a consideration for services rendered.

Since the editor of OUR HOME RIGHTS fasted for 31 days, he is receiving letters from all parts of the country from sick people, asking for information. When we consider that Dr. Pfeiffer has shown on several occasions that he is an expert in the laws of true living, it is but natural that people should seek his advice, but it is also right to remember that he has expenses to meet. His rule now is \$5.00 for his first letter of advice and \$2.00 for all subsequent letters. In writing, give age, sex, married or single, weight, height, symptoms, habits, and anything else of interest.

Dr. Hidden's adv. appears for the first time in OUR HOME RIGHTS. The Doctor has kindly permitted us to look over some of his letters received from former patients whom he has cured and they all speak of his treatment in the highest terms. We wish any man God-speed who can get his fellow-men away from using liquor.

THE SAME PROPORTION

In the same proportion you will increase the membership of "The Medical Rights League," and swell the subscription list of OUR HOME RIGHTS, in the same proportion we will guarantee that the power of the boards of Registration in Medicine will decrease. Reader, will you do your duty? If you do you will be benefitted by a good result. Stop going around grumbling over small things. Remember what you as an American owe to yourself and others.



Botanic Medicine Department

Edited by Dr. H. C. Lull,

165 Tremont Street, Boston, Mass

A green herb is worth more than a Latin phrase. But for centuries, physicians, like priests, concealed the truth in a dead language understood by few.

The people died for lack of knowledge. They die today from ignorance of the true application of "the healing art," in accordance with the law of nature. Medical men break away from these unchanging laws to make use of Mineral Medicine never designed by nature to cure the sick, and "regular" doctors, using these medicines are no more able to control, or cure disease than is the mariner to govern, or guide his ship at sea, without helm or compass. But the time is near when the vegetable remedies which the God of Nature has spread out with such richness and profusion over every hill and dale, field and forest must supersede the use of minerals. The voice of nature speaks, everywhere, in language that only prejudiced or igno-

rant physicians can misunderstand. Indeed, the whole surface of the earth, whereon man dwells, is one continuous apothecary shop, containing herbal remedies for every ill to which flesh is heir. The veil of mystery so long held over Medicine by the mis-called "regulars" is being withdrawn; and the hitherto conjectural, if not suspicious art, that has made many think it a mere trick is about to come to the light of day, as did other sciences, long since.

To help in making universal an art founded on observation—which can never arrive at any high degree of perfection as long as it is confined to a few prejudiced physicians, who make a trade of it—and to instruct the people in that knowledge which they most need is the object of this page.

In succeeding issues we shall instruct readers of OUR HOME RIGHTS in Medical Botany and the true Art of Healing.

It will take some time to make this magazine self-supporting. In the meantime, the load will fall upon the shoulders of a few brave pioneers.

Let all who can afford it and who are interested in the principle we advocate, either contribute in money, or send in a large list of names of friends to become subscribers. Remember it is only 25 cents for six

months. Surely here is a good opportunity to do good.

Subscribe for OUR HOME RIGHTS. It is the friend and promoter of everything that makes the home pure and sweet. OUR HOME RIGHTS is for sale everywhere. Only *five cents a copy—fifty cents a year*. You can not afford to be without it.



Things Wise and Otherwise

Conducted by
"Us Two"

Since we—i. e., Us-Two—sang our first little song in OUR HOME RIGHTS we have "gone before the Board," by proxy, and been licensed to earn our living. The old "medicine man" who took our place, in person, for the examination, was under the table, and not before the board, part of the time, trying to study up the subjects touched upon the cuffs of other students; but the writer was "touched" for a twenty with a fifty fee for "services rendered" in getting registered!

We got our parchment and this "free advice" from the "old Medic," as to the "regular" method of practice: "During the indisposition of your patient, 'tis your duty to think much more of the emolument that will arise from the protraction of his case, than the expedience of his cure. You must have it ever in mind, that he has paid you the greatest compliment one man can possibly pay another; he has placed an implicit confidence, and entrusted you with the care of his constitution and the key of his cash; in fact, he has put his life and property into your hands; and the respect you owe to *self preservation* renders it necessary you make the most of *both*."

Attend him frequently; and give—no, sell—him this great proof of your disinterested friendship, viz.: large and constant supplies of different medicines; too great a quantity or variety cannot be introduced; they

all tend to your emolument and the sum total of your bill will be a striking proof of your merit and assiduity. *Always* have *arrangements* of mutual *profit* with the apothecaries and if then you cannot plunder a family *sufficiently*, the better method would be to adopt a *consultation*, when it might be done to a *certainly*.

And, if the family and friends at any time are not perfectly satisfied with your conduct, or there is the least coolness and discontent perceptible or symptoms of present or approaching danger, strongly advise the presence of another physician, to confirm your claims. But, always use ambiguity and true medical mystery; and never name the case, or cause of complaint and thus you can never be accused of having mistaken it; and by letting the property of the medicine you administer remain a secret, except to yourself (and you may not know what it is) you reserve the incontrovertible power of saying "it has had the *very effect intended*," whether it operates by vomit, stool, urine, perspiration, or sleep. These are precautions a *wise* man always takes, a *fool* never." So, as we were wise enough to have this "regular" get us registered, we will be fool enough to follow his advice and thus we hope "Us Two" will prosper.

* * *

Many golf balls have already gone into their holes for the winter.

FREE SAMPLES.

"Where are you going my pretty maid?"

"To the free food fair, kind sir," she said;

"Is admission free to the free food fair?"

"Oh, no," she said, "but the samples are!"

* * *

Harlie—That's a wonderful doctor.

Herbie—You bet he is. I swallowed a nickel an' he made me cough up \$2.

* * *

Now, Mister Crowe, step up to the bench and take your medicine.

NO COMPLAINT.—A man in passing a country church-yard, saw the sexton digging a grave and inquired: "Who's dead?"

Sexton—"Old Squire Bumble."

Man—"What complaint?"

Sexton, without looking up—"No complaint; everybody's satisfied."

* * *

LONG LIFE AHEAD.

Mr. Grump: "I feel that I can't live a great while longer."

Mr. Cheerup: "Tut, tut, man! Why you are good for 30 years yet! Yes, why, geewhiz, you might live 'til the Boer war is over—who knows?"

Friends of medical freedom everywhere! Will you make up your minds to show OUR HOME RIGHTS to your neighbor and make an effort to increase the number of subscribers?

ASTROLOGY

No well-read person denies the influence of the moon upon the earth. But while the moon moves the sea, lifts the tides and affects vegetation, why should it not by parity of reasoning, affect human beings, especially the sensitive newly-born babe? It certainly does. Scientists now have invented an instrument so delicate that they can measure the heat that comes to the earth from the stars. The well-established facts, therefore, that the heat and light of the sun—the heat and light of the stars, and the influences of the moon, with their astral movements through the ether, lay the

foundation of astrology. In the period of Egyptian grandeur and Babylonian splendor, astrology was one of the chief sciences. It was more,—an accomplished art. But for centuries numbered among the lost arts, it is now being revived and becoming in some localities very popular.—*The Temple of Health.*

We claim that any respectable newspaper or magazine should practically be responsible to its readers if they are deceived by their advertisers. We propose to live up to this principle as a matter of justice.

If you think OUR HOME RIGHTS is the kind of magazine which ought to be in every household, why not make an effort to help introduce it. Hand your copy to a neighbor. We will gladly send extra free copies for distribution among your neighbors if you will help us to get new subscribers.



DERMATOLOGY

Edited by F. Brough, Ph. G., M. D.

11 Winter Street, Boston, Mass.

The study of the skin and its derangements, deformities and diseases is of much interest to both lay and professional people. To understand the subject properly, it should be studied from several points of view, anatomically, medically and aesthetically. To enter into all these at once would require a lengthy article. In this issue, we have time and space to speak of but one fact, viz., that in treating diseases of the skin, from a clinical standpoint, we must study them constitutionally as well as locally. Nearly all medical men of all schools, have come to treat skin diseases as merely local affairs concerning the skin only—but, as J. Compton Burnett, M. D., says, this is but “characteristic of the cultured shallowness of the Medical profession to-day.” He thinks that the skin is a very important living organ of the body, in intimate though ill-understood relationship to all the internal organs and parts. A healthy skin on an unhealthy body is inconceivable and *vice versa*. Biologically within, fed from within, having life and health from within, its diseases from within, it must be treated medicinally from within, as well as to have such surface treatment, in the way of surgery, etc., as is needed.

The editor of this department having for many years successfully treated every deformity and disease of the skin, is now prepared to prove

that moth patches, moles, pimples, scars, red veins, superfluous hair, warts and freckles can be easily removed; and all featural operations, performed both painlessly and permanently to make everyone good looking, providing he is not hideously deformed.

Ask a gardener why certain trees are so knobby, rough and unhealthy-looking and he will likely reply: “The *roots* have got down on the clay.” So, with the skin, of which the bark of a tree is a fair analogue. But disease of the body may bubble up into the skin like water from a spring. And it must be treated at the source or internally to get at the real diseased state, as well as on the surface by washes and ointments, or outward applications, which is only preventing its peripheral expression, and not curing its cause.

Several of our friends have ordered copies of O. H. R. for October by the hundreds for distribution among their friends. Surely this is setting an example worthy of imitation. When ordered in lots, the price of OUR HOME RIGHTS is 3 cts. each.

Subscribe for OUR HOME RIGHTS. It is the friend and promoter of everything that makes the home pure and sweet. OUR HOME RIGHTS is for sale everywhere, Only *five cents a copy—fifty cents a year*.

Food Department

Edited by Norah Johnson Barbour

We are pleased to be able to say to the readers of OUR HOME RIGHTS that this important Department in the future will be edited by Norah Johnson Barbour, daughter of the late Dr. Johnson, the founder of Johnson Educator Food Store, No. 205 Tremont St., Boston, Mass. We know of no person more capable than Mrs. Barbour to speak to the people upon the all-important food question. Her father was a great and successful reformer and

she is filling his place today as no one else could do. We congratulate Mrs. Barbour, our readers and ourselves that she has consented through this Department to give the people the benefit of her experience. In the many homes into which OUR HOME RIGHTS finds its way, she will have a class of people, who will follow her teachings with interest and we are glad indeed to bring her in contact with our many readers.

BY-LAWS OF THE MEDICAL RIGHTS LEAGUE OF MASSACHUSETTS

ARTICLE FIRST.

Meetings of the Members.

Before every meeting of the members of this corporation the clerk shall notify in writing, by mail or by personal service thereof, each member of this corporation; which notice shall state the time and place of meeting, the business to be transacted, and be mailed with postage paid, or served as aforesaid, not less than seven days before said meeting.

All meetings of members of this corporation as such which shall be either annual or special, shall be held at the corporation's office in Boston, Massachusetts.

The annual meeting shall be held on the first Tuesday of March in each year, at ten o'clock A. M. and special meetings whenever five members of this corporation shall so request the clerk in writing, which writing shall briefly state the pur-

pose for which the meeting is to be called.

In the event of the annual meeting, by mistake or otherwise, not being called or held as herein described, the Directors shall order a special meeting to be called and held in lieu of and for the purposes of the annual meeting.

At any meeting a quorum shall consist of a majority of the members of this corporation and a majority of members of this corporation present and voting may adjourn any meeting from time to time until the business shall have been finished.

At all meetings each member of this corporation shall have the privilege of casting a vote until the question voted upon be settled. Absent members may vote by proxy authorized by a writing executed and dated within six months previous to the meeting at which it is used. All proxies shall be filed with the clerk at or before the time of voting.

ARTICLE SECOND.

Officers of the Corporation.

There shall be a President, Vice President, Board of Three Directors, Treasurer and a Clerk.

The office of President and Treasurer may be held by one person; and the President, Vice President, Treasurer and Clerk shall be eligible to the office of Directors of said corporation.

ARTICLE THIRD.

Election of Officers.

The Directors and the Clerk and Treasurer shall be chosen by ballot at the annual meeting or at an adjournment thereof, or at a meeting in lieu thereof, as above provided; and shall hold their offices for one year from the first Tuesday of March in the year in which they are chosen, and thereafter until others are chosen and qualified in their stead.

ARTICLE FOURTH.

Directors.

Only members of this corporation who are residents of this commonwealth shall be eligible as Directors. Any vacancy occurring in the Board of Directors, through the death, resignation or inability to act of any Director, shall be filled by the remaining members of the Board at their next regular meeting, or at a special meeting to be called for the purpose before such regular meeting.

There shall be regular meetings of the Board of Directors at such times, monthly or otherwise, as they themselves may determine. Special meetings of the Board of Directors may be called, as hereinafter provided in Article Fifth, or at any time at the request of a Director, provided all the Directors have notice thereof and assent thereto in writing.

At all meetings a quorum shall consist of not less than three Directors. The Directors shall annually immediately after their elections, choose one of their number President and another Vice President of the Board and of the Corporation.

The Directors shall have exclusive management of the affairs of the corporation financially and otherwise, and are hereby invested with all the powers which the corporation itself possesses; and all acts of the Directors, in reference to the management of the corporation, shall be deemed to be the act of the corporation and shall bind the latter accordingly.

ARTICLE FIFTH.

The President shall preside at all meetings of the corporation and of the Board of Directors shall be chairman ex officio of all committees of the Directors, shall exercise general supervision of the corporation's affairs, and may at any time call a meeting of the Directors by depositing in the Post Office, or by delivering personally, one day's notice in writing thereof to each Director.

In the absence of the President, the Vice President shall perform his duties; and in the absence of the Vice President, the Directors shall choose one of their own number to be President pro tempore.

In case of the death, resignation or inability to act of the President, the Directors shall elect one of their own number President, after having first filled the vacancy, if any, in the Board of Directors caused by said death, resignation or inability.

ARTICLE SIXTH.

The Clerk, who shall be sworn, shall be clerk both of the Directors and of the corporation, shall attend all their meetings and keep accurate

records thereof, and perform all other duties incident to his office.

In his absence from any meeting a clerk pro tempore shall be chosen and shall be sworn.

In case of his death, resignation or inability to act the Directors shall elect at their next regular meeting or at a special meeting called for the purpose, some suitable person to hold the position until the next annual meeting.

If in such case there are any duties incident to the office to be performed before such election, the President shall appoint some suitable person to perform them.

ARTICLE SEVENTH.

The Treasurer shall have the custody of the corporate seal and of the funds of the corporation, shall receive moneys and make disbursements as directed and necessary in conducting the business of the corporation, shall keep accurate books of account, and shall be the custodian of the corporation papers, bonds, titles, agreements and other business papers, he shall sign all certificates of membership, which shall be under the seal of the corporation.

He may hire money for the legitimate purposes of the corporation pursuant to such votes as may be passed from time to time by the Directors, and shall draw all checks for the transaction of the business of the corporation.

All checks shall be drawn, and notes or other obligations issued by him, only upon regular numbered blanks provided for the purpose, with the corporation's name written or printed on one end thereof, and all such checks, notes or obligations shall be countersigned by at least one Director.

In case of the death, resignation or inability to act of the Treasurer, the Directors shall elect a successor at their next regular meeting, or at a special meeting called for the purpose.

ARTICLE EIGHTH.

Certificate of Membership.

Each member of this corporation shall be entitled to certificate of his or her membership under the seal of the corporation, signed by the Treasurer and at least one Director.

In case of the loss of a certificate of membership, a duplicate certificate may be issued upon such reasonable terms as the Directors shall prescribe.

ARTICLE NINTH.

Any person over the age of twenty-one years, may upon a vote of the Directors, become a member of this corporation upon such conditions as shall be decided upon by them.

ARTICLE TENTH.

The salary of the President, Treasurer and Clerk shall be determined from year to year by vote of the Directors of this corporation.

ARTICLE ELEVENTH.

Amendments.

These by-laws may be amended at any legal meeting called for the purpose by a three-fourths vote of the members present and voting.

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Suggestion In the Cure of Diseases and the Correction of Vices.

By E. Hood Corson, D. S. T., M. E., Room 814, 100 Boylston Street, Boston, Mass.

Graduate from the St. Louis, Mo., School of Suggestive Therapeutics and Medical Electricity, the Chicago School of Psychology, the National School of Osteopathy, the New York Institute of Science and Boston School of Practical Psychology.

The philosophy of all cures wrought under the influence of Christian Science, Divine Science, Mental Science, and all the so-called mind and faith cures is absolutely explained. It has been found that these cures depend entirely upon suggestion. The explanation is simple and scientific. Any man or woman of ordinary intelligence and a common education can understand it. Not only so, but when properly understood and rightly applied in practice, by what we call Specific Suggestion, the management of all diseases heretofore treated by all mental or mind cure methods, is reduced to a positive science and the results are marvelous. We assume that the law has been discovered by which the mind can be trained to control the bodily functions in health and disease, and that under this law, by suggestion, all diseases are amenable to relief and cure.

By suggestion in the treatment of disease we mean the presentation of thoughts to the mind of the patient in a manner and under conditions that will result in the functional and organic changes necessary to restore conditions of health.

That Christian Science, Divine Science, Mental Science, and other mental cure methods have relieved thousands of people nobody can deny

and we should give them credit for all they have done and for what they are still doing. But Specific Suggestion is away in advance of all of these; it not only takes in all other methods of cure, but it simplifies them, and shows that they are all under the operation of one common, positive law, and that all people and all diseases can be reached and cured under this law; provided, however, that a cure be within the bounds of possibility.

But, notwithstanding we can demonstrate the truth of this law of cure, and are able to assert that we can, absolutely, relieve and cure diseases by this method, when we attempt to make an application of it in the treatment of any case of disease, people first want to know *how* suggestion or mental influences can relieve pain and cure disease. It is not sufficient for us to simply assert the fact that we can cure them by suggestion. People insist upon knowing *how* suggestion cures.

Here is the explanation: Man is possessed of two minds. One we call the "objective mind," and the other the "subjective mind."

The objective mind is the mind which results from organization, and it may be regarded as the function of the brain. It is the mind with which we do business; the mind that operates through the five physical senses. It comes, develops with, and finally dies with, the physical body. It controls all voluntary motion.

The subjective mind is a distinct entity. It occupies the whole hu-

man body, and, when not opposed in any way, it has absolute control over all the functions, conditions, and sensations of the body. While the objective mind has control of all of our voluntary functions and motions, the subjective mind controls all of the silent, involuntary, and vegetative functions. Nutrition, waste, all secretions and excretions, the action of the heart in the circulation of the blood, the lungs in respiration or breathing, and all cell life, cell changes, and developments, are positively under the complete control of the subjective mind. This subjective mind can see without the use of physical eyes. It perceives by intuition. It has the power to communicate with others without the aid of ordinary physical means. It can read the thoughts of others. It receives intelligence and transmits it to people at a distance. Distance offers no resistance against the successful missions of the subjective mind. Its memory is perfect. It never forgets anything. It never sleeps. It is capable of sustaining an existence independent of the body. It never dies. *It is the living soul.*

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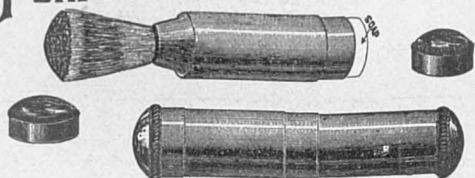
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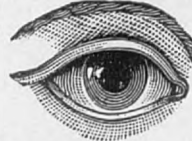
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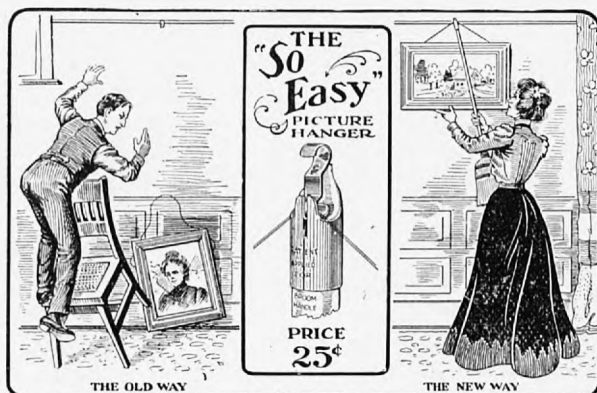
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