

THIS PAMPHLET IS KNOWN AS THE

BOOK

OF



*INSIDE MEMBERSHIP.*



IT CONSISTS OF THREE PARTS :

PART ONE,

THE RALSTON VITALITY EXERCISE.



PART TWO,

THE RALSTON MAGNETIC BATH.



PART THREE,

The Ralston Anti-Death Treatment.

This Pamphlet is known as the  
BOOK  
OF  
→INSIDE \* MEMBERSHIP←  
OF THE  
Ralston Health Club.

Owing to the nature and privacy of the treatment  
involved, this book is necessarily

**SECRET.**

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This secrecy would not debar a person from using the treatment upon the young members of the family; but any persons old enough to use and understand the treatment must become members in order to do so. No additional expense accrues in the end, as a husband, instead of paying one dollar for Inside Membership, could pay the same amount for General Membership for his wife, and then obtain Inside Membership free.

The fee of one dollar for life membership is very small, and includes the book. It is hardly sufficient to keep the club financially alive.

Every man who has a regard for the future health and the longevity of his children and relations, should see to it at once that all of them are members of the Health Club. He can leave them no better legacy.

ADDRESS,

MARTYN COLLEGE,

WASHINGTON, D. C.

## PRIVATE.

To every Inside Member of the Ralston Health Club, and to all persons who are admitted to Complete Membership:—

This is to notify you that you are legally forbidden to disclose to any person whatever, any fact, statement, doctrine, or treatment given in this book or pamphlet.

Should you do so, except to Complete Members, known to you to be such by the certificate and seal, you will forfeit all rights as a member of the Ralston Club, and be liable to us in damages.

Mutual protection, and safety in the treatment of disease, require the sacred observance of your pledge.

All communications should be accompanied by ten cents in stamps.

We prefer increase of membership rather than money, and desire all Inside Members to become Complete Members by obtaining four recruits since they became Inside Members, or five recruits since they became General Members. There are, however, some persons who cannot at once procure the four recruits, and to them we will extend the privileges of purchasing the book of Complete Membership (with all Special Cures, Constitution, By-Laws, and Longevity Club Reorganized) on payment of four dollars, with the understanding that they are to retain an interest in the effort to increase the membership of the club. Any person who owns this pamphlet and has an Inside Number may obtain the

large book of Complete Membership by paying only four dollars, or by securing four recruits. In the latter case fill out the following

STATEMENT.

I hereby state that my General Number is 9,321,357  
and that my Inside Number is 10970

I have obtained four recruits as General Members of the Ralston Health Club, since I became an Inside Member or five recruits in all since I became a General Member, whose names are as follows:—

(State Numbers if money is not enclosed.)

.....

.....

I therefore desire the Book of Complete Membership.

My name and full address is

.....

.....

This will enable them to organize and will entitle them to the Certificate and Seal.

As some exercises are easily misunderstood, a Local Club should be organized in your community. See Constitution and By-Laws in Book of Complete Membership.

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## TWO OPINIONS

OF THIS BOOK OF INSIDE MEMBERSHIP.

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### ONE OPINION.

"I have just received the Book of Inside Membership, and am disappointed in its size. I have not read or practiced the exercises, but do not think so small a book can be worth one dollar, although I got it free."

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### THE OTHER OPINION.

"I am a physician with a large and increasing practice; \* \* \* educated at the universities of Europe and America, especially in medicine and the higher sciences. I am able to appreciate your works. The doctrines taught in these exceptionally valuable books are right; they are from Nature, and Science stamps her approval upon every line. Ralstonism is the greatest friend of humanity and will be the right hand aid of every honest physician. By "honest" I mean the physician who really wishes to cure his patient as speedily as possible \* \* \*. Permit me to state that the conciseness and brevity with which Ralston states great truths constitute the charm and value of the Book of Inside Membership. I pity the person who cannot appreciate quality rather than quantity. To make the book larger would hurt its usefulness."

## PART ONE.

### THE RALSTON VITALITY EXERCISE.

#### 1ST EXERCISE.

As in the case of GLAME we again advise a person of perfect health to abstain from exercise and treatments which are designed for those who are ill.

There is no doubt that all persons may increase their vitality. Next to the complete and magnificent system of "Shaftesbury's Personal Magnetism" no exercises for restoring or increasing the vitality of the body can equal the following:—

Stand. Fill the lungs to their utmost capacity, then rise three times on the toes, adding more breath each time, and allowing none to escape, thus packing the lungs with more air than could otherwise be obtained. While holding the breath raise the hands in front on a height with the shoulders, the arms being extended. Take all vitality out of the arm and hands. Very slowly bring them toward the shoulders, at the same time gradually putting strength into them until, when they reach the shoulders, the fists will be clinched with the utmost tensivity, and the power of the fist is so great as to cause the whole body to tremble with energy. Project the clinched fists forward slowly with the tensivity as great and violent as possible, and then bring the fists to the shoulders with the utmost speed while the intensity is still maintained. The speed must be so rapid that a person standing near would not see the hands pass

through the air. Such speed is attained by sleight-of-hand performers and can be by *you*. It is an excellent nourisher of the nerves if performed with the clinched fists, full lungs, and indescribable speed.

The first part of the exercise which gradually increases the tensivity of the muscles of the arm will arouse the absorbent action of the nerve centres, and if performed when the stomach contains food will impart to the nerves of the stomach a most powerful current of electricity which will overcome a weak digestion.

When accompanied by the Anti-Death treatment it never fails to cure all kinds of headache. This exercise and treatment combined will be a wall of power in defying the approach of disease or death.

If a Ralston Legislature can be organized in your locality perfect tests of all these great facts could be easily made, and mutual aid and advice obtained.

Another way of bringing Glame to a certain part of the body is to place an iced cloth of all wool on the part; dress around it and wait until it not only dries, but burns. Try this (with phosphate foods) for rheumatism or local weakness. It will bring a vast quantity of Glame to the kidneys, spine, or small of the back. If the cloth is removed before the flesh is hot, there is danger of cold. Applied to the right foot one night and to the left the next, (if phosphatic foods are eaten) this ice water treatment will eradicate all rheumatism and overcome bad circulation of the blood.



## SECOND EXERCISE.

### A SECRET.

1st. Let us tell you a little secret. 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. 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. Right here lies the possibility of adding at the least FIFTY YEARS to life. Do you understand the secret? The difficulty is not great if we seek to overcome it. You are therefore to perform the following:—

### THE MORNING EXERCISE.

On arising, undress completely, after having swallowed the juice of half a lemon, or good fruit if you prefer. If the acid of the lemon is too disagreeable, taste only a drop or two, or dilute  $\frac{1}{4}$  of a lemon in water. Some stomachs cannot take more than a drop or two of lemon juice. Fresh air in the room will help very much. From the moment you are nude you must keep active in order to keep warm.

1st. Rub the arms in four directions with the palms of the hands, wet in cold water, and then knead the flesh of the arms, clear to the bones. Thirty seconds will suffice for this.

2d. Rub the whole chest, front, sides and back, with the palms, while holding a full breath. Very great rapidity is necessary. Then knead the chest all around in four directions, while holding another breath. Thirty seconds for each part of this second division will suffice. Total time thus far for THE MORNING EXERCISE one and one-half minutes.

3d. This is of the greatest importance. Hold a full breath and rub DOWN the front and sides of the whole torso, pushing in hard on the stomach. This is to throw DOWN these decomposing fluids. The abdomen should then be kneaded fully. This requires one minute.

4th. Dress. Drink as soon as may be, half a pint of hot water; quite hot. Then take a full breath, hold it, raise the clinched fists close up under the armpits at the sides of chest, raise the elbows as high as the shoulders, clinch the fists with demoniac fury, and raise and lower them with energy sufficient to shake a building. Time thirty seconds. Total time in MORNING EXERCISE, three and one-half minutes. Can you spare as much time out of twenty-four hours? You may prolong the exercise if you wish. The hot water may be taken any time before breakfast.

### THIRD EXERCISE.

## Increasing the Life-Principle.

#### A SECRET.

Simple things are often the most valuable. The following exercise, known as the

#### “VITALITY EXERCISE,”

contains a certain principle which is sure to increase one's health very much. Out of the hundreds who are to-day testing it, *not one fails to achieve the most remarkable results.*

Failure can only result from laziness or stupidity.

The “spark of life” is generated at that point where the oxygen from the air meets the blood. The vital power of this “spark of life” is increased in proportion to the amount of oxygen inhaled *and absorbed.* The mere act of breathing is not sufficient; nor should Nature be left to herself, for when we are ill or discouraged we stop breathing almost entirely. Approaching illness is indicated and hastened much by very feeble breathing. Many spells of sickness might be prevented by this “VITALITY EXERCISE.”

The most important points in the discovery are the following:—

1. Rapid exhalation destroys vitality.
2. Rapid inhalation increases vitality.
3. The oxygen often escapes from the lungs without being assimilated in the blood.

#### INSIDE MEMBERSHIP.

4. Holding the breath occasionally, educates the lungs to impart the oxygen fully to the blood.

5. Stretching the chest frame to its utmost capacity increases the activity of the lungs, and also beautifies the form, kills weakness, and generates strength.

## How to perform the "VITALITY EXERCISE."

PART 1. The open air, out of doors, is the best for a part of the time; next is a room with windows open. Walk if possible during part of this. *Inhale all the air possible as rapidly as you can take it in through the nostrils without making any sound whatever. Exhale all the air so as to be twice as long breathing out as the preceding inhalation was.* This part of the exercise should be performed at all times and places, whether sitting, standing, writing, at work or idle; and it should be continued all day long, until it becomes a habit. If the *details* of the exercise are not observed, no great good can come of it. The details are: Inhale as MUCH AIR as possible, RAPIDLY without NASAL SOUND, or air friction, and exhale ALL THE AIR, employing TWICE THE TIME.

PART 2. The foregoing part may be accompanied or not by walking a portion of the time. The present part MUST be accompanied by walking, and generally when the stomach is not empty. *Fill the lungs full, stretch the chest to its utmost capacity, and take as many steps as possible, not exceeding sixty, keeping the fist clinched with great will power.*

It is better to commence with a few steps, say five, and increase the number from time to time. Take a half dozen easy respirations, or more, between each trial. stop holding the breath the instant you feel dizzy, or the blood rushes to the head. These are sign of weakness and will be gradually overcome.

PART 3. Repeat part 2 and add to it a strong stretching of the lower chest while walking. Loosen the clothing so as to have perfect freedom of the chest. The slightest pressure of clothing will destroy the good results of the exercise.

While holding the breath and stretching the lower chest a powerful current of electricity will be developed as soon as the lower lungs are opened fully. We believe the exercise will open the lower lungs, although not so soon, perhaps, as the course of lessons published in Edmund Shaftesbury's Book on Artistic Deep Breathing. It is not necessary to procure the latter book, however, unless a person desires to develop an enormous lung power.

When you begin to develop the strong electrical currents in the lower chest you will then know what it is to enjoy real life, in all its buoyancy and happiness. There are no feelings equal to this in the whole course of one's existence.

In a few months stand upon an insulated board, and test the amount of electricity developed by giving a shock to your friends, or lighting the gas, if convenient. Glass tumblers or pieces of glass an inch thick, separating the board from the floor, will insulate you. A dry skin, dry clothing, and fresh air present a condition of insulation practically perfect.

### Advice to Inside Members

WHO CONTEMPLATE TAKING THE 5th DEGREE.

1. Procure a scrap book, containing about 100 pages, in which you can paste from time to time the results of experiments and general facts.

2. Call upon or write to the leading scientists and ablest thinkers of your acquaintance, and obtain their co-operation in forming a Ralston Club, as mentioned in the first book. It is for your interest to be associated with men and women whose abilities will enable the club to enter upon a course of careful investigation into the

great problems of life and social evils. Lectures, essays and experiments of the highest order will elevate such societies to the rank of those in Europe.

3. Put your character for unflinching perseverance to the test by persisting in forming a Ralston Club. Keep the matter before your friends until you carry your point. All great movements for human good have their origin in the dogged persistency of one or two persons. It is a sure indication of greatness. A thousand refusals would not discourage such a person.

4. Carry your Fifth Degree "Certificate" and "Seal" with you whenever you go out of town. The mutual interest that must exist between all Fifth Degree Ralstonites will be of incalculable aid to you in all parts of the world. A friendly interest in your welfare will often prove a substantial help in times of need.

5. Do everything in your power to increase the membership of the Ralston Club. When a majority of the better classes of people all over the land are united in accomplishing a single great object, the mass of public sentiment will have acquired a momentum which will sweep all things before it. It may take time, but the day is coming. Mark our prediction! The seed now being sown will soon spring into life, the extent of the growth of which will be the marvel of the age.

#### REPORTS.

We are preparing a little book of reports coming exclusively from Inside and Complete Members of the Ralston Health Club. As you are such a member will you kindly write us in short, direct language, your opinion of the club and its doctrines? Make it as enthusiastic as you can, consistent with the strictest truth. We

wish to tell the world all about the most beneficial blessing that ever came to the help of man's health, and we desire the aid of your voice and influence.

The *Shaftesbury Magazine*, a sixteen page periodical (25 cents a year,) contains the Ralston Doctrines of Health and Physical Culture, as developed from current experiments. A constant flood of new light will appear, together with much valuable and interesting reading matter.

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### IRON IN THE BLOOD.

The blood needs iron, but it must be drawn from fruits. The best of these are peaches, grapes and blackberries. The latter should be eaten every day in the year for breakfast. Do not eat red raspberries or black raspberries, but get the genuine old fashioned soft-centered blackberries. Get them fresh if possible; canned or preserved if necessary. Put up preserves of Concord grapes; no other kinds. Next to blackberries they are most highly valuable; canned peaches come next. Avoid syrups and jellies. If purchased they always contain glucose, that perversion of corn which causes Bright's Disease, and will in time carry off an apparently well person. All beer contains glucose, and all beer drinkers are liable to die of this terrible malady.

Never take iron in the form of medicine or otherwise, except in fruits. Iron as a medicine is one cause of consumption. It forms tubercles on the lungs. Physicians are just awaking to this fact. Be careful as to taking medicine. Five members of Lydia Pinkham's household (herself, husband, two sons, and daughter-in-law) died; they drank freely their own medicine, and from rugged health sank quickly into consumption.

## PART TWO.

### THE RALSTON MAGNETIC BATH.

The Ralston Magnetic Bath is a delightful and refreshing bath which develops natural magnetism in the body. Persons are hereby cautioned against applying artificial electricity or magnetism to the body, by means of instruments or apparatus. The human system is capable of developing its own natural magnetism.

The latest and soundest theory is that electricity is life, and life is electricity. In "*Our Existences*," the nature and realism of the electrical fluid is clearly explained.

The difference between electricity and magnetism is this: The former is latent, the latter is active; or, in other words, magnetism is the operative act of electricity.

Scientifically, magnetism is only a peculiar phase of electrical phenomena, and is not a different force, *sui generis*. But its manifestations are more easily classified and popularly understood if we look upon it as something different, though depending upon, and related to, electricity.

It seems strange that up to one hundred years ago, men were ignorant of the existence of animal and human magnetism.

A few years before the Declaration of Independence received the signature of Benjamin Franklin, at that



time the greatest philosopher of this continent, another great scientist, Galvani, professor in Bologna, was preparing some frogs to be cooked for his sickly wife. Happening to touch two different metals in contact, to certain nerves and muscles, he was surprised to see the frogs' lifeless legs resume all the activity of their accustomed motions. Others had noticed this result, but had not been led to investigate its philosophy.

After his death Prof. Aldini, a nephew, travelled through Europe demonstrating the truth of Galvani's statements and theories, which had been misrepresented and repudiated.

A favorite experiment of his, was to form a battery out of several heads of recently slaughtered cattle, connecting their tongues and ears alternately by wires. The result was always surprising and conclusive. Aldini, among other things maintained:—

“That muscular contractions are excited by the development of electricity in the animal-machine, which is conducted from the nerves to the muscles, without the concurrence of metals.

“That all animals are endowed with an inherent electricity, appropriate to their economy, which, secreted by the brain, resides especially in the nerves, by which it is communicated to every part of the body. When a limb is to be moved, the nerves, aided by the brain, draw some electricity from the interior of the muscles; and, discharging this upon their surface, they are thus contracted as desired.”

In a human being the first evidence of a lack of electricity is seen in what is known as “*heart failure.*”

A large proportion of all deaths, in this era of haste and nervous waste, are from heart failure, or a low electrical state.

Life and substantial health come not so much from electricity in the body as from the power of the body to develop its own electricity. Thus the *generative act* of developing electricity is life; and this can be cultivated to a remarkable extent.

When we remember that almost every portion of our body is bathed on one side with an alkaline, and on the other with an acidulous fluid, we may justly consider the human frame an electric battery, and one of no inconsiderable dimensions.

Was it not the shrewd Napoleon I, who said, when he first saw a voltaic battery: "*Voilà l'image de la vie ; la colonne vertébrale est le pile ; la vessie, le pôle positif ; et le foie, le pôle négatif.*"

We know that electricity and magnetism exist in all things. We are assured that its power vastly exceeds our present acquaintance with it.

We have also seen that the very air becomes polarized and sets up induction between adjacent bodies.

Does not our present scientific knowledge justify us in confidently expecting a real and rational system of self-generation of electricity resulting from the intelligent employment of the wonderful battery in which we live, and by which our every thought is carried into action?

The human frame is, so to speak, filled and dominated by latent magnetism. Hence the brain, which appears to be the seat of the soul or "ego," is properly a sensitive electrical condenser, ready at any instant to charge any nerves that they may set their appropriate

muscles in action, whenever that "ego" touches the magic "key" which completes the "circuit."

Thales, then, considering that he lived twenty-five hundred years before our day, was not far out of the way, when he said that "electricity is the soul residing in electron." This statement modernized is "Electricity is the Life."

To sum up in a few words we find the following proposition to be true:—

Electricity constitutes the chief element of the *vital-force* of the brain and body.

#### THE RALSTON MAGNETIC BATH.

Here we have a delightful and fascinating exercise. The human body is capable of developing a vast amount of magnetism, from its animal electricity which is generated on the same principle that is used in the development of electricity for mechanical purposes.

Two things are necessary:—

- 1st. To develop this magnetism.
- 2nd. To avoid its escape.

Its development is taught only in Shaftesbury's Lessons in Personal Magnetism, a book that nearly every Inside Member of the Ralston Health Club possesses. Therefore, this part of the subject will be readily understood.

It is of the utmost importance to distinguish between *applied* and *self-generated* electricity. *Applied* electricity seems for a few minutes to give us a new life; but it keeps near the *surface* of the body; and even then only displaces the real electricity by that which is unnatural and fleeting.

When *artificial* life is imparted to the body the *natural* life is checked or held in abeyance. Thus artificial heat

weakens the body, because it checks the generation of natural heat.

Water held in the mouth stops the flow of saliva; while dry cracker dust excites saliva.

Nature supplies only the demand made upon her forces. So artificial electricity checks the *generative act* of life; while *natural* electricity is life. We speak advisedly when we say that no method has ever been invented for the *generation* of *natural* electricity excepting Shaftesbury's Cultivation of Personal Magnetism (\$4)\* and a Higher Magnetism in Private Lessons (\$25).

Yet, strange to say, persons of low vitality, weak activity, or sluggish circulation of the blood, spend from \$50.00 to \$100.00 for machines, appliances and apparatus for developing electricity to be *applied*. It would be far more sensible to pay \$29 for the Shaftesbury set, which contains a world of knowledge of human life, growth and health, complete, perfect and masterly.

The Ralston Magnetic Bath may be made delightfully refreshing by following the directions about to be given.

1. Obtain a few boards, three feet long, and build, or have made for you, a platform three feet square. This platform should be strong enough to bear your weight.

2. Place a strong glass tumbler or glass dish under each corner. These serve as legs for the platform, and also are insulators. They cut off all flow of electricity from the body. It is, of course, well known that the electricity of the human body is constantly passing away by the contact of the feet with the floor, and the touching of the hands against other persons and objects.

\*See note at the end of Part two.

Sitting for a few hours upon an insulated platform, or lying upon an insulated bed, will completely change the vital condition of the body. We have seen the most marvelous results from so simple a thing as this. And why not? When electricity is generated for mechanical purposes, the first thing that is done is to *insulate* it, by glass connections; or the fluid would *escape* at once. All telegraph and telephone wires are *insulated*; all storage batteries are *insulated*.

But the human body *loses* its electricity, its very life, by constant contact with other things.

A man, whose leg had just been amputated, was dying not from loss of *blood* so much as from loss of *vitality*. A thick glass tumbler was placed under each leg of the bed, and the bed was removed from all contact with the wall and things in the room. The man was insulated without knowing it; and, after the doctor had declared that nothing could save his life, he commenced to revive. Afterwards, when asked if he felt any change, he described vividly a peculiar feeling like the sudden stopping of a flowing stream, which "made him feel better." His ebbing vitality was checked.

A lady, dying from nervous prostration, was saved in the same way.

Is the insulating of the human body of any value? Try it and be completely convinced.

The best natural insulation of the body is to keep it perfectly dry, and the clothing dry. Dampness of either is fatal to a good electrical condition as it causes a leakage of the immediate supply of magnetism.

4. The Magnetic Bath proper consists of the following parts:

- a. Sit upon the Insulated Platform, either reading, working or doing nothing; touching no person or object.
- b. After an hour or two—or, if in a hurry, after a few minutes,—proceed with the favorite exercises of the Higher Magnetism\* (Shaftesbury's) and generate sufficient electricity to make the body *glow*.
- c. Procure two pails of water, and place them upon the platform, so as to insulate them. One pail of water must be as *hot* as can be borne; the other as cold as can be obtained.
- d. Instantly place the right hand and lower arm in the hot water and the left hand and lower arm in the cold water. The effect will be to throw the generated electricity away from both arms. In five seconds take the hands out of the water and stand for five seconds or thereabouts. The electricity will now be distinctly felt coursing down to the cold hand, passing through the chest and arm down to the very fingers. The results are simply wonderful!
- e. Now instantly plunge the right hand into the cold water, and the left into the hot; hold five seconds while the electricity is withdrawn from both hands and arms to the centre of the body. Then take the hands out of the water and wait. The electricity will travel through the chest and down to the other

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\*See note at the end of Part Two.

hand. Rubbing the cold hand with a dry towel will make the effect more marked.

- f. Next sponge the right side with a hot sponge and the left side with a cold sponge; then rub dry and wait. Reverse side. The sponging of the two sides must be simultaneous.
- g. Now sit down and plunge the right foot into the hot water and the left into the cold water; withdraw and rub dry, waiting for the large and distinct flow of electricity. Reverse the feet: that is, plunge the right foot into the cold water and the left into the hot, and proceed as before. The effect here is more marvelous as the electricity traverses through the whole body and limbs.

No words can suffice to describe the splendid feelings that follow the

#### RALSTON MAGNETIC BATH.

The GLOW OF HEALTH is *permanent* because it is *natural*. Throw away your "hundred dollar machines" and try Nature's perfect method.

- h. Finally, end the Magnetic Bath by a quick dash of hot water on each part of the body *in turn*, while standing on the floor of the room; to be instantly followed by a dash of cold water and wiping. Thus, use hot water on the neck and the face; then cold water on the neck and face; then wipe the neck and face. Proceed in this way with the chest and upper back and, after wiping, bathe the abdomen and lower back; then upper limbs; then lower limbs and feet.

The use of hot water opens the pores, and sets the nerve fibres vibrating on the surface of the body; by which vibrations the magnetic power of the body is made to escape rapidly, showing the weakening effects of hot water bathing. A sudden checking of this action is produced by dashing cold water on the part where the hot water had been. This should be done quickly.

Every part of the body should be dealt with in turn; and the alternating of hot and cold water may be repeated several times on the same part, if desired, as it is very beneficial.

Nature is our best physician, and her methods are grander than drugs and medicines. We will cure without price, every disease of the nervous system, and every case of low vitality or general weakness, by this exercise alone.

NOTE.—Do not fall into the error of supposing that it is necessary to purchase Shaftesbury's Books on Magnetism. They are expensive, and the Twenty-five Dollar book is beyond the reach of most people. *Every exercise in this book may be performed without the Shaftesbury Works.* The latter are simply means of help, and generate vital electricity very rapidly; but all persons possess some electricity, and consequently all may do without the Shaftesbury books. We warn our members, however, not to use electrical belts, apparatus, or machines. They produce nervous exhaustion by supplying artificial excitement which displaces natural life. We will not permit any Ralstonite to remain in good standing who use such appliances; or who deals with quacks, charlatans, or patent medicine venders. Be sensible!

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**SPECIAL NOTICE, SEPT., 1894.**

All members of the Ralston Health Club may now obtain the four dollar book on "Cultivation of Magnetism," free, on reaching the Tenth Degree; and the \$25.00 book on "Higher Magnetism" on reaching the Sixtieth Degree.



## PART THREE.

### THE RALSTON ANTI-DEATH TREATMENT.

Death is but the change of conditions. Disintegration levels all things. There are two kinds: the healthful and the corrupt. The former takes place in the stomach, the latter below it. Like coal put into the furnace, the better portion is converted into heat and life, while the ashes remain to clog the grate. They should be removed as soon as possible.

We call the corrupt form of disintegration which passes into the abdomen,—ASHES.

Examine a few facts for a moment:

1. The intestinal canal is porous, and the corruption of its contents is communicated by absorption to the blood, stomach, heart and kidneys.

2. The fluids secreted by the liver and glands corrupt the blood if they remain long in or above the stomach, but are valuable disinfectants when they pass into the bowels.

3. The cleansing of the bowels by means of the Anti-Death Bath, or Inward Bath accomplishes two things:

1. It removes the ashes which are mere *putrid corruption*.

2. *It causes a downward movement of the fluids above.*

The presence of the ashes in the abdomen cause KIDNEY TROUBLES, and prevents their cure. Owing to

the porous nature of the body, the rank odor of these ashes reaches the skin *last*, and if not removed by bathing, results in skin disease. It is well known that in the middle ages when baths were never taken, skin diseases were epidemic. This corruption coming from the ashes of the abdomen, *before* it reaches the surface of the body, must effect all the organs, and do incalculable damage to the heart, liver and blood, as well as stomach. If its evil effect is so great upon the tough skin, what must it be upon the more sensitive organs? Couple this danger with the disintegrating power of the upper fluids and can we wonder that man does not live over three score years and ten?

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

HEADACHES are caused by the presence of these upper fluids, and sometimes by the clogged condition of the bowels. This Inward Bath never fails to completely cure all kinds of headache, excepting *neuralgia*. The most serious cases of headache may be cured by the RALSTON VITALITY and MORNING EXERCISES aided by the Inward Bath.

MALARIA cannot possibly exist when the fluids deposited by the liver and glands are called downward below the stomach, as they surely are by the Inward Bath. It is the presence of these fluids too long above or in the stomach that renders malaria, and consequently chills and fever, possible. The body must be kept dry.

While our claims that life may be prolonged 200 years may seem at first sensational to unthinking minds, yet the endorsement of the best scientists of the land must mean something. All new ideas are accepted with reluctance by the people.

RHEUMATISM is a blood disease caused by these fluids.

NEURALGIA is a nerve disease located in the electrical currents which pass along the nerves. It is cured by magnetism and phosphatic foods.

THE ANTI-DEATH TREATMENT,

or Inward Bath, is a simple, clean and invigorating exercise. It is much more easily performed than one would imagine at first. Those who have practiced it for years have come to enjoy it better than a skin bath. At first it is slightly weakening; but in a few weeks the reaction sets in and the effect is wonderful. It brightens the skin, gives a glow to the eyes, a youthful complexion to the face, absorbs all skin diseases, pimples, etc., makes the appetite keen and normal, purifies all bad breath (except when the teeth are decayed,) removes bad fat and puts on good flesh, and kills the taste for intoxicants by keeping the stomach healthy. A few baths will not suffice. The whole course of life in the human system must be turned into new habits and new channels. These habits require time and many baths to change them. One hundred baths are necessary. They should be taken once every week for the first ten baths; the next ten twice a week; the remaining either once every three days, making the hundred. By this time the wonderful changes in your body will appear, and you will be enthusiastic over the results.

Purity of body and purity of food produce purity of mind and purity of soul!

After you have taken one hundred baths as above directed, you should continue them forever, two nights in each week, unless you belong to the first rank of perfect health. Some persons, about one in twenty, cannot

take the Inward Bath oftener than once a week. Do not continue it if it weakens you too much. If you belong to a Local Club you will find everything explained. Organize one.

#### HOW TO TAKE THE INWARD BATH.

The Inward Bath is a bath; not an injection. An injection may not require more than a quart or pint of water; the Bath requires a gallon.

DIRECTIONS.—Put half a teaspoonful of salt in a gallon of water, blood warm. Stir it thoroughly. On the first trial inject a quart and add a pint at each subsequent trial, until the entire gallon can be injected. By careful gradations this may be accomplished. Persons of very small abdomens may find two quarts a maximum quantity, others three quarts.

Some persons prefer to take a double bath at one time; this is better but the two must only be counted as one bath in the effort to reach one hundred.

The syringe should be the familiar rubber tube, with a bulb in the centre. The squeezing of this bulb and its alternate expansion will force an almost continuous stream. There is no other syringe capable of doing the work so easily. It is a necessary article in every household, and is probably on hand in every one. Other syringes are made which are almost as good. A flow of water without pressure cannot accomplish anything.

Since promulgating these theories our attention has been called (by a clergyman who saw our advertisements) to the fact that a well-known New York physician had for forty years practiced a somewhat similar

bath and had renewed his youth. His treatment is being used in sanitariums and by physicians with great success, and its wonderful efficiency has been proved in thousands of cases.

*NOTICE.—This treatment, and every fact connected with each and every pamphlet sent to Inside Members, should be kept secret. No person has a right to give any information on these subjects, even to members of the same family. Every man who has a regard for the future health and the longevity of his children and relations, should see to it at once that all of them are members of the Health Club. He can leave them no better legacy.*

We prepare a special mixture in the form of tablets to be dissolved and mixed in the water to be injected and held in the colon all night long. These consist of ingredients all ready for use. They are soothing, healing, and nutritious to the kidneys, bladder and intestines. We send them by mail prepaid, for fifty cents a box of 32 tablets; or three boxes for a dollar.

#### **DIRECTIONS FOR USING RALSTON TABLETS.**

Take a piece of Castile soap, size of two peas: dissolve in four quarts of water, and inject the whole. Hold three minutes and let it all out. Then dissolve *one tablet only* in a PINT of warm water; inject it, and retain all night. The water will pass through the kidneys into the bladder; and, with the Ralston Tablets, will cure colds of the kidneys, or at the small of the back, and all soreness and disease in that region.

—==>>> RULES <<<==—

OF THE

Great Ralston Health Club.



IN VIEW OF THE FACT that the growth of this Club is increasing beyond our power to handle it by ordinary business methods, the following rules are made in order to aid our Progressive Members:

1. All letters of a strictly business nature, containing stamps for reply, will be answered on the day received. *We cannot read long letters.*
2. Letters which do not contain stamps for reply will not be answered. [The reason for this is, we receive an immense mail daily, and cannot even *read* it at all, except by employing an unwieldy clerical force at great financial loss. After sending the book for one dollar, *our duty ceases*, except to Progressive Ralstonites. The book itself is worth many times its price, and purchasers have no further claim on us.]
3. Private letters, which seek advice, must be accompanied by one dollar, unless coming from Progressive Ralstonites. *Do not write long letters.*
4. Any member in good standing, who attends the monthly meeting regularly, and who has taken at least one degree, will be regarded as a Progressive Ralstonite.

5. Any Progressive Ralstonite who writes a letter seeking personal advice, and containing not more than one hundred words, (and ten cents in stamps), will receive an immediate answer. If more than one hundred words are written, an additional ten cents must be enclosed. However, any letter of ordinary importance may be easily condensed to one hundred words.
6. Complaints will receive no attention unless contained in a simple, brief and direct statement of *facts* without comment. So many worthy members of the Ralston Club, need our careful attention, that it would be unfair to them for us to devote our time to reading and answering the long, random letters of non-progressive members. We receive thousands of these, some ten, twenty, thirty, and even forty pages long, containing family histories and other irrelevant matter. We never even read them.
7. Letters lost in the mail cannot be charged to our fault. We adopt the following plan:—
  1. Every sealed letter directed to us is taken from the post-office by the Treasurer, who makes an immediate record of the number received, and the names of the senders, and all contents. This is done at each mail.
  2. The Secretary then takes the mail, makes his entries and compares the two records.
  3. All orders are still filled without delay, and delivered to the shipping clerks for entry, who personally accompanies the carriers to the postoffice and there compares the books mailed with the shipping record, which in turn is compared with the original record on the Treasurer's book. Orders sent by express are likewise compared.
  4. In the year 1894, out of many thousands of letters constantly in the mail, *not one failed* to reach us when *properly directed*. Every letter which failed to reach us in ordinary mail was misdirected by the sender.
8. Any members of the 100th Degree may command us for any and all favors desired, and freely. The foregoing rules do not apply to them. The en-

terprising members who procured one hundred General Membership Books at one time, when first becoming members, and thereby became 100-Degree Ralstonites in the start, have since been more than amply repaid; and have sold all their books.

9. Your *club number* and full name and address should accompany every communication to us. If you fail to send your club number, it may take us weeks, if not months, to find your name and record on our books. Always send your name and address.

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**N. B.**—Using a club number is absolutely essential in writing to us; and the three numbers (General, Inside and Complete) become your *coat-of-arms*. Thousands of our members everywhere are getting designs made after their own ideas, and they use them on their letter paper, thus finding out who are true Ralstonites, and gaining many advantages thereby. Have you such a coat-of-arms? Use it always. To live as a true Ralstonite will bring you health, wealth and happiness.

In writing to us, address as follows:—

P. O. Box 291. MARTYN COLLEGE,  
WASHINGTON, D. C.