

THE BOOK

—OF—

Complete Membership 

IN THE

 Ralston Health Club.

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IN FOUR PARTS.

- PART 1. The Nine Great Laws of Nature.
- PART 2. Massage and Ralston Movement Cures; and
a Complete Course in Physical Culture.
- PART 3. The Ralston Special Cures.
- PART 4. Local Ralston Clubs; Constitution and Charter;
The 200 Year Club; and Members of 100th
Degree.

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Re-written and re-arranged for the PLATE EDITION of the
Ralston Health Club, known as the Fourth Edition
of General Membership.

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This Book of Complete Membership in the
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Miss Carolina Staffer.....

Whose General Membership Number is *9475355*

Whose Inside Membership Number is *D. 20 355*

And Whose Complete Membership Number is *1620,355*.....

— — — — — **IMPORTANT NOTICE.** — — — — —

IT is necessary for every person holding a Membership in the *Ralston Health Club* to have a fixed CLUB NUMBER, which must never be changed. Upon receipt of this book write your name and numbers in the above blank spaces, if they have not already been written there.

In order to make sure that your name and numbers agree with our records of the same, it is necessary for you to notify us at once stating them carefully.

As you are now a Complete Member of *The Ralston Health Club* all communications to us should be accompanied by your three numbers; and all business or social letters should have the three numbers on them, one on each line. It is not necessary to state what the numbers are for, nor to repeat the names of the membership. State the numbers only. If you have gone beyond the fifth degree, state the three numbers and then the degree you have reached. This is your coat of arms. Get a printer to furnish you an elegant design; any printer will do them for you for the same price, including paper, that you would pay for the paper alone at a store. Those who can afford it should have the numbers engraved in steel or stone. The degree may always be written. Some members get a little rubber stamp made. It costs about 25 cents.

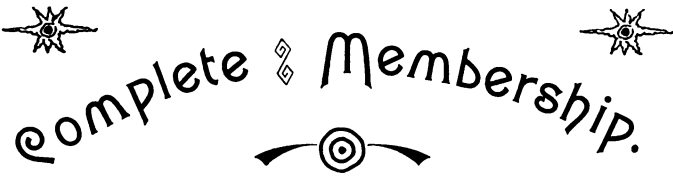
The object of writing or printing your club numbers on your letter paper is to enable you to find out other Ralstonites, and to be found out yourself. This will bring you friends and often aid you in many ways. There is no country on the globe where Ralston Club members are not found. In the next year or two they will be found in every town and village. In travelling or at home you may need their advice, assistance, friendship or influence. Therefore always have your three CLUB NUMBERS and degree on every letter you write, no matter to whom you send it. If you do not get them printed, write them.

Miss Carolina Staffer, 748, T. C. S. C.

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(RECAP)

The Ralston Health Club.



MOTTO:

“PERFECT HEALTH.”



PURPOSE:

“To Establish a New Race.”

YOUR COMPLETE MEMBERSHIP

NUMBER IS Of 20355.....

BREVITY.

“ In this age of many books and much verbosity, brevity is of financial value. The Ralston Book of Complete Membership, because it is not verbose, is more important than if it contained ten thousand pages of the usual kind of medical works.”

INTRODUCTION.

The Ralston Health Club consists of three books. The first is known as the Ralston Health Club Book of General Membership ; the second as the Inside Membership ; and the third as Complete Membership, and is the present book.

The price of all three of these books is six dollars, but by paying one dollar for the first book and taking degrees as active members, the other two books and an entire course of training and philosophy, if desired, may be had without expense.

General Membership is designed for persons in good health ; Inside Membership contains certain private treatments for the cure of disease, either special, or too general to be classified. The peculiar privacy of the treatment forbids its full publicity. This course has been pursued in order to protect our members. Complete Membership has for its objects the cure of special diseases, the organization of Local Ralston Clubs, and the highest enlightenment of advanced Ralstonites in hygienic knowledge.

The present book will be divided into four parts :

Part I. *The Nine Great Laws of Nature* ; designed by the Creator for the cure of disease ; and as safeguards against illness, and, under certain conditions, possibly death.

Part II. (a) *Massage and Movement Cures*. In this work will be found the curative processes of Massage and the

Ralston Movement cures, arranged for the first time in practical form, and adapted to the needs of all classes of people.

(b) *The Ralston School of Physical Culture*, in four courses : HEROIC ; HYGIENIC ; PSYCHIC ; and AESTHETIC ; giving every exercise and every movement in detail as taught in the Physical Culture Department of the Martyn College of Washington, D. C. This course is acknowledged everywhere to be superior to all other methods of physical culture and is fast supplanting them.

Part III. *The Ralston Special Cures.*

Part IV. (a) *Local Ralston Clubs* ; and how to organize them. (b) Charter, Constitution and By-Laws of Local Ralston Clubs. (c) The 200-Year Club. (d) Members of the 100th Degree.

PART ONE.

THE NINE GREAT LAWS OF NATURE

designed by the Creator for the cure of disease ; and as safeguards against illness, and, under certain conditions, possibly death.

What these laws are, will not be stated here as laws ; that will be reserved for the more profound study of "*Our Existences*," which is reached in the 100th Degree. The exercises which carry these laws into effect are given under the following heads :

1. The First Law : OXYGEN.
2. The Second Law : GLAME.
3. The Third Law : MAGNETISM.
4. The Fourth Law : HEAT.
5. The Fifth Law : COLD.
6. The Sixth Law : GRAVITY.
7. The Seventh Law : MOTION.
8. The Eighth Law : ENERGY.
9. The Ninth Law : SPEED.

That the importance of these laws has never before been recognized is due chiefly to a lack of investigation into the first great causes of life. Physicians and scientists devote all their time to the discovery of disease and its origin, and then seek to destroy the disease by chemical agencies. That their success has been limited is seen in the fact that life and health are in more peril to-day from the attacks of disease than two thousand years ago. The intelligent man or woman knows more of health than the scientific doctor, and outlives him. Intelligence discerns between the profound microscopical dis-

PART ONE. RALSTON COMPLETE MEMBERSHIP.

coveries of great physicians and their *practical application to the cure of disease*. While the knowledge of germs and tubercles, and bacilli is profounder than ever before, people are dying just as fast, and quacks are thriving as much as ever on the sale of patent drugs which break down the battlements of the body.

If medicines ever offer temporary relief (and they never cure permanently) such relief must come through the agency of one or more of the Nine Natural Laws. We assert and are prepared to prove that no disease can be cured or checked except under these laws. They are Nature's first, last, and only laws of life and health. Through the operation of these laws we obtain life, by their aid we increase life; and it would be absurd to suppose that disease could be cured by any agency foreign to the sources of health.

The Nine Laws will be fully explained in the present pages, and their application to the cure of disease and the prolongation of life will appear in Parts III and IV of this book.

THE FIRST LAW: OXYGEN.

Without oxygen fire cannot burn, and life dies. It is obtained from food, air and water. A person who follows the general directions given in the chapters on food in the first volume of the Health Club, will obtain sufficient oxygen from that source.

Water is essential to daily life; but few persons understand its importance. By its movements on the earth all the great processes of larger Nature are possible. Heat causes the water in the form of vapors to rise from the ocean; the winds waft the vapors landward; cold condenses them into clouds and rain drops; gravity brings the raindrops down upon the mountains, plains and valleys, and onward in rivers to the ocean, whence they rise again; and all the while the land and

all its life have used the ever moving fluid and given it upward to the clouds. Moving water is the mechanism of life. It cleanses the body in and out ; gives opportunity for the operation of all its functions ; and carries off waste matter and impurities, while carrying on life.

We do not drink water enough ; pure, clean cold water. For instance, a man who had skin eruptions and had tried in every way to cure them, even to the proper reduction of carbonaceous food, was found to have no thirst for water except while eating. Under the Ralston directions he cured the skin disease. These are as follows :

Every person should drink a glass or half glass of water immediately on arising in the morning, and on waking up from any sleep during the day. Hot water, as hot as can be taken without burning, is best for sluggish livers. A few drops of lemon juice will be beneficial if relished. The first drink of the morning, or after any sleep, should be unmixed ; except as just stated. Tea, coffee, milk, beer or other liquor, will not only fail to accomplish the good desired, but will also do considerable harm.

Just before retiring for the night, or taking a sleep during the day, a glass of cold water is highly beneficial.

A heavy dinner should commence with hot soup. People may drink all they please while eating, if the stomach is not crowded. The old theory is the reverse of this.

Oxygen from food is best taken in four or more light meals daily than in two or three heavy meals. A stomach long empty becomes weak and incapable of digestion ; and makes the body a prey to contagious diseases, as well as to the dreaded neuralgia. Exercising on an empty stomach in a pure atmosphere may be all right for a short time ; but a bite of crackers and cheese is safer. No person should go out in the early morning or in the night air without food in the stomach. The old theory that the stomach should have rest is not borne out by experience. Of course no person should eat after a sufficient supply has been taken ; but it is clearly

PART ONE. RALSTON COMPLETE MEMBERSHIP.

established that the stomach can work twenty-four hours daily for an indefinite time, if no more than the proper amount of food is consumed. The action of the stomach is automatic, or involuntary, like that of the heart and diaphragm, and consequently never grows fatigued from constant use. Rest weakens the stomach as it does the body. Use strengthens it.

Good health may be preserved in the following habits of eating and drinking, subject to the Four Cardinal Points of Health :

On arising take the "Morning Exercise," as given in the Book of Inside Membership. If breakfast will not be ready for an hour or more take a glass of milk and one cracker ; or a bit of cheese, two crackers and some fruit. If hungry between meals take some lunch, or a slice of graham bread and butter and a very small piece of cheese. Take three regular meals daily and as many lunches as you crave, but never take cake, pastry or confectionery on an empty stomach. Just before retiring take a slight lunch followed by a glass of water. If coffee, tea, beer, liquor or other *poisons* are to be taken into the system, always delay this folly until eating a full meal in which mashed potatoes are first heartily eaten.

Air contains oxygen of such ease of acquirement that the effect of full breathing is readily seen in every part of the body. Stagnant air is devoid of good GLAME. Moving air upon which the sun has shone in the summer,—or *is* shining in the winter,—is full of GLAME. However, if such air is not available, obtain the oxygen wherever you are. Full, deep, inaudible respiration while exercising, will bring good results. For this purpose the course of training in Physical Culture, which appears in the present book, is specially valuable. The most important work on the subject of acquiring health through oxygen is Shaftesbury's work on Deep Breathing*. Whatever else you do, never take artificial oxygen.

*A Complete Course of Lessons in Deep Breathing, \$1.50. Address, Webster Edgerly, Box 291, Washington, D. C.

Physicians who are honest often recommend it ; and have it on tap, stored away in large tanks, from which it is breathed. It is deorganized oxygen and lacks GLAME ; its use develops weak lungs. Nature keeps her oxygen, in a proper mixture with nitrogen, ready for use in a natural way. The trouble is people do not breathe enough pure air. Surprising as it may seem the majority of humanity require fully *five times as much air as they breathe daily*. What are you going to do? Do you want health? Get air. Get it pure. Get it by exercise. Get it with GLAME.

THE SECOND LAW : GLAME.

So much has been written on this subject in the General Membership Book of the Ralston Health Club that we need advance but two special methods of acquiring GLAME ; although the many uses of this agent in the cure of special diseases will be found in the present volume, in Part III. Experiments show that pure red pepper, known as cayenne pepper, contains a large abundance of concentrated GLAME. Its use in destroying the germs of La Grippe, Malaria, Cholera, and other contagious diseases, shows its wonderful power. Much will be said of this in subsequent pages.

RAIN.

There is sun above the clouds. The rolling vapors draw the purest GLAME from the higher atmosphere,—from the pure sunlight itself,—and bring it to earth. Vapor that rises from the salt ocean or the filthy sewerage is pure water. Nature's distillery operates to raise the pure only to the sky. Every particle of vapor that floats upward is a tiny drop of water carried by the heat and warmth of sunlight, and even if it falls at night it has sailed in the sky by day, where sunshine has charged it with GLAME.

Walking or exercising during a gentle shower of rain or fall of snow, if the wind is not too strong or cold, is sure to redden the cheeks, soften the skin and invigorate the lungs

PART ONE. RALSTON COMPLETE MEMBERSHIP.

and general system. Great precautions should be taken not to get the body wet. The Ralston wet weather dress will be discussed in the "Cure of Colds, and how to avoid them," in the present work ; and the method of getting GLAME from the air during a rain has already been stated in the Book of Inside Membership. Let us avoid disputing this claim of health, until it is tried. Persons who have caught cold, or whose friends have died from exposure to dampness, will persuade themselves that it is foolish to seek health in the rain. *The facts are too plain and the benefits too decided to be a question of dispute.* Try it, and keep the feet, limbs and body dry. The air is never so pure, and the ozone and GLAME never so abundant, as during falling rain.

THE THIRD LAW : MAGNETISM.

From oxygen to GLAME, and from GLAME to Magnetism is a natural order of progress. Nerve power may be made so decided that all the functions of the body will be in such a harmony of strength that disease can no longer retain a foothold. We have seen persons of feeble constitution, whom medicines only made worse, take a new lease of life by practicing the exercises of natural magnetism, which are found in the 10th Degree Book called "The Mechanics of Personal Magnetism." This book is given to all 10th Degree members.

There is no doubt that Natural Magnetism may be acquired. By simple chemicals, by friction or by mechanism, men get electricity from the air and objects about them. Why cannot the body generate electricity in itself by similar laws? It has been proved not only possible, but also a matter of every day occurrence. Magnetism is but the *use* of electricity.

∨ We warn all Ralstonites and all other persons to avoid taking mechanical or chemical electricity from apparatus. It is injurious to the acids of the body. All magnetism must be *natural*, and this can only be generated *in* the body, and by

the processes of the body. Thousands of people have purchased so-called electrical apparatus to wear in belts, or to apply in other ways; not knowing that such electricity, if ever developed, travels on the surface of the body. Any benefits so received are due to the imagination, which some people call faith-curing. Such faith is short-lived. Never take artificial magnetism or electricity. As soon as you reach the 10th Ralston Degree you will be entitled to the four dollar book on magnetism, free.

THE FOURTH LAW: HEAT.

It is difficult to say why so many essentials of life are required by Nature; yet the withdrawal of any one means disease and death. Water to move and heat to make it move,—this is the story of the world. The tendency of heat is upward. Every particle of vegetation that rises to find its place in the plant or tree is carried upward in a drop of water; but this drop would never start if heat were not in it.

The human body is a furnace of heat chemically burning. The blood's temperature is placed at 98° when normal. How hot this is can be realized when the atmosphere in the room, or on a shady street, registers 98° or even less. The rise of a single degree of temperature in the body is exceedingly uncomfortable; while a few degrees rise brings death.

Warmth always moves toward cold.

This law is inevitable.

The body generates its heat in its centre; but in order to draw this heat to the surface the latter must be colder than the body. This is so. If the air at the surface is as warm as at the centre there can be no outward movement of heat from the centre to the surface; hence life must be retarded. This is true not only in theory but in practice. That life is the most vigorous where the contrast between the temperature of the body and its surrounding atmosphere is the greatest.

To seek this contrast is the duty of every Ralstonite.

PART ONE. RALSTON COMPLETE MEMBERSHIP.

The application of heat to the surface of the body is injurious, except in the case of a crisis in disease ; or unless the skin needs cleaning. Hot rooms in winter, the hot sun in summer, toasting the feet, and other ways of surface heating are in direct violation of this great law of Nature. With a proper balance of food, with an intelligent code of Physical Culture, with a cold, crisp atmosphere in which to exercise,— these are the means of filling a Ralstonite's heart with joy. A body whose surface has been weakened by long exposure to warmth will catch cold if inactive while in a cold atmosphere ; therefore care should be taken to avoid danger, until the health has become vigorous. A person who catches a cough by being in the cold air, or who takes a rain bath with unpleasant results, will discard both forever, and advocate hot rooms and dry, consumptive atmosphere. The denser the ignorance of people the more decidedly they reject the best things in Nature ; especially if something has happened to impress them unfavorably.

THE FIFTH LAW : COLD.

This has been principally stated in the preceding Law ; but its application will appear in the cure of special diseases in Part III.

Cultivate cold weather, cold water and warm centres. The cold should be outward and the warmth inward. Ice water, and ice cream are good when there is a fever within ; and cracked ice when the stomach is out of order. Thus in cases of sea-sickness, nausea and biliousness the swallowing of small bits of cracked ice will give relief. Sudden application of cold water or chilling air may produce death. Shocks must be avoided ; yet a valuable principle is found here.

To place the hand, or foot, or any portion of the warm surface of the person, in contact with a very cold substance, as a piece of ice, instantaneously causes an expansion of the ribs and a depression of the diaphragm, and consequently an

unusually profound inspiration, which is involuntarily continued till the heat that is thus lost is fully restored. The heat of the body, or of any part, may for a short period be depressed without injury, because it requires *time* for the physiological changes now described to complete their effects upon the economy. No artificial supply of heat is required in order healthfully to maintain the bodily temperature; and when, by our fine civilized modes of life we depress the heat-producing operations of the body, we must remember that at the same time we are impairing the respiratory acts, and are doing ourselves more or less harm in proportion to the extent of our misbehaviour in this respect. The respiratory stimulus being less, respiration is consequently diminished, and then results a retention of the materials that should be excluded from the system through this agency. Such materials are not completely reduced to carbonic acid water and urea, but the process is arrested at an intermediate point, and the state popularly termed *biliousness*, which implies the presence in the blood of the proximate elements of bile, inevitably succeeds, unless the person so exposed becomes very cautious as to his diet. The symptom or the form of disease styled "a cold" can never occur except in the condition of the system above described. But it further requires that the body shall give up its heat under conditions which do not produce a corresponding increase of respiration. In this case, the blood, loaded with the materials to be discharged from the system, fills the capillaries of the respiratory membranes, and not meeting with the requisite oxygen, is necessarily retained, causing congestion of the membranes in question, and those other very unpleasant and annoying consequences familiar to every one. A prolonged exposure to a cold atmosphere would, in all of these cases, render the respiratory effect more profound and efficient, complete the physico-chemical change designed and commenced, but now incomplete, and would effectually prevent the occurrence of the symptom in question. The disease is called *a cold*, from

PART ONE. RALSTON COMPLETE MEMBERSHIP.

the popular fancy that low temperature is the occasion of it, while the truth is, no means are so effectual as this for its cure; for by cold, just those physiological effects are secured which are required to relieve the system of the injurious cause.

THE SIXTH LAW: GRAVITY.

If the air had no weight, heat could not rise, the winds would not blow, the rain would not fall, and life could not exist. Take away this law and no plant would rise out of the ground. That the heavier falls makes it possible for the lighter to rise. This re-adjustment of matter is the motion of life. Life is a constant effort against Gravity, and that vitality is the best which employs this law. The body should not be recumbent, nor any of its organs. Gravity constantly draws the chest frame down to a recumbent position. The present law requires an unceasing effort to hold the chest up against the tendency of gravity.

This is a most beneficial practice. It is effort and activity. The vital organs, the heart, liver, and stomach are carried far too low by all persons. For the remedy for this see the School of Physical Culture in the present book. Gravity causes us to sit too much, to lie around in lazy positions, to half lounge when at home, and to avoid walking and standing. These lead to inactivity and ill-health. To keep in health it is necessary to constantly counteract the tendency of gravity.

THE SEVENTH LAW: MOTION.

Too much sleep, and too much inactivity produce disease. Rest should follow effort at short intervals. The best sleep is one hour in the day and seven hours at night. Old persons and invalids may take more. Two periods of sleep in the twenty-four hours are better than one. During exercise or

work a brief rest of a minute at a time should be taken every now and then, the frequency depending on the vigor of the exercise.

With these exceptions there should be a constant activity either mental or physical.

This involves outward activity.

Inward motion is equally necessary. This wonderful method of curing disease is one of the most remarkable health systems ever put into practical operation. It will be found elaborately described in the Book of Inside Membership of this club; but its uses will appear in the present book in Part III, whenever applicable in the cure of disease.

The whole systems of Massage and Physical Culture, although included in this law, will be found stated in Part II, as great importance is attached to them.

Nature intends to make us active. Insects by day and by night, the brightness of the sun, the noise of storms, and the beauties and dangers of surrounding life, all tend to keep us active. We live only in proportion as we keep in motion. Repose is decay. Inactive people are out of life, and may be counted as mental and physical drones. They are useless to themselves, to their friends, to the world at large and to their God. The man or woman who can at night sum up the greatest day's activity of mind and body, with the least wear and tear upon the nervous system or moral character, has lived the most that day. Sitting still and any means of rest are good and necessary; but carried beyond the line of rest, they grow rapidly into languor. Laziness grows on people as rapidly as a falling body accumulates speed. Ennui is a disease.

THE EIGHTH LAW: ENERGY.

Once when watching the class drill of a high school during the physical culture session, we were impressed with the ease and delicacy of each movement. There was no life, no energy,

nothing but ease and delicacy of motion. Tired they came to their places; tired they sat down again after the "invigorating" drill was over. One movement charged with energy would have made a vast difference; and had the whole drill been imbued with a firm grasp of the hand upon itself and a determination in the exercises to fire them with life, the result would have been a surprise. Instead of being tired out by empty and senseless efforts, the pupils would have been refreshed and rested. Energy is both refreshing and recuperating. Why is it so?

There are great batteries of vitality stored away in the ganglionic cells; their contents are not let loose in the body until aroused by *energy*. The languid motion does not affect them. But once let the spirit of the man be touched and the whole being is charged with a new power,—a life that drives weariness away, and imparts refreshing vitality. The languid walk tires; the energetic walk rests. Work is wearying if the energy that enthusiasm inspires be lacking. Languid play is equally dull and tiresome.

THE NINTH LAW: SPEED.

Energy may and should be trained to accompany slow movements.

The present law of Speed is intended only as a cure; and not as an exercise. There are some diseases that yield to no other treatment. How the law of Speed was discovered and what it implies cannot be discussed here. Such mysterious purposes of Nature are explained fully in "*Our Existences.*"

Yet Nature exhibits to us the terrific speed in the lightning and the light that traverses immense distances with inconceivable rapidity.

You are required to learn the speed of movements, not as an exercise, but as an acquisition. Do not use speed in the physical culture practice. *Energy* is there required.

NINE LAWS OF NATURE :—SPEED. PRIVATE.

Speed must be very great or its value is lost. A fast or even rapid movement is not enough. The speed should be excessive. It is hard to acquire, and comes only after months of practice. It is best performed by clinching the fists, filling the lungs, holding the breath, and moving the fists toward the shoulders from every possible direction with a degree of speed so great that the eye can hardly follow. Sleight-of-hand performers have a speed of movement in the hands faster than the eye of others can detect. Combined with energy this exercise impels the blood throughout the body in even circulation, and scatters the blood that stagnates in the brain. In fact a headache that it will not cure must be due to a lack of the proper proportions of food in the body.

THE NINE GREAT LAWS OF NATURE

herein described will play an important part in the special cure of diseases in Part II of this book ; but that the foremost of these laws is GLAME may be seen from the following remarks :

Hubert Kingsley says :

“The far-reaching results of so quiet and yet so tremendous a force as GLAME may be seen in the lives of the men and women who have the mental acumen to understand what is meant by it. The Ralston theory is that every person may acquire it ; but, if so much be true, it is yet a fact that all do not acquire it who may. In every ten who seek to know the power, one fails in the experiments. I very much doubt if a person who is mentally nervous may obtain GLAME, at least not until his mind is settled.”

Edmund Shaftesbury, in his magnificent science of *Higher Magnetism*,* analyzes glame, and shows conclusively the origin of the power ; even going so far as to trace its movements in Atomic life, until it reaches the brain of man. In order to encourage our Ralston Members who are striving to reach the *Tenth Degree*, and thereby obtain free the great emolument

* See the last pages of this book.

PART ONE. RALSTON COMPLETE MEMBERSHIP.

“ *The Cultivation of Personal Magnetism*,” we will quote the following beautiful description of GLAME, written by Shaftesbury himself in his supplementary “ *Reversion of Influences* ” in *Higher Magnetism* :

A human being is a mass of intelligent matter with two natures : first, controllant ; second, controlled. Whatever may have been the mental condition of that primitive perfect race represented by Adam, the man of to-day lives in his second nature. It is well to consider the two in their relations to each other.

Second Nature.—A human being is controlled by all the circumstances of life. The following are instances of this fact :

1. Good news makes him happy ; bad news, unhappy.
2. If his friends desert him, he is gloomy.
3. Gossip, scandal and libel depress him.
4. Losses and gains affect him.
5. Victory and defeat are strong factors in his life.
6. All the occurrences of the week affect his health.
7. He worships a hero, applauds genius, stands in awe of the great, is proud of being addressed kindly by his superior, and is led by the solicitations of others.
8. His body is a prey to disease.

In these and many other respects man is a controlled being. If he denies their influences, or defies them recklessly, he the sooner succumbs to them : as the hero of a State who drank the purest of American beers, and died of Bright’s disease while bravely arguing that the drink was advantageous to his health.

First Nature.—The controllant power is, as an almost universal rule, dormant in humanity. It is perfectly possible for a man to shape any circumstance that he pleases ; and it is perfectly improbable that he will.

What this *first nature* is would require a book to describe ; and, in *Higher Magnetism*, we have tried in a humble way to make it clear. In this *Reversion* we seek to condense the

principles which are there elaborated ; and we must be pardoned for obscurity if this condensation shall appear totally unlike its larger original. To be succinct we will be formal.

1. That the *first nature*, or controllant power, is dormant is proved by the fact that all men and women are controlled by circumstances, some of which we have just stated ; and a state of control cannot exist in one who is controlled.

2. That the controllant power is even seeking to come forth is seen in the fact that the finer the life within sometimes speaks to each and every man and woman alive. Who has not heard its still, small voice ? What wondrous impulse leaps up within, and presently dies in its own ashes ? You recall the sweet, but momentary, influence of some divine touch of that *first nature* ; and, ere it breathed its little life away, you were buried again beneath the ruins of blasted hopes, ill health, and harsh antagonism.

3. Men and women strive to translate these evidences of their *first nature*, and crystallize them into tangible forms ; hence arise superstitions, divergent religions, spiritualism, and other beliefs ; the principle being clear that what the mind makes true, comes into being.

4. The fallacy of such translation is the cause of a relapse into a controlled state.

5. The Creator has done nothing for man that man could do for himself. Humanity is just learning this fact. There is much to be discovered, and we are but beginners. Nearly all the progress of the world has been made since the birth of the last generation, and it is time that we look inward to learn what we are and to discover the power that may give us control of ourselves and of the circumstances of life. Until we seek we shall not find. * * * * *

Without going further with this analysis let us state in brief language the processes which are necessary in order to reach the threshold of our *first nature*.

a. The first step is to negative all outside influences ; that is to allow nothing to disturb, annoy, embarrass, or affect us,

PART ONE. RALSTON COMPLETE MEMBERSHIP.

even in the lightest degree. This is much more easily said than done; yet we know that those of our friends who have studied and adopted the lessons of *Higher Magnetism* have accomplished this greatest of all great triumphs of life. "Many a soul that drifted on the track of a wrecked life has mounted the supreme rung of earth's ladder through the influence of those sublime lessons," is the language of one of America's ablest men.

b. The second step is to cultivate the little impulses of our *first nature*; to husband them until they are numerous and strong; to weld them into a daily being for daily use; and to shed the *second nature* absolutely and forever. Again we say this is more easily said than done.

c. In this treatise so great a change can only be intimated, and the following directions will therefore be accepted as mere suggestions:

1. Take life as it comes until you are able to control some of its circumstances. Do not worry, fret, or become irritable. Against that most common and greatest disease-breeding, and worst of all nervous disorders—irritability—steel every act of your daily life; for an irritable person is devoid of all GLAME, is subject to all weathers, is made unhappy by all misfortunes, and is vexed to excess by every petty trifle.

2. Open the face. This reacts on the inner life of a person. It requires a new nature to open the face. Unfold its muscles by calmness of thought and feeling; by sweetness; by purity. When you can carry an open face at all times, in joy and sorrow, you are in a condition to develop the wonderful power called GLAME.

3. GLAME, of its own motion, comes into the arteries of the heart when a person is sublimely calm, and is a deep breather of pure air, and an eater of wholesome food. A mental observation is always a help in attaining this calmness; that is, something should be said within the mind. The best thought is: "I am happy," or "If I am not happy I *will* be." To a person who has not studied carefully the

subject of GLAME, these remarks may seem empty. The old philosophers forced themselves to be cheerful under all circumstances ; they knew the effect of perfect calmness upon the mind and health ; they knew that disease rarely ever remained in the body where the mind was free from worry and irritability ; and, acting upon this knowledge, they attained to some of the essentials of *first nature*.

GLAME now grows rapidly, until the nervous system, the brain, and the whole body are permeated with a new life. The test of this is in the power of everybody ; and proof is superabundant. The controlled being is sooner or later the controllant.*

*See the last page of this book on the subject of "*Higher Magnetism*."

PART TWO

In Two Sections.

(A) MASSAGE AND MOVEMENT CURES.

(B) RALSTON SCHOOL OF PHYSICAL CULTURE.

SECTION A.

Massage and Movement Cures.

In this work will be found the curative processes of Massage and the Ralston Movement Cures, arranged for the first time in practical form, and adapted to the needs of all classes of people.

These movements often cost large sums of money when taken from a *massageur*; but Ralstonites may save such expenditure.

Definition of Massage.

Massage is motion with or without pressure applied to the surface of the body or any part thereof; and affects from surface to centre the fleshy masses constituting the living body.

The secret of the wonderful cures which are now being effected by massage lies in the fact that movement (which invites nutrition) when applied to the surface of the body according to certain limited rules, affects each and every particle of the body from surface to centre.

If experience did not demonstrate this fact to be true it would seem incredible; yet it is now well known that massage imparts to the body a wave-like motion which moves onward, affecting flesh, bone and muscle, and drawing life, nutrition and vitality into all the parts affected: as, when applied to the palm of the hand, it reaches the fingers, wrists, and even back of the hand; and when applied to one side of the body vibrates through the trunk to the opposite side.

The reason of this is seen in the fleshy masses which constitute the body. They are spongy, elastic, half liquid and very movable. They contain an elaborate system or net-work of conduits of blood ; also intervascular fluid ; also a net-work of muscles which constitute by far the greatest portion of the flesh ; and finally the nerves pass and re-pass in every possible direction, which alone would account for the sympathy existing between the surfaces and centres of the body.

We will now proceed to lay down for practical use the massage movements ; and the reader should bear in mind that no book has ever yet attempted to do this, as the treatises on massage, like the explanations of practising physicians, have been too cumbersome and verbose to be of full value ; the purpose being to keep this wonderful cure always wrapt in mystery.

We claim that every person can perform self-massage and apply it to any part of the body with better results than if aided by an attendant or physician : the self-effort being conducive to health.

Rubbing the skin, or surface friction, is not massage, and does not contain any principle thereof.

RULES.

Rule 1.—In case of bruises, soreness, lameness, or physical exhaustion the physician or some attendant should perform the massage.

Rule 2.—Except as stated in Rule 1 the massage should be performed by the person receiving it, as the results are much more beneficial.

Rule 3.—The slower the massage movement, generally speaking, the greater the benefit.

Rule 4.—The terms “up and down,” “right and left” apply to sliding movements at right angles with each other.

Rule 5.—All massage should be in a perfect rhythm of movement.

Rule 6.—The surface of the body should never be rubbed during massage.

PART TWO. RALSTON COMPLETE MEMBERSHIP.

Rule 7.—Short periods of rest should intervene during the operation, which itself should not occupy more than five minutes.

Rule 8.—Massage is designed for certain parts of the body and should not extend over the whole body.

Rule 9.—The term *natural* applies to the natural position of the flesh before being moved.

Rule 10.—Massage may be performed with the hand on the outside of the clothing, in which case the clothes must adhere to the skin and to the hand. The application of the hand to the bare skin is always better.

Rule 11.—Massage should be performed at times without any pressure whatever of the hand, at other times with a gentle pressure, and occasionally with a very firm pressure. The respirations should be very full and deep, and occasionally the breath should be held for five seconds with the chest extended to its fullest capacity.

Massage Movements.

The following movements should be committed to memory by their numbers as they are referred to by these numbers in the various special treatments for disease in this book of Complete Membership. In applying the foregoing rules to these movements it should be borne in mind that they are the result of the latest experiments which prove their validity; and our Health Club Members should not be influenced by persons who may have a desire to obtain moneyed patients:

1st Massage Movement: or the up and down sliding movement.—Place the palms of one or both hands flat upon the surface of the part of the body which is to be operated upon; and slide the flesh up and down.

2nd Massage Movement: or the right and left sliding movement.—This is a repetition of the first movement excepting that the hand moves right and left or at right angles to that last described.

3rd Massage Movement : or circular sliding movement.— Place the flat of the hand upon the body and, without allowing it to slip, slide the flesh very slowly around in as large a circle as can be made, which at the best will be very small.

4th Massage Movement : or the large grasping movement.— Place the thumb upon one part of the body, with the points of the fingers as far away as possible upon another part ; and try to bring the thumb and fingers toward each other without slipping. This will lift a large mass of flesh. Turn the hand about and move it from place to place until it has reached every inch of that portion of the body which is being operated upon.

5th Massage Movement : or the small grasping movement.— Place the thumb and fingers as near together as possible and pick up a mass of flesh which is to be held with strong pressure : while holding this flesh move it from and towards the part over which it lies, shake it up and down, and in a small circle. This movement cannot be performed on some parts of the body owing to the tightness of the skin.

6th Massage Movement : or knuckle movement.—Clinch the fist and, using the back of the hand, press the knuckles deep into the flesh and move it in every possible direction without slipping.

7th Massage Movement : or kneading creeping movement.— Perform the last movement by causing the hand to creep over the body, gathering flesh as it proceeds in its course.

8th Massage Movement : called percussio.—Using the flat of the hand, or placing it upon edge, strike any portion of the body a number of very quick blows. This is generally included in massage but does not follow any of its rules.

We have herein furnished our members with a complete system of massage treatments, which are now for the first time presented in a form so that they may be self-applied by the patient and thereby do away with the services of specialists. They are referred to and applied in other parts of this book for the cure of special diseases.

b. THE RALSTON SCHOOL OF PHYSICAL CULTURE.

ORGANIZED AND CONDUCTED AS A BRANCH OF THE

MARTYN COLLEGE OF ORATORY,

WASHINGTON, D. C., 1223 TO 1231 G STREET.



NOTICE.

The MARTYN COLLEGE OF ORATORY is incorporated by the United States, under an Act of Congress ; and, by the provisions of its charter, is divided into four departments, of which the School of Physical Culture is one. It is duly authorized by law to confer Diplomas and Titles and issue Teachers' Licenses.

Pupils may enter the School of Physical Culture, and graduate therefrom, without entering the MARTYN COLLEGE.

The Ralston School of Physical Culture aims to reach by mail as many persons as possible ; and therefore publishes in the present work the full course of training, with every exercise and movement stated and explained in the fullest detail.

These constitute a complete course of Physical Education, designed for the perfection of the human body in its health, strength and beauty, and arranged in Four Progressive Courses :

1. The Heroic Course. 2. The Hygienic Course. 3. The Psychic Course. 4. The Æsthetic Course.

The HEROIC COURSE is to be practiced without music, and constitutes a daily "Home Gymnasium" without apparatus.

The HYGIENIC, PSYCHIC and ÆSTHETIC Courses are set to music, and are exceedingly intricate to a person without a teacher and without music. However, when once put into operation they are so simple that the youngest child of intelligence may understand them. They will eventually be introduced in schools and seminaries everywhere. Local Ralston Clubs, when prosperous enough to have music at their meetings, should call a special meeting semi-monthly for the purpose of practicing the exercises of Physical Culture; but this should not be done at any Regular Meeting. We will now give the courses in detail.

NO. I. THE HEROIC COURSE.

So called because the training will test the bravery and persistency of the pupil. The exercises are aimed directly at physical defects, such as stiffness, angularity, stooping shoulders, flat chest, hollows, weak lungs, deficient physique, bad shape, flabby flesh and sickly muscles.

In overcoming these defects the teacher should use the greatest care; for only a certain class of exercises are beneficial, while general or hap-hazard training will fail. The use of certain muscles increases the supply of vitality; the use of other muscles is constantly wasting the supply. Gymnasium exercises as well as unsystematic methods of calisthenics in schools and at home tend to awkwardness, nervousness and exhaustion. Muscular growth, rapidly acquired, exhausts the vitality of the brain and nerves.

If a number of persons practice together a large room should be obtained, and at the back a row of chairs should be placed at the longest wall. Directly in front of the chairs a

painted line should be drawn the entire length of the hall. This is the Standing Line, and when the pupils are to form one line the call is

“*Line Position.*”

Of course if there are more persons than can be placed on one line, another line about two feet in front of the first should be drawn, on which the pupils may stand. Certain exercises are to be performed on or from the *Line Position*. Others must be done on the full space of the floor, where the pupils are to stand at such distances that if the arms are extended front, back or at the sides, the pupils will not touch each other. The call for this is

“*Floor Position.*”

In schools where desks interfere, or the room is limited in size, any position may be taken.

After learning the *Line Position* and the *Floor Position*, the next thing to learn is the “*Bells.*”

One Bell: Attention; conversation must cease.

Two Bells: Go to Line Position.

Three Bells: Go to Floor Position.

Four Bells: Sit down; conversation permitted.

As the pupils on first entering the class may be tired from walking, the lesson should open with the following explanation:

One Bell.—“Light physical exercises many times repeated are more valuable producers of strength than heavy movements with apparatus. Repetition is the great principle of progress; but this repetition must be accompanied by energy. (See Part I of this book). This energy is called muscular sense. Physical Culture should consist of exercises that balance each other; and these should be divided into two classes: 1, those that waste vitality; and 2, those that supply vitality. This constant recurrence of supply and waste is life itself. We will state in a general way that the exercises which *supply* vitality are those of respiration, magnetic movements, and the holding of the vitals in position; those that

supply more vitality than they waste are rotary movements and curves ; and those that waste vitality are all other exercises. Be careful to balance these in all physical culture.

1st Heroic Exercise : THE ERECT POSITION.

Two Bells.—Stand in a military position, heels together and toes pointing outward. Place the flat of the hands upon an imaginary low table in front of the body, so that the arms are straight and at an angle of about forty-five degrees with the body. Support all the weight upon the balls of the feet, and push down and upon this imaginary table, at the same time pushing the top of the head upward and backward. Holding the general position of the body thus acquired, take all weight out of the arms, so that they will fall naturally at the side ; then turn the body to the right, to the left, and to the front, without losing this position. The exercise should be performed as slowly as possible ; haste will prevent the complicated adjustment of the many muscles which are brought into play in this position. Perform the exercise twice at the beginning of each lesson, and once before each other exercise in the Heroic Course.

2nd Heroic Exercise : LIFTING THE VITAL ORGANS.

The vital organs in the upper half of the torso, (the stomach, heart, and liver,) are carried below their normal position in all persons who are not in absolutely perfect health. This is due to the relaxation of the muscles which surround and hold them in place. In the present exercise two results are obtained : first, the carriage of the vital organs in their proper positions ; second, the nutrition of these organs through the exercise of adjacent muscles. This exercise which is hard to understand and harder to perform is productive of more benefit to the health, and is capable of curing more organic diseases, than any other treatment known. It draws nutrition in the form of the best blood to the stomach, liver and heart ; in fact so beneficial is it to the liver that the author has never seen any case of liver complaint which

PART TWO. RALSTON COMPLETE MEMBERSHIP.

could not be cured by it. The active lifting of the vital organs should precede every exercise in the Heroic and Hygienic Courses. As the lowering of the vital organs is the most serious defect in the body, and as it injures these organs to perform any exercise while they are below their normal position, we find here an explanation of the ill effects which generally overbalance the good derived from most systems of Physical Culture, and especially in gymnastic training. Enthusiasm as a rule elevates the vital organs, and for this reason play is often better than work ; for play refreshes the body while half of the same exertion in work would exhaust it. Eminent physicians assert that dyspepsia, heart disease, and liver troubles cannot possibly exist if the organs are held in their proper position ; while experience proves that these organs are carried several inches below their normal height. In the present exercise an easy standing position may be taken and a mental attempt made to recognize the movements of the muscles which surround and support the vital organs. It is not necessary to connect the act of respiration with these movements, but let the breathing go as it will. If the abdominal muscles are rigid they will have to be made flexible first ; but do not hurry the progress. The exercise does not consist merely of extending the chest and drawing in the abdomen, although these movements are necessary aids and should be first acquired. After a few weeks' practice the mind will recognize the action of the inner muscles and their contraction will then become a matter of easy performance. The habit of carrying the vital organs at their proper height should be made perpetual ; and this exercise therefore can be performed at any minute of the waking hours when the mind recurs to it, no matter what other duties may be occupying the attention. The person who is really desirous of attaining good health will keep this exercise constantly in mind. It consists in brief of extending the chest, drawing in the abdomen, and raising the vital organs in the upper half of the chest as high as possible and holding

them there permanently. Persons of excessive corpulence may decrease the size of the abdomen by this exercise accompanied by massage.

3rd Heroic Exercise . RAISING THE BODY.

Three Bells.—Take Erect Position : lift the vital organs. Place the hands upon the sides above the hips, fingers down and thumbs forward. Count slowly 1, 2, 3, 4, while raising the body as high as possible on the toes of both feet ; count slowly 1, 2, 3, 4, while standing in this position ; count slowly 1, 2, 3, 4, while lowering the body on the heels, and thus resuming the Erect Position with the vital organs elevated.

Count slowly 1, 2, 3, 4, while raising the body with the entire weight upon the right foot ; count slowly 1, 2, 3, 4, while holding the position ; count slowly 1, 2, 3, 4, while lowering the body with the weight on the right foot, until the Erect Position is reached.

Count slowly 1, 2, 3, 4, while raising the body with the entire weight upon the left foot ; count slowly 1, 2, 3, 4, while holding the position ; count slowly 1, 2, 3, 4, while lowering the body with the weight upon the left foot, until the Erect Position is reached.

Four Bells.—*Conversation for two minutes.*

4th Heroic Exercise : THE TRIPLE MOVEMENT.

One Bell.—Make the following announcement : “ A pupil who desires a perfect record should, as soon as *One Bell* strikes, cease conversation, even in the middle of a word. The rules on the back of the Lesson Card should be strictly observed, if the pupil wishes to graduate from this course in twenty lessons.”

Three Bells.—Take the Erect Position : Lift the vital organs. Stand in good poise ; have the lungs about half full of air ; place the two hands upon the upper chest and allow it to sink ; then place the two hands upon the lower chest,

PART TWO. RALSTON COMPLETE MEMBERSHIP.

and allow it to sink ; then place the two hands upon the sides with the tips of the longest fingers just touching in front and allow the abdomen to sink, all the time exhaling gradually. With the hands at the sides expand the body ; then raise the hands to the lower chest and expand at that place ; then raise the hands to the upper chest and expand at that place, all the time inhaling gradually. Repeat the foregoing exercise and then rest two minutes. The exercise is in two parts and each part should require thirty seconds, which with the repetitions will require two minutes for the exercise and two minutes for the rest. If performed rapidly very little good is accomplished.

5th Heroic Exercise : THE FIRST WAIST MOVEMENT.

One Bell.—Ask the class for explanation of the three waist movements.

Two Bells.—Place the palm of each hand on the hips, with the fingers pointing down and the thumbs to the front. Stand with the weight on the balls of the feet and throw the centre of the thighs over the weight ; hold this forward position of the thighs at all hazards ; very slowly allow the upper torso to fall forward followed by the falling head ; raise the upper torso with the head following to the Erect Position ; then allow the upper torso to fall backward with the head following after ; and finally bring the upper torso with the head following to the Erect Position. This exercise should be performed as slowly as possible and with great exactness. Repeat and rest.

6th Heroic Exercise : THE SECOND WAIST MOVEMENT.

Take the same position as in the First Waist Movement, keeping the hips well forward, and allow the upper torso to fall as far to the right as possible with the head following ; come to the erect position and allow the upper torso to fall to the left with the head following. This should be done very slowly. Repeat and rest.

7th Heroic Exercise : THE THIRD WAIST MOVEMENT.

Take the position on the balls of the feet as described in the First Waist Movement and keep the hips well forward ; allow the upper torso to fall in the directions indicated in the First Waist Movements, but in the order following : to the front ; then from the front to the right side without coming to the Erect Position ; then from the right side to the front without coming to the Erect Position ; from the front to the left side ; then from the left side to the front ; from the front to the right side and from the right side to the back ; from the back to the right side and from the right side to the front ; from the front to the left side and from the left side to the back ; from the back to the left side and from the left side to the front ; from the front to the right side, to the back, to the left side ; from the left side to the back, to the right side, to the front ; from the front to the left side, to the back, to the right side ; then from the right side to the back, to the left side, to the front ; from the front to the right side, to the back, to the left side, to the front ; from the front to the left side, to the back, to the right side, to the front. In this exercise the purpose is to use the waist above the hips as a hinge from which the torso moves ; and to allow no movement at the hips. The value of this exercise depends upon strict obedience to the following requirements : extreme slowness, weight upon balls of the feet, hips swung far forward, full movements of the upper torso, the head falling in each direction after the upper torso, the most exact precision in arriving at the points of movement, strength of muscular slowness and a hinging of the waist above the hips. Count one, two, three, four in passing from one point of movement to another : as, front, one, two, three, four ; right, one, two, three, four ; back, etc. This is one of the most valuable exercises when performed in exact accordance with the requirements ; and of but little value if there is any departure from a single requirement. It gives force and vitality to the circulation of

PART TWO. RALSTON COMPLETE MEMBERSHIP.

the blood, overcomes headaches and an irregular supply of blood to the brain, exercises in alternate order the muscles which supply vitality and those which waste it, and promotes the health of all the organs to a wonderful degree. It should be performed daily by all persons of sedentary habits and especially by those who wish to strengthen the nerves and brain.

Four Bells.—*Two minutes' conversation.*

8th Heroic Exercise: PUSHING MOVEMENTS.

One Bell.—Give the following explanation: "The pushing movements are designed to test the strength of the entire body. They may be omitted if not desirable. In performing them the pupil must select a partner, of nearly equal weight or strength; but in case of inequality the stronger person should resist only the pushing of the other."

Three Bells.—In going to floor position the two partners go to the same place. Face each other. Extend the hands forward till the palms of each partner touch. There should be a continuous straight line from shoulder to shoulder, so that the hands will not rise higher than the shoulder. Count 1, 2, 3, 4, very slowly, pushing lightly; 5, 6, 7, 8, pushing with only average effort; 9, 10, 11, 12, pushing hard; 13, 14, 15, 16, dislodging your partner from position, but no farther. Rest and repeat twice.

Four Bells.

9th Heroic Exercise: FIRST BENDING MOVEMENT.

One Bell.—Ask the class to explain the first bending exercise.

Three Bells.—Page 10. Take a military position with the heels together, raise both hands above the head, palms forward, straining the body upward as far as possible; keeping the arms stretched to their utmost length, swing the hands forward in a large curve with moderate haste until they are

horizontal with the shoulders ; then, moving them very slowly from the shoulders down and even then retarding the motion until at last it becomes hardly perceptible to the eye, attempt to touch the floor with the tips of the fingers without bending the knees. Come to the Erect Position and rest five seconds, and repeat. It will require great elasticity of body and several weeks practice before this can be accomplished. Particular stress should be laid upon the caution not to strain the muscles of the lower body. If performed hastily its chief value will be lost.

10th Heroic Exercise : GAMUT OF ROTATIONS.

One Bell.—Ask the class to explain the Gamut of Rotations.

Three Bells.—Take the Erect Position ; lift the vital organs ; place the hands upon the hips and, without moving the head from its perpendicular position over the feet, swing the hips forward and in a circle to the right, back, left and forward positions ; then swing the hips forward and in a circle to the left, back, right and forward positions ; these should be done four times in each direction, and very slowly. Without moving the hip from its perpendicular position over the feet swing the chest forward and in a circle to the right, left, back and forward position ; then swing the chest forward and in a circle to the left, back, right and forward position ; these should be performed very slowly four times in each direction. Swing the head forward and in a circle to the right, back, left and forward positions ; reverse ; perform each four times very slowly. Raise the right shoulder as high as possible ; bring it forward, then down, back and up ; reverse ; perform very slowly in each direction. The same with the left shoulder.

Four Bells.

11th Heroic Exercise : SECOND BENDING MOVEMENT.

Three Bells.—Take the military position as before ; place

PART TWO. RALSTON COMPLETE MEMBERSHIP.

the fingers lightly upon the upper chest ; drop the head backward until it rests upon the back between the shoulder blades, causing the chin to rise as high as possible in a large curve ; keep the back straight ; bend the knees ; and, while allowing the head to pull as hard as possible on the muscles at the front of the neck, cause the body to sink down in a backward direction, keeping in perfect poise upon the balls of the feet ; then slowly come to the Erect Position, with the head resting upon the back until the body is perfectly straight.

The value of this exercise depends upon the slowness with which it is performed.

12th Heroic Exercise : FREE-STRONG MOVEMENT.

The following exercise is designed to strengthen the chest centre while releasing the arms, thereby furnishing that balance which is most needed in the usefulness of daily life. Stand in a powerfully braced position with the weight equally on both feet, one foot some distance in front of the other, the toes pointing well out ; have both shoulders equally advanced ; hold the torso firm as though to resist a strong attack from behind, and keep it as rigid as a rock ; have the elbows near the sides without touching ; raise the forearms very slowly upwards until the hands are on a height with the shoulders ; lower them to the limbs ; then raise and lower them with gradually increasing rapidity, all the while keeping the forearms, hands, and fingers perfectly limp, and occupying one minute for the exercise. Rest a minute. Remembering to maintain the greatest possible rigidity of the body, balanced by the entire lack of rigidity in the forearms, hands, and fingers, repeat the exercise by moving the forearms right and left laterally with gradually increasing rapidity while the elbows remain near the sides but not touching them. The exercise is now to be continued by moving the hands through circles in front of the body with gradually increasing rapidity.

Four Bells.

13th Heroic Exercise : THIRD BENDING MOVEMENT.

Three Bells.—Take the military position ; raise the hands above the head and causing them to descend as in the First Bending Movement, attempt to touch the right foot with the fingers of both hands ; rise slowly to the Erect Position carrying the tips of the fingers to the upper chest ; drop the head backward upon the left shoulder ; bending the knees, cause the body to descend very slowly in a left oblique backward direction ; come to the Erect Position ; raise the hands above the head ; bring them down in an attempt to touch the left foot in front ; come to the Erect Position ; place the tips of the fingers lightly upon the upper chest ; drop the head back upon the right shoulder and bend right oblique backward. This exercise is in four parts combining alternately the essential requirements of the First and Second Bending Exercises, which must be examined carefully. Its chief value depends upon the slowness, precision and energy with which it is performed. This is by far the most powerful and most beneficial of the Heroic Exercises. The personal aid of a teacher is essential in directing these movements, which, from the nicety of their complications, involve every muscle in the body in combinations never before acquired. With each repetition new power is obtained, even through years of a long life ; and all persons require many weeks of practice before even the earliest benefits are received. It is indeed a heroic and magnificent means of physical culture when performed with the utmost slowness, precision and energy.

Four Bells.

14th Heroic Exercise : CHEST STRETCHING.

One Bell.—Ask the pupils to explain this exercise.

Two Bells.—Fill the lungs as full as possible, holding the Erect Position with the vital organs raised ; lift the chest very slowly upward and forward, while holding the breath, but not occupying less than ten seconds in so doing. Rest five seconds and repeat.

PART TWO. RALSTON COMPLETE MEMBERSHIP.

15th Heroic Exercise : HAND PULLING.

Three Bells.—Pupils as partners are to go to one place as in the Pushing Exercise. Place the thumb and fingers of each hand firmly around the wrist of each arm of your partner. Count very slowly 1, 2, 3, 4, pull very gently : 5, 6, 7, 8, pull firmly, but not hard ; 9, 10, 11, 12, pull hard ; 13, 14, 15, 16, pull your partner from position. If one partner is much stronger than the other only strength enough to resist the pulling should be used. In all cases the pulling should be very slow and smooth.

All practice should be gradual.

No. 2. THE HYGIENIC COURSE.

So called because it aims directly at the acquisition of perfect health. The exercises are founded upon and follow in progressive order the training of the HEROIC Course.

The results are affirmative and establish : (1) peristaltic waves, (2) large lung capacity, (3) an increase of from three to six inches in the chest, (4) nutrition of the entire body from the vital organs, (5) new blood, (6) perfect circulation.

Exercises of pressure and relief in rapid succession give the most perfect health to any part of the body, and invest it with vigor and strength in the highest degree. Continued pressure or strain upon a part produces atrophy. The unassimilated waste matter of the viscera should be made to furnish the material for muscular and physical growth. Irregularity of growth, as in leanness or corpulency is the result of deficient or excessive assimilation.

One Bell.—On assembling the class ask the pupils to state the names of the exercises in the Hygienic Course.

1st Hygienic Exercise : FIRST WALKING MOVEMENT.

Two Bells.—This exercise is intended to be spirited and light ; therefore the music will be rather rapid. Take a standing position turning the feet out at an angle of 60 degrees with the right heel half in front of the left heel and

four inches in advance. The first division of this walk consists of swaying steps only : step forward with the weight entirely on the ball of the right foot on every musical count having an odd number, and back with the weight entirely on the ball of the left foot on every even number. The movements are as follows : 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, swaying steps ; 17, 18, 19, 20, 21, 22, 23, 24, walk eight steps forward ; 25, 26, 27, 28, 29, 30, 31, 32, walk eight steps backward without turning ; 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, swaying steps ; 49, 50, 51, 52, 53, 54, 55, 56, walk eight steps forward ; 57, turn around ; 58, 59, 60, 61, 62, 63, 64, walk seven steps back to place,—the turn counting as one step preceding the seven thereby making eight in all ; 65, turn and continue until music stops. There are 96 counts in all.

Four Bells.

2nd Hygienic Exercise : HOLDING THE BREATH.

Two Bells.—Trill music should be employed in this exercise. Take the Erect Position, fill the lungs as full as possible and hold the breath in the following manner : two seconds, rest ; four seconds, rest ; eight seconds, rest ; twelve seconds, rest ; sixteen seconds, rest ; twenty seconds, rest ; twenty-four seconds, rest.

3rd Hygienic Exercise : FIRST HEAD MOVEMENT.

Three Bells.—Trill Music : hold the head hard to the right keeping chest to the front. Trill Music : holding head hard to the left. Repeat until each position has been held four times making eight in all, In this exercise the head looks over the shoulder down to the floor behind where it is held until the music ceases.

4th Hygienic Exercise. SECOND HEAD MOVEMENT.

Keeping the face and chest to the front, lower the head in the following movements accompanied by music : to the right until the right ear approaches the shoulder ; then to the left ; repeating until the eight movements have been performed ; to

PART TWO. RALSTON COMPLETE MEMBERSHIP.

the front until the chin rests upon the chest and to the back, making eight more movements. Repeat. 64 counts.

Four Bells.

5th Hygienic Exercise: NOSTRIL BREATHING.

One Bell.—Ask the class to explain the important elements of correct Nostril Breathing.

Two Bells.—The music should be so arranged that when the breath is to be held in the lungs a trill should be played; during the continuing inhalation a long run in the rising scale should be played; during exhalation a long run in the falling scale should be played. The exercise of nostril breathing should be performed with the respiration perfectly silent, as the slightest noise indicates friction of the air which produces irritation. The movements are as follows: Place the thumb and first finger at the openings of the nostrils, so as to hold the air in the nose without pressing the sides.

1. Release the openings and inhale four seconds.
2. Close the openings and hold the breath four seconds.
3. Release the right opening and exhale four seconds.
4. Inhale through the right opening four seconds.
5. Close the openings and hold the breath four seconds.
6. Release the left opening and exhale four seconds.
7. Inhale through the left opening four seconds.
8. Close the openings and hold the breath four seconds.

Rest and repeat. This exercise if performed without any air friction is an absolute cure for catarrh, as stated in the department of Special Cures.

6th Hygienic Exercise: SLOW POISING.

Three Bells.—All the poising exercises develop ease, grace of carriage, and good presence. The more delicate the parts of the exercise the more beneficial the results. A person of clumsy movements will not at first be able to execute the various parts of the present exercise. Take the Erect Standing Position with the weight equally on both feet and the heels nearly together. The movements are as follows:

1. Poise forward on the balls of the feet.
 2. Poise back on the heels.
 3. Circle right foot around and behind left foot.
 4. Return the right foot in a circle.
 5. Again circle the right foot around the left foot.
 6. Return right foot in a circle behind left foot.
 7. Poise forward on ball of left foot only.
 8. Poise back on heel of left foot only.
 9. Poise forward on balls of both feet.
 10. Poise back on heels of both feet.
 11. Circle left foot around and behind right foot.
 12. Return left foot in a circle.
 13. Again circle left foot around right foot.
 14. Return left foot in a circle behind right foot.
 15. Poise forward on ball of right foot only.
 16. Poise back on heel of right foot only.
- Rest and repeat. The body must not be bent in any of these exercises.

Four Bells.

7th Hygienic Exercise : PERPENDICULAR DRILL.

Three Bells.—1. Warning Music.

2. Music for Exhalation ; fast.
3. Music for Inhalation ; medium fast.
4. Hold the breath ; expand the chest ; fists clinched hard ; raise fists perpendicularly to the arm-pits and down again, sixteen times in all. The movements must be very solid. Music heavy and rather fast. Rest five seconds and repeat.

Four Bells.

8th Hygienic Exercise : SECOND WALKING MOVEMENT.

One Bell.—Ask pupils to explain the two walking movements.

Two Bells.—This exercise is intended to be grave and strong, therefore the music will be slow. Follow the directions given in the first walking exercise.

PART TWO. RALSTON COMPLETE MEMBERSHIP.

9th Hygienic Exercise : THIRD HEAD MOVEMENT.

Three Bells.—Keeping face and chest to the front perform the following movements accompanied by music : Preparation, head down in front ; 1, swing from front to right ; 2, swing from right to back ; 3, swing from back to left ; 4, swing from left to front ; and repeat until sixteen movements have been performed ; but each series of four should reverse the direction. The head must move in a circle and should arrive at the points of movement with the utmost precision.

Four Bells.

10th Hygienic Exercise : WALKING HOLDING THE BREATH.

One Bell.—Ask the pupils to explain this exercise.

Two Bells.—The object of this exercise is to walk with the lungs packed full of air.

1. Inhale completely while standing still.
2. Walk four steps holding the breath. Rest.
3. Inhale completely while standing still.
4. Walk eight steps holding the breath. Rest.
5. Inhale completely while standing still.
6. Walk twelve steps holding the breath. Rest.
7. Inhale completely while standing still.
8. Walk sixteen steps holding the breath. Rest.
9. Inhale completely while standing still.
10. Walk twenty steps holding the breath. Rest.
11. Inhale completely while standing still.
12. Walk twenty-four steps holding the breath. Rest.
13. Inhale completely while standing still.
14. Walk twenty-eight steps holding the breath. Rest.
15. Inhale completely while standing still.
16. Walk thirty-two steps holding the breath. Rest.

Four Bells.

11th Hygienic Exercise : FOURTH HEAD MOVEMENT.

One Bell.—Ask the pupils to explain this exercise.

Three Bells.—Perform the following movements accom-

panied by music : Preparation, drop the head forward until the chin touches the chest ; 1, swing the head around until the chin is over the right shoulder and the face looking down upon the shoulder ; 2, turn the face upward with the back of the head toward the right shoulder ; 3, then turn the face around until it looks backward ; 4, then look upward with the back of the head on the right shoulder ; 5, look down to the right shoulder ; 6, then look upward with the back of the head resting on the left shoulder ; 7, look backward ; 8, head down in front ; 9, swing the left shoulder looking down ; 10, look up ; 11, look back ; 12, look up ; 13, look down on left shoulder ; 14, throw back of head to right shoulder looking up ; 15, look backward ; 16, resume erect position. Rest thirty seconds and repeat these sixteen movements with great strength and precision. The music should be very slow.

Four Bells.

12th Hygienic Exercise : WALKING INHALING.

One Bell.—Ask the pupils to explain this exercise.

Two Bells.—The object of this exercise is to inhale very slowly and smoothly while walking. The steadiness of the inhalation must not be interrupted until the music ceases.

1. Exhale completely while standing still.
2. Walk four steps while inhaling. Rest.
3. Exhale completely while standing still.
4. Walk eight steps while inhaling. Rest.
5. Exhale completely while standing still.
6. Walk twelve steps while inhaling. Rest.
7. Exhale completely while standing still.
8. Walk sixteen steps while inhaling. Rest.
9. Exhale completely while standing still.
10. Walk twenty steps while inhaling. Rest.
11. Exhale completely while standing still.
12. Walk twenty-four steps while inhaling. Rest.
13. Exhale completely while standing still.
14. Walk twenty-eight steps while inhaling. Rest.

PART TWO. RALSTON COMPLETE MEMBERSHIP.

15. Exhale completely while standing still.
16. Walk thirty-two steps while inhaling. Rest.

Four Bells.

13th Hygienic Exercise : OSCILLATING MOVEMENT.

One Bell.—Ask the pupils to explain this exercise.

Two Bells.—1, Raise the right arm above the head without touching it, allowing the tips of the fingers of the right hand to come near the top of the left ear ; 2, bending at the waist, throw the hip to the right as far as possible while the left arm hangs straight down at the side ; 3, throw the weight entirely upon the right foot, and while carrying the left foot out laterally reach downward with the left hand, making the descent as low as possible ; 4, resume the Erect Position with both hands at the side ; 5, left arm over the head ; 6, throw out left hip ; 7, reach down with right hand as far as possible ; 8, resume the Erect Position. Repeat this exercise. Music very slow.

Four Bells.

14th Hygienic Exercise : WALKING EXHALING.

The object of this exercise is to inhale very slowly and smoothly while walking. The steadiness of the exhalation must not be interrupted until the music ceases.

1. Inhale completely while standing still.
2. Walk four steps while exhaling. Rest.
3. Inhale completely while standing still.
4. Walk eight steps while exhaling. Rest.
5. Inhale completely while standing still.
6. Walk twelve steps while exhaling. Rest.
7. Inhale completely while standing still.
8. Walk sixteen steps while exhaling. Rest.
9. Inhale completely while standing still.
10. Walk twenty steps while exhaling. Rest.
11. Inhale completely while standing still.
12. Walk twenty-four steps while exhaling. Rest.
13. Inhale completely while standing still.

14. Walk twenty-eight steps while exhaling. Rest.
15. Inhale completely while standing still.
16. Walk thirty-two steps while exhaling. Rest.

No. 3. THE PSYCHIC COURSE.

So called because it is founded upon the theory that muscles and nerves have sense. Every exercise is made with a distinct purpose in itself and acts as a thought. The result is the perfect relation of each part to the whole ; the development of physique and form in intelligent proportions ; and the true carriage of the body and all its parts in grace, beauty and symmetrical strength. Beauty of form and contour, of movement and carriage, was the great aim of the Greeks, who passed through regular courses of physical training as a part of their education. They were the most beautiful of the nations of the world ; for the charms and graces of robust physique and beautiful health afford the only true type of beauty.

1st Psychic Exercise : THE PUSHING MOVEMENT.

One Bell.—Explain as follows : There are twelve Psychic positions with each hand in the following order : three in altitudes, called Descending, Horizontal and Ascending ; and four in longitudes, called Front, Oblique, Lateral and Oblique Backward. The first letter of each word stands for the word, and the twelve positions are thus stated :

- | | | | |
|----------|-----------|-----------|--------------|
| 1. D. F. | 2. D. O. | 3. D. L. | 4. D. O. B. |
| 5. H. F. | 6. H. O. | 7. H. L. | 8. H. O. B. |
| 9. A. F. | 10. A. O. | 11. A. L. | 12. A. O. B. |

Three Bells.—Before trying to understand the details of the Pushing Exercises the following preliminary trial should be made. Stand in a military position ; raise the right arm directly in front until the back of the wrist is on a height with the top of the head, with the hand hanging therefrom perfectly limp ; lower the wrist, without lowering the tips of the fingers, so as to bring the arm horizontal with the shoulder

PART TWO. RALSTON COMPLETE MEMBERSHIP.

in front ; push forward twice against some imaginary foe, at the same time holding the shoulder rigidly back. This constitutes the ninth movement and consists of four parts, to wit : 1, raising the arm ; 2, lowering the wrist ; 3, pushing hard ; 4, pushing very hard. The chief value of these important movements depends upon the great pushing power of the palms counteracted by the tremendous rigidity of the shoulder. In each movement this counteracting rigidity of the shoulders should be in a line directly opposite the pushing of the wrists. A pleasant variation of these movements may be had by swinging the right foot free beyond the left foot as far as possible while the right hand is being used, and the left foot beyond the right foot when the left hand is being used. The musical accompaniment will be in ninety-six counts as follows :

1st Movement : 1, 2, 3, 4, right hand D. F.

2nd Movement : 5, 6, 7, 8, left hand D. F.

3rd Movement : 9, 10, 11, 12, right hand D. O.

4th Movement : 13, 14, 15, 16, left hand D. O.

5th Movement : 17, 18, 19, 20, right hand D. L.

6th Movement : 21, 22, 23, 24, left hand D. L.

7th Movement : 25, 26, 27, 28, right hand D. O. B.

8th Movement : 29, 30, 31, 32, left hand D. O. B.

Repeat these eight movements in the horizontal position ; and finally in the ascending positions.

Four Bells.

2nd Psychic Exercise : **HALF-STEP WALKING.**

One Bell.—Ask the pupils to explain this exercise.

Two Bells.—The half-step consists in keeping the weight on the balls of the feet, and the feet near the floor always, but not scraping ; while the feet move as follows : Count 1, step forward with the right foot ; 1½, bring left foot up to the side of right foot ; 2, step forward with the right foot ; 3, step forward with the left foot ; 3½, bring right foot to the side of the left foot ; 4, step forward with the left foot ; 5, step forward with the right foot ; 5½, bring left foot to the

side of the right foot ; 6, step forward with the right foot ; 7, step forward with the left foot ; $7\frac{1}{2}$, bring right foot to the side of left foot ; 8, step forward with the left foot ; 9, step backward on the right foot ; $9\frac{1}{2}$, bring the left foot backward to the side of the right foot ; 10, step back on the right foot ; 11, step back on the left foot ; $11\frac{1}{2}$, bring the right foot to the side of the left foot ; 12, step back on left foot ; 13, step back on the right foot ; $13\frac{1}{2}$, bring left foot to the side of right foot ; 14, step back on the right foot ; $14\frac{1}{2}$, bring left foot to the side of the right foot ; 15, step back on right foot ; 16, step back on left foot.

Repeat until music stops.

3rd Psychic Exercise : FIRST WRIST MOVEMENT.

One Bell.—Ask the pupils to explain the four wrist movements, and exemplify them while sitting.

Three Bells.—The first wrist movement is made by extending the arm at full length, and raising the wrist from the straight line made by the tips of the fingers with the shoulder. The finger tips must remain at the same height, and not move : the wrist making the only motion, followed by a slight drifting of the hand and arm.

The quickest way of acquiring the wrist movement is to place the tip of the longest finger against the wall, leaving it there ; raise the wrist till the back of the hand touches the wall ; then lower the wrist till the palm of the hand touches the wall. There are 48 counts. During the last half of the course the movements should be made in the psychic positions.

4th Psychic Exercise : SECOND WRIST MOVEMENT.

Repeat the same exercise, but move the wrist flatwise right and left, instead of perpendicularly up and down.

5th Psychic Exercise : THIRD WRIST MOVEMENT.

Repeat the same exercise ; but place the hand on edge as in the Second Wrist Movement and raise and lower the wrist edgewise.

PART TWO. RALSTON COMPLETE MEMBERSHIP.

6th Psychic Exercise: FOURTH WRIST MOVEMENT.

Place the hand as in the First Wrist Movement, but move the wrist right and left edgewise.

Four Bells.

7th Psychic Exercise: HALF-STEP SINGLE TURN.

One Bell.—Ask the pupils to explain the movements of this and the next exercise.

Two Bells.—Count 1, step forward on the right foot; $1\frac{1}{2}$, bring left foot to the side of the right foot; 2, step forward on the right foot; 3, step forward on the left foot; $3\frac{1}{2}$ bring the right foot to the side of the left foot; 4, step forward on the left foot; 5, step forward on the right foot, turning the body to the side; $5\frac{1}{2}$, bring the left foot to the side of the right; 6, step backward on the right foot, the body being turned around and moving on backward; 7, step backward on the left foot; $7\frac{1}{2}$ bring right foot to the side of the left foot; 8, step backward on the left foot. 9 to 16 are repetitions of these steps, as the line comes back to the original position. Repeat until music ceases.

8th Psychic Exercise: HALF-STEP THREE TURNS.

These movements are very difficult until acquired, but have a corresponding value. There are eight steps forward and eight back. In each direction the pupil starts forward on two steps, with a half-step between, and turns three times in the remaining six steps with a half-step in each turn. The counts are as follows:

1, step forward on right foot; $1\frac{1}{2}$, bring left foot to the side of right foot; 2, step forward on right foot; 3, step forward on left foot, putting it in front of right foot, and turning the body nearly around; $3\frac{1}{2}$, half-step backward on right foot; 4, full step backward on left foot; 5, step backward on right foot, turning slightly in a reverse direction; $5\frac{1}{2}$, half-step on left foot, completing the reverse turn; 6, step forward on right foot; 7, same as 3; $7\frac{1}{2}$, same as $3\frac{1}{2}$; 8, same as 4.

Repeat and come back to the original position ; and continue until the music ceases.

Four Bells.

9th Psychic Exercise: HIP OPPOSITIONS.

One Bell.—Ask the class to explain these movements.

Three Bells.—The head must be kept directly over the foot which sustains the weight of the body. If this simple rule is observed during the movements of the hips, there will be no difficulty. The hip is to swing out from this perpendicular line ; at first with a full swing but later in the course with the slightest movement possible. Place the hands upon the hip, thumbs forward, and fingers down.

- Count 1, hip to right ; 2, to left ; 3, to right ; 4, to left ; 5, to right ; 6, to left ; 7, to right ; 8, to left.
- Count 9, to front with weight on right foot ; 10, to back on left foot ; 11, to front ; 12, to back, 13, to front ; 14, to back ; 15, to front ; 16, to back on left foot.
- Count 17, to right oblique front ; 18, to left oblique back ; 19, R. O. front ; 20, L. O. back ; 21, R. O. front ; 22, L. O. back ; 23, R. O. front ; 24, L. O. back, suddenly taking a half-step to throw the weight on the right foot.
- Count 25, to front on left foot ; 26, to back on right foot ; 27, front ; 28, back ; 29, front ; 30, back ; 31, front, 32, back on right foot.
- Count 33, cross left foot in front of and to the right oblique forward of right foot, and sway the hip to the right oblique forward ; 34, to right foot straight back, leaving left foot in right oblique front position ; 34½, a quick half-step on left foot as it comes to the side of the right foot ; 35, cross right foot to left oblique forward of left foot and sway the hip to the left oblique forward ; 36, to left foot, straight back ; 36½, a quick half-step on right foot.

Repeat to count 40.

PART TWO. RALSTON COMPLETE MEMBERSHIP.

10th Psychic Exercise : FOOT SWINGING.

- Place the weight on the ball of the left foot for preparation.
Count 1, slowly swing right foot as far forward in front as possible, with straight leg.
Count 2, cross right lower leg above knee in front of left leg.
Count 3, same as count 1.
Count 4, slowly swing right leg as far back as possible.
Count 5, cross right lower leg above knee behind left leg.
Count 6, same as count 4.
Count 7, same as count 1.
Count 8, place weight on the right foot a little behind the left foot.
Count 9 to 16, repeat alone with the left foot instead of the right.

Repeat with right and left foot alternately until music ceases.

Four Bells.

11th Psychic Exercise : SUPINE EXERCISE.

One Bell.—Ask the class to explain the Supine, Prone, Repellent, Index and Palm Psychic Movements.

Three Bells.—Count 1, right hand D. F.; 2, D. O.; 3, D. L.; 4, D. O. B.; 5, left hand D. F.; 6, D. O.; 7, D. L.; 8, D. O. B.; 9, right hand H. F.; 10, H. O.; 11, H. L.; 12, H. O. B.; 13, left hand H. F.; 14, H. O.; 15, H. L.; 16, H. O. B.; 17, right hand A. F.; 18, A. O.; 19, A. L.; 20, A. O. B.; 21, left hand A. F.; 22, A. O.; 23, A. L.; 24, A. O. B.

12th Psychic Exercise : PRONE EXPRESSION.

Repeat the movements of the 11th Exercise with Prone Psychic Movements.

13th Psychic Exercise : REPELLENT EXPRESSION.

Repeat the movements of the 11th Exercise with the Repellent Psychic Movements.

14th Psychic Exercise : INDEX EXPRESSION.

Repeat the movements of the 11th Exercise with the Index Psychic Movements.

15th Psychic Exercise: PALM EXPRESSION.

Repeat the movements of the 11th Exercise with the Palm Psychic Movements.

Four Bells.

16th Psychic Exercise: EXPRESSIVE OPPOSITIONS.

One Bell.—In these oppositions the hip movements are to be accompanied by Supine Psychic Movements. The class should clearly understand them.

Three Bells.—Count 1, step forward on the right foot, hip in front opposition, right hand horizontal front supine; count 2, step forward on the left foot, with left hand supine; count 3, step to right oblique, using right hand supine, with hip in right oblique opposition, face and chest to the front; count 4, left oblique; 5, right lateral; 6, left lateral; 7, right oblique backward; 8, left oblique backward.

Repeat in Ascending Supine Psychic Movements.

17th Psychic Exercise: KNEELING OPPOSITIONS.

These are very difficult and trying upon the muscles of the limbs, until they are sufficiently strengthened. Count 1, weight on the left foot forward in preparation; and bring right foot forward in the act of kneeling on the left knee; 2, rise, leaving weight on the right foot forward; 3, bring left foot forward in the act of kneeling on the right knee; 4, rise, leaving weight on the left foot; 5, bring right knee backward in the act of kneeling upon it; 6, rise, leaving weight in right foot; 7, bring left knee backward in the act of kneeling upon it; 8, rise. Repeat.

Two Bells.—Repeat 2nd Psychic Exercise.

NO. 4. THE AESTHETIC COURSE.

So called because it arrives at the highest refinement of the body without the sacrifice of strength. Exercises in Physical Culture, combining power with ease, rapidity and grace, as for instance in fencing and other similar attainments, are provided in this course. All systems of physical training which

PART TWO. RALSTON COMPLETE MEMBERSHIP.

omit the development of grace, ease, polish, self-control and good presence, are apt to leave the pupil crude and unfinished.

The Aesthetic Course embraces five divisions :

1. Among Flowers.
2. Amidst Nature.
3. In the Drawing Room.
4. Fencing.
5. The Minuet.

The "Minuet" is not a dance, as it consists merely of walking and bowing. It serves to develop a higher form of grace than dancing, and for this purpose was practiced by all the polished castes in the olden days, even in cases where Puritanical severity forbade dancing:

I. AMONG FLOWERS.

One Bell.—Explanation: "The pupils are supposed to be passing through fields and flower gardens, where flowers grow on vines and shrubs and along the ground. The music plays

4th note	'Tis the last rose of summer
4th note	Left blooming alone ;
4th note	All her lovely companions
4th note	Are faded and gone ;
3d note	No flower of her kindred,
3d note	No rose-bud is nigh,
4th note	To reflect back her blushes,
4th note	Or give sigh for sigh.

There are eight counts ; each count is upon the accented note of each line ; and the fourth note of each line (excepting the fifth and sixth lines which take the third note) is to be accented, as shown at the left.

Two Bells.—1st count ; weight on right foot ; jump upward from right foot lightly and daintily, taking a flower from the vine overhead with the right hand.

2nd count ; take flower with the left hand from a shrub at the left on a line with the shoulder, and add this flower to the right hand.

3d count ; weight on left foot ; jump upward from left foot ; pluck flower from overhead with left hand ; pass the two flowers in right hand to left hand.

4th count ; pluck flower with right hand from the side horizontally ; add to left hand bouquet.

5th count ; repeat 1st count, except that the leap must be upward and forward. Place bouquet in right hand.

6th count ; repeat 2nd count, except that the flower is to be plucked from a shrub that is downward to the front. Do not bend the knees. Place bouquet in right hand.

7th count ; repeat 3d count ; jumping upward and forward. Place bouquet in left hand.

8th count ; repeat 4th count, modified as in the sixth count. Place bouquet in left hand.

Be ready for "*Gypsy Circle.*"

Three Bells.—Floor position in semi-circle.

2. AMIDST NATURE.

Count 1, kneel on right knee ; 2, weight on right hand resting on the floor oblique backward ; 3, weight on right hip ; 4, clasp hands over left knee.

Music plays "*A Gypsy's Life ;*" while pupils arrange bouquet in waist. A few flowers drop to the ground.

Count 1, weight on right hand ; 2, weight on right knee ; 3, weight on left foot ; 4, rise.

Repeat the music of "*Last Rose of Summer,*" with same accents as before, on eight counts as follows :

Count 1, walking, stoop by kneeling so that the left knee nearly touches the floor, without touching. With left hand pick up a flower, rise and hold it in left hand.

Count 2, same as to right knee and hand.

Count 3, 4, 5, 6, 7, 8, continue walking and kneeling as above.

Four Bells.

3. IN THE DRAWING ROOM.

One Bell.—Ask the pupils to explain this exercise.

PART TWO. RALSTON COMPLETE MEMBERSHIP.

Two Bells.—Walk forward eight steps, on first eight counts, keeping weight on right foot as the left is advanced for the eighth step.

Music changes ; keep weight on right foot ; retire the left foot, while bowing to the right ; retire right foot while bowing to the left ; retire left foot while bowing to the right ; thus making four bows, going backward ; four more backward will bring the pupil to the line position. These eight bows should be made very slowly.

The walk and bowing in the Drawing Room exercise should be made as though in the actual presence of polite and dignified society. No attempt at mechanical or affected movements should be tolerated. Be perfectly natural, and forget self in the cultivation of ease and grace.

This is the lightest of the Aesthetic exercises, next to the Minuet. The most trying of all exercises is Parlor Fencing ; as, owing to the pleasure attending it, the pupils are apt to forget themselves and lose their dignity. The utmost courtesy and reserve will be insisted upon in this exacting test.

4. PARLOR FENCING.

This should be practiced with a pair of good foils. It differs from the ordinary fencing by omitting the thrust, or lunge. It is never safe to thrust ; besides being expensive in the cost of protection. A fencing duel, where thrusting is allowed, requires heavily padded leather gloves, wire mask, and a padded protector for the front of the body.

In Parlor Fencing the only expense is for the foils, which cost \$1.50. The action consists partly of fencing movements and partly of sword practice. This combination affords the most exhilarating practice imaginable. The eye must be quick and the body agile and strong to engage in Parlor Fencing ; yet not the slightest danger can come from the use of steel foils. Each pupil must own a foil with name marked in ink at the hilt. We do not supply foils, except to our members living at a distance ; they can be procured at a

sporting-goods store. It requires nearly ten lessons to learn the movements. The pupil is requested to commit the following orders to memory :

Rest. Left arm down at full length.

Position. Left wrist on hip.

Turn. Look to your opponent's right eye.

Take hold. Right hand grasps foil handle.

Draw. Foil held level over the head.

Present. Foil forward.

Guard. Knees bend.

Carry. Knees bend, foil held level over the head.

ORDER TO CROSS-RANKS. "CARRY."

Count 1, 2, 3, 4, 5, advance five steps; 6, swing; 7, position; 8, rest.

ORDER TO ADVANCE AND RETIRE. "CARRY."

Count 1, 2, 3, 4, advance four steps, weight on right foot.

Count 5, 6, 7, 8, retire four steps, weight on left foot.

Rest.

ORDER TO FIGHT FOURS. "CARRY."

Count 1. Left upper stroke.

Count 2. Right upper stroke.

Count 3. Left upper stroke.

Count 4. Right upper stroke.

Count 5. Left lower stroke.

Count 6. Right lower stroke.

Count 7. Left lower stroke.

Count 8. Right lower stroke.

Carry. Position. Rest.

ORDER TO FIGHT TWOS. "CARRY."

Count 1. Left upper stroke.

Count 2. Right upper stroke.

Count 3. Left lower stroke.

Count 4. Right lower stroke.

Count 5. Left upper stroke.

PART TWO. RALSTON COMPLETE MEMBERSHIP.

- Count 6. Right upper stroke.
- Count 7. Left lower stroke.
- Count 8. Right lower stroke.
- Carry. Position. Rest.

ORDER TO FIGHT ONES. "CARRY."

- Count 1. Right upper stroke.
- Count 2. Left lower stroke.
- Count 3. Right upper stroke.
- Count 4. Left lower stroke.
- Count 5. Right upper stroke.
- Count 6. Left lower stroke.
- Count 7. Right upper stroke.
- Count 8. Left lower stroke.
- Carry. Position. Rest.

An "Engage" is always a Right upper stroke.

"Attacks" must always proceed from the "Foreign ground." The "Foreign ground" is the left hand side of the hall, as we face the platform or stage.

ORDER FOR STANDING ATTACK IN FOURS.

A Standing attack in Fours is as follows: Count 1, rest; 2, position; 3, turn; 4, take hold; 5, draw; 6, present; 7, guard; 8, carry; advance from "Foreign Ground," 9, 10, 11, 12 and engage,—the Engage must occur on taking the fourth step in advance which is the 12th count; fight Fours on counts, 13, 14, 15, 16, 17, 18, 19, 20; retire, 21, 22, 23, 24; Cross-ranks, 25, 26, 27, 28, 29, 30, 31, 32. This brings the other line of pupils on "Foreign Ground," and without waiting the standing attack is repeated, ending on 64th count, which brings the pupils to their original position.

ORDER FOR STANDING ATTACK IN TWOS.

This is the same as "Standing Attack in Fours," except that the order to fight twos is substituted.

ORDER FOR STANDING ATTACK IN ONES.

This is the same as the "Standing Attack in Fours," except that the order to fight ones is substituted.

ORDER FOR STANDING ATTACK IN FOURS, TWOS AND ONES.

This is the same as the General Battle, except that the fighting is done standing in lines.

ORDER FOR BATTLE IN FOURS.

Count 1, rest ; 2, position ; 3, turn ; 4, take hold ; 5, draw ; 6, present ; 7, guard ; 8, carry ; advance from Foreign Ground, 9, 10, 11, 12 and engage ; 13, 14, 15, 16, fight fours. while retiring with the other side following,—the retiring side makes the stroke as the left foot moves, and the other side makes the stroke as the right foot moves ; 17, 18, 19, 20, fight fours while advancing, the other side retreating ; 21, 22, 23, 24, first side retires to "Foreign Ground." Cross-ranks, 25, 26, 27, 28, 29, 30, 31, 32. Then repeat up to count 64.

ORDER FOR BATTLE IN TWOS.

This is the same as the battle in fours, except that the order to fight twos is substituted.

ORDER FOR BATTLE IN ONES.

This is the same as the battle in fours, except that the order to fight ones is substituted.

ORDER FOR GENERAL BATTLE.

This is exceedingly fatiguing, although during the excitement the pupil seems unwilling to stop. The tax on the physical strength is so great that only the hardiest persons should be permitted to fight a general battle. The music is to be played nearly twice as fast as for the preceding battles. The mind must be on each stroke, and as a test of this a sudden change of stroke occurs on the first of the ones ; a careless fighter will not be able to execute this change. The whole movement is as follows :

Count 1, 2, 3, 4, 5, 6, 7, 8, from "Rest" to "Carry ;"
9, 10, 11, 12, advance to engage ;

PART TWO. RALSTON COMPLETE MEMBERSHIP.

13, 14, 15, 16, 17, 18, 19, 20, battle in fours, both sides moving ;
21, 22, 23, 24, 25, 26, 27, 28, " " twos, " " "
29, 30, 31, 32, 33, 34, 35, 36, " " ones, " " "
37, 38, 39, 40, first side retreats to " Foreign Ground ;"
41, 42, 43, 44, 45, 46, 47, 48, cross-ranks.

Repeat to the 96th count.

Pupils are requested to solve the orders and detailed movements in advance of lessons. It is a severe test of memory ; and the constant variety of the General Battle requires full attention. This General Battle is exhilarating, fascinating, exciting and healthful. It would at first seem impossible that movements so light and delicate in their nature could tax the strength to such an extent ; yet the entire body is equally active throughout. The unused arm should be held in its place as in " Draw," while the right arm fights. In alternate lessons the left arm may make the strokes. For the purposes of health " Parlor Fencing " stands pre-eminently above all methods of Physical Culture, and is five hundred per cent. better than duel fencing with thrusting or lunging. After learning to fight with steel foils, we recommend the use of heavy wooden swords ; and many prefer these from the start. These wooden swords can be made by any carpenter for about twenty cents each. They should be thirty-three inches long from tip to tip, have a square handle covered with felt, and a round flange six inches in diameter to act as a guard to shield the hand.

5. THE MINUET.

The movements of this beautiful drawing-room training can only be acquired from a teacher.

Very few persons will have the patience to solve the details of the Hygienic, Psychic and Aesthetic Courses ; nor will it be expected of them. Those who desire a course of Physical Culture for *self-training* only, will never go beyond the Heroic Course ; and that can be readily understood ; nor does it require music.

But there are thousands of people who attend school, either as teachers or pupils ; and thousands more who intend to organize Local Ralston Clubs, with the School of Physical Culture attached : for them these detailed movements are presented in this volume, and they will spend many a pleasant evening (which might otherwise be wasted in ruinous nothingness) in evolving the present course of progressive Physical Culture. For entertainment, pleasure, profit, and moral as well as physical improvement, no better evenings' enjoyment could be devised.

All the music of these exercises will be published in Shaftesbury Magazine : 50 cents a year.

NOTICE.

The music which is used in the last three courses consists of many airs, some of them arranged and others composed specially for their appropriateness. They are all beautiful and pleasurable accompaniments to the ever changing drill ; and their accented movement inspires an unbounded enthusiasm among the college classes.

The exercises of the Ralston School of Physical Culture should be in all the schools of America ; especially the Heroic and Hygienic departments. The full music of the course will be issued in printed form in the Shaftesbury Magazine, as therein stated.

PART THREE.

THE RALSTON SPECIAL CURES.

SYNOPSIS.

- No. 1. Catarrh.
- No. 2. La Grippe.
- No. 3. Colds.
- No. 4. Cold Feet and Hands.
- No. 5. Pneumonia.
- No. 6. Throat and Bronchial Troubles.
- No. 7. Consumption.
- No. 8. Liver Troubles.
- No. 9. Malaria.
- No. 10. Heart Disease.
- No. 11. Dyspepsia.
- No. 12. Weak Stomach, Loss of Appetite.
- No. 13. Constipation.
- No. 14. Dysentery ; Bowel Complaint ; Inflammation of
the Bowels.
- No. 15. Kidney Troubles.
- No. 16. Bright's Disease.
- No. 17. Diabetes.
- No. 18. Headaches.
- No. 19. Poor Blood.
- No. 20. Scrofula.
- No. 21. Neuralgia.
- No. 22. Rheumatism.
- No. 23. Nervousness.
- No. 24. Nervous Prostration.
- No. 25. Sleeplessness.
- No. 26. Irritability.
- No. 27. General Weakness, or Weariness.

- No. 28. Melancholy, or Despondency.
- No. 29. Local Weakness.
- No. 30. Alcoholism.
- No. 31. Gout.
- No. 32. Hereditary Diseases.
- No. 33. Insanity.
- No. 34. Tumors, Ulcers and Abscesses.
- No. 35. Cancer.
- No. 36. Weak Eyes, and Failing Eyesight.
- No. 37. Apoplexy.
- No. 38. Skin Diseases.
- No. 39. Scalp Diseases.
- No. 40. Complexion.
- No. 41. Baldness.
- No. 42. Leanness.
- No. 43. Excessive Fatty Growth.
- No. 44. Cholera, Yellow Fever, Epidemics and Contagious Diseases.
- No. 45. Specific directions for restoring general health.

In these treatments the terms, diseases and disorders are synonymous.

The "private laboratory," from whose experiments the Ralston discoveries were made, declared fifteen years ago that "*all disease consists of germs of minute life which thrive upon enfeebled bodies.*" During the last five years all experimenting scientists and the entire world of physicians have accepted the doctrine as true. Disease therefore is the presence of INSECT OR OTHER LIFE too small to be seen, except in effect under the most powerful microscopes; this insect life feeds upon a body weakened by abuse, by non-use, or by the absence of GLAME. Physicians say that a person in good health cannot take a contagious disease. This is also true as to any disease. This invisible insect life passes in and out of the body continually, but can obtain no hold while at least a normal amount of GLAME is present in the body. GLAME

PART THREE. RALSTON COMPLETE MEMBERSHIP.

brings *vitality*, and *vitality* expels disease. In the course of many years over one hundred thousand experiments have been made with GLAME, and in no instance has it ever failed to prevent disease or drive it from the system.

The Ralston Health Club has discovered NINE NATURAL LAWS for the cure of disease, without medicine and without cost. If medicine or treatment ever cures it is due to one or more of these laws. Drugs and medicines are perverted forms of these laws. Let us go to Nature's fountain-head. Every Ralstonite is pledged to discard all quacks, all patent cures, and all medicines except when the latter are prescribed by physicians in good standing.

That the diseases hereinbefore enumerated can be cured as stated may be proved by faithfully following the directions given. The cure leaves no after effect of ill or poison, as medicine does ; but the general health will be brought up to a higher standard than ever before.

Special Treatment No. 1.

CATARRH.

CURE GUARANTEED IN EVERY CASE.

We do not believe that medicine ever effectually cured or even lessened this disease. It is not in the nature of the disease itself to be cured by local washes or by blood medicines. Regular physicians are generally helpless in cases of catarrh, not being able to cure themselves, though being often troubled with the disease. As a result the practice turns to specialists who reap a large income without effecting a single cure. Next comes the patent medicine advertisement, and the patient ruins his stomach, or his blood, by taking drugs internally, or applying local washes.

Nearly everybody has catarrh. It ranges from a slight running cold in the head to a stoppage of the nasal chamber, and attendant discharges in the throat. It should be cured at once, no matter how slight it may seem. Catarrh affects

the blood ; by poisoning and reducing it, as well as absorbing the elements that expel such diseases as rheumatism and neuralgia. It becomes offensive in odor to others, although the patient is rarely ever aware of it. The nasal cavity is the resonant chamber of the voice, and when affected by catarrh, the voice is nasal and of a dead timbre, destroying the beautiful effects of good singing, reading and speaking.

There is no case of catarrh which we cannot cure. This statement is not made to induce you to procure this work : that you have already done. It is not prompted by any motive. Thousands upon thousands of sufferers have read the assertion and in no instance has the treatment failed to cure, when the directions have been faithfully followed. We will also say that the Ralston treatment has absolutely cured in the last three years more cases of catarrh of every stage of development, than the medicines and physicians have cured in the last fifty years.

Nothing can be more healthful than the present treatment.

DIRECTIONS.

1. Start a full and active circulation of the blood of the entire body. This may be accomplished by the 3d Heroic Exercise, which draws the blood to the feet ; and by the 9th, 11th and 13th Heroic Exercises which create perfect circulation. The new blood coursing through the vessels of the head not only furnishes a better medicine than is put up at drug stores, but also absorbs and carries away the poison of catarrh. Spend two minutes only in each hour for eight hours a day.

2. After three days add the following exercise, and continue those in the preceding direction : Perform the 3d, 4th, 9th and 11th Hygienic Exercises, two minutes in each hour for eight hours daily. Any eight hours will do. These exercises make the neck lame at first. Avoid this as much as possible.

3. The next step is to practice two minutes each hour for eight hours daily the following exercises ; in the meantime

PART THREE. RALSTON COMPLETE MEMBERSHIP.

reducing those of the two preceding directions one-half: Perform the 10th, 12th and 14th Hygienic Exercises, and the 14th Heroic Exercise, devoting only thirty seconds to each, even if they are left incompletd. Continue until cured.

4. When you begin the last exercises, commence the 5th Hygienic Exercise, *Nostril Breathing*. This is the great cure for catarrh. It should be performed one minute in each waking hour, day or night, as long as the catarrh is present. If any friction or air, or the slightest sound of passing air is heard, there can be no cure. Respiration through the nostrils should be silent. Full deep respirations oxygenize the blood, and the GLAME exercises added to this build up a vitality that never fails to expel disease.

5. The food must contain the proper proportions of the fourteen elements described in the Book of General Membership.

Remarks.—The mucus deposits of catarrh are carried away as fast as they are made, if long, full respirations occur; and soon the putrid matter disappears entirely. It is a good plan, when performing the 5th Hygienic Exercise, to make the mucus of the nasal chamber active and thin. This may be done by taking hold of the nose with the thumb and forefinger, gently pinching and rubbing that organ until it is red. Continue it until a thin fluid is felt within the head, and always follow it with the 5th Hygienic exercise.

Special Treatment No. 2.

LA GRIPPE.

ITS PREVENTION AND CURE GUARANTEED IN EVERY CASE.

The experiments of the "Private Laboratory" in the search for the true cause of the epidemic, which recently appeared as a new form of disease, have determined the fact that what is known as La Grippe is a comparatively new species of germ life. The power that created heavenly bodies so vast that the mind of man cannot conceive their measurements; that at the

same time filled all space with active life, composed of particles so minute that each perfected being is smaller than a ray of light, and consequently invisible under the strongest microscope; that has permitted man to analyze the elements of Nature, but not one of her forces; must have a design in placing humanity between the vicissitudes of these extremes.* Sickness is a warning to acquire knowledge and through knowledge to come nearer to its source. An epidemic is a blessing to the world; and as long as man fails to study the cause, the scourge will follow him. Not only old germs are renewed, but new ones appear; and the latest science seems to indicate that space may be peopled with germ life. One thing is certain: that many lesser worlds, such as planetoids and meteoroids, are wandering in space, some of them disrupted, whose fragments are waiting to come within the attraction of other heavenly bodies. The earth circles within a given portion of some new area every season. In such area an old atmosphere laden with germ life is found; probably once the seat of an active existence. By such means new epidemics are possible.

Whatever the nature of the disease there is always one rule that governs:

The human body, when in vigorous health, is proof against any contagious disease.

Vigor, vitality and GLAME are one and the same thing. The germs of disease can obtain no hold upon the tissues of a strong and healthy body.

La Grippe seizes upon the weak in every instance; or upon the strong who have become temporarily weakened by some dissipation. Very late hours will invite a cold. The omission of a single meal, or the abuse of the stomach by eating improper food between meals and thereby destroying the normal appetite, is nearly always followed by a cold. But above all causes of weakness and consequent colds, is the lack

*See "*Our Existences*," by Edmund Shaftesbury; in the Shaftesbury School of Philosophy.

PART THREE. RALSTON COMPLETE MEMBERSHIP.

of *exercise*. Few people take sufficient exercise. Work is usually a strain upon one or two sets of muscles and therefore should be followed by the practice of physical culture in order to balance the muscular system.

Exercise, if health is desired, should be attended by pleasure or cheerfulness; be supported by proper proportions of food; and should be systematic and progressive, as prepared in the Ralston School of Physical Culture in Part II of this book.

In order to prevent La Grippe the only precautions necessary are the following :

1. Eat regularly of proper food.
2. Practice the Heroic and Hygienic Exercises.
3. Increase the GLAME and Magnetism of the system.
4. Avoid any exhaustion or dissipation.

When once attacked with the La Grippe recourse should be had to red pepper. This destroys the germ life. A dose consists of a small quantity of pure red pepper, equal in size to a pea, floated upon a large spoonful of soup, or milk. Drink water immediately after. If the pepper does not burn the throat it is impure. It is better to drink iced-milk afterward if convenient. Massage of the head, neck and chest should follow. The patient should take a hot water bath, rinse in luke-warm water, wiping very dry, and go to bed. Sleep in the afternoon, and early at night is necessary. The restoration of vitality, sleep, red pepper and GLAME are the essentials of cure.

Special Treatment No. 3.

COLDS.

THE PREVENTION AND CURE OF COLDS IN THE HEAD, CHEST AND LUNGS GUARANTEED IN EVERY CASE.

The turning point in a long life is a cold. The beginning of sickness is often heralded by a cold. If mankind were

relieved of all possibility of catching a cold; disease would be nearly conquered. The battle for longevity of youth or health must commence here. It is after some cold that the system is deranged; it is after another cold that weakness of some organ first appears. A cold is necessary to precipitate any kidney trouble. Consumption never shows itself except through a succession of colds on the lungs. Pneumonia is announced by a cold; as are catarrh, bronchitis, asthma, chills, congestions, and often fevers.

A person who catches cold is not well. The hearty and vigorous athlete has broken down the tissues of a healthy body by too vigorous exercise in the gymnasium, or with apparatus, and he has a cold. Such athletes are often short-lived, and a large proportion of them die of consumption. The rule is,—*never practice physical culture when apparatus or instruments are required.*

The man or woman who works hard under the strain of one kind of labor weakens the tissues, and should balance the muscular system by a regular course of physical training.

In order to aid our members in carrying on the fight to prevent colds the following suggestions are offered:

1. Keep the body in a balanced state of vitality by **GLAME.**

2. Oxygenize the blood by the breathing exercises of the Hygienic Course.

3. Kill the germs of disease which are accessible to all bodies, ill or well, by burning these minute forms of life. That there is latent, or undeveloped electricity in every drop of blood is too well known to admit of discussion or the offer of proof. Never before has the world developed so much electricity for the uses of daily life. To apply that electricity to the body has been the study of patent advertisers and charlatans, who offer machines or apparatus, costing from \$25.00 upward, which they claim will generate electricity. Even if so, it is positively injurious to take artificial electricity; for it is in a condition foreign to the body. Never

PART THREE. RALSTON COMPLETE MEMBERSHIP.

apply to the system any belts, plasters, bandages or other apparatus called electric or magnetic, and never take it from generating machines. Any exhilaration caused thereby is unnatural and injurious afterward. The life of the body consists solely in its own power of generating its sustaining forces. In cold climes where the body must *generate* its own heat, it is healthier ; but in warm countries or wherever heat is continually applied from without, the body is not called upon to generate heat, and vitality is weak. So in the case of electricity. The primal act of life is the *generation* of electricity ; not the *possession* of electricity ; therefore life is lessened where electricity is imparted from without,

To sustain life in the highest state of vitality the body should be taught to *generate* daily a liberal supply of electricity. This is not done by the majority of people. Indeed it may be safely stated that no person generates that amount of electricity which the body demands even in ordinary daily life. A feeling of weariness ensues.

It is wholly due to Edmund Shaftesbury's work, "The Mechanics of Personal Magnetism," that, for the first time in the history of man, a system has been devised for generating electricity *within* the body and *by* the body. So successful has this course of training become, that the book has already reached its fifth edition, and a hundred pages of new matter added, and the price increased. We mention these facts to show that the practical claims of benefit have been verified ; and people are awaking to the fact that life and electricity are one, and that the latter must be more generously developed within the body. Nearly all the members of the Ralston Health Club reach the Tenth Degree in a few weeks, and at once possess the Shaftesbury course of training in Magnetism, free. They then become aware of the fact that it is the greatest work of the centuries, as far as health is concerned.

To keep the body supplied with magnetism, which is only applied electricity, is the surest means of destroying the germs that rapidly develop during a cold. This electricity also

burns up every germ of whatever nature, and disease is thereupon impossible. A large shock kills a human being ; and in like manner a goodly supply in the body, generated and used by the body, kills all germs of foreign life therein. Electricity applied from without keeps near the surface, and has no effect upon the centres.

The first course of a cold is weakness ; and this may be produced by dissipation, loss of sleep, lack of proper food, and exhaustion.

The application of cold to the surface of the body hardens it ; cold water dashes are of help. Hot rooms quickly lower the vitality. Coming out of a hot water bath, without the final cold water plunge to harden and close the pores, is generally followed by a cold. Getting chilled in damp cold air is sure to be followed by a cold if the body is temporarily weak. Persons who are afraid of cold air, cold water and rains, have one hundred per cent. more colds than all other classes of people combined. Take a Ralston Rain-bath. Learn how to get the health that falls from the sky in every rain ; and henceforth it will be impossible to catch cold in a rain.

A cold on the lungs is always accompanied by the deposit of phlegm or mucus which, while the inflammation is progressing, increases with wonderful rapidity. To be able to dislodge the phlegm is all that is necessary to avert a dangerous result.

The deposit of phlegm takes place with a greater activity than ordinary breathing employs ; but, putting into the respiration a greater degree of activity than is usual, we will find it an easy matter to overcome a cold on the lungs. It is best done by walking. On each step add breath to that already in the lungs, allowing none to escape. In about a dozen steps the lungs will be so full that it will seem impossible to add more.

This air, which is in a greatly condensed condition, has great elasticity and expansive power. It fills each and every

PART THREE. RALSTON COMPLETE MEMBERSHIP.

air cell in the lungs and soon drives out all the phlegm or mucus which may be there. As this enormous pressure of air is held back by the vocal cords, it will remove all mucus in the bronchial tubes and in the lower throat.

While walking and thus packing the lungs with air it is well to clinch the fists with all the power that you possess in the hands until the arms tremble with intensity. This produces great nerve activity throughout the entire chest frame and its contents, and answers a better purpose even than the use of stimulants to create a perspiration.

In case the patient is too weak to make any physical exertion the application of very hot plates wrapped in towels upon the chest will be necessary. But full breathing and holding the breath should be taught, as it dislodges the phlegm. A person of will power in the last stages of pneumonia, when death is apparently inevitable, and the last good-byes have been said, may dislodge the phlegm and live. This fact should be taught to all persons when well, as a precaution in case of such illness, for it is hard to induce a sick person to arouse to any exertion. All persons of strong wills inhale deeply when exerting the will power and thus outlive the doctor,

Our Local Ralston Clubs should teach these and other great principles to all its members; and the development of will power should become a part of the exercises at each meeting of the club.

As we said before, take colds out of the world and disease will be reduced to a minimum.

A Ralston wet weather dress consists of water proof shoes, leggins and cloak, to protect against wetting the body when out taking a rain bath.

*Special Treatment No. 4.***COLD FEET, COLD HANDS AND CHILLY SUR-
FACES OF THE BODY.**

CURE GUARANTEED IN EVERY CASE.

The blood may be impoverished by colds, catarrh, alcohol, lack of exercise, unbalanced exercise, or a wrong proportion of daily food. Without wasting words we will say that a cure of these may be guaranteed to any person who will eat the foods containing the elements in their due proportions as stated in the Book of General Membership; and at the same time practice the Heroic and Hygienic Courses of Physical Culture prescribed in the present volume. The cure of this disease cannot be effected by medicines nor by outward appliances; but the following exercise is, in all cases, an absolute cure, where persons are not too weak to stand.

Take a standing position, fill the lungs as full as possible and then breathe out all the air from the lungs, pressing hard with both hands upon the lower ribs; now fill the lungs as full as possible and rise three times on the toes, with sudden movements catching an additional breath each time and allowing no air to escape. The purpose is to fill the lungs until they are packed full of air and thereby obtain a larger quantity of oxygen than is usual. This oxygen imparts great warmth to the blood. Hold the air in the lungs as long as possible, not exceeding twenty seconds.

Now breathe in and out as rapidly as can be done; allowing all the air to escape and refilling the lungs to their utmost capacity until you begin to feel dizzy. As soon as dizziness is felt, rise rapidly up and down on the toes, bringing the body down almost to a sitting position on the floor without allowing the heels to touch, and then straighten the body until it stands upon the extreme tips of the toes. This is not only an absolute cure for cold feet but is one of the best exercises for the general health ever devised.

PART THREE. RALSTON COMPLETE MEMBERSHIP.

Perform this every night just before going to bed and you will never have cold feet. In case you are too weak to stand, and can perform any exercise while lying in bed, it would be better to take extreme respirations with great rapidity, at the same time moving the feet, toes and lower limbs in all possible directions. Twisting the limbs and feet by their own muscles is a good exercise.

N. B. The breath should be inhaled through the nose and *not* the mouth, and it should never be heard passing in or out.

The folly of taking medicines to restore iron to the blood may be seen in watching the results. These are cited in the first book. Medicine is either mineral or vegetable; so is food; we eat both every day, or should do so: but medicines contain both mineral and vegetable food in a de-organized state and are therefore always injurious. Foods contain the same things in organized form, and should be eaten liberally in the prescribed proportions of carbonates, phosphates and nitrates. The blood will soon have all the iron it needs; unless the foods are not assimilated: in which case Magnetism is necessary. See Special Treatment No. 3. After the food has been assimilated, exercise is necessary in order to draw the *nutrition* to all parts in the required proportions; and to do this the four full courses of the Ralston School of Physical Culture are needed in the order and manner prescribed in this volume.

There will no longer be a Ralstonite of impoverished blood, or of poor circulation, if these directions are carried out. Why not have perfect health and begin life anew?

Special Treatment No. 5.

PNEUMONIA.

ITS PREVENTION GUARANTEED IN EVERY CASE; ITS CURE NOT GUARANTEED.

So many persons die of pneumonia who ought to have lived, that some organized movement to aid physicians should be

inaugurated in every city and town. Have you ever followed the course of treatment of your best physicians when some loved one is stricken by the fell disease? What can be more helpless than the learned doctor of many years' experience, standing in the presence of the sick, *experimenting* upon the patient ; having a splendid scientific knowledge of every feature of the case, and yet unable to check it. We have in mind many of the ablest physicians who can count their pneumonia victims by the score peacefully laid away in the graveyard ; physicians who do not care for assistance from Nature or from Nature's methods, but who scratch their heads and wonder why, in the light of the latest *science*, so many people die of pneumonia.

To the honor of the profession be it said that our best physicians use the Ralston method, and recognize in it the hand of Nature. It is common knowledge that the smaller the town the larger-headed the mayor ; and so the smaller the practice or less the skill of a physician, the farther away he will be from Nature and consequently from the Ralston Health Club.

We claim only Nature, pure, simple and powerful. We also claim that a thousand cures of pneumonia are better than the most profound scientific knowledge of the disease attended by a rapidly growing graveyard.

Pneumonia never should be fatal! Death from this cause is a crime ! It lacks the element of moral turpitude ; but only in the sense that a negligent engineer is not morally guilty of the crime of a frightful railroad wreck.

The patient must aid the physician ; and in advance of the disease. Alcohol and wine drinking congests the chest and lungs as well as the skin and blood vessels. This makes the system an easy prey to the disease. The Special Treatment (No. 3) for the prevention and cure of Colds applies equally to the prevention of pneumonia. Without this previous foundation a cure cannot be guaranteed, especially when the disease has advanced several days. However a cure should always be attempted.

PART THREE. RALSTON COMPLETE MEMBERSHIP.

The first great fact that escapes the observation of the physician is the reduced desire of the patient to breathe. Any physician, who can reach the patient in the early stages of pneumonia, will have no difficulty in effecting a cure on the following basis :

The patient should be told that discouragement, pain and difficulty in breathing always reduce the desire to breathe to the barest minimum on which life can be supported. This result is merely mechanical and is overcome by holding a full breath, while clinching the fists. The patient should also be told that air dislodges phlegm in the lungs and bronchial tubes, rendering the progress of pneumonia impossible. It is a curious fact that, while inhaling, the air tends downward and only toward the middle or lower half of the lungs ; but while exhaling it fills the upper cones of the lungs. Indeed it is only during exhalation that the upper lungs are reached at all. Therefore to fill the lungs full, close the nostrils with the thumb and finger, put a pipe-stem in the mouth and blow hard while exhaling, will not only drive air to the upper lungs, but will also expel phlegm. The result of oxygenation to the lungs from additional air gives new vitality, and this tends to cure any disease.

Red pepper destroys the germs, and should be taken three times a day during the illness. If the lungs are filling or growing hard the patient can do but little. Cracked ice should be swallowed in very small pieces, and hot plates wrapped in cloth applied to the chest ; and the red pepper should follow a few minutes after the ice. Touching the body on the back and front with a cloth wet in ice water, followed by a warm cloth has caused the dislodgement of phlegm and led to a cure. The breath comes quickly if the body is chilled suddenly in a single spot.

The foregoing treatment is the only known method of successfully fighting this disease. As it is harmless in its effects nothing is risked. It will eventually be used universally, as success is sure to succeed.

THROAT AND BRONCHIAL TROUBLES. PRIVATE.

Always employ a Ralston physician in cases of pneumonia, all other things being equal; and if the patient has been a faithful Ralstonite the cure is guaranteed. As you value the health and future immunity from disease of every member of your family, it is your duty to bring them into the Ralston Health Club as Complete Members.

Special Cure No. 6.

THROAT AND BRONCHIAL TROUBLES.

CURE GUARANTEED IN EVERY CASE.

It is claimed by some scientists that no person ever had a sore throat who did not at some time inhale through the mouth.

It is probable that this statement is founded on fact, but a conclusive demonstration of it is possible.

As far as the author's personal experience goes, he has proven to his own satisfaction, at least, that sore throat cannot be acquired if air is never drawn in through the mouth. Many of his pupils testify to the same fact in their own experience.

The first remedy to suggest for the *prevention* of a sore throat is, always inhale through the nostrils, If the nose is closed or catarrh has control of it, the suggestions hereinafter made will prove beneficial in relieving these difficulties. When the nostrils have become cleared, the only thing to do is to form a habit of constant nasal inhalation. This may be done in one or all of the following ways: 1. Assign the first five minutes of each hour during the day and evening to the task of closely observing the action of breathing and watch very carefully to see that every breath is taken in through the nose, especially when conversing. 2. Ask some friend to watch you occasionally and remind you of your manner of breathing when not conversing. 3. Ask some friend to observe you and speak to you every time you inhale through the mouth. 4. All upper-chest movement in breath-

PART THREE. RALSTON COMPLETE MEMBERSHIP.

ing is tiresome for the entire body, and such breathing is sure to weary the neck and throat. Therefore, use the lower chest respiration as much as possible. 5. Saliva is the most beneficial of all natural remedies. All animals cure their wounds by its use. Human beings often move the hurt finger to the mouth. A sore throat may be helped very much by swallowing the saliva and holding it in the throat. This combined with nasal breathing will always help a physician in curing the worst cases. Mild cases will never need a physician and should quickly cure themselves if the above suggestions are strictly followed. The habit of scraping the throat or making the sound commonly called "hem" will counteract any attempt to cure a sore throat.

Never clear the throat.

Bronchitis is less understood to-day by physicians than most other ills. The stupid attempts to cure the diseased passages to the lungs by medicines merit only failure.

If the bronchial tubes are weak it is due to the lack of their development. Unused arms and limbs grow very weak by non-use. Exercise draws a healthful sap into them, thickens and strengthens their structure, and protects them against attack.

Bronchial troubles may be traced to one of three causes :

1. Non-development of the tubes.
2. Wrong breathing.
3. A depleted blood,

The last named cause may be remedied by following the directions of the Book of Inside Membership.

The 2nd cause—wrong breathing—may be remedied by the following treatment :

In the first place let us understand that the tendency of Nature is to heal. The wound on the arm heals ; the sore in the throat gets well ; the lame muscle, weak nerve, broken tissues all get well. But they must be surrounded by proper conditions. The blood must not be too bad ; the nerves must not be exhausted ; and the parts must have been reasonably developed.

THROAT AND BRONCHIAL TROUBLES. PRIVATE.

In nine persons out of every ten the bronchial tubes have never been developed. They are there, it is true, but thin, sickly, weak and irritable. One large, full, deep breath would surprise them. They are not used to it ; but need it. Bad breathers never empty the lungs. They do not know how. Try to breathe out as long as possible. Occupy a half minute in exhaling. You will commence to choke and stifle. It will cause a violent fit of coughing. Avoid that. Make the exercise very light at first. To empty the lungs completely is more valuable than to fill them ; for a complete exhalation is always followed by a lively breath. Another necessary exercise is to fill the lungs full, and instantly dash a dipper of water, of about 80 degrees temperature upon the upper chest and neck. The water should be cold enough to make you gasp ; but not cold enough to shock the nerves too severely. On each subsequent trial take water a little cooler.

Every day, at morning and night, rub the neck and chest vigorously with the bare hands, without a towel. In the course of two years be able to endure a temperature of 50° in the water treatment just described. The more times the lungs are completely emptied and then completely filled, the sooner will the bronchial tubes be well.

Always inhale through the nose.

You say you do, but you do not.

The last time you were out of doors you were interested in a conversation with a friend, and as you talked you caught every breath unconsciously through the mouth ; notwithstanding the fact that the air was dusty, dry, cold and full of animal life ; all of which entered the bronchial tubes. Had you inhaled through the nose, none of these could have entered.

Practice every variety of breathing. There are fifty-two exercises.

Read what is said on Magnetism in Special Treatment No. 3.

As soon as a reasonable development of the tubes has been attained, use the following

PART THREE. RALSTON COMPLETE MEMBERSHIP.

EXERCISES.

Always hold the breath for the first five seconds, while performing each one of these :

1. Throw the head back and forward 20 times.
2. Throw the head right and left 20 times.
3. Turn the head right and left 20 times.

Every person who practices the exercise of this treatment, and follows all the directions conscientiously, will surely cure all bronchial troubles. The practice should be pursued many weeks and months. While taking the present treatment, continue in all the exercises of the four full courses of Physical Culture.

Special Treatment No. 7.

CONSUMPTION.

CURE GUARANTEED IN NINE CASES OUT OF EVERY TEN.

Except in cases where the patient is bordering upon the grave, we believe that consumption may be absolutely cured, and that even extreme cases may be delayed many years.

The autopsy of a person who has died from consumption shows that many of the air cells of the lungs have not been developed during life. The full activity of the lungs should in every instance be acquired. The tendency everywhere is to *heal*. Chronic diseases overcome this tendency solely by possessing a greater degree of vitality than that which is found in the average body. A little greater exertion than one is accustomed to, will soon cause the vitality of the body to preponderate over the activity of a chronic disease.

A person who comes in contact with moving air, upon which the sun has shone, will increase the vitality of the blood, and the health of the lungs quite rapidly, by drawing GLAME from the air.

It makes no difference how pure the air may be, it will not be as beneficial as if it were moving. Now if a person living in moving air should exercise a little very gently, this exercise

will cause more rapid respiration, thereby bringing more oxygen into the body. Activity will cause the body to absorb oxygen ; whereas a person standing still might inhale great draughts of oxygen and yet the lungs will only absorb enough to carry on their ordinary functions. Therefore, if you desire to increase the vitality of the body to its utmost, take gentle exercise and the fullest possible respirations in moving air, whether indoors or out ; and draw GLAME. This increased vitality will cause a tendency in consumptive persons to become better, but it will be necessary to do more before a *cure* can be effected.

We must open up all the air cells of the lungs ; and those which are diseased may be discarded. They will be found to be in a minority. We must learn to breathe with those cells of the lungs which have never yet been used.

We can open them by taking the pipe-stem exercise. Take a piece of the stem of a pipe and put it in the mouth ; hold the nostrils closed and breathe out one second through the pipe-stem with gentle force. This restriction of the aperture of the mouth to the small dimensions of the hole in the pipe-stem will cause the compressed air of the lungs to find other means of escape and in so doing the air is for a while forced into the unopened air cells. The next step must be to blow a little harder through the pipe-stem, occupying two seconds in the exhalation. It is better for a few days to do this only once or twice an hour, as too much practice is apt to force the weakened lungs too rapidly. After the first week the patient may blow for five seconds through the pipe-stem, not oftener than twice an hour. This seems very little time to practice, but a good work has been commenced, which, if performed faithfully, according to these directions will result in re-creating the lungs. This method has been employed both in Europe and America with great success. After a few weeks, the patient may change the exercise by filling the lungs as full as possible through the nostrils and then, putting the pipe-stem into the mouth, suck in more air if possible. Later on

PART THREE. RALSTON COMPLETE MEMBERSHIP.

another breath may be blown out through the pipe-stem and another inhalation taken.

If the patient ever finds it difficult to get a good breath or feels a suffocating sensation he should rapidly breathe out all the air possible, pressing in the lower rib bones from the front and sides while breathing out ; and when this exhalation is continued until there is no air left in the lungs apparently, he may take a quick, full, deep inspiration. This forces all the dead air from the lungs.

Never breathe in through the *mouth* under any circumstances, as *mouth* inhalations go to the stomach first, and carry dust into the bronchial tubes.

We believe that the vitality of the body may be increased by the inward bath which removes the ashes, causes natural hunger and consequent activity on the part of all the organs. This inward bath should be taken in cases of consumption once or twice a week. GLAME should be taken.

Special Treatment No. 8.

LIVER TROUBLES.

CURE GUARANTEED IN EVERY CASE, INCLUDING BILIOUSNESS.

When we guarantee a cure, in this or any other treatment, we ask that the directions be strictly followed. It is not very satisfying to be told that a Complete Member of the Ralston Health Club has failed to receive a cure, and upon inquiry find that he only heeded a few of the directions.

The torpid liver requires the four full courses of Physical Culture. It also requires sunshine on cool days, open air at all times, and the Ralston Rain Bath. It finally requires the Anti-Death Bath. Therefore the Books of Inside Membership and Physical Culture are necessary.

Biliousness is caused by a species of blood poisoning due to too much bile in the system. The liver deposits this bile, and

it should go downward through the stomach into the intestines. It decomposes and disinfects at the same time.

The fluids above and around the stomach are designed to perform the work of *decomposing the food*. Their purpose is to move *into* the stomach and *onward*. If, instead of performing this purpose, they pass into the *circulation*, or remain above and around the stomach, they decompose the blood, tissues, nerves, bones, etc., and cause a tendency to disease, headache and general ill health, called Biliousness. Wherever these fluids may be they cause decomposition. Their mission is to pass *into* the stomach, decompose food, and then go *onward* as soon as possible.

Always carry the vital organs elevated. This may or may not cure Biliousness; yet we have never found a person who had the slightest trouble with heart, liver or stomach, if he carried the vitals elevated.

Remove, then, this damage by the Inward Bath, and the fluids pass away beyond the power to do harm.

Pamphlet No. 2, or the Book of Inside Membership, should be followed very closely.

In addition to that treatment, red pepper must be relied upon for the cure of a species of poisoning called malaria, which sometimes results in chills and fever.

Whenever the feeling of malaria is present, lose no time in taking the following

TREATMENT :

Have ready a glass of ice-water, or better still, iced-milk. Take a large spoonful of soup or water, and on its surface float some red pepper, the quantity of a small white bean. Swallow. Then wash it down with the milk or water.

Repeat at the next meal, and until the trouble has passed away.

Eat fruits and vegetables between meals, and just before retiring at night take a few drops of lemon juice, unsweetened, and a cup of very hot water the first thing on arising in the morning. Avoid the morning air with an empty stomach.

Special Treatment No. 9.

MALARIA.

CURE GUARANTEED IN EVERY CASE, INCLUDING CHILLS
AND FEVER.

Follow the directions given in the treatments for the prevention and cure of colds, and for the cure of Liver troubles.

Procure an all-wool cloth and make a "Ralstonette." This is a band of cloth, made exactly like a pair of tight-fitting trousers, with the legs cut off, excepting about two inches in length. Wear this next to the skin, so as to protect the kidneys, lower spine, and lower abdomen. Take it off on hot nights if disagreeable. Never wear a "Ralstonette" more than one day without washing, and never wear in bed the one worn in the day time. After becoming used to them you will be delighted with your "Ralstonettes," and never part with them. The British soldiers in all malarial climes are compelled to wear "Ralstonettes" in the shape of wide bands; and the regular drill in the morning includes the order to undress and disclose the bandage. This has saved thousands of lives in the English army. In this country ladies and gentlemen of wealth have their "Ralstonettes" made to order from a cloth manufactured of silk and wool. This prevents shrinkage.

In malarial countries avoid the hot sun in summer, wet or cold feet, and the morning and night air unless the stomach is well filled. Never use wines or liquors, and especially American beer. Avoid glucose syrups and glucose candy. Always inhale through the nose. Above all things keep the vital organs elevated. Strange as it may seem we have never seen a case of Bilioussness or Malaria where the vital organs were carried in their normal position, which is very high. This is explained in the Heroic Exercises of Physical Culture.

Follow the treatment for Liver Troubles and especially the use of red pepper.

Special Treatment No. 10.**HEART DISEASE.****CURE GUARANTEED IN EVERY CASE.**

Many a person who now lies in the grave might be living to-day had the following directions been observed :

No matter whether the disease is that of the heart itself or of its surroundings, the cure depends upon three things.

1st. Recreating the vitality of the body, which is done by the inward bath and Shaftesbury's "Higher Magnetism."

2nd. Oxygenizing the blood, which is done by full respirations.

3rd. By a course of conduct called regime of the heart. This consists of giving freedom to the heart's activity and then strengthening the heart and its muscles. When a person has an attack of heart disease the tendency is to cramp the shoulders and double up the body. This is one of the surest ways of bringing about a fatal result. The first thing, therefore, to be done is to lay the patient out in a position where the shoulders can be thrown as far apart as possible and the chest made free. This simple precaution has saved many a life. A young lady, playing at the piano, was attacked by this disease and doubled up with its pain. The doctor arrived after some delay and his first remark was : "This young lady's life might easily have been saved had some one known enough to throw her shoulders back." These words came from a very eminent physician.

To avoid attacks of heart disease it is better to go into a course of drill for the purpose of extending the capacity of the chest and giving more room to the action of the heart. The chest strengthening exercise consists of filling the lungs as full as possible and then lifting the chest frame up and forward by muscles, while holding the breath in.

Gymnastics of the heart should also be practiced ; and they consist of any exercises that bring the muscles of the heart into full play. We give a few of the best :

PART THREE. RALSTON COMPLETE MEMBERSHIP.

1. Rise and fall upon the balls of the feet ten times. If the heart is very weak or subject to attacks upon slight excitement, this should be done very gently. Keep this up for a few weeks, gradually increasing the number of times.

2. Hop upon both feet from 5 to 100 times without stopping, if the heart is strong enough to endure it. If not, practice the first exercise for three or six months until the muscles of the heart have developed strength.

3. Hop upon the right foot ten times and upon the left foot ten times; and then alternately for 80 times; more after a year's practice.

4. Jump rope as many times as possible, say from five to fifty times without stopping.

Any of these exercises might cause instant death to persons subject to heart disease, from the fact that they over excite the heart; therefore, they must be performed at first very lightly and gradually increased. Their danger consists in the fact that the heart is not able to endure such vigorous exercise, but the very thing that might cause death if overdone, would prevent it if done carefully. The muscles are very lightly excited at first and the heart soon becomes strong enough to endure still greater excitement which adds more strength, and this makes it possible in the course of one or two years to perform vigorously and without the slightest danger, the same exercise that might in the beginning have caused death.

These exercises have been known among athletes for a long time as the best for strengthening the muscles of the heart. We have in mind several cases where persons have completely cured the worst cases of heart disease by the above method.

It should always be accompanied by a full open chest to give freedom to the activity of the heart, and GLAME should be drawn daily from the air.

Lifting the vital organs is also essential in the cure of Heart Disease, as the natural law of Gravity strengthens the muscles of all these organs.

Special Treatment No. 11.

DYSPEPSIA.

CURE GUARANTEED IN EVERY CASE.

The nervous organism of the stomach depends much on the general nervous system for its healthful action. A tired person cannot eat readily. The old maxims "Get hungry by exercise," and "Take plenty of exercise on an empty stomach," are good when used temperately ; but if a person becomes too tired the nervous system is exhausted and the appetite flies ; or, even if it remains, the power of the stomach to digest food is weakened.

The three foregoing subjects are to be discussed under one head, for the cure is nearly identical.

Some stomachs, which never suffer from dyspepsia, are weak from lack of development. The best treatment for them is the use of food in large quantities, containing but little nutrition, and easily digested, as mashed potatoes, cabbage without grease, and above all things, ripe fruit. Pears, not too acid, may be eaten, a dozen at a time ; even to over-crowding the stomach. As meats never impart much strength to the body, and tax a weak stomach to its utmost, it is generally well to avoid them, until the stomach is sound. In the development of hunger, or in seeking to cure the loss of appetite, the one great principle of the Ralston method is intimately involved.

If we watch the progress of the child in its growth we will be struck by the energy of its appetite. This is due to the fact that while growing the added portions of the body consume and dispose of much of the refuse from the abdomen. During all this period in the healthy child, the Life-Principle is of a super-energetic character. This is caused no doubt by the fact that the appetite is very keen ; and the appetite is made keen by the simple fact that the refuse does not clog the system, as it does when growth ceases. Notice the keen appetite of the person who has emptied the contents of the stomach and surrounding parts into the sea, while laboring from an

PART THREE. RALSTON COMPLETE MEMBERSHIP.

attack of sea-sickness ! The clearing out makes way for the enjoyable appetite. All appetites should be eager, sharp. Not that every eager appetite is healthy, but there can be no healthy appetite that is not eager. Yet we assert that every appetite that is founded on the clearing out of the contents that clog the system is surely healthy. Right here lies the secret of the most powerful life energy. We have a way for disposing of this refuse without medicine as will be seen by following the directions of the Book of Inside Membership.

Dyspepsia may be developed by a neglect of the two maladies just mentioned. The stomach has not the power to digest the food that enters it. There are two forms of disintegration :

1. Digestion.
2. Decay.

If the latter occurs in the stomach, it is disastrous. The souring of milk is an illustration of this form of disintegration.

One of the best methods of sweetening the stomach is by swallowing saliva. This should never be done when a person is irritated or in an angry frame of mind. Anger or any form of irritability turns the saliva into a poisonous acid, which in cases of rage amounting almost to mania would be likely to cause hydrophobia, so-called. When love is predominant the saliva has no equal as a healing medicine.

The directions of the Book of Inside Membership should be strictly followed, and once every three hours, regularly, the patient should gently bathe the stomach, chest and abdomen by rubbing cold water on with the hands, wiping with a dry, hot towel, then gently chafing the skin with the palms.

The foregoing treatment, if persisted in, is a sure cure for the disease named. It requires many months to establish a permanent cure.

Avoid drugs and medicines. They do injury to the coating of the stomach, and some have been known to eat away two-thirds of the lining of the stomach before death ensued.

WEAK STOMACH, LOSS OF APPETITE. PRIVATE.

Exercise, as furnished in the four full courses of Physical Culture, will cure Dyspepsia in nearly every instance. The stomach should never be empty more than an hour during the working hours. The food should be in proper proportion.

Massage in and around the location of the stomach is valuable.

Magnetism and its consequent increase of human vitality, as prescribed in Shaftesbury's book, often affords a complete cure, without any special treatment.

Special Treatment No. 12.

WEAK STOMACH, LOSS OF APPETITE.

CURE GUARANTEED IN EVERY CASE.

Some stomachs are so weak that the slightest trouble throws them into disorder. The causes may be traced to many sources: the general system may be weak from lack of exercise; the liver may be torpid or over-active; the blood may be vitiated; improper food or medicines may have been forced upon the stomach.

The prevention of stomach troubles is always an easy matter; and no person would be troubled with them who followed the rules of directions laid down in the Book of General Membership.

To cure a stomach already weak is quite another matter. Take the Anti-Death Treatment prescribed in the Book of Inside Membership twice a week just before retiring at night. Study carefully the proportions of food required to furnish the fourteen elements, as stated in the first volume. It will be seen that the use of easily digested foods, such as rice, render it impossible to digest the ordinary kinds.

A weak stomach should be trained to do stronger work by a system of exercises in the nature of eating commencing with the simplest foods and adding little by little the stronger kinds until the stomach has increased its power. This has

PART THREE. RALSTON COMPLETE MEMBERSHIP.

been done a great many times and in every instance has affected a complete cure. Milk should not be taken in quantities as it turns to cheese in the stomach ; white bread unmixed with other food, and many glutinous breads solidify when in the stomach ; and cheese in any quantity is too concentrated.

The following diet for weak stomachs may be used as the foundation for a progressive treatment :

Perfect potatoes, free from any decay, should be boiled and if mealy mashed fine ; pour over them a little milk or cream and salt to suit the taste ; cream is better if the stomach is not too weak. Take a slice of graham bread, trim off all the crust and toast to a delicate brown ; cut this into the smallest squares possible and pour over it a little sweetened cream ; avoid tea, coffee, chocolate, or alcoholic drinks, but in their place take a glass of hot water and add a little sugar and milk in the same proportions you would in tea.

The above diet contains all the fourteen elements of food and will prolong life indefinitely. It may be eaten in any quantity desired. In order to train the stomach to digest stronger food the following variation should be adopted : take a slice of fresh graham bread as before, sprinkle some fresh, mild cheese in very small quantity by grating it over the bread when the toasting is about two-thirds finished ; after which cut into tiny squares and eat without the cream unless the latter is agreeable to the taste.

The foregoing diets may be accompanied by the four full courses in Physical Culture, and by daily massage in and about the locality of the stomach. For weak stomachs six meals a day are better than three : the first within fifteen minutes after rising in the morning and very light ; then at the regular breakfast hour ; the third at twelve o'clock ; the fourth at three o'clock ; the fifth at six o'clock ; and the sixth at nine o'clock and very light. Allow the stomach to take all the mashed potatoes it relishes even to crowding it. Do not take lime to correct the sourness of the stomach ; the

latter will quickly disappear under the prescribed courses of Physical Culture.

After several days, if sufficient exercise in the open air is taken, the appetite will become very keen.

Special Treatment No. 13.

CONSTIPATION.

CURE GUARANTEED IN EVERY CASE.

This is always caused by eating improper food and by lack of exercise.

The three Bending Exercises in the Heroic Course of Physical Culture will start in operation the Peristaltic waves, which cause the fluids to pass into the intestines, thereby affording relief. In order to accomplish this result the Bending Exercises should be performed as slowly as possible.

In addition to this treatment, perform all the Massage Movements once every hour until the trouble disappears.

The carbonaceous foods should be reduced in quantity, and fruits and bran water taken on an empty stomach ; and in obstinate cases the Anti-Death Treatment should accompany all the foregoing.

To avoid a recurrence of the trouble, eat daily the fourteen elements of food as stated in the Book of General Membership.

Special Treatment No. 14.

DYSENTERY ; BOWEL COMPLAINT ; INFLAMMATION OF THE BOWELS.

PREVENTION GUARANTEED IN EVERY CASE.

By a process of reaction, if the patient is not too weak, a complete purging will effect a cure of this trouble. Purging adds to the difficulty, but only temporarily ; the reaction soon takes place.

The Anti-Death Treatment, by cleansing the affected parts to a great extent, will aid in the cure.

PART THREE. RALSTON COMPLETE MEMBERSHIP.

Drinking hot water when the stomach is entirely empty followed in five minutes after by white bread, mashed potatoes with cream, and mild cheese, affords a valuable diet. When this dainty meal is half through take the Ralston dose of red pepper. Continue this diet six times a day, drinking milk if possible to eradicate the burning of the pepper.

Unless the trouble is indicative of more serious disease the above cure is absolute.

The preventive is found in eating the proper proportions of food, daily.

Special Treatment No. 15.

KIDNEY TROUBLES.

CURE GUARANTEED IN EVERY CASE.

The same treatment that cures Bright's Disease will necessarily cure Kidney Troubles, and the directions given under that treatment should be strictly followed.

The "Ralstonette," recommended in the cure of Malaria, must be worn at all times and in the manner therein stated.

A person who rides a bicycle, who walks or stands with the weight upon the heels or who drinks beer or alcohol in any form need not expect to cure Kidney Troubles.

Special Treatment No. 16.

BRIGHT'S DISEASE.

CURE GUARANTEED IN THE MAJORITY OF CASES, IF NOT COMPLICATED.

This has baffled all doctors. Its complete cure by the Ralston treatment is not a theory, but a *fact*. One of our members wrote us as follows :

CURE OF BRIGHT'S DISEASE.

"Hygienic treatment in all its various forms, especially injections of warm water and soap-suds, two or three times

per week, from two to four quarts, at bed-time. Then inject one pint without soap ; retain it and go to bed. *Try it and be convinced.*"

This terrible disease is being overthrown in all parts of the country by the Ralston method. The Book of Inside Membership furnishes an almost complete cure if the directions are closely followed.

However a few words may be added.

All syrups, fine sugars, hard well water, and drinks containing sugar, tend to cause this disease. *Glucose* in any form is pretty sure to develop it. Is not glucose made from corn? Yes. Is not corn good to eat? Yes, in proper proportions. We have nothing to say against corn, although if you desire a good assortment of pimples on the face and humor in the blood, corn bread will give them, if eaten in too great quantities, or not accompanied by other foods. But, supposing corn to be the most healthful of all foods, yet it departs from its true nature and undergoes a chemical change when made into glucose. There are three things which, you may depend on it, contain glucose :

1. Candy.
2. Beer.
3. Syrups.

The denial, even under oath, of the men who sell these things, is of no avail. The Ralston chemical analyses have *proved* the presence of glucose in candies, even to a proportion as high as 70 per cent., and 90 per cent. in syrups. Beer depends upon glucose. A beer brewer, who happened to be a religious person and of excellent reputation, actually swore and stormed at the suggestions that his beer contained glucose, but analysis proved the fact, and a cart-load of glucose was being delivered at the back entrance. No beer drinker can have healthy kidneys.

Bright's disease is generally dormant until a cold or violent exercise develops it.

PART THREE. RALSTON COMPLETE MEMBERSHIP.

Bicycle riding is bad for the kidneys ; so is extreme weariness, straining, lifting, walking too fast, and any tax on the lower spine.

Perform the Anti-Death treatment as directed in Pamphlet No. 2. In addition thereto, just before retiring at night (which should never be later than nine o'clock) after the inward bath has been taken, inject a quart of very warm water into which a half pint of pure skimmed milk has been diluted. This should be held in the colon all night, or until it passes through the kidneys into the bladder. This will indicate the success of the treatment.

The second night omit the milk and in place use just three drops of carbolic acid instead, well diffused in a quart of very warm water, with soap-suds from Castile soap.

The third night use only a fourth of a teaspoonful of salt in a quart of very warm water.

The fourth night use pure water with soap-suds.

Then repeat as before in the order stated. Avoid tea, coffee, chocolate, cream, sugar, syrups, molasses, pastry, pork, fried meats, fried food and new bread.

In extreme cases take skimmed milk, raw eggs and old bread, avoiding the crust.

Have always a pint or quart of water in your sleeping room. In the morning after washing and wiping the hands and face, then wet with the hands every part of the body. Cold water will not be disagreeable when applied with the bare hands. Wipe immediately ; follow by brisk rubbing over the body. The result of this wash is, the blood is brought to the surface of the skin, and made to circulate evenly throughout the body. You have opened the pores of the skin, allowing the impurities of the body to pass off, and have given yourself in the operation a good, vigorous morning exercise. Pursue this habit regularly and you will seldom take cold.

Wear a "Ralstonette" in the manner stated in the treatment for Malaria.

Special Treatment No. 17.

DIABETES.

CURE GUARANTEED IN EVERY CASE NOT COMPLICATED.

In effecting this cure the first thing to be done is to avoid the eating of sugar and syrups and intoxicating drinks. Grease should also be avoided for some time. If the person is seriously affected by the inroads of this disease, the directions of the Book of Inside Membership should be followed, together with the following diet, which will have more to do with the success of the cure than anything else.

Get pure milk as fresh as possible, upon which about one-half or two-thirds of the cream has risen ; skim the cream off ; obtain some bread that is at least two days old ; toast this brown and after toasting cut off all the crust and scrape the surface of both sides. Wheat bread should be used in all cases and bread made from whole wheat is far preferable. Cut this bread into little squares and eat one square in a tablespoonful of skimmed milk, then wait an hour. If the body is very weak the bread should be omitted for the first two or three days and skimmed milk at the rate of a spoonful an hour taken. This diet should be pursued every hour of the day and night unless the person is sleeping, and no other food of any sort should be taken. On the second day the allowance may be doubled and on the third day tripled.

If this diet is continued for six or eight weeks a complete cure may be effected.

A healthy action of the kidneys may come from following the directions of the Anti-Death Treatment.

Special Treatment No. 18.

HEADACHES.

CURE GUARANTEED IN EVERY CASE.

The temporary cure of a headache, not neuralgic in its nature, is to perform the exercises of massage upon the fore-

PART THREE. RALSTON COMPLETE MEMBERSHIP.

head or scalp, wherever the pain may be located ; and to take the Ralston Magnetic Bath. The massage should be repeated every fifteen minutes. The bath may be taken on arising in the morning ; just before the noon meal ; and when retiring at night.

The permanent cure of any headache, not neuralgic, consists of the foregoing ; also the decrease of carbonaceous foods ; the use of Shaftesbury's Magnetism (Mechanics of Personal Magnetism) ; and the full course of lessons in Physical Culture. The worst cases of headache yield to this method.

For the cure of neuralgic headache see the Special Treatment for Neuralgia.

Special Treatment No. 19.

POOR BLOOD.

SPECIAL CURE GUARANTEED IN EVERY CASE, INCLUDING POOR CIRCULATION OF THE BLOOD.

The lack of oxygen is the first great cause of poor blood ; the lack of iron is the second ; the lack of proper food in due proportion to furnish the fourteen elements is the third ; the lack of assimilation is the fourth ; and the lack of electricity, called the Mechanics of Personal Magnetism, is the fifth. All these affect each other mutually.

How to get oxygen. Spend six hours a day in the open air, moving about ; an hour at a time. If out of doors in the morning or night air, have the stomach well filled with proper food. Toasted graham bread, upon which ground sweet almonds in quantity, and fresh cheese, have been sprinkled and baked in, is the "Ralston Fresh Air Diet," and will prove a capital food for the early morning or night walk. If you cannot spend six hours daily, join some Ralston School of Physical Culture in your locality, and attend one session daily. In any event practice the four full courses of Physical Culture.

How to get iron in the blood. Avoid all medicines, all sarsaparillas, all tonics, all beef-wine-and-celery mixtures, all acid-phosphates. Go to Nature herself, and not to her perverted elements, and get iron where it may be found in a vitalized form. The fourteen elements of the body must come from proper and regular food, which supply iron in due quantity. All fruits, especially peaches, grapes and blackberries, are rich in iron. Canned blackberries should be kept in the house the year round, excepting during the fruit season.

The proper food is thus obtained. It will not be assimilated, however, unless there is **GLAME** in the system. **CHEERFULNESS** is the most effective means of causing food to be assimilated, and thereby become a part of our real life. Shaftesbury's Magnetism is likewise a powerful aid.

See the treatment for the cure of cold feet.

Special Treatment No. 20.

SCROFULA.

CURE GUARANTEED IN EVERY CASE.

This disease is inherited, and is a lesser form of a more serious affliction. It often results in the extermination of the family posterity in a few generations.

Its cure requires many years, although a perceptible improvement may be accomplished in a short time. If the following directions are not followed carefully, the disease will not be overcome.

In the first place the scrofulous person, whether child or adult, must live with Nature as much as possible. Air is the great essential,—fresh, pure air in abundance. A bath of hot water, followed by a dash of cold water, must be taken whenever necessary, and at least twice a week. Then a morning hand bath, and an evening cold water full bath must be taken without fail. The day clothing must be entirely removed at night and special night clothing worn. A scrofulous person

PART THREE. RALSTON COMPLETE MEMBERSHIP.

should have a frequent change of underclothing, once every twelve hours if possible.

The foods should follow the rules laid down in the Book General Membership.

Avoid medicines of every kind. Many advertisers claim to cure scrofula, but no genuine cure was ever effected in such way. The trouble is far beyond the reach of the physician who prescribes medicines. Cleanliness without, and more especially cleanliness within, are the first great requirements.

Next comes the regulation of nutrition, or the normal operation of the body in all its parts. For scrofula all physicians recommend constant exercise, well balanced.

If the vitality is depleted, Shaftesbury's Personal Magnetism will furnish the electricity demanded by Nature.

Special Treatment No. 21.

NEURALGIA.

CURE GUARANTEED IN EVERY CASE.

The Ralston dose of red pepper, pure, is to be taken once or twice a day, only during the period of the disease. To oxygenize the blood without irritation is almost always a cure for this disease.

An impoverished blood, or a weak condition of the nerves, through excitement, excessive or long-continued pain, grief, or insufficient food, will often produce neuralgia. Reading at twilight excites the nerves of sight, and causes neuralgia. Reading in a lying position may do the same thing by straining the optic nerves.

Therefore, before undertaking to cure neuralgia, let us understand what are some of the means of prevention. The following are *things to be avoided*:

1. Do not excite the nerves by exposure to drafts while in a state of perspiration.

2. Do not allow the facial nerves to be excited by tooth-ache any longer than necessary.
3. Do not read by a dim light, either at twilight or by the flicker of gas.
4. Do not read while lying down.
5. Do not strain the eyes by looking steadily at any object, especially at a distance.
6. Do not read while facing any light, artificial or natural. The light should always fall sidewise on the matter to be read.
7. Do not indulge in excessive emotion, either of anger or sorrow. The nerves are unstrung and become easily subject to neuralgia.
8. Do not retire later than 9.30 or 10 if neuralgia is a frequent assailant.
9. Never eat less than three meals a day, if subject to this trouble. Plenty of good food, plain and coarse, will oxygenize the blood.
10. Avoid too much brain work.

The foregoing suggestions will assist in overcoming these diseases, and will nearly always prevent them. But deep breathing is a most powerful oxygenizer of the blood. The best exercises are the following :

1. Take a full, deep breath and hold it, while walking, if convenient.
2. Take a full breath, hold it, and clinch the fists with all the fury possible, while holding it. This excites the nerves very little, but enough to enable them to absorb the oxygen of the breath.
3. Take a full breath, and while holding it, perform the Nervo-Muscular Gymnastics of Shaftesbury's "Personal Magnetism."
4. Rapid breathing, not too fast, and full, deep respiration continued for ten minutes, is very beneficial. But the breathing must not be rapid enough to excite the body, as this produces an opposite effect.

PART THREE. RALSTON COMPLETE MEMBERSHIP.

Special Treatment No. 22.

RHEUMATISM.

CURE GUARANTEED IN EVERY CASE.

Massage and Magnetism, balanced exercise, and open air, are the great means of curing Rheumatism. The foundation of the cure rests in proper food. Meats should be eaten only when a sufficient supply of wholesome food is taken ; and tea, coffee, and alcoholic drinks are to be avoided. Never go out in the early morning or night air unless the stomach contains substantial food.

The directions given under the treatment of Neuralgia and the cure of colds should be read and followed ; adding a thorough daily massage not only near the affected parts but all around that portion of the body.

Magnetism is the greatest of rheumatic cures. It supplies to the blood that life which is lacking. To effect a permanent cure has been the desire of many who have squandered a small fortune on medicines and physicians. The course of Higher Magnetism is expensive, but is merely a trifle compared with the money wasted on unsuccessful treatments ; and always cures the most aggravated cases.

Special Treatment No. 23.

NERVOUSNESS.

CURE GUARANTEED IN EVERY CASE.

The book entitled the Mechanics of Personal Magnetism, by Edmund Shaftesbury, has so far covered the ground for the cure of the above diseases that we have but little scope left for enlarging without running the risk of encroaching upon that work which is secured by copyright. As nearly all the owners of the Ralston treatment also possess that work we will add a few points only.

People who are nervous, either inherit the disease or else have acquired it by their habits of living. In either case it will be found that the vitality of the body is escaping at

every turn and in every moment of their existence. This escape of vitality is overcome by practicing the exercises in the work above referred to.

A nervous person should never hurry ; never move quickly ; should seek open air exercises solely ; never occupy a rocking chair ; and never make a movement unless directed by the mind. That is, unintended movements should be studiously avoided. Nervousness shows itself by movements of the fingers chiefly, and the upper eyelids and toes. Closely watching these three parts of the body and seeing that they never move, will tend to prevent a loss of vitality which causes nervousness. A variety of occupations, and of mental activity is necessary, and change of scene and change of regime are very beneficial.

Oxygenizing the nerves is also necessary and that may be done by deep, rapid, full respirations in moving air.

When the loss of vitality can be overcome by the Shaftesbury Method of Magnetism, the patient is then ready for the absorption of GLAME.

Avoid pork, pastry, and cake at all times ; and confectionery, except directly after eating. Indigestion, like any pain, saps the body of its nerve-force.

Irritable people have erratic nerves.

All dyspeptics are irritable.

Pork, pastry, cake and confectionery are to blame for more dyspeptics than statistics could enumerate.

Pork should never enter the system in any form.

Avoid drinks that stimulate and drinks that chill. Alcoholic liquors and coffee and tea are stimulants.

It cannot be denied that stimulants do generate electricity in a person, but it is a fire that consumes more of the nerve-force than it supplies. The nerves of a stimulated body commence at once to convey the vitality to the surface, where it passes off very rapidly, and when the action is over, the man is weaker than in his normal condition. A series of such processes becomes a down-hill affair. Beer is poisonous.

PART THREE. RALSTON COMPLETE MEMBERSHIP.

Chilling drinks stop at once the generation of nerve-force ; in fever they are the very best antidotes. Fever is a chemical consumption of the elements of the body. It is paralyzed by cold water taken internally. Bits of ice held in the mouth are a necessity in some cases ; yet physicians often forbid this.

On the same principle, ice water and ice cream partially paralyze the process of generating nerve-force, and in several cases have actually paralyzed the soft-palate, the larynx, the bronchial tubes and the stomach.

Many a fine speaker has ruined an otherwise magnificent effort by taking ice cream or ice water within a few hours before speaking.

Tea acts in much the same way. It does not chill, but it deadens the vitality.

Coffee is such an excitant to the nerves that very few coffee-drinkers have any coolness of the head, brain or judgment ; and they are very awkward in the body.

In South America the natives drink four or five cups of coffee daily. They are so nervous that they are constantly in motion ; when sitting as still as they can, their legs and arms have a rapid movement that suggests some steady employment. Even in sleep the body is not still.

Avoid hot baths. The fibrous nerves terminate at every part of the body. They conduct the vital-force off whenever they are excited. Heat and pain draw the nerve-strength away very rapidly. A hot bath is the most weakening thing the body can encounter. Not only is all the magnetism drawn out, but the fibrous ends of the nerves are thrown into a state of excitement that continues for days, throwing off the vitality that is being generated, and subsiding only after a long rest. Thus two kinds of injury are being produced : first, the immediate loss of power ; second, a continuing loss. The latter is by far the more serious.

Hot moisture is more debilitating than dry heat. A sailor who is unruly can easily be subdued by a short visit to the "steam-box," whence he will emerge as limp and nerveless as

a cloth. This punishment has been inflicted on many sailors, and sometimes in prisons on desperate criminals.

The second injury, or continuing loss, is easily overcome by dashing cold water over the body, so as to produce a shock. This at once deadens them, and all outflow of vitality is checked. The Turkish bath, one of the most weakening of all baths, saps all the immediate strength of the nerves; but the continuing loss is checked by terminating the bath with a cold water shower, rapidly graded from the heat to the cold. The cold water plunge sometimes follows, but it is better to shorten the cold water part of any bath as much as possible. A single dash of cold water is sufficient; if prolonged it is apt to produce a chilliness which is dangerous.

Special Treatment No. 24.

NERVOUS PROSTRATION.

CURE GUARANTEED IN EVERY CASE.

The course of treatment prescribed for the cure of Nervousness must be observed in the present case.

In addition thereto the patients must know that both the cause and cure are to a great extent within the province of their own responsibility. No illness is so foolish as nervousness. It arises from one of three causes: abuse of the stomach; abuse of the general health; or irritability.

The first two are subjects for the wider study of the first volume; irritability is a far different thing. That it grows on us is seen from the fact that when we are alone we give way to it with increasing frequency; that we can control it is known from the fact that when persons are present on whom we desire to make a good impression we never think of being irritable. To be thwarted in even so slight a thing unstrings the nerves; and if only the members of the family are present the petulance is exhibited; but it is left for the moments of seclusion to witness many excessive spells of irritability. Every such yielding to our lesser selves tends to break down

PART THREE. RALSTON COMPLETE MEMBERSHIP.

the nervous system. We have traced in many persons the progress of nervous disease, until the earlier stages of prostration were reached ; and all from this one source.

A person who is easily irritated will be worried at the slightest trouble, the least disappointment, the faintest sound, or disturbing cause. These should be endured in a philosophic spirit, until the nerves are hardened. Yet there are cases where endurance is impossible. Musical instruments, in the early practice of a novice, are torturing. In one year in the United States four murders were reported, caused by this kind of practice, and in every case the murderer was adjudged insane. The following is a typical case: A man of solid nervous strength moved into a house next door to a young lady of nineteen who practiced continually on the piano. At first he enjoyed the music ; but a certain sameness began to jar on his nerves, and at length he lost sleep at night by reason of hearing the practice for an hour or two before retiring. One night while the young lady was still pounding an old tune he lost control of himself, entered her house and shot her dead.

One tune, one kind of sound, one kind of food, one manner of life, produce nervous disorders. Change is essential. Change the kinds of food daily. Change the nature of your daily life. Change your room, your clothing, your surroundings continually. Travel not much, but to a different kind of place.

Control the muscles ; they are constantly moving. Your leg is in motion ; your fingers are never still ; you sing empty stuff, or murder good songs by a colorless voice, which always accompanies idle singing ; you talk mere chatter, and hardly think what it is. You are nervous, and this is the vent. Stop it. If it irritates another it is pretty sure to wear upon your nerves, by the system of nerve-leakage.

Breathe five times more air every minute of your life than you have heretofore done ; get air and sunshine ; but, above all things, exercise a little self-control.

SLEEPLESSNESS.

PRIVATE.

Special Treatment No. 25.

SLEEPLESSNESS.

CURE GUARANTEED IN EVERY CASE.

A worried person cannot sleep until the worry wears itself out.

One who is accustomed to self-neglect will find no means of curing sleeplessness until the habits are changed. It is useless to depend upon drugs, or to experiment with the suggestions of countless newspaper articles.

Worrying is a habit, well-fixed and self-supporting, which can never be overcome until some system of self-control is adopted like that suggested in the three chapters on "Cheerfulness" in the Book of General Membership.

A hot bath, followed by a dash of cold water, just before retiring, and followed by a light meal after getting into bed, is sure to bring sleep if the conscience is clear and the general habits of the day are good. It is folly to patch up a day of wrong habits, or of questionable dealings, with any recipe for sleep at night.

If continual sleeplessness is caused by any disease, seek the cure in that direction.

A graduate of the four courses of Physical Culture never complains of inability to fall asleep, and get a perfect night's rest. Every business man, every woman of nervous temperament, and every child of weak health should graduate from that school, not only for the cure of present ills, but in order to be safely guarded against future disease.

Sleeplessness is caused by the over-activity of the nerves which may result from a variety of things, such as warmth of blood, rapid beating of the heart, flow of blood to the brain, pain, impure atmosphere, hard thinking, anxiety, or nervous weakness.

In attempting to get sleep, the first thing to do is to get pure air into the room and lower the temperature as much as possible. Great warmth tends to produce sleepiness but will

PART THREE. RALSTON COMPLETE MEMBERSHIP.

never cause sleep if perspiration accompanies it, and rarely ever at any time. Many and many a person has been put to sleep by simply lowering the atmosphere of the room where all other remedies have failed. In cold weather there is no reason why any person should lose sleep. Warmth in the room makes the blood and nerves very active ; whereas cold causes numbness. It is possible for persons to sleep soundly and healthily in a room where the temperature is far below freezing, provided the entire body, except the head, is well covered with bed clothes. Indeed, the best health comes from sleeping with the head as cold as possible while the body is sufficiently warm. When the weather is not cold enough, other remedies will have to be tried. If the sleeplessness is caused by nervous diseases or by tendency to nervous prostration there is no better remedy than to pursue the exercises as given by Edmund Shaftesbury in his book on Personal Magnetism. We are perfectly sure that nervous prostration and all tendencies in that direction may be completely overcome by following the doctrines laid down in that remarkable work.

If sleeplessness is caused by hard thinking or too much brain activity, worry, anxiety or similar things, the following exercise is sure to remove the trouble :

Whenever you have dreamed of anything that is distinctly seen in the brain, as of trees, persons, buildings, streets, houses or of any object, you should immediately upon awakening write down all the details you can possibly remember. If you wait an hour or more after waking up you will find it impossible to recall these details, for the dream is born of the sleeping function of the brain and quickly becomes an unreal thing when you are awake. Any reference to the details of this dream will excite that function of the brain which created it ; and the act of keeping the mind steadily upon these details will soon result in throwing the brain into its sleeping function. This theory is peculiar, but is fully substantiated by experiment. We do not dream while awake.

To recall a dream must of necessity excite the sleeping conditions of the brain and at the same time overcome its waking activity.

This plan has been followed by many persons who are hard brain workers and others who labor under mental anxiety, and in no instance has it ever failed to cause sleep.

The exercise of drawing GLAME into the system will add very much to the exhilarating effect of sleep ; and on arising in the morning every person who is a Ralstonite will have bright eyes, a clear brain and beautiful skin.

Every man with a family should procure a membership book in the Ralston Health Club for each member.

Special Treatment No. 26.

IRRITABILITY.

CURE GUARANTEED IN EVERY CASE.

Some people go through life one train late. The common successes keep just ahead of them. They may move with rapidity, but they do not start soon enough. Such persons curse themselves, their Creator and mankind.

Poverty brings one kind of depression ; but to try, and fail brings the most depressing irritability.

A life of failure is most harrassing to an ambitious soul. No life can be considered a success if money or emoluments are not acquired ; and by this gauge all ambitions are measured. There is an abundance in the world for all persons who have a meritorious desire to obtain it. Ill health is only a temporary barrier. Any person who is firmly resolved to obtain good health may do so. Success in life is a matter of certainty to every human being. Why is this man poor? He is ignorant or lazy. What will cure laziness? The course of training entitled "The One Hundred Points of Character." What will cure ignorance? That which cures laziness. The book is free to our 20th Degree Members.

PART THREE. RALSTON COMPLETE MEMBERSHIP.

But if Mr. Smith has worked all day at the mill, is he not entitled to rest at night? No, he cannot rest. He must carouse, drink beer, gossip, find fault with his wife, and read the political lies and scandal-gossip of the daily paper; for he is too tired to work with his brain, which has never been fully active during the day. Yet a half hour daily, devoted to the acquisition of systematic knowledge, will make a new man of him. It is because men and women *refuse* to take this half hour daily that lives are failures. Cure laziness and ignorance, and all humanity might win success in the world.

The ugly, irritable natures that drag a weary existence through the years of failure, must seek their cure elsewhere; or, if they would find it here, turn over a new leaf. To such as desire this better life of prosperity we are willing to lend a helping hand. Laziness and ignorance are excusable in no one.

Another class of irritable people are those who use alcohol; another class are those who use tobacco; and still another class those who drink tea or coffee. The cure is apparent.

Lack of exercise, and confinement indoors, are causes of irritability; as is a wrong assortment of food.

This disease must be checked by the dominant will of the person suffering from it. It is inexcusable; but if left to run it becomes a nuisance to others who are compelled to associate with the sufferer, and a positive danger to the latter; for it is regarded medically as a form of insanity, often developing into mania.

Special Treatment No. 27.

GENERAL WEAKNESS.

CURE GUARANTEED IN EVERY CASE.

The ennui of laziness and the weakness of disease are alike; the former always tends toward the latter.

Laziness is cured by the course of training known as the "School of Character," together with the four full courses of

GENERAL WEAKNESS ; MELANCHOLY. PRIVATE.

Physical Culture. There are many persons frank enough to admit the possession of pure laziness ; and they do not attempt to conceal it under the medical term of weakness. For them the above cure will be quickly effective.

There is, however, a large class of people actually debilitated. They have either been ill, have lost the vitality of life, or else have taken the patent medicines advertised for "that tired feeling." All these things will keep the body weak. Many persons suffering only from laziness have taken medicines which were promised to cure weakness, and have brought on cases of impaired health in that way.

A business man who did not attend to the *active* duties of his business, was told by his physician that he must exercise more. He promptly discharged the doctor. The next one was more diplomatic, for he advised the merchant to buy a horse for personal driving, thinking that the care and interest he would take in the animal might furnish sufficient exercise ; but the merchant hired a man to take charge of the horse and to drive him, and the patient died of laziness.

For genuine cases of debilitation a perfect cure may be had by eating food in the proper proportions stated in the Book of General Membership, and taking the four full courses of Physical Culture.

Oxygen, GLAME, and Magnetism are easily obtained by any true Ralstonite, and the vigor and vitality which they impart, are always speedy cures for the debilitation of an impaired constitution.

Special Treatment No. 28.

MELANCHOLY OR DESPONDENCY.

CURE GUARANTEED IN EVERY CASE.

This mental disease should be checked at once, or it may lead to insanity. Indeed many persons, in whose family no taint of insanity was ever discovered, have gradually lost mental balance by brooding over one subject, and seeking

PART THREE. RALSTON COMPLETE MEMBERSHIP.

seclusion. A change of thought is necessary, and the acquaintance of others must be sought. For this special disease, more than any other we know, the School of Character is admirably adapted. It keeps one hundred different topics constantly before the mind,—topics which make up the great round of actual daily life. It compels association with others, yet not in a forced way. It has already changed the current of many a despairing life; and has been the salvation of souls that stood on the verge of an awful abyss,—ready to plunge.

In addition to that magnificent course of self-training, we strongly recommend the School of Physical Culture.

Special Treatment No. 29.

LOCAL WEAKNESS.

CURE GUARANTEED IN EVERY CASE NOT COMPLICATED.

Massage is the greatest agency of cure in this trouble. It should be applied in all its methods to the lower half of the torso, in front, at the sides, and at the back, at least five times daily; allowing sufficient rest to enable the parts to receive the nutrition which *follows*, but does not accompany, massage. Twice daily, spend a half hour in the massage of the upper limbs near the hips. The nutrition and consequent strength must be supplied by plenty of food of due proportions of carbonates, nitrates and phosphates. An appetite for these foods in cases of local weakness may be created by performing the Anti-Death Treatment twice a week. The exercise of Lifting the Vital Organs should be made a habit.

If the sufferer avoids extra exertions, and pursues the above treatment, a cure is certain. Avoid patent medicines, no matter how well advertised or recommended.

LOCAL WEAKNESS ;—ALCOHOLISM. PRIVATE.

Special Treatment No. 30.

ALCOHOLISM.

CURE GUARANTEED IN EVERY CASE.

This treatment is not a temperance lecture. Personally the author has no other interest in the outcome of temperance agitation than to see the great world of humanity made better in whatever ways are conducive to that end. No member of the "Private Laboratory" ever touched liquor containing alcohol in any form, and no relative or intimate friend ever advocated its use. In this respect they have been blessed.

But the author has seen young men lose the best uses of brain, heart and body by the temperate habit of beer and wine drinking. As these young men sneer at advice and look down with pity upon those who deem wine and beer drinking injurious to the triple health of life, we have never addressed them on the subject. A few must rise, while the great hordes of mankind fall. The beer and wine drinkers have no upward path in life. The use of these poisons is on the most rapid increase in America ; and the surest means of cure is an epidemic of drunkenness.

Any individual who seeks relief from Alcoholism, and is in earnest, may easily effect a cure by taking the Anti-Death Treatment ; entering the School of Character ; and abstaining from all meats of every kind, and all highly seasoned food, as well as tobacco.

If the good people of the world wish to effect a cure there are three courses to be pursued :

First, the mother must train the child to abhor every kind of alcoholic drinking, and to hate drunkenness.

Second, the school must teach the science of alcoholic poisoning.

Third, the purchaser of beer, wine, or alcoholic liquors in every form, must be punished as a *purchaser*, and as a user. At this the prohibitory people will exclaim : "Why not punish the liquor seller?" He is not the primarily guilty

PART THREE. RALSTON COMPLETE MEMBERSHIP.

party. The man who buys poison with which to murder his wife and children is far more guilty than the person who sells it knowingly for that purpose ; although both are guilty. As long as men who *buy* liquor, whether they use it nor not, are regarded as innocent tools of the bar tender, so long will the farce of prohibition and legislative license continue. The liquor dealer is the tool of the buyer. The latter must and will have it, regardless of any form of law, while he is permitted to pose as the innocent and injured party. He, only, is the principal in the crime ; the seller is *particeps criminis* only, and an accessory before the fact ; like one who knowingly furnishes a murderer with his weapon.

Drunkenness is difficult of proof in court ; therefore the *purchase* of liquor should be made an offence ; and the *use* of it another crime. Both of these should be made infractions of the law, whether the man becomes drunk or not. Such a law is feasible and constitutional. To sell, or to buy, any poison may be made penal. The law should exclude the use of alcohol for all purposes. Science and experience both prove that it is not needed as a medicine, except to gratify the whim of appetite ; to which society physicians and red-nose quacks cater. As a medicine it can be wiped out of existence and the world will be better for it. There is no illness which requires it. This assertion we make in the face of medical testimony to the contrary ; a minority of the profession, however. We speak from a wide and certain experience, while physicians follow the dogmas of practice handed down from an age when professional men, even the clergy, kept themselves in a state of constant stupidity from the fumes of beer and wine. The evidence of this may be had in the biographies of men who lived a century ago.

The possession, purchase and use of any liquor containing alcohol should be punished. How ? The punishment should be light ; and perhaps but a nominal fine.

A person *under the influence of alcoholic liquor* should stand in a different category. As we said before it is almost

impossible to prove drunkenness ; but it is an easy matter to substantiate in court a charge of being *under the influence of alcoholic liquor*. The punishment should be caustic and free from any suggestion of leniency. The soft sentimentality, which springs up at the thought of punishing a man, is to blame for much of the increase of crime. Justice should be dealt out to one who imperils the safety of the nation ; and it should be honest justice. If cholera threatens us we unite as a nation and show no mercy. Drunkenness brings a thousand-fold more misery in one year than the cholera has in a century ; yet it is popular, and is catered to by both the great political parties. "A little wine does no harm." A little cholera does no harm. If every offence would stop at the "little," there could be no harm.

In offences involving moral turpitude, mercy should season justice, and the erring soul be encouraged to adopt a nobler life. But in fighting alcohol the warfare should be tempered by no mercy, nor yet carried beyond the lines of justice. God struck down the entire human race, saving eight ; again burned two great cities ; again set Napoleon against the reeking perspiration of diseased Europe ; and many a time has He taught the people of filth the justice of epidemic diseases. So man should burn as with a caustic the habits of the drunkard. We thus preface our remarks, and lead the way to an opinion that may cause many advocates of temperance to hesitate. There is but one punishment for two classes of offenders. The tramp and the drunkard are pleased with the lodgings of the jail. The shelter, food, warmth and clothing are often sought after ; and thus the army of tramps increases every year ; while the drunkard counts it no social disadvantage to occupy a cell. There is no shame, no humility, no punishment ; and hence the law-abiding people are not justly dealt with. We speak advisedly, after fully twenty years of deliberation, and at the risk of being temporarily abused, when we say that the good of society, the strictest justice, and the law of God, require that such offenders be punished by the rod. Spare this

PART THREE. RALSTON COMPLETE MEMBERSHIP.

in certain cases and wickedness triumphs. *The whipping post should be restored!* It is not a barbarous nor cruel punishment. It had the sanction of our Divine Father when Solomon said "Spare the rod and spoil the child." The whipping post *punishes*; but its pain is not so great as that inflicted by drunken men upon helpless wives and children; and there is none of the brutality of the tramp, who infests the peaceful homes of the land, often murdering for a meal.

Here alone is the remedy: *The whipping post.*

A young man of family, some years ago was drinking moderately, as it was the prevailing custom among all his associates. The proposition was put to him and others,— "what effect would the punishment of being publicly whipped for becoming intoxicated have upon drinkers?" "It would stop all drunkenness," was the unanimous response. "I would never touch another drop," said the young man, "if there was the remotest possibility of that kind of punishment. As it is I drink all I think is safe, and occasionally get a little over. But if public whipping should be the penalty, everybody would be afraid to drink."

A year later, in a stupefied condition from drink, the same young man killed his wife and two little girls. He got a "little over" before he knew it, and then kept on drinking.

If punishment at the whipping post were *once* enforced, there would be but little occasion to use it afterward. It is a better moral suasion than coddling kindness.

Few persons are brave enough to combat the trickery of political parties, but a few years hence the Ralstonites will be in the majority, and will purge politics of their worst elements, and when that is done, we shall enact laws for the good of mankind. At the present time both political parties seek the support of the liquor element, and morality is at a discount.

The whipping post is the cure of drunkenness, the salvation of the drunkard, and the promise of the nation. You do not believe it. Yet you should not believe it, until the experi-

ences of life have affected your opinion and changed your belief.

Whenever any circumstances come to your notice which temporarily cause you to think that the whipping post is necessary, record the instance. In a year or two you will be an advocate of this healthful method of punishment.

Special Treatment No. 31.

GOUT.

CURE GUARANTEED IN EVERY CASE.

We have seen that the predisposing cause of inflammations and pains is carbonaceous food, heating, as it does, the blood, the internal organs, and the nerves, as the fire of a steamboat heats the combustible materials around the boiler, and renders them more susceptible to ignition. This illustration is particularly applicable to the gout, which is eminently painful and inflammatory; and it is corroborated by the fact that subjects for the gout are generally fat, and live high, which, according to the English and American acceptance of that term, means that their food is greatly composed of butter, fat, starch and sugar, which are only the heat-producing elements, without either strength-giving principles for the muscles, or food for the brain and nerves. But there are some peculiarities of the gout which distinguish it from all other inflammatory diseases.

One exciting cause of gout is violent, exciting, or long-continued mental action—an exciting cause of no other inflammatory disease; at least the effects are peculiar to gout, and the disease is accompanied with peculiar irritability of mind, irascibility of temper, and frequently with deposits of certain effete matter as it passes from the system. Let us see if these peculiarities are not susceptible of explanation.

What physical effect on the system is produced by violent, exciting, or long-continued mental action, such as induces gout?

It has been already shown that one-twelfth of the solid

PART THREE. RALSTON COMPLETE MEMBERSHIP.

matter of the brain is phosphorus, which is combined with other mineral principles, the most important of which is soda ; and that the amount of phosphorus varies in different brains according to mental capacity, children and idiots having less than half as much as men of common intellect.

It is also shown that this phosphorus is used up in thinking, and in any mental exercise, and thrown from the system as effete matter, just as nitrogen is used up and thrown off in working the muscles—clergymen excreting more phosphorus on Monday than any other day of the week, and lawyers excreting more after court days than at any other time.

THE WANT OF PHOSPHORUS THE CAUSE OF GOUT.

Assuming, then, that the want of phosphorus in the system is the cause of the characteristic symptoms which distinguish gout from other inflammatory disease, we have a rational explanation of all their phenomena, and a theory of prevention and cure, corroborated by the experience and observation of those who are best acquainted with the disease.

Phosphorus not only promotes the action of the brain, and produces mental activity and power, but it promotes the action of the muscles, and is the source of all nervous or vital power and physical health and activity. This is proved by analysis, which shows that the most active animals, birds, or fishes have the most phosphorus in the composition of their flesh, and require most phosphatic food to sustain their activity.

Nursing and expectant mothers who live on carbonaceous food suffer from excruciating neuralgia, toothache, etc., because, not taking phosphorus enough in food to keep the nerves of the mother and child both in a healthy condition, Nature favors the child at the expense of the mother.

And here we have a hint of the cause of the excruciating pain accompanying gout, and the reason why not only gouty people, but all other fat people who eat too much carbonaceous food, suffer toothache and all other painful diseases more severely than those who live on natural food.

HEREDITARY DISEASES ; INSANITY. PRIVATE.

Special Treatment No. 32.

HEREDITARY DISEASES.

CURE OR RETARDATION GUARANTEED IN EVERY CASE.

Inherited diseases often lose their identity and appear only in tendencies, or in general feebleness of constitution. It is one of the firm beliefs of the Ralstonites that a physical wreck may be rebuilt. Such might seem the case in theory ; but facts remove all doubt. If there is life at all in the body the tendency to the healing of diseased parts is present ; and when it ceases, immediate death is at hand. There is hope for every sick person. The instances of the restoration to full health of impaired constitutions are too many to admit of doubt. If the hereditary disease shows a tendency toward some distinct type the cure should be sought under the special treatment applicable ; with the addition of the full directions in the Book of Inside Membership. If general ill health is inherited, the cure may be found in the 45th Treatment. The Anti-Death Treatment, sustained by wholesome food and the four courses in Physical Culture, are especially applicable in this case.

Special Treatment No. 33.

INSANITY.

DEVELOPMENT PREVENTED ; CURE NOT GUARANTEED.

If the tendency to insanity is apparent the person so afflicted should seek two things : Diversity of mental operation, and mathematical thinking. Under the first head sameness must be avoided. The mind should be guided through many, though not hard, thoughts and operations. The best means of finding this diversity is in the one hundred sided school of character ; and in all the plans of the Ralston Health Club.

Mathematical thinking need not employ figures altogether. They are a help. The study of any analysis is excellent ; the

PART THREE. RALSTON COMPLETE MEMBERSHIP.

best being the analysis of thought, as found in the book on Brain Regime, and better still the analysis of literature, as found in Shaftesbury's course of "Lessons in Emphasis." But any mode of thinking that is methodical and exact, will counterbalance and overcome the weak mental grasp of those tending toward insanity. See also the Treatments for Melancholy, Irritability and Nervousness; all of which bear on the cure of this trouble.

Special Treatment No. 34.

TUMORS, ULCERS AND ABSCESSSES.

PREVENTION GUARANTEED; AND CURE IN MOST CASES.

In cases where the trouble is at hand a physician or surgeon should be called.

The regulation of the diet and properly balanced exercise are sufficient preventives, unless the blood is diseased. In the latter case the Ralston Magnetic Bath and Massage are additional means of cure. The effect of Massage is surprising in scattering the tendencies to form either ulcers, tumors or abscesses; but it must be sustained by good food and liberal exercise. The Magnetic Bath, locally applied, has scattered boils and ulcerous sores when forming. The application should cover a large surface, and always follow an hour's massage with liberal rest. Carbonaceous foods should be taken in reduced proportion, as long as the trouble lasts.

Magnetism in any natural form and GLAME should be abundantly accumulated in cases of this kind.

Special Treatment No. 35.

CANCER.

RETARDATION AND NON-DEVELOPMENT GUARANTEED IN EVERY CASE.

Cancers may be retarded, unless too far advanced. The Anti-Death Treatment and Magnetic Bath are effective.

The food should not be too carbonaceous and all meats must be avoided. Eat six meals daily, and take one gallon of water in the Anti-Death Treatment every night. Employ the best physician.

Undeveloped cancers may be kept latent for a lifetime by avoiding meat of all kinds, eating six meals daily, and practicing the four courses of Physical Culture.

Avoid scratching, pounding, pinching or injuring any part of the body. Bruises often develop cancers.

Never chafe, bruise or scratch the skin by a towel, or in any way. Many ulcers, and even cancers, are caused by accidental bruises or scratches, which would have remained dormant a lifetime. It is always bad to chafe the skin with a towel, as the foul fluids of the body are thus drawn to the surface, instead of passing away through the canal.

Special Treatment No. 36.

WEAK EYES AND FAILING EYESIGHT.

CURE GUARANTEED IN EVERY CASE.

The eyesight fails by a change of the shape of the eyeball which is generally a flattening of the front part. A certain activity of the eyeball preserves that degree of roundness which is intended by Nature. This activity is not that which is brought into use by using the eyes by reading, but refers to certain muscular exercises which must be performed as a regular drill.

Never press hard upon the eyeballs if any pain whatever is felt by doing so. Sit in such a way that the light falls over your shoulder, and not directly into the eyes. Sitting back to the light is perhaps better. Face the wall directly in front of you, and, without turning the head the slightest, look as far to the right as you can and then as far to the left without winking. Only do this five times on the first trial or the muscles of the eyes will become very lame as they are un-

PART THREE. RALSTON COMPLETE MEMBERSHIP.

used to the effort. Any part of the body is easily made lame by exercise which it is not accustomed to. Next, without lifting or lowering the head, look up and down with the eyes. Next look up to the right and down to the left. Next look up to the left and down to the right. These last two are diagonal movements of the eyes. On the second day each one of these movements may be performed ten times. On the third day twenty times. Then rest a few days and see if the muscles have been made lame. Then, on the seventh day resume again, always gently. Practice not over five minutes a day until the end of the first month, after which time it is well to practice five minutes six times a day, making half an hour daily. In the course of six months you will find that weak eyes will have been made strong and waning eyesight will have been restored.

Accompanying the forgoing exercise, practice the following: Take hold of the eyeball with the thumb and finger of each hand so as to squeeze the sides of each eyeball very gently indeed.

In reading never allow the light to fall in front of the face; never read while lying down; never read in the cars or while riding where the body is being jolted; never read where the stomach has been empty more than three hours; never read unless the light is very bright; never read while rocking in a chair; never read very fine print and never read with the book too near the eyes.

Special Treatment No. 37.

APOPLEXY.

PREVENTION GUARANTEED IN EVERY CASE; CURE NOT GUARANTEED.

The same thing that causes apoplexy will strengthen the blood-vessels of the head so as to avert it. By a weak condi-

tion of the blood, the veins of the neck and brain become weakened in spots and whenever any excitement causes an undue pressure of the blood on the weak spots they give way and burst. Habits that attract the flow of blood to the brain, such as too much sleep, long continued mental efforts, high living, the use of stimulants, and sedentary pursuits should be overcome. No person who has attained the full growth of the body should sleep more than eight hours ; as over-sleep produces stupidity, weakens the blood-vessels and destroys the vitality of the blood. To strengthen the blood-vessels they should be exercised by the following gymnastics :

1. Hold the breath for five seconds, with the lungs packed full of air ; and in the first three months' practice, gradually increase the time until the breath can be held a half minute. Then accompany this by clenching the fists and moving them with all the energy possible, up and down solidly.

2. While holding the breath turn the head to the right as firmly as possible, hard upon the muscles of the neck ; then to the left, striking heavy blows upon the muscles of the neck with the head as it turns.

3. Move the head up and down while holding the breath.

4. Keep the face to the front, but move the top of the head around in a circle while holding the breath.

5. Practice jumping rope while holding the breath.

These exercises have all been given in the order of their strength, the lightest one being first. They will very gradually strengthen the blood-vessels of the brain, and give vigor to the circulation of the blood, so that apoplexy will be impossible.

But if practiced with too much strength at first, they may be dangerous. It should be two years before the last exercise is ready to be undertaken.

The drawing of GLAME into the system has been known to cure this disease.

Special Treatment No. 38.

SKIN DISEASES.

CURE GUARANTEED IN EVERY CASE.

The following is an absolute cure in all cases of skin disease. If you will try it, you will be sure to be convinced.

We will imagine the patient to be already suffering from the disease ; for the present treatment does not apply to skins which are in fairly good health.

The theory of our cure is this : The natural outlets of the foul matter of the body is through the intestinal canal, primarily ; and secondarily through the pores of the skin. We lay down these principles, based upon fact, as obtained from experiment :

1. Nine-tenths should escape through the canal.
2. One-tenth should escape through the pores of the skin.
3. Any attempt to force more than one-tenth through the pores of the skin will result in proportionate danger to the skin, as it will be attracting foul matter out of its proper channel into an improper channel, thereby irritating and injuring the pores of the skin.
4. Any attempt to close the action of the pores of the skin will result in a clogging of the pores, causing pimples, sores, ulcers and general disease of the whole body. Frequent baths are necessary, and a daily exercise of the surface of the body.

To leave the pores open as hot water does, subjects the skin to colds, disease and nervous irritability. Closing the pores prevents all these.

Do not wash the face too often. Wash the limbs and feet well every day.

In case the skin is very tender, rub and knead vaseline, lard or cream thoroughly into it, before bathing. If you can afford it, rub cold alcohol on the skin with the bare hands after the bath is over. The above treatment is *sure* to cure diseases of the skin.

Follow also the directions given under the treatment for Poor Blood.

Special Treatment No. 39.

SCALP DISEASES.

CURE GUARANTEED IN EVERY CASE.

While the fluids of the body are in an unhealthy condition it is dangerous to excite any one part of the body more than another. For instance the rubbing of the skin at such a time, at any place, as where clothing chafes it, will cause the development of sores, abscesses or boils. These fluids should be let alone and left to pass on through the canal ; so the frequent combing of the hair causes the scalp to undergo more activity than other parts of the body and it consequently excites the unhealthy elements of the fluids to the roots of the hair. The first thing, therefore, to be done, is to practice the inward bath for a few weeks until all the bad qualities which permeate the body have passed away. This method of bathing creates a natural hunger and makes new blood as though the person were commencing life over again.

Having done this, the next step is to practice the gymnastics of the skin on the scalp, which is done by rubbing it with the hands with very warm water, and while it is warm, rubbing cold water on it with the hands, causing the immediate contraction of the pores of the scalp ; repeat this for a few minutes. This will open and shut the pores of the skin many times and answers the same purpose as tilling the ground around the roots of trees.

A dry, stiff scalp secretes dandruff and becomes diseased very quickly. The roots of the hair should be treated as the roots of trees or growing vegetation, which is done by working the soil, which is the scalp, until it is fertile ; keeping it supplied with moisture and air, which are necessary for the

PART THREE. RALSTON COMPLETE MEMBERSHIP.

growth of the roots of the hair. The scalp needs pure air as much as vegetation does; plants do not do as well in the house, however clear the air may be, as they do out of doors where the air is constantly in motion. It is not a theory, but a fact, that the hair grows more luxuriantly where the head is uncovered, even in cool weather, than it does under any other circumstances.

Brushing the hair is excellent if the scalp is not irritated. Kneading the scalp with the tips of the fingers while the head is exposed to outdoor air, tends to produce a heavy growth. Strange as it may seem, we know of several cases where heads completely bald have been covered with a fine growth of new hair by this method, and the strangest case of all, which is too clearly verified to be doubted, is that of a man over fifty years of age who was completely bald, who restored his hair by going out bareheaded rain or shine, summer or winter. The exposure to the inclemencies of the weather, by the natural processes caused a heavy growth of hair to protect the scalp. This is in accord with the most scientific theory and is seen in the case of animals in very cold climates, who are provided by Nature with the heaviest furs.

Special Treatment No. 40.

COMPLEXION.

THE REMOVAL OF PIMPLES AND BLOTCHES FROM THE FACE
(EXCEPTING FRECKLES AND WARTS) GUARANTEED
IN EVERY CASE.

Avoid too much carbonaceous food, as directed in the three chapters on Food in the Book of General Membership.

Massage the face not only at the place where the pimples appear, but all around.

Use the Bending Movements in the Heroic Exercises; and,

if possible, practice the Hygienic Exercises an hour a day, until the complexion becomes clearer; at the same time following the directions given in the treatment for Poor Blood.

Never leave the face when there is the slightest moisture upon it. It must be absolutely and perfectly dry.

Never wipe the face until all the soap is removed from it. It is better to be too thorough in this regard, as the leaving of the slightest possible quantity of soap upon the face destroys the texture of the skin. Mild soap of any of the better grades is not hurtful to the face, if not left upon it after being used, that is if immediately and thoroughly removed.

Always carry the face free from any scowl. Never raise the brows too high, and never under any circumstances, allow the eyes to squint.

Do not rub the skin enough to cause friction or tenderness.

Exposure to the sun, cold or strong wind which causes the contraction of the face will soon form wrinkles.

A good complexion depends: First, upon the transparent condition of the skin; Second, upon the health of the skin; Third, upon the condition of the blood; Fourth, upon the food we eat; Fifth, upon the condition of the fluids of the body.

The skin may be made transparent by the same process as is used in the Ralston Method for removing wrinkles from the face.

In addition thereto, the pores of the skin should be exercised by the expanding and contracting method which was discovered by Dr. Ralston. This is as follows:

Use hot water, not hot enough to scald the *skin*, with soap. Rub the entire face and neck with the tips of the fingers. Dash cold water upon the skin while it is still hot. This will cause the pores to suddenly contract. Now while they are still cold, again dash hot water upon them, using the soap to knead the skin and make it pliable, and while hot dash cold water upon it again. Continue this. It causes a great expan-

PART THREE. RALSTON COMPLETE MEMBERSHIP.

sion and contraction of the pores of the skin which may be called "the calisthenic exercise of the skin." This exercise gives health, vigor, vitality and clearness to the skin.

If the blood is in poor condition the complexion will necessarily be bad. To restore the blood to its proper condition the oxygenizing process is the very best. This consists of unusually full respirations which carry great quantities of oxygen into the lungs, thereby enriching the blood. Accompany this by drawing GLAME in the system.

A person suffering from pimples on the face, must give up the eating of every kind of meat, confectionery, cake and the drinking of tea and coffee, and stimulants of all kinds. Pastry with lard in it should also be discarded.

After the pimples have been removed, these things may be indulged in again without much danger of bringing the pimples back. Fruits of all kinds, if very juicy, especially pears and grapes, are very beneficial. The best pears are the Bartlett's and the best grapes the Concord's. These tend to purify the blood better than any medicine known and may be eaten in any quantity and as frequently and at any time desired.

If the body contains what is known as ashes, their presence will cause an unhealthy condition of the fluids of the body. These ashes should be removed by the inward bath known as the Anti-Death Treatment. This alone has been known to give the most beautiful complexions.

The skin of the face, like that of the entire body, is nothing but leather in a very pliable condition. The same treatment or conditions that would destroy the smoothness of leather would cause wrinkles in the face; and the same remedy would be applied to overcome them. It is not only possible to prevent wrinkles from coming into the face but it is also possible to remove them even when they are deepened by age.

The face wrinkles sooner than any other part of the body, except, perhaps, the hands. If you look at the finger joints both inside and out of the hands, and in the palm of the

hands, you will find wrinkles wherever there are movements. The wrinkle is but the result of movement.

Persons who laugh a good deal as well as persons who scowl a great deal, form wrinkles. The face is so easily moved by every emotion that where these movements become the same, the wrinkles soon become deeply set. The practice of movements in Facial Expression tends to equalize the face and remove wrinkles which may be caused by special moods. Such practice would prevent our real character from appearing in the face. Any good book on Facial Expression would suffice. But if the wrinkles have become once established, there are but two ways of removing them ; one by practicing the art of Facial Expression, which gives the face both symmetry, beauty and smoothness ; and the other by practicing the following direction :

Take pure cream, unsalted butter, lard, vaseline or cocoa butter, (any one of these will do,) although pure cocoa butter is by far the best if it can be obtained, and pure cream next best. Get control of the temple muscles which tend to straighten the forehead and pull out the scowling wrinkles between the eyes just above the nose. This may be aided by the hands. With both thumbs hold the skin of the forehead tight and with the ends of the fingers rub cocoa butter back and forth over these wrinkles, while pulling the skin as tightly as possible. The movement of the fingers in rubbing should be exceedingly rapid. With the softest cloth obtainable, rub off all the cocoa butter, wash the face with hot water and very little soap ; then dash cold water upon it after the soap is all off ; lay a warm, soft, dry towel upon the face until all the water is absorbed.

Never wash the face with warm water except under the directions just given.

Use the foregoing directions upon every part of the face where any wrinkles appear. Practice from five minutes to one hour daily, according to the blemishes of the skin, and in a few weeks the wrinkles will disappear unless deeply set, in which case it may take several months.

PART THREE. RALSTON COMPLETE MEMBERSHIP.

Avoid all advertised methods of obtaining a complexion. If they produce temporary benefits, it is at the expense of future injury. The Ralston method is natural, not artificial.

Special Treatment No. 41.

BALDNESS.

PREVENTION GUARANTEED ; BUT CURE IS GENERALLY IMPOSSIBLE.

The hairs, like the teeth, depend upon the existence of certain specific atoms, which, when once exhausted, are not replaced. Yet we knew a man who was entirely bald, and, by exposure to all kinds of weather, bareheaded, excited a heavy growth of hair. It is known that cold strengthens the hair, while warmth weakens it.

Another peculiar case came to our knowledge. A man who was fast losing his hair, allowed the rain to fall upon his head repeatedly. The hair ceased to come out, and a new growth set in after a few months.

It is a good plan to wash the head in fresh rain water, or cold water daily ; to avoid stimulants, narcotics, excesses of all kinds, loss of sleep and one kind of food. Phosphates should be eaten organized in some vegetable.

While the fluids of the body are in an unhealthy condition it is dangerous to excite any one part of the body more than another. For instance the rubbing of the skin at such a time, at any place, as where clothing chafes it, will cause the development of sores, abscesses or boils. These fluids should be let alone and left to pass off through the canal ; so the frequent combing of the hair causes the scalp to undergo more activity than other parts of the body and it consequently excites the unhealthy elements of the fluids to the roots of the hair. The first thing, therefore, to be done, is to practice the inward bath for a few weeks until all the bad qualities which permeate the body have passed away. This method of bath-

ing creates a natural hunger and makes new blood as though the person were commencing life over again.

Having done this, the next step is to practice the gymnastics of the skin on the scalp, which is done by rubbing it with the hands with very warm water ; and, while it is warm, rubbing cold water on it with the hands, causing the immediate contraction of the pores of the scalp ; repeat this for a few minutes. This will open and shut the pores of the skin many times and answers the same purpose as tilling the ground around the roots of trees.

A dry, stiff scalp secretes dandruff and becomes diseased very quickly. The roots of the hair should be treated as the roots of trees or growing vegetation, which is done by working the soil, which is the scalp, until it is fertile ; keeping it supplied with moisture and air, which are necessary for the growth of the roots of the hair. The scalp needs pure air as much as vegetation does ; plants do not do as well in the house, however clear the air may be, as they do out of doors where the air is constantly in motion. It is not a theory, but a fact, that the hair grows more luxuriantly where the head is uncovered, even in cool weather, than it does under any other circumstances.

Brushing the hair is excellent if the scalp is not irritated. Kneading the scalp with the tips of the fingers while the head is exposed to outdoor air, tends to produce a heavy growth. Strange as it may seem, we know of several cases where heads completely bald have been covered with a fine growth of new hair by this method, and the strangest case of all, which is too clearly verified to be doubted, is that of a man over fifty years of age who was completely bald, who restored his hair by going out bareheaded rain or shine, summer or winter. The exposure to the inclemencies of the weather, by the natural processes caused a heavy growth of hair to protect the scalp. This is in accord with the most scientific theory and is seen in the case of animals in very cold climates, who are provided by Nature with the heaviest furs.

PART THREE. RALSTON COMPLETE MEMBERSHIP.

Special Treatment No. 42.

LEANNESS.

CURE GUARANTEED IN EVERY CASE, WHEN RULES ARE STRICTLY FOLLOWED.

To cure leanness, the first and most essential thing is water. Without this, corpulence could not be gained.

Plenty of new milk, iced, should be drank. The better way is to break ice in a glass, pour milk over it, and instantly drink it. Do not pour out more milk than you intend to drink at that instant ; thus, one swallow, or two swallows, or half a glass, as your thirst may dictate. Two glasses of milk, or even one, may suffice at a meal.

The abdominal breathing should be acquired to excess ; always enlarging the abdomen on every inhalation, and contracting it on every exhalation.

The eating of caramels as dessert, or immediately after a meal should be indulged in, but not to excess. The caramels should contain no glucose, which hurts the kidneys, and pure chocolate should be used. These may be made at home by following the

RECIPT FOR RALSTON CHOCOLATE CARAMELS.

Three cups of C. C. sugar, or very light brown.

Two-thirds of a cup of dark molasses (not syrup).

One-third of a cup of cold water.

One-third of a cup of new milk.

Quarter of a pound of butter.

Third of a pound of pure chocolate.

Pour in the water, milk and molasses first ; then the sugar ; and stir until the sugar has melted. Put in the chocolate in a lump, as soon as the boiling commences ; and when the chocolate has melted put in the butter. Do not stir after this, as it may turn the candy to sugar.

Grease a long, shallow tin pan with butter, and take two pounds of almonds in the shells, or about three-quarters of a

pound of almonds out of the shells ; roast them, but not to a brown ; chop them into pieces about one-quarter their size ; spread these pieces over the bottom of the buttered pan, and over this pour the candy when done.

To test whether the candy is done or not, have a dipper of water in the left hand, put the first finger in the water till it is all wet, calmly put the wet finger into the candy, and at once put in the water. The candy will not burn the most delicate finger. If you splash the candy it may spatter and a drop or two burn the hand. Awkwardness may cause this result.

The candy is ready to take off when it breaks in the water. An experienced eye can tell when it is nearly done.

If you stir the candy when it is done, or nearly so, or if you let it drip in the pan, it turns to sugar. If you can get an ice-cold marble, or can set the pan containing the candy in cold water, it helps it very much.

The foregoing receipt is worth \$100.

Chocolate, if pure, is a delicious food for stomach and blood. Almonds have no equal as a food.

Do not use any other nuts. They are very bad, and most of them are poisonous.

Eat the Ralston Chocolate Caramel as a dessert, and not on an empty stomach. Get your honest confectioner to sell them and put out the sign :

RALSTON CHOCOLATE CARAMELS.

But the confectioner must be a Complete Member. All confectioners will make you believe that glucose is necessary ; and they will claim to use pure chocolate. They are often deceived by wholesalers. Chocolate in large blocks is not pure. Avoid sweetened chocolate. Eat no other candy.

Tell your friends how good the candy is, and invite them to become a Complete Member. You must not tell how it is made.

PART THREE. RALSTON COMPLETE MEMBERSHIP.

Ralston Health Receptions may be held every week. This candy may be eaten after apples, pears, oranges, grapes, or any wholesome food. Avoid bananas.

There are other ways of overcoming leanness, which do not require the eating of caramels, although the system requires some sugar.

A few minutes sleep after the heaviest meal of the day is valuable.

Never allow anything to worry you.

Worrying is cultivated as a habit. The book on "Brain Regime" teaches the remedy for that.

Lean persons should never take hot water baths, nor do anything to exhaust the nervous system. All persons who practice Shaftesbury's Lessons in Personal Magnetism overcome leanness.

Will you organize Ralston Health Receptions? Social gatherings among Ralstonites will make the Club very fashionable and popular.

Special Treatment No. 43.

EXCESSIVE FATTY GROWTH.

CURE GUARANTEED IN EVERY CASE WHEN THE RULES ARE STRICTLY FOLLOWED.

Avoid carbonaceous foods as much as possible; take the regular exercises in the four full courses of Physical Culture; and no other special exercises, except as directed herein.

Water and sugar, chocolate, almonds, fatty meats, butter, milk, too much fruit, are to be avoided.

Some persons, including many scientific physicians, claim that exercise will reduce fat. This seems good in theory, but after the reduction has been made, then comes the reaction, and the person gets fatter than ever. The greater the exer-

FATTY GROWTH ; CONTAGIOUS DISEASES. PRIVATE.

cise, the greater the reaction, until persons work themselves to death trying to fight that.

There are many persons in their graves who might be alive to-day, had they followed the treatment given below :

TREATMENT.

Completely undress. Fill the lungs full, and hold the breath five or ten seconds while rubbing the body as directed ; then breathe for a minute or two while rubbing, then hold the breath as before.

Rub the fleshy portions of the abdomen from side to center by a slow steady pressure of the hand for one hour daily. Wherever there are fatty accumulations rub them with the hand, one hour at a time, daily, and avoid drinking liquids as much as possible. Under no conditions drink tea. Cheese is a very good food, with eggs, steak and bread. The rubbing will destroy the fatty growth and cause it to be absorbed in the unusual exertions occasioned by the rubbing, and pass away in the circulation of the blood.

Hundreds have been cured in this way, with not a single failure.

Special Treatment No. 44.

CHOLERA, YELLOW FEVER, EPIDEMICS, CONTAGIOUS DISEASES.

PREVENTION GUARANTEED IN EVERY CASE.

All diseases are simply concerted attacks of developed germ life. This germ life exists in atomic form ready for heat and food to start its growth ; and thereupon a second of our time becomes a generation to the life of the little germs. The atoms become distinct types of animal or vegetable existence after the first growth, which is a metamorphosis. As atoms they are perfectly harmless, and enter and re-enter the system many times daily. They cannot become transformed

PART THREE. RALSTON COMPLETE MEMBERSHIP.

to actual living beings until food, heat and conditions peculiar to their life, all combine to start their growth ; which, when in operation, becomes disease, preying upon the system and seeking to destroy the human body. [See "*Our Existences.*"] As is well known this germ life cannot resist the energy of GLAME ; and is quickly burned out by electricity, generated by natural magnetic exercises, as is seen in Shaftesbury's "*Higher Magnetism.*" Experiment in hundreds of cases shows that electricity applied from without does not enter the body, but skims over the surface of the skin, except in a few instances ; and therefore cannot destroy the germs of life. But natural electricity, which is developed by the body itself, never fails to expel these germs and all foreign matter. This accounts for the robust health of persons who practice the exercises in the book entitled "*Mechanics of Personal Magnetism,*" followed by studies in "*Higher Magnetism.*"

In addition to this precaution the body should be supplied with good food, and kept strong by exercise. No breath should ever enter the mouth ; nor should a person be exposed to the morning or night air with the stomach empty.

Special Treatment No. 45.

SPECIFIC DIRECTIONS FOR RESTORING GENERAL GOOD HEALTH, SO THAT PERSONS IN CLASS TWO MAY ENTER CLASS ONE.

There is less reason for ill health than for good health ; yet a majority of all mankind are ill. Let Nature have her way and man lives and is healthy. Tendencies everywhere drift toward health. It is hard to determine why the habits of life are against Nature and good health ; for we know that all the laws of hygiene are violated every day we live. Men and women violate the laws of the lungs, the heart, the liver, the stomach, the kidneys, and the brain, in every hour of their existence. Why? A deficiency of GLAME in the body

lessens the desire of a full life, and the energy of obtaining it. The first great decree of our existence on earth is "choose for self." Man may neglect himself and suffer, or may take care of himself and be spared. As a philosopher once said : "He may leave his window free to the entrance of mosquitoes at night and be poisoned by their bites, or he may screen his window and not suffer."

So in all phases of life it is necessary to guard our health as we would guard our property ; one from the lesser vermin that infest the blood, the other from larger invaders.

There is no doubt that the "*Nine Great Laws of Health*," spoken of in Part One of this Book, are the true guides to a perfect body and mind ; coupled, of course, with the three treatments given in the Book of Inside Membership. They should be used in connection with the Four Cardinal Points of Health given in the Book of Complete Membership.

It is a physical impossibility for any person to remain ill who follows those laws.

PART FOUR.

In Four Sections.

(A) THE LOCAL RALSTON CLUBS AND HOW TO ORGANIZE THEM.

(B) CHARTER, CONSTITUTION, AND BY-LAWS OF LOCAL RALSTON CLUBS.

(C) THE 200-YEAR CLUB.

(D) MEMBERS OF THE 100TH DEGREE.

a. THE LOCAL RALSTON CLUBS AND HOW TO ORGANIZE THEM.

Any person who owns this Book of Complete Membership, as a *5th Degree Member*, may associate with any four others for the purpose of organizing a Local Ralston Club. But these four must be *5th Degree Members*. It would be folly to associate with others who did not take sufficient interest in the Club to become Complete Members. Under the arrangements made in the last chapters of the Plate Edition of the General Membership Book, anybody may very easily become a Complete Member.

The person who takes the initiative in organizing a Local Club may select the four or more others who are to become charter members; after which they may elect new members by unanimous voting only. This will secure the *personnel* of the club. It is the policy of the General Club at Washington to encourage rival Local Clubs. Therefore if members do not care to join one club, or if any club is closed against them by vote, the privilege of joining others or forming a new

one will always be open ; and every club will receive due and equitable recognition.

An active, energetic club composed of noble men and women, having for its purposes the highest culture of body and mind, could put to shame the effete clubs of men who meet to smoke and drink and play, who abandon their families night after night in the name of pleasure, and who daze their brains and unfit their bodies for the true purposes of life.

Now that the seal of secrecy has been lifted from Complete Members among themselves, there is no reason why strong organizations should not be established in every locality. Sooner or later there will be men and women of wealth who will endow Local Clubs with sufficient means to enable them to erect Ralston Buildings, where meetings may be held, and from which may emanate the good influences of health and happiness that shall some day convert the world.

The saving of mankind must commence with, or be accompanied by pure bodies and untainted minds ; for an irritable disposition can not easily cultivate goodness. Nearly all the sins of the world are chargeable to a diseased body or mind. Impure blood taints the brain ; and causes the heart to become errant.

b. CHARTER, CONSTITUTION AND BY-LAWS OF LOCAL RALSTON CLUBS.

The following charter is intended for YOU, in case you choose to act under its authority. When you are ready to form a Local Club, proceed to do so. Bring the charter members together, talk over the matter ; and, reading aloud from the Constitution, follow its provisions.

If you are to take the initiative, go first to the stationer's, procure a blank book costing about fifty cents, which sum the other members are to share with you, making the individual tax but a few cents each. Dues are not allowed, but

PART FOUR. RALSTON COMPLETE MEMBERSHIP.

the small change necessary to lubricate the light-running machinery of the club will come from fines for tardy attendance. These should be paid pleasantly, and from them each charter member is to be re-imbursed for first expenses. With this in view it might be better to purchase a larger book. The book so obtained is to be called the "Book of Records of the Local Ralston Club of-----"

In it write the Preamble, and leave sufficient space for several members to sign their names. You will sign first. You must see that at least five members of the *5th Degree*, having certificates and seals from Washington, and duly identified, sign the Preamble.

Write your own name in the following charter as soon as convenient after becoming a *5th Degree Member*.

CHARTER.

To-----

who is a duly authenticated Member of the Ralston Health Club, of the 5th Degree.

This is to make known that you are given due authority to organize in your locality a Local Ralston Club for the purposes set forth in the three books of the club, and in its Preamble, Constitution and By-Laws.

The Ralston Health Club of America.

WEBSTER EDGERLY, *President*,

Washington, D. C.

The following Preamble must be copied in the "Book of Records," before the first meeting. The handwriting should be plain and easily legible.

CONSTITUTION AND BY-LAWS
FOR THE FORMATION OF
LOCAL RALSTON CLUBS.

PREAMBLE.

WHEREAS the acquisition of perfect health is by far the most important thing in life ; and

WHEREAS we, the signers of this Constitution, firmly believe that the Ralston Health Club furnishes the best means known to humanity for the attainment of perfect health ; therefore be it

Resolved that we, the members of this organization, known as the

LOCAL RALSTON CLUB
of

will in every respect abide by the Constitution and By-Laws, attend all meetings when possible to do so, and aid in spreading the Ralston doctrines throughout the world, in the hope that the blessings of good health may be enjoyed by all mankind.

ARTICLE I.

Basis of Organization.

SECTION 1. All members, whether original or subsequent, must be 5th Degree Ralstonites.

SECTION 2. When five or more persons, either ladies or gentlemen, in one locality have attained to the 5th Degree, a Local Ralston Club may be organized.

SECTION 3. The persons so organizing shall ever after be known as the original members of that club.

SECTION 4. Each member must hold a certificate and seal from the Ralston Health Club Headquarters of Washington, D. C.

PART FOUR. RALSTON COMPLETE MEMBERSHIP.

SECTION 5. It shall be the duty of the President of the Local Ralston Club to examine and countersign the certificates of all 5th Degree Members who seek original or subsequent admission to the club.

SECTION 6. The club shall be named "Local Ralston Club of-----;" the blank to be filled out with the name of the town or city where it is located. If two or more clubs are formed in the same city or town they shall retain the same name and add No. 1, No. 2, etc.

ARTICLE II.

Officers and Their Duties.

SECTION 1. The officers of the club shall consist of

The President,
The Senator,
The Recorder,
The Executive,
The Representative.

SECTION 2. THE PRESIDENT shall preside at all meetings ; call special meetings ; preserve the Constitution ; keep order ; and see that the importance and dignity of his club is at all times maintained, both during meetings, and before the public at large.

SECTION 3. THE SENATOR shall hold his office for life, and should be selected for the position and influence which he has in the community in which he lives. Before a person is eligible to this office he must possess the following qualifications : 1. Maturity of age ; 2. Good judgment ; 3. Conservative mind ; 4. Public or social influence. He must be a person whom the public at large hold in special respect in his locality. His duties are as follows :

1. To preside at any meeting in the absence of the President.

2. To pass an opinion upon any new matters that may arise in the deliberations of the club.

3. To protest against any radical and irrational views of the more impulsive members.

4. To answer all attacks upon the organization or its methods.

5. To contribute to the public press as often as once a month, (or oftener if convenient,) a scholarly article upon the Ralston Health Club, setting forth its advantages and its grand work and progress ; without in any way disclosing any of the secrets of these various treatments, or giving to the public the valuable matter of the books.

6. To sit in judgment upon trials of charges preferred against any member.

7. To communicate to the Ralston Health Club of Washington any error or fault in the Local Club ; and to advise as to the modifications of the books, treatments and organization of the Ralston system.

8. To report every month to the Local Club as to the performance of his duties during the preceding month.

9. If two or more Senators are members of the same club they shall arrive at a unanimity in writing on all questions in dispute ; but their other duties shall be in nowise lessened.

SECTION 4. THE RECORDER shall make and keep a record of all meetings ; of the attendance of members ; of the doings of every meeting ; of the reports of the Senator, Representative and Executive ; shall write and deliver all notices ; receive and record all fines ; expend and account for the same when required by the Constitution ; shall carry on the correspondence of the club ; when a new member joins shall report the same to Washington ; and on the first days of June and December shall make a semi-annual report to Washington.

SECTION 5. THE EXECUTIVE shall prepare one month in advance, or as soon as may be, a programme of exercises for the next meeting ; shall select and secure some member to lecture upon the Ralston methods, and another member to read an essay ; shall see that all members speak at the experience meeting ; that the " Quizz Session " is prepared and pro-

PART FOUR. RALSTON COMPLETE MEMBERSHIP.

vided with work ; shall organize the "Exercise Session" and conduct the same, or be responsible for its being conducted by some other member ; shall provide, or be responsible for the providing of a series of exercises for the "Exercise Session" ; shall act for the club in all business transactions ; shall report at every meeting all his doings ; shall arrange an annual summer picnic and many social gatherings to which all persons may be invited whose names are recorded either as General or Inside members of the Ralston Health Club ; shall arrange one public meeting (or more if able) between the first of October and the first of June of each year, to which the entire public is to be invited, and at which there shall be speaking, singing, music, recitations, or such other means of entertainment and instruction as shall best advance the interests of the Ralston movement. As these public meetings are to become the strongest factors in advancing the great doctrines of health, and in spreading the usefulness of the club, (in case they are properly managed,) they will tax the skill and energy of the EXECUTIVE to the utmost. All the clergymen, physicians, lawyers, public officials and prominent citizens should sit upon the platform, and the best speakers among them should address the meeting. The press will gladly contribute its aid, and churches or halls may be had gratuitously, as it is a well known public fact that all of the receipts of the Ralston Health Club are immediately expended in its extension, and used solely in charity.

SECTION 6. THE REPRESENTATIVE holds a most important position, as upon him devolves the future greatness of the club. He must keep informed as to what persons in his community are not General members of the Ralston Health Club ; must report the same at the regular meetings of his Local Club ; must discuss in meeting the best means of reaching *all* such persons ; must assign to all members of the Local Club an equal share of the duties of reaching such persons, by word of mouth, by personal influence, and by the aid of circulars, which are furnished from Washington. A Repre-

representative holds his office until, during his administration, the club has been instrumental in securing forty General members for the Ralston Health Clubs, whether in that locality or in any part of the world. THE REPRESENTATIVE shall report at each meeting the number of General members secured by the influence of the Local Club. When forty have thus been obtained THE REPRESENTATIVE shall thereupon be declared by THE PRESIDENT to be an "Honorable Member and a Vice-President for Life of the National Ralston Health Association," and entitled to represent his locality in the National Conventions; and he may ever after be addressed by all Ralstonites by the title of "Hon.," this being as important as political honors. He must see that the RECORDER makes due entry of the length of his term of office as the shorter it is, the greater honor attaches to his administration. General members obtained by the influence of the Local Club are to be credited to no person individually.

SECTION 7. Ladies are eligible to all the offices.

SECTION 8. THE BOARD OF HEALTH of the Local Ralston Club should consist of The President, The Senator, The Recorder, The Executive and The Representative. They shall individually take cognizance of any public nuisance injurious to the health; any neglect of the city or town officials, especially of the health officer; shall report to the Prosecuting Attorney all matters which threaten the public health; shall see that the laws are enforced; that in case of epidemics, due preparations are made to guard the lives of the people; that proper laws are enacted; shall expose adulterations of food; and take any other steps that in their judgment may seem necessary or proper. The President shall preside over their meeting. Not until the membership is large will the influence of the Ralston Board of Health be felt; but when the majority of the ladies and gentlemen of the community are Ralstonites, then its power will sweep all things before it, for it will control the elections of officers, and the enactment of all laws.

PART FOUR. RALSTON COMPLETE MEMBERSHIP.

ARTICLE III.

Meetings of the Club.

SECTION 1. The club shall meet at least once a month. The monthly meetings shall be called the Regular Meetings.

SECTION 2. By unanimous consent of the officers a special meeting may be called at any time.

SECTION 3. The place of the regular meeting shall be at the members' houses in rotation, or in some convenient place where no expense is attached.

SECTION 4. A regular time shall be set for the monthly meeting by unanimous consent in writing of all the original members. If they cannot agree, the hour shall then be fixed at 7.30 P. M., on the first Tuesday of each month.

ARTICLE IV.

Order of Exercise.

SECTION 1. At all Regular Meetings the President (or Acting President) shall open the exercises promptly on time.

1. The Roll shall be called.
2. The Recorder shall read the minutes of the last meeting, and all other doings that may come to his notice.
3. The Representative shall then read his written report, and file it with the Recorder.
4. The Executive shall likewise report.
5. The Senator shall address the meeting. New members may be voted for, or elections held when necessary.

No other business of any sort shall be transacted at a Regular Meeting. It is the President's duty to enforce this rule; as in ordinary societies much wrangling ensues when business questions and Parliamentary tactics are allowed.

SECTION 2. At the close of the Preliminary Exercises or business portion of the meeting, the member who has been selected as orator of the evening shall deliver a LECTURE, not more than thirty minutes in length.

SECTION 3. Next in order shall be the ESSAY which is limited to fifteen minutes.

SECTION 4. The President shall then declare the club to be an Experience Meeting, at which all members and officers shall (by lot) proceed to relate their experience during the past month in matters of health.

SECTION 5. A "Quizz Session" shall follow at which the Senator shall ask not less than fifteen questions, which may be answered by the members and discussed generally under charge of the Senator.

SECTION 6. The "Exercise Session" shall follow and be in charge of the Executive, who shall prepare in advance and train the class in a series of valuable exercises in Deep Breathing, Tension Exercises, Physical Culture, Brain Regime and the Mechanics of Personal Magnetism; all of which are calculated to inspire the grandest health. After the "Exercise Session" the club shall adjourn.

SECTION 7. At special meetings business matters may be attended to, or the club may meet General Members for social gatherings, pleasant chats, "Ralston Chocolate Caramel Parties," etc. At no special meeting or other time or place must any fact connected with Inside Membership, or Special Treatment, or the Regular Meeting, be stated or referred to unless all persons present are 5th Degree Members.

ARTICLE V.

Election or Appointment of Officers.

SECTION 1. The first President shall be appointed by the Ralston Health Club of Washington. If the members desire, they may petition for the appointment of a particular person. The President's term shall be for one year, commencing with the first regular meeting.

SECTION 2. The Senator shall hold office for life. He or she shall be appointed from Washington, upon the unanimous petition of the members of the Local Club, and proof of his or her qualifications as previously stated in this Constitution.

PART FOUR. RALSTON COMPLETE MEMBERSHIP.

SECTION 3. The Recorder, Executive and Representative and all Presidents after the first shall be elected at the first Regular Meeting of the club by the vote of a majority of those present, five always constituting a quorum when the club numbers less than ten; and a majority of all members being a quorum when more than ten belong. The term of office is one year, except as to the Representative, who shall serve until, during his administration, forty General Members shall have been secured by the influence of the Club; whereupon a new Representative shall be elected.

SECTION 4. No person shall hold two offices at the same time, except in the case of the Representative to whom the highest honors attach. His office may be held by a President, Senator, Recorder or Executive, but only once until all members have held it in rotation.

BY-LAWS.

1. Any 5th Degree members, holding a certificate and seal, may attend any Regular Meeting, whether a member or not. If he comes from another club he may affiliate with this.

2. By unanimous vote of all members present any 5th Degree Member may be elected to membership in this club.

3. Any person who discloses any secret of the Ralston doctrines, or who is guilty of heresy in relation to said doctrines, or who subjects the club to public disapproval by any cranky, foolish or undignified conduct shall, upon unanimous vote of all the officers, be expelled. If he is an officer he shall not vote.

4. An expelled person shall forfeit his right to be present at any meeting of any Local Club. He may appeal to Washington from the vote of expulsion.

5. All disputes may be referred to Washington for settlement.

6. No dues shall be levied upon any member who attends the Regular Meetings. Persons of wealth, and philanthro-

CONSTITUTION AND BY-LAWS. PRIVATE.

pists may contribute any sums they please for the general glory of the club, but such contributions should be purely voluntary.

7. Any member who fails to attend a Regular Meeting shall pay a fine of twenty-five cents for such absence ; and for tardiness a single minute beyond the time for opening, five cents ; one hour, ten cents. These fines must be paid within one month from the time or membership will be forfeited ; and the member cannot be reinstated except by regular vote, and payment of thrice the amount in default. The signing of this Constitution shall become a contract and legal promise to pay all said fines.

8. Any Outside Member or Inside Member who desires to join a Local Health Club, and, after making an honest effort to secure the requisite number of recruits, fails, may be admitted as a 5th Degree Ralstonite upon payment at Washington of five dollars.

9. Any officer who fails to perform his duty may be removed by petition to Washington, if the facts are duly established by evidence.

10. Any party of ladies and gentlemen, or of either sex alone, all of whom are 5th Degree members may organize a Private Chapter, for exclusive meetings, at which no person shall be present except by unanimous consent. This Private Chapter must be chartered by the authorities at Washington, and may select its own members.

PART FOUR. RALSTON COMPLETE MEMBERSHIP.

c. THE 200-YEAR CLUB.

We believe that the body should never die. Ignorance of the laws of health, and improper use of foods, *are the sole causes of disease, decay and death.* People *will* not is the reason why they *do* not live to an extreme age. Nothing is more common than to hear the remark "I do not wish to live to be very old if I am to be helpless." This remark contains the average quantity of sense usually found among people at large, and is an excellent example of stupidity. A helpless old person generally is of short-lived old age ; for helplessness is decay and death. Many "dead" persons of all ages are on the outside of the cemetery, still unburied.

Life implies activity, helpfulness and independence, no matter how many years are counted off the reel of life.

Death and disease are results of the disobedience of the laws of health ; and they are impossible otherwise. The Creator may intend that man should be ignorant and careless, and therefore die ; but we believe that He intended only that death should result from ignorance and carelessness. One thing is certain,—that man is surrounded by opportunities for the highest happiness, and the lowest misery ; for the most perfect health and the most wretched disease ; and between the two he must take his constant choice. God does nothing for man that man can do for himself. The mysteries of life and death, of heaven and earth, of suffering and happiness, are hidden only from the indolent ; *and man is fast unraveling the curtains that veils them from his view.*

The scientist will tell you, the physician will tell you, the learned man will tell you that disease and death are the results of some violation of the laws of life. So far they and we are agreed. Ask them if man can live to be two hundred years old, and they will say : "The evidence is indisputable that many have lived beyond that age ; and in every country and every age some people live far beyond a hundred." So far they and we are agreed. But if the question is asked : "Has any person a reasonable prospect of living to be two

hundred?" and the answer comes quickly: "No, people are too unwilling to think and do for themselves to ever obey the laws of health."

Here alone is the solution. The effort that is required in order to come into a state of perfect health is too great for most persons. Active people are too "nervous," and other people are too lazy to take care of themselves, except when stricken by disease, and then they cry: "Doctor, save me; life is too precious to lose; save me, and I will give all I have in the world." The presence of disease frightens half the life out of men who, when well, would say: "I do not care to be healthy. When I am sick it is time enough to take care of my health." Invalids ask God to restore them to life under promise of doing Him special service when well; who scorn to take care of the body in days of health; and mothers pray at the bedside of the diseased child,—mothers who never learned nor wanted to learn the laws of health. They never inquired nor wanted to inquire what foods best developed the babe into robust childhood; what regime and foods made children strong, healthy, and well-balanced men and women.

What man has done man *can* do. In some countries favorable to longevity, men and women of modern times have lived to be more than three hundred years old. Some birds and animals live many hundred of years.

Accepting the admission of all intelligent investigators that disease and death are the result of some violation of the Laws of Health, we assert that, until the present time, no system for maintaining perfect health has even been devised. The Ralston doctrines are undoubtedly the first and only complete method even given to the world.

Therefore are we on the threshold of a new hope. The rapid progress of inventions and science in the last twenty years has been the widest leap in all the world's centuries—a leap from the twilight of morning into the full blaze of day. The hand of time points to the zenith hour of noon, and the clock will soon strike twelve.

PART FOUR. RALSTON COMPLETE MEMBERSHIP.

“Cleanliness is next to Godliness,” and cleanliness and health are one : cleanliness of body, heart and brain ; cleanliness of every organ, nerve, bone, muscle and fibre of the human system.

Members of the Ralston Health Club who reach the 100th degree will, upon application, be organized into a special club, in order to test the greater problems of long life and protracted youth.

d. MEMBERS OF THE 100TH DEGREE.

It is not a difficult matter to attain this extraordinary degree ; although it requires many trials and refusals. There will come a time, however, in the life of every person of your acquaintance when sickness will knock at the door and fear at the heart ; and at such times the knowledge of how to take care of the health will be the paramount consideration of such a person. In this quiet waiting, and by gently suggesting the blessings of the Ralston Health Club, many members have been obtained.

The quickest way of becoming a 100th Degree member is as follows :

Take four reliable persons into your confidence. Select persons of push and executive ability. If they are not members of the club as yet, allow them to read your books. Keep on hand a few copies of the Book of General Membership ; they are given to you freely, one for each degree taken by you. People often desire to become members if they can obtain the book *at once*. Some strangers hesitate to entrust money with another, especially when days may elapse before seeing the book.

When these four associates have become 5th Degree members, as all are sure to do, make preparations for calling a public meeting. As a rule clergymen, school teachers, and the best classes of people will endorse such a meeting. If you are good managers a meeting well arranged and conducted

will bring over one hundred members. First meetings are apt to be small ; subsequent public meetings should be held, speeches made, extracts from the book read ; and exercises given, from a rousing programme prepared carefully in advance, so that nothing may be left to hap-hazard.

Several hundred members can be obtained in a few weeks, the credit of which should be awarded equally among the five progenitors of the meetings.

By whatever means you reach the 100th Degree, the rewards are ample. These may be found clearly set forth in the last chapter of the first book. In addition to the substantial honors and benefits so obtained, there will be the abiding satisfaction of having done a vast amount of good in the world.

One hundred members !

Think of the wedge of influence which must aid to rend the oak of disease and consequent sin ! *Your* work will have been well done, and the world made better by it.

The Ralston Health Club is so planned and conducted that it is sure to grow ; it cannot die ; it cannot retrograde. Each member draws many new ones, and each new one many more, and *increase* is inevitable. Ere long a solid mass of humanity, strong, healthy, intelligent and brainy, will sweep the globe, an irresistible majority, and insist upon

1. Pure food ;
2. Better laws, with less politics ; and
3. A NEW RACE.

CHAPTER THE LAST.

SPECIAL NOTICE TO COMPLETE MEMBERS OF THE RALSTON HEALTH CLUB, WHO ARE

OF A STUDENT-LIKE DISPOSITION, AND WHO DESIRE TO
STUDY THE GREAT PROBLEMS OF LIFE IN A THOR-
OUGH AND SYSTEMATIC MANNER.

A goodly number of our members have evinced a thoughtful disposition ; the evidence of which we have found in their letters, many of them being scholarly in the highest degree. These students we invite into a closer relationship with us in the study of life and the pursuit of wisdom.

Not all the men and women, who have graduated from the great colleges and universities are students ; nor does it follow that those who have never entered such institutions are incapable of being students. The world's greatest geniuses have been self-taught ; deriving their wisdom from books and private research.

True education is often a problem. The old Greeks approached nearer to a perfect system of education than has any nation since their time ; for they developed the power of mind and body simultaneously. Through the channels of perfect health they sought perfect physical development and consequently perfect brain power and thought. The Greeks gave to the world the greatest men in every department of life : the greatest sculptor, the greatest painter, the greatest orator, the greatest actor, the greatest poet, the greatest historian, and above all the grandest philosophers. Select, if you will, the seventeen wisest men of all history, ancient and

SPECIAL NOTICE TO COMPLETE MEMBERS. PRIVATE.

modern ; and eleven of them were trained under the admirable system of perfected education found only in Greece.

The Shaftesbury School of Philosophy is a revival of that system, adapted to the needs and demands of this century.

WHAT IS PHILOSOPHY ?

When applied to any particular department of knowledge, it denotes the general laws or principles under which all the subordinate phenomena or facts relating to that subject are comprehended. Thus *philosophy*, when applied to God and the divine government is called *physics*, including *natural philosophy* and *natural history*; when it treats of man, it is called *anthropology* and *psychology*, with which are connected *logic* and *ethics*; when it treats of the necessary conceptions and relations by which *philosophy* is possible, it is called *metaphysics*.

Philosophy has been defined : the science of things divine and human, and the causes in which they are contained ; the science of effects by their causes ; the science of sufficient reasons ; the science of things possible, inasmuch as they are possible ; the science of things evidently deduced from first principles ; the science of truths sensible and abstract ; the application of reason to its legitimate objects ; the science of the relations of all knowledge to the necessary ends of human reason ; the science of the original form of the ego, or mental self ; the science of science ; the science of the absolute ; the science of the absolute indifference of the ideal and real.

Philosophy of the Garden, that of Epicurus, who instructed his pupils in a garden in Athens which he bought for the purpose.—*Philosophy of the Porch*, that of Zeno and the Stoics ; so called because Zeno of Citium and his successors taught in the porch or piazza of the Porcile, a great hall in Athens.—*Philosophy of the Lyceum*, that of Aristotle, the founder of the Peripatetic school, who delivered his lectures in the Lyceum of Athens.—*Philosophy of the Academy*, that of Plato, who taught his disciples in a grove in Athens called the Academy.

PART THE LAST. RALSTON COMPLETE MEMBERSHIP.

The Love of Wisdom and the earnest search after knowledge.

THE SHAFTESBURY SCHOOL OF PHILOSOPHY

is the most comprehensive course of training to be found in any part of the world ; and covers *the entire field of knowledge* in the light of the latest science, the deepest thought, and absolutely provable theories.

The school is open to all ; and confers its Diploma and Degree of Ph. D. (*Doctor of Philosophy*) upon those who are worthy. It is chartered by the laws of the United States for the purpose of giving legality to its Diploma and Degree.

The cost, one hundred dollars, is payable when application is made for admission to the school. All members of the Ralston Health Club of the 100th Degree, may enter the school without expense.

HOME COURSE IN PHILOSOPHY.

A Complete Study of Our Existences.

BY EDMUND SHAFTESBURY.

For Home Study Only. Issued in Ten Tomes and Series by Shaftesbury College, Washington, D. C.

The great need of the day is an opportunity for study at home. The majority of men cannot go away to college, they may and should be given the privilege of self-education ; for in many instances they are endowed with gifts of mind which, when favored by circumstances, are sure to place them among the great men of the world.

The majority of the mighty geniuses of earth, like Shakespeare, never attended university.

The Shaftesbury College seeks to open the way to all men and women of ambition, who wish to receive that truer edu-

cation which springs from the source of all human advancement, the inherent desire for knowledge, stimulated by every legitimate impulse of mind, heart and soul.

ORIGIN OF SHAFTESBURY COLLEGE.

The author of the well-known Shaftesbury works (the most important philosophical books of the century) has been identified with Martyn College for years. As that institution is best known through its great departments of Oratory, Elocution, and Physical Culture (Ralston Division), it became the desire of the author to separate these deeper studies from the curriculum of the original college, and to lay the foundation of a world's university. To this end the Shaftesbury College was incorporated under Act of Congress, claiming the rank of a university. Its future is assured; and, like many great universities which have had small beginnings, the foundations now laid will some day bear the weight of a mighty institution, whose influence shall not be for a day or a nation, but for all time and world-wide.

EDMUND SHAFTESBURY'S DEFINITION OF THE PHILOSOPHER.

“The only real student, and the only complete man, is the philosopher. Nature and instinctive thought are greater instructors than universities.

“The philosopher is the wise man. He thinks much; writes some; talks less. He loves Nature, children, and simplicity. He gradually withdraws from the artificial world, turns to art and becomes artless. He scents the perfume of the flowers, listens to the music of the trees and brooks, watches the drifting skies, and is lost in the perspective of the stars. He is happy because he is not artificial. His temper is sweet, because he is philosophical. His stature is grand, because he is growing Heavenward.”

PART THE LAST. RALSTON COMPLETE MEMBERSHIP.

THE HOME COURSE IN PHILOSOPHY.

NATURE OF THE STUDY.

Starting at any point of ignorance or knowledge, and casting loose the fetters that imprison so many of the better minds of the race, the course of training carries the student to the highest acquisition of knowledge, and leaves him only when he can call himself, and others may call him, AN EDUCATED MAN.

The entire course of study is philosophical, and therefore, should be termed Philosophy.

It is beautiful, for it teaches the finer knowledge of life.

It is grand, for it deals with the noblest education of earth.

It is sublime, for it reaches the limits of space, the limits of time, the limits of life, death, earth and Heaven.

It is practical, for it strikes at the root of the ephemeral, speculative theories of science, and imparts only substantial knowledge, and becomes a help to the various duties of life.

It is complete, for it includes the facts and latest theories of the most advanced scientific knowledge of to-day; always permitting the pupil to choose for himself.

It is a college education in itself. It will place a man on a higher plane of knowledge, make him more refined and thoughtful, more useful to himself and those about him, and give him a more substantial and lasting equipment for the demands of the world and the duties of life, than any college or university education.

WHO MAY ENTER THE COURSE.

We shall admit only a limited number of pupils for home study. As much time is required for examining and passing upon the reports of the students, and as we cannot deal with a large number of pupils to advantage, it is the policy of the college to accept a small number only in each year. There are three classes of applicants:

1st.—The graduate of the university.

2d.—The man of excellent education, who has not had the good fortune to go to college. He is a scholar, a thinker ; he has common sense, a quick mind, and a sure grasp on the methods of correct thought.

3d.—There is another student of life ; the uneducated philosopher. He never went to school much, but has thought more. Every great and intricate problem of existence has passed before his mind, been carefully weighed and adjudicated. Our course in Philosophy will develop his latent power, bring him out of his obscurity and make him useful to himself and to the world. The time necessary to complete this study depends upon the aptness of the pupil. If the lessons are not satisfactorily mastered in a given period, keep on trying. The study is pleasant and you will reluctantly leave so interesting a theme.

WHAT BOOKS ARE NEEDED.

Unless a pupil wishes to take the Degree on the preliminary examinations, it will not be necessary to procure books ; and in no case do we either furnish or sell books on Philosophy, as all the learning and information required are contained in Tomes 3, 4, 5, 6, 7, 8, 9 and 10 of the regular course. Therefore, no pupil need purchase books or spend more than one hundred dollars in the study. Persons whose general education enables them to pass the preliminary examinations would probably have access to such books as would store the mind with the necessary knowledge.

HOW LONG WILL IT TAKE?

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