

THE
Natural Sexual Adviser

BY
DR. H. P. A. CARSTENS

THE LIGHT TURNED ON FOR THE YOUNG
MAN, YOUNG LADY, HUSBAND
AND WIFE

PREVENTION OF MATRIMONIAL DISCORD.
PREVENTION AND CURE OF
SEXUAL DISEASES

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Yours for Truth and Enlightenment

Dr. H. P. A. Carstens!

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PREFACE.

MOTTO—You must benefit others
Through your own experience.

A close consideration of the present condition of the sexes will convince that all efforts of the HYGENIC and MORAL TEACHERS have failed to decrease the sexual misery, but on the contrary, have increased.

The CAUSE must be *removed* before we can expect any success. This cause is a *false* rearing and a *too stimulating diet*, whereby the sexual instinct will be stronger than any warning. If social intercourse is based on right living it will bring the modesty of men on the same level as the modesty practiced by our women to-day. Then this *unnatural animal lust* and *sexual disease* will disappear and books of this nature will be things of the past. However, at present it is the duty of a PHYSICIAN, in the interest of those who are *pure* and *modest*, to protect them from CONTAGIOUS SEXUAL DISEASES, especially those who believe they can not resist the temptation. If not, then this evil will only be carried farther, as the contagious poison will very often be transmitted to the unfortunate wife.

The proof of this we have daily. Many times this poison has been transmitted on the wedding night through an uncured case of Gonorrhœa. Through *Medical Puffing Advertisements* and *Electric Belt Fakes*, many are not only FINANCIALLY, but also BODILY RUINED.

The object in publishing this booklet is to inform such persons how they must live in a case of this kind and what remedies must be applied to receive a permanent cure; yes even more, how, by an immediate self-treatment further dangers can be prevented. Of course only light cases can be treated thus. All severe and difficult cases should be treated by a physician, but not by one who seeks to cure by medicine; no, only such as apply the treatment described in this booklet. *Complicated cases* only appear when the *wrong treatments* have been applied. By NATURAL TREATMENT such a case is cured easily and quickly and these general directions are sufficient to effect a PERMANENT CURE; and the best result is obtained when the disease is in its first stage and the treatment handled with full energy and confidence.

Many books have been written on sexual diseases but generally to the detriment of the patient. They are either too complicated for the general public, or they are exaggerated in order to more easily sell QUACK MEDICINES. Such is not my intention; no, the opposite, not to frighten you, but to relieve you, and to represent the diseases

only in their true natural way; to prescribe all treatments so any one can apply them with hardly any expense. *I have nothing to sell you but much to tell that will be of great benefit to you.* My sincere hope is that this booklet will also be read by young ladies and mothers; only when a person knows his enemy can he protect himself from him.

The ignorance of a great many women in sexual matters is, at the present time, ordinarily very great and is due to wrong ideas. The youthful erring, self-abuse, etc., as well as sexual diseases are very often caused by ignorance of the sexual organs and their functions; as well as the dangers caused by an unnatural use thereof. Enlightenment is necessary and many evils will be prevented.

And now, my LITTLE BOOKLET, wander through the world and do great good as I expect from you. TEACH THE HEALTHY TO KEEP WELL, HEAL THE DISEASED, AND PROTECT THE WOMEN. Enter into *every* family *rich* or *poor*, and bring blessing to them all. Do not let the *puffs* and *knocks* discourage you. Combat where you are confronted. THE VICTORY MUST BE YOURS FOR YOU ARE BATTLING WITH THE STRENGTH WHICH IS THE TRUTH.

Tell the *Mockers* and *Skeptics*: TEST FIRST AND THEN DECIDE.

THE AUTHOR.

CHAPTER I.

SELF-KNOWLEDGE.

Through ignorance, I must say, most evils are brought on; and I will therefore to the extent of knowledge, bring light where there is darkness, strengthen the weak, and warn those astray. The curing of sexual diseases is often very difficult, especially when they have not been treated naturally in the beginning, and have often existed for months and years; hence it is dangerous to the community as the patient forms a source for disease. I will therefore principally endeavor to avert sexual diseases.

It is to be wondered that, at the present time when everything else is making such great headway, so little is known of our own human system. Nothing is more necessary in our public schools than the study of anatomy, physiology and hygiene. It has already taken hold and in some schools some very good results have been obtained. A child's attention is thereby attracted to the destructiveness of the use of liquor and tobacco. A step farther, a child should be instructed in sexual matters, and many, very many diseases would be

checked and much sorrow and misery prevented. Many books are published whereby adult or child can learn the functions and organs of the human system, but I will give here a short description of the generative organs because many of my readers may not have had the opportunity of reading or seeing such a book and would therefore not understand as readily and easily. I will describe those organs which generally carry poisonous matter into the system first, and afterward describe the different afflictions caused thereby.



CHAPTER II.

MALE SEXUAL ORGANS.

These organs are divided into two parts, designated according to their position, exterior and interior. In a male we find exterior, a scrotum, two testicles, and the penis; and on a female only the pudendum.

SCROTUM.

The scrotum is a bag or pouch which hangs between the thighs; within which are the two testicles divided by a sheath, the left one generally a little lower than the right. This is natural because if they were on a level they would strike one another and could cause damage easier when running or jumping.

At the age of manhood curly hair grow on and about the scrotum, the color of which is very different and not at all like the hair on the head. It is called pubic hair. It may grow up as high as the navel.

TESTICLES.

The testicles are two, egg-shaped about the size of a dove-egg, movable glands, which secrete the semen from whence it is carried into the two epididymis, which flow in a canal (the spermatic duct) to the seminal vesicle. Each testicle is enclosed in a tough skin which shows a thickening towards the inner project, the so-called corpus highmorianum (an imperfect fibrous septum in the testes). The proper tissues of the testicles are fanshaped in 100 to 200 cone-like lobules, the points of which extend towards the corpus highmorianum. Each of these small lobules consists of one or more seminal tubulars, which unite and finally enter into the corpus highmorianum. There are about 700 to 800 of these minute semen channels. Their entire length being about 800 yards. The testicles may not be seen until puberty having been stored in the abdomen. Sometimes there is only one testicle. The left testicle is generally larger than the right.

EPIDIDYMIS.

The epididymis, two small bodies lying above the testes already mentioned above, are located at the rear end of the testicles, representing a slightly curved cord with the head upward and the thinner tail hanging down. Irritation of the urethra will bring the epididymis in joint suffering and cause inflammation of the epididymis (epididy-

midis), which become painful and red, swell and stretch, and are especially noticeable in cases of gonorrhœa.

SPERMATIC DUCT.

The spermatic duct together with the nerves and blood vessels form the spermatic chord, which extends upwards through the inguinal canal into the peritoneal cavity (abdomen) to the base of the bladder where it ends in the seminal vesicle. The semen created in the testicles is therefore not squirted out immediately upon copulation but after being prepared in the testicles is gradually stored in the seminal vesicle, situated between the bladder and rectum, in which sufficient semen is kept for several intercourses.

SEMINAL VESICLES.

The seminal vesicles are two long spiral membranous bags from which the two spermatic ducts lead down to the penis to be administered into the urethra. At this entering point is a small puffed valve, the so-called *colliculus seminalis*. The duty of this valve is about the same as that of the larynx, to lock the orifice of the spermatic tubulars, and in the act of discharging the semen, and at the same time hindering the urine from passing into the urethra.

PROSTATE GLAND.

At this point below the bladder at the rear end of the urethra the same is surrounded by the prostate gland, a muscle enveloped chestnut-like gland. The prostate gland is composed of 30 to 50 grape-like glands that open in 12 to 15 evacuating tubes. Here the secretion of the prostate gland is discharged and is mixed with real semen when emptied out.

COWPER GLANDS.

The cowper glands are two small glands about the size of a pea, in front of the prostate gland and they also discharge slime.

I will demonstrate how dangerous an inflammation of the prostate gland (prostatitis) is, and how same is caused.

Irritation of the prostate gland is very easily brought on: namely, through an inflammation of the urethra, as in gonorrhœa, which makes the urinating and evacuation of the bowels very difficult and painful. This has a tendency to make the patient neglect the emptying of the bladder and bowels.

For bicyclists it is advisable during gonorrhœa to quit riding until the disease has been entirely cured. Even healthy men are subject to prostatitis, caused by pressure or strain of a saddle. A divided cushion saddle is therefore the best to use.

PENIS.

The penis in its relaxed state hangs in front of the testicles. It is cylindrical and covered with a fine hairless skin. The length of the penis varies, and has no relation to the size of a man. In its relaxed state it is about two to four inches long and about one inch thick. A thickening as well as lengthening is caused by a filling of the blood vessels of the penis, which can be caused by sexual irritation and also through disease, and furthermore through constipation and accumulation of urine in the bladder. Through rubbing, and by the entering of the penis into the vagina a pleasing sensation is felt, which sensation discharges the semen. The condition in the sexual intercourse differs in different persons. In some persons this delightful sensation appears in a trembling form; in other individuals its height is reached in the form of immoral bodily excitement, which brings on an acceleration of the circulation of the blood, throbbing of the arteries, venous blood being held back by contraction of the muscles, increasing the warmth of the body, and this obstruction of the venous blood in the brain is increased through contraction of the muscles of the neck and the upright holding of the body, caused by immediate congestion of the brain, at which time the mind and all mental functions are affected. The eyes are red through congestion of the white of the eye (conjunctiva tunica) and become staring, unsteady and close spasmodically.

ERECTION.

The effect of the will upon erection is without influence, and it is impossible to induce, bring on, or discontinue it at will. Only indirectly through enticement, nude pictures and lust can an erection be induced, and it can be relaxed by cold, for instance cold water; because warmth induces and cold hinders or prevents an erection.

SEMEN.

The semen is a thick white sticky thread-like almost transparent fluid, and has an undescribable smell. Vauquelin called it "spermatin." Formerly it was called "aura seminalis," the fruitful strength. The semen is not a simple or homogenous fluid, but a mixture; a secretion from the testicles, seminal vesicle, prostate and other minute glands. The spermatozoid threads or chords are small ovoid heads with a delicate thread-like cilium or tail. They wiggle incessantly, the quickest immediately after ejaculation, whereby they work themselves forward. Spermatozoid is very small, on a medium sized grain of sand about 50,000 of them could be counted.

IMPREGNATION.

Impregnation is caused by the penetration of a spermatozoid into the ovum (egg) of the female, either in the ovarium or fallopian tube. After the ovum enters into the uterus unimpregnated no impregnation will take place.

GLANS PENIS.

The glans penis is the foremost direct part of the penis. It is covered with a delicate red skin, and is generally protected in its natural state by the foreskin (prepuce). Through the lengthening or stiffening of the penis during conception the prepuce draws itself back, or rather at the time of erection. During childhood this foreskin is generally very tight and does not admit being pulled back, but it widens toward manhood (puberty). Sometimes the foreskin remains tight whereby the cleaning and conception are aggravated so that an operation (circumcision) must be performed.

At the crown or back portion of the glans penis and at the groove are found numerous small glands which constantly throw off a peculiar strong smelling white substance, the so-called sebaceous; which save the glands from friction and keep them smooth and soft. We observe that, in persons where the foreskin does not cover the glands, whereby the formation of sebaceous is prevented, the skin of the glands becomes dry like the outer skin, and loses its enticement and sensitiveness. With others where the foreskin is tight and long we observe a distinct irritation, because the sebaceous which forms and is not carried away so easily as on an outer surface is collected in masses, dries, hardens and forms a so-called praeputial or prepuce stones.

Through accumulation of sebaceous a strong enticement is noticeable, whereby the foreskin as well as the glans penis can swell and inflame, making it impossible to withdraw the foreskin. Also irritations of the nervous system and the digestive organs. Therefore cleanliness is especially necessary at this particular place. Not only now and then but every day a cleaning is necessary. Also before and after an intercourse the glans penis must be cleaned. Bear this in mind and many evils may be prevented; not only on your own person but also on your wife.

The cleaning of the glans penis where the foreskin is too long and the sebaceous formation too strong must occur every day with luke-warm water. The skin is drawn back and dried thoroughly after washing.

MASTRUBATION.

Masturbation and loss of semen can be caused through irritation of hardened sebaceous. In case the foreskin after puberty is too tight and long so that it cannot be drawn back without pain, a cause which inheritance phimosi to designate it from phimosi that often appears in cases of syphilis (as in cases of chancre), and is a hindrance in executing the sexual act. An operation must remove this by cutting off the foreskin (circumcision).

Circumcision or cutting is performed on every hebrew; and few sexual diseases we find among

them, as the foreign matter is not preserved after an impure intercourse. The friction on the foreskin cannot cause an irritation, nor can the poison enter the system so easily. Chancre is very seldom. Every child whether Hebrew or Christian ought to be circumcised.

The glans penis is the most enticing gland on the masculine system although many men, through destruction of the gland, caused by gangrene or amputation are not capable of performing sexual intercourse.



CHAPTER III.

ONANISM.

SELF-ABUSE.

The widest and most general error of all erring is onanism or masturbation. Hereby is meant a discharge of semen at any other time than during sexual intercourse, bringing on the nervous excitement created during sexual intercourse. Onanism is an appearance which has its origin in a weak constitution and weakness of the nervous system, and the product of inheritance of bodily weakness, a false rearing, our ever enticing civilization, as well as an unnatural mode of living. Nothing proves these facts more than the great army of victims which is composed of all classes. Many books have been written upon this deep subject of erring, but very few that are really worth reading. Most of them abound in gloom and make their readers melancholy; yes, even driving them to suicide. The effects of self-pollution are generally pictured so dreadful that persons subject to the same believe themselves totally lost. Often such books have caused this

feeling. They are published to the detriment of the community and for the benefit of quack doctors, or nation ruiners who have some useless medicine to sell. At the close of these books we see these medicines advertised in such glaring letters as to make the people believe that they are the only remedies that will give relief. Now if a person has not yet been ruined by self-pollution this medicine will surely ruin him. Beware of all these.

If we examine onanism closer and from the right point of view we must divide it into two stages. An acute or partial and minor cases and a chronic or longer and more violent case of self-abuse. A case of self-pollution which has only been practiced a short time by the youth or girl seldom leaves any serious effects and if in later years they blame their disease to their youthful errings they are greatly mistaken. It is a very easy matter for the nervous system of some persons to be affected after reading such misleading books due to the auto-suggestion of the reader.

Now for instance if I were to suggest to myself day after day that I was in an early stage of spinal cord disease, and that the symptoms of softening of the brain was already making its appearance, etc., I would be in a very short time neurasthenic through and through. My nervous system would collapse under the constant strain and fear, and the fear and anxiety of getting these diseases could actually bring them on.

With a natural, reasonable living and a moderate indulgence in sexual intercourse you will in later years never feel the effects of the once slightly practiced self-abuse. The effects are different though if self-pollution had been practiced before puberty. It is almost impossible to believe that children from four to six years of age have indulged in onanism. Prof. Rohledder has stated that even infants two to three months old have practiced onanistic rubbings. Of course these infants have no knowledge of the consequences thereof. It is simply a movement of the sexual organs which is at first not noticed. In these cases which happen very seldom there are diseased troubles which are often hard to remove. Even onanism practiced at the age of ten years is often very fatal and difficult to remove. Were it not for this evil practice most of our insane asylums would be empty. In the years of infancy there is no discharge of semen but the injury of the system is just as great.

Onanism practiced in early years by youths with energy and regularity is said by every practitioner to weaken the system at the time of puberty and is seldom noticeable before.

The thought that injury is only done to the system when semen is discharged should be banished. Research has proven that the loss of semen, as valuable as it is to the system, is hardly to be compared with the injury caused to the nervous system. It is a sort of mental onanism that ex-

hausts our entire nervous system, and is possible without continence towards the body. The same is brought about by fascinating ideas and nude pictures. It can become a regular disease of disposition. The least enticement on sexual matters puts such a person in suspense and excitement. Their entire existence becomes a continual enticing fever, which is the more weakening because it is enticement without satisfaction. We therefore see that it is less straining to the physical power than it is to the use of nerve matter, and the dangers of onanism in childhood are seen. The sexual excitement of the nerves, the exertion and creating of same is just the same in children as in adults, but with the difference that in childhood, when the nervous system is not yet fully developed, it will leave lasting consequences; while with adults a refreshing sleep, which generally follows sexual intercourse, will adjust the same again. That the weakening of the system does not solely exhaust the generative faculty demonstrates that feminine onanism is just as harmful, even though she does not lose positive strength (semen).

RECOGNITION OF SELF-ABUSE.

In most cases the parents are not aware of their children practicing self-pollution, and often the visible results are attributed to other sources; and oftentimes the parents are just as

ignorant as their children. Some sort of remedy will be used for a weakness of the body and mind which follows self-pollution, and as the cause is really not known the same will not be checked, and instead of getting better the child will get worse. To prevent this, and that parents may recognize this evil in their children, I will give a few hints whereby it may be recognized.

At first a strange irritability will be noticed, the child at every occasion will contradict and appears to be in a frightened condition, also at learning, distraction is noticeable and in many cases bed-wetting is observed. The child becomes hard of understanding; loss of appetite and hunger alternate; the eyes become hollow and are surrounded by dark rings. Sometimes very small beads of perspiration are noticed on the tip of the nose. Restlessness especially evenings, leanness, sad physiognomy, dull eyes with widened pupil, the features of the face become dull, rough voice, staring glance, often fixed, the countenance becomes dull and pale, also the lips become bloodless. The child becomes silent, lazy, sad, timid towards the parents, insensible towards the teacher and guardians, the memory weakens, walking uncertain, the knees shaky. They seek loneliness, become sensitive to cold, tired after slight exertions and often have cramps in the legs. A certain sign is that on the fingers of an onanist will be noticed a number of small wart-like formations.

Some authorities say that sores do not heal very easily on persons who practice onanism, and that in the scar little yellow pimples form. That the pupil of the eyes are turned slightly upward and at times outward. That such changes of the entire system and character brings on a disturbance in the most important organs can hardly be surprising. With right we can affirm that consumption and insanity are often the cause of a too often repeated self-abuse. A diseased onanist is almost similar to a neurasthenic. In fact it is in a sense neurasthenia whose numerous symptoms appear in the diseased state of an onanist neurosis. We do not mean, however, to say that every case of neurasthenia is caused through onanism.

Onanism is the main cause of diseased pollution, spermatorrhœa and impotency. Further indications of onanism are very numerous. A person becomes lean especially in the region of the thighs. The muscles become soft and flabby, the scrotum hangs down in a relaxed condition, the patient realizes a sort of formication, (crawling sensation), upon the slightest movement a peculiar smelling perspiration is thrown off; diminishing of breath and palpitation of the heart; during evacuation of the bowels and when urinating the patient has a feeling as though the semen was being discharged also. Sleep does not rest a patient, he wakes up feeling tired, discontented and getting out of bed seems difficult. Headaches are general symptoms of onanism.

CAUSE OF ONANISM.

The causes of onanism are very numerous, and are not easily located. Some causes have already been alluded to in the foregoing article and more will be given below so that an accurate knowledge of the cause will be of great benefit to the parents. Prevention is here also easier than cure. It is of great importance to consider the close connection of the sexual organs and the organs of digestion, which may bring on through constipation, indigestion or worms, an irritation of the sexual organs causing erection.

The premature erection of the glans is the cause which induces a child to self-abuse. Many playthings bring on enticements. A false stimulation and luxurious nourishment is often the cause of premature erection of the glans. Too warm beds as feather-beds, hot bed-rooms, and the sleeping together of children are causes. Often one child misleads the others, and also by servants. Reading poor books is very dangerous and ought not be allowed by any father or mother. Keep this trashy literature (novels) out of the house.

TREATMENT.

The treatment of erring will be of a mental nature (suggestion). Self-confidence must be regained which has been lost. The nerves must be strengthened to regain self-possession. Let him

read books which will warn him of his bad habit. Nourishment and clothing must be natural. "Idleness is the beginning of all evil," is a true old saying. Therefore see that the patient is always occupied and when perfectly tired he will rest quietly on a hard bed. In the morning arise immediately upon awakening. The cleaning of the entire body must not be omitted. A daily sponging with cold water will be sufficient if no tub bath can be taken. These directions with the use of suggestive therapeutics will cure any one of this bad habit. I am always ready to give those who are anxious all the information they may ask for, either in writing or verbally.

"The illusion is short the repentance long."



CHAPTER IV.

SPERMATORRHOEA.

INVOLUNTARY DISCHARGE OF SEMEN.

As already stated, it is the duty of the testicles to secrete the semen. This semen is preserved in the seminal vesicle and is discharged through sexual intercourse. This seminal discharge should only occur under normal circumstances. In some persons this seminal discharge is caused at other times than during intercourse and we then call it pollution or involuntary seminal discharge. These pollutions are very often the sign of disease and then an immediate and natural treatment should be applied. On the other hand pollutions can be caused by other circumstances, not having any disease in connection therewith, because we often find these discharges in otherwise healthy men, generally in those who shun women. According to the individual nature, the constitution, occupation or habit these pollutions will appear every eight to fourteen days, and are believed to be caused by a passing irritation of

an overfilled seminal sac. Young men, if such pollutions should now and then occur do not become excited and run to a physician, you might fall into the hands of one of those quacks who only ruins your health and your pocketbook. In my practice many young men, after being scared and robbed by one of these money-making doctors, have come to me to be cured of these pollutions. These pollutions are to be considered diseases if they appear several times a week, and if a feeling of exhaustion or tiredness, a disinclination of performing any mental or physical work is felt. The symptoms of pollution occurring by night are as follows: At first stiffening of the penis followed by jovial dreams, and this is followed by a discharge of semen with distinct sensation. This pollution can also be experienced without dreaming, but a stiffening of the penis is always perceptible through a mechanical pressure of the bladder or intestine. If these pollutions enter into a diseased state then these jovial sensations disappear. The semen becomes thinner, lighter, odorless and the number of seminal cells and spermatozoons gradually decreasing. With the increase of pollution we use another specification, spermatorrhœa, and the discharges instead of occurring during the night also occur during the day, the semen often passing from the urethra after stool and after urinating. A microscopic examination of the urine enables a physician to determine the condition of a patient.

Through this involuntary pollution (seminal discharge) the entire system and especially the nervous system, will naturally weaken. A complete exhaustion may occur. Patients must quit their daily vocation because a mental and physical occupation is not feasible.

Do not mistake the semen discharge for the glutinous (sticky) secretion which is discharged on sexual excitement through the urethra. Nor with the chronic inflammation of the prostate glands. It is very important to be able to distinguish these conditions; because many who suffer from a harmless discharge imagine they are losing their semen, the most precious element of the body, and are very unhappy for nights and days, causing more harm than the discharge itself. Yes, not only this alone, they seek relief and fall into the hands of a drug quack who not only ruins the patient financially but also ruins his entire system. Beware, dear reader of all who pretend to cure with medicine.

The symptoms by which to recognize the difference are as follows:

First, Pollution: Generally appears among youthful persons during the night.

Second, Spermatorrhœa: A milky thick white fluid, lost after stool, urinating or during sexual excitement.

Third, Secretion of the urethral glands: Generally only in connection with strong sexual excitement. A light transparant glutinous fluid.

Fourth, Secretion of the prostate glands: A dark, watery, yellowish fluid only caused by a poorly healed gonorrhœa; (a gonorrhœa which a quack tried to cure by injections of strong medicines).

These symptoms are generally found in older persons. At this writing I am treating such a case. The gonorrhœa was treated ten years ago by a German regimental physician and the patient was sure he had been cured. About nine months a discharge began, caused by the reappearance of the old Gonorrhœa, not only this but the gonorrhœa poison which had been administered ten years ago traveled into the region of the kidneys, causing an inflammation of the bladder and kidneys. Several physicians had been consulted, attempts were also made in vain to heal the same. Through the use of medicine the system was only poisoned more, which showed its effect making the disease worse. The disease was wholly misunderstood. These men are totally blind in such cases.

After the patient had been under my treatment for four weeks the inflammation of the kidneys had been cured and the discharge had been greatly diminished. Only a few more weeks and he will be entirely cured, as we do not force the poison in but drive it out of the system. If this patient had married before he had been entirely cured, how would his wife, under these circumstances, have been placed? She would most certainly have been infected. She would have been

sent to a physician where he should have gone, or at least have gone along to be cured. The matrimonial happiness would have been disturbed and what kind of children would such a wife have born? Surely no healthy ones.

Up to the present time physicians have not been able to prevent this misery by the use of medicine, although they desire a more healthy generation; but the system they use is contradictory. The following article from one of our daily papers will be of interest here:

DEATH MAY COME TO SICK BABES.

E. Benjamin Andrews foresees legal extermination of weak infants.

Omaha, Jan. 25.—Society as it becomes more enlightened will snuff out the lives of sickly and deformed infants to prevent their becoming at maturity a burden to themselves and parents. As with the cradle, so will it be with older persons. A committee of skilled physicians, I firmly believe, eventually will determine the fate of those who are sickly, or whose recovery from disease is impossible. Such persons, if the physicians agree, will mercifully be put to death.

It is plain that these physicians were born some centuries too late. What barbarous methods for relieving misery! Intended murders. Yes, public murderers they want to be. It is not enough through unnatural opinions, to ruin humanity. Wake up! ye people. The time has come to think for yourselves, and not let your children be murdered. To the physicians I will say:

Turn over a new leaf, quit your miserable doings and do not sink any lower into the slough wherein you have already fallen.

It is easy to beget healthy children. If man and wife are healthy they cannot be otherwise. The duty of the physician must be to instruct the community how by living naturally everyone can be healthy and beget healthy children. Sick children are only born of sick parents. Women should take off their corsets and they will have no crippled children. The innocent children are supposed to be punished by death? The trouble is the physicians of to-day are treating most diseases without removing the cause. They bargain and stipulate as to how the patient should be treated. They usually treat the disease, whereas the patient should be treated.

The involuntary loss of semen can further be caused by catarrh of the bladder, gravel, intestinal worms, piles, etc. The causes must be removed before a cure can be expected. Self-abuse is often the cause of spermatorrhœa. Excessive sexual intercourse can also cause spermatorrhœa and lead to impotency.

TREATMENT.

Such patients cannot be warned enough against the unscrupulous sly quacks, who make all kinds of propositions in order to sell their harmful and worthless remedies for your hard earned cash. Many unheard of evils have been caused thereby, because they know, and hence feel safe, that when you find out you have been swindled, your shame will retard you from prosecuting them.

Every honest physician knows that medicine will not cure these cases and will not prescribe it for them. Such cases are not to be cured in a few weeks. Whoever claims to cure spermatorrhœa in a few weeks is either ignorant or a charlatan, it matters not whether he claims a proud title or blindfolds the people through his brilliant advertising.

Do not be misled! Here the recovery of health is very slow but sure. By strengthening the nervous system, improving the disintegrations of blood, removing the local obstacle and injuries, through a suitable manner of living, carefully selected diet, exercise and rest, breathing exercise and gymnastics, arousing the circulation of the blood, as also the activity of the organs and skin; by the combined application of air, light and water.

Here are a few points for home treatment, although would advise, if at all possible, to take

a cure in some natural institute; because such cases require patience and endurance which the patient often lacks and would easily give up if left altogether to himself.

Upon getting up in the morning and two or three hours before retiring in the evening take a sitz bath 80° to 85° F. of ten to fifteen minutes duration, which is gradually cooled down to 75° to 80° F. a minute before the bath is ended. Upon awaking in the morning a cold water sponge bath of 65° to 70° F. is very effective. It should be taken in a room which registers at least 70° F. After a cold sponging the patient may go to bed again for ten or fifteen minutes, to bring on a good reaction. During the day apply a T bandage which must be changed every two to three hours, because a correspondingly longer warmth may cause pollution. Therefore it is not advisable to apply these bandages at night before the seminal discharges have ceased, and not until a strengthening treatment of the sexual organs is applied.

As without doubt the entire nervous system is dependent upon our nourishment, we must choose a diet which will assist in strengthening and quieting this system. Heavy food and highly spiced victuals overheat the blood and irritate the nerves. A purely vegetable diet is absolutely necessary. All meats as well as strong spices, pepper, mustard, vinegar and too much salt must be avoided; furthermore, alcohol, coffee, tea and tobacco. Do not eat too much. Reading novels is very danger-

ous. Anything and everything liable to excite the nervous system must be avoided. Do not sleep in too soft a bed and do not use too warm coverings. Fresh air is very essential during the night as well as during the day. Supper should be taken at least three hours before retiring, and must be the lightest of all three meals. See that the bowels evacuate freely and do not forget to empty the same before retiring. As soon as the jovial dream returns the patient is on the way to improvement. It is a sign of recovery of the sexual weaknesses.



CHAPTER V.

SEXUAL EXCESS.

A definite limit of the natural practice is totally impossible, because the range of the sexual power is subject to great variation; age, strength, condition, race, etc., have a great influence thereon. But still we have characteristics enough by which a normal ability and limited advice can be obtained. Sexual intercourse is generally practiced too much and therefore my first warning is, beware of its frequency, especially when a weakness in the system is noticed after an intercourse. A normal and moderate practice strengthens the sexual organs instead of weakening them. At the age of twenty-four to thirty-six years the sexual power of a male is at its best. Before and after these years moderation is advisable. The nervous system, in those years were the sexual power is the weakest, has undergone disturbances and is hard to strengthen again. Sometimes physicians have advised young men to marry, simply to protect them from a too frequent intercourse. Often this misery is only increased be-

cause the opportunity is greater. The symptoms of a too frequent intercourse will be noticeable later by a weakness in the legs, lessening of ability, chilliness, deafness, and dull pains in the small of the back which radiate downward. These symptoms are undoubtedly the cause of diseased changes in the functions of the sarcum and spinal marrow. With the above mentioned symptoms there develops an irritable sexual weakness. The irritableness in the spinal-marrow region is generally followed by disturbances whereby the entire symptoms of a general neurasthenia are present which appear in different changeable forms of the nervous system.



CHAPTER VI.

SEXUAL ABSTINENCE.

Nature has ordained that every organ should be used and as the excessive use of an organ becomes weakened or entirely useless; so will its entire disuse lead to a weakening and languishing of the organs. To travel by way of the golden middle road is here also the best. The question seems to be very important whether a person, through self-restraint, is capable without injury to health of refraining from sexual intercourse. Few normally developed, healthy, strong men can accomplish this and if so, there are certain bodily, spiritual and physical functions which will not develop properly. Sexual intercourse seems to be necessary for healthy matured persons, not only for propagation but also for further perfect development of his personality.

Through moderate intercourse the sexual vigor will be maintained, yes even increased, while a total abstinence will weaken and diminish the sexual organs, and often leads to sexual impotency. Some authorities claim that total abstinence will

make a person dispirited, inactive, dismal and sad, almost melancholy; while sexual intercourse will bring a feeling of relief. Yes even headache, dizziness and mania have been noticed. If there are authorities claiming this to be unnatural I would like to answer them by saying that the entire population is unnatural, caused by wrong ways and methods of living. The renowned Mr. Lallemand says such supreme virtue (strict abstinence) lies not in human nature; then generally in all such cases we find no severe irritation and no lasting struggle; or the temptation was so weak that a victory could not be accounted for. If it is so easy to conduct oneself so long it is a bad sign for the masculine power. It can also be almost definitely admitted that an abstinent is a masturbator; therefore worse than a moderate indulgence in sexual intercourse. As already stated, this book is published for the welfare and betterment of the present generation and we must therefore consider the present conditions. If we want different habits and usages we must first make better men. But it is our obligation and duty to enlighten the present generation, so they will know which is right or wrong, good or bad. Thereby only will it be possible for us to ward off the bad consequences that are subject to ignorance.



CHAPTER VII.

MASCULINE IMPOTENCY.

Sexual impotency is the expression used for the want of strength or power, in fact not to be able to perform conception or sexual intercourse, nor create children. A total inability to copulate takes place when no erection or stiffening of the glands which is called IMPOTENCY EXORGANO. Onanism whereby the entire system and also the penis weakens. Locomotor ataxia, diabetes, chronic kidney trouble, bowel disorders and other chronic diseases that cause loss of vitality are often the cause of impotency. Impotency can also exist even if an erection of the glands is possible, through the poor, inferior semen. The male is able to perform his matrimonial obligations but the seminal fluid is lacking in spermatazoon; he is suffering from AZOSPERMIC. The chronic poisoning of morphine, lead, bromide, arsenic, camphor, Natr. salicylicum, alcohol, etc. can also be the cause of impotency. Such cases are TOXIC IMPOTENCY. An impotency whereby the sexual organs and the entire system may be in

perfect health, but the mechanism of the sexual intercourse through mental influence (auto-suggestion) which originate in the brain cause incorrect activity.

PSYCHICAL IMPOTENCY.

Psychical impotency can be caused through disinclination toward the female, through disgust, and also through too strong affections and the over-excitement connected therewith; also fear on the wedding-night is apt to cause impotency in such young men as have been subject to masturbation, and by reading poor literature have become frightened. A few suggestions from a physician who understands psychology will cure this impotency very easy.

TREATMENT

Just as it is in a case of pollution so it is in these cases of masculine impotency where conscienceless men try to mislead the distressed by offering to sell their secret remedies. Many not acquainted with natural therapeutics are misled, because the knowledge of lost manhood causes many to fall and we do not wonder that they try anything and everything to be cured. A sense of shame causes most of these distressed to fear their family physician and therefore rather hunt up these secret dealers. They are not aware that

they are being swindled! All these remedies are not curative, but poisonous, and only make things worse. They irritate the entire nerve system, and the sexual organs are stimulated to perform their functions again, but at the expense of the vitality of the system. The pleasure is short but the regret is long. The doses must always be increased until they reach their limit and the formerly weakened nerves are totally paralyzed. A natural treatment can now only be effectual through strong persistence on the part of the patient. A home treatment is entirely useless, enter a natural therapeutic institute at once.



CHAPTER VIII.

GONORRHOEA.

In this article I will endeavor to help many, very many, especially those having wandered on the wrong road. I will lead them into the right one and with advice and assistance stand by them. My book is written for the present generation, therefore I take the people as they are to-day. As was said before it was written for the protection of our women, and the welfare of the whole community. To accomplish this we must first try and cure the sexual diseases of our men and most trouble of our women will vanish.

The sexual conditions from the moment of birth of every tribe until marriage causes the greatest distress on the part of our young men. No guide is offered to them to show them the right path and the moderate use of their given power. The wrong social views forbid it, yes, the parents and guardians neglect to instruct their children. Therefore they must get their knowledge from impure sources which ought to be given them in a pure manner.

There are always three roads open for a young man. Abstinence, self-abuse or sporting life. By such rich stimulating diet, and the use of alcoholic beverages it is not an easy task, for our modern nervous generation, to abstain from sexual intercourse. For those sons from a very sensitive father it is impossible.

But then at the same time it is well worth striving after and the education must be of such a nature that will make it possible.

Self-abuse is very dangerous and often ruins the mind as well as the system.

Venial love is very immoral, unworthy and the dangers of infection are great.

The young men are here in a sort of dilemma, for there are very few selected to enter a marriage before the temptation called on them in one or the other way. Preaching and moral character societies have influenced very few to betterment. The forbidden fruits seem to taste the best as an old saying says. Not until an entire change in the habits of life has taken place will there be any difference.

Enlightenment is necessary in both sexes. Prevention of idleness and such an income for every father, that he may be enabled to give his children a good education. An education that would be beneficial in all walks of life. The prostitutes will then disappear, and then a great deal will be done to abolish sexual miseries. Until then we must be satisfied in the interest of life and the coming

generation to try and diminish sexual diseases and their results. Numberless cases of misery have been the result of sexual infections. Thousands of women and children must endure frightfully under the causes of infection through husbands and fathers.

RECOGNITION.

Gonorrhœa is the most frequent-occurring disease and it will be the first one that I will describe. It generally takes three to four days after infection appears with a feeling of voluptuous enticement at the mouth of the urethra and with increased urging for intercourse. After a few days this enticement leaves and painful sensations occur especially when urinating. A swelling of the mouth of the urethra and glans penis is noticed. At night especially painful erections take place. From the urethra purulent discharges, which are called the gonorrhœa poison, and are very dangerous, therefore be careful as a drop of this poison may cause the loss of an eye.

Prevention is easier than cure as I have already said, and will give you my dear reader the best remedies and advice, and hope thereby to prevent much evil. This advice will be worth hundreds of dollars, and many dear wives will be prevented from an infection. The best prevention, as I expect everyone knows, is to shun the illicit sexual intercourse, but how often will this

advice be followed. The intention is often there but the seduction is too great to withstand.

I will help the weak and show them my willingness because for such there has been very little done, ofttimes they were only poisoned more and this by poisonous drugs and the injecting of the gonorrhœa poison into the system.

PREVENTION OF GONORRHŒA.

In the first place it is necessary to be sober during sexual intercourse because alcohol prevents the proper resistance of the sexual organism and thereby increasing the dangers of infection. Just before an unlawful sexual intercourse the penis and especially the foreskin and glands should be rubbed with vaseline; to withdraw the penis immediately from the vagina after the semen has been discharged before the penis is limbered; so the poison will have no chance to enter the pores which only can happen when the penis is limber. Emptying of the bladder immediately after intercourse and to wash the penis thereafter in luke warm water and castile soap.

TREATMENT OF ACUTE GONORRHŒA.

Even with these precautions an infection may take place. We therefore advise as a remedy to draw out the poison which the penis or skin may have taken up in its pores to apply a Priessnitz-

bandage made by taking four-fold linen large enough to cover the sexual organs, which was dipped in water 70° to 75° F. and wrung out, cover the sexual organ therewith, and over this wrap a flannel or woolen bandage. To fasten the same securely use a so-called T bandage, a bandage that goes around the body and between the legs. This must be done as soon as you arrive at home. The bandage can stay on all night, it should stay on at least three to four hours. In the morning when the bandage is taken off the parts should be washed off with luke warm water and castile soap and an after dash of cold water. It is advisable to put this bandage on for several nights and if possible take a steam bath with an after pack.

If acute gonorrhœa makes its appearance then treat as follows:

Take a cup of birch-leaf tea every morning and evening. Avoid intoxicating drinks, meats, spices, strong coffee and tea. Postum coffee is a very good substitute for the ordinary coffee. The linen bands must be thoroughly washed after using and dried in the open air, also the woolen bands must lie in the open air each day. Injections with a solution of milfoil (an herb) or a weak solution of salt water, a knife-point full in a glass of warm water, or an injection of areca catechu, boiled bark of oak and basilicum. Injections should be made as follows: The luke warm fluid is injected into the urethra with a slight pressure, with the other hand hold the urethra at the lower

end near the scrotum with a slight pressure to prevent the pus or poison from being forced into the urinary bladder, which is generally the case when medical injections are administered. Further, the penis should be bent downward during an injection. This is very important, or it will be better to let the injections alone altogether. Do not use these injections too forcibly.

CHRONIC GONORRHŒA.

If a gonorrhœa is not cured in from two to three months it is called chronic gonorrhœa. In chronic cases the poisonous matter has taken a stronger hold, as the same has penetrated deeper into the channels of the glands, of the mucous membrane of the urethra, which causes swelling and inflammation that will soon begin to form matter. These swellings are the cause of scars and hardening, which by accumulation bring on stricture and robs the patient of all happiness, and may lead to impotency. A treatment must therefore be applied that will draw out the putrid matter from the ulcers and prevent the forming of scars. The healing of a gonorrhœa depends greatly upon the constitution of a patient.

Chronic gonorrhœa is not so painful; yes, often painless, and is therefore unheeded by the patient and a cure neglected. Dear reader an uncured or medicated (driven into the system) gonorrhœa can become just as dangerous as syphilis, and the

danger of infection is always present. It has been cited that in a number of cases gonorrhœa poison crawls up into the urinary organs, which brings on all kinds of disturbances there. Further it has been proven that inflammation of the joints has often taken a more dangerous character than heretofore believed through gonorrhœa; and that a large part of the severe and even the severest gathering inflammation of the joints is caused through gonorrhœa. Other patients worry day and night with the thought that they are not yet cured of their gonorrhœa, their whole nervous system becomes ruined and often leads them to despair, of course without any reason. The discharge in chronic gonorrhœa is very little, generally only in the morning a more or less yellowish fluid can be squeezed from the urethra. During the day a partly closing up of the urethra is noticed. In the urine will be seen gonorrhœa threads.

TREATMENT.

Everything prescribed in accute cases can also be applied in cases of chronic gonorrhœa, only with more precaution, and with some additions. It requires more persistence and patience. It may seem to some of my readers too complicated and time-robbing, but it is the only safe method of healing, therefore do not become frightened at this treatment, it is harmless and very easy to be carried out. What is a treatment of two to three

months time, compared with life long suffering?

In connection with the daily washings in an acute case must be added at least three daily sitz baths of ten to fifteen minutes duration (morning, noon and night) commencing with water heated to 85° F. and gradually reduced to 70° to 75° F. The erections must be prevented by cold wash off. Sexual intercourse must be avoided. The bandages must be applied and changed every one to two hours, not every three to four hours as in acute cases. Also a daily bath or wash off with water 75° to 80° F. Steam baths must be taken three times weekly. These baths must be taken in a warm room not less than 70° F. The alternating sitz bath is also very beneficial. A cup of tea taken every morning and evening, made of juniper-berry, St. John's wort, and ramnus bark is very advantageous. The best for a rapid and sure cure is to enter a Sanitarium where all these remedies are applied.

Dear reader, not only on account of your sexual health as already mentioned have I given advice against this awful sexual disease, no, my object is not yet attained and I will, while my heart is full continue: Yes, we see too much and it makes one's heart ache to see a dear mother suffer through a cause which might have been easily prevented. If you my reader have been spared and my advice of no benefit to you I will kindly ask you to assist me in bringing this advice to such who are in need.

Health is the greatest wealth a human being can possess. A happy married life is always enjoyed where both man and wife are in perfect health. Very often it is not the case, at the present time, it is somewhat generally common we might say that a woman is affected in some way with female troubles. It is lamentation and misery and is largely brought on by the sexual diseases of our men. This constantly neglected disease called gonorrhœa on the part of our men is often carried over to our innocent women in matrimony who must suffer much more than the men. At least 80 per cent of our men in larger cities have some sort of sexual disease. No wonder that the female diseases are so numerous, because some of the best authorities claim the incurability of gonorrhœa; this is a statement which a natural physician cannot endorse. A great enthusiast of the old school writes: "Gonorrhœa, especially with women is usually incurable." The disease is more malicious, than syphilis and makes a woman considerably more sick and its infection always spread farther in both sexes. The female gonorrhœa does not only stay on the outer organs, but affects the inner organs also, infects the vagina, ovary and ovarian organs, even the peritoneum is sometimes affected. The afflicted women become incapable of work, whereby when afflicted with syphilis the daily work can be executed unhindered.

CHAPTER IX.

CATARRH OF THE
BLADDER.

Catarrh of the bladder can be brought on through different causes. Only the cases that are caused by gonorrhœa will be considered.

Through an intense course or improper treatment of gonorrhœa the inflammation of the urethra passes to the bladder. The strong medical injections which are generally used at the present time are often the cause of this catarrh or inflammatory gonorrhœa. All such treatments should be shunned. Another remedy to be avoided is the balsamic stuff or resinous oils, as balsam of copaiba, prescribed by physicians to be taken internally in the form of capsules.

In place of healing, these remedies bring on irritation and inflammation of the kidneys as well as the bladder.

The principle symptoms of catarrh of the bladder are as follows: In the beginning of the disease dull interrupted pains are felt in the region of the bladder, which gradually increase and

radiate into the urethra (a small tube to expel the urine from the bladder) and is almost intolerable in passing urine. The irritation in the bladder is continual and the urine is emptied by drops which brings no relief. A urine retention can be caused by inflammation of the sphincter muscle of the bladder and through its swelling obstructs the passage.

THE URINE.

The urine when first emptied from the bladder shows very little change; at times it smells strong and sour, but after it has stood a while it changes its appearance. Its clearness disappears; light, dull and cloudy formations appear, they increase in dimension, conglomerate and gradually settle in a thick strata at the bottom of the glass. If the inflammation is very violent small blood vessels will burst in the bladder, giving the urine a more or less dark red color. If the inflammation turns into a gathering by the forming of ulcers, then the settling will change into a jelly-like appearance, the sour fermentation will soon disappear and turn into ammoniac. The urine then has a sickening sweet smell.

The general symptoms of the disease are fever, ague or shivering before the fever appears, vomiting, great thirst, etc. Eight to ten days may pass before the pains and other symptoms will decrease. Thence after the relief of the pains the patient gradually recovers; or it turns into a chronic stage which may last many months or years.

CHRONIC CATARRH OF THE
BLADDER.

The symptoms of chronic catarrh of the bladder are in general trifling. Now and then light sensations or frequent desire to urinate. The sufferer often realizes that he must urinate oftener than other persons. Further symptoms are not noticed if a person does not live too unnaturally. The only danger lies in the *forming of GRAVEL*, which can bring on violent symptoms of disease.

TREATMENT.

If a person is cured of GONORRHOËA, by NATURAL METHODS as prescribed in this book, he will *never* be troubled with catarrh of the bladder, caused by gonorrhœa.

If the same through unnatural treatment has already broken out as indicated above, the first thing to do is to *avoid that* which has brought it on.

Bed rest is above all necessary even if the case of catarrh is ever so mild.

Walking about aggravates the inflammation and from a mild case a severe one is formed. As DIET at first all solid foods must be avoided. Milk should be taken as a substitute for solid food. Thirst is quenched with lemonade, buttermilk and sour-milk.

Inflammation of the bladder is caused like all other inflammations by congested mucous mem-

brane. This also causes the frequent desire to empty the bladder, and aggravating pains. Only those remedies will give relief which are capable of removing these obstacles. Vapor baths will be of great service here, therefor daily vapor baths are taken.

To subdue the inflammation the best treatments are: First, *sitz baths* of 85° F. lasting thirty minutes, three times daily. Second, during the first stage, until the inflammation and pains are subdued apply cold compresses 65° to 75° F. on the bladder every half hour, later every two to four hours. To relieve the dreadful pains apply hot poultices on the bladder and on the perineum (between scrotum and anus).

After applying three or four of these compresses of ten to fifteen minutes duration the pains will be tolerably allayed. HOT SITZ BATHS do the same service and the otherwise so distressing urinating is accomplished with ease and a catheter is unnecessary. As herbs for the preparation of teas we recommend lime tree flowers, prepared and taken in the same manner as prescribed in acute cases of gonorrhœa. See that the bowels are kept open. If constipated take an injection. Minute cool injections into the bowels mornings and evenings are very good, they help to diminish the inflammation.



CHAPTER X.

PROSTATITIS,

(INFLAMMATION OF THE PROSTATE GLAND)

This gland has already been described in the chapter on sexual organs, so it will be unnecessary to repeat. An inflammation of the prostate, if caused by gonorrhœa is generally brought on in the same manner as inflammation of the bladder. Through *medicated injections* the *poison* of gonorrhœa is driven into the urethra, thence to the prostate gland; this causes the inflammation.

The symptoms are smarting and painful pulsations in the middle flesh regions, which the sufferer tries to relieve by drawing up the thighs in a side position. By the passing of feces the pains increase, which is caused by the pressure of the contents within the rectum upon the inflamed gland, often almost unbearable. Unfortunately there is always a great desire to have a passage of the bowels and the sufferer is only distressed more by trying to resist the same. Passing urine is also very *painful*. The perineum is very red,

swollen, and to the touch *very sensitive* and hot. The gland is quite enlarged and feverish. Often a cure is effected through resolution; sometimes a gathering of pus or matter will be formed on the inflamed gland. At first divided and small they form during the course of the disease, under *feverish ague* and increasing *congestion*, into an *abscess* which works its way through the rectum, the urethra or the perineum to the outer surface. At times even after the healing of gonorrhœa the gland will stay in an irritable condition causing suppuration of the prostate.

TREATMENT

Suppress the first stage of prostatitis by using cold compresses and *cool injections* into the rectum. If the pains have not left on the second day and the swelling has increased induce the swelling to suppurate and bring the eruption to the surface; which is accomplished by applying hot water poultices on the swollen parts for a duration of fifteen minutes, three times a day. *Four* of these compresses should be applied at *each time*. The swelling will soften, break open, and in a very short time the matter will be discharged. Keep the small wound perfectly clean by washing it in *warm water* which has been *previously boiled*, this will soon heal it up. Protect the sore by a bandage recommended elsewhere in this work.

CHRONIC PROSTATITIS.

This very frequent chronic inflammation of the prostate gland, usually develops from an uncured acute case, or it may be chronic from the beginning caused by repeated destructiveness, chronic gonorrhœa, etc., progressing almost painless. Sometimes painful urinating when emptying the bladder, slight sensation upon pressure, felt when riding, bicycling, etc. The principal symptom is the discharge which is cloudy and somewhat yellow in color. Through pressure on the gland it is emptied in large quantities.

TREATMENT.

To be relieved of this trouble it is best to consult a physician, of course one that applies no dangerous, but uses only NATURAL REMEDIES. *I am always ready to give either verbal or written information.*



CHAPTER XI.

PHIMOSIS,

CONTRACTION OF THE FORESKIN OVER PENIS.

Phimosis appears when the prepuce inflammation forms a dropsical-like swelling, so that the *foreskin* cannot be drawn back over the penis. The tighter the natural prepuce opening is the quicker it will contract and sometimes so that it is difficult to find the *urethra opening*. If this condition is not quickly remedied, *gangrene (decay)* of the *prepuce* will occur.

TREATMENT.

These swellings are treated the best and quickest by applying compresses of 70° to 75° F. which should be changed every *two hours*. The *cloths* must be *boiled* and *washed* thoroughly, *after each application*. It is better not to use the same compresses again; the best thing to do is to burn them. Furthermore *cleanse* the inner prepuce with 75° F. *injections* of water which has been previously boiled, and if possible apply cotton which has been dipped in water of 75° F. which has been boiled, between the *prepuce* and *glans penis*, this must be renewed every two hours. After taking off the application wash the *parts well*. If the above treatments are followed and applied correctly an *operation* can always be *prevented*.

CHAPTER XII.

BALANITIS.

INFLAMMATION OF THE GLANS PENIS.

Balanitis as well as inflammation of the inner prepuce (foreskin) is caused by accumulated gonorrhœa pus, in the prepuce-bag and disintegrated by uncleanness. The glans and prepuce are swollen and red, upon pressure there gushes forth a pus which has a putrid odor, this contains smegma preputialis (a fatty secretion of the foreskin). The patient experiences an unbearable *itching* of the *glans* and all efforts of relief only cause painful *burning*, *laceration* and *bleeding*. At the same time this *itching* increases the sexual desire, henceforth when erection takes place it is very painful. Occasionally the skin peels off on the opposed side of the glans and a deformation of the prepuce membrane will occur later, whereby any erection of the glans, *sexual intercourse* always causes a *lasting pain*.

TREATMENT.

Inflammation of the glans penis and foreskin of the inner membrane will NEVER appear where a NATURAL TREATMENT and cleanliness have been

EMPLOYED. If inflammation and suppuration have appeared the first thing to do is to remove the suppuration from the inner prepuce. This can be accomplished by using *injections* under the foreskin with water of 70° to 75° F. every *two* or *three hours*—water that has been boiled is appropriate for this. Then draw the foreskin cautiously without using force back over the gland and wash all the inflamed parts with boiled water of 70° F. A *sitz bath* of *ten to fifteen minutes* duration in water of 75° to 80° F. taken *mornings and evenings* is also very useful. A piece of *cotton* that has been dipped in *boiled water* of 75° F. and renewed *every two hours* must be laid around the gland, also covering the prepuce cavity and the foreskin drawn over.



CHAPTER XIII.

BUBO.

INFLAMMATION OF THE LYMPHATIC GLANDS
OF THE GROIN.

The acute inflammation of the *groin* is very often caused through a *soft chancre* which is brought on by *improper medical treatment* instead of the virus being brought forth it has been driven back into the system. An *inflammation* can also be caused by much *standing, walking, riding, dancing, or bicycling* which irritates the abdominal organs and drives the virus through the *lymphatic vessels* into the *lymphatic glands*. An inflammation of the groin is very easy acquired when the seat of the abscess of the chancre is on the prepuce or in the glans groove of the glans penis, because from these parts a number of lymphatic vessels lead to the glands of the groin. At times the inflamed lymphatic vessels can be seen on the back of the penis in the form of reddish streaks, which upon touching feel somewhat hard and nodular (in knots), generally this poison infiltrates the vessels without a sign of inflammation.

Buboes appear in two different forms: At times it is like any other inflammation, painful when moving about or upon a slight pressure. It disappears when the patient adopts a natural life. Long fatiguing walks causing sore legs are especially in scrofulous persons liable to affect the groins on both sides and to enlarge the same. Even when the cause has been removed it will be noticeable for months and years thereafter. The patient very often becomes frightened over this condition and consults a physician. At intervals, but frequently, a *prunileptic fusion* will happen. This process we generally notice during the first week of a soft chancre although it may happen later, even after the abscess has been totally healed. The cause of this being that the poison was *stored* in the passage of the *lymphatic glands*.

The symptoms are as follows: *Fever, ague, vomiting and headache*, a *dull* pain is felt on the glands of the groin. The glands begin to swell, the skin over the same gets red and hot, standing and walking is very difficult, yes, often impossible. Very seldom the inflammation of the glands will stay at certain height. It gradually disappears under those symptoms of irritability and finally heals through a slow absorption. Most cases have a tendency to suppurate and break on the outside. The glands continue getting larger and more painful, then it intermingles with the surrounding connective tissue and very often develops into an ulcer which swells to the size of a person's fist. The

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pain as well as the general symptoms increase as long as the swelling increases. At the end of two weeks the hard knots begin to soften and the pains are somewhat subdued. On the projecting parts the skin becomes thinner and thinner, until during a certain manipulation as by stretching the leg the same may burst and a thick matter will gush forth from the opening. *A natural and correct treatment will cleanse and quickly heal the wound.* Most important are *cleanliness and care.* Remove the matter cautiously and do not allow the *chancre poison* to come in contact with the *wound* which may be *contaminated* by the *fingers or clothes* thus causing another chancre to appear; then a *general infection* of the *entire system* is liable to be brought on.

TREATMENT.

As already mentioned buboes are usually brought on by an *improper treatment of chancre.* A treatment in which *caustic medicines are used brings on this disease,* therefore *beware* of that kind of *remedies;* shun them as you would a plague. Use only natural remedies and such inflammations will seldom appear.

If an inflammation of the genial glands arises, rest is necessary; any and all work must be discontinued. First try to reduce the swelling with cool compresses of 40° to 50° F. changing them every ten or fifteen minutes. *A vapor foot bath,*

three times daily must be taken; this is to draw the blood from the inflamed glands, at the same time take a *sitz bath* of 75° to 80° F. of twenty to thirty minutes duration. This prevents congestion and regulates the circulation of the blood. Should this treatment show no improvement within two days, that is the pains diminished and the swelling gone down, an effort must then be made to induce the glands to burst open and get the matter to the surface. To accomplish this, lay hot instead of cold compresses on the inflamed glands. Every ten to fifteen minutes these poultices are renewed by dipping them into hot water. In place of cold sitz baths take sitz baths of 95° to 100° F. *three times daily*. Hip vapor baths are also very beneficial. During the sitz bath the hot foot bath of course must be omitted. From four to six poultices must be applied three times a day. In about two weeks the highly beneficial results of these compresses will be noticed. The hard swollen knots will soften. At a certain spot the skin will become bluish red, thence in a very short time it will burst or it may be opened by making a small painless cut whereby all the matter will be expelled. Nevertheless the hot poultices must be kept up until no more matter flows from the wound.

The patient having kept perfectly quiet so far, is now allowed to move about. To protect the small wound from impurities it is bandaged by laying a piece of cotton dipped in water previously boiled thereon and over this dry cotton and then a piece

of gauze which is fastened around the hips and stomach. These bandages must be renewed morning, noon and night and the wound washed with water 80° to 85° F. previously boiled. In about two or three weeks the wound will heal leaving a very small insignificant scar.



CHAPTER XIV.

CHANCRE.

Chancre is a venereal sore or ulcer caused by chancre poison infection. It is generally located on the sexual organs and is caused by impure sexual intercourse. There are two kinds, a soft chancre and a hard chancre. The opinions of these two forms differ to the present day. The one side upholding, that the soft chancre has nothing to do with syphilis and is only latent, and that ulcers only appear on the sexual organs; the syphilis on the other hand is a general infection of the entire system, and that the poisons of chancre and syphilis are entirely different. The other side uphold that soft chancre and syphilis are one and the same disease. Only the severity and intensity of the poison on the one side and the resistance of the sexual organs or the entire body on the other determines whether only a soft chancre or syphilis is formed.

It is not my intention to prove these cases because it is of no benefit to the reader. I must stand by the latter for the simple reason that the constitution of every individual differs. First in

resistance, second in accumulation of foreign matter; and, consequently the development and healing of a disease must be different. How often do we hear when a wound has been quickly healed the words, "You have pure blood;" or when a wound is slow in healing, "His blood is impure." We always know when our system has accumulated any foreign matter. This is made known to us when nature tries to discard it and a struggle ensues in the form of a fever. We also know as soon as any foreign matter enters our system, that the self-healing power, through different ways, tries to expel the poison and a battle in the form of a fever ensues.

Be the organic disorder ever so mild, yes if only a splinter enters the skin or a little dirt gets into a wound, the whole system is generally affected. Now then, how could it be different when chancre poison enters a certain part of the system and forms an ulcer. This poison is immediately brought into circulation which causes the gland to swell and show very clearly by a soft chancre. These are the places where the system endeavors to discharge this foreign matter, providing the self-healing power has not been weakened too much by unnatural living. I, for my part believe the hard chancre is a further developed soft chancre; the poison is stronger, also the infection which poisons the whole system more thoroughly.

The almost exclusive cause of a soft chancre is the infection through impure intercourse. The

real place of entrance of the poison is generally caused by a too violent intercourse. Through insignificant painless and unperceived laceration and exfoliation (galing). Therefore sexual organs having no lacerated wound can not be infected by chancre wounds. Not only on the sexual organs do we find the chancre wounds but the poison can be communicated to any part of the human body. Now then it is especially advisable that cleanliness must prevail. Persons who are affected with such a disease must, after removing the compresses or come in contact with the poison in any way thoroughly clean their hands. Do not fail to remove the dirt and poison from under the finger nails as a scratch caused by the same would bring on a chancre wound.

It is my utmost desire to advise all those affected with such a wound to be very careful, and try with strong persistence and will power to cleanse their system from the same because this infection is very strong. Often a chancre or syphilis has been transferred through a glass of liquor, table-ware, musical instrument, kissing, pipe, etc., caused by a small wound on the lips. The majority of the public has either chapped lips or small insignificant lacerations caused by sharp teeth, etc. One of these poisoned articles put to the lips will naturally develop into a chancre wound.

The seat of a soft chancre in a male is very often on the outer surface of the foreskin and the

groove of the glans penis, because an injury is here more frequent on account of the chafing friction. As the chancre wound causes no pain whatever it is seldom noticed in the course of two to four days, although the poison begins to develop within a few hours. The small wound then turns into an abscess always getting larger, spreading in surface as well as in depth, a uniform wound forms as though it had been bored out. The edges or rim of the abscess falls partly off. It is slightly red and swollen forming a wall or rim around the same. The base is somewhat uneven and coated with a yellowish matter. The abscess at first shows signs of enlargement but this enlarging soon ceases and begins to clarify. The yellowish matter gradually decreases and vanishes. The base becomes uneven and has a reddish color. Also the inflammation of the red rim around the abscess diminishes. Then the abscess begins to heal. Such healing takes from four to five weeks. Many who have been dwelling under the thought of grief and worry, thinking that the chancre might be syphilis, and to such will be welcomed the suggestion how to distinguish a soft chancre from a hard chancre or syphilis.

If the skin of the penis is taken between two fingers and lifted up into a fold, you will notice it is soft and elastic, and easily shifted between the the fingers. Now then, take the abscess in the same manner and lift it up into a fold, if the diseased spot feels only a little swollen or thick but

otherwise soft we have a soft chancre; if the same feels hard as though a piece of cartilage was held between the fingers it is a hard chancre, or the beginning of syphilis. The number of abscesses also give us a clew as to whether we have a soft or hard chancre. The soft chancre often appears in several small abscesses that sometimes join together. The hard chancre appears in one abscess only. The sensitiveness of the groins also give us information. There is a swelling in both cases; in soft chancre the groins are painful when walking or upon pressure; the hard chancre or syphilis on the contrary does not and is only swollen. These symptoms are not always so easily and definitely designated as to whether this is a chancre and that syphilis. It is often very difficult for a physician to diagnose. In doubtful cases I would advise you to consult a physician, but one that you can rely upon. Not one that will scare you into hysterics, and offer you his poisonous medicine. Consultation can not poison you and you need not fear, but shun his treatment if it is unnatural. A treatment that will cure you through the application of natural remedies, that will not only cure the abscess but cleanse the entire system, and not bring more poison into an already poisoned system will be found further on. It is the only treatment that should be used; it is the safest, cheapest and most popular. Popular because anyone can apply it. Many serious sexual diseases have been caused, simply because no

immediate action was paid to the same. Shame often retarding the victim's action. All misery, suffering and shame can be prevented. Any one immediately upon infection can apply these natural remedies, which never do harm. Thereby prevent a malicious disease and cure the cause. What a grand benefit to humanity.

TREATMENT.

The old way of treating was to burn or cauterize the abscess with strong chemicals. It is not to deny that such treatment is beneficial in the beginning. But who treats a patient immediately? Those that are afflicted have already had the disease four or five days before they consult a physician. By this time the poison has had the best opportunity to infect the entire system. Cauterizing or burning is now useless.

The best remedy for the cure of a chancre is absolute cleanliness. Wash the genitals (sexual organs) three times a day in water that has been previously boiled. Lay some cotton which has been dipped in boiled water, but not in the water used for washing the private parts, on the abscess. On this cotton lay dry cotton which should be tied on by a piece of gauze. The bandages must be changed three or four times each day, and the abscess cleansed each time before applying a new bandage. Lemon juice is excellent to use by taking equal parts of juice and water, then

sprinkle the cleansed abscess with the same. It will burn for a few seconds but this will quickly disappear. A somewhat more painful treatment is to take a syringe filled with hot water and squirt swiftly on the abscess. The matter in this way is mechanically removed. The hot water draws the blood to the affected part which causes a quicker cicatrization (process of healing). The largest abscesses heal by this method in three to four weeks. There is no other method that will cure a chancre in so short a time.

Not only must a direct treatment be applied, but a general treatment is necessary because some of the poison may have gone into the system, hence, foresight is the mother of wisdom. For an increased and proper blood circulation which accelerates the cicatrization and at the same time cleanses the abscess, take a sitz-bath of 75° to 80° F. To prevent an inflammation of the gland lay poultices of 65° to 70° F. on both sides of the gland. A so-called T bandage (a bandage made so as to resemble the letter T), is also very advantageous as it absorbs the poison. Be very cautious because there are soft chancres that look very harmless, but oftentimes they prove to be syphilis in its first stage. Take a vapor bath three times a week to prevent the infection of the entire system. A vegetable diet is also advisable.



CHAPTER XV.

SYPHILIS.

Three different reasons induce me to write a long chapter on this dreadful disease, although it was not my intention to give a thorough description thereof in the first place.

A self-treatment for a disease of this nature is very often out of the question. My object is: First, to enlighten the poor pitiful woman who, through the unscrupulous immoral husband or other guiltless means in the way of infection of this loathsome disease, becomes inoculated.

Second:—To relieve the minds of all those who have an alarming skin disease and imagine they have syphilis.

Third:—For those who are affected with syphilis, but are very indifferent and do not think about getting cured. Sometimes only through ignorance as they are unaware of what may follow. For such this chapter will be a sort of a looking glass where they can find their disease pictured in bare truth, and thereby follow a call of warning.

Syphilis, also called lust, is a contagious or infectious disease which arises from a poison un-

known at the present day. There are several different opinions about the origin of this disease, but none are certain. The oldest authorities designate it as an ulcerating disease on the sexual organs and other parts of the body. That these ulcers have been the true syphilis we can only surmise.

It was in the year 1492 when this disease broke out. It happened under the troops of Carl VIII at the siege of Naples in a contagious outbreak. Attention was called to it in a very short time. The whole of Europe and all the countries that came in contact with it was covered with the pestilence which, through its quick propagation and also its terrible results, made known one of the most dreadful scourges to mankind. This disease continued for forty years with the same vehemence until this poison, at all events through the loss of strength, became weaker; and finally those symptoms showing us the syphilis of to-day.

From the other side it was said and believed that this disease was spread by the sailors of Columbus; and others again believed that it was a descendant of leprosy.

The present science takes it as a constitutional disease. An inoculation of the whole body with syphilitic poison which in one way or another enters the system. Syphilis can be inherited or acquired. The latter I will describe more closely, and will give to you the most important points.

If the acquired syphilis disappears the other will follow. Syphilis is very often acquired through an unclean sexual intercourse; but it can also be contracted through a kiss, hand shaking, drinking cup, closets, etc. Transference into other bodies can only happen when there is a sore or ulceration coming in contact with another person having a sore or scratch, whereby the poison will be inoculated. Be the scratch or wound ever so slight this poison will find its way into the system as it is very virulent.

As soon as this poison has entered the body it spreads quickly over the entire system. The blood becomes so contaminated therewith that, if it is transfused upon a sore spot of another person a hard chancre is immediately formed.

We distinguish three stages of acquired syphilis: Primary, secondary and tertiary. Primary or acute syphilis is the earliest stage of the disease. After infection an ulceration is formed which has a hard base, called a hard chancre. After a certain length of time this poison passes over to the inguinal glands and causes inflammation.

The second stage (secondary syphilis) starts in about the sixth or eighth week. The appearance of inflammatory rash of the skin and mucous membrane is a sign that the system is trying to throw off this poison. Several months, yes, even years, the organs battle against this inserted poison. The self-healing power is not strong enough to expel this powerful poison. In a short time the

entire system, if nothing has been done to prevent it, becomes infected. Assist this self-healing power which lies in every person. Swellings and ulcerations develop in and outside of the body, on the bones, nerves, etc. This condition leads the disease into the third stage known as tertiary syphilis.

PRIMARY SYPHILIS.

HARD CHANCRE.

Having described the universal syphilis I will now give you a clear knowledge of this disease, which should be shunned like plague. The beginning of syphilis is homogeneous no matter how it was acquired. It will be my duty to describe this beginning, and the results following an infection through sexual intercourse, as this is usually the place of entrance.

It takes about two to four weeks before an ulceration or hardening will be noticed. The most frequent place of a hard chancre is, like the soft, on the foreskin of the glans penis. The chancre has also a possibility of forming in the urethra which happens occasionally and is often mistaken for common gonorrhœa.

In females these ulcers generally form on the great labium pudendis (the lips of the external genitals) between the anus and external portion of the genitals, very often on the mons veneris

(the eminence of the female pubes), or the vaginal mucous membrane. By the sense of touch it is very easy to recognize the hard bottom of the ulcer. The size of this hardening differs very much, and corresponds with the size of the wound and the strength of the poison. It is usually the size of a bean. After a time the skin over this hardening becomes thinner, more brilliant and has a hue of a dark red color. Out of this hardening an ulcer develops which is similar to a soft chancre. The difference of disintegration (decay) is considerable deeper and the edges show a cartilaginous consistence. The ulcers are greatly inflamed, but are not very sensitive to pressure, which is one of the most important signs or symptoms to distinguish them from other ulcerations.

The cause of syphilitic hardening is the same as in gonorrhœa or soft chancre. Phimosis, ligation of the penis, inflammation of the glans penis (balanitis), and contraction of the urethra (stricture) if the hardening is in the urethra.

Such changes will only happen when the incorrect treatment was used in the beginning. A natural treatment, where only remedies are used that will assist the self-healing power, the progress will be quite different; and no hardening, as mentioned above will occur. No, never! Never!! Remember this, as it may save you from a great deal of pain and worry. Under our treatment, which I will explain for the benefit of my readers further on, this hardening will in a few weeks be

reduced without leaving a sign. Everything will disappear. Should this hardening undergo disintegration it will heal without leaving a scar. The natural way of healing an ulcer is as follows:

The basis cleanses itself, suppuration and gathering disappears, the color of the ulcer changes to a brighter red, the hardening at the bottom becomes softer; everything is absorbed and the process of healing follows; thence a scar is formed.

A general infection of the entire body takes place in the fourth or sixth week. At first the lymphatic glands become affected, and then the whole system is poisoned. If a syphilitic infection happens through unclean coition (intercourse) we notice a swelling of the inguinal glands; if it happens in a different way it will be seen on the glands closest to the place of infection, as on the neck or armpits.

An inclination to an acute inflammation or suppuration we never notice in syphilis; inflammation of the glands is just the opposite of a soft chancre where a suppuration is the rule. According to this the appearing of the swelling is a very slow one.

TREATMENT.

As already mentioned, a thorough scientific self-treatment in such a difficult and grave disease is out of the question; but I think it is my duty to make you acquainted with those treatments

which should be used *only*, giving you the desired information what can and must be done for a home-treatment. Follow the instructions as close as possible to prevent a more serious stage. Yes, my dear reader, by having the knowledge of these natural, *never harmful*, always helping and beneficial remedies you can do a great deal. With a little common sense and will-power some can do everything; but remember *all the instructions* must be followed; do not neglect one; everything is important. It is your duty to yourself and humanity to get cured at once, and my best advice to you is to enter a sanitarium where the remedies mentioned here are used and you will never fail to be clean again.

In the first few days syphilis is local. After this it goes to the glands and later over the whole body. During the time it is local it is possible to prevent the infection of the body by natural treatments. The disease being local the treatment must also be local; but I believe and recommend that a general treatment in connection therewith will be the best policy. The cure will be quicker and more perfect. The treatments of the average M. D.'s of to-day are generally operations, and they are also in the habit of cutting in these cases.

If *everything is* cut or burned away then the patient can feel satisfied, as the healing will be quick without any after effects. But who knows the exact area, how far the poison has already spread? Mistakes often happen by imagining that

everything has been removed by the cutting and burning process. In a short time after this treatment other knots will appear. So we see that this kind of treatment is indefinite and at the same time is very painful. I know a *better treatment* one that *never fails*; and my candid advice is to use it at once without delay. Never wait, then you will always succeed.

The local treatment is just the same as for a soft chancre. The ulcer should be cleansed three or four times a day with luke-warm water, after which moisten it with a solution of equal parts of lemon juice and water; then bandage up as you would a soft chancre ulcer. The T bandage as prescribed for gonorrhœa can also be used, but it must be changed three times daily. It can be kept on all night. After each compress the sexual organs should be washed with water of 75° F., that has been previously boiled.

For a good circulation in the lower abdominal organs, and to soften the hard knots take an abdominal steam bath every other day. After this steaming the entire body must be sponged off with water 80° F. A sitz bath of fifteen to twenty minutes duration is advisable. Later a steaming of the entire body should be taken every other day; and after this steaming a warm bath of 90° F. or a sponging of 80° F. should be taken.

If a person has heart trouble then a sweat pack must be used, after which a hip bath of 90° to 95° F., from twenty to thirty minutes duration,

should be taken. While in the pack lay cold compresses on the sexual organs. To induce a quicker perspiration drink hot lemon water. A sitz bath of twenty to thirty minutes duration, 95° F. must be taken every morning, noon and night. While in the bath the water should be gradually cooled down to 85° F. A daily evacuation of the bowels is also very important. If constipated use injections.

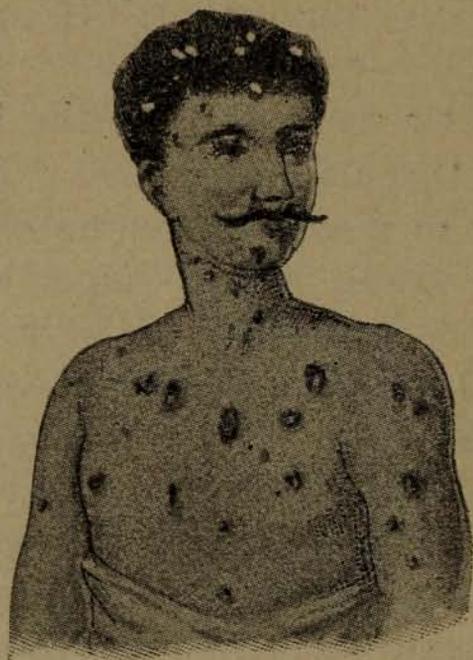
Fresh air is a necessity. Take breathing exercises two or three times a day. The diet must be dry, and be of a vegetarian nature. Alcohol, tobacco and strong spices must be excluded. Rest is also very important. The following herbs taken two or three times daily are very beneficial. Sarsaparilla, St. John's wort, senna leaves, juniper berries and walnut leaves. If it is impossible to follow these instructions it is best to enter a sanitarium where they employ these remedies for a few weeks—you will never regret it.

NEVER use mercury, as it only poisons an already poisoned system.

SECONDARY SYPHILIS.

If the first stage of this disease is not treated in a natural way, and the disease spreads out over the entire body, then it is entering its second stage; which is more dangerous. This poison being very strong it enters into every organ very quickly. In

this stage the body tries to get rid of the poison in the form of an eruption on the skin. In another place is mentioned that fever is the sign of the healing power trying to rid the body of impurities. So we notice here also that there is an increase in the bodily temperature. The fever often rising to



Syphilitic Infection after the sixth to eighth week.

one hundred and two and one hundred and four, then chill sets in. This fever may keep on for a week. Pain is felt in the head and other parts of the body. The patient feels exhausted. Under these symptoms a syphilitic rash will appear on the skin. This eruption of the skin (cutaneous eruption) forms red spots which are level with the skin. The size of these spots differ and generally appear on the trunk, arms and upper portion of

the lower limbs. Seldom on the neck. The face is usually infected, brownish spots will be noticed on the border of the hair. This kind of eruption does not itch and is painless, it differs from other eruptions. This eruption can disappear within two or three months without any treatment, but of course it may remain longer. The bright color of the spots become smaller and smaller until at last it disappears without leaving a mark or sign.

Very often in female cases white spots will appear on the neck after the process of healing has taken place. This is due to the change in the coloring matter of the tissues. These spots generally develop three to four months after an infection and it often takes from one to four years before it disappears entirely. The system of those affected differs. But this does not always happen when cases are mild. No, very seldom. Then the system is usually weakened through the unnatural way of living, and thereby the self-healing power. The poison differs also.

THE FLAT CONDYLOMAS (a wart-like growth) develops like a common eruption, which is at first reddish and a little elevated; but gradually a firmer consistency develops which gives it a wart-like appearance. These warts generally form on places where the skin rubs together, viz. on the inner part of the upper lower limbs, inguinal region; on the arms, scrotum, etc. We usually find them on ladies on the small and large labium

pubendia (the lips of the female external genitals) and also on other parts of the body as on men.

Sometimes we notice these warts on the fingers, toes, armpits, angle of the mouth, groove of the chin, cavity of the nose, ears, and in the auditory canal. The flat condyloma causes hardly any trouble whatever, only when coming in contact with urine or faeces. Rubbing brings on itching and painful sensations, making it very disagreeable for the patient. The surface often eats away and an ulcer, which secretes a bad smelling fluid, may form. This ulcer is contagious.

Good care and sensible natural treatments will heal these warts in a short time. The smeary secretion becomes less and less, the surface more even, a skin forms over it, and later a somewhat light spot will be noticed which will disappear in a short time. A disintegrating ulcer will always show a scar.

CRUST ERUPTION.

This efflorescent inflammation, about the size of a penny, is a millimeter elevation over the skin, and is covered with a crust. These eruptions are either round or oval. They may spread over the entire body. The most frequent places are on the border of the hair, on the neck, elbow and wrist joints, nose, cheeks, and in the grooves of the chin; with predilection for the face. Pains are hardly ever felt in these kind of skin eruptions,

only when the seat of the efflorescence is where the skin rubs together.

The process of healing goes on as follows: The inflammatory redness gradually disappears, the crust begins to soften and heal leaving a brownish spot which also disappears later. It is possible that it will leave some syphilitic white skin spots. Scars are seldom noticed. A deviation of the same is sporiasis (a chronic inflammatory skin disease) which appears on the palms of the hands and soles of the feet. This is a positive sign for recognizing syphilis as no similar eruption appears on these places. The eruption usually has a red appearance; later brownish elevated spots about the size of a bean and round. In the center of these spots little scales develop, very similar to the ashes of a cigar, giving the eruption this characteristic appearance. By removing one of these scales a wound will be seen which often bleeds. If the seat of these eruptions is in the folds or palm of the hand deep cracks will appear which are very painful.

VESICULAR ERUPTION.

Syphilitic vesicular (small blisters or sacks) eruptions very seldom occur. It is also called syphilitic chicken pox. These vesicles, about the size of a lentil, are usually surrounded by a reddish area. These sacks contain a dim serum. We find the seat of them on the fingers or toes of

children who have inherited syphilis. They consist of vesicles (blisters) which burst and empty their prurient contents on the surface. The discharged pus, as well as the skin over the blister



Syphilis in an infant.—Inherited Syphilis.

dries up and forms a crust of a brownish yellow color surrounded by an inflammatory area. If it be removed we will notice an ulcer of uneven depth.

The minute deep flat ulcers usually have their seat on the hairy parts of the body, such as the head, mustache, etc. They heal without leaving a scar except the deeper ones. These deep seated eruptions we find on the upper part of the lower limbs; heal only under great loss of substance,

and leave a scar which can be seen years after. Deep ulcers very often form during the transmission to the third stage of syphilis.

SYPHILITIC INFLAMMATION OF THE MUCOUS MEMBRANE.

As mentioned in the preceding paragraph the mucous membrane becomes affected as well as the skin only differing in anatomical construction, and the disease makes its appearance in a different form. At first we generally find an eruption of the mucous membrane in the pharyngeal cavity (throat), which consists of sharp red spots and covered here and there with a grey coating. These spots are insensible, but when eating or drinking anything too hot or too cold they become painful. The spreading of this inflammation can bring on tonsilitis.

Crust formations on the mucous membrane of the cheeks, lips, nose and tongue are quite frequent. Not a spot on the whole body will be unaffected, bones as well as the nervous system.

The determination of a permanent healing without leaving any functional disorders can always be expected when a natural treatment has been used. The sooner a natural treatment is employed the greater and quicker will the longed for healing be accomplished. The treatment of the old school doctors (M. D.) is to introduce mer-

cury into the system in the form of salves, pills, and hypodermic injections (injections under the skin).

A great many physicians to-day condemn this procedure, owing to the bad results arising therefrom, and the compliments they have for this, at times wonderful remedy, are not very flattering; but the truth lies hidden in these compliments. Unfortunately they only dismiss one treatment of quackery; follow up another and recommend and use iodide of potassium.

We do find a certain power in this mercury, because some of the syphilitic and mucous membrane diseases do disappear, sometimes quite swiftly; but this disappearing of the eruption is far from withdrawing syphilitic poison from the system. It only drives it further into the body, and a poison which is stronger than syphilitic poison is inoculated into the body. This shows very clearly on persons who have undergone mercurial treatment.

I consider it my duty to call your attention to the pernicious results of this poison so you will never let it enter your body. The ignorance must yield, it makes no difference how some physicians are speculating to influence ignorant persons. The *truth* will conquer here. How often does it happen that, after a person has been treated in such a poisoned unnatural way and believed himself cured through the disappearance of the eruptions which were driven back into the system,

he has transmitted the poison to his wife and offspring.

This mercury, which is a metal, spreads over the entire body; and a great many physicians say, and are quite positive, that it is the cause of tertiary syphilis. It usually settles in the glands and bones, where the poison can be deposited for many years without giving the victim much trouble. Sometimes it becomes disturbed in one way or another and shows its disastrous effects. In this way it is very often mistaken for the symptoms of tertiary syphilis.

The nervous system suffers considerably from this mercury, Paralysis is very often the result. This poison is driven into the system easier than out. For this reason avoid bringing it in contact with your system. An ounce of prevention is better than a hundred pounds of cure.

TREATMENT.

I hope I have explained the effects of this poisonous stuff clearly enough to make any person think before undergoing such a useless injurious treatment. It is not only the false and miserable road, but also the road to health that my duty calls me to explain. Yes, the only true road. A treatment that will bring blessings to all everywhere and for whatever purpose it is used, the method of NATURAL HEALING. It is a system of healing that will never forsake us.

In this case of secondary syphilis a self-treatment is almost impossible; for a quick and permanent result enter a sanitarium; but I will, just the same, explain the treatments that must be used. Nature also shows us the road to relieve the system of this poison which is through the eruption of the skin and mucous membrane. It only needs assistance in the process. We find the best and most natural remedies in steam and hot water baths. This process draws the blood and the poison to the surface of the skin. The inflammation and eruption will develop more freely after the first few baths; this being due to drawing the poison to the surface of the body. After a short time they gradually disappear and heal as the poison has been withdrawn from the system.

These baths must be taken EVERY DAY, or at least every other day, as long as there are any eruptions. Yes, it is best to keep on for six or eight weeks with these baths after the eruption has disappeared, to be sure that all the poison is out of the system.

The flat condylomes (wart-like growths) or eruptions must be cleaned several times a day with luke-warm water, previously boiled.

If there is an inflammation of the mucous membrane of the throat, rinse out quite often with lemon-water.

Be very careful not to use anything too hot nor too cold. Avoid all kinds of alcoholic drinks and tobacco in any form. For removing the in-

flammation of the mucous membrane in the nose use the same rinsing as prescribed for the throat. The inhaling of steam in which some herbs may be placed, such as shave grass, etc. is very good.

For the eruptions on the face I cannot too highly recommend the steaming process. The eruptions usually disappear after the first couple of applications.

The diseased skin and bones are brought back to health by steam and hot tub baths. The pains are removed by the application of hay-flower compresses.

To use and apply all these natural remedies scientifically, so that a permanent cure will be established, I must advise again to enter a sanitarium where all these natural remedies are used, and a cure will never fail.

TERTIARY SYPHILIS.

If a syphilis in the first and second stage does not heal it then develops in the inside organs. Very frequently nothing marks the passage from the second to the third stage. The general symptoms pass immediately over into the form of the late syphilis. In other cases there will be a rest of several weeks, months or years, before the tertiary syphilis has developed. The main symptoms of this disease are the forming of nodular tumors, which later form into ulcers which disintegrate (decay). These nodules and ulcers of the skin gen-

erally appear on the face, fore-head, nose, and in the hair of the head and breast about the size of a lentil. If a natural treatment is used these nodules disappear entirely without leaving a sign, and if a treatment of this kind is taken in time the forming of ulcers and decaying, which always leaves a scar, can be entirely prevented. If these nodules form in the important organs of life prevention of death is impossible.

The bones that become affected from the nodules are generally those which lie close to the surface of the skin, such as the tibia (shin bone), sternum (breast bone), cranium (skull bone), clavicle (colar bone), the ribs, etc.

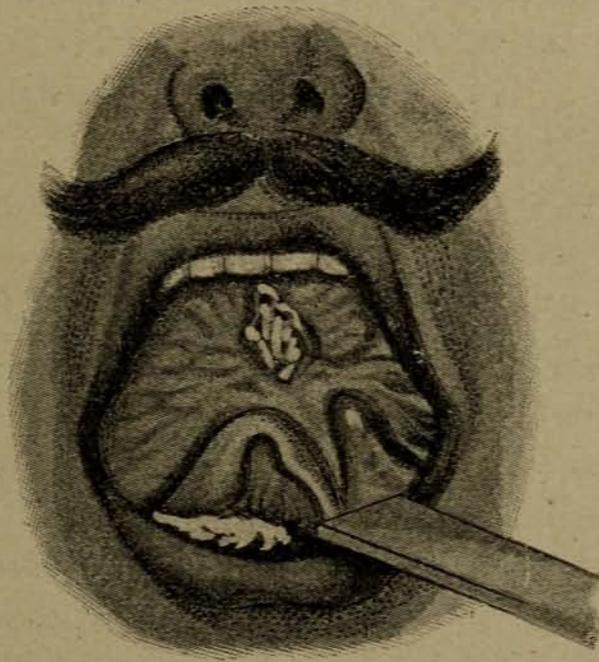
These nodules reach the size of a hazelnut. They are painful and can be recognized by the sense of touch. Generally the decay breaks open to the outer surface, under destruction of a piece of bone. The loss of this substance only heals through connective tissues by leaving a scar.

The muscles usually undergo the same process especially the thick fleshy muscular parts such as the thighs and upper arms.

These hard nodules disappear through absorption or disintegration, by leaving tender formations, which cause stiffness and uselessness of the muscles.

These nodules can appear in and on the nose the same decaying and destroying a piece thereof. By the destroying of quite a piece of cartilage of the broad point of the nose the same will sink, and

in place of seeing two nose holes we see but one. If the bone-wall within the nose becomes destroyed then the bridge of the nose will sink in and we have a so-called depressed nose. If the decay passes to the ethmoid bone, the cribriform bone of the nose and the plate of the same it very often ruins the sense of smell, a lasting incapacity may be the result.



Tertiary Syphilitic Ulcers in Mouth and Throat.

The disintegration of an ulcer can cause a communication of the nose and mouth cavity which interferes with speech. The pains and subjective complaints from all such heavy anatomical alterations are very slight.

The lungs trachea (wind pipe), the organs of digestion, kidneys, sexual organs, organs of circulation, the nervous system, etc., will all be attacked by these nodular tumors which cause great disasters. It would lead too far and take too much time and space to describe all the symptoms and stages of every organ of a person diseased in this way. I hope what has been said about tertiary syphilis will be sufficient for a somewhat clear understanding of this dreadful disease. I sincerely hope that no person will ever enter the later stage of syphilis. The natural remedies will protect you from entering into this stage.

Any person can see that a self-treatment in such diseases is entirely impossible. Such a disease can only be cured in a sanitarium where the natural remedies are used.

You may have all the poison cleansed from your system if not already half in the grave. Do not undergo a treatment where rubbing or introduction of mercury is used, this is only more poison put into the system. One poison is easier driven from the system than two.

TREATMENT.

For the benefit of those not acquainted with natural treatments and their merits I will endeavor to illustrate why it is the only correct method in the world that will help such persons affected with this horrible disease. You cannot extinguish fire

with fire. Therefore no one can drive poison out of the system with poison.

The main object of our treatment is to drive this syphilitic poison out of the system and to remove all disturbances caused by the disease. To accomplish this, the hygienic system of healing is nature itself. The process that builds up, and keeps our body, will also destroy the syphilitic poison which is metabolism, a change of the intricate conditions of cells, constructive or destructive.

Some of my readers have probably heard the expression that a person changes every seven years. Our body is built of cells which come and go. That is the old ones die off and new ones form. The new cells arise from the food we eat, and the old ones are excreted or thrown off. The waste material of the blood is excreted through the liver, kidneys and skin. We notice that the skin scales off from time to time.

The syphilitic poison must therefore, through the disintegration of the tissues where the poison is seated, also be excreted from the body as waste material.

A syphilitic person, I may say, is to be newly formed again. The old poisoned useless tissues must be thrown off, and new tissue which is free from poison must take its place. *The old must fall and new life bloom out of the ruins.* This so-called new up-building or metabolism takes place regularly in a healthy body. As soon as the

least little stagnation happens, the foundation for a disease is laid.

In a syphilitic system we not only find a disturbed metabolism, but also that poison which is an obnoxious foreign matter. This poor metabolism is caused by the syphilitic poison, it needs assistance, so that a better metabolism will take place. These poisoned tissues must be removed as soon as possible, and new unpoisoned tissues organized before the whole system is infiltrated through this syphilitic poison.

The excretion of the consumed, useless material as well as the foreign matter (syphilitic poison) takes place through the skin, intestines, kidneys and lungs. Our treatment assists this excretion. Yes, even more, it accelerates the same. Through perspiration we can greatly improve the metabolism and excretion.

To purify the blood of the lungs good breathing exercises in clean fresh air are very essential. For the excretion of foreign matter through the intestines a good evacuation of the bowels is necessary. The poison matter which forms at terminals produces metabolism itself, leaving our organism through the skin and kidneys. These organs assist each other; if one becomes tired the other doubles its activity. The steam bath is the best remedy for a copious perspiration of the body. This also opens the pores. Through free perspiration we withdraw considerable fluid from the body, every organ, tissue and cell, must give off

its fluid and healthy ones will take their places. The poison is being drawn up through these tissues, and in its place the contents of new cells formed. By these steam baths not only the fluid of the cell is forced to quick changes but also the albumin of the same.

The main factor in the treatment of syphilis is therefore the steambath, which is to be taken each or every other day with a milk pack in connection. How often and how long it should be used depends on the constitution of the patient. After these proceedings, for removing the poison which accumulates on the surface of the skin, a tub-bath of 90° F. must be taken. For the last few minutes while in the bath cool it down to 85° F. Further remedies for stimulating the assimilation are massage, sun-baths. On days when the sun does not shine electric light baths can be taken.

So far my dear reader I have made you acquainted with those remedies, which produce a good quick metabolism and excretion. My next object will be to make you acquainted with those remedies which will build up new healthy cells. These remedies we find in a pure vegetable diet; but not a bit more should be taken than is necessary to substitute cells. To prevent over filling of the tissues and dilution of the blood, we recommend a dry diet, (the Schrot Cure). If a tissue contains too much fluid a dissolving of the poison is easier brought on. A too much thinned blood,

contains very little nourishment for the tissues, therefore the gaining of strength and new vitality is impossible. No fluid whatever must be taken, as the body is to be dehydrated. If the thirst be very great a tablespoonful of lemon water can be taken. Soups and gravies must be discarded as well as spices, such as pepper, salt, mustard, catsup, vinegar, tobacco, etc. The diet must consist of thick cooked gruels, vegetables; bread—whole wheat bread. This flour can be purchased in most any grocery store, if not, I can furnish you with it. Potatoes are stimulating for the kidneys and must not be eaten.

I hope that my warnings for those that are uninfected and for those that are infected are not in vain. I must repeat it again, to those that are infected, to get cured at once, without delay. It is your duty to humanity.



CHAPTER XVI.

VARICOCELE.

By varicocele we understand an enlargement of the veins of the spermatic chord, epididymis and testicles. In varicocele the pampini-form plexus is generally enlarged and all the veins of the chord usually involved. There is a knotty swelling giving a feeling, when examined by the fingers, like a convulsion of earthworms. The swelling becomes smaller upon compression, or in a horizontal position, and enlarges again on standing erect. It is almost invariably found on the left side; and the testicle on the affected side is generally smaller and softer than the other.

The predisposing causes are a long tortuous spermatic vein on the left side, the absence of support of the veins of the surrounding muscles, and the imperfect valves. The entry of the left spermatic vein into the renal vein is at a right angle, instead of an acute angle like the right vein. It is more liable to compression on the left spermatic vein by accumulation of fæces in the sig-

moid flexure (the S shaped portion of the colon, above the rectum). The exciting causes are straining during stool, heavy lifting, excessive sexual indulgence or anything that would bring more blood to the testicles. Varicocele is similar to the varicose state of the hæmorrhoidal veins, (piles) and may have like causes.

The symptoms are a dull dragging sensation and some times prostration (extreme nervous exhaustion) weakness and depression of spirits.

TEATMENT.

Varicocele is another disease where medical quacks have tried to frighten young men. They have also succeeded in soaking a good many of them. In almost every newspaper, we find an advertisement about varicocele, wherein they recommend a wonderful treatment for this disease. Very often the remedies that are used in such cases are not only useless, but are the ruin of the one who takes such stuff. Of course the patient gets relieved, that is of his money and health.

The cause is very seldom looked for and consequently it remains as it was. If the cause is this or that, remove it. If you can not do this consult a natural physician. Use a sitzbath of 70° to 75° F. to strengthen the muscles. A suspensory bandage during the beginning of a treatment is advisable. Avoid all sexual excesses of any kind.

The use of alcohol must be discontinued. Live on an unstimulating diet. If constipated use injections and regulate the bowels with your diet. Too much walking and standing must be prevented. If no sitzbath can be taken then sponge the scrotum about three times daily with cool water and knead the same slightly each time. A stimulating sponging about every other day is also very beneficial. To obtain a stimulating sponging, first use the water at about 100° F. for half a minute, then directly after this use water of 60° to 75° F. for a quarter of a minute. Repeat this process from three to four times. Avoid everything that may excite your sexual organs.



CHAPTER XVII.

DANGER OF INFECTION

OF SEXUAL DISEASES.

The contagion of gonorrhœa is not so great as that of syphilis. The contagion mostly occurs through sexual intercourse; although the poison can also be administered to the eyes through a towel which may lead to total blindness, and in other forms the contagion of gonorrhœa may be carried further. In factories and lodging houses where many use the same towels the dangers of contagion are increased.

The syphilitic contagion is much greater: First, through sexual intercourse; in the closet; yes even by kissing. An infection at the closet can be administered as follows: When the syphilitic pus has been deposited on the seat through the penis, any little wound or scratch on the penis or abdomen can take up the matter deposited on the seat and bring on the disease. Therefore be very careful when using public closets. Wipe off the seat before using the same or better yet lay paper thereon after the same has been wiped off. Also be careful in using paper which may lie

around if there shouldn't happen to be any toilet paper handy. The paper can be infected, if a syphilis or gonorrhœa patient handles the same, through the fingers.

Syphilis can be transmitted through a kiss as already stated. Never kiss or hug a prostitute or any person before you are positive that they are not syphilitically affected. Syphilitic barbers and hair dressers often transmit the disease on the cheeks, the chin and the mouth of the customers, and from these places it is often transmitted to the woman through a kiss, hugging, etc. We know that there are often small pustules on the lips and cheeks, or very small almost invisible scratches on the skin, which may cause contagion. Yes, there have been cases of infection caused by the mother kissing one of her children which had been playing with children whose parents have syphilis. It is not necessarily said that the children carrying such syphilitic pus are afflicted therewith; they may be perfectly healthy and thereby still carry the disease to their parents through kissing.

Cleanliness is the best preventive. Further, it is advisable not to sleep with any person affected with any kind of pimples, pustules, ulcers, open wounds, in short with signs of any kind of disease, and especially not with those afflicted with discharges on the sexual organs. It is not always said that with a discharge of mucous it is syphilis. It may be the so-called white flowing

which is not considered contagious. Nevertheless it is better not to stay with any person having any kind of a flow from their sexual organs as a layman is not able to distinguish gonorrhœa from white flowing. A peculiar redness on the outer mucous membrane is also a signal of warning.

I will describe a simple process by which any person can recognize the condition of female sexual diseases although it may not always be certain. If you are not perfectly sure, moisten your finger, and dip it in cigar ashes and then touch the vulva and the vagina. The diseased parts are thereby subjected to the irritating salts of the ashes and cause a burning pain, if the parts are healthy they are not subject to this pain.



CHAPTER XVIII.

HARDENING OF THE SYSTEM

ESPECIALLY THE GLANS PENIS.

The main object is a good and free circulation of the blood, especially in these particular organs.

While the body is being improved through gymnastics, sports, water, air and sun-baths; not only cleaning hands and face every day but the entire body, and especially in the morning upon arising to sponge the entire body with water of 70° to 80° F. in a room of 70° F. temperature in case no plunge bath can be taken. The quality of the blood is improved through an unstimulating, natural diet by discarding the fashionable poisons such as alcohol, tobacco, pepper, spices, tea and coffee. A hardening of the penis can especially be accomplished by frequently washing with cold water. A decoction of boiled down oak bark is also very beneficial. This makes the skin tougher and therefore resists the infections better. Furthermore, it is best to keep the prepuce back and leave the glans uncovered; this hardens the mucous membrane thereby preventing injuries easier.

Scratches and injuries are the main cause of infection, especially chancre. In case the foreskin is too long the same should be circumcized, as too narrow orifice will cause injury easier in both sexes and the dangers of infection will be increased.



CHAPTER XIX.
SEXUAL DISEASES
OF ANCIENT RACES.

The beginning of sexual diseases is unknown, but in the oldest works which have been written, we find these diseases mentioned. As in works of Hippokrates, Galen and others. In the III Book of Moses C. 15, we read of the uncleanness of the sexual organs. Remedies for prevention were also used by the ancients. According to Sextus Placitus Papyriensis the genitals of a deer should be carried for the prevention of buboes.*

The following preventive was used for gonorrhœa of a female according to Galen.†

“Wash with green gall-nut, ashes and wine, or extract of gall-nut with honey and nitrum for rubbing.”

All these mysterious remedies and also the remedies used to-day, as opium and medicines, are useless and have no healing power in them, although it can to a certain extent be healed through cleanliness and regularity.

* De medicamentis ex. animal. cap 1 u 14. Cervipudenda si tecum habuesis inquina tibi Aumbunt, e si tumos antiquus funsit velociter re cedet.

† Euporist lib. II c. 26 u 37 (XIV p. 485).

PART II.

CHAPTER I.

FEMALE SEXUAL ORGANS.

Not only shall a person possess the knowledge of himself but also of the opposite sex; and also know what miseries are caused through ignorance. Too much cannot be written or said on this subject, and I hope that my lady readers will appreciate what has been written for their interest and welfare. Do not hesitate to learn what might save you from great distress. The present conditions require it; and therefore I am especially anxious to have young ladies study this booklet because we cannot come to misery if we ward ourselves against it.

THE EXTERNAL ORGANS.

As in the case of men so also are the sexual organs of a woman divided into external and internal organs. Hence, I will begin with the external organs. Above the os-pubis (pubic bone) at the lower end of the abdomen lies the mons

veneris, a femanine original aggregation of fatty skin, at the time of puberty covered with hair. Below the mons veneris, between the two thighs is the pudendum, consisting of two large nymphas, between which is found the furrow or fissure (bima vulva) with the clitoris, and the small labia pudendum; between which the opening of the urethra and the entrance of the vagina are visible. The large labia pudendum, two membranes running from front to back, partly covered with hair like on the mons veneris, lie close together in young women so that the fissure can only be noticed by a shallow groove. After several intercourses however, and especially after a woman has born children, this groove is enlarged and the parts enclosed by the labia pudendum are more visible; namely the small labia pudendum which is a little longer than the others. Towards the back where they enter the perinæum they are covered with a thin membrane, which disappears after the first confinement. The inner surface of the large labia pudendum is covered with a mucous membrane which also covers the entire cavity of the female sexual organs.

CLITORIS

The Clitoris is similar to the penis of a male, only smaller, in which the urethra is missing, and is found in the front part of the fissure where it unites with the small labia pudendum. Its size

varies. It is the largest at the time of intercourse. It is the most delicate part of the generative organs together with the small fissure, which is also a very enticing, purely voluptuous organ.

During sexual intercourse these organs are subject to a slight tender rubbing of the penis, and the pleasing sensations felt during intercourse are usually caused thereby. Self-abuse is generally accomplished by irritating the clitoris and the labia pudendum.

VAGINA.

The Vagina is a canal, covered with mucous membrane and has many folds and wrinkles; it is slightly curved and leads to the womb, the end of which is fastened so that it extends into the womb. The vagina lies between the bladder and the rectum, and is in womanhood about three to four inches long and from one to two inches wide. The walls are thin, elastic, extensible, muscular and plethoric (rich in blood). At the orifice of the vulva, the vagina in womanhood is especially well developed. A double grooved fold of the mucous membrane of the vagina extends forward. The hymen partly closes the opening which leaves out the menses, which is an excretion of the mucous membrane of the womb. The opening is necessary for copulation in order to admit the penis into the vagina wherein the semen is deposited. The hymen during the first

copulation tears, causing pain and the loss of some blood, because the orifice is too small for the penis. The hymen can also resist the entrance of the penis. Sometimes it is necessary to lance the same. It may happen that the hymen tears before the first copulation, caused by jumping or some other injury. By this we see that the tearing of the hymen is not always the sign of copulation.

SPHINCTER MUSCLE.

A circular muscle, which contracts the orifice, especially in females not having had a confinement whereby the enticement upon copulation is greater on both sexes. Through repeated intercourse and after confinement it relaxes and the copulation, especially for the male, becomes less enticing. The will of a female has an influence upon the contraction of the sphincter muscle only to increase but cannot diminish it entirely. Sexual intercourse is more agreeable and easier through secretion of mucus, which is witnessed in sexual intercourse, caused by this voluptuous feeling.

At the most excited moment, during the ejaculation of the semen, a contraction of the sphincter muscle of the anus occurs in both male and female, and at the same time the discharge of a fluid, the nature and source of which is unknown, the quantity being different in every individual.

THE UTERUS

The Uterus is that part in which the development of the fruit is preserved until confinement. It lies at the upper end of the vagina and extends to the lower end or mouth of the womb. The uterus is about three inches long and one and one-half inches wide and one inch thick before the first confinement. After several confinements these dimensions are considerably increased. The most essential organ of generation is held together and in its place by strong, stout, muscular ligament, the so-called Uterine ligaments. The womb is a very flexible organ and the size during pregnancy can be that of a good sized head. After birth the uterus returns to its normal size.

PUBERTY.

Puberty is reached at the age of twelve to sixteen years, in warm climates earlier, and in northern climates later, or at the time a female begins to menstruate, to discharge the menses (a periodic flow of blood or bloody fluid from the uterus) recurring every four weeks. The menses in a healthy female last from three to five days. At the age of forty-five to fifty years the menstruation ceases, and also the impregnation. Some still menstruate at the age of sixty-five. During the last years of menstruation the menses gradually diminish; they may stay away for several months and then return again, until finally it

ceases altogether. This is called "Change of life." During pregnancy the menses cease to flow although they may in some few cases appear during the first months of pregnancy.

CAUSE OF MENSTRUATION.

Menstruation or the discharge of blood from the womb every four weeks is caused by a reflex irritation from the bursting of the ovum, and the entering of the expelled egg from the ovum into the fallopian tube, which brings on a repletion of blood in the mucous membrane of the womb and discharging of the same to the outer surface.

FALLOPIAN TUBES.

The Fallopian Tubes are a pair of organs which are situated on the right and left side of the womb. Each fallopian tube is a membraneous, thin canal, extending conically up and outward, and is about four inches long. Entering into the uterus on one side and under the ovary with an opening into the peritoneal cavity. The object of these fallopian tubes are to leave the eggs pass from the ovaries into the womb. Here the ripening of the egg takes place. It can also happen that the embryo develops here.

THE OVARIES.

The Ovaries are a pair of organs which are situated on the right and left sides of the uterus, and are in direct connection with the uterus through the fallopian tubes. Here is where the impregnation of the egg takes place. The development of the embryo can happen here also.

The duty of the ovaries are the production of ova which are necessary for impregnation. Every four weeks an egg passes from the ovaries through the fallopian tube into the uterus, if not impregnated it passes away at menstruation; thus during the years of menstruation in a healthy female of thirty to thirty-five years from 400 to 500 of these ova are formed in the ovaries. The ovaries, just like the uterus, is held in place by ligaments.



CHAPTER II.

SELF-ABUSE IN FEMALES.

CAUSES AND CHARACTERISTICS.

The homage of self-abuse in women is just as prevalent as in men; yes, many authors claim that it is more often practiced. The results are more severe and ruination occurs much quicker. Dr. Bœhm, M. D., writes as follows:

“The self-abuse which is practiced among females is often the result of diseases in the sexual organs, this lays the foundation for a chronic catarrh of the vagina. Through oft repeated irritation hypertrophy (thickening of the walls of an organ) of the labia pudendum will occur.”

A great many sexual diseases are caused by this foolish doing, from the irritation which is brought on through the use of all kinds of instruments or finger, which are used in the vagina, to bring on the irritating sensation. Yes, my own experience has taught me that the ladies practice this self-abuse, more so than the men. The irritability of the sexual organs in ladies is just as great as in men, but they are in a greater posses-

sion of modesty and will-power in this line. They can control themselves easier and instead of inter-coursing, practice self-abuse.

CAUSE OF SELF-ABUSE.

The cause of self-abuse in women is about the same as that in men; and can be studied in Part I of this book, as also the treatment. Through a knowledge of the sexual organs and their functions and making them reacquainted with the results which follow such errors, it is very easy to induce a woman to stop this ruining of her body, providing she lives and dresses naturally. It is very necessary, that silence on the part of the parents, pertaining to sexual matters in regard to their children, should be stopped immediately.

Just consider for one moment dear mothers what a nameless mischief ignorance can bring to your daughters. It may be that you had some sad experience of your own, and not for anything in this wide world, if a prevention is possible, would you let your children undergo the same experience which may cost their life.

Discard this prejudiced shame, and enlighten your daughter, she will be thankful to you all her life. In place of harmful exciting novels, give her a book which will make her acquainted with her body and its functions, and you will bring blessings.

The great words of R. Gerling in his book, (Education on Matrimony), writes:

"Now mothers give this book into the hands of your fifteen or sixteen year old daughters. They shall read it in the quiet chamber in earnest consecrations hours. It will show her chastity, bliss, it will show her the error of her sins, it unveils to them the mystery of love and points out the earnestness in life. She will recognize how you, with pain bore her into the world, nourished her with your own heart's blood; how you had to work for her sake; how you had to suffer to bring her into the world."

Yes mothers, I know you will try to prevent your daughters from the misery and unhappiness. You may have done it, but in a wrong way; most likely the way your mother did with you. This is the wrong way; the cause must be removed, the bad habits which bring on the misery must be stopped. Then this life will be filled with happiness and delight, the heaven will be on earth! Health gives us everything; without it we lose everything.

Generally it is easier to recognize the errors of females than of males. They carry the impression of this vice on their face, the whole appearance shows it. The effects of self-abuse in ladies makes itself known by different nervous disorders, which may enter into hysterics, or epileptic fits. Yes, many of our women are committed in our insane asylums, self-abuse being the sole cause.

They feel down-hearted capricious, don't care to live, often become hypochondrish, the look staring, indigestion retarded, which gives a disagreeable odor to the breath. The face becomes pale and dirty, dark rings appear around the eyes, small beads of perspiration are often seen on the tip of the nose. A young lady who has practiced self-abuse, a few times in her days, which was brought on through a stimulating diet, can be entirely healthy. But a self-abuse practiced for many years and usually in young years with full energy, will bring sad results.

If we persue a close research of our ladies of to-day; how many miserable pitiful shapes would we see? With powder and paint they try to hide the signs of self-abuse, which show up in the face.

Gentlemen be careful; these results will show later, generally at confinement. Ladies, nothing else can and does give you and tells you more, or makes you acquainted with everything necessary to health than the science of natural living—Hygiene. Join a health society and drop the sick societies. Nothing is more important to any lady than to be instructed in the laws of health.

If any of my readers suffer from any kind of trouble, and can not obtain relief from the advice given here, I will be glad to give further advice or assistance at my Sanitarium. You will have the best opportunity to get back again, that which you have lost—HEALTH!

CHAPTER III.

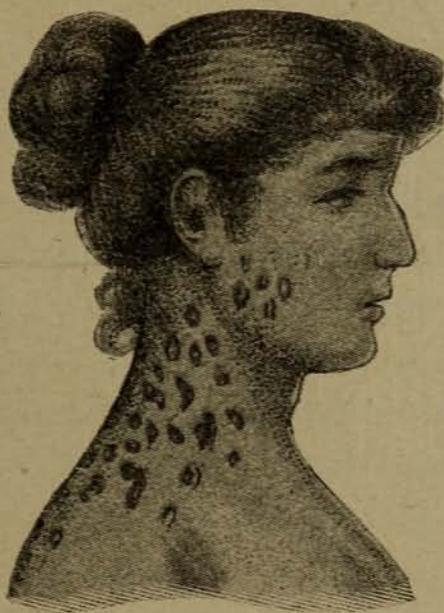
FEMALE
GONORRHOEA.

Without enlightenment we cannot expect any banishment of the misery which is prevailing at the present time. There are many of our women to-day, that are affected with gonorrhœa, but they often mistake it for leucorrhœa. Hence they think it is harmless, and never try to get cured. Sometimes very serious troubles arise from this otherwise easily cured disease, which may cost a patient her life.

The causes of leucorrhœa are numerous, caustics and other chemical substances, urine persarys, and tampous, too cold or too warm vaginal injections, cold feet, going to an outside closet where there is too much draft, measles, scarlet fever, diphtheria, typhoid, etc.

But the cause from this trouble is often from gonorrhœa. So we see how important it is to write about such diseases, enlightening our ladies. Books generally written either for men or for women only prove to be wrong. It is as necessary

for a man to understand the sexual nature of a woman as it is to know himself. A woman must have the same understanding. If this were the case I hardly think that anyone, male or female, could do such harm to the opposite sex as that which they are doing to-day. There ought to be a law enacted in the legislature that anyone, male or female, who infects another be punished. Yes, just as well as any other law. At present there is only one excuse, and that is ignorance.



Syphilitic Infection after the Sixth or Eighth Week.

ACUTE GONORRHŒA OF WOMEN.

Acute gonorrhœa of women is generally situated on the mucous membrane of the vagina, and those parts of the uterus (womb) which lay close to the vagina. The urethra is sometimes affected,

and can be recognized upon pressure by the discharge of pus. Further symptoms are red, hot and dropsy-like swellings on the labium pudendis (lip-like mucous membrane of the external genital organs) arising just below the mons veneris surrounding the vulva entrance, and meeting at the interior portion of the perineum, which is covered on the inside with a pus that has a putrid odor.

In the beginning of this disease a voluptuous sensation is felt which becomes painful when urenating and gives a burning painful feeling. Very often a watery eruption forms on the inside of the upper lower limbs, caused by irritation from the pus, which can be very aggravating and inconvenient to the patient while walking.

The Bartholian glands are a pair of glands situated at the entrance of the vagina (one on each side). These are generally swollen and contain a bloody, nasty smelling pus. This may be opened when ripe by lancing, or it will open naturally and after discharging its contents, heal up in a very short time if kept clean.

TREATMENT.

The results of medical treatments in female diseases are similar to those in male sexual diseases. Suffering is often caused by strong irritating medicines. In turn these medicines and injections have caused cancers and all kinds of ulcerations. It is driven further into the system

and brings on inflammation of the womb, fallopian tubes and ovaries, which may cause all kinds of disorders in these organs.

Gonorrhœa is very often the cause of impotency in females. The only and safest treatment is the Natural Cure, a treatment which never harms but always helps. Follow the following directions carefully and a cure will always occur.

For a good circulation in the sexual organs I recommend a sitz bath morning, noon and night, 80° to 85° F. of fifteen to twenty minutes duration. These baths must not be taken immediately after a meal, but an hour and a half or two hours thereafter. A syringing of the vagina three times daily with a solution of shave grass, 90° F. is advisable.

Directions for making the shave grass solution: Take a small handful of shave grass and put it into a quart and a half of cool water, let it boil for about two minutes, strain it, cool it down to 90° F. One teaspoonful of lemon juice may be admitted in the first water for cleaning.

The T bandage is to be worn over night, and sometimes during the day. If the case is quite severe then the bandage must be changed every two hours. It is best not to use the same cloth again, burn it. The compresses should be wrung out in water of 70° to 75° F. A steam bath two or three times a week must be taken.

No sexual disturbances whatever should happen during this disease. The diet must be of the same nature as that prescribed in male gonorrhœa.

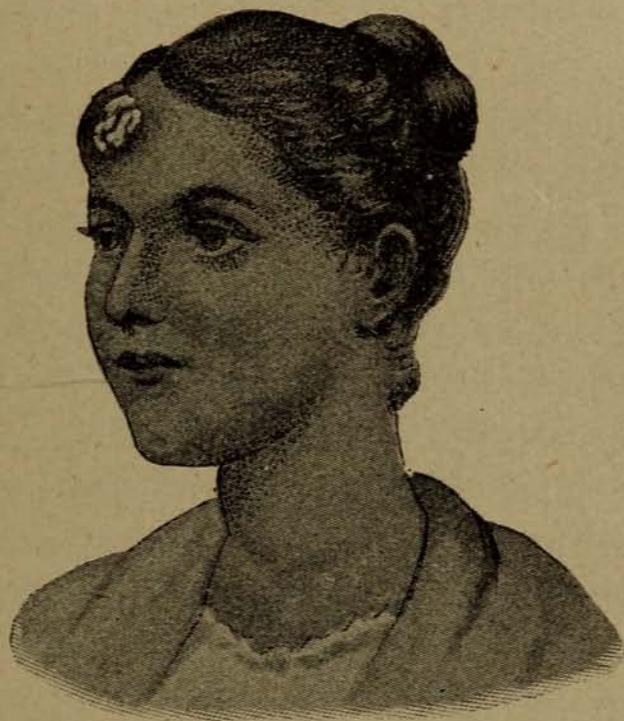
A sponge or tub bath every day is advisable. During the time of menstruation the injections must be somewhat warmer, and the T bandage will be changed for the one worn during menstruation. The tub baths, as well as the sponging must be omitted until the flow has ceased; but the private parts should be sponged with water of 95° to 100° F. about two times daily. Don't neglect to wash your hands carefully after being in contact with the diseased parts. Remove all dirt from under the nails. A good evacuation of the bowels is necessary. If constipated use injections as prescribed on another place, and regulate the same through your diet by eating fruits, vegetables, whole wheat bread, etc. If the Bartholian glands are inflamed, and an involution or seperation of the swelling cannot be brought on then use hot compresses over the glands and steam the private parts so that a quick forming of pus takes place, and the abscess opens to expel this poison. If it does not open when ripe then it must be lanced. Apply two hot compresses each day until all the pus is discharged. During the day bandage up as follows:

Take a piece of cotton, soak it in water of about 75° to 80° F. which has been previously boiled, lay it over the sore, over this a dry piece of cotton (gauze), and bandage up good so that it does not rub and bring on more soreness and inflammation. Cleanse the sores three times daily with water 85° to 95° F. which has been boiled.

If these directions are followed it will not take long for the abscess or rather the glands to heal.

CHRONIC GONORRHŒA OF WOMEN.

Chronic gonorrhœa of women is not found as often as with men. It is the result of an uncured acute case. The bladder and kidneys are not so



Gumma Ulcer, claimed to be the result of mercury cure.
Tertiary Syphilis.

easily affected in females as in males; but the Bartholian glands become more so. Little hard nodulars form in the glands, which discharge a kind of pus. This is the poison that infects men through an intercourse. Ulcers very often form

in the womb, fallopian tubes and ovaries. Later on a cancer may develop.

TREATMENT.

The treatment in chronic gonorrhœa is similar to the one described in acute cases. It only requires a little more patience, and the treatment must be followed very strictly. If an abscess has formed in any part of the sexual organs then a physician should be consulted. An operation can yet be avoided. The best thing here is also prevention, then all the worry and suffering would be averted.

Ladies if you notice anything wrong, all the same what it may be, consult a physician; but not one who intends to dose you with medicine, or perform an operation. Consult one who will give advice, and if necessary help you; and such growths will never appear.

Never beget children before you are positive that you are in perfect health.



CHAPTER IV.

PREVENTION
OF CONCEPTION.

Many remedies are used now-a-days for prevention of conception; and many of the various roads are followed without considering the danger which may follow.

The unnatural intercourse is one of the roads usually followed. Such an intercourse is nothing else than a MUTUAL SELF-ABUSE.

The remedies that are being used are generally *harmful and unreliable*, and should be shunned. Let every intercourse take its natural course, then we will not have so many nervous wrecks. Nature has also made everything complete in this line. If anything is done against the laws of health we will be punished sooner or later. What is a home without children? Study the science of begetting healthy children, and this without suffering; study how to educate them so that you can reap pleasure from them, so that they will become useful men and women. If you are unable to support children you should not get married. This is very easily

said but hardly ever followed. Every man ought to earn enough to support a wife and family. There is enough to eat in this world to have the conditions this way. At present it is too unevenly distributed. Let the cause be removed here also.

We have a law forbidding the sale of these remedies, but they are advertised and sold just the same. It seems that our law enforcers are blind to such. Why? The answer everyone knows.

But all this is nothing compared with the murdering of children when still carried under the mother's heart. No punishment could be too great for those practicing such things. Mothers, do you not think it is terrible to have your children murdered, even if it is done before it is completely developed; it is murdering just the same. As soon as impregnation takes place the life begins.

The egg, as stated before, awaits thirteen days after the beginning of menstruation for impregnation in the fallopian tubes, and if not impregnated enters into the womb, as already stated in another chapter. So we see that everything is regulated, and so many days are set for creating children.



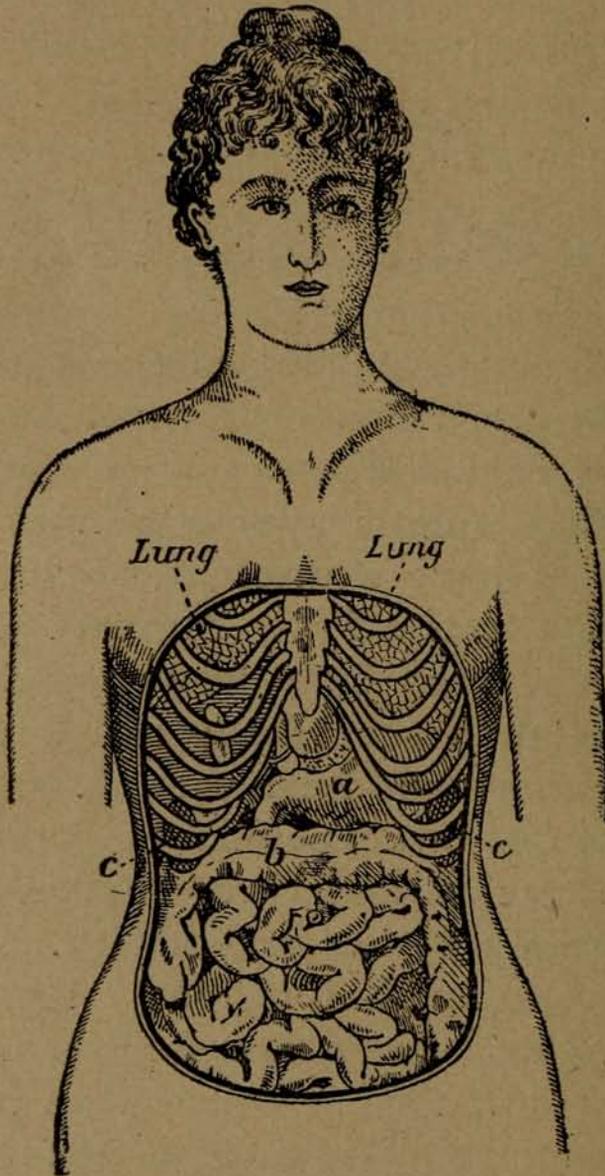
CHAPTER V.

FEMALE DISEASES.

I have demonstrated the consequences and the sin of sexual digression of our men, and in what degree such sexual diseases often cause female troubles. But do not condemn the men whenever you witness or have a disorder, such as painful menstruation or white flow. A great many of your disorders are caused by your own neglectedness. Ignorance is often the cause; and how glad we would be if this could be remedied. Very often when it is too late we recognize our wrong doings. Experience teaches many women that they have violated the laws of life and health. Often we hear the expression, if I had only known in my early years what I know now I never would have done what I did. And so we see it is very important to instruct children, more so young ladies, in the science of life for the banishment of self-abuse and bad habits.

The principle causes of female troubles are: Wearing corsets, heavy skirts, self-abuse, insufficient bodily exercise, improper diet, neglected cleanliness, etc. I have only mentioned the most

frequent causes. If these are removed or corrected then health will generally follow.



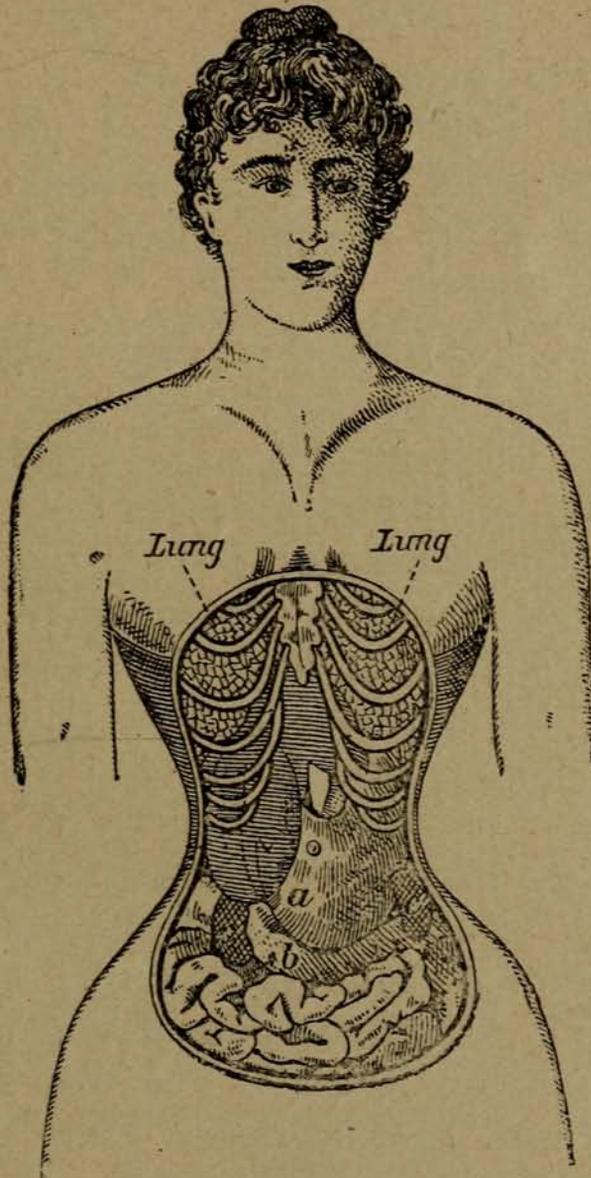
NATURAL FORM

when no corset is being used.

a—Stomach. b—Intestines. c—Ribs.

You expect your husband to be bodily and sexually healthy and strong, so will they expect the same from you. It is often no wonder that a

man seeks enjoyment elsewhere, and is tempted to partake of the forbidden fruit. It is often your



UNNATURAL FORM

where a corset is used.

a—Stomach. b—Intestines.

own fault. Through your wrong modes and ways you have made your life miserable; you are harsh towards your husband, and not capable of making

a happy home for him, where he can, after a hard day's work, rest and enjoy life by the love of his wife.

The wife complains to-day of this, to-morrow of that, and in sexual relation she is incapable of satisfying his natural desires, and untruthfulness is the consequence. We can witness this every day. If you expect a happy married life, strive to make it so yourself.

It is perfectly right that women should be opposed to alcohol, but they must give the men a substitute. With perfect right a lady of to-day demands that her intended be free from bad habits, as smoking and drinking; but the men can also expect of a lady friend a perfect body, a face free from powder and paint, and when she enters her matrimonial life that she is able to perform the duties of a mother and beget healthy children; that you enjoy the best of health, without which no woman or man should enter matrimony, because health brings happiness and content. Reflect before you go into matrimony. Ask yourself the following questions, and if you can answer them with a happy heart, if you can say I know them and I can, then you can enter into matrimony and you will never regret it.

Are you in perfect health? Have you reached the proper age? Do you know yourself and your intended? Have you a knowledge of the sexual organs? Do you know the duties of a mother? Can you cook a healthy, nutritious meal? Are

you able to bring up your children properly? Do you know your duties towards your husband? If you cannot answer these questions with a yes, I know it, or I am, then try to attain it. If you cannot then it is better that you stay single, and not make a husband and your children unhappy.

How often do we hear: "Had I known this, I would never have married." And if you do not want to bear the sham of being divorced you will live further on in your unhappiness. Becoming old too soon and wise too late is often the case.

Now, my ladies, try and learn a little at least about Hygiene, it will surely pay you. Such diseases as leucorrhœa, falling of the womb, painful menstruation, headaches, etc. will not trouble you in the least. There is nothing more interesting than the learning of your own system. Many valuable books have been written thereon.

I wish to say and warn you right here, not to be too anxious to have an operation performed if you happen to have a little pain in the region of the sexual organs. Many women can sing you a sad song of their experience caused by operations. After an important organ has been cut away the person is not real any more, and this also causes a disturbance in the circulation. The system is ruined and can never be righted again. The ovaries or the uterus can never be replaced.

Not only is the system ruined, but the mind becomes affected also. A woman is not satisfied with her own self and at least not her husband.

Shun all physicians who try to operate upon you. Consult a Natural Therapath, one who understands how to relieve you of your ills with natural advice and remedies. Yes, even more, one who instructs you how to prevent diseases. I am always willing to give you advice and treatments, either written or orally. Very seldom an operation is necessary, but *every one* can be prevented if you live a natural life, or a natural treatment is taken before it is too late.



CHAPTER VI.

PAINFUL
MENSTRUATION.

For the welfare of our women I will write about a trouble which is prevailing almost in all of our ladies to-day. I will give you some advice in regard to relieving the pains during menstruation, and how these pains may be banished in the future.

Every pain and ache is unnatural, as also the pains during menstruation; therefore it must be caused by some disturbance in these organs. It is only possible to be relieved of these pains by removing the cause. This painful menstruation may be due to diseased sexual organs, the ovaries, fallopian tubes, errors in diet or dress, from exposure, a lack of sufficient exercise, constipation, or a congested state of the fallopian tubes or mouth of the womb. Very often this painful menstruation is caused from displacement of the womb. All these disturbances are corrected by natural treatments.

There is no need of suffering for a single moment. Do you wish to be free of these aggravating pains every month? Do you not want this bloody discharge pass from you the same as the passing of urine from the bladder? I know that every one of you will say yes, without delay. But you are the ones that will make this possible. Don't think that you can find remedies in a drug store that will give you permanent relief or cure you.

Remove the cause and nature will do the rest. If you cannot remove the cause, and cannot find the same, then consult a natural physician, he will surely help you. Up to the present time I have never failed to relieve or cure a case of painful menstruation. If you are unable to follow out the instructions I have outlined here, call or write at once and I will give you all the information desired. There are only a very few cases in which the functions of nature cannot be performed.

Those in which the organs are not developed and remain infantile are more or less difficult to cure.

TREATMENT.

If the cause of this painful menstruation is caused from constipation, regulate the bowels with your diet. Shun the use of the common white bread; eat whole wheat bread, fruit, vegetables, etc. Eat slowly and masticate every morsel of your food. Remember, there are no teeth

for mastication found in the stomach, therefore use the ones in your mouth; give every one of them exercise by each mouthful of food; do not drink during meals; go to stool regularly—mornings after arising being the best time. At first an injection may be used as follows: Take one quart of water 95° F., inject it into the bowels, hold it for one or two minutes; after emptying all that will pass off take two quarts of water, same temperature, keep the same length of time if possible, then pass it off. The third time use three to four quarts of water, this will clean the entire large intestine, and is a sure preventive of appendicitis. After these injections it is advisable to inject a couple of spoonfuls of cool water, which must be retained. This being for absorption. Use a *fountain syringe*, but *no soap* in the water, as soap irritates the mucous membrane of the intestine.

If the cause is from diseased sexual organs do not delay in obtaining means that will effect a cure. Any of the troubles mentioned above must be removed before you can expect a cure.

During the time of menstruation, if accompanied with pain, I recommend hot applications wrung out of hot water and laid over the region of the womb and sexual organs of ten to fifteen minutes duration. Three or four of these applications will be sufficient to give relief.

If the painful menstruation is caused from congestion the compresses must be changed (first applying a hot one for fifteen minutes and then a

cold one wrung out of water 60° to 70° F. for about two to five minutes. Repeat this process about four times.

Hot or alternate sitz baths are also very good. Hot foot baths, hot lemonade without sugar, vibration massage over the sexual organs, cold compresses over the lower portion of the spine are very effectuous.



Many of the wrecks that strew life's ocean;
If this book had been their guide;
Might have now been riding safely;
But they have drifted with the tide



INFORMATION.

Should you wish a still clearer and better information regarding natural self-treatments, or a more definite explanation on any of the subjects I am always ready to serve you either in writing or personally. My time belongs to those who are ready to avert suffering misery and sorrow; and to such who are anxious to discard the consequences of an unnatural mode of life.

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