

THE
PRACTICAL
MAGNETIC HEALER
IN PLAIN ENGLISH.



BY
PROFESSOR G. M. BROWN.



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1899.

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This Book is Dedicated

TO THAT GREAT AND MUCH HONORED SCIENTIST,

Professor S. A. Meltmer,

THE DISCOVERER OF A

METHOD OF CURING ALL MANNER OF DISEASES, EVEN AFTER

ALL OTHER REMEDIES HAVE FAILED, WITHOUT THE

USE OF MEDICINE, DRUGS OR SURGERY.

RECOGNIZING HIM AS BEING ONE OF THE GREAT MEN

OF OUR DAY, BEING IN THE FOREMOST

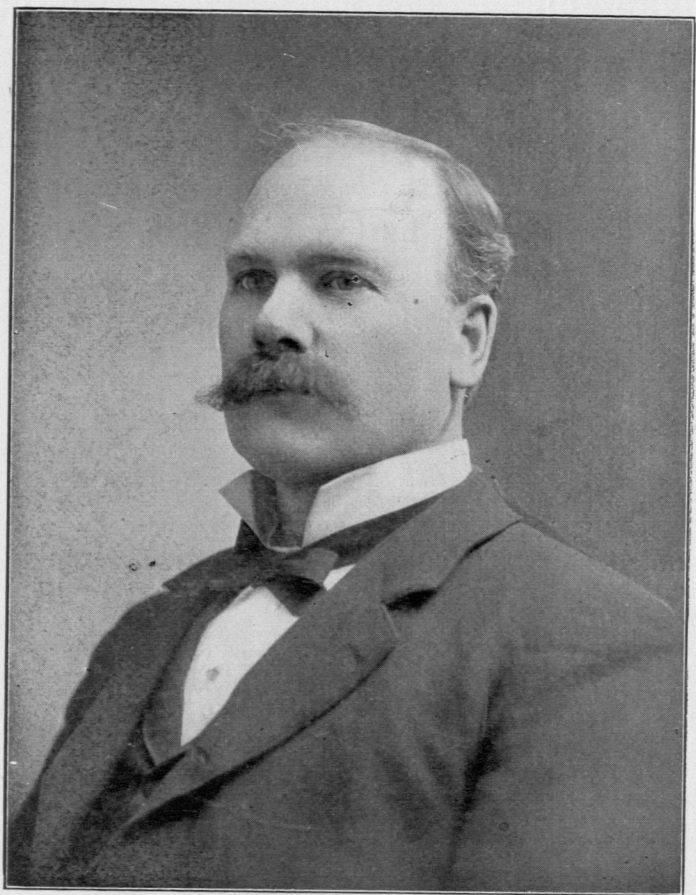
RANK AS A

Scientific Discoverer

AND THROUGH HIM THE WORLD HAS BEEN IMMEASURABLY

BENEFITED BY PLACING HEALTH AND HAPPINESS

WITHIN THE REACH OF ALL MANKIND.



PROFESSOR G. M. BROWN.

INTRODUCTORY.

Having been, at various times solicited for information as to how to treat this or that disease, until it became a source of considerable inconvenience to answer all the inquiries for information on the subject. The demands for a book discussing the different methods of treating the diseases which came to the Weltmer Institute, the author has undertaken this work, in his humble way, to place before the student and operator his personal experiences and observations in treating the different diseases hereinafter named, in connection with a few short essays on subjects deemed beneficial in the way of information in aiding the operator in directing the patient as to what should be done for the promotion and restoration of health. It will be found of great value to all concerned to give those simple directions considerable attention, as those points are of inestimable value, even to one in perfect health, and should be followed throughout the remainder of our entire lives. If followed persistently, they will tend to make a weak body strong, and a strong body stronger, a healthy body more robust, and, ultimately, will build a strong mind in a strong body.

Let it be well understood that the different manipulations referred to in this book, are

used, primarily and finally, as vehicles upon which to convey the necessary suggestion to the subjective mind of the patient, which must, in all cases, be depended upon to do the healing. If they succeed in reaching this potent element within the patient, the operator may depend upon satisfactory results. It matters not what vehicle is used, upon which the suggestion can be conveyed, the all-important question is, how can this power which does the healing, be reached? The operator can make his own selection, and can devise means of his own, the answer is: use the language best understood by your patient, and if there is perfect agreement, and a complete understanding, your patient will get well, and the sooner the patient can get to the point where he can rely entirely upon the force within him, the more rapidly he will recover. Remember that everything depends upon the agreement.

The writer's only ambition is to devise some means by which the operator can be assisted in bringing about a stimulating influence by which the suggestions may be more easily, and satisfactorily conveyed to the healing force within the patient, thus lifting the burden from the over-worked minds of his readers. If this little book accomplishes its purpose, even, only in part, the writer will feel amply repaid for the time and labor thus spent on the different subjects contained within the folds of its binding.

The Practical Magnetic Healer

IN PLAIN ENGLISH.

GIVING THE SYMPTOMS AND CAUSES OF

DIFFERENT DISEASES

As they came to the Author in His Extensive Practice
as a Healer. Cases that have been
Successfully Treated.

In giving a description of the different manipulations, the author makes no claims as to their specific value as a therapeutic, but simply states that they were used as a means of transit, conveying the suggestion to the forces within the patient, which it is claimed, brings the patient back to health. In formulating the symptoms and causes of the diseases herein contained the author has taken great care in quoting from the best diagnosticians both in Europe and America, which is considered to be the best authority obtainable on this subject. He takes pleasure in naming the following as his authority on the subject above referred to, and will be considered

authentic. Drs. Faulkner, Carmichael, Pierce Root, Riley, Fowler, and others, making the diagnosis for practical purposes entirely reliable.

REMEDY FOR RHEUMATISM.

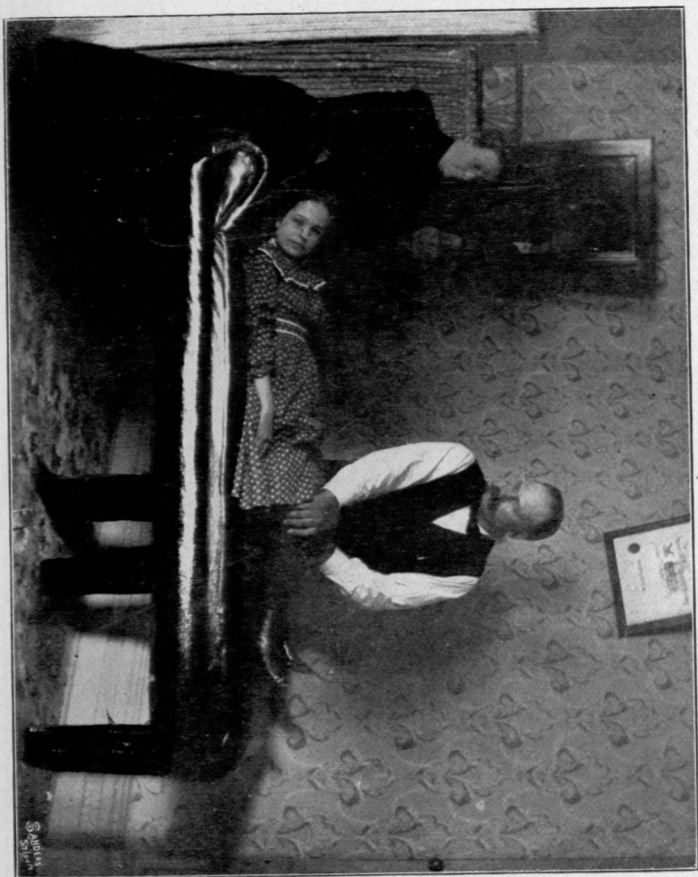
The so-called involuntary forces (by the medical fraternity) are, with reference to the science of magnetic healing, called subjective forces, subjective faculties of the mind, or better yet, **THE SUBJECTIVE MIND**. In treating all diseases the operator has to deal, ultimately, with the Subjective Mind of his patient, and of course the most convenient way to reach it, is through the objective or conscious mind. It seems to be the duty of the conscious mind to stand guard over the subjective mind, and to best reach it you will find it necessary to enter into a compact or an agreement with the conscious mind to let your suggestions pass to the subjective mind, thus impressing it with the work of restoring your patient to health.

The office of the subjective mind seems to be to work out the impressions given to it by the conscious mind of the patient or operator. The impressions are worked out with neatness and dispatch, **PROVIDED** the subjective mind has the material at hand with which to do the work. What would you expect your

engineer to do first? Should you order him to start the machinery. Would you not secure the necessary material to create heat and generate steam. Your (engineer) subjective mind must have (fuel) oxygen, to create heat, and water to generate (steam) blood, lymph and secretions. The whole body must also be lubricated, like unto a much complicated piece of machinery, every bearing, however small, must be lubricated. Water furnishes the basis for all liquids within animal bodies, and is the only vehicle on which all solid bodies are conveyed from one part of the body to another, or from the internal to the external. All worn out or dead cells are conveyed to the exterior on this vehicle. You will then readily see the importance of, at first, securing the necessary material preparatory to rebuilding your physical structure. The above also applies to keeping your house, the body, in order. Then let cold winter come, winds may blow, snows may fall, it is all the same to you, for when you hear the gentle tapping from the outside, you will be found upon the throne, as undisputed ruler over your little kingdom of health and happiness. It is the writer's intention in other comments to discuss the best means of reaching the subjective faculties, as applied in treating diseases of various characters, especially those involving the excretory functions.

HOW TO TREAT A BAD CASE OF
RHEUMATISM.

Have your patient recline on your operating table in a comfortable position, closing his eyes and relaxing every muscle. The operator should tell his patient to direct his mind to the aching joint and hold it there during the treatment. If you find the patient inclined to talk or let his mind wander from the seat of the trouble you should be more positive in order to get him interested in the treatment sufficiently to create a desire on his part to have you discontinue the treatment for the present, at least. It will be observed that your patient will think not of his former sufferings from his rheumatism, but think only of improved feelings over the pains endured before treatment. If your patient complains of severe treatment, tell him that you would not hurt him for the world if it were not absolutely necessary, and that the next treatment will not need to be so severe. You will find that after the first treatment your patient will be on the lookout for developments in the region of the rheumatism, and you will have no trouble in holding your patient's mind just where you want it. You will find it beneficial to stir up the muscular tissue, producing revulsion, thus aiding the mind in the work of restoring your patient to



TREATMENT FOR STIFF JOINTS, ANCHYLOSIS, CONTRACTED TENDONS, INFLAMMATORY AND
ARTICULAR RHEUMATISM.

health. After you have finished the treatment, tell your patient to take a few full and deep breaths, after which have him open his eyes, at the same time tell him that he will feel better, and in almost every case your patient will feel much improved. During the treatment you should keep your thoughts on the work in hand, with a feeling of confidence in your ability to cure your patient, and that he can and must get well. It is well that you express those thoughts to your patient at times that seems most suited, in your judgment, for such expressions.

If you should at any time have a patient with semi-acute rheumatism in either one of the lower limbs, necessitating the use of crutches, treat the seat of pain with your hot hands, made so by rubbing them briskly together, holding them on the diseased part until perspiration starts, thus you have forced into activity the lymphatic circulation, the pain is thereby subdued, and your patient has changed his course and is now convalescing. Now, is the time to act, look your patient squarely in the eyes and tell him to get down off the table and walk, that he can surely do so, without a doubt, that you know just what you are talking about, tell him to try it, that he can surely do it, and you will witness the seemingly impossible performance of "taking a man off of his crutches in twenty minutes."

There are many cases of chronic rheumatism that can be immediately relieved and permanently cured, by at first giving a local treatment to the parts afflicted, then look after the stomach and kidneys, with a view of establishing a normal condition in these organs, after you have succeeded in this, you can then look after the stiff joints and painful parts of your patient's body, the purpose of which is to establish a normal circulation throughout. You can now give your patient the necessary instructions. You will find in nine out of every ten of your patients that he has been eating about one-fourth more than his stomach could digest, you will also find that he has been drinking very little water, or perhaps none at all, thus depriving his stomach of the necessary liquids to digest the food, in this case the food remains indigested and if it passes out of the stomach at all it does so in an indigested condition, after the period in which the contents of the stomach should have passed into the duodenum, fermentation has set in and decomposition is now going on, the absorbent glands are now taking up this poison and conveying it to the blood. The system has no particular use for this substance and in carrying it throughout the body as a burden to the blood, it finds lodgment in the joints or between the muscular tissues, upon which it has a granulating effect upon the tender mem-

brane, causing irritation and inflammation or acute inflammatory rheumatism. Now the next thing for the operator to know, is how to relieve and permanently cure his patient.

The first thing is to increase the venous circulation, to do this, you should use the necessary manipulations to force the blood toward the heart, after this, you should bring about conditions to reestablish perfect digestion. Your patient's stomach is like unto a faithful work horse that has been overloaded, it has refused to work, not having been able to do the work assigned to it, to overcome this obstacle, lighten the burden, give it a rest, and it will gradually resume its former function.

There is one very important point that should not be overlooked in this matter, and that is the material of which secretions are made, in order to have an abundance of lubricating fluid, by which you can properly lubricate all the bearings throughout your whole body, thus permitting the different organs to act in harmony with each other, in the absence of which health cannot exist.

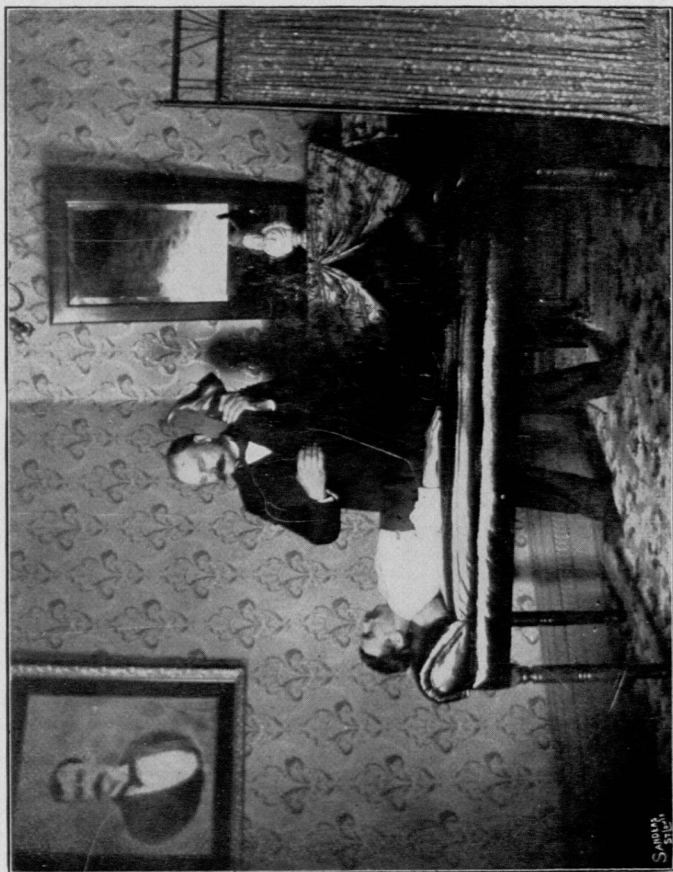
Taking then into consideration this state of affairs, your patient suffers intensely through the acute stage and in time settles down into a chronic invalid, suffering intensely all kinds of pains.

The next thing to be looked after is the circulation. In order to equalize the circulation,

14 *The Practical Magnetic Healer.*

you should get your patient to help you, which he can do by deep breathing, thus assisting the heart in forcing the blood through the capillaries, then back again to the lungs, where the principle impurities are cast out of the blood, in this exercise there are several points gained, such as developing the lungs, aiding the stomach in its work of digestion, forcing the secretions into the colon and producing the peristaltic motion so essential in breaking up constipation, assisting the lymphatic circulation, and generally aids all functional activity.

The manipulations should be confined principally to parts where the temperature is below normal, all manipulations, to increase the circulation should be with the intention to force the blood toward the heart. The most effective for this purpose, when the arms or the limbs below the knee, are to be manipulated, is the twisting movement, which is done in the same manner as wringing water out of a wet sheet. The rotary motion is the best for other parts of the body, this is done by placing the end of the fingers flat on the body, take up a circular motion, from right to left or vice-versa, never permitting the fingers to slip except for the purpose of changing your position. For intercostal or thoracic rheumatism, the last named movement is the most effective. In about nine cases out of ten



STRETCHING THE GREAT SCIATIC NERVE.

where your patient reports a pain in the lungs, the pain is really in the intercostal muscles and can be relieved in about three minutes.

Another good manipulation is to follow the intercostal nerves from the spine to the sternum or breast bone, thus revulsing the muscular tissues and equalizing the circulation, when all rheumatic pains will then disappear. The above is the language that your patient will better understand. It is always well to at all times keep your patient well informed as to the object of your manipulations, and he will accept them as a more reasonable way out of all his troubles than any other remedy now known to man. The physiological effect is beneficial to a considerable extent whether or not your patient's mind takes any part in the proceedings. Of course it is very essential where the best results are expected, to have your patient in perfect rapport with you.

NEURALGIA.

Neuralgia is a painful affection of the nerves. When it attacks the facial nerves it is called *tic-doloreux*; when it occurs in the great nerve of the leg it is termed *sciatica*. Many other parts of the body may be liable to this agonizing pain, the stomach, abdomen, heart, chest and fingers. One of the most severe of all painful afflictions.

The origin of the diseases can usually be traced, that is to say, the nature of the trouble, for although its immediate, is a nerve or a set of nerves, yet there must be a cause for this affliction. The most severe cases can be traced to the presence of some foreign substance irritating those sensitive organs. The action of the stomach may be held as generally responsible for the greater part of those afflictions. You will almost invariably find in connection with all troubles of this character, a condition of the stomach that will justify you in locating the cause in that organ. In this connection, may be well to mention that there are many ways that the stomach may be held responsible for the above complaints, a few may be mentioned, such as, exposure to damp and cold, where malaria exists, general debility, anxiety, acidity of the stomach, induced by excessive use of tea, coffee, tobacco, opium, etc.

They should all be discontinued and the trouble will likewise disappear.

You will recognize this trouble by its plunging, darting and violent character, which appears in paroxysms, which generally last from one to three hours, and the extreme agony of the suffering while it lasts.

Its periodic visits, and its absence of inflammation, are recognizable characteristics of this disease. In treating this ailment, go first to the stomach, and there you will find disorder,

treat the same in the usual way, let your intention be to establish normal activity. Instruct your patient to avoid excesses of all kinds. Manipulations are made with a view of aiding the circulation through the parts afflicted, when this is done, you have accomplished all that could be desired locally.

Lumbago, may be classed among these rheumatic affections. It is treated with the hot hand with vigorous, deep, hard and heavy manipulations.

In all of the above mentioned diseases never forget the stomach and bowels, as they are invariably involved in all of the foregoing cases.

EARACHE.

We may class ear-ache and tooth-ache with this family of diseases. The most effective treatment, is to fold a handkerchief, lay it over the pain, placing your mouth to the handkerchief and breathe gently through it into the ear, or for tooth-ache breathe gently but firmly upon the maxillary nerves, continue this until your patient is entirely relieved.

HEADACHE.

As we are now discussing aches we may also include headache. To treat headache of all kinds and descriptions, you will find that it can be relieved in nearly every case by the

hot hand and brisk manipulations in a rotary motion all over the head, and more especially in the region of the temples, or perhaps better treat the principle seat of pain, in the manner directed. We are taught that suggestion does the work, which of course we know to be a fact, we also know that there are very many different kinds of suggestions, perhaps as many as there are different kinds of drugs or medicines. It behooves the operator to know just what particular suggestion to use and how to apply it to the patient in order to get the best results. You have often heard that no two people are afflicted exactly alike, and the suggestion to be used will depend in a great measure on your judgment when the time comes to act. The same suggestion would cure some people and to others it would be fatal.

INTENTION.

A word about "INTENTION." Intention is always the first thing that is done in the direction of your patient, you must first intend before you will ever do anything. If you intend to carry out your intention you have got to do something else, or the world will never know that you ever intended to do anything. If you intend to do something and then do it, all the world will know what your thoughts have been. Webster says: "Intention" is a design, purpose, the fixed direction of the

mind, to a particular object, or a determination to act in a particular manner. It is my intention to cure my patient. You should also try to inspire your patient with an intention on his part to get well, you will soon observe a change in the condition of your patient, which of course you must point out to him when he will recognize the improvement and, he is then convalescing.

SUGGESTION.

All suggestions are applied for the purpose of bringing into action the necessary forces in each and every organ of the body where an abnormal condition exists. Any inharmonious condition or inactivity of any organ creates a disturbance, and directly or indirectly influences the functions of some or all of the other organs in a greater or less degree.

If the operator discovers inaction of any particular organ or organs, it will be only necessary to attract the forces required to bring this particular organ back into normal condition.

It will be observed that all influences brought to bear in the science of magnetic healing, is in the form of a suggestion, and is defined as such.

All manipulations are forms of suggestion. Spoken words are verbal suggestions. A thought of health for your patient, formulated

in the mind and directed to the patient's mind is a mental suggestion, or a transference of thought to your patient. In cultivating and developing the capacity to hold at will long or short periods of mental abstraction to accumulate thought force, you are ever building and increasing in power and volume the unseen element, which being sent out from your mind and directed to your patient's or any other person's mind far or near, and thereby effect results, favorable to the concentrated intention directed. This same power can be directed to one's self with the same force and effect corresponding with your intention.

All suggestions, whether they be conveyed by thoughts, words or deeds, in order to obtain the best results, the patient should be gotten into a passive attitude, or a receptive condition of mind, such being the requirements that the suggestion may be effective and permanent, and the results will be in strict accord with the primary thought, thus establishing the fact that the operator and patient were in direct communication, and in perfect rapport.

All suggestions, except in hypnosis, become auto-suggestions before they reach the subjective mind of the patient. In hypnosis, foreign suggestion, generally speaking, does not become auto, before reaching the subjective mind of the patient, as the objective mind or faculties are more or less in a relaxed condi-

tion, consequently inactive, permitting the suggestion to pass undisturbed to the subjective mind. It is auto-suggestion which produces the hypnotic sleep, and after the sleep has been produced, the suggestions which follow and enter the subjective faculties of the patient are not auto but foreign to him.

If there are any suggestions existing in the mind of your patient the operator should make an effort to learn their nature, especially if they are obstacles in bringing your patient in perfect communication, and obliterate them or overcome their effect by giving stronger ones in their stead. When this has been done, there will be clear sailing and the patient can be landed on the bright and sunny fields of health and happiness.

There is one great and most important point that should always be borne in mind by the operator, that of fixing his suggestion firmly upon the subjective mind of his patient, to make it one grand and lasting impression. The will then takes it up and forces the body into that particular expression. It matters little what may be the conditions to overcome in the body, everything must be subdued, in order that these expressed impressions are demonstrated in accordance with the will so directed.

There are so many different kinds of suggestions that it would be a hard matter to

enumerate them. Everything that we feel, see, hear, taste or smell is suggesting to us, even thoughts of others are offering suggestions. If we are passive to them we get them, if we are positive, we do not, or there are stronger suggestions already in the mind which oppose their admittance. We find it possible to awake at any hour suggested, we also find that a suggestion that we are to meet some one at a certain time during the day, works fully as well, as the suggestion of awaking at a certain hour, as when the time is up for the engagement. The force that arouses you at night is the same that does so in the day time. The construction of the mind seems to be able to meet all requirements, consequently its power must be unlimited. The man who uses printer's ink has a pretty fair idea of the power of suggestion.

Suggestion means a great deal when used in its broadest sense, and it seems at times that it is necessary to coin a new word, so that we may better know just what we are trying to talk about. Suggestion creates diseases and suggestion cures them. This is another evidence that diseases originate in the mind, as discussed elsewhere. It is also another proof that the mind controls the body.

The power of suggestion can be verified by the writer in one particular case at least. Shortly after treating a patient for rheuma-

tism, in whose case much interest was taken, as the patient got up and walked off without his crutches, creating much excitement among the many patients who witnessed the performance. The operator feeling much elated, receiving congratulations from many of the patients present, forgot himself so much that he failed to watch as well as to pray, took into his own body all of the symptoms of his patient and suffered for three days identically as his patient had suffered, before his mind could realize that there was nothing the matter with him. When such was discovered to be the fact the pains all disappeared.

There are thousands of invalids today who contracted their ailments by at first supposing that they had or thought they were predisposed to have certain diseases, and resorting to some drug recommended as a cure for such ills, as a result of the continuous dwelling upon that suggestion, finally forced that into expression in their own bodies. Suggestions to the effect that they had the power within them to overcome their trouble, and if they assumed it to be true, and tried it, the result would be a complete restoration to health.

There are many people who are invalids, who would not be anything else for the world, they seem to be perfectly contented, and to suggest a remedy for their restoration to health, would be regarded as an infringement

upon their rights. They look as happy and contented as one could wish, and to be wheeled around in an invalid's chair seems to be their special delight.

To remind them that they could do something for themselves would be regarded as an insult to their intelligence, and you would be regarded with suspicion ever afterwards. "The dear Doctor" would not permit me to even try to do anything for myself for fear of losing his patient. It is wholly out of the question to consider such thoughts. There are other people who take special pride in boasting of their nervousness, thinking that it is a mark of a finely constructed body and to be admired, and a thought of getting well gives them an extra nervous chill. Those people would prefer being invalids rather than take their place in a busy world and assume the responsibility of making their own living. It is not our province to treat this class of patients, but on the contrary, we wish to try to help those who are willing to help themselves. The object in calling the attention of the reader to the above class of patients, is to discover, if possible, if the patient really wants to get well, thus saving a great deal of hard work and doing no good. There is a broad field for labor in the profession of Magnetic Healing among those who need and

really want your help, and a busy life can be devoted to this great and noble cause.

Let us return once more to the subject. Suggestion as defined in the magnetic treatment, is based firmly upon intention. Whatever is done must be preceded by an intention. Place your hot hands upon the body in the region of the afflicted part, exercising a steady intention to relieve him of his suffering, the patient being passive to you, will produce a beneficial effect beyond question. If the heart shows weakness and is beating without a sufficient quantity of blood, force the blood in that direction.

If the pulse shows great strength, assist the blood away from the heart. Let your intention be in all cases in perfect accord with your movements. Never lose sight of the fact that your patient's mind is effecting the cure, and to keep in perfect unison with him is of the greatest import. He is forming all kinds of auto-suggestions, from the suggestions you are giving him, and great care should be taken in the kind of material you are furnishing him. All suggestions are made over by the patient before they reach his subjective mind, except in hypnosis. The principal difference that the writer observes in hypnotic and wide-awake suggestions, is, the former go straight to the subjective mind and the latter are re-constructed into auto-suggestions. Strictly

speaking, there is no difference at all in suggestion, the difference is in the condition of the mind of the patient.

If your patient has submitted to the hypnotic sleep, your suggestions following would necessarily be hypnotic, otherwise they would not be. Let us then prefer to call the latter, strictly speaking, a magnetic treatment.

The fact that there are so few who will submit to hypnotism, and on the other hand there are such a large per cent of cures, does not bear out the claim by some that it is mostly or all hypnotism or hypnotic suggestion. Neither does it support the statement, that all suggestions are hypnotic.

The facts in the case as far as the writer has observed, are that not over twenty per cent can take a hypnotic suggestion, even after several trials, and after repeated efforts the per cent may be raised to thirty.

Therefore the writer finds it hard to admit that hypnotism does the work, but on the other hand it is willingly admitted that hypnotism is an important factor in some cases.

The writer finds in treating rheumatism, that instead of the patient being asleep, that he is in most cases very much awake, with both eyes on the operator watching the next movements in the process of breaking apart his stiffened and ankylosed joints, and revulsing his fever-grown muscles and tendons. If

you were to tell him that he was under the influence of hypnosis, he would go straight way in pursuit of his grand-mother that he might annihilate her. If hypnosis means sleep, this patient could not surely have been hypnotized. The patient is yet living who has been referred to in this connection, and is enjoying the very best of health. This man was cured through auto-suggestion. He argued that it was the treatment and not the rheumatism that ailed him, and finally admitted that he could exist without either, and be perfectly contented.

In Hudson's L. of P. P. we find: "It is recommended for several reasons, that the mesmeric passes be employed. First, they are so generally believed to be necessary that they greatly assist in the way of suggestion. Secondly, they are a great assistance to the operator, as they enable him to more effectually concentrate his mind upon the work in hand, and to fix his attention upon the parts he desires to effect. Thirdly, they operate as a suggestion upon the operator himself, which is as necessary and potent to effect the object sought as is suggestion to the subject. Fourthly, whether the fluidic theory is correct or not, the power, or whatever it is, appears to flow from the fingers, and, inasmuch as it appears to do so, the effect, both upon the mind of the operator and of the

subject, is the same as if it were so,—the great desideratum being the confidence of both.” If, therefore, there exists in man which in the obedience to the suggestion of another, is capable of producing abnormal conditions in defiance of the normal instincts and desires of all animal creation, how much more potent must be a suggestion which operates in harmony with the natural instinctive desire of the patient for the restoration of normal conditions, and with the constant effort of nature to bring about that result, it is obvious that any outside suggestion must operate with all the greater potentiality when it is directed on lines in harmony with instinctive auto-suggestions. It follows that normal conditions can be restored with greater ease and certainty, other things being equal, than abnormal can be induced. And thus it is that by practice of the various systems, we find that the most marvelous cures are effected.”



HOW A THOUGHT MAY CURE.

Difference of Having and Believing One Has a Disease.

That Thought may Effect the Growth and Functions of the Body is Regarded as a Possibility by the Scientists—Some Apt Illustrations—Telling a Child it Grows too Fast Makes It Grow Faster.

FROM THE CHICAGO RECORD.

"The fact that thought may affect the growth and function of the body is regarded as a possibility by even the most conservative and material of scientists. The more advanced and speculative members of the medical profession have experimented along that line for a number of years with very interesting results.

In speaking of the effect of thought on the body, in order to understand how a thought can affect the body or influence the physical organs it is necessary to have some conception of what is called the subconscious mind, which is that part of the mentality that carries on such "involuntary" actions as that of the circulation of the blood, etc. If these obscure functions were dependent upon the exercise of the conscious will the very necessity of drawing the breath in and out for several times a minute during one's lifetime would be

such a stupendous effort as to appall the bravest and most energetic of creatures. But these matters have all been simplified by a beneficent Creator through the action of the subconscious mind. This mind while distinct from the thought, or intellectual faculties, may, however, be affected by them, and that sympathetic foundation of all the phenomena of the faith curist and the mental healer.

INTERESTING EXPERIMENTS.

Though the effects are generally unconscious on the part of the subject there is no reason why this should be necessarily so, and a few simple experiments will convince almost anyone that the mind may have a conscious effect on the body. One of the simplest experiments, though one which is of no use in a practical way, is to fix the mind intently on a certain part of the skin—say the inside of the wrist. If the mind is not allowed to waver from the point in a few minutes the surface of the wrist will be suffused by a warm glow and an itching, burning sensation will appear. One of the most general effects of this concentration of thought upon any part of the body is the restlessness which ensues and the consequent difficulty of holding the part still for any length of time. It therefore, is easy to understand how the constant dwelling of the mind upon some slight or imaginary ill may

aggravate the condition if existent or even cause it to appear if imaginary.

EFFECTS OF FEAR.

A curious case came under my observation not long ago. A young woman patient of mine consulted me about a hard lump in her throat, which had been getting larger for some time. She seemed very much troubled about it. She confessed to me that they were very few moments in the day that the fear of its developing into a malignant growth was absent from her mind. On examination of her throat I found the purple congestion frequently encountered in connection with cancer. After consulting another operator, I decided that on account of her fear of cancer, it would be useless as well as cruel to enlighten her as to the real condition of her throat. So we constantly referred to the swelling as a simple enlargement of the gland. The patient thus reassured, ceased thinking about her throat, and after a few weeks the swelling actually began to diminish in size and at last completely disappeared.

Here was doubtless an exceptional case, but it goes to show that such fear-thoughts may have tangible effects on the physical plane.

GETTING CHILDREN TO GROW.

There is an old superstition which doubtless originated among people who understood

the principles of mental therapeutics, that if a child is placed beside a young sapling and a peg driven into the sapling even with the child's head, as the young tree grows and the distance between the peg and the ground increases the child will also begin to grow. If the child really would become interested in the procedure and should earnestly watch the growth of the sapling, I can understand how such attention on his part might impress his subconscious mind with the idea of growth so strongly that the body would respond to the impulse and actually begin to grow.

I think that the rapid growth of a child has often been augmented by the constant exclamations of its relatives and friends of "Why how that child is growing." Nervous children become more nervous when their attention is called to their condition by doctors' consultations with anxious parents in their presence, while the little sufferers from St. Vitus' dance or chorea, become much worse when their antics attract the attention of their elders. Most doctors have found that a child whose parents become terrified when a case of measles or scarlet fever breaks out in the neighborhood is much more apt to contract the disease than the little ragamuffin who comes and goes when he pleases, without thought or fear of measles.

THOUGHT EPIDEMICS.

Every physician will remember the great number of dysenteries and diarrhoeal cases he was called upon to treat during the cholera scare a few years ago. At that time there were about three times as many cases of that kind as usual during the summer months and most of them were undoubtedly caused by fear alone.

If people, especially women, would realize the absolutely uselessness of worrying over their real or fancied complaints the general health and happiness of the human race would be very much improved. I have known nursing mothers to worry so persistently over crying babies that the poor little mortals were very nearly poisoned through drawing in the impulses of fear and nervousness with every drop of the mother's milk. If these over-anxious mothers could only understand that crying is one of nature's ways of expanding the lungs of the infant, their children would stand a much better chance of becoming healthy men and women.

Nothing so enervates and demoralizes the whole nature as fear. In one form or another it is responsible for nearly all the evil which curses the world.

VITAL MAGNETISM.

Health and strength to enjoy this lovely world in which we live is the greatest blessing

bestowed upon man, and, like the sweet air we breathe is the birthright of every human being. If we better understood the laws of our being, and then obeyed them, disease might be banished from the category of human ills, and our minds and bodies brought into that more perfect harmony with our surroundings which the aspiration of mankind through all ages has believed to be the ultimate end and object of our creation. There can be but little doubt that ill-health and premature decay are the penalties of disobedience, remote or near, to laws of health, and that we have only ourselves to blame for consequences which we are too ready to lay to the account of the Almighty, who has made all things beautiful and good. Without respect to the Biblical account of the creation of man, there is every reason, on scientific data, that he has been loaded down, more and more with the advance of civilization, and that new diseases unknown and unfelt in earlier times have been added to the list of his sufferings. The profession of MAGNETIC HEALING, the system that cures has been brought to the rescue, and a better and broader field for the profession has never existed. It then appears on the horizon of the mind this broad field of labor has been left to it in the cause of humanity, the amelioration of our over burdened people. Now, let us take up the phen-

omenon of the mind which is understood by the several terms as, odic force, psychic force, biology and mesmerism, and what therapeutical property attaches to it, which, when properly directed by a competent operator, reaches the most complicated and stubborn acute and chronic diseases of whatever character.

CONGESTED SPINE.

To illustrate, we will take up the case of a very prominent physician in this city, whose name will be given on application, was suddenly, and without warning, taken with a very acute attack of congestion of the spine. The writer being in the same block at the time was immediately consulted, and was asked to take the case, which was done without a moment's hesitation, and in just four minutes the patient was entirely free from pain, and apparently as well as ever.

The treatment consisted of an application of the hot hands, the right being placed upon the forehead and the left upon the sacral plexus.

The patient was called upon next day and reported that he was entirely free from pain and had been since the treatment. The gentleman, while being a vendor of drugs and medicines, is also an ever ready endorser of this method of MAGNETIC HEALING.

NEURALGIA OF THE EYES.

A prominent business man, an old citizen of Nevada, Mo., was afflicted with neuralgia of the head and eyes, since childhood, was entirely cured in one treatment. The application was right hand on forehead and left on back of neck, for about three minutes, then change was taken to both hands on temples and eyes for about the same length of time. The cure was made over a year ago and there has been no signs of its return up to this time. In those cases in connection with the application of the hands, a steady intention is exercised to equalize the circulation and restore normal conditions.

PERITONITIS.

There are many other instances where the mind, educated in the science of healing, has brought back to health many apparently hopeless cases, that had resisted the most skillful medical practitioners, with the greatest ease imaginable. Take the case of Miss L. ———, afflicted with peritonitis, given up to die by the neighbors and doctors, her father, grasping at the last straw, called the writer to her bed-side. Her pulse at that time registered 120 and temperature 104. The treatment consisted of applications to the stomach, abdomen, head and feet, all of which lasted thirty minutes, at this time her pulse



TREATMENT OF THE SPINE FOR EQUALIZATION OF THE CIRCULATION.

and temperature was again taken and the following was recorded: pulse 95, temperature 101. The patient was then convalescing and was sitting up in four days, and was out of bed in one week.

FEVER.

Many cases could be cited in acute form where the power of the mind has been brought to bear in every instance where the treatment has been successful. The writer treated a little girl, Miss B., for ear-ache, about a year ago; she recently was prostrated with fever for several days; during her delirium she frequently called for help; she wanted the doctor who did not give any bitter medicine. The treatment was given to break up the fever, which lasted about forty minutes. That is to say, the fever and the treatment was a thing of the past in that time. It is safe to say that the mother of the little girl is a fast friend to the science of magnetic healing, as the little girl was soon well again, the fever never again made its appearance. Many cases of those acute forms have been treated with absolute success. In the treatment of Lagrippe it is found to be a splendid method of treatment. All cases known to have been treated by this method have yielded readily and permanently. While it is not the intention to impress upon the minds of the

people in general that the treatment of acute cases is to be resorted to entirely, for obvious reasons, still where a magnetic healer is called in as a last resort, it is proper to answer the call, without assuming any responsibility for the life or death of the patient. These references are only made to show that it is the safest and best means to cure, now known to the most advanced scientists of our day. As long as we have ignorance to combat we may expect conflict after conflict until we have reached the summit of popularity, then we can say that truth has at last prevailed. The most distressing thing that can be said about magnetic healing is that it interferes with other lines of business, the undertaker, for instance.

The main object of this course of lessons is to show how the writer treats the common run of diseases, as they came to his hands. Those following are classed alphabetically as near as possible. The first will be:

ABSCESSSES.

Causes—They arise from previous inflammation of the skin, the inner portion of which, with its surrounding parts, which did not pass off by gradual cessation, but a cavity filled with matter, was formed which is termed an abscess.

Symptoms—The inflammation of the part

quickly subsides; a heavy, dull, or cold sensation of the part, instead of acute pain; frequent sighs, or shivers, through the frame; and the top of the tumor appears soft and white; all around is red.

Treatment—Treat the bowels with intention to produce a daily evacuation. If the abscess goes on undisturbed, it will soon break. Do not squeeze it. Let the hot hand be gently placed in contact with the abscess, exercising a steady intention to ripen it, thus permitting it to break and the pus to pass off. An application of magnetized water to the part will assist in bringing about the desired condition. The cloths used in connection with magnetized water should be kept wet.

After discharging pretty freely, a slip of magnetized lint or cotton should be inserted by a probe, and renewed twice a day, according to the nature of the discharge. After this the part should be supported by a bandage to facilitate contraction. The parts should be left open to facilitate the discharge. Good matter is the color and consistency of cream with no smell. If this is not the case, the matter is unhealthy and the sore is not doing well. When healed, the stomach, bowels and circulation will be much improved. During the continuance of the abscess the patient should avoid all kinds of stimulants, drink an

abundance of water and breathe plenty of fresh air. Revulse all the flesh surrounding the abscess with the intention of accelerating the circulation.

ASTHMA.

This is a disease of the lungs and bronchial tubes whose main characteristic is laborious breathing, which comes in paroxysms, and is accompanied by a wheezing noise. Humid asthma is that in which the attack terminates in expectoration; when it does not do it, it is called dry asthma. The heart is generally sympathetically involved, when it is not, it is called spasmodic asthma, and to this some persons are some time subject, who when the attack is passed, may appear quite vigorous and healthy.

Causes—Dwelling in a cold moist atmosphere, gout, intense study, or great mental anxiety; suppression of accustomed evacuations; irritation of the air cells of the lungs by atmospheric impurities; irritation of the stomach, uterus or other viscera.

Symptoms—The attack commonly comes on in the night, the patient having gone to bed in a listless, drowsy state, with a troublesome cough, oppression at the chest; toward midnight the breathing becomes more labored, the wheezing sound louder, and the patient is obliged to assume a sitting posture to prevent suffocation. Some times he starts out

of bed, he rushes to the window for air, or he sits with his body bent forward, his arms resting on his knees, with a flushed or livid face, if it be not deadly pale, gasping and struggling for breath, in a condition painful to behold.

The attack will probably last for a couple of hours or more, when the severe symptoms will gradually remit, with an expectoration of frothy mucus, and tranquil sleep follows.

Treatment—The objects in this to be obtained are, first to moderate the violence of the paroxysms, second, to prevent its recurrence. Treat the stomach, and bowels as the first cause. Put the feet in warm water, or use the warm bath. Give a heavy and strong general treatment to force perspiration and to equalize the circulation. To prevent the return of the paroxysm of asthma, avoid the exciting causes, keep the bowels in good condition, and strengthen the tone of the stomach in the usual way.

Let the patient's diet be light and nourishing, avoiding everything difficult of digestion; wear warm clothing, flannel next the skin, have regular and moderate exercise. Do not indulge in intemperate habits.

When the symptoms first appear, at once place the feet in warm water, to produce a gentle perspiration. Sleep on a hard mattress and frequently take the country air.

PAINS IN THE BACK.

Pains in the back are of many kinds, and may result from a variety of causes.

Treatment—If weakness be the cause, take a cold sponge bath in the morning, together with a heavy magnetic revulsion down the whole length of the spine, which will give immediate relief and permanently cure your patient, when a steady intention on the part of the operator is exercised to bring about those results.

BLINDNESS.

Deprivation of sight may proceed from various causes, such as one of the diseases which affect the eyeball, or a deficiency of power in the optic nerve, local or general paralysis, or any disease whose seat is in the brain or nervous system; the formation of a speck on the eye, or of a film over the lens. Sometimes the affection of the brain or nerves, from which loss of sight proceeds, is sympathetic, arising from a disordered stomach. In this case as in many others, it is but transient, and matters may be set right, by regulating the stomach and bowels, followed with a low diet, and avoidance of the exciting causes of the disorder.

Treatment—Local treatment may be given by sending the vibrations through the optic nerve by placing the left hand over the eyes and the right fore finger on the base of the

brain, sending the vibrations into the optic nerve. General treatment for stomach, bowels and circulation should be freely administered.

INFLAMMATION OF THE BOWELS.

The indications are a dull pain in the belly, the tongue bordered with red, the abdomen swollen or flat, skin dry and husky, cold feet and hands, small and frequent pulse, thirst, loss of flesh, low spirits, scanty urine, slimy discharge from the bowels from one to four times a day.

Treatment—At first there should be hot fomentations (magnetized water and flannels). Cold magnetic compresses at night, the body kept warm in bed.

Flannels should be used if the patient is very feverish. A warm bath should be taken at least twice a week. The diet should be in moderation. Let the patient drink an abundance of hot or cold water. Vibrations should be gently applied to the seat of pain, and light manipulations with the intention of keeping the bowels open. Stroking the spine and the lower limbs as soon as the patient is able, will be beneficial.

BRONCHITIS.

This may be described as an inflammation of the air passages of the throat. Bronchitis is either acute or chronic. The exciting

causes are nearly always the exposure to cold or moist air, which people should always guard against. Inhaling irritating gases or other vapors will cause it.

Symptoms—The acute is generally manifested, on the first opportunity after exposure to cold. The lining membrane of the eyes, nostrils and throat are affected, and the inflammation extends down into the chest. The first symptoms are running at the nose, watering of the eyes, and frequent sneezing, and all the distressing symptoms of what is called Influenza.

The fever generally runs high, with headache, extreme lassitude, and probably a troublesome cough and expectoration of mucus.

Treatment—The first that should be done for the patient is to induce profuse perspiration, (see baths), hot diluent drinks, magnetic fomentations on the chest.

BLEEDING AT THE NOSE.

Causes—Violent exercise, great heat, blows on the part, the long maintenance of a stooping posture, and a peculiar smallness in the blood vessels running to the brain, rendering them liable to rupture. It may come on without warning, or preceded by a sense of heaviness, singing noises in the ear, heat and itching of the nostrils, throbbing of the temporal artery, and accelerated pulse.

Treatment—The stoppage may sometimes be effected by an application of cold water to the head, and at the same time stroke the head and neck downward with the intention to force the blood away from the head, take the nose between your thumb and first fingers of the right hand, sending the vibrations through the head. The body of the patient should remain in an erect position, with the head thrown somewhat back, a key or other cold substance applied to the spinal column, or if this fail the nostrils may be plugged with magnetized cotton dipped in magnetized water. When the bleeding has stopped there should be no haste in removing the clotted blood from the nostrils. Let it come away of itself; do not blow the nose violently, nor take stimulants, unless there be excessive faintness, in which case a little cold brandy and water may be taken. When there is a full habit of body, cooling drinks and low diet may be safely advised.

BLEEDING OF THE LUNGS.

Bleeding of the lungs may occur without organic disease, in plethoric and robust people living a life of excitement and excess, and in nervous, irritable individuals, weakened by mental and bodily fatigue, and leading sedentary lives. It may be brought on by violent muscular effort, paroxysms of cough, blows,

or pressure on the chest, inspiration of irritating vapors, or of rarefied air on high mountains. The blood may be exuded from the tracheal or bronchial membranes or it may proceed from capillaries communicating with the air passages in any part of their extent. The color is generally florid, and more or less mixed with air, differing from the dark, coagulated blood which comes from the stomach.

An attack is generally announced by a feeling of heat and oppression in the chest behind the sternum, followed by a cough, which brings up the blood. When the quantity is very great, it pours forth without a cough and almost by an act of vomiting, with considerable spasmodic effort.

Treatment—Elevating the chest and shoulders, admitting plenty of fresh air, with spare diet, and perfect quiet are among the most useful measures to be adopted. The chest should be sponged with cold magnetized water, cold liquids and sucking of pieces of ice will be of service.

In all cases calmness of mind, rest, silence, erect position, cool air, and freeness of the bowels should be enjoined. A return of the bleeding is to be guarded against by avoiding the exciting causes. To take the pressure of blood from the lungs, stroke gently down the spine, with the intention of equalizing the

circulation. Send vibrations from back of neck to the feet, until your patient is at perfect rest. Very light strokes may then be used over the patient to induce sleep.

CANCERS.

Of this distressing disease, there seems to be a large variety, each apparently distinct from the others. They are ulcers of the worst form.

Causes—Most frequently they arise from a bruise or a blow upon the body of the patient, and occasionally from previous inflammation, as well as torpidity of the alimentary functions.

Symptoms—The glands are the principle seat of those troubles. They often attack, externally, the nose or breast, etc. Usually a small tumor first appears, about the size of a grape. The tumor will remain in this condition for an unlimited time and then it will start to grow, and roots will shoot out in all directions. The skin will change in a short time to many different colors, first red, then purple, then livid, and at last black before bursting, causing great pain after which there is perfect ease for a while, the progress of the disease is now well under way, and if not checked, the life of the patient is jeopardized, by the reaching out and spreading of the ulcer until a vital spot is reached terminating in

death. When cancer is first discovered there should be no time lost to effect a cure, as delays are dangerous.

Treatment—Diet, light but nourishing. Highly seasoned food and stimulants should be avoided. Schirrus, or unbroken cancer should be disposed of without breaking, if possible. Placing the positive hand on the tumor, or as near as possible and the other opposite, for at least ten minutes at each treatment, with a strong, steady intention to scatter the poisonous accumulation, and equalize the circulation in the immediate vicinity. Tone up the general system and keep it so. Always keep an air-tight dressing on the afflicted part, changing the covering often, and keeping it perfectly clean at all times.

CATARACT.

In this disease the crystalline lens of the eyes become opaque, blindness thus ensues by shutting out the rays of light.

Symptoms—The vision becomes dim and misty, which always precedes before opacity appears on the lens. There are specks floating before the eyes, creating optical illusions, following which the falling of a curtain takes place upon the outward view which is eventually excluded entirely. In most cases the progress of the disease is very slow, but in some cases it is more rapid, especially in advanced stages.

Treatment—Medicine seems to have no effect whatever upon this disease and that no remedy in the wide world, is admitted by the medical fraternity. But the patient need not despair, there is a cure for him in the “Weltmer Method of Magnetic Healing.” All influences brought to bear upon the patient, should be directed toward the restoration of his general health, and to dislodge all inflammatory conditions that may exist. Induce your patient to assume a quiet frame of mind, and attempt to arouse him to the fact that the power to restore his sight is possible and that an agreement between himself and the operator, if relied upon and trusted, will restore to him his sight.

The magnetic treatment is applied by placing the negative hand over the eyes and the first finger of the positive hand on the base of the brain, sending the vibrations through the optic nerve for a few minutes each day until your patient shows that he can continue the treatment alone or rather keep the forces in motion that have already been started.

CATARRH.

This very distressing ailment is in consequence of a neglected cold, and will manifest itself more or less in the patient for many years, and if not overcome, will remain for life.

Causes—The primary trouble is brought on by exposure to cold or damp air when the body is heated, or in draughts when the body is in a perspiring condition. Any sudden changes from heat to cold, or the reverse, will lay the foundation for a severe cold, which, if neglected, will develop into a genuine case of catarrh, which, if unmolested will accompany the sufferer through the remainder of his life. The fact that a person can take cold in entering a warm room from the cold atmosphere without, is not known by many people, but the fact still remains the same. One should not approach a sudden change of temperature, without first preparing to resist the conditions confronting him.

Symptoms—The usual symptoms met with in catarrh are, swollen membrane, heat, uneasiness, part or all of the sense of smell lost, eyes inflamed, pain in the forehead, sneezing, and a labored breathing. There is always a general derangement of the stomach and bowels, those being, primarily, the seat of the whole trouble. There is a stiffness of the joints, little appetite, slow circulation, succeeded by dry feverishness. The discharge from the nostrils, at first is thin and acrid, but afterwards becomes thick and very offensive.

Treatment—A general treatment is efficacious in those cases as there is general torpid-

ity throughout the system. Local treatment is of great advantage, when temporary relief is sought. Place the thumb and first finger of the left hand on "Vitativeness" and take the nose with thumb and first fingers of the other hand, force the vibrations to the mucus membrane of the air passages for a few minutes, then stand behind the patient, putting the ends of the fingers under the cheek bones, forcing the vibrations with a steady intention to establish normal conditions in that region. (See Osteo. manipulations.)

CHILBLAINS.

The skin of the toes and fingers are the principle points involved, in some cases the joints of the feet and hands are attacked.

Causes—Extreme heat or cold, poor circulation, tight shoes, rubber over-shoes, when they are worn constantly, unnatural warmth by hot bottles, bricks, jugs and woolen socks at night, those only serve to keep up a constant perspiration, which will produce chilblains in the worst form.

Treatment—A cold magnetic foot bath at night, followed with a rapid magnetic frictionizing, a hot magnetic vibration for a few minutes will soon relieve the most obstinate cases.

COLIC.

Severe pain in the bowels is the primary symptom in all kinds of colic, other symp-

toms are such as distention or flatulence, indicating inaction and a more or less obstructed condition, flatulence, indigestion, biliousness, vomiting of bile, inflammatory, when accompanied by inflammation, lead, painters' or Doveshire colic, the dry belly ache, which is attributed to lead-poison. All of the foregoing symptoms and conditions are accompanied, primarily, and in consequence of a constipated condition of the colon.

Causes—Over-worked stomach, fermentation of indigestible food, causing gas to form in the stomach, anything that will retard digestion, permitting the food to decompose, and filling the system with poisonous gases,

Symptoms—Generally there is a painful distention in the lower bowels with a twisting, spasmodic action in the region of the navel.

Treatment—Place the positive hot hand upon the seat of pain, the other opposite. Send vibrations through the bowels, follow the tract of the colon in a rotary motion, until the patient is relieved, always keep the hands very hot while treating these conditions. The intention should be to relax and restore motion to the alimentary tract, thus enabling the obstructions to pass off. Place the knee in the lumbar plexus. Pull by the shoulders gently backwards.

CONVULSIONS OR FITS.

In grown people, convulsions may be hysterical, puerperal, or epileptic, as may appear from the symptoms. Narcotic poisons are responsible for many of these conditions, such as opium, prussic acid, strong spirits of all kinds, and anything indigestible. Try to discover the cause and remove it. In epilepsy, force the blood from the head by rapid stroking the temples downward, working the blood away from the sides and back of the neck and down the spine. If you can, discover just when the patient is expected to experience a convulsion. The advance symptoms are, coldness of extremities, giddiness, dim sight, trembling, and chilly sensations up the spine. Other symptoms are, anxiety, dejection, nausea, faintness, yawning, swimming of the head, palpitation. When the fit is on, there is foaming at the mouth, short breath, the tongue generally protrudes and is often bitten, the hands are clenched, the face becomes purple, and a great rush of blood to the head. The paroxysms often last but a few minutes, other times for several hours. After the convulsive period subsides, there is an exhausted feeling which gradually disappears, and the patient is apparently as well as ever. The first things to be done when a person falls in a fit, is to loosen the clothing where it may appear tight, if a female, cut the corset lacing

at the back, dash cold water in the face, blow the hot breath through a folded handkerchief onto the temples, and as soon as the patient can swallow give a small glass of cold magnetized water. A little brandy would not be objectionable to most patients.

CONSUMPTION.

This disease is discussed somewhat in connection with the subject of deep breathing, and the mode of treatment will only be touched. In connection with consumption, there will be other derangements, among them will be found a weak digestion, thick and impoverished blood, poor circulation, extreme action of the lower bowels, they are never normal in their movements. The stomach is always in a deplorable condition, and is the primary cause of consumption. There was never a case of consumption where there was a perfect alimentary condition. It is then easily seen the importance in righting the cause.

Treatment—Decomposition or fermentation of the contents of the stomach is absorbed by the lacteals and carried to the blood and in the effort of the system to cast off this poison through the skin, it being closed from atmospheric influences, nature seeks a new channel, the mucus membrane of the air passages being the only available outlet, those poisons in the

blood are cast off into the lungs, throat and nasal passages, where it is deposited, and its accumulation irritates the membrane causing the patient to cough, producing greater inflammation by repeated accumulations. This decomposed, odoriferous substance partly filling the lungs, its foetid vapor attracts the much dreaded tubercular bacilli, which has, thus far produced a clear case of tubercular consumption. The treatment in connection with the exercises mentioned under the subject of deep breathing, can be applied with great advantage. Place the positive hand on the sternum, the other between the scapulas, forcing the vibrations through the chest, exercising the intention to relax the intercostal muscles, thus enabling greater chest expansion. A general treatment would be also suitable in such cases.

CONSTIPATION.

This, the corner-stone of more diseases than all other sources combined. Dormancy of the bowels is easily acquired, and the most dangerous conditions that can be met with, it is the forerunner of all kinds of complications, and is the most dreaded by the physician, as he finds himself helpless in coping with the ailment. There is no remedy in *Materia Medica* for this disease, the best that medicine can do is to temporarily give relief. It almost

invariably accompanies, and indeed is the principal cause of many chronic complaints. It interferes with the free action of the brain and nerves, it burdens the blood with a thick slimy substance which retards its circulation. Ladies are the greatest sufferers from its effects. Peristaltic motion of the bowels is absolutely necessary in order that they may regularly evacuate. Most all skin diseases are in consequence of this condition. The poison absorbed from an impacted colon, into the blood, then cast off through the pores of the skin, accumulates upon the surface, when it is attacked by microbes, which produce eczema, in its many forms. Other visceral ailments are often induced, which, by all means should be avoided. There need never be any fear on the part of any one as long as the entire alimentary tract is in perfect working order.

Treatment—A certain time should be selected each day for the purpose of evacuating the bowels. The action will soon become a force of habit. We habituate ourselves to eat, retire, and rise at regular intervals, why should we not do likewise as regards the bowels. Giving regular daily attention to them will soon cause this motion at the specified time, no matter how unconscious of this duty, the subjective mind has this matter under its complete control, and will as surely



TREATMENT FOR INDIGESTION AND CONSTIPATION.

force the functions into action. The conscious mind should offer no resistance to nature's movements and a complete restoration will soon follow. Mechanical motion in the tract of the colon will greatly assist nature to functional action. Place either hand upon the solar plexus, other hand opposite, force the vibrations with the intention of lubricating the walls of the colon, and starting the peristaltic motion and suggesting action at a certain time. All extra manipulations, such as lifting, and working them in all directions, etc., may be beneficial, it depends a great deal upon circumstances, and can be judged better by the feelings of the patient. Where there is no pain in the region of the lower bowels, there can be no harm, and perhaps, much speedy relief in vigorous manipulations.

CORPULENCE.

Extreme corpulence is a disease. It interferes with breathing, the backing up against the diaphragm, prevents the free action of the lungs, and interferes with the free action of the body and limbs.

High living, rich food in abundance, malt liquors in large quantities, sedentary, quiet and indolent, habits tend toward corpulence. Corpulent people are generally found with an easy going disposition, and are, in most cases on pretty good terms with themselves

and every body else. They are mostly of a jolly, easy going, pleasant and agreeable temperament.

Symptoms—Enlargement of the muscles are at first noticeable, which prevents the usual activity, is easily exhausted, and out of breath with little exertion. The circulation becomes less vigorous, which lessens correspondingly the vitality.

Treatment—Reduce the quantity of food fifty per cent; the aliment should be less nutritious; use no malt liquors; take regular daily exercise, omit suppers entirely, rest but little, sleep but a few hours, and rise early every morning. Use the hot magnetic bath daily at a temperature of 110 to 115 degrees for each bath of about ten to fifteen minutes duration. The operator should frictionize the body vigorously, exercise the intention to neutralize fatty aliment, and bring into vigorous action the perspiration, and circulation, and a general intention to reduce the body to its natural symmetry.

CRAMP.

This condition is generally brought on by exposure to a damp or a cold atmosphere, which has a tendency to retard the circulation. Foment the part in extreme cases with warm magnetized water, drink nothing cold. Put the feet in hot magnetized water, and give

a brisk, vigorous treatment exercising the intention to force perspiration. Avoid fermented liquor and green vegetables, especially for supper. Wear flannel next the skin. In ordinary cases, all that is necessary is to apply rapid friction with the intention to establish normal circulation. Revulse all the muscles completely.

CRAMPS.

Cramps in the stomach is usually of short duration, but very painful while they last. Use the same treatment as above. Treat the bowels with intention of producing hasty action. Bend the patient back against the knee.

DEAFNESS.

Deafness may be caused from any injury of the delicate organs of the ear or auditory passages, inflammation of the membrane, colds, loud explosions, hard wax, or anything interfering with the conduction of the sound wave. Absence of secretions in the middle ear, extreme dryness, or any foreign substance in the auditory tube, or a stoppage of the eustachian tube, absence of tone in the general system, impoverished blood, etc.

Treatment—Treatment should be applied in accordance with the requirements. First try to discover the cause and be governed accordingly.

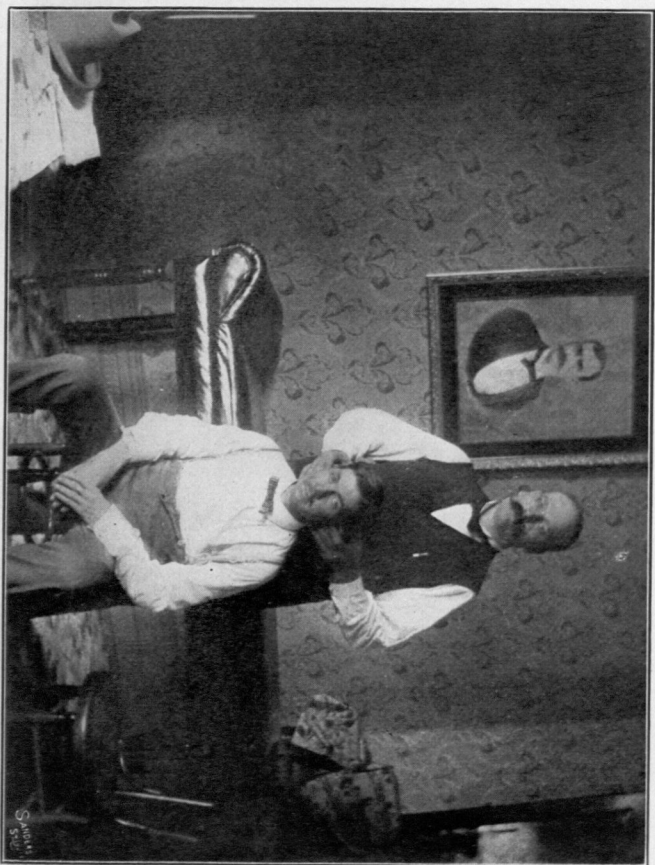
If there is an accumulation of dry or hardened wax, place a folded handkerchief over the auditory tube and breathe gently into the ear, with the intention of loosening the wax, place the index fingers in the ears, working farther in, then after rapid vibrations withdraw the fingers suddenly, thus forming a suction which will generally dislodge the obstruction. If there is an imperfect or diseased action of the secreting glands, the same treatment can be applied as above with advantage. When a cold produces deafness, the warm magnetic foot bath may be applied with advantage.

If the cause is from general debility, the treatment should be as indicated under that head. Place the hot hands over the ear, with the intention of equalizing the circulation in the immediate vicinity, and stimulating the auditory nerve. If the eustachian tube is obstructed there should be gentle stroking down from the ear to the root of the tongue, with the intention of forcing the obstruction from the eustachian tube.

DEBILITY.

A general falling off in strength and energy, loss of power to do and to perform the every day routine of physical exercise and usual amount of manual labor.

Treatment—Breathe deeply of fresh air.



TREATING A CASE OF DEAFNESS.

Eat regularly of nourishing food, take a cold shower bath daily. Treatment for indigestion will apply to debility, as this trouble is in consequence of the above.

DEFECTIVE APPETITE.

Excessive mental labor, over anxiety, the excessive use of intoxicating liquors, over eating, etc.

Treatment—Drink plenty of fresh, cold or hot water, eat but little if anything until the appetite is entirely restored, and never eat until your appetite is entirely satisfied, or in other words, quit eating while you are hungry. Keep the bowels open and regular in their actions.

DELIRIUM TREMENS.

Being a disease of the brain, usually caused by excessive indulgence in intoxicating liquors, and some times by over mental exertion and loss of sleep, or by accident, loss of blood, etc. One siege of intoxication has been known to bring on delirium tremens, but it is generally brought on by continued and protracted and excessive indulgences in intoxicants. The malady often appears in the attempt to break down a protracted debauch.

Symptoms—Extreme nervousness, remarkable irritability, unusual fretfulness of mind, and restless movements of the body, becoming very nervous and uneasy. Sudden noises,

such as the opening or closing of a door or the unexpected appearance of a visitor, the entire body is more or less tremulous. The patient complains of sleeplessness, if he dozes for a short period he awakes with a start from the effects of frightful dreams. Delirium soon manifests itself in the form of erratic talk and mutterings, he is in mortal combat with all kinds of wild animals, reptiles, etc. He is sometimes pursued by some imaginary murderer, or some terrible and ghastly vision.

In most cases the symptoms are of a frightful and terrifying character, they are not always so, as they often appear from the ludicrous side of life, and there is more or less amusement and entertainment for the patient.

At other times there are very important matters of business to be attended to, in this channel of delirium the patient is a very busy man, and is in a great bustle of activity. The most prominent emotion the patient has to deal with is fear, and in his attempt to escape from the enemy he is very dangerous and if not suppressed may do some one great bodily harm. He should be confined and guarded so as to avoid any possible danger to do himself or another any injury, until he passes from the influence of the delirium. The delirium continues until the patient sinks into a natural sleep, from which he awakens comparatively rational, or dies from the effects and exhaus-

tion; or at length, after passing many nights without sleep, he sinks into a state of coma, which terminates in death. This disease is rarely fatal, except where the strength is impaired by long continued excesses.

Treatment—The great remedy is sleep, and the best means of inducing this is through hypnotism, at short intervals, increasing the periods until the patient has pretty well slept out the delirious effects. If the patient is in an exhausted state, or if the disease has been brought on by cessation of an accustomed stimulus, it will be necessary to allow the patient a certain quantity of his ordinary beverage, but this should be discontinued as soon as the patient can do without it.

A general, heavy frictionizing treatment, with vigorous strokes down the spine. Treat the stomach to restore its tone. Give nourishing food in abundance. A mixture of raw eggs, sugar and hot milk, with, perhaps a little brandy, will be of great benefit. A cold shower, or sponge bath should be given daily, which will afford great relief.

This disease has many symptoms in common with inflammation of the brain, and should be carefully distinguished from the latter.

DIABETES.

This disease is easily distinguished by an immoderate flow of urine. There are two de-

grees in this disease; first "insipidus" when the taste is unchanged; and second, when the urine has a saccharine taste.

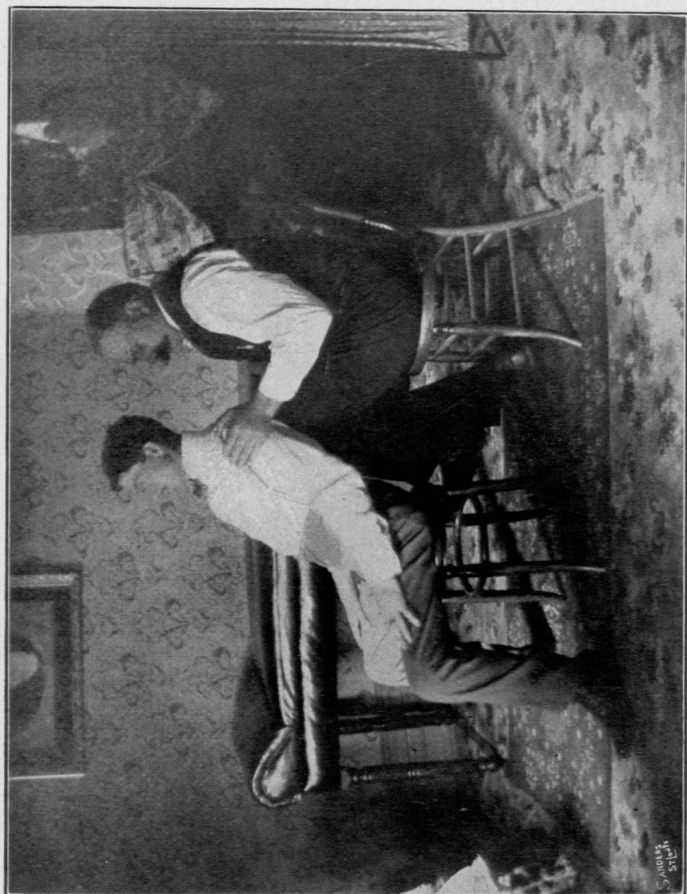
In the first stages, the urine has a clear appearance and tasteless, and in the next stage it becomes cloudy and sweet.

Causes—Anything which has a tendency toward impoverishing the blood, excessive labor, over eating, indigestion, dyspepsia, extremes in most cases as regards modes of living, anything that will tend to derange the natural functions of assimilation and digestion.

Symptoms—There is a voracious appetite, great thirst, a general weakness and emaciation, and a debilitated and exhausted feeling, with a copious and frequent discharge of urine, which at first shows traces of saccharine and other matter, which, if uninterrupted will increase as time goes on.

Treatment—The stomach should be looked after, and its tone be kept up to the normal standard, the bowels should be copiously evacuated daily.

The diet should be animal food only. Soda water as a beverage may be given with advantage. A general treatment with the intention to equalize the blood, stimulate the stomach, and strengthen the kidneys. Vigorous frictionizing the skin after a cool salt bath will be beneficial. Warm bathing at night



TREATMENT FOR DIARRHOEA, CRAMPS, NAUSEA AND GASTRITIS.

may be resorted to occasionally, as it will promote quiet and restful slumber.

DIARRHOEA.

Causes—Any kind of indigestible food will cause diarrhoea. Acid fruits, oily or tainted substances, continued use of purgative medicines, sudden application of cold to the body, the suppression of perspiration, intense mental depression, etc.

Symptoms—Frequent discharge of the bowels of a feculent matter, accompanied by griping. The stomach has a bearing down sensation, there is a sense of fullness in the lower bowels, a considerable accumulation of gas is generally present, and at times causes great pain. After each evacuation a feeling of relief is felt for a time, but the pain is again renewed before another operation.

Treatment—Flex the spine over the knee on the lumbar plexus. Place the positive hand on the lumbar plexus and the other opposite, exercising the intention to re-establish normal functions, and to restore the ideal daily evacuations. Should the transfer of rheumatism or gout cause these symptoms, magnetic fomentations of hot water should be applied over the bowels, a hot foot bath is recommended, and should be continued until perspiration is produced, hot drinks of all kinds, except intoxicants, is advised to aid perspiration. If

the trouble has been produced by cold or obstructed perspiration, the patient should be kept warm. Drink freely of diluted hot drinks, use the tepid bath daily, and let the underclothing be of flannel.

DISORDERED SKIN.

Dark blotches, moles, freckles, sun-burn; is the usual result of diseased action. These conditions are caused by exposure to the sun. These unsightly discolorations can easily be removed by simply stimulating the absorbent glands of the skin, to take them up and carry them away. Treat the skin with rapid friction, with the intention of stimulating the absorbent glands, enabling them to expel these unsightly blemishes. Birth marks should be left severely alone as they cause more trouble in an attempt to remove them.

DIZZINESS.

This is generally preceded by a rush of blood to the head, even at times when there is no excitement. In this case there is general derangement throughout the whole system, and a general treatment is all that is needed, with the intention of equalizing the circulation of the blood.

Causes—The principal causes are impoverished blood, indigestion, constipation, general debility, and excessive mental labor.

Treatment—Equalize the circulation, stimulate the stomach to renewed activity, force the blood away from the head, while treating, exercise a steady intention to re-establish normal conditions throughout the whole body.

DISORDERS OF THE OIL GLANDS.

(Dry skin). When the skin becomes dry and hard, the oil glands are inactive, and can be restored by applying a brisk frictionizing treatment, with the intention to bring to those glands their natural vigor. The soap bath will assist in its restoration. It should be applied in the form of a thick lather and left on until next day, when it may be washed off and another applied. Continue this with the above described magnetic treatment until the healthy conditions are restored.

DYSPEPSIA.

There are few cases of sickness, either acute or chronic, where this ailment has not in some way had something to do with it. It is primarily the cause of most all the diseases to which mankind is subject.

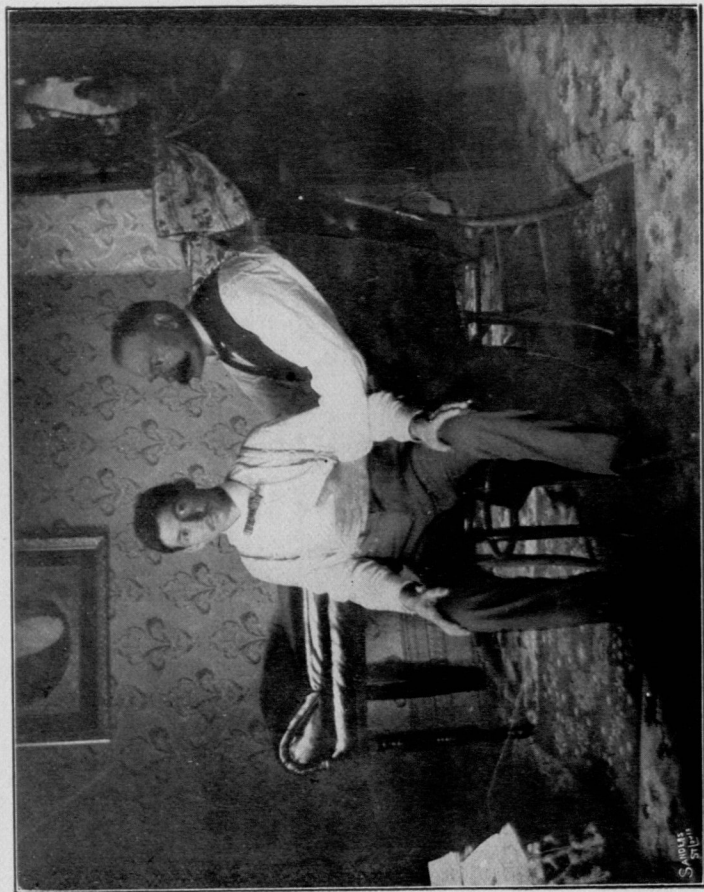
There are not many people who have not had some experience with this trouble.

Occasional spells of indigestion may appear at any time, and are nearly always caused from overloading the stomach, with food and strong stimulants, such as wines, liquors, and

intoxicating spirits of all kinds. Chronic indigestion may be contracted by a long continued intemperance, either in eating or drinking. One of the most common causes for indigestion is, not masticating the food properly, the stomach having the principal labor to perform, finds itself unable to perform such a huge task, it is forced to leave a part of its work unfinished, and a portion of the food is then left in the stomach to ferment and decompose, thus furnishing the lacteals with a substance poisonous to the system, which is taken up and cast into the blood, where it is expected to supply nourishment for the general system and rebuild the worn out tissues, etc. Another cause is no observance in regard to the quality of food eaten, it should be at all times fresh and wholesome, and always in the proper quantity; and all irregularities as to times of eating, excessive use of tea or coffee, or drinking malt liquors too freely should be avoided.

Among other causes that may be mentioned, are the want of exercise, insufficient breathing, impure air, etc.

Symptoms—Among the first signs is the loss of appetite, at other times there is a ravenous craving for food, and again it becomes uncertain and irregular, at times there is no desire for food whatever. Often there is a nauseating feeling immediately after eating, and



FORCING VIBRATIONS THROUGH THE STOMACH AND ABDOMINAL REGION, WITH INTENTION TO PRODUCE
THE RESULT DESIRED.

occasionally the whole meal is lost by vomiting. One great prevailing symptom is a sense of fullness, a feeling of weight, and an uneasy sensation of distention, even at times producing great pain, occasionally accompanied with eructations and flatulence. Pains may appear when the stomach is entirely empty, and at other times immediately after eating, or again, the pain may not appear for an hour or so after taking food. Constipation often follows the above symptoms of dyspepsia, especially when the person inclined to neglect the regular daily evacuations. The bowels often act in an extreme manner, either costive or the reverse, they are never normal in their movements. Among other symptoms are palpitation of the heart, irregular pulse, impaired mental strength and energy, short breath, and almost always severe head-aches are in evidence.

Treatment—In advance of giving the magnetic treatment, it will be well to give some idea of the many important directions as to the conduct of the patient. A sponge bath immediately after arising should be taken every morning, from one to two cups of hot water should be drank at least one hour before breakfast each morning, very little tea or coffee should be used at breakfast, after breakfast take short exercise, or the exercise may continue until fatigued, after which rest until

the dinner hour, which should be about one or two o'clock. The foods should be mutton, fresh or preserved fruits, and Graham bread. Small quantities of tea or coffee may be used, but in no case should there be excessive use of those beverages at meals. Water should be the main drink at all times, and may be used in large quantities at regular intervals during the day, but never more than one glass full at a time. Any person of average size should drink at least three quarts of water every day of their lives, as the body can and will consume that much every twenty-four hours. Never retire until you are tired and sleepy, or you may grow restless and wakeful, and have trouble in drifting off to sleep. If you will wait until you become sleepy you will have no trouble in falling into a quiet restful slumber.

The magnetic treatment will be found expedient and effective in all cases of long standing, and even when all other remedies fail, and is resorted to as the only hope.

If the patient is a chronic sufferer, try to assist him in the above directions, and give him the following daily treatment. Place your hot positive hand over the solar plexus and the other opposite and force the vibrations through the stomach, exercising a steady intention, for at least five minutes, to restore the normal circulation in that region. Stimulate the general circulation by stroking down the

spine. Give special instructions as to relaxed periods for at least ten minutes both night and morning.

EARACHE (OTALGIA.)

Acute periods of ear ache are indicated by great pain in the auditory tube, caused principally from cold, or detention, some times it is neuralgic. Grown people often suffer from ear ache while cutting wisdom teeth.

Treatment—Place a folded handkerchief over the ear and breathe gently through it into the ear tube for a short time or until the pain subsides, after which place the hot hand over the ear until you have produced perspiration, which indicates a restoration of the circulation. If the patient is suffering from other troubles where the ear ache is only produced in sympathy, it will be necessary to eradicate the general cause before permanent relief can be had, however, it is often that the extreme pain will never reappear.

In all cases where an abscess is forming, a general treatment will be necessary, and will assist the abscess in its efforts to pustulate and finally discharge. After the breaking of the abscess warm magnetic water should be used in syringing the ear, which should be repeated twice daily.

EPILEPSY.

Or falling sickness is caused from external injuries done to the brain by concussions,

blows or bruises, extreme nervous affections, great mental excesses, dyspepsia, constipation, etc.

Treatment—The patient is often attacked without warning, and falls, uttering a scream, which when once heard, will never be mistaken as to its cause. There is always frothing of the mouth, and a distorted appearance of the face, showing a great rush of blood to the head, the blood veins become greatly distended, there is a sudden snappy activity in the lower jaw, which often causes painful lacerations of the tongue, the hands are spasmodically clenched, and hold to what they may grasp with a death-like grip. The lungs are undergoing a great strain in their efforts to keep up their respiratory functions. In the course of time the body gradually relaxes, and the symptoms pass away, and the patient becomes conscious again, having a faint idea of what he has just gone through. After the convulsions subside, the patient is usually exhausted, and wanders off into a semi-conscious state of mind, and may fall asleep which often continues for several hours. Several days may pass before the patient entirely recovers.

If an operator is present when the patient is undergoing one of those convulsions, he should first see that the patient does not injure himself in any way, then force the blood away from the head as much as possible, by rapidly

stroking the head and neck downward, the throat and chest should be manipulated with the intention of relaxing the muscles and forcing the blood into the lower part of the body, always see that the clothing is perfectly loose so that it will not interfere with this application. All cases can be immediately relieved in this way, and the patient be brought back to consciousness in a very short time, and can eventually be restored to health by giving a general treatment daily. As the period for another fit approaches, the patient should eat food very highly seasoned with salt, it will tend to relieve the patient very much. The patient should take great care at all times to keep his passions under complete control. A handkerchief immediately placed over the face is said to instantly overcome the convulsion.

ERYSIPELAS.

Or the "Rose," as it is sometimes called, on account of its color; it is also known as St. Anthony's Fire, on account of its resemblance to a scald or a burn, also because it is said that the above named saint had the power to cure this disease with a touch.

The primary cause of this disease is an overburdened and impoverished condition of the blood, and on the first opportunity that presents itself in the shape of a bruise or a scratch

on the surface of the skin, an inflammation will set up, and continue on until a clear case of erysipelas is at hand.

Treatment—This sort of ailment should have the same local treatment as a burn, but as to constitutional or general treatment the system should be brought up to the general standard of health, and the disease itself will be an easy affair to overcome. Local manipulations with the intention of forcing the abnormal accumulation of blood from the seat of the disease, and applying continually the magnetic cold compress.

EYES.

Inflamed or granulated sore eyes should be bathed at least three times a day with magnetized water. Place the patient in a dark room or exclude the light as much as possible. (See treatment for blindness.)

EXHAUSTION.

This is an over-worked and collapsed condition of the body. The motive power has, in a great measure, been consumed or absorbed. The best remedy for this trouble is absolute rest. In toning up the bodily functions, treat the spine with the intention of equalizing the circulation. Induce the patient to resort freely to a deep breathing exercise, as often as possible, as there is nothing that will restore the patient as rapidly as plenty of fresh air. At

least three quarts of water should be consumed by the patient every twenty-four hours. If the patient is corpulent, a cold sponge bath should be given with rapid frictionizing immediately after arising in the morning.

FAINTING (SYNCOPE.)

This is a partial abatement of the regular action of the circulation, inducing unconsciousness, caused by a diminished flow of blood to the brain.

Causes—All kinds of sudden emotions, such as fright, ecstasy, excitement, and loss of blood, any one of which will tend to debilitate and reduce vitality.

Symptoms—The patient generally falls, apparently lifeless to the ground, a cold, clammy sweat appears on the patient's body, there is a death-like paleness in the face, the limbs are powerless to sustain the body, which sinks apparently as in death, and it may be some time before there is any signs of life. The above describes a faint in its worst form, but the symptoms may appear in a milder form, and the faint be less intense.

Treatment—Sprinkle the face with cold water, open the clothing about the neck and chest, and let the patient have access to all the fresh air possible.

Frictionize the neck and chest exercising an intention to assist the blood to the heart

and to equalize the circulation. As soon as the patient revives somewhat, a glass of magnetized water should be taken with the intention to stimulate the heart action. When the patient faints from the loss of blood, no immediate action should be taken, as this is the only safety the patient has in holding on to the thread of life. Ladies subject to attacks of fainting should avoid crowded places, even in their own clothing, also where the air is impure, and avoid all exciting tendencies, at least that which is liable to disturb the ideal mental equilibrium.

FUNDAMENT (FALLING OF THE)

In connection with constipation, in straining at stool, and in extreme cases of diarrhoea and dysentery, a protrusion may take place, but the most common cause is straining at stool, while the bowels are in a constipated condition. The patient should be instructed to immediately arise from stool as soon as the first installment of faeces is discharged. The patient can rest awhile before finishing the evacuations without a prolapsus of the rectum. If the rectum has passed upon the outside it can easily be replaced by a gentle pressure with the fingers covered with a soft cloth coated with vaseline. It should not be allowed to remain down very long, as this will prevent the free circulation of the blood,

which will cause a great deal of unnecessary trouble. Children should not be allowed to remain long at stool. A cold sponge bath is recommended. In order to overcome this ailment the constipated condition, which always exists in connection with prolapsus, should be permanently broken up. See constipation and how to treat it.

FEVERS (ALL KINDS.)

The healthy bodily functions are more or less impaired when fever sets up in the body. Fevers may be in sympathy with some deep seated inflamed condition. Fevers consume the vital energy, and prey upon the tissues at times to an alarming degree. The heat of the body during fevers is considerably increased, the pulse becomes more rapid. The appetite disappears, and the patient becomes dull and listless, with a sense of weakness, pains in the head, back and limbs, hot flashes, cold and chilly sensations, great thirst, a hot dry skin, and a furry tongue. All of which are in most part caused by neglected colds, lack of healthy excretions, intemperance, and infection of contagious diseases.

Treatment—In his work on human science Prof. Fowler has to say: "Guard against or forestall all acute fevers. They are not causeless but caused, and that by precursors as apparent as they are violent. They generally

gather a long time before they burst, and are usually the most violent in those whose constitutions are the strongest, because such un-load disease as fast as it is generated, till some sudden cold stops up the outlet, when their powerful constitutions grapple right in resolutely with their disease, and the two struggle for mastery so violently that one or the other must conquer promptly."

"All such will get well if they give the life force a fair chance. A constitution able to set up so fierce a struggle, is therefore able to win a victory. Let them fight it out."

Heroic medicines are positively dangerous in all such cases. Superadding their inflammation to that of the disease, endangers a sudden snapping of the cords of life. Let the life force alone and it will struggle through; for it would not grapple thus resolutely unless it had the power to overcome. It would take hold more leisurely and cast out more gradually if it needed to. All Nature's provisions warrant this conclusion."

"Previous care will stave off the battle. Self inspection can always tell beforehand that the thunder-cloud of disease is gathering, and about how long it will be before it will naturally burst. It is always preceded by a dark, livid red about the face and eyes; too much general inflammation; a bad and haggard, or else a wild glaring look, along with other

signs of inflammation, including passional irritability. Let such beware how they violate the health laws much longer; for retribution is knocking at their door preparatory to their arrest."

"Mothers should watch these and other signs presaging sickness in their children, and take the patient in season, put them on short dietetic rations, soak their feet in hot water, and put them to bed early, covered up warmly, with a cup of hot tea, so as to start the perspiration."

"Aching bones, violent, sharp, darting pains, local or general, an irregular appetite, or none at all, restlessness, and bad dreams during sleep, etc., signify that the gathering disease storm is about to burst."

"Begin in season. Be careful not to take cold, to which you are especially pre-disposed in proportion as you are loaded with disease.

"Keep well housed and warm, but eat nothing, let your system live on its accumulated carbon. Lay a wet cloth on your stomach at nights.

From the author—Take a deep breathing exercise with the intention of forcing the secretions into the lower bowels to induce the ideal regular daily evacuations. Breathe fast and deep, keep the room well ventilated.

Do not try to do any work as that will only aggravate the malady.

Remember that the power to overcome the attack is in the patient and anything to arouse this force should be resorted to. The power of the will brought to bear. The operator should frictionize the skin so as to induce a lively excretory action. If the patient is thirsty, let him drink abundantly of either hot or cold water, which furnishes the system with a vehicle on which to convey the corrupt materials from the body. Take every precaution to prevent taking more cold. If the fever seems to stay with the patient, discourage all thoughts of impatience, as that will only add fuel to the fire, encourage all thoughts that will tend to keep the patient in a calm, restful and hopeful state of mind, and in a few days the patient will be entirely restored to health and will be in a better physical condition than if he had not been sick.

The sick room should be decorated with cheerfulness more than any other one thing, the nurse should bear in mind that the patient is to be encouraged under all circumstances. A sad, sorrowful, cranky, whining nurse will do more harm to the patient than the doctor's drugs can possibly do, and those last two great destroyers are to be avoided as much as possible, but, should there be a time when it is desirable to shift the responsibility of the case

it might be well to govern yourself accordingly. No one should be allowed to whisper, or to act in a suspicious manner, which might convey to the patient the impression that there is danger at hand, as this will kill all the courage and hope left in him, and a collapse may then at any time be expected. Though the patient be a child; any alarming actions, will be immediately noticed and acted upon with a lightning like rapidity, thus weakening the will power, which is to be depended upon as the real remedy.

Never allow your patient to anticipate death as that does more to induce it than all else. Compassion or commiseration bespeaks danger. The attendants should at all times encourage the patient to exercise his will-power to overcome his physical weakness. Give him to understand that the same power that created him will sustain and restore him to health, if he will rely upon it. If you do anything to assist nature, be as careful not to interfere with it, simply let it take its course, and carefully guide your patient through to convalescence.

GALL STONES.

Gall stones are a calculous concretions formed in the gall bladder, and in passing from the gall bladder they cause excruciating pains, the stones of large size are the ones which cause the greatest suffering. As soon as

the stone passes into the bowels the pain ceases. The usual size of the gall duct is about that of a large rye straw, and as some of the stones are larger than the gall duct, it is with great difficulty that the stone is passed through this duct, and often considerable time is consumed in its passage.

Symptoms—An agonizing pain in the region of the stomach or slightly on the right side. If the case is of long standing there will be considerable soreness in this region. After the stones have all passed the patient rapidly recovers, and there is no more trouble until another batch of stones have accumulated. This state of the system may continue at regular intervals for years, without any very serious danger to the patient, but he will find it very inconvenient to be forced into these paroxysms at regular intervals. It will be observed that there is little or no fever present when the patient is laboring with his pains, and no inflammation whatever in this region.

Treatment—At first give the patient a hot magnetic bath. In the absence of the operator, a hot magnetic compress is to be applied over the seat of pain. The magnetic treatment is applied thus: Place the positive hand over the region of the stomach, and if the patient is in bed, place the other hand on the forehead, exercising a steady intention to equalize the circulation and to annul and sub-

due the acute painful conditions, and to neutralize the disturbing elements, thus preventing a further accumulation of the biliary calcula. A few treatments for this special purpose have been successful in preventing the recurrence of this disturbing condition.

GONORRHEA.

Gonorrhea consists of a purulent discharge from the urethra, characterizing an inflammatory condition attacking the extremity of that passage, extending through the entire gland.

Symptoms—Evidences of its presence are generally observed after the third or fourth day, in others from five to nine days and sometimes longer, after connection. In about three or four days the orifice of the urethra begins to swell, there is some irritation in the parts, there is a sensation of itching in the male organ, and more or less soreness in the whole urethral tract. The lips of the orifice are slightly feverish, and drier than usual. In a short time a whitish mucous discharge is observed, which increases from day to day until it becomes quite profuse. There is a scalding sensation in passing urine. As the discharge increases the color changes from white to a yellow or greenish cast. The patient is annoyed with painful erections, which is otherwise called chordee. It seems to be almost

impossible to get medicinal remedies from the long list of drugs, and the patient is often forced to seek a magnetic healer for relief. In these cases the patient is troubled with frequent desire to urinate, which is passed with some difficulty, and often only a few drops at a time. There is often a disturbance in the groin, the glands of which are in sympathy with the inflamed condition of the urethra. These are called sympathetic buboes, on account of their diminishing or increasing in size according to the amount of inflammation in the passage.

Treatment—A general or constitutional treatment is indicated in this ailment when it has been long neglected. In addition to this, the daily bath should be resorted to. Give an injection of magnetized water immediately after urinating, and instruct the patient to practice the deep breathing exercise three times per day, and drink in the morning two glasses of hot or cold water at least one hour before breakfast each morning, and during the day in the forenoon, say at nine, ten and eleven, one glass at each of those hours mentioned. The same in the afternoon, and two more after supper.

Keep the bowels well open, and see to light diet and the patient will soon be convalescent. Absolute cleanliness of the parts are strictly necessary.

No malt liquors or other intoxicants should be used, as it only leads to its inflammation. Nothing should be drank except water and milk.

The diet should be looked after, and nothing eaten that will cause more irritation, such as acids and sweets, use only the most cooling materials, such as farinaceous food, and for the ordinary drink let it be straight hot or cold water, or milk. Absolute rest should be enjoined upon the patient at all times.

GOUT.

Gout seems to be closely allied to rheumatism, and occasionally works hand in hand with rheumatism. The origin of Gout is indigestion, and is on account of fermentation of food in the stomach, creating acids which poison the blood, and those acids are floating around in the blood seeking an outlet, they find a convenient lodgment in or near the joints of the hands and feet, where they finally locate for business.

Treatment—Avoid all stimulants, either in food or drinks. Let the patient be kept perfectly quiet.

If the patient is able to sit up, place the hot hands upon the patient's stomach and back, exercising the intention of neutralizing the effect of the disturbing elements, equalize the circulation, and to assist the dormant functions

into greater activity, stroking the spine to stimulate the nervous system.

GRAVEL.

When the worn-out constituents of the blood are secreted with the urine, and the urine is held too long within the walls of the bladder, this calculi seems to leave the urine, and begin to solidify, which will accumulate and form a gravel. These small grains often find lodgment in the folds of the bladder, gradually growing larger until they are recognized as being a great disturbing element in the region of the urinary canal.

Symptoms—Many times those deposits take place in the kidneys, which cause great pain in the back and loins, often shooting to and from the bladder, causing the most excruciating pain. The deposits finally accumulate in the bladder and create an unbearable, with almost a continuous desire to urinate, and a rasping or scraping sensation while voiding the urine. In the male there is often very severe pains in the glands-penis. When the urine finally is allowed to settle there will be found a deposit of a gravelly substance, with more or less variation in size and color.

Treatment—Any symptoms as above described indicate a general derangement of the system, and it is therefore necessary to look after the cause more than the consequence.

Local treatment is necessary in order to give immediate relief, but to permanently cure the patient, the cause must be sought, found and eradicated. The local application is made by placing the positive hand over the sacrum and the other on the opposite side, and vice versa, holding several minutes, or until your patient shows that he has forced the circulation through the parts involved, after which the general treatment may or may not be applied, as the operator thinks the case may require.

HAY FEVER.

Hay Fever, or Hay Asthma, as it is sometimes called, is an inflammation of the air passages, which generally comes on about hay harvest, and is looked forward to by the patient with considerable dread and fear which aids its reappearance at this regular annual period, as its yearly visits are much encouraged by suggestion. The popular belief is that there is a pollen of some wild vegetable growth which is floating in the air and finally is breathed into the throat and lungs where it causes an inflamed condition, which is the source of much annoyance and discomfort to the patient.

Treatment—This troublesome condition is treated the same as Catarrh of head and throat, with the intention to force the natural secretions into the afflicted parts, and after

this has been done, the nose will require more attention than usual, so much so that it will be found necessary to apply the same treatment as for headache. There will appear at times and in some patients slight deafness, and this part of the treatment will be found fully explained under that head. A general toning up of the system will be necessary in the successful treatment of Hay Fever in all its forms.

HEADACHE.

There are about as many different kinds of headache as there are different kinds of stomach troubles. There is no permanent relief from headache except to remove the cause, which, in most cases originates in the stomach, but not always so. Among the many kinds of headaches that may be mentioned are: Bilious or Sick, Congestive, Rheumatic, Periodic, Organic, Nervous, etc. Neuralgia is another kind of headache, which is in most cases hard to locate the direct cause, except to assume that the system needs to be righted, which in a general way might be said of most all of the other kinds of headaches.

Treatment—Place the patient in a chair with a low back. Take your place behind him, heat your hands very hot and place them over the temples, holding them firmly against the head for a few minutes, then heat your hands again and place the positive on the

forehead and the other on the back of the head or neck, and hold firmly a short time, then stand behind your patient and breathe onto the top of the head, alternately stroking it down from front to back. Continue these applications until you are satisfied that the patient has taken your suggestions, which you can know by the extent of the perspiration visible, which, if profuse, indicates considerable relief, and fair evidence that your efforts were not in vain.

HEART DISEASE.

Symptoms—In detecting the condition of the heart and its actions in health, it will be discovered that the heart has two distinct sounds, very much like the beat and its echo, which comes immediately after. Any deviation from this may be regarded as evidence of disease. It need not be considered that on account of any increased or decreased motion of the heart that the heart is the seat of the trouble, as such is not always the case, as the principal causes of palpitations is not on account of the heart but the blood, which does not respond to the action of the heart, on account of an impoverished and burdened condition which prevents its free circulation through the veins and arteries, and more especially the capillaries.

The two classes of heart diseases are functional and organic.

Among the former are fainting and palpitation. Those symptoms are confined to those of nervous temperament, or in weak, delicate and hysterical women, which condition is primarily induced by a weak stomach. The organic diseases are numerous, among them may be mentioned, pericarditis, carditis, endocarditis, atrophy, hypertrophy, dilatation and valvular diseases.

Treatment—As in most all other diseases, the general health should be attended to both as to mind and body, and in all heart trouble there should be an extra effort to keep the mind of the patient in as cheerful a mood as possible, as there is nothing so dangerous to the sufferer as excitement.

In this ailment, as in all others, find the cause, and eradicate it. There will, in most cases of so called heart disease, be found nothing the matter with the heart, except its inability to perform its functions, on account of the material which it has to work with, the blood being burdened with foreign substances to such an extent that it is so overloaded that the heart cannot force it through the body, and as the efforts to do so are sometimes heroic and spasmodic, it is only the natural consequence of an overburdened circulation, and should be treated as such, and it will be immediately relieved. To purify the blood it will be necessary to increase the circulation

by rapidly stroking the spine downward, with negative hand on the heart, exercising a steady intention to remove the burdened condition.

The stomach should come in for its share of attention, as it is always at the bottom of poor circulation or heart trouble. The breathing exercise is recommended as an assistant to the regular magnetic treatment.

HEARTBURN.

Heartburn is not a disease of the heart, but a decomposed or fermented condition of the contents of the stomach, causing a burning sensation in the region of the heart, as it is supposed, but the real seat of the disturbance is in the stomach. It is one of the many forms of indigestion. All the juices of the stomach turns to acetic acid, the gastric juices included.

Treatment—Stimulate the stomach with an application of the hot hands, exercising the intention to force the natural secretions and to neutralize the acids thus toning it up to its functional activity.

HICCOUGH.

Symptoms—Hiccoughs are produced by a spasmodic action of the nerves and muscles of respiration, causing convulsive movements of the midriff. It is one of the many apparently little ailments which if permitted to continue on undisturbed, will in time become more or

less alarming, and often gotten rid of with much difficulty.

Treatment—The best remedy for hiccoughs of short duration is, have your patient sit or stand in an erect position and breathe very deeply and very slowly for a moment in order to break the regular spasmodic contraction of the respiratory muscles. Another is to sip very slowly a pint of magnetized water. Hypnotism is very successful where the patient is a good subject, if he is not, ply the hypnotic suggestion without his knowledge, with a persistency that will force his mind into higher vibrations and the hiccoughs are gone. The hot hand can be applied to the stomach, exercising the intention to relax the diaphragm, thus removing the cause.

HIP JOINT DISEASE.

These diseases are mostly confined to children from the ages of 4 to 12 years, prevailing mostly in damp climates, however, some cases are met with in high and dry altitudes, and in persons of different ages than those mentioned.

Symptoms—The symptoms appear to be very much like rheumatism, a pain will generally appear in the knee, causing slow and painful movements, the limb will become emaciated, and in a short time the hip joint will become inflamed, which, in its swollen

condition, will push the ball of the joint from the socket, thus elongating the limb, causing great pain, and interfering with the motion of the limb, which will soon necessitate the use of crutches.

Treatment—The hot hands applied to the joint, exercising a steady intention to overcome the diseased condition and to establish normal circulation through the joint, which will, in time restore the part to its former state of health.

The general system should be kept in perfect order, thus expediting the ultimate recovery of the hip-joint. Flex the limb in all directions, revulse all the muscles of the hip and thigh, which will tend to release the circulation.

HOARSENESS.

Is generally a swollen condition of the throat, which interferes with the free vibrations of the vocal cords.

Causes—It usually comes from over-speaking, singing, taking cold, breathing dust and dampness.

Treatment—Gargle with clear, cold magnetized water five or six times a day, place the hot hands upon each side of the throat for at least five minutes, exercising the intention to force the natural secretions, and to restore the normal circulation, which will overcome all the inflammation and restore the patient to

health. Rotate the head and neck in a wringing motion.

HYPOCHONDRIA.

This is a nervous disease of the worst form, bordering on insanity, if it is not expressly classed with those ailments. The patient imagines he is or wants to be almost anything. He is generally loaded with some great imaginary disease, which is about to take him off, if there is really anything ailing him, he thinks it is much worse than it really is, or that there is no hope for his case. He often has extreme ideas as to weight, height, and strength. He is an extreme individual in anything that his mind may dwell upon. Their thoughts are mostly of their own trouble. They grow very suspicious of those around them, even of their best friends. The derangement is generally only functional as to some of the nutritive forces.

Causes—The causes are about as numerous as the symptoms, among them may be mentioned nervousness, indigestion, constipation, diarrhoea, masturbation, excess in anything will do its share in producing those conditions.

Treatment—The operator must be guided according to the conditions and symptoms found when the patient presents himself for treatment. A general treatment would be indicated from the above mentioned causes. It

will be necessary to use some pretty strong suggestions in treating those cases, in fact, the hypnotic method would apply to this class, and there is no doubt that it is the best suited to those troubles, and is therefore highly recommended.

IMPERFECT SIGHT (AMAUROSIS.)

This is a dimness of the eye-sight, with dark specks floating before the vision. The pupils become dilated, with no sensibility to light. The stomach will be found at the bottom of this trouble. The indications are over-eating, excessive indulgences, extreme habits, etc.

Treatment—Take a cold sponge bath, if possible, every day. Let the food be entirely vegetable. Exercise should be taken in moderation, and avoid all mental tention, and anything of an exciting character. Give the same magnetic treatment as in blindness.

INCONTINENCY OF THE URINE.

This ailment is more of an annoyance than anything else, very troublesome.

The sphincter muscle seems to have abandoned its control of the neck of the bladder, allowing the urine to continually flow undisturbed as it is excreted by the kidneys.

Treatment—The intention should be exercised to increase the vitality in the region of the sacrum, assist the natural functions,

draw to the urinary organs an increased quantity of blood, stimulate the general circulation, this is done by an application of the hot hands, one each on the pubis and sacrum, exercising a steady intention to produce the conditions desired.

PERICARDITIS.

It may be brought on by taking cold, it may come from sympathy of some other inflammation, such as rheumatism or kidney diseases.

Symptoms—There is usually very acute pains in the region of the heart, and is very tender to the touch; it is often found impossible to lie upon the left side, without great pain. The symptoms of pleurisy are sometimes taken for the above troubles, and the pains are very much the same in severity. Often the pulsations become very rapid even to palpitation. If there is any accumulation of watery fluid around the heart, which may be seen in extreme cases, when the bulging is seen by an elevation of the chest.

The heart is sometimes involved and becomes inflamed. The symptoms in both cases are the same, and the treatment should be alike in both.

Treatment—To remove the pain and inflammation, place the positive hand upon the breast in the region of the heart, the other opposite, exercising the necessary intention until the pain subsides, after which, use the

passes if deemed necessary, to equalize the circulation. A general treatment in these cases is advisable as in most cases the stomach and bowels are involved.

INFLAMMATION OF THE LIVER.

On the right side under the ribs will be found a painful condition, with some pressure, as though there was a hard lump, slight fever, short breath, no appetite, great thirst, pale and yellowish skin and eyes, are the symptoms usually met with in liver complaints.

Treatment—Every thing should be avoided of a heating or stimulating nature. The diet should consist of light soups or broths, and some vegetables. Drink an abundance of hot water, say at least six to ten pints a day. The bowels, of course, should be kept open, in all cases. Short exercise should be indulged in daily. In giving the treatment sit behind or in front of your patient, place your hands on each side of the body a little above the waist line, force the vibrations into the inflamed parts, exercising a steady intention to break up the congested condition and restore harmony.

INFLAMED SPLEEN.

Inflamed spleen is occasionally brought on by chills and fever. A swollen and painful condition in the left side above the waist

line. The spleen is more or less enlarged, it can often be felt by the hand. The patient is generally constipated, the legs become very weak, and a burdened and impoverished condition of the blood, sometimes causing palpitation of the heart.

Treatment—Apply the same treatment as in inflammation of the liver. A warm bath should be taken once or twice a week.

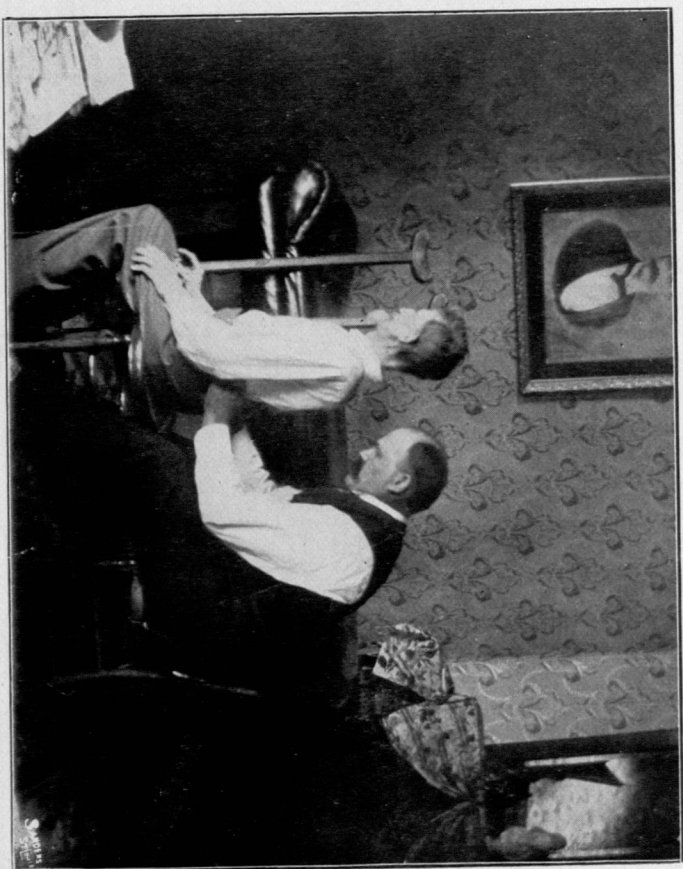
GASTRITIS.

This ailment is felt by intense pressure in the stomach, caused by gas accumulating within the stomach inflating it to a painful degree, producing nausea, hiccough or vomiting, and usually some fever. Ice water drank when the body is very warm will produce it. Any starchy food causing fermentation will cause it.

Treatment—Place the positive hand (very hot) upon the stomach and the other upon the lumbar plexus, exercising the intention to produce eructations, after which give a general equalizing application. If the patient is corpulent, a cold sponge bath is recommended, otherwise let the bath be tepid. Total abstinence will be advisable until the pains subside. (See cramp in stomach.)

INFLAMED KIDNEYS.

This disease may be known by pain in the region of the kidneys, accompanied by a sore-



TREATMENT FOR DISEASES IN THE LUMBAR REGION.

ness in the loins, and a numbness in the thighs.

Treatment—Be careful of all kinds of stimulating foods and drinks. The diet should be very light and chiefly vegetables. Hot water in abundance should be the principal drink. Apply the hot hands to the kidneys at least ten minutes, exercising a steady intention to break up the inflammation, and to equalize the circulation. Revulse the muscles of the lumbar plexus.

INFLAMMATION.

Inflammation of the different organs of the body are treated in the same manner as the foregoing diseases. The diet should always be light and nourishing. The drinks should be principally water, neither extremely hot or cold. The intention to be used in treating should correspond with conditions desired. The magnetic treatment in any of those cases should continue until the "aura" appears in the palm, it may take three minutes or it may require half an hour to produce this effect, but in no case can the treatment be complete until this effect has been produced. This shows, without doubt, that your patient has been benefited, that your efforts have reached the subjective mind of the patient, and started the forces which are to overcome the diseased conditions of the body.

INFLUENZA.

This disease belongs to the epidemic class, and its visits are without warning, and spreads with great rapidity. The symptoms are very much like a complication of diseases all at the same time. There is fever, great weakness, no appetite, short breath, great thirst, bad cough, and a heavy cold on the lungs, throat and bronchial tubes; there is usually much pain in the head and eyes, running of the nose. The fever soon passes away, but the inclination to add more cold continues for several days and the patient should avoid exposure as much as possible.

Treatment—Those having a robust constitution and a generally healthy body will have very little trouble from this source, but those of a weak and debilitated organism will have a fierce battle with the enemy before it can be vanquished, but with the proper influences brought to bear on the case the patient can easily pull through. Medical treatment is not to be considered. The room should be of even temperature and maintained at about seventy degrees F. Let the patient remain in bed, keep the bowels open, the drinks should be principally hot water, at regular intervals, a hot magnetic compress is of great value. Take great precautions when the fever leaves, as the body is then very susceptible to external influences, and should

not be exposed. It is needless to say that the diet should be light and nutritious.

In most cases there is very little treatment required except in chronic cases. Plenty of rest and good, warm, comfortable quarters and a good nurse will generally bring the patient out in good shape. The magnetic treatment should be for the intention of breaking up the fever, forcing the perspiration, equalizing the circulation, and stimulating into activity the natural functions of the body. The application should be made with the hands very hot on chest, throat and stomach. The spine and intercostal muscles should be manipulated with the intention of overcoming the congestion. Give the neck the rotary treatment.

JAUNDICE.

The cause of this trouble is an obstructed condition of the bile duct, or the neck of the gall bladder, interfering with the free passage of the gall into the intestines, causing the bile to be absorbed into the blood, producing a yellowish appearance of the skin and eyes.

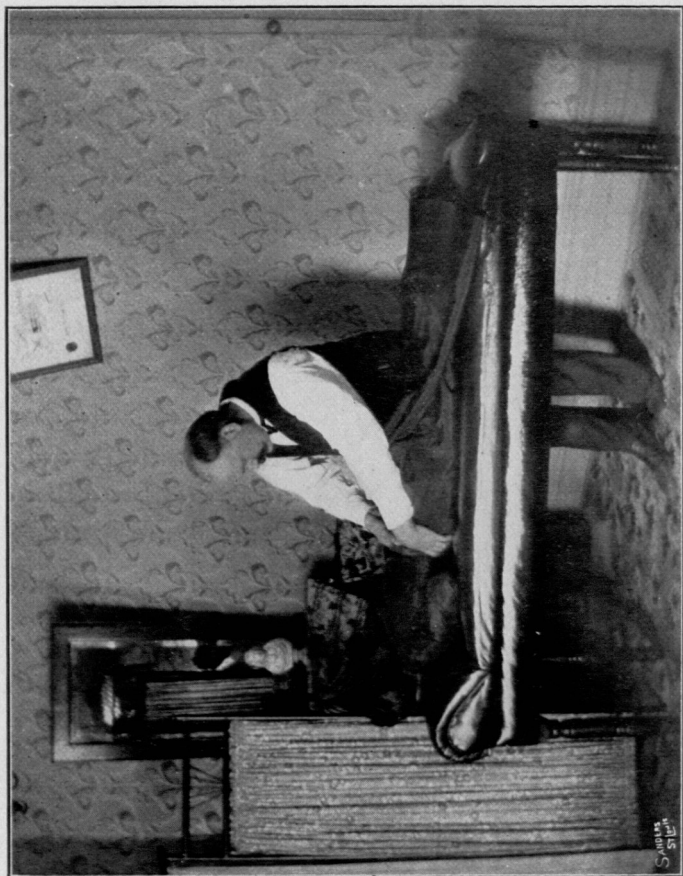
Treatment—In connection with this ailment the stomach will be found disordered. The diet should be principally matured fruit and vegetables, the drink suitable for this case is mostly hot water; the bowels should be evacuated daily. In treating this trouble the liver should receive the greatest atten-

tion. Place the hot hands on the body in the region of the liver exercising the intention to relax the congestion, stimulate the functions, and equalize the circulation. The stomach should be toned up also with an application of the hands with the intention of stimulating its functions into activity. The hot magnetic bath should be employed semi-weekly.

LUMBAGO.

Lumbago is in most cases the van-guard of sciatica, the seat of this disease is in the region of the loins, the muscles of the back become very sore and a stiffness of the muscles seems to be the cause of sudden, sharp and shooting pains, which appear as a shock in the lumbar region, which almost prostrates the patient. If this condition is allowed to continue, it gradually follows the sciatic nerve down either limb, producing the usual sharp, shooting pains as in lumbago. This is a rheumatic affection, and should be treated as such.

Treatment—The treatment of this ailment has been discussed under the head of rheumatism, but it can be repeated under this head for the convenience of the reader. You will recognize this trouble by its plunging, darting and violent character, which appears in paroxysms which generally last from one to six hours, and with extreme agony and suffering while it lasts.



TREATMENT FOR FEMALE WEAKNESS, KIDNEY TROUBLE, LUMBAGO, ETC.

Its periodical visits and its absence of inflammation are recognizable characteristics of this disease. In treating this affliction, go first to the stomach, and there you will find disorder, treat the same with the usual intention, which should be to establish normal activity. Instruct your patient to avoid excesses of all kinds. Manipulations are made with a view of aiding the circulation through the parts afflicted; when this is done, you have accomplished all that could be desired locally. Lumbago may be classed among rheumatic affections; it is treated with hot hands with vigorous, deep, hard and heavy manipulations. The intention should never be lost sight of, but kept foremost in the work before you. Flexing the lower limbs with the intention of revulsing the muscles of the spine. Place the patient upon his back and flex each limb in all directions, revulse the muscles of the spine with the intention of removing all obstructions to the circulation, which will immediately relieve the patient.

Many cases of this character have been cured within a week, and the writer has brought permanent relief to many of his patients in one treatment.

NEURALGIA.

This disease can be classed among the rheumatic affections, or, in other words, ner-

vous rheumatism. The face is often attacked, also the ulnar nerve, sciatica also relates to this class of nervous diseases. (See Rheumatism.)

Treatment—A general treatment to equalize the circulation, apply the hot hands to the seat of pain, exercising the intention to subdue the pain and restore the circulation to the painful parts. Induce the patient to relax and become perfectly quiet, then the soothing strokes and passes may be applied with a beneficial effect. Verbal suggestions should be given with the intention of soothing and encouraging your patient to overcome the affliction, bringing the forces within to bear on the discordant symptoms, and to crush them out.

NOCTURNAL EMISSIONS.

Weaknesses of this character are mostly peculiarities of young men, and there need be no alarm as long as they do not occur too often, thus causing extreme weakness. They consist of involuntary discharges of the seminal fluid, influenced by dreams or imaginations of the person so afflicted. If they only occur occasionally, there need be no anxiety felt, but if they become too profuse or too often causing great waste of vitality, the case should be looked after and alleviated without delay. The general cause is excessive indulgences, sexually and otherwise, the system is

invariably debilitated, which condition is the effects of excessive and ruinous practices. It is absolutely necessary that all such influences be immediately checked before permanent relief can be expected.

Treatment—The general treatment should be the same as for Dyspepsia, the local treatment may be best applied by placing the positive hand upon the sacrum and the other over the pubes, exercising the intention to stimulate the nerve centers in that region, to establish normal circulation. The courage of the patient must be strengthened, by arousing his desire and determination to overcome his weakness. Instruct him to use strong auto-suggestions against further losses, with a firm determination to prevent it.

PALPITATION OF THE HEART.

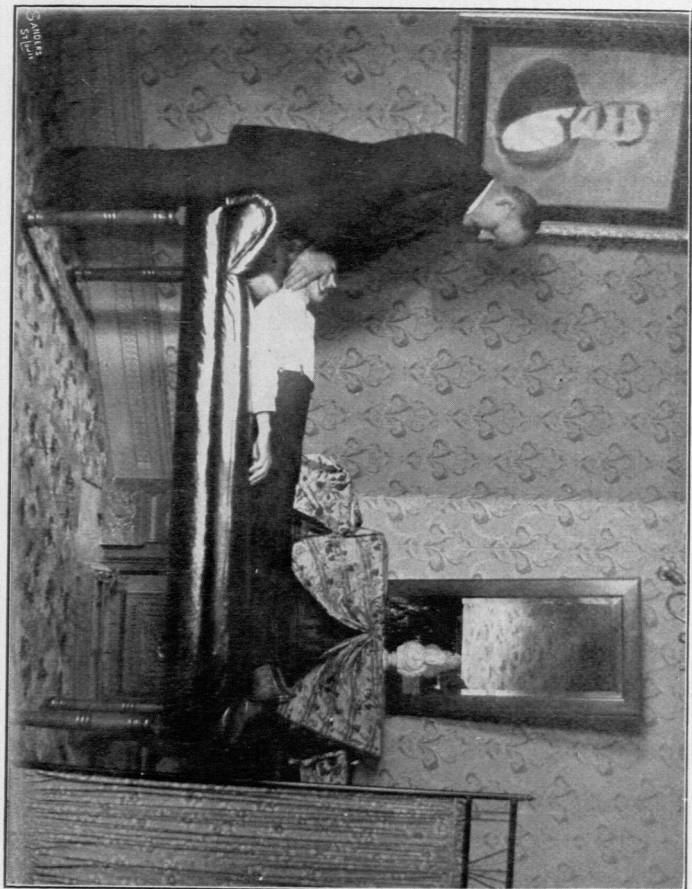
When there is a fluttering of the heart, which can be felt by placing the hand upon the chest, when the patient has no knowledge of it, there is some reason to expect organic disease; but when he observes the symptoms mentioned above, there is only functional derangement or nervous affection. The stomach will, in most cases, be found as the principal cause. The blood is usually encumbered with foreign substances, preventing free circulation. Palpitations are not always an indication of organic heart disease. In most

all cases there is indigestion, causing an impoverished blood supply.

Treatment—The treatment necessary would be very much like that of dyspepsia, or indigestion, except it might be well to treat the heart direct, by placing the positive hand over the region of the heart, and the other opposite, exercising a steady intention to stimulate its functions and restore normal conditions. Raise the palm of the right hand, place the fingers firmly upon the body in the region of the heart, move the hand in a rotary motion, pressing slightly in order to free the muscles of the chest, thus producing a revulsion and admitting a free circulation. If the patient is in a reclining or horizontal position, the mesmeric passes may be used with a quieting effect.

PARALYSIS.

There are several kinds of paralysis, among them may be mentioned Paralysis Agitans, the shaking, or it is sometimes called, the dancing palsy; Hemiplegia, when one side of the body is affected; and Paraplegia, when it is in the lower part of the body which is often deprived of its motive power. But in all cases it is either the brain or the nervous system which is being pressed in some form, which simply cuts off the nerve force formerly controlling that part so affected. There is one form which is called Creeping, on account of



EQUALIZING THE TEMPERATURE, REDUCING THE HEART'S ACTION, INDUCING PERSPIRATION, QUIETING THE NERVES, ETC.

its gradual appearance, sometimes consuming months before it entirely asserts itself. This creeping characteristic denotes general debility, and an obstructed venous or nervous circulation, or both. When the head itself becomes involved the mouth and eye are drawn to the side. The power of speech and memory are more or less affected. If either of the limbs are attacked there will be a loss of motion and sensibility, as well as a shrinking of the muscles of the limb so affected. It is often that the approach is very slight, a finger, the tongue, a hand, foot, arm, or limb may be slightly influenced by a tingling sensation indicating the presence of the first symptoms.

Treatment—The treatment is usually effective at once, but often takes some days to make a good showing in the patient's recovery. Treatment to establish normal circulation is the first thing to be done. The spine must be manipulated vigorously with a deep and heavy rotary motion from the head to the coccyx, do not permit the hand to slip on the skin, but let the skin and muscles move with the hand. The intention during the treatment should be steady revulsion, thus freeing the circulation and nerve force. Flex the limbs in all directions with the same steady intention. Indigestion will usually be found accompanying the above symptoms, and should receive its share of attention, and the

usual treatment for this complaint must be given in order to bring the patient to a rapid recovery. In those cases the patient can easily stand one treatment a day, and in most cases the patient can be restored to health in from two to six weeks, except in cases of long standing, which of course will take longer.

The writer has treated many cases of paralysis successfully, among them may be mentioned a gentleman from Kansas City, Mo., who had been afflicted in his entire left side for four years; he was at times able to move around a little, but his arm was entirely useless, the circulation was so much obstructed that his arm and limb was very cold. After the first treatment the circulation was so much restored that the temperature was almost normal, the treatments being continued daily for two weeks, when he pronounced himself entirely cured.

Another case may be mentioned was that of an old gentleman from Iowa, who was entirely helpless in both limbs and arms, he had not walked for nine years until he was placed in my hands at the Weltmer Institute, after the second treatment he got up and walked from the treating room to the street.

PILES.

Constipation is the principal cause of piles. There will be found small tumors in the lower

extremity of the rectum, usually accompanied by a heavy, painful feeling in the back, loins, and in the bottom of the abdomen, pains in the head, nausea, flatulence are often present. Those tumors are often forced to burst by extreme pressure, causing a hemorrhage, which gives temporary relief.

Treatment—The first effort should be to examine your patient for constipation, and if found should at first be broken up, as in order to get permanent relief this must be done. To assist free motions of the bowels it may be necessary to distend the walls of the rectum, which is done by inserting the index finger as far up the rectum as possible, spreading the walls in all directions, thus permitting the free circulation of the blood. If the hemorrhoids are found to protrude, they should be replaced with a soft cloth spread with vaseline, this should be done very carefully to prevent pain to your patient. This treatment is regarded as perfectly safe and is the most effective treatment known to the writer, and has proven infallible in every case thus far treated. In most cases of obstinate constipation, piles are found to exist, and except in very painful conditions, this direct application is omitted, giving entire attention to the cause, which, when removed, the piles immediately disappear of themselves. In prolapsus of the rectum, the patient should be directed to im-

mediately rise from stool after the passage of the first section of the faeces, which will prevent the protrusion of the rectum. The intention on the part of the operator should be exercised during the treatment, in strict accord with the movements above mentioned. The patient must be induced to assume a passive attitude, and should be kept informed at all times with the intention of the operator, thus securing perfect communication.

PLEURISY (PLEURITIS.)

One of the symptoms of, or the direct cause of pleurisy pains, is a severe cold, with more or less fever, a short dry cough, a depressed feeling in the chest, which increases to an acute pain, a shortness of breath, the pain intensifies with every breath, the pulse is hard and quick, the skin hot, the tongue white, the cheeks flushed, the urine scanty and high colored. Those conditions usually last from three to four days, when they gradually subside, except the pleurisy pains which often continue in an inflammatory condition, finally becoming chronic.

Treatment—There being an inflamed condition, the manipulations and intention should be to equalize the circulation by subduing the inflammation and relaxing the tension in the intercostal muscles, as well as those of the spine and chest. Flex the arms in all direc-

tions, revulse the muscles of the spine with the intention of lifting the pressure from the thorax, thus freeing the nerves, and circulation which gives immediate relief after the first treatment.

The suggestions indicated are a daily improvement until total recovery. All affections of the throat and lungs yield readily to the foregoing treatment.

SCROFULA.

There appears in different parts of the body glandular swellings, which after a time will break and exude a whitish curdled matter. In most cases small lumps appear on the neck which gradually increase in size and number, until they form one large collection of tumors, which finally merge into one whole. There is no part of the body exempt from the encroachments of this disease. It is strictly a blood taint giving evidence of its condition. There are a thousand and one symptoms of this disease and it would be useless to enumerate them. It will suffice to mention that any enlargement of the glands without provocation in the form of colds, bruises, etc., is indicative of scrofula being present in the system.

Treatment—Tepid and cold bathing should be resorted to freely, as this will assist the skin in performing its part in casting out the impurities from the blood. In all those ail-

ments there will be found inactivity in the digestive organs, which should be treated with the intention of restoring them to their normal functions. A general treatment for the special intention to purify the blood. A local treatment of the neck will be of great advantage when the tumors are located thereon. The treatment should be in perfect accord with the general intention to purify the system, making it impossible for the diseased condition to exist, thus literally driving it out of the system. Deep breathing is one of the beneficial exercises that can be resorted to, and should be indulged in very freely. Let the patient have an abundance of hot water at all times, it will keep the perspiratory glands in active operation.

STIFF NECK.

This condition is generally brought on by sleeping near an open window where there is a strong draught of air blowing in upon the body, it is another form of cold, and can be relieved in a few minutes by revulsing the muscles and tendons of the neck and shoulders, with the intention of restoring the circulation, the stiffness will then disappear.

SORE THROAT.

Sore throat is caused principally from a cold, there is usually some inflammation of the membrane, which is only the ordinary

form, and generally passes away in a few days. The treatment is the same as for catarrh.

ANCHYLOSIS.

In Ancylosis there will be found a stiffness of the joint directly caused by the absence of the synovial fluid which lubricates the joint. Any accident that will admit of the loss of this lubricating fluid, will produce Anchylosis, or a stiffness of the joint.

Treatment—Place the patient in a reclining position, and induce extreme passivity, let the eyes be closed, place the hot hands on the stiff joint, exercising the intention to start the secretions which lubricate the joint, this concentration should continue for at least ten minutes at each treatment. The muscles surrounding the joint should have a thorough revulsive treatment, releasing the circulation. When the bones of the joint supporting the synovial membrane become thoroughly knitted together, as if it were one solid bone, the relief of the joint will require several months, to produce revulsion.

CHOREA.

The advance causes of Chorea is generally debility, nervous shocks, extreme excitement, excessive physical or mental labor, in fact all excessive habits are regarded as common causes.

Symptoms—Obstinate constipation, producing pressure upon the nerves and arteries in the pelvic region, thus obstructing the circulation. In this condition the patient is unable to walk steadily, with more or less jerkiness in his movements. In the attempt to communicate motion to any set of muscles, these immediately become uncertain in their actions, and either refuse to obey the will, or obey it imperfectly. The speech is sometimes affected, the eyes lose their brightness and intelligence. In many cases the mentality becomes more or less involved. The entire muscular system is never attacked simultaneously, in some instances, the perfect control which is retained over other parts, compared with the mutinous state of the remainder, is very remarkable. Sometimes, though the gesticulations are most absurd, the speech is easy and fluent; and sometimes, when unable to walk with any degree of regularity, the patient can sing and play with the most perfect accuracy. The patient regards his condition with the most surprising indifference, having no pain to speak of, he seems to enjoy himself and his surroundings with all satisfaction, as though he were in perfect health.

Treatment—Treat the stomach and bowels as the primary cause. After the impacted condition of the colon is removed, and the

bowels are restored to a regular daily evacuation, the patient will begin to improve. Strong manipulations on each side of the spine should be given, with the intention of removing all pressure and releasing the circulation. The limbs should be treated as in rheumatism, exercising the intention to stimulate the nervous system and restore the circulation to the extremities. Flexing the limbs in all directions if they indicate a low temperature or a slow pulse.

SUPPRESSION OF URINE.

A frequent desire to urinate, accompanied with great difficulty in doing so, is called **STRANGURY**. If no water can be passed it is called suppression of urine.

Causes—Exposure to cold, excessive drinking, constipation, enlargement of the prostate gland, stone in the bladder, or kidneys, etc.

Symptoms—If from stone in bladder, the stream will be divided, or suddenly checked. If from stone in the kidneys, often nausea, vomiting, and pains in the loins. A constant desire to urinate, and cannot, or if it can be voided, much pain and difficulty accompanies the action. The bladder is usually much enlarged. The prostate gland often acts as a check-valve, and is generally considerably enlarged.

Treatment—All straining in an attempt to void the urine should be avoided, and an effort

on the part of the patient to relax should be encouraged. The bowels should be kept open. Place the patient in a quiet, easy and comfortable position so that he can become perfectly relaxed, induce him to assume a passive state of mind. Place the positive hand upon the sacrum plexus, the other on the pubis, exercising the intention to relax tension in the obstructed parts, stimulate the natural functions to normal action, subdue the inflammation, and free all obstructions to the circulation. Gentle strokes down the spine, with the intention of equalizing the circulation and soothing the patient. As soon as relaxation can be produced, the urine will flow freely, and your patient will be in perfect ease. Let your suggestions to your patient be to relax, and assume a quiet state of mind.

Place your patient face downward, close the right hand and place it upon the spine in the sacral region, giving a sudden downward pressure from the coccyx to the lumbar plexus, with the intention to free the nerves controlling the urinary organs. There have been many cases cured permanently at the Weltmer Institute, some of long standing, one in particular, was that of a gentleman in north Missouri, who was continually tormented for fifteen years. He is now in perfect health.

VOMITING.

The principal cause of vomiting is indigestion, or a lack of perfect digestion, the stomach being overloaded, the contents decompose, and a nauseating feeling, followed by spasmodic efforts to evacuate the stomach. It may also be caused from weakness. When the sickness comes from indigestion, it is not to be considered as alarming, but rather the means of relief. It should, therefore, be assisted by drinking luke warm water. If the vomiting is caused by spasmodic affections of the stomach, a hot magnetic compress may be applied, which will afford relief.

If the patient is in bed, reach over him, grasping the body below the shoulder blades and lift gently until the body bends, then place both hands upon the abdomen after making them as hot as possible, let them remain for a few minutes, exercising the intention to quiet the nervous system. If the patient is sitting up, the operator stands behind placing the knee near the spine on the left side near the small of the back, he now takes the patient by the shoulders and pulls gently but firmly backward. Let the patient relax to correspond with the movements of the operator. Place the hot hands on each side of the cervical plexus for a few minutes, exercising the intention to produce perfect relaxation.

WARTS.

Warts, moles, etc., can be eradicated by being burnt out with scarcely the least pain, thus: By so holding a sunglass or strong lens in the sun that its focus will cover the head of the wart or mole for a minute or two, you kill the life of its head, and within a week it comes out from its roots, a smooth skin forms in its place, and it is dead without leaving any descendants. This cure applies equally to all hair moles.

SCALDS, BURNS, ETC.

Scalds and burns should be immediately immersed in water, cold or warm, as is most agreeable, and kept there till the smarting ceases, then cover them with flour and let them alone. The fact that after half or more of one's skin has been scalded or burnt, he must die, is full of meaning, and shows how absolutely essential is its office, but if those scalded by hot water or steam will jump into cold water, clothes and all, or can have cold water dashed upon them, will instantly stop their hot clothes from burning them any more, and take out the burn more effectually than any other means. Or if a hand, arm, foot or any other part of the body, is thus burnt, either hold the parts in water or bind with a wet bandage, or lay on a thickness of cotton cloth, and pour

on cold water, gently, but steadily, until the pain ceases. The cold probably effects the cure, because as soon as the flesh heats the water the burn aches; whereas, moving it in the water, that is, keeping cold water next to the skin, eases and cures it.

CUTS AND BRUISES.

Cuts and bruises should be bound up in their own blood, before they stop bleeding, and then left alone, or if they cause pain, keep them wet with cold water. Blood is the best dressing in the world. It coagulates and dries, thus forming an air-tight covering, which seals up the wound while nature goes on to heal it. Do salves or plasters carry off waste matter or insert new flesh? They are better than nothing, because they keep out the cold, protect it, etc.; but do that far less than a blood poultice.

Powdered chalk on all kinds of sores and raw places is most excellent. It unites with the exudations to form a perfect coating under which the healing progresses finely.

Dressings irritate, and must be avoided as much as possible. Of course when suppuration is in progress, the yellow, corrupt matter must have an outlet, which can easily be made through the blood overcoat.

Every touch pains, because it injures. Let our involuntary shrinking from it warn all to let them alone.—Fowler.

Cold water is the best restorative. It will probably give a feeling of comfort and what feels good, is good.

ATROPHY.

Atrophy is a gradual wasting of the muscles of any or all parts of the body, caused by inactivity of the lacteals, in not taking up the nutritive elements of the food, or indigestion, which admits of decomposition of foods eaten, thus destroying all nutritive processes, which is literally starving the body. The nerves being poorly nourished, they lack the necessary energy to perform their natural functions, producing a contracted condition of the arterial circulation, thus preventing the free distribution of what little nutrition there may be left.

Treatment—For the restoration of wasted flesh, the blood circulation must be restored, if only temporarily, in order to convey the nutritive elements to all parts of the body, this process will stimulate the nervous system, and start up the digestive organs, which will in turn, furnish more energy for the up-building the emaciated muscles. The following manipulations are excellent with a strong, and steady intention to liberate the circulation. Revulse all the spinal muscles, as well as the intercostal and abdominal muscles, flex all the muscles of the limbs, and to remove all re-

maintaining pains, the mesmeric passes may be successfully employed.

WHITE SWELLING.

Called Hip Joint disease sometimes, is a very painful and distressing affection of any of the joints of the limbs, mostly the larger joints. Immediate attention to this disease will prevent it from assuming a chronic character. The knee is the joint mostly attacked, although any joint is liable to become the seat of the disease. It will be met with mostly in its chronic form, and will require considerable time and patience to cure it.

Treatment—Place the hot hands upon the joint, hold the joint firmly until perspiration sets up, after which ply the joint in all directions, revulse the muscles, exercising a steady intention throughout to restore the natural functions to their normal condition. Suggest improvement after the patient has become perfectly quiet and relaxed for a few days.

(CEREBRO) SPINAL MENINGITIS.

In the examination of the patient, obstinate constipation will be found, also the tongue will be coated white, a hot and dry skin, great thirst. There is a rush of blood to the head, and much throbbing of the arterial circulation. The eye balls become blood shot, and the pupils contracted, the eyes have an

expression of great fear, there is often symptoms of delirium, nausea, and vomiting, and even mild fits and spasms are in evidence. There is shooting pains which causes the patient to scream out with a suddenness resembling an explosion. More or less fever is present, and the upper part of the spine is congested, and the muscles in the region of cervical and dorsal vertebrae contract at times so much that the head is drawn back, but this symptom does not always occur.

Treatment—In treating spinal meningitis, it is essential at all times to reduce the fever, and start the peristaltic action of the bowels.

Revulse the muscles of the head and neck, with the intention to releasing the circulation and induce relaxation.

The spine should receive vigorous manipulations, revulsing the muscles through the entire length, exercising the intention to relax, release the circulation and remove the pressure from the nerves. Treatments should be given every six or eight hours.

GRANULATED SORE EYES.

This seems to be a chronic state of an acute attack of ordinary sore eyes, which has been neglected, or, at least a case which has not been cured, and if allowed to continue may result in serious consequences, and may interfere considerably with the patient's sight.

Treatment—Place the patient on a stool, taking your place behind him, gently manipulate the insides of the orbital ridges as completely as possible, revulse all the surrounding muscles, which restores the circulation. If there are many granules present, manipulate to dislodge them by forcing the circulation through that region. Hold the hot hands over the eyes for a few minutes, exercising the intention to equalize the circulation and restore normal conditions. Suggest improvement with daily treatment. Many cases have been cured at the Weltmer Institute, which had been previously treated with every known remedy without relief.

INFLAMED EYES.

The vanguard of inflamed eyes is cold, and needs treatment for that ailment. The local conditions are inflammation of the eyeball and lids. There is a smarting sensation to that produced by dust, the balls become very red, showing an effusion of blood in the veins.

Treatment—Thrice daily application of magnetized water will do much to reduce the inflammation. See treatment for Granulated Sore Eyes, which is applicable to this condition as well. Suggest improvement when directions are followed to the letter.

LOCOMOTOR ATAXIA.

The patient finds difficulty in properly maintaining his balance, and in walking his movements are tottering, like a man intoxicated. It is difficult for him to maintain his equipoise and walk with his eyes closed. If his arms are affected, their movements are uncertain. The eyes and attention must be constantly directed to the motion which is about to be performed, or it is imperfectly done. The brain centers in this case supply the weakened action of the nerves, and the stimulus to the muscles is directed by the objective, instead of the subjective mind, as in health. Still later, the action of the muscles become spasmodic and jerking. The neuralgic pains become, at times very distressing; there is often a sense of constriction around the limbs or body, as if they were encircled with tight cords. In extreme cases locomotion becomes impossible, the patient is unable to bring the hand to the mouth, and the speech may become impaired, articulation being imperfect and difficult. In all cases there is more or less loss of sensation to the lower limbs. The inability to feel the contact of the ground or floor occasions the difficulty of walking.

Causes—Indigestion, general debility, excessive indulgences, extreme mental or physical labor, long continued use of intoxicating liquors, excessive use of stimulants, anything

that will tend to break down the nervous system is liable to produce it. Constipation is said to be one of the immediate causes, as the impacted colon causes pressure upon the nerves, and obstructing the circulation within the abdominal region, thus preventing the free action of the nervous system, thereby cutting off communication from the subjective mentality, which must depend upon indirect communication through other nerves not involved, to the muscles to be acted upon, to which action is necessarily uncertain and imperfect. The general health does not seem to be influenced to any very great extent, and on this account, it has the appearance of a local disease entirely, while the cause may be a general weakness of the entire system.

Treatment—The writer has treated many cases of this character, and some of them were entirely cured, while others were greatly benefited.

In treating this ailment, try to discover the cause, and remove it. If it is constipation, your patient will immediately show improvement when it is broken up. It is well to depend upon general treatment until there is observed a direct obstacle in the free action of the nervous system, which must receive immediate attention, until the cause is removed. Establish perfect circulation. See perspiration and water drinking directions.

Treat the muscles of the spine with the intention of freeing the nerves and increasing the circulation, stomach and bowels; to restore perfect digestion, and daily evacuations, revulse the intercostal and thoracic muscles, with the intention of increasing respiration and chest expansion. Prescribe semi-weekly baths, intention to remove obstructions and encourage perspiration.

SMALL POX—HOW TO TREAT IT.

All contagious diseases can be easily handled, and never prove fatal when the proper precautions are taken in time. Take that of Small Pox, one of the most dreaded diseases that can afflict humanity, this can easily be used to get rid of all the morbid poisons that have accumulated in the system, as completely as any other means known to science, extending the chances to live to a ripe old age. If the person has been exposed, and before the disease manifests itself, let the diet be very light, resort frequently to the sweat baths, the magnetic vapor bath is the best.

Drink hot water and teas at short intervals, and especially on going to bed. Take extra precautions to prevent taking cold.

When the disease makes its appearance, let it take its course, and be careful not to offer any opportunity for a relapse. A magnetic flour poultice should be applied upon the face

to prevent pitting, and should be worn until the skin is entirely well. Never allow the scabs to be disturbed, but let them drop off when the proper time comes. When the patient is convalescing, and the appetite is improving, there should be extra care taken as to quality and quantity of food eaten, and exercise may be taken, but never to a point of fatigue. If any of the pits do not fill properly, apply a cloth wet with magnetized water, keep the cloth always thoroughly wet.

Never lose sight of the fact that the power to pull the patient through is in him, and it is the operator's duty to see that those forces are kept at work and are doing their whole duty, there being perfect agreement between the operator and patient there is no such thing as fail.

Everything depends on how the patient comes through the spell, as to his future. If he gets out in good shape, he will be the better for his sickness, but if he remains loaded down with effects of drug treatment, he will be later burdened with other ills.

All possibilities of relapses should be guarded against at all hazards. They are much more dangerous than the disease itself, and are many times more fatal. Most all yellow fever patients die from relapses, rather than the disease itself, on account of the want of attention during their illness. The nurse is

the most important personage in the care of the sick, and an expert should be employed where it is possible to do so. This applies to all contagious skin diseases.

APPENDICITIS.

Miss W., 20 years old, has been cured of Appendicitis by a new method. No knife was used, no medicine, no poultice, no ice pack, none of the usual methods used by doctors and surgeons. Only eight minutes elapsed from the time the doctor reached the patient until he had completed his work.

The operator, Dr. H., of this city applied one hand to a point midway between the thigh of the young woman and a point above the stomach. Then bent up the right leg at the knee joint and gave the leg a slight twist by means of a quick motion, emptying the appendix by forcing the femur bone against it. Miss W. is up and feels no inconvenience.

DEAFNESS.

The eustachian tube, an air passage which communicates between the throat and middle ear. This passage is lined by a continuation of the mucous membrane which covers the throat and nasal passages. The catarrhal process, by continuity of surface, follows the mucous membrane, thickening its structure, until the eustachian tube is closed, and the beautiful mechanism of the middle ear is thus

rendered useless. While the thickening of the mucous membrane is going on, and the passage is gradually becoming closed (and this process extends through several years), the patient will occasionally, while blowing the nose, experience a crackling in one or both ears, and hearing becomes dull, but returns suddenly, accompanied with a snapping sound. This may be repeated many times, until, finally, hearing does not return, but remains permanently injured. In other cases the hearing is lost so gradually that a considerable degree of deafness may exist before the person is aware of the fact. Either condition is often accompanied with noises in the head, of every conceivable description, increasing the distress of the sufferer.

Treatment—Stand behind the patient, place the hand over the ears pressing them gently but firmly forcing the vibrations through the auditory tubes for a few minutes, then place a folded handkerchief over the ear and breathe slowly through the handkerchief into the ear, then place the index fingers one in each ear as far as possible without pain to the patient, then suddenly withdraw them, producing a noise similar to that of drawing a cork from a bottle. The auditory nerves should be rotated with the intention of refreshing and reinforcing local nutrition; it is also revulsive, a potent stimulant to the organs and function of hearing, and has often cured deafness.

To distend the walls of the eustachian tube, have the patient grasp the nose with thumb and finger, closing the nostrils, force the air into the mouth with considerable pressure, which will cause the air to pass into the eustachian tube, thus admitting a free passage of air to the middle ear, which immediately restores this particular kind of deafness.

In treating the ears, have the patient concentrate his mind upon the middle ear while the operator holds his hands over the auditory tubes, exercising the intention of forcing the circulation through the weakened organ, toning the nerves to normal activity. In most cases the general health needs attention, and will do much to prepare the system for local treatment of the ears.

SEMINAL WEAKNESS.

“Man possesses few powers which are more highly prized than those of virility, which is the very essence of manhood. He is but the counterfeit of a man, who hath not the life of a man.”—Pierce.

Seminal Weakness may be the result of marital excesses. A proper sexual gratification contributes to the health and happiness of both parties. On the other hand, intemperate indulgence not only prevents fruitfulness, but ultimately, if persisted in, renders the husband entirely impotent, and under-

mines and destroys the constitution of the wife. Spermatorrhœa may be induced by spinal irritation, intestinal worms, or piles.

NOCTURNAL EMISSIONS.

When there is great weakness, seminal discharges may be induced by lifting heavy weights, pressure upon the genital organs, horse-back riding, straining at stool, or even upon urinating, as muscular efforts are made to expel the last drops, which appear thick and viscid.

They are at first occasioned by lascivious dreams, yet, as the disease progresses, the erections become less perfect and the losses are only revealed by the depression of spirits experienced next morning, and by the stiffened and stained spots on the linen. In the beginning these emissions may not occur more than once in two or three weeks, unless the patient becomes unduly excited or stimulated by drinks, food or otherwise, but, as the disease progresses the emissions may occur as often as once every night. In the advanced stages of the disease the testicles and other generative organs waste and become reduced in size. There is a weakened condition in the sacrum, and in the posterior region the flesh will be perceptibly cold and more or less barren of circulation.

Treatment—Manipulate and revulse the

spine in the lumbar and sacral region, place the positive hot hand upon the sacrum and the other upon the pubis, exercising a steady intention to force the circulation into the weakened organs, continue this application until aura appears in the palm. Suggest improvement, after each treatment, with a strong determination upon the part of the patient to overcome his weakness. The results, with this treatment have always been entirely satisfactory, as the writer has never failed in a single case.

IMPOTENCY.

Impotency is a loss of sex power, often caused by marital excesses. The powers of erectile tissues are diminished, and there is weakness which prevents the act of copulation, or the erection may be slow and not last long enough, on account of a functional condition of the spinal cord.

Treatment—The treatment is the same as that of Seminal Weakness. The patient will observe his return of manhood on awakening in the morning with an erection. The patient's back will become stronger, and all pains will disappear.

CONGESTIVE CHILLS.

Treatment—Place the patient upon the side and with the points of the fingers force the muscles of the spine away from the spinous process with an upward tendency, just before

the regular time for the chill, or as near that time as possible. Commence at the inferior cervical ganglion, and proceed downward, revulsing the posterior muscles on each side, from the spinous process to anterior intercostal and thoracic muscles. A rotary motion may be applied with both hands placed flat upon the body, thus producing active capillary and surface circulation.

Place the hot hands upon each side of the neck, exercising a steady intention to equalize the circulation. Let the hands encircle the neck, the operator standing or sitting at the right and in front of the patient, continue this application until aura appears in the palm, when your patient is entirely relieved for that treatment. Those treatments should be kept up until the chills are entirely broken up. After the semi-daily chills have been overcome, the patient should take a treatment once each week for three weeks just before the regular time for the weekly reappearance.

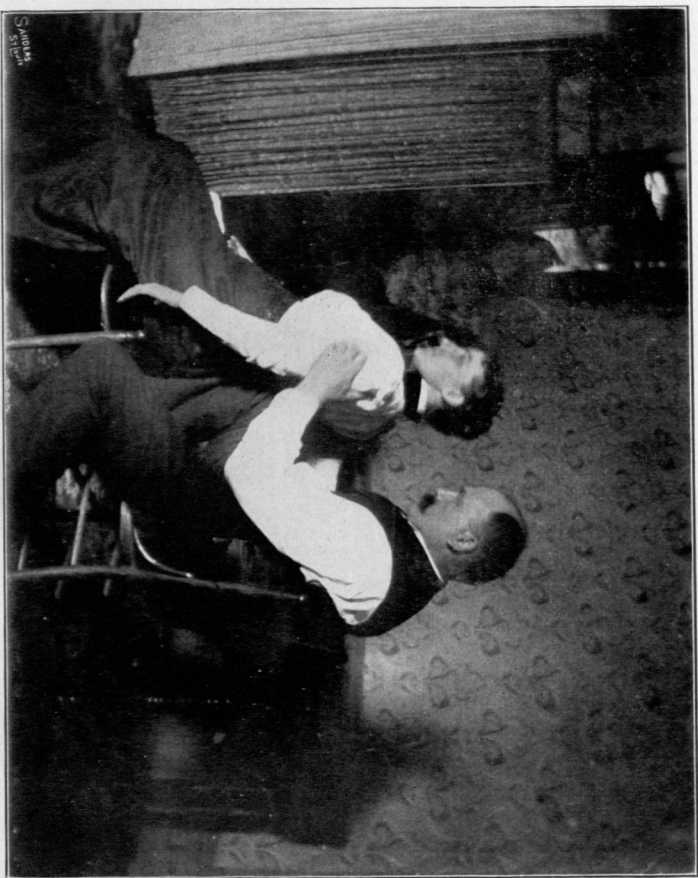
GOITRE.

In his description of Goitre, Dr. Pierce has this to say: "The thick neck or Goitre, also some times called bronchocele, consists of an enlargement of the thyroid gland, which lies over on each side of the trachea, or wind-pipe, between the prominence known as the 'Adam's apple,' and the breast bone. The

tumor gradually increases in front and latterally, until it produces great deformity, and often interferes with respiration and the act of swallowing. From its pressure upon the great blood vessels, running to and from the head, there is constant liability to engorgement of the blood, the brain, and to apoplexy and epilepsy, etc. When the enlargement makes its appearance, it continues to increase as long as the person lives, unless appropriate treatment is resorted to."

Causes—A writer in a Swiss journal, Feuilles d' Hygiene, states that the disease is often due to an impeded circulation, in the large veins of the neck, from pressure of the clothing, or from the head being bent forward, a position which is often seen in school-children, when the muscles of the back of the neck have become fatigued.

Treatment—Grasp the clavicle with thumb and fingers, lifting it up as much as the patient can stand, and at the same time take the arm of the same side and raise it as high as possible, using it as a leverage to stretch the muscles of the throat and chest, with intention of freeing the circulation. Work the other side the same. Give a general neck and head treatment, revulsing all the muscles and tendons thereto attached, which will force into activity the absorbent glands, which are to be depended upon to remove the goitre.



STRETCHING THE GREAT SOLAR PLEXUS FOR MESENTERY ACTION.

AMENORRHOEA.

The prevailing cause of suppressed menstruation is undue exposure to cold, failure of the general health, dullness of the eye-sight, with the weak and delicate, extreme languor, shiverings and tremblings. With the strong and robust, there will be a strong and full pulse, headache, pains in the limbs and back. When the menses do not appear at the regular periods there will be much excitement and irritation, with the above symptoms very pronounced. There will often be discharges of blood from the nose, mouth, stomach or bowels. In some cases the circulation will be unbalanced, extremes of temperature will simultaneously exist in different parts of the body, flushing of the face with cold extremities, and a tendency to faint, or become hysterical.

Treatment—Have the patient take horizontal position, face downward. Revulse the muscles of the lumbar and sacral vertebrae, very deeply, upward and outward.

Place the left hand upon the sacral plexus, and with the right under both knees, lift the limbs as high as the patient can bear it. Repeat this movement three or four times each treatment. The intention to be exercised while giving this treatment is to revulse and relax the lumbar and sacral muscles, thus re-

moving the pressure from the nerves controlling the genital organs.

Let the patient lie upon one side, place the hot hands each upon the sacrum and pubis, exercising the intention to stimulate the uterus and its supporting ligaments. Those applications, as a rule are successful in a few treatments, but some obstinate cases require many treatments, however, if persistently continued the most tenacious will finally yield to this treatment, as the efforts cannot possibly be in vain.

DYSMENORRHOEA.

The principal symptom seems to be that of pain during the menstrual period, there is not sufficient relaxation at the exit of the uterus to admit of a free discharge which would necessarily prevent an accumulation of matter within the walls of the uterus, necessitating a spasmodic effort to dislodge the accumulation which is done by a sudden contraction of the walls, forcing the contents to the exterior, after which the pain subsides until another accumulation, which is voided as above, accompanied by the usual painful symptoms.

Treatment—The treatment is very much like that recommended for Amenorrhoea. In either case the hot hip bath is regarded with much favor for temporary relief. Hot magnetic compress, and vaginal injections of warm

magnetized water is very beneficial in all cases.

MENORRHAGIA.

This term is restricted to an immoderate monthly flow. The menstrual flow may be in evidence too often, may appear too frequently, continue too long, or be too profuse. It weakens and enfeebles the patient, shortens the respirations, and debilitates to extremes.

Symptoms—There is a painful, itching and a weighty bearing down in the region of loins and abdomen, and often the breasts are much disturbed and become irritated. Headache, great thirst, and nervousness, unsettled feelings are present. In due time the flow makes its appearance and the above advance symptoms immediately disappear. The only marked symptom after the extreme loss of blood is a very weakened condition of the patient. If the flow discontinues, it is only displaced by leucorrhea, which causes the patient to gradually lose strength from time to time and finally the patient takes to her bed, completely exhausted.

Treatment—The patient should remain in bed in order to control the excessive flow, and cold, magnetic compresses freely used. Give a general treatment with the intention to relax and quiet the entire system. Suggest rest and perfect ease when the circulation is thoroughly equalized. Encourage your patient to

assume a hopeful attitude and avoid all nervous tension and excitement. Local applications with the hot hands upon the pubis and sacrum for a period of five to ten minutes, exercising a steady intention to allay all exciting conditions and induce perfect repose.

In all cases as above described a permanent cure may be expected in a few days, when the general health has been thoroughly looked after.

General treatment see page 142.

PROLAPSUS UTERI.

The womb (Uterus) is supported in its place by resting upon its vaginal walls, and by a broad ligament on either side, as well as by other connective tissues. In general debility, the supports of the uterus like the other tissues of the body become weakened and unable to perform their functions, thus permitting various displacements of that organ. The causes are aggravated by tight lacing, the pressure of the clothing increasing the weight upon the uterus, and by the pressure of an impacted colon as in constipation, and the straining at stool. These causes combined press the uterus down through the vagina until it is sometimes forced out into the world. The above causes apply to nearly all women now living, and few escape, even the girls, before they have hardly reached the age of womanhood are afflicted

with those troubles. The foregoing explains the mysterious condition of most of such women who ought to be in perfect health.

Symptoms—The most prominent symptoms are sensations of dragging down in the region of the womb, pain in the back and loins, inability to lift weights, much fatigue from walking, leucorrhoea, a frequent desire to urinate, irritation of the lower bowel, and derangement of the stomach. The womb may protrude from the vaginal orifice; in very rare cases, wholly protrudes and may be inverted. We have already said that general debility favors prolapsus of the womb, but various general and local circumstances and conditions also favor its occurrence. Excess in sexual intercourse give rise to leucorrhoea, producing a relaxed condition of the vagina, upon which the womb rests, and, in this way, one of its supports is weakened.

Enlargement of the uterus from congestion, and inflammation or tumors also favor prolapsus. Abortion may leave the womb enlarged, its supports weakened, and result in displacement.

FLEXIONS AND VERSIONS.

When the uterus is bent upon itself it is called flexion. Instead of falling down into the vagina, as in prolapsus, the womb is liable to fall or be forced into other unnatural posi-

tions. When the womb is bent backward it is called retroflexion; if forward, ante-flexion.

Symptoms—The most prominent symptoms of retroflexion of the uterus is a sense of weight in the region of the rectum, difficulty of evacuating the bowels, and, sometimes producing obstinate constipation. There may be also suppression of the urine, and the menses may be diminished in quantity. If retroflexion is due to chronic enlargement of the uterus, caused by abortion or parturition, the patient suffers from an immoderate menstrual flow.

Causes—Congestion is liable to occur in women possessing an extremely active temperament, as well as in those of sedentary or indolent habits. Retroflexion is a common occurrence in both married and unmarried women; it is a secondary affection, and, when it is caused by congestion, the menses are painful and are reduced in quantity, and there is pain in the back and a sense of weight in the region of the rectum. In some instances there is a sympathetic irritation of the mammary glands, and a consequent secretion of milk. There may also be nausea and vomiting, which often lead to the erroneous opinion that the patient is pregnant.

ANTE-FLEXION.

Ante-flexion of the uterus denotes a bending forward of the body and fundus of the

uterus, while the neck remains in its natural position. In versions of the uterus, neither the body nor the neck is bent upon itself, but the whole organ is completely turned backward or forward.

RETROVERSION.

Retroversion of the uterus, signifies a change in the position of the womb, so that the upper, or fundal portion of the organ drops back toward the cavity of the sacrum, while the neck preserves a straight line in the opposite direction. The fundus presses forcibly against the rectum, while the upper part of the vagina bends abruptly and forms an acute angle near the mouth of the uterus.

Symptoms—Retroversion is indicated by bearing down pains in the loins and a difficulty in evacuating the bowels.

Causes—Jumping, falling, or undue pressure from the contents of the abdomen, may suddenly cause retroversion of the uterus. Sometimes retroversion is caused from obstinate constipation.

ANTE-VERSION.

This term designates another unnatural position of the uterus, in which the fundus, or upper part of the organ, falls forward, while the neck points toward the hollow of the sacrum. This position of the womb is the reverse of that of retroversion. In its natural posi-

tion, the fundus of the uterus is slightly inclined forward, and any pressure, or forward traction, is liable to cause it to fall still further in that direction.

Symptoms—One of the most common symptoms of ante-version is a frequent desire to urinate, in consequence of the pressure of the uterus upon the bladder. The free flow of the menses is sometimes obstructed.

Causes—The causes are tight lacing, prolapse of the abdominal organs, weakness of the supporting ligaments, and enervating habits.

Treatment—In treating all the various displacements of the uterus, the prominent indication is to tone up the general system, for by so doing we also strengthen the uterine supports. Digestion should be improved, the blood enriched, the nutrition increased, so that the muscles and ligaments which retain the womb in its proper position, may become firm and strong. The womb will thus be gradually drawn into position by their normal action and firmly supported. The idea that a displacement is only a local disease, requiring only local treatment, is a mistake. However, temporary relief can be given by local treatment, and should be resorted to at the proper time, which should be after the causes have been removed.

A restoration of the general health will re-

sult in the cure of these displacements, the uterus will regain its tone and muscular power, and the local derangement with its attendant pain and morbid symptoms will disappear.

Give general treatment daily, and local treatment when the bowels are free, simply insert the index finger and gently replace the uterus to its normal position, and while holding it in its proper place have the patient contract the sphincter muscle of the vagina which supports, or should support the uterus, several times, in order that it may be repeated by the patient, twice daily while in a recumbent position, before arising and after retiring, is the most convenient, and should be practiced until complete relief is obtained. In this exercise, all the muscles and ligaments supporting the uterus are brought into action, thus, by exercise, they are strengthened and are enabled to perform their normal functions.

Manipulations corresponding with the requirements are those indicating general treatment of the spine with deep, revulsive movements, exercising a steady intention to restore normal circulation and remove all pressure from the nerves in the lumbar region especially, enabling the motor system to operate freely within the walls of the pelvis.

Suggest improvement when all directions are strictly complied with. Impress upon

your patient the necessity of becoming passive to the treatment, as, in order to secure the best results, there must be perfect accord between the patient and operator.

ULCERATION OF THE UTERUS.

The severity of the symptoms depends upon the character of the ulceration. It may be purulent, or associated with leucorrhoea hemorrhage. If ulceration be slight and local, few symptoms will be present; but if it be associated with uterine debility, congestion and inflammation of the mucous membrane of the uterus, the discharge will be profuse, and there will be fixed pains in the back and loins, a bearing down sensation, and great difficulty in walking. The discharge is weakening, as it impoverishes the blood, and thus reduces the strength.

Ulceration may be induced by anything that excites inflammation of the lining membrane of the mouth and neck of the uterus. The use of pessaries, excessive sexual indulgences, injuries occasioned by giving birth to children, congestions, enlargements and displacements, may all operate as causes.

Treatment—The daily application of the general treatment of the spine and stomach is essential in all cases of this character.

Ulcers of the womb must be healed in the same manner as ulcers upon any other part

of the body. Enrich the blood, tone up the system, keep the ulcers cleansed with warm magnetized water, and they will generally heal. Local applications should be made with the hot hands upon the sacrum and pubis, for at least ten minutes at each treatment, exercising a steady intention to increase the circulation through the afflicted parts and to force the natural secretions, thus checking the inflammation and re-establishing normal conditions.

OVARIAN TUMORS.

Ovarian Tumors develop within the ovaries, and are filled with a fluid or semi-fluid matter which is formed within the walls of the tumor.

The cysts vary in size, in some instances they are not larger than a pea, while in others they are capable of containing many quarts of fluid.

FIBROID TUMORS.

Fibroid Tumors of the uterus are composed of fibrous tissue, identical in structure with that of the uterine walls. They are met with in all sizes, from that of a shot to that of a mass capable of filling the entire cavity of the abdomen. Cases are on record in which these tumors have attained the weight of seventy pounds.

The manner in which fibroid tumors termi-

nate life is generally by debility and prostration produced by pressure on, and consequently, interference with the functions of some one or more of the organs essential to life; or by anaemia and debility, produced by the severe hemorrhages, which in intra-uterine or sub-mucous form not infrequently induces.

POLYPOID TUMORS.

Tumors of this character are of three kinds, cystic, mucous and fibrous. They vary greatly in size, sometimes being as large as a tea-cup; and their point of attachment may be extensive or consist only of a small pedicle. The cystic or mucous varieties may spring from any portion of the mucous surface of the uterus, but they are more frequently met with growing from the mucous membrane lining of the servical canal, and pendent from the mouth of the womb; while the fibrous variety generally grows from the sub-mucous tissue at or near the fundus, or upper portion of the uterus.

The most prominent symptoms of polypoid growths, are hemorrhage, which is almost invariably present, leucorrhœa, pain, backache, and a sense of weight and dragging in the pelvis.

Treatment—Have the patient assume a recumbent position, and completely relax all mental and physical tension and become en-

tirely passive, close the eyes, concentrate the mind upon one thought suggested by the operator, and strive to maintain passivity to that particular thought only, have the patient dwell upon the suggestions of the operator, who should strive to reach the patient's subjective mind at all times through the manipulations and proper suggestions.

Place the hot hands upon the tumor, forcing the vibrations into it, exercising a steady intention to stimulate the absorbent glands into greater activity, thus taking up the tumorous growth by absorption. Give general treatment with the intention of putting the system in perfect health.

There have been many tumors removed in this way at the Weltmer Institute, and it may be regarded as a reliable method, if the patient can be brought to the realization of the power of an agreement between the patient and the operator. In treating the tumor, the operator should move it in all directions, exercising the intention of dislodging the obstruction causing the backing up of the circulation of the blood and lymph, which produces the tumor.

SELF-TREATMENT.

Auto-suggestion is the weapon to be used in battling for health by one's own efforts, without the aid of any outside influence. The power of auto-suggestion is infallible in its

effects where a reasonable persistency is observed. One can get just what he wants if he will apply the power within him to bring about the thing desired, the power is within you, to become the possessor of anything which now exists upon this earth.

There is no question that auto-suggestion directed for the purpose of restoring one's health, is one of the most potent factors now known for therapeutic purposes. It appears that without this factor the whole science would be a myth, as far as potency is concerned, from a therapeutic stand-point.

By applying auto-suggestion, to the subjective mind, laden with the intention to be impressed thereon, it is first necessary to assume that it is possible to acquire health, wealth and happiness, then try it, and keep on trying, and trying until you have secured the treasure you were in pursuit of.

There are well defined principles upon which the power of suggestion is based, in its application of self healing. Among the first principles are: (Hudson's L. of P. P.)

1st. The subjective mind exercises complete control over the functions and sensations of the body.

2nd. "The subjective mind is constantly amenable to control by the suggestions of the objective mind."

3rd. "These two propositions being true,

the conclusion is obvious that the functions of the body can be controlled by suggestions of the objective mind."

Those three primary propositions are all that can be applied by the patient in bringing the forces within him to bear upon the work in hand and, all that he need to know, he must now assume that those propositions are true, and put them to the test, and the result will be, that he will know that they are true, (or false), belief, then is unnecessary, as the patient will have acquired knowledge; and knowledge thus acquired is power, power to do, to act, to bring to you any and all things that heart could wish for, health, wealth and happiness; just assume that the power is within you, to do, or to draw those blessings around you, and try it.

Now, in reaching this force within, we must assume that the subjective mind is to be dealt with just the same as if it were separate from the objective mind; it must be regarded as a servant, and subject to orders from the objective mind. It will be found a true and faithful servant, if it is only trusted, relied upon, and depended upon to do, or to act as directed by the objective mind.

In the way of an illustration, we will assume that the person has taken a cold. Now, in dealing with a cold we find that the most effective time for treatment is at night, just

before going to bed. Let the patient concentrate his mind upon the intention of breaking up the cold, so he will call up the subjective mind and impress upon it the idea that there is an enemy in camp, and must be dislodged; give the mental command to the subjective mind to drive the enemy from its position, and that you will expect upon awaking in the morning to see an improved condition, and the enemy subdued. Keep this mode of treatment up for a few nights at most and you will find that you have entirely overcome the objectionable conditions.

ABSENT TREATMENT.

There are two ways by which communication can be established between two persons, one is through objective, and the other through subjective means, by the latter is meant that the subjective minds of two persons can communicate between themselves without the aid of any materialistic contrivances, but simply by the power of the will of the person so desiring it.

There are certain conditions that are necessary in order to make the desired communication a success. The first, total passivity upon the part of the recipient is absolutely necessary for the purpose of receiving telepathic communications from the operator. The most perfect condition of passivity is in the sleep-

ing state, either natural or hypnotic. It is claimed that there is no difference between natural and hypnotic sleep. The sleep seems to be the same in both, there are, however, degrees of difference. What is meant by degrees, is, in natural sleep the subject goes into sound sleep, and in health, is always about the same, but in hypnosis, there seems to be well defined degrees, say for instance there are six degrees in all. But when it comes to natural sleep, there has never been more than two, as far as the writer is aware. Be this as it may, it is apparent that for the purpose of communication at a distance or to treat a patient by the absent method, we can use to best advantage the condition of natural sleep. This method of treatment is much like the office treatment inasmuch as the potent element to be reached is the same. Hudson says:

1st. "The subjective mind is amenable to control by suggestion during natural sleep just the same as it is during induced sleep.

2nd. "The condition of natural sleep, being the most perfect passive condition attainable, is the best condition for the reception of telepathic impressions by the subjective mind.

3rd. "The subjective mind of the operator can be forced to communicate telepathic suggestions to the subjective mind of his patients, by willing it to do so, upon retiring at night."

"The condition is irresistible that the best possible condition for the conveyance of therapeutic suggestions from the healer to the patient is attained when both are in a state of natural sleep, and that such suggestions can be communicated by an effort of will on the part of the healer just before going to sleep. See Hudson's L. of P. P.

The most successful method of absent treatment while in the waking state, is to at first have an understanding or an agreement with your patient previous to taking treatment. The patient should have stated times for treatment, at which time he should be directed to go to a quiet and secluded place, preferably his sleeping apartment, and assume a recumbent position, and relax all physical and mental tension and make himself passive to the suggestions of health and strength from his operator. If the patient goes to sleep with those thoughts upon his mind, all the better, for he is then in a condition to receive the suggestions sent to him for his benefit. He will awake with a better feeling and will find his health much improved. Usually those passive periods should be just after retiring at night and before arising in the morning.

The united force of the two subjective minds, exercised with a special intention, for a certain purpose, the power of which is irre-

sistible, and the patient will surely receive the benefit.

It is possibly an advantage to know the character and extent of the disease, objectively, of which his patient is suffering; he then could direct the subjective mind more specifically, however, the subjective mind may be trusted to make its own diagnosis, and apply the remedies to suit the case. There is always a mutual benefit in treating patients by this method, as the suggestions passing through the subjective mind of the operator to that of the patient's there seems to be a mutual stimulating effect, on account of both minds being in rapport.

The simple method for the operator upon going to sleep, is to concentrate his mind for the purpose of impressing upon his subjective mind the task of conveying to the subjective mind of the patient the suggestions intended for his benefit.

Another is, that the operator formulates a thought suggestion in his mind and sends it out for that particular patient. This thought suggestion by intention goes on forever, or, for any length of time so intended, and the patient receives this thought whenever he is passive to it, and his subjective mind is impressed with those suggestions and gives them expression in his own body. His objective mind may recognize those thoughts as his

own, which is to a certain extent true, but that does not prevent them from originating within the mind of the operator. The agreement may be for a certain length of time, and at the expiration of the time so agreed upon, the suggestions will have no further effect upon the patient. Consequently it is necessary to inform the patient that the time has expired, and treatment will cease until the agreement is renewed.

The absent treatment patient must be thoroughly impressed with the importance of following your instructions to the very letter if the best results are to be expected, as the cure depends in a great measure upon the patient doing his part and doing it well.

“See thou tell no man.”

The patient should be cautioned against letting the fact be known that he is taking treatment, as any person that is suddenly healed by this treatment, it is absolutely necessary that he should not talk upon the subject for a few days, or to persons who are skeptical for obvious reasons. Skeptics are always ready to give adverse suggestions, such as ridicule, doubts, fears, etc., etc.

MANIPULATIONS—OSTEO.

Let your concentrated intention be always foremost in your mind during these manipulations, if you want the best results. The physi-

cal effect is all that can be expected from the following, which is credited to Dr. Barber, and are given to the reader as being valuable as a vehicle in conveying suggestions, and will, perhaps be better understood by the patient.

First. Using the arms and limbs as levers, stretching all muscles to which they give attachment and moving the flesh and muscles from side to side the entire length of the limb stretches and softens those muscles, thus permitting a free flow of the fluids and nerve forces to these parts, a stoppage of which means disease in some of its varied forms. One thorough treatment of an arm or leg will often instantly cure and always relieve any acute case of any nature in the extremities, and a very few treatments, administered one each day, will cure any acute case. Chronic cases can be usually cured by a continuation of the treatment, every other day, for from two to six weeks, even after all other methods have been tried and failed.

Second. Move and soften, by deep manipulations and by rotating the body as much as possible, all the muscles of the spine, the cerebro-spinal cord being the great trunk from which springs the spinal nerves, it being contained in and protected by the upper three-fourths of the spinal column, which is very flexible consisting of many separate bones, between which is placed the elastic intraver-

tebral cartilage. As the spinal nerves which control the different muscles, organs, etc., escape from the spinal cord through openings or foramina in the different sections of the vertebral column, it will be readily understood that the numerous muscles which are attached to and move the spine must always be very soft and elastic; that contraction here means interference with nerves that may control some distant part and a consequent partial or complete paralysis of that part, until by manipulation or accidentally you stretch the muscle at fault, thus turning on the current from that great dynamo, the brain, and once more your machine moves forward. What would be your opinion of a motorman, when his car came to a standstill through lack of motor power, if he poured medicine on the wheels? It would be just as sensible as converting the stomach into an apothecary's shop, hoping thereby to remove an obstruction which was breaking the current between headquarters and the liver. We find that there are very few organic troubles whose origin may not be traced directly to the spine and cured by a thorough treatment of the spinal column continued every second day for from two to six weeks. In 90 per cent of all cases immediate relief will be the result of first treatment.

Third. Use the head as a lever, move and stretch all the muscles of the neck. This treat-

ment frees the circulation to the head, an obstruction of which is the true cause of catarrh, weak eyes, deafness, roaring in the head, dizziness, and, in fact, almost all disorders of the head. Many acute cases can be instantly cured, while those that have become chronic require from two to six weeks.

Fourth. Bending the patient backwards, with the knee pressing on the back just below the last rib, will instantly cure any case of looseness of the bowels, from common diarrhea to bloody flux, and a continuation of the treatment will cure any case of chronic diarrhea.

Fifth. A nerve center has been discovered at the base of the brain termed vaso-motor, which can be reached by a pressure on the back of the neck over the upper cervicals. A pressure at this point continued from three to five minutes will slow the action of the heart, often reducing the pulse from 100 to a normal condition in a few minutes' time. It is from this center that, without the use of drugs, we control fevers, during any fever that is curable in one-half the time that the same work can be done with medicine.

Sixth. In all cases where the general system seems to be affected, give a general treatment, thus freeing and permitting all forces of the machine to act.

Seventh. Never treat an acute case

oftener than once in three hours, or a chronic case oftener than once a day.

Eighth. It is never safe to use this treatment during pregnancy, except in diseases of the head or extremities, and in those with caution. To draw the arms high and strongly above the head, at the same instant pressing on the spine below the last dorsal vertebra, or to flex the limbs strongly against the chest, during this period, is dangerous in the extreme.

Ninth. While this treatment will improve the action and remove the pain in stiff, chronic dislocated joints, the dislocation can never be reduced. We have seen it tried, and tried it ourselves a great many times, meeting with no success where there was really a dislocation. There are a great many cases where the patient is suffering from rheumatism or a similar trouble in which the muscles are contracted and he can easily be led to believe that the dislocation does really exist, and that the operator who simply stretches the muscles has reduced the imaginary dislocation. This we believe also to be the case regarding the many dislocated ribs found by the average "bone doctor." While they may be correct, we have demonstrated the fact, times without number, that drawing the arms high above the head, at the same instant pressing at almost any point with the knee immediately below the scapulas, thus stretching the muscles of

the chest and springing the ribs forward, will instantly cure sharp acute pains in the sides or chest and certain cases of heart disease, while a continuation of the same treatment will cure asthma or consumption. It is on this vital point that we differ in class as well as in practice with the members of our profession. While they trace most effects to dislocated bones, and never fail to effect a cure if it is within the bounds of reason, we effect equally remarkable cures by simply stretching and manipulating the muscles, thus freeing the circulation. We do not believe it possible that to hide his secrets a "bone doctor" would deceive the public, we believe that in a vain attempt to set the bones in the manner prescribed by Dr. Still the circulation is freed and the patient recovers.

OSTEO REQUIREMENTS.

First. Secure a pine table, two feet high, two feet wide, and six feet long over which spread a bed-quilt and at one end place one or two pillows. While an acute case may be treated on a chair, a couch, or on the floor, for a chronic case, which is liable to take several weeks' treatment, it is always advisable to secure a table.

Second. In treating a gentleman it is seldom necessary to remove more than his outer clothing.

Third. A lady must loosen her tight clothing and remove her corset. The principles of Osteo requirements as above described can be applied successfully through a reasonable amount of clothing, except in cases which will be apparent.

MANIPULATIONS.

Motion—In treating the different diseases, it should be well understood that these manipulations refer specially to chronic, and not acute diseases of the human body, as published by Dr. G. H. Taylor.

1. *Transverse Pressure Motion*—Position—Lying on the back, shoulders raised. If with face downward, lying quite flat. Action—The operator, standing beside and bending slightly over the patient, places both hands across the part to which the action is to be applied; he presses with his hands, by throwing upon them as much weight as is perfectly agreeable to his patient, always with enough to secure perfect adhesion of the clothing both to the skin and to his hands, then by one effort, conjointly of his body and arms, he communicates a reciprocating, or to and fro motion to the soft tissues upon which pressure is made, hands, clothing, skin, flesh, all move as one inseparable mass. After three or four repetitions in this one place, the hands are slid along to the adjoining part, to which a similar motion is applied, and so on till the

designated portion of the body has been thoroughly submitted to the action. This process is equally applicable to all parts of the body and limbs.

Effect—Increase of heat and of blood in the parts subjected to the action are the first and most conspicuous effects. The diminution of blood in other parts is the no less certain consequence. Diffusion of heat throughout the body follows. Nervous activity, in all its forms, is diminished.

Another effect is mechanical divulsion. This is of the highest value especially in cases of stiffness of joints, rigid and fixed contraction of special groups of muscles, producing deformity. The fibres of muscular and connective tissue, which in consequence of some previous inflammation or other cause, have long adhered together and resisted all mechanical efforts to straighten a limb, soon become separable, pliable, contractible, and resume their function, the deformity often entirely disappearing without instrumental aid or the application of tractile force.

2. *Longitudinal Pressure Motion*—Position, the same—Action—This form is also like the preceding, except that the motion is applied in the general longitudinal direction of the limb and its fibres instead of the traverse or cross-wise. It is therefore necessary for the operator to so place himself as to

cause his motions to act lengthwise the body. Care is required to compress the flesh by the fingers, or the heel of the hand, so as to prevent slipping; also to make motions for the same reason.

Effect—These are similar to those of No. 1, and this process may usually alternate with that. As the motion is in the general direction of the circulatory vessels, including lymphatics, it affords special aid to the movements of the fluids contained by those vessels.

3. *Circuitious Pressure Motion*—Position, the same—Action—One or both hands of the operator, as is most convenient is applied with considerable pressure to some portion of the body, trunk, or limbs.

Instead of performing a traverse or longitudinal reciprocal motion, the hand of the operator moves in a circuit, and with it the mass of flesh it compresses. The extent of the motion and diameter of the circuit depends on the elasticity of the fleshy mass to which it is applied. Motion should be given in each alternation.

The favorite locations for applying this form of movement are the shoulders, the hips, the chest, the abdomen, the thighs, and calves. See No. 5.

Effect—This motion favorably combines those whose descriptions have preceded.

4. *Fingers and Thumbs Grasping*—Position, the same—Action—The operator applies his two hands to any sufficiently prominent mass of flesh in such a manner as to include between the opposing fingers and thumbs as large a mass of flesh as can be grasped, and this is rendered feasible by the softness and elasticity of the tissues into which the fingers slightly sink by their pressure. An effort is then made to partly close the hands, thus firmly compressing the included flesh, which is momentarily held under the pressure. The hands then relax, allowing the flesh by its elasticity to recede to its former position. The same motion is repeated at a short remove from the preceding location, and the process is continued until the extremity or other region has been thoroughly subjected to the operation. The action is a modified form of pinching, with the difference that flesh is compressed rather than the skin, while the effect on the skin is insufficient to awaken any sensation whatever.

All portions of the body may be subjected to this form of manipulations. The back portions of the thighs, the calves, the shoulders, the abdomen, etc., afford excellent fields for this process. It is especially applicable to the heavy muscular masses each side of the spinous processes of the vertebrae.

Effect—This form of manipulations prob-

ably produce more intense local mechanical effects than the others described. It compels interchange of fluids, removes physical impediments to capillary circulation, urges forward the venous blood, favors the transudation of nutritive supplies from the arterial side of the capillaries, and produces such forcible contact of the atoms destined to chemical change as shall secure the perfected degree of chemio-physiological action.

5. *Fingers and Thumbs Point Pressure Motion*—Position, the same—Action—The operator gathers the fingers and thumb of one or both hands to as concentrated position as possible, and applies them with strong pressure; at the same time making either reciprocating or curvilinear motions, affecting all the tissues compressed except the skin.

Modification—This process may be performed by the heel of the hand, the fingers being elevated.

Effect—This form of manipulation applied to any circumscribed location is adapted to produce those revulsive effects which diminish local pain.

It is for this purpose applicable for each side of the spine, to the vicinity of the emergence of the sciatic, the facial, and other nerves liable to neuralgia.

6. *Knuckle Pressure Motion*—Position, reclining or lying—Action—The operator,

having his fingers closed or clenched tightly, applies to the outer portion, that is, the first phalanges of the fingers, with firm pressure to any soft, muscular part of the body, and at the same time communicates motion to the included flesh beneath the pressure. The motion may be either lineal, curved, or twisted, care being taken to cause the part underneath to move with the hand. After a half-dozen motions the hand of the operator may be moved to another part, repeating the process in this way till the whole body, or such parts as is judged expedient, have been subjected to the process. Either one hand of the operator or both, may be used in this process, and they may act together, or reciprocally, at the two opposite sides of the limb or other part.

Effect—This, which is one of the Japanese forms, is particularly efficacious for the amount of power expended. The hold on the flesh is firmer and more persistent than in other modes of reaching the flesh, and a proportionately larger amount reaches the deep tissues. It is particularly useful applied to the abdomen with deep pressure to excite peristalsis; to the hips and thighs in cases of neuralgia of the large nerves; to the spinal muscles, for revulsion, in nervous and vertebral diseases.

13. *Leg Wringing*—Position, reclining

on a couch in an easy position, one leg extended horizontally so that the operator may have free access to it.

Action—The two hands of the operator grasp the limbs from each side so as to partly encircle it with each hand, the thumb and the fingers extending in either direction so as to grasp as far as possible, the two hands having an inch or two of space between them, one being placed above the other limb. A twisting motion is now given by each hand in opposite directions; that is, one hand twists the flesh it firmly holds in one direction, say to the right, while the other hand moves the contents of its grasp to the left; the double action producing a wringing of the flesh, much the same as when water is pressed or wrung from wet clothes by means of the tightening of its fibres secured by a similar process. This action is repeated two or three times under the same double grasp, when the hands are moved so as to include a fresh field of action, where it is repeated in a similar way, and so on till the whole limb has been subjected to the process.

Effect—Mechanical displacement of fluids, both within and without the circulatory vessels, which includes not only the blood of both kinds, but the contents of the lymphatics. The process promotes muscular, and correspondingly diminishes nervous nutritive sup-

port, and effects proportionate changes in the manifestations of these two orders of vital energy.

14. *Legs Transverse Pressure—Motion*—This is the special application to the lower limbs of No. 1, under which process is described. In case the limb or some portion of it is too large for the proper application of No. 13, the transverse pressure motion is substituted for it. For the thighs, in the forward lying position, it is peculiarly applicable

Effect—The same as No. 13.

15. *Thigh Rotation*—Position, reclining—Action—With one hand the operator grasps the leg near the ankle, with the other he seizes the knee and raises the thigh till it is at right angle with the body. He then causes the knee to describe as broad a circle as possible, by carrying it near to the body, then laterally and downward nearly to a line with the foreleg, and thence returning at the other side of the circle to the starting point. In performing this rotary motion it is essential that the foot, which is guided by the other hand grasping the ankle, also describes a similar circle of the same size, being cautious during the process to preserve perfect parallelism between the axis of the foreleg and the axis of the body. If this caution is observed the process will be perfectly agreeable to the patient. If the parallel of the axis of the fore-

leg and the body is not maintained, it is possible that the ligament joining the leg to the body (hip-joint ligament) may be unduly strained by the twist which is thus given it. The process may be repeated a half dozen times in each direction, and applied to both legs, unless a special infirmity requires restriction to one leg.

Effect—Rotation of the thigh causes alternate tension and relaxation of all the small muscles, interior and exterior, which connect the thigh with pelvic bones. The motion described causes the distance between the points of attachment of the muscles which connect the pelvis with the thigh bone, to increase and to diminish alternately to the greatest extent that the mechanism of the parts will allow. By this means the fibres and the cells constituting the muscles engaged are subjected to the mechanical changes of form, and the nutritive fluids in contact to the same changes of place as occur in exercise, but with the radical difference that the will and the nervous system are in abeyance.

The consequence is that the fleshy masses about the hips located either side of the pelvis are made the recipient of increased nutritive support which immediately detracts from the surplus contained in the pelvic organs. These latter are, in other words, unloaded of their excess of blood and hiperaemia of these parts,

including the lower bowel and the generative intestine, is relieved.

This effect is usually denominated revulsive, but differs from that produced by other means, in being permanent, and every repetition of the process increases the tendency of self-perpetuation of the improvement.

16. *Leg Twisting*—Position, the same—Action—With the lower leg resting on the knees of the operator, he grasps the foot with one hand and the knee of the same leg with the other, then turns the leg on its axis so that the foot lies as far as it may on one side, immediately returns it to the opposite side also as far as the mechanism of the parts will allow, thus causing the leg to be twisted on its axis; the motion may be treated a dozen times.

Effect—This is similar to that produced by No. 15, except that fewer muscles of the thigh are engaged and a larger number of those of the leg, affording corresponding differences in details of effects produced. It is applied for the same purpose.

17. *Longitudinal Pressure—Motion of the Leg*—This is special application to the lower extremities of No. 2 which see for description of process.

Effect—This is usually applied with other processes for the legs, to increase local nutri-

tion, the local heat production, and the concomitant revulsive effects.

22. *Forearm Rotation*—Position, same as 15—Action—The operator holds immovably the arm of the patient, just above the elbow; with his other hand he grasps the wrist, and with it he describes a wide circle, so that one part of the revolution the forearm is nearly in line with the upper arm, while at the opposite part of the circle described it is almost in contact with the upper arm. Although the elbow joint is a hinge, the rotary motion is practicable because the action of the shoulder-joint compensates for the deficiency of the elbow joint in performing the motion.

Effect—The same form, with pressure, is supplied by this process, as has been described of the other parts, when the effect is due to stretching and relaxing the muscular and connective fibres.

23. *Arm Wringing*—Position, reclining, the arm extended at right angles with the body—Action—The arm of the patient is seized at the shoulder by both hands of the operator, which grasp and include the flesh of the arm at a little distance apart. Now, by causing both hands to move independently in opposite directions, the mass of included flesh is subjected to a vigorous wringing, as has before been described, in speaking of the leg. The process is applied to every portion of the arm

as the hands of the operator recede from the shoulder and glide downward, applying the process at each stage till the whole arm has been subjected to the process.

Effect—This application combines to the highest degree special effects by reason of the superior mechanical conditions. The arm is easily included in the double grasp; the motions are easily given with great pressure, and the compression caused by slightly twisting of fibres is additional to the direct pressure afforded by the grasping. It urges fluids in their appointed courses, whether contained within the vessels or in the stage herein designated as intervascular. It urges blood to the skin, increases heat, removes excess of blood from the head and upper portions of the spine.

24. *Arm Rotation*—Position, the same—Action—The arm of the patient is taken hold of by the operator, both at elbow and hand. The elbow is then caused to transverse a circle as broad as the length of the upper arm will allow, of which the shoulder is the center. Care should be taken the upper part of the circuit traversed be made as broad as the lower, by carrying the arm in the upper part of its course near to the head, so that all the muscles connecting the arm with the chest may be thoroughly and equally

acted upon. Six or eight revolutions in each direction may be given.

Effect—The motion alternately stretches and relaxes all the muscles connecting the chest with the arms, affecting them similarly to the longitudinal pressure-motions described in No. 2. This effect extends beyond those directly attached to the arm, to those of the shoulder, shoulder blades, and even to those connecting the ribs. Many of these, particularly the intercostals, subscapular, etc., are quite beyond the reach of pressure-motions, being protected by bone.

This process also has the effect of increasing the capacity of the chest and its power and extent of its rhythmical or breathing motions. The rotary motions above described, and applicable to the legs, arm and trunk, may, for distinction, be called the non-pressure motions, because the processes are limited to the stretching and contracting the muscles engaged in the motions. The advantages of this class of processes are that they are always agreeable to the patient, can never exceed the capacity of tender and sensitive parts to receive motions, as is possible in case of pressure motions, and that, if regarded as a species of exercise, they are entirely passive, which implies that the muscular nutrition, and therefore muscular power, are increased by

their use, while nervous manifestations are correspondingly diminished.

25. *Double Pressure Motion of the Arms and Legs*—Position, reclining—Action—The two hands of the operator are placed against opposite sides of the part of the limb nearest the body; then while compressing strongly the flesh, rapid alternate, or reciprocating motion is applied to the part; the hands slowly glide downward, so as to include a fresh portion of the limb, while the motion and pressure is continued, and so on till the whole of the flesh of the limb has been submitted to the process. The same process may be applied in turn to all the limbs.

Effect—The motion with pressure is in this process applied transversely to the average direction of the fibres, nerve conductors and vessels. The mechanical effect is that of separation—divulsion of the fibres that are from any cause adherent. It therefore becomes a most effective means for removing adhesions, producing stiffness, contractions, and consequent deformities of the limbs. The motion is also a powerful incentive to nutritive changes in the vital muscle cells, and therefore opposes nervous irritability. It increases oxidation, and therefore removes obstructive sub-oxides from the fluids. The very large amount of interior friction of fibres, cells, membranes, and fluids, cause unusual

development of heat, the physiological alternative of vital energy, which is therefore promoted by the action.

The one difficulty in the mode described. This is the rapidity with which the power of the operator is transmitted to the invalid, thus becoming contributory to his power. To apply conjoint pressure and motion, through both the operator's hands, speedily exhaust the most affluent resources of the most robust operator. This he feels, and in consequence instinctively avoids applying any considerable amount of these processes which contribute most to increase the energy of the patient. This is indeed his wisest course; for since his power is limited, it is employed to best advantage when well husbanded.

MANIPULATIONS FOR CONSTIPATION.

The most effective form of manipulation for the relief of constipation is the following:

Position of the patient is face downward. The location of the digestive organs is then similar to that of inferior animals. The advantages of the position are these: Every impingement upon or action received by, the depending part is doubled by the gravitating counteraction which necessarily follows. This doubles the motion and its effect. Besides, in the forward lying position the gravitation of the unsupported digestive organs is from

instead of toward the pelvis. This removes from the lower bowels such obstacles as are caused both by the pressure and by the folding parts. This alone is not unfrequently a potent curative aid, for the removal of mechanical obstacles to the pelvic circulation is practically equivalent to removing local pelvic hyperaemia and its various outgrowths.

To manipulate the abdomen in this position is awkward and difficult for the operator, especially as the invalid usually desires a large amount of it.

The patient lies face downward, the breast being supported by a cushioned bench or the seat of a wide chair, while the thighs are supported in a similar way, the abdomen being between two supports, and free. The operator, bending over and extending his arms around the patient, reaches the abdomen with his clenched hands, and applies the treatment by the alternate applications of motion to either side of the abdomen. If the patient is large, it will be best to apply to one side only at a time, with a rather slow and gentle, but strong, impinging motion.

31. *Manipulations of the Head*—Position, reclining—Action—The operator, standing or sitting behind the patient, places his two hands on opposite sides of the patient's head, compresses it to an agreeable extent, and imparts semi-rotary and reciprocating motions

to the scalp, which, being but loosely connected to the underlying skull bone moves freely upon it. The clasp of the operator's hands may be moved from time to time, so as to include each portion of the head successively, till the whole has become subjected to the process. One hand may also be placed on the forehead and the other at the base of the head, and the pressure with motion applied as before, the two hands acting at opposite parts of the head, and the motion they impart being in opposite directions. The application may be intermitted and resumed several times.

Effect—General revulsion; motion is incited in the contents of the vessels of the brain, and especially in the venous sinuses, by which blood stasis is removed and the nutrition of the brain is refreshed by the displacement and replacement of materials from which nutritive support is derived.

A similar effect, perhaps in less degree, has sometimes been produced by applying a common tourniquet (such as surgeons use), to the head at its greatest circumference. After tightening the band, it must be suddenly let loose. The pressure on the blood vessels caused by arrest of the flow of the currents appears to superinduce vital contraction of their walls, which becomes active on removing the obstruction to such a degree as to empty the vessels, and therefore to remove

hyperaemia. These and similar processes demonstrably strengthen the circulation and remove mechanical impediments.

32. *Throat*—Position, same as in 31.—Action—The operator, standing above or rather behind the head of the patient, places his finger each side of his throat, bearing with suitable firmness upon the tissues of the neck in front. A reciprocating motion is now communicated to the tissues under compression, which includes those of both sides of the neck.

This may be repeated fifteen or twenty times, or until the skin had assumed a thoroughly reddened appearance.

The area over which the process is applied may extend from the angle of the jaw to the base of the neck, giving special attention to the sensations evoked, and avoiding all harshness or disagreeable feeling.

Effect—Revulsive; useful in chronic tonsillitis, catarrh, glandular enlargement, hoarseness, and all forms of sore throat except the acute.

33. *Neck*—Position, lying face downward—Action—The operator, at the head of the patient as before, applying both hands to the neck with pressure, communicates reciprocating motions to the muscular masses which constitute the back of the neck, from the base of the head downward to the top of the shoulders. This location admits the applica-

tion of the different forms of the pressure motions heretofore described, as the circular, and the thumb and finger compression, the traverse, the longitudinal, etc., and in urgent cases these may be applied in series at the same sitting, and while the patient remains in this favorable position for access to the parts.

Effect—This process affords great relief in cases of prolonged hyperaemia of the brain, and in connection with the preceding should be used in cases of suspected pathological changes in the substance of the brain to promote absorption of mechanical obstructions or of retained products of imperfect nutritive change, local oxides, etc. Athasia and related symptoms present examples for trial of these applications.

34. *Nose*—Position, reclining—Action—The forefinger of each hand of the operator is applied with mild pressure to each side of the nose of the patient, and the reciprocal pressure-motions previously described may be thoroughly applied.

Effect—Aids contraction and gives tone to the capillaries of the mucous secreting membrane of the nose, removes obstruction in the local circulation of the parts connected therewith, and is curative of all forms and stages of catarrh, except the acute. The reader is reminded that this and the other forms of treatment described in this connection should

be regarded as useless except in connection with general, supporting same.

35. *Ears*—Position, as above—Action—Both ears are loosely grasped by both hands of the operator, who stands behind the patient, and who also at the same time gently compresses the adjoining tissues against the skull; he then gives a slow, gentle, rotary or circular motion to the compressed mass, which includes not only the ears, but all the tissues held by the conjoint grasp and pressure.

The circle of motion should extend so far as to cause agreeable traction of not only of the external ears, but also of the continuous membrane extending into and forming the lining of the cavity of the ear terminating with the drum. Motion thus conveyed to the drum is communicated to the internal apparatus of the ear, including the fluids and contents of vessels. The circular pressure-motion with traction may be applied in each direction several times. Similar pressure-motions may also be applied to the bony prominence below the ear, which contain the mastoid cells.

Effect—Similar to that of other modes of treatment, refreshing and reinforcing local nutrition; it is also revulsive, a potent stimulant to the organs and the function of hearing, and has cured deafness.

36. *Eyes and Temples*—Position, same—

Action—The ends of the fingers but little separated are pressed against the tissues a little beyond the outer angle of each eye at the sides of the head. Motion is given to the compressed tissues in a circuit as wide as the elasticity of the tissues will allow, which compels the included tissues to accompany the fingers in the circuit, care being taken to avoid gliding and friction of the outer skin. The direction of the motion may be frequently changed till the parts subjected to the action have become thoroughly reddened.

Effect—Revulsion; promotes absorption from the interior of the eyes.

37. *Eyelids*—Position, the same—Action—The middle finger of each hand is applied to the inner angle of each eye, and compressing the tissues upon the interior portion of the orbit, the fingers are slowly moved outward till the outer angle of the eyes are reached. The eyeball is slightly compressed and the lower lid more so, in the outward motion.

Next, the fingers of the operator are replaced in the same commencing position, at the inner angle, but this time travel over the upper border of the orbit and the upper lid in place of the lower; also slightly compressing the ball and the upper lid, as much as is borne with comfort by the patient. This pressure-motion may be applied in alternation

to the lower and upper portions of the ball and the two eyelids several times. The feelings of the patient must be constantly observed, to be certain that the impression by the treatment described is agreeable, in which case its ability may not be doubted.

Effect—This process appears to assist nutritive changes of the contents of the eyeball, and therefore to improve the vision. It is curative of chronic affections of the eyes. It has cured cataract.

DISEASES ORIGINATE IN THE MIND.

Let us take up the proposition that "All diseases originate in the mind." The first thing that takes place in the mind is a thought. Thoughts precede all other things in the human mind. Take for instance, the great enterprises, small ones also, for that matter, the first thing that was done to put all those enterprises into reality, was a thought. The mind must first act in all cases or there will be nothing done in any direction. The body is subservient to mind, and cannot be influenced without the consent of the mind, or without it first taking cognizance of the fact. The mind must first give its consent before the body can be influenced. Let us now look to the origin of disease. We will commence with headache, and there we find an ache in sympathy with a diseased stomach, indiges-

tion, dyspepsia, gastrodynia, gastritis, etc. The cause for all of the above conditions, is the taking into the stomach more food than it could digest before fermentation sets in causing a formation of gas, distending the walls of the organ and thus influencing the pneumogastric nerve, which conveys the pain to the temporal nerves where the headache is generally located. Now let us take up the question as to how the stomach became in such a deplorable condition? Let us interview the appetite, there has been some overloading done, or there has been something eaten which could not be digested, or both, more than likely BOTH. When such is found to be the condition, we should pursue appetite, and find its abiding place, the reader can answer that without any trouble whatever. We find the prenological organ about three quarters of an inch in front of the ear. Those foods which are taken into the stomach are never permitted to enter therein without first securing the consent of the mind, hence, the origin of head-ache is in the mind.

We have now handled the most simple of all ailments, and traced its cause to the mind, now let us take up Cancer, one of the most terrible of all diseases. It appears from the best authority obtainable that Cancer is caused from a peculiar blood taint, which of course is only a half way station supplying the

material of which it is produced and added to from time to time, until it reaches a condition where the blood can no longer circulate through the tumor, producing decomposition in the tissues resulting in a pussy accumulation, a breaking down and a discharge, pus is then inevitable. There are several different kinds of cancers, among them are the "spider," "rose," "bone," "sleepy," "wolf," "black scaley," glandular, scrofulous, fungus, molecular. They are produced by bruises, obstructions, or poisons in the blood, which is directly or indirectly the source and support of them all, appear how or where they may. Thus, though the cancer may seem to have arisen from a bruise, it will be found that it must receive its support from a diseased blood. Had the blood been pure, the effects of the bruise would soon have been extinguished, and nothing but the bruise itself would have resulted, but the blood being bad, its impurities determined at the bruised place, and developed in the form of a cancer, or other species of sore.

When a cancer begins to pustulate, it then can inoculate the blood with its own virus, thus involving the greater necessities upon the patient to effect a cure, that of purifying the blood and cancer also.

As we started out to prove that all diseases originate in the mind we will now return to

the subject. It has been shown that the blood is the ultimate cause of cancer, and not the primary cause, as has often been said, now let us consider the causes of impure blood. We know, without discussing the fact that the blood gets its twelve constituents from the contents of the stomach and lungs, and depends entirely upon these organs for its state of health at all times. If the food taken into the stomach is pure and well digested, and the air breathed into the lungs is pure and in sufficient quantities, it is only reasonable to expect good from that direction. If your digestion is poor, it is because you have allowed it to be overloaded or you have permitted something to enter your stomach that could not be digested, thereby leaving it to ferment or decompose as the case may be, furnishing a poisonous substance to be taken up by the lacteals and conveyed to the blood, it being then circulated throughout the body seeking lodgment where it can communicate its poisonous condition to the surrounding tissue. Let us then investigate the causes of indigestion, one of the most common is over-eating, another is that of eating indigestible foods, we hold Appetite responsible, it being a mental faculty. The part that the lungs take as relates to the condition of the blood, much depends upon the action of the lungs, as to the maximum or minimum quantities of

air breathed, is controlled by the mind, the supply of oxygen and the displacement of the carbonic-acid-gas is regulated by the action of the lungs. Carbonic-acid-gas is a rank poison and stagnates and burdens the blood, while oxygen purifies and vitalizes it, hence, the action of the lungs is controlled by the mind, we must therefore assume that all diseases which spring from improper breathing must be charged up to that faculty. There are many other things that influence the physical functions; among them may be mentioned, fear, worry, grief, despair or any over active mental exertion. The requirements of the active brain are supplied with a physical force generated in the body, which we may call nerve force, electricity or vital fluid, etc., which the brain draws upon when in action, and is consumed as fuel in accordance with the degree of activity. The brain must be supplied with this force at all hazards, and if this force is not generated enough the brain draws upon the reserve forces and leaves the body in a more or less weakened condition, which of course stagnates the blood and prepares the body for any disease your neighbor may suggest. Now, the question will be, what to do under the circumstances? In answer to this question it may be well to offer a few suggestions. Provided, if you do not fear you will be courageous; of you do not, worry

you will be more contented, if you do not grieve you will be joyful, if you do not despair you will be more hopeful, if you do not over-work your brain you will have more mental energy for the labors of tomorrow, and last but not least, if you do not burn up your vital energies in a hopeless endeavor to die before time comes, you will have enough life left for seed, to start on life anew.

The stock-in-trade you can then display on your shelves will be, courage, contentment, joy, hope, energy, peace, ambition, health, strength and happiness and enough life left to build on. The supply of the above materials is unlimited, you have only to make your wants known and your orders will be promptly filled. You will then observe with a clear vision that all conditions of health or disease originate in the mind.

As this course of lessons, the object of which is to show how the writer has treated successfully different diseases as they came to him, thus enabling the reader to form some method of treating similar diseases, as they may fall into his hands.

It will be observed from time to time that the workings of the objective and subjective mind are more or less discussed in the treatment of diseases, as those influences are the principal remedies used as the ultimate, really and finally, that restores the patient to health.

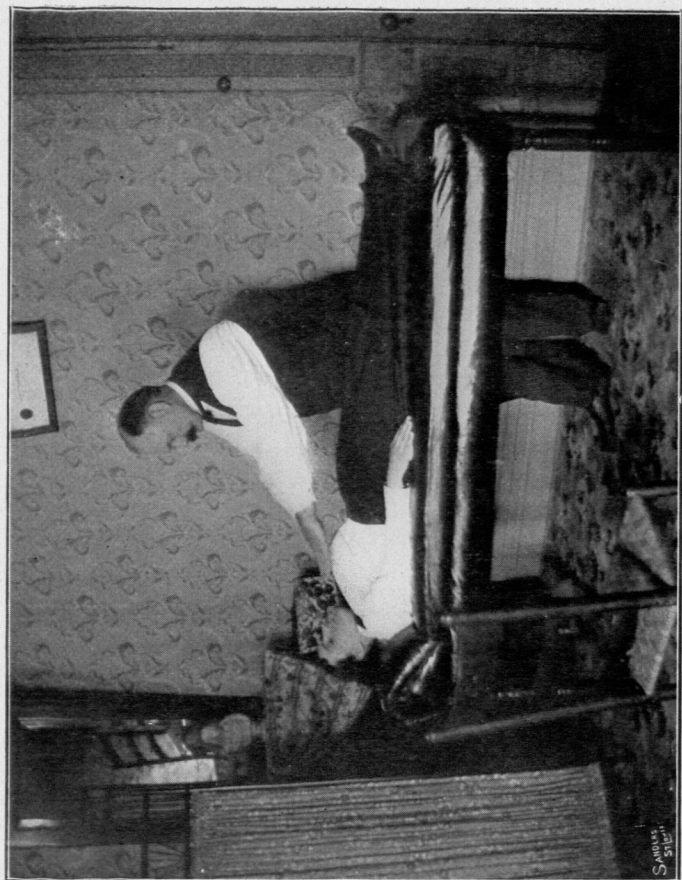
It should always be understood that in science of magnetic healing, the basis at all times is the assumption that the MIND controls the body under all circumstances. The mind is always first in all things pertaining to the body, and can do nothing without the mind first directing it in every way, shape, form and manner.

HYPNOTISM.

A short lecture on the subject of hypnotism would be a good thing to give before you attempt to hypnotize your patient. Give him to understand that there is no harm that can come to him and that he can not be hypnotized if he resists, or does not properly concentrate his mind on what you will have to say to him, and that you can not possibly exercise any power over him except for the time being. Tell him that he must keep his mind upon your suggestions of sleep, and to think that he is actually going sound asleep. You should endeavor to persuade your patient to make up his mind to fall into a sleep, get him to hold his mind on the thoughts of sleep and sleep only. You will have no trouble from then on as the work is now half done. Some are of the opinion that sleep is impossible, let him pay no attention to this, but to think of sleep only. Some may think that on account of their strong will-power

they will be hard to hypnotize, and after the operator has worked with them for some time they open their eyes and say they were not influenced. To such persons you should explain that a strong will is one of the requirements in hypnotism, as concentration of the mind is indispensable and that if they really have a strong will they will surely have the power. To wander and get beyond the control of its possessor, can only be attributed to weakness, or inability to control. If they find it impossible to go to sleep it simply shows that they cannot or will not agree to be hypnotized. If your patient really wants to be hypnotized and will try to prepare himself for the occasion, tell him to go to some quiet place where he can be alone for a few minutes each day and take into his mind just one single thought and try to hold it there at the exclusion of all other thoughts, when your patient can do this, he can be hypnotized.

Another good plan is to have your patient recline in some quiet place and close his eyes and repeat some sleep formula, such as, I am now going to sleep, going to sleep, to sleep, sleep, slee—, sle—, sl—, s—, sound asleep. Such formulas should be repeated as often as the case may require, say from five to twenty minutes. These exercises should be tried every day until the patient can hold his thoughts where he wants them. If a sleepy



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feeling does not take possession of your patient at the expiration of the time mentioned, it simply shows that your patient's mind is or has been wandering. If your patient displays any signs of fear, it might be well to hypnotize some one in his presence. The object is to overcome the fear in your patient, and to familiarize him with the general proceedings. Do not forget to impress your patient that his submission to the influence of hypnotism is not an admission that he was overpowered by a stronger will than his own, it simply shows that he can and does control his own will.

You should try your patient for susceptibility, it also places him on better terms with the operator and establishes confidence, you can dispense with the test if you desire, although in most cases it is best to use it. You will, of course, not expect to hypnotize all people you may experiment with. Your powers will increase with your experience, and the rate per cent. will depend much upon your activity.

Tell your patient to relax and become perfectly passive, as to resist would be fatal to the influence, that he should concentrate his mind on your suggestions. Let your subject understand that in the drawing exercise he will be in no danger of falling, as his interests will be faithfully guarded, and see that he does not

fall. In making this test place your subject in a standing position with his back toward you, you may then have your subject close his eyes and relax his muscles, if you are in doubt as to whether he is doing as requested, take him by the coat collar and gently pull him back, if you find resistance in this you will probably find it in others, and your subject will prove harder to manage. When the subject is standing as at first requested, with his eyes closed and relaxed muscles, place the points of your fingers on the right hand against the back of the neck and, your left hand pressed against the forehead, hold the subject in this position a few seconds and then speak in a slow and gentle tone of voice, these words: When my hand withdraws from you, you will slowly fall backward. In removing your hand you should do it as slowly as possible, so that your subject cannot tell at first that you are withdrawing it. If the subject does not incline backward, do not give up, but keep on trying. After a few trials you will probably be successful.

INCLINING FORWARD—Have your subject stand squarely in front of you, and facing you, now tell him to assume a passive attitude as before, that is to relax and not to resist. Some are resisting all the time and

do not know it, resistance on the part of the subject spoils the whole performance.

Hold your finger or any thing you may wish to use instead, about six inches from his eyes on a direct line between your eyes and his, requesting him to watch the object closely, hold it in this position about half a minute, and longer for some subjects, then say in a slow and positive manner, As I draw this object away from you, you will follow it. Now withdraw slowly and your subject will incline forward if he is a hypnotic subject. Do not get discouraged if you fail at first as often the following efforts will be entirely satisfactory. Perseverance is the proper thing to make you a great hypnotist.

II.

Have your subject clasp his hands together in the usual way, with the fingers between each other, have him clasp them tightly together and let him make his arms very rigid, and to think that he cannot open them, or you can have him repeat to himself that, I cannot separate them, no, sir, I can't do it, no, sir, I can't do it, etc. Great earnestness must be displayed on the part of both subject and operator. The subject must assume that his hands are fastened tightly together and that he cannot open them, then act upon the following suggestion, try it. The operator must then

get the attention of the subject, looking him squarely in the eyes, and at the same time take the subject's hands. Do not permit the subject to take his eyes off of yours, tell him that he must not look away, should he attempt to do so. The operator should continue to keep his eyes upon the steady gaze of the subject, hold this steady stare without change until your suggestion is given.

Now is the time for the operator to act, let him speak in a firm steady tone—"Now your hands are fastened together tight, tighter and tighter, and you cannot open them." Then let the operator remove his hands from those of the patient or subject, the subject can then have an opportunity of trying to pull his hands apart. The operator should be very careful not to hurt the subject while pressing the hands together as that would spoil all of the influence. Passes are often used instead of pressure on the subject's hands, this is done by gently stroking the arms from the shoulders to the hands preparatory to giving the suggestion, now your hands are fastened together and you cannot open them. The suggestion gains strength by repeating it, and should be given several times to make it doubly strong. The operator in giving his suggestions should speak in an earnest and steady tone, not too fast, increasing the force and tone of voice with each succeeding sug-

gestion, until you have reached the crisis, by telling the subject that his hands are fastened tightly together and that he cannot open them.

When the operator has given the subject time to try to pull his hands apart and cannot do so, the operator should strike his own hands together very suddenly and at the same time say with great earnestness, "All right," "now you can," "wake up," "You'r all right." Keep this up until all influence is removed and the subject is wide awake, which is usually done in a few minutes. If the subject's hands do not come apart readily, the operator may push them together, and tell the subject to wait awhile, let him rest a minute. The operator can now tell the subject, "when I count three you can take your hands apart." The operator should now count three and when he says three, he should strike his hands together to make a sharp and loud noise, at the same time say: "Now you take them apart, all right, all right, Now you are all right."

Making Leg Stiff—Have your subject stand up in front of you and throw his whole weight on one leg that is to be made stiff. Take hold of one of his hands. Have the subject to look you squarely in the eyes, then tell him to think that his leg is stiff and he cannot bend it. During this time the operator is in a stooping posture, with the other hand on the subject's knee, and in raising up have him keep his eyes

on you as before. You may now make passes down the limb a few times, while you are doing this you must say in a very earnest and firm tone of voice, "You will now feel your leg getting stiff, stiffer, stiffer, and you can't bend it, your leg will be stiff, and you will walk stiff legged."

When you are finishing this last suggestion, you should arise, keeping your gaze fastened on your subject's eyes. When he has walked a few steps take the influence off in the usual way, by striking your hands together and saying, "all right," "all right," "you'r all right." You can use the same method as is used in taking the hands apart.

To stiffen the arm you use about the same methods and suggestions as in other similar exercises. Tell your subject to close his hand and try to stiffen his arm, you should take hold of his hand and make a few passes from shoulder to hand, at the same time say: "Your arm is getting stiff, getting stiff, getting stiffer, now your arm is stiff and you can't bend it."

Try hard, and the harder you try the stiffer it will get. When you wish to remove the influence proceed as before in other exercises.

It is very important that in all of these exercises the operator must look directly into the subject's eyes, keeping at all times an earnest and steady gaze. Never let your eyes

pass from the subject for an instant, until you are ready to remove the spell. All exercises of this class can be easily mastered with a little practice. The operator should never become discouraged. Never let your subject think that you are disappointed in the result of any experiments. In those cases the operator can say that we do not expect to hypnotize every one on first trial, or something to that effect.

Your Subject Can't Tell His Name—Place your hands one on each side of your subject's neck with the thumbs pressing lightly on the Adam's apple, suggesting at the same time, that, "When I count three you can't tell your name, You can't tell it, try it." You will observe from day to day that you are becoming more familiar with the work, and the more you practice the better you can perform your part.

III.

Arrange for your subject an easy position, and hold the object you wish him to look at about six or eight inches from his eyes, requesting him to keep his eyes on the object before him, and tell him to think of sleep.

It is well to tell your subject that the same explanation as given in the beginning, applies to all that follows. Keep the object your subject is looking at, moving in a circular motion for a few minutes, according to the operator's

judgment, or until the subject closes his eyes. The operator can say in a steady and firm tone of voice: "You are getting drowsy," "Your eyes are getting tired," "They are getting heavy," "They are closing," "You are getting sleepy," "You are going to sleep, Going sound to sleep." Repeat the above as long as you think necessary.

If your subject is not asleep by this time, tell him to close his eyes and go sound asleep, "Close your eyes and go sound to sleep." Next place your fingers on each side of the head and the thumbs on "individuality" just above the eyes, so that your thumbs are near together, then gently stroke the forehead and temples, for a few minutes, let the fingers remain perfectly quiet while stroking the forehead and temples with the thumbs.

While manipulating in this manner, use the suggestion of "Sleep, sleep, sleep, sleepy, sleepy, gone to sleep, to sleep, sound asleep. Keep this up for a few minutes, in a steady, gentle and positive tone of voice.

IV.

Preceding the suggestions of sleep, the operator can place his left hand on top of subject's head with the thumb on right temple, place the other hand on left temple and thumb on center of forehead, move the thumb of the

right hand down the forehead onto the nose, keep fingers of both and thumb of left hand still. Move the thumb down the forehead and nose a few times while repeating the suggestions of sleep to your subject.

V.

Press the root of patient's nose with thumb of left hand, with the fingers on the head. Stroke downward the back part of patient's head with right hand. Let the strokes be slow and gentle, at the same time give suggestions of sleep, as used in former exercises. Continue until the desired effect is produced.

VI.

Take your position at the right of the patient, let the thumb of the left hand rest on the upper part of the nose, with the hand on the head.

You may now give the following suggestions, in an earnest, steady tone: "Your eyes are shut so tight you can't open them, you are going sound asleep, you are at perfect rest, you are perfectly quiet, you are going into a deep sleep, deep sleep, deep sleep, sound asleep. You are now sound asleep, sound asleep. Repeat those suggestions as often as may seem necessary, perhaps from ten to

twenty minutes. Should your patient fail to fall asleep at the end of that time you should abandon the sitting until the same time next day, when the same exercises can be taken up again.

VII.

Drumming on the Forehead—Place your patient in a sitting or a lying position as appears most convenient, tap the patient's forehead gently, and with a regular motion while giving the usual suggestions of sleep. If your patient does not soon become unconscious, the tapping may cease, but keep the fingers firmly but gently pressing the forehead, continue the sleep suggestions, and your patient will soon be in a deep sleep.

“RESPIRATION.”

There is no reason why anyone should die of any kind of lung trouble, if they were only taught how to breathe. It is a well known fact that consumption and other lung troubles can be avoided by all who have what is called a constitutional tendency to it, but that the disease can be overcome and driven out of the body, even after the tubercular bacilli have begun their work of destruction.

According to statistics, about one-fifth of humanity die of lung trouble of some kind.

The effects of improper breathing has brought many lives to the grave who, otherwise might have been living a life of usefulness today.

The most of those people not only die of lung trouble, but they are hastened off of this Mundane sphere aided by the drug habit. Their fortunes are consumed in doctor's bills, and finally they become scared at the little pain in their chests, which is thought to be in the lungs, and at every breath they yield to the pain and in a short time there is not enough air breathed to keep up a healthy body and of course emaciation soon is inevitable. This condition adds to their fright, and such a thing as taking a long breath is a thing of the past, and their lungs become so weak from inactivity that they are in condition to receive any suggestion that may be offered, which of course is to be consumption, as the most suitable disease to have under the circumstances.

There are few people who know how to breathe to the best advantage, as is demonstrated above. In most cases women are the greatest sufferers, on account of the prevailing mode of dressing, necessitating the habit of short breathing, and that only at the top of their lungs, leaving the lower lobes useless and inert. The air remaining in the lower portion too long becomes rank poison, and preventing the carbonic acid gas from escaping, adds insult to injury, and the blood becomes over-

burdened with foreign substances, preventing its free circulation, and the unfortunate sufferer loses all energy and finally despairs.

The cheapest and best remedy in the world is an abundance of fresh air, and will in a very short space of time effect a cure, if the patient will persist in his efforts to increase his breathing capacity to the fullest extent. Some victims to this disease, submit to its inroads without a struggle and simply die because they did not know how to live.

The influence on the brain of the patient is demonstrated by the hopeless attitude at times and again alternating with fits of unreasonable hopefulness, which is certainly the result of a poorly nourished brain.

The process by which the blood is purified can be shown as follows: The lungs resemble the finest gauze membrane, the interlacing of which are so fine that the oxygen, or electricity of the air, but not the air itself can pass through it into the lungs, and the carbonic acid gas pass out through it, but not the blood; nor can the two commingle. It resembles a strainer so fine as to keep the air in its air cells, and yet allow the gases, oxygen and carbonic acid, to pass in and out at pleasure.

The venous blood, which has become loaded with carbonic acid gas in its passage through the body, goes to the lungs to be aerated and

rendered pure again. That process is accomplished in this way: The walls of the blood vessels in the lungs are full of tiny holes, which while they are too small to allow the red corpuscles to escape, are yet large enough to permit the carbonic acid gas to be thrown off into the lungs and to admit the pure oxygen in its place. If, through defective breathing, but a few inches of the lung substance is supplied with air, then the blood cannot be properly aerated but must be sent out through the body again, still burdened with its old load of impurities, and mind and body suffer alike for want of nourishment. There is no medicine so cheap as pure air, and the tubercular bacilli have no more powerful foe.

These germs find their way to the lungs, in the same manner as a buzzard finds the dead animal in the jungle. At first only a few get a foothold, and finding a congenial soil in the sluggish lung tissue of the person who does not breathe deeply enough to keep his lungs in a healthy condition, they quickly multiply and spread. These bacilli have a tendency to pack themselves into the air cells, one on top of another, until they form a solid mass. As this mass prevents that air from getting into the cells, the affected tissue soon decays and breaks down, leaving a cavity in the lungs which gradually grows larger, unless the

spread of bacilli can be checked. If the wasting process has not already gone too far it can assuredly be checked by forcing pure air into every sluggish, unused cell of the lungs, and stimulating them to perform their normal functions. The inrush of air gradually loosens the hold of the bacilli, which are then expelled by exhalation or expectoration. The lung tissue thus stimulated begins to do its part in throwing off these parasites, and the pure oxygen drawn into every part of the lungs by this deep breathing, once more does its normal work in aerating the blood supply, which in turn carries its fresh, pure current to the brain and other parts of the body, stimulating and vivifying every organ.

This habit of deep, full breathing is one of the simplest things to acquire, and if persisted in will make any narrow-chested, weak-lunged man or woman feel as if they had been drinking of the fabled elixir of life. When people come to me to get treated for lung trouble I put them through a course of physical training, beginning with the breathing exercises, which are the most important of all. If the patient is a woman I encourage her to wear clothing comfortably loose, so as to allow full expansion to the lower part of the lungs. Then I show her how to breathe. As most women habitually use only the upper part of the lungs, I have my woman patient begin by

drawing the breath through the nostrils, slowly expanding the diaphragm and filling the lower part of the lungs, then the upper part, till every air cell is full; then exhaling very slowly through the nostrils as in inhalations. When the lungs are apparently emptied of air, I show the patient how to draw in the muscles of the abdomen and contract the lungs still farther, forcing out the large quantity of residual air which always remains even after an ordinary exhalation. At first these breathing exercises may be decidedly painful, and if so, a person should always stop just short of where the pain begins.

It will soon be observed that with each effort to breathe deeply the unpleasant sensation comes later, and will after a time disappear altogether, while a free, exhilarated, exultant feeling takes its place.

These exercises should be repeated at short intervals many times during the day, always taking care that the air is as pure as possible.

After a few days the patient will find herself breathing with her whole lungs almost unconsciously. There are several minor breathing exercises, but the one just mentioned, if persisted in, will work wonders in a very short time.

When the process of breaking down of the lung tissue called consumption has actually

begun, vigorous exercise in the open air, if for no other reason, the exercises makes the person puff and blow, drawing the air into the lungs and forcing it out again.

The office of the solar plexus may be discussed in this connection, as its functions are always involved where there is any kind of lung trouble. The exercise of this nerve center is one of the most important, not only in pulmonary troubles, but in all kinds of nervous disorders, indigestion and constipation. This great plexus is located in the region of the stomach. The health depends very much upon the action of this great nerve center. So much so that many writers have called it the animal or physical brain. The office of this plexus seems to be that of controlling the organs or digestion, and by its inaction, all kinds of stomach trouble and constipation is the result. Medicated purgatives and cathartics seem to have very little if any effect in its functions, so far as has been observed, a case of stomach trouble or constipation has never been cured through the influence of any drug upon this plexus. The only way that this nerve center can be influenced into action, is through the power of the will, objectively or subjectively. Exercising a strong and steady intention on the part of the patient or the operator or both. Such influences have been brought to bear, as stated above, that the worst

kind of cases of constipation have been permanently cured in a few minutes, and the colon completely disgorged in less than an hour.

The best way to arouse the action of this plexus is to lie down flat on the back and relax every muscle, commence to breathe, slowly at first, and gradually growing faster and deeper until the respirations run about thirty per minute. Keep this exercise up for at least five minutes, or until you have forced the perspiration. This exercise forces and equalizes the circulation, assist in purifying the same, by increasing the quantity of oxygen and permitting the escape of carbonic acid gas, thus enabling the blood to circulate freely through the capillaries, as well as permitting the kidneys to perform their share in the process of purification. The immediate effects produced in this exercise, is balancing the temperature of the body, preventing cold feet, stimulating the functions of all the organs, and finally establishing harmony throughout the entire body, which produces a condition, sufficiently strong to overcome any disease, or to drive out any objectionable symptoms that may be lodged therein. Those conditions are produced something like the following:

Blood is the grand porter of the system, that vehicle which conveys to all parts of the system with required life materials, and also

takes up all waste matter, or used up materials. Its presence is life, its absence death, and its paramount condition of all life and all functions.

Breathing propels the blood. The idea that the heart alone propels it is a mistake. The lungs do their share in forcing the blood through the body, if not the principal part of the labor, it is therefore plainly seen the importance of deep and full breathing.

It should be especially borne in mind, that As this mass prevents the air from getting mind does the work, and being brought into action by the concentration of the objective forces or faculties, admits the suggestion, or intention directed to the subjective mind. Having thus taken up the impression, goes on and does the work directed to it by the irresistible force of the concentrated intention of the objective mind.

In treating patients, if you depart from the "mysterious silence" during or previous to treatment, you should attempt to make your patient understand, that by setting his mind firmly upon the work before you, the degree of the effect will depend entirely upon the force of the intention exercised, and the length of time consumed in your concentrated intention, until you have reached the acme of your mentality, the results of which will restore

your patient to perfect health and happiness, which of course is the condition to be attained.

This method applies to one's self as well as in the treatment of others. The only difference is that in the first, you direct your own thoughts and in the latter you direct the thoughts of your patient.

In the next number directions will be given in the treatment of patients when they are unable to concentrate their minds on matters pertaining to their recovery, and the best means available in reaching the remedy to be employed in their restoration.

SYMPTOMS OF DISEASES.

The greatest enemy to humanity is disease. All the mental and physical suffering of humanity are mostly due to ignorance of a few principles of health that any one can understand without the aid of a teacher. All signs of diseases are in advance, which if promptly met, will prevent a spell of sickness and often save life.

The condition of disease approaching illness can be well understood by the general appearance of the patient. The eye, tongue, pulse, gums, and lips, the stomach and bowels.

The countenance is the great barometer of the condition of the weather within the human system.

When the countenance is flushed and full of blood, there is impeded respiration and circulation and very likely congestion of the brain, this is the case in apoplexy, diseases of the heart, effusion of the lungs, etc.

A pale countenance is a sign of fainting, of anaemia, and hemorrhage, external or internal. When the expression is violent and excited, there is probably the delirium of fever, inflammation of the brain, mania, or delirium tremens. In paralysis, convulsions, epilepsy, hysteria, chorea, etc., we have a distorted countenance, and a flushed one is symptomatic of fever in general, and of the early stage of delirium tremens. Some times in an incurable disease, the face become what nurses call "struck with death" and to this hopeless corpse-like expression has been applied the term "*Facies Hippocratica*," because it has been vividly pictured by Hippocrates himself. Here is his picture: "The forehead wrinkled and dry, the eye sunken, the nose pointed and bordered with a dark or violet circle; the temples sunken, hollow, and retired; the ears sticking up, the lips hanging down, the cheeks sunken, the chin wrinkled and hard, the color of the skin leaden or violet, the hair of the nose and eye-lashes sprinkled with a yellowish or white dust."

The expression of the eye, and of the whole countenance, affords an excellent index to the

state of health or disease. When the eye is bright, but not too much so, high health is generally present; if languid, there is want of tone; and on the other hand, if excited and wandering, some affection of the brain may be predicted.

The tongue is a certain indicator of the state of the system, and always consulted by the physician as reliable authority. Florid redness is the sign of dyspepsia; a livid or purple tongue shows that there is obstruction in the circulation, or lungs; a pale or white tongue denotes a weak or impoverished condition of the blood; a furred tongue is common with some people even when in health, but when there are bright red points perceptible beneath the fur, there is a scarlet fever present; a tongue with red edges and furred in the middle is a sign of intemperance, or brain disorder.

In feverish conditions of the system the tongue becomes very dry and hot, parched as it is called; if clammy and viscid, there is usually derangement of the digestive functions; a yellow tinge on the coating of the tongue indicates a biliary disorder; a thin creamy white, an inflammatory disease in the abdomen. In sore throat we often find it of a dingy whitish color; in scarlatina, we have elongated papillae, presenting bright red

spots; and in some form of intestinal irritation and hemorrhage, it is morbidly clean and red. In anaemic patients we find this organ partaking of the general condition of the system, being pale and flaccid; in paralysis it is drawn to one side; in delirium tremens and nervous affections, it is tremulous; and in low stages of fever it becomes almost black, and cannot be protruded.

The Pulse is one of the chief indications of disease. Walsh, in his *Domestic Economy*, gives the following on the pulse, gums, lips and stomach. When the pulse is frequent, large and soft, it indicates the early stage of fever, or of acute inflammation of the lungs, etc.

When very frequent, large and hard, it accompanies the full onset of fever, of an inflammatory kind, such as rheumatic fever, small-pox, etc.

A moderately frequent, large and hard pulse may be that of mere fullness of blood.

When frequent, large, hard and thrilling, there is generally some disease of the artery, or in its close neighborhood, such as aneurism or tumor.

A frequent and small pulse is often met with in consumption, in which the quantity of blood is diminished, and is equally impaired.

A slow, laboring, large and hard pulse is

often attendant upon apoplexy, or other forms of pressure on the brain.

The gums and lips are also useful as indicative of certain conditions of the system.

When the gums are swollen, and bleed at the lightest touch, there is reason to believe that the system is generally out of sorts, in a state commonly called scrobutic.

A pale bluish-red gum, with a marked line of blue at the edge, is a sign that lead has been taken into the system in some way.

When the lips are parched and cracked, with foetid breath, there is reason to suppose that fever is present in a typhoid type, though this is by no means a certain sign by itself.

The Stomach—The symptoms affecting the stomach, are vomiting or nausea, flatulence, pain after eating, and in some cases eructations of a watery fluid in large quantities.

Flatulency is a symptom of a disordered stomach of a chronic character.

Pain after eating is also a sign of disordered stomach, but there is generally inflammation accompanying it.

The bowels present the following symptoms when disordered:

Constipation may arise from torpor of the bowels, owing to long continued neglect, or the absence of the necessary lubrications, or

other causes, or from a defective secretion of the natural stimulus, the bile.

Diarrhoea consists of an increased discharge of liquid faeces, either caused by the irritation of food or medicine, or the presence of hardened faeces; or some form of poison, such as cholera.

The Faeces—The faeces are the rejected residue of the food passed into the stomach after it has served the purpose of nutrition. According to Berzelius, the normal constituents of the human faeces are as follows:

Water	73.3
Vegetable and animal remains.....	7.0
Bile	0.9
Albumen	0.9
Balusiär extractive matter.....	2.7
Salts	1.2
Slimy matter, consisting of picromel, peculiar animal matter and insoluble residue	14.0
	<hr/>
	100.0

This is the condition of the faeces when the health is perfect, and there is nothing very peculiar in the diet to render it otherwise.

In diseases great changes take place, not only in the proportions, but even in the ingredients of which the faeces are composed. By their peculiarities of substance, smell, and color, the operator is enabled in a great measure to judge of the nature and progress of the mischief going on within, therefore it is of

great importance that they should be preserved for his inspection.

The following are a few of their most obvious indications:

Natural motions are of a ginger-bread color, slightly varying in tint and hue, and of tolerable solidity of consistency, although perfectly impressible. The smell is offensive, but has not that peculiar foetidity which is observed in some diseased conditions of the system. The evacuations should be daily, and at or near a certain hour, but a deviation from this rule is no proof of ill health. We have known persons in a perfectly healthy state, who went to stool once in every two or three days.

It depends greatly on habit, but such a habit is not good. Children should be taught to go to stool every day, at a certain hour, and a habit of a daily evacuation of the bowels once fixed, will probably remain through life, except when it is interfered with by sickness, or the failing powers which are often a consequence of old age.

Mucous evacuations have a semi-transparent, jelly-like appearance.

They may be tinged with brown, green or yellow, all indicating the presence of bile, or red with blood, when there is inflammation or congestion of the mucous membrane, as in mucous diarrhoea and dysentery.

Lymphatic evacuations have a rough, shreddy, or spotty appearance.

There may be irregular or little round specks, like dirty white of egg, scattered through the faeces, or long pieces like shreds of lymph or dingy-colored parchment. In this case it is likely there may be acute inflammation of the mucous membrane of the intestines, the seat of which may be in any of the bowels, or merely the rectum. This, like the above is a symptom of diarrhoea and dysentery.

Pus in the faeces indicates either ulceration of the bowels, or the breaking of an internal abscess into the alimentary passages. If there is much of it, the latter is most likely the case. This is a dangerous symptom.

Bile in the faeces indicates excessive action of the liver, the cause of which may be excessive irritation or active congestion,—in which case the color is generally of a bright yellowish brown, but sometimes, especially in children, it is of a decided green color. This, too, is often the case with grown persons, when the liver is just recovering from a torpid state and beginning to act violently. This is commonly the case too, in hydrocephalus, when the color is a peculiarly deep green.

Bilious motions may or may not be loose, although they are generally so, from the bile

acting as an irritant in the lining of the bowels.

Absence of Bile in the faeces is shown in the absence of color. The motions are clayey, sometimes as pale as pipe clay, and ranging from that shade up to the natural hue, occasionally assuming a grayish tint. They vary in substance, and when liquid are usually frothy, and float on water on account of the quantity of gas they contain.

Loose motions proceed from so many causes that we cannot take them as clear indications of any particular diseases. They are always present where there is an inflamed state of the mucous membrane, as a diarrhoea, in some stages they become altogether watery. If when in this state, they exhibit rice-like particles, they indicate Asiatic cholera, or the too powerful action of saline or drastic purgatives.

Solid motions, when too much so, indicate constipation.

Offensive motions occur in dyspepsia, especially those forms of it which are associated with hypocondriasis. The foetor is excessive in low fevers, when the poison is introduced into the system seems to render the whole of the solids and fluids thereof peculiarly liable to decomposition.

Expectoration—This is, first, the act of discharging mucous or other matter from the

lungs or trachea, and, second, the substance so discharged.

The term in its first meaning is synonymous with coughing, and need not further occupy our attention, but in its second, we find so many important considerations connected with the diagnosis of diseases, that we must pause awhile to consider it. It is by the nature of the expectoration that the operator is enabled to judge of the character and progress of the malady with which he has to contend. If this is frothy, it indicates active bronchitis, catarrh, or influenza; if stringy, and of a whitish or yellowish color, the bronchitis has become chronic, or spasmodic, or there may be whooping-cough present or impending; if purulent, it may indicate the latter stages of catarrh or influenza, especially if the sputa, or matter spat up, is mixed more or less with a tenacious mucous, genuine pus, capable of being poured from one vessel to another, indicates the bursting of a vomica on the lungs, or of the matter of the empyema, having found its way into the bronchial passages, the yellow matter often expectorated in humoral asthma is not truly purulent, but to a large extent mucous. If lumpy, there can be no mistake as to the nature of the disease, pulmonary consumption has fairly set in, and made considerable advances; there is surely to be a softening and breaking up of the tubercles,

where there are small whitish or yellowish lumps expectorated along with the clear fluid on which they float, perfectly distinct. If membranous, the sputa indicates inflammatory action of a chronic, most likely of a croupy character. If stringy and of a rusty-colored, there is certainly pneumonia; if bloody, there is hemoptysis,—either a blood vessel on the lungs has broken, or the blood has oozed through the membrane of the bronchial tubes, both of which are symptoms of a very diseased state of the tissues, and indicative of very great danger to the patient. If offensive and putrid, there may be gangrene of the lungs, but this is only a single sign, and not to be relied on alone.

These are the chief distinctive characters which expectoration assumes, and its increase or decrease in bulk or density, its varieties of tint, and other particular changes, tell to the operator of experience how the case progresses, and whether it is likely to terminate in convalescence or death.

The Temperaments—In physiology temperament has been defined as a peculiar organization of the system common to several individuals, which to a certain extent influences the thoughts and actions. There is besides in each individual a further peculiarity of organization which serves to distinguish his temperament from that of another person, to

whom, however, he may in other respects bear a great resemblance. This individual temperament is called IDIOSYNORASY.

Four temperaments were distinguished by the old schools, founded on the notion of four qualities which entered into the constitution of man, and were supposed to temper each other, and influence the character, according as one or other prevailed over the rest. These qualities were, in the abstract—hot, cold, dry, moist; in the concrete—fire, air, earth, water, and their highest point of development was:

1. The Sanguine, or Sanguineous Temperament, supposed to be characterized by a full habit, soft skin, ruddy complexion, blue eyes, red or auburn hair, frequent pulse, large veins, and vivid sensations.

The Atrabilious, or Melancholic Temperament, described as existing in a thinner but firmer frame than the preceding, with a dark complexion, black hair, and a slower circulation, a nervous system less easily moved, and a character grave and meditative.

3. The Bilious or Choleric Temperament, intermediate between the two preceding, marked by black curling hair, dark eyes, a swarthy, and at the same time, a ruddy complexion, a thick, rough, hairy skin, and a strong full pulse.

4. The Phlegmatic, or Pituitous Tempera-

ment. This differs from all the rest in the laxity of the skin, the lighter color of the hair, and the greater sluggishness of the faculties. Without keeping to the old theory, modern physiologists to a certain extent adopt these terms, to which they have added.

5. The Nervous Temperament, marked by some of the above named characteristics, with a quick and brilliant intellect, and great susceptibility. Not often do these temperaments occur in a pure form. We meet with the indications of two, or even three, of them mingled in one person,—whom, therefore, we must call nervous-sanguine, or nervous-bilious-sanguine, as the case may be.

Viewing temperament as a predisposing cause of disease, we may say that sanguine persons are more liable to acute inflammation than others, nervous, to mental disorders and affections of the nerves, phlegmatic, to scrofula, phlegmatico-sanguine, to gout, and bilious, to hypochondria, and disorders of the digestive organs.

Idiosyncrasy—In most persons there are certain mental bodily peculiarities which we term IDIOSYNCRASIES; and these, to a certain extent, shape and fashion the life and mode of thought, and greatly influence the state of health. In reference to the latter subject, when we say that a man has a predisposition to gout or gravel, we allude to one of his

idiosyncrasies, and we speak of that gouty or other state of that man as his Diathesis. What we call antipathies are the peculiar result of states or conditions of the system, to which the above terms may be properly applied, and it is impossible to affix any assignable cause for these, nor can the operator be aware of them until he has noticed them in their effects, or been informed of them by the patient or his friends.

To some persons a peculiar odor is perfectly unbearable, others cannot abide a certain sound, the sight of an insect, or other animal not obnoxious to other people, will make this or that person ready to faint away, and fill the mind with a nameless dread.

The operator will find in studying the temperaments, a great advantage in gaining knowledge of your patient's condition, and he will better know how to handle the case in order to produce the best results. It will be observed that the mind is looming up all through the temperaments in a more or less degree, and demonstrates that it dominates the body in its entirety.

CONDITIONS OF HEALTH.

The reader may wonder why health is supposed to exist, and be possessed by man conditionally. There is just one straight and narrow path, and as long as we are in this path all is well, everything will be in perfect harmony, but the very first deviation develops a discord, the machinery is out of balance, and it begins to show signs of weakness. The engineer must thoroughly understand his engine, and when there seems to be parts needing his attention, and a readjustment sets aright the unbalanced part, the machinery moves off again in perfect harmony. It is often asked what is meant by the term "health," by its observance a vast number of diseases may be averted, if not the whole category of ailments to which humanity is heir. The diagnosis of one's own case is where the whole trouble rests. Symptoms of perfect health in some persons are mistaken for indications of disease, and the mind accepts it as a fact, and finally it works into the body these expressions, and the condition so much to be avoided is developed into a reality. The real ideal of health is a sound mind in a sound body. A man's mind or soul must be right and his body must be right or he is not a healthy man. Our bodies are made up of certain substances, which under the different functions are constantly

worn out, so that being during our whole lives in a constant waste there must be a regular supply of food to replace this waste. Men do not eat simply to satisfy appetite. The object in taking food is to keep up the original size, etc., of the body, and to replace those worn out parts. The human body is a warm body, and is constantly emitting heat, and the heat so emitted must be replaced. The animal body has often been compared to a locomotive, in which by food, air and water, heat is generated. Food may be considered as the fuel, but it does not serve to generate heat only as in the locomotive, but to form new particles for growth of the body, and to replace those worn out. Whilst in the engine the machinery is constantly wearing out, the body, up to a certain time, by means of its fuel, is constantly replacing the waste, and even serving for the increase of the body.

All the different articles of food may be reduced to two great groups. 1st, flesh-forming substances, and 2nd, heat forming substances. The flesh of men and animals showed a third-class of nutritive substances, known as nutritive salts. These salts have only begun to be recognized during the last few years. The salts may be seen in the form of ashes when any food is burned—such as salt, phosphoric acid, potash, etc. The flesh-forming substances are required to form the flesh and

muscles, the heat forming substances to supply fat, which may be considered the storehouse of heat, and the salts of the bones. Good food must contain a certain amount of flesh forming substances, heat substances, and nutritive salts. It was popularly stated that a certain weight of eggs was equal to the same weight of flesh-meat, but it has long been known that eggs are not equal to meat. With flesh-meat a carnivorous animal may support life, but it is not so with eggs. A dog may eat eggs but can not digest them. If it can digest them it can not live upon them, this is because the parts of the egg eaten do not contain a particle of nutritive salts. If we must eat eggs for the full nutriment we must eat the shells also.

The contents of the egg when being hatched have not one atom of salts in them, yet when the chick comes forth it comes with the due portion of phosphate of lime, as in men. This is due to the fact that the contents of the shell are able to dissolve the inner portion of the shell, and build it up into bones, and thus at the same time get the shell ready to break. There was a great argument a few years ago as to how the chick got out of the shell. True, the beak is so arranged at a certain point as to be ready to break the shell, but with all its power the chick can not break its shell but for the removal of the inner portion of the shell to

build up its bones. It is much the same with meat—if soaked in water it becomes useless; hence the value of salt. In salting meat 15 per cent of the nutritive parts are taken up with the brine, and salted pork is far more nutritive than raw or boiled ham. It is well known that a man dying of starvation can not satisfy himself with boiled ham. It can not be eaten and enjoyed, except when other things are taken along with it. Raw meats, especially pork should not be eaten, because they contain germs which become tape worms. Pork, if eaten raw, is often positively poisonous. By the judicious mixing of the nutritive salts, different kinds of food which want them are good. It is this mixing of food which make porridge and milk furnish perfect nutriment even for an adult. It is a pity the custom of eating porridge and milk is dying out, for it is as good a food for keeping up the substance, the animal heat, and strength as anything that could be eaten.

It is also an ascertained fact that a dog fed upon white bread, dies, whereas his health does not suffer at all if fed on brown bread. The reason of this is that in dressing the white bread a certain necessary portion is taken away. What is true of the dog is true also of the man. In dressing white flour the bran is taken away. How many more men can be fed upon brown bread than if fed upon white

at present in this country? At least a million. We are wasting the produce of the earth to the extent of at least one-thirtieth by not using the bran in the bread. There is not a child who, if it had taken brown bread for a time, but would prefer it.

This is a natural instinct, and these instincts are given for a wise purpose. The appetite is so constructed as to select such foods as is essential to the maintenance and reconstruction of the body. The appetite dictates as to kind and quantity necessary, and should be catered to, to a certain extent, and not be left to have full sway, but should be under the limited influence of reason at all times.

Milk contains, out of 100 parts, $4\frac{1}{2}$ parts of flesh forming substances, 8 parts of heat giving substances, and the rest is a little mineral and water. Milk is a natural type of food, but only for children. Butchers meat contains 22 parts of flesh-forming substances, 14 of the heat giving principle, $\frac{1}{2}$ of mineral and the rest water. Bacon contains only 8 of the flesh forming substances, and 62 of the heat giving principle. The relative portion of fish are respectively 14 flesh forming, 7 heat giving, 1 mineral salts, 78 water; flour, 17 flesh forming and 66 heat giving. It consisting mainly of starch, which is an essential to the heat giving principle; oat meal, 13 flesh forming, 70 heat giving, 3 mineral salts; potatoes, 1

flesh forming, 22 heat giving, as it consists, like flour, mainly of starch and water. Sugar has not a particle of flesh forming ingredient, but consist entirely of the heat giving principle. Bread has 6 flesh-forming, 38 heat giving, $1\frac{1}{2}$ mineral salts, and 48 water; cheese 31 flesh forming, 25 heat giving, $\frac{1}{4}$ mineral salts. In beer there is not actually one part of flesh forming principle, and only 9 of the heat giving out of one hundred parts. It is almost entirely water. The flesh forming foods are characterized by containing nitrogen, and the heat giving by containing carbon. From these facts we can easily estimate the relative value of different kinds of foods for sustaining the body. In a case of illness these facts guide the operator. If a man is suffering from inflammation, and has been a great eater, they do not give him flesh forming foods, but the other kind to let him burn it off. Milk is the standard, and to every hundred parts of nitrogen in human milk, cow's milk contains 237 parts. Milk is intended for the nourishment for persons only in a state of quietude, such as babies. The practice of letting babies sit up before they can well do so and having something of everything on the table, is not a wise one, but a very ruinous one. Milk should be given—and that alone—to a child until it gets its teeth. Another question regarding food is if, when taken, it can

be digested. One kind might be very nutritious, but might be inferior to another with not quite so much nourishment in it. Suppose a man were to take some highly nourishing food, but after taking it, could not digest it, it is of less value than others which were not so nourishing, but which could be digested. Indeed it is worse, if they made the stomach do twice the work for half the value. There is great difference in the digestibility of food. Rice boiled soft, digested in an hour; apples, sweet and ripe, in $1\frac{1}{2}$ hours; sago, $1\frac{3}{4}$ to 2 hours; milk in 2 hours; cabbage, 2 hours; parsnips, $2\frac{1}{2}$ hours; roasted potatoes, $2\frac{1}{2}$ hours; boiled potatoes, $3\frac{1}{2}$ hours; carrots, $3\frac{1}{2}$ hours; butter and bread, $3\frac{1}{2}$ hours; venison, $1\frac{1}{2}$ hours; oysters, 2 hours; raw eggs the same; soft boiled, 3 hours; hard boiled, $3\frac{1}{2}$ hours; salt beef, $5\frac{1}{2}$ hours; mutton, 3 hours; pork, $3\frac{1}{2}$ hours; salt pork, 4 hours and 38 minutes, etc. Not only must food be of proper quality and such as could be digested, but care must be taken that it is cooked in the proper manner. Many articles are spoiled by improper cooking; and many a good cook will improve an inferior article. The French peasant lives on an amount of food that would astonish many, for the way he dresses it up and fixes it makes it go a long way. We actually use more food than we need, and it is wasted in the system, for it is given to the stomach in

such a way that the stomach cannot use it. Another point is to see that no part of the strength of the meat is wasted in cooking. Not one person in five hundred knows how to make a cup of beef tea or boil a leg of mutton. If they put beef for beef tea in boiling water they are sure to leave a great deal of the nutriment in the meat and of course so much the less in the tea. When people want to get all the strength out of the beef, they should take a piece of lean meat, mince it fine, put it into cold water, and afterwards gradually heat the water to a boiling pitch, but by no means do this quickly. If they want boiled mutton to be juicy, they must put it into boiling water, which will have the effect of coagulating the albumen, thus retaining the juices. Another important matter is the amount of food taken. This ought to be considered by the amount of work a man has to perform. The amount of food must vary according to the climate. Foods containing fat are required for winter, and containing starch for summer. In India it is almost necessary to live on rice, in Lapland the people have to eat an enormous amount of fat to keep up the heat of the body. People should always remember that they ought to eat to live, and not live to eat, as too many seem to do. More than half of the inhabitants of this country do not remember this maxim. It is, therefore, better to get up from

the table with an appetite than to feel that you can not take any more. Some systems need more than others, but common sense must guide a man in this matter. There is almost as much intemperance in eating as there is in drinking. Food taken into the stomach when not needed is an incubus, and the system in trying to get rid of it is often diseased. It is an old saying, that good eating requires good rest, and it is true, here the importance of not taking active exercise of body or mind after the principle meal of the day. Food when taken into the stomach requires an extra amount of blood to digest it. If we indulge in reading the blood is taken away. There should be a good breakfast, a little food taken in the middle of the day, and a full meal when the day's work is done. There is much truth in the saying:

After dinner sit awhile;

After supper walk a mile.

The supper should be light. Long fasting is objectionable. The food should be well masticated, and for this purpose teeth were given to us. Food imperfectly masticated takes a long time to digest, and putrifies in the stomach, tainting the breath. Hence the importance of having artificial teeth when our natural ones are gone, for there can be no doubt that modern dentistry has lengthened the average duration of life in this country,

Then as to suitable drinks. It is evident from the natural constitution of our bodies, and the very abundant supply, that God intended that our drink should consist mainly of water. Everybody is agreed as to the suitability of water as a drink, but everyone is not agreed as to whether it should be taken alone or with something in it. —In all nations yet discovered, some kind of artificial stimulants are used. Some are less than others, but all or any of them taken to excess are injurious to both mind and body. In moderation at least some of them are useful, such as tea after a hard day's work. A cup of tea is far more refreshing than a glass of spirits or wine. Perhaps a safe rule is for persons to take those articles which do not intoxicate at their own discretion, such as tea or coffee, etc., whilst those which are intoxicating should not be taken except under judicious advice. It must not be forgotten that good wholesome food is the power, whilst stimulants are only the whip. Another condition of health is plenty of fresh air.

Air is as necessary to existence as food, and its total deprivation is still more rapidly fatal; but the quality of air is also of nearly equal importance, though this is not so readily proved. Nevertheless, it is an admitted fact that pure air, uncontaminated either by decomposing animal, vegetable, or mineral pro-

ducts, is of the greatest consequence to the human race. Whatever renders the blood impure tends to originate consumption. Whatever makes the air impure makes the blood impure. It is the air we breathe which purifies the blood. And as, if the water we use to wash our clothing is dirty, it is impossible to wash the clothing clean, so if the air we breathe is impure, it is impossible to abstract the impurities from the blood.

What, then, are some of the more important things which render the air impure? It is the nature of still water to become impure. Running water purifies itself. Air in motion, draughts of air, are self purifiers. Thus it is that the air of a close room becomes inevitably impure. Thus it is that close rooms cause consumption, or most anything that may be suggested. Hence all rooms should be constructed as to have a constant draught of air passing through them.

A man of ordinary size renders a hogshead of air unfit for breathing and consumes its blood purifying qualities every hour. Hence sleeping in close rooms, even though alone, is perfectly corrupting to the blood. Close bedrooms prepare the graves for thousands. The simple fact set forth by Dr. Arnott, long ago, that a canary bird suspended near the top of a curtained bedstead, in which people are sleeping will generally be found dead in the

morning, should be sufficient to show the danger of breathing a vitiated medium, and the necessity of providing a constant supply of fresh air in our dwellings. Impure air, however, cannot be seen. Its effects are not immediate; and so it is allowed to kill its thousands annually.

A healthy full grown man respires about twenty times per minute, and inhales in that time about 700 cubic inches of air.

Fresh air contains twenty-three per cent of oxygen by the process of respiration the oxygen is reduced to eleven per cent., and the carbonic acid is increased to rather more than eight per cent. Three and a half per cent of this gas renders air unfit to sustain life; and this will give some notion of the large quantity of air required for the healthful occupation of a building by a number of persons, especially of sleeping rooms.

It is very important upon taking a house to consider beforehand all the advantages and disadvantages connected with the proposed residence; for not only the physical comfort of a family, but all its mental and mental well-being, is materially affected by its selection.

The primary advantage every home should possess is healthiness. Do not choose your house in low, damp situations, however cheap it may apparently be, houses in such situations cannot be well drained, and the consequence

is that fever and cholera often prevails in such a locality. A house built on dry, gravelly soil, or on rising ground, and where the drains are in good order, should be selected as being that in which health may be preserved. The signs of damp are the molding of the walls, paper hanging mouldy and peeling off, and moist floors. High and dry situations, with a free circulation of air, whether in towns or in the country, are proverbially healthy; whilst those which are low and damp, or surrounded by confined air, are the opposite.

A plentiful supply of pure water is indispensable both for drinking and cleansing; good health cannot be expected if impure water is drank, and you cannot have comfort in a dirty house or in dirty linen. Therefore let "cleanliness be next to godliness."

The signs of good water are, that it easily becomes hot or cold, that in summer it is cool, and in winter it is slightly lukewarm; that a drop dried on a clean cloth leaves no stain behind; it has likewise no taste nor smell.

Another sign is, that pure water, when boiled, becomes hot and afterwards grows cold sooner than water impregnated with impure substances. Standing pools and wells are not unfrequently impure.

The selection of temporary residence is a matter of great importance; for one class an elevated situation, and a dry bracing air, will

be most proper, a sheltered residence, with a milder air, will be suitable for another, whilst the sea-side may be preferable for a third.

Besides what has been said on the necessity of change of climate for those afflicted with organic diseases, a change of residence and scene may have a beneficial effect on health. Those persons accustomed to sedentary habits or pursuits in town, frequently derive adequate beneficial results by a short resort to a suburban district on the sea-side. The nervous system is braced by the change, and all the functions are brought into more vigorous play.

Exercise comes next to air and food in its bearing upon the healthy development of the human frame, but its effects depend upon a different chain of laws. Respiration, circulation, digestion, secretion, and all the bodily functions are assisted by it. The evil results of the want or deficiency of exercise are seen in persons of indolent life or sedentary habits. Indigestion, costiveness, and a multitude of chronic maladies are produced, besides the general derangements and discomforts of the whole system under which nervous and hypochondriacal patients suffer.

Without exercise the frame becomes contracted and enfeebled, the internal functions of the body deranged, and the brain incapable of any great mental effort. With it the machinery of life goes on with vigor and regular-

ity, and the mind is stimulated to healthy action. The benefits of exercise therefore to those whose occupation does not require any physical exertion, cannot be too highly estimated. The body must undergo a certain amount of fatigue to preserve its natural strength, and maintain all the muscles and organs in proper vigor. The activity equalizes the circulation, and distributes the blood more effectually through every part.

Cold feet, or chill anywhere, shows that the circulation is languid there. The muscles during exercise press on the veins, and help on the currents by quickening every vessel to activity.

When exercise is neglected, the blood gathers too much at the central regions and the impression about the heart, difficulty of breathing, lowness of spirits, anxiety and heaviness, numerous aches and stitches, and evidence of stagnation.

The exact amount of exercise depends in a great measure upon the person's strength, but under ordinary circumstances every person should pass at least two hours daily in open-air exercise. The delicate may take exercise within doors, selecting the largest room with the window open, and walking to and fro for an hour or more.

Exercise is therefore necessary as an ordinary excitant to be brought into daily opera-

tion that vigor of the functions of the body may be preserved; it is the merciful provision by which the decree "that man should earn his bread by the sweat of his brow" has been converted into a blessing; it is that which gives the laborer sound sleep and a good appetite.

Cleanliness has a powerful influence on the health and preservation of the body. Cleanliness in our garments and persons prevents the pernicious effects of dampness, bad smells, and contagious vapors, arising from putrescent substances. Cleanliness keeps up a free perspiration, renews the air, refreshes the blood, and even animates and enlivens the mind.

Frequent evolutions of the body in water is not only necessary to cleanliness and comfort, but it is also necessary to the preservation of health.

The explanation of this is, that the pores of the skin act as agents for removing from the body useless and superfluous matter, which is constantly being generated. If this refuse is suffered to accumulate, it forms a thick, hard crust, which obstructs the pores and impedes their functions.

To obviate these evil effects, the whole body should be subjected daily to an ablution in cold water, or to friction with a damp cloth.

As we have above stated, when it is considered that the well being of the whole frame

depends in a great measure on the healthy condition of the skin, the importance of bathing is obvious; and for this purpose, either the cold or tepid bath may be employed. Besides being necessary to cleanliness, the cold bath, when used by persons in health, increases the tone of the stomach, strengthens the digestive organs, and by diminishing the sensibility of the whole system, particularly of the skin, renders the whole body less susceptible to atmospheric impressions from cold, wet, and sudden changes of temperature. The interval for a person to remain in a cold bath should not at any time exceed ten or fifteen minutes, and in winter not more than five minutes. In the morning, before breakfast, is the most strengthening time for those in health to indulge in the bath; but those of less vigorous frame should bathe about two hours after breakfast.

The use of the tepid bath is more important for the purpose of cleanliness, and the general preservation of the health, than as a remedy for disease, although in the latter case it is generally valuable. The range of temperature extends from 85 to 92 degrees; and it is sometimes employed previously to the cold bath, the bather lowering the heat gradually, each time until he arrives at that of the cold bath, or the mere purposes of ablution, the tepid water is the best, choosing the particu-

lar degree that is the most desirable. It is very refreshing after fatigue and traveling, and is equally serviceable, occasionally, to persons of sedentary habits.

SUCCESS.

(From The Path of Life.)

Twenty clerks in a store; twenty hands in a printing office; twenty apprentices in a shipyard; twenty young men in a village; all want to get on in the world, and expect to succeed. One of the clerks will become a partner and make a fortune; one of the compositors will own a newspaper and become an influential citizen; one of the apprentices will become a master builder; one of the young villagers will get a handsome farm and live like a patriarch; but which one is the lucky individual? Lucky! There is no luck about it. The thing is almost as certain as the Rule of Three. The young fellow who will distance his competitors is he who masters his business, who preserves his integrity, who lives cleanly and purely, who devotes his leisure hours to acquisition of knowledge, who never gets in debt, who gains friends by deserving them, and who saves his spare money. There are some ways to fortune shorter than this old dusty highway; but the staunch men of the community, the men who achieve

something really worth having, good fortune and serene old age, all go on in this road.

We hear a great deal about "good luck" and "bad luck." If a person has prospered in business, he is said to have had "good luck." If he has failed, he has had "bad luck." If he has been sick, good or bad luck is said to have visited him, accordingly as he got well or died. Or, if he has remained in good health, while others have been attacked by some epidemic disease, he has had "good luck" to escape that which others have had the "bad luck" to be seized. Good or bad luck is, in most cases, but a synonym for good or bad judgment. The prudent, the considerate, and the circumspect seldom complain of ill luck.

We do not know anything which more fascinates youth than what, for want of a better word, we may call brilliancy. Gradually, however, this peculiar kind of estimation changes very much. It is no longer those who are brilliant, those who affect to do the most and the best work with the least apparent pains and trouble, who we are most inclined to admire. We eventually come to admire labor, and to respect it the more, the more openly it is proclaimed by the laborious man to be the cause of his success, if he has any success to boast of.

A great moral safeguard is habits of in-

dustry. This promotes our happiness; and also leaves no cravings for those vices which lead on and down to sin and its untold miseries. Industry conducts to prosperity. Fortunes may, it is true, be won in one day; but they may be lost in one day. It is only the hand of the diligent that makes one permanently rich. The late Dr. Ticknor, of Boston, a model merchant and publisher, in his last hours spoke of the value of a steady pursuit of one's legitimate business. He commented on the insane traffic in gold at that moment, as ruinous to the country and the parties engaged in it.

"The pathway of its tracks," said he, "is strewn with wrecks of men and fortunes; but few have failed of success who were honest, earnest, and patient." He attributed his own success to his clinging to his resolution to avoid all speculations, and steadily pursuing the business of his choice. He had been bred to the trade of a broker; but thought it as dangerous as the lottery and dice.

And no young man could fail to be warned by him, who had seen the frenzy that comes over the "Brokers' Board."

"A babble of conflicting sounds—a hot oven of excitement" is that board; it is a moral storm which few can withstand.

How much wiser is he who keeps out of the

whirlpool, content with an honest calling and reasonable gains.

Who are the successful men? They are those who when boys were compelled to work either to help themselves or their parents, and who when a little older were under the stern necessity of doing more than their legitimate share of labor; who as young men had their wits sharpened by having to devise ways and means of making their time more available than it would be under ordinary circumstances. Hence in reading lives of eminent men who have greatly distinguished themselves, we find their youth passed in self-denials of food, sleep, rest, and recreation. They sat up late, rose early, to the performance of imperative duties, doing by daylight the work of one man, and by night that of another.

Said a gentleman, the other day, now a private banker of high integrity and who started in life without a dollar: "For years I was in my place of business by sunrise, and often did not leave it for fifteen or eighteen hours." Let not, then, any youth, be discouraged if he has to make his own living, or even to support a widowed mother, or a sick sister, or unfortunate relative; for this has been the road to eminence of many a proud name. This is the path which printers and teachers have often trod—thorny enough at

times, at others so beset with obstacles as to be almost impassable; but the way was cleared, sunshine came, success followed—then the glory and the renown.

The secret of one's success or failure in nearly every enterprise is usually contained in answer to the question: How earnest is he? Success is the child of confidence and perseverance. The talent of success is simply doing what you can do well, and doing well whatever you do—without a thought of fame. Fame never comes because it is craved. Success is the best test of capacity. Success is not always a proper criterion for judging a man's character. It is certain that success naturally confirms us in a favorable opinion of ourselves. Success in life consists in the proper and harmonious development of those faculties which God has given us. Be thrifty that you may have where with to be charitable. He that labors and thrives spins gold.

We are familiar with people who whine continually at fate. To believe them, never was a lot so hard as theirs; yet those who know their history will generally tell you that their life has been one long tale of opportunities disregarded, or misfortunes otherwise deserved. Perhaps they were born poor. In this case they hate the rich, and have always hated them, but without ever having emulated their prudence or energy. Perhaps they have

seen their rivals more favored by accident. In this event they forgot how many have been less lucky than themselves; so they squandered their little, because, as they say, they cannot save as much as others. Irritated at life, they grow old prematurely. Dissatisfied with everything, they never permit themselves to be happy. Because they are not born at the top of the wheel of fortune, they refuse to take hold of the spoke as the latter comes around, but lie stubborn to the dirt, crying like spoiled children, neither doing anything themselves, nor permitting others to do it for them.

Some men make a mistake in marrying. They do not in this matter either begin right. Have they their fortunes still to make? Too often, instead of seeking one who would be a helpmate in the true sense of the term, they unite themselves to a giddy, improvident creature, with nothing to recommend her but the face of a doll and a few showy accomplishments. Such a wife, they discover too late, neither makes home happy nor helps to increase her husband's means. At first, thriftless, extravagant and careless, she gradually becomes cross and reproachful, and while she envies other women, and reproaches her husband because he can not afford to maintain her like them, is really the principal cause of his ill fortune.

The selection of a proper companion is one of the most important concerns of life. A well-assorted marriage assists, instead of retarding, a man's prosperity. Select a sensible, agreeable, amiable woman, and you will have secured a prize "better than riches." If you do otherwise, then, alas for you!

Treat everyone with respect and civility. "Everything is gained, and nothing lost, by courtesy." Good manners insure success. Never anticipate wealth from any other source than labor. "He who waits for dead men's shoes may have to go a long time bare foot." And above all, *Nil desperandum*," for "Heaven helps those who help themselves." If you implicitly follow these precepts, nothing can hinder you from accumulating. Let the business of everybody else alone, and attend to your own; don't buy what you don't want; use every hour to advantage, and study to make even leisure hours useful; think twice before you throw away a shilling; remember you will have another to make for it; find recreation in your own business; buy low, sell fair, and take care of the profits; look over your books regularly, and, if you find an error, trace it out; should a stroke of misfortune come over your trade, retrench, work harder, but never fly the track; confront difficulties with unceasing perseverance, and they will disappear at last; though you should fail in

the struggle, you will be honored; but shrink from the task and you will be despised.

Engage in one kind of business only, and stick to it faithfully until you succeed, or until your experience shows that you should abandon it. A constant hammering on one nail will generally drive it home at last, so that it can be clinched. When a man's undivided attention is centered on one object, his mind will constantly be suggesting improvements of value, which would escape him if his brain was occupied by a dozen different subjects at once. Many a fortune has slipped through a man's fingers because he was engaging in too many occupations at a time. There is good sense in the old caution against having too many irons in the fire at once.

"At thy first entrance upon thy estate," once said a wise man, "keep a low sail, that thou mayst rise with honor; thou canst not decline without shame; he that begins where his father ends, will end where his father began." An English judge being asked what contributed most to the success at the bar, replied, "Some succeed by great talent, some by the influence of friends, some by a miracle, but the majority by commencing without a shilling."

Everywhere in human experience, as frequently in nature, hardship is the vestibule of the highest success. That magnificent oak

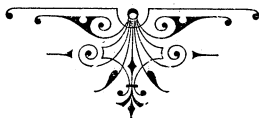
was detained twenty years in its upward growth while its roots took a great turn around a boulder by which the tree was anchored to withstand the storms of centuries.

In our intercourse with the world a cautious circumspection is of great advantage. Slowness of belief, and proper distrust, are essential to success. The credulous and confiding are ever the dupes of knaves and imposters. Ask those who have lost their property how it happened, and you will find in most cases it has been owing to misplaced confidence. One has lost by endorsing; another by crediting; another by false representations; all of which a little more foresight and a little more distrust would have prevented. In the affairs of this world men are not saved by faith, but by the want of it.

They who are eminently successful in business, or who achieve greatness, or even notoriety in any pursuit, must expect to make enemies. Whoever becomes distinguished is sure to be a mark for the malicious spite of those who, not deserving success themselves, are galled by the merited triumph of the more worthy. Moreover, the opposition which originates in such despicable motives, is sure to be the most unscrupulous character; hesitating at no iniquity, descending to the shabbiest littleness. Opposition, if it be honest and manly, is not in itself undesirable. It is

the whetstone by which a highly tempered nature is polished and sharpened.

He that has never known adversity, is but half acquainted with others or with himself. Constant success shows us but one side of the world. For, as it surrounds us with friends, who will tell us only our merits, so it silences those enemies from whom alone we can learn our defects.



TESTIMONIALS.

Hip Joint Disease and Rheumatism Cured in One Week.

St. Paul, Kan., March 31st, 1899.

It is with a grateful heart that I write this testimonial of Prof. Brown's magnetic treatment. On April 18th, of last year, I fell and dislocated my hip and injured my knee. I also had rheumatism which crippled me so that I could not walk or even dress myself. I was examined by a specialist who pronounced my case hip joint disease, and said that it would cost a large amount of money and a long time to cure me. My mother heard of the Weltmer Magnetic Institute and concluded to send me to Nevada, Missouri, for treatment. I went there and remained one week, and for five dollars I received seven treatments, and am happy to say that I am cured. I was treated by Prof. G. M. Brown, and will always feel grateful to him, (after my kind parents, who sent me to him) for my cure, and his kindness to me while under his treatment. I recommend his magnetic treatment to all who are in any way afflicted.

ROSE LANHAM.

St. Paul, Kan., March 31st, 1899.

PROF. G. M. BROWN—Dear Sir—Rose arrived home on Wednesday; I can't begin to tell you how glad I am to see her walking again. I wouldn't see her as she was when she left home for ten thousand dollars. Please accept my heartfelt thanks for her cure, also for your kind treatment of her while in your care. I send you Rose's picture which you can use if you wish, in your advertisements. Very respectfully,

MRS. S. L. LANHAM.

Nervous Prostration and Partial Paralysis Cured in Ten Days.

Enid, Ok., May 1st, 1899.

For five years I have suffered from a complication of diseases. The aftermath of a most severe case of lagrippe, resulting at last in nervous pros-

tration and partial paralysis. I was almost entirely without hope of ever being well again. I received the best medical attendance but obtained no relief. At the beginning of April, 1899, I went to Nevada, Missouri, for treatment from Prof. G. M. Brown, that most powerful or magnetic healers. After the sixth treatment I could walk a mile without fatigue, and feel today that I am fully restored to life, health and hope.

Words are inadequate to express my gratitude.

I give this testimonial with a thankful heart and the hope that it may bring others who are suffering as I did, to that noblest of men, Prof. Brown. May success attend him.

MRS. GEO. A. TODD.

Gettysburg, South Dakota, June 19, 1898.

To Whom it May Concern:

This is to certify, that I have been a chronic sufferer with constipation for a number of years, and that nearly three weeks ago Prof. G. M. Brown gave me one treatment which resulted in almost instant relief, and I have ever reason to believe that the cure is permanent.

C. W. TABER.

Big Springs, Texas, Feb. 22nd, 1899.

PROF. G. M. BROWN, Nevada, Mo.—We have waited one month for adverse developments and as they have not come, it is my duty as well as pleasure, to make a statement to you, and all others, of my wife and son's sickness and speedy restoration to perfect health. My wife has been a constant sufferer for many years with stomach trouble, lung and spinal affection, for weeks at a time she was unable to do her work and had got reduced down to eighty-seven and one-half pounds. My son had contracted chronic diarrhea crossing the Sonora Desert in Mexico and could get no relief from any one; he had got to that state in his bowels they were uncontrollable. My wife saw the add of Prof. Weltmer and after a little correspondence arranged to go to Nevada, Mo. They left our little city with hope and fear, hope that they would get well or be benefited, fear that

they might not be able to reach their destination, after a long and tedious journey of over 1,500 miles they arrived at Nevada and were put under the treatment of Prof. G. M. Brown. They were at Nevada just one week and were fully restored to health and commenced to gain flesh, wife gained 19 pounds in 26 days and son 15 pounds. I consider them two of the most remarkable cures in the history of science and should we live a hundred years we will be still indebted to Prof. G. M. Brown for the happiness he has brought into this family. I advise all who are affected in any way to go or send to him at once and be cured.

Very truly yours, JOHN T. SUTTON.

P. S.—Any communication cheerfully answered if stamp is enclosed.

Greenville, Ill., March 3rd, 1899.

PROF. G. M. BROWN, Nevada, Mo.—Dear Sir—It is with pleasure I write thanking you for the great good you did for my nephew, Elmer Frenseley. He came to you a physical wreck, with no hope at all, but left you feeling like a new man, and he is still improving, for which we feel very grateful to you.

He is like one who has been miraculously saved from the grave, and we all join in wishing you continued success in your noble work.

Very truly yours, ALMA BLIZZARD.

PROF. G. M. BROWN—Three years ago I was taken with typhoid fever, and when the fever left me I was in a broken state of health, and to regain my former health I tried all the remedies recommended to me, including the doctor's prescriptions, but without relief. I also tried hospital, electricity, etc., but all to no avail. I was badly afflicted with constipation, stomach, lung and liver trouble, had rheumatism in every joint, and had lost flesh until I was almost a living skeleton. After all remedies thus far tried and failed, I was at last advised to go to Nevada, Mo., and see Prof. Weltmer. On arriving at the Weltmer Institute, I was assigned to Prof. G. M. Brown for treatment, and in just two weeks was

entirely cured. To say that I am a thousand times delighted does not begin to express my seemingly miraculous transformation. I am now a well man with a long life yet before me to live and enjoy, all for which I am ever and many times thankful to Prof. Brown.

ELMER FRENSELY.

Sciatic Rheumatism Cured in Four Days.

Calla de la Palma, No. 2.

City of Mexico, Old Mexico.

TO PROF. G. M. BROWN, Nevada, Mo.—Dear Sir—During the month of December, 1898, while traveling through the U. S. of A. I was taken with an acute attack of rheumatism; it was in both hips and limbs, and I suffered most intense pains, passing the entire night in wakefulness and agony.

I visited Prof. Weltmer's school of Magnetic Healing, and was assigned to your care; after four treatments I left Nevada, completely and permanently cured.

I write this to express my gratitude to you, and to say that I shall recommend your wonderful magnetic treatments to all of my afflicted friends.

Thanking you again for the kindness and courtesy shown to me while in Nevada, I am,

Respectfully, MRS. LOIS L. L. DE VRIES.

Nevada, Mo., Feb. 21, 1898.

It is with great pleasure that I write this testimonial of Prof. G. M. Brown's wonderful magnetic treatment. I was taken with a very severe and painful congestion of the spine, there being a contraction of the muscles, causing me considerable alarm, and being very anxious for immediate relief I called in Prof. G. M. Brown, and I am very glad to tell of his great power to immediately cure and relieve pain. It was just four minutes after I placed my case in his hands the pains all left me, and every symptom of my former trouble disappeared. I have had no pain since, and I consider myself entirely cured. I can cheerfully recommend him to the afflicted, as I am con-

252 *The Practical Magnetic Healer.*

fident he can do you more good than all other curative agencies combined.

H. L. MILLER, M. D., Druggist.

Nevada, Mo., Dec. 17, 1897.

It is with great pleasure that I can recommend Prof. G. M. Brown, the magnetic healer. I have been a patient sufferer from neuralgia in the head and eyes since the days of my childhood. Having had my case pronounced incurable by at least fifty of the best doctors in this country, I, in abject despair, submitted my case to Prof. Brown, and to my surprise and delight I was immediately relieved and permanently cured in one treatment. I am now enjoying perfect health. May success ever attend Prof. Brown in his noble work for suffering humanity.

W. D. PHILLIPS, Merchant.

Nevada, Mo., Jan. 7, 1898.

Prof. G. M. Brown permanently cured my rheumatism in two treatments, after having stubbornly resisted all medical treatment for sixteen long and bitter years. I am both literally and practically a new man, and I feel that I should live those sixteen years over again, all of which I owe to the ability of Prof. Brown to conquer the worst enemy of mankind.

L. A. GRISHAM,

Contractor and Builder.

Nevada, Mo., Dec. 6, 1898.

I was afflicted with catarrh, rheumatism and constipation. Have taken all kinds of remedies and have been treated by three different physicians in the last three years without permanent relief. I was confined to my bed the most of the time and was in the hospital five months. After having been pronounced an invalid I heard of Prof. G. M. Brown's wonderful cures. I immediately applied to him for relief. I had more relief from the first treatment than I had in all the years of my affliction. I was entirely and permanently cured in one week and I have enjoyed splendid health ever since. I take great pleasure in recommending Prof. Brown to the sick and afflicted that

they may profit by his wonderful power to heal diseases such as I was afflicted with.

W. M. GRIFFIN, Machinist, M. K & T. R. R.

Nevada, Mo., Jan. 25, 1898.

While we live on this earth there are many things we do that are both a duty and a pleasure. This is a great one in my case. At this time, I am in perfect health, and I owe it all to Prof. G. M. Brown's wonderful magnetic treatment. For seven years I have been a sufferer from a complication of diseases, stomach, liver and kidney trouble, and have been treated by a number of very eminent physicians with but little relief. Hearing of Prof. G. M. Brown's remarkable cures, concluded to test the merits of his treatment and it is with great pleasure and happiness, that I find myself in perfect health. It is impossible to express my gratitude and appreciation of the great good he has done me. I feel it my duty to do all in my power to direct all suffering humanity to a never-failing source of health and happiness. I will cheerfully answer any communications enclosing stamp for reply.

MRS. HENRY BECK, 817 Front Street.

Nevada, Mo., March 15, 1898.

Prof. Brown cured me of Rheumatism in arm and knee in one treatment. He and his power to heal are truly wonderful, and a boon to the afflicted.

B. F. BURTON.

Nevada, Mo., Feb. 7, 1898.

I have been troubled with nervous headache and neuralgia of the stomach from which I have suffered at intervals for years. Prof. G. M. Brown cured me in one treatment. I have been in perfect health ever since. Many thanks to Prof. Brown.

OSCAR SMITH, Order Clerk.

Nevada, Mo., April 11, 1898.

This is to testify that I have suffered for a long time with liver complaint, falling of the womb,

nervous fits, and other weaknesses such as are common to females. To all appearances I was fast going into consumption. My complaints were such as to confine me to my bed. I had also lost all hope of ever being restored to health, till happily I saw a notice of Prof. G. M. Brown's, and was induced to call on him at his office, and under his magnetic treatments I am happy to say my health has been completely restored. My husband feels grateful to Prof. Brown. I would recommend any of my sex, troubled with female difficulties, to call on him.

MRS. J. N. B.,

Nevada, Mo., March 10, 1898.

I am pleased beyond expression to inform you of the extraordinary cure by Prof. Brown's treatment in my case. Eight or nine years since I was attacked with constipation, followed by a very severe case of eczema which continually tormented me and made my life miserable. My sufferings were awful. I applied to several physicians without relief. Last fall I was threatened with paralysis, my limbs were growing very cold. I could feel a gradual breaking down of my entire system. After having almost despaired of getting well again I tried Prof. Brown's magnetic treatment, and am much pleased to say that after first treatment I was much improved, and in two weeks I was entirely free from all my trouble. I have the happiness to enroll my testimony in the long list of his miraculous performances and am conscientiously recommending my fellow sufferers to his advice and sympathy. JOSHUA FERGUSON.

Nevada, Mo., Nov. 25, 1898.

PROF. G. M. BROWN—Dear Sir—It is with great pleasure I now address you, the purport of which is to state to you my last distressing case and to request for the benefit of others, that you will make it public, and my cure. I was ill for some time by reason of taking a severe cold which settled in the small of my back. The pains from this trouble were continuous. My regular physician gave me medicine for three months but

without any change in my distressing condition, and I became convinced that this treatment would do me no good. I resolved to try your treatment and in a week found myself in perfect health. All symptoms of sciatica and lumbago disappeared and I am now able to do any kind of hard work without the least pain or fatigue. I have the happiness to enroll my testimony in the long list of your miraculous performances, recommending my fellow sufferers to your advice and sympathy.

A. P. BRIDEFORD.

Nevada, Mo., Feb. 17, 1898.

Last December I fell and broke my arm near the wrist. The small bones of my wrist were dislocated, and when the broken bone in my arm healed, I suffered intense pain in my wrist and hand continually. I could not sleep nights. I sought relief in medicine and liniments without avail. At this time ankylosis set in, and my arm and hand became perfectly rigid. I, then in great misery and despair, called on Prof. G. M. Brown, and I am much pleased to say that the treatment relieved me of all pain, and in three treatments I could use my arm and hand almost as well as ever. I think it very remarkable that such excruciating pain of which I was a sufferer could be eradicated in such a short time. My sleep was undisturbed after the first treatment. I am very grateful to Prof. Brown, and gladly recommend him to all suffering humanity.

MRS. M. M. KRAMER.

Nevada, Mo., June 8, 1899.

MY DEAR PROF. BROWN—I cannot leave Nevada without saying to you, individually and personally, how deeply I appreciate your efforts in my behalf, during my stop in your city and while a patient under your care, in connection with The Weltmer Institute. To your faithful attention and treatment, I owe a large share of my return to my feet, for I am quite sure that I should never have had the courage to try crutches, if you had not faithfully and patiently encouraged me to attempt to stand. I can now walk fairly well with

256 *The Practical Magnetic Healer.*

crutches and if the summer at the sea coast does not put me thoroughly on my feet, I shall be tempted to return to your kind care to strive for a complete restoration. With best wishes,

Sincerely yours, PHOEBE W. COUZINS.

Prof. Gilbert M. Brown.

Pawnee City, Neb., June 23, 1899.

I owe all my future life and happiness to Prof. Brown who after one year and a half of suffering and pain has cured me in eight treatments of magnetic healing and without touching a joint. I layed in bed for one year and was treated for salt-rheum and eczema by the best medical doctors in the state of Nebraska, after which I was moved to Hot Springs, Ark., on a stretcher, but received little relief after staying there five months and taking seventy-five baths. I then decided to return home. After arriving home became interested in the Weltmer Institute. I came here and after eight treatments am well. Could hardly walk when I reached here my knees were so swollen and stiff. I believe Prof. Brown to be one of the most powerful magnetic healers I ever met. Yours truly,

FRED M. SHINN.



INDEX.

	PAGE
ABSCESSES	38
Causes	38
Symptoms	38
Treatment	39
ASTHMA	40
Causes	40
Symptoms	40
Treatment	41
AMAUROSIS	95
Symptoms	95
Treatment	95
AMENORRHOEA	135
Symptoms	135
Treatment	135
ANCHYLOSIS	113
Symptoms	113
Treatment	113
ANTI-FLEXION	140
ANTI-VERSION	141
Causes	142
Symptoms	142
Treatment	142
ATROPHY	120
Treatment	120
APPENDICITIS	128
BLEEDING OF THE NOSE.....	44
Causes	44
Treatment	45
BLEEDING OF THE LUNGS.....	45
Causes	46
Symptoms	46
Treatment	46
BRONCHITIS	43
Symptoms	44
Treatment	44
BLINDNESS	42
BURNS	118
BRUISES	119
CANCERS	47
Causes	47
Symptoms	47
Treatment	48
CATARRH	49
Causes	50
Symptoms	50
Treatment	50

Index.

	PAGE
CATARACT	48
Causes	48
Symptoms	48
Treatment	49
CHOREA	113
Symptoms	114
Treatment	114
CHILBLAINS	51
Causes	51
Treatment	51
CCLIC	51
Causes	52
Symptoms	52
Treatment	52
CONVULSIONS	53
Causes	53
Treatment	53
CONSUMPTION	54
Causes	54
Treatment	54
CONSTIPATION	55
Causes	56
Treatment	56
CORPULENCE	57
Causes	57
Symptoms	58
Treatment	58
CUTS	119
CRAMPS	59
Causes	59
Treatment	59
CRAMPS IN STOMACH	59
CONDITIONS OF HEALTH	221
CONGESTIVE CHILLS	132
CONGESTED SPINE	55
DEAFNESS	59-128
Causes	59
Treatment	59
DEBILITY	60
Causes	60
Treatment	60
DEFECTIVE APPETITE	61
DELIRIUM TREMENS	61
Causes	61
Symptoms	61
Treatment	63
DIABETES	63
Causes	64
Symptoms	64
Treatment	64
DIARRHOEA	65
Causes	65
Symptoms	65
Treatment	65
DISEASES OF WOMEN	135

Index.

	PAGE
DISEASES, SYMPTOMS OF	207
DISORDERED SKIN	66
Causes	66
Treatment	66
DISORDERS OF THE OIL GLANDS	67
DIZZINESS	66
Causes	66
Treatment	67
DYSPEPSIA	67
Causes	68
Symptoms	68
Treatment	69
DYSMENORRHEA	136
Treatment	136
EARACHE	17-71
Treatment	71
EPILEPSY	71
EYES	74
Granulated	122
Inflamed	123
ERYSIPELAS	73
Treatment	74
EXHAUSTION	74
EXPECTORATION	215
EFFECTS OF FEAR	31
FAINTING	75
Causes	75
Symptoms	75
Treatment	75
FEVER	37-77
FLEXION	139
Symptoms	140
FUNDAMENT, FALLING OF THE	76
GALL STONES	81
Symptoms	82
Treatment	82
GASTRITIS	98
Symptoms	98
Treatment	98
GOUT	85
Causes	85
Treatment	85
GONORRHEA	83
Symptoms	83
Treatment	84
GRANULATED SORE EYES	122
GETTING CHILDREN TO GROW	21
GUMS	211
GRAVEL	86
Symptoms	86
Treatment	86
GOITRE	133
HAY FEVER	87
Symptoms	87
Treatment	87

Index.

	PAGE
HEADACHE	17-88
HEART DISEASE	89
Symptoms	89
Treatment	90
HEART BURN	91
Symptoms	91
Treatment	91
HEALTH, CONDITIONS OF	21
HEMORRHAGIA	137
Symptoms	137
Treatment	137
Causes	140
HOARSENESS	93
Symptoms	93
Treatment	93
HIP-JOINT DISEASE	92
Symptoms	92
Treatment	93
HICCOUGH	91
Symptoms	91
Treatment	92
HYPOCHONDRIA	94
Symptoms	94
Treatment	94
HYPNOTISM	187
IDOSYNCRASY	219
INFLAMMATION	99
INFLAMMATION OF THE LIVER	97
Symptoms	97
Treatment	97
INFLAMMATION OF THE SPLEEN	97
Symptoms	97
Treatment	98
INFLAMMATION OF THE BOWELS	43
Treatment	43
INFLUENZA	100
Symptoms	100
Treatment	100
INFLAMMATION OF THE KIDNEYS	98
Symptoms	98
Treatment	99
INCONTINENCY OF URINE	95
IMPOTENCY	132
INTENTION	18
INTERESTING EXPERIMENTS	30
IMPERFECT SIGHT	95
JAUNDICE	101
Treatment	101
LOCOMOTOR ATAXIA	124
Symptoms	124
Causes	124
Treatment	125
LUMBAGO	102
Treatment	102

Index.

	PAGE
MOTIONS	215
Loose	215
Solid	215
Offensive	215
Natural	215
MANIPULATIONS	154-160
MANIPULATIONS FOR CONSTIPATION	174
NEURALGIA	15-103
Treatment	104
NEURALGIA OF THE EYES	86
NOCTURNAL EMISSIONS	104 & 131
Causes	104
Treatment	105
ORIGIN OF DISEASES	181
OSTEO REQUIREMENTS	159
PATHEOLOGY	
PALPITATION OF THE HEART	105
Treatment	105
PARALYSIS	106
Treatment	107
PERICARDITIS	96
Symptoms	96
Treatment	96
PILES	108
Treatment	109
PLEURISY	110
Treatment	110
PAINS IN THE BACK	42
PROLAPSUS UTERI	138
Causes	138
Symptoms	139
RHEUMATISM, REMEDY FOR	8
RHEUMATISM, HOW TO TREAT	10
RETRO-VERSION	141
Symptoms	141
Causes	141
RESPIRATION	198
SYNCOPE	75
Causes	75
Symptoms	75
SCROFULA	111
Symptoms	111
Treatment	111
STIFF NECK	112
SORE THROAT	112
SUPPRESSION OF URINE	115
Symptoms	115
Treatment	115
SCALDS	118
SPINAL MENINGITIS	121
Symptoms	121
Treatment	122
SEMINAL WEAKNESS	130
SUCCESS	238
SMALL-POX	126
Treatment	127

Index.

	PAGE
SUGGESTION	19
STOMACH	211
TUMORS	145
Ovarian	145
Fibroid	145
Polypoid	146
TEMPERAMENTS	217
THOUGHT EPIDEMIC	33
Sanguine	218
Melancholic	218
Bilious	218
Choleric	218
Phlegmatic	218
Nervous	229
TREATMENT	
Absent	150
Self	147
TESTIMONIALS	248
UTERUS, ULCERATION OF	144
VOMITING	117
VITAL MAGNETISM	33
WARTS	118