

THE HEALTH GUIDE;

AIMING AT A HIGHER SCIENCE OF LIFE AND THE LIFE-FORCES; GIVING
NATURE'S SIMPLE AND BEAUTIFUL LAWS OF CURE; THE SCIENCE OF
MAGNETIC MANIPULATION, BATHING, ELECTRICITY, FOOD,
SLEEP, EXERCISE, MARRIAGE, AND THE TREAT-
MENT FOR ONE HUNDRED DISEASES: THUS
CONSTITUTING A HOME DOCTOR
FAR SUPERIOR TO DRUGS.



DR. J. R. NEWTON.

Illustrating invisible Radiations.
BY E. D. BABBITT, D.M.

"Let the states of equilibrium and harmony exist in perfection, and a happy order will prevail throughout heaven and earth, and all things will be nourished and flourish."—CONFUCIUS.

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Psychophysical Chart of the Head.

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The portion of the head at the left of the dotted line has its nerve connections principally with the VISCERAL and front portions of the system—that at the right, with the MUSCULAR and back portion. The front and top head connect with the thorax or upper chest—the lower and side face, with the abdomen—the upper back head, with the shoulders and upper spine—and the back head generally, commencing with the upper portion, connects with the Dorsal, Lumbar, and Sacral Nerves, reaching from the upper to the lower spine, in consecutive order. *See p. 40 for locations on the body.* The point R (*Renal*) connects with the kidneys, G (*Gastric*), with the stomach, H (*Hepatic*), with the liver, C (*Cardiac*), with the heart, P (*Pulmonic*), with the lungs, Ce (*Cephalic*), with the general brain; I, region of Insanity; N, of Nutrition; V, Vitalizing point, just back of the hard mastoid process; B, Brachial Plexus; a, Amativeness; s, Self-esteem; f Firmness (*f* and *s* should be a little higher); the dagger (†), Patience; r, Reverence or Religion; b, Benevolence; h, Hardihood; the front star, and a little farther back, Somnolence or Conscious Sleep; the back star, Animal Sleep; the feather end of the arrow, Imprescibility. Between the back star and the dotted line is the region of Coldness, on the end of the chin, that of Calorification, and just each side of that, the region of Perspiration. Move *with* the arrow to strengthen; in the opposite direction to weaken. See pp. 34 to 40, etc.

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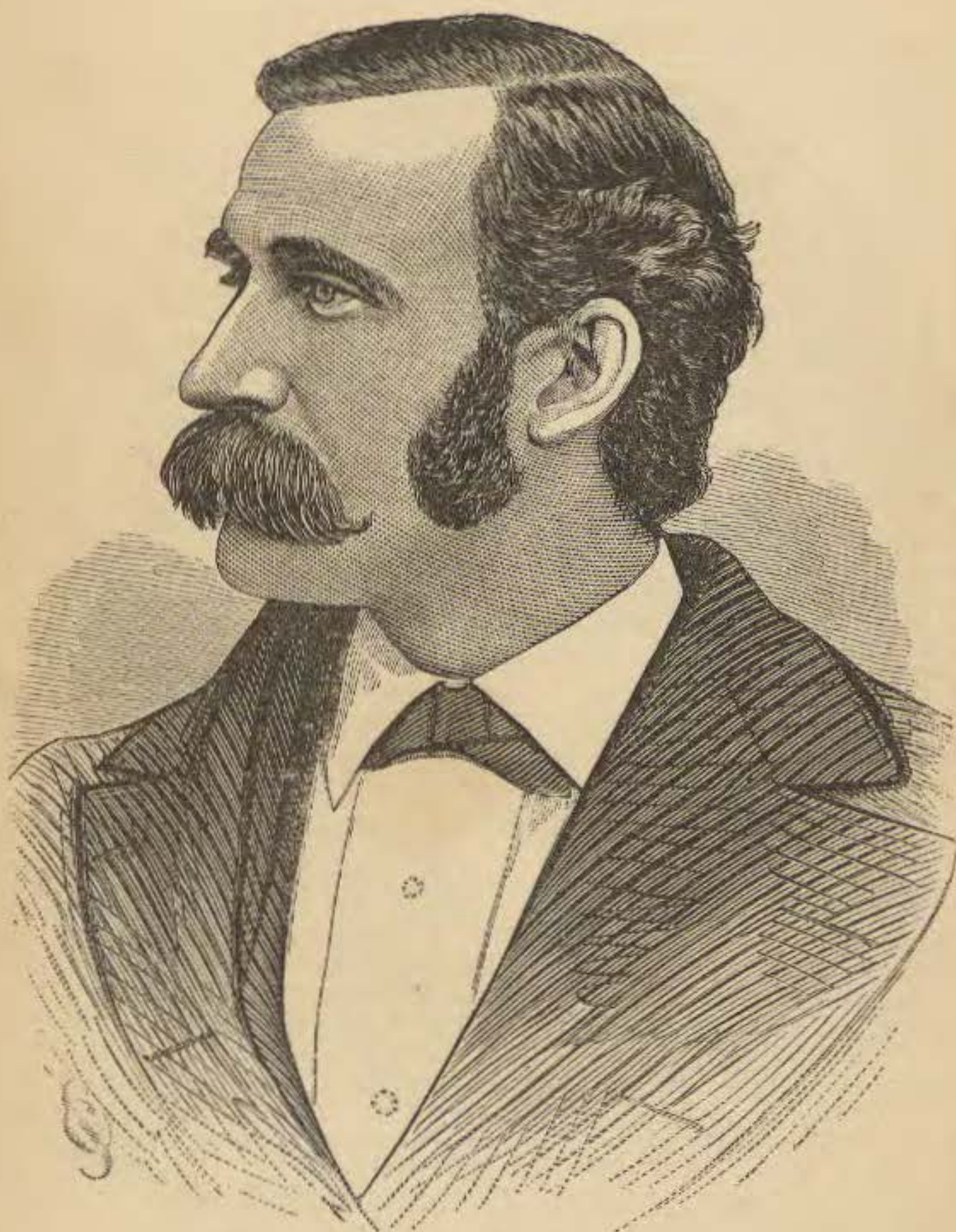


E. D. BABBITT, D.M.

PSYCHOPHYSICAL CHART OF THE HEAD.

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1. Philosophy of Cure.

1. Routine. Men have worn the Medical, Political, and Religious ruts so deep by centuries of travel, that they can scarcely *see* out, much less *get* out, and so the poor dear people, who are languishing and dying for some higher truths, must continue to suffer.

2. Drugs. All schools of medicine have their noble men, their intuitional souls, who rise above old theories and treat disease with skill. To such I give the right hand of fellowship. But when I think of the millions whose joints have been stiffened, blood poisoned, nerves shattered, and their whole systems racked with pains by means of false drugs, I feel like crying aloud and begging our medical men, as well as the people, to open their eyes to higher conceptions, and stop the absurd cry of "Humbug! quackery!" to every new thing. Medical writers admit that *fifty-one diseases* come from the use of mercury! Who can tell how many more spring from the use of all the narcotics and poisons that are so freely given! See how truth-loving souls can rebuke their own profession:

"Nine times out of ten our miscalled remedies are absolutely injurious to our patients," says Dr. Jamieson, of Edinburgh.

"There is, I am sorry to say, as much quackery in the medical profession as out of it," says Prof. Barker.

"How rarely do our medicines do good! How often do we make our patients really worse! I fearlessly assert, that in most cases the sufferer would really be safer without a physician than with one," says Dr. Ramage, Fellow of the Royal College of Physicians, London.

"Three-fourths of mankind are killed by medicines and prescriptions," says Dr. Titus, Counsellor of the Court at Dresden.

Add to these such startling confessions as those made by Dr. Rush, Sir Astley Cooper, Dr. Duhaussay, Prof. Valentine Mott, Dr. Abernethy, and many other great names in the medical world, and it shows that there is something unsatisfactory in the present condition of the healing art. Is it not possible, then, that much of the great learning of our medical scientists has been misdirected? Let us look around, then, to find a simple basis for a better superstructure. There are two fundamental laws in the science of cure, the *Law of Power* and the *Law of Harmony*.

3. The Law of Power. *All elements are potent in proportion as they are subtle and refined.* In other words, FINENESS IS POWER, GROSSNESS IS WEAKNESS.

Thus such gross elements as *rocks* and *earth* lie in stupid inertness, having principally the negative power of resistance. *Water* is lighter and more subtle, and has greater power, being able to wear away the rocks and dissolve the earth. *Air* is 800 times as light as water, and yet when aroused, can sweep the ocean into spray and dash the forests to earth. *Steam*, being still more subtle, can burst the very earth asunder, as in the case of earthquakes. *Electricity*, far more refined still, is one of the principles that sweeps the world onward through space, and bears on its wings the starry orbs, many of which are millions of times as large as the world itself. Ascend now to the still finer *Vital Aura*, the direct handmaid of the soul, and we come to a principle so subtle that it can penetrate all known substances, and wield even electricity. From this rise to the spirit itself, first the human spirit, then the angelic, archangelic, and finally to the Infinite Spirit, the Primate and Ultimate of all power in the Universe! Thus does power ever increase as we leave the gross and impure, and ascend towards the refined and the heavenly.

4. Medical Men have chosen the Law of Weakness during these centuries back. Man, the highest of visible objects, connecting link between heaven and earth, has been fed with *minerals* and earthy substances which lie at the bottom of the scale. The brutes themselves rarely sink so low as the

mineral kingdom in their selections. He who emits the finest and divinest of elements needs the divinest in return as his own sustenance.

5. Their Plea. "But the human system includes mineral elements, and needs minerals to supply their place," is their argument. True, it has some mineral elements, but in a very refined condition. (See No. 80.) Kind nature seeing that the earthy matter was very unfit for the stomach, wrought a great transformation of these coarser elements in the form of the vegetable kingdom. The finer, stronger elements of the human system, those which vitalize and control all the rest, are beyond all chemical analysis. It is these exquisite elements which wield the nerves, blood, and muscles, without which the body is a dead lump of dust which the mightiest chemicals in the world cannot control. Let us deal with *causes*, then, and not superficially with mere *effects*.

6. Baron Reichenbach, the eminent German scientist and physician, by a vast series of experiments proved the existence of a fine spiritual emanation from all objects, especially from human beings, and called it ODIC FORCE. Has it not occurred to physicians, after all this time, that it would be well to look into these subtle forces, and see if some better understanding of the circulatory system cannot be arrived at, in order that they may achieve more success? "The *mechanism* of the circulation," says Dr. Buchanan, "is sufficiently understood, but our me-

chanical knowledge of the circulation, derived from Harvey and his successors, does not give us the law of the distribution of the blood. The knowledge of the channels and hydraulic apparatus, without that of the forces which preside over the circulation and distribution of the blood, is comparatively a meagre species of knowledge."

7. The Law of Harmony *requires a nicely balanced CONTRAST of Elements.*

This is a basic law of matter and mind, the same principles ruling in both. It must be remembered, however, that there cannot be a *nicely balanced Contrast* without having a principle of *unity* as well as of *variety* in it. Let us get fundamental principles correct, and then we shall not make such mistakes in the superstructure we build upon them. But we cannot understand any one department of nature without knowing something of the other departments; hence I will enlarge somewhat. There are three styles of harmonic contrast, *Affinitive*, *Analogical*, and *Graded*.

8. Affinitive Harmony *consists in the contrast of differing qualities, as in Chemical Affinity.* The effect is inspiring. The following are examples:

COLORS. Red harmonizes with Green, Yellow with Purple, Blue with Orange, Red-Gray with Green-Gray, Yellow-Gray with Purple-Gray, etc. These harmonic and complementary contrasts were first explained by Chevreul of France. They increase the depth and purity of each other by being thus contrasted.

FORMS. The harmony with which lines combine to form the

spirited effect of angles, as in *spires*, or with which straight lines and curves combine to give effect to each other, as in flowers, Gothic architecture, etc. Contrast of size, as in Proportion, or mountains and valleys in nature.

TONES. The contrast of high and low notes consecutively, as in Melody, or simultaneously, as in Harmony, etc. **EUPHONY** requires the equal combination of vowel and consonant sounds which are opposites, as in the Italian language.

TASTES. The pleasures of the palate come greatly from combining opposites, as sour and sweet in lemonade, strawberries, etc., bitter and sweet in coffee, etc.

RHETORIC. The spirited effect of Antitheses, etc.

SOCIETY. The harmonious association of the opposite sexes, or, of complementary qualities in the same sex.

9. Forces. These may be divided into *Positive* and *Negative*, terms imperfect in some respects, yet I know of nothing to equal them as a whole, the Positive being that which is aggressive, strong, warm, etc., the Negative that which is more passive, cold, and dormant, though by combination it may bring about great heat and excitement. All health and harmonious life come from combining contrasting elements, and disease cannot be treated properly until this is understood. In the following list the first words are Positive, the others Negative :

Fire—Ice or Cold Water.

Heat—Cold.

Magnetism—Electricity (of the battery).

Vital Magnetism—Vital Electricity (human aura).

Spirit—Matter.

Acids—Alkalies.

Front Brain—Back Brain (psychologically).

Back Brain—Front Brain (physiologically).

Oxygen—Nitrogen (united in air).

Oxygen—Hydrogen (united in water).

The Human Head—Chest and Limbs.

Front and Right Side—Back and Left Side.

Light—Darkness.

10. Analogical Harmony consists in the contrast of similar qualities combined in different degrees or different positions. *Cohesive attraction*, in which particles of similar matter are combined, as in copper or zinc, shows analogical harmony, while the kind of attraction which unites such opposite elements as copper and zinc in the form of brass is affinitive harmony or chemical affinity. The following belong to analogical harmony :

COLORS. Light blue with deep blue, or a paler and deeper hue of the same color, or the same hues placed together.

FORMS. Parallelism of lines, symmetry, etc.

TONES. Octave notes, or those from similar instruments.

TASTES. Different intensity of the same flavor.

RHETORIC. Comparisons, unity of style, etc.

SOCIETY. Similarity of tastes in different persons, even when they have different intensity of character, etc.

FORCES. There is a kind of a positive and negative character in *quantity* as well as in *quality* ; the greater quantity being positive to the smaller of the same material. Thus, suppose two buckets stand together, one half-full and the other full of water.

The points of connection being made between them, the water of the full bucket will rush into the other until equilibrium is established.

NOTE.—*Allotropism* in chemistry expresses the difference between bodies identical in composition. Thus *charcoal*, *plumbago*, and the *diamond* are called allotropic states of the same element, *carbon*, while ordinary *oxygen* and its more intensely magnetic condition in *ozone* are allotropic states of the same substance. They are analogical, and probably affinitive harmonies.

II. Graded Harmony, or *Gradation*, is a nice progression from one quality or quantity to another. Its effect is soothing and pleasing.

COLORS which *blend*, in other words, which progress from one hue to another, as in the rainbow, or from light to shade, so beautiful in nature and art.

FORMS. Gradation of direction, as in *curves*; in size, as in the human limbs, etc.

TONES. Crescendos, diminuendos, curves, etc.

RHETORIC. Climaxes, clauses growing longer, etc.

SOCIETY. Flowing motions, pleasant curvatures of voice, gentle approach to unpleasant subjects, etc.

FORCES. Nature's gradations are incomparably superior to what human power can accomplish, and she generally softens down her changes by imperceptible degrees of progress. Light, a great chemical force, fades gradually at sunset, and increases gradually at sunrise, otherwise multitudes would be made blind. Storms and winds and seasons approach and depart by degrees. A sudden transition from winter to summer, or summer to winter, would soon destroy the race.

12. The Application. *Affinitive Harmony* deals

in bold contrasts, and has a most spirited and enlivening effect, and when appealing to the higher perceptions gives the element of *sublimity*, just as *Gradation* gives the soothing and refining element of *grace* and *beauty*, while analogical harmony is a general bond of unity and of cohesive force. *The highest perfection is the combination of the three styles of Harmony.* To rouse to action a dormant system, the contrast of heat and cold in a bath of hot water, followed by a cold dash, is excellent. Here water is the *analogical*, heat and cold the *affinitive*, harmony. The Turkish bath combines the three styles of harmony : First, the gradation of heat from warm to still warmer rooms, with air as the analogical element ; and, lastly, the contrast of heat and cold in going from the hot water to the cold plunge. Gradations are best for all delicate persons especially. Thus, the law of *exercise* is to commence gently and increase gradually day by day. Violent changes are disastrous, and must be resorted to only with the strong, or in emergencies. Those in habits of regular exercise should not cease suddenly. Opium-eaters, tobacco-chewers, and liquor-drinkers will, of course, find it prostrating to cease their stimulus suddenly ; but with the stimulus of magnetism and cool, pure air in their place, they can be sustained very comfortably, and rise from their thralldom.

By looking at the list of Positives and Negatives (9), it will be a guide in many respects. If a person's

stomach and general system are cold and negative, which would be the better for him, acids or alkalies, magnetism or electricity? That which is opposite, or acids and magnetism. For inflammation, or too much heat and positive condition, what is best? Alkalies or electricity, either human or that of the battery. Only the purest of elements should be taken internally, however, such alkalies as potassa, salts of tartar, etc., having a poisonous effect on the system. For healing purposes the more refined and powerful elements are best, and those I will briefly mention in several following paragraphs. "*Oxygen*," says Attfield's Chemistry, "is the most abundant element in nature, forming, though in a combined state, about one-half of the weight of our globe." Faraday admits its magnetic character.

13. The Great Forces of Nature. Permeating all substances and all space there seem to be two exquisitely subtle kinds of ether, having opposite laws of movement. The one produces the effect of heat, and may be called the positive element, or Magnetism. The other produces the effect of cold, and may be called the negative element, or Electricity. These exist in an infinite variety of combinations and degrees of refinement, reaching from the efflux of the grossest matter up to the highest emanations of spirit.

14. Their Qualities. Magnetism is more soothing, and has a tendency to move inward, or *centripetally*; Electricity is more exciting, and has a ten-

dency to move outward, or *centrifugally*. Without the combination of these elements all action and life and movement would cease. Their equal combination produces *harmony*; their unequal combination, *discord* throughout the animate and inanimate world.

15. Their Power and Safety. All gravitation, all cohesion, result from these invisible forces. They are so powerful as to waft all worlds, and yet so gentle as to yield to a feather, or a grain of dust! *Hence the mightiest forces are the safest and gentlest, and the invisible elements control the visible.*

16. Health and Disease. *Health* comes from the equilibrium of these fine magnetic and electric forces in the human system; *Disease* from a lack of this equilibrium. If there is too much of the magnetic or warm principle, fevers and general acute and inflammatory diseases are induced; if too much of the electric or cold principle, chills, paralysis, or chronic diseases are caused.

17. The Scale of Power. The following scale commences with the coarser and weaker elements, and gives some of the steps of progress towards the finer and more powerful:

POSITIVE. Fire, *Caloric*, the EARTH'S MAGNETISM, VITAL MAGNETISM.

NEGATIVE. Ice, Water, *Steam*, ELECTRICITY of the BATTERY, VITAL ELECTRICITY.

18. Human Aura, which is a combination of Vital Electricity and Vital Magnetism, is much finer and

more penetrating than that of the battery, and increases in fineness in proportion as the soul and body become purified and refined, and especially as we go from the lower to the higher parts of the brain. See Nos. 51, 54, 55. A healthy human system being an epitome of everything both spiritual and material, the subtle aura that radiates from it constitutes the most effective of all medicines, being the very life-power itself, and builds up the mind as well as the body. It is generally best communicated by the touch of the hand, which receives the brain-forces very direct, and may be intensified by the will-power, though it is not always best or necessary to use it. It also radiates in all directions from the living system, especially from a magnetist, and so penetrating is it that cures are often wrought without any contact. The writer has sometimes cured headaches and severe pains by simply being in the room with another, and so have many others. See No. 120, etc.

19. What Medicines are Safest. In proportion as substances approach a pure and ethereal character do they become more effective for good and less liable to do harm. Thus, such an alkali as *potassa* has an element of electricity in it which might be cooling to an inflamed stomach ; but having an impure quality which the system cannot appropriate, will be apt to do much more harm than good. How much better to take the pure electricity itself. Again, suppose the system is in a cold, negative state.

Alcoholic liquors have a warming principle, but have a coarse and poisonous element which does damage, and tends to deaden the life-principle. How much better to have the pure vital element fresh from a warm magnetic hand. Whatever medicines, if any, are taken into the stomach, should be of a gentle, diluted character, which, like food, may be incorporated with the system.

20. Magnetized Materials. Different substances can be magnetized, or psychomized, by making brisk passes over them and charging them by the aid of the will-power with those subtle essences of soul and body which in multitudes of cases both here and in Europe have brought about remarkable cures of disease. Paper can be charged so powerfully as to be unendurable, if enough thicknesses are placed over a tender spot. Dr. Arthur Lutze, homœopathic physician, Coethen, Germany, who in 1860 treated 153,881 patients, says:

“Some years ago I made the discovery, and have verified it by repeated observations, that animal magnetism is the vivifying, efficient power of our potencies. . . . Every one who frequents my clinic has seen that the most violent pains often yield to a pass of my hand, to a breath, to a mere word. . . . The zoömagnetic power may likewise be transmitted to natural objects, pure water, pulverized sugar, wood, etc. I have the most striking proofs showing that a powder of sugar upon which I had breathed, or a glass of water which I had touched *purposely*, has produced the most marvellous effects. . . . The thing happens in this wise: The noxious constituents of the drug are removed by attenuation; but the peculiar specific principle which constitutes, so to say, the soul of the drug, re-

mains, and is wonderfully excited during the shaking by the magnetic influence, and it is rendered capable of curatively affecting the disordered nerves."—*Manual of Homœopathic Practice*, p. 34, etc.

Important principles of science may be learned by magnetizing manilla or other tissue-paper. Some facts are as follows :

a. On a fine morning, when the air is magnetic and electrical, all objects, so far as I have tried them, when rubbed upon the tissue-paper will make it cling to the wall or elsewhere. The human hand especially will do this.

b. Electrical persons of pale color, cool temperament, will make the paper cling to the wall better than persons of more color and heat, and the coarser electrical aura of the foot better than the more magnetic aura of the hand. I saw Dr. Wilbur lift a newspaper with a few magnetized sheets of tissue-paper. On the law of affinitive harmony the electrical elements attract the magnetic.

c. Magnetize two thicknesses of paper together, and the principle of analogical harmony will make them cling to each other when held near. Magnetize them separately, and they repel each other.

d. Magnetized paper may be put upon the wall, but if taken down and magnetized over, will not adhere. It must become demagnetized by standing some time, or by holding it near the fire, to make it stick when remagnetized.

e. The right hand will pull paper away from the left, a strong-willed person often from a weaker-willed one, other things being equal. I have seen one lady draw the paper repeatedly from another lady's hand, until finally the other lady, becoming resolute, triumphed—a good illustration of the power of the soul to control dead matter.

f. I have had paper which I magnetized remain on the wall a

night and part of a day, and one piece held its place by resting one corner on the mantel for nearly two days and two nights. Paper magnetized by glass and coarser materials will not hold their power so long. The fine *psychaura*, which is too exquisite to manifest its power outwardly on coarser material elements much, if any, must remain in the paper a great number of years, as proved by psychometry (see No. 72), and this is the most potent element to cure disease, especially on finely developed natures.

g. *Medicinal substances* become greatly intensified by being psychomized, and *food* is not only more palatable, but more healthy, when cooked and handled by persons of healthy and magnetic character than by the coarse and ignorant, however much the fire may demagnetize it. When the wealthy see fit to treat their *help* with tenderness, and make them more a part of their own families, a more refined class of persons can be induced to enter upon such duties, and greater harmony and health will prevail. See Nos. 53, 54.

h. Dr. J. R. Newton writes me as follows: "I always prefer to heal children through their garments brought to me by their parents or friends. Out of thousands of cases I have scarcely known a failure."

i. *Water* conducts and retains the psychic force admirably. "Mesmer asserted that water could be magnetized, but the idea was met with ridicule. . . . The experiments of Reichenbach confirmed the truth of it, and placed it on a scientific basis."—*Mental Medicine*.

21. The French Royal Academy of Medicine appointed a Commission, who, after thousands of experiments for five years, commencing with 1826, decided in favor of mesmerism, clairvoyance, and the therapeutical advantages of animal magnetism. One of the leading physicians of New York remarked to

me that "Every first-class physician believes in Magnetism." There are, evidently, however, a plenty of second and third-class physicians, who have been asleep to all of the beautiful progress of the day, twice as long as the original Rip Van Winkle, and are still crying "Humbug!"

22. Magnetic Healing, or Psychomany.*

So wonderful were the cures wrought by Æsculapius, Empedocles (444 B.C.), Apollonius (70 B.C.), by the magnetic touch that they were worshipped as gods. The Heathen Philosophers contrasted the cures of Apollonius with those of Jesus. Galen and Hippocrates also did wonders in the same way. In later times, Van Helmont, Greatrakes, George Fox, founder of the Quakers, John Wesley, founder of Methodism, etc., had a fine gift of healing. At present many hundreds of Magnetic Physicians are operating in the United States alone, and in many cases accomplish cures that some persons would pronounce entirely miraculous or incredible. See Triumphs of Magnetism. A mesmeric hospital has been working successfully for many years in London, and Magnetic Manipulations are quite general in the hospitals of Europe, and are more and more introduced into water-cure establishments, movement-cures, etc. Wonderful cures have at times been effected in a moment, at a distance of hundreds of miles, by Psychomists.

* Pronounced *Psy'-chom'-a-ny*, which means *soul-and-hand* cure. *Psy'-chomist*, *psychomize*, etc., abbreviated from the same. See 126.

Diseases of the Brain, Nerves, Blood, Ears, Eyes, Throat, Lungs, Heart, Liver, Kidneys, Uterus, Ovaries, Skin, etc., and especially Neuralgia, Rheumatism, Paralysis, Spinal Affections, and Tumors, are healed remarkably in many cases by the Magnetist when all other means fail. Of course a Magnetist developed for the business is much more powerful than most private persons, and yet every one has some magnetic power.

23. Cure by the Will-power. The brain wields the vital aura much as the heart does the blood, the nerves of motion and sensation being the channels of the more exquisite fluid, just as the arteries and veins are of the grosser element. Without the vivifying power of the aura the blood would become clotted, and death would immediately ensue. The lower back brain (cerebellum) sends out the coarser *nervaura* which regulates the *involuntary forces*, but the higher and front brain (cerebrum) wields the finer *psychaura*,* which controls the *nervaura* and through that the rest of the system when it chooses. Joy, laughter, recreation, emotions of love, send these vitalizing currents through the system, and are far better than medicines to build up the health. "A paroxysm of *anger*," says Dr. Trall, "will render

* *Psychaura*, from *Psyche* and *Aura* or *soul-atmosphere* of the higher brain, is so subtle that it can move through matter in all directions, and does not need the nerve-channels as its telegraphic wires, as does the *nervaura*. I am averse to coining words unnecessarily, but *psychaura* seems a necessity as we come to understand the higher soul-forces.

the bile as acrid and irritating as a full dose of calomel ; excessive *fear* will relax the bowels equal to a strong infusion of tobacco ; intense grief will arrest the secretions of the gastric juice as effectually as belladonna."

Medical writers often ignorantly speak of persons who have been cured by means of bread-pills, by having prayers intoned over them, or by wearing magnetized paper, as a triumphant proof that they had no disease, while the truth is, their disease was as real as any in the world, and was only moved by the vigorous play of their own psychauric forces, which were stimulated by a new faith and hope, and by a new influx of magnetism from others. All disease must be cured, if cured at all, through these fine soul-forces. As one becomes impressible and magnetically developed, he can generally control disease by his own will-power. Sometimes, on retiring at night with a brain somewhat heated by overwork, I have lain on my back, turned my eyes upward, and willed my forces through the cerebellum and its connecting nerves toward the feet with the effect of powerful electric shocks, bringing a perspiration and animation to the whole system. I would then turn on my right side and sink into a refreshing sleep.

24. Sun-Baths. LIGHT is one of the finest elements in nature, and is powerful to heal. According to the *Law of Power*, the most subtle movements being the most effective, let us dwell a moment on this subject. The seven colors of the spectrum com-

mence with *red* as the coarsest, and end with *violet* as the finest. To form red, it requires waves so small that 37,000 of them extend only an inch, and 451,000,000,000,000 must pass a given point in a second! To make violet, at the other end of the scale, the waves must be much smaller yet, requiring 64,600 for an inch, while 789,000,000,000,000 must pass a given point in a second. Counting at the rate of 100 a minute, night and day, it would take over fifteen million years to merely note the vibrations which nature can execute in a single second! All colors must be more or less actinic, or chemical, in their effect, as every subtle force has power. Red light is the most exciting, violet the most penetrating, next to which are the indigo and blue.* In *Sun-Baths* it is quite common to have the light strained through blue glass, though, according to the law of power, violet light is still more searching, while according to the *law of harmony*, the pure white light, combining all the rays as they come from na-

* The colors of the spectrum progress in fineness and power as follows: Red, Orange, Yellow, Green, Blue, Indigo, Violet. Beyond this the rays go on for quite a distance, becoming more and more exquisite and powerful in their chemical effects, but entirely invisible to the ordinary eye, being seen in all their wonderful beauty by the clairvoyant eye. These invisible rays are usually called by chemists *actinic*, from their power. In the same way, when the waves of sound become so subtle that over 20,000 of them pass in a second, they are too fine for the ordinary *material* ear to perceive, but they exist nevertheless, and can be recognized by the clairaudent ear. Thus there are glorious octaves of sound and *color*, which we shall yet perceive as our powers become more spiritualized.

ture's glorious fountain, are the most desirable for general use. A physiologist says he can cure any cold by wearing light-colored clothes two days, as these transmit the light to the body. In the winter darker clothes are proper, as they transform the light-waves into those which give the effect of heat. See 97.

NOTE.—It should be remembered that the cold electrical element, while passing through different media, may be changed into the warm magnetic element, and vice versa. In other cases it may induce the warm element, as in the case of cold water thrown upon the feet, which, on the principle that opposites attract, will cause a glow of heat; but it by no means proves that electricity is the warm principle, from its being able to induce heat.

25. Pure Air electrizes the blood and tones up the system. It is immensely important that our sleeping-rooms and living-rooms should be well ventilated by open fires, and generally by windows a little open, etc., and that every one should take the outdoor air daily. Have no more clothing or bedding than will suffice for warmth, so that the electricity of the air may get to the body from without, and so that the impure exhalations of the skin may escape from within. Comfortables, feather beds, and cotton mattresses are too confining. The beauty and elasticity imparted by pure air, exercise, and sunlight, can never be equalled by cosmetics and artificial contrivances.

26. Electricity. General Rules. Electromagnetic machines are often very valuable if used scientifically. Most children, or pale and excitable

persons, especially if ladies, do not need the electricity of the battery, having quite enough of the electric element already. Persons with heart difficulties should avoid it also, as they need the soothing element of magnetism. Those not skilled in its use should beware of using it about the head.

A general rule for its use is to put the positive electrode on an inflamed or positive part, and the negative somewhat below on a negative or dormant part which needs vitalizing, as the flow is from positive to negative.

In most persons the negative electrode would be needed at the feet, and the positive above, to draw the warmth downward. Electricity in this way can be made far superior to any narcotics for inducing sleep and equalizing the system.

When it is necessary to arouse a dormant system, as in paralysis or chronic rheumatism and general torpidity, an *upward current* also is important, for which the negative must be above and the positive below.

Where softness, fineness, and great soothing power are required, it is desirable to pass the current through a good magnetic operator. The success of electricity, electric baths, Turkish baths, movement-cures, etc., is wonderfully increased when the operator has a fine healing aura of his own. "To be a first-rate operator," says Dr. E. B. Foote, "a physician must be a *battery in himself*. In the treatment of many

diseases, the current sent out of an instrument must be modified by individual electricity, or, as it is more commonly termed, 'Animal Magnetism.' "

27. Friction, or the **Use** of any part of the body, draws the nervaura to that part, which, in its turn, induces a greater flow of the blood, and causes a new warmth and nutrition. Vital heat is far more penetrating, purifying, and enduring than that of fire; hence the importance of warming any part of the system, which may be cold, by manipulation, movement, friction of coarse towels, etc. Smooth towels are very properly getting less fashionable than they formerly were.

28. Exercise, not too small in amount or too severe, brings about a superior respiration, circulation, sleep, appetite, and strength of the whole system, adds animation to the eye, a more rosy complexion to the skin, moderates the lower passions, and, if in connection with useful labor, brings remuneration, and saves from the many temptations of idleness. Labor is apt to exercise one part of the system more than another, hence the advantage of having *gymnastics* also, and *lifting-cures*, *movement-cures*, etc. Congenial labor and joyous recreation are far more beneficial to the system than that which is uncongenial. Open-air exercise is of course the best.

29. Automany, or **Self-Manipulation**, pronounced *au-tom'-a-ny*, from *autos*, self, and *manus*, hand, can be made a grand instrument in human up-

building. It is beginning to dawn on the modern mind that *self-dependence* is one of the greatest of all achievements. The hand having such direct connection with the brain-battery, and armed with such muscular skill, is an admirable conductor and machine for distributing the life-forces to any part of the system. Disease comes much from a lack of equalization as well as from a lack of vital force ; and although one's own hand cannot equal that of an outside person who is healthy, and especially one who is magnetically developed, it is capable of accomplishing wonders. Automany, for a few moments on retiring at night and rising in the morning, will improve the circulation, sweetness of sleep, appetite, and strength, and both cure and prevent disease, especially when assisted by other good habits.

30. How to become Impressible. Both automany and treatment from others is far more effective to persons who will enter a quiet, impressible condition by closing the eyes and throwing the eyeballs upward and back. This tends to withdraw the forces from the cerebrum and send them to the cerebellum, a great vitalizing centre. The eye has a considerable control of magnetic forces, and in sleep is turned upward. Another excellent plan is to look steadily at some object, especially when it requires the eyes to be raised. For further information see Nos. 68, 69.

2. Psychophysics.

31. **The True Philosophy of Life.** PSYCHOPHYSICS, from *Psyche*, the soul, and *Phuse*, Nature, is *the science of developing Soul and Body in correlation.* The Metaphysician indulges in vague theories of the mind as entirely disconnected with the body; the Physician deals with the body as mainly separate from the mind; but the Psychophysician, imitating the Creator, links the two, which can no more work separately in their normal earthly action than the positive can work without the negative. Our clergymen too often strive to save men by appealing to a mere fraction of their nature, scarcely alluding to their physical inharmonies, which are the cause of so much vice and crime. That they do not consider sufficiently sacred. Which is the most sacred, to save ten immortal beings by appealing to the whole man, or to save one through the lever-power of the spiritual nature alone? Do they not know that the thoughts, feelings, passions, even the spiritual aspirations themselves, all work through physical functions? Is the body profane? Did God make the soul and the devil make the body? Truth, like a pair of shears, is made of

opposite parts, and will not do its work unless they are joined. Life's pendulum is forever vibrating between the physical and the spiritual, and where one leaves off and the other begins, is beyond mortal power to define. Napoleon's mother, before his birth, spent her time with her husband on battle-fields until her soul was fired with military passion. What was the result, as transmitted through her physical organization to her son? *Six million human beings murdered by him, and the awfully demoralizing influence of war!* Ten thousand clergymen, or ten thousand physicians, under the ordinary methods, cannot offset such terrific results! *Jesus built up both the bodies and souls of men together, and commanded his followers to do the same.* (John xiv. 12; Matt. x. 7, 8.)—I know of one clergyman in Boston who aims to follow Christ practically, laying on hands to heal the sick, and teaching the same loving doctrines.* We shall never succeed in thoroughly saving either soul or body until we learn to combine *psychology* with *physiology*, and place cause and effect side by side. Until we can do this we are charlatans, and should be candid enough to own it. Until physicians climb the true ladder of forces, up through the nervaura and psychaura, to spirit itself, as their pivotal point, and trace their outward manifestations in the body, they will continue to fail in their work, and that more and

* Rev. W. F. Evans, author of the admirable works, "Mental Cure," "Mental Medicine," etc.

more as the system, in its process of refinement, is outgrowing the healing power of coarse elements.

32. Dr. Joseph R. Buchanan, now professor in the Boston University, delivered a course of lectures, during 1841-42, explaining a Neurological System of Anthropology, which is destined to modify, and perhaps revolutionize, all systems of psychical and physiological science. Some years later he published, in Cincinnati, his system of Anthropology. This, for some time, has been out of print; but from the increasing interest in the subject, and the great scarcity of the book, it is considered a rare privilege to obtain the use of a copy. This privilege was recently granted me by the author himself, whose lectures and experiments, given before the Eclectic Medical College of New York, I have lately had the pleasure of hearing and seeing. It is to be hoped that before many months, or at least years, he will give his improved development of the subject to the world, knowing, as he must, that there are not so many ignoramuses to ridicule what is above their comprehension as there formerly were. To his neurological theories I am greatly indebted, and the plan of my "Chart of the Head, with Nerve Connections," is drawn mainly from his work. For the use of other investigators I will give a brief account of his experiments.

33. His Experiments. Dr. Buchanan found sensitive and impressible persons, and charging different parts of their heads with the magnetic or nerve-aura,

by placing his fingers there, would ask them what their impressions were. When he animated the intellectual organs of a lady, in the presence of Wm. Cullen Bryant, Dr. Forry, and Mr. O'Sullivan, in the autumn of 1842, she would express a great desire for knowledge, and when he touched the location of Benevolence, she said she wanted to gain knowledge so that she might do good. When he touched the location of Self-esteem she began to kindle with her own importance, and felt it her duty to proclaim the emancipation of woman; but when he touched the location of Humility she lost her confidence, and said she was "only a weak woman, after all," and begged pardon for talking about herself. Another lady, on having her Self-esteem charged, left the room, from feeling herself too good to remain with such associations, and was only induced to return when Humility was charged. The position among the *Higher Energies*, which he terms Hardihood (h on the Chart), being touched, she became unconscious of pain, and strong; and though her fingers were delicate, she struck them against the gentleman's fists until they had to yield to her; but when he touched Sensibility she began to feel the pain and struck very gently. When the organ of Infidelity was touched, she disbelieved and denied everything. She was going to thrust her hand upon the stove, to prove that it would not burn her, and was only prevented by her husband. When the organ of Playfulness was touched, she danced around

the room in high glee. At another series of experiments, before the same committee, a young man was made strong and then weak, poetical, and then sent off into a political harangue, etc. Thus the Doctor seemed to be able to play any tune he pleased on the wonderful instrument, the human cranium. The impressible persons sometimes found it still more effective when they touched their fingers to the organs of another person. Thus, by touching the poet Bryant's Ideality, they became poetical, etc. All of these results were brought about without the knowledge on the part of the *sensitive* of what effect was attempted, and without any mesmeric or psychological power being used. In this way Dr. Buchanan, by means of a large number of experiments, was able to map out a complete chart of the brain, and show its psychological offices, and also its physiological connections and control over different parts of the body. See account of these experiments in the *Democratic Review*, Jan., 1843; also *N. Y. Evening Post*, Dec., 1842.

34. The Human Battery. The living system is a battery, the positive poles of which are in the head, and the negative in the body, while the nerves are the electric wires of communication through which the nervaura moves as it vitalizes the blood and controls the muscular system. We speak of the brain as having the positive poles of the battery. This is true of it from its warm magnetic character, from its ability to send forces through the motor-nerves over the

system, and from its being the especial seat of the will-power; and yet as the movement is always from positive to negative, and as the nerves of *sensation* send communicating forces *to* the brain, the sensorium which receives these forces must be negative to them.

35. Positive and Negative Parts. The cerebrum and whole front portion of the body are positive, while the cerebellum and back portion are negative, when considered with reference to the higher psychical forces. For this reason the front portion can stand more exposure to the winds, water, etc., than the back portion, and the hair on the back of the head should not be cut too short, should not generally be wet with cold water, nor parted, as it exposes the head too much. The right side is positive to the left, and the chest is positive to the feet and lower legs, for which reason the latter need more protection to keep from taking cold. The brain, being the most positive part of the body, needs the cool more than the warm element.

The cerebellum and medulla oblongata, though negative with reference to the higher forces, are positive with reference to the coarser energies that more directly control the blood and vital functions.

While certain parts are naturally positive and others negative, yet the will-power, all potent as it is, can hurl the psychaura and nervaura into any part and render it positive.

NOTE.—Dr. Brown-Séguard says the left side should be as positive as the right, and be used as much for writing and everything else. But nature insists on making everything on the positive and negative plan, and I fear the universe itself will have to be reconstructed before the eminent doctor's theory can work. In the same lecture he affirmed that there were no special organs of the brain for special qualities of the mind, any more than the bottom of the foot can be called the *tickling* organ. But a hundred other points can be tickled. Does the learned gentleman mean to say that we reason or love with every part of the body and with no special part? Has the size of special sections of the brain no meaning? Has a lofty front and top-head no more to do with the reasoning and moral powers than a low forehead and bull-neck? The whole world, except those who have the old hobbies to ride, will dispute this point at once, and the *tickling* comparison be considered very malapropos.

36. The Front Brain is the region of INTELLECT, the lower region along the brows including the *Perceptives* and the upper region the *Reasoning Powers*, while *Memory* lies between.

37. The Top-Head, pointing heavenward, and constituting the dome of the body, is the region of the MORAL and SPIRITUAL FACULTIES, including *Benevolence* (see **b** on the Chart), *Religious Aspiration*, sometimes called *Reverence* (see **r**), *Hope*, *Love*, *Patience*, and other attributes of angelhood.

38. The Back Top-Head is the region of the HIGHER ENERGIES, such as *Firmness*, *Self-esteem*, *Hardihood*, etc. It is called by Dr. Buchanan the *region of health*, and friction over this location, and especially from the face upward to it in the direction of the arrow, tends to tone up the whole system and fortify it with new courage, while movements in the opposite direction are relaxing in their effect. On the Chart, **f** stands for Firmness, **s** for Self-esteem, **h**, Hardihood, etc.

39. The Back Lower Brain, consisting of the more violent ANIMAL ENERGIES, such as *Amativeness* (*a*), or *Sexual Love*, *Combateness*, etc. This portion gives the coarser elements of vitality to the whole system.

40. Definitions.

The CEREBRUM occupies the whole head, except the small back portion, and is the region of the *voluntary forces*.

The CEREBELLUM occupies the back portion of the head, and is the region of the involuntary and vitalizing forces.

The MEDULLA OBLONGATA, projecting into the Cerebellum, and forming the top of the spinal cord, is an intensely vitalizing focus.

The SPINE has 33 vertebræ, 7 of which are *cervical*, belonging to the neck; 12 *dorsal*, to which the ribs are attached, reaching just below the *small* of the back; 5 *lumbar*; 5 *sacral*, and 4 *coccygeal*. The coccyx forms the lower point of the spine. (*Gray's Anatomy*.)

A PLEXUS is a concentration of nerves in one place. The location of the most important plexuses is explained in the diagrams. See Figs. 1 and 2.

A GANGLION is a "minor telegraphic station in the course of a nerve," as Mr. A. J. Davis expresses it. These *ganglia* are widenings of the nerves of the sympathetic system, and are probably centres of reflex action for sending forces through the *motor-nerves*.

The BLOOD has 70,000,000,000 *corpuscles* to a cubic inch. Its usual temperature is 96° to 100°, and the heart commonly beats 65 to 70 times a minute.

The CEREBRO-SPINAL AXIS consists of the *brain* and *spinal cord*.

The EFFERENT or MOTOR nerves carry the *aura* from the brain, and contract the muscles.

FIG. 1.—FRONT VIEW.

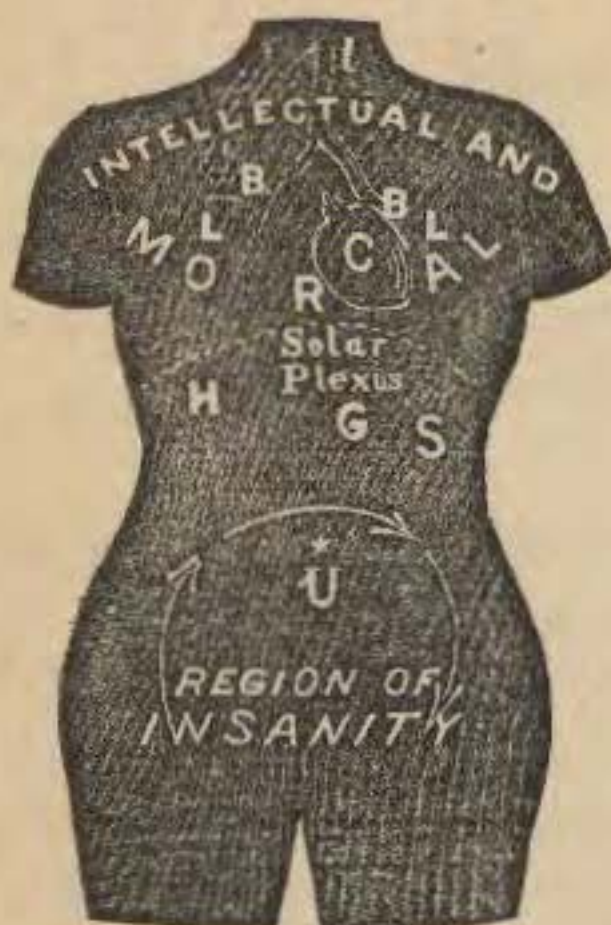


FIG. 2.—BACK VIEW.



The dotted line is the Diaphragm, and separates the THORAX, or upper chest, from the ABDOMEN, or lower chest. *t* is the TRACHEA, or windpipe, which branches off into the bronchial tubes B B, and these extend in various directions through the lungs, L L. C is the CARDIAC Region, or heart, and is enveloped by the lungs, which nearly fill the *Thorax*.

The SOLAR PLEXUS is located at the EPIGASTRIUM, or pit of the stomach. H is the HEPATIC Region, or liver, which presses against the diaphragm and lungs, and reaches far around. G is the GASTRIC Region, or stomach, which extends some distance around, and lying partly behind the left of this is the SPLEEN, S. U is the UMBILICAL Region, and the *arrows* describe the course of the large intestine called the COLON. The ASCENDING COLON is represented by the upward arrow on the right side, the TRANSVERSE COLON by the horizontal arrow, and the DESCENDING COLON by the downward arrow, and is on the left side. The arrows show how to move to cure *Costiveness*, while the opposite direction is for *Diarrhœa*.

The *Thoracic Nerves* connect more with the front and top head, the *Abdominal Nerves* with the lower face and head.

The BRACHIAL PLEXUS of nerves is located about where the word Brachial is, and has connections down the arms and on the upper front chest. The DORSAL Nerves reach from the word Brachial to a point a little below the small of the back and pass around in front.

The LUMBAR and SACRAL PLEXUSES send their vitalizing nerves to the lower chest and legs. The dotted line approximates the course of the Sciatic Nerve, the largest of all the nervauric channels, following the back legs to the feet. K K, right and left kidneys. According to Dr. Buchanan, N N are the lower nutrient points. A, or a little higher, between the Lumbar and Sacral Vertebrae, is the region of AMATIVENESS, and S S, of SLEEP, though warm passes down the whole spine I find to be most soothing and soporific, especially on the lower part.

The Brachial Plexus and shoulders are strengthening points connecting with HIGHER ENERGIES on the head, and the lower back with the ANIMAL ENERGIES. See *Chart of the Head*.

The Sacral Plexus and A are thrown a little too low above.

thus *psychologize* their own powers into harmonious action. If we will diet and exercise and live rightly, our systems will, after a while, become so purified and under control, that our *will-power* alone will be able to throw the life forces to all parts of the body, and ward off disease and discordant passions. More than that, our harmonious aura will radiate in all directions, and promote the health, purity, and happiness of those with whom we associate. See Nos. 53, 59.

47. Harmony of Physical and Psychic Development *d demands a balance of opposite qualities, or Affinitive Harmony.*

a. Thus too great a culture of the upper and front brain, to the neglect of the back and lower brain, would tend to devitalize and weaken the whole system, and lift the mind too much above the practical affairs of life. See 75, Fig. 6. A powerful and continuous action of the moral and intellectual faculties so rob the basilar brain and the vital organs, that they cannot properly perform their functions, and disease, lunacy, and death are frequently brought about. Some years ago it was estimated that one quarter or more of our college students graduated with broken constitutions from over-study. Since that, I trust they have learned to balance the intellectual activity of the front brain more thoroughly, by the muscular development connected with the back brain, although they are still deficient in this respect.

b. But the lack of balance which is far more common is the over-development of the basilar brain with the majority of mankind. Secret abuse fills our Lunatic Asylums more than any other one cause, and *promiscuity*, with its discord of poisoned magnetisms, breeds those terrific diseases which vitiate the blood for generations to come. Such is the fierce punishment, the sword of fire, which nature holds out as a warning against the violation of her laws. The law of nature everywhere decrees that the finer elements shall rule the coarser, the higher shall guide the lower, and so she has placed reason in the front, and the moral powers in the very dome of the human structure, while the appetites and passions, though divine if carried out according to their purpose, are placed low down in the scale, being such as animals can equal us in. Children are conceived in lust, reared in ignorance of the laws of life, surrounded with false excitements, and fed upon a diet which is forever stimulating their lower nature instead of their higher. "The moral and intellectual organs, in proportion to their predominance, tend to withdraw us from gross animal and stimulating diet, giving us a fondness for fruits, vegetables, and farinaceous food; while the animal organs, in proportion to their predominance, render such food distasteful, and give us violent, coarse, carnivorous appetites. An appetite for alcoholic drinks, pungent stimulants, and raw flesh is the legitimate result of animal preponderance. . . An

abundant flesh and brandy diet tends to brutalize the man, as a vegetable diet tends to elevate his intellectual and moral nature."—*Anthropology*, p. 271.

48. Imperfect Character brings Disease. I have shown how onesidedness of development, or monomania, brings insanity and disease. A courageous, well-balanced character wards off disease; a weak, half-souled person is negative to disease, and is apt to fall a prey to every contagion. Jealousy, hatred, and violent passions send a poison virus through the whole system. Too much development of the top head exhausts the vitality, but the diseases thus induced are less violent than too much development of the animal faculties. "When the basilar organs are predominant," says Dr. Buchanan, "there is more of *fibrin*, *urea*, and *bile* in the blood than when the coronal organs predominate," and then he proceeds as follows to show the effects of character on disease:—

"Persons of pride, firmness, prudence, and self-control, will have but little liability to disease, and their circulation will be regular and tranquil.

"Persons of violent and selfish passions will have great force of circulation, especially in the limbs and lower part of the body, and will be liable to diseases of active sthenic character, in which the phenomena of disease will be violent, but life will be seldom endangered. Rheumatism, gout, inflammation, and convulsions will be their tendency.

"Persons of indolent and unprincipled habits—of but little integrity, self-control, fortitude, or industry (a very large class), will have a circulation of but little regularity, and will be pre-

disposed to active disorders of the abdominal region, cholera, diarrhœa, dysentery, congestion of the liver, and typhoid prostration.

“Persons of amiable, mild, feeble character will have but a languid circulation in the limbs and lower part of the body, and will be predisposed to pulmonary disorder—consumption, bronchitis, pneumonia, and pulmonary congestion.”—*Anthropology*, p. 233.

49. Disease brings Imperfect Character. The violence, peevishness, gloom, and passion caused by Nervousness, Dyspepsia, Hypochondria, Hysteria, disorders of the spleen or kidneys, violent flow of blood, and almost all other diseases, are too well known to need illustration here. A diseased gastric membrane gives thirst for false stimulus and liquors, diseased abdominal organs or lower brain often increase the animal passions, fits and other brain derangements lead into idiocy, lunacy, etc.

50. All Objects Radiate their own peculiar Aura. This is a fact of great importance both physiologically and psychologically, and one of which the medical world is almost entirely ignorant. That which they cannot see, handle, weigh, or put through the crucible, they consider of but small importance, or as visionary and unknowable, although, as we have seen, all the grandest forces of the universe are invisible, while at the same time they are the safest, the gentlest, and, when understood, the most easily wielded.

Baron Reichenbach, after a vast series of experi-

ments, discovered that all objects send forth their own spiritual or peculiar Odylic emanations, and that the very colors of these emanations could be seen by impressible persons whom he called *sensitives*.

51. Different Organs Emit Different Styles of Force. "In the animal kingdom we find that caloric and electricity are evolved by the action of living form. The galvanic and the magnetic forces, also, I believe to be evolved by the vital organs. The action of the brain and nerves upon the muscular system is effected by an agency strikingly similar to the galvanic. This agency, or fluid, which is evolved by the basilar portion of the brain, the spinal cord, and the ganglionic system, is one of the lower species of nervous fluids. The nervous fluid, or emanation, which may be most appropriately styled *NERVAURA*, is essentially different in the different organs. While the Nervaura, or influence of the basilar portion of the brain, directly and powerfully stimulates the muscular system, that of the anterior region is incapable of producing muscular contraction, and tends to soothe or arrest it. The Nervaura of the basilar part of the middle lobe in front of the ear excites the digestive organs; that of the superior organs, adjacent to Firmness, diminishes the gastric activity. Thus every portion of the brain originates a distinct Nervaura, producing different and peculiar physiological effects, and producing also peculiar psychological results upon others. The influence of the basilar and occipital

organs is chiefly expended upon the constitution of the individual; that of the anterior organs is more diffusive."—*Buchanan's Anthropology*, p. 194.

52. Different Organs Radiate different Colors, *by which both the psychical and physical condition can be determined.* There are thousands of people who can close their eyes, and on getting into a quiet, impressible state, can gain a perception of colors incomparably more exquisite and well-defined than those which come through the outer vision, as I myself have often done; while many others can see these finer colors with open eyes and at almost any moment. Mr. A. J. Davis, the most eminent of clairvoyants, describes these colors as connected with the various objects, and especially with processes of the mind, *thought* giving out a blue tint, love a red tint, etc. A Mrs. Minnie Merton has just given me her experiences in full. She says that from her childhood up she has seen various colors radiating from different parts of the person, especially from the head, and used to read everybody's character in that way. She at first supposed every one could do the same. Dr. Buchanan's craniological chart gives the location of the mental, moral, and social faculties in harmony with her experience. The following is her description, as given me, Jan. 3, 1874:—

"In the base of the brain (the animal loves), the colors are a dark red, and in persons of a very low nature almost black, while in their upper brain the

colors assume a yellowish tint, and are far more brilliant. In a high nature the colors over the moral and spiritual powers are almost dazzling, with the yellow tint nearly merged into white, and far more exquisite than sunlight. In the higher front brain, in the region of the Reasoning Intellect, blue is the predominating color, and is lighter as it approaches the top brain, and a darker blue as it comes down to the perceptive (over the brow), and a little touch of the violet in its outer edges. Benevolence emits a soft light green of indescribable beauty. Over Firmness the color is scarlet, and over Self-esteem, purple. As you move down the sides of the head, from the moral powers towards the lower loves, it becomes orange, then red and dark red. Very low natures sometimes emit such a dark cloud from the base of the brain that it seems as though I could scarcely see them. When a person laughs or sends forth happy thoughts, it causes a dancing play of bright colors; but when in violent passion, a snapping and sparkling red is emitted."

Thus it will be seen that as the sky grows brighter where it approaches the sun at its zenith, and darker near the earthly horizon, so do all faculties emit brighter hues as they approach the coronal region—the sun-realm of the human soul—and darker as they approach the lower faculties, which are more earthly and fleshly in their functions. This harmonizes with the discoveries of Dr. Buchanan, who found that Self-Es-

teem and Ambition, which lie side by side, develop, at their lower end, into the love of power and military glory, while at the upper end they tend to moral perfection. Other faculties also become exalted as they go upward.

We can well account for the green in the region of Benevolence, as it will be seen by the Chart (b) to lie between the blue of the reasoning and the yellow of the religious powers. The orange, in the transition from upper to lower faculties, comes from mixing the yellow of the one with the red of the other.

53. Every Part of a Person *emits a special aura of its own, which appeals to the same part of another person, on the principle of Analogical Harmony.* See No. 10. Thus, suppose one person has a headache. An impressible person sitting near will feel the ache in his own head, not elsewhere; or suppose he has rheumatism in his right knee, the diseased magnetism will pass over to the sensitive person's right knee, and he will feel more or less of the same pain. This is one method by which magnetists are able to diagnose their cases so thoroughly, but they should keep themselves so positive for healing purposes as not generally to receive the influence from others very much, unless they are able soon to throw it off. A few persons have been disabled by receiving the diseases of others, especially when tainted with the same disease themselves. See 43 l, and 125 b.

On the above principle the cranial organs of one person appeal to the same organs in another, and especially when touched by that other. Hence a person of fine reasoning powers would be especially adapted to enkindle thought in another; an atmosphere of benevolence will render others more benevolent; a fretful, fault-finding person will make others more peevish; hatred on one side intensifies hatred on the other, as love intensifies love; and low animal natures like to herd together, so that their favorite passions can become stimulated. How vastly important is it that the magnetizer should have high and well-balanced qualities, so that he may stimulate the same in his patients, and lead them upward instead of downward. An active coronal development, in which is found Hope, Patience, Love, Religious Aspiration, peace, and placid joy, gives blessed influences to invalids, so many of whom are despondent and deficient in these qualities. An active vital development need not be deficient because the coronal faculties are large.

54. The Aura of Refinement. *Persons of noble character radiate a more refined and penetrating aura than coarse and undeveloped natures.* A refined magnetist could generally heal a coarse patient much better than a coarse magnetist could a refined patient; though, according to the law of harmony, there must not be too wide a difference in the fundamental nature of the two, as the pa-

tient could not appropriate the life-forces of one too far above him, and would be injured in many cases by one too far below him. It should be remembered, however, that persons of rough exterior often possess genial souls and a refined aura. A well-developed magnetist rarely finds a patient whose magnetism is so fine and spiritualized as his own, for if he lives rightly he is constantly undergoing a refining process. A wealthy gentleman of New York, acting on the absurd supposition so common among the people, that *magnetizers are mere rubbers*, and knowing what cures are performed by them, had a couple of ignorant Irish laborers come and rub him thoroughly. They proving useless, he next employed a couple of equally crude colored people, and wondered why they failed to do him any good. He became worse and worse. A magnetist who called upon him, held his hand a few moments and the perspiration started over his whole system. As a gentle involuntary vibration, so common among magnetists, began to move his hand, he exclaimed, "Don't make your hand tremble ! it makes me sick at the stomach." He told him it was just what he needed, as it was starting the bile, and without it he could not get well. But so totally uninformed was he of the physiological functions, that he feared to receive the penetrating element which was working all through his dormant system like a charm, and he went back to his drugs. The last I heard of him he was rapidly

failing. I give this as an example of the popular ignorance.

55. The Higher Voluntary Brain *controls the body by wielding the forces of the lower brain, and sometimes independently of these forces.* The higher soul-forces are exquisite and powerful, and can pierce matter far and near without the necessity of the conducting nerve-channels. "The higher powers," says Dr. Buchanan, "in consequence of their subtlety, radiate their influence instantaneously, like light, to immense distances. The inferior powers, like caloric and electricity, radiate with less power, and depend more upon conduction."

56. Size is an Element of Power *in the normally developed organs of the human system.* Other things being equal, a large head, a large body, a large limb, a large cranial development is more powerful than a small one. A large front head denotes a large intellectual development; a large back head denotes animal and muscular force; a high top head denotes power of the moral and spiritual faculties, etc. Fulness at the *Alimentive* region, G, denotes love of food and power of digestion, though it will need the nutrient section, N, well developed in order that this food may be rendered nourishing to the system. Fuiness at P denotes natural power of the lungs, and at Ce, natural power of the brain, and the ability to use it extensively without prostration, while a narrow upper head cannot indulge in too

much study with safety. Fulness at I denotes a tendency to insanity, and at the feather end of the arrow, just above the cheek-bone, Impressibility. Heads that are narrow there can endure much in many cases, but are slow of impression, and would not diagnose disease well, or make good psychometrists. Prominence of the ridge along the eyebrows shows large perceptive. Fulness and hanging character of the lower cheeks and side chin signify full animal and abdominal development.

57. Activity of the Vital Forces gives Power. A small organ, or limb, or muscle, or head, well vitalized and active, may be more powerful than a large one which is sluggish in its circulation. A person of light-colored, fine skin ; thin features, fair, soft hair, and a quick twinkle in the eye, is apt to have a very quick action of the whole system, and with a good frontal development possesses a general nervous and mental activity. When the countenance is more on the brunette order, with dark hair, dark eyes, strongly marked features and muscles, he is more *enduring* than active or fine. This has sometimes incorrectly been called the *Bilious* Temperament, as the first has the *Nervous* Temperament. Activity of the vascular system has sometimes been called the *Sanguine* or *Vital* Temperament, and gives generally a more rosy color, while a predominance of *lymph*, causing a more sluggish fatty condition, has been called the *Lymphatic* Temperament. This is often

a disease of itself, and should be treated according to 25, 27, 28, 29, 84, 100.

NOTE.—The ordinary division of temperaments is scarcely philosophical, the Muscular and Vital Temperaments coming from a full development of the back and lower brain, and the Nervous more from the frontal development. Thus it is more of a cranial development than a special temperament. On the same principle we should have an Alimентive Temperament, an Acquisitive Temperament, a Perceptive Temperament, etc.

58. The Greatest Power and Perfection
come from a well-balanced development of the size and activity of every part of the system.

This, of course, precludes disease. If one part holds the other in check, no matter how great the activity or power, the result is harmony and greatness. Although the artist, the inventor, the orator, or persons in other professions may very properly cultivate some special departments of the brain, he is great in proportion as he can keep his whole brain and body harmonized. When people are rightly born, of rightly matched parents, and harmoniously developed, they will become almost Jupiters and Minervas of power, and in character far more beautiful than they.

59. To Develop Size and Activity in deficient Organs.

a. *Vitalize them by Manipulation* or by otherwise communicating the magnetic aura. This animates and purifies the blood, causing it to rush to the place, and the blood in its turn builds up the muscles, cranial functions, etc., adding both size and strength. According to No. 53, to be touched or

treated by persons with large organs would hasten the increase.

b. *Give them their appropriate exercise.* Thus the appropriate exercise of the *Lungs* is vocalization and breathing pure air ; that of the *Muscles* is labor, gymnastics, or exercise of other kinds ; that of the *Reasoning Powers* is thought ; that of the *Perceptives* is practice in distinguishing forms, sizes, distances, weights, colors, numbers, tones, words, etc. ; that of *Benevolence* is thought and effort for the poor, the sick, the suffering ; that of *Truthfulness* is the habit of keeping the mind ever open to conviction and the real teachings of facts, however much they may condemn favorite theories ; that of *Integrity* is the act of doing justice to others, even when it may cost property, reputation, and personal comfort.

60. Psychology. The principles announced in Nos. 23, 51, 52, 53, have now prepared the reader for the understanding of *Psychology*, the science of the soul, or rather of the *soul-power*, as very commonly used. Some persons, armed with a great flow of magnetic aura and a strong will-power to command it, can project such a volume of it upon an impressible person as to immerse him in it, overcome his own soul-forces, and cause him to speak, think, or do just what they please. Mr. J. M. Peebles, formerly U. S. Consul to Trebizond, Turkey, once psychologized the purser of a ship, willed that he should mount a platform, which he did, and then got behind him out of

sight, and simply *willed* the words he should speak, and the gestures he should make, which were obeyed by his subject in every particular. A person travelling in Michigan, who evidently understood this power, once asked an entire stranger for \$200, who helplessly handed it over. People who have not seen this psychological power exerted upon others have certainly seen but little of this world. It is too generally known to need further examples here. Some are so illogical as to suppose this power comes from the *will*, without the assistance of any magnetic or other subtle agency to work through. That so coarse an element as *animal* magnetism has but little to do in bringing about these results, I believe; but nature always acts through instrumentalities, and the soul could no more sway another soul without some force to do it with, than the telegrapher could wield an instrument in Europe without the use of electricity, or than the sun could project waves of light to us without a subtle etherium out of which to make the waves. It is too much like making something from nothing. A lady of my acquaintance, possessing a superb physique and a fine magnetic power, stated to me that when she is well, if she wills a person to come to her, he comes; or to go from her, he goes; or to escort her from church, he is obedient, and this without expressing a word; but when she is sick these same persons pay no attention to her. She always had her way from her childhood up, until she became feeble.

Then, although her will-power was still strong, her magnetic force left her. I once made a single downward pass over a lady's eyes and forehead, when she was standing up, and she found she could not open them. She tried hard for a few moments to do so, making the eyelids work strongly, but in vain. She smiled and gave it up, and beginning to stagger a little, I eased her to the sofa, where she had a refreshing but conscious sleep, after which I opened her eyes with upward passes. I am confident she had a greater will-power than I; but I had so much more of the psychic force than she, that I could overcome the radiations of force which her will could send out, and rule triumphant in her brain almost the same as in my own. Some time ago, when I was spending a little time in Chicago, I went with Dr. Wilbur, who has a very strong magnetism, to see a patient, whom he was treating. While the attention of both of us was engaged with the patient, a lady sitting near went to sleep, and another lady had to go to the opposite side of the room to keep from being overpowered by the volume of magnetism which flowed from us. This was not caused by any action of our will or their own imagination.

61. Its Good Effects are seen in the wonderful power with which the bodily forces are often controlled in the cure of disease, especially by such magnetists as Dr. J. R. Newton, etc. He briefly throws a fine glow of the life-aurea upon their brains and

bodies, and makes them feel that they are cured, or actually being cured, so that it leads them to psychologize themselves, and bring about that harmonious flow of forces which constitutes health. In case they do not receive sufficient magnetism from the operator to assist their own magnetic currents in the self-psychologizing process, the cure will frequently be but temporary, and yet many invalids have a plenty of the life-force of their own to make them permanently well, if they could only get it equalized and lifted up into the region of Hope and the Higher Energies. The real magnetic process is the most permanent of all cures, as it reaches far down into causes; but in cases of psychological power persons are sometimes supposed to be cured when they are not, as they may feel well themselves.

The power of a high-toned magnetic speaker to psychologize an audience into a feeling of noble aspiration, and of the teacher to rule his pupils by this soul-power, combined with tact and love, rather than by the hardening method of brute force, are among its best achievements.

62. Faith and Cheerful Co-operation with the physician are highly useful, not only in the magnetic practice but in every other. Even Jesus did not do "many mighty works" in a certain place, "because of their *unbelief*." But to say it is all faith which cures in this way, as some uninformed persons do, is too absurd for a moment's notice, in face of the thousands

of cures that are wrought upon the most desponding and unbelieving kind of characters. How much faith is there in the patient who finds himself healed, in the twinkling of an eye, by some power from a distance, he knows not what or where? Several magnetists have healed the sick at a great distance. What has faith to do with the healing of infants. See Triumphs of Magnetism in another part of the volume.

63. Dangers of Psychology. The noblest things can be most perverted, but to be "forewarned is to be forearmed," hence I will allude to its dangers, for it is one of the great powers of the world, and should be understood. According to the principle announced in No. 53, a strong person, with the organ of *Acquisitiveness* large, may send out an aura which will overpower a smaller organ of the same kind in another person, and ensnare him in a bad bargain. Students in a college, on getting together and combining the aura of Mirthfulness and nervous excitement, will frequently carry fun to such an extreme that in later years it will seem almost like insanity. Mobs, bar-room companions, political gatherings, religious excitements, are in the same way frequently driven to wild extremes. People of tact can adduce some argument, or seeming argument, in favor of any theory, however absurd, and their children, drilled in these theories, and psychologized by all around them to consider them true, are ready to swear by some one of the schools of medicine, and denounce the rest

as charlatans ; to fight, or perhaps die, for some one of the 3,000 Christian and Pagan religious sects, as having the whole truth of God, and pronounce woe upon all the others ; and to curse as scoundrels and liars people who may be far better than themselves, just because they belong to another political party. It requires great daring and moral force to tear one's self loose from such influences and look at *absolute truth*. The sexes, too, throwing out the amative and other social aura, frequently carry each other into a delirium of passion, and then spend a lifetime in repenting of it.

64. The Remedy. a. If you are in feeble health, and will-power weak, use the means explained in this volume to gain health and a good magnetic flow, so as to be able to stand your ground against others.

b. If you are over-impressible, balance this condition by rousing the Higher Energies. See 46, e and f. Also make passes from *Impressibility*, just over the cheek-bones, to the Higher Energies.

c. Be on the alert. If you begin to feel the power of a designing person, repel his influence with an indignant will-power, beware of letting him touch you, and if he is still too powerful, leave his presence, or the room. With decision you can defy almost any one.

d. Love truth supremely as you revere God himself, for all truth is of God, and build on *facts* rather than on mere *authority*, or mere *theories*.

65. **Mesmerism**, or the magnetic sleep, is but a slight modification of psychology. The subject sits in a passive condition with his eyes in one position, receiving the aura from the eyes or other radiating points of the mesmerizer, and finally, from his hands, which are passed downward over the forehead, eyes, face, and frequently a few inches down the front of the person. It is very important also to move over *Somnolence*. See star (*) near the eyes on Chart. It will take, perhaps, 15, or 30, or 60 or more minutes to bring the eyes together in sleep, and many will find it difficult to be mesmerized at all by any ordinary person. Sometimes the clairvoyant faculty is developed by mesmerism, but usually the mind is less active than in the psychological state. The professor of Psychology, when he finds an impressible subject, sometimes will control him without contact ; at other times he will place his thumbs a moment over the middle of the forehead, his fingers over *Somnolence*, and then sweeping his hand over the eyes, says decidedly, with will-power exerted, "You can't open your eyes!" If impressible, the subject will find his own forces so overcome by a stronger aura as to be unable to control his will or brain ; can be made to believe a broomstick is a fine lady, and go through a courtship with it ; to think it is hot or cold ; and both mind and body can be controlled as the operator wishes, until at last the spell is broken by the words, "All right !" and he is in use of his own powers

again. The mesmerized subject frequently requires *upward* or *outward* strokes for several minutes to get fully awake. A very fine equilibrium of the nervous system is often brought about by mesmerism, and sometimes great cures are made, but there are better methods as a general thing.

66. Clairvoyance, the French for *clear sight*, is an admirable proof of the immortal spiritual nature in man, as it is a species of vision which does not depend upon bodily organs, but proves a higher power. A gentleman in New York, before the cable was laid, once made several thousand dollars by having a clairvoyant read the price of stocks across the ocean; and Andrew Jackson Davis, on receiving a letter, can trace the magnetic lines back to the writer, perhaps thousands of miles distant, and look into both his physical and mental structure. A lady in New York finds great numbers of gold watches, costly diamonds, etc., and the thieves who stole them, by her clairvoyant power. But hundreds of professional medical clairvoyants are engaged in looking through human systems to see the location of disease, the highly developed being wonderfully correct, the partially developed making more or less mistakes. Greater knowledge of Anatomy and Physiology would make them much more satisfactory in their diagnoses. Every physician and diagnostician must necessarily have more or less of clairvoyant, or intuitive, or impressional power, or practical success will be impossible.

Woman having these elements more than man, even though less scientific, will often excel him in the medical profession. Several physicians of New York, and elsewhere, go to clairvoyants, who describe their patients, without seeing them with the outward eye, better than the physicians themselves can after seeing them. Believers in Spiritualism contend that there are two kinds of clairvoyance: the Independent, or that by which the clairvoyant can see of his own powers; and the Spiritual, or that which disembodied spirits see and psychologize the clairvoyant to see. This is too extensive a subject to discuss here.

67. Its Philosophy. Light can penetrate glass, and hence the outward eye was made to see *through* it. If it could penetrate iron, or other opaque substances, the outward eye could see through those as easily as through glass. But there is a far finer element, an aura or ether, which penetrates all things. At certain times when the impressible mind can partly suspend the outward senses and come into rapport with this finer light, it can look through the human body and other objects as though they were made of glass. This aura is as much finer than light as light is finer than water, and reveals new and indescribable glories of color and form. My space forbids the development of other phases of clairvoyance.

68. How to Develop it. Manipulate frequently the Perceptives, also the side and upper front head; diet properly, avoiding meats and rich food;

purify the system by pure air, sunlight, friction, and exercise ; bathe according to 101, 102, and each day from 30 to 60 minutes sit in a reclining, easy position, head to the north or north-east, in a somewhat darkened room, and keeping the mind calm and receptive to the finer influences. Then, with closed eyes, make an effort to see. If colors and lights do not appear after a few days, it will not be very encouraging to persevere. If the pressure at the head become too great, pass it off down the back and side neck, rub feet, etc. See also article on *Statuvolence*, 69.

69. Statuvolence, or *Artificial Somnambulism*, is a process of self-psychologizing attended often with clairvoyant powers, which Dr. Wm. B. Fahnestock, now of Cincinnati, has developed. Remarkable cures and other desirable effects having been accomplished by this process, I will quote from his work on the subject with reference to entering the condition :—

“When persons are desirous of entering this state I place them upon a chair, where they may be at perfect ease. I then request them to close the eyes at once and to remain perfectly calm, at the same time that they let the body lie perfectly still and relaxed. They are next instructed to throw their minds to some familiar place, it matters not where, so that they have been there before, and seem desirous of going there again, even in thought. When they have thrown the mind to the place, or upon the desired object, I endeavor, by speaking to them frequently, to

keep their mind upon it. . . . This must be persevered in for some time, and when they tire of one thing, or see nothing, they must be directed to others successively as above directed, until clairvoyance is induced. When this has been effected, the rest of the senses fall into the state at once, or by slow degrees. . . . If the attention of the subject is divided, the difficulty of entering the state perfectly is much increased, and the powers of each sense while in this state will be in proportion as that division has been much or little."

Dr. Fahnestock affirms that all can be brought into this state, if not in one sitting, in two or more. Some, from not confining their mind, required twenty sittings. When in the state, the soul seems to be so in rapport with the finer aura, as often to see clairvoyantly, to hear sounds at a great distance, and even to taste and smell things miles away. They can will all feeling away from certain parts, so that a surgical operation may be performed on them without pain. If they have pains, they can *will* them away. If they agree to remember what has taken place during their sleep they do so, or to be rid of a certain disease, they frequently find themselves well then and afterward. If they agree to come out of the state, when the operator says *Now!* they waken. After a little while they learn to throw themselves into this state quite readily. I have space for the account of only two cures, which I quote from his book :—

70. Statuvolic Cures.

EPILEPSY. Miss E., aged 19 years, was subject to epileptic fits at intervals of from two to four weeks. She succeeded in entering the state perfectly upon the second sitting; was a very good clairvoyant, and was perfectly relieved. She had but four sittings, and has never had any return of her disease. Five other cases have been cured in the same manner, one of which was of 20 years' standing."—(P. 290.)

SCARLET FEVER. "Miss K. Z. was taken down with scarlet fever four days before I was consulted; . . . found her laboring under a high fever, attended with considerable pain and soreness of the throat, and a scarlet blush over the whole body; she had often been in the (somnambolic) state before; at first, out of curiosity, and afterwards for the purpose of having several teeth extracted; . . . she threw herself into the condition in a few seconds, and when asked respecting her throat she declared the pain was entirely gone; she remained in the state about an hour. At the end of that time the fever had abated, and when she awoke she was entirely relieved of all unpleasant symptoms."—*Artificial Somnambulism*, p. 300.

71. Its Philosophy. Dr. Fahnestock, who is an experimentalist rather than a philosopher, not only gives no explanation of the methods by which these results are produced, but spends much time in trying to prove that "there is no such thing in nature as animal magnetism," ignoring some of the most obvious of all facts in this effort. The one string to his harp is, that a person's own *belief* is the only power to bring about conditions in the mesmeric state. In other words, one's mind controls the phenomena; therefore it is proof positive that it uses no magnetic medium to effect this control; and, again, *some* things are done by the subject's belief in spite of the operator, therefore *all* things must be. With such a theory, no wonder he fails to account for the phenomena. For its refutation see No. 60.

The principal philosophy of these phenomena has been given in 23, 55, etc. Their production is evidently assisted, at least in most cases, by the operator, but comes more thoroughly from a self-psychologization than other mesmeric conditions. The subject, by throwing his thoughts intensely on some location, gradually abstracts his mind from surrounding objects, and enters a more interior state by which he comes into rapport with the finer and more powerful spiritual forces of his nature. These, being unimpeded by the coarser aura, can be thrown by the will-power to any part of the system to control the nerves of sensation or vitalize the dormant portions. Other features must be omitted for want of space.

72. Psychometry, from *Psyche*, the soul, and *meter*, measure, is a science which was developed, systematized, and named by Dr. Buchanan, and is a method of arriving at the *soul of things* by coming into rapport with the subtle aura that emanates from them. Thus, at the New York Eclectic Medical College, December, 1873, Dr. Buchanan had pieces of paper saturated with the tincture of hashish, enclosed tightly in envelopes, so that no one could know what it was, and then requested the class to hold them for some time quietly in their hands. They at first felt strange feelings in their arms, then in their heads; two ladies went to sleep, and had to be wakened by upward passes; and a majority of those holding the paper felt more or less of the symptoms which this article would have caused if taken into the stomach. After this several impressible persons held letters upon their foreheads. One person said his letter was written by a "gentleman who possessed the intuitions

of a lady, was a deep thinker," etc. This was a letter written by *Bulwer Lytton* years ago, and was correct, excepting when he called him a deep thinker, which could scarcely apply to Bulwer. I accounted for this from the fact that Dr. Buchanan's magnetism had become mixed with it to some extent from previous handling. A lady present said, the letter she held was written by a gentleman with large forehead, large brain, and a most genial soul; that he possessed great power of intellect, and was fitted to take a commanding position among men. The emanations from the letter were exceedingly agreeable to her. It proved to be an autograph letter from *Horace Greeley*.

73. Professional Psychometrists are in all the larger cities, and can generally give a complete view of the life and character of persons; their mental, moral, and social qualities, and their condition of health or disease, just from their autographs, or from locks of hair, or some articles which have become saturated with the aura of the persons. They will take a piece of ore, and describe the mines from which it came; how deep the ore runs, and which way to dig to have the greatest success. Mining companies have sometimes been organized and directed by psychometrists who are thousands of miles away; dead bodies traced out and found by having an article belonging to them; thieves discovered; lost property restored, etc.

74. Benefits of Psychometry and Clairvoyance. By

means of these the arcana of life and disease, and qualities incomparably too exquisite for chemical analysis, are easily traced out and described. They open up those mighty and subtle forces of nature which, under the agency of spirit, rule all things. As people become more refined by a true physical and spiritual life, they will become far more impressible and acute in their perceptions, fraud and deception will become almost impossible ; and cause and effect will be so clearly traced that every wrong done to our fellow-man will be seen to be a stab towards our own heart, and every act of love, a foretaste of Heaven itself. Those who can look into the interior nature perceive that the high and good have indescribably beautiful souls, while low and undeveloped natures are dark and stained. They see, too, that the human spirit is a book of life with every act and thought written in legible characters thereon, and are sometimes able to reveal the very details of peoples' lives to them so completely as to make them start back in alarm. What a wonderful proof is it of the truth of the expression, "There is nothing covered that shall not be revealed," and what a powerful incentive is it for us so to live that our souls shall stand forth radiantly when at last they enter the immortal state of being where every eye shall see us as we are ! *

75. Physiognomy. General Laws. PHYSIOGNOMY teaches how to distinguish character by the features of the face, and laps over upon Phrenology to some extent. Dr. Buchanan lays down the principle, which French experimentalists have proved the truth of, that a large intellectual or frontal development tends to project all the features forward ; a large coronal development draws the features upward into

* For a fuller idea of Psychometry, see Prof. Wm. Denton's three volumes called "The Soul of Things."

nobility of expression; a large back development draws the features and forces back, while a large basilar development draws the features downward and gives a more stupid, inferior look when the counteracting elements above are small. The following cuts will illustrate some of the leading principles of the whole science :

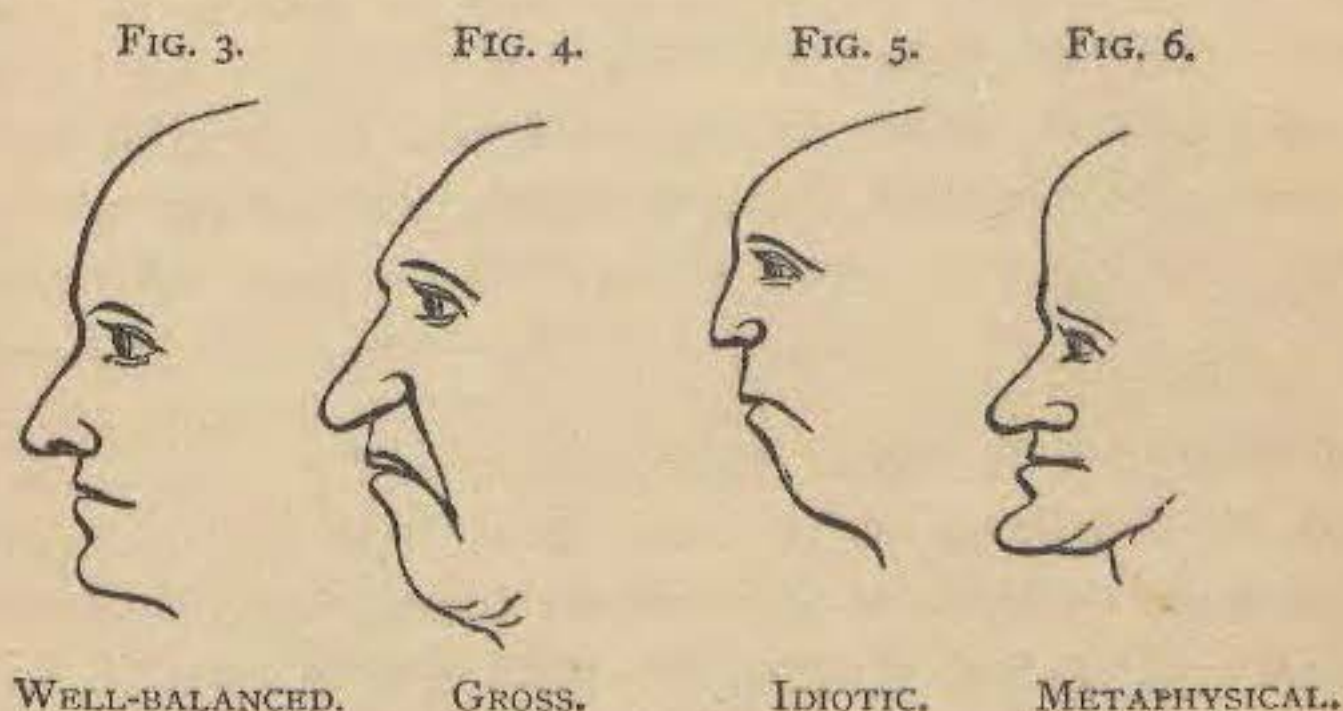


Fig. 3, from the prominent forehead, nose, and chin, denotes intellectual power, and from the height of the head above the eyes, a good development of the moral and religious element. He also possesses a general balance of other qualities.

Fig. 4, from his retreating forehead and chin, cannot be very intellectual, but the prominence of his nose and perceptives is some sign of intellect. The lines of his mouth and nose and chin are too much drawn down, and appetite, passion, and liquor have doubtless had too much to do with him.

Fig. 5 has a nose, forehead, and chin too retreating to have much sense, even if he tries. The distance below the nose, as compared with that above, shows that the animal man predominates over the spiritual.

Fig. 6 has made the front upper brain exhaust the lower and back brain so completely that the *juices* of his body have

become dried up, while his chin and features are peaked and lean, and his expression unpleasing. His reasoning powers are large, and his percepts small, which fact leads him into those abstract metaphysical speculations that are so unpractical, and which are happily going out of date.

76. How to grow Beautiful. To grow beautiful, it will be seen, from what has been said, that the law of harmony must be carried out by a well-balanced growth of all faculties of both soul and body. Figs. 4 and 6 show how the lower development, or a one-sided higher development, distorts the body. *The more goodness, intelligence, and the social virtues are cultivated in connection with the physical development, the more beautiful and radiant will the face and head become, and the more symmetrical the body.* Unfavorable prenatal or postnatal conditions may sometimes modify this declaration, but cannot invalidate it as a rule. The soulless doll-beauty is not what I am speaking of, but the intelligent eye, the subtle curves of refinement on the cheek, brows, lips, and chin, and a symmetrical palace of the soul, in the shape of a well-balanced cranial system, come only from the culture which develops the nobler faculties and directs the lower.

Contrast the sweet and placid expression of Florence Nightingale, so beloved for her beautiful life of intelligent effort for the suffering, with the brutal face of Bridget O'Managun, who can *man a gun*, or wield a fist either, judging by her savage expression. Notice her lack of intellectual and moral development in the

upper and front brain, and in her insignificant nose and evil eye, and then mark the brute-force development in the width of her head near the ears, in her fierce upper lip, and her broad animal chin and neck. The refined lips of Florence, with their Cupid's bow, are

FIG. 7.



FLORENCE NIGHTINGALE.

FIG. 8.



BRIDGET O'MANAGUN.

quite kissable ; but the mouth of poor Bridget was made to snap and bite with, and to express her fury.

NOTE.—Beauty demands a fine glowing tide of physical as well as mental life, and the subjects of Food, Exercise, Dress, and Psychophysics should be thoroughly studied, and then practised after for months, yes, for years, if you wish a great transformation to take place. Consult Nos. 47, 58, 59, 25, 28, 84, 94, 97, and 101.

3. Food.

77. Its Office is to form *blood*, and the office of the blood, under the direction of the spiritual and life forces, is to nourish, strengthen, and vitalize the whole system, and supply the waste that is constantly going on. Food, in connection with nature's finer elements, constitutes the best medicine.

78. The Tissue-making Foods, or the PROTEIDS. These consist of *Gluten*, or the tough part near the outside of grains, which forms part of the bran ; *Albumen*, such as the white of egg ; *Casein*, the curd of milk ; *Fibrin*, the fibrous part of blood and lean meat ; *Syntonin*, the chief part of muscle or flesh ; and *Gelatin*, the foundation of jellies. These foods are the basis of strength, and are the most nourishing of all.

79. Fat-producing Foods. Two kinds of elements have the most to do with producing *fat*.

a. FATTY SUBSTANCES, such as *butter*, *oils*, and *fat meats*, which are mostly carbon (about 80 per cent.). These enter not only into the formation of the nerves and fatty parts, but, to a small extent, into the lean parts.

b. STARCH, GUM, and SUGAR, sometimes called **AMYLOIDS**, which constitute the inner portion of *grains, peas, beans*, and the greater portion of *sago, tapioca, and arrow-root*.

80. Inorganic Foods. These are *water* and a few *saline* or *mineral* elements. Some class water, and even such fine elements as electricity and oxygen, among the mineral elements, although they exist in greater proportion in vegetable and animal life, water forming four-fifths of the human system. One excuse, which our physicians give for their profuse dosing with mineral drugs, is, that these elements exist in the human body and must be supplied. The proportion of minerals, as given in Marshall's Physiology, is exceedingly minute : 1-77th of the human body being Calcium ; 1-87th, Phosphorus ; 1-700th, Sulphur ; 1-1000th, Sodium ; 1-4000th, Potassium ; 1-10,000th, Iron ; 1-80,000th, Magnesium ; one half-millionth, Silicon, and all these are found in the foods we eat, and in a more refined form than in the crude minerals themselves.

81. The Law of Harmony in Foods demands that there shall be a combination of opposite elements. Huxley says wisely that "any substance which contains protein (*i.e.*, albumen, gluten, etc.) in a readily assimilable shape, is competent to act as a permanent food ;" but if the "vital food-stuffs consist of pure amyloids (starches, etc.) or fats, or any mixture of them, it suffers from what may be called *nitrogen starvation*,

and sooner or later will die." It would have been well if Huxley had explained the underlying principle that brings life to us when taking PROTEIDS, and death when taking merely AMYLOIDS. The following table will show that Proteids contain the harmony of opposite principles, while Amyloids do not. I quote from Marshall's Physiology, p. 486, the figures showing the percentage of each element :

THE PROTEIDS.

	<i>Carbon.</i>	<i>Hydrogen.</i>	<i>Nitrogen.</i>	<i>Oxygen.</i>
<i>Albumen</i>	55.01	7.23	15.92	21.84
<i>Fibrin or Gluten</i>	54.6	7.2	15.81	22.29

THE AMYLOIDS.

<i>Starch</i>	} 44.4	6.2	49.4
<i>Dextrin, or Gum</i>				
<i>Cane Sugar</i>	42.1	6.4	51.5

It will be seen that in the above table *carbon*, *hydrogen*, and *oxygen* only exist in the *amyloids*, and these are warm positive elements, in which the magnetic principle predominates, while the *proteids* have also *nitrogen*, which is well known in chemistry as a very negative principle, and in this electricity must be the ruling power.*

* It is quite time that chemists were beginning to ascertain that Oxygen, Hydrogen, Nitrogen, Carbon, etc., are not absolute elements, but that there are subtle principles of power back of them. Magnetism is doubtless the predominating principle in Oxygen and Carbon, while Electricity rules in Hydrogen, and especially in Nitrogen. Two great leading substances of nature, *water* and *air*, are formed by an affinity of opposite elements. Thus when two volumes of Hydrogen and one of Oxygen are brought together, they attract each other so powerfully that they rush together with an explosion, and form

82. The Law of Heat in Foods. Medical scientists seem to be just finding out that the fatty and amyloid substances are not the only heating foods, simply because they abound in carbon and other elements of heat. Lean meat, which has but little carbon, and has the cool element of nitrogen, digests and becomes oxidized rapidly, and thus generates much heat. In the same way we frequently take the negative principle of cold water to arouse action and generate heat in the body. In cold northern regions, the electricity of the air enables the people to digest and work up the heat of fatty substances, when it would kill people in warm climates, or those of sedentary habits who occupy close rooms.

83. Economy in Foods consists in combining all the classes of foods. Thus we shall need to eat much more of white flour bread to get a sufficient quantity of gluten and fatty and mineral substances, than we will if we eat bread made of unbolted flour (Graham bread). Meat or eggs require some starchy

water. In this case, although the Oxygen has only half as much volume as the Hydrogen, it has eight times the weight, and there must be a balance of forces in some way. To form air, it takes nearly four times the nitrogen that it does of Oxygen to constitute the affinitive balance. As given in Attfield's Chemistry, in 100 volumes of air there is of Oxygen 20.61; Nitrogen, 77.95; Carbonic acid gas, .04; Aqueous vapor, 1.40. Water in its ordinary condition, doubtless, has a predominance of the electrical element, though both air and water have more electricity when cold, and more magnetism when hot. When chemists discover some process by which they can analyze and control the subtler elements which are the real primates, then will they have the key of power indeed, both for controlling disease and driving machinery, compared with which, present power is weakness itself.

foods, such as bread or potatoes, etc., to complement them. The disadvantages of having to eat so much to get the proper elements, are : 1st, it overburdens digestion ; and 2dly, it is more expensive.

84. Food should be Adapted to Conditions. Thus childhood, full of life and excitement, should not indulge much in stimulating food such as meat, tea, coffee, chocolate, fat, mustard, horse-radish, spices, pepper, or high seasoning of any kind ; nor should full-blooded grown people who have irritated stomachs, or who tend to inflammatory diseases, and they had better avoid the use of eggs, corn-bread, oatmeal mush, buckwheat, strong acids, sweets, and especially liquors, tobacco, etc. To such, cereals, vegetables, alkalies, etc., are suited. Elderly persons, and those in a negative condition generally, can stand a more stimulating diet. Those who have too much soft adipose flesh should exercise in the open air, manipulate their bodies well, avoiding fatty and starchy foods, and adopting the *proteids* more generally. Those who are thin and lean should use the *amyloids* more, and some fatty substances if they are able to digest them. During costiveness, the coarser foods and mushes, with fruits, especially prunes, are best ; while ginger, black pepper, boiled milk, tea, white sugar, blackberries, white bread, etc. are less proper. Let each one test food by its effects on himself. An impressible person can tell what is best, even before testing the food by eating it ; and if the appetite

has been trained in a natural way, and not been perverted by stimulating diet, it will generally crave that which is best for the system.

85. Meats. These contain a large amount of nutriment and very little waste matter, and are more rapidly digested, when rightly cooked, than other foods. This is especially the case with beefsteak and mutton-chops, which are considered most wholesome. Pork had better be avoided, which, even when fed in a clean place, communicates such diseases as *scrofula*, *trichiniasis*, etc. The *scrofula* may not show at present, but will be very apt to in a few years, or in the next generation. The *vegetarians* find much fault with the use of meat generally. They say it is frequently diseased; that much meat-eating tends to enkindle the lower passions, makes the system more inflammatory and more subject to contagions; that the laboring millions of Europe, who eat almost no meat, are stronger than those of America, who eat so much of it; while several vegetable-eating societies report a better condition of health and longevity than those who eat flesh. Besides this, meat is much more expensive than other foods, and requires the cruelties of butchering, etc.

86. Indigestible Foods. Rancid butter, oils, cheese, and tainted meat; sour, heavy, or newly baked bread, sodden potatoes, overcooked eggs or meat, greasy materials, fried foods, rich cakes and pastries; salted meat and fish, which are more indigestible and less nutritious than the fresh; clams,

lobsters, crabs, and the oily fishes ; coffee, chocolate, green tea, and all alcoholic and fermented drinks are indigestible substances, especially for those who do not have a plenty of open-air exercise. Vinegar, being fermented, is less healthy than sweet cider or lemon-juice, and animal oils are less digestible than the vegetable. Olive oil or cream is more digestible than butter or lard. American butter is generally oversalted. Unleavened Graham gems or aerated bread, not being raised by the ordinary carbonic acid gas, are more wholesome than the other kinds. Soda is a poisonous element if very much used. The various mushes are usually healthy. Milk is often quite injurious to persons of deranged liver or stomach, but persons can judge of this by noticing how it generally agrees with them.

87. How and when to Eat. Eat very slowly, grind well, insalivate thoroughly, and drink almost, if not quite, nothing while eating, as it will dilute and weaken the saliva and gastric juice, which are the negative and positive elements used in digestion. Eat two or three times a day at regular intervals, avoid severe mental or physical exercise directly before or after meals, as well as all exciting topics during meals, and avoid eating between meals, or before going to bed. Some insist strongly that we should eat only twice a day, but as digestion is accomplished in four to six hours, three meals are probably best for the great majority of people.

4. Sleep.

88. Its Importance.

The great restorer, sleep, causes the front brain to rest, so that the back brain may use the vital forces all the better in recruiting the whole system. Its importance can scarcely be overestimated, especially for the nervous, or for brain-workers. Horace Greeley's large active brain drew the vital forces from his careworn body, and thus destroyed the equilibrium to such an extent that for some time before his death his physician could not cause him to sleep. He gave him bromide of potassium, which, he said, was the best thing he knew of to induce sleep. Is it possible that the doctors have studied all these centuries, and have learned no better way to induce sleep than by giving poison? During the sickness of Mr. Richardson, of Richardson-McFarland fame, his physicians, after exhausting all their remedies for inducing sleep, called a lady magnetist, who placed her hands upon him and kept him in a pleasant sleep for five hours. I will venture to say that a person of only ordinary magnetism could have caused Mr. Greeley to sleep, by following the directions given in No. 92. But these simple processes of nature would scarcely suit the old style of doctors, for then what would become of all their Latin and their other elements of dignity.

89. Beds.

Over half of what we eat and drink exhales from the skin, besides which the system gains much vitality by having the air and light get to the person; consequently too much clothing by day or night is hurtful, and especially do feather beds, cotton mattresses, and comfortables smother the pores and tend to

enfeeblement. Mattresses of hair, husks, straw, etc., and covering of blankets are better.

90. Position in Sleeping.

Baron Reichenbach, by a large number of experiments with sensitive and feeble persons, found that they would be thrown into a very uncomfortable or spasmodic condition when they lay with their heads to the south, and still worse when their heads were to the west, but that when he turned them with heads to the north and feet to the south, they were quiet and comfortable. This harmonizes with the idea of a magnetic earth-current going from north to south, or at least in the direction of the needle, thus throwing the warm principle towards the feet when the head points northward, while the distress occasioned by lying with the head to the west, may be accounted for on the supposition of an electric current moving nearly from west to east at right angles with the magnetic current, thus throwing the cool element to the feet, just where it should not be. This last direction must be particularly injurious to delicate ladies, in whom the electrical element already predominates too much, especially at the extremities, and these were the class of persons with whom Reichenbach experimented. I would recommend the *north-east* as a still better direction for the head than the north, as it throws both the cool current towards the head and the warm current towards the feet. The observance of these rules of position would save a vast amount of headache, neuralgia, and distress of the brain and nervous system generally. I lay down these rules not as a mere theory, but a fact established by my own experience, as well as that of many others, and it is high time our physicians had begun to look into these important health laws, which, if habitually violated, will imperceptibly undermine many a delicate constitution.

91. How to lay out a City.

The streets, of course, should be wide, so as to permit pure air, shade-trees, etc. The direction of streets should be north-

east and south-west, crossed by other streets at right angles. The reason of this is as follows :

a. So that rooms can be the more easily arranged for sleep in the right direction, in harmony with the facts of the last paragraph.

b. So that the sun may shine on all sides of the houses every day, and thus give its cheering and powerful healing influence.

c. So that there will always be a sunny side of every street to walk upon in winter, and a shady side for the summer.

d. The names of the streets in one direction should be, 1st street, 2d street, etc. ; in the other direction, 1st avenue, 2d avenue, etc., or 1st place, 2d place, etc., while the houses should be numbered on the Philadelphia plan, 100 to a square. A stranger could learn the name and location of every street in one minute, and to give him a man's address, would be to tell him at once the very square and part of a square on which he lived. This would be a great improvement on Boston, London, and Paris, which scarcely any one can learn in a lifetime.

92. How to Induce Sleep.

Hold the right hand on the forehead and the left hand on the back head, covering with the fingers the point of animal sleep—(see the back star on the chart), and hold it there a few moments with a gentle pressure. Then hold the right hand on the right side of the head, and the left hand on the left side, covering the back star and temples, but not covering the ears. Then make passes from the front head over the side and back neck, and briskly down the arms, and spine, and legs. Warm the spine thoroughly, and press both hands for some time over the hips and sacral plexus, which will be found exceeding soothing, also on S S. (See Back View, No. 40.) Warm the feet especially the bottoms, most thoroughly by manipulation, and in severe cases put them in a bucket of as hot water as can be borne, then dash cold water over them, rub briskly, and wrap up in warm flannels if the feet have a tendency to coldness. Avoid late

meals and all stimulating food or drink, and lie on the right side as much as is consistent with comfort, as digestion progresses more naturally thus. See that the liver, stomach, and bowels work rightly, and tone up the whole system by exercise, pure air, baths, and psychomany. See Nos. 25, 28, 29. Sometimes in the night, when the system is restless, a cool hand-bath will equalize the nerves.

5. Clothing.

93. Its Object. The leading object of clothing is to keep up an equilibrium of temperature. We should not use so much as to enfeeble the system with heat and shut in its exhalations, nor so little as to expose it to cold. Several thicknesses of clothing are warmer than the same weight in one thickness.

94. Tight Clothing, especially knitted underwear, is colder than loose, and is more apt to confine the insensible exhalations of the skin. The stoppage of circulation by means of corsets, elastics, tight lacing, and tight shoes, is disastrous to health and grace and beauty. Tight, high-heeled shoes cause corns, bunions, and an awkward gait, to say nothing of cold feet. Ladies should hang their clothes from their shoulders.

95. Uneven Clothing. The extremities, especially the lower ones, should be kept warm and dry,

the head and chest cooler. The enclosing of the neck in furs and large tippets makes it so tender as to induce throat and bronchial affections when removed, though nature's effort to protect these parts with a beard should not be thwarted by cutting it off. The immense masses of hair worn by ladies have induced 70 per cent. more brain fevers than before, and the great amount of clothing which they wear below the waist causes a fearful amount of abdominal inflammation.

96. Materials of Clothing. For summer, linen is the coolest material, and cotton next, while silk and wool, not being as good conductors of heat, confine it more to the body. Every change of atmosphere, however, is felt too freely to have linen worn next to the skin as a general rule. Flannel being less apt to absorb moisture, and being a better protector against sudden chills, is best all the year round, unless it be in extreme warm weather, and even then it is safer for feeble or elderly people. Silk also will answer. Patent-leather boots are too confining to the feet, while rubber over-shoes and water-tight coats, for the same reason, should be worn only in the emergencies of wet weather.

97. Color of Clothing. White or light-colored clothes are best for summer, as they transmit the sunlight to the body and reflect the heat, while darker colors are good for winter, as they transform the light into heat. A lady physician, who has had great experience at bathing establishments, says she can gen-

erally tell ladies who habitually wear black, from the imperfect condition of their skin. Clothes absorb moisture in proportion to their darkness, black absorbing nearly twice as much as white. Flashy colors, so much admired by savages, are condemned by all refined people, though gay colors are suited to the sunny nature of children. Both health and propriety demand that the gloom and unhealthiness of mourning costume should be done away with.

6. Baths.

98. Nature's Methods. Nowadays everybody professes to follow *nature*. One class of people think they follow nature by dosing with *minerals*, and occasionally vegetable preparations. Another takes *vegetables* only; another finds *water* the beginning and end of nature; another *electricity*; another *magnetism*; another *steam*; another *exercise*; another *sunlight*, etc. A true eclecticism in Therapeutics, as in Religion, which takes the highest and best from all quarters, is what we want, though Vital Magnetism, next to spirit itself, being the finest element known to

man, must be the most powerful, and especially so as it vitalizes and controls the others.

Hydropathists have done a great deal to bring men back to nature, and we must award much credit to the Thompsonians, Grahamites, Homœopathists, Eclectics, Electricians, Magnetists, etc. All of these have helped to widen human conception, and to lift it out of old ruts into the light.

99. Healing Power of Water. Water constitutes not only the greater portion of the human body, but is the medium of circulation, nutrition, excretion, and purification, and bears with it a large amount of electricity. Prof. Faraday says ten drops of water contain electricity enough to make a sheet of lightning. When warm it communicates magnetism in its coarser form. *Hot water* alone would relax and weaken. *Cold water* is the element of stimulus, and the system may be gradually toned up and fired up with so much internal heat as to endure a large amount of cold water. But the *law of harmony* will guide in this, and show that both should be used.

100. Who should Bathe. All should bathe more or less, of course, to keep the skin open and clean, but those who are pale and thin and nervous must not bathe too frequently, as the water will be apt to conduct away some of their vitality, and will not give them the magnetic element which they most need. Such should depend partly upon rough towels or flesh brushes to keep clean. Fleshy and full-

blooded persons, whose circulation is dormant, should have frequent baths.

101. How to Bathe. Feeble persons can stand but a very little cold water at first, not having sufficient vitality to get up reaction, and if they are subject to pressure at the heart, very hot water will not answer except at the feet. Those who have chronic diseases, and a dormant system generally, and wish to rouse up new action, can succeed finely by getting into water as hot as they can endure for a few minutes, then take a dash of cool water, then wipe dry in a hurry, get into warm blankets, and be manipulated all over until the perspiration comes. It is always safer and more strengthening to have all hot baths end off with cool water, unless one is too weak, and is troubled with some liability to congestion. A cold dash or a few seconds in cold water will frequently get up a great increase of heat, but to remain some time in cold water will destroy the heat already possessed. Why these opposite effects? Because on the principle that *opposites attract*, the electricity of the water draws the warm magnetism of the body to the surface and creates a glow, but if continued too long so much of it will escape into the water as to cause a chill and a loss of power.

102. When to Bathe. A full bath should never be taken under two or three hours after eating, and not immediately after copious drinking. A cool bath is much better on rising in the morning than when re-

tiring, as it is easier to get up a reaction when the system is fresh. Avoid bathing when very weary. From half-past ten to eleven in the forenoon is quite as good a time as any. Plunges, or baths that shock should be avoided during periods of congestion, menstruation, or of special excitement.

103. A Hand-bath in cool water, over the whole system, is capital, on getting up in the morning. If weak and liable to catch cold, touch merely the ends of the wet fingers to the body a few seconds, then wipe with coarse towel, and rub briskly with hands all over. The electricity will stimulate you. If stronger, apply the whole hands. This equalizes the magnetism far better than a sponge-bath.

104. Wet Pack. Place on a bed two or three comfortables, then a pair of blankets; partially wring a sheet out of cool water and place it upon them. The patient, nude, should then lie flat upon his back upon them, and have the whole wrapped around him immediately. Lay wet cloths on his forehead, and keep feet warm. Time from 15 to 60 minutes. He should not lie long after perspiration commences. Afterwards sponge off and rub. This is admirable for extracting impurities from the system, and especially for subduing a high fever when near its crisis, but not afterwards. A warm pack is best for weak persons, or in eruptive fevers until the eruption is brought out.

105. Compresses. These are wet cloths or bandages usually put over any hot, sore, or inflamed

part, and renewed when they become dry or warm. Dry towels placed over these will prevent the vital heat from escaping too much, and prevent catching cold. Judge somewhat by the way it affects you.

106. Fomentations. For these flannel cloths dipped in water, as hot as can be borne, and wrung nearly dry in another cloth, are best. This will steam the part moderately, and used five to fifteen minutes will greatly soothe pains, cramps, convulsions, nervous headache, and when over the bowels and lower abdomen, counteracts costiveness, colic, painful menstruation, hysteria, etc. It is more suitable for a dormant condition than for inflammation, unless it be a negative inflammation.

107. Open-air Nude Baths in the sunshine, with occasional rolling in the sand, running, plunging, splashing, swimming, shouting, etc., is unequalled for warm weather. This combines the advantages of gymnastics and six kinds of baths. Every family that can afford it, and that has a running stream near by, should have an open place enclosed by a wall where the sexes can alternate in this delightful and healthful exercise.

108. Foot-bath. In cases of nervousness, headache, sleeplessness, and cold feet, a decidedly hot foot-bath, for five minutes, followed by a cold dash, wiping and rubbing on the bottom, is highly useful.

109. Sitz-bath. This may be given in a small wash-tub or sitz-tub, in water, say four to six inches

deep. In case of the dormant condition of the lower abdomen, painful menstruation, etc., a hot bath is best; but in case of inflammation, or too great heat, a cool bath is best. Throw blankets over the shoulders, rub and knead the abdomen, etc. Time, five to fifteen minutes.

110. Turkish and Electrical Baths are excellent to rouse the dormant system to action, and to throw off impurities. Get the system well cooled, and the pores well closed before going out of doors.

111. Medicated Baths, in which mineral elements are used, are not to be commended for general use. The absorbents take up poisonous elements which injure the system. Pure water is generally best externally and internally.

7. Magneto-Gymnastics.*

112. General Instructions. In schools or social circles the time may be passed most pleasantly and profitably by carrying out a few exercises like the

* These are more vitalizing and physiological than the ordinary gymnastics, and are a part of those which were invented and taught by the author, in the N. Y. Electro-Gymnasium, during the winter of 1872-3. Persons would often come to the class with lassitude and headache, and go away feeling refreshed and active. *Dancing* gives a pleasant and useful interchange of magnetisms, which accounts in part for the fascination which that exercise has

following, the central idea of which is to *vitalize the system*, a much more important thing than merely to develop muscles, for this life-aura controls nerves, blood, and muscles as a lord controls his servants.

Persons having a dormant condition of the system may at times be so aroused by these exercises as to have some feelings of lameness or restlessness, but that is just what is needed before vigorous health can come.

Regulate the strokes by a piano or harp.

Keep step and stroke with music.

Commence gently at first. Increase gradually.

Practise a few minutes, then rest and let the magnetism work.

Avoid striking inflamed parts. Strike a little higher or lower if the strokes cause pain.

Inflate the lungs while striking them.

Match the opposite sexes when possible.

Match opposite temperaments if practicable.

113. Definitions. RECIPROCALLS are strokes which two persons give each other on the palms of their hands as they stand face to face.

SELF-STROKES are those given to one's own body.

PALMS are strokes which are made by striking the palms of both hands together.

114. The Magnetic March. This is a simple pairing off and marching hand in hand to the sound of music. First, after getting well matched, the gentlemen being on the outside next

for the young. The danger is, that it is apt to be pursued so late, that it becomes a dissipation instead of an invigorating exercise. Magnetic gymnastics have the advantage of vitalizing the system as a science, and surpass dancing or any other exercise in bringing about an equilibrium of the vital forces. The magnetic stimulus is nature's fine element of harmony, which will tend to diminish the burning thirst for such coarse and inflammatory kinds of stimulus as alcoholic drinks. I am free to commend Dr. Dio Lewis's *Gymnastics* as very pleasing and useful.

to the wall and the ladies on their right, let the gentlemen take the ladies' left (negative) hands in their right (positive) hands. The ladies will be the greater receivers in this case, the principal flow being from positive to negative, and they will gain an influx of *strong* magnetism, which they need. Let some one lead off for a few moments, first seeing that they all stand erect, then, as the music strikes up, say in a clear, loud tone, *One! two! three! left! left! left!* etc., the whole company stepping forward on the left foot as the word *left* is spoken. After marching a few minutes around the outside of the room thus, let the leader say, *Halt! About face!* And then let the ladies take the gentlemen's hands in their right, so as to impart their finer element. Then comes the command, *One! two! three! left! left!* etc., the marching continuing in the opposite direction a few minutes longer. Thus all give to their partners what they can well spare, and receive what they most need, and are refreshed. The company should now sit awhile, and let the magnetism work.

115. The Magnetic Circle. Let the ladies and gentlemen, alternating as far as possible, stand in a circle with hands joined. For a few moments remain entirely still and let the magnetic current have free play. This current is sometimes so strong that sensitive persons have to withdraw. Be careful not to break the current by detaching hands. The music can now strike up, and the whole, simultaneously, in order to develop muscles and start the blood throughout the system, should throw both hands and the left foot spiritedly forward, then spring back on the right foot, throwing the elbows and shoulders and head as far back as possible, then forward again on the left foot, remembering to lift each foot from the floor each time as the other goes down, and to keep the hands joined. Let the leader start the whole with *One! two! three! left! left!* etc., until they get started. After two or three minutes he should say, *Halt!* and start them with the right foot forward.

116. Reciprocals. In this fine movement all face their partners and give alternate *reciprocals* and *palms*, with movement of the left and right foot, as in the Magnetic Circle, throwing the left foot forward for a while, then halting and throwing the right foot forward. Word of command until they get started, *Left! left! left! strike! strike!* etc., the *reciprocals* coming with the word *strike!* and the *palms* directly afterwards.

117. Fronto-lateral Combination. We come now to a beautiful series of SELF-STROKES. We are all more or less mutually dependent, but it is grand to be independent also, and be able to heal ourselves. In the following exercise *body* and *palm* strokes alternate, and four of each are to be made at each of the eight important *frontal* portions of the body mentioned below, and the same on each of the eight *lateral* points. Let the leader, after the music has commenced, say, *One! two! three! strike! strike!* etc., the *body strokes* coming with the words *strike!* and the *palms* between. The more musical anatomical names are given, which it would be well for all to know, but, if preferred, the more common English words can be used. For positions, study the cuts connected with No. 40, Figs. 1 and 2. The following gives the region for the strokes:

BRONCHIAL, a little below the throat.

PULMONIC, *lungs*, still lower. Inflate while striking.

EPIGASTRIC, *pit of stomach*. Inflate while striking.

UMBILICAL, *bowel portion*.

PELVIC, where *pelvis* and *thighs* join.

FEMORAL, *thigh*. The *femur* is the thigh-bone.

PATELLA, *knee-pan*. Strike briskly.

TIBIA, *shin*. (large inside bone.) Let these four strokes range to the ankle.

This takes us to the feet. Give each of the four *patella* and the four *tibia* strokes by bending not only the knee, but the hip-joints, rising to give the *palms* that come between. The

leader should stand in front and be a guide to the others, who should all stand well separated and facing him. In making the eight series of lateral strokes, let both hands sweep outward through a full free curve, and in order to do the most good, strike somewhat farther back than the side. From the thigh upwards, throw head and shoulders back and stand very erect. Make the whole series, descending and ascending, without stopping. It is a splendid exercise, and will set the system into a glow. The *lateral* strokes are as follows :

FIBULA, *calf*. (small bone of outer leg.)

LATERO-PATELLA, *side-knee*.

LATERO-FEMORAL, *side-thigh*.

SCIATIC (nerve), *hip*. This greatest of nerves follows the whole posterior leg.

RENAL (*kidneys*), near small of back. (K, K, Fig. 2.)

HEPATICO-SPLEEN. *Hepatic* pertains to the *liver*, which is on the right side, while the *spleen* is on the left. Strike on and below lower ribs.

LATERO-PULMONIC, *side lungs*. Strike just below the arm-pits.

LATERO-BRONCHIAL, near the shoulders.

118. The Soothing Combination. No strokes are equal to the following for relieving brain pressure as well as pulmonary and abdominal inflammation. The upper strokes soothe head and lungs, the lower strokes soothe bowels, etc. The *palms* are omitted in this. Make eight strokes above and eight below in each of the three combinations.

CERVICO-FEMORAL, back of neck and thigh.

HUMERO-PELVIC, shoulder, and joining of pelvis with thigh.

HUMERO-SCIATIC, upper arm and hip.

In the *cervico-femoral* strokes, throw both hands as far over on the back of the neck as possible, while the head is thrown forward, and immediately give them a free swing over upon the

front thigh, meantime throwing the head back. The *humero-pelvic* strokes reach the joinings of the upper and lower limbs. The *humerus* is the *upper-arm* bone, and this stroke reaches only the upper part at the shoulders. In the *humero-sciatic* strokes each hand first strikes the *opposite upper-arm*, and then sweeps over to the hip on its own side. It is well to take the soothing course twice.

119. Vocal Magnetism. We now come to an exceedingly useful exercise. It is in connection with only two combinations of upper and lower strokes, as follows :

BRONCHO-UMBILICAL, upper and lower chest.

PULMONO-GASTRIC, lungs and stomach.

1ST COURSE.—Give the upper and lower course of the two combinations eight times, drawing in the air through the nose with each upper stroke, and sending it out through the same channel with each lower stroke. Piano to be silent. See how loudly you can *inspire* and *expire* the air.

2D COURSE.—Make the same strokes as before, inspiring through the nose with the upper stroke, and pronouncing loudly the numbers 1, 2, 3, 4, 5, 6, 7, 8 ; 1, 2, 3, 4, 5, 6, 7, 8, with the lower strokes.

3D COURSE.—The same strokes and inspirations as before, together with the following phonetic scale of vowel sounds, which make the mouth open wider and wider, Ē, Ā, AH (like a in far), AW, ō, ōō, OI, OU. Bring them out strong, clear, and without any after-breathing.

4TH COURSE.—The same as before, only sound the notes of the octave with the eight numbers up and then back again in connection with the lower stroke, or use the syllables *do, re, mi*, etc. Speak them spiritedly in connection with the piano.

These vocal magnetic exercises vitalize the abdomen, but especially the lungs. They animate the lungs with the magnetism of the hand and the electricity of the air ; strengthen its muscles so as to prevent asthma and other weaknesses, and give

greater melodic, dynamical, and elocutionary power. Professor Lyman,* the elocutionist, of New York, Professor Kidd, and others, will put their pupils through a system of vocal gymnastics that will cure pulmonary, and sometimes dyspeptic complaints, where our physicians cannot touch them.

In case there are signs of inflammation, and the upper or lower strokes give pain, strike farther one side, approaching the *humero-pelvic* positions.

8. Rules for Magnetizing.

120. When to Treat.

When considerably exhausted, or immediately after eating, is not the best time for giving or receiving treatment. The forenoon is a favorable time when convenient. In severe cases treat daily for a while, but in most cases once in two days is sufficient, unless the treatments are brief, and towards the last still less often. Magnetic stimulus should not terminate too bluntly.

121. How long to Treat.

Sensitive or elderly persons cannot stand as long treatment as stronger ones, and some ladies are so sensitive as not to bear

* Prof. Walter C. Lyman, of No. 14 East 15th street, between Union square and Fifth ave., New York, I regard as superior, in some respects, to Prof. Bellew, of London. He has magnetic as well as elocutionary power. In fact, all oratory is a failure without the unction of this power of the soul which goes to the soul. Such men as Beecher and Father Gavazzi are wonderfully charged with it, and are wonderfully effective. Prof. Lyman treats the matter subjectively as well as objectively, not only teaching the laws of effective enunciation, but putting the physical organs through all kinds of gymnastic and vocal drill for the development of power.

touching at all, but must have the magnetism thrown upon them. Some magnetists give a brief strong treatment of from five to fifteen minutes, and make many cures. Others occupy half an hour. I believe that the most thorough magnetizers occupy an hour, and rouse the whole system to action. I myself have cured a rheumatic arm in two minutes, and in another case have spent two hours at a time. Well-developed psychomists must not be dictated to in such cases, as they have their own methods, directed by their intuition, and these methods are generally the best for *them*. It is well to treat each part of the body until perspiration commences.

122. Where to Treat.

The allopaths and some magnetists frequently give local treatment merely for local difficulties. Thus, for rheumatism in the elbow, they will treat simply the elbow; for a tumor they will simply treat the tumor, or cut it out. This is dealing with effects, not causes. The impure blood, the millions of dormant pores and clogged cellular tissues, the hundreds of miles of capillaries, lymphatics, and other tubing in a single person, call for the treatment of the whole system if the patient is to be completely renovated. Magnetists will say their element is so penetrating as to pierce the whole system without general contact. True, it may be sent coursing through susceptible persons, at times, even without touching them, but experience proves that it is far more effective with most persons to treat the principal parts of the system each time, and over the skin, instead of over clothing. To treat over clothing, especially silk, there is a waste of power, and it is more exhausting to the magnetist.

123. How to Treat.

A good plan is for the patient to remove his clothing, put on a wrapper, get inside of a blanket, and lie down on a lounge, with the head well raised, and pointing to the north or north-east. The patient is more negative while recumbent, and can receive more benefit than in other positions. The person is not

necessarily exposed in treating. Some commence at the head and upper portions, especially during the first treatments, when the purpose is to arouse. It is better and more soothing generally to commence at the feet. Be careful about treating the head. If you have warm magnetic hands, it will be safest not to touch the front head in case of congestion of the brain; but rather to rub the back head and neck. In most cases it would be well to wet the hair of the top and side head with cool water while treating it. After equalizing the organs of the brain a few moments, and charging them magnetically, pass the currents off a little down the spine or arms, or by rubbing the feet briefly. See 44.

124. Whom to Treat.

According to the law of harmony the opposite sex is the most soothing and effective for a patient, although the same sex, if different in temperament, etc., will often accomplish great cures, which are beyond other methods. Some old magnetists have great command of forces, and can communicate either hot or cold currents, or electrical shocks, or draw blisters, by the power that comes through the hands. I knew a lady magnetist who caused a large man to faint at her touch, and another to spring from his chair; while Dr. J. R. Newton once threw a magnetic tide over an audience in New York with an explosion something like a pistol-shot, and with an effect which fifty persons admitted they plainly felt. Persons of fine temperaments need a fine magnetism, and this will sometimes go quietly, and almost imperceptibly, through the whole system, gradually making a person over new.

125. Twenty-six Miscellaneous Points.

a. Persons having serious scrofulous elements in their blood should be psychomized, and go through sweating processes for some time, so that they may become purified and not injure those whom they treat.

b. After manipulating others, always wash the hands, and if

you are so negative and impressible as to take on bad conditions, walk briskly awhile out of doors, and put lemon-juice or peppermint essence on the hands, or sip a little.

c. Work with a pure and loving spirit for the upbuilding of the suffering, or quit the business. It is too sacred a calling for triflers. Having a noble purpose makes the avocation noble, and if former companions slight you, it should call out your compassion more than your hatred. Jesus and Socrates, and Columbus and Galileo, and Harvey and thousands of others were considered crazy because they rose so high above the world around them, and if you cannot rise above the present ignorant condition of society sufficiently to make them sometimes sneer at you, there must be some dereliction on your own part. And yet be courteous to all, tender of their opinions, returning their *blows* by your magnetic *strokes* and *cures*, and avoiding that thorny severe style that reformers are sometimes justly accused of. Men naturally love truth, if they can be got out of the psychological spell of old opinions, and great shall be your joy as you see them coming more and more to your standard. The cause is already advancing in a geometrical progression, and even if you suffer awhile longer, bear it heroically.

d. Penetrating psychaura is the great power in healing, and yet brisk rubbing, kneading, spitting, etc., has some decided advantages in a dormant system. The French *Massage* movement, which consists in wringing the flesh of the limbs something like a dishcloth, and *passing* in a diagonal direction along the course of the muscles, has a very animating effect.

e. A thorough psychomist will rouse a dormant or chronic condition of the system into a more acute condition, and bring up old symptoms and troubles for a brief time, in order to pass them away altogether. The patient must understand this, and see the necessity of it. In acute diseases immediate relief is generally given. "The soothing process is more agreeable but less efficacious," says the author of "Vital Magnetic Cure."

f. The patient should co-operate thoroughly with the magnetist by eating and living properly, sleeping sufficiently and having no bedfellow whose magnetism is antagonistic, or who will absorb his own magnetism.

g. It is better not to have two magnetists at a time, unless their forces have been harmonized by contact, or by being naturally alike. Home friends, however, if harmonious, can, in many cases, treat the patient somewhat between times, if they choose.

h. In all severe cases it is better to treat the patient alone, or at least with only the most familiar friends about, as sickness is sometimes brought about by the presence of an additional person of decided magnetism.

i. Turn the attention of the patient *from* his disease, not *to* it. Keep his mind cheerful and hopeful, if possible; avoid telling him of any terrible symptoms, unless necessary to bring him to effective action, and encourage the employment of healthy, calm, and cheerful nurses, whose magnetism is congenial.

j. Do not use the will-power too strongly, for if continued long it will be apt to prove exhausting. Some cases are best healed by remaining passive.

k. For the good of the patient and yourself, and the cause, cease to treat those whom you cannot benefit. All persons are not adapted to all cases.

l. After treatment the patient will generally feel soothed and sleepy. A nap, or quietude, is excellent for a while, when practicable, so that the magnetism may work through the system.

m. Avoid the smallness of being jealous of rival magnetists. Be proud of each one's success. You are all in the same ship, and the ship is a grand one.

n. The spleen and sexual organs play an important part in developing nervaura. Protect them by right habits.

o. When any physician is sufficiently progressive and appreciative of your services to invite you to treat any of his patients,

work in harmony with him. Criticise none of his acts before the patient, and if you have any suggestions to make to the physician, see him privately. As long as you work with him do not violate his general directions. The *golden rule* should not be forgotten.

p. One of the greatest feats of the psychomist is to eradicate drugs and mineral poisons from the system. It is often much more difficult than to cure the disease itself. In fact they are the cause of a vast number of diseases.

q. It is sometimes an excellent plan, not only for the magnetist to fasten his own *mind and eyes* upon a certain part of a patient on which he wishes to concentrate power, but to get the patient's mind directed to the same point.

r. Neither operator nor patient should usually *talk* much during treatment, especially when great power is needed.

s. *Tobacco, liquors, and opium* should be abolished during treatment, if at no other time. Such fierce, crude stimuli greatly interfere with the refined psychomic elements.

t. *The patient stimulates the excitement of any part of the system by touching that part, or by thinking of it very much.* A toothache, or any other pain, will become more intense unless the thoughts can be diverted from it, for the mind can direct new magnetism to points where there is already a surplus of it. Some can will their forces to the front brain, so as to cause a headache, and then will them away again.

u. "I have made it a general rule," says the Rev. W. F. Evans, in *Mental Medicine*, "to require the patient to suspend all other remedies, except those of a hygienic nature, knowing it is sometimes more difficult to neutralize the effect of drugs than to cure the diseases for which they are administered. Those of a poisonous nature operate to cure disease by creating another morbid condition inconsistent with the first. Hence the word *Allopathy*, which is composed of two Greek terms signifying another disease, has been used to designate this sys-

tem. This, at best, is only exchanging one evil for another, or rather, it is casting out demons by Beelzebub, rather than by the finger of God."

v. Says Rev. Mr. Evans: "It is always well to place the two hands on the opposite sides. If one is laid upon the epigastrium, the other should be held upon the spine back of it. If one hand is placed upon the right side of the brain, the other must be placed upon the left side." This, in very many cases, is a correct principle, yet it is subject to many modifications. It is not "*always* well to place the two hands on opposite sides." It is often very desirable to place the positive hand on a positive portion, and the negative on a negative part, as a *quieting* process, or, vice versa, as a *rousing* or *strengthening* process; but to place the right hand on the epigastrium, and the left hand on the back, when there is an inflammatory condition of the spine, would increase the trouble, and to place the right hand on the right ear, and the left over an inflamed left ear, would make a patient almost go wild. There are cases of violent inflammation, especially of the brain and some other vital points, where it will not answer to place the hands on each side, as there is already too much action, but the plan must be to make outward passes a little distance off, moving especially towards negative points. The psychomist must be constantly using his reason to adapt all treatment to the conditions of the patient, and must cultivate his impressional and intuitive nature, so as to get into rapport with the patient's real condition.

w. *The small of the back* is an important point for manipulations, sometimes in circular, but especially in horizontal movements. If the kidneys are hot and inflamed, rub each side of them, not over them. "Nearly 300 muscles," says W. F. Evans, "are directly or indirectly connected with the motions of which the small of the back is the pivotal centre. Persons who are strong, and whose muscular system is vigorous and well balanced, never complain of weakness here, while

invalids will almost always be found to suffer from pain and weakness in this part of the body. The magnetism of the hand applied here is the efficient remedy in nature, especially when accompanied by the kneading and upward pressure of the abdomen. A large portion of chronic diseases are immediately relieved and ultimately cured by this simple treatment."

x. *Build up nature.* Give the natural powers strength of their own, not depend so much upon trusses, bands, purgatives, and artificial means. The beauty of magnetism is, that the patient can make it a part of his own life-power, which will remain with him more and more as he becomes positive enough to hold it.

y. *When you cure a patient, show him how to remain well,* otherwise you will injure the cause and yourself, and fail to bless him as you might. Put him on the track of this, or some other book, which explains sanative science.

z. Let me wind up this alphabet of points by urging you to *remain ever impressible and receptive of the high and pure influences from above*, without which, human power is useless. "Every good and every perfect thing cometh from above."

Jesus says, "The works that I do, shall ye do also, and greater works than these shall ye do, because I go to my Father." Seek the Christ spirit, then, if you would imitate his deeds.

9. Psychomany.

126. Definitions. PSY-CHOM'-A-NY, from *Psyche*, soul, and *manus*, hand, means literally, *soul-and-hand* cure, or the treatment of diseases by magnetic mani-

pulation. The *Psychomist*, or *Magnetist*, is one who treats by manipulation and the soul-aura. The words *Psy'-chomist*, *Psychom'-ic*, *Psychomize*, though slightly abbreviated from *Psychomany*, will be understood at a glance.

NOTE.—At the beginning of a new science a crude and incorrect nomenclature is generally adopted, from the ignorance of the subject; hence such terms as *Mesmerizers*, *Rubbers*, *Rubbing Doctors*, *Animal Magnetizers*, etc., have been adopted. The terms *magnetism* and *magnetic*, which we necessarily use more or less from their being somewhat known, are very imperfect. Do they mean the coarser magnetism, or vital magnetism, or vital magnetism and vital electricity combined, and is manipulation included? *Psychomany* expresses the whole matter in a word. Knowing the meaning of *Automany*, a short musical term to signify the *process of self-manipulation*, every one knows at once the meaning of *automize*, etc. *Psychopathy*, which literally means *soul-cure*, is very proper to use where mental or psychological effects are alluded to without manual contact, though *psychomany* includes both psychical and physical effects.

127. General Treatment of Disease. It should be remembered that in the treatment of diseases of the Eye, Ear, Nerves, Blood, in all Rheumatic, Paralytic, Neuralgic affections, as well as Colds and Fevers of all kinds, it is important at the beginning to get up a movement of the whole system, a free action of the stomach and bowels, a fresh, open condition of the skin, etc. In the following rules for treating the diseases, only the local treatment is generally spoken of, but the thorough method is to treat whole system when practicable. See Nos. 122, 123. Study the whole subject of Psychophysics, and especially Nos. 44, 45, 18, 30, etc.

128. Deafness. Put the finger of the right hand in the right ear, and of the left hand in the left ear, or

when one ear is more deaf, cold, and callous than the other, put the left finger in that, and the right in the other, holding them there for some minutes. Remove superabundant ear-wax, syringe with warm water, and end off by rubbing with both hands back of the ear and *down* the side and back neck to relieve the brain. Rouse the whole system.

129. Earache. Make movements round and round outside of the ear, and then make brisk passes towards the higher energies, and especially down the side and back neck, down the spine and arms, and over the solar plexus. Open the bowels by passes, as in No. 146, or if there is no sufficient magnetic power present, give warm-water injections, rub the feet thoroughly, or give hot foot-bath, as in No. 108. Eat but little until the excitement subsides.

130. Dimness of Vision. Place the thumb of the right hand over the right eye, and the fingers over the left, and hold it for some time. Tone up the system, purify the blood (143). At times place the whole hand over the eyes. If it oppresses the front brain too much, make downward passes. Screen the eyes from bright sunlight, gas, etc.

131. Inflamed Eyes. Put cool, wet fingers on each side of the head, about half-way between the eyes and ears, right hand on right side, left hand on left side. The optic nerve is reached here. Also make passes back from the eyes and upper lips, and down the neck, rub briskly back of the ears, treat

bowels, feet, etc., as in Ear-ache. Treat for blood. See No. 143. Use tepid water, rather than cold, on the eyes.

132. Neuralgia (Tic Douloureux). Place the right fingers on the right side of the head, and the left hand on the left side, over the trifacial nerves, about at the letter G. See Chart. They will best cool the inflamed nerve by wetting them with cold water. Also, rub back of the ears, and down the neck, and over the solar plexus (pit of stomach). Get the feet hot, eat lightly, etc.

133. Cerebro-spinal Meningitis. Make passes with the left hand downward, over the spine, for ten or fifteen minutes at a time. Diet very carefully, and keep the system in good condition. Put the hand at times in cold water before making the passes. Make the feet burn. Avoid drugs. Psychomize the whole system.

134. Softening of the Brain. Hold the right hand on the back of the head and neck at least ten minutes each time. Also create a brisk circulation throughout the whole body. Bathe and rub the back portion of the head with gin, and about every third day pour water as hot as can be borne on the same parts for fifteen minutes at a time.

135. Inflammation of the Brain. Draw the heat from the head by making passes down the side and back neck, and spine, and all the limbs, especially down the calves of the legs. Rub the feet with the

left hand, or hold the bottom of the foot in the left hand, and draw the forces down with the right hand. Place the feet in a bucket nearly full of water, as hot as can be borne, for ten minutes. Then dash cool water over them, and wipe and rub them briskly for a few moments. Hold the left hand at times at the pit of the stomach. Have the head well raised, and place hot bricks or bottles to the feet. Make the skin and bowels act.

136. Vertigo. Psychomize thoroughly the back of the neck, spine, solar plexus, and especially the calves and feet. Make passes with wet hands from the forehead to the spine. When severe, treat as for Apoplexy, No. 198.

137. General Inflammation. Place the right hand on the part most inflamed, and the left hand opposite, on a negative point. In dormant negative inflammations, the hands should be placed just in an opposite direction, greater action being needed. Make outward passes when not in the direction of some vital organ, as the head or heart, or some other sensitive part. A cool pack is good also when not too near the heart. Use cooling diet, treat for blood, etc.

138. Inflammation of the Gums. Hold the right hand on the cheek over the inflamed part for some time, and rub with both hands under the ears. Also make brisk passes down the back of the neck and spine.

139. Disease of the Membranes. This will be greatly relieved by getting up thorough action of

the skin, causing free perspiration, and rousing the general circulation.

140. Loss of Voice (*Aphonia*). Hold both hands on the throat and upper chest for some time, until a good perspiration comes, and pass the hand briskly from the throat down the bare shoulders and arms to the hands ; also down the back to scatter the inflammation. Treat the epigastrium by moving over and around it.

141. Inflammation of the Stomach (*Gastritis*). Hold the right hand for a while on the pit of the stomach, and then move it round and round a little distance off. Make downward passes over legs and feet. Put a cool pack directly over the stomach, and repeat the action until the inflammation subsides.

For *diet*, take cooling substances, such as gruel of rice, crushed wheat mush, avoiding meat, fatty substances, oatmeal, buckwheat, corn, eggs, pears, cranberries, peaches, and all strong acids or sweets. Forego also all green tea, coffee, liquors, and take but little fluid of any kind. A vast amount of suffering can be saved by these simple rules. The alkaline principle is what is most needed, but should be taken in as pure a form as possible. Psychomized alkaline paper is good. See Nos. 84, 86.

142. Inflammation of the Bowels. Place the hands for some time over the bowels, and if constive, as they usually are under such circumstances,

put hot compresses also over them. If too free, give cool packs. Diet the same as in 141. Rub thoroughly over the lumbar and sacral plexuses, as well as down the calves and over the feet, to draw the heat from the bowels.

143. Impure Blood. Automize every night and morning, besides what others may do for you, for it is exceedingly important that the system should be so vitalized that it may be able to throw off its impurity and crudeness, and thus do away with the elements of disease. Treat most thoroughly the right side over the liver, the left side over the spleen, and after inflating the lungs with pure air, pound and rub over them. This vitalizes the blood both from the air and the hand. Be sure to keep the bowels and skin in free working order, to pass off impurities when they are roused up, take open-air exercise and sunlight, avoid grease and rich food of all kinds, using an abstemious diet generally. Persevere in this course, control wrong habits, both public and private, avoid stimulus, bathe carefully, and although the process may cause some suffering at first, it will in the end so exalt all the powers that life will become a joy and a triumph, bidding defiance to contagion.

144. Inactive Liver and Jaundice. Rub the right side, just under the ribs, with the right hand, also hold the hand on the same place for some time. Another important treatment is to put the right hand on the back and left hand on the front near the right

side. A brisk spitting of the same region, without having the strokes too severe, would also conduce to the same end. Avoid milk, hard water, coffee, chocolate, and rich, greasy foods ; keep the bowels open, etc. See No. 146. Psychomized acid paper would be excellent on the front and right side.

145. Dormant Condition of the Stomach.

Hold the left hand on the stomach and right hand on the back. Also move the right hand briskly over the stomach and epigastrium. Keep the bowels open. Occasionally use hot fomentations. Exercise freely. Eat very slowly, and *insalivate* the food thoroughly. See Nos. 86, 87, 84. Eat corn bread, occasionally oatmeal mush, some meat, tart apples, oranges, grapes, and acid fluids, for instance, sour lemonade, rather than alkalies, such as soda water, Vichy, mineral water, etc. The stomach being the laboratory of the whole alimentary system, should be treated with great care. Psychomized acid paper.

146. Costiveness. In Automany, sweep both hands round and round in a circle over the whole outside portion of the bowels, following the direction of the arrows in Fig. 1, p. 40, going upward on the right side over the *ascending colon*, and downward on the left side over the *descending colon*, for some minutes. Some of the time make the circle so large as to include liver and stomach ; also knead the bowels ; or at times place the right hand on the back, and the left hand over the descending colon. These

are the most effective and safe of all methods for opening the bowels ; but if anything further is wanted, use a fomentation on going to bed (106), and if even this is not enough, a tepid injection. Eat coarse and simple foods, prunes, and most other fruits ; avoid fine flour, hot bread, blackberries, etc. See 84, 86, 87. Take out-of-door exercise, practice gymnastics (see 117), and horseback riding when convenient. Psychomized acid paper is excellent.

147. Boils. When you see one coming scatter it by rapid passes over it, and then over the whole system. Take warning, and purify the blood. (No. 143.)

148. Carbuncles. In these it is desirable to draw the impure blood out, and yet not to draw the blood of the whole system to the point. A most effective method of winding up matters in short order, is to put on from half a dozen to a dozen thicknesses of psychomized tissue-paper, but meantime make outward passes, commencing a few inches away from it, and warm up the extremities so that too much blood will not be drawn to the carbuncle. If it draws too powerfully to prevent sleep, remove them and put on a small wet pack or a small poultice for awhile. Six or eight thicknesses psychomized by a person of strong power, would be all that could be well endured. Put on dry flour or pulverized chalk once a day. Open the bowels, and treat for blood (146, 143).

149. Ulcers and Running Sores. Fill the

cavity with flour to absorb the pus, put on a simple plaster to protect from air, and make outward passes. In severe cases treat as in Carbuncles.

150. Burns. Apply dry flour, or if severe, a small cool pack. Make outward passes. A piece of charcoal laid upon the spot will relieve pain.

151. Wounds, tending to Inflammation. Apply right hand for awhile. Make outward passes. Wet the rag which you tie around it in cool water.

152. Tumors and Cancers. If hot, scatter the heat by outward passes, or by placing the right hand over them and the left hand a little above. Psychomized alkaline paper would be excellent. If fibrous, dormant, or hard, psychomize the spot powerfully, often kneading, squeezing, patting, etc. Place the left hand at times over it, and the right hand below. Draw the vital forces to it by passes, by psychomized *acid* paper this time, and by hot fomentations at night. Of course treat the whole system, doctor the bowels and blood. See Nos. 143-146.

153. Goitre, or Swelled Neck. Make brisk passes over it, and frequently hold both hands upon it for several minutes. For all tumors magnetism is incomparably superior to other methods. Use psychomized acid paper over it. See 143.

154. Corns. Soak feet in warm water, pare the horny substance away, rub briskly a few moments, and paint it with tincture of iodine. Wear easy shoes. One or two operations will generally suffice.

155. Varicose Veins of the Legs Rub briskly in both directions, especially up. Rouse the lower spine to action. Acidulated psychomized paper.

156. Congestion of the Lungs, or other Pulmonary Inflammation. Avoid severe friction or blows directly over them, but make thorough passes down the arms, the nerves of which connect with the lungs. At times place the left hand over the lungs. Manipulate also the bottoms of the feet, make downward passes over the calves and spine, and thus draw the blood from above. In cases of severe congestion, put the bottom of the feet into two or three inches of water as hot as can be borne, then dash a little cold water on them, and after rubbing them briskly with the hands, wrap them in hot flannels and keep them hot with bricks or hot bottles. As the liver, by sympathy, affects the lungs, it should be kept in good condition. Inhale pure air, and that through the nose. Make passes from the pulmonary section, P, (see Chart) to the Higher Energies.

157. Pneumonia. Treat on the same principles as for the above. Rub briskly on the side of the lungs least affected. Also treat the liver, stomach, spleen, and bowels freely, and make the whole system active. Make passes from the head down the spine, also down the arms.

158. Bronchitis. Rub briskly in a horizontal direction across the upper chest with the left hand, and over the brachial plexus with the right hand after-

wards. Tone up the whole system. Move in direction of the arrow on Chart.

159. Asthma. Treated the same as Bronchitis.

160. Catarrh. Place thumb and fingers on each side of the bridge of the nose, and rub the right hand over the forehead. Rub throat and upper lungs. Treat for blood. (143.) Also snuff up tepid salt-water, or throw it up the nostrils with a nasal syringe.

161. Pressure at the Heart. Rub round and round a few inches away from the heart. See location, C, on Fig. 1. Treat the *epigastrium, legs, feet, arms, and spine.

162. Palpitation. Treated in the same way.

163. Swelling of the Liver. Hold the right hand on the right side, almost below the ribs, a few moments, then make passes from the same point up and down, and behind, a number of times. A fomentation over the same place will also be useful, especially on retiring. See 106. Keep stomach and bowels in active working order.

164. Disorder of Kidneys. If these organs are inflamed so that the small of the back, or a little higher, feels sore to the touch, scatter the heat in all directions, especially towards the shoulders and hips, and make horizontal passes a little above or below the inflamed part, but not too much directly over it.

Attend to the liver, and make the skin and bowels act freely; avoid hard, limy water, and especially liquors. If the kidneys are too dormant, rub and spat them. Psychomany works won-

ders with kidney complaints. Scatter the heat at the *Renal* point of the brain, R. In case of gravel, a powerful action over the kidneys will help dissolve the calculi, and assist them in passing off with less pain than by other methods, the vital aura being the most penetrating of all elements. Drink soft water freely while being treated.

165. Disorder of the Bladder. Rub horizontally across the lower bowels, and hold the hands upon them for some time until perspiration comes. Terrible damage is often caused by allowing too great a pressure of water before discharging it. In case of inflammation use cool, wet compress on going to bed.

166. Urinary Weakness, the tendency to wet beds, etc. Tone up the system by psychomizing every part, especially the lower half of the back and of the bowels. The urine having too much saccharine matter in it, sweets, pastry, starchy foods, and milk should be eaten very sparingly. Take frequent cool hand-baths over the middle and lower back, then rub the same parts well, and have plenty of out-door exercise.

167. Diabetis. Much the same as the above, intensified; treated in the same way.

168. Falling of the Womb. (*Prolapsus Uteri.*) The uterus, and bowels also, often pushed too low, or to one side, by corsets, tight-lacing, and a feeble muscular system, may be built up like magic, in many cases, by upward passes over the lower abdomen. This will be greatly assisted if the patient, simultaneously with the upward pass, will draw in a full

breath and raise the whole front portion of the system, meantime throwing the head back. Strengthen nature's own powers rather than depend on bands or stays. Avoid much exercise, and maintain as much as possible a horizontal position for a few days while under treatment.

169. Inflammation of the Womb. Draw the heat away by passes from the lower abdomen over the hips, and especially down the calves. Hold right hand over the womb, left hand on sacral plexus. Vitalize the feet. A cool pack over the heated part would be useful. Sitz-baths, from 75 to 90 degrees, would do good, also an occasional cool injection of castile soap-suds. Psychomized alkaline paper in front. Treat for blood. See Nos. 143, 84.

170. Leucorrhœa. (*Whites.*) This most exhausting disease frequently comes from over-stimulus of mind and body, from bad private habits, lack of air, exercise, cleanliness, and pure, simple food. At times make upward pass over the womb, loosen the bowels, cleanse with injections, and when there is much heat on the lower spine, scatter by passes and cool packs. Tone up the whole system, or immense evils will follow.

171. Suppressed Menstruation. Hold the hands over the womb for some time; also right hand on lower spine, with left hand over the womb. Take hot sitz and foot bath every night on retiring, ending off with a little touch of cold water. Open the bowels (146).

Tone up. *Painful Menstruation* treated mainly in the same way. Psychomized acid paper would be excellent over the lower viscera and lower spine.

172. Profuse Menstruation. Make upward passes over the bowels, downward passes over the calves and feet. In severe cases also put cool, wet bandage around the whole lower person, and take cold injections.

173. Pregnancy. As the future grandeur of the race depends so greatly on prenatal conditions, how important that people should study the laws of life profoundly. For a number of weeks after conception treat only the limbs, the extremities, the brachial plexus, the liver, and the head, making passes down the back head and upper spine, and upward from the front of the ears to the Higher Energies. Afterwards treat the breast, the liver, the epigastrium, relieve the heart, lay the hands over the foetus, at times make gentle upward passes to strengthen the muscles, keep the bowels open by laying the hands on the left portion, or by injections, and vitalize the extremities. The husband should be indulgent, avoid sexual intercourse, and try to keep her cheerful. Her diet should be coarse and rather light, with an abundance of fruit and vegetables, and almost none of the bone-hardening foods, if she wishes to save the pains of childbirth, and have a stronger, nobler child.

To this end avoid wheat, rye, oats, beans, and take rice, sago, tapioca, fish, fowls, and young animals, but especially vegetables

and fruits. The effects of this course, as proved by experience, are most remarkable. The hip-bath from 70° to 90°, and rubbing the back, limbs, etc., before going to bed, are superb. She should indulge in cheerful thoughts and noble aspirations, and, following these rules, the results will be triumphant. Psychomany is one of the harbingers of the millennium. Dr. Scott, a very experienced magnetist, once told me that two-thirds of his cases would scarcely admit that they had suffered any during delivery, and others have admitted nearly the same.

174. Rheumatism and Gout. Rub in different directions, but more especially upward, to help the capillary action. Cause the *lumbar* and *sacral* plexuses to burn with friction in case the lower limbs and joints are affected, and the *brachial* plexus for the upper limbs. Also psychomize the parts most thoroughly in chronic rheumatism until it fairly burns; but in the inflammatory type, scatter the heat with the hands and with cool packs. Sometimes place right hand on the hot part and left hand above. A hot bath, with cool dash, and thorough treatment all over, is fine for either kind.

The stimulus of magnetism and electricity is far better than that of liquors; acids and psychomized acid paper adapted to chronic rheumatism or gout; alkalies and psychomized alkaline paper the best for the inflammatory type. The thorough magnetist must rouse up some of the old acute symptoms, while treating chronic difficulties, in order to eradicate the trouble, but don't be alarmed. Drugs have often induced rheumatism and paralysis, but, I believe, have never radically cured them. Something far more vitalizing is needed. Warming foods and acid fruits for chronic difficulties; cooling foods for acute. See 84, 23, 25, 28, and 29.

175. Curved Spine. Make brisk passes up and down the entire length of the spine. Tone up the whole system.

176. Diseased Spleen. When the left side, just below the ribs, is inflamed, rub all around it and make outward passes. If the general system is dormant, animate the section itself.

177. Sciatica. Psychomize thoroughly the lower spine, hip, and back legs to the feet. Tone up. Treat as for Rheumatism (174).

178. Lumbago. Psychomany and sometimes fomentations for lumbar plexus. In the acute form cold compresses are best. Tone up the system.

179. Piles. (*Hemorrhoids*.) Psychomize *upward* on the lower spine. Also place the right fingers on the inflamed part, and left hand above on the spine. Cool sitz-baths, compresses, and injections are excellent in case of much heat; but in case the parts are more dormant hot water would be best. Magnetism works like a charm in drawing up weak protruding muscles, equalizing circulation, etc. Eat coarse food, and make the bowels move at stated times each day, and treat for blood (143).

180. Dysentery. Hold the hands for some time over the lower portion of the bowels, then pass them upward and outward to the sides, and down both legs to the knees. Apply hot fomentations to the same part, followed by a cool compress (105). Avoid eating, or at least take only such things as flax-seed or

slippery-elm tea, mutton broth, etc. Keep legs and feet warm.

181. Diarrhœa. Make a continuous circular movement over the bowels, the upward movement coming on the left side over the descending colon, exactly opposite to the direction for costiveness. See 40, Fig. 1. A cool compress is excellent (105). Eat ripe fruits and simple food.

182. Summer Complaint. Treat the same as for Diarrhœa. Psychomize spine, legs, and feet, especially for cramps.

183. Cholera Morbus. Make the circular movement over the bowels, as in Diarrhœa (181). Also place the hands for some time on the lower spine, and rub down the back of the neck. Keep the feet hot by thorough psychomany, or at least by bottles, etc.

184. Cholera. Make the continuous circular movement for many minutes, the upward movement coming on the left side. Rouse perspiration. Psychomize calves and feet and arms powerfully, rub the liver briskly, hold the right hand over the pit of the stomach, and vitalize the spine, especially the lower part. Psychomany, being the most powerful of all methods, will usually work a cure unless the case is far gone, and if fomentation should be tried, give the magnetism some time to work first. Heat rather than cold is needed at feet, arm-pits, bowels, etc., for which hot bottles may be used.

185. Colic. For *wind* colic, get up brisk action

over the bowels, or use fomentation. For other colic, treat the same as for Inflammation of Bowels. See 142. Keep the bowels open (146).

186. Worms. Treat the same as for *Dyspepsia*. See No. 187. "I have never yet known any vermin to trouble children," says Dr. Trall, "who have been fed and reared healthfully." "There are few or no animals," says Dr. Good, "capable of resisting the solvent power of the gastric juice when secreted in full health and vigor." Injections sometimes useful.

187. Dyspepsia. Manipulate well the stomach, bowels, and spleen. Make the liver act briskly by rubbing the right side well each day. Automize night and morning, diet on rice, crushed wheat, Graham gems, fruit, if it does not disturb your stomach, or even gruel, if your stomach is very weak, avoiding all rich or greasy foods, milk, coffee, green tea, chocolate, etc. Eat very slowly, insalivate your food well, avoid liquids during meals, and, if it is not unpleasant, try two meals a day. Consult Nos. 84, 86, 87, 100, 101, 25, 28, 29, etc.; keep the blood whirling by means of exercise, pure air, sunshine, and for a while, at least, avoid study, care, and brain-work. Manipulate the top and side head, and especially over the region of Vitality and Nutrition (V and N on Chart), fight away all gloom, and move with spirit. One week of such a life is better than a year of dosing. Psychomized acidulated paper over the liver, stomach, and bowels would be excellent.

188. Restlessness and Sleeplessness. See 92.

189. The Inflammatory Type of Fevers. (*Entonic.*) Get up perspiration by thorough psychomany, and scatter local inflammations. Cool packs and psychomized alkaline paper are also very potent. These processes are incomparably superior to drugs both in present and subsequent effects.

190. The Low Grade of Fevers. (*Atonic.*) These include *Typhoid Fever, Yellow Fever, Putrid Fever, Spotted Fever, Nervous Fever, Camp Fever*, etc. The whole system needs to be stimulated to action, and the brain to be equalized and cooled by passes down the spine, or cold bandages, while the extremities must be kept warm.

These fevers, causing a negative condition of the system, require the positive element of *acids*, just as the positive or inflammatory type of fevers requires the cooling *alkalies*, excepting when at times the former may assume a positive and inflammatory form. When water is applied, it should be hot in proportion as the system is dormant, and cold in proportion as it is hot. Hot water is most needed. Avoid all solid food until the fever abates. Slippery-elm tea is excellent.

191. Scarlet Fever. Open the bowels as in No. 146. It would be well to have them move two or three times a day at first, even if tepid injections are necessary. Draw the inflammation from the throat by brisk passes over all the limbs and extremities. The leading thing in *Eruptive Fevers* to be done is, first to bring the virus thoroughly to the surface, and then quell the fever. Psychomize the whole system, and

get up thorough action. Hot packs or baths are excellent to assist in bringing out the eruption, after which the packs may gradually become cooler to soothe the fever. Especially keep the feet warm by magnetism and hot applications, and the head and throat cool. A cool pack for the throat is desirable in severe cases. Do not urge foods upon the patient, and let him have simple gruels, etc., when he craves something. Let him drink cold water when he wants it. Beware of irritating the stomach with drugs, or even food, at a time when nature is using all her power to draw the virus away from the vital organs in the form of external eruptions. I know of no failures in cases treated after this plan.

192. Small-pox. Treated like Scarlet Fever. If the head is very much oppressed use cool wet bandages. Get the eruption well out, before using cool packs. Cover the sores which are exposed to the air with flour or pulverized chalk, to prevent itching and scratching, as the latter is what gives the pitted look.

NOTE.—I think it is much better to keep the system in a strong and positive condition, so as to be able to resist contagion, than to run the risk of the terrific consequences of introducing a scrofulous virus into the system by means of vaccination.

193. Measles. Treat on the same principles as Scarlet Fever. Take the greatest precaution against colds as the patient is recovering.

194. Erysipelas. (*St. Anthony's Fire.*) Open the bowels; omit food until the fever abates, and then use cooling, simple articles; psychomize the system

until perspiration starts, keep the extremities warm, cool the head by manipulations down the back-neck and arm, or by a cool compress, and occasionally sponge the body with tepid water.

195. Ague and Fever, or *Intermittent Fever*. A powerful magnetic action should be developed over the whole system on the *sick* day. The disease can be broken most quickly when the fever is nearly at its height, for then nature's best efforts to cure work with the psychomist. The liver and spleen especially should be thoroughly aroused, and the bowels opened. If treated during the cold stage, upward movements should predominate, to help the sluggish venous circulation. Guard against sitting or lying in the evening air, and diet carefully on the well days. Hot bread, greasy food, strong coffee, etc., conduce to that biliousness which invites ague and fever.

The disease is frequently broken by a single magnetic treatment, which is more enduring in its influence than quinine, without its bad effects. A great number of the western people, where this disease prevails to a considerable extent, have had their constitutions ruined by the quinine, calomel, and arsenic given to cure them. Those who prefer the hydropathic treatment could break the disease by a cool pack when the fever is nearly at its height. When you feel symptoms of chill, stave it off by animated exercise and a positive will-power.

196. Bilious Fever. Manipulate the liver thoroughly, also the epigastrium and spleen. (For locations, see Fig. 1, p. 40.) Hold the hand over the stomach for a while, and then make outward move-

ments. Open the bowels as in No. 146, and make the circle so large as to reach liver and stomach. See 144, 84, 86. Cool packs in case of much heat.

NOTE.—The hydropathic treatment is generally a sure cure for fevers, and a good magnetist will sometimes break a fever in from one to five minutes ; at other times it will require one or more full treatments. It is very important that the bowels should move, and that the heat should be drawn away from the vital parts. The drug treatment of fevers seems to be remarkably unsuccessful, and could easily have been remedied centuries ago if the doctors had consulted nature's simple methods. Says Dr. Trall: "A man who should look to the moon all his lifetime in search of the 'philosopher's stone,' might not discover it though lying at his feet." Our medical men are not yet willing to look in all directions for truth.

197. Suspended Animation. (*Asphyxia.*) Lay the patient on the back, breathe or blow air into his mouth, rub powerfully over lungs, spine, bowels, limbs, and extremities.

198. Apoplexy. Place the patient with head raised and pointing to the north-east, rub powerfully down the back-head and neck for some time until it fairly burns, and then make passes down the spine and over the pit of the stomach, and thoroughly over the spleen, feet, and legs. Also, when convenient, pour water as hot as can be endured over the back-head and neck for fifteen minutes.

Scarcely one need fail of cure, if taken in this way, in any kind of time. Another great assistance will be to press the point of Insanity, over the carotid artery—see Chart, at I—and thus prevent the rush of blood to the head. Feel under the jaw till you find the pulse. After getting well, let the patient take warning and equalize his flow of blood by magnetism and exercise, by taking less meat and stimulating articles, and get digestive

powers right. If the skin generally is hot and feverish, sponge off and rub once or twice a day.

199. Sunstroke. Treat as in Apoplexy (198). Keep the blood moving rightly in the extremities, and the sun will not strike you, especially if you wear a white hat ventilated at the top. If subject to an especial pressure at the brain, wear a wet cloth on your head.

200. Paralysis. Psychomize thoroughly the cerebellum and spine. Pass from the point of vitality, V (see Chart), down the side-neck and arms, animate the liver, stomach, and bowels, and warm up all the limbs and extremities. Keep the feet hot, the bowels open, and give the simplest food for a while, such as gruels and loosening foods. Afterwards more stimulating food can be used. Upward passes, especially up the limbs, over the paralyzed parts, and up the spine to the shoulders, are very vitalizing and fine, but movements in both directions should be made.

Magnetism is the most vitalizing agent in the world for all such cases. Electricity, Movement Cures, etc., are also good, but drugs are inefficient in all severe cases of Paralysis or Rheumatism or Neuralgia. In fact, they are admitted to be the cause of many such complaints. Psychomized acid paper would be capital for Brachial and Lumbar plexuses, and for epigastrium.

NOTE.—Some of the Water-Cure establishments put cold water over the whole head for Apoplexy, Paralysis, etc., but the cooling of the back brain, and especially the *medulla oblongata*, is one of the worst things that could be done, for that is already too sluggish and electrical, and needs hot magnetism above all things, and hot water next.

201. Cramps. Rub briskly up and down over the cramped place, making the upward movements

especially strong. For cramps in the legs, rub also the lumbar and sacral plexuses ; for cramps in the arms, rub the brachial plexus as well as the arms.

202. Lockjaw. Magnetize the feet until they perspire, then wrap them in hot flannels, fire up the whole spine and epigastrium, animate the portion back and front of the ear, in short, vitalize the whole system.

203. Nightmare. (*Incubus.*) Cease eating rich and hearty suppers ; automize thoroughly your whole system, especially the digestive region, and sleep on your side, especially the right side—not on the back.

204. Hysteria. When the fit is on, relieve the brain as in No. 136, make passes over the spine and lower abdomen, or put a fomentation over the abdomen. Afterwards get the uterine troubles removed, and tone up the system.

205. Hydrophobia. As soon as possible after the bite, withdraw the virus from the wound by cauterization, or suction, or cutting it out.

Then commence vitalizing the system with magnetism, so that it may have power to throw off impurities that may remain, or give hot and cold sweat baths (101) with rubbing, or vapor baths, or electrical baths, until the system is made over new and cleansed from virus. Notable examples of the cure of Hydrophobia, when the fit is on them, by means of very hot vapor baths, have been given. When at the height of the perspiration, at such a time a bucket of cold water would cause splendid action. If the patient will keep his mind cheerful, I believe this method will cure him.

206. Somnambulism. Equalize the nervous

system and brain, treat the epigastrium, spine, and feet, and observe Nos. 28, 29, 84, 86, 87, 89, 90, 92.

207. Epilepsy. Treat much the same as for Apoplexy (198). Knead and vitalize the bowels. Put hands on each side, and push the lower ribs and bowels towards each other repeatedly, to help the vermicular action of the intestines. Especially treat spine, fire up the epigastrium, and tone up the whole system. Food must be taken moderately. Psychomany works wonders with such complaints.

208. Catalepsy and Ecstasy. Psychomize the back brain, spine, liver, spleen, epigastrium, bowels, and feet. If the brain is very hot, relieve as in apoplexy. Keep bowels open, divert the mind with amusements and open-air exercise; have secret habits correct, etc.

209. Colds. Coming, as colds do, from a negative condition of the system, which is liable to lead to more serious difficulties, the whole body should be animated with a new life-power, or the pores opened by a good sweat, only be careful to close them again, afterwards, by cool water or otherwise, so as not to catch a new cold. A hot bath, ending with a cold dash of water and thorough manipulation, is admirable, or, if you cannot have that, a Turkish or electrical bath would be fine. Eat lightly, keep the bowels open, and do not make yourself tender so as to catch new colds by covering the neck with furs, sitting in hot, unventilated

rooms, indulging in idleness, dressing too warmly, etc. Avoid drafts on the back while sweating. Take cool hand-baths. See 103.

210. Sore Throat. Pass from throat over the shoulders down the arms, and animate the brachial and solar plexuses (see p. 40); see that the uterine organs are right, manipulate calves and feet, etc. A cool, wet compress, covered with a dry cloth, is admirable. Eat cooling foods. See 84, etc.

211. Croup. Lay the hand on the throat and upper chest for a little while, and then pass it down the shoulders and arms, so as to draw away the heat and prevent the excretions from forming the membranous structure, which is so dangerous. Cold wet cloths at the throat are also very useful for this purpose. Animate the whole system, especially the feet, and encourage perspiration. If the cough is tight and suffocative, hold the hands over the chest until perspiration comes.

212. Nose-bleeding. (*Epistaxis*.) Hold the head back, make passes down the spine, side-neck, arms, and breast, and, in severe cases, press the carotid artery when you feel the beating at I (see Chart), and snuff cold water up the nose. Draw the life-forces well to the feet.

213. Intemperance. The burning thirst for stimulus being caused by a false or ulcerated membrane of the stomach, which alcohol itself has induced, must be cooled off and healed, and a better gastric

membrane brought about. Avoid meats and heating foods, and treat as in 141. A good magnetist is desirable to give a pure stimulus in the place of the poison stimulus, and strengthen the system. But if such help is not accessible, put yourself upon your manhood, *think of the abominations of a practice which makes fools and brutes of men, and wastes, directly or indirectly, a thousand million dollars and a hundred thousand lives yearly in America alone!*

Having thus psychologized yourself with a feeling of disgust for liquor, avoid every one as an enemy who urges it upon you. At night think of the grandeur of having overcome temptation, and equalize your nervous system by thorough automany before retiring. A cool, wet bandage over your stomach will help disperse the heat. In the morning take a cool hand-bath (see 103), make a new and firm resolution for the day, and think of the sublimity of a true self-control, modifying as it does both your present and future existence.

214. Opium-Eating. Treat this in much the same way as for Intoxication. It must be stopped, or you are in a maelström whose waves ever increase as they move onward towards destruction. Animate and tone up the whole nervous system by open-air exercise, baths, automany, etc.

215. Tobacco-Use. Like the liquor and opium habit, the craving for tobacco is an enslaving disease which only persons of heroic moral force can free themselves from unaided. When practicable, it is well to have the sustaining power of a magnetist to assist in breaking up the habit, but *you can do it alone*, es-

pecially if you will tone up your nervous system according to Nos. 25, 27, 28, 29, 84, 101, 112, 146.

Remember that \$150,000,000 are spent annually for this filthy weed in the United States alone ! that, according to a leading German medical periodical, one-half of the deaths occurring among men in that country, between eighteen and thirty-five years old, comes from smoking, and that "tobacco burns out the blood, the teeth, the eyes, and the brain." Dr. Woodward brings up a great array of facts to show that tobacco tends to produce "apoplexy, aphony, hypochondria, consumption, epilepsy, headache, tremors, dyspepsia, cancer, and insanity." It also stimulates the grosser animal appetites.

NOTE.—Our newspapers, as well as private individuals, sometimes take pleasure in showing how some persons have lived to a great age and indulged in these habits. It is true that some persons of naturally phlegmatic build, especially if they exercise in the open air a good deal, can work off and withstand these poison stimuli to a great age ; but our nervous, active Americans, under the stimulus of our climate, generally need quite an opposite element. All look with disgust upon a boy smoking a cigar ; but how much better does it look for a lantern-jawed man, the juices of whose life have already been wasted by the practice, to be smoking, or to have his cheek projecting with a *cud* ? People often accuse us reformers of being fanatical, but when we look around and see men spending far more to blast their own finest powers, curse their children, and murder themselves by a lingering death, than they do for bread, education, and religion combined, it looks to us as though *they* were next thing to being stark crazy. Seeing the truth as we do, we should be both fanatical and wicked if we failed to proclaim the danger on the one hand, or to point out, on the other hand, the pathway of life, which, though seemingly difficult, leads up to a higher glory than humanity has yet conceived of. The church of America, with its 60,000 pulpits, is a mighty engine of power ; but will it not learn, after a while, that mere force or legal enactments, or even their occasional preaching on the subject of intemperance, is not reaching the root of the matter ? The ladies, with a fine enthusiasm, go in bands to threaten or pray the grog-shops away, while at home their sons are fed upon stimulating diet, fiery drugs, receiving frequently the glass of wine or beer, and early learning to sport their cigars. Don't worry, liquor-dealers. The mothers and sisters may discommode you a little at present, while this virtuous wave is at high tide ; but don't you see their sons and brothers are

getting their blood nicely fired up, so that before long they will be sure to more than pay you back what you are now losing? Psychophysics will bring us face to face with causes, so that people will eventually learn how children should be *reared*, and still more important, how they should be *born*. Can sweetness and temperance and purity be expected in a child whose birth springs from the midst of the fumes of tobacco and alcohol and pork-eating?

216. Diseases of the Skin. Treat for impure blood (No. 143). Keep the circulation brisk by rubbing and bathing well, avoid heating diet (see 84), and the system will, after a while, become so purified that there will be no bad blood to be constantly coming to the surface and causing annoyance.

217. The Itch. Thorough bathing and friction will cure this disease; but being caused by an insect (*Acarus*) that burrows in the skin, it may be healed in a single day by combining one drachm of carbolic acid with a pint of water, and rubbing the skin three or four times over with it, after which wash off well.

218. Seminal Emissions and Lust.

Scatter the heat at Amativeness, see *a* on the Chart, and A on Fig. 1. Move from *a* down the shoulders and arms, and from A upward to the shoulders, and each side down the legs. Put a cool wet compress over A at night, and when practicable spend some time in the society of the pure and good of the opposite sex. Especially avoid lascivious pictures and sights and imaginations. Arouse to action the bowels, kidneys, lungs, liver, and other vital organs, equalize the heat, take a plenty of pure air, exercise, cool baths, friction, etc. You can scarcely realize the awful nature of such a disease, which so surely destroys the power and spirit of manhood, and the beauty and sparkle of womanhood, and if not stopped leads to lunacy, consumption, dyspepsia, and many other diseases, and finally to death. See No. 47, b.

NOTE.—*Secret abuse* in both sexes is a terrific evil. Each drop of the semen wasted is estimated to be equal to the loss of forty drops of blood, and takes away a grand vital principle of the circulation. *Sexual abuse* in married life leads also to a great list of diseases and troubles, which will sooner or later destroy all happiness. Magnetism works some of its greatest triumphs in curing such cases where all other methods fail. Psychomized alkaline paper over the loins is excellent, also cool sitz-baths. See 109.

219. Snoring.

Rouse the action of the throat, lungs, and digestive organs, keep the skin well open, do not live too high, relieve the brain by drawing the forces down the back and shoulders, and if caused by grossness of body, change your condition by exercise, friction, diet, etc.

220. Felon.

As soon as you see any signs of its appearance in the end of the fingers, or any other swelling on fingers or toes, make upward passes for some time briskly. This will prevent the heat from accumulating. Another effective method is to immerse the arm frequently in very cold water.

221. Poison.

If you have been made sick by the *acid poisons*, for instance, the *nitric, sulphuric, muriatic, oxalic, acetic*, etc., the alkalies are chemically antidotes. The more simple alkalies, such as chalk, magnesia, soda, slaked lime, etc., had better be used. In an emergency, take a piece of ordinary plaster, and make it into a thin paste. If you have been poisoned by the alkalies, such as *caustic potash, saleratus, salt of tartar, soda, spirits of ammonia* (hartshorn), etc., the acids are the antidote, such as vinegar, lemonade, etc., or olive or almond oil will also prevent the severe effects. *Corrosive sublimate* may be counteracted by white of eggs, or flour mixed with milk, or with water, if milk is not accessible. *Arsenic, blue vitriol, verdigris*, treated in the same way, though it would be well also to encourage vomiting by warm water, tickling the inside of the throat with a

feather, or by making passes from the stomach to the throat. The stomach-pump can be used also when convenient. Other poisons should be treated with vomiting, etc. Inflammations caused by them should be treated according to Nos. 137, 141, etc., and at the same time such thorough manipulation, baths, and opening of the skin and bowels should be brought about, as will carry the dangerous elements out of the system as soon as possible.

222. Insanity. No treatment is to be compared for a moment with Psychomany for the cure of Insanity, or for the prevention of it. Different kinds of Insanity, of course, require different treatment, but all kinds require the system to be toned up, the digestive viscera to be equalized or made active, the feet to be kept warm, bowels kept open, etc. According to the principle in No. 53, it is of vital importance that the insane should not be associated with those afflicted in the same way, but that their physicians and attendants should be cheerful, loving and hopeful, and, while the magnetist is diverting the vital fluids from rushing fiercely to the brain, amusements and happy surroundings should be devised to divert them on the psychological plan. The leading forms of Insanity are as follows:—

223. Monomania, *or over-excitement on some one point,* which is apt to cause inflammation of the corresponding part of the brain, should be treated by scattering the heat at that point, and drawing it to opposite or negative points. Thus, in a delirium of religious excitement, draw the heat from the top and upper side brain, over the back-head and neck, down the arms and back, treat the spine, and warm up the extremities. In the case of inflamed Self-Esteem, which makes one man think he is a Jesus Christ, another a hero, or a prophet, press a wet cloth over the point *s* (see Chart), and make outward passes; also move over the spine and thorax.

224. Melancholia. This depressed state, coming from nervous exhaustion, impure blood, uterine affections, and diseased

liver, long-continued excitement, sometimes from heart difficulties, together with an inflamed condition of the location of *Fear* (see H and C), and a too negative condition of *Hope*, which is a little below Reverence (*r*), should be treated as in 143, 144, 187, with careful diet, exercise, etc. Scatter also the heat in front of the ear, passing the hands towards the Higher Energies, and manipulate the top-head, including Hope, Benevolence, etc. These, with cheerful associations and agreeable diversions, will work wonders.

225. Intense Brain Action. Intense *brain-work*, or *cerebral excitement* of any kind, to the neglect of physical development, draws the blood to the brain through the carotid artery, and holds it there with such power that it can with difficulty get back to the body through the jugular vein, and this causes a congestion of the mental functions, which destroys correct thought. Dr. Buchanan has placed the location of Insanity (I), at a point where the carotid artery and the jugular vein move side by side. Pressure on the artery at both sides, where you feel the pulse, will partially prevent the blood from rushing to the brain, and will also moderate the action of the pneumogastric nerve. A great amount of Insanity comes from sexual abuse, to remedy which, see 218. *Selfishness* and strong *animal passions* tend constantly towards derangement, and so does a general lack of equilibrium in the brain forces. See 47.

226. Hallucination. High up on the side head, near the corner of the forehead, and about where the phrenologists place Ideality, Dr. Buchanan ascertained was the region for perceiving the *ideal* and the *spiritual*, a grand function in its normal action, but, like all the rest, can become deranged and work as in *hallucination*, *dreams*, and *delirium tremens*, *somnambulism*, etc. When that becomes too intense, or inflamed, it draws the aura from the reasoning powers, which are close by, thus rendering them less able to discriminate between truth and falsehood, and builds up the most fantastic imagery. Press the

hands over this section on both sides for a few moments, then draw them back and downward along the spine or side neck. Also animate and vitalize the reasoning powers. Treat also the lungs and whole vital apparatus, and tone up the system. Nearly all insanity partakes of this fantastic or partially mesmeric character, resulting from an inversion of the magnetic life forces. "Many insane persons appear," says Dr. Gregory, "to be, in fact, only in a peculiar magnetic state. I mean they have a consciousness distinct from their ordinary consciousness, just as happens in the magnetic sleep." Being subject to magnetic conditions then, the disease should be treated magnetically, and the solemn farce of trifling with the lives and happiness of so many insane persons, by the use of drugs merely, should be dropped. The cures of lunacy by this treatment seem miraculous, almost, as compared with the ordinary methods. The patient is sometimes put into a magnetic sleep, and waked up well.

227. Death.

The transition called *death*, so beautiful as seen by the clairvoyant eye, especially when the pure and good pass away, is often robbed of its greatest terrors by the soothing and spiritualizing influence of magnetism. Dr. Scott, of Brooklyn, who has cured many thousands of cases magnetically, once made the remark that he had received "more praise for helping people to die triumphantly than for helping them to live." When people learn to live a true life physically, mentally, and morally, striking an even balance between the earthly and the spiritual, the soul will not be so weighed down by a gross body, but will take its departure sweetly, and without a struggle into the higher life. To the superstitious and the worldly minded death is considered the "King of Terrors;" but to the enlightened it is considered an angel of blessing. It is like a cloud. From the earthly side it is dark, but from the heavenly side, luminous. The time is coming when disease and its associates vice and

ignorance, shall be abolished ; and “there shall be no more death”—even in this world ! Even now it is beginning to be considered disgraceful to be sick, excepting in unavoidable circumstances. In the millennium which is to come, that which we rudely call *death* will be simply a quiet sinking into slumber at the sunset of this life, and a waking into glory in the morning of eternity. Let us join hands, then, for the hastening of this era by feeding the souls and bodies of our dear fellow-beings with the true bread of life, and showing them the higher pathway.

Reader, I close this list of diseases with what is popularly considered the culmination of them all, but which, when closing up a well-spent earthly career, is but a beautiful *birth* into that state of being which is life indeed.

10. The Family.

228. Founded on Nature. Perhaps the most sacred and beautiful of all institutions is that of a *harmonious Family*. It is typified by every solar system with its cluster of worlds, by every tree with its family of branches, by every leaf with its fraternity of fibres. The true father and mother, on the principle of positive and negative forces, blend as one in their natures and form the centre of unity. When a comet-like nature despises the home-circle and wanders off into foreign fields, it is too generally the sign of a crude condition of development, as in the solar comets that do the same thing.

229. Amativeness. While the faculties of one person usually appeal to the same faculties of another, on the principle of

Analogical Harmony (see Nos. 10, 53), Amativeness appeals to the opposite sex, on the principle of *Affinitive Harmony* (see 8), sending out an opposite style of aura. The sexes being harmonized by both kinds of attraction, are, of course, much more strongly drawn together than persons of the same sex. When they are daily in each other's presence, as in a family or a school, there is far less danger of their running to excess than where they meet after long intervals. In the former case the constant interflow of their opposite atmospheres tends to satisfy the longings of their natures and to strengthen each other by conducing to a nervous equilibrium; while in the latter case the long pent-up forces are in more danger of overleaping all proper barriers. The male sex is generally more positive and magnetic, the female more negative and electrical, hence the one complements the other. It is easy to see then, how, on scientific principles, the sexes become happier, purer, and healthier by being much in each other's atmosphere in schools, churches, and societies, and how superficial is the theory of persons who would separate them. The Oriental system, with its harems, shows the impurity that prevails where the sexes are rigidly secluded.

230. Courtship. When the sexes are reared on true principles, with systems purified by a correct life, they will become impressible children of nature, and will be most attracted by those most suited to them. One who is habitually too warm and magnetic, having already a tendency to inflammatory diseases; will no more seek a partner of the same kind than a hot person will go towards the fire, for such a union would intensify his present temperament, and his children would be still worse. *The one should be the complement of the other.* If one is slender and pale, the other should be stouter and have more color. If one is impulsive, the other should be more calm. And yet they must have some great fundamental principles of sympathy and analogical harmony; in other words, they should combine the different styles of harmony (see No. 12) if they wish to have

their honeymoon forever bright, and be blessed with a family of beautiful and happy children. On their treatment of these principles hangs their heaven or hell.

231. Marriage. *The union of souls* is of course the true marriage, and yet as in all other contracts legal provisions are necessary in the present imperfect conditions of society. The union of the sexes should not be made a despotism by a *no-divorce* system of marriage, nor a chaos by *libertinism*. Love is the law of happiness and hatred of misery, and it is a sad era in the married life when the *first* word or tone or action occurs to mar the sweet flow of affection. Selfishness and passion are the destroyers of all peace, and the children begotten in the midst of conflict and hatred will be apt to have the spirit of vice and murder in their hearts, and yet our laws punish them for crimes which the parents are most accountable for. When husband and wife are, unfortunately, too much alike, and have discordant magnetisms, it is better for them to occupy separate beds, and they should remember that all sexual excesses, even in the marriage relation, have their terrific penalties. The wife must determine when she shall become a mother, and her freedom and happiness must be secured if noble children are desired. See 173. The crime of abortion must be atoned for by suffering in this world, and by a smitten conscience in the next, as the undeveloped offspring shall rise up there to chide the criminal.

NOTE.—According to late European statistics, marriage with all its present imperfections, is more conducive to longevity than single life. Dr. Holbrook's "Parturition without Pain" says: "History contains no instance of a *single* woman who has lived to a remarkably great age. Of women who commit suicide from two-thirds to three-fourths are single. Of women confined in Lunatic Asylums from three-fourths to four-fifths are single. There is a startling list of diseases which actually originate from celibacy, strictly observed by persons possessing the average qualities of humanity or which are very greatly developed and intensified by it."

232. Children. If parents would have noble offspring let them leave off all bad habits of eating, drinking, tobacco, opium,

and even sexual intercourse, for a number of weeks or months before conception. If they wish their child to excel in any department of science or human pursuit, let them read and think much in the same direction both before and after conception, for the mind is almost omnipotent, and immortal lineaments can be impressed upon the generations to come. Scrofulous and sickly persons should renovate their systems more or less before marrying, and not blast the happiness of offspring.

NOTE.—Mrs. Elizabeth Cady Stanton, a splendid specimen of womanhood, thinks pain in parturition unnecessary, and for those who have grown up in harmony with nature's laws she is doubtless right. I quote the following from one of her lectures: "I am the mother of seven children. My girlhood was spent mostly in the open air. I early imbibed the idea that a girl is just as good as a boy, and I carried it out. I would walk five miles before breakfast, or ride ten on horseback. After I was married I wore my clothing sensibly. Their weight hung entirely on my shoulders. I never compressed my body out of its natural shape. When my first four children were born I suffered very little. I then made up my mind that it was totally unnecessary for me to suffer at all; so I dressed lightly, walked every day, lived as much as possible in the open air, ate no condiments or spices, kept quiet, listened to music, looked at pictures, and took proper care of myself. The night before the birth of the child I walked three miles. The child was born without a particle of pain. I bathed it and dressed it, and it weighed ten and a half pounds. That same day I dined with the family. Everybody said I would surely die, but I never had a relapse or a moment's inconvenience from it."

233. The Rearing of Children. Children should not sleep with elderly people if you value their lives, and should not be exposed very much to the magnetic influences of passionate, sickly, or degraded nurses and playmates. See 53. Their legs, feet, and arms should be well clad. "Boston sacrifices five hundred babies every year by not clothing their arms," says Dr. Warren. Children should be encouraged to run, play, and shout in the open air, and not be held back. If possible, patronize Kindergarten schools, or some other institutions where gymnastic drill is given, and the whole being is educated. Multitudes of young lives are sacrificed in our schools by the crowding process which *stuffs* the mind and dwarfs the body. In governing

children show no passion, for "like begets like," avoid all scolding, and enforce obedience through a gentle firmness, but not by brute-force punishment. *A child has never yet been truly governed by terror or force.* Love alone is omnipotent, and self-respect and reason must be appealed to as much as possible. *Encourage*, not dishearten; speak of their good deeds more than bad ones, and aim to unfold the innate nobility which every child possesses, whether you know how to find it or not. The rod is better for punishment than a blow with the hands, but even that had better not be used unless with such tenderness of feeling that you can cry with the child. Develop the whole being of the child as much as possible (see 58), and yet encourage its natural bent of mind in determining its future employment. Early train them to hand-baths, automany, brushing of teeth, and give them a diet of vegetables and farinaceous food, avoiding everything stimulating. See 84 and 215, NOTE. A gentleman has just informed me that he has brought up his children without any meat, and they have escaped all the children's diseases, such as measles, whooping-cough, croup, scarlet-fever, etc.

Parents should learn a fact that physicians have ascertained to be true, which is, that nearly all children of both sexes early form habits of *secret abuse*, and should tell them plainly that when such habits are once formed, it will be most difficult ever to break them off; that they lead to the most awful consequences, destroying the glory and strength of life, making the cheeks hollow and sallow, their step feeble and moping, filling them with dreadful pains and diseases and gloomy feelings, destroying the mind and the will-power, until thousands of people grow foolish, or crazy, or die, whereas if they would live rightly they could grow into a grand manhood and womanhood and become as sprightly and buoyant as the very birds. Parents, take your children lovingly to your hearts, and not hold them at a dignified distance, according to the old ruinous plan. In so doing, they will learn to trust you, and so shall you lead them upward. I

have written a simple little ditty to my children : thinking some other parents might like it for their pets to learn, I insert it :

TO MY PETS.

When you play, frolic away
With flying feet.
When you work, never shirk,
But busy keep.
When in bed you lay your head,
Go right to sleep.
When you wake, a bath will make
You fresh and neat.
Chew your food fine and good
And slowly eat.
When at school, obey the rule
And knowledge seek.
Father, mother, sister, brother,
Tenderly treat.
Cheerful ever, whining never,
Lovingly greet
Every one, and thus become
As angels sweet.
Now I'll kiss you, then dismiss you
Till next we meet.
Good-night ! Sleep tight !
Wake bright ! Do right !

I quote from the N. Y. "Herald of Health," one more piece, which adopts gradation in the lengths of lines and the analogical features of rhyme.

TO MY BOY.

BY E. D. BABBITT, D.M.

Come to my knee !
You busy little bee,

And I will let you see
What will rejoice both you and me,
And make you a noble boy,
Our pride and joy !

Forever try
For the true and high,
Scorning to tell a lie,
Nor fret, nor whine, nor cry,
But cheerful be as the bright butterfly.
And when you play be earnest and gay,
And work in the very same way.

Be polite,
And join no fight,
And scorn all petty spite,
Nor rule, like dogs, by brutal might,
But stand unmoved forever for the RIGHT !

And be
Open and free
As the ever sparkling sea,
And yet as calm as the setting sun,
My darling one.

Be kind,
Pure and refined ;
To gentle words inclined,
Striving to banish from the mind
Bad thoughts and words, and elevate the soul
Into the nobleness of self-control,
Fitting it for the brighter life,
Beyond this world of strife :
Thus may our darling boy
Reach heavenly joy.

11. Triumphs of Magnetism.

234. General Remarks. “ Well, your theory is very plausible,” some one may say to me ; “ but what can physicians really *do* on your plan ? ” I will now answer by giving some facts that are even stronger than my theories, and will challenge the whole medical world to match them if they can. Some of these may seem like miracles, and consequently be called incredible ; but they are not miracles, being performed through nature’s own laws. Many persons consider this new manifestation of power as the second coming of Christ, or of the Christ principle. It is fair to state that the psychomists do not claim to heal all cases with such rapidity as in the examples here given, but that some cases, yes, very many cases of a chronic character, require earnest and prolonged effort. They profess, however, to heal far more rapidly than by other methods. My space is nearly occupied, and I will give only a few examples out of thousands that might be mentioned equally good, and must not be considered as slighting multitudes of other Healers who are doing a grand work. Some of these are graduates of medical colleges, but have had to throw aside much of the knowledge there gained, as they have become acquainted with these finer laws of life.

235. Dr. J. R. Newton

was born in Newport, R. I., Sept. 8, 1810 ; has exercised the gift of healing more or less since childhood, but more especially for the last fifteen years. He has treated hundreds of thousands of patients, for the majority of whom he has made no charge. He charges the rich a good price, and then uses much of it for the poor. I select a few certificates of cure almost at random.

From Thos T. Holme, Frankford, Penn.

My wife was helpless from rheumatism ; could not bend her hand, or stoop, or dress herself. A year since she was carried to J. R. Newton, when by his treatment, without pain, in five minutes, she was perfectly cured, and has never had the least return of it since.

Affirmed and subscribed before me, this 20th day of March, 1863

WM. P. HIBBERD, *Alderman.*

From James Sweeny.

My family reside at West Chester, Pa., where they heard of the cures by Dr. J. R. NEWTON. I could not credit what was told, but to my surprise I have a cure to relate, a greater than all I had heard, in a case of my wife, who *had not walked a step for nineteen years.* I took her to Philadelphia, to Dr. NEWTON, four months since ; he gave her his usual treatment, causing no pain, and in less than thirty minutes bid her rise and walk. She did so, to the astonishment of many present, and continues to walk well and enjoy good health. We remained in the city a few days ; meanwhile the news was carried home, and crowds were at the depot to welcome the once afflicted, among whom was my own daughter, a young lady, who seeing her mother walk the first time ever, fainted. On our arriving home crowds were there and continued to come to behold the wonder.

JAMES SWEENY.

Affirmed and subscribed before me, March 11th, 1863,

WM. P. HIBBERD, *Ald., Philadelphia.*

From Peter Manning.

Peter Manning being sworn, deposes and says :—I live in Bordentown, New Jersey ; on the 30th of October, 1862, I called on Dr. J. R. NEWTON ; I was blind two years and three months ; when I came to Dr. NEWTON I was so bad that I could not see a gas-light in front of me ; after ten minutes' treatment, without pain, I was enabled to see to read and write, and have kept my own books ever since.

PETER MANNING.

Sworn and subscribed before me, this 4th day of March, 1863,

WM. P. HIBBERD, *Alderman.*

Dr. Newton has cured many persons at a distance ; sometimes his patient being hundreds of miles away. One of the most remarkable of these was a Mrs. Nathan Rowley, who had been bed-ridden for three years, at Fulton, N. Y. Her husband called upon the Doctor, where he was healing at Syracuse, N. Y. Dr. Newton told him to fasten his thoughts upon his wife, and he then threw a shock which went through her as from an electric battery, upon which she arose well and dressed herself. This was on Tuesday. On the next Sunday she went to Oswego,

where Dr. Newton was lecturing, and related the wonders of her cure to the audience. At another time, while at Newport, R. I., he threw a shock upon the babe of the Hon. Chas. E. Perry, then at Worcester, Mass., and immediately it opened its eyes, smiled, and was well. It had been given up to die. I quote one more account, which I have just received from the Doctor himself, dated Oakland, Cal., Jan. 22, 1874:

"While in Boston I had a telegram from F. C. Plaisted, Gardiner, stating, 'Baby is very sick; do all you can to save it.' I immediately sat at my desk and wrote: 'Boston, 7.45. P.M. Dear Friend: I this instant throw my life-force to the child, and he is cured. He will smile and go into a profuse state of perspiration.' A letter in answer stated that the child had been unconscious 48 hours, but at that very instant he smiled, broke out into a profuse perspiration, and was cured."

All imagination was it, Dr. Fahnestock? Mere psychological effect was it, skeptical public? I could testify to some of the wonders of his healing which I have seen myself. I could speak of cases of paralysis of years' standing which he has cured in a single treatment, but space is lacking. The engraving on the title-page is a remarkably fine likeness of his very genial countenance. Dr. Newton modestly says, "What I do, *others can do.*"

236. Dr. J. G. Johnson.

This gentleman, of whom we give a superior engraving, was born in Mass., in 1841. Dr. Stephen Johnson, for some time member of the legislature, was his grandfather. It will be noticed that his perceptive and higher energies are very prominent. He is a gentleman of refinement and portly presence, and has already made his mark among the prominent men of the nation. He has practised in most of the principal cities of the Union. While in the South he cured the Hon. Alexander H. Stephens, the most eminent of the Southern statesmen. For over a quarter of a century Mr. Stephens had been very feeble, but in 1869 his right side was struck with partial paralysis, the spinal marrow was seriously affected, and a private dispatch was sent from Augusta, Ga., April 22d, 1869, to

the Savannah *Republican*, stating "that Alexander H. Stephens, Vice-President of the late Rebel Government, has suffered a relapse and his life is now despaired of." Dr. Johnson was sent for, and found Mr. Stephens despairing of his own case. After four days he completely relieved him, and made him able to walk, and in ten days cured him. I give a few other items.

CONSUMPTION.—J. S. OSBORN, M.D., of Savannah, Ga., among other things certifies to the cure, by Dr. Johnson, of J. S. Gardner, of that city, who was bed-ridden for six months with consumption in the second stage, and given up by all the medical faculty of that city. After a week's treatment he was able to ride out and walk a mile with perfect ease.

GOITRE of two years. Mrs. Rose, Nashville, cured in four treatments.

SCROFULOUS GATHERING of two years. Mrs. Keys, Nashville, cured in one treatment.

SPINAL DISEASE and *Uteri Lapsus*. Mrs. W. J. Thomas, Franklin, Tenn., cured in four treatments—had not walked in two years—was brought on a bed.

NEURALGIA of eight weeks. Mrs. Neergraff, Bloomington, Ill., cured instantly.

When Doctor Johnson was at St. Paul, the famous General J. M. Carroll, of New Orleans, was stopping at the Park Hotel, attended by two skilful physicians, who had been treating him for six months for general paralysis of the whole system, and that with poor success. He undertook his case and cured him in seven days, to the General's astonishment and admiration. I quote the following cure of *Cancer of the Stomach*, at the State capital of Michigan, as a remarkably difficult case to reach :

This is to certify, that I, A. M. Pierce, M.D., of Lansing, Michigan, have been cured of cancer of the stomach and adhesion of the liver and right lung ; and that I take this means to inform the public generally, and all invalids in particular, of this means of cure for all diseases that are within the control of man. In justice to Dr. J. G. Johnson, who has performed this cure, I make this statement public, and as a professional man (having been in the practice of medicine for twenty years), and for the benefit of all whom it may concern, I wish to say a few words relative to the mode or kind of practice employed. Little as the magnetic treatment is understood, I unhesitatingly say that its use is unquestionably a truth, and that we, who know so little of things *seen*, cannot now expect to fathom the depths of this *unseen* agent. Of its power

for the cure of disease I can testify, and as it seems to be in him a gift which all do not possess, let those who suffer be wise in time. My statement is based entirely upon experience, and given for the good of humanity. From observation, my own case is not the only one which I know to have received this means of cure from day to day, by contact. In the doctor's office I have seen others rapidly improve. Could all the known modes of practice in medicine have accomplished, in my case, what has been done through this one, I should have been quite as willing then to have said as now, that "there are more things in heaven and on earth than are dreamed of in our philosophy."

A. M. PIERCE, M.D.

For the last three years, until lately, Dr. Johnson has controlled one of the first practices in Chicago, and during the last two years has had a practice far greater than that of any other physician there. I have space here to mention only one of the remarkable cases there, namely, that of Mrs. W. H. Banks, 375 Washington st., a well known family of that city, in which *cancer of the womb* was cured after the best medical skill had been spent upon it in vain.

Mr. Wm. C. Browning, one of the millionaires of Fifth avenue, New York, having heard of the great success of Dr. Johnson, sent for him to come to New York and treat his wife, whose case had baffled the skill of the best physicians of Europe and America, including such men as Dr. Parker, Dr. Gray, and several others. Dr. Johnson agreed to it, the price to be \$100 a day and all expenses. In a few days he had his patient cured, and received from Mr. Browning payment for all expenses, several costly and elegant presents, and a check for \$3,000, which is, so far as I have learned, the largest fee received by any physician of modern times for the same amount of treatment. He immediately had a great rush of patronage to the magnificent Windsor House, where he is stopping, and the importunities of people with large purses and large hearts to get him to settle in New York, and, on the other hand, the great pressure from his old patrons in Chicago to return to that city, is at times quite distracting to him. I am pleased to learn that the metropolis has won in this contest.

Much has been said about the cure of the partial paralysis of the circulatory system of the Hon. Chas. Sumner, by Dr. Brown-Séguard, and which is considered a remarkable feat. And yet Sumner is a large, strong man, full of recuperative power, while the Hon. Alexander Stephens, whom Dr. Johnson cured far more rapidly and without any barbarous processes of burning and injuring the system, has been almost an invalid for much of his life. The latter is far the greater feat. General Carroll's system was evidently far more thoroughly prostrated than Sumner's, as paralysis had seized upon every part of it. If Dr. Brown-Séguard or Dr. Van Buren had made such a cure, in seven days, it would have been heralded throughout the world. As it is, the medical profession ignores the whole thing, and Dr. Brown-Séguard himself is so uninformed with reference to these finer forces that he seems to doubt the very existence of animal magnetism. The on-rolling waves of progress, which are sweeping away the old theories and the old *miseries*, will bury those the deepest who persist in opposing them with such a palpable disregard of facts, just because these facts come through some other channel than their own.

NOTE.—Since the above has been in print, Sumner, our greatest statesman, has followed Agassiz, our greatest scientist, to the grave. It is sad to see so many of our most eminent men sinking with paralysis, or apoplexy, or some form of brain difficulties, when it is so simple a thing by psychomancy, if taken in any kind of time, or even if taken after hope is frequently given up, to vitalize the dormant portions of the system, and to arrest and often to destroy ossification itself. I do not condemn Dr. Brown-Séguard for his failure in the case of Agassiz and Sumner, for he has doubtless been true and faithful, but rather his *system*, which is so helpless in all emergencies where a mighty life-force only can prevail.

237. Dr. J. E. Eriggs.

This gentleman, a graduate of the American Medical College of Philadelphia, has in his possession very many unsolicited testimonials and facts which could be quoted, but in order to be brief I give only a few. Many of these are cures of female difficul-

ties, and of the derangement of the nervous and muscular system, cured by psychomany.

CEREBRO-SPINAL MENINGITIS. Chas. Kelsey, 415 Fulton st., Troy, N. Y., cured by Dr. Briggs in two magnetic treatments.

AMAUROSIS (*Blindness*) cured in the case of Thos. G. White, 737 River st., Troy, N. Y.

WHITE SWELLING cured in the case of a child of Mr. H. A. Champney, 277 Navy st., Brooklyn, N. Y.

Very many *obstinate diseases* of all forms have yielded to his magnetic treatment. Office, No. 24 East 4th st., New York, P. O. Box 82, Station D.

Testimony of Mr. Andrew Jackson Davis :

This gentleman is highly gifted in two directions : He is an educated physician, but prescribes with an *intuition* of the necessities of the case which amounts almost to direct clairvoyance. Indeed we have often met with clairvoyants who could give a direct diagnosis of disease, but failed utterly in prescribing remedies, and *vice versa*. Again, we have fully tested the *magnetic healing powers* of the Doctor, and can truthfully say that, while his influence upon the sick is not exerted through the magic of extraordinary claims, his *power to heal is perfectly genuine*, and we know both by *personal experience* and observation of cases that what he does for the diseased is done so well that it is permanent.

Benjamin Starbuck, Esq. (firm of Starbuck Brothers, Iron Founders, and Machinists), Troy, N. Y., says :

I have intimately known Dr. J. E. Briggs for many years, and do not hesitate to recommend him to the community, and as a Magnetic Healer I consider him A No. 1.

(For further particulars see his advertisement.)

238. Dr. Joseph Wilbur

Was born in Otsego County, N. Y., in 1811, and was engaged in the grain and milling business until 1852. During that year he made experiments in magnetism, and has practised healing most of the time since. He possesses a powerful magnetism, and has made many astonishing cures throughout all the Western States. He has cured hundreds by means of magnetized paper, which he introduced in 1862, and thinks he was the first to use it. He has cured *catarrhs, fever-sores, rheumatism,*

ovarian tumors, and various *female complaints* by paper alone, though he admits that the hand is more effective than paper. He says he can generally break a fever in a few minutes. He created a great furore in Marietta, Ohio, by curing a cancer after it had been cut out by a physician and come on again. I give a few of his cases. A well-known citizen of Chicago informed me that he was given up to die and was supposed to be in the spasms of death with kidney difficulties, when Dr. Wilbur arrested his disease and restored him to very comfortable health.

INSANITY. Cured in five minutes, a young lady in Ann Arbor, Michigan, who was given up to die.

ASTHMA. Cured Mrs. Root, of Cleveland, O., in one treatment. Also cured Mrs. Sarah Shaw, Geneva, O., of asthma of twenty years' standing, in a few treatments.

CRIPPLED LIMB. Straightened one case in ten minutes.

INFLAMMATORY RHEUMATISM. Cured Mrs. Sherwood, 326 West Randolph st., Chicago, in fifteen minutes.

FEVERS frequently broken with a single pass of the hand.

DIPHTHERIA. Cured a young lady, in Casey, Ill., daughter of an editor, in a few hours, with magnetized paper. Could neither speak nor swallow.

I have no more room to speak of his multitudinous cures. He sends psychomized paper over the country, and will give further details to those who wish to correspond with him at 562 *West Lake st., Chicago, Ill.* He is a man of candor, and will not intentionally overstate matters.

239. Dr. A. S. Hayward,

Of 17 Rollins st., Boston, writes that he has had the most signal success in eradicating all forms of curable chronic diseases of *body* and *mind*, and that his treatment consists in assisting nature, which is done by vitalizing, harmonizing, and rejuvenating the entire system. Many cases of temporary insanity have yielded to his powerful magnetic gift. He has also transmitted the power successfully by letter-paper and other substances to patients at a distance, by mail. He is satisfied that there is no remedial agent extant that will produce such a natural equilibrium to the patient as vital magnetism. Dr. Hayward is a

reliable and intelligent gentleman, and may be consulted freely on the whole subject of Psychomany.

240. Solomon W. Jewett,

Now of Rutland, Vt., is well known over the whole country for his skill as a sheep-breeder, and is also well known as "*The Shepherd*." His portrait and biography are given in the December number of the *Phrenological Journal* for 1860. I am unacquainted with him, but he furnishes me with startling announcements of cures by his magnetic gift, a few of which I select. He is now 65 years of age.

SHAKING PALSY of *twenty years*. Mrs. Sarah Cutting, of 123 Main st., Rutland, Vt., could not put her right hand behind her back. In one treatment was fully restored as well as ever.

TOBACCO TREMENS. Jesse Roe, 605 Canal st., New York, cured in fifteen minutes. No further appetite for tobacco.

DEAFNESS. Jesse Simmers, Trenton, O., both ears deaf—restored in 30 minutes.

EPILEPSY, for several years. Miss White, Whiting, Vt., cured at once.

PARALYSIS AND RHEUMATISM in right arm of John Sherman, Utica, which could not be used for months, restored in one minute.

RAISING THE DEAD, or what was seemingly such. John Cronham, 23 Catharine st., New York, was pronounced dead by five allopathic physicians, March 16, 1869, and a statement certified to by fourteen persons that he had lain twenty minutes apparently dead. Mr. Jewett sent me an account of this transaction, which I cannot insert in full for want of space. He says he had convulsions and heart difficulty, and had every appearance of death. He drove the people out of the room, and drawing the feet down below the foot-board, placed them on his naked bowels, and took both hands in his, thus forming a circular current, while he threw his will-power upon the subject and prayed for assistance from above. He also blew three times down his throat. The patient began to move, and spoke in German these words: "I have been a great way off; I have seen many things." He gave him a teaspoonful of best brandy, diluted in water, two or three times, manipulated his whole body, and in forty minutes after he commenced operations upon him, says, he and the "dead man" and his wife were riding in a coach from the hotel to his home. This was reported to the *N. Y. Sun* of April 15, 1869. I presume it was merely a death-like trance, from which magnetism alone could have saved him, and there are doubtless many persons buried in the same condition from the ignorance of the public.

12. Minor Points.

241. Time Required for Digesting Different Foods.

According to Dr. Beaumont, who had peculiar facilities for testing the matter, rice is digested with the greatest rapidity, requiring 1 hour; boiled sago, 1.45 (1 hour, 45 minutes); boiled tapioca, or barley or milk, 2.00; raw sweet mellow apples, 1.30; raw sour mellow apples, 2.00; raw, sour hard apples, 2.50; raw milk, 2.15; roasted Turkey, 2.30; roasted or boiled fowls, 4.00; fresh mutton, roasted, 3.15; do. boiled, 3.00; fresh beef, lean, rare, roasted, 3.30; veal, broiled, 4.00; pork, fat and lean, 5.15; fresh oysters, raw, 2.55; do. stewed, 3.30; eggs, soft boiled, 3.00; do. hard boiled, 3.30; boiled beets, 3.45; boiled potatoes, 3.30; raw cabbage, 2.30; boiled cabbage, 4.30; beef and vegetable soup, 4.00; bean soup, 3.00.

242. Farmers should be the healthiest of all people from the amount of out-door exercise they take, but statistics show that they are not. The use of so much meat and greasy fried foods, negligence in bathing, sleeping in the same underclothes they wear through the day, and neglect of the higher culture will account pretty well for this. Health requires culture of the mind as well as of the body. Enlightened farmers are God's noblemen, but they are not the kind that furnish a mere shanty for wives and children, and a palatial barn for horses and cattle, just because the latter bring most money.

243. A New Title. The title D.M., Doctor of Magnetics, is coming into use among Magnetic Physicians. The *Golden Age* speaking of it, trusts it will become "more honorable than M.D." Well, it will if we are nobler in principle and more successful in practice than the old school M.D.'s, and not without. We reverse their *title* as we aim to do their *practice*, they dealing very much with *effects*, we with *causes*.

244. Psychomized Acidulated Paper consists of paper which has been saturated with a magnetized acid liquid, and then after being dried is thoroughly magnetized again before being sent to the patient. The acid principle, containing a strong positive and stimulating element, attracts a similar element from the magnetizer, and thus carries a fine but powerful influence in rousing up a cold, dormant, or negative condition of the system. I use white tissue paper. When quite a number of thicknesses are worn next the body, it will often affect sensitive natures like an electric battery, and at least a part of them will have to be removed before the subject can sleep.

245. Psychomized Alkaline Paper is prepared like the foregoing, only the paper is dipped in an alkaline solution to get the negative principle. It is cooling in its nature, and adapted to inflamed or hot portions of the body. I would recommend the acidulated paper much the oftener, however, for when placed over dormant parts will so vitalize the general system that inflammation itself will be apt to subside.

In all chronic rheumatism, paralysis, dormant tumors, torpid liver, stomach or bowels, the low typhoid grade of fevers, cold feet, and general debility, the *acidulated* paper is best. In burning fevers, etc., the alkaline paper is best. For laws of magnetized materials, etc., see Nos. 20, 50, 72.

NOTE.—I have healed with great power through psychomized paper, and will send a package of either the acidulated or the alkaline paper on trial to any one for 25 cents, and afterwards, if this works well, somewhat larger packages for \$1; or one package a week for two months (8 weeks,) for \$5. I believe it will always accomplish good, but unimpressible persons may not perceive the good it actually does. It costs time, labor and life-power to prepare it. It is an excellent plan to pin or sew it to the undergarment over the pit of the stomach, or over the spine, or wear it inside of the stockings as well as over the most affected spot. For developing clairvoyance, and for very impressible persons, the pure psychomized paper would be best. For clairvoyance put some of it over the forehead, and some on the backhead, and sit quietly or sleep with it thus (see 68). Sleep alone, if possible, while using the paper. One package may be worn several days. Avoid putting the same package on a second person. In severe cases put paper on several places at once, and have a fresh package at least twice a week. Study this "Health Guide" for further information.

246. Rubbers are not Magnetists. It will be seen by this treatise that Psychomany comprises the finest elements of matter and mind, and deals with the true science of life. While rubbing and friction and movement are all good, yet the mere rubber is not necessarily a magnetist, much less a true psychomist. To be a true psychomist one should first have a natural fitness for it, and secondly, should go through a thorough process of development for the business, so as to have the intuitive and impressible nature become so refined as to be able to receive and impart with skill those subtle essences which are far more powerful to heal than the physical force of the mere *rubber*, however healthy such rubber may be. See 54. The psychomist, though less versed in the technicalities of medical study than the ordinary physician, will often diagnose his cases more correctly, and can wield a higher range of forces than can be reached by medicines. I think the Turkish Baths would do well at times, to have psychomists treat patients after the shampooing and bathing part have been done by the regular attendant, charging of course an extra price for such services. Magnetists, generally, I think, impart the precious life-forces too freely to handle water very much, or, in fact, anything else excepting the "human form divine."

247. Book Notices, etc.

OUR ENGRAVINGS. I could have procured finer and handsomer heads than my own for my *Psychophysical Chart*, but I took the first head I *came* to, and found it cheaper and more convenient to convey it to Gurney's for a photograph than to look up some other head. The chart and the portrait of Dr. Johnson were engraved by Mr. CHARLES SPIEGLE, 191 Broadway, New York, one of the best engravers in the country, who has lately drawn a gold medal for his skill at the Vienna Exposition. The fine view of Dr. J. R. Newton, which, I think, gives his expression better than his steel engraving, was cut by Mr. W. ROBERTS, 36 Beekman street, New York, one of the engravers who assists in Appleton's magnificent work "*Picturesque America*."

DR. HOLBROOK, an esteemed friend, who is Editor of the "*Herald of Health*," Proprietor of *Butler's Health Lift*, establishment on Fifth Avenue, and partner of Dr. Wood in the conducting of the *Hygienic Hotel, Turkish Baths*, etc., 15 Laight street (see advt.), deserves great credit for having introduced several articles into his magazine, explaining the finer magnetic laws and improved methods of cure. His magazine is admirable for family use. His "*Parturition without Pain*," (price \$1) is

invaluable to all concerned. He is just issuing a work on Food, the method of preparing it, its qualities, etc., which will doubtless be the most practical work of the day on the subject. I will forward either of these works post-paid for \$1.

COWAN'S, "*Science of a New Life*," a noble work advocating the "glorious and perfect manhood that comes from a chaste and continent life," on p. 137 uses these startling words:

"The reformation of the world can never be accomplished—the millennium of purity, chastity, and intense happiness can never reach this earth except through cheerful obedience to pre-natal laws. All the educational institutions in the world—all the benevolent, industrial, and reform societies—all the anti-tobacco advocates—all the temperance societies, and all the divines in the world, combined and working harmoniously together, cannot do as much in a life-time of effort in the elevation of mankind as can a mother in nine months of pre-natal effort!"

Change the term "a mother" to "the mothers," and I will endorse it fully. How wonderful, then, is woman's sphere! He fortifies his ground with multitudinous facts, and shows how humanity can be raised to the sublime eminence for which they were destined. It is a large handsome octavo volume, published at 139 Eighth street, N. Y., and is cheap at \$3.00. I will divide the postage with persons at a distance and send it post-paid for \$3.25. It contains numerous beautiful engravings.

S. R. WELLS (formerly Fowler & Wells), the American headquarters of Phrenology, is Publisher of the admirable monthlies "Science of Health," \$2; "Phrenological Journal," \$3; a masterly work on Physiognomy, 768 pp., \$5; "Student's Manual of Electricity," the most practical work of its kind, by Dr. White, \$2; Dr. Trall's exceedingly valuable works, also "Library of Mesmerism and Psychology," 900 pp., @ \$4, and many other excellent works. Prof. Sizer, at the establishment, will read your character better than you can read it yourself. Our young people, especially, would be exceedingly benefited by "getting a character" from him, and getting hints as to the life-work they are best suited to by nature. Their office, 389 Broadway.

"VITAL MAGNETIC CURE, *An exposition of Vital Magnetism by a Magnetic Physician*," abounds in practical hints, useful rules, and much historical knowledge, which all progressive persons should understand. Price \$1.50. Postage 18c.

The "MENTAL CURE," and "MENTAL MEDICINE," by Rev. W. F. Evans, are noble works, penetrating deeply into

the laws of life, including the magnetic and soul-forces, many valuable rules and directions, and inculcating an exalted morality. Speaking of the "Mental Cure," Dr. Johnson of New York says: "It contains more sound philosophy in regard to the laws of life and health than all the medical works in the library." Price, \$1.50. Postage, 18c. "Mental Medicine," which is exceedingly practical in its character, is put at \$1.25, postage 12c.

Every Magnetist, especially, as well as all other intelligent persons, should have the above three works in their library. Price with postage, \$4.73. I will send them together for \$4.50, or when the Health Guide is included (\$1), I will send either or all of the three for their price and pay postage myself.

DR. E. B. FOOTE'S "*Plain Home Talk and Medical Common Sense*," contains 924 pp. and 200 illustrations. It has an immense fund of information and a great deal of common-sense quite superior to what is contained in the ordinary medical books. Sold at the low price of \$3.25. I will charge only part of the postage and put it at \$3.50 post-paid.

DR. E. P. MILLER'S publications (see advt.) are exceedingly practical and useful, and will save hundreds of lives if widely read and considered. "A Father's Advice," for boys (20c.), "A Mother's Advice," for girls (20c.), and the "*Vital Force, How Wasted and How Preserved*" (50c.), take hold of terrific secret evils of immense moment to the race. The works on "*Dyspepsia*" (50c.), and "How to Bathe" (30c.), are admirable. Any of these works I will send post-paid for the price.

Mrs. EVERETT, M.D., Professor and Mrs. O'LEARY, Dr. SARA B. CHASE, and others are doing a noble work for the people, in their lectures on medical and sanitary science. Be sure to hear them if you have a chance.

MEDICAL CLAIRVOYANTS.

MR. and MRS. V. P. SLOCUM, Psychometrists and Medical Clairvoyants, Stranger's Hospital, 442 East Tenth St., N. Y.

MRS. DR. BURTON, 114 West Nineteenth St., N. Y.

HENRY SLADE, D.M., 25 East 21st St., N. Y. (See advt.)

DR. MARY TOWNE, No. 9 Great Jones St., N. Y.

MRS. CAPELLO, 114 Seventh Avenue, N. Y.

MRS. CHASE, No. 9 Lafayette Avenue, Brooklyn, N. Y.

MRS. HAYWARD, 111 Clermont Avenue, Brooklyn, N. Y.

MRS. CARLISLE IRELAND, 94 Camden St., Boston, Mass.

MRS. DR. A. E. CUTTER, 711 Tremont St., Boston, Mass.

COMMENDATIONS.

From the "Scientific American" of April 25, 1874.

BABBITT'S HEALTH GUIDE. Price \$1. New York: Published by E. D. Babbitt, D.M., 437 Fourth Avenue.

"A philosophy of cure, founded on the idea that healing elements are potent in proportion as they are subtle and refined, and weak in proportion as they are gross; that sunlight, electricity, and especially the still finer life forces, being subtle next to spirit itself, are the most potent to heal, while mine al substances, being from the coarsest department of Nature, are the weakest and least penetrating. This constitutes the law of power. The law of harmony is stated to be a nicely balanced contrast of elements. Magnetism, or the warm positive principle, and electricity, the cold negative principle, are stated to be the propelling principles of the universe, and these are combined equally to bring about harmony and health. Too much of the cold principle in the human system brings about chills, paralysis, and chronic diseases—too much of the warm principle, fevers and inflammatory diseases. While sunlight, baths, food, clothing, the social relations, etc., are explained and commended, a strong magnetic hand is considered the most potent of all instruments for charging a feeble system with a new life power, and for equalizing ill-balanced conditions. Directions are given for the practice of manipulation, and the treatment for one hundred different diseases, without drugs.

From the Hon. J. M. Peebles, April 14, 1874.

"My Dear Friend Babbitt: Yours duly received, and the Health Guide also. I've glanced it through and like it immensely. * * God and good angels bless you."

From Pomeroy's Democrat, June 13, 1874.

"The HEALTH GUIDE, by E. D. Babbitt, D.M., is a valuable addition to the Health Reform literature of the day. It not only presents in a compact, readable style the best current information on matters of Health, diet, etc., but brings up for consideration and discussion a great deal that is new—a great deal that has not appeared in Hygienic or Medical publications."

From Henry C. Houghton, M.D., Prof. in N. Y. Medical College for Women.

"E. D. Babbitt, D.M.—Dear Sir:—I have been much interested in the Health Guide. It has been written, 'Every experience in advance of us is a mystery until we attain unto it.' Hence magnetism will continue to be summarily disposed of by the routinist with the sneer, 'Pooh! mystery! mystery!' Those who are prepared by their own experience or observation to appreciate the merits of Animal Magnetism will thank you for this succinct statement of principles."

Pleasant notices of the Guide have appeared in the "*N. Y. Graphic*," "*Christian Union*," "*Golden Age*," "*Banner of Light*," and various other journals. I have room, however, for merely the following

MISCELLANEOUS EXPRESSIONS.

"A most valuable work, worth several times its price."—*Amanda J. Dutch, M.D. (New York).*

"What a vast amount of work you have put into it, and so much thought! You deserve to reap a golden reward."—*Sara B. Chase, M.D., Cleveland, O.* (Popular Lecturer on Sanitary Science).

"I regard the book as of more value than all the old school medical books ever published."—*F. M. Milliken (D.M.)*.

"I regard your Health Guide as being the key that will unlock the portals of the science of life, and shall do all I can to introduce it to the world."—*J. H. Mendenhall (D.M.)*.

"The best book on health I ever saw—would not take \$5 and go without it."—*J. K. Dearth (Lowell, Ala.)*.

"The 'Health Guide' forms the basis of a new and better science of Life and Health."—*Warren S. Barlow (Poet and Author)*.

"The people everywhere who are blindly experimenting with drugs would do well to consult your 'Health Guide,' and learn a better way of treating and curing the many maladies that seem to be so inseparably connected with human existence."—*John Cowan, M.D., N. Y.* (Author of "Science of a New Life").

Sent postpaid to all quarters for \$1 by the Author and Publisher, E. D. BABBITT, D.M., 437 FOURTH AVE., N. Y.

PSYCHOMIZED PAPER.

The Psychomized Acidulated, and occasionally the Alkaline Paper, have been sent to a considerable number of persons, nearly all of whom have felt some favorable effects. Several have received very decided advantages, but I can quote the words of one only here:

"April 8, 1874.—I tried your paper. I think it does me good. I'm off for a ten-mile tramp."

"April 9.—Had nice tramp yesterday in fine order. Your paper has cured a most distressing dyspepsia. I could barely walk to the post-office to get your paper. At 7 P.M. I had the paper on me. At midnight my digestive powers were so intensified, stomach so emptied, and my whole system so animated that I removed the paper, but could not sleep until I took some food to calm the cravings of what seemed to be a natural demand. I had fasted two days, unable to digest three mouthfuls. Send me as much as you can spare for the enclosed."—*WM. H. LAMBDIN, Coatesville, Chester Co., Pa.*

TREATMENT OF THE SICK AT A DISTANCE.

Write briefly and to the point any special diseases that you may have, and also answer the following questions:—*What is your age, weight, height, color of hair, eyes and skin? Are you married or single? Is it generally warm or cold on your back-neck and back-head, on your front-head, on your lower spine, over the pit of stomach, over the bowels, over the womb, at your extremities, or in front of the ears? Is it painful to press over the stomach, over the bowels, over the womb, over the spine, over the liver? Have you practiced sexual abuse, or the use of liquor, tobacco, or other stimulus? What is your principal food? What your habits of life? Are you costive or too free? Is menstruation profuse or not active enough? Have you mental troubles? What school of medicine have you patronized? State your leading symptoms freely, as your letter will be kept private.*

Terms for directions as to the method of treatment, together with Two Dollars' worth of psychomized alkaline or acidulated paper, as may be needed, \$2. Address E. D. BABBITT, D.M., 437 Fourth Avenue, N. Y.

HYGIENIC HOTEL,

13 and 15 Laight Street, New York.

This well-known house is convenient of access from all parts of the city, six lines of horse-cars passing near the door.

The table is supplied with the best kinds of food, *healthfully prepared*—special attention being paid to breads, fruits, farinaceous foods, vegetables, etc.

This house is noted for its pleasant parlors, and the cheerful, home-like feeling which prevails.

Connected with the hotel are Turkish Baths, the Swedish Movement Cure, Dr. Wood's Passive Exerciser, Electric Baths, etc. Circulars free.

Progressive and temperance people put up here.

The proprietors of the Hygienic Hotel publish the "HERALD OF HEALTH," price \$2.00 a year, including a premium of the Complete Works of Shakspeare (1,000 pages, 36 illustrations), and numerous works on Sexual Physiology, etc.

Terms reasonable. Address,

WOOD & HOLBROOK, Proprietors.

DR. E. P. MILLER'S HOME OF HEALTH.

Turkish Baths, Electric Baths, Spray, Shower, Douche, Ware, Needle, and Plunge Baths, Swedish Movement and Health Lift, and all the appliances of the most perfect Water-Cure.

The largest, finest, and most perfect city establishment in America, for the reception, treatment, and cure of chronic invalids.

The Turkish Bath especially is an important auxiliary in treating every form of chronic disease, and by its use, coupled with proper exercise and a wholesome diet, many wonderful effects have been produced.

The hand-rubbings and shampooing in the bath, by the magnetism imparted, arouses the vitality of the patient, while the sweating process throws off through the pores of the skin the poisonous and effete matter, the presence of which in the blood and tissues is the prime cause of disease.

Heat effectually destroys the germs of disease which are hidden in the system, and the magnetism imparted by the vigorous hand-rubbing of a healthy attendant, especially in the temperature of the bath, is more effectual in arresting disease and purifying the system than any other form of magnetic application.

The table is always supplied with an abundant and choice variety of hygienic food, prepared in the most wholesome and palatable manner. Our institution is centrally located, near Broadway and Fifth Avenue, and convenient to Madison Park. Several lines of cars and stages run within a few doors, affording easy communication with every part of the city.

It is our aim not only to cure our patients, but to teach them the laws of life and health, so that they will get well and keep well. For this purpose the following important books are now published and for sale by the proprietor :

Vital Force : How Wasted and How Preserved ; or, Abuse of the Sexual Functions, their Causes, Effects, and Cure without Medicine. 50c., muslin.....	\$1 00
Rev. Miles Grant says : " Many had better pay \$1,000 for this book than be without the knowledge of its valuable contents."	
Dyspepsia : Its Varieties, Causes, and Means of Cure. 50c, muslin....	\$1 00
How to Bathe : A Guide for the Use of Water in Health and Disease. 30c., muslin.....	75
A Father's Advice : A Book for every Boy.....	20
A Mother's Advice : A Book for every Girl.....	20
Injurious Influences at Work in our Schools.....	25

These books, except the last named, are written by Dr. and Mrs. MILLER, and should be read by everybody. A copy of each in one package for \$1.75.

Patients or boarders received at any time. All communications should be addressed to E. P. MILLER, M.D.,

39 and 41 West 26th St., New York.

E. D. BABBITT, D.M.

Vital Magnetism, Baths and Electricity.

We give the nervous, feeble patient a new life-power immediately, and are constantly relieving cases in which other methods utterly fail. For the cure of RHEUMATISM, NEURALGIA, PARALYSIS, TUMORS, FEMALE DISEASES, and diseases of the BLOOD, BRAIN, and NERVES, Magnetism is unequalled. Persons of fine organization, and especially those who deal in brain-work, are wonderfully rejuvenated by it.

A skillful LADY PHYSICIAN will assist if needed.

Pleasant hygienic BOARD provided for patients.

A few patients treated at their homes.

Our title is D.M., DOCTOR OF MAGNETICS, not M.D.

We co-operate with PROGRESSIVE PHYSICIANS of whatever school.

From the HON. J. M. PEEBLES, Ex U. S. Consul.

"Evidently there's no better magnetic healer in N. Y. than Dr. E. D. Babbitt. Praise only drops from the lips of those who have been under his treatment."

From THEODORE TILTON, in the "Golden Age."

"We know something of Dr. Babbitt's institution by personal experience. . . Its medicine, which consists mainly of 'the laying on of hands,' is delightful and refreshing. It soothes and invigorates."

Dr. Babbitt offers very fine inducements to AGENTS to sell his HEALTH GUIDE, for the sake of encouraging a vast circulation and forwarding a great health reform. They could bless others as well as themselves by working in such a cause. There is already a great demand for the work. The pupils of our schools are too generally cultivating a one-sided growth, neglecting their physical development, and it is a duty of teachers to recommend some such work as this, or to supply it themselves.

Address or apply to E. D. BABBITT, D.M.,

437 Fourth Avenue (near 30th st.), N. Y.

N.B. When money orders are sent, make them payable at Station F.

HENRY SLADE, D.M.,

Whose fame has gone forth as a medium for physical manifestations, possesses remarkable powers especially adapted to the treatment of disease.

He does not confine himself to specialties, but treats all classes of disease, administering remedies magnetically prepared by himself, which may be safely taken in all cases.

Dr. Slade will, on receiving a lock of hair, with the full name and age of the person, make a clairvoyant examination, and return a written diagnosis of the case, with cost of treatment.

A fee of two dollars must accompany the hair, which will be applied on medicine where treatment is ordered.

Address,

SLADE & SIMMONS,

No. 25 East 21st St., N. Y.

P.S.—Please write your own address plainly.

THE CELEBRATED HEALER,

DR. J. E. BRIGGS,

(Late of the Healing Institute, Troy, N. Y.,)

Magnetic and Eclectic Physician,

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ALBIA, N. Y., July, 1862.

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[For the opinion of the author of this work see p. 102.]