

# RALSTON GARDENS OF LIFE

A STUDY OF HEALTH  
AND THE  
BEST WAY OF LIVING

INCLUDING THE  
NATURAL CURE OF DISEASE  
AND THE PERFECTING OF THE FACULTIES

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ALSO  
PRIVATE WALKS AND TALKS WITH THE AUTHOR  
AND A COMPLETE PRESENTATION OF  
DIETS IN HEALTH AND DISEASE  
AND  
FOODS OF THE RALSTONITES

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WRITTEN BY  
EDMUND SHAFTESBURY

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1900  
RALSTON HEALTH CLUB  
WASHINGTON, D. C.

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# THE MEANING OF "RALSTON GARDENS"

in this work may be explained in a few words. Life, in figure or in fact, is supposed to have begun in a garden. When humanity is supremely happy in the perfection of health, with all wants satisfied each day of existence, then the Garden of Eden is realized, at least to the understanding. We propose to show you that supreme happiness in the perfection of health, and the ability to satisfy your every want, may be found even in this age of discontent and weakness. Hence we invite you to enter

## "RALSTON GARDENS"

**When discouraged** and in need of comfort, take a walk in "Ralston Gardens" with the author.

**When fighting disease**, even though your chances of life are fast fading away, come into "Ralston Gardens" and talk the matter over with the author, and see if there is any hope whatever.

**When seeking knowledge** of the body, its mysteries and marvels, come into "Ralston Gardens" to enjoy a pleasant hour of study.

**When weak in purpose**, weighed down by temptation, or drifting aimlessly along, take a brisk walk in "Ralston Gardens" and get strength by what you experience here.

**When struggling with ambition**, and desiring to taste the pleasures of success, come into "Ralston Gardens" and talk the matter over with your closest friend, the author.

**When seeking happiness**, drop all cares and have a pleasant chat and ramble through "Ralston Gardens."

**When buoyant with hope**, come into these beautiful gardens and realize its full fruition in the broad avenues of opportunity. He surest wins who knows when to take the goddess Fortune by the hand.

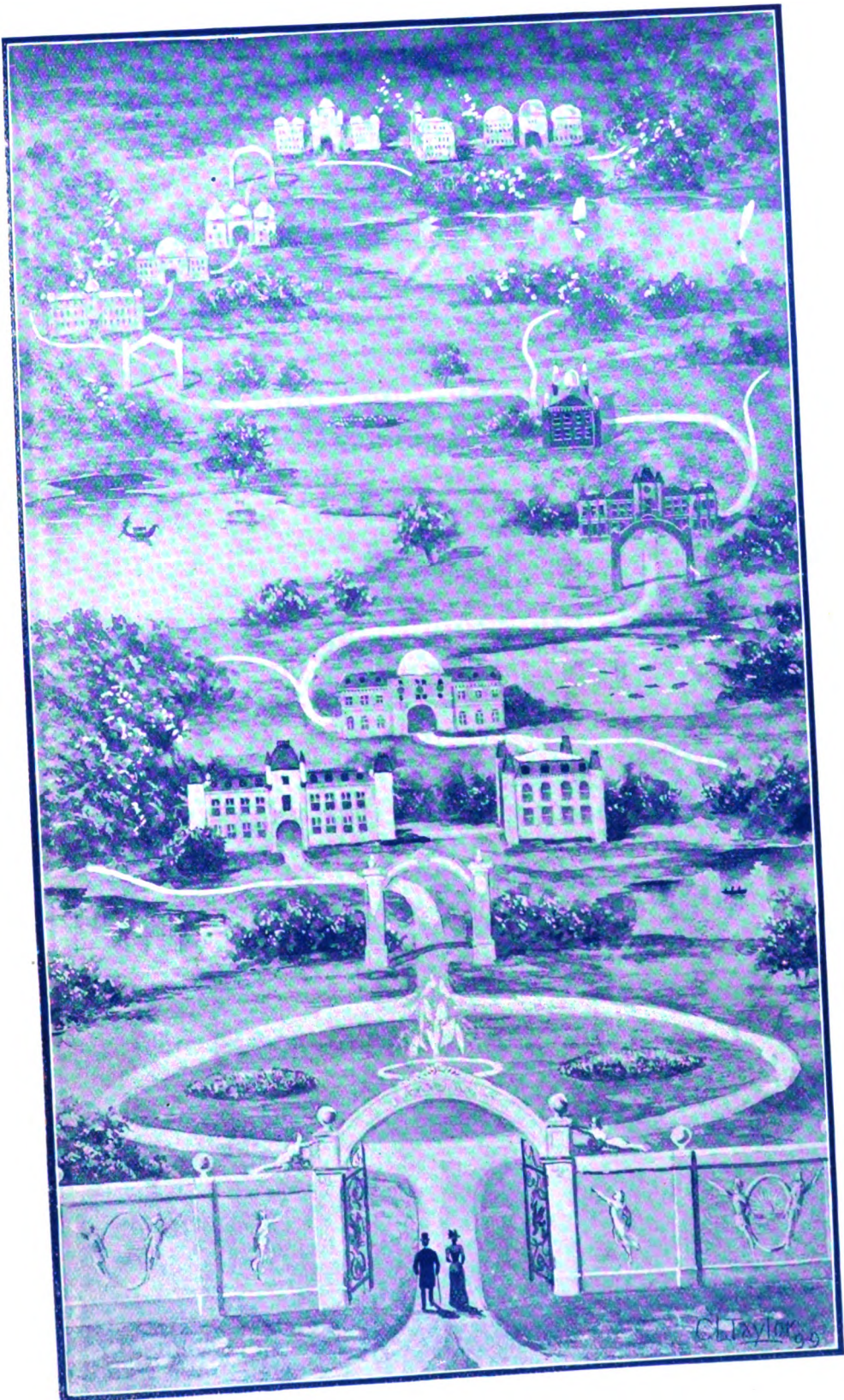
## BIRD'S-EYE VIEW OF RALSTON GARDENS

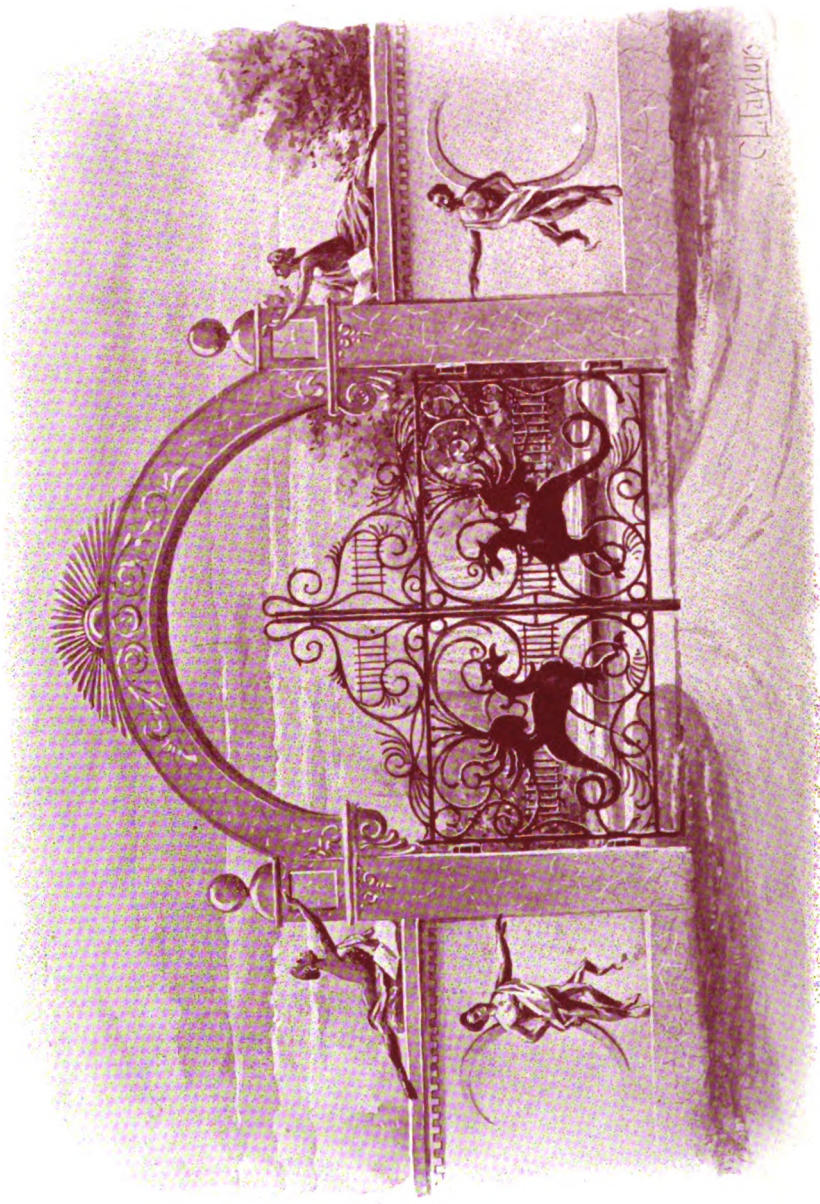
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**On the opposite page** will be seen a supposed bird's-eye view of a portion of the ideal invention which we choose to name Ralston Gardens; not that any such gardens do or do not exist, but that it may serve to afford us a field wherefrom we may gather many profitable lessons. What these gardens are to mean will be seen ere the volume closes. A careful study of the bird's-eye view will disclose much that would escape the mind at first glance. The modern Adam is seen entering the gates with his modern Eve, and before him are winding paths that lead to the realms of knowledge, with unpictured scenes on either hand.

**Scarcely entered, these gardens** soon present the fountain of life in the circle which first greets the traveler; and far away in the background, closely shadowed by the darker fields and groves, is the graveyard where unhappiness and disappointment are buried forever. The first glance reveals what seem to be tombstones; but a closer view shows seven great buildings or temples of knowledge, recreation and pleasure. Each edifice has a meaning of potent life which we must learn more about as we progress in Ralstonism. When our journey shall have taken us to this cluster of seven temples, they will no longer present the appearance that seems to prevail in this bird's-eye view; but, on the other hand, they will be seen as widely separated halls of learning and culture, suggesting force, strength and beauty.

**What is the purport of this modern Garden of Eden?** Is the old era to come back again to earth? Is man to be made once more a being of perfect construction, godly in demeanor and genial in soul, fit to dwell amid the richest splendors of earth? Is woman to stand in the new Garden of Eden, replete in the graces of her sex, untouched by disease and supreme in power? These questions may be answered in the affirmative or in the negative, as the ambition of the reader may determine. We believe in the Ralston Gardens, not because they are real, but because they may be made real, and the future "City of Ralston" may spring out of the very ground on which we now stand as these words are being written. After the early pages of this volume are fully understood, it is well to pass on to those that close the book, and read them several times with great care, before perusing the main work.





## THE GATES CLOSED

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**You have seen the bird's-eye view** of Ralston Gardens on a preceding page; now the gates are in front of you and they are closed. The key that opens them is placed in your hand, but you cannot turn the lock. See through the iron scroll the fair prospect of fountain, garden and park; catch the odors of spring bearing the welcome of budding flowers; listen to the music of falling waters and singing birds; feel the balmy air of the gentle life that pervades the scene before you; then ask your own heart the question, Would you like to live in such a world and enjoy its full delights? If the answer is "yes," you may open the gates.

**There is waiting for every human being** a garden as rich and fair as Eden, if but the mind could estimate its worth and determine to unlock the gates. In the humblest cot, as in the stately palace hall, life may be idealized. Money serves but to bring the things you need; you cannot eat, drink or wear money. It is merely the agency of the result. It is supposed to buy health; but a life devoted to the teachings of Nature will buy more things than all the coin of the realm. One breath of fresh morning air, as pure as blows across the meadows, will buy what wealth fails to bring. Ask any business man what he seeks first, and he will say money, and health last. He is keen in trade; but does not grasp the overwhelming strength of the idea that health will bring money, while money will not bring health. So he lives in misery and dies in wretched disappointment.

**In Ralston Gardens** we must learn the first great fact of success; that health makes wealth. Poverty is not encouraging. The world holds enough for all humanity, and an abundance to spare. Why some persons are poor is explained at once. Ignorance of their powers, indifference, ill health; one or all of these must solve the question of misfortune in life. If you know not what you can do, then study all that vast field of human possibilities contained in the greatest of training courses, Universal Magnetism. If you are in ill health, dwell in Ralston Gardens until you are well. If you are not indifferent, open the gates, and enter to survey the first glories of this magnificent realm. Then, as field after field and prospect after prospect are unfolded before you, the first true realization of life will be experienced, and you will mount to a higher plane of living.

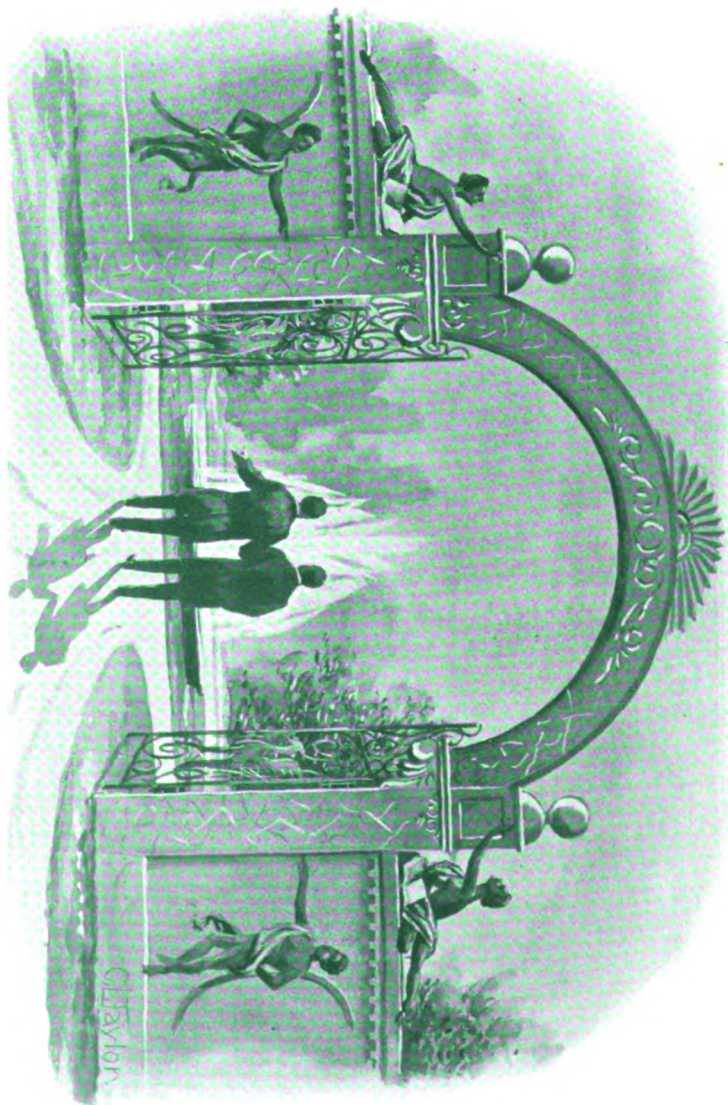
## THE GATES OPEN

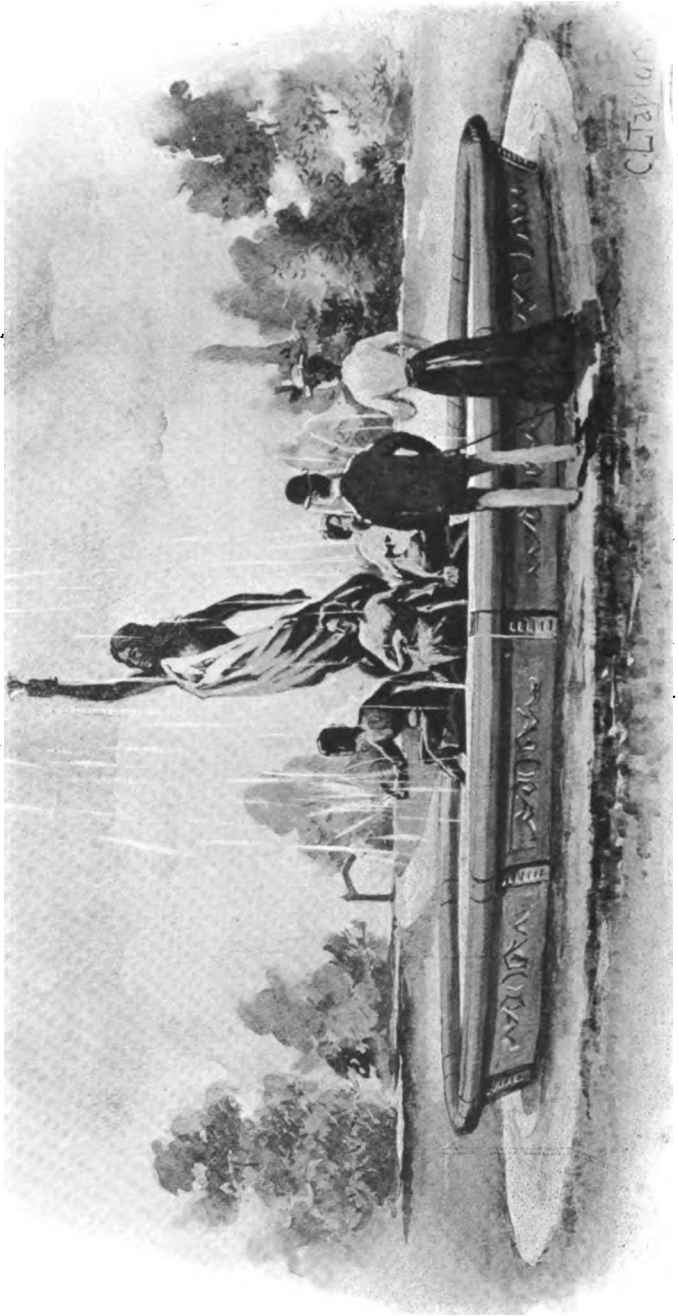
**Presuming that you have read** and reread the little talk on page 7, we conclude that you are not indifferent to the opportunities awaiting you, and that you have turned the lock that held the gates closed against you. The author now takes you by the arm and will walk with you to the end. In the illustration you are pictured as a man; but the word is generic. If you are of the gentler and nobler sex, imagine that a woman is entering this modern Garden of Eden, to be as freely helped in the explanations and knowledge as she could possibly desire. From time to time in the course of our walks and talks the engravings will show the woman as frequently as the man.

**Before us is the fountain of life.** It suggests the origin of existence and the source of that vitality which sustains the machinery of the body. We are entering that realm which God once gave humanity, and which humanity must have spurned, or else a wanton ignorance refused these blessings. It means much to enter the Ralston Gardens. How much of pleasure and advantage you will derive in the immediate future can be ascertained only by experience. "Are you in the Ralston Gardens?" asks one; and the answer comes proudly back, "On such a date I entered the Gardens and have dwelt therein ever since." But how can you live in the gardens? It is not supposed for a moment that you will live out of doors, even if primitive man so lived. It is possible to be in touch with Nature and dwell in the humblest or the grandest of residences.

**You are to gradually change** your habits and methods of daily existence until they harmonize with the best impulses of Nature. It would be too abrupt and not advisable to make this change suddenly. Let it come about by degrees and imperceptibly; for that is best. The old ways cannot be discarded all at once. The body expects to find their influences at work for a while yet, and it is safer not to disappoint it. We are at the gates now, and may consider ourselves merely at the threshold of the great Gardens. Let us see what is immediately ahead. The chance for escape is still at hand, but the resolve to enter the Gardens is an onward step in a life that knows no retreat. Only an abject coward should lay down the scepter of progress when once the way is clearly opened and the sunlight of approval shines in Nature's richest sky.







## THE FOUNTAIN OF LIFE

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**Hardly do we enter the gardens** when the fountain of life confronts us. It is purely typical. The arch of the first path of knowledge is seen in the remote distance, whither our course will soon be directed. In the center of the group of figures is standing the bronze image of physical power, surrounded by the four blessings of Ralstonism, offering absolute hope to every human being who enters the gardens.

**If a person is in perfect health**, he is to be congratulated; for he is not often met with outside the ranks of those who adopt some special plan of taking care of the health. Civilized humanity may be divided into three classes: those who declare positively they are in perfect health when they are not; those who are in what may be called perfect health, and those who are ill and admit the fact. The first class is very numerous. "What is the state of your health?" we asked of a man who seemed quite rugged. "I never had a sick day in my life; no man can be in better condition," he replied, just as a doctor came along and inquired, "How is the throat?" "All right." "Lancing relieved the ulcer?" "Yes." We walked along with the doctor and ascertained that the man had been troubled every spring with ulcerating sore throat, causing him much suffering, and several weeks' confinement to the house. Yet he declared in the most positive terms that he was in perfect health, while his blood was impure. He had no use for Ralstonism, and died two years later of stomach catarrh.

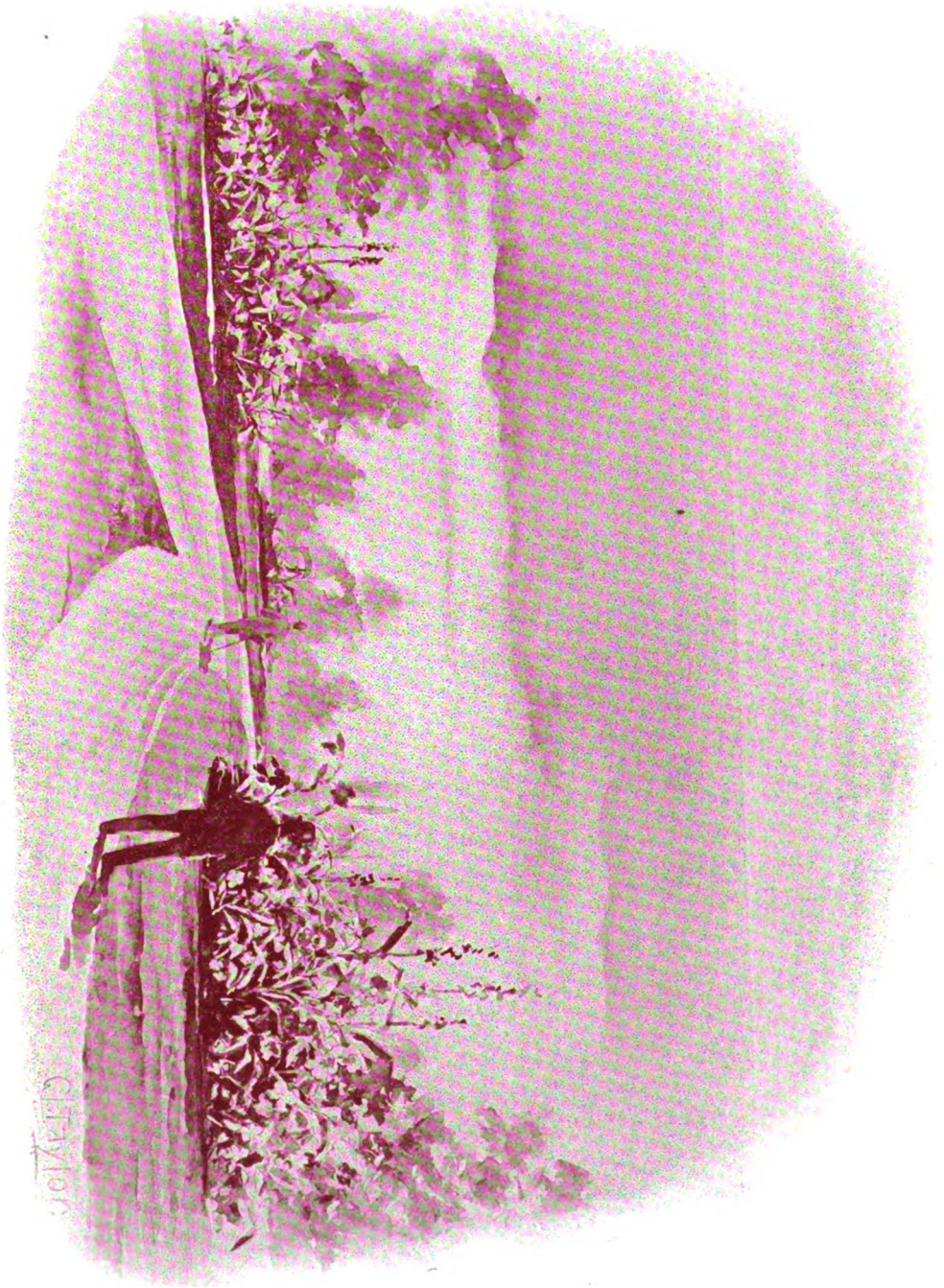
**All persons who have some plan** of taking care of the health are already Ralstonites, if they adhere to any of the laws of Nature; but they are not Ralstonites if they depend on pills, tonics, medicines, drugs, minerals or chemicals of any kind. If they are believers in the supreme mother of us all, we gladly hail and welcome them in our midst. They constitute an ever growing class of sensible men and women who will sooner or later enter the gardens with us, and here they will recognize the great fact that it is Ralstonism that is the fountain of life. It matters not by what name you call it, if you have a system by which your health is preserved, you are already standing by this perennial fountain. The body is entrusted to your care for protection. God is its architect, Nature its builder and supporter, and you are the caretaker.

## A STROLL ONWARD

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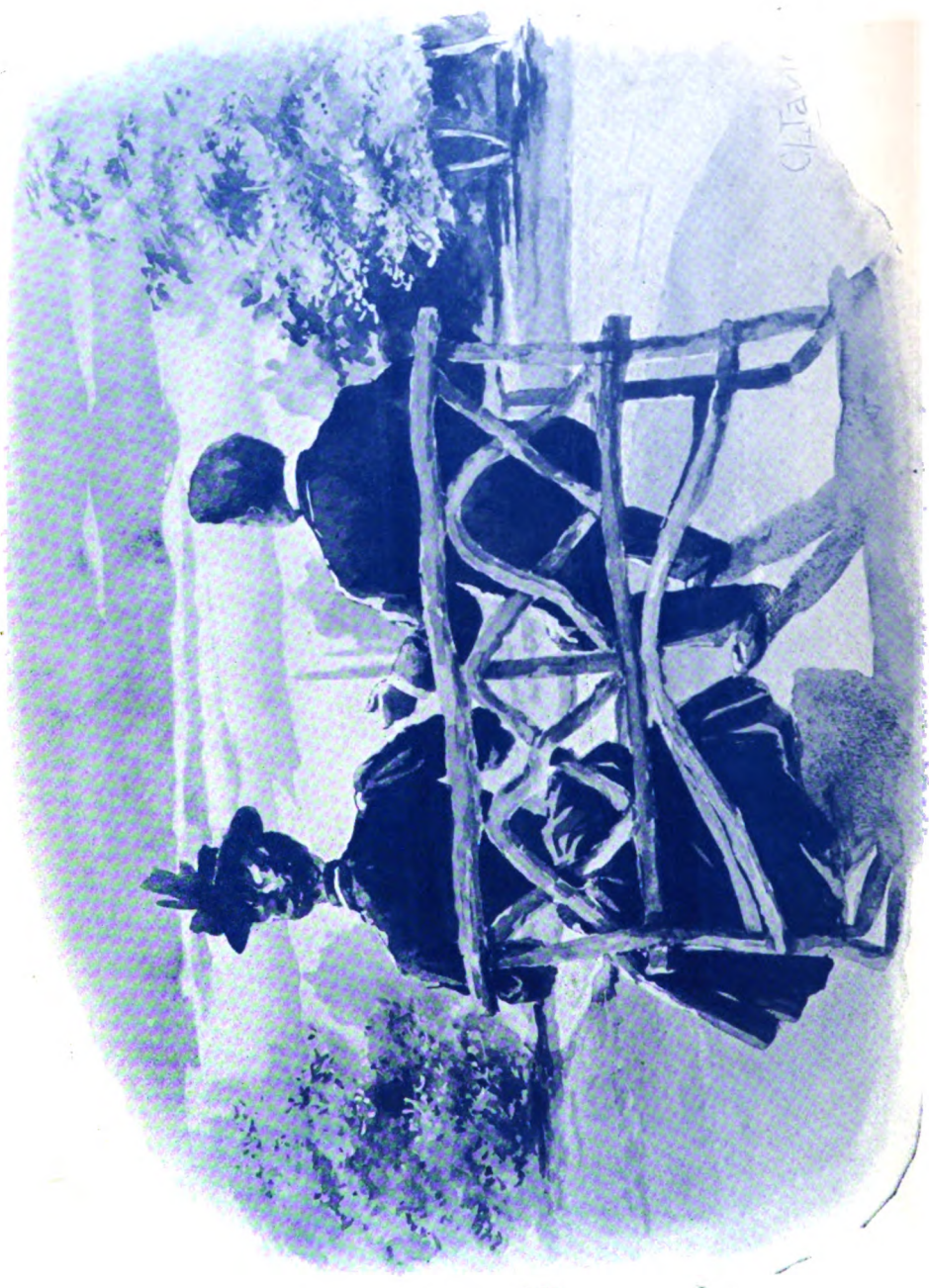
**Once in Ralston Gardens**, we will never leave it, and, strange to say, we will never retrace our steps. The journey is for life and extends to the end of our earthly existence. We wish every member to feel that the best of earth is yet to be realized, the most of this world's happiness is in prospect, and that when the journey has reached its limit the sublime truth of what follows shall be made clear to all. Thus the modern Garden of Eden is the fulfilment of man's loftiest hopes. These are solemn thoughts; but they recognize the fact, long lost sight of, that God intended the human body to be a thing of perfection, not a breeding house of disease, and the coincident fact that Nature is always at work in an effort to make the health better, despite the wanton indifference of humanity as to the result. When such perfection is achieved the whole method and purpose of life must be revolutionized.

**Strolling leisurely along the path** that invites our footsteps onward, let us study the active forces that are ever at work in the world; the impulses that will never admit of rest. The sky teems with a flood of golden light, and myriad life occupies the realms above us; the busy earth is one simultaneous field of budding, mellowing, ripening organisms, obeying a fixed law of existence. Life cannot die; it transfers itself from one experience to another. Nothing dies, for death is impossible. The sheaf that bows to the blade hurries to build some other structure the moment it is set free. Look where you will, the impulses of growth are always pushing something up from the lap of earth; needing only the smiling warmth of the sun to invite it forth and give it courage to compete with its thousands of associate forms. Man is the highest type of Nature's handiwork, and is her intended masterpiece; but he divorced her long ago and, like Napoleon, suffers the misfortunes of the estrangement. Now there is but one course to be taken; he must form a new alliance with the greatest friend he possesses in this world. This can be done without sacrifice of the comforts that modern living demands; for civilization is the product of Nature's highest ideals. Yet the so-called conveniences that retard the acquisition of health are some day to give way to perfect harmony in the plan of living.



CLAYTON

CLIAN



## A CONFIDENTIAL CHAT

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**Let us sit down for a while** and talk together of yourself; for you are the individual the author now has in mind, and whom he would most gladly assist, if it is in his power to serve you. The question that is first asked by one who takes a deep interest in your welfare is this: What is it that you most desire? Do not answer hastily, "Wealth." That is laudable, and the journey through Ralston Gardens will clearly reveal to you the way that a competence may be most speedily and honorably acquired. But those who have wealth sigh for happiness or health; and the possessors of all three of these blessings long for that dearer gift, knowledge. You may not care for this last acquisition.

**To have health and wealth** is the chief ambition of most men and women; but if one only can be attained, why, health may go; this is human nature. Yet wealth will not buy health, and that man is abjectly poor who seeks to make the roof of his house before the foundations and sides are built. Health lays the corner stone and puts in place the understructure and the walls of a successful life. There can be no mistake as to this. But health may be alone, and then the story is quickly told. Knowledge is the companion of a sound mind in a sound body; the two are inseparable companions. Still the goal of earthly existence must and should be happiness; for all hearts yearn to win this prize. Wealth, then, is the product of health and knowledge; while happiness is never substantial without the two latter.

**Perhaps you are discouraged** and see nothing to live for; and this may be due to the fact that you are not well, or that you are afraid of a dependent old age, or that sorrows cast their shadows all about you. In such case, whatever it may be, your hope of seeing the other side of the cloud is to be found in these gardens. If ill health darkens your life, here the blight will be met and conquered. If poverty is the ghost of your gloom, here the specter will be laid; for we believe that every Ralstonite in the gardens may win a competence. If disappointment, loss or bereavement may have fallen to your lot, the path that winds under the arch of philosophy will lead to your emancipation from grief. But substantial prosperity is to be studied in "Ralston City," as set forth in the last part of this book. That is of the highest value.

## BY THE LILY POND

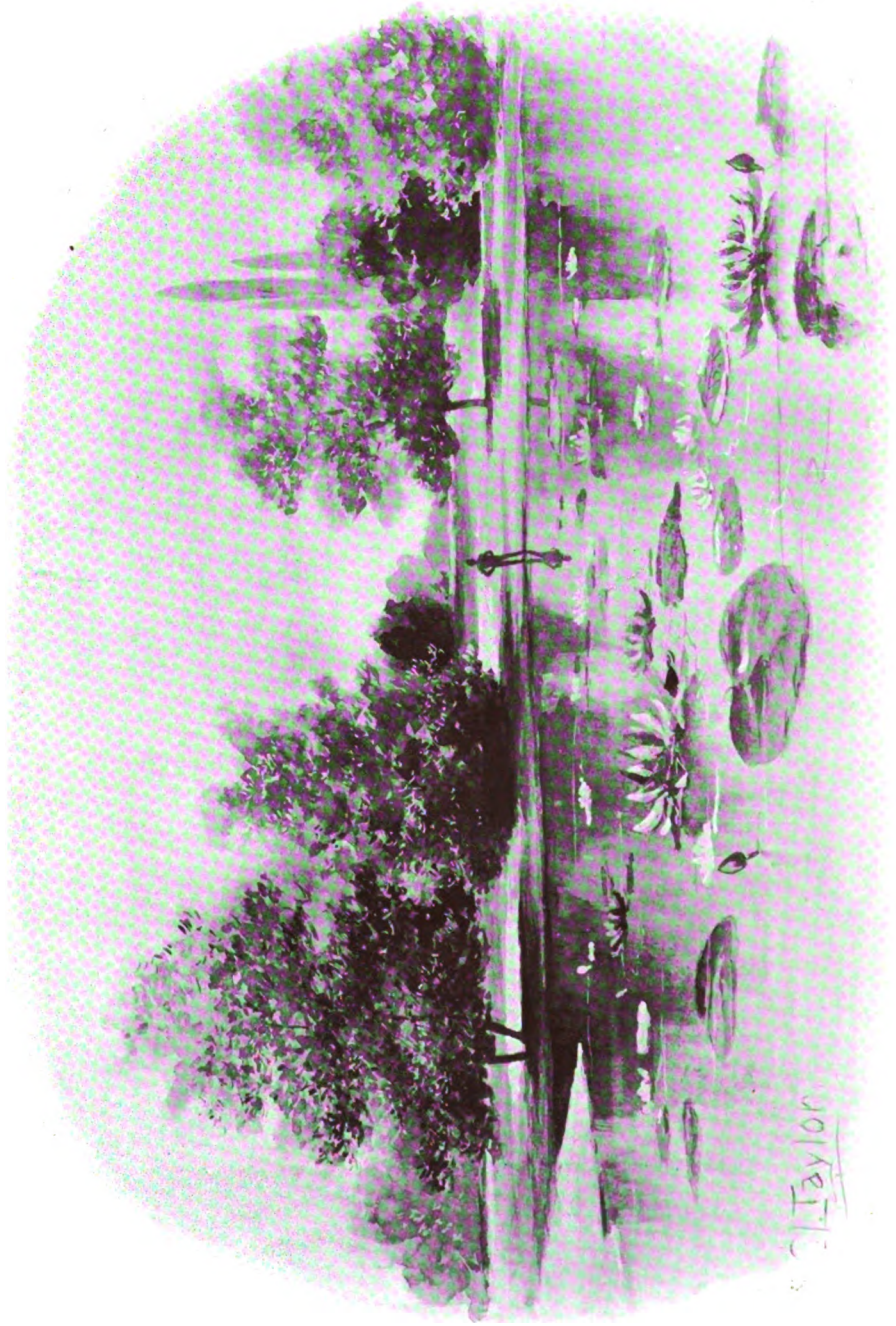
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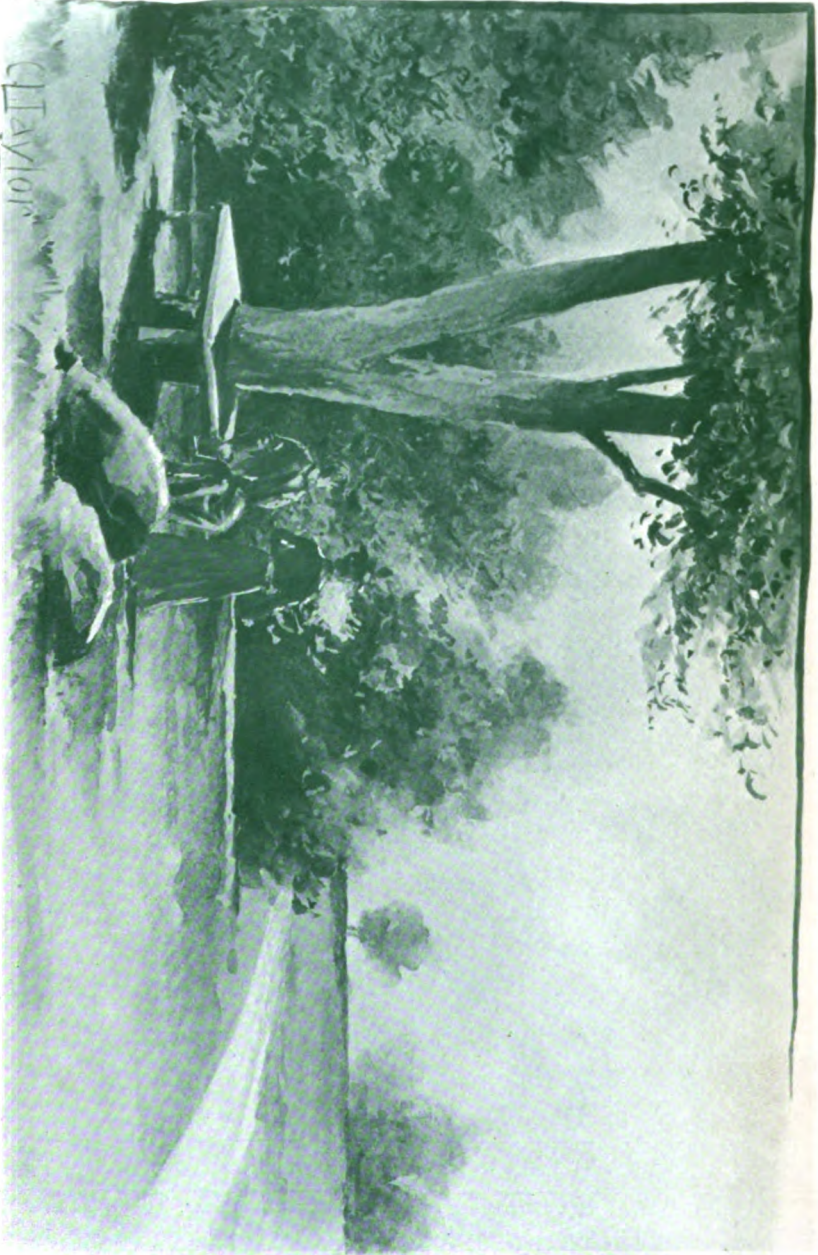
**A piece of landscape** dotted with beautiful trees and framing a lily pond attracts us in this direction. Here is the lesson of calmness, the serenity of patience and perfect repose. It is a lesson that all should learn if they would be best prepared to meet the marshaled forces of the world on the battlefield of life. Calmness, patience and self control do not mean inactivity, laziness and nothing. Look upon the lily pond and notice, amid its quietude, the beauty of a forceful existence. Here the plants grow faster than elsewhere, and their bloom and fragrance are soonest made manifest. It is a picture of peace to the eye, but of greater achievements in fact.

**The greatest power in the character** of a human being is self containment, held under the rein of an iron will. It is the steady, stately force of a magnificent ocean palace that moves, swan-like, down the bay without flurry or excitement; contrasted with the creaking noise and distorted action of an old windmill on the shore. The latter makes the greater display of motion; the former is the soul of power in its calm smoothness of achievement. Excitement, flurry and display, therefore, are not the attributes of great men and women; nor of the lesser types of success. To be under perfect self control means to be calm and masterful; unmoved by disturbing causes, untouched by worry, and never fretted by details.

**The calmness of the lily pond** is earth's lesson to humanity in the gardens of life. Here we see water and land, flower and leaf, and the face of the sky resting on the bosom of the lake, a meeting of every sweet influence that is born of Nature's smiles. It is the serenity of excessive life; the least loss of energy with the greatest accomplishment of results. You are not as self-contained as you must learn to be if you would acquire the full measure of power over your own faculties and over the circumstances that accumulate against you. Napoleon never showed to others what feelings were influencing him; neither grief nor exultation could change a line of his face or drive away his look of settled self power. Under the greatest strain he was calm. In lesser degree this faculty is natural to some, and is acquired by others through the study of magnetism.







CLAYTON

## THE PATH TO THE GROTTO

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**Our course now leads us away** from the placid lake of Ralston Gardens into the darker shadows of this field of teeming interest. All souls must be touched by sorrow. The ceaseless march of change is removing what was, to give place to what is to be; and disappointment must come into each life, if not now, in the future. Rare indeed is the career that has had no grief. But this will never be otherwise. Death is part of the plan of change. Has he visited your home, or cut a swath in the ranks of your dearest friends? Then remember this: Death is natural only in the declining years of extreme old age; at all other times his hand is that of a monster. The child that dies, the babe that is sacrificed to the ignorance of nurse or parent, the boy or maiden, sister, brother, husband, wife or friend that does not reach maturity is the victim of somebody's wanton carelessness or indifference.

**While walking to the Grotto**, let us recall a case where Nature reigned in the household for five generations. The records showed that the male and female died at the age of eighty-nine and seventy-four respectively; that their son and his wife were old at the time, and later on died in the same house, each past eighty; that the third generation passed away likewise; that the fourth generation still lives in extreme age, and that the fifth is now past the half century mark. No deaths have occurred from accident or disease; but each individual has filled the measure of years sweetly and gracefully, in the midst of common home comforts without poverty and without luxury; yielding at last to the messenger of death as the trusting wife is led to a new home by the man she knows, but has never followed. Thus only is death natural; at all other times it is an enemy to man. Ralstonism insists that all children born should grow up and live the full span of earthly existence, barring accident. This is not an impossible position; it is far from being an idle claim or the dream of a theorist. Even if it is not made a reality, if it does in fact establish greater possibility of longevity, it has accomplished much; and what it has done in part it may do in larger measure by and by. We must as soon as possible place ourselves in touch with this purpose of Nature, and so adapt our lives to its demands that we shall reap the full reward.

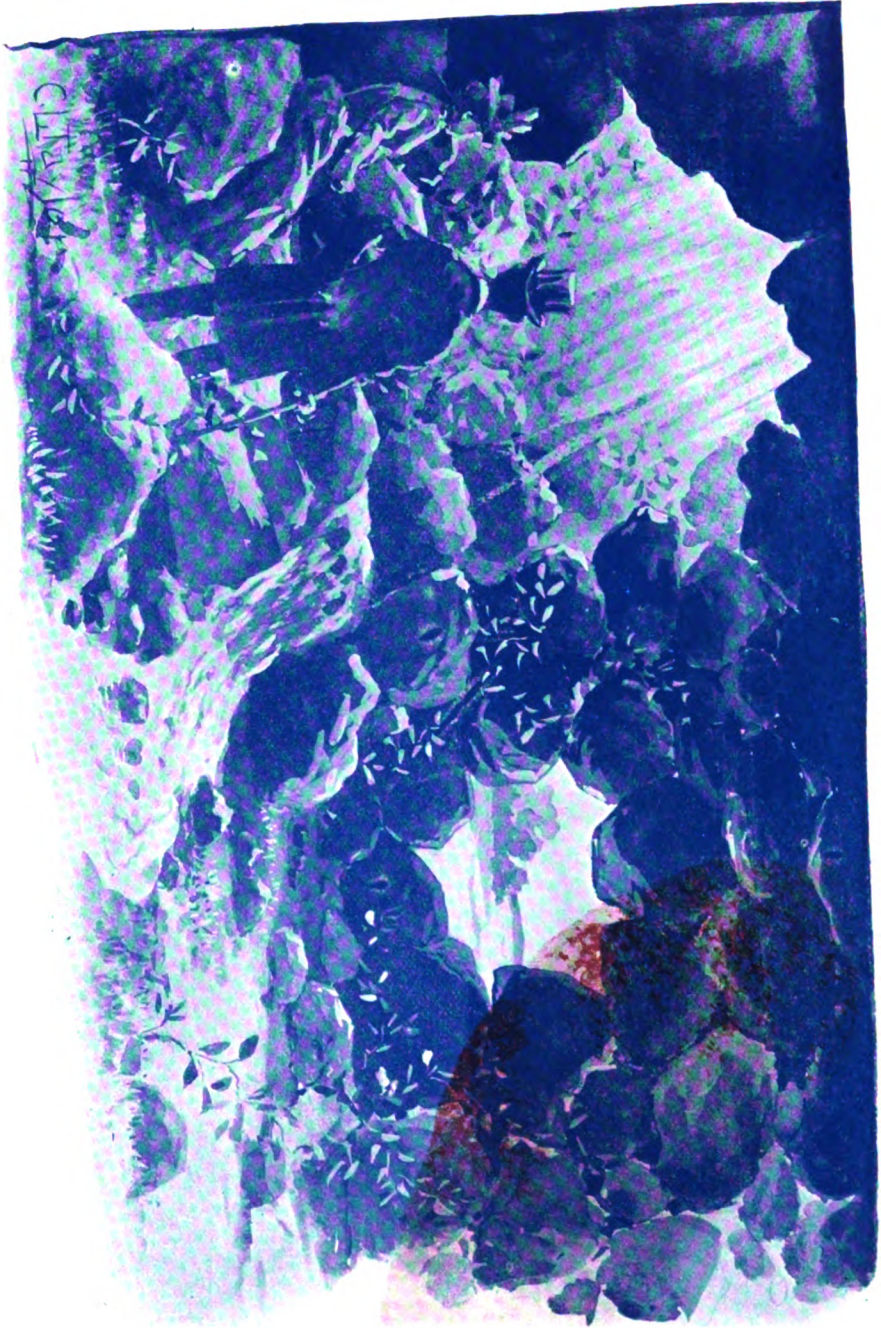
## IN THE DARK GROTTA

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**Ralston Gardens** would not be true to its purpose if sunshine and cheer were everywhere present. The year is balanced by winter and summer, the sky by storm and cloud, the day by light and darkness, the heart by joy and gloom, and life by increase and decadence. What these things mean, and what their purport may be, must be considered in the larger scope of study known as Ralston Philosophy. Here we must meet the practical side of life. It is perhaps as natural for persons to be serious as to be effervescent. If happiness were to lend its elasticity to every moment of the year, the heart and mind as well would grow shallow.

**Gloom and despondency are natural** and healthful when they follow mistakes, disappointments and grief; to them they are proper attributes. They are abnormal when they arise from a morbid condition of the nervous system; that strange hypnotic mood wherein the fear of impending evil broods over the mind. This is a dangerous defect of the nerves, and is increased by cultivation, nursing it or letting it have its own way. On the other hand, it may be conquered by a resolute will; or by checking its approach; or by personal magnetism. In any event, take immediate steps to repel its every advance, and do not give up the fight, for the taint may soon touch the mind. A moody person is disagreeable to self and to others; and the unhappiness engendered is altogether unnecessary.

**Perhaps you are depressed** because of the apparent hopelessness of your health, and the black prospect before you. If so, you are looking inward toward the dark background of the grotto. Come now and turn to the light. See the flood of sunshine streaming through the rift in the rocks, and pouring its radiance over you. Outward, through the narrow opening, can be seen the fields that stretch away to other hopes, and thither we must go; for Ralston Gardens is especially designed to lead you into perfect health, if such be sought by you. The belief is fixed that the only means of reaching permanent health is to be had through this journey in the gardens. Let us come out of the grotto of discouragement into the full light of glorious day. Let us study these pages, catch their inmost thoughts, take advantage of these grand opportunities, and completely rebuild ourselves in mind and in heart as well as in body. But first let us see ourselves honestly.





1895

## THE HIGHWAY OF KNOWLEDGE

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**The grotto of gloom** is behind us. Its inviting flood of sunshine compels our feet to step forth into the bright fields where flowers await our coming. On every hand there is joy; in the sky the clouds play fantastic games with the dancing light; in trees and shrubbery the birds are making nests and singing their glad notes of welcome; in meadows and on lawns the lowly blossoms are forcing their smiling faces to the sun from entangling blades of grass; the winds breathe music through the leaves, and we, too, are filled with kindred happiness because we feel that Nature is putting forth her best endeavors in our behalf. This is a glorious loyalty.

**Every path in Ralston Gardens** leads to some archway of knowledge; not that kind of knowledge which lives in books alone, for that is too often artificial. Ignorance is not measured by book learning or its lack, for the untutored are often wiser than the sallow-skinned students. Under some circumstances the union of natural, instructive intelligence with that derived from books is the best accomplishment of life; but we do not believe in training the mind at the expense of the body. Shakespeare, untaught except by Nature, became the greatest genius of mental supremacy the world has ever known; but, had he been trained in books alone, he would have died in obscurity and so remained today. The bookworm is the most unbalanced individual in existence.

**On the highway of knowledge** we must first learn that the body, the heart and the mind should be educated together, both with and without books. A dozen or twenty volumes will suffice to give an ordinary person all the knowledge that can be put to use from that source. The minds of Milton and Daniel Webster owed their grandeur to the reading, rereading and mastery of two or three books in preference to many. "He who masters one book is better educated than he who reads a thousand," was once said, and is yet true. The present age is the most superficial, because it is "printer's ink mad." Books of the right kind are necessary, perhaps, to all persons; but Nature is the best of teachers. Let us not crowd the brain, but relieve it by a perfect balance of mind, of body and of heart; and thus become truly educated.

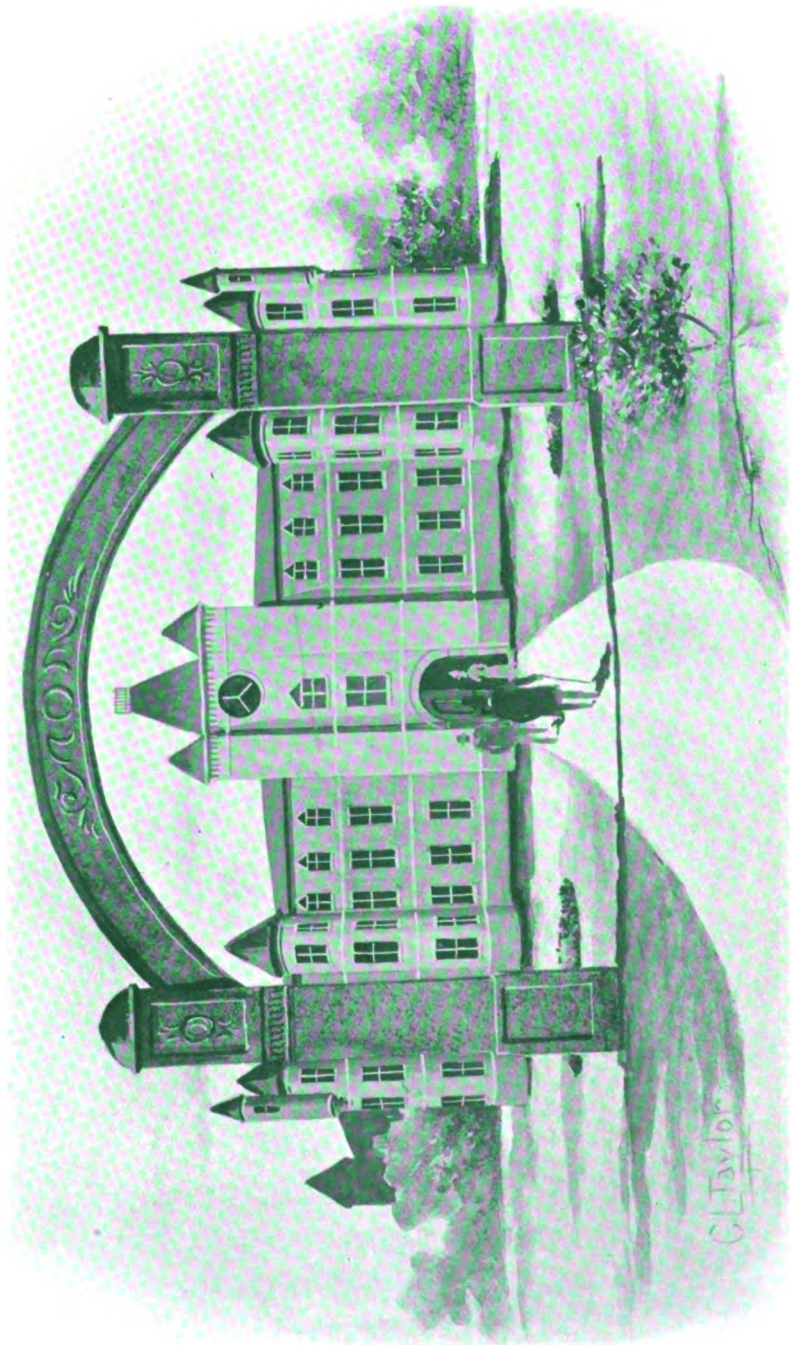
## THE FIRST ARCH OF KNOWLEDGE

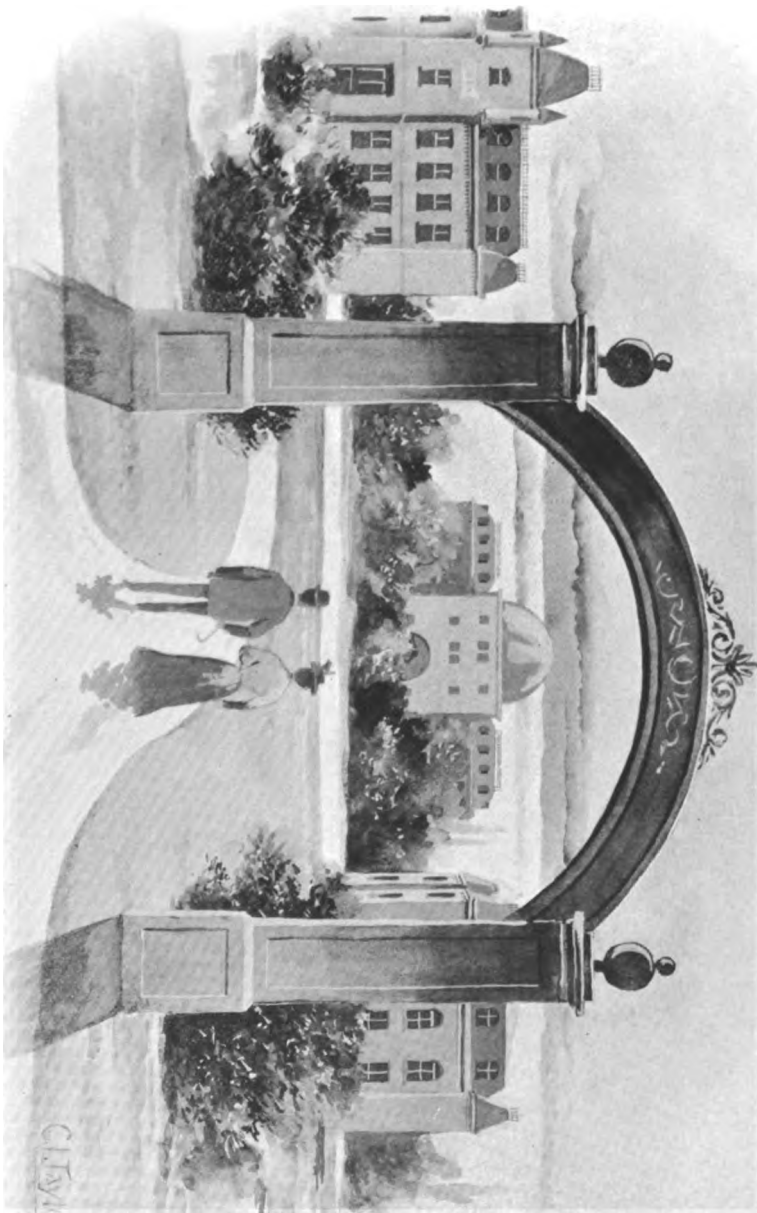
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**Do not now think that this arch** is to lead the way to some wearying journey which is to terminate in an institution of book learning. The building which you see before you is purely symbolic. It represents the collected wisdom of Nature, gathered for convenience where it may be studied and contemplated in quietude or in the midst of others equally ambitious. The structure is plain, simple and yet extensive. After a walk in the gleaming sun, it is a welcome change to come into the cooling halls of a great building, to rest and find refreshment. We will imagine that the whole lower floor is one long and broad room, where all friends may meet, to chat, to confer upon important details of Ralstonism, to walk or sit at will, and spend many a happy hour. In the blazing noon of summer, this expansive hall is cool and pleasant; or in the icy chill of winter, a great open hearth is roaring with giant logs, whose congenial warmth makes the full round year one unending summer.

**Up stairs we go to see** what is there in store for us. There are many rooms, but they are very large; and some are devoted to the use of hungry Ralstonites whose appetites have been whetted by the vigor of health, and here more than two hundred varieties of wholesome foods are set before them in the course of the year. Knowledge, gleaned out of Nature, has discovered that there are more nourishing dishes available for the sick or sound than the most liberal housekeeper has ever yet prepared. The best are fewer in number, but are everywhere present. The best are the most numerous, and the least known. From the plainest of the vigorous viands to the most delicate of the palate tempters there is a long range of wholesome foods, and these we shall partake of, one and all, ere we have been long in Ralston Gardens. Then there are sitting rooms, parlors, drawing rooms and play rooms on this floor. Above these may be found the best, the cosiest, the most delightful sleeping rooms you ever saw, having a command of the choicest scenery in Nature from every point of the compass, on an elevated plateau in Ralston Gardens. Yet this is the first temple of knowledge; knowing how to live, to eat, to sleep, to be happy. It no doubt appeals to the sense of pleasure, but also to the sense of comfort, and these two constitute the happiness of living.







## THE SECOND ARCH OF KNOWLEDGE

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**It is now a delight to pass under** the arches, and make ourselves at home in the noble buildings beyond ; since the explanation of the first arch of knowledge showed that the mind was not to be burdened by an excess of uninteresting study. You say, then, that knowledge is not quite what you took it to be. There it meant knowing how to live, to eat, to sleep and attain social happiness. What else are we here for? The serious person claims that we live in this world solely to prepare for the next; but Ralstonism shows clearly that we can best prepare for the next by right methods of living here; and the thousands of blessings, of joys, of beauties all about us in this life are intended for our good. What right, then, have we to ignore them?

**Going under the arch,** we see the temples of culture, of refinement, of grace, of personal attainments, awaiting our approach. We believe that every man should be a gentleman of sweet and pleasing manners; that every woman should be a lady, captivating, entrancing, fascinating even, and that the two should maintain a lofty and exalted appreciation of each other. So you see it is not enough to eat, to sleep, to chat and be socially inclined; for the animal instincts lead to all these habits. The mind and heart require culture, and their influence over the body is of importance.

**As our progress through the gardens** unfolds the true purpose of life, we will see the needs and the possibilities of all our faculties in the line of their best development. To keep moving is our motto, but we must move always toward a higher goal. If you are shut up in some unattractive home, it is necessary for you to build an ideal realm; a garden of mental construction wherein all your plans may be consummated. Little as it seems to be possible on its face, such a method brings as real progress, as substantial an advancement in life, in health, in culture, as you would achieve if there were actual Ralston Gardens somewhere in the world; providing you act upon such inspiration as far as your limited sphere will allow. After all, the mind holds the key of enjoyment, and what it thinks determines what we really are and what we find worth living for in this world. The man or woman who plans well, and does what can be done toward realizing them, lives best and most.

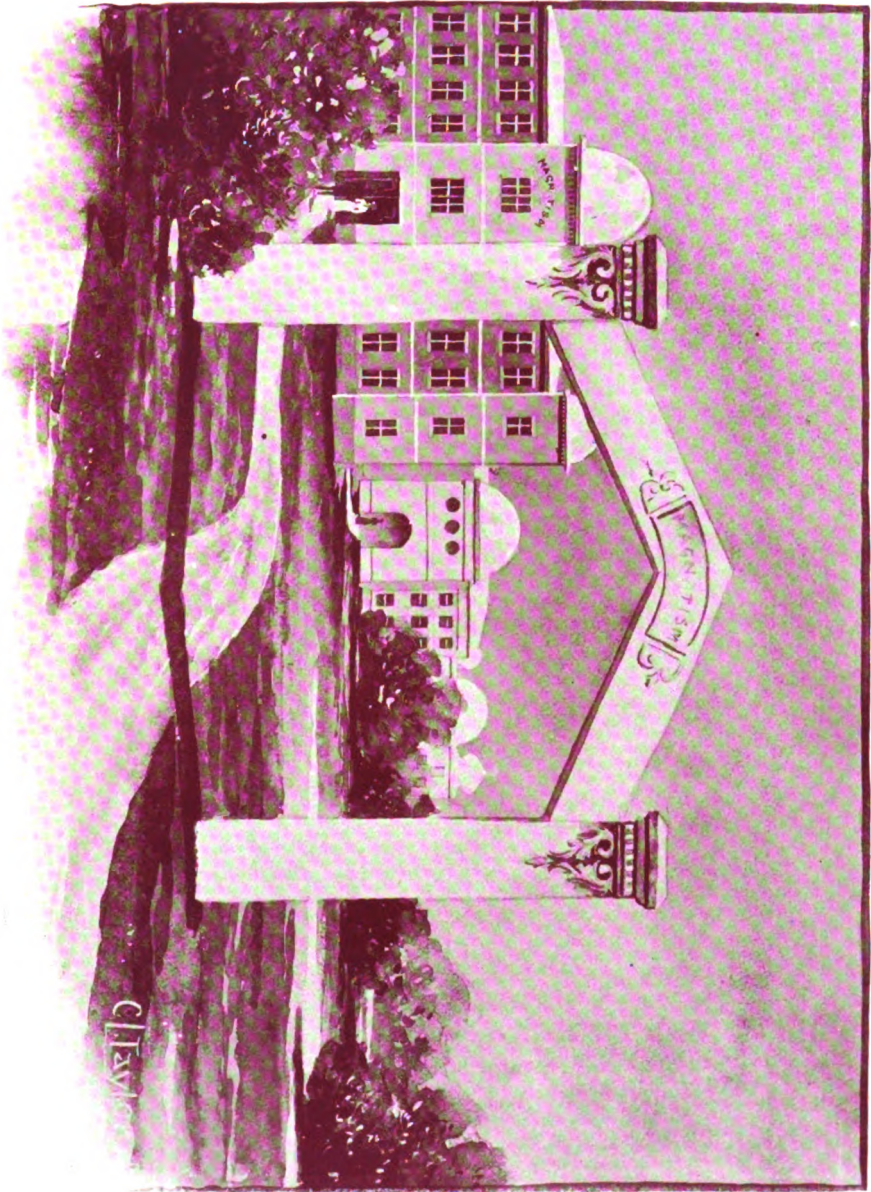
## THE THIRD ARCH OF KNOWLEDGE

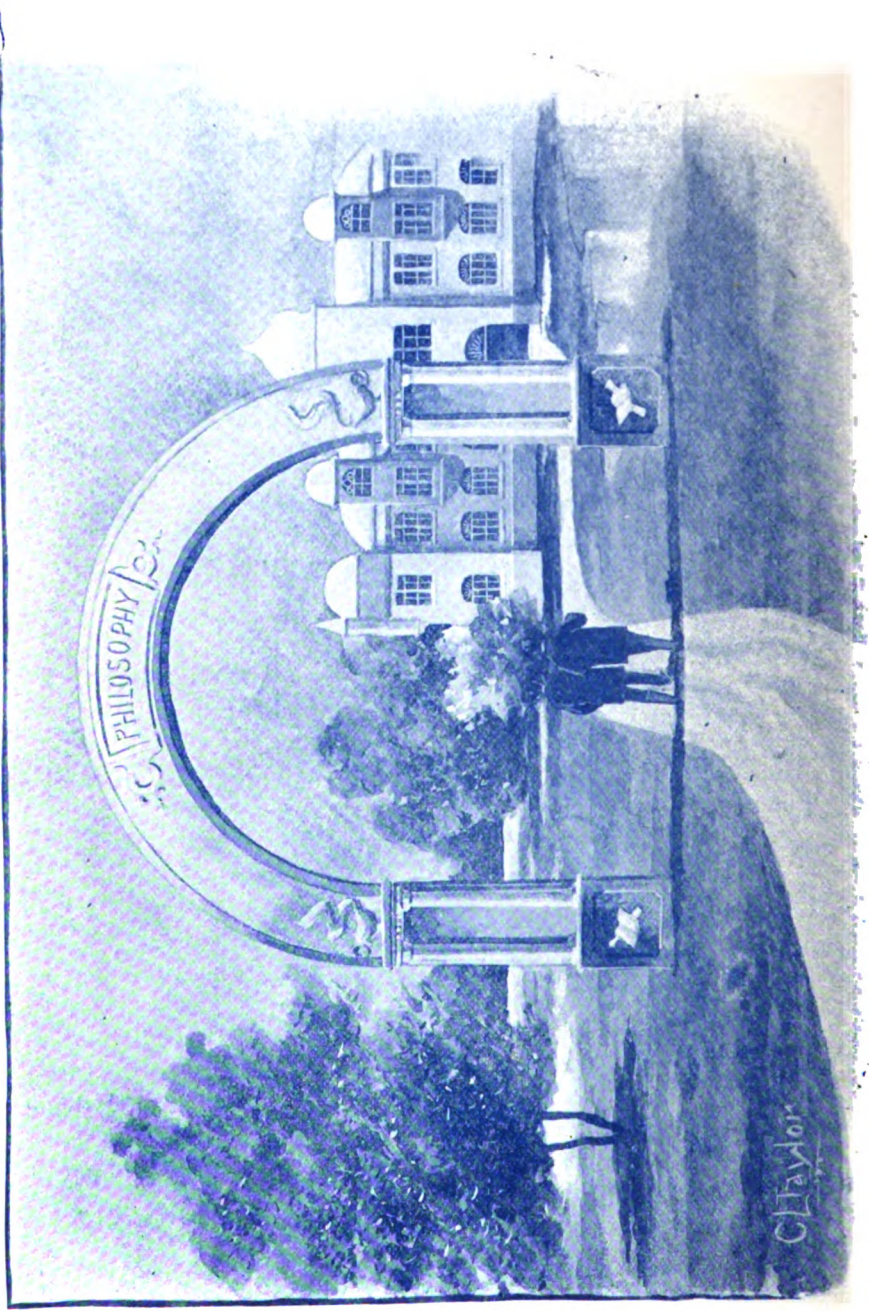
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**Our journey through Ralston Gardens** brings us, path by path, into new fields with ever varying progress. Under the first arch we walked to the edifice of knowledge, wherein we saw the approved methods of living; under the second arch we came to a pleasant group of buildings devoted to the several arts of culture, of body, mind and heart. Now we see before us one of the noblest series of temples that any man or woman can enter. They are plain without, yet of dazzling splendor within. The greatest edifices in the world are, in most instances, not given to outward display.

**Beginning with the nearest building,** we see one following the other in the distance, where only the domes are visible at last. Through the interiors the course of development is one of the highest magnificence; dealing with the powers of mind, of heart and of body; showing man what God gave him as talents, and revealing the method whereby they are hidden and made useless. Every human is the product of the God mind; yet how sadly are we fallen! The king by right of birth is man; the queen is woman; not to sit upon the throne of a nation, but to command fate in every rank and walk of life. To reach this goal of earth is not impossible to any man or woman. We believe in the restoration of health as the basis of happiness, of success and of power; but that is not all. The Creator never made a human being to suffer from sickness and disease.

**Nature intends that all persons** should have perfect health, and to this end she has been tugging away with all her might. She stands defeated in every age and clime: first, because ignorance denied the body its proper care; second, because a wanton indifference has throttled the purpose of our living; and the abused and neglected body now stands before us a shattered machine, fit only for repairs. Once placed upon the pedestal that was given it by the Creator, this life can be made the grandest success in every way. When health restores all the faculties to their intended perfection, the powers with which they are charged, the talents given them to be used, will all demand development under the burning hand of culture. No person can afford to stand still. Change and progress mark the purpose of the highest development, and all the future is one vast realm of advancement.





## THE FOURTH ARCH OF KNOWLEDGE

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**Here we see in the near fields** before us the beginning of a splendid palace of philosophy, where some day in the remote future, ere we have reached the farthest walls of the gardens, we hope to enter in order that we may contemplate the meaning of death, of the hereafter, of the universe and eternity. All thoughtful men and women, and most of those who are counted thoughtless, have a desire at times to learn as much of the truth in these matters as can be ascertained this side the final wall of earth's garden home.

**The study is not wearying**, like that of dull, deep books; but is refreshing and restful to the mind and soul. This volume, which bears the name of "Ralston Gardens," introduces us to the expanses of this realm, and we will visit herein such parts as will give us full information on the subject of health, which we have seen is the basis of all living. But after the last page of the present volume is closed, we are still in Ralston Gardens, and shall so remain until death comes; for they are our life. This book is, perhaps, too large. It could not well contain more and be useful. But the happy journeys in Ralston Gardens must not be abandoned merely because this volume is limited by its weight and size. There are other works that are devoted to the duty of explaining what the many journeys mean in this almost boundless realm of life. You will never turn backward, for a power possesses your soul and impels you on.

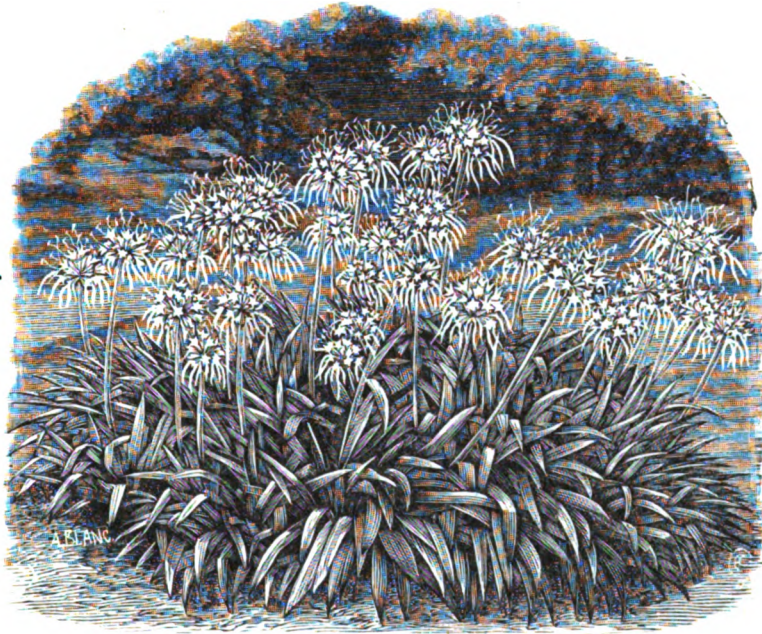
**Being now in Ralston Gardens**, life will begin over again for you; starting at that period where you first entered the gardens, and going onward with you while rebuilding your very existence. All starts anew like the making of a better mansion. This volume will be your constant study through its index. Then Ralston Culture will take you farther onward, and other splendid works will open a broader and more glorious life. Years will stretch away into age; the wrinkles will deepen on your brow, but more slowly than they would were you not in the gardens; the great clock of time will strike the hour of twelve, not in the gloom of midnight, but at the zenith of blazing noon, and the farthest wall of Ralston Gardens will crumble to earth and reveal the promise made in our higher book, "Immortality."

**Under the First Arch of Knowledge** we walked in the vicinity of the edifice where the art of living became idealized; for the study of health and sickness must precede all other steps in human progress. It is the most important. The edifice is merely a place of rest, of social conference, of substantial living, of the passing of day and night; for around it are walks, lawns, groves, flowers and a hundred details of beautiful Nature. Does such a place exist in fact? No. But it may be made the part of every life, in the domain of ambitious fancy, and afford as salutary an influence as the actual gardens might yield, if your interest is sincere. The Ralston Gardens are your existence, after you resolve to enter them and begin the fight for perfect health.

**They might exist in fact** if there were members who would undertake to rejuvenate some healthful spot of earth in some inviting locality. Thousands of places are suited to such an enterprise. There must be the sharpness of a severe winter to vitalize and harden the blood; there must be the excessive heat of summer to ripen the body and hasten its revolving changes, and the land must be capable of bearing hundreds of varieties of fruit, of peach, pear, grape, berry, apple, quince, plum and all else; hundreds of varieties of ornamental trees, of shrubs, of roses and the countless flowers that tell what kindly impulses Nature puts forth in man's behalf; ice must form in winter in ponds of purest water for use throughout the year; springs must flow from beds of rock; the air must be full of vital energy in heat or cold, and a complete world in itself must furnish all that men and women need to make the body whole, the mind fruitful and the heart happy. As we have said, there are hundreds of such places here in our beautiful America, if our members would but find them and develop them.

**Now we must roam for awhile** in the vicinity of the First Arch of Knowledge, to which the present volume is devoted. You are not in perfect health. If you are, then depend on this book for that knowledge which will keep you well, and stand by you in all approaching illness when some neglect or carelessness has brought you to the brink of danger. If you are not well, as is probably the case, then make this volume your steadfast friend, and you will ere long be fully restored to health. Its value will become more and more apparent as your use of its doctrines brings it more closely to your life.





## A WALK AND TALK WITH NATURE.

### 1st NATURAL TREATMENT: MATERNITY.



**T** is a bright and beautiful spring morning, and here, owing to the elevation of the gardens, the dampness of the early dews never lingers. We can walk and talk together in perfect enjoyment of the scene. You will notice a balmy softness in this morning air that tempts one to stay more in it and breathe more of it. In so doing we get closer to nature. At our feet the pansies are lifting their heads like little people whose only office is to make others glad in seeing them. They fought their way out of the cold sod some weeks ago, and are vying with the violets in reflecting the tints of the sky above. Here are new-born leaves and opening buds, which tell us that nature is everywhere at work perpetuating her species.

**From the beginning of time** the great decree has gone forth to use the functions as they were intended to be used; and that woman is closest to the ideal designed by the Creator, who is true to the instincts of her sex. There are certain principles which are the eternal truths of nature, and no person can afford to ignore them. They are scattered through various books, all blended into one system of knowledge, so prepared that they may be easily understood by all who read. Very few indeed of the Ralston Principles are limited to either sex. Out of the total number of one thousand, less than ten, or one per cent., are intended for women only. They apply to humanity, and matters involving the interests and welfare of humanity, alike to both sexes. Every true lover of right methods, of eternal justice in the administration of nature, should accept the Ralston Principles, which are nature's laws; or should accept as many of them as may be understood. Time alone is required to make them all appreciated and welcome; for some are new, in vital form, to readers whose investigations have been limited. Hope and ambition are essential to happiness in life, and happiness is essential to health. The best presentation of hope and ambition is found in the thousand Ralston Principles, contained in the necessary books of the course, of which there are an exact number, each devoted to some great work.

**In normal conditions every woman should bear children.**

This is the 11th Ralston Principle. The first ten are found in the book of General Membership. The conditions known as normal in this respect are marriage, health and fitness.

**Every woman owes to the world** a duty that she cannot honorably avoid, if the conditions are favorable. Her realm is her home, her crown is the record of four healthy children brought into existence. Two persons, reproducing two only, would lay the foundation for the extinction of the race; as not all persons would reproduce. If no children were born, the death-knell of humanity would be sounded a few years hence. If the refined and intelligent parents are to omit the duty of rearing families, the ignorant and criminal classes must soon control the entire race. The best

women should bring the greater number of children into the world for the sake of the nation's future welfare.

**Apart from this view** of the matter, it is the one great goal for which woman was created, to reproduce the race. All her construction tends to this end. From the moment she herself begins life, the organs, cords, veins, bones, muscles, and habits of development grow toward the consummation of her being, like so many wheels, large and small, in a complicated machine built to mark the time of day. With a multitude of details in her anatomy specifically designed to generate and develop her young, with an unceasing demand from every part of her system for the fulfilment of the one great purpose for which she was created, with the disappointed organs drying up and shrivelling with cancerous tendencies when the hunger of her life is unappeased, she can no more afford to pass this duty by than she can afford to perpetually blindfold her eyes or stifle her hearing. The eye was made to see; and what shall we say of those who deny it the privilege for which it exists?

**Disease should not be transmitted to offspring.**

This is the 12th Ralston Principle. Disease is either curable or incurable. In the former case it is not necessary that it be transmitted; and when it is incurable, no person with the least remnant of sense would wish to inflict it and its life tortures upon an innocent child. When it may be cured, it should be done before maternity, whether it is present in the body of the husband or wife. The most common of the transmittable maladies is the blood disease known as scrofula. One case is typical of many. A woman who was thus afflicted and knowing it, did not hesitate to enter the marriage state and bear children, seven in all. One of these was born with scabs and sores on his body, and died in a few weeks, after great suffering; another was apparently well until six months old, when he began to pine away, lingering for four months more and dying. The others survived, and are alive now, with the exception of one that died a year ago from blood-poisoning. Of the four now living, three are girls; the fourth is a young man, whose foot was amputated at the ankle some months ago, to prevent the spread

of blood disease, caused by the throwing of a stone, which bruised his instep, and set in motion the disease he had inherited from his mother. Scrofula, or blood eruption, or any of its many related maladies, is an unfortunate inheritance. It originated in sin, and travels in the blood of many generations, often lying in wait for a disturbing cause to give it development, a friction of the skin, a blow or bruise upon the flesh. We are acquainted with the judge of a petty court, who lost his foot in exactly the same way, for the same reason, being struck upon the ankle by a rock. He never knew he inherited scrofula until this accident revealed the hidden malady.

**We mention this disease** because it is one of wide-spread existence; and it is probably dormant in a majority of people. We mention it because it is one of those middle-ground maladies, which give rise to so many doubts as to whether the patient or afflicted person should or should not be allowed to marry. Where the disease has already broken through the skin, whether upon the face or any part of the body, the man or woman so troubled should be prohibited from marrying; and this prohibition should be enforced under United States laws and through a bureau established in every country. The cost is of less consequence and of less amount than the expense now borne by the public to maintain disease and poverty associated with the present condition of things.

**To enumerate many maladies** would be a waste of time. Some are general, like scrofula and consumption. Others are less prevalent. Some are difficult to cure, others yield under proper treatment; and even scrofula and consumption may be overcome by natural methods. The autopsy of many persons who have died of other causes, shows the remarkable fact that a very large proportion of humanity have had consumption or tuberculosis at some period or other of their lives; in many cases it has healed; in many others been held in check, as though waiting for the vitality to become weak, so that the dormant germs could renew their ravages.

**A prominent physician**, who has spent many years in the study and treatment of this malady, and who has witnessed a large number of autopsies, declares that ninety per cent. of men and ninety-three per cent. of women, by approximate estimate, are carrying this disease in greater or less degree in their bodies. At the opportune time it may break forth and make sudden progress to the end; or it may linger for years fighting the vitality, until the latter

weakens, as it does sooner or later; though many another disease may carry the victims to their graves before this matures. A typical case is known, which tells the universal story of the wrong that is constantly being done. A woman not yet forty years old has recently married her second husband, and has, within six years, given birth to three children, all of them victims of tuberculosis, showing that it has been in her system for a long time, she, herself, being of very great vitality, yet far gone in consumption.

**Under the law**, as now constituted, any two persons old enough may enter the marriage state and bear children; a foully diseased and disgusting specimen of the lowest dregs of humanity may unite with another equally unfit to propagate; and may bring into existence a dozen children to suffer, to endure the agonies of disease, to be punished, to linger in jail, hospital or poorhouse, and find release only in the oblivion from which their vile and ignorant parents had no right to extract them in the beginning.

**Imbecility should not be transmitted to offspring.**

This is the 13th Ralston Principle. The word very nearly coincides with the meanings given in the dictionaries and in medical as well as legal books. It is a percentage word used to mark the height to which intelligence has gone or is capable of going. Thus, when the leading medical experts of Europe and America declare that the negro is sixty per cent. imbecile, yet fully accountable for his crimes, it does not mean that the negro is insane, for it is agreed that an insane African is excusable for his misdeeds. An imbecile is a low order of intellect, thoroughly sane by all the physical tests known, yet blighted in mind to such an extent that he is of but little use to himself and a burden upon the community in which he is reared.

**A low order of intellect** may accompany ignorance, but it is because of lack of opportunity to develop the mind. Imbecility is a blight, a condition where the mental faculties find a barrier beyond which they cannot go, no matter how great the urging. The ignorant become the parents of the intelligent, but ignorance in such sense is lack of literary culture. Some of the grandest

minds of the world have been bred by people who could neither read nor write, yet they had a liberal share of good hard common sense. It is true that for rank and cast there are many graduates of universities who have not a tittle of the common judgment possessed by men and women who never had a moment's education.

**The important difference** between the status of the ignorant and that of the imbecile should not be lost sight of. The difference is this: Ignorance may breed intelligence under the influences of education and experience; imbecility can never breed intelligence, no matter what advantages of education may be offered, nor what influences may be thrown around the individual. He will turn when least suspected, and kill the man or woman who protected him. These imbeciles never improve. They often hold their own until the time when age weakens their faculties, and insanity may or may not follow. Low cunning and deep shrewdness are marks of an imbecile mind. They sometimes outwit the keenest man. So do animals at times, such as the fox, the beaver, the bear, the wolf, and the rat; being possessed of trickery that would indicate a genius of invention, were it not a fact that the brute instinct employs deep laid plans and cunning devices to effect its ends. A man unfamiliar with the ways of a bear or fox, would ascribe to them an order of intellect above the average human species, in so far as it appears to operate. This low cunning is also a characteristic of the negro race. They do not employ the Caucasian methods of deceit, but adopt and invent schemes of their own; sometimes so honest that their explanations are irresistible. They are actors in one line only; that is the assumption of an honest face.

**Crime should not be transmitted to offspring.**

This is the 14th Ralston Principle. It is of the same nature as that preceding; but different in all its operations. Many of the ablest physicians and humanitarians regard the method of emasculation as the only protection to the public. Their reasons are brief but conclusive. In the first place, the criminal is regarded as diseased; some believe that he is of disordered nervous temperament; some find him constituted as deficient in mind, or insane, as in the

case of the kleptomaniac; others state that the fluids of his body are so impaired from birth as to make morality impossible. We do not believe fully in any of these theories. It is strange that, when the mind is unbalanced, the fear of certain punishment will hold many individual acts in check; but that, when the nature is debased, the criminal goes right on. The deed must be committed. The presence of a detecting eye, the warning of danger, may postpone the act, but the knowledge of certain punishment has not power enough to prevent its consummation. No confirmed criminal should become a parent.

**The child is marked with the mental character of its mother.**

This is the 15th Ralston Principle. It does not refer to the mental status, for that almost invariably comes from its father. This distinction is of the broadest importance, and should not be lost sight of for a moment. For example: Let us look at the offspring of the American Indians from their marriages with the Caucasians; as is always evident, the child of a white mother and red father is of the same low mental status, or condition, as the Indian. The mental influence of the mother does not appear in the child in anything like the arithmetical proportion that might be carelessly claimed. She does not stamp her brain upon the offspring in the sense of overcoming the barbaric condition of its father. Her children are half-breeds. In the details that make up the body, and in characteristics, both parents exert an influence. Thus, the red color would ordinarily be lessened one-half, though not always; and the observer would detect the Indian and the Caucasian as being about equally present in the child. Yet, as it grew up, it would never rise perceptibly higher than the brain calibre of the father.

**The same law holds true** in all other cases of miscegenation. If the negro becomes a parent by a white woman, the child will be as low in intellect as the father, although a mulatto in all other respects. Let a negro become a parent by this mulatto, and the child will be of *lower* mental status than its grandfather, who was full-blooded. This law of perversion and decay has been seen

operating in many old world tribes, some of which have died out in the third generation of miscegenation; or, to come nearer to the probable truth, have been found so vicious in morals and weak in body and mind as to fall prey to enemies who might quickly learn to hate them for their depravity. Thus, an anti-racial father would control the intellectual status of his offspring in miscegenation, and the child of that offspring would be lower down in the scale if propagated by a full-blooded anti-racial. The danger is in the male parent, rather than in the female. If the laws of existence were to be obeyed, the males of full-bloods, half-bloods and quarter-bloods of any non-Caucasian race should be emasculated, or prevented from propagating; and the world, in a few years, would be vastly better for it. But sentiment, rather than wisdom, has full possession of those who alone are able to enforce this law of human life, and mankind suffers.

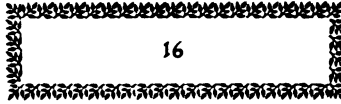
**We come now to mental character** as distinguished from mental status. The word *status* is a forceful one, as it represents a combination of state and condition, or rank and elevation in the scale of value. The word character applies to the garb or dress in which the status may be clothed. Thus, a child is a child, and its mind is in the condition of a child's, but the character of that mind may be good, bad or peculiar. The best of the negroes are sixty per cent. imbecile, and that is their mental status, but the character may be gentle, rough, violent, coarse, stupid or vicious, as all grades of intellect, from insanity to perfect clearness, may take on these variations of garb.

**It is decreed by nature** that the father shall impart to the child his mental status, and that the mother shall contribute her mental character. The dress, foliage and growing shape of the tree are due to one cause, while the value and condition of the main part of the tree are due to another. So with the child. The Caucasian mother of a half-imbecile child may make the best of what she finds in her offspring, but she cannot raise its mental condition to a level with her own. So any mother may make or mar the mind of her infant, at any time from conception until it has passed out of its youth. This power to give shape and character to the child intellect is a sacred trust that may be faithfully executed or wantonly betrayed. The mother is held directly responsible, whether she knows it or not, and whatever may be her accountability hereafter, she will, if she lives, be compelled to witness in the ever-present



character of her child the faithlessness of her own conduct in its management.

**The high and low grades** of mental character are found in all phases and in all classes of society. Among the poor and ignorant are many women who are endowed with good common sense and a high order of mind, for the condition that environs it. From such mothers may come the better intellects of the next generation. Among the rich and educated are many women who are endowed with very shallow minds, and despite their superior advantages, the children of such mothers occupy an inferior plane of intellectuality. The brainiest of the world's men have come from mothers uneducated, but of strong mental character; while the shallowest of men have come from mothers of good education, but of weak mental character.



**The child is marked with the nervous character of its mother.**

This is the 16th Ralston Principle. The influence that results in giving the offspring birth-marks is exerted between the third month and the ninth month. Mental character is that which affects the direct province of the brain, but nervous character applies to the realm of the system that does not depend so much on thought as on feeling. A line of conduct, of deliberate vice or error, may emanate from the mind, while feelings and emotions may arise, and ordinarily do arise, before the brain has time to pass judgment upon them. The general disorder of the nervous system is known as nervousness. No woman has a right to give way to her feelings, and yet she has many a cause for doing so. The greater her danger the more should be the care she must exercise. A keg of gun-powder is more protected, watched and guarded than a keg of nails; one explodes easily, the other not at all. Women allow themselves to become very nervous, by yielding too easily to the moods that come over them.

**Temper is a nervous disorder.** It is very highly developed by a woman in the maternal condition; and there are two reasons for this. First, she is taxed by circumstances which are not so easily controlled, as at other times. Second, she is often annoyed by the

discovery of her state; and she becomes venomous at the thought of it. The Pomeroy boy-murderer of Massachusetts, now a grown man in the prison of that Commonwealth, was nervously diseased by the influence of his mother's temper. When she found herself with child, her anger was so great that she threw a knife at her husband, against whom she made the heinous charge of paternity. The boy, when quite young, would tie other children to posts, and amuse himself by throwing a knife at them, until he had killed several. He was adjudged guilty of murder in the first degree; but the Governor commuted the sentence of death to imprisonment for life. His subsequent incarceration has proved him to be one of the most dangerous of nervous criminals. In a condition of approaching maternity, the savage disposition of women is quite remarkable, in view of the fact that they are not ill-tempered under other circumstances. This has led investigators to conclude that they are insane. The real fact is that the nerves lead direct from the brain to those at the place of generation; and when the latter are strained they affect the whole system, mind and all. It is a species of temporary insanity. But the other side of the case is, that it may be controlled by those who are determined to keep them under sway.

**It is refreshing to know** that most wives accept maternity willingly, and that these ill-natured cases are in the minority. It is, however, too true that many women are everywhere found who hate the condition and seek to injure the little innocent offender. It is a sin of the first magnitude. It leaves a life-long impression on the nervous system of the child, and many a mother has lived to regret it. A son of wealthy parents, both of whom were of the highest rank in intelligence and refinement, ought to have been a noble youth. He carried the mark of a high temper imparted to him by his mother previous to his birth, and this curse followed him through life, until he gave way to it by committing murder, for which he was hung. His mother recalled distinctly the time when she flew into a passion on a slight pretext; she saw the boy growing up under the effects of the blight; she bade farewell to him as he stepped to the death-trap, and to this day she realizes the awful accountability devolving upon her in the day when she and that boy will meet again. Temper can be held down if one chooses to exercise the power of mind necessary to keep it in check. This is proved by the thousands of cases of women who curb their

ill-nature in the presence of visitors, and yet when alone, or with their families, let it have full vent.

17

**The child is marked with the physical character of its mother.**

This is the 17th Ralston Principle. It relates to the habits or appearances of coarseness or fineness in the body of the child. The father imparts the status, or scale of rank physically; the mother bestows the habits and character that mark the life of the child. Not only for ease in child-bearing, but also to give to her offspring the guarantee of a perfect body, every woman should become master of the Ralston system of physical culture, and attain good proportions of development, equality of all the muscular powers, and proper distribution of the flesh. She should not be too heavily built, nor too light. Her form should be well proportioned, and all parts balanced. Weak and languid muscles stiffen and lose their pliability, rendering child-bearing dangerous. Overworked muscles become set, and their condition is relieved by a scientific balance of action employing non-used muscles. It is true that hard-working people carry about with them as parts of their anatomy, certain cords, tendons and sinews that are never employed while they drudge and toil with others. The greatest blessing for the woman who would pass safely through the perils of maternity is the system of physical culture referred to, and the full method is included in the Ralston course.

18

**The thoughts of the mother impress the child.**

This is the 18th Ralston Principle. By the use of the word impress we intend to convey as much and more than is included in the idea of defacing the skin. Not all evidences of maternal influences are shown to the eye on the surface of the body. It is true that nearly all children bear some visible marks, but they are imaginations in many cases; and in others are uneven distributions

of pigment of coloring matter. The so-called white person is not white. There is, at the base of the skin, a floor of sacks, many millions in number, whose duty it is to color the surface of the body. The blood and all anatomical construction may be alike in the various races of mankind, yet this pigment has a very unpleasant way of rising to the surface and discharging a blackish fluid for the negroes; a reddish for the Indians, a yellowish for the Mongolians, a brownish for the Malays and a whitish for the Caucasians. But this white hue is very far from white. It is light, however, and its lightness gives opportunity for any variation to appear. Hence arises a popular notion that the child, showing uneven coloring, has received a birth-mark.

**Sometimes the skin is congested** by injury, and great blotches of red, purple, or beef-steak hue may be seen on the face or other parts. In nearly all such cases the mother has had a violent temper during the months preceding delivery. We doubt if there is an instance of this horrible disfigurement in which the mother has not given sad Exhibitions of her vicious disposition. It is not to be wondered at that the child is blighted. Sometimes the marks are brown or yellow. Many ladies find in them a clear resemblance to some kind of food longed for at the time when it was not to be had; and an accidental touch of her hand upon her own body would leave a corresponding defacement on the skin of the unborn child. Thus, one woman wanted an onion, and touched her forehead at the time; her child was born with an onion marked on his forehead. All the vegetables, fruits, foods and numerous extraordinary things have been reproduced in this way. The thoughts of the mother, acting in copartnership with the pigment, have done their work.

**A mother who values the life** of her unborn child should avoid impressing upon it any strongly presented thought of an adverse nature. While it would be too much to expect a continually clean flow of ideas in any human mind, and while the brain should adapt itself to all kinds of impressions as a means of inuring it to the experiences of real existence; yet it should shun at all times, and especially during the months of approaching maternity, the startling headlines and shocks to sense, which appear in all the sensational newspapers of this country, for the sole object of selling papers and making money. They are known as criminal journals, and their business is called criminal journalism, for the following

reasons: first, the men who conduct them are criminals; second, they serve up in the most horrible form all the crimes of each day, from the least to the greatest, paraded in exaggerations that arrest the attention, appal the brain, and sell the papers; third, they are the cause of the fearful increase of crime now going on in America, and they stimulate the appetite for a felon's career by their pictures of hero-murderers and the ghastly victims felled by the knife, the pistol or the deadly poison.

**A mother would do well** to never allow a sensational newspaper in the house; for children who are growing up are easily impressed by the accounts of crime so startlingly enforced in pictures and big headlines; and the current records are full of the deeds committed by young imitators of the older miscreants. Many of the children are innocent of the gravity of the offenses of which they are guilty. Thus, a lad of ten who poisoned his sister, did not shed a tear when told that she had died in the most terrible agony; but seemed to think that his methods were successful, for he produced a page from a daily newspaper which described minutely how a husband had poisoned his wife, by the use of rat powder. He followed the plan, and was quite content to know that he had succeeded as well as the wife-murderer. Estimating from statistics collected during a given time, it is safe to say that, in the last twelve months, fully one thousand boys and girls have, in this country, been stimulated by newspaper accounts of this kind of crime, to attempt the poisoning of parents or other members of the family; and that over four hundred have succeeded in causing death.

**The spirit of revenge among servants** is excellently well fed by the sensational accounts of crime printed in the newspapers. Servants, as a rule, are inferior in intellect, and therefore more ready to seek revenge. They are offended by little provocation; but, when intent on murder, they assume their usual air of pleasantness, which is in accord with the low cunning of inferior intelligence. There were six hundred cases of poisoning in the United States, in which servants wreaked vengeance on their employers or members of the family; and, in every case, the servants had access to sensational newspapers. One female carried an illustrated article in her dress pocket; parts of the description being marked. In four instances the servants had taught children how to use poison, giving them the information read from similar ar-

ticles. Many of the murderers confessed that they were instigated to their crimes by the exciting description of similar deeds, set forth in most attractive style in newspapers.

**In other methods than by poison**, have the boys, though rarely the girls, of well-managed families, been stimulated to murder father, mother, brother, sister or playmate. Shocking and unnatural as it may seem, the annals of crime include all these many times repeated. The *Youth's Companion*, March 11, 1897, had a timely article on the great increase of crime among the youth of our land; and it showed in what way the newspapers were directly the cause. Other clean periodicals have taken up the matter, and are doing what they can. Probably no question more important, no problem more difficult, faces the parents of our land at this time than the manner in which to destroy the evil influence of this hydra-headed monster—journalism edited by scoundrels.

**The most effective way** is to refuse to patronize merchants who advertise in the sensational sheets, and to notify the merchants why you so refuse. This involves the establishment of a committee of ladies in every town and city; their duty being to designate the papers that are offensive. They will then call on the proprietors of stores whose advertisements appear in such sheets; promise their patronage in case the advertisements are discontinued for good; and deny it otherwise. As a criminal newspaper lives on its advertising contracts, the withdrawal of these would quickly destroy the paper. To refuse to read, to buy, or to have in your possession a copy of such journal, may do some good. Many reading-rooms have refused to admit certain New York, Boston, Chicago, San Francisco and other dailies; and such associations as the Christian Endeavor, Epworth League and Chautauqua have voted to refuse patronage to certain criminal sheets, as well as to merchants who advertise in them; but the evil is too great for an indifferent action. It needs a strong leader in every school district, in every town, in every city ward, who will not be dismayed by failure or weak support, to rise up like a giant and give a lifetime of labor, if need be, to the accomplishment of this great end.

**Not only does crime increase** faster in proportion to the growth of population than it ever did before, but mental derangements are multiplying still faster; and insanity is one of the distressing problems of the immediate future. Tracing the character of mental-markings back to the character of the reading indulged

in by the mother previous to the birth of her child, we find a direct connection between the two. In illustration of this, a few instances may be cited. A mother read a sensational article, in which a certain woman imagined that she had glass legs. The account caused her to dream that her unborn child would be so afflicted. The infant came into the world deranged; and, at the age of fifteen was a confirmed lunatic, suffering under the hallucination that his legs were glass, and were constantly breaking. Another woman read an article on flying-machines, concocted out of the imagination of a Sunday paper writer, in which the certainty of flying was guaranteed to every human being. The claims of the fraudulent article were so extravagant and vividly set forth, that she heartily believed them to be true. The strength of the impression caused her to think constantly of the one subject, and her child, born a few months later, was insane on the subject of flying-machines. Had the so-called scientific article contained sensible descriptive matter, such as would come within the realm of actual invention, the impression would have been normal; but it abused the name of science by the most startling falsehoods. Nearly all Sunday papers contain lies called science; and these are devoured by young and old who believe them to be valuable. A woman, credited with good judgment in matters of education, wrote us that she disliked the Sunday papers, and never patronized the merchants who advertised in them, but she "hated so much to give up the scientific articles," which they contained. She actually believed the articles were scientific, and that they were of an educational nature, instead of cheap fiction. In another case, a paper published an account of a freak who delighted in frightening people by looking in their windows at dusk. Although the whole article was untrue, it yet invented pictures of the persons frightened and of the freak himself. Of course the writer of the stuff accomplished the object he had in mind of terrifying the readers of the paper. A woman who read every word of the account, delivered a child a few weeks later. The little fellow had the face in the picture of the freak; and, when older, he became insane. His derangement took the character of the invented demon, who scared people by looking in windows; and he was not placed in an asylum until a girl had been thrown into convulsions from fright at seeing his awful features; as a result of which she died. What caused this fatality? The boy? Who was to blame?

Was it the mother, the wretch of a newspaper correspondent, or the spirit of hideous greed that makes papers sensational in order to sell them and make money? Let every self-respecting parent keep the criminal paper out of the house and away from the family. There is but one rule to guide you; avoid papers having bold headlines. Take as your models the journals that seek to present the news as current history rather than daily sewerage. Avoid all papers that use large type for headlines of articles. The largest type used by respectable journals is not quite one-fourth of an inch high for the chief headlines of news columns. Study this fact and see. Discard all other sheets. Your life, your mind, your home will be cleaner for it. All decent papers will respect the wishes of their patrons. They will come into line, if out of it at any time, if you help support them.

**Nature's process at birth is perfectly safe.**

This is the 19th Ralston Principle. It requires that nature be not hampered by her weeds, nor interfered with by artificial methods. The bringing into the world of a child is woman's most anxious transaction; an event which, to her, outweighs all other acts and duties in the calendar of life. As the thought takes possession of her that she is to become a mother, all else fades into insignificance; the history of the world, its great battles, the making of nations, all pale before the one performance by which another human being is to be added to the population of earth.

**There are four considerations** always present in her thoughts:

First, will the mother survive?

Second, will her child live?

Third, will her general health be affected?

Fourth, will the child be a normal and healthy one?

**Under the first consideration**, the prospective mother imagines that her life is to be put in jeopardy, especially if the offspring is her first; or, else, she dwells upon the long hours of suffering, and the pains that she must undergo. She has been told that other women have been from twelve to twenty-four hours in severe labor, and that their cries and screams have been heard out on the street.



She herself has personally known of one woman who has died in the very act, and of others who have survived it but a short time. On the other hand, accounts of great ease and shortness of time have led her to hope that she is of the latter class.

**The special anatomical construction** of the body, bones and muscles favors some women, and operates to their danger in others. By a certain grouping we find four classes:

First, those who are built for easy child-bearing in normal conditions.

Second, those who are built for easy child-bearing in abnormal conditions.

Third, those who are built for difficult child-bearing in normal conditions.

Fourth, those who are built for difficult child-bearing, but find themselves in abnormal conditions.

**The first class has nothing** to fear, not even the pains that are natural to the transaction, except in minimum degree. We shall see in the present chapter what is meant by normal conditions. The instances are well authenticated of women in their sleep, giving birth to babes, and without knowledge of the act; of others, in railway stations, trains, crowded streets, or public places, bringing children into the world with hardly an apparent concern in the matter; and of still others who have become mothers while traveling on foot, taking their offspring with them as they renewed the journey. It will be said, in answer to these cases, that the women were toilers, hard-working and active. If so, then there is a law of nature involved in the answer. Activity invites easy child-birth, and there are many reasons why it should do so.

**The build of the body**, as it is called, has much to do with the exit of the child; but this construction, while assumed to be located chiefly in the bones, and dependent on their size and shape, is more often due to muscular development, muscular sluggishness, stiffness and contraction. It is a very good law of anatomy that what is due to bone construction cannot be easily changed, but what is due to muscular construction may be varied almost at will. For instance, to take an example from that part of the body which is most frequently seen, the face, where the bones are ill-shaped and ugly, but little can be done to modify their hideousness, and some persons are compelled to go through life with faces like crippled

potatoes; but where the ugliness is of muscular formation, it is always due to bad character and bad nature, and is without excuse. Such faces may be bettered, and are bettered, by the cultivation of a fine disposition. Beauty may be made to grow where now the rankest plainness mars the countenance. It is the same principle, that of cultivating the muscular formation, which is of extraordinary value to the mother. It is wrapped up in the one word, activity.

**Abnormal conditions** are those of mind, food and muscles; let these prevail in a body that is built for easy child-birth, and some malformation will follow. That is, let the muscles become sluggish from lack of activity; let the food be improper; let the mind indulge in fears, sensations, fright or other distortions of thought, and no matter how kind nature has been in the making of the body, the offspring will suffer, from the time it first breathes until death closes its lips of protest against such gross injustice, even through the years of maturity and age. We thus see that nature must not be hampered by the ugly character or methods of the woman.

**Difficult child-bearing**, in normal conditions, is always perfectly safe; and as the conditions are controlled by the mother, she has herself to blame, after being made aware of the duties devolving upon her. By difficult is meant that her body is close-built, and that nature is not given the freedom of action necessary to carry on her functions properly. This is the third class referred to. It embraces the great number of women who are arbiters of their own fate; who, by indifference or by not knowing what to do for themselves, allow their condition to become abnormal, and so bring on terrible suffering and death. Yet let them maintain proper habits, and nature will do her work easily, speedily and well.

**The dangers to life and comfort** are all found in the fourth class; those who are built for difficult child-bearing, but who find themselves in abnormal conditions. In this class are found all deaths of mothers, all deaths of babes, all cases of excessive and excruciating pain, all prolonged labor, with its anxiety and suffering, and all diseases that are entailed upon parent and offspring, with their attendant dangers. Two essential elements conspire to bring about the troubles; one is the ill-formation of the body; the other is an incorrect method of living, for all abnormal conditions come out of the latter cause. The power to avert this danger lies with the woman; if she ignores it, and nature is kind to her in bodily

formation, the child will be a discredit to the race; if she ignores it, and nature has been unkind to her in bodily formation, her life and that of her child will be imperiled.

**There is but one remedy**, and that is the application of the laws of nature to the physical condition of the prospective mother. It is hard, in the few hours or days preceding birth, to mold and prepare the body of the parent so that abnormal conditions may be changed to normal; that need scarcely be hoped for. But, beginning in the earlier stages, the woman may control her fate, may make the transaction easy, may bring into the world a perfectly healthy child, and make for herself a better condition of health by thus paying this debt she honorably owes to the world.

**Safety may be guaranteed** to any woman who uses her body as nature intended it to be used, keeping all its faculties, functions and muscles active; and giving it the foods which alone furnish health and nutrition as set forth in the book of General Membership. At such a time activity is fully as necessary as attention to the diet. It is suicidal for a woman to rest, to lounge about, to avoid self-exertion. The first two months are times of doubt; but when the fact is established, the mother must begin to add as much as possible to the activities of each day, avoiding strain or overtaxing her strength. A walk out of doors of one or two hours, or gentle exercise, something like that prescribed in Ralston Physical Culture, but always quiet and free from attempts to display great strength, are necessary. In the third, fourth and fifth months, the amount and energy of exercise may be increased; but jumping or sudden movements are not safe in ordinary cases. As the time approaches, the exertions should be made less. The hard working woman has nothing to fear, if she does not grossly violate the rules of food selection.

**To sum up**, we find the safety of the mother, as far as her period of preparation is concerned, to rest in the three following precautions:

1. To eliminate clogging material.
2. Constant activity.
3. Proper diet, intended to maintain the vitality of the mother and child. For every ounce of unfit food she eats she adds to the doubt that hovers over the hour of fate, involving the destiny of two lives.

**National virtues are taught at the mother's knee.**

This is the 20th Ralston Principle. In its true scope it involves not only such virtues as are national, but such others as are local and personal. After a child is old enough to enter upon a course of schooling, which may be at five or six years of age, if the public or regular schools are to be attended; or younger under other circumstances; its mind becomes intensely impressionable. At such time the parents, and especially the mother, will have great power over the future inclinations of its young mind. Were all mothers to agree upon a policy that shall sweep the continent a generation hence, they may accomplish whatever they choose in



such direction. There are two kinds of men in the composition of a nation; one will vote for party regardless of the principles involved; the other will vote for principles regardless of the party involved. The man who wishes to see his special crowd win is not a true citizen in any sense of the word. He is a coward at heart, and a wishwash thinker on public affairs. He has no principles but victory and boasting. The other man is the desirable

voter, for he carries in his soul the germ that bears the fruit of national progress; a steadfast devotion to an honest principle.

**The man who has knelt** by his mother's side and imbibed into his heart the wishes of her soul during the little years of his boyhood, is never lost sight of in after life. The thoughts then breathed like prayers from one mind to another become ingrafted so deeply that they are part of the man, and grow with him. Time

is important; for, when the boy or girl goes out into the broader world than home has been, the earliest impressions may be for evil; and they cannot then be offset so easily by the parent. Playmates have thousands of ideas; old as well as young; and the child listens to the boy of ten or fifteen as readily as to the infant. The mother should take time for the moral education of her young. Sunday should not be crowded against this opportunity. Let all else go. Remember the 206th Ralston Principle, which says that every person should have a church; in the same sense that every person should have a home. The boy or girl, the man or woman who has no home for the physical body, is to be pitied, and more so, if there be no church that can be regarded as a home for the spiritual body. You, yourself, may have been denied the sweet influences of a mother's heart to lead you to this better judgment; but, whether you are in or out of the church, do not deem it a matter of indifference as far as a child is concerned. If you ask what denomination, the answer need be this: choose any sect that, in your honest belief, will teach the personal accountability of each individual to God.

**There are other themes** of lasting importance that, if taught in earliest childhood, are sure to sway the whole after life of the man or woman. Silence on any subject is sure to leave the mind a prey to outside influences; but an affirmative opinion or wish, many times repeated in the early years, if expressed before other minds have reached the child, may accomplish almost anything desired. Thus, if the mother takes no positive stand either way on the subject of drunkenness, some stranger to the family may create an impression either way, or the matter may remain neutral for many years. On the other hand, the mother may so fix the opinion of the boy or girl that nothing can change it.

**The yearnings of childhood** are the most intense in all life, and some of them are more deeply rooted than we think. They should be encouraged sufficiently to be clearly understood by parent and child alike; then, if they are wrong or doubtful in character, counter impressions may be created in order to eliminate them. Children brought up to respect their parents and to appreciate goodness, are rarely ever inclined to evil yearnings. It is not wise to so train a child that it expects to find its father or mother a constant check-valve on its young aspirations. The greatest men and women have caught glimpses of their mature achievements in the ambitions of their earliest years. Had these yearnings been

suppressed, the whole after life would have been different. There is a nicety of accord between the wish of impetuosity and its suitability to the best interests of the child.



## 2d NATURAL TREATMENT: ANTISEPTICS.

**We do not believe in medicines** except when prescribed by an honest physician; and the more skilled he is the fewer he will order. But antiseptics are not medicines. They are cleansers, just as soap and water are used for purifying purposes. An antiseptic is something that destroys the germs of disease. The word means anti-poison. It should never be taken into the blood, and rarely ever in the stomach, but must be applied locally as soap and water are applied. It therefore cannot be called a medicine, as it has no opportunity of doing injury to the system because it cannot get within.

**If the teeth are decaying** it is possible to prevent the progress of the ruin when the germs can be reached. Sometimes they work within the tooth or under the enamel, or under the gum, and are beyond the effect of the antiseptic. Diphtheria germs first find lodgment and growth at the teeth, and may be destroyed by this agency before they get further in the mouth. Salt is a common and effective antiseptic; but should not be rubbed hard on the teeth. Use the finest grade. There are well known preparations on the market, such as listerine and sanitol, that are effective, but no more so than common salt. Baking soda is also a valuable antiseptic. To many germs the oxygen of the air is death; notably in lockjaw, consumption and catarrh. It is only when the wound in the hand or foot begins to heal and to be covered over against the approach of air that the germs of tetanus or lockjaw begin to thrive. Catarrh of the nose, throat and bronchial tubes may be completely eradicated by oxygen. Camphor water made strong and rubbed on pimples of the skin will penetrate the cuticle and destroy the germs beneath. Alcohol is likewise an antiseptic, and a few drops should be used in water for rinsing the skin.

**Newly distilled water not aerated** will quickly cleanse and eat out the impurities of any part of the body; for which reason, being too active, it is not safe to drink until it has secured its equilibrium, which it finds in the air. But as a cleanser of the face it is unparalleled. It is excellent to wash in with soap; excellent to rinse in afterward; and excellent to dash upon the face in a warm room, if a towel is used just before it dries. The evaporation is highly hygienic. By this simple method some of the worst skins have been made clean and fine. Any obstinate sores may be removed by constantly rubbing on sweet oil mixed with spirits of camphor, as this combination is one of the most effectual of the mild antiseptics.

**Red pepper holds the double rank** of antiseptic and food, for which reason it may enter the stomach. It enters the circulation and destroys the germs of fermentation, malaria and other diseases, under certain conditions. Borax is too valuable an antiseptic, and is useful in many ways. A teaspoonful of powdered borax to two quarts of water is a cleansing wash for the hair and scalp. For rash or hives, use boric acid; sometimes called boracic acid. For sore eyes or sore mouth, especially in children, use

a wash made of a teaspoonful of boric acid in a cup of water. There are many more antiseptics used in medical practice, which will be referred to in this volume, or under the Ralston Franchise. They are not drugs, nor medicines; they are cleansers and purifiers in the sense that they destroy the germs of disease.

### 3d NATURAL TREATMENT: SUN BATH.

**This has been more misused** than any other of the natural treatments. It is distinctly a cold weather remedy, and should not be used in hot weather. The sun in summer, shining out of a clear sky, is malignant and dangerous. Its vertical, or partly vertical rays, are a menace to the nerves and to the brain itself, and should be avoided. In other words, we must keep out of the influence of the hot sun in the summer time; and in it during the winter. From November first to May first, except in periods of unusual heat, the sun may shine directly upon the body and to great advantage. Its slanting rays have toned down the intensity of the orb, and removed its malignity.

**The best way of taking a sun bath** is to sit out in the clear, cold air of a severe winter's day, on the south side of the house, well sheltered from the wind. The cold gales come from other points of the compass. In order to sit out in winter weather, it is necessary that the heaviest clothing be worn, and then that the body be bundled besides; for the least chill would be dangerous. The typical sanitariums of Germany have large, broad, well-sheltered piazzas on the south sides of the buildings; and the patients, who are general consumptives, sit for hours in the sunlight, and are protected by heavy clothing, around which shawls and blankets are placed. If the weather prevents outdoor sun baths, they may be taken in the house, but are not by any means as good. The patients should sit directly in the sun, and the piazza roofs should not make shade upon them. The vitality is very much increased by the treatment.

### 4th NATURAL TREATMENT: GLAME.

**When we say that oxygen**, produced from the chemist's experiment, contains no vitality, we are misunderstood, and very properly so. It does contain vitality in the sense of holding its own nature; and it is an unceasingly active element; but it has no vitality in the sense that air is vital when moving in the sun-



shine. Were we to use the word in our own limited sense, and have it understood in the general sense, we would be severely criticized. For this reason a special word must be coined. The air indoors is not like the air out of doors, although chemistry may show the two to be identical. The still air out of doors in shady places, is far different from the moving air in sunny places; yet no difference may be apparent under chemical analysis. One possesses vitality and the other does also, in a chemical sense; but one is charged with life in a better meaning; it is a kind of life that no chemist can discern; yet we all know it is there. It is true that such life is vitality; but that word is too feeble to express its power; so we must coin the name that tells us what is meant whenever it is used. The best illustration of the meaning of this special word is seen in the analysis of protoplasm. It contains four elements, and the chemist cannot find more than this number; yet the four elements cannot make protoplasm until another vitality is imparted to the mass. This fifth essential cannot be found; yet it is known to exist; its presence is proved by its power.

**That which is unworthy of attention** is not discussed. The papers have had much to say about glame. In a large city, a newspaper owner sent for a prominent merchant and said: "I understand that you are a Ralstonite. The patent medicine men tell me that glame is nonsense." The merchant replied: "My dear sir, you are making a large draft on your honesty and self-respect, in criticizing what you never tried to find out. Give glame a trial. It costs nothing. You saw me a year ago, you see me to-day. Is that nonsense? If so, then the fact that I am above ground, and not under it, is nonsense also." The editor became a member, and recently sent a private letter to many of his friends, advising them to join the Club.

**A person who will state that there is no such thing** as glame is not honest. Experiments prove the fact beyond all doubt. It is always exhilaration. Anyone who desires to know the outward evidences of glame may easily find them in the following facts: Glame exhilarates. All natural exhilaration is the result of glame. Natural cheerfulness is accompanied by, and generates glame. Bad news will stop digestion and affect the appetite. Good news will not only aid digestion, but cheerfulness will cause the blood to assimilate a greater proportion of nutriment from the same amount of food. If this is not glame, what is it? It is something

or nothing. Test cheerfulness. If natural, the breathing is deeper and more vital. More than half of all headaches are directly traceable to the lack of even ordinary respiration. A person whose vitality is normal could never catch cold, and could not possibly take disease. We call vitality glame. If vitality does not exist, then glame does not. But glame is in the cause as well as in the presence of vitality.

**The claim of the author is substantially** that man has never used the vital principle whose presence fills the entire universe. The past few years have been prolific in proofs of this natural power; and this fact coupled with our knowledge of thousands of cures in recent months, and the experiments made, warrant the following statement:

1. *The accumulation of glame in the system will increase the vitalizing energy which supports life.*

2. *It is furnished by Nature.*

3. *It is not a stimulant to life, but Life itself, and consequently increases life instead of consuming it, as stimulants and medicines do.*

4. *It will guard the body against disease.*

5. *It will overcome diseases, especially chronic and organic troubles; in that it is a destroyer of bacteria and an eliminator of animal soil.*

6. *It will prolong life as long as it is kept in the system.*

7. *By simple efforts it may be kept in the system for many years beyond the ordinary duration of life.*

#### HOW SHALL WE KNOW WHEN GLAME ENTERS THE SYSTEM?

**This is the all important** question. It does not knock loudly to announce its approach, and it makes no demonstration when it comes. It enters so gradually and its increase is of so fine a nature, that only by the utmost attention to the inward feeling can we at first detect its presence. It often happens that glame is present in great abundance, yet the person does not know it. A gleam of brightness in the eye is sure evidence of this **NEW LIFE**. However, there is a class of people, generally those who have passed thirty years of life, where the vitality of the early glame has ebbed so far that the acquisition of a new supply is more distinctly felt by contrast with the loss, who will recognize the approach of glame at the very beginning of our exercises.

**There is another** class of persons of fine nervous organism

and quick brain perception who will recognize this glame even more readily than the class just referred to. To them its presence will impart a buoyancy of spirit, a kind of ecstasy of feeling that will be very marked. Others of our members will not perceive the presence of glame so readily, but will surely detect its entrance into the body by unmistakable feelings, although slighter in their nature. A very delicate and fine sensation will be experienced, accompanied by a little stronger beating of the heart. As glame becomes more abundant the pulse will become firmer, the skin will take on a more healthy hue, the eye will grow brighter, the step become more elastic, and day by day life will grow more joyous.

PRELIMINARY EXERCISES FOR ACQUIRING GLAME.

*1st Principle.*—Glame is a vitality present in oxygen, or oxygen that has been vitalized by sunlight. It is found in the shade as well as in the moderate warmth of the direct sunshine; but it is never present except in moving air upon which the sun has shone.

*2d Principle.*—Glame is attracted by energy and is lost by lassitude.

*3d Principle.*—Oxygen, being the most energetic of the elements affecting human life, draws glame to itself.

*4th Principle.*—Glame enters the body with the oxygen that we breathe, and passes out of the body with every exhalation. It is thus wasted and lost.

*5th Principle.*—To separate glame from oxygen while in the lungs requires a drawing power of greater energy than oxygen itself; which, in a corrupt or new chemical compound, leaves the body with each exhalation.

*6th Principle.*—The energy of the body is in the nerves, which form the source of all physical power.

*7th Principle.*—Nerve energy is made manifest by an exercise known as the tensing exercise.

*8th Principle.*—Performance of the tensing exercise while oxygen is retained in the lungs will draw glame from it in quantities, depending upon the amount of air in the lungs.

*9th Principle.*—Air in motion, upon which the sun is shining or has recently shone, imparts the largest possible quantity of glame to oxygen; therefore, performing the tensing exercises while breathing such air quickly draws it into the system.

**The experiments are now at hand.** No matter what may be the size of the chest, it does not follow that the lungs are correspondingly developed, for muscular size without and the presence of the fatty tissue within may often pass for large lungs, especially in athletes, who, instead of living to a good old age, as a rule die young, and often of consumption. Fully developed lungs require the opening of the minute air cells within the chest frame, and especially the lower portion of it. Therefore, if you wish to draw into the system large quantities of glame, it is necessary to develop the lungs more and more each day and week and month you live. Even in persons of very weak lung capacity the following exercises are sure to establish this better vitality.

#### FIRST EXERCISE.

**Sit or stand perfectly still** in any place where the air is in motion, or has recently been in motion, however lightly, and upon which the sun has shone. It is not necessary to sit in the sun. Fill the lungs to their utmost capacity and hold the breath long enough to count three and no more. The time should be about three seconds. Let the breath escape very slowly. Repeat by drawing in the fullest possible breath and hold four seconds and no more. Let the breath out very slowly. Repeat by drawing in the breath very gradually and hold for five seconds. Always inhale through the nose, if possible.

#### SECOND EXERCISE.

**Empty the lungs completely;** inhale a quick, short breath through the nostrils without hearing the breath pass in; instead of allowing this to escape immediately add another quick, short breath to it; and keep on so doing until the lungs are packed full. This may be carried on until the air in the lungs becomes condensed by the force of the inhalations, provided it does not result in coughing. Bear down on the shoulders while inhaling, and never raise the shoulders under any circumstances.

This exercise may be repeated as often as desired, but as it may cause an unpleasant feeling it is best not to overdo it.

#### THIRD EXERCISE.

**Fill the lungs full,** clasp with the right hand, and with the left a piece of wood about the diameter of a broom handle. For

gentlemen a broom handle of large diameter will suffice, and for ladies one of smaller diameter. Clasp this as gently as possible while holding the breath for three seconds. It is at this stage of the work that a faint presence of glame will be detected, although not till after many trials in some persons. It enters the body, whether felt or not.

#### FOURTH EXERCISE.

**The fourth and last** glame-exercise is the most effective. It is very important in its results, if practiced with care. *First*, be sure of pure vitalized air. *Second*, prepare by emptying the lungs, and still keep on emptying them after you think you cannot breathe out any more air. *Third*, you are now ready: inhale slowly, steadily, smoothly, irresistibly until the lungs are completely filled. *Fourth*, as soon as you commence to breathe in, bring a very light pressure to bear on the glame-sticks in your hands and gently increase this pressure as you are inhaling. *Fifth*, during the time the air is being inhaled, accompanied by the gently increasing pressure, think intently upon some very pleasant subject.

**If the hand** suddenly closes with great power, the nerves act instantly and affect only the muscles. Any *sudden* use of muscular strength develops the activity and power of the muscles only. The nerves take on no growth. But if the hand is placed upon a round piece of wood so lightly that it seems to be entirely devoid of strength, not able in fact to hold up its own weight, and then gradually begins to show muscular power, but in a very slight degree, evenly and smoothly keep tightening its grasp until it develops the utmost strength of which it is capable, then the nerves are called into active play by what is known as the tension exercises. The lighter the grasp at the beginning, the stronger its power at the end, with a regular graded increase from this weakness to this strength, the more energy will be displayed by the nerves. Holding the breath while performing the tension exercises will cause the glame which is associated with the oxygen to leave it and pass directly into the nerves, going at once to the fountain of the vitality of the body, whence it reappears in a richer condition of the blood and a healthier activity of all the functions of life.

**Of the thousands of reports** concerning glame and its speedy effects on the health, most of which were concurred in by physicians, the majority said that the gentle pressure of the clinched hand, very gradually increased, but never with full strength, de-

veloped by far the largest quantities of this vitality. To a person who has once felt true glame the following methods of drawing it at will from the oxygen in the lungs will be understood and appreciated.

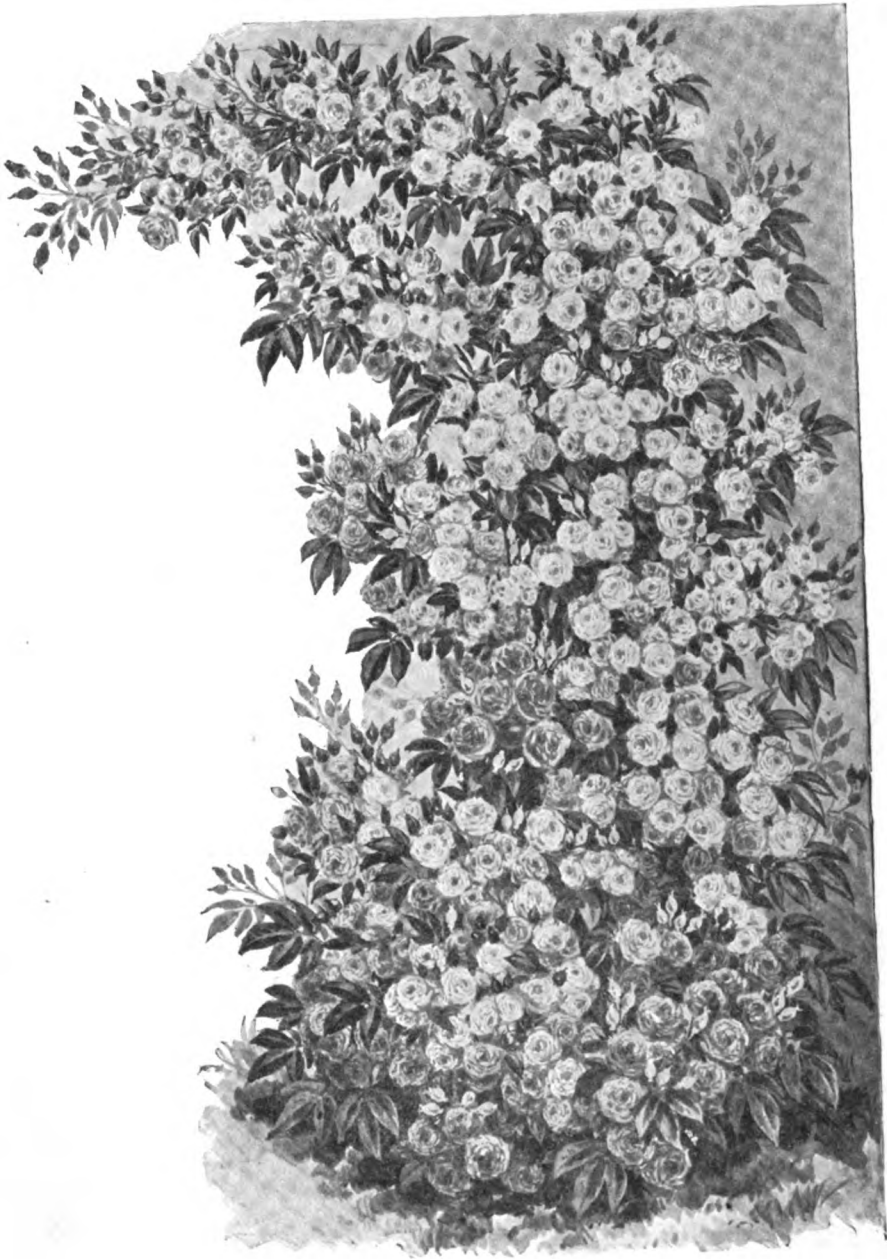
a. Take a gentle breath very calmly. When the lungs are easily full, but not crowded, close the hand so lightly that the most delicate pressure is felt. Think of the happiest prospect possible. A flutter of ecstasy will follow so plainly that its presence will teem with vitality. Force, haste, impatience, ill humor or disbelief will destroy all chances of drawing glame.

b. Repeat the foregoing exercise by the will alone, without any action of the hand.

c. If stupidity, sluggishness or ennui may be classed as your troublesome attendants, draw glame and see how quickly they disappear. Some persons cannot or do not acquire glame. On investigation we find that they do not follow the directions even in the slightest degree. They read but part of the book. The probability is they will not see this page at all. Glame becomes a fiery, burning energy under the influence of a determined will; and, as such, it penetrates every particle of tissue in the body, destroying the germs of disease as a bolt of lightning purifies the air.

**The theory on which glame** destroys the germs of disease, is this: the physical life of the body generates *warmuh*, as is easily proved by running a few rods; the nerve-life of the body generates electricity, as is proved in the book on the cultivation of personal magnetism; electricity, when developed by the will power from self-efforts (and in no other way), is internal and reaches all germs of disease, destroying them instantly, as lightning kills. Glame is electrical, though not magnetic. It is able to destroy all disease-germs even in the lungs, as in consumption.

A well-known physician says: "As a close student of the science of phenomena, I could not place glame in any hitherto discovered realm. It was then logical to regard it as a species of imagination. But no one knows what imagination really is, although all realize its terrible effects at times. It can kill a strong man, it can cure an invalid. Glame never hurts, it always does good. When I am wearied with my professional duties, I practice glame, often thinking of something else; and this proves to me that it is not imagination but reality, for I am refreshed at once. The real fact is, glame is life; but life is mystery."



### 5th NATURAL TREATMENT: GRAVITY.

**If the air had no weight**, heat could not rise, the winds would not blow, the rain would not fall and life could not exist. Take away this law and no plant would rise out of the ground. That the heavier falls, makes it possible for the lighter to rise. This readjustment of matter is the motion of life. Life is a constant effort against gravity, and that vitality is the best which employs this law. The body should not be recumbent, nor any of its organs. Gravity constantly draws the chest frame down to a recumbent position. The present law requires an unceasing effort to hold the chest up against the tendency of gravity. This is a most beneficial practice. It is effort and activity. The vital organs, the heart, liver and stomach, are carried far too low by all persons. Gravity causes us to sit too much, to lie around in lazy positions, to half lounge when at home, and to avoid walking and standing. These lead to inactivity and ill-health. To keep in health it is necessary to constantly counteract the tendency of gravity.

#### THE ERECT POSITION.

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

#### RAISING THE VITAL ORGANS.

**The vital organs** in the upper half of the torso (the stomach, heart and liver), are carried below their normal position in all persons who are not in absolutely perfect health. This is due to the relaxation of the muscles which surround and hold them in place. In the present exercises two results are obtained: first, the carriage of the vital organs in their proper positions; second, the nutrition of these organs through the exercise of adjacent muscles. This



exercise, which is hard to understand and harder to perform, is productive of more benefit to the health, and is capable of curing more organic diseases, than any other treatment known. It draws nutrition, in the form of the best blood, to the stomach, liver and heart; in fact so beneficial is it to the liver that the author has never seen any case of liver complaint which could not be cured by it. As the lowering of the vital organs is the most serious defect in the body, and as it injures these organs to perform any exercise while they are below their normal position, we find here an explanation of the ill effects which generally overbalance the good derived from most systems of Physical Culture, and especially in gymnastic training. Enthusiasm as a rule elevates the vital organs, and for this reason play is often better than work; for play refreshes the body while half of the same exertion in work would exhaust it. Eminent physicians assert that dyspepsia, heart disease and liver troubles cannot possibly exist if the organs are held in their proper position; while experience proves that these organs are carried several inches below their normal height. In the present exercise an easy standing position may be taken and a mental attempt made to recognize the movements of the muscles which surround and support the vital organs. It is not necessary to connect the act of respiration with these movements, but let the breathing go as it will. If the abdominal muscles are rigid they will have to be made flexible first; but do not hurry the progress. The exercise does not consist merely of extending the chest and drawing in the abdomen, although these movements are necessary aids and should be first acquired. After a few weeks' practice the mind will recognize the action of the inner muscles and their contraction will then become a matter of easy performance. The habit of carrying the vital organs at their proper height should be made perpetual; and this exercise, therefore, can be performed at any minute of the waking hours when the mind recurs to it, no matter what other duties may be occupying the attention. The person who is really desirous of attaining good health will keep this exercise constantly in mind. It consists in brief of extending the chest, drawing in the abdomen and raising the vital organs in the upper half of the chest as high as possible and holding them there permanently. Persons of excessive corpulence may decrease the size of the abdomen by this exercise accompanied by massage.

## 6th NATURAL TREATMENT: OXYGEN.

**The question has been asked**, why if the body is nearly all oxygen, it requires a constant supply of this element. The answer is at once anticipated. As we know that the world is nine-tenths oxygen, we come to respect the power which it must necessarily wield. There are two forms in which it may be found for the easiest transmission to the body; the most common and most necessary is in the air which we breathe; and, almost as common and necessary, in the water that enters the system. The body is nearly all water; and water is eighty-nine per cent. oxygen; thus showing the superabundance of the element.

**To maintain this excessive supply** is strictly necessary if we would have health at its best. But oxygen as an element should never be taken into the system. The treatment ordered by specialists who wish to pose as unusually progressive, is to take oxygen or some mixture of it from a tank. It is dangerous for several reasons. First, as an element nature forbids its separate use, and she never provides it free. Second, being a chemical production it is artificial. Third, all life comes from the sun, and must be imparted to every healthful thing needed by the body, ere it is used; there is no life, no vitality in artificial oxygen, for the vital nature is quite apart from the chemical.

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

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

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

A heavy dinner should commence with hot soup. People may

drink all they please while eating, if the stomach is not crowded. The old theory is the reverse of this.

**Oxygen from food** is better taken in four or more light meals daily than in two or three heavy meals. A stomach long empty becomes weak and incapable of digestion; and makes the body a prey to contagious diseases, as well as to the dreaded neuralgia. Exercising on an empty stomach in a pure atmosphere may be all right for a short time; but a bite of crackers and cheese is safer. No person should go out in the early morning or in the night air without food in the stomach. The old theory that the stomach should have rest is not borne out by experience. Of course no person should eat after a sufficient supply has been taken; but it is clearly established that the stomach can work twenty-four hours daily for an indefinite time, if no more than the proper amount of food is consumed. The action of the stomach is automatic, or involuntary, like that of the heart and diaphragm, and consequently never grows fatigued from constant use. Rest weakens the stomach as it does the body. Use strengthens it. If hungry between meals take some lunch, or a slice of graham bread and butter and a very small piece of cheese. Take three regular meals daily and as many lunches as you crave, but never take cake, pastry or confectionery on an empty stomach. Just before retiring, take a slight lunch followed by a glass of water. If coffee, tea, beer, liquor, or other *poisons* are to be taken into the system, always delay this folly until eating a full meal in which mashed potatoes are first heartily eaten.

**Air contains oxygen** of such ease of acquirement that the effect of full breathing is readily seen in every part of the body. Stagnant air is devoid of good. Moving air upon which the sun has shone in the summer—or *is* shining in the winter—is full of vitality. However, if such air is not available, obtain the oxygen wherever you are. Full, deep, inaudible respiration while exercising will bring good results.

**Whatever else you do**, never take artificial oxygen. Physicians who are honest often recommend it; and have it on tap, stored away in large tanks, from which it is breathed. It is deoxygenized oxygen and lacks life; its use develops weak lungs. Nature keeps her oxygen, in a proper mixture with nitrogen, ready for use in a natural way. The trouble is, people do not breathe enough pure air. Surprising as it may seem, the majority of humanity re-

quire fully *five times as much air as they breathe daily*. What are you going to do? Do you want health? Get air. Get it pure.

## 7th NATURAL TREATMENT: MAGNETISM.

**Magnetism is so closely connected** with glame, and consequently with vitality and health, that our health is always dependent upon our electrical condition. The sooner we realize that the human body is but a complicated electrical battery, the more speedily will we acquire a secure hold on health. The difference between human electricity and human magnetism is one of relationship; the former is the subtle fluid or power, the latter is a species of its activity. There are hundreds and even thousands of facts known and experiments made concerning human electricity and magnetism; so many indeed that large works are published on these subjects exclusively. If you wish to take up the matter for deep investigation you will find the books in the Ralston degrees devoted to every phase of it. In this work the most that can be said is that magnetism is the use of the electrical life of the body for any purposes that may be desired; but chiefly in the line of health, self-control and power over others. It is not hypnotism, but is its exact opposite. That it may be acquired is easily proved from two standpoints: first, experiments have settled the question beyond all doubt; second, what is called the natural possession of magnetism is due to the way a person lives, *and to no other cause*, thus showing that all human magnetism is desirable from circumstances over which one may have control.

**In this book the nearest approach** to the cultivation of magnetism may be found in the treatments devoted to glame and the vitality exercises. We would gladly have included anything further that we could; but, as the emolument-books on the subject are easily obtainable without cost, and as their contents alone are much more than this entire book, it is apparent to all that we could not attach them to this volume. Magnetism is the most important study of to-day; it is the best educator; the best developer of the faculties, the best friend in the battle of life. There are many magnetic cures, but they are not hypnotic in any respect. The latter process deadens pain by deadening the faculties and the nerves; while magnetism builds vitality to supplant disease.

## 8th NATURAL TREATMENT: ENERGY.

Once when watching the class-drill of a high school during the physical culture session, we were impressed with the ease and delicacy of each movement. There was no life, no energy, nothing but ease and delicacy of motion. Tired they came to their places; tired they sat down again after the "invigorating" drill was over. One movement charged with energy would have made a vast difference; and had the whole drill been imbued with a firm grasp of the hand upon itself and a determination in the exercises to fire them with life, the result would have been a surprise. Instead of being tired out by empty and senseless efforts, the pupils would have been refreshed and rested. Energy is both refreshing and recuperating. Why is it so?

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

What may properly be called *energizing* the body is closely akin to tensing it for magnetic purposes; but the distinction is really a wide one when examined critically. To put spirit into work makes it the companion of play in its effect upon the health. To play in a lively manner is to invite the glow of enjoyment in every motion, and much of the blood that would otherwise pass in dullness from part to part, is enlivened by the energy displayed, whereby it draws food from the process of digestion and yields it up to be better assimilated in the body. Vigor is the end sought by the good doctor; he needs but impart this one blessing and his patient is well again. To employ the present treatment, it is necessary to drive the dullness out of every motion and supplant it with energy. Any person who is not active enough to make two thousand distinct motions in a day, cannot be properly using the physical faculties; and this inactivity of itself must lead to disease. Rust is always decay; and use prevents rust. Allowing two thousand motions of size sufficient to be so termed, you have that number of opportunities of energizing the body in every

twenty-four hours. The result is vigor. It grows very rapidly under this stimulus.

### 9th NATURAL TREATMENT: MOTION.

**Too much sleep** and too much inactivity produce disease. Rest should follow effort at short intervals. The best sleep is one hour in the day and seven hours at night. Old persons and invalids may take more. Two periods of sleep in the twenty-four hours are better than one. During exercise or work a brief rest of a minute at a time should be taken every now and then, the frequency depending on the vigor of the exercise. With these exceptions there should be a constant activity either mental or physical.

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

**Agreeing that the least activity** in any person not a confirmed invalid, should never be less than two thousand distinct motions a day involving the support of at least one-third of the body in the smallest of these movements, or a power equal to that support, the basis of improvement in health is found in a regime that includes proper food for making perfect flesh, and the energizing of these movements for drawing that food into the blood and distributing it throughout the body. In these twin treatments we have a valuable guide to health; but much may be added from the other treatments, respiration in the pure air being the best assistant, although others are of great importance. We were asked some years ago to state a cure for general debility, and we presented this combination with perfect success. In another case, which was one of indigestion, we recommended one word only,

activity; whereupon the person afflicted caught the idea, indulged in every kind of use of the physical faculties, and was surprised to find gone a condition of chronic dyspepsia that no medicines could help in the slightest degree.

### 10th NATURAL TREATMENT: MORNING FAST.

**This treatment is a dangerous one** if used indiscriminately. It consists in omitting the morning meal and not allowing anything into the stomach but water prior to eleven or twelve o'clock. There is only one instance where it is advantageous, and that is when a heavy meal has been taken late in the day or evening preceding, and the system has been cloyed or made sluggish by the unnatural order. The heaviest meal of the day should be eaten at about seven or eight in the morning, and never later. There are persons who do not arise until about eight o'clock, and they may go to the hour of noon without eating if the appetite is poor. Any one who will reverse the law of life by eating a very heavy meal in the late afternoon or evening, should again reverse it by omitting the breakfast; and sickness may be saved in most cases of this abuse.

### 11th NATURAL TREATMENT: NUT DIET.

**The extraordinary activity** of certain peanut advocates in forcing this diet upon public notice, suggests that the whole question be examined from a thoroughly impartial standpoint. If a concern makes a specialty, and seeks to coin capital out of the advocacy of nut-foods, there is sufficient pecuniary interest involved to warrant caution in accepting the statements that may be made in its advertisements and claims. A selfish motive may lead to errors of argument; and a belief is colored by what a man wants to believe. In dealing with the nut question, we have two sides to consider: first, whether nuts are wholesome and valuable as food; and, second, whether the nut preparations on the market are in the best form for use, even if the nuts themselves are to be recommended.

**Before examining these two questions** let us attempt to make it clear that a chemical analysis of a food is not always its best guide. It is often found that two or more articles may show equal nutritive value; yet one may be easily digested, and others may be totally indigestible. For instance, a diamond and a piece of

coal or charcoal are both carbon; and are as nearly alike chemically as possible; yet they differ very widely in value and in use. Here are two comparative tables that look safe on their face.

Name.	Water.	Albumin-oids	Fat.	Starch.
Walnuts.....	7.10	15.76	57.43	13.03
Hazel-nuts.....	7.11	17.41	62.60	7.22
Brazil-nuts.....	5.94	15.48	67.65	3.83
Almonds.....	6.02	23.42	53.02	7.84
Peanuts.....	6.95	27.65	46.80	14.75
Beech-nuts.....	9.09	21.67	42.49	19.17
Cocoa-nuts.....	5.81	8.88	67.60	12.47
Chestnuts.....	7.34	10.76	2.90	73.04
Acorns.....	34.90	4.67	4.30	50.36

Name.	Water.	Albumin-oids.	Fat.
Hen's Egg (yolk).....	47.19	15.63	36.22
" " (white).....	86.68	12.28	3.32
Milk (cow's).....	87.17	3.55	3.65
Muscle.....	73.50	20.01	3.27
Blood.....	77.90	21.27	1.60
Beef (average).....	67.47	19.49	11.97
Cheese (whole milk).....	38.00	25.25	30.25

**The test of a food** is in its adaptation to the human system, rather than in its analytic proportions. Some foods that do not stand high in a table of analysis are surprisingly nutritious; as in the use of potatoes with many thousands of individuals, some, indeed, almost living on them alone. It is true that there must be value in the food; yet articles that show a weak rank chemically are endowed with a vital principle at times that escapes the chemist. This may be seen in milk taken within a minute after it leaves the cow, and when cold. The latter is not so easily assimilated, and its extra virtue in the form of glume is lacking; while the warm milk is quickly absorbed in the system and is very nourishing.

**Experience is constantly contradicting** the conclusions of the chemist. His figures and proportions are correct, but his inferences may be decidedly incorrect; the latter being justified or not as actual experience may prove. We like the philosophy that says the guide to a true diet is found in the effect of any single dish, taken alone as a full meal. If it hurts the stomach, it is to that extent an injury; and the fact that it does not show its unwhole-





some nature when taken in conjunction with other food, merely proves that its evil effects are counteracted or balanced by good; yet it has detracted somewhat from that good by its spent influence. Thus if a breakfast be made of mince pie with nothing else, distress and violent sickness may follow; although the pie analyzes a perfect combination chemically considered. It is made of wheat, fruits and meat; a sufficient meal; and takes rank with nuts in food value; but differs from wholesome food in its effects, as much as the diamond differs from the coal, alike in fact, but not alike in use and value.

**Refer to the comparative tables** already presented, and note the high chemical rank of nuts as compared with eggs in the scale of food value. You would think the nuts much more important for the diet. Now apply the test of experience and see what you find. Blood does not loom up well in comparison with nuts; and this is bad for blood; yet when nature has furnished the nutrition that constitutes this river of life, she has done her best; and no proportion stronger than perfected blood should be taken as food; which would argue that nuts are too concentrated. One difficulty must be removed first. The bulk of blood is water, intended to give it easy flow through the body; and the comparison is not a fair one. To get at the truth take the solids, or in as dry a state as the nuts, and then place the results side by side.

**Leaving out these considerations**, try the old experiment of depending upon any one article for a single meal. To make a breakfast of raw eggs will not only not distress the stomach, but will give it and the body a most satisfying nourishment. Now in place of the eggs made a full meal on peanuts, and you will come very near dying, especially if it is the first meal of the day. The same is true of other kinds of nuts, but not of all kinds. Assuming that the answerer of these allegations will assert that no one food is intended to be eaten alone, we might agree to that proposition; but the fact stands that any diet that will distress seriously when indulged in alone, will need counteracting when other things are eaten to balance it. There are articles of food that are insufficient when not accompanied by others; but they do not distress.

**What do we find on the market** in the shape of nut foods? We have purchased all kinds at different times; and it is not infrequent that some of them are rancid. The oil in the nuts has commenced to putrefy. This rancid condition is found in old nuts,

and is often met with in nut candies; although somewhat concealed by the sugar. It is dangerous whether found in the nuts themselves, in candies, or in combinations known as paste, butter or otherwise. Another danger is to be looked for in the preparations placed on the market, and we quote from a doctor who warmly advocates nuts as food, but who adds: "They cannot be adulterated so long as we can obtain them whole, either shelled or unshelled; but when offered for sale in the form of preparations, look out for mixtures;" following this advice by urging the necessity of making the meal, butter, etc., at home, and as needed from day to day, for they become rancid very soon after being ground.

**Nuts as a diet** are not intended by nature except as a makeshift in periods when it is impossible to secure tamer foods; but that they have some value if properly selected and properly eaten cannot be denied. The claim that nuts contain as much food-value as meat, and more than the grains, is not true except under chemical analysis; it is false in the light of actual digestive experience; that is, the system gets less nourishment and more distress from a nut diet than from meat or grains. Their concentrated power and undue strength of food phosphorus tend to break down or to soften the tissue of the body, and especially to cause a fatty degeneration of the liver and heart. Phosphates as medicines do this also. The German government has made a careful test of the nut-diet question, feeding its armies for awhile upon nut-meal, in conjunction with such foods as the advocates of the change had recommended; but soon abandoned the plan, and went back to the old foods, including the preferred grains.

**Certain of the nuts** have a remarkable value, the almond leading. Its oils rarely ever become rancid, and never cause distress. Next in food value are chestnuts, always boiled, baked or roasted, but never out of the mealy state. Walnuts must be thoroughly ripe and dry from maturing; and with no odor of the oil present; they turn rancid quickly. We place no value whatever on acorns or peanuts. Almost any brain-shaped nut is good, if ripe and matured without being tainted or rancid. A brain-shaped nut has two halves convoluted and joined in suggestion of the human brain.

**To properly eat nuts** they should be ground to a fine meal by the teeth and thoroughly salivated before being swallowed. They are not easily digested in the large stomach; and, therefore, should

be digested in the mouth. In other words, nuts cannot be quickly eaten. They properly belong to the last course of a meal, or to a lunch; or may be taken between meals, but never on an empty stomach in the morning. If eaten under the restrictions stated, they are of the very highest value in cases of low vitality, and especially of neuralgia. Being a brain food to a large extent they should not be eaten in the evening when sleeplessness is feared.

### 12th NATURAL TREATMENT: RAIN.

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

**Walking or exercising during** a gentle shower of rain or fall of snow, if the wind is not too strong or cold, is sure to redden the cheeks, soften the skin, and invigorate the lungs and general system. Great precautions should be taken not to get the body wet. The Ralston wet weather dress is any water-proof covering for the feet, head and body; and the method of getting glame from the air during a rain has already been stated. Let us avoid disputing this claim of health, until it is tried. Persons who have caught cold, or whose friends have died from exposure to dampness, will persuade themselves that it is foolish to seek health in the rain. *The facts are too plain and the benefits too decided to be a question of dispute.* Try it, and keep the feet, limbs and body dry. The air is never so pure, and the ozone and glame never so abundant, as during falling rain.

**There are many reasons why** the vitality of the air is increased during falling rain, or immediately afterward if the shower has been brief. We were somewhat surprised when we were told by an old physician that fog, rain and snow were all inducive to health if the body could be protected from dampness and chill. The clothing must be specially adapted to the exposure; and the air should be inhaled through the nose, never through the mouth; these two precautions being observed it is not possible to catch cold under conditions that are usual. It is well to avoid bitter

weather, blizzards and cutting winds, as the skin of the face may become weather beaten. But there is nothing so conducive to a beautiful complexion as fog, rain, a gentle snow, rain water, or distilled water. To be out in a falling rain will quickly bring oxygen to the cheeks; and distilled water is in use among the wealthy classes who know its value in establishing a naturally clear complexion. It is the most cleansing, the most clarifying and the most beautifying of all agencies.

**Those who live by the seashore** especially in foggy climates have better complexions and better health, compared with others whose conditions are similar except in this respect. The people of Eastport, Maine, and of St. Andrews, nearby, as well as throughout the shoreline of Nova Scotia and New Brunswick, are examples of the effect of living in a fog country. This is distilled water. The same is true of falling rain. Put on rubber boots, a water-proof coat, extending from the neck to the feet, and a water-proof cap or hat; then sally forth into the falling rain, enjoying the experience for an hour or more; and return to find the clothing perfectly dry and the body in a glow. The combination required is this; activity out in the rain, not standing still or riding, but walking leisurely or briskly; also thorough protection for feet and body from all dampness. We doubt if there is anything more invigorating than a walk in a gentle rain, after eating a full meal of wholesome food.

**While this treatment has not been** recommended to those whose lungs are very weak, it has worked wonders in cases that ought not under ordinary circumstances be subjected to any dampness whatever. Ladies and girls who have suffered from lack of blood have found walks in drenching rain to be the means of giving them oxygen and vitality, the two agencies that can most quickly turn good food into good blood. A doubting mother, whose daughter had tried medicines until her health was finally despaired of, permitted the girl to try the Ralston idea of a walk in the rain. She was so clad that no moisture could affect her in any way except in the face; and she came home perfectly dry. We remember seeing the ghastly pale face as she went out on her first walk; and its return with a ruddy glow upon it. The Anglo-Saxon race is a ruddy race naturally, because it lives more in the outdoor air than any other branch of the Caucasians; but it pales rapidly under the influence of confinement and bad food.

**Do not make the error** of supposing that you can go out in the rain with safety unless you observe every precaution stated in the treatment. It is worth the trial. Do not ride, as that is inactivity. Walking is the only way in which the trial should be made. Remember that the air is purest above the realm of life; and there is no decay or disease in any elevated atmosphere. Charged with that life, dancing in a sky where impurity is unknown, rolling in seas of vapor beneath the genial glow of sunshine, and resolving into globules of immaculate distillation under the touch of refreshing coolness, the rain drops are messengers of vitality unequalled in their power of bringing life to humanity. Try the treatment out of mere curiosity if you will; but observe all the precautions.

### 13th NATURAL TREATMENT: WATER DRINKING.

**This is to be used** in special instances only; and, like all the other treatments, will be called to the attention as needed. For the purpose to be defined the best kind of drink is pure rain water if it can be obtained, and it should be iced. As this is not always to be had, the next best is spring water free from lime or minerals. In the absence of both these kinds the third choice rests upon distilled water, which is obtainable in every large city, and generally in small towns where artificial ice is produced.

**The water-drinking treatment** is not new by any means. It has had the sanction of many distinguished physicians in times past. Its purpose is to act as a drenching operation upon the internal system of the body, and should be taken in the early morning for two hours before breakfast; then after the last meal of the day, but not within three hours of eating. If breakfast is to be had at eight o'clock, the water should be taken at six, and from that time on to nearly eight, the purpose being to drink two quarts of the fluid. If all this amount can be imbibed in a half hour, so much the better; but it must under all circumstances be commenced two hours before eating. If supper is eaten at six in the evening the water may be taken at nine o'clock, and one quart is to be used. It may be difficult to drink so much; and the rule is to take whatever time is necessary for disposing of it all. Two quarts in the morning is an enormous quantity; but, as the stomach is empty and the intestines are nearly so in the upper region, the water passes rapidly along. One trial at morning, and again at night of the same day,

will usually prove sufficient. If it is not possible to drink a half gallon in the morning, take one quart only; eat a good breakfast and a heavy, nutritious noon meal; then at three or four o'clock begin to drink the half gallon; omit the supper, and eat nothing that evening; allowing the whole time up to the hour of retiring for disposing of the quantity.

**The effect of this treatment** is decisive. It carries everything before it, from the fluids that hang stagnate at the stomach to those that remain sluggish below; and it is far-reaching in its cleansing power. The secretions of the liver are very obstinate against almost all efforts to carry them out of the system, and they too often taint the blood. The bile should not pass into the circulation, yet it is taken up below the stomach and carried around, showing itself even in the hue of the skin and eye-balls. The present treatment eradicates the offensive condition. The water-drinking cure has done much to cleanse the kidneys and restore them to a healthful action.

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### USE OF TREATMENTS.

**We have thus far presented** in this book thirteen natural treatments. The chief purpose is to show what processes are closest to nature in the attempt both to cure disease and to keep the body in a state of health. More of these treatments will appear in the following pages. We merely take this opportunity to explain their uses. They are not the basis of the treatments under the Franchise, as those employ any and every means of natural cure known to science up to the time when they are issued, and will also include every valuable discovery that may hereafter be made. But there is a general interest in the treatments called natural that are herewith presented.

**While reference will be made** to them as required, it will be seen on investigation that most of them tell their own story and what to do. Thus the first natural treatment, maternity, relates to its own exclusive realm, and need not again be mentioned, although many of its truths are vitally helpful in other realms of life. *Antiseptics* is called the second natural treatment; and we learn that they are not drugs, nor medicines, for they do not enter into the blood or into the system in any way. They are, like knives, used to cut out or destroy the diseased part, or the germs that would

produce injury. The sun-bath is always of value when the rays are not intensely hot; and more acquaintance should be had with this source of our vitality. It is a natural treatment in the sense that it is essential to the best health.

**Glame is the next in order**, the fourth. It is something that all persons require at all times; and it should be practiced as an exercise, the best place being in the open air. We have known of many remarkable cures being effected by this simple gift of nature. If preceded by ten minutes of active and deep respiration in the open air, it will begin to show its effects almost immediately. *Gravity* is the fifth natural treatment; and its provisions are such that no sensible person can fail to adopt them as regular habits. Nothing better can be had in hygiene. Read all that is stated on page 65 in this connection. Then comes oxygen, and that is needed by all persons at all times, the more the better. Taken in the form of pure air in deep inspirations, many times multiplied in volume, it is without superior in its efficiency.

**Magnetism is the seventh** of these natural treatments; and, in whatever form it is acquired and maintained, it is always the basis of vitality, as well as of mind and life in every form. We are absolutely sure that magnetism is the best friend of every man and woman. Then comes the next or eighth natural treatment, which can be adopted, and should be adopted, by every person during all the activities of life.

**The morning fast** is a mere expedient, and should be avoided, except in the single instance cited. It is possibly beneficial in cases where the system is clogged and the liver sluggish. *Nut diet* speaks for itself. Rain is one of the quickest and best vitalizers known, if taken as prescribed on pages 76 and 77. The same can be said of water drinking. None of the treatments need be regarded as specially intended for certain diseases, unless reference is made to them, in one way or another, as such. Study them carefully, for they are gifts of nature offered freely from her richest stores. They are not like the specific remedies that are referred to under the various diseases which are enumerated in the later pages of this volume. There each is separately considered. Then, in still later pages, they are followed by an alphabetical list of treatments, and after all come the special aids of a still more advanced nature under the Franchise, to which your attention is called. The index at the end of this book should be referred to at all times.



## GENERAL ILL HEALTH

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A person who is not well is not properly the subject of a treatise on the art of keeping well. Yet no person is perfectly well; and therefore the general acceptance of the term *well* is necessary in this volume.

Sickness is a distinct condition, health is a relative condition. A very sick person would deem a consumptive a well person so long as there is no acute suffering present. So a woman who is subject to periodical headaches would call herself well on the days when the headaches did not appear.

In all cases of chronic diseases there are weeks, months and sometimes years of quiet progress, during which the trouble is brewing. No kidneys are in perfect condition. No blood is in perfect condition. No liver is free from some taint. No person is perfectly well. If a man or woman, anywhere between the ages of twenty and sixty, could be called *perfectly well*, the impulse of such a character of health would have acquired so great a momentum in the body that something similar to a railroad accident would be necessary in order to cause death this side of one hundred years.

If we accept the statement that ninety-five per cent of all people are in ill-health, we must go further; and, while asserting that no person is perfectly well, place the five per cent in the class called well. This simply means that five per cent of all mankind do not believe, or at least do not know, that they are sick; and that ninety-five per cent *do* know it. This is the key, therefore, to our own classification: those who believe themselves to be well or fairly well are placed in the first class; those who know they are not well are placed in the second class.

If you are interested in the pursuit of health through the treatment offered in the present volume, and this alone, you must do so under knowledge that you are in general ill-health and know of no specific disease in your system; although it is a fact that the treatment herein described is used in some cases to assist in the cure of disease.

Accepting all these things as having a logical order, we come to the next step, the determination of your condition. If you

know you are not well, in what way do you know it? The patent medicine advertisements are written with a view to alarming you. As no one has perfect health, it is not difficult to hit upon a symptom that will suit your case; you then think the medicine advertised is the ideal remedy for your trouble.

Now it is your duty to do a little thinking. *There is no patent medicine on the market suited to your trouble.* If you are sick enough to buy medicine, go to a physician; it will cost you less in the end, and may save you a long attack of stomach or blood trouble. There is this difference between a physician and patent medicines: the former's mission is to cure, the latter's to be sold and to sell. With the exception of a few ignorant and dishonest practitioners and charlatans (generally the travelling and loud-advertising doctors) the great majority of physicians are and should be helpers and advisers in cases demanding aid beyond your power to give to yourself. At all events, let patent medicines alone unless, as in a very limited number of cases, they are prescribed by regular physicians.

But there is much that you can do for yourself. If you are seriously ill, the most we can do is to prepare you to assist the physician. He can do but little without your aid. Many loved friends are sleeping in untimely graves, because the doctor who prescribed the medicines and the nurse who gave the food had a helpless patient. All good doctors tell us that life depends in great part upon the efforts of the sick in the crisis that bears the decree of fate.

There are two possible assumptions from which a choice is to be made. You must either assume that you are never to be sick; or you must assume that some day you will surely be sick. In the former case the assumption is absurd. Barring sudden death by accident you will some day be sick, and sooner or later the problem of life or death will absorb every other interest in life.

Based upon a fact like this, the rule of judgment requires you to prepare for danger in time of safety. If you are safe today, and take the reins in your own hands, the danger will be long delayed; and, above all, you will have the satisfaction of knowing that sickness cannot come upon you either suddenly or by secret operations within the body.

General ill health may exist and be known in several ways and by several tests depending upon the purpose in view. In a

scientific examination the investigator would divide the physical conditions of the body according to the chemical relations. In a classification for the purpose of placing the patient under treatment, the doctor would adopt quite an opposite course; yet both might be right. Ralstonism aims at only the simplest results by the plainest methods. It goes a step beyond the chemist and finds that the causes of health and disease rest in the realm of something that chemistry knows nothing about—the storage battery or electrical apparatus of the body. It is this realm that attracts our attention.

**In other words, we claim** that specific disease must have its origin in a preceding condition known as that of general ill health; that no sickness, not even contagion, comes of itself. We now propose to lay aside the idea that all persons are in ill health, let all percentages go, and look at men and women as having, each and all, some degree of vitality, strong, weak or intermediate.

**The next claim is that vitality** is not the same as robust appearance; nor does it, as a rule, hold any relation to it. The fullness of some flesh may be bloating; the flush of some faces may be poisoned blood. Contagion will sweep away rosy cheeks as quickly as pallid countenances.

**Before a person can be taken ill** with fever, have organic trouble, or take a cold even, there must be a period of general ill health, known or unknown to the individual; but easily proved in any event.

**It is for this reason** that the apparently well person of today may be dead and buried within a week. In your own case, your liver stands nine hundred and eighty chances of being in bad condition to twenty of being normally healthy; yet you might know nothing of its defects until a severe cold had flooded the system with a surcharge of mucus, made possible by the diseased state of the blood due to the liver's erratic operations. This mucus would fill the nose, throat, bronchial passages, lungs, stomach, kidneys and even the bladder. Unless the liver acts well and promptly, the blood will be imperfect, and any function of life is apt to suffer. You cannot say what.

**To this cause are due the many sudden deaths** from pneumonia and the maladies that get a hold upon the organs and become chronic. Once let the blood have its vitality taken out of it by any cause, especially by a torpid or defective liver, and it is

difficult to say what may or may not be affected. If the blood is wrong, it cannot supply its nutrition to the organs and parts that are dependent upon it. Everything suffers. The question then arises, What shall be done? The heart that momentarily needs pure blood does not get it and its action is lessened. Shall the heart be doctored? Why not? It shows the first evidence of ill health. But, if medicine should succeed in mending it, what would be accomplished? The same cause, being in the blood yet, would again assail the heart, and the trouble would in time become chronic.

**There are millions of people** in this country whose habits and diet are such that pure blood is an impossibility; and, if by years of expense and effort they should succeed in getting it in reasonably good condition, they would immediately take up the habits and diet that did it injury, and would again suffer, even in greater degree, from poor blood. They do not know that the lungs are kept alive by a daily supply of blood, which actually builds the tissues of the lungs themselves; nor do they know that poor blood is the sole cause for tissue weakness of this organ. Few people know that the weakness of the heart is not due to the heart itself, but to the blood that is charged with the duty of keeping the heart alive.

**The same is true** in all organic disorders. The organs themselves are defective, because they are supplied with defective blood. If they are made well again, and the blood remains defective, they will suffer a relapse sooner or later, and their next bad condition will be worse than the first. The saddest mistake of all is the doctoring of an organ that is made ill by reason of bad blood, instead of doctoring the cause of the trouble. Even the stomach that makes the blood is nourished by what it makes. The final processes of digestion are carried on in the intestines, and especially in the duodenum, or second stomach. Here the good or diseased liver makes or destroys the general health. Here the bile joins the partly used food; and from this locality it may travel around the body, up through the heart and down into the first stomach; and for this reason we say that the most common evidence of general ill health is found in the impure blood made by an erratic liver. Back of this immediate cause is the primary evil of badly selected foods and unnatural habits of living.

## DANGERS OF CURE

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Without knowing both the cause and the nature of that condition called general ill-health, it is not reasonable to suppose that a hap-hazard treatment will accomplish good results.

The fault found with the medical fraternity today is its readiness to prescribe medicine and other forms of so-called remedy on almost every occasion. We are not the pioneers in this complaint; many others have spoken openly and publicly on the same theme. Even the best doctors, those longest in practice and most esteemed in their profession, have come to see the mistake of applying extraneous remedies.

There are hundreds of thousands of men and women in this country whose general ill-health is due to nothing more than soil-disease or lack of human electricity, called vitality, who are endeavoring in all possible ways to counteract that decline which seems almost inevitable. They are always taking something, or doing something for themselves, but it is by a remedy extraneous to the human body. Let us see what these are:

Among the reputable and most skillful physicians there are three classes of remedies:

1. Vegetable.
2. Mineral.
3. Animal. •

1. The least harmful is the first; yet not all that vegetates can be called beneficial. If a travelling quack desires to impress the public with the value of a certain medicine, formula unknown, he always calls it a *vegetable* compound, no matter if it is all mineral. He does this because he believes that people are sure to have confidence in any medicine that is composed wholly of vegetables. In the whole range of the vegetable kingdom, with its vast varieties of growth and chemical composition, there are but few and a very limited few that are not poisonous to man. As a general whole the vegetable world is unfit for food; while a special selection of leaves, grains and fruits must be regarded as the source

of the material part of the animal kingdom. Some of the rankest poisons ever taken into the human blood are of vegetable concoction.

It must always be remembered that vegetables are very quickly deorganized; and, no matter what their original value may be, if fermentation (decay) has set in, if fire, heat, or chemicals have changed them, they are no longer organized as food. Thus the burning of grains, the roasting of peanuts, the glucose form of corn, the frying of thin potatoes, the browned grease of doughnuts are new forms of what were once healthful foods. So, even if medicines were made of non-poisonous vegetables, a change chemically or otherwise would deorganize them.

2. Mineral medicines have been used extensively as remedies, and are so used today. In a case where death could not be averted otherwise, the use of anything that gives succor is clearly justifiable. If you will look at the food elements of the body as stated in the Book of General Membership, you will find that the ingredients of medicines rarely show them to be confined to the elements required by the body. What then is the object of giving, as medicine, that which the blood does not want, and cannot assimilate?

Both by analysis and by experiment a thousand times repeated and confirmed, it is clearly established that the blood has fourteen elements in its composition, that it requires a supply of the same fourteen elements in every day of our existence, that the food taken *must* have these fourteen elements *and no more*.

If any other element, whether animal or vegetable, is added to the regular fourteen of the healthful body, a war ensues. The vigor of the cell-life in blood and tissues is aroused to throw off this foreign element. *This arousing* is called the medicine taking effect. It is a pitched battle between the healthful forces of the body and the invader. The excitement serves its purpose and, in some cases, cures result. But the excitement leaves its memory on the tissues, and its effect in and through the system.

3. Animal remedies are often applied, as in the cases of small-pox and diphtheria. While vaccination is a fair means of prevention from the contagion of small-pox, while a similar treatment for diphtheria is coming to a degree of success, and both are blessings when they save life, yet there are after effects in every instance, as we shall see.

We believe in any method that saves life when the crisis is one of life or death; but as against these treatments is that safeguard, a vigorous vitality, which renders sickness impossible and leaves no after effects. It is well to avoid

1. Vegetable poisons.
2. Mineral poisons.
3. Animal poisons.

#### A GLANCE AT RESULTS.

In the days of guesswork, not long ago, the medical fraternity thought that blood letting was the cure-all for every distemper. Barbarous as the remedy really was, it yet was based upon a natural law; one worth stating, for the same principle in another form will be applied in our special cures in another part of this volume. Disorders were in the blood, were affected by the blood, or affected the blood. The drawing off of the blood often drew off some of the poison of disease. But the naturalness of the remedy stopped there. Had the depletion of the blood been followed by pure food and exercise to distribute it, a new blood would have been made. So exhaustion and supply, if the latter is in the form of pure food distributed by exercise, are the most natural of all remedies. Thus an old and barbarous treatment came near being a good one. It must have had its origin in a right principle.

Next came the poisonous minerals and the supposed harmless herbs, based on the law of cause and effect.

The third and modern method of cure among physicians, is one of theory and result. Let us look at its operations.

We learn that pathogenic bacteria (disease-germs) are the originators of specific disease. The rule of remedy is one of theory. Thus any antiseptic will slay bacteria and will thereby cure the disorder. Experiment shows that where the antiseptic is one of the fourteen elements of the body, it is a valuable remedy; as in the case of oxygen which destroys certain species of bacteria; but if the antiseptic is foreign to the body it destroys the native bacteria, or healthful cells, and leads to atrophy, or wasting away of the body itself. Nearly all remedies, especially of the present age, have contained antiseptic properties, and atrophy is more prevalent than ever before. The reason is plain: there are bacteria in the cell growth, necessary to the health of the body, and there are pathogenic bacteria which attack these; the antiseptic medicine kills both, the good and the bad, and thus the tissues waste away.

## DANGERS OF CURE.

Look at the fearful ravages made by the use of iron. "Madam," says the physician, "you are not well. Your blood needs iron."—"But," says the woman, "I am a Ralstonite, and the use of iron is deprecated."—"Yes, I know, Ralstonism also says that any remedy is better than death. If you do not take iron at once, you



FIG. 19.

The above picture represents the actual size of the human heart (from a correct photographic view taken immediately after death) reduced or shrunken by atrophy, and due to taking antiseptic medicines which destroyed the healthful cells while overcoming germ disease. The medicines, the hundreds of thousands of barrels of which are taken annually by the great American people, are caught up by the blood; and, as some calculate, in every fifty-eight pulse-beats, the entire blood of the system passes through the heart. When this organ is affected, every organ and every function of the body suffers, and ill-health results.

will go into an immediate decline."—Then the woman writes to us, states the facts, and receives no reply. It is useless to repeat here what everybody well knows, that the blood must have iron. We say now and always, follow the advice of your physician; but we repeat that iron will hurt the teeth, if it comes in contact with



them, and will so far reduce the vitality of the lungs as to leave them a prey to consumption or tuberculosis.

Yet the blood must have iron. How long, think you, will an unorganized mineral *remain* in the blood, if applied in the form of medicine? How about peaches, which can be obtained the year round, canned or fresh, dried or preserved, always rich in iron organized and diffused? How about apples, pears and grapes, all of which may be preserved and kept for use the year round? It is noticeable that any person who needs iron in the blood is a non-user of fruits.

Iron is drawn into the blood not only by the eating of these great fruits, apples, peaches, pears and grapes, fresh or preserved; but it can be procured in rich home-made extract of beef, or beef-soup properly cooked; or in whole wheat, and in all vegetables. The pale faced woman who needs iron in the blood is not an eater of whole wheat, vegetables, beef-extracts or fruits. The blood of beef is rich in iron, and in an organized state. To take iron as a medicine is always to take it as a mineral; and you may rest assured that the weakened vitality of the lungs and breathing apparatus which follows the use of deorganized iron, is always due to it. If you will select one hundred persons who have taken much iron as a medicine, we will show in every person some traces of throat trouble, bronchitis, or weak lungs; and many a case of pneumonia and consumption, or liability to take such diseases, may be shown to have followed the use of iron as a medicine.

#### PHOSPHORUS.

Of all the modern cries of cure the phosphorus claim is the most prominent. It is founded upon the spreading knowledge that the brain and nervous system are dependent upon phosphorus. The process of reasoning is as follows: the general muscular vitality is fed by the nervous vitality; the nervous vitality is fed by phosphorus; therefore phosphorus is beneficial to the health. The mistake is clear. As between vegetable phosphates, or phosphorus caught up and blended into the cell life of the plant; and the phosphorus found in medicines, whether liquid or otherwise; there is as much difference as between the salt we use and the salt the chemist makes. Sugar and alcohol contain the same elements, and almost the same chemical combinations; but if we attempt to sweeten our lemonade with alcohol the result is quite different

from the use of sugar. As long as it is in the form of sugar it is a vegetable organization; but as alcohol it is completely deorganized. A pound of pure sugar may be eaten in a day without marked results; the same amount of alcohol would create war in the system.

Phosphorus is necessary to the health of the body; it is the element on which the brain depends; it is the source of all nerve strength, and supplies nerve force to the body, through the muscles; for no matter how strong the muscles themselves may be, nerve paralysis would make them useless. Phosphorus is an important part of the bones and the solid tissues. In a common-sized man there are nearly two pounds of solid phosphorus, doing its important work quietly and harmlessly; but take two grains of the two pounds which have been disorganized, as can easily be done by calcining a bone, and attempt to put them back and reorganize them by giving them at once to a healthy man, and such an excitement is produced, especially of the brain, that delirium, inflammation and death would ensue within a single hour; but give ten times that amount, organized in oatmeal or barley cake, or any natural food containing it, and the system will quietly and gratefully appropriate what it needs, and reject the remainder without harm or excitement.

The so-called phosphates as medicines, or acid-phosphates, or phosphatic flours, or phosphatic breads, or mixtures of any kind containing any form of phosphorus, are not only useless, but are positively harmful. Yet phosphorus must be taken daily in organized form. Get it yourself out of the grains; do not take anybody's word for it.

Thus the two great needs of the system, iron and phosphorus, have given unbounded opportunities to the makers of patent medicines to put forth their claims and to reap a most royal harvest of dollars out of the credulity of the people. Millions of money have been received for the most worthless stuff ever concocted. In America there are more than fifteen million people who annually throw away from five to twenty-five dollars each in the purchase of patent medicines; and it is safe to say that not less than one hundred million dollars are annually spent for this advertised stuff. No hope of health can be held out to those who take any form of patent medicine. The newspapers are paid millions of dollars every year for advertising such merchandise; yet the editors,

especially of the weekly papers and of the first-class daily papers, never defend the medicines; and their friendliness to Ralstonism is evidence of the fact that they have conscience enough not to defend an open enemy to the health of their constituents.

We might go on through a long list of cures, and show their dangers; but space forbids. A glance at the apparatus often sold furnishes another evidence of the alertness and cupidity of the men who would make money out of the health demands of the masses. Take as examples the "plasters," the "protectors," and the "electrical belts."

The only good done by "porous plasters" is to draw *soil* out of the body, which can be drawn out in another and a natural way. The only good of the "protectors" is to hold in the vitality, and this can be done in a more natural manner. The only good of the "belts" is to create a quasi-electrical excitement at the surface of the body, which holds the same relation to health as stroking a cat's back does, or rubbing the feet on a carpet and developing a spark in the finger. Such electricity is purely mechanical, is a mere plaything playing on the imagination, and is equally as efficacious as the use of a telephone would be in establishing health. But harm comes to your vitality from electrical apparatus as we shall see later on.

The rule of health is the rule of Nature. We do not believe that you can get well by any unnatural process of treatment; and the sooner you determine to let medicines and appliances alone, the more readily will you come into the enjoyment of health.

Your trouble is due to one of two things or both conjoined:

1. A weakened vitality.
2. Soil disease.

No matter what medicine or appliance you use, the end to be aimed at is to get greater vitality and less soil accumulation.

Now it is well known that vitality must come from a larger creative life within; after which the soil in the system may be the more readily removed. Yet it is true that the removal of the latter stimulates to some extent the removal of the body's vitality.

**The least reasonable of all persons** are those who will doctor, and doctor continually; thinking to mend a bent pin by coaxing it with drops of drugs instead of straightening it out. It is hardly possible to assist one who is in ill health, until the mind is first stimulated to a condition capable of admitting the germs

of good common sense. The cause of general ill health is almost always found in the habits of the individual, and in the bad judgment used in eating; and, until those habits are changed and that judgment reversed, it will be pure nonsense to attempt a recovery. As well might you try to stop the flood of water pouring from the faucet in your house, by mopping the carpets day after day, instead of going to the sink and shutting off the flow of water. If you are in general ill health, you must go to the fountain source of that condition and shut off the cause.

**But you will not do it.** You may, perhaps, be one of those who are so constituted that they cannot be sensible, no matter how hard they try. Some persons are not able to carry out their own wishes in the matter, strange as it may seem. To them it is not permitted to take care of themselves, for they do not have the conscious knowledge of what to do, even when told a hundred times in language that a child might understand. Here is a vigorous enough looking man, able to be about, to buy medicines and to swallow them; he is in perennial misery; he does not make the slightest effort to go to the *cause* of the trouble; he is thoroughly lacking in mental power to get decent food; and he is too fixed in his bad habits to change; yet he momentarily curses the day he was born. The water is flooding his house and ruining everything; he might turn around, go to the faucet and shut off the water; but he is so constituted mentally that he prefers to suffer the continual misery of disaster about him rather than make a straight-line journey to the cause of the trouble.

**Men and women** who are in general ill health are fond of being examined in order to be told what their condition is. This information is always an element of danger, chiefly because it seems so reasonable on its face that it carries with it an undue weight of importance. The following rules are safe ones:

1. If you do not intend to go to the fountain-head and shut off the *cause* of your ill health, then you may have all the examinations made that your purse can stand.

2. If you *do* intend to *stop the* source of your ill health, it is much better that you should not know your condition; for your resolution will rebuild the broken machine, and you will do all that can be done, no matter what may be the malady.

**A Chicago lady four years ago** attended our physical culture classes for the purpose of creating a new vitality in her sys-

tem, hoping thereby to overcome an extreme case of diabetes. She said that the best specialist in Chicago told her that she had but a year longer in which to live. He had made twenty examinations and analyses, thus proving beyond all doubt that she would be dead in twelve months. The poor woman was actually fading away under fear. Already she had paid four thousand dollars for medical assistance. We told her to pay no more fees to doctors, and no more money for drugs; but to go to work at the fountain cause of her trouble, to increase her vitality, better her habits, eat decent food, and take as much care of her body as a farmer would of a twenty-dollar horse. She did these things, and is living to-day, with no intention of dying for the next thirty years.

**Many physicians make their largest fees** by mere examinations and advice, followed by alarming information. Wealthy patients, thus subdued by fear, are willing to give fortunes for imaginary help. They tell their friends, and excuse their wanton expenditures to their families by telling them that it is the part of wisdom to know just what the matter is as soon as possible, in order to take steps to check it if it is serious; which means that no care will be taken of the health if it is not serious. It is not wise to know that your heart is dilapidated, your kidneys polluted, your liver disordered, your stomach weak; that you have consumption, or any other disease. The knowledge preys upon the mind and hastens the malady to a crisis. The truly wise man or woman will do all that can be done; and that consists of getting the old diseased portions of the body out of the way, and replacing them with perfect blood which makes perfect flesh. All this is nature.

**The reputable physicians** of this country are today drifting toward our view of the matter; and they, less and less, recommend examinations; although the palm itches for the fee. The honest doctors are less inclined to prescribe drugs than ever before. The tendency is toward nature and Ralstonism, thus reducing the cost of sickness, and rendering it less likely to recur. On the other hand, the polished quacks keep pace with the boisterous charlatans, and urge medicines and examinations at every opportunity. It seems strange that there should be millions of men and women in this country so mentally warped as to be induced to buy the thousands of drugs that are advertised in the papers, and sustained by bogus or bought testimonials; yet a river of money is pouring

in one vast stream out of the pockets of the people into this many-holed sieve, and nothing is received in return, except dangerous drugs that only add to the misery of the flesh by inflicting further injury.

You, as a good Ralstonite, must stop using patent medicines and all drugs, unless prescribed by your local physician, whom you know to be honest. There is not a truthful and honorable doctor in this country, who has examined Ralstonism, who does not order his patients to follow the Ralston principles of natural treatment, and when you hear a physician speak against this system you may set him down at once as dishonest and corrupt. There is no exception to this rule. An honorable doctor is a blessing to a community; and, if such one exists among you, it is your duty to prefer him to all others.

**Another danger of cure** is found in the so-called methods of healing by faith, prayer and hoodooism. We believe in prayer as taught in the religions based on the Bible; and there is no doubt of its efficacy under proper conditions; but we do not believe in any system that attempts to cure by such means alone, or that seeks to inspire health by inculcating faith. Many helpless invalids are now in the grave by reason of the criminal negligence of their parents and attendants, who thought to cure by such methods. Strong boys and girls have been left to succumb to illness that might easily have been conquered had a regular physician been called. While the patient is dying for want of the doctor's help and timely medical aid, some thin-nosed and watery-eyed female is worrying life away by absurd prayers and injections of decayed faith. No wonder the grand juries indict them as criminals; for they belong in the penitentiary. Avoid them. Whenever in doubt, call your local physician.

**These remarks in no way reflect** upon that divine and truly-inspired faith which every devout soul should experience. We firmly believe in that. Yet the good book tells us that faith and works should go together; not the former without the latter. To attempt the cure of a malady while doing nothing to drive out the disease, and even while denying the body its needed nutrition, is wantonly misusing the power of prayer and the quality of faith. To employ these stimulants of the soul as mere articles of barter and merchandise is sheer folly; and the faith curists of all classes are shams even when they cure, for the result is the fruit of a hazard.

## 14th NATURAL TREATMENT: MORNING EXERCISE

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On arising, undress around the chest, after having swallowed the juice of half a lemon, or good fruit if you prefer. If the acid of the lemon is too disagreeable, taste only a drop or two.

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

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

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

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

5. Something should be eaten at once. Natural food is found in milk and apples; but a disordered stomach or liver will reject milk. As a perfectly healthy person can assimilate milk as easily as water, and, as growing life originates in milk, it is a very sure way of testing your condition. Take milk and see if you can digest it without any unpleasant taste rising to the mouth.

6. While milk and apples do not contain a sufficient amount of nourishment to suffice as a meal, they constitute an effective rising lunch, and serve a certain purpose. We recommend a baked sweet apple in a small bowl of milk. The apple should be baked the day before, and eaten cold with the milk.

## 15th NATURAL TREATMENT: RESPIRATION

The "spark of life" is generated at that point where the oxygen from the air meets the blood. The vital power of this "spark of life" is increased in proportion to the amount of oxygen inhaled *and absorbed*. The mere act of breathing is not sufficient; nor should Nature be left to herself, for when we are ill or discouraged we stop breathing almost entirely.

Stretching the chest frame to its utmost capacity increases the activity of the lungs, and also beautifies the form.

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

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

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

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

While holding the breath and stretching the lower chest a



powerful current of electricity will be developed as soon as the lower lungs are opened fully. The exercise will open the lower lungs, although not so soon, perhaps, as the course of lessons published in "Cultivation of the Chest." It is not necessary to procure the latter book, however, unless a person desires to develop a wonderfully strong lung power.

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

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

**Vitality is lost by inattention** to the skin. If you wish to see how easily you may be reduced to a weak state, undress in a room the temperature of which is agreeable to you even when the clothing is removed; then wet the skin in any water hot or cold. In a few minutes the moisture will act as a conductor of electricity, of heat, and vitality, all at the same time. Even if you dress without further delay, a cold will follow, although it may not develop for several days. Bathing, good as it is, has serious disadvantages which must be understood. Like many another blessing, it holds the key to a better health or a fatal collapse. It is quite easily proved that deaths have followed from diseases which were first derived from colds caught at baths.

**Here lies a baby in its coffin**, whose life was lost because a careless nurse bathed it in a warm enough room, but held it up exposed while naked, and discussed its fine physical points. "The baby will catch cold," said the mother. "Oh, no," said the nurse, "the room is very warm." So it was very warm for healthy, stout grown persons, fully clothed, but it was awful cold for the tender child that lay naked and wet for five minutes. A cold followed, settled on the lungs, and the infant died. It is stupid selfishness that impels a mother or nurse, while washing a child, to think it is as warm when exposed and wet as it would be if clothed and dry. Many a fatal cold or cough originates in this way.

## 16th NATURAL TREATMENT: VITALITY

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We come now to that realm where medicine cannot enter and where physicians say, "Nature alone holds supreme control." In this we agree fully. But Ralstonism takes up the work where the doctors lay it down.

Many are the members of this club now living in fairly good health to whom physicians had said: "You are sick beyond aid; nothing can save you now." Our correspondence shows that every state and almost every county has very many such members; and they believe as we do that but for some aid beyond the chemistry of medicine they would now be under the ground.

We often read in the books that Nature's tendency is always to cure. This is true and apparent. If you wound your finger when the blood is good, that is, when you are in good health, the sore will quickly heal; but not so if your blood is depleted, is weak in vitality, impoverished in red disks, or thin through hunger. The sore in the flesh of a starving man will not heal at all. So in old age, when the vitality is weak, wounds are very slow to heal; and the low state of life invites perpetual sores.

In this volume we are working out the problems of general life; but in later volumes we discuss the nature and origin of each generated vital impulse. Our members, believing in the value of education, are only too glad for an opportunity to go deep into Ralstonism and ask for all the literature possible on the subject.

There is but one source of health, and that is known as vitality. There are but two sources of disease: first, a weakened vitality; second, an accumulation of soil, or dead animal tissues. In a general way, the vitality is weakened by many incidents, but chief among all is the loss of the electrical energy of the nervous system.

As we believe the accumulation of soil to be an active destroyer of this electrical energy, we shall present a method for its removal that has played a most important part in saving the lives of those of our members who tried it, after their physicians had given up all hope. It is easy to understand how this soil accumulates. The body is being incessantly corroded, and portions borne away

by the tireless oxygen. The scales of the epidermis are constantly falling off and being replaced by secretion from the cutis. The disks of the blood die and new ones spring into being. On the continuance of this interchange depend our health and vigor. Every act is a destructive one. Not a bend of the finger, not a wink of the eye, not a thought of the brain but is at some expense of the machine itself. Every process of life is thus a process of death. The more rapidly this change goes on, and fresh, vigorous tissues take the place of the old, the more elasticity and strength we possess.

With seven millions of red disks dying every second, leaving seven millions of carcasses to be multiplied by sixty seconds in each minute, and these by hours, days and weeks, it is no wonder that, in the lives of those who are inactive, or who inhale only the indoor air for the most part even when active, the general clogging of the system leads to ill health.

This soil is so small that only the microscope can detect it, unless it has accumulated, as is seen in the pus of a face pimple, or the cheesy mass in the tubercles on the lungs of the consumptive. It is a liquid soil, floating in water or in air. It comes out in every breath and is often inhaled again. Not only does it clog the system, but it also saps the life structure of the fibers of the nerves, the brain and the ganglia (electric battery), and thus weakens the vitality and leads to general ill health.

But the soil-diseased person has two things to do, each of special importance: first, to lessen the accumulation of dead animal matter (soil); second, to protect the vitality already on hand. The first problem is fully treated in the remaining divisions of this book. The second problem belongs to the present department.

#### A FEW FACTS.

1. Vitality is life.
2. Vitality is located in the nervous system, and this is supported by the blood.
3. The nervous system is an electrical apparatus consisting of a storage battery (the ganglionic cells) and a network of electric wires (the nerves).
4. The vitality of the body is stolen by dampness or any other good conductor of electricity, just as the electricity of the storage battery may be drawn off by any good conductor.

5. In spite of all losses, Nature is constantly generating vitality in the nervous system.

6. If the losses could be stopped or diminished, the natural accumulation of human electricity would of itself renew and increase the general vitality, and consequently the general health of the body.

7. In addition to the prevention of this loss, there is such a thing as the affirmative development of human vitality by specific regime and practice; and this is the scope of the volume entitled, "The Cultivation of Personal Magnetism." Our present object is to save what vitality we have.

8. There are in the human body certain electrical regions from which the vitality escapes more readily than from others.

9. Certain conditions of the air and clothing sap this vitality, by acting as conductors of human electricity and drawing this necessary vital agency from the body.

10. As in the mechanical world, there are in the body certain means of storing and protecting electricity; and certain other means of drawing off and losing it by waste.

11. We know that electric wires are insulated, that is, separated from the contact of other things by pieces of glass; yet, in spite of the fact that wires are a better conductor than dampness, the losses are considerable on damp and rainy days.

12. Dry outdoor air, in a temperature not much above the seventies, nor much below freezing, is conducive to the very best electrical condition of the body, provided the four cardinal points of health are observed as stated in the book of General Membership.

13. Damp air is not injurious to a person who has sufficient electrical warmth in the blood to keep the skin dry against it. This power of keeping the blood healthful against dampness is acquired in some localities from necessity. There is a wholesome law in Nature called reaction.

#### THE LAW OF REACTION.

An assault causes a reaction. A blow on the face reddens it. A fever often carries the vitality so low that the return to health is in a rebound; many thin and sickly persons having grown stout afterwards. The virus of a cow infected with smallpox germs will, if thrown into the circulation of the blood in a human body, assault the healthful tissues, and cause a determined resistance

throughout the general system ; so that, by the law of reaction, the greater vigor thus acquired will be more than a match for a real case of smallpox. This law is everywhere visible. If you are suffering from cold, the blood will fight the assault and you will be enabled to endure great cold. A wealthy woman, who has no cares, no physical tax and no health, could not lift her finger to do the slightest work ; yet, if dire distress drove her to it, she could do the washing, ironing, cleaning, cooking and mending for a large family. A dainty miss of eighteen languid summers is totally unable to take care of herself, and deems a reclining attitude a necessity in her case ; yet, in the time of reverses, she will stand on her feet in a dry goods store nine hours a day, month in and month out, for three dollars a week, as thousands of girls are now doing in the great cities. And on the same principle of reaction, the vitality of the human body will adapt itself to almost any condition. To be true, many fall by the wayside. Dampness, if it can be survived and the air is not laden with malarial bacteria, will cause a reaction that cannot fail to make the body stronger by reason of it. For this reason the healthiest people of the world are those who live in non-malarial localities by the sea, especially if the winters are cold enough to freeze the ground to the depth of two or more inches. So we find that sailors are healthy as against dampness ; and, if they did not eat salted meats, could get cleansing baths, and would wear clothes less filthy than those used, they would live to an extreme age, provided alcohol did not destroy their kidneys.

14. A person in general ill health should avoid dampness, damp clothing, and insufficient clothing on the vital parts of the body.

15. What are called the vital organs are not related to the vital parts of the general body. The vitals, as commonly known, are still different. So sometimes we hear of a vital spot, meaning a place where a wound would cause death. In this treatise we are referring to the parts of the exterior body where the vitality of the electrical energy may most easily escape.

16. The exposed vital parts are the top of the head, back of the neck, the upper center front of the chest, the right and left spots at the small of the back, the soles of the feet, and the wrists. Here are seven points of escape. They are not of equal value. The most easily affected is the back of the neck, for there the vital-

ity is drawn from the medulla oblongata, or the third brain, which controls respiration, circulation and digestion. At night in bed, if the clothing is not tucked up at the back of the neck, the whole body will quickly become chilled. The most frequently affected are the soles of the feet, and through them are caught nine hundred and ninety-nine of every one thousand colds. If you take care of the feet and keep them heavily shod, the danger of taking cold will be very slight. The vitality of the chest and lungs is drawn to the ground by cold or damp feet, just as electricity is brought to the ground even from the clouds by the falling rain.

17. A well person is a fully charged electrical machine. The ganglionic cells are referred to in all scientific works as the storage batteries; the nerves are the wires of communication, and we all have motor nerves as well as sensor nerves; the muscles are the machinery; and the bones are the standards, or framework of support. Every muscle must have a nerve, every nerve must have access to a ganglionic cell, and every cell must have electricity. Whence comes the electricity? The act of living generates it. The carelessness of habits wastes it. If you have a machine, you take care of it. What would a bicycle be worth if you let it take care of itself? Very few persons are willing to give the body as much attention as a common machine must get to keep it useful.

18. The present treatise deals only with the art of keeping the vitality from running to waste. The Magnetism Treatment goes into a different and far more important line of training.

19. As vital electricity is lost by its escape, it must follow that there is some means of conducting it away. This is found to be true, and the agencies that draw off the vitality are known as electrical conductors.

20. In mechanical electricity dampness may turn a non-conductor into a good conductor. Thus dry wood will not carry electricity; but let it become damp, and it is at once a good conductor. So in human electricity the same rule holds good; but not all dampness is a conductor.

21. If the air is damp and the skin dry and in a glow by reason of its own vitality, the skin itself becomes a non-conductor. A dry skin in health is not the same thing as a dry dead skin in sickness; the latter may be parched by fever or shrunken by atrophy.

22. A damp skin is protected by dry clothing, if the air is not

too damp; but in general ill health the dampness of the air moistens the clothing, and at once a chilly feeling tells you that the blood has lost its electricity, and that the red disks have become prostrated and are no longer carrying oxygen. Of all the varieties of sickness known to the world, this warning is sounded in nearly every one of them.

23. With ninety-five per cent of all men and women in actual ill health, there is needed always an exposure to precipitate some specific disease. The exposure must be through some process of dampening or cooling of the body by loss of electricity at some vital point. All fatal maladies have begun in this process. The best medical observers in the case of consumption say that, before the disease is taken, the bacteria are loitering through the blood in spite of every effort to eradicate them; they are waiting their time; and when some day the vitality of the general body is low, and a violent cold follows, the germs of a certain death at once take possession of the lungs and build their little mounds called tubercles. That cold is the first step in the dreaded disease called consumption. Good health may follow for months, but the little mound builders are at work, although you know it not, until the decreased powers of respiration lead to diseased vitality, more colds, and the final collapse into the consumptive's condition. One who *fears* consumption should be very careful to follow the laws of Nature as laid down in the present department, and no more is necessary, except always the four cardinal points of health as stated in Volume One. But if a person *has* consumption there is always hope until the powers of self help are gone; and no time should be lost in carrying into actual practice the provisions of the special treatment.

24. Our present advice is to avoid exposure to dampness, and to coldness when unprotected. A sick person, heavily bundled, would be benefited by lying out in the sun, even in freezing weather in winter. Many invalids have been treated in that way. Some of the best sanitariums in Germany provide winter outdoor cots on the sunny side of the house, wrap their patients in dry, heavy clothing, altogether too heavy for use in exercise, and let them lie out under the open sun, inhaling the pure air and getting glame while saving their natural electricity.

25. A warm room with ordinary clothing exhausts human electricity, on the principle that the red disks of the blood lose

their energy in the presence of artificial heat. You require more clothing and cooler rooms. Sleeping in a heated room is destructive of the vitality in the red disks of the blood, and nothing more barbarous could be imagined. A woman whom we know personally could not get into a reasonable degree of health, even by the most careful diet. She slept in a heated room at night. We tried to explain the cause, but she would listen to nothing of the kind. We advised no heat, and said she must get some outdoor air in her sleeping room. "What! breathe night air?" she asked. In reply we read to her the following statements from a well known scientific work, in general use throughout the schools of America :

"There is a singular prejudice against the night air. Yet, as Florence Nightingale aptly says, What other air can we breathe at night? We then have the choice between foul air within and pure air without. For, in large cities especially, the night air is far more wholesome than that of the daytime. To secure fresh air all night, we must open the windows of our bedroom.

"We sleep in a small bedroom from which every breath of fresh air is excluded, because we believe night air to be unhealthy, and so we breathe its dozen hogsheads of air over and over again, and then wonder why we awaken in the morning so dull and unrefreshed! Return to our room after inhaling the fresh, morning air, and the fetid odor we meet on opening the door is convincing proof how we have poisoned our lungs during the night.

"Each room should be supplied with 2000 feet of fresh air per hour for every person it contains. Our ingenuity ought to find some way of doing this advantageously and pleasantly. A moiety of the care we devote to delicate articles of food, drink and dress would abundantly meet this prime necessity of our bodies.

"Open the windows a little at the top and the bottom. Put on plenty of clothing to keep warm by day and by night, and then let the inspiring oxygen come in as freely as God has given it. Pure air is the cheapest necessity and luxury of life. Let it not be the rarest!"

26. Wet the head and remain in a cool room. In a short time you will sneeze. The dampness has carried away your electricity. Wet the back of the neck, or the front of the chest, and remain exposed even in a warm room. You will feel very



chilly. Wet and immediately wipe the chest; and, even in a damp room, you will not only not be chilly, but a glow of natural warmth will suffuse itself over the part; that is, if you are not ill at the time.

27. Stand on a cold sidewalk, even in thick shoes, and converse with a friend for a minute. In a day or two you will wonder where you got that cold. Walk ever so briskly in a pair of dry shoes with *thin soles*, and your vitality will ooze away in every step. You see it does not require dampness to make you an invalid. The earth is a great receptacle for all kinds of electricity; your feet are always communicating with the earth, even indoors through the floors; your feet, therefore, should be the best insulated parts of your body.

28. It is only the *soles* of the feet that need protection. Many people, even today, wear sandals that cover only the soles. The lower limbs may be bare, as in the Scottish dress, in the coldest weather, without affecting the health.

29. The thicker the shoes the better will you preserve your vitality. But many persons prefer consumption to a thick soled shoe, and for them we advise an insulator.

30. Glass is a most excellent insulator, but glass shoes are not desirable. The natural insulators in clothing are stated as follows in the order of their value:

- |            |   |                             |
|------------|---|-----------------------------|
| a. Silk,   | } | FROM THE ANIMAL KINGDOM.    |
| b. Fur,    |   |                             |
| c. Wool,   |   |                             |
| d. Paper,  | } | FROM THE VEGETABLE KINGDOM. |
| e. Linen,  |   |                             |
| f. Cotton, |   |                             |

31. Cotton clothing must be kept both clean and dry in order to be healthful, as it is the least valuable of all the clothing we wear. A sheet of paper wrapped around the body underneath the coat or dress will act as a good non-conductor of vitality; and, in cold climates, many people have found this out.

32. Silk costs too much. Silk and wool mixed is less expensive and probably as good. Wool is good. Linen and wool, and cotton and wool, are better than cotton. By these we mean as insulators only. The general clothing may be of cotton.

33. Clothing insulators are known as *ralstonettes*. Pictures of

these, as used for a variety of curative purposes, are found in the present volume. The ralstonettes are all home made, and many of our members have had them in use. We have none for sale, and do not care to recommend those made by others, as our work is not commercial. Get some poor sewing woman to make them. She may make many an honest dollar by providing some store in your locality with ralstonettes.

34. The ralstonettes are named as follows:

- a. *Foot ralstonette*, to insulate the feet.
- b. *Wrist ralstonette*, for the arms.
- c. *Hip ralstonette*, for the kidneys, small of the back and waist.
- d. *Shoulder ralstonette*, for the spine at the back of the neck,

for front chest, and for the throat.

All these may be conveniently worn, and are easy to make.

35. The ralstonettes are insulators of exposed vital parts. They protect the body against the loss of vital electricity; and, playing as they do an important part in the specific cure of some diseases, the more elaborate description is given, with pictures, in later pages of this volume, where they properly belong.

36. The question has been asked, Why not wear an entire suit to protect the body? The answer is, It is not necessary; it is too expensive; it is not comfortable; changes may be made more frequently; the small pieces of clothing are more easily washed. The silk is not very expensive in these small pieces of clothing. Being very thin, they are scarcely felt. The special care of the vital parts of the body gives them a relatively greater health.

Please remember that we have no goods to sell; no apparatus, medicines, or matters of any kind. Our sole province is to teach. Many of our members ask us where ralstonettes can be found, or where the material may be had; and they send on these inquiries in spite of the fact that we expressly say we do not know. We are not in the trading business. We neither buy nor sell. It would open us to the charge of seeking to make money out of our members at every turn, if we should offer to sell goods, or should recommend those made by others, when the question of safety is not involved, as in the case of foods. Any dry goods dealer of enterprise can easily ascertain where silk cloths, or mixed cloths may be found; and any girl, twelve years of age, can make the ralstonettes after the pictures shown in later pages.

## 17th NATURAL TREATMENT: VITALITY EXERCISE

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

Stand. Fill the lungs to their utmost capacity, then rise three times on the toes, adding more breath each time, and allowing none to escape, thus packing the lungs with more air than could otherwise be obtained. While holding the breath, raise the hands in front on a height with the shoulders, the arms being extended. Take all vitality out of the arms and hands. Very slowly bring them towards the shoulders, at the same time gradually putting strength into them until, when they reach the shoulders, the fists will be clinched with the utmost tensity, and the power of the fist is so great as to cause the whole body to tremble with energy. Project the clinched fists forward slowly with the tensity as great and violent as possible, and then bring the fists to the shoulders with the utmost speed while the intensity is still maintained. The speed must be so rapid that a person standing near would not see the hands pass through the air. Such speed is attained by sleight-of-hand performers, and can be by *you*. It is an excellent nourisher of the nerves if performed with the clinched fists, full lungs and indescribable speed.

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

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

It is a general exercise that may be practiced a minute at a time whenever the vitality seems to run low or the system needs a tonic. The habit of making occasional use of this and other treatments is an excellent one. By doing so, you will soon ascertain those that seem to give you the best results.

## 18th NATURAL TREATMENT: SHOCK AND REACTION

Another way of bringing vitality to a certain part of the body is to place an iced cloth of all wool on the part; dress around it and wait until it not only dries, but burns. Try this for rheumatism or local weakness. It will bring a vast quantity of vitality to the kidneys, spine or small of the back. If the cloth is removed before the flesh is hot, there is danger of cold. Applied to the right foot one night and to the left the next, this ice water treatment will eradicate inflammation and overcome bad circulation of the blood. It is on the principle of natural reaction. The human body is provided with the power of meeting and overcoming the forces which attack its vitality. A man by accident discovered the means of getting well in a very unexpected manner. Being a physical wreck and despaired of by all physicians, he found himself one day in an icy river. The shock to his system cured his maladies. From this incident arose the well-known water cure. In many cases it is a dangerous and deadly treatment. To us its chief value is in showing that Nature has a great reactionary power, which Ralstonism takes advantage of without incurring the risks of shock or accident. We do not deal in the methods, but in the principle herein disclosed. Strong foods should be eaten prior to the treatment, within two hours at most.

A common mistake is made by supposing that exercises without relation to food can effect a cure. It is probably as near an impossibility as anything in life.

Exercise is but a distribution of food particles in the blood. The act of living is some species of activity. Movement is but an expression of life. Rest is an expression of death. Thus, too much sleep is more dangerous than too little sleep. The inactive person cannot be healthy, for life cannot be expressed.

Health requires activity, but activity without food supply is like an active bank account without replenishing deposits.

Activity is the first law of expressed life, and is one of the greatest essentials of health. But even the Ralston Movement Cure would fail if food were not regularly supplied. So in every exercise, the association of food must be considered at the time of the exercise.

## 19th NATURAL TREATMENT: INWARD BATH

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

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

Examine a few facts for a moment :

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

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

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

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

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

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

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

HEADACHES are caused by the presence of these upper fluids,

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

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

RHEUMATISM is a blood disease caused by these fluids.

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

#### THE ANTI-DEATH TREATMENT,

or Inward Bath, is a simple, clean and invigorating exercise. It is much more easily performed than one would imagine at first. Those who have practiced it for years have come to enjoy it better than a skin bath. At first it is slightly weakening; but in a few weeks the reaction sets in and the effect is wonderful. It brightens the skin, gives a glow to the eyes, a youthful complexion to the face, absorbs all skin diseases, pimples, etc., makes the appetite keen and normal, purifies all bad breath (except when the teeth are decayed), removes bad fat and puts on good flesh, and kills the taste for intoxicants by keeping the stomach healthy.

#### HOW TO TAKE THE INWARD BATH.

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

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

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

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

Since promulgating these theories our attention has been called (by a clergyman who saw our advertisements) to the fact that a well-known New York physician had for forty years practiced a somewhat similar bath, and had renewed his youth. His treatment is being used in sanitariums and by physicians with great success, and its efficiency has been proved in thousands of cases.

#### OBJECTIONS.

The Ralston Health Club would not be fair to its members if it did not state frankly that there are many objections to the Anti-Death Treatment, or Inward Bath. These objections do not alter the principle involved in this remedy; but, as they come from the highest medical authorities it is our duty to state them.

Of all the varied treatments, advices and suggestions printed in the books of the Ralston Club, not one has ever met with the slightest objection, excepting the Inward Bath. As to this, the opinions are divided, but not evenly. The weight of the best medical authority is *against* the treatment. The opinions are based on the following assertions:

1. It is claimed that it is unnatural to wash out the colon, as nature attends to this matter herself. One physician voices the views of many in these words: "I cannot believe that water is a substitute for the natural fluids that pour through the canal."

2. It is claimed that paralysis of the colon and possibly of the general bowels may be caused by the injection of water.

3. It is claimed that bodily weakness and specific disorders, such as piles, are sometimes caused by the Inward Bath.

We have had many thousands of reports; and, in some other book, we shall publish much of the history of this treatment. At the present time a comparison of the objections with the facts may serve some usefulness in determining what course to pursue.

The practicing physicians who objected under the first claim

were requested to state if they knew of any injury resulting from the use of the treatment; and replied that they objected merely on general principles. It was to their minds an interfering with nature.

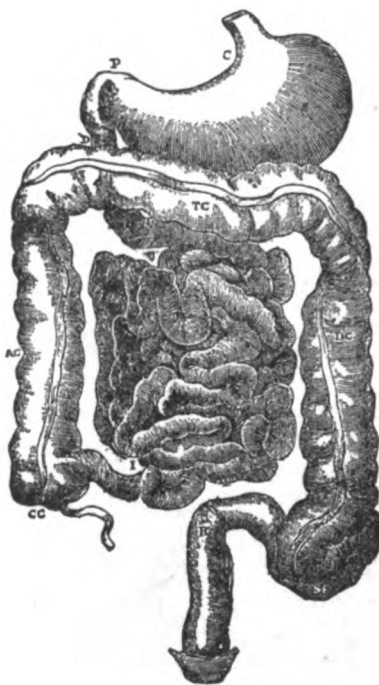


FIG. 20. THE COLON.

The treatment, in fact, flushes the colon and causes a tendency downward of the fluids above. Of this there is no doubt and none has ever been expressed. When we ask a physician what the word *physician* means, he replies one who physics. To physic is to cause a cleaning out of the bowels. In the olden days the doctors depended upon this great idea as a means of cure. They gave pills to cause a general disturbance within, and a terrible clearing out. We suggest a flushing as a gentler method. The physickers, as they were once called, or physicians as they were afterwards termed, gave vegetable poisons or mineral poisons to cause a disturbance in the bowels that invariably did nothing more than to wash out the intestines. We wash them out directly. We prefer water to vegetable poisons and minerals.



## A SYSTEM OF GUESSWORK.

One of the prominent physicians of America in a communication to a leading daily of February 18, 1895, writes :

“My attention having been called to a speech of Senator Galinger on the appropriation of \$20,000 to be used by the health department, I beg to invite, through your journal, the attention of the general public to some of the senator's criticisms. He began by saying: ‘It is a well-known and generally acknowledged fact that medicine is not an exact science.’ Indeed, it was not so very long ago that good old Dr. Rush declared that ‘the science of medicine is the art of guessing,’ and facts go far toward justifying that statement.”

We all remember when blood-letting and calomel were the sheet-anchors of medical practice. It is also on record that some of the leading physicians have declared that “blood letting had destroyed more lives than war, pestilence and famine combined.”

We ask if blood-letting is more natural than the use of water. The great object of the physicians seems to have been the right one: to get rid of the accumulated fluids and dead soil of the body. They tried to run these out by blood-letting; or to drive them out by physicking. Ralstonism tries to *wash* them out.

In view of the fact that the unnaturalness of the method has never been made apparent by actual experiment; and in view of the further fact that the practice has been in use in some families for generations, and in our day among several millions of people with good results in many instances, and with no real dangers at any time, we conclude that it is just as natural to put water into the colon as into the stomach.

As to the second claim that paralysis of the bowels may ensue, there is no instance on record of such a result. The principle of life is against the possibility of such an issue. It is well known that pills and other physicking medicines do cause paralysis of the intestinal canal; but the Inward-Bath cannot possibly do this.

## PHYSICKING IS DANGEROUS.

After you take pills or medicines to clear out the bowels, you feel the effects in the usual way, and then a period of constipation follows. All constipation is paralysis, either temporary or prolonged. Some physicians claim that constipation, because it precedes the paralytic shock, is the cause of it; others claim that the

first stage of paralysis is constipation. Whichever is right, it is well known that the closed condition of the bowels is dangerous, and that it represents, at least temporary paralysis. It is to be avoided. Blood-letting used to relieve it, but that is a relic of educated barbarism. Physicking was the only remedy that could then be suggested, and the physickers became known as *physicians*, because they physicked; and doctors of *medicine* because they used *medicine* with which to *physick*.

The third objection to the Anti-Death Treatment is well taken. It does cause *weakness*; and is to be avoided when the weakness leads to exhaustion. We know of no Ralstonite who has paid proper attention to the directions of the other books, who ever had the slightest trouble with the treatment. In less than one case in a thousand it has either caused, or been accompanied by piles; but, even then, the treatment saved valuable human lives; leaving the option of death or piles as the only issue. No chronic case of piles has ever been caused by this treatment.

As to the use of the Inward-Bath an appeal should be made to one's judgment. Persons perfectly well have tried it as a refreshing luxury. It weakens at night; but the weariness is pleasant; is followed by sleep, and a refreshing awakening in the morning. Taken at night it is not felt the next day, unless the food has been lacking.

The true principle of this bath is its cleansing the body of the old material, the bad fluids, the dead soil; but you must be ready at once to supply the *new*. Just before or after taking the bath, which should be near the time of retiring, you should eat an average meal of the purest food; such as baked apples and milk, Ralston bread, hominy, rolled wheat, wheatena, or toasted bread dropped in home-made extract of meat, the fibrine being out.

Such food will build new blood and new material. Eat heartily of it and immediately take the Anti-Death Treatment. The loss of the old matter will be supplied by new blood of perfect composition. There is no pastry, no fried grease, no sickly white bread, no meat fibrine; but all pure food, and makers of rich blood. Never will a Ralstonite, who follows these directions, who bathes the skin, who gets some fresh air, complain that the Inward-Bath leads to weakness. But even when it does, it must be remembered that the physicking pills of the physician cause weakness and temporary paralysis.

The Anti-Death Treatment should not be taken for the cure of a specific disease, unless you follow the directions given in the later pages of this volume as applied to that particular malady.

The present treatment, as is well known, is for those who are in general ill health; but have no special disease.

The signs of general ill health are:

1. A distaste for fresh milk.
2. A breath that, upon being breathed into a glass jar, gives out an odor immediately.
3. A lack of vigorous appetite in the morning.
4. Odor of the lower extremities in spite of bathing.

Any one of these four troubles will indicate, without fail, a condition of general ill health.

The cure is natural. If one does not relish milk, the saliva and gastric juice are loaded with dead tissue-soil; if the milk sours on the stomach, it is due to bacteria, the natural germs that dwell in dead tissue-soil. All souring is fermentation, and this is well known to be impossible unless bacteria are present.

If a person is in immediate good health, the first demand of the body on arising in the morning, is for food. Very few people have a vigorous appetite at that time of the day. In ill health the appetite does not come until the general body is cleaned out; and it takes half a day with some and all day with others to get the fluids and clogging soil down and away from the stomach. It is easier for these people to eat a good evening meal than a good morning meal: a reverse of the real needs of the body. The cause is dead tissue-soil and its poisonous fluids or plasm. If they can be brought down into the intestines, the bile and natural bitter-fluids are disinfectants and will follow and cleanse the whole canal.

This is what is done by flushing the colon, which makes way for the contents above. Even when a late Ralston evening luncheon is eaten just before retiring, and an Inward-Bath taken, the appetite for breakfast is vigorous; so that one may eat heartily in the morning, under proper circumstances, after a late evening luncheon.

#### SUBSTITUTE FOR INWARD-BATH.

When we see that the purpose of the Inward-Bath is to clean out the colon so that the upper fluids will come down, and thus

relieve the bad condition of the liver, stomach, heart and lungs, we are led to inquire if some other method may not accomplish the same results. The only advantage of the Inward Bath is that it is simple and easy to perform; it is, in fact, well adapted to languid and indolent people.

The same results may be obtained by the pelvic exercise. This is so-called, because it moves the front wall of the abdomen on the leverage of the pelvis. It is necessarily a private treatment, and must be so regarded.

#### THE PELVIC EXERCISE.

1. Its object is to clean out the system.
2. It avoids all taking of animal, vegetable or mineral poisons.
3. The object of blood letting was to clean out the system; so is the purpose of physicking, Inward Bath and all similar treatment.

4. The pelvic exercise avoids all the old methods, and all the new methods. It requires healthful food as a medicine, and makes use of it in an exercise.

5. Before performing the pelvic exercise, the walls of the abdomen should be made pliable by massage. This is the first objection to it; and, for that reason, the pelvic exercise has never been published in our previous literature. The objection lies in the fact that the Ralston System of Massage must be very thoroughly mastered. The next objection is similar. The vital organs must have been trained by an extended course of physical culture, to rise to their healthful attitude. The Ralston System of Physical Culture is elaborately set forth in the same advanced book. For fear that our members would not be pleased to learn that so important an exercise could not be performed unless they were fifth degree members, we heretofore omitted it altogether. It is now given here as a part of the Anti-Death Treatment, as it belongs in no other book, and ought not to be suppressed. We are powerless to arrange it otherwise.

6. When the body is in health the abdominal wall is flexible, pliable and capable of great expansion and contraction; the latter being an important movement.

7. When the body is in its full vital expression the vital organs are in a high altitude, within the thorax or trunk or torso, whichever you call it. Health seeks to attain a contractible

abdomen and a high altitude for the vital organs. When the two occur together, an attack is at once made on disease within.

8. Home-made roasted wheat coffee, drank hot, on arising in the morning, or at any time more than three hours after eating, provided no meat fibrin has been eaten, will furnish the food whose force is to operate on the intestinal canal. Drink all you possibly can; a pint at least. It is fully described in General Membership, which precedes this volume.

9. In about a half hour, commence the pelvic exercise. It has two motions only. The first is to draw in the front wall of the abdomen *by its own muscles*. This must be done slowly and steadily until it can contract no more; *then expand it quickly*. The latter movement brings it forward. The food and fluids that are working downward are being urged by the health and vigor of the roasted wheat.

#### WHICH SHALL BE USED?

**The question will arise** which of the two exercises should be used. The pelvic movement is harder to perform, and often makes the abdominal muscles a little lame; but it calls down the stagnating fluids and gives a natural action to the bowels. It is exhilarating and strengthening to the processes of digestion. Many times it has overcome the most obstinate cases of dyspepsia by exciting the nerves of the stomach to secrete the gastric juices, which, in normal conditions, are healing and healthful. But, if the pelvic exercise is not well done, if its contraction and expansion are not full and strong, it will fail.

**The flushing of the colon** is still the favorite of many. If you decide to try that, you will wish to know how often it should be used, and how long the water should be retained.

**How often?** There is no rule. Relief is obtained almost immediately. Many doctors tell their patients to use it at any time, morning, noon or night. The night is probably the best, just before retiring. A very good way is to fill the colon and let the water all run out; then fill it again and hold the water in all night, or until it can be held no longer. Three times a week is a very good average. If it is weakening, then once or twice each seven days may serve the purpose. If you are one of those who believe in it as a "constitutional," then you will use it every other night as long as you live.

## APPENDICITIS AND LOW VITALITY

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**What seems to the public** to be a new malady is, in fact, a very old one; but the inroads it has made of recent years, and the increased suffering that has followed, require that some attention be given it in our books. Two principles are at work in its operation :

1. It never occurs except when the vitality is low.

2. This is the age of low vitality. In fact, there never has been a generation in all the history of mankind when the conditions of disease were so abundant as now.

**Eight hours a day** in the open air, eight hours for sleep, and eight hours for indoor employment, make an even balance for health according to the laws of nature; but as this cannot be maintained in some lives, there must follow some derangement of the system. What shall we say of those who do not spend an hour in the open air, and who seek health from sickly food, stimulating poisons such as tea, coffee and alcohol, and a grave-like inactivity? It is to them and them alone that the horrible agonies of appendicitis will come; for it is invited by a low state of vitality.

**If you will look at the picture** of the colon in the preceding department, you will see at the lower left hand side a little appendage shaped like a worm. It seems to serve no purpose, unless it is to punish those who are inactive. Because it is shaped like a worm, it is called vermiform; and because it is an extra attachment, it is called an appendix, and the malady *appendicitis*. When the vitality is low, this little bit of an intestine is so relaxed that it allows matter to pass into its opening; and as there is no outlet, the result is a stoppage. But this would not be serious if decay, inflammation and blood poisoning did not follow; generally ending in death after the most excruciating suffering. While this appendage is at the left of the picture, its reversed position, as of a person facing you, shows that it is at the lower right hand side of the abdomen, just above the hip-bone and to the front of it. Many persons suffer from trouble in this part, and recover from it, owing to the return of the vitality; while others have died from

what seemed to be acute inflammation, without a true knowledge of its nature. To-day the surgeons cut open the abdomen and remove the danger; thus saving life in a fair proportion of cases.

**While there are three distinct forms of the disease, they are all due to one cause—a low vitality.** The origin is not in a cold; although the malady is generally attended by a cold, as is every state of weak vitality. It is, as we have said, due to relaxation of the appendage, and its consequent opening which allows matter to pass in that cannot get out, as the other end is always closed. The claim has been recently made that the supposed seeds found in the appendix are not in reality seeds, but matter that has formed from the contents of the pus, and having the appearance of raspberry seeds, grape seeds, cherry stones, etc.

This claim is being accepted as true; yet it is also true that coarse and undigested particles of food may find their way into the appendix. Some cooks, in preparing breakfast foods, meal mush or similar dishes, attempt to thicken them just before taking off the stove, by adding more meal or flour, which does not get cooked; and this uncooked portion passes through the stomach.

**Many persons have appendicitis** in more or less aggravated form without knowing what the matter is. When the vitality responds nicely, a recovery comes about of itself. In some cases the appendage is obliterated; in others, the mouth closes and shuts in a slimy, serous fluid that proves highly poisonous and results in the formation of abscesses in its structure and adjacent parts; and, in the fatal cases, a more or less extended peritonitis, or inflammation of the abdomen, hastens death. The first prominent symptoms are pain, external swelling, obstinate constipation, vomiting, belching of gas, bloating of the abdomen, hiccoughs, fever, and sometimes a swelling of the right leg. The patient prefers to lie upon the back with the right leg drawn up.

**The pain commences suddenly, as a rule, and is of a sharp, cutting boring nature, increasing on motion.** The swelling makes its appearance in the lower right hand side of the abdomen, a little distance above the fold of the groin, and is felt directly under the abdominal wall, which is movable upon it, except when a perforation to the outside is in progress. It develops rapidly, and in a few days reaches its height; and at this time the patient usually vomits ten or twelve times daily, emitting a watery yel-

lowish or greenish fluid, which, as the disease progresses and the constipation continues, assumes a very disagreeable odor. By the continued activity of the upper bowels, the contents of the smaller intestines are forced back into the stomach, when they are thrown up and afford temporary relief.

**It is not true that seeds, pits or stones** are the primary cause of this trouble. The obstruction which takes place is merely an incident; and while necessary to the malady, it develops danger only when the vitality of the system is low. Constipation is always present, though watery discharges of a thin nature may indicate otherwise. They serve to drain the fluids away, and to establish dry constipation, which is due to a quasi-paralysis of the intestines, and accompanies a low vitality. The best prevention is to keep the health at its best by exercise, fresh air, plain food and a varied use of the faculties.

**The best means of curing** the malady is by the inward bath, or Anti-death Treatment, stated in the preceding department; accompanied by the magnetic bath, or alternating very hot and very cold water applications on the right side of the abdomen. The pelvis exercise is very effectual, if the patient is able to endure it. Gentle massage is also recommended. The use of ice-cold alcohol, alternated with extremely hot-water in the usual hot-water bag, repeated very frequently, will hasten the removal of all inflammation and give a vigor to the parts within that will tend to drive out the obstructing matter.

**The diet should not** be neglected, for the tone of the system must be maintained. The following articles are recommended by the best specialists in this malady: Fresh milk, to which has been added a whipped egg with a little pinch of salt; gruels made of whole wheat meal; iceland moss, thinned down with fresh milk and sugar or salt to taste; and, when the fever is less, strong soups or beef extracts, baked potatoes and plain foods. The drinks should consist of hot distilled water in great quantities, aided by teas made of slippery elm bark and gum arabic. A surgical operation may be avoided if the foregoing directions are put into early application.

**An operation too often proves fatal;** and the conservative surgeons of today advise against it. One eminent physician declares that, in the course of thirty-eight years' practice, he has never found a case of appendicitis that required an operation, and



that he has had no fatal termination of the malady. A surgeon says that he has had nearly fifty years of active practice and, in that time, has met but two cases of appendicitis that required an operation. You stand as much chance of becoming a millionaire as of having this malady; yet the operations are on the increase. If the statements of reputable doctors may be accepted, it is a fact that many operations have been found unnecessary; patients having died from their effects, although the malady was something else.

**The appendix at the base** of the large vertical intestine is supposed by leading scientists to be the relic of another species from which man is descended, and to be useless in the human body; and the claim that certain other scientists have found a use for it is regarded as a mere pretense; so they cut it out. It is true that Nature covers the opening to the appendix with a mucus which guards the little cavity; but the use of medicines has partly paralyzed the membrane; has also dried up the mucus and caused the protecting cover to slough off, leaving the parts weak and diseased. A low vitality will do exactly the same thing. Inflammation follows, which may be catarrhal or acute; but the lodgment of foreign bodies in the appendix starts the disease known as appendicitis. It is fatal when it spreads and involves the peritoneum or lining membrane of the abdominal cavity. The death that follows an operation is often due to peritonitis, and is not caused by the surgery so much as by the condition that surgery tried to overcome.

**It is often difficult to distinguish** between peritonitis and appendicitis; as the latter leads to the former. The appendix is at the right of the body, low down in the abdomen; in the figure it is shown to the left of the picture, thus corresponding to the right of the body. At this locality, just above the hip bone and to the front of it, an acute pain will be noticed, generally having arisen from a slight tenderness in the beginning. It soon grows in force, causing intense agony and great feebleness of the body. Ulceration sets in, and may be recognized by a discharge of pus in the excretions. This is genuine appendicitis. Grape seeds may be freely swallowed without causing appendicitis, and we doubt if anything that is eaten ever instigates this malady. The fear of danger from seeds is really baseless, and is one of those alarms that are common to ignorance.

## 20th NATURAL TREATMENT: MAGNETIC BATH

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

The latest and soundest theory is that electricity is life, and life is electricity. In the books on magnetism the nature and realism of the electric fluid are clearly explained.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### THE RALSTON MAGNETIC BATH.

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

Two things are necessary:

1st. To develop this magnetism.

2nd. To avoid its escape.

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

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

When *artificial life* is imparted to the body the *natural* life is checked or held in abeyance. Thus artificial heat weakens the body, because it checks the generation of natural heat.

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

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

The two books are given, as many other books are, to Ralstonites as they reach the various degrees. All members who

may be called Good Ralstonites are sure to reach all the degrees, even the high ones; for no person who believes health to be a duty can desist from telling it to others. "I speak of Ralstonism on every occasion," is written to us many times a day. In one mail we received three letters from different sections of America, whose language was identical in a single sentence. A clergyman had written. "I cannot help speaking of our club to others." A physician and a school superintendent happened, by coincidence, to use the exact language. You, therefore, will advance to the high degrees by the same law which impels every good purpose forward to its destined end.

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

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

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

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

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

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

stream, which "made him feel better." His ebbing vitality was checked.

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

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

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

Dry feet, dry stockings and thick-soled shoes are generally insulated. A person who wears dry shoes, with thick soles, is almost perfectly insulated when standing or walking. A damp air with damp clothing, will exhaust vitality; but a damp air with dry clothing is not exhausting.

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

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

water and wait. The electricity will travel through the chest and down to the other hand. Rubbing the cold hand with a dry towel will make the effort more marked.

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

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

#### RALSTON MAGNETIC BATH.

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

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

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

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

**Several important principles** are involved in the preceding exercises. The question may arise, What should one practice; and the answer might very sensibly be, Adopt some one exercise in preference to the others, for each occasion, in order to see what best suits your case. We take it for granted that you are suffering from general ill health. This means that your vitality is low. By vitality is meant the life principle, which includes magnetism or human electricity. In the Ralston Magnetic Bath you have an excellent exercise for creating more of this life principle, and you insulate your body at the same time, thus holding it in as it is generated.

**Perfect dryness of the skin** is one of the best insulators known; and the magnetic effect on the general body becomes quickly noticeable as soon as any part has been wiped dry after having been wet. Thus the polishing of the skin, which not only dries it, but develops its most pleasant glow, is a still better means of insulation. We recommend the Magnetic Bath, as stated herein, whenever the system seems sluggish, weary, or at low ebb. All persons lose their buoyancy at times; and invalids are rarely ever fully bright. This bath seems to rejuvenate them. The blood becomes stronger in the pulse and much more vigorous in its circulation; but must, of course, be sustained by a careful diet, for therein lies the secret of regaining health.

#### REBUILDING THE BODY.

**To cast off the old flesh**, to eject the diseased tissues of the organs, to lay aside the faulty nerves that serve as a network of electric wires by which the vitality is connected with the mechanism of the system, and to re-establish every part in new material is, in fact, the rebuilding of the body; it is creating a new body out of new matter. To do this involves two processes:

1. The loss of the diseased tissue.
2. The supply of perfect material.

What that perfect material is may be found well told in the Book of General Membership. It is here in this second book that we learn how to get rid of, and throw off the diseased tissue, which is everywhere present in a person whose health is generally bad, although it may not yet have developed into a chronic or confirmed malady. If not attended to now, it will make itself manifest in some organic disease; one organ or another will give way, and danger will be imminent.



## 21ST NATURAL TREATMENT: COLD

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

The human body is a furnace of heat chemically burning. The blood's temperature is placed at 98° when normal. How hot this is can be realized when the atmosphere in the room, or on a shady street, registers 98° or even less.

*Warmth always moves toward cold.*

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

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

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

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

## 22d NATURAL TREATMENT: BODY HEAT

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Of all the mysterious operations of life within the body, that which creates, uses, and gets rid of heat is the most elaborate, and, next to the constant supply of vital-electricity, the most wonderful.

By the heat of the body we know its health. The rise of a degree or two denotes a coming fever, gives a headache, or suppresses the action of the lungs; the fall of a few degrees imperils the general life.

Outward heat, not accompanied by inward heat, is a dangerous condition of ill-health; thus, if the body cannot keep itself warm in a cool, dry room, or in a cool, dry atmosphere, the blood is disordered, either in its circulation or in its composition. There are many people who cannot get warmth in their feet either by day or night, and herein is a positive evidence of general ill-health.

### THE HEAT-RULE OF HEALTH.

*A person who cannot get warm when sufficiently clad, is in general ill-health.*

Any temperature above thirty-two degrees (freezing point) is not cold enough to chill a properly clad body in a dry atmosphere. Many men have no fires in their stores in winter; market people are often without means of heat; and out-door vendors stand all day in a freezing temperature. On the other hand a sickly woman sits with her feet chilled from within, and seeks to get warmth from without, either at a stove or by hot water or other appliances.

*The more one depends on heat from without, the less will the body generate its own heat.*

A chilly, but not damp, atmosphere will call the heat to the surface of the body and this act will cause the generation of more heat within. In other words the use of artificial heat destroys natural heat; the lack of artificial draws forth natural. Men who go to the tropics to live are compelled for their health to spend every other winter in a cold climate in order to retain the life-vigor of the blood.

In health the temperature of the blood is about 98 degrees; but it is ever varying. A person who is said to be well, must be constantly generating heat within the body, and there must be cooling agencies at work to distribute the heat, let it do its work of expressing life, and then, through the surface, send it forth to be lost in the air. But if ever so trivial a cause shall interfere with this distributing process, the heat cannot escape, and soon controls the body, resulting in fever; or if the blood becomes impoverished and cannot form its disks in sufficient quantity or power to carry oxygen into the system, the generation of heat is decreased or stopped. This is most apparent in Asiatic cholera, and the body becomes of a marble coldness characteristic of that terrible disease.

The *disks* of the blood are created from food and air, and die in millions every hour. They are the messengers which carry



FIG. 21.  
DISKS OR BLOOD CORPUSCLES.  
OXYGEN-CARRIERS OF THE BODY.



FIG. 22.  
DISKS OR BLOOD CORPUSCLES.  
OXYGEN-CARRIERS OF THE BODY.

oxygen, and, as we shall see in the deeper study of magnetism, they are the bearers of vitality. These disks are the bearers of life and are life. The food we eat makes the disks, provided the vitality of the system is vigorous enough to absorb the food; the air we breathe imparts vitality to these disks; they then carry life into all parts of the body, for they bear oxygen everywhere.

You are cold, chilly, ill, just in proportion as these processes are interfered with.

The celebrated scientific microscopist, M. Bouillet, says that there are about one million disks in such a drop of blood as would hang on the point of a needle. Draper says these disks die at the rate of at least seven millions a second. You may see how important to the warmth of the body it is that you take good food and pure air at all times. In the next division of this treatise we shall speak further of these disks.

When these disks form readily the blood is warm, impulsive and healthy; but in sickness they are consumed, and others do not come. What they are, how they come, how they carry health, and how their absence causes disease, are all problems of more than ordinary importance, and worthy of our most careful consideration. They relate first to food which makes them, second to glame which is imparted to them through oxygen, third to exercise which distributes them, fourth to cheerfulness which is their sunlight. But in ill-health they are to be nursed more carefully than in good health.

A single experiment shows results of special value. If, when the body feels cold, the temperature of the room is raised beyond seventy degrees, blood disks will be destroyed faster than new ones will form, no matter how nutritious the food may be; but if, when the body feels cold, the temperature of the room be lowered to sixty degrees or under, and heavy, dry clothing be added to that already on, a larger supply of vigorous blood-disks will form, more nourishment will be drawn from the food in the process of digestion, and a natural heat and pleasant glow will be diffused throughout the body.

This experiment is always successful, and tells an interesting story in itself. Theory would point to its value in breaking up a cold, and it holds true in practice. The opening of the pores by the sweating process is not successful as often as might be wished. The better way is to open the pores by a good bath, and rub the skin dry all over the body; then dress in heavy dry garments in a cool room. We have yet to see the cold that cannot be broken up in its early stages by this method. Let us review the facts.

1. Artificial heat destroys the blood.
2. Natural heat vitalizes the blood.
3. Perspiration causes a loss of natural heat.
4. A cool temperature without, and dry, heavy clothing cause the natural heat to be generated within the body and to come to the surface in a glow.

These simple facts are easily demonstrated, and can be tested in many ways. To sum up, a person in general ill health should keep the skin clean, should keep the body dry, should wear very heavy clothing, should avoid too much artificial heat, as of a warm room, and should practice the *four cardinal points of health* as stated in the Book of General Membership.

## 23d NATURAL TREATMENT: SPEED

**In the flash of lightning**, or the swift flight of the electrical current, the wonderful speed of Nature is seen. Lightning, electricity, magnetism and life are associated in character, and spring from a common cause. The full flush of health makes the possessor feel good all over, and there comes the impulsive desire to expend the vitality in quick movements. Even the speech is more rapid; while in sickness it is much slower. Cause and effect should be interchangeable in Nature. That exhibition of life which splendid health inspires is the result of the latter; but the same exhibition, used as an exercise or treatment, will give rise to the impulses of health. A rapid walk within two hours after eating a wholesome meal is a better tonic and invigorator than any medicine that can be taken. The walk must be as fast as the legs can go, and not run. It may be very brief, say for a minute only, but it will change the whole current of life for hours afterward.

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

**A woman who was wearied** with the inertia of her own life was told by her physician to get all the outdoor air she could. Thereupon she took a daily ride of an hour or two, but came back as tired as ever. The still position of one sitting in a carriage is not exercise, and greater weariness often results from such relaxation. The woman soon ascertained this fact for herself and began to walk leisurely out in the open air an hour or two daily. This seemed to do her some good, and she improved, but was always

SPEED EXERCISE

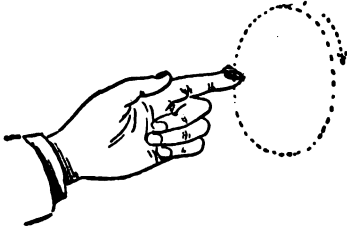


FIG. 23.



FIG. 24.

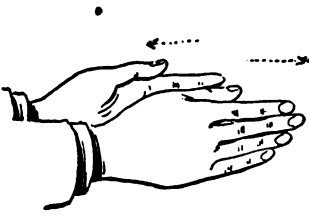


FIG. 25.

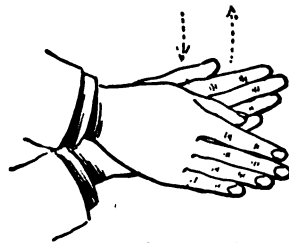


FIG. 26.



FIG. 27.

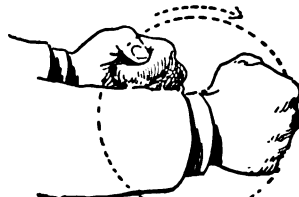


FIG. 28.

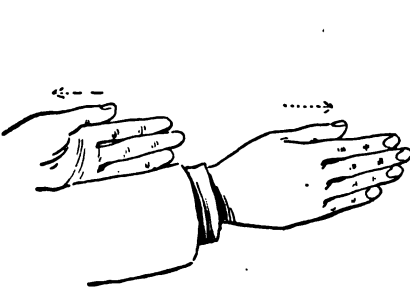


FIG. 29.

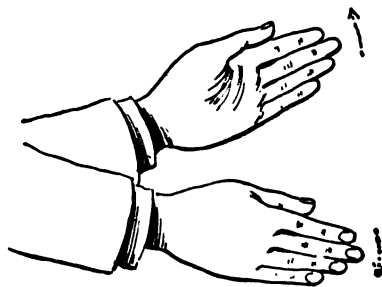


FIG. 30.

HAND MOVEMENTS.

tired for a long time after a walk. Under our advice she took a few minutes of very rapid walking at the beginning of each outing, and this proved to be the secret of the whole matter; and her statement is as true of other cases as of her own: "When I am tired of walking leisurely, I rest myself by a few yards of rapid stepping. It is really resting." The explanation is found in the fact that speed generates vitality.

**The speed should be confined** to a very limited action when the heart is not strong. Thus the quick but small movements, as seen in Figure 23, will prove beneficial, but will not tax the heart. Revolve the index finger of the hand in a circle so rapidly that you can hardly see the finger. In Figure 24 the hand is shaken until all the fingers seem to run into a blur. In Figure 25 one palm is rubbed rapidly from the wrist to the finger tips of the other hand. The exercise of Figure 26 requires both hands to be placed against each other, the palms touching, and then to be alternately moved up and down. In Figure 27 the fists are to be tightly clinched and to strike each other as speedily as possible. The same position is assumed in Figure 28, but the two fists are made to revolve around each other in either direction to start with, and then reverse. The movements of Figure 29 require that the hands pass each other, going from finger tips to near the elbow and back again to the finger tips; and Figure 30 is a much longer action than that of 24.

**The more vigorous of the speedy** exercises are found in the next page of illustrations. Figure 31 requires the action of the forearm, bending at the elbow; and a still larger action appears in Figure 32, where the bending is made at the shoulder. This is a very powerful movement. In Figure 33 the head must describe a circle with great speed. This will at first wrench the muscles of the neck and produce a slight pain in the head; so it should be commenced slowly. It is excellent as a means of strengthening the blood vessels that, by their weakness, lead the way to apoplexy. In Figure 34 the head passes from front to back. In 35 the action changes to a rapid movement of the arms across the body and over opposite shoulders. Figure 36 presents greater difficulty; the stiff arms are held parallel in front, and moved to right and left, still parallel and stiff. In Figure 37 the chest is slapped with great rapidity, the hands hinging at the wrists. In Figure 38 a rapid walk or run is required, while remaining in the same place.



SPEED EXERCISE

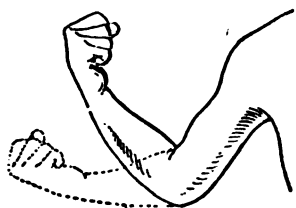


FIG. 31.

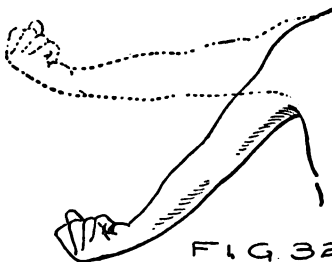


FIG. 32

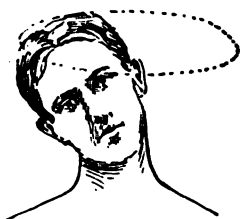


FIG. 33.



FIG. 34

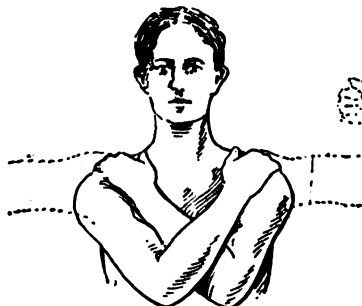


FIG. 35.

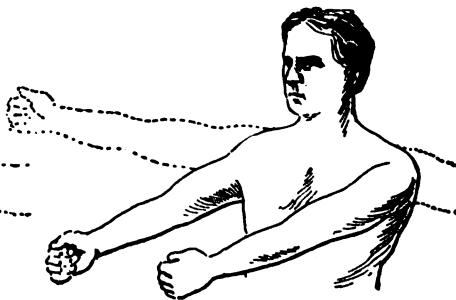


FIG. 36.

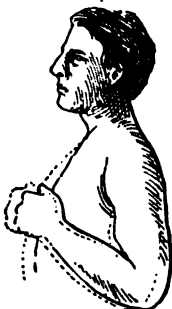


FIG. 37

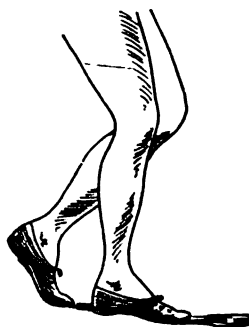


FIG. 38

GENERAL MOVEMENTS.

## 24th NATURAL TREATMENT: REST CURE

There are cases where the body needs absolute rest, and we are glad to say that they are few in number. As reference will be made in other pages to the use of this treatment as required, we will not state its special advantages in this place. Rest is here employed in a technical sense, and does not mean a sitting, reclining or recumbent position, but one that is prone. To a weak person, it is not rest to sit down; although it is a relief from standing. The sick are unable to find a comfortable lying position at most times; if the body is on the back, the nervous system is oppressed; if on the left side, the heart is crowded; if on the right side, the liver is not as free as good health requires, and so the invalid tosses about in dire restlessness.

**There is but one position** remaining, and that is a prone one. This is the most natural of all. Nature teaches it to the animals, and it is the favorite attitude of those that are not lazy. Very rarely is it assumed by a human being. To lie on the back is often dangerous, and this is so in nervous disorders as well as in cases of feeble circulation. Any pressure on the spine may lead to paralysis, and generally to insomnia; the cure of sleeplessness being effected in a few nights by the practice of resting with the body face down. The position on the back leads to pressure in the blood vessels of the brain, which is impossible in a prone rest.

**By studying the position** it will at once be seen that when the body lies face down, all the organs are released. The spine with its system of nerves is on top, and not underneath; so it cannot be compressed by the contents of the body, and there are no veins or arteries to be crowded by such contents. To lie on the stomach is pleasant in case of indigestion. Every person who has had that malady knows the torture produced by the weight of the liver upon a full stomach when the body rests on the left side. The heart is more regular in the prone position. Indeed, the intention of Nature is clearly apparent in the shape and arrangement of the structure of the body, and experience well proves that this is helpful in aiding the cure of nervous and other maladies. Where the prone position has been tried and persisted in,

THE NATURAL REST CURE

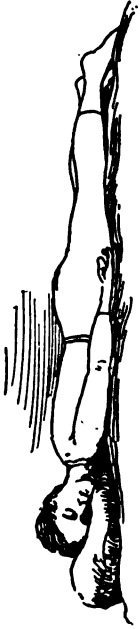


FIG. 39.



FIG. 40.



FIG. 41.

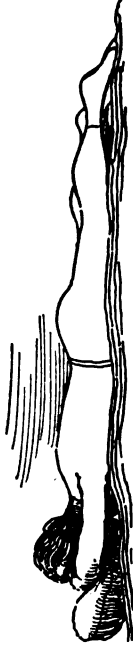


FIG. 42.



FIG. 43.

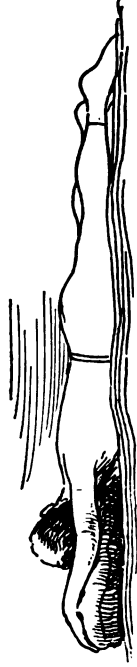


FIG. 44.

it has been made to supplant all others, even in cases of perfect health; for it is more resting and more comfortable. If the face is turned to the left, the body reclines on the right side of a central prone attitude, and vice versa; but not on the side of the body itself. We suggested this some years ago in nervous disorders, and have been thanked for it in every instance.

**We present illustrations** of a number of the best positions to be taken in the rest cure. In Figure 39 the body lies perfectly prone, even the toes being downward. The pillow should not be high enough to give the neck a bent position. Many prefer to abandon the use of the pillow altogether; and some physicians express the belief that it is not only unnecessary, but is unintended by Nature. However, a small pillow is a comfort. The head rests on the side, and it generally does so, even when the body lies on the back. The arms are straight at the sides of the body. We show the reverse view of the same position in Figure 40, and the naturally easy resting of the head is quite apparent. It may be argued that the chest is not free for breathing; but this is disproved both in fact and in the anatomical construction of the body. It is not possible to place any appreciable weight upon the chest or abdomen in the prone position; for the shoulders and hips are the supporting points.

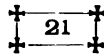
**The chest is better protected** in the rest cure than when it is uppermost, as has been abundantly proved in cases of colds on the lungs, and even in bronchitis. In Figure 41 the head rests on the forearm near the wrist; and the reverse view of the same attitude is seen in Figure 42. Some persons prefer to elevate the arms, as in Figures 43 and 44; and this is restful as a relief from the former positions. It is not best in case of a female who is troubled with the falling of the lower organ, as it tends to aggravate the malady. The positions, as seen in Figures 41 and 42, are a compromise between having both arms at the sides, and both raised; for one is under the head and the other is down. In 43 and 44 one hand is by the side of the face, partly supporting the cheek. These are pleasing variations of position that render the sleeping attitude more agreeable, and it is of advantage to the functions of the body to relieve one manner of rest by all the variety possible without losing the value of the principle involved. One soon comes to like these reverse sleeping positions, and to discard the old way.

## 25th NATURAL TREATMENT: FUNCTIONS

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**The use of the faculties** is the best way of preserving and strengthening them. The activity of the functions is necessary to the maintenance of their health. The latter operations are confined to those duties that are involuntarily assumed by the body itself, and just what is meant by them may be seen from reading the principles that follow. While they are led by instinct and undertake to perform their work voluntarily, the functions of life may quickly become sluggish and diseased; or they may be over-exerted and endangered by such extreme.

**Avoiding the larger terms** of technical science, we may call the functions of the body such life as is seen in the infant before the mind secures control of the motions and habits. The first thing apparent is great activity, and this disappears in the adult or youth whom disease seeks as its victim. The body is a machine, just like all other machines, and every impulse of life tends to keep the parts in motion. The child's body is naturally a growing one; the functions are seemingly overactive; it plays to exhaustion in a muscular sense, and a greater demand is thereby made and met by a greater supply of nutrition. It is for this reason that the infant is able to throw off much of the inherited poison of its diseased parents; and, given good food at all times, the average child will grow into perfect health under this law of the use of the functions. Herein is the greatest of all lessons for the adult. While the involuntary operations of the body do not cease altogether until death ensues, they are nearly dead in the lives of most invalids, and are the cause of much sickness. Let us catch the spirit of true living from an examination of some of the most important principles in the whole category of health.

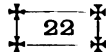


**The body is divided into groups of muscles.**

This is the 21st Ralston Principle. It starts with the proposition that the body is a muscular machine. Of course, the muscles are merely ropes or strings, whose sole duty is to pull one way or

another. But this pulling could not occur unless there was something stiff and resisting to be pulled. Muscles could not pull themselves, for then the body would be a tangled mesh of strings, lacking definite form. They could not pull the flesh, for then we would be as the jelly fish, soft, flabby and devoid of action. It will be seen that something hard and stiff must be had, and this is the bone. In a grown body there are two hundred bones, each supplied with two muscles; one muscle pulls the bone in one direction, and an opposite muscle pulls it back again. As it is very rare that a single bone is moved without the associated movement of others, it follows that they work in groups, and thus require the action of muscles in sets.

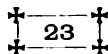
**This beautiful arrangement** is of the highest value, and the science of hygiene takes advantage of the fact to develop its best movements for the restoration of health. If we move the fingers of one hand, twelve bones and a group of twenty-four muscles with associated assistance will be engaged in the work. If one finger is moved, a smaller set is employed. If we shut the hand tightly and open it widely, a much larger set takes up the work, extending from the elbow to the tips of the fingers. If we touch the top of the head with the tips of the fingers, and then touch the small of the back with the same fingers, a still larger set is engaged. This may be divided and subdivided in many ways. Thus, if we extend the arm, then turn the palm upward and downward alternately, we use a limited portion of this set; and another limited portion is used if we bend the arm at the elbow and straighten it again, or if we raise the arm stiff from the shoulder. The complications and variations that are possible in the action of the arm are true of each and every part of the body.



**The absolute weariness of any one group of muscles is followed by exhilaration.**

This is the 22d Ralston Principle. The best test of its truth is found in a faithful trial of the facts involved. Absolute weariness is really the end of all power to continue the effort. Such a condition, when produced in the entire body, might be followed by a collapse inviting heart failure and death, or in some way imparting permanent injury to the health; but, when produced in a limited section of the body, it is powerless

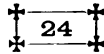
to even assume the proportions of general exhaustion. Thus, in Exercise 55, the hand may be opened and closed until it is so tired that its muscles refuse to act. This is absolute weariness. The heart, which is the first to give way in general exhaustion, is not only not depressed or excited by the weariness of the hand muscles, but is actually made stronger by the effort. As soon as the hand is allowed to rest, a reaction takes place at once; the blood rushes to it; the nervous fluids all tend that way, and the purpose of the physical system seems to be to develop and carry to the tired part all the excess of life and energy that can be summoned up. Any person who thinks at all knows that the wearied group of muscles is soon oversupplied with vitality and nourishment from the rushing volume of blood and nervous fluids, and that these will redistribute themselves throughout the general body. It must also be apparent that if other groups of muscles throughout the body are thus specially treated, a mighty advance in health and vigor must take place in each part in turn. As was said before, the best proof is in the actual use of the exercises. Many marvels of cure have been effected under this principle, and non-observant physicians have been puzzled in the extreme by the return to health of patients whose lives had been despaired of but a short time before. If you are in doubt as to how the principle is applied, write to us, and, if possible, try to arrange to enter Ralston Term, which is held every February and March at Washington. We select these two months for the reason that then the old blood is changing to new thin blood, and there is more need of such nutrition as comes from this method of physical culture than in any other time of the year. In other words, we select the critical period of the whole year, when the benefits are most needed and hardest to get. It is better for others to select the times when the benefits come more easily, for they will see results right away. Our work is brought down to the very finest details of science and is far more elaborate than could be attempted outside of a thoroughly equipped institution.



**Exhaustion rapidly breaks down weak tissue.**

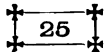
This is the 23d Ralston Principle. By tissue is meant the structure material of the body. The stronger parts are the last to yield, and this lends an advantage. The exhaustion must never occur in

the whole body, for the reasons stated under the preceding principle. It should be carried on to the last extreme in some selected locality. The good that comes to that part will be taken up by all other parts in lesser degree. The urging on of one exercise to the complete exhaustion of one group of muscles, followed by a long rest of that group, will soon throw off the weak and diseased tissue; while other laws will rapidly rebuild at that place, and thus actually construct a new body.



**The attraction of exhaustion is the most powerful builder of the new body.**

This is the 24th Ralston Principle. The keen value of this law was, like everything else of vast importance, discovered by accident. It is well known that when the body has suffered utter collapse through some ravaging disease, coming even to the verge of death, a reaction may or may not take place. If the conditions are favorable, the after-effects will go to the extreme, in a natural effort to balance the collapse. Many persons who have been emaciated for years, and who have found it impossible to put on wholesome flesh, have been pleasantly surprised by the change that follows a fever that almost kills. It is the law of reaction. Ralstonism avoids the danger of total exhaustion by substituting the same principle in a safer way. If we attempt to bring the whole body to a state of collapse, the vitality of the heart may give way, and death follow; but if any small division of the body is subjected to extreme weariness, there will be a vigorous reaction in favor of the best health, provided the next principle is applied in the attainment of the result.



**Nutrition must be in readiness to supply new life as the old gives way.**

This the 25th Ralston Principle. There is no more important law in the whole story of existence than this simple yet decisive rule. It is too often overlooked; and it may be well said that it has remained hitherto altogether neglected. Few, if any, persons give it a thought. The popular idea is that, if food is at any time taken, the parts that most need its nutrition will claim it sooner or later. This is decidedly wrong. As we shall see



in the following principles, there are classes of nutrition, and periods of value. It is not healthful to tax the general blood for the supply that may be needed in a specific instance. Experiments of every possible kind have been made to test the workings of this law, and it holds universally true that the nutrition should be ready when demanded by the system or any part thereof.

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26 † ——— †

**The best nutrition comes from first digestion.**

This is the 26th Ralston Principle. By it there is implied that there are two or more digestions. Natural hunger is a nervous vigor that extracts from food its richest qualities, and causes them to pass into the blood by easy assimilation. Without such vigor it is impossible for the best food to go through the system, carrying nutrition to waste. In the case of abnormal hunger or morbid appetite, the same thing occurs; but probably this is due to the extra task of caring for and throwing off the surplus food, thereby overcrowding the energies. Many persons succeed in procuring good food, and thus half the battle is won; but it is lost by reason of a failure to assimilate the nutritive value of what is eaten. The appetite lags. They eat because of weakness rather than hunger. And the trouble is due to a misuse of the best digestion, which is the first.

**There are four or more periods** of digestion. The first is that which, attending hunger, draws from the food into the blood the best elements of supply. This occurs in the first hour, and by that time much of the contents of the stomach, if not all, will have passed out. This hour is the most valuable of all. In some cases the process hangs weakly on for several hours. Certain foods are partly digested in the duodenum; others, as well as portions of all, in the intestines, and finally, some in the colon. It may be said that the vital functions, in order to be in normal vigor, must be sustained by stomach digestion.

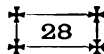
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27 † ——— †

**Sluggish habits during first digestion lead to sluggish life.**

This is the 27th Ralston Principle. It may be new to the world at large, but its truth is easily verified. We do not teach extremes in any case; nor do we advocate excessive effort while

the stomach is full. It seems true that when the tax on the vitality is very great there is not vigor enough left for the process of digestion ; yet, when the effort is not unreasonable, the process is aided by it. Thus a horse may walk for hours after eating, without hindering digestion ; but, if he be driven hard from the start, the chances are that the stomach will not act until rest comes, and so a full meal may be carried for hours in the same condition as when it was eaten. Moderate, or reasonable effort is, therefore, an aid to digestion. But the principle teaches a more important truth. It is dangerous to the life of the faculties to make them dead during first digestion. The habit of absolute rest formed at such a time will lead to the very worst of conditions ; and when the vitality is low the depressed tone of the system invites disease. It is to avoid such tendencies that care should be taken to reap the natural advantages of first digestion.

**The practice of sleeping** after a meal is useful when one wishes to deaden the excessive running away of the nerves, from which insomnia and nervous prostration ensue ; and this is done on this very principle. A person who is extremely nervous will, if active during first digestion, feed the flighty and erratic nervous system at the expense of the other functions of the body, and the result will, sooner or later, be a breakdown, always preceded by sleeplessness. The cure in that class of cases is to rest during the first hour after each meal, lying flat on the back, alternating with a position on the right side, and keep the eyes closed all the while. Otherwise, it is better to be reasonably active during first digestion. We have found many witnesses to the fact that, if rest follows the heavy meal of the day, the mind and physical system are too sluggish for any important task, and stupidity prevails.

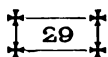


**Excitement attracts nutrition.**

This is the 28th Ralston Principle. Nutrition is supposed to be in the food taken into the stomach. Let it be lacking, and our principle becomes inoperative. With properly selected food in the stomach, there must be some attractive power to draw it out into the blood, and this is the nervous impulse of hunger. Once in the blood, traveling in and out among the rivers and channels of the body, there must be another kind of attraction to draw it out of the blood into the general uses

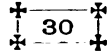
of life. Thus hunger takes it from the stomach and puts it into the blood; but the tissue matter of the body must obey some other law in order to get it out of the blood, and this is the attraction that is meant in the present principle.

**Assuming that the proper food** is in the stomach, and that the blood is assimilating its nutrition, we find that some kind of excitement is necessary in order to make the blood give it up. If, at the time of first digestion, the muscles of the arm are making unusual effort, the excitement caused by this effort will attract more than the ordinary share of nutrition from the fund that is being added to the circulation. If, at such a time, the muscles of either foot are unduly active, as in the exercises of Figures 6 or 10, the extra share of nutrition will be called to the foot, and splendid warmth established by driving out the dead conditions that prevail in cold feet. So, if the mind is used, in such a time, it will draw more of its needed nutrition from the blood than it would otherwise get. If you wish to be mentally stupid, let the mind do nothing during first digestion. If you wish to be mentally bright, give the brain some hard work at such a time. The principle works in many ways, but always to the same end, or to its reverse when its operation is reversed.



**Appetite is created by the physical law of supply and demand.**

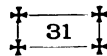
This is the 29th Ralston Principle. We refer only to the normal appetite. Natural hunger must be brought about by a double action: first, a demand on the blood for its nutrition; second, a demand of the blood for more nutrition to take the place of that which is given up. It will be seen at a glance that inactive persons can never possess a normal appetite; and this is always true. In bodies where the demand is feeble, there can be no reason for the creation of a supply; so the best of food will go through the stomach and run to waste. The consequent tired feeling, the lack of energy, the failing health, the accumulation of ills, the derangement of the stomach and other organs, the necessity of stimulants, and all the logical results of a most illogical treatment of the precious life that the Creator has entrusted to the care of men and women, are merited rewards of deliberate misjudgment.



**That develops best which makes the strongest demand on first digestion.**

This is the 30th Ralston Principle. We have already learned that the best nutrition comes from first digestion, and we now find a counterpart law at work seeking to regulate the distribution of whatever nutrition has been acquired. The best minds are those that work hardest while eating or immediately after. Increase the effort of the brain up to the farthest limit, so that it does not continually concentrate its energy upon a fixed idea, and you will increase its development. The same law is often used now in mere physical development. A familiar case is where the arms and shoulders are thin and flabby. Let the exercises of Figures 49, 50, 52, 58, 73 and 76 in Ralston Culture, in company with any of the shoulder movements, be tried, to the exclusion of all others; and let them be performed only during the hour following each meal, and the result will be a splendid development, following a rest, as stated hereinafter.

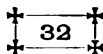
If a more vital and vigorous circulation of the blood is sought, the fine warming movement of Figure 53 should be practiced continually, and no other part of the body should be trained while this result is being sought. Perhaps the neck and throat may be weak and sickly. If so, exclude all special effort except the exercises under Figures 61 to 66, and you will find a most satisfactory growth of this part of the body. If the lungs are lacking in health, the very best time for improving their condition is in the hour following a meal of properly selected food. A large volume, *Cultivation of the Chest*, is devoted to this one means of improvement; for it is a broad field of culture, as it leads to the best blessings of life. The book referred to, as is well known, is the emolument of the tenth degree, or only four degrees ahead of the present volume. Cures and results of the most surprising character have been achieved by applying the training of that book solely under the rule of the principle now under discussion.



**Development occurs in periods of rest.**

This is the 31st Ralston Principle. The periods of rest appear in two ways: first, rest between the times of practice; and,

second, rest that follows after the course of training is over. Thus, if you practice one hour daily, the intervening twenty-three hours would be short periods of rest; and we have known many cases where development occurs in this way. But the rule seems to be that, while the course of training is in progress, the true development will be held in abeyance; but will follow after it is finished. The best hygienic time for such a course of training is in the spring, for there is then the most to contend with, as the blood is weakest and poorest. Instead of adding to its misery by taking the usual spring concoctions, such as sarsaparilla and its companion tonics, which destroy the best part of the body, it is much better to adhere to Nature. Try the present series of principles, commencing with the twenty-first, and note the result. Give six weeks or more to the exercises from Figure 1 to 102 in *Ralston Culture*, and then await the development that will follow in the months succeeding the course of training. You will discard all patent medicines forever.

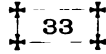


**Plain food should be eaten while rebuilding the body.**

This is the 32d Ralston Principle. It tells its story on its face. There are persons who expect to acquire health by mere exercise, without regard to the character of the food which is eaten. There are persons who expect to acquire health by taking medicines and stimulants, not stopping to recognize the fact that these poisons can act only on the food that goes into the stomach. The attempt to purify the blood by medicines is about the most meaningless thing a foolish human being can do. The blood needs daily fourteen chemical elements that have lived in some organic form; and without them, one and all, there can be no health, no matter if tons of medicines and stimulants are taken; and with them, there can be no need of medicines and stimulants. When will men and women recover their senses?

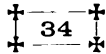
**Nothing is more important** during a course of training in physical culture than that the diet be kept pure. The book entitled *Model Meals* is in the hands of Ralstonites, and its food selection is commended; omitting the pastries and puddings, for these are added to the plain diet solely as a relief to those who will not deny themselves some of the pleasures of eating. The best single item of plain food for muscle-making, as well as for building the new

body, is yellow meal ground fine and boiled an hour or more, then served as a pudding with cream and milk, and some sugar or salt added for adjustment to the taste. This may be taken once a day; preferably in the morning or at noon.



**Extra sleep is required to meet extra demands on the vitality.**

This is the 33d Ralston Principle. While it relates at this place to the additional demands of the exercises in the course of training in physical culture, it is general in its scope and should always be obeyed. The fatal cases of insomnia and nervous prostration may all be ascribed to a breach of this law. In the Ralston school the pupils are requested to take one hour extra for sleep in every twenty-four; and it matters not whether the night's rest be extended to nine hours, or the time be added in some part of the day. In the performance of the duties of life, whenever some demand is made on your vitality, you should seek equilibrium in extra sleep. If you do not, there will come the ravages of disease that follow a weakened vitality. Colds all originate in a breach of this law.



**The play impulse is the key to perpetual vitality.**

This is the 34th Ralston Principle. It is the basis of all the training in the Ralston School of Physical Culture of Washington, D. C.; for, by its aid, the most excellent results are alone attainable. It is not present in work, and for that reason work is unattractive, although respected by those who love their duties. But it is in a broader sense that this principle is here presented.

**There is born into all animal life** of a high order what is known as the play impulse; and even among some of the lower species it is noticeable. All human beings, in every grade of civilization, play when young. Play and youth go together. Play is either the impulse of youth or is its companion; Nature tends to their inseparability. Youth is the period of growth. Growth is the result of excessive vitality. Such vitality is the source of perfect health, although the young body may not be, in itself, the equal of the vital spark that feeds it. Indeed it is certain that nature anticipates a weakened inherited physical body in the child—or ignorance of the laws of nourishment—and prepares for this by

an exuberance of vitality to counterbalance the dangers of infancy. At any rate, as soon as those dangers are past, the excess of energy is soon manifest in the child. Life is full and expressive. It prompts play. It suggests play. The child, by its play, invites the very life that creates it.

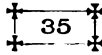
**An old man of eighty**, full of youthful vigor, alert, quick, clear-brained, well preserved in all his parts and faculties, was always a lover of innocent sport. The play impulse had kept him youthful. The principle is this: youth, or the play impulse, invites full respiration; such respiration is accompanied by the love of physical exuberance; like draws like; this exuberance draws from the teeming life of the atmosphere its own kind, and the spirits rise to the full enjoyment of health. A nervous person should play; a morbid person should play; a gloomy person should play; a dyspeptic should play. That disease that will not yield to the influences of play must be deep-seated. It draws glame; so does all real cheerfulness; but play compels cheerfulness.

**What is play?**—Amusements may contain no element of play. Theatres and card-playing are kinds of amusements that are the opposites of play. Why? Because both absorb the nervous attention, and reduce the respiration to a minimum. Anything is play that contains two elements:

1st. Enjoyment.

2d. Tendency to vigorous respiration.

**All out-door sports**, and some few in-doors, may furnish the means of genuine play. The play impulse carries with it into old age the only element that sustains the vigor of youth. *Avoiding excessive muscular wear and tear, the secret of perpetual youth lies at the door of the play impulse.* We advise you to organize a system of sport under the foregoing rule. We also state that a fortune awaits the person who will invent a series of games that are suited to men and women of mature years, that is from twenty-five to seventy-five, in which the two elements are exclusively present. Discouragement lessens the respiration, and a despondent outcome of any game or sport is just the opposite of what an invalid most needs. We must have games that give all participants the opportunity of reaping the full measure of enjoyment. Now, who will make the right kind of invention? Our nearest approach to such perfect enjoyment is found in the one hundred dollar book, "RALSTON CULTURE," which is free to Star Ralstonites of the tenth degree.



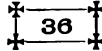
**Every means of cure must operate through some natural law.**

This is the 35th Ralston Principle. It may include any one or more of the laws heretofore set forth in this department. We have already discussed the matter to some extent, and very little remains to be said. The body is a furnace combined with an engine; the former to supply energy and the latter to use it. If you feed rock into the maw of the furnace, you will not get energy. The vitality will be low and the engine will be sick or dead. Health is necessarily founded upon that energy which can come from nothing but pure food and its assimilation and use in the blood and body. What can pills do? What can a spoonful of concocted liquid do, even if taken every hour or every minute? What is it to act upon? The blood is useless unless it has strong food; and pills and liquids are never foods. Here is an engine that has grown rusty from non-use; will spoonfuls of cathartics, laxatives or diuretics thrown into the stomach of the furnace remove that rust? The wise doctor says, rub the rust off. You do so, and let the engine remain evermore inactive; and it gets rusty again. You blame the doctor. In your disgust for a wise man, you fly to patent medicines, and do the general structure a more serious injury, without making the slightest effort to prevent the trouble.

**This is the story of life.** It is the secret of many a poverty-stricken home. It is sometimes the man; but as he is generally compelled to be more active, he escapes with fewer ills. Most women are sick. They would feed a pet dog regularly on wholesome food, give it air and let it get exercise; but they sit and suffer from headaches, neuralgia, weak stomach, low vitality and what else, with no regard for the sure results that a reasonable mind ought easily to foresee. The diet of woman, her erratic appetite, the nervous scope of her relish, and the inverted life she leads, must keep the exchequer low and the household poor. Haunted by advice, driven to every point of the compass by suggested remedies, still disobeying every law of Nature, she poses as a martyr to disease and empties the pocket-book that should provide comforts for the family. Horse sense in man or woman will take good care of a horse, if he is worth more when well than when

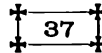


ill; but the very methods that would kill the valued animal are the very methods that self-made invalids adopt in their own lives. These "sick persons" voluntarily and persistently make themselves poor and wretched, and contaminate every joy of life with their own morbid and morgue-laden atmosphere. When some crisis comes, they take pills and concoctions, without the slightest intention of lessening the evils that cause the trouble.



**Energy attracts energy.**

This is the 36th Ralston Principle. It is part of a higher law which tells us that like attracts like. The lack of energy would most assuredly result in an increase of the very condition represented by itself. Laziness grows on people. Sluggishness grows on people. Stupidity invites stupidity. Each honest effort made to throw off the influence of ill results in the acquisition of something better to take its place. A resolve to get well, if followed with a dogged and unflinching persistency, will reach its goal; for the resolve means energy, and that much will invite more. A wish, a hope, a prayer, unbacked by purpose, will do nothing. It is not every nature that can lay hold upon the belief that dauntless determination is the world's greatest conqueror. So in the mere question of health the use of energy draws more of the same quality to itself; and the more it is employed the more companionship it will have.

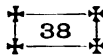


**Cold hardens the vitality.**

This is the 37th Ralston Principle, and is a restatement of the law bearing upon the same matter. The winter is a blessing. The blood it makes is of better quality than that which is created in the summer. Even the first warmth of spring thins and weakens a winter-made blood. The old proverb tells us to wear winter clothing in summer, if we wish to avoid catching cold. The real philosophy of this is that the inward heat is better than the outward, and heavy clothing tends to establish and retain the former. It is outward heat that weakens, whether it comes from the temperature of the day or the warmth of the room.

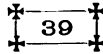
**Likewise is it true that outward cold and inward warmth**

tend to make the best health. These conditions are not always attainable, but they may generally be approached. Heavy clothing is a help at all times, provided a frequent bath or a daily polishing of the skin be indulged in, so as to relieve the surplus heat and waste. The keeping away the outward warmth serves to compel the body to depend upon its own powers. So, in cold weather, heavy clothing means that the body is capable of generating heat within, and needs none from without. To sleep in a room of extremely low temperature, with extra clothing on the bed, will invite the most refreshing robustness; while to sleep in a warm room results in a headache and an enfeebled vitality. It is never safe to be insufficiently clad in cold weather, but it is always advisable to get out as much as possible in the coldest air, and let the heat of the body resist the encroachments from without. A low temperature and heavy clothing in-doors should be the rule. If you are catching cold, get more clothes and less heat. While we may lose our vitality through exposure, it is always due to a weakening of the blood by previous indulgence in the seeming comforts of outward heat.



**Warmth always moves toward cold.**

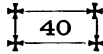
This is the 38th Ralston Principle. It has been stated under one of the laws of this department, and the explanation there given is ample for the subject. The only suggestion that need now be made is to study the preceding principle in connection with its law.



**Outward heat weakens natural heat.**

This is the 39th Ralston Principle. Natural heat is that which the body itself generates. Outward heat is that which comes from any other source. Nature furnishes it all, whether we call it artificial or not. To live in a continually high temperature, to keep the fires burning night and day for the sake of warm rooms, to sleep in a comfortable heat, are all injurious to the health. Hour by hour and minute by minute the blood gives up its life, and the one desire is to have it warmer. With the thermometer at eighty, the cry comes, "I am freezing." And yet a person whose blood is vigorous, with the tem-

perature at seventy, will shout, "I am roasting." The fact is, the real condition of the room as to heat or cold has nothing to do with it; the health of the blood is determined by its care or abuse. The habit of getting heat into the body from the fire of the stove or furnace, instead of getting out from the centres of the body itself, is always attended by cold feet, cold hands, and a shivering spinal column. The cure consists in putting on more clothing and lowering the temperature; and this is always safe, no matter how cold it may seem.



**Artificial electricity destroys natural electricity.**

This is the 40th Ralston Principle. The kind of electricity which is known as natural is that which is generated in the act of life. Whether or not it is the same in identity as that which is used in the world of mechanism is not fully known; but it is true that they both resemble each other in every particular. Yet the life principle within the body is a part of the act of living, and bears the same relation to mechanical electricity that oxygen in vitalized air bears to the chemical oxygen that certain quacks sell from tanks. Only in the form of organized vitality is either suited to the system. As outward heat will prevent the generation of natural heat in the body, so will applied electricity, apparatus, machines, belts, pads, and the endless paraphernalia of money-making invention, prevent the nerve batteries from creating natural electricity; and that which would live to do good is destroyed by the artificial substitute.

**When will the minds of mortals** be shrewd enough to see through the schemes of those who, by adroit promises of wonderful cures, induce men and women to buy belts and apparatus that are supposed to furnish currents of electricity. Now, they either do or do not furnish such currents. If they do, of what good is the result? Not the slightest value can be attached to that or any other form of artificial electricity. But electrical experts, journals and magazines assert that they do not afford anything at all; that they are all fakes, and worthless. One publication devoted to electrical inventions has had every belt, apparatus and device tested, and has found them all lacking in power to generate or to furnish electricity. Whether they can or cannot do so, the result is of no value as a means of cure.

## 26th NATURAL TREATMENT: DRY BATH

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**Persons of thin blood** always catch cold on taking a bath. In seasons of depressed vitality this exposure leads to la grippe and serious affections of the lungs. Many a fatal pneumonia has had its origin in the chill that followed a bath in cold weather. No matter how hot the room may be at the time of bathing, the pores of the skin are weakened and will contract and become inactive during the next twenty-four hours. Then the person will wonder how the cold was caught. Others, whose blood is more vital, do not suffer the least trouble from the coldest bath. The use of hot water is more dangerous than cold water in cases of thin blood, and both lead to unpleasant results.

**Such persons should never submit** the vital part of the body to water during the cold season. The protest may be made that skin disease or some other malady may follow. But this is not true. There are scientific and practical men who advocate the doctrine of never wetting the skin, and sustain the claim by many examples of health. Of course, the dirt must be removed, and the pores must be kept open and active; but there are other ways of accomplishing these ends. In the first place, all persons should bathe the feet every night before retiring, using hot water and soap, and ending with a dash of cold water, followed immediately by dry wiping. If not possible to do this every night, it should be done at least three times a week. The same rule should apply to the legs and the lower hips; all the while retaining the clothing on the upper half of the body. It is the complete undressing that invites the cold.

**It is also advisable** to use the hot water and soap to the neck and armpits, followed by a cold dash and quick dry wiping; provided this is done when the clothing is on all the body except at the shoulders. Avoid exposure by undressing. At some other time than when bathing the legs, neck or armpits, take a hot, dry towel and saw the back with it from neck to hip, covering in turn every part that has not been subjected to the washing. The clothing may be removed clear down to the waist; but the room should be quite warm. After sawing the back, repeat the process in front. This sawing is done

RALSTON NATURAL TREATMENT

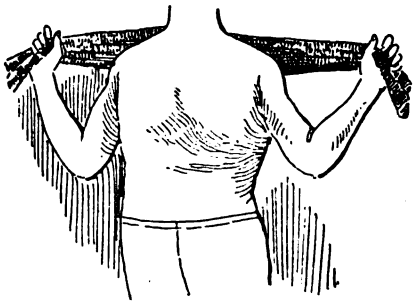


FIG.45.

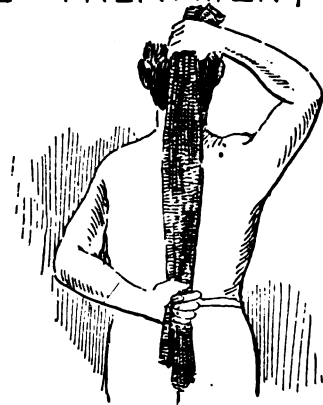


FIG.46.

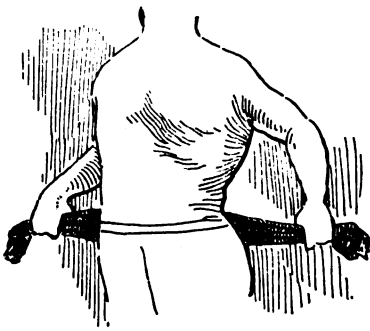


FIG.47.

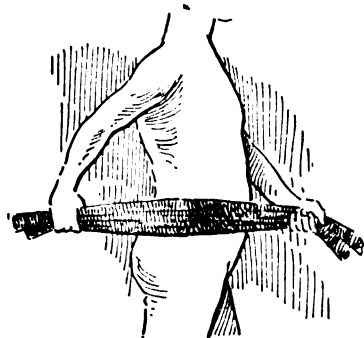


FIG.48.

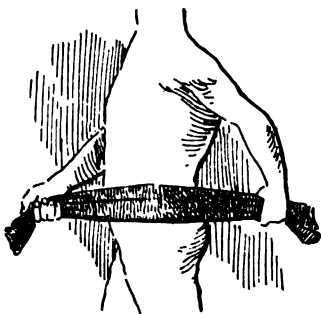


FIG.49.

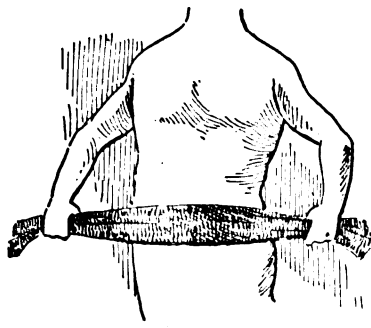


FIG.50.

THE DRY BATH

by taking an end of the towel in each hand and pulling it back and forth across the body, changing the position of the towel so that every part of both sides of the latter may be brought in contact with the flesh. It is a fact that, if this is persisted in for ten or fifteen minutes, it leaves the skin cleaner than when soap and water are used. The dry bath has many hygienic reasons for its being adopted for the part of the body referred to. It is not so good as soap and water for the thighs, the legs and feet, simply because it cannot reach and cleanse those parts so well. Its efficacy can be understood when we say that we have recommended it to thin-blooded persons who always caught colds from water bathing, and in every instance they have been saved from such malady by the adoption of the dry bath.

By glancing at **Figure 45**, you may see the action of the towel in the first part of the dry bath. If the room is quite warm, the clothing may be laid aside down as far as the hips; but this must not be done if there is the least danger of becoming chilled, for the chief purpose of the dry bath is to save the vitality. Two towels may be used; one wet in the middle only with hot water, and the other immediately following perfectly dry. It is not at all necessary to use water, for the action of the towel will start a full perspiration, even if the moisture is not apparent. This excels all massage as far as the skin itself is concerned. In **Figure 46** the up and down action is seen. It may be transferred to the shoulders, or to any part, in fact. In **Figure 47** the low lateral movement is seen; and in **48** and **49** the low side movements are presented; while **Figure 50** shows the full front action. It must be remembered that these positions may be extended so as to include all parts. The first towel, if wet or dry, should be used for cleansing; the second for the glow of a final friction. The movements should be as rapid as possible. The splendid results of the exercise, combined with the dry bathing, may be summed up in the report of a Ralstonite, who said, "I now realize what it is to enjoy health and freedom from colds."

In connection with the present method of cleansing the skin, we would suggest the use of hot water and carbolic soap on any part of the skin that seems to be broken out with sores or irritation. Too much chafing with a towel where there is already some tenderness is not beneficial. The hot water and carbolic soap may be applied in small areas only, or in spots, and not as a general bath.

## 27th NATURAL TREATMENT: POLISHING THE SKIN

**If you will take the trouble** to keep a record of your baths and your colds, especially in autumn, winter and spring, you will find that the former are almost always the cause of the latter. Sitting in a draught may give rise to a cold; but, next to careless bathing, the most frequent causes are found in the habit of standing on the cold ground, or damp ground; walking outdoors in thin-soled shoes, and wearing low cut shoes or slippers on cold floors. A careful bath should proceed as follows: Get in the tub, or otherwise arrange to use the water; wash the face, neck and shoulders, and wipe them dry; then wash each part of the body, from the chest to the feet, and wipe each part dry *at once*; and finally get the feet thoroughly dry and well protected, before exposing them to the floor. A cold cannot ensue from this method unless the vitality is weak, in which case use the dry bath; which see. Some persons in the coldest weather bathe the upper half of the body one day, and the lower half the next. This is a safe plan in washing children, when the conditions are not favorable for a complete bath.

### POLISHING MOVEMENT

**Of late years a series of experiments**, made under our direction, have established certain hygienic facts of the very highest importance. Indeed, so valuable are they, with reference to the preservation of natural vitality, that they bid fair to revolutionize the methods of treatment, especially of invalids, in the immediate future. We will call them by one term—*polishing the skin*. So simple a phrase does not seem to carry so great significance as the facts themselves warrant. Yet nothing is needed but a thorough trial, in order to appreciate the remarkable results that are certainly possible.

**A general glance at the subject** is at first necessary. While the art of polishing the skin will eventually take the place of soap and water bathing to a large degree, it should not be understood that the bath is not beneficial. Too much cannot be said in favor of the use of soap and water as the best means of cleansing the body; and when filth accumulates, or a bad odor is present, hot water, with the vigorous application of soap, must always be pre-

ferred. Even when the art of polishing the skin is adopted, there are parts of the body that should be thoroughly washed daily. Soap and hot water, followed by cold dashes and dry wiping, should be used every day upon the following parts:

1. The face; soap may be omitted if the skin can be kept clean without it.
2. The neck; this part should be well washed daily.
3. The armpits; here the tenderness of the skin renders the development of cancerous tendencies very easy, if dirt and animal soil are allowed to collect. Hot water and soap are advisable daily. They help to purify the blood.
4. The navel; ulcers have been known to originate from uncleanliness here.
5. The loins; here the same argument applies as in paragraph 3, relating to the armpits.
6. The feet; also the knees, if sticky.

**The foregoing allusions** have reference only to the question of cleanliness; both for the sake of avoiding ill health, and of sweetening the body. Many persons, the lean as well as the stout, carry about with them a delicately rank and far-reaching odor, which is most exuberant at the armpits; and, when the wind is coming your way, you may detect their approach, even before they enter the room. They protest, in sacred confidence to a few privileged friends, that they bathe every day; but this is not true, for the odor is a species of fermentation which cannot possibly arise in less than twenty-four hours.

**Polishing the skin has many advantages**, and these should be understood. It may be omitted on such parts as are washed; or it may be applied to those parts also, for it tends to lessen the need of soap and water. It is a law of nature that the more the skin is manipulated without violence or hurt, the healthier it becomes. It can be made to take the place of washing in some cases; but these seem rare, for the blood is too often foul, owing to the use of wrong foods, and it gives off large quantities of poisons that destroy the life of the skin. It is true that certain persons who are out in the air, with habits of great activity, are able to throw off the soil and bad fluids by the very purity of their blood, aided by a vital perspiration. So it may be said that the better the health, the more advantage may be derived from polishing the skin.



**The first step** is to see that the skin is clean; if it is not, the polishing will result in making it sore, for the soil always contains germs of disease, and these take root in fresh abrasions, which expose the blood, or weaken the surface that covers it. After a few trials of polishing, the dirt will not collect so easily, for the vigor of the cuticle will throw off the effete matter rather than allow it to cling at the pores and stop them from acting. The second step is to take a fine, clean dry towel, and pass it back and forth over the part of the body to be polished. The best results come from polishing the chest. Take the towel in the hands, so that one end will be held in the right hand, and the other in the left, while the part between rests on the chest. It is better to fold the towel lengthwise and present a flat surface to the skin than to have it wrinkled.

**Carry the right hand out** as far to the right as possible, while the left hand holds the towel-band to the chest. Next, carry the left hand out as far to the left as possible, while the right hand holds the towel-band to the chest. Repeat this ten or twenty times, but not enough to chafe the skin and make it sore. Now alternate rapidly the two following movements: Pat the skin vigorously with the hands, then rub the palms over it in all directions. Repeat ten or twenty times. After this, lift the skin by catching it between the thumb and fingers, as if to pinch it. End by gently rubbing it with the palm side of the fingers. As the chest and lower neck are the parts of the body that are most in need of such treatment, they should be given the preference, even if no other portion is attended to.

**One principle at work** in this method of taking care of the skin is that which is used to preserve leather. The skin itself is nothing but live leather. It is well known that leather is injured by water, and it is benefited by manipulation. If leather is dusty, it is washed; but the less water used, the better for it. So with the skin, except that if water is completely removed after the washing, and no moisture is allowed to remain, the effects of the wetting are not noticeable. Leather is benefited by pure oil; so is the skin. The latter generates oil of its own, which is good or bad in proportion to the health of the blood.

**Manipulation of the dry skin** is sure to call this oil out, and its presence adds to the beauty and the clearness of the surface, for it draws off that greasy condition which women love to

conceal with powder. The face of a young child in the flush of health needs no powder, for it is able to eradicate all exuding grease and leave in its place the soft oil that keeps the skin as dry as desired. If those whose faces shine would polish them gently, instead of powdering them, the gloss would disappear, as the polish leaves a dry and quiet effect, and the grease is removed by the only process known to Nature.

**The leather in shoes** is sometimes made stiff by moisture, and if it is allowed to dry it becomes hard. Then decay follows. The skin of the body, for the same reason, should never be allowed to dry of itself, as it soon shows a coarseness that would be avoided if it were thoroughly dried every time. Manipulation, or working the skin, also helps it, if done after it is dry. There are a considerable number of persons today who avoid wetting the body, but who depend upon this method of taking care of it. With the exception of the instances cited on the pages preceding, we believe in their method.

**The foregoing is a combination** of the dry bath and the first steps in the polishing of the skin. The final action consists in the use of large glass balls, such as boys play with. If possible, secure some balls that are two inches in diameter, although half the size will do. They are made to roll under the palm of the hand in all directions: first, in a forward and backward course; second, in a lateral course; third, in a circular course to the right; fourth, in a circular course to the left; fifth, with two hands, forward and backward; sixth, with two hands, right and left; seventh, with two hands in circles to the right; and eighth, with two hands in circles to the left.

**The glass balls should** be free from all scratches or rough places, and as smooth as may be had. After use they should be scalded in hot water. The movements are necessarily small, owing to the fact that the balls will slip easily from under the hands; but this is intended in order to confine the operation to as small a compass as possible. It includes the best principles of massage, except when the transfer is made from one location to another. Thus, when the ball has been rolled in one spot for ten or twenty seconds, it should be dragged to the next adjoining area by holding it firmly in the hollow of the palm. It is a splendid hygienic exercise for the region of the heart, stomach and liver. An assistant may be necessary for the back.

POLISHING THE SKIN.

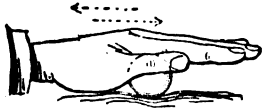


FIG. 51

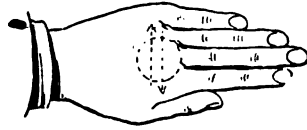


FIG. 52.



FIG. 53.

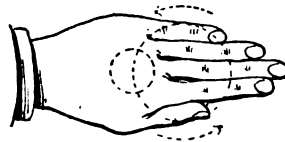


FIG. 54.

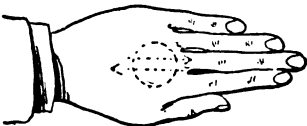


FIG 55

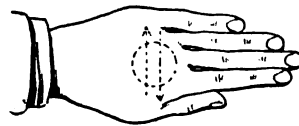


FIG. 56

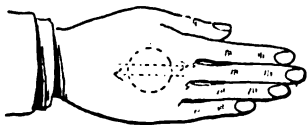


FIG. 57.

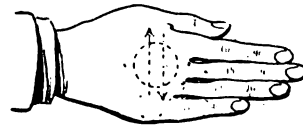


FIG. 58.

## 28th NATURAL TREATMENT: MASSAGE

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

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

### DEFINITION OF MASSAGE.

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

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

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

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

We will now proceed to lay down for practical use the massage movements; and the reader should bear in mind that no book has ever yet attempted to do this, as the treatises on massage, like the explanations of practicing physicians, have been too

cumbersome and verbose to be full of value; the purpose being to keep this wonderful cure always wrapped in mystery.

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

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

#### RULES.

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

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

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

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

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

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

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

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

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

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

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

## MESSAGE MOVEMENTS.

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

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

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

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

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

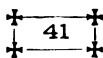
*5th Massage Movement: or the small grasping movement.*—Place the thumb and fingers as near together as possible and pick up a mass of flesh which is to be held with strong pressure. While holding this flesh, move it from and toward the part over which it lies, shake it up and down, and in a small circle.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

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

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

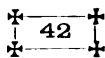
*8th Massage Movement: called percussion.*—Using the flat of the hand, or placing it upon edge, strike any portion of the body a number of very quick blows. This is generally included in massage, but does not follow any of its rules.

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



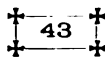
**Flesh vibration invites nutrition.**

This is the 41st Ralston Principle. It embodies the underlying law of all true massage. If a mass of gelatine or soft glue be vibrated at the outer part, the motion will be carried in waves to the center, and beyond to the other side. If it be rubbed on the surface, no movement will enter the mass. It is, therefore, important that the hand holds fast to the part of the body to be massaged, and is not allowed to slip about, as in rubbing.



**Surface friction affects the surface only.**

This is the 42d Ralston Principle. It relates to that treatment which deals with the skin and does not involve the true action of massage. In talking with one who pretended to understand these matters as a professional masseur, we found that the person did not know the principle on which the practice depended for its results; and rubbing was employed in place of the true manipulation. As a result, the cures were not forthcoming. A true massage will work wonders, where rubbing will achieve nothing but inflammation of the skin, and possibly a diseased condition of the epidermis.



**Flesh vibration eliminates waste.**

This is the 43d Ralston Principle. It is a two-edged sword, as may be seen by an examination of the 41st principle. The condition of the body will determine which of the two laws is at work. Waste includes fat and not flesh. The latter is the lean meat nec-

essary to health. Fat is a surplusage of grease that overlies the flesh, and, when present as an accumulation, denotes something wrong in the system or in its functions. Waste also includes diseased tissue, dead life, inflammation, and everything in the body that should be out of it. Massage, properly performed, will remove the fat, will reduce inflammation, and will throw into the circulation of the blood the surplus matter that we call waste. In the case of a bruise on the head, we naturally look for a bump; but let the action of vibration, not rubbing, be applied, and the rushing blood will not be allowed to heap up its material at the place of excitement. If the purpose is to remove fat, this may always be accomplished. If the body is lean and there is no waste material to be disposed of, the same action upon the flesh will invite nutrition and make more flesh, but it will not lay on fat.

#### USES OF MASSAGE.

**For nervousness.**—It is claimed that nervous irritability is due to a certain physical excitement of the nerve fibers which terminate at and under the skin. Acting on this supposition, it is the practice today of professional masseurs to soften this excitement by the soothing movements at the surface of the body. To hasten the softening effects, lard is used as a lubricant, and is preferred to any other, although sweet oil is perhaps nicer to the sentiment. As nervousness is an outflow of vitality or electricity, the movements are directed so as to throw this escape back upon the centers. Therefore, the fifth, sixth and seventh of the massage movements stated in this department are used, and they always proceed toward the heart. They go up the legs, up the arms, up the spinal column from below, and downward from above, all tending toward the chest center. It is also customary in massage for nervousness to devote a great amount of time to the treatment, commencing with a half hour the first day, and increasing it fifteen minutes daily until two hours are devoted to a single visit. We are stating the practice among those who do this as a profession.

**As against this custom,** our preference is for short intervals of five, ten or fifteen minutes each. We also prefer slow movements, for the results are better. Many use the rapid movements, but they are persons who seem unfamiliar with the principles involved, and they are not generally successful in effecting cures. We also prefer self-massage, unless the vitality is too low. The



RALSTON

MASSAGE

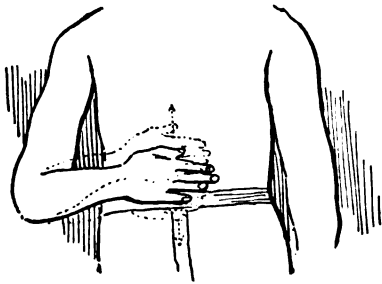


FIG.59.

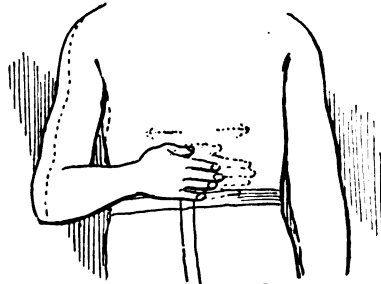


FIG.60.

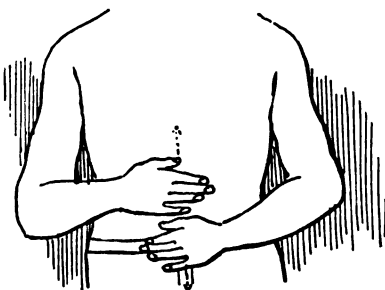


FIG.61.

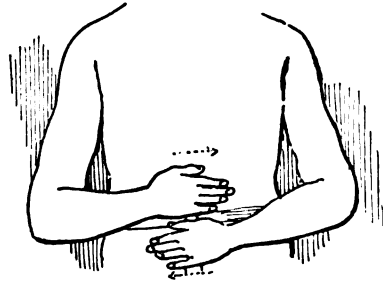


FIG.62.

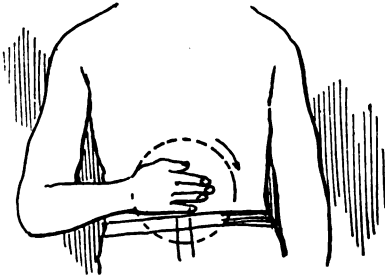


FIG.63.

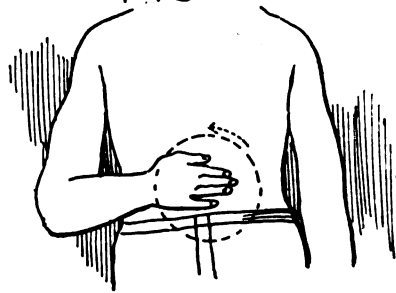


FIG.64.

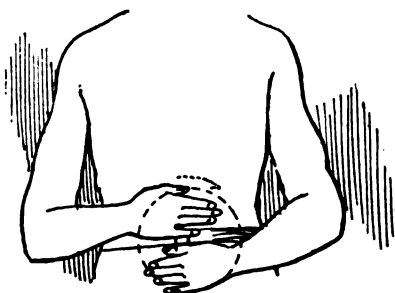


FIG.65.

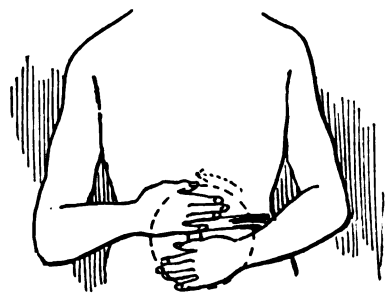


FIG.66

DIRECTIONS OF MOVEMENTS

effort generally arouses strength. The real cure for nervousness is outdoor air, fresh life, brightness, variation of occupation, activity of all the faculties in turn, and a little common sense in diet.

**For development.**—Thin persons, always women, whose bones have got too far to the surface in the effort to escape through the skin, indulge in the luxury of massage at the rate of five dollars an hour. It must be admitted that good results follow the treatment, but better results come from self-massage used in the same way and to the same end. Four things combine to produce a larger layer of flesh over the bones, and a consequent development of the body: First, there must be food of good, nutritive quality digesting in the stomach; second, there must be a vigorous vibration of the flesh; third, vegetable grease must be used to fill in; fourth, alcohol must be employed to stimulate the parts and to hold in the grease. The most valuable of the vegetable fats is cocoa butter, which every druggist sells.

**The special movements for development** are the following, which are all similar to those heretofore stated: First, select the zone of operation. Let us suppose it to be the upper chest front. Aid it from within by the system employed in the tenth degree book, *Cultivation of the Chest*. Pinch the flesh with the thumb and fingers in every part of the zone selected. Then add cocoa butter, and attempt to pinch it in. Do this one hour daily, for seven days; always immediately following a meal of wholesome food. At the end of each hour, rub alcohol over the zone, spending five minutes in this alone. During the second week, aid the work by the physical culture movements of Figures 40, 41, 64 and 73, performing them after the first meal of the day, and the massage after the second or third meal. The latter may now change to all the movements described herein, although the precussion and the creeping are the best.

**Movements in massage** are illustrated in the pictures which are presented herewith. In Figure 59 the up and down motion is seen; and the forward and backward action is shown in Figure 60. The next illustration, 61, gives a view of the double hand massage up and down; while 62 shows the same in a lateral direction. In Figure 63 the circle is presented as made with one hand; in 64 the reverse is shown, and in Figures 65 and 66 the double circles are seen.

**The edge movements in massage** are among the best in

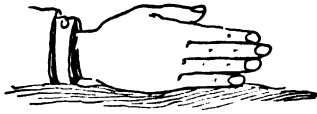


FIG.67.



FIG.68.

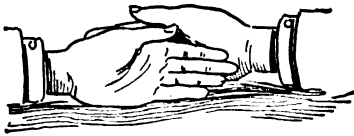


FIG.69.



FIG.70



FIG.71.



FIG 72

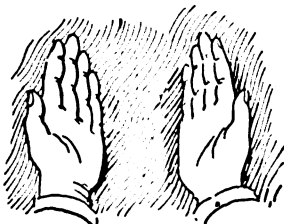


FIG.73.



FIG.74.

EDGE MOVEMENTS

use today, and add the zest of enjoyment to an otherwise tedious practice. In Figure 67 the hand rises and falls, striking the flesh of the body with its edge. In 68 the two hands placed close together rise and fall a few inches only; this massage is very effective as well as powerful in its influence on the flesh. In Figure 69 the fingers are made to approach the wrists, but the action is the same as in 68. In Figure 70 a still more powerful effect is produced by the inclining of the hand so that the edge does not strike vertically, the flesh being pushed along at each blow. In 71 the same result is obtained by the use of two hands, both inclined in the same direction; while in 72 the effect is changed by the reverse method of using. The strongest of all known movements in massage are obtained in Figures 73 and 74; the former presenting a V shape of the two hands with an opening between, while the latter is a slanting action of the two hands with a reverse position of the wrists. No more powerful or valuable exercises for maintaining and developing the vitality of the flesh structure have ever been invented; and these, with the dry bath, will do more to establish the health of the body than all medicines and treatments combined, provided the food is properly selected.

**In massage of the face** a new use of the art is attempted, and much depends on the purpose in view. If there is surplus flesh to be removed, the process begins with the use of hot water on towels held over the parts to be massaged, in order to fully open the pores; but care should be taken not to use too great a heat, nor should the face be exposed to cold air for a day afterward. If the purpose be to improve the health of the face, the use of the hot water should be confined to a minute only; but five minutes will be required for the preparation of the flesh if reduction is sought. Steaming is also excellent. The continued use of hot water or vapor will decrease the fat cells. When the pores are well opened, as may be seen from a puffy condition of the flesh, the surface should be scraped with some such implement as a bone shoehorn, or any thin edge that is not sharp; this squeezes out the contents of the clogged pores.

**Ralston Face Massage now begins.** In Figure 75 the first movement is seen, which consists in using both hands in a curving direction upward, following the larger muscles of the face. Never press the muscles of the cheeks downward, as the wrinkles

MASSAGE OF THE FACE.



FIG. 75.



FIG. 76.



FIG. 77.

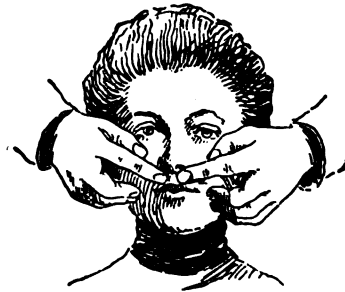


FIG. 78.



FIG. 79.



FIG. 80.

are developed. Do not carry the fingers upward as high as the temples or cheek bones; but let the thumbs rest upon the forehead so as to prevent a general upward movement of the skin that shall terminate in crow feet at the eyes. This is done by holding the skin just under the hair firmly raised, while the balls of the fingers manipulate the cheeks. Rubbing is not necessary in this treatment. See later pages for the rubbing movements.

**In the next movement, as seen** in Figure 76, the thumb and finger hold the skin tightly drawn, while the finger of the other hand performs the massage, which is done by a circular motion in a given spot. This avoids the friction that may sooner or later harden the skin; its health should not be purchased at the expense of roughening it. After one spot has been massaged rapidly for a minute, the finger should pass to the locality next adjoining, and so travel over the bony supports of the skin. Figure 77 illustrates the method of gently pinching the face; not the skin, for that injures it in time, but the general mass of flesh. This causes an increase of circulation and changes the face from a flabby condition to that of a healthy firmness. Do not actually pinch the face so as to cause pain, for congestion follows such abuse.

**The massage of the upper lip** is of decided importance. The movement should be downward—contrary to that of the cheeks. Use the first finger of each hand, vibrating the lip to right, left and downward. In Figure 79 the muscles at the sides of the nose are pressed by the middle fingers. The pressure should be firm and the vibration as vigorous as possible; a slightly curved direction being preferable. In Figure 80 the skin is pinched gently and given any shape that is desired; by a downward motion of both hands coming toward each other, the point of the chin is developed; while a lateral spreading tends to flatten it. The corners of the mouth should not be lowered; therefore the movement changes to an upward tendency to join the cheek massage, the change occurring at the corner muscles of the mouth. In Figures 81 to 90 the scalp massage is illustrated; 81 is a forward and backward action; 82 is a lateral movement; 83 and 84 are circular; in 85 both hands are used to pull the scalp in either direction; in 86 the hands are brought toward each other, then down; in 87 and 88 the scalp is kneaded, and in the last two figures the hair is held in the hand and the scalp moved right, left and in a circle.

MASSAGE OF THE SCALP



FIG. 81.



FIG. 82.

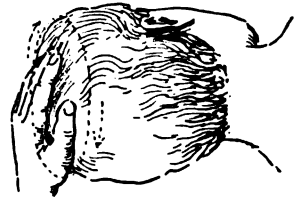


FIG. 83.

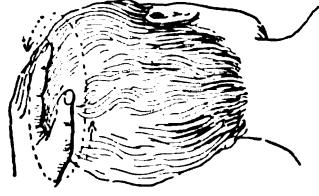


FIG. 84.



FIG. 85.



FIG. 86.



FIG. 87.

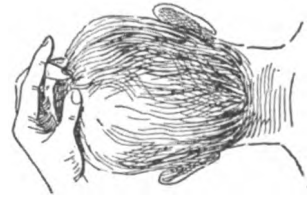


FIG. 88.



FIG. 89.

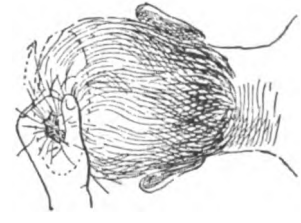


FIG. 90.

**Manicure is the care of the hands**, and particularly of the fingers and nails. In Figure 91 is seen the use of the scissors in trimming the nails. If they are long, they must be cut with the ordinary scissors; but this causes them in time to split and become ragged. The file is much better, as it keeps the edges smooth and firm, besides causing the nails to thicken and become heavier. After once cutting the nails with scissors, the file should be used two or three times a week, and the cutting dispensed with. Always file from each side up toward the center of the edge, and avoid filing too near the flesh at the sides. In Figure 92 the use of the first file is illustrated. In 93 the bevel file is seen at work. This is used to remove all the unevenness and rough edges that are produced by cutting or by the larger file, and the smoothness attained will prevent the splitting of the nails. At this juncture the hand that has been manipulated should be placed in a bowl of warm water to soften the nails. Five minutes will suffice for this purpose. The pencil-shaped stick is next applied for bleaching the nails, as seen in Figure 94. Make the liquid bleach of lemon juice and rose water; half and half. Dip the stick in it and touch the edges of the nail around the skin and under finger tip until all stains are removed.

**The next step is the removal** of the hangnails and bits of flesh that are found at the edge of the nail. This is done, as in Figure 95, with long curved scissors that are very sharp. The cuticle knife is necessary in case any of these bits of flesh cannot be removed with the scissors. See Figure 96 for the illustration. It is now necessary to give shape to the base of the nail; the pencil stick helping to push the cuticle or skin back, so as to preserve a good curve. Then comes the polishing, as seen in Figure 97, using the instrument which is specially designed for that purpose. A little rouge may be first placed upon the nails if a pink effect is desired; but, if this goes under the nails, a brush is necessary to remove it. Then finish the polishing as in Figure 98 by rubbing the nails with the palm of the other hand. This completes the manicure of one hand; the other may be likewise treated. In Figure 99 is seen the proper curve to give to the nail; Figure 100 being the wrong way. Approach the almond shape, but do not make the end too pointed. The practice will give beauty and smoothness to the nails, and prevent irregularity of shape as well as roughness of edge, both important results in manicure.



MANICURE

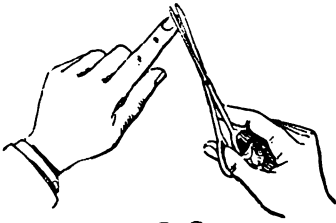


FIG. 91

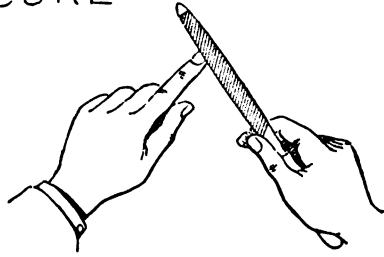


FIG. 92

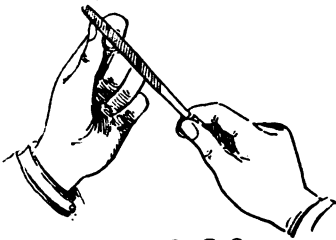


FIG. 93

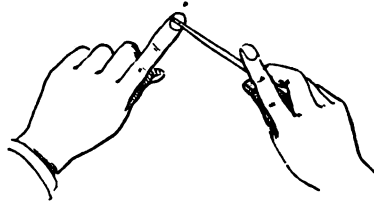


FIG. 94

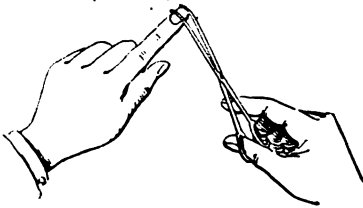


FIG. 95

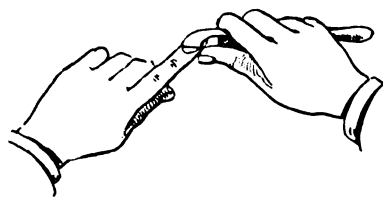


FIG. 96



FIG. 97

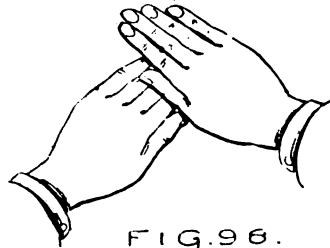


FIG. 98



FIG. 99.



FIG. 100.

CARE OF THE NAILS.

## 29th NATURAL TREATMENT: MOVEMENT CURE

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**Under this name of movement cure**, many pretended systems of exercise have been thrust upon the public, solely with the view of affording exercise. While there is no doubt that exercise is valuable and necessary, it must be used with proper care. The very best movements may, under wrong use, prove the very worst of remedies. We have tested and have seen tested the treatments of this kind, and have known them to fail almost generally unless taken under natural principles; and, when so taken, failure has never once occurred. It is not every exercise that has hygienic value; some are violent and dangerous; others are useless because of a lack of energy. A flat, weak, lifeless motion will produce weariness almost without exertion; as a slow walk will tire, while a quick walk will rest the muscles.

**The condition of health** in a person may not admit of any exercise at all until there is some improvement through other means. In cases of heart weakness, it is necessary to rest all the time during the period when nutrition is being sought wherewith to rebuild that organ. But this may seem to contradict the principle that says exercise is required in order to draw nutrition to any part. Both propositions are true, although on their face they seem opposed, and this may be said of many natural laws. The heart itself is an involuntary muscle; its own motion furnishes all the moderate exercise it needs in case of weakness, and this motion can be increased by respiration as presented in another treatment. The deeper or more rapid the breathing, the greater exercise is given the heart and the greater benefit also. This, backed by wholesome nutrition, will very soon cause a decided improvement in that organ, and then it will be able to endure the actual movement cure for securing permanency of strength.

**There are many ways of applying** the doctrines of cure through physical training. In the first place, the lungs and heart are best developed by quiet, but very deep respiration; say about one breath in every five being deep, and the others of no importance apparently. This means to give attention to an occasional inhalation, first emptying the lungs completely. Another system of internal exercise of value is derived from the pelvic movement.

## A GLANCE AT PHYSIOLOGY.

There are about two hundred bones in the body. The number varies with age, as some of them grow together.



FIG. 101.  
Bones of the hand.

In Figure 101, we see the structure of the hand, showing how loosely the bones are held together. Were it not for the flesh they would fall apart. At each joint, special contrivances are furnished for moving the bones. A muscle acts upon a bone, and for this reason the latter must be strong, pliable and flexible. In early youth the bones are mere gelatine; but, as the body grows, the composition is both mineral and animal.



FIG. 102.  
The bones of the arm.



FIG. 103.  
Bones in the position of the arm when turned.

The bones have three uses, first, to furnish a frame or skeleton in and around which the body is constructed; second, to act with

the muscles in producing motion; third, to guard the organs of life from danger.

For speed and lightness in walking with the legs and in throwing with the arms, the bones are hollow and long; some, for great strength, are short and thick; for protection of the organs they are flat; for special uses others are of special shapes.

In Figure 102 are seen the bones that are used more than all the others of the body. They do but little, if any, good toward the general health of the body.

When proper exercise is taken, every bone in the body undergoes a constant change, owing to the presence of marrow, full of blood-vessels through which the blood circulates freely, taking out the old matter and putting in the new.

It is doubtful if even fairly good health is possible unless every bone is given some hard exercise to do each and every day of the year. If you have two hundred of these bones, you should compel them to perform daily, the most vigorous movements, for their own good as well as yours.

Figure 104 presents a valuable study of the manner in which the muscle of the arm lifts it; the amount of contraction being readily seen.

There are four hundred muscles, two for each bone; one to move it and the other to restore its former position.

Like ropes, the muscles are composed of very small fibres, in layers and bundles; there being nearly eleven thousand of these fibres to an inch. They act by flexion and extension. Flexion bends the joints, and extension straightens them. They are in pairs; one muscle or set being opposite to another. When a joint is bent by one, the other is used in straightening it. They act together if rigidity is sought, and alternately at other times. They are voluntary and involuntary. The former are controlled by the will; the latter are active independently of the will; as the heart,

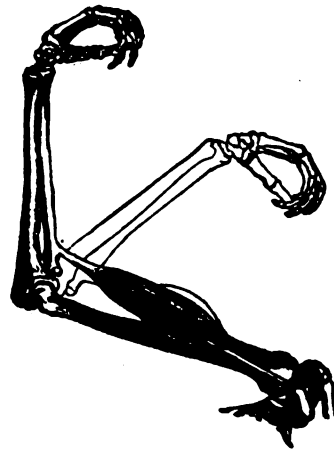


FIG. 104.  
How the muscles act on the bones.

stomach, diaphragm and eye-lids. The tendons are strong, inelastic cords that connect the muscles with the bones; thereby giving delicacy and beauty to the shape of each part of the body.

In Figure 105, the muscular clothing of the bones of the arm is clearly seen. It will be noticed that the muscles are very large at the upper part of the figure; and, by branching, extend to every bone in the most interesting manner. From this we get an understanding of the complex clothing of the entire body.

The skin is an active organ, which envelops the entire body; acting as a thin and tough covering, to protect the tender flesh. It is elastic and changes its shape with every movement of the body; it supplies itself with an oily moisture to give smoothness and fineness; it constantly throws off its own surface, or outer skin, in the form of scales, scurf, dandruff or "scarf-skin," and replaces this waste by new particles taken from the blood.

It is made in two layers; the outer covering, called the *cuticle* or *epidermis*, being nerveless and incapable of feeling pain, serves as a shield to the *cutis*, or true skin, which is very sensitive.



FIG. 106.

as is seen in the thickness of the soles of the feet and palms of the hands when much used. The cutis, or true skin, lies under the cuticle, and is much thicker.

The cutis contains millions of sweat glands, through which the moisture of the body passes, carrying off the impurities; and serving to regulate the temperature of the body. The health of the skin is preserved by exercise, massage, proper proportions of food, and pure water taken internally and externally. Narcotics deaden the skin; and alcohol inflames it. Suddenly cooling the skin while perspiring after exercise or activity shuts in poisons that do much harm.

**The sedentary person must contend** with an accumulated amount of inactivity; while the toiler, whether in business or labor of a grosser sort, whether in the work of the house, the shop or the store, must meet the conditions that are forced upon him or her by the strain of certain muscles that are ever being stiffened in a continuous employment which lacks the impulse of joy. Between the exercise of the laborer and that of play, there is as much difference as between black and white. Pleasure is an essential to muscular health. But this is not all, by any means. Relief, rest, balance and interchange of combinations in the use of the muscles are found in a true system of physical training, and should exist in all play, although such is not true of the usual methods of playing. As most exercises are to be given in the house, we append a few that may be employed for such use. These are in no way related to the great system to be found in the higher degree book known as "Ralston Culture."

**Play is a relief to the working muscles**, by using them in a different way, or by relaxing them in associate use with other muscles. The letter carrier would not deem walking a species of play; but the boy who sawed wood as work would deem white-washing a fence the height of sport. It is change that pleases. The spirit of anticipation adds zest, and as long as it continues the muscles will respond to the demands made on them.

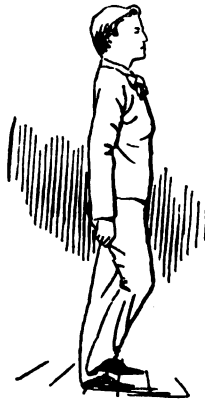


FIG. 106.  
Treading exercise.

There are six exercises, and they are called the short course in physical culture. They employ every muscle of the body.

**FIRST MOVEMENT.** In Figure 106 the treading exercise is given. It is a spirited and interesting action; being the foundation of the Indian war dance. It must be accompanied with music, or counting, or the clapping of hands to keep time. It is in three parts:

*Part one:* very quiet treading. The feet should not be lifted more than four or five inches, and the music, counting or clapping should be quiet.

*Part two:* loud treading. The feet must be lifted no higher than in part one; but the energy must be very much increased; the music, counting or clapping should be suddenly made louder. The change is quite spirited.

*Part three:* At a given signal, if the floor space permits it, the treading should be turned into a walk; eight steps forward and eight backward without turning. The music should not stop, and the treading should go on, as soon as the pupils get back; allowing no break in the continuous rhythm of movement.



FIG. 107.  
Stationary walking.

**SECOND MOVEMENT.** In Figure 107 the special exercise of walking in a stationary position is presented. This should be performed with the body in an erect and graceful attitude. It is not in any sense like the treading movement; for there the whole body is rigid; but in the stationary walking the feet are lifted high, and the entire weight comes down on the ball of each foot

in succession. This is to be accompanied in the same way as the treading action. On a given signal, the stationary walk becomes a stationary run; the music, counting or clapping being doubled in speed, the arms raised and the fists clinched.

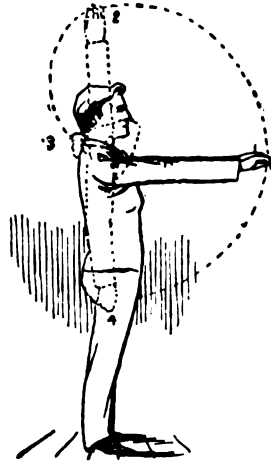


FIG. 108.  
The semi-circle drill.

**THIRD MOVEMENT.** Figure 108 involves the hips, waist, chest and arms in a peculiar series of movements, ending in the law of speed. The strain on the waist is gentle, yet decided. There are four counts as follows: *one*, the full-extended arms are raised to a firm position in front of the body on a height with the shoulders; *two*, they are raised directly over the head as high as possible; *three*, they come down behind the neck to a solid rest; *four*, they traverse the entire distance back again in a large semi-circle; keeping them at full length all the way from two to four, and using the utmost speed. It is this rapidity that will enliven the nerves, muscles, lungs and blood; and great care should be taken to make the largest curve possible in the shortest time.

**FOURTH MOVEMENT.** Figure 109 shows only the beginning of a series of excellent muscle-exercises, calculated to employ the hands, arms, shoulders and upper chest. If you will carefully note the effect upon the shoulders and chest by the mere turning of the wrist, you will see that every outward turn opens the general chest, and every inward turn compacts it. The move-



ment is supposed to employ the arm in any altitude and in any direction. We will commence with a simple action.

For a preparatory position let the arms hang at the sides. On count *one*, raise the clinched fists to the shoulders; on count *two*, extend the clinched fists in front of the body, arms length, with palm side of fist upward; on count *three*, turn the fists completely over with an energetic action of the arm; on count *four*, turn them back again; on count *five*, return to chest, and repeat the direction for thirty-two counts. To change direction, let the counts be in series of four each, every first coming to the chest, and every second determining the direction to be taken. The following directions

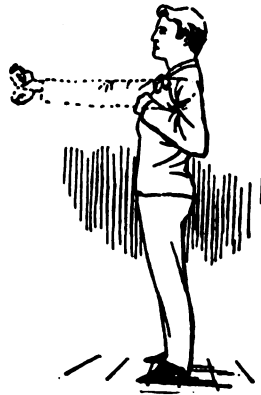


FIG. 109.  
The spiral drill.

are possible; front, sides out, sides down, over head, oblique spread, sides parallel, obliques parallel. Another variation is to turn the arm or fist in the arm movement, instead of after, thus necessitating twice as many movements to the chest.

**FIFTH MOVEMENT.** In Figure 110 is seen the new clasp drill. It begins with the hands at the sides. On notice of the exercise, the hands are brought together, clasped in front at the chest. On the count *one*, the clasped hands are thrust energetically forward; on *two*, they are brought to the chest; on *three*, forward; on *four*, to the chest; and so on for thirty-two counts.

The movement is capable of every variation; some of which are as follows: out front and in to right shoulder, thirty-two times; out front, and in to left shoulder, thirty-two times; down front,

and to chest, thirty-two times ; up over head, and to chest, thirty-two times ; out right, and to chest, thirty-two times ; out left, and to chest, thirty-two times ; up over head and to down front, thirty-two times ; out left to out right, thirty-two times ; and many others.



FIG. 110.  
The clasp drill.

The next variation is to change the weight with a slight step to suit the action of the arms. The clasp drill, accompanied by music, and performed by pupils in unison, is a very pretty sight.

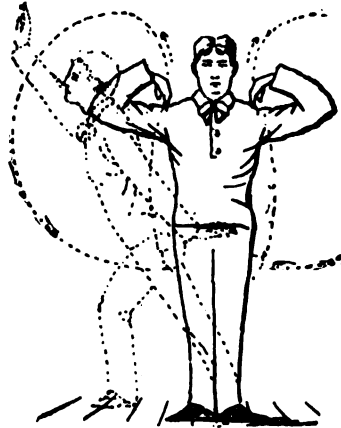


FIG. 111.  
Display drill.

SIXTH MOVEMENT. In Figure 111 is presented the display drill, involving the whole body, and capable of many beautiful

variations. It is particularly pretty when given in costume. The preparatory position is taken with the hand at the side. On call the hands are raised, and the tips of the fingers rest lightly on the shoulders. The entire body is employed in the movement. The counts are one, two; *one* standing for an attitude, *two* for the position described above. An attitude consists of a large step and spread arms; a position consists of finger tips on the shoulders, and heels together.

*Variation 1.* Turn to right, take large step, right hand raised with palm perpendicular, and left hand lowered with palm horizontal; all on count *one*. On count *two*, come to position. Repeat sixteen times.

*Variation 2.* Reverse hands.

*Variation 3.* Attitude to right, both arms full length from the shoulder laterally, palms facing up.

*Variation 4.* Same to left.

**From this as a beginning**, it is possible to add as much more as one may desire, using the main movement for all the variations. Thus, if you care to increase the strain a little, let the body bend forward by a hinging action at the waist, stooping to the right oblique, then to the left oblique, then to the right lateral, and finally to the left lateral. By coming to the same position every time with the heels together and the finger tips resting on the shoulders, you can make any departure that you please. The arms should be spread in a direction as nearly as possible at right angles with the torso as possible. If the torso is made to lean to the right, the arms should fly out so as to be lowered on the right side and raised on the left. Another variation consists in throwing the arms over the head as high up as possible, then ducking the head and bending very low to the right side; and, on the second count, coming to the original position; then bending very low to the left side, and so continue. The kneeling movements are hard and should not be attempted if you do not wish to get very tired. The most exhilarating are those that cause the muscles around the waist to bend and yield in all directions, accompanied by the outward action of the arms. Careless teachers in physical culture do not stop to consider that their pupils possess very weak and tender muscles, which must be given the utmost attention in order not to force them before they are duly strengthened. It requires about two weeks of easy exercise to harden them somewhat.

### 30th NATURAL TREATMENT: INSULATION

**Health, vitality and human electricity** are corelated, if not in part identical. To test this, wet the feet, and keep them damp for an hour after. Moisture of the skin, when surrounded by moist clothing and damp atmosphere, will furnish a complete conductor of electricity; and the nerves, deprived of their vital force, will soon be crying for life. Thus neuralgia is induced, and thus all colds begin. Three things are required: damp air, damp clothing and a damp skin. If any object that is a non-conductor of electricity can be placed between the body and the damp clothing and air, the vitality is said to be insulated.

**Much is said on the subject** of insulating the body. We seek to show by pictures what is meant by ralstonettes, as insulators. The degree of insulation is elsewhere discussed; silk being preferred, silk and wool mixed being next, and wool the third choice in establishing such degree.

**All ralstonettes should be made at home**, or at least in your locality. A very fair paying industry could be started in the home manufacture of this most needed of all articles of clothing.



FIG. 112.

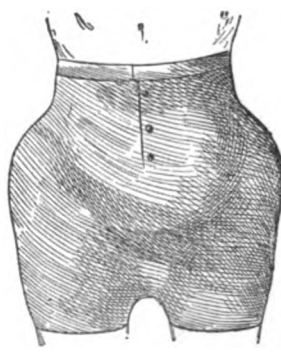


FIG. 113.

In Figures 112 and 113 are seen two shapes of the hip ralstonettes. They protect the body in the part that always needs the heavier or the finer grades of clothing. In fact, a person who was protected by wool even would never be in danger of taking cold either in the kidneys or lower abdomen. This locality is the seat of loss of electricity, but is only one of the vital exposures.

A cold is most easily caught through damp feet; for by their connection with the ground, which is almost always moist, a perfect conductor of loss is established. The red disks of the blood change their condition and the plasma floods the system in the form of impure mucus.

In Figure 114 is seen a foot-ralstonette. It may or may not be supplemented by a band around the ankle. From clear results of experiments it is established beyond a doubt that vitality and health are preserved in such simple ways as these. The vital exposures of the body, the hip, feet, chest and wrists, should be specially protected; and it would be both foolish and expensive to load the entire body with clothing that could apply only to the vital parts. The fact really is that modern dress does not protect these vital exposures; there is not sufficient relative clothing about the shoulders, even when the body is over-clothed; and the same is generally true as to the abdomen and kidneys, the wrists and feet. Thin shoes are the rule, and colds, consumption and fatal pneumonia



FIG. 114.

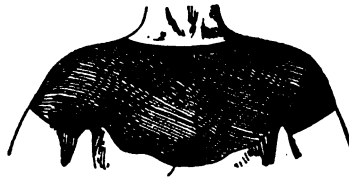


FIG. 115.

are easily traceable to these indiscretions. In Figure 115 the best of all protectors is shown. Being of silk, it is equal to a thousand galvanic or electrical appliances, for it holds in and saves the real native vitality.

In Figure 116 the wrist-ralstonette is shown. The wrists are always exposed and are sources of vital loss. To show how closely they are connected with the heat of the blood, pour cold

water over them in summer, and you will find that the body will soon cool off. So, if the clothing of the day or night is fully

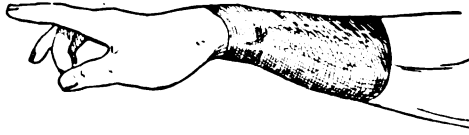


FIG. 116.

heavy enough for protection and the top of the spinal column or the upper front chest is not covered, the whole body will shiver very soon.

**The value of ralstonettes** may be seen in the fact that where they have been worn the health has been much better. A lady who had suffered for years from exposure of the chest, because she never could get sufficient clothing there, found no relief, and no hope in fact, until she began to wear a chest and shoulder ralstonette, as seen in Figure 115. All women and girls are more exposed at the front upper chest than in any other part of the body. Men are likewise subject to colds. It is a fact that every chill seems to first assail this locality. Silk of the thinnest kind is equal to twice its weight and more in wool and linen.

**How to make a ralstonette** has been a problem for many years. First, where shall the silk be obtained? Any dry goods dealer can, if he chooses, order ribbed silk, thin or thick; even though it is not easy always to procure it by the yard. We made our first ralstonettes by getting thin silk drawers. They are not very expensive, unless heavy in weight. The ribbed silk is by far the best, for it yields to any shape of the body. The drawers we cut so as to leave the hip ralstonette of proper size, and what remained of the legs after amputation we worked over into a chest ralstonette as seen in Figure 115. In other cases we have been informed that an undervest of silk has been cut off directly under the armpits, making the chest garment as needed, while the lower part has served for the hip ralstonette. Some day these goods will be found in all the stores. We have had offers to furnish them, but we always decline to connect ourselves with goods for sale. Despite this statement, many persons insist on writing to us for information concerning this matter, and all to no purpose. Any storekeeper can get the silk.

## MAN AS AN INVALID

---



Y Nature man is more prone to disease than woman.

In sickness he is harder to manage because he more easily despairs.

The same drain upon his vital powers that a woman has to undergo, would prostrate him. His test of brute strength is greater than a woman's, as the animal's is greater than his; but strength is not endurance. Woman endures through sickness and distress, with a power equal to that of ten men.

When a man who is not accustomed to illness, feels himself coming under the control of an agency out of which his reasoning faculties cannot lead him, he collapses. Being acquainted with the processes of life through his power of mind, he is helpless where he cannot think.

The doctor who deals with a sick man must always seek to reach results through his mind, until that gives way. Most physicians know this; those who do not are less successful in the treatment of the invalid. In this respect woman is almost invariably a better patient. Of the two sexes her body is in closer relationship to the ideal of Nature.

Because man is a thinking being and woman is the child of intuition, it does not follow that the former is the superior of the latter; and, as we shall see, the process of reasoning when done at the expense of good common sense, is often disastrous.

More than ninety per cent of all victims of disease die of *fear*. This is especially the case in epidemics. Doctors have come to know this. Any great *fear* is sure to deplete the blood of its red disks. These disks are carriers of vitality. There are three very interesting times when it is worth one's while to examine the blood under a microscope:

First, through the first stages of a heavy cold.

Second, during sunstroke when severe enough to produce disorders.

Third, when the mind is laboring under a shock of great fear.

In the case of cold the red disks of the blood will be less plentiful, the plasma will be in greater relative proportion, and the

glands, membranes and minute avenues of the body will be flooded with this plasma. We find it in the nose, larynx, trachea, bronchial passages and lungs. As soon as the red disks can be restored, the cold disappears; and this requires days.

In the case of sunstroke the red disks are smashed, and skin eruption may follow; to cure which will often require weeks. There is no help for that, except the Ralston principle of exhaustion and supply, or waste and supply, spoken of in *Inside Membership*, and again in this volume.

In the case of fright, if the fear is in the reasoning faculties, the red disks are paralyzed, and the blood loses much of its vitalizing power.



FIG. 117.

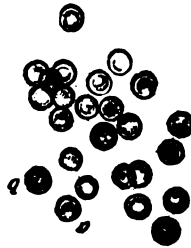


FIG. 118.

In Figures 117, 118, are presented groups of these disks, or corpuscles as they are often termed. The first are in piles like corn; the second scattered as in a cold. The blood has been called "liquid flesh;" but it is more than that, since it contains the materials for making every organ. The plasma is rich in mineral matter for the bones, and in albumen for the muscles. The red disks are the air-cells of the blood. They contain the oxygen so essential to every operation of life. Wherever there is work to be done or repairs to be made, there the oxygen is needed. It stimulates to action, and tears down all that is worn out. In this process, it combines with and actually burns out parts of the muscles and other tissues, as wood is burned in the stove. The blood, now foul with the burned matter, the refuse of this fire, is caught up by the circulation, and whirled back to the lungs, where it is purified, and again sent bounding on its way.

In order to understand the structure of the blood, it is necessary to keep in mind that it is a river of flowing plasma, and in this plasma the red and white corpuscles or disks are floating.



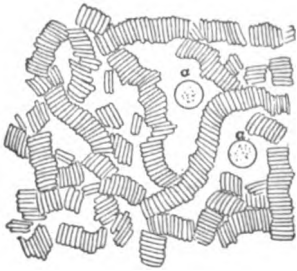


FIG. 119.



FIG. 120.

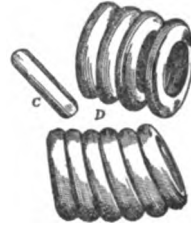


FIG. 121.

RED AND WHITE CORPUSCLES OR DISKS OF THE BLOOD MAGNIFIED.

In Figure 119, the red corpuscles are seen lying in rouleaux; at *a* and *a* are seen two white corpuscles.

In Figure 120, red corpuscles much more highly magnified, seen in face; *C*, ditto, seen in profile; *G*, a white star-corpuscle.

In Figure 121, red corpuscles, in rouleaux, rather more highly magnified.

The average quantity of blood in each person is about eighteen pounds, though of this there is no certainty. The best authorities say that the blood is from one-eighth to one-thirteenth of the weight of the body.

It is composed of a thin, colorless liquid, the *plasma*, filled with red disks or cells, so small that about 3500 placed side by side would measure only an inch, and it would take 16,000 laid flatwise upon one another to make a column of that height. Under the microscope, they are found to be rounded at the edge and concave on both sides. They have a tendency to collect in piles like rolls of coin. The size and shape vary in the blood of different animals. Disks are continually forming in the blood, and as constantly dying—20,000,000 at every breath.



FIG. 122.

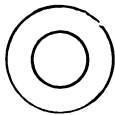


FIG. 123.



FIG. 124.



FIG. 125.



FIG. 126.



FIG. 127.

These disks are of various shapes; but are either red or white. The latter are larger than the red, as may be seen by a comparative view, seen in Figures 122, 123. The white corpuscles build the entire body, and assume different shapes, as in Figures 124 to 127.

In Figure 122 are seen two red corpuscles. We call them disks, as the word is shorter, and is often used in place of the longer term. One of these red disks is highly magnified, and partly behind it is another of equal size, inflated to the shape of a sphere by having absorbed water or liquid. A man usually drinks fifteen times as much water or liquid in a day as does a woman. The blood should have all it can use, but not more.

In Figure 123 is seen a white corpuscle or disk. It has been magnified as much in proportion to its size as those in the figure preceding, but is larger. The figure is outlined to show size of nucleus.

In Figure 124 is seen a white disk as it appears to the microscope, the surface above being shown.

The foregoing figures are actual pictures of the varying shapes and conditions of the blood. Our claim is very simple: what the blood is, determines the health of the body. A fluid whose disks are dying and forming at the rate of 20,000,000 in every breath, can easily and quickly become disturbed. Take away these disks, and death would follow in the act.

Man is a far different creature, physically, from woman. The latter has a better hold on the steady character of her health, whatever it may be, than man. The mentally superior sex is the naturally inferior physical being, all things considered. In spite of her disadvantages and the customs that keep her ill, she is capable of a far more perfect physiological life than man.

He smokes, and thus damages the blood disks of his system; and when sickness comes, death is more apt to follow. The same prostration that would kill a man would rarely prove fatal to a woman.

He drinks, dissipates, and otherwise depletes his blood, and death makes him an easier prey.

The author can name five hundred men, personally known, who have died in their first or second illness, of attacks that should never have proved fatal.

Man is a reasoning, thinking being. Fear is born of the mind. The animal is less mental, fears less, and is more apt to survive an attack of sickness. Woman is a creature of that order of intelligence which is higher than the reasoning faculties of man, and she rarely succumbs to disease until she is actually worn out. Of all the families where the health of the husband has been about the

same as that of the wife, and disease has carried off either, the accumulation of reported cases proves that nine men die to one woman.

In large cities the strain on the mind is so great that widows are to the widowers in the proportion of ten to one. You may prove this by personal investigation. The mind of man is the gateway of his death.

In fevers you will find that twenty men have derangement of the brain to one case of a woman losing her mind.

The superior mental faculty of man not only makes him afraid, but also turns him into a coward, for cowardice is born only of the thinking powers. Cowards are bold in speaking of danger, and the first to shrink in horror at its approach. Not all men are cowards; possibly not half; but mental cowardice is not known among women, and originates only in man. Whenever you hear some bombastic scoffing at hygiene, and the idea expressed that "health will take care of itself; it is time enough to worry about sickness when it comes," you may rest assured that the individual, when taken sick, as he will be sooner or later, will stand more chance of dying through fear, than of surviving through hope.

Physicians have often asked themselves the question: "Is it right to deceive a patient?" By this is meant, is it right to say aloud in his hearing: "He is much better," even if he is not. Women are almost invariably aided by such expressions; but man's superior mental faculty, almost foxy in its cunning, tells him that perhaps the doctor is talking to encourage him, and, whether the doctor spoke hopefully in earnest or not, the acuteness of man's mind thwarts the desired end. So all through life, man's mental ability is getting him into trouble.

A woman, under one class of circumstances, commits suicide. Out of a list of two hundred and nineteen in one year, twenty only were women; and the percentage was unusually large, among them being sixteen who were insane. Man reasons out the hopelessness of his future, and kills himself as a logical deduction; little dreaming that any man, however wretched in poverty, may, by intelligent activity, make himself well-to-do. But the superior mind of man reasons him to his death. All men are not thus affected. Some cultivate the heart, the impulses of the blood, the human nature that is within them, and thus must mount higher than mere mental superiority can draw them.

## WOMAN AS AN INVALID



Y habit and customs, woman is more prone to disease than man.

Wherever she has adopted the mode of living prescribed for her by Nature, she is not only superior to man in her general health, but the illnesses due to her sex are lessened to such an extent that they do not appear to exist.

Woman has no right to be an invalid; and for the proof of this we must look to the laws of her being, the nature of her physical construction, and the uses originally intended for her in the plane of life she occupies.

The views we are about to express are founded upon the motives that led to the School of Philosophy, or "*Our Existences*," and many of the natural principles therein stated are foreshadowed here.

It is well to read carefully the preceding department for our apology for discussing the sexes in a comparative manner. Woman in Nature and in sickness is quite another being from man in either. To understand how to deal with her as an invalid we should first ascertain what she is in Nature and what her physiology intended her to be. Thus our rather exalted opinion (not of the woman of today, but if her possibilities should make her the child of her true life) is founded neither upon social nor political theories, but upon the facts that are stamped upon every page of her physical history.

No matter how heavily the pains of her sex may afflict her, how sad may be the wreck of her organic structure, we ask each and every woman to find a way to come back to the heritage of health. Let us see what reasons there are for this hope.

Admitting that the woman of today is prostrated in her nerves, and is wrecked in her bodily health, we yet say that these are not of her heritage. The animals are types of our physical life. We use them, live from them, and live on them. Our clothing is largely animal; seal, fur, wool, silk, leather, are from the animal kingdom. Our food, meat, milk, eggs, honey, butter, lard, cheese

fish, oysters, fowl, birds, are from the animal kingdom. The human child is originated as is the young animal, and grows, is born and fed in the same way. What will nourish one will nourish the other.



FIG. 128.  
Human egg.

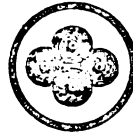


FIG. 129.  
Dog egg.

In Figure 128 is seen the ovum of the child, and in Figure 129, that of the dog. So near alike are they that they cannot be told apart. We are in some way akin to animals, and it is our kingdom in science. Woman should learn a few facts from the lives of other animal species. They are these:

1. The female is the most active.
2. The female is the most enduring in health, flexile strength and persistency of will.
3. The female takes the brunt of the management of domestic affairs, if they can be so termed.
4. The female is the best fighter; and, if her young are in peril, she never skulks from danger.
5. The female bears and rears her young without physical pain or any inconvenience.
6. With organs the same as those of the human female, she knows nothing and experiences nothing of the illnesses that befall and enslave the lives of our modern women.
7. The females of animals, like the women of our species, are guided more by instinct and intuition than are the males, and prove to be the safest guides and counsellors in matters wherein the mind has no control.

Let us come up into the realm of humanity. We find the following facts to be true:

1. Woman in out-door life is the physical superior of man in health and endurance.
2. She does the hard work, the patient work, the useful work, wherever her condition is "degraded." By "degraded" is meant the compulsory slave of a lazy man. This condition is seen in all tribal existence.

3. Woman in out-door life, in her so called slave state, knows absolutely nothing of the pains of her sex. She is hardly conscious of inconvenience in her usual illness, never heard of the trouble we call prolapsus, and gives birth to a child so easily that, in a few hours, she is able to resume her work. The lesson for modern woman tells her plainly that she must become possessed of her fullness of physical life, *without* the toil, the drudgery and the slavery of the less favored tribal wife. Let women everywhere enter upon reasonable courses of physical training and bring their daughters into new methods of living, and the venders of drugs for certain complaints will soon be bankrupt. For all our women the Ralston Movement Cures are intended. They should be practiced systematically in small societies, or private Local Clubs as outlined in the latter part of the present volume.

In sickness woman has a decided advantage over man, in that she is not the prey of her reasoning faculties. In her ignorance or in her intellectual capacity she has all degrees of experience and knowledge that man has in his reasoning faculties; that is, man may be liberally or scantily endowed, and so may woman; but she reaches no conclusions through the process of demonstrative proof. She is, therefore, never liable to die of fear in disease. As an invalid she will do more than half toward recovery; while man as a rule will do nothing.

Intuition is actual knowledge of a thing or fact, without the production of proof. It is seen in so slight a matter as temperature. Woman cannot read the thermometer so readily as man; but she *knows* heat or cold, and regulates the fire accordingly; while a man must get a thermometer and satisfy his *mind* before he acts. So in cooking, man is superior, and the *chef* of every hotel is a man; for he cooks by rule. But a dainty woman, when familiar with the article to be cooked, would prepare it to better taste almost with her eyes closed. Knowledge by intuition is the highest intelligence of our race, and is capable of the most exact training. Thus we know all colors, forces, tones, materials, and a thousand things for general use by the law of intuition. In matching colors, even by memory, woman shows how far this faculty may be cultivated. Not all women are equally endowed; for, as we said, there are all grades of experience and knowledge.

Her health is almost universally bad, because of her customs, her early training, her false ideas of life. If the statement were to

be made that not one woman in the freedom of modern life is well today, no one would deny it. Because the customs of her sex enthrall her, she needs a new inspiration to attain a change of condition in which she can reach her intended level. If she is entitled to a rank superior to that now her fate; if Nature has designed her for a higher pedestal; if her physiology bears the indelible impress of a far different being from the sickly, pain-tortured creature of foolish whims; -why should she not consider a proposition that must bring her into health by bringing her up to her natural rank? It is in view of this revolution of her sex, that the following propositions are stated. They do not apply to the present condition of things:

## FIRST PROPOSITION.

Woman, not as she is, but as she was intended to be, is the physical superior of man, not in brute strength, but in flexile power.

Of course the physical woman of today is a flat failure; but had she evolved her social and intellectual prowess (not mere mental power) from her tribal rank, she would have carried with it the native physical force she once possessed. But while woman was at work with the duties of her home the husband roamed and hunted and made war. His fitness for bearing arms and his practice in killing have made him the dictator of government. Brute force and mental readiness in devising means and methods of cruelty in killing have united his body and mind and placed him on the seat of government. The women of today are not yet qualified to rule; but, had they developed along the lines intended for them by mother Nature, they would be at the helm of state, and the world would be the better for it.

## SECOND PROPOSITION.

Woman, not as she is but as she was intended to be, possesses the ultimate power, through her temperament and native character, of laying the foundation of a new race. To her, and not to man, the world must look for every moral advance, for every ethical achievement, and for the development of that sentiment which executes wholesome edicts. Through the lines of history woman's hand can be traced in every moral revolution. Men have always admitted this. Man sits today upon the throne of

physical prowess, but the power behind the throne is the heart of true womanhood.

Here are some facts, so well known that no one disputes them:

1. Man's reasoning faculty makes him a creature of policy. As a lawmaker he deals in compromise and policy. Herein his reasoning faculty makes him a failure. As a maker of laws he does not know the value of justice.

2. Women, as a sex, do not compromise on questions of right and wrong; men, as a sex, do. Women, as a sex, do not tamper with policy; men do.

3. Women, as a sex, do not smoke; men, as a sex, do. As a consequence there are no laws forbidding the thrusting of a filthy habit into all places and under almost all circumstances.

4. Women, as a sex, do not chew tobacco; men do. As a consequence there are no laws forbidding the voluminous expectorations of dirty saliva on the sidewalks, floors, steps, corridors and other available places, where decent people have to travel or desire to go.

5. Women, as a sex, do not get drunk; men, as a sex, do. There are exceptions in both cases, and in all cases. But the supremacy of man's reasoning faculties, expressed in private, in public, and almost generally in the press, tell the world that those women who uphold the cleanly doctrine of temperance are cranks, visionary and thin-brained. Women, as a sex, are overwhelmingly in favor of purity on this question; but man's habits, endorsed by his reasoning faculties, place the stamp of ridicule on purity and cleanliness of body, and openly uphold the sensualism of the bar-room and the status of the hog. In consequence, there are few executed laws on this subject.

6. Women, as a sex, do not gamble; men, as a sex, do. There is more gambling going on in the United States than the public dream of. The husbands who are "above suspicion" are often devotees of the vice in some sort. The spirit of gambling, now firmly planted through inheritance, is breaking out openly in the horse racing all over the country; and is fostered by the concentrated reasoning faculties of journalists, reporters and editors who see to it that this epidemic of vice is encouraged in the daily, weekly and Sunday press. In consequence, there are no laws to protect the young men and boys now growing up.

7. Women, as a sex, do not use profane language; men, as a



sex, do. In consequence the laws, which are framed and executed by man's great reasoning faculties, do not give protection to decent people. Seated one Sunday morning at an open window in a large, well-governed city, a party of ladies and gentlemen, including the author, were compelled to listen to the filthy and profane language of big boot-blacks, and Sunday newspaper carriers, of whom there were six in possession of the square for more than three hours.

8. Women, as a sex, are not publishers of criminal literature; men, as a sex, are. Not only is the press, the sensational, criminal press, in charge of men; but there are millions of criminal books sent out all over the land every year by men. In spite of laws in abundance, man's reasoning faculties are so keen that policy forbids his execution of those laws.

9. Women, as a sex, are not sarcastic and acid-minded on the noble themes of the age; men are. For every good motive or movement, the majority of men have only sarcasm, scoffs and ridicule. This is clearly the working of their mental faculties; for that higher knowledge, known as intuition, never thinks sarcasm, never invents ridicule, and cannot scoff at a good motive.

10. Women, as a sex, are incapable of disrespect. The time was, when the rulers and great men of a nation were looked upon as worthy of at least decent consideration; but, to-day, the thinking faculties of man have lowered every great personage into the filth of the most vulgar and indecent newspaper attacks, and in comic pictures. Even the president of the United States is paraded from one end of the world to the other (to foreign countries by the American press alone), as a buffoon, a black-guard, a prison-bird in stripes with hair shaved, a monkey with human face, and so on through every grade of indecency that the reasoning faculties of men can invent. This has been going on for years, and all American citizens of prominence of all parties, have been so cartooned. The nations of the world shudder at a people who permit this, and form their estimate of us as a whole. The people of other nations refrain as much as possible from buying American products and goods, because of this degraded custom in the universal press. To test the nature of woman in this matter we have collected reports, and also have made personal efforts to learn what are their feelings when the great men and

women of the age, the rulers, magistrates, leaders, thinkers, preachers, authors, poets and reformers are cartooned in the press in every grade of ridicule, from the beast to the devil; and no woman has ever yet been found who is not pained at such display of disrespect; while all men, except the true men, laugh at the buffoonery and honestly believe it comical.


11. A high status of the race is not possible, as long as man honestly believes that gross and vicious licentiousness is freedom, and that reformers are cranks. The only conclusion is, that a new race must be moulded by the heart of woman, cultured by the mind of woman and trained at the knee of woman. Man ridicules all reform; invents epithets for reformers; and proves to all history that the chief power of his acute mental faculties is an ability to twist words and phrases out of their true meaning, draw false conclusions, and cast a veil of suspicion over every good deed.

*To Men and Women.*

The remarks made in this and the preceding departments are based upon natural laws, applicable to the two sexes of the human race. So certain are we of the absolute truth of these laws that we will go further and assert that every true man is the direct product of a woman's heart, and every false woman is the direct product of a man's abnormal humanity.

There are thousands and hundreds of thousands of true men in the world, and as many or more false women; but native womanhood, blossoming under the culture of her own sunny skies and nurtured in the garden of peaceful home life, tends to the highest plane of human purity by that law of attraction which is inherent in her sex; while man, born among men, and reared under equal conditions, obeys the law of gravity and sinks in the current. From time immemorial these two influences have pulled hard against each other. As will be seen, we hope to exert a power that will induce many of our best members to apply themselves, little by little, to a re-adjustment of present conditions. The steps to be taken are easy. First, full health should be restored. Second, men and women should be taught the natural laws that govern their individual natures.

## COLDS AND THEIR DANGERS

F all the theories regarding the nature of a cold there is none that does not seem mere guess work. To be sure, we learn the general effect of a cold by observing the changed conditions in the flesh. These changed conditions are large results immediately following a cold; and, until the physician knows the inward cause, he can only guess at the treatment required.

So many attempts have been made to break up a cold, so many medicines have been prescribed, so many advices given, so many favorite treatments advocated, that their very numbers indicate the uncertainty of these efforts. If a cold, no matter in how many ways it may be caught, is always one and the same disorder, the thing to be done in attempting a cure must always be one and the same; and the thousand attempts at guess work are generally accompanied by dangers. The experienced doctor knows that a cold has stages; that it is so long in getting under way and so long in subsiding. In fact, a cold has its cause, its inception, its progress, its height, and its convalescence. In spite of old and new remedies, it runs so long; and that individual is fortunate who comes out of its embrace unscathed.

Let us see what is its cause. Several things occur during the cold: the pores are said to be closed or stuffed; an unusual quantity of mucus is present; a slight fever seizes upon the body; and more or less inflammation is noticeable. The old theory was plausible, that the cold contracts the pores, and the poisonous fluids were locked in and did all the damage. Even if this were true, the re-opening of the pores did not restore the health.

Another theory is that the body is a mass of molecules, all vibrating or dancing in a rhythmical motion, and this is health. When the molecular oscillation loses its rhythm, it is disease. Many physicians are working upon the lines of this theory to-day; and they find that some medicines restore the rhythm, and there-

fore cure the malady. But, no matter what the theory may be or how the disorder is treated, the cold keeps right on and has its run.

Our efforts in this investigation, and the experiments made in our behalf or at our suggestion, have proved one fact to be universally true; and that is this: a cold is always preceded by a weakened condition of the general system. If you wish to prove this you may find sufficient evidence all about you; for the facts are open. The general system is weakened in many ways: the omission of a regular meal produces temporary blood and nerve hunger; the loss of an hour or two of what should be the regular period of sleep; exhaustion from eating food that is not nourishing, as pastry, ice cream, and dainties that destroy even the appetite for one meal; the weariness that follows any excessive physical exertion; the nervous or vital depression that follows excitement, or great irritability: all these are types of weakness, and any one of them may lead to a cold, while the fact is, that some such condition *must precede the cold*.

It being true that the system must be weak before it can catch cold, the only sensible means of prevention is to guard against weakness, for it is more easily prevented than the cold itself. Some people believe that a draft is the *cause* of the cold; and it is, in the sense that a match is the cause of the explosion of gunpowder. The match only lights the dangerous compound; so the draft only brings on a condition, the necessary elements of which have been waiting for its agency. A strong system never takes cold in a draft; while a weak system would catch cold, even if locked up in a room of regulated temperature into which a draft never blew. Those who fear a cold the most, catch it the easiest, for they are the most sensitive. Precautions against drafts and exposure are fruitless if the system is weak.

Therefore, the first pre-requisite of a cold is weakness of the physical vitality of the body, without which weakness a cold is absolutely impossible.

In a uniform number of cases, and altogether without exception, we find that there is always a second pre-requisite; and this is a loss of electrical insulation, or whatever it may be properly termed. We do not insist upon terms, but upon facts. So uniform are the incidents in thousands of observed cases, and so easy is it for you or anybody to prove it by attention to the instances arising

in your own life and the lives of others, that there is no possibility of doubt as to the fact that the loss of insulation is the immediate cause of a cold, and that this cause must find a weakened vitality to operate upon.

In order to understand what is meant by insulation, so as to prevent the loss of electricity from the body, your attention is called to the explanation in the book of *Inside Membership*, which you own as of right with this if you have taken degrees. It is only necessary to say in this place that a dry skin and dry clothing are almost perfect insulators of the body; but that a damp air, a damp skin and damp clothing, will sap the electricity or vitality, especially from a weakened system. It is impossible for a healthful, dry skin to give up the electricity on which your vitality feeds; but such a condition must be maintained over every part of the body, but more especially at the points of vital exposure, the feet, ankles, waist, chest, wrists, and upper spinal column.

Having found two universal facts, we come to the inquiry, what is a cold? The answer is, a loss of electricity caused by non-insulation in dampness, however slight, and originating in a weakened condition of the general system. But this explanation is not satisfactory, although it is true. You wish to know what specific changes occur, and wherein they occur. Cannot weakness be immediately overcome, and so the cold prevented? Yes, if you can do this before the condition of non-insulation occurs. But if the latter finds you weak, then the cold is started and must have its run of a few days or a week.

We now enter upon a minute explanation of just what occurs when the cold is "caught." Why it is called a cold is hard to say; it is no more a cold than any fever is; and nearly all fatal maladies have more symptoms of chill than what is popularly termed a "cold."

It is necessary to know, in a general way, that the body consists, among other things, of flesh-tissue, blood elements, and glands, all related in their dependence. The blood elements are: (1) plasma, (2) white corpuscles, (3) red disks. The flesh-tissue is the builded life of the real body; the white corpuscles build this life in every minute we live; the red disks carry the oxygen, glame, vitality, or electricity for the sustenance of the white corpuscles and the builded flesh-tissue; and the plasma is the river in which the corpuscles and disks float.

Now against this process there is a most vigorous influence at work to sap the blood; and this influence is called the glandular system. The body supports many kinds of glands, and every gland draws something from the blood. If the vitality of the latter is disturbed, the glands are the first to show it. The blood is constantly being robbed of its substance by the perspiratory glands, the oil glands, the sweat glands, the salivary glands, the lymphatic glands, the tear glands, and the gastric glands. When we consider the fact that the salivary glands, on an average, draw about three pounds of mucus daily from the blood, that scientists state that the gastric glands draw from five to thirty pounds daily from the blood for the use of the stomach, and that a cold is a disorder of the blood and its plasma or mucus, we can account for the dangers that follow.

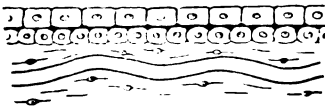


FIG. 130.

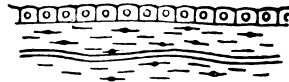


FIG. 181.

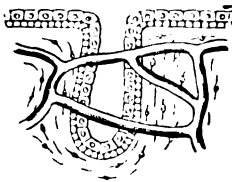


FIG. 132.

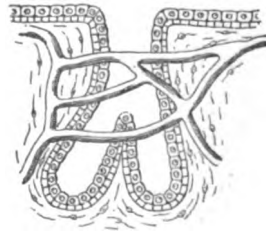


FIG. 183.

Beneath the skin and throughout the body is a peculiar lining, known as the mucous membrane. In Figure 130 the structure of this is seen; there being two layers of cells, with the blood-vessel beneath. In Figure 181 the thinner membrane with but one layer is shown. These mucous membranes have the power to draw moisture from the blood; and, by the disturbance of their functions during a cold, to cause conditions that may lead to death.

The glands are a part of the structure of the mucous mem-

brane, and seem to unite with it to draw the mucus from the blood. They are of various kinds.

A gland of the simplest form is a cavity lined with cells, opening by a longer or shorter passage through the outer surface of the mucous membrane, or the outer skin, which lies above it. The cavity may be hemispherical, flask-shaped, or tubular. In the latter case the tube is often very long, and is either wound

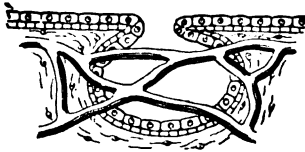


FIG. 134.

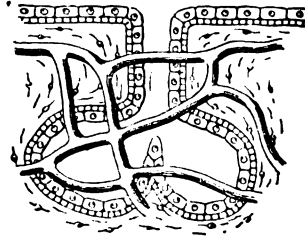


FIG. 135.

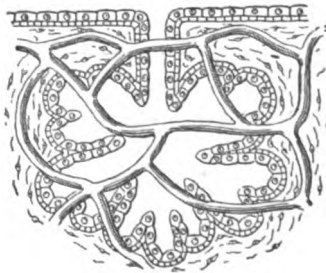


FIG. 136.

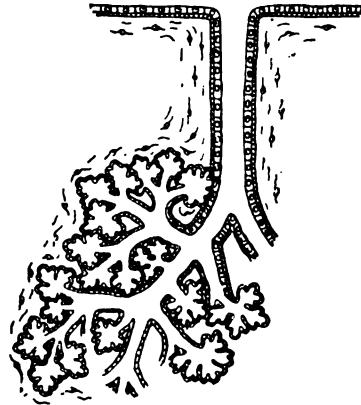


FIG. 137.

like a thread, or is coiled, and is sometimes expanded at its closed end in the form of a knob. These are all *simple glands*. *Compound glands* are found when several tubular or knob-shaped glands open with a common mouth. Substances, often of a very peculiar character, are found within the glands, and are secreted on the outer surface through the mouth. These are the sweat and fat of the skin, which are prepared in the sweat or fat glands

of the skin ; the saliva and the gastric juice, which, owing to their power of fermentation, play an important part in digestion ; the gall, which is formed within the liver ; and other substances.

Figure 132 represents a simple tubular gland ; and Figure 133 represents a double tubular gland. Figure 134 shows quite a different shape, known as the sac gland ; and Figure 135 represents a double sac gland. In Figure 136 is seen a still more divided kind of gland, and Figure 137 shows what is called a racemose or cluster gland. We present pictures of all these to give you an idea of the wonderful complication and variety of your physical machinery, which quickly gets out of order when a cold takes possession of the body.

Let us look at the facts thus far stated ; and in doing so we will review them on a new basis.

1. The blood contains three things : (a) plasma ; (b) white corpuscles ; (c) red disks.

2. The plasma is a nearly white or colorless fluid.

3. The glands collect their mucus from the blood-plasma.

4. The mucous membrane draws its mucus from the blood-plasma.

5. Every organ and tissue and all parts of the body are dependent upon the mucus, and upon the healthful condition of the blood, and each of its constituents.

6. A cold is a violent disorder of the glands, mucous membrane and blood.

7. A cold cannot originate in the mucus.

8. A cold is always preceded by weakness, either local, or in the general system. Therefore, any part of the body that has been weakened will attract a cold.

9. Assuming that a weakened condition exists, one other thing must concur, and this is the direct cause of a cold. We will call it an electrical state of non-insulation.

10. A person whose body is well insulated will not catch cold, even if the system is weakened ; for the retention of the natural vitality will restore the general health as against ordinary weakness.

11. Three things are necessary to establish a condition of non-insulation ; and by this we mean escape of vitality ; first, damp air ; second, damp clothing ; third, damp skin. Some persons have the vigor to keep the skin in a pleasant glow even when the



clothing is damp; but, when all precautions have been taken to keep the skin and clothing dry, the least dampness about the feet, as when the soles of the shoes are thin, will outweigh all the power of care and lead to a cold.

If the blood is vigorous, dampness and exposure to drafts will not bring on a cold; but very high or very low temperature will often deplete the system of its vigor and so produce weakness. A cold dry air will generate vitality, if the body is well clothed, so as to retain the natural heat.

*What takes place when a cold is started?*

We know the outside symptoms, and the large results; but the cause is revealed only by the microscope. The blood is life; it builds us, day by day and hour by hour. What our bodies are, is determined by what the blood is; what the blood is, is determined not so much by what we eat, as by what it assimilates; and what it assimilates is determined by what we eat as well as by the vigor of the blood's vitality. In other words, good food will not of itself make good blood; but good food is absolutely necessary to good blood. The secret of health is, first, in the blood's power of assimilation, and this is glame; and, second, in the blood's power of distribution, which is dependent upon exercise or physical culture. Glame is inspired by cheerfulness, through deep breathing; the pure food then, and then only, makes good blood; and physical culture distributes the food values of the blood to all parts of the body. Here is Nature's cure of a cold.

#### THE RIVER OF LIFE.

Flowing through the body is a river of innumerable branches; so many indeed that the attempt to estimate them would be useless. Like all systems of river courses, there is a large and mighty current that bears the main flood of life from part to part; but this divides into smaller streams; and they into others; and so on until only the microscope can tell us the day history of the tiniest. In this river as well as in its branches, are the plasma, the white corpuscles and the red disks. To state all this in a purely scientific way would destroy its meaning to the general public. We speak in a general way when we say that the white corpuscles are food assimilated from the stomach; the red disks are plasmic forms of oxygen taken from or originated by the air through the lungs; and the plasma is protoplasm or the fluid basis of life. All this is seen under a microscope.

In perfect health, with rich blood filling every vein, the river of life is seen as in Figure 138.

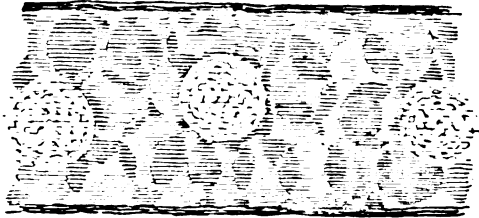


FIG. 138.  
Full river of life.

The plasma will be found to be an almost colorless fluid, in which are suspended the white corpuscles, so-called because they are colorless. Scientists differ as to the origin of these, some claiming that they are derived from the structure of the body, being detached cells. This is not the fact, as the microscope will prove. The red disk is said by some to be the nucleus of the colorless corpuscle. The absurdity of scientific reasoning, when based on theoretical speculation, is seen in the following sentence from a leading authority: "The origin of the red and white corpuscles is not known to a certainty; but it is pretty sure that the former are nuclei of the latter; and that the latter are detached portions of the solid substance of the body."

In later years the authorities have leaned the other way; and the microscope shows that the corpuscles cannot be derived from the substance of the body, but that the substance of the body is derived from the corpuscles; as both kinds are increased immediately after eating and the breathing of fresh air; although the latter acts merely on the plasma which must be the result of food even to supply the red as well as the white. The latter are directly nourished from the food through the plasma; and the red are developed from the food through the plasma by oxygen from the lungs. In the body the white corpuscles are fuel; and the red are oxygen by which the fuel burns; old tissues are destroyed, and new ones form in the chemical changes of the burning.

In Figure 139 is seen the blood in a weakened condition, through any one of several causes; generally in all types of disease. The red disks are less numerous, and the face shows a pailid hue.

The proportion of these corpuscles has a great importance since they serve to carry oxygen, which is necessary for the performance of its functions, all over the body. *Anæmia* is a diseased condition characterized by pallor due to deficiency of red blood corpuscles, and accompanied by languor and listlessness. It is

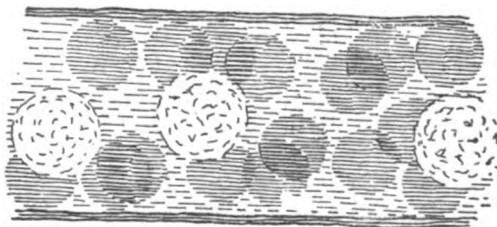


FIG. 139.  
A river of poor blood.

not unfrequent in young girls on the verge of womanhood, and in persons overworked and confined within doors. In such cases the best remedies are open-air exercise and good food.

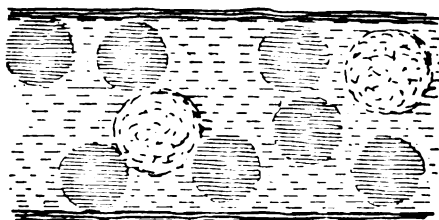


FIG. 140.  
The blood in a severe cold.

In Figure 140 the red disks have been demoralized and destroyed by the defective insulation due to a severe cold. The plasma is then set free and floods every tissue of the body.

#### HOW TO STUDY THE BLOOD.

The first thing is a microscope magnifying about four hundred diameters; a hand lens, and some thin glass. Tie a string around the middle of the last joint of the middle or ring finger of the left hand. As soon as the end of the finger swells a little

and becomes darker colored, prick it with a clean needle. Immediately deposit the drop of blood between two pieces of glass; place the drop on a piece of ordinary thickness, and over it a thin slip of glass. The blood will thus be spread out, and the examination of its contents will be easy to conduct.

The condition changes in health and sickness; in hunger and supply; in thirst and afterward; in times of headache and freedom from this malady. Before a meal, the corpuscles are not as numerous as after; but after eating, the white corpuscles make an immense gain on the red. In a period of hunger, there are 1000 red corpuscles to every white one; but, after taking food, there are four times as many white corpuscles as there were before, or 1 to 250 or 300, showing that they are increased directly from the food. The blood dies in about two or three minutes; that is, it loses its characteristics as living blood.

The nearer we can get to the changes of the blood, the more accurate will be our knowledge of the laws of health. The following facts are easily learned through the aid of a microscope:

1. The nutrition of the body consists in the white corpuscles.
2. The vitality of the body consists in the red disks; these are red corpuscles.
3. If food is being assimilated the microscope will show a decided increase of white corpuscles after a meal.
4. If, after eating pure food, the fresh air of out-doors is breathed, the blood will show a large increase of red disks.
5. After losing sleep, the red disks are lessened, and the face becomes paler.
6. After a sound sleep, the red disks increase rapidly, and the complexion becomes beautiful.
7. After eating fried fat, pastry, and rich food, and after drinking coffee, tea, or stimulants, the red disks are decreased in serious proportions.
8. After an hour of healthful physical culture, followed by a bath and a half-hour's rest or sleep, the blood is then in its ideal health, and the physical condition is in a state of profound bliss; providing proper food has been previously eaten.
9. Before a cold can be caught, the white corpuscles must be diminished by weakness, preventing the blood from assimilating the food.
10. The loss of vital-electricity by dampness (non-insulation), is seen in the lessening of the red disks.

# THE THROAT AND LUNGS

UNDER THIS HEAD WE SHALL CONSIDER :

- |                 |                         |
|-----------------|-------------------------|
| 1. SORE THROAT. | 7. WEAK LUNGS.          |
| 2. DIPHTHERIA.  | 8. FLAT CHESTS.         |
| 3. BRONCHITIS,  | 9. DIFFICULT BREATHING. |
| 4. CONSUMPTION. | 10. GAPIING.            |
| 5. PNEUMONIA.   | 11. HICCOUGHES.         |
| 6. PLEURISY.    | 12. LA GRIPEE.          |

## 1. SORE THROAT.

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

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

As far as our experience goes, we have proved to our own satisfaction, at least, that sore throat cannot be acquired if air is never drawn in through the mouth. Many of our members testify to the same fact in their own experience.

Look at any disease you please, there is a natural cause for it, a natural means of prevention, and generally a natural cure. We will examine each in turn.

*The cause.* Three things must occur to produce sore throat: first, a weakened vitality; second, irritation; third, bacteria. Weakened vitality has been discussed under the department of colds. Irritation is always produced by a current of air, or its contents. Air of itself is strong enough to wear away the surface of the throat-membrane, thus leading to soreness and inflammation. This occurs in three classes of cases: first, when a person inhales vigorously through the open mouth; second, when the voice is aspirated with force, as in excited conversation; third, when a strong voice is used and the air is improperly impinged against the throat, as in the case of speakers or others who have occasion to use the voice, and use it ignorantly. It is thus that the air becomes an irritant. A strong vitality will overcome these exciting causes, as a rule; but in many cases the throat gives way locally.

Another form of irritation is in the contents of the air; for they consist of dusty particles of every kind of matter, some having sharp edges, and cutting into the membrane. The latter then becomes red and in the minute openings of the flesh, bacteria obtain a foothold, and quickly develop a sore throat. No air is free from bacteria, except in the rarest cases; and these germs find no difficulty in getting into the mouth and throat. The latter is more sensitive and becomes the first prey to the malady. Despite the uncertainty that some physicians believe to exist on the subject, it is quite well established that every case of sore throat, however mild, is due to the presence of bacteria (disease germs), feeding upon opened flesh that has been inflamed by the air or its contents, and lodged only in some system that has become weakened. The growth of this malady tends toward diphtheria, when a more poisonous germ takes possession.

*The prevention.* Sore throat may be prevented by removing the cause, as just stated. The simplest and safest course is to avoid inhaling through the mouth.

*The cure.* Ordinarily, the physician, or the good house-wife seeks to allay or mollify the inflammation in mild cases; and to destroy the bacteria in severe cases. The disease germs are known as pathogenic bacteria; and are called septic or poisonous. Any medicine that destroys these is called anti-septic. But anti-septic medicines also destroy the good germs, or cells of the tissues of the body, and lead to atrophy. To many disease germs, oxygen is a most deadly anti-septic; but never destroys good tissue-cells, except to rebuild them. Red pepper is a natural anti-septic; and, if held in the throat or gargled frequently, it will destroy the germs. Very hot water is a good anti-septic in many cases. The more air one inhales the greater is the effect of its double purpose; it increases the vitality and adds oxygen as a direct anti-septic. Always inhale through the nostrils. If the nose is closed, or catarrh has control of it, the suggestions hereinafter made will prove beneficial in relieving these difficulties. When the nostrils have become cleared, the only thing to do is to form a habit of constant nasal inhalation. This may be done in one or all of the following ways: 1. Assign the first five minutes of each hour during the day and evening to the task of closely observing the action of breathing, and watch very carefully to see that every breath is taken in through the nose, especially when conversing. 2. Ask

some friend to watch you occasionally, and remind you of your manner of breathing when not conversing. 3. Ask some friend to observe you and speak to you every time you inhale through the mouth. 4. All upper-chest movement in breathing, is tiresome for the entire body, and such breathing is sure to weary the neck and throat. Therefore, use the lower chest respiration as much as possible. 5. Saliva is the most beneficial of all natural remedies. All animals cure their wounds by its use. Human beings often move the hurt finger to the mouth. A sore throat may be helped very much by swallowing the saliva and holding it in the throat. This, combined with nasal breathing, will always help a physician in curing the worst cases. Mild cases will never need a physician and should quickly cure themselves, if the above suggestions are strictly followed. The habit of scraping the throat, or making the sound commonly called "hem" will counteract any attempt to cure a sore throat.

*Never clear the throat.*

## 2. DIPHTHERIA.

This dread disease, which annually slays one hundred and fifty thousand young people in this country, may always be *prevented*. In many families, one, two, three, four, and even five children are taken out of the freshness of perfect health and swept to their graves, almost without notice. No greater evidence of the cruelty of ignorance can be found. Every parent whose child attends school, should see to it that the Ralston principles of health and care of the body, as stated under "Ralston Day in School," in the books of this organization are regularly taught to the children. No education is more valuable. The teaching of health in the public schools, even to the youngest, as well as to the oldest scholars, is no longer a matter of sentiment, but of sense. You can do your community a substantial good by arousing your neighbors, and calling upon the school officers.

The bearing of recent researches on the prevention of the spread of an outbreak of diphtheria, can only be fully understood when some of the facts that they brought to light are enumerated. It was found, for instance, that the presence of the diphtheria germs in the mouth is not necessarily followed at once by the appearance of the diphtheritic membrane, and it appears that these germs

can exert little or no injurious effect where the mucous lining of the throat, larynx, &c., remains sound and unaffected by minor diseases. When once, however, we have such conditions as inflamed tonsils or inflammation and ulceration of the mucous membrane, the diphtheria bacilli find a soil ready prepared for their reception, and typical diphtheritic symptoms are the result. That such ulcerated sore throats, inflammation of the tonsils, and similar conditions usually precede outbreaks of diphtheria, has for long been a well recognized clinical fact; these experiments give the explanation of it, whilst they also afford indications as to the mode of treatment. Anti-septic throat washes, not merely gargles, plenty of fresh air, and good nourishing food, are what are required. Kill the germs as far as possible by means of the anti-septics, and strengthen the tissue cells by plenty of oxygen, and by promoting the excretion of effete products, by food and exercise, so that the cells shall be able to form protective products and shall also be able to play their part when called upon to do so.

The foregoing statement represents the science of today, showing how closely the medical profession are approaching the Ralston doctrine. We could not better state the matter in pure Ralston parlance.

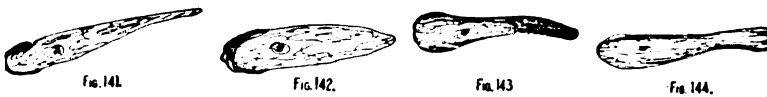
In 1875 Klebs, using a powerful microscope, found in the false membranes, which develop in diphtheria, a small germ with rounded ends, and with, here and there, small clear spaces in its substance, a bacillus that was not readily stained, that grew luxuriantly in broth, and which, inoculated into animals, gave rise to a peculiar, dirty, fibrinous-looking slough at the seat of inoculation. He found, however, that in certain cases this germ was absent, the predominating organism then seeming to be arranged in masses or in short chains. This, when cultivated in broth, gave rise to the formation of chains of considerable length. As a result of these observations he described diphtheria as occurring in two forms, one form resulting from the action of one organism, the second being caused by the other.

These researches were continued by other workers, and Formad, in America, came to the conclusion that the rod-shaped germ had little to do with the disease, but that the chain-forming germ was the real exciting cause. Matters remained at this stage for some time—in fact, until Löffler took up the subject. After examining a number of cases of diphtheria, he found that, although



there are numerous organisms in the false membranes or diphtheritic patches, these were mostly near the surface, and many of them were simply the organisms that were usually found in the mouth now growing under more favorable conditions of nutrition. He found, however, that in the deeper layers, or at the inner margin of the layer of exudation, the Klebs germ might almost invariably be found. It was more deeply situated than any of the others, and was always most numerous in the oldest part of the membrane. This was in cases of pure diphtheria. In the so called diphtheritic sore throats met with in other diseases, especially in scarlet fever, the chain appeared to be the predominant and characteristic organism.

These rods described by Klebs and Löffler vary much in length; they are straight or slightly bent, one end or both sometimes being a little swollen.



In Figure 141 is seen a long almost straight diphtheria germ, differing from 142 which is shorter and fatter. Figure 143 shows one slightly curved. It will be noticed that each has a swollen end; and that 144 has both ends swollen. This is the characteristic feature of these germs, and it is worth while to compare them with those of consumption or other diseases. They differ among themselves as dogs differ from each other; but the swollen end is the distinguishing feature. They are nothing but vegetable cells of peculiar virulence. They kill, not as other germs by destroying tissue matter, but by emitting a poison which brings on heart failure. It is the poison that kills, and not the trouble at the throat.

If sufficient time be allowed to the bacteria to form a large dose of the poison, it is useless to remove the false membrane, as, though the bacilli may be then destroyed, sufficient poison may have passed into the system to cause the death of the patient, "for in diphtheria, contrary to what occurs in most other infective maladies, the infection is not produced by the invasion of the tissues by a microbe, but by the diffusion through the organism of a toxic substance prepared on the surface of a mucous membrane altogether outside the body, so to speak."

It is to attack this poison that many experiments have been made with the so-called anti-toxine; about the efficacy of which the medical profession is divided.

### 3. BRONCHITIS.

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

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

Bronchial troubles may be traced to one of three causes:

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

The last named cause may be remedied by following the directions of Nature's Doctors stated herein.

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

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

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

make you gasp; but not cold enough to shock the nerves too severely. On each subsequent trial take water a little cooler.

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

Always inhale through the nose.

You say you do, but you do not.

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

Practice every variety of breathing. There are many exercises in respiration.

Read what is said on Magnetism in the present volume.

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

#### EXERCISES.

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

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

Every person who practices the exercises of this treatment, and follows all the directions conscientiously, will surely cure all bronchial troubles. The practice should be pursued many weeks and months. While taking the present treatment, continue in all the exercises of the courses of Physical Culture as far as they relate to the chest and neck.

#### 4. CONSUMPTION.

When we consider the fact, now commonly known, that consumption is but the presence of small germ-life in and about the lungs, feeding upon them and in time consuming them for food, it seems strange that any human being should ever fall a victim to

this terrible disease. Our position, taken firmly years ago and maintained all along the line of experiment even to this hour, has been constantly proved true in the lives of our members: *consumption is a curable disease.*

We are not speaking for effect, nor to impress a doubtful claim upon the public; for in doing so we would have nothing to gain and everything to lose if our position were a false one. Nothing could more effectually injure Ralstonism in the minds of the people, and especially among its faithful members and loyal followers than to put forth so strong a claim upon insufficient proof. We have saved many consumptives from the grave; and many others are improving under this system, which is simply the method of Nature.

The rule of recovery is this: if the patient is not too far gone to exert will power and make some effort to assist Nature, the life can be saved; otherwise all attempts are hopeless. The degree of recovery may be stated as follows:

1. Lungs that have been consumed are gone forever. Those that have not yet fallen prey to the germs may be saved.

2. If a whole lung is gone, the patient must depend on the other lobe. There are thousands of people now living who have had consumption without knowing it; and, by some accident, the disease has been arrested. The post-mortem examinations in the past have shown clearly and frequently that cavities found amid healthy portions of lungs had healed in some mysterious manner during life; probably due to the return of vitality to the general system. It is certain that physical vitality develops an electrical energy in the tissues of the lungs that the germs cannot withstand.

3. If the lungs are partially destroyed the remainder, being healthy, are capable of expanding and, to some extent, filling out the cavities made by consumption. Nature allows a great reserve in all her works; and there are lungs that are packed closely together from not having been used, awaiting the time when demands shall be made upon them.

If you look at the bronchial tubes, branches and sub-branches, you will be surprised to find the whole structure much like a tree, the air cells being the leaves. In Figure 145 we present the trachea or windpipe, and its right and left branches, from which many smaller divisions and twigs proceed.

Figure 145. The two lobes of the lungs and the bronchial tubes and branches. The book may be turned upside down, and you will see the appearance of a tree without leaves. The leaves are the air-cells; but suppose they are destroyed, how can the tree live?

It is sometimes a problem to the gardener to know how to protect the trees of his orchard from worms and caterpillars. In a short time they may strip the branches of their leaves.

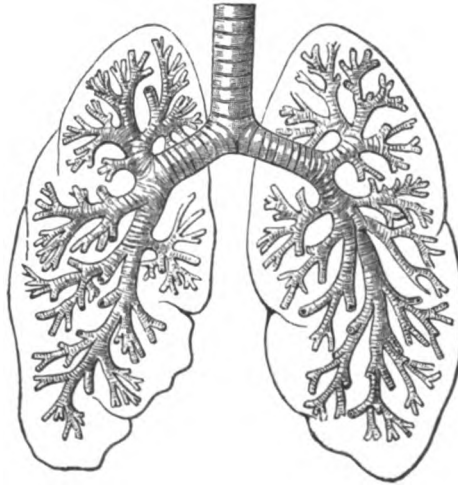


FIG. 145.

If we could adequately represent the lungs or leaves upon the little branches and twigs, we would see a most beautiful tree in full leaf. In Figure 146, we obtain a general idea of the lungs with their cells attached.

Figure 146. The lungs in reverse position with air cells appearing, to represent their likeness to a tree in full leaf.

In a general way, we get a fair idea of the appearance of the lungs. But they are, in fact, nearer to the real tree than we would suppose. Their air-cells are used to breathe with, and so are the leaves of the tree.

In Figure 147 we see these leaves or air-cells, magnified twenty diameters, and the little twig or final stem of the bronchial passage leading to them. We said these air-cells in Figure 147 are

magnified twenty diameters; and if you were to reduce this figure down to one-twentieth, the exact size of the cells would appear.

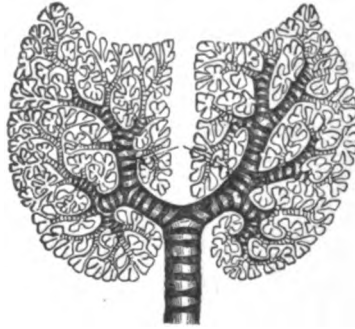


FIG. 146.

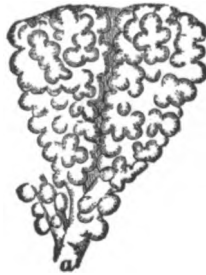


FIG. 147.

Figure 147. The end of a bronchial tube leading into two clusters of cells, sometimes called two air-cells; magnified twenty diameters; *a* being the bronchial opening.

It is at these cells that the interchange of oxygen occurs with the carbonic acid gas from the lungs. The oxygen inhaled does not go into the air-cells by the act of breathing; it is left in the bronchial tubes, and, by the law of diffusion of gases, it becomes mixed with the impure gas from the blood. It goes in as oxygen and comes out as impure oxygen, called in chemistry *carbon dioxide*, or carbonic acid gas commonly, as oxygen was once supposed to be the source of acids. The ever ready blood, if it is healthy, seizes upon the oxygen, and the red disks carry it dancing to every tissue of the body to keep it in health.

All this is technical to a sick man, who is hunting for relief;

and, as so many medical works fail because they are hard to understand, we shall keep our original promise and depart from the dry terminology by coming into a popular vein.

We believe that, in the department of health, all classes of people would show an intense interest if the subjects of most vital importance were presented in popular language, so that they could be understood. Surely nothing is so important as a knowledge of the mysterious operations of life within the body; yet nothing is so hard to understand as ordinarily written and published.

## MYSTERIES.



FIG. 148.  
Animal life in water.

The old saying that a drop of water contains a great variety of small animal life is certainly tame at the present day. It is the childhood of science, and simple at that. There is no connection between *that* water and disease; the trouble lies deeper. The person who has been told but little concerning microscopic life would be amazed at the foregoing picture showing animal life in water. But such specimens do not help science or the physician; for they are not disease-germs.

There is a deeper and far more important life; so small that it has been hidden all these centuries, and is so very tiny that even now, it can scarcely be discovered with the strongest microscope. Today, at the very moment of our writing, thousands of physicians are awaiting the latest reports from the scores of men who are working in the fields of this new world of investigation.

Among the medical profession of Europe and America, a certain excitement prevails, pending the possibility of greater knowledge concerning the smallest forms of life known to exist in the universe. The writer has made a thorough study of the most recent of these discoveries, both in the United States and Europe; and, having recently returned from the latter country, is prepared to state accurately what is being done in this line.

In the first place, very few of the real facts are yet published; and the newspaper reports are sensational and untrue. People are often misled by the latter, and erroneous ideas become a part of their education. We hope the time will come when the masses may be educated in the great subjects which are not taught in schools; and that the knowledge may be brought home to them, without the cost of going to college. With this end in view, as far as our present department is concerned, we shall aim to be both accurate and interesting. We call these forms the

#### SMALLEST PEOPLE IN THE WORLD.

How large are they? A drop of water is very small compared with the size of a man; and its microscopic inhabitants are quite small compared with the drop itself; but, when a lens is powerful enough to discover the disease-germ, or the tiny life that is hidden in the particles of the water, the object is so much smaller than the "wiggler" in the drop that it would be as a man to a mountain.

The scientific names are, of course, necessary to the medical profession; but they are too cumbersome to the popular mind. We shall, in this article, drop such words as bacterium, bacteria, bacillus, bacilli, amœba, amœba, etc., and use the simple language of our books, taking therefrom the more potent terms, DEVS and ANGS. These are coined for science as most scientific words are coined. When we speak of DEVS and ANGS, we refer to the smallest people in the universe, and not to the larger forms of microscopic life that abound in water.

#### WHAT EXPERIMENTS HAVE DONE.

The first investigator detected germs on the teeth. His name was Leeuwenhoch, and he was a native of Delft in Holland. He scraped material from teeth that had rarely been cleaned, and found an inconceivable number of living animalculæ darting



about very quickly. There were all sizes of them. Since that time the microscopists have made great progress in discovering the nature of these germs.

DEVS AND ANGS ARE EVERYWHERE.

They have two very dangerous habits which all persons should know: they float about in dry air, and they cling to moist surfaces. To test this, let the light fall into a room from the window in such a way that the particles of dust may be seen floating about. If we examine these particles they will not seem at all harmful.



FIG. 149.  
Particles of dust slightly enlarged

Every time you inhale through the mouth, you take in these dust particles; whereas, if you breathe in through the nose, they will be caught by the spongy filters in the nasal chamber and be expelled. Mouth-breathers run great risks.

Now let us follow the history of these particles of dust. They settle by their own weight on anything they happen to touch; but, as they have an affinity for moist surfaces they are blown off from all dry surfaces. Bread, meat, milk, fruit and the human lips are moist, and the fact shows that they cling to all food, and to the lips, mouth, tongue and teeth, but only when the air is dry, or damp and malarious, for malaria is now proved to be caused by DEVS in the air, arising from decaying weeds, vegetation and protoplasm. Here we see



FIG. 150.  
A particle of dust highly magnified.

Five DEVS, or diphtheria germs, are seen clinging to this dust. It is but one of hundreds of floating particles that are to be found in every dry atmosphere, and that are sure to be breathed into the mouth, throat, lungs and general body of any person. Unless you are a faithful member of the RALSTON HEALTH CLUB, the chances are that you will find it impossible to breathe correctly, and to protect your own health and that of those you love from the diseases that so easily destroy life. How quickly diphtheria takes away the loved ones of a family! How easy it is to contract throat and lung diseases that may end in pneumonia or consumption. Is not a little knowledge and a little precaution better than indifference? These contagious and fatal diseases may be avoided. Many of those now in their graves might be sitting at the fireside to cheer the winter evenings, had these simple things been known.

#### WATCHING THE DEVS.

The ANGS are builders; they construct the tissues of the body. The DEVS are the destroyers; they make war on the tissues. If they succeed in their attempts at increase; and, if the ANGS are unable to drive them out, the body becomes overrun by them, and that condition called disease follows. But the ANGS are good fighters. As soon as the DEVS get a foothold in any part of the body the ANGS assemble by millions, and a pitched battle ensues.

#### HOW A HEALTHY PERSON MAY CATCH CONSUMPTION.

A loved wife is sitting in a railway station. Some minutes before she entered, a pale-faced man, with stooping shoulders and flat chest, had come into the room. He had a cough, which caused him to expectorate on the floor, or in a receptacle for the purpose. In a short time the edges dry, and on the dust rise the DEVS which had left his lungs. If he were to die at this minute the autopsy would show that his lungs are covered with mounds, called tubers; or, tubercles, which means little mounds. For this reason consumption is called tuberculosis. These mounds are built up of the tissues of the lungs by DEVS; they *consume* the lungs in building tubercles, and thus tuberculosis is called *consumption*. When the pale-faced man expectorates he coughs up phlegm impregnated with the germs and pus or cheesy substance of the tubercles.

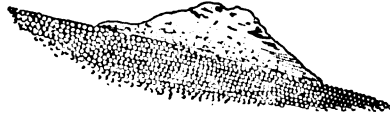


FIG. 151.

A tubercle, or cheesy mound, on the lungs, containing millions of living germs.

Each tubercle is smaller than the head of a pin, but is the seat of great activity. Thousands of consumptives daily walk the streets who cough up portions of the matter from these tubercles, and any person who happens to inhale through the mouth is sure to breathe in the flakes or dry particles which arise from these expectorations. Just think of it! More than one-seventh of all people who die are carried off prematurely by this disease, and nine-tenths of all who catch this terrible malady get it from inhaling the particles that float in the air from the expectorations of consumptives. If you live in the house with one who is thus diseased, be sure to provide a receptacle containing carbonic acid, into which all matter coughed up should be instantly put. That is your only safety.



FIG. 152.

A consumptive dev.

This represents a single germ, from which arises the most common and terrible of all maladies. The germ is generally attached to another of its kind, and, under the microscope, they appear in semi-circles, as follows :



FIG. 153.

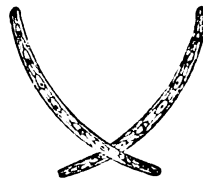


FIG. 154.

They are described by observers as "delicate rods or threads, slightly curved, two being arranged end to end." Some microscopists have claimed that they are chains of cells, spores or *cocci*, but the most recent discoveries prove this to be incorrect. They are long, hollow appearing rods, containing spores within. Millions of them might be contained in a particle of water so small that it could not cover the point of the finest needle.

These DEVS are peculiar to the disease called consumption; they will not cause any other disease. They seem to be in the world for the only purpose of causing death by consumption. Why are they created?

#### HOW FAST WILL THEY INCREASE?

They have a very peculiar way of multiplying, and somewhat different from ordinary cells or germs. A full grown consumptive DEV is a curved thread containing spores, or little cells, and it is in the multiplying of these cells that the family increases. A DEV just born is a cell, which is round. It grows by elongating into a thread. Then it forms a spore or cell in itself thus:



FIG. 155.  
A cell.



FIG. 156.  
A cell elongated.



FIG. 157.  
A dev with a spore.

Now let us look at the growth of the spore within the DEV. The latter contains protoplasm or life fluid, common to all life in the animal and vegetable kingdoms. The spore floats in protoplasm. It feeds on it by reaching out its shape and encircling a mass of fluid.

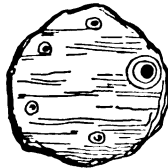


FIG. 158.  
A spore cell enlarged.

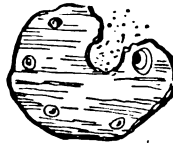


FIG. 159.  
A spore cell changing its shape to encircle its food.

It surrounds its food and grows larger, and then becomes a parent by dividing itself into two parts.

It is by this division that disease increases and spreads rapidly in the body. Supposing each cell becomes two in an hour, which is a long time to wait for such small life, in one hour there would

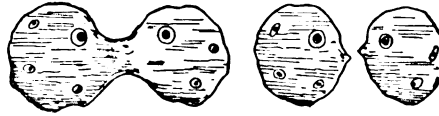


FIG. 160. A spore cell ready to break in two. FIG. 161. A spore cell divided.

be two cells, each becomes two more, and there would be four in two hours. How long would it take for a single germ to fill a person with disease? We simply double each cell every hour, and have the following :

In	1 hour	we have	2 germs.
"	2 hours	" "	4 "
"	3 "	" "	8 "
"	4 "	" "	16 "
"	5 "	" "	32 "
"	6 "	" "	64 "
"	7 "	" "	128 "
"	8 "	" "	256 "
"	9 "	" "	512 "
"	10 "	" "	1,024 "
"	11 "	" "	2,048 "
"	12 "	" "	4,096 "
"	13 "	" "	8,192 "
"	14 "	" "	16,384 "
"	15 "	" "	32,768 "
"	16 "	" "	65,536 "
"	17 "	" "	131,072 "
"	18 "	" "	262,144 "
"	19 "	" "	524,288 "
"	20 "	" "	1,048,576 "

Each one of these million or more germs becomes the parent of a million more, and so on without end. In such disease as diphtheria, cholera, typhoid fever, blood poisoning, hydrophobia,

lockjaw and the like, the germs make very quick or slow work, depending upon their nature. We show their habits in popular pictures, easily understood, so that all human beings may be able to protect themselves and their loved ones from these terrible enemies. The consumptive DEV is quite different from other DEVS; and it is highly important to know how it increases, how it battles with the ANGS, how it may be prevented, how it may be destroyed, and just what hope a consumptive may have in each stage of the dread disease. As we have nothing to sell, and no medicines or drugs to recommend, we are in a position to tell all persons, sick and well, the exact truth—the full extent of hope or fear, and all should know it.

The consumptive DEV is so small that it has baffled investigators until very recently. Its increase being due to the growth of spores in its own body, and their division as we have shown, it is more insidious and more difficult to destroy. Cold and ice will not kill them, their spores will live through the longest winter locked up in solid ice. They seem to know that severe cold and dampness will destroy the ANGS or tissue builders and defenders of the human body; and that a person who is exposed to chilling atmospheres and cold, damp weather will not be in a condition to defend against their attacks. Hence arise so many fatal cases of consumption. The well man or woman of today may be in the grave in a few months. Mrs. President Harrison was apparently in perfect health; she caught cold at a reception; in a few months the DEVS were swarming in millions times millions in her lungs, the tissues were *consumed* as food by the DEVS; one lung gave way, then the other, and nothing was left but death. Cold weather seems favorable to these germs. They cannot be destroyed by freezing, and heat cannot be applied to them. There is but one way to overcome them after they have taken possession of the lungs. Let us imagine, what is sure to be the fact, that consumptive DEVS are in the air all about you, and only one has lodged in your mouth or on your lip. It is carried into the wind-pipe and lodges in one of the bronchial passages near the lung cells. It is a young DEV, whose shape we show. It contains no spores. After arriving safely in your lungs, through a perilous journey in the air for hours, it begins to look about, to see if its new quarters are satisfactory and pleasing to its tastes. This being settled in its favor, it at once feeds. It likes protoplasm, such as makes blood

corpuscles, and so it eats heartily. Soon a spore or inner cell is formed thus :



FIG. 162.                      FIG. 163.                      FIG. 164.  
Young consumptive devils beginning to feed and grow.

It now has one spore. After a while it has from two to six, and possibly a dozen spores as is seen below.



FIG. 165.                      FIG. 166.  
A full-grown consumptive dev.

Scientists differ as to the number of spores in one of these germs; some claiming only from two to six; others that there are chains of smaller germs making the curved larger form. If a careful watch of these germs during development be made, it will be seen that they begin with an enlarging cell, grow long and thread-like, then form spores within, which break apart and make new germs. Then the full grown DEV will break up as described.

These spores are really cells, which increase by cell division as shown in Figure 161. One makes many, and each becomes a long curved thread and gives birth to a lot of spores. They live on the tissues of the lungs, and their excreted food makes that cheesy substance found in tubercles.

As soon as they begin to build up colonies, the ANGS assemble and attack them. A pitched battle ensues, on the result of which hangs the fate of a human being's life.

#### SPECIAL TREATMENT FOR CONSUMPTION.

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

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

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

It makes no difference how pure the air may be, it will not be as beneficial as if it were moving. Now, if a person living in moving air should exercise a little very gently, this exercise will cause more rapid respiration, thereby bringing more oxygen into the body. Activity will cause the body to absorb oxygen; whereas a person standing still might inhale great draughts of oxygen, and yet the lungs will only absorb enough to carry on their ordinary functions. Therefore, if you desire to increase the vitality of the body to its utmost, take gentle exercise and the fullest possible respirations in moving air, whether indoors or out; and draw GLAME. This increased vitality will cause a tendency in consumptive persons to become better, but it will be necessary to do more before a *cure* can be effected.

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

We can open them by taking the pipe stem exercise. Take a piece of the stem of a pipe and put it in the mouth; hold the nostrils closed and breathe out one second through the pipe stem with gentle force. The restriction of the aperture of the mouth to the small dimensions of the hole in the pipe stem will cause the compressed air of the lungs to find other means of escape, and in so doing the air is for a while forced into the unopened air cells. The next step must be to blow a little harder through the pipe stem, occupying two seconds in the exhalation. It is better for a few days to do this only once or twice an hour, as too much



practice is apt to force the weakened lungs too rapidly. After the first week the patient may blow for five seconds through the pipe stem, not oftener than twice an hour. This seems very little time to practice, but a good work has been commenced, which, if performed faithfully according to these directions, will result in recreating the lungs. This method has been employed both in Europe and America with great success. After a few weeks, the patient may change the exercise by filling the lungs as full as possible through the nostrils and then, putting the pipe stem into the mouth, suck in more air if possible. Later on another breath may be blown out through the pipe stem and another inhalation taken.

#### 5. PNEUMONIA.

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

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

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

*Pneumonia never should be fatal!* Death from this cause is a crime! It lacks the element of moral turpitude; but only in

the sense that a negligent engineer is not morally guilty of the crime of a frightful railroad wreck.

The patient must aid the physician ; and in advance of the disease. Alcohol and wine drinking congest the chest and lungs as well as the skin and blood vessels. This makes the system an easy prey to the disease. The Special Treatment for the prevention and cure of colds applies equally to the prevention of pneumonia. Without this previous foundation a cure cannot be guaranteed, especially when the disease has advanced several days. However, a cure should always be attempted.

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

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

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

**As to the use of cold or hot water** applications over the chest in pneumonia, there is a divergence of belief and practice among physicians. Some rely upon ice water, on the theory that the fever must be subdued, and they recommend that cloths wet in the coldest water possible should be constantly kept on the chest. They have much to say against the use of hot water, which only serves to maintain the heat of the fever, and thus do further harm. The theory seems reasonable, but there are two sides to the question. There are three kinds of pneumonia, or three movements of the general kind, prior to the crisis: The first is a catarrh of the lungs in which the mucus is deposited; the second is the engorgement of the vessels, due to inflammation and congestion; the third is the solidifying of the lungs by an exudation that fills the air cells and shuts off the breathing.

**Iced cloths serve two purposes:** One is to reduce the heat of the fever, or the burning that tends to dry the mucus; the other is to give a shock to the diaphragm, in the hope that it will prove more active. The latter we believe to be the better purpose of the two, and the iced cloths should be thrown on and held against the entire lower chest just above the stomach to the right and left, both at once, and as cold as they can be had. To reduce the fever, let the patient have small pieces of cracked ice in the mouth at all times, and bathe the arms, legs, neck, face and back if possible in turn; thus, bathe only the right arm in cold water at the first; then, an hour later, bathe the left arm in cold water; then, an hour later, bathe the face and neck in cold water; then, an hour later, the right leg; then, an hour later, the left leg; then, the back; then return to the arms as before. Such bathing keeps the body cool, tends to abate the fever, opens the pores, helps to remove the poisons, and renders a quick cure possible.

**It must not be forgotten** that bad air has much to do with the cause of pneumonia, the poison affecting the lungs; but the accumulation of soil from improper diet is a fruitful cause as well, and the usual habits of weak respiration and the checking of perspiration are all that may be needed to develop the malady. With poisons from bad air and soil accumulations from bad food, all that is required is a sudden chilling of the perspiration to start a case of pneumonia. It is, therefore, of the highest importance that the pores be kept open to aid in the clearing of the system. The giving of food to the patient is not advisable until after the

crisis; for there can be no digestion followed by assimilation until after that period, and the presence of food only adds to the danger.

**A patient needs pure air** at all times in the room, without a draft, and moisture is very essential. Let the room be kept from dryness by constantly boiling water. Hot plates wrapped in hot, wet towels serve to maintain moisture directly over the lungs; some of the most successful physicians order them there continuously night and day, with no poulticing whatever. The use of steam inhalation has been efficacious; but the secondary steam should be breathed, so as to avoid burning the mouth. This means the steam that is about to condense, but is yet warm. The patient should be given drinks of gum arabic, slippery elm and flaxseed at every stage of the disease.

**There are doctors who employ** the alternate hot and cold cloths. This makes three methods: one is that of iced cloths; the second of hot cloths, and the third of the two in turn, first hot, then cold. Much depends on the time of using them. Let cold cloths be put on the lower chest once an hour for the purpose of producing the shock of the diaphragm to help expel the phlegm; then let them remain there until they are perfectly dry, and there will be no objection whatever to their use, but much gained. The hot plates wrapped in wet, hot towels should be used much oftener and over the area of the whole chest. Now, this is not alternating, but rather a double use. Iced distilled water should be the regular drink to relieve thirst, and the gum arabic, flaxseed and slippery elm may be put in it as desired. The patient usually prefers them separately. Constant attention, care and labor are necessary if the life is to be saved.

We have gone fully into the treatment of this disease at this place, because it is not possible to deal with it through the Ralston Franchise, for the reason that the time is too short. And it will be observed that any malady that calls for immediate attention cannot be made the subject of Ralston treatment. We depend on nature to ward off and to prevent disease; and in such way it is always possible for every person to become secure against contagions of all kinds. When prevention has been neglected, there is nothing to do but to employ a local physician in a case that needs immediate attention. Yet in this book we present nearly all treatments that are required.

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

The apparently well person falls as easy a prey to pneumonia as the invalid. The strong man or woman of today may be in the grave a week hence. It is hard to lose those who are in the full flush of health; much harder than to part with the long suffering sick. We expect the invalid to die before the healthy man or woman; but this sudden disease fells so quickly that no one is sure of life. For this reason every person should seek the certainty of safety in the Ralston Health Club. Here alone is perfect protection from these terrible visitations of death.

There are three stages in pneumonia: The first is congestion, or overfulness of the blood vessels or capillaries. It begins at some one spot, usually in the lower part of the lungs, and spreads rapidly. The second stage is solidification. The lungs are filling up and gradually hardening, as shown in Figure 167. One lobe

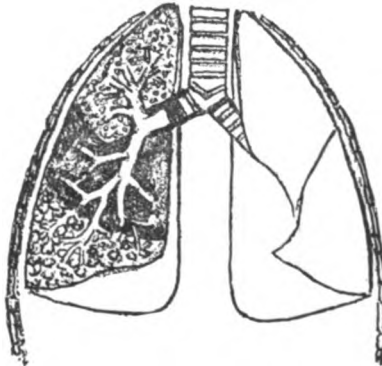


FIG. 167.  
The filling up of the lungs.

is shown, and the process of the disease is manifest. While this is solidifying the other lobe is gradually succumbing; and breathing is finally impossible.

The third stage is the breaking up of the solidifying mass if the life is saved; otherwise, death. The progress of this disease and the gradual filling up of the lungs may be detected by placing the ear upon the chest of the patient.

## 6. PLEURISY.

This is an inflammation of the sac or membrane which envelops the lungs. Its chief danger is in the exudation of plasma, or fluid from the blood.

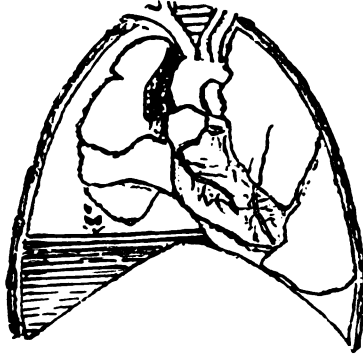


FIG. 168.

In Figure 168 is seen the right pleural cavity partly filled with air and fluid, with the lungs in a diseased condition.

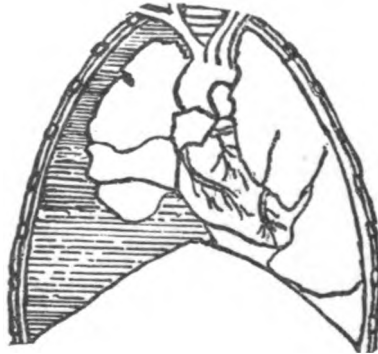


FIG. 169.

In Figure 169, the pleural cavity is now entirely filled with plasma or fluid. The blood is robbed of its red disks or vitality; and, in the cases of those who are easily subject to colds, this disease exists in greater or less degree; and often without being suspected of being present. The only natural cure is found in the same treatment that is employed in a case of pneumonia, subject to such variations as the conditions demand; and to understand these it is necessary to more fully discuss the matter.

**The inner lining of the chest** is a membrane similar to that which envelops the contents of the abdomen. In the latter case the lining is called the peritoneum, and its inflammation is called peritonitis. In the chest the lining is known as the pleura, and its inflammation is called pleurisy. It is a membrane composed of a network of blood vessels, all very delicate and sensitive. Every person suffers more or less from a cold or congestion in the pleura; but in most cases it passes off in a day or two, and only when severe is it dangerous. It then runs its course very quickly, and soon develops into pneumonia or pleurisy. The former is general, the latter is local, the pain being confined to a certain place. The ear placed upon the spot will detect a rasping noise, caused by the friction of the lungs against the membrane.

**In what is called dry pleurisy** the lining is apt to adhere to the lungs or to the muscles of the chest, leading quickly to a dangerous condition, and this must be combated by very hot towels wrapped around heated plates and changed for others the instant they begin to cool. When the membrane has in fact adhered either to the lungs or to the chest, it secretes a serum, or watery fluid, that is detected by placing the ear to the locality; the sound of water will be heard very readily. Soon afterward, the lung on the side of the malady will be pressed out of its position by the water. If the pleura has adhered to the covering of the heart, the latter organ will soon be dangerously involved. To overcome this trouble, the chest should be subjected to the tapping massage, or better still, to patting blows from the balls of the fingers as hard as possible. This has been known to quickly relieve the situation, as the tapping process drives the water back again into the circulation. In every instance it is of vital importance to call the best physician in your locality, as no person should depend upon novices in any case affecting the life of the body. We present, however, the very methods that are used by skilled doctors who seek the aid of Nature. The fight must be continuous.

You who are in good health should realize the value of averting all such maladies as are herein described, at the time when you have control over your body. It is in this way that Ralstonism holds the real sway in the life of one who believes in nature. How just, and yet how hard is it to say to a person: You alone are to blame; for, when in health, you defied nature's laws; now you plead for life!

## 7. WEAK LUNGS.

In this trouble, the duty of training the lungs develops clearly upon the person affected. It is not yet a disease, but a pair of weak lungs will surely invite sickness, and it is only a question of time when they will be attacked and destroyed.

A weak-lunged person has every hope of perfect recovery. We do not believe that, out of sixty millions of people, one ever need die of lung trouble, if the disease at this moment has progressed no further than weak lungs.

No specific treatment can be offered; and, above all, medicines should never be taken. If your lungs are weak, you require a whole course of training; and this is set apart in a large and very valuable volume, known as the tenth degree book, or "*Ralston Culture*."

## 8. FLAT CHESTS.

Cured only in the way suggested in the preceding treatment for weak lungs.

## 9. DIFFICULT BREATHING.

This is cured only by a long course of training, involving not less than a good sized book to make it clear. If you cannot breathe easily, the whole art of respiration must be understood, and this would make two volumes of the present one. However, the quickest cure is in long exhalations followed by natural inhalations.

## 10. GAPIING.

This is an evidence of nature informing you that the lower lungs are not employed in breathing. The cure is effected by a new, permanent habit of deep inhaling, followed by unusually long exhalations.

## 11. HICCOUGHS.

This is a "caught" condition of the diaphragm, or floor of the lungs. It rises to its highest range, and there becomes fixed. It is overcome by a deep, hard pull at inhaling, and by holding the diaphragm down in place until it comes under control. Many deaths have occurred from this apparently trivial disorder; and life may always be saved by the simple remedy we have mentioned. In some of the most distressing cases the method stated has brought instant relief, as though a miracle had been performed. Yet the cause and the cure are plainly logical.



# THE STOMACH

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IN THIS DEPARTMENT ARE TREATED :

1. LOSS OF APPETITE.
  2. WEAK STOMACH.
  3. SOUR STOMACH.
  4. SICK STOMACH.
  5. DYSPEPSIA.
- 

## 1. LOSS OF APPETITE.

**N**OTHING is so keen as the appetite in health; and no surer indication of ill health can be found than the loss of appetite, or its keenness even.

Appetite is both normal and abnormal. It is normal only when growth has been attained; and is abnormal during growth, as also when a morbid taste has been acquired.

Natural appetite is no more an infallible guide than is natural relish. While it is also true that health can only come from obeying the laws of instinctive sense, it is wrong to hold animals up as examples of the true laws of living; for they succumb more frequently to the ills brought on by their foolhardy methods of eating than do human beings left to instinct; and it is true that animals are short lived simply because they are continually abusing the stomach and blood. A dog or cat will eat a bone, even in ordinary hunger, if it can be chewed; yet every bone does injury to the stomach, deranges the system and shortens the animal life. It is said that animals have too much sense to drink tea, coffee, or liquor, or to eat tobacco; but none of these furnish food; and a creature in search for food does not care for other material. The superiority of brute instinct is a false deduction.

So in relish, the animal example is often held up to us; but it follows nothing more nor less than the mere law of taste. Take wood shavings and dip them in blood; the animal will eat them. Cover poisonous pills with sugar; the child will eat them. Fry potatoes until no food particles are left in them, then serve them in fat with salt; the grown person will eat them with avidity, unless a lesson has been already learned. All three obey the law

of relish; yet one relishes blood and gets shavings; the other relishes sugar and gets poison; the third relishes fat and gets burnt clay. The man or woman who devours potatoes fried to a brown is as much a clayeater as the crackers of Georgia and Florida, for clay is the earthy basis of all potatoes.

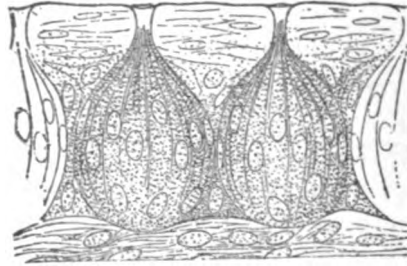


FIG. 170.  
Taste buds.

Taste is the direct guide to the stomach; and the taste buds are connected by the nerves with the stomach itself, so that they represent its health or disorder. If the stomach or its juices are out of tone, the blood is permeated by a change in the alkaline or acid conditions, and these reach the mouth both directly and indirectly. The taste buds are in the tongue, and are mounted by hairlike projections called papillæ. These cover the surface of the tongue. They rise up when you taste. Drop some vinegar on another person's tongue or your own, and you will see the papillæ stand erect. When you taste, these buds absorb the liquid, and inform the nerves; the nerves inform the stomach; the stomach telegraphs back its condition; and the food is not acceptable or is relished exactly as the stomach feels. Food that has no liquid is tasteless, until it excites the saliva and dissolves in it; therefore insoluble substances remain tasteless. The back of the tongue is most sensitive to salt and bitter substances, and, as this part is supplied by the ninth pair of nerves in sympathy with the stomach, such flavors, by sympathy, often produce vomiting. The edges of the tongue are most sensitive to sweet and sour substances, and as this part is supplied by the fifth pair of nerves, which also go to the face, an acid, by sympathy, distorts the countenance.

## 2. WEAK STOMACH.

The loss of appetite is so directly connected with a weak stomach that the cure of one is always the cure of the other.

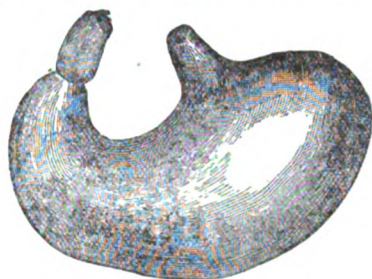


FIG. 171.  
Outside view of the stomach.

The stomach is shaped somewhat like a bagpipe. At rest it holds about three pints; when distended it seems capable of an enormous increase of size. In Figure 171 is seen the general shape of the human stomach; and in Figure 172 an inside view is shown; also the outlet of the stomach into the canal. The

food comes down into the upper opening on the right; and when properly prepared, it passes out into the canal. This little

opening at the left is called the gate; and it opens only when the food is properly digested by this large stomach. It is at this gate that cherry stones and hard substances, when swallowed, become sometimes fast and cause death. In cases of overloading the stomach, or of weak stomach, the food is often allowed to pass undigested; and thus it goes through

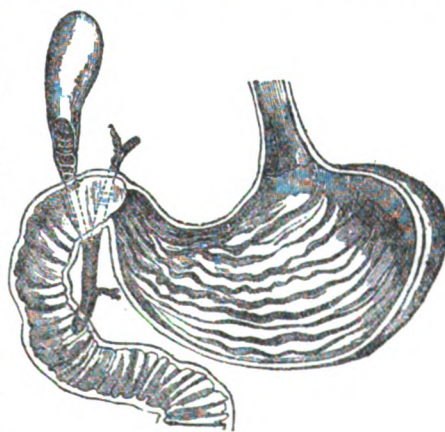


FIG. 172.  
Inside view of the stomach.

without doing any good. This stomach will not digest starchy foods, nor any forms of sugar. As some animals have a stomach devoted exclusively to salivating the food, so the human mouth is the first stomach. All bread contains starch, so do all the grains, potatoes, and like food; and the mouth should chew and salivate and dissolve them thoroughly. In the sheep this purpose of nature is very clearly seen; and, for this reason, Figure 173 is especially valuable.

In the case of this animal, the food which is cropped or swallowed hastily passes unchewed into the large first stomach or paunch. Here it is moistened with a fluid admixture, and

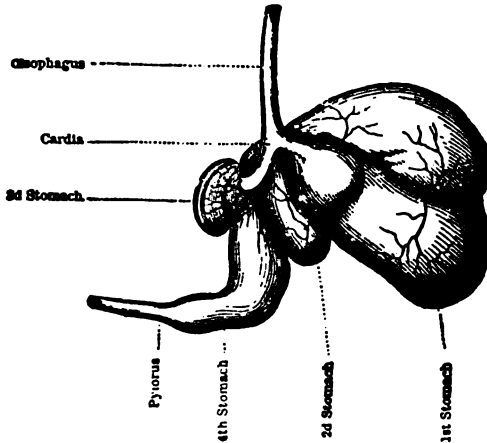


FIG. 173.

The four stomachs of the sheep.

when required, is passed on to the second stomach, and thence back to the mouth to be masticated. When chewed it is swallowed again, and proceeds at once to the third stomach, and thence forward to the fourth stomach or reed, where the true gastric juice is mixed with it. From this latter it passes, as in man, through

the gate into the intestines, which are twenty-eight times longer than its body. In the ox, the stomach is not only complex, as in the sheep, but the intestines are forty-eight times the length of the body. The saliva of the mouth corresponds with the gastric juice of the stomach, the latter being a more powerful solvent. The gastric juice, in the case of a strong stomach, passes directly to the food, being excited by the lining of the stomach itself. From seven to thirty-five pounds are secreted every day from the blood to the stomach; and, in good digestion, it goes back again to the blood. In bad digestion it is partly lost, and the blood made poor. Good digestion must commence with

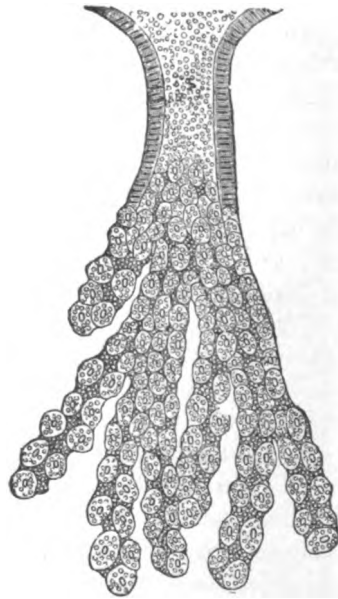


FIG. 174.

One of the glands that secrete the gastric juice, magnified 150 diameters.

good blood in order to secrete good gastric juice; and must end by giving back to the blood a greater quantity of nutrition than it took from it.

The gastric juice is thin, colorless and acid; if it were alkaline, it would digest the stomach itself, and this result is partly obtained by the use of medicines.

The question is often asked why the stomach itself is not digested by the gastric juice, since it belongs to the albuminous substances. Some assign as the reason that life protects that organ, and that living tissue cannot be digested. The fallacy of this has been fully shown by introducing the legs of live frogs and the ears of rabbits through an opening made in a dog's stomach, where they were readily digested. The latest opinion is that the blood which circulates so freely through the vessels of the lining of the stomach, being alkaline, protects the tissue against the acidity of the gastric juice.

The preservation of the acidity of the gastric juice, so long as that acidity remains normal, is one of the laws of health; and is the first flesh law of the chemical generation of electricity in the body. The normal acidity is due to lacteal acid, a natural digestive change in milk, occurring in the body, not out of it. Milk is not only a partial food for mature people, but even a little of it gives life and strength to the gastric juice. In eating breakfast food, such as prepared whole wheat, a little milk makes a wonderful difference, even to the saliva of the mouth. But in tea and coffee, the milk and cream are both made indigestible by the strong poison in them.

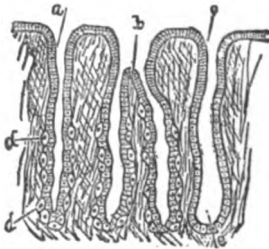


FIG. 175.

A thin section through the gastric mucous membrane, perpendicular to its surface, magnified about 25 diameters. *a*, a simple peptic gland; *b*, a compound peptic gland; *c*, a mucous gland; *d*, oval, chief, or so-called peptic cells.

The flow of gastric juice is influenced by various circumstances. Cold water checks it for a time, and ice for a longer period. Anger, fatigue and anxiety delay and even suspend the secretion. The gastric juice has no effect on the fats or sugars of the food; its influence being mainly confined to the albuminous bodies which it so changes that they become soluble in water.

The first step in the cure of a weak stomach is to follow the general

rules of health as laid down in the book of General Membership. The second step is found in the treatments in the book of Inside Membership. The third step is developed in the final sections of this department.

### 3. SOUR STOMACH.

The natural acidity of the gastric juice is not the acid of a sour stomach. The latter is due to soil disease, and is cured only by the removal of the dead animal soil from the body. Physical culture, as prescribed in the early part of this book, and the constant drinking of distilled water are the two natural cures.

### 4. SICK STOMACH.

This condition is either due to dyspepsia, in which case it will be considered in the next section, or it is due to improper food and drink.

In undertaking to effect a cure, it is necessary to let coffee, tea and chocolate alone until the stomach is strong enough to receive and assimilate them. The worst thing that can be taken into a weak or partly filled stomach is tea or coffee; and chocolate is a grease like butter in its effect. Tea acts on a very full meal, and helps to relieve a crowded stomach; while coffee makes a large part of any food indigestible. A temporary feeling of strength follows the use of either; but, after a while a soreness is developed.

Cake, pastry, fried grease and all kinds of pork are conducive to a sick stomach. Ham, bacon, boiled or fried pork should be avoided until the stomach is well again.

### 5. DYSPEPSIA.

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

Some stomachs which never suffer from dyspepsia are weak from lack of development. The best treatment for them is the use of food in large quantities, containing but little nutrition, and easily digested, as mashed potatoes, cabbage without grease, and above all things, ripe fruit. Pears, not too acid, may be eaten, a

dozen at a time, even to overcrowding the stomach. As meats never impart much strength to the body, and tax a weak stomach to its utmost, it is generally well to avoid them until the stomach is sound. In the development of hunger, or in seeking to cure the loss of appetite, the one great principle of the Ralston method is intimately involved.'

If we watch the progress of the child in its growth we will be struck by the energy of its appetite. This is due to the fact that while growing the added portions of the body consume and dispose of much of the refuse from the abdomen. During all this period in the healthy child, the life principle is of a super-energetic character. This is caused no doubt by the fact that the appetite is very keen; and the appetite is made keen by the simple fact that the refuse does not clog the system, as it does when growth ceases. Notice the keen appetite of the person who has emptied the contents of the stomach and surrounding parts into the sea, while laboring from an attack of seasickness. The clearing out makes way for the enjoyable appetite. All appetites should be eager, sharp. Not that every eager appetite is healthy, but there can be no healthy appetite that is not eager. Yet we assert that every appetite that is founded on the clearing out of the contents that clog the system is surely healthy. Right here lies the secret of the most powerful life energy. We have a way for disposing of this refuse without medicine, as will be seen by following the directions herein.

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

1. Digestion.
2. Decay.

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

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

The exercises appended to this treatment should be strictly

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

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

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

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

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

To cure a stomach already weak is quite another matter. Take the Inward Bath treatment, prescribed in this volume of natural remedies, twice a week just before retiring at night. Study carefully the proportions of food required to furnish the fourteen elements, as stated in the first volume. It will be seen that the use of easily digested foods, such as rice, renders it impossible to digest the ordinary kinds.

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

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

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



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

The foregoing diets may be accompanied by the full courses in Physical Culture, and by daily massage in and about the locality

of the stomach. For weak stomachs, six meals a day are better than three: The first within fifteen minutes after rising in the morning, and very light; then at the regular breakfast hour; the third at twelve o'clock; the fourth at three o'clock; the fifth at six o'clock; and the sixth at nine o'clock, and very light. Allow the stomach to take all the mashed potatoes it relishes, even to crowding it. Do not take lime to correct the sourness of the stomach.

#### MASSAGE IN THE CURE OF DYSPEPSIA.

The natural juices and fluids of the stomach and its surroundings have, when in a state of health, both cura-

tive and disinfectant properties. In stomach troubles they are passive and stagnant. A species of soreness, inflammation and congestion will be found to extend over the area of the stomach, even to the surface of the body, and the flesh is often sensitive to the touch.

Not only in theory, but in fact, is the application of massage most efficacious; and, as the test is quickly made and the bene-

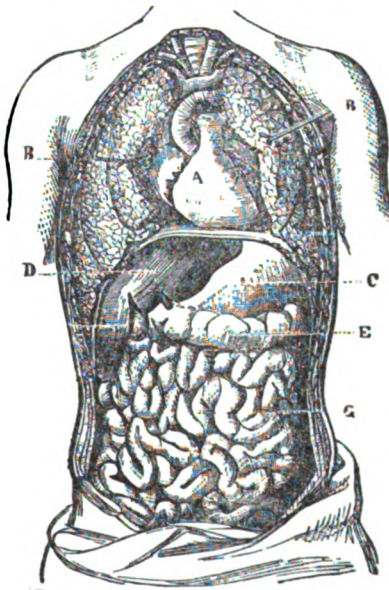


FIG. 176.

Situation of the stomach and its surroundings.

- |               |                     |
|---------------|---------------------|
| A, Heart.     | D, The Liver.       |
| B, The Lungs. | E, Large Intestine. |
| C, Stomach.   | G, Small Intestine. |

ficial results ascertained, no person should neglect to use this means of remedy. We will describe the movements, and state their process afterward. It is well to read carefully all that is said of general massage in an earlier department of this volume. The present movements are based upon the laws there given.

Figure 177. The hands are placed upon the pit of the stomach over the clothing, and the fingers press in and out, or rise and fall with the flesh.

Figure 178. The hands are in the same position as before, but the wrists move toward each other, causing the flesh to rise in a mound; then they separate and the flesh falls to its place again.

Figure 179. The palm of one hand is placed flat over the stomach, and over the back of this hand is placed the palm of the other hand. With great pressure, the two hands roll back and forth over the flesh.










Figure 180. The thumbs are placed near to each other on the stomach, the fingers pointing downward toward the feet. This spreads the hands over a great area of the abdomen. The massage consists of moving the whole abdomen up toward the chest, then down toward the feet, as firmly and slowly as possible, without allowing the hands to slip from their position.

Figure 181. This form of massage consists of kneading the abdomen with the second joints. Commence at the extreme sides and press the sharp joints of the hand into the flesh, gradually working toward the center. Then start at the sides once more and come to the center inch by inch. Repeat for two or three minutes, this, as well as each of the others.

Figure 182. This is the opposite of the preceding figure. Commence at the center of the front wall of the abdomen, and pull the flesh away by a gradual kneading movement of the ends of the fingers, pressing hard down in the flesh.

Figure 183. In this movement the thick skin of the abdomen is picked between the thumb and fingers; and this is continued over the whole area of the stomach. If done correctly for a few minutes, it is one of the very best of the massage movements for the cure of dyspepsia; especially if the stomach at the time contains wholesome food. The clothing must be removed so as to get directly at the flesh.

Figure 184. In this movement the flesh is caught up in large

 <p>FIGURE 177.</p>	 <p>FIGURE 178.</p>	 <p>FIGURE 179.</p>
 <p>FIGURE 180.</p>	 <p>FIGURE 181.</p>	 <p>FIGURE 182.</p>
 <p>FIGURE 183.</p>	 <p>FIGURE 184.</p>	 <p>FIGURE 185.</p>

masses between the wrist and fingers. It is even more beneficial than the preceding movement if performed as directed in the foregoing paragraph.

Figure 185. This is percussion. The hands lightly at first strike the flesh around and over the stomach. The force may be increased gradually.

### RULES.

#### FOR MESSAGE IN THE CURE OF DYSPEPSIA.

*Rule 1.* Do not try these on an empty stomach.

*Rule 2.* It is better that there be no meat in the stomach at the time.

*Rule 3.* Wholesome foods, as from the preferred grains, are best, taken with a little milk.

*Rule 4.* Any time is suitable from ten minutes to two hours after eating.

*Rule 5.* The movements may be kept up for five or ten minutes at a time, then repeated after a rest of ten minutes.

*Rule 6.* Massage for the cure of dyspepsia, or sore stomach, should be performed by the person, as self-exercise is necessary.

*Rule 7.* Fresh air should be obtained for one hour before eating.

#### HOW MESSAGE WORKS.

In Figure 186 is seen a section through the pericardium, magnified about 200 diameters. At the lower part is an infiltration due to soil disease, and capable of producing pain. Massage, by a trembling action of the flesh alone, would also set in motion the upper layer; this would vibrate the second layer; this would reach the fat cells of the third layer, and the latter would vibrate the lower or inner layer, and so on. Thus massage is the only action that can reach the innermost flesh. Here, under the influence of good food and pure air, the erratic collections of tissue matter and disease are scattered.

It is like the trembling of a mass of gelatine; if you had a block of the same size as any of the organs of the body, and should place your hand on the top and shake it gently, the whole mass would tremble.

Disease is almost always accompanied by dead soil, and this generally occupies the place of live tissues, leaving them dead and their places vacant when removed. In Figure 187 evidences of this

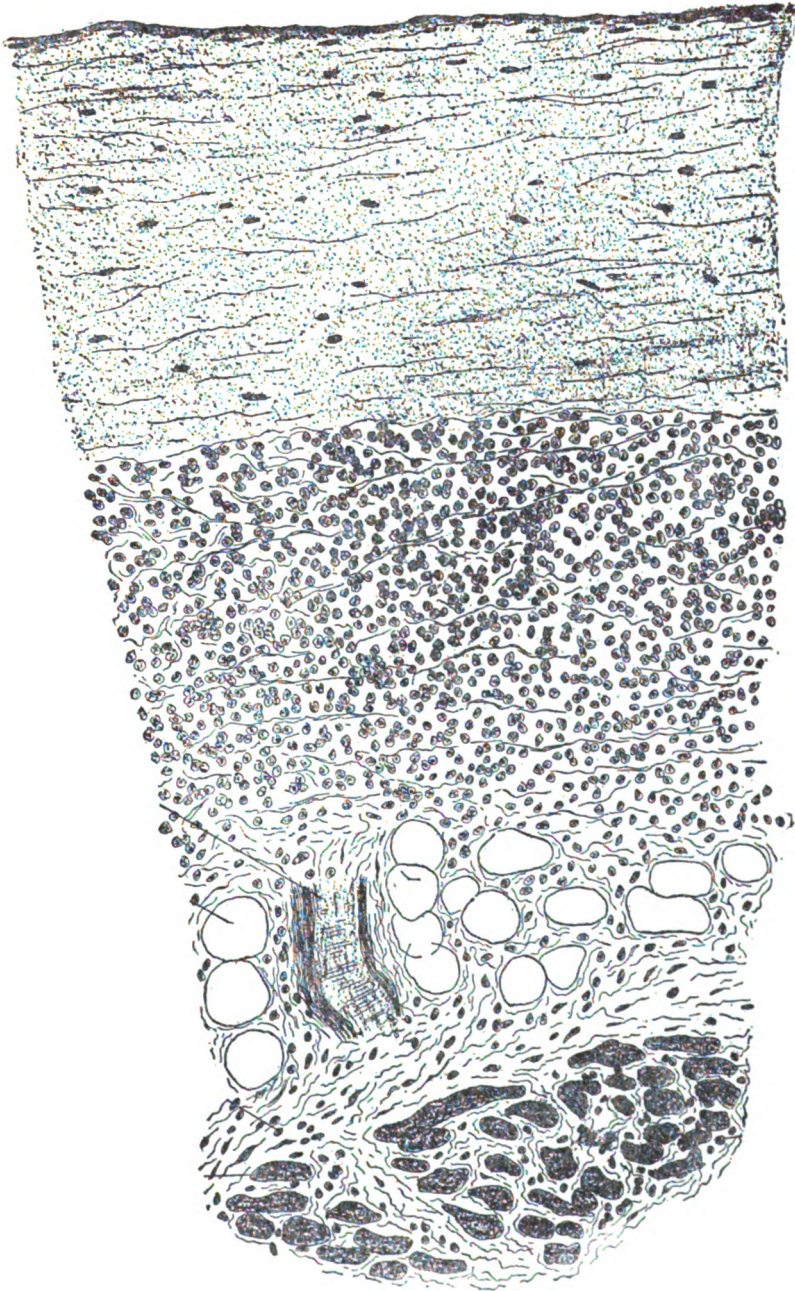


FIG. 186.



FIG. 187.

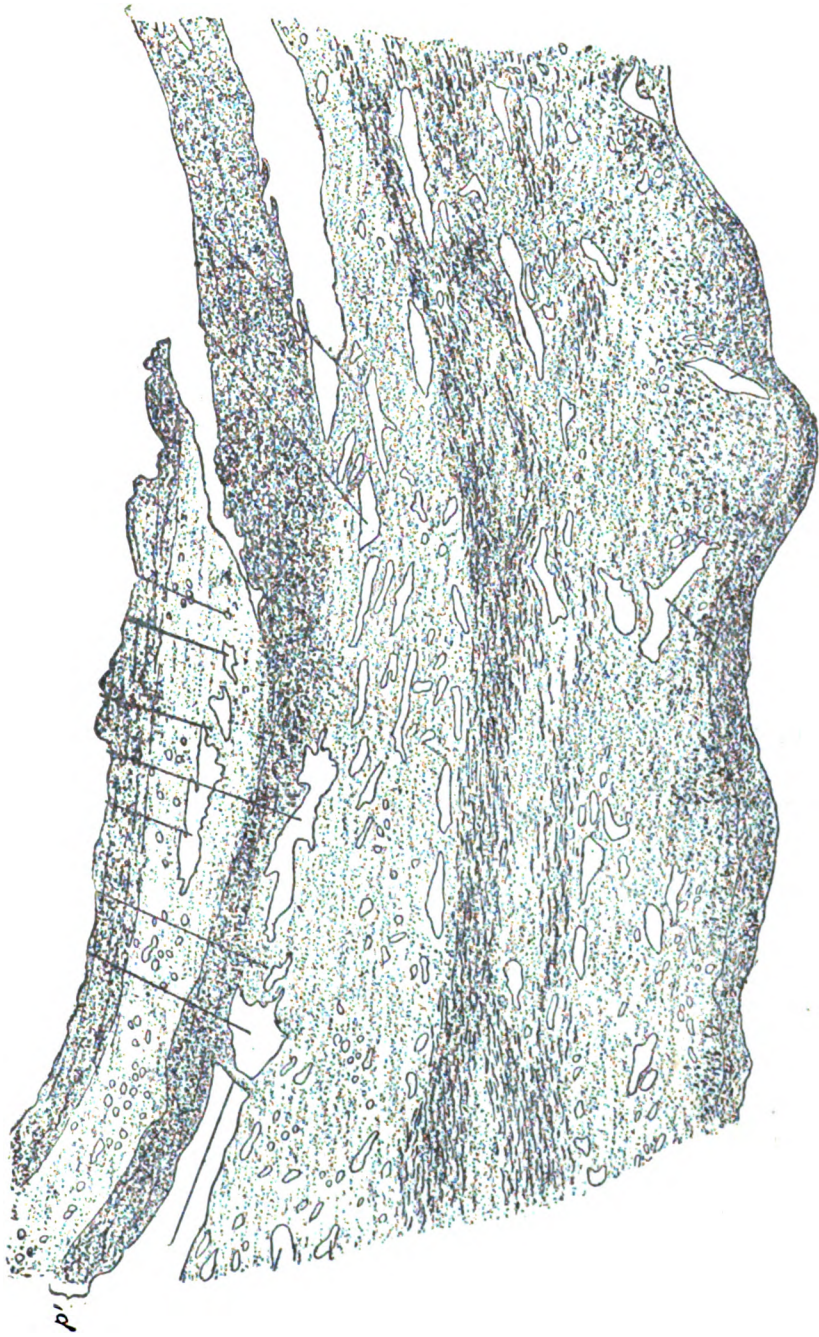


FIG. 188.

are clearly seen in a mass of flesh enormously magnified. It would hardly seem possible that massage could deal with so complicated a condition; but its vibrations keep the flesh active and call new blood and new tissues to the diseased mass.

It is necessary to show the tissue structure under a very high magnifying power, in order to make clear the advantages of massage and the method by which it reaches disease.

In Figure 188 are seen the lesions and large openings made by the progress of disease. Even these are healed and cured by massage under the influences of fresh air and wholesome food. Massage distributes the blood and its nutrition in a small way; but exercise does this in a larger and more energetic way. While both are essential, the former performs a duty that exercise cannot reach; and the latter aids in results that massage cannot accomplish alone.

A man suffering from dyspepsia called upon a well-known physician who told him to get a horse and take good care of it, thinking thereby to induce the man to exercise. The patient bought the horse and hired a servant to take care of it, but his dyspepsia was not cured.

Every wise physician knows that exercise, especially in pure air, is a great remedy for this malady, for it distributes the blood and its nutrition through the weakened parts and heals them, besides creating a new appetite. The most powerful agent in the exercise of the body is the diaphragm.

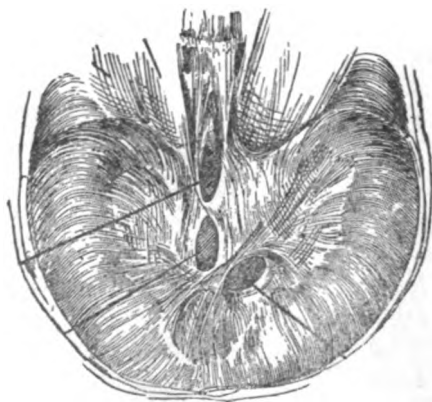


FIG. 189.

The diaphragm, one-fourth natural size.



In Figure 189 this great muscle is seen in reduced form. It is the roof of the stomach and the floor of the lungs. The

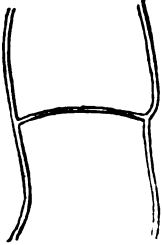


FIG. 190.  
Average position.

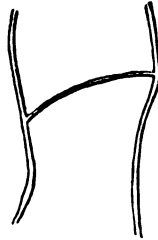


FIG. 191.  
Raised position.

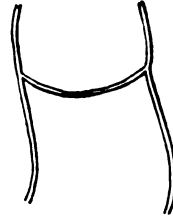


FIG. 192.  
Lowered position.

diaphragm not only controls the acts of breathing, laughing, crying, sneezing, coughing, hiccoughing, gaping and many secondary movements, but its freedom and readiness to change its position affect the general health of the body. The relaxation of this great muscle causes a false carriage of the vital organs and a displacement of every part of the internal arrangement; and to this, more than to any other thing, is due the chief ill health of woman.

#### RAISING THE VITAL ORGANS.

The vital organs in the upper part of the torso (the stomach, heart and liver) are carried below their normal position in all persons who are not in absolutely perfect health. This is due to the relaxation of the muscles which surround and hold them in place. In the present exercise, two results are obtained: first, the carriage of the vital organs in their proper positions; second, the nutrition of these organs through the exercise of adjacent muscles. This exercise, which is hard to understand and harder to perform, is productive of more benefit to the health, and is capable of curing more organic diseases than any other treatment known. It draws nutrition, in the form of the best blood, to the stomach, liver and heart; in fact, so beneficial is it to the liver that the author has never seen any case of liver complaint which could not be cured by it. The active lifting of the vital organs should precede every exercise in the Physical Culture Courses. As the lowering of the vital organs is the most serious defect in the body, and as it injures these organs to perform any exercise while they are below their normal position, we find here an explanation of

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

#### THE PELVIC EXERCISE.

This is referred to in various parts of the present volume, and is fully presented as a treatment. In Figure 190 the diaphragm is represented as level, and the abdominal wall neither in nor out. In Figure 192 the diaphragm is represented as low and the abdominal wall as out. This is the false position, but is rarely noticed as such, unless a person is stout, for the fall of the abdomen does not show so much in thin people. In Figure 191 the diaphragm is represented as raised, and the wall of the abdomen

is in. This position is the highest in exhalation, but no inhalation of air should cause it to fall lower than that of Figure 190. The pelvic exercise is performed by raising the diaphragm and drawing in the abdominal wall as the first movement; then resuming the position shown in Figure 190, as the second movement; then repeat the first and second thirty-two times; always avoiding the position shown in Figure 192. The action hinges on the pelvis and is therefore called the pelvic exercise.

PHYSICAL MOVEMENTS AS A CURE FOR DYSPEPSIA.

It will be seen that Ralstonism believes in exercise as a cure of disease. The exercise must be founded on good food and fresh air as bases; and then may be performed in all of three ways:

1. Massage.
2. The pelvic exercise.
3. Physical movements.

The reasons in nature are so clear and appear so vividly illustrated in such photographic views of tissue construction as appear in Figures 187 and 188 that we could not expect any results other than those actually and uniformly obtained from these three divisions of cure. It may all be summed up in a nutshell: distribution of nutrition to repair waste, heal disease and build new body matter. Idleness kills; activity distributes.

We present now a series of physical movements, designed, in a larger degree than either massage or the pelvic exercise, to distribute nutrition, repair waste and build new flesh, in the present disease; and, in fact, in all disorders of the stomach and liver. A great importance is attached to the movements at this place, owing to the fact that they are used in many other cures, and are referred to from time to time in other places.

Figure 193. Take a standing position. Place the hands on the lower ribs at the right side, the left hand being under the palm of the right. Bend the body slightly to the right, and crush in the lower ribs very decidedly at the same time. The two motions must be made as one action. Repeat thirty-two times.

Figure 194. Take a standing position. Place the hands on the lower ribs at the left side, the right hand being under the palm of the left. Bend the body slightly to the left, and crush in the lower ribs very decidedly at the same time. Repeat thirty-two times. It is important that the hands be at the extreme sides in both these exercises.

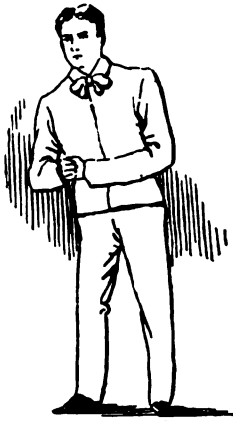


FIGURE 193



FIGURE 194

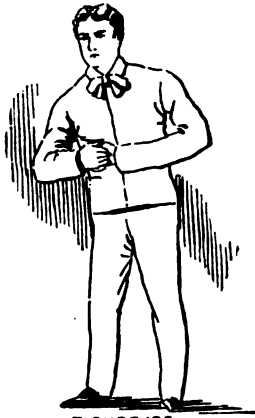


FIGURE 195



FIGURE 196.

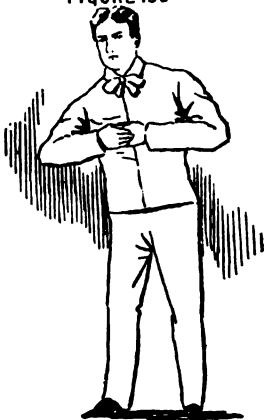


FIGURE 197.

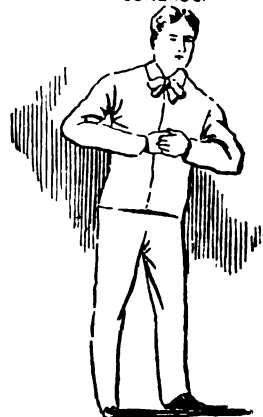


FIGURE 198.

Figure 195. Take a standing position. Place the hands on the ribs somewhat higher than in Figure 193, on the right side, and about three inches forward. Then repeat the movements of Figure 193.

Figure 196. Take a standing position. Place the hands on the ribs at the left side, somewhat higher than in Figure 194, and about three inches forward. Then repeat the movements of Figure 194.

Figure 197. Take a standing position. Place the hands up to the right side of the stomach, the left hand being under the palm of the right. This will bring the hands to a position a little right of front and directly at the stomach, on its right. It will be noticed that the line of position has changed, coming diagonally up from the side toward the stomach. Bend the body forward, and at the same time very slightly toward the right front, crushing in the upper abdominal wall with the hands. Repeat thirty-two times.

Figure 198. Take a standing position. Place the hands up to the left side of the stomach, the right hand being under the palm of the left. Repeat thirty-two times the movement described in Figure 197, except that the body must lean forward a little to the left.

#### FIBER AND TISSUE STRETCHING.

Every muscle of the body, when in full health, expands and contracts. Every part of the body is more or less muscular. Every cube of flesh is a mass of small muscles and muscular fibers. There is no inner and no outer portion of the body that is not a network of muscular composition.

It seems strange that, amid all the pretended advance of physiological and medical knowledge, no person has yet caught from nature her most wonderful instinctive movement for reaching the fibers and tissues that center in every part of the body. All humanity learned centuries ago that exercise meant health and vigor; and that work is not exercise when it is drudgery. Even the perfected models of Greek and Roman physique were built upon exercise. But exercise does not go far enough, although it is always an essential to health; and we see it giving way to certain hygienic movements called massage. When the latter came into use its value in effecting cures that neither medicine nor exercise could reach, placed it at once as a great advance toward

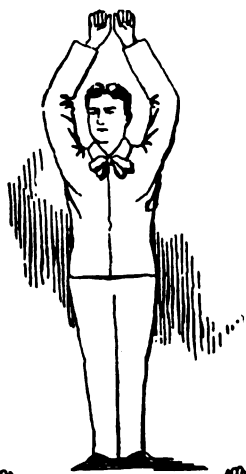


FIGURE 199

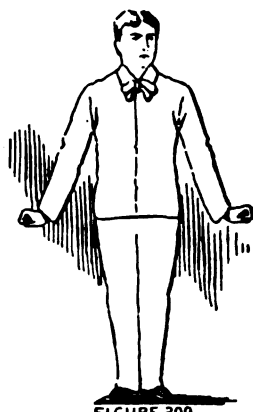


FIGURE 200.

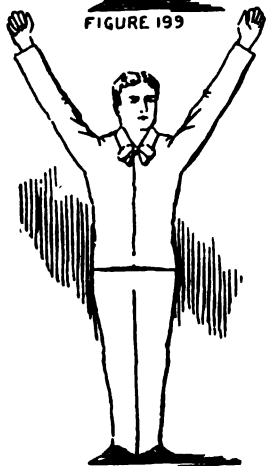


FIGURE 201

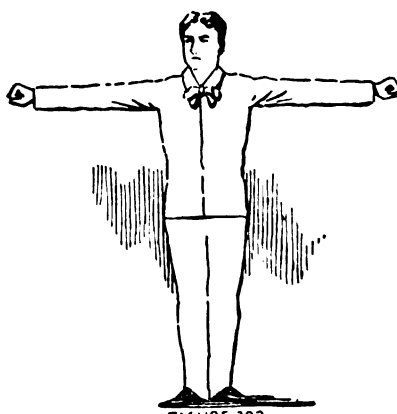


FIGURE 202

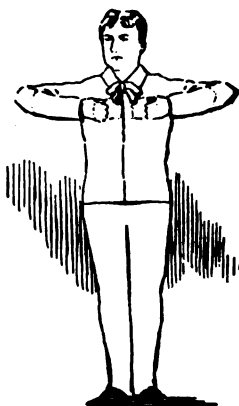


FIGURE 203.

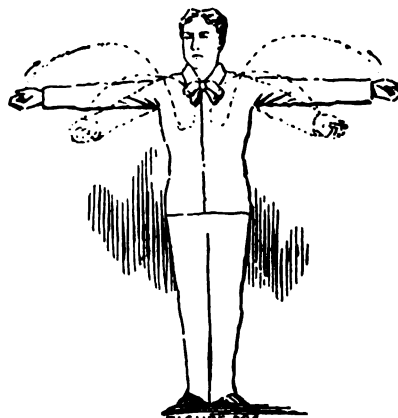


FIGURE 204.

nature. For instance, in soreness, inflammation, and especially in bruises, medicines are slow; but massage scatters the injured matter to the blood to be carried off, and at the same time distributes new nutrition so gently and evenly throughout the affected flesh that it speedily heals.

If we examine massage we will see that it is entirely artificial as an exercise, but that it employs a natural principle, laughter. When we laugh, if the whole body is involved, as it should be, the flesh masses tremble all over; and here is seen the hand of nature in her curative process, for laughter never invites disease.

Yet nature, in animals always and in humanity sometimes, goes a step further, and it is a large step. She does for the body what neither massage nor exercise can do. She reaches all the inner muscles, fibers and even the veins far within, in one grand system of exercise whose network leaves untold no hidden organ and no thread of flesh, however far remote from the surface. This is the stretching of the body or its parts.

It would take pages to describe fully the changes and benefits produced in the tissues, fibers and blood vessels by the natural act of stretching.

Figure 199. Take a standing position. Raise the arms at full length over the head, fists clinched, palms facing front; stretch the chest and arms, at the same time turning the palms outward, with the fists still clinched. Stretch as naturally as you would do when yawning. Repeat four times.

Figure 200. Take a standing position. Face front. Extend the arms out at full length from the sides, about a foot from the body on either side. Clinch the fists, palms down. Stretch the arms, shoulders and body, at the same time turning the fists over, so that the palms face front. This is done by a rolling action of the arms while stretching. Repeat four times.

Figure 201. This is performed in exactly the same way as Figure 200, except that the arms are at the right and left oblique positions. Repeat four times.

Figure 202. In this movement the hands are thrown out at the sides from the shoulders, in a horizontal position. In the act of stretching, the clinched fists are rolled over so as to allow the palms to face up.

Figure 203. In this movement the arms are placed in forward oblique positions of the elbows, the fists almost touching in front

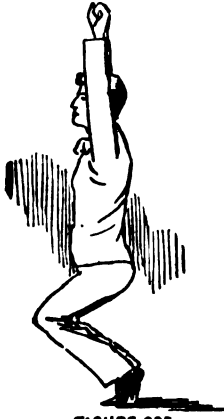


FIGURE 205.



FIGURE 206.

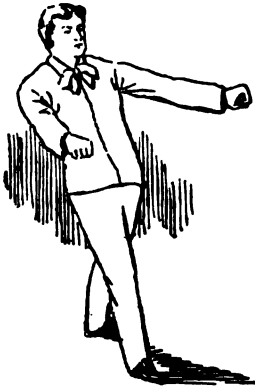


FIGURE 207.

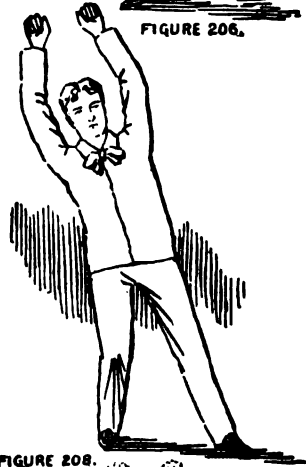


FIGURE 208.



FIGURE 209.

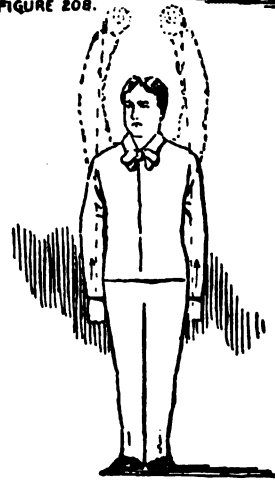


FIGURE 210.



of the body, on a height with the shoulders, and about a foot from the chest. In the act of stretching, the elbows are to be moved from each other laterally, while the body and arms are being vigorously stretched.

Figure 204. This is an interesting exercise and somewhat complicated. It becomes easy to perform if you understand that the arms are to roll while stretching, and at the same time are to move through a spiral movement. We will try to explain it. Stand. Extend the arms out from the shoulders right and left horizontally; fists clinched so that the palms are facing up. Commence to stretch, at the same time swinging the fists around in front of the body, in toward the shoulders, turning a complete small circle, and out to oblique front positions.

Figure 205. Stand. Hold the fists over the head, palms facing front. Turn the palms toward each other, while stretching by pulling the body down, bending the knees at the same time. It is a downward stretch, as if the arms were resisting it.

Figure 206. Stand. Let the arms be at the side on a height with the shoulders; fists clinched, palms down. Stretch by pulling the body back with the arms rolling over so as to bring the palms up, at the same time leaning with the entire body as far front as possible, the fists going back and rolling over.

Figure 207. Stand. Reverse the process of Figure 206. Lean back with the body, the arms somewhat lowered in front; clinch the fists, palms down; pull forward with the arms, while the body pulls back, at the same time rolling the fists over till the palms face up.

Figure 208. Lean back to the right oblique backward position, pulling hard on the stomach muscles by elevating the chest frame, and throwing the hands over each shoulder toward the right backward position, with the clinched fists.

Figure 209. Lean back to the left oblique backward position, pulling hard on the stomach muscles by elevating the chest frame, and throwing the hands over each shoulder toward the left backward position, with the fists clinched.

Figure 210. Stand. Commence with the fists at the sides, low down, the palms facing backward; spread the elbows while stretching the chest and arms, so as to bring the fists to the shoulders; and raise them up past the shoulders and as high as possible, until the palms of the fists face upward.

## SPECIAL ORGANS

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- |                     |                      |
|---------------------|----------------------|
| 1. HEART DISEASE.   | 7. KIDNEY DISEASE.   |
| 2. HEART FAILURE.   | 8. BRIGHT'S DISEASE. |
| 3. LIVER COMPLAINT. | 9. DIABETES.         |
| 4. MALARIA.         | 10. STONE.           |
| 5. CHILLS.          | 11. LOCAL TROUBLES.  |
| 6. BILIOUSNESS.     |                      |
- 

### 1. HEART DISEASE.

**T**HE heart is to be regarded as an engine, consisting of valves and pumping energies, known as contractions, by which the blood is pumped to all parts of the body.

As the blood carries all the nutrition by which the wonderful complications of the system are fed and kept in health and life, day by day, and hour by hour, it follows that this blood must be pumped by an engine of great power; and such is the heart, for its giant strokes, by which the entire mass of the blood is driven to every part of the body in a very short time, are feats of greater strength than any machinery of equal size can perform. The heart is seen in Figure 211. It is a large mass of flesh, divided into sections, which are shown in Figure 212. We believe that every person will appreciate the need of caring for the health of the heart, if its construction is seen and understood; for, although it is a mass of flesh in a general way, it is so made that each division performs an important duty.

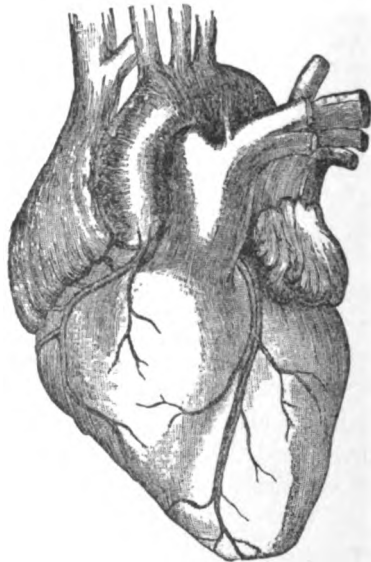


FIG. 211.  
The Heart.

This marvelous little engine throbs on continually at the rate of 100,000 beats per day, 40,000,000 per year, often 3,000,000,000 without a single stop. It is the most powerful of machines. "Its daily work is equal to one-third that of all the muscles. If it should expend its entire force in lifting its own weight vertically, it would raise 20,000 feet in an hour." Its vitality is amazing. Lay upon a table the heart from a living sturgeon, all palpitating with life, and it will beat for days as if itself a living creature. The most tireless of organs while life exists, it is one of the last to yield when life expires. So long as a flutter lingers at the heart, we

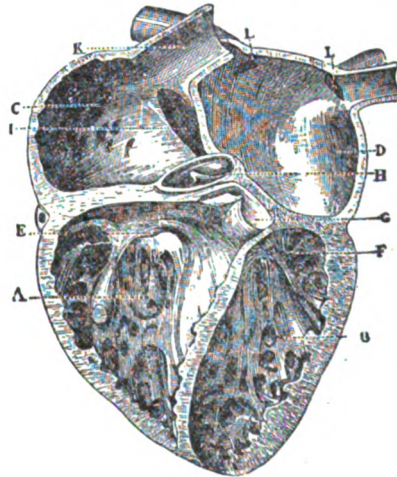


FIG. 212.  
Interior of heart, showing sections.

know the spark of being is not quite extinguished, and there is hope of restoration. During a life such as we sometimes see, it has propelled half a million tons of blood, yet repaired itself as it has wasted, during its patient, unfaltering labor. The play of its valves and the rhythm of its throb have never failed until at the command of the great Master Workman "the wheels of life have stood still."

Oliver Wendell Holmes wrote: "Our brains are seventy-five year clocks. The Angel of Life winds them up once for all, then closes the case, and gives the key into the hand of the Angel of the Resurrection. Tic-tac! tic-tac! go the wheels of thought; our will cannot stop them; they cannot stop themselves; sleep cannot stop

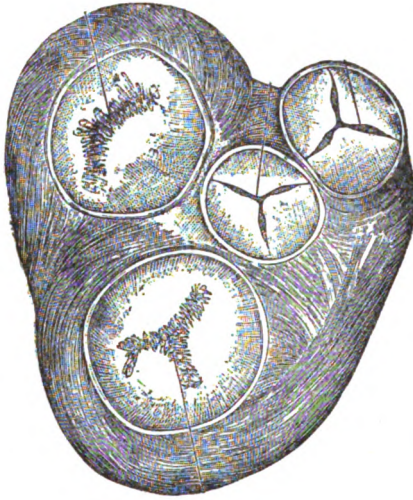


FIG. 213.  
Valves of the heart.

them; madness only makes them go faster; death alone can break into the case, and, seizing the ever-swinging pendulum which we call the heart, silence at last the clicking of the terrible escapement we have carried so long beneath our wrinkled foreheads."

In Figure 213 is seen the exact appearance of the valves of the heart. They open to let the blood through, and close on each palpitation or heart beat. If there were no valves, the blood in rushing through

would be forced both ways, forward and back; and to prevent this, nature has very kindly and wisely fixed the valves so that they open to let the blood come in and close so that it cannot go back again. Thus it keeps on in its course, going around through the circuit of the entire body many times a day.

We may assert as a general proposition that no heart is in perfect health. If the clean, clear appearance shown in Figure 211 could be found as a matter of fact in each human body, it would furnish cause of pride; but while some are thus blessed, the average heart is in some degree of disease ranging from that to the deplorable condition seen in Figure 214. The latter is an actual photographic view of the heart, natural size, showing vegetations growing to it, also deposits of fibrine. It is from a photograph taken immediately after death. A piece of white paper has been placed under the vegetable mass. This condition of the body is present, in greater or less degree, in nearly every person, and is due to a wrong selection of food in eating.

The heart, more than any other organ, is affected by lack of oxygen; for this lack, coupled with the collection of soil vegetations due to bad food, weakens the tissues of the heart itself. As the cause of heart trouble is the lack of vitalized oxygen, so the natural cure is to supply the lungs with such sustenance, and thus aid the heart. A few facts may be of interest.

1. The heart pumps the blood through the entire body.
2. The heart itself is washed continually by good and bad blood, generally the latter, and is affected by it.
3. The bad blood is purified, if at all, by the lungs, before it comes into the heart.

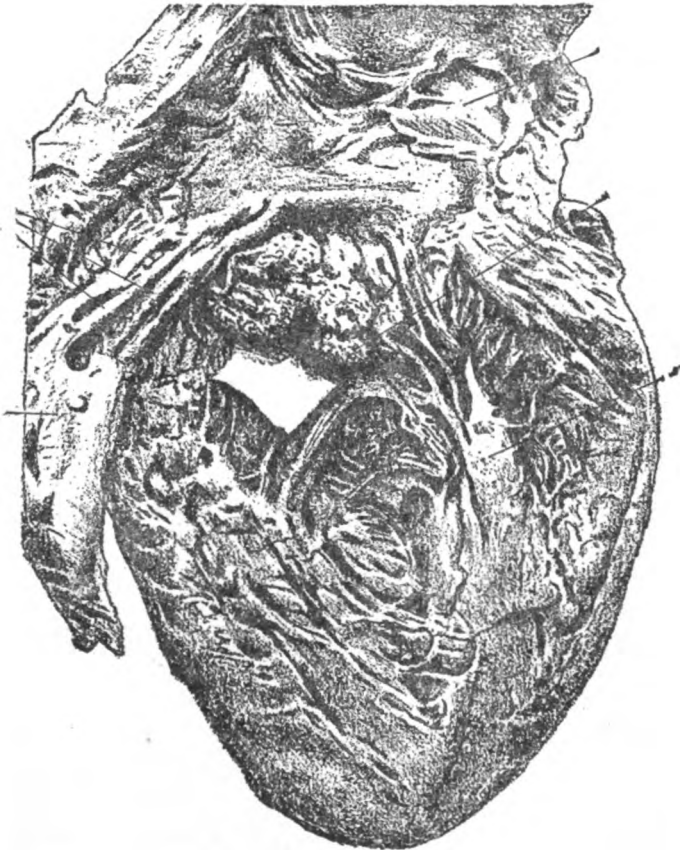


FIG. 214.  
Heart disease.

4. The lungs can only purify the blood by a liberal supply of vitalized oxygen.
5. Listless, inactive people do not breathe deeply, and they continually starve the lungs of their oxygen.
6. Discouraged and ambitionless people are not deep breathers, and do not give the lungs their proper share of oxygen.

7. Excitement quickens and shortens the health, depriving the lungs of oxygen.

8. When the heart is continually washed by impure blood, which is soil laden blood, the soil is left to clog the tissues and veins, and eventually to destroy some part of the structure of that organ.

In Figure 215 we see a mass of this flesh highly magnified, in which there is an uneven growth of the cell structure, caused by the clogging of the tissues and their subsequent disease. As these various figures are taken from actual observations of the flesh of the heart, very highly magnified, they become interesting to those who desire to see what ravages are made in a quiet way by disease during supposed periods of health. This condition is seen in a different form in Figure 216.



FIG. 215.

In Figure 217 a false cellular growth appears under the microscope. It must be borne in mind that these views are of very small masses of flesh, any one of which would appear too slight to receive attention. If we cut out a mere speck of flesh from the heart, it would seem like an enormous mass when viewed under a powerful microscope. A drop of water is a world in itself, and as

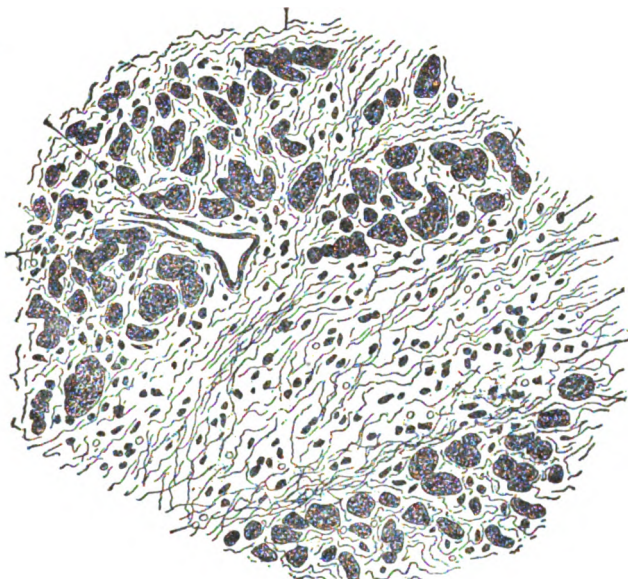


FIG. 216.

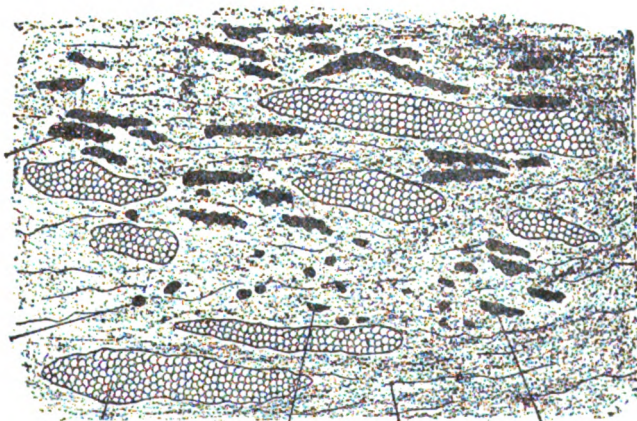


FIG. 217.

full of life in its way as our planet. Using the microscope to still better advantage, the false cellular growth of Figure 217 may be traced to its dangers through Figure 218 to Figure 219.

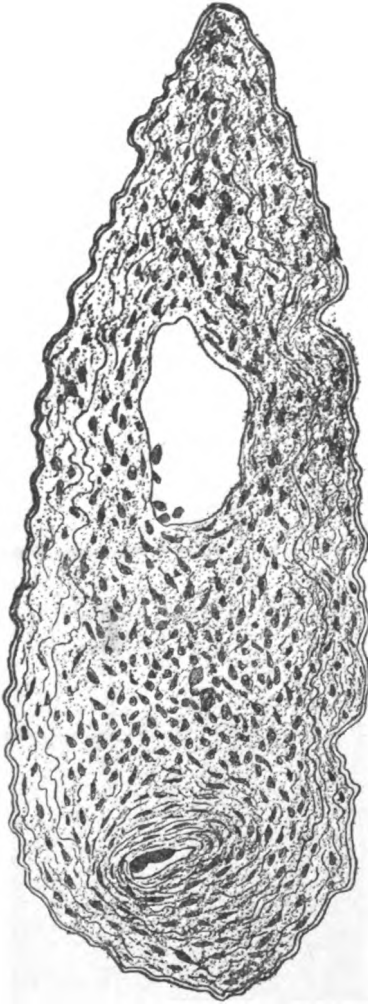


FIG. 218.

of which your loved one died; but Ralstonism seeks to shut the flood gate of *cause* and open the way to *cure*.

The last of these views we will show in Figure 220. Here the microscope has magnified the diseased flesh 250 diam-

All these views are actual conditions of the heart flesh under varying forms of disease. We deem it useless to discuss the names, as they have meaning only to the skilled surgeon; but the *cause* and *cure* are strictly within our province. The physician may acquire such skill as to tell you *what* disease or what technical name expresses the malady

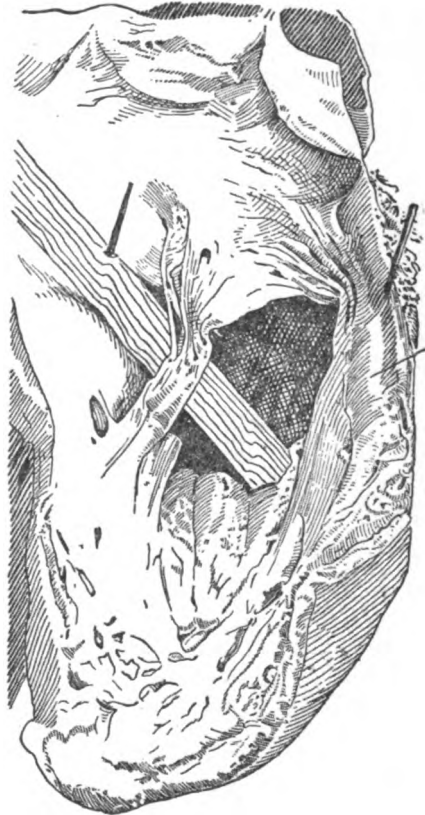


FIG. 219.

Fibroid degeneration of the heart, showing a wasting of one of the muscles. (Natural size.) A piece of whalebone has been placed beneath the wasted muscle. The opposite muscle (a) is healthy.



eters. A comparative idea may be obtained when we say that Figure 215 is magnified but 50 diameters.

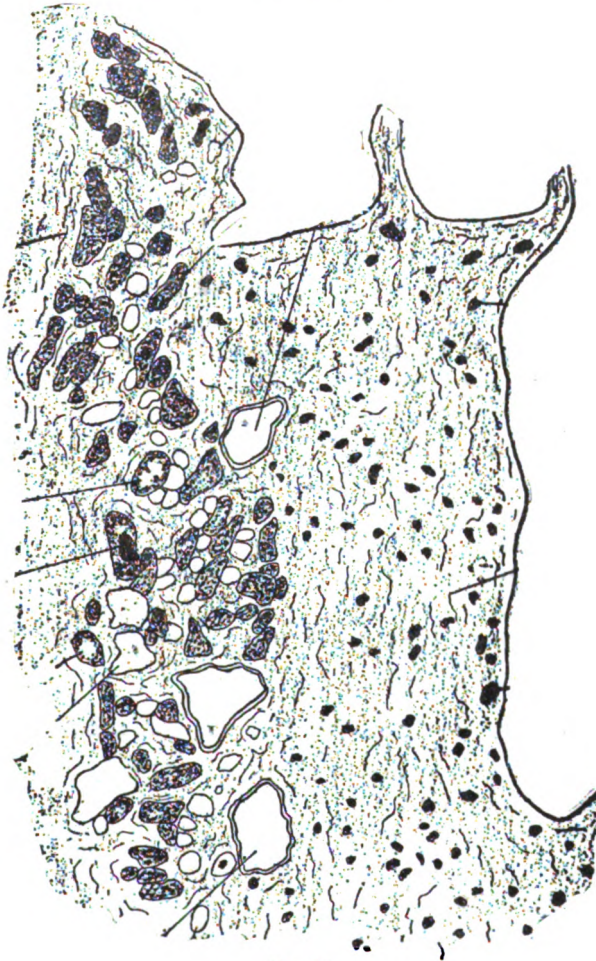


FIG. 220.  
The cause of heart disease.

In order to effect a cure of this most prevalent malady, the only appeal is to nature. By this we do not mean that you are to avoid the services of a physician. In cases of immediate danger his aid is necessary. A crisis must be met by the skilled training of an honest doctor.

But nature, after all, is the only agent of cure; all else is temporary relief. The first demand is for more oxygen. This is acquired by more breathing, not of air merely, but of vitalized air referred to so often in the book of General Membership, and that blows freely out of doors in healthful places vitalized by the sunlight.

The second demand is for relief. When a person has an attack of heart disease, the tendency is to cramp the shoulders and double up the body. This is one of the surest ways of bringing about a fatal result. The first thing, therefore, to be done is to lay the patient out in a position where the shoulders can be thrown as far apart as possible and the chest made free. This simple precaution has saved many a life. A young lady playing at the piano was attacked by this disease and doubled up with its pain. The doctor arrived after some delay and his first remark was: "This young lady's life might easily have been saved had some one known enough to throw her shoulders back." These words came from a very eminent physician. The only method of natural relief is to form the habit of correct chest carriage; and this comes only from the exercise of elevating the vital organs as stated in the previous department. The third and last is heart massage. Thus we find three natural cures in regime. In order to eliminate the soil, the practice of drinking distilled water is the best, if oxygen is inhaled continually from vitalized air.

#### SUMMARY OF NATURAL CURES OF HEART DISEASE.

1. Oxygen to keep the blood pure; and this oxygen must come from vitalized air.
2. Relief to the heart, by lifting the vital organs, as stated in the eleventh department.
3. Heart massage.
4. Removal of soil accumulations in the tissues of the heart; which can be accomplished only by oxygen and the drinking of distilled water.

Distilled water absorbs old age matter and soil accumulations. It has a wonderful affinity for these, so much so that the more we experiment with it the more convinced we become that this kind of water is the only drink intended by nature. Its chief function seems to be to draw poisons and effete matter to itself, and thus become like ordinary drinking water in a day or less.

## HEART MASSAGE.

It will be noticed that this action differs in every respect from the massage applied to the stomach; and, as the purposes are quite different, the efforts to achieve success should be directed to an exact performance of these special movements. It is presupposed that the stomach is well supplied with *pure food*, and the lungs with pure, vitalized air. Bad food makes bad blood, and the impurities are washed into the heart.

Figure 221. In this movement the hand is placed over the heart and moved in a short circle, first to the right, then to the left, without allowing the hand to slip.

Figure 222. The two hands are placed over the region of the heart in such a position that the fingers of the right hand point to the left and the fingers of the left hand point to the right. Then, without allowing the hands to slip, move both hands in opposite directions, horizontally, at the same time.

Figure 223. This is the same exercise as that of Figure 222, except that the hands are placed in a perpendicular position; the fingers of the left hand pointing down, and the fingers of the right hand pointing up. The movement is then a perpendicular one.

Figure 224. The wrists are raised from the chest, and the fingers are placed and held in various places over the region of the heart. Without removing the fingers, each in turn receives energy and imparts pressure to the flesh. Then the hands are moved an inch or so and the massage repeated.

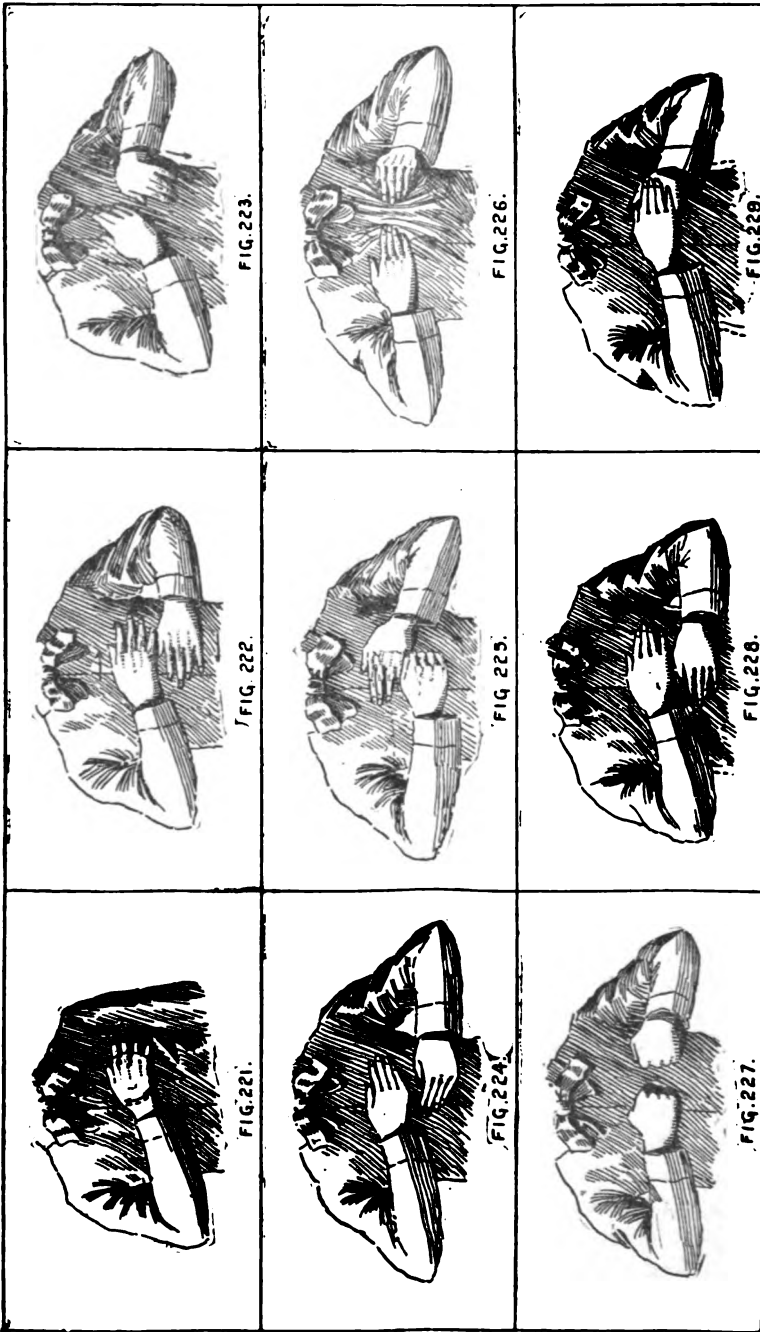
Figure 225. One hand is laid flat on the chest over the region of the heart and the clinched fist of the other hand gently pounds it.

Figure 226. The fingers are made to push the flesh in a large mound toward the center. The hands are carried to the extreme right and left of the heart; then they advance toward each other, raising a mound of flesh between them.

Figure 227. The fists are closed, and the second joints of the fingers are made to tap the flesh lightly. Do not use force.

Figure 228. Exhale to begin with. Then place the hands upon the chest, the fingers being toward each other, and slowly inhale, at the same time drawing the hands apart, and fully extending the chest frame forward. This exercise is of unusual value if pure food has been eaten recently.

Figure 229. This is called a movement of springing pressure.



One hand is placed over the other on the heart during exhalation. Then a slight pressure of the hands is brought to bear on the chest frame while inhaling. This makes the chest fight the hands; and it should be allowed to win, by driving the hands forward.

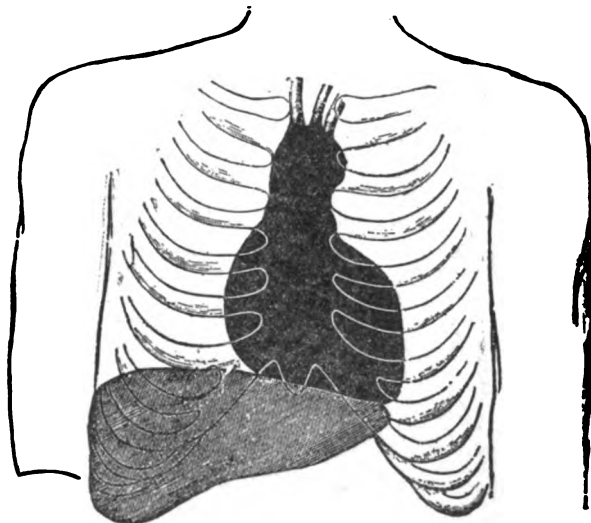


FIG. 230.

The condition of the liver affects the heart. The near proximity of the two organs is seen in Figure 230.

## 2. HEART FAILURE.

In its true condition this is due to loss of vitality; but it may follow heart disease. It is always preceded by some nervous loss, and generally by excitement. Where the excitement is not physical, it is often a species of irritability. The cure is calmness and plenty of pure food and outdoor air. All special efforts are to be avoided, except ordinary exercise.

## 3. LIVER COMPLAINT.

The liver is the largest gland of the body and weighs from three to four pounds. It is a clear example of the economy of nature in managing the complicated functions of the body. It secretes *bile*, which is needed by the food to aid digestion. This bile is drawn from the dark, venous poisonous blood. If the liver fails to act, the blood is at once poisoned by reason of the presence

of this fluid, which should be removed as fast as possible. Sometimes the liver acts slowly, and the blood shows a muddy hue; at other times this gland increases in size, secretes too much bile, and continuous trouble follows; and again the liver itself becomes diseased, and the general health is attacked. If the action of the liver in secreting bile is totally suppressed, death follows in about ten days, preceded by a condition of sleep. Figure 231 presents a picture of the liver seen from its under side.

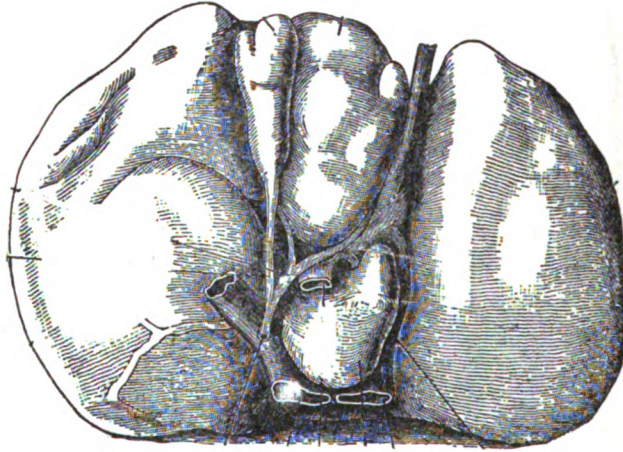


FIG. 231.  
The liver.

The most important step to be taken in the cure of this disorder is to keep the liver active. When there is food in the system the bile is more active, and thence proceeds out of the body. This is the most effective means of producing activity of the gland. A person who rises early in the morning and exercises to some extent for an hour or two before eating will have excited the blood without giving the liver an opportunity of disposing of its bile with the excretions; the result being that what bile is made active is reabsorbed into the blood, and the latter is unable to part with its venous or poisonous condition. In Figure 232 is seen the cellular construction of the liver.

The old theory that the stomach needs rest was pure guesswork. Every fact in nature relating to digestion disproves this theory. More liver and bilious troubles are due to long waits between meals than to anything else. No greater sin against

health can be committed in an ordinary way than to eat in the evening and give the stomach no work to do until late the next morning. Two things only in the act of eating may hurt the stomach: one is to overload it, the other is to give it improper food. But eating is a law of health; and, if the food is always wholesome, a person could eat every minute of the day and night so long as the appetite remained keen.

Another absurd notion of long standing is the belief that rest is always a help to the stomach. It is true that the appetite is whetted by the pangs of hunger, but delayed hunger injures the stomach. A person who should go without food for a whole day would be hungry; but the stomach would be too weak to digest as

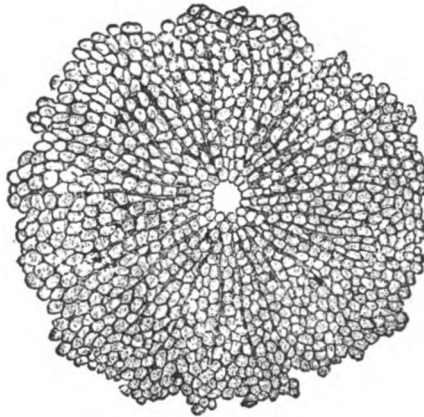


FIG. 232.  
Cellular structure of the liver.

large a meal as usual. We know of boys who prepared themselves for a great dinner at Thanksgiving time by eating very little for a few days before, thinking to "hold more" on the day itself; but the semi-fasting developed only hunger, and when this was satisfied the stomach showed its weakness.

The rule is this, and nature stamps her approval upon it in many very emphatic ways: wholesome food can be eaten at any time of the day or night, and as often as the stomach cares to receive it. Is the mature stomach weaker than the babe's? An infant eats frequently, and, by an examination of a large number of cases, it is easily proved that the babe that feeds most frequently becomes the healthiest child. Mothers make grave mistakes in this direction.

**The liver is peculiarly located** ; its upper surface touches the diaphragm, that muscle which separates the lung cavity from the stomach and abdominal cavity. The liver is on the right of the stomach under the rib bones ; its function being to secrete bile and other products. The countless little cells are connected by ducts of various sizes until they reach the largest one, or bile duct ; and this empties its contents into the gall bladder, which serves as a storage house for the bile. Food is not digested in the large stomach, but in the duodenum, or second stomach. The former is a churn where the food is made into a pulp, is properly mixed with the juices required in its preparation, and is then passed on to the duodenum to be digested and assimilated. If we use the word digestion to mean churning and mixing, then it would apply also to the action of the larger stomach.

**As soon as food enters the duodenum**, its presence excites the flow of bile into this little, but very important, division of the stomach. If the fluid does not come in quantities sufficient for the needs of digestion, there is stagnation and disease, and many serious complications at once arise. In the first place, the special circulation which is assigned to the system of digestion is impaired. The liver itself depends for its health upon a proper supply of nutrition, which must come from the food after it has been assimilated and turned into blood ; the lack or deficiency of which causes the liver to become still more inactive. Bile is a valuable disinfectant needed by the intestines to keep their contents from sending poisons into the blood. The lack of it soon leads to derangements of the whole system.

**Under the effect of the poisons** in the blood, due to bad food and to unwholesome drinks, the organ may become inflamed, may soften or degenerate, may harden, may enlarge or may shrink. The formation of gall stones is due to similar causes. When the liver is acutely inflamed abscesses are formed, pus is discharged and an intermittent fever follows. There is but one prevention and but one cure ; and that is regime, consisting of exercise, pure food and plenty of outdoor air. The liver, more than any other organ, is aided by the action of all the functions, and an unusual amount of fresh air. To be out in the fresh air is not enough. It should be apparent to all that the *use* of the fresh air is more important than its presence. Breathe it constantly and deeply.



## CHILLS.

The cure of chills is the same as that of malaria; except that, as soon as the chills come on, the body should be vigorously rubbed with glycerine along the lower half of the spinal column, and a hot cloth applied several times to the upper half of the spinal column and at the back of the neck. The presence of decaying weeds is a fruitful cause of this malady. All weeds should be cut when small, and all mature vegetation should be burned, so that it cannot decay.

## BILIOUSNESS.

This is the presence of too much bile in the blood and system. The Inward Bath treatment, which is fully described herein, supplemented by the use of red pepper, is a sure cure, unless the liver is diseased. The remedy then lies in the previous section of this department.

## KIDNEY DISEASE.

The purest blood of the body is that which has just left the kidneys, if they have properly performed their work. All the blood in the system is continually passing through these two organs, the right and left kidneys, and, by the law of absorption, the urea and uric acid are extracted and sent to the bladder.

The simple duty of drawing this poison out of the blood is the whole story of this part of the human organization; and so important is it that there can be no cessation, or death will ensue.

A minute representation of the kidneys and the bladder is seen in Figure 233. They are in one sense filters, which hold back the chief values of the blood, the corpuscles, fibrin and albumen, and let all the rest through to the bladder; for the contents of the latter may be said to be all there is in blood except the corpuscles, fibrin and albumen. The latter supply the health of the body, and from them the fluid poisons must be separated.

The interior of one of these organs is shown in Figure 234, in a condition of perfect health. Disease attacks it generally by an overloading of the blood with poisons that do injury to its delicate construction. Of these, tea,

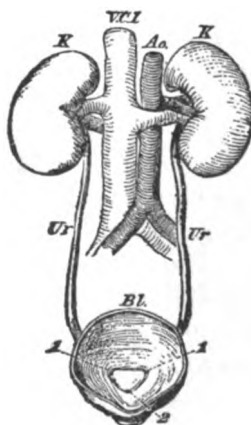


FIG. 233.

coffee and alcohol are the most serious. Tea, however, affects the bladder more than it does any other organ, leading to direct weakness, and the inability to retain its contents.

Alcohol is the enemy of the kidneys, and alcohol drinkers are all, without exception, subject to kidney disease in some form or other. Beer always contains glucose, and this saccharine form of corn seems to lodge in these organs. It does not become thin and fluid; but on the contrary, lodges in the tissues of the kidneys, attracting soil and filth which cling to the sticky substance of glucose.

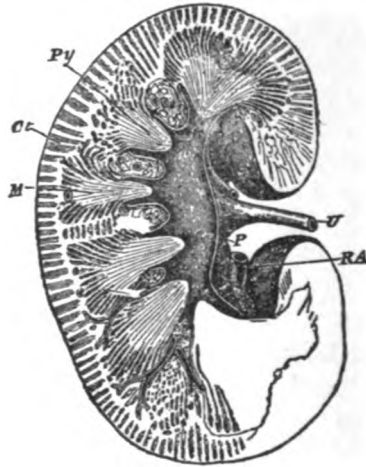


FIG. 234.

#### MALARIA.

There can be no doubt that this disorder is due to two things, both of which must exist at the same time: first, an unhealthy state of the liver; second, malarial bacteria in the air. The cure of the former is that set forth in the preceding section.

Malaria has and always will be dependent upon a foul vegetable condition. This species of germ life is almost too small to be recognized except in effect; but that it exists is well settled. It may be found in the scum of the river, watercourse, pond, marsh or pool. Take a pail of suspected water, let it run through a cloth in a slow, fine stream; and, if the germ exists, you will have a very small quantity of greenish scum. This, under a microscope of 500 to 1000 diameters, will show the malarial germ.

The bile is a species of fermentation in malaria, and this germ multiplies rapidly in it. The cure is red pepper, for this natural hot food is a destroyer of germ life. Oxygen, inhaled from vitalized air, is a partial cure.

Whenever the feeling of malaria is present, lose no time in taking the following treatment, called the red pepper cure, making use as it does of this natural food, which seems to be a destroyer of disease germs.

# BONES, MUSCLES AND NERVES

- 
- |                 |                         |
|-----------------|-------------------------|
| 1. BONES.       | 6. NERVOUS PROSTRATION. |
| 2. RHEUMATISM.  | 7. NEURALGIA.           |
| 3. MUSCLES.     | 8. IRRITABILITY.        |
| 4. NERVES.      | 9. THE TEETH.           |
| 5. NERVOUSNESS. |                         |
- 

## 1. BONES.



THE body is upheld by a framework of bones. Of these there are about two hundred, some growing together as the body matures.

Of all the diseases that attack the bones that of laziness is the worst. The very nature of the health of a bone is action; for it is only by action that the blood is induced to circulate through the living mass. Rest withdraws the blood from the interior, and the bone hardens and becomes diseased. *Dryness* is its chief malady.

In this section we give a series of illustrations showing the shape and character of the various bones of the body. We believe these pictures to be a means of education in the treatment of disease and the maintenance of health; for nature is never so admirable as when her workmanship in the body is clearly seen.



FIG. 235.  
The foot, outer side.

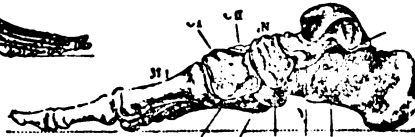


FIG. 236.  
The foot, inner side.

Every bone should be liberally exercised every day, and by a systematic course of physical culture; for mere labor or work or random exercise will do but little more than to weary, without the refreshing action that comes from a hygienic course of training.

In Figure 235, the foot is seen from its outer side, which would be the right side of the right foot. In Figure 236, the inside is shown. This would be the left side of the right foot. The wonderful network of bones, all acting in harmony and supporting each other, is seen. Here rheumatism and gout have excellent opportunities for development.

In Figure 237, the leg is shown in all its parts, including the knee pan. Figure 238 gives a view of the arm, and the similarity

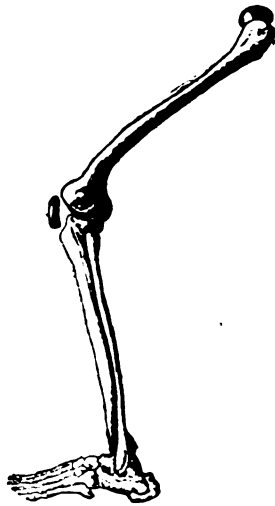


FIG. 237.

Bones of the leg; showing knee pan.



FIG. 238.

Bones of the arm.

between the arm and leg, in shape and in the general structure and number of main bones, is seen. Where the bones join the hands and feet, and at the elbows, knee joints, shoulders and hips, there are opportunities for the lodgment of disease; and it is at these places that great care should be taken of the bones and muscles.

We now pass on and take a view of the ribs in Figure 239. They surround the most important organs of the body, and inactivity on their part means disease to themselves and to all the contents of the great cavity they incase. In the act of inhalation, if it is full and deep, the rib bones rise at the outer ends; and from a position of diagonal direction, they approach a horizontal or level attitude, causing a larger expansion at the lower parts.

This result is most valuable in health, but is rarely attained in ordinary breathing.

In Figure 240 the upper half of the great support of the body, the spinal column, is shown attached to the ribs, of which a good front view is seen. This column is the main beam, as it were, of the trunk or truss. It is divided into sections for the convenience of bending, and to give great flexibility to the frame. Sometimes a strain or wrench will dislodge a section, and death ensues. Persons who walk or jump, or even stand, with the weight on the heels, do injury to the nervous forces in the spinal column. A jump from a height of only three feet has been known to produce death, because the body struck upon the heels and the shock wrenched the bones of the spinal column.

In Figure 241 is seen the lower portion of this column, and the interesting union of its sections with the great bones that extend to the hips.

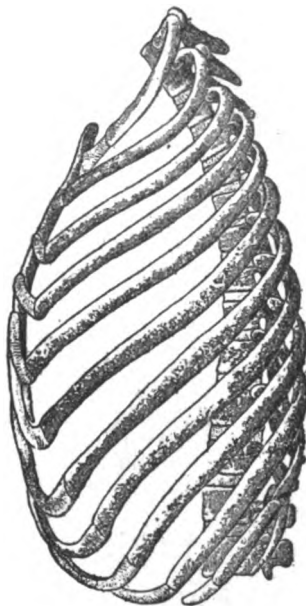


FIG. 239.

The ribs.

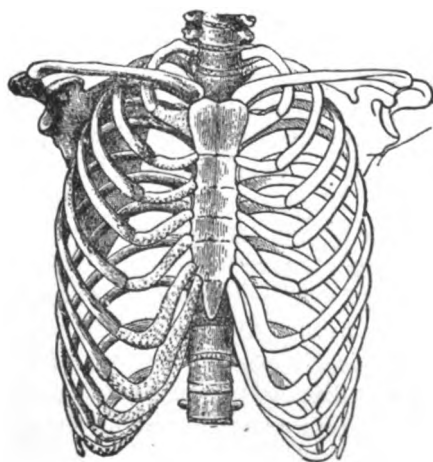


FIG. 240.



FIG 241.

## 2. RHEUMATISM.

There have been many theories as to the cause and nature of this very common malady. It matters but little what its cause is, unless people are prepared to take care of themselves. There are several men who are now of mature years, who long ago satisfied themselves what rheumatism really was, and resolved to avoid its ravages. Not one of them has ever felt a single rheumatic pain, and probably never will.

There are, in and among the bones of the body, numerous places for the lodgment of this disease; and some of them are seen in the accompanying pictures.



FIG. 242.



FIG. 243.



FIG. 244.

In Figure 242, the ankle joint is seen; in Figure 243, the knee joint is visible; and the elbow joint is shown in Figure 244. It is at these places that rheumatism loves to take hold and enjoy a life long holiday. The bones alone do not invite or retain the disorder; but the muscular structures around them are in part responsible. Some of these are seen in Figure 245, where an excellent view of the socket of the elbow joint is seen.

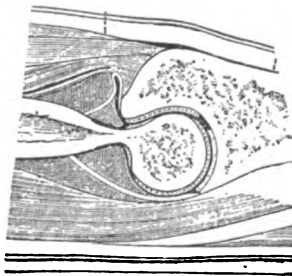


FIG. 245.

The elbow joint.

Rheumatism is not caused by one agency acting alone; and many things that resemble it are but pains

of diseased bone, or the deposit of calcareous matter, or dead soil in the joints and spaces. All bones are more or less diseased, if exercise has been denied them, or if too great a strain of work has been placed upon them. This disease is also carried on around the bones for years and gradually eats away or corrodes the com-

position itself. A most excellent example of this is seen in Figure 247, where the condition of a part of the spinal column is seen exactly as it would appear to the eye. It is not always possible to obtain direct views of the body or its parts; for in health the body is rarely exposed. Therefore when so good a picture as that of Figure 247 is seen, it is specially valuable. Erroneous eating and lack of exercise probably lead on to this deplorable malady.

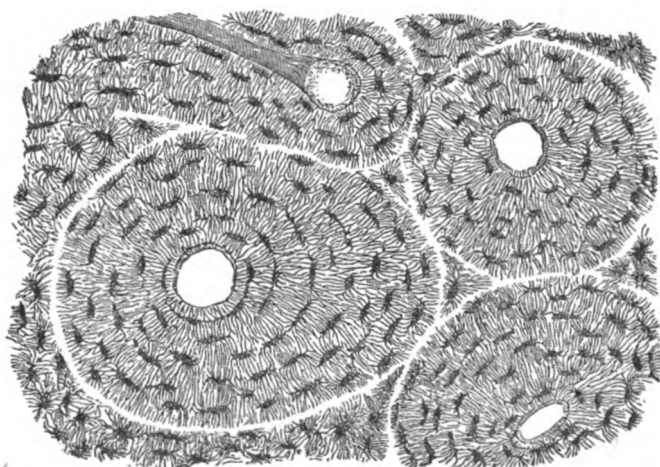


FIG. 246.  
View of piece of bone in perfect condition.

The prevention of rheumatism lies in the art of taking care of the general health. The cure is quite another thing. Nature directs the following remedy :

1. Distilled water to absorb and dissolve the deposits in the joints and muscles.
2. Reasonable exercise.
3. Magnetism, and the insulating of the body.
4. The removal of what uric acid there is in the system.
5. The prevention of further deposits of uric acid.
6. The restoration of the health of the parts already affected.

All these details are presented in private treatments under the Ralston Franchise. See the department of Nature's Doctors in this volume.

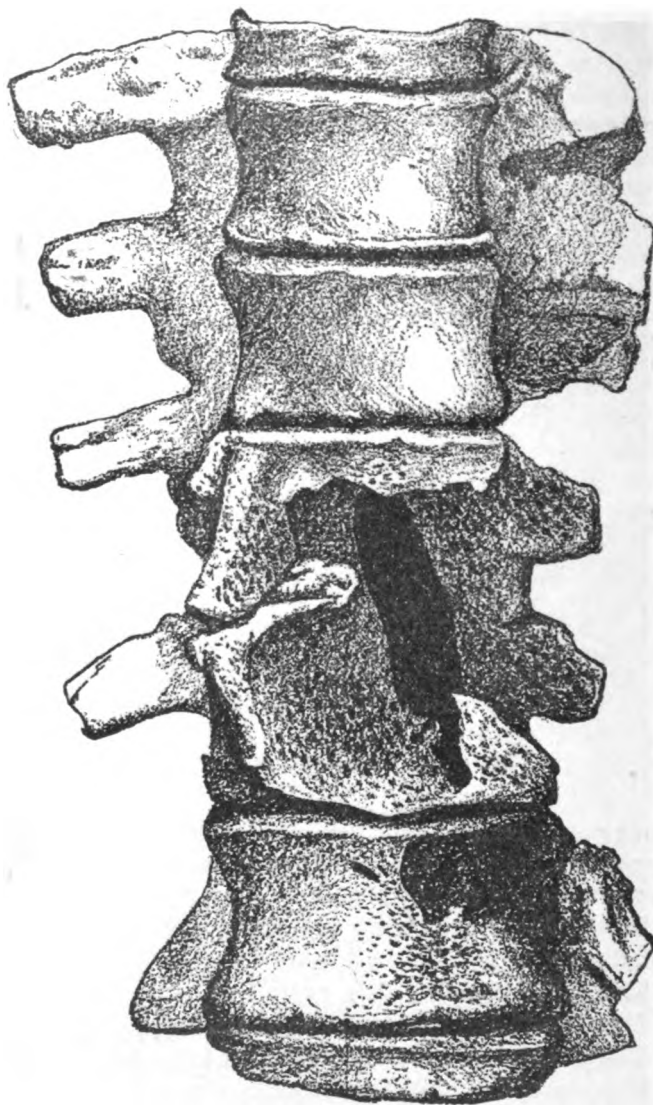


FIG. 247.

Photographic view, actual size, of a portion of the spinal column, showing the loss of a part of the bone by disease. This condition was in progress for years, unknown to the sufferer. The picture is exactly as produced by the photograph.



six glasses, place hot cloths upon the places affected by rheumatism. But, for five minutes before, give the parts a good course of massage. The hot cloths should remain on until they become cold and dry; and to this end they should be wrapped with heavy outside clothing so as to keep in the natural heat. When dry, let the flesh be protected by silk bandages to act as insulators. Repeat this twice a day, until a complete cure is effected.

The wearing of a zinc plate in one shoe and a copper plate in the other has served to maintain an electrical force in the body, and quite a number of persons have reported to us that cures have been the result.

### 3. MUSCLES.

The care of the muscles in a general way is most thoroughly taught in the first department of this book.

A muscle is a rope of many fibers, large and small, so perfectly woven that tremendous strength is possible.

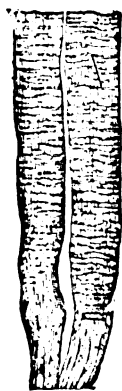


FIG. 248.

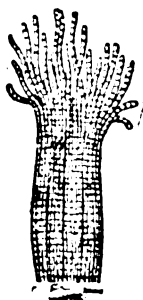


FIG. 249.



FIG. 250.



FIG. 251.

In Figure 248 are seen two fibers of muscle cut through in the middle, and extending into tendons.

In Figure 249 a single muscle fiber is shown, the ends of which have been separated to show how the great, strong cords are woven together.

In Figure 250 two of these ends have been cut off, and appear as single or separated threads.

In Figure 251 is seen the interesting construction of disks in muscle fibers.

Muscles are elastic structures capable of altering their form; that is, of becoming shorter and thicker. In the bodies of the more highly developed animals they constitute those masses which are commonly called flesh. The flesh, when carefully studied, is found to consist of bundles of fibers, the ends of which are produced into white cords, most of which are attached to bones.



FIG. 252.

When one of these muscles shortens, it exerts a strain, by means of these white cords on the bones; and these latter being movable, the one against the other, are thus put in motion by the shortening of the muscle. All muscles are not, however, arranged in this way; some ring-shaped muscles form the walls of sacs or pouches, and these, by contracting, decrease the space within these cavities, so that the contents of the latter are thus forced onward. In any case, muscles always serve to produce movement—either of the limbs in opposition to each other, or of the whole animal, or of the substances contained within the cavities.



FIG. 253.

Double muscles of the calf and tendon of Achilles.

A piece of muscle cut from the flesh and laid out to dry becomes very hard and stiff. Its nature and texture are closely allied to leather; neglect will cause dryness and stiffness, use will lead to pliability, strength and health. The muscles are also great distributors of the nutrition taken in the body by the blood; and no better means of attaining general health can be found than a systematic course of physical practice every day.

Overuse and straining of the muscles cause a large breaking down of the connecting tissues. Exposure to cold winds during inactivity leads to stiffness of the muscles. They should be kept reasonably active and pliable.

#### 4. NERVES.

We shall first consider the nerves as a general system of electrical wires, which, in fact, they are; and shall then examine their contents or the life fluid. We do not have the space in this

book, nor would it be proper, to go into an extended description of the powers of life residing in the nerves and their electrical battery, the ganglionic cells.

We present a series of illustrations to show what the nerves are, and what they look like. Figure 254 shows the silver fibers



FIG. 254.



FIG. 255.



FIG. 256.



FIG. 257.

just as they are taken from the body. Figure 255 shows their unison and branching; 256, their crossing; and 257 gives a view of nerves which cross and branch at the same time; thus explaining many peculiar experiences in daily life.

The spinal column holds a peculiar relation to the entire body. It does not receive impressions, but acts upon them. Thus the brain is telegraphed to by any part of the nervous system, and the impressions are all received there; then the spinal cord puts them into action; or, in other words, the spinal column converts impressions into movements. Let any person in the erect position receive a violent blow on the head, and you know what occurs. On the instant he drops prostrate in a heap, with his limbs relaxed and powerless. What has happened to him? The blow may have been so inflicted as not to touch a single muscle of the body; it may not cause the loss of a drop of blood; and, indeed, if the "concussion," as it is called, has not been too severe, the sufferer, after a few moments of unconsciousness, will come to himself, and be as well as ever again. Clearly, therefore, no permanent injury has been done to any part of the body, least of all to the muscles, but an influence has been exerted upon a something which governs the muscles. And this influence may be the effect of very subtle



FIG. 258.

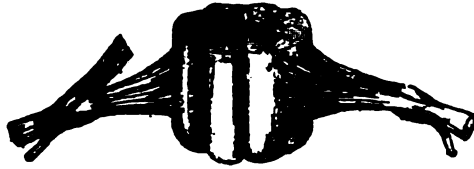


FIG. 259.

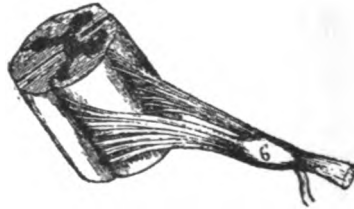


FIG. 260.



FIG. 261.

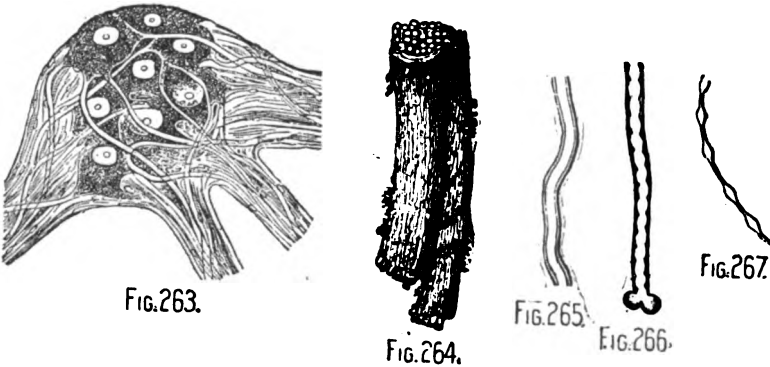


FIG. 262.

causes. A strong mental emotion, and even a very bad smell, will, in some people, produce the same effect as a blow.

And yet, though the mind is thus cut off from the lower limbs, a controlling and governing power over them still remains in the body. For, if the soles of the disabled feet be tickled, though no sensation will reach the body, the legs will be jerked up, just as would be the case in an uninjured person. Again, if a series of galvanic shocks be sent along the spinal cord, the legs will perform movements even more powerful than those which they will produce in an uninjured person. And, finally, if the injury is of such a nature that the cord is crushed or profoundly disturbed, the tickling of the soles will produce no sensation whatever.

The exact shape of this spinal column is seen in Figure 258, and in 259 a cross section of it is shown with the nerves attached on either side. In 260 the double arrangement of the nerves is seen. In 261 an inside view of a piece of the marrow or spinal cord proper is distinctly shown. All these pictures are smaller than the natural size; but in 262 a view of the nervous



arrangement in its very fine network is seen, magnified 350 diameters. The most interesting part of this is the appearance of some of the ganglionic cells or electrical batteries of life. In Figure 263 a ganglion is shown magnified to a still greater extent, and in it are the small storage cells. Could we know what consciousness there is in them, we would get a glimpse of the real secret of life. In Figure 264 a portion of the nerve sheath is shown, encasing the bundles of nerves within. Figure 265 is a diagram merely of a

healthy nerve; 266 shows an inflamed nerve, such as would cause excruciating pain; and 267 is a view of a diseased nerve.

That nervous headache, pains and neuralgia are possible and easy to acquire is clearly seen when we view the combined intermingling of the nerves, common throughout the body, as seen in Figure 268. Let any one of these nerves become affected, injured or starved by improper food or lack of proper food, and the result is pain. We can never feel soreness or pain unless it is through some nerve. Yet pain is not all there is in the suffering of the body. Nervousness and nervous prostration are common to every person sooner or later in life.



Fig. 268

The Nerves as Human Electric Wires

##### 5. NERVOUSNESS.

There is, in every human being, a vast and widely influential power, more or less locked up in the nervous system. This power is the conscious self assertion of life and its many sided purposes. It resides in the electric battery, and wherever there is gray matter. That it may be cultivated has been amply proved in the many editions of the twentieth degree book.

This human electric battery consists of myriad ganglionic cells, large and small; feeble, weak and strong. They are fed by glame, live in the body's electricity, and constitute its ever varying vitality. These cells are called ganglia in the scientific books. In normal health the small cells are the weakest, and the large ones are correspondingly strong; but they have their variations of health and vitality.

Figure 269 is practically the simplest form of the nerve cell, or ganglion; 270 shows a slightly higher degree; 271, a more complicated cell; 272, an elongated and very vital form for the size;

273 represents greater size, but chiefly greater electrical strength; and so on through the degrees of increase to such a super-charged cell as that shown in Figure 281. These are all magnified; but Figures 282 and 283 are still more enlarged, in order to enable us to see the structure and contents of the interior.

The nerve cells are not the nerves. A comparison may be easily made by referring to the previous figures. The loss of food, such as the nerves must have daily in order to thrive, is a frequent cause of nervousness; but the overheating and even fermenting of the blood, by reason of eating too much carbonaceous food, exhausts the strength of the nerves. The cause of the disease known as nervousness, and its cure, are matters more easily within the control of the individual than almost any other malady. No illness is so foolish as nervousness. It arises from one of three causes: Abuse of the stomach, abuse of the general health, or irritability.

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

A person who is easily irritated will be worried at the slightest trouble, the least disappointment, the faintest sound, or disturbing cause. These should be endured in a philosophic spirit, until the nerves are hardened. Yet there are cases where endurance is impossible. Musical instruments, in the early practice of a novice, are torturing. In one year, in the United States, four murders were reported, caused by this kind of practice, and in every case the murderer was adjudged insane. The following is a typical case: A man of solid nervous strength moved into a house next door to a young lady of nineteen who practiced continually on the piano. At first he enjoyed the music; but a certain sameness began to jar



FIG. 269



FIG. 270.



FIG. 271.,



FIG. 272.



FIG. 273.



FIG. 274.



FIG. 275.



FIG. 276.



FIG. 277.



FIG. 278.



FIG. 279.



FIG. 280.



FIG. 281.

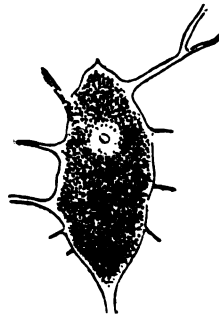


FIG. 282.

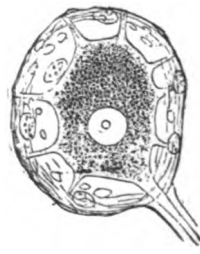


FIG. 283.

Electric Battery of the Human Body.



on his nerves, and at length he lost sleep at night by reason of hearing the practice for an hour or two before retiring. One night while the young lady was still pounding an old tune, he lost control of himself, entered her house and shot her dead.

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

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

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

#### 6. NERVOUS PROSTRATION.

This is but a collapse, threatening death, of the preceding malady; and the cure, as far as we can state it here, is practically the same as that given already. People who are nervous, either inherit the disease or else have acquired it by their habits of living. In either case it will be found that the vitality of the body is escaping at every turn and in every moment of their existence. This escape of vitality is overcome by practicing the exercises in the work above referred to.

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

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

When the loss of vitality has been overcome by the culture of magnetism, the patient is then ready for the absorption of GLAME.

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

Irritable people have erratic nerves.

All dyspeptics are irritable.

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

Pork should never enter the system in any form.

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

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

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

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

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

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

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

In South America the natives drink four or five cups of coffee daily. They are so nervous that they are constantly in motion ; when sitting as still as they can their legs and arms have a rapid

movement that suggests some steady employment. Even in sleep the body is not still.

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

Hot moisture is more debilitating than dry heat. A sailor who is unruly can easily be subdued by a short visit to the "steam box," whence he will emerge as limp and nerveless as a cloth. This punishment has been inflicted on many sailors, and sometimes in prison on desperate criminals.

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

The cures of nervousness and nervous prostration are interchangeable and both should be carefully read.

#### 7. NEURALGIA.

This is a temporary or confirmed disease of the nerves caused by too much carbonaceous food and too little of the phosphatic foods; either or both will produce the malady. It is, in reality, nerve starvation.

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

An impoverished blood, or a weak, condition of the nerves,

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

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

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

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

1. Take a full, deep breath and hold it, while walking, if convenient.
2. Take a full breath, hold it, and clinch the fists with all the fury possible, while holding it. This excites the nerves very little, but enough to enable them to absorb the oxygen of the breath.
3. Take a full breath, and while holding it, perform the **Nervo-Muscular Gymnastics of Personal Magnetism.**

Rapid breathing, not too fast, with full, deep respiration continued for ten minutes, is very beneficial. But the breathing must not be rapid enough to excite the body, as this produces an opposite effect.

#### 8. IRRITABILITY.

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

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

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

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

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

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

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

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

Cheap reading and cheap talk lead to self-dissatisfaction; to a hatred and distrust of mankind; and to a morose condition of the mind, which is the government of the nerves. Pure rest from the conflicts of life is one of the first needs, if you are irritable. The newspapers cannot give you such rest, for they are but the mirrors of human deviltry and moral idiocy. Sensational novels drive you out of the fair garden of true character. Avoid the roughnesses of life in every way. Conflict is kin to savagery. Peace of the mind means peace of the nerves, for mind is but an expression of the nervous system.

#### 9. THE TEETH.

The teeth are always found in the skeleton, but are not regarded as bones. Their condition seriously affects the nervous system. There are thirty-two teeth altogether, there being eight in each half-jaw, similarly shaped and arranged. In each set of eight, the two nearest the middle of the jaw have wide, sharp, chisel-like edges, fit for cutting, and hence are called *incisors*. The next corresponds to the great tearing or holding tooth of the dog, and is styled the *canine*, or eye tooth. The next two have broader crowns, with two points, or cusps, and are hence termed the *bicuspids*. The remaining three are much broader, and as they are used to crush the food, are called the *grinders* or *molars*. The incisors and eye teeth have one fang, or root, the others have two or three each. These are shown together in Figure 284, and separately in Figures 285 to 288.

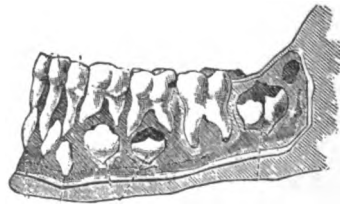


FIG. 284.

The teeth decay by very slow processes; the bones decay every minute. But in the case of the bones the decay is mere change, and the losses are continually being repaired. When the teeth decay, there is no renewal; for Nature has made no pro-

vision for the supply of new material as she has done with the rest of the body. This has been offered as an argument to prove that life is intended to be limited to a few score years; but, under all ordinary circumstances, the teeth outlast the entire skeleton after death; and this shows clearly that decay of the teeth is not a law of Nature.

Weak teeth are inherited, and so are strong. Decay is often begun by the use of the teeth for biting very hard substances, as the attempt to open the shell of a nut. Hard metal tooth-picks are not good for weak teeth.

When teeth decay from other reasons than unreasonable use and lack of daily cleaning, the fault is a sure indication of an unhealthy condition of the system. Science tells us that the



FIG. 285.



FIG. 286.



FIG. 287.



FIG. 288.

saliva is possessed of certain powers of dissolving substances. Huxley says: "The secretion of the salivary glands, mixed with that of the small glands of the mouth, constitutes the *saliva*—a fluid which, though thin and watery, contains a small quantity of animal matter, called *Ptyalin*, which has certain very peculiar properties. It does not act upon proteid food-stuffs, nor upon fats; but, if mixed with starch, and kept at a moderate warm temperature, it turns that starch into grape-sugar. The importance of this operation becomes apparent when one reflects that starch is insoluble, and therefore, as such, useless as nutriment." As the stomach is protected from digesting itself by the counter-balance of alkaline and acid, so the teeth may be digested by the disordered condition of the saliva. And this, in reality, is the fact.

Wholesome food and a wooden tooth-pick will preserve the teeth as long as they are preservable.


We believe in the use of some antiseptic wash every day to keep the germs from destroying the teeth. Salt is excellent for this.

## THE BLOOD AND SKIN

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- |                                   |                         |
|-----------------------------------|-------------------------|
| 1. POOR BLOOD.                    | 5. COLD HANDS AND FEET. |
| 2. TUMORS, ULCERS AND ABSCESSSES. | 6. SKIN DISEASES.       |
| 3. HUMORS AND SCROFULA.           | 7. BAD COMPLEXION.      |
| 4. WEAK CIRCULATION.              | 8. SCALP DISEASES.      |
- 

### 1. POOR BLOOD.

HE blood considered by itself is but an agent. Its quality depends upon the kind of body it builds for us in each day of the year.

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

*How to get oxygen.* Spend six hours a day in the open air, moving about; an hour at a time. If out of doors in the morning or night air, have the stomach well filled with proper food. Food is the source of blood, and our books are full of directions as to the proper methods of dealing with the stomach and the preferred foods. A reading of the Inside Membership Book will contain nearly all the information desired.

*How to get iron.* All wholesome food has more or less iron; but fruit is the natural source of this element. Every person we have ever known who lacked iron in the blood was a non-eater of fruits. Apples may be obtained the year round; grapes, in some form or other, may be had every month; and so may peaches and blackberries. The latter contain iron in the easiest and best form, and should be kept on hand at all times. The large berries with soft cores are the best. Black raspberries are worthless.

Much that is said in subsequent sections of this department will apply to the restoration of good blood.



## 2. TUMORS, ULCERS AND SORES.

These are, in every instance, the result of germ life in the blood or skin. Many persons inherit the tendency to such diseases by carrying in their veins the seeds of parental maladies that cannot be easily overcome. Medicines are helpless in eradicating these germs; and the chances are, the more medicine that one takes the more difficult will be the cure.

There can be no sore that is not a colony of germs; from the tiny pimple on the face to the cancer, the law holds true. If the germs could be killed at the sore the blood would again develop others, if the opportunity afforded. Two things, and generally three, are necessary in the starting of these eruptions:

1. Accumulated soil.
2. Germs of the sore.
3. Irritation.

The latter is not always essential in cases of very poor blood. If you are predisposed to tumors, ulcers or abscesses, the probabilities are that you will never know it, provided the health is looked after. If your blood is bad, and you are careless as to your food and general health, the accumulation of soil in the tissues of the flesh will invite the inherited or acquired germ-taint; but, before this is followed by an outbreak, there must nearly always be some irritating cause. For instance, if you should chafe the flesh at some convenient place for an ulcer or abscess, the chafing means the mashing of millions of cells, and the attraction of blood to them, bringing germs and soil; and there the sore is developed. Ninety-nine per cent of such troubles arise in this way.

When a sore is in process of development, the white corpuscles of the blood feed it; and this method of feeding may be said to be the most wonderful act in the living body. The white corpuscles are the real builders of tissues and the whole body in fact. They are quite like the vegetable forms of one-cell creatures, called *amœbæ*. A single one of these is called *amœba*. In the blood the white corpuscle is an *amœba*. It differs in no way that we can detect from the cells that make up the body of the young human being before birth; nor does it differ from the vegetable cells that are found in good and bad water. This *amœba* is supposed to be the beginning of all kinds of life, small and great, vegetable and animal.

The white corpuscles have the power of slowly changing their

form spontaneously. At one moment (Figure 289) a pale corpuscle will be seen as a spheroidal mass; a few seconds later processes will be seen radiating from this, and soon after, these processes may be retracted and others thrust out; and so the corpuscle goes on changing its shape. These slow *amoeboid movements* are greatly promoted by keeping the specimen of blood at the temperature of the body. By thrusting out a process on one side, then drawing the rest of its body up to it, and then sending out a process again on the same side, the corpuscle can slowly change its place and creep across the field of the microscope. Inside the blood vessels, these corpuscles execute quite similar movements; and they sometimes bore right through the capillary walls, and, getting out into the lymph spaces, creep about among



FIG. 289. First appearance. FIG. 290. First change. FIG. 291. Second change. FIG. 292. Third change. FIG. 293. Fourth change.

the other tissues. This *emigration* is especially frequent in inflamed parts, and the *pus* or "*matter*" which collects in abscesses is largely made up of white blood corpuscles which have in this way got out of the blood vessels.

The presence of this *pus*, which is always abundant in sores, furnishes a supply of food for the germs of the sore; and the first step in effecting a cure is to scatter the corpuscles. We present two methods of cure:

1. Adjacent massage.
2. Waste and supply.

The former method is being adopted by many successful physicians and is warmly recommended by hospitals. It consists of massaging the flesh at a little distance from the sore.

The method of waste and supply is new to the public at large, but has been well tested in many private cases. It is of sufficient value to be fully described at this place.

#### CURE BY WASTE AND SUPPLY.

The theory is the law of supply and demand. This is the rule of growth and of the maintenance of perfect health. Thus

there can be no appetite if there is no waste or use of the food already taken.

The local application of the method consists in wasting the tissues and following up the waste by the supply of new blood. The best food to make new blood is whole wheat deprived of its hull, and ground fine, so as to be cooked thoroughly. An examination a half hour after eating a dish of this in fresh milk, will show the blood to be full of nutrition. The microscope shows the change in a very distinct manner. This means that healthful blood is carrying nutrition throughout the body.

The purpose now is to attract this nutrition to the locality in question by causing a waste at that place. This waste used to be caused by leeches and blood-letting; but cupping is the only method now in vogue. We do not think cupping is necessary. Experiment will show that very hot cloths will effect the same end. A very good method is to place a thin piece of soap over the sore; then take a round cloth, large enough to just cover the area of inflammation around the sore, and dip the same in hot water. Just after dipping it, some scalding water should be poured on the center of the cloth. This should be placed and held over the sore, until nearly cool; then it should be re-dipped and used for five times; and at last it should remain until the natural heat dries it thoroughly, the soap having been washed off with very cold water. Care should be taken to avoid getting cold. Any one who wishes to learn something of the forces of Nature in the cure of disease should follow the prescribed method of waste and supply; always remembering that the only good time to use it is about a half hour after eating a good meal of wholesome food.

One who is predisposed to bad blood should avoid alcohol and meat; excepting beef extract made at home.

### 3. HUMORS AND SCROFULA.

These are generally due to a bad condition of the red disks. The natural cure is that provided in Nature's Doctors, later on in this volume.

### 4. WEAK CIRCULATION.

This is dependent upon the insufficient action of the heart and the poor condition of the blood. The curative method explained in the twelfth department is here recommended; but, above all things, be sure to eat an abundance of wholesome food,

practice glame, and master all the movements in the course of physical culture.

#### 5. COLD HANDS AND FEET.

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

Take a standing position, fill the lungs as full as possible and then breathe out all the air from the lungs, pressing hard with both hands upon the lower ribs; now fill the lungs as full as possible and rise three times on the toes, with sudden movements, catching an additional breath each time and allowing no air to escape. The purpose is to fill the lungs until they are packed full of air and thereby obtain a larger quantity of oxygen than usual. This oxygen imparts great warmth to the blood.

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

It is not successful if the stomach has been too long empty; or if wholesome food has not been regularly eaten. Failure comes in either case.

The alternate hot and cold cloth application has been successful in every case where it has been carefully used. A half hour after eating a full meal of wholesome food, wrap the feet each in a cold cloth; then cover this cloth up with a heavy shawl, and wait until the natural heat has dried the cold cloth and made it warm. Afterwards apply hot and cold cloths, six in all, alternately; ending with a cold cloth and wipe dry. Wear

heavy soled shoes. If you wear thin shoes always insert cork soles in them.

The hands are generally of the same temperature as the feet.

6. SKIN DISEASES.

In the olden days when skin disease was epidemic, baths were unknown; and in every instance where bathing has been infrequent, some form of skin disease has appeared.

The skin is full of pores or openings through which the poisons of the blood must escape. These pores are about a



FIG. 294.



FIG. 295.



FIG. 296.



FIG. 297.

quarter of an inch deep, and there are more than two thousand to the square inch, or about two and a quarter millions in the whole body.

The skin itself consists of the cutis, or under part; and the cuticle, or surface. The latter is a curious thickening of the former. The skin, as is well known,

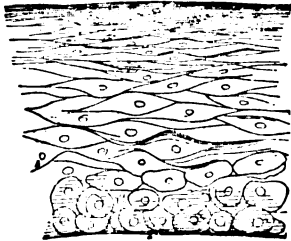


FIG. 298.

like other parts of the body, is composed of cells. These are seen in the skin formation of Figure 298: and the cells of which it is composed are separately shown in the preceding figures. The curious fact is that use hardens the skin by flattening the cells. Figure 294 shows a deep cell perfectly round; Figure 295 shows a cell not quite so deep and not quite so round; Figure 296 presents a cell near the surface and almost flat; while Figure 297 shows the shape of a skin-cell, when it reaches the surface, to be quite flat. The cells come to the surface little by little, and, when flat, constitute the cuticle, from which they are lost in the wear and tear of daily life and in the waste of the body. On the scalp they are dandruff, and on the skin are called surf. After a bath they are abundant in the water.

Under the microscope, we can see the round cells of the cuti-

cle, and how they are flattened and hardened as they are forced to the surface. The immense number of these cells surpasses comprehension. In one square inch of the cuticle, counting only those in a single layer, there are over a billion horny scales, each complete in itself. These scales are constantly disappearing and constantly being supplied from the cutis beneath. If you stain the skin on the surface only, with an indelible color, you may see how much time is required for it to disappear; for it wears off as the cuticle comes off.

In the palm of the hand, the sole of the foot, and other parts especially liable to injury, the cuticle is very thick. This is a most admirable provision for their protection. By use, it becomes callous and horny. The boy who goes out barefoot for the first time, "treading as if on eggs," can soon run where he pleases among thistles and over stones. The blacksmith handles hot iron without pain, while the mason lays stones and works in lime, without scratching or corroding his flesh.

The health of the skin depends upon the constant change of its cells, the loss of old flat ones, and the supply of new ones. If good food and carefully distributed exercise be taken, the new cells may be made better than the old ones; and so the health of the skin may be constantly improved.

But the poisons of the blood must be allowed to come freely through the pores; after which they should be removed from the skin by frequent bathing. The pores must be kept open at all times. We have seen that there are more than two millions of these in the body. Close half of them by varnish, and death will follow.



FIG. 300.

In Figure 299 a single pore is seen, and in Figure 300, the capillaries which supply it with fluid are also shown. As each pore terminates at the surface of the skin in a mere aperture, it is very easily closed, even by its own exudation; for it gives off matter fully as foul as the kidneys.



FIG. 299.

The duty of the kidneys is to excrete urea (together with other saline matters), but at the same time they pass away a large

quantity of water and a trifling amount of carbonic acid; while the skin gives off much water, some amount of carbonic acid, and a certain quantity of saline matter, among which urea is, at all events, sometimes present. All these poisons flow out upon the skin and remain there until bathing removes them. No wonder skin disease arises.

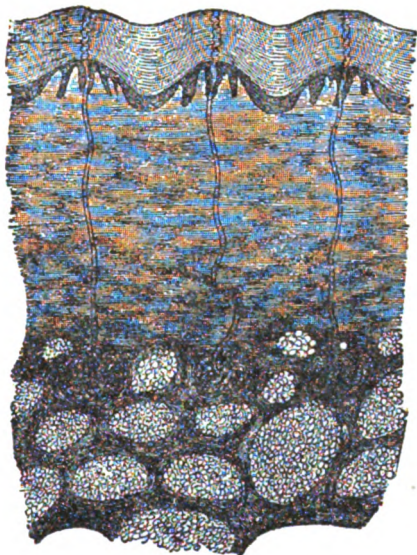


FIG. 301.

The secretion, and the solid residue left by evaporating sweat, constantly form a solid film over the skin, which must tend to choke up the mouths of the sweat glands (the so-called "pores" of the skin), and impede their activity. Hence, the value to health of keeping the skin clean: a daily bath should be taken by every one. Women cannot well wash their hair daily, as it takes so long to dry, but a man should immerse his head when he takes his bath.

As a general rule, soap should only be used occasionally; it is quite unnecessary for cleanliness, except on exposed parts of the body, if frequent bathing is a habit and the skin be well rubbed afterwards until dry. Soap nearly always contains an excess of alkali, which in itself injures some skins, and, besides, is apt to combine chemically with the sebaceous secretion and carry it too freely away. Persons whose skin will not stand soap can find a good substitute, for washing the hands and face, in a little cornmeal. No doubt many folks go about in very good health with very little washing; contact with the clothes and other external objects keeps its excretions from accumulating on the skin to any very great extent. But apart from the duty of personal cleanliness imposed on man as a social animal in daily intercourse with others, the mere fact that the healthy body can manage to get along under unfavorable conditions is no reason for exposing it to them. A clogged skin

throws more work on the lungs and kidneys than their fair share, and the evil consequences may be experienced any day when something else throws another extra strain on them.

How easily the surface of the skin may be covered with the sticky fluid that is emitted by the pores, is seen in Figure 301, a somewhat elaborate diagram of the skin showing the divisions more exactly than they appear in reality. The larger view of a single pore, very highly magnified, as seen in Figure 302 is more correct.

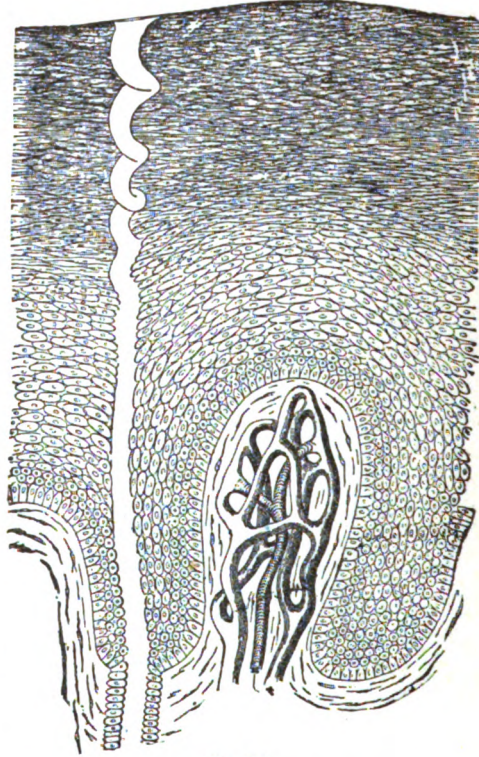


FIG. 302.

A single pore and sweat gland very highly magnified.

#### 7. BAD COMPLEXION.

A good complexion depends: first, upon the transparent condition of the skin; second, upon the health of the skin; third, upon the condition of the blood; fourth, upon the food we eat; fifth, upon the condition of the fluids of the body.

The cutis, or under skin, is always of transparent clearness. The bad complexion comes from the cuticle or outer skin, unless the substratum is clouded by bad blood. The first principle is to keep the skin of the face moderately active. The expanding and contracting method will do this.

About a half-hour after eating a hearty meal of wholesome food, try the expanding and contracting method. Use hot water, not hot enough to scald the *skin*, with soap. Rub the entire face



and neck with the tips of the fingers. Dash cold water upon the skin while it is still hot. This will cause the pores to suddenly contract. Now while they are still cold, again dash hot water upon them, using the soap to knead the skin and make it pliable, and while hot dash cold water upon it again. Continue this. It causes a great expansion and contraction of the pores of the skin which may be called "the calisthenic exercise of the skin." This exercise gives health vigor, vitality and clearness to the skin.

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

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

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

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

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

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

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

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

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

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

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

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

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

The use of the physical culture exercises, by distributing nutrition everywhere, will call good new blood to the face.

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

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

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

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

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

#### 8. SCALP DISEASES.

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

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

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

## MISCELLANEOUS DISEASES

### 1. HEADACHES.



HEADACHES are caused by any one of the following conditions:

1. Neuralgia.
2. Sluggish blood.
3. Fermentation of the blood.

Neuralgic headaches may be temporary or permanent. If temporary, they are due to the lack of phosphates in the food, and may be easily cured by the treatment of neuralgia described in the thirteenth department. If neuralgic headache is permanent it is generally due to constitutional tendencies; and these appear in the form of diseased nerves. An examination of the illustrations in the thirteenth department will be profitable.

How to cure diseased nerves is one of the problems of every age; and it has never failed to be recorded that medicines have utterly failed, except when they have destroyed the life of the nerves, and thus brought on far more serious consequences. The Boston papers charged the death of Bishop Phillips Brooks to heart failure occurring in his sickness; and openly claimed that heart failure would not have occurred unless nerve-quieting medicines had been given him for years before. So this new disease has come to the front in recent years. The doses that cure neuralgia undermine the health. Thousands die every year of heart failure. A diseased nerve is not cured because it is killed.

Believing that the law of distribution of the nutritive particles in the blood, and the activity of all the nerves, large and small, of normal and disease conditions, to be the natural and only possible cure, the test has been made many times to prove this; and the results have been uniform, even in cases of constitutional headaches. The cure is as follows:

1. Feed the blood by phosphatic foods.
2. Massage deeply the locality of the pain.
3. Eat five times a day, of wholesome foods only.

4. Exercise lightly in all the movements of the physical culture department of this volume.

When headaches are due to sluggish blood, the cure is to establish the downward progress of the fluids in the abdomen by the method in the Book of Inside Membership; then to practice glame according to volume one. If your power to develop glame is weak, it must be backed by the cultivation of magnetism as taught in the twentieth degree book.

Headaches and fevers are often caused by fermentation of the blood. The gastric juice is always in a state of fermentation or digestion would be impossible; the bile and pancreatic juice are representations of ferment. This process always depends upon sugars or starches. Headaches from fermentation are caused by too great a proportion of carbonaceous food. The best cure is bran water and physical culture; thus disposing of and consuming the trouble.

#### 2. SUNSTROKE.

In this malady the blow or shock of the sun's force shatters the red disks in the blood, as a microscopic examination will show. Restoration is only possible when the stomach has power of assimilation of wholesome food; of which the best is beef extract, and any nutriment that is wholesome. The loss to the blood of its oxygen carrying disks is seen in skin eruptions. Nearly all rash or skin trouble in the summer time is due to this cause, or to overheat or blood fermentation. Too much carbonaceous food is especially injurious at such times. All pastry, cake and rich food, fried meats, either fat or lean, and coffee, tea and alcohol, must be avoided.

Ralstonism does not protect a person from sunstroke, any more than it would from lightning.

#### 3. SLEEPLESSNESS.

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

If too much nitrogenous (muscle-making) food is eaten within a few hours of retiring, the muscles will twitch even in a sound sleep, if the person is weak in muscles; and this is not easily overcome by one whose disposition it is to sleep lightly. So phosphatic

foods keep the nerves and brain very active. To eat rice and milk just before retiring, and even for the evening meal, is sure to induce sleep after a few days, for this diet produces profound drowsiness.

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

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

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

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

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

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

In attempting to get sleep, the first thing to do is to get pure air into the room and lower the temperature as much as possible. Great warmth tends to produce sleepiness, but will never cause sleep if perspiration accompanies it, and rarely ever at any time. Many and many a person has been put to sleep by simply lowering the atmosphere of the room where all other remedies have failed. In cold weather there is no reason why any person should lose sleep. Warmth in the room makes the blood and nerves very active; whereas, cold causes numbness. It is possible for persons to sleep soundly and healthily in a room where the temperature is far below freezing, providing the entire body, except the head, is well covered with bed clothes. Indeed, the best health comes from sleeping with the head as cold as possible while the body

is sufficiently warm. When the weather is not cold enough, other remedies will have to be tried. If the sleeplessness is caused by nervous diseases or by tendency to nervous prostration there is no better remedy than to pursue the exercises of magnetism. We are perfectly sure that nervous prostration and all tendencies in that direction may be completely overcome by following the doctrines laid down.

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

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

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

#### 4. APOPLECTIC TENDENCIES.

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

strengthen the blood vessels they should be exercised by the following gymnastics :

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

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

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

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

5. Practice the physical culture exercises of the first department of this volume.

These exercises have all been given in the order of their strength, the lightest one being first. They will very gradually strengthen the blood vessels of the brain, and give vigor to the circulation of the blood, so that apoplexy will be impossible. But if practiced with too much strength at first, they may be dangerous to one who is apoplectic.

##### 5. WEAK EYES.

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

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



down with the eyes. Next look up to the right and down to the left. Next look up to the left and down to the right. These last two are diagonal movements of the eyes. On the second day each one of these movements may be performed ten times. On the third day twenty times. Then rest a few days and see if the muscles have been made lame. Then on the seventh day, resume again, always gently. Practice not over five minutes a day until the end of the first month, after which time it is well to practice five minutes six times a day, making half an hour daily. In the course of six months you will find that weak eyes will have been made strong and waning eyesight will have been restored.

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

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

The eyeball itself is not seen from the view we ordinarily get of it, as it is much larger than the aperture at the eyelids. The general size and shape are shown in Figure 303, and here the eyeball appears flattened somewhat. Old age and failing vision seem to go together, but this is always the result of negligence in the care of the eyes; and, even when the younger person is compelled to wear glasses, the cause is at once traceable to a change of shape in the eyeball.

In Figure 304 we see the muscles of the eyeball and the gen-

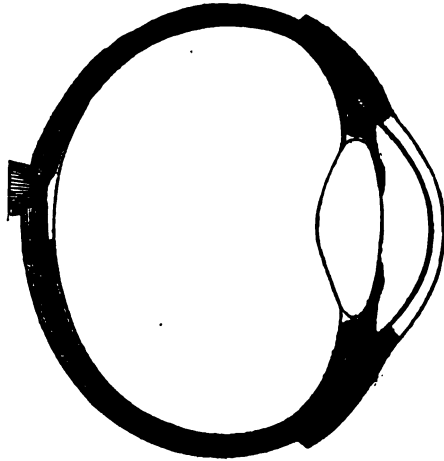


FIG. 303.

eral rotundity of the ball itself. Let these muscles become strained by one kind of use, by carelessness or neglect, and the result must be a slight change in the rotundity of the eye, and corresponding defect of vision. The theory seems good on its face, but it, in reality, was obtained *after* a series of experiments taken from the eightieth degree course, entitled Higher Magnetism. In that work many years ago, a series of eye movements were given for the mere purpose of cultivating incidentally the control of the eye. No thought was then had of curing weak eyes by them. The first report received was from a clergyman who wrote that he could see perfectly with his eyes and had discarded his glasses. He asked

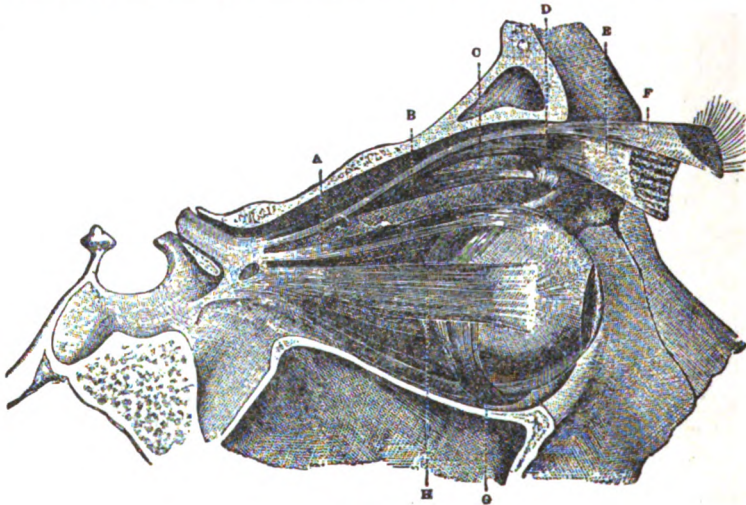
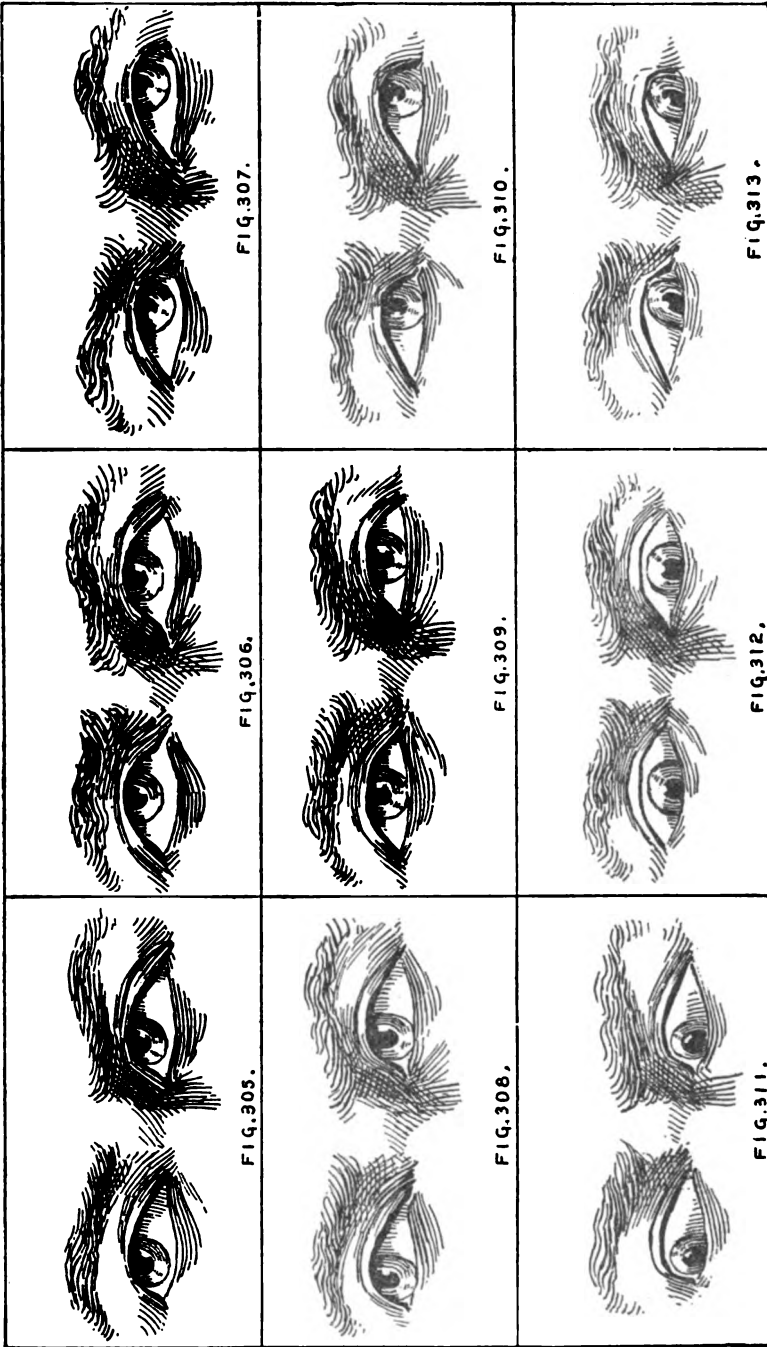


FIG. 304.  
Muscles of the eye-ball.

for an explanation. A month later an old lady wrote that her eyesight was completely restored, much to her surprise. She paid twenty-five dollars for another copy of Higher Magnetism and sent it to her son, a university professor, who wore glasses and had very weak eyes. In less than two years he discarded his glasses and his eyes were made strong and well. While not intending to copy from Higher Magnetism, we will give some of the eye movements here; and our reason for doing it is because more than one hundred reports of success have come to us; nor do we know of any instance of failure where the eye movements have been faithfully performed.



The Figures 305 to 313, present nine positions, the three tiers being of altitude. Thus, in the middle tier, the eyes are level; in the upper tier the eyes are raised; in the bottom tier they are lowered. In the centre row they are front; in the right row they look to the right; in the left row they look to the left.

Figure 309 presents the central eye. The muscles are normal and generally inactive. The continuance of this position results in a flattening of the eyeball. Look at Figure 304 and study the muscles there.

The first movement is to throw the eyeball to one side, either right or left. In Figure 308, it is held hard to the right. Examine Figure 304 and study what muscles must contract and what relax in order to thus move the eyeball.

Figure 310 shows the eyeball to the left. The head may move if the eye remains fixed. In Higher Magnetism, one of the rules requires the movement of the eye itself, and the stationary position of the head, in each exercise. Look at Figure 304 to see what muscles are employed.

Figure 306 shows the eyeball raised in front; 305 raised to the right; 307 raised to the left; 312 lowered in front; 311 lowered to the right; and 313 lowered to the left. When the complex attachment of muscles all around the eyeball is seen as in Figure 304, it is no wonder that these movements keep the eyes round, thus preventing flatness. But the greater result achieved, is the strengthening of the eye itself. Everybody knows how easy it is to make the eyes weak by not using them; or to remain indoors. The man or woman who remains long in a dark room, or in any place not well lighted, will have trouble with the eyesight. The cave-dwellers are totally blind. Use makes the eyes good, abuse injures them; and non-use debilitates them.

#### 6. ALCOHOLISM.

This treatment is not a temperance lecture. Personally the author has no other interest in the outcome of temperance agitation than to see the great world of humanity made better in whatever ways are conducive to that end. He has not identified himself with any movement except as a student of Nature; and the reasons offered by the great facts of life caused him in youth to declare to himself that three things were useless to the health of the body, detrimental to decency, and injurious to the functions of

life; tobacco, liquor drinking and swearing; and the person does not live who has ever known him to depart from this rule.

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

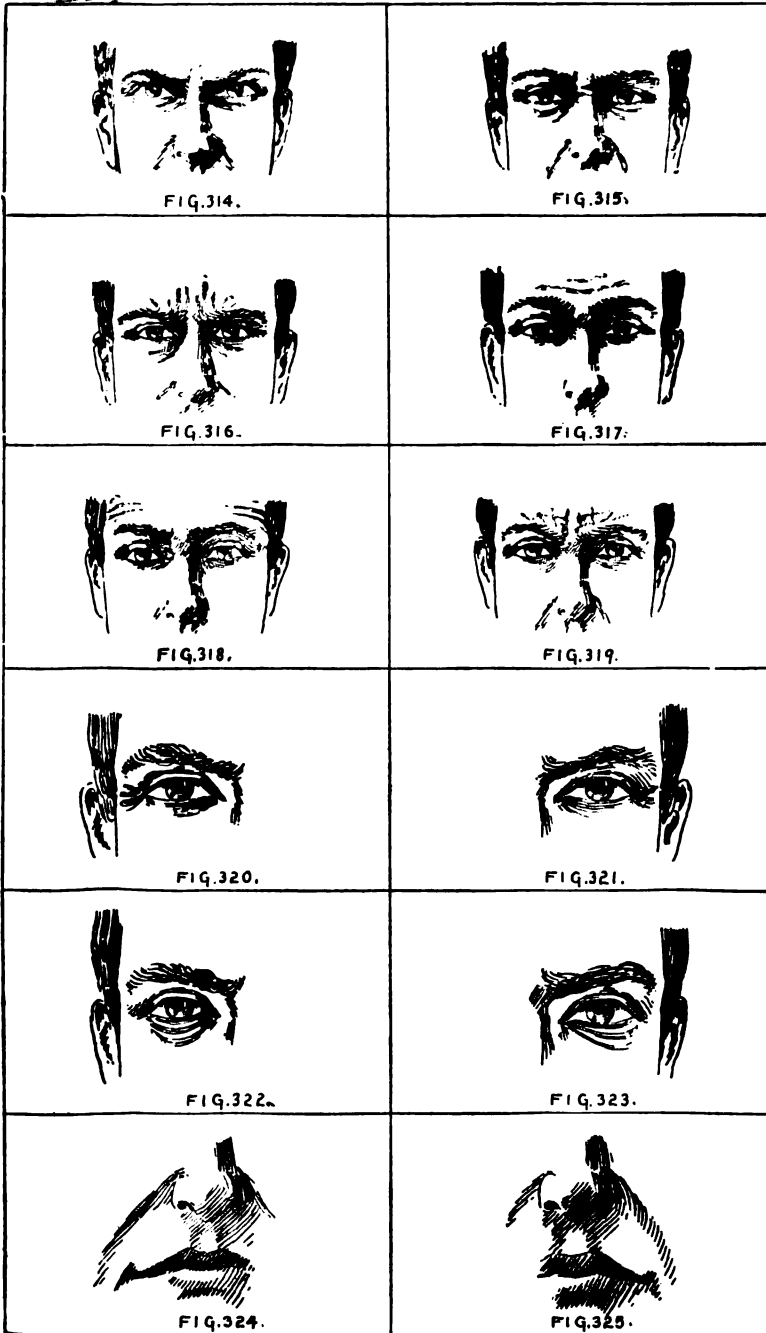
#### 7. FACE WRINKLES.

It is an old saying that the face is the reflection of the soul; and it may or may not be true. The face, however, is more exposed to wind, weather, sunshine, and changes than any other part of the body. It is the last to be protected in case of severe cold or storms.

It is not only a custom but a duty to preserve the face from wrinkles as late in life as possible. They are not attractive, and certainly not an advantage. They come through a mincing habit, that could easily be avoided. The skin is nothing but live leather; but it is leather with all the attributes of that article. If you neglect your shoe, the vamp will become hard, harsh and stiff; if you work it with the fingers it becomes soft and smooth again by reason of its characteristics. All leather is thus constituted.

The face is covered with a fine, flexible, pliant, live leather skin, which adjusts itself to every mood, every act, and every circumstance. If the sun shines full upon the face, the leather wrinkles, because the nerves and muscles are disturbed and shrink or squirm. This action occurs in many persons in every ordinary light; and, of course, the wrinkles become numerous and deep. It is not weak eyes so much as habit that leads to the squinting face. It is cured and easily curable.

If the cold strikes the face too severely, the muscles and nerves squirm and shrink, causing wrinkles. The wind does the same thing. So surprise, anxiety, worry, nervousness, and a hundred other causes lead to wrinkles. It seems to be the rule



that any nervous impression is a wrinkle maker. Nervous laughter will wreath the face in a broad smile, hysterical in its dilations, and attended by a multitudinous sea of wrinkles. So ill-natured feelings stamp their lines in deep furrows.

We present a series of illustrations of the face, giving all its tendencies to wrinkle, and the positions of manipulation in

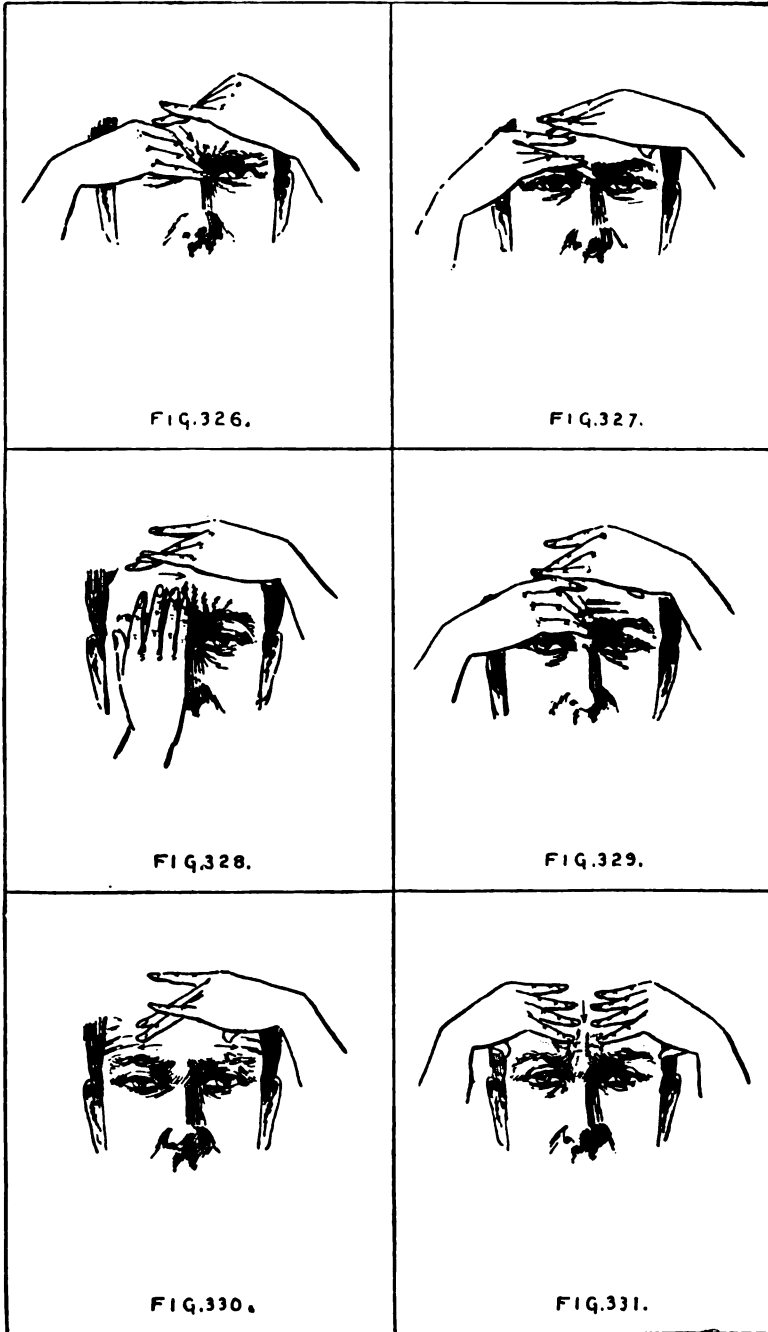
#### ENAMELLING THE FACE.

It may be asked why we pay so much attention to the subject of beautifying the face. Our reply is this: sickness, care, disappointments and habits often mar the symmetry of an otherwise fair face, and this defect is one for which the sufferer is not generally responsible. To restore the skin to its intended smoothness, many men and nearly all women have spent time and money. It is the right of every self-respecting lady and gentleman to look as well as the methods of Nature will permit; and it is their purpose to do so. In the absence hitherto of any method founded on the operations of a natural remedy, resort has always been made to powders, washes, creams, and artificial enamel; and, in nearly every instance, positive injury has been done.

Thousands of inquiries have been made to the Ralston Club as to what is best to be done; and, in deference to the many requests received, we publish the method in full, holding nothing in reserve. In the first place it is necessary to become familiar with the *places* of manipulation, and these are where the wrinkles are found in clusters. Figure 314 shows the first place to be between the eyes. It is the cluster which makes the scowl; and is the result of ill-nature or hard scrutiny. Figure 315 shows the second place to be at the top of the nose; and the horizontal line there made is caused by the habit of sneering or else of lowering the forehead in squinting.

Figure 316 shows the third place to be above the nose in the forehead; the lines there being representations of pain or suffering. They are not found in a majority of people. Figure 317 shows the fourth place to be the central forehead, where the lines are horizontal; and these are made by worry or disappointment. Figure 318 shows the fifth place to be a double position at the right and left of the centre-forehead; the wrinkles here being marks of age

Figure 319 shows the sixth place to be at the mixed hori-





zontal and perpendicular lines of the forehead; which are caused by superabundant trouble. Figure 320 shows the seventh place to be at the right side of the right eye; 321, the left side of the left eye; 322, under the right eye; 323, under the left eye; 324, at the right of the mouth; 325, at the left of the mouth. All these last six are mechanical pinching wrinkles, caused by illness, or an ill use of the face.

PROCESS OF ENAMELING THE FACE.

Our enamel is either cocoa butter, a highly valuable vegetable grease, or glycerine; or pure, fresh cream of milk. Our enamellers are the finger balls. The process is to stretch the skin in a single locality and to manipulate it while being stretched. A different movement is required in each place, as the wrinkles congregate in varying clusters. The lubricant, whether cocoa butter, glycerine, or fresh cream, must be applied lightly and rubbed by the ball of the finger, *in just the direction indicated*, as it makes a great difference how the movement is traced over the skin. Repeat each movement three hundred times daily.

Figure 326. The purpose is to remove the scowl wrinkles. They are deepest and may not disappear for a year under daily treatment. MOVEMENT: *The thumb and finger of the left hand are placed on the forehead above each eye, and the skin is pulled upward in an outward diagonal direction; at the same time the fingers of the right hand follow each other downward over the scowl wrinkles between the eyes.*

Figure 327. The purpose is to remove the sneering wrinkle at the top of the nose, if you have one. A few persons have a fine wrinkle there. MOVEMENT: *The thumb and second finger of the left hand are placed on the eyebrows, and pull the skin up and outward, while the second finger of the right hand moves downward over the top of the nose.*

Figure 328. The purpose is to remove the perpendicular wrinkles in the center of the forehead. MOVEMENT: *Place the thumb and second finger of the left hand near the roots of the hair; raise the skin outwardly, at the same time using all four fingers of the right hand to run across the central forehead and back.*

Figure 329. The purpose is to remove the horizontal wrinkles at the center of the forehead. The position is the same as in Figure 328, except the following action of the right hand fingers: *Move the balls of the fingers one after the other downward.*

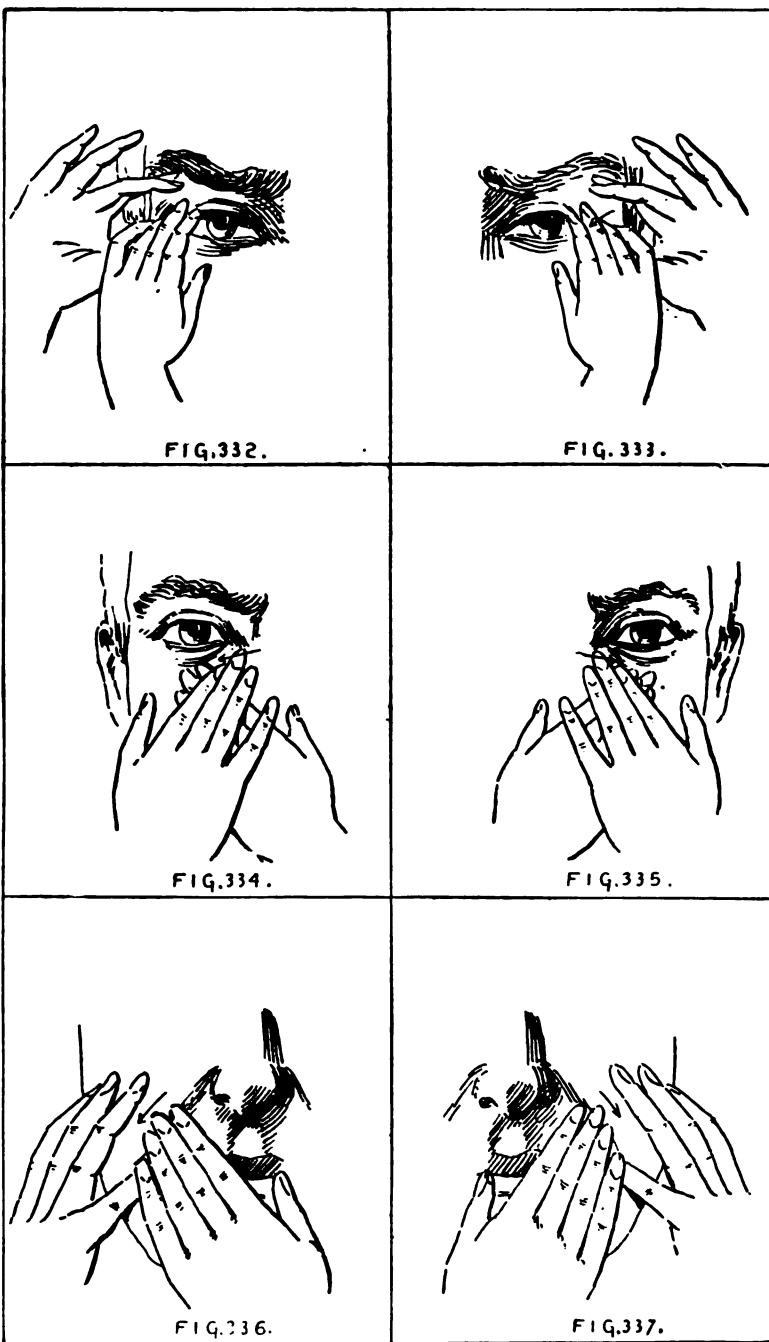


Figure 330. The purpose is to remove the aging wrinkles at the right and left of the center of the forehead. MOVEMENT: *Place the thumb of the left hand on the left center, and the second and third fingers on the right center; then rub outwardly.*

Figure 331. The purpose is to remove the clouded wrinkles. They are not present in many persons. MOVEMENT: *Place the thumbs, each pointing upward, at the right and left edges of the forehead; and move the fingers one after the other downward diagonally.*

Figure 332. The purpose is to remove the wrinkles at the right side of the right eye. MOVEMENT: *Place the thumb of the right hand under the wrinkles, and the first and second fingers above them, at the same time stretching the skin apart, and letting the balls of the left hand fingers follow each other over them by a downward and inward motion.*

Figure 333. The purpose is to remove the wrinkles at the left side of the left eye. Reverse the hands and proceed as described in the preceding figure.

Figure 334. The purpose is to remove the wrinkles under the right eye. MOVEMENT: *Place the finger tips of the left hand under the cheek bone of the right cheek; hold the skin down while allowing the balls of the right hand fingers to follow each other under the eye outwardly.*

Figure 335. The purpose is to remove the wrinkles under the left eye. Reverse hands and proceed as described in the preceding figure.

Figure 336. The purpose is to remove the wrinkles at the right side of the mouth. MOVEMENT: *Spread the fingers of the right hand widely apart on the right cheek; then, while pulling the skin tight, allow the fingers of the left hand to follow each other over the wrinkles, moving toward the mouth.*

Figure 337. The purpose is to remove the wrinkles at the left side of the mouth. Reverse hands and proceed as directed in the preceding figure.

#### FULL RULES FOR ENAMELING THE FACE.

1. Always do this not sooner than a half hour after eating a full wholesome meal, and not later than an hour.
2. Apply the cocoa butter, glycerine or cream always, but lightly.
3. The face, beforehand, should be washed thoroughly so as to be clean; alternating hot and cold water in rinsing; and then it should be wiped until quite dry. If there is the least moisture on it, the enameling will not succeed so well.

4. In drying the face, do not rub it; but pat a towel on it until it is dry.
5. After the enameling is over, if the face shows grease, it should be absorbed by patting a very dry towel on it.
6. The best time is in the early evening.

### 13. EXCESSIVE FAT.

Why one person is larger than another through the possession of fat is due to the collection of fatty globules or cells, which, once in the body, can only be reduced by being collapsed. The collapsing or shrinking of fat cells is not an easy task.

Figure 338 shows three fat globules, the nucleus in each being hidden; but it is partly visible in one of those shown in Figure 339. It is this nucleus which propagates the life of the cell and keeps its numerous progeny in prospect. Persons who eat but little fat producing food remain as fat as ever; a lessening of the diet being unavailable as a cure. Exercise breaks down or collapses many of these fat cells, but, as not all can be destroyed, the first rest restores the progeny, and the reaction after an exhausting period of exercise seems to make the flesh even stouter. The fact is this: A person whose body has a disposition to grow fat cannot easily reduce the flesh. The whole secret lies in the ability to cause a collapse of the fat cells in a greater proportion than they are produced. Figure 340 shows two collapsed fat cells.

But after this collapse has been caused, the next question arises, How can the débris be eliminated from the body? The answer is, By distilled water; for there is no absorbent of dead animal tissue so quick to operate as this. Thus nature, in her fruits, furnishes the same thing. Distilled water alone is not by any means a remover of fat cells; for, as long as the cells live, the water only adds to the protoplasm that feeds them.

The two processes necessary to remove the fat are the following:

1. Collapse the fat cells.
2. Remove the débris.

If you study Figure 338, you will see what you have to deal with. The nucleus, or increasing agent is seen in Figure 339. The collapsed cells are in Figure 340. Even in muscular tissue the fat cells abound in stout people, and muscular exercise alone can break them down. This condition of the fat muscle tissue is shown in Figure 341. If it were as easy to break down flesh fat

as that of the muscles, very little would be needed except exercise. But the congregating together of the fat cells in the flesh, as appears in Figure 342, is a self-supporting and self-propagating life in itself.



FIG. 338.



FIG. 339.



FIG. 340.

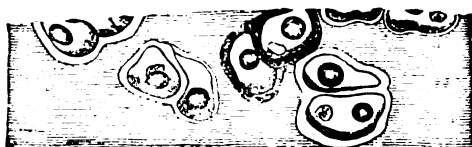


FIG. 341.

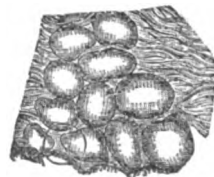


FIG. 342.

#### SPECIAL MASSAGE.

For some four or five years the use of massage has been applied to the destruction of fat cells in fleshy portions of the body. So much success has been thus far attained that we publish the movements with illustrations.

Whenever the flesh is too full, the following massage should be applied :

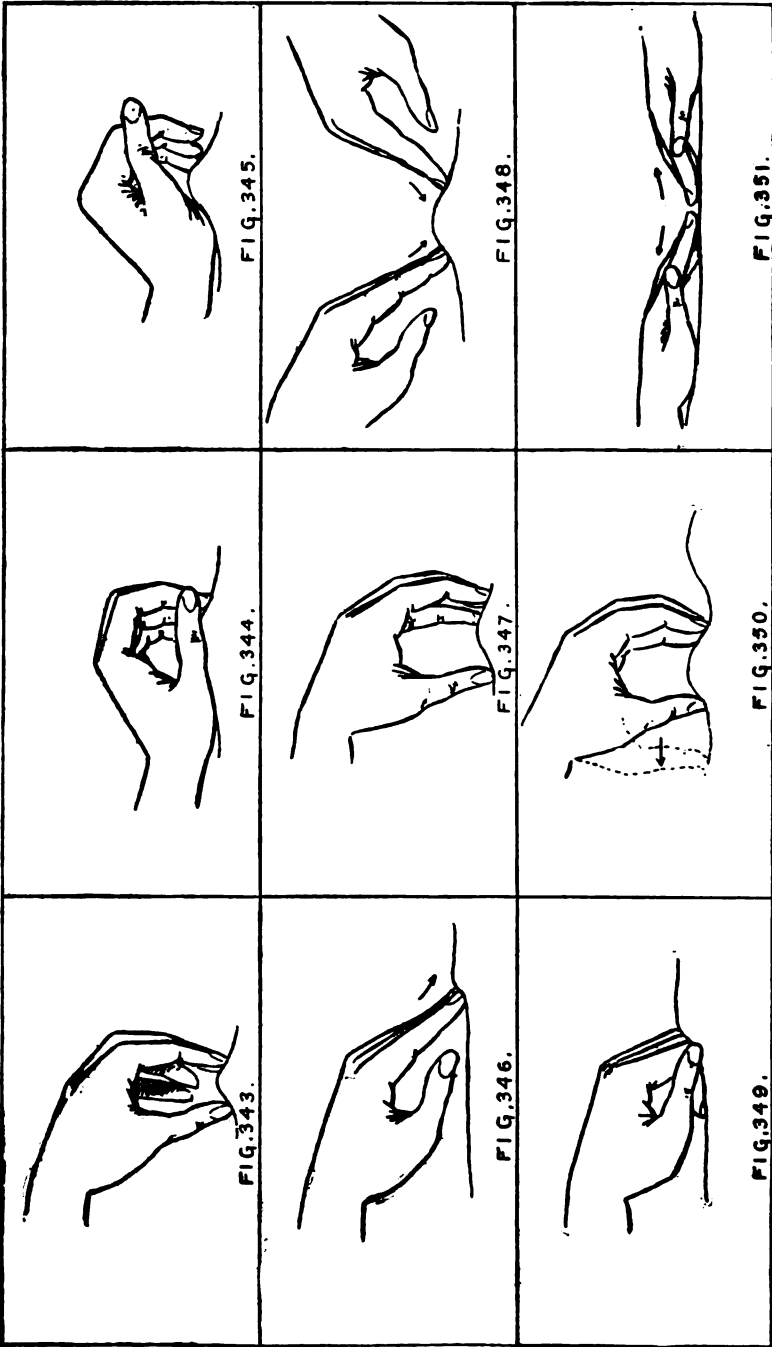
Figure 343 presents the movement of the thumb and two fingers. The flesh should be picked up and rolled sidewise while pinching it.

Figure 344 presents the movement of the wrist and four fingers. The flesh should be caught in as large a mass as possible, rolled and pinched, but not enough to hurt or bruise it inwardly.

Figure 345 presents the movement of the side of the hand and thumb. Place the little finger side of the hand deep down into the flesh ; catch it with the aid of the thumb, and walk the hand along kneading it.

Figure 346 presents the movement of the ends of the fingers. They are to be plowed into the flesh and to push forward as deeply as possible.

Figure 347 presents the movement of the ends of the fingers



against the thumb. The latter must press the flesh against each finger in turn.

Figure 348 presents the movement of the ends of the fingers against each other, both plowing into the flesh.

Figure 349 presents the movement of knuckling. This is done by digging the knuckles into the flesh and boring by turning and twisting.

Figure 350 presents the movement of backward hand walking. The thumb and fingers pick up a fold of flesh and pinch it as the hand walks backward.

Figure 351 presents the movement of rubbing away. The fingers only are to touch the flesh, and both hands are to be used. In rubbing, take a direction *away* from that where the flesh most accumulates; that is, do not rub *toward* the part where it is thickest. Press very hard down into the flesh with the insides of the fingers only.

#### SUGGESTIONS.

This massage should not be performed within an hour before eating, nor within two hours after, as it would then become a distributing agent and would result in building up tissues.

If possible, it is highly advantageous to drink distilled water about fifteen minutes before the massage.

The purpose of the movements is to destroy the fat cells by pinching, but the force used must not be sufficient to inwardly bruise the flesh.

Some persons are tightly built and cannot catch the flesh in some of the movements, thus necessitating the omission of some of the exercises.

#### 14. EAR TROUBLES.

Hearing is the nervous sensation in the brain caused by the transmission from the drum of the ear of a vibration in the atmosphere. It requires a brain to receive, nerves to convey, a disc or ear drum to be excited and a sound to excite. The loss of the ear drum is like the loss of a tooth, it cannot be put back again. The stiffening of the ear drum in old age is overcome by any massage around the ear itself, and the dissolving effects of distilled water.

Nothing makes the hearing so acute as its constant exercise, especially in trying to catch fine sounds from a distance.

Earache is due to inflammation, bad blood or bacteria; and

is cured by eating wholesome food and attending to the general health. A well known New York specialist depends on massage to aid in the cure of all ear trouble.

#### 15. GENERAL WEAKNESS.

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

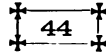
Laziness is cured by the course of training known as the "School of Character," together with the four full courses of Physical Culture. There are many persons frank enough to admit the possession of pure laziness; and they do not attempt to conceal it under the medical term of weakness. For them the above cure will be quickly effective.

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

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

For genuine cases of debilitation, a perfect cure may be had by eating food in the proper proportions stated in the book of General Membership, and taking the four full courses of Physical Culture. Oxygen, GLAME and Magnetism are easily obtained by any true Ralstonite, and the vigor and vitality which they impart are always speedy cures for the debilitation of an impaired constitution. Experiment in hundreds of cases shows that electricity applied from without does not enter the body, but skims over the surface of the skin, except in a few instances, and, therefore, cannot impart life. More than this, it is proved that artificial electricity destroys the delicate tissue growth of the body.

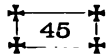




**Every person should be qualified to help the sick.**

This is the 44th Ralston Principle. As sickness is the most prevalent thing in human life, and as perfect conditions do not exist, it is not enough that the skill of physicians should be depended upon. You should be able to help others. This does not preclude calling for the aid of a doctor, nor need it delay you in sending for him. We believe in physicians, so long as they are honest; and your first duty in sickness is to seek such help as they are able to give. There are some physicians who have a financial interest in the sale of drugs, and they will soon have your tables loaded with a miniature pharmacy. Almost every visit adds to the collection of medicines. One of these men, in five calls, succeeded in arraying fifteen bottles of drugs in the room where the invalid lay; but the latter, not taking any of them, quickly recovered.

**We would not teach the doctrine** of this principle if it were to lead you to depend on yourself to the exclusion of the physician. When sickness comes, nothing should be left undone to drive it away. Death is altogether too subtle a foe to be allowed the least chance for taking valuable life; and many a person has fallen victim to his icy clutch, because medical help was not sought in time. A little knowledge may be said to be dangerous when it substitutes a lesser agency for a greater. Yet, in spite of this fact, our principle remains true, that every person should be qualified to help the sick; and this includes self as well as others. It sometimes happens that a physician may not be found as soon as needed; and it is also true that all maladies do not require medical attendance. Certain knowledge, applied in the early stages of the trouble, may quickly end it then and there.



**Food should be the basis of every treatment.**

This is the 45th Ralston Principle. There are many sides to the question involved; indeed, too many to be discussed at this place. We intend chiefly to protest against the unnatural methods in vogue at the present day. One of them is the faith cure; another the science cure; another the Christian science cure; another the pill cure; another the drug cure; another the apparatus cure; another the pad cure; another the belt cure; and so on, and on, without end.

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**Disease is due to a deficiency of nutrition or vitality.**

This is the 46th Ralston Principle. It may almost be said that disease is a deficiency of one or the other; for it is well known that improper food leads to a low vitality in one case, and is a lack of supply in another. A well body must be a complete body; and food alone can make it so. A well body must also be free from the inroads of enemies, as germs and decay, or abnormal change; and both food and vitality are needed to guarantee protection from these evils.

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**Nutrition is dependent on proper food.**

This is the 47th Ralston Principle. To make a well, or complete, body, a wizard's magic is not necessary. Without wood, stone, iron, or other material, you cannot build a house, or repair its defects. If decay shall have worn away some of the supporting columns, a few pills, bottles of drugs, column pads, or electric belts cannot rebuild those columns. Material, and not medicine, is needed. So with the human body. But the mind of the invalid is of such illogical bent that you cannot easily impress it with the fact that proper food is the first essential of a cure. The sick demand something unreasonable. They somehow believe that a liver pad will furnish sound material with which to build up a liver; or that pills and drugs, by changing the nature of the excretions or secretions, will supply good flesh out of nothing but air, and a very little of that.

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**Proper food is the only basis on which vitality can build.**

This is the 48th Ralston Principle. As against its natural truth we find the senseless and sensational claims that pads, belts, apparatus and faith cures are able to take the place of food. While it is true that imagination will work wonders at times, it is also true that imagination must have real food on which to work. Faith and liver pads can do nothing with an empty stomach; nor can prayer turn a pie-crust diet into flesh and blood. It is not so much a matter of pity for the deluded men and women who are old

enough to know better; but the law owes a duty to the helpless children who are left to die—being denied the services of regular physicians who might easily have saved their lives—while faith curists and scientists, so-called, conduct their quasi-insane orgies at the beds of the innocent sufferers. The neglect of proper care is criminal, and the guilty parents and curists belong in jail; where some of them are, in fact, at this time.

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**The body must be disorganized before it can be nourished.**

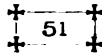
This is the 49th Ralston Principle. In other words, the constantly forming debris of the structure must be removed, and even the making of debris must be increased and hurried, in order to permit real nourishment to enter the system. The term nutrition is intended to apply to that act by which the blood is made to give up its value to some part of the body. The term nourishment means the supplying of the blood with its value. The words are, however, interchangeable. Yet it is plain that the blood must receive and must part with value. Our principle tells us three things: First, the blood cannot part with value until it receives it; second, it cannot part with it until room is made for its delivery; third, it cannot receive new value until it parts with the old. Therefore, disorganization is a hastener of health. It is accomplished by exercise, by marriage, by the inward bath, by hot-water bathing, by deeper respiration, by perspiration, by the action of sunlight, by fresh pure air, and by the hard use of the all-round faculties of living.

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**The life principle must be self-generated.**

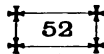
This is the 50th Ralston Principle. It includes everything that may be embraced in the term glame; such as electricity, vitality, warmth, vigor, energy, impulse, pleasure and the glow of health. The basis being food, and food being useless unless the body is constantly disorganizing to receive new values, it follows that, between the eating and the eliminating of nourishment, all the processes of life must occur. The claim that apparatus, belts or other appliances may furnish such life principle is founded in humbug and supported by fools. True health, or any degree of

health. is due to the fact that the body is able to generate its own powers; and the more it is stimulated from without, or from within through excitants, the less ability it will have to live and thrive, and the more helpless it will become.



**Sleep restores the equilibrium of the functions.**

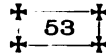
This is the 51st Ralston Principle. The old claim used to be that sleep repaired what was lost during the day. It is very easy to prove that this is not true. Waste may take place in the period of sleep, and repair does take place while action is going on when we are awake. The best time for the construction of new tissue is when the blood, laden with new food, is called vigorously to certain parts of the body where waste is occurring. The following experiment tells the story: Assuming that plain and wholesome food be eaten, let ten persons exercise one arm for an hour daily for three months, right after any meal; and the other arm the same, but four or five hours after eating, say, just before retiring, or not within an hour of eating again. It will be found that the arm that was exercised immediately after the meal will have acquired much more flesh than the other. To avoid special experiences, let ten other persons exercise, as before, with the whole body, immediately after eating, while ten others exercise just before retiring, on an empty stomach; and it will be found that the last ten will not have gained one-tenth as much new flesh as the others. Rest develops the functions; sleep restores their equilibrium; and repair goes on while there is nutrition to be had.



**The true object of eating is to supply future and not past waste.**

This is the 52d Ralston Principle. Of course, it is in conflict with the old ideas that preach a waste before there can be a need of a supply; but real life explodes those notions. Waste invites nutrition best when the latter is at hand ready to rebuild as it is required. If a person lives too much on the old vitality and the old supply, the energy is so lowered that nourishment will not be assimilated. Let persons get too tired before a meal, and

they cannot eat. A certain repulsive languor follows. So the boy, who wished to get up an appetite of undue proportions for his Thanksgiving dinner, and who accordingly ate but little for several days before, found himself so weak that he could not eat half an ordinary meal on the day in question. The same reason for feeding the furnace of an engine prevails in feeding the body. The work to be done must be founded upon what precedes and not what follows it. Shop girls, who work five hours or more between meals, are often too tired to eat, after so long a wait; and we have seen this difficulty overcome by a mid-lunch taken in the forenoon and afternoon. Instead of destroying their appetites for the regular meals it increased them; and the once sickly and frail bodies became stronger and healthier.

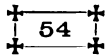


**The first meal of the day should be the heaviest.**

This is the 53d Ralston Principle. It is founded upon the most important of Nature's laws, and carries in itself the power to change the now swollen stream of ill health into its most potent opposite. Few persons have any appetite until night. They eat after the waste and not before it; and they are constantly going down the stream of ill health, whether they admit it or not. A heavy evening meal is grossly unnatural. It is like feeding a hot fire to the furnace after the engine stops for the day; and, during the night, the furnace is getting clogged with ashes to obstruct the next day's fires.

**If we are to be guided by an abnormal appetite, we shall never see health.** Evening hunger, if it is the first hunger of the day, is always abnormal. When there is no appetite for breakfast, it should be created by going to bed with the hunger half satisfied, and that only by plain food. By following this plan, it will be very easy to establish a new habit whereby the morning meal will be eagerly sought. What is eaten at night in excess of an average meal goes to stop the processes of the body by clogging them, and thus driving out all relish, or even desire, for breakfast. This excess must be driven off and fought off. The effort is tiring and weakening. The reason why we should start the day with a large supply of nourishment is the same reason why the furnace should be supplied with fuel before the engine starts to run, instead of after

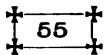
it ceases to run for the day. If you, as a Ralston Doctor, wish to convert chronic invalids into persons of splendid health, make use of this principle among others, and see what apparent miracles Nature has in store for your patients.



**The last meal of the day should be the lightest.**

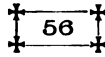
This is the 54th Ralston Principle. While it may not coincide with the views of that great class of quasi-invalids whose health has been lost or is being sacrificed to the demands of an inexorable custom over which they have no control, the principle is still good in fact and in science. The following details are capable of proof:

1. Persons who eat light suppers and heavy breakfasts are, as an average, in much better health than those who reverse the practice.
2. The best health comes from using the nutrition of food rather than sapping the life of the blood to meet the demands of daily existence.
3. Eating to repair waste in the blood, the life of which has been sapped, is the reverse of Nature's intentions, and it results in seriously weakening the vitality.
4. A heavy supper destroys the appetite for the following breakfast.



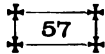
**Strengthening foods should not be eaten at the evening meal.**

This is the 55th Ralston principle. By strengthening foods is meant such foods as contain muscle-making and brain-making qualities in large proportion. It is now well known that, if the nerves and brain are agitated by the presence of phosphatic nourishment, it will be difficult to get sleep; and even if one does succeed in falling easily to sleep, the repose will be disturbed by dreams and fitful half-wakening. The same is true of nitrogenous food, the activity of which will keep the muscles twitching all night. As all the foods commonly used contain some proportion of these elements in their composition, it is not possible nor desirable to avoid them altogether; it is only when they are specially strong that they are unfit for the last meal of the day.



**A perfect equilibrium of the functions requires two periods of sleep in each twenty-four hours.**

This is the 56th Ralston Principle. It embodies one of those salutary laws that are readily proved to be true, yet cannot be accepted because the habits of life forbid it. It is well known that sleep is a necessary blessing to the young, the weak and the sick, and that it is needed in proportion as the vitality is low. Where eight hours suffice in the case of one who is quite well, nine hours would be requisite to one who is not in good health; and ten to twelve hours where the system is run down. It is also known that a long period of sleep dulls the faculties, and depresses the functions of life. When more than eight hours are required in the twenty-four, it is unwise to allow the sleep to be continuous. We have known of many cases where the functions have been deranged and medicines were useless; yet when a two hours' sleep in the afternoon was followed by eight hours' sleep at night, the equilibrium was restored, and health reigned supreme. We advise some sleep after midday, even if it is only of short duration. Five minutes of repose is very refreshing and brightens the faculties. The best time is between three and four o'clock. There is no medicine in the whole category of science equal to it. Sleep is curative if so divided. Sixteen hours of waking and eight hours of repose cannot be accepted as an honest arrangement, for the one period is too long, even if the other is not too short. The fact remains, however, that modern habits prevent any bettering of the allotment, except when sickness compels it.



**The lack of sleep depresses the vitality.**

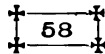
This is the 57th Ralston Principle. It is true that every cold is preceded by loss of sleep. This may seem strange, and it is hardly understood, even by physicians, for they have given no thought to the matter; yet experiment and observation are sure to show the fact as stated. While the loss of sleep does not of itself cause the cold; and while every lack of sleep is not followed by depression; it is nevertheless true that when the functions are so far weakened that they may or may not be thrown out of

equilibrium by the subsequent conditions, the loss of sleep is just that factor that will lead to the unbalancing and the inevitable cold. Looking backward, if the attention is immediately called to the case, it will always be seen that every cold is preceded by loss of sleep. Therefore, if the following rules are adopted, it may be set down as a certainty that colds may be avoided :

1. In good health get eight full hours of actual sleep, beginning not later than ten o'clock at night. The time in bed, even though the body is obtaining needed rest, does not count as sleep unless the mind is locked in sound slumber.

2. When the health is not good, or the vitality is low, or other evidences of weakness prevail, get from nine to twelve hours of sleep in the twenty-four, depending on the degree of debility.

3. Let the extra sleep be taken in the afternoon, if possible.



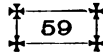
### **Mental derangements are associated with insufficient sleep.**

This is the 58th Ralston Principle. When the mind is breaking down, especially in cases involving the suicidal tendency, there are certain attendant conditions that cannot be overcome unless the axe is applied at the root of the trouble. One of these is constipation, another is irritability, another is sleeplessness. An investigation generally proves that the last is the real cause of the others. The first thing to be done is to get sleep at all hazards. Here is a merchant who is worrying about his business; others in like conditions killed themselves because the worry took time away from sleep and insomnia dethroned the reason. In this nervous age to-day there are four hundred thousand insomniasts, any one of whom at any time is apt to destroy the lives of others and their own as well; and in each case, although all are apparently sane, there is that self-inflicted perversion of the laws of Nature. Not one is willing now to apply the remedy.

**A sure cure of sleeplessness** is found in the following treatment: First, give up all else for a while. If you cannot do it, you may have to do it by the sudden call of death. When that grim messenger gets you by the throat you cannot say that you are unable to give up your general duties. It may be that it is even now a question of life or death with you. Insomnia is too treach-



erous to be harbored a single hour. So give up everything for a while and rest. Lie down. Try to get sleep at a fixed time in every hour. Do nothing else. Even if you cannot sleep, remain lying down for fifteen minutes in each sixty, with eyes shut. A position on the back is best, with hands resting beyond the head. Cool the brain by water. Either shut the eyes or try to look at the forehead. Let the diet be rice and milk five times a day; and if you get satisfactory sleep, take more substantial food on awaking. Spend twenty-four hours a day in the business of getting sleep. Constipation is dangerous to the nervous system. It may at any moment result in fatal paralysis. Irritability is dangerous to the mind. It indicates the nearness of insanity. While these terrible foes are yet without the gates, there is certain safety in the present treatment. Medicines are worthless.

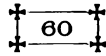


**Natural sleep occurs in the waning hours of Nature.**

This is the 59th Ralston Principle. The whole law of waking and repose is governed by the daily revolution of the earth. It has been said that if there were no night there would be no sleep; but then it would be true that a nerve-possessing being could not exist here, for nerves must have the refreshing blessings of sleep. There are two zeniths in every full day; the first is the zenith of high noon, followed by a quarter of full vital energy, lasting from twelve to three o'clock, after which time the life of Nature enters gradually upon the waning period. In other words, the high day endures for a space of six hours, known as the broad zenith, extending from nine o'clock in the morning to three o'clock in the afternoon. The sun runs almost a level course overhead in this period. After three o'clock everything turns toward the west, drawn to the rosy bed where the king of life will lay himself down to slumber for the night. Flowers begin to droop, birds seek their nests, and cattle look toward home. It is yet but the suggestion of evening; but the feeling of rest creeps gradually on in the natural cadence to the final desire to yield to the tranquil spirit of repose.

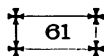
**Let this influence go to naught,** and the consequence is sure to be ill. Even those who are dying from nervous prostration brought on by insomnia would be able to drop to sleep in

accord with this law of waning vitality if they would devote themselves to it between the hours just before and just after sunset; and again there is another drop in the vitality between nine and ten o'clock of the evening; but let these periods of opportunity pass, and the difficulties increase. The final lowering of vitality, which is the last, occurs soon after midnight; and this is the lowest. Herein the greatest number of deaths occur. Let that period be passed and the functions will be badly out of harmony. The rule then is to take advantage of the waning hours, and the very best of these are nine and ten in the evening.



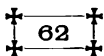
#### **Waking is natural in the growing hours of Nature.**

This is the 60th Ralston Principle. It is the reverse of its predecessor. The habit of seeking rest after midnight, or of going to bed about the hour of twelve, establishes a discord in the functions of life. The sun turns to take its upward course at this time, and, although the vitality is lowest for the hour following, on account of the momentum of the fall, it is being overcome by the opposite impulse of the world. The night zenith runs from nine to three o'clock, a period of six hours, matching the same time in the day. When three o'clock comes in the morning the sleep should be two-thirds or three-fourths finished. It seems strange that every invalid, without exception, has been a victim to this reverse order of using the blessings of Nature, or else has disobeyed some other clearly expressed law. Modern society teaches the same perversion, and wherever it is seen, ill health follows. "I am in perfect health," is a lie; "except that my nerves are weak," is a modification. "I never saw a sick day in my life," is always a lie; "although I am weak in vitality." How about the colds?—the grippe?—the headaches?—the neuralgia? No person living has been exempt from all these; and yet the disposition to catch cold is one of the most serious symptoms of a sickly vitality. A society woman exclaimed, "I never retire before midnight, and I am a well woman." She said this in the teeth of the fact that her doctor's bill that year was five hundred dollars; but "it was not for sickness; merely for nervous disorders and insomnia." She was dead in less than another year. So the falsehoods go. "I have always been well," is never true.



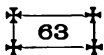
**Every hour of sleep before midnight is worth two hours after.**

This is the 61st Ralston Principle. Its iteration is intended to impress upon the minds of our members the especial value of sleep prior to midnight. This value is founded upon the principles already stated. It is fully double that of any sleep that may follow the hour when the sun turns its lower zenith and begins to come toward its rising. The matter has been sufficiently tested to warrant the following summary: Sound sleep from ten to twelve would yield as much real rest as the same quality of sleep from twelve to four would yield. So three hours from nine to twelve would equal six hours afterward. A public man who claimed that five hours of sleep in every twenty-four had been his average for years, explained that he got two hours repose in the afternoon, and then three hours from ten to one at night. By our estimate this would be equal to nine hours in value.



**Monotony is injurious.**

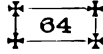
This is the 62d Ralston Principle. The human body, and especially its stomach and brain, must not be subjected to continual sameness. In a beautiful village, with every blessing that life could yield, a man destroyed himself. His life had been one unceasing machine-like monotony.



**Variety of occupation is necessary for mental health.**

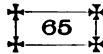
This is the 63d Ralston Principle. It is not only the opposite of the 62d, but goes much further, in that it conveys the important fact that, while a relief from monotony is a deliverance from its dangers, the mental health is vastly increased by a multiplicity of uses. Reading one line of thought is injurious. The variety established by the emoluments of the higher degrees in the Ralston Club is the most healthful change the mind can seek or obtain. Beyond this, there should be work and play of all kinds; visits, excursions, exercises, walks, gardening, flower hunting, sails, rides, new stimulations to thought, new furnishings to the room.

or else a shifting about of the old, and something continually varying the routine of life.



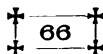
**Variety of food aids assimilation.**

This is the 64th Ralston Principle. It is true that much of the value of wholesome food is lost by reason of a lack of absorption into the blood. Unless the latter attracts and draws it up, it passes away like all dead matter. If a person were to eat the same kind of food continually, no matter if it were the best to be had, the stomach would soon tire of it. Change pleases the mind, and digestion is directly affected. The best road to health is to collect together as long a list as possible of the most wholesome foods that are available, and then distribute them through as many days as the varieties permit. Every mid-day meal should commence with soup, and there should be seven kinds each week, if the plan is feasible. In the average case it is not convenient. The suppers are easily varied. The breakfasts may be made to follow a routine of change; but most housekeepers pay no attention to this principle, although instinct in eating teaches it. Surprises are always welcome; as are also the neat and dainty embellishments that tasteful wives know how to add to the table.



**The faculties are preserved by their constant use.**

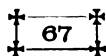
This is the 65th Ralston Principle. When an active old man of eighty is called up to account for the clearness of his mind and the accuracy of his labors, he will tell you that old age is a rust that follows idleness. No person has a right to rest. No one has a right to retire from the activities of life. With a brain to think, a will to execute, hands to perform, and senses alert, it is robbery to steal away and dote in idleness. The machine will soon get clogged with rust and you will be a care upon others. Do not live in helplessness. Be in command of all your faculties, and remember that they may be reclaimed only by constant and varied activity.



**Meat fibre is the food enemy of the human body.**

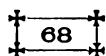
This is the 66th Ralston Principle. It does not intend to teach that a vegetable diet is to be preferred. It merely states, in effect,

that the muscle part of meat, the white strings that are indigestible; or, if digestible, that tax the strength of the nervous system to dispose of them; are at enmity with the human body. All flesh-eating animals are savage and dangerous. Not one is allowed within the pales of society. If a cat or dog is fed on flesh, or chiefly upon such diet, it is not fit for companionship. A young cat will fly into convulsions from meat-eating. Where children are so fed, they generally show the ill effects in nervous disorders, fits, spasms, ill nature, bad sleep; and, later on, in morbid sexual disturbances. Meat fibre given to a patient convalescing from a severe fever is almost sure to produce death; although no other of the daily articles of diet could do this. The fibre is rendered less dangerous the longer it is cooked; and a complete disintegration of it by stewing is the only safe method to adopt, unless you separate all the fibre from the meat by other processes as stated in our book on Model Meals.



**During high fever all food should be avoided.**

This is the 67th Ralston Principle. A fever is a burning up of the waste material of the body, and much that is diseased burns with it. The only likelihood of destroying the wholesome portions of the body arises from the attempt to supply nutrition before the old matter has burned out; thus continuing the conflagration. Wait patiently until the fever has subsided. Now is the best opportunity of a lifetime. Be very careful to allow only the purest of plain foods to enter the stomach for a month at least. Get pure air and such activity as your condition permits. You can build a new body.



**Fruits eliminate waste matter.**

This is the 68th Ralston Principle. Nature has provided an abundance of fruit in every conceivable variety; and their purpose is not to supply strength, but merely to prevent the system from becoming clogged. It is true that fruit is dangerous, as well as useless, when its cells have not been burst open by mellowness. Thus the apple, the queen of the orchard, is positively harmful as usually eaten. If mellow, up to the point of softening, it may be eaten raw; but the better way is to cook it in some one of the

many known styles. Green apples cooked to mellowness are unfit for the stomach. All fruit should be soft, or at least the cells should be open, even before cooking.

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**Milk and grains are the noblest of all foods.**

This is the 69th Ralston Principle. Grains are capable of giving more strength than meat; but they must be mingled in some way with milk. To use them separately is to destroy the virtue of the best of foods. Where milk can be cooked with them, it is better; otherwise the milk should be served on them as eaten. There is no food in all the world equal to the grains so prepared. The horse, fed on no meat, has more strength in proportion to his size than a meat-fed man; so has the ox, whose diet is summer grass.

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**Bread should be predigested in part.**

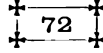
This is the 70th Ralston Principle. Bread is the staff of life. It is the staple food of every meal. It is chiefly starch, and starch is more or less indigestible. Very few grown persons are able to digest bread. As starch, it cannot pass into the blood. If the saliva of the mouth mingles with it by thorough mastication, it becomes converted into a new chemical; otherwise the stomach will reject it and send it on to the duodenum and intestines for their aid in disposing of it. This is the story of all white bread, of all new bread, even under the most favorable circumstances. Let the bread be made chiefly of whole wheat. When it is a day old, slice it and toast it well on both sides over live coals or on a hot pan. This heat converts the objectionable starch into dextrine, which is not only easily digestible by old and young, weak and strong, but is also very nutritious and strengthening.

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**Clothing should be varied to suit conditions.**

This is the 71st Ralston Principle. As the early morning temperature differs from that of the middle forenoon; as the latter differs from that of high noon; that from the middle afternoon; that from the early evening; and that from the night; and as conditions of dampness and dryness are ever changing; it is the part of good judgment to meet such variations with properly adapted

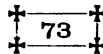
clothing. It is not generally convenient to do so, however; but it is this question of convenience that has destroyed more lives and filled more untimely graves than all else combined.



**The feet should be well shod.**

This is the 72d Ralston Principle. It is well known that life is electrical, and that its vitality is subject to all the conditions of electricity. Good conductors cause its loss through escape. One of the best conductors is dampness. Add to this, cold; and you will have the attraction of heat outwardly from within; and a double loss that must soon bring on dangerous conditions. When the ground is warm and dry, the vitality will not escape. One could then go barefooted. But, even under such circumstances, Nature steps in with a special process, the purpose of which is to arm the feet with a good non-conductor, known as hoof-flesh, or a hard, callous induration, which accumulates to great thickness and protects the feet. The tenderest skin soon becomes thus thickened if subjected to such usage.

**In its absence, however, thick shoes** are necessary; and they have been required in all ages by all grades of human life, wherever the elements are unfavorable to open habits, as in the temperate zone. The thicker the sole of the shoe, the more it will protect the vitality. When the electricity escapes, the life principle runs so low that any assault upon it is sure to result in disease. Contagions may, then, be feared. The nurse who directed her friends to wear heavy-soled shoes and to avoid getting the feet damp may not have known the principle underlying the fact, but experience had made the latter clear to her. There is every reason why thin soles should be avoided; and there is no reason whatever why heavy soles should be disliked. Add to this a daily cleansing of the feet and lower legs, as well as the use of silk and wool-mixed stockings, and you have every condition of health that may be required in this regard.



**Nature effects a cure when the disturbing cause is removed.**

This is the 73d Ralston Principle. It means to tell the fact

that, when there is no abnormal influence or agency at work, good health must come of itself; and this is always true. The causes of disease have been set forth in the various principles and pages of this book. They may always be avoided by prevention, unless inherited. If the parents transmit them to offspring, or carelessness has established them in the system, they must be fought out under the present principle. The causes must be ascertained and removed; then health will come in all its fulness.

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**The intention of nature is to establish flawless health.**

This is the 74th Ralston Principle. Disease is unnatural. It never came by command of the better side of that impulse which creates life. God and nature are incapable of such cruelty. The struggle of living is a warfare against ignorance, but it is an ignorance founded upon the fact that organized enemies stand ready to take advantage of the least carelessness or shortcoming on the part of every individual. Causes may be marshaled and studied, ways and means may be adopted for their removal; and then nature, left to her real intention, will produce flawless health.

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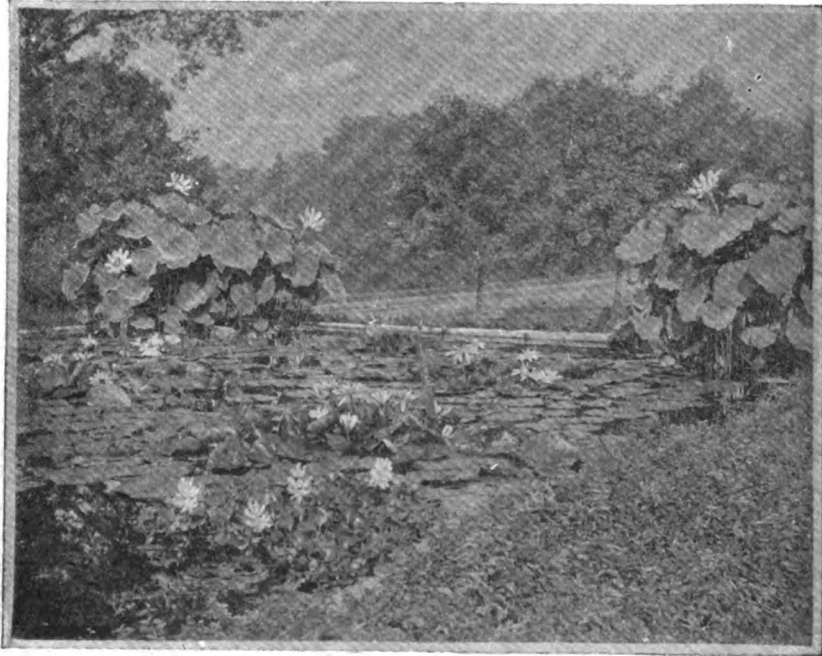
**The individual who seeks health must rise above circumstances.**

This is the 75th Ralston Principle. It relates to that phase of life which outcrowds all honest efforts to secure a release from sickness. The familiar reply is, "I know I ought to do it, but I am so situated that I cannot." Well, then, if you cannot, you cannot, and that is the end of it. If the gaspipe in your sleeping room is leaking, and if the escape is increasing night after night, so that its flow will kill you at some unexpected time, and you cannot adjust your circumstances so as to remove the danger, you cannot, and nothing more is to be said. Some there are, however, who are able to rise superior to conditions. In all walks of life there are Napoleons to whom no Alps are insurmountable. Obstacles fall to pieces before the onward march of a courageous will. The power to control the events of life is one of the strongest uses of higher magnetism.



## A WALK AND TALK IN THE GARDEN AGAIN.

**D**OUTBLES, after so long a period of thoughtful consideration of the subjects of health, you will be glad to take a long stroll in the gardens. Imagine that these buildings are temples of knowledge where you may enter freely at all times to listen to lectures that are always being delivered; some in one hall, some in another, and all ready at your solicitation to give answer to any inquiries you may make.



**Here is a beautiful spot** in the gardens where we can get relief from the many vexing problems of life, which relate to the body. Perhaps the brain aches from too much thinking, or the temples

throb with pain at the close attention you may have been giving to these studies. You should not attempt too much at once. Remember that at the end of these pages there are lists of all the subjects under the "Guide to the Gardens." Ask the guide what you wish to know about, and the page will then be stated, the directions given for finding the same, and you can devote a brief period each day to the study of the matter.

**Keep out of doors all you can;** especially if the opportunity affords. You need pure, fresh, moving air, and you need all you can get. There are but few conditions of the weather that forbid out-door life. We do not mean that you should sleep out of doors, or take on any of the habits of the classes that of necessity dwell in the open air. You have your home, your house, and therein you should live, safe from the inclemencies of sterner weather. But God and nature intended you for out-door life; avoiding all extremes, such as the intense summer sun, the icy sleet of sharp, wind-driven snow, the keen and cutting gales that wound the face, and the long exposures to heat or cold. Excepting these, it is rarely true that the conditions are not inviting to hours of life in the open air each day.

**We must not wait to be fanned** by gentle zephyrs of twilight summer hours. There is more health in frosty air than in mild, half-moving currents. The atmosphere is never so pure as during a snow storm, or in a driving rain; and the danger of catching cold is entirely removed by the precautions given under the natural treatment, "Rain," in a previous page. So we may find health in nearly all weathers from the mild, cool, pleasant days to those of storm and shine, if we are willing to equip ourselves properly. Dampness and chill are always to be avoided, and may always be avoided if reasonable care is exercised. Most persons take chances with all dangers; else there would be fewer cases of rheumatism, sore throat, catarrh and lung troubles. We have known consumptives to find complete cures by spending hours at a time out in the rain or snow, clad as suggested so that no dampness can be felt; while other persons, carelessly attired, have met their doom in the same weather. The great storage batteries used to move electric cars must be protected, and on exactly the same principle the body's vitality must be saved.

**This is but one of many suggestions** that might be made at this time, as we are now about to confer with all the remedial

agents of nature. They are everywhere, and we will gladly take up their consideration now. We call them nature's doctors; but the name does not imply that everything produced by nature is of value to man. Friends and enemies lurk everywhere. The beautiful rivers and lakes may be sources of malaria; the glossy leaf of the vine may poison; the supposed mushroom may cause death; and ninety-nine per cent. of all vegetation is capable of destroying life. Quacks, in their efforts to impress the public with the idea of value, advertise that their medicines are purely vegetable; feeling certain that the thoughtless classes will place faith in them, while they may be rank poisons in small doses.

**The body is composed** of but fourteen elements, and these are combined in seventeen compounds. No other food is needed, nor is it safe to allow any element or compound from either the animal or vegetable kingdom to enter the body. Good common sense



ought to suggest the logic of this law. Health is attacked by poisons, by waste of vitality and by germs; nor is there any other way of getting sick. We destroy germs within reach by antiseptics, just as we would cut a parasite from a tree; and this is nature. We find many maladies to be due to waste of vitality, and this loss must be checked. A proper diet saves the body from diseases that are caused by improper eating. Herein is the whole story.

## NATURE'S DOCTORS.

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### What Chance is There for the Invalid?

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**When a child comes** into the world handicapped by disease inherited from a long ancestry of ignorance, indifference and gross carelessness, nature kindly comes to its aid by providing it with a constitution far stronger than its parents were able to give it. In the first place, nature builds perfect organs in the little life, unless the taint of some immediate malady has already eaten into it; and to build so well requires the best blood of the mother. If there is no best blood, the child is crippled. Nature seeks to offset in the infant all those ills that have been invited by indifference or stupidity; its vitality is greater than it will ever be after growth ceases; yet the babe is helpless. Left to the ignorance of nurse and parents, it suffers steadily in the struggle to hold its own, and succumbs to the inevitable; fifty children out of every hundred dying in infancy, all of whom had a right to live. If the man who leaves the trap open whereby his ward may fall to death, is guilty of homicide, then countless millions must face the same charge before the bar of eternal judgment.

**Men and women**, wise in all things else, are unwilling to learn the real facts of nature as pertaining to their health. Shakespeare died in the prime of his maturity. The South lost her most brilliant orator while yet a young man, through his disregard for the laws of health. Rantoul and Russell of Massachusetts, who would have taken the highest places among the great men of the Commonwealth, allowed their lives to slip away by supreme indifference to the demands of nature. This is every-day history. Therefore the very vitality that is given to the child in superabundance, if not entirely lost in infancy, is wasted gradually away through the years of youth and maturity.

**Go among the men and women** of your acquaintance, and study them carefully; pay heed to their boasts of being well; and you will rarely find one who is free from maladies of some sort. A society woman says she called upon nearly two hundred of her friends; and "not one was in health." All "had something the matter with them," to use her exact language. The structure of the body from the scalp to the toes, permits of a multitude of dis-

eases, so many, so varied, so complicated, that a book of one million large pages could not fully describe them. Commencing with the hair, think of its troubles, and those of the scalp. Then the skull, the brain, and its auxiliaries furnish hundreds of volumes with material for the most profound learning. Next is the nose, the nostril chambers, the nasal cavity, its membrane and adjuncts, loaded with divers diseases. The eyes, the ears, the throat, and the mouth, with teeth, tongue, palate, membrane, uvula and tonsils are fruitful fields of suffering; the smallest of which, the teeth, furnish the means of supporting one of the largest professions in the world, besides colleges of dental surgery, as well as manufacturers, publishers and houses of supply. In other words, the diseases of the teeth engage a capital and income producing business worth billions of dollars in this country alone. So frail a creature is man.

**The little air passage** that runs from the throat to the lungs is likewise a bountiful source of revenue to the doctor, the druggist, the patent-medicine man and the quack. Its branches, the bronchial tubes, the pleura or covering sack of the lungs, the lungs themselves, and their complex system, have given rise to specialties, specialists, inventors, discoveries, apparatus, fads, devices, medicines, treatments, sanitariums, and book lore, all reaching the enormous sums of billions of dollars in investment and annual expenditure. The human body is in itself the greatest bonanza of the age of gold. Remove its infirmities and you will rob doctors, inventors, manufacturers, nurses, publishers, authors, schools, lecturers, sanitariums, druggists, quacks, patent-medicine venders, advertising sheets, undertakers and grave-diggers of their means of livelihood; and, incidentally, you will divert one hundred thousand millions of dollars from their present channels of circulation. Ralstonism is, therefore, a vigorous weapon if it is to have free scope. If you prevent the ills of the body and the moral nature, you will deprive one-half of mankind of their vocations; and fifty per cent. of the other half will be materially affected. On the one hand poverty is largely caused by the poor health of the people which unfits them to succeed, and by the expense of attempted cures; while, on the other hand, great wealth in real estate, manufacturing, institutions, labor and professional practice is made possible by the simple neglect of health.

**Nature's doctors now come to offer** what aid is possible; but

what is that aid, and to whom is it timely? Once in awhile a physician is able to state that a certain patient has not long to live; but many make free to so declare when the statement is premature. We are absolutely positive that men and women have been misinformed in this matter; and there is abundant evidence that patients have recovered after they have been left to die. This is due to a wrong diagnosis in some instances, to a misconception of the staying powers of the invalid, and to the determination of the latter to do something for self. It is not a strange occurrence that has been witnessed in the final departure of a doctor after he had announced to the family that he could do nothing further, but must make way for the undertaker; and, weeks after, he has met upon the street the very victim whose rescue from death began after the medicines had been exhausted, and the physician had ceased to be of service.

**Talking with a very successful** practitioner we were told that he had, in eight remarkable instances, left patients when he honestly believed they were within a few hours of death, and they had recovered. "The proportion of these surprises is very small considering all the cases I have had." Not one case in a thousand, perhaps, would involve the same experience. Nor is it fair to assume that the withdrawal of the doctor had anything to do with the recovery. One case may be typical of a certain class of these surprises. A man noticed that the physician had taken leave and given final directions in a case of pneumonia. In the lucid interval in which he realized this fact, he pressed his wife for information, and was told that he was dying; nor did any expect that he would recover consciousness. With respiration almost gone, with brain delirious and vitality vanishing like a flame that is flickering out, the realization of leaving earth, wife, children and all the associations that were dear to him, came into his brain with a flood of fullness; and his soul began the fight for life. He was not yet dead, and that he knew. Respiration was what he most needed. Refusing to lie passive in the clutches of a fatal malady, he struggled like a man who was drowning. The ability to retain what respiration was yet left to him was all he then needed; the least addition to his breathing capacity was a gain; and this he secured. In five weeks he was a well man. How many such cases there are, we do not pretend to say; it is probable that all sorts of causes operate to effect these occasional surprises, and they must be so judged.

**Nature's doctors in Ralstonism** do not discard the skilled physician. There are two situations to be considered:

*First*, that stage of the malady when immediate aid is not necessary; and this may almost always be met by nature's doctors through Ralstonism.

*Second*, that stage of the malady when immediate aid is necessary; and not a minute should be lost in securing the services of your local physician. In this stage you are to depend primarily upon him; and yet to aid him by nature's doctors. In the first stage you may depend entirely upon Ralstonism. This distinction is an important one and should be thoroughly understood.

**What Ralstonism tells you to do**, in these pages, you may depend upon. You will not be advised to seek aid through any fad or flimsy pretense of cure. You will not be asked to use faith or other mental effort; for "faith without works" is as useless to-day as in the time when the inspired apostle so declared. You will be led to the best results in the best way and by the shortest process; yet not one step will deprive you of any medical aid that your case demands, nor conflict with the skill of those who attend you professionally. All these things should be thoroughly understood.

**Methods employed.**—The following list of maladies is as complete as can be presented in a system of natural treatments; for it must be remembered that losses of a part of the structure of the body, as well as fixed changes, are no more in the power of nature to remedy than are they in the power of the physician. You can rebuild only by substitution, not by creating. A lost finger is lost forever. We shall state the maladies in alphabetical order, and then dispose of them by the following methods:

*First*, is improvement hopeless?

*Second*, can further failing be checked so that the patient may not grow worse?

*Third*, is nature alone able to do all that can be done?

*Fourth*, will nature and medicine better work together than either alone in effecting a cure?

*Fifth*, is it better to give the case entirely up to the care of a physician, and not seek the aid of nature? The latter condition would be a very rare one, for nature is a necessity where life exists.

*Sixth*, is the malady to be treated in this volume?

*Seventh*, is the malady to be treated under the "RALSTON FRANCHISE?" See the final pages of this volume.

## MALADIES OF THE HUMAN BODY.

1. **Albuminuria.**—This is one phase of kidney disease, and is included in that treatment. The presence of albumin in the discharge of the kidneys is always an occasion for alarm, yet it may be due to conditions that are overcome by attention to the general health. See **KIDNEY DISEASES**; and **DIET**.

2. **After-birth.**—This is the delivery of what follows the birth of a child; and includes the placenta, or the sack in which the child was developed, also a part of the umbilical cord and the membrane of the ovum. It is very important that all these should be ejected before the womb contracts, as any part of them may adhere to the organ and lead to cancer. The safest way for the mother to guard against accidents of this kind is to give her body systematic exercise in the months of pregnancy. See **DIET**.

3. **After-pains.**—These are necessary in order to contract the womb, but are few in number if the conditions are normal. If severe and long continued they indicate the presence of matter in the organ that the attendant should see is fully expelled. Mothers of sedentary habits who do not exercise much during pregnancy, suffer from both these troubles.

4. **Alcoholism.**—This is the condition of the system that invites, and is unable to resist, the use of alcohol in one form or another. That the majority of the victims desire to shake off the temptation and free themselves from the curse, is evidenced in the many applications to enter the various institutes established to effect a cure; and in the struggles that have been maintained in the privacy of life. The power of alcohol, when once it fastens itself upon a man or woman, is not to be lightly thrown off. There have been many theories and many methods invented; but we are in a position to know that there is but one effectual remedy, and that is in the thorough cleansing of the body. Alcohol is an irritant, causing a disturbance wherever it meets the tissue of the body. It is also a preservative, guarding the dead soil against complete decay; and it is in this soil that the temptation remains. The soil, partly dead and partly held in a state of filthy preservation by the previous alcohol, keeps up the desire for more, and cries out for the beverage. Remove the soil completely, cleanse the system by a perfect diet, and the temptation goes with the debris. Any food that causes a clogging of the body, or any drink that stimu-



lates, will accumulate soil and lead to the same result; but the temptation to use alcohol will not arise unless some has already been taken, in which case it grows rapidly and drunkards are made by the wholesale. Ralstonism has cured more cases of alcoholism and the drink habit than all other causes combined. It removes all the dead soil, and there can be no temptation when this is gone. No Ralstonite who lived up to the doctrines ever became a drunkard. That confirmed toppers are reformed may be seen in the thousands of cases that have been turned into victory by a pure diet and sensible regime. Typical cases represent these thousands of cures. One man says: "I was a hopeless drunkard; now I am free from all temptation—and what is better I cannot be induced to again drink beer or liquor, thanks to Ralstonism." A wife writes: "The Ralston Club has completely reformed my husband from drunkenness. I never saw such a change in any one." A minister says: "I am forced to acknowledge the great power of Ralstonism in the cure of alcoholic habits. I say it is marvelous." Yet the whole method is in living up to our principles and eating clean food. See DIET.

5. **Anemia.**—This is a lack of blood in general, or the lack of some constituent part of the blood, especially hemoglobin or the red substance which forms about nine-tenths of the red corpuscles of the blood and serves as the carrier of oxygen in the circulation. Anemia is a serious condition; one form of it being a steady progress from health to death. It can be cured; but the process is so important as to call for a SPECIAL TREATMENT under the "RALSTON FRANCHISE." See the department of this volume entitled "RALSTON FRANCHISE."

6. **Amenorrhœa or Suppression of the Monthly Sickness.**—Most women are subject to this malady at times; and it is one that should receive immediate attention, for to neglect it may lead to the general disease of the body, to organic suffering, consumption, tumors or even cancers. Nature intends that the functions shall return every twenty-eight days, though it appears as regular about once in a calendar month in a minority of cases. There is nothing to alarm one if it does not return until the fifth or sixth week; but a woman may consider herself regular and normal when the sickness begins exactly four weeks, or twenty-eight days from the time when the previous period began. The ovum or egg ripens, sloughs off, and descends at the rate of one in a period, or thirteen

in a year, if all conditions are normal. The process represents a state of activity, in and throughout the body, not in the muscles alone. To establish normal conditions and avoid the stagnation or delay that may lead to a cancerous tendency, all the full functions of the torso should be given a full, large, yet not violent or straining activity every day. These are controlled by three things: by diet, respiration and exercise. Let the first conform to the system set forth in this volume; let the second be improved by all the outdoor life possible; and let the third depend upon Ralston Culture as presented in the book that follows this. The effort is a slight one; yet the results are certain. Respiration, as taught under the 15th Natural Treatment of the present book, is sufficient; but it can be increased in value by the walks which you are supposed to take in this Garden, if you follow the instructions.

**7. Apoplexy.**—This does not ordinarily appear until after middle life, and is due to the fact that the blood-vessels of the brain degenerate, weaken or lose part of their structure, as when the walls become thin and fragile. In youth and in healthy old age, the walls of the blood-vessels retain their thickness and apoplexy is then impossible. There are two kinds of apoplexy; one which is due to the congestion or engorgement of the vessels and membranes of the brain, originating in the over-fullness of the blood. The pressure in such case comes from an abnormal condition in the system; but the weakness of the capillaries and larger vessels permits them to give way by stretching even when not breaking. At the present day the term apoplexy is applied by many writers to hemorrhage only, due to the brain being flooded by blood from a bursted vessel; and the cause is, as has been stated, the weakening of the walls or tissue structure of the capillaries and vessels.

**The symptoms give ample** warning if they are rightly understood. They may commence with a persistent headache of a dull and throbbing character, a sense of fullness in the head, vomiting, noises in the ears, giddiness, confusion of the mind, and numbness of a limb. All this may be due to a fullness of blood in the brain, needing only pressure, excitement, or some startling cause to force the contents through an overstretched and weak vessel, causing hemorrhage. A blood-clot may follow and cause paralysis of some part of the body, always opposite to the side of the brain in which the clot has formed. The head and face are congested and flushed or purple, as are the neck and throat; the eyes are

insensible to light, the pulse is slow, and the breathing has the sound of snoring.

**After the apoplectic fit** has seized the patient, there is very little to do until a physician arrives; and no time should be lost in sending for one. The circulation of the general system should be kept from pouring blood into the brain as far as it is possible to control it. A cord should be bound tightly around each arm and each leg as high up as it can be placed. The feet should be kept in hot water and ice cloths on the head; unless the temperature of the latter is low, in which case, use hot applications.

**The natural treatment for apoplectic tendency** is to strengthen the capillaries and larger blood-vessels of the brain and neck; and there is but one important method of accomplishing this result. Exercise attracts nutrition to build any part of the body; but the nutrition must be of the right kind, the exercise must be adapted to the character of the part, and the two must unite at the proper time. Thus, if the best regime be employed when the stomach is empty, it will do no good in this malady. Take only the purest and most wholesome foods under the health diet of this volume; and, within the first hour after eating, practice all the neck exercises of Ralston Culture, giving fifteen minutes to this matter three times a day, once after each meal. Spend three hours out in the open air daily, and as much time at the open window as possible, breathing as directed under the 15th Natural Treatment, Respiration. In a few months, every trace of the apoplectic tendency will have completely disappeared. This has been proved many times. Avoid over-eating, or indulgence in rich, heavy meals. See DIET in another part of this volume.

8. **Appendicitis.**—This is fully treated in another part of this volume. See the index. Also see DIET.

9. **Appetite, Loss of.**—This malady is so common and bears such close relationship to many serious diseases, that it should not be neglected a single day longer than necessary. You may call for a SPECIAL TREATMENT under the "RALSTON FRANCHISE." See department of this volume entitled "RALSTON FRANCHISE."

10. **Anthrax.**—In human beings this is a disease-germ closely allied to that of the carbuncle; and is sometimes described as a malignant pustule of the face, occurring chiefly among persons who handle hides and wool, or who have been bitten by flies or mosquitoes that have fed upon an animal that died of splenic fever or of

anthrax. In three or four days the place of contact becomes an inflamed spot and quite painful. In the centre there will then appear a little blister containing bloody fluid. A few hours later the blister dries to a black crust. Then the blood takes up the poison, carrying the germs to all parts of the body and death ensues. The only means of cure is to cut open the pustule, clean it out and wash the wound several times with a solution of chloride of zinc, forty grains to an ounce of water, or some other strong antiseptic. Prevention is the preferable course. Never allow dead animals to remain unburied. The carcasses of hens, horses, dogs, cats, and pieces of putrid meat are too often seen lying about town, or on some lot; and flies dripping with the filth of such rotting matter are allowed to come in at the open window, alight on food that is being eaten, and so carry the contamination to human beings. Nearly all flies are scavengers of decay. Bar every door and window with screens in warm weather.

11. **Abscess.**—This is a collection of pus or matter in the tissues, generally under the skin, and is due to the presence of germs that feed upon such tissues. As soon as the condition is discovered, the abscess should be cut open, the incision being made across the centre of the sore and extended in a direction that will permit the subsequent matter to discharge itself by its own gravity. It is not necessary to wash out an abscess, for this adds needlessly to the pain. The chief requisite is to keep the wound open, so that all pus may flow out. If the abscess is large two or more openings may be made. If it is deep a piece of soft rubber tube should be inserted to serve as a means of drainage; but this must be withdrawn in three or four days, or as soon as the cavity ceases to discharge pus. If healing is delayed it is necessary to inject tincture of iodine once a day; and if this fails to cure, then it is probable that there is dead bone or other diseased matter present, which must be removed by the surgeon.

12. **Abscess of the Jaw.**—This is due to decay at the root of the tooth. The latter must generally be removed. Before doing so, however, an incision should be made by a skilled dentist; and this has sometimes effected a cure.

13. **Abscess of the Brain.**—This originates from diseases of the ear, nose, scalp, or maladies that throw a poison into the blood. Prevention is of the highest importance, as a surgical operation is too often fatal. Very strict attention must be paid to all injuries

of the head, and to diseases of the ear, nose and orbit of the eye. It may avert the malady.

14. **Abscess of the Eyelid (Stye).**—What is familiarly known as stye is, in fact, a small abscess on the eyelid. It will repeat itself in rapid succession unless conquered. A frequent bathing in very hot water generally drives it away; if it is not reduced noticeably in eight hours alternate with a weak solution of borax. The bathing of the lid should be done so as not to irritate the eyeball; and may be repeated every five minutes until some change for the better is noted. The plain Ralston diet will purify the blood and prevent a recurrence.

15. **Abscess of the Liver.**—This is more prevalent in places where the summer is long and the winters mild, attended by a rich or worthless diet. It often follows dysentery, and is then due to the germ that caused that malady. It leads to death if not removed by a surgical operation, when it is well seated. In milder forms a rigidly plain Ralston diet, with the full regime of this club, will purify the system and cure the disease.

16. **Ague.**—See INTERMITTENT FEVER.

17. **Anæsthesia.**—This is a loss of sensation in some part of the skin. A cure is often effected at once by massage; if it does not yield immediately, the massage should be employed after the patient has eaten a hearty meal and exercised a half hour in the fresh air. This brings the new blood into full circulation, and the vitality of the part is soon nourished.

18. **Asthma.**—This is a paroxysm in the breathing, caused by a spasm which contracts the bronchial tubes. In many cases it is a nervous affection, and can only be cured by the accumulation of magnetism through the exercise book. Sometimes asthma is a symptom of bronchitis, or of heart disease, gout, rheumatism or kidney trouble. There are persons who have these spasms whenever they smell the odor of certain drugs, as ipecac and rhubarb; or when the flower-pollen, floating in the air, excites the membrane, as in "hay fever" and "rose cold." We believe such cases to be due to a nervous disorder which is curable only by the exercise book of magnetism. Most all other cases are related to bronchitis, which see. If the paroxysms are severe, inhale the fumes of tobacco or stramonium.

19. **Atrophy.**—This is a serious condition of the part affected; meaning a wasting away without taking on a new growth. Of

course every part of the body is always wasting away, but the daily supply of nutrition is constantly rebuilding the part. In atrophy this does not occur. When caused by overuse of muscles, as in writing, hammering, sewing, or other excess of action, a cure is quickly effected by long rest of the part affected. When the nervous system is weak, the nutrition is not complete, and the body is reduced to skin and bones. For this there is no cure, except by a change of habits, and the adoption of three things: The Ralston Health diet, the exercise book of magnetism, and Ralston physical culture; thereby building a new system as well as new body. Massage is effectual when the atrophy is local.

20. **Biliousness.**—Most persons in ill-health attribute their condition to biliousness, when this has nothing whatever to do with it. The symptoms of the malady are headache, foul breath, a bad taste in the mouth, dizziness, flatulence, and either constipation or diarrhœa with very bad odor. The liver is torpid or inactive. Two things are necessary to effect a cure: a change of diet, and an abundance of exercise in fresh air. For the latter the movements of Ralston Culture are best. The plain diet described under that division of this work should be adopted. See DIET.

21. **Blood, Poor.**—See "RALSTON FRANCHISE."

22. **Blood Poisoning (Septicæmia).**—This is due to the presence of germs in the system, which have entered the circulation in one of many ways. Ordinarily the disease is caught from contact at some flesh wound or scratch. Patients rarely recognize the danger they are in, as their early condition invites stupor and they are disinclined to make the necessary effort to fight the malady. If a piece of tainted meat is touched by the hand, and the latter is carelessly brought to the face or any part of the skin where there is a scratch or cut, the germs are quickly caught up by the blood current, and the individual may be dead in two days, despite the utmost skill of physicians to save his life. There is no cure except in prevention. Blood poisoning is likewise due to sores, wounds or other forms of disease where pus or effete matter is allowed to enter the general circulation. The cure here is to remove the source of the poison. A strong constitution is generally able to avert such malady; and to that end we recommend the full Ralston regime.

23. **Bloody Flux.**—See DYSENTERY.

24. **Blood-spitting.**—This is one form of hemorrhage of the

lungs. While it is a serious malady, it is not necessarily an indication of consumption; it may or may not be a symptom of that disease. The blood may come from other sources than the lungs, or it may come from lungs that are not attacked by consumption. It may be due to violent exercise or lifting; or take the place of menstruation in women; or originate from heart disease, in which case considerable blood is coughed up from time to time; or it may follow injuries to the chest; and, in a few instances, bleeding from the bronchial tubes will attend bronchitis. Ice applied to the chest, and kept there until the bleeding has ceased, is a natural treatment. Salt taken upon the tongue in very large quantities often checks the flow. The patient must rebuild the body by closely following the Ralston regime, by the respiration cure, as well as a perfect diet.

25. **Bed-sores.**—These are caused by stifling the circulation in some part of the body by lying in bed. The pores become inactive, the tissues die, and poisons stagnate there instead of being thrown off. The parts generally affected are those that come in contact with the bed clothing, as the hips, shoulder-blades, elbows, lower back, and prominent portions of the legs. See that the bed clothes are smooth and free from wrinkles, and that no crumbs get beneath the body, for these little things are sufficient to give rise to sores if there is moisture present to soften the skin. In fact the most frequent cause of the trouble is the crumbs that are carelessly let fall in the bed. The parts should be washed four times a day in soap and water, and then bathed for some minutes in alcohol. Let the patient take some position that avoids contact at the parts affected. Give due attention to the diet.

26. **Black-eye.**—This follows a blow, fall, or other accident, and is attended by a discoloration of the lids. Do not apply poultices of any kind. If attention can be given immediately after the accident, apply camphor and sweet oil, but avoid getting them on the eye-ball. Follow this with continual applications of very cold water. On the second day treat the lids and surrounding parts to gentle massage, and the dark color will disappear.

27. **Boils.**—A boil is a mild form of carbuncle, or a single sore, due to a specific germ which lodges in some favorable part of the skin and multiplies. It originates in an unclean skin due to lack of bathing, or to wearing underclothing too long; accompanied by soil disease within or a weak condition of the blood. The latter

may be overcome by the Ralston diet. Soil disease is due to over-eating, especially of food that is unfit for the system. Pork, lard, pastry, old meat, and too much meat fibre will lead to boils, even if the skin and underclothing are not to blame. It is a mistake to assume that boils are cleansing, and indicate a desire on the part of nature to throw off the poisons of the blood. The same reasoning might apply to diphtheria, typhoid, or consumption. If boils are not checked they will send their poisons into the blood and lead to a long series of the plague. As soon as the pimple forms it should be cut open and allowed to bleed freely; then the part should be washed in hot water and carbolic soap, and bandaged in a cloth wet with alcohol.

28. **Brain Diseases.**—These will be fully treated of in a large and very comprehensive work to be published very soon.

29. **Breasts, Caked.**—This is sometimes called “milk fever.” The flow of milk into the breasts after the birth of the child is preceded by a laxative colostrum intended by nature to be taken by the infant to start its bowels into operation, and second to accustom the mother’s nipples to being used; therefore the child should be put to the breast about once in three or four hours, if there is any fear of caking. If the latter condition has taken place, the mother must be given a laxative to draw off the flow of milk and the breasts must be kept free by the application of flannel cloths, dipped in hot water, then placed in a towel, wrung out and laid upon the breasts; continuing until relief is had.

30. **Bad Breath.**—This may be due to decayed teeth or to soil in the system. No person should allow the former condition to continue a day longer than necessary. If bad breath is due to what is called soil-disease, it can be cured only by following the Ralston regime.

31. **Bright’s Disease.**—This is so common a malady to-day and is increasing so rapidly that a special treatment is to be issued by us under the “RALSTON FRANCHISE,” which see. There are some established methods of treatment, but the best of to-day is likely to be superseded by invention and discovery. While Bright’s disease is not curable when the kidney is destroyed or its epithelium has wasted away, there is hope in many a case where the physician has given it up as lost. The value and importance of the “RALSTON FRANCHISE” may be readily seen. If one advance in science, or one stride in discovery, may save a human life, the “FRANCHISE”



then is worth countless money, and our estimate of it as a twenty years' right is far too small. We will say that Ralstonism in the past has saved from death many victims of Bright's disease, and we will further say that it has done so in the face of opinions that such could not be done. Yet it is true that the malady, in certain stages, is incurable.

**32. Bronchitis.**—This is an inflammation of the trachea, or wind-pipe, and the branching tubes that lead from it into the lungs. In some cases it is merely a severe cold; in others it follows such maladies as catarrh of the throat, la grippe, and sore throat. When it becomes chronic or settled it leads to consumption of the bronchial tubes, and is often hopeless. The cure is almost always certain if the Ralston regime is followed; more vitality, fresh air, care to avoid chilling conditions, deeper respiration and the approved diet. See, in another department of this volume, the necessary DIET for the malady. Also see BRONCHITIS on another page.

**33. Bunions.**—See FEET.

**34. Burns, Surface.**—These are very slight and shallow, due to exposure to flame, steam or some hot substance. The pain may be very intense. Apply cold cream; or, better still, take one part of carbolic acid to 100 parts of lard, and rub gently over the injury. An equally good remedy is to make a very strong solution of baking soda, into which a cloth is dipped and then laid on the burn.

**35. Burns, Deep.**—These are blisters. They destroy the epidermis, but not the skin; and full recovery should be had in every instance without leaving a scar. The blister should be pricked and covered with a layer of collodion, which is a substitute for sticking-plaster. The punctures made for discharging the matter should be left open. A mixture of chalk and vinegar, made as thick as cream, will relieve the pain and afford a covering that will assist in a speedy restoration of the part.

**36. Calculus.**—This word is now used to mean any stone-like deposit in the kidneys, bladder or other passage of a glandular organ. They vary in size from the head of a pin to a hen's egg. The prevention of the deposit consists in a diet that is free from minerals and animal salts as far as possible, the use of proper foods, and the drinking of fruit juices, prepared at home, as they contain nature's distilled water in its best form. See GRAPE JUICE, BLACKBERRY JUICE and DIET. As the tendency is decreased the danger

is past, except when the presence of a stone large enough to stop a passage threatens the health; and then a surgeon must be depended upon.

37. **Cancer.**—This malady is caused by a taint in the blood, the development of which is slow or rapid in proportion as some exciting influence may or may not be present. A vigorous vitality, a non-meat diet and great care of the skin will hold the taint in check until the individual dies of extreme old age. Unclean skin that is irritated may quickly excite forth the latent or dormant disease. So will an excess of meat in the daily diet, for the kidneys are overtaxed and cannot remove all the poisons from the blood. It is quite likely that the eating of eggs laid by hens that have fed on animal life, such as worms and insects, is the most fruitful cause that excites the development of cancer; not the originator of the cancer itself. The point we make is that the malady should be kept dormant. Once let it come into open life in the system and it is well nigh impossible to conquer it. The surgical operation of cutting it out, when performed in the early stages, succeeds in about twelve cases in a hundred. No living person can guarantee a cure in the present stage of science. If there comes the time when such is possible, the RALSTON FRANCHISE will surely include it. Avoid may occur at any age, but is most frequent in the early years of youth, soon after puberty, and among young women, although both charlatans who proclaim their ability to cure or to remove a cancer.

38. **Catalepsy.**—This is a disease of the nervous system. It sexes are subject to it. It is the result of mental depression, nervous exhaustion or lack of will under the influence of circumstances or individuals. The functions of life are suspended, the body becomes rigid, consciousness departs and the nerves lose their sensitiveness, so that the prick of a pin or the burning of a flame held against the skin would not be felt. The only absolutely perfect cure is the training of "Universal Magnetism," but this cannot be used except by the patient in periods of comparative health. During the attack it is customary to hold ammonia to the nostrils. A pinch of snuff has often awakened the cataleptic. Emetics of any kind have proved useful.

39. **Catarrh.**—The best means of curing this common malady may be found stated in another part of this volume. The air to be breathed should be out of doors and fresh. Cold, frosty air on which the sun has shone, is a quick destroyer of catarrh germs;

so is pure air in the sunshine. The trouble in effecting a cure is in the neglect of the patient; he does not persist in the practice; he does not get the fresh air to the membrane; he secures some relief for awhile, ceases practice and finds the catarrh coming back. He forgets that any person, even in perfect health, may acquire the malady by breathing the impure air of hot rooms, or by re-breathing his own exhalations as in a close bed-chamber at night; and, if a well person can fall a victim to catarrh, one who has had it may get it again. No cure is permanent where carelessness invites the disease. Douches, sprays, vapors, gases and other forms of inhalations or washes are adopted in the practice of reputable specialists as well as quacks, for the destruction of the germs of catarrh and the healing of the membrane; but they do not cure; nor can any cure be had until people learn that this malady is constantly about them in the atmosphere of all rooms, and that its only antidote is fresh air. Take fifty men and women who are afflicted with catarrh and let them come under the treatment of sprays, vapors and douches; then take fifty other men and women likewise afflicted, and let a plentiful supply of fresh air come in contact with the membrane that is suffering; and the cures will be found exclusively in the latter division.

**Other forms of catarrh** will be discussed under other names, as gastritis, leucorrhœa, and various kinds of inflammation.

**40. Change of Life.**—This is the period of woman when the functions of menstruation cease, and she becomes infertile. It occurs between the ages of forty-five and fifty, generally nearer the former. The change may come on suddenly, but usually it approaches gradually. In women of normal health, there is nothing in the new condition to cause the least inconvenience. Nature intends that the body should not be made to suffer at this time any more than when puberty appears. If a woman has used a wrong diet, or has not given due exercise to the body, she may except both inconveniences and dangers; for to some it means the rapid development of cancerous tendencies. We have always recommended the Ralston Diet and Ralston Regime; for these alone are capable of securing normal health; and in every instance where they have been followed the women have experienced neither danger nor inconvenience at this period. No good can come from the use of medicines or other treatment.

**41. Chapped Hands.**—The surface must be protected from

the atmosphere; and the skin massaged with sweet oil mixed with spirits of camphor, half and half.

42. **Chest, Flat, Hollow and Weak.**—These defects are overcome by massage and diet for full nutrition, and also by a complete course of Ralston Culture as set forth in the volume of the tenth star degree.

43. **Chilblains.**—It is commonly supposed that this condition is due to freezing; but it depends chiefly upon the debility of the constitution; and many persons suffer from chilblains in summer as well as in winter. There are three stages; the first or mildest is attended by burning and itching; the second shows the blain or blister occasioned by the flow of serum under the surface of the skin; the third is that of gangrene or decay, resulting in ulceration. The diet must be such as to afford the greatest nutrition to the body, for the cause of that malady must be removed. If the part is severely chilled, rub it with snow or ice, then cover it with zinc ointment and cotton wool. In the severer stages, dress the part with unguentum resinæ.

44. **Chlorosis.**—This is commonly called green-sickness. It is due to a defective growth of the blood corpuscles. It is rarely found in men; but is common in young women from the ages of thirteen to twenty; and it reappears after the age of thirty in some instances. All physicians agree that it arises from an insufficient supply of pure food at the period of puberty. It is a milder form of anæmia, which see.

45. **Cholera, Asiatic.**—See DIET for prevention.

46. **Cholera Morbus.**—This is a malignant form of diarrhœa, due to impure drinking water, raw or underdone food, bad fruit, and a diet that tends to loosen the bowels. It can always be prevented. To cure the malady when it has seized its victim, a skilled physician should be sent for without delay. There should be no food given, but cracked ice may be held in the mouth constantly, and a part of the water swallowed if it is pure.

47. **Chordee.**—There are two methods of subduing this trouble. The first consists in bathing the part with very hot water, also the adjacent parts; and repeating as frequently as can be borne; ending by applying a lotion of lard and spirits of camphor. The other method requires that the part be covered by a coil of very small rubber tubing, into which ice-cold water is to be con-

tinually injected so as to flow through it. The scrotum may be included in the coil.

**48. Chorea, St. Vitas' Dance.**—This is a symptom rather than a disease. It indicates an unhealthy, nervous condition; appearing in children between the ages of eight and twelve, and rarely before six or after sixteen. Twice as many girls suffer from it as boys. It appears in families where nervous weakness is hereditary; and generally among children who are ill-fed and abused. Very rarely we find it in adults. Rest must be secured, and all violent or sudden motions must be avoided. The blood must be built up by grape juice, blackberry juice and the Ralston DIET. The nervous deficiency may be overcome by magnetism.

**49. Colds.**—These have received ample attention in the preceding pages of this book. See index. Also see DIET.

**50. Constipation.**—This will be made the subject of a SPECIAL TREATMENT under the "RALSTON FRANCHISE," which see. Also see DIET. We are able to guarantee a cure by natural methods, although some cases are exceedingly obstinate.

**51. Convulsions.**—These are muscular contractions in part or all of the body, and include fits and spasms under certain circumstances; and are related to other kindred maladies, such as lockjaw, St. Vitas' dance, epilepsy and others which are described elsewhere. General convulsions are caused by the response of the nervous systems to all impressions, which sooner or later exhaust its vitality; and may be due to heredity, to morbid ill-health, or to some special disease or influence. During a convulsion the clothing should be made loose; and the jaws should be separated by a piece of wood placed between the molar teeth to prevent biting the tongue. Little can be done to check the spasm. In periods of freedom from the malady, a permanent preventive cure should be sought through the aid of the exercise book of magnetism, and the Ralston DIET, which see.

**52. Corns.**—See FEET.

**53. Cough.**—This is not a disease, but a symptom which should be traced to its source. It is caused by more than a score of disorders; and generally the slightest irritation of certain nerves will start a cough. For instance, the presence of a few granulations in the lungs may give rise to violent and incessant coughing. The habit is too often automatic and can be cured by ordinary will power. Thus if the patient be told to omit every other cough

or spell, he will readily do so; and this simple effort has led to the quick suppression of the habit. As soon as the reduction begins the ill influences also disappear and restoration is marvelous.

54. **Cramps.**—These are painful contractions of the muscles, either due to some stomach abuse, or to twisting movements of the body. The later usually attack the calves of the legs, and are overcome by contracting the muscles of the feet as vigorously as possible. The taking of arsenic as medicine will lead to cramps as an indication that the body is accumulating too much of the poison

55. **Curvature of the Spine.**—Owing to the fact that the spine is built in small pieces, involving bone, marrow, nerve, muscle, cartilage and flesh, it is bent out of the shape intended by nature more readily than any other part of the body. There are two well known divisions of this kind of malady. One is called Pott's disease, with its resulting angular curvature; the other is the lateral or side curvature, which is quite common. In Pott's disease the spine is seriously affected, and it is not possible to accomplish much without the aid of a physician and mechanical supports. In lateral curvature two treatments are necessary; one in the form of balanced physical culture as found in the book of the tenth Star-degree; the other in a vigorous diet as found in this volume.

56. **Dandruff.**—This is an excess of dead skin which is constantly falling from the scalp. It may attend some constitutional disease, or be due to a local cause, as from rough combing with a sharp-toothed comb, and especially from the use of shampoos at the barber shop. It is the intention of nature to throw off a certain quantity of the dead scalp, as new skin is always forming; but the harsh washes of the shampoo increase the dandruff instead of lessening it as the barber professes. Cool water and good soap, followed by olive oil, and all forms of massage, especially the hair-pulling, are by far the best methods of treatment.

57. **Debility.**—This is weakness of the body, attended by a low condition of all its functions, although sometimes due to one alone. If the heart is weak, the circulation is lessened and the whole body suffers; or if the nutrition is poor the heart suffers; and so on indefinitely. All debility can be traceable to a poor diet and a misuse, overuse or non-use of the body. Short periods of rest, alternating with short periods of activity in fresh air, the respiration cure and Ralston diet will restore the strength; except in cases of nervous

debility, where the patient must have the exercise book in magnetism.

58. **Diabetes.**—See “RALSTON FRANCHISE;” also DIET.

59. **Diarrhœa.**—This must be treated by dieting, unless the intestinal interference is unusual, in which case your local physician should be called. The most modern practice of doctors avoids treatment by medicines when possible. See DIET in another part of this volume.

60. **Diphtheria.**—See article in another part of this volume. Also see DIET.

61. **Dropsy.**—This is the result of something wrong in the system, producing an accumulation of fluid in tissue under the skin or in a serous cavity. It is a symptom or a result of a specific malady also, as in pleurisy, dilation or valvular disease of the heart, kidney trouble, and others. The cure is always to be found in the treatment of the malady it attends; and it will be referred to in such cases.

62. **Dysentery.**—This is a form of inflammation of the large intestine ending in ulceration and gangrene, with discharges of mucus, slime and blood. It is due to unwholesome drinking-water and wrong food. While we recommend the services of a skilled physician, much of the treatment must be natural and through the diet. Some doctors depend almost entirely on the latter. See DIET.

63. **Dyspepsia.**—See the same subject in other pages of this volume. Also see DIET.

64. **Earache.**—The ear may be subject to such maladies as fungi, polypus, hæmatoma, obstruction, catarrhal inflammation, perforation, abscess, and other disorders. The common complaint is due to a cold, and may be cured by protecting the ear from exposure until the vitality is restored. Silk cushions about six inches square and filled with silk lint, which any woman can make, are very effective in affording protection. The ear should be thoroughly washed with hot water in and about it; then massaged with a plentiful supply of sweet oil, all of which should be dried off before the silk cushion is strapped over it.

65. **Eczema.**—This is an inflammatory disease of the skin, attended by the formation of little sores which quickly burst and discharge a gummy fluid, with more or less itching. It is the most common form of skin disease, and is found in all periods of life,

from infancy to old age; the causes being varied. Varicose veins, teething, bad teeth, catarrh-poisoning, bad water, wrong diet, stimulants, soil-disease, and exposure to the summer sun, to excessive heat or cold, are common causes; but diet is at the bottom of the trouble in most instances. Persons whose blood is bad from over-eating, deficient eating or the use of improper foods, are readily subject to the malady from other causes, as extreme heat or cold. Robust persons with good appetites often overload the system, thus overworking the glands of the skin and altering the character of their secretions, which will lead to a sudden breaking out of eczema, much to their surprise. When starchy food is given to children the skin is likewise affected. In adults, the use of tea, coffee, wine or any stimulants, too much, too little or badly selected food, may overtax the skin, or impoverish it. See SKIN DISEASES in this volume; also DIET.

66. **Emaciation.**—See ATROPHY; also DIET.

67. **Epilepsy.**—These fits or convulsions are often incurable, as they are inherited from alcoholic parents or ancestry. As gonorrhœa, syphilis and rotting sores are the penalties of unchastity, so epilepsy is one of the punishments for alcoholism. Of 59 epileptics studied by Féré, he reports that 258 had parents who were not only alcoholics, but were “hard drinkers.” Of over 1,100 American cases, all were traceable to alcoholism where any information was attainable as to parents and grandparents. Even lesions of the brain and other parts which may directly cause the malady are themselves the results of alcoholism. Institutions, asylums and epileptic farms, like poor-houses, are established by various States for the victims of this malady. While it is not curable in many instances, it may be helped very much by a correct diet. See that subject.

68. **Epithelioma.**—This is a cancerous disease caused by a growth inward of certain cells of the skin and mucous membranes. It very frequently begins in a wart; but may be started by any local irritation. This kind of cancer appears generally in the rectum from constipation, and on the lip from the friction of a pipe or cigar, on the cheek from a bad tooth, on the body from tight clothing or lacing, and wherever there is chafing or irritation. There must of course be a cause behind all this, and it is supposed to come from inherited influences which taint the blood, or from the meat of eating animal life, as fowl, game, eggs and pork. If



there is a tendency to warts, it is quite certain that the taint is in the blood. A wart may go for thirty or more years without change; and, under the stimulus of a wrong diet, it may be excited into this kind of a cancer when it will ulcerate and break forth. The only safe course is in the Ralston regime and DIET, which see.

69. **Eructation.**—This is the sudden escape of gas from the stomach, with or without fluid or food. It is very annoying. Being due to the decay of the food instead of its natural digestion, attended by weakness of the stomach and its imperfect contraction as well as its dilation, the cure must be in a rebuilding of the organic vitality. This is done by the exercises of Ralston Culture, and the treatment of this volume. See DIET.

70. **Erysipelas.**—This is an inflammation of the skin or cuticle, due to a specific germ, and generally preceded by some disorder. That the germs are the direct cause is apparent from the fact that dirt heaps in a room, in corners, under beds, dusty windows, shelves or furniture that have been left untouched for days or weeks, unclean clothes, dirty hands and finger nails, floors that have been washed till they have rotted at the surface, bad ventilation, impure water, decayed fruit, old food, musty flour, mold on preserves, cake, bread, ham, or other eatables, and many other things are assisting influences in the development of erysipelas. If the hives are scratched with the finger nails, the malady may quickly follow. To destroy the germs, take a solution of one part of carbolic acid to thirty parts of water and apply as often as the inflamed parts will endure it; and, between the periods of application, protect the skin from the air. Do not use poultices. See DIET.

71. **Eyesight, Defective.**—This is due to a misuse of the eyes, or to a neglect of the general health. Coffee, tea, alcohol, spices, and all stimulants do injury to the nerves of vision. The presence of uric acid in the blood is often too clearly manifest by clouds in front of the eyes, which may destroy the sight. See other references to the eyes in index. Also DIET.

72. **Eyelids, Inflamed.**—These curtains of sight are subject to many diseases, such as erysipelas, eruptions, warts, moles, styes, inflammation of the follicles of the eyelashes, spasmodic closing and partial paralysis. The inflammation of the general lid, at the edge and within, may accompany a cold, a bad condition of the blood, or prove to be a congestion from rubbing the eyes, or straining them,

reading in a dim light, or with the light in front of the face or shining from a bright paper at such an angle as to fall sharply upon the gaze. Never rub the eyes or the lids; let them alone. Always have a very strong light to read or write by. Rest the eyes every minute or two by shutting them. If the follicles of the eyelashes are inflamed, the lashes themselves may be destroyed unless a speedy cure is effected. The redness is general and involves the edges of the lids. Make a solution of bicarbonate of sodium of five grains to one ounce of water, and thoroughly soak the lids with this; but the treatment must be followed up persistently, or the malady will reappear. After each treatment dry the inner surface of the lid with an absorbent rag, and apply an astringent such as Pagenstecher's ointment, which any druggist can supply.

73. **Fat.**—See index for excessive fat; also DIET.

74. **Flatulence.**—This is the accumulation of gases or "wind" in the stomach and intestines. Its immediate cure is through massage. Its permanent cure depends solely on diet, which see.

75. **Feet, Diseases of.**—There are many maladies of the feet that are due to thoughtless treatment of them. These must be remedied by the use of care and judgment. They consist of three classes; the mechanical maladies, the skin, and the blood.

**The foot is flexible**, although the bones do not develop much after the body is matured. It is possible to prevent growth of the bones, if the attempt is begun early enough in life. Parents who wish their children to possess the utmost limit of size in feet, should permit them to go barefoot while these members are growing, or should allow them to wear shoes always a little too large. Even in adults, although the bones will not increase appreciably in size, the flesh will assume greater proportions if full liberty is allowed in size of shoe.

**The feet swell** as soon as the shoes are removed, at any time of the day, unless the body sleeps; and they swell more in proportion as they are used. To place the weight upon them, to walk about much, or give them freedom of action, will invite the blood to their flesh and swell it so that it will be difficult to put shoes upon the feet, unless they are much too large. Some persons make a habit of going about barefoot in the morning until the proper size shoes cannot be worn; then, as the feet shrink during the day, they complain of the bad fit.

**The best rule is to** wash the feet at once on arising, rinse them off in cool water, and then dress them for the day, a process that can be all completed in three minutes after getting out of bed, even allowing for protection of the general body, unless a full bath is taken. No person should wear shoes too large. It is not a good plan to take the shoes off during the day to rest the feet; but it is better to have two or more pairs, and put on a different pair each day. The change of shape is sufficiently resting to the feet, and variety of use will be experienced. If you wish to relieve them from the annoyance of an ill-fitting, or new pair of shoes, until you can break them in, it is better to put on the disagreeable pair in the morning and wear them until they are too painful, then change to an older pair; but oil, water, or dressing well rubbed about the tight-fitting parts will generally make them easier.

**We do not advocate** the use of shoes that are too small. On the other hand, nothing will cause the growth of the feet more rapidly than to give them full freedom. A foot that just fills a shoe of a certain numbered size, will soon fill one a size larger if the latter be worn. This is true of children, and accounts for the spread of their feet in length and breadth. Experiment shows that the bones may be checked in their growth in any part of the body by pressure; and this is more easily accomplished in the feet. Mothers often follow this law by not allowing their children to wear over-large shoes; and some cramp them by pinching the bones with small shoes, the result always being that the feet do not grow enormously, nor even normally. Ordinarily this does no harm, and adds to the physical beauty of girls.

**76. Swollen feet.**—These may be due to the habits just spoken of, either of dressing the feet in the morning after exercising or using them much, instead of putting on the shoes soon after arising, or after taking off the shoes during the day or early evening and using the feet. The blood, finding its access no longer impeded, will rush with greater energy to these members, causing the veins and flesh to swell to such an extent as to prevent the comfortable use of the shoes again for some time. It is better to wear close fitting, but not tight, shoes all the day from arising to retiring. The more you favor the feet in easing them, the more demands they will make on you. When they are swollen from blood derangement, the remedy is in the proper care of the blood, or the cure of the disorder. Dropsy, gout, kidney disease, heart-weakness

and other maladies tend to show themselves in some affection of the feet; but the remedy is not in the latter location.

**77. Corns.**—You will notice that the skin on and about the feet becomes easily calloused or hardened when rubbed or pressed. This is a provision of nature. If you are unused to going about barefoot, you will suffer pain from contact with every pebble or grain of sand; yet in a day or two this will be overcome by the callousing of the soles of the feet. The flesh becomes almost as hard as a hoof, and sometimes a quarter of an inch thick, or even more. The wearing of no shoes whatever cannot be said to be intended by nature, but it results in producing a healthy condition of the feet, at the expense of enlarging them.

**Corns are produced** in the same way, in principle. The skin is covered by a horny substance, devoid of nerves, called the epidermis, outer skin, or cuticle. These form in scales or flakes; under the microscope resembling the scales of a fish. Corns are merely a horny accumulation of this epidermis in spots on which a shoe presses or rubs. These occur at the joints, the projections of which just suit the process of rubbing. Sooner or later the extra thickness will press upon a nerve; and whenever a nerve is involved, pain and even inflammation may arise. There is no possibility of acquiring corns except by a shoe, boot, or something worn upon the feet.

**The cure of corns** has become a prolific subject of study in the past fifty years, and has given rise to more inventions, appliances and concoctions than any other matter dealing with human suffering. The invented ideas of treatment show either a high degree of stupidity or dishonesty on the part of the inventors or concoctors of remedies. Some have even gone so far as to claim that corns are due to blood disorders, and the stomach has been compelled to receive medicines at its expense for the purpose of doctoring the blood. Somewhat less foolish are the specifics that “remove” corns, or the salves that take away all pain. Good money should not be thrown away in such rainbow chasing.

**As long as the horny accumulation** is there, so long will the corn remain, with its attendant pain. This increases as the air becomes damper or more humid, for the increased moisture swells the parts and makes the pressure greater; but the owner of the corn believes that it is endowed with an intuitive faculty of assisting the government in its weather predictions. It is useless to doctor

it, to dose it, or to seek any means of cure except removal. If you have a splinter in your hand, you do not put salve upon it, or deluge it with a quick splinter eradicator; you take it out. The same reason should be used in the curing of corns.

**There is no treatment** that will prevent the recurrence of the accumulations, except to avoid the pressure at the parts; for they are the result of a natural and necessary process, the omission of which would kill the vigor of the feet. There is but little inconvenience and no pain in the regular removal of corns, if judgment is used. Tartar grows on the teeth, and should be taken off before it destroys the gums; the nails must be trimmed as they grow; and the corns, which attest the slight penalty of a refined civilization, should receive attention every week. On the other hand, most persons neglect them till they are very thick, painful and almost inflammatory; and suffer like martyrs for nothing.

**The proper treatment** is to soften the skin until the epidermis rises very easily. This is best done by hot water and soap, allowing time for the water to thoroughly soak the toes. A knife of thin blade, nearly as sharp and fine as a razor, is necessary; for the power of cutting easily is a requisite. Some person skilled in light trimming, so as to avoid deep incisions, should handle the knife. You could learn to do this in a few trials. Scrape and half cut the accumulation from each corn, but do not leave it raw. Remove the centre so as to allow no part of it to remain. Wash in soap and put on vaseline. Do this once a week, and you will never know the pain or inconvenience of corns.

78. **Bunions.**—A bunion is a painful swelling or inflammation of the membranous sac where the joint of the big toe connects with the adjacent bone of the foot. It has its origin in the unfortunate accident of the pressure of the boot or shoe across that part of the foot; but a bad condition of the blood must coincide. Without both these essentials the bunion could not occur. If the swelling increases and pus is formed, poulticing is necessary, though the application of hot water and carbolic soap once every hour during the day and evening, alternating with cold water, will generally absorb the gathering. By alternating is meant to use the hot water and carbolic soap, then plunge the part in very cold water, end with warm water and wipe dry. Plenty of hot water with the soap should be used each time. If this malady is due to the pressure of a shoe, the latter should be made so as to avoid such pressure.

**79. Feet, Frost Bitten.**—When the feet, hands, ears or other parts of the body have been frost bitten, or have been subjected to heat and cold alternately, or to cold and moisture, the result may be a loss of vitality in some of the constructive cells of the part affected, and the consequent inability to renew the same by rebuilding. This leads to a stagnant condition of the flesh. Painful itching follows at times, and even gangrene, which is the first stage of mortification, may ensue. Bathing the part in snow, or in finely crushed ice produces relief. When any portion of the body is frost bitten, it should not be given warmth, but the opposite course is necessary. Snow will often take out the frost and leave the flesh uninjured, whereas heat would break down the tissue and lead possibly to amputation of the part.

**80. Feet Odor.**—The pores at the toes, like those under the arms and in the middle of the body, are profuse exquirers; and the person who wishes to keep sweet and clean should wash these parts every day with carbolic soap and hot water; then rinse them in cold water; rub well with alcohol and wipe perfectly dry, after which they should be chafed or rubbed with the hands.

**Ingrowing Nails.**—These are generally found at the feet where tight fitting shoes have compressed the toes. The nails seem to arch in the middle and turn in sharply at the sides, cutting their way into the flesh at the edges. These should be cut out, so as to relieve the parts which are being cut; and care should be taken not to injure the flesh or make it bleed. Then the middle of the nail should be scraped along its length, so as to weaken the back some. This will cause it to grow to the centre instead of pushing down the sides. Some of the worst cases of ingrowing nails have been cured in this way, when all other treatments have failed.

**81. Female Weakness.**—This is commonly so-called, although the technical name is leucorrhœa. The symptoms of this disorder are similar to those of any other catarrh; swelling and dryness of the mucous membranes at first, afterward increased secretion of mucus. When the disorder becomes chronic, the membrane becomes thickened, and little spots, or lumps, appear under the surface; the color of the membrane changes to a brownish, or slate color. The discharge may be mild, or it may be irritating. If the case runs for a long time, these small lumps enlarge and open, forming ulcers, which increase in size as time goes on. When an acute attack is coming on there is pain in the small of the back

and in front near the groin, a feeling of fullness, heaviness and bearing down in the pelvis, and the lower part of the abdomen is very painful to pressure. Sometimes there is fever. In chronic cases the commencement is not so easily distinguished, and long before the patient gives attention to the difficulty there is a slight discharge, which varies in quantity in different individuals. The longer the catarrh exists, the greater the changes in the membrane and the greater the effect upon the monthly period. In chronic cases there is a paleness, or an earthy color of the face; weakness and relaxation of the muscles, causing the face to have, with some persons, a pinched look, in others a careworn or haggard appearance; the eyes are dull or expressionless; and such persons are easily excited or vexed; laugh or cry easily. Use daily a vaginal douche of two quarts of hot water, in which has been dissolved one teaspoonful of powdered borax, or the same quantity of baking soda, or one-half tablespoonful of table salt. If the discharge is irritating, or of an offensive odor, in place of the borax a half teaspoonful of burned alum or two tablespoonfuls of extract of witch hazel should be added to two quarts of hot water and used as a douche two to four times a day. When the discharge becomes mild, it would be best to change to the borax or soda. The bowels should be kept free by the use of the inward bath, as described in the *Inside Membership book*. Cures have been quickly obtained by wearing a small sponge in the passage, changing the sponge several times a day, as follows: Within an hour or half hour after arising in the morning take the sponge out, scald it thoroughly, replace it in the passage while as hot as can be borne, then take it out and scald once more; now saturate it in the borax water described above, or in soapsuds made of carbolic soap, and replace it. Let it be worn until about noon, and repeat the scalding and replacing as before. Repeat the same in the early evening, and again before retiring. Complete cures have been effected by the sponge method alone, even of the most aggravated cases. Many women who have doctored long by taking medicines without any effect, except to ruin the stomach, have suddenly found themselves cured of this malady by the simple methods of Ralstonism. It must be remembered at all times that when the blood is made pure by following the doctrines contained in the majority of the first seventy-five Ralston principles, this very prevalent disorder is sure to cure itself. See **DIET**.

82. **Gall-stones.**—A deposit of earthy matter in the gall-bladder or duct is due to a combination of lime and bile-pigment, and shows that the liver has been overworked in disposing of saccharine or fatty foods, the exclusion of which prevents the attacks. See DIET.

83. **Gangrene.**—This is a local decomposition and complete death of any soft part of the body, and is extremely dangerous to life. When the flesh is destroyed in smaller compass it is called ulceration; in mass it is called gangrene. A surgeon must be summoned in time to save life; and amputation may be avoided only when the vitality of the patient is able to check the advance of mortification. See DIET.

84. **Gonorrhœa.**—Consult your local physician.

85. **Gleet.**—Consult your local physician.

86. **Gout.**—This is due to uric acid in the blood, affecting the smaller joints and first appearing in the great toe. The specialists claim that it is due to errors in diet, rich foods, stimulants and lack of exercise; and, although it is inherited, it may be averted by due attention to these matters. Our private treatment for RHEUMATISM under the "RALSTON FRANCHISE" includes also the same treatment for gout. See that subject; also DIET.

87. **Gravel.**—This is the presence of gritty substances in the urine. It is overcome solely by diet, which see.

88. **Hemorrhoids.**—See PILES.

89. **Hair, Loss of.**—The common cause of baldness is lack of nutrition for the roots of the hair, due to defective circulation, or to a diet that is weak. Like trees and plants the hair needs light, air and freedom. The constant wearing of a hat denies all these. But it has been proved that a tight band around the scalp will of itself cause baldness because of cutting off the circulation of blood. When the hair falls out in consequence of a fever, it comes back of itself. When lost by atrophy, age or permanent decay of the roots, it is permanently gone. In rare cases a new growth may be stimulated by maintaining the health, by not wearing tight hats, by massage of the scalp in the open air, and by the stimulating effects of a tonic of quinine and bay rum as prepared by some druggists. Always soak the comb in boric acid water before using it.

90. **Hay Fever.**—This is a catarrhal inflammation of the linings of the eyes, nose, mouth, throat and wind-pipe, brought on by the fine dust thrown out by flowers. This dust is called pollen.



The kind that causes hay fever comes principally from the various grasses; and the fever commences at the time of their bloom and ceases when the haying period is over. This malady is everywhere prevalent; but is most frequent in England. By some physicians it is ascribed to a highly sensitive condition of the nasal erectile tissue, where it originates and then spreads to other parts; by others it is said to be due to the heat of the sun; and still others believe that the weakness caused by the latter renders the membranes sensitive to pollen. That hay fever is really caused by pollen there is no doubt; but what causes may lead to the sensitiveness that is necessary to invite it must be considered as unsettled. The natural cure is a change of locality; to the seashore where the surrounding land is not grassy; or to high mountains where cattle graze and hay is not matured. For immediate relief a spray of a solution of cocaine, one part cocaine to twelve parts of water, is the best anti-septic. All physicians recommend that the system be built up by proper foods and exercise. See DIET.

91. **Headache.**—This malady is of many kinds, each having its specific cause. It may be due to meningitis, tumor, softening of the brain, abscess, active congestion, general fullness, excitement, alcoholism, nervousness, fever and other causes. What is known as megrim, or sick-headache, is, in our opinion, nothing but neuralgia; and the long years of acute suffering in constantly recurring periods which have made women martyrs, have been thrown away as sacrifices to the monumental stupidity of the race. If some silent recorder of facts could preserve the diet and the doings of those who have been victims of headache and present them in one exhibit, the first exclamation would be that of disbelief, and the second of amazement at the utter lack of common sense displayed by the sufferers. This malady is always the penalty of a bold defiance of nature, or a sneering indifference. There is no cure for it that does not endanger the heart, stomach and other organs, except in a restoration of natural living, as presented in this volume. See NEURALGIA; also DIET.

92. **Heart Disease.**—See long articles on other pages.

93. **Hysteria.**—This is a disease of the nervous system which shows itself in every imaginable form from laughing and weeping to convulsions and apparent death. Some physicians regard it as a vicious condition due to the willingness of the victims, generally women, to give way to the malady. This cannot be true in certain

classes of cases. While women whose mental status is low do not hesitate to yield to the power of this disorder and even invite it at times, it is clearly proved that the hysterical condition is genuine. There are instances where women have cultivated the true hysteria, with no taint of it to begin with, by purposely assuming the condition. Medicines are powerless to check the evil. The cure is on the moral side, aided by the will, which, however, is generally lacking. The most that can be done is to acquire a perfect constitution under the Ralston regime.

94. **Hives.**—This is the popular name for the skin eruptions known as urticaria or nettle rash. The skin becomes red in blotches, which often rise in wales, take round or oval shapes and sometimes spread. This eruption comes and goes in apparent mystery. It may approach gradually and affect one part after the other; or the whole body may suddenly break out with it. A change of climate, drinking water, or food may cure it. Great heat at a time when the diet is unwholesome will give rise to it. Sometimes it originates on the legs from coloring matter in the stockings or underclothing; and spreads to other parts. It has been known to follow the eating of pickles, or beets soaked in vinegar, or the use of sour wine, wine-vinegar, adulterated vinegar, fried grease, pie crust, greasy doughnuts, pork, fried ham, bacon, sour apples, shell-fish, mushrooms, or other articles that may not be in a good condition when eaten. A woman served some preserves to her guests, all of whom were attacked with the hives; and it was found that a layer of mold on the preserves had not been completely skimmed off. Alum, which is so commonly used in baking powders and in baker's bread, is a rank poison, and will cause this eruption. The cure is in perfect health through the Ralston regime. The blotches of hives may be reduced by the use of a strong solution of boric acid, applied every ten minutes. See DIET.

95. **Impotency.**—This is a male disorder, and is described as an inability for copulation, as distinguished from sterility. When due to a physical defect that the surgeon cannot overcome, it is incurable; but, as most instances are of a nervous character, there is opportunity for effecting a cure. Medicines will not aid in the least. Quacks claim to be able to restore the victim to his powers, but never make good their claim. The first thing to do is to secure perfect health by the Ralston regime and diet, which see. The next step is to take a thorough course in magnetism by the use of

the exercise book of personal magnetism and the private course in universal magnetism. By no other method can the necessary vitality be acquired.

96. **Influenza; or La Grippe.**—See "RALSTON FRANCHISE."

97. **Indigestion.**—See DYSPEPSIA.

98. **Insomnia.**—See "RALSTON FRANCHISE."

99. **Infant Maladies.**—These are all published in a separate book called "Child Life." Ralston Gardens is for adults and for their personal use.

100. **Jaundice.**—This is yellowness of the skin, tissues and secretions due to the bile-coloring which has impregnated the body. It will arise when the bile is not carried into the second stomach and intestines, but is retained in the biliary passages and thence absorbed into the blood. It also arises in a larger number of cases where the bile is allowed free movement into the bowels; and how it then gets into the general circulation is a mystery to physicians. A solution of the problem has lately been given by Prof. Frericks, of Berlin, to the effect that the normal secretions of bile are intended to assist in all the changes which are necessary in the daily life of the body, and are then thrown off through the lungs and other processes; but, if these are interfered with, the bile may remain in the circulation and color everything yellow. The cure is to be had only by proper diet, exercise and deep respiration in the fresh air. Ralston Culture is of very great help. See DIET.

101. **Kidney Disease.**—There are many maladies of this organ, the most common and most fatal of to-day being Bright's disease. See "RALSTON FRANCHISE." The other forms of trouble are as follows: *Pain* or uneasiness due to standing, straining, stooping or a blow; the cure of which consists in massage, rubbing plentifully with alcohol, and eating a strengthening diet. *Excess* or *diminution* of discharge; which is controlled by the food and drink taken. *Contents* of the discharge which always respond to the diet. *Atrophy* or wasting, for which there can be no cure when acute; the only hope of safety in the early stages being an immediate adoption of a proper diet; and many local affections which are due to bad blood from wrong living. It should be borne in mind that meat fibres and sugars, of the list of natural foods, are most likely to overtax and injure the kidneys; but that any unnatural food or drink is sure to do so. The three great causes of all diseases of the kidneys, from the least to the greatest, are: first and most fre-

quent, food elements not needed by the body; second, alcoholic drinks and all stimulants; third, the eating of too much meat, or the eating of bad meat such as is found in restaurants. To effect a cure the cause must be removed; but the desire to discard poisonous foods and drinks generally comes too late. There is no other cure. See DIET.

102. **Laryngitis.**—This is a disease of the larynx or so-called Adam's apple; the voice-producing organ of the throat. It is a catarrh of its membrane, and arises from colds which cause hoarseness, coughing and sometimes a loss of the voice. The natural treatment is that now adopted by physicians; the patient must remain in a warm room, must not talk or whisper, but use a pencil and tablet for purposes of conversation, must have the room made moist by a kettle of water kept boiling, and must live on a liquid diet for a few days. See DIET.

103. **Laryngitis, Chronic.**—In the cure of this malady which is a result of the ordinary catarrh of the larynx, or lower throat, physicians are practically helpless; and in many cases there is no hope. When change of climate, the drinking of certain waters, and sanitariums are recommended, you may depend on it that the doctor is unable to afford help. The real cause of this trouble is the vicious habit of living in warm, dry, dusty and foul rooms, and talking with mouth inhalations; that is, taking the breath through the mouth. Loads of infected and poisonous dust are brought in and lodged against the membrane of the larynx. If you must live in the foul air of unventilated rooms, put a sticking plaster over the mouth and be sure to keep it shut. Let fifty persons go to sanitariums or to water resorts for this malady, then let fifty others try the plan of keeping the mouth shut, and the latter will all improve while the former will come back in every variety of condition but certain to relapse soon after their return. In no case can a cure be effected without removing the cause. Doctors ascribe the cause to impure air, impure food, a wrong diet, stimulants, condiments, spices, alcohol, tobacco smoke and low vitality; but not one has yet discovered that mouth-breathing is the immediate irritant. When the larynx is congested it should be treated by your physician. See DIET.

104. **Leucorrhœa.**—See FEMALE WEAKNESS.

105. **Liver Diseases.**—This great organ is more readily affected by indiscretions in diet and hygiene than even the stomach itself.

As Harley says, the liver "acts like a wise horse when overloaded— simply stands still until part of its burden is removed." While many of its maladies result from one originating cause, blood poisoning, or taint from other diseases, the general ill-health of the organ is traceable solely to erroneous diet. Even so good a thing as an increase of appetite without an increase of exercise and out-door activity, will crowd the liver. Nothing can be more absurd than the attempt to excite a false appetite by tonics, either false or natural, when the body itself is to be allowed to stagnate. The salt air is a natural stimulant; yet it has tempted the appetite to excessive eating without after exercise, and thus has been the cause of severe attacks of liver complaint. When the liver is overloaded it stops work until some of the load is removed; and the only agent of removal is activity. The more activity out of doors the better. Let this be lacking and the system suffers. The danger may not appear in the form of biliousness or yellows; it may turn to intestinal troubles, to constipation, to abscess, to gall-stones, to atrophy, to fatty degeneration, or to kidney diseases; any one of which may continue in obscurity for years and then break out in a hopeless malady. We say emphatically that the Ralston regime is the only prevention, and the only cure where any hope remains. See that subject; also DIET.

106. **Lumbago.**—This is a species of muscular rheumatism affecting the so-called lumbar region. It is treated under the same methods as rheumatism.

107. **Lungs, Inflammation of.**—This is a malady of milder form than pneumonia; and may, by using a popular definition, be applied to severe colds and congested conditions of the lungs which may be fought off ere they develop into a more dangerous disease. The best treatment is a hot water bath of the chest only, followed by cold applications of alcohol on cloths wet every half hour and allowed to dry on the chest; while the patient is kept in a warm room where water is boiling to maintain a constant moisture. The body should be overdressed until the inflammation subsides; and the fever warmth must be thrown off by full respirations, which reduce the heat much more rapidly than ice or any outward or inward use of medicines.

108. **Manhood, Lost.**—This condition may or may not be the same as that described under Impotency. Some men are partly afflicted with the latter malady, who are weak examples of man-

hood. Because of the vast numbers who come under this description, charlatans and patent medicine concerns are doing an immense annual business; at the same time rendering the possibility of cure more hopeless. No drug can do any good; nor will the use of belts, pads, electricity or apparatus of any kind afford the least help. The body must be rebuilt by the Ralston regime, and by proper diet; but the foundation is to be laid by complete courses in magnetism, which alone are capable of giving the required vitality. What we have said of impotency applies here also.

109. **Malaria.**—There are many contradictory theories as to the origin of this poison; but they are all right if it can be said that malaria is due to a number of causes. It seems to abound in localities where weeds are abundant, especially the ranker kinds; but it also exists where there is raw soil, as where land has never been cultivated, or where its culture has been abandoned, or where earth has been dug up and the raw part exposed as in the improvements of streets and highways. In every instance where raw weeds are absent in malarial districts, a fungus growth has been found in the pores of the soil, and this is a vegetable weed. In places where land has been cultivated and no malaria was ever known, this very disease has sprung up when the land was allowed to lie idle and run to weeds. This is well established. Malaria, therefore, is the punishment decreed by nature for man's neglect of the command to till the soil. Under the fruitage of invention all the inhabitable lands of civilization may be cultivated and made pure; and God intends that the questions of poverty, riches, and social equality shall be settled in this one way. A city, as now used, is an unnatural abiding place for humanity. See Ralston City in index. The bacterial theory of malaria is denied by many; but green scum and fungus are admitted causes of the poison, and they are allied to bacteria, which are merely vegetable ingrowth. See MALARIA in index. Also see DIET.

110. **Masturbation.**—This is due to an irritating cause in some instances, and to sheer vice in others. It may occur in the early years of infancy; but is frequent at the first dawn of puberty, even coming as early as ten or eleven years of age from the changing conditions of life. At and after the period of fourteen, it is so prevalent as to include much more than half the females, and eighty to ninety per cent. of males. We believe it due to the use of meat prior to puberty in nearly all cases; and an excess of sugar

and candy, as a partial cause. Physicians make no attempt to prescribe for it, except through moral training; unless an irritant cause can be removed. Ralstonites believe in diet, wholesome regime, the system of culture of the tenth Star degree, and the two books "Universal Magnetism" and the "Two Sexes."

111. **Measles.**—This is an infectious fever, coming on eight days or more after the exposure; and cannot be caught unless the system has been weakened by lack of pure air, exercise and pure food. It never seizes upon a fairly strong constitution. In localities where it is epidemic, the children of Ralston families have escaped simply by keeping the health good through regime and a wholesome diet. Physicians prescribe chiefly rest, pure air, equitable warmth and a nourishing diet. See the latter subject.

112. **Megrim.**—This is a headache due to anæmia, poor blood, or nervous weakness. See ANÆMIA; also HEADACHE.

113. **Memory, Defects of.**—There are many kinds of memory, and various exhibitions of its failure; some of which point unmistakably to a breakdown in one way or another; mental, nervous or physical. Most of the treatments must come in the way of improved health through Ralston regime; and through magnetism, especially the deeper study; but we shall ere long issue a work on the direct development of the health of the brain for all purposes. It would be auxiliary to the process of attaining perfect health in the general body, for that alone can inspire perfect health in the mind.

114. **Meningitis.**—There are three forms of inflammation of the meninges, or membranes which cover the brain and spinal cord. These diseases are known as cerebral, spinal and tuberculosis of either; but the medical division applies the terms acute, chronic and tubercular to the membranes affected. Popularly the name cerebro-spinal meningitis is understood to mean the infectious malady which will sometimes appear in a locality and defy all efforts to check it. Even the most skilled specialists are powerless in its presence. The death rate exceeds ninety per cent.; an almost unprecedented fatality in disease. The malady never touches a person of good vitality; its ravages occur among the weak, the careless and indifferent individuals; or with those who are prostrated by other illness. Prevention is the only method of absolute safety.

115. **Menses, Excessive.**—The increased discharge of blood is due to many causes; and, while many of these are local, a larger

number than are credited in ordinary practice are caused by disorders of the liver, the digestive organs and kidney troubles. When the cause is local and the flow profuse, the patient should remain in bed with the feet partly raised; and no exertion of any kind, either physical or mental, should be permitted. If there seems to be danger from too much loss, the vagina may be filled with iodoform wool. This is a temporary relief. A permanent cure is often effected by exploring the uterus for the cause, and treating it. This should be done by an experienced physician. A temporary plugging of the uterus has been known to lead to a permanent cure, where the plugging of the vagina was not successful. If the malady is due to other forms of ill health, they must be treated. The rule with doctors is to recommend that the general health be looked after; for, when that is normal, all the functions of the body are regular.

116. **Menses, Absence of.**—Many women as they approach puberty pass into one of two states; either that of anæmia, which is deficiency of blood, or that of chlorosis or green sickness; both of which may be referred to elsewhere in this volume. These tendencies prove that the general health has been neglected, that the stomach has been outraged, and that all the habits of life have been more or less morbid. The cure of the effect is to remove the cause. There is no use in taking medicines. The wrong done to nature must be right. The Ralston regime and diet have repeatedly corrected the evil in this particular malady when all medical aid has failed.

117. **Menses, Painful.**—This malady is obstinate because it is generally treated by medicines instead of seeking the cause and removing that. It is due simply to lack of development of the normal structure of the organ and its auxiliaries. Lack of exercise and very hard work are both causes of the deficient development. Country girls who have been overworked at the period of puberty are generally afflicted with this trouble. The vitality and nutrition have been wasted, and at the expense of this important region. During an attack when the pains are severe, use hot cloths on the lower abdomen, and alternate with a mixed solution of camphor and sweet oil, after which use massage as long as the patient can easily endure it. Between the periods practice the full system of Ralston Culture as presented in the book of the tenth Star degree; follow the Ralston regime and the diet recommended, and you will



never have a recurrence of what is considered a most disagreeable and obstinate malady.

118. **Monomania.**—This disorder, like kleptomania and other troubles, can be treated only by a special work on brain, thought and feeling, which is not yet ready. All we can now advise is to study the Ralston books from first to last, as they tend to balance the whole life of the individual.

119. **Moles.**—These are small fibrous growths, generally born with a person, and appearing usually upon the face, neck, back, arms and abdomen. If small, they can be easily removed by nitric acid. The large moles require the aid of a knife.

120. **Nervousness.**—This is a susceptible condition of the nervous system, rendering it easily irritated or unbalanced. See index for treatment on other pages.

121. **Nervous Prostration.**—By this term is meant a chronic depression of the life of the body as expressed in the nerves. For treatment see index. Also "RALSTON FRANCHISE," and DIET.

122. **Neuralgia.**—A new treatment for this most common of maladies will be given under "RALSTON FRANCHISE." Also see index for treatment and DIET.

123. **Nightmare.**—This is a delirium of sleep caused by a heavy meal, indigestible food, or mental anxiety, and is cured by removing the cause. Persons who dream should lie in the attitudes suggested by the rest cure, which see.

124. **Nettle-rash.**—See HIVES.

125. **Nose-bleed.**—This is called epistaxis in medical treatment. While it indicates something wrong in the health, it is often a natural method of relief. In some cases, however, it must be checked as soon as possible to save loss of too much blood. Ice or ice-water causes a reflex action, if placed on the neck, nose or forehead. One of the quickest means of stopping nose-bleed is to find first which nostril is emitting the blood, then raise the arm of the affected side high over the head while the finger of the opposite hand presses against the bleeding nostril. In still more severe cases an astringent consisting of a solution or powder of alum may be applied to the inner cavity of the nostril on cotton wool.

126. **Obesity.**—This is a condition of excessive fat, called corpulence, which is the result of a disordered nutrition of the body. While it does not necessarily imply the existence of any es-

established disease, it is generally associated with maladies that are the result of an abuse of the liver or kidneys. A person whose parents were gouty, rheumatic, or the victim of some phase of uric acid in the system, are subject to obesity. The condition, however, is too often due to feeding upon starchy foods in excess; and the reduction of these with the addition of lean steak or beef, and a thorough regime of action, such as may be found in the whole body exercises of Ralston Culture, will restore the equilibrium. We have known these exercises, coupled with the practice of rapid respiration, to bring a person to normal conditions. See DIET.

**127. Paralysis.**—This is the loss of muscular power or nerve sensation, and is due to a variety of causes, manifesting itself in many ways. Sometimes the infant has paralysis of one arm during the teething period. Sometimes the first finger and thumb of a writer or book-keeper may become useless by loss of motive power. But the term is usually applied to partial or general loss of power. Ordinarily paralysis is due to a blow, tumor, clot or other disturbance of the brain or spinal cord; but may follow the use of alcohol or medicine. Creeping paralysis is the gradual progression of the disease from the toes and fingers up the limbs to the trunk. All these conditions may and should be prevented; it is generally too late when the attack has come. Keep the body normal by the use of judgment in caring for it; do not abuse nature.

**128. Peritonitis.**—This is an acute inflammation of the peritoneum or lining of the inner cavity of the abdomen. It is more common with women than with men, owing to greater sensitiveness of her organs. It is a very dangerous malady and is attended by fatal termination if the blood is poor, the vitality low, or the system is not in good order prior to the attack. In men and boys it is due to severe colds, to injury by a blow or fall, or to food that may cause a disturbance in the intestines, as green apples, cherries or a sudden adoption of a diet of green vegetables. While the same causes may lead to peritonitis in women, the latter more frequently suffer from it by reason of uterine maladies, as in the case of congestion attending menstruation, and especially of attempted abortion. Sometimes the acute form becomes chronic. The membrane is the largest of its kind in the body, and the inflammation spreads rapidly. A physician should be called at once. In the meantime apply hot water cloths, changed as fast as they become cool, and alternate with cloths of cold alcohol.

129. **Phthisis.**—This is a wasting of the body, commonly called consumption, and generally considered equivalent to tuberculosis. The latter is attended by germ attack resulting in the formation of tubercles in the lungs; while phthisis may be a species of wasting without the germs, except that they may prey upon the weakened tissues when the disease is far advanced. Phthisis is characterized by a progressive wasting of the body, a persistent cough, expectorations of phlegm or blood, loss of color, weakness, shortness of breath, night sweats, and the formation of solid matter in the lungs. It can be cured by the treatment used in consumption or tuberculosis.

130. **Piles.**—These are known as hemorrhoids. They are due to a dilation or swelling of the veins at the rectum, taking on a varicose condition within or without the body; and follow a weakened system or any undue strain or excitement. No person has the piles who has not abused the health. Lack of out-door exercise, sedentary habits, sitting or lounging about too much, especially using soft chairs, tend to a condition that will lead up to the piles. The active purging of the bowels on the one hand and constipation on the other, may quickly develop this malady. Wines, liquors, coffee, tea, spices, and every kind of stimulant should be avoided; and many persons never have the piles except at times when they indulge in these irritants. Some men are thus afflicted after using wine or beer. A cane-seated chair should be used in preference to any other kind. The over-use of the inward bath may weaken the membrane and lead to this trouble; yet an occasional use of the same treatment has been frequently known to cure the evil by relieving the intestine of its contents. This should always be done in preference to straining when costive. Keeping the bowels gently active and regular is all that is needed in mild cases; in severe and very troublesome cases, an operation is necessary, except in pregnancy, or when the malady accompanies grave constitutional disease, and then the latter must be first treated.

131. **Pleurisy.**—See index for other pages.

132. **Plague.**—This is known as the bubonic fever. It rarely reaches this country. It is always due to the specific germ, and a condition of filth in the house and locality where the victim resides. Bad food, bad ventilation, over-crowding of the house, defective drainage, and unclean rooms render the disease epidemic.

133. **Pneumonia.**—See index for other pages.

134. **Polypus.**—This is a spongy growth of the inside of the nose, throat, ear, intestines, uterus, or other place. They are sometimes malignant and poisonous. There is no way of curing or preventing them; except that the better the general condition of the health, the less rapidly they form. The treatment consists in removing them by an operation; and, when malignant, a considerable part of the adjoining tissue must be cut away also.

135. **Pregnancy, Diseases of.**—A whole book, "Child Life," costing but two dollars, is devoted to this subject, and all other matters relating to child-bearing and raising.

136. **Progressive Muscular Atrophy.**—This is a slow and steady wasting away of the muscles of the body, which has generally defied all treatments, and little or no hope has been given to the victims. Asking the opinion of three leading specialists, we were informed that the disease can never be arrested except by life out in the fresh air daily, plenty of gentle exercise, wholesome food in abundance and freedom from hard mental strain until the disease has disappeared. It seems that these specialists were compelled to depend entirely upon nature, which is Ralstonism.

137. **Prolapsus.**—This is the falling of the uterus. See "RALSTON FRANCHISE."

138. **Pyæmia.**—This is a condition of blood poisoning which gives rise to a fever, and is too often fatal. There is no remedy available except such as may be applied by a physician or surgeon. The danger is safely averted only by cleanliness and care.

139. **Quinsy.**—This is the popular name of the acute inflammation of the tonsils. See TONSILITIS.

140. **Rheumatism.**—See "RALSTON FRANCHISE."

141. **Rheumatic Gout.**—See "RALSTON FRANCHISE."

142. **Rickets.**—This is the direct result of wrong diet, and can be cured in no other way than by eating proper food. See DIET.

143. **Ringworm.**—This is a disease of the horny covering of the skin, or epidermis, and is due to a fungus which is caught from animals, or from a human being. The promiscuous use of towels is one of the sources of danger; although the mingling of children at school is a frequent cause of its spread. It affects the scalp and appears in red scaly patches; and is most common among young people. Ringworm of the beard is due to visiting a barber shop where the infection is free to all comers. It also attacks the fingers at the nails. The treatment consists in getting the body into a good

condition by regime and proper food; but this is incidental only. The use of antiseptics is essential. Where the hair is not in the way, acetic acid is the best. When the ringworm is in the hair, shave the spot and apply acetic acid in glycerine or any oil. When the nail is affected, it should be softened in a strong potash solution and scraped away, so that the antiseptic may be applied. There are many valuable antiseptics to select from, such as bichloride, oleate of mercury, thymol, iodine preparations, acetate of lead, carbolic acid and others.

144. **Rubella, a Form of Rash.**—This is a skin disease due either to constitutional derangement, or temporary abuse of the system by wrong diet; and the remedy is in correcting such cause.

145. **Scarlet Fever.**—This is an infectious disease that may always be prevented by keeping the system in good condition under the general Ralston regime. When it is not thus warded off, a physician should be given full charge of the case.

146. **Sciatica.**—This is a paroxysmal pain in the back of the thigh; the buttocks; knee; front, back or outside of the leg; or the foot, except its inner border. When chronic the malady may be due to a weakening of the health from any cause, generally affecting the nervous constitution. When temporary, it is due to exposure of the part to a draft for a long time, or to sitting on a damp place, fatigue from long walking followed by carelessness in not protecting the body from cold, or any blow upon the nerve trunk. A restoration of the health is the only cure. If it attends rheumatism or gout, the remedy is in the proper treatment for such malady.

147. **Sclerosis.**—This is a state of hardening of any part of the body. It is due to long-continued wrong diet, and abuse of the system by persistently bad eating. It is not readily cured; and leads to insanity and death.

148. **Scrofula.**—See "RALSTON FRANCHISE."

149. **Seasickness.**—This is due to a shock which the nervous system receives from the motion of a boat, a swing, or a railroad car. The blood is drawn from the brain by the increased deposits of the mucous secretions throughout the body. In five days or less the nervous system accommodates itself to the new habit, unless the liver is very much out of order. Persons subject to this malady should live on the plainest foods for months prior to the voyage; and should at all times before and on the trip get as much fresh air

and exercise as possible. We have known this remedy to overcome the evil in many instances.

150. **Skin Diseases.**—See "RALSTON FRANCHISE."

151. **Sleeplessness.**—See "RALSTON FRANCHISE."

152.—**Sneezing.**—Ordinarily this act is an effort of nature to warn the body of an exposure to cold. When excessive, it is due to paroxysm, which may be overcome by plunging the head into a pan or tub of very cold water. If the cause is ill-health, the remedy is in regime.

153. **Softening of the Brain.**—This is due to an abuse of the constitution; and is not curable. It may be arrested or checked by preventive measures which will be referred to in a large volume on the brain.

154. **Somnambulism, or Sleep-walking.**—This is a dangerous condition of the nervous system curable only by the accumulation of a large fund of positive magnetism as shown in the large volume of *Universal Magnetism*.

155. **Spermatorrhœa.**—This is a real or apparent discharge of seminal fluid, not in the natural way. They are sometimes called night emissions, or losses. They are due to self-abuse in most cases; but may be caused by any local irritation, as the friction of rough clothing, a long prepuce, stricture or tenderness of the urethra. It frequently originates in a stimulating diet of meat, spices, tea, coffee, wine, beer or liquor. All these should be omitted; strong soups being taken in place of meat after a cure is effected. If the prepuce is too long, have a surgeon cut it off. If self-abuse is the cause, have the patient apply a mixture of rose-water and carbolic acid, as a very weak solution, say ten drops of the acid to a tablespoonful of rose-water; rubbing the mixture over the exposed end of the organ once every hour. Nightly emissions can never be cured unless the diet is changed, and the will power and vitality are developed under the regime of *Universal Magnetism*.

156. **Stricture.**—This is a contraction of a tube, duct, or orifice, and especially of the urethra. The only remedy is of a mechanical nature, and the services of a physician are required.

157. **Sunburn.**—Many persons are compelled to expose themselves to the rays of the intense sun, and seek some means of avoiding the discomforts of sunburn. The best preventive is the use of actors' grease paints, especially the brown or pink colors. Before

applying, rub cocoa-butter on the skin to fill the pores. After the exposure, remove the paint by the free use of vaseline. When no means of prevention have been adopted, the tendency to freckle may be overcome by cucumber juice rubbed freely on the skin.

158. **Sunstroke.**—When the patient is not rendered unconscious, the removal to a cool place, loosening the clothing, and a brief application of cool water to the head will serve to bring relief. Koumiss is the best of food and drink for a day or two, and is a natural tonic and stimulant. See DIET. When the patient is struck down, he should be carried to the coolest place near at hand and a steady stream of cool water should be played upon his head. The British soldiers in India who were subjected to this treatment alone, all survived.

159. **Syncope, or Heart Failure.**—This is a state of unconsciousness due to the sudden weakening of the heart. Remove the person to out-door air, and release all the clothing about the chest. Keep the body on the back, lying on the floor or ground; and do not allow the shoulders to come up or forward, as a cramped position of the chest may lead to death where life might easily be saved. Keep others from standing close by, as free moving fresh air is a great stimulant. Use a fan at the face. A spraying of cologne water against the nostrils is helpful, if the spray is cooled by passing through a foot or two of air. Smelling salts are also useful.

160. **Stye.**—See ABSCESS OF EYE.

161. **Tape Worm.**—See "RALSTON FRANCHISE."

162. **Tic Douloureux.**—This is a neuralgic pain of the nerve at the side of the face, caused either by sitting in a draft as near an open window, or by such deficiencies of vitality as lead to neuralgia. The method of cure will be found under that title.

163. **Tænia.**—Same as tapeworm.

164. **Tinea.**—Same as ringworm.

165. **Tonsilitis.**—This is an inflammation of the tonsils, and is one of the most common of maladies, running from a slight cold to deep ulceration; but it is most frequently met with in young persons of rheumatic constitution, during the damp weather of spring and fall. Careful attention to the general health and avoidance of exposure are sufficient to prevent renewed attacks if mouth-breathing is overcome, as this one fault does more to bring on the malady than any other thing. The effective method of cure con-

sists in taking advantage of the intervals of attack. Antiseptic gargles are only of temporary value.

166. **Tuberculosis.**—See index for CONSUMPTION.

167. **Tumors.**—These require the skill of your physician. Ralston regime is an accessory to a cure by making the general tone of the health better. All tumors are traceable to abuse of the diet, bad air and improper habits of living.

168. **Typhoid.**—This fever is due to specific germs found in the drinking water. Although the infection may be transmitted by other agencies, you will probably never catch it in any way except by the use of drinking water, directly or indirectly. Disease may be caught from milk taken from a cow that has drunk infected water. All wells may become dangerous; and the brooks, rivers and ponds that supply reservoirs may likewise be found unsafe. Where the danger is suspected the water should be boiled.

169. **Tobacco Habit.**—As this offense has been overcome in many instances by a clean, wholesome diet, and by habits of health, we feel safe in recommending Ralstonism as the only means of cure. A letter, which is typical of thousands, says: "I could no more use tobacco now than I could use any unnecessary food; for the Ralston system has cleaned and purified my body." Strange as this claim may seem, it is founded in good logic and philosophy.

170. **Uric Acid.**—All persons in health deposit a slight amount of uric acid daily, but not enough to be entitled to attention. It is when the deposit is increased that serious results are to be feared. As the same causes that lead to rheumatism are also the origin of uric acid, the whole subject is embraced in the special treatment for the former malady and the "RALSTON FRANCHISE."

171. **Varicose.**—This is a dilation or swelling of the veins, due to pressure in pregnancy, or to defective circulation arising from lung or heart disease. The veins contract and expand with some degree of elasticity in their walls; but continued pressure or strain will overcome this elasticity and stretch them, thus retarding the movement of blood and leading to other dangers such as rupture or ulceration. In the latter cases an operation is usually necessary. When due to pregnancy, the veins generally contract after childbirth; though not always to their normal size. The malady is rarely ever cured in the complete sense of the word. When it is first noticed, care should be taken to avoid heavy, rich eating; the body should not stand long at a time; the feet should rest on a



chair in front when sitting, and should be higher than the head in bed at night. Close-fitting silk stockings or bandages are very helpful to hold the veins up; yet allow for the escape of perspiration.

172. **Varicocele.**—This is a dilation and enlargement of the veins, generally in the left testicle. When occurring in both, that of the left is larger, showing the tendency to affect this in preference to the right. Like varicose veins described above, the condition is constantly bettering itself, if the habits of life are favorable, as when the diet is wholesome, regime is careful, stimulants are avoided, and the best health is maintained. In most if not all cases, varicocele is a punishment for venereal sins. Many specialists advertise to cure it; but they generally add to the malady by the use of poisonous drugs. If an operation is ever necessary, the surgeon will find excision of the veins to be the most beneficial.

173. **Vertigo.**—This is a form of dizziness that attends some disorders of the body, as of sight, hearing, digestion, nervous and other derangements. There is no cure, except to deal with the originating cause. Fresh air, plain diet, plenty of gentle exercise, and all matters that purify the blood and elevate the tone of the system, at once lessen this malady. Absolute rest is essential during an attack.

174. **Vomiting.**—This may be due to nervous disorders, resulting from shock, as in seasickness, or new habits of functional life, as in pregnancy, or any matters that may affect the normal conditions of the body, such as a fall, a blow on the head, or other troubles. It is often due to impaired digestion, whereby the food remains in the stomach until it ferments. Irritants of any kind may also cause vomiting. In all such cases, and in accidents, it passes away when recovery is had. The only kind that is entitled to our attention is that which attends impaired digestion; and the remedy is in a proper diet, accompanied by regime.

175. **Weak Stomach.**—See "RALSTON FRANCHISE."

176. **Whites.**—See FEMALE WEAKNESS.

177. **Warts, or Verucca.**—A wart is an excessive growth of a small group of pores of the skin, causing a prominence of hard flesh. Sometimes they extend over a larger area. Old age warts are very flat, presenting the appearance of a dirty blotch. To remove a wart, touch it frequently with acetic acid, which dissolves it very gradually.

## RALSTON DIET.

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**In this part of our study, and in the pages following, we consider the problems of what to eat, and they are numerous indeed. No single general subject can compare with this in its importance to the health of body and mind. When we learn that the brain is but the result of the food which the stomach digests, we see even its relation to the soundness of our minds, the clearness of thought and the vigor of its operations. In all the functions of life, health is first dependent upon diet; just as cloth is the product of the material woven and the manner of weaving. Results are the sums of matter and its use. What we sow we reap. Health is wholeness of body; and the body is the daily deposit of food digested and assimilated.**

### 30th NATURAL TREATMENT: PROPER FOOD.

**Very few persons eat proper food, for the reason that most individuals do not care to take the trouble to get what is best although it is always the cheapest; and for the further reason that it is a popular notion that some pleasure is denied them. Here is a man who is at the head of a family and able to take charge of its government if he should so choose; his skin is pimply, his blood impure, his eye muddy, his stomach chaotic, and he is in the depths of misery. He tells us his diet; it is a common one, but at the same time something awful; fried grease, ham, pork, lard, chips, baking powder biscuit, pastry, cake, coffee, white bread, and alum poison saturating his system. Why does he not get proper food? Well, this is the diet of the family, and he dislikes very much to suggest a change. He lives three months more and is dead, a victim of ignorance and stupidity in the highest era of civilization. He needed no medicine, no doctor, no sanitarium, nothing but wholesome food; and he did not ask for it. Any one item of his diet was bad; he had them all bad; and the undertaker merely waited for him.**

**Here is a woman who is young in years and old in appearance. For breakfast she eats hot biscuit made with alum baking powder, a horrible poison; also fried potatoes, fried pork, or fried**

ham, or fried steak too tough to digest, all washed down with coffee. The first meal of the day is a death struggle. At noon she depends upon fried potatoes, fried oysters, fried meat, baker's bread made of starchy white flour raised by alum, and a lot of sickly pastry and coffee; all death inviting. At the evening meal she struggles with lifeless, unwholesome food, lives through the evening in misery, goes to bed at night in a fever or a chill, wakes in the morning with a blinding headache, and looks as yellow as sulphur until she powders her face. When asked why she does not get wholesome food, she replies that it is not convenient at home to change the diet just for one person. So she lives on in misery, pinched by pain, watery-eyed through headaches, and racked in every nerve from stomach to cerebrum, all the while wondering where is that blessed realization of happiness which she dreamed of in her sweet girlhood days. She dies. She falls by the wayside, holding in her hand the key to health, which she never cared to use. So the millions plod on in stupid ignorance; or, knowing the easy way to happiness, totally indifferent about going there.

**Fate laughs in ludicrous mockery** at the masses of mankind, and laughs with good cause. Why so? They hood their brains with the thick mat of independence; they go on loading their bodies with the rubbish of a modern diet, without accompanying it with anything wholesome, unless it be a bit of meat carelessly prepared; they pity the sensible persons, even calling those cranks who are endowed with reason enough not to feed fried sawdust to a horse; they sicken, look ghastly pale, or bilious-yellow, or kidney-brown, and leer from beds of suffering at the strong and hearty friends they once called cranks; they fight, and pray, and beg, and cry, and howl, and hope to bribe the doctor, but all to no use; tossed in the sea of their own selection, swamped by the waves of indifference into which they voluntarily plunged when seemingly fair health made them brave and bold, these cowards now plead in vain and go down to the very death they sneered at, and are buried by the friends whose advice they declined to take. And so fate laughs on in ludicrous mockery.

**The hardest thing in the world** to teach a human being is the necessity of eating proper food. Who can explain why people are so indifferent? Who can offer any adequate excuse for that blindness which invariably leads to the gulf of misery, and refuses to

see the right road; especially when the latter is easier, cheaper and more productive of enjoyment in living? Solve this problem if you can. Is it not a decree of nature that the race should weaken and die out through the indifference of its masses to make way for a new and more magnificent specimen of humanity? This seems to be indicated by the sheer and utter fool-hardiness of even the intelligent classes, who suffer a life time of sickness in the same hooded blindness.

**The Ralston Diets** are presented here for the sole purpose of showing that there are wholesome foods and what they are, as well as how to best prepare them. Do not think that we wish you to be confined to these if you are perfectly well, for then you may eat almost anything until you get sick. But as nearly all persons are ill to a greater or less extent, the present diet will prove of more than ordinary advantage. Except Ralstonites who have paid strict attention to our regime, we have never yet seen a man or woman in perfect health. The number that are suffering from stomach, heart, liver, kidney, lung or throat trouble is simply amazing; and nearly always the derangement of the blood through a vicious diet has led to such conditions. Therefore the present diet will not be amiss.



# FOOD OF THE RALSTONITES.

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## THE MOST IMPORTANT SELECTION OF WHOLESOME FOODS EVER MADE.

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**We come now to the consideration** of the great question, what shall we eat? No answer to this demand has ever been made in anything like a half satisfactory manner; not even our book on meals, which was published some years ago. That work conceded too much to the tastes of free livers, and to the goods actually on sale in the markets. Since then there have been added some articles of diet that are now easily obtainable. Yet that little work was the best of its kind. You may hunt through the stores and lists of booksellers and publishers, and search in vain for any book on foods that will be safe to follow. One such volume is highly recommended, but contains chiefly receipts for making fancy dishes out of ingredients that would establish catarrh of the stomach in less than a month, although it professes to furnish a diet for health and disease.

**The food of the Ralstonites** must be at all times wholesome; this is of prime importance. Not one particle of injurious matter must be admitted, for the finest grains of foreign substances, such as black pepper, ginger, or cinnamon, would serve as bits of attraction for the formation of uric acid. A dish may be composed of wholesome details, yet be made sickening by the way they are put together.

**The food of the Ralstonites** must be in greater variety than is found in daily life, either at home or in the fashionable hotel; and this is more than secured in the present department of this volume. More than that the diet must not only be wholesome and varied, but it must be pleasing and attractive; and these three things we have secured. Unlike other lists of foods, this has been tested not only in the making but in the eating of every article; as well as experiments made over and over again. This is not all. The articles of food are numbered, and later on assigned to certain classes, to temperaments, to seasons, climates, diseases, convales-

cence and health. All this has required actual experiment, as well as theory. The latter tells us what ought to be the case; but facts so often disappoint theories that new doctrines are invented to meet unexpected results.

**Cooking has four principal objects**, as follows:

1. To mature the cells, as in fruits, grains, vegetables and starchy foods in general; for undeveloped or unopened cells are indigestible as well as dangerous to the intestines.
2. To change the chemical character of the food and thus bring it nearer to the condition required for digestion.
3. To break up or partly dissolve the food, so as to render it more suited to the assimilating powers of the system.
4. To destroy disease germs by the use of heat.

**Breakfast foods are not cooked** enough. The claim of quick cooking is not an honest one. In the anxiety to sell, and to undersell others, the makers of breakfast foods are led to make claims of quick cooking that, if followed, are sure to lead to derangements of the liver and kidneys. These give rise to rheumatism and especially to uric acid in the blood. We know of cases where these maladies have followed the use of briefly cooked breakfast foods. In our Bulletins we state the time each should be cooked in order to open the cells and render them digestible.

**Meats must be cooked** with reference to certain principles which affect their use; for one service they are treated in exactly the opposite way required for another service. To roast and to boil are different processes. Cooks, as a rule, have a faculty of wasting the albumen and saving the fibrin. Albumen of itself will support life; and, taken with the starches of grains, is a better food than if fibrin were added. We can imagine a very burly, muscular laborer who must have fibrin; but we must not forget that the horse and ox, representative animals of strength, never get meat to eat. They are developed from the albumen and starches of grains and grasses.

**How to Boil Meat.**—As cold or warm water dissolves the albumen and destroys the value of meats, they should always be dropped in boiling hot water. The heat coagulates (hardens) the albumen, and prevents its loss. This is a provision of nature for the benefit of the human race.

**Soups.**—If the water in which meat is boiled is to be saved for soup, the water should be cold into which the meat is placed. This enables the albumen to all run out before it hardens.

**The best soup** comes from meat which is not allowed to boil until all the albumen is soaked out of it. As soon as the water boils, the albumen forms a hard covering around each and every fibre of the meat, large and small. Even the tiny fibres, almost too small to be seen, are encased in coagulated albumen.

**Never expect good soup** from cooking which reverses this rule. Some housekeepers cut up the meat into small chunks, wash them (thus robbing the meat of half its nutriment), then drop them into boiling or hot water, and wonder why the soup is so mean, tastes so flat, and gives no strength. Yet why should the wife (who cries at her failure) be blamed? Who has ever told her these things? Even if her good mother told her, she never knew the principle; and all cooks should know the reason why everything is done or not done. From such knowledge come successful wives and happy homes.

**Great Losses from Ignorant Cooking.**—Besides albumen other very valuable elements are lost in water, as may be proved by chemical analysis. Cut up meat, fowl or fish, and wash it in cold water; then analyze the water. It will be found to contain not only the albumen, but the osmazome which gives meat its flavor, and the phosphates which feed the brain and nerves. This water the cook throws out; and proceeds to boil or bake, or fry the meat, ignorant of what she has done.

**The Best Way to Cook Meat.**—If you just pour water over a large piece, then cut it up into small pieces; place them in cold water in a kettle; let them soak an hour before putting on the fire; then do not let the water get hot for another hour; but gradually increase the warmth; then boil as long as you please; you will obtain all the good out of the meat. The fibrin that is left may be given to the strong laborer, but it will only make muscle. The food, rich, full, plenty, nourishing and invigorating, is in the liquid that remains. It is full of just those elements that all men, women and children most require and need.

**When Boiling is Waste.**—If meat is boiled, except as stated herein, the water carries away the most valuable elements; and, as the water is often thrown away, waste follows.

**Home Extract of Beef.**—A new industry must soon start up in those localities where meat does not keep long, or where the price for cattle is not a profitable one. Take thirty pounds of lean meat, exclusive of bone and fat. Put this into cold water for an hour;

then gradually heat it for an hour; then let it boil down to one-half or one-third; then strain it carefully to get only the liquid. This liquid should be boiled down until it is dry, or nearly so. You will now have one pound of the real extract of beef.

**Value of Home Extract of Beef.**—In this pound are sixteen ounces of the chief value of meat; or brain, nerves, tissues, muscles and all the nourishment required by the body. Each of these sixteen ounces will make a quart of the most nutritive food to be found in the world. There are sixteen quarts, each well worth twenty-five cents, if its food value is compared with meat or other food costing as much. Thus the thirty pounds of meat made four dollars' worth of food.

**Soup from Home Extract.**—Take one ounce of this home extract of beef, add a little salt and a little over a quart of water. Heat it till hot. You will have a full quart of soup, which is rich and palatable, retaining the natural flavor of well-cooked beef.

**The Home Extract Will Keep.**—The great value of this extract is that it will keep for a long time, a year or more if put in a dry place. It makes in itself a small bulk, and may be carried on a journey in the place of actual meat, which is heavy and may easily spoil.

**Salt or Corned Beef.**—Salt is one of the most active agents in extracting the valuable elements from meat; and the latter, when placed in brine, is robbed of its food value; only the fibrin being left. Boiled salted beef is nearly worthless.

**Foods that Cause Scurvy.**—Scorbutic sores are frequent among people, and are caused in this way: Meats that have been preserved in salt brine have lost their albumen and brain and nerve nutriment. People who eat corned beef, salt pork and the like, get only fibrin and some insoluble salts. The system becomes dormant, and sores follow.

**Meat and Beans.**—To notice the difference between beans baked or stewed in fresh meat, and in salt meat, is important. If the fresh meat is salted as it is put in the pot with the beans, the latter are digestible and nutritious. But if meat that has been salted in a brine is put in with the beans, the person who eats them will suffer more or less distress from indigestion; and this will be in proportion to the quantity of *lean* salt meat. The latter is mere fibrin. Analysis will show that all the food value of meat is in the salt brine, to be thrown away.



**How to Bake Meats.**—Meats that are placed in an oven that is not very hot lose much of their value in the juice that runs out. The best way is to have the oven very hot at first. The albumen then coagulates (hardens) all over the meat and holds in the valuable juices. This fact alone is of the utmost importance.

The kinds of meats to be preferred are set forth in various ways, and very fully in the book of General Membership, which you already possess. That volume should be studied and absorbed until you are familiar with its every rule and law; for you can acquire nothing better in the line of health than the full meaning of the book of General Membership. It may be stated in a general way that the less meat is eaten, the less likelihood there will be of getting the liver and kidneys out of order; and if the meat is not perfectly fresh it is a direct poison to those organs.

The articles of food are numbered for after reference. In pages that are to follow the various dishes will be duly selected; and, therefore, it must not be inferred that any person may partake of all the list. That all are wholesome to some, is not equal to saying that they are wholesome to all. People are of different temperaments, different habits, occupations and needs, even in the flush of perfect health, and in sickness. The diet is controlled by the nature of the malady. At this place we simply present the foods, and the way of making and serving them. Read carefully what uses are made of them in later pages.

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## NUMBERS.

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The numbers are referred to in later pages, under the subject of diet for all diseases and temperaments.

Drinks are first considered, as all drinks are foods.

1. **Roasted Wheat Coffee.**—This is a valuable food as well as drink. As we have given so much space to its consideration in the book of General Membership of Star Ralstonism, we would not be justified in repeating the same here. You are, therefore, referred to that work, which you already possess.

2. **Grape Juice.**—This must be unfermented; and we find that it is a very easy matter both to prepare and to keep it in such condition. Take but one kind of grapes, the well known Concord. They are by far the best that grow, and suit all persons in

sickness or in health. They are the most common of grapes, and hence are easily procured. While other kinds may make excellent wines, the Concord comes nearest to the requirements of health, as both food and drink. They must be thoroughly ripe, and as fresh as can be obtained. See that the blue bloom covers them and that the skin has not opened near the stem. In making unfermented grape juice we never add water, as we wish to take nature's own distillation in the fruit just as it has grown. Allow no hard, sour or unripened grapes to be used. They should all be dead ripe, yet sound, if you wish to make good blood. Bring the grapes to a boiling point, after pouring a little cold water over them to clean them. Do not allow them to boil, as the color will be changed. Take off at once and strain through a cheese cloth. It is now ready to use when ice cold, if you do not intend to can it. If it is to be kept any length of time, it must be put on the stove after straining, as it must be canned when boiling hot; but take it off as soon as it begins to boil. Seal in bottles or glass cans; the bottles being better, as the tops may be covered with wax. Use wooden spoons in its preparation, and do not cook in tins or allow the juice to come in contact with tin or metal at any time. Keep the bottles or cans in a wooden box with cover tightly on; and set away in a dark corner of a cool cellar. We have kept grape juice for more than a year in this way, and have found the flavor as fresh and natural as on the day of its preparation.

**Avoid** all prepared grape juices for sale at the stores; they are doctored with chemicals to prevent fermentation, despite all claims to the contrary; and much harm is caused the stomach and kidneys by their use. Do not allow any dealer to make you believe otherwise; he may be honest and yet deceived by jobbers or wholesalers. See Universal Magnetism.

**3. Blackberry Juice Unfermented.**—This is the most strengthening of the fruits, and is one of the best blood-makers known. We do not recommend either the fermented blackberry or the so-called cordial. The juice must be maintained in the same condition as when it was taken from the berry, and it must be of the best quality. It is not an easy matter to secure such berries as are required; for most grades of this kind of fruit are picked when hard so as to render them marketable. To make the kind of juice that will benefit the health, every blackberry must be dead ripe

when picked, and soft to the core, as well as sweet to the taste. When nearly ready to pick they are a little hard and give out an acidity that must be avoided; they will not do. After being picked at the proper time, every perfectly ripe, sweet berry should be selected by hand. Put in a kettle, bring to the boiling point, and mash them through a cheese cloth; after which bring again to the boiling point and immediately seal in bottles or glass cans. Serve when ice cold. If kept in a cool cellar where no light can reach it, the blackberry juice will not ferment for a year or more; and possibly not for several years. See directions for making grape juice, as the principle is the same in both cases.

**4. Peach juice unfermented** may be made in the same way as the two preceding, except that only dead ripe, sweet and very mellow peaches can be used. The skin, pit and pulp must be strained out after bringing to a boiling point; then it must be sealed in bottles or glass cans while boiling hot. Afterward proceed as in making grape juice. Drink when ice cold.

**5. Koumiss**, sometimes spelled kumiss, was formerly known as fermented mare's milk. Another form of the same food is coming very rapidly into use in connection with the many predigested articles of diet now so common. It is to this modified form that we wish to refer; and it is proper to state here that it contains all the nutriment of pure, sweet milk, although it is in a partly digested form; and it is entirely devoid of the slight alcoholic effects found in the genuine koumiss. A leading London book on diet says: "Koumiss is a highly refreshing preparation of milk, in which the albumen and cheese are partly digested, which is quieting to the most irritable stomach, and as a nutritive food has succeeded in imparting strength where everything else has failed." Dr. Roberts Barthelow says: "Koumiss improves the appetite, excites the normal action of the kidneys, and leads to natural sleep. It is very valuable in consumption, chronic bronchitis, fever and convalescence." Dr. Jaquielsky reports that his patients, who were emaciated, had gained ten pounds a month with no other food but koumiss. Dr. Dahl, in a report to the Russian government, says: "Peculiar as is the taste of koumiss, one soon gets accustomed to it, especially if tasting it for the first time when thirsty or fatigued. It satisfies the hunger at once. One can, without any fear, drink as much as he will—an inconceivable amount—and yet always feel light and well. It leads to a refreshing sleep when one is weary."

Continuing in his report, the same physician and scientist says: "Koumiss is the nourishment and luxury of every one. The effect of its use shows itself in less than a week in a good nourishment of the whole body, an increase in strength and spirits, and a general feeling of health. It is specially useful in diseases of the lungs, bronchia and larynx, and in all cases where the body must be well nourished without loading the digestive organs." Dr. Nettet, who made a special study of this food, says: "Not one single case of tuberculosis [consumption] is observed among users of koumiss. Scrofula and rickets are quite unknown." Dr. E. F. Brush, of New York, referring to the fact that it is a food for old and young, says: "In koumiss we have a food which children with high temperature not only take kindly but crave, its slightly acid taste being grateful to their parched tongues. It is an absolutely non-putrefactive food, is free from sugar, and is rarely ejected even by the most irritable stomach." Dr. T. Griswold Comstock says: "One pint of koumiss contains more than two ounces of solid food. It is valuable in catarrh, tuberculosis, chronic diarrhoea, diabetes, Bright's disease, diphtheria, paralysis, summer complaint, catarrhs of the stomach and intestines, dyspepsia, flatulence, anæmia, typhoid fever, puerperal fever, emaciation, cancer, old age, mental breaking down, and all kindred affections." And so we might go on for pages.

**How to make Koumiss.**—In each quart bottle pour enough milk to fill three-fourths of the same, to which add a tablespoonful of granulated sugar previously dissolved so as to make a thick syrup. Dissolve a quarter of a two-cent cake of compressed yeast in a very little water, and add to the milk in the bottle. The whole should then be thoroughly shaken, until there is no doubt of the sugar and yeast being well mixed throughout the whole, after which fill the bottle with more milk, and prepare to cork it. The milk must be fresh and pure. Strong bottles should be secured, with patent stoppers, that will resist the pressure of the yeast when it begins to work. Some drive in tightly fitting corks and tie them down with cords. Put the koumiss away in a temperature of about 50 degrees, and keep it there for forty-eight to sixty hours, the bottles being in a standing position. After that place them on their sides, and keep in a colder place where it is dark. When used, the koumiss has the consistency of thick whipped cream. Buy a champagne tap, which is very inexpensive, and insert it in the

cork if the latter is used, and the effervescence will thoroughly mix and whip the contents.\*

Serve koumiss cold or ice cold, as preferred. To get rid of the gases that are generated by the yeast, pour the koumiss from one pitcher to another a dozen times, until the milk is entirely free from the effervescence. The government, as well as physicians, use brewer's yeast as slightly better than the compressed bread yeast.

**6. Plain milk** is not only useful but is a necessary diet in some diseases. Under certain conditions there is no hope in any other food or drink, even for the adult man or woman. While milk will sustain life in a child, it does not do so in a grown person of active habits; yet there are maladies that will prove fatal very quickly if any other diet is depended upon, as will be seen. But in conditions of perfect health the use of milk, not as a drink, but in connection with food, is highly beneficial. It helps to start digestion. Even a single swallow of milk at a meal is of great value in setting the gastric juices in motion. It is the most natural of all foods.

**7. Boiled Milk.**—This is not the same as sterilized milk. The continued boiling for fifteen to thirty minutes changes its character and its taste; and the best way of suiting the palate is to test the milk at various times after it commences to boil, some preferring it cooked fifteen, some twenty, some thirty and some even sixty minutes. It is very important when the bowels are tender or out of order; but is also liked very much by children; and should be used daily by those who seek the best condition of the body.

**8. Sterilized Milk.**—This is not produced by continued boiling, but simply by bringing the milk to the boiling point and at once removing it from the stove. It destroys germs of disease in the milk.

**9. Milk and Wheat.**—This is a half-and-half drink, following the prevailing European habit. Allow milk to be boiled in a double boiler for fifteen minutes; serve it hot on the table in a separate pitcher; and pour a large cup half full of the milk, while the other half is filled with the roasted wheat coffee (1). It is better even to let the milk fill more than half the cup.

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\*Since writing the above we have learned that the U. S. Government hospitals use koumiss as the chief article of diet in the treatment of the soldiers since the recent war with Spain and in the Phillipines.

**10. Milk and Cocoa.**—No person in ill-health should drink cocoa or eat chocolate. If the liver or kidneys are diseased neither beverage is allowable. If, however, the health is reasonably good a very agreeable drink is made by preparing the cocoa exactly according to the directions given on the package; then adding half a cup of boiled milk (7) as it is served at the table, after the manner of 9.

**11. Lemonade.**—This is the usual drink; the strength of which must depend on individual tastes. Never use any acid except the juice of a lemon that is clean and perfect. Never squeeze the oil of the skin into the water, as it is poisonous.

**12. Malted Milk.**—This is a wholesome and vitalizing fluid-food that is easily digested. It may be made by boiling whole barley for ten hours until it is a mush, then adding koumiss to the latter, and using it before it spoils, with fresh boiled milk served hot as in 9. The barley, after the koumiss has been added, should be strained through a coarse cloth, to remove the rougher parts. It is the most strengthening food for either the nervous or physical system that can be taken. Its effect on the brain is magical. Pearl barley is next best, if whole barley cannot be obtained.

**13. Rice Water.**—Wash a tablespoonful of rice in cold water; soak for three hours in a quart of luke-warm water kept on the stove; add a half ounce of gelatine; boil slowly for an hour, and strain. Flavor with lemon juice and sweeten to taste; then serve ice cold. It is valuable in diarrhoea and dysentery.

**14. Barley Water.**—This is made in the same way as rice water (13), except that pearl barley is used in place of rice.

**15. Almond Tea.**—Take twelve sweet almonds and bruise them by severe pounding; add three lumps of sugar, half a pint of new milk, and a pinch of gelatine; then boil in a double boiler for five or six minutes; strain and serve ice cold. If the almond skins are bitter scald them for a few minutes in boiling water, plunge into cold water, and rub the skin off.

**16. Infant Food.**—The following is the most approved and latest (1900) scientific preparation for infants; and is a perfect substitute for the natural milk of the mother. Take a quart of new milk, allow it to stand for six hours in a cold place so that the top may become richer, skim off one-fourth of the top, not using the other three-fourths for the babe. The half pint of "top milk" should be sweetened by a teaspoonful of white sugar thoroughly

dissolved. Next take two tablespoonfuls of pearl barley, wash it, and boil it in a quart of water for eight hours, replacing the water as it evaporates, so as to have a quart of liquid when done. Strain through a linen cloth and add a pinch of salt. You now have a half pint of sweetened "top milk" and a quart of barley water. Mix by adding two cups of the barley water for every cup of the milk. These are the proportions. A much larger quantity of milk may be prepared; or of barley; but they will be used in the proportion of two to one. Pour into the bottle as required. The barley water, besides being nutritious, prevents curdling of the milk in the child's stomach. If the food sours after use, or disagrees with the baby, it will be due to the fact that the bottles, cans or dishes have been carelessly washed. Scalding and scouring are strictly necessary; as even the slightest neglect may lead to disease. This food is in the exact proportions of the mother's milk. The latter has less curd than the cow's milk, which must be diluted with water to avoid infantile dyspepsia; the mother's milk also is richer in cream than the cows, and contains twice as much sugar, hence the "top milk" is needed to increase the cream-fat; and sugar must be added to this. Cow's milk undiluted is most difficult of digestion; but if it is diluted without increase of fat and sugar the bulk of water will weaken the stomach. Milk should be packed in ice as soon as it is taken from the cow, and not allowed to get warm again, even if delivered by the milkman. He should place it in an ice-box; which many carry in their wagons for the purpose. Sterilizing the milk encases and holds in check the vital quantities of nuclein (Starr) and is never necessary if you know that the cow is healthy, and if the milk has been carefully handled and served. To encase and hold in check the vital qualities of nuclein is to render the sterilized milk harder for the infant to digest, and less value is derived from it. After a few years the stomach will be able to master the condition. If milk is suspected and must be sterilized, do not let it quite come to a boiling point.

**Condensed milk malted** is now used very extensively, but is expensive. It is a valuable addition to any meal, whether breakfast, dinner or supper; and whether of the infant, middle-aged, or mature man or woman. It contains diastase in its most valuable form. Indeed any food that is made with barley maltose is all the better for that ingredient, and by its aid the milk-curdling difficulty would soon vanish.

## BREAKFAST FOODS.

**Every morning meal should begin** with a breakfast food unless illness prevents. No person can get through the day feeling well if the first meal is not nutritious and plain at the same time. While a variety may be eaten, the basis should be some wholesome breakfast food, taken with milk. If the latter cannot be digested, the body is morbidly unhealthy.

**17. Whole Wheat.**—Cook in a double boiler not less than half an hour; and forty to sixty minutes is better. The longer it is cooked the more easily it is digested. Not all whole wheat foods are reliable; some that are good one year may be worthless and even dangerous the next, owing to the cupidity of the manufacturers. It is very easy to send excellent samples at times; yet adulterate with the dirt, leavings, hulls and refuse of the mills at other times. The advertisement of quick cooking is fraudulent; and dishonesty in one direction may be looked for in another. Unless the food has been malted or baked, it is unsafe to eat it until it has been cooked for half an hour. Have it stiff and cool, not cold; then serve with milk, cream and sugar to taste. Some prefer it hot when eaten; the only objection is that it runs into a sort of porridge.

**18. Whole Barley.**—Buy any pearl barley at the store, or any whole barley that is in bulk; and cook for an hour in the morning; having soaked it all night. The claim that any barley can be cooked in a brief time is incorrect, unless it has been malted. This food is of the highest value if it can be made digestible; but few stomachs can master it except those of athletes and the hardest mountaineers; until it has been subjected to thorough cooking. Pearl barley is more easily prepared, but is not as strengthening as whole barley. It is better and cheaper to buy both kinds in bulk rather than in packages.

**19. Malted Cereals.**—These are already cooked and partly digested; if they are honestly prepared. In the malted form they suit all stomachs. Ten minutes suffices for boiling when ready to use. Serve as 17.

**20. Barley Porridge.**—This requires cooking in hot water for seven hours, and in milk for an hour. Strain out all the coarse parts.

**21. Oatmeal Porridge.**—This is made the same as 20. The



coarse parts are very indigestible. Oats and whole barley contain much indigestible cellulose, and require long cooking.

**22. Cornmeal Mush.**—Three pints boiling water; two cups Indian meal; one heaping teaspoon salt. Have the water in a pot boiling on the stove. Sprinkle in the meal with hand while stirring constantly. Stir constantly for about ten minutes until it thickens, then set it in a double boiler and cook two hours. Serve in a deep uncovered dish. If covered the steam would make it clammy. Eat with milk or cream. Sugar to taste.

**23. Hominy Mush.**—This requires the large white hominy, not the fine grade, nor the grits. It should be soaked over night; then cooked for five hours in a double boiler. Pour off all the water, salt to taste, set away in a cold place till required, then serve either cold or warm as preferred, dressing it with milk and sugar. This is one of the most satisfying and nutritious of dishes for all persons and all ages, from childhood to extreme maturity. It is not much used, because so much time is required in its preparation; but it costs less than any other food, and yields more real value. It is being rapidly introduced in many households as the best of all breakfast foods, because it is the cheapest in cost, the most valuable in nutrition, and the easiest of digestion. It is more strengthening than any meat or any other solid food, if it is taken with milk. While bread is called the staff of life, and is eaten three times a day with relish, corn is, and has been for centuries, as much the staff of life with a majority of mankind; and, in the form of hominy, has been relieved of all its coarseness. The trouble still remains that it requires long cooking, for which reason the superficial housekeeper will not use it. Here is a report: "My wife, my five children and myself have for a year had no other breakfast than hominy and milk, of which we all eat freely. This is by preference, not a desire to save money; we have wealth, and spend it too, in many ways. From a distracted family of hopeless dyspeptics we have come into perfect health, with clear complexions, bright eyes and fine physical condition. The cost? Why, the hardest toiler could not eat a cent's worth of hominy at a meal; yet it will give him more strength than the best steak. I am not at all reluctant to say that I bless God every day for Ralstonism." We know the man to be a successful and wealthy merchant, who possesses a large fund of good sense in all matters. He spends many thousands of dollars annually in charity.

**24. Food Tablets.**—These are made of condensed milk and malted grains. They must be prepared by some reliable manufacturer, in order to be suitable. Fifteen of them cost about five cents, and constitute a full meal, supplying the body with all its needed elements in the most digestible form. We have known persons far gone in chronic disease to live on these alone, supplemented by koumiss; every one of whom would have died long ago from inability to keep food on the stomach, yet all of whom are living to-day. We have just conversed with a consumptive, who is now on the road to recovery, who lived for three years on these tablets when the stomach rejected everything else. See Bulletin.

**25. Liquid Food.**—This is made the same as 24, except that it is in powdered form, ready to mix with hot water. See Bulletin.

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## BREADS.

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We come now to a list of breads suitable for all classes of persons, each for those who are adapted to its digestion. It must be remembered that the wheat is the leading grain for bread making; that it contains a white and a dark part; that the white is practically all starch; that white bread is made of this white part; that no human stomach ever did or ever can digest starch; that the dark part contains muscle-making and nerve-strengthening foods; that the Creator made the whole wheat to go together and be used together, and that, thus used, it is the ideal food of mankind. As white flour in white bread or pastry, it is well nigh indigestible; and when such food drops into the stomach, it serves as an irritant to the lining of that organ. The whole wheat, if well masticated, is easily digested. White bread converted into dextrine is the only wholesome form of the starchy part of the wheat. These are described below.

**26. White Toast.**—Take white flour bread that is a day or two old; slice it thin, and brown slowly on both sides. Be careful not to char them. The indigestible starch is now partly converted into dextrine and is wholesome, especially if well chewed, for the saliva will still further convert it into blood-making food, for as much as it is worth.

**27. Double-bake.**—This is an old form of bread in use for a long time in some parts of Europe, called Carlsbad bread, and the

same as the Vienna bread slices. It is best made of whole wheat flour baked into a loaf, allowed to dry for a few days, and then cut into thin slices. These are placed in an oven and subjected to a slow heat for four hours, care being taken to reach a golden brown hue on both sides. The oven should never be hot enough to char them. The double-bake can be obtained from white bread, but is not by any means as nutritious. The Germans use whole wheat, and add sugar to the dough, so that children will eat it eagerly when made into double-bake. It is very invigorating.

**28. Brown Bread Toast.**—This is made by toasting slices of brown bread.

**29. Broken Bread.**—Take a loaf of white bread a day or two old; cut all the crust away in as thin slices as possible, and strip them in slim, long pencils; then tear the loaf into irregular pieces, each about half the size of a hen's egg, being careful not to make the bread solid in so doing. Place these in the oven under a slow heat after dipping them quickly into cold water to moisten them. Bake them until the surface is crisp and the interior is thoroughly heated; and, a few minutes before removing, add the crust pencils, which have likewise been quickly dipped in cold water. Then serve by pouring over it a little melted butter to which salt has been added, and on this pour some fresh, sweet cream.

**30. Cream Toast.**—Toast the bread a light brown. Wetting it spoils the toast. Butter very lightly, and sprinkle on very little salt, and lay in a heated deep dish. Take one pint milk and one-half pint cream; make scalding hot; thicken with two tablespoons flour dissolved in milk; let it simmer until cooked, stirring to avoid lumping; then add two tablespoons butter. Bring to boil and pour over the toast; then cover, and set in the oven for two minutes. The dressing should be quite thick.

**31. Egg Toast.**—Boil two eggs, allowing the whites to slightly harden; break into a large cup or small bowl, adding butter and salt to taste. Take two slices of white toast, or double-bake, as preferred; cut them into small squares, each about a half inch in diameter, and drop them into the egg.

**32. Whole Wheat.**—Take three and one-half quarts of whole wheat flour, three pints of scalded milk, one and one-half tablespoons of salt, one tablespoon of butter, one tablespoon of sugar, one cake of compressed yeast. First scald the milk, and when cooled a little (so that it will not kill the yeast), put into it one quart of the

flour and mix with a spoon; also the salt, sugar, butter and yeast. The yeast must first be dissolved in half a cupful of tepid water. Now knead the balance of the flour in with the hands, taking half an hour to work it all in. Set in a warm place out of drafts until it is light enough to put into loaves. This makes three loaves. When set at night it is ready for loaves in the morning. Let it come to the top of ordinary bread pans, and then bake one and one-half hours. Well-baked bread has a much sweeter taste than that which is under-baked. By scalding the milk there is no danger of having sour bread, especially in summer. During the summer it is best to set sponge in the morning. The dough must be worked as soft as can be handled. In no case mix a stiff dough!

**33. Boston Brown Bread.**—Mix two cups of rye meal and two cups of Indian meal well together. Dissolve one teaspoonful of soda or saleratus in two tablespoonfuls of boiling water, and add it to a pint and a half of sour milk. Stir in one cup of molasses and pour on the meal, adding also one teaspoonful of salt. Mix thoroughly. Grease a two-quart brown bread mold well, then pour in the batter; put on the lid, and steam five hours. After removing the lid, bake in an oven thirty minutes.

**34. Corn Bread.**—Put one quart of corn meal in a bowl, and pour on it enough boiling water to scald it thoroughly; mix it well, and let it stand until cold. Add two well-beaten eggs, one pint of sour cream or buttermilk, a teaspoonful of salt and one large tablespoonful of butter; beat thoroughly from the bottom of the bowl. Dissolve one teaspoonful of soda or saleratus in two tablespoonfuls of boiling water, and stir this in the batter. Pour into a greased, square, shallow pan, and bake in a hot oven forty minutes.

**35. Pop-overs.**—Beat three eggs (whites and yolks together) until very light; then add two cups of milk and half a teaspoonful of salt. Pour this gradually on two cups of sifted flour, stirring constantly, and being careful not to pour too rapidly, or the batter will be lumpy. Grease gem pans, and set them in the oven to get very hot. Strain the batter through a sieve to make it perfectly smooth. Quickly fill the gem pans half full of the batter, and bake about twenty-five minutes in a quick oven. They should swell to about four times their bulk, and are very delicious. Do not open the oven-door until they are about done, or they will fall. It requires considerable experience to make these; but they are worth repeated trials.

## SOUPS.

Few persons realize the value of soups in aiding digestion. The old theory that water was a hindrance to the action of the stomach is now completely reversed. While an excess of water weakens this organ, a moderate amount is helpful and necessary, for all foods are converted into a thin, liquid pulp before they can be taken into the blood. In fact, all we eat is changed to about the consistency of milk. To this condition all solid foods must be brought. Soups carry considerable nutrition into the system; they at once excite the gastric juices into the stomach, which solid foods will not so readily do, and, in some instances, will not do at all. There are persons with weak stomachs, who are very nervous for an hour or two after eating solid foods, for the lack of gastric juices retards digestion, and makes the system very weary; while the same persons will quickly and pleasantly assimilate the food if the meal begins with soup. These juices should be very active if wholesome digestion is to be attained. About twenty-one pounds of liquid is daily taken from the blood to dissolve the foods, and this amount goes back into the blood with the dissolved foods. It is to excite these fluids that soups should be eaten as the first course of any dinner; and all stimulants should be avoided.

**36. Soup Stock.**—Put meat on in cold water, and let it become warm gradually, say in three hours. During all this time the value of the meat is going into the water. Then let it boil an hour or two. Season to taste. This product is called soup stock. Chicken, lamb, and mutton soups are prepared in the same way.

**37. Clear Soup.**—Set away any soup stock until cold. The grease will rise to the top. Skim it off; strain the soup through a bag; then cook as wanted.

**38. Barley Soups.**—Beef, chicken, lamb or mutton. Soak one cup of barley in water for two hours; boil until tender in water slightly salted; put the barley in the soup stock (about two quarts from which the fat has been removed), and let it simmer for half an hour.

**39. Cream of Celery Soup.**—Use one quart of soup stock for a small family; one bunch celery, three pints cold water, one-half pint milk, one heaping teaspoon cornstarch, one tablespoon butter; stew celery in the soup; then strain through colander, put back on fire, and season. Now mix the cornstarch with the milk, stir in

the soup, and, lastly, add the butter. Let it boil; then pour into dish in which small squares of toasted bread have been placed. More milk may be used. The toast may be omitted if desired.

**40. Irish Stew.**—Cut cold roast meat or raw meat in chunks, and cover with cold water in a pot. Cook until tender; then add potatoes cut in small chunks, and cook until soft. Season with salt and pepper. This may be varied by adding other vegetables.

**41. Oyster Stew.**—One quart of select oysters, one quart of milk (from which the cream has not been taken), half a cup of butter; salt and pepper. Set the milk on stove, and let it just come to the boil, and put in the oysters just before taking off. Serve immediately.

**42. Vermicelli Soup.**—Take about two quarts of soup stock, and break into it one-quarter pound of vermicelli; season to taste. Boil about fifteen minutes.

**43. Purée of Potatoes.**—Soak four pared potatoes in cold water for half an hour, then put in boiling water, and boil slowly until a fork will pierce them readily. Put one pint of milk on to boil in a double boiler. Rub one tablespoonful of butter and one tablespoonful of flour until very smooth, then stir it into the boiling milk; stir until it thickens. Drain and mash the potatoes through a colander; mix them into the milk, and pour through a sieve. Salt to taste, and boil five minutes in the double boiler.

**44. Purée of Split Peas.**—Soak one-half pint of split peas in lukewarm water over night; put them in boiling water, and boil until soft; then drain and mash them through a colander, and proceed as in Purée of Potatoes.

**45. Purée of Beans.**—Soak one-half pint of dried beans in lukewarm water over night; put them in boiling water, and boil until soft; then drain and mash them through a colander, and proceed as in Purée of Potatoes.

**46. Beef Juice.**—Get a lemon squeezer and a small glass, having them both hot as needed. Broil quickly some pieces of round steak, cut to a size to fit into the cavity of the lemon squeezer, and press out all the juice into the glass. Salt to taste; add a little Cayenne pepper, and serve hot.

**47. Beef Essence.**—Here are two ways of making it. First, chop the lean of beef into small pieces, place them in a wide-mouthed bottle tightly corked, and allow this to stand for four hours in boiling water. This may be given to infants, a teaspoonful

at a time; or to adults, a teaspoonful as a dose. **Government Essence** is made as follows: Take one ounce of chopped beef free from fat, pour over it a half pint of distilled or soft water, add five drops of dilute hydrochloric acid, salt to taste, stir it well, and leave for three hours in a cool place; then strain through a cheese cloth, pressing the meat to force out all the juice, and add a tablespoonful of water while straining. Dose, as above. The hydrochloric acid can be obtained at any drug store. It is composed of elements required by the body, and is a valuable aid to the extraction of the meat juices, as will be seen in the next number.

**48. Beef Tea.**—Take one pound of finely minced lean beef; let it soak for an hour in a pint of water, containing salt to taste and five drops of hydrochloric acid, at a temperature of 100 degrees F., which is blood heat, or slightly over; then filter it through cheese cloth, and allow the residue to be washed with a half pint of fresh water, which will run through the cloth and be added to the tea. Then discard the residue. The liquid tea will be transparent, and contains all the value of the beef. It can be given to a child two years of age and above, as well as to adults. Hydrochloric acid, the commercial name of which is muriatic acid, is composed of chlorine and hydrogen gas, two of the natural elements of the body, and is an intensely active solvent. It is not a drug, nor a medicine.

**49. Beef Extract.**—The following is the U. S. Army Hospital receipt for twelve men: Soak five or six ounces of finely minced beef in a pint of water, soft or distilled being best; add five drops of hydrochloric acid, and salt to taste. After standing for seventy minutes, it should be strained through a cheese cloth, and half a pint of water added in washing the residue. The temperature is best at 100 degrees F.; if it rises to 113, it will coagulate. Therefore it must be served cold or slightly warm, not hot. The processes of 48 and 49 secure all the value of the meat, the albumen, creatine, etc. The main objection to this food is its unpalatability, and its tendency to coagulate as soon as the required heat is added. Therefore the best thing to do is to serve it ice cold, with pure red pepper added. This makes a very nice combination and is liked by invalids. It furnishes an immediate vitality, and affords strength in a very natural form.

## MEATS.

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**50. Roast Beef.**—This should be well cooked, so that the red is just turned to a brown all through.

- 51. Roast Hen.**
- 52. Roast Lamb.**
- 53. Roast Mutton.**
- 54. Roast Turkey.**
- 55. Roast Duckling.**
- 56. Roast Gosling.**
- 57. Roast Chicken.**
- 58. Baked Fish.**
- 59. Broiled Fish.**
- 60. Broiled Beefsteak.**
- 61. Broiled Chicken.**
- 62. Lamb Chops.**
- 63. Mutton Chops.**
- 64. Boiled Meat.**
- 65. Boiled Fish.**

**66. Special Meats.**—There are many varieties of game and animal foods that a person in perfect health may safely eat, and they are included under this number.

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## VEGETABLES.

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This class of food includes the green and ripened vegetables, and while it more properly should exclude all grains, the latter are necessarily classed among the articles known by the general name of vegetables.

- 67. Green Peas.**—The wrinkled sweet varieties are the best.
- 68. String Beans.**
- 69. Shelled Beans, Green;** white, colored and lima.
- 70. Green Corn.**
- 71. Sweet Potatoes.**
- 72. Yams.**
- 73. Beets.**—Young beets are the most nourishing; old beets tend to form fat.
- 74. Carrots.**—Young carrots are to be preferred.



75. Parsnips.  
76. Salsify, or Oyster Plant.  
77. Cabbage.  
78. Cauliflower.  
79. Greens.—These consist of spinach, beet tops, dandelion tops, and turnip tops.  
80. Lettuce.  
81. Celery.—This is not nutritious when raw. It should be cooked in milk.  
82. Asparagus.—This is valuable only when young and tender. The white variety is preferable.  
83. Summer Squash.  
84. Winter Squash.—The Hubbard is the best.  
85. Pumpkin.  
86. Onions and Garlic.  
87. Leeks.—These when tender and young are valuable if boiled and served in milk or cream. Young white onions are also of the same value.
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## EGGS.

This division of animal food was clearly intended for man, subject to sanitary methods of securing the production of the eggs.

88. **Scrambled Eggs.**—Put a lump of butter in the frying pan. Break the eggs into a dish, but do not beat them; and when the butter is melted pour in the eggs, stirring instantly to scramble them, and adding a tablespoonful of milk to each egg. Stir constantly until milk has all been absorbed. Remove from stove and salt to taste.

89. **Boiled Eggs.**—These should be brought to that condition where the white part is nearly coagulated or hardened.

90. **Shirred Eggs.**—Take the small granite or porcelain dishes sold for the purpose and break into them your eggs, being careful to keep the yolks whole. Set them in a larger vessel of boiling water. Try the whites with a fork, and when they are congealed and do not run, serve immediately.

91. **Egg Omelet.**—One-half dozen eggs (whites and yolks beaten separately); a pinch of salt. Stir lightly together. Put butter in a hot pan and pour in the omelet, cooking to a light

brown. When one side is sufficiently done gently turn one-half on top of the other and serve immediately. Some prefer the above with the addition of one-half cup of milk and one-half tablespoon flour or a little cornstarch stirred in.

**92. Poached Eggs.**—These are dropped in hot water, the shells being broken so as not to disturb the shape of the eggs. This may be done by first breaking in a saucer and sliding into the hot water.

**93. Eggs in Nest.**—Make three slices of toast, and butter well. Take three eggs and separate the yolks from the whites, the latter being put in one dish together; and the yolks being put one in each of three cups one-third full of cold water to preserve their shape. Now whip the whites of the eggs until they are very stiff and dry; and heap them on the toast, leaving the center hollow; in this center put some butter and a little salt; remove the yolk from one cup with a spoon, carefully draining off the water, and place the yolk in the hollow of the white on the toast, and butter on top. Fix each slice this way, and set in a moderate oven till the whites are slightly browned.

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## MATURE VEGETABLES AND GRAINS.

Under this head we include many dishes that are prepared and served as vegetables in name only.

**94. Boiled Potatoes.**

**95. Roast Potatoes.**—Pare thin and boil until soft in salted water. Take out and brown nicely in a frying pan with butter. If you are having any kind of a roast put the boiled potatoes in with the roast when it is done, and baste frequently with gravy for a few minutes until browned.

**96. Baked Potatoes.**—Take nice large smooth surfaced potatoes, wash thoroughly and scrape (not cut) off the outer skin. Place in an oven with regular heat until they brown nicely without burning. Take a dry cloth in the hand and feel them; when they are soft and ready to burst serve immediately.

**97. Potatoes Stewed in Cream.**—Pare the potatoes and boil until soft. When soft pour off the water and dress with cream, salt to taste, and a lump of butter.

**98. Mashed Potatoes.**—Pare the potatoes thin and boil until soft. Drain all the water off carefully. Set on the back of the stove

for a minute, and salt. Mash with a potato masher. Add a lump of butter, a little milk or cream and beat up light with a fork.

**99. Potato Puff.**—Take two cups of cold mashed potatoes. Add one tablespoon melted butter, two well-beaten yolks of eggs, one cup milk, and salt to taste, beating up light. Then stir in the frothed whites of two eggs. Put in a greased baking dish and set in the stove to bake.

**100. Scalloped Potatoes.**—Slice four good-sized boiled or steamed potatoes into round slices. Put two tablespoonfuls of butter in a frying pan; and when it is melted mix in two tablespoonfuls of flour until it is smooth; then add one pint of milk, stirring constantly until it boils. Put in a scant teaspoonful of salt. Remove this from the stove. Pour a layer of this sauce in the bottom of a baking dish, then a layer of potatoes, another layer of sauce, continuing in this way until all has been used, having the last layer of the sauce. Sift a little flour or sprinkle a few bread crumbs over the top and set in the oven to brown. Let it bake fifteen minutes and serve in the baking dish.

**101. Stuffed Potatoes.**—Bake six potatoes as usual. When done cut off the tops of the skins and throw these away. With a spoon scoop out all the insides from the remaining skins; mash; add one tablespoonful of butter, a half cup of hot milk, a little salt; heat until very light; add the well-beaten whites of two eggs; stir; fill the skins with the mixture; brush the tops with the yolks of the eggs; and put in the oven to brown.

**102. Hashed Brown Potatoes.**—Pare two good-sized potatoes and cut them into dice. Put one tablespoonful of butter in a frying pan; and, when it is melted, mix in one tablespoonful of flour until thoroughly smooth; then add a half pint of milk, stirring constantly until it boils. Put in a half teaspoonful of salt. Place sauce and potatoes in a baking dish the same as for Scalloped Potatoes. The potatoes in this are uncooked when put in the baking dish. Bake in a moderate oven for thirty minutes. Serve in the baking dish.

**103. Mashed Squash.**—Pare, seed, and slice the squash, then steam until tender. Mash and add a pinch of salt, a lump of butter, and a little milk or cream. Beat up light with a fork. The milk or cream may be omitted if desired.

**104. Stewed Onions.**—Peel the onions, then boil in salted water until tender. Carefully drain the water off and dress with

hot milk, a lump of butter rolled in flour, salt and pepper. Serve hot.

**105. Creamed Cauliflower.**—Tie up in netting and boil about one-half hour in salted water until tender. Drain, untie, lay in a dish and dress with a little hot milk, a lump of butter rolled in flour, pepper and salt.

**106. Creamed Parsnips.**—Pare the parsnips and put in cold water. Put them in boiling water and boil until tender, which will take from forty-five minutes to an hour and a half, depending on the age. Drain off the water, place them in the dish in which they are to be served, and over this pour the cream sauce. To make this sauce put one tablespoonful of butter in a frying pan, and when melted mix in one tablespoonful of flour, until thoroughly smooth; then add a half pint of milk and a half teaspoonful of salt, and stir constantly until it boils.

**107. Stewed Red Beans.**—Soak one pint of dried red beans in lukewarm water over night. Put on the back part of the stove in cold water. Let them come to a par-boil, then drain off the water and rinse several times. Put on in cold water and cook slowly until done. Dress with salt and butter to taste.

**108. Stewed White Beans.**—Soak one pint dried white beans in lukewarm water over night; then put on in boiling water until soft; drain off the water and dress with butter and salt. A little cream or milk may be added. If the lump of butter is rolled in flour and then added it makes them taste like the fresh beans.

**109. Lima Beans.**—Soak one quart of dried lima beans over night in lukewarm water. Cook till soft in boiling water, then pour water off and dress the beans with one tablespoon of butter rolled in flour, and salt to taste.

**110. Stewed Speckled Beans.**—Proceed same as for Stewed Red Beans.

**111. Plain Baked Beans.**—Soak one quart of dried white pea beans in lukewarm water over night. Drain them, then put on to boil in cold water. When they begin to get soft pour them into a baking dish, season with salt and butter and sprinkle a little flour over the top, then set in the oven to brown for about twenty minutes. They should not be wet when done, but should be moist.

**112. Boiled Hominy.**—Prepare as stated under 23; but dress in butter when served as a vegetable.

**113. Boiled Rice.**—Put three quarts of boiling water in a

saucepan, add a teaspoonful of salt, and let it boil very rapidly. Wash one cup of rice and sprinkle so gently into the boiling water as not to stop the boiling. When all the grains are in stir it around once with a fork, then put on the lid and boil very rapidly twenty minutes. Do not stir it again, as the grains will fall to the bottom and burn. The motion of the rapid boiling will prevent burning and will allow each grain to swell to about three times its size. Pour into a colander and drain off all the water; then put the colander on a tin pan and set in the oven for five minutes with the oven door wide open; this is to make the rice soft, snowy white, and perfectly dry. An egg may then be beaten in if desired. This may be served as a vegetable or eaten hot or cold with cream and sugar or milk and sugar. The dish in which it is served should be an uncovered one.

**114. Rice Croquettes.**—Take cold Boiled Rice and add to it a well beaten egg. Salt to taste. Form this into round or oblong shapes. Roll them in a well-beaten egg, then in flour and brown lightly in butter.

**115. Split Peas.**—Soak over night. Put on in cold water and cook slowly until done. It takes about three hours. To one quart of peas use one-half pound of fat meat boiled with them, or season with butter instead.

**116. Macaroni Baked with Cheese.**—Break a quarter of a pound of macaroni into pieces about two inches long and wash them. Put this in about two quarts of boiling water, to which a teaspoonful of salt has been added, and boil rapidly, to prevent the pieces sticking together, for twenty-five minutes. Drain off the water in a colander and blanch it by putting it in cold water for ten minutes; drain again. Put a layer of macaroni in the baking dish, salt it and grate cheese over it; next put another layer of the macaroni and so continue until the dish is filled, having the last layer of cheese. Cut in small bits and put over the top a tablespoonful of butter, add a half cup of cream or milk and bake for about twenty minutes until the top is a nice golden brown. Serve in the baking dish.

**117. Spaghetti.**—Break the spaghetti into pieces about two inches long. Put about half a pound of the spaghetti into a two-quart kettle full of boiling water, to which a teaspoonful of salt has been added, and boil rapidly thirty minutes. Drain off the water, then add one pint boiling water. Rub two tablespoonfuls

of flour with one large tablespoonful of butter until it is smooth, and add to the boiling spaghetti, stirring constantly until it thickens. Salt to taste.

**118. Browned Mush.**—Slice cold corn meal mush and brown it slightly in butter; having it heated quite hot to the center.

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## FRUITS.

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These are fully explained in the Book of General Membership; and the long chapter therein should be carefully read and fully understood.

**119. Baked Sweet Apples.**

**120. Pears.**

**121. Peaches.**

**122. Grapes.**

**123. Apricots.**

**124. Blackberries.**

**125. Raspberries.**

**126. Pineapple.**

**127. Plums.**

**128. Prunes.**

**129. Olives.**

**130. Cantaloupe.**

**131. Nuts.**—See page 71.

**132. Fruit Butter.**

**133. Preserves.**

**134. Jellies.**

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## FRUITS AND BUTTERS.

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**Fruit Butter.**—Fruit Butters are always safe and free from disease germs, while ordinary butter from cream is not. The fact is, that all the grease butters are becoming unsafe, owing to adulterations and to germs even in cream butter. Fruit butters are also much cheaper.

**How to Cook.**—Fruit should be cooked rapidly, as slow cooking toughens it. Put on in boiling water, just enough to stew it. Cook until soft before adding sugar. Use as much sugar as there

is fruit. Stir constantly, and take off when it commences to jelly. To make smooth, run through a colander. *Grapes*.—Separate pulps from skins, take out seeds through colander; then cook skins and pulps together. *Plums and Peaches*.—Pour scalding water over plums, and the skins will readily come off. If clingstones, you can take the pits out as they cook. *Cherries*.—Take out the pits. *Apples, Crab-apples, Pears and Quinces* should be pared and cored. *Blackberries, Strawberries, etc.*, are cooked as they are, but should be looked over and selected. Seal hot in glass jars.

**Preserves**.—Use same quantity of sugar as fruit. Put sugar on first, over slow fire, in just water enough to melt it; then bring this to a boil, and add the fruit. Do not stir, except to avoid burning. When it jellies, seal hot in glass jars. Apples and quinces should be pared, cored, and cooked until tender, but not too soft, before putting into the sugar. Peaches should be pared only. Plums, cherries and berries left whole. Pears should be pared, cut in halves and cored.

**Jellies**.—Where the whole fruit is used for jelly, the skins should be retained. The fruit is put on first in boiling water, just enough to stew it. Cook until soft enough to strain, first through a linen bag, then through a soft white flannel bag. Then put in as much sugar as juice, and cook about twenty minutes, until it jellies. Fill in glasses, and let stand uncovered until thoroughly cold.

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## PUDDINGS AND CAKES.

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A large list is presented here, for the reason that they are wholesome and quite apart from the usual pastry seen on the table of home or hotel.

**135. Small Sponge Cake**.—Beat three eggs very, very light; mix in thoroughly one cup of powdered sugar, a pinch of salt, and flavor to taste. Lastly, beat in one cup of sifted flour, and bake. No baking powder is used. Bake ten minutes in a rather quick oven, and do not open the oven-door until the end of that time, or the cake will fall.

**136. Lady Fingers**.—Make the batter as for Small Sponge Cake, and pour out in strips about four inches long; then bake.

**137. Short Cake**.—Rub one tablespoonful of butter and one

cup of powdered sugar to a cream; beat, and add the yolks of three eggs, one heaping cupful of sifted flour, two tablespoonfuls of cream, and, lastly the frothed whites of the three eggs. Bake in two layers. Try with a broom splint, and when it will come out dry, with no batter adhering to it, the cake is done. When the cake is cold, place about a quart of stemmed berries, plentifully sprinkled with powdered sugar, between the layers. Serve with whipped cream or cream.

**138. Custard Cake.**—Make the batter the same as for Small Sponge Cake or Short Cake, and bake in two layers. For the custard take two eggs, three-fourths cup of sugar, one pint of milk, a pinch of salt, one teaspoonful of cornstarch moistened in milk, and one teaspoonful of vanilla, or whatever flavoring is preferred. Cook in a double boiler, stirring constantly, until it thickens. When quite thick, remove from the stove, and set away to get cold. Spread this then between the two layers of cake.

**139. Ralston Plum Pudding.**—Butter a deep, high pudding dish well. Fill it two-thirds full of Boston crackers split in halves, and cover with milk over night. Set it in a cold place. Two quarts of milk are required for this pudding, and as much from this as is needed to cover the crackers should be used. The next morning turn the crackers out in a dish or bowl. Do not wash the pudding dish in which they were soaked over night, but put in it a layer of crackers, one by one, taking as little milk as possible with them, and using care to keep them whole. Then put in a layer of seeded raisins, and so continue until all the crackers have been used. It will take a pound of raisins. The top layer must be of crackers. Beat up seven eggs with a cup and a half of sugar, a little nutmeg and a pinch of salt; then add the milk that was left from the two quarts and that left in which the crackers were soaked; pour this over the crackers in the pudding dish, and bake about two hours in a moderate oven. Run a carving knife in the centre of the pudding, and if there is no milk adheres to it, it is done. Stand it aside in the pudding dish until thoroughly cold. It is best to make it the day before using it. When you wish to serve it, turn it out on a platter.

**140. Baked Cornstarch Pudding.**—Mix yolks of two eggs with a half cup of sugar, three tablespoonfuls of cornstarch moistened with milk, one teaspoonful of vanilla and one quart of milk. Bake in a pudding dish, stirring frequently, until it begins to thicken.



When thick, remove from the stove, and spread over the top a meringue made from the frothed whites of the two eggs whipped with a half cup of powdered sugar, and set in the oven to brown lightly.

**141. Cup Custard.**—Beat four eggs, add two-thirds of a cup of sugar, a quart of milk and a tablespoonful of vanilla. Pour this into cups, and place them in a pan of water; set into the oven, and bake with moderate heat. When they thicken, try them by doubling a broom splint and running it in the centre of the cup; if it comes out dry, without custard adhering to it, they are done. Serve very cold.

**142. Rice Custard Pudding.**—Cook one cup of rice as for Boiled Rice. Beat four eggs with a cup of sugar until light; add a little salt, then a quart of milk. Mix this with the boiled rice, and pour into a baking dish. Flavor with one teaspoonful of vanilla, and over the top cut in small pieces a tablespoonful of butter. Set in the oven in a pan of boiling water, and bake until it thickens and a doubled broom splint run in the center of pudding will come out without custard adhering to it.

**143. Boiled Custard Pudding.**—Four eggs (whites and yolks beaten together), three-fourths cup sugar, one quart of milk, a pinch of salt, and one-half teaspoon of vanilla, lemon or whatever flavoring is preferred. Cook in a double boiler until custard thickens. Set on ice, and eat when cold.

**144. Baked Custard Pudding.**—Four eggs (whites and yolks beaten together), three-fourths cup sugar, one quart of milk and a pinch of salt. Bake in a pudding dish; set in the oven in a pan of water, being careful to remove from stove as soon as it thickens and the custard feels firm to the hand. Serve cold in the pudding dish. If desired, when first removed from the stove, put on top of it the well-beaten whites of two eggs, over which is grated a little nutmeg, or flavored with lemon juice, and set in a quick oven till it browns.

**145. Sea Moss, Iceland or Irish Moss Blanc Mange.**—Wash four tablespoonfuls of sea moss through several waters, removing dark ends; then soak over night. Put on a quart of milk to boil in a double boiler; when boiling, put in the sea moss, and cook until it hardens when dropped on a plate; then strain, and add a pinch of salt and a teaspoonful of vanilla. Pour it into a mold or cups wet in cold water. Serve cold, with cream and sugar.

**146. Sea Moss Farine.**—Put on one quart of milk to boil in a double boiler. When the milk has begun to warm, sprinkle in one level dessertspoonful of sea moss farine, stirring so as to prevent lumping; then add a half cup of sugar, and cook for half an hour, stirring occasionally. Remove from the stove, and flavor with a teaspoonful of vanilla, lemon or any flavoring preferred. A teaspoon of cocoa, moistened with cold milk and stirred in before taking from the stove, and then vanilla added, is very nice. Pour into a mold or custard cups to harden. Serve cold, with cream or sugar.

**147. Tapioca Custard.**—Wash, then soak three tablespoonfuls of pearl tapioca over night. Beat four eggs with two-thirds of a cup of sugar until light; then add a quart of milk and a teaspoonful of vanilla. Mix with the tapioca, from which the water has been drained. Put in a baking dish, and set in a pan of boiling water in the oven to bake, the same as Rice Custard.

**148. Blanc Mange.**—Put a quart of milk on to boil in a double boiler. Moisten eight tablespoonfuls of cornstarch with a little cold milk, then add it to the boiling milk, and stir until it thickens; add a half cup of sugar and a pinch of salt. Pour into a pudding mold or cups, and set away to harden. Serve cold, with cream and sugar.

**149. Almond Blanc Mange.**—Make the pudding the same as for Blanc Mange; but before turning into the pudding mold, mix in very thoroughly one-half pound blanched almond meats, minced very fine. The skins of the almonds should be removed by pouring boiling water over them, and let them remain there for about five minutes; then throw them into cold water, and rub between hands.

**150. Fruit Custard Pudding.**—Any kind of fresh, preserved or canned fruit may be used. Apples or pears should be pared, cored and cooked; peaches, oranges, bananas or pineapples are simply pared and sliced, removing all stringy parts, and blackberries, raspberries or strawberries are stemmed. Put one pint of milk on in a double boiler. Beat the yolks of four eggs with two tablespoonfuls of sugar, and add two level tablespoonfuls of cornstarch moistened in milk. Put this in the milk when it is near to boiling, and stir carefully until quite thick. Remove from the stove; pour into a glass pudding dish to get cold and stiff. Take fruit enough to make a thick layer on top of the custard in the pudding dish, but do

not lay it on until the custard is cold. The fruit should be lightly sugared and set away to get cold. Whip the whites of the four eggs to a froth, then beat in two level tablespoonfuls of powdered sugar until quite stiff. When all is very cold, take the pudding dish containing the custard, and add a layer of fruit, and on top of this put the frothed whites of eggs. Instead of the whites of eggs, whipped cream may be substituted for the top, in which case the whites of two of the eggs are beaten in the cornstarch custard and the other two in the whipped cream.

**151. Baked Rice.**—Put one-half cup rice (uncooked), one quart of milk and one-half cup sugar in a baking dish, and mix together; put it in the oven to bake; stir frequently while the rice is swelling. When the pudding has begun to thicken, stop stirring it. It should bake about three-quarters of an hour. Serve cold.

**152. Nesselrode Pudding.**—Soak a half box of gelatine in a half pint of cold water for a half hour. Seed and chop fine two-thirds of a cup of raisins; also chop half a cup of candied cherries. Put on a pint of milk in a double boiler. Beat the yolks of five eggs with two-thirds of a cup of sugar until light, then add them to the boiling milk. Cook for a minute; add the gelatine, and stir until it is dissolved. Mix in the raisins, cherries and six macaroons, a teaspoonful of vanilla and the whites of the five eggs frothed very stiff. Stir until it begins to thicken; then remove from the fire, and pour into a pudding mold which has been wet in cold water. This is better if made the day before using. Serve ice cold on a platter, with a pint of cream whipped and heaped around it. Three tablespoonfuls of almonds, pounded fine in a cloth, and a half cup of grated cocoanut may be added, instead of the cherries and macaroons, if desired.

**153. Hamburg Cream.**—Beat the yolks of five eggs with one cup of sifted powdered sugar and the juice of one lemon; put it on the fire in a double boiler, and let it come to a boil; then add the frothed whites of the five eggs beaten thoroughly and quickly. Remove from the stove. Serve ice cold.

**154. Italian Cream.**—Soak one-half box of gelatine covered with one-half cup of water for a half hour. Put one quart of milk on to boil in a double boiler. Beat the yolks of four eggs with one-half cup of sugar until light, then stir them into the boiling milk; stir constantly for a minute, then remove it from the fire, and add the gelatine and a scant teaspoonful of vanilla. Let this cool, but

not enough to stiffen, and add the frothed whites of the four eggs. Put in a mold to harden, and serve ice cold.

**155. Tapioca Pudding.**—Wash, then put to soak over night one cupful of tapioca in a quart of water; then put this on to cook in a double boiler, with about three-quarters of a cupful of sugar. Cook until the tapioca is clear. Remove from the stove, and add a teaspoonful of vanilla. Set away to get cold. Put a half teaspoonful of vanilla and two tablespoonfuls of sugar in a pint of cream, and whip as for Whipped Cream. When the pudding is thoroughly cold, heap the whipped cream upon it, and serve very cold.

**156. Fruit Tapioca Pudding.**—Proceed as for Tapioca Pudding, adding a half cupful of jelly or preserves of any kind, mashed fine, so as to mix in easily when the vanilla is added.

**157. Quaking Custard.**—Soak a half box of gelatine a half hour in enough water to cover it. Put a quart of milk on to boil in a double boiler. Beat the yolks of five eggs with a half cup of sugar until light, then stir into the boiling milk; next add the gelatine, and stir over the fire for a minute. Remove from the stove, pour in a mold, and set away to harden. When ready to serve, froth the white of the five eggs, gradually beating in about three tablespoonfuls of powdered sugar, and beating until very stiff. Turn the pudding out of the mold into the center of a platter, and heap the frothed whites all around it. Serve cold.

**158. Parisian Charlotte.**—Soak one-third of a box of gelatine in enough cold water to cover it for a half hour. Whip a pint of cream as for Whipped Cream, and set it away until ready to use it. Put another pint of cream on to boil in a double boiler. Beat four eggs (whites and yolks together) with two tablespoonfuls of sugar until light, then add to the boiling cream, and stir for a minute until it thickens; then stir in the gelatine. Remove from the stove, and add a teaspoonful of vanilla, six lady fingers, eight macaroons and a cupful of grated cocoanut; pour this into a bowl, and set in a pan of cracked ice, stirring it constantly until it begins to thicken; then add the pint of cream whipped, and stir until thoroughly mixed. Pour into a mold which has been wet with cold water, and set on ice to harden.

**159. Gold and Silver Jelly.**—For the Gold Jelly, put one-third of a box of gelatine to soak for a half hour in enough cold water to cover it. Put on a pint of milk to boil in a double boiler, and

when boiling, add a half cup of toasted bread crumbs, and cook about five minutes; then add a half cup of sugar and a pinch of salt. Beat the yolks of two eggs and one whole egg together until very light; stir this into the boiling milk, and cook for three minutes. Remove from the stove, and add the gelatine and a teaspoonful vanilla. Set in a pan of cold water, and stir until cool; then lightly stir in a cup of cream, whipped. Pour into a mold which has been wet in cold water, and set on ice to harden while you prepare the Silver Jelly. For the Silver Jelly, put one-third of a box of gelatine to soak for a half hour in enough cold water to cover it. Put on a pint of milk to boil in a double boiler, and when boiling, add a half cup of toasted bread crumbs, and cook about five minutes; then add a half cup of sugar and a pinch of salt. Remove from the fire, and stir in the stiff frothed whites of the two eggs; add the gelatine and a teaspoonful of vanilla. Set in a pan of cold water, and stir until cool; then lightly stir in a cup of cream, whipped. When the Gold Jelly in the mold is hard enough to feel firm to the touch, carefully pour the Silver Jelly on top of it in the mold, and set away to get very cold and hard.

**160. Bread Custard Pudding.**—Beat four eggs with three-fourths of a cup of sugar until light; then add a pinch of salt and a quart of milk. Flavor with a little grated nutmeg or a half teaspoonful of vanilla. Toast three slices of bread to a nice light brown, cut off the crust, and cut into squares about two inches each. Butter these well; then, after dipping in the custard, let them float on the top. Set this in the oven in a pan of boiling water, and cook until a straw run into the center of it comes out dry. Serve very cold.

**161. Imperial Rice Pudding.**—Soak a third of a box of gelatine a half hour in a half cupful of water. Put on one and a half pints milk in a double boiler. When boiling, stir in a half cupful of rice and a pinch of salt. Cook about thirty minutes; then stir in carefully a half cupful sugar and a teaspoonful vanilla. Remove from the stove, and stir in the gelatine. When cool, stir in a pint of cream, whipped as for Whipped Cream. Pour into a mold, and set away to harden. Serve very cold.

**162. Rice Cream.**—Soak a half box of gelatine in a pint of cold water for a half hour. Put on a quart of milk in a double boiler. When boiling, add one tablespoonful rice flour moistened in cold milk, stirring it in carefully to prevent lumping; also add

four tablespoonfuls sugar. Stir on the stove for about five minutes; put in the gelatine, and stir until it is dissolved; then remove from the stove, and flavor with a teaspoonful vanilla. Stir until cold; then mix in the whites of two eggs frothed very stiff, and set away to harden. Serve cold. Whipped Cream may be used instead of the whites of eggs.

**163. Rice Soufflé.**—Work two tablespoonfuls of butter and five tablespoonfuls of sugar together until thoroughly blended and creamy; then beat in three tablespoonfuls of rice flour and the yolks of six eggs until very light. Put on a half pint of cream in a double boiler. When it is boiling, mix in the above mixture, stirring constantly until it thickens. Remove from the stove, and add a small pinch of salt and a teaspoonful of vanilla. Beat the whites of eggs to a very stiff froth, and lightly stir them in. Serve cold in a glass dish.

**164. Rice Meringue.**—Boil a half cup of rice until tender, then drain in a colander. Work one cup of sugar and one tablespoonful of butter to a cream; then beat in the yolks of three eggs until very light, and the juice of half a lemon. Stir a half pint of milk with the boiled rice; then add the above mixture. Turn the whole into a baking dish, and bake in a quick oven about fifteen minutes. Beat the whites of the three eggs until foamy; then add gradually three tablespoonfuls of powdered sugar, beating all the time, until stiff enough to stand alone. Heap this meringue over the top of the pudding, and set in the oven to brown. Serve cold in the dish in which it was baked.

**165. Charlotte Russe.**—Bake two layers of Small Sponge Cake. Place one layer in the bottom of a glass pudding dish, then a half pint of flavored whipped cream, and on top the other layer of cake. Serve very cold.

**166. Baked Indian Pudding.**—Put a quart of milk on to boil in a double boiler. Mix one egg with two tablespoonfuls of sugar; then add a half cupful of molasses, three tablespoonfuls of Indian meal, and a pinch of salt; add to the boiling milk, and stir until it thickens. Then pour it into a buttered baking dish, and bake slowly for two hours.

**167. Baked Indian Pudding with Fruit.**—Make the same as for Baked Indian Pudding, but when it is in the baking dish, before putting it in the oven, stick pieces of sweet apples or sweet pears in it; then put in the oven and bake.

**168. Chocolate Bavarian Cream.**—Cover a half box of gelatine with a half cup of water, and let it soak for a half hour. Whip one pint of cream as for Whipped Cream. Let one pint of milk come to the boil, then add to it one heaping teaspoonful of cocoa or grated chocolate and the gelatine, and stir it until thoroughly dissolved. Remove from the fire, and stir in a half cup of sugar and a scant teaspoonful of vanilla. Pour out into a tin dish, and set in cold water to cool, stirring it constantly. When about cool, mix in thoroughly the pint of whipped cream; then pour in a mold to harden for three or four hours. Serve cold.

**169. Fruit Bavarian Cream.**—Cover a half box of gelatine with a half cup of water, and let it soak for a half hour. Whip one pint of cream as for Whipped Cream. Let one pint of milk come to the boil; then add the gelatine, and stir until thoroughly dissolved. Remove from the fire, and stir in a half cup of sugar and a scant teaspoonful of vanilla. Pour out into a tin dish, and set in cold water to cool, stirring it constantly. When about cool, mix in thoroughly a half cup of preserved or canned fruit of any kind. The fruit must be run through a colander. Next add the whipped cream. Pour into a mold to harden for three or four hours, and serve very cold.

**170. Caledonian Cream.**—Beat the whites of three eggs to a very stiff froth, then whip in three tablespoonfuls of powdered sugar and one tablespoonful of any kind of jelly, which should be chopped fine, so as to mix easily. Beat until a smooth thick cream, and set away to get very cold. Serve with Whipped Cream. Ice cream or plain cream may be used instead of the whipped cream.

**171. Spanish Cream.**—Soak one-half box of gelatine with one-half cup of water for thirty minutes. Put one quart of milk in a double boiler to boil. Beat the yolks of four eggs; then add eight tablespoonfuls of sugar, one teaspoonful of vanilla and the juice of one lemon. When the milk is boiling, add the gelatine, and stir until thoroughly dissolved; then stir in the beaten eggs, sugar and flavoring, beating it well, and finally adding the whites of the four eggs before removing from the stove. This should stand several hours before using.

**172. Coconut Cream Pudding.**—Put one pint of milk on to boil in a double boiler. Moisten four tablespoonfuls of cornstarch with a little cold milk, and add to the boiling milk, stirring until smooth. Add a half cup of sugar and the whites of four eggs,

frothed very stiff, to the pudding. Beat this well over the fire for three minutes; then stir in two cups of grated cocoanut and a teaspoonful of vanilla. Pour into a mold, and set away in a cold place to harden. Serve with cold Vanilla Sauce.

**173. Whipped Cream.**—Put one pint of cream in small crank churn or cream whipper, having both cream and churn thoroughly cold. Whip in a cold place. Have a colander set in a dish, and as the stiff cream rises in the churn, skim it off and put in the colander. The cream that drains through the colander into the dish below can be poured into the churn and rebeaten. If the cream is very rich, half the quantity in new milk should be added. When the whipped cream is to be used in Charlottes, or alone as a dessert or dressing, it should be flavored and sweetened before it is whipped. A few trials will make whipping cream no trouble.

**174. Angel Cream.**—Put one pint of milk in a double boiler to boil. When boiling, add a half cup of sugar, a pinch of salt and three level tablespoonfuls of cornstarch moistened in milk, and a half teaspoonful of vanilla. Stir carefully to prevent lumping, and remove from the stove when quite thick, and lightly whip in the frothed whites of two eggs. Mix the yolks of the two eggs, a scant pint of milk and a teaspoonful of vanilla, and let it come to the boil. Pour this in a glass pudding dish, and over it pour the first part, containing the cornstarch. Serve very cold.

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## ICINGS AND SAUCES.

**175. Caramel Sauce.**—Put a cupful of granulated sugar in an iron saucepan over a quick fire, and stir with a wooden spoon until the sugar melts and turns the color of amber; then add a cupful of boiling water, and let it boil two minutes. Pour into a pitcher to cool.

**176. Caramel Flavoring.**—Make Caramel Sauce, and while hot, pour into a bottle and cork. Use this for flavoring in any pudding desired, instead of vanilla or lemon, using quantity to suit the taste.

**177. Creamy Sauce.**—Beat a half cupful butter to a cream, and very gradually beating all the time, stir in a half cupful of powdered sugar. When very light, add three tablespoonfuls of



cream, only a little at a time. Put the dish containing this in a pan of boiling water, and stir until the sauce is very smooth and creamy, but not longer. Add the flavoring, which may be vanilla, caramel, lemon, or fruit juice of any kind, and serve.

**178. Hard Sauce.**—Beat a half cupful butter to a cream, and very gradually add two cupfuls of powdered sugar, beating until it is very light. Add the whites of two eggs, one at a time, beating until frothy; add the flavoring, vanilla or lemon, and beat again. Let it harden on ice. Serve very cold.

**179. Custard Sauce.**—Beat one egg well, and add one tablespoonful of sugar, then one pint of milk. Let this come to the boil. Remove from the stove, add a half teaspoonful vanilla, and set away to cool. Serve very cold. This is a very nice sauce.

**180. Plain Icing.**—Beat the whites of two eggs (which should be cold to beat well) to a very stiff froth; then gradually add one cupful of sifted powdered sugar, beating all the while. Flavor with a scant teaspoonful of vanilla and beat until very firm and stiff. Set away in cool place until it is wanted, and spread on the cake with a knife dipped in ice water.

**181. Chocolate Icing.**—Make same as for Plain Icing, and beat in a quarter pound of grated chocolate moistened with one tablespoonful of cream before the vanilla is added.

**182. Cocoa Icing.**—Make same as for Plain Icing, and beat in a teaspoonful of cocoa moistened with one teaspoonful of cream before the vanilla is added. Other icings may be made by flavoring plain icing with any fruit juice or caramel.

**183. Boiled Icing.**—Boil two cups of granulated sugar with one cup of boiling water until it ropes. Beat the whites of two eggs to a stiff froth and add to the syrup, and beat until it is cold and thick. Flavor to taste.

**184. Vanilla Sauce.**—Put a pint of milk on to boil in a double boiler. Beat four eggs with two tablespoons of sugar until light, and stir into the boiling milk over the fire for about two minutes. Add a teaspoonful of vanilla, and set away to get cold.

**185. Ice Cream.**—Whip a quart of thin or single cream (not cream mixed with milk) until a pint of froth has been removed, and set in a cold place until wanted. Scald the remainder of the cream, then add a scant cup of sugar. Remove from the stove, and when cold add a teaspoonful of vanilla, and the whipped cream. Then freeze. Instead of the vanilla, lemon, chocolate or

cocoa moistened in cold milk, caramel, or fresh fruit may be used, or any kind of flavoring.

**186. Water Ices.**—Boil a quart of water with a pint of sugar until it is clear. When cool add a pint of canned or preserved fruit and freeze; or a pint of the raw fruit juice may be added, as of lemons or oranges. The freezer must be turned rapidly and continuously until the mixture is hard to make the ice smooth and creamy.

**187. Sherbert.**—Make the same as for Water Ioe, adding the white of an egg frothed very stiff when the sherbert is partly frozen.

**188. Frozen Custard.**—Scald a quart of milk. Beat the yolks of six eggs until thick and creamy. Add a cup of sugar and pinch of salt to the eggs, and beat again. Pour the hot milk over this, and when well mixed turn into a double boiler and cook until thick and creamy. Stir constantly. When cold add a teaspoonful of vanilla and freeze. A half cup of cream stirred in just before freezing improves it.

**189. Tutti-frutti Ice Cream.**—Make as for Ice Cream, and when partly frozen add a pound of chopped French fruit. Any of the following may be used, or several may be mixed together: cherries, plums, apricots, pears, strawberries, angelica, Canton ginger, Chinese oranges, etc., or figs, dates, seeded raisins, currants, or citron. French fruit should be cut fine and softened by soaking in hot syrup. Dried fruit should be washed, picked over, stoned or seeded, and cut fine. Raisins should be steeped in boiling water, enough to cover them, till swollen and tender, then drained, seeded and chopped. Citron should be shaved in small thin slices.

**190. Frozen Pudding.**—Make same as for Frozen Custard, and when partly frozen add a half pound of nuts, as almonds, walnuts or pistachios. The nuts should be blanched, then pounded fine. Nut ice creams require a long time to freeze. In addition to the nuts a cup of macaroon or sponge cake crumbs may be added.

**191. Stuffed Dates.**—Shell almonds and pour boiling water over the meats to remove the skins. If the water is not boiling there is difficulty in removing the skins. Cut the dates open along one side and remove the stones, putting the almond meats into the holes where the stones were. Place these in a shallow dish. Powdered sugar may be sprinkled over them if desired. It requires about half a pound of almonds to a pound of dates. Have a basin

of water and a towel close by when stoning the dates as, being so sticky, the fingers require frequent washing. In place of the almond a half of an English walnut may be placed in the date, allowing it to partly protrude out of the hole.

**192. Mild Cheese.**—No other cheese should be eaten.

**193. Broths.**—These are light soups. Soak any meat, chicken preferred, for an hour or more in cold water; the bones being included, and generally crushed. Do not change the water. Add pearl barley, rice or vermicelli, put on a slow fire, and cook for two or three hours, skimming and stirring.

**194. Arrowroot Blanc Mange.**—Take two tablespoonfuls of arrowroot, three-quarters of a pint of milk, and add lemon juice and sugar to taste. Mix the arrowroot first to a smooth butter with a little of the milk. Put the rest of the milk on the fire, then add the arrowroot, sugar and lemon, stirring continually till it thickens. Put in a mold and serve cold.

**195. Oatmeal Gruel.**—Take two tablespoonfuls of oatmeal, one saltspoonful of salt, one scant teaspoonful of sugar, one cup of boiling water, and one cup of milk. Cook for an hour; then strain.

**196. Scotch Broth.**—Take a pint of cooked beef broth, strain carefully, add a teaspoonful of oatmeal, boil for two hours, replacing the water as it evaporates. This is a very nourishing broth.

**197. Crackers.**—These are useful when not made with alum or other poisons, as is too often the case. The plain crackers are the best.

**198. Indian Meal Gruel.**—Take two teaspoonfuls of corn meal, one tablespoonful of flour, one teaspoonful of salt, same of sugar, one cup of milk, and one quart of boiling water. Mix the meal, flour, salt and sugar in cold water, then put it into the boiling water, and cook in a double boiler for three hours. Then add the milk and serve.

**199. Milk Porridge.**—Take two quarts of milk, six ounces of flour, and one and a half pints of water. Tie the flour closely in a bag and boil four hours, then grate it to a powder, mixing in cold water to a smooth paste. Add the milk and water as stated above, and boil ten minutes.

**200. Special Fruits.**—Other fruits than those stated in 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130 may be used, but are subject to the rules stated in the book of General Membership, which see.

## DIET IN HEALTH.

Before taking up the study of diet in disease it is proper that we should present the best foods for use among those who are in good health and do not wish to become ill. There are two conditions that tend to disease.

1. Lack of vitality.
2. Lack of proper food, including the use of improper food.

There may be lack of vitality even when proper food is taken but the latter is constantly tending to overcome the former, while improper food will quickly rob the body of its best vitality, and disease steps readily in. It is true that a person in health can safely eat any wrong article of food or drink any stimulant in connection with wholesome foods and drinks; but the word "safely" means without immediate collapse. Most maladies get a foothold silently and secretly, and the rampant boaster who says "Pooh, I can eat anything and it never hurts me," thinks he has an exceptional constitution when he in effect says, "I can cut a thread in the rope that sustains the bridge and the bridge will not fall." No, it will not fall when one thread or when a hundred threads shall have been cut.

**In health there are numerous conditions, which we will call by seasons, ages and temperaments. It must be remembered that these do not now apply to questions of diet in disease; merely in health. In other words, what foods are best calculated to produce strength, comfort and satisfaction to persons who are well.**

1. **In winter and in cold climates.**
2. **In spring and in damp climates.**
3. **In summer and in hot climates.**
4. **In autumn and in dry climates.**
5. **In infancy.**
6. **In youth.**
7. **In middle life.**
8. **In old age.**
9. **In thinness.**
10. **In corpulence.**
11. **In nervous temperaments.**
12. **In sluggish temperaments.**
13. **In sanguine temperaments.**
14. **In melancholic temperaments.**

- 15. In hot temperaments.
- 16. In cold temperaments.
- 17. In balanced temperaments.
- 18. In sedentary habits.
- 19. In hard working habits.

The foregoing classification is made solely for convenience in this work, and need not in any way bear upon other considerations of the same details elsewhere.

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## BREAKFASTS FOR THE SEASONS.

**In winter and in cold climates** the foods must be more heat-producing, or else the vitality will run low, colds will be caught and the extremities will suffer accordingly, while the action of the heart will be lessened through a general chill. For breakfasts we recommend 1, 17, 22, 26, 28, 33, 60, 91, 96, 102, 113 as special heaters and strengtheners. The meat is not needed for either purpose, and could as well be omitted. Its use is of no value in such a strong array. If 17 is used 22 may be omitted or not; and the same is true of 26 and 28. Many other articles may be used.

**In spring and in damp climates** we recommend 1, 17, 19, 20, 23, 26, 31, 35, 59, 63, 89, 90, 92, 96; selecting such from the list as you may prefer.

**In summer and in hot climates** we recommend 5, 6, 7, 11, 19, 23, 27, 31, 32, 35, 59, 62, 88, 96; making such selections from these as you please.

**In autumn and in dry climates** that are neither excessively hot nor cold we recommend 9, 10, 17, 19, 20, 23, 26, 28, 29, 30, 31, 32, 35, 59, 60, 61, 62, 63, 88, 89, 90, 93, 96, 102; making such selections from these as you prefer.

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## DINNERS FOR THE SEASONS.

**In winter and in cold climates** we recommend 32, 33, 34, 38, 40, 41, 43, 50, 54, 58, 60, 63, 64, 66, 71, 72, 91, 94, 95, 97, 98, 100, 107, 108, 109, 114, 116, 117, 119, 128, 129, 131, 134, 139, 140, and any puddings or creams in the remainder of the list. Selections are to be made from the numbers, and anything may be added that you relish, if taken from the Ralston diet.

**In spring and in damp climates** we recommend the list just given for winter, except that 2, 3, 44, 59, 77, 78, 79, 115, 118 and 132 may be added; and selections made from the full list to suit the relish.

**In summer and in hot climates** the dinners materially change. We recommend 5, 6, 7, 11, 26, 37, 39, 51, 52, 58, 59, 60, 61, 62, 64, 65, 67, 68, 69, 70, 74, 75, 80, 83, 86, 87, 90, 94, 99, 103, 104, 124, 125, 126, 129, 130, and any puddings or creams. Selections may be made from these, or other articles of the list may be added if relished, care being exercised to avoid heaters.

**In autumn and in dry climates** we recommend 2, 3, 26, 27, 32, 33, 38, 40, 45, any roast, also 66, 77, 78, 84, 85, any eggs, any potatoes, and any puddings and creams.

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## SUPPERS FOR THE SEASONS.

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**In winter and in cold climates** we recommend 7, 22, any toast, 113, 135, 136, 137, 138, 142, 143, 161, 162, 163, 164; selections, of course, to be made from the above. We assume that you have dinner anywhere between 12 and 2 o'clock, and supper between 5 and 8 o'clock. We offer no suggestions whatever for the "convenient arrangement" known as lunch at noon and dinner as the third meal of the day, for we do not wish to participate in abetting the general ill-health that prevails among those who "cannot possibly have dinner at noon."

**In spring and in damp climates** we recommend 7, any toast, 112, 113, 114, 118, any custards and any rice dishes.

**In summer and in hot climates** we recommend 5, 6, 8, 26, 32, 113, 141, 142, 143, 145, 146, 148, 149, 155, 161, 163, 165, 185, 186, 187, 188; selections to be made from these.

**In autumn and in dry climates**, we recommend 2, 3, 26, 27, 29, 30, 31, 112, 113, 114, 118, 134, 135, 136, 138, any custards, rices, and other dishes that may be relished.

**In infancy**, commence life with 16 and 25; and when the child is to be gradually taken through the weaning period, it may have a little of 5, 6, 7, 8, 19, 20, 22, 23, 24, 27, 31, 38, 46, 47, 48, 49 and 112. After that, it may grow up into the feeding of youth.

**In youth** we recommend 6, 17, 19, 20, 22, 23, 26, 27, 28, 29, and all toasts; 32, 33, 34, 35, all soups, vegetables, grains, puddings,

cakes and creams, and such meats as 50, 51, 52, 54, 57, 58, 59, 60, 61, 62, sparingly taken and well done. When substantial foods are eaten, meat is not needed; and if youth can be carried past the age of puberty in good health without meats, it will almost positively ensure freedom from the dangers of that era.

**In middle life**, which we will suppose to run from 17 to 60 years of age, the foods are as stated under other classifications, except when disease requires special dieting, which will be provided for hereafter.

**In old age** the best results come from giving attention to the drift of the health. If the person is too thin or too corpulent, follow the rules to be given for those conditions; if diseased, follow the plan of dieting accordingly; if sedentary or active to excess, give attention to the foods that are suited to these habits; and so on. Remember that extreme old age must have its special diet, which is somewhat as follows: 2, 3, 5, 10, 12, 16, 20, 23, 24, 25, and what else in the table is specially relished.

**Thin persons** should include in their diet 2, 4, 9, 10, 22, 30, 33, 34, 43, 44, 67, 73, 83, 84, 85, 95, 98, 112, 113, 114, 118, 119, 122, 132, 133, 134, 139, 173, 175, 177, 178, 180, 181, 185 and 189, as all these are fatteners. A glass of milk mixed with a little cream, ice cold, and sipped in small swallows for an hour before retiring at night, if preceded by an hour of light physical culture, balanced, as presented in the volume of the tenth Star degree, Ralston Culture, will cause a thin person to grow stout, and yet put on only the most perfect flesh. This has been amply proved. But these evening habits of light exercise for one hour, followed by sipping of milk and cream for another hour just before retiring, must also be accompanied by the diet above suggested, together with other regular foods.

**Fat or corpulent persons** should remember that their excess is not due to flesh, but to an accumulation of mere fat, which exercise will destroy, but which will return again if foods are used indiscriminately. We recommend an hour's exercise before breakfast, according to Ralston Culture, tenth Star degree, and the use of the following special articles of food: 1 before the morning practice, having the wheat boiled but five minutes, and drinking it very hot, with very little milk or cream, and no sugar; 27, 40, 46, 47, 48, 49, any meats, fat and lean together, if some of the fat is removed; 77, 78, 79, 80, 81, 89, 90, 92, 103, 128, 129. The

system demands starches or fats, and the latter are better in this diet. The more meat and the less other food that is taken, the more rapidly the corpulence will be reduced; but a meat diet tends to catarrh of the stomach, and any sudden change in dieting may cause kidney disorders. Do everything gradually and reasonably.

**In nervous temperaments** we do not mean at this place to include the disorders and diseases of the nerves, but only that activity which marks one person as more restless and untiring in motion than another. Foods are partly responsible for the breakdown that attends such a temperament; and we recommend the following as being the best to avert disease: 2, 3, 5, 10, 17, 19, 22, 23, 27, 30, 38, 39, 41, 44, 58, 59, 62, 65, vegetables, potatoes, 119, 121, 122, 124, 129, 131, 142, 146, 148, 151, 161, any creams, and 188, selecting as desired.

**In sluggish temperaments** we recommend 1, 9, 11, 18, 20, 21, 28, all toasts, 35, 40, 46, 47, 48, 49, all meats, eggs, cakes, and very few puddings.

**In sanguine temperaments** the food must be more vital and less of mere pleasure; but the vital should be offset by bulk; therefore the following should predominate: 1, 6, 18, 21, 22, 23, 28, 31, 33, 34, 38, 40, 47, 50, 60, 69, 74, 75, 76, 77, 78, 79, 82, 83, 84, 85, 86, all eggs, all potatoes, and very few desserts.

**In melancholic temperaments** the liver must be kept clear, clean and active, for which we recommend, in states of health, the following: 4, 11, 15, 19, 24, 25, 27, 32, 37, 38, 42, 46, 50, 58, 60, 65, 67, 75, 76, 77, 79, 80, 83, 84, 85, 86, 107, 108, 109, 113, 115, 119, all fruits, and such puddings as are relished.

**In hot temperaments**, by which is meant those that are over-warm and suffer from any increase of heat, the specially heating foods should be avoided; and in **cold temperaments**, by which is meant those that are under-warm and suffer from the cold, the specially heating foods should be adopted. They are: 1, 10, 22, 28, 29, 30, 33, 34, 55, 56, 71, 72, 73 and 118.

**In balanced temperaments**, if the health is good, the foods of the season are to be preferred, as already arranged.

**Persons of sedentary habits** should avoid these foods, namely, 1, 10, 22, 28, 29, 30, 33, 34, 55, 56, 71, 72, 73, 118.

**Persons of laboring habits**, toilers and hard workers, should give preference to the following, with other dishes: 1, 18, 20, 21, 22, 23, 28, 31, 32, 33, 34, 38, 40, 44, 50, 53, 60, 63, 64, 69,



70, 74, 75, 77, 85, 86, 89, 91, 94, 95, 96, 102, 103, 107, 108, 110, 111, 112, 115, 116, 117, 118, 131. It will be seen that the foods of sedentary and laboring people are not always opposites.

## DIET IN DISEASE.

The numbers referred to in the following table, which is of extraordinary value, are taken from the lists of dishes in the foregoing pages known as Foods of the Ralstonites. The articles are all wholesome to persons in health; but disease demands that certain dishes be avoided before health can be recovered, and that others be favored to assist in making the recovery as speedy as possible. The diets are in accord with the latest science as well as with the requirements of nature.

Select from the list of numbers such as seem most pleasing to the patient's relish.

**Abscess.**—Avoid fats, alcohol and meats.

**Abscess of Liver.**—Avoid solid foods, and all stimulants.

**Acidity.**—Use 1, 9, 15, 27, 31, 38, 46, 47, 48, 49, all meats, 59, 65, 88, 89, 90, 92, 93. Also 15th Natural Treatment.

**Aone, or Pimples.**—This skin eruption is met with in young men and women. Use 2, 3, 9, 19, 27, 31, 37, 38, 40, 43, 44, 50, 58, 59, 60, 67, 68, 69, 70, 74, 75, 80, 81, 86, 92, 93, 94, 95, 96, 112, 113, 116, 121, 122, 146. Also 12th, 13th, 14th Natural Treatments.

**Albinism,** or excessive whiteness of skin, due to absence of pigment. Use 2, 3, 4, 9, 19, 20, 22, 23, 28, 33, 34, 38, 40, 45, 50, 52, 54, 60, 61, 62, 67, 69, 71, 72, 73, 90, 93, 95, 98, 100, and any beans, cakes, fruits, puddings and creams. Also 3d, 4th, 6th, 7th, 9th, 11th, 12th, 15th, 23d and 29th Natural Treatments.

**Albuminuria.**—See Ralston Franchise under Bright's Disease.

**Alcoholism.**—Use 1, 5, 9, 10, 18, 19, 28, 46, 47, 48, 49, 50, 51, 52, 54, 59, 60, all vegetables, and what of the puddings may be relished.

**Anaemia.**—See Ralston Franchise.

**Apopleptic Tendency.**—Avoid over-eating. Use 5, 7, 11, 17, 26, 27, 31, 37, 39, 42, 52, 58, 59, 62, 65, 79, 82, 86, 88, 89, 90, 109, 112, 126, 131, 142, 145, 146, 147.

**Appendicitis.**—Use 1, 2, 3, 5, 9, 17, 18, 23, 28, 32, 33, 38, 40,

41, 47, 48, 67, 68, 70, 71, 72, 74, 75, 77, 78, 83, 84, 85, also all potatoes and eggs. Use the 4th, 5th, 6th, 9th, 13th and 19th Natural Treatments.

**Asthma.**—Diet is of the greatest value in this malady. Use 1 and 26 for breakfast. Dine at 12 on soups, toast, eggs, fruit, vegetables and 50, 52, 58, 59. Take a light supper at 6, using toasts and 133, 134, 145, 146.

**Atrophy.**—Children need 12, 16, 25, 27, 31, 37, 47, 48, 49. Adults need an abundance of fresh air, deep respiration, activity, and foods as follows: 1, 2, 3, 10, 19, 23, 26, 28, 29, 30, 32, 33, 34, 38, 40, 48, 50, 52, 55, 56, 60, 62, all toasts and eggs.

**Boils.**—Use 2, 3, 9, 19, 27, 31, 37, 38, 40, 43, 44, 50, 58, 59, 60, 67, 68, 69, 70, 74, 75, 80, 81, 86, 92, 93, 94, 95, 96, 112, 113, 116, 121, 122, 146.

**Brain foods** are 1, 3, 5, 9, 15, 19, 23, 28, 31, 32, 33, 38, 58, 59, 65, all eggs, 107, 108, 109, 110, 111, 112, 124, 131, 149. These are brain foods in the sense that they supply the physical structure and nervous vitality of the organ of mind. The assumption that they give a person "brains" is erroneous.

**Bright's Disease.**—See Ralston Franchise.

**Calculus.**—To prevent the formation of stones in the bladder, or in the ducts of the body, use distilled water, also avoid sudden changes of diet, and do not allow the stomach to remain long empty. The diet should consist of 1, 2, 3, 4, 5, 9, 12, 14, 26, 27, 28, 29, 32, 33, 34, all soups, fish and eggs. Avoid fats, sugars, stimulants and seasoning.

**Cancerous Tendencies.**—Prolongation of life depends more upon diet than on any other measures. This is the opinion of all specialists. Foods that are quickly digested are necessary. Use 1, 2, 3, 5, 9, 12, 15, 26, 27, 47, 48, 49, and eggs.

**Cancer of the Stomach** requires the same diet as that just given.

**Catarrh** requires fresh air, deep respiration, frequent bathing and much activity. It is due to a diet that clogs the system. Use 1, 4, 9, 11, 19, 22, 23, 26, 31, 37, 40, 50, 52, 58, 59, 60, all eggs and toasts.

**Change of Life.**—Use 1, 3, 5, 9, 17, 19, 20, 26, 27, 30, 31, 37, 39, 40, 43, 44, 52, 58, 59, 60, 62, 67, 68, 69, 73, 77, 78, 79, 82, all eggs, toasts and potatoes, also 146, all rices and custards. If perfectly well use any of the Foods of the Ralstonites.

**Chicken-pox.**—Use 6, 17, 19, 26, 27, 31, 38, 43, 44, toasts, eggs and rices. Do not feed much during fever; and select carefully from the above. Avoid meats. Use foods that are easily digested and not rich.

**Chlorosis.**—This is closely allied to anæmia. It is called green sickness. See Ralston Franchise for Anæmia.

**Chorea.**—Depend largely on milk, eggs, toasts and 1, 2 and 3.

**Colds.**—Use 1, 2, 3, 9, 10, soups, eggs and toasts. Also 48 strongly seasoned with red pepper.

**Constipation.**—See Ralston Franchise.

**Convalescence.**—The simplest diet in convalescence is that of milk; from five to six pints being given daily. The next change is that of adding 26 or 27 to the milk; then meat extracts, soups, eggs and rice. Avoid solid meat until the patient is fully recovered, and then limitedly. Do not over-feed.

**Convulsions, Tendencies to.**—Avoid meat and too rich or heavy diet; otherwise follow the seasons previously given.

**Diabetes.**—See Ralston Franchise.

**Diarrhoea.**—Everything should be taken in small quantities. Sip ice water. Also sip iced 13, 15. Avoid meats, fish and heavy meat soups or extracts. Use white of egg in 6, 7, 8 or 9, and sip frequently. Use toasts and white of egg. Avoid all fruits and vegetables. During an acute attack do not eat for ten or twelve hours. In the severest cases, the patient must be fed upon nothing but the whites of eggs. Later on rices may be added, as 113, 151; then 145, 146 and 155.

**Diphtheria.**—Give very little food. Milk is to be relied upon; then the yolk of an egg may be added occasionally. Also 48 seasoned with red pepper; and 37, 38, 39, 42. If food cannot be given or retained use enemas.

**Dysentery.**—The diet is the same as that given for diarrhoea.

**Eczema, or Skin Disease.**—Avoid dried meats, dried fruits, canned goods, "store" jellies, flavors, preserves and other doubtful goods put up for sale; also avoid tea, coffee, stimulants, seasoning, rich gravies and heavy feeding.

**Enemas, or Enemata.**—These are injections made into the rectum by the use of elastic bottles, syringes, or other instruments; procurable at drug stores. To cure thread worms inject salt and water. To check diarrhoea inject opium. To stop hemorrhage inject ice water. To remedy ulceration and mucus discharges

inject a pint of distilled water containing five grains of the anti-septic nitrate of silver. To soothe irritation while imparting nourishment inject a pint of pure linseed oil, or a quart of water containing rice, linseed or barley in solution. For purposes of feeding when the stomach will not retain food enemas are given consisting of peptonized milk, beef tea and beaten eggs; about five ounces being injected at a time. All enemas should be administered by regular physicians.

**Erysipelas.**—As this malady is largely due to a wrong diet it may generally be cured by attention to this matter, although the germs are to be destroyed by antiseptics. For drinks and foods use 5, 7, 8, 11, and toasts, milk and whites of eggs until the symptoms disappear.

**Exhaustion.**—As stimulants generally produce greater relapse, they should be avoided except when natural, as in the case of 2, 3, 4 and 6. Foods that quickly strengthen the vitality are important, as 1, 9, 10, 12, 18, 19, 20, all soups, toasts, eggs, and 50, 52, 60, 62.

**Flatulence, or Gas on the Stomach and in the Intestines.**—Avoid starchy foods, sugars, vegetables and fruits until the conditions are improved. Certain combinations cause gas; such as milk and crabs; fruit and alcohol, especially beer or wine; sugar or milk and insufficiently cooked breakfast foods; sweets and acids; sweet pickle; milk and cherries; ice cream and beer, wine or alcohol; soda water with milk, cream, ice cream or adulterated syrups; tobacco or coffee, tea, or seasoning; avoid them all. Use toasts, soups, eggs, meats and rices; the last sparingly.

**Gall Stones.**—A person subject to the formation of gall stones should never eat the special parts of animals as brains, kidneys, feet, ears, sweet-breads, livers, heart and others. Also avoid sugars, fats, yolks of eggs, mackerel, salmon, fruits, carrots and peas. Most everything else may be eaten; but meat should be taken but once a day, and very little then.

**Gleet.**—Avoid tea, coffee, tobacco, beer, wine and liquors.

**Gout.**—Same as for Bright's Disease.

**Gravel.**—Read diet for Gall Stones. Also avoid over-feeding.

**Haemorrhoids.**—The diet is the same as constipation. See Ralston Franchise. The malady is due to constipation, and is commonly known as piles.

**Hay Fever.**—Avoid rich foods and irregularity of eating. A rice diet at evening is best.

**Headaches.**—Use 1, 2, 3, 4, 5, 9, 10, 12, 20, soups, toasts, eggs, and 50, 52, 58, 59, 60, 62, 145, 146; also rices for supper.

**Heart Disease.**—In this series of maladies the diet has more to do with prolongation of life than any other form of treatment. In the first place avoid flatulence, which see; for this is too often the direct cause of heart trouble, and always produces great irritation of that organ. During an attack of heart disease which is prolonged, use milk, beaten eggs and broths, which are soups without additions of anything but meat. Later on add 26, 27, all eggs, and 50, 51, 52, 57, 58, 59, 61, 62, 63. Avoid fats, sugars and heavy starchy foods.

**Hysteria.**—Avoid all stimulants, seasoning, heavy rich foods, and all meat in severe cases. Very little meat should be eaten when the malady is not severe. Fish is to be preferred.

**Influenza.**—See La Grippe in Ralston Franchise.

**Intermittent Fever,** chills and biliousness. These are sometimes closely related, and while possibly due to germs, they have a beginning in a weakening of the liver through a wrong diet. During the attack, if the patient does not wish food, do not urge it; otherwise, a glass of milk or a cup of broth may be given. Subsequent attacks at brief intervals indicate that the patient is either anæmic or constipated, and the one condition or the other must be treated. A return to solid food is allowable when the attacks subside; but the diet should be strictly Ralston.

**Jaundice.**—Avoid fruits, like sour apples, prunes, cherries, etc., that must be sweetened; also avoid preserves, jellies, and pickles, where sweet and sour are mingled; also avoid fats and starchy foods. Use eggs, toast, fish, lean meat and vegetables. Drink distilled water and lemon juice unsweetened. Use all soups that are not rich.

**Kidney troubles generally.** Avoid all meats as long as these organs are out of order. Do not overtax the liver with sweets, chocolate, cocoa, or stimulants, as the kidneys must suffer when the liver is clogged. Use the regular Ralston diet, except as above.

**Liver, Abscess of.**—Avoid solid foods and all stimulants.

**Liver, Fatty Degeneration of.**—Use very little fat, sugar, sweets, starches, and abolish these altogether, except in cases of lung weakness, as the general vitality must then be preserved.

Avoid alcohol, tea, coffee, cocoa, chocolate, seasoning and all stimulants. Use 5, 6, 7, 8, 9, 11, 15, 19, 26, 27, all soups, toasts and eggs, lean meat and fish.

**Lung Diseases.**—See Tuberculosis, Pneumonia, Pleurisy and General Subjects.

**Malaria.**—See Intermittent Fever.

**Megrim.**—See Headache.

**Meningitis, Cerebro-spinal.**—Give plenty of ice water, as sought. If the patient can eat, give scraped beef, all soups, all toasts and eggs; also 48, 49, 145, 146, rices and creams.

**Measles.**—Allow plenty of ice water in sips; also gruels made of any of the grains or flours, with 2, 3, 4, or any of them, and gradually return to solid foods as stated under Convalescence.

**Mumps.**—Depend on liquid and soft foods until the swelling subsides; otherwise no special diet is needed.

**Neuralgia.**—See other pages, under Index.

**Palpitation of the Heart.**—This is always due to the same conditions which cause flatulence, which see.

**Peritonitis.**—Avoid foods that make much waste. Depend on broths, strained; gruels of rice or barley, also strained, and eggs, until the inflammation subsides.

**Phthisis, or Pulmonary Tuberculosis.**—There are many "cures," so-called, for this malady, such as the Milk Cure, Whey Cure, Koumiss Cure of southeastern Russia, the Grape Cure of Montreux, the Fish-roe Cure of Germany, and the Snail Cure of southern France; but the good they accomplish is done by causing the patient to eat plenty of nourishing food and live out in the open air. The treatment given in this volume is the best-known in the world at the present time. See also Tuberculosis.

**Pimples on Face and Neck.**—Use 2, 3, 9, 19, 27, 31, 37, 38, 40, 43, 44, 50, 58, 59, 60, 67, 68, 69, 70, 74, 75, 80, 81, 86, 92, 93, 94, 95, 96, 112, 113, 116, 121, 122, 146; also 12th, 13th and 14th Natural Treatments.

**Piles.**—See Hæmorrhoids.

**Pleurisy.**—The dry diet is in use in Germany, and is known as "Schroth's Method." No liquids or drinks are allowed. Lean meat and 27 are depended upon. In France, the milk diet is in use, the diet being exclusively milk in any form. The latter is better if the blood is very poor, and in other cases the dry diet is preferred.

**Pneumonia.**—While the acute symptoms last, nothing but milk should be given; either 6, 7 or 8. If the stomach will not retain it, resort at once to 5. After the severe crisis is passed, gradually add meat juice, broths and whites of eggs; then adopt the diet of convalescence, which see.

**Pregnancy.**—See book on "Child-Life," a complete volume on one subject. Price, two dollars; Ralston Publishing Company.

**Pruritus.**—This is a perverted sensation of the skin. Avoid all stimulants, and use no tea, coffee, tobacco, beer or seasoning, and it will disappear if other régime is followed.

**Psoriasis.**—This is a chronic skin disease, due to nervous shock, except when inherited. In the worst cases a diet of 6, 7, 8, 26 and 27 is necessary. Vegetables may then be added; afterward beef, mutton and eggs.

**Puerperal Women.**—Pregnant women must eat regular meals up to the time of labor; but no food is needed during labor. Immediately after delivery she should sip distilled water ice cold for four or five hours, as her thirst may direct. In about five hours, or a little sooner, if she is hungry, give her a cup of hot 37, or a broth of chicken or mutton, strained. After two or three hours more, if she has appetite, and sooner if desired, repeat the soup or broth, adding 26 or 27. The third meal may be within ten hours after delivery, consisting of 37 or broths, in which rice, milk or eggs are cooked to give thickening; also give her 38, 43, 44, 89, 93, 145, 146, 148, and rices in any forms. On the third day, gradually return to her normal diet; that is, in about forty-eight hours, give a little 62, 66, 61 and vegetables, and increase day by day. It is very important that she eats nourishing food as soon as possible after delivery. Fasting is a discarded idea, and is dangerous. The foregoing diet applies to all child-birth cases, whether of fever or not.

**Prolapsus.**—See Ralston Franchise.

**Rheumatism.**—See Ralston Franchise.

**Rickets.**—This is a disease of the bones, owing to lack of proper food. In the case of an unweaned babe the use of 16 is all that is necessary, if used plentifully; and do not give them any potatoes, grains, or starchy foods until fifteen months old. Then give 6, 7, 8, 19, 22, 23, 26, 27, 46, 47, eggs, toasts, vegetables, puddings, rices and creams as the child grows up.

**Sclerosis.**—Use a milk diet for about four weeks, and gradually

add the eggs, toasts, soups and plain dishes, avoiding meat, but using 46, 47, 48, 49 in its place.

**Scrofula.**—See Ralston Franchise.

**Scurvy.**—Fresh raw meat is a preventive of this malady. To cure it, use at first a milk diet, then add 2, 3, 4, 5, 12, 19, and come gradually into the usual foods, avoiding meats that are thoroughly cooked.

**Sea-sickness.**—See Index.

**Sleeplessness.**—See Ralston Franchise.

**Small-pox.**—During the severe illness depend upon 5, 6, 7, 8; later on add milk with eggs beaten in, and 26, 27, 31; then the food for convalescence.

**Teething.**—When this condition is troublesome, attention must be given to the diet. Avoid sweets, fruits and starchy foods. Depend chiefly upon 12, 16, 19, 31, 49, 73, and eggs.

**Tetanus, or Lock-jaw.**—Give about four ounces of milk every four hours, into which one egg or one ounce of 46 is mixed. Food of this kind must be given. The jaw can often be forced open. In case it cannot, the food must be given through a nasal tube or by enema.

**Tuberculosis.**—In mild cases of consumption the following diet is the best. Of course it is understood that a selection is to be made from the articles named: 2, 3, 6, 7, 8, 15, 17, 19, 23, 26, 27, all eggs, toasts, soups; also 47, 48, 50, 51, 52, 53, 57, 58, 59, 60, 61, 62, 63, 65, young vegetables, fruits, puddings and creams.

**Tuberculosis, or Consumption,** when far advanced, requires chiefly a milk diet, and from two to four quarts a day should be taken. The cow should be kept on the premises, at whatever cost, and should not be over seven years old. The patient should begin to sip the milk as soon as it is taken from the cow, not allowing a half minute to elapse, and should spend ten minutes sipping half a pint, or forty minutes in taking a quart, keeping it active, so as to prevent the cream from rising to the top. Let this be done three times a day, morning, noon and night, using the milk just as it leaves the cow. As the patient improves, as will surely be the case if the other Ralston treatment is observed. The noon milking may be omitted, and a dinner taken of toast, soup, roast beef rare, young vegetables and 2 or 3. A mid-forenoon breakfast may consist of 2, 3, 19, 23, 26, 27, 89. Later on the other foods may be added.



**Typhoid.**—This is a disease of the intestines, and care should be given to all matters of diet. The usual food is milk; but this does not agree with all persons. It can be varied by the use of 5 or 25. Chicken broth and grain gruels are valuable, but soups and meat extracts should not be used when there is diarrhœa. When the crisis is passed, use the diet for convalescence.

**Uric Acid.**—See Ralston Franchise.

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**NOTICE.**—The numbers refer to the “Foods of the Ralstonites.”

All the numbers mentioned need not be adopted; let such be selected as may seem sufficient, arranging their use for morning, noon or evening as generally employed. One part of the list may be used one day, and some changed each following day as desired.

Any diseases not treated in this dietary may not be subject to the influence of diet, or may be elsewhere considered.

The last eight articles on the list are used only in special cases, although they are valuable at all times.



## DOCTORS AND DRUGS.

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**H**ONEST DOCTORS, without exception, are friends of Ralstonism. It has been a severe test of their patience to see men and women, year after year, get well and drop out of their list of patrons. Physicians cannot live upon nothing; they must have a practice that pays them an income; they cannot practice upon well persons; sickness is their only hope of success, and the man or woman who keeps well is taking a share of the sustenance out of the mouth of the doctor. In a locality where every respectable family is Ralstonized, three physicians, who formerly had a large practice there, have one by one gone away; and the last, being reduced in circumstances, was presented with a purse as a token of sympathy.

**Against the misfortune of good health** prevailing in the community from which he has wrested a large income, the doctor of would-be honest motives must necessarily wage a war of temptation; for he knows it is in his power to check the onward tide of Ralstonism by abusing it. The temptation proves a giant one, for he cannot willingly give up the thousands of dollars he is sure of making annually. He hesitates. In answer to inquiries from patients, he gives evasions; says he never heard of Ralstonism, although he has all the books of the club in his private library; thinks it may be some new-fangled idea, or just a scheme to make money.

**Then conscience awakens**, for he is honest at heart. He knows that every malady and every instance of sickness is due to carelessness or ignorance. He knows that ill health is contrary to the laws of God and the decrees of nature; and, at last, a sense of his personal responsibility to the Creator of the human body touches him deeply. He sees in Ralstonism the solution of the problem that doctors and drugs have never solved and never can solve. While this conflict is waging in his heart, he hears a minister preach on the very movement that is robbing doctors of their livelihood; and these words ring in his ears: "Brethren, I have long

been looking for some such movement as Ralstonism, and it has come at last."

**Filled with wonderment** at the supposed audacity of a clergyman in his pulpit, on a Sabbath morning, preaching on a secular



subject, he takes him to task afterward. But the minister says: "My good doctor, do you know that there are fifty-two Sabbaths in the year, and that on every one of them there are scores of ministers preaching on Ralstonism, and calling it by its name?"

“But,” says the physician, “are they not advertising the books of the publishing house at Washington?” “No, not at all; Ralstonism existed before any books were published. It is to-day the written law of nature. In a convention of ministers I heard it called the secular religion of mankind. No man can own it, no publishing house can control it. Everywhere you go you will find it spoken about, lectured about, preached about and written about.” And so he went on at a glib rate.

**The foregoing experience is a confession** of one doctor. It is typical of most of the honest practitioners. They hesitate, and hold out to the last; but there is a power leavening their lives that they cannot resist. We have spoken of the doubtful doctors, who find themselves tempted to abuse Ralstonism and hold back for a little while, say, a year or two longer, the tide of good health. They come over at last. There is another class, who are keen, quick, instinctively bright and honest. They hear of this cause sooner or later; some already have; many have been engrossed with duties, and have had no time to examine the books; but the moment they catch the correct idea of Ralstonism, they are its friends once and for all. Nothing can shake their faith in it. They prescribe it in the place of drugs.

**There are thousands** of doctors to-day prescribing Ralstonism to their patients, in connection with their regular practice; and we will say that they send us more members than do the ministers, for the latter explain so much of our principles and doctrines that their hearers understand them quite well without purchasing the books; whereas the doctor says: “Instead of spending five or ten dollars for medicines, I advise you to buy a Ralston book for a dollar, and follow its teachings while I do the rest,” or words to that effect. Most patients are of low vitality, are run down, or are in such a condition that medicines are their worst enemies at the time. Said a prominent physician: “When I see a patient suffering from lack of fresh air, exercise and proper food, I have not the heart to inflict medicines upon that vitiated constitution. I will prescribe Ralstonism if it costs me my practice.”

**Except in critical illnesses,** most persons will get well if they purify the blood by pure air, rebuild it by good food, excite life by exercise, and store away more vitality; but medicines cannot purify the blood, for the blood is merely a stream of food, just as good as that which is eaten, and no better; so the remedy must be

in the diet, and not in the poison of a drug; nor can medicine purify the air, nor move the muscles, nor generate vitality. The doctor knows this. The dishonest doctor shuts his eyes to it, and piles in the medicine; and the white slabs in the graveyard haunt his dreams at night, for the victims sooner or later slip through his grasp.

**There is not an honest doctor** in the civilized world who is an enemy of Ralstonism. He has either investigated it, or he has not; if he has, he cannot oppose it and be honest; if he has not investigated it, he would be dishonest to oppose what he is ignorant of.

**We advise all persons in sickness** to call in the services of an honest doctor; we have always done this, and always shall. It may be necessary for him to prescribe drugs; and, if you have confidence in his skill and integrity, you should take them. They are serviceable, and in crises of sickness have undoubtedly aided to avert death. Due respect must be paid to the profession of the physician. The members of that profession who are not honorable or skilled, are altogether too numerous. Let us analyze them for the good of the public.

**We believe in the regular physician**, whether allopathic, homeopathic or otherwise inclined. The eclectic practitioners, who profess to use the best of all schools, simply confess such schools to be better than their own; but so that they are regularly trained, have education, are skilled, and are honest enough to desire to cure their patients rather than make money out of them, they are to be preferred over all others. The main desideratum is honest skill. Clothed with the garb of a professional reputation, pale of face and cold of eye, many a physician who has a large practice is a mere prescriber of drugs. He does nothing else, except rarely. He may talk much or little; but talk cannot cure, for he explains rather than guides. He does not talk to help, but to impress one with his wisdom.

**When first called in** he gauges the pulse, respiration and temperature. He looks at the tongue, the eye-ball, the skin. He either knows at once what the matter is, or he does not. What he does not know he conceals with adroit evasion, and proceeds to hit at something. He knows one thing to a certainty, that nature does the curing, not he; but experience has shown that poisons awaken the remaining vigor of the system, which arouses itself to fight off

invaders, although it suffers from the injury in years to come. He knows that drugs change the currents or the conditions of the functions, even for a present good, but at the expense of the future health. The first thing is to fight down the immediate malady.

From two to four medicines are prescribed the first day. If they do some good, they are changed the second day, for fear the recovery will be so rapid that shock will follow. If they do no good, they are changed for others that may be more successful. So, on the second day, there are two to four medicines ordered. A patient who had "a very nice physician," her family doctor for years, caught the Ralston idea. She was taken very ill with inflammation of the stomach. She knew that it was due to indis-



cretion in eating. As advised by us, she sent for her family physician. She was ill in bed; in fact, prostrated with the attack. On each of eight days he prescribed from two to four medicines, most of them expensive; and there were a total of twenty kinds, a small pharmacy. She carefully laid them aside untouched, figured their cost to be nearly twenty dollars; ate a cautious, limited but nutritious diet; got well, as a matter of course, by nature's process, and heard her doctor say it was the quickest and best recovery for so severe an attack in all his practice. She kept the collection of medicines as evidence of what she had escaped in drugs, chemicals and poisons; for the wear and tear on her stomach and blood would have left scars that time could not have effaced.

The foregoing case might have been that of an honest physician. It is true that some doctors are paid commissions by the druggists whom they compel their patients to patronize; others are benefited by the friendship of a druggist, for the latter have it in their power to help or hurt the doctor by a word or two. Many physicians feel that they are under this suspicion; and, in defence, they carry the blanks of a number of pharmacies, and express a willingness to draw the prescription on any one the patient may prefer. Even then they may reap advantage, as any one can easily guess who knows the method employed. What may pass as proof of integrity is often a clever ruse. However that may be, the important fact remains that too much medicine is not only unnecessary, but is positively injurious; and this opinion is shared by the leading physicians everywhere.

It is a crime not to send for a doctor when in the peril of sickness. We hold the highest respect for the medical profession when its skill is devoted primarily to the cause of curing disease and saving life. The regular physicians of good and accepted standing in the community are better than the floaters or advertisers. When you place yourself in the hands of the circus show or bill-board doctors, or those who publish testimonials of patients cured, you may affix a placard on your forehead, reading "TENANT WANTED HERE." To use a testimonial is the sign of a charlatan and a quack. The stuff they sell you, and which seemingly cures, will sooner or later react on your system. Mercury is a quick cure, but its after agonies are horrible; yet mercury and arsenic are the two most serviceable drugs now employed in the attempts to fight down the maladies which carelessness and ignorance have begotten, and which will never disappear until common sense gets a chance to manifest itself.



## FALSE CLUBS.

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**H**E is deformed, crooked, old and sere,  
Ill-faced, worse-bodied, shapeless everywhere;  
Vicious, ungentle, foolish, blunt, unkind;  
Stigmatical in making, worse in mind.  
*Shakespeare.*

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"Parasites everywhere are contemptible; they are outlawed by nature; despised by mankind; and pursued to ruin by an avenging fate."—*Shaftesbury.*

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**N**E would think that an organization whose members were quietly studying and seeking the art of preserving health, and who, with no outward demonstration, wielded their great power silently, would attract very little attention from that class of parasites who, failing to make a living by their own merits, attach themselves to the success of others. Yet the Ralston Club has aroused such cupidity, not only among some seemingly prosperous concerns, who are dropping off their former holds where they have sucked, but among poor and wildcat adventurers as well.

**They gaze upon the plan** of Ralstonism, and see in it the possibility of wealth and power. Knowing nothing of the years of unfolding that have preceded this movement, and believing that hungry millions stand ready to accept their literature if it in any way approaches that of the Ralston Club, they employ cheap writers to reproduce our ideas as closely as possible, yet clothe them in other language, so as to avoid the charge of copying. To add to the appearance of originality, they turn things about, clip unscientific articles from newspapers, go so far as to beg to differ with us in minor and unimportant points, and gather together a hodge podge of stuff that confuses any reader, however clear-headed; and this they name a club.

**For a few months or years** they fight against odds to sustain it in the public mind, advertising with much braggadocio; claiming a large membership; publishing extracts of letters from imag-



inary persons, who pretend to be great admirers of the parasite; telling new inquirers that they are increasing rapidly in numbers, and so carrying their effrontery with a dash, until, not from conscience but rank failure, they come into a sickly, yellow hue of discouragement, and drop out of sight never to rise again. Such has been the experience of every imitation of the Ralston Club, except those who are now running their course, or except those who may have started since these lines were written, and have yet to run their course. It is a question of time only. Some beat their heads against fate, and continue long after the death signal flies over their dishonest enterprise, hoping the tide will turn, and hating to yield in view of those to whom they have boasted so vauntingly; but a just retribution throttles them at last, and disgrace overwhelms them.

**You would hardly believe** that no less than a thousand imitators have sought to reproduce the Ralston ideas in all sorts of forms, generally in clubs that are local. Some have boldly used our name, or part of it, thinking that therein lay the magic. Others have evaded the name, but have taken the language in paragraphs, half paragraphs, inverted sentences, and the like, thinking the *words* of Ralstonism contained the clue to its marvelous power. Thus, one writer and club imitator has adopted what he considered an ingenious practice of using our paragraphs, except in the opening words, which he has changed, in the hope that the theft would not be noticed; and only the fear of immediate arrest and a term of years in the penitentiary deterred him from boldly pushing his work before the public.

**The following example** will illustrate the method of the scheme just mentioned. We have taken one paragraph, and a short one, for convenience; but the imitation author took nearly all our paragraphs, and gave them new openings, splicing in here and there a quantity of clippings from newspapers to give the appearance of originality. This is the way the paragraph reads in our book:

“The gladiators were fed only on barley bread. The muscles of beef and mutton contain the same elements as human muscles, and are therefore adapted to nourish them, while unbolting wheat and barley furnish also a due proportion of flesh-making materials; and also in each of these articles are the phosphates, which give vital force, wheat containing them in proportions necessary for

common exercise, and barley and the flesh of beef and mutton more than double the proportion of those in wheat."

And here is the way it was written by the author of an "Original New Health Club," as he called it:

"Men who had trainers, or who were their own, in Rome and Greece and other ancient places had to eat barley. The muscles of beef and mutton contain the same elements as human muscles, and are therefore adapted to nourish them, while unbolted wheat and barley furnish also a due proportion of flesh-making materials; and also in each of these articles are the phosphates, which give vital force, wheat containing them in proportions necessary for common exercise, and barley and the flesh of beef and mutton more than double the proportion of those in wheat."

The opening of the paragraph is the only original part of it, and the idea is exactly the same as that taken from the Ralston book. As the intent to defraud is self-evident, the infringement becomes criminal. Another so-called author of a new health club changed all the sentences, but retained the identical ideas, although sometimes in a different order. Here is an average sample of his work, the following paragraph being ours as it is printed in the Ralston book:

"The body changes its inner or microscopic life without losing its own. If you raise your little finger, many tissues are destroyed in the effort; but immediately the blood brings a multitude of others to take their places, and you get the *new* instead of the *old*. The latter die, and the fresh ones live. This is true of the whole body. Whenever you move, there are tissues to die. What will be the character of the new ones? It all depends upon your régime—that is, your common sense, in supplying your blood with food."

Below is the way the ideas appeared while all the language was undoubtedly original:

"Kick with your foot, rise or sit, or do what you will, there is death to follow, for something dies because it must change. It is not visible death, for no one can see it, but it is there just the same, and needs a microscope to see it for you. There is no danger in such death. The body is immediately resurrected. What a solace and a satisfaction it is to know this. But what kind of new birth do we get? That's the question. The quality of the blood answers that, and the food answers this. We must eat right to grow right."

**All through the imitation** book the same plan is uniformly pursued. The language must be made to appear different from the Ralston, yet the infringer does not dare to risk his efforts without closely following our ideas. A third method is like the second; namely, it uses the ideas and alters the language, but inserts chapters here and there that have been culled from periodicals, without credit, and proceeds to set up claims and views known to be directly opposite those of Ralstonism, for the sole purpose of creating in the minds of the public the idea that the new club is really quite an original one.

**It further appears that certain men** have come into the Ralston organization with the sole and deliberate purpose of using it for their own financial gain. They teach it, lecture upon its merits, organize clubs, sell foods; and, as long as they are reaping a harvest, they tell the public there is nothing so grand as Ralstonism. When they appear to us in their true light, we never hesitate to stop their pretensions and unworthy careers. On investigating their character we find that they are not operating in the places where they are known, but that they migrate from one locality to another like itinerant charlatans, never remaining more than a year or two in one county or State; and that an unsavory record has been left behind in a long line of other places.

**For the sake of the future** of Ralstonism these pretenders must be exposed. The first step is to shut them out of the club, and then to stop their use of the Ralston name. Although they get as far away from us as possible, our representatives are everywhere; and the great but silent body of Ralstonites are ever busy working out their downfall. We state these premises to show the next step that the parasites invariably take; for, when we check their vaporous enterprise, they proceed at once to organize a parasite club, to get out such an amount of imitation literature as they can afford to pay for, and to call our system under their own personal name, or some other title, although they do not vary it in any essential whatever. Then comes the period of fabrication, generally out of whole cloth.

**These untruthful men** have falsified in favor of Ralstonism until we were compelled to shut them out of all right to represent us. Next they falsify against Ralstonism until the public discern their motive. They resort to every subterfuge which a mind of low animal cunning is capable of conceiving, and which they think

will aid them. One dethroned teacher of physical culture named our system after himself, and announced that he had invented it; another induced certain associates to send to us for emoluments (free books), intentionally breaking the rules, so as to be able to inform the public that we did not give the books away according to promise; and each and all adopted the time-worn and customary method of abusing the fate that stood in their way.

**Since time began and humanity** first grasped the reins of civilization down to the present hour, there has never been a strong movement or a great cause that has not had its imitators who, perforce, seeing that the public despised pretence, became maligners of the good and defenders of the bad. As long as the human heart remains as it is, so long will the flame attract the night bug, so long will parasites suck the tree. And all for money. All with the mental reservation of quitting the good when it does not pay, and of clinging to the bad temporarily, and then flitting elsewhere.

**These numerous imitations** are the highest tributes to Ralstonism. When stones are thrown at an apple tree it is because there are apples on it; when something is imitated it is because it cannot be equalled; when a parasite grows by the nutrition of the main life it is because the clinger lacks strength of its own; when a man is a hypocrite it shows that the goodness he assumes is morally grand or else he would not seek public approval by parading it. Amid the debris of fallen opposition, above the wrecks of false club after false club, the Ralston Club has gone steadily on in its course, winning good men and women on every hand, and repelling the unworthy. *No honest person is its enemy.* The false clubs have split the opposition into fragments; but Ralstonism stands unshaken, unhindered, a tower of strength and a landmark of progress.

**The word "Club" as applied** to matters of health was first used by Ralstonites; and the words "Health Club," "Ralston," "Ralston Health," "Year Club," "Hundred Year Club" in combination, and others of similar import, were long ago copyrighted by us with all rights reserved. The courses of study in connection with health, and the collegiate home department, together with the full system of emoluments, club numbers and other advantages, were all projected by the Ralston Club; yet these imitators, unblushingly and audaciously, attempt to set forth the same plan, the same method, and to appropriate the substance of our books.

**Ralstonites are more numerous** and more powerful than is generally believed. That they can wield their power has been made apparent in more instances than one. A periodical that attached itself to a plainly imitative health club went under. Another periodical that thought it a good plan to bid for subscriptions by the offer of membership in a similar club lost subscribers and advertisements; and the end is not yet; there is bankruptcy in sight. A concern that backed another fraudulent club for the purpose of slyly advertising its goods began a rapid toboggan slide, from which it saved itself by a return to honesty, but not until fifty per cent. of its capital had been impaired. A manufacturer who thought it wise to steal the use of part of our name to attach to his goods, lost all his capital and stepped from a position of a merchant in comfortable circumstances to that of a laborer. We do not endorse his words, but quote them to show how he felt: "When I stole part of the name of the Ralston Health Club to help boom my goods, I lost my self respect; but I was obstinate and defiant. I kept on pushing them. I knew a firm that was making big money selling Ralston goods under your endorsement. I thought I could do the same without; but everything went wrong. I verily believe, and my wife says it is true, that an Angel of Retribution was after me whichever way I turned." We do not, of course, share his belief in the retribution; but we have abundant evidence that earnest Ralstonites worked quietly but untiringly on his case.

**For the sake of mutual protection** in this age when health and life are endangered by adulterations in food, and goods are made shoddy to cheat the unwary, it is of paramount importance that each and every Ralstonite should in a quiet and unobserved though effective way, take a moral stand against the adulterator, the imitator and the parasite. Frauds are increasing everywhere and with great rapidity. Health is hard to maintain when, for the sake of money, the thousands of manufacturers are willing to put impurities and poisons in their goods with no twinge of conscience and no care for consequences. There is no organized movement of any power except Ralstonism that is able to cope with these monsters, and the road to success lies in the direction of honesty and loyalty to this cause. You have your influence, be it little or great; and you should courageously use it in the honorable warfare whose aim and end is to maintain the right against all wrongs.



### A WALK IN THE EVERGREENS.

We all wish youth, even in the advancing years of life, and we now walk forth amid the evergreens, which remind us of the perennial springs of vitality that play the most important part in the preservation of freshness, of gladness and buoyant happiness. All these blessings come through a faithful observance of Ralston Day; and one of these beautiful days is now at hand.

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# RALSTON DAY.

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## THE FIRST TUESDAY OF EVERY MONTH.

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**For years and years** this day has been celebrated by all faithful Ralstonites who are in a position to honor it. There is much to be gained by observing so important an event as this, and only careless persons will wantonly allow the occasion to pass by unheeded. Let us take a glance at some of the advantages to be derived from loyalty to the first Tuesday of every month as Ralston Day. Then we will show how we would advise you to spend the time; and to that counsel we will append the reports of the latest Ralston Day, just received as we go to press in January, 1900. We give these as they are the latest and represent the tone and spirit of Ralstonites in the final year of the greatest century of human progress.

**The advantages of Ralston Day**, the first Tuesday of every month, are many and important; and, considering the fact that there are but twelve Ralston Days in a long year, it ought not to burden any one to celebrate these events and make them stepping stones to health, happiness and home triumphs.

1. Every Ralstonite is free to celebrate Ralston Day, the first Tuesday of each month, as circumstances and inclination may direct.

2. Young persons, who are members of this Club, may see to it that their parents are reminded of the day a sufficient length of time in advance, to enable them to get everything ready for a really good time. As some of the children are the most loyal Ralstonites about this date of the month, they should be given, or should give, a party in the afternoon or evening. This will bring sunshine to the household, cement home ties, teach a profound respect of the fireside, the hearth, the sacred type of family love; and, years hence, when these selfsame children are gray-haired with age, they will tell other generations of "how we used to celebrate Ralston Day when we were boys and girls." The spirit of home, the love of family reunions, the cord that binds all hearts

to that one spot where the happiest days of life were spent, are all fostered by these little celebrations, and it is sad to reflect that the old-time respect for home is not as strong now as it used to be. Let us revive it.

3. Sons and daughters, who have gone out of the home, seeking other forces of attraction in business, in marriage or in social affiliations, will find Ralston Day, the first Tuesday of every



month, a notable occasion for a visit, if not exactly a reunion. We believe that each visit should be anticipated and provided for. Not the commonplace routine of the drudgery of existence, but a little garden, an oasis in the desert of humdrum life. All may take hold and help to ennoble the day, and so

come to love its influence, and look forward to its return. These are golden links in the great chain of time.

4. If the parents are Ralstonites, as is generally the case, and they have no young children, it is the custom to invite in a few friends either to dinner or to spend the evening. These friends may be Ralstonites or not. In either case the celebration would be the same; to consist of a thoroughly Ralston meal, if a dinner; or to engage in Ralston amusements, if in the evening; or to play Ralston games, if out of doors; or to discuss and exemplify the Ralston doctrines, if the persons are ambitiously inclined.



5. We are now at work upon outdoor and indoor games, amusements, sports, and means of healthful pleasure, just for Ralston Day; and we now take this opportunity to ask you to coöperate with us in inventing these essential things. They must meet our requirements, as follows:

- a. They must be health-inspiring and invigorating, as well as interesting.
- b. They must not tire, weary or exhaust.
- c. They must include the play impulse; that is, the happy spirit of youthful play that is absolutely necessary in the lives of adults who wish health.
- d. They must avoid the sting of defeat.
- e. They must not be rough, violent, coarse or cheap.

Now go ahead, and help us in this grand work. The fourth requirement is the most difficult, although the first is hard enough. As we procure and perfect any of these matters, full information and directions will be given freely to you in our Bulletins, which



are issued regularly. Your name and address will be given to any game, amusement, exercise, program, or other event suitable for Ralston Day, and proved to be of the highest order of excellence.

6. Unless the weather happens to be excessively hot, you should form the acquaintance of some lady or gentleman of your own town, who is a tenth degree Star Ralstonite. Such person will possess the new system of Ralston Physical Culture, with all the exercises, as well as the many delightful variations, the full music, the License to Teach, and many other beautiful and effective means of culture and enjoyment, including the Minuet. If your locality is properly Ralstonized, there are several tenth degree Star Ralstonites there, and it would be very easy to have a musical program of all kinds of Ralston Culture, either at some home, some church or some hall, as you might choose. For a winter evening, or for spring, fall, or any cool summer evening, no more enjoyable means of entertainment could be devised.

7. Ralston Day in the summer time, or in any part of the year when the weather is suitable, may be spent out of doors part of the time, in walking, riding, picnicing, or in some form of excursion; the purpose being to get pure, fresh air and the delights of open life.

8. Every clergyman should announce the day from the pulpit. This is done now by hundreds of pastors of all denominations. Every editor of a weekly paper should likewise announce it. But

it is in the public schools that the greatest good for the cause of health may be accomplished, and it is most needed among the young folks. Let a Ralston committee be appointed from the pupils to prepare exercises, and keep the day in mind long before its arrival. Then let every school teacher become a Star Ralstonite of the tenth degree, and thus own the music and exercises of the full system; and the day may be made very pleasant for the pupils. In the



large volume of Ralston Culture, certain exercises with music are set apart for school training in this system.

The reports of our loyal and enthusiastic members are now presented, in order to show the power and influence of Ralston Day, and we can publish but a very small proportion of the communications we have received, not even one in ten thousand, and the merest extracts at that. They tell how the day may be spent.

From a wife: "My husband and I have observed Ralston Day for ten years, and have not missed one in all that time. As our health has been made perfect by Ralstonism, we have prospered in every way."

From a father: "Our boys and girls are grown up, but they come to see us every Ralston Day, one traveling twenty miles to get here. It is the family reunion twelve times a year."

From a mother: "Our children are all under twenty. My husband is now an enthusiastic Ralstonite, although at first he did not believe in it. He then made the little ones, as we call them, become members, and the whole family are determined to observe the day as long as we live."

From a bachelor: "I live in a hotel. I have no other home. It was hard at first to get the manager to fix things up on Ralston Day, but he does it now right along, and the guests like it. He gives us the best table then of any day in the month."

From a pastor: "I have announced Ralston Day from my pulpit for seven years and three months; and I am free to say that Ralstonism has helped the church. Clean bodies somehow make clean hearts. Pure food and good health are living moral agents."

From a teacher: "I never fail to observe the first Tuesday of every month as Ralston Day. When we can we have flowers in the schoolroom, and the scholars are as desirous of bringing them as we are of having them."

From another teacher: "I celebrate Ralston Day with my pupils by having Ralston Culture with Ralston music. I give a talk on the blessings of this great movement."

From a school committeeman: "I am a Ralstonite, heart and mind. All our school teachers are members of the club. I have arranged for the schools to adjourn part of the day when the weather permits, and the time is spent in outdoor amusements, or other ways conducive to health."

From a pupil: "I am in the high school. Our teachers announce Ralston Day a week in advance, and we bring flowers to decorate the school-

room. Then we have exercises and beneficial talks on health. We all love the day."



From a banker: "I am proud of being a thorough believer in Ralstonism, and I hang out the American flag on every public holiday and on every Ralston Day."

From an editor: "You will see the flag of the Union waving from the

pole on our office any Ralston Day in the year. Ralstonism has lost us our patent medicine ads., but we are prospering just the same."

From a doctor: "My wife and little daughter join me in asking to be placed upon the roll of honor as observers of Ralston Day. We believe in it because it is the best exponent of nature the world has ever known."

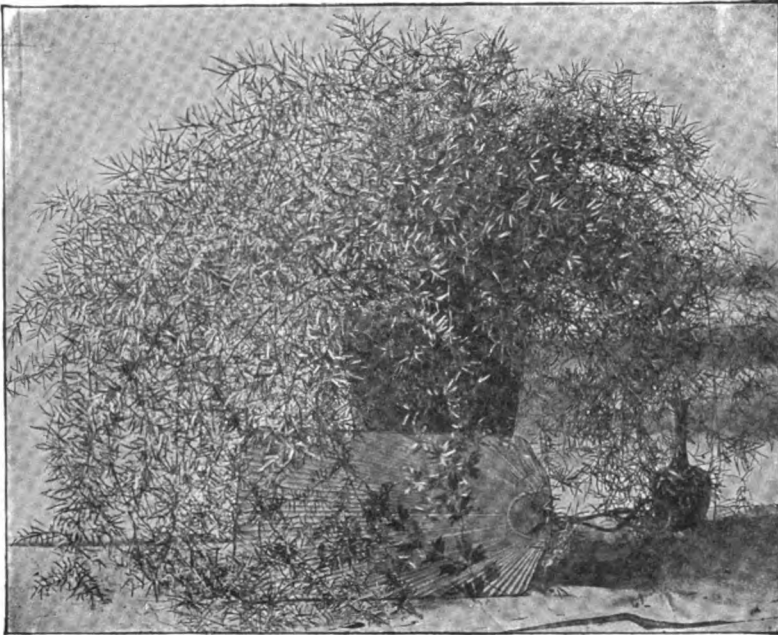
From a Governor's wife: "I see that the worthy poor, as far as I am able, are provided with some of the pure foods of the Ralston system on every Ralston Day, and certain lady friends assist me in preparing them."

From the wife of a judge: "My husband welcomed the last Ralston Day (December 5th, 1899,) so heartily that I am renewing the plan of having the special dishes prepared once a week, and he is delighted with it. Sitting in court so long, he is very much in need of the most suitable foods, and this is the only way of ascertaining what they are."

From a lawyer: "I came home to-day, and saw the house all

decorated with beautiful flowers, and found the most tempting dishes on the table. I thought company had come, but my two daughters told me it was Ralston Day. I hope it will come often. As you see by enclosure, they have converted me."

From a little girl: "I know that only big, grown-up people are Ralstonites; but I want to ask you to let me be one, for I like Ralston Day. I was very weak and sickly a year ago, but my health



is good now. Papa and mamma said I could be a Ralstonite if you would let me. Please say yes."

From Florida: "Orange trees hanging full of fruit, beautiful roses in the garden, and plucked flowers on our tables and mantels, with health-inviting foods tempting an appetite,—this is Ralston Day. God bless it always!"

From a girl of sixteen: "Four years ago sister died of consumption. Mother and my three brothers, as well as myself, were doomed to go too; and our home was a sad one. I cried myself to sleep every night. Then God sent us Ralstonism, which we could not fully appreciate until we celebrated Ralston Day, or tried to. We followed its sweet influence, and are all in perfect health; and

every time the blessed day comes round we remember it almost sacredly, but thankfully. Had we begun sooner, sister would now be with us, and the family circle would be unbroken. How many homes have been broken by needless death. We hope to celebrate many hundred Ralston Days."

From a wife: "Husband does not go to his business on Ralston Day. He is with us all day. The children stay out of school, and we all have merry times."

From a clergyman: "I know most positively that Ralston Day sheds an inspired influence over this community; but I cannot yet analyze it."

From a sister: "My two brothers give up all their engagements on the evening of each Ralston Day, and we have Ralston



music and exercises. They are drawn away from other influences, and ask to have Tuesday of every week made a Ralston Day, or evening at least."

From a young man: "I wished to go out evenings, and fell into bad society, and was losing moral ground, when I was invited to attend a little entertainment on the night of the first Tuesday of

the month. I was fascinated by the Ralston exercises and Ralston music, since which time I have become interested in the cause. Now that a school has been opened here, I attend three evenings in the week, and am improving very fast."

From a mother: "I am sure that the influence of Ralston Day saved my son from going to the bad. He got very much interested in the culture of the Club and the home entertainments given on the evenings of those days, and is now in perfect health, physically as well as morally."

From a wife: "The many wholesome articles of diet which are recommended for Ralston Day are enough for a whole year of Ralston Days; so we use them right along, and enjoy them better than the death diet of the old way. My husband and sons would not become Ralstonites until I had reached them through their stomachs."

From a mother: "A year ago my boy, a sickly lad, came home with an enthusiastic account of how they celebrated Ralston Day at school. Some parents had cooked some Ralston articles to give the scholars to eat; they had had music, entertainment, exercises and other pleasures, and he was interested. His father had employed a doctor for over a year, and the boy was growing worse. We tried the ideas of Ralston Day, and have given him perfect health. Let every school celebrate the day, and sickness will be no more among children."

**The Ralston Call** is intended to be used for the purpose of inviting public attention to the benefits and blessings which may arise from a proper observance of the laws of health on one day at least in every month. If persons, and especially families, may be induced to take care of the health on this day, the experiment will be sure to create an interest in the matter on other days.

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 THE RALSTON CALL.  
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*"The first Tuesday of every month is named as Ralston Day, and on this day all persons are requested to eat only the purest food, drink only pure water. cultivate cheerfulness, exercise liberally, and, if the day is pleasant, to spend not less than one hour in the pure air. By so doing it is hoped that the better health which follows may lead to a higher plane of happiness and usefulness in life."*

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## RALSTON RÉGIME.

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### HOW TO RE-BUILD THE BODY.

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**A perfect human body** is the proper heritage of civilization, but the heritage has miscarried. To support life in the flesh and run the span of years till death comes, may suit the lower species; but, when man has gone far enough to perfect his body, he has yet something else to do. What if absolutely flawless health be attained, how does man excuse himself for being on this planet? The struggle for existence, to keep the body well, protected and comfortable is not the reason for living. No human being can be perfectly



whole and well in every faculty without having a stimulus to use his powers for the accomplishment of some great end.

**What is your condition?** Is the circle of your life a whole, complete, unbroken one, indicating absolute health; or is it weak and shattered? If the latter is the case, the first question that arises is, What are the chances of your recovery? Some maladies are incurable, but they relate chiefly to the kidneys, or else to some rupture, loss, break or deposit in the system that cannot be repaired. If Bright's disease has secured a strong hold on the system, life may perhaps be prolonged a year or more; but nothing can prevent its fatal ending; for the covering of the kidney, the epithelium, once gone cannot be re-built. In the early stages of that malady a cure is possible if the patient belongs to the "Do Care" class; but as most persons are ignorant of the invasion of this silent forerunner of death, they rarely ever discover the trouble until it is too late. They are members of the "Don't Care" class, and must suffer the horrible agonies of a torturing disease. Attending the malady are such other complaints as rheumatism, sciatica, gout, uric acid, calculi, and distresses without limit; all of which have brought on premature death with fearful suffering. Let any such disease secure a firm hold on the body, and the "Don't Care" class will have but slight chances of ever seeing a minute of peace or happiness in this world.

**What class is this** to which we refer? We can best explain what we mean by citing a few actual cases, all personally known to us. A young lady of twenty began to go into a decline; to prevent the utter breakdown of her health she buoyed up her vitality with drugs. We asked her for a diary for seven days past of her actual meals. Here it is: "Breakfast, don't feel hungry, and do not take much of anything. Lunch, white bread, ham, fried oysters, coffee, fried potatoes, doughnuts, pork, dried beef, cake, pies. Dinner at six; eat most anything; drink tea or coffee." A person in perfect health could not indulge in such a barbarous diet without getting sick. Now how can a sick person get well by a diet that would make a well person sick? Will drugs do it? Will painting the rusty stack of an ocean steamer supply the boilers and engines with fuel and power? If medicines will bring health regardless of diet, then medicines will bring health without diet. An empty stomach, empty veins, empty flesh, empty lungs all may be ignored if it is true that medicines will bring

health. Skilled doctors know too well that the first thing to be restored is good appetite; and diet is of more importance than drugs. The young lady referred to belonged to the "Don't Care" class. When dying she said she cared, but she did not care at the only time when it was possible to get well. So she was buried.

**Here is another case** of the same "Don't Care" class. A man of forty was boasting of his freedom from disease, especially rheumatism, and said that he could eat anything; yes he could. Food had nothing to do with his health, no it hadn't. At forty-two he was bent on crutches, tortured by rheumatism and uric acid, which would not be driven out of his blood and bones; and he spent much of his time cursing life and the doctors. He applied to Ralstonism for relief. He got it; he got most well; and we found him at eleven o'clock one night drinking two cups of coffee with fried oysters; the next morning he omitted his breakfast; the next noon he ate nothing but mince pie, which was washed down by two cups of coffee; then he tried to inform us that Ralstonism did not make his cure permanent. He died in a few months after, and was hidden in the great cemetery of the "Don't Cares." He not only had no regard for the laws of health, but actually scoffed at the gifts of the Creator.

**All the evidence of the past** confirms the statement that there is but little chance of getting well if the patient is unwilling to take a personal interest in the matter. Most abuses are the result of a don't care spirit; or a hesitation to attend to the health at once; and they are of two kinds; the abuses of diet, and the abuses of inactivity. All faculties, muscles and parts of the body are built upon plans that show clearly a purpose in nature to have them used, not idle; yet they are either wrongly employed or are effeminated by inactivity. Until the patient can see the need of action in a natural way, and of supplying the body with its own kinds of material, as food, it can never be asserted that there is hope of recovery or even hope of retaining health.

**Assuming that you belong** to the "Do Care" class, and that you care enough for your life to employ the Ralston natural cures, diets and regime to save it, we are able to state that you can retain good health if you have it, and can rescue yourself from disease unless it has passed into the stage of hopelessness. Sudden attacks of a fatal nature may be averted by Ralston Regime. Thus the person who is of apopleptic tendency, or the person who is of para-

lytic tendency, or of consumptive tendency, or any of the conditions that are likely to develop into fatal attacks when life cannot be saved, may yet so control the health that the fatal attacks will not come. Some thirty years ago a man of about forty-three years of age was pronounced a "minute man," his physicians said that he was of apoplectic disposition and that his heart was very weak; which led to the prediction that he would die suddenly, even without a minute's warning. He did not like the idea; so went to work to attune himself to the laws of nature, and he lived more than a quarter of a century longer; dying as gently and sinking to rest as slowly as any aged person will do who has run his race well.

**What, then, are these laws** of nature to which our lives should be attuned? They consist in taking advantage of the various natural treatments which are presented in this volume, and in using all the articles of the list entitled "Food of the Ralstonites," omitting such as you do not prefer and such as are designed only for sickness, but employing no others; that is, not going outside the list. This compels you to give up many things that you now like, although you know they are hurting you in spite of your many efforts to satisfy yourself that they are not. Ralston Regime, then, includes the natural treatments and the foods stated. It has one more claim on your attention; you must keep all your faculties active without strain or rushing, "Haste not, rest not," is the motto of health as well as of success. The best means of general activity is found in the great volume of the Tenth Star Degree, Ralston Culture. If you wish to rebuild the body in the most thorough manner, the old must be discarded particle by particle; and to accomplish this the system employed must use evenly balanced action. Ralston Culture is the only system in existence the action of which is evenly balanced.

**Marvelous results are quickly possible** under the system in that magnificent book. If you wish to restore the body to absolutely perfect health in the shortest time available, try the fully balanced movements of that book in connection with the Diet and Treatment of this volume. The two works go together and are really indispensable to a man or woman who would live well and live long. They are the two hemispheres of a new world complete in every realm that can invite humanity into prospects of better conditions and lasting happiness. They constitute the whole Ralston Club.



## THE RALSTON FRANCHISE.

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**This privilege is established** for the purpose of enabling the Ralston Health Club to accomplish as much good as is possible in relieving the sufferings and distress of its members, at the same time not overcrowding its efforts by attempting to do more than is within the range of execution. If the plan is to succeed it must do so because it is not hastily arranged, and its duties are not carelessly assumed. Disease often has reached that stage where a treatment means life or death; it cannot be hastily prepared or sent out as a matter of trivial unimportance.

**The question will naturally arise,** Why, if the Club desires to do good to all mankind, is it not willing to send out its special treatments promiscuously? In the first place, no organization can do business for all mankind, nor promiscuously. That which is well done must be done within limits, and upon strict business principles. Under the Ralston Franchise we are compelled to limit the number of members to whom we grant the privilege. This being

true, we cannot, therefore, undertake to include any persons except those who are specifically named. "What! cannot a husband secure the treatments for his wife, or the wife for the husband, or parents for children or for helpless aged people?" This series of questions may be asked frequently, and should be answered fully at this place.

**The answers are as follows:** The Ralston Franchise is for those members of the Ralston Health Club who have been fortunate enough to secure it before the end of the limit was reached; not for any other Ralstonites even. The obligations falling upon us are heavy and long continued; and, in order to assume and perform them, we must not be burdened with other obligations which we never had in mind. Therefore we grant the Franchise as a privilege only to the particular individual to whom it is issued, and not to any relatives, no matter how deserving or helpless they may be. And this is not only fair and honorable, but it is necessary in order to enable us to deal justly with those who have won this privilege. The kind-hearted man who offered to take a dozen persons up to the top of a high mountain by giving them room in his conveyance, did not, and could not, assume to carry the parents, grandparents, children and grandchildren of the dozen, whose presence already crowded his vehicle.

**If a man is in Ralston Gardens** he should take pride enough in his Club to see that his wife, and all the members of his family who are capable of understanding the needs of health, are also in Ralston Gardens. It is an Eden, where Adam and Eve should dwell together, and loved ones should also find a home. It is a very easy matter for you to bring them in, and it costs nothing but loyalty to nature. You say it is a scheme to make money. Call it by any name you please; it is in reality a scheme to compel half-interested members to do their share of work toward increasing the power and influence of Ralstonism. Many and many a family, from the boy or girl of ten or twelve to the grandparents of sixty or seventy, are already in Ralston Gardens, requests for admission having been made long before the present print was issued. Very little is required. The following case is a typical one: A husband procured a copy of the book of General Membership, entered the Gardens by securing five copies of the book of General Membership, so that the great volume cost him nothing. One of the copies of General Membership he gave to his wife, one to his mother, one to his son, one to his daughter, aged twenty-two and eighteen respectively,

and the last one to his little boy, who was but eleven years old. There were thus five members of his family who were General Members; and each of those five, in less than a week, succeeded in interesting their friends to become General Members, thereby entering Ralston Gardens, and placing the whole family of six in the rank of the fifth degree. More than this, they all secure the Ralston Franchise. Yet it cost not one cent more for the whole family to enter Ralston Gardens and obtain the Franchise, than it would have cost for the man alone to have done so; but our requirement that the members who seek privileges must show an interest in the cause, resulted in spreading the power of the club in a material degree. Our work is of more importance than you may suppose; it is, perhaps, a mission, and demands that this, the grandest movement of the age, shall not stand still. It must move on, and revolutionize the race. Ralstonism is, without doubt, the lever in the next great process of change. Lukewarm, indifferent, don't care, or half earnest members are not wanted. This Club gives more than any other instrumentality in existence. Its blessings are poured out in greater abundance than any other institution or power. So let us all be fully awake to what it requires of its members in order to revolutionize humanity. It requires no open work, no active effort to win members; a word here and there as incidental to the usual conversations of social or daily life, will suffice; a word for Ralstonism.

**How to secure the benefits of the Ralston Franchise, is the question that now arises.** In the book of General Membership, in the last chapter, the statement was made that "We do not grant the Franchise to everybody;" also that any member who held the Franchise might, subject to the rules, "call for any or all needed treatments without charge for the same, except the few cents for mailing and preparing." By this it is stated that the treatments must be "needed," and the rule is necessary that no treatment shall be sought out of curiosity or for mere reading; it must be needed by the member applying for it. We cannot extend the rights to other members of the family, for the reasons just stated; if they seek the benefits, they must adopt the methods of getting them. Our very purpose in limiting the number of Franchise members is to enable us to keep our promises and fulfil our obligations.

**The Franchise treatments with which we start are comparatively few in number, for the reason that many general and many**

specific treatments are already given in this volume of Ralston Gardens, a much greater number than were ever before given; in addition to which are those which are to be issued under the terms of the Franchise. All will be improved year by year as science, discovery and invention add more light to that already obtained. The following will constitute the first treatments to be sent out under the Franchise; they are known by members, and all subsequent additions or improvements will be likewise known. It must not be forgotten that the present volume of Ralston Gardens contains a far greater number of treatments than have ever been issued by us heretofore, being decidedly in advance of even the great Combination Book; and that these and all that may be issued are based upon the most advanced and most rational of all methods, appealing always to nature and to common sense. We do not practice medicine, nor displace physicians.

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### REGULATIONS OF THE FRANCHISE.

1. No person shall apply for a treatment, unless such person holds the Franchise and is in good standing at the time of application.
2. One is not in good standing who has broken the terms of the Compact set forth in the book of General Membership.
3. The applicant may ask for but one treatment at a time, and then only for self, and only for some malady with which such applicant is afflicted.
4. Before a second treatment can be had, the one previously sent must be returned; and this regulation applies to all subsequent applications.
5. As stated in the book of General Membership, the "few cents for mailing and preparing" the treatments must be paid by the applicant. The cost of mailing will be ascertained as each treatment is printed and its weight known. The cost of preparing will include the expense of printing the pamphlet, and the clerical hire in keeping the accounts; all of which should not average over ten or fifteen cents, except in a very long treatment, like that of rheumatism.
6. Any member who holds a Franchise may send at any time for an "Application Blank," on which will be printed the informa-

tion required, and the form of request for the one needed. In sending for the blank, state your complete Star number, and accompany the same with a stamped six-inch envelope, directed to yourself.

7. The Franchise is good for twenty years, and will not be forfeited without just cause. In order to keep in good standing, you must send for the Bulletins every March and September, enclosing a six-inch envelope, stamped, and directed to yourself; and you must see that you do not break your Compact by using the goods of concerns that improperly take the name Ralston. This does not require you to use any goods that we endorse.

8. The Franchise will be forfeited if any written treatment or advice is requested. The published pamphlets contain all that we are prepared to send, and each treatment is more ample and fully explained in print than any advice ever given. We have no time to add other advice, and if our members seek further explanation, we shall assume that they cannot be made to understand any treatment; for every detail is made so clear that the humblest mind may catch its meaning.

9. All applications must be signed in ink in the handwriting of the member, so we can compare the signature with that on the Blue Form, and thus test its genuineness.

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## FRANCHISE TREATMENTS.

The following treatments are ready (June, 1900), having been brought up to the latest date, as far as their real effectiveness is concerned. Each treatment covers all phases and conditions of the subject, when such is practicable; goes at once to the root or main cause, and gives such help as is safe and effective, if there is yet time to save life. When the treatment itself cannot afford help, it points out the way to get it, and is altogether the best guide that any patient can have. While many treatments in the present volume are intended as helps to the patients and to their physicians at the same time, and while Ralstonism never advises an invalid to discard the doctor, it is a noteworthy fact that the treatments issued under the Franchise may all be followed by the patient alone. Each one will surprise you by its thoroughness and far-reaching power.



In applying for a Franchise Treatment, first read the Regulations just preceding; then fill out the blank at the end of the following list.

The treatments first ready are issued either in addition to those in the present volume, or else as supplements thereof. More will be prepared as the discoveries and inventions of science and art furnish value in this direction. It is gratifying to know that among those who are most eager for information in Ralstonism are the many thousands of earnest physicians, whose integrity prompts them to help their patients on to the speediest recovery, with the least suffering and the least expense.

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1ST FRANCHISE TREATMENT.—*Anæmia*. This includes loss of blood, weakness of the general body, chlorosis, and all disorders that are akin to deficiency of nutrition.

2D FRANCHISE TREATMENT.—*Appetite*. This includes loss of relish, loss of appetite, and inability to get nourishment from food. It does not include Weak Stomach, which see.

3D FRANCHISE TREATMENT.—*Bright's Disease*. One of the maladies that cannot be cured when past a certain stage. The treatment does all that can be done. It will check the disease if it is not too far advanced; will also prevent it where the tendency to its development already exists.

4TH FRANCHISE TREATMENT.—*Catarrh*. This is the very best known treatment of to-day, and is far superior to that of any specialist. Some phases of catarrh are incurable, as where the bones or other parts of the body have been rotted away; for a lost or amputated part cannot be created by man. But such conditions are rare. The Ralston method is pretty certain to cure nearly all other cases.

5TH FRANCHISE TREATMENT.—*Constipation*. We have never found a case that was incurable, if the patient obeyed the directions.

6TH FRANCHISE TREATMENT.—*Diabetes*. While many cases have been cured by the Ralston methods, even after physicians have given up all hope, it is true that certain stages of the malady defy all treatment.

7TH FRANCHISE TREATMENT.—*Excessive Fat*. If this can be overcome, the Ralston method will surely accomplish that end.

But there are some cases, very few indeed, that will not yield to any treatment. We are able to reduce excessive fat in ninety-nine cases out of a hundred, if patients will faithfully do what is told them. We employ no medicines in this or any treatment; nor do we recommend violent changes of diet.

8TH FRANCHISE TREATMENT.—*Gout*. This, like Bright's Disease, may reach a stage where all treatments are in vain. Yet there are many cases that may receive decided benefit.

9TH FRANCHISE TREATMENT.—*La Grippe*. This is an intensified form of influenza, and the two maladies are generally regarded as one and the same. While the attacks of la grippe are generally severe, though rarely fatal, the chief danger is in their after effects, which lead to thousands of deaths that might have been avoided had the influenza been prevented. This, then, is the first consideration. Second is the cure of the attack while coming on or in progress. Lastly is the warding off of the consequences, which are the most to be feared. We are familiar with all the treatments used in this malady, and know positively that there is none equal to that issued under this Franchise.

10TH FRANCHISE TREATMENT.—*Leanness*. There is no doubt that this can be overcome in practically all instances. We have accomplished the desired results, and given perfect forms in thousands of cases where medicines have failed.

11TH FRANCHISE TREATMENT.—*Piles*. These may or may not be cured, as the causes are generally located in other parts or functions of the body.

12TH FRANCHISE TREATMENT.—*Prolapsus*, or Falling of the Womb. This is one of the most common of female maladies. We present the best treatment known to science to-day. All cases may be helped, and most of them are curable.

13TH FRANCHISE TREATMENT.—*Rheumatism* in all its phases and conditions. We insist that we are able to cure practically all cases, except where the kidneys are badly diseased. We do not believe there is any other remedy so effectual as that issued under this Franchise. The more medicines taken, the more hopeless is the cure of rheumatism.

14TH FRANCHISE TREATMENT.—*Scrofula*. This is an inherited blood disease. The conditions may be greatly improved.

15TH FRANCHISE TREATMENT.—*Skin Diseases*. These can be cured, although some of them require time.

16TH FRANCHISE TREATMENT.—*Sleeplessness*, or Insomnia. This condition we can absolutely cure, if the directions are followed.

17TH FRANCHISE TREATMENT.—*Spinal Weakness* or Diseases. This class of maladies is quite common.

18TH FRANCHISE TREATMENT.—*Tapeworm*. We have driven this invader from the system in every instance where our method has been used.

19TH FRANCHISE TREATMENT.—*Uric Acid* and Urinary Troubles. These are more to be feared than any other disease, as their approach is so stealthy as to defy detection until dangerously advanced.

20TH FRANCHISE TREATMENT.—*Weak Stomach* and Indigestion. Do not confound stomach maladies with loss of appetite. While the latter may accompany the former, it may also exist, and does commonly exist, without stomach weakness or indigestion.

#### HOW TO APPLY.

Copy the following letter, and mail to us, accompanied by a stamped and directed envelope: "To Ralston Health Club, Washington, D. C. I hold a Certificate of Ralston Franchise, the number of which is ———. My signature, as below, is the same as that signed on the Blue Form. My Permanent Club number in Ralston Gardens is ———. I have complied with all the terms of the Compact of a Star Ralstonite in the book of General Membership. I therefore ask for the Application Blank, as I am now actually afflicted with one or more of the maladies mentioned in the twenty Franchise Treatments herein announced, or have a tendency to same."

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**Failure to send for the Bulletin every March and September, or the use of foods or goods that bear our name without our authority, or that may be made or sold by concerns that use or sell other goods under our name, will cause a forfeiture of the Franchise. It is of the highest importance that you keep the Compact of the book of General Membership constantly before you.**

## WHY NOT ANSWER LETTERS?

**This question is addressed** to the Ralston Club by its members. We are asked it over and over again; by old members of many years' standing; by recent members, who are amazed at our so-called lack of courtesy in ignoring the wishes of correspondents. It is right that you should understand this matter so fully and satisfactorily as to be able to meet the complaints which will assail your ears wherever you go; and to make it clear, we propose to first present the charges that are made against us, and then to plead guilty of the fact and show extenuating circumstances.

**The charges are numerous** and voluminous. We take their exact language in the form of extracts from letters written directly to us, or to friends, who have sent them on for our inspection. Each extract is typical or representative of thousands of the same kind, so that a hundred different quotations may embody the allegations of half a million of our members, many of whom have been shallow enough to desert the club, and abandon its blessings in order to humor a vain whim, just like the sensitive man who refused to enter a vault of gold ducats and take away the share that had been tendered him, because the door-keeper neglected to say good morning when busy with others. Read these charges very carefully. Here they are:

"This makes four times that I have written to you, asking what my degree standing is. I shall not write again." No club number accompanied any of the letters, and we were powerless to answer, because we did not know where to find the account. The member knew this very well.

"I wrote you two weeks ago, asking for my standing; you asked me to send my club number, but I have lost it. Now I want you to understand that I am not going to have anything more to do with Ralstonism, but will do all I can to hurt the club, unless you send my club number and standing." How could we? There is no way in our power to find the club number or the standing of a member, unless such number is sent us by the member. The number was lost by the carelessness of the member, like the combination to a safe, and we are as helpless as the member. Yet this kind of a letter is the most numerous of all, and we cannot do anything to check the stupid malice of the supposed intelligent writer.

"I have lost my club number, and I expect you to find it for me." We would if we could, but we do not know where to look

for it. To search our books would require weeks or months, as well as hundreds of dollars of clerk hire. Would that careless member be willing to pay just what it would cost us in actual cash? Even if so, there are so many who have lost their numbers that the army of searching clerks would choke the offices and prevent the use of the books in the regular line of business.

"I wrote you a letter some time ago, asking certain questions, and ordering a book. I received the book, but not the answers to my questions." Yes, you sent a dollar in an order containing eight pages of writing closely written and cross-written. Out of that dollar we made a very small profit, yet you expected five dollars' worth of time and advice in addition. See the next charge for the answer.

"I sent you an order for some books, and I asked certain questions. You attended promptly to the former, but not to the latter, although some months have passed." We have an order department and a correspondence department. The clerks in the former attend to orders only. If a letter containing a remittance is sent to us, it must go to one department or the other, and there remain on file for future reference. If it goes to the correspondence department, the order will not be attended to. If it goes to the order department, the correspondence will not be attended to. Had it been separated, and written on two pieces of paper, each containing the full address, we might have been able to reply. Order clerks cannot act as correspondence clerks.

"I sent you a letter to which I have received no reply. I do not like such treatment, and I shall resent it." Your letter asked for the names of all the Ralstonites in your city, whom you wished to bore and pester with some goods you had for sale. You did resent our silence by telling falsehoods about the matter, and concealing the real purpose of your letter. We would not have sent you the names for ten thousand dollars; and the unreliability of your goods may be assumed from your own dishonesty. Yet you go about telling strangers that we have misused you. Your number is legion. Every town and city has many peddlars who are not known as such; they pretend to merely recommend goods, and offer to get them as an accommodation.

"I have not had any answer to my letter, which I sent to you some weeks ago. Why not?" Well, in the first place, you sent no return envelope, and we have no time to hunt up the names and

addresses of writers, and copy them on envelopes. It takes but little time in any one case, but thousands of such letters are crowding upon us at all times. In the second place, your letter was never read, as its length forbade. There are but twenty-four hours in a day, and but seven days in a week; yet a hundred hours a day would not be time enough for the mere reading of the lengthy letters that are poured in upon us. Your letter was not even read.

"I sent you a stamp for a reply to my letter. Where is the stamp?" It was used in sending reports, invitations and notices to you. The total amount ever sent us by you was one dollar and two cents, and we have spent more than two dollars in return for you alone. Had you sent a stamped and directed envelope, we would have returned that stamp; but we do not propose to spend ten cents' worth of time, an envelope, paper and a stamp of our own to send you the stamp you enclosed in a letter, the length of which required hours to read and answer. It is a very little matter in one instance only, but a million instances make it a serious sum total.

"I asked you some questions which you have ignored." What were these questions? Here they are exactly: "1. Do you recommend ——— baking powder? 2. Do you recommend ——— shoes? 3. Do you recommend ——— underwear? 4. Do you think the climate of ——— as good as any? 5. Send me the names of the five leading doctors of my own city? 6. Why is alum injurious in bread? 7. Send me a list of all the poisonous ingredients used in beers. 8. Do you believe in the use of rose as a flavoring for cake? 9. I have little green bugs on my house plants; what must I do to get rid of them? 10. Send me list of the diet used in the army and navy. Enclosed is an addressed envelope and two-cent stamp."—Yet the writer of the letter is regarded as an intelligent person.

"Send me the name of some doctor in my locality whom you can recommend." This is a common inquiry. It is infinitely absurd. The members expect us to go out of our business house, hunt up doctors all over the world and stand sponsor for their skill and success. Our books are the doctors we recommend. We know no others.

"I know of ten persons here who have never got answers to letters they have written to the club." Yet you cannot find one human being on the face of the globe whose order and remittance ever reached us whom we neglected to promptly attend

to. We are under no obligations to answer promiscuous questions not in the line of business.

"I know of twenty-six persons who have sent you letters of inquiry and have received no reply." See above.

"I know of fifty-one complaints that you have not answered letters of inquiry."

"I know of over a hundred," etc.

"I know of fully five hundred," etc. See above. Collect all these hundreds, thousands, hundreds of thousands, millions if you will, and look at the accumulated pile. One man knows of fully five hundred in one locality. That place alone was able to keep us busy to the end of our days; but think of the thousands of localities, and all the letter-writers in each who have hurled their questions at us; and you will then see the impossibility of our even reading the letters.

"I am a good Ralstonite, and therefore hate to hear the club abused simply because it does not reply to everybody. Just try it for awhile. Do not neglect anyone." Very well, we invited the man to spend a month in Washington and act as one of a committee to read and reply to all inquiries, not orders. Every order or business letter receives immediate attention. The committee met, and were given letters just in; none of the old ones were shown. They resolved to answer all as fully as possible. The very first letter opened asked for the names of all the Ralstonites in the State of Pennsylvania. It was kindly answered, although the committee burned with indignation at the audacity of the writer. In two days their kindness was rewarded by a twelve-page letter written on foolscap, and filled with abuse from beginning to end, and with threats to denounce the club to everybody. The committee voted unanimously that it was better not to have answered the first letter, but to have ignored it altogether. The second inquiry sought to get an endorsement of the club for some worthless thing; and a reply of the utmost courtesy was sent. The party again wrote more urgently; and received a second reply. Then he wrote once more; and was duly answered in all kindness. Then he became abusive and threatened to "tell everybody how the club had treated him." The next inquiry was signed, but no address was given; nor could the post-mark be deciphered. An answer was impossible; but two weeks later the same writer sent a malicious complaint, still without address; although the post-mark showed

the name of a large city only. The committee addressed a letter to the name and city; but it came back marked "not found." The next of the first batch of letters was eight pages long, and it took the entire committee a full hour to decipher the name and address, of which they were not then certain; and it was not possible to read the letter itself. They framed a kind reply, sent it to the deciphered address, and got the answer returned "not found." The next letters of the first batch of one day's mail, took the entire committee eight days to read and answer, by which time they had two months work accumulated ahead of them; and all were excellent business men of splendid executive ability. Before they came to serve, they were staunch believers in the justice of the members who complained of not getting answers to their letters of inquiry; when they went away they were of the unanimous opinion that the club did all that any human organization could do; the chairman exclaiming, "I would not take such responsibilities for all the wealth of the world."

**A complaining yet loyal Ralstonite**, a man of great faith in the club, who thinks we are not willing to answer letters of inquiry, sent in a very long letter while the committee were in session. By actual count the letter contained over two thousand words. We answered it by a letter of six hundred words. To read and reply cost us three hours. We then showed the committee the letters sent to us by that man in three years, and acknowledgments that we had replied to them; revealing an accumulation of correspondence large enough to make a big volume; yet that very man said in his letter that "many members justly complain that you pay no attention to their inquiries, which I believe to be true from the *meagre* attention you pay to mine." This ingratitude caused a member of the committee to remark, "After writing a whole book to one man he is then as much dissatisfied as if you ignored him altogether. I think you should have ignored him." Another typical case arose at the same time. A man asked some technical questions which the committee answered in full; and received a reply demanding a full explanation of each detail of the answer, which would have taken 20,000 words, an utter impossibility. "The more you do, the more is demanded," said one of the committee; and he struck the keynote of human nature.

**Receiving visitors** at headquarters in Washington is a matter of pleasure; and the best men are selected for that purpose; but



there is a demand to see the author in person. He has given up hours enough to equal years in gratifying that demand; until he found it impossible to attend to his greater duties unless he worked all night and all day Sundays. Were it possible to meet and greet visitors with a word or two of salutation, he might devote an hour daily to such demands if so required; but visitors will not go unless directly told to leave; they hang on by the hour or more; and one persistent woman will force herself to the front and exclude others; or some man will talk and talk regardless of others who wish to have equal opportunities. During Ralston Term the author meets all callers; the rest of the year he works hard all day long and part of the night.

**We sum up as follows:** We answer all business letters promptly, even more promptly than other business houses. We do not answer any other letters for the following reasons:

1. They are too numerous and too long to even read.
2. They relate to matters that we do or do not know about.
3. If they relate to matters that we know about, all we have to say on the subjects may be found in the books, bulletins and other literature we publish.
4. If they relate to matters that we do not know about, we could not answer them.
5. We are under no obligations to spend thousands of dollars a month in replying to questions that are fully answered in our books. If we were, we could not do it, as it is a physical impossibility. It would mean that we must rewrite all our books in the form of letters to members who could not understand our answers half as well as they would understand the books which they neglect to read. To prove this we selected in one day's mail a hundred letters containing a total of eleven hundred questions, every one of which was fully answered in our printed books.
6. Whenever we have shown "question-asking" letters to dissatisfied members who seek to lecture us for our neglect, the said letters thoroughly convert them to our methods; and would so convert every sane person.
7. Under the new plan of the "Franchise" and the "Bulletin" we shall be able to keep all members in full communication with us, and every possible help will be given them; so that none need even complain. Were it possible to do all we wish for them, we would do everything they wish.

## RALSTON CITY.

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**ET** all true Ralstonites, as they make use of the plan by which prosperity is assured, come into closer touch with nature and give attention to ideal methods of living.

We do not believe in the mere perfection of the human body, even if that were possible. There is some reason for mankind's presence on this globe besides the maintenance of health. Suppose the body were to be kept as nature intended it, a perfect piece of machinery; suppose the needed clothing, food and shelter were acquired, so that want would evermore be unknown; what of it? Man was not created for the purpose of getting a living, of supporting himself and family, of maintaining health, and then dying. To suffer deprivation, to have to struggle for sustenance, to wage the battle against disease and penury;—these are relics of barbaric ages, now long since past.

**When the problem of getting a living** has been solved, when the body has reached its ultimate perfection as a machine for living, it is no longer in duty bound to toil for its mere maintenance; for to work to keep itself alive, clothed, fed and sheltered is the making of a useless circle. There is a higher purpose in life, the accomplishment of which is impossible, even of consideration, as long as wanton neglect and ignorance prevent the acquisition of health. When man learns that he is placed upon earth for a purpose other than to exist, he will be alert to ascertain what the purpose may be. Hence there are certain successive steps to be taken by every man and woman; and these we believe to be as follows:

1. The restoration of the body to a condition of health so firmly established that ill-health is practically out of the question.
2. An independence of circumstances that shall render the art of living free from all anxiety as to every detail of care, expense and support no matter how long life shall last. Leaving all theories aside and drawing conclusions from the practical operations of facts as applied to the art of earthly existence, we are satisfied beyond



RALSTON CITY,  
IN THE MODERN GARDEN OF EDEN.

all reasonable doubt that God and nature intend every man and woman to have ample food, clothing, shelter, comforts and luxuries without strain or struggle in the getting or the holding of them. So sure are we of this proposition that a new book, now in preparation and devoted to this one idea of ample independence in living, will be made the basis of a movement toward securing such results as speedily as possible; and will be placed in the new list of emoluments of Ralston Natural College; of which due notice will be sent to you.

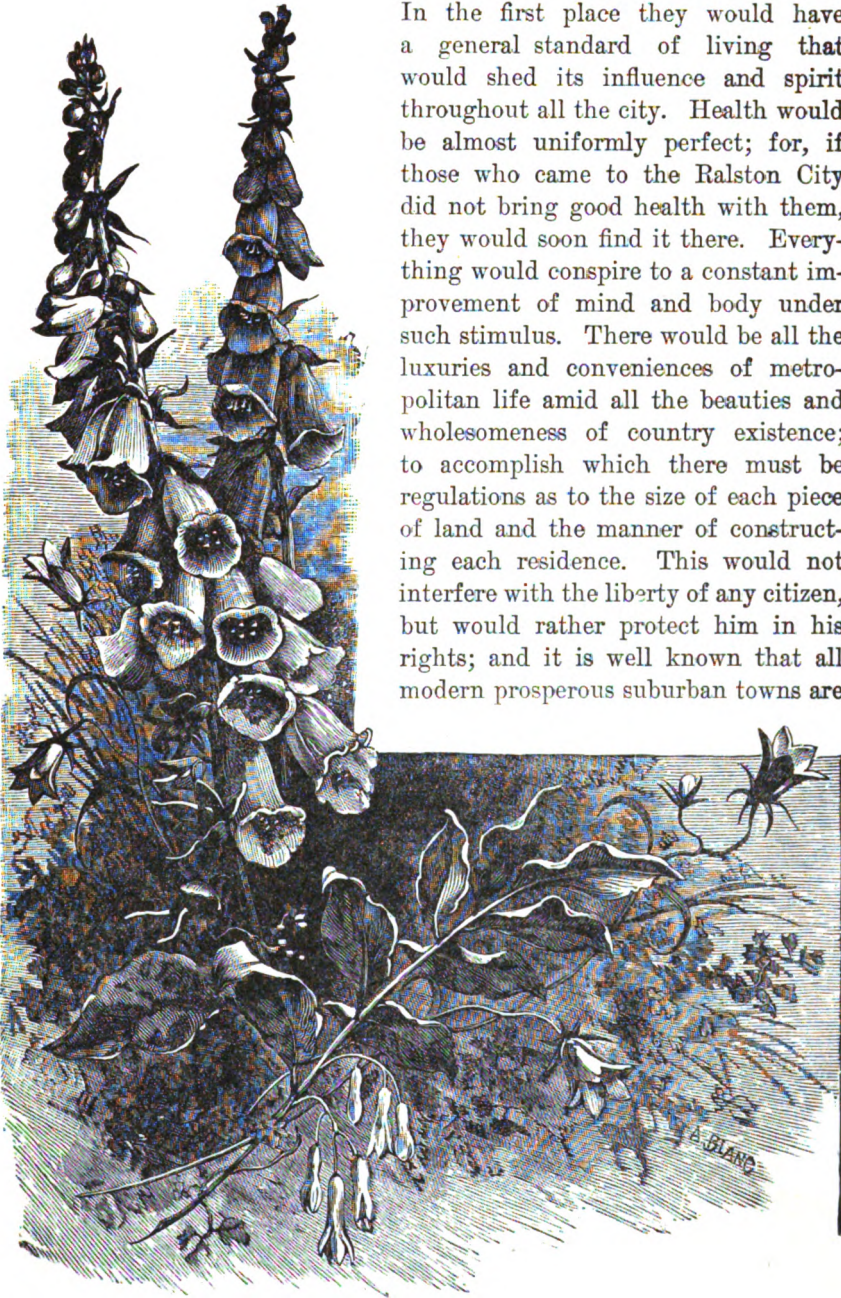
3. After health and independence of circumstances have been acquired, the next step is to ascertain why man is upon this earth; and the solution is to be had in the establishing of Ralston cities where each individual or family may work out the problem under the influence of a stimulus which will make itself manifest when the time comes.

4. We do not believe in communities, or pooling of interests. Talents differ. Every individual should be the architect of his own fortune and happiness. But we do believe in Ralstonites drifting toward each other. As a rule they are of better disposition and of more agreeable nature than other classes of people; for they live under the influence of certain principles and standards.

**It is pleasant to contemplate** the drifting of Ralstonites toward one another, of the approach of families that seek to live by ideal methods, and of beautiful customs that lend a charm to this earthly existence; altogether all these things may be preliminary to the purposes for which the human race has been brought into existence. The pooling of interests, as we have said, is wrong; so is the working of a community as one piece of social machinery. Let differences of caste, condition, fortune and tastes depend upon the honest qualities of the individuals that make up the general body of citizenship; let the greater talents reap greater rewards; let every degree of effort win its logical results, so that the less indolent will not pay for the luxury of others; and let each family be as distinctly apart from each other family as is now the custom in any city or town. There is no reason why one person should be under any obligation to another in a Ralston City, apart from that general bond of interest and sympathy that exists elsewhere.

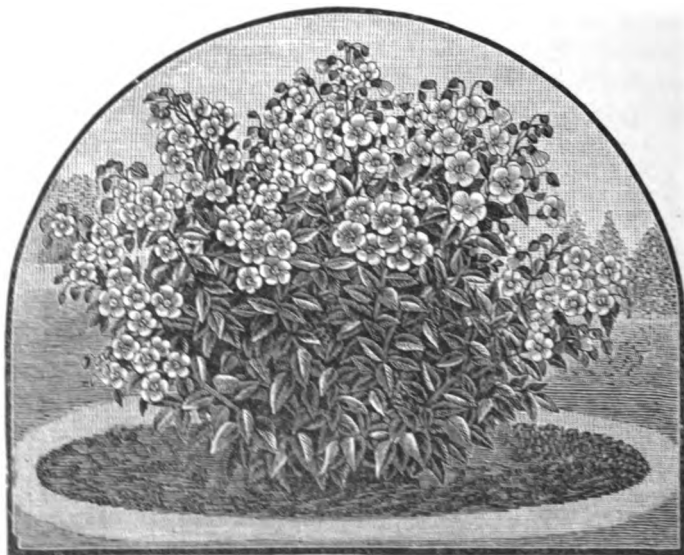
**See what advantages might accrue** from the drifting of Ralstonites toward each other in the way we have described.

In the first place they would have a general standard of living that would shed its influence and spirit throughout all the city. Health would be almost uniformly perfect; for, if those who came to the Ralston City did not bring good health with them, they would soon find it there. Everything would conspire to a constant improvement of mind and body under such stimulus. There would be all the luxuries and conveniences of metropolitan life amid all the beauties and wholesomeness of country existence; to accomplish which there must be regulations as to the size of each piece of land and the manner of constructing each residence. This would not interfere with the liberty of any citizen, but would rather protect him in his rights; and it is well known that all modern prosperous suburban towns are



governed by such regulations as will prevent the thrusting of nuisances into the pleasure of living.

**Every home should be well built**, although its costliness should be determined by the purse of the owner. It should be prettily built from the cottage to the mansion. It should follow the Ralston ideas as to the admission of light, and the location of rooms, the freedom of view and the comfort of its occupants. Lawns, gardens, shade trees and all that enhance the beauty of



the outdoor scene, please the eye, delight the mind, inspire the soul or feed the heart of man and woman, should adorn the surroundings of each residence. Heaven is the best of earth. There are thousands of localities in almost every State in the Union where nature furnishes the means for building a modern Garden of Eden. The seemingly barren earth may be made to smile in a new raiment of beauty and joy.

**The houses should not be packed closely together.** In cities there is no pure air; smoke, dust, filth and dark shade conspire to ruin the blood and sap the health. A Ralston City should be a wide area of suburban effects, without the metropolis to which to attach itself. Weeds are an enemy to all animal life; they breed

poisons, malaria and germs of disease. Let them disappear. Lawns of freshly cut grass breathe food and life to man. Trees are aids to health, if properly placed. Flowers are a constant source of happiness to all persons who are so constituted as to realize the need of happiness in this life. Let dampness cease as an abnormal presence. Let dreary shadows and sunless spots be unknown. Every room in the house should receive sunlight in some part of the year.

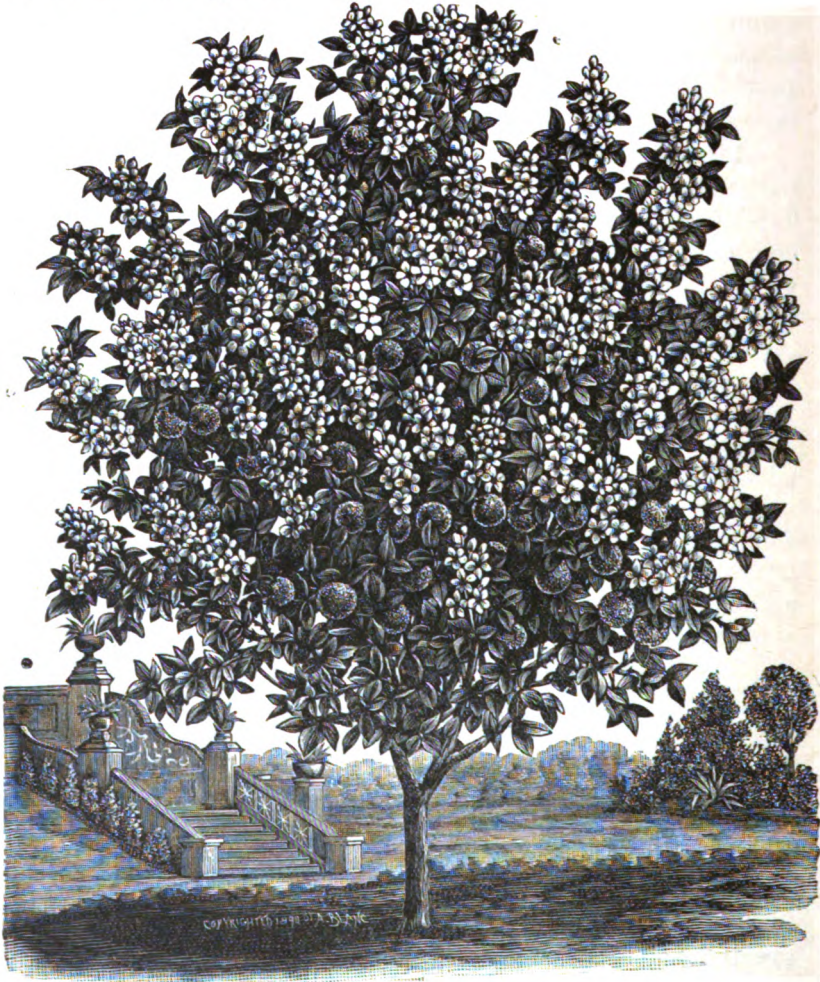
**Flowers are never so sweet** as when they are plucked fresh from the garden. Vegetables have an added value when taken direct from their growth to the kitchen, and they are rarely at their best when procured at the store. Fruits should be raised from earliest summer till late in the fall; and both fruits and vegetables may be produced under glass in every cold month of the year, if there is enterprise in the undertaking. Let every residence that can afford it add greenhouse and conservatory to its surroundings for an unceasing round of pleasure and value. Then plant orchards and vineyards; raise all varieties of all the good fruits that the climate and soil will permit. The author, in his country home, has one hundred and twenty different kinds of useful eating apples, and forty-eight different kinds of pears, forty kinds of peaches, forty-five kinds of grapes, and so on, generally having but one of a kind. This shows what can be done; and training the impulses of nature affords vast means of pleasure.

**The Ralston City** is any place of residence that is influenced by these simple principles. It is not confined to any State or any locality, but may be established wherever the ambition of the householder may lead him. We do not believe it should be used for the location of a sanitarium, nor for the collection of invalids; because the sick may make themselves well in Ralston Gardens. Let those who have the means and wish to retire to some place where the balance of their days may be spent in solid comfort and happiness, communicate with others of the same mind, and when a dozen or twenty families are found, they may proceed very quickly to raise up a Ralston City where all the following conditions of health may be found:

1. The winters must be sharp, for the vitality of the body will suffer unless it is hardened by some energy of cold weather, frosts, ice and keen winds; all of which have been created by nature for man's development.

2. The summers must be hot at times; for the contrasts of seasons are necessary.

3. The air must be always free in summer weather; not close, confined and stagnant.



4. There must be no malaria in the locality.

5. The soil and climate must be suited to the raising of grapes, apples, pears, plums, peaches and blackberries, these being the standard fruits; and where these will grow, nearly all else of value in fruits, vegetables and flowers will also grow.



**Here are the five conditions;** and it is surprising to know that a majority of the States in the Union contain many such localities, so that the founding of Ralston Cities need not be a matter of difficulty, as far as this part of the problem is concerned. Good localities should be selected in advance. There need be no real estate speculation, for farms and unbuilt places may be used for such cities; and a few years generally suffice to convert them into live and prosperous communities. We should be pleased to receive requests from members who wish to correspond with other members on the subject, so that those who are able to build residences may know each other, and combine for the purpose of founding such a city. Let it be near your own home and in your own State, if climate and conditions are suited.

**Think what a blessing** a Ralston City would be to a family having children to rear. There would be no evil influences, no beer and liquor saloons, no gambling dens, no houses of temptation; for, under the deeds now required in all modern suburban towns of first-class rank, these things are made impossible. There would be no epidemic sickness, no ill health, no poverty, no begging, no tramps, as the regulations would control all these matters. The means of education would be much better than anywhere else, for the general intelligence would be higher. The moral status of the community would be decidedly higher than could be found in any other place; Sunday would be respected, and churches would be attended; for, although Ralstonism makes no preference of creed, it recommends that every human being should sooner or later have a church as the soul's home on earth, for the body has its home.

**In the Ralston City,** which is a collection of city houses in the midst of country life, there may be constant sources of amusement, based upon a plan of reasonable entertainment and instruction. Play and pleasure furnish better medicine than ever the art of man has devised; and, united with proper food, fresh air and happy surroundings, they form a combination unparalleled in its effective power of uplifting the health of humanity to its highest pinnacle; to that plane, in fact, where the purpose of living may first be ascertained. Of course, Ralston Day should not be neglected, but that comes but once a month. There should be one day and several evenings in each week devoted to some Ralston pleasures or to entertainments and other diversions that relieve the monotony of living. Then the mind must receive attention; and a large hall,

centrally located, should be set apart for the graces of the intellect. So we might go on presenting mere glimpses of the possibilities of a happy Ralston City, almost without limit.

**But it is in the purity of the home, and in the exalted advantages of out-door existence that more is to be gained than in any other way. We know of no cause that so closely allies itself to**



material prosperity and substantial health as does Ralstonism, and its principles are proved able to uplift the moral atmosphere in any home or community. Clean minds, hearts and bodies have been its products almost without being foreseen; and a cause that can so far uplift humanity as to place it on a higher plane in every department of life, is surely bound to displace all other secular influences.

**The home itself must have certain institutions within its pri-**

vate domain, and these are all fully described in a new book de-



voted to the idea of ideal life on earth. The volume has already been referred to a few pages back. Then the placing of the house, the arranging of the rooms, the reference to points of the compass, the uses of the apartments, and all details of construction should follow well-defined Ralston ideas. How to get all the glory of home life out of a properly established and conducted household, is within the province of a Ralston City residence. What each day should develop, what each meal should yield of social and bodily happiness, what each morning, noon and evening should witness, what each week, month and season should bring to the home, are all matters worthy of study; and Ralstonism has clearly defined ideas upon them all.

**But the outdoor life is the best attraction for mind and body. The house, like the clothing, is a means of shelter and protection.**

The clothing is thin or thick, as the weather may demand. The house is not the true residence place of a human being when the conditions without are in harmony with freer existence. There should always be ample protection against excessive heat, dampness and chilling cold. All are enemies to the health when allowed to invade it. The burning rays of the sun are dangerous when approaching a vertical position; yet the same sunlight is a source of vitality in the early hours of a summer day, and in all hours of a winter day, because their vertical direction has been lessened, and



the attendant heat is reduced. So with cold; it is needed to harden and vitalize the blood and flesh; yet it may be too long present, or may not be met by activity enough to produce a counteracting warmth, and is thus dangerous. Dampness does more good than harm if the body is kept warm and dry; otherwise it always does harm when not quickly counteracted.

**Avoiding such conditions,** it is better to spend most of the time out of doors, or practically in the open air when indoors.

Some day the conveniences of life will yield to the superior questions of health. Regularity of action and of eating may have some value, but may also be varied to harmonize with the variability of nature, whose shifting seasons and day-lengths teach us important lessons. To get up at seven o'clock every day in the year is a discord with the plan of the months; and to eat when the sun is at the horizon in winter, and half way to the zenith in summer, is far from natural. Regularity, therefore, must be a relative term, not to be gauged by man's clock so much as by God's timepiece.

**There are jewels in every minute** of an early summer morning on dry walks amid the lawns, the flowers and gardens about the house. Then the day's best half should be lived for five hours; and the hot interim belongs to sleep. After the sun's heat has been withdrawn comes the cool, sweet evening, with its rarer joys and beauties; thus making a full day of activity with the severe period obliterated. As much may be accomplished by securing two full half days, each comfortable, as by crowding one long, dreary, heated period into connected activities for mere convenience; shattering the nervous system, exhausting the mind, and weakening the blood. Both methods have been tried, and the facts are before us.

**Whatever of work, or play, or study, or enjoyment** may fall to the lot of a human being, the best way of accomplishing it should be sought and adopted. If one cannot afford to waste time, it should not be wasted. Idlers are everywhere miserable. Duties are angels of happiness; drive them to others, and their charms go with them. Slave-toil, drudgery and exhausting labor better suit the temperament of anti-racials than of Caucasians; let such vocations be freely chosen and never installed by force. Our position in this account is merely to fix the status of the Ralstonite who is loyal to the higher instincts of life. What more we shall have to say must come in the form of the whole plan unveiled.

**Ralston City is wherever** you make it, and it is somewhere in Ralston Gardens. Read this description over and over again, and try to catch the meaning of the hints that are offered as food to your ambition. No one believes that social conditions are best as they now exist. Merit, honesty and energy do not reap the rewards of their efforts, and most of the good things of this world are denied those who are properly entitled to them. We know that there are thousands of Ralston families that have means ample for founding many a Ralston City. It requires money to start one;

yet, after a dozen, or twenty, or a hundred such families have laid the foundations, others will follow, and the laboring classes of Ralston families will come for work, and thus balance the equipment for rapid progress. If you are in earnest in studying this ideal method of living, you should enter fully into its consideration; and to that end, a large volume is in preparation, and will constitute the second book of Ralston Natural College, or the thirtieth actual Star degree. The whole matter is stripped of all its theories, and is brought down to the practical uses of common experience. So clear are the facts that the presentation of them is full of vivid reality, and cannot fail to prove fascinating to every true man and woman.

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### LAST WALK AND TALK. I

**In closing our pleasant relations at this stage of the journey through Ralston Gardens we wish to sum up the matter by presenting a few facts that cannot fail to interest you. In the first place you are never to live outside these Gardens unless you voluntarily abandon your own health, which is equal to abandoning your life. Once in the Gardens, you must live in them evermore.**

**The second fact is equally important:** You should take a few minutes' stroll every day through these pleasant grounds, for they are your very existence. You and they are identical. Open the pages anywhere you please and spend a few minutes amid their influence. Get one or more of their ideas and try to remember them; thus adding to your pleasure, as well as to your profit each day you live. Above all things, do not fail to catch the spirit and meaning of Ralston City, as briefly stated herein. We teach health first, prosperity second, and the purpose of existence third. The last two are yet ahead of us.

**Another fact must be kept in mind:** Ralston Gardens, while it is the last step of a member of the Ralston Health Club is the realm that contains everything that follows. In its domains are such institutions as Ralston Natural College, Ralston City, Ralston Citadel, and all the beautiful stages of life's progress. While yet in these Gardens you may enter any of the special palaces and temples that may prove inviting to you. What they are may be

found fully described in the great volume of the Ralston Club, the notice of which has already appeared in the book of General Membership, and is repeated here.

### “RALSTON CULTURE.”

**This magnificent one hundred dollar emolument, of the tenth Star degree, is the crowning glory of Ralstonism. It is the superior of any work we have ever published. As the price is very high, we must explain why it is worth one hundred dollars. These are the reasons:**

1. It contains the new system of Ralston physical culture, under protection. It is founded upon the old, but that had been



so mutilated by thousands of irresponsible, unlicensed teachers that the public demanded a protected system. The changes now made will add immense pleasure to the culture. It cannot be had in any other way, except by the graduating class of Ralston University of Washington, D. C., for less than forty dollars. As

presented in the great book of the tenth Star degree, with the hundreds of new illustrations, it is worth forty dollars. Every movement and all different parts are illustrated.

2. In addition to the usual explanations, there are little lectures that tell the story of the movements, the right and wrong ways of performing them, their purposes and advantages; thus putting the words in the mouths of the teachers. All this is new. We have many a time been offered large sums of money for these little lectures. They are worth at least twenty-five dollars for the whole number. Any person can now become a Ralston teacher. It is, of course, better to enter Ralston University for six months (or for two years, if you can spare the time), and thus learn to become a speaker and lecturer. One of our graduates earned over twenty thousand dollars in two years after graduating.

3. It contains the full system of RALSTON MUSIC, recently perfected, and now published for the first time. Spurious copies have been issued by fraudulent means, and are seriously defective; *the exercises cannot be correctly performed* by such copies. The true Ralston music has nowhere appeared prior to the year 1900. Yet the wrongdoers sold the spurious music for fifty and even one hundred dollars per set. To have the correct airs, properly arranged, is worth fully one hundred dollars to any teacher. This Ralston music is inspiring. *The airs make the exercises go with delightful harmony.*

4. The pleasure of Ralston culture as a means of *home entertainment* for the family only, especially now that the music is perfected, is of the first and most important consideration. Then when your friends are invited in, the interest is increased. Ralston Culture is as fascinating as *dancing*, with none of its detriment; and imparts health and strength to the body.

5. An authorized license to teach Ralston Culture accompanies each copy of this hundred dollar book. Such a license has always cost fifteen dollars. It is free only with this volume. We have heretofore sought persons as teachers who have shown executive ability and magnetism. It requires some executive ability to advance to the tenth Star degree; yet all you are required to do is to obtain ten fifth degree Star Ralstonites, and the one hundred dollar volume of Ralston Culture will be given you free, with the license, the music and all else. We give much for little. To avoid rules we use forms.



6. The great emolument, "Ralston Culture," contains not only the full system of exercises with the usual explanations, but each movement is presented in an enlarged picture with the description and the Ralston music accompanying it. This grouping is very valuable.

7. The Minuet in all its beauty is revived by Ralston Culture. It must be remembered that the minuet is not a dance, but combines all the grace and refining influences of the dance with a loftier culture. It embodies stateliness, dignity and polish in the highest degree, and has been the basis of the best breeding for the last two centuries. It was the leading social function in the days of George Washington, and was his favorite when President. Because the minuet is the only movement known that combines every law of grace, it is being eagerly sought by persons of refined tastes, both as a means of training and as the highest form of social pleasure. But it has come down from tradition only. No book has ever given an adequate description of its intricate action; although the great musical composers of the world have written special airs for it.

8. The genuine Minuet is now presented in the emolument of the tenth Star degree, "RALSTON CULTURE." It has all the steps for both ladies and gentlemen fully described and illustrated by our special artist, who has produced the best pictures ever yet made on the subject. They are exceedingly beautiful in themselves. The minuet is to be everywhere revived in polite society. It is coming to stay. Of its merits a famous educator said, "It is the quickest and best means of making a lady or gentleman." It is the only pastime of the kind of which all churches approve. The book of "Ralston Culture" is the only authority to-day on the minuet.

9. "Ralston Culture" is to be the recognized training system of civilization. The demand for it is enormous. It displaces all other methods. The public have learned to place their confidence in Ralstonism. Nothing else satisfies. We are overwhelmed by the tremendous rush from all directions, and we know what the enthusiasm is; the facts warrant the assertion that "Ralston Culture is to be the recognized training system of civilization." It will bring you health, wealth, home pleasures, social powers, and all else that is worth living for. The book contains much more than we have described. You see why it is worth a hundred dollars.

Yet we give it free to any Star Ralstonite of the tenth degree who has obtained ten members who are fifth degree Star Ralstonites. The process is simple and is quickly done. Use the Red Form at the end of "RALSTON GARDENS."

The little lectures that are so numerous and profusely presented in the great volume of "Ralston Culture," are alone worth



a large share of the hundred dollars which we assert the book and its privileges are justly estimated at; although we grant the same freely when you have reached the tenth Star degree and have procured ten members who have each entered Ralston Gardens. To enter the latter all that is necessary is to use the Blue Form at the end of the book of General Membership.

Practically all purchasers of that first volume enter Ralston Gardens, for the advantages are too many and too valuable to be overlooked.

Thus if you have purchased five copies of the book of General Membership, and have sold or given them away judiciously to persons who are able to appreciate the greatness of the Ralston cause, you will find that all of them will have entered Ralston Gardens; and, if they have not, it will be due to your careless selection of future members. Then, if you use the RED FORM at the end of this book, you will secure five more copies of the book of General Membership to sell or give away; thus making ten in all. These other

five should enter Ralston Gardens at once and thus give you the hundred dollar emolument, Ralston Culture, with its privileges and advantages.

**Suppose you do not have** the good fortune to secure ten members who will at once enter Ralston Gardens; suppose only two in five, or four in ten, should do this; what then? You may supplement your efforts by sending out invitations, which we will gladly and freely furnish you; and the new invitations are very magnetic; they arrest the attention, appeal to the judgment, and win the mind. If you should send out fifty or one hundred of them to friends, acquaintances or strangers in any part of America, you would soon have members and to spare; not only ten, but twenty and even more, if your invitations are sent with care and discretion. Every member you thus secure, will take you to the next degree. If a hundred persons were to accept your invitations you would have more degrees than you could take advantage of. Some Ralstonites, by this method of reckoning, call themselves members of the five hundredth degree.

**Now when you have procured** ten or more members, that is when you have sold or given away ten books of General Membership, our work begins in your behalf; and if you have also sent out invitations, some of which have been accepted, the chances are that you will have many more than even twenty degrees to your credit in a very few days. We follow up every person who has been made a member through your influence, until ten of them have entered Ralston Gardens. All should do so; but ten out of fifteen will probably do so at once; and you ought to be able to procure the hundred dollar emolument almost as soon as if you were required to obtain merely ten general members.

**Let us see if we can make clear** to your mind a few propositions:

**When you have induced fifteen persons** to accept or procure each one copy of the book of General Membership even if not one enters Ralston Gardens, you are at once a Star Ralstonite of the fifteenth degree, and will receive a certificate of admission into Ralston Natural College, for which no charge is made. This shows that you can enter the college and reach the fifteenth degree, even if you do not at once obtain the hundred dollar emolument, Ralston Culture. In other words, you may reach or pass the tenth degree and not get that great emolument at the time; but it will come to

you as soon as any ten of your members enter Ralston Gardens. Take an extreme case: Suppose you were to go at once to the one hundredth degree in Natural College, which you could do by securing as many copies of the book of General Membership, you would be a long way past the tenth degree, and you would be entitled to all the emoluments clear up to that of the one hundredth degree, except Ralston Culture, and that would come to you as soon as any ten of your members should enter Ralston Gardens. If the first ten should do so, all right; if only four out of ten should do so, you would be a twenty-fifth degree member when you secure the great prize; and so on. It will come sooner or later.

**You see that it is very easy** to go to the fifteenth degree and enter Natural College; also to the twentieth degree and procure the new work "Ralston Citadel;" and so go on to all the degrees in Natural College clear to the one hundredth. If you wish to enter the Natural College, you will very likely do so without trying much, especially if you make use of the invitations; for, in your effort to secure Ralston Culture, you will seek a margin of a few degrees beyond the tenth, which would quickly land you in the fifteenth almost before you knew it. And it is just as easy to go to the twentieth degree and procure Ralston Citadel, a very large and handsome volume containing one of the most beautiful systems ever devised. It is found fully described in Ralston Culture.

### THE JEWEL EMBLEM.

**You may procure** Ralston Citadel free of expense when you reach the twentieth degree under the Star plan; and, after viewing your property, your estate, your castle of power, you may decide whether or not you will enter the Citadel. If you choose to do so, then your happiness in life is secured; you will be a high degree Ralstonite; you will be honored by all worthy people among all mankind; and, as a token of your personal rank, the **JEWEL EMBLEM** will be presented to you. It is a very beautiful and valuable piece of jewelry; made of solid gold and set with a pure diamond, evermore the token and "charm" of Ralstonism; a jewel so beautiful that the richest men and women of our land are proud to wear it. By this token let every Ralstonite be known, and by it you may know one another.

The Jewel Emblem is made to represent much that is symbolical in this great cause. On the reverse side is a circle, bearing the password of the club. The circle has always meant completion, wholeness, or a state of being WELL. The seven pointed star within means, as it always has meant, that hope is the guiding light of all humanity as long as there is anything left worth living for. On the face of the JEWEL EMBLEM, set over the circle of perfection, is a wreath of oak leaves, symbolical of the tree of life. The wreath means victory. The oak is the sturdiest of all trees; and has a history of unparalleled prominence. It is referred to as the "monarch of the forest," and the "tree of life;" it was the worshipped tree of the Britons when Cæsar discovered them; it was the venerated tree of Palestine under which Abraham pitched his tent, and it bore his name; the charter oak of New England held the priceless pages of liberty; the "holy oaks" of old England were places of religious service even as late as a few generations ago; and the "hearts of oak" seem always to have been typical of strength and loyalty to purpose.

The wreath of oak leaves is, therefore, a source of inspiration to all who wear this magnificent charm. It is full of significant meaning. In the center is a sun-burst star; a very peculiar effect in jewelry. There are seven points to the star, bearing symbolic evidence of the word Ralston and its seven great laws. It is a star of hope, whose wavering points become the sun-burst of a new day; a marvelous combination of meaning and power. One who wore this charm said he "felt like a new man with a better understanding of the purpose of life," every time the jewel emblem met his gaze. But this is not all. In the center of the seven-pointed sun-burst star is a tiny diamond, pure and radiant, representing the soul-center of existence, the glittering fire of magnetism. Every part of this emblem is full of meaning; its equal has never yet been devised; and it ought to be a constant companion to every Ralstonite who wishes prosperity. It is truly a charm.

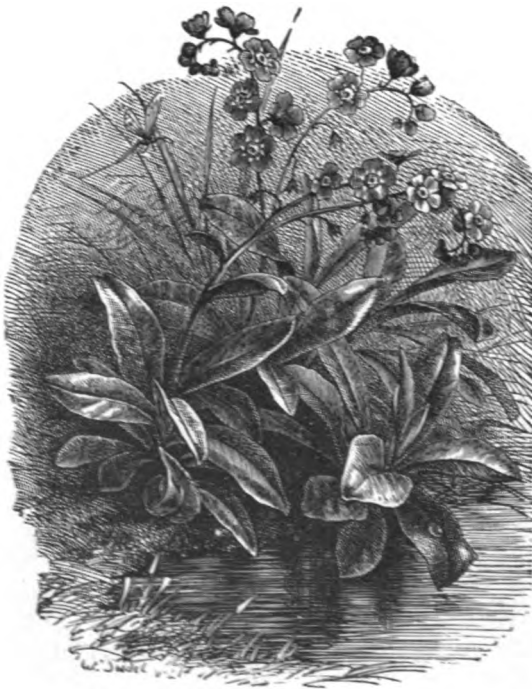
We shall make it easy for every member who enters Ralston Citadel to procure this JEWEL EMBLEM. We wish all loyal Ralstonites to know each other and to be known. Therefore it will be within the power of every true, earnest member to win and to wear this emblem. Loyalty to the noble cause of Ralstonism is the price. At the end of the hundred dollar emolument of the tenth degree will be found a GOLD FORM to be used by you if you wish this new

charm. Then, wherever you are, in what city, town, State, or country, on this or another continent, you may roam, look for your fellow members, by this same token, the **JEWEL EMBLEM**. You will soon find them everywhere. Respect, sympathy and the right hand of royal fellowship will always be extended to you, if you deserve it; and no unworthy person will ever receive the charm. Therefore use the **GOLD FORM** at the end of the tenth degree volume, **Ralston Culture**.

Enter **RALSTON NATURAL COLLEGE** at the fifteenth degree.

Enter **RALSTON CITADEL** at the twentieth.

**It is likely to prove** the turning point in your life when you decide to go into the Ralston Citadel, as presented in the magnifi-



cent volume we have just described. In addition to its valuable contents, already stated, it includes a complete work that once constituted the fiftieth degree emolument of the Ralston Club, entitled **YOUR TEMPERAMENT BEHIND CLOSED DOORS**. But this has been completely rewritten, so that not a line is old. Many persons placed great value on the first form of the treatise. This is to that as the sun to a candle.

Yet it is not the main part of Ralston Citadel; nor even a large minority part. While far exceeding the greatness of the first edition, it is not one-fourth of the volume of Ralston Citadel. The latter is a sublime system by itself in the sublime plan of Ralston

advancement. Once you enter Ralston Citadel, your permanent happiness is secured, no matter what your station or circumstances in life.

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### RALSTON NATURAL COLLEGE.

This is entered at the fifteenth degree, and can be sought at once if you wish. If you do, or if you do not, care for "Ralston Culture," which is the hundred dollar emolument of the tenth degree, you can let that matter be deferred for a while, and go to the fifteenth degree by adopting the plan suggested in the Red Form which is found at the end of the present volume. You will then receive the Certificate of Admission to Ralston Natural College, which is a home course of reading, training and education, all contained in systems amply presented in books that you can fully understand. These books are really the emoluments of the degrees, including the twentieth, thirtieth, fortieth, fiftieth, sixtieth, seventieth, eightieth, ninetieth and one hundredths; or one very great emolument for every ten degrees. These many systems of training are all different, no two being alike or even resembling each other. They are worth hundreds of dollars. Some of them are now ready; others are in preparation; all are new and of the highest value as up-to-date works.

**If you cannot afford** to go to the hundredth degree, which requires the obtaining of only eighty recruits after you reach the Ralston Citadel, there is a plan by which this ultimate degree (the 100th) may be conferred upon you, and all its costly emoluments given you freely, instead of obtaining them under the degree system. This is fully set forth in the last pages of Ralston Citadel, and it is important that you reach that as soon as possible. This may be done very soon if you are in earnest. In order to go to Ralston Citadel, use the Red Form in the back of this book, filling out the reverse side, instead of the front page thereof. Thus you can in an hour or less take the step that shall bring you to Ralston Citadel, by using the Red Form.

**The Red Form** is to be found at the end of this volume after the Index. It is useless to apply for "Ralston Culture" unless you use that form; for its omission will result in your receiving nothing but books of General Membership without degrees or emoluments. Also see reverse side of Red Form.

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REDFORM

[NOTE.—It is expressly understood that if erasures, alterations, additions, or any variation whatever shall be made in the Red Form below, the user thereof will receive no emolument, but merely the full value of the remittance in books of General Membership. Instances of variation do not often arise, and never should at any time.]

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