

BOOK OF  
RALSTON LIFE

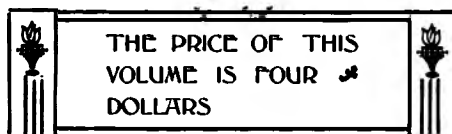
BEING THE THIRD STEP

...OF...

GENERAL MEMBERSHIP

IN THE

RALSTON HEALTH CLUB



PUBLISHED BY THE  
RALSTON COMPANY  
WASHINGTON, D. C.  
1902

RA  
776  
.R202  
1902

Copy 1

COPYRIGHTED 1902  
BY  
RALSTON PUBLISHING COMPANY

---

ALL RIGHTS RESERVED

UV

## OBJECTS OF THE RALSTON HEALTH CLUB

1. We would teach the importance of taking care of the health while it yet remains.
2. We would restore to health all who are sick.
3. We would not discard physicians, but would seek aid from the natural laws of life, and thus help the honest doctor in his efforts to cure disease.
4. We would teach the plain causes of ill health in such a way that men, women and children will *know* and *avoid* the consequences of every injudicious act.
5. We would come into the lives of all who are diseased, and show them the way to health, wherever it is within the range of human possibility to grant this blessing.
6. We would acquaint them with the inevitable laws of life, the tendencies of disease and the possibilities of cure.
7. We would warn them against using patent medicines, or taking into the system any drugs, except when prescribed by a local physician of well established reputation.
8. We would teach them the great fact that nature tends to heal all disease as soon as the irritating CAUSE is removed.
9. We would aid them to form an alliance with nature, which furnishes the impulses of life, and is, therefore, the source of health and recovery.
10. We would teach them the greatest of laws, that the faculties are best preserved by their continuous use; and, with perfected health and strengthened faculties, they should reach the highest plane of earthly achievement.
11. We would spread the doctrines of good health, cleanly lives, purity of heart, and progressive existence; encourage Ralstonites to build homes on these principles, and thus protect the public from the misfortunes of disease and decadence.

## ECHOES OF THE PAST

**From an Address at the First Meeting, July 4, 1876**

Everywhere in life we behold evidences of this purpose of nature to maintain perfect health in the human body, and we see this purpose constantly thwarted by the indifference of men and women who place no value on health until they have lost it. To be careful costs nothing; to be sensible is inexpensive; but to be indifferent when well costs years of suffering and money enough to buy a home. Poverty and disease never come unless invited.

**From Preface to First (Manuscript) Edition, March 4, 1881**

Since our little society has increased, so that it is not possible to meet one another in anything like a regular way, we are compelled by the unanimous voice of our friends to do something towards preserving the principles heretofore laid down in open meeting. The Ralston doctrines are really founded upon two ideas: First, that there is a natural *cause* for every disease; second, that there is a natural *cure* for the same. Among our members is a man who admits, and whose physician admits, that he would now be in his grave but for Ralstonism; also a mother whose life was spared to her family after her doctors had declared that there was no hope; also a girl (whose sister's grave is an unnecessary one) who came to a knowledge of Ralstonism in time to save her own life; and others who are indebted to these unfailing principles of Mother Nature for the blessings of health that could not otherwise be enjoyed. These are our only reasons for seeking to preserve in written form, for the use of other generations, the noblest things of human experience.

**From Preface to Second Edition**

In the light of recent science there is nothing strange, and very little new, excepting the method stated in the following pages. There are valuable opportunities awaiting us on every hand for the improvement, not only of health, but of mind and all our circumstances of life, if we but had our attention called to them, and knew how to appropriate them to our own use. But they are lost.



### From Preface to Third Edition

The value of a work like this cannot be estimated by its size or the number of its pages. Gems are never bulky. An important truth may be worth a million dollars, yet occupy but a line or two. A man whose life was despaired of consulted physicians who could not save him; but a doctor who knew the secret of his cure found it necessary to attend him but a few minutes, and the man lived. The charge of one hundred dollars was gladly paid.

A lawyer, walking down the streets of New York, was accosted by a business man, who asked him a question. It was answered in ten words. The fee of fifty dollars was paid.

"That brief answer was worth fifty thousand dollars to me," said the business man.

"And it cost me three years of research and a lost case," said the lawyer. The great truths which are presented in this Book of General Membership are of themselves worth an untold fortune. Not a page can be found which is not worth dollars.

---

### From Preface to Fourth Edition

In the present work we recognize the high mission of the Club, and bring the members, new and old, into closer relations in many particulars. First: We take them into the confidences of our "Laboratory Club," and disclose the origin and purpose of a small company of truth seeking scientists. No romance could be more fascinating than this weird history. Second: We divide the Club into "Ralstonites" and "Progressive Ralstonites," the former being under no obligations to take an active interest in the welfare of the Club and its philanthropic mission. Third: We simplify the process of advancement and avoid giving offense to persons who are either too busy to read thoroughly or fail to understand readily. We ask all thoughtful persons to approach the perusal of this book with a prayerful desire to be afforded all the light that can come from it.

---

### From Preface to Fifth Edition

The growth of the Club has been phenomenal. We add a few pages of new matter to this issue to keep up with the times. The day is not far distant when every sensible man and woman will be in the *Great Ralston Health Club*.

### **From Preface to Sixth Edition**

The history of the Ralston Health Club is unique and interesting, and is told in the pages of the present volume. That the Club has been increasing with a rapidity that is almost incredible is too apparent to require even the assertion. The plate edition was exhausted long ago; and, being forced to reset the work, it is natural that certain needed improvements should be incorporated into the next reprint.

---

### **From Author's Preface to Seventh Edition**

I have been requested to write the 7th Edition of this book. I am aware that the previous edition is the work of no less than six authors. As I shall retain their writings, and reflect the views of nearly two hundred others, I claim only to be an interpreter of the doctrines of Ralstonism.

While nature is always the same, her operations may be viewed from different points. The sunlight of high noon, which pierces the shallow air and scorches the blade of grass, is the same impulsive force which slants into the chill hovel of the beggar and warms his heart's blood. Ralstonism has always been the same.

---

### **From Preface to Eleventh Edition**

Although this is now called the 11th Edition of the present work, it will be seen that the book is identically the same as it has been in all preceding issues, except merely in a modification of rules and suggestions that are simplified in order to help our members. Indeed, from the time the first issue of the 7th Edition appeared, down to the present date, no change in the doctrines of health have occurred.

---

### **From Preface to Seventy-Seventh Edition**

If we were to count editions every time we went to press with our plates, this would be the seventy-seventh. Our plan in the past has been to take cognizance of the changes in the emoluments, which have been increased as our finances permitted, by giving new numbers to the editions only when such changes have occurred.

# PLAN OF THIS BOOK

OF

# RALSTON LIFE

**Inasmuch as the possessor of this volume is presumed not to own the copy of the preliminary work of the First Step, known as the "Book of Knowledge," the latter must, of necessity, re-appear in this book. This we have promised, and we take pleasure in presenting the former work as a part of this, with some introductory matter added.**

**Then, having made the laws of the "Book of Knowledge" a permanent feature of this volume, as it should certainly be, the next part of the work is to present the most approved methods of living under the Four Cardinal Points of Health, and after this comes the presentation of the balance system of life, by which that harmony is established which must be the basis of all health.**

**The next procedure includes the guidance of the member in and through the daily routine of life, to save the penalty of an infraction of nature's laws. This guidance is founded on the subject-matter presented in the book up to that stage of the work. It is of extra value, as it covers ground that no publication has yet attempted. It is a new field of effort to help men and women to master the body with very little attention.**

**We know the necessity of avoiding a regime that is to take time. It is not advisable to ask you to do very much thinking or much work. We know that all persons let the study of health go until they become ill. Then what will they not do or spend to get well again? It is the well or half-well person who cares nothing for health. It is the invalid who cares everything or it. Humanity defies nature, and gets sick. Of the next thousand funerals more than nine hundred will be of premature deaths of men, women and children who ought to be above the ground instead of beneath it. Knowing this defiance of nature, and the disposition to take very little interest in the study of health until it is getting almost too late, we have tried, in this volume, to furnish a method that will not cause you much inconvenience or bother, yet that will help you in the highest degree.**

## DAWN OF RALSTONISM

---

**A** BREEZE came wandering from the sky,  
Light as the whispers of a dream;  
He put the overhanging grasses by,  
And softly stopped to kiss the stream.  
*Bryant.*

"Nature, the handmaid of God, delights only in the glory of perfect humanity."—*Shaftesbury.*

---



**A**LL ages and all countries have witnessed the rise and unaccountable growths of movements that have served to change the face of history and remold the life of man. Progress is achieved by these forces; for, without them, it would lack the means of motion. Whether they are designed in advance by the Creator, or whether they spring from the instinctive desire of humanity to push along the wheeled chariot of civilization, is a question the solution of which investigators are not agreed upon.

**Ralstonism, representing the highest type of progress taking health as its basis and grander methods of living as its end, has been called an inspired movement; and this against our protests and wishes. We have, in thousands of cases, sought to suppress the claim, at the same time promising to set forth all the facts and permit each member to pass judgment upon them as his conscience may dictate. From all places clergymen tell us that Ralstonism is the best moral adjunct that the church possesses, because pure blood and a clean physical existence necessarily tend to the highest moral ambition; hence it is common for ministers to write in vigorous letters, "Ralstonism is an inspired movement." And the best men and women have plainly declared that Ralstonism, when once it comes into a life, can never be eradicated.**

A physician of large practice said twenty years ago that sixty per cent of the men and eighty-five per cent of the women of this country *know* that they are in ill health; while a large majority of the others are possessed of organic diseases which have not yet become apparent to them. This statement has been confirmed by many other physicians since then. The term *perfect health* is not a true one, for it would be rare indeed to find a man or woman of whom it could be said that no trace of disease was present in the body. The blood is created daily, and is easily made muddy by improper food or drink; thus affecting the head, nerves, stomach and the general condition, causing depression and laying the foundation of disease. Perfect health is buoyant under all circumstance, and attended by such clear evidences of its presence that it can never be mistaken. The real fact is that fully ninety-nine per cent of all people are diseased, although not so many are aware of their condition, and a great majority suffer no inconvenience from the dangers that are quietly working in the dark within their bodies, until the awful climax comes.

It is the belief of Ralstonites that no case of disease is hopeless. The principles under which they live are *new*, and hence many surprises follow, some cures having been regarded as miracles, because they were effected at times when no one believed recovery possible. A Ralstonite actually proved to a dying man that he might safely die, and yet live, provided death was displaced by life as fast as it occurred. One day he said to his physician: "Doctor, how is this? Is it true that parts of the body die every day?" "Certainly it is. Every schoolboy ought to know that. Life is change; and the change consists in the death of old material to make way for the new." The patient's eyes showed a gleam of intelligence that comes with the dawn of a new idea, as he exclaimed: "Then is it not true that the health of the body depends upon the character of the new material?" The doctor caught the principle. He admitted that it was unknown to the medical profession, yet was so closely allied to the very oldest of facts in physiology that it might be mistaken for the idea of waste and supply.

1. How shall the waste of diseased tissue matter be quickened?
2. How shall it be thrown from the system?
3. Of what material shall the new body be built?
4. How shall the new be made to take the place of the old?

**You know that the preservation of health is a solemn duty**; and if you do not care whether you are sick or well, dependent or helpful, some one else does. You know that this is an age of invalids, of dyspepsia, heart failure, diseased lungs, soft livers, decayed kidneys, bad skin, lifeless blood and sickly nerves, because it is an age of profound indifference. All persons are careless; and nearly all are ignorant of the laws of health. When sickness comes, it is very easy to look back to the neglect which caused it. How many thousands on beds of death have prayed for one more chance to live and obey nature's laws! A merchant said to his physician: "When I was well I scoffed at health, called health seekers cranks. Here I am; I have to die." Another said: "Doctor, get me out of this, just this once, and I will never neglect my health again." Still another, and his words are ringing now out of the past, although he has been dead sixteen years: "If you can save my life, I will work for you for ten years and give you all my earnings." A strong man was given an invitation in 1890 to join the Ralston Club. He sneered at the thought of sickness. He afterwards died of Bright's disease; and, had he joined when asked, he might have lived thirty or forty years yet.

**The preservation of your health** is a duty which you owe to your family, your friends and the public. Are you a father, mother, child or relative? What right have you to neglect your health and inflict care and trouble on others, and perhaps broken health in watching and doing for you? Ill health, when due to pure neglect, is a moral wrong. It robs the home of money and happiness—the two chief factors of human life. More sinful is that man or woman who will enter the bonds of wedlock, knowing that children born of the union are sure to grow up in suffering.

**Ill health begets poverty**, discontent, irritability and a diseased mind. There can never be a sound brain in an unsound body. Nearly all poverty is due to ill health either in this or a previous generation. There is plenty in the world for all mankind, and no person should remain poor. Health begets good blood; this makes good brain power; this good judgment; and the natural consequence is a life filled with impulses that lead to success. On the other hand, nearly all irritability is due to bad digestion; and it is well known that irritability leads to nervousness, sleeplessness, brain deficiency and insanity on the vital side, and to ugliness, ill temper, sin and crime on the moral side.



# RALSTON

## BOOK OF KNOWLEDGE

CONTAINING MORE THAN TWO THOUSAND LAWS OF LIFE

### A Perfect Guide to Perfect Health

#### SEVENTEEN GRAND DIVISIONS

These will appear in the order given here. Always refer to this page when you wish to know where to find a grand division. The index will be given at the end of the last Law.

1.	<b>VITALITY</b> . . . . .	From	1 to	85
2.	<b>EATING</b> . . . . .	From	86 to	219
3.	<b>CEREALS</b> . . . . .	From	220 to	463
4.	<b>VEGETABLES</b> . . . . .	From	464 to	587
5.	<b>VEGETABLE SWEETS</b> . . . . .	From	588 to	627
6.	<b>MEATS AND FISH</b> . . . . .	From	628 to	961
7.	<b>FRUITS</b> . . . . .	From	962 to	1219
8.	<b>NUTS</b> . . . . .	From	1220 to	1263
9.	<b>WATER AND DRINKS</b> . . . . .	From	1264 to	1637
10.	<b>SLEEP</b> . . . . .	From	1638 to	1707
11.	<b>BATHING AND EXERCISE</b> . . . . .	From	1708 to	1766
12.	<b>CLOTHING</b> . . . . .	From	1767 to	1807
13.	<b>THE HAIR</b> . . . . .	From	1808 to	1856
14.	<b>THE EYES</b> . . . . .	From	1857 to	1908
15.	<b>GERMS OF DISEASE</b> . . . . .	From	1909 to	2004
16.	<b>CAUSES OF SICKNESS</b> . . . . .	From	2005 to	2129
17.	<b>CAUSES OF AGE</b> . . . . .	From	2130 to	2237

If you will adopt these laws and facts and live by them as far as they may apply to your conditions, you will find yourself improving in health most rapidly. It is not necessary to observe every law. A person of good vitality may indulge in "palate pleasers," even though they are neither wholesome nor digestible. Abuses may exist without present harm. The future may possibly have to pay the penalty. But you will find perfect health, now and for many years to come, locked up in the storehouse of this "Book of Knowledge," the key to which is your willingness to adopt these laws.

---

# VITALITY

---

A few minutes' reading of the laws herein stated will, if acted upon, change the whole current of your life, and be of the greatest possible help in giving you that degree of vigor which is able to withstand every form of disease.

- 
- 1 Life exists in every organism in the form of vitality.
  - 2 Vitality is the spring or impulse of health.
  - 3 Life is weak or strong in proportion as vitality is weak or strong.
  - 4 Wrong habits lower the vitality.
  - 5 Lack of sleep lowers the vitality.
  - 6 Difficult digestion lowers the vitality.
  - 7 Continuous pain reduces the vitality.
  - 8 A cold is the signal danger of a low vitality.
  - 9 Vitality may be dangerously weakened in a day.
  - 10 When at low ebb, the body is easily made the prey of disease.
  - 11 Vitality may be generated at will if sought in time.
  - 12 It is increased by specific practice.
  - 13 Respiration always indicates the vital energy of the body.
  - 14 The better the health is, the deeper the breathing becomes.
  - 15 Feeble health is accompanied by weak breathing.
  - 16 The exercise of breathing deeply increases the vitality.
  - 17 A happy disposition is naturally attended by deeper breathing and stronger vitality.



- 18 Cheerfulness may always be cultivated.
- 19 Despondency lowers the vitality and weakens the health.
- 20 This morbid habit grows only when encouraged.
- 21 Good news deepens the respiration and increases the vitality.
- 22 Bad news depresses the system ; and
- 23 It almost always stops the flow of gastric juice to the stomach and hinders digestion.
- 24 Genuine mirth increases vitality.
- 25 Laughter is the best medicine in the world.
- 26 A hearty, natural laugh should be indulged in daily.
- 27 Laughter creates new blood out of the food.
- 28 Laughter causes the assimilation of food.
- 29 Laughter tends to overcome nervous prostration.
- 30 Natural laughter is a vigorous action of the diaphragm.
- 31 It has a wonderful tonic effect on the stomach.
- 32 It has a wonderful tonic effect on the lungs.
- 33 It stimulates the action of the heart.
- 34 There is no exercise that so employs the inward muscles.
- 35 When excessive, it is not valuable.
- 36 Laughter, to be natural, must be free and audible.
- 37 Sedentary habits lower the vitality.
- 38 Variety of mental action is beneficial.
- 39 Variety of physical employment is very helpful.
- 40 Sameness of thought, action or life injures the vitality.
- 41 Lack of variety in food weakens the stomach.
- 42 Sitting, except for rest, reduces the vitality.
- 43 Standing, when not wearying, invigorates the organs.
- 44 Dropping the chest and inward organs leads to weakness.
- 45 The weight of the body should be supported on the balls of the feet.
- 46 The spine is the tree of life in the body.
- 47 When the weight is supported on the heels, the spine is strained and the nervous system wearied.
- 48 Walking with much weight on the heels is like striking blows upon the spinal column, and is exhausting.
- 49 A soldier can march thirty miles with the weight on the balls of the feet to five miles with the weight on the heels.
- 50 No sitting position should curve or strain the spine.
- 51 Reclining or lolling is weakening when rest is not needed.
- 52 Hot rooms depress the energy.
- 53 Much outward heat lowers the vitality.
- 54 Natural heat is that which is generated by the body.
- 55 Too much outward heat prevents generation of natural heat.

- 56 Warming the feet by outward heat, as of a stove or register, leads to chronic cold feet.
- 57 When chilly, add more clothing and protect the natural heat.
- 58 Loss of natural heat means loss of vitality.
- 59 Excessive heat burns up the vitality, as in fever.
- 60 Energy is the result of effort, not of rest.
- 61 Lying still for forty-eight consecutive hours will prove this law very effectively by the extreme weakness produced.
- 62 Taxing any function increases its vitality.
- 63 A bulky meal invigorates the stomach.
- 64 Concentrated food lowers the vitality of the stomach.
- 65 Great activity just before eating lowers the digestive vitality.
- 66 Resting soon after eating is weakening.
- 67 Sleeping on a full stomach stupefies the faculties.
- 68 That faculty is most nourished which is most used immediately after eating.
- 69 The vitality of the BRAIN is increased by use during the digestion of a meal.
- 70 A theory claims that digestion is impaired by hard thinking on a full stomach. Facts do not sustain the claim.
- 71 Assimilation is best when nutrition is drawn from food during digestion.
- 72 Mental anguish, of course, will impair digestion.
- 73 So will any exhausting influence.
- 74 Napoleon found that his soldiers fought best on full stomachs.
- 75 Languid action invites weakness.
- 76 Energetic action invites vitality.
- 77 Rapid walking, if not excessive, is invigorating.
- 78 Slow walking is tiring.
- 79 Quick, nervous movements, when automatic, are wearying.
- 80 A controlled quick movement is vitalizing.
- 81 Rapid inhalations in breathing increase the vitality.
- 82 Slow outgoing breaths hold the vitality.
- 83 A quick outgoing breath is a "letting go" of the vitality.
- 84 Sighing is very weakening.
- 85 Gaping is evidence of low vitality of the lungs. It generally follows any tax on the nervous system with which respiration is in sympathy; as lack of sleep, indigestion, sickness, too much rest, laziness, a heavy meal, a languid mind, etc. A vigorous person, a clear and bright nervous condition, a fresh mind, or any energetic nature will have no occasion to indulge in gaping. It is also largely the result of habit.

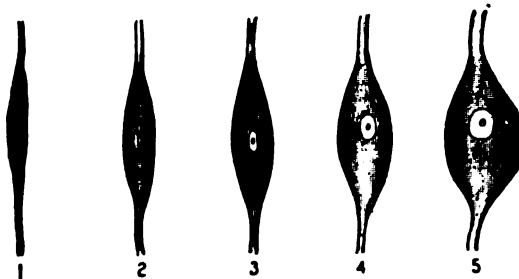
## GENERAL ADVICE

Read a few of these laws and facts each day. Do not try to read them connectedly, as their value is concentrated, and you can not absorb and assimilate them. Each law is a volume in itself. Try to understand the full meaning, then seek to bring it into your life. If you do this, you will find yourself adopting new habits, despite all your belief to the contrary. It is well to have some anchorage; something to cling to; something to believe, and to let your life grow in that belief.

All the foregoing laws should be read and reread, but certain ones are of special value, and we therefore advise you to give special attention to some of them after the second reading of them all. These are 2, 14, 16, 18, 25, 36, 54, 60, 68, 77, 81, and the laws closely associated with them before and after.

Avoid the conditions referred to in 6, 8, 9, 19, 37, 44, 47, 52, 64, and the laws connected with them.

We have that within us which lives. This piece of life is only a part of the great pulsing power of the universe—of the sun, if we wish to speak the truth, although that sun is the embodiment of a still higher power. If the life within us should die, it would find some new matter to which to attach itself, and thus prove its dying was merely a change. It is for ourselves to decide how long that life shall stay with us, for as soon as the body wears out we cannot expect to retain it. The body is a network of nerves, of which the brain is the most active. Throughout the entire system are ganglionic cells, whose sole duty is to secrete and store away the electrical vitality which feeds the life of the brain, organs and muscles. These cells are said by scientists to *think*, because they contain gray matter just like that which constitutes the brain. Whether they are capable of thinking or not is immaterial at this time; but that they form the STORAGE BATTERY of the body is true, and they abound everywhere.



Cells from storage battery of the human body

## EXPLANATION OF THE CELLS ON THE PRECEDING PAGE

1. A ganglionic cell, or electrical nerve center, in which vitality is very weak. The thousands of these cells in the body would indicate nervous prostration, if general; or special organic prostration, if confined in their weakness to one locality.

2. This ganglionic cell shows the storage of gray matter in somewhat greater abundance than in number 1. The gray matter brings with it vitality, or nervous health. A person would have more life, more exuberance of spirit, and consequently would be less irritable than if the cells were in the condition shown in number 1.

3. This ganglionic cell is the average of good health. Regime exercise increases the gray matter and adds rapidly to the vitality of the body; and vitality is shown in its increased size.

4. This cell is magnetized, or electrical, and is ever present in a person of magnetic power.

5. This figure shows the fine condition of each of the thousands of ganglionic cells in the body of one who is largely endowed with *personal magnetism*, or excessive electrical energy, the grandest type of manhood and womanhood.

**The medical books tell us** that these cells are connected by fibrous threads with all the nervous, organic and muscular life of the body; that they are the nerve centers that collect the vital principle and feed it to every part of the system. Supposing a person to be troubled with heart failure or weakness of the heart in any form, the cells that feed vitality to that great organ will be weak and slim; and the same is true in a marked degree in the case of indigestion, or any kind of inflammation, for this destroys by a chemical fire uncountable millions of cells, taking away their energy and robbing the body of its vitality. These conditions should be prevented by proper habits of living.

**We are continually asked** how the vitality may be increased to its utmost limit of power. We answer the question frankly, even though we may be charged with seeking to advertise a great system; but it is the truth that is asked of us, and we are compelled to say that if you wish to accumulate an enormous fund of vitality, either for health of body, vigor of mind, or the attainment of power and wealth in this world, then within the next seven days join the **Personal Magnetism Club of America**. This is the advice we would give to our dearest friend on earth; it is the advice we would wish given us. We have no need of advertising that vast Club; we can hardly supply the demand for admission to it.

# EALSTING

It is the theory of Ralstonism that the combination of good sense with a little money can produce more wholesome foods, a greater variety, much more enjoyment in eating, and a longer list of tempting viands at less expense than are obtained at the present day.

- 86 Food supplies the whole life of the body.
- 87 The body is composed of fourteen different elements.
- 88 All fourteen elements must be supplied each day.
- 89 If any one element be omitted, ill health follows.
- 90 Thus, if minerals are not furnished, rickets would result.
- 91 The food elements should be supplied in due proportions.
- 92 The body is about three-fourths oxygen, which is the most active of all.
- 93 This activity is required to keep the body alive.
- 94 The act of living is the chemical burning of the body.
- 95 This burning provides heat, and heat provides power.
- 96 The body is composed of cells united in many ways.
- 97 A drop of blood contains millions of food cells.
- 98 Food supplies these cells to the blood.
- 99 The blood carries them to every part of the body.
- 100 Vitality builds them into the body.
- 101 These cells make nerves, muscles, bones, flesh and all.
- 102 The day's activities are performed by the burning of these cells.
- 103 Thus, the raising of a finger burns a great number of them.
- 104 Lifting a heavy weight burns countless millions.
- 105 Hard thinking does likewise.
- 106 Wherever activity is greatest the burning up is greatest.
- 107 Where the burning up is greatest the blood is most eager to offer a new supply.
- 108 The quality of the new supply depends on the food eaten.
- 109 The body should be consumed by certain uses of its parts.
- 110 The new supply should be of perfect food material.
- 111 In such way a new and perfect body may be built.
- 112 The supply should be ready at the time of the loss.

- 113 **The fourteen elements of the body are: 1, oxygen; 2, carbon; 3, hydrogen; 4, nitrogen; 5, calcium; 6, phosphorus; 7, sulphur; 8, sodium; 9, chlorine; 10, fluorine; 11, iron; 12, potassium; 13, magnesium; 14, silicon.**
- 114 **Life is merely varied activity.**
- 115 **Activity depends upon the chemical burning of the body.**
- 116 **As in any fire, carbon is the necessary fuel.**
- 117 **Without oxygen there can be no burning of any fuel.**
- 118 **Carbon, therefore, is the food fuel of the body.**
- 119 **About seventy per cent of the daily supply should be carbon.**
- 120 **Carbon is supplied by grains, flours, fats and sugars.**
- 121 **The harder the work the more carbon is needed.**
- 122 **Physical vitality comes from no other source.**
- 123 **Carbon to burn, and oxygen to burn it in, produce life.**
- 124 **Hydrogen furnishes the fluid for cell transportation.**
- 125 **Nitrogen is chiefly a tissue builder for strength.**
- 126 **The tissue of muscles, nerves, skin and flesh is nitrogen.**
- 127 **The mineral elements build bones and teeth.**
- 128 **Chlorine and sodium are common salt when chemically united.**
- 129 **To be useful, the body must have form and shape.**
- 130 **The same cells, by different arrangement, produce all details.**
- 131 **The true life of the body is protoplasm.**
- 132 **Protoplasm has four elements: oxygen, hydrogen, nitrogen and carbon.**
- 133 **These four elements originate every form of plant or animal life.**
- 134 **Life cells are created by the body from cell foods.**
- 135 **Nothing is food unless it is in the form of life cells.**
- 136 **The blood is a river of protoplasmic cells.**
- 137 **Iron colors the corpuscles of the blood.**
- 138 **Colorless blood furnishes no nutrition to the body.**
- 139 **Lack of color means lack of proper food supply.**
- 140 **Inorganic material cannot become food until it is organized.**
- 141 **Organized material is simply in the form of cells.**
- 142 **It is dangerous to put into the stomach any unorganized material.**
- 143 **The duty of plant life is to create organized material.**
- 144 **Nothing, therefore, is food unless it is of plant origin.**
- 145 **By plant life we mean the whole vegetable kingdom.**
- 146 **Trees, plants, grains, fruits, vegetables, etc., belong to the vegetable kingdom.**

- 147 Even meat, as beef, lamb, pork, fowl, etc., was fed on organized vegetation.
- 148 So it is true that all food comes from vegetation.
- 149 Decay is a breaking down of organic cells.
- 150 Food consists chiefly of flesh builders and heat producers.
- 151 **Flesh builders** make the body in all its parts.
- 152 They are called **proteids** by chemists.
- 153 Heat producers furnish energy to work and think.
- 154 They are called **carbons**, and include fats, sugars and starches.
- 155 The stomach was created for two purposes, and two only.
- 156 First, to make all food into **pulp**.
- 157 Second, to digest **proteids**.
- 158 The stomach is either **acid** or alkaline.
- 159 The saliva also is either acid or alkaline.
- 160 **Acidity** of stomach or saliva interferes with digestion.
- 161 The mouth is then dry and the taste unpleasant.
- 162 **Rheumatic** persons have this acidity.
- 163 Acidity prevents the digestion of starchy foods more than any other kind.
- 164 **Starchy foods** are grains, cereals, flours or potatoes.
- 165 They constitute the main bulk of daily food.
- 166 The stomach is acid when the alkali is not in excess.
- 167 Both acid and alkali are necessary for digestion.
- 168 But the acid should never be in excess.
- 169 The excess of acid is called acidity.
- 170 Acidity of the stomach is caused by **delayed digestion**.
- 171 Rice, milk and simple foods digest in about an hour.
- 172 When most of the food remains more than two hours in the stomach its digestion is delayed.
- 173 In the course of another hour such food sets up a severe irritation, which indicates an abnormal change.
- 174 Gases, flatulence and acidity then become pronounced.
- 175 These conditions may exist for years without serious symptoms.
- 176 During that time the victims call themselves **perfectly well**.
- 177 But the development of distressing maladies is in progress.
- 178 The question of penalties and suffering is **one of time**.
- 179 Delayed digestion is the one great cause of disease.
- 180 **Prompt digestion** is necessary to health and mental brightness.
- 181 Prompt digestion requires a healthy membrane of the stomach.

- 182 This membrane is injured by all stimulants, such as coffee, tea and alcohol, and by medicines also.
- 183 An injured membrane cannot properly digest any food.
- 184 It is also injured by **starch foods** in unsuitable condition.
- 185 **Fried foods, fried fats, cake, pastry, baking powder and alum made bread** produce acidity of the stomach at once.
- 186 They also injure the membrane of the stomach.
- 187 Starch foods are man's chief food, and always will be.
- 188 The stomach was not made to digest starch food.
- 189 This does not prove that they are not wholesome.
- 190 **The saliva** of the mouth, if not acid, will quickly digest starch foods that are thoroughly chewed.
- 191 Thorough **chewing** is called salivation and mastication.
- 192 It is a wonderful relief to a tender stomach.
- 193 The intestine is a greater organ of digestion than the stomach.
- 194 It completes the work of the stomach in digesting proteids, and is specially intended to digest fats, etc.
- 195 **Overeating** consists in taking too much food of one kind or too great a variety of kinds at one meal.
- 196 Variety is important in health; in sickness it is not.
- 197 **One kind of meat** is sufficient at a meal.
- 198 **Vegetables** should be eaten at noon.
- 199 Potatoes are regarded as akin to bread.
- 200 They may be eaten at morning and noon.
- 201 Similar foods should prevail at given meals.
- 202 Thus, **starches** should prevail in the morning.
- 203 A little meat may be added in the morning.
- 204 But meat at noon is by far the best.
- 205 Vegetables should prevail at noon.
- 206 Starches and vegetables should not prevail at the **same meal**.
- 207 Starches and meat do not go well together.
- 208 Meat and vegetables go well together.
- 209 **A variety of starches** help to digest each other.
- 210 A variety of vegetables help to digest each other.
- 211 A variety of meats interfere with each other.
- 212 Sugars and starches go well together.
- 213 Fats and vegetables go well together.
- 214 Starches are man's best food, as wheat, rye, corn, potatoes, etc.
- 215 **Starches and meats** are condensed forms of foods.
- 216 When eaten in bulk, they stop the liver's action.
- 217 Nor will the liver resume activity until the muscles work.
- 218 Strong exercise is really needed to start the liver going.
- 219 Vegetables and fruits assist the liver.



## TABLES OF FOODS

On the following pages are given the most recently arranged and most authentic tables of foods for the guidance of all persons in daily life. We do not use scientific terms; for, having done so in all our previous editions, we find them unintelligible to the average readers, and the request has been well nigh unanimous to simplify them.

In the left hand column we have given the list of foods in their condition as usually taken. It must be remembered that some foods are indigestible at times and wholesome at other times.

The column of heaters and working energy is based on a scale of 1000. If the entire food is a heater, as in butter, or suet, or lard, the percentage is 1000, or perfect. If it has no working energy, it is marked 0. If it has one-tenth, it is marked 100. By working energy is meant the fuel or heat producing value. The working power of the brain as an engine is dependent upon the same element as the working power of the muscles. Thus fat, sugar, etc., is a brain stimulant, a heart stimulant, and a muscle stimulant. Sugar pellets are now provided for soldiers on long marches. This is energy; but, when unbalanced by muscle making food, it is never good. We, therefore, give its value, but show its best use in the many laws of health that are published in this book.

The column of vital energy for mind and nerves represents a higher class of nutriment, the design of which is to give intelligence to the working energy. The best illustration is that of the engine; the muscle making foods build the engine; the working energy foods produce the power to run it, as with steam, and the vital energy for mind and nerves are the engineer, whose intelligence guides the power to run the engine. Thus, the working energy of the body can be very great, as in the labor performed by an idiot or an ox, where the brain works, but without intelligence. Humanity needs brain power and mind power. This claim has been amply tested and proved by many experiments. Foods rated much under 20 should be balanced by others above 20.

The scale is the same as in the first column, but the percentage is always small in this line, although a little represents great value. When food has 20 points of vital energy for mind and nerves, it is of high rank. Some have over 50, but their indigestibility may affect their real usefulness.

**The muscle building column** is less important than the first two. The service of this class of foods is in its power to make the material parts of the body, particularly the muscles and the tissue. It should accompany the other kinds of food, especially the heaters, as the latter are fuel and overheat the body. The scale is the same as in the other columns.

**Ease of digestion** is the fourth scale. Here the percentage has nothing to do with the contents of the foods themselves, but with their ease of being turned into blood. When a person in average health is able to perfectly digest an article of food, we call it 1000 in the scale, as in the case of rice. When no part of the food is digestible, we call it 0. When half of it may be digested, or when it is difficult of digestion, requiring twice the energy of such a food as rice to turn it into blood, we mark it 500. As a rule, foods under 500 should not be eaten by persons who are not out of doors much, and foods under 250 should not be eaten at all; while invalids must beware of foods under 700. The fact that a food is most easily digested does not place it above others, for it has less staying power and may have less strength. When the stomach is sore to outside pressure there is danger, and it is time to call a halt. But difficult digestion not followed by such soreness is an advantage to a laborer or any hard worker.

**The last column** tells the proportion of water in food. This serves as bulk. The water is often encased in little cells, and after serving the great purpose of stretching the stomach, it is released and passes on without causing distress or oppression.

**All elements in food** or in chemistry are combinations of a single kind of atoms, as stated in one of the degree books of Ralston Natural College. The shape and character of the atoms remain the same, but certain combinations produce carbon, others iron, oxygen, etc. The atom is the elementary particle of sunlight. This explains why people who are much in the air and light have more iron in the blood and more color in the complexion than others; why animals have much iron in their blood when there is none in the food they eat; why some persons are stout and hearty on a very light diet; and it solves many problems of life and disease, such as the mysterious turning of flesh and blood into sugar in diabetes and other maladies. It is often wondered at how some persons are able to get food and strength from what they do not eat. The old claim that you cannot get something from nothing is still true; and in nearly every case it is also true that the actual food that enters the stomach makes exact results in the body. But nature goes often beyond this simple operation.

FOR EXPLANATION  
SEE OPPOSITE PAGE

ARTICLES	HEATERS AND WORKING ENERGY	VITAL ENERGY FOR MIND AND NERVES	VALUE FOR MUSCLE BUILDING	EASE OF DIGESTION	WATER	WASTE
Apples, dried . . . . .	727	14	9	580	250	. . .
Arrowroot . . . . .	833	3	8	820	154	2
Artichoke . . . . .	190	18	19	910	766	7
Asparagus . . . . .	54	4	6	820	936	. . .
Bacon . . . . .	625	5	84	450	286	. . .
Barley, pearl . . . . .	780	22	47	1000	75	76
Beans, dried . . . . .	400	35	240	460	148	177
Beans, green . . . . .	220	19	205	995	491	65
Beef, fat . . . . .	456	30	514	650	. . .	. . .
Beef, lean . . . . .	55	51	894	975	. . .	. . .
Beets . . . . .	6	. . .	14	520	871	109
Biscuit . . . . .	747	17	156	220	80	. . .
Buckwheat . . . . .	530	18	86	350	142	224
Butter . . . . .	1000	. . .	. . .	1000	. . .	. . .
Cabbage . . . . .	62	8	12	360	913	5
Carp . . . . .	8	29	180	780	783	. . .
Carrots . . . . .	122	10	11	530	825	32
Cauliflower . . . . .	46	10	36	380	900	8
Celery . . . . .	11	. . .	15	250	841	133
Cheese . . . . .	280	47	308	380	365	. . .
Cherries . . . . .	210	10	6	595	763	11
Chicken . . . . .	19	28	216	1000	737	. . .
Chocolate . . . . .	880	18	88	160	. . .	14
Clams . . . . .	. . .	25	120	320	855	. . .
Cocoa . . . . .	322	11	199	140	38	430
Codfish . . . . .	10	25	165	920	800	. . .
Corn, canned . . . . .	143	6	28	20	813	10
Corn, green . . . . .	81	5	21	80	882	11
Corn meal . . . . .	717	12	131	990	89	51
Corn starch . . . . .	978	2	. . .	1000	20	. . .
Crabs . . . . .	10	. . .	151	60	839	. . .
Crackers . . . . .	799	5	103	800	72	21
Cream . . . . .	45	. . .	35	880	920	. . .
Cucumber . . . . .	17	5	1	0	971	6
Currants, dried . . . . .	68	3	9	0	813	107
Dates . . . . .	737	. . .	. . .	820	240	23
Eels . . . . .	6	35	170	790	750	39

ARTICLES	FOR EXPLANATION SEE PRECEDING PAGES						
	HEATERS AND WORKING ENERGY	VITAL ENERGY FOR MIND AND NERVES	VALUE FOR MUSCLE BUILDING	EASE OF DIGESTION	WATER	WASTE	
Eggs, white of . . . . .	. . .	28	130	1000	842	. . .	
Eggs, yolk of . . . . .	298	20	169	1000	513	. . .	
Figs . . . . .	579	34	50	810	187	150	
Flounder . . . . .	5	35	150	570	780	30	
Flour, perfect . . . . .	750	11	110	1000	125	4	
Flour, white . . . . .	832	5	41	300	90	32	
Gelatine . . . . .	390	. . .	83	1000	490	37	
Green gages . . . . .	268	. . .	3	565	711	18	
Haddock . . . . .	6	26	140	840	828	. . .	
Halibut . . . . .	15	35	180	850	740	30	
Ham . . . . .	320	44	350	810	286	. . .	
Herring, fresh . . . . .	15	45	180	860	750	10	
Herring, salt . . . . .	11	29	155	480	795	10	
Hominy . . . . .	723	18	147	1000	106	6	
Horse radish . . . . .	47	10	1	90	782	160	
Kidney . . . . .	9	14	212	360	765	. . .	
Lamb . . . . .	143	22	196	970	639	. . .	
Lard . . . . .	1000	. . .	. . .	210	. . .	. . .	
Lentils . . . . .	390	15	260	870	140	195	
Lettuce . . . . .	3	. . .	14	670	943	40	
Liver . . . . .	39	12	263	290	686	. . .	
Lobster . . . . .	15	55	140	400	790	. . .	
Macaroni . . . . .	761	8	90	950	131	10	
Mackerel . . . . .	19	38	174	690	761	8	
Milk, condensed . . . . .	260	21	106	1000	613	. . .	
Milk of cow . . . . .	80	10	50	990	860	. . .	
Milk, human . . . . .	99	5	30	1000	866	. . .	
Mushrooms . . . . .	45	. . .	6	60	929	20	
Mutton . . . . .	140	20	210	540	630	. . .	
Oatmeal . . . . .	686	30	126	470	150	8	
Oats . . . . .	508	30	170	210	136	156	
Olive oil . . . . .	980	. . .	20	1000	. . .	. . .	
Onions . . . . .	52	5	5	235	938	. . .	
Oysters, fried . . . . .	165	4	131	95	700	. . .	
Oysters, raw . . . . .	. . .	2	126	930	872	. . .	
Oysters, stewed . . . . .	12	4	142	680	842	. . .	
Oyster plant . . . . .	140	15	21	930	780	35	
Parsnips . . . . .	145	10	21	510	794	30	

FOR EXPLANATION  
SEE PRECEDING PAGES

ARTICLES	HEATERS AND WORKING ENERGY	VITAL ENERGY FOR MIND AND NERVES	VALUE FOR MUSCLE BUILDING	EASE OF DIGESTION	WATER	WASTE
Pearl barley . . . . .	770	12	47	1000	95	76
Pears . . . . .	96	. . .	1	980	864	39
Peas, dry . . . . .	410	25	234	450	141	190
Peas, green . . . . .	224	15	206	1000	480	75
Peas, split . . . . .	520	31	264	965	158	27
Pigeon, young . . . . .	19	27	230	960	724	. . .
Plaice . . . . .	5	55	140	590	800	. . .
Pork . . . . .	160	22	175	420	643	. . .
Potatoes . . . . .	158	9	14	850	748	71
Potatoes, sweet . . . . .	218	29	15	310	675	63
Plums . . . . .	280	. .	7	565	696	17
Prunes . . . . .	786	45	39	980	130	. . .
Radishes . . . . .	74	10	12	0	891	13
Raisins . . . . .	512	6	40	540	400	42
Rice . . . . .	820	5	51	1000	90	34
Rye . . . . .	752	5	65	900	135	43
Sago . . . . .	961	4	. . .	975	25	10
Salmon . . . . .	5	60	200	575	735	. . .
Saratoga chips . . . . .	440	9	14	0	405	132
Smelt . . . . .	15	55	170	795	750	10
Sole . . . . .	8	25	170	750	797	. . .
Spinach . . . . .	6	. . .	31	510	902	61
Suet . . . . .	1000	. . .	. . .	470	. . .	. . .
Sugar, brown . . . . .	965	5	. . .	965	30	. . .
Sugar, granulated . . . . .	978	2	. . .	1000	20	. . .
Syrup . . . . .	550	7	. . .	990	437	6
Tapioca . . . . .	978	2	. . .	980	20	. . .
Tomatoes . . . . .	29	. . .	8	470	960	3
Trout . . . . .	8	43	169	930	780	. . .
Turbot . . . . .	5	45	160	720	790	. . .
Turnips . . . . .	40	5	12	390	904	39
Veal . . . . .	143	23	177	140	657	. . .
Venison . . . . .	80	28	204	385	688	. . .
Vermicelli . . . . .	380	17	475	950	128	. . .
Wheat . . . . .	664	16	146	430	140	34
Whey . . . . .	46	7	. . .	990	947	. . .
Whiting . . . . .	10	55	150	930	780	5

**Digestibility of other foods.**—The following table includes many articles of diet that are rated on a scale of digestibility only. They are not important enough for full listing, and some are variations from those already given, while others are cooked forms of the same. If a person in average health may digest a food without distress or injury to the stomach and with reasonable ease, under conditions that prompt good digestion, we give a perfect rating, or 1000. When food goes through the system unaltered, the rating is nothing, or 0. Articles below 500 are not safe for a weak stomach. If below 300 they are sure to cause trouble in the years to come if indulged in. Invalids require foods rated above 700, and even then most meats are to be avoided. The stomach may not give any signs of injury, although it is being gradually destroyed. Its silence will some day be broken, and perhaps by fatal gastritis. Do not be misled by the many seemingly contradictory rules as to digestion. They are all in harmony when the conditions of life are understood. Under circumstances that demand long staying powers, the foods that are reasonably difficult to digest are more valuable than those that the invalid finds necessary; what would help the laborer might kill the convalescent. For the sake of future peace, it is better to follow the ratings given in the three preceding pages, and in the following :

#### ADDITIONAL TABLE OF DIGESTIBILITY

Baked beans, 260. Barley bread, 200. Whole barley, 90. Smoked beef, 360. New beets, 760. Old beets, 310. Bran, 0. New raised bread, 175. Pilot bread, 860. Soggy bread, 80. Brown bread, 610. Buttermilk, 960. Cake, 150. Capon, 690. Cooked celery, 280. Raw celery, 30. Cold slaw, 0. Cookies, 390. Common crackers, 880. Fancy crackers, 90. Patent crackers, 40. Soda crackers, 410. Water crackers, 910. Cranberries, 0. Cream cheese, 760. Doughnuts, 190. Ducks, 475. Eggplant, 825. Graham flour, 490. Garlic, 235. Ginger snaps, 650. Goose, 230. Groats, 980. Honey, 1000. Honeycomb, 0. Junket, 995. Koumiss, 1000. Leek, 235. Lemon rind, 0. Maple sugar, 480. Hard cooked meat, 120. Raw meat, 975. Skim milk, 950. Molasses, 870. Iceland, Irish or sea moss, 1000. Raised muffins, 175. Olives, 70. Pickled onions, 0. Raw onions, 0. Orange rind, 0. Pancakes, 420. Pickles, 0. Pie crust, 110. Pieplant, 120. Lyonnaise potatoes, 560. Soggy potatoes, 10. Very new potatoes, 610. Very old potatoes, 270. Pumpkin, 790. Fish roe, 415. Rhubarb, 120. Salsify, 930. Sauerkraut, 0. Shrimps, 180. Sweetbread, 990. Squash, 820. Turkey, 860. Yams, 780.

# CEREALS

In no branch of recent science has there been more misunderstanding than in the study of cereals. Since it is true that a man is the exact sum total of what he eats, and since cereals are designed as the ideal food of humanity, perfect health depends upon knowing what to use and how to use them.

- 220 Cereals are ripened grains, and are called starchy foods.
- 221 They are eaten in three forms: Flours, meals and breakfast foods.
- 222 Cereals are the only foods that keep themselves.
- 223 They have lasted for many years without decay.
- 224 This fact teaches us that they are man's **best food**.
- 225 The cereals in common use are wheat, corn, rice, rye, barley, oats and buckwheat.
- 226 These **seven cereals** are used in various ways.
- 227 Wheat produces white flour, perfect flour, whole wheat flour, graham flour, bran and breakfast foods.
- 228 Wheat breakfast foods are cracked, rolled, shredded and ground.
- 229 When ground for breakfast foods, the wheat is made into a meal.
- 230 The following laws apply to wheat flours and wheat breakfast foods alike:
- 231 Wheat contains three very important parts.
- 232 These are the germ, the starch and the six coats.
- 233 The **germ** may be ground with the starch, but it is not useful alone.
- 234 Many mills use the germ for breakfast food; but it soon deranges the liver.
- 235 **The starch** is the white part of the wheat.
- 236 It makes the finest and whitest bread.
- 237 **Unless balanced**, it deranges the digestive system.
- 238 To balance the white flour, any other cereal may be added in small quantity.
- 239 Different kinds of cereal starches may balance each other.
- 240 **Rye and white flour** serve this purpose.
- 241 **Perfect flour** balances itself as follows:
- 242 The wheat has six coats which cover it.

- 243 The outer three coats are known as bran.
- 244 **All bran** is indigestible ; but yields value when cooked in water.
- 245 Bran itself should never enter the stomach.
- 246 **Graham flour** consists of whole wheat with all the bran coats ground in with it.
- 247 It is unfit for food, and has led to serious illness.
- 248 Some graham flour has but little starch in it.
- 249 This kind is still more injurious.
- 250 **Whole wheat flour**, so called, consists of wheat without the three outer coats.
- 251 Thus the bran part is removed.
- 252 Most whole wheat flour, so called, makes soggy bread.
- 253 All soggy bread is hurtful to the stomach.
- 254 **Perfect flour** is made from the starch and the sixth inner coat.
- 255 This flour has a faint yellow tint.
- 256 It produces a light, rich and nutritious bread.
- 257 Bread is the chief food of the civilized world.
- 258 **White potatoes** stand next.
- 259 Meats come third.
- 260 Fruits are fourth.
- 261 Vegetables are fifth.
- 262 All eaten in **due proportion** make perfect health.
- 263 Bread can be made from any cereal.
- 264 It is, however, best made from wheat.
- 265 Second best bread is made from rye.
- 266 Wheat bread is by far the most nutritious and wholesome.
- 267 **Wheat** contains the elements of the human body.
- 268 These elements are almost all in the exact proportion needed.
- 269 Thus wheat is the superior of all food.
- 270 It is the one food that can be eaten at every meal.
- 271 It never tires the stomach if made in perfect flour.
- 272 But if more than one coat of the wheat is ground in the flour the stomach rejects it.
- 273 Thus, the so called whole wheat bread is rejected.
- 274 **Graham bread** alone would destroy all appetite.
- 275 **White flour** bread alone would never weaken the appetite.
- 276 Its starch must be balanced either by some other starch; or, better still, by the sixth inner coat of wheat.
- 277 Wheat is the chief food of the **leaders** of the world.
- 278 It is the only ideal food for humanity.
- 279 Corn is close to it in all round value.
- 280 Most wheat is injured in the grinding.



- 281 When well ground, it is not always properly baked.
- 282 A little care would save the world millions of dollars in food value, and all humanity would be well fed.
- 283 The nitrogenous element of wheat is found in gluten, a gluey substance.
- 284 When not raised, this gluten makes bread heavy and soggy.
- 285 **Gluten** is tough, but very elastic.
- 286 Any gas will stretch it open into cells like sponge.
- 287 This is said to be raising it.
- 288 Fermentation has been used for thousands of years to raise bread.
- 289 Yeast is the most favored of the ferments.
- 290 It unites with the starch and makes a gas called carbon dioxide.
- 291 **Yeast** also makes an alcohol ferment with the carbon dioxide.
- 292 Carbon dioxide is the same poison that comes from the lungs as foul air.
- 293 For this reason new bread is not good.
- 294 The gas, however, escapes in a few hours.
- 295 Toasting new bread drives out the gas.
- 296 New bread toasted is wholesome and nutritious.
- 297 **Yeast powder** is not good, as it leaves a mineral in the bread.
- 298 Baking powders leave considerable mineral in bread.
- 299 They should never be used if perfect health is desired.
- 300 While yeast gases evaporate out, baking powder minerals stay in.
- 301 Gluten is the only part of wheat that expands.
- 302 It is no more nutritious than the similar element in other cereals, such as corn, rye, oats, etc.
- 303 But in wheat it rises more.
- 304 The same element in corn is called zein.
- 305 In corn it is capable of making a fairly good cake.
- 306 The same element in barley is called hordein.
- 307 This is almost impossible of proper cooking.
- 308 The same element in rye is called gliadin.
- 309 It rises better than any grain except wheat.
- 310 **Corn** can never by itself be a good loaf producer.
- 311 **Rye** stands next to wheat for loaf production, but after corn in nutritive value.
- 312 **The wheat eating nations** are most advanced in civilization.
- 313 White bread as made in America is sadly lacking in value.

- 314 Besides which it is raised by bakers who use alum.
- 315 Alum is as bad a slow poison as can be eaten.
- 316 It rarely ever leaves the body, and is thus like mercury.
- 317 The unbalanced starch of white bread creates a morbid desire for stimulants.
- 318 The same is true of corn, rye, barley, buckwheat and oats.
- 319 This desire for **stimulants** is increased by **alum made bread**.
- 320 **Yeast** in place of alum reduces this desire.
- 321 But yeast gas (carbon dioxide) increases it.
- 322 New raised bread, therefore, creates an appetite for stimulants.
- 323 **Perfect bread** is made from white flour with only the sixth layer of the wheat.
- 324 This balance of the starch with phosphatic nutrition is so powerful as to change the whole character of the loaf.
- 325 White flour is **lifeless** because of the absence of phosphorus.
- 326 Roentgen rays show the immense difference between white flour, as milled in this country, and perfect flour.
- 327 Proper foods, properly prepared, will cure all desire for stimulants.
- 328 Stimulants are craved to establish the balance which is lacking.
- 329 Perfect flour making has recently been introduced in Europe.
- 330 It is spreading rapidly under the name of the Schweitzer system.
- 331 It recognizes the fact that flour is best when fresh.
- 332 It requires the grinding of the wheat just before using.
- 333 The flavor of **new ground** perfect flour is excellent.
- 334 Such flour is better for the health.
- 335 The new ground perfect flour system should be introduced into every home.
- 336 So perfect is it that a small hand mill, no larger than a coffee mill, makes absolutely perfect flour.
- 337 When this is used, the cost of bread will be reduced one-half, and its value increased twofold.
- 338 Breakfast foods are best when made of **perfect flour granulated**.
- 339 The perfect flour system granulates wheat.
- 340 Finely ground corn meal makes a splendid breakfast food.
- 341 **The yellow meal** is more heating, and is a winter food.
- 342 **The white corn** meal is useful in warm weather.
- 343 Owing to its abundant carbon, yellow corn is fattening.
- 344 **Hominy** is a less fattening form of corn.

- 345 **Corn starch** is very nutritious and easily digested.
- 346 All corn supplies great energy to the body.
- 347 In this respect no other food is its equal.
- 348 It is also the cheapest of all foods.
- 349 The laborer can get more value from corn than from meat, and at one-tenth of the cost.
- 350 Sedentary persons should not eat much corn.
- 351 Owing to its value as a food, it requires activity and open air life to avoid its fattening effects.
- 352 It is very easily digested in all its forms.
- 353 **Rye** is rich in starch, but is not a complete food like wheat and corn.
- 354 Rye, therefore, is not best for bread, although valuable.
- 355 It is unbalanced and leaves a craving for stimulants.
- 356 It is chiefly used in Germany and Russia.
- 357 Rye and white flour from wheat make a substitute for perfect flour, although not in opposite elements.
- 358 The proportions are half and half, or one-fourth rye to three-fourths wheat flour, depending on one's liking.
- 359 This affinity is due to the fact that wheat contains gliadin with gluten, while rye contains gliadin.
- 360 No other cereals have affinities for each other.
- 361 **Mixed wheat and rye** in France is called meteil.
- 362 **Boston brown bread** is mixed wheat, rye and corn meal.
- 363 Corn meal may make it soggy.
- 364 It is not often baked properly.
- 365 When made light, it is immensely valuable as food.
- 366 Rye bread needs a hot fire and quick baking.
- 367 It is good in constipation, having a natural action.
- 368 All the elements of barley are less digestible than wheat.
- 369 **Pearl barley** is its best form.
- 370 We tried to introduce whole barley, made as wheat should be, but never succeeded in maintaining it.
- 371 **Pearl barley and hominy**, half and half, make an excellent breakfast food, but require soaking to soften.
- 372 They are excellent even for sedentary persons.
- 373 Mixed with pearl barley, they are still better.
- 474 It requires rough life to digest whole barley as made.
- 375 **Pearl barley** in soup is very nutritious.
- 376 It is easy to digest.
- 377 True pearl barley has the shape of the grain.
- 378 **Barley bread** is indigestible on account of its toughness.
- 379 Wheat, being a perfect food, was the first cereal on earth.

- 380 Oats were the chief grain food of Europe for two thousand years.
- 381 As they lack gluten, they make a very poor bread.
- 382 Oats contain an **indigestible** cellulose not suited to ordinary stomachs.
- 383 They also have a **bitter juice** that poisons the liver.
- 384 These objections are overcome only by very hard labor.
- 385 Oats cause heartburn and palpitation in most cases.
- 386 **Outdoor air** and vigorous toil or activity are required to meet the difficulty of assimilating oats.
- 387 Oats are much better when made into true Scotch groats.
- 388 Most of the so called Scotch groats are not genuine.
- 389 The honest miller removes all the husks.
- 390 He also parches the remaining grain.
- 391 The parched grain is then ground into oat meal.
- 392 If cooked a long time, it is delicious and nutritious.
- 393 We have rarely seen the true Scotch groats on sale.
- 394 Do not be misled by a name or a claim.
- 395 **Adulterators** of food are bad enough to swear to anything.
- 396 They are able to buy other men, even chemists sometimes.
- 397 **Oat groat porridge** and breakfast food are splendid.
- 398 The day will come very soon when these blessings will be within the reach of everybody.
- 399 **Buckwheat** is the least valuable of all the cereals.
- 400 It is the most unbalanced, having no all round quality.
- 401 Its one sided sweet nature causes pimples on the face.
- 402 Fried and eaten with butter, sugar or syrup, it is even more injurious ; as all these things are alike as food.
- 403 **Buckwheat cakes** are the cause of many bad complexions.
- 404 **Rice** is the most easily digested of all cereals.
- 405 Nothing is so quickly assimilated, except sugar.
- 406 Its ease of digestion prevents it from having staying powers.
- 407 It is an unbalanced food, like buckwheat, but is free from injurious effects.
- 408 In fact, rice helps to make clean blood.
- 409 As it lacks phosphates and nitrogen, it is a sleep producer.
- 410 The use of rice in place of wheat makes indolent people.
- 411 Its best balance is fish ; rice and fish being a perfect diet.
- 412 Its next best balance is meat soup or broth.
- 413 Thus, **rice** and **meat** broths and soups are perfect food.
- 414 These two uses of rice should be encouraged everywhere.
- 415 They make the blood purer and the body better.
- 416 **Rice** and **milk** are excellent together, but not complete food.
- 417 Rice eaten as a vegetable must always be buttered.

- 418 This prevents it from getting soggy in the stomach.
- 419 Arrowroot flour is used in soups for invalids.
- 420 It is easily digested, but is valuable only in dyspepsia.
- 421 Children should not be fed upon it.
- 422 Cassava is made from the same plant as tapioca.
- 423 **Tapioca** is made from the manioc plant.
- 424 It is a purified form of cassava.
- 425 Tapioca is almost pure starch.
- 426 It makes a good flour and good bread.
- 427 It is, however, an unbalanced food.
- 428 "**Pearl tapioca**" is not genuine, but is made from potatoes.
- 429 "Pearl tapioca" cannot be made into the best puddings.
- 430 It produces a gluey, gummy mass.
- 431 **Sago** is made from the pith of some palms.
- 432 It is more refined than tapioca and of better flavor.
- 433 Both are digestible and good for invalids.
- 434 **Mosses** are slightly nutritious and easily digested.
- 435 Iceland moss is the best. Irish moss and certain kinds of seaweed are also good, but all must be purified first.
- 436 Crackers are digestible if not "doctored."
- 437 Of eighty-two samples sent us, seventy-nine were "doctored."
- 438 Some were chemically treated to keep crisp a long time.
- 439 They were all absolutely indigestible.
- 440 Given to ten children, they caused vomiting in nine cases, when eaten in quantity.
- 441 **Water crackers**, or any common crackers, will not do this.
- 442 Package crackers are not the best.
- 443 Most, if not all, patent crackers are made from alum.
- 444 Cakes and similar foods in packages are far from good.
- 445 Most **ginger snaps**, etc., are made of refuse flour.
- 446 Their ingredients are exceedingly unwholesome.
- 447 Plain, thin crackers are best; they should not be light and flaky, but more like pilot crackers.
- 448 Round, thick, ball shaped crackers are not good.
- 449 Cakes, snaps, cookies, etc., should be made at home; never bought.
- 450 **Malted flours** are partly digested forms of food.
- 451 They assist other foods to digest, but do not give much nutriment.
- 452 They should not, therefore, be eaten alone.
- 453 **Malt extracts** contain two per cent of alcohol, but much diastase.
- 454 **Diastase** is the principle of greatest value in the digestion of cereals.

- 455 It is present in ripe fruit, as in grapes, pears, peaches, blackberries, etc.
- 456 It ripens fruit at the final stages of growth.
- 457 It converts indigestible starch into digestible juice.
- 458 The eating of ripe fruits at the end of a meal supplies this principle and aids digestion.
- 459 Fruits must be ripe in order to help digest cereals.
- 460 Meats and fruits do not help each other.
- 461 **Diastase** from fruits is best, and is next best as a powder.
- 462 It can now be bought most anywhere.
- 463 It is useful only to invalids who cannot digest cereals.

---

## VEGETABLES

---

This class of food differs widely from all others in its relation to the health of the body. As no class of food can be safely omitted, if a person would remain perfectly well, vegetables must take their place and share in connection with fruits, meats and cereals.

---

- 464 All foods not animal are of the vegetable kingdom.
- 465 **Vegetables** are popular names for roots, tubers and green life.
- 466 When eaten in great quantity, they make the system **alkaline**.
- 467 Excess of meat makes the system acid.
- 468 The counter influences of alkali and acid are necessary for health.
- 469 Excess of **acid** ruins the organs of the body.
- 470 **Meat** should not be eaten as more than one-tenth of the daily food in weight.
- 471 **Vegetables** should constitute four-tenths of the daily food.
- 472 The remaining half should be **cereals** and bread.
- 473 Vegetables also furnish **bulk** and distend the stomach.
- 474 The stomach will not do well unless distended daily.
- 475 **Solid**, concentrated foods will otherwise ruin the stomach.
- 476 Vegetables are mostly water and tough fiber.
- 477 Not over fifty per cent of the vegetables eaten can be digested.
- 478 The remainder passes out of the body as refuse.
- 479 For this reason, vegetables aid in keeping the **bowels free**.

- 480 Meats **constipate**; grains, bread, etc., constipate; vegetables balance them.
- 481 An all vegetable diet, omitting cereals and flour, would weaken the intestines by excessive irritation.
- 482 **Uncooked vegetables** generally contain unopened cells that are indigestible.
- 483 Nature opens some of these cells in ripening.
- 484 Peas, beans and lentils are best when **green**.
- 485 When ripe, they have tough envelopes that can never be digested.
- 486 These envelopes pass through the body just as swallowed.
- 487 **The younger** they are, the better, if of full size.
- 488 **Baked beans** are hard to digest unless soaked and cooked thoroughly.
- 489 **Stewed beans** also require long cooking.
- 490 Peas and beans, when old, are unfit for weak stomachs.
- 491 **Split peas** are free from the envelope, and are excellent food.
- 492 They should be made a regular article of diet.
- 493 Beans, peas and lentils are deficient in heating elements.
- 494 **Fat meat** balances them by supplying heat.
- 495 Eaten without fat, they make the body cool.
- 496 When green, they are an ideal summer food.
- 497 All vegetables are **cooling** to the blood.
- 498 Cereals and bread are **warming**.
- 499 **Green corn** is indigestible, unless nearly full size.
- 500 **Canned corn** is indigestible.
- 501 The corn can always be found as eaten after passing through the body.
- 502 Such food may do no harm.
- 503 **Tomatoes** are best when raw.
- 504 They are not nutritious, but are often **appetizing**.
- 505 Tomatoes contain oxalic acid, and this forms uric acid.
- 506 They should not be eaten by **rheumatic** or gouty persons.
- 507 **Potatoes** lead all vegetables of the ground.
- 508 The white potato is the best; it is almost equal to bread.
- 509 The potato is digestible when cooked so as to be mealy.
- 510 If **soggy**, heavy or waxy, they are totally worthless.
- 511 Very young potatoes are not good, as their cells are undeveloped.
- 512 **Very old potatoes** are waxy and bad.
- 513 Baked potatoes are most nutritious and digestible.
- 514 If boiled, the skins should remain on until done.
- 515 Potatoes raised in **damp, soggy soil** are not good.

- 516 The mealy condition is due to the starch cells swelling and bursting.
- 517 A potato that does not **burst the skin** while boiling is not mealy; it gets soft without developing its cells.
- 518 **Fried potatoes**, if mealy, are digestible, except the surface.
- 519 Fried soggy or solid potatoes are indigestible.
- 520 **Thin fried chips** are harmful.
- 521 If potatoes are fried, they should be in large pieces.
- 522 **Mashed potatoes** are excellent if not soggy.
- 523 **Sweet potatoes** are unfit for invalids.
- 524 They are nutritious, but hard to digest.
- 525 They, too, should be very mealy.
- 526 **The yam**, or red sweet potato, is more digestible.
- 527 **The artichoke** is easily digested, but has almost no value.
- 528 **Beets** consist mostly of water.
- 529 The solids are nearly all sugar and starch.
- 530 When young, they are excellent.
- 531 **Old beets** are of very slight value.
- 532 **Carrots** have some nutrition, but should be young and tender.
- 533 When old, they are good only for flavoring.
- 534 **Parsnips** are among the bulkiest of vegetables.
- 535 They have less value for their bulk than others.
- 536 They should be young and tender.
- 537 **Turnips** are almost worthless.
- 538 **Salsify**, or **oyster plant**, is easily digested and of some value.
- 539 **Radishes** are a relish. They have no food value, and are indigestible.
- 540 Death has quickly followed the overeating of them.
- 541 **Cabbage**, when old, is of no value as food.
- 542 When young, it may be digested by strong stomachs.
- 543 Invalids should never eat cabbage in any form.
- 544 **Sauerkraut** and cold slaw go through the body unchanged.
- 545 **Cauliflower**, well cooked, can be digested by strong stomachs.
- 546 **Dyspeptics** should let it alone.
- 547 **Lettuce** is good with vinegar and oil.
- 548 Without the oil, it has no value, except to make bulk.
- 549 But it does no harm, even to invalids.
- 550 Lettuce is useful in diabetes.
- 551 **Celery** has a flavor, but no nutriment.
- 552 Its flavor renders it appetizing.



- 553 It is best when cooked in milk until very soft.
- 544 Eaten raw, it serves for bulk, but invalids should not touch it.
- 555 **Celery salt** is excellent for soups and salads.
- 556 Celery has no nerve value; it is not a stimulant.
- 557 It neither quiets nor soothes the nerves.
- 558 The celery preparations sold at the drug stores are valueless.
- 559 **The eggplant** is related to the tomato, but has less value.
- 560 It is harder to digest; when fried, it does harm to the stomach.
- 561 **Cucumbers** are absolutely indigestible.
- 562 They have no value for making bulk.
- 563 They contain no nutriment.
- 564 If the vitality of the body is low, they cause violent diarrhœa. All weak stomachs should avoid them.
- 565 **Asparagus** is excellent when young and tender.
- 566 The green kind is resinous, and should never be eaten.
- 567 The white kind is easily digested; and valuable for bulk.
- 568 It has very slight food value.
- 569 In fact, there is not much food value in vegetables, except green beans and peas.
- 570 The value of beans and peas is due to their approach to cereals or grains.
- 571 But wholesome vegetables serve a great usefulness in supplying bulk.
- 572 **Rhubarb** is excellent if the eater of it has no tendency to gout or rheumatism.
- 573 It is very dangerous in such cases.
- 574 **Squashes** are excellent for bulk, but have little food value.
- 575 **Pumpkins** are even more bulky.
- 576 Cooked with milk, they are both to be recommended.
- 577 **Onions, garlic and leeks** are all related to each other.
- 578 They contain some food value.
- 579 This is much increased when cooked with milk.
- 580 **Raw onions** are indigestible.
- 581 Persons with morbid intestinal conditions crave raw onions.
- 582 **Pickled onions** are also valueless.
- 583 **Old onions** are hard to digest; those two-thirds grown are best.
- 584 Onions tell if the bowels are out of order.
- 585 The odor of onions in the breath more than six hours after eating them indicates a wrong condition.
- 586 Some persons have the breath odor twenty-four hours.
- 587 **Cranberries** cause uric acid and rheumatism.

# VEGETABLE SWEETS

---

The vegetable kingdom furnishes a liberal supply of sweets wherewith to tempt the appetite, and provide energy for the working power of the brain and body.

---

- 588 **Vegetable sweets** are derived from canes, roots, sap, etc.  
589 Some are more digestible than others.  
590 **Starches** are the chief value of grains and flour.  
591 They are of about the same value as sugars.  
592 Digestion converts starches into sugars.  
593 As sweets, whether starches or sugars, furnish the power of life, they are most craved.  
594 **Fats** also give the same result.  
595 **Fats, starches and sugars**, then, are the power of the body.  
596 This is due to their carbon, or fuel.  
597 In chemistry, they yield a certain percentage of life energy.  
598 But as food, their value depends upon their digestibility.  
599 Also upon how they are eaten.  
600 Tests on closeted persons are not safe guides.  
601 **Sugar** is thus made of the highest value as food.  
602 But it ruins the stomach if eaten alone in quantity.  
603 In its proper place, sugar is of the highest value.  
604 It must not be much eaten on an empty stomach.  
605 It is most serviceable within a half hour after eating.  
606 **Starches alone** are not best for the health.  
607 Sometimes they balance each other, as in rye and wheat.  
608 But this balance is not of opposite kinds.  
609 Sugars not swallowed are digested in the mouth.  
610 **The glands** absorb their nutriment. Thus they do not tax the stomach.  
611 **All sugars and candies** should be dissolved by the saliva.  
612 The excessive use of sweets may excite diabetes.  
613 **Diabetes** is the turning of blood to sugar.  
614 In the last stages of diabetes, meat becomes sugar.  
615 All sweets are very fattening.  
616 Sugars are great producers of muscular force.  
617 They also produce power of mental action.

- 618 During muscular activity, the body burns four times as much sugar as when at rest.
- 619 Persons who indulge in sweets excessively should exercise liberally.
- 620 A half pound of sugar added to a wholesome meal increases the muscular power about twenty per cent.
- 621 Sugar, in all forms, should be strictly avoided in rheumatism, obesity, gout, diabetes and flatulent dyspepsia.
- 622 The best sugar comes from the sugar cane.
- 623 **Maple sugar** is not so easily digested.
- 624 **Molasses**, when moderately used, is highly nutritious.
- 625 **Candies** made too rich with butter should be avoided.
- 626 **Honey** is of the highest value.
- 627 **Honeycomb** is indigestible.

---

## MEATS AND FISH

---

The eating of animal life as food for daily use is of recent origin; and, instead of eating meat on very rare occasions, it is now eaten two or three times a day. The true facts concerning the value and danger of meat eating have but recently been established. There are two sides to this great question.

- 
- 628 There is no subject upon which there is so much ignorance.
  - 629 Men who pretend to know all about it have very little actual knowledge concerning the value of meat as food.
  - 630 All existence is divided into kingdoms, the animal and the vegetable.
  - 631 **The vegetable kingdom** includes everything not in the animal.
  - 632 Thus, fruits, grains, grasses, vegetables and nuts are in the vegetable kingdom.
  - 633 Under the name of animal is included everything not vegetable.
  - 634 Thus, **meats, fish, milk, butter, cheese, cream, eggs and honey** are all animal products.
  - 635 **A vegetarian** is a person who avoids all animal products.
  - 636 The chief purpose of meat is to furnish nitrogenous material.

- 637 The chief purpose of vegetation is to furnish carbon.
- 638 Carbon and nitrogen are life.
- 639 Oxygen and hydrogen are their aids to activity.
- 640 The four make protoplasts, which is the basis of both the vegetable and animal kingdoms.
- 641 Phosphorus is the brains of life ; carbon is the energy.
- 642 Carbon comes most easily from the vegetable kingdom.
- 643 Nitrogen comes most easily from the animal kingdom.
- 644 Nitrogen furnishes the muscles and tissue strength of the body.
- 645 It corresponds to the wheels, shafting and pulleys of machinery.
- 646 Carbon is the energy that moves life's machinery.
- 647 It corresponds to the steam that drives wheels, shafting and pulleys.
- 648 Phosphorus is the intelligence that makes use of these things, so as to produce results of value.
- 649 It corresponds to the engineer who guides the power.
- 650 If the energy is too great for the engine, it fails.
- 651 If the engine is too heavy for the energy, it fails.
- 652 If the ratio of carbon to nitrogen is not maintained, sickness follows.
- 653 An exclusive meat diet must include much fat.
- 654 An exclusive non-meat diet is a very risky venture.
- 655 It can succeed, but only with brains to guide its details.
- 656 Nature intended the stomach to digest meat.
- 657 Grains, cereals, starches and fats are digested below the stomach. .
- 658 A sudden change of diet is always a source of danger.
- 659 To cease eating meat requires a gradually dropping off, or the liver and kidneys will suffer.
- 660 To suddenly increase the proportion of meat will likewise do injury.
- 661 It is easy to find the equivalent of meat in the vegetable kingdom.
- 662 But it is not generally used.
- 663 All food originates in a vegetable cell.
- 664 Meat is simply a collection of digested vegetable cells.
- 665 Vegetable cells, as of grain, keep freely for years.
- 666 Meat lives freely less than twenty-four hours.
- 667 By "freely" is meant without special aids, as of cold or by the use of preservatives.
- 668 Meat, therefore, is always changing.
- 669 In a live body, change means life.

- 670 In a dead body, change means **decomposition**.
- 671 The happy friend of today may be a decomposing mass of flesh tomorrow.
- 672 In one hour after the animal is killed, its meat is filled with bacteria, ready to produce the change.
- 673 **Excessive meat eating** breaks down the heart, liver and kidneys.
- 674 It saturates the system with a poison that is hard to drive out.
- 675 This is due to the excretions of the germs.
- 676 **Fresh meat** should be kept pure by every possible means.
- 677 When in doubt, let it alone.
- 678 The least taint is dangerous.
- 679 The flesh of a **flesh eating animal** is always prohibited.
- 680 The Bible denounces it.
- 681 Such flesh is twice removed from its vegetable origin.
- 682 It is doubly changed.
- 683 Even wild animals are taught by instinct to avoid it.
- 684 They much prefer non-meat eating prey, as lambs, cattle, etc.
- 685 **Cancer**, dormant in the blood, is quickly developed by eating flesh that has fed upon products of the animal kingdom.
- 686 **Scrofula** and humors are likewise developed.
- 687 **Eggs** are full flesh.
- 688 Fat is about **two-thirds** flesh.
- 689 Milk, cheese and butter are about **one-half** flesh.
- 690 **Honey** is about **one-eighth** flesh.
- 691 The meat of **sucking pigs** is injurious.
- 692 It is flesh fed upon half flesh.
- 693 A well known man who was very fond of it has recently died a horrible death from cancer.
- 694 **Unweaned**, or milk fed calves, produce similar meat.
- 695 **Fermented** foods fed to swine or hens make bad meat.
- 696 **Brewery refuse** should never be given to swine, cattle or other life; especially to milch cows.
- 697 **Eggs** from hens fed upon meat or worms are not best.
- 698 **Growing chickens** may be so fed, but laying hens should be given cleaner food.
- 699 The general use of meat as food is less than one hundred years old.
- 700 Until the last few generations, it was in use by the upper classes, and then but sparingly.
- 701 Thirty years ago so much meat was eaten in New York city that sickness was universal.
- 702 The increased consumption at this time is remarkable.

- 703 The principles of **vegetarianism** were the outcome of sickness that followed excessive meat eating.
- 704 Then came extremes and mistakes.
- 705 The wise never run to extremes.
- 706 Meat is a food, and is easily digested when fresh.
- 707 Only a **well stomach** is able to digest much meat.
- 708 In convalescence from fever, meat is likely to produce death in an hour. Many such fatalities have occurred.
- 709 **Absence of meat** tends to anæmia, or deficiency of blood.
- 710 Anæmic persons, therefore, require meat.
- 711 In consumption the use of meat is recommended.
- 712 To eat meat three times a day tends to produce scurvy.
- 713 The breath in such cases has a scurvy odor, like a morocco factory.
- 714 **Raw fresh** meat is useful in cases of dysentery.
- 715 **Arctic explorers** say that raw fresh meat prevented scurvy, while cooked meat did not.
- 716 **Raw pork** cannot be used, owing to danger from worms.
- 717 Raw meat and underdone meat are equally digestible.
- 718 **Well done meat** is of almost no value.
- 719 Underdone meat can be made hot enough to kill germs.
- 720 **Boiled meat** is not generally very nutritious.
- 721 The virtue has gone into the water.
- 722 **Baked meats** are best; then broiled and pan cooked are next.
- 723 **Stews and soups** require the value of the meat in the liquid. Slow cooking in warm water at first is necessary.
- 724 **Boiled and baked** meats must retain the value within.
- 725 This is accomplished by great heat at the beginning to sear the surface through coagulation.
- 726 **The juice** cannot then escape.
- 727 Long cooking renders meat indigestible.
- 728 Hard cooked surfaces are indigestible.
- 729 **Warmed up meat** is almost worthless.
- 730 **Fried meat** is indigestible when done hard or crisp.
- 731 Never touch **twice cooked meat**; better go without.
- 732 Meat from very young and very old animals is not as valuable as from others.
- 733 The best meat is beef from **steers** three or four years old.
- 734 **Three eggs** contain about the same food value as a pound of lean meat.
- 735 The eggs contain no fiber, which is an advantage.
- 736 **Meat fiber** is the objectionable part of meat.
- 737 Therefore, soups and stews are better if properly made.



- 738 Meats are so cooked today that their cost is money wasted.
- 739 **Smoked beef** is not wholesome.
- 740 **Salted meats** are not wholesome; their value is in the brine.
- 741 Salt extracts the virtue from meat.
- 742 **Avoid veal** and all young life.
- 743 **Pork** is a weak meat, and is generally unclean.
- 744 **Sugar cured hams** are the best, if any pork is to be used.
- 745 A man is what he eats. The nature of the animal reappears in the eater of it.
- 746 The noblest meat producer is the fully developed steer.
- 747 Scientists say that eaters of beef in due proportion with fruits, grains and vegetables, are the ablest thinkers.
- 748 **Eaters of lamb meat** are of gentler dispositions.
- 749 Those who eat no meat but pork are selfish and nasty.
- 750 Careful persons will not eat livers, kidneys and entrails.
- 751 Thoughtful persons will not eat sausages unless they see them made, and then surely will not.
- 752 **Chopped meat** and canned meat have contained relics of dogs, horses and nameless organisms.
- 753 Gelatine is not strong in its nutrition.
- 754 Eaten alone, it causes starvation.
- 755 It is valuable with other foods, and helps them.
- 756 The canned soups on the market are chiefly gelatine.
- 757 This is digestible, but not nutritious.
- 758 There is more food in an egg than in ten cans of soup.
- 759 **English mutton** is more nutritious than English beef.
- 760 This is because the mutton there is tenderly raised.
- 761 In America the mutton is of tough quality.
- 762 **Young mutton** is preferable here.
- 763 All young veal is pale, stringy, flabby and indigestible.
- 764 **Short fibered meat** is preferred to the long fibered.
- 765 The short fiber is found in chicken, rabbit, game, mutton, well grown lamb and steer.
- 766 **Pork** contains a wrong proportion of fat.
- 767 **Pork ribs** are practically indigestible.
- 768 Sugar cured hams are generally digested easily.
- 769 This difference between pork thus cured and all other pork has attracted the attention of scientists, and much has been said about it.
- 770 Chicken is very easily digested, for which reason it is used in sickness.
- 771 It is best in stews, next best in soups, or roasted.
- 772 Capon is not so digestible, owing to its fat.

- 773 **Turkey** is good, although not quite so digestible.
- 774 **Young pigeons** are easily digested.
- 775 The breast of a **squab** is the first meat that can be given to a convalescent from fever.
- 776 **Tame ducks**, unless very young, are almost wholly indigestible.
- 777 **Tame geese** are even worse. A young goose is partly indigestible.
- 778 **Wild fowl** should be eaten sparingly, as sickness too often follows its use.
- 779 **True sweetbread** is digestible and wholesome.
- 780 It should consist of the thymus gland of the calf.
- 781 Butchers, when they can, substitute the pancreas.
- 782 This is larger and coarse; it is indigestible.
- 783 **Tripe** is from the third stomach of the cow.
- 784 It is easily digested, but too fat.
- 785 **Brains** contain no food value.
- 786 The heart contains no food value.
- 787 Blood is nauseating and repulsive.
- 788 Its supposed value in the cure of consumption has been disproved.
- 789 The flavor of meat changes with the kind of food that has been fed to the animal.
- 790 This can be proved in the most decisive manner.
- 791 This shows that we are what we eat and drink.
- 792 The human body can be rebuilt of almost any material desired, and that which is clean and wholesome is best.
- 793 Meats give brain power, but will not build minds.
- 794 What a man thinks depends somewhat on his diet.
- 795 **Clean meat**, fruits, vegetables and cereals produce the best power of mind and body.
- 796 Meat should never be eaten after two o'clock in the day.
- 797 It is best for breakfast, and next best at midday.
- 798 If eaten later, it may be digested, but it will tax the system all night to assimilate it.
- 799 The strength required to assimilate it is more than it gives.
- 800 Sleep is thus made less refreshing.
- 801 A person may sleep, yet have muscles twitching all night.
- 802 This follows all heavy evening meals.
- 803 Next morning the head is dull and the faculties weak.
- 804 All strong muscle making foods should be avoided at evening.
- 805 Working energy foods, not accompanied by muscle making foods, produce only heat.



- 806 Their heat may be reduced by water foods and waste.  
807 **Water foods** are those in which water is largely present with heaters or energy food.

## SALT, CONDIMENTS AND SPICES

- 808 **Common salt** is chemically called sodium chloride.  
809 Other salts are present in the body.  
810 They preserve the flesh and prevent putrefaction during life.  
811 **Cereals give more salts** to the body than any other food.  
812 Vegetables rank next in this order of value.  
813 **Meats** are third ; and fruits and nuts the last.  
814 The excessive use of common salt produces thirst, and creates a taste for strong drink.  
815 **Lime salts** irritate the stomach and digestive system.  
816 The constant use of lime in milk or otherwise destroys the tone of the stomach.  
817 **Common salt** may be omitted if other salts are supplied.  
818 The absence of all salts causes indigestion and prevents the assimilation of food.  
819 The muscles weaken, the mind gets dull, the skin changes, the tissues are weakened and the hair falls out.  
820 **Infants** do not seem to suffer from the use of lime.  
821 Common salt helps to digest meats, potatoes and milk.  
822 It stimulates appetite and increases the gastric juice.  
823 Digestion depends upon **hydrochloric acid** in the stomach.  
824 **The chlorin** of common salt makes this possible.  
825 Men and animals live without common salt as a condiment  
826 But they get sufficient salts from their foods.  
827 Common salt, therefore, is eaten as a condiment.  
828 **Condiments and spices** are used to flavor foods.  
829 Common salt is the most valuable of these.  
830 No condiment furnishes nutrition to the body.  
831 The excessive use of condiments causes uric acid.  
832 Their very moderate use is often helpful to digestion.  
833 **Thus vinegar** softens meat fiber and leaf vegetables.  
834 Vinegar renders corned beef, boiled beef, salmon, lobsters, oysters and hard boiled eggs more digestible.  
835 It is valuable with beets, cabbage, celery, lettuce, spinach, etc., and in salads.  
836 **A little vinegar** added to water in which tough fowl is cooked softens the meat.  
837 Nearly all vinegar now on the market is impure.  
838 The adulterations are exceedingly dangerous.

- 839 **Pickles** are totally indigestible.
- 840 While a little vinegar may be beneficial, its constant use destroys the red corpuscles in the blood.
- 841 This causes **anæmia**, or deficiency in the blood.
- 842 Eating pickles causes the same malady.
- 843 A slight quantity of **horseradish** is beneficial.
- 844 **Mustard** is slightly nutritious, and stimulates the appetite.
- 845 If much is taken, it inflames the stomach.
- 846 A teaspoonful of mustard in a pint of lukewarm water constitutes a valuable emetic.
- 847 **Black pepper** is the berry of a West Indian plant.
- 848 **White pepper** is the same with the outer husk blanched.
- 849 **Cayenne** is not pepper, but comes from capsicum.
- 850 **Chilies** is the strongest form of capsicum.
- 851 **Red pepper** is the popular name for cayenne.
- 852 It is the chief ingredient of so called "dinner pills," which are used to excite appetite and promote digestion.
- 853 It imparts great temporary vitality to the blood.
- 854 This enables the system to throw off colds.
- 855 It also checks **malaria** and **chills**.
- 856 The excessive use of red pepper is injurious.
- 857 Black or white pepper should be used sparingly.
- 858 Red, black and white pepper are usually **adulterated**.
- 859 When adulterated, they lead to organic maladies.
- 860 If **pepper** sinks to the bottom of a glass of water it is impure.
- 861 **Capers** contain tannin, yellow pigment and bitter oil.
- 862 **Ginger** imparts a wholesome flavor to various articles.
- 863 **Vanilla** is also agreeable and wholesome.
- 864 **Table sauces**, such as Tobasco, etc., injure and may destroy the lining of the throat and stomach.
- 865 They are generally craved by **hard drinkers**.
- 866 **Cinnamon**, **nutmeg**, **cloves** and **allspice** are totally indigestible.

## FISH

- 867 There are many kinds of **food fish**.
- 868 Their digestibility varies with the kind and age.
- 869 The **fatter** the fish, the harder it is to digest.
- 870 The **coarser** the fiber, the less valuable it is.
- 871 The most nutritious fish are not always the best.
- 872 Thus **salmon** is the richest and contains the greatest food value, but it is difficult to digest.

- 873 Flounders, sole, cod, haddock, halibut, shad, red snapper, whitefish, trout, bluefish, smelt, mackerel, and striped bass are good.
- 874 **Codfish** is probably the most useful of all.
- 875 It is the only fish that never tires or nauseates the stomach when eaten every day in the year.
- 876 **Salt codfish** is the best cured fish.
- 877 All fish must be perfectly free from decay.
- 878 The least **decomposition** is a violent poison.
- 879 Many **sudden deaths** have occurred from this cause.
- 880 Fresh fish have **bright red gills** and full **bright eyes**.
- 881 Fish are best in their season. When kept over by cold storage they should be avoided.
- 882 **Canned salmon**, eaten sparingly, and with other foods to balance, is better than canned meats.
- 883 When fresh, the cans never bulge out.
- 884 **Fullness** at the sides of a can indicates that it is spoiled, as the gas of decomposition swells the can.
- 885 Some persons cannot digest any kind of fish.
- 886 For a weak stomach, the whiting is the most easily digested.
- 887 **Boiled fish** are always and by far the best.
- 888 **Smelts, salmon, trout and sole** are the so called brain food; they contain the largest percentage of phosphorus.
- 889 No foods make brains, and certainly none give intellects.
- 890 Each part of the body draws its needed nutriment from the blood in its circulation.
- 891 Finger nails, toe nails and hair draw silicon.
- 892 If there is no **silicon** in the blood, the hair and nails will not grow.
- 893 **Bones** draw minerals; the absence of the latter means rickets.
- 894 Many a child is a living testimony to this fact.
- 895 **Nerves and brains** are gray matter; this is readily apparent.
- 896 **Gray matter** is nearly all phosphorus. If the food contains no phosphorus, there can be no renewal of nerve and brain.
- 897 This is quickly proved by many varieties of experiments.
- 898 While **brain nutrition** does not make intellect, the lack of it dethrones intellect.
- 899 A thinking man excretes more **phosphorus** than a laborer.
- 900 The excretions of **ministers** after sermons show this.
- 901 So do those of **lawyers** after the trial of cases.
- 902 So do those of **business men** after hard mental strain.
- 903 So do those of **students** after deep mental effort.
- 904 If this loss of phosphorus is not replaced, **the mind fails**.

- 905 This mental failure is seen in schools in the cases of pupils who get insufficient phosphorus in their food.
- 906 To them study means **headache** and **pale faces**.
- 907 Phosphorus is found in meats, grains and the fish we have mentioned.
- 908 Less meat and more fish is a good rule.
- 909 Pupils who have headaches from study are cured by proper food and exercise.
- 910 **Lack of phosphates** will unfit the mind for any work.
- 911 No fish is an all round food.
- 912 The flesh of fish is chiefly fiber, water and fat.
- 913 **Dried, smoked or pickled fish** are not to be preferred.
- 914 They are hard to digest, and hold very little nutriment.
- 915 They break up the blood, and cause abscesses.
- 916 **Dried herring** dries up the blood.
- 917 Salt codfish is the best of the cured kind.
- 918 **Shredded codfish** is easy to digest.
- 919 The white meat fish are the only kinds suitable to invalids.
- 920 The more fat, the harder it is to digest fish.
- 921 **Fish roe** are not very nutritious; they require thorough cooking.
- 922 **Shad roe** has a little nutriment, but not much.
- 923 **Sturgeon's roe** or caviare is very injurious.
- 924 Fish have no special value in any disease.
- 925 They serve to take the place of meat in Bright's disease, gout, rheumatism, etc.
- 926 But they should be fresh, sweet and boiled thoroughly.
- 927 **Lobsters, crabs and shrimps** are not wholesome.
- 928 To some persons they act as direct poisons.
- 929 They are **scavengers** of the sea, living on pollutions.
- 930 **Crabs** are filthy in their habits.
- 931 **Appendicitis** may be traced sometimes to such diet.
- 932 It is due to catarrh of the intestines, and scavengers produce it quickly.
- 933 **Soft shell crabs** are totally unfit for food.
- 934 **Shrimps** are not good for food.
- 935 The fact that some persons can eat lobsters, crabs and shrimps does not prove their value.
- 936 Material often passes through the body safely undigested.
- 937 But sooner or later the penalty must be paid.
- 938 A mistreated **liver** poisons the kidneys.
- 939 The **kidneys** collapse fatally often with no warning at all.
- 940 Continued use of unfit foods is a mortgage that may some day have to be foreclosed.



- 941 **Oysters** do not contain much valuable nutriment.
- 942 They impart no great strength and give no vitality.
- 943 **Fried oysters** ruin the blood and make skin eruptions.
- 944 **Steamed oysters**, well buttered, are valuable for the butter.
- 945 **Stewed oysters** in water or milk are of slight value.
- 946 When stewed in milk and buttered, they are nutritious for the milk and butter.
- 947 Having almost no phosphorus, they cause neuralgic headaches.
- 948 Strong food must therefore be eaten with them.
- 949 **Raw oysters** are more digestible than when cooked.
- 950 Oysters and **clams** are composed of a hard and soft part.
- 951 The soft part is the liver and refuse.
- 952 The hard part is the muscle that holds it to the shell.
- 953 It is a matter then of liver, refuse and muscle.
- 954 The refuse is largely sea mud ; not very pleasant.
- 955 It often produces hives, rash and skin eruptions.
- 956 Oysters and clams afford a pleasant flavor to soups, broths, etc., and are valuable on that account.
- 957 **Mussels** have caused many sudden deaths by their poisons.
- 958 Canned goods, when perfectly pure, are less nutritious than in a fresh state, but have some value.
- 959 If not good, they are dangerous.
- 960 All animal foods tend to create acid in the system.
- 961 Excessive use of them leads to injury through acidity.

---

## FRUITS

---

Under certain conditions, certain kinds of fruit perform a most necessary work in the preservation of health, and cannot safely be dispensed with. Under other conditions, the same fruits may do the greatest possible injury to the body; while other kinds of fruit are actual enemies to health.

---

- 962 **Fruits** are an important division of the foods required by the body.
- 963 They serve purposes of the very highest importance.
- 964 Certain fruits yield a large amount of nutriment.

- 965 The juicy fruits are intended to relieve thirst.
- 966 Fruits are natural diuretics, laxatives and cathartics.
- 967 They give tone to the stomach and increase the appetite.
- 968 They assist digestion and make it more thorough.
- 969 They improve the quality of the blood.
- 970 They contain various organic acids and salts.
- 971 They cleanse the kidneys.
- 972 Fruits are divided into two classes, nutritious and cleansing.
- 973 The most nutritious fruits are the banana, fig, date, prune, grape and blackberry.
- 974 The cleansing class includes those that contain the most water.
- 975 The blood purifiers are fruits that contain minerals.
- 976 Minerals in fruits are organized into life, and are therefore natural and valuable.
- 977 Minerals in medicines are unorganized, and therefore unnatural.
- 978 The fruit minerals that purify the blood are potash salts, lime and magnesium.
- 979 These are found in apples, lemons, limes and oranges.
- 980 We have seen that life is a chemical burning of the body.
- 981 Food supplies new material in place of the old.
- 982 The old material, if not removed, clogs the system.
- 983 Fruits serve to throw off the old, dead material.
- 984 No other food performs this exact work except fruits.
- 985 The laxative fruits are prunes, figs, apples and melons.
- 986 Skins and seeds do not contain cell life.
- 987 These, therefore, have no food value.
- 988 Most skins are slightly poisonous.
- 989 The skin of apple, pear, peach, plum, grape, etc., should not be swallowed.
- 990 Lemon and orange peel are still more poisonous.
- 991 The use of them in cooking is altogether wrong.
- 992 Seeds contain no poisons, and are generally harmless.
- 993 The old idea that appendicitis is due to seeds has recently been proved to be wrong.
- 994 The seeds of raspberries, blackberries, currants, gooseberries, grapes, etc., pass easily through the system.
- 995 Dyspeptics, however, should never swallow such seeds.
- 996 If the stomach is weak, all seeds irritate it.
- 997 Pits and larger seeds should never be swallowed.
- 998 The meat of any fruit pit is poisonous.
- 999 No fruit is fit to use until its cells have burst open.
- 1000 When the cells burst open the fruit ripens.

- 1001 The ripened condition is a **distinct change**.
- 1002 The few hours between the unripened and ripened condition may revolutionize the food value of the fruit.
- 1003 Ripening rapidly absorbs oxygen.
- 1004 It also alters the **tannin** and vegetable acids.
- 1005 In opening the fruit cells, it releases the juices.
- 1006 **The cells** of unripened fruit are indigestible.
- 1007 They pass through the system as **irritants**.
- 1008 Their fruit value is never released.
- 1009 For example, the unopened cells of the apple injure the intestines.
- 1010 Unripe apples injure the body in various ways.
- 1011 All unripe fruit may produce neuralgia.
- 1012 Fruit is best when all its cells have **released their juices**.
- 1013 In this condition, it is thoroughly mellow.
- 1014 Some physicians regard apples as **enemies** of the body.
- 1015 Other physicians declare them to be very **beneficial**.
- 1016 The former have been misled by unmellow apples.
- 1017 The latter have observed the result of using **mellow fruit**.
- 1018 Harmony may thus be established between doctors that disagree.
- 1019 Cooking may soften unripe fruit, but not ripen it.
- 1020 The softening is merely a separation of the fruit cells.
- 1021 Ripening is an opening of them.
- 1022 The act of ripening generates new chemical qualities.
- 1023 **Softening by cooking** develops nothing.
- 1024 Ripening also creates an aroma and volatile ethers and oils, which cooking cannot do.
- 1025 The acid of unripe fruit is injurious.
- 1026 It is largely responsible for the presence of uric acid in the system.
- 1027 Uric acid is the cause of rheumatism, gout, etc.
- 1028 Acid fruit should never be sweetened.
- 1029 Sugar may bury up, but cannot change the nature of the unopened cells of unripe fruit.
- 1030 The mixing of sour and sweet is more injurious than the use of the sour alone.
- 1031 Any fruit that is too sour to be relished when unsweetened should be omitted altogether.
- 1032 **Strawberries** without sugar taste much better than with.
- 1033 Few persons can eat sweetened strawberries without injurious results.
- 1034 The combination of sour and sweet leads to rheumatic and neuralgic conditions.

- 1035 Thus sauce made from sour apples sweetened will lead to rheumatism.
- 1036 **Cranberries** are too sour to eat alone.
- 1037 Cranberries sweetened are poisonous to stomach, blood and nerves.
- 1038 They lead to gastritis, inflammation, or catarrh of the stomach.
- 1039 They excite pain in the nerves by lessening the vitality.
- 1040 They check the burning up of tissue.
- 1041 Completely burned up tissue produces urea.
- 1042 **Urea** is naturally and easily removed from the system.
- 1043 Partly burned up tissue produces uric acid.
- 1044 **Uric acid** consists of sharp and irritating crystal formations.
- 1045 It is impossible to remove uric acid from the system in quantities without dissolving it.
- 1046 Science has discovered no medicine that can dissolve it.
- 1047 What is said of cranberries applies to all sour fruits.
- 1048 Fruit jellies produce the same results.
- 1049 As sour fruits make better jellies, they are more commonly used.
- 1050 The grape, when ripe, is man's best friend.
- 1051 The grape, when used unripe and sweetened, is his enemy.
- 1052 Very sweet mellow fruits may be used with sugar.
- 1053 Thus sweet strawberries and sugar would not be harmful.
- 1054 Sweet apples and sugar in pies and sauces would be healthful.
- 1055 Blackberries are better without sugar.
- 1056 So are raspberries, dewberries, blueberries, huckleberries and the like.
- 1057 Sweet peaches may be used with sugar.
- 1058 Sour fruits will not hurt those who crave them, if thoroughly ripe and eaten without sugar.
- 1059 Decay of fruit is caused by poisonous bacteria.
- 1060 The sound part of decayed fruit should not be used, as the poison precedes the spread of the decay.
- 1061 Fruits in cans sold in the stores are generally unsafe.
- 1062 All dried fruits are unwholesome, except certain of the food fruits.
- 1063 Dried figs, prunes, raisins, dates, sultanas, etc., are both wholesome and nourishing.
- 1064 Dried currants are wholly indigestible.
- 1065 Dried currants are vine berries of Ionian Islands.
- 1066 They contain no value whatever before or after drying.



- 1067 They are largely the cause of distress which comes from eating the foods in which they are put.
- 1068 Citrons when dried are wholly indigestible.
- 1069 They are as valueless as dried currants.
- 1070 Dried food fruits, such as figs, prunes, raisins, dates, etc., often contain microscopic life.
- 1071 This can be detected by an ordinary microscope.
- 1072 Such fruit, however, is generally old.
- 1073 Cooking removes trivial danger.
- 1074 So does scalding dried fruit before eating.
- 1075 Scalding also improves the flavor of dried fruits.
- 1076 Persons subject to neuralgia should notice the effects of all fruit eating.
- 1077 When the mouth has a bad taste, lemon juice corrects it.
- 1078 Lemonade is injurious, because it contains sour and sweet.
- 1079 Sour lemonade is used in hospitals in reducing fevers.
- 1080 Sour lemonade also diminishes the craving of thirst.
- 1081 Lemon juice renders many foods more easily digestible.
- 1082 It excites the stomach to healthful action.
- 1083 A little lemon juice added to broiled fish, cooked cereals and other foods increases their palatability.
- 1084 Limes, which resemble lemons, are equally serviceable.
- 1085 Lime juice, from fruit limes, is of the same value.
- 1086 Shaddocks are injurious, because they produce uric acid.
- 1087 Sour oranges tend to produce catarrh of the stomach.
- 1088 Oranges should never be eaten with sugar.
- 1089 If thoroughly ripe, the milder oranges are wholesome.
- 1090 Apples contain abundant potassium, lime, magnesium and sodium salts.
- 1091 Apples with traces of red contain valuable iron.
- 1092 While well persons may eat mellow apples, the fruit should be cooked for invalids.
- 1093 Baked sweet apples and cream are valuable.
- 1094 Baked apples, beaten with white of egg, are nutritious.
- 1095 No apples should be eaten in cases of diarrhœa, diabetes and stomach catarrh.
- 1096 Apples act naturally upon the bowels.
- 1097 Pears act naturally upon the kidneys.
- 1098 Quinces have no value whatever.
- 1099 Unless ripe and thoroughly cooked, they are wholly indigestible.
- 1100 Peaches contain valuable iron when red streaked.
- 1101 Peaches are regarded as laxatives, but this is true only when they are not thoroughly ripe.

- 1102 Peaches when ripe have no effect on the bowels.  
1103 Apricots and nectarines follow the same rules as peaches.  
1104 Pineapples are wholly indigestible.  
1105 The juice of the pineapple is quite different from the pulp.  
1106 It contains a valuable ferment which aids digestion.  
1107 Pineapple juice is healing to the membranes of a sore throat.  
1108 The banana in its native clime is the staff of life.  
1109 As an imported fruit, it should be eaten with caution.  
1110 Properly ripened, the banana is more nutritious than bread.  
1111 A banana well developed in its own country would decay before reaching America.  
1112 It is, therefore, picked green and immature.  
1113 It is allowed to mellow in cellars infested by filth and vermin.  
1114 Like all food, it absorbs disease, poison and odors.  
1115 Malaria and liver troubles are caused by bananas thus ripened.  
1116 They contain chiefly starch in an indigestible form.  
1117 Gastric catarrh is often the result of eating bananas ripened here.  
1118 Banana flour is a valuable and highly nutritive food.  
1119 It is being extensively experimented with at the present time, and is proving its great merit.  
1120 Banana flour can only be made in the countries where the fruit ripens.  
1121 It requires the careful selection of fully ripened bananas.  
1122 These are thoroughly dried and then ground into meal and flour.  
1123 The commercial name is bananose.  
1124 It is twice as nutritious as oatmeal or corn.  
1125 Over one million bunches of bananas are sold annually in New York city; a vast amount of good food in an almost worthless condition.  
1126 Banana flour can be sold much cheaper than any other food if enterprising concerns would establish mills in the countries where the fruit grows.  
1127 Carefully selected and well ripened bananas could be dried in their native countries and shipped to America to be ground into flour.  
1128 Plums are wholesome when they ripen on the tree.  
1129 They spoil quickly; for which reason they are picked when not fully ripe.  
1130 They then are totally worthless, as they are indigestible.  
1131 They cause diarrhœa and colic.

- 1132 Prunellas are indigestible.
- 1133 Olives contain a nutritious oil.
- 1134 When eaten fresh they are very bitter.
- 1135 Bottled olives are soaked in water, salt and strong lye to remove their bitter taste.
- 1136 In such condition they lose their food value.
- 1137 Eaten sparingly they are not harmful.
- 1138 Blackberries, when eaten with their seeds, are slightly loosening.
- 1139 The juice of blackberries has the opposite effect.
- 1140 All fruits that have red juices yield iron or traces of iron.
- 1141 The body requires iron, but not in medical form.
- 1142 We do not believe that iron given as medicine ever did the body any good.
- 1143 Such iron is unorganized and therefore harmful.
- 1144 Iron, given as medicine, weakens the lungs.
- 1145 Consumption is often due to it.
- 1146 Organized iron has life; it is obtainable from fruits and meats.
- 1147 One drop of organized iron has more value than any quantity in the medical form.
- 1148 The body needs but very little iron, but it needs the right kind very urgently.
- 1149 Less than one-third of an ounce of iron suffices for the whole body.
- 1150 Beef furnishes abundant iron.
- 1151 This organized mineral is in the blood of grain eating animals.
- 1152 This proves that the vegetable kingdom furnishes it.
- 1153 The eating of fruit should suit the seasons.
- 1154 Eat sweet, ripe strawberries late in May and in June, rarely otherwise.
- 1155 Ripe, sweet cherries are for the last weeks of June and July.
- 1156 Raspberries are a harmless diversion following cherries.
- 1157 Blackberries are a strong fruit, and very valuable when dead ripe and sweet.
- 1158 Only sweet gooseberries are useful.
- 1159 Sour, tart gooseberries are useless.
- 1160 Current jellies cause gout, dropsy and uric acid.
- 1161 So do all acid fruits sweetened.
- 1162 Every person should have a small piece of land adjoining the residence, and should have a succession of fruit from May to December.
- 1163 Seven months of fresh fruits is an easy possibility.

- 1164 We have induced a hundred thousand Ralstonites to do this.  
1165 Fruit value is greater when the fruit is freshly picked.  
1166 In summer and fall the fruit is most healthful.  
1167 Eat fresh fruits in their season and sickness will be unknown.  
1168 Do not eat transient fruits out of their season.  
1169 The transient fruits are those that nature did not intend to keep long after being picked.  
1170 The system needs the fruits at the time they ripen.  
1171 Hot house fruits raised out of season are unnatural.  
1172 Strawberries in winter cause gastric catarrh.  
1173 Many a rich victim has gone to the grave from this cause.  
1174 Thus wealth is a curse when it inverts nature.  
1175 Appendicitis is caused by intestinal catarrh.  
1176 This catarrh sloughs off the covering of the appendix.  
1177 Such catarrh is due to indiscretion in eating.  
1178 Fruits in their season tend to prevent unless sour and sweet are mixed.  
1179 Fruits out of season cause such catarrh.  
1180 Peaches are good from the last of July to the last of November.  
1181 Nature furnishes a long succession of peaches, apples, pears and grapes.  
1182 Pears and apples are good as long as they can be kept.  
1183 Fresh pears extend from July to December, and may be kept till spring.  
1184 Apples can be kept from June to the time of strawberries.  
1185 Apples then are the fruit that make the year a continuous succession.  
1186 Oranges when sweet and dead ripe extend from about December to June.  
1187 The best peaches are freestones, with white, red streaked flesh.  
1188 Coarse, yellow fleshed peaches are not good.  
1189 Fruits out of their climates are never the best.  
1190 Oranges are never so good as pears, apples, peaches, grapes and berries of home growth.  
1191 Bananas are a bread rather than a fruit.  
1192 Dried fruits are best for cold weather.  
1193 White grapes are not the best, as they contain no iron.  
1194 The dark, sweet grapes should be preferred.  
1195 Fresh grape juice makes new blood rapidly.  
1196 It is best obtained by squeezing the grape contents into the mouth and emptying the skin.  
1197 Hold the pulp on the tongue until all the sweet taste is gone, then eject the seeds and pulp.



- 1198 The pulp of a sweet grape is very sour.
- 1199 It has no value as a food.
- 1200 The so called "grape cure" is used in sanitariums.
- 1201 Its mistake is to allow the pulp to be swallowed.
- 1202 In curing consumption, the grape has not succeeded except when the mere juice of sweet, dark grapes has been used.
- 1203 The blackberry juice is almost as valuable.
- 1204 Firm blackberries are good for shipping, but not for eating.
- 1205 Never can or preserve fruit that is not dead ripe.
- 1206 If it won't "keep," let it go.
- 1207 When green fruits "keep" well, human beings do not.
- 1208 We know of many families who "put up" grapes, apples, pears, peaches and blackberries with perfect success.
- 1209 The plan is stated in the book called "Ralston Gardens."
- 1210 The cost of getting and preparing such fruits is very small.
- 1211 They are as good in twelve months as before.
- 1212 They keep the family in good health.
- 1213 You cannot do without fruits, for misery is sure to follow.
- 1214 The use of sugar under certain conditions has produced sickness and lean purses.
- 1215 Ignorance in preparing and using fruits has been very expensive.
- 1216 Let us adopt this great blessing in such a way as to prove that it is a great blessing.
- 1217 An unbursted fruit cell is an enemy to health.
- 1218 Thousands of strong men, women and children go to untimely graves because of this one enemy.
- 1219 It robs the home of many a loved one on a day's notice.

---

# RAUSTON

---

By the prevailing ignorance on this subject, and through the pretended science of charlatans, an irreparable injury has been done the stomach and general health of thousands of people.

---

- 1220 Nuts contain considerable value when nutritious.
- 1221 The nutritious nuts are cocoanut, almond, chestnut and English walnut.
- 1222 Some that contain nutrition are indigestible.
- 1223 A common error classes peanuts among the digestible nuts.

- 1224 Peanuts when roasted whole are absolutely indigestible.
- 1225 The claim that they do not cause harm is based upon the fact that they do not seem to cause harm.
- 1226 In some instances peanuts pass at once through the body.
- 1227 In other cases they remain in the body several days.
- 1228 Sand or sawdust might do either with no more harm.
- 1229 Peanuts when ground and baked as a flour may be digested.
- 1230 The attempt of the German government to introduce peanut bread into the army rations resulted in failure.
- 1231 Nuts contain an indigestible starch that is hurtful to the stomach, and tends to cause gastric catarrh.
- 1232 All nuts contain oil or fat.
- 1233 This fat ferments readily and gives out a rancid odor.
- 1234 All rancid nuts are rank and very injurious.
- 1235 Peanut meal preparations are not often free from this odor.
- 1236 English walnuts are nutritious, but soon turn rancid.
- 1237 They must, like all digestible nuts, be ground by the teeth.
- 1238 The cocoanut fiber is not digestible, although nutritious.
- 1239 It has proved very harmful to those who use it extensively.
- 1240 Cocoanut meat is mostly fiber.
- 1241 The only safe way to eat it is to cook it, then chew the meat and eject it.
- 1242 English walnuts may be swallowed only when chewed to a powder.
- 1243 The saliva helps to digest nuts when chewed very fine.
- 1244 Raw chestnuts are wholly indigestible.
- 1245 Roasted chestnuts are digestible in their mealy parts.
- 1246 Boiled chestnuts are still more digestible.
- 1247 Brazil nuts contain a rank oil that is injurious.
- 1248 Pecan nuts are partly digestible when chewed very fine.
- 1249 Butternuts contain a very hurtful oil.
- 1250 Filberts are not easily digested.
- 1251 Almonds are the best of all nuts, and the mildest.
- 1252 Their oil is called *emulsin*, and is valuable.
- 1253 Sweet almonds have no starch and very little sugar.
- 1254 Sweet almond meal is valuable food for diabetics.
- 1255 Almond skins cause stomach irritation.
- 1256 For this reason all almonds should be blanched.
- 1257 This is done by soaking and peeling them.
- 1258 Almonds may be roasted, boiled, or ground and baked.
- 1259 Macaroons are made of almond meal and sugar, and are digestible.
- 1260 Bitter almonds contain hydrocyanic acid, and are not so good.

- 1261 Chemical analysis of nutritive value may often mislead a person.
- 1262 It is more important to know if the nutrition can be digested out of a nut.
- 1263 Chemistry shows that nuts may contain nutrition, which experience proves cannot be digested.

---

## WATERS DRINKS

---

Since the body, including flesh, bones, nerves, muscles, brain and all, consists of almost ninety per cent of fluid, the question of how this should be supplied, and from what sources, is one of the most important studies of life.

- 
- 1264 Nature intends that the only use for drink is to relieve thirst.
- 1265 This means to supply the body with liquid.
- 1266 Without liquid there could be no blood and no circulation.
- 1267 There is no liquid in the body except what has come out of the blood, or that is in the blood.
- 1268 The blood requires no other liquid but water.
- 1269 Any other liquid must be a food or an enemy.
- 1270 Many liquids are foods, and will be so considered.
- 1271 The direct liquid of health is water.
- 1272 All water comes from the clouds.
- 1273 The ocean has all been in clouds in the past.
- 1274 Clouds are risen vapors, like steam.
- 1275 No vapors rise to high clouds except absolutely pure water.
- 1276 This is distilled water, and is exactly the same as that which is produced in stills.
- 1277 Distilled water is raw and not best for the body.
- 1278 Nature aerates her distilled water in the form of rain.
- 1279 To aerate water is to vitalize it by passing it through pure air.
- 1280 Snow is frozen vapor, and is not aerated.
- 1281 Melted snow is raw distilled water, and is not best.

- 1282 Raw distilled water does not quench thirst.  
1283 It rather increases thirst.  
1284 It is a cleanser and scourer of the body, freeing it from impurities, but is rough in its action.  
1285 Aerated distilled water is a perfect drink.  
1286 In the form of pure rain, it is best.  
1287 Most rain water is soiled by roofs and smoke.  
1288 When caught in the open country, it is much better.  
1289 Nature is a vast water distillery.  
1290 Rain that falls upon the ground is certain to be impure.  
1291 Nature is a great filter.  
1292 Rain that soaks into the ground is sometimes perfectly filtered.  
1293 The best filtering is through sand.  
1294 The worst filtering is through lime.  
1295 Passage through mud is not regarded as filtering, but as soiling the water.  
1296 Some wells hold sand filtered water; they are very rare.  
1297 Many springs are sand filtered, and such spring water is the ideal drink of humanity.  
1298 The water of large ponds is generally distilled.  
1299 It has come from the clouds, and is but little soiled.  
1300 Such water is preferable to that of wells, unless contaminated.  
1301 Contamination comes from surface impurities.  
1302 Inactive pond water is never wholesome.  
1303 Running water purifies itself of germs.  
1304 Still water always generates germs except in winter.  
1305 All city and town wells should be avoided.  
1306 Nearly all cases of typhoid are due to well water.  
1307 It is folly to look for pond contamination where there are wells. Typhoid victims have used well water.  
1308 Pure water is so necessary to health that neglect to get it is a public crime.  
1309 Yet the people do not insist upon having it.  
1310 So the people bury their premature dead in large numbers every year, and go on indifferently.  
1311 Lime water is a serious poison to the system.  
1312 Because its course is not violent or speedy, people put up with it.  
1313 The lime adheres to everything it touches.  
1314 It clogs the passages, sticks to the inner lining of the veins, and soon interferes with the functions of life.  
1315 Its greatest harm is done to the heart and brain.



- 1316 It clogs the arteries of the heart and weakens its action.
- 1317 Many a case of heart disease is due to lime water.
- 1318 It is carried by the blood into all the minute and delicate vessels of the brain.
- 1319 All hard water is of this dangerous class.
- 1320 It interferes with the thinking power of the brain.
- 1321 Records show that the largest number of insanity cases come from districts where the drinking water is hard.
- 1322 Old age is due to the use of hard drinking water.
- 1323 The faculties all begin to break down when clogged by lime deposits.
- 1324 Nearly all the drinking water of continental Europe is hard.
- 1325 This compels the use of wine as a substitute.
- 1326 Wine, unless very old, leads to diabetes.
- 1327 The deaths in Europe from diabetes are alarmingly numerous.
- 1328 Those who do not use wine may develop a tendency to calcareous deposits, such as calculus, gravel, stone, etc.
- 1329 Deaths from such deposits are very frequent in Europe.
- 1330 The only safety is in the use of water stills.
- 1331 We recommend in America, first, soft water from ponds.
- 1332 Second, soft water from country wells; never town wells.
- 1333 Third, pure soft water from rivers, brooks or springs.
- 1334 Fourth, rain water kept in large glass demijohns hermetically sealed and kept as cold as possible.
- 1335 Fifth, rain water in cisterns.
- 1336 Sixth, water distilled in public stills, kept at public expense, and sold at cost, which is about one cent a gallon.
- 1337 Seventh, water distilled in society stills, which may be owned and run by a number of persons for mutual use.
- 1338 Eighth, water in home stills.
- 1339 All distilled water must be thoroughly aerated in pure air.
- 1340 Distilled water is as sensitive as new milk in absorbing odors, tastes and impurities.
- 1341 For this reason it is an absorbent cleanser in the body.
- 1342 Filtering unclean water removes some of the mud, but none of the lime.
- 1343 The filter also catches some of the germs of disease.
- 1344 The filter soon gets full of germs, and is dangerous.
- 1345 Sand and charcoal make the best means of filtering water.
- 1346 Chemical filters may kill germs and remove mud, but they do not remove the lime.
- 1347 The germs they kill may yet remain in the water.
- 1348 Boiling the water kills the germs, but their corpses remain.

- 1349 The boiling does not remove the lime.  
1350 Boiling and triple filtering would remove all danger except lime.

### ICE WATER

- 1351 Freezing does not generally destroy the germs of disease.  
1352 Ice is no safer than the water from which it is made.  
1353 When ice is melted in any drink, its purity should be known.  
1354 Ice made from distilled water is now in common use.  
1355 The safest ice water tanks separate the ice from the water.  
1356 Ice water should always be held in the mouth till its temperature is raised.  
1357 To put ice water into the stomach injures its vitality.  
1358 For thirst, drink cold, but not ice cold, water.  
1359 A glass of ice water drank rapidly reduces the life of the heart.  
1360 There are instances of sudden death from this cause.  
1361 Sipped ice water is valuable in fever.  
1362 Allowing ice to melt in the mouth is likewise good.  
1363 The greater the thirst the less cold should be the water.  
1364 Water is the only drink that should ever be taken on an empty stomach.

### MILK

- 1365 Milk is a food. Taken as a drink, it is a failure.  
1366 The stomach is like rennet: it turns the milk to cheese.  
1367 Rennet is the fourth stomach of a calf.  
1368 Some persons can digest cheese; weak stomachs cannot.  
1369 Salt taken with milk prevents it from curdling.  
1370 Lime does the same thing, but is very objectionable in persons of mature years.  
1371 Children need lime to make bones, but get it in food.  
1372 Limed milk is not hurtful to children.  
1373 Cow's milk is not as sweet as human milk.  
1374 Cow's milk is not as rich in cream, except the Jersey breeds.  
1375 The best way of taking milk is to sip it.  
1376 A half pint requires ten minutes' sipping to avoid curdling.  
1377 Sipped with other food, it is less likely to curdle.  
1378 Iced milk is best taken by pouring a small quantity on ice in a glass and drinking before the ice melts into it.  
1379 Milk is the most important article of food despite its unfrequent use in some families.  
1380 Next to wheat, it will always be the chief article of diet.  
1381 Milk is the only diet in the crisis of nearly every disease.  
1382 Owing to its importance, it should be known to be pure.

- 1383 A public dairy official should be appointed in every locality.
- 1384 Cows should have pure running water, never stagnant water.
- 1385 Cows should never be fed upon fermented food.
- 1386 Refuse from breweries is being fed today ; it is exceedingly dangerous to the users of milk.
- 1387 Glucose foods, swill and garbage produce bad milk.
- 1388 The pasture should be free from weeds.
- 1389 The milk should be quickly cooled as soon as taken from the cow.
- 1390 Milk is a food, and the basis of many other foods.
- 1391 It also appears in such forms as cheese, butter, cream and koumiss.
- 1392 Sipped milk soothes the stomach and intestines.
- 1393 A few mouthfuls of hot milk relieve a cough.
- 1394 They also release the catarrhal mucus of the throat.
- 1395 Hot milk snuffed into the nose has cured catarrh that defied all medical aid.
- 1396 The natural treatment of catarrh is different, and is in Ralston Franchise at fifth degree.
- 1397 Milk absorbs odors, tastes, germs and impurities.
- 1398 It should always be kept cold and well sealed.
- 1399 Skim milk is useful as a means of thinning the flesh of very stout persons.
- 1400 It also gives the kidneys a healthy activity.
- 1401 It has a temporary value in Bright's disease, dropsy, etc.
- 1402 Otherwise skim milk is of little use.
- 1403 Buttermilk is more nutritious than skim milk.
- 1404 It gives tone to the digestive organs.
- 1405 It also serves the medical purposes of skim milk.
- 1406 Cream as a drink is not useful when the health is good.
- 1407 It is helpful in advanced cases of consumption, as is all fat.
- 1408 The overuse of cream soon clogs the digestive system.
- 1409 Condensed milk, next to fresh milk, is most valuable.
- 1410 It is much more apt to be pure and free from germs.
- 1411 It keeps longer and better.
- 1412 All families should use it when in doubt as to the purity of milk.
- 1413 Malted milk is still better.

### **COFFEE**

- 1414 The coffee berry contains very slight nutriment, and no starch.
- 1415 Its digestibility depends on how it is prepared, cooked and drunk, and by whom.

- 1416 In all cases it is of very slow digestibility.
- 1417 In all cases it is partly indigestible.
- 1418 The longer it is boiled or cooked the harder it is to digest.
- 1419 The longer it stands after being boiled the more indigestible it is.
- 1420 Coffee should be ground just before using it.
- 1421 It should be prepared just before it is to be drank.
- 1422 Infusion is the best way of cooking it.
- 1423 Coffee should always be cooked in soft water, rain water or distilled water.
- 1424 These last two precautions make a much richer drink, add to its digestibility, and save money.
- 1425 Coffee produces both good and ill effects.

### GOOD EFFECTS

- 1426 It is a stimulant acting upon the heart, nerves and kidneys.
- 1427 When needed solely as a stimulant, it should be taken without milk, sugar or cream, and on an empty stomach.
- 1428 When needed as a food, it should be taken with sugar, milk or cream, or any one or two of these.
- 1429 Coffee immediately excites the action of the heart and nerves.
- 1430 Coffee prevents rapid digestion, and thus helps to "keep" a meal.
- 1431 A laborer can get more value out of a meal with coffee.
- 1432 In other words, it gives food a "staying" power.
- 1433 It also enlivens, brightens and cheers the mind.
- 1434 It prevents rapid waste of body tissue.
- 1435 With a little lemon juice, it often cures a malarial chill.
- 1436 This combination also prevents such chills.
- 1437 Army officers are unanimous in stating that coffee is indispensable for troops in active service to relieve fatigue.

### ILL EFFECTS

- 1438 Coffee retards digestion ; it should therefore be avoided by dyspeptics.
- 1439 It excites the brain and produces insomnia in certain persons.
- 1440 Victims of sleeplessness often get cured by omitting coffee altogether.
- 1441 Others by never taking it later than the first meal of the day.
- 1442 Its stimulating effect upon the heart is followed by reaction.
- 1443 This reaction leads to depression.

- 1444 The use of coffee must be increased to offset the depression.
- 1445 Heartburn often follows the use of strong coffee.
- 1446 Very strong coffee is a rank poison.
- 1447 Confirmed coffee drinkers must have it stronger every year.
- 1448 Coffee essence, or extract of coffee, will kill a person if taken alone.
- 1449 Cereals or grains prepared as substitutes for coffee are generally "doctored" with coffee extract to give them the real flavor. Avoid them.
- 1450 All night work is better done by the aid of coffee, as it keeps the brain awake.
- 1451 Severe mental strain is aided by coffee, but with dangerous reaction.
- 1452 Coffee drinkers are despondent if they omit the beverage.
- 1453 Coffee drinkers often dream at night and have strange fancies.
- 1454 They soon are enslaved to the beverage.
- 1455 The slavery is discovered by abruptly stopping its use.
- 1456 The craving is as strong as for alcohol.
- 1457 Nerve tremors, excitability, loss of mental control, irritability and constant unrest are the fruits of the habit.
- 1458 Nervous prostration and paralysis are sometimes the end.
- 1459 Coffee prevents rapid waste of body tissue.
- 1460 This is an advantage to the laborer or the active soldier.
- 1461 Other persons require rapid waste to carry on the functions of life.
- 1462 Otherwise the waste is incomplete.
- 1463 The laborer and soldier complete the waste by hard work.
- 1464 Complete waste produces urea and is evidence of health.
- 1465 Uric acid is partly completed waste of tissue. •
- 1466 Incomplete waste, therefore, results in uric acid.
- 1467 Uric acid is the cause of rheumatism, dropsy, gout and similar ills.
- 1468 Coffee drinkers generally have uric acid.
- 1469 This accounts in part for the fact that some laborers are rheumatic; they either drink too much coffee or do not work hard enough.
- 1470 Other articles of diet also cause these various ills.
- 1471 The people of the United States are the most nervous people in the world.
- 1472 The people of the United States consume more coffee than Germany, France, Hungary, Austria, Scotland, Ireland, England and all her colonies combined.

## SUBSTITUTES FOR COFFEE

- 1473 The chief substitute for coffee is chicory.
- 1474 This is wholesome and nutritious, with no harmful effects.
- 1475 In 1853 the British Parliament declared chicory not an adulteration and allowed it to be called coffee.
- 1476 More recent substitutes are made of grains.
- 1477 Whole wheat coffee is one of the most common.
- 1478 But unless very thoroughly roasted it is dangerous.
- 1479 Its uncooked starch irritates the stomach and causes dyspepsia.
- 1480 It also leads to heartburn and pain in the head.
- 1481 When thoroughly roasted, it is very valuable for laborers.
- 1482 It is never good for sedentary persons.
- 1483 The same is true of all substitutes for coffee, except, perhaps, chicory.
- 1484 You can test them. If cereal coffees are hurting you, there will be a pain in the heart.
- 1485 Or dyspeptic pains in the stomach.
- 1486 We know of no drink that is so complete as malted milk powder.
- 1487 It is very strengthening, without exciting influences, or reaction.
- 1488 It is perfectly digested by weak or strong stomachs.
- 1489 It also aids the digestion of other things, such as milk, bread, etc.
- 1490 It can be taken with hot water or with milk.
- 1491 The Bavarian home made grain coffee is the best.
- 1492 It consists of roasted wheat, rye and oatmeal with butter.
- 1493 The butter is put in a hot frying pan, and the ground grain added. It must be well roasted, but not burned.
- 1494 French coffee (café) consists of pure coffee and hot milk.
- 1495 The coffee is prepared as usual and mixed half and half with boiled milk.
- 1496 It is very nutritious if drunk in sips or rather slowly.

## TANNIN

- 1497 Tannin exists in tea, coffee and red wines.
- 1498 It irritates the lining of the stomach and intestines.
- 1499 It causes constipation.
- 1500 It deprives the gastric juice of its powers; hence causes indigestion.
- 1501 Clarets and other wines are constipating.

## TEA

- 1502 Tea contains much more tannin than coffee.
- 1503 When hurtful, it is, therefore, much more injurious.
- 1504 Tea is made from young leaves of the evergreen tree **thea**.
- 1505 The leaves are picked, dried in the sun, then rolled under the bare feet of the Chinese and thus twisted.
- 1506 Green tea is steamed before it is dried.
- 1507 It contains more than twice as much tannin as black tea.
- 1508 For this reason, it is more poisonous.
- 1509 Black tea is commonly used ; it is more hurtful than coffee.
- 1510 All tea drinkers are slaves to the beverage.
- 1511 This is seen when an attempt is made to abruptly stop using it.
- 1512 It cheers the mind, but its reaction causes despondency.
- 1513 It hurts the valves of the heart and injures the bladder.
- 1514 Tea drinkers, when old, " drip " the contents of the bladder.
- 1515 The cheaper the tea the greater injury it does.
- 1516 Poor people, from its use, become dyspeptics.
- 1517 The disease and the tannin effects lead to mental depression and unfitness for the battle of life.
- 1518 The adulterations of tea are so extensive as to give rise to fixed industries.
- 1519 Many well advertised brands are mere adulterations.
- 1520 These include dead tea grounds, any shrub leaves, indigo, catechu, Persian blue, silica, metallic iron, kaolin, graphite, etc.
- 1521 Cold tea and iced tea are more injurious than fresh hot tea.
- 1522 They lead quickly to weak stomach.
- 1523 Hot tea is a stimulant.
- 1524 With milk, cream or sugar, it is a slight nourishment.
- 1525 It should never be taken on an empty stomach.
- 1526 It is best with a full meal, while coffee is best on an empty stomach.
- 1527 To persons enslaved to it, tea often cures a headache.
- 1528 But the reaction is another headache.
- 1529 When quite strong, tea helps to cure the alcohol habit.

## COCOA

- 1530 The value of cocoa is much exaggerated.
- 1531 It is a very incomplete and deficient food.
- 1532 Its nutritive value is found in its fat or cocoa butter.
- 1533 It has a very small percentage of albumin.
- 1534 In roasting it the albumin is often lost.
- 1535 In some cocoas chemicals are added to render the fat digestible.

- 1536 Nearly all cocoas on the market are adulterated.
- 1537 Persons suffering from kidney or liver troubles should avoid cocoa and chocolate.
- 1538 Chocolate is obtained from cocoa seeds.
- 1539 It is in common use and is much adulterated.
- 1540 It has very little food value when used alone.
- 1541 When cocoa or chocolate is taken with sugar and milk, it is nutritious.
- 1542 The greater the proportions of hot milk the better.
- 1543 Cocoa shells are indigestible and irritating to the stomach.
- 1544 Chocolate is much better than cocoa as a drink.
- 1545 Chocolate or cocoa is far preferable to tea or coffee.

### REFRESHING DRINKS

- 1546 Lemonade is a valuable drink for one who craves an acid.
- 1547 It should always be home made to avoid chemical acids.
- 1548 It should never be sweetened.
- 1549 The union of sweet and sour is a prolific cause of rheumatism and uric acid maladies.
- 1550 Unsweetened lemonade is soon liked and then preferred.
- 1551 Lime fruit juice is of the same value as lemon juice.
- 1552 Both are cleansing and purify the blood and skin.
- 1553 Koumiss is a food drink of extraordinary value.
- 1554 It is useful only in the cure of disease.
- 1555 For making koumiss, see long article in "Ralston Gardens."
- 1556 Bran water is a very nutritious drink for tired persons.
- 1557 Bran contains the nutritive salts of wheat, phosphorus, etc.
- 1558 Bran itself should never enter the stomach, as it hurries all contents on, and causes loss of absorption.
- 1559 Bran water has been used for many generations as a drink.
- 1560 It is regarded as a brain drink, although it cannot make brains. It relieves fatigue without stimulating effects.
- 1561 Boil five minutes one pint of bran in two quarts of water, then strain through a cheese cloth.
- 1562 Drink it it when cold; iced bran water is best.
- 1563 With lemon juice added, it is called bran lemonade.
- 1564 With lime fruit juice added, it is a very cleansing and refreshing drink.
- 1565 It brightens the mind and enlivens the faculties.

### ALCOHOLIC DRINKS

- 1566 These consist of beer, white wine, red wine and liquors.
- 1567 They are desired because of the alcohol in them.
- 1568 Beer contains from three to ten per cent of alcohol.



- 1569 White wines contain an average of eleven per cent of alcohol.
- 1570 Red wines contain an average of ten per cent of alcohol.
- 1571 Three per cent of alcohol in a regular drink is sufficient to create a desire for such beverages.
- 1572 Alcoholism is a disease of the nervous system.
- 1573 It is due to a morbid craving caused by wrong diet.
- 1574 Experiments show that unbalanced foods lead to this craving.
- 1575 The quickest way to cure alcoholism is by a natural diet. See "Ralston Living."
- 1576 In the latter case the taste cannot be acquired.
- 1577 Beer is not a food. Being a ferment, it is germ life.
- 1578 All ferments are poisonous and injurious.
- 1579 Beer drinkers and non-beer drinkers may die of Bright's disease.
- 1580 But ninety-eight per cent of victims of that malady are from the ranks of beer drinkers.
- 1581 Brewing is the leading industry of the United States.
- 1582 Its increase of business the past year was amazing.
- 1583 Brewers are immensely wealthy. They are stockholders in nearly all the great newspapers of America.
- 1584 They educate the masses, through newspapers, to the belief that beer is food.
- 1585 Analysis shows 121 different poisons employed in the making of beers.
- 1586 These poisons ruin the organs, especially the kidneys.
- 1587 Bright's disease is the legitimate fruit of beer drinking.
- 1588 It is increasing today with fearful rapidity.
- 1589 It is the one stealthy, fatal malady that gives no warning.
- 1590 When seated in the system, there is no escape.
- 1591 It is known to be present only when too late.
- 1592 Red wines contain tannin in dangerous proportion.
- 1593 White wines destroy the lining of the stomach and intestines.
- 1594 All new wines lead to diabetes, and often to Bright's disease.
- 1595 The nearer the ferment the more dangerous the drink.
- 1596 New wines, for that reason, are always to be avoided.
- 1597 Danger is not denoted by the immediate effects.
- 1598 The idea once prevailed that alcohol was necessary in disease.
- 1599 Today some physicians adhere to the same belief.
- 1600 The most skillful doctors declare alcohol to be unnecessary.
- 1601 It is the custom of many distilleries and breweries to give to physicians shares of stock in their great corporations.

- 1602 Some physicians recommend beer and liquor as food.
- 1603 The flesh made by beer is always refuse flesh.
- 1604 It is a disease in itself; thinness is much to be preferred.
- 1605 If morbid conditions are removed, good flesh can always be acquired from wholesome foods.
- 1606 Champagne differs from other wines because it contains carbon dioxide gas in solution.
- 1607 This kind of gas is what comes from the lungs in breathing.
- 1608 The gas is a deadly poison. Its value in champagne is in its light effervescence.
- 1609 Severe headaches follow the use of this gas, whether inhaled from the foul breaths of other persons, or drunk in champagne.
- 1610 So called "dry" champagnes are mere tricks of composition.
- 1611 If not genuine, champagne will give a bright red color to blue litmus, which is obtainable at any drug store.
- 1612 Perfect health never craves or needs alcohol.

### EFFERVESCING WATERS

- 1613 We dislike very much to lessen the profits of any innocent industry, such as the making of gas waters.
- 1614 The gas employed is a poison.
- 1615 The sprightliness of gas waters is due to the poisonous gas, not to the waters.
- 1616 Its activity cleanses the stomach, we are told.
- 1617 It eats off the delicate lining of the stomach.
- 1618 Its use has sent thousands to their graves with gastric catarrh.
- 1619 It cleanses as sand paper might cleanse the eyeball.
- 1620 All sparkling waters are of this class.
- 1621 The soda water from the drug store fountain is the stomach's worst enemy.
- 1622 It is charged with this "eating," scouring, rasping gas.
- 1623 In time the use of soda water ruins the stomach.
- 1624 Then the blood fails and the face is pimply.
- 1625 Flavors and syrups in soda water are often rank poisons.
- 1626 So are flavoring extracts sold in groceries.
- 1627 They are made of red aniline, yellow aniline, prussic acid, anise oil, tartaric acid, nitric ether, mineral red and other poisons.
- 1628 Analysis proves that honest druggists who insist on the purity of fruit syrups have been deceived by manufacturers.

- 1629 Samples from nineteen first class stores showed rank adulterations.
- 1630 Mineral waters are not advised.
- 1631 They serve only to introduce minerals into the system.
- 1632 These increase the old age deposits and clog the veins.
- 1633 They often cause the very diseases they are advertised to cure.
- 1634 They increase the formation of uric acid.
- 1635 They lead to stone, gravel, calculus, etc.
- 1636 Nature has furnished man with health giving water.
- 1637 Long life and happiness are the fruits of its use.
- 

# SLEEP

---

If the body were nothing but flesh, bones and muscles, sleep might be omitted; but the brain and nervous system are weakened and deranged if not nourished by a proper amount of repose, accompanied by total unconsciousness.

---

- 1638 The chief purpose of sleep is to rest the nervous system.
- 1639 The amount of sleep required depends upon age and vitality.
- 1640 Infants should sleep over two-thirds of the time.
- 1641 Young children should sleep all night and one hour in the daytime.
- 1642 Older children should sleep from eight at night till six to eight in the morning; and none by day, unless weak.
- 1643 A child ten to fifteen years old needs ten hours' sleep.
- 1644 From fifteen till growth the time should be about nine hours.
- 1645 From growth to old age, eight hours' sleep is required.
- 1646 The period of sleep should accord with nature.
- 1647 After sunset all life becomes depressed.
- 1648 Plants droop at night.
- 1649 Animals follow the sun to rest.
- 1650 The human body is composed of animal and plant life.

- 1651 Sleep is most beneficial immediately after sunset.
- 1652 Any sleep before midnight is more valuable than that after.
- 1653 Persons of weak vitality should sleep one hour in the day and nine hours at night.
- 1654 Severe physical labor requires nine hours' sleep at night.
- 1655 Mental toil requires a half hours' sleep by day and eight hours at night.
- 1656 During a term of Ralston Physical Culture nine hours' sleep at night should be taken.
- 1657 Sickness requires twelve or more hours' sleep.
- 1658 A cold is evidence of low vitality, and extra sleep hastens a cure.
- 1659 Old age requires nine to twelve hours' sleep.
- 1660 To sleep just after eating causes stupidity of mind.
- 1661 A brief sleep or rest prior to eating is beneficial for weak lungs or weak heart.
- 1662 A few minutes' sleep in the daytime often cures headache.
- 1663 A habit of sleep or wakefulness is acquired.
- 1664 Those who retire late cannot readily fall asleep at an early hour.
- 1665 Late rising prevents early sleep the following night.
- 1666 A very dark room invites sleep.
- 1667 Fresh, cool air invites sleep.
- 1668 The natural position of sleep is the front of the body down.
- 1669 The head may rest upon the right or left side.
- 1670 The next best position is upon the right side.
- 1671 To lie upon the left side cramps the heart.
- 1672 To lie upon the back excites the nervous system.
- 1673 The last meal of the day should be the lightest.
- 1674 A heavy evening meal prevents a refreshing sleep.
- 1675 Meats and other muscle making food eaten at the evening meal keep the muscles twitching all night.
- 1676 Strong nerve foods at evening keep the nerves active all night.
- 1677 Lack of sleep produces irritability.
- 1678 Slumber is necessary to the health of the brain.
- 1679 Continued loss of sleep leads to mental breakdown.
- 1680 Too much sleep makes all the faculties sluggish.
- 1681 The head should be cool to invite sleep.
- 1682 A draft on the head will cause neuralgia.
- 1683 The feet should be warm to invite sleep.
- 1684 Cold feet send the blood to the head.

- 1685 Thinking draws the blood to the head.
- 1686 Reading or talking just before retiring may prevent sleep.
- 1687 The head may be in any direction.
- 1688 The claim that it should be to the north is baseless.
- 1689 North rooms are best for cook rooms.
- 1690 They are worst for sleeping rooms.
- 1691 The south room is best; the east is next best.
- 1692 Foods are heating, nerve exciting, and muscle building.
- 1693 Heaters are carbons, and furnish energy best when combined with muscle making articles.
- 1694 When heaters are taken alone they lead to indigestion.
- 1695 As they are fuel and burn, they must have material ready to supply what they destroy.
- 1696 This material is the muscle making class.
- 1697 The two go together excellently; energy or heat producers and muscle builders.
- 1698 Energy or heat producers, with little else, produce sleep.
- 1699 Thus rice in excess tends to sleepiness.
- 1700 It is, therefore, a good evening diet.
- 1701 Fats, starches and sugars are of this class.
- 1702 Energy for mind and brain means fuel food.
- 1703 The energy is in the burning.
- 1704 Excess of burning leads to sores and humors in the blood.
- 1705 Pimples are the refuse of such food.
- 1706 The sleep producing effects may be had from such foods without their excessive use.
- 1707 Dullness and stupidity of mind and body follow such use.

---

The aged need attention as to their food. Grandfather is getting old; the jolly good natured face is not as bright as it used to be, though the old gentleman seems to be putting on more flesh while his daily food consists mostly of buckwheat cakes and syrup, white bread and butter, sugar, rice and fat meats. His strength of mind and body have gone and he drones about the house in a continual stupor. He needs a change of food; lean meat and fish, cracked wheat and potatoes, barley cakes, rye bread, or white corn cakes. Give him these, and his mental vigor will come back again. Instead of sitting indoors all day, he will be more active.

Maybe he is quite thin and lean, with pale blue flesh. He needs buckwheat cakes, molasses, fat meats, potatoes mashed in milk and well buttered, together with yellow corn, cracked

wheat and fish, oatmeal porridge, and fruits every morning. Are grandfather and grandmother both living, and would you desire to have them with you for a great many years yet, hale and hearty, good natured and vigorous, actively useful both to themselves and to those about them? You can make them happy and make their lives such as we have described by giving them proper food.

---

## BATHING AND EXERCISE

---

The good and bad effects of exercise, and the dangers to health that arise from injudicious bathing, are not generally understood by the public mind. The laws herein stated are intended to guide Ralstonites aright. The exercises are those that any person can perform without taking a minute of time from other duties or pleasures.

---

- 1708 Soap should never be put upon the face.
- 1709 Rough soap should not be put on any part of the body.
- 1710 Soap should be thoroughly rinsed off after use.
- 1711 Pure white castile soap is best and cheapest.
- 1712 Avoid perfumed soaps; they are injurious.
- 1713 All colognes and perfumes hurt the complexion.
- 1714 Perfuming the bathing water is a fad, and is unhygienic.
- 1715 Washing the face just before going outdoors roughens it.
- 1716 Cold air against a moist skin makes it coarse.
- 1717 A general body bath should not be taken within an hour after eating.
- 1718 Nor within two hours after a heavy meal.
- 1719 Paralysis may be caused by bathing soon after eating.
- 1720 A cold water bath is dangerous to persons of weak vitality.
- 1721 The reaction of a cold water bath is invigorating.
- 1722 When a reaction does not occur it is a sign of danger.
- 1723 Hot water bathing weakens the nervous system.
- 1724 The water of the bath should be about 105 degrees.
- 1725 The room temperature should be 80 degrees.
- 1726 After a bath in cold weather, make the body extra warm.

- 1727 Ninety per cent of all colds follow bathing.  
1728 Some persons always catch cold after a bath.  
1729 Part baths are safer for persons who catch cold easily.  
1730 A part bath is taken by bathing the neck, shoulders and chest, and instantly drying and covering them.  
1731 Then likewise bathing the middle of the body.  
1732 The legs and feet should be bathed daily.  
1733 Thorough drying is an important part of a bath.  
1734 Never wipe with a fermented towel.  
1735 The sour smell of a fermented towel is sometimes slight.  
1736 But the ferment contains germs of disease.  
1737 Skin diseases are often due to this one cause alone.  
1738 Damp towels are unfit to wipe with.  
1739 Each person should have separate towels.  
1740 Dry, clean, hot towels are best for health.  
1741 Bathing not only cleanses the skin, but should exercise it.  
1742 It is indulged in as a means of daily exercise.  
1743 The more the skin is exercised the better the health is.  
1744 Laughter exercises the stomach and lungs.  
1745 It also sets a sluggish liver going.  
1746 Deep breathing is also a splendid means of exercise.  
1747 It invigorates the heart and lungs.  
1748 It is the best stimulant for the blood.  
1749 Rapid, deep breathing purifies the blood.  
1750 Lack of air darkens and poisons the blood.  
1751 Deep breathing aids digestion.  
1752 All such exercises may be taken daily when walking.  
1753 They require no time for their practice.  
1754 Stretching exercises all the inner flesh.  
1755 It reaches parts that no other exercise can.  
1756 A good stretch should be taken on rising.  
1757 And others from time to time during the day.  
1758 Nature ordained it as an exercise.  
1759 Quick movements, requiring strength, are invigorating.  
1760 A rapid walk is stimulating ; a slow walk is tiring.  
1761 The abdomen should be flexible and easily movable.  
1762 Otherwise it becomes set and stiff.  
1763 The drawing in of the abdomen while breathing out is one of the best exercises for health.  
1764 Distending the abdomen while inhaling is a good exercise.  
1765 These various practices, if indulged in daily, will suffice for mild forms of exercise.  
1766 They are the most healthful of all exercises that can be performed without taking any time from other duties.

# BASTION

This subject holds an important position in the study of health. What we wear is the product of the earth, either directly through the vegetable kingdom or indirectly through the animal kingdom; and each kind differs from others in its degree of benefits to the body.

- 1767 All clothing comes from the animal or the vegetable kingdom.
- 1768 The vegetable kingdom furnishes cloth and linen.
- 1769 The animal kingdom furnishes wool, silk, hair and leather.
- 1770 Since the body is insulated to protect its vitality, that clothing must be best which comes from animal life.
- 1771 Experiments show that silk is a natural protector of vitality.
- 1772 Silk is also a non-conductor of electricity.
- 1773 Very thin silk underwear increases the vitality of the body.
- 1774 Thin cotton or linen underwear may be worn over the silk if necessary for warmth.
- 1775 But the silk should be next to the skin.
- 1776 Wool is also a protector of vitality.
- 1777 It sometimes irritates the skin.
- 1778 Mixed with silk, it is next best to silk.
- 1779 Wool, mixed, is next in value.
- 1780 Linen is fourth in value.
- 1781 Cotton is last in value.
- 1782 Dry cotton clothing protects the vitality to a great extent.
- 1783 The spinal column is the seat of vitality.
- 1784 It should be protected from the base of the neck to the end of the trunk.
- 1785 Its branching nerves are sensitive to chill or dampness.
- 1786 The upper chest needs full protection.
- 1787 The feet require full covering, unless one is accustomed to going barefooted.
- 1788 Thin soled shoes or slippers cause constant loss of vitality.
- 1789 The heavier the soles the better the health.



- 1790 Even heavy soles, when damp, will cause loss of vitality.  
1791 Standing on cold or damp ground, sidewalks or stone steps will produce the same losses.  
1792 Sitting on stone, brick or damp steps will do the same.  
1793 The shoes or clothing should never be worn when damp.  
1794 Coats of hair are best for outer garments.  
1795 High boot legs make the flesh tender and weak.  
1796 If worn at all, they should be worn always.  
1797 Shoes should be worn to cover the ankle bone.  
1798 In which case slippers should not be worn at all.  
1799 To expose tender parts means loss of vitality.  
1800 These facts are based on very exact experiments.  
1801 The head should be as little covered as possible.  
1802 It should not be exposed to severe chill or cold.  
1803 But the less it is covered the more the hair will grow.  
1804 Hair needs light and air like any plant.  
1805 Nature never intended a hat to be worn.  
1806 But the nerves of the head are tender from covering.  
1807 Some headwear is therefore needed.



---

The vitality of the body and the loss of nervous force bear direct relations to the appearance and condition of the hair.

---

- 1808 Nature provides hair to protect the head from exposure.  
1809 Hair growth is greatest where exposure is greatest.  
1810 Hair growth is weakest where the head is least exposed.  
1811 Exposure means openness to air, cold and storm.  
1812 The uncovered head invites hair growth.  
1813 The covered head invites baldness.  
1814 There are authenticated cases where exposure has cured baldness; but  
1815 There are dangers of severe colds in such methods.

- 1816 The better way is to wear no unnecessary headgear.
- 1817 Weakening the circulation in the scalp produces baldness.
- 1818 Tight hat bands weaken the circulation of the blood.
- 1819 Confining the perspiration in the hair poisons the roots.
- 1820 Color of hair comes from pigment in the roots.
- 1821 Sour hair is produced by fermentation of scalp soil.
- 1822 Fermentation and confined perspiration destroy the color.
- 1823 Bacteria, or disease germs, destroy the hair.
- 1824 All combs not cleaned after using are loaded with bacteria.
- 1825 Dandruff is a scalp disease.
- 1826 Sores, pimples, scabs, etc., are scalp diseases.
- 1827 Comb bacteria cause scalp diseases.
- 1828 Clean the comb after using by allowing a thin stream of scalding hot water to run through it between its teeth.
- 1829 Scalding a comb just before using kills germs of disease.
- 1830 These precautions will prevent scalp diseases.
- 1831 A very weak solution of borax water cleans the hair.
- 1832 Diluted bay rum stimulates hair growth.
- 1833 Quinine in very thin liquid form is the only natural hair tonic.
- 1834 Gently pulling the hair will exercise and strengthen the roots.
- 1835 All dandruff cures that cleanse the scalp are injurious.
- 1836 Ammonia, instead of reducing, increases dandruff.
- 1837 Singeing the ends of the hair overcomes splitting.
- 1838 Never use oil on the hair, and avoid all specifics.
- 1839 Never use a brush on the hair.
- 1840 Gently combing it with a clean comb is highly beneficial.
- 1841 No specific in existence will restore color to the hair.
- 1842 Exposure has sometimes done it, but rarely.
- 1843 If the foregoing methods will not overcome baldness, nothing will.
- 1844 Better devote yourself to saving what hair remains.
- 1845 Colognes and perfumes destroy the color of the hair.
- 1846 Loss of hair is often due to cologne water.
- 1847 "Souring of the hair" should be overcome without delay.
- 1848 Washing the hair in tepid water is helpful.
- 1849 In obstinate cases use castile soap suds.
- 1850 Never irritate the scalp.
- 1851 Do not use hot or cold water.
- 1852 Wipe the hair persistently until thoroughly dry.
- 1853 Never allow the head or hair to dry itself.
- 1854 A very little borax takes the place of soap.
- 1855 Too much borax makes the hair dry and harsh.
- 1856 Weak salt water is very beneficial for "sour hair."

# THE EYES

---

Most persons who wear glasses do so unnecessarily; and the simplest causes often result in the enforced use of such artificial sight, leading to a lifetime of inconvenience that could be immediately avoided if the true facts were known.

---

[NOTE.—The following facts do not include or refer to the Great Treatment of 1901 for preventing loss of strength in the eyes and restoring sight so that glasses need not be worn. That treatment is part of the Franchise of "Ralston Gardens." See the last part of this book and Blue Form attached.]

---

- 1857 Eyesight depends upon the state of the nerves and the shape of the eyeball.
- 1858 Uric acid in the blood clouds the vision.
- 1859 Bright's disease is often first indicated by rapidly failing eyesight.
- 1860 When the eyeball loses its shape, glasses must be worn.
- 1861 Reading in a habitual position changes the shape of the eye.
- 1862 Reading with the head back affects the shape of the eye.
- 1863 Reading while reclining changes the shape of the eye.
- 1864 Continual use of the eyes at long range changes their shape.
- 1865 Reading while walking or riding hurts the eyes.
- 1866 Reading in the cars ruins more eyes than any other cause.
- 1867 Reading fine print is injurious.
- 1868 No newspaper in America is printed in large enough type.
- 1869 Never read at twilight.
- 1870 Never read by car light, even the coarsest print.
- 1871 Steady use of the eyes produces nervous headaches.
- 1872 Changing the range of vision from near to far is very beneficial if practiced often.
- 1873 Never use the eyes with the light in front of them.
- 1874 Light from overhead is best.
- 1875 Light from over the left shoulder is next best.
- 1876 Using the eyes in the morning on an empty stomach hurts them.

- 1877 The optic nerve is weakened by too much starchy food ;  
 1878 Or by too much sugar or confectionary ;  
 1879 Or by tea, coffee and stimulants ;  
 1880 Or by nicotine, as in cigars and cigarettes.  
 1881 When the eyesight fails from lack of nervous vitality,  
 nothing but the strictest diet will restore it.  
 1882 When sight fails from change of shape of the eyeball, restor-  
 ation is always possible.  
 1883 Slight influences change the shape of the eye.  
 1884 No apparatus is needed to restore its shape.  
 1885 Glasses may be discarded by restoring the true shape.  
 1886 The exact science of sight should be first studied.  
 1887 Bright surfaces or reflections hurt the eye.  
 1888 Glazed or bright paper should not be used in books.  
 1889 Never rub the eyes or eyelids.  
 1890 Concentrated light hurts the sight.  
 1891 Diffused or general light strengthens the sight.  
 1892 Persons living in light rooms have stronger sight thereby.  
 1893 Living in sunless rooms hurts the sight.  
 1894 Never use rooms that have no daylight.  
 1895 Dark or smoky cities are responsible for many ruined eyes.  
 1896 Sight feeds upon light, and requires plenty of food.  
 1897 Cave dwellers are always blind.  
 1898 Persons of strong eyes have become totally blind in dun-  
 geons.  
 1899 Eyes are weakened by insufficient light at night.  
 1900 The more intense the indoor light the better.  
 1901 Flickering light is injurious, such as electric arc lights, etc.  
 1902 The steady incandescent electric light is the best.  
 1903 Excessive light striking on the eyes is injurious.  
 1904 Excessive general light is beneficial.  
 1905 Nothing is as bright as the daylight.  
 1906 Holding the lids nearly shut weakens the eyeball.  
 1907 The healthiest eyes are widest open.  
 1908 Outdoor life strengthens the eyes.

**Life and light** are related as steam and heat are related. One is the effect of the other. Had there never been any light, no matter how perfectly the heat might be adjusted, there could never be any life. The sight is the first to be affected by this source of power. People whose eyes are most exposed to the full bright light, not in excess, have the strongest eyesight; those who use the eyes but little, lose their vigor of sight; those who keep in dark rooms have weak eyes; and cave dwellers become blind after a certain length of time.

# PAUL STON

---

Within the past six months many new facts have been discovered in this line of study; and so rapid has been the progress of science in these investigations that the wisest man eagerly waits for more light upon the subject.

---

- 1909 Bacteria are present wherever any kind of life exists.
- 1910 Where bacteria do not exist life will not thrive.
- 1911 A strong vitality will destroy germs of disease.
- 1912 A weak vitality is destroyed by germs of disease.
- 1913 Bacteria convert death into life.
- 1914 Still flesh invites germs of disease, which convert it into other life.
- 1915 Still water in ponds, wells or brooks is unsafe to drink.
- 1916 Water bacteria appear in green scum and moss.
- 1917 Water that breeds mosquitoes will breed malaria.
- 1918 Ripening or decaying weeds breed malaria.
- 1919 Weeds decaying in cold, damp places breed diphtheria.
- 1920 The law should require that weeds be cut when young.
- 1921 Moving water destroys germs, though not rapidly.
- 1922 Filtering catches some of the germs, but does not destroy them.
- 1923 Freezing destroys only a small portion of the germs.
- 1924 Boiling water kills all bacteria, excepting a few species.
- 1925 Catarrhal germs are born in the body.
- 1926 Blood poison germs develop in meat or in any flesh.
- 1927 Lockjaw germs live in old soil; open air kills them.
- 1928 Leprosy germs are transmitted by touch, as from the skin.
- 1929 Consumptive germs float in the air, outdoors or indoors.
- 1930 La grippe germs float in night air; the sun scatters them.
- 1931 Smallpox germs float in confined air.
- 1932 Diphtheria germs float in damp air.
- 1933 Diphtheria is invited by mouth breathing, the teeth catching the germs.
- 1934 Inhalations sometimes bring diphtheria germs to the tongue.
- 1935 The tongue transmits them to the teeth.
- 1936 They develop in decaying food; also in tartar on the teeth.
- 1937 All tartar and teeth decay are loaded with bacteria.

- 1938 Every particle of decay in or on a tooth is poison.
- 1939 When developed, diphtheria germs travel to the throat.
- 1940 To prevent this, the teeth should be kept perfectly clean.
- 1941 Brush the teeth with salt before every meal.
- 1942 Salt is a germ killer and a splendid antiseptic.
- 1943 Never allow a decayed tooth to remain in the mouth.
- 1944 On awaking in the morning avoid swallowing at first.
- 1945 Clean the teeth thoroughly then, and rinse the mouth.
- 1946 Ulcer germs develop under the skin.
- 1947 Typhoid germs develop in water.
- 1948 Germs that float in the air enter the body through the mouth.
- 1949 No person can inhale bacteria except through mouth breathing.
- 1950 Nose breathing keeps bacteria from entering the body.
- 1951 Moist surfaces in a dry air collect bacteria.
- 1952 Bread and all cold foods collect bacteria on their surfaces.
- 1953 Toasted bread eaten hot, and all hot foods, are free from germs.
- 1954 Dust particles in a room carry bacteria.
- 1955 Unclean rooms are sources of disease.
- 1956 Never allow children to remain in a room that is being swept or dusted.
- 1957 Disease requires a combination of three conditions :
- 1958 The specific germ must be admitted ;
- 1959 The soil in which it thrives must be present in the body ;
- 1960 The vitality must be low enough to permit it to live.
- 1961 Bacteria are of two classes : the good and the bad.
- 1962 The good are required in building the body.
- 1963 They are present in the gastric juice, and are necessary to digestion.
- 1964 All life and all vitality are merely a collection of the energies developed and given up by bacteria.
- 1965 No other process exists for changing material into living organisms.
- 1966 Thus the basis of life is carbon, oxygen, hydrogen and nitrogen, but these elements will not live as such.
- 1967 Bacteria convert them into vegetable structures.
- 1968 Bad bacteria seek to tear down the body.
- 1969 Their mission is to resent a low vitality.
- 1970 When the vitality is low, the body is unfitted for the great duties of life.
- 1971 Humanity is charged with a duty far beyond that of keeping well.

- 1972 But it cannot even provide for its own health.
- 1973 A low vitality is due to the grossest carelessness.
- 1974 People legislate against death in the form of murder, but never against culpable negligence that leads to death through disease.
- 1975 Ten thousand deaths result from bad drinking water to every one from murder; yet the cause continues.
- 1976 Low vitality, due to food adulterations, slays millions.
- 1977 The penalty for this carelessness is in the ravages of bacteria.
- 1978 They punish the indifferent and remove them from earth.
- 1979 But often not without years of suffering.
- 1980 A strong vitality devours almost all evil bacteria.
- 1981 The germs of blood poisoning seem to conquer the strongest.
- 1982 Healthy blood soon falls prey to such germs.
- 1983 Flies and mosquitoes carry them about.
- 1984 Mosquitoes are born in stagnant water.
- 1985 They cling to and live in decaying vegetation.
- 1986 They carry also the germs of malaria.
- 1987 When they puncture the skin, they corrupt the blood.
- 1988 Many a death has followed the bite of a mosquito.
- 1989 Flies live on rot, dead meat, decay and filth.
- 1990 With legs covered with such poisons, they come into the house.
- 1991 They light on foods, and people eat the germs.
- 1992 They light on the skin and deposit the poisons there.
- 1993 Flies are the cause of many contagions.
- 1994 They carry the germs of leprosy, cholera, yellow fever, smallpox, ulcers, boils, anthrax, cancers and meningitis.
- 1995 The epidemic of meningitis has appeared in many places.
- 1996 It spreads rapidly and is almost always fatal.
- 1997 The germs are introduced by flies, and may be months developing.
- 1998 Flies, mosquitoes, and all insect life should be kept out.
- 1999 Screens ought to be placed at every window and door.
- 2000 No food should be eaten if flies have been on it.
- 2001 Nor should flies be allowed on the face or hands.
- 2002 These pests seek chiefly decay and dirt.
- 2003 Absolute cleanliness is their great conqueror.
- 2004 Before a strong vitality, they are helpless. In diphtheria, lockjaw and other torturing maladies, the agonies inflicted by germs are unnecessarily excruciating, malicious, malignant, cruel, relentless, satanic and devilish.

# CAUSES OF SICKNESS

---

It is as easy to produce sickness by establishing fixed causes, or to produce health by removing such causes, as it is to obtain a certain sum by adding two numbers together. The habits of the present day can produce no other results than widespread sickness, suffering, loss of time and money, and premature death.

---

- 2005 There is every proof that nature intended the body to live one hundred years, and to be free from disease.
- 2006 There is no machine that responds so readily to good treatment as the human body.
- 2007 Disease is unnatural, and exists without justifiable cause.
- 2008 The body is made to stand much abuse and neglect.
- 2009 It is only when abuse is excessive that sickness follows.
- 2010 All sickness is due to somebody's abuse or neglect.
- 2011 The average of life is about one-third what it should be; and nearly all deaths are premature.
- 2012 One-fourth of all who are born die before reaching the age of six years.
- 2013 Another fourth die between the ages of six and forty-five.
- 2014 Another fourth die between the ages of forty-five and seventy.
- 2015 Less than five per cent reach the eighty-fifth year.
- 2016 That care saves life is proved in countless instances.
- 2017 Thus three times as many persons out of a thousand died of consumption twenty years ago as now.
- 2018 Diphtheria never comes where certain precautions are taken.
- 2019 Typhoid is extinct where the drinking water is pure.
- 2020 All contagions may be prevented by simple means.
- 2021 Natural death should not occur before the ninetieth year.
- 2022 Premature death occurs this side of the ninetieth year.
- 2023 The mission of Ralstonism is to prevent its occurrence.
- 2024 Premature death is due to: 1. Accident. 2. Loss of vitality. 3. Open disease. 4. Stealthy disease. 5. Catarrhs.
- 2025 Accident can be lessened by well executed laws.
- 2026 Loss of vitality is due to wrong habits of living. See this subject on another page.
- 2027 A low vitality leaves the body defenseless against disease.



- 2028 A high vitality makes disease ordinarily impossible.
- 2029 Open disease is that form of sickness which develops suddenly and demands immediate attention.
- 2030 Pneumonia, diphtheria, typhoid, smallpox, cholera, dysentery, whooping cough, influenza, measles, fevers, etc., are examples of this form of disease.
- 2031 Stealthy disease is that which is developing without warning.
- 2032 Only when it is firmly seated is it made known.
- 2033 Examples of this stealth are seen in Bright's disease, consumption, rheumatism, gout, dropsy, cancer, diabetes, organic breakdown and the like.
- 2034 Open disease is due either to bacteria or poisons.
- 2035 Bacteria are germs that enter the system and multiply.
- 2036 All contagions and most fevers are due to bacteria.
- 2037 Poisons are matters foreign to the digestive system.
- 2038 Thus, unripe fruit, bran husks, indigestible nuts, baking powder, decayed meat, etc., are poisons because they do violence to the body.
- 2039 Ten thousand persons die every year in this country from eating green fruit and uncooked vegetables.
- 2040 All such deaths are clearly unnecessary.
- 2041 Open disease should never be allowed to exist.
- 2042 Catarrhs are inflammations in the membranes of the body.
- 2043 They appear in the nose, throat, lungs, air passages, stomach, liver, kidneys, intestines, bladder, etc., and generally develop very gradually.
- 2044 Catarrhs weaken or destroy the membranes.
- 2045 Membranes perform important functions of life.
- 2046 These functions cease or lessen when catarrh is present.
- 2047 Catarrh of the throat or nose is least dangerous.
- 2048 Catarrh of the larynx or voice organ is laryngitis.
- 2049 It sometimes destroys the voice.
- 2050 Catarrh of the throat may destroy the hearing.
- 2051 Catarrh of the air passages is bronchitis.
- 2052 It generally terminates in bronchial consumption.
- 2053 Catarrh of the stomach is gastritis.
- 2054 It is the most dangerous form of dyspepsia.
- 2055 It is increasing rapidly at the present day.
- 2056 The malady is often brief and death sudden.
- 2057 It is due almost solely to food adulterations.
- 2058 Catarrh of the intestines always precedes appendicitis.
- 2059 People wonder why there are so many cases of appendicitis today, and charge doctors with inventing the disease.
- 2060 The malady is increasing with alarming rapidity.

- 2061 It is due solely to catarrh, which sloughs off the thin membrane that covers the vermiform appendix.
- 2062 This opens the sac to decomposing substances.
- 2063 The catarrh is caused by adulterations in food and drink.
- 2064 The chief chemist (United States Government) says the great evils of our time are fried foods, pastry, baking minerals and adulterants.
- 2065 When wrong diet puts the stomach out of order, there comes a craving for drugs or stimulants.
- 2066 Drugs add more poisons and make the stomach worse.
- 2067 Stimulants always substitute the false for the real.
- 2068 When people eat only what the body needs as food, perfect health is sure to follow.
- 2069 Perfect blood can only be made by perfect foods.
- 2070 Perfect blood will neither crave nor endure stimulants.
- 2071 Tea, coffee, tobacco, alcohol and drugs will not be desired.
- 2072 The fearful proportion of deaths in infancy is chargeable to ignorance, carelessness and stupidity.
- 2073 Not one mother in ten thousand knows what to feed a child.
- 2074 Young children cannot digest starchy foods.
- 2075 Cow's milk is not a perfect substitute for mother's milk.
- 2076 That the lives of infants may be saved is easily proved.
- 2077 In one thousand Ralstorized homes where children were born, not one died either in infancy or childhood.
- 2078 In nearly every such home, not one was ever sick.
- 2079 Most mothers are impaired in health before having children.
- 2080 Their digestive systems are unable to sustain two lives.
- 2081 Their first duty is to get themselves perfectly well.
- 2082 For this reason, their homes should be Ralstonized.
- 2083 Few nursing mothers feed themselves properly or sufficiently.
- 2084 A child properly nursed may, after weaning, be fed upon the foods described to be healthful in this book.
- 2085 Every such child will grow up, if not killed accidentally.
- 2086 We can save all these little ones.
- 2087 Persons afflicted with incurable stealthy diseases may call themselves well.
- 2088 They may be perfectly honest in declaring themselves well.
- 2089 The seeds of disease may be present and symptoms absent.
- 2090 Thus, a man recently passed a critical examination for life insurance, and in six months was dead from Bright's disease.
- 2091 The present methods of living are sowing the seeds of every form of stealthy disease.

- 2092 When such disease is in progress, a cold is easily caught.
- 2093 All precautions fail then to prevent the cold.
- 2094 This explains why some persons may be careless and not catch cold, while those who are careful catch cold easily.
- 2095 The cold is the signal of danger in this line.
- 2096 It comes when the seeds are sown.
- 2097 It may be fought off for months or years.
- 2098 But it brings on the last sickness.
- 2099 The cold very often takes the form of pneumonia.
- 2100 Thus pneumonia generally ends diabetes, rheumatism, etc.
- 2101 Neuralgia is the danger signal of a low vitality.
- 2102 Low vitality follows difficult digestion, even if the stomach gives no evidence of suffering or distress.
- 2103 When foods are digested with great difficulty, the nervous system is taxed, and very little nutrition is obtained.
- 2104 Low vitality follows loss of sleep also.
- 2105 The body is insulated when dry.
- 2106 Its vitality is kept in by its insulation.
- 2107 Dampness draws off its life and wastes it.
- 2108 Neuralgia hoists the danger signal if the loss is great.
- 2109 Rheumatism is the danger signal of uric acid in the body.
- 2110 Uric acid is caused by incomplete change of food.
- 2111 It is due to eating or drinking what is not nutritious.
- 2112 No medicine ever has been or ever will be invented that can cure rheumatism ; the cause must be removed.
- 2113 Natural methods alone can do this.
- 2114 Gout, dropsy, etc., are also caused by uric acid.
- 2115 Rheumatic gout is a double form of the same.
- 2116 Diabetes is the turning of the blood to sugar.
- 2117 It is chiefly due to some fault of the nervous system.
- 2118 A fall, blow, shock, fright, etc., may cause it.
- 2119 Like Bright's disease, it is generally incurable.
- 2120 Kidney maladies are due largely to poisons from the liver.
- 2121 When an excess of meat is eaten, the liver stops its action, and a rank poison ensues which hurts the kidneys.
- 2122 Alcohol also produces similar results.
- 2123 Stone, gravel, calculus, etc., are due to hard water, mineral water, uric acid and errors in diet.
- 2124 Tobacco also sets up a poison in the liver.
- 2125 Smoking is least irritating after a full meal.
- 2126 It occasionally aids digestion, but only in abnormal cases.
- 2127 A body in the full flush of health has no peace, desire or craving for nicotine, tannin, alcohol or other poisons.

- 2128** The remedy is to build the body as a house would be built, using nothing but suitable material.
- 2129** Ninety per cent of the daily food of people is unsuitable for any animal to eat.

---

# BRANSES-TJUGEN

---

Some persons are as old in the breaking down and aging of the body and its faculties at forty years as they should be at eighty. Experiments show that age may be quickly developed with its decrepitude and senility; or that youthful conditions may be maintained for many years, depending upon what is eaten and how a person lives.

---

- 2130** There is nothing in the life of the human body to indicate that it may live on indefinitely.
- 2131** Nor is it possible that youth may be perpetuated.
- 2132** The body is part of nature's general plan.
- 2133** Everything in nature is born, developed and ripened.
- 2134** Age is the logical consequence of ripening.
- 2135** The period of ripening inaugurates the process of decay.
- 2136** But decay during life may be long delayed.
- 2137** Age is in no way associated with disease.
- 2138** Old people, as a rule, die of disease, not age.
- 2139** Age is the stiffening, hardening and clogging of the body, accompanied by waste tissue and lost vitality.
- 2140** The outward evidences first appear in wrinkles and gray hair.
- 2141** Wrinkles are the result of flesh activity.
- 2142** The skin is like leather.
- 2143** It grows rough on exposure to the air and water.
- 2144** Oil is the natural protector of leather.
- 2145** The skin deposits a natural oil which softens it under gentle pressure.
- 2146** Cream of milk also supplies a natural oil.
- 2147** Lard oil refined is even more beneficial.
- 2148** Any of these methods will keep the skin youthful.
- 2149** The oil or cream should be rubbed daily on the face.

- 2150 If the blood is impure or the complexion bad, the only thing to do is to enter Ralston Gardens.
- 2151 The folding or creasing of leather produces wrinkles.
- 2152 Continually moving the skin of the face makes wrinkles.
- 2153 These occur on the forehead and around the eyes.
- 2154 Knitting the brows makes wrinkles between the eyes.
- 2155 This is caused by irritability or careless habits.
- 2156 It may be prevented by keeping the temple muscles tight.
- 2157 Worry raises the eyebrows and wrinkles the forehead.
- 2158 Self control is the only preventive of this fault.
- 2159 The wrinkles at the sides of the eyes are called crow's feet, and are caused by nervousness or laughter.
- 2160 Laughter probably causes nine-tenths of these wrinkles.
- 2161 They can be subdued only by rubbing them out.
- 2162 The health of the skin is improved thereby.
- 2163 Aging of the hair is prevented by the methods referred to in another part of this book.
- 2164 No external evidence of age indicates decay.
- 2165 Men have lived seventy years after being white haired.
- 2166 Wrinkles are often proofs of vigor and vitality.
- 2167 Real age comes through damage done to the blood vessels.
- 2168 The veins, arteries and vessels are clogged by minerals.
- 2169 These minerals come from food and drink.
- 2170 Hard water is the usual cause of their presence.
- 2171 The medical mineral waters are also to blame.
- 2172 Excessive eating of potatoes introduces cloggy material.
- 2173 The body must have minerals in its daily food.
- 2174 But it is the excess that causes the clogging.
- 2175 In infancy and youth this excess of mineral matter is taken up by the growing bones.
- 2176 But not after the bones have reached full growth.
- 2177 The clogging material is calcareous or lime substance.
- 2178 It clings to the inner surfaces of the veins.
- 2179 This stiffens them, destroys their flexibility, weakens their walls and hinders the circulation of the blood through them.
- 2180 In youth, blood vessels and veins are very active.
- 2181 To retard this activity by clogging them causes weakness.
- 2182 The walls also grow thin and sickly.
- 2183 The blood, being thinned, cannot nourish the body.
- 2184 Every part, therefore, commences to wear out.
- 2185 The stomach, heart, lungs, brain and all organs suffer from this mineral clogging of their blood vessels.
- 2186 A strong vitality throws off some of this clogging material.

- 2187 The cultivation of personal magnetism develops strong vitality.
- 2188 But the end comes even then too soon if an excess of mineral matter is taken daily into the body.
- 2189 The search after an elixir of youth must always prove vain.
- 2190 There are no preservers of youth except those found in pure foods, activity, vitality, and unclogged veins and blood vessels.
- 2191 The last named must always hold the main secret of youth.
- 2192 A careful person may prevent this clogging of the body.
- 2193 When a watch is clogged, it is taken apart and cleaned.
- 2194 When an engine is clogged, it is stopped and cleaned.
- 2195 But the human machine cannot be stopped, even for a second.
- 2196 The heart beats on, distributing blood till death.
- 2197 It weakens as its avenues of flow are impeded.
- 2198 Just as a clock gradually runs down, the heart dies.
- 2199 The flow is impeded by the clogging of the veins, arteries and blood vessels as stated, thus doing double harm.
- 2200 Its injury to the vitality leaves the body a prey to disease.
- 2201 Thus most persons die of sickness, not of old age.
- 2202 Your body is now suffering from clogging material.
- 2203 More will be added every year of your life.
- 2204 You can prevent that result if you care to do so.
- 2205 That which is already there can be removed, if you wish.
- 2206 The great mission of Ralstonism is to do these things.
- 2207 Longevity, with the blessings of youth, can be promised.
- 2208 The last period of life is age, or wearing out.
- 2209 It should begin at about eighty.
- 2210 The faculties should remain stronger than the functions.
- 2211 The functions are the involuntary operations of life.
- 2212 They include the work of the organs.
- 2213 The faculties are the powers of thinking, doing and enjoying.
- 2214 The faculties are best preserved by their constant use.
- 2215 This use must not be weak nor overtaxing.
- 2216 Moderation, with full activity, is the secret.
- 2217 All faculties should work in a perfect balance.
- 2218 This prevents one or more from being overtaxed.
- 2219 The balancing of activities keeps life even.
- 2220 The sanity and clearness of the mind depend upon this balancing of all the faculties, each with the others.
- 2221 The senses fail because of imperfections in the body.
- 2222 Thus, uric acid leads to weakness of eyesight.

- 2223 Nicotine from tobacco, and tannin from coffee, tea and wine will do the same thing.
- 2224 Failing eyesight may be helped, or even restored.
- 2225 It can always be prevented, as shown in Ralston Gardens.
- 2226 A person need be no more helpless at eighty than at forty.
- 2227 Life has much to live for nowadays.
- 2228 This new century will witness an enormous advance in progress.
- 2229 There are hundreds of persons now past eighty years of age who enjoy every minute of life.
- 2230 They rest not, yet they haste not, in their activities.
- 2231 Death is a natural falling asleep.
- 2232 The child that slumbers soundly is a picture of death.
- 2233 It is sweet for the tired body to fall asleep.
- 2234 It is sweeter still for the well spent life to yield itself up to the slumber of death.
- 2235 The sunrise sky is the golden field of hope.
- 2236 The sunset sky is the rich meadow of peace.
- 2237 That is all done which is well done.

---

When age comes on, whether it be prematurely, as in the case of men and women who, while yet in their thirties, show all the symptoms of approaching decrepitude, or it be at the farther end of life, there are certain evidences of the wearing out of the body, known as senility. The flesh begins to granulate. This is seen around the eyelids as quickly as anywhere. Flakes can be picked off by the finger nails, leaving red edges and sometimes raw conditions as if ready to bleed on the least increase of irritation.

In the digestive tract the first revolt is in the refusal of the system to assimilate fat. Greasy diet goes through the body unchanged. Fat meats are especially distressing or else lead to intestinal trouble, and often cause a watery condition. On the normal side of the line fats of meat are beneficial; and no article of diet is so welcome to the growing child as that which combines fat meat with other food. It is practically indispensable. It continues nourishing during all the years of maturity; yet, when age sets in, the body rejects fat as the first of the foods to be discarded. Then come the starchy foods. These are white bread, potatoes, and the white portions of grains generally. Toasting, or extra cooking converts them into dextrine, in which condition they are generally digestible. Sugars are next to go. The final diet of age is that of lean meat, toasted bread and milk; and, last of all, is the milk itself. To prevent distress and to preserve life, these changes must be watched and the foods suited to them.

# INDEX

## TO

# BOOK OF KNOWLEDGE

---

The purpose of this Index is to refer the reader at once to the subject desired ; and, since many laws occur on a single page, a reference to a page would be less useful than to the law itself. It is, however, important to read the laws following the one which is indexed, as we intend to refer to the first of a series on any subject. All the facts to be found are not included in the numbers herein stated ; the latter lead only to them.

Acidity.....	163	Blackberries.....	1055	Caviare.....	923
Adulterations.....	395	Blood.....	99	Cayenne.....	849
Age, causes of.....	2130	Blood color.....	139	Celery .....	551
Alcoholic drinks.....	1566	Blood drinking .....	787	Celery salt .....	555
Alcoholism.....	1572	Boiled meat.....	720	Cereal coffees.....	1477
Allspice.....	866	Boots.....	1795	Cereals .....	220
Almonds.....	1251	Boston brown bread,	362	Champagne.....	1606
Alum .....	315	Brain nutrition.....	889	Cherries.....	1155
American mutton...	761	Brain power.....	793	Chestnuts .....	1244
Animal kingdom...	630	Brains.....	785	Chicory .....	1473
Appendicitis.....	931	Bran.....	244	Chicken.....	770
Apples.....	1010, 1090	Bran water.....	1556	Chillies .....	850
Apricots .....	1103	Bread, graham.....	274	Chills .....	855
Arrowroot flour.....	419	Bread, perfect.....	323	Chips .....	520
Artichoke.....	527	Breakfast foods.....	338	Chocolate.....	1544
Asparagus.....	565	Brewery refuse .....	696	Chopped meat.....	752
Bacteria.....	1961	Buckwheat.....	399	Cinnamon.....	866
Baked apples.....	1093	Buckwheat cakes....	403	Citrons.....	1068
Baked beans.....	488	Buttermilk.....	1403	Clogging material...	2193
Baked meat.....	724	Cabbage.....	541	Clothing .....	1767
Baked potatoes.....	513	Cakes.....	444	Cloves .....	866
Baking powder.....	298	Calves .....	694	Cocoa .....	1530
Bananas.....	1108	Cancer.....	685	Cocoanut.....	1238
Barley bread.....	378	Candies .....	611	Codfish.....	874
Bass.....	873	Candy and butter...	625	Coffee.....	1414
Bathing.....	1708	Canned corn .....	500	Coffee, French .....	1494
Beans, green.....	484	Canned goods.....	958	Coffee of Bavarians,	1491
Beans, old.....	490	Capers unhealthy...	861	Coffee substitutes..	1473
Beans, stewed.....	489	Capon.....	772	Cold and vitality ...	6
Beer.....	1568	Carbon.....	120	Cold baths .....	1720
Beer and Bright's		Carrots... ..	532	Cold tea .....	1521
disease.....	1594	Cassava.....	422	Cologne .....	1713
Beer not food.....	1577	Catarrh.....	2044	Condiments .....	808
Beets .....	528	Cauliflower.....	545	Cooking.....	727



Corn.....	304	Flies.....	1983	Jellies.....	1048
Corn, green.....	499	Flounders.....	873	Juices of meat.....	726
Cornstarch.....	345	Flour, perfect.....	241	Koumiss.....	1553
Cotton.....	1781	Food, concentrated..	64	La grippe germs.....	1930
Crabs.....	927	Food in combination	212	Lamb.....	748
Crackers.....	436	Food tables.....	219	Laughter.....	25
Cranberries.....	587, 1036	Fourteen elements..	113	Laughter and	
Cream.....	1406	Fowl.....	778	wrinklea.....	2160
Cucumbers.....	561	Fresh meat.....	676	Leeks.....	577
Currants, dried.....	1064	Fried meat.....	730	Lemonade.....	1078, 1546
Dandruff.....	1835	Fried potatoes.....	518	Lemon juice.....	1081
Dates.....	1063	Fruits.....	962	Lentils.....	484
Delayed digestion...	179	Fruits, dried.....	1062	Lettuce.....	547
Despondency.....	19	Fruit skins.....	986	Life cells.....	134
Diabetes.....	613	Full stomach.....	67	Lime.....	815
Diastase.....	454	Game.....	778	Lime juice.....	1855
Diastase, fruit.....	461	Garlic.....	577	Linen.....	1780
Digestion.....	171	Geese.....	777	Lobster.....	927
Diphtheria germs...	1932	Gelatine.....	753	Longevity.....	2207
Disease, germs of...	1909	Germs in water.....	1347	Mackerel.....	873
Diseases, open.....	2029	Germs of disease....	1909	Malaria.....	855
Diseases, stealthy...	2031	Ginger.....	862	Malted flours.....	450
Distilled water.....	1276	Ginger snaps.....	445	Malt extracts.....	453
Drink habit, cause of	314	Glasses.....	1885	Maple sugar.....	623
Drinks.....	1264	Gluten.....	285	Mashed potatoes....	522
Ducks.....	776	Good news.....	21	Meat diet.....	653
Eating.....	86	Graham flour.....	246	Meat, excess of.....	467
Eating, time of.....	202	Grapes.....	1050	Meat, flesh fed.....	679
Effervecing waters,	1613	Green corn.....	499	Meat fiber.....	736
Eggplant.....	559	Green tea.....	1506	Meat, fried.....	730
Eggs.....	687	Groats.....	397	Meat, raw.....	714
Elements of food...	88	Haddock.....	873	Meats.....	628
English walnuts....	1236	Hair.....	1808	Meat, salted.....	740
Exercise.....	1708	Hair, loss of.....	1845	Meat, warmed over,	729
Exercises, special...	1744	Hair, singeing.....	1837	Mental toil.....	1655
Eyes.....	1857	Halibut.....	873	Milk.....	1365
Faculties.....	2210	Ham, sugar cured...	744	Molasses nutritious,	624
Fat meat.....	494	Happy disposition...	17	Mosquitoes.....	1983
Fats.....	594	Heart.....	786	Mosses.....	434
Feet, warming the..	56	Heat of body.....	54	Mussels.....	957
Figs.....	1063	Hominy.....	344	Mustard.....	844
Filtered water.....	1342	Honey.....	626	Mutton, English....	759
Fish.....	867	Horseradish.....	843	New body.....	111
Fish, boiled.....	887	Hot baths.....	1723	New ground flour...	333
Fish, dried.....	913	Hot rooms.....	52	Nut meal.....	1235
Fish, test of.....	880	Iceland moss.....	435	Nutmeg.....	866
Flavors and syrups.	1625	Iron.....	137	Nuts.....	1220
Flesh builders.....	151	Iron from beef.....	1150	Oat groats.....	397

Oats.....	380	Rice and milk.....	416	Sweet potatoes .....	524
Old onions .....	583	Roe.....	921	Sweets, vegetable...	588
Old people.....	1707, 2138	Rye .....	240	Schweitzer milling	
Old potatoes.....	511	Rye and wheat.....	361	system.....	335
Olives.....	1133	Sago.....	431	Table sauces.....	854
Onions.....	577	Saliva .....	190	Tables of food.....	219
Onions, pickled.....	582	Salmon.....	872	Tannin.....	1497
Oranges.....	1087	Salmon, canned.....	882	Tapioca.....	423
Overeating.....	195	Salsify.....	538	Tapioca, pearl.....	428
Oxalic acid.....	505	Salt .....	808	Tea.....	1502
Oyster plant.....	531	Salted meat.....	740	Thirst .....	1358
Oysters.....	948	Salt fish.....	876	Tobacco .....	2124
Parsnips .....	354	Sauerkraut.....	544	Tomatoes.....	503
Peaches.....	1057, 1100	Scrofula .....	686	Tripe .....	780
Peanuts.....	1224	Sedentary habits....	37	Turkey.....	773
Pearl barley.....	369	Seeds .....	997	Turnips.....	535
Pearl tapioca.....	428	Seven cereals.....	226	Urea .....	1042
Pears .....	1097	Shad .....	992	Uric acid.....	587, 1027
Peas, green.....	484	Shaddocks.....	1086	Value of foods.....	257
Peas, old.....	490	Short fibered meat..	764	Vanilla .....	863
Peas, split.....	491	Shrimps.....	927	Variety.....	209
Peels.....	990	Sickness.....	2095	Veal .....	742
Pepper.....	847	Silk .....	1772	Vegetable kingdom,	631
Pepper, test of.....	860	Skim milk.....	1399	Vegetables .....	464
Perfect flour.....	241	Sleep.....	1638	Vegetable sweets....	588
Perfume .....	1713	Sleep and vitality...	6	Vegetable, uncooked	482
Phosphorus.....	641	Sleep, after eating..	1660	Vegetarianism .....	703
Phosphorus as food,	899	Smelt.....	873	Vegetarians .....	635
Pickles.....	839	Smoked meat.....	739	Vinegar, adulterated	837
Pigeon.....	774	Smoking.....	2124	Vinegar, in cooking,	833
Pineapples.....	1104	Soap .....	1708	Walking .....	48
Poisons.....	2037	Soda water.....	1621	Water .....	1264
Pork .....	743	Soft shell crabs.....	933	Water crackers.....	441
Pork, raw.....	716	Soldier, marching...	49	Wheat.....	227
Potatoes .....	507	Spices.....	808	White bread.....	313
Protoplasm .....	132	Spine .....	46	White cornmeal....	342
Prunes .....	1063	Split peas.....	491	Whitefish.....	873
Pumpkins.....	575	Squab .....	775	White potatoes .....	258
Quinces .....	1098	Squashes.....	574	Whole wheat flour..	250
Radishes .....	539	Starches.....	590	Wine .....	1569
Raisins .....	1063	Starches, alone .....	606	Wool.....	1776
Raw onions .....	580	Starchy foods.....	164	Worry.....	2157
Reading.....	1861	Stews and soups....	723	Wrinkles, causes of,	2141
Real age.....	2167	Strawberries.....	1032	Yams.....	526
Red pepper.....	849	Sucking pig .....	691	Yeast.....	291
Respiration .....	13	Sugar cured hams..	744	Yeast powder.....	297
Rheumatism .....	587	Sugars.....	595	Yellow meal.....	341
Rhubarb .....	572	Sweetbread .....	779	Young potatoes.....	512



## FOUR CARDINAL POINTS OF HEALTH

**C**HANGELESS march the stars above,  
Changeless morn succeeds to even;  
And the everlasting hills,  
Changeless watch the changeless Heaven.  
*Charles Kingsley.*

"A tiny cell, smaller than the eye of the most powerful microscope can detect, contains a perfect human body."—*Shaftesbury.*



**THE RALSTON HEALTH CLUB** is founded upon four cardinal points of health, which are taken as the basis for all regime. Not one of these may be rejected; nor is it possible to add any. There seem to be four, and no more or less. These are the following:

- First Cardinal Point of Health: Vitality**
- Second Cardinal Point of Health: Food**
- Third Cardinal Point of Health: Exercise**
- Fourth Cardinal Point of Health: Cheerfulness**

No structure can be said to be well built unless its foundations are strongly laid; and these, whether considered as corner stones or great walls, must possess the virtue of strength and endurance. The question is often asked why the human organism cannot live forever; why, when the body is built with such wonderful design and magnificent complications, containing as it does the seeds of immortality, and capable of so much happiness, it should ever perish. The flesh, bones, tissue, muscles and organs, which are used in the processes of everyday life, it would seem ought to be capable of an indefinite existence.

The old saying that the moment we commence to live we all commence to die is far from being correct. While the body is adding to its size, or in other words, while growth is going on,

we are not only not dying, but are more than living. There is at work a certain positive life principle, which asserts for the body a strong existence; and this life principle more than holds its own during the years of growth, after which it commences the struggle which continues for so many years in strong constitutions, and in which it is finally overcome by death. A careful knowledge of this life principle is essential to us all, and a subsequent chapter is devoted to the discussion of it.

**Vitality sets in motion** all the wheels of life. It starts the tree, the plant, the seed into growing; it is the germ nucleus of each cell that composes a body of flesh; it makes and molds every shape of every organism in each and all its parts. More than this, it holds the flesh together; and its power in this one function is evidence of its necessity. The body is chiefly meat. While we live, this meat does not decay; at least not to an appreciable extent. Yet, sometimes before death, it begins dissolution, and we call it mortification. After death we call the same process decay.

**Place a piece of meat** anywhere you will, except under conditions that preserve it artificially, and it at once commences to disintegrate, or go to small pieces that can be detected only by a microscope; although the mass is seen to change. It darkens, loses its fibrous structure, gives forth a horrible odor, and is a deadly poison. If you have ever so small a scratch on your body and it is touched by any decomposed flesh, blood poisoning will set in, and this will quickly spread to all parts until death ensues. There is no help. Many a strong man and beautiful woman, vigorous in health as seen in one day, has passed into this state of decomposition in a few hours after the breath has left the body. We are a mass of meat, subject to decay but for the one preservative, the spark of life, or that principle which is more properly known as vitality. When it is weak, we are weak; when strong, we are strong. Decay often sets in during life, and can be met only by a heroic struggle to maintain the vitality.

**The first cardinal point of health**, then, is the most important of the four; although if one be omitted, the body dies or droops. Nature seems to regard vitality as of supreme importance. The babe possesses much more than its proportionate share, considering its size; and it is always given a greater degree of this energy than the health of its parents would indicate. Yet half of

the children die because they are ignorantly fed and cared for from birth to youth. Ralstonism guarantees that of every hundred deaths among infants ninety-six might be prevented.

**The vitality of children** is intended by nature to be superabundant, and this incites growth. Even after growth has ceased, the life principle holds its own against the process of disintegration often for many years. When this process does commence, it is sometimes very rapid, as in the case of fever and other active diseases, and at other times it is exceedingly slow, struggling for half a lifetime. If it is possible to prevent disintegration, then it is possible to delay the approach of death.

**If we were to ask** the question, how is life sustained? the answer would readily come: by supplying the stomach with food. But supposing the stomach is not able to digest that food, what then? Or, supposing the stomach is able to dispose of the food, but the lungs are completely out of repair, of what use would the food be to us? You may then say that food is supplied to the stomach for the purpose of making blood, and that the air is breathed into the lungs for the purpose of carrying oxygen, which is used for purifying the blood. This is an old notion which is in conflict with the true theory of life itself. While the oxygen which the blood absorbs from the air undoubtedly purifies the blood, if we call changing its nature a purification, yet the main purpose of the union between the blood and the oxygen which first comes from the air is to establish that vital process which governs the nervous system. It is in this act that life originates.

**The food that passes** into the stomach ought to find a willing and anxious digestive organ—in other words, an appetite. Hunger is the true source of perfect digestion. A morbid appetite is the result of an unnatural or diseased condition of the stomach. We assert that loss of appetite and morbid hunger may be entirely overcome. Having taken the position that the stomach can be made to do its full duty, and thereby generate the proper supply of food for the existence of the body, and being also ready to prove, in another chapter, that the proper amount of oxygen can be acquired even in diseased lungs, we are ready for the examination of the next question.

**The second cardinal point of health** is food. This is so thoroughly treated in the chapters that follow in the present volume that it is superfluous to discuss the subject here. In what

has been said we see the close relationship and interdependence of vitality and food. The latter is the material on which life acts. It must have life itself; or in other words, must have grown and still be undecayed in order to supply the body with nutrition. No other material can be called food. It must also contain, in its variety, every one of the essential elements of the body, omitting none and adding none. Let some be left out, and the faculties fail. Let any be eaten that are not needed, and even though not poisonous, the intruder must be fought by efforts of the vitality that should be expended in sustaining life.

**The third cardinal point of health** is exercise. This also will be amply treated in its place in this book. Life is but an expression of activity, and exercise is a scientific method of reaching every physical faculty of the entire body, which labor cannot do. In order to live, we must constantly change. This cannot be done in quietude and sluggishness. We may change and retain our identity; or we may change and lose our identity. If it is one of disease, physical or moral, it is honorable to lose it and acquire a better. Wonders are possible through the process of change. Therefore it is of the highest importance that every person shall assist the assimilation of food by getting rid of the bad as fast as it disintegrates; and this is not possible without scientific exercise.

**The fourth cardinal point of health** is cheerfulness. This has its proper department in the present volume, and will there be fully considered. Light and life come from the sun. Let that great orb be obscured and vitality will ebb. Even at night all things droop. The sun brings cheer, and what light is to life cheerfulness is to vitality, all interwoven. So necessary is happiness to real health that nature instils her sunlight into flowers, fields, verdure and landscape, to please the eye of man; into sweet fragrance to please his sense of smell; into flavor of exquisite richness to please his taste; into music and song to charm his ear; and into the embraces of love and affection to make glorious his sense of touch. Take these things out of life and it is dead. Take out of the human heart the enjoyment they instigate and the world is a sepulcher. In proportion as the virtue of cheerfulness is made predominant, the vitality itself will increase, the food will yield up its nutrition more effectively, and exercise will cause it to be better assimilated.

FIRST CARDINAL POINT OF HEALTH: VITALITY

NATURE OF VITALITY



**A**H! What aill the largest gifts of Heaven,  
When drooping health and spirits go amiss?  
How tasteless then whatever can be given!  
Health is the vital principle of bliss.

*Thomson.*

"I have that within me which lives."—*Shaftesbury.*



**VERY** few persons realize that matter lives; that out of the ground of minerals and dead vegetation life is extracted by some kind of impulse that eludes the eye of the keenest science. It is common to speak of things as organic and inorganic; the former being alive or associated with life, and the latter incapable of living. A rock is called inorganic; and sand, clay or dust may be inorganic when not included in an organism as a part thereof. But the distinction is not always a satisfactory one.

**What must you do?**—We have given you more than two thousand laws of life and health. We know that the reading of them, a few each day, will make you think; that "as a man thinketh, so he is," which means that the habits of daily conduct are unconsciously affected by the mind; and, as a result, you will be following these laws of life and health without giving them any apparent attention. A very keen observer of humanity writes us: "I have three grown sons and two daughters, all of whom are well educated. They believed that there was nothing in the Ralston books that they did not already know; but, when the new Book of Knowledge came out, they were seen to be reading it in a quiet way, and their health, which was always bad, began to improve because of the fact that they were almost unconsciously adopting some of these laws." We find it to be true that no person is able to resist the influence of those laws after having once read them.

**But we think a brief summing up of this and other books that teach good health may be helpful to you. There are four great**

essentials to life, without which there can be no such thing as good health. Three will not do. There must be all four present in every human being who would live well and contentedly in the enjoyment of the supreme blessings of earthly existence. The great essentials are called the

### FOUR CARDINAL POINTS OF HEALTH

1. VITALITY. 2. FOOD. 3. EXERCISE. 4. CHEERFULNESS.

Each is dependent on the other. The first is the greatest; if it could be attained without the aid of the other three, it alone would sustain life. There are many facts now coming to light which go to show that all life is more able to support itself with less food and less work, just in proportion as it is able to increase its vitality; and that the tendency of the human race is to rise some day above the common needs of to-day. It is a well known fact that persons who are the "smallest eaters," that is, who eat the least, are the most energetic and possess the greatest vitality, when in normal health; although the same is not true of those who are deficient in blood or nutrition. It is also a well known fact that the heaviest eaters are, as a rule, the laziest and the least energetic. Nearly a million Ralstonites have tested our vitality exercises and have found these great laws to be true; by increasing the vitality they have solved the problems of life, of health and of success; for brain energy brings success, and vitality brings brain energy.

**Many years ago** a body of seven scientists met to debate the question of what was most essential to the health of the body. They adjourned to study the problem, and came together again after having given it very careful thought. Like many other scientists, they each had a separate claim, and each argued it with keenest interest. In the fifteenth degree book of Ralston Natural College, which is presented to all members who are of that degree, the full arguments are given with supporting facts; here we can advance merely one or two of the salient points. The seven men brought seven different things into the discussion, as follows:

1. **Nature.**—Brief argument: Nature is the great mother of the earth, as God is the Father. Without the aid of nature nothing can live. Even the doctor must depend on nature to effect a cure; and he claims nothing more than that his medicines give



nature a chance to do the work ; although he has learned that the more medicines he gives the less chance nature will have.

**2. Oxygen.**—Brief argument : Ninety per cent. of the earth is oxygen. Just think of it ! All but one-tenth. Water is eighty-nine per cent. of oxygen. If a man weighs 150 pounds, 110 of his weight is oxygen ; and this, if set free, would equal 750 cubic feet in bulk. Proof is very abundant that the more oxygen a person takes into the system daily in a natural way, the greater the health. The natural way is by pure food, pure water and pure air. To take oxygen artificially, or as a treatment, is very injurious. The more pure air we take daily, the less food and the less water is needed ; provided the lungs are fully developed. This does not mean that a person could live on air ; but we will prove, in any case, that the use of less food and more pure, fresh, out-door, vitalized air will bring better health and greater vitality.

**3. Temperation.**—Brief argument : By temperation is meant to avoid extremes or excesses. It is the excess of anything that does the harm ; or the extreme either way. Every able man or woman, every great mind that has lived into the eighties or nineties, says the secret of health and longevity is to be temperate in all things.

**4. Strength.**—Brief argument : Disease is always the result of weakness of some form, either muscular, nervous, mental or organic ; therefore if all these departments of life are kept in their full strength there can be no sickness.

**5. Light.**—Brief argument : There is no growth, no life, that is not dependent upon the light. If this whole planet should be enveloped in a dense cloud all its life would go out. An eclipse of the sun, lasting less than an hour, chills the earth and depresses all the life it traverses ; an eclipse a day long would probably mean complete annihilation, if some scientists are to be believed. The act of living consumes oxygen ; the green leaves of plants and trees give back this oxygen, but only when the light acts upon them. To be out of doors in the light amid growing verdure is the quickest and most natural way of getting vitality and perfect health ; and this is the reason why the greatest sanitariums of the world are located near forests, with southern verandas and piazzas ; especially in the treatment of consumption. A hot sun is an excess of light.

**6. Activity.**—Brief argument : All persons know that the art of true living is the art of keeping active. Overdoing or underdo-

ing would be a wrong extreme. No one word so well represents life as the word activity. If any faculty is allowed to rest too long it rusts. To keep all the faculties bright and healthful they must all be used to a degree sufficient to keep them full of power. The greatest mistake a business man makes is to retire to a life of rest; he breaks down quickly.

**7. Regime.**—Brief argument: In matters of health, regime is living by a reasonable plan with relation to food, habits and conditions. All else is hap-hazard, and hap-hazard is contrary to all the laws of God and nature. There is a plan in all creation; or else we would have chaos. Humanity is the only species that neglects a systematic method of living; and God brings punishment in the form of disease, misfortune and premature death. Regime is the first law of life.

**We place these seven great principles** in a column in order that you may see them all at a glance:

**REGIME  
ACTIVITY  
LIGHT  
STRENGTH  
TEMPERATION  
OXYGEN  
NATURE**

Which one of the seven is the most important? It is for you to decide. Carefully examine them all. Think them over, read the brief arguments already advanced, and render your decision. In case you find them all necessary, you may then learn how the scientists by accident produced the name of our club. Can you discard any?

**If you wish to possess** the greatest measure of vitality, you should live by some regime or rule of conduct, keep all your faculties active, get all the true light of out-door life that is possible, develop and maintain your full strength of body, mind and nerves, be moderate in all things, get into the body that one element that represents ninety per cent. of its composition, and ally yourself to the impulses of nature. Herein all the seven great principles of life are embodied in a single group, the primal letters of which present the word R-A-L-S-T-O-N.

**There are several kinds of vitality.**—That which is most common is the vigor in the construction of the body, the flesh, bones, muscles and organs. This may be greatly increased by adopting the advice, the laws and the method of living as set forth in this book. There is another kind of vitality, which controls the operations of the body through the nerves and their cell-centers.

all constituting an unsurpassed electrical battery, the energy of which may be increased to a surprising extent, and this is of a much higher order than flesh vitality. So important is the study of this species of energy, now everywhere known as magnetism, that books and courses of training valued at hundreds of dollars are offered the public. Then there is a third kind of vitality, known as mental magnetism. Thus we find that the body may be the seat of material energy or glame, nervous energy, and mental energy; all three being apart from muscular strength, nervousness and intelligence; although helpful to them in their normal development; and, when all three are combined in the same man or woman, we speak of it as personal magnetism. It has no relation to hypnotism, mesmerism or other deadening influences, as they are founded on some form of disease. Personal magnetism is enlivening, exhilarating and full of the exuberance of life.

**Why develop magnetism?** Some persons are so far from realizing the importance of this study that they look upon it as unnecessary. We then ask what is of greater value in life, the lore of the bookworm or the power of ability? All persons whose opinions have any value agree that some kind of education is necessary to successful existence; and we simply assert that the kind of education which brings the best results is the best to obtain. All great men and women have been self-made, although some of them have attended great institutions of learning. Self-made persons have always possessed personal magnetism; on that one foundation has all success been developed. Nothing ever did or ever can take its place, for personal magnetism is "the power of ability."

**But magnetism builds vitality** in the body, makes the liveliest kind of live flesh, creates nerve tissue and nerve fluid, invigorates the mind and charges the whole being with a new power, that makes its possessor feel, as a Ralstonite expresses it, "as if he were born with a fresh body, ready for a glorious life." Then comes the old question, is not personal magnetism a born gift? Not at all. Science has exploded that theory long ago; for it has clearly shown that those men and women who have been magnetic have come so through habits of "living." The power is never born in a person. If you live in a certain way, it grows by the laws of nature. Exercises, built upon such habits, coupled with the habits themselves, develop the power with greater rapidity.

**We wish our members** not only to have perfect health, but to possess also a vitality greater than all other persons. Some kinds of disease, as depression of the nervous system, mental discouragement, lack of food assimilation and a low ebb of nervous force, will not yield quickly to any treatment, except that of self-created magnetism, thus showing that this power is a blessing of the greatest magnitude.

**Then, finally, we wish Ralstonites** to be the leading people on earth, to have the highest "power of ability," to out-class and out-strip all others in the battle of life, and thus carry the cause of human progress on to its farthest limits. Give us such an army, and the world will be the garden of a new civilization. We already have a vast following of determined men and women, intelligent, earnest, conservative and steadfast to the principles of right, of honesty and of advancement.

**Read carefully and then adopt** the first eighty-five laws of health in this book. It will not require a minute a month to adopt them. Then come into closer touch with nature through all the remaining laws of the book, or as many of them as may be of importance to your life. In addition to these great helps, you should look to your home, to your rooms, to all the conditions that control you in the place where you must eat, sleep and live. What you may not now be able to avoid, you will possibly find an opportunity to overcome in the next changes that you may make. A dwelling house should have its rooms arranged with reference to the health first, and the comfort second, of its occupants. There are many instances where persons who sleep in north rooms have always been of sickly tendencies; and who, when they come to sleep in south rooms, find better health returning at once.

**Vitality may come quickly** from this one source alone. The best sleeping room is that which is open to the sun on sunny days. A north room gets no sunlight whatever in winter; in eight months of the year it is denied that blessing; and in the other four months it gets slanting rays in the early morning and late evening. No north room is good for sleeping purposes; its use is for the kitchen, laundry and storing apartments. The best of all places in a home in summer is at the southeast corner; and, in winter, at the southwest; but any room that gets plenty of sunshine on sunny days is sure to add much to the one great essential of perfect health, which is vitality.

SECOND CARDINAL POINT OF HEALTH: FOOD

NATURE OF FOOD



**L**IFE, unexplored, is hope's perpetual blaze—  
When past, one long, involved, and darksome maze:  
But, that some mighty power controls the whole.  
A secret intuition tells the soul.

*Wilder.*

"The body cannot thrive on food that will not supply its needs."—*Shattsbury.*



**F**OOD includes whatever adds substance to the body, to supply a new growth in place of that which is lost by daily waste. This growth may fall below the amount required to maintain the same size and weight, in which case there is a loss. It may be about equal to the daily waste, in which case there is a continuance of the same size and weight. It may be in excess of the daily waste, in which case the body increases.

Food may consist of many things, which will be separately stated in this chapter; but over and above all in importance is oxygen. Oxygen is the first, foremost, greatest and most active element that can be taken into the system; no other matter can equal it in importance, whether it is found in what we eat, drink or breathe. It is present in great abundance in air, water and food, and nothing changes more readily than this from one form to another. Mingled with certain elements, it becomes air; with others, water; and again it is solid.

It has been said in many ways that a man is what he eats. A philosopher said, "If you will tell me what you eat, I will tell you what you are." The character of the food taken must always determine the quality of flesh it builds. To feed a furnace, clinkers, sand and rock will not produce the same power that comes from fuel perfectly adapted to the fire. Man eats most anything at random, conceals its true taste by dressings and superficial seasoning, and tries to hurry it out of the system by

stimulants and excitants. Man is the sickest animal in all creation, suffers most, boasts of good health, and deceives himself at every turn.

**The tendency of civilization** is toward less eating, less food in quantity and nutritive value, and an increase of vitality or sustaining power through better habits. It is what goes into the stomach that ruins the blood, the heart, the liver, the kidneys and the digestive apparatus. We all eat too much. Less than one tenth of what is eaten must furnish the vitality to overcome the damage done by the other nine-tenths. While it is dangerous to reduce your diet unless you can do so intelligently, it is a fact that the secret of good health in part lies in that direction; and our best advice to you is to adopt the laws of health already given in the preceding pages of this book.

**What a man eats, that he is.** The soul is in the body, tempered, influenced, sweetened or tainted by it. The blood builds brain, flesh, nerves, muscles, organs, tissue, skin and all that exists in the body, whether vital, mental or material; yet the blood is the daily sum total of the kind and quality of the food which is eaten.

**Prehistoric humanity** ate wheat and blackberries in their clime and season, and meat as the rest of their food every day in the year. The meat was reflected in the person. Disposition, nature and temperament come largely from what is eaten. The king of small birds\* is able to whip the larger ones, simply because his temper comes from the hornets, on which he feeds. In the dim eras of the past, out of which a few meager but certain rays of light have come, we see the fulcrum for that leverage which was to lift man up to a plane far above the low and beastly condition in which he groveled. Grain and fruit were promised in the best of all species, and from the focus of that beginning an ever widening path of progress has extended to the present time. Co-extensive with man's emergence from a savage state and his gradual rise to a higher plane, his taste for flesh has lessened. He is still on the ascending road of progress, and, not in this age, but in some other, he will attain that better civilization which will drive the animal entirely out of his nature, and lead him Godward.

\*The kingbird. "It is the smartest little bird in New England. Even the hawk, which is such a terror to other birds, seems to be a source of amusement to the kingbird."

## THIRD CARDINAL POINT OF HEALTH: EXERCISE

### NECESSITY OF EXERCISE

WHEN here's to the oak, the brave old oak  
Who stands in his pride alone:  
And still flourish he, a hale green tree,  
When a hundred years are gone.

*H. F. Chorley.*

"How many people there are who never enjoy their work! They are dead,  
but unburied."—*Shaftesbury.*



MAN wagered that he could lie in bed a week without any material change in his health. Upon rising he had not strength sufficient to enable him to stand on his feet. Muscles, bones, tissues, nerves, and even the blood, had been vitiated, and were remarkably weaker. He could not understand why absolute stillness should not rest a man instead of destroying his strength. Another man carried his arm in a sling for three months to see what would happen to it. The muscles and skin shriveled and the flesh was flabby and sickly. The bone of the arm became stiff, as though all the vital spring had departed from it.



Wasting away of muscular fibers in the midst of muscular tissue, resulting in a breaking up of the muscles; due to lack of exercise. The above is an exact condition, except that the fibers are magnified.

**Exercise and movements** have for generations been a part of all methods of aiding the physicians to restore health in the



patient. To establish and maintain two great forces is the main object of all the operations of the human system. These are the *mechanical* and *nervous* forces. To improve these capabilities, and to train them to their proper use is, in short, to put an individual in possession of himself. Ill health is evidence of loss of such control; medical efforts are endeavors to restore this control.

**The plan of Nature is evident;** man must move daily, not as a drudge, but as a being of pride and beauty. The human form should not toil in unremitting menial labor; but must perform the strong and the light duties of work in order to balance and stimulate muscular growth, and keep the blood moving vigorously. Work is noble; but to make it drudgery is base. There is no labor so low that a nobleman cannot perform it. Abraham Lincoln and his wife, in an humble home, performing all the duties of life with no servant excepting their own hands of flesh, were not degraded by honest toil. Laziness destroys the pith of men and women, and grows on people. If you once submit to it, it is hard to arouse yourself from its lassitude.

By way of review let us state that—

1. Nutrition to the body can only come through the activity of the body.

2. Food attracted to any part of the body by exercise gives health and vigor to that part.

3. Food, no matter how nutritious it may be in its elements, is not so easily drawn into the organic life of the system, or "assimilated," unless muscular activity is going on. Much of the best food, not being assimilated, is lost as waste.

4. Assimilated food, after having served its purpose, becomes effete; and such effete matter should be thrown off by exercise and the eating of fruit.

5. The strength of the muscle is in its own fibers; these assimilate nutrition only when excited by exercise; when idle they waste away as seen in the illustration.



A dry bone, due to lack of exercise.



People who do not exercise sufficiently have flabby flesh, soft and sickly muscles, and their bones are dry as chalk and are easily broken in a fall. On the other hand, if sufficient exercise is taken, the bones are full of sap and have a spring or flexibility that will resist a fracture. Such a person is generally safe against disease. Persons once in health ought never to be ill if general attention is paid to the Four Cardinal Points of Health, and persons who are sick may make themselves well by this system. Exercise without proper food is not sufficient, and proper food without exercise is not sufficient. Food, however nutritious it may be, will not become a part of the active vital organism until it is drawn to some portion of the body by exercise and that part receives it as nutrition.

The code of practice presented in this volume is intended solely for the purpose of furnishing to each busy man and woman a limited yet powerful system of exercise that need not take more than a minute or two of each day's time, and thus not intrude itself on other duties. The complete scientific system is explained in a giant volume entitled "Ralston Culture," which is free to progressive Ralstonites. When the body is in health the bones are not the dry, dead, blanched things they seem to be, but are moist, living, pinkish structures, covered with a tough membrane, while the hollow is filled with marrow, rich in fat and full of blood vessels. Let these vessels become closed, and the bone soon dries.

The following exercises are without a parallel for genuine benefits, if they are all adopted and faithfully persisted in. Make them a part of your life and you will be ten thousand times thankful for having done so. They are selected with great care, and are based upon an experience of more than a quarter of a century. Remember that they can all be done while you are doing something else. They are for busy people. If you have some leisure and would like to go more deeply into the practice of exercises suited to the cure of disease, now widely known as the movement cure, we refer you to the many splendid systems presented in "Ralston Gardens," a very large book that is all-comprehensive. But if you are busy all the time, and would like to test what exercise is capable of doing, we ask you to give the condensed system herein a full trial, and then report to us on the merits of the same.

# RALSTON CONDENSED EXERCISES

PRONOUNCED BY SCIENTIFIC EXPERTS TO BE

**The Most Ingenious and Most Important System Ever  
Arranged for Busy Men and Women.**

**This condensed system requires no time.**—It is not in any way connected with the great and far-reaching course of training taught in Ralston University of Washington, D. C., for that is so comprehensive that months are required to master it, and books are devoted to its explanation and teaching. The purpose of the institution is to send teachers and lecturers forth into the world, qualified to carry these blessings to all mankind.

**But this book must meet the wishes** of those who are busy, who will not take the time to study themselves or the laws of self improvement, and who seek the quickest results with the least effort; so we have formulated a splendid system of exercise, containing as few as can be useful, and such only as may be performed without claiming a minute of your time. While it is true that they do require time, it is in moments when you are doing something that prevents any other employment of your time. In other words, you could do these Ralston Condensed Exercises all day, or some of them, at least, and never add one minute to your duties, no matter how very busy you might be. Let us see what they are.

**First Condensed Exercise.**—“**THE SPINE.**”—This is a healthful and valuable stimulant to the whole nervous system; for it is well known that the spine is the centre of the nerves, and that its strength or weakness affects every organ and faculty of the body. Each section of the spinal column is separated from every other by a sort of cushion to which some slight play is allowed by nature. Suppleness is thus attained, and weakness leads to curvature; hence the figure is too often deformed, while the carriage of the body is far from its intended ideal. The present exercise is easily performed. Draw the chin in toward the neck and attempt to lift up an imaginary shelf on the top of the head. Do not rise

on the toes. Keep the heels on the floor. Raise the shelf by pushing straight up with the top of the head. Raise it an eighth of an inch; then a quarter; then a half; then three-quarters; then a full inch. Many persons are able to add two full inches to their height in three months. This depends on the amount of curvature and weakness present in the spinal column. The gentle stretching of every fiber and ligament, and the restoration of the true shape of this great center of nervous life, produce a feeling of pleasure, of exhilaration and of buoyant health that can be obtained in no other way, after a few weeks of faithful attention to the practice.

**When performed?**—You can and should repeat this exercise as often as you have any leisure in which you must stand or sit when no duty is absorbing your attention. These opportunities come very often every day, when you may be walking, riding, standing, resting, conversing, working, writing, or doing anything. In time we wish you to learn that the exercise has become a fixed habit. Keep straight, erect, kingly or queenly in carriage, and of impressive and commanding presence. No other habit is so effective as this.

**Second Condensed Exercise.**—“THE VITAL ORGANS.”—

By these are meant the torso or trunk of the body from the shoulders to the hips. The Creator has not thrown them in, as most persons seem to think by the way they treat them, in a mass or heap; but each organic structure is hung in its place by elastic muscles which are to some extent under the control of the mind. The lungs, the heart, the diaphragm, the stomach, the liver, the digestive tract, the kidneys and organs below, are always falling downward in weak bodies; and, in time, the whole system of vital organs may be found far below what is their normal position. There is a fixed rule of health and disease, which we may state in this place, and it is this: in proportion as a vital organ is below its normal place, in just the same proportion it is weak, sickly and inactive. The uterine troubles of women, and the almost universal kidney troubles of men are due to this abnormal condition; and the reason why the treatments of “Ralston Gardens” have been so often called miracles (which they are not claimed to be, even in appearance), is because the load is taken off the lower organs and they are left to do their work in full freedom of action.

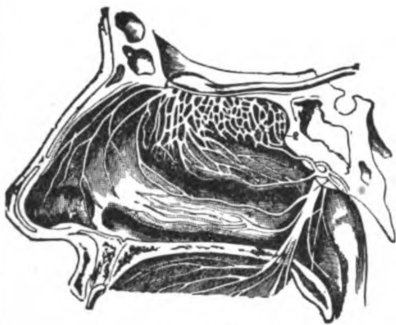
**How performed.**—It will require several weeks to get control of the muscles by which the vital organs are suspended. The first thing to do is to learn the difference between raising the shoulders, raising the chest and raising the vital organs. Try it. Raise and lower the shoulders; this is very easily done. Then raise and lower the chest, while the shoulders remain down; this is difficult, but it plays so important a part in the development of a good form that it should be learned. In a few weeks you will be able to do this. Then, after you are sure of it, and not before, take a full position of the chest, having it projected out as far as possible to the front, but not raised high up; and maintain this position at all times as a habit. Then you are ready to practice the more difficult work of elevating the vital organs. This can best be done after breathing out. As you draw the vital organs up you will notice that the front wall of the abdomen moves inward.

**When performed?**—Do it at all times, just as the first exercise is to be done. It requires no time, for you can do it when you are doing anything else. As soon as possible make it a fixed habit, for the healthy men and women of the world carry their vital organs "high," while the sickly classes carry theirs low. In America about one man in every 120, and one woman in every 210, carry the vital organs high, and then you see magnificent types of humanity. So make it a fixed habit. In its blessings it will be worth thousands of dollars to you.

**Opinions on this exercise.**—So marvelous have been the results of this exercise in the past ten years that we cannot refrain from telling our members what others say of it. As it is here presented in full, you may be encouraged to adopt it through a knowledge of the good it has done others. All the following quotations are taken from a few of the many thousands of reports we have received concerning this one exercise: "I could not do it at all at first, but soon learned how, and find it very easy to do." "It is the best exercise I ever knew, and I have made a study of hygienic exercises for many years." "The effect on the heart and lungs is too great to be believed." "By relieving the pressure from the stomach and lower organs it has cured me of serious illness." "It is easily made a new and permanent habit in a few weeks." "I got discouraged by the difficulty of doing it and gave it up, when a friend told me how he did it by just keeping on, and I find it

very easily done now." "In my case it has done much more than was claimed for it." "I had uterine trouble, took medicine and treatment and wore supporters, all uselessly; then your exercise did for me in three months, and without a cent of cost, what no doctor had been able to do." "If you make this exercise a special feature of Ralstonism you could make millions of dollars out of it by charging a proper price for it, as it is worth a great deal." "I am an instructor in hygienic exercises; and since learning the Ralston system I am of opinion that it is the best in the world to-day." Let us again remind you that the best types of men and women, while quite rare, carry the vital organs high as a natural habit.

**Third Condensed Exercise: "NASAL BREATHING."**—This is an old one. It was taught over 3000 years ago. Then it was forgotten about 2100 years ago, and slept for all the time up to a little over a generation ago. No matter how old it is, the fact remains that it is not practised by those who know all about its merits. We are compelled to breathe all the time; why not breathe correctly? When we are born we commence to breathe, and do not cease until we die. Life is not only dependent upon the air we breathe, but our health is directly affected by the amount of oxygen we inhale.



The great nasal chamber.

In sleep nine persons out of ten inhale through the mouth. In waking hours nearly all persons inhale through the mouth while catching breath during conversation; while a majority who do not have catarrh keep the mouth shut when not conversing.

The illustration shows the kind provision of Nature for the protection of the lungs and throat, and the prevention of catarrh, consumption, bronchitis, sore throat, and inflamed tonsils. This chamber is above the mouth, the lower bone of the picture representing the roof of

the mouth, or the sounding board of the voice. The nasal chamber is just above this mouth roof, and its condition determines the nature of the singing or speaking voice. Any mucus collected in the nasal chamber will destroy the vocal resonance; as, for instance, if you should try to say, "My Mary, come home," it would sound like, "By Bary, cub hobe."

**Mouth inhalations** are dangerous to the health for four reasons: 1. They chill the throat and colds result. 2. They dry the throat and irritation results. 3. They carry dust into the throat and lungs, and irritation and disease result. 4. They carry animal and vegetable life into the system, and poison to the blood, and contagious diseases result. How about the nose? Well, there are spongy filters in the nasal chambers which catch all the dust and neutralize all poisons, furnish moisture and prevent the direct contact of cold air against the throat. We have experimented in thousands of cases, and we are sure that persons who know nothing of the importance of nose breathing are ignorant of the first great step toward health, and the avoidance of colds in the head, and throat and lung troubles. If the stomach is not empty and the person takes no breath through the mouth, it is perfectly safe to enter any room where another is ill with a contagious disease. In communities where the Ralston principles are taught in the public schools, the pupils have been kept free from sickness, especially such as often comes from mixed association, the most dreaded of which is diphtheria.

**When performed?**—Always. You cannot stop breathing. The wrong habits come while conversing; be very watchful at such times. Speak so that there will be time to get a full breath at every pause, and avoid the quick "catch breath" that passes in through the mouth unawares.

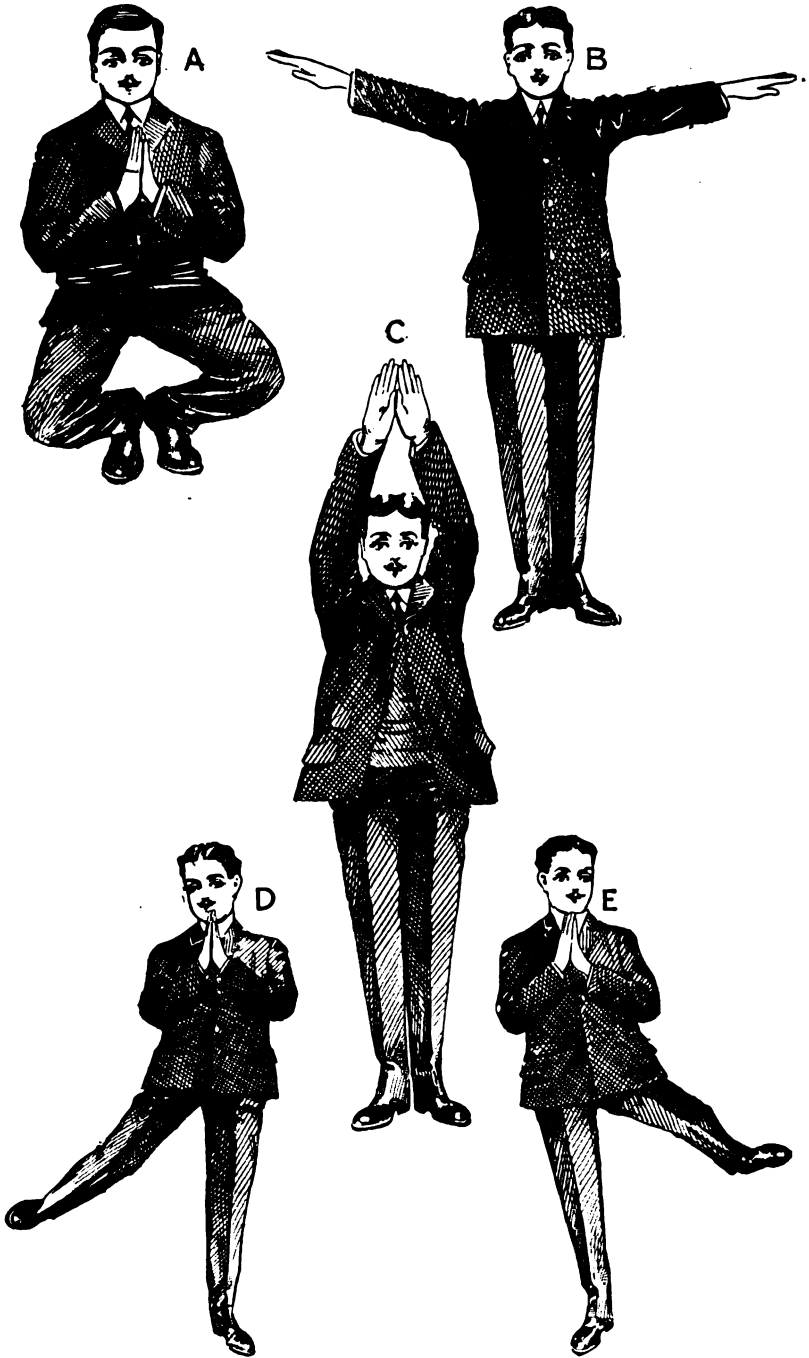
---

**Fourth Condensed Exercise:** "CUMULATIVE BREATHING."  
—This is so called because each act of breathing is made in the order which we call cumulative, or an increase on each preceding act. It is done when you are on the street, or out for a walk, as outdoor air is needed. The first part consists in completely emptying the lungs; then taking five steps while slowly inhaling. It makes no difference how rapidly you may walk, the breath should go in

steadily by a flow so gentle that it seems to float in. It must not be all in on any earlier step than the fifth; and if the five steps do not fill the lungs, never mind. When this can be done well, see if it is possible to keep inhaling very slowly for ten steps; then for fifteen, then for twenty; and so on, five at a time, until you reach your limit.

**Caution.**—It does no good to start off to do your full limit at first, and such an undertaking would render the whole performance useless. We know of persons who have worked up to an ability to prolong an inhalation for seventy steps; but had they begun each trial with all they could do, twenty would have been their final limit. The rule is, and always has been, to start each trial with five steps; then walk along for a while with ordinary breathing; then prolong an ingoing breath for ten steps; then walk along with usual respirations; then prolong the ingoing breath for fifteen steps; and so accumulate the work. If you abandon a trial for a few minutes, or for an hour, or a day, it will be necessary to begin anew with five steps. Do not walk while holding the breath; it must be kept moving in without halting.

**Advantages.**—If done exactly right, as it has been in thousands of cases, it will produce in a few months a certain series of results that you will have reason to be thankful for as long as you live. It should never be performed when you feel that it pains or wearies you. While it is often done indoors; the best place for it is out of doors in pure air; and the time may coincide with your other duties; as, for instance, when you are out for a walk, or on an errand, or to meet an engagement. It does not vary your ordinary walk in the slightest degree; and you could walk along in conversation with a friend, and become a good listener to him while performing this exercise without his suspicion of what you were doing. In a few months your general health, your vitality, your appetite and all your faculties will be improved to a wonderful degree. If you do not care for these blessings you will merely read this page, try the exercise once or twice, go back to drugs and poisons, and wonder why you are always feeling ill. We have many followers of our system who faithfully adhere to the regime we give, and who find much happiness in taking what they term their "Ralston constitutional" every day. It becomes a pleasure.





# LAND-SWIMMING EXERCISE MUSIC.

One two three

four

# LAND-SWIMMING EXERCISE

---

## THE BEST SINGLE EXERCISE KNOWN

---

**This is something new.** It is useful. It is healthful. As an exercise it combines more hygienic value than any three other exercises ever employed, whether with or without apparatus. It gives action to every muscle in the body, and this cannot often be said of any other movement. It opens the chest by its outward action; it invites more vigorous life to the vital organs by the upward reach of the arms; it combines grace with a pretty flow of motion, and, above all, it is specially useful in that it teaches the art of swimming to persons on land, and thus prepares them for the emergency of danger in case of danger in the water; for many a person has drowned because of ignorance of the art of swimming.

**On the preceding page we present five attitudes.** The first is A, or the lowered position; this should not be taken at the beginning until the details are thoroughly learned. The best way is to take each motion separately. The central figure, C, represents the forward or upward action. It is upward in this exercise, but, as the body would lie face down in the water, it would then become a forward movement. It is the beginning of the ordinary "breast stroke" in swimming.

**Take a standing position,** with the heels touching, as in C, and prepare to make three motions. Start with the hands stretched to the highest position over the head, the arms extended on a slight angle in front of the line of the body, with the thumbs together, palms outward. The little fingers should be held edge uppermost, all fingers and thumbs compressed.

**Motion No. 1** is the sweeping of the arms downward and backward until they are almost at right angles with the body when standing erect. There should be no bending of the arms in this motion, the elbows remaining stiff.

**Motion No. 2** is the bending of the elbows, dropping them to the side, at the same time sweeping the hands together, palms inward, finishing the arm movement as the tips of the fingers

touch under the chin. While the arms are making this movement another should be in progress with the right or left leg. The lower limb should be drawn upward until the knee almost touches the trunk of the body. The sole of the foot should be turned outward.

**Motion No. 3** is the extending of the arms from the bending position under the chin to the fully extended position in which they were before beginning the first motion, and the straightening out of the lower limb by sweeping it outward, bringing it to rest beside the other leg as the motion is finished.

**The finish** of the third motion shows the body in exactly the same pose as at the start and all ready to go through the exercise again.

**Only one variation** of the exercise is necessary to master the mystery of swimming. That is, that after the leg motion has been practiced, then make motion No. 2 a crouching of the body, such as we see swimmers indulge in. In that case the third motion is the straightening of the lower limbs with a spring, so that at its finish the body is again in the position assumed before beginning motion No. 1.

**The teacher** may instruct pupils in the new calisthenics either by chart or by placing a pupil before the class and counting "one," "two," "three" as the pupils go from one motion to another without delay, repeating the motions until the bodies and minds of the pupils are rested and relaxed.

**A swimming expert** declares that he found this land drill to be the most interesting part of his instruction to pupils. He maintains that when the pupils thoroughly understood the principles of the motions, and cast themselves into the water, going through the drill on its surface that they had previously gone through while standing erect on dry land, they readily learned how to swim and paddled away like regular swimmers.

**The foregoing exercise** is to be added to the Ralston Culture System, and, from what we know of its value and usefulness, we believe that Ralston teachers will find it very attractive.

FOURTH CARDINAL POINT OF HEALTH: CHEERFULNESS

CULTIVATION OF CHEERFULNESS



**W**HAT then remains, but well our power to use  
And keep good humor still, whate'er we lose?  
And trust me, dear, good humor can prevail,  
When airs, and flights, and screams, and scolding fall.  
*Pope.*

"Cheerfulness is flexible; it may be cultivated to the highest degree."—*Shaftesbury.*



**O**NE of the great American papers, in a leading editorial in 1893, gave utterance to the following views, which are published in full: "It is remarkable that a man 82 years of age should be at the head of the English government, and that he should be able to bear the strain of taking the chief part in the election which brought him there. Mr. Gladstone seems to defy all expectations, but the surprise is taken away when one finds out that his health has a substantial basis in their facts—a sound constitution whose integrity he has never violated, a devoted wife who saves him from worry, and a first-class physician who regulates his living and sees to it that he does not go beyond the limits of what he can safely do. In exercise, in rest, in diet, and in sleep every effort is made to secure for him the best possible condition. Only in this way could his life be maintained in its present vigor. He is a fine example of what can be achieved when the foundation of life and usefulness is laid in physical health. Mr. Gladstone is a standing witness of what a man can do who obeys the laws of his physical existence as carefully as all men ought to obey the laws of God. He may hope to live, under present arrangements, until his physical system is entirely worn out. The late Dr. James Freeman Clarke was an instance of what a man can accomplish who pursues a similar course. He was born four months later than Mr. Gladstone, and might have been living to-day if an accident had not broken him up. He was remarkably busy down into

old age, and was always remarkably well. When asked one day how he could keep up the strain in his old age, he immediately said: 'I never worry; I take all the sleep I need; I am always regular in my habits; and I maintain a cheerful disposition.' By these four rules he lived, and it is evident that Mr. Gladstone also still lives by following practically the same plan." Dr. Clarke had four rules by which he lived: the first, "I never worry," and the last, "I maintain a cheerful disposition." These are one and the same, and the *alpha* and *omega* of his life were founded on cheerfulness.

**What is this** one great factor of good health and longevity, and whence comes it? Is it light-heartedness? No, for that is often an illogical good nature. Is it pleasure? Not necessarily, for that is the lot of those who are fortunately situated, and such is not the case with all of us at all times. A great misconception of cheerfulness occurs when one *tries* to look pleasant, to smile, to be jolly, to be even flippant. Others are counted cheerful who are full of mirth; but experience shows that "comical geniuses" have their reverses, and the funny man of to-day is the despondent man of to-morrow. True cheerfulness is of three kinds:

1. Plain contentment.
2. Happy contentment.
3. Happiness.

**Plain contentment** is the first, or lower, stratum of cheerfulness. It may abound in tears or smiles, have its ups and downs, its to-days and to-morrows; but it holds the even tenor of its way, like a rope of gold amidst a rift of clouds, leading us ever upward and binding the soul of to-day with the God or to-morrow.

**Happy contentment** is the middle stratum of cheerfulness. In it we find some of the sweetness of life, and the now budding graces of heart and mind. It is the richer and better fruit in the ripening of our character.

**Happiness** is peace and joy found only in the *citadel* of character. It comes always and surely to those who seek it; and with it we learn that disease is a sin and poverty unnecessary.

**Friends tell** us that cheerfulness is a source of health and happiness, and therefore we are advised to be cheerful. It is preached from the pulpit, fulminated from the press, and drawn from the lives and sayings of all successful characters—**BE CHEERFUL**. But how? Can a person sit down and summon a certain

amount of this essence of health and happiness at will? No, cheerfulness must grow, and it requires time. The fruit is either plain contentment, happy contentment or happiness. Each has its mark of sterling character.

**Any member** of the Ralston Health Club who possesses all three of these degrees of cheerfulness, and who abides by the simple rules of the other three *Points of Health* ought to live, and will live, to an extreme and happy old age, retaining the full use of all the faculties, and shaming those younger persons who regard old age as a period of dependence and uselessness. Will you, with us, endeavor to linger in the golden days of life's early autumn by living a new existence from this time forward? If so, cheerfulness must be one corner-stone of such a life, and this must be cultivated. It grows fastest and strongest when adversity knocks at the door in vain, or irritation and disappointment are frequent visitors, but are unable to drive it from the heart. It needs a cloud to test its genuineness.

**All the world agrees** that cheerfulness begets good digestion, brightens the eye, lightens the heart, tempers pleasure, and stamps a rainbow upon every tear of sorrow. But how can a quality so evanescent affect the particles of matter which make up the physical body? There is no answer to this question except upon the theory that such a force as glowame exists. Even digestion depends upon it. Experiments were made which showed that the stomach of a man refused to deposit the juices necessary for digestion when food which had lost its flavor was received into it, and in a certain case the process of digestion ceased entirely when a fancied slight at the dinner-table caused a young man to "pout," or become gloomy; and in still another case of a serious and almost fatal attack of indigestion, the physician adopted the plan of having the "good news" brought, and thereupon the stomach deposited its juices and the distress was soon gone. A young lady was ill in bed, had lost her appetite, and seemed to be in a decline. The promise of a trip to Europe revived her, and she at once began to get well. Such experiences are common, and a thoughtless person exclaims: "O, well, the thought of a trip to Europe will revive anybody; it is pleasure." But how? A body can do ten times as much exercising in play as in work, with less real weariness. A girl who loved to dance was prostrated with a terrible headache; an unexpected invitation to an impromptu

dance at once revived her. You all exclaim: "Any pleasure will make a person well." Yes, if the other points of health are looked after. Cheerfulness affects the stomach, lungs, heart, liver and kidneys. How? Simply because it draws vitality into these organs, and that means life.

**It is all about us**, and cheerfulness is sure to draw it from food and air. For the reason that some persons will not be cheerful under any circumstances, we doubt if they can draw vitality by the exercises given in an earlier chapter. The three degrees of cheerfulness will make every face beautiful; the features which are embellished only by mechanical arts tire us as we know them; while those which are embellished by nature grow fascinating under the influence of their owner's kind disposition. An irritable person breathes with difficulty, and the respirations are short. A cheerful person breathes twice as much air, and with pleasant ease; consequently carrying more oxygen into the system. Disappointment, or anything which detracts from cheerfulness, causes an almost complete cessation of the act of breathing; sometimes leading to fainting or prostration.

**The play impulse of youth** attends the vigorous vitality of that period, and we believe that it is ordained by nature to create or to maintain such life energy. It is found everywhere. There is no growing animal so savage that it does not engage in play while yet its maturity is unattained. Persons of adult age should cultivate this impulse. The ablest men and women of history who have added years to successful careers have been lovers of genial play all through their lives. Games, not of cards or of losses, but sports that call for gentle action and leave no sting of disappointment should be adopted in every home. Such amusements as cards cramp the lungs, suspend the breath, and weaken the general faculties. Let some man or woman invent a Ralston game that shall be hygienic, leave no ill feeling, develop the play impulse, and be strong in its characteristics; and make a million dollars out of it. The world needs just such a game. Let every home be blessed by the sunshine of cheerfulness and the vigor of health. Youth is the happiest period of existence; let us maintain it as long as we are able to appreciate its blessings; and, when that time is past, let us close our eyes forever upon the scenes of earth in absolute forgetfulness of the glories that have shone around the spirit of play and good cheer.

# HOW TO DEVELOP VIGOR OF BRAIN

- |                              |                                   |
|------------------------------|-----------------------------------|
| 1. NATURE OF THE BRAIN.      | 6. DEVELOPMENT OF THE BRAIN.      |
| 2. INFERIOR BRAINS.          | 7. STRENGTHENING THE MIND.        |
| 3. HOW THE BRAIN THINKS.     | 8. INCREASING THE INTELLIGENCE.   |
| 4. DESPONDENCY AND INSANITY. | 9. STRENGTHENING THE MEMORY.      |
| 5. YOUR BRAIN.               | 10. THE HIGHER REALMS OF THOUGHT. |

## 1. NATURE OF THE BRAIN.



THE brain is undoubtedly the master of the body, and affects, and is affected by, the general health, its care should be the first duty of every human being. It is better to be blind than to be weak minded, better to be armless and limbless than to be insane.

To one who wishes to strengthen the brain and enhance the power of the memory, as well as to control the operations of the mind, the automatic direction of the nerves and muscles, and the health of brain functions of the involuntary organs, this department is peculiarly valuable. Man has three brains: the thinking, the acting and the functional. If the first is out of order, the mind is insane; the second holds the key to the muscles; the third to the respiration, the circulation and the digestion. Such diseases as affect the nervous and muscular health, as, for instance, St. Vitus' dance, stammering, hysterics, hiccoughs, etc., are all located in the brain.

Figure 13 presents an outline of the three brains. A is the cerebrum, or forward brain, the seat of intelligence; B is the cerebellum, or second brain, which

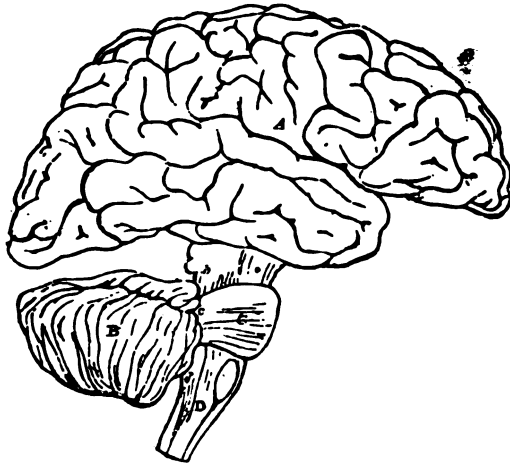


FIG. 13.

Outline of the three brains.



directs all the muscular movements; D is the medulla, a very interesting organ, called the third brain. It controls breathing, digestion, circulation of the blood, sneezing, coughing, laughing, crying, gaping, hiccoughs and winking.

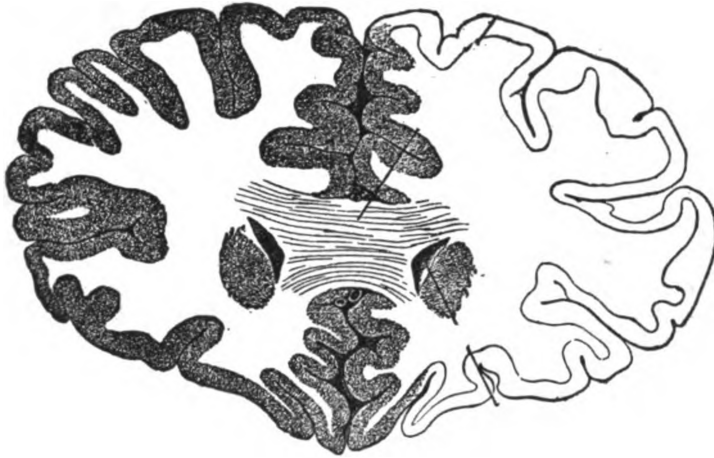


FIG. 14.

Outline of interior of thinking brain.

**Figure 14** is an illustration of the interior construction of the thinking brain. It occupies nearly the entire skull—in fact, all except the small portion at the back part of the base of this cavity. Its functions are those of thought, feeling, emotion, will, intelligence. It is now certain that there can be no intelligence without brain substance. The oyster and clam are not intelligent, they have no brain; and in proportion as man's brain is increased in size and developed, we have intellectual phenomena. On the other hand, let the brain substance be injured or destroyed, or deficient in quantity or quality, and idiocy, stupidity, ignorance, feebleness, absence of intelligence, lack of will and moral force become apparent.

**Consciousness** is inseparable from the activity of this part of the brain, and, though there are many movements in animals after the cerebrum is removed, yet no consciousness is present.

**Figure 15** presents a view of the thinking brain from beneath; that is, if we could look upward within the head, the under part of the brain would appear as seen in Figure 15.

The brain, at least in man and the higher animals, is the seat of consciousness and intelligence; these disappear when its blood supply is cut off, as in fainting; pressure on parts of it, as by a tumor or by an effusion of blood in apoplexy, has the same result; inflammation of it causes delirium, and when the cerebral hemispheres are unusually small, idiocy is observed. The brain has, however, many other important functions. Experiment makes it probable that thinking faculties are dependent on the fore brain, while the rest of the complex mass has other, non-mental, duties.

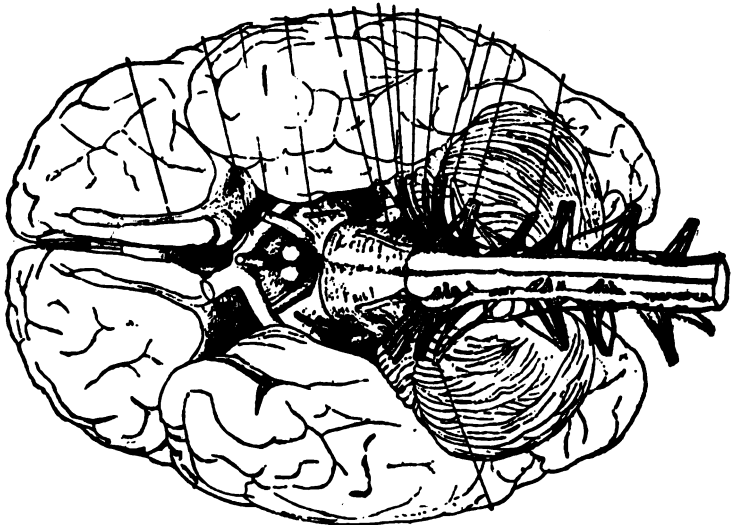


FIG. 15.

Under part of the brain.

If the cerebral hemispheres be removed from a frog, the animal can still perform every movement as well as before; but it no longer performs any spontaneously; it must be aroused by an immediately acting stimulus, and its response to this is as invariable and predicable as that of a frog with its spinal cord only. The movements which can be educed are, however, far more complex. Instead of mere kicks in various directions, the animal can walk, leap, swim, get off its back on to its feet, and so on. Similar results are observable in pigeons whose fore brain has been removed. Mammals bear the operation badly, but some, as rats, survive it several hours, and then exhibit like phenomena.

The creatures can move, but do not unless directly stimulated; all their volitional spontaneity is lost, and, apparently, all perceptions also. They start at a loud noise, but do not run away as if they conceived danger; they follow a light with the eyes, but do not attempt to escape a hand stretched forth to catch them; they can and do swallow food placed in the mouth, but would die of starvation if left alone with plenty of it about them, the sight of edible things seeming to arouse no idea or conception. It may be doubted, perhaps, whether the animals have any true sensations. They start at sounds, avoid opaque objects in their road, and cry when pinched; but all these may be unconscious reflex acts. On the whole, it seems more probable, however, that they have sensations but not perceptions. They feel redness and blueness, hardness and softness, and so on; but sensations, as already pointed out, tell, in themselves, nothing. They are but signs, which have to be mentally interpreted as indications of external objects. It is this interpreting power which seems deficient in the animal deprived of its fore brain.

In Figure 16 is presented a very fine view of the brain as

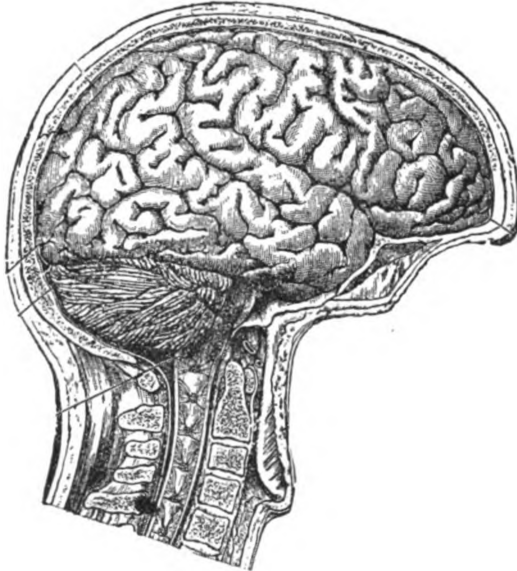


FIG. 16.

The brain as protected by the skull.

protected by the skull. The rolled or convoluted masses form the thinking part; the hind brain is seen in the darker mass like a ball of cord; and the little third brain is at the top of the spinal column.

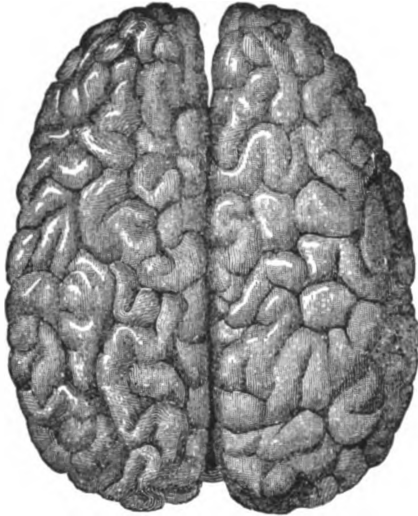


FIG. 17.  
Top of brain.

In Figure 17 another view is seen, showing only the top of the thinking brain. By this illustration we can see how much the most important organ of the body resembles the meat of a large walnut. The nut, as is any seed, is the phosphatic concentration of the tree or plant; and so is the brain of the body, for it is its gray matter

that thinks, and gray matter is phosphorus. All creatures have nervous systems, and nearly all have brains.

## 2. INFERIOR BRAINS.

For the purpose of comparison we present illustrations of the brains of the lesser forms of creation, followed by human brains. From the oyster to the philosopher is a long range and a wide gulf.

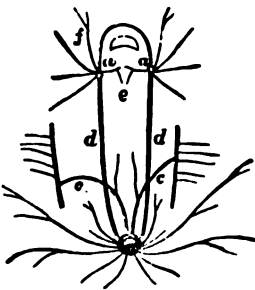


FIG. 18.  
Brain of oyster.



FIG. 19.  
Brain of turtle.



FIG. 20.  
Brain of pigeon.

Figure 18. OYSTER. We commence with the oyster, which has a very scanty nervous system and no brain.



Fig. 21.  
Unborn  
Chicken,  
16 days old.



Fig. 22.  
Unborn Chicken,  
20 days old



Fig. 23.  
Codfish.

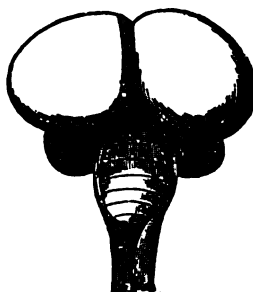


Fig. 24.  
Sea-gull.



Fig. 25. Brain of Frog.

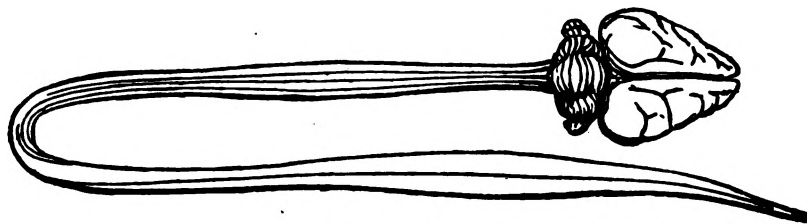


Fig. 26. Brain of Kangaroo.

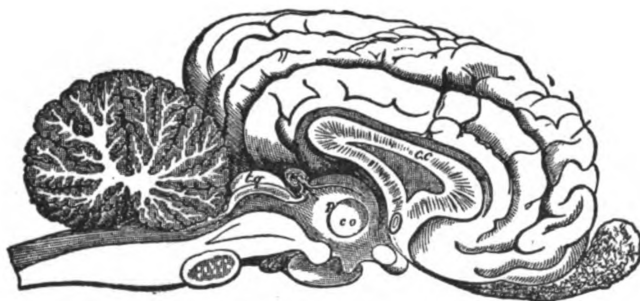


Fig. 27. Brain of Horse.



FIG. 28. Brain of Cat.



FIG. 29. Brain of Dog.

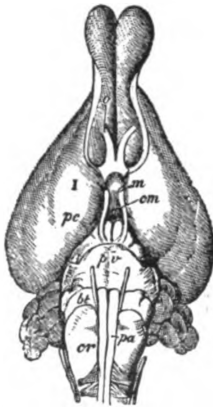


FIG. 30. Brain of Rabbit.

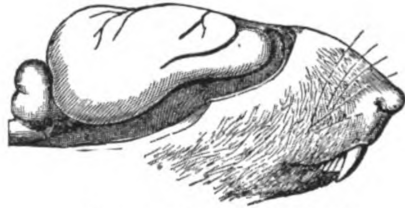


FIG. 31. Brain of Squirrel.

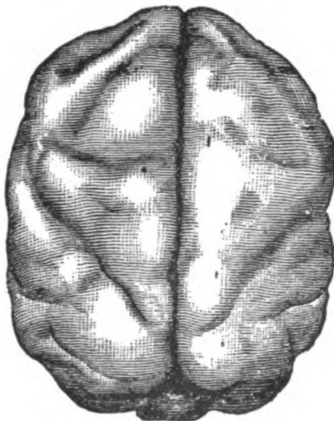


FIG. 32. Brain of Howler Monkey.

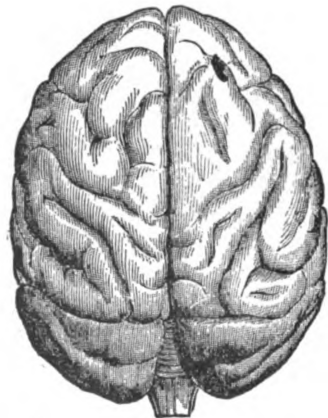


FIG. 33. Brain of Baboon Monkey.





FIG. 34. Brain of the Chimpanzee.

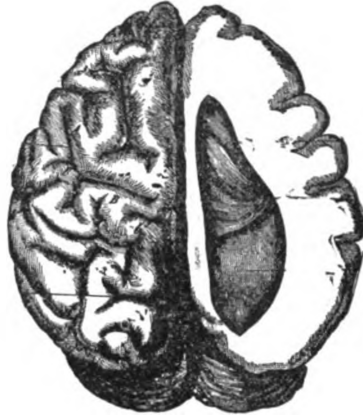


FIG. 35. Brain of a Human Idiot.



FIG. 36. Brain of the Hottentot Venus.

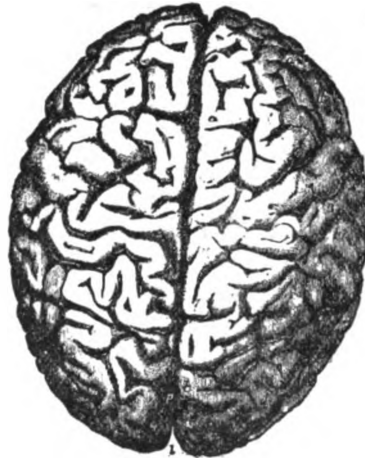


FIG. 37. Brain of Gauss, the Celebrated Mathematician & Astronomer.

[On the following pages will be found references to these illustrations of the assortment of brains found in the gradations of created life. No study can be more important than this, and the lessons taught should be lasting ones in every human being.]

- Figure 19. TURTLE. (Brain.)  
 Figure 20. PIGEON. (Brain.)  
 Figure 21. CHICKEN, 16 days old. (Brain.)  
 Figure 22. CHICKEN, 20 days old. (Brain.)  
 Figure 23. CODFISH. (Brain.)  
 Figure 24. SEA GULL. (Brain.)  
 Figure 25. FROG. (Brain and spinal cord.)  
 Figure 26. KANGAROO. (Brain and spinal cord.)  
 Figure 27. HORSE. (Brain.)  
 Figure 28. CAT. (Brain.)  
 Figure 29. DOG. (Brain.)  
 Figure 30. RABBIT. (Brain.)  
 Figure 31. SQUIRREL. (Brain.)  
 Figure 32. HOWLER MONKEY. (Brain.)  
 Figure 33. BABOON MONKEY. (Brain.)  
 Figure 34. CHIMPANZEE. (Brain.)

Figure 35. HUMAN IDIOT. This brain weighed only ten and a half ounces and is next to the smallest on record.

Figure 36. THE HOTTENTOT VENUS. This brain is compared with that of the full rounded brain of the celebrated Gauss.

Figure 37. SCIENTIST'S BRAIN. The great astronomer and mathematician, Gauss, died at the age of 78, his brain at that time weighing more than 52 ounces. Its fullness and many convolutions are in sharp contrast with the brain of the Hottentot Venus.

Figure 38. SCIENTIST'S BRAIN, side view ; showing many convolutions of great fineness.

Figure 39. BRAIN OF A PHILOSOPHER, front view ; showing extreme complexity of convolutions.

The question has often been asked, Does *size or weight* of the brain determine the amount of intelligence in the individual? From many facts which bear directly upon this inquiry, it is quite clear that there is no connection at all between the degree of intelligence of human beings and the mere size or weight of their brains. We have seen that some demented persons may have very large brains, and, again, that in certain very ordinary members of society, suffering neither from disease nor from congenital defect, the brain may be decidedly large and heavy. On the other hand, men of great acquirements, of acknowledged mental power, and one or two even of European fame, may have been, whilst in their





prime, possessed of brains either below or only slightly exceeding the average weight of the male brain in civilized races, viz., 49 ozs. —showing that a well-constituted brain of smaller dimensions may

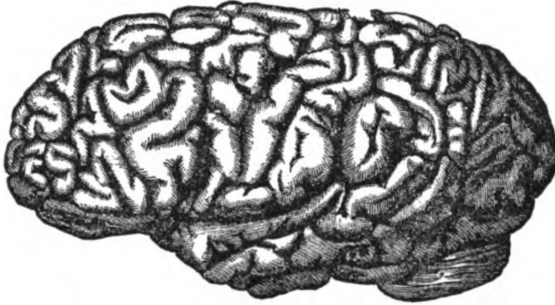


FIG. 38.

Side view. Brain of Gauss, showing fine and deep convolutions.

be capable of doing much better work than many a larger organ whose internal constitution is, from one or other cause, defective.

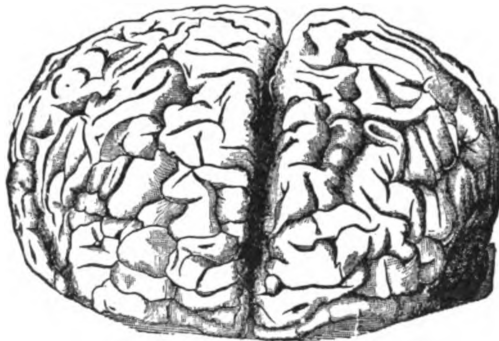


FIG. 39.

Brain of a philosopher, front view ; showing extreme complexity of convolutions.

**The secret of great intelligence** is in the number and depth of the convolutions or folds which are in the brain. If a large head contained a very heavy brain, the convolutions of which were as few and shallow as those shown in Figure 32, the power of thought would be out of the question. The greatest idiot has a fair num-

ber of convolutions, as you will see by looking at the left side of Figure 35.

In Figure 39 is seen the representation of perfect intelligence, in the brain of a philosopher. It is full to repletion and very complicated.

**Size and weight** have some influence toward great or unusual development and open the way to a high degree of intelligence by offering merely the possibilities of growth. The heaviest brain on record is that of Cuvier. We present a table of twenty-three famous men, showing

THE SIZE AND WEIGHT OF THE BRAIN.

NAME.	AGE.	OUNCES.
1. Cuvier, <i>Naturalist</i> . . . . .	63	64.5
2. Abercrombie, <i>Physician</i> . . . . .	64	63
3. Schiller, <i>Poet</i> . . . . .	46	63
4. Goodsir, <i>Anatomist</i> . . . . .	53	57.5
5. Spurzheim, <i>Physician</i> . . . . .	56	55.6
6. James Simpson, <i>Physician</i> . . . . .	59	54
7. Dirichlet, <i>Mathematician</i> . . . . .	54	53.6
8. De Morny, <i>Statesman</i> . . . . .	50	53.6
9. Daniel Webster, <i>Statesman</i> . . . . .	70	53.5
10. Campbell, <i>Lord Chancellor</i> . . . . .	80	53.5
11. Chauncey Wright, <i>Physicist</i> . . . . .	45	53.5
12. Agassiz, <i>Naturalist</i> . . . . .	66	53.3
13. Chalmers, <i>Celebrated Preacher</i> . . . . .	67	53
14. Fuchs, <i>Pathologist</i> . . . . .	52	52.9
15. De Morgan, <i>Mathematician</i> . . . . .	73	52.75
16. Gauss, <i>Mathematician</i> . . . . .	78	52.6
17. Dupuytren, <i>Surgeon</i> . . . . .	58	50.7
18. Grote, <i>Historian</i> . . . . .	76	49.75
19. Whewell, <i>Philosopher</i> . . . . .	71	49
20. Hermann, <i>Philologist</i> . . . . .	51	47.8
21. Hughes Bennett, <i>Physician</i> . . . . .	63	47
22. Tiedemann, <i>Anatomist</i> . . . . .	80	44.2
23. Hausmann, <i>Mineralogist</i> . . . . .	77	43.2

**It is worthy of note** that in this list, in addition to the great proportion of high brain-weights, there are also four of distinguished men, which, even after allowance has been made for some

amount of atrophy consequent upon age in two of them, would more or less distinctly fall beneath the average weight of 49 ozs.

The facts set forth in the above table, as well as those detailed in the last section, are principally of interest from their bearing upon the much and long-debated question as to the existence of any necessary or invariable connection between *mere size or weight of brain and intelligence.*

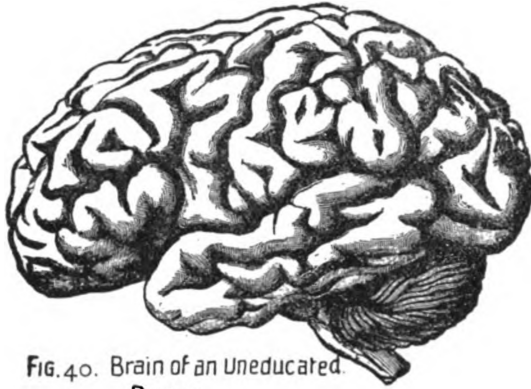


FIG. 40. Brain of an Uneducated Person.

In Figure 40 is seen the condition of the brain in an uneducated person. This illustration is from a photograph made of the brain of an artisan. The *use* of the brain determines its degree of intelligence. If circumstances favor an idle brain, the convolutions will not develop beyond a certain limit belonging to the average mental character. By nature, an uneducated person will have more brain convolutions than the most intelligent monkey; but there is a wide gulf between the brain of Figure 40 and those of Figures 38 and 39. This difference is due entirely to the *use* made of the brain during life.

**Ralstonites** have a deep interest in these questions, for brain and intelligence mean much to them. We hope to see the day when an evenly-balanced culture of body, mind and heart shall inspire that perfectly balanced brain seen in Figure 39; for philosophy is the only true education in life, and is the goal of all progressive Ralstonites, who are moving onward to the one hundredth degree, when they will enter the home course of study, the School of Philosophy.



FIG. 41.  
Brain of an intelligent child.

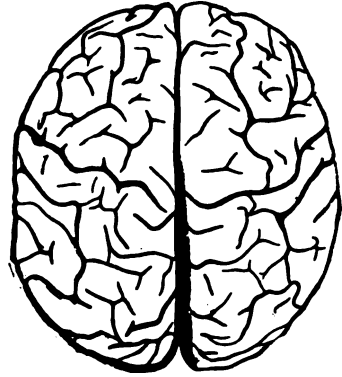


FIG. 42.  
A brain developing its convolutions.



FIG. 43.  
The brain and its central thinking part.



FIG. 44.  
The core of the brain, where impressions are received.

### 3. HOW THE BRAIN THINKS.

1. The act of thinking develops the power of the brain.
2. The power of the brain stimulates the habit of thinking.

The child's brain shown in Figure 41 would remain somewhat smooth all through life if the child were to be kept in confinement where no associations could arouse the mind to think. The natural son of a Russian emperor was not allowed to see anybody until he was of age, and at that time he was an idiot, his mind being a blank.

**In order to think**, the brain must get below the surface, even as its convolutions go beneath the surface. In Figure 42 the shallow lines show the mind beginning to think for itself; but before intelligence is deep rooted, the lines must sink and the brain be rolled in folds, as is seen in Fig. 43. This illustration is valuable because it shows the core and stem of the brain. The core receives all the impressions, and immediately transmits them to the proper convolution, where the process of thought occurs. Thus, the optic nerve passes directly from the eyes to the core, and sight is interpreted by the proper section; so taste, smell, hearing and touch must all pass along the nerve to the core, and thence to the appropriate divisions.

**One thought employs** one division of the brain, another employs a different division, and so on through the arts, sciences, passions and emotions. A one-sided brain would be one that thought with one division only, and, consequently, on but one subject.

**The conditions of rest and nutritive renovation** of the mind's organ are provided for in the mechanism of the solar system, by which the quietude of night, darkness and silence alternates with the stimulation of light and day. The recovery of its tone through nutritive repair undoubtedly takes place in the brain during the suspension of its functional activity in sleep. That sleep should be sound in quality and sufficient in quantity is one of the first conditions of mental health and vigor, and the want of it, as all have observed, re-acts powerfully upon the state of the feelings. The ill effects of insufficient sleep may be witnessed on some of the principal organic functions, but it is the brain and nervous system that suffer chiefly and in the first instance. The consequences of a very protracted vigil are too well known to be mistaken; but many a person is suffering, unconscious of the cause, from the habit of irregular and insufficient sleep. One of the most common effects is a degree of nervous irritability and peevishness which even the happiest self-discipline can scarcely control. That buoyancy of the feelings, that cheerful, hopeful, trusting temper, which springs far more from organic conditions than from mature and definite convictions, gives way to a spirit of dissatisfaction and dejection, while the even demeanor, the measured activity are replaced either by a lassitude that renders any exertion painful, or an impatience not very conducive to happiness.



Fig. 45. Divisions of the Brain.



Fig. 46. An Open Division.



Fig. 47. A Close Division.



Fig. 48 Gray Matter or Thought Substance of the Brain, Magnified 400 Diameters.

*Health depends on mental balance!*

**Look at the perfect balance** of the brain in Figure 45. Such a mind has a healthy body, or some part of the brain would suffer. The illustration shows the division into which the organ of thought is divided and sub-divided, and each sub-division represents something known and thought about. Figures 46 and 47 show, in a magnified way, the sub-divisions of an open division and a close division. Passing to Figure 48, we see, enormously magnified, a mass of gray matter taken from the tiniest drop of flesh in a sub-division; and it is this gray matter that does all our thinking, that is our mind, our life, and the agent of the human soul. In it are seen ganglionic cells, or electrical centers, from which glame, magnetism and the vital spark emanate.

## 4. DESPONDENCY AND INSANITY.

**A sufficient number** of experiments have been made to prove the following facts:

1. Where punishment is publicly certain, a person will not yield to the so-called fits of temporary insanity.

2. Even insane people know something, and absolute certainty of punishment deters their acts of violence in many cases.

Despondency is a voluntary veiling of the mind which tends to dry up the fluids of health; and no department of the body is more dependent upon healthful fluids than the brain.

**There is nothing** in our dispositions or emotions that we cannot help as long as our brain is sound. When we cross the line into insanity we then become irritable. The person who inherits the disposition to hate mankind is not of sound mind, nor can correctness of judgment, evenness of mental operations, or fairness and justice repose in one who finds it easy to hate or seek revenge.

**All irritability**, dark moods, meanness, hatred and desire for revenge will destroy the mind's health as well as lay the foundation for disease, *and on this down grade all persons travel willingly, if at all.* The brain is agitated by every emotion. Many a person has brought on headache and some a fit of sickness, by yielding to anger. As is well known, the stomach is directly connected with the brain—so closely, indeed, that an unpleasant thought stops digestion. An unhappy person has no appetite. Anger causes the stomach to recoil against food. A morose person absorbs bile into the blood, and chronic melancholy is the result.

If the down grade to the realm of hatred and revenge is a voluntary one, so the up grade to a sunny disposition must be a willing one. Of course we know that it is easier to be ugly and revengeful than happy and bright, but diamonds do not fall from the sky like rain; they must be sought. There are ways of growing into a cheerful disposition, and they are founded on laws as certain as mathematical rules.

1. Never look on the dark side of anything.
2. If there is but one side to a thing, and that is all dark, try to imagine what the other side would be, if it had one.
3. Never take anything for granted.
4. Never draw conclusions from circumstances. This leads to more unhappiness in the world than any other failing in human nature.
5. Never allow a suspicion to enter the mind. Business men think it is necessary to suspect all persons with whom they deal, on the principle that it furnishes a safeguard against fraud; but if you never take anything for granted, you will never be cheated, and this may be done without entertaining any suspicions.
6. Study your fellow beings with a view to finding out their good qualities.
7. Never advise a person to avoid speaking ill of others while you yourself do not follow the advice.
8. Read good books, think good thoughts and lead pure lives.
9. Make up your minds that a kind disposition is attainable only by watchful care, and then resolve to drive ill-natured thoughts out of your mind forever and forever.

#### 5. YOUR BRAIN IS WHAT YOU ARE.

**You cannot be one thing and your brain another, nor can your brain be different from yourself. What you are is determined by three things:**

1. What you read.
2. What you say.
3. What you hear.

**These three things are yourself.** In the privacy of your study, where the real mind does all its growing in depth, power and character, you are moulded by influences from your reading and conversation; and what you talk is a reflex of what you think and feel.



**Shallow reading** and shallow conversation make shallow convolutions in the brain, and therefore a shallow mind. The reading of biography deepens the brain; the reading of a low order of novels produces a false as well as a shallow mind. The reading of history and uncolored accounts of events is valuable to any brain; the reading and hearing of politics destroys the independent strength of the mind, because it makes a man a prey to the false passions and beliefs that are purposely aroused in him by the demagogue writers and speakers who thus play upon his credulity. The man who reads politics never stops to think that a class of writers and intriguers make their living by keeping alive the fires of political differences. A man with a party is either an intriguer trying to make money out of the masses; or else he is a slave with a chain and ball attached to his brain. When the majority of men are free enough and think well enough of their liberty to vote for honest principles rather than for party principles, and to lay aside as false all political articles in the press, and develop a judgment of their own based upon facts they *know* instead of facts furnished them by the papers and speakers, *then* America will enter upon an era of business and laborial prosperity that cannot be fluctuated and depressed at the caprice of politicians. This is an age without a statesman. There is an abundant opportunity and need; and to the young we would say, there is no calling nobler than statesmanship, and none lower than politics.

**But it is to other kinds** of reading, also, that shallow minds are due; and this is by the widely-spreading class of indecent literature, by which term is included the sensational novel and the sensational press. The press claim that they only cater to the public appetite; but personal letters from leading American editors tell us that the history of sensationalism shows clearly that the press have *created* a large share of the appetite, have kept the appetite alive, and are *increasing it every year*. The *New York Evening Post*, in an editorial on "Journalistic Dementia," says: "It is not their indecency that is their worst fault, it is their unutterable silliness and vulgarity. One who knew no better might fairly imagine that a lot of vicious boys had got hold of the press, and were amusing themselves with bringing civilization itself into ridicule. The most marked feature, in fact, is their puerility. Nobody who was not accustomed to them would suppose they were the work of grown-up people. Childish hilarity,

irreverence, and, we may add, childish inventiveness, are their leading characteristics. What is most curious about this press problem is, however, that it is apparently insoluble. These silly youths who run this great machine, only a handful, after all, in number, and objects of more or less ridicule when they show themselves in *propria persona*, seem to hold this great nation in a kind of slavery. The press is, to the vast mass of the town population, at all events, an object of dread and dislike. We have heard denunciations of its mendacity and inquisitiveness from people of all classes and conditions. Clergymen preach about it, magazine writers write about it, and it is a common topic of conversation at nearly every social gathering in the land. There is hardly anyone who has not suffered from 'the newspapers,' rich or poor, and especially those who have passed through some notorious sorrow or misfortune. Traveling Americans hang their heads for shame when they see an American newspaper in a foreign reading room. They hang them still lower when it is thrust into their hands on the wharf, when they return to their native land."

**A solemn protest** has gone up from almost every decent man and woman against this licensed crime, licensed, not by law, but by public silence. The reading of murders, robberies, foul crimes, and nauseating sensationalism, is fast planting distrust, human hatred, and abhorrence of life in every breast; and driving love, sincerity, nobility, and character, even, from the heart. The result must be nervousness, irritability, and clouded minds, tending toward insanity and crime. You are more nervous and irritable than you should be. The increase of suicides, now notably large, of insanity, so marked, indeed, as to cause surprise, of general irritability and consequent ill-nature and ill-health, must be charged to the sensationalism and nerve-distracting news (?) of the press.

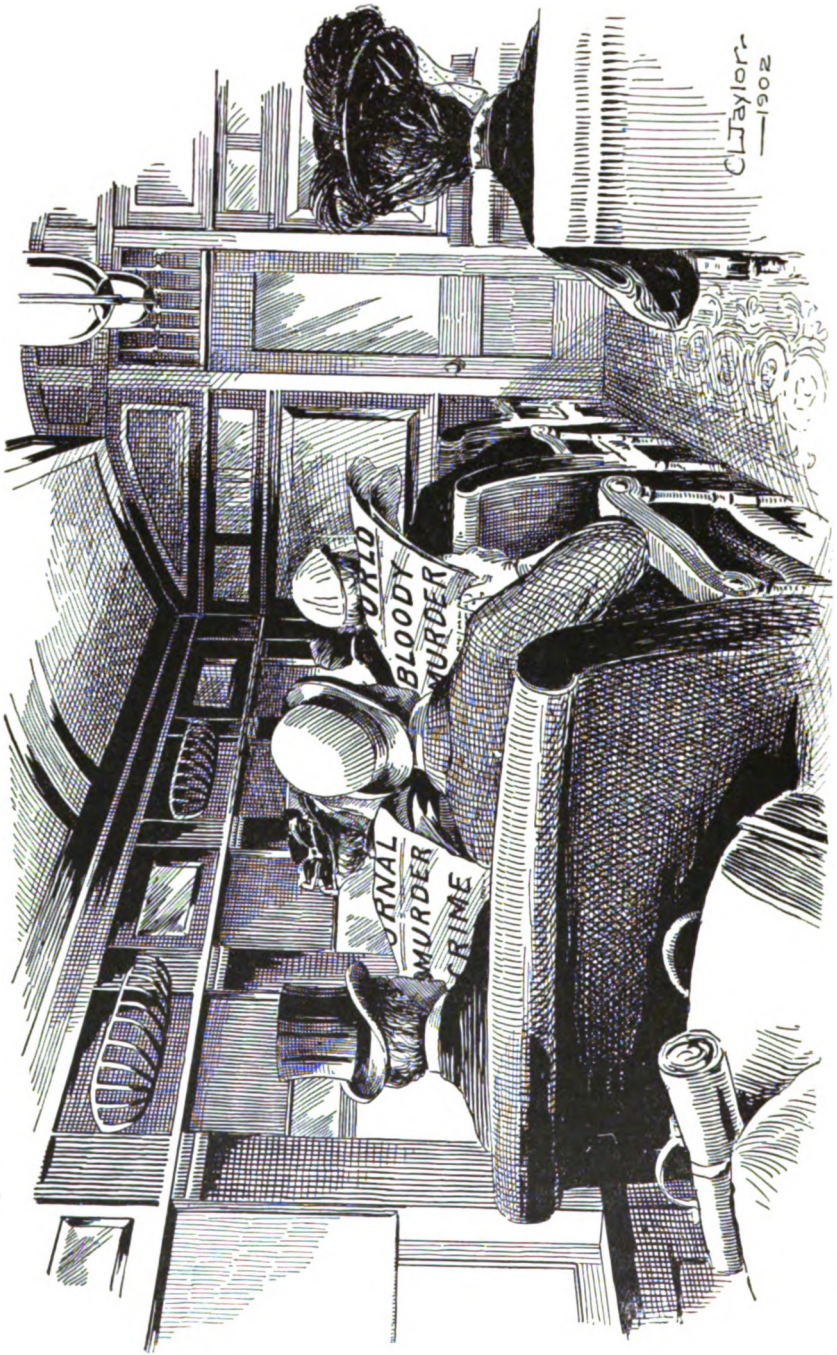
**We openly declare** and stand ready to prove that great minds clear minds, *clean* minds are impossible to those who read such papers. An opinion that is moulded by another can neither be original nor healthy. A mind that is not given the opportunity to operate in its own native realms has no power. But, more than that, the sensationalism of the press is a positive and damaging injury to the mind itself. The sewerage gets into the nooks and corners of the home of thought, and what might have been beautiful, but for the newspapers, is now a receptacle of filth, and your decency has fled. Do you respect yourself?

**A man who had declared** that it would be insane folly to think of giving up the daily paper, was induced to try it for a month. The history of current events was to be obtained only from the weekly press. At the end of the time he was permitted to glance over all the papers, and he exclaimed: "A month of rottenness escaped! I have had time to read books, to think, to attend to the problems arising in my business; and I find not one piece of news that I cared for. I take back all that I once said. I now believe the sensational press to be the curse of the land and the ruin of the minds of young and old."

**We have tried** the same experiment, and have had others try it, and not a piece of important current history has been lost. The good people who support law and order declare that liquor and gambling are the curses of humanity; but let them probe deeper, and they will find that sensational literature is the root of these twin curses; for it feeds them, instigates them and nourishes them. Its pages are plastered over with the deeds of gamblers and drinkers, and its diction is of the bar room, the race-course and the brothel. It is this diction which forms the chief part of the stream of thought that flows daily through your mind. Every time you read a sensational paper you lose a part of your decency.

**It is every person's duty** to keep informed as to the times and the daily history of the country, but such information should be had in a clean way. Some daily newspapers are free from this moral taint. Get them if you can; if not, then depend on the weeklies. Do not allow in your house a blood and thunder novel, an obscene book or a sensational newspaper.

**Arise from this slavery.** Get books to read. Be well informed, but not fooled. Let no nut-headed scribbler mould *your* mind. Close the flood-gates of news slush and shut out the murky stream. Let in the pure river of bright thoughts, clean literature and ennobling ideas, and give scope to the far-reaching impulses of your ambition, aiming toward the accomplishment of some great purpose in life. Remember that the boys and girls now growing up are to be made victims of the nerve-distracting newspaper sensationalism, and they and theirs will suffer for it in years of misery; remember, also, that advertisers support the sensational press, and that the withdrawal of business will alone force the papers to be clean and decent.



"MEN WHO, ERE LONG, WILL FAIL IN BUSINESS; CLERKS WHO ARE SMART, BUT NOT OF GOOD BRAIN-CALIBRE; AND THE ABNORMAL MINDS EVERYWHERE, FEED ON YELLOW JOURNALISM, AND WONDER WHY THEY ARE NO LONGER HOLDING THEIR OWN IN THE BATTLE OF LIFE."

**Business men who wish confidence** in their employes are anxious to know what kind of newspapers the latter read. They care less for the politics of it than they do for the taste and inclination displayed. Employers, whenever the opportunity affords, watch to find out. Clerks who buy the large-type newspapers or the yellow journals that are printed in scareheads (or type at the head of the columns more than  $\frac{3}{8}$  of an inch in height) are not such clerks as a successful employer would advance in rank or business confidence.

**Take a look into a street car or railway car.** All along the line the men, old and young, have newspapers, and, apart from the fact that the abuse of the eyes will be dearly paid for some day, the kind of newspaper chosen will become a safe forecast of the life of each reader. We have followed many such cases. Two years ago we were discussing, in a car, the probable future of the men who were engaged in devouring the contents of newspapers, the front page of some of which had words in type large enough to be read many yards away. A banker said to us, "I would have no such men in my employ." "But," said another, "there are some business men who are employers who are reading just such stuff. See!" And he pointed out two of them. Then the banker asked, "How long will they continue in business?" And the question was appropriate; for those very merchants were weakening daily in their powers of purpose. Their choice of reading disqualified their minds for business, and they failed.

**In this age mental acumen,** as well as will-power and character, are required for success in business or in professional life and also in social prestige. The individual is what the mind is, for that is the fountain-head of all success; and how can the daily flood of mud and news-slush, murder, crime, scandal, filth, brothel-gossip and bar-room diction qualify an employee or employer for the finer duties of life. The brain, after such misuse, is no better than is a painting that has been deluged with the sewerage of the street.

#### 6. DEVELOPMENT OF THE THINKING BRAIN.

**If we had seen but one object in life,** and never had but one idea, we could think about nothing but that. But every person arriving at the age of fifteen, has probably had 100 different ideas, or that many combinations of a fewer number of

ideas. Ideas come to us through the five senses, and the employment of the five senses for the development of the thinking brain is, of course, the essential thing. The following exercise should be practiced daily :

**Get a good-sized blank-book;** write down the date of the first entry ; then commence with a single sense, say the sense of taste ; and write down the word "taste." The very first thought that the word taste suggests to you should be written down, and numbered two. It is more than likely that it will suggest some kind of food, possibly "apple," but whatever thought first comes to the mind should be written down after it. If the word "apple" is suggested, write down the next thought that comes after it, being sure not to take any except the very next immediate thought. The purpose of this requirement is to prevent mind wandering, which is a common disease, while at the same time we seek to develop the activity of the thinking brain. If the word "apple" suggests a tree, write that down, or if it suggests the street where you bought it, write that down, or the man who sold it, write that down, or the friend who gave it, write that down ; but write down the thought that comes first ; therefore be quick with the pencil. If the mind does not catch, and cannot determine which is the first thought that comes to it, it shows at once a mental weakness. Weak-minded people drift badly in their thoughts, and herein we get one of the causes of sleeplessness. The mind-wanderer or the weak-brained person would have drifted into a variety of things, but the growing brain would have stopped at the first fruit suggested, and compelled that word to suggest a word outside of its own classification.

**Everything that is good** to eat would come under the classification of the first idea suggested. While this may seem a fine point to the pupil who is beginning to study brain activity, it possesses a world of importance to the man who desires to cultivate brain growth. Do we make ourselves clear ?

**The growing brain** steps at once from one classification to another ; the weak brain loiters about the same classification, and drifts through a variety of ideas in that division. Now the word apple would next suggest the source from which it came, through the grocer who sold it, the friend who gave it, the tree that bore it, or the closet that contained it. But all of these belong to a single classification, and the first idea coming to the mind should

be the only one in that classification that should be adopted. Otherwise the progress may stop. Having offered these explanations, we will give the gamut of suggestion in taste.

- |             |               |                               |
|-------------|---------------|-------------------------------|
| 1. Taste.   | 6. Country.   | 11. Absence from home.        |
| 2. Tongue.  | 7. Farm.      | 12. Location in the city.     |
| 3. Apple.   | 8. House.     | 13. His business as a grocer. |
| 4. Tree.    | 9. The owner. | 14. His selling vegetables.   |
| 5. Orchard. | 10. His home. | 15. Taste.                    |

By this process of thought we come to the end, when we reach the place we started from. But the journey the mind has taken, if it has taken the first idea in new classifications step by step, has formed the first process toward strengthening the mind, and giving solidity, health and development to the brain activities. A process like this results in close thinking and splendid control of the mind. When a person can pass through a gamut of suggestion, it is an indication at once of the very best condition of the mind.

The brain exists in the five senses, and smell is one of these senses. The gamut is as follows :

- |                  |                            |
|------------------|----------------------------|
| 1. The nose.     | 9. Hard work.              |
| 2. Its beak.     | 10. Sleeplessness.         |
| 3. The Jew.      | 11. Nervous prostration.   |
| 4. His daughter. | 12. Confinement to bed.    |
| 5. Rebecca.      | 13. Attendance of friends. |
| 6. Ivanhoe.      | 14. Bringing of flowers.   |
| 7. Walter Scott. | 15. Their fragrance.       |
| 8. Bankruptcy.   | 16. The nose.              |

Each one of these gamuts should stop when the first idea of its classification suggested by any preceding idea brings the mind back to its starting point.

- |                       |                          |                |
|-----------------------|--------------------------|----------------|
| 1. The ear.           | 8. A bank bill.          | 15. Sleighing. |
| 2. A cry.             | 9. A deposit.            | 16. Horses.    |
| 3. Going to a window. | 10. A teller.            | 17. Maud S.    |
| 4. The street below.  | 11. An extravagant wife. | 18. A race.    |
| 5. A runaway horse.   | 12. A defalcation.       | 19. Victory.   |
| 6. A child in danger. | 13. Canada.              | 20. Shouts.    |
| 7. A brave boy.       | 14. Snow.                | 21. The ear.   |

The purpose of this process is to confine the mind to the proper limits of strength, and at the same time give it variety of action.

- |                          |                       |                     |
|--------------------------|-----------------------|---------------------|
| 1. The hand.             | 9. Westminster.       | 16. A flour mill.   |
| 2. Greeting of a friend. | 10. The tomb.         | 17. Machinery.      |
| 3. A morning walk.       | 11. Death.            | 18. A planing mill. |
| 4. A river.              | 12. Disintegration of | 19. A buzz saw.     |
| 5. An excursion.         | the body.             | 20. Carelessness.   |
| 6. An ocean.             | 13. The soil.         | 21. The loss of the |
| 7. Europe.               | 14. Growth of grain.  | hand.               |
| 8. London.               | 15. Flour.            |                     |

**A rapid sequence** of thought, involving as many ideas as those presented in this last gamut, and the journey of as great extent can be taken in half a second of time. No wonder, therefore, that the brain in dreaming lives through many events in a brief moment.

- |                |                   |                |
|----------------|-------------------|----------------|
| 1. The eye.    | 7. The fireman.   | 13. Grave.     |
| 2. The sky.    | 8. Coal.          | 14. Burial.    |
| 3. The clouds. | 9. The coal-mine. | 15. Cemetery.  |
| 4. Vapor.      | 10. The miner.    | 16. Trees.     |
| 5. Steam.      | 11. The lamp.     | 17. Landscape. |
| 6. Locomotive. | 12. An explosion. | 18. The eye.   |

**Mind wandering** is a great fault, and may be said to be the greatest disease of the thinking brain. To test its presence as a malady, let the person attend church and endeavor to catch every idea uttered by the minister in his sermon, or read in the Bible, or from the hymn. The ability to fix the mind upon the ideas as they are uttered is of incalculable value, even if the ideas are dull. It means the development of the application of the brain, which indicates its greatest mental strength.

#### 7. EXERCISES FOR STRENGTHENING THE MIND.

**Weak-minded people** either think but little or else dwell a long while upon one subject. We can almost always tell an intellectual person by looking into his face, for something in the eyes and general shape of the features reveals the story of the mind. In order to reach the remedy for weak-mindedness, we should first discover the elements of this deficiency, and this may be done by spending a few days in the society of weak-minded people. The following facts appear to be well verified by the author's experience :

**In the case** of weak-minded people who do but little thinking, the brain seems to be in a state of rest as in sleep. Even with the



objects around them and the activity of life constantly presenting new scenes before them, they pay little attention to anything. It is probably the case that the mental faculties are asleep. If we could look into the brain of such a person we could probably find but few lines, or wrinkles, or convolutions, there to indicate its activity. In the case of other persons who are weak-minded, the fault seems to be that the mind is unable to leave the subject which is presented to it until some other topic is forced upon the brain. The author has known a person who has been in the habit of sitting alone in a room, to be addressed upon the subject of his own health, who made a few fragmentary remarks about it, and when it was supposed that the matter was exhausted he would return to the same topic at intervals during the day, even ten hours after, when no intervening remark had been made on that subject, and no person had brought any other matter before his mind. Likewise a lady being asked what was her favorite flower, showed her weak-mindedness by speaking of roses and the many times she had seen them, even as late as two days after the question was asked her.

**This latter evidence** of mental weakness which fixes the mind upon one subject seems to indicate that the brain is thrown into a cataleptic condition, or partially so, with reference to all other matters except that which is being talked about.

**The brains of all humanity** may be considered as representing only degrees of mental weakness or strength, and where the dividing line is, it would be difficult to determine; but when a person is capable of only thinking of one subject at a time, and where one thought never leads into a train of ideas, the weakness may be very marked indeed. Fully one-half of all the people in the world, among the civilized nations, may be classified on the side of the weak-minded, and this fact would represent the various degrees of weak-minded people; from the imbecile who does no logical thinking at all, and to whom an idea presents no association with the outside world, up to the most advanced class of people in this division who approach the middle line which divides people of average mental strength from those who may be classified as weak-minded. It is at this middle line that many interesting problems are presented to us; for people who lack ordinary mental strength, cannot be said to be decidedly weak-minded, and yet would be looked upon as partially unbalanced.

Let us for a little while investigate this half of humanity, called the weak-minded classes.

We make the following divisions :

- 1st. Imbeciles.
- 2d. Persons who do no coherent thinking.
- 3d. Persons who can only think of one subject at a time, which must be forced upon their attention.
- 4th. Persons who can only originate one subject at a time.
- 5th. Persons who think of two or more subjects, but disconnectedly.
- 6th. Persons who are capable of conducting a train of thought, but only to a limited extent.
- 7th. Persons who have average mental capacity, but are subject to the influences of circumstances.
- 8th. Persons who have more than the average mental capacity, but are subject to the influence of other people.

**This eighth division** will embrace the entire class known as weak-minded persons, and, as we have said before, would include at least one-half of the civilized world, and probably a still greater proportion.

It is a curious fact that in this class, nearly, if not all, of the world's poor may be found. If they are fortunate enough to possess wealth, it will generally be found to be due to inheritance or accident. Neither is it always true that a weak-minded person would necessarily be poor, but the reverse may be stated as a general fact, that a poor person is weak-minded. A remark of this kind may seem uncharitable and cruel, but an investigation into the causes of poverty would indicate that there is more truth than fiction in what we have said. Of course, we do not mean to include those unfortunate beings who are victims of circumstances, over which no person could have control, but even as to them the remark has more truth than would at first seem apparent.

**The following exercises** should be given to such persons as often as possible, and will apply to those that belong to the next or third class, namely, persons who can think of but one subject at a time, which must be forced upon their vision.

#### EXERCISES.

**Take one object** and place it before the person upon whose mind it is to operate, and ask the question : "What is it?" The



answer will invariably be given correctly. For instance, a book may be employed. If the person belongs to the second or third classes, the aid of some other person to ask the question should be employed. Of course, the first class, known as imbeciles, are entirely out of our reach, but if you, who possess this book, belong to the fourth or fifth class you can ask yourself the question without the aid of other persons; in fact, self study is more beneficial than the aid of friends to help you.

We have said that the book is placed in view, and to the question, "What is it?" the answer has been given, "A book."

The next question is a test :

"How do you know it is a book?"

**Insist that the answer** be put in writing and preserved for future reference. The struggle of the brain, even in a person of advanced years, to find the answer to this question, will furnish a little history of the inward process of thought, which would otherwise be effaced from the mind. A complete record of every attempt at answering it, and even of single words in the form of broken answers (all of which should be recorded exactly as they occur), will throw the mind back into its struggle, and cause it to live over again these most beneficial experiences.

**When the mind** can answer the second question, which possibly it may not do for hours, or even days, or weeks, it has taken a step which is bound to lift it out of its weak condition. While the question is not too difficult for even weak-minded people to answer, it is also a problem for the stronger minded. It is not that we care for a correct answer, but merely the desire that we have to stimulate in the person the habit of thinking.

"How do we know that this is a book?"

"Because people are generally in the habit of calling an object like this a book?"

"Why should they not call a chair a book?"

"Because a chair is quite different from a book."

"What is a book?"

**The answer should be waited** for until the person thinks it out, no matter how long it takes. Sooner or later some such answer as this will be given: "A book is an object consisting of leaves, and containing words or pictures." We are taking answers which have been actually given in our experiments with weak-minded people. One person answered "A book is something we

read." We said, "We can read a sign on a building; is that a book?" "No." We said, "We can read the name on a box of groceries; is that a book?" "No." Therefore, a book is not always something we read.

**Each answer** that is given should be written down, and this question should be written at the top of the page to be always referred to. Allow no answer which is being given to these questions to apply to any other object. If so, then the answer is insufficient.

**Notice the difficulties** under which the mind has been laboring. We first asked, "What is this?" The answer was given. We next asked, "How do you know it is?" The answer was given. We next asked, "What is a book?" Here are three questions. Let them apply to the following objects:

- |              |                |               |                 |
|--------------|----------------|---------------|-----------------|
| 1. A stove.  | 7. A boy.      | 13. A window. | 19. The snow.   |
| 2. A peach.  | 8. Fire.       | 14. A house.  | 20. The street. |
| 3. An apple. | 9. The head.   | 15. A knife.  | 21. Money.      |
| 4. A banana. | 10. A wall.    | 16. A string. | 22. Sugar.      |
| 5. A barrel. | 11. A hat.     | 17. A table.  | 23. A smile.    |
| 6. A star.   | 12. The floor. | 18. Paint.    | 24. Heaven.     |

**In finishing this section** we will say that even persons of the strongest mental capacity will derive much brain strength from practicing the exercise that we have just given, especially if the record be made for reference. The value of such reference will be disclosed when brought into use. The mysterious inflowing of thought surpasses every other wonder in our existence, and furnishes food for the gravest reflection.

#### 8. INCREASING THE BRAIN INTELLIGENCE.

**There is a large class** of individuals who are capable of conducting trains of thought only disconnectedly, or to limited degrees. For such persons, and all who wish to elaborate the processes whereby the mind becomes strong, the following exercise is of incalculable benefit.

*It is called the exercise for conducting a train of thought.* It becomes a most interesting pastime. Many people of all classes who wish to improve the brain, and at the same time spend a pleasant evening, will find this and all other exercises given in this book, adaptable to mind and thought societies.

**One-half dozen** persons working together would be of great

help to each other. But if such a number cannot be obtained, let one, at least, come to your aid, and if this cannot be done then use slips of paper, upon which write the name of an object. Select at least twenty-five different objects, entirely disconnected from one another, not having the slightest relation; write upon a single piece of paper, using twenty-five slips of paper. Assort them and draw two. You are then ready for the exercise. If you have others helping you, the subjects are to be selected by them and given to you.

**RULE** :—Connect these two objects together by a train of thought, observing the precaution always to make each step in the train of thought to consist of naming an object which is a part of the object which precedes it. Two objects are given, and these are called the points from which you are to go. You may select either object for the first point, the other will be the last point. All the objects which intervene are called steps, and each step must contain an object which is a part of that which precedes it; and you must keep traveling until the last point becomes a part of the step next preceding it, thereby making a chain of links all connected together. This process may seem very simple at first, but it is just as difficult for a strong mind as for a weak, and because it presents difficulties to the strong mind, it is not, therefore, necessarily too difficult for the weak-minded person.

The Rule, condensed, is :—*Each object named must be a part of the object which precedes it.*

**By way of illustration** let us select by chance two points, and see if we can take such steps in the train of thought as will connect the two points together. We will take an easy journey at first.

#### ILLUSTRATION OF A TRAIN OF THOUGHT EXERCISE.

The objects given us are cherry and table.

First point.—Cherry.

1st step.—The cherry has a stem.

2d step.—The stem grows upon a branch.

3d step.—The branch grew upon a tree.

4th step.—The tree furnishes wood.

5th step.—A table is made of wood.

Last point.—Table.

This is a very easy train of thought. Let us now take one more difficult.

Clouds and fire, are two words that seem to furnish ideas exactly opposite.

First point.—Clouds.

1st step.—The clouds are composed of vapor.

2d step.—The vapor may be condensed into water.

3d step.—Water may fall from the clouds to the earth.

4th step.—Water running on the earth makes brooks.

5th step.—Brooks flow into rivers.

6th step.—Rivers flow into the ocean.

7th step.—The ocean bears steamships on its bosom.

8th step.—Steamships are propelled by steam.

9th step.—Steam is created by fire.

Last point.—Fire.

It may be assumed that this last train of thought might have been quite short.

If so, in what way? The mere fact that one idea suggests another would not furnish a correct train of thought; therefore, do not make the mistake of following out suggested ideas, but always seek to build a connected and legitimate train of thought. We suggest the following words as very goods for a writer to start on.

- |                           |                                |
|---------------------------|--------------------------------|
| 1. House ; Paper collar.  | 14. Paint ; Solomon.           |
| 2. Monkey ; North Pole.   | 15. Gypsy ; George Washington; |
| 3. Ink ; Roses.           | 16. Handkerchief ; Track.      |
| 4. Chair ; Smoke.         | 17. Farm ; Cold in the head.   |
| 5. Knife ; Eyeball.       | 18. Well ; London.             |
| 6. Carpet ; Shoe-string.  | 19. Mouth ; Congress.          |
| 7. Button ; Safe.         | 20. Clergymen ; Back yard.     |
| 8. Flower ; Glass.        | 21. Mountain ; Watch.          |
| 9. Seed ; Mortgage.       | 22. Florida ; Ice.             |
| 10. Chimney ; Ice cream.  | 23. Ear ; Moses.               |
| 11. Gymnasium ; Envelope. | 24. Corner ; Sunlight.         |
| 12. Baby ; Suicide.       | 25. Consumption ; Pulpit.      |
| 13. Match ; Strap.        |                                |

If a record is not kept, the exercises will do but little good. The eye should see what the brain thinks.

#### 9. STRENGTHEN THE MEMORY.

Let each person examine his mental peculiarities carefully, and he will find that one of the most prominent is the unstable condition of his mind. This is a hindrance to close thinking. A

good speaker is often held back in his otherwise successful career by this disease, for it may be termed such.

The secret of strengthening the memory lies in a single fact, that of *association*. The meaning of *association* is the alliance of one thought to another in such a way that the mere presentation of one will at once call up the other. The more this principle is extended the stronger becomes the memory. The first illustration is as follows :

A single line will first be taken.

“Full many a *gem* of purest ray serene.”

Glance at this line once, then put it behind you and call to mind the word “gem,” and repeat *aloud* any other idea of the line that occurs to you. Again glance at the line, and after putting it aside, repeat as many of the ideas as possible. To most persons the line is very familiar, but the oral exercise will be beneficial ; the use of the voice in stating the associated ideas helping on the habit of expression.

We will now take a line with which the pupil is not familiar.

“Far in the west a *thunder-cloud* cast an appalling gloom over all the land.”

The leading idea of every group, or word picture, must be fixed in the mind, and when this is done the associations must be sought after. Place the book out of sight for a moment and ask the following questions, answering them as you go along.

Where is the *thunder-cloud* ? What part of the west is it in ? What effect does it produce ? Another example may then be taken.

“Once upon a *midnight* dreary, while I *pondered* weak and weary,

Over many a quaint and curious volume of *forgotten* lore.”

It is always better to find the emphatic word, or the life of the thought, before attempting to call up associations. This will call for a little practice in grouping. The first group is as follows: “Once upon a *midnight* dreary,” and the “thought word” is “midnight;” the second group is “while I *pondered* weak and weary,” the emphatic, or thought word, being “pondered.” The rest of the quotation forms the next group, the word “forgotten” being the emphatic word.

Look at the three lines carefully, fix in your mind the number of groups as three, remember that in each group there must be but

one leading idea, and then seek to remember these. Place the book aside and recall the three words:

"Midnight;" "pondered;" "forgotten."

This should be attempted without having committed the lines to memory. What does the word "midnight" call up in your mind? Not at first, perhaps, the exact words of the group, but if a single other idea is presented to you in addition to the word "midnight," you have gained that much. Ask the same question (and answer it aloud) as to the leading idea of the second group, "pondered." This will be more difficult. The third group is still more difficult. What does the word "forgotten" suggest? If you are afflicted with mind-wandering—the most common of all diseases—there will be nothing suggested to you by this word.

#### 10. THE HIGHER REALMS OF THOUGHT.

There are times when the operations of the brain are not of an ordinary nature; there is a certain function of the brain in every individual which steps out of the common places of this life and enters a realm of rare power. This is called inspiration. We have all felt its influence. For the time being we are not ourselves. We are impressed with the possibilities of achieving in life a greatness that will take rank with that won by the foremost men and women of the past ages.

The true poet is not the one who makes himself such, nor is he born so. He is the man who has encouraged and developed this rare function of the brain. A poet is necessarily an inspired person; but it is a mistake to assume that he is a born poet. The private lives, especially in early youth, of nearly all the greatest poets that the world has produced, prove that the inspirational function of the brain has been encouraged and developed by a method which is as simple as it is effective. Those who doubt its efficacy may prove it by adopting the suggestions of this chapter.

Authors have moments of inspiration, which, if encouraged, develop strength of authorship rapidly. So the orator whose greatness consists often of his felicitous remarks and epigrammatic ways of stating important truths will increase this function of the brain with rapidity, if he encourages it in the proper direction.

From a close study of the lives and habits of men and women who are called geniuses, we are compelled to come to the conclusion that inheritance has less to do with it than the faculty of





encouraging the inspirational function of the brain. Great men are not the children of great men, as a rule. Geniuses are not the children of geniuses, as a rule, although sometimes such is the case. A little event, a small opening, a trifling circumstance may bring into operation the inspirational function of the brain. This we will call genius. A string must be tied to it, to serve as a means of securing it for future use. A person to whom a single inspirational moment ever comes can enlarge upon the inspiration, and give it rapid growth for the future by the method which we are to suggest.

It is a well-known fact that like produces like in the brain. This organ may be said to have three distinct functions :

1. Its waking function, as it is ordinarily found when we are not asleep.
2. Its sleeping function, which includes both sound sleep and the dream state.
3. The inspirational function which makes genius possible.

*The more we think of the events which are closely allied to the waking functions of the brain, the less apt we are to pass into the other functions, and especially the sleeping condition. If we can grasp and secure any operation of the brain which accompanies the sleeping function, we can invite sleep.* For this reason we can cause the brain to sleep by reviewing the incidents of the dream. The ability to produce sleep by this means has been so thoroughly tested and proven by the testimony of innumerable people, that it is now accepted by scientists as a settled fact. But even to do this it is necessary for the person, immediately upon awaking from the dream, to write down the incidents of that dream, filling in all the details that the mind can recall. If we wait, even a few minutes after awaking, we will find that the incidents become blurred, the brain is closing on its sleeping condition and commencing a separate life. But the surprising fact is this :

*If immediately upon awaking we write down the incidents of the dream and commit them to memory, whenever the memory recalls them, the mind seeks to go back to that condition which created them.* So if, at night when we find it difficult to obtain sleep, we think these incidents over again, and fix the mind upon them, it will soon travel into its sleeping function.

Let us take a lesson from this great fact, and in this way :

Whenever a thought of unusual value occurs to the mind,

immediately write it down, and preserve it. Do not wait a minute no matter where you are. When a poetic expression occurs to you treat it in the same way. Any further reference to it, even after years, will tend to throw the mind back into that condition which created that thought; and being in this condition it receives a stimulant to create more thoughts of the same character. Poets understand this, and so do the greatest orators. There is probably not a poet who has ever lived, who has not got up from his bed at night to note down thoughts that have occurred to him. Many stories are told of the world's greatest orators, showing their earliest solicitude in this same direction. There are two reasons why the thought should be written down at once:

First, if we wait, it vanishes from us like the details of a dream.

Second, if we write it down, and afterward look at it, the mind is thrown back again into its inspirational function.

Genius and inspiration do not apply merely to poets or professional people, but to every class of humanity. Many a poor boy and many a man and woman, now in obscurity, might better the condition in life, or develop a greatness which seems now ludicrously impossible, if they were to follow the exercise laid down in the preceding pages of this book, coupled with the suggestions of the present chapter.

**In summing up** this part of our work, let us impress upon you the importance of feeding the brain with the solid and lasting food of strong thought. Do not be misled into the belief that trashy literature and sensational papers afford you any real pleasure. They are no better than guide posts along the highways of wasted lives and ruined purposes. They breathe an air that is dark, dank and poisonous. Inasmuch as they accomplish no good, yield no genuine satisfaction, and contain no information of value, there is no reason for using them. The brain is the pathway to the soul, and its responsible monitor. Let not the master impulses of an immortal life be stimulated by the weakest influences of intellectual and moral decrepitude, in this age of falsehood and sensationalism. Stand up for principles that count for gain in every way, both in this world and the next. Some papers in this country are decent; but they are few. Some books are helpful; but they are few. Find them, and do something toward checking the outrageous flood of vile journalism with which this country is flooded.

# THE FIFTEEN PROPOSITIONS OF THE RALSTON HEALTH CLUB.

The following statements are the fundamental principles of our Club. They should be read and considered occasionally, as they are valuable guides to the uses and purposes for which the physical body was created. They contain a vast amount of meaning. We do not recommend steady reading of this book, but rather a few minutes daily perusal. Many Ralstonites boast of the fact that they have every day for years, read a page or more of their Ralston books.

To read is to absorb; if the reading is done with a keen interest in the subject matter. To absorb is to adopt. This is always true. "What do you do," asked a man of his business partner, "to cause your health to improve so rapidly?" "I read a page or so every day from my Ralston books. It takes but a minute." "Do you mean to say that reading will improve the health?" "Yes, for what I read I try to adopt in my daily life." There is the secret. We trust that you will discover it; and that you will commence by giving attention to this book; and, perhaps, to this part of it.

## THE FIFTEEN PROPOSITIONS.

1. No human being was created to become the victim of disease.
2. There is but one intended death, and that is the natural wearing out of the body in serene and peaceful old age, without suffering; a gentle falling asleep.
3. As history proves that all the faculties may be preserved in perfect condition for at least seventy years, every man or woman should retain youthful vigor and independence up to that age.
4. As physiology shows that the natural span of life is one hundred years, of which twenty years are consumed in growing, thirty years more in developing, thirty years more in maturing, and twenty years in ungrowing, without illness or disease, the task of so living is an imperative duty with every person.
5. As every particle of the body is made of the food taken into it, the body can be no better than the food so taken.

6. As the body is constantly undergoing a complete change of its material in every part, it must be true that a better body can be built by the use of better material.

7. As a very little care will keep the health perfect, while sickness causes trouble, anxiety and expense, it is better to prevent disease than to cure it.

8. As the body's natural food consists of fourteen elements only, any medicines that contain other elements are foreign to the body, and, therefore, unnatural.

9. As sickness and death may bring expense, trouble and suffering to others, no person has a right, by wanton carelessness and indifference, to invite these misfortunes unnecessarily.

10. As communities are more prosperous where sickness least prevails, good citizenship requires that each individual shall take an interest in spreading the doctrines of perfect health.

11. The body is a machine capable of abundantly feeding, clothing, sheltering, developing and protecting itself, in order that it may exist and be well cared for; but a machine that serves no other purpose than to take care of itself and please itself accomplishes absolutely nothing by living.

12. As every useful machine serves other purposes than to be kept in repair, so man should be greater than his body's needs, and should serve a distinct purpose in living.

13. This is an age of fearful loss of time and money through sickness; and not until disease is conquered will humanity be able to understand the grander purposes of creation.

14. As ill health and misfortune are principally due to indifference, which arises from an inability to cope with the erroneous customs, social evils and national wrongs of the present day, the highest duty of citizenship is to weave a fabric of power strong enough to overcome all such abnormal conditions.

15. The Ralston Club, having won the permanent loyalty and unshakable support of its intelligent and honest members in this country, should, when its numbers warrant, exert its power as one voice to correct the abuses which prevent the enjoyment of happiness, prosperity and health. [NOTE.—This does not mean to engage in politics; but it means that the honest and determined men and women of America, if united in one fixed purpose, could rise above all politics and achieve any legitimate end. In some localities Ralstonites are already in the majority.]

## HOPE FOR EVERYBODY.

What is the worst of woes that wait on age?  
What stamps the wrinkle deeper on the brow?  
To view each loved one blotted from life's page,  
And be alone on earth as I am now.

—Byron.

---

**No person in the possession** of full vigor and enjoyment of life wishes to die. Those who seek destruction are generally insane or morbidly discouraged. Some are "willing to go" if relief from the cares and sufferings of this existence may be obtained. But the possession of all the faculties of body and mind, attended by an enjoyment of living, can only inspire all human beings with a tenacious desire to prolong life to the utmost length. Old people think of their many years and expect soon to pass away. In most persons this one thought is constantly in mind and it hastens the breaking down of the faculties, and actually brings on premature old age, decrepitude and death. Here we have a good illustration of the power of the Fourth Point of Health, and of the effect of its non-observance.

**The most interesting experiment** that a man could make would be to test the possibilities of a long life. The body, mind and nerves are subjected to constant abuse and give way in time to disease. 1. Until recently no scientific attempt has ever been made to increase the vitality of the body. 2. Four-fifths of the food taken into the stomach is injurious. 3. Exercise is either omitted or forced, or taken by gymnasium methods, all of which produce short lives. 4. Cheerfulness is never cultivated, and irritability increases with advancing years. We declare that in the life of any man or woman who belongs to the first class of Ralstonites (and all should be in this class sooner or later) an extreme age may be reached without the decrepitude that usually attends it.

**The principles of health** are observed in greater or less degree by many men and women who attain a great age without applying the doctrines scientifically, as they know nothing of them except in a rude way. We have met hundreds of persons over seventy, and many over eighty, and a few above ninety. In every instance where we have inquired, and we have done this often, the early life had been spent in the open air; and the love of nature, being thus

acquired, had followed through the after years. Necessity furnished regime, and ambition, humble, but intense, had fired the blood. Often by mere accident of circumstances a long life has been due to a blind acquiescence in the principles of health. Many fabulous accounts are found concerning longevity; but some reports are records, both authentic and accepted without the possibility of doubt. Laying aside the great ages mentioned in the Bible as belonging to a different era, we come down to the present period, and find ample evidence of extreme age.

**Regime will restore** a broken constitution. Urdini, a count of the last century, who at the age of thirty-nine had ruined his health by dissipation, was told by his physician that he must die in less than a year. He consulted all the men of learning of that age, but all agreed that his constitution was ruined, and had not sufficient vitality left to sustain life much longer. An old chemist, who had studied the circulation of the blood, discovered that it fed on two powers; one he described as the breath of life (corresponding probably to vitality), and the other he described as a good disposition or "active cheerfulness." These two powers digested food and made blood; while exercise gave strength. Here we find the *Points of Health* unconsciously discovered by a philosophizing chemist of the last century, and adopted by the Count Urdini. He resolved to recuperate his lost health, to generate his blood, to rebuild his body and—to live! In three years he was a new man; he lived to a good old age, and died at ninety-eight.

**From authentic records** we present a list of long-lived persons. For these facts we are indebted to other works, reports and records.

"**J. E. Worcester, LL.D.**, gives a list of ninety-eight persons in New Hampshire, with the date of their deaths, which occurred within the period of ninety-three years, ending in 1824, all of whom were one hundred or more years old, besides six others, the dates of whose deaths were unknown, the eldest of whom was one hundred and twenty. Dr. Worcester gives a table, beginning in 1808 and ending in 1821, exhibiting a list of one hundred and thirty-two persons in the United States who had attained the age of one hundred and ten years or upwards; three at one hundred and thirty; three at one hundred and thirty-four; one at one hundred and thirty-five; two at one hundred and thirty-six; one at

one hundred and thirty-seven; one at one hundred and forty-two; one at one hundred and forty-three; one at one hundred and fifty years of age."

"There were in the United States, in 1850, two thousand five hundred and fifty-five persons over one hundred years of age, which would make about one person in every nine thousand. In the beginning of the year 1858, there were in the New England States four clergymen, all educated at Dartmouth College, each of whom was one hundred years old."

A very interesting case is that of Metlin, and the records are fully verified by the local reports.

"Robert Metlin died in 1787, at the age of one hundred and fifteen. He lived for some time at Portsmouth, and followed the occupation of a baker. He was a great pedestrian. He usually bought his flour in Boston and traveled thither on foot. He performed the journey in a day, the distance being then about sixty-six miles, made his purchases, put his flour on board a coaster, and returned home the next day. He was eighty years of age the last time he performed this journey. At that time this was thought an extraordinary day's journey for a horse. The stage coaches required the greater part of two days. Colonel Atkinson, with a strong horse and a very light sulky, once accomplished it in a day. He set out early in the morning, and before he reached Greenland overtook Metlin, and inquired where he was bound. Metlin answered to Boston. Atkinson asked if he ever expected to reach there, and drove on. Atkinson stopped at Greenland, and Metlin passed him. They alternately passed each other at every stage on the road, and crossed Charlestown ferry in the same boat before sunset."

Greater ages have been attained in Europe than in this country. Peter Zarten, near Temesvar, in Hungary, died January 5, 1724, at the age of one hundred and eighty-five. Henry Jenkins, of Yorkshire, England, lived to be eight score and nine, or one hundred and sixty-nine years of age. Thomas Parr, of Shropshire, England, died in 1636, aged one hundred and fifty-two years and nine months. He was twice married; the first time at eighty, the second time at one hundred and twenty years. He had offspring

by each marriage. Nina Zahn, near Berlin, died at the age of one hundred and forty-one, having never used meat or beer.

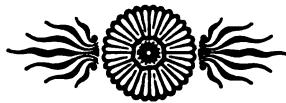
"**John Rovin** and his wife, of Temesvar, Hungary, died 1741, he in his one hundred and seventy-second year, and she in her one hundred and sixty-fourth, having lived together, man and wife, one hundred and forty-seven years. He was married at the age of twenty-five and his wife at the age of seventeen."

"**The Hon. Mrs. Watkins**, of Glamorganshire, visited London at the age of one hundred and ten, the last year of her life, to witness one of the performances of Mrs. Siddons. She ascended the many flights of steps which lead to the whispering dome of St. Paul's. The last forty years of her life, Mrs. W. is said to have lived exclusively on potatoes."

"**Henry Francisco**, born in France, died near Whitehall, N. Y., in October, 1824, in his one hundred and thirty-fifth year." Dr. Mussey, formerly a professor of anatomy and surgery at Dartmouth College, says that John Gilley, born in the county of Cork, Ireland, in 1690, died at Augusta, Me., July, 1813, age one hundred and twenty-three. "I saw him," says Dr. Mussey, "after sunset of a cold evening in December at the age of about one hundred and eighteen. At that time he took the whole care of the cattle in his barn, and cut all the wood for the fire in his house."

"**William Scoby**, a native of Ireland, died in Londonderry, N. H., at the age of one hundred and ten years. When he was one hundred years of age he traveled on foot from Londonderry to Portsmouth, more than thirty-five miles, in one day."

**How long a human being might live** is a question that is being much discussed at the present day, and scientists declare that it is the great problem of the immediate future. Discovery and invention have met and satisfied some of the giant demands of progress; but this question exceeds all else in importance, and the eye of investigation is turned upon it.





## YOUR HOPE OF LIFE.

**This book is yours.** It is for your private and personal use. At this part of it, after the foundation that has been laid in the preceding pages of the present volume, you are called upon to adopt the book as a part of your own experience and progress. Do not treat the following pages slightly. They will be of help to you when you most need assistance, for the day of the careless and indifferent person is to be one of sorrow and defeat. Prove that you are not such a person by giving careful attention to this record. Remember that Ralstonites have done this very thing for nearly a quarter of a century and have prospered.



THE  
PERSONAL RECORD  
OF

M .....

Whose General Club Number is.....

**IMPORTANT NOTICE.**—When this copy of the book of “RALSTON LIFE” is sent to you, it will be encased in a wrapper, on the cover of which will be written your General Number. As soon as you receive this number you should write it with pen and ink on this page in the place saved for it above; and your name also should be so written.



**Your personal record is a matter** of the utmost importance, and must not be neglected. It is solely for your good and for your own use, and should not be shown to any other person. By this we do not mean that there is anything secret about it, any more than a bath should be secret; but, like a bath, it is a private affair and should be so regarded.

1. Have you at the beginning of this chapter written your name and your General Number with pen and ink in the spaces reserved for them? Answer.....



2. On what day of the week and month, and in what year did you receive this copy of "RALSTON LIFE?" Answer.....

.....



3. What is the condition of your health? State whether it is perfect, fair, average, or poor. Answer.....

[“Perfect” means free from all diseases or tendencies to same, and free from all liability to colds, headaches, and indifferent appetite. “Fair” means that your appetite is sometimes not keen and eager, or that you catch cold or have catarrh once in a while, or that there are occasional neuralgic pains in the eyes, temples or at the back of the head, or that there is a deficiency of vitality. “Average” means that you are in the same condition as the majority of people; namely, not by any means well, but not sick. “Poor” means that you are complaining, or that your vitality is low and your general health poor; for which you are either doctoring or thinking of doing so. In such case, depend on Ralstonism and it will bring you good health.]



4. Are you in reality sick? Answer.....

If so, what was the malady? Answer.....

How long had you had it? Answer.....

[By “sick” is meant that you cannot answer question 3, because of your condition being worse than that described as poor health. If you are in reality sick you should lose no time in entering “Ralston Gardens” and coming in under the franchise treatment, which will save you a great deal of money and time and

give you release from pain and suffering. The form is attached to the last part of this book.]



5. Are you so situated that you have no control over the selection and cooking of the food you eat, or over the conditions of daily life that surround you, such as habits of rising, retiring, exercise, clothing, rooms and variations of duties, or are you bound down by fixed methods of life that admit of no change for the better? Answer.....  
.....



AT THE END OF ONE YEAR.

Twelve months are to elapse before you make more entries in your personal record. Do not regard the matter lightly, for much more is coming to you than your mind has yet grasped. You can see that these questions are for your good. A man of national fame declared that the keeping of this personal record would prove of inestimable advantage to the man or woman who gave due care to its import. The great people of earth are always ready to do this; it remains for the careless to ignore them. Do not *slight* this matter.

6. Has one year elapsed since the date which you have written in this record? Answer.....

7. During the past year what improvement has taken place in your health? Answer.....  
.....  
.....

8. What now is your reply to the third question? Answer.....  
.....

- 9. What now is your reply to the fourth question? Answer  
.....
- 10. What now is your reply to the fifth question? Answer  
.....

---

AT THE END OF TWO YEARS.

- 11. Have two years elapsed since the date which you have written in this record? Answer.....
- 12. During the past year what improvement has taken place in your health? Answer.....  
.....  
.....
- 13. What now is your reply to the third question? Answer  
.....
- 14. What now is your reply to the fourth question? Answer  
.....
- 15. What now is your reply to the fifth question? Answer  
.....

---

AT THE END OF THREE YEARS.

- 16. Have three years elapsed since the date which you have written in this record? Answer.....
- 17. During the past year what improvement has taken place in your health? Answer.....  
.....  
.....

18. What now is your reply to the third question? Answer  
.....  
.....

19. What now is your reply to the fourth question? Answer  
.....  
.....

20. What now is your reply to the fifth question? Answer  
.....  
.....



AT THE END OF FOUR YEARS.

21. Have four years elapsed since the date which you have written in this record? Answer.....

22. During the past year what improvement has taken place in your health? Answer.....  
.....  
.....

23. What now is your reply to the third question? Answer  
.....  
.....

24. What now is your reply to the fourth question. Answer  
.....  
.....

25. What now is your reply to the fifth question? Answer  
.....  
.....

## AT THE END OF FIVE YEARS.

26. Have five years elapsed since the date which you have written in this record? Answer.....

27. During the past year what improvement has taken place in your health? Answer.....

.....

28. What now is your reply to the third question? Answer.....

.....

29. What now is your reply to the fourth question? Answer.....

.....

30. What now is your reply to the fifth question? Answer.....

.....

---

 REMARKS.

**At the end of the five years** we wish to close your account on our records. While it is not necessary for us to receive reports from you, we shall be very glad to have them if you wish to take the trouble to send us copies of your answers. We cannot reply to letters unless they are very brief and a stamped and directed envelope is sent; but our replies are not necessary to your welfare as our books contain all we can say. Our mails are so heavy that we find it difficult to keep up with the orders, and our first duty is to them. We have a reading committee, not empowered to answer letters, but to read all communications for the purpose of aiding us in our work.

By the terms of your pledge made in the preceding book, you are to keep this entire copy of "RALSTON LIFE" for your exclusive use. You are not to loan it to other members of your family; for, as you advance in degrees, you will have free copies enough for at least five other persons, and no far-seeing person will hesitate to place a membership in the Ralston Health Club in the hands of each and every loved one. It means better health and a happier life. Therefore keep your pledge. This copy of



"MEATS PREVAILED AT THE EVENING MEAL, CAUSING RESTLESS NIGHTS AND NERVOUS DEPRESSION. ALL FOUR OF THE FAMILY SUFFERED FROM GASTRITIS."

"RALSTON LIFE" is for your exclusive use. Do not loan it; do not allow it to be borrowed, read or used by any other person except yourself. It is a very easy matter to keep your pledge.

The matters to be entered in your personal record are for five years, and may be understood by replies to the preceding questions, all of which must be entered in your own handwriting, unless you are too ill to write, in which case you may employ another to make the replies for you.

## HOW TO MAKE SICKNESS IMPOSSIBLE.

**There are two classes of Ralstonites:** Those who are well and those who are sick. The latter, if in earnest and faithfully pursuing Ralston methods, are gradually coming into class one. They are getting well. Scores of thousands have already got well, and have joined the ranks of the first class. To them and to all such we would say that steps should be taken to prevent their ever becoming ill again. What, not get sick even when the inevitable end of old age is at hand?

**Old age itself and the sleep of death** are not dependent upon sickness. Human life ripens and we fall asleep for the last time, just as we do every night, and thousands die every week who are neither sick nor suffering. Everything, every kind of life and every human being is born to mature, to ripen and to die. From the first germ of the initial cell to the last maturing growth, nature is heading but one way. The claim that death is unnecessary is not scientific. The other claim that great care may lead to a very great age is not capable of being sustained as long as present conditions continue.

**These two facts are very important** and should be fully understood. Death will always follow the ripening process of life, unless a new race shall come upon earth endowed with powers to defy maturity; and that does not seem possible as long as all other species ripen and die, for man is merely intelligent plant life. He is part of the plan of vegetation. He has no cell or tissue in his body that is not of vegetable structure, despite his meat-eating habits. Not only is death certain, but extreme old age is not probable while present conditions prevail. The most we can hope for is to make sickness impossible, and this is attainable if sought in a reasonable way.

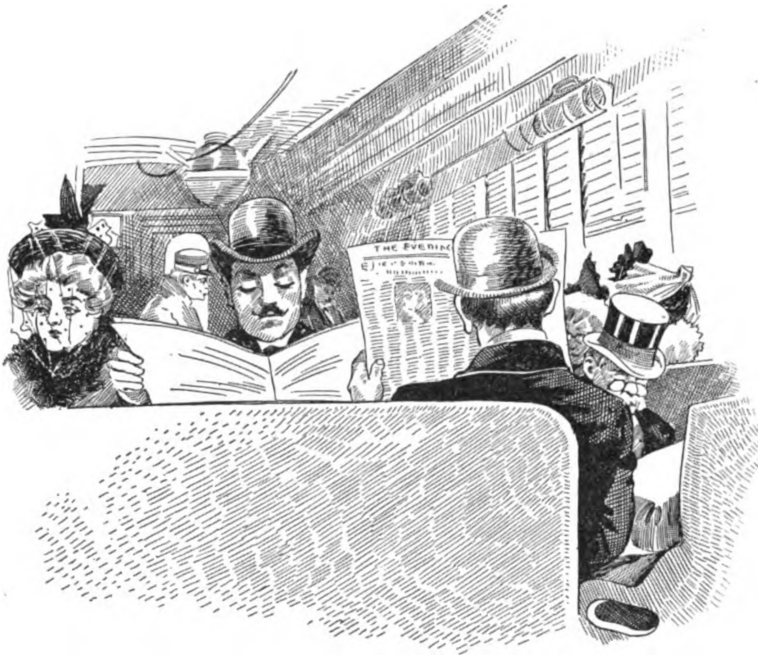
**By extreme old age** we mean that accumulation of years that equals the oldest of persons now living. There are more than six hundred men and women in this country at this time who are over one hundred years of age. Many of them are not as decrepit or as helpless as hundreds of thousands of people who are under sixty. Of those who are past a hundred there is a large majority who never experienced sickness; while others were of





frail constitution in early life and made a good fight for health and got it. Having secured that boon they never lost it again.

**They should be our example.** We know of many Ralstonites of twenty or more years ago who were sickly; they were of various ages from fifteen to fifty; they felt a certain hope dawn upon their lives by being told of the success of invalids who had conquered their frailty and had come into robust health by attention to the laws of hygiene; and they proceeded to do the same thing.



**"THEY HABITUALLY READ THE PAPERS, NOT NOTICING THAT THE JARRING OF THE CARS WAS DESTROYING THE FOCUS OF THE EYES. THEY INHERITED STRONG SIGHT, AND WONDERED WHAT CAUSED THOSE HEADACHES AND GROWING DIMNESS OF VISION. HUNDREDS OF THOUSANDS ARE DOING THE SAME THING AND ARE WONDERING ALSO."**

They overcame inherited weakness of constitution and are living to-day, with a desire to dwell on this beautiful earth for many years yet. Here, now, is your inspiration.

**You must discard the idea that old age is undesirable.** It is not, if it is of the kind that you can make it. Persons are living to-day of the age of a hundred and over who do all their work;

and, when asked if they are tired of existence, they say No; they evince greater eagerness for living than do many young persons. In the world of finance and business there are men in their eighties who are intellectually keen and bright, who still enjoy life. They are as acute in judgment as when in their forties or fifties. They place a high value on life and hope to have much more of it ere their call comes. Then lay aside all foolish sentiments which we hear so often expressed, that you prefer to die before age has made you helpless.

**Age has no right to make you helpless.** You can be helpless at thirty if you let disease master you. Set about and take the reins in your hands and drive for yourself. Now disease sits upon the box and controls you, for you permit him to do so. If you are perfectly well to-day you stand less chance of an independent old age than if you are sick at this time. Why? Because, if well, you rely on what you suppose to be a strong constitution, and you do not realize that your present good health may be gradually battered down by a long succession of small assaults upon it. You feel that you can endure this, that and the other little abuse, because you have endured them in the past. The rock is being worn away; and, when it falls, it will come down with a crash. How many, many persons have we known who never felt the need of being careful during their possession of health, who even boasted that they could eat anything and meet any exposure without danger, and yet who were gradually undermining their health by a steady indifference to the laws of nature.

**If we were to select from among** the men and women of to-day, those who stood the best chance of reaching the age of ninety or one hundred years, with faculties preserved and with freedom from a close dependence on others, we would choose those who are of weak constitution, or those who are not well; for they would be more likely to appreciate the blessings of returning health, they would try harder to remain well after they got well, and they would bring a greater degree of intelligence to bear on their efforts to secure mastery of the body.

**We speak of class one as including** those who have good health and wish to retain it; and of class two as those who have lost good health and wish to regain it. We have, in these many years, seen and known of scores of thousands of those who were in class two, who eventually entered class one, and who are still

there. Think of that. Think of scores of thousands of Ralstonites who did not have perfect health when they entered the Club, yet who wanted it, got it, kept it, are living to-day, and have remained in class one for years. They have learned how to make sickness impossible. That is our study at this time.

**Do you wish to learn how to make sickness impossible?**

If so, the first thing to do is to resolve to make use of such opportunities as abound in your daily life. We do not expect you to make new environments, for necessity or custom too often controls you. All we ask is to take advantage of what opportunities you already have. This will be easy. We know well that you may not have the facilities or conveniences for taking care of your health that others may have, and so we have presented a plan that can be easily adopted by you no matter how you may be situated.

---

## AN EXPLANATION OF THE METHODS OF THE RALSTON HEALTH CLUB.

---

"There are some people who scoff at health until they lose it, and then are cowards until they regain it."

**As is now well known**, this Club is doing a grand work in every part of the country. There is scarcely a locality where its members are not found.

By reading its Creed it will be seen that the object of the Club is three-fold:

1. The attainment of perfect health.
2. The restoration of youthful vitality.
3. The postponement of death as long as possible.

These we claim, may be accomplished by the observance of **NATURAL LAWS**, without medicine, and without cost.

**Thousands of people** die every year of diseases that should never have caused death. Hundreds of thousands are suffering from ills which are the result of ignorance, and which could not exist under the Ralston treatment.

**The vast sums** of money paid for medicines are drawn from unthinking people for mere nostrums, which are positively injurious. The lining of the stomach is eaten into and partially de-

stroyed by these drugs; the blood impoverished, and the nerves prostrated. Men grow rich selling medicines which do no good. The vast trade in such cure-alls could not exist if the Ralston regime were adopted; and families would save, every year, many dollars, which are now idly thrown away.

The famous Dr. John C. Gunn, in his great treatise (page 34), says: "And I now give you my opinion, founded on long observation and reflection, that if there was not a single physician, surgeon, apothecary, chemist or druggist on the face of the earth, there would be less sickness and less mortality than now takes place."

We do not agree that physicians should be or could be dispensed with; but they should be honest, and entertain an honest desire that their patients should recover health as speedily as possible. Honest physicians, knowing well that invalids cannot recover by medicines alone, will bring their patients into the Ralston Health Club. *It is an amazing fact that the majority of our members have been induced, and some ordered by physicians to join this Club.*

"If you really want good health, this is the best way of getting it," they say.

These physicians, some might claim, would lose their practice, if their patients got well. This is not the case. Sickness will never cease, for thoughtless people will always abound; and the physicians who send patients back to health instead of onward to the grave, must be regarded as successful practitioners, and success wins. Therefore the physician who recommends membership in the Ralston Health Club, and thereby aids his patient to get well and *remain* well, will win a larger practice even among the careless and thoughtless people, by reason of his success.

Every fact and doctrine of the Ralston Health Club is founded upon good, plain, common sense, sustained by science, and for this great reason good physicians take pleasure in recommending the Club.

This method is of COMMON SENSE, because,—

1. It admits that disease and death are caused by the waste, wear and tear, and break-down of one or more parts of the body.
2. It discovers the CAUSE.
3. It CHECKS the cause.
4. It employs no medicines.

**We speak advisedly when we declare that the organs—the liver, heart, stomach and kidneys—*quickly regenerate themselves* when the irritating causes are removed; that THIS METHOD removes such causes, cleanses them and gives them new life. We are prepared to *prove* that any disease *may be completely cured without medicine or cost*. For this reason, knowing the importance of so great a discovery to the world, we seek to carry it to every man and woman in the land.**

**We propose that every member of the Ralston Health Club shall possess the following advantages over the rest of mankind:**

1. A strong physique.
2. Perfect complexion.
3. A magnificent pair of lungs.
4. A perfect heart.
5. A healthy stomach.
6. A perfect liver.
7. A clear, bright skin on the entire body, free from humor or blemish.
8. Sound kidneys.

**No person possesses all of these, however good the health may seem.** Disease quietly undermines some organ, while we have no suspicion of its existence, until it suddenly bursts forth. A man quite recently said that "he never had a sick day in his life," yet in three months, died of Bright's disease. How long had the disease been present in his system? "Over a year," said the doctor. He never knew it, and was boasting of perfect health while a fatal malady was feeding on his life.

**For many generations the question of the physical value of the body has been discussed and dealt with in practical ways by eminent scientists, and there seems to be an opinion that the details that make up the body may be regarded as having certain maximum chances for longevity as follows:**

1. The skin may last for nine hundred years.
2. The bones may endure for thousands of years.
3. The heart may endure for three hundred years.
4. The liver four hundred years.
5. The stomach nearly three hundred years.
6. The kidneys two hundred years or more.
7. The lungs fifteen hundred years.

H. J. Webber, in the *American Naturalist*, February, 1892, says: "Of certain organisms, however, we cannot predicate that death will occur. On the contrary, for the Protozoa and probably Protophyta, it has been determined that there is no death. They are, according to Weismann, immortal, so far as normal death is concerned. Accidental death must be considered, and the ravages from higher animals to which the Protozoa and Protophyta are exposed are enormous. So methods are provided for the reproduction of the species."

**The Bible records the extreme age** of the earlier patriarchs to be from three hundred up to over nine hundred years. Is that a fraud? Disbelievers and believers have tried to account for the Bible statement on various foolish hypotheses. "A year meant less than 365 days." Why so? If those old Bible men did not live for hundreds of years, then the Hebrew language is wrong, the English translation is wrong, the inspiration was wrong, and it is wrong to leave the statements in the Bible.

**They knew** what GLAME was. They knew how to get it out of the air and sunshine. The earlier races of the world were guided more by instinct than we are to-day. History shows that. They possessed probably an instinctive knowledge of the value of GLAME, since lost. The word GLAME was in their language, but never has been reproduced in any language since then; the Greek word, *glama*, having only an accidental approach to the spelling, and being in no way related in meaning, or philologically.

**While the skin may live** for nine hundred years, the bones for four thousand years, etc., it does not necessarily follow that the Creator has made an unequal body; for nothing in nature is composed of parts that have an equal value. Nothing dies by going to pieces all at once, as did the wonderful one horse shay. In every human being some parts have much greater enduring qualities than others. Death by old age is genuinely a falling asleep never to awake again in this world; but, as most persons die of disease, some organ or faculty gives way first. A chain is no stronger than its weakest link. A body is no healthier than its weakest organ.

**We are often asked by new members**, never by Ralstonites of years of membership, why we make happiness one of the foundations of health? Our answer is that we are after a certain result, a power that is the mainspring of vitality, by which the impulse

of healing is made as prominent as possible in every person. Youth abounds in this power. It is what makes the infant grow up into a larger body; and, without it, the child would never be a man or woman. Few people realize that a wound, or cut, or fracture in the body of a young person heals much more quickly than in one who is old. The healing power is founded upon an impulse



"SHE SAID SHE DIDN'T CARE SO MUCH FOR WARMTH OF DRESS AS SHE DID FOR A NATTY APPEARANCE. SHE RATHER ENJOYED THE BLIZZARD AND SLEET, BUT SHE NOW WONDERS WHERE SHE GOT THAT AWFUL COLD AND LA GRIPPE THAT HAS SETTLED INTO QUICK CONSUMPTION."

that is more abundant in youth. We have seen a similar impulse established in men and women, and its curative or healing power is marvelous. Let us call it **GLAME** for convenience. Any other name will do as well, if it represents this vital force of healthy youth.

Now it is well known that happiness is charged full of this impulse, although it is not alone it. Wherever happiness prevails there is a much better chance of health, if the happiness is physical. Ralstonism teaches the three H's:

### HEALTH—HOME—HAPPINESS.

Let us cherish them. If you have no home in the accepted sense of the word, you should have some attractive quarters, however humble, some place that draws you to it by magnetic influences, where "WELCOME" is seen on every threshold. Before there can be a home there must be happiness; and, for lack of happiness, thousands of the homes of America are destroyed every year. The basis of society, of good government, of moral life, is in the permanency of home life.

**Happiness, therefore, is the foundation** of home life, and must precede it. It is a magnet that draws the children and parents around the board, or to the glowing hearthstone; the light that shines afar from the window, and lures husbands and wayward sons to a better place than the outer world affords. But happiness is not self-created. It is the natural offspring of HEALTH, as HOME is the natural offspring of HAPPINESS. Ill-health makes men cross and women irritable. "How do you expect me to be pleasant when my head is racked by excruciating pain?" "I have no nervous strength, and I am always peevish." "O James, James!" cried a wife, "I have been a thorn in your side for all these years, but my nerves have been unstrung by the torments of disease." It is all too true that ill-health is the cause of irritability, and often crime; for disease undermines the judgment and gives the tongue and body undue haste of word and deed.

"**Crime is a disease,**" say the physicians. The nerves are part of the brain, and the brain is a part of the nervous system. If the nerves are weak, digestion, respiration, and circulation are weak. Thus, weak nerves lead to a breaking down of organic vitality, lingering suffering, and consequent death. On the other hand, an abuse of the simple laws of life will overthrow the perfection of the nervous system, and buoyancy, the sister spirit of GLAME, is dethroned. The kitten in health will play and thrive, because health inspires happiness, and happiness begets GLAME or vitality; but as soon as the kitten becomes ill it droops and pines.





Nearly all medicines torment the nerves; some quiet them by deadening their life, and greater torments ultimately follow. Here is the circle of perpetual disease and ill-nature; some one breaks a simple law of health; sickness ensues; medicines are taken to restore the health which nature gave and would give again if she were left to herself; nerves are attacked; organs refuse to do their proper duty; new remedies are tried; and irritability of nature, than which nothing can more surely destroy health, happiness, and home, is absolutely certain.

---

### OUR CREED.

Many years ago we published the old Creed of the Ralstonites, but have omitted it in late years, as we thought our members might, at least some of the unthinking ones, get the idea that a creed always meant religious association; but as they now know that Ralstonism is a purely secular blessing, just as a public park is, a strong desire has been expressed for the Creed again. In all these years it has not been changed, nor is any alteration needed. It tells its own story.

Members of a progressive organization love some anchorage. They look with pride upon any crystallized form of their convictions; especially those that are innermost in their lives as far as a great cause affects them; and these articles of their secular faith have been cherished by countless numbers for many years. The new ideas will be made clear to you as this volume proceeds.

---

## CREED OF THE RALSTONITES.

ARTICLE I.—We believe in the existence of a LIFE PRINCIPLE, or vitality, buoyancy, or spiritual energy, which is superabundant in good health, and is lacking in sickness, as may be seen in the lives of persons. For convenience of name we call this vitality GLAME; and we believe that it dwells in the uni-

verse, and may be drawn into the human body by an act of the WILL expressed in certain exercises invented for that purpose.

\*\*\*

ARTICLE II.—We believe that the absence of vitality, or GLAME, is the cause of ill-health, and is also caused by ill-health; that, during sickness, the buoyancy of the body droops, but returns again with the restoration of health; and that vitality, buoyancy, cheerfulness, GLAME, or by whatever name it may be called, is an impelling force, which may direct all the impulses of growth and development.

\*\*\*

ARTICLE III.—We believe that (as no scientist has hitherto made a special study of this LIFE PRINCIPLE) the ignorance of the human race upon this, the most vital fact of existence, has much to do with the prevalence of disease, the untimely approach of old age and death.

\*\*\*

ARTICLE IV.—We believe that it is possible for man (by special study, experiment, and investigation) to learn about the LIFE PRINCIPLE OR VITAL SPARK, called GLAME, and to draw it into the body, and increase the power of our vitality for the purpose of securing health, and prolonging life.

\*\*\*

ARTICLE V.—We believe that as a weakened vitality yields quickly to disease and death, so a strengthened vitality may baffle these monsters for many years, and delay even the approach of age.

\*\*\*

ARTICLE VI.—We believe that ill health is due to one or more of the following causes:

1. Inheritance. 2. Carelessness. 3. Ignorance. That medicine is positively injurious, and unnecessary, except in a crisis, and even then is only the substitute of one ill for another; and

that exercises and regime for the generation of the LIFE PRINCIPLE called GLAME will give a diseased body a NEW BIRTH.

\* \* \*

ARTICLE VII.—We believe that the adulteration of food is increasing every year at an alarming rate; and is the cause of diseases of the liver and kidneys; and that every man and woman in America should aid in an organized effort to drive these adulterations from the market.

\* \* \*

ARTICLE VIII.—We believe that a knowledge of what is the best food for the stomach, and the obtaining of such food in a pure state; also the cultivation of habits consistent with the laws of health; and the practice of exercises for increasing the power of the LIFE PRINCIPLE, *must* and *will* result in absolutely *perfect health*, and the prolongation of human life far beyond its present duration.

\* \* \*

ARTICLE IX.—We believe that there are ways of preventing, and ways of curing, by natural methods, without medicine and without cost, all the ills that "flesh is heir to," from common headaches and colds, to the great incurable diseases, so called.

\* \* \*

ARTICLE X.—We believe that, as every honest physician should be willing to encourage the rapid recovery of his patient by the aid of nature as found in the Four Cardinal Points of Health, so should every patient in cases of necessity employ a physician of the Ralston Health Club, all other things being equal.

\* \* \*

ARTICLE XI.—We believe heartily and unreservedly that the Four Cardinal Points of Health are founded on nature's primeval, permanent, and perfect laws of existence.

\* \* \*

ARTICLE XII.—We believe that the HOME is the mother of the great moral and social fabric of the nation, of advanced civili-

zation, individual prosperity, and national supremacy; that HAPPINESS is the father of the HOME; that HEALTH is the progenitor of HAPPINESS; and, through nature, that perfect health may attend the life of every human being on the face of the earth.



Now compare, if you will, the Fifteen Propositions previously presented and the Creed as just stated. The former introduce the foundation theories of Ralstonism; the latter is the moving impulse of its power. What shall be done with this Creed? It must be acted upon if health is sought. No person of well-balanced faculties goes long in life without winning success. If the faculties are not well balanced, there is a part of this book that is devoted to the subject that will prove abundantly helpful to you. Success and competence are more likely to inspire a desire for living, than are poverty and failure.

Now, assuming that you desire a prosperous and independent prolongation of life, let us see what are your chances of securing that boon. When you die the cause should be the natural going to sleep that attends the running down of the machinery of the body; but there are three classes of

#### CAUSES THAT PRODUCE DEATH.

1. Accident.
2. Disease.
3. The gentle sleep of ripened age.

**ACCIDENT.**—What is an accident? It is the intervention of some force of nature or act of man that cuts off life. It may be the result of a purpose, or it may be due to carelessness or some tragedy over which no man has control. Death from the last named cause is very rare; it might include an earthquake, or something as extraordinary as that. But so rare is a natural tragedy that we do not propose to consider it at all.

In this country alone there are ninety thousand deaths every year from accident; taking a low estimate from the facts shown. Of these there were nearly four thousand that were caused by



horses, mostly in runaways; and less than two thousand that were due to railway accidents. The horse of flesh has always killed twice as many as the horse of iron; in some years four times as many. This statement was challenged a few years ago, and we asked our friends to keep an account of all deaths due to horses,



"THIS YOUNG LADY WAS SEVENTEEN WHEN SHE DIED OF PNEUMONIA CAUGHT BY EXPOSURE TO THE CHILL WINDS. HAD SHE LIVED SHE WOULD HAVE INHERITED FIFTEEN MILLIONS OF DOLLARS."

and all that were due to street and locomotive railways. In twelve months they had accumulated so many of the former and so few of the latter, comparatively, that a very pronounced opinion was completely changed.

**Whatever is the result of carelessness** may be averted. If it is possible to run a train in safety one week, it is possible to do

so always. It is only when a monotonous period of escape from fatalities has dulled the keenness of vigilance that these accidents occur. So it is with the horse. What man who has seen a beloved daughter dashed to death beneath the hoofs of a runaway steed, will not take measures to protect his other children. When the people wish to do so, they know how to enact laws to prevent fast driving, or the use of nervous horses. It is very likely that the automobile will displace all horseflesh in cities; and then the blame is certain to be more readily fixed. The danger then will be on grades, as now in the electric railway, when smooth roads or tracks allow the car or vehicle to run away. Yet all these and other accidents in travel might be averted. Take, for instance, the single track system of the B. & O. R. R. between Cumberland and Connellsville on the way to Pittsburg, where many millions of dollars and many scores of lives have been lost; all or almost all of these casualties could have been prevented by the laying of another track and at much less expense. Other roads are equally guilty. We cite but one.

**Then look at the list of women and children who have been burned to death by the use of a certain kind of matches, the makers of which are criminals in one sense of the word. They produce a match that lights when struck upon any surface; but, in lighting, it makes a short explosive sound and throws off bits of brimstone, or parts of the ignitable end, that may be small or large, and that go often a distance of twenty feet. This kind of match is in more common use than any other. Let us see what it has done. When an attempt is made to ignite it by friction, the slight heat caused by rubbing induces an explosion of the end, as though the fire were dependent upon that method of action.**

**This explosion consists of a short, crackling sound that is generally sharp enough to attract attention. The brimstone, in a majority of cases, is burning as it flies. We saw a piece lodge in the hair of a little girl several feet away from where the match was struck. In another instance we saw a lace curtain ignited by a similar match, although it was fully ten feet away. Our own members have called our attention to the fact that this kind of match has destroyed quite a number of houses, and in the same way; and that lives have been endangered. From authentic accounts we find that more than thirty women have been burned**

to death by stepping on the ends of such matches, or on pieces of brimstone that fell unignited to the floor or ground. Three such cases occurred in a period of a few months. Women stepped on the fragment of brimstone; it was ignited; and the fire was communicated to the clothing, causing a horrible death. It was such a match in the hands of a man who was lighting a cigarette that set fire to the lace curtains of a New York hotel recently; and, although it was at midday, the flames destroyed sixty lives. The means of prevention is to legislate against such matches; or else refuse to use them. While instances of actual death are scattered, yet one holocaust of sixty lives places this match in the same category as a railway horror. No one knows who may be next. In our own experience we have had curtains set on fire at two different times; have known of seven women igniting bits of brimstone beneath their skirts by stepping on unexploded fragments of such matches, and have seen a burning particle fall upon the dress of a little child; and only by quick action have serious consequences been averted. Safety depends on carefulness. The use of any brand of safety match is the best; the kind that cannot be lighted except upon a specially prepared surface; or else the non-explosive kind that does not throw its brimstone when it is scratched.

**We have selected one or two** of the causes of death by accident. They serve as illustrations of what is meant when we say that vigilance may prevent their occurrence. What mishaps constitute accidents may be determined by the definition that any death that is not due to disease or to the sleep of old age, is chargeable to accident. The word means "that which happens;" and not necessarily that which happens either by chance or by unforeseen circumstances. Of course this is not always its popular meaning.

**We now come to the consideration** of death or sickness as due to disease, and this leads to the inquiry, How can disease be prevented? If you are already an invalid, your place is in "Ralston Gardens," the method of entering which is stated at the end of this volume. By that means you may conquer your malady and get back into Class One, where nature intended you to be at all times.

## HOW DISEASE MAY BE PREVENTED.

**You, who are in Class One,** should see to it that you do not fall into Class Two. The former includes all who have good health and wish to retain it. The latter (Class Two) includes all who have lost good health and wish to regain it. We now proceed upon the assumption that you are in good health. Do you wish to retain it? If so, you can do so. Or, if you are in Class Two and wish to get into Class One, you may do that; and, when there, you may act upon the following suggestions for preventing disease.

**The prolific causes of ill-health** are all due to ignorance or indifference, and the latter word includes abuse as well as carelessness and a direct defiance of the laws of health. We will start a day in the life of careless persons, and will go with them through the routine of activities to see what they do. Let us call these incidents. They may be numbered as follows:

**1st Incident.**—They arise in the morning. We enter the sleeping room. The air is foul. It has been growing fouler all night, but it has for many hours been too impure for the lungs. The fault is generally that the room is too small. Cold, chilling air of the night is dangerous, and more so in a room where the window must be widely open in order to admit sufficient change for the purposes of health. Such a room should be well aired all the evening up to the time of retiring; and, if the window is to be left open, the clothes on the bed should be very heavy, and a loose-fitting cap for the head is necessary to ward off neuralgia which almost invariably follows a night of repose near an open window. The rule is the head should not be bare when the temperature is less than sixty degrees.

**2d Incident.**—There is an odor of urea in the room. On looking under the bed or in the washstand there is a vessel. The vapors from this have been inhaled all night or part of the night, and no wonder there is rheumatism from the presence of uric acid in the blood; or catarrh from impurities in the system. It is said that in more than ninety per cent of sleeping rooms these vessels are found, and nothing is thought of leaving them uncovered. Here is rank poison for the lungs.

**3d Incident.**—The operation of dressing begins. The underclothes are soiled but are put on nevertheless. The stockings,



for instance, if held to the nose would give out a fetid odor; yet, because the feet are far away from the sense of smell, it is supposed that they can endure it, when the hygienic fact is that the feet require as much cleanliness as the face.

**4th Incident.**—Some washing of the face is done. The soap is too harsh. It probably is made of some decayed grease concealed by a strong odor to make it fragrant, when the safer way is always to use unscented soap. Then the water is insufficient to remove the smell, and it is carried about the neck and hands and face for hours, doing injury to the fine cuticle.

**5th Incident.**—A towel is employed for wiping, but it is sour. The odor of fermentation is slight at first, as a hot iron was used to counteract the insufficient washing in the laundry; but the smell is there and will come out with the least moistening. That towel was washed in a tub with every kind of human filth from the mixture of clothes; it was scantily washed; the animal matter was never got out of it; so it now has a sour smell. Yet people wonder why inflamed eyes, red nostrils, cold-sores on the lips and pimples on the face and neck are so common.

**6th Incident.**—The hair is combed and brushed with unclean utensils. That comb held up to the light discloses a thick collection of gummy stuff composed of scalp flesh and other material. Under the microscope we see countless millions of disease-germs that are multiplying while the comb is carried about in the pocket; and, when it is run through the hair, many escape to find lodgment in the roots and under the flaky cuticle. Here they eat into the roots of the hair and set free a lot of dandruff. If that comb were cleaned and scalded just before using, the hair would not fall out so fast, nor would the scalp shed so much dandruff.

**7th Incident.**—The teeth have been collecting diphtheria and canker germs during the night, and these have been multiplying also. If a little antiseptic wash, such as strong salt water, or fine salt itself were put on the brush, it would save the teeth and throat and sweeten the breath.

**8th Incident.**—The first drink of water in the morning was swallowed. This was wrong, as the germs were sent to the stomach, and some of them may have stopped at the throat or got to the lungs. After the antiseptic cleansing, let the mouth be thoroughly rinsed out before anything is swallowed.

**9th Incident.**—The next occurrence is breakfast. It is taken without a whiff of fresh out-door air to throw off that dullness of the head; and without a good stretch or two that shall send the blood coursing through the lungs and down the digestive tract to invite a hearty appetite. From the sluggish air of the bedroom to the dining table is not an exhilarating step.

**10th Incident.**—There is a muddy-yellow hue in the eyeball, the skin of the face is dull, and the appetite halts. It must be aroused by some flavor or stimulant. It seeks no food; it must be sought. Then the stimulant is used, coffee being the most common. If it does any real good and no permanent injury use it.

**11th Incident.**—Here now are starters to excite the gastric juices. Light, thin, juicy fruits are the best. Bananas, in four cases out of five, would do serious injury to the intestines if eaten at the morning meal. Then comes a possibility of breakfast foods; and the chances are 999 out of 1000 that they will be undercooked; or, if cooked enough, they will be soggy and unpalatable.

**12th Incident.**—For bread or its substitute there may appear such things as pancakes, fried bread, waffles, buckwheats, or similar sickish foods, which yield no good nutrition and do more injury than can be righted in the next twenty-four hours. Persons who indulge in such diet are very uncomfortable all day long.

**13th Incident.**—The meat is likely to be ham or bacon or hard fried pork, or other indigestible viand, instead of plain broiled wholesome steak, or well cooked eggs.

**14th Incident.**—The taste for hard fried thin potatoes is probably to be gratified, and the stomach is in distress all day.

**15th Incident.**—Then they rise from the table, not knowing exactly how they feel, and the forenoon is begun. If there is mental or clerical work to be done, the body will not be erect; it will lean over; the neck will be craned; the chest will be fallen; and all the vital organs will be down and crowded so that free action is impossible. This will reduce the respiration to a minimum and the vitality will weaken in consequence.

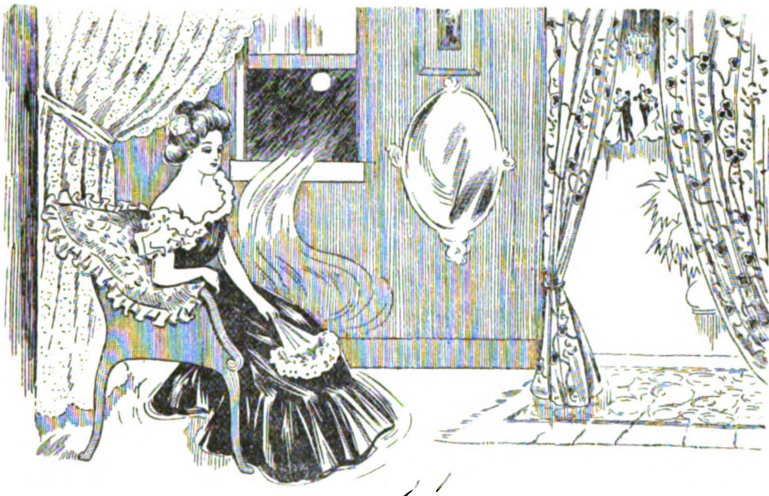
**16th Incident.**—The noon meal will in nine cases out of ten be a light lunch unaided by fresh air or recreation, so that the digestion is deprived of its natural stimulant, true hunger. Artificial stimulants must of necessity be craved; and their use makes future appetite and relish less keen.



**17th Incident.**—The two meals of the day having been failures, the system is naturally depressed. Weariness that would not have been felt with twice the amount of work imposed, is now doubly irksome; but the system, out of sheer exhaustion, is awake to the idea that a hearty meal must be eaten.

**18th Incident.**—The supper, which should be lightest of the three meals of the day, is made a dinner, and is generally the heaviest repast. The fuel is being piled in when the engine has done its work.

**19th Incident.**—To throw off the effects of the heavy supper several hours of activity are required; for the fuel must be burned.



"SHE GOT TERRIBLY OVERHEATED AND OPENED THE WINDOW TO LET IN A DRAFT OF COLD AIR. IT WAS A CLEAR NIGHT AND THE FINE SNOW DRIVEN BY THE GUSTS OF WIND SEEMED MOST REFRESHING. TEN SECONDS SUFFICED TO COOL HER OFF. SHE DIED IN TWENTY-FOUR HOURS."

If not, the sleep of the night will be broken by restless nerves and twitching muscles, even if the sleeper does not actually lie awake.

**20th Incident.**—Fretted by the unnatural order of the diet, irritated by the weariness that followed the two useless meals of morning and noon, half nauseated in the digestive system, the aimless humanity seeks rest. The removal of the clothing reveals the fact that the legs are grimed with dirt, the feet sticky and in

bad odor, and the general body gluey with a sticky urea; but the dissatisfied nature falls into bed for the night, too tired or indifferent to heed the physical uncleanness.

---

The foregoing are incidents in the career of careless persons. They may, in one or two instances, fit you. If not, so much the better. On the contrary, let us see what careful and ambitious people will do. They first ask what life is. Let us see what it consists of.

---

## A STUDY OF THE LIFE-PRINCIPLE. GLAME.

This force is so important to life and health, and is so little understood, that we propose to discuss it at such length as will serve to help Ralstonites to maintain perfect health at all times. In the first place, we must understand what this word implies. If there were any single idea contained in it, there would be no difficulty in finding a word for it out of those in common use; but it means a combination of several essential qualities, as follows:

GLAME CONSISTS OF { VITAL-HEAT.  
PHYSICAL-ELECTRICITY.  
NERVOUS-FORCE.  
ENERGY OF GROWTH.

All these four essentials are included in the one idea of GLAME. Yet each is separate. No one alone can stand for the full meaning of that one word; nor can any two or three do so. Take Vital-Heat out, and there is no chance for vigorous health. Take Physical-Electricity, or any of the others, and there is a certainty that disease will find access to the system. Let us see what these powers are.

1. **Vital-Heat is the warmth** that is generated in the body by the body's life. It is as necessary to existence as anything

else. It never leaves the body until death comes and the flesh is cold as clay; but, during life, it exists in many varying degrees of warmth, and health is dependent upon the maintenance of the proper degree.

2. **Physical-Electricity** is the power of the body to exercise the duties imposed upon it by nature of maintaining the life within it. Heat is essential to life, but is not life. That which comes into it at the dawn of its existence and leaves it at death, even before the heat goes, is Physical-Electricity, or the spark of life.

3. **Nervous-Force** is to the brain and nervous system what the spark of life is to the flesh; it may be a part of the same, but it is separate in its operations and its decrease means danger. Thus many a man and woman possesses Physical-Electricity who is nervously weak. This is seen in the case of persons who speak with magnetism and electrical energy, yet who have weak hearts. Being out of balance in the relationship, they are likely at any time to die almost without warning. The balance should be maintained by building up the Nervous-Force. We will see to that in later pages.

4. **Energy of Growth** is the fourth essential of GLAME. Everybody knows what is meant by this kind of energy. In the embryo, prior to birth, it brings two cells together and they increase and become four; these get big and each makes two; and in about twenty divisions they become a million; the thing is growing; it keeps on growing, for the impulse is stronger than the influences that combine to check it. The child is born; if the Energy of Growth is weak, the babe will be stunted or it may droop and die. Ordinarily it is superabundant in infancy and keeps the organism on the increase in development until such time as the body cannot furnish more energy than enough to stay at even bay the influences that ever seek to check it. But in time this energy weakens, and the counter-influences begin their process of ripening the body. That may occur in middle life or later; but the more vitality that can be imparted to the Energy of Growth, the longer the ripening process may be developed and the farther away age may be kept.

**All this is intensely interesting and valuable.** It will be constantly before us, not only in the present volume, but in the greater work of "Ralston Gardens." No wonder the word GLAME is necessary to express so much. No other word can do

it. If such a term as vitality could be substituted, we should be glad to use it ; but GLAME is the word, and it cannot be set aside. Even one of its parts, such as Energy of Growth, implies much in itself, for it includes that most necessary of all functions, the eager assimilation of nutrition. When it weakens, the power of assimilation weakens also, and health begins to fade. The organs, the flesh and the brain begin to atrophy, and the organism is ripening. This may, and should, be delayed as long as possible. Life will be more buoyant and more enjoyable. Let's see how to do it.

---

### HOW TO ACQUIRE GLAME.

**No study or practice in all the scope of human life can equal that which leads to the acquisition or increase of GLAME.** If you possess Vital-Heat, Physical-Electricity, Nervous-Force, and Energy of Growth, all in well-balanced proportions, then you have GLAME, and even then it may be greatly increased. If you possess any one, any two, or any three of these, but not all four, then you are utterly lacking in GLAME, and ill health has you in its grasp, whether you know it or not ; and the same is true if there is a lack of balance among them in case you possess them ; or if any one is not in normal condition. By looking the matter over it is very easy to see the full force of this statement.

**We now come to the methods** whereby GLAME may be acquired. These are interesting and valuable. They are furnished in two divisions. In one division the practice is directed to an increase of the power ; and this volume is devoted to that work. In another volume, "Ralston Gardens," exercises are given for the original development of GLAME and its use in the cure of a certain class of diseases that cannot be helped in any other way. Many a hopeless case has been conquered by this powerful agency. If you think it is a theory, or a mere experiment, just note the tremendous increase of your own vitality that comes from the preliminary practice that is given in this book alone ; while the main methods are properly given among the many means of cure of the fifth degree book, "Ralston Gardens." Let us now see what these preliminary exercises are :

1. GLAME FROM THE AIR.
  2. GLAME FROM OVER-CLOTHING.
  3. GLAME FROM HABITS OF HEALTH.
  4. GLAME FROM CERTAIN FOODS.
- 

**Do not forget that all these** are merely preliminary exercises, and that the direct curative development of GLAME is obtained from the specific original exercises of "Ralston Gardens," the book that is sure to come to you under your pledge to advance five degrees in five years if Ralstonism saves you not less than fifty dollars a year. It is because of your certainty to win "Ralston Gardens" that we refer to it from time to time in this volume.

**In getting GLAME** from the air we practice what we call by a name that indicates the nature, the value and the importance of certain simple exercises. We give to them the name of

## THE HEROICS.

It is not because they are of stupendous difficulty, but that they require the heroism of patience, perseverance and persistency in order to pass through the hundred that are prescribed.

**One heroic** consists in taking into the lungs on any one day between sunrise and sunset one hundred hygienic inhalations. They are not difficult. We know of thousands of Ralstonites who take a hundred such breaths every day, year in and year out.

**The full course** is One Hundred Heroics. They may be taken in one hundred consecutive days, but it is better to take one occasionally, say one day in every two or three, or one day in each week. A faithful record must be kept with pen and ink in this book in the place provided. When the full number of one hundred have been performed this part of the practice is ended forever. The lungs will have been vitalized, and you will be a person of increased chest capacity as well as health-power. Lung diseases will never visit you, unless you are already subject to them, and in that case you need "Ralston Gardens" and its treatments.

## WHAT THE HEROIC IS.

**To perform an heroic** requires first that you get ready for it. This is done by learning the action of natural breathing, which is quite different from the way in which you may now breathe. The natural method is to learn to expand the chest to its full capacity on each inhalation and to contract the abdomen below the stomach on every exhalation. To do this properly get a rope and two friends. Remove any clothing that prevents full action, such as corsets or tight jackets. Put the rope around the waist and cross it in front, passing the ends to your two friends, one on either side. Now inhale as fully as possible, hold the breath for five seconds, then commence to exhale while the friends are slowly tightening the rope. They must not hurry. This gives flexibility, suppleness and fullness of action to the organs involved in breathing.

**Perform the above** preliminary action until the lungs can take a really deep breath. If it makes you dizzy, proceed slowly. Nearly all beginners get dizzy. Learn to contract the abdomen very much. Do not use force. Do not allow any tightening of the rope that will cause pain. Keep at this practice until you do not need the rope or the friends. You may then go on alone for a week or two, until at least a thousand full breaths have been taken deeply; then you are ready for

## THE FIRST HEROIC.

**You must be out of doors.** The air must be pure, fresh, and in the sunshine if in winter, or near the sunshine if in very hot weather. The sun vitalizes it. After having complied with the provisions of the preliminary practice you are to take a deep, full breath, slowly but with eagerness and a sense of pleasure in so doing, just as you would drink a full draft of cool water if very thirsty. The kind of eagerness required is that which inspires a deep inhalation when you dash cold water on the lower chest after removing the clothing.

**Hold the deep breath** a few seconds, not over five, and let it out quite slowly, occupying about three seconds in the inhalation, five in holding the breath, and seven in exhalation. The action should be smooth and steady, not jerky.



**When you are able to take one hundred such breaths on the same day between sunrise and sunset, you have performed one heroic.** You can take them on the street, while walking or driving; you can take them at the doorway or window if open; or wherever you can secure fresh vitalized air. The best way is while walking. It is not advisable to take all at once.

**This performing of heroics does not take any of your time.** From the moment of your birth until your death, you breathe; and it costs no more time to breathe one way than another. The truth is, when you have performed all the heroics, you will not discontinue them in after life; for the better feeling, the clearer brain and firmer heartbeat will afford you too much satisfaction to be easily discarded. It is a very enjoyable exercise. It takes no time. Perform it when walking. It attracts no attention. It could be done while driving or walking with a friend, and not be noticed.

**Avoid any excess of effort.** Do not cause pain to the lungs by a clumsy haste.

**If you wish to send the blood into all the tissue-structure of the flesh, with vitalizing energy, take a good, old-fashioned stretch while holding the breath, but not oftener than one stretch to every twenty inhalations.** Of course, this cannot be done out of doors in a public place; and it may be omitted altogether if there is no convenient opportunity for doing it.

**Do not forget that one hundred such breaths as we have described constitute one heroic, if all are done in the same day.** If ninety-nine or less are done on one day, and the remaining part on the next, it will not count as one heroic.

**Keep a private record in this book at the place prepared for it.** Use pen and ink, and be in thorough earnest. Success and happiness both come to those who are sincere. Flippancy and indifference are forerunners of failure and despondency. When, on any day, you have performed one heroic by taking one hundred such breaths as we have described and in the precise manner, then write the date in ink on this record. Thus, if you were to do it on June 10, 1903, then write that date against it, and so on to the end.

**You are under no obligations of any kind to perform these heroics.** It is merely a matter of conscience that you seek to build a greater vitality of the lungs and thus secure safety against

disease. When you have completed the one hundred heroics, you may consider yourself safe against la grippe, consumption, pneumonia, and all lung troubles, unless they are now already seated in the system; and provided, also, that you are "over-clothed" according to the directions given in this book. If you follow these methods it would be safe for any life insurance company to issue a policy in your case; and the company would make large profits in so doing.

PRIVATE RECORD

OF

M.....  
     General Club Number.....  
     Permanent Club Number.....

[Write your name on the first dotted line. Your General Club Number is on the box in which this book of "RALSTON LIFE" is sent. Your Permanent Club Number is given you when you become a Complete Ralstonite, which means the fifth degree, as stated at the end of this volume.]

I have performed according to the suggestions contained in the preceding pages the one hundred

HEROICS

at the times written in this record, which are as follows:

- 1st Heroic Performed.....
- 2d Heroic Performed.....
- 3d Heroic Performed.....
- 4th Heroic Performed.....
- 5th Heroic Performed.....
- 6th Heroic Performed.....
- 7th Heroic Performed.....
- 8th Heroic Performed.....
- 9th Heroic Performed.....
- 10th Heroic Performed.....
- 11th Heroic Performed.....

12th Heroic Performed.....  
13th Heroic Performed.....  
14th Heroic Performed.....  
15th Heroic Performed.....  
16th Heroic Performed.....  
17th Heroic Performed.....  
18th Heroic Performed.....  
19th Heroic Performed.....  
20th Heroic Performed.....  
21st Heroic Performed.....  
22d Heroic Performed.....  
23d Heroic Performed.....  
24th Heroic Performed.....  
25th Heroic Performed.....  
26th Heroic Performed.....  
27th Heroic Performed.....  
28th Heroic Performed.....  
29th Heroic Performed.....  
30th Heroic Performed.....  
31st Heroic Performed.....  
32d Heroic Performed.....  
33d Heroic Performed.....  
34th Heroic Performed.....  
35th Heroic Performed.....  
36th Heroic Performed.....  
37th Heroic Performed.....  
38th Heroic Performed.....  
39th Heroic Performed.....  
40th Heroic Performed.....  
41st Heroic Performed.....  
42d Heroic Performed.....  
43d Heroic Performed.....  
44th Heroic Performed.....  
45th Heroic Performed.....

46th Heroic Performed .....	
47th Heroic Performed .....	
48th Heroic Performed .....	
49th Heroic Performed .....	
50th Heroic Performed .....	
51st Heroic Performed .....	
52d Heroic Performed .....	
53d Heroic Performed .....	
54th Heroic Performed .....	
55th Heroic Performed .....	
56th Heroic Performed .....	
57th Heroic Performed .....	
58th Heroic Performed .....	
59th Heroic Performed .....	
60th Heroic Performed .....	
61st Heroic Performed .....	
62d Heroic Performed .....	
63d Heroic Performed .....	
64th Heroic Performed .....	
65th Heroic Performed .....	
66th Heroic Performed .....	
67th Heroic Performed .....	
68th Heroic Performed .....	
69th Heroic Performed .....	
70th Heroic Performed .....	
71st Heroic Performed .....	
72d Heroic Performed .....	
73d Heroic Performed .....	
74th Heroic Performed .....	
75th Heroic Performed .....	
76th Heroic Performed .....	
77th Heroic Performed .....	
78th Heroic Performed .....	
79th Heroic Performed .....	

80th Heroic Performed.....	
81st Heroic Performed.....	
82d Heroic Performed.....	
83d Heroic Performed.....	
84th Heroic Performed.....	
85th Heroic Performed.....	
86th Heroic Performed.....	
87th Heroic Performed.....	
88th Heroic Performed.....	
89th Heroic Performed.....	
90th Heroic Performed.....	
91st Heroic Performed.....	
92d Heroic Performed.....	
93d Heroic Performed.....	
94th Heroic Performed.....	
95th Heroic Performed.....	
96th Heroic Performed.....	
97th Heroic Performed.....	
98th Heroic Performed.....	
99th Heroic Performed.....	
100th Heroic Performed.....	

---

The performance of the Heroics is purely a voluntary matter on your part. You are under no obligations to do them. They are for your own good. They do not benefit us, except in the fact that when the health of any Ralstonite is improved some credit is given to the Club, and others become interested in its good work.

In case you do complete the one hundred heroics, we should be pleased to have a brief report of the same in order that we may file the same away in our archives. We cannot read long letters, as our mails are too crowded, but a report in a few lines may serve the purpose, and it may be as follows, if you choose to send it: "To Ralston Company, Washington, D. C.—I have completed the one hundred heroics, and have entered the dates

in my book of 'RALSTON LIFE,' the first being.....190., and the last.....190.. My General Club Number is....., and my Permanent Club Number is....." It is never necessary to sign your name unless you send an order, for we know our members only by their Club Numbers.

---

We come now to the methods of acquiring GLAME from "over-clothing," which brings us to the study of the life-principle and its exponent Vital-Heat. This is a step of very great importance.

---

## VITAL-HEAT.

**This is the fuel and force of life, but not life itself.** There are two kinds of heat—one that is generated in the body, the other that is supplied from without the body. The former is natural and very valuable; the latter is artificial and often injurious. In the natural heat of the body there is much of the life-principle that is needed for health. The more readily this heat is generated by the body itself, within its normal bounds, the greater will be the power to resist disease.

**The question of Vital-Heat involves** a number of counter-considerations, that are likely to mislead a casual reader. For instance, it is not the high degrees that are sought, for they are abnormal and show a consumption of the vitality, which is to be avoided. The strength and power of retaining a uniform fullness of heat that does not rise above the normal, must be considered the best ends to be sought in this direction. Some persons are warm in flashes, or at times, or in localities of the body, but do not maintain a fullness of heat in and through every part of the system, and hence they are not in good health. They should acquire not only a uniformity of heat, but also a fullness; yet the temperature should be kept at its full normal in even the remotest parts of the body.

**The trouble is that they have not heat enough for the whole body.** They are cold in the extremities or they are warm in all parts at times and are cold at other times. The fluctuations in

the feeling of warmth, or the easy tendencies to perspiration are evidences of weakness which can only be overcome by securing better health under the Ralston methods. While the Vital-Heat is not nervous life, the two are more apt to keep together than is supposed. Thus excitement, fright, quarreling, or the use of magnetism in conversation, in speaking, in dramatic work, or in



**"TWO YOUNG MEN WHO WERE TOO STRONG TO EVEN THINK OF GETTING SICK. SIMULTANEOUSLY CAUGHT FATAL PNEUMONIA ON A WINTER DAY, COOLING OFF AFTER PRACTICE. THEIR FUNERALS ALSO OCCURRED SIMULTANEOUSLY."**

singing, all consume nervous power; and, as the nerves give up their vitality for the time being, the heat of the body goes too, either at the time, or afterwards. The temperature may rise at once, to fall soon after, or the body may become cold without the intervening rise. These are studies of the highest importance in

life. Over-clothing as followed in the Ralston system is the only salvation from death by a sudden failure of the heart; for the latter organ cannot stand the loss of Vital-Heat and nervous power.

**People every day are prostrated** by the results that follow the escape of the Vital-Heat of the body. They look upon this warmth as something that should escape; so they are willing to sit at an open window where a chilling draft is blowing against them, or they will walk out on the street with thin clothing on, thinking that the northern blast cannot do them injury as long as they can endure it. We realize the value of toughening the body by a certain amount of hardihood, and we know that certain uses of cold weather are beneficial; but the rule of nature is that the body must be able to retain its warmth against the influences of cold weather. If you can feel a glow of warmth during the exposure to the northern blast, and if that exposure does not make the body cold or cool or chilly, then it may be that you are hardened to such conditions; but, even then, it is not best for your health to lose too much of the heat that is generated by the body.

**Men and women who are capable** of enduring extremely cold weather, or exposure to drafts, are not long-lived. Extreme heat and extreme cold are not best for the health, unless the body is clothed for them. Extreme heat is artificial; it forces the natural heat from the body; the vitality goes with it; and weakness results. This is true of extremely hot days in summer; it is true of extremely hot climes; it is true of extremely hot rooms.

**All outside heat**, whether of summer, of clime, or of indoor fires, acts as a substitute, and drives much of the Vital-Heat out of the body, thus causing weakness. In some cases the debilitation affects the whole system and leads to internal troubles that do not disappear until cool weather returns.

**The great law is** that the Vital-Heat is needed; and it is lost when any outside heat serves as a substitute. So, on exactly the same principle, a chilling draft that drives the Vital-Heat from the body is sure to result in loss of strength and pave the way for disease. Here are two opposite conditions that show the operation of exactly the same law.

**You cannot afford to lose** the Vital-Heat. A sudden chilling of the body will reduce it more in one minute than will a week





of excessive artificial heat, as of a hot room, a hot clime or a hot season. Therefore, first look out for the sudden chill. We wish to cite a number of cases the exact details of which have come to our knowledge by evidence that is perfectly accurate, and some of them we have personally verified.

## CASES CITED.

\*\*\* **A strong man**, one who had become inured to the severest cold, stood for five minutes talking with a friend on the steps of his residence. The air was keen and sharp. The man felt the chill, and went in. A severe cold followed. Pneumonia set in, and he died. He had been a well man all his life. The five minutes of exposure took too much of his body heat away, and it could not be regained. Of course, when the Vital-Heat goes, the vigor of the life-principle, or the "spark of life," is lessened and the question is, Can it be induced to return?

\*\*\* **A big, strong, hearty man** called to see us one evening. He lived within about a hundred yards of us, and the two or three minutes it took to walk the distance ought not to be considered as sufficient to allow the body heat to escape. He wore a spring overcoat, saying that the outdoor walk was not of sufficient length to require a heavy winter protection. On the way coming he felt a chill from the northern blast, and on the way returning he had to face the cold wind. His first remark on returning was that he had made a mistake in wearing a light overcoat. But it was too late. In less than ten seconds a sweep of a cold wind may take from the body all its surplus heat, and the next ten seconds another invasion is made on the vitality. We cannot afford to lose the Vital-Heat.

\*\*\* **The wife of a President** of the United States wore a low-necked dress to a reception. The weather was cool, but a slight draft blowing through the room robbed her of her body-heat; not all of it, but enough to make it difficult to recover the vitality she lost. The temperature of the rooms was about right, nor was there any reason to fear that too much air was coming in for purposes of health. The trouble was not with the room, the weather, or the temperature, but with the woman's lack of apparel. She said to a friend that she felt cold. Quick consump-

tion followed, and out of the supposed vigor of life she went to death.

\*\*\* **At that same reception** nineteen of the women who wore low-necked dresses caught colds that developed into pneumonia; three died soon after; eight more since died of lung troubles within three years; and nearly all caught catarrhal colds. Did it pay? The Vital-Heat must be maintained, and it must be generated by the body itself, not supplied from the outside. This is Ralstonism, and it means much in the battle for long life and perfect health. We will see a little later on what to do.

\*\*\* **At a ball** a young lady who got overheated while dancing went to an open window to cool off. She was "very uncomfortable," and must find relief in the cold air. It was blowing in on her at a rate that satisfied her demands. The loss of body heat meant also the loss of the life-principle. She never recovered.

\*\*\* **A girl** who had been sitting in a room where the stove had supplied too much artificial heat, opened the window to let the winter air cool her. Instead of reducing the artificial heat she reduced the natural heat, and was dead in three days. This idea that a person can afford to lose the natural heat causes many premature deaths.

\*\*\* **A young lady**, the only daughter of a millionaire, and the heiress to a great fortune, wore a thin dress to a reception, caught cold there, and died of pneumonia. Living, she and her family scoffed the idea that thin clothing might lead to the loss of body-heat and vitality; dead, she is mourned as a loss so irreparable that it is like tearing out the heart-strings of those who loved her; and it is very probable that if they could make a bargain with his inexorable majesty, Death, they might be willing to promise to clothe her properly if she might come back from that cruel and untimely grave. But how long would they keep that promise? How soon would that supreme indifference that makes these unnecessary graves sweep away all care for hygienic laws?

\*\*\* **A fond mother**, delighting in the display of the beautiful forms of her three daughters, encouraged them in the wearing of low-necked dresses, and all three died of pneumonia; yet each death was more than a year from the other, showing that the exposure was not a warning to mother or daughter. When the



third grave was being filled, when the earth was being shoveled upon the coffin, the mother for the first time was willing to acknowledge that her pride had sent three beautiful girls to their doom, and she was heard to make a silly promise that if her daughters could be given back to her they never should wear those décolleté dresses. Cowards after disease fastens its iron grip on the body, men and women defy the danger when facing its approach.

\*\*\* A party of women went to the theatre on a cold evening. They knew it was not safe to expose themselves in evening dresses, yet for the sake of display they endured the chilly conditions. Four were dead within a week; all the others suffered from severe colds, and one of them has since paid the penalty through the ravages of consumption.

\*\*\* We know also of a box party at a theatre that terminated in a similar way.

\*\*\* It is not the fault of the temperature, the theatre or the weather. It is the fault of the person. The weather, the theatre and the temperature all furnish artificial heat. The body is the only source of natural heat; yet the people let that go first, and blame the sources of artificial heat. While the cry of nature is for more clothing, the customs of society and the so-called "uncomfortable" feelings of the body are for more exposure. A few pages later we will suggest the proper adjustment of these conditions.

\*\*\* No one person hears of many deaths from exposure; so there seems to be no serious impression made on the public mind. Then the results are often remote enough to raise a doubt as to the real cause of the thousands of deaths every year from lung trouble.

\*\*\* Yet the woman who does not have some membranous trouble due to exposure or to insufficient clothing, is very rare.

\*\*\* Few men and women are sufficiently clad; yet most all of them are "uncomfortable" from their clothing. They do not know how to clothe themselves. It is possible, in a hygienic way, to wear heavier clothing, and yet never to be "uncomfortable." We will show how this is done, a few pages later on.

\*\*\* The results of losing the body-heat, whether by too high or too low a temperature (and it can be lost by either) are found in the ease with which every person catches cold, and in

the catarrhal conditions of the body. Men and women everywhere have some form of catarrh; maybe of the nose, or of the throat, or of the bronchial passages, or of the lungs, or of the thorax, or of the stomach, or of the liver, kidneys, intestines, bladder, or other parts; and their blood is gradually growing poorer. We believe that these conditions can be overcome under the Ralston regime.

\*\*\* The more mental work you do the more nervous energy is expended, and the more difficult it is to maintain the body-heat.



"IN EARLY SPRING HE WENT OUT TO PRUNE THE SHRUBS; AND HE RIDICULED THE IDEA THAT HE MIGHT CATCH COLD. HIS FUNERAL OCCURRED IN SIX DAYS AFTER."

Then you need more clothing to hold in the natural heat, as the latter is absolutely necessary to enable you to support nervous health.

\*\*\* A man rode in an open car in cool weather. He liked it. He died as a result. This habit is a common one, and men pride themselves on their ability to endure such loss of body-heat. They say they are perfectly well. We examined a large number of such cases and followed them up. These men had catarrh.

They were, some of them, of unsound kidneys. Even where they apparently had rugged health, they lost so much body-heat that they lacked the nervous energy required for brain efforts of a high order.

\*\*\* It is an almost uniform rule that mental work is very limited in its possibilities in all persons who are able to endure a great loss of body-heat. Coolness of the brain is useful as against a heated brain; but coldness is another thing. Either extreme is wrong. Vital-Heat is lost when the body is too cold or too hot.

\*\*\* Personal magnetism is never possible in the case of a person who is capable of enduring loss of body-heat. The power is always associated with the ability to generate and to retain a great amount of the natural warmth of the body. Its use always leaves the system chilled. Rufus Choate, the most magnetic lawyer of the past century, wore five cloaks, he was so cold. As he warmed up in his address to the jury, he took them off one after the other; but he put them all on again after he got through. The expenditure of magnetic energy always depends on Vital-Heat which it creates at the time; and the body must be "over-clothed" afterwards, or the unusual loss would bring on a collapse of the general vitality. These laws are of very great importance.

\*\*\* Look at the people in a railway train. There are fools at the windows. They open them to sit by the fresh air, which means in such cases air loaded with dust, dirt, smoke, cinders and foul gases, as well as with discomfort, danger, disease, and possible death to the frail women and children who sit in the seats next back of the fools; for the moving train causes the air to come in slantwise, so that the fools escape in part and the innocent suffer.

\*\*\* Countless cases of catarrh and lung troubles follow the indiscretion of sitting out of doors at a game of football, or baseball, or at a race.

\*\*\* A woman and her two daughters went driving on a cool afternoon; but they thought a heavy wrap unnecessary. All three caught severe colds, and one died from the effects. The loss of the body-heat reduced the general vitality.

\*\*\* A girl sat at a window reading a novel. She liked the fresh air and thought that was the best way to get it. The loss

of the heat of her body led to a fatal sickness traceable to that exposure.

\*\*\* **A woman stood** at a door bidding good-bye to a friend. She lost too much body-heat, fell sick and died. This occurrence is so frequent that it may be called a typical case.

\*\*\* **Three men stood** for several minutes on a very cold stone pavement. All three got chilled by the exposure. They wore thin-soled shoes, which allowed the cold stones to draw the Vital-Heat from the body. All three had pneumonia; two died, and the third is in shattered health.

\*\*\* **Case after case** might be cited to show the danger of losing the Vital-Heat of the body. When death is not caused directly, it is often traceable through after years to some exposure that has weakened the vitality.

\*\*\* **One exposure** may do it. If several are required to break down the health, or if one's habits are so full of neglect and defiance of the laws of nature that nothing but slight colds, catarrhs, etc., are the penalty, it indicates the secret working of some organic disease in the system, that will not be easily cured.

\*\*\* **Almost every malady** begins with a cold. This shows the terrible lesson taught by the loss of Vital-Heat.

\*\*\* **When a person** catches cold easily and without exposure, it indicates that the Vital-Heat is too low, that it has suffered some losses in the past, and that some steps are necessary at once to protect what heat is being generated. These steps must now be considered.

---

## "OVER-CLOTHING"

AS A MEANS OF DEVELOPING AND PROTECTING THE VITAL-HEAT.

Vital-Heat is the first of the four essential qualities of GLAME.

Vital-Heat is lost by escape through a lower temperature than the body requires.

Vital-Heat is also lost through excess of outside heat, as of the weather, the temperature of a room, or a hot clime.

The greater the quantity of Vital-Heat the body can generate, the better the health and the greater the security against disease.

"OVER-CLOTHING" is a term that includes the use of more clothing than the wearer deems necessary for the needs of the body. The objection to over-clothing is the supposed discomfort attending its use. But this discomfort is due to causes that may be readily removed.

"Too much clothing is always on the safe side of health."

"Too little clothing is always on the dangerous side of health."

**Remember these two mottoes.** They may save many a death, many a disease, many a case of rheumatism, many a neuralgic pain, many a breakdown of some organ, and many a dollar bill.

---

### \* "OVER-CLOTHING"

should begin next to the skin. This is done by wearing two undervests or undershirts.

Never allow any rough goods to touch the skin. This is one of the causes of the "UNCOMFORTABLE" feeling that attends the wearing of much clothing. Wool has a lot of curly qualities that are all the time engaged in irritating the skin; avoid wool against the skin, unless it is mixed with other threads, as of silk, linen or cotton, so that it has a smooth, hard surface. Avoid a flannel surface, as that tends too much to sweat the skin.

**The undergarment** that comes next to the skin should be thin, smooth, hard and of even surface, incapable of irritating or sweating the skin. The best is thin silk, the ribbed kind being preferred on account of its ability to adjust itself to the shape of the body. Next to this is linen. Next in value is silk and wool mixed. Then anything else that is smooth may come next. It is very easy to get wool and cotton mixed. Let this thin garment be as long as possible, so as to come from the neck to the thighs; and change as often as required for the purposes of cleanliness. Do not let it be too thin. About half or two-thirds the thickness of any single garment of the kind will do.

**Over the skin-shirt**, as we call it, wear the heaviest garment of all-wool goods you can get. Let it be of all-wool, and very heavy. This is for winter wear. It should be large, long and loose-fitting. It need not be changed as often as the skin-garment, as it is not easily soiled.

The drawers that are to be worn next to the skin need not be considered, as your present habits may prevail. But if you are cold, or catch cold easily, then the double system may be employed there also.

The causes of the "UNCOMFORTABLE" feeling are:

1. A skin-garment that irritates.
2. Lack of cleanliness.
3. Closed pores of the skin.



"HE SAID IT WAS ONLY A GENTLE DRIZZLE, AND HE WOULD NOT BOTHER TO WEAR A COAT OR TAKE AN UMBRELLA. HE TOOK PNEUMONIA INSTEAD."

We have told you how to avoid the clothing that irritates. The use of a wet towel dipped in hot water every night on the upper half of the body, followed by dry rubbing, will insure cleanliness, except when a thorough bath is needed.



To keep the pores open give them the various processes of health which occupy so many pages of "Ralston Gardens," a book that you are certain to possess as per the terms of your application for this volume. All the methods there are very hygienic and exhilarating and are illustrated by many pictures of the same.

**The double-garment system** is regulated to suit the season and the temperature of the weather. The thickness of the second or outer shirt may be varied, not according to the "comfortable" feelings of the wearer, but on the basis that the thickness is considerably greater than the supposed needs of the body. Even in summer time one gets used to heavy underwear, provided the cloth has no roughness to it. Much of the torture of the summer heat is due to clothing that irritates the skin; also to the fact that the pores are not kept opened by bathing and exercise; and to the fact that the skin is not hardened in the manner to be mentioned in these pages.

**The legs from the lower parts** of the thighs to the ankles need not receive extra clothing; but from the thighs up they need to be well protected.

**The feet are so much** in contact with the ground, or on cold surfaces, that the only safety is in very heavy shoes. The thicker the soles the better. Most women and girls will not wear what they call clumsy shoes; and in such cases they prefer to run the risk of repeated colds, consumption or other lung disease. The next best thing is to wear a cork inner sole. Many of the so-called "health" shoes are cheap and shoddy stuff, and do not embody any principle of hygiene. We never endorsed any make of shoe.

**The stockings should always** be heavy at the lower part, so as to protect the feet. It is as important to keep the feet dry and warm as the chest. Many a fatal cold has been caught by standing on chilly ground or walking when too thinly shod.

**What we are aiming at** is to keep the Vital-Heat in the body. It escapes too readily at the feet and ankles; at the hips, torso, shoulders and neck; and, if the air is below sixty degrees in its temperature, at the scalp. This is an accurate guide and should be followed.

**Then the outer clothing** should be such that it can be adjusted to any temperature. This is accomplished by wraps, cloaks and

coats of different thicknesses. They cost no more in the long run than the usual outfit, and they save many a dollar in doctoring, drugging and loss of time through repeated colds.

**What can be more unreasonable** than to believe that one coat or wrap is suitable for all temperatures? The bright warmth of a winter midday permits a lighter weight of covering than the bleak blasts of a howling night when the thermometer is playing a short way above zero; yet there are persons who do not vary the thickness of clothing in fall, winter and spring, nor in day or night, no matter whether the icicles are melting in a hot sun or the snow is too cold to make into balls. They pay many a doctor's bill for their indifference, and they lose many a day through sickness.

**The loss of money** and of time is something; but the falling of the vital register of the body is a serious disaster. It means that the system is rendered unfit to resist disease in the future. The cost of heavy clothing and of a variety of thicknesses in the outer wraps is a business investment that pays a dividend so large that it out-gilds the glitter of the golden age. Try it and see.

**Always take the safe extreme.** That is to be over-clothed rather than too thinly clad. One has no penalties; the other looks to the five D's—Disease, Debt, Drugs, Doctors, Death.

---

### HARDENING THE SKIN.

**This is done** to prevent a liability to weakening through continual sweating. Perspiration is due to weakness of the vitality on the one hand, and to excessive warmth on the other. A weak constitution, or the debility of sickness is indicated by a readiness to perspire on very slight provocation. A cold sweat is even more significant of danger. These matters call for a book of cures, such as "Ralston Gardens," which is reached at the fifth degree. What we are considering in this volume is the means of preventing a healthful perspiration that becomes excessive through "over-clothing."

**We assume that you take care** to keep the pores open in the manner we have suggested a few pages previous to this, for if you do not you will suffer great discomfort. But the skin must

be hardened. This is done by a dash of cold water on one part of the body in a room where the temperature is not less than eighty. Let the water be made cold by ice. Snap it on with the fingers, and then by the handful; and follow by slapping the part rather severely with the hands after wiping. A small area of the skin should be so treated at a time, as to extend it to a third or more of the body the same day would invite a cold from loss of the Vital-Heat. One part can be taken one day, another the next, and so on.

**We do not believe** in cold-water bathing. Those who indulge in it almost invariably die of lung trouble in after years. No human being can ultimately escape the consequences of lowering the vitality by loss of too much body-heat.

---

## PAST CURES.

**In closing this part** of a most important theme, we wish to state that our claims are not based upon theories, but upon facts and the results of experiments. We select a few typical cases.

\*\*\* **A woman who had five children** found herself and them very susceptible to colds and catarrhs. She had tried everything in vain, and had spent much money in trying to secure immunity. Her final appeal was to us. We advised "over-clothing," just as we have done in this book. She caught the idea grandly, and that is everything. From the time she applied this system to herself and her five children all tendency to colds and catarrhs ceased, and full health followed.

\*\*\* **In her town** she carried the good news to every family there, and an era of better health was established, except where a few lazy families did not keep the pores open, which means merely to keep the skin clean and active. Persons who will not bathe oftener than once a week or fortnight are pretty sure to get rheumatism from the uric acid in the blood.

\*\*\* **A man who had to work** in a store where the temperature was quite low, was attacked by a continual cold and catarrh, and said that he must get rid of them, as he was tending toward weak lungs and consumption. We advised "over-clothing," and it changed him into a robust individual.

\*\*\* A woman had three sons and a little girl. All seemed frail and all were continually subject to colds. This same system changed them into healthy children, and the colds never appeared again.

\*\*\* In hundreds of cases of men and women who are troubled with weakness of heart or lungs, especially the latter,



"SHE NEVER KNEW THAT THE BODY WOULD NOT CREATE ITS OWN VITAL-HEAT SO READILY IF SHE DEPENDED ON ARTIFICIAL OR OUTSIDE HEAT; AND THE HABIT OF 'TOASTING' HER FEET BY THE GRATE SOON DEVELOPED ANEMIA."

this system of "over-clothing" has wrought a complete change in their condition.

\*\*\* While the "over-clothing" method is now presented to the public for the first time, we have been at work upon it for fully three years, and have established its value. In no instance has there been any failure to accomplish good results.

••• By this system it will be possible to go on without colds for years and years. Persons who always caught several colds every season are now able to say that they have not had a cold in three full years, and they assert with positiveness that they know they are able to keep immune as long as they choose.

••• When we consider the fact that practically all fatal maladies begin with a cold, this protection means a great deal.

••• The most pleasing fact is that the "over-clothing" of the body brings the general vitality up to its highest standard, because the nervous-life that was lost when the Vital-Heat escaped lowered the vigor and tone of the system and invited disease. Magnetism is most easily acquired when the body is "over-clothed," and that quality is one of the necessary attendants of nerve-health. Let the theories stand for what they may be worth; try "over-clothing" faithfully and earnestly; keep the skin active and clean; keep the pores open; harden the surface of the body as prescribed; and your health will grow better day by day and year by year, unless you are reckless in other matters.

••• The great advantage of "over-clothing" is in the surprising increase of vitality; and this advantage will permit you to ignore other laws of hygiene provided you do not actually abuse the body by a reckless disregard of nature's rules.

••• Be sure you do not neglect any part of the requirements for "over-clothing." A lady wrote us that she had followed the directions in the case of her little daughter, a child of six, and that the latter was still subject to colds. We sent a Ralstonite who lived in the same town to call upon the lady, and it was found that the child was not only not "over-clothed," but that she was really thinly clad. The mother protested that the girl could not wear heavier clothing; that it could not be put on her, and all that, and believed it in perfect sincerity; nor could heavy-soled shoes and thicker stockings be substituted for those that were thin. "What!" said the mother, "put those coarse, thick shoes on the feet of this delicate girl?" "Madam," was the reply, "your child is heading straight for the grave, and when she is there your pride may be satisfied with the thin shoes, or perhaps the grave-slippers will suit you best. A live child with coarse shoes ought to be a greater pleasure to a mother than a dead child with delicate shoes. Then you say there is no way of adding thicker clothing. Yes, there is. Get a thin silk under-

vest. Over that put a very heavy woolen vest. Over those put a nicely made jacket from the throat to the lower hips. Then add her usual clothes. You are able to afford it. Do not mind the cost. It cannot be much. Then this child's body smells of urea. It needs more frequent half-baths; that is, bathe the legs every day, except on each third day, when the torso should be bathed, and not the legs. As soon as the Vital-Heat of the body can be saved, her vitality will return, and she will be a hardy and vigorous child. Omit this method of treatment, and you will lose her. The responsibility rests with you. Dare you evade it?" She thought it over. Pride gave way to love unfettered. She tried the method. The Vital-Heat that was daily being lost by the under-clad body was saved and turned into a source of health. Was it worth the while?

\*\*\* **When we say** that the Vital-Heat must be saved, we do not mean that it never leaves the body. It eventually finds its way through the thickest clothing; but the rule is that it should not escape wantonly. It is full of the life-principle, and is needed as long as that life-principle can be of service to the body.

\*\*\* **Compare it partly** to a house full of ice, which melts when the outdoor heat of summer gets at it. It melts at once if there is no sawdust to cover; but it melts more gradually when the covering is thicker. We know that a gradual loss of the body's heat is required, and the thicker the clothing the more gradual will be the loss.

\*\*\* **Avoid overheated rooms.** They substitute artificial heat for the natural. You cannot get health from outside heat. Warming the feet or supplying the body with comfort from indoors fire in any way is unnatural. Let the temperature vary from 68 to 72 degrees, and no more or less in cold weather. Then hold the Vital-Heat in the body by "over-clothing." It will pay you.

\*\*\* **The extra vigor** that will be stored in the body will prove an able ally toward rebuilding its diseased parts. New tone will be given to the nervous functions, such as those of the heart, the stomach, the lungs, the brain and the general nervous system. Less food will be required. The craving for stimulants will cease entirely.

\*\*\* **Bed-clothing should** be as warm as the body can endure without sweating, but smooth sheets should come in contact with

any exposed parts of the flesh, as at the neck, wrists and legs. Do not allow any flannel or blanket surface to irritate the skin, for the excitement produces an uncomfortable heat. If the body is not kept clean, if the pores are not open and active, or if the skin is not made firm and hard by the process already stated, there will



**“IT WAS DAMP AND SLOPPY, BUT SHE DID NOT CARE TO BE BOTHERED BY RUBBERS OR HEAVY SHOES. A DANGEROUS COLD FOLLOWED AND IT HAS NOW DEVELOPED INTO CHRONIC DISEASE.”**

be sweating and discomfort, and the retention of uric acid from clogged pores overheated will lead to rheumatism; while, on the other hand, the proper attention to the exact details of this method will prevent it forever.

## GLAME FROM HABITS OF LIVING.

**The vigor of the body** and its life-principle may be maintained by care in daily habits. This has been presented largely in the "Book of Knowledge," which constitutes the first part of this volume; and there is a further summing up in the later pages that follow that part and precede this. Let them be studied a moment or two daily, and new thoughts will establish new habits. It is not required that you should make any special effort in this line. A hint or suggestion to the wise is always sufficient.

## GLAME FROM CERTAIN FOODS.

**Much that will be told** here in the next page or two is new to the general public, although some of the facts are quite old. There are two kinds of food, the living and the dead. By the latter word we do not mean a dead animal or decayed eatables. We shall try to make the facts clear as we proceed. Nor do we mean that life in the sense of a living organism must be eaten, even if nature has so provided. But the nearer we can get to living organic life the more health we can secure.

**This is an era** of low vitality of the heart, of the stomach, of the nerves, and of the lungs. The brain is active enough; but, except in a small minority of cases, it is incapable of endurance. Insanity and paresis are on the increase.

**Never was the stomach** of civilized humanity so universally weak and dilapidated as at the present day. This organ gives out in early life. Note the eructations, or listen to the rumbling sound of the bowels even in persons not advanced in years, and you will get a faint idea of the inability of the digestive tract to turn food into life.

**One pregnant reason** is the fact that nearly all kinds of food has had its GLAME taken from it. The chasm between the life that it came from and its condition when eaten is so great that no person is able to get the intended value out of it. As an illustration that does not fit the case of human beings, but that contains the exact principle involved, take the method employed with a valuable pet cat. Its owner, a lady who had become quite attached to it, found that the cat was drooping, and consulted a doctor who made a specialty of practice in that line. He told her



that the cat would die if she did not give it a live bird every day. This she did, and the debility ceased. The life of the bird was imparted to the pet animal and revived it. That life was GLAME.

**As illustrations of the many ways in which GLAME appears in foods, let us look at the following facts:**

**\*\*\* When life comes out of life it contains GLAME, unless the latter is weak.** For instance, if a babe is nursed at the breasts of a woman of rugged health, the milk so drawn is full of GLAME, and the child will be robust. If it is fed on milk that has been allowed to cool, the life-principle has lost one-fourth, and probably one-half of its GLAME, for the Vital-Heat has gone and with it a considerable part of the physical energy. Better than cold milk is that which has been malted, for the latter process has implanted a new and very important life into the food, which we will presently discuss.

**Milk that is drank** at the side of the cow just as it is drawn from her is a product of far different value from milk that has been allowed to cool. The latter may have half of the original GLAME, but the former has it all. To take the milk when "warm" after it has been brought into the house or carried from the cow is to get a product that has lost at least one-fourth of its GLAME, for the fall in temperature of one degree is as disastrous to its perfect quality as is the same drop in the temperature of a man or woman. It means a loss of Vital-Heat. Nature seeks a fixed high temperature of the body, slightly below 100°, and this is required for the preservation of perfect health.

**\*\*\* Then the drinking of cow's milk** when just taken from the cow is an easy and pleasant task to any human being, for its warmth coincides with the body's heat; but let it drop a degree, or several degrees, as when it is drank "warm" in the house, or "warm" after standing a minute or more when taken from the cow, and the "warmth" may sicken the stomach. The loss of that minute of waiting is irreparable.

**\*\*\* We cite this case to show** the meaning of GLAME in food. Of course, no one who is well is likely to go to a cow to drink her milk; but in case of sickness, of failing vitality, or debility, the use of milk in the way we have stated is sure to revive the sinking health. It is less apt to curdle when taken as soon as milked; but if it does, a tablespoonful of cold water in which a

large pinch of salt has been dissolved will break up the curd in the stomach, if used any time within a half hour afterward.

**\*\* The mistakes in the use of warm new milk are two:** Allowing any time to elapse after milking, and trying to use it against the inclination of the stomach after such delay.

**\*\* Cures have failed** because of the few seconds delay. We recall the case of three ladies, sisters, who were all troubled with weak hearts and a low vitality. Their wealthy father had taken them to sanitariums and specialists in Europe and America, and the "warm" milk cure was always ordered. But it failed. One died. The father, with the other two, embraced Ralstonism. We ordered that a cow be milked in a warm shed of indoor temperature, that the two ladies go to the shed and take two glasses each of milk from the last half of the milking, repeating the same every morning and evening. They said the milk tasted "so much better, and so inviting," when taken in that way. Their strength revived. GLAME came into their bodies and their vitality was soon quite normal. Added to this, they gladly followed our advice to "over-clothe" the body to hold in the Vital-Heat; and they and their father are loyal Ralstonites to this day.

**\*\* We know that to get a cow** is expensive and inconvenient; but a sanitarium costs twenty-five dollars a day on an average; some more and some less; and funerals are even dearer than cows, although not so inconvenient. Go into the country once in a while. Get a day off occasionally. But do not follow the directions in part and get no good from them. Read them carefully enough to be able to follow every detail with exactness.

**\*\* We cite the case of milk** merely to show a principle. It is this: The nearer we get to life the nearer we get to GLAME, and consequently to health.

**\*\* Now look at the reverse.** It is universally recommended that all cow's milk be sterilized in order to make it safe for children and adults. That is right. We recommend it also, for it is better to have a low vitality than tuberculosis. But when the milk is sterilized it is deprived of that half-quantity of GLAME that cold milk has, for even this half-quantity is of value, and of great value in a certain sense. Sterilizing is sure to burn up and to kill its germs of disease. Pasteurizing it is the same. But what have you done? You have killed those millions of good bacteria that make its protoplasm and that are needed by the

human body as a source of vitality; and the grave of those other millions of tuberculosis, typhoid and diphtheria germs, is to be the human stomach. Is it any wonder that we call such food DEAD?

\*\*\* **All sterilized foods are dead.** They are earth to the stomach and to the system. They yield no GLAME, and consequently no vitality. Hence the universal weakness of stomach of civilized humanity of to-day. Follow the lives of babies fed on sterilized cow's milk; they are weak and debilitated. No wonder there is a growing craving for fermentations in the form of wines and beers, which, if they were pure, instead of being rank adulterations, would supply the germ life that the body must have.

\*\*\* **When you can find a diet** that contains plenty of germ life, of the benignant kind, not of the malignant kind, then you will have solved the two greatest problems of this age: First, that of supplying vitality to the body; second, that of putting an end to all craving for fermented drinks. The latter contain living germs, for all ferment is germ-life. But new milk is also full of living germs, known as protoplasmic cells, and the use of new milk not ten seconds old will drive out all craving for alcohol. Try it and see. It would be safe to offer a million dollars for any case of failure.

\*\*\* **Now what does nature** do with milk that has got cold and that has lost half its GLAME? She carries it very soon into a new condition of life. Bacteria from the air join it and convert it into a new form of protoplasm called "sour." This is valuable if cooked, and especially if used as a means of raising bread or biscuit. The new life is carried into the mass of dough, and the cooking does not destroy all the germs, for no ordinary cooking will do that. The use of sour milk in cooking, as a substitute for baking powder, would be an immediate blessing to the world.

\*\*\* **When milk molds** as well as sours it is generally a poison. The germs of sour milk are benignant and helpful in small quantities. The germs of mold are malignant, and have caused thousands of deaths. Ice cream is sometimes made of cream or milk that has molded, or that has been put into cans on which there is mold; and quick death has followed.

\*\*\* **Milk is now**, and always will be, the chief food of the human race, for life begins with it, and it is the sole resort in disease and age, for no other foods can be assimilated in the crisis

of sickness or weakness. The blood that pours into the circulation from the digestive tract is milk; and man makes daily more milk in his system than does woman. This despised article of food must ere long be recognized as the most important for health. The stomach that cannot take milk is abnormal and diseased.

\*\*\* **Cold milk has lost much of its GLAME**, but not all. The process of malting it gives it back a substitute that is much better than the sour condition we have referred to; as malt is in itself at the very early stages a very valuable life-giving food for the stomach. Every family can easily malt any milk; the method is stated in "Ralston Gardens" under the department of diets in all diseases and foods for Ralstonites.

\*\*\* **Cheese when very new** is also charged with life that the body needs; old cheese or strong cheese is hard to digest. The new is obtainable from any cheese factory, and there are lots of them. If a few families could pool together, they could buy a new cheese at a very low price, and divide it among themselves. It is an aid to digestion, but itself requires outdoor exercise to be digested, or else a pinch of salt dissolved in cold water and drank a half hour or more after eating.

\*\*\* **Red meat of a bright color** contains GLAME. This is often lost by careless cooking. When meat is to be baked or boiled the first heat that strikes it should be as hot as can be obtained, so as to instantly coagulate the surface and shut the juices in. On the other hand, if the purpose be to let the juices out for a soup or stew, the first heat should not be much above lukewarm, and it can be gradually increased as the juices escape in the water.

\*\*\* **Corned or pickled meats** contain no value, owing to the fact that the nutrition is drawn out into the brine, where they can all be found by analysis.

\*\*\* **Meat that has been twice cooked or warmed over** contains no GLAME. It is an irritant to the stomach, and a poison to the liver and kidneys.

\*\*\* **Potatoes contain** more GLAME when new than when old, but they should be of full size. When cooked the surface should not be hardened, as it is indigestible. No potato is fit to eat unless very mealy and light, in which case it is a valuable food.

\*\*\* **New peas, young vegetables, etc., especially new beans,** are full of GLAME, which does not leave them when cooked, if

not over-cooked. They should be eaten the day they are taken from the garden. Everybody knows how much better new peas taste when picked just before they are cooked.

\*\*\* **All cooking** is intended by nature to open the cells and set the nutritive contents free, in the case of grains and vegetables. Fruits are ripened and mellowed by nature herself, and are charged with a great quantity of GLAME when their cells are fully opened, and they are quite ripe. The best vitality comes



“THEY GOT A RICH CAKE FROM HOME AND ATE IT IN THE DORMITORY JUST BEFORE RETIRING. ALL SUFFERED FOR WEEKS FROM THE INDISCRETION. YET THEY WOULD REPEAT IT, AND SO BRING ON CHRONIC DYSPEPSIA.”

from fruits, meats, potatoes, new vegetables, green peas, green beans, milk, cheese, and bread raised with sour milk as in the good old days of our great-grandparents.

\*\*\* **Let us now look** at some of the foods that are common to the present day, and see what of life they contain as opposed to the condition of what is called dead nutrition. We cited the case of the cat that was given a live bird each day. The same

principle runs through all cases. The cat was drooping. The kind of food that was good for a vigorous cat was not vital enough for this one, and it was probable that no other kind of meat could have saved its life.

**\*\*\* This does not mean** that meat loses its vitality when cold. It loses only that much which was held in by the animal heat. A dead bird is not relished by a cat unless hunger is acute. A piece of raw meat contains GLAME, but not of the quality that is obtainable from the life of the animal. New milk drank within ten seconds after it leaves the cow is exactly as vital as the flesh of the live bird. Humanity once ate life raw. There are unmistakable evidences of claws and tusks in prehistoric men; they tore their prey into pieces with large projecting teeth, the decadents of which are still seen in the two canine (upper) teeth, and the two stomach (lower) teeth. Of course, civilized man will never again eat live flesh in the sense in which it was once eaten.

**\*\*\* But there are many able physicians** to-day who advocate the drinking of blood warm from cattle. We never advocated that, because the method of giving it is not hygienically correct. Then it is true that milk drank within ten seconds after it is taken from the cow would be just as good if enough could be taken. There is plenty of evidence that thousands of human lives have been saved by the drinking of warm blood; and then come the clumsy doctors who, knowing this fact, have tried the same experiment with failure. They did not stop to think that the blood was a changed form of milk, and that all blood in the human body, or in any animal, is produced from food in the stomach that has had to pass through a milk-condition in order to get into the nature of blood; and that the loss of one degree of heat takes away all that GLAME-value that physicians so much desire to obtain for cases of low vitality. Hence the failures. They then become opponents of the treatment.

**\*\*\* We have never advocated** the drinking of warm blood. We do not propose to do it now. All we wish to state is the principle. Of course, if it is taken from an animal of perfect health, and such may be easily found, it is of decided value in cases where life must be saved; but it must be drank within ten seconds after leaving the body of the animal. Blood is a more nutritious food than milk.

**\*\* The next best way** is in the form of rare meats. The hospitals, both private and of the U. S. Government, make use of the fact that the nearer to raw meat the more vital it is as food; and they give minced raw beef to certain patients. These methods are all stated in the great book of "Ralston Gardens." All foods and diet for all people, well or sick, and for all stages of disease of every kind, are set forth in that book, as well as the ways of cooking or preparing them.

**\*\* If you give raw meat**, or flesh that is nearly raw, to any man or woman, or to any meat-eating animal, it will prolong life indefinitely. If you cook it some, but not enough to take the red out of it, its value is not seriously lessened, although its use will not support life without the aid of other articles of diet. If you cook it so that there is but a faint trace of pink left, it cannot supply the needs of the body very long. If you cook all the red or pink out of it, the value has gone; and, whereas the same meat raw would have supported life all the time, the thorough cooking of it will render it unfit for food to such an extent that death will ensue in a few weeks. Here is a lesson in values as affected by cooking.

**\*\* Thoroughly cooked meat**, therefore, is dead food. We mean this in the sense that its GLAME has all gone. The greater the degree of GLAME in any food, the more vitality it contains. The body is not built as a house is built. Something more than the required material is needed. There must be a living force, whether in plant, tree or physical form; and this living force is what makes it thrive, for it contains the life-principle.

**\*\* An excellent illustration** of what is meant by dead food may be seen in bread. When new it is less valuable than when a day old, for in the latter case it has entered into a partnership with countless millions of bacteria in the air, and these are living organisms. They give their life to the body. They are the live birds referred to, although in very small sizes. New bread has some of the ferment of the yeast in it. When properly made from leaven, as in old Bible times, it is even more vitalizing than when made from yeast or other rising agents.

**\*\* The best bread of Paris** to-day is made from leaven. Americans do not know how to do this. It requires an exactness of skill that only the most skillful bakers are willing to develop. But the leaven of the Parisians of to-day is the same as that of the

old Greeks and the old Bible folks. They take a small piece of dough which is alive with bacteria of the benignant kind. Woe to the eaters of the bread if there is any mold on this lump of dough. The true kinds are those of bread-ferment. The very small lump will leaven a big batch of dough, for the ferment spreads through it; and, when baked, it makes the lightest kind of bread of a most delicious flavor, highly palatable and full of GLAME.

**\*\*\* Another illustration** of the difference between live and dead material for the stomach is seen in distilled water. When condensed and used directly from the steam, it is dead, and as such is a poison to the system. But the moment the bacteria from pure air gets into it, the most surprising change has taken place, and the distilled water then is a wholesome, healthful drink. Why? Because when taken directly from steam it has an attracting energy that no other water possesses, and this energy seems to exist for the purpose of drawing bacteria. It is then live. It carries life into the system. Water that passes through organic matter in the soil or on the surface of the ground contains malignant bacteria such as typhoid, diphtheria, tuberculosis, etc., and is dangerous.

**\*\*\* But a strong vitality** in a person will digest even malignant bacteria, thereby destroying them and turning their energy into the energy of the body. It is a question of which does the eating; just as if a million mice were to devour a lion by outnumbering his energy at a time when he was feeble; or he were to turn about and eat the mice. Disease deals with humanity in this way.

**\*\*\* Since starting this volume** we have received reports from physicians who still adhere to the custom that prevailed extensively some years ago, of drinking the warm blood of cattle; and they have discovered the fact that it must be taken within ten seconds after it leaves the animal. But they also suggest that a better way is to not kill, but to bleed the animal, just as human beings were universally bled a hundred years ago. A few suggest that a tube can be made to pass from the vein of the animal to the stomach of the patient, and thus avoid the taste. While these men are scientifically correct, and state what is quite sure to be the custom of the future, in whole or in part, the present age is



not ready to consider the matter. We do not recommend blood-drinking.

\*\*\* **But we do recommend** the eating of beef that is raw or rare; and the fresher it is the better, for it comes close to the **GLAME** of the animal. Meat is not like bread, distilled water, milk, etc., in collecting benignant bacteria from the air. It has an affinity for the malignant kind, and tainted meat is a poison. Tainted fish is a far more rank poison; and spoiled, or partly spoiled, shell-fish, crustaceans, etc., are the worst of all. Lobsters, crabs, terrapin, clams, and the like, are scavengers of the ocean; they live on the filthiest rot of the water; they care for nothing else.

\*\*\* **The habit of sterilizing** food reduces its value. No sterilizing kills all the germs; but the malignant kind die first. Babies that are fed on sterilized milk have weak vitality. The thorough toasting of bread kills it. Brown fried potatoes are dead and hurt the stomach. Roasted coffee is dead as to the food value of the bean, but a chemical value is released. So peanuts, grains or other foods that are thoroughly browned are dead and difficult of digestion. Cereal and grain-coffees cause serious indigestion.

\*\*\* **Take the bacteria** out of food, and death would ensue, unless animal life were eaten direct from the animal. The bar-becue is of the highest value, if the steer is killed just before being eaten. Flesh was made for humanity to eat, and will never cease to be a necessity until man's diet consists of fruits, vegetables and grains, all charged with bacterial life to take the place of the visible organic life.

\*\*\* **Some folks there are** who think it cruel to kill the bird, the fowl, the fish and the animal. It is not cruel. The saddest thing in such life is natural death; for when they get old they are helpless, deserted and pitiable. They suffer the tortures of thirst, but relieve it rarely. They are agonized with hunger, and the trifling bits of food they get serve only to prolong their sufferings. Disease, decrepitude, pain, cold, heat, stinging insects, and the tantalizing delay of death make the last era of the animal, the fowl or the bird, the most horribly cruel act of nature. What person of sound mind will not admit that the direct end at the hand of man, free from pain, is better for them?

**\*\*\* Life feeds upon life.** There is no exception. Even the gastric juice of the stomach must be full of bacteria before it will perform its work of digestion; and the various steps in that process are dependent upon different kinds of bacteria for their operation. Why there are two kinds, the good and the bad bacteria, is explained in the high degree books of the Ralston course; as the devil-nature exists everywhere for a purpose.

**\*\*\* Some day the art of bread-making** will be better understood, and then it will be adapted. To-day the public are victims of the avarice of bakers, who seek to produce the most salable bread at the least cost. If the public could get ideal wheat, which means the starch and the one layer closest to it in the grain; and if the Schweitzer system, which is now rapidly spreading in Europe, and which employs hand-mills for grinding the wheat into perfect flour (rejecting the five outer layers of the grain), so that each family could grind its wheat on the day it is to be used, as stated in "Ralston Gardens," then a wholesome product would take the place of that which is now a source of danger to the people. Then let the bread be raised by the true "leaven," as the old Bible times, which is the Parisian method of to-day, and GLAME would come into the body through this best of all foods.

**\*\*\* But what are the dangers** brought to us through the use of flour and bread, especially baker's bread, in this country? All bakers in America use alum, not only for their white bread, but for their cakes. What is this alum, which is so universally used? It is a poison, and it has the result of at first constricting the blood vessels and, after a time, dilating them. Some of the consequences of chronic dilation of the blood vessels are red and ugly faces and purple and swollen noses. Another undesirable effect produced by alum is destruction of the enamel of the teeth. Any one who eats baker's bread will find it necessary to employ the services of a dentist at an age when all his teeth should be perfectly sound. Bread is sometimes considerably adulterated with sulphate of copper. This drug, taken in large quantities, causes jaundice. And, consumed habitually at breakfast, luncheon and dinner, it cannot but have the result of making the skin muddy and yellow.

**\*\*\* The use of sugar and sweets** in excess destroys GLAME, for sugar is the enemy of bacteria. It is used as an agency to preserve fruits, etc., because of its enmity. Now, when the blood

is overloaded with sugar, there is a strong tendency to its deposit in the lens of the eye. Hence, those who indulge in confectionery, jams, sweet puddings, and the like, are almost sure to suffer more or less dimness of vision, which may develop into cataract in old age. By injecting sugar into the eyes of animals, and by covering them for some hours with a solution of sugar, doctors have actually produced cataract.

**\*\*** The people everywhere are eating adulterated foods. In all directions they are being poisoned. They seem helpless to save themselves, and the adulterations are growing more dangerous every year. Instead of wasting so much effort on political wrangles, if they were to elect legislators to fight for honest foods, the public health would improve.

## WHAT FOOD IS FOR.

**Food includes** whatever adds substance to the body, to supply a new growth in place of that which is lost by daily waste. This growth may fall below the amount required to maintain the same size and weight, in which case there is a loss. It may be about equal to the daily waste, in which case there is a continuance of the same size and weight. It may be in excess of the daily waste, in which case the body increases, as in the case of the child whose *GLAME*, furnished by nature, is in larger proportion than in the maturer man.

**Food may consist** of many things, which will be separately stated in this chapter; but over and above all in importance is oxygen. Oxygen is the first, foremost, greatest and most active element that can be taken into the system; no other matter can equal it in importance, whether it is found in what we eat, drink or breathe. A person is nearly three-fourths oxygen. It is present in great abundance in air, water and food, and nothing changes more readily than this from one form to another. Mingled with certain elements, it becomes air; with others, water; and again it is solid. Without it fire cannot burn, and all food-eating creation would instantly die. What then shall we do?

**The different elements**, from which the earth and all that exists in the universe are made, are few in number; and of this number fourteen are necessary to make the human body. The

particles of which the body is composed are of the earth and from the earth; and before they can enter into the human organism they must have been organized by nature, and thus be charged with the power of becoming a part of life. This is the foundation of all food, and we must not lose sight of so important a principle. But



“HER BROTHER HAD MOVED INTO THE NEIGHBORHOOD, AND SHE WOULD OFTEN STAND AT THE OPEN WINDOW TALKING TO HIM. THE REPEATED EXPOSURE SOON DESTROYED HER VITALITY, AND SHE IS NOW UNABLE TO COME TO THE WINDOW.”

this organization must take place in some vegetable. Man eats two kinds of food: 1. That of food-eating creation; 2. Vegetation. The first we call meat; the second is selected from the vast division of life which includes plants, roots, herbs, seeds,

grasses, fruits, etc. Meat fit for food is found in the bodies of animal life which feeds on vegetation, and all other meat is unfit for food.

**Aside from the question of fitness**, it is a fact that all life must originate in some vegetable; and all unorganized matter is unfit for food; and likewise all matter that has once formed a part of some food, but has since been deorganized, is no longer fit for the body. The absurdity of taking iron in any deorganized form to supply the lack of this element in the blood is seen in many cases of invalids who have suffered from patent medicines which furnished this mineral. There is no medicine or mixture now on the market or possible to be made which can furnish iron in organized form. Persons of feeble constitution, especially females, are periodically eating pills, or taking syrups, or other mixtures containing iron, and vainly imagine that it may thus be restored to the blood. The famous French physician, S. Francis Churchill, quotes from Trousseau, as follows: "M. Trousseau declares that iron hastens the development of *tubercles*. The iron may induce a fictitious return to health; the physician may flatter himself that he has succeeded; but, to his surprise, he will find the patient soon after falls into a phthisical state, *from which there is no return*. This result M. Trousseau attributes to iron, and he denounces the administration of iron as *criminal in the highest degree*."

**It is a clear proof of the folly** of taking any food into the system which has not been *organized* in some vegetable; and yet, as will be seen in a subsequent chapter, there are many kinds of foods, rich in iron, any of which will supply this needed element in the blood; and it is to these foods that we must have recourse whenever the blood is poor.

**Phosphorus**, which is the physical source of all vitality, is essential to health, and is often lacking in the system, because people know nothing of the elements of food required to produce health. The great importance of phosphorus and its general deficiency have encouraged hundreds of medicine venders and patent drug proprietaries to place upon the market a variety of phosphorous mixtures "for the nerves and brain." It is nevertheless a fact that unorganized phosphorus taken in the system not only fails utterly to assimilate, but is positively injurious. Any person who knows that foods contain phosphorus in organized

form will go at once to them. Therefore we say that it is the duty of every man, woman and intelligent child to know (1) what are the elements of the body, (2) what are their proportions, and (3) what foods contain these elements and in (4) what proportion.

**The body is composed** of fourteen elements, as follows:

1. Oxygen. 2. Carbon. 3. Hydrogen. 4. Nitrogen. 5. Calcium. 6. Phosphorus. 7. Sulphur. 8. Sodium. 9. Chlorine. 10. Fluorene. 11. Iron. 12. Potassium. 13. Magnesium. 14. Silicon.

These are stated as elements, but are required in combinations. Thus, water is a combination of oxygen and hydrogen, and as such combination is needed as food. Without trying the patience of the reader too much by the use of scientific terms, we will state the chemical names only of these combinations, and try hereafter to describe all facts in simple, everyday language.

**In the human body** there are seventeen combinations of the Fourteen Elements of Food: 1. Water. 2. Gelatin. 3. Fat. 4. Phosphate of Lime. 5. Albumen. 6. Carbonate of Lime. 7. Fibrin. 8. Fluoride of Calcium. 9. Phosphate of Soda. 10. Phosphate of Potash. 11. Phosphate of Magnesia. 12. Chloride of Sodium (common salt). 13. Sulphate of Soda. 14. Carbonate of Soda. 15. Sulphate of Potash. 16. Peroxide of Iron. 17. Silica.

**Our purpose in furnishing a list** of the seventeen combinations which are found in the body is to give them as they are required in food; as, for instance, in the example of oxygen and hydrogen, which the body receives in the combination called water, although they are in other forms of food also. The process of life in the body has the following divisions:

1. The governing portion, consisting of the brain which orders the muscles; and of the nerves which carry all communications between the brain and the muscles.

2. The executive portion, called the muscular system.

3. The fuel which, by burning (in a chemical sense) in the body, keeps up a supply of heat, the source of all activity.

**Food must therefore** supply these three great divisions of the processes of life, and the nature of the food should be determined by its ability to do this. Every day we live we must take into the system every one of the fourteen elements in their seventeen combinations, as before described, or there will be something the matter. The absence of any one element, or its deficiency, will



result in some disarrangement tending to sickness and death. It is better at the present time to keep the classification of foods in the three great divisions, which furnish :

1. Vitality ; or brain, nerves and bones.
2. Strength ; or muscle development.
3. Heat ; or fat.

**Of the fourteen elements** needed in the body, and which must be supplied in the food taken in the system, those which supply the three great demands, vitality, strength and heat, are classified under general terms as follows, the words being used in their popular and not their chemical sense :

1. The Phosphates, in which phosphorus predominates, supply vitality, or brain, nerves and bones.
2. The Nitrates, in which nitrogen predominates, supply the muscles with strength.
3. The Carbonates, in which carbon predominates, supply heat, and make fat.

**It is a sad fact** that people in general know nothing of the nature of the food they eat, and many wonder why they are not well. If food contained only carbonates, the person would soon die ; or if the carbonates were in excess, although accompanied by the nitrates, the person would have fever, headache, poor blood, pimples and humors.

**These three words**, carbonates, nitrates and phosphates, should be committed to memory by all persons who intend to enter upon that higher life of health which is provided for Progressive Ralstonites. It is not hard to speak of carbonates as heat makers, nitrates as muscle-makers, and phosphates as brain makers. The brain is identical in its life with the nervous system, and the phosphates therefore strengthen the brain and nerves, and furnish substance for the bones.

**Not one of the fourteen elements** remains permanent in the system ; they all have their duties to perform, and then must give way to new supplies of the same elements which must be furnished in the food, or the body suffers. Each organ of the body demands elements peculiar to its own existence, and the particles are taken from the blood from the general mixture of elements which are carried in the circulation. As long as these fourteen elements, if they have been organized in some vegetable, are found in the body in their proper proportion, perfect health

must necessarily result; but if any particles from other elements besides these fourteen enter the system, rebellion follows until the foreign matter is thrown off. So also if any of the fourteen elements have been deorganized and are introduced into the system, injury follows. It is to supply these elements and to furnish a harmony in the system that we shall suggest certain foods and describe their uses, so that the members of the Health Club may know at each meal the especial value of each kind of food of which they partake.

**Is there any single food which contains the fourteen elements, or in other words, which supplies carbonates, phosphates and nitrates?** There are a few that do this, one of which is wheat. The nitrates are found in the outside shell; the carbonates in the main portion, constituting about two-thirds of the entire grain; and the phosphates in the chit, or germ. In fine white flour the centre alone is used, consisting of carbonates or heat-producing substance, with but a very slight mixture of nitrates. It is the common evil at all meals to set more heat-producing food before the family than other kinds. White bread, butter and sugar, as well as potatoes, are all heat producers, and contain but little else; and the blood becomes seriously impoverished by inflammations, headaches, fevers and neuralgic pains which follow the use of this one kind of food to the exclusion of the others. Few mothers know that phosphates are demanded for growing children; and yet if they knew this fact they would not be able to tell the foods which furnish phosphorus. The result is that a majority of children die in their infancy; and many of those who survive grow up with defective teeth, weak muscles and shattered nerves; all owing to the ignorance of parents upon the subject of food.

**It is a wonderful fact that a grain of wheat contains all the fourteen elements and in very nearly the proper proportion.** Whole wheat bread contains all that the body requires, and it has been proved that it will sustain life indefinitely; while wheat bread, which contains but little more than the carbonates, can hardly sustain life for two months unless other food is used with it. A person living on white bread, butter and sugar is depriving the body of nitrates and phosphorus; but the addition of lean meats and cheese will furnish the necessary elements.

**Sugar, butter, lard or animal fats of any kind are incapable of sustaining life, without any other food, more than from twenty**





to thirty days; and white flour, being mostly starch, has been proved by experiments on animals to be capable of sustaining life, without other food, only from fifty to sixty days. These belong to the carbonates.

**Meats, cheese, lean fish, peas and beans**, in which the muscle-making element is too large in proportion to the heat-producing, would be capable of sustaining life only for a short time without some carbonates to keep sufficient warmth in the body. These belong to the nitrates.

**In fruits, berries, green vegetables**, and many others, there is more waste than nutrition. If they are eaten alone, they produce diarrhoea and debility; but if they are taken in connection with food containing more nutrition, they serve the important purpose of keeping the bowels in action, and the system cool and free by preventing a surplus of more stimulating food.

**Foods not easily digested** are better on account of their staying power, and are best for persons who are addicted to strong exercise; while they would not do for the delicate stomachs of sedentary persons. An excellent combination of food for those who exercise in the open air is cheese and corn bread.

**Cheese** has nearly three times the nutriment of any other food, and must be taken in small quantities. A weak stomach may be taught to digest it by taking but little of it mixed with carbonaceous food at breakfast.

**It is always best**, in order to strengthen the stomach, to take articles of food that will tax the full power of digestion, just as it is best to take active exercise in order to strengthen the muscles. One who lives on rice can digest nothing else, but one who can eat and digest beans, cheese, etc., can generally digest everything.

**Potatoes** are among the most valuable of foods, and are almost indispensable where meat is eaten, as they furnish what is lacking in meat, and sufficient waste matter to overcome the influence of concentrated nutriment. They should be eaten close to the skin in order to get their full quantity of nourishment. Perfect nutrition for the entire body can be found in a meal consisting of milk, meat and whole potatoes; or, better still, oatmeal or whole wheat porridge, milk and whole potatoes.

**Compare persons** fed upon such wholesome food with those who eat white bread and butter and the modern foods as they are ordinarily prepared, and you will find on the one hand a race per-

fect in brain, nerves, muscle and organic health, while on the other hand you will see pallid faces, poor skin, dull eyes and evidences of ill health suggesting aches and pains.

**Two per cent only** of our nourishment may consist of phosphates in order to keep the brain and nerves in good health, unless the brain is used for hard thinking, in which case as high as three or four per cent may be needed.

**The use of salt** seems to be confined to exciting the saliva of the mouth and gastric juice of the stomach. By so doing, it



“ON ANY PLEASANT EVENING THE FAMILY COULD BE SEEN SITTING ON THE STONE STEPS ENJOYING THE OUTING. THEY FELT THAT IT DID THEM GOOD, EVEN IN LATE AUTUMN. AT FIRST THE GIRL DIED, THEN THE MOTHER, AND NOW THE YOUNG MAN IS ILL.”

renders digestion easier ; and in cases of difficult digestion a spoonful of salt water often gives relief if the stomach has not been too much addicted to the use of salt in the past. It is also supposed that salt excites glandular action throughout the entire body.

**Fat and lean meat** together furnish all of the fourteen elements necessary for health ; but only the flesh of animals that feed upon vegetables should ever be eaten by man. Fat meat furnishes

heat and lean meat muscle. While the brain food in the fat of beef and of good veal is in very large proportion, pork, on the other hand, is much more deficient in food for the brain.

**Good veal** contains more muscle than beef, but beef contains more heat and brain food than veal, and is by far the best of the meats; then in their order come veal, mutton and lamb.

**An important principle** in determining the use of food is as follows: Birds, fowl, fish and animal life generally will furnish the best food for man from that part of the body which is most exercised. It is a well-known fact that beef contains more strength than mutton or lamb, and that the least value in meat food comes from pork, which is taken from the laziest of animals.

**The digestive organs** require that kind of food which creates energy and strength of action. We have known many persons having weak stomachs hardly capable of digesting anything stronger than rice, who have gradually acquired power by carefully training the stomach, and attending to the four cardinal points of health, to digest the most difficult food.

**Food which contains** the most nourishment is usually the least wholesome when taken alone. Waste matter is necessary every day in order to distend the stomach and intestines, and to produce an excitement of good digestion and a stimulant to the bowels to throw off their excretions.

**The use of condiments**, such as mustard, cloves, horse-radish, sauces and pungent spices, has been proved to be injurious to the stomach, liver, and especially to the heart; yet they are of no harm to a strong stomach, if taken in very small quantities.

**Meat** ought not to be eaten by very young persons, as it often causes nervous derangements, fits, and certain indiscretions in youth. The healthiest and purest lives come from those who do not eat meat before the age of fifteen.

**Potatoes** sliced thin and fried are indigestible; and, while delicious to the taste, they not only afford no real nourishment, but injure the processes of digestion as to other food. They also cause a disarrangement of the liver.

**Cake** clogs the stomach. All rich pastry is poison to the liver. Glucose, a perverted form of corn, is prevalent in beer and in other drinks, and especially in soft caramels and creams, and in syrups, jellies, and similar things. Although derived from a nutritious food, it is in a perverted shape.

**Trichinæ and tapeworm** cysts come from pork, raw meat and sausages. Bologna sausage, meat cheese and any cooked sausages which contain red meat should be avoided.

There are different values in meat taken from different parts of beef; the tenderloin gives less strength than the sirloin, and the sirloin less than the rump, and the rump less than the round. Following this principle, the white meat of chicken and turkey, which comes from that part of the body which is but little exercised, contains no more nutrition than common white bread; while the dark meat is rich in phosphates and muscle food.

**Lobsters and crabs** contain phosphates and nitrates in compact form, and are very hard to digest. The best way to eat lobster is to reduce it to a fine pulp and make a milk stew with plenty of butter, and in this form we have a perfect food, rich in all the fourteen elements of the body. Of all the foolish ideas concerning food, that which supposes oysters contain brain or muscle-making food is the most absurd. A man who ate nothing but oysters would soon lose both muscle and brain power.

**Milk of the cow** contains all the elements of the human system, in the right proportions; and, if concentrated, or if the stomach were large enough to contain these elements in their diluted state, in sufficient quantities, would support the life and health of any man indefinitely.

**The use of too much phosphorus** causes a rapid degeneration of the organs and tissue structure of the body. Nut eating has caused a softening and enlargement of the liver; although a reasonable amount of this food daily would be harmless, if such nuts as the almonds and milder sorts were eaten. Nature never intended such food to enter largely into the diet. No one article is to be preferred to the exclusion of all others. Variety is the best rule. Some persons believe in nut foods as a religion, but experience shows the fallacy of the claim, and deaths from heart degeneracy, liver decay and kidney disease follow fast.

# A MAN IS WHAT HE EATS.

"There's not one atom of yon earth  
But once was living man;  
Nor the minutest drop of rain,  
That hangeth in its thinnest cloud,  
But flowed in human veins."

**Special design** has everywhere and in all ages been at work to provide food for man. It was ready for him in fish, fowl and beast. It hung in fruits upon vines and shrubs. It lay along the ground in vegetables. It ripened in grains that were capable of long preservation, and held their food values in concentrated form. In a multitude of ways the physical wants of man have been amply provided for; and for each inhabitant upon the globe there is annually produced ten times the amount needed for consumption. Because the crowds huddle in the cities, want and hunger cast their long shadows over the human family.

**Had man been brought into the world** when the conditions for his support were less favorable, he could not have lived a year. The race would have become extinct in its dawn. So, long before there is any evidence of a human being's presence, food awaited him. Geology shows the first fruit to have been blackberries, and the first grain to have been wheat; and these two remain to-day the most nutritious, most vitalizing and most strengthening of all the foods intended for humanity. Other kinds may seem superior, if the analysis is consulted; but it must be remembered that some foods are more digestible than others, and yield up their nutritive value more readily.

**Whole wheat** in grits, or in bread, is the best food known, because it contains all the fourteen elements in proper proportion; but in cases of diarrhoea, or when the bowels are in an irritated state, fine white flour should be used. Wheat grits or cracked wheat, taken with milk and sugar, is a perfect food. By whole wheat is meant the entire grain, not necessarily whole in bulk, but whole in elements. The bran, or shell, consisting of the five outer layers, should be removed, as they are dangerous. Thus, fine flour ground from unbolted wheat would be called whole wheat flour; and bread made from it would be the most healthful food in the world, especially if eaten with honey instead of butter. Honey-

comb should not be eaten, but honey in the comb is always safe. The upper and lower layers of wax may be peeled off, allowing the honey to run out.

**Farina** with milk and sugar is also a perfect food, and more delicate than either graham bread or wheaten grits.

**Rye** is not so good as wheat, but eaten with cheese or meat makes a perfect food, and is valuable to persons who are constipated.

**Barley** contains more muscle-making power than any other grain; it contains more than twice as much as wheat, and is probably the finest food for men of laboring habits. It should always be eaten in the form of porridge cooked in milk and water, and never as a breakfast food.

**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 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.

**Oatmeal** should never be eaten unless it is weakened by water or cooked in milk. It is a grain that directly attacks the liver, and through that organ injures the heart, unless fresh air and much exercise is taken daily. Oatmeal porridge in which there is more liquid than oatmeal is remarkable for producing great mental and physical strength. One pint of oatmeal porridge contains more muscle-producing material and brain food than ten loaves of white bread of the ordinary five-cent size. Oatmeal mush in sedentary cases has a poisonous effect on some stomachs. Owing to the strength of oats, they should be diffused among a large quantity of liquid. A people fed upon this porridge made with milk, and upon potatoes with butter, would have perfect health and strong mental and physical powers.

**Rice** contains four-fifth carbonates and a very small proportion of nitrates. Rice eaters the world over are lazy and feeble, with inactive brains and sluggish bodies. Rice is very easily digested and serves to keep the stomach active where extreme weakness prevents more nutritious foods being taken, and is a very valuable and safe food in such cases.

**Beans** contain carbonates, nitrates and phosphates in much better proportion than any other food excepting milk, cheese, meat and whole wheat. The advantage of beans over other foods is that they furnish a staying power for persons who have work to do with either muscles or brain; but as their muscle-making substance is in the form of casein, they can be digested only by strong stomachs. They are deficient in carbonates and should be accompanied by white bread and butter, or fat meat of some kind. A pound of beans will do nearly as much muscular work as two pounds of meat or whole wheat, and fully as much brain work. Beans when eaten green have very little heat-producing power.

**Peas** are fully as valuable as beans and are digested by more delicate stomachs. They are so rich in nutrition that they should be accompanied by food which contains a great deal of waste, and in this the potato seems to take the lead. Mashed potatoes mixed with fresh cream or buttered well and generally sprinkled with green peas furnish an ideal dish for warm weather, and provide all elements necessary for life. Dried peas for the greater part of the year are wholesome and very nutritious. They are much to be preferred to canned green peas, and should appear on the table once or twice a week, except in summer.

**Buckwheat** is an excessive heat producer and causes eruptions in the blood and ill health, unless nitrates and phosphates are eaten with it. It should be used with beefsteak, cheese or milk.

**The claim that cereals** may be eaten alone to the exclusion of all other foods is as erroneous as the idea that one can live altogether on fruits, or solely on vegetables. The abundant varieties are created for the distinct purpose of affording the human family a full complement of diet, each helpful to the other. Milk assists all grains, and fully ripe food assists all grains also. Vegetables furnish bulk. Grains are the opposite. If you eat nothing but vegetables you will suffer from disorders of the intestines, unless some of the seed vegetables are taken with them. Fruits are eliminators, not intended for bulk, but as cleansers to drive out the sluggish effete matter. No person can be perfectly healthy who fails to recognize the importance of these laws.

**There are three classes of vegetables:** Green cereals, leaves and roots. The green cereals are such as peas, beans and corn, which are taken from the garden before they ripen. Their phos-

phorus and carbon have not developed sufficiently for place among the concentrated foods, and consequently we class them among the vegetables; but they exceed in value all other kinds of such food, and are capable of more than supporting health, even of the hardest laborer, unless they are taken when quite green.

**Summer peas have great value**, but, as they are slightly deficient in heating properties, the sugar varieties are by far the best. These are not really known in their true excellence, unless



“THE CEREMONIES OCCURRED OUT OF DOORS IN APRIL. THE MEN BARED THEIR HEADS AND CAUGHT A CROP OF COLDS, CATARRHS, INFLUENZAS, NEURALGIAS, ETC., THAT HAVE COST MANY A DOLLAR, AND TWO DIED OF PNEUMONIA IN TEN DAYS AFTERWARD.”

they can be eaten soon after they are picked, for then they possess the vitality of the life they have had during growth. Canned peas are supposed to take the place of the green summer kind, but they lack their vital nature. To some extent, depending on the length of time since picking, the garden peas retain their finer qualities, and are liked, even if stale. It is often a matter of previous taste, and the kind of diet they relieve. A person who has



had nothing but the dry, falsely seasoned machine diet of common life would hail as pleasant any change, even to old peas.

**It is a mistake to secure the smooth** summer peas when the deep-wrinkled varieties are obtainable, for the latter are not only sweeter, but are more nutritious. This best of all warm-weather foods is not appreciated as it should be, for it is rarely eaten at its best, which is when it is freshly picked. In the effort to get good shipping peas, the truck gardeners cultivate the kind that best suits their convenience. The sweetest peas are neither so numerous, nor do they keep or ship as well. The extra early varieties also should be avoided; they lack the flavor of the others.

**Almost fully as important** for summer food are the string and shell beans. The pods are slightly nutritious, but have a greater value for their bulk; they should be eaten as young as possible, and in all varieties from early to late. Better than the beanless pods are those that have just formed the young beans, for the two together make bulk and food. As the summer advances, the grains, or berries, become more strengthening, and cannot be taken so freely for bulk. Every person should own or rent a piece of land as near home as possible, and cultivate the two best summer foods, peas and beans.

**Green corn is more problematical.** It cannot be used for bulk, and it is open to the objection of containing undeveloped and dangerous cells, which may lead to disorders that arise generally in the summer time. The young corn is better let alone. As it matures, but before it hardens, it is generally free from all objection, and can be eaten without fear, either boiled or roasted. The latter method far exceeds the usual custom of taking field corn for roasting purposes.

**The leaf vegetables** are valuable almost exclusively for bulk, and include lettuce, cabbage, beet tops, dandelions, asparagus and other leaves and stems. Of these, cabbage and asparagus are especially important. For the proportions found in cabbage, the slight heating qualities and the great bulk, it has and always will take a leading position in its class. The fact that it is nearly all water is in its favor, for the water is not only distilled, but is in an organic condition, making it doubly valuable. This is true of nearly all bulk vegetables and foods. It is better that their bulk be composed of water than too much earth and fibre.

**The root vegetables are also of the highest importance.** They comprise the well-known potatoes, beets, parsnips, carrots, turnips, radishes, and others not so common. Of these the first named have long served man as a staple food, taking rank next to the grains. The potato is the bread of many. It should be boiled or baked, but never fried, except when put in hot fat, kept from browning, and not allowed to shrivel. To accomplish this, the potatoes are cooked in large, thick pieces. For injury to the stomach there is nothing equal, in speed and effectiveness, to the thin, hard fried, greasy potato. The worst kinds of dyspepsia are thus acquired. For health, the potato should be boiled, baked, mashed, creamed, or large fried, the last being the least desirable.

**Sweet potatoes and yams** are not by any means as beneficial as the white potatoes. The stomach soon tires of the sickish, gummy substance of the sweet kind, but will endure them for a while, if cooked as dry as possible. They do not assist either in making the best blood or in purposes of bulk. The most that can be said of them is that they serve to give variety in the diet, and if sparingly taken may be used daily for many months in the year.

**Beets hold a high place** in food valuation, not only for their saccharine matter, but for their organized distilled water and their aid in providing bulk. It is a mistake to serve them in vinegar. If properly boiled, they may be eaten plain, with meat, or creamed. In the latter form they are very palatable. They should be found on the table almost daily.

**Parsnips hold next rank,** and seem to have been created to cleanse the kidneys. They are a stimulant to those little, over-worked organs; but such a stimulant as nourishes and builds without the reaction of excitants. Carrots are valuable for the liver and bladder, and tend to overcome in part the injury done by tea drinking. Turnips and the many other forms of roots are of general service; but the taste of the individual should be consulted. The best way of eating carrots, turnips and parsnips is in the form of the old-fashioned soups and stews, though parsnips are excellent creamed. One loses relish for them when fried.

**It must be remembered** that, as vegetables that serve for bulk are chiefly water and fibre, they should not be eaten alone. Without solid and more vitalizing foods to assist them, they tend to derange the intestinal system. Many cases of chronic constipation have been relieved by a bulk diet, taken exclusively for a few

days. The lack of nourishing food will cause general debility. These observations do not apply to green peas and beans, used as vegetables.

**Squash and pumpkins**, while in the nature of roots, are not capable of being classed as such, although they partake as a diet in all the qualities of such a vegetable as a parsnip, and mostly those of beets and turnips, each having separate tastes and flavors. The sweetest and most nutritious of the squashes, as well as the most pleasing, whether in pies or served as a vegetable, is the Hubbard. It holds the same relation to its class of food that the Concord grape and the Bartlett pear do to theirs. Squashes and pumpkins are too valuable to be ignored. When prepared for the table, no matter in what form, they should not be buried out of sight in their accompanying ingredients, but should retain as much of their original flavor as possible. After the rawness is taken out of the taste, there should be no excess of other things added. Some cooks make a custard pie out of squash, with no trace of the latter left in it. You should have squash and pumpkin each once a week the year round if possible. Hubbard squashes will keep for two years if cared for properly.

**Watermelons** are poisonous to most Caucasians. They contain a food that is best caught from the malarial poisons of the ground, and that furnishes nutriment for malarial germs, as well as for mosquitoes and other insects. As the liver is the object of attack in chills and fever, from which the blood is affected by a secondary process, so the pulp of watermelon seems to attack the same organ and interfere with the bile. The juice only should be taken, and then from nothing but the blood-red flesh. The white varieties are much worse.

**Muskmelons and cantaloupes** are valuable in their season, the former being preferred. If fully ripe, and taken with solid food, they can be eaten to the capacity of the appetite.

**Tomatoes**, like some other quasi vegetables when classed by scientists, are known as fruit; but they are made to serve as a vegetable. We meet them whole and sliced; in and out of cans; in soups and other homogeneous mixtures; in catsups and dressings without limit; the one perennial, long-lived, ubiquitous tomato. To start with, its seeds are objectionable. Then its pulp is not wholesome, but the juice has neither value nor harm. In numerous cases, where the familiar malady known as liver com-

plaint has baffled all efforts of the doctors, and the patients have not been addicted to tea or coffee, cures have been effected at once, on ascertaining that the persons were fond of tomatoes, by ceasing their use. They seem to injure the digestive functions as well.

**Cucumbers are unripe** and undeveloped cells, which, if matured and mellow, would be useless from every point of view, but, as green goods, are positively injurious. The claim that they may be eaten with impunity is not true. The assertion by Mr. or Mrs. So-and-So that he or she never "hears from cucumbers" is contradicted by the facts. There are several kinds of indigestion. The stomach may have a dozen or more disorders, and the duodenum and intestines may give evidence of the trouble long before that fearful breakdown of the stomach itself. Even the heart has been known to be the first to show disturbance from indiscretion in eating, and many a pain in that organ has been corrected by a sensible diet. Here is a beautiful lady who boasts of the fact that cucumbers never hurt her. "Swish!" Something about her digestive anatomy sounds like a river boat dashing a broadside of water over the deck. "Why, I ate cucumbers to-day, and I am sure I experience nothing of their injurious results." Silence. "Swish!" She tries to squirm into a cramped position in the hope that she may suppress that river boat, and wonders what is the cause of it.

**Onions hold a high place** in the estimation of many persons. Some have unstinted praise for the raw young onion, a barbarism in the list of foods that no individual of judgment can advocate unless the taste has been vitiated by coffee or tobacco. Mature onions cooked are valuable as food, and they should not be discarded merely because they thicken the breath and give it an exuberant odor. Some things smell worse, and if a party of diners all participate in this vigorous vegetable, the fragrance becomes neutralized to them, though not to the rest of the world. An overindulgence in onions takes the red corpuscles out of the blood, leaving the skin sallow. They are excellent when taken in moderation.

## MEAT AS A FOOD.

**The small number who refrain** from meat altogether are persons of set views, who are partly right in principle, but do not know why, who deal in sentiment while perfectly blind as to the



facts, who cannot be argued with because they base their theories on bottomless foundations, and get very much disturbed when they sink out of sight. To their credit it may be said that they are leaving the wrong road, yet do not know which is the right one. No one ought to tear down who cannot rebuild.

**Man's hold upon this planet** has been retained through every kind of vicissitude and danger, and, by the offices of nature, he has resorted to any makeshift that sufficed him in each period of struggle. Being a form of flesh, he has been compelled to eat it or die. For this reason his stomach and digestive apparatus are so constructed that he can live on almost one class of food alone, or on any two or more, or on all together. He is capable of an exclusive diet of meat, or a diet part of meat and other foods; or he can go from birth to death, a hundred years or longer, on the other foods, never knowing or tasting meat. Such are the provisions which nature has made for his means of digestion.

**The evidence when fully examined** is conclusive that the use of meat was intended as a makeshift; that is, to tide man over in those eras of vicissitude when he would have perished but for its aid. Birds, fish and animals were abundant at the time the Pilgrims landed in this country, and their presence made the foundation of modern republics a possibility. All other foods were scarce and hard to obtain. Humanity in Europe were meat eaters to such an extent that hunting was the great profession of men for two thousand years, and probably more.

**If you give a piece of meat** to a kitten, using such meat as is found on the plate at the ordinary meal in any house, the results may destroy the nervous balance of the animal and send it into convulsions. The experiment has been tried many times, and, although felines are natural meat eaters, caring little for anything else, it has been necessary to limit them in youth, to save crazing them by nervous derangement. Dogs fed on meat are ferocious and dangerous, and what is called madness is not only due to, but can be incited by, too heavy a meat diet from early youth. Some parents give meat to their children in infancy, not knowing that the longer this kind of food can be withheld the healthier, gentler and more moral will be the lives of the boys and girls, especially at the crucial age of young manhood and young womanhood. Among young children from two to five years of age, hundreds of deaths from convulsions have been traceable directly to meat

eating, and nervous hysteria from overstrung temperaments in the young will be found due to the same cause, or else to indiscreet meat eating by mothers who nurse their children.

**That misuse proves dangerous** does not argue against the proper use of anything. The richest blessings of life turn upon us when trifled with. In the present question there are certain laws which it is more wrong to disregard than it is to eschew a valuable evil. Let us see what they are:

1. Persons who have depended for strength upon the meat-digesting ability of the stomach cannot safely shift to a non-meat diet without a long process of change, involving great care. It is better that they continue using the preferred meats.

2. Persons who have decided to leave off meat eating should know what that means, for the equivalents of meat must first be secured in digestible form, and it is very hard to find such food.

3. The safest way is to begin by discarding all unfit meats, thus coming at once to the kinds that are wholesome. A further elimination may then be determined upon at a later period.

**The meats used by mankind** are of various classes, and may be arranged in different ways; but the two great divisions are as follows:

1. The meat of vegetarian animals.
2. The meat of flesh-eating animals.

The word *animal* applies to any life that is not a part of the vegetable kingdom. Thus, fish, fowl, birds and insects are animals in the same sense as man and beast are. So fruits and grains, by this division of science, are of the vegetable kingdom, as are trees, plants, flowers and garden vegetables. A vegetarian is a human being or any animal life that excludes meat from its food.

**The meat of a flesh-eating animal** is a cancerous poison. We propose to state some facts that are too vital in their importance to remain dormant any longer. You who are interested in getting down to the solid truth take the time, if you will, to experiment, and place the results of actual knowledge against the arguments and theories of science. We do not say that science itself is wrong, but it is true that its conclusions are often incorrectly assumed, and other scientists have been at work refuting them year in and year out. Some animals will not eat flesh. Take those that will: a hundred cats, a hundred dogs, a hundred hens and a hundred hogs. Feed some of them from birth with vege-

tarian diet, and their flesh, barring the taint of ancestry, will be wholesome. Feed others of them all the meat they will select by choice, allowing them all kinds to draw from at will; kill the latter and feed it to meat-eating animals and sores will break out on the body.

The vegetarian animals are those that produce the preferred meats, such as beef, lamb and venison. Of these the first two



“SHE STOOD IN THE DOORWAY FOR ONLY TEN MINUTES, DRESSED FOR INDOORS, WHILE HER VISITOR WAS WRAPPED IN OUTDOOR GARB. HER HUSBAND TOLD HER SHE WOULD CATCH COLD EVEN BY A MINUTE’S EXPOSURE; BUT SHE KNEW BETTER. TWO WEEKS LATER SHE WAS CARRIED OUT OF THE SAME DOOR IN A CASKET.”

are the only kinds in practical use. You see the limit is very narrow. As soon as you take flesh that has been fed on flesh, your blood will go to pieces, and pimples, sores, ulcers, tumors or cancers will form in the tissue of your body. *There is no other cause of these maladies.* Cancers often lie dormant until called out by such diet. Sores and pimples resulting from the use of such

meat also lie dormant until there is an excess, or overheating, or too much carbonaceous food excites them into life. Thus, nearly all athletes of this age have boils or ulcers, due to excess of practice on a bad previous meat diet.

**Animal life that feeds on meat** cannot be safely eaten. The Bible made such indulgence a sin, the curse of which followed into succeeding generations, as bad blood is not easily driven out. A hog will eat flesh wherever it can get it; besides which it roots by preference in filth and devours the most unclean stuff it can find. Let these habits be changed; keep the pen in better condition; serve as clean food as you give the cow; and the flesh of the hog will be enhanced in value a thousand times, while the blood dangers that arise from eating pork will be decreased. These are facts of fearful import which a few simple experiments will prove and place beyond the realm of doubt.

**Meat includes the flesh and the fats** of animal life, as well as their products, such as milk, cheese, cream, butter, eggs, honey and gelatin. Of these, honey is the farthest removed, and should not be considered as involving any of the properties of meat. Gelatin is made of anything that comes from the animal that is not fit for something better, as skin, hoof, tissue and cartilage, and diseased, dead, as well as decayed animals serve in its production. It has a very slight nutritive value; yet the body of most of the store soups is made of this stuff, which people eat and wonder why it does not afford them strength.

**Milk contains the whole animal.** If it is of the cow, it carries in its stream the whole make-up of the cow, as the mother's milk conveys all the elements and combinations needed by the child to make its body. Its dilution alone renders it insufficient for a grown person; yet it should form a part of the food of daily life. As the strongest man and woman must in digesting each meal convert the food into milk before it becomes blood, it is important to assist such process by the use of cow's milk, and various experiments show that this is helpful. The best way of taking milk is with some of the grains, and this will be spoken of in another chapter. It is known that a very little milk will aid the digestion of starchy foods, as flour, rice, potatoes and wheat. Governments that have armies and wards to feed have sufficiently tested the question to settle it. The most strengthening of foods are the preferred grains; yet these fed in any way except with a slight





addition of milk are not as nutritious, even in their own qualities, as when eaten with the milk. The latter may not yield any strength, yet it brings out the energy of the grains.

**The Scotch Highlanders are a hardy**, muscle-toughened nation of men, women and children. They eat very little meat, but depend largely upon grains, such as oats and barley cooked with milk, of which the well-known porridge takes highest rank. A sect among the Swedes make their chief diet upon grains and milk. They are described as "tall, well formed, unusually powerful and of perfect health."

**Cheese is concentrated food**, but not to such an extent as is supposed. The babe that lives upon milk must turn the liquid into cheese in the stomach; and rennet, which is taken from the stomach of a young animal, is employed for the purpose of curdling milk in cheese making, thus showing the process of digestion to be the same as that of producing cheese as far as milk is concerned. New, mild cheese made of rich milk from which no cream has been skimmed is the best article of animal food that exists, and is the least used. We have seen farmers' families eat it like bread. The trouble with store cheese is its age and sharpness; it is old and "strong," and is not only unfit for the stomach, but is not craved, and cannot be endured except by coarse-grained appetites.

**Cheese has no equal as a food** if it is made as we have said, and is mild. All persons can digest it, from the babe to the octogenarian. It is easily assimilated by delicate stomachs, except in very rare cases, and then it may be taken in small quantities at first and increased little by little. Never use old cheese nor strong cheese. Never use cheese that has a bad odor, sometimes slight, and seems damp and clammy, or soggy to the touch. It is full of animal decay, the worst of all. Foreign cheeses are made of this stuff, dried out and pressed as hard as possible. Avoid them. Let us get back to the mild, health-giving cheese of our good old homes, made of rich milk, cream and all, and eaten when newly seasoned. It is to be deplored that such food has gone out of use. Like all the wholesome dishes of better days, it has given way to the "long-keeping" articles to meet the demands of trade. This is wrong.

**Cream is an animal fat consisting** of oil cells which contain buttermilk. So-called churning breaks open the cells, releases the

buttermilk and allows the fat to collect by itself as butter. The system needs some such food, although it is not classed among the nutritious list.

**Buttermilk** contains more of the strength-giving qualities of the milk than all the rest of it combined, although it is better when taken in cream and sweet. We do not recommend sour buttermilk, and the other is not easily procurable unless the butter is made from sweet cream.

**Honey is a product** of the animal kingdom, but has nothing animal in its nature. It is a highly vitalized sweet, having valuable qualities as a syrup when eaten on whole wheat bread, toasted. The comb should be completely separated from it, and no part of this indigestible gum should enter the stomach.

**Eggs are a problem.** We have the fixed principle that the product of a flesh-eating animal should not be used, and science, experiment and the teachings of the Bible all concur in the correctness of this law. The egg is largely composed of meat eaten by the hen; she is not only fed at times upon flesh, but spends her spare moments hunting for worms and insects. Eggs so produced are undoubtedly poisonous to the blood, and it cannot be argued that they are merely albuminous, for there is within the shell the material out of which the full-fledged chick is made—flesh, bones, skin, eyes, beak, feathers, toes and all; a rearrangement of the particles being necessary to the formation of the life.

**Cooking the eggs does not** destroy the poison, for heat will not kill the pabulum on which germs feed, and it should not be planted in the blood of a human being to attract fatal bacteria. The latter are everywhere present waiting merely for opportunity. Cancers are the most to be feared of all maladies. While they are described as bacterial life, they cannot exist unless the condition is ripe for them. The flesh or product of animals that have been fed on flesh will provide just that condition, that taint, that pabulum or food which will invite the cancer germs. Not only is this the conclusion which history places upon the use of the products of flesh-eating life, but there is overwhelming evidence that it is true at this time.

**Deaths from cancer** have been associated with excessive egg eating. We have collected what information we could, and have been surprised at the fact that more than what should be an ordinary average of victims have indulged in raw or soft-boiled eggs,



thus enlarging the chances of danger. Boiling will kill most bacteria, but not the pabulum on which they feed. The product of flesh-eating animals furnishes such pabulum. No disease germ will thrive without the pabulum necessary to its increase. Pabulum is a word used by scientists to mean food for bacterial life, and other kinds also. The germs of disease are always waiting about somewhere for such food. We should fear getting the pabulum in the system more than the germs, for without the former the latter cannot get a foothold, any more than you can stay on this planet without something to eat.

**Eggs are the product of flesh-eating** animal life when they are allowed to feed on worms, insects and meat, and as such they are injurious to the extent of their use. They cannot well be omitted in cooking, so we must seek the proper remedy. The meat of hens and chickens is more injurious than the eggs, if the fowls have had such food as we have stated. The body of a chicken completely rebuilds itself in a few weeks. To give it all needed vitality and growth, it is proper to allow it to run at will for animal life in the garden and lawn; then, if it is to be used for the market or table; place it in a yard where it may scratch freely and find a grain diet; wheat, ground oats, ground corn, buckwheat, bran, cut grass, clover and other things being given it for variety; sometimes hidden under straw to keep it active and healthy. A week or two before killing it should be cooped and fed with greater care. This is the practice among most fowl raisers, except for the abominable habit of giving meat to add flavor and tenderness.

**The meat and eggs of hens** that are allowed to run at large, following cattle, hogs and horses, and to get their own living except for a little corn that is thrown to them daily, cannot be safely used. This is an age of poor blood, pimply skin and deficient vitality. These misfortunes are due more to the unfitness of the food that is eaten than to all other causes combined. It is the duty of good citizens to take steps to secure wholesome foods for themselves and their fellow-beings; this duty is the highest and the most sacred in life, for the body is the temple of mind and soul, having a controlling influence over them both. Ill health causes irritability, from which wickedness, sins and crimes arise unrestrained. A low vitality produces indifference to everything.

This is an age of low vitality, because the foods were never so bad and never so adulterated as now.

**Veal is from a vegetarian animal**, but is the product of flesh life, as long as the calf is fed upon milk. It should not be killed till it has been weaned entirely, and then fed upon grains and grasses long enough to completely rebuild its body. Most persons wonder why veal is injurious. The above is the full explanation, agreed to by all scientists and investigators.

**Pork is not safe food** as at present marketed. The danger in all meat foods is in the flesh part, if there is danger at all, and not in the fat. Physicians recommend the use of pork fat to assist in restoring the equilibrium of the nervous system, on account of its vitalized carbon, and the fat of boiled ham has been instrumental in effecting a temporary cure of neuralgia. To that extent it is useful. There are three or four sides to the pork question, and the following little rules are valuable in enabling you to come to a decision :

1. If no pork were eaten at all, the health would be better for it.

2. If pork is to be eaten, a committee of your locality should see that the animals are grain fed and kept clean to avoid taking filth into their stomachs, which seems to be the only discernible ambition of the hog.

3. If any part of pork is to be preferred, the fat as bacon and brine pork, in the form of fat rind cuts, are the best.

4. Suckling pigs are more injurious than young veal, against which some States have legislated.

5. Lard as pure fat has none of the hog or pork qualities, and is no more injurious than butter.

6. A person reflects the nature of the food out of which the body is built. One who eats pork freely, or as a considerable part of the meat diet, is swinish, hoggish, and filthy in body, mind, habits and morals; and we are glad to state that this condition is not so widely extended as in former times.

7. Clean meats from clean animals, as lamb and beef, tend to make clean bodies. Lean pork never can, even under the best culture, for the taint of ancestry, the natural habits of the animal and the semi-rotten nature of the flesh, not only inspired the curse of God against it, but will always repulse the good judgment of thinking men and women.

## PORK FROM BREWERY REFUSE.

One of the greatest dangers to health now prevailing in this country is that which comes from feeding hogs upon the grain-refuse from breweries. This refuse has been spent in making beer, and is sold at a very low price. As it serves to fatten hogs and has a food value in that way, it is bought as fast as made, and the tremendous output of the many breweries of this country furnishes food for the fattening of millions of hogs.

But brewery refuse contains the same poisons that go into beer; and, by analysis of samples secured from saloons (not from the brewers for their own advertisements) it is well known that there are 123 poisons employed in the making of beer. One of these poisons is arsenic. This mineral does not hurt the hog, nor does it leave the system. It becomes embedded in the flesh and is transferred to human beings, to whom it is a poison. Pork or ham thus fed produces different symptoms in different individuals; in one person chronic cold in the head; in another, sore eyes; in another, redness of nose, or pain in the heart, loss of appetite, or yellow hue of the face; and so on, depending on the character of the poison. Picric acid and cocculus indicus are common poisons in beer that pass into pork and ham, and cause "yellows," dizziness of the head and weakness at the knees. All poisons used in making beer are retained as much in the beer itself as in the dregs or refuse; and beer drinking to-day means the ruin of the kidneys as well as of the blood.

Suckling lambs, like pigs and calves, are the product of meat eating life, as milk is animal in its construction. It is, therefore, necessary that these three familiar articles of the table should have passed their weaning time long enough to have built new flesh of vegetarian foods, or they cannot be safely eaten.

Beef is the best of all meats, and lamb is the next. Both come from clean animals, whose diet and habits are consistent with the highest ideals of health. The meat should be fresh. Corned beef and cabbage is an old New England dinner, and not creditable to the taste or judgment. The corning or salting of meat by the brine process makes use of salt as a preservative, which it is; but it first draws out the real value of the meat, leaving the toughest fiber. Fully three-fourths of the strength-giving part has gone

out into the brine, as analysis will show. This is true of all saited, pickled or brined meats.

**Liver** is never fit food for humanity.

**Kidneys** are filth sponges and ducts; they never can be cleansed except by complete destruction. Persons who eat them



“THE DAY SEEMED MILD AND THEY WERE WELL ENOUGH CLAD; BUT THE COLD SIDEWALK CHILLED THEIR FEET AND LIMBS. THE FEW MINUTES’ PLEASANT CONVERSATION SEEMED VERY BRIEF, BUT THE STANDING STILL WAS A FATAL ERROR, FOR THEY CAUGHT SEVERE COLDS.”

have yellow, morbid-looking faces, yet there is a decided taste for them among certain classes.

**Sausages** of all kinds prevail in this land, and modern Europe, like America, has witnessed a greatly increased use of them

among the unthinking classes and those of lower intelligence, and the blood has become so vitiated that such a malady as la grippe, which thrives on poor blood, is cutting a wide swath with its scythe of death and disease. A sausage may contain, and the average sausage does contain, horse, dog, cat, rat or other outlawed animal meat, besides the refuse leavings that formerly went into soap. Any person who is at all familiar with the subject knows that any kind of meat that can find sale in its open condition never enters into that hidden mass known as sausage.

**The preferred animal foods** are beef, lamb, mild cheese, hens and chickens fed on grains, eggs from hens so fed, cream, milk, butter, honey and fish.

**A weak stomach** should never have meat fiber in any form. The full strength can be extracted in soups, broths and stews, so there is no need of eating the fiber itself. Convalescents eating meat flesh before they have gained the full powers of digestion take their lives in their hands. A man who had recovered from typhoid fever only far enough to walk out went to a restaurant for a beefsteak, ate moderately and died shortly after. A millionaire ex-Governor of New York State, while weak from heat and fatigue, took a large quantity of ham, with radishes and ice water, dying very soon after. The cases sustain the principle that meat fiber at its best is not good for the human stomach.

**What a man eats**, that he is. The soul is in the body, tempered, influenced, sweetened or tainted by it. The blood builds brain, flesh, nerves, muscles, organs, tissue, skin and all that exists in the body, whether vital, mental or material; yet the blood is the daily sum total of the kind and quality of the food which is eaten.

**Prehistoric humanity** ate wheat and blackberries in their clime and season, and meat as the rest of their food every day in the year. The meat was reflected in the person. Disposition, nature and temperament come largely from what is eaten. The king of small birds\* is able to whip the larger ones, simply because his temper comes from the hornets, on which he feeds. In the dim eras of the past, out of which a few meager but certain rays of light have come, we see the fulcrum for that leverage

---

\* The kingbird. "It is the smartest little bird in New England. Even the hawk, which is such a terror to other birds, seems to be a source of amusement to the kingbird."

which was to lift man up to a plane far above the low and beastly condition in which he groveled. Grain and fruit were promised in the best of all species, and from the focus of that beginning an ever-widening path of progress has extended to the present time. Co-extensive with man's emergence from a savage state and his gradual rise to a higher plane, his taste for flesh has lessened.

## THE NECESSITY FOR FRUITS.

**Fruits and their uses have not escaped** the contradictions of scientists. The trouble here, as in most honest cases, is that theories are assumed and facts made secondary to them. Thus, apples are eaten one day, and the results prove beneficial; so the theory is put forth that apples are of value in the diet. Later on, similar apples are eaten, and intestinal troubles follow, and the theory is now advanced that apples are injurious. It is wrong to draw conclusions without a knowledge of the controlling facts. We find that very few of those who scientifically advocate the use of apples know when they are beneficial, and very few know wherein they are hurtful. Wisdom clothes itself in a sorry garb of ignorance when it tries to solve the contradiction by saying, "What is good for one person is not good for another." Let us see.

**Fruits are ordained for certain purposes.** They hold an important place in the food plan of the human race, but not the most important. They perform a duty in the life of the body that cannot be supplied by any other agent, and their value in this one regard is so great that fruits must ever be considered one evidence of the special designs of the Creator toward humanity. They are overpraised under false conditions, and they are abused because of not being properly used. So these would-be friends become enemies or are ignored. Let us come down to the facts and drop theories.

**The chemical analysis of organized food** does not and cannot give its true value. Thus, there is nothing in the analysis of the blackberry to indicate its tremendous force as a nerve and vitalizing food. Chemistry discloses its elements and their compounds as found in the blackberry; but the very same things reproduced by chemistry would be medicines, and therefore injurious, for they are no longer in an organized state. In any fruit which holds its





organic life there are countless little cells, each having a vital centre that dies at the very first attempt of science to analyze it.

**To catch the fruit at the time** when the cells have matured and mellowed is the whole secret. A boy died of eating an apple; it was a ripe apple, and the microscope showed the unopened fruit cells clinging to the fine inner "hairs" of the intestines, where the mischief had been done. The seeds of the apple appeared clearly to be ripe, but the pulp was not mellow; the fruit cells were hard and intact. Ripe apples, then, are unsafe to eat if firm and hard, and their injurious work may be progressing while one has no knowledge of it. They may attack the nervous centres, the ganglia, and there produce the most unaccountable cases of neuralgia. But their most active demonstration occurs in the intestinal canal.

**Green fruits of all kinds** are enemies to life. The cells are never fit for the stomach. No greater mistake can be made than to seek a covering to the taste by the use of sugar. The practice of eating apple sauce made of apples too hard or too sour to eat, but cooked soft and sweetened to taste, is the father of much neuralgia and rheumatism. Sugar does not remove the danger of the indigestible, rock-ribbed cells. You eat the sour apple, and the harm is done to the blood and nerves, whether you take sugar before, after or with it. The unripened cells are there. Hiding them with sweets does not destroy them. It is a rule of rules that no fruit should ever enter the stomach unless the cells are ripened, mellowed and bursted open in a natural process. The seed may be ripe long before the cells are mellow.

**Cooking green fruit to soften it** is not a natural process. You may cook it into shreds, but there is no bursting open of ripened cells, developing the rich, fragrant juice; nor is there that necessary condition of organized vital life. Between the almost ready cell, with its first mellowness, and the fully matured softness there is a vast gulf, the spanning of which means health as against disease, as will be seen from explanations to be made. Around this important stage are three conditions: First, that of being almost ripe; second, that of being fully ripe; third, that of decay. When decay follows greenness, it is rot; when it follows ripeness, it is fermentation. Rot is caused by bacteria of quite a different kind from fermentation; the latter having a thousand times more vitality than the former. They are born in fruit, after it is fully

ripe and before it ferments, and this kind of bacteria cannot be withdrawn from the diet of humanity without positive injury.

**Fruit may be ripened after** it has been plucked, but it must show ripe seeds at the time of picking. To ripen by mere softening is rot, or its first stages; and to soften by cooking is merely a mash of undeveloped fruit cells, which are doing injury whether the system responds to it or not. No greater blessing exists than fruit. It is the gift of God. It is charged with various duties, which we will explain. It is not to be the chief diet, but if partaken of freely in any one season of the year, its services extend throughout the twelve months. Every locality has its fruits, tempered to the blood of the people in every zone and climate.

**Three great duties to the health** of humanity are performed by fruit, and these do not require the use of this gift the year round, although some advantages are added by such use. These duties are:

1. To build vital cells in the life of the body.
2. To balance the electrical energy.
3. To eliminate waste material.

The first duty, that of building the vital cells in the life of the body, can only occur when the fruit itself has burst open its own hard-closed cells and flooded its structure with its juice, charged with bacterial life. Do not be alarmed at the word, for bacteria are merely vegetation. They are the good and bad. The latter are fearfully active in destroying our bodies; they are ugly, voracious, vicious and fiendish in their operations, showing no mercy, and sparing no one if they can have their way. But as they are bad, so the others are good, for without these tiny builders of life we could not exist a single day.

**The second duty of fruit** is to assist in maintaining a balance in the electrical energy of the system. To live is to express some form of vital electricity; there is no other process offered to this planet. The body is an agent of action, divisible by its muscles and bones into countless operations, all helpless unless the nerves discharge their electrical fluid. The nerves themselves are mere telegraph wires, obtaining their power from the stored vitality of the body; and here is the real man, the actual life. The first necessity of existence is that of creating and maintaining this fund of vitality. It is really animal electricity. Power, thought, character, health and life are contained in this collection of electrical

centres, for it is easily proved that every material part of the body is but an agent of our vitality.

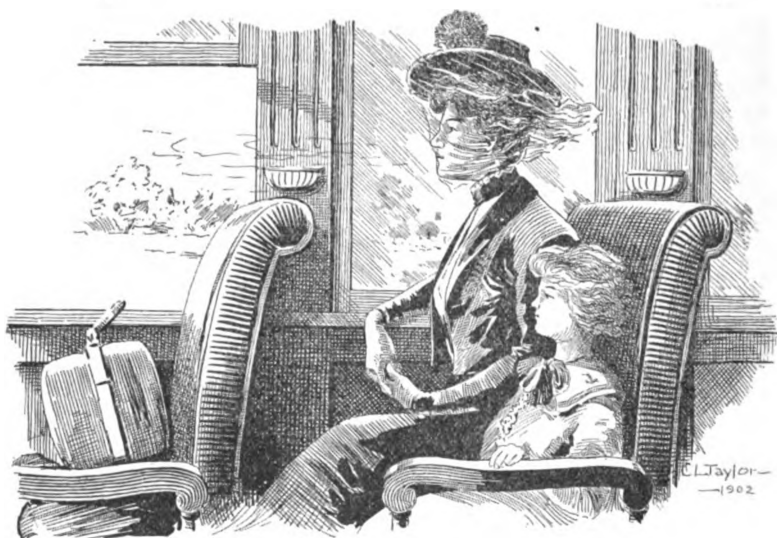
**The third duty of fruits** is to eliminate waste material. In some parts of the world the thirst may be satisfied entirely by the juice of fruits, and this is distilled water organized as life, an enormous advantage over distilled water produced artificially. Both, however, are endowed with the faculty of traveling in and out through all the minute avenues of the body, picking up dead tissue matter that breeds disease and cannot be removed in any other way. Lying on the ground in the tropics, beneath a tree of fully ripe oranges, a party of travelers found a capacity for a large number, sucking the juice only, and deriving pleasure, sustenance and a quenching of the thirst; while all agreed that the orange in its native soil tasted quite different from its imported brother. Yet there is health in the one when ripe and nervous disorders in the other. The use of acids, vinegars, sour oranges, cucumbers, pickles and other forms of the same diet by women who crave them shows a lack of balance in the vitality of the system, and these substitutes for the true diet are productive of endless nervous derangements, traveling from the brain to the lower organs, and throwing much misery into their lives.

**Fruits follow the climate** and harmonize with it, and a native or long resident of a place should prefer such fruits as grow most readily there, and such as may be made to grow there would stand next in value. The time of eating should concur with the time of ripening and full mellowing, if the best blood and vitality are sought; though to hold back part of the crop so as to delay the mellowing period, or to check it by cold storage or other methods, is desirable as a second best plan. A long succession is always an advantage; but it is true that great good is done by eating very freely of fully ripe fruits in their season, even if no more is taken during the year.

**We will now discuss the merits** of the various fruits that are obtainable in this country, either by growth or importation.

**Apples for eating.** The apple is the standard fruit of the temperate zone. It is found in every variety from the sweetest to the sourest. The best apple for the individual is that which suits the taste. The skin should never be eaten; it is indigestible. The true part of the apple is closest to the skin. No part of the core is good, and the pulp near it should be discarded. Troubles, either

neuralgic or intestinal, may follow the eating of any apple that has not been mellowed to softness by thorough ripening until it has a rich wine flavor. Taken with these precautions, the apple is the best medicine that can be put into the system. It is cleansing, vitalizing and nutritious, and, like most fruit, has the power to supply what cannot be derived from other food. An old man of ruddy face and clear eyes said he had eaten three mellow apples daily, when he could procure them, since boyhood, and had never known a sick hour.



"SHE SAT IN THE CAR WITH HER CHILD, ENJOYING THE FRESH AIR THAT BLEW IN UPON THEM FROM THE WINDOW IN FRONT. IT WAS A COOL DAY IN EARLY SUMMER. THE CHILD NEVER RECOVERED FROM THE EXPOSURE, AND THE MOTHER IS NOW A HOPELESS CONSUMPTIVE. SHE WAS WARNED OF THE RISK, BUT MADE LIGHT OF THE MATTER."

**Apples for cooking.** Among the many barbarisms of the kitchen, that which inflicts upon the innocent family sour or unripe apples, cooked to softness and sweetened to taste, is possibly the worst. No wonder the use of apples is rapidly decreasing. No wonder the teeth are attacked by disastrous acids. No wonder the nerves of the eyeballs, the hollows of the neck, the temples, or the crown of the head are racked with neuralgia. No wonder the constitutional headaches do not succumb to cures until deadly

anesthetics have stupefied the heart. No wonder the intestinal canal doubles itself up until it gets tired of making knots. The reasons why fruit is not good when mellowed by cooking, or sweetened by sugar, are stated in the earlier pages of this chapter.

**Peaches for eating.** These stand next to apples in importance, and probably next to blackberries in their vitalizing qualities. The old-fashioned seedling peaches, or some of them, are by far the best; for, in the anxiety of producers to raise varieties that are good "keepers" and "shippers," as well as handsome to the eye, tenderness, tameness and agreeableness have been sacrificed. Now we have large, heavy, coarse-grained, beautiful, but worthless peaches, and the public taste for the fruit has fallen off considerably. To be fit to eat, a peach should be white, fine-grained, thin-skinned, stone free, mildly sweet and dead ripe. It should not shock the palate, but ought to afford pleasure at the first bite.

**Peaches for cooking.** It is necessary to start with fully ripe fruit as a basis. The skin and pit should be discarded. Rotten places should not be cut out; let them stay in, and throw the whole peach away. The supposed decay of an over-ripe peach is merely the full softening of the flesh just prior to fermentation, and is delicious; though, of course, fermentation will spoil it. Green fruit should not be used in any form of cooking, for preserves, jams, jellies, or other things. When fully ripe to start with, the addition of sugar as a means of preservation is not objectionable, but desirable.

**Grapes for eating.** If but few grapes are at hand, it is not at all injurious to eat all the contents, except the skin. But it is better to take plentifully of this fruit, for it is a direct blood maker; besides which it carries iron and vital nutrition into the body; and the proper way of taking grapes for such benefits is to adopt the following plan: Squeeze the skins as nearly dry as possible to get out the most valuable part; then, in a separate dish, drop the pulps so as to shake off the juice clinging to them, and also as much of the pulp flesh as is free. Then throw away the seeds and close pulp, for the latter is quite sour. All the juice may now be put together and mixed well; then placed in a jar around which ice is packed. When quite cold it is ready to drink, and it may be taken as plentifully as you desire. Persons suffering from lack of blood will find no equal to this. We are

sorry to say that the grape juice of soda fountains and of commerce is not safe to take, and will do more mischief than the absence of all fruit.

**Some grapes are not good.** The little Catawbas are among them. The Delawares are fair only. The best is the cheapest and the most abundant, the well-known Concord variety. To be good, it should remain upon the vine until a full, deep bloom of blue dust overspreads it. There are many seedlings of the Concord, most of which are as good, and two or three better. The lighter colored grapes are not very beneficial.

**Blackberries for eating.** Probably no fruit comes so near to the results of food production as the blackberry. This fruit was the first to be created, as far as geology discloses its history, and like the blessed wheat is seen in rock fossils of long ages ago. It awaited man's advent upon this planetary arena. It is one of the few things that man injures by attempts at improvement, for he seeks large, firm berries that will ship well and keep well—the very qualities that prevent ripening and mellowing. A blackberry should be dead ripe, and free from core, or else the hard centre should be discarded.

**Blackberries for cooking.** Given the queen of all fruits, the housekeeper places before us the worst condition in which they can be found; berries black but hard, berries dark red, berries light red, berries green in spots, and we are asked to eat them in pies and other preparations that might have entranced us with delight, but for the barbarism displayed in the selection. A few good blackberries by themselves are better than a few good ones mixed with some bad ones. It is that hard, unripe berry that sours our zeal as it shocks the palate. It is unfit for the system. While it is very difficult, if not almost impracticable, to obtain uniformly ripe and mellow fruit, it is nevertheless done, and even at the markets such berries are found. Never cook a hard one. Like the peach, this fruit is best when just passing the fully ripe stage.

**Pears for eating.** A sour pear has no place in nature. This fruit does not mellow well upon the tree. Its seeds show the period of ripeness, at which time it should be picked and laid aside to soften. It mellows quickly under certain conditions. Even the supposed sour pears are very palatable and sweet when allowed to come close to the fermenting stage. When soft and juicy, they

may be eaten freely, even to the limit of one's capacity, and their cleansing effect upon the kidneys is surprising.

**Pears for cooking.** If this fruit is ripe at the seeds when used it does not matter if the flesh is hard, for the cells of the pear do not create such emotion in the system as those of the apple. Green pears are always to be avoided. Some cooks make use of windfalls, worm-eaten and undeveloped fruit, supposedly for economy; but as the result is a dangerous concoction in any form, having no value whatever, and wasting the good things used with it, the money-saving idea is swamped.

**Plums and apricots.** The latter are not readily obtainable in some States, although they can generally be grown wherever peaches thrive. They are excellent for eating and cooking. Plums are the worst of fruits when used contrary to the rules laid down, and among the best otherwise, though none can hold rank for a moment with the five great stars—blackberries, grapes, apples, peaches and pears. A plum is a mean thing if it is not dead ripe and soft to the very point of fermentation. Try it. Try any variety at the different stages; when green, it is sour enough to raise the roof of your mouth; when ripe, it still incites you to tears; when softened, it is yet unpalatable; when mellowed, you begin to like it; when dead mellow, and the cells have all bursted and died, it is the nectar of the gods, full of flavor, fragrance, osmazome and rich vitality.

**Cherries for eating.** It is one of the laws of nature that the farther south we go the less acids we need to maintain our electrical equilibrium, and the less vitality we have. The reasons are fully explained in our high-degree works on magnetism. Cherries in Italy surpass any in the world; they are large, sweet, full-blooded, capable of quenching thirst, and may be eaten to excess without fear of injury. Such cherries might be raised in our own Southern States, but are not. Still America has some delightful varieties, and the fruit is of importance in vitalizing and cleansing the system. If fully ripe, mellow and sweet, they should be indulged in as long and as much as the appetite permits. The fear of internal disaster when milk is taken with cherries is groundless if the fruit is dead ripe.

**Cherries for cooking.** Green or hard fruit should be avoided. The fact that hard, sour cherries make better jelly argues against the use of the jelly, and it is a discreditable method that drives all

fruits out of public favor. Flavor, sweetening and cooking may succeed in satisfying a false relish, but the fact remains that fruits are not used as freely as they were, because for many years the policy in cooking has been to discard ripe and mellow fruit for that which is green and hard. Every family should make its own preserves and jellies, taking care to use fruit properly.

**Strawberries.** Here we have a problem. As in the case of apples, some physicians say use them freely and others say avoid them altogether; yet we have shown wherein there is the middle ground and the safe one. Apples eaten without judgment or knowledge of what they are will produce injury; while, if mellow, ripe and softened almost to fermentation, they are among the best friends of humanity. Strawberries confer but few blessings upon the system, and the quickest way to secure a bad case of headache or neuralgia is to use the early kinds which are ahead of the season, or the usual market varieties.

**The reason for this danger** is found in the fact that strawberries are very cooling to the blood, and suit the temperaure from about June 10 to July 15. The sour varieties, as well as those that are not very ripe and fully red, destroy the blood's vitality by a sort of poison generated by undeveloped fruit cells, whose tendency is to rot rather than grow. Fruit undergoes a complete revolution in value in the brief interim between the unopened cell and the mellowed flesh. If strawberries are to be eaten at all, they should be fully red, sweet and ripe, and should be perfectly agreeable to the taste without sweetening.

**Raspberries and dewberries** are not useful except in their season. Preserves and jam are made of the former, but they are dead fruit in all respects as far as hygienic qualities are concerned.

**Blueberries, huckleberries** and similar fruits have considerable value in their season; except that the use of the skins and seeds is objectionable, though unavoidable. For preserving, the only good attainable is by keeping the juice in an unfermented condition; but there seems to be no use for it in that form.

**Currants and gooseberries** are not beneficial except to counteract the excess of heating foods which are required in cold climates. In England, where the summers are short, sour gooseberry tarts are the dream of the people, and dietary life revolves about that centre; but rheumatism and neuralgia stalk ruthlessly through the land.





**Fruit cultivation.** In the Ralston Ideal City, mentioned in a high-degree book of the Club, it is suggested that every home should have free access to light and air on all sides, a plot for flowers in front and a vegetable garden and orchard in the rear. In this country, where land is plenty, the crowds huddle into the cities seeking wealth, but finding poverty in many instances. He who can raise all he needs to eat is independent, and the intelligent cultivator of the soil is the king of America. There is every reason why the bright men should do now as did George Washington and the opulent classes of his day, make life in the country social and stylish, and compel the ground to yield a full support.

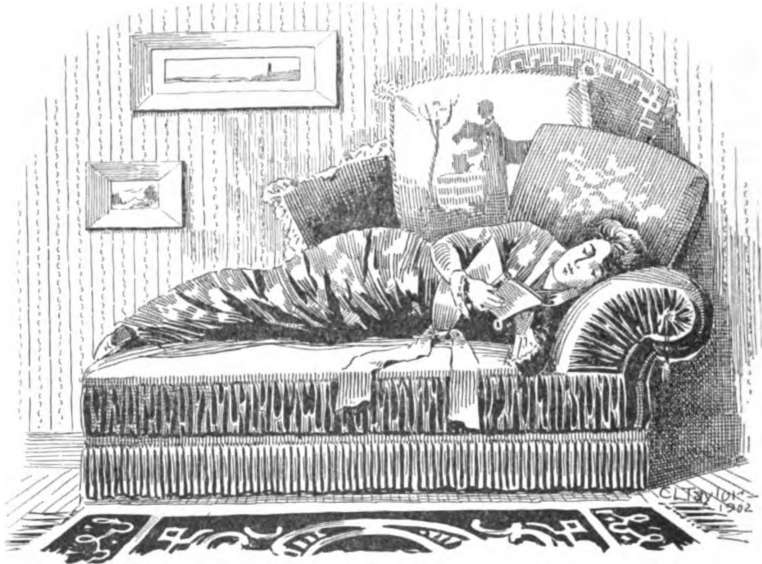
**Fruits as well as vegetables** can never taste as well nor give so much vitality as when raised at home and picked fresh for use. A trailing vine of grapes, trimmed severely back every year, furnishes a large supply of this fruit, can be used for covering an arched trellis, and will afford shade as well as ornamentation. Pears and apples may be raised most everywhere. Blackberries are nearly universal fruit. Peaches are grown in a majority of the States; cherries in many of them. Here are the favorite fruits. When God established these grand blessings for man's use he did not intend that they should be propagated for hardness and long keeping or shipping qualities, then picked green, sold green and eaten green, thus robbing them of their virtue for the sake of mere commercial value. All this is a travesty on the design of the Creator; and poverty will reign until man, endowed with intelligence, seeks harmony with nature.

**Dangers from eating fruit** can never occur when it is ripe, mellow, soft and not sour. The youngest child or oldest adult, or any person of any age, can eat until the appetite is surfeited, if the conditions are those we have presented, and the fruit is grown in the climate where eaten. Two quarts of peaches, pears, cherries, grapes or very ripe apples, taken daily, are not an excessive diet of fruit in their season. We advised a white, pale-faced, bloodless-looking woman, rapidly declining into consumption, to eat two to three pounds of Concord grapes every day for a month, and her body as well as health passed through a revelation. Everybody said it was a "miracle." Simple nature!

**Green fruit should never be preserved** or canned, not even if it is buried in sugar. The first consideration is to see that the fruit is wholesome and fit to eat, rather than to seek a condition

that favors long keeping; and the next is to preserve it in the most available way. Jellies, jams, butters and other methods are not objectionable if the fruit is ready to eat before it is so prepared.

**Avoid the purchase of sour, hard canned fruits, or such as seem to have been softened by cooking.** An interesting test may be made by using canned peaches that were ripe and mellow when put in the can, as compared with others that were cooked into mellowness before being canned. The latter, if eaten plentifully,



"SHE LAY UPON THE LOUNGE WHENEVER SHE READ, AND THIS HABIT BROUGHT ON THE USUAL WEAKNESS OF THE EYES AND DIMINISHED THE ACTION OF HER HEART."

will cause severe neuralgia; the former, under like conditions, will not.

**Adulterations are universal** in the fruits offered on the market in such shape as apple sauce, marmalade, jams, jellies, etc. The canned goods are treated with cheap glucose syrup, where any adulteration is present; but the greater objection of unripeness at the time of canning outweighs this. The various apple sauces are made of refuse hard apples, relieved slightly by poisonous glucose. Out of a hundred brands of jams, jellies and marmalades we did

not find one free from adulteration. Certain fruit flavors may be imitated by chemicals, and these are allied with refuse glue, horse-hoof gelatin, garbage glucose and apple sauce in order to produce the delicate "preserves" so often brilliantly illuminated by the printer's art. Avoid all jellies, jams, marmalades, apple sauces and other "store" preparations, unless you wish to ruin your blood. This is an age of arrant and reckless adulterations, rapidly displacing honest goods, concocted by the merciless invention of man, who knows well enough that to put dollars in his pocket lives must be sacrificed and health destroyed.

**Foreign fruits are not subject** to the same rules, for the reason that they must be picked a long time in advance and come from other climates where they are less vigorous. The grapes are barely palatable, and certainly devoid of value, never fully ripening, even here. The oranges of Florida and California, if dead ripe, are beneficial if the juice and not the pulp or flesh be taken. Figs and dates have a value as laxatives in some cases, but are unsafe, owing to their microscopic life. Raisins are a stimulant, but are likewise inhabited, and in some cases severe sickness has followed their free use.

**Pineapples are the best** of the foreign fruits. They must be as nearly ripe as possible when picked, and must then mellow here in the sun until soft. It is better not to swallow the flesh or fibrous pulp. This fruit is excellent for irritated throat, its juice being very healing.

**Bananas are a sort of bread fruit** in their native climate, and, without doubt, are of a high nutritive value, for they serve as food; but they lack the vitalizing force of our local fruits which are not intended for food. A banana has very little of the resisting, pugnacious cell structure which makes such fruit as the apple injurious, unless fully ripened; yet it should be both ripe and soft when eaten. Those who have tasted this fruit, both in its native clime and here, are agreed that it has none of the flavor, satisfaction or qualities here that exist there. The reason is that it must be picked green, shipped a long distance and ripened here. Again commerce overreaches itself; it sends the bananas too green. They might be ripening in the ship's hold on the voyage; but, instead, they come here dead green, are put into the damp, diseased, foul, malarious cellars of dirty dagos who are unable to distinguish between cleanliness and vermin, and there they

ripen, absorbing the poisons of their most unwholesome surroundings. In former years it was the custom to land bananas, fully or nearly ripened on the voyage, and they were much more popular then than now. To eat the present article is to court sickness, and possible death; though it is fair to state that if the fruit is not shriveled and seems tender and not tough at the core, it may be eaten sparingly after a good meal. But we have abundant proofs of violent illness and sudden death due to indulgence in bananas on an empty stomach.

**As all readers and students** appreciate a few brief statements by way of review, we will collect the most important from the present chapter and place them in short passages; suggesting, however, the careful re-reading of all that precedes.

**To make blood**, take daily a half pint of unfermented juice of the Concord grape, being sure it was extracted from fully ripened grapes.

**To put iron in the blood** depend on sweet, freestone peaches, eaten overfreely in their season, and sparingly at other times; avoiding the canned article of the stores, as the fruit must be dead ripe when prepared.

**To help a weak throat**, cure a cough by healing, and strengthen the membrane, use the juice of a ripe pineapple which has been sweetened in the sun by hanging for days in a window. Add sugar to taste.

**To cool the blood** for the summer heat, indulge freely in fully ripe cherries in their season, avoiding those that are tart or too acid, as all sour fruit, especially if the cells have not bursted, will produce neuralgia and intestinal troubles.

**To cleanse the kidneys** for the year ahead, allowing for due care in diet during that time, overeat of the best pears in their season, which extends from August to November or later. Avoid eating too many of the extra sweet pears. You cannot overeat with danger such varieties as the Duchess and Bartlett.

**To acquire the best nerve life**, eat all the dead-ripe blackberries you can get in their season, avoiding the sour, pulpy cores. By many interesting experiments it has been proved that life may be sustained on very little food with blackberries; the preferred grains being best as aids, and a new body could be easily built.

**Any unburst fruit cell** is an enemy to health. When fruit is dead ripe the cells have all bursted open and no injury can fol-

low except through too much acid, which hurts both blood and nerves.

**Avoid store goods**, such as jams, jellies, marmalades, preserves and others. They are so often dangerous by reason of adulteration, despite their beautiful appearance, that you cannot afford to take chances. Do not believe what your grocer tells you, as he is as often deceived as others, and, poor innocent man, he fights hard to sell the goods, but he does not know. A storekeeper who protests too hotly is deliberately dishonest. His anger is his remorse.

**Put up fruits at home**, if you can or cannot grow them. Save money by so doing. But by all means, save money by not buying unfit fruit. Better none than the bad.

**This is an age of dishonesty**, adulteration, greed and rascality in the preparation of goods of all kinds for the market. Flour, grains, fruits, delicacies, and everything that the devil ingenuity of man can touch, are made harmful and dangerous, though too often quietly so, at a time when the decadent health of the people requires honest nutrition, and wherever the government seeks to investigate such things the corrupt politicians, with whom this country is swarming, "doctor" the reports to suit the rich adulterators and fatten themselves.

**What a glorious opportunity** for the two grandest professions of life! He who tills the ground, or he who takes honest foods and fruits therefrom and makes them ready for human necessity, deserves the title of Doctor of Humanity, the noblest within the gift of the race or of God himself. He who is incorruptible in the midst of scoundrels, who can go freehanded to the legislative halls of our States or Congress, and there fight without compromise for the protection of every citizen of his country from the highest to the humblest, in all matters of health, home, liberty and property, is a STATESMAN; and the country is looking to-day for such men. Here are the two grandest professions of life.

#### BAKER'S BREAD IS DANGEROUS.

**Alum is almost universally used** by bakers in making bread. It causes a lighter bread, costs much less than any other agency and is less troublesome to the baker. Being a slow but never-

failing poison, its slowness in acting upon the system enables the baker to use it without subjecting himself to criminal punishment, as the laws now stand. It is as though he were to give a little mercury every day to his patrons, knowing that the little might not do any immediate harm, yet that the total accumulation must some day ruin the health.

**So dangerous is alum** in the system that there is very little likelihood of enjoying health after once its effects have accumulated in quantity. It eats out the vital forces, weakens the heart's action, lowers the tone of the nerves, and makes the debilitated system an easy prey to disease. The stomach loses its power of complete digestion; and this loss may be discovered in eructations, gas, rolling of the bowels, a yellow skin, a torpid liver, and lack of morning appetite. Sometimes there are severe pains in the head, neck or eyeballs; and some persons are very susceptible to colds, catarrh, sore throat and la grippe. All these complaints follow the use of alum in bread. In quite a number of cases a dull pain in the head shows alum poisoning of the kidneys.

**Bakers declare most positively** that they do not use alum. They do use it. Nearly all use it. We investigated more than a hundred bakeries whose proprietors declared in solemn terms that they did not use alum; yet we found it in eighty-nine cases. In one instance a baker who was regarded as exceptionally honest made oath to a statement that he did not use alum, and overwhelming evidence was produced to the contrary.

**What shall be done?** What must eventually be done in every county is to establish a Ralston Health Committee, composed of honest and learned men, whose duty it is to protect the public from food adulterations, poisons and dangers to the health of every kind. Members would serve without pay. Such a committee would make such maladies as typhoid, diphtheria, etc., impossible; and would put a stop to food adulterations, impure milk, and all present prevailing schemes of sordid men to make money at the cost of human life. Stand up for your principles and take this step at once.

#### THE QUESTION OF VACCINATION.

**Very recently in this country,** towns and cities have been ravaged by smallpox, and, although in most places it is held in

check, there is a constant fear of its breaking out and becoming epidemic. The Ralston Health Club has been asked almost a countless number of times the question whether or not we advise vaccination. There are many persons who seem to have an apparently well-grounded objection to being vaccinated, and the newspapers, by their false reports of the dangers attributed to the use of virus, have set in motion a kind of alarm that has helped to intensify this objection.

**We have made it our business** to thoroughly investigate the whole subject and to advise our members for their own good. Our conclusions are based on the facts as they are, not as alarmists would have them appear. The doctors, and they are very few, who oppose vaccination probably do so to attract attention and for advertising purposes. One physician at this time of writing lies dead from smallpox; yet not many days ago he was among patients and was defying the disease. He had openly declared that vaccination was no protection, and stated that he had never allowed himself to be vaccinated. When he fell victim to the malady he had it in its worst form.

**What are the dangers of vaccination?** They are few: the development of skin or blood disease through the use of bad lymph is due to carelessness, and it is very rare. A person who inherits scrofula will probably find it out by being vaccinated; but the discovery may lead to measures that will be of benefit. A child that has constitutional tendencies to disease may suffer from vaccination; but the latter merely acts as an agent of development, just as teething will do. If the lancet is not perfectly clean, if the scar receives mechanical injury during its process of healing, or if any dirt gets into it, there may be danger of lock-jaw or blood poisoning; but these are all due to carelessness, and need never occur.

**Erysipelas furnishes the real source of danger**, but it is not in itself a malady that is so much to be feared as many another. It is wise to avoid vaccination if there is erysipelas in the house or in the neighborhood near enough to furnish infection through association, for cowpox seems to have an affinity for erysipelas. Then a very sick or very weak person should not be vaccinated unless there is danger of an epidemic of smallpox.

**No child is too young**, no adult too old, and few persons too sick to be vaccinated. With infants it is well to wait for two or

four weeks after birth, although smallpox may attack them the moment they are born, and most babies die if attacked by this malady, unless they have been treated.

**Vaccination introduces cowpox** into the body. The lymph may be taken from a cow, in which case it is called bovine; or it may be taken from a person, and is then called human lymph. Many prefer the latter. It is secured on the seventh day after



“THEY SAT IN A BOX THAT NIGHT AT THE THEATRE, BUT THE THEATRE WAS EVERYWHERE TOO COLD. IT SEEMED WARM ENOUGH TO THEM AS THEY CAME IN, AND, AS THEY WERE DRESSED FOR DISPLAY, THEY GAVE NO HEED TO THEIR FEELINGS OF DISCOMFORT. TWO DAYS LATER THEY TOLD THE DOCTOR THEY THOUGHT THEY CAUGHT COLD IN CHURCH THE SUNDAY BEFORE. INFLUENZA WAS EPIDEMIC THAT SEASON.”

vaccination, it must come thick and freely without pressure, and must have no blood or other matter in it. Cowpox is a disease that holds some unknown relation to smallpox. The results of its introduction into the human body are usually nothing more than a slight fever and some stomach or intestinal derangement.



Persons who do not "take" when vaccinated are not likely to have the smallpox. If they do "take," and the work has been well done, they are rarely ever likely to die from smallpox, although they may have it. When after a lapse of from four to seven years from the time the first vaccination "took," another one is successful, it is nearly certain that death from the disease will not occur. Two good operations in a lifetime are sure protection; but yet smallpox may be had in very mild form and conveyed to others in a worse form, for which reason some authorities recommend about four in a lifetime, or once in every seven years until the fourth. Two, however, generally suffice.

In taking cognizance of the spread of smallpox and adopting measures for its suppression the health authorities are profiting by the lessons of the past. Statistics show that wherever vaccination has been neglected there has followed a disastrous epidemic. In 1885 a Pullman conductor from Chicago introduced smallpox into Montreal. Prejudice against vaccination resulted in the loss of three thousand lives and rioting in the streets before the people came to their senses. The disease was not stamped out for several years. "In the whole world," Professor Osler says, "the percentage of mortality among persons inoculated with vaccine virus ranges from six to eight. Among persons unvaccinated 35 per cent of those stricken with smallpox died. In England, of 4754 cases which were observed, the death rate among persons vaccinated once was 7.6 per cent, among those with two marks, 7 per cent, and those with three marks, 4.2 per cent, while of those who had been inoculated four times the percentage of mortality was only 2.4."

Guion, an eminent French authority, in a work on smallpox, cited an epidemic in London in support of inoculation. Of 734 nurses in the hospitals only ten were attacked, and these had not been vaccinated.

Germany's experience with smallpox in 1871 was costly, resulting in an epidemic which was not checked until 143,000 lives were sacrificed. At that time vaccination in the army was compulsory, while among civilians it was optional. From 15,000 to 20,000 persons died annually from smallpox before the scourge of 1871. Now vaccination and revaccination are compulsory.

Infants are inoculated when one year old, and again when they reach the age of ten.

In striking contrast to the havoc wrought among civilians, the men in the field emerged from the epidemic comparatively unscathed. The Franco-Prussian war was in progress and smallpox was rampant throughout Europe. The French, who had tabooed vaccination, lost 23,000 men, while the Germans lost only 278. French prisoners of war died by hundreds; their German guards, who had been vaccinated and revaccinated, suffered not at all.

In England a so-called "conscience" provision in the health laws enables parents opposed to vaccination to shirk their duty to the community. This provision, which is a concession to fadists, is a constant menace to the British Empire.

Several years ago the Medical Record republished from the Quarterly Review, of Edinburgh, a statement of the mortality from smallpox in Sweden since 1774. Before vaccination the mortality averaged 2045 in every million of population; with permissive vaccination, from 1802 to 1816, it was reduced to 480; during seventy-seven years of compulsory vaccination the mortality averaged 155 for every million, and for the ten years ending in 1894 it was reduced to two persons in every million.

These figures apply with slight variations to Denmark, Germany and Norway, and in England, where vaccination is not wholly compulsory, the deaths from smallpox, which formerly averaged 3000 a year, have been reduced 75 per cent. These changes tell their own story and should impress upon every citizen the importance and necessity of undergoing and promoting vaccination, which is a bulwark against the surrounding plague.

### BALANCING THE FACULTIES.

**A one-sided person** can have no hope of health. The exuberance of ambition often holds such an individual on a certain plane of seeming strength for years, but the result is a life cut short without warning. We all possess faculties; they are the agents of the will in the body. For them the functions exist and do all their work. Yet every faculty and every function has a representation in the brain, as all parts of the body centre in that organ; and there are brain cells which can never be devel-

oped until each detail of life does its work, and there are other brain cells that shrivel and become diseased as soon as certain activities of the body are discarded by non-use or inattention.

**As an illustration of what this means**, take any instance of discontinuance of a necessary habit; take the case of mechanical memory. All that develops the brain of a child from the first use of its senses soon after birth to the approach of adult life, is mechanical memory. Were it not for this, the brain of a mature person would be as smooth as in infancy, and the individual would be an idiot. Mechanical memory is the greatest of all faculties in early life. Many people lay it aside altogether after they are twenty years of age. It should be a secondary faculty of the mind then, but not obliterated altogether, and the habit of disregarding it leads to atrophy of certain parts of the brain, sometimes resulting in paresis, softening of the tissue, hemorrhage or apoplexy.

**It ought to be clearly understood** that every brain cell is called into full life by the use that is made of a corresponding part of the body. If you stop using the left arm there will be atrophy in a certain part of the brain. If you do not use every tiny muscle of every finger, some brain cells have to pay the penalty, and so on through the whole body, from the least to the most useful of your faculties. While special callings demand enlarged activities, there is not one of the common attributes of humanity that can be omitted without danger to the healthful wholeness of the brain, the vigor of the mind and the perfect poise of the nervous system.

**When the body was made** it was given certain powers that were intended for use and development, not necessarily great development or extraordinary use, except under the stimulus of a special calling; but **there** must be use enough and development enough to unfold the corresponding brain cells, or else the temperament and all enjoyment of life must be clouded by a lack of balance. Among the leading faculties that are absolutely necessary in the unfolding of every man and woman are the following:

1. **The mechanical action of every part of the physical body.**
2. **The expressional action of every part of the physical body.**
3. **The expressional action of every detail of articulative speech.**

4. The seven realms of mental activity.
5. The ethical instincts.

We have insufficient space in this book to discuss these matters. The systems set forth in the training books of Ralston Natural College furnish some means of help in this direction. But what we wish to say here is that every civilized human being, young or old, should develop and use continually the muscular power of the body, not in excess, but in moderation. The physical faculties were given for use, not for neglect. In as far as they are exercised, not in a limited way, but throughout all their parts, to such extent will the brain and nervous system be stimulated and nourished.

Then Ralstonism believes that the physical body should be developed in its powers of expressing thought and feeling; for science shows clearly that there are brain cells that can never be matured in any other way. The child is given this impulse, and it is intensely strong in all normal or healthy children; but, like mechanical memory, it weakens as adult age is reached, and then the brain and nervous system are out of balance. The third classification is that which is headed by articulative speech. Next to the muscular representation no faculty is so fruitful in stimulating the brain cells into vigorous life as that which most distinguishes the human race from all other species. The use of the voice itself as mere voice plays but a small part; nor does singing awaken much breadth of mental action. It is only when the voice speaks in the ranges, forms, qualities, timbres, stresses, moods and colors that are natural to this God-given faculty, that the nervous tone and mental vigor are brought to their greatest stimulation. When these attributes are dormant, as they are in most lives, then humanity suffers that lack of balance that is the commonest of all things in this life.

We have thus far referred to the physical and expressional sides of the body. We come now to the mental realms. Everybody knows what these are, and all we need say is that they are as much a part of life as are the heart, stomach, lungs, liver and kidneys; and the effort to make earthly existence bring pleasure, satisfaction or success will utterly fail as long as shallow uses are the chief tax laid upon the grandest instrument of all material creation. We do not advocate severe mental strain. All hard work of mind or body is contrary to Ralstonism. The machinery

of life must be well used and constantly used, but not overtaxed. Not a wheel, cog or pulley must be left to rust.

**Finally we come to the ethical instincts.** Within every heart, even of the most depraved criminal, is a **WHITE CASKET**, instinctively and eternally pure. In this world it may be buried beneath the debris of the most complete moral ruin; but it is there awaiting the touch of a master wand to open it into the warm sunshine of God's love. The more of the wreckage of daily neglect you pile upon this **CASKET**, the harder it will be to open it some day, and the more out of balance will be your mind and nervous system; for there are brain cells that are dormant as long as the ethical instincts are dormant. We do not intend to ask you to adopt a religious life, although we advise it. Our members include all classes and all religious sects, and many others who seek to lead a straightforward life but who are not associated with any church. This matter is for them to decide, not for us, as Ralstonism deals with the uplifting of the physical body and all its faculties, but does not include the consideration of religious questions. Your mother taught you at her knee the way to a higher morality, and her church should be your church. All that is within your province.

**The physiological part** of the problem is that which concerns us. No human being, unless grossly abnormal, is devoid of an ethical instinct, which means an inherent moral quality. You possess this just as you possess a muscular system; and you may find yourself neglecting it, just as you do the muscular part; and to allow either to remain unused is sure to weaken the brain and to throw your life out of balance. The really great men of the world have been driven, by sheer hunger, to feed their moral natures or they would have gone insane. Look at the beautiful balance of such lives as Washington's, Wellington's, Bismarck's, Gladstone's, Webster's, and others who recognized the God of the Bible as their Supreme Ruler; and how erratic and unbalanced have been other lives.

**We therefore say to you** that if you wish a perfect physiological development, do not neglect any faculty that is inborn. Give it life in order that its growth may awaken to fulness of existence the corresponding cell structure of the brain. Do not treat lightly the sacred things of the church or its day of rest. Go somewhere to church. If you do not know where, then consult those of your

acquaintance who are able to guide you. Let human example, with its ofttime failures and demerits, influence no person whose ideals are above the human; but let human leaders whose motives are pure be your guides. Devote some part of your time to the study and enriching of your moral nature. Let all your faculties be employed so that your life may be evenly balanced.

**Then old age will not catch you** prematurely by the dying of one part of the brain and nervous system ere your general life has passed its normal prime.



“THE OLD PUMP DREW FROM A SUPPOSEDLY DEEP WELL. ONLY THE PUREST WATER. BUT THE SURFACE DRAINAGE GOT INTO THE WELL AND CHARGED IT WITH TYPHOID GERMS; BUT THIS WELL IS ONE OF MANY THOUSANDS THAT BRING DEATH TO THE HOME.”

#### ADVANTAGES OF RALSTON PASSWORD.

In some places there are many Ralstonites; in others there are few or none. In certain localities they are in the majority. Some day we hope to have them outnumber all other people in every part of the civilized world.

One of the fundamental principles of Ralstonism is that no member shall attempt to take advantage of another member in any

financial or other way; but that all Ralstonites shall be fair and helpful to one another in the usual course of business or in professional matters. This does not give a member the right to claim any social privileges not accorded by the customs of the place in which such member lives; nor does it give the right to ask for charity, seek loans or request any benefit for which a fair equivalent is not offered in return.

**What may be gained through Ralstonism** is best told in a report which has come to us from a certain town of large size. A gentleman writes as follows: In this town and county there are fully a dozen lawyers who are Ralstonites; and there are several doctors, a few dentists, two insurance and real estate men, besides other professional and business men who profess Ralstonism; and hundreds of residents also. We always accost each other by a simple password, and it is very helpful in a business way. Ralstonites patronize Ralstonites, and the prices are always reduced wherever possible. I know of a case where a Ralston lawyer charged one client three hundred dollars for services, and in another case where his bill ought to have been as much, he made a charge of only thirty-five dollars, saying, "We Ralstonites must help one another." Other Ralston lawyers have been equally lenient. The same is true of dentists. A lady had gold fillings amounting to sixty dollars according to the schedule prices. Another lady, a friend of hers, had fully as much or more expensive gold fillings, yet was charged only eighteen dollars, as she was a Ralstonite. This spirit of helpfulness seems to prevail here." We have heard similar reports from other places. It is an old saying that when people are once truly Ralstonites they are more clannish than any others, and they never desert their principles.

**We are willing to arrange a password** and a system for using it if there is a general desire on the part of our members for some means whereby they may recognize each other in any place, whenever either party desires; but we will not create any secret society as Ralstonism is as open and free as the bright sunshine on a fair day in June, and we wish it always to remain so. In our opinion a Ralston password should be the same the world over; it should be a form of greeting that would admit of no other interpretation in case the person addressed were not a Ralstonite, and there should be no compulsion on the part of any Ralstonite to recognize it.

We can cite thousands of cases where Ralstonism has been the means of helping members, and in the most unexpected ways. Ladies use their Permanent Club Numbers in one way or another; writing, conversing, or letter-heads, on coat-of-arms, cards, etc., and gentlemen find many ways of using Permanent Club Numbers. Some engrave or print them on letter-heads even in business.

## MAKING GOOD THE FIVE DEGREES.

The possession of this book of "RALSTON LIFE" is based upon your agreement to advance five degrees and secure a Permanent Club Number, under the conditions stated in the eighty-third edition of the "Book of Knowledge." The acceptance of the present volume is your consent to fulfil that agreement.

In case you previously procured a Permanent Club Number, or "Ralston Gardens," or the Franchise, all of which go with the first five degrees, the agreement to advance the five degrees based upon the possession of "RALSTON LIFE" must nevertheless be fulfilled, so that it will carry you five degrees from where you were when you ordered this copy of the present book. Thus, if you had no degrees at that time, you are to advance five and secure "Ralston Gardens," the Franchise and your Permanent Club Number. No financial obligations are incurred, and no duties are imposed by the advance of any degrees. If you were at the fifth degree when you ordered "RALSTON LIFE," you are to go to the tenth; if you were at the tenth, you are to go to the fifteenth, and so on. You are not required to advance more than the five degrees; but if you should choose to do more than that you would receive certain

### EMOLUMENTS

AS REWARDS FOR ADVANCING DEGREES:

5TH DEGREE	{	Permanent Club Number for Coat-of-Arms. Password, if desired, good the world over. "Ralston Gardens"—a giant volume. Ralston Franchise.
10TH DEGREE	{	PERSONAL MAGNETISM CLUB OF AMERICA with right to join in the experiments.



20TH DEGREE	{	RALSTON CITADEL	{	1. School of Character. 2. Full code of Etiquette. 3. Your Temperament Behind Closed Doors.
40TH DEGREE	{	RALSTON ACADEMY, known as book of books, fourteen in all, in one great volume.		
50TH DEGREE	{	RALSTON CULTURE, physical training, grace, polish, ease, self-control, etc., etc.		
60TH DEGREE	{	THE TWO SEXES, in the universe, in nature, in fruits and flowers, and in humanity.		
70TH DEGREE	{	PRIVATE; a fifty dollar work.		
90TH DEGREE	{	IMMORTALITY as proved by scientific demon- stration.		
100TH DEGREE	{	Philosophy of universal life; ALL EXISTENCE		

### IMPORTANT NOTICE.

Owing to the fact that the new ninetieth edition of the Ralston Health Club contains a higher form of Ralstonism, it is our desire to open the way to all owners of this copy of *Natural Living* to enter the new Ralston Clan. In fact those who are denied the privilege, complain of neglect.

The Rules of Ralston clan cost twenty cents. They explain everything for persons who wish to advance degrees.

The present volume of *Natural Living* is absolutely complete in itself. It is not necessary to purchase any other publication in order to derive full benefit from its teachings.

This volume was issued without any preliminary promises whatever. Therefore the advantages which are offered in its pages to persons who wish to advance degrees, are all gratuitous and subject to changes for others that are more advantageous to the members.

This is to notify all persons that no offers are now alive except those made in the Rules of Ralston Clan, and also in the "Application Blank" which is attached at the end of this volume.

All rights of membership formerly required (and still do require) the sum of fifty cents over and above the price of \$1.10 if we are to give *Natural Living* and pay cost of delivery; otherwise only twenty-five cents extra. This rule still holds good with any certificate.

able to dispose of very quickly, owing to the public demand for them; and you would not be put to any expense for advancing degrees.

### INVITATIONS.

**This volume of "RALSTON LIFE"** comes to you with a General Club Number. You may write to us to send you Invitations which you can give to your friends or acquaintances. These Invitations are very effective. Their judicious use would bring many recruits into the Club, and you could easily advance five, ten, twenty, or even one hundred degrees right away, according to the number of Invitations you send out. We charge you nothing for them. You ought to take pride in mailing them to friends, acquaintances or strangers in every part of this country. Ten years ago a lady sent an Invitation to California, and the result was that we had over fifty thousand Ralstonites in one part of that State in less than twelve months.

**It is an honor to advance degrees** in Ralstonism. Most persons do so by purchasing the "RIGHTS OF MEMBERSHIP" in quantities at one dollar and ten cents each, and finding members for them at their leisure. The degrees are advanced at the time of purchasing the same. But many others use the Invitations and do not have to advance any money.

### PURCHASING RIGHTS OF MEMBERSHIP.

**We advise all persons** to purchase directly the great documents known as "RIGHTS OF MEMBERSHIP." The lowest wholesale price of these is one dollar and ten cents each, and if you ask for them instead of asking for copies of the "Book of Knowledge" you will obtain a special advantage, which is this:

**Each of these documents** known as "RIGHTS OF MEMBERSHIP" will come to you with the regular panels and other sections that compose it, and will be good for all the rights, privileges and advantages that would accrue to any owner of the "Book of Knowledge." It would also entitle the owner to a free copy of this volume of "RALSTON LIFE," and you would be empowered to set a date on the document so that the thirty days would not begin to run until you choose to attach the date, provided it was done within two years.

If you prefer you can order copies of the Book of Knowledge, but they must be destroyed when your recruits send for "RALSTON LIFE," and this seems a needless waste, for "RALSTON LIFE" contains the Book of Knowledge among its contents.

We therefore suggest and advise that you ask for RIGHTS OF MEMBERSHIP instead of asking for Books of Knowledge, when you use the

#### IRON GATEWAY.

### ENTERING "RALSTON GARDENS."

This is the highest step in the Ralston Health Club. "Ralston Gardens" is the name of a giant volume which we are selling regularly for twenty-five dollars.

Any person who reaches the fifth degree becomes at once a COMPLETE RALSTONITE. The slowest way is to advance one degree a year under your agreement to do so when sending for "RALSTON LIFE." This can be accomplished without expense if you send out our Invitations, which you may have freely.

The quickest way is to advance the five degrees now by using the Iron Gateway at the end of this book; for you will receive full value in RIGHTS OF MEMBERSHIP, five of which will be sent you, together with five copies of the Book of Knowledge, and then comes the giant volume, "RALSTON GARDENS," a book of treatments and of nature so valuable that it readily sells at its usual price of twenty-five dollars; but is free to you whenever you advance the five degrees.

"Ralston Gardens of Life" is a book of personal interest in your life. In it you are escorted by the influence of the author through the many gardens that are capable of affording you pleasure and profit. For the first time, as we sincerely believe, you see what life really is, what it means, why it so often fails, what throws the shadows over it, and where the bright paths are to be found. You walk from one garden to another, arm in arm with the author of Ralstonism; with him you talk over matters that are of the deepest interest to yourself and you find yourself a different being. Then the book contains the latest science in the natural cure of disease and the preservation of health. IT TELLS YOU HONESTLY, WITHOUT RESERVE, WHAT CHANCE THERE IS FOR RECOVERY IN ANY CASE.

## NATURAL TREATMENT.

"**Ralston Gardens of Life**" is the only work ever published containing the natural cures of disease, and furnishing the full list of natural treatments. Its immense value is found in these facts. Drugs and medicines are admitted to be poisons. They were preceded by universal blood-letting, now ridiculed; and, ten years hence, the universal use of drugs and medicines, now so common, will be ridiculed. Doctors were formerly called "blood-letters;" after that they were called physicians because they physicked; ten years from now they will be called Naturists, because they will cure by natural methods; and Ralstonism, in one form or another, will be the basis of all such cures.

**This is the system** of the next great step in the future. You want it, and we want you to have it. You cannot afford to be without it in your home.

"**Ralston Gardens**" contains: Modern Gardens of Eden; Fountain of Life; Private Talks with the Author; Walk and Talk with Nature; all the Great Natural Treatments; the Natural Principles; Specific Treatment of Diseases; the extra systems of Massage, Movement-Cure, Vitality-Cure, Glame-Cure, Oxygen-Cure, Sun-Cure, Magnetism-Cure, Water-Cure, Morning-Cure, Air-Cure, Diet-Cure, Exercise-Cure, Anti-Death-Cure, Respiratory-Cure, Inward-Cleansing, Temperature-Cure, Rest-Cure; all the Baths, Hot, Cold, Dry, Inward, Magnetic; all of Nature's Doctors; Diets in Sickness and in Health; and a thousand things besides. It has many departments also, such as "Man as an Invalid," "Woman as an Invalid," and separate treatments for organic maladies, as the lungs, heart, stomach, liver, kidneys, etc.; also for all nerve-diseases.

## WHAT TO EAT.

**This is the first arrangement** ever made that gives the diet (what to eat) for every class of disease and every phase of sickness, including also the diet for every temperament, season and climate, all in the great emolument of the Fifth Degree—"RALSTON GARDENS OF LIFE."

Do not fail to get the special issue of "**Ralston Gardens**," the new **Ninth Edition**, for it is a great leap forward, and contains the following advantages over all previous editions:

**While it has retained** all of value in the Seventh and Eighth Editions, and is full of new things, and will be the recognized standard in the future, it is so far in advance of the latest and greatest edition that we feel compelled to explain its construction. Among the many improvements, its most pronounced features are:

1. **Ralston Principles.** There are thirty-three introduced for the first time in "Ralston Gardens." The full number of seventy-five remain. Each has a full explanation or treatise following, and all are of special importance.

2. The great system of **Ralston Diet** and Foods of the Ralstonites has been brought fully up to date.

3. The **Natural Treatments** have been remodeled, where needed, and all brought up to date; while others, entirely new, have been added. We now present a perfect system of Natural Treatments, and show their uses.

4. In addition to everything important in the former issue of Ralston Gardens, this **special edition** contains **241 new pages**. All these pages of new matter, considering their size and importance, would constitute a book by themselves; yet they form but a part of the new edition.

5. The long list of 177 diseases and aids to cure have been revised wherever necessary.

6. It is needless to say that all errors, misprints and accidents in type-setting are now eliminated. In such a complex collection of therapeutics, wherein technical language is transformed into words for the masses, it has been difficult to avoid errors, but we have succeeded at last. This is the only book of cures in existence that is completely changed into easy language so that all may read and understand.

## THE \$400 FRANCHISE.

**This is free** with "Ralston Gardens," if the latter is ordered in thirty days after you receive your copy of this book of "General Membership;" except as provided by exceptions herein stated.

**The Franchise** is the right to all new treatments in private form, and all new light, science and discoveries in the cure of disease and care of the health, for a period of twenty years from this date. Progress is being made more rapidly at this time than ever before in the history of the medical profession. A single year may revolutionize any method of treatment. When you secure any Ralston Franchise treatment you may know that **IT IS THE NEWEST** and the best known of to-day. It is safe, and every detail may be relied upon.

**We place a value of four hundred dollars** on the Franchise, not because we will sell it at that price, but because it is worth fully as much as that, on an average, to any person; and because, when you have been completely cured by its treatments and have thus been brought into **CLASS ONE** to stay, you are allowed to sell the franchise to any person, subject to our approval, provided you do not sell the same for less than four hundred dollars in actual cash; all of which must be used for your benefit in such way as you may wish.

**The franchises are limited.**—To any one who knows the cumbersome, complicated and expensive method of treatments whereby the franchise is maintained, and the constant draft on the use of our records and the labor of our staff in attending to the wants of members, it must be quickly apparent that we cannot issue an unlimited number of Franchises.

1. **We have an exact number** of open spaces in an exact number of record books saved solely for the present and future owners of these Franchises. Under our system it is not possible to add any more. When these spaces are all taken the books will be full.

2. **If you wish to order** one of these spaces for your personal use, and thus own a Franchise, it is necessary to do so within thirty days from the date when you receive the present copy of this book of "RALSTON LIFE," and you must enter by the **IRON GATEWAY** at the end of the book.

3. **Any person** who owns the **FRANCHISE** may, in case of approaching death at any time within twenty years, nominate an heir, who shall inherit the same and all the Ralston books of said member, just as any property may be bequeathed by will or gift.

4. **The difference** between entering Ralston Gardens now and later on is this: If you do not use the **IRON GATEWAY**

within thirty days you will receive Ralston Gardens at any time you advance five degrees, provided you take at least one degree a year for five years, or all five degrees at any time prior.

5. **If you do** use the IRON GATEWAY within thirty days, you will do three things: You will advance all the five degrees and become a complete Ralstonite with a Permanent Club Number good forever; you will receive a copy of the giant, "Ralston Gardens," free; and, in addition to all these, you will win the great FRANCHISE, valued at four hundred dollars.

**You may be well enough to-day**, but the chances are that you and your family will be sick at some time. Ninety-nine deaths out of every hundred are premature. Life is not fully enjoyed. Ralstonism averts sickness and suffering, and preserves the faculties of body and mind in perfect condition until they wear out naturally. We shall issue no more Franchises than can be attended to during the period of their run.

**The Franchise** is proving the greatest blessing of the age. Members are using it with the utmost satisfaction, for it means an end to doctors' bills and medicines, as well as to sickness and suffering. The care which we exercise in granting this Franchise to members shows the value we place upon it, and indicates the attention which we will give to those who are fortunate enough to secure it.

**Fourteen new treatments** are now added to the already long list under the Franchise, thus giving greatly increased value to that character of rights, in accordance with our previous promise. These include three New Departments, intended to answer the thousands of questions sent to us concerning **Man, Woman and Married Life**.

## SELLING THE FRANCHISE.

**As will be seen**, a very valuable Franchise, which is good for twenty years, and which we estimate will be worth not less than four hundred dollars, is given to every owner of this volume who enters "Ralston Gardens" within thirty days from the time this copy of said book is first placed in the hands of such person. One of the great purposes of this Franchise is to completely cure the owner and make sickness impossible during many years of a useful life. Then our claim is that the member who thus

gets cured will never need help again, so that the Franchise would no longer be necessary. It may, then, do good to some other person. When, therefore, you can furnish proof of a satisfactory kind to the effect that you have been completely cured and that there is no likelihood of further disease or sickness, except in the natural wearing out of the body, you will be permitted to sell the Franchise to any worthy person who has been thus barred from securing a Franchise, if such person is one of whom we can approve and whom we would be willing to have in our clientele. The price should be at the rate of twenty dollars per year, all of which amount should be devoted to your own uses. We never receive any payment for the Franchise or for any emoluments. **We have nothing to sell.** People everywhere are very willing to pay for the "Rights of Membership," for they seem to understand that what costs nothing is rarely ever appreciated, and "dead-heads" are sloths and sluggards. The Franchise is so important a grant that it must be secured from us by the reciprocity plan, or from a cured member by the payment of cash to that member for the latter's sole use.

**Important Notice.**—We cannot, under any circumstances, grant a Franchise to any person unless such person is the actual owner of this book and has applied by the actual use of the Iron Gateway (not a copy of it) within **one calendar month** from the date when this book is first delivered to such person.

**Correspondence.**—Our membership is so large that we cannot carry on an active correspondence with our members. We are continually being asked questions that are fully answered in "Ralston Gardens." We cannot answer them in letters, for that would amount to our rewriting books in manuscript, sometimes at the rate of hundreds of copies a month, which you see would be a physical impossibility. If you write to us and do not get a reply, remember that the disappointment is ours as much as yours, and that the answer did not come for the following reasons:

1. We do not have the time to attend to an overwhelming correspondence.
2. We often find it impossible even to read the kind letters that are so generously poured in upon us.
3. All questions that we are able to answer are fully answered in our books.



4. All questions that are not answered in our books we cannot answer at all.

5. Our first duty is to attend to all letters that contain orders for books. Our patrons must have prompt service.

6. A concern that can find the time to read and answer all lengthy correspondence is certainly not "rushed with business."

7. No remittance should ever accompany a **long letter**. We have often been compelled to return the letter with its remittance to the sender, as we had no time to pick out the order from so much writing. Have your orders on separate paper and your full address with it. This prevents mistakes.

## SOLIDITY, STRENGTH AND STABILITY.

\*\*\* **Now that the Ralston System** has been improved up to that point where further changes are unnecessary, we are in a position to announce that the time has arrived when all Ralstonites who are eager to participate in a general effort to form a new regime of living, should take certain steps to this end.

\*\*\* **It would be wrong to allow** an organization of such widespread influence to drift, and to remain a club merely in book form. There is a demand for united interests everywhere. The question is, What is best to be done? This inquiry we have put to a large number of unselfish members in the hope that their views might serve as a guide in the important steps to be taken.

\*\*\* **At one time** the opinion was widespread that an organization of general scope should be established, with one head. This was tried; but, while the majority of earnest Ralstonites could have been brought into it by urging, the usefulness of the plan did appear clear to them or to us.

\*\*\* **Numbers alone** do not signify success. Quantity not only has no advantage over quality, but is often in the way. Quantity begins to have advantage when its numbers acquire the spirit of improvement. The public is not correctly informed if it supposes that the Ralston cause seeks numbers for the mere purpose of having a large following.

\*\*\* **We must not forget** that we live in an age of "printer's ink run mad." The attention and much of the usefulness of the mind are distracted by a flood of books and periodicals so great that in one year they exceed per capita the issues of a half century

when thought was master and not the slave of human activities. The present era cannot be called a literary age. It presents a babel or idle chatter in print, that corresponds to a mob of words let loose. What was confined to street and domestic gabble of a half century ago, is now set up in type and given attractive dress on paper. Such a flood of books and periodicals serves only to weaken the will, make thought a shallow pool, and turn what might be a purpose in life into aimless drifting.

**\*\*\* Unless a human being** can live to a purpose, and keep that purpose constantly in view, a void is certain to fill every day of life. This is one of the inexorable laws of being. Financial success, social success, and any form of triumph are all empty; they produce the opposite of what they had seemed to promise. The live soul cries, "Why am I on earth?" So fractured and broken is the will power that it is merely a reflection of the rubbish heap of conglomerate opinion.

**\*\*\* You meet with proof** of this broken will of humanity in every day's transaction. Never in all the history of the world has there been such a mass of unfit food placed before the people. Never have there been so many roads to ill health through diet, drugs, habits and conditions. Never have the majority of the people been so indifferent to these causes of ill health, and so willing to put poisons into their systems as means of cure after the angel of good health has flown. And to denote the size of the rubbish heap that over-tops the will power, the answer of men and women to propositions of more intelligent living have only to be glanced at; for they cannot comprehend a danger in advance of its arrival. There are but two great propositions of health: one is to get well, the other is to keep well; yet not many persons in a hundred are mentally able to take the right road in either case.

**\*\*\* The reader will suppose** that we are to proclaim Ralstonism as the right way. We are talking to you as one who does not need to be caught by advertising boasts. We have nothing to gain by convincing you that Ralstonism is the right way, for you have already become interested in its cause. If it is not the right way, it is your duty and ours to find what is the right way and to call that Ralstonism.

**\*\*\* Although Ralstonism** was known and practiced more than a quarter of a century ago, its sudden burst of great activity made it a most potent factor during the last decade of the last

century. On the first day of January, 1891, which was the first day of the first year of the last decade of the last century, a decided following in each part of America began the custom of sending out printed invitations, with the results that the movement spread rapidly in every direction. The purpose then was to make the last decade of that century a glorious one in this march of new ideas. And it is a solemn fact that deaths have steadily decreased during that period of time. It is a fact that the decrease in mortality is fully ten per cent. This fact can be readily proved by consulting the statistics.

\*\*\* **We have not time** to go into the causes that have led to this remarkable saving of life; but to those who would say that Ralstonism has not been the direct power at work, we reply that we have a voluminous pile of proof that it has been; and the statement that recently startled a town that since Ralstonism had been introduced there had been no deaths, is but one of many evidences of this kind. A doctor pronounces it as his opinion that Ralston methods of home life indicate the end of mortality among children, and finds his opinion everywhere concurred in. These are matters of too serious weight to be disregarded.

\*\*\* **The history of the Ralston movement** during the last ten years of the last century is a history of great progress in numbers, and of getting ready for a great work to follow. During that time the character of the cause was being molded into living shape, and it passed through the theories of change and evolution to what we consider its present condition of perfection.

\*\*\* **Having taken ten years** for its maturity, we believe that the present decade or first ten years of the new century should be devoted to a triumph such as the world has never witnessed. We are ready for it. The fact that Ralstonism reduced the death rate ten per cent in ten years is of itself a sufficient basis for assuming that its destiny is to be a great one; but this decrease of mortality applies to the general country in many parts of which the club has only a scant following, while in other places or among those families where the doctrines of Ralstonism are adhered to, the decrease of deaths has reached a very much larger figure.

\*\*\* **With better health** has come a tide of prosperity, better morals, greater usefulness in life and genuine happiness. It is folly to believe that sick people can do as much in the world as those who possess buoyant health. There are millions in this

country who spend much of their nervous vitality in digesting unwholesome and unfit food; and they are not as good tempered or as useful to their families as they would be if in health.

**\*\* No one pretends** that there is any other channel of help to mankind except that offered by Ralstonism. Nor is there any other movement that is so general in its nature and so wide-spread in its results as this. Then, added to these facts, is the hold which these doctrines have on all true Ralstonites, and their constancy of adherence and loyalty to the principles taught. Nothing is grander than to have letters from old time members containing some such phrases as these: "We are Ralstonites of long standing;" "I joined in the eighties of last century;" "My wife and I have been Ralstonites ever since our marriage," and many others of like import.

**\*\* The mere sentiment** of belonging to any club or circle is sufficient to hold some persons to it. There are those who reverence the memories of olden days, who love to keep alive the tender and beautiful ties of long years of associations such as may be found in college alumni, or societies that exist only for the interchange of good feeling. In such cases sentiment alone commands the interest. But, while this is of itself sufficient under certain circumstances, it is not by any means the most valuable.

**\*\* We believe that Ralstonism** is the lever that has been designed by the Creator for the work of uplifting the world. It surely conquers disease; it brings prosperity to its members; it imparts new vigor to all the faculties of mind and body; and it places its members upon a higher plane of usefulness and happiness than any other earthly influence can do. It will drive disease out of the world. It will make home a temple of comfort. It will idealize national life. As a movement of power toward all these ends, Ralstonism is everywhere winning the minds and hearts of thoughtful people.

**\*\* The time is not far distant** when it must pass beyond our control. Its influence will then be scattered until some leaders are found who will take the reins and direct its affairs. But such an abeyance of its sway is not desirable. We wish to see that influence organized and so directed that it will be secure in thousands of hands. Why is not this possible? There might be syndicates who believe the Ralston interests are worth millions of dollars. Instead of concentrating such property in

the hands of a few money kings, why should it not be given greater breadth of scope through its thousands and hundreds of thousands of active and specially earnest members?

\*\*\* **The human race** was far ahead of its primitive condition a thousand years after the white man had come to the front; in another thousand years still greater strides were made; and no one pretends to believe that the world of to-day is not infinitely better off than it was even in the time of the highest glory of pagan Greece and Rome. Some leaders are always urging the people on, and the spirit of a few is ever responding to the call of advance. We believe that this earth is about to take a great leap onward. The signs are many that point to an immediate blossoming of this fair garden of the universe. Man is the agent of his own progress.

\*\*\* **That which is inherent** in the soul is not a dream of myth. The traditions of the people all harmonize, even in their most apparent discords, for they tell of a past, a creation and a future. Paradise is in the hearts of men. It may have been a fact. If it was, then it is not an impossibility now. The earth is richer in life, riper in means of happiness, more fitted for a paradise to-day than when the white race came to live upon it six thousand years ago. Other races preceded, but the life they led was raw, crude and low, for the conditions were adverse to a better form of existence. A steady improvement has always been evident; and, if paradise was anywhere a possibility sixty centuries ago, it is even more probable now.

\*\*\* **Looking at the earth** and its peoples as they now are, it would require but little to bring that ideal realm upon this planet. Two great factors stand as barriers to its accomplishment: One is the selfishness or self-engrossment of the people, which may also be called their indifference; the other is the difficulty of making them believe that a little concerted action would bring about a vast revolution in every department of life and in the surface of the earth itself. Now there is a struggle for existence, for health, for comfort, for luxury, for protection against the uncertainties of life, for a realization of those blessings which are promised in the very history of earth itself. Everywhere there is a void, an unfulfilled yearning for something that seems close at hand and that is never reached. Individual hopes, acting in multiform directions, fall to pieces for lack of concerted action.

What is needed is a united purpose aided by the force of combined action.

**\*\* For a quarter of a century** the great cry of Ralstonism has been its determination to create a new race of men and women. This has never been interpreted to mean that other kinds of human beings would appear on earth. The new race we would create could come in a year's time if a large number of people could be brought to a single purpose to act together in changing the natural errors of existence into right methods of living.

**\*\* No better proof can be had** that a power is behind Ralstonism than that contained in the following incident: A lady wrote us some time ago saying, "I cannot interest people of this town in Ralstonism. They each spend from ten to fifty dollars a year on vile medicines that hurt them, yet will not spend a dollar on what is as certain to help them as to-morrow's sun is sure to rise. I am discouraged. I know Ralstonism to be the greatest blessing on earth. It has been such to me and to my relatives. What can I do?" We replied: "Dear Madam: No true Ralstonite need be discouraged at the slowness of people to respond to their invitations. You have but one thing to do: keep your heart loyal to the cause; and a power behind Ralstonism will do the rest." She did not know what this meant, at least it was not fully comprehended; but she resolved to keep loyal to the cause at all hazards. She lived up to the Ralston principles, she steadily improved in health, in happiness and in prosperity. She spoke of her belief in the club to others from time to time, but never to urge them to join; and, at length, her loyalty was recognized by others around her. After a long time one asked the privilege of joining; then another; and others came in until that town is now controlled in all its affairs by Ralstonites.

**\*\* How much better is it** for a man or woman to show by word and deed a permanent, steadfast, unchanging fidelity to this great cause, and thus win over others, than to jump about seeking to sell books? Do not put yourself in the role of a canvasser. You will find it better to speak of the Club as something advantageous to join, and let the book be given with the membership. Says a woman, "I never try to sell books. My life is that of a Ralstonite. From a frail skeleton I was brought into full health by Ralstonism, and my acquaintances call it a miracle. They ask to join the Club, and I charge them each \$1.50 for membership,

and the book is thrown in free." Her excellent business methods might be employed by others; but the best way of all is to

KEEP ACTIVELY LOYAL TO RALSTONISM

and have

AN EVER PRESENT DESIRE TO HELP OTHERS.

**\*\* In the life of every human being** there are, or should be, five distinct purposes :

1. To get a living.
2. To enjoy that living.
3. To see that others enjoy life.
4. To broaden your own life as the years advance.
5. To live well so as to die well.

**Most persons believe** that they are in the world for the sole purpose of getting a living, of securing shelter, clothing, food and the conveniences of existence; and they go about it, as ants build their sand-hills and secure their livelihood, blindly conscious of this narrow purpose. In this world there is produced every year more food and more material than could be used by twice the present population of the globe if the distribution of it were based upon the questions of merit.

**In the next few years** the people will be divided into two classes. They will consist of those who are rowing up stream in the effort to reach better conditions in health and in the enjoyment of living; and, also, of those who are drifting down stream with the tide of indifference toward the gulf of hopeless invalidism.

**Let us look at this second class.** They live in an age that is unparalleled in the world's history for shoddy cooking, false methods of diet and widespread and even-increasing food-impurities. It is getting to be almost impossible to obtain pure water or pure eatables. So great is the danger of present drinking water that there is a tendency to the use of beer, wine, champagne and liquor; but there is not one per cent of purity in these nowadays. It is adulteration and adulteration everywhere and in everything. There are schemes and devices for perfectly imitating everything that is taken into the system. Genuine tea is not easily found, even among the high-priced grades, yet your dealer, who is honest, may be deceived by the wholesaler, and may declare in most positive terms, even on oath, that he sells

genuine tea. The whole output of Java and Mocha coffee from the districts where they are produced may be easily ascertained; and then the volume of retail trade in these coffees may be learned: and it will be found that ninety-five per cent of the so-called absolutely genuine Mocha and Java cannot be such.

**There is hardly any article of food** that escapes adulteration. The poor invalid who seeks even plain bread is compelled to eat alum—a slow poison—and stands a chance of getting bread made from adulterated flour. Syrups, jams, fruit preserves and many delicacies, as well as almost all candies, are made from glucose, and even the officials of the government, while not defending the deception, claim that glucose is harmless in the system. From the standpoint of chemical analysis it is not a poison, yet the continued use of it is an irritant to the kidneys and the liver. This is a fact that has been proved over and over again.

**The people who are drifting down stream** are heedless of these dangers. Their health is getting poorer and poorer every year, but they take no interest in the question of checking the cause of disease. It is because they are indifferent that they are drifting down stream. If all the world consisted of this class of people alone, it could be said of the human race that its health was steadily receding, life was shortening at an alarming rate, the organs were failing, the stomach was deteriorating as a means of digestion, the pleasure of existence was being absorbed in a continual fight against death, and, a few generations hence, humanity would be extinct.

**This is a true picture to-day** as far as the great masses of the people in America are concerned. They are drifting down stream. They are drifters. Born with a good vitality and a reasonable prospect of constitutional strength, they come up against the conditions that batter down the best of health, and they maintain the fight only as long as nature can stand the abuse. They survive a dozen or twenty years, having the appearance of health and thinking, perhaps, that they are strong, but the adverse conditions of life have gradually undermined the castle and it totters.

**It is to turn you from the drifters** to that better class of men and women who are gaining the advantages of improving health, that we as a Club are claiming your attention. No other organization on earth is engaged in this work.



## VISITING WASHINGTON.

**Every year many Ralstonites** have occasion to visit the Capital of the nation; some come because of business, professional or social duties; others to travel; and others still to call upon the headquarters of this organization. As it has always been our purpose to give the benefits of our success to our members, we do not occupy a palatial structure that cost a million dollars or so, but we have our offices at 1223 to 1231 G street, which is but two blocks from the U. S. Treasury Department, the White House being one block farther away.

**We are located almost in the exact** centre of Washington, in the very heart of its interests, and this is our eleventh year in the present building, and seventeenth in this city. The Capital of the United States is probably the most beautiful in the world. Its wide streets, numerous parks, great monument, splendid statues and unequaled architecture, make it a study and an education in itself. It is a maze of avenues, circles and parks. The Zoological department, the agricultural grounds and botanical gardens are constant means of profit and delight. The many public buildings are full of attractions for strangers. There are too many of them for enumeration in this work.

**The most fascinating of all means** of enjoyment will be found on the historic Potomac, that river which is fraught with a century of reminiscences. Along its shores are the favorite scenes of George Washington, the beloved Mount Vernon, the tomb of the first President, and many places of interest made immortal by the war of 1812 and the four years' conflict of a later period. There is no river in the world that is so full of history as the Potomac. A trip "from the Capital to the sea" on one of the palatial steamers that have now supplanted the old boats is keenly enjoyed by Ralstonites. As we have always said, we believe in travel as a means of health and education.

**To accommodate those who wish** to spend two months in this city we have a special course in physical training that is open to a limited number only of young and old; and for those who wish to develop the faculties of mind and body for the best usefulness in life we have a more extended course. These require personal training at Ralston University, and are in no way connected with the methods of training and development contained in our books.

## FUTURE OF RALSTONISM.

Our Club is now your Club. It is not possible to retard its progress. It must be a permanent institution in the home life of the nation, because it is right, it is nature, and it is helpful. We believe that Ralstonism, since it is becoming universal, is as necessary as food, light or water. This movement is the grandest, noblest, and already the most far-reaching power that has originated in the present age. Thousands of the greatest men and women of the world believe in it. Its friends are the true people in every rank and station in life. Every honest heart opens at once to receive its sublime doctrines. Its future means much to the nation and to you. Under its influences you and your home and your community may be blessed in many ways, and your life made a happier and a nobler one.

**Where our duty ends, yours begins.** To a reasonable mind, arguments on the value of health are unnecessary. The vacant chair in many a household, and the muddy blood or lustreless eye of abused health are reminders of wrongs long ago begun, and often reiterated against the remonstrance of judgment and the solicitation of love.

**Ralstonism can never die.** Its principles are nature's richest laws, framed by an all-wise Creator solely and absolutely for man's happiness. Its plan of existence reaches far forward into a rapidly multiplying growth which no power of man can check. The many great names now enrolled upon its list, and the intense interest they take in spreading its influence and increasing its membership, speak of a Higher Power working in the hearts of men and women to make the world better.

**This book we commit to your charge,** and with it the General Membership which it implies. May you and it be inseparable companions; may its pages open up to you new truths, to be conned and learned until their spirit shall become a part of your desires; may it never leave you in final parting, but on the other hand, we hope that you may retain it to the end, not in the years that mark the highway of the present generation, but in the hazy distance of life's long autumn, far, far away from the day your name was first enrolled as a member of

THE RALSTON HEALTH CLUB. 1

# APPLICATION BLANK

...FOR...

## ADVANCING DEGREES

TO RALSTON HEALTH CLUB,  
WASHINGTON, D. C.

*I wish to advance degrees under Plan.....of the Plans named below, so that I may be ranked as a Progressive Ralstonite, and secure valuable emoluments free of cost; and I herewith enclose the sum of.....to pay for same. I have carefully read all the Plans stated on this page, and I send the exact amount required in the Plan I have selected.*

[Name].....

[P. O.].....

[State].....

P. O. Box or  
Street and Number, if any } .....

**Plan One.**—If only a Club Number and Certificate are wanted, send twenty cents in money order, or in U. S. two-cent stamps.

**Plan Two.**—If Club Number and Clan Rules are wanted, send forty cents; but the Clan Rules will not admit to membership in the Clan unless you own in your exclusive right a copy of the book of "NEW RALSTONISM."

**Plan Three.**—If you wish to join the Clan, send one dollar and ten cents, and ask for a copy of "NEW RALSTONISM," and do not send now for a Club Number and Rules, as it will be necessary to do so again by using the blanks of that book, and the money should not be needlessly expended.

**Plan Four.**—If you wish to advance degrees now, and earn a copy of "RALSTON GARDENS" with the Franchise, and not buy the same, you may do so by sending out Invitation Bonds, which we sell at the rate of one cent each. These bonds are very effective in bringing in new members, if properly and judiciously used. But before you can earn said emolument, it is necessary to proceed under Plan Three as well as Plan Four. We would suggest that you try forty Bonds to begin with. Thus, if you remit one dollar and fifty cents, we will send to you, prepaid, a copy of "NEW RALSTONISM" and forty bonds. You should then apply for a Clan Club Number, etc., by using the blanks in the book.

# APPLICATION BLANK

...FOR...

## RALSTON GARDENS

TO RALSTON HEALTH CLUB,  
WASHINGTON, D. C.

I hold in my own right a copy of the book of Natural Living, or of Ralston Health Club; and now wish to

### ENTER RALSTON GARDENS OF LIFE

which will entitle me to the rank of Complete Membership. For this purpose I herewith advance five degrees, at the cost of one dollar and ten cents a degree, and enclose the sum of five dollars and fifty cents in payment of same. I shall be pleased to receive a Certificate of Complete Membership, and a Permanent Club Number; also the giant volume entitled RALSTON GARDENS OF LIFE, valued at twenty-five dollars, together with the four hundred dollar Franchise, good for special treatments for twenty years, under the provisions whereby the same is granted; all to be awarded to me in honor of my reaching the rank of Complete Membership. I agree to keep said emoluments exclusively for my private use, and I further agree not to buy, have, or use any goods that infringe in their name upon the name of this Club. No other duties are to devolve upon me, unless I shall voluntarily assume them.

The volume of RALSTON GARDENS, with Franchise included, is to be sent to my address with registered mail or express charges to be paid by Ralston Club, and delivery guaranteed by the Club, for which I enclose the further sum of forty cents.

[Name].....

[P. O.].....

[State].....

Street and Number.....

**NOTICE.**—If you do not now own a copy of Natural Living, or of Ralston Health Club, and wish to be in a position to take advantage of the above offer, send either \$1.50 for Natural Living, or \$1.10 for 90th edition of Ralston Health Club (NEW RALSTONISM), and add the amount to your remittance of \$5.90, (making a total of \$7.40, or of only \$7.00, as the case may be), and we will send all prepaid. Variations of these offers, or conditional orders, cannot be allowed; and we reserve the right to fill all orders in accordance with our offers, or as near as possible, in case of neglect to comply with the terms offered. Please remit by bank draft, postal order, or express order, within one month after receipt of this blank, or as much sooner as convenient, but not later than two months.