

# Vital Magnetism

## THE LIFE-FOUNTAIN.

BEING AN ANSWER TO

DR. BROWN-SEQUARD'S  
LECTURES ON NERVE FORCE.

## THE MAGNETIC THEORY DEFENDED,

AND A BETTER PHILOSOPHY OF CURE EXPLAINED.

By E. D. BABBITT, D.M.,

Author of the "Health Guide."

INCLUDING ALSO

Numerous Quotations from  
"Babbitt's Health Guide," embracing  
The Subjects of Food, Sleep, Clothing, Baths,  
Rules for Magnetizing, Rules for the  
Family, Courtship, Marriage, &c.

[The pages from the "Health Guide" are set in exactly as they occur in that book, hence the lack of connection in two or three places.]

"There is but one temple in the world, and that is the body of man. Nothing is holier than this high form. . . . We touch Heaven when we lay our hands on a human body."—NOVALIS.

"Mens agitat molem."—VIRGIL.

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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:

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## VITAL MAGNETISM.

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DR. BROWN-SEQUARD, of New York, delivered a course of six lectures before the Lowell Institute of Boston, commencing February 25, and closing March 18, 1874. I avail myself of these lectures as reported by the New-York Tribune. From the Doctor's high position in the medical world, these lectures must have extensive influence. If their philosophy is correct, their influence will be doubly good; but if incorrect, especially bad.

Some may deem me rash in stating that I consider not only Dr. Brown-Séguard, but the great body of medical men generally, as being fundamentally and widely in error in their whole theory of the nervous and life forces. The cause of this is, I think, excellently stated by the Doctor himself at the beginning of his course. "I have no doubt," he says, "that persons who have not at all engaged in the medical profession could do more, perhaps, than physicians in regard to discovering certain of the peculiarities of nervous force. Physicians, unfortunately—I speak of myself as well as of others—are biased. Their bias prevents progress."

These words are full of wisdom, and a blessed thing would it be if those to whom are committed the health and happiness of millions would look around and see if there are not new and better ways of reaching the sources of power in the human system, and, if possible, get out of the old ruts which have led them into so much trouble and failure. Vast learning has been



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devoted to the subjects of anatomy, surgery, and the coarser agencies of chemistry in connection with human ailments, but those exquisite and mighty forces which form the connecting link between the soul and body, and are the very sources of power through which all functions and all lower forces are controlled, have thus far been almost ignored. Physicians, from the very first, have denied that there is anything in the so-called *animal magnetism*, and, to be consistent, there is a great temptation to keep on denying it, even when the absurdities that first attended its introduction have been mainly done away with. Notice how anxious Dr. Brown-Séquard is to deny the existence of this force. "The great question," he says, "is whether the boundaries of the nervous system are also the boundaries in health of the nervous force. In other words, can the nervous force spring out of the nervous system to produce some action? As regards this, *there are no facts to prove it. You can easily understand that if I am right, this is a death-blow to what is called animal magnetism.*" The italics are mine. In this quotation I understand him to assert that this nervous force cannot spring beyond the nervous system—cannot act outside of the nerves; consequently there is no such fluid as has been termed *animal magnetism*, which is popularly supposed to be communicable to other systems and to radiate in various directions. In the following language, however, given in the same breath, he virtually contradicts the above, by signifying that this vague something, which he calls nervous force, *can* manifest itself externally, though in a somewhat modified form. "There is no question, however, that nervous force can manifest itself outside of the boundaries of the nervous system; but it manifests itself often after having been transformed into another force. It is well known that nervous force is transformed into motor force." This is as much as to say that the nervous system, in the movement of its outward-going forces, changes them into motor forces after they get beyond the nerves themselves. Pray, what were

they but motor forces before they left their nervous channels? Do they not wield the motor nerves, and through them the whole muscular system? If this kills animal magnetism, it certainly does not kill it *very dead*, his own words being the proof.

But, in order to finish up the existence of this troublesome magnetism, he uses the following language :

“ You all know what mesmerizers have tried to establish. You all know what persons believing in animal magnetism profess and declare. You have heard of what is called the ‘ odd force ;’ and you have heard of a peculiar process which originated in New England, and which we know under the name of Perkin’s Tractors. All these views that I have mentioned have a ground in nature, and I may say there is hardly any folly in mankind of any importance that has not some ground, some degree of truth. But though there may be some ground for it, there may not be enough to establish the truth of a certain view. The ground here is simply that the *power of imagination* on the body is immense, and that what is done by persons in a state of what is called mesmerism, or in any of the instances that I have mentioned which is apparently due to these odd forces—this time it has two d’s—is due to the *imagination of the person under these influences.*”

That is the old story. Imagination, or one’s own belief, is the short way of getting rid of all these troublesome phenomena. Most of our physicians swing in the same groove and follow the same bias, and “ bias prevents progress,” nobly said our Doctor. Dr. John Hughes Bennett, Professor in the University of Edinburgh, says : “ I have made numerous experiments, with the aid of those who believe in Animal Magnetism, all of which have only convinced me that no such principle exists, and that all the phenomena really occasioned depend on *suggestive ideas* communicated to the person affected.” He then goes on to show how the mind controls the body through the will power, through attention to one part of the body, etc., causing swellings even to occur at places where the thoughts dwell most, etc. Dr. Braid, of Manchester, has greatly relieved these gentlemen by



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showing the power of imagination over the body, and then giving the name *Hypnotism* to it. This shirks the odium of the word magnetism. I have quoted the above to show the absurd theories that very learned men sometimes adopt when they get into a pretty deep groove. They could surmount small grooves and think with a considerable independence, but a deep groove enslaves them. Look at the logic of the foregoing. The mind, the will power, or the imagination wields the bodily forces, therefore vital magnetism has nothing to do, has no existence! But how does the mind do this—through what instrument, what medium? Everything in the universe must have some instrument to work with or some medium to work through. Suppose you were sending a telegram from New York to St. Louis. A man comes in and sees you working the instrument, and declares you are striking St. Louis with your hands.

"No," you remark; "I am sending a force through the medium of electricity, and my hand is only the motive power. Were it not for some subtle medium, I could not produce any impression there."

"It's your hand!" exclaims your antagonist. "Without your hand nothing could be done, and that is a triumphant proof that there is no such thing as electricity in the transaction."

On a hot summer day a man falls dead in the street. We will suppose Dr. Brown-Séguard to be present. He declares it to be a case of sun-stroke.

"How can it be a case of sun-stroke?" says a bystander. "The sun is millions of miles distant, and how can it come down to the earth and strike a man?"

"But it does so nevertheless, although in some mysterious way which we cannot explain."

"But," resumes the companion, "if the sun really caused his death, it must have been by rousing to action some subtle ether, whose undulations flowed in upon his brain so powerfully as to produce congestion."

"Impossible!" says Dr. Brown-Séguard; "I deny the existence of any such ether. It comes wholly from the power of the sun."

This kind of reasoning is exactly equivalent to the method of declaring there is no such thing as vital magnetism because the *mind* or *will power* affects the body. *How does the mind produce this effect excepting through some subtle fluid which it communicates to any part it pleases?* The brain, under the control of spirit, is the telegrapher, the nerves are the wires of communication, but is there no such thing as a fluid to send along these wires? Then all analogies fail. But to see how easily our dignitaries of the medical profession are satisfied by saying *imagination* or *belief* does it, and all this without any proper connection of cause and effect, on some mysterious, half-miraculous plan, would be really quite amusing if it were not so disastrous to poor suffering humanity. They seem to think the mind works in the same way that some people think Deity does, without law or order, making something out of nothing, contrary to all process of evolution and natural growth.

"There is, I repeat," continues Dr. Brown-Séguard, "no force in our system other than mere nerve force for the transmissions that may come from the brain as the seat of the imagination, the seat of emotion, and the seat of the will." A little farther on he says: "Nerve force is produced, as you know, through blood. It is a chemical force which is transformed there into nerve force."

But what is this nerve force as used by the learned Doctor? Evidently not a fluid, or he would be willing to call it animal magnetism, but some mysterious power which vibrates along the nerves. But if not a fluid, how can it be thus sent from cell to cell through the whole nervous structure, and finally burst outside of the nerve channels and turn into *motor force*, as he calls it? If the nerve cells were a series of elastic balls which are contiguous, so that when a power should be communicated



to the first it would reach the whole by impact, then it would be obvious as to how they might all be affected when in connection. But they are not made up of elastic balls or elastic cells, but rather of a fatty inelastic substance to a great extent, combined also with some fibrous matter. But supposing these cells were elastic, how could the mind give an impulse to the first cell, gross matter as it is, without using some subtle essences as intermediate between its own exquisite forces and the coarse material elements to be affected? Are not all of the mightiest forces of the universe gaseous and fluidic, and powerful in proportion as they are subtle and refined? Thus air is finer and more powerful than water, being able to sweep the ocean into spray; steam is finer and mightier than air, and can split the earth asunder in the form of earthquakes; the electrical and magnetic ethers, that fill all space, control worlds, and are far more subtle than steam; and the still more exquisite elements that are the direct handmaid of spirit, on the same principle must be even more potent, and on the same principle also must be fluidic. Thus we see that the greatest of all potencies are *refined and fluidic*. *How almost irresistible then is the conclusion that the force that wields the nerves, and through them the blood and muscles, is itself a fluid.* This is often denied. A learned gentleman, in discussing the subject with me a short time since, declared that electricity, light, magnetism, etc., were no substances whatever, but simply forces and undulations."

"Undulations of what?" I remarked. "How can there be undulations without something to undulate?"

Can something come from nothing? *Ex nihilo, nihil fit.* Undulations are penetrating, and, as a general rule, swift in proportion as they are fine. In such a coarse fluid as water, undulations are very slow. In air they are swifter, but give the effect of sound even when moving at the rate of less than twenty a second. The sounds become piercing in proportion as these undulations become small and rapid, until some ears can hear



tones that are so shrill as to require over 30,000 waves a second. When we reach an incomparably more subtle element, the undulations become so fine and swift as to be perfectly inconceivable, and give the effect which we call *mineral magnetism*. When they become still finer, so that hundreds of trillions of them pass a given point in a second, moving at the rate of 186,000 miles in the same time, we have the effect of light. Commencing with red, the coarsest of the seven colors revealed by the spectrum, until we reach waves so small as to form violet, we have arrived at the highest scope of the ordinary eye, and a new *octave* of invisible rays begins, which from their fineness and great chemical power are called *actinic*. These higher glories of color may be seen by those who can retire from the coarse outward vision until they come into rapport with their finer spiritual forces which penetrate and reveal a higher universe. Such as can do this, and there are many, have a right to be called clairvoyants or clear-seers. But there is an exquisite grade of soul-atmosphere, higher, finer, swifter, and mightier than any of these. But now you say I am leaving the known for the unknown. Not at all. We know it to be finer and swifter, because it is more penetrating. Electricity cannot penetrate glass, or clothing, or many other substances. Light cannot penetrate that which is black, or which is opaque, but this higher soul force can penetrate all known substances, and fire up dormant human systems even at great distances, as I shall prove hereafter. There are, of course, many grades of fineness in the ruling fluids of the human system. The *nervaura*, so often called *nerve-force*, is comparatively a very coarse element, a kind of *animal magnetism* sure enough, and yet it is the finest force, excepting the mind itself, that Dr. Brown-Séquard seems to be acquainted with. It should be remembered that these life-fluids are greatly modified by the medium or part of the system through which they pass, and by each other, and that the lower *nervaura* can be greatly controlled and vivified by the higher and finer forces under the direction of the will.

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Having thus far treated the subject negatively, and shown the absurdity of some of the arguments which learned doctors use to disprove the existence of vital magnetism, I will now proceed—

I. To give positive facts as proof of the existence and general character of Vital Magnetism.

II. To show that this magnetism works at times in harmony with one's imagination and volition, while at other times it works entirely against them and overcomes them.

III. To show that many of the most important laws of human life can be explained and understood only on the magnetic theory.

IV. To show how diseases can be cured and health established far more powerfully by the proper wielding of these magnetic forces than by any other methods.

V. To give a few general rules for their control, and for the cure of disease by their aid; and

VI. To give a few brief directions for acquiring magnetic power.

I. With reference to the *existence and character of Vital Magnetism* we must judge from its effects, the only possible method of gaining the knowledge of anything whatever.

1. Baron Reichenbach proved by exhaustive experiments that *all objects emit an odyllic or magnetic emanation*, as the magnet would be affected by them, and persons whom he called sensitives would not only feel but see these emanations. He gives an account of some persons who could feel the influence of others hundreds of yards distant. In America, where the finer life-forces have been experimented upon and understood more extensively than elsewhere, this finer radiation has often been thrown a great number of miles, as I shall have occasion to mention hereafter.

2. The science of *Psychometry*, discovered in 1841, by Dr.



Joseph R. Buchanan, now of the Boston University, is founded on the fact of these magnetic and electric radiations from all bodies, by means of which the sensitive can feel and tell their character. Thus the psychometer can take a letter, and any time after it has been written can tell the qualities of the writer. Dr. Buchanan, while lecturing before the New-York Electric Medical College, in December, 1873, had pieces of paper saturated with the tincture of Hashish and tightly enclosed in envelopes, so that no one could know what it was, in order to do away with the pet theory that *imagination* does everything. They at first felt strange feelings in their arms, then in their heads; two went to sleep and had to be awakened, and about two-thirds of those holding the paper felt more or less of the symptoms which this article would have caused if taken into the stomach. This experiment I witnessed as I have many others of a similar kind. Thousands of persons can feel the condition of others by this magnetic efflux, and can diagnose their diseases with great exactness, especially as human beings throw off a finer and more penetrating emanation than inanimate objects. A Mr. P. B. Sibley, of Seneca, Mo., has just written me as follows:

“Within the last two years I have discovered that I possess a negative electrical condition of body which is developing rapidly, and by means of which I can feel the attractions or repulsions of all objects. I can feel the attraction of mineral veins thousands of feet beneath the surface, and can measure their depth approximately, and tell one mineral from another unerringly.”

3. *This life-aura or æther or vital magnetism is conductible.* Thousands of facts could be adduced in proof of this. I quote the following from a lecture of Dr. Buchanan, delivered in Boston:

“The transmissibility of disease is universally recognized. The proposition added by my discoveries is that *health is as*

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*contagious as disease, and the aura of physiological action is as transmissible as that of the pathological . . . The transmission of influence from one to another through conducting media was made the subject of a series of experiments in 1842, in the laboratory of Dr. David Owen, which was mentioned in a published letter by his brother, Robert Dale Owen, in the following language: . . . Of upwards of one hundred inorganic bodies, all were more or less capable of transmitting the nervous influence; but of these, metals and muscular tissue conducted best, and the latter with more rapidity than metal, while horn, bone, whalebone, tortoise-shell, beeswax, feathers, and silk, but especially horn, appeared to be non-conductors. Perhaps on that account, hair is the most suitable covering for the head—the central region of nervous action."*

Dr. Buchanan continues as follows:

"A person of the highest impressibilities is able, in touching the different regions of the brain, to feel and describe the exact influence and character of each organ. Mr. Charles Inman, brother of the distinguished artist Inman of New York, was taught in my office to make such examinations, and could describe with the most delicate accuracy the action of every organ of the brain in any one who was examined. He was my principal psychometer in making those investigations, which gave me a complete and minute map of cerebral organology. In making the most minute surveys of each convolution and its subdivisions he used a metallic rod, generally a pencil-case, as the conducting medium to receive the influence from the minute spaces to which it was applied, and thus perfect the most minute analysis."

4. *The magnetic or spiritual emanations can be seen by multitudes of people who have an especially sensitive development.* Reichenbach's sensitives distinguished numerous colors emanating from various objects, and every clairvoyant can bear testimony to the same fact. I have often with closed eyes, when in a peculiar and very quiet state, seen fountains of most exquisitely beautiful colors flowing to and from me. Many can see these with open eyes, and have seen them from their childhood, being in the habit of telling character thereby. Persons of high



moral and intellectual character have far more brilliant radiations than those of low animal appetites. On the top of the head, in the region described as the moral and spiritual, the emanations are a brilliant yellow, approaching a dazzling whiteness in persons of noble character. On the front or intellectual region they are blue, while at the base of the brain, in the affectional region they are red. Those of low animal propensities have the red clouded and almost black. Those of violent and ill-balanced impulses send forth fitful flashes of color, which show that their life-forces move discordantly, and explain why it is that disease and misery are their lot. The fluids emanating from the cerebellum are far more sluggish, coarse, and weak than those from the higher and front portions, and may be called *nervaura*, or the more especial nerve-force which constitutes the circulating element of the nerves, just as blood is the circulating element of the arteries and veins. The higher emanations of the cerebrum, especially the front and upper portion, may be controlled by the volition, and be made to greatly influence the rest of the system by controlling the *nervaura* of which the fulcrum and controlling centre seems to be the medulla oblongata. "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." This higher soul-aura, which may very properly be termed *psychaura*, constituting the great power of man over man, and of the mind over the body, seems to be totally ignored by Dr. Brown-Séguard and by medical scientists generally. They are too easily contented with the tangible and the visible, while the truth is, all power in the universe, all causes, all the safest remedies, lie with the invisible, the intangible, and the spiritual. Nothing but effects, and the lower grade of effects at that, belong to ponderable elements. Of this penetrating *psychaura* and its action at long distances, I shall speak more hereafter.



II. *Imagination and other mental faculties may greatly control the magnetic forces, but in their turn may be controlled by them.*

1. I have often thrown electric shocks from my brain to my feet and induced perspiration by my will-power. This flow of vital electricity vivifies and attracts the blood to the part desired, and so equalizes and strengthens the system. Without this fine soul-element to fire up the system, the blood would soon turn into clot, as it always does when it has been drawn off and left long enough for the life-aura to escape. Some can induce headache at will, by throwing their attention and thus their vital aura and blood to their front and upper head, and one of the best ways to induce sleep and animate the physical powers is to throw the eyes and thoughts upward and back towards the back head, which vitalizes the system. The eyes and vocal organs emit a strong magnetic aura, and aided by the volition this aura can be thrown from any part of the system, especially from the hands.

2. While *faith* in the magnetist, as in all other healers, will often aid in the cure of disease, yet so penetrating and powerful is the agency used that persons are often healed when denouncing it, or when they are totally unconscious of what is being done, until it is over. Babies are often cured, sometimes without being touched, and will stop all crying and show signs of joy. How much imagination in such a case? An old gentleman once walked ten minutes with me, when he turned suddenly around exclaiming, "What have you done to me? All my pains have gone since I have been walking with you." I told him I presumed he had taken some magnetism from me, as I felt somewhat more negative than before. At another time, I cured a lady's arm of rheumatism in about two minutes, at the very moment when she was calling magnetism a humbug. Two months afterwards she met me and said, "Magnetism is not a humbug, for my arm has been well ever since you touched it."



Surely faith had no part in her case. Dr. Wilbur, of Chicago, and myself went into a room together once, and in a few moments one lady was asleep without our touching her, and another had to leave to keep from being overpowered, although our thoughts were concentrated on a suffering patient entirely separate from either of them. I speak of my own experience as it is so vividly in my mind. Many others have had a more remarkable experience. I could speak of several cures which have been performed at a great distance from the operator. One case I will speak of as an overwhelming answer to the idea that imagination had anything to do with it.

"While healing in Syracuse, New York," says Dr. J. R. Newton, "a stranger who had just been cured asked me if I would go to Fulton, New York, and cure his wife, who had been bed-ridden for over three years, and unable to sit up during that time. I told him I could cure her without seeing her as well as to go there; and taking his right hand, I said: 'Keep your thought upon your wife; I will give her a shock like an electric battery, and with it her disease will instantly leave. She will arise perfectly well.' . . . This was on Tuesday. I lectured in Oswego the next Sunday, when Mrs. Rowley appeared in the audience, and came upon the platform and related the wonder of her cure; said she had never heard of healing at a distance before; that she received a powerful shock, and felt that she was cured."

As confirmatory of this, a lady physician of Ithaca, New York, has lately written me that she was present at the meeting in Oswego, and heard Mrs. Rowley's report, which she could easily believe, as Dr. Newton had wrought an equally remarkable cure on herself. Many similar cases from others as well as himself could be adduced.

3. Multitudes of cases of influence contrary to any knowledge or belief of the one influenced could be given. Lately, I met a German family of accomplished musicians who gave concerts. One of the gentlemen, possessing a strong will-power



and a fine magnetic presence, says he has often caused a person to stop and turn around, at a distance of forty yards in front of him, while his sister once stood at a distance from an orchestra which was rehearsing, and by her strong will-power threw them in to confusion and caused them to make ludicrous mistakes. Several others have told me they could use their will-power silently while well and magnetically strong, and cause people to do as they wished without uttering a word. When they became feeble and demagnetized, this power would leave them. I will quote an account given by Mr. J. H. Mendenhall, in the *Religio-Philosophical Journal* of March 7th, 1874, of an experience while he was a magnetist: "I was sitting alone in my father's house, outside of which, some four to six rods distant, was a young man perhaps some twenty years of age, who was standing upon and chopping a large log for firewood. I thought to try my magnetic powers and make him go into a magnetic sleep if possible, by concentrating my will upon him. Without his knowledge of my being present on the premises, I began the mental process, which resulted in his yielding to my power, his movements with the axe fitting themselves regularly and gradually to the motions of my mind, or will, until he ceased chopping with the axe uplifted, having no power within himself to bring it down. On approaching, I found him magnetically asleep, subject to the further demands of my will."

This brings me to the next general heading.

III. I propose now to show that *in the mysterious phenomena already alluded to, as well as in many of the most important laws of life, the theory of a magnetic life-fluid alone can explain them.*

1. *There seem to be two styles of this subtle etherium, or at least two laws of motion which rule everywhere, one of which gives the effect of heat and the other that of cold. The warm, positive principle which has been termed fire, or when in a more refined form magnetism, or when still more refined and*



penetrating, vital magnetism, is the element of *repulsion*, and predominates in the acids. When this element prevails too much in the human system, fevers and inflammatory disease will prevail. The cold, negative principle, the element of *attraction*, which exists in its crude form in ice or cold water, appears in a more subtle and potent form in *electricity*, and in a still superior form in vital electricity. It predominates in the alkalies. When this vital electricity prevails too much, it brings a tendency to chills, paralysis, and chronic diseases. The equal or nearly equal combination of these two laws of power, is necessary to health and harmony in both the animate and inanimate world.

2. Every human being combines both vital magnetism and vital electricity, which constitute the life-aura. This is the connecting link between the soul and body, the medium through which the mind thinks in connection with the brain, and the vivifying principle of both the voluntary and involuntary forces.

These are not mere assertions, but facts founded on clairvoyant observations and on experiment.

3. If any one thinks there is no real *clairvoyance*, as Dr. Brown-Séguard seems to think, he is evidently unacquainted with the multitudinous facts of this subject, and also unacquainted with the laws of the fine life-forces. How can we see with the natural eye? Through the medium of light. How is it we can see right through such substances as glass and water and air? Because the vibrations of light interpenetrate them. Now suppose that at certain times we can get our brains charged and in rapport with a finer light than that of the outward world, a kind of light so fine that it can interpenetrate all substances, then what shall hinder us from seeing through all substances? The actinic rays of light are too fine for our common outward vision to perceive at all, just as there are octaves of sound too refined for our coarse outward ear; but is it to be supposed that the Creator perpetrated such a mockery as to



produce the very highest glories of sight and sound, and then give us no faculties for perceiving them? I have no room here to quote the thousand facts that could be brought up to prove the existence of these powers. The world has probably never instituted so exhaustive a series of experiments as were carried out by the committee of the French Academy from 1826 to 1831, when they decided in favor both of animal magnetism and clairvoyance.

4. *On the old plan which ignores the vital aura, it is utterly impossible to answer rationally a great many questions that are constantly occurring.*

5. *Thus, how is the contraction and expansion of the muscles brought about? How do the motor nerves exert such power? Dr. Brown-Séguard says the nerve-force can cause a vibration of the nerves. But what has mere vibration of nerves to do with muscular contraction? Cold is the element of contraction, as heat is of expansion. Now suppose the mind aided by positive and negative poles of the body, when wishing to contract the muscles and move an arm, should shoot out the subtle electrical fluid which is the cold negative element, or the magnetic fluid when it wishes to relax the muscles again. Is it not evident that such causes are adapted to the effects?*

6. *Dr. Brown-Séguard shows that there is greater vitality in America than in Europe. Why? The Europeans are more fleshy and their muscles harder. The greatest strength does not come from the hardest muscles as is popularly supposed, but also from the activity of the soul-forces, the vital aura which fires up the body with strength and life. On the same principle woman lives longer than man, as statistics show, and must have more vitality in spite of all her weaknesses.*

7. *Why do many wealthy persons have the absurd passion of kleptomania? Why do some have an irresistible impulse at times to kill and destroy, or possess any other insane impulse? Dr. Hammond, lecturing before a body of eminent New York phy-*



sicians a short time since, showed that a certain gentleman threw oil of vitriol on several ladies' dresses without any possible motive, and then paid for them afterward. Why couldn't he give some philosophy of this strange conduct, and suggest some cure? Because his medical associates generally ignore craniology and also vital magnetism. Suppose he would admit that in a certain region of the brain, destructive and energetic impulses are generated, and then suppose that he should be informed that too much of the magnetic aura collecting there had caused over-heat and inflammation of the part, thus creating a morbid action of his destructive propensities. Would there not have been some explanation of his condition? Then suppose we should pass off this extra heat, and cool off the diseased portions, and give him a supply of healthier magnetism. Would not that have been the way to reach causes? I am not talking mere theories now, but am describing what can actually be done and what has often been done.

8. *How is it that one person can psychologize, and often control another?* Because his magnetism and strong will-power can overcome the magnetic forces of the other man, and for the time being rule in his brain almost the same as in his own. Dr. Brown-Séquard speaks of a case which he thinks disproves the power of Magnetism. On the contrary it is one of the greatest proofs of its power. A Mr. John Hunter employed a magnetizer to treat him, but meantime fixed his mind intensely on his own big toe, to see if he could offset the magnetist's work. It seems he succeeded, and then ignorantly laid his work and the mesmerizer's work to imagination. It simply amounted to this: John Hunter threw his own magnetic forces to his feet by the aid of his will, with greater power than the mesmerizer could charge some other part.

9. *Who can explain nervous irritability on the old plan?* When from some disturbing cause, or lack of exercise or right living, the motor nerves which control the muscular system become in part demagnetized, and the vital aura goes from them



to the nerves of sensation, the action of the latter becomes more intense, while the former are weakened.

10. *How is it that one person can take on the sickness or suffering of another?* This question is totally beyond the anti-magnetic theories to answer? Dr. Brown-Séquard instances the case of the mother taking on the suffering of the child whose fingers had been almost crushed by the shutting of a window. Such cases are very common. A negative sympathetic person will often take on the diseased or distracted magnetic flow of other persons, and undergo a vicarious suffering for them, often relieving the other persons entirely. By knowing how, most persons can throw off the ill-balanced aura thus received by means of their will-power, or by bathing or using some acid on their hands, but some suffer for months. Last year a magnetist called at my office considerably lame. I asked him how he became so. He said that about two weeks since, while in a very negative condition, a lame man on crutches was talking with him in Newark about being treated. While they were talking the magnetist received a violent shock, became so lame he could scarcely walk, while the lame man lost his pain and his lameness. The magnetist was rendered helpless for many days, but the patient who had been so rapidly cured did not dream of paying him anything.

11. But there are very many other points that could be adduced to show how easily the ordinary phenomena of life can be explained on this theory, which are quite mysterious on any other plan. Dr. Brown-Séquard's lectures are rich in facts, for which I thank him, but poor in the philosophy of these facts. *On his theory how can he explain the insensibility to suffering evinced by the Convulsionnaires of St. Medard which he mentions? How account for the stigmata or other strange phenomena which he vaguely attributes to imagination? How account for the many cases of general debility of which there is no visible cause? How account for the fact that some persons are made sick by being in the same atmosphere with another, and some well? How account*



*for staturvolence which enables a person at will to render any part of his body insensible to pain? How account for horses being controlled in many cases by simply breathing into their nostrils? How account for Psychology, Psychometry, Mesmerism, and the control of mind over matter? Why does the Doctor ignore the universal law of positive and negative forces, and say the left side should be used in the same way as the right side? What is the law of insensible perspiration, and what induces the process of absorption? What is it that moves outward from the brain in the motor nerves, and what inward to the brain in the sensor nerves, and what causes these movements?*

12. But a hundred other things could be asked which would have to be answered by simply calling them *mysterious*, on his basis. Why not seek the causes of things? How many grand new truths will ever be gained by walking in old ruts? Why disparage Homœopathy? This and every other school of medicine has its side of truth which is of great value to the world. Shall we not aim to be cosmopolitan in medicine, in religion, in politics? Why ignore and treat the magnetists with a sneer? They deal more in the fine life-forces than all others combined, and power lies with *fineness*, not with the coarse elements. But "Physicians unfortunately are biased. Their bias prevents progress," said an eminent lecturer.

IV. *I wish to show now that disease can be cured more powerfully and rapidly by wielding these subtle life-forces, than by other methods.*

I. The reason of this is that *by controlling these forces we control that which controls everything else, and come to the fountain head of power.* All medicines owe their power to the fine odyllic forces that emanate from them, but these emanations are far less safe and subtle and powerful than those which emanate from human beings who are at the top of the scale of refinement, combining both spiritual and material forces. Drugs not only emit a far coarser style of power, but often leave a sediment behind, as well as a discordant element which in the end induces worse diseases than those they were intended to cure.



2. Dr. Brown-Séquard considers it a *triumph over Homœopathy* that his practice can sometimes cure PARALYSIS by means of strychnia. But a good magnetist can either cure or relieve nearly all cases of paralysis without putting any such poison into the system. I have the record of many cases of paralysis which, after defying the power of medicine, have been completely cured by vital magnetism, and that sometimes in one treatment. The fine piercing life-element goes all through the system, causing a powerful perspiration and a glowing warmth which, unlike the coarse heat of fire, remains with the system as a part of its life power.

3. FEVERS are often broken up in a single magnetic treatment, and some magnetists acting on impressible patients, have turned a hot fever into perspiration by a simple sweep of the hand.

4. NEURALGIA, and NERVOUS DISEASES generally are often cured like magic. The vital forces having become ill-balanced often need only a fresh tide from a magnetist's hand. Often a friend having but little magnetism manipulating the epigastrium, spine, and head, can produce a better cure than any drugs could effect.

5. TUMORS, CANCERS, and general VASCULAR DIFFICULTIES are often cured most rapidly by the vitalizing power of magnetism.

6. CHRONIC RHEUMATISM, and other dormant conditions of the system, are cured with wonderful power by the magnetic fire. I know a lady magnetist who can impart either the hot or the cold element, can draw three kinds of blisters, and can send electric shocks of great power through a person by her hand. A strong man fainted at her touch, and I was nearly thrown out of my chair when her hand touched my spine. Persons have at times been brought to a magnetic physician on a bed, and in a few minutes have been sent dancing around the room. Some who heal mainly by psychological power do not make as permanent cures as they would if they gave them more magnetism. When a patient receives a supply of fresh life-



aura from a healthy magnetist, it becomes a part of his own life, and should be the most enduring influence possible to be given.

7. INSANITY and BRAIN DIFFICULTIES generally are treated with wonderful power by the magnetist. A lady in Chicago, given up to die by some of the best physicians, and requiring four men to hold her, was cured in two treatments by Dr. Grosvenor Swan, now of Hartford, Connecticut. She became as quiet as a lamb as soon as her forces were equalized by a fresh supply of magnetism. One most violent case of insanity, considered hopeless, in Michigan, was cured in five minutes by a magnetist.

8. MEDICAL BARBARISMS. Dr. Brown-Séguard speaks of the terrible suffering which he had to inflict upon Senator Sumner—the fierce burnings which he gave him as counter-irritants. He gave him moxas, which he admits cause “the greatest suffering which can be inflicted on mortal man.” The Doctor seems to be a gentleman of tender feelings and noble sympathies, and now, in the name of Humanity, I would beg of him never again to perform such a barbarism on the quivering flesh of any poor suffering fellow-man. Magnetic action is as much more powerful than any moxas, as thunder is louder than a whisper. We can set any part of the system fairly on fire by magnetic friction, and this kind of fire is exquisite, penetrating, enduring, and delightful. Instead of destroying the nervous action as do hot irons, it tones up and animates the whole system. Alas for the misery of the *bad* old times. Romance says the good old times, but truth is better than romance. When the physicians didn’t succeed in poisoning the long-suffering patient to death by powerful drugs, they would bleed him, burn him, blister him, prick him, cup him, leech him, lance him, vomit him, insert setons, and make themselves as disagreeable as possible generally. The trouble of it is that too many of these barbarisms are still in use, because our doctors, following in old tracks, remain ignorant of the better ways. Even now, if a person has a tumor, the surgeon is very apt to cut

it out, thus removing the effect, not the cause. The magnetist first scatters the swelling, and then so vitalizes the blood as to throw the impurities out of the system and build up healthier tissues. But my article is growing too long, and I hasten to the next heading.

V. I have space for only very *brief rules for magnetic treatment*. Having developed this subject more fully in a late work,\* it is not necessary to enlarge upon it here.

1. Make passes from *heated or inflamed parts*, toward the extremities or cold parts.

2. Give a new tide of life to *cold negative parts*, by holding, rubbing, or spitting them.

3. Place the *right hand*, which is positive, on the hot part, and the *left, or negative hand*, on the cool, on the principle that forces flow from positive to negative. Reverse this order in thoroughly left-handed persons.

4. If the system is *dormant*, as in *Chronic Rheumatism, Paralysis*, etc., *upward* movements are very important as assisting the *capillary* action. Pass up all the limbs and spine, but avoid upward passes near the head. Vitalize the back-neck, and shoulders thoroughly, make passes from the hips upward diagonally to the shoulders, and animate the portions back and front of the ears thoroughly.

5. When *Liver, Stomach*, and general *Visceral system* are torpid, knead them thoroughly, without causing too much pain, but especially make a large circle over them, moving *up* on the right side over the ascending colon, across over the liver, stomach, and spleen, and down on the left side over the descending colon. This is admirable for *Costiveness*, and should be practised several minutes each night and morning. For *Diarrhæa*, move in just the opposite direction.

6. The *Solar Plexus* which is at the pit of the stomach is the most important nerve centre in the system. If it is cold and in-

\* The Health Guide.



active, hold the hands over it: if too hot, make outward passes and scatter the heat.

7. If there is *Inflammation* at the *Lungs, Heart, Kidneys, etc.*, do not manipulate directly over the place, but at a little distance off. Also make outward passes.

8. For *Head Ache*, hold right hand on forehead, left hand on back head or neck, and especially make downward passes over the side and back-neck, rub the feet and hands, etc.

9. *Automany*,\* or *self-manipulation*, though not equal to a true magnetic hand of another, is capable of accomplishing wonders, if persevered in. Practise it daily.

10. *To tone up the muscular system*, rub thoroughly the upper back head, and just below the neck over the brachial plexus. Also make passes from the cheeks to the upper back head.

11. *To quicken a dull intellect*, rub the forehead, brows, and temples. *To animate the moral powers*, rub the top and front head. *To scatter extra heat in the passional region*, pass from the back head and neck, down the shoulders and arms.

12. For *Convulsions, Apoplexy, Sunstroke, etc.*, rub the back head and neck and spine powerfully, heat the feet, pour water hot as can be borne for five minutes or more on the back head and neck, etc.

13. When the magnetist arouses a dormant system, do not be alarmed if you feel worse for a while.

VI. I must close this fragmentary article by giving some *brief hints as to how to develop magnetic power.*

1. Cultivate a true and pure life, avoid low aims and gross companions, and seek the true refinement that comes from goodness and sympathy for others. It is impossible to gain the finest and most penetrating aura and live a base and selfish life. It should be remembered that this vital aura partakes of the nature of both soul and body. A low nature can treat only low people as a general rule.

\* Au-toni-a-ny, from *autos*, self, and *manus*, hand.

2. A few treatments from a good magnetist would greatly develop your magnetic force and invigorate the physical system.

3. Take much out-door exercise, have clothes sufficiently light colored to transmit the sunlight to your body, sleep with head to the north or northeast, to be in harmony with the earth's magnetic and electric currents, eat fruits, vegetables, and cereals, far more than meats, avoid tobacco, spices, liquors, and all dehasing stimuli, take a hand bath in cool water with automany on rising and brief automany on retiring.

4. Sit every night in a quiet easy position, with eyes closed and mind as negative as possible, for at least half an hour, remaining receptive to the great ocean of fine spiritual atmosphere about you, and with silent prayer seek for higher influences. "Every good and every perfect thing cometh from above." On pursuing that course my head has become so electrical that I have not dared to place my hand upon it. This is a refining process and may cause some suffering for a while, but it is the pathway to power. If, after sitting in this way a few days or weeks your head receives no pressure of electricity, you had probably better not attempt to become a professional magnetist, as you would be liable to become exhausted in treating others continuously.

I have thus imperfectly explained these finer laws of life, and these subtle forces which, as several medical professors have admitted to me, must rule in the therapeutics of the future. In treating of them I have endeavored to show—

1st. *That the leading medical men of the day do not comprehend the true basis of psychical and physiological action :*

2dly. *That their opposition to the vital magnetic forces comes from a lack of both thought and investigation :*

3dly. *That by means of them we can explain the philosophy of life far better, and cure disease more rapidly, pleasantly, and powerfully, than by the old methods ; while*

4thly. *I have given a few fragmentary rules for wielding them and attaining greater power in them.*



Already hundreds of magnetists have taken the field, and are testing this new plan of human upbuilding practically. It differs from other methods of cure by combining both the psychological and physiological forces, and thus takes hold upon causes. In imitation of Christ, we should become true psychophysicians, building up both soul and body together to permanently bless the world, and not be satisfied with being mere physicians, or mere metaphysicians. Psychophysics must in the future become the science of sciences. Would to God that men might cultivate that supreme love of truth that would raise them above every wrong bias of early education and every selfish consideration. The dear suffering people, weeping, moaning, sick, badly born, badly reared, almost discouraged with life, cry aloud for higher truths, and for nature's beautiful laws. Let us, then, to whom they look as their teachers and helpers, "prove all things," "hold fast that which is good," abjure old prejudices and old miseries, and lead them upward into a more joyful life.

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## MISCELLANEOUS ITEMS.

THE NEW YORK LEGISLATURE has had the folly to institute penalties against the medical practice of any persons who may not have graduated at some medical college, although Prof. Barker has admitted that "there is as much quackery *in* the medical profession as *out* of it," and many other eminent medical men have declared that the so-called medical science of the day "is not a science and nothing like a science." Prof. Gregory, becoming disgusted with medical theories, exclaimed, "Gentlemen, ninety-nine out of every hundred medical facts are medical lies, and medical doctrines are for the most part stark, staring nonsense." Then why shall physicians get together



and be so cowardly as to *urge legislation against others in order to protect themselves*? Let them not speak of cases of malpractice which they may have discovered in water-cure treatment, or other methods, for the cases of malpractice that have come under my own notice in what is called the *regular profession* are perfectly fearful. There are plenty of M.D.'s that cannot heal one-tenth as many of their patients as the ordinary magnetists. A similar style of bigoted legislation was attempted in Michigan, Illinois, Wisconsin, etc., but those States have shown a more enlightened spirit of freedom, and have put such States as New York and Ohio to shame.

FROM SELF-CONFESSIONS, *or Forty Years of Life of a well-known Physician.* Leipzig, 1859.

"Two-thirds of humanity are medicine sick, from having taken too much medicine. The predilections of many physicians to give very active metallic salts have changed the bodies of many into a mercury and antimony mine, which in form of illness, chronic debility, and sensitiveness daily manifests its poisonous effects."

GRAND WORDS FROM PROFESSOR D'AMADOR, *one of the eminent medical men of Europe.*

"The most active agents in nature are imperceptible entities which, like electricity, magnetism, heat, and light, have neither odor, savor, color, volume, dimensions, determinate shapes nor definite proportions. . . . It remains to be proved, in order to trace the complete scientific circle, that the therapeutics of forces, the dynamic therapeutics, the vitalist therapeutics (for they are all the same), are likewise of all possible therapeutics, if not the only true, at least the speediest, the surest, the most appropriate, and in the vast majority of cases *the most efficacious* of all therapeutics; that they are the most rational in theory and the most successful in their practical application; that they alone ought to be, that they alone are able to realize the three grand conditions that Celsus, even at the early period when he flourished, demanded of all useful therapeutics, to cure disease quickly, certainly, and agreeably. In a word, it remains to be



proved that if there be a dynamical, a vital physiology, hygiene, toxicology, and pathology, there ought to be a therapeutics of a similar character." (*Bulletin de la Société Homœopathique*, p. 131 of 2d vol.)

#### THE HUMAN SYSTEM A WONDERFUL GALVANIC BATTERY

Dr. H. H. Sherwood published in New York in 1842, a work called the "Motive Power of the Human System," which shows by a remarkable series of scientific experiments, that the human system is a marvellously arranged galvanic battery under the control of positive and negative forces, and has pointed out the position of the positive and negative poles in all parts of the system. The largest pole is in the centre of the brain (the third ventricle); the second in size is one in the hollow of each foot; the third is one in the palm of each hand; the fourth in size includes two positive poles in Causality (one on each side of the front head), two negative poles in Amativeness, and in the heart five poles; lungs, two; stomach, two; kidneys, two; testes, two; ovaries, two; vagina, two. Those of the fifth magnitude are, in the liver, two; spleen, two; pancreas, two; solar plexus, two; uterus, two; ilio-cæcal valve, one. Those of the sixth magnitude are in the *joints*, and those of the seventh are in the eyes, the phrenological organs, ganglions of the spinal nerves, and in the angles or convolutions of the intestines. Those of the eighth magnitude are in the skin. This work was beyond the comprehension of the physicians of his day, and has gone out of print, but I expect at some future time to give to the world his leading ideas and experiments, and thus throw new light on the philosophy of life.



### 3. Food.

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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.

	Carbon.	Hydrogen.	Nitrogen.	Oxygen.
<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.\*

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\*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

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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.

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### 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.

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## 5. Clothing.

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**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.

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## 6. Baths.

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**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, Hoinœopathists, 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.

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## 7. Magneto-Gymnastics.\*

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**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

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\* 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



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.

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## 8. Rules for Magnetizing.

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### 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

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\* 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. Belknap, 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 inpressible 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 psychonist 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.

vi. *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.

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## 9. Psychomany.

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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-



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.

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## 10. The Family.

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**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, hooping-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

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