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DIRECTORY

FOOD SCIENCE

MIND CURE

YEAR BOOK OF DRUGLESS THERAPY

NATUROPATHIC ENCYCLOPEDIA



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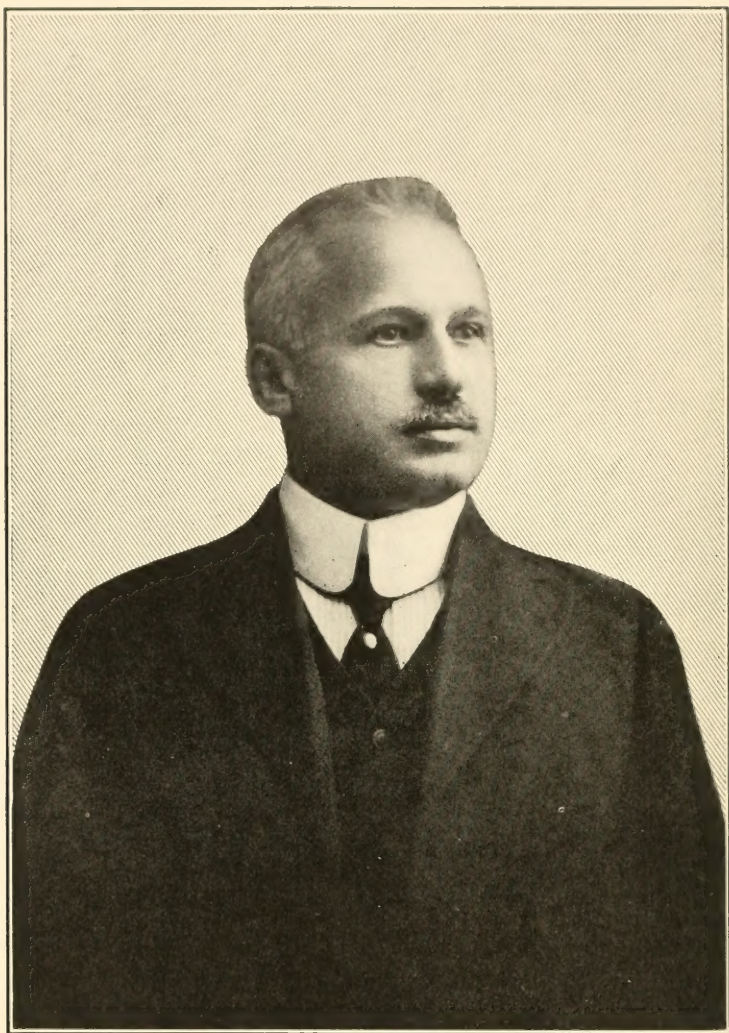
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UNIVERSAL NATUROPATHIC ENCYCLOPEDIA DIRECTORY

—AND—

BUYERS' GUIDE

YEAR BOOK OF DRUGLESS THERAPY FOR 1918-19

VOLUME I.



CONTAINING:

- E. E. PURINTON: EFFICIENCY IN DRUGLESS HEALING
L. KUHNE: NEO-NATUROPATHY, THE NEW SCIENCE OF HEALING
L. KUHNE: THE SCIENCE OF FACIAL EXPRESSION
A. MATIJACA: PRINCIPLES OF ELECTRO-MEDICINE,
ELECTRO-SURGERY AND RADIOLOGY

A REGISTER of Qualified Naturopathic Physicians, such
as Nature Cure Doctors, Chiropractors,
Osteopaths, Mechanotherapists, Dieticians, Electrotherapists,
Neuropaths, Mental Scientists and Other Rational, Progressive
and Drugless Practitioners.

A LIST of Naturopathic Colleges, Schools, Institutions,
Societies, Medical and Naturopathic Books and
Periodicals, Material and Appliances Pertaining to Drugless
Therapeutics and Natural Life.

Edited by BENEDICT LUST, N. D., D. O., D. C., M. D.

President "Universal Naturopathic Alliance," "American Naturopathic Association," "New York State Society of Naturopaths," "New Jersey State Society of Naturopaths," "Florida State Society of Naturopaths"; Editor "Herald of Health and Naturopath," "Der Hausdokter"; Dean American School of Naturopathy; Founder and Physician-in-Chief of the Naturopathic Sanitarium "Yungborn," Butler, New Jersey and "Qui-si-sana," Tangerine, Florida, etc. etc.



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—•—
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TO the Memory of all those noble
Pioneers and Discoverers who
have died in the Faith of Naturopathy,
and to their Courageous Successors
in the Art of Drugless Healing, all
of whom have suffered persecution
for saving Human Lives that Medical
Autocracy could not save, this Work
is Respectfully Dedicated by its Editor

Benedict Lust, N. D., M. D.

"The Youngborn," Butler, New Jersey, U. S. A.
April First, Nineteen Hundred and Eighteen

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INTRODUCTION



***T**O the Naturopathic Profession, the Professors of Natural Healing in all its branches, the Professors of Scientific Diet, Hydrotherapy, Heliotherapy, Electrotherapy, Neuropathy, Osteopathy, Chiropractic, Naprapathy, Magnetopathy, Phytotherapy, Exercise, Swedish Movements, Curative Gymnastics, Physical and Mental Culture, Balneopathy, and all forms of Drugless Healing; the Faculties of all Drugless Colleges, Institutions, Schools, and all Professors of Hygiene and Sanitation; Manufacturers of Naturopathic Supplies; Publishers of Health Literature, and Natural Healing Societies, GREETING:*

I have the honor to present to your consideration and goodwill, this Volume, No. I, Year 1918-19, of the Universal Naturopathic Directory, Year Book of Drugless Healing, and Buyers' Guide.

For twenty-two years past, the need of a directory for Drugless Therapy has been felt. The medical world is in a condition of intense evolution at the present time. It is evolving from the Drugging School of Therapy to the Drugless School. People by the million have lost confidence in the virtues of Allopathy and are turning with joyful confidence to the Professions of Natural Healing until it has been estimated that there are at least forty thousand practitioners of Naturopathic healing in the United States.

The motto that IN UNITY THERE IS STRENGTH is the foundation of the present enterprise.

Hitherto, the drugless profession has lacked that prestige in the eyes of the public, which comes from the continuous existence of a big institution, duly organized and wielding the immense authority which is derived no less from organization and history than from the virtues of the principles that are held and practised by such institutions. The public at large instantaneously respects an institution that is thoroughly organized and has its roots earthed in history.

The time has fully arrived when the drugless profession should no longer exist in the form of isolated units, not knowing one another and caring but little for such knowledge. Our profession has been, as it were, as sheep without a shepherd, but the various individuals that constitute this movement so pregnant with benefits to humanity, are now collected for the first time into a Directory and Year-Book of Drugless Healing, which alone will give immense weight and dignity to the standing of the individuals mentioned therein.

Not only will the book add to the prestige of the practitioner in the eyes of his patients, but when the scattered members of our profession in every State desire to obtain legislative action on behalf of their profession and themselves, the appeal of such a work as our directory will, in the eyes of legislators, gain for them a much more respectful hearing than could otherwise be obtained.

Now, for the first time, the drugless practitioner finds himself one of a vast army of professional men and women who are employing the most healthful forces of nature to rejuvenate and regenerate the world. But the book itself throws a powerful light upon every phase of drugless healing and annihilates time and distance in investigating who is who in the realm of Drugless Therapy.

A most sincere effort has been made to obtain the name and address of every adherent of the Rational School of Medicine who practises his profession within the United States, Canada and the British Isles. It is impossible at this stage of Naturopathic history, which is still largely in the making, to obtain the name and address of every such practitioner. There

were some who, even when appealed to, refused to respond to our invitation, not understanding the object of our work. Many of even the most intelligent members have refused to advertise their professional cards in our pages. But we can only attribute these drawbacks to the fact that every new institution that has suddenly dawned upon human intelligence will find that a certain proportion of people who do not understand the nature of the enterprise because the brain cells that would appreciate the benefits that are sought to be conferred upon them, are undeveloped, but a goodly proportion of our Naturopaths have gladly responded to the invitation to advertise their specialty in our columns. These, of course, constitute the brightest and most successful of our practitioners and their example in this respect should be followed by every practitioner whose card does not appear in this book.

We take it for granted that every one of the forty thousand practitioners of Naturopathy is in favor of the enterprise represented by this Directory. This work is a tool of his trade and not to possess this book is a serious handicap in the race for success.

Here will be found an Index of by far the larger number of Naturopaths in the country arranged in Alphabetic, Geographic and Naturopathic sections. Besides this, there is a classified Buyers' Guide that gives immediate information regarding where you can find special supplies, or a certain apparatus, or a certain book or magazine, its name, and where it is published. The list of Institutions with the curriculum of each will be found exceedingly useful.

Natural healing, that has drifted so long, and, by reason of a lack of organization, has been made for so many years the football of official medicine, to be kicked by any one who thought fit to do so, has now arrived at such a pitch of power that it has shaken the old system of bureaucratic medicine to its foundations. The professors of the irrational theories of life, health and disease, that are looking for victims to be inoculated with dangerous drugs and animalized vaccines and serums, have begun to fear the growth of this young giant of medical healing that demands medical freedom, social justice

and equal rights for the new healing system that exists alone for the betterment and uplifting of humanity.

I want every Professor of Drugless Therapy to become my friend and co-worker in the great cause to which we are committed, and those whose names are not recorded in this book should send them to me without delay. It will be of far greater interest and value to themselves to have their professional card included amongst those who advertise with us than the few dollars that such advertisement costs.

It will be noted that there are quite a number of Drugless Healers belonging to foreign countries (particularly those of the Western Hemisphere) represented in this Directory. The profession of medicine is not confined to any race, country, clime or religion. It is a universal profession and demands universal recognition. It will be a great honor to the Directory, as well as to the Naturopathic profession at large to have every Naturopathic practitioner, from the Arctic Circle to the furthest limits of Patagonia, represented in the pages of this immense and most helpful work.

I expect that the Directory for the year 1920 will be larger and even more important than the present Directory and that it will contain the names of thousands of practitioners that are not included in the present work.

The publication of this Directory will aid in abolishing whatever evils of sectarianism, narrow-mindedness and lack of loyalty to the cause to which we are devoted, that may exist. That it will promote a fraternal spirit among all exponents of natural healing, and create an increase of their prestige and power to resist the encroachments of official medicine on their constitutional rights of liberty and the pursuit of happiness, by favorably influencing Legislators, Law courts, City Councils and Boards of Health everywhere, is the sincere belief of the editor and publisher.

B. Lusk

The PRINCIPLES, AIM *and* PROGRAM of the NATURE CURE SYSTEM

By DR. BENEDICT LUST

SINCE the earliest ages, Medical Science has been of all sciences the most unscientific. Its professors, with few exceptions, have sought to cure disease by the magic of pills and potions and poisons that attacked the ailment with the idea of suppressing the symptoms instead of attacking the real cause of the ailment.

Medical science has always believed in the superstition that the use of chemical substances which are harmful and destructive to human life will prove an efficient substitute for the violation of laws, and in this way encourages the belief that a man may go the limit in self indulgence that weaken and destroy his physical system, and then hope to be absolved from his physical ailments by swallowing a few pills, or submitting to an injection of a serum or vaccine, that are supposed to act as vicarious redeemers of the physical organism and counteract life-long practices that are poisonous and wholly destructive to the patient's well-being.

From the earliest ages to the present time, the priests of medicine have discovered that it is ten times easier to obtain ten dollars from a man by acting upon his superstition, than it is to extract one dollar from him, by appealing to reason and common sense. Having this key to a gold mine within their grasp, we find official medicine indulging at all times in the most blatant, outrageous, freakish and unscientific methods of curing disease, because the methods were in harmony with the medical prestige of the physician.

Away back in pre-historic times, disease was regarded as a demon to be exorcised from its victim, and the medicine man of his tribe belabored the body of his patient with a bag in which rattled bones and feathers, and no doubt in extreme cases the tremendous faith in this process of cure that was engendered in the mind of the patient really cured some ailments for which mental science and not the bag of bones and feathers should be given credit.

Coming down to the middle ages, the Witches' Broth—one ingredient of which was the blood of a child murderer drawn in the dark of the moon—was sworn to, by official medicine, as a remedy for every disease.

In a later period, the *docteur a la mode*, between his taking pinches of snuff from a gold snuff box, would order the patient bled as a remedy for what he denominated spirits, vapors, megrims, or miasms.

Following this pseudo-scientific diagnosis and method of cure, came the drugging phase in which symptoms of disease were unmercifully attacked by all kinds of drugs, alkalis, acids and poisons which were



Vincent Priessnitz, of Graefenberg, Silesia. Founder of Hydropathy. Born October 4th, 1799. A pioneer Naturopath, persecuted by the medical authorities of his day, and convicted of using Witchcraft, because he cured his patients by the use of water, air, diet and exercise. He took his patients back to Nature—to the woods, the streams, the open fields—treated them with Nature's own forces and fed them on natural foods. His fame spread over the whole of Europe, and even to America. His cured patients were numbered by the thousands. The Priessnitz compress or bandage is in medical literature. Priessnitz is no more, but his spirit lives in every true Naturopath.

supposed, that by suffocating the symptoms of disease, by smothering their destructive energy, to thus enhance the vitality of the individual. All these cures have had their inception, their period of extensive application, and their certain desuetude. The contemporary fashion of healing disease is that of serums, inoculations and vaccines, which, instead of being an improvement on the fake medicines of former ages are of no value in the cure of disease, but on the contrary introduce lesions into the human body of the most distressing and deadly import.

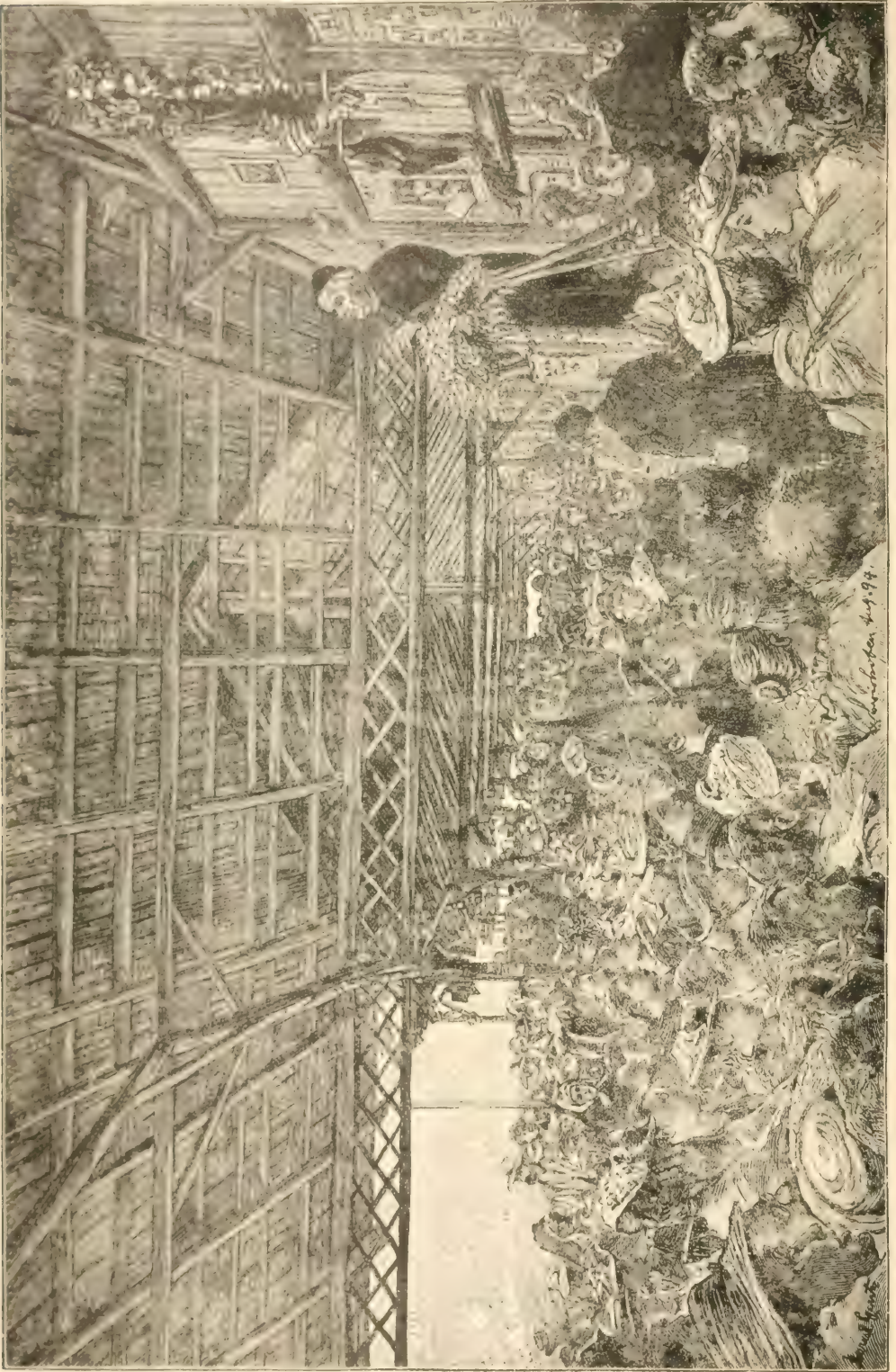
The policy of expediency is at the basis of medical drug healing. It is along the lines of self-indulgence, indifference, ignorance and lack of self-control that drug medicine lives, moves and has its being. The sleeping swineries of mankind are wholly exploited by a system of medical treatment, founded on poisonous and revolting products, whose chemical composition and whose mode of attacking disease, are equally unknown to their originators, and this is called "scientific medicine."

Like the alchemist of old who circulated the false belief that he could transmute the baser metals into gold, in like manner the vivisector claims that he can coin the agony of animals into cures for human disease. He insists on cursing animals that he may bless mankind with such curses.

To understand how revolting these products are, let us just refer to the vaccine matter which is supposed to be an efficient preventive of smallpox. Who would be fool enough to swallow the putrid pus and corruption scraped from the foulest sores of smallpox that has been implanted in the body of a calf? Even if any one would be fool enough to drink so atrocious a substance, its danger might be neutralized by the digestive juices of the intestinal tract. But it is a far greater danger to the organism when inoculated into the blood and tissues direct, where no digestive substances can possibly neutralize its poison.

The natural system for curing disease is based on a return to nature in regulating the diet, breathing, exercising, bathing and the employment of various forces to eliminate the poisonous products in the system, and so raise the vitality of the patient to a proper standard of health.

Official medicine has in all ages simply attacked the symptoms of disease without paying any attention to the causes thereof, but natural healing is concerned far more with removing the causes of disease, than merely curing its symptoms. This is the glory of this new school of medicine that it cures by removing the causes of the ailment, and is the only rational method of practising medicine. It begins its cures by avoiding the uses of drugs and hence is styled the system of drugless healing. It came first into vogue in Germany and its most famous exponents in that country were Priessnitz, Schroth, Kuhne, Kneipp, Rickli, Lahmann, Just, Ehret, Engelhardt, and others.



Father Knipp, the greatest and most renowned Naturopathic Doctor who ever lived, lecturing to the multitudes in the Wandelhalle at Worishoten on "How to live" as the basis of all rational Cure.

In Sweden, Ling and others developed various systems of mechanotherapy and curative gymnastics.

In America, Palmer invented Chiropractic; McCormick, Ophthalmology. Still originated Osteopathy; Weltmer, suggestive Therapeutics. Lindlahr combined the essentials of various natural methods, while Kellogg, Tilden, Schultz, Trall, Lust, Lahn, Arnold, Struch, Havard, Davis, Jackson, Walters, Deininger, Tyrrell, Collins and others, have each of them spent a lifetime in studying and putting into practice the best ideas of drugless healing and have greatly enlarged and enriched the new school of medicine.

LIFE MALTREATED BY ALLOPATHY

The prime object of natural healing is to give the principle of life the line of least resistance, that it may enable man to possess the most abundant health.

What is life?

The finite mind of man fails to comprehend the nature of this mysterious principle. The philosopher says "Life is the sum of the forces that resist death," but that definition only increases its obscurity. Life is a most precious endowment of protoplasm, of the various combinations of oxygen, hydrogen, carbon and nitrogen, and other purely mineral substances in forming organic tissues. As Othello says, referring to Desdemona's life, which he compares to the light of a candle—

"If I quench thee thou flaming minister,
I can thy former light restore
Should I repent me; but once put out *thy* light,
I know not whence is that Promethean heat
That can thy light relume."

The spark of life flickers in the sockets of millions and is about to go out. What system of medicine will most surely restore that flickering spark to a steady, burning flame?

Will the system that employs poisonous vaccines, serums and inoculations, whose medical value has to be supported by the most mendacious statements, and whose practitioners are far more intent on their emoluments and fame, than they are in the practise of humanity?

The Allopathic system, which includes nine-tenths of all medical practitioners, is known by its fruits, but it is an appalling fact that infant mortality, insanity, heart disease, arteriosclerosis, cancer, debility, impoverished constitutions, degeneracy, idiocy and inefficiency have enormously increased, particularly during the last twenty-five years, that is, during the regime of inoculations, serums and vaccines.



Father Kneipp called by Pope Leo XIII in 1893, for consultation about his health. The only person to whose call Father Kneipp responded, which necessitated his leaving his parish. He was frequently requested to attend royalty in their homes, but in every instance he made them come to him and await their turns in his reception room along with the most humble of his patients. Among his patients were many members of imperial and royal families. The Prince of Wales, later King Edward VII, Empress Frederick of Germany, Empress Elizabeth of Austria, Baron Rothschild, and many high dignitaries of the church were frequently to be found taking the Nature Cure under Father Kneipp's direction. Father Kneipp never charged a fee for his advice. The institutions which were established in his name, were owned by the town of Wörrishofen and by various orders of nuns and brotherhoods who served the poor. Father Kneipp was a true humanitarian.



Adolf Just, famous author of "Return to Nature" and Founder of original "Yunghorn" in Germany.



Dr. Carl Struch, one of the first Medical men in this country who gave up medicine and operation for Natural Healing. Established in 1897 the first Drugless Institute in Chicago, and 1906 the now famous Younghorn and Nature Cure Institution at McHenry, Ill.

Naturopathy, on the other hand, so far as it has been developed, and so far as official medicine will allow it to act, leaves no such trail of disease, disaster and death behind it. Natural healing is emancipation from medical superstition, ignorance and tyranny. It is the true Elixir of Life.

The Allopaths have endeavored to cure sick humanity on the basis of the highly erroneous idea that man can change the laws of nature that govern our being, and cure the cause of disease by simply ignoring it. To cure disease by poisoning its symptoms is medical manslaughter.

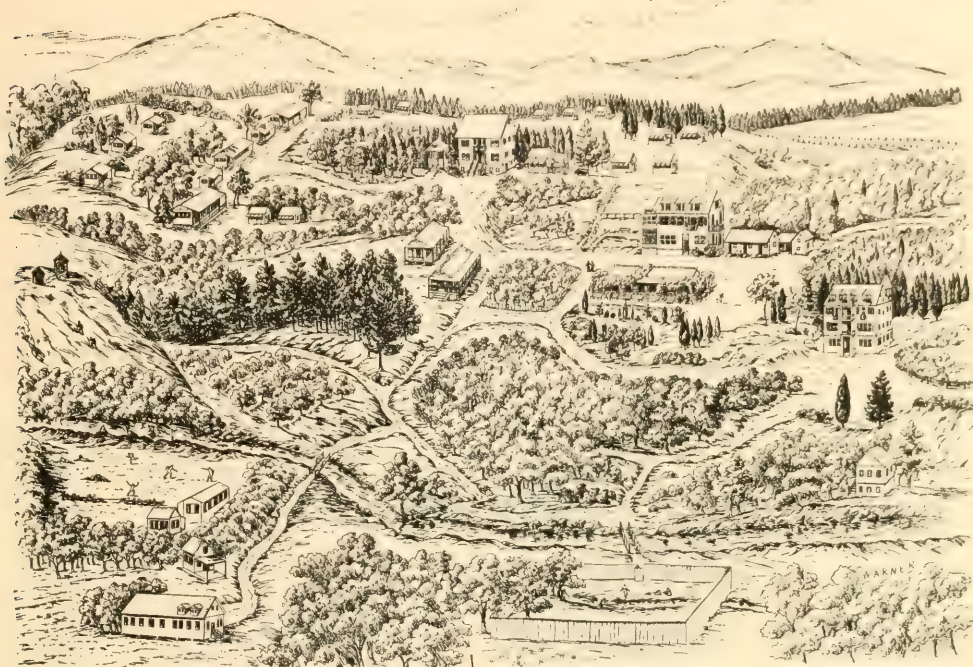
Dr. Schwenninger of Germany says: "We are suffering under the curse of the past mistakes of our profession. For thousands of years medical doctors have been educating the public into the false belief that poisonous drugs can give health. This belief has become in the public mind such a deep-seated superstition, that those of us who know better and who would like to adopt more sensible, natural methods of cure, can do so only at the peril of losing practice and reputation.

"The average medical man is at his best but a devoted bigot to this vain school-craft, which we call the Medical Art and which alone in this age of science has made no perceptible progress since the days of its earliest teachers. They call it recognized science! Recognized ignorance! The science of to-day is the ignorance of to-morrow. Every year some bold guess lights up as truth to which but the year before the schoolmen of science were as blind as moles."

And Dr. O. W. Holmes, Professor of Anatomy in Harvard University,



The late Rev. Albert Stroehle, who was instrumental in the selection of the site for the "Yungborn" at Butler, N. J. He was a regular contributor to the pages of the "Herald of Health and Naturopath," and revised the manuscript for the translation of "Return to Nature," promoted the Naturopathic Ideal by making new friends for the cause wherever he went. A Monument to his memory and honor was erected on the grounds of the Yungborn in Butler, N. J., and unveiled in the presence of a large gathering of his old friends on Sept. 15th, 1916.



Bird's-eye view of American "Yungborn," Butler, N. J., founded in a wilderness in 1896. Home of American School of Naturopathy since 1915. For five years, the annual convention of the American Naturopathic Association took place at this beautiful and ideal spot for Natural Life.

states: "The disgrace of medicine has been that colossal system of self-deception, in obedience to which mines have been emptied of their cankering minerals, entrails of animals taxed for their impurities, the poison bags of reptiles drained of their venom, and all the inconceivable abominations thus obtained thrust down the throats of human beings, suffering from some fault of organization, nourishment, or vital stimulation."

And these misguided drug doctors are not only not ashamed of their work, but they have induced subservient legislators to pass laws that perpetuate the age-long scandal of allopathic importance, and the degenerative influence of the poisons, and to actually make it a crime on the part of nature doctors to cure a man of his ailment. The brazen effrontery of these medical despots has no limits. They boast of making the State legislators their catspaw in arresting, fining and imprisoning the professors of natural healing for saving human life.

Legislators have no right to sit in judgment over the claims of rival schools of healing. They see tens of thousands of sick people go down to their graves by being denied the cures that the employers of nature's forces alone can give them. It is their business to provide for the various schools of medicine a fair field and no favor.



Father Kneipp and the Archdukes Joseph and Francis Ferdinand of Austria walking barefoot in the new fallen snow, for hardening the constitution. The older Archduke was cured by Father Kneipp of Bright's disease in 1892, and presented in appreciation of his great Cure a Public Park for 150,000 florins to the town of Woerishofen. The younger Archduke was the heir to the crown, whose murder precipitated the World War in 1914.

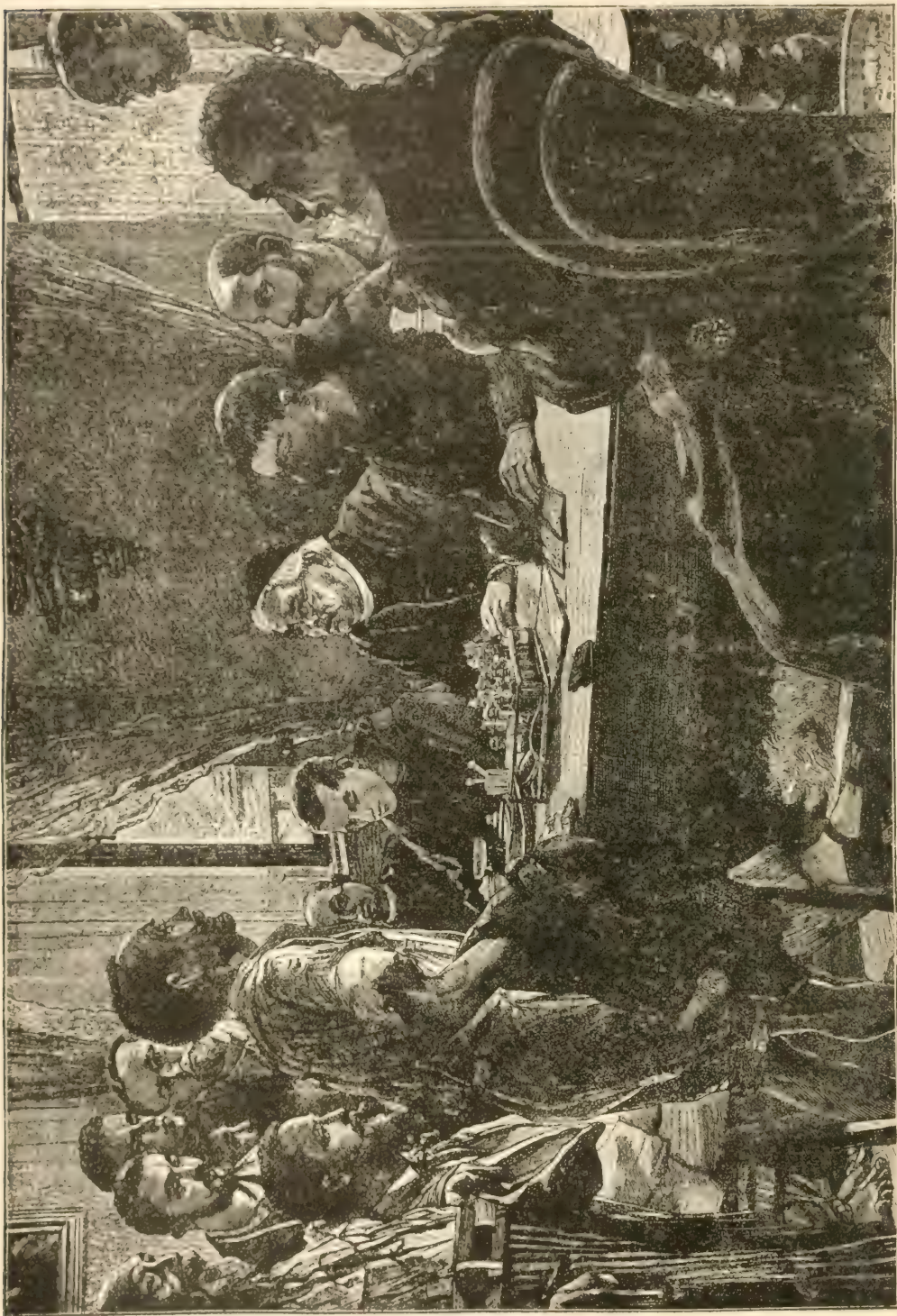


This entire Building of 55 Rooms was used by Dr. B. Lust's Naturopathic Institute, Clinic and Hospital and American School of Naturopathy in New York City from 1907 to 1915.

A citizen has an inalienable right to liberty in the pursuit of happiness. Yet the real saviors of mankind are persecuted by the medical oligarchy which is responsible for compulsory vaccination, compulsory medical inspection of public school children, and the demands for State and Federal departments of health, all for the ostensible good of the people, but in reality for the gain of the Medical Trust.

THE NATUROPATHS

The Naturopaths are desirous of freedom for all schools of medicine. They are responsible practitioners who are willing to be examined by an impartial council, appointed by and acting for the State, who will testify to the life and character of every drugless physician before he is entitled to practise medicine. Not one invidious discrimination should be made between the different schools of medicine. The State should see to it that each school should have a full opportunity to do its best for the up-lifting of its citizens.



Father Knapp, surrounded by Doctors from different parts of the world, giving consultation to his numerous patients.

THE PROGRAM OF NATUROPATHIC CURE

1. *Elimination of evil habits*, or the weeds of life, such as over-eating, alcoholic drinks, drugs, the use of tea, coffee and cocoa that contain poisons, meat eating, improper hours of living, waste of vital forces, lowered vitality, sexual and social aberrations, worry, etc.

2. *Corrective Habits*. Correct breathing, correct exercise, right mental attitude. Moderation in the pursuit of health and wealth.

3. *New Principles of Living*. Proper fasting, selection of food, hydro-pathy, light and air baths, mud baths, osteopathy, chiropractic and other forms of mechano-therapy, mineral salts obtained in organic form, electropathy, heliopathy, steam or Turkish baths, sitz baths, etc.

Natural healing is the most desirable factor in the regeneration of the race. It is a return to nature in methods of living and treatment. It makes use of the elementary forces of nature, of chemical selection of foods that will constitute a correct medical dietary. The diet of civilized man is devitalized, is poor in essential organic salts. The fact that foods are cooked in so many ways and are salted, spiced, sweetened and otherwise made attractive to the palate, induces people to over-eat, and over eating does more harm than under feeding. High proteid food and lazy habits are the cause of cancer, Bright's disease, rheumatism and the poisons of auto-intoxication.

There is really but one healing force in existence and that is Nature herself, which means the inherent restorative power of the organism to overcome disease. Now the question is, can this power be appropriated and guided more readily by extrinsic or intrinsic methods? That is to say, is it more amenable to combat disease by irritating drugs, vaccines and serums employed by superstitious moderns, or by the bland intrinsic congenial forces of Natural Therapeutics, that are employed by this new school of medicine, that is Naturopathy, which is the only orthodox school of medicine? Are not these natural forces much more orthodox than the artificial resources of the druggist? The practical application of these natural agencies, duly suited to the individual case, are true signs that the art of healing has been elaborated by the aid of absolutely harmless, congenial treatments, under whose ministrations the death rate is but five per cent. of persons treated as compared with fifty per cent. under the present allopathic methods.

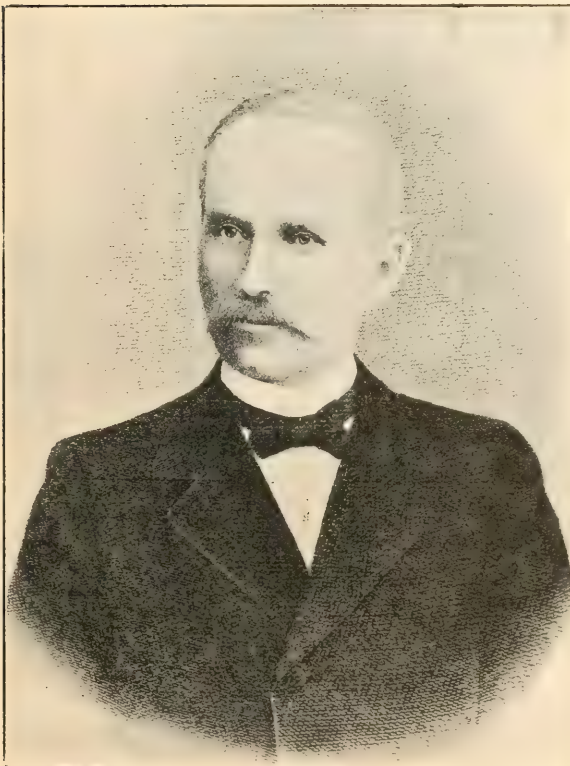


Prof. F. E. Bilz. That real physicians are born, not made, is well illustrated in the case of Dr. Bilz, who achieved his first success in healing as a lay practitioner. As a mark of gratitude, a wealthy patient presented him with land and a castle on which to found a Nature Cure Sanitarium. The medical profession apparently is not as watchful in Europe as it is in America, and wealthy patients possibly not so much concerned about leaving monuments to their names as they are interested in promoting good works. America suffers the disgrace of not having one wealthy patron of Natural Healing, while the state and Federal governments have actually hindered the advancement of the worthy science. They not only have refused a helping hand, but in most cases have turned a deaf ear to all supplications. The Bilz institution at Dresden-Radebeul, Germany, became world-renowned and was long considered the center of the Nature Cure movement. Prof. Bilz is the author of the first Naturopathic Encyclopaedia, "The Natural Method of Healing," which has been translated into a dozen languages, and in German alone has run into one hundred and fifty editions. He has written many works on Nature Cure and Natural Life, among them being "The Future State," in which he predicted the present world war, and advocated a Federation of Nations as the only logical solution of international problems.

Dr. Katz. As Surgeon-in-Chief of the Prussian Army during the Franco-Prussian war, Dr. Katz learned a thing or two regarding the treatment of wounds. He became convinced, through witnessing results, that antiseptics were more damaging than they were of benefit. (It has taken another war to prove this fact to a mentally dense and hide bound profession. A normal salt solution is now considered the best cleanser and dressing for wounds. Nature Cure has advocated this for many, many years.) Dr. Katz knowing at the time that it meant professional and social Ostracism, was big enough, broad enough to forsake convention and follow his convictions. He became a staunch advocate and practitioner of Natural Healing. He founded a Nature Cure Sanitarium at Hohenwaldau-Degerloch, near Stuttgart, Germany, of which he continued as director until his death.



Dr. H. Lahmann. When the University of Leipzig expelled H. Lahmann for spreading medical sedition among the students, it added a staunch advocate to Natural Healing. Dr. Lahmann finished his medical education in Switzerland and returned to Germany to refute in practice the false ideas of medical science. He later founded the largest Nature Cure institution in the world at Weisser Hirsch, near Dresden, Saxony. He was a strong believer in the "Light and Air" cure and constructed the first appliances for the administration of electric light treatment and baths. He was the author of several books on Diet, Nature Cure and Heliotherapy. His works on diet are authoritative and his "nutritive salts theory" forms the basis of rational dietetic treatment. This work has but recently come to light in America and progressive dieticians are forsaking their old, worn-out, high protein, chemical and caloric theories for the "organic salts theory." Carque, Lindlahr, McCann, and other wide awake Food Scientists have adopted it as the basis of their work. Dr. Lahmann was a medical nihilist. He denounced medicine as unscientific and entirely experimental in its practice and lived to prove the saneness of his ideas as evidenced by his thousands of cured patients.



Louis Kuhne wrote, in 1861, the "New Science of Healing," the greatest work of Basic Principles in rational Healing. His renowned work constitutes the only true Scientific Philosophy for the application of all Drugless Methods. He was the first to give to the world a comprehensible idea of pathology and the first to proclaim the doctrine of the "unity of disease" and the "unity of cure." His book "Facial Expression" gives the means of diagnosing a patient's pathological condition and determining the amount and location of the systemic encumbrance. He is the founder and first Master of Naturopathy.



The Editor in a crowd at Dr. Baumgarten's lecture in Woerishofen in 1907. Dr. Baumgarten, medical successor to Father Kneipp, holds a boy in the foreground.



Rev. Prior Realy, former Secretary and Lay Successor to Father Kneipp in Woerishofen. He ministers in the same humanitarian spirit to the health needs of the poor as Father Kneipp did, and is a most worthy man to occupy Father Kneipp's seat in the Consulting Room of the principal Kneipp Institution. Rev. Realy completed Father Kneipp's great work, "Das grosse Kneipp-Buch," as ordered before his death.



Home of American "School of Naturopathy" and
Dr. B. Lust's Naturopathic Sanitarium in New York
City from 1896 to 1907.



1902 Graduating Class of the American School of Naturopathy in New York City



The Charter Members of the American Naturopathic Society, established in 1896, which formed the nucleus for the American Naturopathic Association.



Graduating Class of 1914 of American School of Naturopathy, held "Close to Nature" at the "Yungborn," Butler, N. J.

HOW I BECAME ACQUAINTED WITH NATURE CURE

By HENRY LINDLAHR, M. D., N. D.



Dr. Henry Lindlahr

In our halcyon days of youthful vigor, we are apt to look upon health culture, mind culture, and higher philosophy with contempt and derision; but suffering is the great awakener, revealer and teacher. So long as we are prosperous, and suffering does not overtake us, we are content to jog along in the old ruts, and to live in "the good old ways" to the very limits of Nature's endurance.

In my youth I learned the ten commandments, but neither in church, school nor college had I been taught that there is a decalogue and a morality of the physical, as well as of the spiritual.

Left in total ignorance of the laws of natural living, and following the example of friends and boon companions, I imagined that the highest philosophy of life was "to have a good time

while it lasted," and "to let tomorrow take care of itself."

I accepted the popular belief that life and death, health and disease, are largely a matter of chance, dependent upon drafts, wet feet, germs and bacilli, or upon the inscrutable will of a capricious Providence.

My friends, the doctors, assured me that eating and drinking, and the use of tobacco, had little to do with our physical condition. Their advice was, "Eat and drink what agrees with you, (that is, what tastes good and makes you feel good); satisfy your physical appetites and cravings to the fullest extent; it is only natural to do so. If you should get into trouble, come to us and we will fix you up all right." Again the comfortable doctrines of "Do as you please," and of "Vicarious Salvation."

Such advice is administered constantly and promiscuously to the youth of our country, in private consultations and in open clinics, by physicians of good repute.

Nor was the trend of popular philosophy conducive to the strengthening of my moral fibre. Leaders of modern thought, among them highly respected college professors and celebrated scientists, boldly applied the speculations of evolutionary theories to the origin and development of religion, of ethics, and of morality.

According to their teachings, mental and emotional activities are chemical reactions of physical brain and nerve matter; there have been all kinds of forces in history, except ethical forces; ethics and morality grow out of customs, and are not antecedent to them; moral standards are all a matter of evolution, custom and expediency, and subject to changes, like fashions in hats and dresses; ethical and moral notions are mere figments of speculation and unrealities which should be discarded, the sooner the quicker.

"Common sense" business men told me their highest principle was: "Do the other fellow lest he do you."

As a result of these teachings and examples of personal irresponsibility, and of ethical and moral nihilism, chaos filled my mind and soul. I did not know what to believe, or what to disbelieve, and as a natural result did not care how I lived; my only concern was the gratification of my physical appetites and of my desires for diversion and amusement.

The first part of my life, up to the age of manly maturity, was a sort of experiment to see how far I could go in the violation of the rules of wholesome living, without suffering immediately and drastically Nature's penalties.

Finally, however, I reached the limits of Nature's endurance, and began to suffer greatly from the natural results of my ignorance and foolishness.

Following the advice of my friends,

the doctors, I sought relief and cure in drugging, and consulted many physicians, but their pills and potions, at best, only gave temporary relief. At the age of thirty-five I was a physical and mental wreck, without faith in God, in Nature, or in myself. Many times the desire to end my misery by suicide threatened to overwhelm me. The terror of it all was my utter ignorance and helplessness. I failed to see clearly the causes of my troubles, and much less the way out of them. However, the darkest hours are those before the dawn.

The Unity of Disease and Cure

One day I confided my deplorable condition to a visiting friend. He brought me a book, saying that its perusal might do me some good. It was one of the first books published dealing with the laws of natural living and healing. The book was written by one of the pioneers of Nature Cure, a humble weaver by profession. In simple language, but convincing reasoning, it brought out the fact that all disease, barring accidents and surroundings hostile to human life, is due to violation of Nature's laws in our common habits of living; and that, therefore, the fundamental principle of true healing must consist in a return to natural habits of living.

The author demonstrated for the first time in medical literature, the unity of disease, showing that all disease in the final analysis is due to a few primary causes: namely, to the accumulation of effete matter and poisons in the organism; that this morbid soil is the breeder of germs and bacilli, and that waste matter clogging the cells and tissues of the body becomes the cause of lowered vitality by obstructing the flow of blood and nerve currents, and by hindering the vibratory activities of the cells, its molecules and atoms. From these premises he reasoned that the primary principle in true healing must be the elimination of waste and foreign mat-

ter from the system through natural methods of living and of treatment; that poisoning and mutilating the human organism cannot be conducive to good health.

His simple means of cure consisted in pure food diet, free from the morbid matter of the animal carcass, hydro-pathic treatment, air and sun baths, massage and systematic exercise.

When I read the book, it seemed to me as though a great light was rising before me and illuminating my darkened consciousness. For the first time in my life I realized that the processes of life and death, of health, disease and cure, are subject to the workings of natural laws, as definite and exact as the laws of gravitation and of chemical affinity; that there was a decalogue and a morality of the physical as well as of the spiritual, and that if I faithfully complied with the laws of my physical nature, there was hope of regeneration and of the recovery of health, physically, mentally and spiritually.

I read through the night and into the morning hours, until I had absorbed the contents of the book, and the next morning in the bathroom and at the breakfast table I began the practice of the natural régime, and carried it out from that time on to the best of my ability.

The results were most gratifying. There were ups and downs and healing crises, but all along, to my great joy, there was steady improvement in all symptoms. The satisfaction and happiness this gave me were indescribable. They were caused not only by the consciousness that I was working out my own salvation through my own knowledge and my own personal efforts, but also by the stirring realization that I had arisen out of utter ignorance and helplessness, and had become independent of the quacks of philosophy, priestcraft and medicine; that from that time on I was master of my fate.

I had at last sensed the great fundamental fact of human life and action,

that knowledge of natural laws and conscious and voluntary co-operation with these laws are the master keys to all higher development above the purely animal plane of being, and that on the same basis of truth and law only can the human race at large work out its vaster and more complex problems.

I recognized the unity of disease and cure, not only in the physical body but also in the social and political body. I saw that in the final analysis all that which we call sin, disease, suffering or evil, is **identical in origin and nature**; that all of these abnormal and undesirable conditions are due to violations of Nature's laws, and that therefore the only possible, permanent cure there can be, lies in a return to Nature, and in compliance with her fundamental laws and principles.

My Experiences in German Sanitariums and Schools for Nature Cure

While the home regime of natural living brought about considerable improvement in my physical health, it was not sufficient to cure entirely the deep-seated, chronic ailments from which I was suffering. The same was true of my wife. For years before our marriage she had been a chronic invalid. After our marriage she was rejected as a risk by the New York Life Insurance Company, on the grounds of Bright's Disease. At our last interview, the examining physician of the company told me that it was no use to try again; that she was incurable. At that time I had already become acquainted with Nature Cure, and said to the doctor, "You will take her within two years." To this he smilingly replied, "Never! Once albumin, always albumin." I surely made him retract his statement, for after our sojourn in Germany and another year of natural living, there was not a trace of albumin, and the New York Life Insurance Company accepted her as a risk without hesitation. I may add here that ever since she has enjoyed perfect health.

About six months after I first became acquainted with Nature Cure philosophy, I sold all my possessions and business interests, and with my family departed for Germany, partly for a visit to my wife's parents, but principally to seek treatment for both of us in the Nature Cure Sanitariums. We intended to remain in Europe about three months, but in the meantime I became so enthusiastic over the improvement we experienced, and the wonderful things I learned about Nature Cure that I lost interest in everything else. I realized that purely commercial pursuits, no matter how remunerative, could never again satisfy my mind and soul; the gratification to be found in money-making had lost its charm. Higher and finer ideals had taken its place. I had sensed the law of service which ordains that we can achieve self-content and happiness only as we make others happy. "Freely ye have received, freely give." In compliance with this injunction of the Master, I concluded to take up Nature Cure as my life work. Instead of three months, I spent a full year in Nature Cure schools and sanitariums, partly for study, partly for treatment. At the end of this, the first really happy year of my life, I returned to this country, and took up the study of osteopathy and medicine.

After I had obtained my license as osteopathic physician, I continued the study of medicine, while practicing the natural methods of treatment in my leisure hours.

In that way, I had the opportunity to compare the results of my own work with those obtained by medical and surgical treatment in the clinics and hospitals of the medical schools which I attended.

In the classrooms and the clinic I listened with two ears, and saw with two eyes. I mean by this figure of speech that all I heard and saw had for me two meanings—the one intended by the books and professors on the lecture platform, the other meaning my own interpretation of their theories and practices in the light of Nature

Cure philosophy. I was the judge of all that transpired before me. Though already well advanced in years, and grayhaired, I thoroughly enjoyed these belated school days. I was so deeply interested in studies and researches that I would not have exchanged a lecture or clinic for the best "show" in Chicago.

Compare my experience with that of the average student on the benches of our great medical schools, drinking in every word uttered by the teachers as gospel truth, not able to judge between truth and error, not allowed to entertain an independent opinion of his own, helplessly swayed by the power of suggestion. In four or five years, he is hopelessly hypnotized and obsessed by the one-sided theories of his schools. This explains why we find it easy to convince any person endowed with common intelligence and good sense of the simple truths of Nature Cure, and why we find it impossible to change the dogmatic beliefs of the trained nurse, the medical student or the practicing physician. Their brains are so stuffed and confused with the "theories of the schools" that they have lost the power of common-sense reasoning. As a German proverb puts it, "For the many trees they cannot see the forest."

In due time I graduated in allopathy, homeopathy and eclectic medicine, passed the examination of the State Board of Health of Illinois, and obtained my license to practice as allopathic physician and surgeon.

During my search for health and knowledge in European Nature Cure schools and sanitariums, I found that all of these institutions were teaching and practicing part of the truth; they would emphasize one or more of the natural methods of living and of treatment, and ignore others which according to my judgment were just as important. Some of the things they did were all right, others all wrong. Not one of them came up to my ideal of an all-around Nature Cure institution.

These experiences inspired me with the idea of founding in this country an

institution which should teach and practice all that is good in natural living and healing.

For the last fifteen years, I and my good helpers have been trying out, sifting and selecting the true and the practical from that which proved irrelevant, harmful and destructive. We intend to continue this process of natural selection indefinitely. **It is this which makes Nature Cure the only evolutionary and truly scientific system of therapeutics in existence.**

In our Nature Cure institutions, representatives of the allopathic, homeopathic, osteopathic, neuropathic, chiropractic and naprapathic schools of healing work side by side with those who practice Nature Cure, magnetic, mental and spiritual healing, year in and year out, in perfect harmony, without a shadow of misunderstanding, jealousy or intolerance. There is not another institution on earth that exemplifies true eclecticism in a similar way, and yet Nature Cure has been accused many times of being narrow, prejudiced and ignorant of true values in medical treatment. This impression has arisen because we draw the lines at two things in therapeutic methods, namely, poisonous drugs and promiscuous surgical operations.

We cheerfully confess that for good and valid reasons we are unalterably opposed to these treacherous and destructive enemies of health and life. Why should we not discourage the use of these dangerous agents when the havoc wrought by them equals and surpasses the suffering caused by a mighty war? What is the difference whether tens and hundreds of thousands are killed, maimed and wounded on the battle field or driven into chronic invalidism, insanity and premature death by poisonous drugs or uncalled for surgical operations?

I know that comparisons like these call forth the opprobrium of fanaticism and intolerance. There exists, however, positive proof of these statements, some of which I shall produce in this volume. If they are true, why hide the facts? Why should these

practices fraught with untold suffering be hidden from public view any more than the evils of the liquor traffic, of the social traffic, of gambling, hypnotism, mediumship, and of the traffic in habit-forming drugs?

If it is good and proper to denounce and suppress these enemies of health and life and happiness, why ignore or cover up the suffering inflicted upon unsuspecting humanity by drug poisons and commercialized surgery, administered under the mistaken idea that these agents cure disease, when in reality they suppress nature's healing efforts, and become the most prolific causes of chronic invalidism.

Where lies the greater responsibility, in selling whiskey or in selling drugs? The man who goes to the bar for whiskey knows what he is taking and what it will do to him. The man and woman who walk into a drug store, believing that they are buying health for themselves or their loved ones, are cruelly deceived, as well as injured, when they take home the worst and most destructive poisons on earth, in the guise of medicines and tonics.

How do I know that these statements are not exaggerated and unjust? Because in our daily practice we deal with the miserable victims of these destructive agents; because we see in their eyes the signs of mercury, iodine, strychnine, arsenic, coal tar poisons, "606," salvarsan, etc., etc.; because with the signs in their eyes we get from the sufferers the history of taking these poisons, and the characteristic symptoms of the different forms of chronic drug poisoning, such as locomotor ataxia, paralysis agitans, paresis, neurasthenia, tertiary syphilis, and all other forms of chronic diseases.

After we have recognized these facts in their full significance, where lies our responsibility? What is our duty in the matter? **Shall we hide the facts as we see them in order to be ethical, orthodox and mindful of the professional sensibilities of our colleagues, or is it our duty to proclaim the truth, raise a warning voice against the fearful dangers to life, health and happiness which**

lurk under these destructive practices of pseudo-science?

When the public once fully realizes the dangers of the drug evil, there will be another prohibitory movement more determined and more efficient than that directed against the liquor traffic. What the earnest workers of the prohibition movement have done against the liquor traffic, other earnest workers must do against the drug traffic. The first signs of this rebellion against the most dangerous enemy of mankind are already noticeable in the daily press, and in periodical literature, thanks to the persistent efforts of the representatives and followers of drugless healing systems.

To Tear Down Is Easier Than to Build Up

What have we put in place of that which we condemn? So far we have dwelt upon the work that Nature Cure has done in exposing and destroying the errors of the past. What, if anything, has it contributed to healing science in a constructive way? What has it done to supplant the old, destructive ideas with new ideas and practices of a more constructive nature?

To this we make answer that Nature Cure has completely revolutionized the sciences of natural living, of hygiene and of treating human ailments, not in one, but in a hundred ways. In the following, I shall mention only a few of the most important and valuable contributions of Nature Cure Philosophy and Practice to modern medical science.

First of all, Nature Cure Philosophy has done original and revolutionary work in the discovery and practical application of the fundamental laws and principles underlying the processes of health, disease and cure. Hippocrates, "the Father of Medicine," taught and practiced these laws and methods over two thousand years ago, but they were lost and buried with other wisdom of the Ancients in the intervening ages of intellectual dark-

ness and superstition, until rediscovered and revived independently by the founders of the Nature Cure movement in Germany.

It remained, however, for the author of this volume to formulate and to present these laws in definite scientific terms, and to demonstrate their practical application in the diagnosis and treatment of human ailments. This fact is beginning to be quite generally recognized among students and readers of health culture literature.

Frequently we receive letters from readers of the Nature Cure books containing expressions like the following:

"I have read practically all the health culture literature, old and new, the books of Kuhne, Bilz, Lahmann and Just, as well as the latest English and American publications on the subject, but I have never found anything that reveals the underlying principles of life and health as your writings do. They touch rock bottom. There is nothing else in existence that unifies all the different systems of treating diseases, reduces them to a common basis, and from a few simple principles shows wherein they are right or wrong, as it is done in 'Nature Cure Philosophy and Practice.'"

Vital Force

Before we can understand the laws and principles governing the phenomena of life in the processes of health, disease and cure, we must have the right conception of life itself, in so far as finite mind is able to grasp its source and nature. This all-important subject is treated in Chapter III of "Nature Cure Philosophy and Practice." At this place I will only call attention to one phase of this subject, which has been treated fully in the "Nature Cure Cook Book and A B C of Natural Dietetics." I refer to the relationship of the life force and its derivatives, vitality, strength and recuperative power, to food and drink, medicines, tonics and stimulants. On account of the importance of the problems involved, I

may be permitted to quote from the "Nature Cure Cook Book" some passages relating to this subject.

"This life force, which flows into us from the one great source of all life in this Universe, from that which we call God, Nature, Creative Force, or Universal Intelligence, is the primary source of all energy, from which all other kinds and forms of energy are derived. It is as independent of the body, and of food and drink, as the electric current is independent of the glass bulb and the carbon thread through which it manifests as heat and light. The breaking of the glass bulb, though it extinguishes the light, does not in any way diminish the amount of electricity back of it.

"In a similar manner, if the physical body should 'fall dead' as we call it, the vital energy would keep on acting with undiminished force through the spiritual-material body, which is an exact duplicate of the physical body, but whose material atoms and molecules are infinitely more refined and vibrate at infinitely greater velocities than those of the physical-material body.

"This is not merely a matter of faith or of speculative reasoning, but a demonstrated fact of Natural Science.

"When St. Paul said (1 Cor. 15:44), 'There is a natural (physical) body, and there is a spiritual body,' he stated an actual fact in Nature.

"Indeed, it would be impossible to conceive of the survival of the individuality after death without a material body which serves as the vehicle for consciousness, memory, and the reasoning faculties, and as an instrument for the physical functions. Without a body it would be impossible for the soul to manifest itself to other souls, or to communicate with them.

"Therefore, if survival of the individuality after death be a fact in Nature, and if the achievement of immortality be a possibility, a spiritual-material body is a necessity.

"Someone may say, 'If the life force is independent of the physical body and of food and drink, why do we have to eat and drink to keep alive?'

"The answer to this is: Food and drink are necessary to keep the organism in the right condition, so that vital force can manifest and operate through it to the best advantage. To this end, food is needed to build up and to repair the tissues of the body. It also serves to a certain extent as fuel material, which is transmuted into animal heat and vital energy.

"It is true that during the processes of digestion and combustion (breaking down of food materials), a certain amount of animal heat and vital energy is liberated; but, as we pointed out in the foregoing paragraphs, this does not account for all the animal heat and vital energy expended.

"Furthermore, just as coal has to come into touch with fire before it can be transmuted into heat, so the life force is needed to 'burn up' or 'to explode' the fuel materials. When 'life' has departed, even large amounts of sugars, fats, proteins, tonics and stimulants are not able to produce one spark of vital energy in the body.

"On the contrary, digestion, assimilation and elimination of food and drink require the expenditure of considerable amounts of vital energy. Therefore, all food taken in excess of the actual needs of the body, wastes vital force instead of giving it.

"If these facts were more generally known and appreciated, people would not habitually overeat, under the mistaken idea that their vitality increases in proportion to the amount of food they consume; neither would they believe that they can derive 'strength' from poisonous stimulants and tonics. They would not be so much afraid of fasting. They would understand better the necessity of fasting in acute diseases and 'healing crises' and avail themselves more frequently of this most effective means of purification. They would no longer believe themselves in danger of dying if they were to miss a few meals."

Briefly stated, all that food and drink can do is to keep the body in normal, healthy condition, which will make possible the inflow of the life

force into the body, and facilitate its free distribution through the sympathetic nervous system to the various organs and to every individual cell. Anything and everything in natural methods of living and of treatment that will help to build up the blood on a more natural basis, that will purify the system of waste and morbid matter, that will correct mechanical lesions and harmonize the mental and emotional conditions, will insure a greater supply of life force and its derivatives, strength, vitality, resisting and recuperating power.

I have been asked at different times why it is that life ceases when the physical body is injured, if the soul is such a powerful entity and independent of the body. The following illustration may help to answer the question. The boiler which feeds an engine may have a plentiful supply of steam, but if vital parts of the machinery are out of order, the engine will not be able to run and to do its work.

Never before in any writings dealing with dietetics or food chemistry has there been revealed the true relationship between the Life Force and food, medicines, tonics and stimulants. Here, also, the true principles underlying alimentation and stimulation through drugs and tonics, hypnotic processes, faith, etc., are treated in an original manner, and certain facts pertaining to these interesting subjects are for the first time clearly revealed and explained.

Fundamental Law of Cure

Foremost among the laws of cure which for the first time in human history, as far as we know, have made healing science an exact science, is the Fundamental Law of Cure which the author has formulated in the following sentence: "Every acute disease is not destructive, not an enemy to be dreaded, but a friend and helper if properly treated. This conception of acute disease applies not only to physical ailments, but as well to the problem of evil in general. It explains

and justifies the Biblical injunctions, "Resist not evil, but overcome evil with good."

In accordance with this conception of disease as a purifying, healing effort, Nature Cure does not fight disease with disease-creating agents and the knife, but it overcomes disease, or better still, prevents it, and makes it impossible through health-building methods. It eliminates the causes of disease by complying with the laws of health. Therefore it has no use for poisonous drugs, serums, antitoxins, vaccines and surgical mutilations which only suppress the symptoms of disease, but do not remove the underlying causes. In place of suppressing symptoms, Nature Cure teaches and applies the natural ways of living and of treating the human body which make for prevention, and are therefore truly health insurance. People buy life, accident, fire, and many other kinds of insurance, but the majority of them are not as yet aware that the best and most valuable insurance, health insurance, can be secured without expenditure of money, simply by living up to nature's laws, governing our habits of living, thinking and feeling.

The Law of Crisis

Wrong living and the suppressive treatment of acute diseases creates chronic conditions. Chronic disease means that the system, or rather the cells and organs of the body are so lowered in vitality and encumbered with waste and morbid matter that they cannot arouse themselves any longer to acute, purifying efforts. Therefore in the treatment of chronic diseases Nature Cure builds up the blood on a natural basis through scientific selection and combination of foods. It purifies the system through making the organs of elimination more active and alive. It corrects mechanical lesions in the bony structures, muscles and ligaments, corrects and harmonizes the mental processes and emotional conditions. Through

these constructive methods of living and of treatment the organs and cells of the body become pure enough and vigorous enough to arouse themselves to acute eliminative efforts. Then they begin to throw off the morbid encumbrances, the waste deposits and poisonous materials into the venous blood vessels. These carry the drainage to the organs of depuration. While in process of elimination these morbid excretions, the Pathogen of Dr. Powell may irritate the skin, kidneys, intestines and mucous membranes to such an extent as to cause inflammatory processes such as skin eruptions, diarrhoeas, acute catarrh, ("colds") furuncles, boils, carbuncles, abnormal perspiration, hemorrhages, hemorrhoids, fissures, open sores, etc., etc.

From this it will be seen that these acute forms of elimination, which the old school of medical science calls diseases, Nature Cure regards and treats as healing crises; therefore, all natural treatment of chronic diseases intends to produce these healing crises, and their prompt arrival is the best proof that the treatment is correct and indeed, in harmony with the natural laws of disease and cure.

The Law of Periodicity

Nature Cure, for the first time since the days of Hippocrates, has definitely applied the law of periodicity to the occurrence of healing crises in chronic diseases under natural treatment. Dr. Buchanan, in his little book, "Periodicity," reveals the manifestation of this great law in "sevens" in many domains of life and action, in the processes of birth, growth, maturity, fruitage, decline and death. But he failed to perceive its application to the development of healing crises in chronic cases. In fact, he was only very dimly aware of the existence and true meaning of healing crises.

In accordance with this law of periodicity, if conditions are favorable and the treatment is "natural," the

crises manifest counting from the beginning of natural treatment, on the sixth day in the sixth week, sixth month, sixth year, and in periods of seven thereafter.

Treatment of Acute Disease

Many people who know that we can and do cure all kinds of so-called "incurable," chronic diseases, such as tuberculosis, cancer, tertiary syphilis, locomotor ataxia, infantile paralysis, et cetera, et cetera, seem to think that we are unable to cure acute diseases such as measles, scarlet fever, diphtheria, etc. Incidents like the following are of frequent occurrence: Some time ago I met a lady in a street car who had been one of our patients. Before she came to us she was suffering with a disease of the lower jawbone. Under surgical treatment the bone was scraped and shaved half a dozen times. But, as usual, the old trouble reappeared in aggravated form. Then the surgeons told her it was cancer, and in order to prolong her life, the lower jaw would have to be removed entirely. Frightened by this terrible alternative, she was ripe to listen to Nature Cure talk from one of her friends, who had attended my lectures. She placed herself under our care and treatment, and in six months the jawbone was sound, after another three months she had false teeth fitted, and has not had any trouble since.

When I made the usual inquiries after the health and the welfare of her family, she told me tearfully that she herself had been getting along fine, but that she had lots of trouble with her children. One of them had been taken with diphtheria. The child was getting along fine until the attending allopathic physician administered the diphtheria antitoxin. Then within twenty-four hours the child became paralyzed from the hips down, and died two days afterward.

When I expressed my astonishment at the treatment, and asked her why she had not called in a Nature Cure



Dr. Lindlahr's Health College
(Front View)

physician to treat the case, she seemed greatly surprised and said, "Why, Doctor, I did not know that you could cure such diseases as that." The trouble with her was that she came to us for treatment on the transient plan, and had not had the opportunity of attending our lectures, nor had she read the Nature Cure books; like many others, she did not know what cured her, and therefore had to suffer again the penalty of ignorance and of violation of the law.

As a matter of fact, it is in the treatment of acute diseases that Nature Cure works its greatest miracles. In our sanitarium practice, in the treatment of chronic diseases, we cope with the hardest phases of the work. Most of the sanitarium patients do not come to us for advice and help until they are "down and out"—"until there is nothing more to spoil," and then if Nature Cure cannot make good within a few weeks or months, they grumble and complain "because it is so slow." I sometimes meet such complaints with remarks like the following: "Nature Cure is the fastest cure on record, because there is nothing else that does cure chronic diseases. It is the Twentieth Century Express in healing. You just have the choice of two things: either get cured by slow Nature Cure, or keep your chronic disease until the undertaker finishes the job."

Priessnitz, the pioneer of Nature Cure, replied to one of these impatient

ones, "To cure you quickly, I should have started with your grandmother."

I realized from the first that I could have acquired greater fame and more money, with much less work and trouble, if I had confined myself to the treatment of acute diseases. The only reason why I took up the sanitarium work, in spite of the advice of my close relatives and best friends, was that I wanted to demonstrate to suffering humanity and to the medical profession the possibility of curing chronic diseases. I also wanted the opportunity of teaching and training as many young people as possible in this great work of curing chronic ailments. It has been a very slow, arduous, and from the worldly standpoint, a thankless work, but a few years more of growth at the present rate of development will see the realization of my ideals.

The Unity of Disease and Cure,

as taught in Nature Cure Philosophy, and practically demonstrated with the greatest possible efficiency in the treatment of all acute diseases is undoubtedly the most valuable contribution of Nature Cure to medical science. It marks the greatest of all revolutionary advances in the art of healing human ailments.

Briefly, the idea of the Unity of Disease and Treatment is based on the following propositions:

Briefly, the idea of the Unity of Disease and Treatment is based on the following propositions:

Barring injury by accident (trauma), and conditions uncongenial to life and health, there is but one primary cause of disease, namely, violations of nature's laws in our habits of living, and in our treatment of the acute diseases resulting therefrom. Violation of nature's laws in our habits of living results in:

- (1) Lowered vitality.
- (2) Abnormal composition of blood and lymph (mainly through wrong eating and drinking).

(3) Accumulation of waste, morbid matter and poisons in the system.

(4) Mechanical lesions: pressure, tension or strain on nerves and nerve centers, caused through luxations of bony structures, or straining of muscles and ligaments.

(5) Abnormal, that is, discordant or destructive mental and emotional attitude.

When through these primary causes of disease the vitality has become lowered to such an extent that the morbid and poisonous encumbrances, (Pathogen), begin to endanger health and life, then the organism reacts to these disease conditions through acute healing efforts in the form of inflammation and fever.

These inflammatory processes, if properly treated and assisted, are therefore always constructive, that is, purifying and healing of nature, always run their course through the same five stages of inflammation, and if allowed to do so, always result in effecting better conditions; that is, they leave the system purer and more normal than before they started their salutary work of house-cleaning.

While readers of Nature Cure readily accept in theory this principle of the Unity of Disease and Treatment, they find difficulty in applying it practically at the sick bed. It sometimes happens that those to whom "Nature Cure and Practice" has been sent on approval return the book because no specific treatment for their particular disease is given. They have failed to grasp the great fundamental principles of Nature Cure.

The greatest achievement of "Nature Cure Philosophy and Practice" lies in the fact that it has reduced the treatment of acute and sub-acute diseases, as well as of chronic ailments, to the greatest simplicity.

Allopathy lists hundreds of different diseases, each one to be treated with different "specific" drugs, serums, antitoxins, vaccines or surgical operations.



Dr. Lindlahr's Health College
(Back View)

Compare with this the marvelous simplicity of "Nature Cure Philosophy and Practice" which reduces the treatment of all acute and sub-acute diseases to a few simple principles and methods.

The truth of this we have proved in daily practice for 15 years. Just think what this means! It means that anybody with common intelligence and ordinary good sense can treat any and all acute diseases in a most efficient way with the best possible results, though he has never seen a medical college.

It is the wonderful simplicity of Nature Cure Theory and Practice which for the first time in human history makes medical science an exact science.

The fundamental Law of Cure, the Laws of Crises and of Periodicity, will do for medical science what the laws of gravitation and of chemical affinity have done for physics, astronomy and chemistry. Before the discovery of these natural laws, astronomy, chemistry and physics were a mass of superstitious beliefs and contradictory opinions, just as medical science is today.

Therefore, do not send the book back after hasty inspection, under the impression that it does not contain the solution of your particular problem, whether it be in the nature of acute or chronic disease. A careful reading of the book will answer your questions and solve your problems.

The Natural Treatment of Wounds and Open Sores

Ever since the author publicly began to teach and practice Nature Cure, he has maintained in his lectures and writings and demonstrated in his daily practice that the natural and most efficient treatment for wounds and open sores consists in exposure to air and light, and that the best of all antiseptics is lemon juice diluted with water.

The efficiency of this treatment, which flatly contradicts the most firmly established doctrines of medical science, I have demonstrated for many years even in the germ- and dirt-laden air of Chicago. We have cured through this simple treatment many wounds which under heavy coverings of antiseptic bandages and under continuous soaking with poisonous antiseptics and germicides had entered into advanced stages of malignant, necrotic, degenerative processes.

For many years I have been denounced as an ignoramus and a dangerous fakir, for thus contradicting and opposing "the most important discoveries and practices of modern medical science as to surgical cleanliness and antiseptic treatment." The editor of a magazine foremost in the ranks of scientific and philosophical publications in this country had to discontinue a series of articles from my pen because hundreds of protests came in from old-school physicians on account of my uncompromising stand against the use of antiseptics, serums and antitoxins in the treatment of wounds and of inflammatory, febrile diseases.

But *tempora mutantur, et nos mutamur in illis*, which in our beloved United States vernacular means, "Times change and we change with them." A few months ago Chicago dailies announced in a leading article, "The Most Recent Wonderful Discovery of Surgical Science." They related that, thanks to the discovery of a prominent surgeon in one of the great West Side hospitals, wounds were now being treated with uniform success with-

out antiseptics and germicidal agents, and that this revolutionary treatment consisted solely in exposure of the wounds to light and air. The article concluded by saying that such a revolutionary discovery could be made only by a great and learned surgeon.

Until recently I was in danger of arrest and trial for malpractice for teaching and practicing this "recent wonderful discovery of surgical science."

I do not bring out these facts from a desire for vain boasting, but in order to point out the fact that many of the teachings of Nature Cure Philosophy are being gradually adopted by orthodox medical science, which gives hope that other Nature Cure ideas and practices may also in time receive due recognition.

In this connection it may be of interest to call attention to the fact that the open air treatment for tuberculosis and the hydropathic treatment in typhoid fever were adopted by the medical profession from the Nature Cure people in Germany. For more than thirty years Ignatz Priessnitz, Father Kneipp, Kuhne and other pioneers of Nature Cure, were dragged to the courts and tried for malpractice for using hydropathic treatment in the cure of acute and chronic diseases, until Dr. Brand, of Berlin, began to notice that his own typhoid fever patients died at the rate of 50 or 60 per hundred, while the typhoid fever patients of the Nature Cure "quacks" made uniform recoveries. He tried the water treatment, found it eminently successful, and then gave his "discovery" to the medical profession in an essay, in which he described the wonderful efficacy of hydropathic treatment in typhoid fever.

Since that time this treatment has been adopted with great success by advanced physicians all over the earth. But they have not yet awakened to the fact that the same simple cold water treatment and fasting will cure every other acute disease with exactly the same efficacy as in the case of typhoid fever.

When they do grasp the full significance of "the unity of disease and of treatment," as demonstrated in these pages, they will cease to waste millions upon millions of dollars in the creation of medical foundations and research institutes which serve no other purpose than to experiment upon helpless sufferers with concoctions of poisonous drugs and disease products in the form of vaccines, serums and antitoxins. A rather useless and superfluous waste of money, time, energy and human lives, when the problem of curing all acute and sub-acute diseases has been solved by Nature Cure Philosophy and Practice.

This awakening will sound the death knell of the darkest superstition that ever obsessed humanity, the belief that health can be created and maintained by saturating human bodies with disease-creating agents.

The Treatment of Chronic Diseases

In the treatment of chronic diseases, Nature Cure undertakes and accomplishes "the impossible." "Chronic," in the vocabulary of the old school of medicine, means "incurable." If the reader should doubt this statement, I advise him to read any standard work on medical practice. He will find that the medical authorities divide diseases into two stages or types, the acute and the chronic. The acute stages of disease they attempt to cure by the ordinary medical methods. When it comes to the treatment of the chronic stages of disease, we find invariably expressions like the following: "When this disease reaches the chronic stages, you cannot cure it. You may advise the patient to change occupation or climate, to rest or to travel; aside from this, treat the symptoms as they arise." These symptoms arising in chronic diseases from our viewpoint are Nature's feeble efforts to purify the system. To treat them from the medical viewpoint means to check and suppress them with poisonous drugs and surgical operations.

To illustrate: Suppose a chronic patient develops a healing crisis, as we would call it, in the form of a vigorous diarrhea, acute catarrh, leucorrhea, boil or fever, under medical treatment these purifying efforts of Nature would be promptly "treated," that is, thoroughly suppressed, and the disease poisons driven back into the system. How, under such treatment, in the name of common sense, has the chronic patient a chance to recover? Is it not clear that the very "treatment" of the symptoms makes the cure an impossibility?

Nature Cure, on the other hand, through natural methods of living, as before explained, builds up the blood, purifies the system, adjusts the mechanical lesions, harmonizes the mental and emotional conditions so that the organism can once more arouse itself to a cleansing, healing effort in the various forms of acute elimination. Anybody endowed with common sense should be able to decide which is the natural way and which the unnatural and destructive way.

Natural Dietetics

This is another science of vital importance to the welfare of humanity, created by the founders of the Nature Cure movement. I first became acquainted with the principles and practical application of rational vegetarianism during my search for health and knowledge in European schools and sanitariums.

When I returned to this country I was naturally anxious to learn what progress vegetarianism and natural healing methods had made on this side. I found that the leaders of vegetarianism in England and America had built their systems of meatless diet on the teachings of the allopathic schools of medicine, according to which protein, fats and starches are the most important food elements, in fact, the only ones worthy of consideration in the daily dietary or in the treatment of diseases.

About that time, E. P. Mills, one of the leaders of vegetarianism in England, published a book entitled, "Why Vegetarians Fail." The gist of his argument was that they fail because their diet does not contain enough protein to remedy the deficiency caused by excluding meat and eggs. To supplement the protein in vegetable foods, he recommended a preparation called "plasmon," made from fresh cottage cheese, consisting mainly of concentrated protein and fat.

We know, now, thanks to Nature Cure, that the failures of vegetarianism, which Mills observed, were due to an **excess** of protein, starches and fats in their diet, and to a **deficiency** of the positive alkaline mineral elements.

Another reason why many vegetarians in his day, as well as in our day, failed to be benefitted, is because they did not combine with the vegetarian diet other necessary methods of natural living and treatment. What they gained through a meatless diet they lost through hot bathing, wrong breathing, lack of exercise, smoking, drugging and suppression of acute elimination.

Others fail, or think they fail, because they do not know of the existence of the fundamental law of cure, and of the laws of crisis and of periodicity. They follow a rational, vegetarian diet, and practice faithfully cold bathing; they exercise systematically, breathe deeply and rhythmically, and think and feel constructively and harmoniously. As a result of these rational and natural habits of living, they improve in health steadily up to a certain point. Then suddenly all their old aches and pains and other troubles come back. Then they believe that vegetarian diet is a snare and a delusion, and return repentantly to the flesh pots of Egypt, and to the good old pills and potions.

The editor of "Vim," whose "cure-all" and sole hobby is deep breathing, is, or was, a rabid anti-vegetarian. In his magazine he published a few years ago a series of letters from readers of

Vim, "who had tried vegetarianism and failed utterly." Most of these letters ran about as follows:

"I had been suffering for years from chronic rheumatism. I tried many doctors and remedies without relief. Finally, yielding to the urgent pleadings of a dear friend, I tried a strictly vegetarian diet consisting mostly of fruits, whole grain bread and dairy products. I also practiced systematically cold bathing, deep breathing and other health exercises.

"For a while I seemed to improve splendidly, but after a few months suddenly all my old rheumatic aches and pains and other symptoms came back in aggravated form. Then I realized that my friends were right when they told me I was making a fool of myself by following this starvation diet and by continually chilling my body with cold bathing. I then returned to the ordinary, good, nourishing food and dropped all fads."

If this wise one and many others like him had known the laws of cure they would have rejoiced at the arrival of these healing crises and would have assisted Nature's cleansing, healing efforts by even stricter adherence to the natural regime, thus laying the foundation for perfect health in the future.

In the largest and best appointed sanitariums in this country the law of crisis is unknown, or, if known, flatly denied and ignored. Quite frequently, I meet with people who tell me they have tried the same treatment we are giving in this or that big sanitarium. The story usually runs like this: "I seemed to improve splendidly for a while, but then I got worse again; all my old troubles came back as bad as ever, and then of course I realized that this natural treatment was not good for my trouble." So of course they packed their trunks and went back to their old diet and medicines or had an operation performed.

It is a fact that down to this day the best known and most luxuriously appointed sanitariums in this country

which are supposed to educate and practice (more or less) natural methods of healing, favor a high protein diet, rich in proteins, starches, fats and sugars. Their large factories and food stores offer to the health-seeking public nothing but foods prepared from cereals, nuts, legumes and olives. The menus in their institutions give the amounts of heat-producing units (calories) of the various foods and the patients are told that they need so many hundred food calories per day in order to supply the necessary fuel for the production of animal heat and energy. They are taught to select and figure out the kinds and quantities of food required to supply their needs.

On these menus and food tables supplied to patients, nothing is said about the functions of the positive mineral elements in the human organism, nor about their importance in a well balanced diet.

Soon after my return from Germany I met Otto Carqué in Doctor Lahn's Sanitarium near Lincoln Park, which at that time was the favorite rendezvous of the few Nature Cure "cranks" in Chicago. Carqué had caught the infection and published a booklet entitled, "The Foundation of All Reform," an interesting treatise on the virtues of a meatless diet. After reading the book, I called the author's attention to the fact that he, the same as all his predecessors in this country and England, had entirely missed the true and only solution of the problem, the mineral salt aspect of the food question.

I called his attention to the classics of German vegetarianism, to Hensel's "Bread from Stones", to his "Makrobiotic," to Dr. Lahmann's "Dietische Blutentmischung" and to Dr. Haig's "Uric Acid." Friend Carqué eagerly followed the new lead with much benefit to himself and to the cause of vegetarianism in this country.

Soon after this, Arthur Brisbane, the gifted and versatile literary editor of the Hearst newspapers, published one

of his strong articles against vegetarianism. I have always admired Mr. Brisbane for his wide erudition. He is well informed on the most varied subjects of philosophy, science, history and sociology. But when he writes about vegetarianism, vaccination, serums, drug treatment and surgery, he moves in the old ruts, and hits way off the mark.*

Otto Carqué seized the opportunity and answered Brisbane's article in a pamphlet entitled "The Folly of Meat Eating." In this treatise, he emphasized the importance of the positive mineral elements in the metabolism of animal and human bodies and consequently in food, drink and medicine. This was the first essay written in the English language dealing with the mineral salt problem in nutrition and medical treatment. I followed up the subject in a series of articles in the Nature Cure Magazine. These articles on "Natural Dietetics" appeared monthly covering a period of two years. Since that time (1907-1909) practically all advanced food reformers in this country emphasize the importance of the positive mineral elements in their writings and in their diet prescriptions.

An example of this is Alfred McCann. The title of the book which brought him into public notice is "Starving America," which means America starving for the mineral salts while over-feeding on starches, proteins, fats and sugar. The book deals with the mineral salt problem in straight Nature Cure fashion. Since McCann was not a Nature Cure doctor and therefore not an offense to the regular medical profession, a New York daily published his articles and established his fame as an authority on food chemistry and dietetic subjects. Then the Chicago Daily News began to publish his writings and advertised them in all the big Chicago news-

*"The Jack of all trades is master of none"; so, also, the dabbler in all sciences cannot be well instructed in every one of them.

papers in full-page advertisements which must have cost a thousand or more dollars each.

Not many readers of these writings are aware of the fact that they are based strictly on Nature Cure philosophy and practice, which proves once more that sometimes good does come "out of Nazareth."

Diagnosis from the Eye

I have already mentioned so many original discoveries and revolutionary scientific achievements in the art of healing given to us through Nature Cure Philosophy, that it seems to become monotonous. But the end is not yet by a long way.

The Diagnosis from the eye is a very valuable gift of Nature Cure to diagnostic science. Dr. von Peckzely, of Budapest, Hungary, discovered Nature's records in the eye, quite by accident, when a boy ten years of age.

Playing one day in the garden at his home, he caught an owl. While struggling with the bird, he broke one of its limbs. Gazing straight into the owl's large, bright eyes, he noticed, at the moment when the bone snapped, the appearance of a black spot in the lower central region of the iris, which area he later found to correspond to the location of the broken leg.

The boy put a splint on the broken limb and kept the owl as a pet. As the fracture healed, he noticed that the black spot in the iris became overdrawn with a white film, and surrounded by a white border (denoting the formation of scar tissues in the broken bone).

This incident made a lasting impression on the mind of the future doctor. It often recurred to him in later years. From further observations he gained the conviction that abnormal physical conditions are portrayed in the eyes.

As a student, Von Peckzely became involved in the revolutionary movement of 1848 and was put in prison as an agitator and ringleader. During his

confinement, he had plenty of time and leisure to pursue his favorite theory, and he became more and more convinced of the importance of his discovery. After his release, he entered upon the study of medicines, in order to develop his important discoveries and to confirm them more fully in the operating and dissecting rooms. He had himself enrolled as an interne in the surgical wards of the college hospital. Here he had ample opportunity to observe the eyes of patients before and after accidents and operations, and in that manner, he was enabled to elaborate the first accurate Chart of the Eye.

The discoveries of Von Peckzely have been elaborated and verified in their details by many conscientious and able investigators who have devoted their whole life to the study of this new method of diagnosing human ailments and their causes.

This method has been tested and used successfully by many Nature Cure physicians in Germany and by a few homeopathic doctors, but so far it has been entirely ignored by the representatives of the regular school of medicine. This is not strange since Nature's records in the iris reveal the destructive effects of poisonous drugs and of uncalled-for surgical mutilations.

Diagnosis from the Eyes, or Iridology, was first introduced in this country, about 15 years ago, by Doctor H. Lahn and by myself. Now it has become widely known among drugless healers in this country and has proved its value as an important addition to diagnostic science.

While we do not claim that Nature's records in the iris disclose all pathological conditions in the human body, they reveal so much of great interest and real value about the internal processes of health, disease and cure, especially about the underlying causes of disease that we cannot afford to do without this new method of diagnosis.

What makes Iridology of especial interest and value to the followers of

drugless healing systems is the fact that the signs in the iris verify all the fundamental laws, principles and teachings of Nature Cure, Philosophy and practice.

Dr. Lahn wrote the first book in English dealing with this subject. I followed him with articles in the Nature Cure Magazine which appeared every month, covering a period of two years. I hope to find sufficient time to re-edit and publish the substance of these articles in an additional volume of the Nature Cure series.

The Nature Cure Attitude toward Mental and Metaphysical Healing

While Nature Cure realized to the fullest extent and endeavors to apply practically in the treatment of disease all that is good in magnetic, mental and spiritual healing methods, it cannot accept and subscribe to all the teachings advanced by the various cults, schools and systems which deal with these all-important branches of natural healing. Nature Cure Philosophy has brought out certain weak points and errors in these systems which never before have been clearly recognized and brought to public attention.

Nature Cure cannot accept the dogma of the unreality of matter and of disease. Matter is just as real and substantial in the highest spiritual and celestial spheres as it is on this earth plane. **Acute disease, whose existence Christian Science tries to deny in theory and to ignore in treatment, is in reality the cure.**

Another weak point in this system is the prohibition of all physical, material methods of treatment and self-help. In my books, I call attention to the wonderful discoveries of modern science which reveal the fact that matter in the final analysis is nothing but particles of electricity in vibratory motion, that these modes of motion are intelligent or controlled by intelligence, and are therefore an expression of an

intelligent mind, of that which we call "Divine Mind." While it is true that these revelations of physical science in a way confirm the Christian Science doctrine of the unreality of matter, we cannot approve of Mrs. Eddy's deductions and dogmas based on this fact.

When she says that matter, sin, disease, and evil are in general errors of mortal mind she contradicts herself while formulating the fundamental proposition of her creed. An erring mortal mind is an abnormal mind, and an abnormal mind is a **diseased** mind. Whereby she admits the existence of disease.

Disease, evil, sin, are real enough; as a matter of fact **they are not figments of a diseased imagination**, (errors of mortal mind), **but the results of violations of Nature's laws.** If this conception of Nature Cure Philosophy is the right one, then we are responsible for disease and evil, and then it is up to us to study the laws of our being and to comply with them,—the only way to prevent disease and evil in general. If the Christian Science conception is true, if there is no sin, no disease, no evil, then we are not responsible (for things which do not exist), then there are no laws for us to study nor to obey. Then this does away with personal responsibility. If there is no personal responsibility there cannot be a moral obligation. Thus the Christian Science conception of sin, disease and evil does away with the basic law of morality, which is personal responsibility. Thereby it does away with the necessity for individual inquiry into the causes of our troubles, and benumbs and paralyzes personal effort to prevent them. This will prove the weakest point in this philosophy of disease and cure, and will prevent its general adoption by the progressive intelligence of the present and coming generations.

We must admit that Mrs. Eddy is absolutely consistent in the treatment of disease based upon these dogmas when she prohibits her healers and followers, under threat of expulsion from the church from reading any-

thing concerning and pertaining to the physical, material conditions of the human body in the way of anatomy, physiology, chemistry, etc. Prohibition of rational inquiry and self-help through personal effort however, must inevitably lead to mental and moral stagnation and atrophy. No fanatical creed or tyrannical government has ever endeavored to exert such absolute control over human minds and souls as this system, which is not Christian and is not Science.

The good and the bad points in mental and metaphysical therapeutics from the viewpoint of Nature Cure are clearly brought out in another illuminating chapter of this helpful and healthful volume.

That which makes some of these teachings so attractive to the multitudes, and the reason why intelligent people submit to such mental tyranny which stultifies reason, and paralyzes will-power and self-control, is the innate tendency of human nature to get something for nothing, to make short cuts to health, happiness and success. Christian Science is the most alluring "get-rich-quick" system ever devised, but every-day experience shows that the devotees of this cult cannot cheat nature forever. Sooner or later she will exact her equivalent. Every day we see "scientists" succumbing to acute and chronic diseases in just about the same proportions as those who do not subscribe to their beliefs.



Calisthenics in Dr. Lindlahr's Health Gymnasium

THE NATURE CURE

By Dr. CARL STRUEH, Chicago, Ill.



Dr. Carl Strueh

There are many ways and means of treating the sick. There is the "teaspoon" method, i. e., the allopathic, homeopathic and eclectic drug method, the electropathic method, the osteopathic method, and so forth.

While these various systems differ widely in their fundamentals, all of them, including the numerous "fake cures," boast of **results** which no unbiased observer can rightfully dispute.

I have seen people cured of rheumatism by swallowing poisonous drugs, by sucking the juice of lemons, by wearing camel underwear, and by carrying a raw potato in their pockets.

In order to credit these so-called "results" to their proper source, a little reasoning on our part is absolutely essential; otherwise we are bound to form the most illogical, unreasonable conclusions which will not stand the test.

Post hoc non est propter hoc, i. e. "after" does not mean "because of." For instance, if during a drought I pray for rain, and if after my praying the clouds unload their precious gift, it rains "after" (post) I prayed, not "because" (propter) I prayed.

Many of our so-called "results" have not more to do with our doings in the way of treatment than my praying with the raining. They are merely accidental and are to be credited to that mysterious force which exists in every living being and which we call the **vital or life force**.

We do not know what this force consists of, we only know that it exists and how it manifests itself.

It is the driving force which from two minute cells, secreted from the maternal and paternal organisms, develops a living being, which knits together a fractured bone, repairs a lacerated skin, etc., and which, under proper conditions, also corrects those disturbances which we call "disease" (dis-ease).

The physicians of ancient times were well aware of the important part the vital force plays in the cure of disease and termed it the **vis medicatrix naturae**, the inborn natural faculty to cure.

The better the physical condition of the patient, i. e., the more vigorous his vitality, the better his chances of recovery.

A strong constitution may overcome a disease under any sort of medical attendance, even under a harmful one, while a feeble constitution may succumb in spite of the most appropriate treatment.

Every physician of experience will remember cases in whom he obtained the most gratifying "results" not **through** his excellent treatment, but **in spite** of his irrational treatment.

It is, therefore, unwise to judge a method of treatment merely by the "results" which often are but a matter of luck on the part of the patient.

It is the principles of the physician's method which count and which people must strive to understand. It is a poor policy to choose a physician without knowing the method he practises.

Ignorance in this regard may not be of consequence in one case, while in another case it may be a matter of life or death.

As a rule, our endeavors to enlighten people in matters of health and sickness are not very successful, at least that is my experience. Patients who have been cured from almost incurable diseases and who should be grateful to the Nature Cure for the rest of their lives, go back to their homes without having learned a thing. The next time the child gets the measles they have it treated with the same old drug method that from their own experience they have every reason to condemn.

The vigor of the patient's vitality being the deciding factor in the cure of a disease, it follows that a method of treatment which is apt to invigorate the patient's vitality, will improve his chances of recovery, while any sort of treatment which diminishes the patient's fighting power will naturally accomplish the contrary.

For this reason we swear to the Nature Cure method and condemn the Drug method.

Drugs act merely symptomatically and are in their place in "incurable" diseases in which the sole purpose of our efforts consists in "relieving," not "curing," the patient. They also are of value in suppressing various unbearable or dangerous symptoms which may arise in any disease and the cause of which we can not remove speedily enough.

It would not be humane to refuse a dose of morphine to a patient suffering agony from the pangs of cancer or from whatever cause.

In incurable diseases we may do anything we please, as long as we lessen the patient's suffering.

When it comes to "curable" diseases, our policy must be entirely different.

The better the chances for a cure, the more essential it is for the patient to abstain from the use of drugs almost all of which are more or less poisonous and apt to do harm in many ways.

Aside from the disturbance they cause in the digestive organs, they get

absorbed into the blood-serum which contains the nourishing elements for the blood-vessels, the "carriers of life."

If these receive a poisoned blood, they will be enhanced in their normal function, and such disturbance is apt to make a cure problematic and bring on further commotions in the complicated chemism of the body. One sin breeds another.

Thus, a patient who relies on drugs, may sooner or later have to cope with two or more diseases, instead of one. "Medicine is a capital which is constantly increasing."

By the way, there is not a single disease which we can cure by means of drugs.

A person being afflicted with chronic constipation, can effect a movement of the bowels by the use of a laxative, but the latter, while giving temporary relief, will not cure the atony (weakness) of the intestinal organs, which is the cause of constipation.

On the contrary, the continued irritation by drugs will render the condition worse and, in the course of time, destroy the function of the intestinal organs completely and lead to all kinds of complications.

A person suffering from chronic insomnia may bring on sleep by a dose of veronal or other dopes, but he can not cure his insomnia that way. The longer he continues the use of these drugs, the nearer he gets to the mad-house.

A sufferer from chronic headaches may relieve his pain by a dose of aspirin, but let him continue this hazardous treatment and he will see where he lands.

The same applies to most all chronic diseases, such as rheumatism, neurasthenia, gout, etc., which are caused by so-called "auto-intoxication," i. e., poisons which by some abnormal cell action accumulate in the system and, for one reason or other, are not eliminated.

Instead of suppressing the manifold symptoms which such a condition produces, the treatment must eliminate the auto-toxins, for only by removing

the cause can we remove the effects, i. e., the symptoms. "Causa cessat, cessat effectus."

One more word about the drug method. People who are not familiar with it, imagine that it possesses a highly scientific value, which, however, is not the case. It is a mystic to them, and everything mystic is attractive to some people. In fact, the drug treatment is and always will be a very poor science.

What do we know about the action of drugs? We know that a dose of calomel will affect a movement of the bowels, morphine will relieve pain, trional will produce sleep, bromide will relieve a headache, and so forth. That is about all the practical knowledge we possess of the action of drugs.

If the drug treatment is to become an exact science, we must first of all know the chemical processes which are going on in the living body under normal and abnormal conditions. So far, however, our knowledge in this regard is absolutely negative.

And in all probability it never will amount to much, for the simple reason that there are not two creatures alike in this whole wide world, and that even the single individual is undergoing continuous changes every day of his life. What may apply to one, will not apply to the other, and what may be right in a person to-day may be wrong to-morrow.

Considering this complete lack of knowledge as regards the normal cell-chemistry, it is a matter of course that we know still less of the chemical combinations which the various drugs undergo after entering the body, nor the effects which these combinations produce.

We must further admit that we know very little of the dose in which to prescribe a drug.

Not more than we know how much liquor a man may imbibe before he becomes intoxicated, how long a person can indulge in the tobacco habit before signs of the dreaded "tobacco heart" appear, how long a woman can overdo the use of coffee before she shows

symptoms of nervousness, not more do we know how much strychnine or any other poisonous drug a person can take into his system without being harmed.

To wait until so-called toxic (poison) symptoms appear and then reduce the dose or discontinue the drug altogether, is a policy more humorous than scientific. It reminds me of the midwife who, when asked how she could tell whether the baby's bathing water was too cold or too warm, replied that if the child after being placed in the baths turned blue, the water was too cold, and if it turned red, the bath was too hot.

Prescribing is mere experimenting. Two people may be of the same age, the same build, weigh exactly the same, etc., and yet, one may show toxic symptoms from a certain drug administered in a certain dose, while the other does not show any visible effect of the drug whatsoever.

An infant may get poisoned by a single drop of opium, which in another infant will not produce the slightest effect.

With such scant knowledge of the action of drugs, it certainly is a wise policy to keep away from them as far as possible and use them only in case of emergency.

Christian Science has done and is doing a great deal of good by keeping thousands of people from the bondage of the drug treatment.

Every progressive physician shares our opinion and condemns the lamentable practice of seeking salvation from sickness in the use of drugs.

The "teaspoon" method is rapidly losing ground and will soon be practised by unscrupulous and ignorant physicians on ignorant people only. The future belongs to the Nature Cure.

A splendid example of the change of tactics which is taking place, is the modern treatment of tuberculosis.

Consumptives used to be treated with immense doses of creosote and arsenic. Then followed the tuberculin treatment. And what does the treatment consist in to-day? No conscientious physician nowadays will

waste time in dosing a consumptive with drugs, but will send him to one of the open-air sanatoria where no artificial and mystic treatment, but a simple "natural" method will enable the patient to regain his health, providing his affliction has not progressed too far.

And what is the secret of these successes? Is there anything extraordinary or specific about the treatment? Certainly not. Pure air, proper feeding, etc., are very simple means. Simple, indeed, like all good things, but mighty powerful, and the "only" means by which we can increase the patient's vital force and thus accomplish a cure.

The treatment does not attack the sickness directly, but indirectly by enlivening and regulating the action of each and every part of the body.

What applies to the treatment of tuberculosis, also applies to that of other diseases, such as rheumatism, neurasthenia, etc.

There is no fundamental difference in the treatment of the various chronic diseases. The same simple principle applies to all of them, and the same satisfactory result is the outcome in the majority of cases.

More than with any other treatment the physician practicing the natural method, must be well able to **individualize**, i. e., apply the treatment according to the conditions of every individual case. We must not treat sicknesses, but sick people. Because two patients are afflicted with the same sickness does not mean that we must apply the same treatment in the same manner and dose.

Anyone who wants to apply the natural method without being well able to individualize, i. e., weigh the peculiarities of the individual case, can do great harm.

It would require too much space to describe the various systems of which the Nature Cure consists, i. e., the Water Cure, including the Kneipp system, the different diet Cures (vegetarian diet, Milk Cure, Raw food diet, Fast Cure, etc.), the Sun and Air Baths, Massage Treatments, Physical Culture, Earth Packs, etc.

Whoever is interested may write for one of our Booklets (descriptive of my Sanatorium and Health Resort at McHenry, Ill.), which contains an explicit description of these various methods, and which will be mailed on request.



Dr. Strueth row-boating near his Health Resort at McHenry, Ill.

NATUROPATHY

By **HARRY ELLINGTON BROOK, N. D.,**

Editor of "Brain and Brawn," Los Angeles, Cal.

The "Nature Cure," "Naturopathy," the "Natural Method," the "New Hygiene," or by whatever name it may be called, is no new thing. It is merely the carrying out of the dictum of Hippocrates, the Father of Medicine, who declared: "Nature cures, not the physician."

The Nature Cure recognizes the fact that all disease is merely a manifestation of nature's effort to remove morbid matter from the system and restore health. Therefore, that it should not be suppressed or checked, but should be encouraged. As aids to nature in her curative process the Nature Cure includes such rational methods as diet, fresh air, exercise, hydrotherapy, including internal baths, air and sun baths, manipulations of the spine in various ways (osteopathy and chiropractic), massage, and mental suggestion.

In Germany, the Nature Cure has held an honored position for over half a century. It is estimated that nearly half the people in Germany are treated by this method. Not long ago, a Los Angeles physician, who was making a tour of the European hospitals, wrote to me from Germany, expressing his surprise at the wide-spread development of the Nature Cure. He said: "You find it everywhere. In this country 'regular' physicians do not disdain to avail themselves of hydrotherapy, and other rational methods, even though they have been introduced by 'laymen.' They often send their patients to such institutions as the 'Weisser Hirsch,' Dresden, the leading Nature Cure establishment on the continent of Europe."

Most remarkable cures are constantly being effected by this natural method of treating disease, by relying on the healing powers of nature. These cures are all the more remarkable when it is remembered that a large majority of those who take up this method of

treatment have tried almost every other system, and in many cases have been given up as hopeless by regular practitioners.

There is nothing mysterious about the natural cure of disease. It is simply what the name implies—giving nature a chance to get in her beneficent work. Nature is always trying to cure. Every outbreak of what we call "disease" is merely one of Nature's efforts to remove morbid material from the body, and restore normal conditions. Then comes along the medical man, and proceeds to suppress these helpful manifestations, and to interfere with Nature's healing process, by putting into the sick stomach foods that cannot be digested, and become poisons, drugs that are direct poisons, and injecting into the blood filthy animal virus. After a time, Nature gives up the effort to cure, and the patient dies. Or, if he recovers, the recovery is slow and painful, and perhaps he becomes a chronic invalid for life. Or, the cause of the disease not having been removed, but driven back into the blood, it breaks out again, in some more malignant form.

Nature will always cure, when given a chance, whenever a cure is possible, as it is in almost all cases. There are, however, simple methods of aiding Nature in her task. Among these are diet, fasting, active and passive exercise, hydrotherapy, adjustment of the spine, deep breathing, sun and air baths, rest, and mental suggestion.

Rich men give millions to institutions where animals are put to excruciating tortures to bolster up the false germ theory, that causes the premature death of millions of human beings. How much good these men might accomplish, by diverting their millions to institutions where the physically, mentally and morally sick may be reborn, to their own benefit, and that of society.

THE PRESENT POSITION *of* NATUROPATHY and ALLIED THERAPEUTIC MEASURES *in the* BRITISH ISLES

By J. ALLEN PATTREIOUX, N. D.

Therapeutic Institute, Kings Road, Sedgley Park, Manchester, England.

Great Britain is much behind the United States in the adoption of Nature Cure methods. The Allopathic Schools hold sway, and no one who is not a licensed member of one of their schools, save under the penalty of a heavy fine, is allowed to style himself "doctor." He is also liable to be prosecuted for manslaughter if a patient under his care dies, and it is considered that he is in any way responsible for the causation, or acceleration, of the death of such a person. On the other hand, the Medical Act of 1858, which regulates the status of doctors, physicians, surgeons, etc., does not prohibit the giving of treatment by other than licensed practitioners. It simply states that it is an Act to provide facilities "to regulate the qualifications of practitioners in medicine and surgery," and to thereby enable "persons requiring medical aid to distinguish qualified from unqualified practitioners." When this Medical Act of 1858 was before Parliament as a Bill, there was an attempt made to insert in the Bill certain clauses which would make it a penal offense for any unlicensed person to practise, but the attempts were fruitless.

Just before the war, however, the British Medical Association inserted in a Medical Act Amendment Bill, the following clauses:

Prohibition of Practice by Unregistered Persons

Any person other than a registered medical or dental practitioner, who—
1.) applies any medical or dental treatment to any person without the supervision of a registered medical or dental practitioner, and demands or receives any valuable consideration for such treatment, whether by way of remuneration, gratuity, or otherwise, or

2.) holds himself as practising, or competent to practise medicine, surgery, midwifery, or dentistry, or takes or uses the style or title of physician, surgeon, doctor of medicine or dentist, or any other style or title, whether expressed by words or by letters only implying that he possesses the skill or knowledge necessary for that practice, shall be deemed to have committed an offense under this Act, and shall be liable on indictment and conviction, to imprisonment for six months with or without labor, and alternately, or in addition to, a penalty not exceeding one hundred pounds for each offense, and on summary conviction to a penalty not exceeding forty pounds for each offense."

The war stopped this bill from being introduced into Parliament, or was one of the main reasons for it not being introduced, but it is quite possible that, should a favorable opportunity present itself in future times, a further effort along this line will be made. It will thus be seen that there is a probability of "dangers ahead" for unlicensed practitioners in this country, unless they can combine together to such an extent as to defeat the aims of the medical fraternity.

At the same time, it must be stated that there are persons practising Nature Cure methods in this country who are regularly in receipt of patients sent them by medical men. The medical profession here, in some cases, recognizes that the practice of Nature Cure methods is altogether outside their purview, and, especially amongst the younger practitioners, they recognize that there is much in favor of these newer and more natural methods of treatment. So, in these instances, if they happen to have any particularly hopeless cases, they are turned over

as a last resort to such a Nature Cure practitioner, to see if he can do any good with the case. Let it be said that, in many cases, the Nature Cure practitioner makes a successful job of these otherwise hopeless cases.

There are also instances where medical men have themselves taken up the study of therapeutic methods of treatment, hydrotherapy, medical electricity, radiant heat and light, massage, etc., but these doctors are generally found occupying posts in connection with large Sanatoria, Hydropathic Institutions, Infirmarys, etc. There are also a few medical men in private practice who openly advocate the complete adoption of nature cure methods, but they are in a very great minority.

With the exception of Herbalism and Massage there are practically no recognized authoritative training institutions for Nature Cure and other allied therapeutic measures in these islands. The Osteopathic profession has a society here, members of which must hold the "D. O." certificate, but they do not train students. In Electrotherapeutics, which, with the possible exception of Massage, the medical profession has taken up more fully than others, there are doubtless cases where medical practitioners in same have to go through a preliminary course of training, especially if they are attached to a large hospital or Sanatoria, but, so far as the writer knows, there are no recognized courses in these subjects.

In **Massage and Swedish Exercises**, the training and practice of students, though largely in the hands of the lay profession, is yet controlled in the larger training institutions, by the medical profession. Medical men in this country do not, as a rule, practice Massage, but send patients needing such treatment to a professional masseur or masseuse. The principal training institution for Massage, is "The Incorporated Society of Trained Masseuses" (I. S. T. M.). This Society, until the war, did not, with the exception of trained hospital male nurses, grant

certificates to males, but since the war, and owing to the great demand for trained masseurs as well as masseuses, this rule has been abrogated.

Massage has come much to the fore since the war started, and so useful has it proved to be in the case of wounds, fractures, etc., that it is not at all likely that it will sink again to its pre-war level. The "Almeric Paget Massage Corps" is a corps mostly composed of young women who are certificated or can otherwise show proficiency, in massage routine. This Corps is fully recognized by the War Office and its members are employed in treating wounded soldiers, under medical supervision, by means of massage and Swedish Exercises. Another society for the granting of certificates to trained masseuses and masseurs, another outcome of the war, has lately been started in Manchester. This Society owes its inception to and is being very largely controlled by, the medical profession. It is expected that the certificates of this particular Society will, in course of time, rank as second to none in intrinsic merit, and also that other therapeutic measures, such as Radiant Heat and Light, etc., etc., will be added to the list of subjects. Students of both the above mentioned institutions have to observe the rule that they will not undertake the treatment of patients except under doctor's orders. Coupled with Massage tuition a course of training is also given in Swedish Exercises, and candidates for the I. S. T. M. and other certificates are expected to show proficiency in this subject likewise.

In respect to **Hydrotherapy**, this branch of Natural Therapy had a great vogue here some years ago with the result that many palatial structures, termed "Hydros," were erected, where patients could have the treatment administered on scientific lines. At the present time, however, most of these so-called "Hydros" are nothing more or less than fashionable hotels, situated at well-patronized pleasure resorts, and having, in addition, a few extra conveniences in the way of hy-

driatic appliances. There are some Hydropathic Establishments, however, which do really deserve the name. Chief amongst these, and the pioneer, is Smedley's Hydropathic Establishment at Matlock. It is interesting to note that Smedley's first owed its inception to a layman, Smedley by name. Other well known places are at Southport, Ben Rhydding, Peebles, etc.

In other cases, the presence of springs possessing medicinal properties have caused a great development of therapeutic measures to be adopted at such places. This has been the case at Buxton, Harrogate, Droitwich, etc. The Institutions erected at such places have been elaborately fitted up for treatment on other than hydriatic lines; indeed, other branches such as electro-therapeutic measures claim, if anything, the larger share of patronage.

There are only a very few institutions here where treatment is given on direct "Nature Cure" lines. "Broadlands" Nature Cure Institute, (Hampshire), and "Riposo" Nature Cure Hydro (Hastings), are examples of this kind where Sun Baths, Rain, Light and Air Baths, sleeping in Air Chalets, etc., etc., may be carried out. An open air Sun-bath may also be obtained at Peebles Hydropathic, Scotland. There are also several Sanitaria in these islands, modelled after the pattern, though, of course, on a much smaller scale, of the Battle Creek Sanitarium, Michigan, U. S. A. The diet in these Sanitaria, as well as the two Nature Cure places mentioned above, are exclusively vegetarian.

In respect to **Electro-Therapeutics**, this is, as stated, one form of natural therapy which has, in certain cases, been largely taken up by the medical profession. The "X" rays are now being very largely employed for diagnostic purposes in the case of wounded soldiers, and this branch of it is largely in the hands of men, medical and otherwise, who have specialized along this particular line. High Frequency, (though not so much as formerly), Static Electricity, Ionization, Galvan-

ism, Faradism and Sinusoidalism are all being pressed into the service of suffering humanity, though even here there is still much room for wider and more useful applications. Scattered up and down the country, there are also several excellently equipped and managed therapeutic institutions, in the hands of laymen where many, if not all, of the electrical measures mentioned above are being used with great profit to patients attending same.

In **Radiant Heat and Light Treatment** (Thermotherapy and Phototherapy), there are several systems being used. In many cases, the upright and reclining bath cabinets, after the model of Dr. Kellogg's, are being used.

Another is the "Dowsing" system, where the patient lies on an asbestos covered bed. This system owes its inception largely to Dr. Hedley, London. The licensees of the "Dowsing" Radiant Heat Co., Ltd., are either members of the medical profession, or trained laymen. This Co. issues certificates to its licensees, as it claims to have successfully treated over a million cases by its methods. Radiant Heat and Light apparatus is now being extensively used at the Military, Red Cross and Voluntary Aid Detachment Hospitals. The Greville system of Hot-Air treatment has also a certain vogue here.

Chromopathy, as a system of healing, is very little used in this country, although properly directed, it possibly possesses potentialities for healing second to none. Mention here might also be made of "Idio-Kromopathy," a system of healing by personal color rays. This system is based upon the selection of certain personal health colors or vibrations, such colors largely varying with the individual. It is affirmed that the color rays so selected are responded to by the individual concerned so readily, that better results, with much less costly apparatus, are easily obtained than in the usual method of powerful dosage.

Osteopathy is winning a gradually widening field of usefulness, though yet, to many people, medical and lay

alike, it is nothing more than a name. As already mentioned, there is a Society in existence here for the protection of existing interests, but there are many individuals practising Osteopathy who are not members of this Society.

Chiropractic, as a separate method of manipulative treatment, is practically unknown here. The general ignorance on this subject may be illustrated by citing an experience which the writer of this article had, some little time ago. He wrote to a well known publishing firm, making a specialty of the issue of books in Massage, Nursing and Medical subjects, asking them if they had any work dealing with Chiropractic. In reply, he received a catalogue and a letter calling his attention to a certain page in the catalogue. On referring to the book marked, he found it was a book dealing with Chiropody!

Likewise of the newer methods of treatment, Spondylotherapy, Naprapathy, Neuropathy, Somapathy, Zone Therapy, Rythmotherapy, etc., it may safely be said that nothing whatever is known on this side.

Herbalism is extensively practised in this country. The National Insurance Act, passed a few years ago, recognizes it as a definite system of medication, and made provisions for those who preferred Herbal to Allopathic treatment, conditional upon the sanction of the administering county or local committee. The actual working of this part of the Act has largely proved a dead letter, for only one local committee, that of Worcester, has granted the concession in actual fact. The Herbalists point to an old act passed in the reign of Henry VIII (1542-43), and claim that this Act legalizes their practice. With the gradually increasing power of the medical profession, however, to pass laws in conformity with their own wishes, there is every probability that before long there will be a battle royal on this matter between these two parties. It is very probable that the medical profession will find that their uncompromising attitude on the "Bar-

ker" controversy will have done much to injure their cause in this respect.

"The National Association of Medical Herbalists of Great Britain, Ltd.," holds examinations twice a year, to grant certificates to successful candidates. The subjects covered by the examination embrace Anatomy and Physiology, Chemistry, Biology, Botanic Materia Medica, Systematic Botany, Botanic Pharmacy, Practice of Medicine, Pathology, Hygiene, Minor Surgery, and Medical Jurisprudence. The practice of Herbalism here varies from the selling of a collection of herbs as a side-line to that of an extensive practice where patients are not only advised and particular herbal remedies found for them, but where they can attend a Botanic Sanitarium, and receive, also, other kinds of treatment on therapeutic lines. We also have here a Herbalist Medical College and School of Health.

The scarcity of certain kinds of foods, together with high prices, has caused many people to pay more attention to their **dietetic** habits. Meatless days have already been introduced into hotels and restaurants by order of the Government. The consequence is that a greater demand has arisen for distinctively vegetarian foods, but whether same will remain so when things take on a normal situation is yet to be seen. In most of our principal towns now there are restaurants where only vegetarian dishes are served, and also food reform stores where purely vegetarian specialties may be purchased. Manchester is the headquarters of the parent Vegetarian Society. This Society issues an interesting monthly periodical, entitled "The Vegetarian Messenger." Manchester is also well supplied with Vegetarian restaurants and Food Reform Stores and just recently the idea has also been mooted as to the founding of a Vegetarian hospital in this city where patients can be treated dietetically, along purely vegetarian lines. Already there is a hospital in the south doing similar work to this, the "Lady Margaret Hospital," Bromley,

Kent, presided over by Dr. Josiah Oldfield.

There are also many guest-houses and holiday homes scattered up and down the country where vegetarians are specially catered to. One special feature of the Vegetarian Society's activities is the holding of an annual Summer School during the holiday period. This Summer School is always very well attended and does a great deal of useful pioneer work along vegetarian and allied lines.

Of special dietetic regimes, there are one or two in vogue. One which is attracting a little attention at the present time is the "Airdrie" system of diet, named after its promulgator, Mr. Wm. Aird. This diet is a system of Apyrtrophy, for nothing in the way of **cooked** vegetables or fruit is allowed. Mrs. Drew, the daughter of the Rt. Hon. W. E. Gladstone, has become a convinced adherent to this system, and ably supports it in her writings in the public press.

The "Wallace" system is another special dietetic regime. The adherents of this system, inclusive of practising vegetarianism, also abstain from the addition of any mineral salt, such as sodium chloride, to their foods. They also have their bread and cakes made without yeast. Their official organ is "The Herald of Health."

Taking it as a whole, the medical profession does not seem to have here paid much attention to dietetics as a distinct and separate therapeutic measure. There are some notable exceptions, however. Dr. Alex. Bryce, of Birmingham, has published a work, "The Laws of Life and Health," which shows a particularly careful study of foods and food values. Dr. Valentine Knaggs is also a great student of dietetics, particularly along vegetarian lines, and his many published writings are insistent on the value of such. Dr. Rabagliati is also a pronounced advocate of dietetics, especially in relation to the consumption of less food than is generally taken. His recent work, "Initis," should do much to awaken interest in this question.

In respect to Physical Culture, Eugene Sandow's institution has for many years aimed at popularizing this practice. Eustace Miles, M.A. is also a tireless worker in this and allied fields, as the many productions from his pen, and the "Normal School for Physical Training" and his Correspondence Courses for Health bear witness. There are many Physical Culture, Outdoor Life and Rambling Clubs up and down the country. Conspicuous amongst these is the work done by the co-operative Holidays Association. This Association has its own Guest-Houses where, during summer months, city workers can repair and enjoy the delights of long rambles into the country, planned and organized on thoroughly educational lines, whilst at the same time, they can enjoy all the social amenities one naturally connotes with holiday times.

Turning now to treatment by more refined means, such as **Magnetic Healing**, **Hypnotism**, **Suggestion**, etc., it must be remarked that there is in London a Psycho-Therapeutic Society, whose members practise the above mentioned methods of healing. It also holds a clinic where patients can be treated on the above lines free of charge. Much useful work is being done. This society, previous to the war, published a little magazine, "The Health Record and Psycho-Therapeutic Journal."

Magnetic Healing has also been largely taken up by certain members of the Spiritualistic Society, and a Magnetic Healers Association, with one of its headquarters in Manchester, has been formed. This association also holds free clinics at certain times.

New Thought has its headquarters in London, but there are branches in other large towns, such as Birmingham and Manchester. Certain members of the various New Thought schools, as well as working for healing collectively at such places, are also established in private practice for healing purposes. The official organ of New Thought here is "The Rally."

The Theosophical Society has also

a "Healers League" amongst its many activities. This league possesses branches at several of the provincial lodges. The members meet every so often, and collectively and solely by the power of concentrated healing thought in certain given cases, endeavor to heal such cases. No payment whatever is asked for these services.

Christian Science is well represented in this country, but claims its adherents mostly from the cultured and leisured classes. It appears to have grown much during recent years. In Manchester, besides having several churches, they have a reading and book salon in the heart of the city and a staff of many trained healers. This is repeated in other large towns.

In respect to publications dealing with Naturopathic subjects, we have as yet no magazine covering exactly the same ground as the "Herald of Health and Naturopath" does in the U. S. A. The writer believes there is need for an organ of this nature here. There are several magazines issued dealing with Physical Culture and allied subjects,

but nothing that meets the needs of the trained Naturopath, or Therapist. The nearest approach to same is a monthly magazine, "The Healthy Life," to which one or two medical men regularly contribute. This, however, is an organ, as its name implies, issued for the general public, which is interested in matters of health and outdoor life in general.

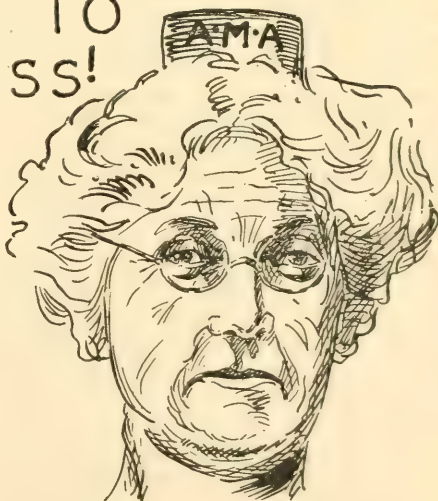
The same remarks apply to books dealing with Naturopathic subjects. The writer of this article, some little time ago, communicated with a large firm of publishers with respect to a book on "Osteopathy" which they had stated in their catalogue as being ready for a certain date. It was some months after the stated time when he wrote this firm about the book. He received reply that the book had not been published! So far as the writer knows, there is not as yet a single published work on this side dealing with Osteopathy. Needless to say, the same thing obtains in respect to other even less known subjects on this side.

There have been one or two firms

THE WINNER EASY TO GUESS!



C.A. Young
-17



A.N.A.
Ana Naturopath

A.M.A.
Ama Hippocrates

established in London lately, dealing, on a small scale, with the sale of **Appliances and Apparatus** for the carrying out of "Nature Cure" and other therapeutic remedies, but there remains yet a good deal of ground to be covered in this direction. Of course, there are several manufacturers and agents for the sale of Electro-therapeutic, Orthopedic, and similar apparatus, but no facilities exist as yet for the publicity and purchase of the many distinctly specialized types of therapeutic appliances which are on the U. S. A. market.

Looking at the matter broadly, however, the war, in the opinion of the writer, is opening out a future here for Naturopathic methods of healing hitherto undreamt of. I have already mentioned the great use to which Massage and Swedish Exercises have been put in the treatment of wounded soldiers; also the stir over the "Barker" controversy which has revealed to the general public, in such a startling manner, the prejudice of the medical profession in respect to treatment being given by any individual, however well-trained or successful in his practice he may be, who is not a member of their profession.

The War Office has equipped, in many parts of the country, large Convalescent Camps where the wounded are being treated on up-to-date therapeutic methods, such as by means of Massage, Hydrotherapy, Radiant Heat and Light, Electro-therapeutics, etc. The results accruing from this are likely to be of a two-fold nature.

First, the doctors employed at such Institutions, seeing the great good resulting to their patients from such methods, will naturally be more disposed either to treat themselves, or sanction the use of such therapeutic measures, in a much fuller measure than hitherto. This both with respect to the special work on which they are at present engaged, and also later when they take up work in private practice again. This is bound to result in a leavening of the whole of the medical profession towards a completer knowl-

edge of, and less antagonistic attitude to, the benefits of those measures which are specifically comprehended in the word "therapeutics."

Secondly, the public itself, coming more fully into touch with these methods and realizing their value, will begin to demand a larger use of them in civilian life.

In addition to the above-mentioned Convalescent Camps, where the treatment given is almost solely of a therapeutic nature, various similar kinds of appliances and apparatus have been installed in many of our Military Hospitals, Red Cross Hospitals and Voluntary Aid Detachment Hospitals. In other cases, again, where such apparatus has not been installed, the wounded are sent for treatment to various local privately owned therapeutic institutions. In practically every hospital of any size, there is also one or more trained masseuses in attendance.

Does not all this taking up of these newer and saner methods of treatment on the part of the medical profession itself, point to one thing—a confession that drugs and serums are insufficient in themselves to effect a cure. For it has only been because the profession has actually been driven to do this sort of thing that it has been done, and these various places equipped with the newer apparatus. It has all been a matter of very slow growth; let us hope that over here, at any rate, the lesson has been learnt. At the same time there is very much room for still greater improvement. Cases needing massage and other therapeutic measures which ought to have attention immediately after the injuries have occurred are left for months without any such attention being given. Progress is therefore much slower and recovery, if not made impossible, is at least considerably delayed.

The writer profoundly hopes that, now that the United States has come into the conflict, it may be possible for all those who, in your country, are working along these newer lines to join together, and, in combination, if possible, with the legalized medical pro-

WHY ALL DRUGLESS METHODS?

By PER NELSON, Physiopath, Hartford, Conn.

This is the age of drugless healing.

None dares to deny this. People of both the "upper" and "lower" classes begin to realize that the old school drug treatment is not the proper treatment for restoring and maintaining health. Hundreds, yes thousands of these people come to the drugless practitioners seeking relief.

Some happen to "strike" the "right one" and get permanent relief.

Others have to try out one after another of all the fifty-seven varieties of drugless healing-branches before relief is obtained.

This proves without doubt that there is something "wrong" with the drugless healers.

It should not be so.—Let us face the situation as it is.—Let us try our best to find the missing link.—Let us see things as they are, not as we would like to have them.

What happens if we step in to "brother Osteopath" for examination and treatment?

The Osteopath immediately begins to "find out" whether there is any disordered structure, any "misplaced" ribs, any "slipped" ligaments or tendons, any "overgrown" muscles or any congested or obstructed blood or lymph-vessels.

This constitutes a "thorough" Osteopathic examination.—This is the "Alpha and Omega" of Osteopathic wisdom.

We leave the "Osteopath," and the next one we consult calls himself a "Naprapath."

fession, assist together in the treatment of your wounded. If such a rapprochement were found to be possible, no doubt much of the needless suffering which has resulted to wounded, injured and diseased in this country through the application of out-of-date methods, would be largely avoided.

What will happen? The Naprapath tries his best to discover any "tightened" ligament which he thinks is liable to irritate nerves.

He does not know anything about "displaced ribs" or "slipped ligaments and tendons" or "congested muscles" and pays no attention to them.

Then we go to the "Chiropractor." He analyzes the spine only, and all he cares to look for is "majors" and "minors." He pays no attention to tightened ligaments, congested or obstructed blood or lymph vessels, displaced viscera, etc.

Then we pass along to the "Neuropath" who only looks for "abnormal vaso-motor activity." He does not know and does not want to know anything else.

Next we come to the "suggestive therapist" who has a "thorough" knowledge of the "power of mind over body" and how to "correct and harmonize mental influences." He does not know anything about mechanical body faults and blames all troubles on the "abnormal" mind.

Then we have the "Doctor of Biochemistry" who only looks for some "deficiency" of some inorganic salt in the body.

After going through all this, we perhaps "slip in" to the food scientist who claims that all ills are due to "wrong eating,"—and what do we get? We get a long "learned lecture" on how some foods tend to irritate the "great sympathetic nervous system," which through "abnormal reflexes" causes contractions of the cells, tissues and muscles, which in their order obstruct "cell osmosis" impinge nerves and empty blood-vessels.

And so on through all the fifty-seven varieties of drugless healing branches.

Now who is right?—What system will benefit us the most?—We seek relief.

We do not care whether our trouble is due to slipped ligaments, subluxated vertebrae, lack of cell salts, or an abnormal mind.

We want our health back.

Now who is it that is wrong?

Is it the Osteopath who only looks for mechanical faults? Is it the suggestive therapist who only looks for abnormalities of mind? Is it the food-scientist who only cares about the chemical composition of the body, or who is it?

Well, it can't be the Osteopath, because the Osteopaths have proved time and time again that disease can be caused by displaced ribs and viscera, slipped tendons, etc.

But is it not likewise true that the Chiropractor has proved that disease may be caused by spinal subluxations?

The Naprapath has proven without doubt that disease may be caused by contracted connective tissue, the Neuropath that disease is sometimes caused by disturbed vaso-motor activity, the suggestive therapist that disease may be caused by an abnormal mind, the Doctor of Bio-chemistry that lack of a certain inorganic cell salt may cause disturbances,—and there we are.

Everybody is right.—None is wrong.

Let us draw our own conclusion.—

Perhaps we better ask ourselves this question: Is the single branch drugless practitioner who only applies one mode of treatment based on just one kind of

diagnosis worthy the confidence of the people?

We answer **no**. The practitioner who does not combine and employ all that is good in each and every system of diagnosis and treatment, is not worthy the confidence of the public.

Louis Blumer, N. D., of Hartford, said in one of his public lectures not long ago:

"There is so much good in all systems of healing that it would be a crime to belittle or ignore any of them, but there is so much bad in the best of them that it is not proper for one who uses a single method to fight all other methods."

This is the truth pure and simple.

Drugless healing will not advance as long as this antagonism exists in drugless lines, and the only way to gain and keep the confidence of the public, and to successfully compete with the medical men, is to learn and apply **all that is good of all natural methods of healing**.

Only the one who does this is a **true physician**, and the people of the future will not call for an Osteopath, or a Chiropractor, or a Naprapath, but on a **full-fledged drugless physician**, one who has a knowledge of all these healing branches.

A few drugless schools have now started to teach a combination of drugless methods. That is good.

That is the dawn of scientific drugless healing.

MEN, unless they are of extraordinary mental calibre, are, at the beginning of acting collectively, weak, timid and apathetic, shirking their duty to the association. And yet they are as boastful of their individual importance as they despise their collective importance. To overpraise one's self is vanity, and to despise their collective worth is poverty of spirit.

It seems that always at the foundation of a great enterprise, the very newness of the undertaking cannot possess the prestige of history. The man behind the scenes in a theatre sees only the scaffolding of the romance. Men in general are ruled by superstition, prestige, make believe. An institution that being entirely selfish and that preys upon mankind, like a certain school of medicine that we know of, but that has its roots in history, controls mankind with autocratic authority, and is revered by the unthinking for so doing, whereas an institution of yesterday, that proposes to help mankind to the utmost, cannot command the respect of even its professional beneficiaries.

The very small advertising patronage that has been received from Naturopathic practitioners, argues an almost total lack of interest in the publication of this Directory, the responsibility for its existence being left to the energy and expense of one individual. Where is the Committee of Ways and Means that should be responsible for the financing of the venture? Echo answers, "Where?"

And yet the object of this Directory is to clothe every drugless practitioner with prestige, power, honor, success, financial reward and renown. This work is the planting in history of a great institution, destined to achieve international power and fame. It is to create men from those who, collectively speaking, are only dwarfs. Endowing them with prestige and authority their business becomes quadrupled in consequence and their emoluments correspondingly great. Any advertising patronage, any gifts outright of money for this venture, would be returned tenfold. Such patronage accompanied with a vital, personal interest in the work, in ways that the publisher can suggest, is absolutely necessary for the highest interests of the Naturopathic profession.

EFFICIENCY IN DRUGLESS HEALING



By EDWARD EARLE PURINTON



Yours in Truth and Love
Edward Carl Swinton

CHAPTER I

EXPERIENCE AND OBSERVATION

Health is the prime requisite for the achievement of any great purpose in life. The work of healing bodies, minds and hearts is the most needed, and the least understood, of any kind of human service. The aim of this book is to present the fundamental truths of the great health movement now sweeping the world, and to aid the movement by increasing the power of its practitioners.

I shall write as frankly as though I were speaking to a personal friend. Books are as valuable as they are vital. Only the man who writes himself into his book deserves to be read. Unless you feel, after reading a book, that you know the man who wrote it, the time you spent in reading has been wasted.

I have put fifteen years into health study and efficiency work; have tried out the methods of several hundred leading physicians, psychologists and business experts in Europe and America; have been closely and actively associated with the great health pioneers in New York and other large cities; have cured a dozen chronic weaknesses and disorders in myself; have been privileged to offer counsel and aid to several thousand personal clients and pupils.

The whole story is here. I have put my knowledge and experience, such as they may be, at your disposal. If the benefit you receive is only a small shadow of the desire on my part to be of service to you, there will be always in your heart a sense of gratitude to Doctor Lust, and of interest in the noble cause he represents! Then my work will have been done.

Suppose you were making \$2,000 a year.

And suppose a friend should say to you, "There is a \$10,000 position I think you can have, with a few introductions and a little special training on your part."

Would you not listen to him, thank him, and try for that position?

In effect, I am going to say just this in the serial expositions that Doctor Lust has asked me to write on "Efficiency in Drugless Healing." If you are professionally engaged in any branch of drugless healing, you should make \$10 where you are making \$2, and you might accomplish \$10 worth of good where you are accomplishing \$2 worth. I do not guarantee this enlargement of your income on the day following the reading of these chapters; I do guarantee that if you will think and act along the lines here suggested, you will find such an increase developing in due course of time.

The Nature Cure in America is only 20 per cent efficient.

The statement is unwelcome, but the fact is undeniable. When I first heard the fact, I was tempted to be angry at the man who told me—we are always shortsighted in facing our own shortcomings. But as I listened further, and reasoned the matter out, I saw he was right.

Briefly the situation is this. There are five things the Nature Cure must do in America:

1. Reach the great masses of people, with its gospel of right healing and right living;
2. Attract and convince them, and induce them to try its methods;
3. Heal, instruct and inspire them for a happier, saner life;
4. Gain a financial success and be given a commercial rating in Dun's and Bradstreet's;
5. Adopt a general standard of practice, and on this obtain a legal recognition and license in every State of the Union.

Of these five points, the Nature Cure thus far has satisfactorily covered only one—the healing, instructing and inspiring of the comparatively few whom it has been able to reach. The other four objects remain to be accomplished.

Measured by modern business standards, the Nature Cure in this country is therefore only 20 per cent efficient.

This is no one's fault, but every one's misfortune. The splendid pioneers of drugless healing in America, headed by Doctor Lust, have wrought almost superhuman triumphs in spite of overwhelming obstacles. They have done more than could have been asked or expected. But that 80 per cent of inefficiency stares us in the face, and must be wiped out.

For ten years I have wanted to write a modern book along this line, but have waited until I had proved enough efficiency in my own work to show that I knew the subject. You may safely disregard what

a man says until you have asked two questions: "What reason has he for saying it, and what right has he to say it?" In order to show this reason and this right, I shall take the liberty of making this introductory article very personal. The ground covered by the chapters will be so different from that originally covered by the editorials of the writer years ago, in the columns of *The Naturopath*, that it seems necessary to introduce him all over again.

For a number of years the old friends in the Nature Cure have been kind enough to ask about the work I was doing and its relation to the health propaganda. This introductory article may serve also as an answer to these friends.

It is often best to leave, for a time, whatever we love most.

To keep our life big and sweet and wholesome, we must safeguard our warmest sympathies by our coolest judgments. And if anything—person or ambition or occupation or pleasure—claims our intense devotion, our whole affection, this we must beware of, as our greatest danger. It will burn us out and leave us a cinder; we must flee it, or subdue it, or protect ourselves from it, else it destroys us.

Here lies the first reason for my *apparent desertion* of Health Reform and the Nature Cure. I was so completely wrapped up in it that I found myself slowly suffocating. We need "air-baths" for our brains, as well as for our bodies. And to live constantly in the same mental atmosphere is to poison our intellect with the carbonic acid gas of prejudice.

Many a time, when I was recommending the books, foods and garments of Doctor Lust's original Kneipp Store of New York, I would seize the poor customer by the force of my loquacity, and keep him a prisoner till midnight, shackling him with merciless arguments and tying him up in long phrases, till the wretched man was so dazed he forgot to take home what he came for, when at last I allowed him to limp feebly out. Countless repetitions of this excessive zeal gradually exhausted me.

For years, the only meetings I went to were the stamping-grounds of freaks and cranks, all of whom had a theory which alone would save the world—and no two of them alike! I read only health books, ate only health foods, studied only health systems, took only health exercises, wore only health clothes, followed only health advice—and got deathly sick of it all!

A good uproarious jambouree, of pork and pickles and soda biscuits, catsup and coffee and jelly and mince-pie, is a first-class remedy, taken at proper intervals—say two or three times a year—for those

afflicted with a health-cult habit. (This volume is signed, and the publisher exonerated.) When a man is so healthy he is miserable, he isn't healthy. I was getting that way—and I knew I had to find some other business, or else grow utterly narrow, queer, sour, intolerant.

The average reformer is only a third of a man. He needs an *informer* to keep him broad, and a *performer* to keep him busy. I know probably five hundred reformers, hygienic and metaphysical. Out of that number, I should say that four hundred and seventy-five are more or less unsafe as teachers and guides because theoretical, one-sided, ignorant, unadaptable, mercenary, egotistical, or immoral. The more I see of our modern, self-styled "advanced thinkers," the less I want to see. Only dunces remain devotees. And I found that, no matter how hard I fought against it, I myself was accumulating a "following" composed of those who falsely measure a man by his *notions* instead of by his *actions*.

When I was assistant editor of *The Naturopath*, many people took the magazine just because I wrote for it. That was not a good reason for taking it. As well drink a beverage because the cup is painted prettily, as read only that magazine which hands out its truth in frescoed phrases of a particular stamp. I am not ungrateful to the hundreds of loyal friends and devoted readers who stood by Doctor Lust and myself in our early struggles. They made us, perhaps, even more than we made ourselves. But *my* work in the *Nature Cure*, being almost entirely of a literary character, had no permanent objective basis. And there came a time when I said to myself: "If you're any good, you'll get out of this, start in again where you're unknown, make a place for yourself on a *business* footing—and *prove* all the truths of which you write so easily!" A collegian isn't educated until he is proud to exchange the "mortar-board" he wears on his head for the one he works with his hands. I *knew* a prodigious lot—but Wisdom never once looked at me until the day I started to *work*.

There was another personal reason for going elsewhere. Certain people who read my books and editorials, having not the wit to comprehend them, forthwith noised abroad their suspicion that "Purinton is a visionary—poetic and unpractical; he may be all right for the short-haired women and long-haired men, but I'm a plain business man, with no time for dreams." Ah, my unfortunate friend, you always *will* be a "plain" business man so long as you have no time for dreams—the extraordinary, colossal business men are *made* by their dreams! How do I know? Because for the past twelve years I have worked, side by side, with just such men.

During this time, I have been not only the associate but the personal friend and counsellor of various types of business men, whose incomes ranged from \$20,000 to \$50,000 a year—and every one was a pronounced, self-confessed “dreamer”! When I was in the Nature Cure, I merely talked my dreams; since I have been in regular trades and pursuits, I have worked them out;—but they are the same dreams. And in order to realize them, I had to leave the place where I was thought a mere poet. Never try to change people’s first impressions of you; when you want to develop another side of your nature, pack up and dig out.

So much for the personal side. I have mentioned this first, because of the many kind requests about me that are still coming to Doctor Lust’s office, and I don’t want anybody to think for a moment that my absence from Naturist circles came through negligence or desertion. It was all a part of a great plan, through which I might become of more service to Humanity.

But the real reason for trying to broaden my experience lay in the hope of winning to our cause of truth and freedom, the millions of people who had not yet come for what we had to give them. I had seen “quack doctors” flourish amazingly on a stylish avenue of New York;—while a few doors away, on a dingy back street, a sincere Nature Curist was literally starving for bread. I had watched some nervy “professor” of physical culture reach fame by a single bound, on a mere sensational device for catching trade;—while an honest teacher of life’s greatest truths could not hold his little handful of hearers. I had known the maker of a patent health food and a metaphysical rigmarole to have his devout bands of worshippers all over America;—while a great healer who was both honest and unselfish wasn’t believed by the neighbors next door. *Why?* That question haunted me. *Couldn’t* a man be sincere and shrewd at the same time? Was it impossible to gain popularity and hold your principles too? Was it right, and unavoidable, that Nature Cure should be so shamefully discredited, while the vendors of poisonous drugs grew rich and sleek and exalted by society?

So long as I protested, blamed and rebelled, I had no answer to these questions. But when I began to study *my own* deficiencies, the answer came in a flash—“You Naturists don’t know your job! You are in the *business* of selling a commodity—health. But you have never learned business psychology, nor applied business methods, nor even respected business principles. If you were selling pianos or carpets or stove-polish, you would hire *real salesmen* and establish a modern system of management. You fail to win popularity because you neglect the right methods of merchandising—or because you try to

sell *reform*, which no one wants, and no one pays for. If Doctor Munyon is a millionaire, it is because he is a clever business man. He is richer than you, not because he is less respectable, but because he is more efficient. Put your brains in your work—not in your talk; meanwhile stop bemoaning your hard luck; you haven't any, there isn't any, there is only hard hearing when Good Luck calls."

When my kind fairy got through lecturing me in this fashion, I perceived that the success of my future work demanded three things:

1. A fuller knowledge of and sympathy with *human* nature, enabling me to understand normal people's wants, and also their difficulties in applying new truths;
2. A thorough training in the psychology of advertising and salesmanship, making the appeal in my writings commercially effective;
3. A careful observance and experience of business methods of various kinds, preventing those mistakes of ignorance by which most reformers are defeated.

Let me illustrate what I mean by "knowing your job."

As you know, Doctor Lust is the compiler and publisher of a number of original books on Natural Healing and Wholesome Living, including my own "Philosophy of Fasting" and "Lords of Ourselves." It was my work to announce these books to the general public. How did I mostly do it? By emphasizing those peculiar, idealistic or iconoclastic portions which were attractive to only a few of us "cranks" but sounded crazy to the average superficial thinker! There is, for example, a good amount of really valuable and helpful information in the book "Lords of Ourselves";—but a short while ago, a part of the chapter on sound sleep was copied, almost word for word, by one of the New York Sunday papers, in advising nervous women how to relax and recuperate. But in preparing the leaflet of announcement for this book, I deliberately chose the few extremely radical statements on diet, sex, religion, et cetera, which the book contains—and entirely omitted the practical side of personal helpfulness! This was noble reform—and wretched salesmanship! No man will pay for being startled, or even sermonized, in a health book.

The sick man wants recovery—not discovery.

Another example. I have before me the booklets, letters and elaborate "follow-up" system of a most successful Nature Cure institute. The proprietor uses modern methods of advertising, featuring "testimonials"

and other quack-medicine schemes to influence prospective clients. In all the time that I have known Doctor and Mrs. Lust, not one printed testimonial has been used, I believe, in presenting the advantages of the "Yungborn" at Butler. This unique fact is to their everlasting credit. They have built up a large sanitarium system on the basis of friend-to-friend recommendation, and the personal benefit that patients and visitors have received. But, nevertheless, this is not good business, from a worldly standpoint. The Butler health home is competing with a dozen other institutions nearby—most of them now operated by men who received a large share of their knowledge and impetus from the founders of the Yungborn! Should scientific advertising be made to serve and prosper only the newer health resorts, while the parent of them is too modest, or too unskilled, to sound her own claims?

In short, the use of words in the Nature Cure has been too much art—too little science. You must win the world before you can reform it; to win it, you must study it; to study it, you must live with it, work with it, sympathize with it, fight and suffer and fall and rise and conquer with it;—therefore, to reform the world, you must for a time stop reforming it. I left the reform business in order to *learn* the reform business, this being perhaps the one business that must be learned from the *outside*. And the first booklet written, after I knew my work, gained a circulation of 500,000 copies in five months—as against a total audience of perhaps 100,000 people in the ten years preceding! In *one month* of scientific publicity, I have recently been able to reach as many heads and hearts as formerly responded in the course of *ten years*! Has it not been worth while to get training as well as truth?

There are two reasons for this lengthy and extremely personal introduction.

The first reason is to prove the writer's willingness to take his own medicine. Some very plain statements will be made in these chapters—but the writer has forced plainer ones on himself! You may be angry at some of these statements—your anger will not be a circumstance compared with the anger of the writer at discovering his own weakness, inefficiency and one-sidedness during those early years when he was vainly attempting to be a great reformer. The test of good advice is that the man who gives it swallowed some first. *Self-analysis, self-criticism, self-reform*; these are the three steps to a life of genuine altruism. The best way to teach others how to be healthy is to teach ourselves how to be sane.

The second reason for a personal introduction is to attest the knowledge and authority of the writer along efficiency lines. There is a vast

amount of preaching being done in advanced thought circles by those who have left all the practicing to be done by their patients and students. Women who have been divorced are selling instructions on how to make marriage a success; men who are poverty-stricken have the nerve to write books on the attainment of wealth; "healers" who look as if they had one foot in the grave and the other foot on the yon side of it, guarantee to make you well in a few magic lessons or treatments;—and such performances are allowed to go on, ad nauseam and ad infinitum.

Being weary unto death of this sort of thing, I wrote nothing about efficiency in drugless healing until I had solved the efficiency problem for myself. Your forbearance is requested a little further, in the demonstration of this fact.

Let us consider the practical side of health study.

The last place to look for wisdom is in a college, just as the last place to look for health is in a drug-store and the last place to look for justice is in a law-court. One of the great fallacies of the day is that a college of medicine, law or theology turns out wise men;—to overcome and outgrow this fallacy is the first task of a college graduate.

We grow brain-wise through working, body-wise through playing, heart-wise through loving, soul-wise through suffering. We grow wise in no respect through studying.

As soon as possible after graduation from college, I made friends with some nice, accommodating rats and let them eat up my diploma. While a severe method of poisoning the rats, this expedient enabled me to say that the parchment had been lost, and thus delivered me from the customary duty of framing it and hanging it on the wall. The only diploma worth having is a record of deeds. Some colleges are fine institutions, some teachers magnificent men; but the whole system is wrong. It fails to connect with life.

The same truth applies, at least partially, to schools of natural therapeutics—whether of naturopathy, hydrotherapy, osteopathy, chiropractic, mechanotherapy, food chemistry, mental science or spiritual forces. They teach the *art* of healing, but not the *business* of healing;—and the art is useless without the business. How can a drugless physician get more patients, keep those he has, make them all pay promptly and well, secure their fullest co-operation, and save his own time and strength in caring for them? These questions are as important to him as the question of cure is to his patients. How, in short, can the new principles of "scientific management" as applied to other trades and professions, be utilized in the Nature Cure for the equal benefit of patient and practitioner?

This question has never been stated before, to my knowledge; much less answered! The reason is plain; no drugless healer has learned enough about scientific management to adapt the principles to his work; and no efficiency engineer has been paid to devote his time for several months—at \$100 or more a week—to the raising of business standards in the new therapeutic field. Any doctor who could afford to pay an efficiency expert \$100 a week is too good a business man to need the expert. So the profession of drugless healing and the science of business method have remained far apart.

Some naturopath or osteopath or psychopath may interject the query: "Why should I learn business method for my work of healing the sick? What possible connection has an efficiency engineer with the relief of pain and recovery of health?"

Let facts, not theories, be the answer. I shall cite a number of cases of rank inefficiency, known to me personally, and shall outline the efficiency principle whose adoption would have prevented the error in each case. Most of these friends are people of noble character, doing a noble work. But a man may be a true physician, a superb teacher, a great reformer, and still be a failure as regards the study and use of modern efficiency methods. I have recently been told, quite forcibly, that the saviors of the world have never been "efficiency" men. True enough—but they did not undertake a work where efficiency was needed on the material plane. If your mission is to be a martyr, I respect and love and revere you for carrying out the mission. But if your mission is to take money for lessons or treatments or books or prescriptions, and you don't make a successful business of it, I pity you for sadly falling down on your job. This plain distinction must be sharply enforced; and in these chapters I shall discuss only the efficiency side, referring to examples of inefficiency as a business engineer would do—frankly and impersonally.

EXAMPLE ONE

A specialist on health without drugs failed to read up the laws of his State regarding a physician's license, and began to prescribe as a doctor. The Medical Society dragged him into court, and robbed him of a large sum of money. He posed as a martyr. He was a fool—by efficiency standards.

Efficiency principle: Never expect to succeed in the Nature Cure by transgressing the law. If you are strong enough, repeal the law; if not, conform to it. Either smash the law and frame a new one legalizing drugless practice, as the osteopaths have done in most States and the

naturopaths are now trying to do; or else hire a cheap doctor to make your examinations and prescriptions legal, as the quack medicine sharks have been doing for a generation. All this wholesale antagonism of the Medical Trust by healers is, to an efficiency man, sheer waste of time and energy and money.

EXAMPLE TWO

A young exponent of the fast-cure barely escaped a year's term of imprisonment because a patient died while fasting and the law accused the practitioner of murder. In this case the law was right—the patient was in no condition for a measure so extreme. Much as I believe in the long fast, I would never prescribe it for a serious disease except in conjunction with a qualified M. D., who would technically watch the symptoms and assume legal responsibility in case of death.

Efficiency principle: Never treat a case where death is remotely possible, without arranging for a certificate by a registered physician. We protest because drug doctors are licensed to kill—why should healers be allowed to do so? There is a deal of malpractice in the drugless ranks, due to ignorance, prejudice and incompetency. Our first, and hardest, job is to weed out the undesirables from our own back yard.

EXAMPLE THREE

A gymnast founded a health resort. He made so much money that the bookkeeper of the place ran off with \$500 in his clothes, and the money wasn't missed till the absconder was caught and the money observed sticking in his coat, hat and shoes. The founder had too many schemes and reforms on hand, he couldn't follow any to the finish and his employees took advantage of his absence.

Efficiency principle: Concentrate on one thing till you have built a systematic, automatic basis for its permanent success. I used to heal a little, teach a little, write a little, speak a little, reform a little, merchandise a little, co-operate a little, uplift a little, and do various other things a little. I got nowhere.

The phrenologist said my "continuity" was weak. It was. It is no longer. I have cut out everything but writing, learned how to do that, and reached the place where I wanted to be. If you are engaged in healing, focus on that and forget all else. Can you picture a leading surgeon, or even a famous prizefighter, sloshing around to wild-eyed

reform gatherings and exhorting the populace on socialism, single tax, eugenics, anti-vaccination, or the astral emanations of the sublunary sphere? Too many healers are just plain cranks, with axes to grind.

EXAMPLE FOUR

A great hygienist and humanitarian keeps a stenographer who is a noble example of what a stenographer ought not to be. She can't spell, can't punctuate, can't paragraph, can't edit, and when feeling real good she takes dictation at the rate of a word in three minutes. Why does the great humanitarian keep the poor stenographer? Because no one else will have her. And he is a great humanitarian. Far into the night, when this beauteous maid is spending her carefree young life at the "movies" or a tango whirl, this gray-haired employer laboriously deciphers the Chinese puzzles she wrote for letters, and clumsily corrects them for her ladyship to re-write next day. At the stroke of midnight, he wearily passes his lily-white hand across his fevered brow, and placidly murmurs what a noble-hearted fellow he is. Noble-hearted chump and transcendental numskull!

Efficiency principle: Choose your helpers by how much work they can do, with the least supervision, in the best and easiest way, and the shortest possible time. Any other basis of employment is unfair to you, your clerk, and your client. Some day we shall wake up to the fact that it is rotten reform, as well as rotten business, to clutter up the office with a sickly bunch of addle-noodled nobodies who couldn't get a job washing windows in a regular commercial house. When I have to enter the average hygienic or metaphysical institution, I always fix up a resolute grin and plaster it firmly on my face in advance; otherwise I should grow suddenly and righteously wrathful, and push the whole performance out the window.

EXAMPLE FIVE

A chiropractor, of unusual skill and personality, charges half the rate generally asked for chiropractic treatment, and for good measure throws in a free lecture on diet, exercise, optimism, and mental suggestion. Having educated the patients to the point where they don't need her any more forever, she feels her duty has been done—she will no longer be under the painful necessity of taking money from them. On prosperous days she earns as much as \$1.25 an hour—less than is made by a first-class plumber; and I think she suspects herself of robbery if she goes above 75 cents an hour. This lady missed her calling—she should have been a charity society.

Efficiency principle: Never cut your fee; when you do you cheapen your work and impair its value to the client. Let him pay with notes, or on the instalment plan, if he is very poor. But have enough self-respect to hold your standard price, and to give only as much instruction as the fee includes.

EXAMPLE SIX

A metaphysician, some of whose clients are millionaires, didn't have enough money to pay her board bill. She wrote a personal letter to some of her wealthy patients who owed her large amounts, explained how she needed money, and humbly suggested that they forward a small sum on account. There was not the faintest ripple of response. And the next meal of the metaphysical lady is now dependent on the mercy of friends, while her creditors are gadding around at pleasure resorts, with hundreds of dollars' worth of unpaid fees deserted and forgotten.

Efficiency principle: Never send out your own bills—employ a secretary, or if needed a collection agency. And render the bills on time, as a meatman or grocer does. It is unprofessional for a doctor or healer personally to ask a patient to settle up;—and unbusinesslike to allow the bill to run on. Doctors have themselves largely to blame for “bad accounts”; they render the statements so irregularly and unsystematically as to create the impression of their indifference to the manner and time of settlement. It is fatal, however, to let a client suspect that you are actually in need of money; being a mystery-dispenser, you are supposed to be fed and clothed miraculously. Your secretary may suggest that you are purchasing new equipment, or conducting original researches, or doing charity work, and therefore would appreciate the payment of fees overdue—but never that your landlady wants the rent, or your tailor has a bad look in his eye! Every doctor should take a course in magic;—he is supposed by his clients to wear a fresh silk hat every day, and to produce it from nobody knows where.

EXAMPLE SEVEN

A magazine devoted to mental hygiene failed completely, with debts aggregating several hundred thousand dollars. The editorial end outweighed the commercial. The two means of self-support for a magazine of this character had been neglected; namely, a generous income from regular advertising, and the possibility of making the journal a feeder for some other unprofitable enterprise or institution.

Efficiency principle: Run the *financial* side of your work as a business—not as a reform or philanthropy. Get a business manager who is just as eager to make money as you are to do good—then you will have a sane, effective combination.

EXAMPLE EIGHT

A healer, lecturer and health reformer is so devoted to his work that he never takes a vacation. He won't even spend 25 cents for a gallery seat in a theatre, for fear of robbing his work of a quarter of a dollar and a couple of hours. The man is prematurely gray and wrinkled, his nerves are on edge, he cannot find repose. The world exists merely for him to reform. I have been tempted to suspect that God may have had some other purpose in mind than this, when He made the world; but I would never dare to hint such a possibility to my ardent friend, lest he accuse me of sacrilege.

Efficiency principle: Love your work enough to leave it and forget it every so often. We are only atoms in the Cosmic Plan; why agitate ourselves as though we were supernal cyclones of importance? The fatal defect in all reform is overseriousness; and no reformer is really sane until he can laugh at his own solemnity. The best sermon for a preacher to hear is a funny play; and a hired clown should hold the seat of honor at every sanitarium.

EXAMPLE NINE

A purveyor of mental sunshine organized a club of 50,000 optimists. He then prepared a rosy-hued mining-scheme attachment. Believing in the smiling gentleman and all his works, the club members handed over large sums for small portions of stock—and proceeded to wait for independent fortunes to amble to their doors. They are still waiting. The club and its magazine went to pieces, together with the faith of thousands in the honesty of all professional reformers and uplifters. Moral: To regain your courage, follow an optimist; to regain your cash, follow a pessimist.

Efficiency principle: Never try to capitalize reform. If you wish to incorporate and sell stock, make no promise of dividends or even of return of principal; and be content to grow normally, without any get-rich-quick features or sensational appeals.

EXAMPLE TEN

A prolific writer on health subjects recently killed himself. He could not live any longer with his conscience. It was found that he had used the health cult as a cloak for the most horrible infamies, and under the guise of East Indian philosophy had systematically ruined and corrupted young girls and boys. For years he had worn a sheet of iron over his heart, to protect him against the weapons of outraged husbands and fathers; but at last an accusing conscience rose within him, smote the iron shield asunder, and impelled the hypocrite to seize the means of his own self-destruction.

Efficiency principle: Do not imagine that you can substitute cult for character, and get away with it. There is nothing in Christian Science, New Thought, Pragmatism, Spiritism, Theosophy or Vedanta to take the place of the old-fashioned Christian virtues. And if a "guru", swami or high priest of the occult orders you to violate your sense of reverence, decency and honor, tell him in plain language to go to Hell, and yourself immediately move in the opposite direction.

Forgive this outburst, kind friends. I am not pessimistic, but I walk no more in cloudland. Facts are things to be faced. During my past fifteen years of rather close observation, not merely these ten, but hundreds of examples of gross inefficiency—mental, moral, financial or industrial—have appeared in the deeds of those who claim a superior knowledge of the laws of life. We who know the fallacy of the drug-delusion and the dogma-superstition, have learned not to expect much from doctors, teachers and preachers of the old school. But how shall we excuse ourselves, when *our* blunders are more colossal?

In 1900, my great object was to reform the world. In 1917, my great object is to make of myself an embodiment of the ideals I used to cherish for the world. The present object, while perhaps just as unattainable, is certainly more reasonable. And, beloved brethren, I can smile a heap more—a smile being God's kind of sermon.

Efficiency study is primarily a study of ideals.

Every drugless practitioner is more or less an idealist. Having found a saner mode of healing and better way of living, he endeavors to impress them on his patients, and embody them in his own character. A healer must have ideals as a doctor must have pills.

Now the reason why so many idealists fail to get anywhere is that they try to stand alone before they are ready. To succeed objectively, they must have the antecedent *counsel, system* and *co-operation* of

materialists. A young idealist needs the support of materialists as a young tree in a land of storm needs the support of a wooden box or brace, to which it is securely fastened. The heart of a materialist may be of wood, but his head is something you can tie to.

Preachers are paupers—hustlers are millionaires. The motive of the former and the method of the latter must be combined in any man who is fully grown. Until the apostles of the Nature Cure learn how to get hold of money in large sums, and to expend it wisely in promoting their work, they must expect hardship, anxiety, persecution, disappointment. There is a science of money-making, which science we reformers have not learned.

Beautiful visions in themselves lead nowhere. They must be supplemented by stern vows, disciplined habits, healthy life, modern method, wise counsel, earnest co-operation, fair dealing, genuine service, tolerant spirit, endless toil, boundless optimism, and eternal renewal of purpose.

When the writer came to apprehend his material inefficiency, he broke away from the little band of dreamers who were so congenial, and set his feet firmly in the tracks of the big business men. He opened his eyes and ears, and shut his mouth (a course of action earnestly recommended to all preachers and reformers); he unlimbered his clerical knees, grabbed the hardest job in sight with his velvet palms of a chronic poet, and bathed his pedagogical brow in the honest sweat of a good workman. And from that day to this, he has had small use for most parsons, poets and pedagogues. They are living an imitation life.

We are not wandering from our subject, we digress in order to progress. There should be a law forbidding a man to write, preach or teach until he has done a regular man's job—of deeds, not words; and made a good living at it. The curse of our libraries, magazines and newspapers, of our classical schools and theological seminaries, of our pulpits and reform centers and uplift movements, is the presence in them of men who never did anything but theorize. Wisdom is a consequence of work—it enters not through the ears, but through the pores; and the only safe leader is he in whom inspiration followed perspiration.

The writer of these chapters claims no merit for them in a literary sense. If they possess any value, it is because they are the record and result of his fifteen years of personal experience in twenty different lines of work, all of them bearing on "Efficiency in Drugless Healing."

He has overcome in one way or another a large, varied and beautiful assortment of ailments and weaknesses; from indigestion, catarrh, emaciation, chronic headache, liver trouble and appendicitis, to sleep-

lessness, the worry habit, nervous prostration, a congealing bashfulness, a paralyzing irresolution, and extreme vocational misfitness. He has trebled his working capacity, for several years performing the duties of three different officers in the same institution. He has recently earned in a day as much as he formerly received for a month's wages. Only because he has succeeded fairly well in producing efficiency for himself, does he dare to offer suggestions along this line to readers of his books.

Professionally, moreover, he has had unusual opportunities for acquiring knowledge of this new science.

He has served an apprenticeship in advertising under the President of the largest outdoor advertising company in the world.

He has worked with a prominent New York advertising agency, as writer and solicitor.

He has had access to the Mahin Course in Advertising, the Lord School of Practical Advertising, the Sheldon Course in Salesmanship, and various courses in Personal Efficiency.

He has been publicity counsel for several magazines and corporations.

He has organized the largest club devoted to Health and Efficiency ever established in this City, with nearly 2,000 members in Greater New York, and memberships extending throughout the United States and to twenty foreign countries.

He has formed a partnership with the President of a leading press syndicate, for special training along publicity lines.

He has become personally acquainted with, and more or less informed in the methods of, the founder of the National Civic Federation; the founder of the National Association of Corporation Schools; the head of the Industrial League; the principal teacher in the Emerson Institute of Efficiency; the secretary of the American Institute of Social Service; and various other prominent people whose experience is of value, in adaptations to the Nature Cure.

He has been officially connected with a drugless health resort, and has helped in prescribing for the patients their diet, massage, gymnastics, and instructions in hygiene.

He has written a number of health books and has been staff contributor for various magazines devoted to physical and mental hygiene.

He has prepared a series of booklets on Efficiency that have gained the widest circulation of any business literature of the kind ever published—an average of 100,000 orders a month having been received,

from such institutions as Gimbel Brothers, Pennsylvania Railroad, National Biscuit Company, Remington Typewriter Company, U. S. Army, Commercial League, Prudential Life Insurance Company, New York Hospitals and Board of Education. So great has been the demand for this series of Efficiency booklets that the publishers, at this moment, are 200,000 orders behind in their mailing department.

The object in the foregoing rather distasteful personal recital is to convey to you the idea that the writer has had sufficient training to warrant the preparation of a series of discussions on "Efficiency in Drugless Healing." If you are convinced that he should be able to speak with some authority, let us proceed with the discussion proper. It is being qualified, not being quoted, that makes a writer worth reading. And until we learn to judge an author by qualification rather than quotation, the business of buying books will remain more or less a gamble, and that of making books more or less a crime.

What do we mean by "Efficiency in Drugless Healing?"

We mean a thorough analysis of the profession with regard to its threefold aspects of a science, an art, and a business; a frank recognition of the lacks and limitations of most practitioners, whether mechanical (such as the osteopath, chiropractor and mechanotherapist); physiological (such as the hydropath, herbalist and dietist); or metaphysical (such as the "divine" healer, psychotherapist, and Christian Scientist); and finally a systematic endeavor to supply the needs and requirements for large success—whether social, educational, economic, literary, financial, managerial, clerical, or moral.

Of the science and the art of drugless healing I shall say nothing, excepting as discussion of the business side may involve such mention. Not being professionally qualified to offer advice on these two aspects, I shall remain silent. But as any man who thinks for himself is qualified to utter an opinion, I would say, in passing, that the science and the art need improvement as much as the business; and the reason that the Nature Cure in America finds everywhere opposition and misunderstanding is that few Nature Curists in America know their job. They are inadequately prepared—and often ignorant of the fact.

When we blame the world for a slow acceptance of our truth, we should really blame ourselves for an imperfect expression of that truth. Martyrs are slain not for their principles, but for their prejudices. Whenever a natural healer was jailed for malpractice, I used to **damn** the jailer and deify the prisoner. I now pity them both, and the change in feeling is good for me, whether it helps them or not. Only a fanatic goes to prison for his faith, a wise man turns his faith into deeds

that the world wants. To avoid persecution, we must live more, love more, talk less, and condemn not at all. In these chapters we are criticizing not men, but methods; and to point out the bad methods of a good friend is one of the friendliest things we can do.

I base the following analysis (a) on a familiarity with the modern efficiency plans now being used by the most successful corporations; (b) on a general survey of therapeutic fields extending through a period of fifteen years; (c) on a recent special study of representative Nature Cure institutions acknowledged to be the leaders in America. The analysis applies to any sanitarium, school, or private practice in the domain of drugless healing. To obtain personally the information that I shall try to give, the reader would have to stop his work for at least a year, devote his whole time to research and experiment, and spend at least \$1,000 for instruction and equipment, besides losing his own regular income. Therefore, I hope you may deem the suggestions worthy of your thoughtful consideration.

The Nature Cure is not merely a profession of healing.

It is a *department store of health*, combining at least fifteen sections, all related but each distinct, and each for its highest usefulness to be conducted by a corps of trained workers under a managing expert. The wonderful success of great stores like Wanamaker's or Woolworth's lies in the fact that each department is organized as a separate institution, and is made to pay for itself or is discontinued. To every Nature Cure establishment, this principle applies; and because it has never been adopted or even recognized, a true standard for estimating costs, labors and results is virtually unknown to the general practitioner.

You can easily verify this by asking a naturopath or a metaphysician what it costs to secure a new patient; how much he loses a year in the interest on payments deferred and the capital on fees never met; which forms of advertising pay, which do not, and the reasons for the difference in results; how much work his stenographer and other helpers should turn out each day; what number of possible students or clients live in the territory covered by his range of practice, and what proportion of these he is getting; where he is losing time, energy or money by needlessly indulging in his bad personal habits and eccentricities. Put questions like these to the average drugless healer, note the blank look on his face, then realize how far he is from being an efficient man.

A leader in the *business* world must base any permanent success on such figures, in black and white, carried to the last penny. These, the practitioner should know, but he doesn't.

The fifteen requisite departments in the ideal Nature Cure establishment are as follows:

- | | |
|--------------------|---------------------------|
| 1. Organization | 8. Social Service |
| 2. Standardization | 9. Therapeutics |
| 3. Demonstration | 10. Education |
| 4. Publicity | 11. Co-operation |
| 5. Advertisement | 12. Philanthropy |
| 6. Correspondence | 13. Scientific Management |
| 7. Salesmanship | 14. Law and Ethics |
| 15. Finance | |

Not more than five or six of these departments will be found, satisfactorily covered, in the scope of the average school, sanitarium, or individual practice. They must all be found, in every one of our health institutions, before we can justly claim "Efficiency in Drugless Healing."

If through these chapters I can succeed in pointing out the possibility, desirability and necessity of making the work of every hygienic leader from two to five times as effective and productive as it now is, I shall feel that the many years of study, toil and hardship that I have undergone by way of preparation, are at last sufficiently rewarded.

CHAPTER II

OPPORTUNITIES IN THE NATURE CURE



Books are about the last thing in the world for a human being to study. Books are valuable to the student only when things more valuable are studied first.

Neither Nature, man nor God may be known through books. And the first three studies for any human being are Nature, man and God. To be healthy you must know Nature, to be successful you must know man, to be happy you must know God, and to be useful you must know all three.

A young man should hesitate a long time before deciding on a professional career, such as law, medicine, art, music, or education. The reason for this attitude of doubt lies not in the career, but in the stupid, theoretical and inadequate preparation for the career that American civilization offers. If a boy goes to a business college or enters a business office, he may reasonably expect in due time to become a business man; but if he goes to a school of medicine, theology, music or art, there is no possible way of determining what he will end up as.

The only certain thing about the young professional man is that he should be taught how to fast indefinitely. He will need this knowledge. But, alas, he will find it was not included in his diploma. I never have the heart to preach fasting to a senior in college. No, say I, let the poor fellow eat while he can.

Judged by efficiency tests, from one to three years in the average college or seminary course is largely wasted. But, on the other hand, judged by character and culture tests, proportionately as much time in a business or factory training is lost to the young man or woman. And real preparation for life must include efficiency, character and culture, produced together.

The aim of both education and employment should be *opportunity*. No school, and no business, should open its doors to a young man or woman without having a straight course mapped out, whereby the ap-

plicant may be ensured promotion, advancement, and the highest rewards commensurate with his talents, efforts and ambitions. No such provision has been made. Probably two-thirds of the students in American colleges reach their senior year without knowing what they will do in life or how they will do it.

Even a larger proportion of the young men and women occupied in the trades and industries lack a definite goal of achievement, and the knowledge of how to attain it. Practicality in education, ideality in employment, both leading to opportunity for the young—these problems are two of the greatest in the whole wide world to-day.

Here, in passing, I would offer a suggestion. Why should not the science of health as taught in the Nature Cure be studied by every pupil at an American college, academy, or high school? Must we gain all our converts from the ranks of broken-down invalids, who have no time, strength, money, hope, enthusiasm, to give to the cause? Would it not be possible to prepare a text-book or series of text-books, adapted to the requirements of universities and secondary schools, then by political and personal influence obtain the endorsement of school officials and the adoption of these texts as a part of the regular course leading to the bachelor's degree? If a noted writer or teacher prepared the texts on the basis of material furnished by Doctor Lust and other leading naturists, and if the right organized effort were made among educators, I believe that ultimately the knowledge of Naturism would occupy its rightful place in the educational system of America.

The value of a study is measured by the number and kind of opportunities leading from it. The recognition of this principle is fast gaining credence in our scholastic institutions.

When I was a boy, one of the marks of extreme elegance and erudition was the fact of knowing a lot of dead languages. To speak Sanskrit was to look like Solomon. It was held that no man could be truly pious unless he could with speed and joy dig Sanskrit roots from the Scriptures. Now, happily, the truth is being learned; that the root of a dead language is like the root of a dead tooth—good for exhibition purposes only. And to a real man, exhibition is inhibition. Even for a prospective clergyman, a year of social service in college is worth five years of Sanskrit.

On the other hand, the engineering classes in our great universities have doubled and trebled in a single generation. I can remember when a youth who studied to be an engineer was considered lacking in ambition or intellectuality. Hardly, hardly. A man up in Schenectady is said to be making \$100,000 a year as an electrical engineer, and another in

New York has a yearly income of more than \$200,000 from his profession of mining engineer. Who would not be an engineer with such opportunities ahead?

There are more opportunities for an ambitious man or woman in the study of Naturism than in any other with which I am familiar. These may not appear on the surface. I would therefore, as one who has derived untold benefit from Nature Cure, point out the advantages of knowing its principle and practice.

No young person is ready for life until he has learned his relation to Nature, his relief from Nature, his resource in Nature. All failure, sickness, poverty, misery, worry, vice and crime is but a transgression of natural law, a violation of natural instinct, a repression or diversion of natural talent. When we learn, live and do only what is natural, we are bound to achieve health, vigor, hope, courage, character, poise, efficiency, growth, usefulness, happiness.

There are at least seven kinds of opportunity afforded by study of the Nature Cure, with its various branches, connections and affiliations. There is vocational opportunity, cultural opportunity, social opportunity, financial opportunity, fraternal opportunity, individual opportunity, inspirational opportunity. Each kind of opportunity merits a little discussion by itself.

1. Vocational Opportunity

A peculiar characteristic of the Nature Cure lies in the breadth and variety of its applications. When you have mastered the subject, you can take your choice of a score of professions or occupations, each of which demands a working knowledge of Naturism for its largest and finest development.

You may become a physician, healer, companion, attendant or nurse, a gymnasium instructor, a vocational advisor, a teacher of domestic science, a playground director, a dietetic counsel, a lecturer on health and kindred themes, a social service worker, a traveling salesman for hygienic goods, a manufacturer of special clothing, foods or appliances, a baker, grocer or restaurant proprietor, a leader in efficiency promotion, a writer or a publisher of books and magazines on hygienic and psychological themes; or an influential person in a choice of many other fields of labor.

Indeed, there is hardly a sphere of humanitarian service that would not be expanded and improved by the application of Nature Cure ideas and methods. If you are just beginning your life work, or if you know

any one whose career is not yet fixed, a thoughtful consideration of the value of Nature Cure study will repay you or your friend to an unusual degree. Preparation is the door to promotion. And as a preparation for any kind of life, or position in it, a knowledge of Nature stands first.

2. Cultural Opportunity

Many leading thinkers of this country have uttered strong protest in the matter of industrial education. These men declare that the shop studies, vocational courses and trade schools now so prevalent have a tendency to blind a youth toward the real goal of life, which is something more than making a living, and to cripple and dwarf the finer traits, sympathies and sensibilities. There is ground for this protest. Many of the old-fashioned ideas of culture and ideals of character, which made our ancestors clean, strong and true, are being swept away in the rush, roar and dust of our machine-made environment. The American of to-day needs poise more than power. And every youth should be cautioned against the prevailing psychic malady of commercialism.

The Nature Cure supplies here an automatic safeguard. The very qualities and perceptions that make a man succeed professionally in drugless healing are apt to make him succeed personally as well. He must have intuition, accuracy, breadth of judgment, a high sense of honor; tact, gentleness, dignity, fidelity, courtesy, faith, sympathy, force, conviction. He must build his own character into his clientèle. The avenues for self-culture in the naturist field are from three to ten times as numerous as in the ordinary old-style trade or profession. This phase proves attractive to anybody who likes to keep in touch with modern developments of human research and progress.

3. Social Opportunity

The advantage of knowing all classes of people, rich and poor, high and low, learned and unlearned, good and otherwise, anything and the opposite, belongs to the drugless physician. The people who think and read and act for themselves naturally gravitate to him. Succeeding where other doctors fail, he commands respect, honor, gratitude, fealty, friendship. By means of the close relations thus induced, he may wield an influence second to none in the community, and may serve his own advancement while benefiting others.

Moreover, the rapid extension of the drugless movement in America has created new centers of hygienic thought in every State and almost

every city of the Union. Meetings, conventions, banquets, visitations, lectures, and other gatherings almost without number, offer special and continual means for the Nature Cure leader to form new acquaintances, learn new methods, absorb new ideas, achieve new successes.

4. Financial Opportunity

This, I fear me, is what you have been waiting for. So be it—the first duty of a job is to pay well for work well done. I will give you a few examples from my own personal observation, as to the many rewards in the Nature Cure, using the term in its broadest significance. I shall quote figures that have been told me in confidence by friends of the persons cited, or by the persons themselves.

The proprietors of a health magazine and book business have cleared, net, an average of \$500 a month. The graduate of a Naturopathic school founded a sanitarium and mail course from which he earned \$5000 the first year. A teacher of New Thought cleared about \$5000 the year she settled in New York—probably the hardest location for such teaching of any large city in the United States. An Osteopath here has taken in as much as \$1600 during one month. A Chiropractor is worth \$200,000 and he made most of it from spinal adjustments. A Mental Scientist built a city from the proceeds of books, courses and treatments. And a Christian Scientist amassed a fortune of more than \$2,000,000, principally from royalties on books, articles, and systems of treatment and instruction.

These cases are unusual. It is probable that a majority of those engaged in health reform do not make much more than a good living. But there is evidence to show that a man with very meager education and influence can settle in a poor country district, after qualifying as a drugless physician, and inside of a year be earning \$50 to \$60 per week. This is more than twice the average income of a teacher, preacher, or drug doctor in the United States.

If you have the genius of organization, the attractions of this work will appeal to you with irresistible force, because of the many ways in which you can capitalize your experience. With a complete Nature Cure knowledge and training, you could start a publishing business, a mail course of instruction, a lecture bureau, a manufacturing company, a chain of restaurants, and a few other kinds of business, all at once. We do not advise you to do this, and so monopolize the entire health business of the world, as other hygienic leaders have a right to live. But the chance is here, waiting for a J. P. Morgan of health promotion.

5. Fraternal Opportunity

The ultimate question for a sane person to ask about his work and life is this: How can I do the most possible good in the world? Regarding all men as our brothers, which we must do when we have reached a plane of moral intelligence, we are constrained to put fraternity ahead of opportunity. The crown of opportunity is fraternity. There comes a time in the growth of every individual, when the one supreme and overwhelming desire is to serve—nothing else really satisfies. The part of wisdom is to look ahead, anticipate this goal of evolution, and prepare for a life work that presents a great field for service.

Measured thus, few choices of life work even approach that of the Nature Cure. In probably no other branch of classified human endeavor may the physical, mental, moral, and spiritual welfare of the individual be so fairly covered and so fully served. You may heal his body, waken his mind, sharpen his sensibility, strengthen his will, lengthen his usefulness, conserve his finances, improve his efficiency and increase his happiness, all at the same time. Is there anywhere a finer, broader, altruistic field?

6. Individual Opportunity

Life is but a long search to find who and what we are. Few mortals ever make this discovery, and until we do make it we are not much ahead of the beasts of the wild. I have talked with college professors whose knowledge of their personal origin and destiny was vague and dim and useless as a child's. Nothing so establishes a man as conscious identification with his Divine Source. The religion of most of the churches of to-day proves unequal to this responsibility, and even the best of the churches fails to appease the *intellect* in a full-orbed quest for truth.

By demolishing the drug superstition and other harmful dogmas and delusions, the Nature Cure tends to make its practitioners open-minded in all respects. And by offering connections with various churches, schools and systems devoted to esoteric thought, the service of Naturism to its follower extends much further, enabling him to see far back through antiquity, and far on through posterity, thus relating himself clearly to his own past and his own future, and governing destiny more swiftly and powerfully than would otherwise be possible. Moreover, the habit of studying, comparing, using, developing and guiding one's natural instincts, desires and aspirations leads to the opening of a new realm of talent, power, and resource.

7. Inspirational Opportunity

The direct way to God lies through the paths of Nature. For the natural, at its height and fulfilment, becomes the supernatural. Miracles are but natural phenomena raised to their highest potential. And the world's messiahs have been redeemers just to the extent of living, teaching and trusting the natural life.

It is not strange that Sebastian Kneipp was a minister, Adolph Just a teacher, and many another pioneer in health advancement a public servant with a message to deliver. The voices of Nature, of the birds and winds and flowers and seas and stars, woo a man up to God as well as back to earth. When civilization has approached its zenith, commerce will be but the every-day road to communion, communion with one's fellows, one's self, and one's God. In the realm of Naturism, already this ideal may be largely accomplished, and our work thereby merge into worship, our labor into love, our duty into destiny, our goal into God.

* * *

If now, being interested in the Nature Cure, we desire to learn more of its advantages, and investigate its opportunities, how shall we proceed? There are five principal ways of approach, any or all of which we may follow.

1. We may obtain lists of Nature Cure books from the leading publishers, make our selection, buy or rent the most appealing, and devote our spare time for the next few months to a personal study of the subject. Perhaps it may be urged that the writer does not believe in books, according to statements on preceding pages. Not so—the writer does not believe in bookish books, academic books, theoretical books, dry, dismal and useless books. The best Nature Cure books are as live and healthful and joyful as Nature in the Springtime; and as we have been led away from Nature by sickly books, so must we be guided back to Nature by wholesome books.

2. We may read two or three health magazines regularly, and profit by their valuable suggestions. There are now in this country at least a dozen hygienic and psychological magazines worthy of serious attention. To be well informed, every man or woman who can read English ought to know what these magazines are, and how each is superior along certain advanced lines. Many publishers offer clubbing rates, whereby three of the magazines may be had for little more than the price of two. And by interesting friends in the formation of a little library or reading circle, we may have access to a number of periodicals by actually paying less than the price of one.

3. We may join the national or local society, club or association of health practitioners and students which seems most available and attractive. The meetings of these organizations, their personal acquaintances and connections, their special facilities for keeping in touch with the newest and best ideas and methods, offer peculiar advantages not equalled by whole libraries of books and magazines. The annual dues are small, the obligations few and easy. A list of these organizations may be had from almost any leading publisher, physician, or health resort occupied with drugless means of cure.

4. We may subscribe for a mail course of instruction, first going over the entire field of mail courses, systems, schools, and treatments, and selecting the one most likely to give us a thorough understanding of Nature Cure principles. No less than twenty colleges, some real and some alleged, now provide instruction by correspondence of undoubted value to both practitioners and laymen. While it is my opinion that no mail course will ever wholly qualify the student to become a physician, there are a number of such courses that would form an excellent preparation for a residence period of study. And the knowledge thus to be obtained should be in the possession of every teacher, minister, doctor, housekeeper, lawmaker and business man throughout the country, for personal and professional use every day in the year.

5. We may visit a Nature Cure institution, either becoming a patient or guest of a sanitarium for a few weeks or months, or enrolling in a school for a term of special instruction, looking to final employment of our knowledge in a professional capacity. When the colleges of America have banished theory and put efficiency in its place, nothing but a six months' resident course of study at a naturist resort will suffice to give the prospective graduates a workable knowledge of health. We look for the time when such a health course will be required, as algebra, history, and physics are now required. Each family should delegate a member to pursue such a line of education and demonstration as almost any good Nature Cure college or sanitarium would be glad to arrange. In respect to economy, efficiency, longevity, productivity, of the whole family, such a course of training wisely followed should pay for itself three times over.

May I here mention a few examples of the power of the Nature Cure to bring transformation of human lives? These instances, a few out of many, have come under my personal observation. I can vouch for their truthfulness.

A chronic semi-invalid from a Western State heard about a Nature Cure institute in New York. He came for treatment, as a last resort, all

other available methods having been tried and found wanting. He had no faith at all, he was just gambling his life on a last throw. In six months, the man was physically and mentally made over. He went back home as joyful as he was direful when he came. Forthwith he started to convert his whole family; and in the next few years, he saved them literally thousands of doctors' and surgeons' bills that would have been regarded as inevitable prior to the journey of our friend hither.

A business man, with a small enterprise and a very limited sphere of usefulness, broke down physically and mentally when he was approaching middle life. He made a scientific study of a particular branch of the Nature Cure, saw its commercial possibilities, trained himself in spare time to be an expert, threw his old business connections, experiences and assets to the winds, launched himself on a new, novel and untried career, with not much but courage to live on.

This man told me not long since that he was spending \$1200 a month in magazine advertising alone. As the advertising appropriation of a business hardly ever exceeds 10 per cent of the gross income, you can figure what this health pioneer must be doing in the way of financial success. The Nature Cure has helped him to rise from disease, obscurity and mediocrity to health, fame and usefulness.

A housewife and mother, ailing for half a lifetime and burdened with uncongenial cares, duties and responsibilities, came under the influence of drugless teachings when on the verge of a hospital ordeal, which threatened her life. She saw the wisdom of the Nature Cure, put her faith in it, found relief, studied the various principles and philosophies underlying and surrounding it, then changed her mode of life in many respects. This woman is now doing the work and meeting the responsibilities of two ordinary women, and cheerfully withal. She has bravely surmounted financial reverses, domestic troubles, and the death of those dearest to her. Naturism put her on the road to self-control.

A young college graduate, leader of his class, went to pieces from overwork. He was a wreck—nerves, muscles, digestion, money, hope, ambition, gone. The trouble was not alone physical. He had begun to think for himself, and to break away from dogmas, traditions, superstitions, conventions, all the mental ruts and catacombs of the race. Body death usually accompanies soul birth, and the physical disintegration of this young man, but marked his spiritual awakening. Of course, the medical doctors were baffled, they could not even diagnose the lad's illness. When he was on the point of despair, some Nature Cure literature fell into his hands. He caught a glimmer of light and followed it. Mastering first the truths of hygiene, therapeutics and psychology, he

went into social service work. To-day he has a regular following of more than 100,000 people, is in great demand for consultations and lectures, holds some of the largest corporations for clients, and earns a month's average salary in a day. He found his work through the Nature Cure.

A young immigrant landed on our shores, without friends, fortune, influence, or even a command of our language. He was a clerk in a business that held out no future to him, and he was a raw, ungainly and unprepossessing clerk at that. Moreover, he was sickly and people made fun of him, you would have said that \$25 a week was the most he could ever earn, and that he would never be heard of outside his own town. He stumbled into the Nature Cure, gained health by means of it, resolved to carve a career in its domain. He borrowed a little capital, though the lender frankly admitted the loan was as good as a gift—what could a rash, green, foreigner do in a business where some of the oldest, shrewdest thinkers of America would be his competitors? The unexpected, the impossible, happened. Our immigrant friend, with his few dollars and his million dollars' worth of grit, has built up a business of at least \$50,000 a year; owns property worth more than that; is a social, educational and political power with hardly a rival in his own sphere. The Nature Cure showed him a path to success, and the way to climb it.

Learning, loving and doing together make achieving. Whoever has a real man's ambition, with enough heart and brain to work it out, will find that learning, loving and doing are finely and supremely blended in the Nature Cure.

CHAPTER III

THE START FOR SUCCESS



The way to get a thing is to stop wishing for it. The people who only wish for things are lazy beyond redeem. Rule for success: Want something so hard you'll break your neck going after it. Then, even if you don't get it, you will be satisfied; for, having broken your neck, you won't need it any more. Be a crusader of some kind—any kind—if you really want to *live*. Most people, being made of mush, deserve to sizzle.

I am going to tell you, hygienic neighbor, how to ensure a real happiness for yourself by *earning* it. And there is no other way to get it. Believe me, any man or woman who carries out a fraction of the plan suggested in the forthcoming chapters, will have to be an angel in wisdom, strength, goodness. And are not angels happy?

Few practitioners of drugless methods are ever downright happy. Their whole career is one long fight. Their toil, devotion, courage, faith, sacrifice, deserve the richest rewards that life can bestow. Yet some are languishing in prison, others have been martyred, others are facing daily persecution, all for the sake of principle.

We can have a great new cycle of triumph. But we've got to change some of our methods. They have been methods of failure. And it will take all the resolution we can muster, plus a deal of humility and grace, to look the situation in the eye.

When you probe for a bullet, you can't stop to ask the patient if he likes the feel of your knife. We have all been grievously wounded by the missiles of the Medical Trust. In these treatises I am probing for bullets—searching out the sore spots and weak spots—trying to save our life by opening up the wounds. We all need a mental surgeon, to show us our vulnerable spot. And even though it is a thankless job, I am here to carry it through.

When a great army finds itself on the wrong track, what does it do? Takes to cover. Then, having reconnoitred, provisioned itself and

shaped its course anew, it plows ahead with the dauntless force of supreme faith. In a thousand-and-one ways, more or less, we have been on the wrong track. The airship has become the international scout in war; so I am hoping that this volume may form a kind of mental airship, from which we may gain a clearer view of the opposing camp, and of our own strategic position.

Our first great need is to unite all the forces of drugless therapeutics under a single banner, with a single purpose, on a single method. How can this be done?

Let us examine the situation. We have, I should judge, at least 100 different schools and systems of health in America, all condemning the use of drugs. These various methods run the gamut of psychology and physiology, from Christian Science to massage. Each has some truth, none has all truth. Each is a logical branch or department of a great central system, uniting and co-ordinating them all. Doctor B. Lust calls this central system Naturopathy—you may call it anything you please, if you only recognize the basic truth of it.

Now let me give you a scientific reason why the various bills before legislatures, arguing for the license of drugless healers, have not been passed. Of course the apparent reason is the opposition of the medical fraternity; but the *real* reason is something very different. Let us take for example the Christian Science bill and the Mechano-Therapy bill, recently proposed at Albany. Neither of these bills, in my opinion, ever should be passed by any State legislature. If they were passed, without revision and a central supervision, they would be a menace to health and liberty—as constant a menace as the drug-laden laws of the past have become!

In the light of logic and jurisprudence, there is no more reason to license a healer who gives manipulations or suggestions than to license a doctor who gives drugs. The only test for both is efficiency: What does each *know*, what can each *do*? Some day—some day far off—when we are beginning to be civilized, we will pass a law like this: Every candidate for a doctor's degree and license shall be required to diagnose, treat and cure a certain number of cases of disease, both chronic and acute, and sufficiently diverse to cover the points in the average daily practice; he shall gain a certain percentage of successful cures, and shall submit references to corroborate the cures, before a license may be granted him to practice indiscriminately.

We will have, in short, a doctor's apprentice school, as we now have a barber's apprentice school. Why should a doctor be allowed to kill under State license—when a barber is not allowed to cut your

chin? The doctor's apprentice school will grant diplomas irrespective of drug or anti-drug theories of its students. The question will be simply: "Can you cure this disease—quickly, safely, permanently? If so, you may hang out your shingle. If not, the shingle will be applied to that portion of your anatomy where bad boys have learned to look for it." When I get to be President of the United States, I shall introduce a law creating an official spanking-machine for unsuccessful doctors. When they have buried five patients, they shall be gorgeously dressed in high-hat and broad-cloth, then conducted by automobile and a brass band to the town spanking-machine, and be gently labored with, in full view of the assembled populace. This measure, while somewhat lacking in dignity, would be redolent of honesty.

Pardon the digression; when I start to think of the doctor-business, my risibles run off with me.

Let us return to the Mechano-Therapy and Christian Science bills before the legislature. By no means would I charge the lawmakers of our State with trying to be public benefactors;—manifestly they are not guilty. But I do thank them for preventing the passage of any measure to hurt our cause in the end—no matter if their veto is a signature of shame. For without question, the legalizing of any single branch of the Nature Cure would re-act badly on the whole movement.

Please remember that Doctor Lust is not responsible for my opinions—in fact he often disagrees with them. But we both are seeking truth, just as you are. And all sides must be heard.

A confusion of thought is the beginning of all our troubles. Let us see how. If you have a chronic ailment, such as liver trouble or asthma, you go to a Christian Scientist, and are given a certain diagnosis and treatment. Next day you consult a Mechano-Therapist, and for the same disease you get a wholly different diagnosis and treatment. Which is right? Both cannot be right. Which *is* right?

We accuse the doctors of "guess-work." We are guilty of it ourselves. They guess with drugs, we guess without drugs. That is the only difference between us.

Each of the hundred branches of drugless healing in America wants to be legalized—and no one deserves to be. We have all got the cart before the horse, we have put license ahead of merit. Authority is the echo of capacity; and if God Almighty wanted us to practice without restraint, He would enact a Pentecost or a Sinai, and force our law through, in spite of ten thousand bribed and chained legislators.

The question for us to answer is this: Does Christian Science, or New Thought, or Massage, or Diet, or Hydropathy, *cure*? I have known cases where every single form of natural treatment failed to cure, despite the allegations and promises of all the different healers. And I have known of the most absurd claims by fanatical zealots; that even a child, not half-witted, would smile at.

An Osteopath offered to cure by a few turns of the hand a case of extreme nervous exhaustion due to long years of anxiety, over-work and underfeeding. A Chiropractor wanted to take a man from the operating-table when gangrene from appendicitis had set in; the Chiropractor was sure he could waft the gangrene away, by a set of magical passes. An eloquent masseur guaranteed to grow hair on a bald head, when the roots had all come out. And a bejewelled high-priestess of metaphysical rot said she could think a lady's hump-backed nose into becoming a work of art. With such fakers in our midst, unmolested and unrebuked, how can we hope for a State license to do anything worth while? Some doctors are charlatans—and we are all chumps. The variation isn't much to crow over.

Doubtless you have seen what befell among the Osteopaths. Ten years ago they were with us heart and soul in our fight against medical tyranny. Now they have largely withdrawn the hand of fellowship, choosing instead the hand of finance. The Osteopaths are today almost as much a close corporation as the allopaths—a bit of legal standing has made them highly bumptious and domineering. And the Mechanotherapist or Mental Scientist or Dietist or Physcultopathist would behave just as foolishly under a similar premature State license. It is just as ridiculous to legalize any of them as it would be to elect a college professor from a class of boys who had just learned the alphabet. Not one of them knows enough to be given a doctor's license.

Here somebody stands up in meeting and shouts angrily, wanting to know since when have I become a traitor to the cause. Be calm, neighbor, and remember that truth is never reached by a man in a temper. I have never been so real a friend of Nature Cure and Mind Cure as I am at this moment; but instead of shooting a volley of words all over creation and hitting nothing—as the majority of drugless healers do—I have learned to train a battery of *deeds* on the walls of my ambition, which walls are crumbling and I am entering the breast-works. The trouble with the anti-drug forces is, they use their mouths too much and their brains too little. Valuable suggestion to reformers: A holler is a poor substitute for a headpiece.

Our whole fight has been conducted on wrong lines. This I expect to prove to any fair-minded man, before I get through with this series

of suggestions. Meanwhile be patient—we must start from the beginning. If I said now what I shall finally say, you might fall in such a rage you would get the blind staggers, which would interfere with your sight, and all my effort would be wasted. That would not be efficiency, now would it?

The great obstacle to the advancement of the Nature Cure in America is well shown by a recent conversation with a health reformer in a prominent position among the foes of medicine. The substance of his remarks went thusly: "I approve the work you are doing, to wake us all up, and am in hearty sympathy with the aims of Naturopathy. But I cannot join a movement that allows such fellows as Doctor Jones and Healer Smith to have a place in it. Doctor Jones is merely a bone-setter, and Healer Smith is a crazy believer in the occult. My system of original manipulations is the only scientific mode of treatment, therefore you must bar Doctor Jones and Healer Smith from the practice of Naturopathy, or ask no support from me."

Having heard the opinion of this gentleman, whom we will call Professor Brown, I went to Doctor Jones for advice in the matter. Doctor Jones agreed with Professor Brown regarding the merits of Naturopathy, but said Professor Brown ran a fake school and should not be encouraged in his vileness. Being somewhat bewildered, I bethought me to get from Healer Smith a really unprejudiced view of the controversy. Healer Smith said Naturopathy was all right, but why for goodness' sake did we associate with such a liar as Professor Brown and such a quack as Doctor Jones?

I ask you, speaking from the heart out, what can we do with such a gang of goops? This is our real problem.

There are just two fundamental principles on which we can unite with all the practitioners, patrons and friends of rational healing methods. Neither of these principles regards the merits of any one system as compared with any other; and only by taking and enforcing such a neutral position can we ever join hands. The two basic principles are these:

1. Every grown, sane citizen has a right to choose his own doctor.
2. Drugs are always injurious, often dangerous, and never to be used when a natural means will effect a cure.

The Mechano-Therapist and the Christian Scientist heartily agree on these two propositions. Then why do they not take their stand on this common ground, to wage a holy war against the drug and knife? Suppose the right wing of the German army had said, "We will use

only bullets"; and the left wing had said, "We will use only swords"; and the main host had said, "We will use only prayers";—how long would the German army have lasted? Union, concentration, perfect knowledge of a central system, training in a central school, obedience to a central authority, made the German army equal to France, England and Russia put together. For the Christian Scientist or the Mechano-Therapist to strike out alone is as fatal as it would be for a single regiment to challenge a whole army of enemies; and with absurd ease have the allies of the doctors, druggists and undertakers killed off these single movements, one after another.

By a conservative estimate, hundreds of thousands of dollars would have been saved through a scientific union of all drugless practitioners. For example, I know a great hygienic pioneer who has lost \$10,000 because of persecution by the Medical Trust. After years of suffering—mental, financial and social—he has worked out a system of blocking the medical sleuths and spies, avoiding arrest and escaping unjust fines. This original system of parrying the sneaks has been worth at least \$1,000 a year to the man who works it. Suppose now that he were a member of a national association reaching every drugless doctor in America; and that he could mail the particulars of his secret method to each member of the association;—what a godsend this would be, how much energy, money and anxiety it would save to all the health reformers!

Today, every man who tries to help his fellows on and up to freedom goes through martyrdom, because he must make his own mistakes, with no means of learning from the mistakes of his predecessors. Tomorrow, a central clearing-house will have been established, where daily reports of progress from all over the United States will be received, filed, culled, copied and distributed; and where every healer in search of help or advice may be sure of commanding the support that he needs.

This great union to come will be so broad, shrewd and sympathetic that the psychic and the masseur—wonder of wonders—will lock arms and call each other good fellows; and that the Osteopath, when the Christian Scientist is wrongly treated, will rise up in a huge wrath, to smite the invader of his hygienic household.

The union will forbid all criticism and condemnation of physicians, whether drugfull or drugless; and will impose a fine on the member who speaks or writes in opposition to the rule.

It will occupy itself entirely with constructive work, wasting no time nor strength in the folly of battle. Having secured thousands of

attested cases of cure by drugless means, it will base its appeal on facts alone—a kind of argument that is unanswerable, but that has never yet been used in our struggle for sanction by the law.

It will compile a directory of all healers, teachers, publishers and manufacturers throughout America; and will adopt a system of credentials, based on a high standard of qualifications, whereby the many brands of quack and ignoramus in our fold may be separated from the few leaders that are capable and worthy.

It will spend its force not on militarism against the old-style doctors, but on the arrest, prosecution and eviction of the hundreds of so-called drugless healers who are a disgrace to our calling.

It will standardize the schools and health homes and sanatoria, as the Carnegie Foundation has already standardized hundreds of academic institutions; so that when a health system bears the seal of approval of the association, every possible client or student or customer may know he is safe in spending time and money here.

It will maintain a corps of attorneys, editors, financial advisers and efficiency engineers, for the benefit of all its members; and will supply any service needed at cost price, from writing a good form letter and printing an effective booklet, to raising money for a hospital or chartering a health university.

My dream of the great achievement of such a splendid union goes much further. But you have enough to think about. May I suggest that you write Doctor Lust the results of your thought? A mental union must precede an organic union, and a free discussion of these chapters will make for increased efficiency on all sides. Am I wrong? If so, how? Am I right? Then what are you going to *do* about it? My part in helping to make this endeavor one of triumph is to rouse thought and feeling on the points that seem most vital. Your part is to *act*, promptly and decisively, on the suggestion that most appeals to you.

The first logical move is to join the two or three national associations of hygienists and drugless physicians that contain possibilities of endless good. Will you not ask Doctor Lust for their names and addresses, write for their literature, and start to get in line for the mutual benefits of scientific organization?

CHAPTER IV

THE NEED OF ORGANIZATION

A drug is never a panacea—but a *word* may be. Get a big, true, inspiring thought in a man's mind, and you cannot tell what a power he may become. The great scientists, warriors, poets, inventors and messiahs of the world of men were all built up in this way.

Every system of government, philosophy and religion was based on a central thought and a central word. The word that made Egypt was *mystery*, the word that made China was *ancestry*, the word that made Japan was *poise*, the word that made Greece was *art*, the word that made India was *philosophy*, the word that made America was *freedom*.

And every man, consciously or unconsciously, moulds his life on the meaning of a word. You can read it in the face, the speech, the action, thought and emotion. The word *knowledge* made Darwin, the word *power* made Napoleon, the word *justice* made Lincoln, the word *love* made Christ.

There is a word, a single word, which when properly applied will cure most of the troubles—financial, social and moral—of the drugless physician. That word is

ORGANIZE!

Everywhere, in the drugless ranks, chaos prevails. There is no unification, no standardization, no co-operation. There is no loyalty, even. An osteopath will knife a chiropractor, metaphorically speaking (we have taken the knives of surgery from our treatment-rooms but we have yet to take the knives of jealousy and scorn from our hearts and minds). A dietist will call a mental scientist a fool—and a mental scientist will call a dietist a fleshy materialist. A kneippist will tell you that fasting is dangerous—and a fast-curist will tell you that Kneipp is out of date. A physical culture professor goes on the theory that muscles create health—and a psychic affirms that emotions make the

man. Among this choice array of partial lunatics, no two agree. Yet they all ask to be legalized on a basis of practice that was never defined, and they expect the general public to embrace the drugless code when they themselves do not know what the code is!

There is more stupidity among drugless healers than there is superstition among doctors. This, beloved brethren, is a strong statement—coming from one who knows doctors. I hope you will challenge it—hate it—refute it if you can.

Let me make another. Not the lethargy of the people, not the criminality of the laws, not the persecution of the Medical Trust, holds us back in our healing work; but the dissension, friction, scatterization among ourselves. It is a great mistake, in my opinion, ever to think of the doctor as your enemy;—but if you deem this a necessary evil, then why do you not present a united front to the foe?

If you were on a martial firing-line, you would close ranks or expect to have them broken and destroyed. You *are* on a mental, social, legal and moral firing-line. And your ranks, brave soldiers of Truth, are as full of gaps as a row of stalwart Swiss cheeses is full of holes. You must get together—or get smashed!

The American Medical Association is one of the most powerful corporations in the world. Only the man who has watched its inner workings has any conception of how far its influence reaches. It has not only organized, equipped and trained for battle the allopaths, homeopaths, eclectics, druggists and chemists, and other professional hangers-on; it has lined up as supporters, abettors and allies the press, the school, the home, the church, and the legislature. You can't get a therapeutic foothold anywhere unless the doctors let you in—or you throw them out. The only solution of the situation is for you to become strong enough to dictate terms of peace to the captains of the medical hosts. Organize, *organize*, ORGANIZE!

I said the doctors had impressed as their co-adjutors, the newspaper, the school, the home, the church, and the statehouse. A little reflection will signify the truth of the observation.

When a medical society meets, advance notices are mailed to the reporters, editors, and syndicate managers; excerpts of the leading addresses are enclosed; and complimentary inferences scattered broadcast. The publishers print the free advertising notices—they don't dare offend the social, financial and psychological status of the Medical Trust. Now suppose you mail an advance notice of a Naturopathic Association meeting to your city editor of the daily press; he wouldn't

print it if you promised him the announcement of a cure for death itself! There are a dozen leading daily newspapers in New York; out of that number only two, to my knowledge, have the courage even to print a signed letter from a subscriber, advocating drugless methods and criticizing the medical monopoly.

In our schools, physiology is taught as the doctors wish it taught. If children really learned how to eat and drink and bathe and sleep and work and think properly, the doctor-business would go bankrupt. In general, School Boards are hot-beds of superstition. You can't force a new idea into them with a crowbar. Nothing but a change in public opinion, which must be organized and re-organized, can get our children a chance to know the truth about themselves. We must, by the force and dignity of unity, acquire the prodigious influence of mental whiskers and a moral high silk-hat.

Suppose your neighbor's child falls ill, with typhoid or diphtheria or scarlet fever. Offer your services to the mother, try to reason with her, and advise her on the natural cure. She won't let you touch her child, she won't even listen to you—she must “ask the doctor” first. He may have buried ten children for her—no matter, he is still the doctor. Women worship titles. And until the law lets you write “Doctor” before your name, your name is nil to the average lady patient.

Even the church connives with the Medical Trust. Every honest-to-goodness church has an undertaker close by. His sign is mostly on the church wall, just as you enter. He is the trade-mark of the Medical Trust. Seven out of eight deaths are unnatural, therefore immoral. If the church were entirely a moral institution, the undertaker's sign would be banished, and the undertaker's calling be cast in disrepute.

But the legislature is the crowning tribute to the organizing skill of the doctors. Do you know that there is a regular price for the vote of legislators on therapeutic measures; and that when a bill comes before the house jeopardizing the medical monopoly the price is paid, the vote delivered, and the bill quashed? Do you know that professional lobbyists hang around the legislative chambers while the members are in session, and for a large fat fee of dishonor choke every possible endeavor to write medical freedom on the statute books? Do you know that Governors of States have actually vetoed anti-monopoly bills when a satchelful of currency was miraculously, anonymously, handed to them? Because naturopaths are financially and morally unable to pay the usual bribe, in short to out-bribe the doctors, their bills have mostly been defeated. How long are we going to stand for this?

Do you know what I should do, if I were a drugless healer? I should pick out a nice, fat, prosperous doctor and go to school to him. I should learn from him the rudiments of human wisdom, as I had learned from Nature the rudiments of human health. Above all, I should emulate the fine sense of professional honor that impels him to stand by his fellow-practitioners in the public view, and to utter no word of disparagement on a rival doctor. I never heard an allopath in good standing run down the skill or character of a homeopath—no matter what the allopath may have thought about the homeopath in private. Yet I have known scores of naturopaths to be guilty of such a breach of courtesy, wisdom and honor. A family, a school, an army, a profession, a religion, each and all demand the continual, uplifting and animating presence of an *esprit de corps*. We Naturists are a family—a school—an army—a profession—a religion. But we have yet to cultivate an *esprit de corps*.

How may this feeling of brotherhood for all natural practitioners be developed? Chiefly through war—a forced union in a common cause against a common foe. Providence directs the persecuting hand of the Medical Trust;—it shall slay itself, but give new life to its victims. Here in New York, for example, the birth of the American Naturopathic Association sprang from the martyrdom of its founders. Among them, they have spent years of unappreciated effort, thousands of dollars, even terms in jail, through the unfair persecution and relentless pursuit of the Medical Society. They have been *driven* to a combination for self-defense. And in every city and large town of the United States, we may look, and should prepare, for a similar battle.

The European war has accomplished a wonderful thing. It has made the Socialists of Germany forget their personal hatred of empire and join the communal struggle for the dear Fatherland; it has made the Suffragists and the Ulsterites of England lay aside their implements of ruin and rush to the fray that menaces Britannia; it has made even the "Apaches" of the slums of Paris cast off their slang and their slug, straighten their moral spine, and follow the flag of their beloved France with the honest eye of pure devotion. What leader can arise, great enough to reconcile the warring factions of the drugless healing forces, and unite, equip and inspire them for a common charge against the ignorance, prejudice, and greed of the army of medical monopolists?

We Americans pride ourselves on our progressiveness. But in the field of natural therapeutics we are so far behind Europe that we look like a snail in a race with a hare. A few facts are pertinent. As I consider Dr. Benedict Lust the best-informed man in America regarding

conditions abroad, I have asked him for a statement, and would here quote the figures he has given.

In 1848 the naturopaths of Germany, France, Denmark and Sweden first organized their forces in behalf of medical freedom and the separation of therapeutics and politics. The Berlin Society, the same year, established an institution in the country for the cure of consumption by open-air methods; and the world-wide growth of this treatment, now accepted by doctors themselves as the one specific regimen for tubercular affections, may be traced to the courage, wisdom and united action of the Berlin Society of Naturopaths sixty-eight years ago.

We think of Baden as the seat of a famous watering-place where wealthy Americans leave their gout and their money. But the start of the richness of Baden came when the naturists there adopted a resolution declaring medical, political and religious freedom. We need in this country men of gigantic faith and courage—men like Priessnitz, Frank Rausse, Hahn, Kuhne, Kneipp, Lahmann, Schroth and Rikli; who by the sheer force of their personality swung the masses of Europe into line with naturopathic principles.

The first naturopathic society of the world had 52 members. But these few in Berlin organized public lectures, clinics and demonstrations so fast and far that Dresden, Leipsic, Cologne, Hamburg, Düsseldorf and Vienna were soon represented in the “*Deutscher Bund für naturgemässe Heil- und Lebensweise*.” (To those unfamiliar with German we may say that these terrible-sounding words mean simply “German Naturopathic Society.”)

Branches were formed in every province of Germany and Austria, and the country was apportioned for campaigning into the Eastern, Western, Northern and Southern Federations of Drugless Physicians. Then France, England, Switzerland, even darkest Russia, sent representatives and organized locally. The movement grew to immense proportions, till there was no influential city or even hamlet in Germany without its naturopathic society.

Berlin alone has 22 local organizations devoted to natural healing and living. On a comparative basis of population and resources, New York City should have at least 100 such organizations. Where are they? Why are they not?

The huge membership of naturopathic societies abroad may be judged by the circulation of one official journal—“*Der Naturarzt*.” This approximates 1,000,000 copies a month. Over 200 magazines for the natural cure and life are published regularly in European centres

of influence. France has 18, Russia 45, Austria-Hungary 92. The Latin-Americas combined have more than 50. Even little Switzerland has 28. The glorious United States of America has a grand total of 9—and some of these are dying for lack of support.

We are so lamentably weak in the United States, not from lack of interest but from lack of unification. We have yet to learn the first principles of team-work in the Nature Cure. There are supposed to be 20,000,000 people in America who believe more or less in drugless methods. But of that vast number probably not more than 20,000 are now actively co-operating for such mutual and communal benefits as the European societies have gained for themselves and their neighbors. Is it not time to round up for action that 19,980,000 who are with us in spirit but not in fact?

This Dr. Benedict Lust and other leaders are aiming to do, by means of the American Naturopathic Association. I, for one, wish them God-speed. If my purse could only talk as voluminously as my pen, I would offer the A. N. A. a million-dollar endowment for schools, hospitals and clinics; and ask for no return but the pleasure of watching the Association become a national power for health, truth and liberty.

What might such an organization, properly supported and conducted, achieve in American annals of progress? Consider what the European associations have done.

They have established schools where the principles of hygiene, sanitation, diet and baths and exercise, the prevention of disease and its rational treatment, are wisely and impressively taught, for a nominal sum.

They have opened club-houses for men, women and children, where gymnasia, treatment-rooms, parks for sun and air baths, large meadows for barefoot walking à la Kneipp, and other health-giving features are provided.

They have united the advocates of temperance, of anti-vaccination and anti-vivisection, of moral prophylaxis and sex reform, of vegetarianism, of welfare work, of eugenics and child culture, and of many related uplift movements; by which union for concerted action the naturopathic associations have put through great legislative measures by the weight of numbers alone.

They have made it their first business to reach, influence and cure the political and financial *leaders* of their respective realms; and thus to gain the backing of statesmen, financiers, and persons of royal blood.

They have acquired such political power that they dictate their principles and policies to every candidate for office in the Reichstag and Diet—no man in Germany who hopes for political advancement dares to oppose the Nature Cure.

They have secured from legislatures ample protection, and official endorsement, for the practice of Naturopathy in every section of the country; and have gained the passage of bills authorizing the appropriation by cities of large sums of money for the endowment of local institutions—such as hospitals, clinics, sanitarium and schools.

They have so permeated the whole structure of German life that children are reared according to their precepts, magazines and newspapers organized for their cause, even schools and churches conducted for their honor and advancement. The naturopaths in Germany are more highly respected than the doctors are here; and social as well as financial standing is the just reward of their splendid work.

Whatever we think about the right and wrong of the European war, we must admire and respect the colossal bravery of the German race, in challenging the world to mortal combat. That bravery is largely due to the marvelous strength of body and brain implanted in the German youth by the naturopathic societies of the Fatherland. A science of health has been taught the German army. This much, at least, we can learn from their astounding efficiency in war—and then apply the methods to ourselves, as soldiers of peace, of progress and reform. The bigger the man, the bigger his battles. To gain the support of the leaders of this nation, all of whom need the increase of energy, optimism and endurance found through the Nature Cure, we have but to organize powerfully, campaign scientifically, and present our truths in acceptable form.

CHAPTER V

KNOWING YOUR JOB



Advice to advice-givers: Before you tell us what to do, tell us how to do it.

The world is full of well-meaning parents, policemen, philosophers and Sunday School teachers who enjoin upon us wisdom and goodness, without offering the slightest clue of how to attain these enviable altitudes. Result: we merely become dissatisfied, without the power to change conditions. It is better to show us how to drive a nail properly than to paint perfection for us and leave us motionless.

The advocate of the new healing methods who is convinced of the correctness of our fifteen-point analysis may put an efficiency scheme into operation in one of three ways:

First. He may personally secure expert counsel and trained supervisors for the carrying out of these suggestions in his practice or the various departments of his institution.

Second. He may delegate various employees to the study of the respective points, letting them choose their topics by their natural aptitudes, and offering rewards for practical suggestions that prove to be time-savers, money-savers, business-producers.

Third. He may help to form a league or union of drugless physicians in America, which league or union could regularly employ the finest experts in advertising, scientific management, law, finance, etc., and could furnish detailed instructions by these experts to members of the league at a negligible cost.

This third method seems by far the best. I should judge that in the United States there are at least 10,000 graduate practitioners of drugless methods, and probably 1,000 schools and sanitarium. A league uniting them all could, by charging only \$5 yearly dues from the individuals and \$10 from the institutions, approximate a yearly income of \$60,000. This would be sufficient to cover the salaries of the various experts, whose advice or instruction would then be available to members for perhaps the bare cost of postage and clerical work.

The second method is partially satisfactory, when your clerks are loyal and naturally bright. One of the girls in our office has learned to read proof and thus to save my time; another can write ordinary business letters without my dictation; another is gifted along advertising lines and here makes valuable suggestions; another, with a memory for names and faces that beats any filing system, acts as social secretary and greets the visitors. In short, by putting the talents of each employee to work, we have increased the efficiency of our office probably 30 per cent and have correspondingly taken the burden from the officials whose time is most valuable.

The objection to the first method is the cost. While the quickest and best results would follow the individual employment of experts in publicity, advertising, salesmanship, correspondence, etc., you would have to pay for a corps of such experts in the neighborhood of \$1,000 a week. Can you picture yourself in the Nature Cure business and having that much to spare every week?

The great obstacle, however, in the way of adoption of any efficiency plan is not the cost. Nor is it the time and work involved. It is the *natural conceit of reformers*. The grandeur of their egotism is an awe-inspiring sight. If I could only paint it properly, I could sell the picture for a huge sum to the cult of "Devil-worshippers," and retire from business. The beginning of commercial success is for a man to realize how much he doesn't know. Few drugless healers ever reach this point.

John Wanamaker says to his advertising manager: "I will give you \$15,000 a year to take charge of my announcements to the public. I know merchandising—I do not know advertising. Take my appropriation (a half million or a million) and do as you please with it so long as you get results." John Wanamaker knows how much he doesn't know; he pays and trusts other men to supply his lack.

Did you ever see the head of a drugless sanitarium who would pay a specialist to offer him advice, or would give an employee five cents to spend, without being anxious lest the money were wasted? No one man can ever run a business worth running. Yet the leader in hygienic reform demands that he be the whole thing, with everybody in his employ a nobody. Consequence: the business end goes to the dogs. And the employees don't care, not having enough responsibility and freedom to put them on their mettle.

A few examples of the stubbornness, obtuseness and conceit of the typical health reformer. As the chief aim of these chapters is to improve the finances of the drugless healer, I will confine the mention of horrible

examples to those who have lost money through their pigheadedness (a big headed man is always pigheaded).

A zealous hygienist with a lot of new ideas opened a sanitarium, and offered to cure any disease known to man, by a combination of non-medical systems. The writer visited the place, and observed the following interesting occurrences. A refined gentleman came all the way from California; was told that the house held no room for him; was herded in a tent with a boor of a fellow; was put on a fast against his will; and was charged full rates—being given no food and no decent bed. A lady so weak she could hardly stand was forced to take gymnastics three times a day, with husky athletes setting the pace. A fat butcher, loaded with impurities, was allowed to go nine days without a movement of the bowels and almost died;—the owner of the resort didn't believe in cathartics and considered the enema wickedly "unnatural." A run-down sport from New York arrived with a lady not his wife, their presence drove a band of good Christian people from the house, and the founder merely remarked that he was not in the business of regulating people's morals. At the opening, the place was crowded, receipts for a time averaging \$300 a day. Now the place is closed. The founder would not use common courtesy, common decency or common sense in his treatment of guests, and scorned suggestions from all employees looking toward improvement.

Another specialist in cure without medicine was spending \$500 a month in advertising a course of treatment. He got an average of but one client in twenty replies—not enough to pay the mere cost of advertising, and he summoned an efficiency man to locate the cause of the trouble. By the usual ratio of customers to inquirers, the specialist should have had 5 to 7 clients from every 20 replies to advertisements. But investigation showed that his booklet of information was neither attractive nor convincing, that his chief clerk didn't know the first principles of good letter-writing, and that most of his mail-order clients were handled by a mere boy, while the specialist was off doing something foreign to the healing of the sick. For less money than he was putting into the magazines on a single month's advertisements, he could have hired an advertising counsel to overhaul the place and prepare some winning letters and literature. But the specialist was an "individual," and refused to be told how to run his business. Many a man who calls himself an "individual" is merely an idiot, unconscious of the fact. This particular individual, through his blindness and conceit, lost probably \$20,000 a year; and scores of others do as badly, in a smaller way.

A promoter of a hygienic enterprise raised \$200,000 to float his company, but refused to surround and safeguard himself with expert

advisers and helpers. The demand for his products grew so fast that he could not guarantee delivery. He was a big-hearted man, with a firm belief in his mission to the world. So he shipped the goods on request, from Maine to California, express prepaid, and wrote the customers they could settle when the delivery department was in running order. It never was; the plant is shut down; a wonderful career of service now seems blighted; and many of the "free" customers have been first to misunderstand and condemn. This generous, foolish man trusted to the "Higher Law" to overrule his financial blunders, he was sure Providence would supply the capital needed if only he was good and kind. Providence is not in the business of supplying capital; Providence gives us brains, and if we don't use them we may expect to starve. This great health reformer and promoter, used to thinking in terms of millions, now sleeps in a down-and-out Bowery hotel and is thankful when he has 20 cents to pay for his dinner.

What is the lesson from such mistakes?

That in business method reformers are babies. The examples I have mentioned are not rare in drugless healing. They are common. I could fill a book with them. And the reason why we do not see more *big* failures is that the big *attempts* are few and far between. I am convinced that if the majority of healers and teachers had the nerve to embark on a huge enterprise, they would end in a huge collapse. Only the penny failures of their penny plans let them outwit public disgrace.

This is strong language and a hateful charge. Please remember that I have damned my own mistakes with greater force—force enough to make me spend fifteen years in learning wisdom at a cost of more hardship, toil, humiliation, suffering and bitterness than you would believe a man could endure, if I told you. For every word of criticism, I bear a wound.

Long years ago I had a sort of simple-minded notion that I was a great writer. Then one day an advertising expert came along, and befriended me by smashing the notion into pieces the size of a zero with the rim knocked off. This man was a personal acquaintance; moreover, he charged and got \$100 a day for his fee as advertising counsel; therefore I had to listen to him. He went over a sample of my advertisements of health reform. Then he calmly announced that the heading was wrong, the style was wrong, and the substance was wrong; he also intimated that I knew a lot of words, but had no idea what to do with them, and that if I would spend a few years in studying literature, advertising, salesmanship, psychology and human nature, I might be able to write a page of oratory that would sell a tooth-brush.

Talk about bitter pills to swallow! Of all the sixteen kinds of medicine that I used to pour into my system to please the doctors, this dose of the literary doctor was the quintessence of bitterness. I swallowed it, however, and I went forth and learned my job.

The real price of efficiency is not in books and courses and equipments, nor yet in high-salaried counsel and expert labor. It is in absolute surrender of personal pride, personal prejudice, personal peculiarity, personal ambition, personal gratification. Few will pay this price;—so the majority have not even a conception of their maximum of usefulness. If every drugless healer had a friend able and willing to tell him the truth about himself, bluntly and forcibly, such an education would be worth more than a library on "Efficiency in Drugless Healing."

Do you have trouble securing patients or students? You don't know your job.

Do you find it hard to collect your fees? You don't know your job.

Are the neighbors doubtful or antagonistic? You don't know your job.

Have rival doctors and institutions robbed you of clients? You don't know your job.

Is your work too much for your time and strength? You don't know your job.

Can the Medical Trust annoy you with persecution? You don't know your job.

Could you be tempted to waste energy in running down the old-school doctors? You don't know your job.

Would you claim to cure all forms of disease by your one system? You don't know your job.

Has it never occurred to you that other healing methods may surpass yours, and that your business is to understand them all? You don't know your job.

If you answer any of the foregoing questions in the affirmative, it is very clear to a trained student of psychology and business method that you don't know your job. Just how and why this is true, we have not space to discuss here. But a little frank and serious thought will, I feel sure, enable any practitioner of modern healing to trace the connection between the misfortunes and difficulties that beset him, and his own lack of knowledge or equipment that is a more fatal handicap than external opposition.

A chief ingredient of success is the habit of asking oneself in the face of a hurt, anxiety or failure: "What is wrong, or what is lacking, *in me*?" No man can be thoroughly efficient, as both a personal worker and a helper of the world, until he has formed this habit. When William G. McAdoo took up his work as Secretary of the Treasury of the United States, he was already the biggest man in his line that the country ever knew. How did he act? He modestly made request of the *clerks* in the Treasury Department for *their* ideas on the best way to proceed, for a maximum of economy and efficiency! The wielder of millions was willing to learn from the humblest wage-earner in his employ. He was shrewd enough to capitalize the experiences of others, and to avoid mistakes by going slowly till he knew his ground. The aim of these chapters is to furnish a similar advantage to the drugless healer, before whom lies a wilderness of unexplored territory.

CHAPTER VI

STANDARDIZING THE NATURE CURE

What is the Nature Cure? I don't know. Furthermore, I don't know anybody who does know. This fact, strange and unaccountable as it may seem, is easy of explanation, and in turn explains why the Nature Cure has not been legalized in America.

It is no disgrace, even for a drugless physician, not to know what the Nature Cure is. Few preachers know what Christianity is. Few teachers know what Education is. Yet they preach, and they teach, without molestation.

But they do not prescribe dangerous medicines, or give speculative treatments, they do not handle cases of life and death. The harm done by parsons and pedagogues through ignorance or prejudice, while considerable and unwarrantable, is of a mild, negative sort, without being immediately fatal. The harm done by ignorant physicians, whether old-school or new-school, is violent, crucial, deadly. Hence the refusal of the Government to legalize the practice of the Nature Cure, prematurely. We already have enough licensed killers, in the ranks of allopathy, homeopathy, pharmacy and surgery.

The great trouble with naturopaths is an excess of emotionalism—they lack the courage or ability to look at cold facts in a cool, impartial, judicially-minded manner. I say this with an unholy joy, remembering how many readers of my productions charged me, years ago, with being a mere poet. For a poet to be a poet is quite rational—however irrational the poet may seem; but for a doctor to be a poet is irrational, unscientific and unsafe. Most naturists need to take their brains out of cold storage, and to put their hearts in it.

An efficiency engineer is absolutely cold-blooded; thrills and throbs and sighs and sobs are nothing to him, facts are everything. I have been seeking facts; and to do so, have endeavored to place myself in the position of a State legislator, in the process of considering a bill to legalize Christian Science or Mechano-Therapy or Naturopathy. The job of simulation is a hard one—I wouldn't waste my life in a State

legislature for a barrel of money, and a bevy of railroads thrown in. But my present, unanimous opinion is that, if I were afflicted with a job in a law-factory, I would positively refuse to sanction all bills to heal by drugless methods which have been drafted thus far. And in addition, I would refuse to look at any such documents in future, unless the framers of them assured me that they contained a rudiment of common sense!

From a long acquaintance with Dr. Benedict Lust, I consider him one of the bravest men now living. Should he publish this chapter, I proclaim him the very bravest man now living. For in this chapter I am gently knocking out the underpinning of the whole Nature Cure propaganda as it now exists. Your tribute to the courage, honesty and sincerity of Doctor Lust might well take the form of complimentary subscriptions to his magazine, mailed at once for the benefit of your most valued clients or personal friends. In these days of policy and greed, the sight of an absolutely fearless man is a vision to enchant the gods.

I can prove my statement that nobody really knows what the Nature Cure is. For purposes of analysis and comparison, I recently obtained the descriptive matter issued by a dozen of the most prominent schools and sanatoria advertised in *The Herald of Health and Naturopath*, *Physical Culture*, *Health Culture*, *The Nautilus*, and other advanced publications. The aforesaid literature includes booklets, pamphlets, prospectuses, personal letters, form letters, and all other printed or typewritten matter, aiming to secure customers, patients or students. I now have this collection before me. It is a rare exhibit.

The doctors and professors all agree that Nature Cure is the only cure, but no two of them agree in defining the term and describing the system. To get on the trail of a clear definition, from studying these print-marks, would require the allied services of a Philadelphia lawyer, a pack of old Virginia blood-hounds, a crop of New York detectives, and a posse of Wild West citizens in pursuit of a horse-thief. I give it up, and sadly and wearily hand the problem over to you.

Prior to analyzing the choice bits of literature now in hand, I wish to state a few reasons for obtaining the first-hand statements of the recognized leaders in natural therapeutics. I have been sorely puzzled for years, on many points of doctrine. Here are a few questions I have asked, and never had answered.

1. What is the difference, logically and etiologically, between the herbal remedies of Kneipp and the purely vegetable medicines found in a drug-store? The druggist on the corner, with whom I have had many a friendly argument, says that cascara, belladonna, certain opiates, and in fact scores of the medicines he sells are of strictly vegetable origin.

He asks on what ground the Nature Cure apostles forbid the use of these, while prescribing tinctures, powders and teas? How can such a position be defended? And is it not true that some of the herbal extracts in the apothecary of the German Nature Cure have a more violent effect than many of the milder forms of mineral drugs? Are *any* internal remedies "natural"? If so, which and why?

2. What is a "natural" diet? Some animals are omnivorous, some herbivorous, some carnivorous. To which class do men belong? Birds and fishes have no meal-hours; should we therefore imitate the birds and fishes? Domestic animals, almost without exception, eat a regular breakfast, and vociferate loudly on being deprived or delayed in the matter. Does this invalidate the no-breakfast plan, followed with such good results by thousands of ambitious people, including the writer?

In the advertising pages of a popular magazine, a large and bold announcement of a certain school of diet affirms the everlasting injury of meat-eating; while, if you merely turn to another page, you read that brain-workers *must* eat meat, or become dyspeptic, morose, pimply and dull-minded. What in the name of all that is rational and honest can a layman think of reform diet? I know what he most likely thinks—but the answer is unprintable.

The publisher of this book believes in sane fasting, in thorough mastication, in wholly natural foods. The editor of another health movement, long and widely known, maintains we do not eat enough, calls Fletcherism rank folly, and declares white flour bread a much better food than whole wheat! Now where is the truth? Has either editor got it? Or has neither? When a legislator very properly asks us how foods cure, and what system of diet we prescribe for the sick and well, our answer is bedlam;—which induces a corresponding state of feeling in the weak-minded legislator. Foods will cure, safely and pleasantly, most of the ailments for which drugs are now employed unsafely and unpleasantly. But before we ask a State license to prescribe foods, we must present a solid, unimpeachable array of facts; instead of the loose, wild, conflicting theories that we now indulge, and scatter abroad with a rash and senseless virtue. A foolish virtue may be more unhygienic than a shrewd vice.

3. Does Nature Cure properly include osteopathy, or chiropractic, or mechano-therapy, or none of these methods, or all of them? The other day I talked with a chiropractor. He is a fine fellow and a remarkably successful practitioner. He was rational and sane upon all themes excepting one; but when I spoke the word "osteopathy," not knowing which form his unsuspected mania took, he immediately be-

came wild-eyed, verbose and ugly, charging over the field of discussion with the recklessness of an escaped lunatic. It developed, after I quieted the unfortunate brother by agreeing with him, that he had formerly been an osteopath, but with his conversion to chiropractic had suddenly developed an unreasoning hatred of the former source of his bread and butter.

Marveling at this phenomenon, I sought the opinion of a famous osteopath—a man whose yearly practice yields \$15,000 or more—and I asked him an explanation. He smiled a gentle, pitying smile, and he said, "When a man fails at osteopathy, he drifts into chiropractic, as a poor, discouraged medical doctor often drifts into the patent medicine field, or a 'Cure for Men Only.' We consider that the chiropractors owe all their possible cures to the principles of osteopathy, having merely added a sensational twist to their diagnosis and treatment." I wished to verify Brother Osteopath's opinion, therefore called up Brother Chiropractic on the telephone—deeming this a discretionary mode of communication under the circumstances. The reply scorched my ears, and was deafening in its detonations of wrath. "He is a liar, an out-and-out liar, that fool osteopath! Don't we know that the osteopaths took all they know from Bohemia, where chiropractic started years before A. T. Still was ever heard of?" And there you are. An interesting episode, characteristic of the perfect harmony and unity in the drugless ranks.

By a strict logic, there is no place for either osteopathy or chiropractic in the Nature Cure. Both depend upon a stimulation that is artificial, and extra-natural if not unnatural. Personally, I would class them as minor subdivisions of the Nature Cure, to be advised occasionally and employed judicially, but never to constitute a major system of healing. They are not massage, and have little in common with massage; but in relative importance they are little higher than massage, considered with regard to healing as a whole. Medical men affirm that the successful osteopath or chiropractor depends really not on manipulation, but rather on suggestion, magnetism, the placebo-principle, and rational advice on bathing, eating, exercising, etc. This is probably true, save in those extreme cases where a pronounced "lesion" or "subluxation" does exist; therefore the osteopath and chiropractor may be voted natural healers in disguise. But I would not venture a final opinion, I would only ask that this point be somehow decided, conclusively and unanimously, by naturopaths in advance of pleading for a State license.

4. What forms of exercise belong in the practice of Naturism? Are special devices needed, or are they unnatural? In studying the life

of the "lower" animals, we observe that the muscular vigor of the young is derived largely from play, that of the adults from the daily search for food. Now contrast the involved systems of "physical culture" in vogue among men. Professor Jones invents a weight-lifting harness we must wear religiously, to retain our suppleness and strength; Trainer O'Toole prescribes a famous resort, where athletic stunts on the gymnasium style are all the rage; Doctor Pneumaticus vends a wonderful breathing-machine, into which we must solemnly blow so many breaths a day; and Health Specialist Bumpaman superintends a lot of mechanical horses, wigglers and jigglers, that he guarantees will shake our ailments down and out.

We hesitate—not being able to spend all our time and money on gymnastic gyrations. Then comes Mr. Adonis Psychotherapy, declaring that all the foregoing methods are highly dangerous, tending to rupture the heart, the brain or the pocket-book, and the only natural scheme of exercise will be found to be his—without apparatus, but with a \$30 fee for the magic lessons. Are we not now tempted to die of paralysis, rather than move a muscle ever again?

Seriously, such a condition of things is a menace and a disgrace. If it is true, as I believe, that certain modes of advertised exercise tend to strain the heart; that other devices merely rob you politely; and that other patent schemes neglect the vital organs while demanding unreasonable waste of time and energy on superficial muscles;—then some recognized college, association, clearing-house or other tribunal should separate the good from the bad, affirming which is Nature Cure, and which is not.

5. Should hypnotism, magnetism, occultism, and other more or less intangible forces be admitted to the realm of Natural Healing? If not, we must avow that the human mind is not a part of Nature. This would be absurd, since even the snake charming the bird is a case of hypnotic influence, and the instinct of self-preservation warning certain animals of the approach of their foes cannot be explained on the ground of merely physical phenomena. Nature is an endless tale of marvels and mysteries; and the mystic element is the most powerful in human life, whether operating through pills of a secret nature or through prayers to an unknown God.

But is the violent imposition of a stronger will upon a weaker mind a natural, wise and ethical procedure? I know of ministers and doctors who state, with every sign of omniscience, that hypnotism was born of the Devil. And I know of cases where hypnotism has healed not only physical, but mental and moral diseases, that stubbornly resisted all

other available modes of treatment. If hypnotism, magnetism and occultism are to be approved, taught and practised in our Nature Cure sanatoria and schools, they must be confined and regulated with the utmost care and wisdom. Should they be so incorporated? If so, how and by whom and to what extent?

6. Should the Nature Cure platform include Christian Science? You may smile at this question, but I assure you it is one of the most logical I ever asked. Anything logical in the vicinity of Christian Science is sadly out of place; but we are all a queer lot, anyhow, and must be prepared for strange happenings. My own firm conviction is that the principles of Christian Science should be taught in every sanitarium; and that the Christian Science mode of "treatment" is as much a part of Nature Cure as is diet, or massage, or hydrotherapy. The Christian Scientist and the Nature Curist will both disagree with me. But the only man everybody agrees with is a dead man; not being exactly dead, I am thankful to be able to stir up healthy opposition.

Christian Science is the gospel of concentration. As such it belongs in every health resort; where the poor inmates are now engaged in moaning over their ailments, comparing their feels-ifs, pitying themselves, and objecting to the food, the climate, the accommodations, the nurses, doctors, remedies, rules, and everything else in sight. The mental atmosphere of the ordinary hospital or sanitarium is a pall on the horizon. Midnight is a flare of luminosity, compared with it. I have often been obliged to urge friends, who were of a delicate nature and sensitive nervous organism, against planning a sojourn at a drugless institution, because I knew the mental, psychic and spiritual influence of the place were as bad as the physical methods were good. Until we can treat the sick minds, hearts and souls of ailing men and women as promptly and effectively as we now treat their bodies, we have no right to ask legal sanction as physicians of Nature.

7. What is the natural method of diagnosis? Are there infallible signs of detecting the presence of disease in the human organism? Do they record themselves in external areas and ordinary functions of the body, or must they be found in the deeper symptomatic states, from the blood-cell and plasmic change to the conditions of thought, emotion and etheric aura? How shall the tests of a rational and complete diagnosis be applied? Is the practitioner of any single school of drugless healing adequately trained in the use of all the known tests for locating disease? The importance of such questions is fundamental and universal. Yet they have not received proper attention, so far as I know, in all the history of Nature Cure in America.

Go to any old-school doctor, whether allopath, homeopath, or eclec-

tic, and he will diagnose your case in a definite, regular, unanimous fashion, thoroughly endorsed and solemnly applied by thousands of other old-school doctors. Medical diagnosis includes examinations of the pulse, tongue and temperature, with such local tests as the blood-count, urinalysis, nerve-reaction, minute inspection by the stethoscope, laryngoscope, or other similar device. Whether such methods are scientific, is not for me to say; the point is that every doctor knows what they are, and every doctor thinks he knows why they are.

Now observe the wild and irrational conflict of theory and usage in the drugless realm. No two practitioners follow the same plan of diagnosis; and as treatment depends on diagnosis, naturally no two practitioners prescribe the same schedule of treatment. One diagnoses by the muscles, another by the eye, another by the ligaments, another by the spine, another by the tissue, another by the temperament, another by the adipose, another by the aura, another by the state of mind, another by the intake of food, another by the astral conjunction, another by the hypnotic revelation of subconscious memory. The diagnostic method of A. T. Still, known as osteopathy, and that of Professor Freud, known as psycho-analysis, are utterly variant, if not antagonistic. Yet both may rightly claim a place in the scheme of non-medical practice.

How shall these disagreements be done away? How shall we arrive at a sane, comprehensive, mode of diagnosis that shall be error-proof? My own belief is that no practitioner should be allowed to diagnose the cases he treats; he is, consciously, or unconsciously, both ignorant and prejudiced. The time is coming when all the world's means of diagnosis—fifty or a hundred or a thousand methods—will be combined in one establishment. To this place, invalids will go, for diagnosis and perhaps nothing else. Then they will be sent to individual healers or doctors or teachers or ministers, as the need may be, for special prescription, advice and co-operation. We are now so far from this ideal state of things that the osteopath and the psychic are virtual enemies—each with his little grain of diagnostic truth, so proud and self-satisfied that no other grain can find lodgment for all the pride and prejudice that swell the minds of these gentlemen.

The foregoing questions and problems are but a few out of hundreds, propounded to me and by me in the last fifteen years—and thus far void of logical reply or solution.

Therefore I obtained, quite recently, the propaganda literature given out by the leading schools and sanatoria that seemed most influential and most modern. The discoveries here made bear a most

interesting relation to the work of standardizing the Nature Cure; as will be shown in the chapters to follow.

I would meanwhile suggest this one thought for you to ponder over: *Nothing can be legalized that has not been standardized. Hence the first step for drugless physicians to take is to decide among themselves what the Nature Cure is and what it is not, why it deserves legal recognition, and how its practice should be safely regulated.* To demand the approval of the law-makers at the present time is like summoning a party of dignitaries to a reception in a new house, not yet swept and dusted, furnished and put in order. The action is premature, and has failed simply as all things premature and rash deserve to fail. Our hearts may be of gold, but our heads have been of wood. And a head of wood is no head for a doctor.

* * *

P. S. On reading the proofs of the foregoing chapter, Dr. Benedict Lust informs me that he does not wholly agree with my position, and that he considers a few of the statements rather extreme and unnecessarily harsh. Dr. Lust knows a thousand times more about the Nature Cure than I do, therefore I am inclined to respect his opinion regarding its therapeutic administration. From the efficiency viewpoint I see no reason, however, to withdraw any statement here made.

Doctor Lust further claims that in Germany, the Nature Cure *has* been standardized, the practice regulated, and the general criticism of this argument satisfactorily overcome. I would suggest that if Doctor Lust or some other leading Naturopath would answer my questions in detail, the subject would be made clearer to us all. And if I am in the wrong, you will do me a favor by showing me how. Nobody knows very much anyway, and our wisdom lies chiefly in our willingness to learn.

CHAPTER VII

WHO SHOULD HEAL?

The trouble with most doctors is that they are accidents;—they fell onto their jobs in the dark.

This is also true with most men in other professions, from plowing to preaching. But the great majority of trades and vocations do not involve loss of life when misfits are engaged therein; a poor clerk or editor or brick-layer merely loses his job. A good physician must be a born physician, he cannot be merely graduated into the divine ministry of healing. And the great problem of the Nature Cure schools is to determine how to select the born physicians, how to reject all others, from the candidates for admission.

Out of 100 graduates from both medical and non-medical schools, probably 75 are in the wrong profession. This fact, more than the use or non-use of drugs, explains the long list of ugly failures and premature deaths in the practice of the ordinary doctor, whether old-school or new-school. *Every case of malpractice is a case of misfitness.* A man temperamentally fit to be a doctor would be constrained, by instinct and reason, from adopting spurious methods of practice. The bungler, in any line of work, is the man who doesn't belong there. And the quacks in medicine are the short-cut, short-conscience men, who jump from the patient's disease to his pocket-book with no regard for anything but speed.

I would go further, and make a statement that most of our readers will repudiate with scorn. But you cannot down a truth with denial. It only hits back and hurts you. And I earnestly advise you not to reject any statement here made, until you have given the matter as much thought as I have. Disagree with me? Glad to have you. But don't announce to yourself which of us is wrong.

Every case of arrest and persecution of a drugless physician was brought by the man's own blunders of misfitness or unfitness. He lacked adaptation for his work, or preparation, or both. We rebel at

the grip of the medical monopoly, that holds us writhing and ranting and foaming at the mouth. We are fools. The Lord God Almighty never yet permitted the headway of injustice on this earth, by so much as a hair's breadth; and if one single natural healer, out of the many thousands in America, were fully qualified to heal, the interlocked force of a hundred medical monopolies would not be strong enough to touch that man! By persecution, and by that alone, we are being stirred, stung, goaded, into a realization and correction of our own deficiencies. Thank God for persecution.

Let me try to make this matter clear. I know numbers of invalids who have gone the rounds of drugless healing, and are still suffering from one disease or another. They have tried osteopathy, Christian science, mental science, food science, magnetopathy, hypnotism, chiropractic, deep breathing, all in vain. Should the teachers and healers who have thus failed be allowed to go unpunished? Indeed not. When we have begun to straighten out this hodge-podge called civilization, we shall treat doctors as we treat merchants; if their goods are not as represented, we shall demand our money back.

When a doctor, medical or natural, undertakes a cure and fails to perform it, he should be compelled by law to return the amount of his fees, or such proportion of the amount as the compliance and obedience of his patient would justify, as denoting the physician's responsibility. If an egg is bad, we return it to the grocer, and get a good egg or our money back; if a prescription is bad, we swallow it and pay for it, and must, on top of that, go buy a good prescription from another doctor! What sublime nonsense.

My claim is that two-thirds of all the mistakes of doctors and healers reside in the fact that they should never have been doctors or healers;—they should have been plumbers or butchers or reformers or porters or other species of strong-arm gentry. The first college of therapeutics that sees and applies this truth in the selection and training of students, will make a fortune, and will revolutionize the healing art. I can here but sketch the barest rudiments of the principle and procedure in question.

A comparison of interesting photographs drew my attention to the whole subject of vocational guidance for doctors. I have been studying various group pictures, of the graduating classes of medical schools, and also of Nature Cure schools—and forming opinions of more or less reliability. From a rather extensive knowledge of character analysis, I should consider that perhaps 20 per cent of the medical graduates are born physicians, and 40 per cent of the Nature Cure graduates. Hence

the latter, judged by inherent qualities and gifts, should be twice as successful as the former. But I find that the heads, faces, clothes, and general appearance of most of the naturists prove them sadly deficient in refinement, culture, winsomeness, shrewdness, even primary education. They are honest, clean, upright, altruistic—but short on tact, wisdom, selfishness, poise, method, assurance. These traits, with a few dozen more, should be either born in a doctor or drilled into him. And as our Nature Cure colleges have thus far neglected the human nature side of the doctor's education, he must be born with certain fundamental characteristics, or enter his profession without them. The only way to be a good doctor is to start before you were born. The slight difficulty of this procedure may explain the scarceness of good doctors.

In a graduating class from a Nature Cure school, there is probably twice as much character and principle, but half as much cunning and polish, as in a class of equal size from a medical college. Unfortunately, the masses who are ill pay more for cunning and polish. How are we to remedy the situation? A man can be simple and natural without being simple-minded and naturally dull;—a fact that should be taught, if necessary by dunce-cap and hickory switch, in our drugless training schools.

One of our most serious handicaps in America is the preponderance of foreigners among drugless physicians. Water-cure came from Germany, massage from Sweden, manipulation from Bohemia, mental science from India, sanitary laws from the tribe of the Jews, and other elements in physiological therapeutics from other foreign races. The descendants of these pioneers logically fell heir to their teachings; consequently, the proportion of American-born Nature Cure apostles, hitherto, has been shamefully small. We must find a way to interest noble, gifted, cultivated, American youths and maidens in the professional study of the Nature Cure. How shall we do it?

Let me illustrate what I mean by vocational fitness for the healing work. I know a man who has been saving lives from his early childhood. He seems to know, instantly and accurately, how to treat cases of acute diseases. Friends and relatives almost without number, stricken with all manner of perils, by drowning, sunstroke, peritonitis, nervous collapse, delirium, typhoid and other crises, this common man has rescued by the proper treatment or remedy. Often, when physicians were called and failed to equal the emergency, he would order them around like slaves, and restore a life that was fast ebbing away. He is a common toiler, with no position or culture, not even grammatical language. But he has the divine gift of healing. In all probability, he was a noted physician in a previous incarnation, and brought

with him a rarely strong and clear intuition as to disease (intuition being the soul's memory of past experiences).

Now let me cite another case—the opposite extreme. A certain famous, high-priced “specialist” attends one of the largest, most expensive hospitals in New York. A friend of mine, suffering with a rather peculiar and very serious complication of troubles, was taken to this hospital, and this specialist, for cure. After staying several weeks, at a cost of \$60 per week, my friend had not received one single idea on real, permanent, recovery; whereupon, being disgusted and angered, he studied his own case, applied to it certain Nature Cure principles he knew, and made out a schedule of treatment for himself, to be followed when he should leave the \$60-a-week hospital. My friend thus cured himself;—and the “specialist” wasn’t even interested, because the “case” was not a clinical adventure for that particular kind of specialist! Here was vocational unfitness, with a vengeance. This doctor should have been a swineherd—no other occupation would befit his nature, as to nobility and congeniality.

These two examples, that of a man able to heal but not licensed, and of a man licensed but not able, show how far we must progress, in order to put the doctor-business on a rational, scientific, humanitarian, basis.

What makes a good doctor? Did you ever stop to think? If you are a layman, why did you choose your family physician, out of the numbers of medical men available in your community? If you are a doctor, why do your patients want your services, and the patients of Doctor Jones on the next block prefer his?

A scientific method of professional rating and reference should be devised for guaranteeing the responsibility of doctors, as to experience, honor, skill, etc., in a manner similar to the financial rating system used by credit men, banks, and wholesale manufacturers, who look up the standing of a customer or dealer before they give him commercial confidence. A vocational guidance test for all young men and women, strictly enforced by law prior to their matriculation in medical schools, would be the first move toward the establishment of a guaranty for a doctor's right to practice. I think, moreover, there should be a law compelling every doctor to post in a public place, or print in his local paper, at least once a year, the number of deaths recorded in his practice. Then if Doctor Smith had nine deaths in a year from typhoid, while Doctor Brown had only three, the public at large would know that Doctor Smith was three times as dangerous, for a typhoid patient, as Doctor Brown. (It is a long stretch of imagination to suppose that

any doctor could be three times as dangerous as any other doctor, but while we are imagining, we might as well do a good job.)

The natural qualifications of a true physician are spiritual, mental, and physical. We may summarize them briefly, as follows.

1. A high moral character, a conscience both sensitive and strong, a firm adherence to duty, a humanitarian spirit. Common opinion holds that the clergyman should be the most moral man of the community, the teacher next, the doctor next. I would reverse this order. When a preacher or teacher is not what he should be, the public soon finds him out—then forces him out. A doctor, however, may gamble, drink, frequent immoral places, and otherwise act in a manner to disgrace his calling and demoralize his clients—and no organized protest ever is made. Hence the schools that educate the doctor, must require of him a personal standard of morals that is unimpeachable.

I was recently shocked, to discover that the head of a drugless college advertising widely had been sued by a dissolute woman, in whose company he had violated the laws of common decency, and by whom a penalty of revenge was imposed. Many a time I have known of a case where a drugless physician or sanitarium took advance fees and made false promises, when a cure was absolutely impossible by the methods to be employed. Numbers of so-called Nature Cure practitioners smoke to excess, drink beer and worse liquors without apparent shame, eat all kinds of unwholesome food in the seclusion of their kitchen or club. Facts like these are a menace to our whole movement. For the Nature Cure physician is a teacher and a preacher as well as a doctor; and he must become a three-fold exemplar of the truths he advocates.

2. A "healing gift" must be his, a temperament finely suited to the work of redeeming bodies and minds. The old-fashioned idea of a "call" to preach was fundamental to success in the pulpit, and the modern decay of the church as an institution is largely owing to the modern disregard of the "call" to preach. Now a true physician conducts a virtual confessional, every day of his life—to him are entrusted personal and family secrets that may be rightly shared only with a man whose high sense of his calling makes of him a priest. I have heard a young fellow say he was going to be a surgeon because a surgeon "draws such fat fees." Many a youth goes to a medical school because some relative is a doctor, or his folks want him to be, or he likes to fool with chemicals, or he thinks a doctor looks grand in a plug hat, or he doesn't relish hard work and a doctor's office practice looks easy. The *motive* is the first thing to be settled, and settled right, in choosing any trade

or profession; but in the life work of a doctor, it means life or death, literally, in hundreds of cases that will be given to his care.

Among the brain-faculties that must be large in a physician are those of human nature, causality, continuity, veneration, firmness, hope, secretiveness, conscientiousness. He must be tender as a woman—and brutal as a warrior. He must be unselfish, but not too unselfish for his own health or purse. He must exercise honesty and caution, together. He must have intuition to a large degree, supplementing science, and enabling him to handle the many cases of psychic, emotional or mental disturbance, prevalent in modern life. He must, I should say, be an “old soul”, one who has journeyed often through this vale of tears and whose perceptions of human need go far beneath all external “symptoms”, penetrating the finer bodies of man, which to the eye are invisible yet to the soul perceptible. Indeed, I would have a committee of occultists who are practical and spiritual—if such can be found,—to determine the age of the soul in every candidate for a doctor's degree, prior to his matriculation. A young soul, as yet spiritually blind, can no more be an efficient doctor than a little puppy, whose eyes are not yet opened, could be an efficient watch-dog.

3. The man born to be a great physician must have a good physique, large lung capacity, perfect heart action, steady nerves, and a soothing, healing touch. The demands on a doctor's vitality are enormous, combining as they do mentality, energy, sympathy; and necessitating irregular hours, with loss of food and sleep and recreation-periods. Only an exceptional physique can survive the strain of the full performance of duty.

One of the special points to regard is the structure and texture of the hand, since a large factor in drugless healing is manipulation of one kind or another. A hand, like a saw or hammer, must be shaped for its work. Some hands are long, cold and claw-like; others are fat, red and pudgy; others are coarse, clumsy and fishy;—none of these can give satisfactory treatment by manipulation. I would as soon shake hands with a dragon as with some people; imagine such persons trying to soothe a nervous temperament and delicate skin by massage performances!

A genius in the Nature Cure will, some day, write a book on “The Born Doctor.” This will be used by therapeutic schools as a preliminary test for candidates and a text-book for students. It will include hundreds of specifications, requirements and suggestions, of which but a few are noted here. It will adapt to the profession of healing the vocation and efficiency principles and methods of such teachers as Miss

Fowler, Dr. Blackford, Mr. Parsons, Mr. Muensterberg, Mr. Henderschott, Mr. Taylor, Mr. Bloomfield, Mr. Gruenberg, Mr. Emerson, Mr. Purinton, and others. It will save thousands of intending healers from becoming misfits, and tens of thousands of sick people from losing their lives through the blunders of the misfits in the healing profession. Who will write this book?

CHAPTER VIII

TRAINING AND TESTING A PHYSICIAN

In a single American city, five hundred employees of a street railway are graduates of medical schools. If one business, in one city, employs 500 men who tried to be doctors and failed—how many thousands of these poor fellows would be discoverable in the whole United States?

Whose fault is this? Partly that of the parents and teachers of these men; partly that of the legislators who sanctioned a false entry into the healing profession; but mostly, and primarily, that of the schools who graduated this host of predestined failures. The average medical school is a disgrace to a civilized community, not only because it has filled the minds of its graduates with a desire to give poisons to the unsuspecting, but because it has neglected to inform the graduates how to make a living doing this.

The average doctor's yearly income is about \$700. How many young fellows would spend four years and a couple of thousand dollars earning their medical degree, if they knew their financial returns for life would probably not exceed \$58 a month? At a recent meeting of a medical society, the members were asked to write on slips of paper, anonymously, the extent of their incomes. Out of the 70 doctors present, only 23 were making expenses!

A good physician recently observed "Not one medical student in ten knows, when he begins his training, what it means to live the life of a doctor and what personal qualifications it requires. He must have within him something that will take him unrevolted over dreary wastes of drudgery, over sordid financial and political cares, over strain, exhaustion, temptation, crushing responsibility, over disgusting episodes, and more than one man's normal share of sorrow, suspicion, and abuse." Why do not our medical schools frankly tell the youth who applies for admittance, just what is ahead of him? Because they don't dare—it would not be "good business." The officials of our medical schools have

yet to learn that a good bunco man is not necessarily a good business man.

Efficiency in healing must come through the demand of laymen for better service; thus the article by Robert Haven Schauffler in the February 1915 *McClure's Magazine* gives a clearer idea of "What It Means to Be a Doctor" than any article I ever saw in a medical journal. Some of the facts I am giving were taken from this article.

The condition of vagueness, folly and irresponsibility obtaining generally in medical schools has its counterpart in Nature Cure "colleges." I hardly know a Nature Cure college worthy of the name. And if an institution bases all its claims on a falsehood at the outset, what hope can we entertain of its moral character?

A profession is primarily a trade, therefore subject to the recognized trade rules and standards of efficiency. Because of the glamour, secrecy and dignity surrounding most professions, the professional schools—whether of law, medicine, pedagogy or theology—have thus far neglected to apply straight business principles to their work, relying on the degrees they confer instead of on the deeds they accomplish.

Let us suppose that 50 per cent of the shoes turned out by a large factory showed some serious defect in manufacture—how long would the company stay in business? Facts gathered by doctors themselves prove that 50 per cent or more of the diagnoses made by doctors in serious cases of disease are wrong. Hence, of course, the prescriptions are wrong, and the entire matter is a botch. Why does not the State forthwith turn these doctors out of business?

The principle covers the realm of drugless healing also. There are naturist physicians whose record of cures is said to approximate 90 per cent, and there are others who reach only 50 or even 30 per cent. Why is there no central tribunal, to pass on a healer's efficiency, and grade him accordingly for the protection of the public? Why is there no complete preliminary test, of a candidate for a physician's degree, to show whether the man is A one—or Z forty 'leven, as an efficient doctor? A plumber who can't mend leaks gets fired from his job and his Union. But a doctor who can't mend bodies or brains can hold a glossy reputation among the fraternity—if he hollers loud enough for the A. M. A., and swears the oath of Hippocrates glibly and ghoulishly enough. While drugless healers aim in general to be honest, they are so poorly trained and equipped that their inefficiency amounts to dishonesty, therefore I cannot see how they should boast over medical doctors.

In calling attention to the need for improved educational methods among health schools, may I give a personal comment? For generations, the leaders in our family on both sides have specialized in school work. My father was a college president for twenty years; two grandparents, four uncles, and numbers of distant relatives have been teachers; during nine years spent in college walls I myself was preparing to teach, and am now in Efficiency work because it seems the broadest opportunity for teaching the most vital truths of human experience. If I should write with excess of zeal, perhaps you may remember that one who is a teacher born and bred may with propriety, as with earnestness, hope to share his convictions with other teachers.

The Nature Cure colleges of America should be made more efficient in at least ten ways. I would here name five of them, leaving the other five for you to think out. The improvements suggested are (1) consolidation of many poor and small schools into a few good and great ones; (2) conformity of the courses and curricula in these model schools; (3) recognized and enforced standards of entrance requirements; (4) old-fashioned trade system of apprenticeship, to guarantee that a young doctor will know his business; (5) adoption of superior advantages or customs in the medical schools, or adaptation thereof to the Nature Cure schools.

Before discussing these points, I would emphasize an important fact. In ordinary lines of work, a reliable efficiency counsel bases all plans and suggestions on experience, the data being available to show similar cases where his advice produced results. In the Nature Cure field, such data cannot be offered, not having yet been compiled. Therefore I would merely present a number of ideas, which I believe correct in principle, but which cannot be verified on a basis of facts and figures. You may disagree. Very well, you have a right to. Please remember, however, that I have spent fifteen years in studying these matters out, and unless you have devoted as much time to the subject, you are hardly qualified to challenge my conclusions. Premature opinions are the gatling guns in the warfare of Prejudice against Truth.

1. Our naturist schools are too many, and not good enough. I should guess that more than 1000 institutions and individuals in this country now attempt and assume to prepare young men and women for the work of healing. Not a score of these institutions or individuals are adequately and properly equipped. A medical school of any repute has from 10 to 40 members in its faculty—and most of their teaching merely centers on drugs. A naturist school of equal standing should have at least 100 professors, because of the variety and complexity of subjects

to be taught. A specialist in mechanotherapy cannot also be a specialist in mental science, but the knowledge of both these specialists and about 98 more should be placed at the disposal of the candidate for a physician's degree. We have a school of osteopathy in Missouri, a school of mechanotherapy in Iowa, a school of dietetics in New York, a school of milk cure in New Jersey, a school of mental suggestion in California, a school of vacuum treatment in the district of Columbia, a school of hypnotism in Michigan, a school of spinology in Pennsylvania, a school of Christian science in Massachusetts; and indeed I suppose a different kind of school for every state, with a few hundred left over.

What we *should* have is a magnificent chain of schools—ten would be a good number, in the ten largest cities of the United States. Each school would embody all the good features of the separate and factional schools now existing poorly and meagerly, but would not exalt any one system of healing to the disparagement of any other. Ample clinical and experimental facilities, with laboratories, libraries, etc., would be offered in the city, while a sanitarium or farm or health home in the country nearby would afford the means for demonstrating the natural life. What the Riker-Hegeman people have done for the drug store business, a combination like this would do for the Nature Cure school business. The economic advantage of co-operation and consolidation apply equally well to both lines of business. The supreme need of the Nature Cure is for a business manager, who will put both our schools and sanitarium on a broad, modern, efficient, lucrative, basis. The right man would be worth \$20,000 a year to the movement, and it would pay all our schools and sanitarium to club together and hire him.

2. The courses of study offered by naturist schools must be made to conform to some principle universally recognized and approved. When a youth plans to be an allopath he can choose a college in New York, Chicago, Philadelphia or Baltimore, and be sure of getting about the same course in any standard medical college. But if he wants to be a psychopath or naturopath he must face endless bewilderment, the whole field of natural therapeutics being in a state of hodge-podge.

I have before me the announcements, catalogues and prospectuses of most of the leading naturist schools in America. No two of these documents agree. Some of the schools teach—while others do not even mention—such branches as Neuropathy, Somapathy, Naprapathy, Spondylotherapy, Magnetopathy, Biochemistry, Astrology, Fast Cure, Divine Science, Ocular Diagnosis, Eugenics, Calisthenics, Anthropometry. No man short of Solomon, Blackstone, Sherlock Holmes and Christopher Columbus rolled into one could tell what Drugless Heal-

ing is, after studying and comparing the advertising literature of our leading schools.

Because of this utter chaos, a diploma from any given school has no legal, and small professional, value. When you can buy for \$25 a mail course in a certain branch of healing, with a diploma thrown in, what chance will a decent college offering a thorough course in the same subject, have to convince a legislator and convert the public?

Here, in brief, is the situation. Probably 200 subjects bearing on the healing of the sick are taught by all our naturist schools combined, yet not more than 40 or 50 appear in the curriculum of any one school. If all the 200 branches of the Nature Cure are vital, sane, essential, they should all be taught in every school; and if any are superfluous, irrational, unsafe, they should not be taught in any school. As things stand, the mere fact of being a drugless physician means nothing at all, since the majority of schools granting diplomas are unclassified, unregulated, unrationalized.

A specimen of the bigotry and lunacy now prevailing in most of the drugless schools is the manner of diagnosis taught and practised. There are in the United States more than 100 methods and systems of diagnosing the sick on a basis more or less scientific. These cover the physical, mental, emotional, psychic, moral, and astral planes of life; extending all the way from study of the pulse, temperature, eye, nerves, or spine to the casting of the horoscope and the penetration of subjective causes by clairvoyance or psycho-analysis. There is no school, to my knowledge, teaching more than a half of all the possible means of diagnosis. What right have we to lampoon the doctors while our own methods of diagnosis, and hence of treatment, are only 50 per cent efficient?

Most of the trouble lies in the fact that the majority of schools have a certain pet mode of treatment, and must overemphasize a corresponding method of diagnosis. An osteopath cannot be consistent or prosperous unless he always finds a defective backbone. Therefore a college of osteopathy must make spinal diagnosis a fetish and fad, out of all proportion to its relative importance. And so with every other school that features a special kind of treatment—the diagnosis must fit, whether the patient lives or dies. We shall never obtain a scientific method of healing the sick until we have separated the functions of diagnosing and treating; for a man who is narrow enough to be a good specialist cannot be trusted for a sane diagnosis, while the man who is broad enough to be a good diagnostician could never limit himself to one kind of prescription or manipulation.

3. A standard of entrance requirements for the matriculant in a drugless college is one of the most urgent needs of the time. Even the old-fashioned, impractical, unscientific seats of learning, such as the denominational college or the state university, adopt an invariable rule: the applicant must produce a diploma from an accredited high school, or must pass an entrance examination to determine his general fitness. Can he spell, use decent grammar, write a legible hand, appear on friendly terms with the multiplication table, and otherwise prove himself not disgracefully unintelligent? •

There are graduates of Nature Cure schools who spell wrong a dozen words in one brief letter; who interpret all kinds of punctuation marks in a manner resembling hieroglyphics; who wear collars reminiscent of a prehistoric wash-tub; who carry a breath that seems a cross between a pipe of stale tobacco and a mess of garlic; who eat with their knives and emit forks instead of words; who are, in short, as ignorant of culture as a druggist is of reason. Why? Simply because the Nature Cure schools have not waked up to the necessity of graduating men and women who shall raise the standard of our cause, and keep it raised. We must bar the illiterate, the immoral, the financially incompetent, the temperamentally unfit, the socially and professionally undesirable, from entering a drugless school. It would be better to graduate half the number of naturist physicians, and have them twice the men!

We now fail at both ends of the curriculum. We neither test the boy who enters for a knowledge of his general character, education, suitability, nor test the man who leaves for a knowledge of his actual skill in diagnosing, treating, educating and variously handling all kinds of invalids. How long shall we be thus incompetent?

4. There should be devised, and universally adopted, a system of apprenticeship in healing, whereby the young physician may serve for a period of time under an old physician, or in a sanitarium or hospital, before being granted a diploma. A barber stays in a barber school until he can learn to shave a man without cutting his nose off; why should a doctor be allowed at large before he can be trusted to perform as well? The old-fashioned partnership, wherein the old and the young doctors joined forces, uniting the counsel of the experienced man with the action of the inexperienced, had in it the germ of a scientific mode of training. A graduate might be put on probation for two or three years, and required to submit a full statement of his cases, cures and failures, before receiving a final diploma. Or, a chain of dispensaries and consulting offices might be opened, where the poor could be treated by first-year graduates at reduced rates, the institutions being managed by business

men of the shrewdness of Munyon, the graduates being employed on a small salary. Plenty of ways would appear, to work out the apprentice system, when we put our minds and hearts intently on the problem.

In this connection, a vital matter is that of telling the prospective doctor the actual conditions he will meet on graduation, and the effective ways of meeting them. It is a most astonishing thing that no book or course of study has ever been prepared, by a medical or a non-medical school, with the intention of fore-warning and fore-arming the poor graduate, in view of the battles just ahead. A book of this kind might well be in the form of a symposium, giving the experiences and suggestions of leading physicians, based on their own successful practice. A few of the chapters would be headed:

How to Select a Location; How to Open an Office; How to Gain Your First Clients; How to Build Up a Lucrative Practice; How to Advertise; How to Collect Bad Debts; How to Install a Filing and Book-keeping System; How to Secure and Distribute Propaganda Literature; How to Overcome Opposition; How to Organize Your Patients and Friends; How to Win the Newspapers; How to Educate the Public; How to Inaugurate Social Service; How to Co-operate with Local Institutions; How to Keep at the Head of Your Profession; How to Plan Your Future; How to Conserve Your Strength; How to Teach the Laws of Health; How to Handle Special Cases and Solve Your Hardest Problems.

A book such as this, properly written, read and applied, would save thousands of young physicians from the needless privation, perplexity, anxiety, that almost invariably attend the first few years of a doctor's life. What school or association will have this book written, by a man who knows how and what to write? In addition to the 33,000 (estimated) practitioners of drugless methods in this country, the 150,000 old school doctors would find such a book of immense value. Therefore the book should be as remunerative as it would be altruistic—and from the efficiency viewpoint, an enterprise must always be both selfish and unselfish.

5. The ordinary college of medicine has points of supremacy over the best naturist school; these should be located, studied, adopted or adapted. I have looked through the catalog of a leading medical college, visited the classrooms and clinics, talked with members of the faculty; and I am convinced that in regard to facilities, devices, tools and instruments, the medical college is far ahead of the typical drugless school. A common blunder in Nature Cure teaching is to confuse the symptomatic truths of medicine with its therapeutic errors. If we would examine, thoughtfully and honestly, every appliance and procedure of

the medical college, we should find that many of these are more scientific, reasonable and desirable than the cruder methods popular in drugless resorts.

If I were a millionaire, I would employ a corps of trained investigators, who were neither for nor against any one system of healing; I would have these men visit every prominent school of therapeutics in the world—allopathic, homeopathic, osteopathic, naturopathic, psychopathic, and every other pathic. I would have the results of these investigators collated, compared, sifted and weighed and measured, till the advantages of each method were all made potent, and the disadvantages absent. Only by some such non-partisan, careful, thorough, sane, fine, system of research and application shall we ever learn how to train and test a physician.

CHAPTER IX

SHOULD A DOCTOR STUDY MEDICINE?

This looks like a foolish question.

That is why it appeals to me. Any fool can answer a wise question, but it takes a wise man to answer a foolish question.

Should a doctor study medicine? The druggist answers "Of course he should—if he doesn't he is a fake!" The naturist answers "Of course he shouldn't—if he does he is a fake!" Herein do the naturist and the druggist manifest how little each knows. When two people entirely disagree, both are wrong. Truth lies where opponents meet.

If we had propounded this query ten years ago, among the ranks of drugless physicians, the answer would likely have been a loud and unanimous "No!" But opinion now is changing, to correspond with the facts in the case, irrespective of theories. And I would call your attention to the facts.

When I was manager of a drugless sanitarium, fifteen years ago, the very word "doctor" was taboo. The most popular patient was the man who said the worst things imaginable concerning doctors. If a doctor came for treatment (most doctors needing treatment of one kind or another), he had to conceal the fact of his medical degree, lest he be tarred and feathered. The place was a vegetarian resort, but the officials and patients joined merrily in the doubtful culinary feat of "roasting" doctors, a roasted doctor being a sad dish to set before an invalid. The chief boast of the high potentate of this sanitarium was that he didn't know a single medical name for a disease—he affirmed that ailments didn't need names.

Now, observe what a revolution has come to pass. The system of treatment which was given here, and is probably the most famous of any drugless regime in the United States, has now been reduced to a mail course of advice and prescription, covering the entire country; and the four leading exponents of the cure most influential and prosperous,

have all taken medical degrees! They are all doctors. They found they had to be, or lag behind in therapeutic and hygienic progress. A decade ago, people were very ignorant on health matters, and correspondingly prejudiced. They wanted all doctoring, or no doctoring. Now, the most intelligent people want occasional doctoring in sudden crises, but real teaching and permanent healing on general principles. Wherefore, this new demand must be met.

I was talking recently with one of the greatest health pioneers that ever lived—a man whose reform work is known throughout America and in most foreign lands. Here is what he said. “The chief regret of my life is that I did not take a thorough medical course, get my diploma, pass the State Board, and be able to defy persecution. If I could live my life over, this would be the one thing I would surely do.” The reason for this man’s conclusions, based on twenty years of the hardest kind of experience, I will shortly set down for your consideration.

When Osteopathy was founded, one of the prime requisites of an osteopath in good standing was that he should hate the doctors with a vitriolic hate. But for some reason Osteopathy attracted men of shrewd financial judgment. These men saw that their practice must be legalized, to make it pay. Hence they not only abandoned their enmity for doctors, they established in the Osteopathic schools many of the features of diagnosis, treatment and study approved by the medical schools. Now it is no uncommon thing to see an M. D., who is also a D. O. And the medical man who also gives manipulations can charge higher fees, other things being equal, than either an allopath or an Osteopath void of the knowledge of the other.

Christian Science, too, has undergone modification. The original sentiment branded a person an outcast who summoned a doctor after embracing Christian Science. But even during the lifetime of Mrs. Eddy, so unreasonable an order was virtually annulled; while to-day large numbers of both Christian and Divine Scientists do not hesitate, in a crisis, to ask a physician’s aid. As for New Thought, Hypnotism, and Suggestion, a considerable proportion of the leaders in these branches of drugless healing are graduate physicians of the old school.

Medical gymnastics afford another meeting-ground where the doctors and the naturists often unite. Some of the finest work yet accomplished in our public schools has been the effort of doctors who are athletic directors to preach, teach and practise hygienic and psychological truths as first promulgated by natural healers.

One of the most famous dietitians in the world—a man who is said

to have personally healed or instructed 30,000 students of health, told me not long since that many of his most earnest, appreciative and influential pupils were doctors who wanted to prescribe foods instead of drugs, and who were not afraid to say so.

These few examples are indicative, and highly gratifying. They go to show what I believe to be a fact that will be generally recognized fifty years from now. This fact I would set up in a frame, as being worthy of deep study.

Every drugless healer should also be a trained and licensed doctor; and every doctor should also be a drugless healer. To separate them is to weaken both.

I am quite aware that such a statement is rank heresy. Forty-'leven professors in drugless colleges will jump on my neck before the type is cold. But I tremble not, since the average professor in a drugless college is such a light-weight gentleman that forty-'leven of him, lodging on my head, wouldn't turn a hair. The only man whose opinion I fear is the man who says nothing. Those who have something to say usually say nothing.

To get this matter clearly before us, let us take the problem of the young man who feels that he has had a "call" to become a physician. How shall he prepare for his life work? He has only two alternatives. He may study the prescribed course at a medical school and be a regular M. D., or he may choose the *proscribed* course at a naturist school and be an "irregular" healer. Is either alternative really fair to the young man? I think not. A third choice of action must be provided, of which I will speak later.

Suppose the youth, never having learned to think, prefers the medical training. What happens? He leaves college with a mind warped, solidified, rusted and poisoned. He will need half a lifetime to unlearn the fallacies and follies of the medical system. He will probably murder scores of patients while he is acquiring a modicum of sense; and he will find, at least four years too late, that he is in a profession whose ranks are overgrown and whose principles outgrown.

But if he has learned to use his brain with some degree of rationality, he won't study medicine, he will choose a branch of the Nature Cure. What happens then? He will be crammed full of theories and

eccentricities, the pet fads and foibles of that particular school. He will be denied the absolutely necessary training in hospital, clinic, dispensary and laboratory work, because the drugless schools have not these facilities and opportunities. He will be rushed through a short-cut system of a few months to possibly two years, almost never the four years of study and experiment required by the medical school. He will be left in total ignorance of the remedial value of certain drugs in certain crises, and of standardized professional methods in all cases. He will be turned out of the school with a diploma that has no legal credit save in a few localities, and that means in general simply a license to get misunderstood, abused, worried, starved and persecuted. Is this a square deal? Hardly.

What *would* be a square deal to the young candidate for a doctor's degree? Offer him such a complete, effective, and rational course in hygiene, diagnosis, therapeutics and prophylaxis, that when the young doctor was graduated he would be an allopath, a naturopath and a psychopath, each accredited by that school and approved by the other schools! Then, brothers in the faith, we should begin to have real doctors!

A reform such as this—the creation of a school system to provide healers with all the available human knowledge about health and disease—would never be attempted by the medical schools nor by the Christian Science churches. Both are too bigoted. Therefore it must be the work of the naturist leaders, to whom I earnestly suggest the wisdom of such an undertaking.

Let me give here a striking analogy. Ever since colleges were started, college authorities have despised and condemned the merely practical things of life. They have considered books the only true source of salvation from the world's woes and crimes. They have supposed that every idea germinating outside the academic realm was mental poison, much as the naturopaths have thought concerning healing principles non-naturopathic. So heinous and virulent was this prejudice that American society was divided into the "classes" and the "masses," the former having education and no commonsense, the latter having horny-handed skill but no book-learning.

The past five years have witnessed a revolution. By means of the new vocational schools and the newer continuation schools, young people are being taught to work and think at the same time, to absorb the culture and information out of books and then to use that knowledge on the self-same day in the shop or at the forge or by the counter. Presently, there should be no more "classes" and "masses," for the

masses will be classes in mentality, and the classes will be masses in industry.

Therapeutic ideas of to-day are as mouldy and worm-eaten as scholastic ideas were of yesterday. We have our naturists in one camp, and our druggists in the other. No man dares be rational and step from one to the other. Each assumes it has the whole truth, and on this crazy belief it shoots daggers at the other. An absolutely sane man, wanting all the truth on both sides, couldn't get it unless while receiving partial truth from one side he appeared violently hostile to the equal truth on the other side. The high-brow druggist and the low-brow naturist, one full of theory and the other full of hate of theory, seem as antiquated as the high-brow pedagogue and the low-brow manufacturer, each declaring that all wisdom lies with him. I am plumb sick of both bunches; I hunger and thirst for saneness, but lo I find it not, in either camp of blind, bawling, bungling, hostiles.

Here is what should be done. The naturists should establish a great school of therapeutic training where every subject, plan, device, method, instrument, book, test, experiment, now used in the leading medical schools would be *transported and incorporated bodily*. The only difference, positively the only difference, between this new naturist school and the old medical school would be that a system of substitutes for drugs would be evolved, whereby foods and herbs and exercises and baths and mental suggestions would do the work of drugs—but safely and permanently. Now, if the system of equivalents for drugs were potent and unfailing, don't you see what would happen? When the Medical Trust opposed the legalizing of the Nature Cure, all that should be necessary would be to show the legislature of any state that the curricula of the naturist school and the medical school were identical save in the prescribing of drugs, and that the naturist equivalents for drugs were more effective than drugs!

I personally believe that no complete system of equivalents can be devised, that in certain crises certain drugs are necessary, and that no physician is qualified to practise until he knows what these crises are and how to handle these drugs in these crises. But then, being a heretic on this point, I have no right to speak for the naturists as a whole. I merely challenge you to work out a drugless pharmacopeia, in which the effect of each of the thousands of drugs now in use can be guaranteed in a crisis, but without the aid of the drug. No one ever did this, and I surmise that no one ever can do it. The first man who does do it will knock out the underpinning of the Medical Trust's persecution platform.

If a young man thinking of going to the medical school of Harvard

or Johns Hopkins were to receive a catalogue of a modern school giving the entire curriculum of Harvard or Johns Hopkins, but instead of a host of poisonous and manifestly dangerous drugs a wide choice of safe, easy and attractive methods of prescription and treatment, and in addition a long list of hygienic and therapeutic subjects not even mentioned by Harvard or Johns Hopkins, would not any rational youth prefer the course at the modern school with advanced methods? There are numerous reasons for believing, as I believe, that such an institution would, if rightly founded and conducted, be the means of popularizing and legalizing the Nature Cure in every State of the Union.

While we are waiting for some genius of natural therapeutics to evolve and plan for an all-round school, can we not find a substitute method for giving to the young doctor of any school a true conception of the scope of his work? As an aid to the solution of this problem, I would offer these suggestions.

I. Let a plan be developed for putting Nature Cure literature into the hands of every freshman in a medical school in the United States. Better reach him, if possible, before he enters the school. A special kind of appeal would have to be formulated, as no variety of Nature Cure literature with which I am acquainted would carry just the right impression for a young medical student. We must show him in how many ways it would be to his advantage to study natural healing in preparation for a regular course at a medical school. The time to convince the prospective doctor is before he has let his mind be inoculated with the poison of the drug theory.

II. Let a special scheme of study be arranged, for intending allopaths, homeopaths and eclectics, aiming to ground them in Nature Cure principles before they enroll at a medical school. The time to campaign among these youths is while they are seniors at colleges or academies. A method of securing their names could easily be thought out.

III. Let a post-graduate course also be devised, particularly for young medical men, to supplement but not supplant their M. D. curriculum. This course would have to be written, taught and advertised not from the naturist's viewpoint, as drugless courses now are, but from the doctor's viewpoint. The psychology, language, entire appeal must consider only the status, personality, peculiarity, of the young M. D.

To accomplish the foregoing and similar objects, a Medical Extension Board might be appointed, to consist of representatives from all the leading drugless schools, with a psychologist, an efficiency counsel, an advertising expert, and an influential old-style doctor who believes in natural methods. The aim of this Board would be to invent ways and

means for co-operating with the officials, students and graduates of the medical schools of the United States, for mutual benefit and satisfaction; and in particular for examining, comparing, broadening and raising the standards of professional training in both medical and non-medical schools. Now to answer the main question.

If I were a student in a Nature Cure college, I should plan to spend at least a year in a medical institution, college or sanitarium or hospital, before commencing to practise. And if I could afford the time and money, I should take the entire medical course, receive a diploma, and pass the examination of the State Board, entitling me to act with all the prestige and unction of a licensed M. D. I should do this for many reasons, moral, mental, manual, social, legal, political, financial, professional.

1. *Moral reason.* A doctor cannot know too much about the nature, cause, diagnosis and treatment of disease. It is the business and duty of a conscientious physician to learn all that can be taught him of these subjects before attempting to practise. The medical schools teach valuable things not yet offered in the drugless curricula, therefore a medical course should supplement a naturist course.

2. *Mental reason.* A doctor, of all men, cannot afford to be prejudiced and one-sided. Constant association with any one class of thinkers, to the exclusion of those of opposite mind, is sure to warp a man. Violent hatred of drugs and druggists may be as unwholesome and perilous in cases of acute disease or disorder, as an allopathic mania for giving drugs would be in chronic cases.

3. *Manual reason.* Facilities and opportunities for experiment, research, investigation, clinical work and tactile experience, are much greater in the medical schools than anywhere else. They are limited to a most pitiable extent, in drugless colleges. The only way at present for a young physician to participate actively in the diagnosis and treatment of a large number of cases prior to opening an office is to ally himself with a medical school of training.

4. *Social reason.* No matter what a few of us think about the general ignorance and incompetence of doctors, the sight of an "M. D." after a man's name still inspires awe and respect in the minds of the vast majority. Not for another generation at least will the drugless healer enjoy an equal social standing with the medical graduate. A doctor can use natural methods without losing caste or reputation, but a natural healer cannot employ either physiological or medicinal agencies without running amuck of society and the law.

5. *Legal reason.* Except in certain restricted localities the practice of Nature Cure is unlawful, and exposes the practitioner to constant risk. He may lose in one lawsuit the fees from a whole year's practice, or may be shut up in jail for twenty years and have his whole life work ruined. To run the gamut of such danger seems foolhardy and unnecessary.

6. *Political reason.* There are many offices in the State now open to an M. D., but closed to a drugless healer. Great corporations, too, are coming more and more to select physicians in welfare and social service work; philanthropies and charities have long done this. A regular doctor has ten times the opportunities for large public service that a naturist can have for many years to come.

7. *Financial reason.* Large fees can often be asked legitimately in medicine and surgery. If they can be asked—and obtained, in natural healing, I do not know. I only know they are not. People pay for mystery, not for commonsense, in their doctor. And he who cannot dispense mystery cannot hope for great financial reward.

But the ultimate reason of all is professional. The scientific way to destroy an evil is to attack it from the inside. When you want to cut down a dead tree, you don't build a fence around it, then sit on the fence and hack at the tips of the branches. We are trying to cut to pieces the dead tree of druggism in as foolish and wasteful a manner—we spend enough energy on the job to build a whole city of model houses. Only a medical doctor can effectively destroy the evils of the medical system—for only he can get close to them to attack them in a scientific manner. If I were a naturist physician, I would *learn* medicine in order to *fight* medicine. And the first one who does this properly, will be stronger than the entire Medical Trust.

The way to surpass the doctors is to know more than they know and do better than they do. Whoever achieves this must be himself a doctor. The hope for the health of the world lies in the physician who combines the knowledge, skill and shrewdness of the druggist with the cleanness, fearlessness and ideality of the naturist.

CHAPTER X

THE ETHICS OF ADVERTISING

Should a physician advertise; if so, what and where and when and how?

The right answer to this question would be the open door to a phenomenal career of service and opulence, for any doctor who knows and loves his work. Advertising, in one form or another, prepares the way for success in any trade or profession. Publicity is popularity, and popularity is opportunity. No man with goods or services to sell can afford to remain ignorant of the twentieth century science of advertising.

A doctor is a merchant, plus a heart and a high hat. Though he has a mission of love to perform, and a reputation of dignity to preserve, he must be a salesman of treatments, consultations and prescriptions—with all the science of salesmanship at his subtle, sure, instant, constant command. The failure of doctors to recognize this financial department of their work has been a hindrance to their largest usefulness and happiness, from the beginning of the healing art.

Now advertising, done effectively, in the proper way, medium, language, time, cost and extent, forms probably 30 per cent of the success of any business. A factory or store with a yearly turn-over of \$1,000,000 worth of goods must appropriate \$50,000 to \$80,000 a year for advertising alone—and this expenditure is considered one of the best possible investments by shrewd business men. Wherever you make purchases for yourself or your family, you find and you buy the best-advertised goods, articles which have become standardized in your mind through long-continued repetition of their names and claims, through the mediums of newspapers, magazines, bill-boards, street-car appeals, trademarks and packages and pictures and types of distinction and attraction. It may be said of almost any modern business: No advertisement, no advancement.

The psychology of advertising explains the hold which patent medicines and other fake nostrums have on the public. The name and picture of some alleged doctor and benefactor is so vividly and everlast-

ingly painted on the memory of drug-store patrons that they keep on buying the box or bottle grown thus familiar, not only for themselves but for their children, and their children's children. The psychology of the patent medicine is as good as the physiology is bad.

The name of Kneipp is world-renowned chiefly because of the many varieties of herbs, foods, and garments which Kneipp endorsed and some Kneipp company sold in all parts of the world. Father Kneipp had the goodness of the naturist and the shrewdness of the druggist, happily and wonderfully combined. He was a pastor, a healer, and a business man; his reputation, however, grew most from his power as a business man.

But Kneipp did not advertise himself, or his ministry—he advertised only his books, remedies or institutions. The cures he wrought advertised themselves; and this may be said of nearly every great pioneer in rational therapeutics. So we ask one of the most vital questions bearing on efficiency in drugless healing: Should a physician advertise?

The true and proper and scientific answer to this question has not yet been made, to my knowledge. Further, it has not even been discussed in a manner befitting the importance of the problem. I shall not assume to offer a final conclusion, but will endeavor to outline the chief points for consideration, from the efficiency side only.

As the problem relates equally to medical and non-medical physicians, provided they are equally honest and efficient, I propounded it first to old-school doctors, since they are in the majority.

I was immediately confronted by a lot of mediaeval hobgoblins termed "professional ethics", whose horrible shriek at the very mention of the word "advertising" thrust terror in my soul. Now a "professional ethic" is the ghost of a personal ideal. When the ideal departed this life, the "ethic" hung around for a few generations, to haunt the place. Any doctor who fears a host of "professional ethics" and feels paralyzed thereby, is in a moral graveyard, and doesn't know what ails him.

However, the shades of the departed should always be respected—never be ridiculed. And I determined to study these ghostly "ethics" that forbade a physician to advertise. Years ago, when I was as ignorant as very good people usually are, I didn't believe in ghosts. Now I realize, from a prolonged study of psychic phenomena, that astral bodies and personal radiations are as truly scientific facts as are light and electricity. Just so, the wraiths of dead ideas and convictions, which we term superstitions, may contain the semblance, if not the substance, of

living truths. They should not be dismissed without a sympathetic, scientific, examination. What is the basis for the universal antipathy, among skilled and conscientious doctors, individually and collectively, toward the subject of advertising in the medical profession? Why do the best doctors and medical associations forthwith excommunicate a doctor who starts to advertise? On what ground is modern publicity a hindrance to advancement in healing though a pronounced help to advancement in other vocations?

These questions were not easy of answer. A doctor is an oyster of eloquence, and I never could open oysters. However, I managed to extract, from the silence and ignorance of doctors on the subject, a few clear and cogent reasons why doctors in good standing will not advertise. These are:

1. Because advertising is a commercial proposition, designed for money-making only, and a physician who regards his calling as a mission can no more advertise himself than a minister could.

2. Because the advertising columns of newspapers and magazines are filled with praise of shoes and soaps and cigars and other material products, while the real commodity of the physician is an intimate, personal service whose nature and value can be neither described nor disclosed.

3. Because the returns from advertising depend on a regular "follow-up" system and other commercial methods, for which a true physician has no time, talent or inclination.

4. Because the brazen exploitation of a doctor in the public press would cheapen him in the eyes of his best clients, and would rob his work of the dignity, secrecy and confidence which are indispensable.

5. Because real cures advertise themselves, and a physician who has made himself truly efficient does not need to advertise—he has more clients than he wants.

These arguments may be answerable, but they certainly are respectable, and by no means deserving of the general doubt and odium cast by most naturists on the medical fraternity. The reasons apply to naturopaths as much as to allopaths, if they apply at all. Do they apply? Can a physician deliberately seek publicity for which he pays, and still be true to his calling?

Be not deceived, however, in these arguments. No matter what the ideal state of things may be, the actual fact is that great numbers of old-school doctors *do* advertise. They write papers for medical journals

and letters for the daily press; they deliver speeches before health societies, women's clubs and civic bodies; they seek appointive or legislative office; they propound new cures for diseases which they have previously invented for a new cure to fit; they wear a graceful goatee, a funereal medicine-case, an omniscient atmosphere, and other items of a self-announcing suit of regalia; they perform so many, many tricks that work as well as a paid advertisement, and more cheaply. It seems to be not a crime for a doctor to advertise, but a crime for him to get caught at it. Having ceased for lo these many years to be a doctor-catcher, I wash my hands of the job, I turn it over to the dog-catcher.

Now let us look for a brief spell at Doctor Munyon, Lydia Pinkham (there haint no Lydia, she is a company), and Mr. Bromo Seltzer. We shall not look long, as these sights are too horrible for the human eye to contemplate. Their one redeeming feature is their financial acumen; and this, while it cannot redeem them, should redeem us. If I were an association of drugless practitioners, I would organize a complete investigation of the methods of advertising and salesmanship that have made fortunes and followings for Munyon, Pinkham, Seltzer and Company. I would emulate the shrewdness of these rich concerns, but eliminate their badness. I would employ their knowledge of human nature and psychological appeal; I would hire one of their chief advertisement-writers, if necessary, and let him adapt their money-making offers and devices to the business end of the Nature Cure.

Is there any earthly reason why poisons should be sold to millions of the sick, and fortunes made for the vendors, while the honest, harmless, helpful treatments and remedies of the Nature Cure physician are limited to a handful of immediate patients—and his rewards are privation and sacrifice? Wealth is embalmed wisdom. I am tired of the poverty-plaint of drugless healers. Poverty is stupidity. A man may get to Heaven by being good, but if he is nothing but good, he has to go through Hell here. How do I know? I have been through it.

Should a physician advertise? Emphatically, yes. Should he advertise the personal, confidential service he hopes to render? Emphatically, no. He should plan a system whereby all his publicity may focus on a book, a remedy, a school or a sanitarium, so that the first person singular never appears in a public advertisement. The individual healer or teacher must always advertise not his personality, but a production of it.

An illustration of scientific publicity occurs in the case of my three books "How To Be Happy", aiding optimism; "The Philosophy of Fast-ing", promoting health; and "The Triumph of the Man Who Acts", urging

efficiency. No mention is made in these books of the fact that I teach their respective subjects; or that I know anything about letter-writing, advertising, or business method; or that I lecture, write editorials, or give personal consultations. Yet from the readers of these three books—numbering now over 1,000,000 people—thousands of requests have come, for every kind of service I can render. If I were at the head of a sanitarium, it could easily be kept filled by merely conducting correspondence with health-seekers who, after reading these books, wrote for the author's aid and counsel. Here, I believe, is an example of the most ethical, efficient and economical way of advertising a health institution.

Observe, however, that these books were not written with any thought of advertising in them or behind them—such an object would have killed the spirit in them, which alone impels the reader. They were written to serve Truth, to aid the reader, and to express myself. Your best advertising is the radiation of your own soul; and here the very word “advertising” is grotesquely out of place. The real reason for studying advertising is to learn how not to need it. To the master, in any profession, the people must come. He cannot leave his work, to call them, for his work is himself. When your work is you, from the ends of the earth you will surely be summoned, without act or knowledge on your part.

Let us now demonstrate the need for a better knowledge and use of the laws of advertising, in health reform circles. I have clipped a number of advertisements from our standard hygienic and metaphysical magazines, which publications are supposed to represent the highest moral standards in the health field. A casual observer, not acquainted with the publishers of these journals, would say to himself, on reading these advertisements, “What sort of a fake scheme is this anyway? Do these people expect me to believe their editorials, when their advertisements are plumb rotten?” The casual observer would be entirely justified in such a query and conclusion. The simple fact is, that many of our health magazines permit the publication of advertisements which *are misleading*, unprofessional and untrue, and which would be turned out of the columns of the better class of newspapers and popular magazines making no pretensions to a supermorality.

Some of these “ads” are comic, some are tragic. We will consider a few of each kind, giving the actual wording in most cases, with the meaning and substance in every case. Then we will offer a comment, from the efficiency viewpoint. The quotation is a headline or principal sentence from the original advertisement. The name is of course altered, to conceal the identity and cover the shame of the advertiser,

THE MILK CURE

will cure any curable disease or chronic ailment.
Copyrighted booklet with full instructions on home
treatment, *one dollar*.

PROF. SIMON SIMPLES
FOOLVILLE, N. Y.

Here we have a panacea, and it costs but a dollar. I have consulted a famous exponent of the Milk Cure, and he says that the ordinary application of it is not only useless in many cases, but is actually harmful. Besides, any attempt to follow it in your own home is fraught with great difficulty, if not with danger. Yet here, in this modest little ad, we are guaranteed a cure for everything, from baldness to housemaid's knee, without even consulting a doctor, and the miracle is worth but a dollar. This advertiser missed his calling—he should have been a pea-in-the-shell bunco man trailing a circus.

HOW TO LIVE AS LONG AS YOU WISH

Healthy physical life preserved for a hundred
years. By mail, 25 cents, coin.

DR. LOONY GUESSER
DEAR ME, MO.

The law of Karma determines our length of life. And this cannot be foretold, save by celestial record of our past and present. Furthermore, we can never be guaranteed the fulfilment of any wish, by human agency. Often the thing we wish for is the worst thing to have. And the early death of most of the people who dote on metaphysical mum-mery, would, I am persuaded, be a mercy to the race. It is, however, worth 25 cents to see how big a fool a self-conceited man can make of himself. You may answer this ad—and get your money's worth—even if you should die laughing, in which case any lawyer would advise you to demand the return of your money, as you did not live 100 years. The man whose chief study is how to live 100 years never lives at all. He is already a mental mummy.

BEAUTIFUL HAIR FOR TEN CENTS

Luxuriant hair, eyebrows, mustache, or beard, a positive result with our Recipe. Can be filled in every home, and 10 cents worth will grow a healthy head of hair.

FLUFFY RUFFLES COMPANY
DANDRUFFTOWN, PENNA.

These people are too generous for their own good, somebody should warn them against the bankruptcy of overzealous charity. There are hundreds of bald-headed men and ugly-haired ladies within the sound of my voice from my Broadway office, who would gladly pay \$100 each for a beautiful and luxuriant growth of hair. One of my friends has recently paid out \$150, to have his fading locks restored, and they aren't back yet. Why give away so valuable a recipe for a measly dime? If ten cents' worth really grows a healthy head of hair, eager mobs of scalp specialists would fight among themselves for the privilege of paying \$100 for the recipe. Of course there is no universal remedy for baldness, and we conjecture that the one suitable thing about this remedy is the price attached.

WRITE MOVING PICTURE PLAYS

Sell for \$50 each. Learn in spare time.
No correspondence course. Details free.

GETRICH PUBLISHING CO.
FULLPURSE, OHIO

The average price for a "movie" scenario by an unknown writer is \$15. Few such plots bring more than \$25, unless written by a famous author who can set his own figure for his work, and whose name can be used for its advertising value by the film company. But the worst fraud here committed lies in the false hope aroused in the minds of people who have no talent whatsoever in the dramatic field, and whose efforts will be wasted in trying to attain a virtual impossibility. To lure a man on by false hope is more of a crime than to knock him down and steal his purse.

STOP WORKING FOR WAGES!

Learn a money-making profession in 180 hours.
Full particulars free. Lose your job and be joyful.

MIRACLE MENTAL SCIENCE COLLEGE
SLEIGHT-OF-HAND, Mo.

The inference is here that anybody at all—clerk, blacksmith or hod-carrier, may prepare himself to earn a good income as a mental healer—and do it in 22½ days, of eight hours each. I should judge that not one person in five could ever be a good practitioner of psychotherapy, and that several years of deep study and hard work would be needed, to train the one in five persons who might be naturally fit for such a career. Two false premises in one short ad is certainly enough.

DO YOU WANT PROSPERITY?

A hermit living in a dark cave had a magic secret for attaining all that the human heart can wish. Many princes came for this, from afar. We were kings in our mind, so he gave us the secret, which we now publish and sell for the ridiculous sum of 10 cents.

Why put off getting rich? Learn how, now.

THE MIGHTY MASTER MYSTICS
OPIUMJOINT, STATE OF COMA

The hermit lived in a dark cave. We believe you—he didn't dare come out. But the darkness is out, having come with his "magic secret." The fortune-telling atmosphere of this recital is bad enough, to be sanctioned by a magazine upholding truth and decency. But the advertiser has done a more unrighteous thing than prey on credulity; he has published in the advertisement a representation of the face of a holy man, presumably that of the Christ, with a halo shedding light, and a star above. Here is blasphemy too horrible for words. A friend of the pure Nazarene can only turn away, heartsick, weeping, asking God why such desecration was allowed to be. How can the publisher of such a travesty on truth expect to gain the confidence of the public, in any respect?

PERFECT HEALTH AND EFFICIENCY

Superior method course of instruction. Masterkey to achievement. Simple and sure. Better than college education. Costs nearly nothing. Send 10 cents for literature explaining all.

O. ANANIAS
GULLIBLETOWN, CAL.

A college education costs at least \$1,000. Here is something better, for 10 cents. Why build any more colleges? Why not endow this modest advertiser, and make a universal educational institution out of him? We would suggest for a name—Gall and Omniscience, Incorporated. And we would further suggest that all the asylums and hospitals for the feeble-minded should be emptied at his door, they being fit subjects for his intelligence to work upon.

* * *

Well, brothers and sisters, what are we going to do about all this? Would it not be a kindly, Christian act for us to write the editor of any magazine publishing such advertising as the foregoing, and protest with all our mind and heart against these libels on our intelligence and insults to our honor? Will not some great national association of teachers, physicians or publishers take up the matter of censorship for advertisements, and plan some way to abolish the evils manifested in the cases I have quoted? Advertising is the scientific presentation of the simple truth. Our first problem is to see that we have the truth.

CHAPTER XI

WISER PROFESSIONAL METHODS*

There is a lesson for naturists in the story of the Great War.

When Germany defied and assailed practically the whole world, Germany rested in the consciousness of two invulnerable sources of strength. The first was *information*, the second *preparation*.

Through her unequalled spy system, Germany knew more about the size, location, method and equipment of the English bulwarks of defense than the body of the English army knew. This advance knowledge, minute in detail but vast in scope, formed the base of the German war-machine, whose efficiency has amazed the world. How to beat your enemy: Know his game as well as he does, then play it first.

We have no liking for a spy. A spy is but a sneak operating on a large scale, and to steal your information is as wrong as to steal your money. However, the mental and mechanical ingenuity of the German spy system holds our admiration, if the method of its use forfeits our respect. Germany saw that her fleet could not oppose the fleet of England, so she launched a submarine war to prevent the sailing of the English fleet; Germany found that in numbers of men she would be outdone, so she bent all her energies to giving her men a larger allotment of ammunition than the enemy could obtain; Germany reckoned with the slow and imponderable temperament of the English people, and rightly figured that the psychological way to victory was to rush them off their feet. In short, by knowing all the strength and weakness of the enemy in advance, Germany prepared to match the one, and overwhelm the other.

* The publisher of this book wishes to emphasize again the fact that he does not agree with all the conclusions of Mr. Purinton, and believes him entirely wrong in some of them. Hence we do not wish to be held responsible for any of these chapters as a whole, but merely offer them to our readers as an expression of individual opinion. Because of their power to stimulate thought in new directions, we consider these suggestions highly valuable, in spite of what seem to us occasional errors for which we cannot stand responsible. A discussion between the publisher and Mr. Purinton will be found on another page, where the matter is explained more fully.

Nature Cure soldiers in America need to apply the German system, in warring on the fallacies and follies of the Medical Trust. There are scores of ways in which the doctors are wiser than we. And one of the first essentials to ultimate victory for Natural Healing is a thorough knowledge of the superior points in the medical system. The habit of drugless physicians has ever been to denounce the physiological poison contained in the drug school of practice, without recognizing the psychological power displayed by that school. As a matter of fact, a successful doctor is a practical psychologist whose methods the natural healer may well study and emulate. Human nature is not all body—it is first and foremost mind. And to omit a scientific use of psychologized methods in therapeutic work is an unnatural proceeding.

The professional habits and customs of most drugless healers are crude, ineffective, unwise. The profession is so new that the methods pertaining to its use have not been standardized. They must be, in order to gain the prestige and power enjoyed by the old-school doctors. Furthermore, instead of belaboring and ridiculing the allopaths for their crimes and follies, we must quietly and humbly prepare to learn from them the superior wisdom that enables them to get and hold their sway among the masses. I would earnestly recommend that one of the large national associations of naturist physicians employ a young man—preferably a psychologist, writer or reporter, to go through the entire medical system of training and practice, becoming a regular M. D. under the present idiotic laws, for the express purpose of analyzing and recording the details of the medical monopoly *from the inside*. The history of such an experience, accurately made without heat or prejudice, would form a book of inestimable value to the success of the Nature Cure in America.

We are most handicapped by ignorance. The method of first-hand study employed by Upton Sinclair in showing the evils of the Chicago stock-yards and by Alfred W. McCann in exposing the rottenness of the New York food-adulterators, should be followed by any man who hopes to reform the abuses of the drug business. Will not some young health enthusiast among our readers volunteer to immortalize himself by undertaking such a secret mission of a legitimate spy, among the ranks of the “regulars” in the drug-army?

I have been doing a little scout work myself. And I find, probably to your disappointment, that we have as much to learn from the doctors as they have to learn from us. People pay only for what they want. Doctors give people what they want. Therefore, instinctively, people pay for doctors' prescriptions. But we assume to give people what they

ought to have; which, beloved brethren, is the last thing they will pay for. We have not yet psychologized Nature Cure practice on the basis of *human* nature as it is today. I would make a beginning toward such a reform, in this chapter. The only reform worth attempting, is to reform reformers; this, being impossible, holds an irresistible appeal for a man who, being a man, hates easy things.

From a wide acquaintance among doctors, a profound respect for some of them, a cordial dislike for most of them, and a desire to be fair to all of them, I deduce the following lessons for the consideration of Nature Cure physicians. I do not guarantee the conclusions infallible, but only commend them to your serious attention.

1. *Healing, teaching and reforming should be made wholly separate, organized and maintained under auspices and methods entirely distinct.* The average drugless physician tries, earnestly but stupidly, to act as healer, teacher and reformer, all at the same time. In striving to become three men, he finds himself only a third of each; and a third of a man can never be a success. Nature Cure as a reform should be *endowed*, in the manner of all philanthropies and uplift crusades; and our reform instincts and aims should be focused on the means to establish a great national institution of health reform, which shall be founded and supported by the gifts of the rich, and thus receive popular acclaim as well as financial guarantee. There should be hospitals, clinics, dispensaries, homes and sanitariums of the Nature Cure, one or more of these in every city of the United States. Before they can be established, a wise, broad, concerted effort must be made to attract the wealthy and powerful to the cause of Natural Healing and Living. Only by the help of men and women of means can the reform side of this work be effectively presented—those who earn their living in the profession cannot safely diverge into its reform aspects.

Neither should *education* in Nature Cure principles be attempted by the practitioner among his patients, unless they voluntarily ask to be taught. One of our popular axioms is, that the healer should be first a teacher. I am coming to doubt this very seriously. At this moment I believe that all the education, for the sick at least, should be carried on by means of books, magazines and courses of instruction, while the physician should limit himself strictly to healing. When a man hires a lawyer, a preacher, a cook, or a chauffeur, he does not want to be instructed in the mere technique of such professions. The lawyer must save him from jail, the preacher from hell, the cook from dyspepsia, the chauffeur from accident, and the man doesn't want to think how they do it. That is their job, for which he pays. Neither does the in-

valid want sermons or lectures from his doctor—he wants cure, and cure only. To give him long harangues while treating him, is a psychological blunder, a pure waste of time and energy, a token of inexperience and rashness.

There are two special reasons why the drugless physician cannot be a successful teacher. In the first place, a man ill in body is also ill in mind. We know how hard it is to convince those who seem physically well, of the value and importance of the Nature Cure. How much harder it is to impress and renew the disordered minds of those afflicted with chronic disease! The majority of the invalids who try the Nature Cure are physically and mentally incapable of understanding the philosophy of it, their instincts and intellects are both on a vacation, and have been for years, else they would not be confirmed invalids. Why attempt to convert them, when all they want is cure? Here is where the reformer mixes in, usurping the place of the doctor, and making confusion, by throwing a hodge-podge of new ideas into the patient's weak, distorted, mind.

The second reason why the healer cannot be an effective teacher lies in the lack of ultimate authority. A feeling of absolute faith and security is one of the first essentials to recovery. The church assumes final sanction and wisdom over all its devotees; the college claims to have the ultimate scientific truth pompously writ in huge tomes by far-famed authorities: hence the church and the college teach powerfully because they engender a supreme faith in their right to teach. Now there is no ultimate authority in the Nature Cure, and there never can be. The nearest approach will be some great national institution, heavily endowed and thoroughly approved by men of renown, whereby a system of popular education in the Nature Cure may be given a semblance of ultimate authority. At the present time, with no such powerful institution back of him, it seems folly and futility for any drugless healer to try to teach a patient a set of principles for which no standard or tribunal has yet been established.

The wonderful work of Dr. Alexis Carrel in blood-transfusion, bone-transplanting and life-restoring would never have gained fact or credence but for the millions back of the Rockefeller Institute, and the respect which arose therefrom in the public mind. Without some such mighty force underlying and supporting the Nature Cure investigator, he wastes himself in trying to convert or teach the public. Let him be a straight reformer, and get a rich man to endow him; let him be a straight teacher, and hold a position in a health school or issue lessons of his own; let him be a straight physician, and confine himself to cure;

let him be any one of these three humanitarians, but not endeavor to be more than one. He can't.

2. *Silence and mystery should surround the healing art.* It is indeed fatal to let a patient know what you are doing to him. He might endeavor to save money and do it himself, or to hire a cut-rate healer to perform the ceremony; either of which alternatives would be, if possible, even more fatal than your own prescriptions. Do not explain how your treatment cures, do not urge him to depend on himself, above all do not say that "Only Nature heals" and you have no inherent curative power; all such statements weaken your hold on the sick, and either impair the cure or send the invalid to a doctor with a big gob of self-esteem at the phrenological top of his head. Frankness with a patient is foolhardiness.

Somebody here probably exclaims "Well, of all things, this is the limit! How often I have heard you preach honesty and openness and truthfulness. Now you advise mystery, superstition and deception. When did you backslide, what caused your ruination, and oh can I ever believe you again?" Not so fast, my hysterical friend, you are reading only with your eyes, not with your mind and heart. (Most people read everything this way, hence are universally misinformed.) I do not sanction dishonesty, I hate all forms of deception, and I want to smash into atoms every superstition on earth. But I am now an efficiency engineer—not a reformer. And while a reformer who only paws the air in a verbose, melancholy way may be content with pretty theories, an efficiency engineer considers only results. You cannot get results as a doctor by treating your patient as an equal. You must always be superior in knowledge and power. Let him think he can learn all that you know, from Nature or any other source, and at once you begin to lose your influence.

The mediaeval custom of writing medical prescriptions in Latin is part of the code and conspiracy to prevent a sick man from learning what the doctor does to him. I used to think the Latin-prescription business merely a pedantic and archaic form of medical superstition. Believe it not—this array of unknown figures, strange signs and foreign polysyllabics is one of the subtlest means of psychological strategy known to science. For, observe what would happen if a doctor's orders were to be writ in plain English. The patient would try to fill the prescription himself—and thus most likely poison himself; he would loan the prescription to friends whose ailments were apparently similar but really quite dissimilar; he would use the prescription without consultation when his trouble or anything like it should recur—though symptoms and causes might be very different to the professional eye of a trained observer.

In short, a prescription that a patient could read would at once become an instrument of peril, to his own life and to the practice of his doctor. This explains why the custom persists, and why a code of like impressiveness should be formulated and adopted by drugless physicians. Tell a man to gargle salt and water for a sore throat, and he will grunt "Huh! I could have prescribed that myself! Why should I pay this doctor?" Tell him to gargle sodium chloride, aqua pura (H_2O), and some other hidden, harmless ingredient from a drugstore—then behold the fellow is grateful, obedient, and ready to pay your fee without protest. A dose thrives only in the dark—I suppose because the deed is evil. But if sick people want secrecy with their prescription, a doctor's business is to furnish the secrecy also. As teachers, we should tell people something about the science of health; as reformers, we should tell them everything; as doctors, we should tell them nothing. Which are we?

3. *Every doctor should possess a lot of queer-looking instruments and appliances, that he alone understands, and that he should wield with solemn unction and slow suspense, on the patient.* A sick person likes to be fussed over, and allowed to believe that his peculiar trouble is the most subtle, mysterious, baffling complication of blights that ever attacked a human frame. Of course theoretically he should be stood up in a corner and spanked; but actually, he must be solemnly bent over and seriously examined, studied, measured, weighed, turned and tried and tested in every conceivable manner, to satisfy his conceit and self-pity. The more of this sort of diagnosis you can give him, the more he will believe in you and think you a grand little doctor. I would therefore advise the drugless physician to equip his office with the crazy-looking tools, appliances and machines to be found in the office of a popular allopath, to the extent that these diagnostic fooleries and flummaddiddles do not actually harm the patient.

I would further recommend, this time seriously, that the whole range and import of symptoms should receive ten times the consideration now given the subject by the average Nature Cure school. The allopaths are wrong in prescribing a specific remedy for each of a thousand specific ailments; but they are right in locating and learning a thousand symptoms marking a thousand ailments, they have properly emphasized the urgent need for scientific accuracy in studying the diverse conditions of patients minutely and continually. Most anti-drug practitioners, whether physiological or metaphysical, err in point of a criminal vagueness and ignorance. Nature will cure, without drugs or operations, most cases of appendicitis and of typhoid fever; but the physician must know whether the trouble is appendicitis or typhoid, and must

choose from Nature's host of remedies the ones to fit the case. In the close determination of the many varied forms of disease, the allopath is to my way of thinking far ahead of the naturopath.

4. *Preaching and teaching prophylaxis should be rigorously barred, unless earnestly requested.* In watching thousands of cases of physical or mental disease, I have come to the conclusion that about one person in fifteen—certainly no more—may appreciate, understand and adopt the rules of right living that Nature Cure rests upon. To explain them to the other fourteen is mere waste of time, energy and sympathy. The efficient man wastes nothing. When we consider the matter, as it should be considered, in a purely professional way, we discover that the doctor is merely a merchant of prescriptions and treatments, he is selling cure, and cure only. When you go to a store for a pair of shoes, if a clerk tries to sell you sandals or slippers instead of shoes, you are properly indignant, you rebuke or report the clerk for unwarranted officiousness, and you probably trade thereafter with another store. The shoes you are wearing may have brought you corns or bunions—no matter, they are your shoes and your corns or bunions, you have a right to keep them all, and no clerk has a right to interfere. Why should your patients think otherwise, when they seek to buy cure from you? If they ask for detailed information on the best forms of exercise, diet, baths, mental habits, and the like, for the prevention of disease, then teach them, reform them, promptly and gladly. But if they merely want to be patched up, not renovated and regenerated, do the patching conscientiously, and stop there.

5. *A national herb-store conspiracy should be formed, that would do for the drugless physician what the present drug-store conspiracy does for the doctor.* Think how many press agents, boosters and allies the doctor has working for him, at no expense to himself. There is the druggist; the chemist; the medicine-maker; the instrument-manufacturer; the surgeon; the hospital official; the nurse; the food-faker; the vendor of tight shoes, wool underwear, stiff corsets, high collars and hermetic hats; the teacher of wholly theoretical hygiene; the parson who ignores the body; and last but not least the unctuous undertaker. These folks are all working for the doctor—no wonder he is a popular man! Conversely, they are all working against the Nature Cure physician, because if he gains the sanction of the public, the jobs of these aforementioned persons are forthwith gone. Why should we allow this thusness?

A national chain of herb-stores should be established. All Nature Cure colleges, whether physical or metaphysical, should include a full course in the study, prescription and application of herbal remedies,

internal and external. The custom should be inaugurated, of prescribing a harmless vegetable tea, tincture, powder, bath, infusion, compress, or other plant remedy, as a general form of "placebo" treatment. Every drugless physician should carry a "medicine-case"; why forsooth should the dignity and mystery of that solemn reticule be for an asset to the allopath alone? I am not fooling, I am in dead earnest. We cannot hope for a thousand years to make people trust in principles only, and I have observed that many a flowery advocate of New Thought or Physical Culture has no hesitation in swallowing, secretly, a nice little pill and thereupon feeling better, also secretly. The wisdom of Kneipp in compounding his herbal "Apotheke", was greater in a therapeutic sense than all the sentimental theories of every cloud-lodged metaphysician in our present day. Of course it is unsafe to prescribe even herbs until the practice of naturist methods has been legalized; here I would but suggest the underlying truth for a general herb inaugural throughout the healing profession.

6. *A substitute for surgery should be devised, to warrant an equivalent for the huge fees asked and received by famous surgeons.* I have lately talked with the treasurer of a \$6,000,000 institution for the cure of disease. And I have learned that many of the great surgeons on the faculty of the hospital maintain a secret list of charity patients, to whom they donate their services and for whom, in addition, they pay the expenses of board, room, and medicine. Here is but one instance out of many, where a general popular movement for the spread of belief in drugs and operations is being carried on, quietly but unceasingly. How can the drugless physician afford a similar charity, with his present income too meager for a decent living? The great dispensaries in our American cities are possible only because the doctors who work for next to nothing have an independent means of support from their rich patients in the private wards. Would it not be feasible to evolve a highly difficult, really beneficial, form of treatment or manipulation, which would warrant a fee of \$100 to \$5,000, and would be restricted to those who could pay for it? I have in mind the success of Doctor Lorenz in the case of Lolita Armour, the daughter of the millionaire meat-packer. You may recall how the spinal trouble of the little girl, which had made her a hopeless invalid, was cured by the manipulations of the European doctor, with a fee large enough to compensate for a host of charity cases. It will pay to give this whole matter of large fees, their psychology and availability, a great deal of serious thought. How can the rich be made to realize their need for the Nature Cure, and to pay in proportion to their wealth? The crowned heads of Europe have been clients and patrons, in large numbers, of the naturist

pioneers over there. What is the matter here, why can not an equal following be secured?

7. *The principles and methods of the so-called specialist should be incorporated in drugless practice.* The vogue of the general practitioner, the old-style family doctor, is fast disappearing. Except in country districts, and for minor ailments, he must yield to the popularity of the highly trained, well paid, specialist. Not only in medicine, but in law, literature, commerce, education, even religion, the specialist now does the finest work, commands the best field, wins the largest rewards. The Reverend "Billy" Sunday has turned the hearts of millions of people toward the church, and he has collected for his own purse as much as \$40,000 in one day. If specialism has invaded the church, how much more must it rule the hospital, sanitarium and private practice; for the bodies and minds of men are infinitely complex, while the souls are one.

There are two main forms of therapeutic specialism. One refers to the kind, character and location of disease, the other pertains to the method of treatment. In the old-school practice, the first largely obtains, a doctor being a specialist of the nerves, eye, lungs and throat, or some other part of the anatomy. In drugless healing, my own belief is that the ideal specialist would master one branch of the Nature Cure, such as hydrotherapy, mechanotherapy, dietetics, gymnastics, mental science, and work in conjunction with many other specialists, each having a separate department, but all being correlated in one great institution. A doctor studies very little but the medical mode of treatment—and we call him unprepared. The Nature Cure embraces scores of systems, each as difficult as the science (?) of medicine; how absurd then to claim that any one man is master of them all! Yet this is what a Nature Cure college virtually does, in graduating a pupil as a general practitioner. We can perhaps do no better at present, but we can at least think better for the future.

Let me give an example of the need for specialism in the Nature Cure. A friend of mine has spent three years in going the rounds of both medical and non-medical hospitals, homes, sanitariums, and other health resorts. The experience has cost him over \$10,000, and suffering of mind and body that no dollars, no words even, can measure. The affliction of this man was complex, but not mysterious or incurable. After many heart-breaking attempts to gain health from any one physician or institution, he managed finally to prepare for himself a composite treatment or system which really worked. Portions of this were taken from the different sanatoria he had visited—not one of which was really competent to handle this case. Morally, the man had a right to

sue each institution for failing to provide all the known methods applicable to his case. For every major class of chronic disease—such as rheumatism, dyspepsia, insomnia, neurasthenia, kidney and liver complaint, and so forth, a special resort or sanitarium on Nature Cure lines should be founded somewhere in the United States, and its whereabouts made known to every drugless practitioner. The future of Naturism lies in specialism.

* * *

These are but a few vague hints on the subject of wiser professional methods. I would now make one definite, particular and very, very peculiar recommendation; I would urge that the American Medical Association and the American Naturopathic Association each appoint a representative or committee whose sole duty will be to ascertain the points of greater wisdom and excellence *in the other association*. The A. M. A. would say to the A. N. A.—“We are doubtless making serious mistakes, which your superior knowledge would enable us to correct. Please inform and reform us.”

Then the A. N. A. would reply to the A. M. A.—“Not so, brothers. We, verily, are the bunglers—will you not graciously condescend to show *us* the better way?” Each would thus become a regular Alphonse of courtesy to the other's Gaston of humility.

I have to stop here—such a spectacle takes my breath entirely away, and I must needs recover from the shock.

CHAPTER XII

THE IMPORTANCE OF GOOD LETTERS

I have received a letter which is to mine heart as a palm-tree and well-spring in a desert. So refreshing, unique and encouraging a message has not come in many a day.

I had never heard of the writer before, and he wrote me for only two reasons—to thank me for this series of expositions, and to ask for any criticism or rebuke that he may have deserved from the standpoint of efficiency.

A part of his letter will interest and inspire you. He says in substance:

“The town in which I am located has a population of 350 inhabitants. I began my practice here just a year ago. I was born here, and my parents, uncles and aunts, and cousins galore, live here. Several of them have called me and paid me for the service.

“I began without an office, a telephone, a conveyance of any kind, or a dollar that I could call my own. I seem to have no trouble to get patients, to get good results and to get my fees. My day book tells me that the cash return for this week, so far, is \$51.62. This is Thursday A. M. The total was \$169.75 for last month, and \$275.50 for the month previous.

“My office is furnished with solid quarter oak furniture, the best to be found in any physician's office in this county. I have refused \$250 for the horse that I drive.

“These figures are not large, but they show that I am making a living at the drugless business in spite of the devil, and the fact that I am the only “rubber doctor” that the people here ever saw or heard of, and the fact that this is my home town. The people say I ‘rub’, and know only what they have heard. They have never read a printed word on the Nature Cure. The majority of the people who never saw me with my hat off think I have horns. Notwithstanding, I have had patients come from cities over 100 miles away, for a treatment so new and different that even my patients hardly understand the first principles of it.

“Please write me a personal letter, and give me an honest and unmerciful criticism—a picture of myself and my business as you see it, and I'll pay you for it.

"I am satisfied there is nothing the matter with the Nature business except our inefficiency and our deficient organization, and I am hungry for a personal word from someone who knows the efficiency side of it."

This brother's letter is too good to keep, and I also wish to take it for the text of a much-needed sermon to other naturopaths. Hence the answer is published here:

Please observe the following important facts.

1. This man, whom we will call Mr. Rich because that isn't his name (but will be if he keeps on), is making over \$50 a week in a town of only 350 people. This means that, on the average, every man, woman and child in the town pays Mr. Rich over \$7 each year, for drugless treatment and advice! And lately I had a heart-rending plaint from a naturopath living in a city of 20,000, to the effect that he could not make ends meet! If he were as efficient as Mr. Rich, he would be earning \$140,000 a year from his practice—quite a tidy sum, it seems to me.

2. Mr. Rich began with nothing—worse than nothing, because he had his relations all about him. And as I have pointed out, relations are good to a professional man after he has succeeded, but before this they are as mill-stones around his neck and cobble-stones to the rest of his anatomy. The relatives of Mr. Rich consult him professionally, and pay him just as though he were a stranger. This, I confess, is a miracle beyond my comprehension. But it proves that wherever money is, the wise and efficient naturist can cause the transfer thereof to his own jurisdiction.

3. Mr. Rich has not resorted to advertising, nor to printed eulogistics on the Nature Cure, in gaining clients. This has but one meaning—he "makes good"! It would be a happy deliverance from avalanches of useless words if nine-tenths of the advertising "specialists" in Drugless Treatment would stop talking and writing, and perform such fine cures that the cures themselves would do the advertising. I don't know how many healers have asked me the best way to have their method "written up"—and on investigation it appeared that there was nothing to write up! Strange as it may seem, a thing cannot be safely written up unless it is already at the top. Working a thing up should precede writing it up.

4. Mr. Rich is satisfied there is nothing the matter with the Nature Cure as a business. He doesn't grumble over his job, nor at the people who are the source of his livelihood;—and I am convinced that the majority of naturopaths commit this ungracious and unpsychological error. You chose your work—why get peeved about it and reflect on the wisdom of your choice? It is not the boy at the head of the spelling-

class who doesn't like spelling—it is the boy at the foot. The same is true of the man and his trade or profession. To excel in anything is to love it.

5. Mr. Rich asks for an honest, unmerciful criticism—and freely offers to pay for it. This, beloved brethren, is the sign not only of a successful man, but also of a great man in the making. To pay gladly for scientific censure is a mark of supreme wisdom. There are efficiency experts who are paid \$40,000 a year by captains of industry, to pick flaws in their business. It takes a captain, in any line of work, to be strong enough to fight his own weaknesses and mistakes. The little fellows turn and run. I have had personal requests from healers and teachers asking help on efficiency lines. Accordingly, I have prepared questions for the ascertaining of the real facts in their work, have requested certain data and co-operative effort on their part, and have named a fee (usually a half to a third of the value of my time) in return for the service. Thereupon I have observed a profound silence gathering between us, and remaining to this day. I am relieved, because I have no time to bother with people born to fail; but a profession all cluttered up with them is in a bad way. Nature Cure, like marriage, is an ideal institution; the only trouble is with the people who practice healing, and who get married.

Needless to say, I have not assumed to criticize the methods of Brother Rich, nor to accept money therefor. To analyze his work sufficiently for this purpose would take time that hundreds of people need more than he does. He is, I should judge, about 70 per cent efficient in his work. The average man is only about 30 per cent efficient. So, while Friend Rich has no occasion to be boastful, he may feel a just pride in the degree of success already achieved. In his case, I hereby take back the harsh things I have felt bound to say, concerning drugless healers on the whole.

Further, I would earnestly recommend that some national association of drugless practitioners make arrangements for discovering the secret of this man's success, preferably by sending a reporter or author, a photographer, and a character analyst, to his home, for the purpose of locating the elements in man or method that are so meritorious, and of describing these attractively and scientifically, for the benefit of all practitioners throughout the United States. Such a book would be a blessing and a money-maker, both together, if handled aright.

Now, having enjoyed a rare diversion—that of meeting a naturopath who knows his job, we will proceed with our regular task of suggesting improved methods for the health propaganda.

I have before me thirty letters, written to me personally by authorized officials of the most prominent Health schools in the United States. The systems taught by these various institutions cover Naturopathy, Chiropractic, Osteopathy, Mechano-Therapy, Physcultopathy, Naprapathy, Psychotherapy, and other popular modes of healing and living without drugs. In order to ascertain with positive directness what literature is being sent out by the leading institutions, I wrote personally, asking what each had to offer a prospective candidate for a practitioner's degree in non-medical therapeutics. Each of these colleges, real or alleged, supposing that I might be good for a tuition fee, turned the epistolary battery of the place on me, full force. I, being old at the game, found many a reason for smiling at the inadequacy of their ammunition—it all fell short; but no occasion whatever to send good money in return for their poor arguments. I did answer one letter, because I respected the sincerity of the man who wrote it, and I admired the skill and science of the man's presentation. If only one, out of perhaps fifty letters, brought a reply from me, and that reply negative—what was the use of the other forty-nine?

It costs from 3 to 5 cents each to issue a letter from an office. A personal letter costs about 5 cents, a "form" letter from 3 to 4 cents. Say the average is 4 cents—then 4 times 49, or \$1.96, was entirely wasted on me. If you multiply this sum by the many thousands of such inquiries and letters to be counted each year, you will have some idea of the inefficiency, and resulting loss, in the correspondence departments of our most reputable Nature Cure establishments.

Of the thirty letters that seemed worth keeping, perhaps six are really first-class, presenting good argument in a scientific manner. Five or six more are excellent in spots, ranging from fair to mediocre. The remaining eighteen or nineteen are distinctly bad, in one or more of the five respects that I shall name shortly. We have then this table of percentages:

Good letters.....	20%	
Fair letters	20%	(approximate)
Poor letters	60%	(approximate)
100%		

You can figure that about 70% of all the letters mailed from Nature Cure sanatoria, health homes, colleges and training schools would be safer and better if reposing in the waste-basket of a healer who never wrote them. However, nothing is lost, our metaphysical friends keep

saying;—and these epistles have indeed been to me a call for patience and a means of grace, for which I am dutifully, if reluctantly, grateful.

This chapter is headed “The Importance of Good Letters.” A good health letter must possess five kinds of goodness:—*moral, professional, psychological, pictorial, financial.*

The letters from a Nature Cure institution must be morally good because the officials aim to be reformers as well as teachers, inculcating principles of idealism, aspiration, clean and wholesome living. One letter ethically bad proves their whole position false.

Such letters must be professionally good because rival doctors, institutes and colleges are ever on the watch for mistakes and mis-statements, eager to make capital out of the same.

These letters must be psychologically good because the average man who receives them is now pretty well acquainted with the mail-order method of appeal for business, and has grown hard-hearted in respect to all but the most convincing arguments, having been deluged with “follow-up” missives galore.

The letters must be pictorially and typographically good because first impressions are strongest, and if your communication stands out as a model of neatness, cleverness, rare quality and fine display, you will have 50 per cent more chance of escaping the waste-basket.

The letters must be financially good because their final object is to sell something; and no matter how well they read, or impress the recipient, they are failures unless they produce an actual sale.

It would be an interesting and valuable experiment for every reader of this volume who writes or receives letters designed to sell a health product or production, if he would analyze a few of these letters by the foregoing standard of five-star goodness. Many of our Nature Cure friends who imagine they are stars in the letter-writing business would find themselves chunks of pig-iron.

We will now extract a few warnings from the rare collection of exhibits constituting the letter-writing system of some of the leading drugless colleges of America. I charge the schools in question with gross ignorance, incapacity, and in not a few cases, immorality. The exhibits confirm the charge.

EXHIBIT A. This letter starts by calling me “E. E. Purington”—no prefix, and the name spelled wrong. Now the lack of a “Mr.” may denote a sort of blunt frankness and straightforwardness; I don’t object to it, though the majority of men probably do. But to mis-spell a man’s

name in a letter is as unwise and discourteous as it would be to shake hands with him when your fingers were greasy or wet. Needlessly, you make a bad impression at the outset. This communication, also, is signed with a rubber stamp—one of the most atrocious and unpardonable forms of error in correspondence. When I receive a letter signed thus, it goes into the waste-basket with a speed that would crack a stop-watch. The rubber-stamp signature is not only a lie—it is a crude and blundering lie; and any lady will tell you that a lie done badly is of all mean things the meanest. Stupid goodness may be forgivable, but stupid badness is intolerable.

EXHIBIT B. This letter is shamelessly void of any man's name on the printed heading, or in the *typewritten signature* at the bottom. This augurs badly for the whole concern. A reputable "college"—this calls itself a college—has a president and secretary and faculty and other officers. Their names should appear on the letter-head, to impress one with the genuineness of the course and the standing of the college. This letter, moreover, was run through a cheap mimeograph, and staggers like a drunken man. Why should a good letter stagger, any more than a good man? It should not, and does not. The type, also, on this machine-made letter, is old and worn and shabby and neurasthenic. It belongs in an old lady's home, with a sanitarium for paralytics nearby. It needs the Nature Cure. Why force it on parade in its weak and wobbly superannuation?

EXHIBIT C. This gold-bordered Christmas card was just in the act of striking me favorably, on December 24th of last year, when I perused the following sentence: "We invite your co-operation to increase our enrolment." I might have been disposed to help increase their enrolment, or eke their enrollment, but to increase any school's *enrolment* is an impossibility, there being no such word; and as I have enough impossible tasks already on hand, I gently and sadly consigned their gold-framed card to the trash-heap. If a man can't spell, how can he have the nerve to try to teach anything?

EXHIBIT D. This letter has an engraved heading, on good stationery—two unusual points in its favor. But here is a bad promise—bad when made, and worse when carried out. The letter says: "Our Home Study Course is very complete, and a student in the correspondence department receives upon graduation a certificate exactly the same as a resident student." Manifestly, such a guarantee is unprofessional, unfair, and unsafe, a resident period of instruction being absolutely necessary to qualify any man for the practice of healing. A mail course is often of great *personal* benefit; no diploma for *practice* should be

given, however, on its teachings alone—clinical work is always a prerequisite to a real physician's calling.

This letter also states: "The opportunities for earning a large income are practically unlimited. As a Doctor of Freakopathy (not their title, but a better description than theirs), you will be respected by everyone and become independent for life." Oh shade of Munchausen and ghost of Ananias, protect these thy children! For if you don't, nobody else will. Yes, "the opportunities for earning a large income *are* unlimited." So are the opportunities for seeking the lost fortune of Captain Kidd, or flying to the moon, or precipitating the millennium. Let me assure you, however, noble Doctor of Freakopathy, you will *not* be respected by everyone—half your neighbors will probably call you crazy, and the doctors are likely to maul you as a public nuisance. You may become "independent for life"—by learning how to fast indefinitely, and to live in a tent without freezing. Ultimately, the best policy is always to tell the truth; and if a school's only object were financial gain, such letters would be unprofitable because unprovable. Character and commonsense are both greatly needed in our Naturist schools, as further exhibitions in the next chapter may demonstrate.

CHAPTER XIII

IMPROVING HEALTH CORRESPONDENCE

The drugless doctor is, generally speaking, a literary hobo.

I pause here to make this unwelcome but not unkind remark, by way of emphasizing the necessity of conveying good first impressions through letters to strangers, and the disastrous failure of most of our Nature Cure institutions to consider the matter in its true proportions. Letter-writing is a form of advertising. And as I devoted several years to the study of advertising, in order to make my reform work more appealing and effective, I think I have a right to express an opinion of more or less trustworthy character.

A "literary hobo" is a person who does not care how he looks on paper, who asks for money without giving a good reason therefor, and who wanders aimlessly around a subject instead of working into the heart of it. The official letter-writer in the average Nature Cure institution of America is, I repeat, a literary hobo. He does not command my respect, nor win my faith, nor get my money. He may be a noble character, but in the epistolary garb of a tramp he disqualifies himself at the start. I have no time to bother with him.

Suppose you are comfortably seated in your home, busily engaged, and you hear a step on the walk. You run to the window and you see approaching a tramp, or peddler, or gossip, or other individual not invited and not wanted. It would be human nature for you to remain stone-deaf while the visitor rang the bell out by the roots, and to let him depart as glum as when he came.

A business letter, coming in your door, may look like a gentleman—or like a tramp. In dress, demeanor, salutation, conversation, and general impression, a letter affects you much as a man does, whether you are conscious of the fact or not. And if you have hundreds of letters coming all the time, as I have, you know it takes an important and impressive communication to get itself read at all. Probably 70 per cent of these missives from Naturist concerns would not have been

read at all, if I had not wished to point out their mistakes, in this series of discussions.

Some one may object, that such letters were not written for the eye of an expert, nor intended for microscopic analysis. Evidently not; but they should have been. What sickens me in looking at the average drugless healer is the man's apparent willingness to stay mediocre, to attract a cheap and ignorant clientèle, to avoid the helpful if humiliating contact with the social and intellectual leaders of the community. The Nature Cure is worthy of the finest business methods and the noblest professional standards in America today. But so long as hordes of ignorant people, unsuccessful in ordinary lines of work, are allowed to get a smattering of Nature Cure ideas in a few months, buy a diploma that means nothing in either law or ethics, then turn themselves loose on a protesting community, how can we expect the grinders of these diploma-mills to formulate letters that are convincing, pleasing or even respectable?

A few of the modern schools for the training of non-medical practitioners are doing splendid work; but as for the majority, if I were a millionaire I would buy them up for the sole purpose of burning them down. This would be a great help to the cause. The obstacle to reform is the obtuseness of reformers.

Let us resume our catalogue of exhibits, culled from the specimens of letters written me by the heads of Nature Cure establishments, and continued from the preceding chapter.

EXHIBIT E. Here is a philanthropic letter, offering to make me independent for life, the assumption being that the diploma granted by this college will make every graduate rich. The letter was enclosed in a one-cent envelope with a loose-end flap, the kind used by cheap mail-order concerns in selling patent medicine or shoe-laces. A one-cent stamp both hurts the professional dignity and destroys the personal tone of the letter it carries. Whether a health institution is a college desiring students or a sanitarium seeking patients, it should employ only sealed communications. Every other sort violates confidence and is apt to offend the recipient. Further, a one-cent letter goes to the waste-basket, unread, if the man who gets it is busy enough to be worth while.

EXHIBIT F. The stamp on this envelope is a third gone; and the rest was drunk when it lit, judging by the way it lops over. Imperfect stamps should be sent to people you pay money to, and not to people you ask money from. When there is money coming, the looks of the envelope don't matter; but the recipient of an advertising letter is on the defen-

sive from the start, and criticizes every least flaw. The address on this envelope was done in long-hand, by a neurasthenic school-girl, with anaemic ink and a heart-broken pen. A first principle of business correspondence is that the envelope be addressed by typewriter; if the concern is too poor to afford a stenographer, nobody with office experience will look at the letter twice.

The enclosures in this communication are in five colors—brown, yellow, red, black and purple. They would befit the advertising of a circus, but are supposed to announce a college. One of these variegated chromo-letters offers a number of statements that are, indeed, gems of accuracy and humility. "It is a fact that there is no professional course of instruction in this country, today, which can be so easily absorbed as this; and it is a further fact that there is no other professional training, in which you could engage, that is so absorbingly interesting." I always distrust a man who starts out by affirming "It is a fact" that so and so is, or is not; because I feel quite sure he is lying. There are hundreds, probably thousands, of different professional courses of instruction now being offered in this country; how does any man know, without having studied them all, which is the most interesting, and the most easily absorbed? Such wild statements, unsupported and unsupportable by facts, only do harm to the entire cause of rational healing.

Another wild statement. "The ————— (patent name of treatment) will put a sick person on his or her feet in a few days. This means a steady stream of patients. Then again, think of the ease of this treatment, compared with the tedious methods of massage and rubbing which constitute nine-tenths of most of the other drugless healing methods." We observe only three falsehoods, in these three sentences. I would call this a case of inefficient mendacity. The manifest purpose of this letter-writer was to deceive, therefore why not put in several more lies to each sentence? No single treatment on earth will always, or even usually, put a sick person on his feet in a few days, if the ailment is either severely acute or stubbornly chronic. No steady stream of patients can be expected by one physician in a hundred, no matter what system or combination of drugless systems he employs. And massage and rubbing emphatically do *not* "constitute nine-tenths of most of the other drugless healing methods." I refrain from further comment on this letter—it is not worth such an outburst of righteous anger as I feel approaching, and my stock of expletives could not do justice to the situation. But why, in the name of all that is fair and decent, are these perjurers allowed to run their fake institutions;—why don't the honest practitioners, or the national associations, close them up, for self-protection and the good of the cause?

EXHIBIT G. This communication opens with the charmingly familiar greeting "Dear Prospective":—instead of "Dear Mr. Purinton" or "Dear Sir." Now I most decidedly am not, never was and never will be the "dear prospective" of this word-mixing college; and I resent being called names. The word "prospect" is the technical, rather slangy and very undignified name applied to a future customer by straight commercial houses. No high-class college would even be familiar with the word, to say nothing of using it in a private letter. This document, in the course of its arguments, aims to engender faith in the "dear prospective" by assuring him that "there is no more lucrative profession in the world" than the scheme of therapeutic adjustment explained in the course enjoined upon you. This statement is entirely false and misleading. I know a man who is making \$200,000 a year in his profession;—did you ever know a drugless healer of any kind, or all kinds together, who was earning a quarter of that amount? A general condition of misrepresentation prevails in the business departments of our Nature Cure schools. Whether simple enthusiasm void of knowledge, or criminal intent to deceive is the motive and cause, I am not prepared to say; I only know that the promise of quick and large financial gains from the practice of drugless healing, no matter what the method or school, is likely never to be realized. An unkept promise always re-acts on the maker, and every institution of similar scope must share in the blame. Furthermore, the publication of this promise tends to attract the unsuccessful and the unscrupulous, instead of the earnest, capable and altruistic, among the young people of the community. Cannot a way be found to make our health schools give rock-bottom facts, in preference to glittering generalities, when soliciting patients or students?

EXHIBIT H. At last we have a shrewd letter, accompanied by literature of description and persuasion evidently the work of a mail-order expert. But instead of rejoicing, I am led to mourn. For the entire proposition of this "college" is bad, and the skill of it only deepens the iniquity. The "college" offers to teach you by mail, in a course of fifty type-written lessons, with "no other text-books needed," how to become a physician, merely by studying at home in your few hours of spare time! The kind philanthropists at the head of this college not only make you a full-fledged doctor in your own home for the small sum of \$25, but they also mention, grandly but nonchalantly, that "you might as well own a beautiful motor car, a well-furnished home and a liberal bank account"—all through the magic process of handing out \$25 for a set of "form" lessons in a secret way to wiggle the spine of the sick. The most important feature of the course is the elegant, beautiful and ornate diploma which rewards you for completing triumphantly the successful perusal of these typewritten lessons. You can hang this brazen docu-

ment in a gilt frame on your wall—and nobody would know you aren't a doctor, until he read the fine type on the certificate. Nothing is said, in the diploma, of the fact that you were only a mail-order student, and got your whole professional education for only \$25 cash, or \$5 instalments. Why not, therefore, have this perfectly good diploma and become at once a highly-respected, highly-paid physician?

Would not such an immoral proposal make the blood of any honest man boil over? We talk about "malpractice" among old-school doctors;—here is a drugless *mill* of malpractice that grinds out false diplomas and quack healers by the wholesale, utterly destroying the reputation for skill, honesty and service that the real Nature Cure physicians are trying so hard to build up, and endangering health and life wherever unprotected by that same "Medical Trust" that we slander with so much gusto! We have no right to open our mouths against the doctors and their follies until we have spent our last breath in running out of business every drugless school that offers to graduate drugless physicians by a mail course of study. When we are as anxious to destroy quackery in our own field as we are to expose it in others, we shall begin to find that the law is for us, not against us. The law is too lax, it should impose a heavy fine on every such commercialized "school" that issues a diploma for healing, and should bar the mails to such frauds, which are as bad as hypothetical gold-mines and other swindling schemes.

I have remaining a large assortment of exhibits, in the way of unscientific or unethical appeals by letter, from drugless institutions. But I haven't the heart to read any more of them. They are a tragedy to a lover of Nature and believer in the real Nature Cure.

I would only suggest, to the institution or individual anxious to do honest, effective and remunerative work, the wisdom of using right methods in conducting correspondence. Be sure, first, that every statement is absolutely true, and that you can prove it by facts and figures. Understate your claims, rather than overstate them. Give as many references as you can, among influential citizens—these are much better than "testimonials", which look cheap, and impress only ignorant people. Omit all criticism of rival institutions, or of other methods and systems. Have an expert formulate your letters of appeal; then try them out in small lots, 100 or so at a time, before having a large order typed or printed. Buy a standard book on Advertising, Salesmanship, or Business English, and locate for yourself the mistakes in your present method of argument by letter. Ask your friends to criticize the form and substance of your correspondence. Offer a prize to any employee who will suggest a way of getting larger returns by mail. In short, give as much attention to the manner, style, cost, character and effect of your business

correspondence as a regular business concern would give. You are selling a commodity—educational service. You must adopt scientific selling methods, while retaining your professional standards and philanthropic ideals. Good work depends on good business, and a good letter is the great producer of good business. Make it honest, brief, personal, convincing, appealing, sane, true. Then watch your clientèle grow, and your heart expand along with your pocket-book!

CHAPTER XIV

MAKING IT PAY

This, after all, is the vital question. Moreover, it is the unsolved problem—financial trouble being the rule among practitioners of drugless methods.

Now there is no spiritual grace, no moral virtue, in being poor. The value of poverty lies in the rapidity of our escape from it. The beggar is usually a moral wreck, and poverty the outcome of ignorance, laziness or folly.

I have seen scores of lofty projects and beautiful endeavors to uplift humanity go to ruin for lack of a few paltry dollars to support them. In fact, the great need of spiritual power is for material guidance. A sail without a ship is no more helpless than a dream without a money base. Your dreams are as mighty as your dollars are many.

Furthermore, it is a professional disgrace to handle your work in such a manner that it does not pay. The first function of a business or profession is to supply a real human need in a way to satisfy the public. Whoever does this gains for himself a proper and just financial reward from the public. And to be regularly short of funds means to be chronically inefficient.

Now is it not strange that, of all the hundreds of medical and non-medical institutions in America promising to train a man to be a physician, not one teaches him how to succeed financially? What is the matter with all our high and proud professors of the doctor-schools? Have they rheumatism of the brain, or paralysis of the commonsense, or only astigmatism of the greed? When everybody knows that the probable fate of the young doctor is to starve for a few years, why in the name of common decency don't the schools that make him a doctor tell him how to keep from starving? You say it can't be done? Oh yes, it can be done. Anything can be done that should be done.

I have received numbers of gratifying letters from physicians who are reading my magazine articles. There is one question uppermost in

all these letters: "*How can I make it pay?*" And in every case, the brother's letter itself proves to an efficiency expert why the apostles of drugless practice fail to make it pay.

The demand among physicians seems to be so great for some practical, individual suggestions on the financial side, that I will here present a concrete case, showing the method of an efficiency doctor in diagnosing the sick purse of a health doctor.

The following letter, lately received, is from a large Ohio town. I quote in full, with slight modifications in orthography.

Mr. E. E. Purinton, c/o Herald of Health and Naturopath
New York City

Dear Sir and Friend:

I have been reading your papers in *The Naturopath*, and am very much interested in your writings. I also noticed a comment in one of the dailies, in which you were complimented very highly, and in which the fact was brought out that you were a Licking County boy. So I am glad to introduce myself to you as a Licking County brother, and hope some day to have the pleasure of meeting you face to face.

I am heart and soul for the naturopathic movement as promulgated by Brother Lust, and am willing to do all I can to push the national movement. You know in union there is strength. United we stand, but divided we fall.

I am a naturopathic physician. I include osteopathy, chiropractic, neuro-magnetism, and everything that can be applied in a rational way to eliminate the ills of humanity. I have been practicing for about seven months. Understand my business as to how to give treatments. But the part which does not loom up right is the money. Not that my patients do not pay, as my treatments are nearly always cash at the end of the treatment. The trouble is lack of patients, as they are few and far between. The naturopathic physician does not seem popular, for some cause or other.

Before I took up this practice I was with the A—— Company in this city. Do you think that this should make any difference as to establishing myself as a physician?

Now what I wish to get at is this. *How to place myself before the public in order to get patients* and make my practice pay financially, so that I can live and help push the naturopathic movement along.

Is there any one who puts up a good pamphlet on the naturopathic practice? Or do you do this kind of work in connection with your writings? Please let me know.

Yours truly

Dr. _____

In answering your most welcome letter, I will address you, dear brother, as Doctor James Brown (because that is not your name).

First, let me thank you for enclosing a return stamp. Many good naturopaths write me and forget this small but needful courtesy. Never write a stranger asking for reply, without enclosing stamp or stamped, self-addressed envelope.

I want to congratulate you, Doctor James Brown, respecting a number of things wherein you excel most physicians. You are without personal pride, you realize your need of help and advice, you are willing to learn from some one outside your own profession. This breadth of mind and beauty of spirit is rare among doctors. But you may have to guard against overuse of modesty, and cultivate a larger self-esteem. Assurance even to the point of pomposity, goes a long way in establishing a doctor's reputation.

You may have to declare to yourself, many times a day, that Doctor James Brown is able to work wonders, attract thousands of health-seekers, wake up the whole city on hygienic matters, lead a glorious crusade against sickness, poison and folly, become a great authority on health of mind and body. The fact of your having been an employee and taken orders from a "boss" tends to diminish the sense of authority and supremacy which your patients will expect to find in you. So you should try to develop this.

The fact that your patients like the treatments becomes a real asset, but not the most important one. How many cases have you *cured*? What percentage have you failed to cure? Do you know *why* your methods have proved inadequate, wherever the improvement has been slow or doubtful? Have you a card-file system in operation, enabling you to keep track of your old patients and get in touch with new ones?

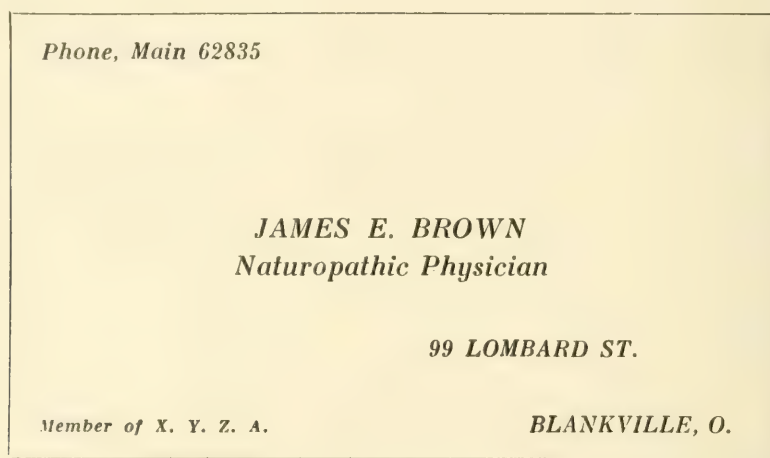
While the custom of receiving cash for each treatment is good business, and you were right in establishing the custom, it tends, however, to make your patients more independent—less attached to you as a family physician. A customer at a grocery store who keeps there a standing account buys most of her food there; hence the modern grocer aims at the telephone trade of the community, which holds the customer with fair security. The same principle obtains in the realm of healing; and you may well devote some thought to the question if spot-cash payments do not weaken your hold in the position of family doctor. How can you maintain the high and close professional relationship of your calling and yet be paid as a business man—cash on delivery?

You are a natural psychologist, a point greatly in your favor. You open your letter with a kind and gracious mention of my own work; and I, being human, read on with much avidity, saying to myself: "Here, now, is a good friend!" We all like a bit of praise for good work well done. So, when you appreciate my work, you help me to appreciate yours. The psychology of human appeal is one of the most valuable studies for a merchant, editor, minister, doctor—anybody and everybody engaged in the sale of a commodity—whether it be shoes, books, treatments, or sermons. I would recommend that every young physician

take a personal course in salesmanship, if he can spare the time and money; or a course in advertising and general publicity; or both courses. At least, the library of the doctor should include a half-dozen of the best books on these subjects. However, in the name of all that is wise, do not leave these books where any of your patients could behold them;—if your patients ever suspected you of being a business man, they would flee in a panic to some occult flapdoodler with a secret potion and a mysterious look!

Now let us take a few concrete points and disclose a few manifest reasons, Doctor James Brown, why your practice does not pay.

First, as to the professional card you enclose in your letter. Here it is:



Of course, the telephone number is fictitious, and there isn't any Lombard Street in Blankville to my knowledge, and the initials of the association to which you belong are not X. Y. Z. But the form of your card is reproduced, and the impression of it is distinctly bad, in several ways.

The card is printed—rather cheaply. It should be engraved. The plate for engraving will cost you from \$7 to \$10; but after it is in your possession, the cost of reprinting future cards is almost nothing, and the moral influence is worth much more than the price of the plate. Of course the matter of engraving should be postponed until you are sure of a permanent office location, as the plate cannot be altered.

Your card should be of the best quality stock, dull finish. A glazed professional card is inappropriate as a tinsel sign would be on the front of a bank. People who carry a golden gleam inside never wear a cheap gloss outside.

The card should state your daily office-hours, to remind old patients when you are always there, and to save new ones the trouble of writing or telephoning you.

Abbreviations are undignified, and altogether *too* business-like for a physician's card. You should write out the word "telephone", the word "street", and the word "Ohio."

You announce your membership in a *State* organization of drugless physicians, but not in the American Naturopathic Association. The latter, being a national body, carries the impression of wider influence. If you have not joined the A. N. A., do so, and put its name first on your card.

I doubt the wisdom of using the words "Naturopathic Physician." People are accustomed to seeing the names of doctors with a degree tacked on. You say you are a graduate of an osteopathic school—then write "D. O." after your name. Also if you possess a naturopathic diploma, add the initials "N. D." Osteopathy is more widely known than naturopathy in the United States—the osteopaths are louder and shrewder advertisers. You should make capital out of this, and play up your osteopathic degree to all possible advantage. I may be a heretic in thus exalting osteopathy, when naturopathy is so much broader and more fundamental. But I have been accused several thousand times of heresy, and am likely to be accused several million times more. Heresy and orthodoxy are good, not because either is heresy or orthodoxy, but because either is efficiency—and the other is not.

When your card is revised on a true efficiency basis, you will see it appear something like this:

Office Hours————

Telephone, Main 62835

JAMES E. BROWN, D. O., N. D.

99 LOMBARD STREET

*Member of
American Naturopathic Association
and X. Y. Z. Association*

BLANKVILLE, OHIO

Now you may be asking "Why go to all this fuss over a little thing like a professional card?" I assure you that, in Efficiency work, there is no such thing as a little thing. A thing is either right or wrong—and being right or wrong is the biggest thing in the universe. If I can find, on a little thing like a professional card, ten things absolutely wrong, how many hundreds of things that hurt efficiency would I find throughout your whole practice?

Your stationery is bad—no letterhead, third-rate paper, and the envelope not matching. A stranger of intelligence and refinement, seeing this letter, would go at once to another doctor.

Furthermore, you have misspelled nine common words in a short business communication. You wrote difference "diference," financially "financhially," public "publice," and popular "poupulair." I did not quote the misspelling, because it would have made you ridiculous at the start—and you are too earnest and honest to deserve any such fate. But a stranger, seeing this letter, would smile at your ignorance—and no man who did that would ever seek your professional advice. Your bad spelling is no reason for discredit or discouragement—but is a reason for either improvement or concealment. Don't write messages until you have learned English; hire a typist, and dictate them; or submit each one to a confidential friend who can spell, and have them approved before mailing. You also mix up your punctuation marks with abandon worthy of a better cause, and you have no respect whatever for capital letters.

Now the most famous physical culturist in the world cannot write a grammatical letter. Your chance is equal to the chance he made out of nothing. But he never trusts himself on paper—he is too clever to let himself be caught in a display of ignorance.

We come to a more vital point—that of your choice of location. It is my opinion that you will never succeed in a big way, till you move to a strange neighborhood. People who knew you—or thought they did—as a fellow with a mere job in a commercial house, will never be likely to seek you as their physician. Personal acquaintance is life to a trade but death to a profession. If you were selling hats, and your Aunt Jemima knew the second cousin of Jack Black's mother, Jack Black would be disposed to buy a hat of you. But if you are selling treatments, you can't afford to have an Aunt Jemima—whoever knows her will distrust you. It has taken me fifteen years to gain the confidence of old companions in my home town, after they deserted me for showing up the crimes and follies of drugstores, colleges, churches and other mossgrown institutions. I didn't need their faith—all I needed was my own. But if I had been among them, depending for my bread

on their money-support, I should have survived just as long as a man can go without food.

My home town was only a few miles from the place where you live. Move, brother, move—the natives aren't ready for you. At least, locate your office in a section of the city where you are unknown. The population of your city is large enough for this, and your real friends among your old patients will follow you to a new location.

Before going further, I want to say that the suggestions in this chapter are based on experience—not theory. I have taken several courses in drugless therapeutics, have had charge of the diet and exercise of the patients of a sanitarium, have been manager of a health home, have given hygienic advice by mail, have lectured and taught on health subjects in various institutions, and have organized and acted as president of the largest Health and Efficiency club ever established in New York City. Moreover, I have cured myself completely of a dozen chronic ailments—I have met the supreme challenge of a skeptical world: "Physician, heal thyself!" So I greet you not as a mere efficiency counsel, but first as one who has suffered, and then as one who has healed sufferers.

In an open letter such as this, one cannot give all the personal details of building up a lucrative practice; first, because the special conditions of your locality are unknown; second, because most of the information is and always must be confidential—I could no more publish it than a lawyer could publish the affairs of his client. But there are a few general facts and possibilities, to which I would call your attention.

You say your patients are "few and far between." *Why?* If your present students and patients are being helped, cured, satisfied—should they not be spreading your fame abroad, telling their friends about you, serving daily as living witnesses? Have you thought of any way to form an endless chain of influence by means of the effort of those who believe in you? The Great Physician needed no "advertising" but the marvels of sympathetic intuition and unhopd-for cure which were evident to all. How can your patients bring you other patients?

The international Club of which I have been president was formed on such a plan of personal enthusiasm; a business man was so much interested he paid for memberships to be sent 25 employees and associates, a school-girl influenced 80 of her friends to join, a pastor founded a branch in his church, a society woman paid for \$100 worth of memberships every year and asked the Club to give them to worthy people who could not afford the regular fee. Put your patients to work for

you. How? Ask your own mind and heart—you need to perform a lot of original thinking, else you would not have wanted me to do it for you.

There are many ways in which the daily and weekly press of your city and county can be made to advance your cause. All such publicity must, however, be indirect and void of notoriety-seeking. The president of the corporation owning the leading newspaper in your locality is a personal friend of mine; also, one of my partners here in New York is president of a newspaper syndicate with connections throughout the United States. I can thus give you personal introductions of peculiar value; but I will not do this until you are qualified to make good use of them. At present, you would only bungle things, and hurt my reputation with my friends.

One of your first moves is to organize a local branch of the American Naturopathic Association or of some other hygienic society, and become an officer of this. You need both fame and professional standing—a combination secured by holding such an office. The clubs, lodges and fraternities of the large cities are overrun with merchants, doctors, lawyers, bootblacks and undertakers who join for the sole purpose of getting business. A bad motive—but a shrewd method.

To interest and educate your neighbors, you need two kinds of literature; a general pamphlet or series of pamphlets, with a library of books and magazines, on the principles and methods of Nature Cure; and a leaflet or group of leaflets expressing your own personal views on the best ways of regaining and preserving health. I understand from Dr. Benedict Lust that the American Naturopathic Association plans to issue a series of popular, standard publications, for the use of members in relation to the public. If you are a member of the A. N. A., you will doubtless be notified when these publications are ready for distribution. Also, a method is being considered, whereby the personal views and experiences of members may be edited, for the use of present and possible clients.

To make health reform profitable, you must first educate the people into knowing the truth about health, and wanting it, and paying for it as for a daily necessity. Before this, however, you must educate yourself into realizing, seeking, learning and applying the straight business principles underlying all good professional work; so here, as always and everywhere, the fundamental problem is self-education.

CHAPTER XV

THE VALUE OF TOLERANCE



Brethren, I have seen a great light, in the presence of which I do confess, here and now, the follies of my youthful zeal in striving to reform the world.

A reformer is an egotist varnished with altruism. When I had stood long enough in the light of truth, my veneer of altruism melted off in spots, leaving my constitution of egotism bare to the gaze. Whereupon, being surprised and ashamed, I retreated for to obtain a more durable psychic apparel.

Only an egotist can be a reformer. In the very nature of things, he must believe his way the only right way; and must auto-hypnotize himself into a frenzy of such belief, in order to spill it around broadcast and inoculate people otherwise sane. I have known hundreds of reformers. Almost without exception they have been fanatics. Whether they hoped to save the world by Christian Science, New Thought, Physical Culture, Vegetarianism, Eugenics, Osteopathy, Chiropractic, Socialism, Baptism, or Buddhism, each apostle was firmly convinced that he alone had the truth, and was competent to apply it.

Now egotism is the root of intolerance. And after devoting fifteen years to matters bearing on efficiency in drugless healing, I am persuaded that intolerance is the greatest hindrance to advancement, both inside the profession and among the public at large. This intolerance is like a wild, rank, growth of poison ivy that has never been uprooted, and has spread over all the available ground where we invite the people to gather and be healed. Of course they won't gather, and of course they can't be healed.

We are opposed to liquors and tobacco, food adulterants, hectic novels, and other poisons assailing the human body or mind. But do we realize that denunciation is a poison, a virulent poison, and that most of us have been guilty of scattering it in all directions, with no regard whatever for the laws of common decency? I refer especially

to denunciation of druggists, doctors, surgeons, and other exponents of legalized medicine; and I regard this habit of such deadly force in ruining our best work that I would analyze it in full detail.

Permit here a word of reminiscence and confession. I used to sit up nights, thinking out bad names to call the doctors. I was so successful in this that I was made the official bad-name-caller of the naturopathic movement. (It did not need an official of this kind, as nearly everybody in it was unofficially discharging the duties of the position.) I have probably wasted a year of my life, and at least 100,000 pounds of nervous energy, in denouncing every institution and individual that had failed to become glued and spiked to the naturist platform. Hundreds of Nature Cure apostles are, to this day, continuing such a crazy performance; the lunacy of which I hope to demonstrate, having been forced to realize it by the stern hand of Fate.

I used to consider that doctors knew nothing about health, and naturists knew everything; that drugs were wholly superfluous and injurious; that drugstores should be banished along with saloons; that hospitals were public nuisances; that surgeons should be classed with butchers; that an invalid's "symptoms" meant nothing and should never be taken; that every patient should be able to cure himself; and that all external aids to recovery were unnatural and immoral. This weird belief had so much truth and error commingled that a mental earthquake was needed, to shake the true from the false. The earthquake arrived, in due time.

I was forced to lie a year in bed, with nervous exhaustion so extreme that a doctor was required in close call; to pass through an operation for appendicitis, and thus depend wholly on the skill and honor of a surgeon; to undergo three hospital ordeals, and thereby recognize hospitals as places of mercy; and to experience a few other such trifling lessons in the proper way of regarding the medical system. Three times I was on the verge of death; and in each crisis the hand of a doctor held the frail cord of life so wisely and firmly that I was brought back to this land of weal and woe, having gained a new perspective as my soul was drifting into space. When a few members of a certain profession have saved your life, you can no longer damn the profession as a whole; and my first lesson in tolerance was thus acquired. Rather costly, but absolutely necessary.

Another experience, though quite dissimilar, pointed in the same direction. I took up Efficiency studies in connection with my work, and was led to consider the enormous waste of time and strength involved in futile criticism of the doctors by drugless healers, writers and reformers.

Such condemnation has an effect both paralyzing on the public and disintegrating on the Nature Cure movement. It is bad health, bad business, bad psychology, bad ethics, bad finance. The economic folly of denouncing rivals has been so clearly shown by business psychologists and efficiency engineers that even the commercial world is alive to the fact;—and surely, of all people, the leaders in educational health reform should observe this principle.

Before writing this chapter, I went further. I obtained interviews with a number of men who have won great success in various branches of therapeutics; the results of which I would here chronicle.

One of the early students of Kneipp believes that a fundamental reason why the Nature Cure in Germany has progressed so much faster than in America is because the naturopaths of Germany have paid little attention to opposition, have wasted no time in useless antagonism, but have gone out as a whole and won the common people by doing great works among them.

A man at the head of the medical gymnastic department of the most famous health resort of its kind in America is a graduate of three schools of physiological therapeutics. He surpassed our friend the Kneippist in deploring the fact of hostility between doctors and the leaders of drugless schools. He declared that, not only should there be no enmity, but there should be fraternity and affiliation, each department or branch of the Nature Cure being legalized separately and placed under the jurisdiction of a board of examiners, the majority of which should be doctors! This mechano-therapist has built up a large practice through carrying out instructions of old-school doctors on patients whom the doctors sent him. He holds that, instead of trying to be full-fledged healers, which they are not, the graduates in osteopathy, chiropractic, or other manipulative sciences, should place themselves under the auspices of doctors, as nurses do, and thus add to their prestige by recognizing their limitations!

The outrageous modesty of this drugless healer so flabbergasted me that I was on the point of fainting dead away, and hurried out to get the air, thus losing the rest of his unique remarks.

An old-school doctor next joined the symposium. When I asked him why he was opposed to drugless methods, as I thought he was, he answered by showing me a set of appliances for Nature Cure treatments, in his own office, of a kind that I had never seen in regular drugless institutions! He went on to explain that the best physicians understood the principles of Kneipp, Ling, Lahmann, Rikli, Just, and the other

naturist pioneers, and that he himself used hydrotherapy, vibration, thermotherapy, suggestion, and other non-medical systems in his regular practice. He then made two statements, both of which I deem significant; first, that naturopaths antagonize doctors because naturopaths lack the education and equipment of doctors, and are therefore angered by their own inability; second, that doctors antagonize naturopaths because naturopaths are allowed to buy a diploma and engage in healing without the proper knowledge of anatomy, physiology, biology, histology, chemistry, neurology, clinical experiment, comparative research, and other vital subjects taught in medical schools. This doctor held that the fight is not between drug doctors and anti-drug healers, but between the physiological knowledge of doctors and the physiological ignorance of healers.

By this time I was getting discouraged. Everybody agreed with me, and that state of things is fatiguing and annoying. So I said to myself: "I will find a great surgeon, and he of all men will surely start a battle of words, to relieve this dullness of unanimity." But I was doomed to worse disappointment—I came to love the surgeon! This man is famous throughout the United States. He has been president of one of the national medical associations, has held high offices in various colleges and hospitals, and not infrequently takes in \$500 a day from operations and consultations.

He was a revelation to me, and a half-hour's talk with him proved what a childish ignoramus I had been, all those years when I was condemning surgeons without qualification or discrimination. The face of this surgeon shone with the Christ-spirit. He was primarily a mystic. He told me, quite frankly and simply, that he had become a doctor, rather than a teacher or a minister, because he believed that the quickest way to reach men's minds and hearts was through service to their bodies. He gave me a number of instances, to show the real aim and work of his life. One was this. A fine young man had just lost his wife, a lovely girl whom he had married but a few months before, and to whom he was devoted. Her death came in a most terrible and painful manner. The young husband's heart was broken, there was nothing now to live for. The surgeon left, but he could not feel that his work was done. He took the sorrow of the young man to the Great Physician; and out of the silence came a clear message, a beautiful poem of comfort and inspiration. The surgeon wrote it down, and sent it to the man bereaved. A letter of gratitude showed how the youth was bravely shouldering the burdens of life again—and the poem had given him the strength. There were tears in the eyes of the surgeon, as he told me. I said to myself, "This is no surgeon, this is a messenger of God!"

When the interview was over, he gave me some of his publications. Imagine my surprise to find, in one of his contributions to a medical journal, sentence after sentence of pure Nature Cure doctrine! He advised against the use of drugs and operations if natural methods would avail; he cautioned doctors against the mistakes of observation, deduction and prescription which their materialistic training tended to foster; he emphasized the duty of the physician to be a teacher more than a doctor; he urged the raising of therapeutic standards of ethics and of efficiency, both inside and outside the medical schools. I should have thought I was reading a Nature Cure magazine!

I discovered, moreover, that the surgeon lived what he preached. Only a few days before, he had advised against an operation which would have meant to him a fee of \$200, an attendant told me at the hospital where the surgeon officiated; moreover, he never advised an operation unless it was the last and only means of cure. And he cut his fees in half, when the patient was needy and worthy; giving all the time desired, in which to pay.

* * *

These are but a few experiences out of many, from which I can say devoutly, Praise the Lord, I have had a change of heart. I have learned that some doctors are better men, apparently, than the majority of drugless practitioners; and that many doctors employ rational methods to the extent of their knowledge and ability. The mistakes of teachers and ministers are as prevalent as those of doctors; the difference is that those of doctors are more easily discerned. A thinking man hasn't much use for the kind of education taught in most of our schools, or the kind of religion preached and practised in most of our churches. But the system is to blame—not the exponent of the system; and for the system the people as a whole are responsible. A crusade against preachers would be just as logical as a crusade against doctors; the place to start the reform is in the medical or theological school, where the wrong ideas are first impressed on the minds of the young.

As a student of personal efficiency, I would urge upon all practitioners, teachers and friends of the Nature Cure that every word of condemnation and hostility, respecting old-school doctors, be immediately and forever banished, from our health magazines, public meetings, private conversations, and inmost thoughts. At least a score of sound reasons underlie this recommendation. Let us consider five, in our limited space.

1. *Wholesale denunciation of the doctors is unfair, unprofessional and unchristian.* It is unfair, because the best doctors are as good men

as we are, and better practitioners—since they know Nature Cure and a great deal besides. It is unprofessional because an unwritten law of professional courtesy forbids any member of a humanitarian class—whether theology, pedagogy, medicine, or a similar calling, from casting mud on the reputation of any other member. It is unchristian because we resent vigorously the sweeping criticism of Nature Cure believers that ignorant people often express, and we have no right to inflict what we refuse to accept.

2. *Antagonism toward the doctors keeps the fires of hate burning, and the antagonizers in everlasting hot water.* I suppose that hardly one doctor in fifty, the country over, has ever taken active part in jealous persecution of drugless healers; but I should judge that 35 or 40 in every fifty Nature Cure specialists have hurled vitriolic, death-dealing language at medical men. The only reason why naturists don't imprison druggists is because they haven't the power. We are as bad as our foes (?)—and weak besides. I have heard physicians of high repute say that they would identify themselves with Nature Cure openly, but for the anarchism and unreason displayed by so many of our anti-drug fanatics. Why keep on stirring the anger-pot, when all we do is burn ourselves?

3. *Rancor showered broadcast prevents remedial legislation.* Medicine is established, Nature Cure is not. Every word spoken or written against the medical system only calls attention to the newness and untriedness of non-medical systems. Legislators are timid, and on seeing the established order attacked, they shy off. They are hired by the people, and they know they must cater to their master or lose their job. Hence the folly of increasing hostility, so long as we are outnumbered, five to one.

4. *Distrust and dissension of any sort in the minds of the sick will retard cure and drive patients away.* As psychologists, we know that negative thought is depressing, chilling, paralyzing. But as reformers, we forget what we know as psychologists, and vent our wrath upon drugs, drug-users and drug-dispensers, right in the presence of the patients and students whom we are trying to heal, teach and empower. I have seen this happen, scores of times, in Nature Cure sanatoria. The doctors are wiser. They do not argue, explain or expound—they merely prescribe. This attitude of take-it-for-granted, silent superiority fills the mind of the patient with faith, while his mouth is being filled with medicine. The Nature Cure physician, not filling the sufferer's mouth, must fill his mind twice as full;—which is a total impossibility while diatribes on doctors fill the air. The invalid

wants healing, not proselyting. When you hear a man in love, or in business, or in any other field of competition, say bad things about a rival, you instinctively doubt the sincerity or ability of the man who does the calumniating. So it is in the field of health reform. Bitterness in the mouth means emptiness in the purse. An occasional joke at the expense of doctors is no crime, but the spirit must be friendly and fair.

5. *Every particle of time and energy lost in unavailing censure is an economic waste, which can never be repaired.* A human being produces a certain maximum of energy each day; this may vary from a few hundreds of pounds in a chronic invalid, to many thousands in the average robust man. I should guess that millions of pounds of nerve force are deliberately squandered every year, by drugless physicians, who would rather run down the doctors than build up their own practice. Every outburst of hostile criticism benumbs the solar plexus, poisons the secretions of the body, exhausts the brain, disintegrates the nerve-cells, blurs the mental and moral vision, clogs the entire human machine. A friend of mine engaged in Physical Culture propaganda resolved some years ago to put a stop to the criticism-habit, especially concerning drugs and doctors, and to spend all his time and strength in positive, constructive work. He earns now as much in a day as he used to make in a week, and his influence for good is ten times as great as before. Would it not pay every leader in rational therapeutics to experiment along the same line?

* * *

The efficiency test for every act, word and thought in our lives is simply this: "What good will it do?" Judging by straight efficiency standards, I believe that four-fifths of the criticisms leveled at drugs, doctors and surgeons by well-meaning but ill-controlled naturists are not only ineffective and wasteful, but are destructive and diabolical. They proceed not from a heavenly desire to uplift, but from a hoydenish itch to uproot. In the plan of Mother Nature, all true physicians are brothers. If some have wandered from the purpose and intent of Nature, we must win them back not by ejection or ejaculation, but by reason, skill, honor and affection. According as we do this, our work will prosper, our friends will multiply, and our self-respect will grow.

AN OPEN LETTER FROM BENEDICT LUST AND A REPLY THERETO

Mr. Edward Earle Purinton
Woolworth Bldg., New York City

Dear Mr. Purinton:

In reading the proofs of the latest chapter, I have come to the conclusion that same deserves a rectification from the publisher. What you say about medicine and Nature Cure, may fit in with your conception of things, but not with mine.

In the first place, when you were sick, you did not have the Nature Cure facilities, you did not have a Nature Cure doctor or a Nature Cure institution to treat you. Your condition was such that you considered it best under the circumstances to go to a hospital under a medical doctor. On this point I cannot agree with you. Nature Cure is better than medicine in all cases and in every condition. I have had an experience in treating sick people for over 20 years, and I know what I am talking about. The Nature Cure is applicable in more than a thousand ways. You have not yet the inside consciousness and are not familiar with the therapeutic possibilities of drugless methods, therefore you are no judge to give a final comparison of the two systems, Naturopathic and Medical.

You also accuse the drugless doctor of lack of intelligence and knowledge. You have not met all the drugless doctors, and you seem to form your opinion from those you have seen around New York. This is not sufficient. The fact is that drugless physicians are of a higher intelligence than medical doctors, a good many have studied medicine and got disgusted with it and dropped out, because their intelligence told them what is right and what is wrong between the truth and the untruth, and so they turned away from the medical school.

At several conventions, banquets and meetings recently, regular medical doctors were present, amongst them Naturopaths, and every one of these doctors spoke about how long they were deceived and how long they were rooted in the system of medicine, and that they now have come to the conclusion that it is all wrong, that the Nature Cure is better in all cases and all conditions.

A Naturopath, very often a layman, has shown high intuitive understanding and reasoning power in adopting drugless methods instead of medicine on account of the advantages of Nature Cure.

Let me say also that if you had lived up to the Nature Cure principles, you would not have had so unnatural a trouble as appendicitis, and your statement about your hospital experience and surgical operation will discredit you as a Nature Cure writer. People always look for perfect health and strength in a writer on hygiene and therapeutics, and I am sorry you exposed yourself to the charge of weakness, by referring to your time in a hospital.

I can say conclusively that most people think you are a very good writer, but it is to be regretted that you are not a Naturopath. Dr. Carl Schultz, Dr. Lindlahr, Dr. Struch, and others have expressed themselves in recent letters to me that in your efficiency articles you are not bringing out strongly enough the Naturopathic Physician's superior methods, intuitive powers, unselfishness and love for the sick. Tell me one doctor who does what a Naturopath does.

Sincerely yours,

B. LUST

Dr. Benedict Lust
110 East 41st Street
New York City

Dear Doctor Lust:

I certainly *have* read your letter with pleasure. I always enjoy being knocked over the head, by a man as sincere as you are. The kindest thing one can do to a fellow's brain is to hit it with a hammer encased in a velvet courtesy.

You are as right from your point of view as I am from mine. Which point, if either, is absolutely correct, will not be known for a hundred years, until both medicine and Naturopathy have progressed far enough to warrant a full comparison of their respective potencies and limitations. I believe in drugless methods as intensely and thoroughly as you do, but I claim that the medical system has points of superiority in a comparatively few cases of extreme disease; and that the present wild antagonism of doctors by naturists represents not efficiency but inefficiency, first, last and all the time.

Whether I am a good writer or not has no bearing on the matter at issue. All that counts is whether or not I speak the truth. If I do, every naturopath should take it, hurt or no hurt. If I do not, every naturopath should personally and publicly challenge my position, which I will acknowledge to be false when you or anybody else proves it is false. Considerable time has passed since I offered in your magazine to debate any point in question with your readers, and no debater has appeared. Hence I withdraw the offer, having more important work to do, and having shown the willingness to arrive at truth by any road, even that running counter to mine.

It may be an error to judge the Nature Cure by the majority of practitioners whom I have personally known. Certainly it is a mistake to limit the wonderful and almost boundless possibilities of drugless healing to the skill and knowledge of the average drugless healer in America. And most certainly the finest examples of cures without medicine have been wrought in recent years, while I have studied Efficiency too deeply and constantly to keep in close touch with your own therapeutic work. If I have generalized too broadly, and failed to give credit where credit is due, I apologize and recant.

But I would here call your attention to a point that seems to have escaped you; namely, that *a naturopath can never be competent to judge the efficiency side of Naturopathy*. A man inside any trade, vocation or profession must always be too close to it for a calm, broad, impartial view of its administration. Hence, in the business world we now have experts on various lines whose work is to bring from the outside, a fresh vision, together with a scientific training as specialists. Every Nature Cure institution, whether school, sanitarium or magazine, and I am not sure but every individual practice also, needs an advertising expert, an efficiency expert, a correspondence expert, a psychology expert, an accountancy expert, and several other experts; no one of whom need be familiar with the healing art as an art, but each of whom can help to establish the healing business as a business.

For generations, the brick-layers of this country thought they knew how to lay brick. Then an outsider who never laid a row of bricks in his life, came along with a set of basic efficiency principles, on which it was claimed bricks

should be laid. The outsider, one F. W. Taylor by name, was ridiculed and abused by the "regular" brick-layers, even as I am now being torn to pieces by the regular naturopaths (or some of them—those who would rather be "regular" than right). When the new efficiency methods were at last applied, masons found they could lay 350 bricks an hour, instead of their former stint of 120. And when the naturopaths get sense enough to understand what I am talking about, they will benefit to as great a degree, they will cure 350 cases, and make \$350 or thereabouts, to every 120 cases they now cure, and every \$120 they now make.

The wonderful Bethlehem steel works was able to save \$40,000 a year when the officials got over being pigheaded sufficiently to employ a general efficiency expert who didn't know a thing about steel-making but did know everything about lost time, energy and money. A vehicle factory of national repute witnessed the reduction of the working day from 10½ to 8½ hours and the pay of the workers and quality of the work improved—by the application of such principles as I am suggesting in these articles.

Hundreds of other examples could be cited, all showing that the greatest efficiency is attained in any line of work only when a capable outsider walks into the profession and carries with him a lot of new ideas. But the naturopaths, even the best of them, are so plumb sure that Naturopathy includes all wisdom, that neither I nor any other efficiency counsel may get a chance to be heard for another generation. It is a matter for congratulation that I am not a naturopath. If I were, I should not know enough, or have nerve enough, to lay bare the weaknesses of naturopaths.

The criticism of Doctors Carl Schultz, Lindlahr, Strueh and others would be justifiable if I were writing for a medical or a popular journal. Then I should lay particular stress on "the naturopathic physician's superior methods, intuitive powers, unselfishness, and love for the sick." One good naturist knows more about health, its recovery and preservation, than ten ordinary doctors know. But this, dear Doctor Lust, goes without saying, and if I didn't believe it I shouldn't take time to address naturopaths at all. A real man doesn't want praise, flattery and idolatry. He wants honest criticism from a capable, impartial source. In the past few months I have received more than 1,000 personal letters from thoughtful men and women—including college presidents, lawyers, ministers, manufacturers, who asked my help to increase their efficiency. These people are all modest enough to know how little they know, and are eager to learn from a man who is not even a member of their own profession. Would that all the naturopaths were as modest, shrewd, ambitious.

One more statement in your kind letter deserves attention. You fear that I shall be discredited as a Nature Cure writer because I had appendicitis, went through an operation, and now mention the fact without shame. Alas, dear friend, your logic has holes in it. I am living, am I not? Hence the operation was effective, was it not? Hence we must acknowledge that operations do sometimes cure, must we not? I hope you would not have had me a corpse, just to prove that surgery is bad for appendicitis.

I believe that in nine cases out of ten, surgery for appendicitis *is* bad—a waste of time and money, a source of needless pain and probable danger. But I also believe that mine was the tenth case, and the fact of recovery would seem to prove that my judgment was correct.

Now, let me go further in the rankness of my heresy. I do not consider that health is the greatest thing in life, nor that longevity means the noblest character. The finest, purest soul that ever came to earth—Jesus of Nazareth—died fifty years before his time. Crucifixion is not natural, but in one form or another it is necessary when we reach the point where we must live the truth. You have passed through your phase of crucifixion, I have passed through mine. You were allowed to retain your health of body—without it you could not have done your work. I was not allowed to retain my health—*with* it I could not have done *my* work. Your work is chiefly for men's bodies, mine is chiefly for their minds and hearts. I have been forced to learn mental saneness and spiritual sweetness by enduring the most extreme bodily suffering. God knew what He was doing when He put me through it. The moral gains from illness may so far exceed the physical woes that only a coward would try to escape. When a man, to be true to his ideals, has to face even a lifetime of suffering, the part of courage and strength is to welcome all the pain that is needed—and then perhaps be "discredited as a Nature Cure writer," I am not a writer. I am a frontiersman trying to open a path of light through a wilderness of error. Those to whom light is first, will understand, even if they do not care to follow.

Sincerely yours,

EDWARD EARLE PURINTON

CHAPTER XVI

MENTAL CAUSATION



The mind is the usual source of chronic disease.

No, I am not a Christian Scientist, nor even a "New Thoughter"; and I set up no defense for the hobbies, theories and vagaries of a one-sided metaphysician or "divine" healer, whose only remedies are words.

But an efficiency engineer is trained to ferret out causes. He sticks to the trail of a cause, like a fox-hound on the trail of a scent. His job is the location, then dislocation, of the causes of inefficiency. For this job he finds the chisel of cold, keen and ruthless logic his main tool.

As an efficiency engineer, armed with logic, I have reached the conclusion, final and unalterable, that the mind is the regular, almost universal, source of chronic disease. This being so, all your pills and plasters, foods, baths and exercises, prescriptions, gyrations and manipulations, are feeble and partial modes of cure unless you also penetrate, heal, renew and empower the mind of the patient.

There are a few exceptional cases, such as malformations by birth or accident, and malignant cell growth as in leprosy or cancer. We may reasonably grant that the mind is not here the ultimate cause of disease, though even here the mind may be made to promote the cure. But I am convinced that for at least 90 per cent of the cases of deep-seated physical troubles, we must hold the mind of the sufferer chiefly responsible. *The fact that we fail to locate the mental cause does not change the fact of its presence.*

If I had the time and the opportunity, I would guarantee to produce from the mind of the invalid the real, governing cause in at least nine out of every ten chronic ailments that any physician, allopathic or naturopathic, would refer to me for study. The external form of the trouble might be anything, from diabetes, rheumatism or asthma to insomnia, neurasthenia or anaemia. I would in every case find an original, persistent, all powerful, mental cause.

The real thing to look for in treating disease is not the cause, but the cause of the cause. A drugless physician who merely ascertains and even removes a physical cause does only half his duty—and the easier, less important half. He must probe the life of the invalid, not merely his body, and reveal the mental cause of the physical cause; then so change or disperse this anterior, subtle cause as to prevent the recurrence of the posterior, tangible cause. A few illustrations of this principle.

You may say that a weak stomach is the cause of dyspepsia. No, it is not. A weak stomach is caused by a weak or perverse mind, as shown by the transgression of the natural instincts and normal habits of eating which keep the digestion of the animal or the savage wholesome, painless, rapid and powerful. Hygienic food of itself never cured dyspepsia—there must also be hygienic thought, emotion, faith, purpose, habit of life.

You may say that uric acid causes rheumatism. No, it does not. The uric acid is caused by excess of meat and accompanying poisons; by lack of combustion through proper breathing, exercise, ventilation, evacuation, perspiration and skin hygiene; also by lack of inspiration and initiative, to keep the whole organism highly toned and fully electrified. Now the excess of meat products, the lack of combustion, and the absence of inspiration, all indicate a flabby, dense, low, inert, state of mind; and you cannot permanently cure rheumatism without relieving the mental factor in the case.

You may say that neurasthenia was caused by a set of flimsy, faltering, congested, pain-racked, ill-fed nerves. No, it never was. The real function of the nerves proceeds from their point of origin, at the brain. If a man has nervous prostration, you may feed him on lecithin, phosphates, albumin and mineral salts till doomsday—he will remain the victim of exhaustion, depression and horrible mental chaos, till you show him how to grasp, harness, guide and employ the wayward thoughts and loose emotions that are subtly but constantly running away with his nerve-force.

- This line of reasoning applies to every form of chronic ailment. Back of the diseased organ lie the nerves which are controlled directly by the brain, and the blood-stream which is controlled indirectly. Before any organ of the body can be seriously disturbed, the blood or the nerves or both must have been guilty of unwholesome action for a long time. And the mind is to blame.

For a doctor, whether allopathic, osteopathic or naturopathic, to assume to heal a sick body without a constant, careful, expert use of

psychological diagnosis and treatment, is as foolish and criminal as it would be for a blacksmith to take charge of an electric power-plant in a state of short-circuit. The majority of the drugless healers whom I know are diagnostic and therapeutic blacksmiths. They can tinker up the engine of the human power-plant, which is the digestion; they cannot even locate the faulty action of nerves, which are the electric wires, nor of the brain, which is the battery.

Would that this general state of ignorance and unadroitness might be corrected. In the daily course of my efficiency work for various publications and institutions, I am asked by hundreds of invalids where and how to recommend a cure. Though a large proportion of these are nervous cases even to a superficial observer, I never advise one of this ilk to endanger his life at the typical drugless resorts within my range of knowledge. The methods are too material, the facilities too crude, and the doctors too dense. A Nature Cure sanitarium without a trained psychologist in regular attendance is a joke on the face of it and a crime in the heart of it. The mind of man is the crowning masterpiece of Nature; how can we neglect this and be safe or honest or effective, as teachers and healers appointed by Nature?

Men of divergent species of mind can no more be healed by the same physical methods than a peach-tree and a potato-vine could be given healthy growth by the same yard-stick rule. Bugs may attack the potato-vine, birds or boys may rob the peach-tree; and bugs, birds and boys require separate and distinct modes of treatment. When a human plant falls ill, germs are the bugs, thoughts are the bad boys, desires are the mischievous birds; and the germs, thoughts and desires must all receive proper attention and scientific treatment.

In positing the mind as the source of chronic disease, and hence the source of cure, we should maintain a four-fold conception of the mind, remembering it has these departments or planes of impression and expression: *mental, emotional, psychic, spiritual*. The mental phase concerns the character, development and use of the cerebrum; the emotional phase concerns the size, fibre, expansion and control of the cerebellum; the psychic phase concerns the influence of astral entities and ethereal forces on the human organism; the spiritual phase concerns the dominance of the soul of the man over material conditions, outer and inner. All four phases concern the healthy activity of the solar plexus, and of the entire nervous system.

Had we the space, we could show the exact physiological results on the human body, of these four factors of the mind. Such a treatise, however, would fill a book in itself, and might even then be unintelli-

gible, save to an expert psychologist. We will, therefore, give concrete examples of disease, where the cause was traced to one of these four divisions of the mind; and where, with removal of the cause, the disease vanished. We will cite one case each, under the four headings: mental, emotional, psychic, spiritual. All these cases I have known personally.

The first case was one of dyspepsia, constipation, exhaustion of nerves and brain—the cause of which was *mental*. The man had been a sturdy farmer, living in ideal surroundings, where a crystal brook, a sunny river and a stretch of pine woods made the physical aspects of life as wholesome as Nature ever knew. But the sufferer could hardly eat the simplest food without extreme pains in the stomach, he was so nervous he couldn't be still a minute and would tramp for hours, back and forth, trying to get peace of mind and body. At last, when his very sanity was threatened, and when all the local doctors had failed to relieve him, a psychologist happened to visit him. At once the horizon cleared.

It seemed that many years before, the invalid—who was then a strong, husky fellow—had been wakened in the middle of the night by the entrance of burglars. A panic ensued, shots were fired, the whole neighborhood was roused, and for months thereafter sleep was almost impossible for the man concerned. The fright had completely disorganized the brain-centers, and so impressed the subjective mind that a horrible fear settled with nightfall, and haunted the house with ghostly shapes and dreads. From the hour of this acute shock, the man's physical degeneration commenced. He is now virtually cured—by psychotherapy, re-enforced by naturopathy. He would never have been cured, the cause of his troubles would never have been located, by material means alone.

The second case was one of tumor—the cause of which was *emotional*. A big-hearted woman of middle age had been sadly disappointed and bereaved in the greatest love of her life. She was distinctly a mother-type of woman. But she had given up her ideal of marriage and children, to care for a helpless and appealing relative, on whom she lavished all the affection of her strong woman-nature. When the relative grew able for self-support and independence, and the need for the woman's devotion was suddenly removed, an emotional upheaval and serious crisis came upon the victim of self-immolation. She had lived most abstemiously, and no physical cause for a tumor was disclosed. But the tumor was there. It was merely the focus of prolonged emotional repression, bursting at the point of readiness, the uterus, where under normal conditions a child would have come forth.

The false growth has now disappeared, and the woman is as near well as a woman who was a born mother but never married can hope to be. The methods of cure? Mostly naturopathic, but fundamentally psychological. Our friend is now the head of a large institution, where the growing numbers of young people under her charge need a lot of "mothering," that she delights to give. How few doctors know that the preponderance of tumors, cancers and other morbid growths in women are the outcome of their unappeased sex-longings! Not sex-cravings, which are physical, but sex-longings, which are emotional and spiritual. It takes a woman doctor to understand a woman because all women have sex-longings in common, while most men, sad to confess, have only sex-cravings.

The third case was one of neuritis and insomnia—and the cause was *psychic*. A man had been well-nigh crazed by sleeplessness. The nerves were on fire, and the brain seemed almost ready to burst. The most modern treatments for insomnia had been applied, with no permanent effect. The sufferer had resigned his position, and was spending his whole time trying to get well (a most unhygienic thing to do, by the way). The man had a very peculiar belief, regarding his own affliction. He said that when he woke in the night, as he always did when he should be in the deepest slumber, he felt that somewhere in the heavens a strange, uncanny force was pulling his soul away from his body! He often lay awake in fear, dreading to sleep lest the ghostly robbery might take place and his very soul be in the lair of sky-thieves! Don't laugh and show your ignorance, you materialistic readers. Wait till I tell how the man was right. Of course the dumb, numb and elephantine doctors all ridiculed the man's belief—they said he was an unfortunate victim of "obsession" or hallucination. (Definition of hallucination: An obscuration in the doctor).

The truth of the matter was this. About six months before, the dearest friend of the sufferer had died, under peculiar and terrible circumstances. This friend had exerted an overpowering psychic influence upon the man who still lived, with telepathic or astral communication a frequent occurrence. When the psychological twin was taken, the effect was no less severe on the brain and soul of the man who was left than the decease of one of the Siamese twins proved to the remaining twin, who shortly died, as you may remember. I have no doubt that the acute and painful ordeals of insomnia, which began soon after the death of the sufferer's mate, were actually induced by the struggles of the unwilling soul in shadow-land to return to the side of the friend here; and if not to return, to seize the soul of the friend and bear it up yonder! In a case like this, ponder the futility and sad absurdity of such

insomnia "cures" as a hot drink or hot foot-bath just before retiring! The man *was* cured. He moved from his accustomed haunts to a home a thousand miles away; he began a wholly new kind of work, which absorbed him by day and exhausted him so that the physical urge for sleep was greater by night than the psychic pull from the sky; and he filled his life with an ideal and affection that bound him here while his normal span should run. All pure psychology.

The fourth case was one of shallow breathing, torpid liver, "colds" and catarrh, skin eruptions and poor circulation—and the cause was *spiritual*. A college youth had all these troubles at the same time. He was told that the source of the various complaints was in the lungs;—not only did the young man fail to use more than half his lung capacity, but his method of breathing was so wrong that his chest rose when he exhaled and fell when he inhaled!

Of course, the digestive organs, heart and circulatory system had become slow and defective in action, due to the cramped position and erratic functioning of the long-abused lungs. The patient bought a couple of patent breathing-machines, and blew in them religiously, night and morning. He joined a college gymnasium class, played outdoor games, rode horseback, went swimming, and even led in those lung-bursting feats called "college yells". But his breath simply refused to adopt regular habits and would almost stop when its owner was not looking.

Then, one day never to be forgotten, a mystic who was also a character analyst gave the boy a "reading". She told him he was a born poet, asked him why he was training for a hum-drum, superficial life work, and suggested ways of seeking the muse of rhyme. Then the boy breathed! And he has been breathing ever since. The old physical troubles have gone, and the present lung capacity of the former weakling is 50 cubic inches above the average. The depth of his respiration was according to the height of his inspiration. Often this proves to be the analogy; and always the victim of shallow breathing is below par on his normal, *spiritual* plane.

Next to the solar plexus, the lungs are spiritual organs, demanding spiritual motive and sustenance. The *habit* of deep breathing is a habit of deep feeling.

The four cases mentioned here, while perhaps unusual, are not rare at all. Any psychotherapist of good repute and long experience could give scores of parallel or similar cases, all demonstrating the fundamental principle that—

Mental diagnosis should precede or accompany physical diagnosis and treatment of any chronic disease. There is no Nature Cure without Mind Cure.

So clearly has this truth been revealed to many trained observers in psychiatry and psychotherapy that lists of the varied thoughts, emotions, affections, instincts, and desires have been prepared with a view to showing how the abuse, non-use or over-use of mental factors will result in chronic disease. There are metaphysicians who claim that a certain kind and amount of erroneous thought will produce liver trouble, another produce rheumatism, another one produce cancer, and so forth. I do not believe that scientific lines of reference can be drawn so closely through the realm of mental causation; and I have observed that, as a class, mental healers are as prone to exaggerate the power of mind as doctors are to overlook it.

Thus, in the four cases mentioned above, neither mental nor physical means alone would have restored health. The order of procedure that did the work in each case was this: (1) mental diagnosis, (2) physical diagnosis, (3) physical treatment, (4) mental treatment. From a rational, impartial viewpoint, the neglect of the proper physiological methods of treatment, witnessed in so-called Divine Healing, Christian Science or New Thought, is even more culpable than the omission of psychotherapy in most of our Nature Cure sanatoria. Whatever the form of disease, the body must be diagnosed and treated. If a scientific combination of hot baths, fasting and massage will cure insanity—a frequent occurrence nowadays—will not such auxiliaries be of help in the comparatively mild cases of nervous and mental disturbance? If I were writing for a metaphysical magazine, I should emphasize the power of the body to renew the mind—not the power of the mind to renew the body.

How shall mental diagnosis be accomplished? How shall the physician cross the darkened threshold of his patient's consciousness, and penetrate the labyrinthine chambers of the mystic human ego? The best minds of the ages have been focused on this problem—and the solution is not yet. For me to presume to instruct you would be folly. But I do want to suggest a few methods that seem full of promise, and that are now being tried in various localities of Europe and America. None of these may be held infallible, and a few of them are perhaps unsafe except in the hands of doctors who combine skill, experience and honor. But they all are deserving of thoughtful consideration.

CHAPTER XVII

MENTAL DIAGNOSIS

The first reason for investigating this subject lies in the Scriptures. Modern scientific students of the Bible claim that a preponderance of the healing miracles wrought by the Great Physician were but supernatural cases of mental, psychic and spiritual diagnosis. He saw the unseen causes.

Where many, such as Lazarus and the daughter of Jairus, were pronounced dead, there may have been simply a deep coma resembling death; a strong command of "suggestion" was therefore powerful to break the psychic spell and restore life. Those who were lame and blind may have been subject to nervous inhibitions or psychic obsessions—modern cures of similar troubles prove this quite possible. At any rate, the supreme hold of the Nazarene on his followers lay in his power to read, swiftly and accurately, the very thoughts of their inmost hearts.

Whence came this power? Some through the marvelous intuition of Jesus; he was probably the oldest and therefore wisest soul that ever passed into birth on this planet. The experiences from hundreds of incarnations had all crystallized, to form the pure gems of intuition bequeathed us in the Bible. No man who is not highly intuitional should be granted a physician's diploma.

But the *science* of mental diagnosis far exceeds the gift, and Jesus was a scientist more than a seer. Devout people often wonder and speculate about those hidden years in the life of the god-man. Experts in occult lore claim to have solved the problem. They declare that Jesus went into and through all the mystic teachings regarding health, psychology and religion afforded by the esoteric philosophies of the East—India, Persia, and other so-called pagan lands. The fact of this training was kept a secret providentially—only misunderstanding and distrust would have followed its revelation. But the master was a graduate mystic.

Whether such claim be true, I do not know. But I do know that any man with a message will find his greatest power in conveying it through a long study and effective use of the very means and men that seemed at first antagonistic. On this principle, I commend to the naturopathic physician a thorough investigation of the systems here named.

1. *Diagnosis by Psycho-analysis.* The work of the renowned Professor Freud of Vienna is doubtless familiar to you. A partial dream state is induced, having features somewhat in common with hypnosis and also with "twilight sleep", but apparently without the dangers of either. While the patient is but dimly conscious, he is asked all manner of questions bearing on the subconscious depths of his past and present life. With the brain-centres of fear, shame, caution and deceit inhibited, the invalid tells things about himself that he never would or could reveal during a state of normal wakefulness. The cause of many a deep-seated neurosis, and ailment that "baffled" the doctors, has been thus exposed and corrected.

2. *Diagnosis by Phrenology.* An expert study of the head and face will show the peculiar weak spots and inherited predispositions to disease with which every man is born. Thus a corpulent person with red hair almost never has liver trouble, while a thin person with black hair almost never has Bright's disease. Corresponding tracts of the lungs, liver, stomach, and other vital organs appear in the face;—and many of the drugless pioneers such as Kneipp and Kuhne diagnosed their patients, consciously or unconsciously, by this fact. The books of Fowler, Sizer, and other phrenologists and physiognomists, explain these phenomena.

3. *Diagnosis by Experimental Psychology.* The nervous, mental and emotional re-actions of a chronic invalid often lead to the subtle origin of the complaint, where physical diagnosis fails. In the laboratories of the great universities—Harvard, Columbia, Cornell and others, varied systems of research and investigation have been carried on, after initial movements in Germany, France, England and Switzerland. A general idea of the scope and method may be gleaned from the works of Drs. DuBois, Peterson, Thomson, Cabot, Muensterberg, Schofield and Jastrow, which may be found in the department of psychiatry of almost any large medical library.

4. *Diagnosis by Astrology.* Here is a field of study where caution is required. Few astrologists are trustworthy, and the majority of them urge claims for the system that are not fully warranted. But there is no question that the planets exert a positive and permanent influence over human beings, according to the ruling house and zodiacal sign under

which they were born. Thus a Mars man who cannot be at war cannot be at peace—strange to say; and a Venus woman who cannot express love cannot experience health. Furthermore, at certain juxtapositions of the planets, each individual is prone to physical pain, weakness and disorder; a knowledge of which probabilities may serve to ward off an attack of a serious nature.

5. *Diagnosis by Symbology.* Man vibrates to all the universal forces, and they in turn re-act upon him. Thus each individual has a keynote of color, form and tone, which must blend harmoniously with the people, things and events of his life—or disease results. For example, take two colors, light blue and deep red. The blue means a high degree of spiritual development and a longing for truth above all things; while the red stands for selfish human desire and lowest animal passion. If a sky-blue character be surrounded by blood-red persons or house furnishings, a mental disturbance is created which finally upsets the physical organism. The matter of color correspondence has been explained by a number of investigators, such as Dr. Babbitt, Mr. Colville and Mr. Fraetas. Another branch of symbolism relates to the given name. A special quality and value is said to inhere in each letter of the alphabet, and to affect the person whose Christian name includes the letter. Thus, if a Jeremiah nature has been christened Archibald, he may likely have an Archibald manner grafted onto a Jeremiah disposition—from which combination the good Lord deliver us! Cases have been known where people have recovered health only after changing their names. A still further development of the vibration theory of diagnosis lies in the realm of musical therapeutics, of which a famous example was the soothing of the crazed mind of Saul by the harp in the hands of David. Every man, particularly every woman, is a musical instrument, with a distinct and close relationship to the tones of the diatonic scale. If you are overstimulated your tone is sharp, if overexhausted your tone is flat. Either condition calls for harmonization. The work of Miss Vescelius and others in hospitals and asylums proves that music has a real place in diagnostics and therapeutics. Every chronic ailment is the outcome of some phase of inharmony.

6. *Diagnosis by the Aura.* For centuries the mystics and adepts of the East have held that the soul of a man shines through his body; this emanation being visible under certain conditions, and extending from a few inches to a distance of several feet, according to the physical, mental and spiritual health of the man. Most doctors have ridiculed all such beliefs. Now comes Dr. Walter Kilner of London, who says he has photographed the human aura, has proved its relationship with health and disease, and will shortly give to the medical fraternity a new system

of diagnosis based on these conclusions. For example, if a person has lung or liver trouble, the portion of the aura directly above the lungs or liver will appear on a sensitized photographic plate either dull or pale or spasmodic or clouded or blotched or almost invisible. I have personally seen the aura, by the kindness of Mr. Rebman of New York, one of the leaders in this line of study; and have watched it vary in quality and quantity.

7. *Diagnosis by Psychic Research.* A considerable number of invalids, with nervous or mental disturbance the prime cause of their physical derangement, have a "spook" in cloudland to blame for their troubles. These troubles will vanish only when the spook has been exorcized. At least such is the belief of a group of scientific, logical and unfanciful men who have spent years in the field of psychic research. One of the firm supporters of this belief is the executive head of the American Society for Psychical Research, Dr. James H. Hyslop, with whom I have recently talked on the subject. It appears that a large proportion of the cases of hysteria, melancholia, paranoia, and certain acute forms of insanity, and a smaller proportion of other nervous, mental and physical diseases, may be traced to obsession by a spirit in ghostland. The spirit wants to get back to earth and tries to make forcible entry by way of the sufferer's body. When this occurs, the vehement ghost with the guilt of invasion upon it must be "treated" forthwith, and made to depart. Dr. Hyslop holds that many of the poor wretches who seem incurably insane could be restored to health and usefulness by application of this truth.

8. *Diagnosis by Occultism.* The main divisions of this branch are clairvoyance, psychometry and hypnotism. When we think of clairvoyance, we conjure up the fakes and follies of the ordinary "séance"—then dismiss the subject as fruitless and false. But I know of a man who makes pocketfuls of money by "seeing things"—contrary to the usual custom, since men who "see things" are mostly in the state of losing money. This chap goes into a man's club and wagers the assembly that he can tell a man how much money the man's purse contains. Wishing to humor the escaped lunatic and also to clean up his cash, the brothers convivial proceed to bet lavishly. Whereupon the visitor puts his X-ray eye on each in turn, looks him inside out, declares his wealth to a penny, cashes the bets in a hurry, and leaves before the mob turns to rend him. A sad waste of a marvelous power. If the few rare people born with "second sight" were trained in diagnosis, anatomy, physiology and psychology, the assumption is that they could reveal the brain structure of a sick man as clearly as the X-ray now reveals his bony structure. Another possible means of subtle examination lies in psychometry, the

art of reading character by the sense of touch and smell. The odor, magnetism and electric force of a person in radiant health differ greatly from these emanations when he is ill. Thus an article of clothing which he wears continually may convey to one gifted in psychometric reading a very distinct impression of the state of health. Even more available and reliable should be the potency of the hypnotic sleep. It is well known that a hypnotic subject of the proper kind will develop a sixth sense, by which he transports himself psychically to a distant point and describes minutely the conditions there prevailing. Why should not this faculty be leveled on the inner mechanism of the sick? We are only beginning to understand the helpful uses of hypnotism; but I firmly believe that the time will come when the psychic forces liberated in the hypnotic sleep will be so trained and guided that by their aid every part of the human body can be diagnosed, promptly and accurately.

9. *Diagnosis by Vocation.* Recent studies by industrial and sociological experts reveal the fact that each trade or profession carries with it a tendency toward certain forms of physical deterioration. A thorough knowledge of the cause, nature and cure of these "occupational diseases" would serve any doctor well, not only in diagnosis but even better in prognosis and prophylaxis. Furthermore, about 70 per cent of the workers of this country have fallen into the wrong job. They are square pegs in round holes, and a square peg in a round hole finds room for trouble on all sides. If you make a born poet sell shoes for a living, you will soon have a sick poet on your hands—and a well one is bad enough to endure, Heaven knows. If, to the contrary, you make a born shoemaker write poems for a living, all the people in the sound of his voice will shortly be sick, down and out. A doctor who cannot tell the diagnostic difference between a poet and a shoemaker should be compelled to wear by day shoes made by the poet and to hear by night poems made by the shoemaker. Then, of a truth, would the doctor be admonished. Cure must rest on temperament, or be unstable.

10. *Diagnosis by Emmanuelism.* Thirty years ago, Bishop Samuel Fallows, in his "church clinic" at Chicago, began to demonstrate how closely a man's theology relates to his bodily functions. More recently, Drs. Worcester and McComb in Boston, Dr. Batten in New York, and other influential clergymen and physicians have done remarkable work by a scientific union of physical, mental and moral diagnosis—commonly known as the Emmanuel Movement. A doctor, a nerve specialist, a physical culturist, a psychotherapist, and a minister, acting harmoniously together, can certainly reach more exhaustive and reliable conclusions of diagnosis than would be possible for any one of them, proceeding alone. The "vicious circle" of etiology may proceed thus:—

mind to brain, brain to nerves, nerves to body. Or it may reverse the order and proceed thus:—body to nerves, nerves to brain, brain to mind. Whether disease may have been psycho-physical or physico-psychic, in its formation and development, can often be determined only by a group of specialists working as one. This much is absolutely sure: Every chronic invalid has somehow, somewhere, lost faith—and must have it again before he recovers; the natural sequence of faith is, first faith in God, then faith in Nature, then faith in self; accordingly, to renew and re-establish the consciousness and habit of faith by means of the church that most appeals to the invalid, seems a permanent, scientific basis, for any and every particular mode of cure. The folly of the “faith-cure” is not in the faith, but in the lack of reason, skill and action, to supplement the faith.

Each of the foregoing ten systems of analyzing and probing the mental state of a man deserves a whole volume to itself—not a paragraph or two, as here given. But I wanted here to present a fairly complete survey of the *possibilities* in mental diagnosis, the actualities being yet largely a matter of future achievement.

How generally and acutely a survey of this kind is needed throughout the health culture field may be learned by a study of the advertising literature of our drugless schools and sanitarium. I have gone over the literature mailed to prospective students and patients by a dozen of our leading institutions; and I fail to discern that a single one has properly judged or adequately handled the psychological factors. The “symptom blanks” and examination questions are practically all physical;—to read them over, you would think a man was a gob of mud and blood thrown together by chance. The only chance is the chance we take in calling it chance.

I have a strong conviction on this matter. I believe that a majority of the chronic, stubborn, deep-lying ailments that “baffle” the doctors would be found to inhere not in the flesh but in the mind—if only we had the skill to discern mental causes. When a man or woman has endured forty or fifty years of civilization, the result is a tangled, muddled mess of spotted, bruised and broken thoughts, repressed instincts, unexpressed or ill-expressed emotions, banged and battered intuitions, shattered hopes, wounded faiths, and spent ambitions. Out of this ferment and fever of the human heart, most ills of the flesh arise. The troubles of childhood are quickly and easily cured, because children are psychologically frank, open, clean, brave, simple. But the average adult is psychologically fearful, secretive, soured, numb, involved. And here lies the source of that long train of debilities attending middle age.

The first method of diagnosis should be spiritual, the second emotional, the third mental, the fourth psychic, the fifth and last—physical. How reverse and perverse the present scheme is, may be gathered from even a slight, superficial observation;—we put physical diagnosis first and wholly or partially neglect all the others!

One of my long-cherished dreams is that of an American Diagnostic Institute. This will be a place where all the known means of diagnosis are collected, collated, unified and utilized. Here the invalid will be taken for unprejudiced, complete, scientific and fundamental examination. He will be turned inside out, metaphorically speaking: will be told exactly what his trouble is, where it starts, and how it may be expelled; will be instructed how to handle himself in body and mind; and will then be referred to the specialist, or group of specialists, who can properly administer the treatment or treatments required. Such an institution would deserve, and I believe will have, a million dollar endowment for its research, investigation and experiment. The great hygienic truth of the coming century will be known to be this: *The mental is the fundamental*. To understand this fully is not to neglect the body, but to impel, vitalize, and use the body to a higher degree of practical force.

CHAPTER XVIII

MENTAL PRESCRIPTION



There are five stages of treatment for the sick. They depend not upon the need of the sick, as they should, but rather upon the evolution of the doctor. Whenever I am called to prescribe mentally for an invalid, I first diagnose the doctor. A doctor needs diagnosing more than the disease he diagnoses.

The five stages of treatment are as follows:

1. Incantation
2. Medication
3. Manipulation
4. Education
5. Transformation

We are now in the third stage—half way between where we have been and where we should be. I would here call attention to the principle and method of the fourth and fifth stages. Let us first give a summary of the initial three stages, hitherto marking the development of the healing profession.

1. *Incantation.* The two most primitive, and most powerful, manifestations of the human mind are fear of the undesirable unknown and faith in the desirable unknown. The incantation specialist works on both. First he scares you into paying him to wield his magic signs, then he flatters you into believing that he has placated the angry gods, routed the afflicting devils, and nailed down for you a reserved chair in perpetuity on Olympus. Among the old incantation specialists were the voodoo man, the witch doctor, the charm vendor, the "conjurer," the alchemist, the fortune teller, the clairvoyant, the brewer of magic potions. They all went on the same principle—or lack of it; that the human mind is a hot-bed of superstition, and all a doctor has to do is tend it faithfully.

You might suppose that incantation was a relic of barbarism, long since passed away. But nay, not so—we still observe it with us. We see it in patent medicine, where a long list of ghostly symptoms and a gleaming array of lurid testimonials act upon the mind of the reader as the hocus-pocus of the conjurer acted upon the mind of the reader's barbaric forefather. We see incantation in Christian Science, where many devoutly proclaim the exaggerated power of "malicious animal magnetism," and unite in sending avalanches of "death-thought" upon the helpless, hapless, persons of their alleged enemies. We see incantation in Mental Science and New Thought, where "absent healers" presume to treat all manner of chronic disease by projecting thought-waves of telepathic, atmospheric or astral vibration to the distant bedside of the patient, and cure him by cunningly devised fable. (The mind of an absent healer is always absent; this is why he is called "absent"—he is not all there, poor fellow).

We see incantation even in Osteopathy—that seemingly most practical and materialistic of healing methods. For, does not every Osteopath in good and regular standing aim to convince you, immediately after diagnosing you, that your spine was born busted, has since become more busted, and will soon be utterly and everlastingly busted if you don't let him wisely wiggle it? What, I ask you, is such a procedure but a modern form of incantation? I believe in Christian Science, New Thought, Osteopathy—even patent medicine perchance, for certain ailments, under certain conditions and restrictions. But I do not believe in the subterranean hypnosis that most of these specialists deal out. It is only incantation, prettily dressed in a pseudo-science lingo.

2. *Medication.* The witch doctor, as intelligence grew in the minds of his patients, found himself losing hold on their purse-strings. A doctor's wealth is proportional to the ignorance of his patients. Therefore, to keep the patient ignorant is absolutely fundamental to a doctor's silk hat and three square meals a day. When the witch doctor was limited to psychology and a few simple herbs, he was on a precarious footing—the people were constantly encroaching on his ground by studying for themselves the nature of their own minds and of the herbs that any one might gather from the fields. Hence it became necessary for the doctor to evolve a system of chemical therapeutics, demanding a prolonged course of mysterious training, that the people at large never would or could undertake. Here we have the psychological reason for the invention of drugs. In respect to medication, the chief difference between a drug doctor and a witch doctor is that the drug doctor murmurs Latin names and wears a dark atmosphere, instead of muttering barbaric gibberish and wearing a mask of bright paint.

The psychology is the same—an unlimited supply of ignorance and awe, on the part of the patient.

I do not wholly disbelieve in *materia medica*; nor fail to recognize the devotion, skill, bravery and beauty of the life and work of many a doctor or surgeon. But the system is wrong, that requires ignorance and deception in order to flourish. And three fourths of the doctors and surgeons would starve to death if ignorance and deception were to be wholly banished from their daily practice. The primitive psychology of incantation, here in the dawn of the twentieth century, fills and sways the minds of the sick.

3. *Manipulation.* The first advance in healing came with the gradual awakening of popular intelligence—and the substitution of medication for incantation. The second advance, by far a greater one, resulted from the modern awakening of the public *conscience*; and to this we may trace the modern substitution of manipulation for medication. Every great reform, of a nation as of an individual, is produced by the careful blending of conscience and intelligence. Most reform lacks intelligence, while most objects of reform lack conscience. The leaders of health reform, a very large majority of them, still lack the required amount of intelligence; being satisfied because they have gained more than their predecessors, the doctors. But there is a science of manipulation, while there is no science of medication; herein we do progress, if slowly. We learn from presumed authorities that over 20,000,000 people in the United States believe in manipulation as opposed to medication;—and this number of citizens have begun to think for themselves, their own health, longevity, and prosperity, all within the past fifty years.

Now manipulation is either physical or mental—contrary to the belief of most persons, who would regard it as merely physical. Hygiene is always both physical and mental, and anything purporting to be hygienic which omits either physiology or psychology is by so much less than safe. Physical manipulation comprises massage, mechanotherapy, osteopathy, chiropractic, hydrotherapy, gymnastics, thermotherapy, electrotherapy, diet, air and sun baths—in fact all drugless aids to elimination, circulation, respiration, and other physiological functions of the body. Mental manipulation comprises hypnotism, suggestion, magnetism, occultism, New Thought and Christian Science “treatments,” faith cure, mesmerism, laying-on of hands, phrenological or astrological prescription, psychic rapport, instantaneous “divine” healing. All these forms and systems of psychological therapeutics manipulate the mind, as massage or hydrotherapy manipulates the body.

They have little or none of the moral and spiritual quality and force that their devotees and sponsors claim for them.

Up to this time, we have reached only the stage of manipulation as an epoch of the healing art. Most of us appear satisfied with this, rather scorning and despising the witch doctor and the drug doctor, as being sadly gross, numbly dense, and fatally foolish. We have much to learn. A thousand years from now, the great health pioneers and reformers will regard us with a combination of noble tolerance and amused pity; we shall seem to them as hopelessly antique and impossible as the witch doctor and drug doctor now seem to us. I like to look a thousand years ahead. The action uplifts my heart, stretches my mind, expands my faith, and makes me feel good all through. The man who never looks a thousand years ahead is apt to lag a thousand years behind.

4. *Education.* This will be the next move onward and upward, in the five stages of therapeutic progress. The universal need for health instruction appears in the fact that the customary span of human life is now sixty years less than it should be. Putting the earning capacity of the average individual at \$1,000 a year—a low estimate, we have the startling sum of \$60,000 lost to the family, community and State of each of the 100,000,000 people in this country. This means a total waste of \$6,000,000,000,000 in our national earning power, due to needless curtailment of the lives of our citizens. A few thinking people are beginning to realize the enormity of this biologic and economic crime; and to attempt to provide some sort of hygienic and prophylactic education through such agencies as the Health Committee of One Hundred, the Safety First Commission, the Life Extension Institute, the State and City Boards and Departments of Health in certain progressive localities. But the movement has not yet begun to reach the true source of disease—ignorance and negligence on the part of both parents of the children of to-morrow.

I would have a law passed to this effect: When a child under six years of age has anything particular fundamentally wrong with its brain or body, a certain percentage of the doctors' fees and other expenses of treatment shall be paid by the clergyman who married the child's parents, and another percentage by the magistrate who issued the license of marriage; when the child has any serious trouble, mental or physical, *after* six years of age, a percentage of the costs of treatment shall be paid by the child's teacher. A law like this would do more in a year to wake up our magistrates, preachers and teachers to their personal responsibility on health lines than a hundred years of mild and gentle pleading through health publications.

The law would be entirely fair. No minister has a right to perform a marriage ceremony without making sure that both candidates are free of constitutional weakness and venereal taint, and are taught in the fundamentals of eugenics, physical culture and child hygiene. How can a marriage be called holy when the contracting parties have become too weakened or polluted to give their children a decent start in life? And if the marriage isn't holy, what is a preacher doing at the ceremony? The teacher should take responsibility from the preacher, when the child reaches the lawful school age—six years. Before accepting any pupil in a school-room, the teacher or principal should require an examination of the child, for the purpose of discovering what the natural weakness or inherited predisposition may be; and should then give the child, and the parents, a set of approved instructions for those exercises, foods, baths, garments, books, and other essentials to modern prophylaxis covering the special needs of the child in view. This plan would be only one out of many, aiming at the rational and effectual banishment of the unnecessary pain, disease and disability now prevailing everywhere.

Even more desirable, however, is the education of the invalid. I marvel that this has never been properly and adequately supplied, in any modern school or sanitarium. Dosing a man with health foods or metaphysical suggestions cannot cure the man. From a standpoint of either morality or efficiency, the drugless colleges and resorts now claiming so much are but slightly in advance of allopathic and surgical institutions. Neither hygiene nor psychology has, thus far, gone to the root of disease. Let us try to make our meaning clear.

When a man gets drunk, he expects to be locked up; he imbibes with all the risk of jail in full view. But when a man gets sick, he expects to be coddled, pampered, waited on and fussed over—and he feels personally aggrieved if he can't have the prettiest nurse and the wisest doctor in attendance. Now being sick is a crime, not much less than being drunk. And when a man is sick more than once of the same disease, he has become a hardened, habitual criminal.

The most discouraging thing about an invalid is that he wants to be "cured." Generally speaking, he does not deserve to be cured—he deserves to be lectured, spanked, and sent to bed without his supper. When a child breaks a hole through the orchard fence, fills up on green apples, and acquires a vociferous case of colic, we think not of petting him, but of punishing him. The chronic invalid must be punished—he has destroyed some fence of the moral law, and has partaken of forbidden fruit. He needs conversion more than cure. But he does not want conversion, he will not pay for it, and up to the present time

no scheme has been devised for guaranteeing his conversion while he pays for his cure. So great a moral deficiency must be recognized and met. How?

The first question a sick man should ask himself is this: "When and where and how and why could I have been such a blamed fool as to get in this condition?" And his first order to his doctor should be: "Before you start to cure me, you must promise to teach me how to stay well, and to exact from me a man's word of honor that I won't disgrace myself again by such a lapse into weakness." Did you ever hear a sick person say such things? I know you didn't, because the shock would have paralyzed you, and you wouldn't be reading this. Yet no invalid was ever completely cured, without such a confession and a resolution as I have indicated.

Every normal patient of a sanitarium should be taught, before treatment, during treatment or after treatment, as to the nature, cause and cure of his trouble, and the principles and methods for obviating its recurrence. I say "normal" patient, to exempt those who are mentally deranged or so badly weakened and disordered physically that real study seems temporarily impossible. I would, indeed, have it understood that to be exempt from this course of instruction is to be considered feeble-minded. A set of handbooks for the personal guidance of patients, during and after treatment, should be prepared by a duly qualified and elected Board of Therapeutic Instruction; and these handbooks rendered available not only to the guests of a sanitarium or hospital, but also to the clients of the individual healer, doctor, physician and nurse. A patient should never be discharged as "cured" until he has creditably passed a personal examination on his organized and utilized knowledge of his own case. Without such a guarantee of permanence, any course of treatment is a patch-work job, only a trifle better than a make-shift from a drug-store.

A kind of inkling of a realization of this need is feebly and spasmodically shown by the attempt, often made in recent years, to place health books and libraries at the disposal of sanitarium guests. But this lazy excuse for instruction will not suffice. Heaven knows it is bad enough for a sick person to be always dwelling on his or her symptoms, feelings, pains, fears, and imaginings; but when you turn the sick person loose in a library of diagnostic, therapeutic, books and pictures, you fill the soul of the poor unfortunate with everybody else's troubles too, and give him acres of woe to traverse in his mind, beyond the limits of his own weary field of introspection.

A little knowledge is a dangerous thing—particularly when it isn't

knowledge; and almost as many things that aren't so, are published in the health journals as in the daily newspapers. When I see a roomful of sanitarium inmates poring sadly and pondering badly over a library of health literature, puzzling and racking their poor brains as to who is right and who isn't, and if they should or should not do this, that or the other thing—I feel a wild and wicked desire to throw all the books out of the window, paste funny cartoons over the walls of the place, and at the point of a pistol, force every solemn-looking guest to dance a jig, tell a joke, or sing a merry song!

Back to our theme—quick! I almost forgot to be dignified, which lapse into commonsense and humanlikeness would be fatal on the part of the author of a therapeutic dissertation. Hoping to avoid any more peril of this nature, I will hurry on to the next and last stage in therapeutic method.

5. *Transformation.* It is the rule of a good business man that every species of failure be turned to account, and made an asset of experience and resource in reckoning for the future. It should also be the rule of a good health seeker. How? I will tell you. Every physical weakness is the counterpart of a mental deficiency or moral defect. Without an attack of disease one hardly ever knows just where and what the vulnerable point in his psychic armor may be; hence the person who has never been ill generally fails to estimate himself properly, study himself closely, or use himself fully. The real purpose of sickness is self-analysis. Take my own case. Until my health broke down, utterly and almost hopelessly, in my senior year at college, I had not the slightest notion of where my life work lay, what it should mean to myself and others, how to find, prepare for, and enter upon it. Only when I was brought face to face with the order of the gods—"Save yourself or die!"—could I realize the power of the human will to extricate a man from the jaws of death, and to lift him to his own predestined place in life. Not to any merit or talent in myself, but to the "Do-or-die" injunction of chronic disease, may be traced the fact that my health and efficiency writings have had a circulation of 3,000,000 copies--the largest in the world for publications of their kind. Are you a victim of chronic disease, a daily sufferer from pain and weakness? Then your greatest life work, your highest boon and blessing, and your guarantee of permanent health, will be found to lie somewhere back of your trouble, in the self-knowledge and self-rule that God means you to attain because of your trouble. Every illness is God's invitation to larger usefulness. Why complain or mope or worry—with great things just ahead?

A few concrete examples of the higher potentials of a rational diag-

nosis and cure. A man with liver trouble generally has a mind peculiarly keen, often brilliant and original, but not as yet focused on the bodily functions of life; when you teach him to regulate the action of the liver, you may also enable him to form a habit of mental efficiency that will serve him greatly on other lines of development. A woman with neurasthenia proverbially has finer sensibilities and quicker perceptions than the average mortal; when you teach her to gain poise, and to hold the nerves ready and steady for actual events and responsibilities, you can make her a more useful member of the home and the community than the woman ever was who could not have a nervous breakdown because of being tough and thick as a cow. Analysis on these principles, fully and carefully applied to every case of chronic disease, would not only hasten recovery by cheering and strengthening the mind of the sick, but would also tend toward a wonderful transformation of the life of the man or woman being taught while being treated. Affliction is the ante-room to exaltation.

How shall mental prescription and instruction be devised and carried out? Here we are confronted by a difficulty that makes the problem one of solution for to-morrow—we don't seem to have enough sense to-day. No mental scientist that I ever saw is competent to teach mental science to an invalid. No physical culturist that I ever saw is competent to teach physical culture to an invalid. The man to teach mental science is a physical culturist, and the man to teach physical culture is a mental scientist. Am I crazy? I am not—I am beginning to arrive at sanity. I used to be more or less crazy, first when I was a physical culturist, then when I was a mental scientist. Now, being both, and yet neither, I am in a position to see the advantages, and also the limitations of each separately and both together. Only he who has personally mastered a system of therapeutics, but is financially independent of the practice of it, can measure it fairly and utilize it sanely.

Our problem is to find the expert who knows all systems, but prescribes none. I have never seen him, nor heard of him, and I presume that he does not exist. As a matter of fact, and absurdity and pathos, a metaphysician, occultist or psychotherapist is likely to be most unpsychological in his professional use of psychology. For example, any kind of "treatment" is at best childish, at worst immoral. The reason, the instinct, the perceptions, the aspirations and the will of a normal man rebel at the idea of "treatment" by an alleged healer. God and Nature, these alone heal.

A metaphysician who claims to possess a mystic power for health which the patient lacks and must lack, is preying on superstition as

grossly and greedily as the allopath does who inculcates belief in the unknown magic of a pill. Example: the promise of "instantaneous" healing so often made by mental practitioners, and even advertised in health journals. This reminds me of the old-time doctrine of most "orthodox" church members, that proclaimed the validity of "death-bed repentance." A man could be a devil all his life, then by repenting just prior to the advent of the undertaker, could be wafted straight up to glory and live with the angels forever after. A doctrine so barbaric and immoral had to die, of course; but a worthy successor is the doctrine of "instantaneous healing."

Why should a sick man expect to recover instantaneously? Why should he want to? He doesn't deserve to, and to want a thing without deserving it is the mark of an infant. Perhaps the first sign of moral health in a sick man is to endure suffering bravely, sweetly, patiently, contritely, hoping for relief and working for it, but willing to go through the pain demanded by the righteous law of cause and effect. This point I mention as one of many examples where the typical metaphysician is not a safe guide. He lacks a working knowledge of body, of heart and of soul. And of all the different kinds of drugless treatment, the least profitable is mental manipulation void of everything else. For the mind, as a purely intellectual function, is the least important of any operation of the human machine.

However, some form of mental therapeutics applies in every form of chronic disease. The problem is to make the application. We have a score of different schools and systems, variously termed Psychotherapy, Mental Science, Christian Science, New Thought, Occult or Divine Healing, Magnetism, Hypnotism, Suggestive Therapeutics, Emmanuelism, Oriental Mysticism, Christian Mysticism, and so forth. How shall we determine which of these, if any, belongs in the cure for a specified ailment of a given patient? We are now limited to a prejudiced, though it may be an honest, judgment on a case pronounced by the devotee of each peculiar system. No man is to be trusted on a scientific basis where the religious belief is involved. Religion overthrows reason. Perhaps it should do so, as a moral and spiritual exercise—but not as a therapeutic system. As religion is more or less concerned with the founding of every system of mind cure, the practitioner of any system is thereby made incompetent to judge the scientific value of the treatment—though he may refuse to acknowledge this, even to himself. The blind are not they who cannot see, but they who will not see.

What we should have is an impartial tribunal, composed of *doubters and scoffers*, to weigh all the facts and theories of mental

practice, and be convinced of the healing power of the mind against their own will! Then we should begin to have material for establishing the psychology of health on a rational, experimental, differential basis. The field of psychic research has already been explored in this way, and the results have shown the wisdom of the method. The principal investigators—men like William T. Stead, Oliver Lodge, James H. Hyslop and Hereward Carrington—have been of a purely scientific turn of mind, not given to theories, fads or vagaries. Only by a long series of proofs that seemed to them incontrovertible did they yield their natural scepticism, and affirm the truths of psychic research. I would have a board of psychotherapeutic investigation appointed, with the chairman Jess Willard and the chairwomaness Madame Curie! Now fling up your hands in horror, ye pale sisters who vegetate and hallucinate in “the silence,” as a pretext for being lazy.

Curative psychology must fit the ailment and the invalid—not the practitioner. Example: New Thought appeals to a certain type of mind and state of unfoldment, Christian Science to another type and state, Emmanuelism to another type and state, each of a dozen other systems to another type and state. When a sufferer goes to a Christian Scientist, we will say, he is persuaded of the truth of it and engages a healer; or, the system does not appeal to him and he fails to give it a trial. In the latter event, he is apt to underestimate the possible value of Christian Science treatment, in the former event to overestimate it. Suppose the mind of the patient yields to the idea, but his body fails to yield to the practice—a frequent happening, shown by the numbers of deaths of Christian Scientists who refused to call a doctor. In such a case, the method works psychologically, but fails biologically and the patient dies. If another kind of metaphysics had been used, appealing with force to his mind but co-ordinated with scientific measures for his body, the patient would have lived. On the other hand, he might still have died if a rational cure for his body had not been aided by a transcendental cure for his mind. The same line of logic holds in every form and species of metaphysical thought. We must have the central truths in all these systems brought together, and made personally suitable to every disease and every sufferer. All invalids should be taught metaphysics—few invalids should be treated by metaphysicians; here, in a sentence, we have the kernel of the whole matter.

Sane, calm, progressive, constructive, enthusiastic, hopeful, resolute thinking helps any sick man, woman or child in curing the trouble and preventing its return, whatever the trouble may be. Somewhere a book, a school or a system of therapeutic thought has been evolved specially to suit your case—whether you suffer, or prescribe or care for one who

suffers. What means are you going to take to find the book, school or system that will hasten health for you and yours?

Mind is the fate-maker. No handicap or pain, weakness, illness, or apparent misfortune of any kind, has a real hold on the man who wills for health hard enough, hopes for it high enough, works for it long enough. Both God and Nature want us to be well. For the daily support of God and Nature, we have but to think near God and live near Nature. Health must follow, as day follows night.

Nor should we limit the bounty and beneficence of Nature to the healing of disease, the banishing of pain, the promoting of strength, longevity and happiness. Nature speaks to the body of the animal, but to the mind, heart and soul of man. Whoever achieves greatly in the realm of mind, heart or soul is perforce a believer in the wonders of Nature, a student in her laws, a follower in her paths. The great are always natural—and the artificial or superficial are always small. We fail only wherein we are less than ourselves.

He who invents a marvelous instrument, creates a beautiful poem, or builds a new empire of trade, has but seen, tapped and utilized the hidden streams of power flowing from Nature into his mind and the minds of his fellows.

And he who leads a great reform, conducts a great philanthropy, or renders a great public service, has but found and materialized the forces and energies of the soul, constantly though silently and gently driven to and through us by the wisdom and blessing of Nature.

Spiritual renewal underlies physical relief. So the aim and outcome of natural healing is divine helping—helping ourselves, helping our fellows, helping Nature to help us all, helping God to do God's work by doing our work better, thus to make eternal improvement our watchword here as hereafter.

Only on a base of impregnable realism can we build a tower of superb idealism. Only as Naturism first grounds us on the bed-rock of practical experience, then impels us to erect a beautiful and useful life structure for the permanent housing of the soul, does Naturalism yield her full service and do we attain our full stature. Do great things, but dream ever greater; this is the law of sure and swift progress, in the earth and in the heavens. To be as real as the soil yet as subliminal as the sky—this and this only is to be as natural and as divine, as our character foretells and our destiny commands,

The New Science of Healing

or

The Doctrine of the
Unity of Diseases



By LOUIS KUHNE



*Herr Reinhold Witte falk.
Louis Kuhne*

PART ONE

WHAT LED ME TO THE DISCOVERY OF NEO-NATUROPATHY, THE NEW SCIENCE OF HEALING

IT is characteristic of human nature that anyone who thinks he has discovered something new and original, feels an irresistible impulse to communicate it to his fellow-men.

Ambition and vanity have, no doubt, a share in creating this desire; but, fundamentally, it is thoroughly defensible and truly human. The truth must be proclaimed, even should one in general despise all show and glitter, and find little but weariness and vanity amidst the bustle of daily life. To this natural law I bow also, when I now endeavor to communicate to you the results of my incessant labors, extending over a period of upwards of thirty years. True, it might be wiser were I to entrust my discoveries to mute paper only, and look to future generations for the judgment. But in the work to which I have devoted my life, it is not a matter merely of knowledge pure and simple; we are here also concerned with the actions derived from this knowledge; in other words, with the practical realization of the facts learned.

If, therefore, I would have my teachings spread amongst my fellow-men, and handed down to future generations, if I would not die stigmatized as a quack, then I am under the necessity of exhibiting, proving and communicating to others, both by means of instruction and demonstrations on living subjects, the truths I have discovered.

The presentation of patients is impossible, and I must therefore content myself with explaining my views in words to the best of my ability. I shall relate to you what led me to the formulation of my system of cure.

I had always felt a special love for nature. There was no greater delight for me than to observe the life of the field and forest, and the conditions under which plants and animals live and thrive; to trace the workings of our great mother, Nature, on the earth and in the sky, and to apprehend and establish her immutable laws. I was ever desirous of hearing what able investigators, like Prof. Rossmässler, had discovered; and this long before I had any thought of devoting myself especially to the art of healing. To the latter step I was forced by the strong hand of necessity, that teacher and educator both of nations and individuals.

Shortly after I had completed my twentieth year, I found my body refusing to perform its functions, and I experienced violent pains in my lungs and head. At first I sought the aid of regular practitioners, but without result. Neither did I, in truth, feel much confidence in them. My mother, who had been infirm and ailing for many years, had again and again warned us children against "the doctors," saying that they alone were to blame for her misery. My father, too, had died of cancer of the stomach whilst under the care of physicians. It was about this time, in the year 1864, that I read about a meeting of disciples of the Nature Cure,* the system of curing diseases by natural means. The matter interested me, and on seeing the advertisement a second time, I attended the meeting. It was a band of sturdy-hearted men who gathered round our never-to-be-forgotten Meltzer. Very diffidently I asked one of those present what I ought to do against shooting pains in the lungs, from which I was then suffering. Very diffidently—for my condition of chronic nervous excitement was such, that I could not possibly have spoken loud in the presence of a number of persons. He prescribed a compress, which had an immediate and beneficial result. Thereafter I attended these meetings regularly. Some years later—it was in 1868—my brother became seriously ill, and the Nature Cure, at the elementary stage of development then reached, was powerless to aid him. We happened, however, to hear of successful cures by Theodor Hahn; my brother resolved to consult him, and after a few weeks returned home much improved in health. I likewise was ever coming to see more and more clearly the advantages of the natural method of cure, and even at that time, I felt fully convinced of the essential truth of the system.

Meanwhile my own ailment had not been quiescent. The germs of disease inherited from my parents had thriven apace, especially since new causes of sickness had been added to the older diseases by the medical treatment I had formerly undergone. My condition gradually grew worse and worse, till at last it was simply unendurable. Hereditary cancer had appeared in the stomach, the lungs were partially destroyed, the nerves of the head were so irritable that I found relief only out of doors in the fresh air; and as for quiet sleep or work, that was quite out of the question. To-day I can confess that well-fed and ruddy cheeked as I then looked, I was in reality but a wretched Lazarus through and through. Yet, I most scrupulously followed the course prescribed by the Natural Method as then understood. Baths, packs, enemas, douches, everything, in short, I employed, without attaining more than an alleviation of the pain. At this period, through observations made in free nature, I discovered the laws upon which the method of cure now practised and taught by me is based. I commenced, as a trial, with a course of cure for myself, and constructed the most practical appliances I could for the purpose. The experiment succeeded. My condition improved from day to day. Others who followed my advice and observed the same course, were also satisfied. The apparatus which I had made answered their purpose capitally.

*For a complete exposition of the Nature Cure, read the back volumes of the *Herald of Health and Naturopath*. Price, \$2 a year. Single copy, 25c. Begin with volume of year 1902 up to now. Naturopathic Publishing Co., Butler, N. J., U. S. A.

The diagnoses of actual diseases and the prognoses of coming ones, as yet unnoticed by the person affected, though the disposition was to be traced, invariably turned out correct. I felt assured that my discoveries were not mere self-deception. Nevertheless, when I spoke of them, my views were generally met with incredulous astonishment, apathetic indifference, or scornful rejection; and this not only as concerned orthodox medical men and believers in the drug-system, but also, and indeed especially, on the part of disciples of the Natural Method of Cure, sometimes even from its best known representatives. In the cause of suffering humanity I had placed my apparatus gratis at the service of some of these practitioners. Without giving them a serious trial, they were set aside as useless, to moulder amongst dust and cobwebs.

I thus became forcibly aware that it did suffice to establish a theory of the origin and course of disease, and its cure, and to construct appliances for the treatment of the sick; that it did not suffice to discover a new and infallible method of diagnosis and prognosis, founded on the nature of the human organism itself; that it did not suffice to exhibit the success of the new method of cure in my own person, and in the case of my relatives, friends and acquaintances. On the contrary, I perceived clearly that I should have to appeal to the general public itself and by effecting a large number of striking cures, prove the superiority of my system over allopathy, homeopathy and the earlier hygienic method. This alone could secure for me the conviction of all classes, that my method was the true one, based upon the laws of nature.

This inward persuasion gave rise to a severe struggle. For if I decided to devote myself to the practice of the new art of healing, I should be obliged to give up my factory, which had been 24 years in successful operation, in order to devote my undivided energies to another calling, which at the outset, at all events, would bring me but scorn, obloquy and financial loss. For years the struggle endured between reason, which deterred me, and conscience, which urged me on to the fulfilment of my inner vocation.

On October 10th, 1883, I at length opened my establishment. Conscience had triumphed. Exactly what I had foreseen came to pass. During the first few years my establishment was hardly visited at all, although some successes were attained which were remarkable enough to have attracted attention. Then patients gradually began to come; at first merely for baths, but later, some for the cure. In time, patronage increased, especially from other towns, for nearly everyone treated by me became a voluntary promulgator and agent. My new system of diagnosis, the Science of Facial Expression, and method of curing, proved successful in thousands of cases, and I was enabled to save many from serious danger by foretelling future illnesses. On this latter point I lay special stress, for thus alone shall we be able again to rear a really healthy generation.

The truth of my discoveries has been confirmed in every instance; my experience has naturally been materially widened during the past eight years; and my own health, which formerly seemed past recovery, has so greatly improved through a consistent observance of the new method, that to-day I feel fully equal to the exertions imposed

upon me by an extensive practice. This has only been rendered possible, however, through my thinking out, after long reflection, a new manner of taking the sitz-bath. This has proved so effective, that I can with certainty affirm that every disease, whatever name it may bear, is positively curable. *I say, every disease, not every patient.* For when the constitution is too far undermined, and in particular when the system is permeated with poison from long use of medicine, or from the inability of the organs to eliminate same, my method can, indeed, alleviate the pain, but not always save, or completely cure the sufferer.

I am glad to relate, with proud and joyful consciousness, that after struggling against physical ruin for nearly a quarter of a century, I have saved myself; and at the same time, and to the benefit of the public, have found out the real cure of disease, long sought in vain by the most eminent minds. To speak thus may seem vain and self-sufficient. But experience has proved in every case, even where it was not permitted me to save the patient, that my theory is absolutely true and sound.

What led me to my discoveries was an empirical method, based on the strictest and most careful observation and research, and on systematic experiments. And though I may be called a quack, and be reproached for lacking the regular professional training to qualify me for the practice of my present vocation, I can bear all with perfect tranquility and undisturbed equanimity. For even the greatest benefactors of mankind, and especially the great discoverers and inventors, have almost without exception been so-called quacks and laymen—to say nothing of the farmer Priessnitz, the carrier Schroth, the theologian and afterwards forester Franke ("J. H. Rausse") and the apothecary Hahn, whose clear minds and strong wills have brought about a new and better art of healing.

In what relation does the New Science of Healing stand to the traditional systems of Allopathy, Homeopathy and the earlier Natural Method?

I propose to criticise these methods of cure and to show their failings and weak points (which they have in common with all that is human), in the proper light; but only so far as this is necessary for the public good and for a clear understanding of my explanations. Every one is free to accept and follow what he holds to be best. But for a right understanding of my theory, it is needful to know in what particulars it agrees with the systems heretofore followed and where it differs from them, so that we may determine wherein its originality lies and what is its absolute or relative value.

With *Allopathy*, the new art of healing without drugs or operations has but one point in common—that the subject of both is the human body. For the rest, their aims and means are diametrically opposed. In fact, I consider the whole scheme of poisoning patients by medicine, latterly so decidedly on the increase, as one, if not the chief, cause why thoroughly healthy persons are now hardly to be found, and that chronic diseases are multiplying with fearful rapidity. The proper and timely intervention of the new art of healing will render surgery almost wholly superfluous.

Homeopathy I welcome as a brave ally in the crusade against the

fatal faith in medicines. With its minute doses wherein the chemist is unable to discover a trace of the drug, and the stress which it lays on the choice of a proper diet, it forms a transition, a stepping-stone, to the new art of healing. With reference to diet, however, it formulates no fixed, clear principles, and my experience proves even its minute doses of medicine to be not altogether harmless.

The Natural Method as hitherto applied, which far excels the other systems, is the foundation of the new art of healing without drugs or operations. I have found it necessary, however, to follow more the great discoverers and founders of the system—Priessnitz, Schroth, Rausse and Theodor Hahn—rather than its later representatives. The latter, in their excessive zeal for individualization, run the risk of degenerating into artificiality and of deviating from the clear and simple paths of nature. The earlier Natural Method lacks insight into the character, the nature of the morbid matter, and a knowledge of the natural laws according to which such matter changes its position in the body and settles down in certain parts. In other words, it lacks insight into the true nature of disease in general, and thus of each form of disease in particular; knowledge of the ever existing, though hitherto unrecognized, law of nature upon which all my discoveries are based. Moreover, it calls to its aid the orthodox system of diagnostics, although it is well known that it has no need of such “exact” diagnosis; thus it still clings to old prejudices. The new science of healing, on the contrary, teaches a wholly different kind of diagnosis following the nature of the disease itself, made by simple examination of the face and neck and is known as the Science of Facial Expression.

The Natural Method commands a wealth of forms in which water may be applied: packs, enemas, douches, shower-baths, half-baths, whole-baths, sitz-baths and steam-baths of various descriptions. These many remedies, however, prove in part superfluous when once insight into the true nature of disease has been gained. The new art of healing simplifies the application of water as much as possible.

Whilst in the ordinary Nature Cure System the diet, at all events very often, has been wholly unregulated, or arbitrarily accommodated to the traditionary mixed diet, the New Science of Healing prescribes a non-stimulating system of dietetics based on natural laws, and is accurately and clearly defined.

As you see, the deviations from the usual methods of the Nature Cure System—which, I again repeat, has nevertheless worked wonders—are so great that I feel justified in giving my theory and practice a new name, that of Neo-Naturopathy, or the New Science of Healing without Drugs and without Operations.

I cannot enumerate in detail all the experiments I tried, before my system was fully developed; that would doubtless be interesting to many, but would not be of practical value. It is, in fact, a special advantage when one can make straight for the goal and avoid the many wrong paths which had to be traversed, before the right road was discovered.

After these prefatory remarks, let us turn to the matter itself.

The fundamental question which I must first examine, and on which the entire method of cure is based, is this: “*What body is, or is not,*

healthy?" Current opinions are very different. Who has not had experience of this? One asserts that he is quite healthy, only a little rheumatism troubles him; another suffers only from nervousness, but is otherwise health itself. Just as if the body consisted of separate sections, one quite separated off from the other and hardly having any connection with it at all. Strangely enough, this view is supported by the orthodox method of curing. For the latter in many cases only regards one individual organ, often scarcely noticing the neighboring ones. Yet, it is an undoubted fact that the entire human body is a united whole, the parts of which are in constant reciprocal relation, so that sickness in one part must have an influence on the other parts. Daily observation shows you that such is the case. If you have the toothache, you are hardly capable of work, and relish neither food nor drink. A splinter in the little finger has a similar effect; pain in the stomach robs us of all desire for physical or mental work. At first, this is only the immediate influence transmitted by the nerves. But we perceive how one trouble directly induces others. Should it continue long, the consequences will be permanent, whether they are perceptible to us or not. A body can therefore be healthy only when *all* its parts are in their normal condition and perform their work without pain, pressure or tension. But all the parts should also possess *the form best adapted to their purpose*, which likewise best corresponds to our ideas of beauty. Where the external form is abnormal, such state has been caused by definite influences. But extended observations are necessary to determine the precise normal form in every case; we have first of all to find really healthy persons as objects of study, from whom to learn the forms. But it has now become well-nigh impossible to find such. To be sure, we speak of strong, healthy persons, and many declare that they belong to this class; but if we inquire more closely, each one has some trifle—as he expresses it—to mention, some slight pain, an occasional headache, toothache now and then, and so on, which proves that absolute health is out of the question. For this reason comprehensive study is necessary in order to learn the normal shape of the body. Nevertheless something may be done by comparing sick persons with the approximately healthy, and from subsequent explanations you will see still more clearly how it is possible.

I have mentioned the fact that disease alters the shape of the body; I will now give you some familiar instances. To begin with, let me remind you of persons suffering from obesity, whose bodies take on the well-known rotundity; and in contrast to them of lean persons, on whose bodies hardly any fat is deposited. Both are undoubtedly morbid symptoms. Further, there is the loss of the teeth, which alters the whole face; gouty affections, in which knots are formed; articular rheumatism, in which there is a swelling of entire parts of the body. In all these cases the alterations are so strikingly apparent that the veriest novice recognizes them. In other forms of disease they are less evident to the eye, yet I can remind you of many more well-known cases. You know that a healthy person has a clear, quiet eye, and that his features are not distorted. But you would find it hard to determine when the face gets the proper expression; and you will unhesitatingly admit that one person has a sharper sense of observation in this matter than another. For instance, we often meet a person

whom we have not seen for years. We find that he has changed considerably for the worse during this time, though we are not able accurately to define the nature of this change. And, nevertheless, these transformations, through which the body gradually loses its beauty, have a deep significance, to which I shall return further on. From all this, it is evident that diseases reveal themselves by changes in the body and more especially in the head and neck; and that it is an important matter to recognize and explain these alterations.

Whether everyone will succeed in doing this, I will not decide; much perseverance and assiduous practice are needful for making observations. Those wishing to go deeper into the Science of Facial Expression, I would recommend to procure *my handbook*,* entitled "Facial Expression," regular edition, \$3.60 postpaid, which forms a clear guide to the subject.

Now let me call your attention to another touchstone of health.

Since the entire body is affected in every case of illness, we are able to test the state of health by examination of the operation of any organ. We do best, however, to choose those organs whose functions may be most thoroughly and readily tested and such are the organs of digestion. Good digestion is a sign of good health, and when it continues in perfect operation day after day, the body is undoubtedly quite healthy. These observations can very easily be made in the case of animals. It is from what is left over, that we can best judge how the process of digestion has been performed. The remnant matter should be ejected from the body in such form that the latter remains perfectly clean. This you can observe every day in the case of horses and birds in a state of freedom. Pardon my further elucidating this delicate matter, but when speaking of health and sickness, everything must be called by its right name.

The end of the rectum is most admirably formed, so that if the excrements are of the proper consistency when they reach it, they are ejected without difficulty and without soiling the body. I have dealt with this subject more in detail in my little pamphlet "Am I well or sick?"***

So-called toilet-paper is an acquisition for sick humanity; perfectly healthy people do not in reality need such. Do not mistake me; I do not mean that anyone who is not in really sound health should imagine that by his rejecting this resource of civilization he has achieved some wonderful victory! On the contrary, it is just for such unhealthy persons that it is necessary, so that cleanliness may be maintained. Now, from his digestion everyone can easily learn whether he is healthy or not. The test alluded to is a highly important one, and I do not hesitate to assert this positively, undisturbed by the mockery of sceptics.

Fortunate, indeed, is he whom the above mentioned criterion informs he is in full health. A healthy person always feels perfectly well; he knows nothing of pain or discomfort so long as they are not from external causes; in fact he never feels that he has a body. He

*See Facial Diagnosis, American edition, by Louis Kuhne. Illustrated. Price, cloth, \$1.60. The Nature Cure Publishing Co., Butler, N. J.

**Published by the Nature Cure Publishing Co., Butler, N. J. Price, 75c, postpaid.

delights in work, and enjoys such activity until he grows tired, when he again finds full happiness in sweet repose. For him it is easy to bear mental anguish; his body yields for his assuagement the soothing balm of tears, of which, in such cases, even a man need not be ashamed. A healthy man is not troubled by family cares and anxieties, for in himself he feels the strength to provide for his loved ones. A healthy mother finds happiness in bringing up her family, for she can nourish her little ones in the manner nature intended, and if the darlings are healthy too, what a blissful life is theirs! Their faces are wreathed in happy smiles; none of that continual restlessness, grumbling and crying; in short, the education of such children is a delight, especially as they will be far more susceptible and obedient to their teacher's influence.

To recapitulate briefly: Natural inclination drew me to science; severe sickness and experience with orthodox physicians led me to the Nature Cure. My perceiving that even the latter, as hitherto applied, was powerless to cure my serious chronic complaints, forced me to further researches. Constant observation of living nature revealed to me the necessary alteration which the external form of every organism undergoes through disease; and the manner in which this alteration takes place, and the way in which it again disappears when the disease is cured, finally taught me what disease is and how it arises.

HOW DOES DISEASE ARISE? WHAT IS FEVER?

WHAT is disease? How does it arise? How does it show itself? These are the questions which I propose to explain to you herewith. If you have read in the announcement the further question, "What is fever?" you will soon see how it is answered together with the others.

The answers to the above questions are important not only from a theoretical, but even more from a practical point of view; for it is not until we have gained a clear insight into the nature of disease, that we are in a position to arrive at once at the real method of cure, and so obviate all empirical groping about in the dark.

The way which we pursue is that in which all natural laws are discovered. We start from observations, draw our inferences from these, and finally prove the correctness of our inferences by experiment.

First of all, our observations must be extended to all symptoms noticeable in sick persons; we shall then have to discover those symptoms which constantly reappear and which occur in the case of every patient.

These symptoms are *essential ones*, and must be taken as a starting point in our analysis of the nature of disease.

In the previous chapter, I have remarked that in certain diseases, striking alterations occur in the form of the body; and it was this circumstance which caused me to observe further, whether such alterations did not occur in the case of all patients.

And this, as observation has proved again and again, is, in fact, the case; the face and neck are especially affected by such changes, which can therefore be most easily traced in these parts.

For years I have made it my study to find out whether my individual observations agreed in all cases, and whether with the alteration of the outward form, the state of the health also changed in every case; and thus it has been invariably.

Thus, I came to the firm conviction that there must be a particular, normal form for every body, which is always to be seen in health, and that every change from this normal form is the result of disease. It became clear to me that from the changes of form in the neck and face, a trustworthy idea of the state of health of the individual could be gained; and this led me to the discovery and application of my new system of diagnosis, the Science of Facial Expression, which I have already used in my practice for over fifteen years.

The alterations which we perceive in the neck and face, take place in the corresponding parts of the abdomen and rump in a still greater degree, because, as we shall see further on, they originate in the abdomen itself; so that merely by examining the neck and face of the patient, we gain an exact idea of the condition of his bodily condition as a whole. These external alterations in the neck and face are percep-

tible, first, when the morbid matter has penetrated in between the muscular tissues, whereby the body, which is as elastic as india-rubber, becomes distended (this condition is the less dangerous); secondly through increased tension, caused by the induration of the separate tissues. You will be most readily able to form an idea of this state, if you think of a sausage. Filled as it usually is, it can be bent in every direction. If it be stuffed fuller and fuller, as long as the skin will hold, the sausage will become so tense and hard, that it can no longer be bent at all, except by bursting the skin. Similarly, the body can expand only up to a certain limit, when tension of the tissues takes place. Such tension is very distinctly remarked when the patient turns his head and neck. This stage is worse. If now the room between the tissues no longer suffices to receive deposits of foreign matter, the latter is deposited in lumps beside the muscular tissues under the skin, being then distinctly visible on the neck. Where we find such lumps on the head and neck, we do not err in concluding from these indica-



Fig. 1



Fig. 2

tions, that there is a far greater number of such lumps in the corresponding parts of the trunk. On the abdominal covering these lumps may in such cases be easily felt and seen in all sizes. For the lumps in the neck are not formed until after lumps are deposited in the abdomen. A precise exposition of the nature and origin of these lumps, which until now have never been explained, I will give subsequently when dealing with diseases of the lungs. On the other hand, we see in lean patients how the normal tissues of the body are actually displaced by morbid matter, so that only the remains of the former, shrivelled together as it were, are still to be seen amongst the foreign matter.

The various abnormal discolorations of the skin also form a sure aid in the recognition of diseases, and in certain illnesses are never wanting.

The two accompanying figures, taken from life, show you a patient suffering from heart disease complicated by dropsy, first as he was when he applied to me, and secondly as he appeared four months after beginning my cure. You clearly see the great changes in form which took place in the patient during this period. He was, as you perceive, heavily encumbered with foreign matter, but within three months

by the aid of my method had cleared his system of a great quantity of this matter through the natural excretory organs, as may distinctly be seen from Fig. 2. I cannot here do more than touch upon the Science of Facial Expression, as to go into details would lead us too far from the proper theme of my discourse.

But what, now, do these alterations in the form of the body teach us in regard to the nature of disease? In the first place, there is no doubt that these elevations and swellings result from the deposit of matter of one kind or another. At first, one does not know whether this is matter that the system can utilize, and which has simply been deposited in the wrong place; or whether it is matter which does not belong to the body at all. Nor do we know, at first, whether it is the matter that causes the disease, or whether the latter is the cause of the deposit. Further observation, however, brings us nearer the truth. For the deposits almost always begin on one side of the body, and are then much more abundant there than on the other; and this is invariably the side on which we are accustomed to sleep. We thus see that the morbid matter obeys the law of gravitation, settling, as it were, at the bottom. But this side always being the more diseased, it follows that the matter is the cause of the sickness; otherwise the disease would assuredly sometimes begin on the other side. Further on, more proofs will be given in support of this theory.

We may also conclude from this that the said matter must be foreign matter, that is, such as does not belong to the body, at all events not in its present form. For we cannot assume that nutritive material follows the law of gravitation in the body, otherwise deposits on one side only, would take place in the healthy body as well, if the person were in the habit of sleeping regularly on the same side.

Besides, the system itself evidently endeavors to throw off the matter. *Ulcers or open sores* are formed, or there is *violent perspiration*, or *eruptions break out*, these being the means whereby the system tries to rid itself of the morbid matter. Should it succeed, a pleasant feeling of relief follows that of sickness, provided, of course, that enough matter has been expelled.

We now come quite naturally to the definition of disease. *Disease is the presence of foreign matter in the system.* For the correctness of this definition there is an infallible test. If after that which we have designated as morbid matter has in a suitable manner been removed from the system, the disease itself disappears, and the body at the same time regains its *normal form*, the truth of our definition has been established.

This proof has already been given, and in the subsequent lectures I shall show you a number of experiments which have been made.

But now let us approach the question as to what may be the nature of this foreign matter, and how it gets into the system.

There are two passages through which matter can be introduced into the body—by the nose into the lungs, and by the mouth into the stomach. Each of these passages is guarded by sentinels, who are not, however, thoroughly incorruptible, and sometimes let things pass which do not belong to the body. These sentinels are the nose and the tongue, the one for air, the other for food.

As soon as we fail to promptly obey the senses of smell and taste,

they grow more lax in the fulfilment of their duty, and gradually allow harmful matter to pass unchallenged into the body. You are aware how one can become used to sitting in dense clouds of *tabacco-smoke* and inhaling it just as if it were healthy fresh air. The tongue has been still further corrupted, and we know that it can gradually be habituated to most unnatural food. Need I remind you of the *different dishes and beverages* which we now think indispensable, all of which were unknown some centuries ago? To these the present generation has grown so accustomed, that it would rather renounce a natural diet than give them up.

Our lung-diet is, on the whole, not so degenerate as our stomach-diet, as the former admits of no luxurious outlay. As a rule, the purest air, even to-day, still suits us best, whereas a hearty dish of porridge, for example, such as furnished our ancestors with blood and strength, is really relished by very few.

In order to illustrate still more plainly how the digestive organs are slowly undermined by the unnatural demands put upon them, I will adduce the following example. A dray-horse that can draw 50 cwt. with ease, may be made temporarily, with the aid of the whip, to drag a much greater load, say 80 cwt. If his master, however, having seen that the horse could draw the 80 cwt., were to give him this load daily, the animal might be able to draw this increased load for a short time, but the over-exertion would soon prove injurious. He would drag the load with increasing difficulty, until finally he could no longer draw even 50 cwt. The animal has been overworked, which is also outwardly apparent from his spavined legs and other symptoms. It is exactly the same with the human organs of digestion. For a long, very long, time they will perform work far exceeding their natural functions, continually spurred on by the stimulants of our times. But their natural powers are gradually undermined and then they can only partially perform the work allotted to them. The transition from health to disease goes on so imperceptibly (often taking ten, or twenty years, or more) that the patient does not notice the alteration for a long time.

It is very hard to say what amount of food forms the limit which may be borne by a diseased stomach. Often, for instance, *one* apple will benefit a weak patient, whilst *two* would be injurious. *One* apple the debilitated stomach can digest, two would be too much. *All excess is poison for the body.* We must never forget that everything we put into the stomach has to be digested. Even a healthy stomach can really digest only a certain quantity of food. Anything beyond this is poison for it, and if not excreted goes to form foreign matter in the body. Moderation in eating and drinking is therefore the basis of lasting health.

Now what becomes of such foreign matter? I call it foreign matter because it is foreign to the system. The system attempts to expel it, and this in the ways designed by nature for the purpose. From the lungs, it is again expelled directly by exhalation into the surrounding air. From the stomach, the bowels conduct it to the outside; or it first enters into the blood and is then secreted as perspiration, urine and expired air, that is through the skin, the kidneys and the lungs.

Thus the system takes care in the most obliging manner that our

sins have no evil effect. Of course, we must not require too much. If we overburden the system with such secretory work, it becomes unable fully to perform its functions and must find room for the foreign matter in its own interior. But such matter is useless for renewing the waste of the body, and is in fact positively harmful, as it impedes the circulation and hence the digestion. The foreign matter is gradually deposited in various places, especially in the neighborhood of the secretory organs, that being the direction it takes.

The beginning once made, the deposits accumulate rapidly, unless the manner of living be at once changed.

Alterations in the form of the body now commence, but are at first visible only to a practised eye. The body in this state is already diseased, though its disease is *chronic, or latent*, and unaccompanied by pain. The disease develops so slowly that the person affected does not notice it; only after a considerable period does he become conscious of a disagreeable change in his condition. He no longer has the same appetite, he is incapable of the same amount of physical exertion, he cannot do so much continuous brain-work, and so on. His condition is still supportable, so long as the secretory organs continue to perform their work, that is, so long as the bowels, kidneys and lungs are active and the skin exudes warm perspiration. But whenever these functions relax, he at once feels sadly dissatisfied with his physical condition.

The deposits themselves begin, as we have seen, near the organs of secretion, but soon commence accumulating in remoter parts, especially in the upper portions of the body. This is most distinctly perceptible in the neck. There, in the passage-way, the alterations may at once be seen, and at the same time tension observed when the neck is turned, from which we can find out from which side the matter has forced its way up.

Before speaking further of the consequences of this accumulation of matter, I must remark that nowadays the entire evolution of the disease can but rarely be watched from the beginning, for most human beings enter the world laden with morbid matter. And just here, I may add that this is the reason why hardly any child enjoys immunity from the so-called *children's diseases*. These are, in reality, a sort of cleansing process, this being the way in which the system endeavors to rid itself of the foreign matter.

The foreign substances which at first are chiefly deposited in the abdomen, finally spread through the whole body and hinder the normal development of the organs.

Even should the organs respond sometimes by increasing in size, they can nevertheless attain to no perfect development, for wherever foreign matter is present, space is lost for nutritive material. Besides, as the circulation also is impeded, the process of alimentation is checked, and the organs become smaller, by reason of the foreign matter deposited in them.

This matter may for a long time remain perfectly quiescent or chronically latent; but under favorable conditions can also easily suddenly change in form. This foreign matter consists almost exclusively of substances which are soluble and decomposable; substances which are subject to disintegration, breaking up to yield new formations

under the right conditions; substances which are subject to fermentation.

Now fermentation often really occurs in the body and is of the highest significance.

In all such fermentation, microscopic fungi are active, and a striking change takes place in the fermenting matter: it increases markedly in bulk.

Warmth is always generated by fermentation; the more violent the fermentation, the greater is the increase in temperature. This warmth is produced by the friction of the masses against each other and against the body, and likewise by the process of fermentation itself, and the changes in the fermenting matter accompanying it.

Under proper conditions, every process of fermentation can be caused to retrogress upon its own course; and this applies also to all the changes in form caused by such fermentation. This is a fact which has hitherto never been properly understood. But I need merely remind you how in nature ice melts into water, how the latter is transformed by great warmth and wind into vapor, and how this, vaporized and invisible, then again condenses and appears to the eye as a cloud, pouring down as rain, snow or hail to refill the rivers and streams, and by severe cold to be again congealed to ice. And all this has been brought about by mere *differences in temperature*. Constantly increasing warmth has brought about the changes in the state of the water and increasing cold has caused a retrogression of the process. A similar thing takes place in the development of foreign substances in the body, and similar conditions produce a retrogressive metamorphosis and expel them from the system.

What the exact nature of the little vegetable organisms, the ferments, are, is of but secondary interest for us, but it is important to know that they can develop only where there is a suitable soil, that is, where substances are present which are ready to pass into decomposition.

Where such are present, only the right kind of weather, or some other exciting cause, is needed to give rise to fermentation. Such fermentation is also set up in the human system at the first instigation, as soon as there is sufficient foreign matter ready to pass into decay or decompose. Such chance exciting cause as a *change of weather* (hence, what is popularly known as *colds*), the consumption of food specially apt to ferment, which remains longer than it should in the digestive canal, *anger, fright, strong emotion, a shock, etc.*

My observations show that fermentation always commences in the abdomen. Often it only causes diarrhea and is gotten rid of, but frequently, particularly where there is constipation, the system does not succeed in its attempt at speedy self-help, and fermentation continues, especially in those parts where foreign matter has accumulated.

The case is like that of a bottle, shown herewith; the bottom admits of no outlet, and the fermenting matter therefore pushes its way upwards to the mouth. Thus we first feel the effects in the upper parts of the body; we get a headache. The fermentation produces warmth and we are soon conscious of the rise in the temperature of the blood. This is what we call fever. Fever can therefore only occur where foreign matter is present and the natural exits are stopped; that is (1.) where there is no regular motion of the bowels, (2.) where the urina-

tion is deficient, (3.) where the pores are obstructed, (4.) where the respiration is weak.

From all this we get a very simple explanation of fever, which long years of observation and experience prove to be true.

Fever is fermentation going on in the system. We shall, therefore, best comprehend the symptoms exhibited by fever, by forming a correct picture of the processes of fermentation, as they may frequently be observed outside of the human body. For instance, if a bottle of freshly brewed beer be allowed to stand a few days, an alteration will be noticed in the fluid, which is generally designated by the term fermentation. This much we know of the nature of fermentation: it is a decomposition, a sort of decay, during which, as already mentioned, little vegetable organisms called *bacilli* are developed. But it must be noted that these bacilli not only, as is often assumed, propagate themselves by reaching the fermenting mass from without and then spread-



ing there further; they are also originated *by the transformation of the mass, thus being themselves only transformed matter, or a product of fermentation.* Through the *process of fermentation, or decomposition*, the original mass is altered in form. Thus, living animal bodies are produced from food and drink, transformed by the fermentive process of digestion. That is, the germs are the product of the food decomposed by this fermentive process of digestion. In this manner, we naturally arrive at the conclusion that all life is only a continual change under given conditions, and that without the processes which I term fermentation, it could not be imagined at all.

There is thus a malign species of fermentation that causes disease, and a benign species that causes health.

The outward manifestations of fermentation are the following: First, the fermenting matter separating from the fluid is deposited on the bottom of the bottle. Now, if the bottle is shaken, or a change in the temperature occurs, the deposit at the bottom begins to move and exhibits a tendency to spread. In spreading, it moves upward, and always in proportion to the amount of fermented matter deposited at the bottom and the temperature.

Let us look more closely into the cause of fermentation. Everybody

knows that wine and beer are bottled and put in a cellar to prevent fermentation as far as possible. The cellar temperature is pretty much the same both in winter and summer; no sudden changes of temperature occur, so that the chief cause of quick fermentation is wanting. Likewise, in the human organism, fermentation takes place much *more quickly* in warm weather.

We perceive how in the South and the tropics various acute fevers are always breaking out, whereas in our cooler climes we find chronic diseases prevailing. This is particularly on account of the more rapid and greater changes of temperature in hotter climates, where by day the thermometer stands at 100° Fahr., and at night at 40°; whereas in our northern countries, the difference between the day and night temperature seldom exceeds 22° Fahr., and is usually less. Fevers often occur with us in spring, the reason being that then we find the greatest differences in temperature. Some may find it strange that children especially should be subject to acute illnesses, the familiar *children's diseases*, while later in life chronic forms of disease mainly prevail. The above-mentioned change of temperature is here aided by the greater vigor of the youthful organism, which is still so great that it needs but little or no external exciting cause to stimulate the system to make a vehement *struggle for health*, i. e. by an acute disease to rid itself of foreign matter.

Now the same phenomena which take place in the bottle are observable in the human body. Here, too, the fermenting matter accumulates in the *lower part* of the trunk, and is then set in motion by some *change in the weather, external shock or mental excitement*. Here, too, the movement is upwards; the fermenting substances have a tendency to spread and press against the skin covering the body. As long as the skin remains impervious, the pressure meets with resistance. Thus friction arises, and consequently heat is developed. This is the explanation of the well-known fever-heat.

In the same way, it is easy to explain why a person in a feverish state, has a somewhat greater circumference of body than usual. For the skin, being elastic, yields to the pressure of the fermenting matter, and the greater the pressure, the greater the *tension of the skin*. When the skin has reached its extreme tension, so that it can yield no further, the fever is at its height and the danger greatest. For as the fermenting masses still have a tendency to expand and are unable to escape to the outside, they make room for themselves inside. The body may be said to inwardly burn and death is the unavoidable result—only, of course, if the skin remains impervious. If we succeed in opening the outlets, the danger is removed, for then the fermenting matters find an exit, leaving the body in the form of perspiration. The interior of the body is now relieved, and the heat and tension of the skin immediately subside.

No words are needed to show that the comparison between the human body encumbered with fermenting matter and a bottle filled with such, does not accord in every point. In the bottle fermentation has free vent, the matter can expand in all directions without resistance, until it reaches the surrounding sides. In the human body it meets with impediments everywhere. Every organ opposes its progress and hinders its course. Then it presses, pushes and rubs against the ob-

structive organ thus producing heat in it and even destroying it, if no outlet be made, or its course diverted. According to the part principally affected, the *disease* is said to be one of *stomach, lungs, heart, etc.* But the part affected in each individual case depends upon the course taken by the fermenting matter, and this course, again, upon the place and manner of the deposits.

It will, therefore, be my task later on, to show you how the closed skin is to be opened. First, however, I must speak of another symptom. Before the heat begins, we always notice for days, weeks, or even months previously, a symptom, apparently the exact opposite of that described, there is a *feeling of chilliness*. The explanation of this is very simple. It arises as soon as the deposits have grown so considerable, that the blood can no longer circulate properly in the extremities of the body, but is, so to say, compressed all the more in the inner parts, so that great heat arises there.

Matter continues to be deposited—the time varying according to the particular patient—until one of the causes already mentioned, *change of weather, outward shock or mental excitement occurs*, thus causing fermentation to set in. The deposited matter causes disturbances in the circulation and alimentation. The blood-vessels become partially obstructed, especially in their minutest branches, so that the blood can no longer reach the exterior skin. This is the cause of cold feet and hands and of a chilly feeling all over. *Chilliness* is thus a precursor of fever, and we should make a grave mistake were we to leave it unnoticed. If proper treatment be immediately applied, the fever cannot fully develop, but is, so to say, nipped in the bud.

When speaking before of the nature of fermentation, I remarked that in all fermentation, little vegetable organisms called *bacilli*, develop spontaneously. This is the case with fever, and thus the much debated bacillus question finds a simple solution. Whenever the matter which has settled in the abdomen begins to ferment, bacilli develop of themselves in the system; they are the product of fermentation, and likewise disappear of themselves when fermentation ceases and the system is restored to health, *i. e.* when the process of fermentation retrogresses.

It is, therefore, idle to speak of infection through bacilli, in some mysterious manner, without the presence of foreign matter in the system. The question is not how to kill the bacilli, but rather *how to remove the cause of fermentation, the foreign matter.* This done, these little monsters which have caused terror to so many timid minds, vanish as a matter of course. Further on, I shall explain more in detail, the dangers of infection.

A few simple examples will more clearly illustrate my statements. Imagine a room left unswept and uncleaned for weeks, notwithstanding the dirt that collects daily. Very soon *vermin of all descriptions* will take possession of the room and prove so troublesome to the inmates, that every means will be tried to extirpate them. Now, if we attempt to destroy the vermin in the old fashioned way by poison, we shall doubtless kill a large number, but by no means effect a permanent alteration in the state of affairs; for the dirt itself is the actual producer and promoter of the vermin and will continually breed fresh swarms. But we shall attain quite a different result, if we immediately

cleanse the room itself of all filth; and by continuing this process we shall deprive the vermin of their proper elements and get rid of them for good and all.

Another example. Imagine the swampy edge of a forest in summer. You all know what an annoyance the mosquitos are in such a place. It will be evident to you all that it would be no good using poison to destroy them. True, hundreds of thousands would be killed, but millions upon millions would constantly issue from the swamp. The swamp itself is the breeding ground of the little torments, consequently one must first do away with it before the mosquitos can be annihilated. We know that on dry heights hardly any mosquitos exist. Were one to collect a great number and carry them up such a mountain with the intention of keeping them there, one would very soon perceive all these insects, so laboriously transported, flying back to their native swamps, the dry mountain height being no suitable place for them.

A third example will render the matter still clearer. You are aware how, in the tropics, where by reason of the greater heat there is far greater diversification and development to be found in the animal kingdom than in the temperate and frigid zones, nature gives birth to the most important and largest number of *carnivora* and *carrion feeding animals*. Whatever pains might be taken to exterminate them, new generations would always arise to take the place of those killed. Thus you see that these animals flourish only where, by reason of the greater development of life, there is also more putrefaction. If no relief were at hand, the dead animals would quickly poison the air with their putrescence, and render it unfit for the living ones. It is now plain why the principal animals which live upon flesh and carrion, have their home in the tropics and not in the extreme north, where even the reindeer, which lives on grass and moss, can hardly exist.

If, therefore, we should want to exterminate the carnivora and carrion feeders of the tropics, we would succeed only by removing the conditions of their existence; that is, the swarms of other animals there present; the beasts of prey would then disappear of themselves. All other means would be useless. But the smaller the animals are, the more difficult is their extermination: and of this the bacilli afford a most striking example. In order to exterminate them, it is of no avail to employ medicaments to poison them; we can only attain their end by removing the cause of their existence, that is by expelling all foreign matter from the body.

In these examples, I have shown you how Nature acts on a large scale; and she acts in just the same way on a small scale, for all her laws are uniform. Nor does she admit exceptions in the case of disease. Precisely as the *vermin*, *mosquitos*, *carnivora* and *carrion* feeders appear, live and thrive only where they find favorable conditions, so fever cannot exist without such conditions, that is, it cannot exist unless the system is encumbered with foreign matter. It is only where such matter is present, as we have seen, that by some cause fermentation can arise, which process we call fever.

But when we once know what fever is, it is not difficult to find a remedy. The closed up pores of the skin, against which the fermenting masses press, must be opened, and this can only be done by causing the body to perspire.

The instant the sweat breaks out, the fermenting masses gain a vent, and the tension of the skin and febrile heat both abate.

But with the perspiration, the cause of the disease has not yet been removed. For the fermentation in any given case affects only a part of the matter deposited in the body; the rest remaining undisturbed is continually being increased by new accumulations, and thus forms an ever-present source of fever, which merely awaits a suitable occasion to break out afresh. Our aim, therefore, must be to bring about the expulsion of the matter still lying quiescent in the body. For this purpose I have introduced the friction hip and sitz-baths which I shall afterwards describe, by the aid of which the system is excited to expel the morbid matter from the body.

At the same time, everything must be avoided which may disturb the body in its work. The patient must have ample rest, *e. g.* he must not be excited *by being read to, or by conversation*. Even the *noise of the traffic* on the street is injurious, and the chamber should be kept somewhat darkened; also at night, it should not be illuminated. There must be free access of fresh air, however.

Not until there has been a sufficient expulsion of foreign matter, is the cause of the fever removed and thus the illness itself cured.

Let us now briefly review the foregoing, in order to deduce some important final conclusions.

In the case of all sick persons, alterations in the shape of the body are perceptible. These alterations are produced by foreign matter. The presence of such foreign matter in the system is disease. This matter consists of substances of which the body has no need, and which remain in it because of defective digestion. The foreign matter is first deposited in the neighborhood of the secretory organs, but gradually spreads, especially when fermentation sets in, over the whole body. As long as the organs of secretion continue to expel a part of the foreign matter, the physical condition is endurable, but whenever their activity becomes lessened, greater disturbances arise. The accumulation of foreign matter is not painful, being merely a latent or chronic process, which goes on unnoticed for a considerable period.

We can best designate the forms of disease resulting from such accumulation, as painless and hidden; they are essentially the same as those generally called chronic or lingering.

The foreign matter is liable to decomposition; it is the real cause of fermentation and forms the soil on which bacilli can develop. Fermentation begins in the abdomen, where most of the foreign matter lies, but rapidly spreads upwards. The patient's condition changes, pain is felt and fever sets in. These forms of disease we may term painful inflammatory diseases; they are what are otherwise termed acute.

From the foregoing exposition we must now draw the momentous conclusion: *There is only one cause of disease and there is also only one disease, which shows itself under different forms*. We therefore ought not, strictly speaking, to distinguish between different diseases but only between different *forms* of disease. It may be remarked in passing, that direct injuries, which are not really diseases in the above sense, are not here included; I shall speak of them in detail further on, when dealing with the Treatment of Wounds.

It is, therefore, the doctrine of the Unity of Disease which I teach and defend, on the basis of the observations laid down in the foregoing.

I have now indicated the way in which I arrived at the conviction—a bold one, as many may think—that there is only *one* disease.

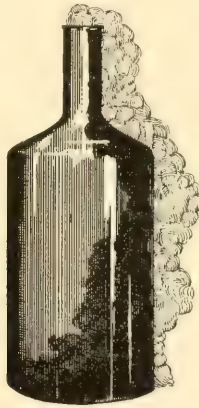
Through observation and inference, we have thus arrived at a statement which is of fundamental importance for the treatment of the sick—and I am able to prove its correctness by facts.

In modern science there is one kind of proof which is preferred to all others and regarded as almost the only convincing one, and that is the experimental. In the case in question, the experiment could be carried out only by the similar treatment of all kinds of diseases, when, if our statement is correct, uniformly successful cures must be the result. This proof I have given and continue to give. In the reports of cures, contained in the appendix to my book, you will find the results summarized.

It is, of course, impossible here to advise and treat patients with ailments of all descriptions, to exhibit the consequent changes in their condition, in the forms of their bodies, and in their capabilities, and to receive their reports on the progress of the cure. Here I can only engage, in the following chapters, to call your attention to a series of the most familiar, frequent and dreaded forms of disease; to explain in detail their cause, and to follow the course of the cure; at the same time adducing as many examples as possible from my practice, in order in each case to make clear to you, how each separate disease can be traced back to one uniform cause.

THE NATURE, ORIGIN, PURPOSE AND CURE OF DISEASES OF CHILDREN, AND THEIR UNITY.

DISEASE is the presence of foreign matter in the system. This was the chief result at which we arrived from the observations outlined to you in the previous article. The foreign matter is either present from birth, or is introduced later by the admission of injurious substances. The system seeks to expel this matter through the bowels, lungs, kidneys and skin, and when unable to do so, deposits it wherever it can. In this way the form of the body is changed, as may best be observed at the narrowest part, the neck, and in the face.



Explanatory of this, let us again instance the bottle of ferment already mentioned, as shown in the illustration. As long as the bottle is open, the fermenting fluid finds free exit. But suppose a hollow elastic cap is drawn over the mouth of the bottle, allowing no gas to escape. The rubber, at first loose, will very gradually become tighter and tighter, the more space the fermenting mass requires. The increasing tension will very soon lead to an increasing expansion of the elastic cap. You will have a case more nearly resembling the human body, if instead of the glass bottle, you imagine one with elastic sides, in which the fermenting mass is clearly to be seen. Here you would see how the tension affects the entire bottle, and how changes in the form of the bottle depend solely upon the pressure of the ferment. It is the same with the human body, the only difference being that the whole space inside is not free and open, there being organs everywhere which must first be penetrated or avoided, since they hinder the free development of the fermentation. The source of fermentation in the body is the abdomen, whereas in the bottle it is at the bottom. In other re-

spects, however, the changes in form are brought about in exactly the same way in both cases.

The foreign matter deposited in the body undergoes a change, it ferments, and the fermenting mass spreads itself over the whole body. The fermentation also produces warmth and excites the entire system; we call such condition "fever." If fermentation goes on mainly in the inner parts, the heat also is chiefly internal, whereas the outer parts are chilly. This state is more dangerous than the feverish one. Chilliness, as we know, always precedes fever, and it is an important point to change the chilly state into a feverish one, that is to draw the internal fever outside and bring the fermenting matter to the surface. If we are unsuccessful, the fever leads to serious illness or even death, because the internal organs are then, so to say, burnt up, or if the fermentation ceases before this point is reached, are overladen with foreign matter.

It has been necessary for me to again call your attention to this matter and deal with it in detail before continuing to speak of the diseases of children.

Under diseases of children is understood a number of feverish illnesses which most commonly occur in childhood. I shall show you how they *all have one common origin, so that the question is simply to understand fully the unity of these diseases.* To distinguish each by a special name is, therefore, for us a matter of no importance, it is even misleading. These diseases, too, can appear only when the body contains the necessary ferment. Most infants enter the world encumbered with such, so that nearly everyone passes through one or more of these diseases of childhood. Why children are more subject to acute diseases than adults, I have already explained.

But prevention is possible. I will give you an example of how this is so. To prevent the possible destruction of towns and villages, large stores of gunpowder, or other explosive materials, are never permitted to remain in them. We know very well that despite the utmost vigilance, the fatal spark might some time or other occur. Now why, I ask, are we not equally careful in regard to our bodies? Why do we continually supply them with foreign matter, which leads to violent eruptions? Why do we not rather take the trouble to get rid of the matter present? To be sure, the eruptions in the body are not always of such a destructive character; yet they often lead to death, especially when the fermentation finds no exit.

MEASLES, SCARLET FEVER, DIPHTHERIA, SMALL POX, WHOOPING COUGH, SCROFULA

NOW, let me trace in detail the course of the diseases of childhood. In doing so, I shall retain the usual names, because although they are no longer of any special value to us, they aptly designate the characteristic forms of disease.

Diseases of children occur, as we are aware, in very different forms and are attended by various degrees of danger, so that it does not seem easy to find the right remedy in every case. I shall now try to explain clearly to you, wherein the differences between these diseases consist and how they may be successfully treated. But first of all I must remind you that even with the most dissimilar forms of disease, there are always two leading symptoms: *heat and cold*. Be sure to remember this in following my explanation of the individual symptoms.

Measles. Let us imagine a child suffering from the measles. First of all we find it restless, sleepless with a hot, dry skin; in common parlance "the child is feverish." But nobody can yet say what kind of illness it is. Only the fact that other children have the measles, leads to the supposition that this is a like case. Nevertheless, we are in a position to proceed at once with the cure. The method of treatment follows quite clearly from our theory of fever.

Fever can only be allayed in the following way. We must endeavor to open the pores of the skin, so that the body perspires. In addition, we must draw away the heat by some cooling means. At the first outbreak of perspiration, even the fever will decrease.

With this treatment, the measles will in most cases never really make their appearance. That is to say, the foreign matter will be conducted away and expelled in a form which cannot be given the name of any special disease, being discharged from the system through the natural secretory organs, in the sweat, the urine, through the bowels and in the breath. If we neglect to do this soon enough, however, the measles break out, appearing, as we know, in the form of crimson patches. The more profuse the eruption—or what amounts to the same thing, the more actively the fermenting morbid matter is ejected through the skin—the less is the child's life endangered. The less abundant and slighter the eruption, on the other hand, the greater is the danger from the heat developed in the internal organs, because then the fermenting masses burn them up. Inflammation of the lungs can then very easily occur, and the child dies, not *because* it has the measles, but because it has *not had them thoroughly*.

To effect a complete cure of the measles, we must thus try to open the natural outlets, the skin, kidneys and bowels, and cool down the system, until the internal heat completely disappears, whereby the digestion also will be regulated.

The cooling is affected by friction hip and sitz-baths having a derivative action. Perspiration can most simply and easily be produced, if the mother takes the child into her own bed at night, and thus helps it to perspire by the warmth of her own body. Otherwise, it often suffices to cover the child up well in a good large bed with feather beds or blankets. Care must be taken to let in fresh air by night and day by keeping the window open. If we do not succeed in this way, a steam-bath must be employed. This can be given most conveniently by means of the *folding steam chamber bath, which I have designed*. But where necessary, the bath can be arranged in a different manner. After every steam-bath the patient must be cooled down by being given a friction hip-bath.

When we succeed in making the child perspire, his condition will be materially improved. Should the fever return, the cooling process, that is the friction hip or sitz-bath, must be repeated and the child then put to bed, in order that perspiration may be induced. This process of cooling and then again warming, must be repeated as often as fever reappears.

When there is an especially strong pressure to the head, the eyes or any definite part of the body, we have first of all to seek to remove such pressure by the application of a merely local steam-bath to the organ encumbered. As soon as the skin begins to perspire, the part will be immediately relieved, and the danger that any organ may be destroyed by the gathering ferments, is past. After every such partial steam-bath, a friction sitz or hip-bath should be given to cool and soothe the system.

Now, if you consider all that I have first said about fever and measles, you will perceive that this disease is simply caused by a considerable amount of foreign matter lying latent in the system, which through some cause or other ferments. Fever is thus caused and the form of disease called the measles is produced. You see, therefore, that measles originate in just the same way as any other fever, and I shall show you further on, how all other forms of disease of which I propose to speak can be traced back to the same cause. (See Reports of Cures, Part IV.)

Scarlet Fever. A child ill of scarlet fever shows essentially the same symptoms as one having the measles; but the fever is usually far more violent, so that the parents' anxiety is increased, and with reason.

In scarlet fever, spots also appear on the skin, and from their scarlet color the disease receives its name. The spots themselves are at first small, but gradually run together thus increasing in size. The eruption is not, however, so general as in measles; it often extends over only a portion of the body, appearing chiefly on the head, chest and abdomen, whereas the feet remain more or less free. The latter are often cold, while the rest of the body is in a state of violent fever. The head and heart are most severely affected in scarlet fever, and it often happens that children suffering from this illness complain of pains in the ears and eyes. You will now find it easy to understand these symptoms. The condition already explained has set in; the morbid matter in a state of fermentation has forced its way from the abdomen in an upward direction only, towards the neck and head; and only the morbid matter already accumulated in the upper part of the body has passed into active fermentation. The smaller that portion of the skin which

cooperates in expelling the morbid matter, by admitting an eruption to break out, the greater the danger.

But the main question still is: What can we do to afford rapid and effectual aid? In the first place, we must take care to divert the danger of permanent injury to the eyes and ears. This we can accomplish by opening the pores of the skin by thoroughly steaming the head. (The manner of taking whole and partial steam-baths is described on subsequent pages.) As soon as the head has become thoroughly moist, the pores are opened, the pain ceases, and the first danger is over. But it is often the case that such steam-baths for the head must be repeated several times, as the pain frequently returns after a short period. Indeed, it will recur regularly at short intervals, if we do not take care that the fermenting matter is expelled in another way. This is likewise accomplished by taking a cooling friction bath for the abdomen, in which manner the matter is expelled through the bowels and kidneys and also through the skin. The digestion has undoubtedly been out of order from the commencement of the fever; nor could it have been in order before, whether the parents noticed the fact or not. The fever deprives the digestive organs of their mucous secretions; they become dry, can no longer perform their work, and constipation is the necessary result. The cooling and accompanying friction, mentioned above, have an excellent influence on the digestion; before long the bowels will be loosened, which is always a sign that the scarlet fever will take a favorable course. But in the case of scarlet fever patients, considerable time and an energetic employment of the remedies stated, are nearly always necessary before success comes. This is another proof that more morbid matter is present than in measles.

You see that scarlet fever, likewise, is produced only by the fermentation of foreign matter in the system causing fever. Only here, there is much more fermented matter, the fever therefore being more violent and the fermentation spreading further upwards. The cause of this disease is thus seen to be that common to all fevers. I will illustrate the treatment of scarlet fever by an example from my practice.

The daughter and son of a Leipzig manufacturer, aged seven and two years respectively, were taken ill with scarlet fever and the family physician characterized the case as a very serious one, the cure of which might require six or eight weeks. Mr. W., who had already purchased one of my steam bathing apparatuses, for use in his own case, now consulted me about his children, the cure the family doctor proposed effecting by physic, striking him as being rather a tedious one. After examining the children, I could give the father the comforting assurance, that with my treatment the entire illness would be over in about one week. The treatment was no other than that which I have already described: the children were given a daily steam-bath followed by a friction hip-bath at 70° to 72° Fahr. Whenever the violent fever reappeared, a hip-bath was given, this having at first to be done every two hours. It is evident that in this case special attention had to be paid to the diet, as it is certain that spiced and stimulating meat-dishes etc., aggravate the fever and make it harder to cure. The children were therefore kept on a strict diet of bread, gruel made from whole-meal, and raw or stewed fruit, and only allowed to eat when really hungry. As I had foretold, to the delight of their parents, the children

were well again within a week and the family doctor, who had at first asserted that such a rapid cure would certainly bring on disease of the kidneys, was obliged afterwards to admit that the children were perfectly cured.

Diphtheria. The word diphtheria is an alarming one for every parent, for the great danger attendant upon this dread illness is well known. The outward symptoms are somewhat different from those of the above diseases, but fever is also an essential characteristic. At times, it is true, the fever is apparently quite mild, especially in the case of children, who lie listlessly on the sick-bed and complain only of difficulty in breathing. As a matter of fact, it is just such children who are generally the most seriously ill. In these cases the fever rages all the more internally, the skin is almost inactive, the bowels and kidneys are sluggish; nevertheless, the fermenting masses press outward, space inside being wanting. Such cases are the most dangerous. If the system succeeds in expelling the morbid matter through the skin, as in measles and scarlet fever, all danger is over at once, but there is great danger where fever is chiefly internal. If we do not succeed in drawing this internal heat to the surface, there is little hope of a cure. There is then but one outlet for the body, the throat, to which the fermenting mass accordingly rushes with all its force, so that there is often immediate danger of death from suffocation.

Where this danger is imminent, the first thing to be done is again to apply local remedies and to free the throat, even if only for a few moments. In diphtheria, this is done most speedily and effectually by steam, which lessens the pain and effects the expulsion of the collected matter. True, we have not gained much so far, but the momentary relief gives us time to cleanse the principal source of morbid matter, which is again to be sought in the abdominal organs. It is astonishing how quickly the condition of the throat is changed by my soothing baths. The friction sitz-baths, in particular, have a most remarkable effect, so that the abnormal growths sometimes disappear after only a few baths. But another change has taken place in the throat by reason of the pressure; it is swollen and inflamed, and this swelling and inflammation is far more dangerous than the fungoid excrescences. Before the actual outbreak of diphtheria, the patient complains, as a rule, of pains in the joints, for instance in the knees or shoulders. One can endure even a violent inflammation in these parts for a considerable length of time, but not an inflammation of the throat; against the latter, therefore, the most energetic steps possible must be taken. It would be a great mistake after the removal of the fungoid growth, to cease with the treatment of the abdomen. The cure must be carried on persistently, until there is easy motion of the bowels and regular digestion. Not till then can the patient be declared out of danger. As explained before, however, the skin is also one of the most important secretory organs; its peculiar function being to expel the morbid matter which has accumulated near the surface.

Imagine, again, the bottle with elastic sides. As long as it is closed, the fermenting matter cannot escape expansion, and tension follows. But on puncturing the sides with a needle, thus forming minute holes like the pores of the skin, the fermenting masses instantly escape through them, and the bottle regains its original form. It is just the

same with the skin. Perspiration is nothing but foreign matter forced out from the interior by the process of fermentation. Digestion is a process of fermentation, and the skin must therefore operate perfectly, if the body is not to become diseased. The skin of all healthy persons is consequently moist and warm; a dry, cold skin is a sure sign of disease.

In the case of diphtheria patients, the skin is almost wholly inactive and needs powerful stimulation. Even in this illness a healthy mother need not be afraid to take the child into her bed; it may be the means of saving the child. Particularly in cases where there is no regular evacuation of the bowels, the system seeks to employ the skin especially as a secretory organ, this being, indeed, its function always. Had the mother, directly the skin began to grow dry, by her own bodily warmth induced the child's pores to open, and at the same time seen to proper action of the bowels and kidneys, the diphtheria would probably never have broken out at all.

Only when it is impossible to start the perspiration in any other



way, should artificial aids be employed, and the children be given steam-baths.

You have now learned that the nature of diphtheria is exactly the same as that of the before mentioned forms of disease, the difference being only in the external symptoms. Only the most superficial can be deceived into believing that these various forms of disease have different causes. The report of a cure which occurred in my practice will render the matter plainer.

I was called to a Mrs. S., whose son, aged nine, was somewhat seriously ill of diphtheria. The boy was first given a steam-bath. A steam bathing apparatus, such as I construct, not being at hand, one had to be quickly improvised. We therefore placed the boy on a cane-seated chair and set underneath this a pot containing a gallon of boiling water. His feet were placed over a pail half filled with boiling water and covered with two strips of wood. The whole body had been previously carefully wrapped up in a blanket, so that no steam could escape. After a profuse perspiration had broken out, the patient was transferred to a friction hip-bath at 72° Fahr., in which the abdomen was bathed until the heat disappeared from the head. The great diffi-

culty experienced in breathing at the commencement, gradually disappeared. It was necessary, however, to give a friction sitz-bath for half an hour every three hours, and then also through the night, so that the fever should not increase. Naturally, as long as the child was in bed, the window had to be kept open a little day and night, in order always to have fresh air. By means of the repeated baths, we succeeded each time in at once allaying the fever, so that already on the first day of the application of the treatment, all danger was past. The cure being continued in this way, in about five days the boy was fully restored to health. Thus is the dreaded diphtheria cured, whilst short-sighted medical learning is still seeking a remedy.

Small-pox. Small-pox occurs oftener than is generally supposed. It is true the official statistics do not show this. For any father who has some little acquaintance with the natural method of cure, is in no great hurry to report the case to the police as prescribed. He would only be subjecting himself and his family to the most unpleasant restrictions and annoyances, without any benefit. With proper treatment, small-pox is, as a rule, an almost harmless process, as we shall see. The disease characterized by pocks occurs in very various forms, such as *water-pox*, *chicken-pox*, *small-pox*. Formerly all eruptive diseases were designated *pox*. Small-pox is undoubtedly the most dangerous, for here the fever is most violent, and with wrong treatment, death may very quickly result. Just for this reason it is so greatly dreaded. Those diseases in which with wrong treatment death *quickly* ensues, are always supposed to be more dangerous than those, the end of which is preceded by a long illness. As a fact, however, even where recovery is possible at all, the latter are far more difficult to cure, notwithstanding proper treatment, requiring a much longer time for their eradication. Small-pox has become so dangerous simply because its treatment has not been understood, recourse being consequently had to vaccination. With correct treatment, the latter would never have been thought of.

Small-pox may easily be recognized when thoroughly developed, but in its early stages it exactly resembles the other children's diseases, as nothing but high fever is observable. Gradually, scarlet spots, the size of a small pea appear, like those in the measles. They continue to rise until they resemble a currant, with one half in the body and the other projecting. In the middle a black dot is formed. These pocks may spread over the whole body, or be confined to isolated spots. Their cause is the unequal accumulation and distribution of foreign matter in the system, by which the progress and course of the fermentation is determined. The patient is worse off in those cases in which the eruption appears on the face, as it may then leave the familiar pock-marks behind, if the correct treatment is not applied.

It is no mere chance that in one case the eruption appears especially on one part of the body and in another somewhere else; or that the head is peculiarly liable to be affected, so that many patients show few pock-marks on the body, while the entire face is disfigured. Again call to mind the instance previously mentioned, of the bottle with the elastic cap. On that side of the body where the foreign matter has gathered most abundantly, most fermentation takes place, and here most pocks will be formed. Now, if other parts of the body of limited

extent are encumbered more than the rest with foreign matter, more pocks will be formed there than elsewhere. Thus, it may happen, that a person may have his face pitted all over from ear to ear, whilst on other parts of the body there are marks but here and there. The head is, so to speak, a terminus of the body. When the fermenting masses are in motion, they always find a limit here. But as we saw in the bottle over which we drew the rubber sap, the fermenting matter always presses upwards, and if in the head it meets with a hindrance to free fermentation, it acts all the more vigorously here.

As soon as the small-pox rash is fully developed, vital danger is over in most cases; for usually only those patients die whose system is incapable of expelling the fermenting masses. It often even happens that the eruption breaks out suddenly just after death; and here too, one might well say that the patients died, not because they got the small-pox, but because they did not get it. The patients always die in a high state of fever.

There can be no doubt that this illness also must be accompanied by violent fever; and it is the fact we find small-pox patients, especially before the rash breaks out, in a very high fever. In the heated state of the body, the pustules cause intense itching and burning, inducing the patient to scratch himself. Thus the pustules are torn out before they are ripe, and then the disfiguring pock-marks remain. This was also observed in former times, when the poor patient's hands were often bound to prevent his scratching himself. A widely read German encyclopædia still advises this procedure. What torture for the unhappy patients! But we have a better means of healing small-pox, without leaving behind those ugly scars, and one which removes all fear of this otherwise so much dreaded disease. We prevent the itching and scratching by the same simple remedy which we apply in the fevers already spoken of: we open the pores, so that the body perspires, and cool the abdomen, where the source of fermentation is. In the case of wine or beer, everyone knows that fermentation goes on more slowly the lower the temperature. The fermenting matter in the system obeys the same natural law. Increased warmth favors all fermentation; cooling hinders, retards and stops it.

This is a disease requiring the utmost care and attention, the system being most violently excited. But my mode of treatment robs the disease of its terrors, and one may be sure, that with extremely few exceptions, recovery will be thorough and speedy. The exceptions are found where the system is so overloaded with foreign matter, that in spite of the action of the skin, it cannot be expelled fast enough; or it may be, the body is too weak to expel it. As a rule, however, this will be the case only when the treatment is begun too late. Therefore I cannot often enough repeat the warning, that the fever should be fought from the very moment it commences; we must never wait to see what outward form the disease may assume.

You see that for the dreaded small-pox, we use with success exactly the same remedy as for the other diseases mentioned. But this can be possible only on the supposition that this disease has the same cause as the foregoing: the encumbrance of the system with foreign matter; and this, as we have seen, is the case. Nowadays, when measles and

scarlet-fever are no longer classed, as formerly, with small-pox, and the latter has, in consequence, apparently become rarer, it is impossible for us fully to picture to ourselves that period in which they came as a dread plague and terror. As we now know of the unity of all diseases, and how to cure them, we naturally no longer have the same fear of illness. Besides, by the aid of the Science of Facial Expression, we are in a position to recognize years in advance, where there is such a great encumbrance of the system with foreign matter, that some cleansing process of the body, such as small-pox, may occur. And here I will acquaint you with another case of small-pox which I once treated.

In the family of a mechanic, three of his five children, aged 7, 9 and 13 years, were taken ill with small-pox. The father, who had also had it and therefore knew the disease, soon perceived what danger his children were in. At the same time, he was also aware of the indescribable annoyances and difficulties to which he and his family would be subjected, should the authorities get wind of the matter. He consequently applied my method of cure in all three cases with the greatest secrecy, using only steam and friction hip-baths. The children were already in a highly critical condition. The skin was covered with black pocks. To hide this from notice, he had smeared the children's faces and hands with ashes, in order to escape the protective measures of modern hygiene at all hazards. After only four steam-baths and ten friction hip-baths at 71° Fahr., the fever was so far overcome, that all danger was over and the skin began to peel. An unstimulating diet and fresh air had likewise aided the cure. By continued steam and friction baths, the children recovered so far in a few days, that they could get up and go out again, although my method had to be applied a week longer in order to attain a complete cure. The most interesting fact about these three serious cases of small-pox is, that not one of the children has a single pock-mark to show. All five children of this family had been vaccinated repeatedly and nevertheless three were attacked by small-pox. From these cases we see how little danger attends small-pox when its treatment is understood, and what very doubtful protection vaccination affords. Anyone who knows the elaborate and unnatural precautions adopted by modern sanitary authorities, when it comes to their knowledge that small-pox has broken out, is the less able to understand them after vaccination has taken place, as the latter is supposed to afford complete protection. On the reprehensibility of vaccination I hardly need make any special remarks. By vaccination foreign matter is directly introduced into the blood in an artificial manner. It is, indeed, almost a marvel, how human beings can so far stray from nature; but where knowledge is deficient, one is prone to believe in miracles. I have dealt more fully with vaccination in my little pamphlet on the "Rearing of Children."

Whooping-cough. Although whooping-cough is not held to be so dangerous as diphtheria or small-pox, a good many children die of it and the others suffer dreadfully, to say the least of it, from the fits of coughing. Respecting this point, I should remark, that any cough must be regarded as a sign of serious illness, for man is neither a coughing, nor a spitting animal. A cough never arises until the pressure of the foreign matter tends upwards, and the natural outlet below

is obstructed. Either the skin operates insufficiently, or the bowels and kidneys perform their functions imperfectly.

Children suffering from whooping-cough also show the familiar symptoms of fermentation, in other words, *they are feverish*. The matter seeks an outlet at the throat and head, though there is no secretory organ there. Now it is a question of primary importance, whether the patient perspires or not, when seized with a fit of coughing. If he does, he can get well without further remedies. But if no perspiration makes its appearance during the fits of coughing, the patient grows blue in the face, and the whooping-cough leads to certain death if no remedy be applied. At last, blood often streams from the eyes, nose and ears, for all the foreign matter seeks an outlet there. At this stage aid is usually no longer possible. If, however, the system receives timely assistance, it masters the disease even in most serious cases.

In this illness, too, the treatment is the same—there can be no other, as the nature of the disease is the same. The first and chief duty is to start perspiration immediately. It is also necessary to draw downwards to the secretory organs, the foreign matter which is pressing its way upwards in the body. The body has its definite organs of secretion, and only through these is it possible to expel the morbid matter in a natural manner. We completely attain our purpose by using the before-mentioned baths. As soon as perspiration sets in, marked alleviation of the cough is apparent, and when the digestion improves, the coughing will altogether cease. The time required for the cure is quite indefinite. The cough may vanish for good and all in a few weeks, often even within a few days. It is an error to suppose that it must last two or three months. I have now shown you that whooping-cough arises in the same way as the other diseases; that is, the morbid matter present in the system begins to ferment, causing fever. After all these expositions, you will now feel convinced, that all acute fevers are simply an effort of the system to regain health, by expelling the foreign matter which does not belong there. We should therefore welcome every such acute fever. It is, in reality, a curative crisis; and we have seen of what great use to the body it may become under proper treatment, thoroughly cleansing the system of all foreign matter. It may be well for me to give another illustration of what I mean.

Fever in the system may be compared with a thunderstorm. Just as an acute fever is preceded for some time by chilliness and uneasiness, a thunderstorm makes its approach known by the heavy and sultry air, which none can help remarking. We say the air is heavy, we feel oppressed, and have a feeling that relief must come through a thunderstorm, because it is, so to speak, in the air. The heat and sultriness increase, until they reach that state which immediately precedes a thunderstorm. We feel the coming danger of the approaching storm; but the actual danger begins only as the storm breaks upon us, and is over as the latter passes off. All is now fresh and cool, nature is re-animated, as it were. The thunderstorm is a process of fermentation of foreign matter in the air, whereby the latter endeavors to expel the invisible, floating vapor which in this case is foreign matter. The storm is therefore a process for cleansing the air. By the fermentation, the

vapor also changes in appearance. At first invisible, it is now condensed by the change of temperature to clouds, and then falls as rain and hail.

It is similar in a fever case. Whenever fever breaks out, the body is in danger, which is only over when the fever disappears and a refreshing reanimation takes place. You perceive that in these cases danger first arises through the thunderstorm and the fever, which afterwards, however, cause reanimation and recovery. Reanimation and recovery are only to be attained by this dangerous process, the cause of which, in the one case, is the surcharging and heaviness of the air; in the other case, the surcharging of the system with morbid or foreign matter. This example will logically convince you of the uniformity of natural laws in all phenomena.

Concerning this illness also, I will tell you of a cure effected in my institute.

In the middle of July 1889, the four-year old son in a Leipzig family got the whooping-cough. At the beginning of August the sickness had reached its height. Then the baby daughter, aged two, also took ill. For ten days the illness became worse and worse, and during this time the child could take no nourishment. At last, the parents, who till then had been using the natural method of cure to the best of their knowledge, applied to me. I took over the case. The little girl had lost so much strength that she could no longer stand. I ordered four friction sitz-baths daily, the children then to be put to bed, or given a sun-bath to bring out the perspiration; simple natural diet to be observed. The beautiful weather admitted of daily sun-baths being taken, which in conjunction with the friction sitz-baths worked wonders. After only a few weeks of energetic treatment, both children were out of danger, and in two months they had fully recovered. As regards the diet, it was curious to see how the little girl refused to touch oatmeal gruel, made without salt, sugar or butter, which would have done her most good, and would only take her customary unboiled milk and chocolate. From this, one can see how important it is to habituate children to the simplest food from the first. Nor was it possible to keep her in bed with her mother, although this would have been the best way to make her perspire. Accustomed to her own little bed, she cried so much for it, that we were obliged to give in. Nevertheless the warmth of the human body is the best means to secure perspiration and repose. One need feel no anxiety concerning the ill effects of the exhalations. The lower animals are our best model; to strengthen their weak and sickly young, they simply warm them with their own bodies. While children are well, accustom them to nestle on their mother's bosom; in sickness they will then find nothing strange in it. Of course, the words "well" and "sick" are used here in their ordinary sense; for we know that a really healthy child cannot become sick at all if brought up rationally.

Scrofula. Scrofula is not a disease which excites heat, and is not therefore commonly classed with fevers, although in reality it should be. It is at least as serious as the others already mentioned—I might say, worse. It is one of those latent chronic diseases, which are generally inherited. The system is not sufficiently vigorous to bring about fever. As I observed heretofore, the temperate and colder regions

of the earth are the home of this disease. The outward symptoms are much as follows: A large head, square face, inflamed eyes, bloated body, weak legs, deformed hands and feet, mental sluggishness. Of these signs, however, we generally meet with only one, or a few, in any given case, very seldom all at once. They are accompanied by cold hands and feet, and a chilly feeling all over. It is just this state of chilliness which makes the disease a serious one. It proves that the extremities of the body, by reason of being encumbered with foreign matter, have in great part lost their vigor and functional capacity and that in the interior there is therefore a wasting heat.

The case must be imagined thus: The extremities of the body, especially the hair-like ends of the blood-vessels, become obstructed by foreign matter, just as drain-pipes clogged up with mud. The blood can thus no longer circulate to the surface of the skin and thereby the feeling of chilliness arises.

The disease not being of an acute nature, causes no pain, so that it is only from the general character of the whole body that we perceive it is diseased. Hitherto, no one has been really able to say how the disease arises, of what it consists, and still less, how it is to be cured. Usually, help is expected from change of air, and the patient is sent, when his means admit of it, to another part of the country, or to a watering-place. But the result is never thorough, even although a change for the better sometimes takes place.

According to our experience, a child suffering from scrofula is permeated through and through with foreign matter, which it has inherited for the most part from its parents. This matter presses on to the extremities in particular, and under strong pressure the head gradually loses its round form and assumes a square shape.

Please remember in this connection, the comparison of the bottle with fermenting fluid, alluded to at the beginning of this article, over the mouth of which we put a rubber cap. Just as the latter is filled out and expanded by the fermenting masses, so does the body of a scrofulous patient swell out. By means of the Science of Facial Expression, however, we are able to recognize the very slightest tendency to this disease. Of course, it is necessary that one should know exactly the form of a normal body. Details on this point will be found in my handbook, *The Science of Facial Expression*.

Distortions of the hands and feet arise from this same cause. The skin is more or less inactive, and cannot expel the masses of matter accumulating beneath it. As remarked before, these obstruct the circulation, for which reason the skin in many cases is always cold.

In the internal organs, the warmth is consequently all the greater and excites inwardly a feeling of uneasiness, which we always find in a certain degree in the case of scrofulous patients. This is, in fact, a latent (chronic) state of fever. If it remains uncured, however, from the original illness new stages of disease develop, which may be still more dangerous and difficult to cure than scrofula. Most usually, consumption follows upon scrofula, where treatment has been neglected, so that in a certain sense we may regard scrofula as only the preliminary stage of a more serious ailment.

But how shall we begin the cure? *We must proceed to transform the chill into a fever, the chronic condition into an acute one—to bring*

the internal fever to the outside. And as we have to do with fever again, our treatment must consequently be the same as for other fevers; we must open the outlets, in order to gradually remove the mass of fermenting matter. We must, therefore, in the now familiar manner, excite the bowels, kidneys and skin. The skin will gradually grow warm, perhaps hot, but only until perspiration breaks out, when the normal condition will then be resumed. At first, the cure will only effect a temporary improvement; perseverance and energy alone lead to permanent results. How *long* it will take to effect a complete cure, it is hard to say. Days, or even weeks, will not suffice; it requires months or perhaps years, and sometimes does not succeed at all, when the body has no longer sufficient vitality.

In a recent article, I remarked that with sick persons, the chill arises from the same source as the excessive heat; and the same fact confronts you in scrofulous diseases. Two conditions of disease, apparently quite dissimilar, thus arise from precisely the same source, and seem so different, only because they present themselves in different stages of development. In the caterpillar, or chrysalis, we recognize the same insect which we subsequently see as a butterfly, of which the first and second are merely preliminary states. It is the same with the different diseases. We should laugh at anyone who asserted that the caterpillar is quite another being than the butterfly, and *vice versa*. And yet, it is to be regretted, a quite similar belief obtains to the present day as regards diseases, the unity of which has as yet been recognized by no one.

I will cite you a case of scrofula which was cured in my establishment. A boy of five had been so scrofulous since his second year, that at five years of age he was quite unable to walk. He lay in his baby-carriage like a log. His father had had him treated by the leading physicians, but all in vain. The medicaments applied had, in fact brought about a decided change for the worse, so that the professor in charge of the case declared that the child would never be able to walk. Medicines, plaster of Paris dressings, baths, electrics, everything had been tried, but quite fruitlessly, because the doctors consulted had no idea of the nature of scrofula. The child came under my treatment at the end of his fifth year. The digestion, which in the former treatment had never received due attention, was completely out of order. The body was distended, hard and lumpy. During the first week, the digestion improved decidedly under my treatment, so that a complete cure seemed probable. From week to week the renewal of the tissues went on more actively, and in six weeks the patient was able to stand without support. His body was greatly reduced in bulk and was not so hard, and many of the lumps which could easily be felt with the hand, dispersed and vanished. After half a year the child's head, which had been much too large, approached nearer the normal size, and the boy might be regarded as cured, for he could run and leap like any other, and was happy and merry.

Shall I proceed to enumerate all the other illnesses? It will probably suffice to name a few: *mumps, nettle rash, spasms, diarrhea, thrush, scald-head, etc.* They may all be traced to the same cause, all are attended by more or less fever, and the cure is therefore to be effected on the same lines.

DISEASE A TRANSMISSION OF MORBID MATTER

IN all these forms of disease, we always observe one of two things: either increased warmth (heat), or increased chill (cold). Both of these symptoms, as we have seen, are fever, whence it follows that they are both cured by the same treatment, a fact which I have proved in thousands of cases. All forms of disease are to be traced back to encumbrance of the system with foreign matter; or in other words: There is only one disease, appearing in the most various forms; and therefore—as regards essentials—only one method of treatment is necessary. All the various forms of disease are, as we have seen, only efforts of the body to recover health. They must not, therefore, be suppressed and rendered latent, as the orthodox medical school teaches, but the body must be assisted to effect these curative crises as quickly as possible, in the least dangerous manner. Only in this way can the body really recover. Disease if repressed or rendered latent, leads slowly but surely to severe and wholly incurable conditions of health. For the morbid matter in such a case, does not remain inactive in the body, but is subjected to continual changes and transformations.

One word now, concerning the diet in all cases of disease. This must be such that no new foreign matter is introduced into the system and the fermentation thus increased. As vigorous action is going on in the body, it should be burdened with as little additional work in digesting as possible. The first point, therefore, is: *Give the patient but little nourishment, and never urge him to take food and drink when he does not call for such.*

And here I desire to add a few remarks concerning the *danger of contagion* by the sick.

No acute disease (fever) whatever is imaginable, which has not been preceded by a chronic stage, consisting in the encumbrance of the system with foreign matter. For this reason the chronic condition is the most dangerous. True, a transmission of this morbid condition takes place only from parents to children; but it occurs in every case where the parents are encumbered with morbid matter, and is therefore a sure way of such matter being propagated. When we see how children inherit the outward bodily form, the color of the eyes, even the mental characteristics of their parents, it is easy to conceive that foreign matter, too, is transmitted, especially from the mother. The direct proof is found in the fact, that the same forms of disease usually show themselves in the children as in the parents.

Infection has hitherto only been supposed to take place in the case of acute diseases; but as I have shown, the transmission of foreign matter from parents to children is nothing else than a transmission of the disease, that is infection. The transference of this foreign matter, signifies the transference of the cause of the acute illness. As I have already stated, diseases of children are only to be explained by assuming the inherited encumbrance of morbid matter.

The question may be asked whether acute diseases can be transmitted, and it may be answered both with "yes" and "no." Perfectly healthy persons—persons whose bodies are free from foreign matter—cannot catch an illness by contagion, even were they to swallow or inhale any number of bacilli, bacteria or microbes. In the case of persons whose systems are encumbered with morbid matter, however, such products of fermentation can act as the exciting cause to fermentation, especially if the temperature favors this. If there is only little encumbrance, there is little danger of infection.

In the course of acute disease, foreign matter is continually fermenting and being expelled by the system. This is especially the case while the patient is recovering, *i. e.* when he is expelling the morbid matter by secretion. Hence the danger of infection is greatest from convalescents. How the infection itself is brought about, I will try to explain clearly by a familiar illustration.

If we set an easily fermenting substance in fermentation, like yeast or leaven, and add it in this state to any other readily fermenting substance, as dough, milk, etc., everyone knows that fermentation will also quickly begin in the latter, if warm enough. Thus, the yeast, itself a product of fermentation, produces again a state of fermentation when added to dough or milk. We say the bread rises, or the milk curdles. In acute diseases the process is similar. The fermenting foreign matter passes into the air from the breath or exudations of the sick person, or from the stool. Should it now enter into the body of some other individual encumbered with foreign matter, and be retained there, that is, not be immediately secreted, it works upon the foreign matter already present, exactly like the yeast in the dough or leaven in the milk, *i. e.* as a ferment. Thus there arises in the second body, the same fermentation, and therefore the same disease, as in the first. This whole process of infection is, properly speaking, nothing but an inoculation of the fermenting morbid matter into the body of another person in natural dilution. Such matter can, however, only work as a ferment when it finds sufficient foreign matter in a latent state in some other person. *Only those are in danger of infection from an acute disease, whose systems are already sufficiently encumbered with foreign matter;* or, as commonly expressed, who are predisposed to such disease. Up till now it has not been known wherein this predisposition consists. The difference in operation between this natural inoculation of morbid matter, and the unnatural process of inoculating it by vaccination with the lancet, lies in the difference in the inoculated matter and in its dilution. Homeopathy teaches that all substances are most effective in a state of dilution, for which reason the fermenting morbid matter is so highly efficacious in its natural dilution, when it finds a suitable soil. In allopathic doses the vaccine virus, like all allopathic remedies, has a paralyzing effect on vital power; that is, it deprives the body of the vigor which it needs to throw off the foreign matter in it by acute disease (curative crisis, fever). It increases, also, the quantity of the morbid matter and thus produces a far more chronic state, as clearly proved by the steady increase of all chronic diseases since the introduction of vaccination. All the other remedies against fever, such as quinine, antipyrin, antifibrin, morphia, etc., have the same effect. They simply paralyze the efforts of the system to regain

health, and reduce, or even stop, the fermentation of the foreign matter, but never eject it. Hence arise the diseases which were formerly rare, as cancer, intense nervousness, insanity, paralysis, syphilis, consumption, scrofula, etc. The system becomes more and more encumbered with foreign matter, but is without ability to summon up strength to throw it off by some acute curative crisis. The encumbrance reaches its highest limit in the above diseases, and full relief is then usually no longer possible. Precisely those medicaments which possess the property of most speedily suppressing fever, as *quinine*, *antifebrin*, *antipyrin*, *phenacetin*, etc., have become the favorite remedies of the physicians against fever. It is our firm conviction that such are precisely the most dangerous means of injuring the health.

We have all had experience how medical science daily seeks for new remedies to apply, because the old are no longer effectual. Recollect the blind enthusiasm for *tuberculin inoculations* before a single patient was even apparently cured; such a spectacle the world has surely never seen before. At first, each new medicament paralyzes the vital powers; but in time, the system grows so insensible to it, as no longer to react. A new and more potent remedy is now required to paralyze the vitality further, until finally the fermentation of foreign matter cannot be longer prevented by any means at all, and destruction of life is the result. An illustration will render this plainer.

Anyone who is *learning to smoke* has to battle with his stomach until the latter grows insensible to the poisonous nicotine. At first, the stomach is vigorous enough to defend itself successfully against this poison, but very soon its strength is weakened, and complete insensibility to the poison is the consequence. We now require a stronger poison than before, to produce the first effect on the stomach.

Those who are beginning to smoke and cannot immediately bear it, usually tell us, to our astonishment, that their stomachs are still too weak, they must get used to it, they cannot stand smoking as yet. The very opposite is the case: as long as the stomach resists smoking, it proves that it still possesses enough vitality, that is, it is strong enough to forcibly expel the poison. When it offers no resistance, the former natural activity is gone, it has become weaker.

The body, thus encumbered with this latent foreign matter, requires a far more powerful external exciting agent, if it is to be roused to expel the matter, because its vitality is diminished. I have already pointed out wherein such excitant consists. It is generally a change in the weather which is the direct cause, for which reason we always have great epidemics after unusually cold winters.

I will add a few mental illustrations. If you carry a bottle of beer into a dark, cold cellar, fermentation will not easily set in. But on exposing the bottle to sunshine and a warmer temperature, fermentation begins at once, even if the bottle is tightly closed. This fermentation is caused neither by bacilli nor by microbes, but merely by light and warmth. At the same time, the outward appearance of the beer is changed; at first clear, it has grown turbid, and if bacilli are now contained in it, they are the product of fermentation.

We observe the same thing in the air. One day we have a glorious, clear summer day; the next, the sky is overcast. But every one knows that the watery vapor floating invisibly in the air is condensed to

clouds by a change (in this case a fall) of temperature. We also perceive here, how each specific degree of cooling produces its own kind of precipitation (dew, mist, rain, hail, snow); yet there is no difficulty in recognizing them all to be simple products of water.

In marshy, tropical regions, the atmosphere is constantly filled with fermenting matter from the swamp, so that a short stay suffices to bring on a fever (that is fermentation) in a person encumbered with foreign matter. The marshy ferments act upon the foreign matter in the system like yeast in dough, producing fermentation (fever). All stagnant water acts similarly, but not so violently. Only notice the difference between clear mountain lakes, the stony bottom of which admits of no fermentation, and other muddy land-locked pools.

Sometimes the latter are also fairly clear, but with every change in the weather, fermentation takes place in the water, starting from below and making the entire lake turbid, so that one can often recognize what bottom the water rests on. Standing water on a muddy bottom is often set into a sort of fermentation by a change of weather, just like marshy water, and it then operates as a ferment on the other substances. This process of fermentation may be clearly seen by comparing the state in summer and winter. In winter, even standing marsh-water is comparatively clear, because the cold prevents all fermentation, but in hot weather it is nauseously foul and muddy.

The only question is, what may be the cause of an epidemic when direct contagion seems impossible, for we see the same disease appearing today in one place, tomorrow in another.

Without the presence of foreign matter in the body, epidemics are, as already stated, quite out of the question. On closer inspection, we find epidemics every year, though not always so wide-spread as the influenza at the beginning of 1890. But who is not aware that every year at certain times measles, scarlet fever, diphtheria, whooping-cough, colds, influenza appear epidemically? It follows, in view of the general, uniform mode of life of the masses, that their encumbrance with foreign matter, whether regarded quantitatively or qualitatively, likewise displays a certain uniformity. Now, if one and the same exciting influence affects this matter, *i. e.* should the weather exert a similar external excitement on the vital powers of the body, the latter will also make similar efforts (fever) to regain health by expelling the foreign matter. And where the encumbrance in a number of individuals is pretty uniform, the like cause will at the same time produce a like effect in many of them, thus creating an epidemic. But one should never forget that even in epidemics, individual cases of sickness are never quite similar, always differing somewhat in their symptoms and course. When an epidemic, such as we saw in the case of the influenza, appears here today and there tomorrow, the cause is simply the weather. In this respect such diseases resemble thunder-storms, which also at times appear "epidemically," today in one region, tomorrow in another. When an epidemic once breaks out in a place, direct contagion does the rest, as before described, in spreading the disease, just as in the last influenza epidemic.

Widespread epidemics have been rarer in recent years. But as observed above, the sole reason of this is, that the medical profession has learned so far to paralyze the vital powers of the people, that in all

sweeping, epidemic curative crises, the system can only rally the requisite vitality when compelled under particular stress. The necessary consequence of this, however, is a far more serious and general, chronically (latent) diseased condition; and we doubt not that the time will come when this will be universally recognized.

Summing up the result of these remarks, we find: (1.) *That in the transmission of diseases from the chronic state (i. e. from parent to child), the foreign matter alone is the cause of the transmission.* Whoever is desirous of preventing such transmission must, therefore, first of all take care to get rid of this matter. Such transmission is the worst propagator of disease, because it takes place in all cases; whereas infection through an acute disease, occurs only when there is predisposition.

(2.) *In the case of infection by acute diseases, the latter pass from one person to another by the transmission of fermenting matter, usually through the medium of the air. But infection is impossible without the presence of foreign matter (predisposition) in the system of the other person,* as disease arises only from the fermentation of such matter. Pure air is, therefore, the first condition in the sick-room. This is obtainable in no other way than by opening the windows, or using proper ventilating apparatus. All the perfumes and disinfectants so often employed, do not carry off the foreign matter, but simply help to pollute the air. At the same time they dull the sense of that guardian of our health, the nose, making it indifferent to even the most ill-smelling exudations of the patient; they operate exactly like the remedies mentioned above, not for the better but for the worse. All possible attempts may be made to destroy the ferments in the air by poison, but they will never succeed; and as a very little morbid matter suffices to set up fermentation in the system, disinfection is but a vain endeavor. The only proper remedy is one which cleanses the system and drives out the foreign matter, the source of predisposition. You already know it—the friction hip and sitz-baths and the steam bath. In the treatment of patients I have often been obliged to inhale their frequently disgusting exhalations. At the next friction sitz-bath which I took, just the same horrible odor was often given off by my own body, only it was less intense. Here we have a plain proof that the vital powers of the body were so much increased by the bath, that it could expel the virus of disease.

(3.) *This simple remedy also protects us from infection in all epidemics,* because the foreign matter (predisposition) is thereby removed from the system, and without it, no disease, and thus no epidemic, is possible.

I have thus shown that the transmission of disease and infection by it, are only possible when foreign matter is present in the system. Without this no disease, and without disease no infection. But any encumbrance of the body with foreign matter means nothing else than its inner defilement. He who knows how to keep his body clean inside and not merely outside, is safe from all infection. *It is only cleanliness that cures.* One always imagines that different forms must conceal new and various causes, quite forgetting that nature very often exhibits one and the same thing under most varied forms. This we see

in the case of caterpillar and butterfly, and of rain, snow, hail, dew, and mist.

The extent to which the system is encumbered with latent foreign matter can be ascertained by the Science of Facial Expression.

If now, considering these principles, we think of the preventive measures which the medical profession takes against contagion in the case of acute diseases, *e. g.* diphtheria, small-pox, cholera, one must really be almost moved to pity. We see whole houses carefully isolated from all communication, and everywhere in the dwellings, the odor of carbolic acid and other useless disinfectants, which are supposed to destroy the contagious matter. One loses all patience when one reads again and again in the newspapers, of ships being kept without purpose for weeks, or even months in quarantine, in order to prevent contagion. Whoever has been so long engaged as I in the practical treatment of the sick, must, if he is not blind, get quite a different picture of the dangers of infection. I have seen children suffering from diphtheria, scarlet fever, measles, small-pox, sleeping in the same bed with their brothers or sisters, the family circumstances not admitting of other arrangements. Yet there was no contagion, for there was no predisposition on the part of the other children, *i. e.* they were not encumbered with morbid matter, which would form a nutritive medium for the development of the disease. On the other hand, I have seen in some families all the children one after the other take the illness, scarlet fever, diphtheria, and small-pox, notwithstanding that all the directions of the physicians regarding disinfectants had been most scrupulously observed. In such cases, too, I have often informed the parents beforehand, that although only one child was attacked at the moment, the others would probably catch the illness also, because the Science of Facial Expression showed me that there was predisposition to such. We see, then, how utterly absurd the preventive measures of the medical profession against contagious diseases are. We only have to turn to nature to see that this is the fact. In the forest we find the stump of some old tree, eaten up by worms and insects and overgrown with fungi, whilst close beside it a young tree is sprouting up proudly, quite unconcerned, notwithstanding the dangerous foes around it. Were the young tree already infested by the germs of disease and filled with morbid sap, it would certainly not be proof against the fungi, insects, and worms. As it is, however, it shoots up with vigor; no worm or insect attacks it, no fungus can take root upon it, because for all, the appropriate nutritive medium is wanting.

May the importance of what I have said about infection be grasped by the masses of the people, so that the superstitious and false teachings of medical orthodoxy may be broken down! The public would then no longer so easily lose its head at the outbreak of an epidemic, but cool and collected set about the cure.

RHEUMATISM AND GOUT, SCIATICA, CRIPPLING: THEIR CAUSE AND CURE

RHEUMATISM is a disease so widely disseminated, that you will no doubt be interested in hearing of the progress I have made in its treatment. In earlier times only elderly persons, more especially males, were troubled with rheumatism; but nowadays it spares neither age nor sex, children even being especially liable to it. It may be confidently asserted, that despite the innumerable remedies employed against it, the disease has increased. Any part of the body may be affected. Who has not at one time or another experienced those agonizing rheumatic pains in legs, arms, shoulders, head or teeth. The most feared of all is probably that affecting the joints, or articular rheumatism.

People take little trouble to discover the cause of this complaint. "I have caught cold," that is always the story. Indeed, it is astonishing that the inventive spirit of our century has not tried to concoct some kind of weather without the unpleasant property of making young and old catch cold. But there is something more to be said about this catching a cold. Suppose that in cold, wet weather a regiment of soldiers is sent out into the open country, they being picked men of approximately the same age, and, in the popular opinion, of nearly equal health. On their return the effects will show in various ways. Some will complain of coughs and colds in the head, others perhaps of toothache, or some other rheumatic pain; but most of them will be in the best of health, or will even have got rid of some minor disposition, such as headache. Now all this is set down to the weather; and those who assert this would seem to be in the right, for the changes in the systems of the men were, as they themselves felt, occasioned by being always in the open air. The first cause however is sought in the wrong place. There is hardly a more false conclusion in the world than that drawn here: that the same weather can at the same time make one person ill and another well.

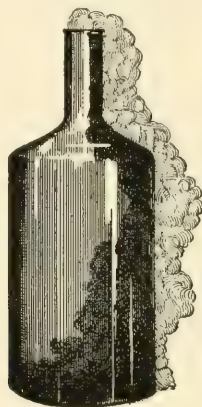
And it is a fact that for centuries sick humanity has, indeed, been but little aided by a theory of disease unable to solve such contradictions; on the contrary rheumatic complaints, in particular, have spread very considerably.

Rheumatism frequently affects only one side of the body, or only one leg, one arm, or one shoulder. This circumstance alone, in my opinion, sufficiently proves that the weather is not properly to blame; for it is not at all probable that the rheumatism would then have seized on only one leg or one arm, when both legs and both arms were exposed to the same influences. It likewise often happens that a person sits with his right arm towards a draughty window, but gets rheumatism in his left arm, though the latter was further away and better protected from the draught than the other. If, therefore, we would resist rheu-

matism with better success than hitherto, we must search more carefully after its cause.

Let us first observe what this disease has in common with other disorders.

If we carefully examine a rheumatic patient, we shall find that he also has fever, and that the painful parts are inflamed and swollen, the digestion also being out of order. We find further that inflammation, especially in articular rheumatism, always appears in certain places. The symptoms named at once bring us a step nearer to the cause; for the present we must keep to the three symptoms: fever, inflammation and indigestion, and seek to discover what occasioned them. I have remarked that in rheumatism of the joints the pains always appear in definite parts. Strangely enough in my extended experience it has not once occurred, that in articular rheumatism the principal pain was experienced in any other spot than *below* the joint, *e. g.* never above the knee, but always below it. That cannot be accidental, but must have a reason.



As already explained, the spreading of foreign matter in the body often takes place without occasioning fever to expel the matter from the system. The body then generally becomes encumbered to the fullest possible extent. With adults this is, in fact, generally the case, at all events in the temperate and frigid zones. If now a sudden fall in the temperature takes place, the matter will begin to retreat to its source. As we know, all bodies are expanded by heat and contracted by cold. This universal natural law also holds true in the human body. We see the expansion clearly in a case of fever, and on the contrary, the contraction of the limbs within the shoes or gloves with cold. This contraction of the limbs exerts a pressure on the foreign matter accumulated within them, setting it in motion and causing it to retreat towards its source, the abdomen. At the joints, the foreign matter accumulates, the course being obstructed by the continual movement of the joints. By reason of the pressure against the obstruction, inflammation is produced, causing violent pain; and as the matter is on its way back, the inflammation and pain always appear *below* the joints, that is, below the knee, the shoulder joint, etc.

If we again reflect upon the illustration of the soldiers, the conviction will grow upon us, that the real cause of illness must lie in the *body* itself, and that all the weather does is to occasion a reaction of the system, *i. e.* a transformation of the chronic, morbid condition, into an acute, feverish one. The symptoms of disease, therefore, appear only in those parts of the body in which a certain quantity of foreign matter is present.

To us, it is quite clear how *articular rheumatism* is caused. If we undertake the treatment of a rheumatic patient, an exclusively local treatment of the parts affected is, of course, absurd. To relieve the pain, to render the matter fluid, and to open up channels for it, a local steam-bath may be given; but for a cure, the foreign matter must all be gradually drawn to the natural organs of secretion, and there expelled.

This, of course, is true not only of articular rheumatism, but of rheumatism in general. Whenever it appears: in the shoulders, back, side, neck or joints, it arises from friction; there must be some obstruction or resistance to the foreign matter. Now in the body, the fermenting matter does meet with resistance, since the fermentation cannot, as in the bottle, proceed unhindered. Friction results everywhere, on account of the obstruction offered by organs such as kidneys, stomach, heart, lungs and joints. If there is considerable movement, pain is caused. But it is evident that as the foreign matter comes in contact with, accumulates and settles on the organs, the latter suffer an alteration and become diseased.

All pain, all rheumatism (the specific term is of no consequence) every twinge, burning sensation, every pressure, arises only from friction, and friction comes only from motion.

That is what I would say to you first of all, about the cause of rheumatism.

In proof of this theory, I will now proceed to describe a few of the many cases which so frequently occur in my extensive practice, and in this way explain to you the method of cure.

At the beginning of this year I was called to a woman who, as her husband told me, was suffering greatly from rheumatism, particularly in the right leg, also further up, in the joint, in the back and neck. "What treatment do you intend employing, Mr. Kuhne?" was the question she asked me. Previous treatment, extending over several weeks, had met with no success. To such queries I am accustomed. I explained, in the first place, in what manner the pains were brought about: "According to my experience," I replied, "it would be purposeless for me to undertake any treatment of the legs, neck, back or thighs (wrapping them up in wadding and the like). All the pains of which you complain are symptoms of internal fever. We must not therefore use warmth, but must go to the root of the disorder and diminish the great heat. You will soon come to see the correctness of this method." As the woman was quite helpless, the bath-tub was brought close up to the bed. The united efforts of three persons were required to get the patient, who screamed aloud at every movement, into the water. I instructed a sick-nurse to give the helpless patient a friction sitz-bath. I think it was within scarcely 15 minutes when the patient, who at first constantly moaned and groaned, became quiet. "Well," I said, "you have grown very quiet all at once," to which she replied, "yes, the pains

have subsided." From this you see that the treatment was correct. The pains in the back, thighs and neck arose in the manner I have explained, and could be relieved only by such treatment. In a few days the woman was able to get out of bed unaided and to take the baths by herself, and in a few weeks she could again go about her work.

Here is another case. An elderly man, who for months had been treated unsuccessfully for acute articular rheumatism, had me called in, and asked if I could still help him. I explained, after making a diagnosis according to the Science of Facial Expression, that it was not too late to aid him. It was the left leg which pained him. Treatment was applied, similar to that in the previous case, and two baths enabled the man to go away on foot, though he had come in a cab. Now, why did only the left leg happen to be affected and not the right?

This I will explain by the following examples.

In my explanation of fever, I have explained the one-sided accumulation of foreign matter, by showing like processes in a bottle. It is probably evident to you, without further explanation, that a one-sided illness must come from a one-sided accumulation of foreign matter. Now you will perhaps ask, whence this latter arises, since it would seem probable that the body would distribute the matter as far as possible, in order to make more room. Well, as a matter of fact, the accumulations are, as a rule, not entirely one-sided; but they almost always *begin* on one side, and remain confined to that side until it becomes overloaded, whereby the matter is forced over more or less to the other side. But the first side has for a long time the larger deposit. The cause of this one-sided accumulation is a purely mechanical one, resulting merely from the fact that matter obeys the law of gravitation. A few simple experiments will make this plain. Suppose we take two glass bottles, fill them, to begin with, with pure water, close them, and leave them so over night. On examining them the next morning we find no alteration, nor can we see on which side the bottles have lain. But if we shake up a little mud with the water in each bottle for the following night, and leave the bottles again in the same position, we perceive a difference next morning. On carefully taking up the bottles, we immediately see in what position they have lain over night; for, on the side upon which they have lain, mud will be deposited, above which the water will be quite clear. If we add to the mud, for the third night, any quick ferment, the appearance next morning will at first be the same; but on opening the bottles and conveying them into a warm place, fermentation begins in the interior, in the muddy sediment. The fermenting mass rises and escapes on that side upon which the bottle has lain. (See Figs. A and B). Thus it is not an accident, that the mass works out of the bottle on one particular side; for it will invariably issue from that side upon which it has collected in the bottle.

The fermentation would have begun in the mud, even without a special ferment, only it would then have depended upon the influence of the weather, and we might have had to wait a long time for it. You will have an illustration still more similar to the human body, if you imagine the fermenting masses in a carefully closed bottle with elastic sides. The fermenting masses need room, and this they obtain, as the bottle is closed, by stretching its sides.

These simple experiments illustrate the processes going on in the body; the matter is deposited on the lower side, and which this is, depends chiefly upon the position which we assume when sleeping.

On looking at a perfectly healthy person, one cannot see upon which side he is in the habit of sleeping. To him, also, it will be quite the same whether he sleeps on the right or left side, for he can lie as comfortably on one as on the other. When, however, the body is encumbered with morbid matter, it is very easy, according to my new method of diagnosis, to remark at once the greater or lesser deposit of matter on one side than on the other. When the accumulation of matter has become excessive, its distribution is more regular, while the condition has grown to be so uncomfortable, that the person affected can no longer lie quietly on either side, but tosses about uneasily.

When one side is especially encumbered, this side will always be affected more easily, or more intensely than the other. Thus you see how it is possible for a person to sit with his right arm, for instance,



Fig. A

Fig. B

next to a draughty window, and nevertheless, get the rheumatism in his left arm.

The one-sided deposit, it is true, does not take place so quickly in the human body as in a bottle. But children are often born with a one-sided encumbrance, owing either to the one-sided position in which the mother has been accustomed to sleep during her pregnancy, or to the position taken by the child within the womb.

You will now see plainly why in the case of the patients mentioned above, some of them had the toothache, etc. on one side only; and you will likewise perceive without difficulty, why my patient had the rheumatism only in his left leg: he had for years slept regularly on his left side, hence the one-sided encumbrance.

A short time after treating the last case, I was called to Magdeburg, to be consulted about what was regarded as a very exceptional case of rheumatism. I went accordingly and found that the case was quite of the ordinary kind, but that the symptoms were very severe. The knee and ankle were extremely swollen and painful, and the man could not move his leg. The joints below the knee were highly inflamed, and the part

above the knee was at the same time much swollen, so that the patient could not straighten out his leg. He told me that he had suffered much during his life, the disease had attacked him every year, and had grown worse every time. The man was encumbered with morbid matter from head to foot. New foreign matter was pressing on towards his knee, while the old sought to return. Induration would soon have set in, and then it would have been a case of gout. This was partly due to the fact that the disease had hitherto always been treated locally with warmth. The condition had changed, it is true, under this treatment, and apparent recovery had resulted, but in reality the disease had only been changed to a chronic one; the matter was quiescent, but ready to be set in motion by every fresh fermentation.

The diseased parts were now first softened by a steam-bath, and the cold baths to draw off the morbid matter, very considerably prolonged.

This treatment met with the greatest success in a very few days.

I was consulted once by a woman who suffered greatly from *gout* in her hands and feet. She said that all remedies hitherto applied had been unavailing. I tried to explain to her, that her ailment was owing simply to imperfect digestion, and that relief was possible only when the latter was got into order and when the bowels and skin performed their functions properly. I advised her to take three friction sitz-baths daily, and to observe a suitable diet, so that no new foreign matter might enter into the system. Some weeks later the joints were no longer so cold as before, but quite hot; at a slight distance the heat could be distinctly felt. The cold baths had, therefore, not induced cold in the body, but warmth; their purpose is to remove the foreign matter and thus produce a better circulation of the blood, so inducing normal warmth. In a short time the heat disappeared from the joints and the body assumed the natural degree of warmth—the patient had recovered.

Another case of *gout*.

In a family where I had treated the children for some weeks with much success, I was summoned to a little chamber in which, I was told, their grandmother lived. She had often expressed a desire to have a word with me. "I see how successful you are with my grandchildren," she said, "can you not help me, too? I am in great pain, and give a great deal of trouble to all around me; I have been lying in bed for three years." I answered briefly: "It is quite possible, if certain conditions are procured; that is to say, better action of the bowels, kidneys and skin. Your sickness has arisen from defective secretions." "You may be right there, Mr. Kuhne; I have not perspired these many years and am, in fact, very glad of it; formerly I used to perspire much. It is the same thing with the bowels: once every four, five or six days; otherwise my digestion is good." One often hears people saying that their stomach and digestion are excellent, only that they suffer from constipation. It is sad proof how little people understand about a good digestion. "Yes, I replied to the patient, it goes into the body well enough, but does not come out regularly. And what becomes of substances that are introduced into the body? Gout is nothing more or less than a result of imperfect digestion." This seemed reasonable to the old lady, who was in her 70th year, and she requested me to begin the cure in a day or two. I sent my bath-woman to her and

prescribed the manner in which the baths were to be taken. The patient had to take three baths daily, after which she was put to bed, in order to make her perspire if possible. She began perspiring sooner than we expected, and after each bath so freely that her night-dress had to be changed twice during the night. Within a few weeks she was so far restored that she could rise without pain and work about her room.

This patient had the gout. The first cause was that her digestion was out of order, and one of the first effects of her imperfect digestion had been rheumatism. "As long as I had my shop, I always had a great deal of work to do, and did not pay much attention to my rheumatic pains," the patient explained to me one day, "after giving up business, however, I got the gout." In other words, gout came on because the rheumatism had not been attended to.

Sciatica, too, is nothing more than an inflammation of the hip-joint, which comes about in the same manner as rheumatism, and consequently is cured in the same way. Let us hear what a former patient of mine writes in his gratitude:

"Herewith I send you my heartfelt thanks for the cure of my many indescribable sufferings.

"I was attacked in the autumn of 1885 by violent pains combined with stiffness in my left hip, then in the right one, and in the small of the back, developing into general stiffness and rigidity. The physician whom I consulted diagnosed the disease as *sciatica*. His course of treatment brought on in addition severe photophobia (dread of light), nystagmus (quivering of the eyelids), shooting pains across the face, heaviness in the head, dreadful twinges and aches in the left arm and hand, and complete general debility, so that I could neither draw off my shoes and stockings, nor even get into bed without assistance. My hair turned quite gray in a short time, owing to the fearful pain.

"I was treated unsuccessfully by more than twelve celebrated professors and doctors of this town, and was also exhibited as a remarkable case to the students by some of the University lecturers. A young physician used me as a subject to pass his examination for the State medical diploma. I was often for months at a time, in the Municipal Hospital and the University Clinic. Finally one professor and a doctor of the Leipzig University Polyclinic advised me, in January, 1889, to consult Mr. Louis Kuhne, who just at that time was giving public lectures. I did so on January 23rd, 1889.

"On January 24th, I commenced the baths. At the very first bath, considerable quantities of water were passed, the abdomen grew smaller, the head lighter, and for the first time for years, I was able to walk without the sticks, hitherto constantly used. On the same day, I presented myself to the professors of the University Polyclinic, at their request, to obtain their confirmation of the striking improvement in my condition.

"After conscientiously pursuing the method of cure prescribed by you for three weeks, I was enabled to report to you on February 13th 1889, at a public conference held by you, in the presence of some twenty or thirty students that I was in perfect health, at the same time giving ocular demonstration of my statement by all kinds of movements.

"Since then I have been quite well and able to work; I can carry a hundred-pound weight in each hand, whereas before I could not move,

to say nothing of being able to work or carry weights. From the autumn of 1885 to January 23rd 1889, I had been treated by the leading physicians of Leipzig, my condition steadily growing more wretched and miserable. Between January 23rd and February 13th 1889 you restored me to health and ability to work, by your new method of treatment.

I now come to Distortions.

From my exposition, you have seen that all the forms of disease hitherto described to you, may be traced to one common cause. Still, you will possibly be surprised that I proceed directly from gout and rheumatism to alterations in the form of the body, such as high shoulders, curvature of the spine, twistings, distortions, etc. And nevertheless these latter have, as I shall show you, the same common origin as the diseases already described: namely the encumbrance of the system with foreign matter and the increased accumulation of such in the various parts of the body. These diseases frequently appear together. Should we enquire after the cause of such, you yourself would answer: "The alterations can have been brought about only by *accumulation* of foreign matter. They are to a certain extent gout on a large scale." And your answer would be correct. But in what way it was deposited, and how it gradually took its course to a special spot, I shall now explain to you with the aid of a few illustrations. Experience shows that it takes a long time before foreign matter is capable of producing great excrescences and changes in the body: years even are required for this. Sometimes, too, the system gains time through an acute disease, expelling so much foreign matter, that the experiences and alterations temporarily disappear, so that years may pass after the first stages, until the deformity is fully developed. Thus the same foreign matter which in one case produces small-pox, in another typhoid fever, in a third diphtheria, etc., is the cause also of these deformities and distortions, when the system no longer has the vital energy to get rid of the matter by means of an acute disease. The foreign matter generally accumulates in certain places, mostly in those in which it is least troublesome to the organism and as far as possible removed from parts where there is constant activity. The disease itself, therefore, when the deposits have collected in a place where no important organs lie, may cause but little discomfort. The external changes, however, gradually attract attention, and all possible explanations are sought. Usually the vocation must bear the blame as involving a one-sided employment, or some special habit, such as not sitting erect. Doubtless, that is particularly so; but such habits only aid in determining the way, and therefore merely exert an influence on the form of the alteration. With perfectly healthy persons, curvature can never be occasioned by sitting crookedly, as long as they rest when tired and give the body time to recover at intervals.

Thus I have often noticed that country people, who work all day in a stooping posture, exhibit a fine, straight figure when they happen to stand upright. Had these people not been healthy, their figures would assuredly have been influenced by foreign matter. In the beginning, most persons attempt to hide their growing deformity from the eyes of others by the aid of tailor and dressmaker, but it is impossible to do so for any length of time.

There is great variety in the kinds of deformity. It is occasioned by the occupation, habits, position during sleep, and in great part by natural disposition. There are scarcely two persons to be found whose

forms are alike; still certain normal forms can be distinguished, which I shall show you in the following illustrations.

Fig. A presents an approximately normally formed man; it will be readily seen that the members are well proportioned. Nothing is too short or too long, nothing too thick and nothing too thin; all the limbs are symmetrical.

Fig. B gives a different view. You will instantly perceive the alterations on the left side: a prolongation of the buttock both above and below. The latter would be the first of the two to show itself, because

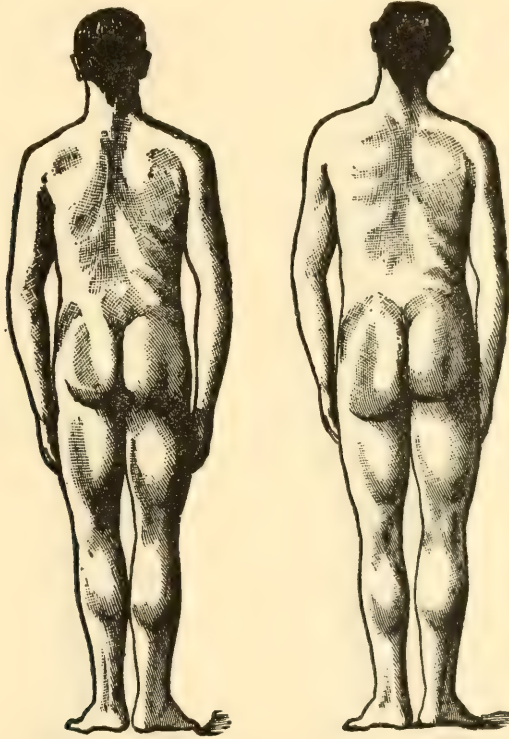


Fig. A

Fig. B

the foreign matter starts from the abdomen, and the alteration therefore always begins in this region; it undoubtedly lasted years before the shoulder was raised. Had the relatives noticed the lower prolongation in time and recognized the danger, they assuredly would not have delayed commencing a suitable course of treatment. Of course, I cannot blame anyone in such a case, for the methods of cure up till now pursued, are not in the least capable of remedying such diseases, and for the most part do not even recognize them as diseases. The patient so deformed is called a cripple, and that is the end of the matter. But how this deformity has been brought about, from what causes it has arisen, has probably never been recognized before. My new method of cure, when confronted by such cases, is not so helpless as the earlier methods, and the course of the cures effected by this system has proved its cor-

rectness in the most different cases. The formulation of my theories has always followed my practice.

The foreign matter has accumulated in the body especially on the left side, the expansion being brought about here in just the same way as in the bottle with elastic sides, in which the fermenting mass collected only on the left side. The matter requires more room, and finding no outlet, it swells out the sides by continual pressure. Now, if the fermenting mass lies, as here, only on the left side, it is only this latter which will be unusually distended.

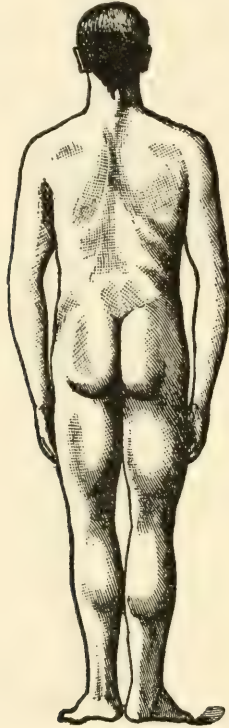


Fig. A

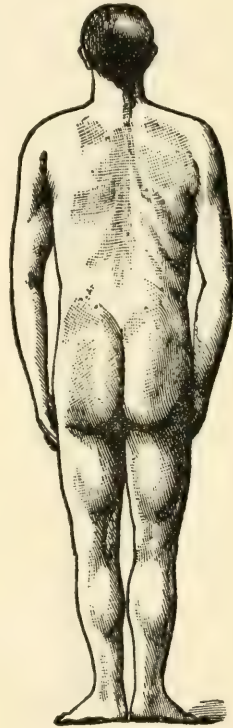


Fig. C

By means of my new system of diagnosis, the Science of Facial Expression, this disease might have been recognized with ease at its very beginning, and a proper course of treatment adopted for ridding the system of the cause of this encumbrance, viz. the foreign matter. For years before any prolongation whatever of the left side of the buttocks appeared, an increased encumbrance of the left side of the neck might have been discovered. And now that we have learned the unity of all diseases, and know that this inequality is caused by the same foreign matter from which typhus, diphtheria, etc. arise in other cases, it is easy both to prevent and to cure such distortions.

Now, you have heard for the first time, how crookedness and deformity of the body come about. I shall now show you, by further illustrations, that all these forms spring from the same cause.

Fig. C shows you a body in which the buttocks are lengthened on both sides. You may, perhaps, at first have only a dim consciousness that the body exhibited here is wanting in true symmetry. But comparison with Fig. A shows immediately that in this case the whole trunk is too long. The lower part is particularly so, for which reason the legs and the neck have become too short, the latter being in part hidden between the shoulders. In this case, not merely a one-sided encumbrance of the buttocks with foreign matter has taken place, but one equally distributed; in consequence, the entire buttocks are equally prolonged on



Fig. D

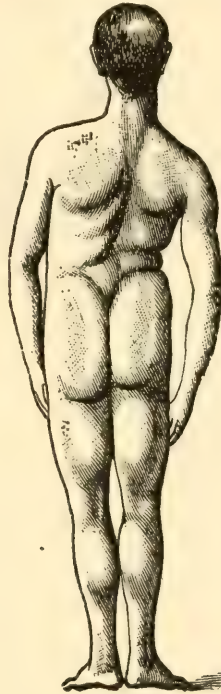


Fig. E

both sides by the matter. In these cases it also happens that the matter presses up through the neck into the head, then causing an abnormal form of the head in addition, as you may often observe. I again remind you of the example of the bottle, over which we drew an india-rubber cap. The alterations in the head are brought about in a way very similar to that in which those in the bottle are caused.

But you may also observe, often enough, just the contrary of these forms, that is, the legs and arms too long and the trunk in comparison far too short. The cause is again the same, only in this case, the foreign matter has at an early period penetrated to the extremities, and therefore the trunk has been for many years unable to keep pace with the distention of the limbs.

Hardly anyone will suppose that by means of our simple method we

can restore full symmetry in all such cases. Certainly a consistent application of my cure for a series of years is usually needful, before the chronic state can be readjusted; and when the organism is too old, and the requisite vitality consequently lacking, it is impossible to effect a complete cure.

Fig. D shows us a form unhappily very common at the present time; the matter deposited has brought about an elevation of the back, which at the same time prevents normal development of the chest, so that the form of the latter is conspicuously flattened. It looks almost as if what has been added to the back has been taken from the chest. The chest immediately expands when the back is freed of its burden. In this case, too, the buttocks have, of course, been encumbered for a long time



Fig. F

previously, so that with this form we always find also that the abdomen is either too large or too hard. Sometimes the encumbrance commences in early childhood, or is even present before birth and thus it happens that we see children at the age of only four or five years with rounded back and flattened chest. At this age the evil can be most readily and quickly remedied, for with our cure a youthful body often makes as much progress in a month, as an older one in a year. This is, of course, owing to the greater vital powers of youth. I have already told you, how one can succeed in discovering these deformities in their very beginning: it is possible only by the aid of my Science of Facial Expression.

The foreign matter may also at times take a very irregular course, passing over from one side to the other and back again. We see this exhibited in Fig. E. In this case, we perceive that the matter has been first chiefly deposited on the left side; but that in the middle its free passage has been checked by one of the organs in that region, so that

it has been forced over to the right side, later again passing over to the other side. You perceive distinctly the prolongation of the entire left side both upwards and downwards, and in the middle the deflection to the right. A curvature of the spine has already taken place here. In the first place this is certainly due to an hereditary encumbrance. Should we try to employ shoulder-braces or other mechanical bandages for straightening the body, we should only be torturing the patient, without effecting a cure at all. In fact, the matter requires room, and in my practice it has occurred often enough, that after a crooked back, for instance, had been forcibly pressed in, the foreign matter at once began to collect on the chest. The attempt to remove this matter from behind, had therefore been successful, but only at the expense of its reappearance in front.

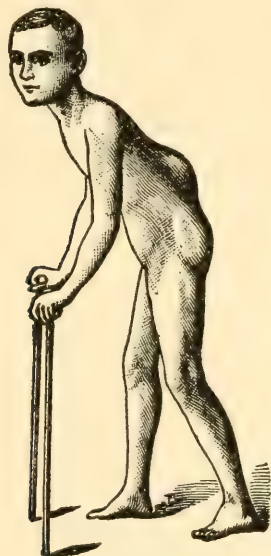


Fig. G

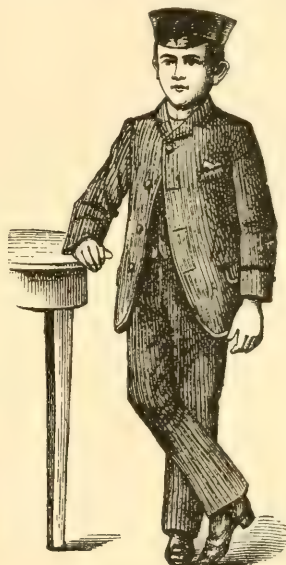


Fig. H

ance in front. The room which the matter required, could not be taken away from it; one could merely change the place of deposit.

Fig. F shows a person in whom the foreign matter has taken up its station upon the middle of the back and forced the body into a permanently bent posture. Such an accumulation is rarer, because the matter, as a rule, pushes on to the extremities. To illustrate this case, I will give you further on a striking example from my practice, shown in Figs. G and H.

In this connection, you will all be reminded of poor humpbacks, who are positively disfigured by their deformity. Most often we find a complete curvature of the spine. In the vast majority of these cases hereditary encumbrance is the cause. But before proceeding to the several forms of disease, I must notice a peculiar kind of deformity.

It often occurs that the matter forces itself up through the neck and collects in the head. I have already mentioned how coldness of the head arises from this. In children, it easily leads to an unnatural ex-

pansion of the head. A disproportionately large head is always a sign of serious chronic disease. Such an expansion of the head often occurs before birth, and the first result is difficult parturition. And it is a matter of popular observation, that children with large heads seldom live long. Your attention has been called to the reason for this, which you will hardly have heard from anyone before. The explanation of this encumbrance I have already given you in the example of the bottle with the india-rubber cap.

Proof of the correctness of these statements can be given only through the cures based upon the theories explained. A large number of such cures have actually been effected under my guidance. The treatment has been the same as in the forms of disease previously described; and though it may sound strange that I propose to cure a crooked back by the same treatment used for coughs and colds, how can I act otherwise, when the cause of the disease is the same? The facts themselves have proved that I am right, for all symptoms of disease disappear when the treatment is perseveringly adhered to. The only condition is, that the system still possesses enough vitality, and that the nerve connection is intact throughout, so that the process of healing can take its course. I repeat what I said before: All diseases (or rather, all forms of disease) are curable, but not all individuals.

COLD HANDS AND FEET, HOT HEAD: THEIR CAUSE AND CURE

LET us now consider the origin of *cold hands and feet* and a *hot head*. We all know that the head ought to be cool, and the hands and feet warm, yet we very often meet with just the contrary state. Now let us see how these symptoms of disease arise. I said in one of my former lectures, that there is no disease without fever, and no fever without disease. Therefore, according to my assertions, this condition must also be a feverish one. That this is so in the case of a hot head, no one doubts. Cold feet and hands are less likely to be regarded as indications of fever. I maintain, however, that both—the hot head, and cold hands and feet—are caused in one and the same manner. How can that be? Every disease is occasioned by the presence of foreign matter in the system. By fever—fermentation—this matter is transported from the abdomen into the remotest parts of the body. Some is deposited in these remote points, that is, in the head, feet and hands. If the fermentation matter enters the feet and hands, it finds there but very slight resistance. The foreign matter first accumulates in the toes, then in the feet, and thus spreads gradually upwards into the legs, obstructing the circulation and consequently lowering the warmth. It is the same with the hands. With many persons only the finger *tips* are cold at first; with others; only *one* foot; later on, in the course of years, they begin to complain also of the legs, which are cold up to the knee. Warm stockings are tried, but they, too, will not help for long. Even fur boots afford but temporary relief; there comes a time, when no warm clothing will suffice. The feet can no longer be warmed. This makes it very evident, that, as is well known, the clothing does not warm the body, but the body the clothing. And if, in the beginning, the warm clothing does protect one against the feeling of coldness, the reason is that there is still a certain amount of warmth in the limbs, which is communicated to the thicker clothes and retained by them. But this protection given by the warmer clothing does not long avail. Whenever the secretion of the skin and the regular circulation of the blood gradually decrease, the warmest clothing becomes useless.

With the head it is quite a different matter. The brain, with its abundant supply of blood, is far more capable of offering resistance to foreign matter pressing upon it than the hands or feet. Hence strong friction results, and as a consequence, warmth. Thus the riddle is solved. Exactly the same thing which makes the hands and feet cold, renders the head hot at first. But even the *heat* in the head terminates sooner or later. In my practice, I have met with patients enough in whom the head had already grown quite cold. Thus there is a limit here also. When the foreign matter presses on to the head in great abundance, the resistance here also ceases after a while, and the head likewise grows cold. A proof of the correctness of this supposition can

be given only in the cures resulting from a treatment founded upon it. If a patient would be relieved from the chilliness in hands and feet and the burning feeling in the head, he must commence his treatment at the place from which the fermentation started, *i. e.*, the abdomen. The digestion must be regulated, and then the hands and feet will grow warm and the head cool. A cold head will at first grow warm again and then attain its normal coolness. And this has been observed in a thousand cases, fresh instances occurring daily in my practice. Here I will add, that sufferers from cold hands and feet are always especially liable to rheumatic attacks.

SPECIFIC CURES EFFECTED

I will now call your attention to some cures of such cases in my practice. In the year 1889, a Mrs. H. called during consultation hours, bringing with her, in a child's carriage, her son, 13 years of age. He was suffering from a painful curvature of the spine, upon which a considerable protuberance had already formed. The boy could walk only with the greatest difficulty, and with the aid of two sticks, and usually had to be wheeled in the carriage. I asked his mother what treatment had been employed. She informed me that the disorder had been so troublesome for over two years as to occasion her to seek medical advice. A well-known physician, a Leipzig professor, had operated upon the boy and tortured him frightfully with an extension bed, steel splints and other instruments of constraint, but with no success. Medical and surgical aid were of no avail, as Mrs. H. had clearly perceived, for which reason she tried household remedies for some time before coming to me. I explained to her that the morbid matter had in this case sought out a place of deposit on the back, and that in order to cure the disease the only way was to remove this matter. She understood my statements, and the treatment began that same day. The boy took three friction sitz-baths daily, each lasting half an hour; the diet was strictly unstimulating and I insisted upon the child being as much as possible in the open air outside the town. In this still youthful body the foreign matter retrogressed with extreme rapidity, so that the result was surprising. After a week, the child no longer needed to be wheeled about, but could walk alone with his two sticks. A fortnight after, the latter also had become superfluous, and the body was far more erect. After two weeks' further treatment, the boy could again go to school, which he had been compelled to give up for a long time. The child followed this treatment for half a year, and was so far restored to health, that he could again carry his body perfectly straight, as Fig. H, page 61, shows.

If I assert that the foreign matter which here produced the disease, was the same as that which produces small-pox, scarlet fever, diphtheria, etc. in other cases, then it would also be expelled from the system, and thus a cure effected, by the same method; and this I proved to these parents in their son's case to be a fact.

The very day on which this boy was brought to me, a woman whose menstruations were attended by an abnormally excessive loss of blood, and a girl 9 years of age, afflicted with a dreadful skin disease (tettters), who had in vain tried every other method of treatment, also sought my advice. Both were treated in the same manner as the boy, due allowance, of course, being made for the individual circumstances, and all three were cured. This, however, could only have been the case if the cause of all three diseases was the same, and this fact the cures proved.

In another case, a man 50 years of age, succeeded after four years' consistent observance of my treatment, in reinstating the correct relation between the trunk and legs. The former was proportionally too long, whilst the neck and legs were too short. The patient, during the cure, observed that he was gradually outgrowing his trousers, whilst his coat became always more loose about the shoulders. Every few months he had consequently to send his clothes to the tailor for alteration, until finally his body very nearly regained its normal form.

Now after all these remarks, I hope that the unity of all diseases, *i. e.* the uniform cause, has become plain to you. You can daily meet with proofs of this fact in my practice.

Before concluding this subject, I will give you some proofs of the superiority of the Science of Facial Expression over the orthodox system.

THE SCIENCE OF FACIAL EXPRESSION



THE circumstance that many of my patients first sought aid from me in the last extremity, so to speak, after trying all other methods of treatment in vain, has afforded me a deeper insight into the diagnoses of the medical profession than many may believe. I was once consulted by a big, tall man—a picture of health, as people would say—who complained that he was quite unable to work. All the physicians (and he had consulted many) had carefully examined him, as far as rapping, feeling and listening would go, and finally pronounced him to be perfectly healthy—that they could find no disease: he merely imagined himself to be ill. The best thing he could do would be to take a trip, so as to divert his mind, and then he would no longer notice any illness. He followed their directions, but received no benefit and therefore came to me. A glance at his neck and head, and an examination of the former when the head was turned to the right or left, showed me plainly that his system was seriously encumbered with foreign matter, the entire body being loaded with it. I prescribed my ordinary treatment; in six weeks he had got rid of so much of the morbid matter that he could send me the welcome news of his ability to work the whole day long. You see which diagnosis was the more practical here. Cases like *this*, in which the patients are universally declared to be the picture of health, although they themselves feel very ill, occur almost daily in my practice. Such patients are often very reluctant to consult a physician, because former unpleasant experience leads them to expect their disease to be again styled “imaginary.” It is exactly here that I have had such good opportunity of observing how inadequate is the present system of diagnosis.

Take again a case. A girl of 18 came to me, suffering from *chlorosis* (green sickness). The doctors had said that she was *only* somewhat chlorotic, but otherwise *quite well*; she should take iron and would then soon recover her health. Well, she had taken iron, but the quality of her blood had not improved in any way. My knowledge of facial expression told me that she could not be “quite well” and at the same time be chlorotic, for her system was encumbered with much foreign matter. All the minutest blood-vessels, which should convey the blood to the skin, were obstructed. The blood could not reach the outer skin in sufficient quantity, wherefore the latter assumed a pale, sickly appearance. The cause of this ailment was imperfect digestion of many years’ standing, as the patient herself admitted. And here I will observe that most people unfortunately do not know what a really normal digestion is, the full importance of such being therefore seldom recognized. This is a matter of daily experience in my practice. I prescribed the same treatment for this young lady as for the patient last mentioned, and in the course of some months the disorder was removed and the patient’s appearance wholly changed. You see that the diagnosis of medical science was again at fault regarding the true state

of the patient, for the chlorosis was merely an outward symptom of the disease, which was itself produced by the foreign matter; and the latter, again, had been left behind in the system owing to imperfect digestion. Now, I ascertained all this by a glance at the patient's neck and head, whereas the representatives of medical science had missed it altogether.

Another case. I was visited by a woman suffering from most obstinate constipation. No remedies were any longer of use and the doctor had told her that she should make her mind easy, even perfectly healthy persons suffered from constipation and it must get better of its own accord. I ascertained that the woman was heavily encumbered with foreign matter, which produced, especially in the abdomen, a high chronic fever heat, that dried up all the mucous secretions of the intestines and almost burnt up the fæcal matter, so that it remained hard and dry in the bowels. I prescribed my treatment, and in a remarkably short time, after the very first baths, the internal heat was drawn to the outside, and the bowels opened. In this case, too, you again plainly see the inadequacy of the usual method of diagnosis. I would almost assert that there is no more mischievous and wide-spread error than this, that a person can be in perfect health and yet suffer from constipation. How far is such an idea of disease removed from the truth! It is really nothing more than what might be held by any child, who sees the mere external symptoms which it cannot account for. Debilitated digestion is, as I maintain, the mother of all diseases.

An able physician once said to me, that in many anatomical examinations of bodies, he had often racked his brains to find out why the diseased had died of this or that disease and not of some other. All parts of the body and the internal organs were in perfect order, and nowhere could a trace of disease be seen. I answered that the difference between his diagnosis and mine consisted in this: That the physicians chiefly endeavor to learn by the dissection of dead bodies, whereas I attend only to the processes going on in living bodies, and study the causes and interruption of such, all observation of corpses being consequently worthless to me. To make my meaning clearer I adduced the following illustration.

A person goes to buy a sewing machine. He sees a great number of first-rate machines standing in the salesrooms and chooses one. He finds no external defect, the workmanship seems perfect, down to the minutest details. A friend now points out to him, that the machine may well look perfect when at rest, since any defect will first become apparent when it is set going. When working, a defect not to be remarked otherwise, will render the whole machine valueless; and therefore he had better test it in operation. The case is similar with the human body. When inactive—which here signifies dead—it is often impossible to say what is the matter. In the living body every regularity is directly apparent. Therefore, whoever would study these irregularities (disease in all forms, and its symptoms) cannot attain his end by the dissection of dead bodies, but solely through the observation of living ones. My Science of Facial Expression is based on such observations.

Having now, as I believe, proved the unity of all forms of disease, I may add that the usual diagnoses of modern medical science for the names and seats of diseases are quite superfluous, and as far as cure is concerned, utterly useless. They may, indeed, easily lead to error. The

only question is, to decide *whether a body is healthy or diseased; that is, whether it is free from morbid matter or encumbered with it*, and in what way this encumbrance has come about, and how long it has been going on, so that we can approximately estimate the time required for a cure, for as soon as we know that the body is diseased, we also know what steps to take to render it healthy, so that all errors in the treatment of a patient are excluded from the outset.

MY REMEDIAL AGENTS



AFTER having had a description of a number of illnesses and their cause, it will be necessary to become acquainted with the means of curing the various diseases with which mankind is afflicted.

And here, again, we must expect to find unity of cure, for the very reason that all forms of disease have one common origin.

First of all come *steam-baths, of which several forms may be applied*. The steam-bath is the most reliable means there is of restoring the skin to regular action. And this is an indispensable condition for all those who desire to maintain their health, as well as for those who wish to become healthy.

The Whole Steam-bath. For a long time I endeavored to find a really simple and practical apparatus suited for general family use, and also for cases of serious illness. I was led finally to construct my own Folding Steam-bathing Apparatus. This appliance, when folded together, takes up no more room than an ordinary chair and can be set up by anyone.

The only things required in using this apparatus are a large blanket, a few pots and one of my hip-baths, or a wash-tub. A particular advantage of this apparatus is, that either the whole body, or only particular parts, can be submitted to the action of the steam, just as desired.

Having set up the apparatus in the manner shown below (see Fig. A), boil some water in three or four pots on an ordinary fire; or, better still, employ my specially constructed *steam-pots with alcohol heaters and water-compartments*. Three of these steam-pots are required for a full steam-bath. They render all special assistance unnecessary.

If ordinary pots are used, it is better, for the sake of convenience, not to fill them quite full.

As soon as the water boils, let the patient lie down, quite unclothed, upon the apparatus, preferably upon his back at first. He should then cover himself up with a woolen blanket, letting it hang down loosely on either side, far enough to prevent any steam escaping. It is well, at first, to cover up the head, too, with the blanket. Another person, lifting the blanket a little, places the pots under the bench. The heat can be regulated as required, by lifting the covers of the pots more or less, thus allowing more or less steam to escape. In the case of adults, two or three pots should be used; for children one will suffice. One pot should be kept boiling on the fire as a reserve. The first pot—in the case of little children, the only one—should be placed in the front compartment under the small of the back, the second under the feet, and the third, when required, somewhat further up than the first, under the back.

As soon as the supply of steam begins to diminish (after about ten minutes), put the reserve pot from the range in place of the first, and set the latter on the fire. As a rule, the pot under the feet does not

need to be renewed. When my special *steam-pots* with alcohol heating are used, these directions, of course, do not apply. All changing of the pots is then obviated, as is explained in the full and clearly worded instructions always supplied with the apparatus.

In from ten to fifteen minutes the patient may turn over, in order that the heat may better reach the chest and abdomen. Should perspiration not have broken out already, it will now do so most profusely, the head and feet beginning to perspire simultaneously. In the case of children, a renewal of the pots of water is often unnecessary. Persons who do not perspire readily, should keep the head covered; this will not be found to be so disagreeable as may at first be imagined.

The perspiration may be kept up for a quarter or half an hour, as desired, and the pots renewed or not, at will. Those parts of the body which are especially encumbered with fermenting matter, perspire with difficulty, and the patient himself will experience the desire for greater heat at such places. His request should always be complied with, for this is the very way in which such successful cures are effected by means of these steam-baths.

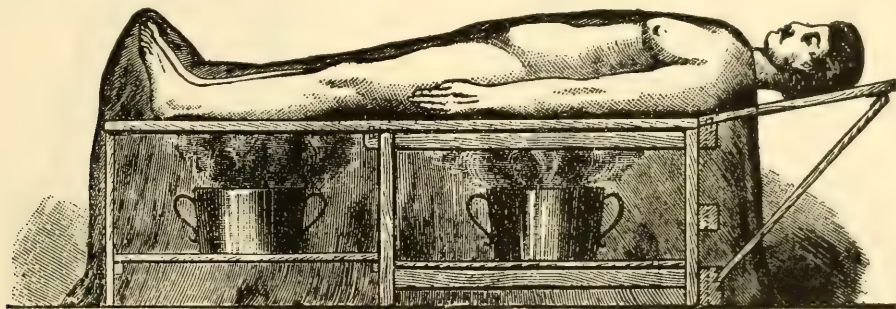


Fig. A

Weak persons, and such as are seriously ill, more especially nervous patients, should never take steam-baths. For such, the most effective cure is attained by the use of friction sitz and hip-baths, which act derivatively, in conjunction with sun-baths. Persons who naturally perspire easily, can sometimes dispense with steam-baths altogether. *More than two steam-baths weekly should be taken only if specially prescribed.*

On leaving the steam-bath, a friction hip-bath at from 68° to 81° Fahr. should be taken in order to *cool down the body*. The manner of taking the friction hip-bath is described in detail on page 75, the apparatus being shown in Fig. D. At the commencement or conclusion of the bath, however, in addition to the abdomen, all the remainder of the body (chest, arms, legs, feet, head and neck) should be very quickly washed over, so that they likewise may be cleansed and cooled down. The warmer the body, the less it feels the cold; on perspiring, there is no excitation, but only the skin becomes thoroughly warm; there is no reason to fear the effects of such a bath. Steel, when brought to white heat in the fire, must be plunged into cold water in order to obtain the requisite temper. Similarly the human body after the steam-bath, on being cooled down becomes strong and hardy.

After the friction hip-bath, it is necessary that the bather should again be warmed, so as to induce slight perspiration. Strong patients can attain this warmth by exercise in the open air, especially in the sun. Weaker persons (though such must be very careful in taking steam-baths at all) should be well covered up in bed, the window being left open a little.

Steam is produced immediately water reaches 212° Fahr.; that produced in the pots, therefore, is exactly the same as that developed in steam-boilers. The only difference is as regards the *amount* of steam developed; and one trial will convince anyone that the pots are quite sufficient for the purpose.

Where neither my steam-bathing apparatus, nor a *cane-seated bench*, which might be used as a substitute, is to be had, an ordinary *cane-seated chair* can be made to serve the purpose. The patient seats himself upon it and is completely covered up with the blanket. Under the

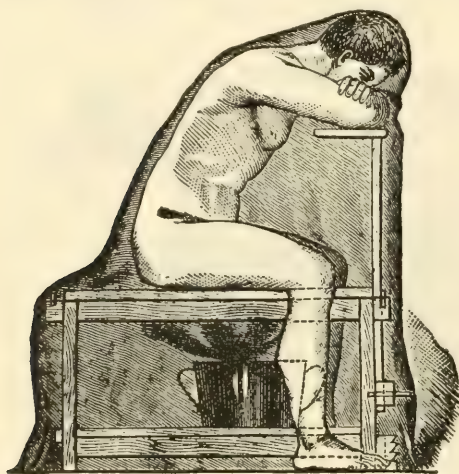


Fig. B

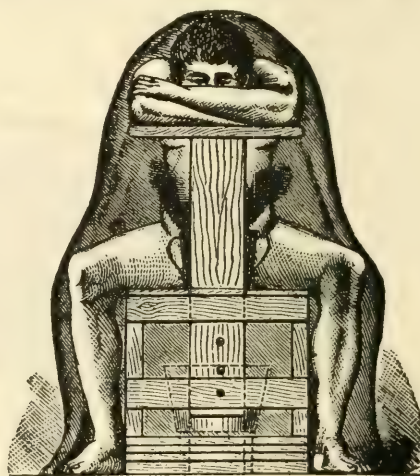


Fig. C

chair is placed, as described above, a pot of boiling water, while the feet are placed over a second pot half full of boiling water, across the top of which two strips of wood have been laid.

My steam-bathing apparatus has the great advantage, however, as already pointed out, that the steam can also be applied only to particular parts of the body, if desired.

Steam-bathing for the Abdomen, which is especially adapted for use in obstinate abdominal complaints and in cases of chlorosis, menstrual disturbances and other female diseases, is shown in Figure B.

The manner of applying it is clear from the illustration. Only one pot need be used at a time, being renewed as the patient may desire.

As the remaining parts of the body also become warmed, the whole abdomen must be cooled down just as after the steam-bath. In fact, the entire procedure in both cases is the same. In many cases, especially in diseases of women, it is well, after the steam-bath, to take a friction sitz-bath. This, or the friction hip-bath, must be continued so long until a feeling of coolness commences to be felt.

When carefully carried out, these steam-baths have a surprising effect.

A *Steam-bath for the Neck and Head*, is shown by Fig. C. The vessel is set on a board laid upon the bench and the head and neck steamed until they perspire profusely. When perspiration begins, any pain will always cease; this is peculiarly noticeable in the case of toothache. The head and chest, if warm, must be quickly washed over with cold water and a friction hip or sitz-bath then taken at once. Should the pains return after a time, whole steam-baths (particular attention being given to thorough steaming of the abdomen) and neck steam-baths may be taken alternately.

These partial steam-baths are of high importance, and afford remarkably quick relief, *e. g.* in troubles of the ears, eyes, nose and throat, and particularly in toothache, and the treatment of boils and carbuncles.

Partial steam-baths can also be given, though not so conveniently, without my special apparatus. The abdominal steam-bath can be taken on an ordinary cane-seated chair; for the head steam-bath, a kitchen-bench may be used, the pot being set upon it and a chair placed in front to serve as a rest for the arms.

The Sun-bath. The method of taking sun-baths, which of course can only be done on *very warm, sunny days*, is as follows. The patient lies down, lightly dressed, on a spot well sheltered from the wind, and preferably on a plaid or mat. Shoes and stockings must be taken off, and women and girls must not wear a corset. Head and face should be protected from the rays of the sun, which is best effected by means of a large green leaf, such as a rhubarb leaf, or by a number of smaller leaves. The naked abdomen must also be protected in the same manner by a leaf, or where not at hand, by a wet-cloth.

A sun-bath should last from $\frac{1}{2}$ to $1\frac{1}{2}$ hours. Patients who do not perspire easily, can lie still longer, provided they do not feel too tired. On very hot days the bath should not be continued too long.

Those who at first get a headache, or feel dizzy, on taking a sun-bath, should let the first baths be of short duration. This particularly applies to patients who either do not perspire at all, or only with the greatest difficulty.

After the sun-bath, a cooling friction hip-bath, or friction sitz-bath, as shown in illustrations, should be taken, to carry off the morbid matter which has been loosened. Patients who do not easily recover their warmth after the cold friction hip or sitz-bath, should sit again in the sun, the head being protected; or they may take a walk in the sun. This applies particularly to patients who are seriously ill, and to delicate persons. Indeed, for such, the sun-bath is frequently altogether too vigorous a remedy and should not be used at the commencement of the cure.

The best time for taking sun-baths is from 10 a. m. to 3 p. m. They may, if desired, be taken just after the mid-day meal, but it is better to wait half an hour, or an hour, since digestion demands bodily warmth, and the cooling baths following the sun-baths would cause too great a diminution in the heat of the body.

Partial Sun-baths. I have made use of partial sun-baths with the best results in cases where there is a *deposit of nodules*, for *open sores*,

induration, tumors and internal growths, painful places of all kinds, etc. The partial sun-bath is taken in the same manner as the whole sun-bath, except that in addition, that particular part of the body which is to receive the partial sun-bath, is bared and protected against the sun by one or more green leaves.

Concerning sun-baths in general, it may be remarked that with water and diet, the sun is the most important remedial agent we have; and there is no other way in which we can attain a like effect. In chronic cases, especially, there is no other such effective and at the same time mild remedial agent as the sun-bath, for exciting and expelling foreign matter. A comparison will make this clear to the reader. It is well known that if soiled linen is laid in the sun, the dirt dries in all the more. But if we put the linen alternately in sun and water, the sun extracts the impurities more or less, and thus renders the wash cleaner: it bleaches it.

The existence of all living beings on the earth, depends upon the alternate action of sun, water, air and earth. Plants and trees can only thrive if they can get sun, water, air and earth; as soon as these factors of life are partly or wholly withdrawn, the plant or tree becomes stunted or fades. It is just the same with all other life, and therefore also with man. Unfortunately most people avoid sun and water far more than is good. The body becomes effeminated and a disposition to disease is the result. A healthy person can bear the heat of the sun without bad effect; a diseased or sickly person, on the contrary, avoids it instinctively, because it causes a feeling of uneasiness. The rapid movement of morbid matter in the body, brought about by the sun, naturally causes headache, giddiness, lassitude and heaviness, if the secretory organs are still too weak. These symptoms, however, are a sure indication that foreign matter is being dispersed. The sun-bath alone, without the subsequent water-bath, would never enable us to attain the desired result; the water has the effect of raising the vitality of the body, to increase which must be our first aim. Plants also, only thrive under the alternate action of sun and water, and soon wither if exposed to the sun alone. When we have once grasped the way in which Nature works, there can be no difficulty in our understanding how, as may occur in chronic diseases, the momentary disturbances (*curative crises*) called forth by the sun-bath, may be counteracted immediately by cooling water-baths. My water-baths, already described, in connection with sun-baths have a wonderfully curative effect.

One might imagine that the action of the sun upon the naked body would be much more intensive than upon the body when covered over or dressed. This, however, is a great error. A glance at nature suffices to convince us. Look at the *vine*, for instance: do not the grapes always seek protection under the leaves against the rays of the sun? They ripen best if everywhere guarded by the leaves; those which are exposed to the sun remain sour and small. The same is the case with *cherry trees*, if when the fruit ripens, the leaves have been all eaten by caterpillars. The fruit does not ripen better than otherwise would have been the case; on the contrary, the cherries wither up without ever attaining their full size. Every fruit requires leaves for its protection when ripening. The examples just cited from nature, show

us most clearly what a difference there is in effect between the direct and indirect influence of the sun.

The action of the sun upon the uncovered head is injurious, all kinds of troubles arising from such exposure. If we keep the body covered with our clothes, the skin opens its pores readily, soon becomes moist and warm and begins to perspire. But the action is greatly increased, if we lay over the naked body a cover containing much water in bound condition. Exactly such a cover is formed by large green, succulent, fresh leaves.

It is well known that through black clothing the sun's rays act quite differently than through white. It is, therefore, not a matter of indifference whether we use clothes, or cloths, or green juicy leaves as protection. Many years of observation *in my establishment* have convinced me, that by far the best dispersive action is exercised on the morbid humors of the body, if the sun shines through green leaves. Sun-baths, combined with my other remedial agents, will thus be found of extraordinary value, especially in cases of nodular deposits in the abdomen, in green-sickness, anæmia, consumption and gout.

The Friction Hip-bath. This is taken as follows: A bath of the shape shown in Fig. D, is filled with water just so far as to reach to the thighs

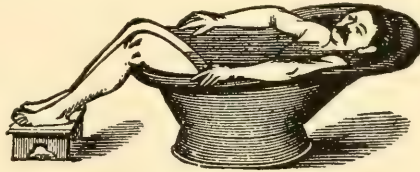


Fig. D

and navel. The water should be at 64° to 68° Fahr., and the bather, half sitting and half reclining should then briskly and without stopping, rub the entire abdomen from the navel downwards and across the body with a coarse moderately wet cloth (jute, coarse linen). This should be continued until the body is well cooled down. At first 5 to 10 minutes will suffice; afterwards the baths may be somewhat prolonged. For very weak persons and children, on the other hand, a few minutes are enough. *It is highly important that the legs, feet, and upper part of the body should not be cooled with the rest, as they usually suffer from want of blood; the former should, therefore, be wrapped in a woolen blanket.* After the friction hip-bath, the body must immediately be warmed again, this best effected by exercise in the open air. In the case of patients who are seriously ill, or very delicate, warmth may be restored by their being put to bed, well covered up. Should warmth return too slowly, a body bandage may be used.

Such friction hip-baths can be taken from once to thrice daily, and the duration and temperature likewise suited to the patient's condition. In many cases, friction sitz-baths should be taken instead, or *both* baths may be taken.

The Friction Sitz-bath. This is of special importance in *diseases of women*, and is taken in the following manner.

In the same bath as last mentioned, a foot-stool, or a wooden seat as made by me, is set. Water is then poured in, but *only so much, that it*

rises to a level with the upper edge of the seat, leaving the top dry. The bather then sits down upon the dry seat, dips a coarse linen cloth (jute or a rough towel) into the water and begins gently to wash the genitals and abdomen, always bringing up as much water as possible with the cloth. It is important that only the external lips, and never the inner parts of the sexual organs, are washed; and they must not be roughly rubbed backwards and forwards, but only laved with as much water as can be brought up. Then the patient, or nurse, should gently rub the back up and down and crosswise, from the small of the back opposite the navel to the hips. Thus, it will be seen, the legs, feet and upper part of the body remain dry. Care should be taken to restore the warmth of the body again quickly, either by exercise or by additional wraps and cover. The baths should be discontinued during the periods. If, however, there should be abnormal menstruation, they can be continued during this time also; but only if given as *especially prescribed* by me in each individual case. The periods should not occupy more than from 2 to 3 days, or at most 4; a more prolonged menstrual flow indicates an abnormal and morbid condition.

The water for these friction sitz-baths should be at the temperature at which Nature supplies it (50° to 60° Fahr.), though in special cases, water of a slightly higher temperature (up to about 66° Fahr.) may be used.

The bath may last from 10 minutes to an hour, according to the age and condition of the patient. The room should be kept comfortably warm, especially in winter. The colder the water in these friction sitz-baths, the better the result. But it should never be colder than the bather's hands can bear it. In the tropics and hot countries, it is not possible to get such cold water as here; but it can be taken as cold as it is to be had. There need be no fear as to the working of the bath in such cases, for the relation between the temperature of the water and the temperature of the air in those warm countries, very nearly agrees with such relation here at home; so that the effect of the bath will be the same in both cases. This opinion has been confirmed in every way, by reports which I have received from tropical regions.

Where no *hip-bath* is to be had, any wash-tub whatever can be employed for the friction sitz-baths. It has only to be large enough for the reception of a stool or some other convenient seat, and contain at least from 5 to 6 gallons of water, reaching up to the edge of the seat. If too little water is taken for these baths, it soon grows warm, thus rendering the bath less effective. Soft water is preferable to fresh spring-water. Where, however, only the latter is obtainable, it is well to let it stand a while, taking care that it does not get too warm.

In almost all better class families, similar baths are taken over a bidet, simply for the sake of cleanliness. Such cold water, however, is not used; nor is the bath taken for the same length of time, nor in the same manner as prescribed by me.

For *males*, the bath is arranged in the same way, and the extremity, that is, the extreme edge, of the foreskin is washed in the *cold water*. The bather with the middle and forefinger, or the thumb and forefinger, of the left hand, draws the foreskin as far as possible over the tip of the glans penis, so that the latter is quite covered and protected against the rubbing. He then, without interruption, gently washes the extremity of

the foreskin, thus held between the fingers, with a jute or linen cloth of the size of a handkerchief, held in the water in the right hand. It is very important to exactly follow these directions. Anyone, therefore, who does not feel sure whether he understands the correct manner of proceeding, is strongly advised to *apply for special particulars*, so as to save himself needless trouble and loss of time, perhaps even positive injury to his health.

In the case of patients suffering from inflamed or gangrenous places in the interior of the body; or where there is a change from chronic, latent disease to acute, the internal inflammation is very soon, frequently after the first bath, attracted downwards, reappearing in the spot rubbed, or in its immediate neighborhood. This is by no means an unfavorable symptom. In Part II, in the chapter on cancer, I shall treat of it more in detail. There need be no anxiety on account of chafing; the baths should be continued as before, a rather softer cloth being used, if desired.

In many cases a still quicker effect will be obtained by letting the water stand three fingers high *above* the seat. The water in such case should be from 63° to 73° Fahr. The buttocks are then in the water; for the rest, the procedure is the same as before.

It may appear inexplicable to many, that just the particular part of the body mentioned, and no other, should be chosen as the place to apply these baths. But as a matter of fact, there is no other part so suitable for the purpose. In no other spot are there so many important nerve-terminations. These are especially the branches of many spinal nerves, and of the *nervus sympathicus*, which, owing to their connection with the brain, render it possible in this way to exert an influence upon the nervous system. It is only at the genitals that the *entire* nervous system can be influenced. Here is, in a sense, the root of the whole tree of life. By washing in cold water, not only is the morbid internal heat diminished, but there is also a marked invigoration of the nerves; that is, the vitality of the whole body, down to the minutest part, is stimulated. Exceptions occur only where the nerve connection has been interrupted, for instance, by surgical operation.

Every reasonable person, not fearing a practical experiment, will admit that the friction sitz-bath, in the form prescribed by me, fulfils all the conditions requisite for the restoration of the proper bodily functions.

It is to be remarked that the *friction sitz-bath*, which has already brought aid to thousands, *is intended only for the sick in health*. Everyone who knows to what painful, as well as disagreeable and indecent operations the human body is very often subjected by orthodox medical science, will look upon the simple, yet surely curative, friction sitz-baths with an unprejudiced eye. Least of all is *prudery* in place where it is a matter of benefiting the suffering. Upon completely healthy persons the friction sitz-bath has no effect, and is moreover not recommended to such. They will find it tiresome, whereas the *sick patient* will often continue it longer than is required.

Here, it is also necessary to call attention to the continued efforts at equalization met with in nature. These are not limited, as is often falsely imagined, to physical processes. They are also found in the regular change of temperature of the human body in relation to that

of its surroundings. There is a change of temperature from within to without, from without to within, not incorrectly designated as an electric current. And as with the purely physical current, there must here be a certain tension. Now the higher this increases, as, for instance, in the case of the body seized by fever, the more unbearable becomes the condition of the person, and the more intensive is the symptom of disease. Like a storm-cloud with its sultry, uneasy oppression, so acts the encumbrance in the human body. Now what can be more natural and more rational than to bring about equalization? The higher temperature must be equalized with the lower; the surplus reduced to the normal. And the bridge, leading to this end, together with my other remedial agents, the friction sitz-baths, which for the various reasons already explained, must of course *only be taken with cold water*. Their working is incomparable and in numberless cases most effective. Where the desired result is not attained, it is because the body has lost its vitality.

If the body is loaded internally with morbid matter, so that it may be compared to a rusty machine, the debilitated digestion will no longer be able to procure sufficient vitality from the usual quantity of food to maintain the person in his former condition. Larger quantities of food are required than before, and as a rule particularly stimulating food, in order to keep him in condition to work. But in this case, naturally, the digestive powers will continue to decrease more and more.

If we wish again to raise the vitality of the body, we can only do so by the agency of some means which improves the *digestion*. The best means known to me are, together with natural diet,* these cooling baths. They improve even the worst digestion (so long as this is capable of improvement at all), within a shorter time than any other remedy, and moreover act in a natural manner. Furthermore, these baths diminish the fever-temperature, caused by the friction of the morbid matter, to the normal, whereby further development of the disease is prevented. If we wished to change the steam rising from boiling water in a room—to take an example from daily life—back to its original form, water, the only way would be to reduce the temperature. It is the same with the morbid matter, that is, with every disease. Disease arises by reason of increased temperature in the body, and can only disappear if the opposite condition is produced, that is, by continued cooling and reduction of the excessive internal heat.

But exactly as a machine can only be properly driven from one point, faster or slower as the case may be, so it is with the human body. The vital power can only be properly influenced from one point—that which I have selected for the application of the friction sitz-baths.

After this explanation, it will be plain to all how it is that I successfully treat diseases of the eyes and ears with the same remedy (*adopted, of course, to the circumstances of each individual case*) with which I, in other cases, cure scarlet-fever, small-pox, cholera, etc. The vitality of the *entire* body is raised, and at the same time there is no possibility of one part being more excited than another, unless, as stated above, nerve connections have been interrupted. How heightened vital power manifests itself, is, however, quite unknown to most people, and often pre-

*See Naturopathic Cook Book, by Louisa Lust, N. D. Nature Cure Publishing Co., Butler, N. J., U. S. A. Cloth, \$1.00; paper cover, 75c.

cisely the opposite to that which the patient expected, occurs. For instance, it may happen that smokers after using these baths can no longer continue the use of tobacco and are consequently inclined to think that their stomachs have been weakened, whereas just the contrary is the fact. Previously their stomachs were too debilitated to resist the nicotine, whilst now they have regained the necessary vigor to rebel against the poison. Wherever the nerves are still capable of being strengthened by these baths, the system will always recover the power of expelling, by the natural secretory organs, the foreign matter which has gradually collected in it.

In addition to the friction sitz-baths, *earth (clay) bandages* round the abdomen, will be found most effective in decreasing the external heat and breaking up the morbid matter. Such bandages are also most beneficial in cases of direct injuries and sores.

No one should suppose, however, that these remedies (adapted to the circumstances of each individual case) will infallibly cure every patient. As I have already remarked, I can cure all diseases but not all patients. For where the bodily vitality and therefore, the digestive power, is already broken down, these remedies will afford relief, such indeed as no other means will, but they cannot in such case effect a complete cure.

There are also severe cases where my baths must only be used with the greatest moderation, where often, indeed, they should be temporarily discontinued. In such serious cases it would appear *inadvisable for patients themselves to proceed* simply on the basis of these directions, without a more intimate acquaintance with my method. *In such cases it is better to apply to me by letter, so that no ill effects may result from the application of the cure.*

WHAT SHALL WE EAT? WHAT SHALL WE DRINK? THE DIGESTIVE PROCESS



FROM the explanations given about the friction sitz-bath and human vitality, we have seen that disease can only arise as a consequence of wrong food. It is only through bad digestion that foreign matter can form and disease develop in the body. Thus the questions: "What shall we eat?—What shall we drink?" are of the greatest importance for us.

As is well known, in order to produce electric power, or a constant electric current, certain definite elements are necessary. It is only with the aid of an acid that we are able through the decomposition or transformation of the zinc and carbon plates, to set free the power which formerly was required to retain the plates in their original structure. This power is then conducted as positive and negative current through wires, to be used as electricity. If, however, in place of these elements (zinc and carbon), we were to substitute others, which resemble them—or consist of similar constituents, or even of the same materials (zinc and carbon), but in another form, for instance, pulverized—we should soon notice a difference. We should, then, either get no generation of electric power at all, or it would be essentially changed, diminished, in spite of the fact that the conditions may otherwise be exactly the same as in the case of the zinc and carbon plates. It is similar with the generation of vital power in the human body. Here, also, the development of more or less vital power, depends upon the right choice of elements, in this instance, of food. This is most clearly to be seen in the case of atmospheric air, our chief food. We have only to take a person for some minutes away from his normal air, and put him into another gaseous atmosphere, and we shall see at once how he dies in a few minutes, the new element not enabling him to maintain his vital power.

The injurious effects of a wrong diet are slower and less striking. The boundary between natural food and deadly poison is very wide. The step from the natural to the unnatural is often so small as to be at first scarcely perceptible. But as we know that foreign matter only forms as the result of wrong food, that is, can only arise in the body as the result of bad digestion, it must be our task to avoid such wrong foods and such bad digestion.

In order to make clear this matter of wrong food and bad digestion, I will here cite a few instances which occur in daily life. We meet stout, corpulent people, who assure us that they eat and drink very little, but complain that they nevertheless are always growing stouter and stouter. Such persons suffer from over-nutrition. Others are scraggy, lean, emaciated, although they are consuming unusually freely what, in their opinion, are the most nutritious foods and drinks. Judging by the quantity consumed, such persons should be in quite another condition.

The food passes through the body, but the latter is unable to benefit by it. A large part of the food passes away unused, or at all events insufficiently utilized. This proves that the mere fact of foods and drinks passing through the body, is no proof at all of a normal digestion, as many people, unfortunately, seem to think.

We thus have two opposite classes of people. The one demonstrates to us how, by eating and drinking little, one becomes stouter, the other, how by eating and drinking much, one becomes thinner. In spite of apparent contradiction, the reason for the ailment is in both cases the same; that is, bad digestion and wrong feeding. This premised, and we can readily understand how, for instance a consumptive person can eat what he considers the most strengthening, nutritious food without his body benefiting at all; whilst, on the other hand, we shall no longer wonder about the want of appetite on the part of apparently strong, but nervous people.

After these explanations, and remembering the remarks upon vital power in the last chapter, it is not difficult for us to find the way to avoid over-nutrition. The reflective reader will no doubt already have come to the conviction, that the most nourishing and suitable foods and beverages are not flesh-meat, eggs, extracts, wine, beer, cocoa, coffee, tea, etc., but only such foods as can be quickly and easily digested. The more rapidly our body can digest the food presented to it, the more it will be able to utilize such, and therefore the more vital power it will be able to generate. The degree of the vitality depends, therefore, upon the digestibility of the food consumed.

The more difficult of digestion a food is, the longer the time required by the body to perform the work of digestion. If we consume such foods, then we must at any rate, if we will not injure our system, wait before eating again, until the first meal has been properly digested. Unfortunately, this is very seldom done, especially as our daily habits are antagonistic to such apparent *fasting*. The true significance of fasting is thus practically unknown to us today.* Man disregards altogether, as a rule, the fasts laid down by nature. On the contrary, we see him in winter, where, generally speaking, he has more time than in summer, eating oftener and more than in the latter season. We find almost everywhere the erroneous opinion prevailing that in winter one should eat well and consume plenty fat, in order to be able to withstand the cold. This, however, is in flat contradiction to all natural laws. How often, very often, have I had occasion to observe the injurious effect of eating and drinking too much during the winter. In nature, we find everywhere a certain period of fasting. We see how snakes fast often for weeks, after having taken a good meal. We see how deer and hares for weeks and months live most sparsely, and yet overcome all the fatigues of a raw, cold winter. Were these animals in the situation to obtain the same amount of food as in summer, they would without doubt become ill and be unable to withstand the winter cold. Cold retards, as we know, every process of fermentation, and therefore the digestion. Thus a quantity of food which in summer would be easily digested, in winter

*Foremost authors and best books on Fasting are: Purinton, E. E., "The Philosophy of Fasting;" cloth, \$1.60; paper cover, \$1.10. Ehret, A., "Rational Fasting and Regeneration Diet," 50c. Nature Cure Publishing Co., Butler, N. J., U. S. A.

is much more difficult to digest. Hence the reason for the fact that our domestic animals, which for the most part are fed in the stall, almost always suffer from over-nutrition, are unable to stand the winter cold in the open; whilst animals in a state of nature, can endure even the fiercest storm, for they possess a power of bodily resistance unfortunately far too little regarded to-day.

These expositions now make it obvious to us, that disease only arises through a kind of over-nutrition. And we come thus naturally to the conviction that it is by no means a matter of indifference *what we consume, in which form we consume it, and where we consume it.*

To render the matter clearer, I will again introduce some examples.

If we drink boiled water, it tastes flat and disagreeable. How refreshing, on the other hand, is a draught of fresh water, how invigorating an apple! Just so with the air. Oppressive and relaxing, producing in many a headache—such is the effect of the stuffy, used up air of the average room, especially if the chamber be small, and a number of persons have been sitting in it. How one longs in such a case for the fresh, animating outside air.

And of like importance is it, where we consume our food. That which we eat in the open air, is always more easily digested than that consumed in the house; because in chewing, the food is mixed with air, and fresh air acts quite differently upon the digestibility of the food than the bad air of our rooms does.

As already stated, those foods which are most easily digestible, are exactly those which are best suited to nourish the body. Over-nutrition, also, is *least liable* to occur where the food is easily digested. It is, then, our first point to determine what the most readily digested foods are, that is, those which supply us with most vitality. The answer to this all-important and much debated question is as simple as it is natural.

THE INDIGESTIBILITY OF DENATURED FOOD

THOSE foods which taste good in their natural state, and tempt us to eat, are always those which are most easy of digestion, and which supply us with the most vitality.

All foods which we have to *change by cooking, smoking, spicing, salting, pickling, and putting in vinegar*, lose in digestibility, and as regards *vitality*, are far inferior to food in its natural condition, even though the above-named processes may enable the foods to keep longer.

Of cooked and prepared foods, those are most easy of digestion, which are most simply prepared or cooked, and least salted or spiced.

Foods in fluid form, such as soups, and beverages, as beer, wine, cocoa, etc., are *much more difficult to digest* than those which in their *natural condition are solid*, and capable of being chewed. For this reason, continued use of fluid nutriment tends to dilatation of the stomach and disturbances of the digestion.

Those *foods* which in their *natural form* create *disgust* and *nausea*, are always *injurious to the health*, however good they may taste when in a prepared and cooked condition. And above all, flesh-meat comes under this class of food. No one would ever think of biting into a living ox, or eating raw sheep's flesh. Our instinct and natural feeling may be misled by seasoning and dressing; but foods repulsive to our true instincts, smell and taste, can never be rendered wholesome by such means.

For a clearer comprehension of the principles of natural diet, the following points must be remarked.

All foods are easier of digestion, and more strengthening, when not fully ripe, *i. e.*, in a not yet fully developed state, than if already over-ripe. Unfortunately, the general public has got the erroneous idea that unripe food is unhealthy, because it causes diarrhea, flux and dysentery. This is quite a mistake. To be sure, a person who is accustomed chiefly to flesh-foods, and who then, by chance, eats an unripe apple, or other unripe fruit, gets diarrhea. But, on the other hand, we have exactly here an excellent proof of the easy digestibility of unripe fruit. Every easily digestible food is rapidly transformed by the fermentive process of digestion, in a manner such as is not the case with foods which are difficult of digestion. If now in the organs of digestion there are foods which are difficult to digest, or to transform by fermentation, they will be acted upon by the quicker fermentive process of the unripe fruit, in such a way that they also will be set in a state of decomposition and fermentation. In this manner arises the diarrhea which is so much, though wrongly, feared. Such a crisis of diarrhea often rids the body in a surprisingly short time of a great deal of the foreign matter in it, and is according to my experience, of the greatest benefit to the organism.

It will be well known to readers, that dogs, which through the over-attention of their owners become too fat, very frequently eat grass, a

food which is not properly intended for a carnivorous animal. The reason for this conduct is, that the instinct of the dog teaches him that the grass, by reason of its easy digestibility, is the best aid for his digestion, overloaded with too rich food.

Thus to persons suffering from affections of the stomach, or troubles of the digestion, unripe fruit is to be recommended instead of ripe; and the use of such should be continued until the stomach is so far strengthened as to be again able to digest the fruit ripe.

As with fruit and other foods, so are grains (likewise of very different degrees of digestibility, according to their preparation, and the manner in which we eat them), always most easily digested in their most natural state, that is, as whole grains. Naturally the grinding of the grain gives the teeth much work, but it is exactly the chewing and the thorough insalivation thus caused, that mainly promotes the digestion. Of course, only those people who are the fortunate possessors of a good set of teeth can consume grain in this form; those who have lost their dental organs to a greater or less extent, will not be able to perform the work. Such patients must chew the grains previously ground. Where the circumstances permit it, ground corn is a very important food for the seriously ill, and should always be used where wholemeal bread cannot yet be digested. In such a case, coarse ground meal with unripe fruit is of the greatest service, and wherever the patient is capable of recovery at all, improvement will very soon take place. In the form of wholemeal bread, the grains are not so easily digestible as when eaten raw, as above mentioned. Of all kinds of bread, however, whole wheatmeal bread is the easiest to digest. For most breads, only the white, mealy interior of the grain is used, the outside parts being nearly always utilized for other purposes. In this way a fine meal is obtained, but the bread made from it gives the digestion far more work to do, than does wholemeal bread. It thus leads to constipation, the bran, the most important part of the grain, having been rejected.

Oats, as everyone knows, are an excellent food for horses. But how much depends upon the form in which the oats are given, in order that they may prove a valuable food, every horse-owner will confirm. If we fodder the horses on oats mixed with chaff, they will be able to digest them most easily and will be best nourished. If, on the contrary, we give the animals *oats without chaff*, we shall soon find that they can no longer digest the fodder so easily. If, finally, we give as fodder other grains such as wheat or rye, without the addition of chaff, we shall see still more clearly than before, from the digestion of the horses, that those foods alone are too heavy. Still more clearly is the difficulty of digestion seen, if we supply the horses only with oats from which the husk has been removed. The animals grow fat on them, but on the other hand become constipated and unfit for work.

The easy digestibility of grain is due chiefly to its shell or husk; the more shell or husk, the better for the digestion. The oat, is, of all grains, that which has the greatest amount of shell, and therefore much better adapted as horse-food than wheat or rye.

Although in the dung, oat-husks and chaff are found apparently unchanged, it is not therefore to be assumed that these have been worthless ballast as far as the horse's digestion is concerned. That would be a serious error. This ballast is as necessary to the horse for his normal

digestion, as the interior part of the grain. *Food precisely in the form nature gives it to us*, is always the best for the digestion.

For mankind, likewise, it is of the utmost importance in *what form* we take our food. Often we hear people saying: "I cannot digest the pulses, they give me flatulence." But this depends greatly upon the manner in which they have been prepared. In the form of a purée or soup, as they are generally eaten, they certainly are difficult to digest, so that it is no wonder if they cause trouble. As soup, especially, they are objectionable, for soup reaches the stomach *unchewed*, and therefore in a state unprepared for digestion. If, on the contrary, we boil, for instance, the peas, in only a little water, so that when cooked they have absorbed nearly all the moisture, and appear in their natural round form, we shall scarcely consume one third of the quantity that we swallowed down as soup. Furthermore, we shall notice that this smaller quantity, although eaten with the shell, causes no unpleasantness, and is far more strengthening than soup.

I am reminded of a laborer who, from necessity, was obliged to live for some three months on nothing else than a handful of raw peas daily. With evident delight, this man used to relate to me the episodes of that dreadful time, when he often had for hours to let the peas soak in his mouth, in order to get them soft enough to chew. Yet in spite of this scanty food, he maintained that he felt in the highest degree well, and was, in fact, never better in his life. This instance speaks to the high nutritive value of food in its natural condition. It teaches us further, that also when we are dealing with nutrition, the principle of nature, which we recognize everywhere, is again to be found: to perform the most, with the simplest and smallest means.

My expositions may now have made it clear to my readers, how over-nutrition is to be prevented. Of course, I am not able to state exactly what and how much every person, or every patient should eat, in order to avoid over-nutrition again. There are scarcely two patients whose digestive powers are quite alike, so that the exact quantity, or kind, of food can never be decided offhand. Each must find out for himself what suits him best. It must, therefore, suffice to give the relative digestibility of the various foods.

As regards the digestive process itself, the orthodox school gives us no certain basis to go upon. Even the magnificent discoveries of chemistry, by the aid of retorts, balances, and all kinds of other apparatus, are of little significance for the New Science of Healing.

Digestion itself is a process of fermentation in the body. By it, foods are converted into quite different materials within the human system. The body appropriates for itself as much of them as are suitable, that is, assimilable. All foods, the fermentability of which we alter by artificial preparation, or suppress by means of salt, sugar or cooking, are difficult of digestion; that is, the body can only assimilate them with difficulty. Their fermentability being thus influenced, they require a longer time than ordinarily, before they come into a state suitable for digestion. In other words, in order to reach the required condition, they remain much longer in the digestive canal than they should, whereby a higher condition of fermentation and consequently a higher temperature is caused. The greater development of internal heat caused by this

condition, contributes finally to the firmer consistency and darker coloration of the fæces in the intestines.

Digestion begins, as is well known, in the mouth. The foods then reach the stomach, where they mix with the gastric juice, and are thoroughly acted upon. They thus come into a state of decomposition or fermentation which essentially changes them. In the intestines, the process of fermentation increases in intensity, and the fermenting food is further mixed with the secretions of the pancreas, and other digestive juices.

That which is useless for the body is secreted again through the intestines, kidneys and skin. Sometimes we observe how animals completely digest, in a very short time, such apparently altogether indigestible things as tendons and bones. If now we examine the excrements of such animals, we will find absolutely no undigested pieces of bone. With men, on the contrary, we find that the food often remains a whole week in the digestive canal. This gives rise to an abnormal condition of fermentation. The gases developed by this fermentation, which are not at all concerned in building up the body, are conducted to the skin, and are expelled as perspiration and effluvia, and on the other hand as wind. This wind should never be suppressed, since it is highly injurious to the body.

The digestion is normal when the excrements are *light brown, soft* and compact, and covered with a mucous coating, clearly showing the slimy nature of the various juices of the body. They should be of sausage form and leave the body absolutely unsoiled. We observe this in the case of all healthy animals; and so it should be in the case of healthy men. The end of the rectum is of such appropriate form, that when the digestion is normal, the excrements are exerted without the parts being in any way dirtied. Closet paper is an acquisition for *diseased humanity*, as I have already remarked; the *healthy* country population does not use it. Furthermore, the excrements should never emit an *obnoxious, disgusting odor*.

If this is the case, we must conclude that the fermentive process of the digestion is here more or less abnormal. This leads to *constipation* or *costiveness*. The fæces stick firmly in the dried up intestines and cannot be moved at all. The fermentation nevertheless still goes on within. It compels the hard fæces to change in form, and causes an active evolution of gas, which finally begins to penetrate throughout the body. The internal pressure, and tension caused by this condition of fermentation, tends towards the extremities and skin. If now, the latter no longer performs its functions, so that the gaseous foreign matter finds no exit, more and more of it is deposited under the skin. The latter now becomes still more sluggish and its temperature decreases below the normal. Its fine blood-vessels become so saturated with foreign matter that healthy blood, which alone can warm the skin, is no longer able to circulate to the outside of the body. Hence, the external temperature of the latter falls, and the *skin* assumes a *chlorotic color* of one kind or another. Usually, there is a pale, corpse-like appearance (see the remarks on Chlorosis, Part II), but the exact color differs, according to the quality of the foreign matter and of the blood. Large quantities of urine in the blood cause the skin to appear red; in other cases the skin may be yellow, brown or greenish. The external colder temperature, in

opposition to the internal heat, causes the gaseous foreign matter to become still harder; compressed together by the united action of the internal pressure and the low external temperature, it fills the surface of the body. In this way, a change is gradually brought about in the form of the body, which we call *encumbrance with foreign matter*. The extent of such encumbrance can be ascertained by my new system of diagnosis, the Science of Facial Expression. It is in this manner that all affections of the head, such as diseases of the eyes, ears and brain, mental debility, headaches, and the like arise. With the recognition of this unassailable fact, we solve at once one of the most puzzling riddles to be met with in the treatment of suffering humanity, and at the same time perceive the utter futility of the teachings of that medical school which will cure disease by a purely local treatment.

It is really remarkable what opinions the public has today concerning normal digestion. We often hear people saying, for instance: "My digestion is capital, I can eat so and so many beef-steaks and drink so and so many glasses of wine, without experiencing any indigestion. Everything agrees with me; I have a first-rate appetite." All this may be granted, yet, such habits are quite as injurious as smoking, say, ten cigars daily. Tobacco is, and ever will be, a poison to the body, and the body which has to occupy itself in the endeavor to expel nicotine, must, as a matter of course, suffer in consequence. It is just the same with eating and drinking. A perfectly healthy stomach will refuse to retain even the smallest quantity of inappropriate food. By such complaints as eructation, heartburn and oppression, it indicates immediately that too much has been exacted. A debilitated stomach, on the other hand, tolerates apparently everything, that is to say, it has not the power to resist either unsuitable or superfluous food. In other words, the natural function, the natural instinct is lost. The food leaves the body insufficiently digested, without the latter having received any benefit from it.

The nutritive value of the various foods, depends, it must be specially mentioned, *solely and only upon the digestive power of the stomach, and the capability of the system to assimilate*; it is another thing than the percentage of nutritive material which the food may contain. Wholemeal bread, stamina, fresh fruit, vegetables and farinaceous foods, boiled in water, and without the addition of fat, sugar or salt, contain, as is well known, far more assimilable material for the body than the best wine, the most expensive fleshmeat, eggs or cheese. Without doubt, these last named foods, *according to chemical analysis*, also contain those constituents of which the human body is composed, but this is no proof at all that they therefore afford us the most appropriate nutriment.

The human body is able to extract from the simplest aliments, such as grains of corn, all those constituents which chemistry has pointed to as indispensable for its structure. Grain, such as we find in wholemeal bread, well chewed and insalivated, becomes sour immediately it enters the stomach. Through the process of digestion it is converted into important nutritive material for the body, alcohol, sugar, etc., being formed. *Such material is readily assimilated by the body, because it has been formed by it*. Those constituents of the grain which cannot be assimilated, are expelled again from the body in a certain definite form and of definite color.

Although the proofs brought forward by me often do not find acknowledgment, the army of continually increasing diseases certainly does not exactly bear favorable witness to the progress of medical science. The public has here a gauge by which to measure the results of the practice of the orthodox medical school. How many have allowed themselves to be led astray by the false teachings of the medical profession; how many have broken Nature's laws in the good faith that they were acting well and wisely. But every transgression brings its own natural punishment in the form of disease or sickness.

I cannot refrain here from publishing part of a letter received by me from a distant land, from an enthusiastic missionary in Honolulu. He wrote: "The natives here, before the whiteman was known, lived exclusively upon poi (the national dish of Honolulu, consisting of taro root beaten into a paste with water, forming an exceedingly nutritious food), with bananas and other fruits. Their only drink was pure water. They thus lived on a purely natural diet and their stature was gigantic, they were overflowing with health and strength. Then came the whiteman and taught the native that only flesh could give strength and only alcohol, particularly gin, produces energy. It did not continue long before the first cattle were imported and gin was spreading its blessing through the land. In the annals of Hawaii, the name is even recorded of the Hawaiian chief who first—on May 18th, 1819—openly changed his former manner of living. Pork has now become the national food and gin the national beverage; *but with what results!* The majority of the natives (Kanakas) suffer from eruption of the skin, and asthma; sexual diseases are common and there is a great tendency to leprosy, which reaps a rich harvest amongst them." We see, then, how the natives on the new manner of living, brought to them by our much-lauded civilization, at once became diseased. The fact is another proof of the utter falsity of the theory of dietetics taught by the medical profession. In this case, naturally, the warm tropical climate was most favorable to the propagation of the disease which, in a cold climate like ours, would have been much slower in making its appearance.

Let us now consider the theoretical principles upon which a natural system of diet is based.

THEORETICAL PRINCIPLES THAT DEMAND A RATIONAL, NATURAL SYSTEM OF DIET

WE sustain our bodies through two organs: the lungs and the stomach. The reception of substances through inoculation with fluids is contrary to nature, and therefore always accompanied by injurious effects. The body has a sentinel for each: the nose for the former, and the tongue for the latter. Unhappily, as experience teaches us, neither is thoroughly incorruptible. There can hardly be a doubt that the fresh mountain air is the best food for our lungs; and in breathing such, our sense of smell is fully satisfied. He who has always lived in this pure air finds it quite impossible to remain for hours in smoky rooms, for his sense of smell warns him at each breath he draws. But if he often frequents such places, the warning voice gradually grows fainter, until finally silenced; indeed, the sense of smell at last becomes so accustomed to the bad air that this even appears pleasant. The sense has been corrupted and time is required before this morbid appetite can again be cured.

But, as we breathe from 16 to 20 times every minute, the ill effects of the direct absorption of foreign matter rapidly make themselves apparent, and thus it probably is that our understanding soon assumes the guidance, when our sense of smell has deserted us.

It is even worse with the tongue, which is unfortunately corrupted from our childhood, and which can, therefore, hardly be regarded as reliable at all. It is well known, indeed, how the sense of taste can be made to conform to our habits. Nevertheless, it is of prime importance that the body should receive the right kind of nutriment; for all unnatural foods contain substances which are foreign to the body, and thus give rise to disease, as we have already seen.

Let us, then, consider the question: "What diet is the natural one?"

As we can no longer place full reliance on the tongue, we must seek to obtain an answer to this question by the aid of careful observations and conclusions in other directions.

Considered as a whole, the question is a purely scientific one. For its solution, therefore, we must adopt the only method admissible in science, the so-called inductive method, drawing general conclusions from particular cases. We may divide our task into three parts; we must (1.) Collect observations; (2.) Draw conclusions therefrom; (3.) Make experiments.

The field of observation is an extremely wide one, and it is quite impossible for any one person to familiarize himself with every part. We must, therefore, content ourselves with a few excursions, just as one might make, if one desired to acquaint oneself with the flora of a country.

The ground to be traversed, in making a scientific enquiry into the question of diet, is so extensive that we must decide from the very commencement to keep our consideration within the closest bounds.

For, to view the matter more comprehensively, we should have to inquire into the food of every organic being whatever. It will, however, suffice for us, if, in order to draw conclusions and to gain a foundation for systematic experiments, we consider only the higher forms of animals, that is, those nearer akin to ourselves. But to save digressions, I shall assume that you are familiar with all points on which general agreement prevails, and which are evident from observation, or have been proved beyond doubt.

A single glance at life in nature tells us that beings, in order to maintain the transformation of material going on, must, necessarily, obtain nourishment, in the choice of which, however, they are decidedly limited. A plant which grows luxuriously in the saliferous soil of the sea-coasts, dies when transplanted inland; one which flourishes in dry sandy ground, withers in the garden; and cultivated plants accustomed to rich humus, on the contrary, cannot grow in sand.

We observe quite the same thing in the animal kingdom, and in such a marked degree, that we can accurately classify animals according to their food. The classification of animals into those which feed on flesh and those which eat vegetable food only, is known to all; but this division is only a superficial one. On examining the matter closely, we find that we must separate the insect-eaters (insectivora) from the flesh-eaters proper (carnivora); and that the vegetable-eaters may be divided into those which live on herbs, grass and the like (herbivora) and those which live on fruit (frugivora). Besides these, we find some few which live on both kinds of food (omnivora). Our observations must also extend to the organs which aid in nutrition, in the case of each class. These afford us so good a clue to the diet, that we can determine, even from the skeleton, to what class the animal belongs. We will turn our attention chiefly to the *teeth*, the *digestive canal*, the *organs of sense* which guide the animal to its food, and the *manner in which it nourishes* its young. Thus, there are four excursions which we propose to make into the territory we have marked for observation.

As you are aware, teeth are divided into three classes: Incisors or cutting teeth, canines or dog-teeth, and molars or grinding teeth. The incisors of carnivorous animals are little developed, and hardly used at all, whereas the canines are of striking length. They project far beyond the rest and in the opposite row a special gap is necessary for their reception. They are pointed, smooth, and slightly curved. They are in no way suited for chewing, but especially adapted for *seizing* and *holding* the prey. In the case of predatory animals we call these teeth fangs, and can observe how they really are used as such. For dividing the flesh into small pieces, the back teeth are employed, the surface of which is covered with points. These points do not meet, but fit closely side by side, so that in the operation of chewing they only mechanically separate the muscular fibres of the flesh. A lateral motion of the jaw would hinder this process, nor is it possible in the carnivora. It is therefore clear that animals of this class cannot grind their food. We see, for instance, how hard it is for dogs to well masticate pieces of bread, so that they have finally to swallow the food nearly unchewed.

In the herbivorous animals, the incisors are developed for biting off grass and herbs. The canine teeth are usually stunted, the molars are broad, and well adapted for *crushing* and *grinding* herbaceous food.

MAN A FRUGIVOROUS ANIMAL

THERE are not many frugivorous animals; for us, the anthropoid (man-like) apes are the most important. It is in the frugivora that we find the teeth most evenly developed. They have nearly all the same height, only the canines projecting a little beyond the others, though not enough to enable them to serve the same purpose as in the carnivora. They are conical, but blunt at the top and not smooth, so that they could not serve for seizing prey. One can see that they are very powerful; indeed, we know that the anthropoid apes can perform astonishing feats with their teeth. The molars of these animals are furnished at the top with fold of enamel, and as the lower jaw admits of ample lateral motion, their action may be compared to that of mill-stones. The circumstance that not a single molar is pointed, is of special significance, for thus we see that they have not one tooth intended for chewing flesh. This is the more remarkable, because the omnivora, to which only the bears, properly speaking, belong, have both pointed and broad-topped molars. Of course, bears also have canines, like those of the carnivora, without which they could not seize their prey; the incisors, on the contrary, resembling those of the frugivora.

Now, which of these sets of teeth most resembles that of man? There is no room for doubt, for we can perceive without difficulty that the human teeth are formed almost precisely like those of the frugivorous animals. In man the canines do not grow quite so long as they do in the frugivora, and project very little, or not at all, beyond the others, but this difference is not material. It has often been concluded, from the mere presence of the canine teeth, that the human body is also organized for a flesh diet. This conclusion, however, would be justified only if the canines in man were able to fulfill the same function as the canines of the carnivora; and if, like the bears, we had at least a few corresponding back-teeth for dividing the flesh.

The conclusions which we must draw from our observations are as follows: (1.) Man's teeth do not resemble those of the carnivora, therefore he is not a carnivorous animal; (2.) Man's teeth do not resemble those of the herbivora, therefore he is not an herbivorous animal; (3.) Man's teeth do not resemble those of the omnivora, therefore he is not an omnivorous animal; (4.) Man's teeth almost exactly resemble those of the anthropoid frugivora, therefore it is highly probable that he is a frugivorous animal.

The false deduction mentioned above, is frequently brought forward in another form, as follows: "Judging by his teeth, man is neither a carnivorous, nor an herbivorous animal, but stands in the middle position between the two, therefore he is both." We need scarcely point out, that this conclusion is logically quite untenable. The notion of a middle position is much too general and indefinite to find application where

scientific proof is required; only in mathematics does it admit of a definite conception.

Let us now enter upon our second excursion through the rich field of observation, and turn our attention to the digestive canal of the animals. Predatory animals have a small, almost round stomach, and the intestines are from 3 to 5 times as long as the body, measuring the latter from the mouth to the root of the tail. The herbivora, particularly the ruminants, have a large compound stomach, and the intestines are from 20 to 28 times the length of the body. In the frugivora, the stomach is somewhat broader than in the carnivora, and in the duodenum they possess a continuation of it, which may be described as a second stomach. The length of the intestines is about 10 to 12 times that of the body. In anatomical works it is often stated that the intestinal canal in man is from 3 to 5 times as long as the body and consequently more suited for a flesh diet. This is to accuse Nature of a flat contradiction: as regards the teeth she has formed man, in the popular opinion, as an omnivorous animal; as regards his intestines as a carnivorous one. But this contradiction is only apparent. In the above comparison, the length of the human body has been measured from crown to sole; whereas to conform with the other cases, only the distance from the mouth to the end of the spine ought to be measured. The conclusion drawn, therefore, is a false one. The length of the human intestines is from 18 to 28 feet, depending upon the height of the individual, and the body from head to end of spine $1\frac{1}{2}$ to $2\frac{1}{2}$ feet, a division yielding a quotient of about 10 or 11. Hence, we arrive at the conclusion that **MAN IS A FRUGIVOROUS ANIMAL.**

On beginning our third excursion, let us consult the sign posts to our diet—the senses. It is chiefly by the senses of smell and taste that animals are directed to their food and at the same time incited to eat. When a predatory animal finds the scent of game, his eyes begin to sparkle, he follows the trail with eagerness, springs upon his prey and greedily laps up the warm blood, all this evidently affording him the keenest pleasure. The herbivorous animal, on the contrary, passes quietly by his fellow creatures, and can at most be induced by other reasons to attack them, his sense of smell would never betray him into eating flesh; he will even leave his natural food untouched if it is sprinkled with blood. The senses of smell and sight lead him to grass and herbs, which also gratify his taste. We notice the same thing in the case of the frugivora, whose senses direct them to the fruits of the tree and field.

But how do the human organs of sense act? Do the senses of sight and smell ever entice us into slaughtering an ox? Would a child, who had never heard anything of the slaughtering of animals, even if it had already eaten meat, ever think, on looking at a fatted ox: "That would be a tid-bit for me"? Only when we can associate in our mind the connection between the living animal and the roast as it comes upon the table, are we capable of such thoughts; they are not given to us by Nature.

The very idea of killing is abhorrent to our senses, and raw flesh is agreeable neither to the eyes nor the nose. Why are slaughter-houses always being removed further and further from our towns? Why are there, in many places, laws forbidding the transportation of flesh

uncovered? Can this in point of fact be styled a natural food, when it is so offensive both to eye and nose? Before being eaten, it has, by means of condiments, to be rendered attractive to the senses of smell and taste, unless indeed these have already been abnormally deadened. How delightful, on the other hand, do we find the fragrance of fruit. It is surely no accident that reporters at fruit-shows almost invariably express their feelings in the set phrase: "The sight of the fruit makes one's mouth water." I may remark that the various grains also possess an agreeable, if faint, odor, and have also a pleasant taste, even in the raw state. There is nothing repulsive to us in harvesting and in cooking grain; and not without reason has the country-man been called a happy and contented rustic. Thus, for the second time, we must draw the conclusion: "By nature man is decidedly a frugivorous animal."

In examining, on our third excursion, the arrangements made by Nature for the propagation of the species, the observations are more difficult. All animals, on their entrance into life, are provided with a food which favors their rapid development. For new-born babes, the mother's milk is undoubtedly the only natural food. And here we observe that a great many mothers are quite incapable of performing their sacred duties, their organism not being in a condition to produce the nutrition for the child. This is especially deplorable, because such children are thus deprived at the very commencement of their life of the natural standard for sensuous impressions, no artificial food resembling the natural one in every respect. Observation shows us that the mothers of the so-called "better classes," whose chief nourishment is flesh-meat, suffer most in this respect, and are obliged to employ wet-nurses from the country, where very little flesh-meat is eaten. As a rule, such nurses on securing a situation, then live on the same food as the other inmates of the town house, and as a consequence not seldom lose the ability to suckle the child. On voyages, oat-meal gruel is given to nursing mothers; for on the diet usually supplied on board ship, consisting as it does largely of flesh-diet, their breasts would soon dry up.

From these observations we draw the conclusion, that flesh-diet affords little or no aid in the production of the mother's milk. (We do not mean to say, that on a vegetarian diet every mother could nurse her own child; for this, a certain degree of health is also requisite, which cannot be attained all at once.)

Thus, for the third time, we are forced to the conclusion that man is naturally a frugivorous animal.

If our conclusion be correct, it necessarily follows that the greater part of mankind has wandered more or less from a natural diet. Creatures of Nature have turned aside from their natural food! That sounds monstrous, and needs still further proofs. Is it possible, then, that other creatures can likewise forsake their natural food; and what consequences would this have? This question must be answered before we can proceed.

We are well aware that dogs and cats can be accustomed to *vegetable* diet; but can we also adduce instances of vegetable feeding animals having become accustomed to flesh diet? I was once enabled to observe an extremely interesting case. A family reared a young deer, which soon made friends with the house-dog. She often saw the latter lapping meat-broth, and soon attempted to take her share at meal-times. At first, she

always turned away with signs of disgust at the mere taste of the broth; but she repeated the attempts, and in a few weeks ate her share with relish. In a few weeks more she could even eat fleshmeat, which she at length preferred to her natural food. But the effects were soon observable; the animal became ill and died before it was a year old. I may add that this deer was not confined, but ran about at will in the garden and woods.

We know, too, that the frugivorous apes can be easily habituated in confinement to a flesh diet, but then as a rule, die of consumption within a year or two. This is usually attributed to the climate, but as the other denizens of the tropics thrive quite well in our zone, we are justified in assuming that it is the unnatural food which is principally to blame. Recent investigations also confirm this view.

It is, therefore, certain that animals may turn from their natural food; and thus the assumption that a great part of mankind has done the same, becomes still more probable. But if this be the case, the consequences must also be perceptible to us—diseases must surely appear, or have already appeared.

Should we ask in sober truth, how many persons have never required a physician, I believe we would find very few indeed. And how many are there who really die of old age? The cases are so rare that the newspapers usually record them. There are extremely few persons to be found who are not encumbered with foreign matter. In general, the more frugivorous country-folk, though not living strictly in accordance with Nature, are more fortunate in that respect; and though fresh air may play its part, food is here the prime factor. Although it is certain, that the unsatisfactory condition of our health is partly the result of other causes, we can ascertain by a comparison with the animal kingdom, that food is the most important cause. For instance, animals kept in the stable live in the most unfavorable hygienic conditions imaginable; they are forced to breathe continually the gases issuing from their excrements, and are almost wholly deprived of free exercise. They must naturally become diseased in consequence, and one can take it for granted, that such cattle are never quite healthy. But despite these unfavorably hygienic conditions, there are not so many diseases prevalent amongst these animals as amongst men, who in all these respects can and do take much better care of themselves. The blame, therefore, must be laid chiefly on the food consumed.

PROOF OF THE BENEFICIAL VALUE OF VEGETABLE DIET

WE have now proceeded far enough to take a last step, and prove by *experiment* the tenableness or untenableness of our conclusions.

Two objections, often raised, we can examine at the same time.

The first is that man, in consequence of higher organization, is not subject to the same conditions as creatures standing on a lower level. And the second objection is, that through long observance of a flesh diet, the human system has perhaps adjusted itself to the new diet in accordance with the Darwinian theory of adaption. This second objection is again divided into two parts: first that the *whole human race* has undergone this process of adaption; and secondly, that *adults*, at least, could not without danger abandon the diet to which they have become accustomed.

All these questions can be finally settled only by experiments, undertaken both with children and adults. And many such experiments have already been made, the results of which I shall here briefly sum up. In a number of families children have been brought up from birth without flesh-meat, and I have made a special point of watching their development. I can confidently assert, that the experiments have resulted in favor of a *natural* diet, *i. e.*, a diet from which flesh is excluded. The children develop admirably both physically and mentally, whether as regards understanding, will or temper.

This leads me to a few special remarks on education as regards morality. This question has become a burning one, lamentations over the immorality of youth being a matter of every-day discussion. Now, what is the worst enemy of morality? Ask the clergy of all religions, ask philosophers and teachers of ethics, and you will always get the same answer: "The sensual passions." Extraordinary trouble has been taken to suppress the passions, but for the most part by means of unnatural remedies, such as excessive fasting, scourging, monastic confinement, etc., of course, therefore without much effect. But just as a general can conquer the enemy most quickly and surely, by preventing him from drawing up his army in order of battle, so it is with the educator. If he can succeed in preventing the development of the sensual passions, the arch-enemy of morality is overcome; one chief means to this end is the nourishment of children on an unstimulating, natural diet. Experiments have proved the correctness of these statements, and the fact is of such high importance, that it cannot be sufficiently emphasized.

Freedom from sensual passions, and the peace of mind thereby obtained, likewise form a sure foundation for an excellent intellectual training. Every psychologist knows, that a state of contentment is by far the most favorable to mental activity, to clear thinking and sound judgment; and this can hardly be attained in any way so successfully as by a vegetarian diet.

Though I would willingly pursue this theme further, I regret that I must break off here for fear of trespassing too long on your attention. We must, however, still just consider the many experiments which have been made with grown persons, we advocates of the natural system of living standing before you as examples. What results we have attained, can be most readily gathered from the fact that we have become, and remain, faithful adherents of this mode of living. I would here remark that you must not forget that most vegetarians have been driven to adopt their diet by serious illness. While they themselves, therefore, are glad that they have been able to regain tolerable health by this means, one cannot, of course, expect all of them to be strong and ruddy complexioned; many attain to such health, others do not. For instance, take the case of Theodor Hahn, who at the age of 29 was on the verge of the grave, and his recovery held to be impossible by the doctors. By the aid of a natural diet he attained fair health, and was enabled to live 30 years longer. The experiment assuredly resulted in favor of the fleshless diet, so that it really seems strange that our opponents should cry out triumphantly: "You see he only lived to be 59 years of age!"

The New Science of Healing without Drugs and without Operations has proved the unstimulating diet to be the natural one, and absolutely essential for any thorough cure. Experience, too, has proved that the cure always goes on more rapidly if a strictly unstimulating diet is followed. Those who cannot make up their minds to forsake the flesh-pots and give up spirituous drinks, greatly retard their recovery; since they are continually conveying new foreign matter into their systems, which has to be again expelled. The disposition to disease is therefore never gotten rid of.

Persons who are tolerably well, are better in a position to tax their bodies with such additional work, although it is always to their own disadvantage. He who would regain health, however, requires all his physical energy for expelling the morbid matter; and this strength, as experience shows, is only to be obtained from an unstimulating system of diet. The prevailing mixed diet is sufficient to explain to us why sickness and sickliness are to be met at every turn.

WHAT SHALL WE EAT AND DRINK?

YOU will now ask for details as to exactly what to eat and drink. With reference to beverages, I must return once more to our field of observation. Except man, we find no animal that naturally chooses any fluid other than water to allay its thirst. It is noted that animals nearly always seek flowing water, and prefer to drink from rivers or brooks, rather than from springs gushing from the rocks; which accords with the proved fact that water which has been exposed to the rays of the sun, and flowed over gravel, is preferable to fresh spring-water. Animals which feed on succulent food, drink very little, and man himself is seldom thirsty if he does not neglect juicy fruits in his diet. But when he does need drink, water is for him, too, the only natural beverage. Even fruit-juices mingled with the water, may easily occasion him to drink more copiously than necessary, at least when they contain a large admixture of sugar. If we would be cured of disease, we must keep strictly to the beverage intended for us by Nature, and must quench our thirst with water only.

But what are we to eat?

Nature points to fruits; and a fruit diet is, therefore, the best. All fruits and grains, all berries, and roots which are attractive to the senses of sight, smell and taste, may serve us for food. We find such in abundance in all regions and zones of the earth, except perhaps in the coldest. The latter are, therefore, not suited to be the home of man, and we find their inhabitants physically stunted and mentally but little developed.

As far as possible, the gifts of Nature should be consumed in their natural form. This, of course, is often practicable, on account of our degenerated condition of health, especially as regards the teeth. As a rule, however, we do well to avoid, whenever possible, all artificial condiments and extracts, all concentrated food being unnatural. Nature never offers us such. The addition of sharp spices, and if possible, of sugar and salt, is also to be avoided.

Food is now-a-days often cooked very improperly; for instance, the water used in boiling, which absorbs a great deal of nutritious matter, is usually poured away, and the washed out vegetables then brought to the table. This is altogether wrong. All vegetables ought to be cooked in as little water as possible, or in a steamer and the water left on them. Regarding the manner of preparing the various dishes, I must beg you to consult some of the many vegetarian cookery-books.*

But it would be a mistake to suppose that every dish there described is to be recommended for sick persons. One cannot perform one's regular work with an injured arm, neither can a debilitated stomach

*See *The Nature Cure Cook Book* and *A B C of Natural Dietetics*, by Mrs. Alma Lindlahr. Published by the Nature Cure Publishing Co., Butler, N. J. Price, cloth, \$2.25 postpaid.

digest in a normal manner. It speaks best itself as to what it can digest. As soon as eructations, or pain in the stomach, or wind, or a sour taste, or any other irregularity is experienced, it is a proof that we have either eaten too much, or have eaten something unsuitable. The patient will soon find out what is good for him, if he observes carefully. The best thing in most cases at first will be wholemeal bread, if carefully and thoroughly chewed. If this cannot be digested, unbolted wheatmeal can be eaten with good results, for this admits of being swallowed only when thoroughly insalivated, so that the patient runs no great risk of eating too much. Great moderation in eating, as well as the choice of suitable food, is of the utmost importance to the patient. Even the most suitable sick-diet is injurious if the patient eats too freely.

For the sick, oatmeal gruel is a most suitable food. It should be made thick with no addition, unless a little salt and fresh unboiled milk. Milk should never be taken other than cold and unboiled. First see, however, whether it is unpleasant to the smell, or taste, in which case it is unsuited for food. Do not imagine that it can be improved by boiling; boiled milk is much more difficult to digest, because it ferments more slowly and the unhealthy constituents are not expelled by the boiling, but still remain in the milk. It has consequently little nutritive value, and at most tends to render the body stout, without strengthening it. Fresh fruit may be eaten at meal times. In order to afford some variety, although this is not exactly essential, we may mention further rice, barley, etc., to which a relish can best be given by adding green vegetables, *e. g.* cauliflower and asparagus or stewed fruit. A great abundance of food is at the command of all healthy, or comparatively healthy, persons. A glance at one of the vegetarian cookery-books will convince anyone that he will not have to suffer from want of food.

To prevent all misunderstanding, I would again call attention to the fact, that a person seriously ill, in particular one suffering from severe indigestion, should eat only the very simplest food, and only such as must be thoroughly chewed. The best diet for such a patient is whole wheatmeal bread and fruit; no attention being paid to the palate until improvement has set in.

But does it taste good? I hear some ask. Whence comes pleasure in eating? It is called forth by the stimulus exerted by the food on the gustatory nerves. This stimulus is compared with others to which we are accustomed, and it pleases us in the measure it corresponds with them. By way of exception it may be somewhat enhanced, and then affords us super-pleasure. But should this be oft repeated, we grow used to it, and are then no longer able to experience the increased degree of satisfaction. Thus, as soon as we become accustomed to exquisite pleasures, they afford us as much, but no more enjoyment than the earlier ones, which were less refined and costly; and these latter have the advantage of there being no need to overstimulate the nerves, in order to obtain a pleasing sensation.

And shall I again remind you of the consequences alluded to at the beginning? It was unnatural food which encumbered man with foreign matter; a natural diet does not convey such into the system, or at least only in those cases where it cannot be properly digested; or where moderation in eating is neglected. If we are able to get rid of the morbid matter, a natural diet affords us a guarantee that we can remain

healthy, provided we do not altogether neglect the other conditions of health.

May the many blessings, then, which a natural manner of living confer upon the individual, the family, the entire nation, soon become known everywhere, throughout the land!

DIRECTIONS FOR PREPARING GOOD WHOLEMEAL BREAD

As adopted by Louis Kuhne

Put 3 lbs. of unbolted wheatmeal, or of unbolted flour of any other grain (in tropical regions, maize with wheatmeal or rice, etc.), in a dish, pour over it about 1½ pints of cold water and mix thoroughly. Cold water is to be preferred to warm, as experience shows that warm water sets the bread in fermentation more readily than cold, and though this may render the bread somewhat lighter, it will be less nutritious and pleasant to the taste.

Now divide the dough into two equal parts, forming each into a long shaped loaf; lay them upon dry tiles (not bricks) sprinkled with wholemeal, wet the loaves well on the top with water, and place each with its tile upon an empty flower-pot in a quick oven.

No other articles, or dishes, should stand in the oven at the same time.

The heat in the oven must be kept up by a steady fire.

After half an hour, during which the oven must not be opened, turn the front side of the loaves to the back.

After another quarter of an hour, see whether the upper crust is well and firmly baked, and then turn the loaves over, as they are usually still soft on the bottom.

The loaves must now bake until they sound quite hollow when tapped in the middle with the finger; this usually takes half an hour longer.

One may then feel sure that the bread is well baked and the crust not too hard.

DIRECTIONS FOR PREPARING WHOLEMEAL GRUEL

For one plate of gruel, stir a heaped tablespoonful of wholemeal into a thin paste with a little water. Pour this into boiling water, and let it boil some minutes, stirring continually. Salt and butter should be added very sparingly, or not at all. This gruel also tastes very good, when sprinkled over with currants.

HINTS FOR THE PROPER SELECTION OF A NATURAL DIET

Breakfast: Wholemeal bread and fruit; or wholemeal gruel with bread; or oatmeal porridge with fruit and bread. Milk only unboiled.

Dinner: If soup, it should be thick; or cereals, served as thick porridges such as rice, barley, groats, oatmeal, made only with water and a little butter, or perhaps with the addition of a little fruit; or pulse, such as peas, beans, lentils, boiled thick with water only, and not mashed, seasoned with marjoram or pepper-wort if liked; or any vegetable that the region affords, and that is in season; or stewed or fresh fruit, with wholemeal bread.

Supper: Wholemeal bread and fruit (fresh or stewed); or a gruel of flour or wholemeal, boiled thick, with bread or fruit.

SOME SIMPLE RECIPES

Red Cabbage and Apples. A large head of red cabbage is cut into shreds and steamed with about half a cupful of water until half soft. Then add 4 to 6 sour apples, cut into thin slices, with a little salt and butter, and steam until all the moisture is absorbed. (Also tastes very good without the salt and butter.) For three persons.

White Cabbage and Tomatoes. A head of white cabbage is cut and steamed as above, then add about half a cupful of tomato-extract—or from 4 to 10 (according to size) fresh tomatoes passed through a sieve—with a little salt and butter; lay 6 to 8 raw, peeled potatoes, simply cut in half, on the top, and without stirring, steam well the whole. (Also tastes very good without the salt and butter.) Pepper-wort may be used instead of tomatoes. For three persons.

Spinach and Potatoes. Spinach after being gathered should be twice washed, chopped (in the raw state) and steamed soft with very little water, a small quantity of salt and butter and some raw potatoes. Should any liquid remain, add a tablespoonful of wholemeal.

Cabbage and Groats. The cabbage is pulled into small pieces, washed and boiled with about 2 cupfuls of water. When pretty soft, add a little salt and butter and half a cupful of groats; stir and boil until the groats are soft.

Carrots and Potatoes. Cut 5 to 8 carrots (according to size) into long strips, and steam in about a cupful of water. Then lay on the top 6 to 8 raw, peeled potatoes, cut in half, and cook, with a little salt and butter. (Also tastes good without the salt and butter.) For three persons.

Turnips and Potatoes. Slice some large turnips, and steam in 1 to 1½ cupfuls of water until half soft; add a little salt and butter and 6 to 8 raw, peeled potatoes and steam thoroughly. Also tastes very good without the salt and butter.) For three persons. This and the last dish may be cooked together; they taste excellent so.

Rice and Apples. ½ lb. rice, and 4 to 8 apples cut in slices, with 4 cupfuls of water, boil slowly to a stiff porridge. Very tasty. A little salt and butter may be added, but it is not necessary. For three persons.

Simple Rice Pudding. To the above rice porridge, add ¼ lb. currants and bake in a dish buttered and dusted over with bread crumbs.

Haricots and Tomatoes. ½ lb. haricots are placed the evening before in cold water, and then in the morning boiled with sufficient water added to cover them. When soft, add about half a cupful of tomato-extract, or 5 to 10 fresh tomatoes passed through a sieve, add a little salt and butter, if desired. It is best after adding the tomato sauce, to keep the dish standing warm for 1 to 2 hours. If there should be liquid remaining, then add a spoonful of wholemeal to thicken it. Pepper-wort or marjoram may be used in place of tomatoes. Quite sufficient for two persons.

Green Beans and Apples. Cut the threads off the beans and break each bean into pieces; put in boiling water and then add sour or unripe apples cut in slices, chopped parsley or onions, and a little salt and butter then added. When the beans are soft, a little wholemeal should be added as thickening.

Lentils and Prunes. Soak $\frac{1}{2}$ lb. lentils the evening before, and then boil soft over a slow fire, with about 30 prunes and sufficient water to cover them. A little salt and butter may be added if desired. For three persons.

Mushrooms and Potatoes. The mushrooms are well washed, and steamed soft with chopped parsley or onions. A little salt and butter is then added, and the liquid thickened to a sauce with two tablespoonfuls of wholemeal. Potatoes boiled in their skins, are then peeled, cut in pieces, and added to mushrooms in the sauce. The whole is then boiled and finally kept standing warm for some time.

Beetroot salad. The beetroot is washed and baked soft on a tile in the oven, then peeled, cut in slices, and served with diluted lemon juice.

Lettuce. Wash the lettuce and prepare with a little oil, lemon juice (not essence), and a little sugar.

Potato and Apple-Salad. Potatoes well boiled in their skins are peeled and cut in slices. A few sour apples are likewise sliced, and both stirred together with a little oil and lemon juice.

Peas and Lentils in the most digestible form. Unshelled dried peas or lentils are soaked the evening before in cold, and, if possible, *soft* water. The next morning put in a pot with only enough water to cover them. A little salt (very little), pepper-wort and marjoram may be added. Boil the pulse well, but so that when done, all, or nearly all, the water is absorbed. The peas or lentils thus keep their original form and are more nutritious and easier of digestion than when mashed up or served with butter.

Potato dumplings. (For two persons). Boil well a quart of mealy potatoes. Then peel and cool, and rub through a grater. Cut some bread into dice and fry in butter. Mix these well with an egg, the grated potatoes and a little wholemeal or flour, and with the hand form them into balls about the size of an apple. Then roll them in wholemeal or flour, and put in boiling water for about 10 minutes. Care must be taken that they do not become sodden. They may be eaten with any fruit, onion, or butter sauce.

PART TWO

NERVOUS AND MENTAL DISEASES.
SLEEPLESSNESS

THE doctrine of the unity of diseases applies also to nervous and mental disorders. The nineteenth century has rightly been called the century of nervous diseases, for they are now to be found everywhere in a myriad forms. Infinite pains are taken to give correct names to all the new diseases, and to determine their nature and cause, with a view to deciding upon some, at all events approximate, system of treating them.

Nervousness, Neurasthenia, Neuralgia, Hypochondria, Hysteria, Insanity, Imbecility and Paralysis are diseases known everywhere, not to mention other similar disorders having the same cause.

With the increase of these serious nervous complaints, new external forms are always making their appearance. But such external forms offer no definite clue to a right understanding of the nature of the diseases. If, however, we examine the condition of nervous patients we always find signs of some internal disquiet or uneasiness. The patient has always a certain unconscious, indefinable feeling of disease, without knowing the cause, and without confessing to the disorder itself.

We find one person excessively talkative, while another is quiet and taciturn. Many suffer much from sleeplessness, others exhibit restless activity, and others again are remarkable for their unconquerable laziness. One will go about with the idea of suicide, because he thinks himself superfluous, and is dissatisfied with the world. There we see a millionaire daily tormented by groundless fears for the future that never desert him. Others are always trembling all over. Some lose the use of, it may be a limb, one side, or the whole body. And then there are the most diverse and often contradictory symptoms of insanity, one of the worst of which is paralysis. We see, moreover, that these diseases prevent people, more or less, from exercising their faculties. One loses the mastery over his limbs, another is no longer master of his thoughts, his will, or his words. Were we to observe thousands of nervous patients, we should find scarcely two in whom the outward symptoms were exactly alike, so various are the form that these diseases take. No one need be surprised, therefore, that amid so many conflicting symptoms, the medical profession has found no sufficient basis to go upon as regards clear understanding, nomenclature and cure of nervous diseases. Drugs have produced neither improvement nor cure in these nervous cases, even if temporary paralyzing of the nerves is sometimes attained.

It is quite an error to imagine that the drugs themselves ever effect any result. It is really wholly and solely the system, which seeks to get rid of the injurious matter either with increased or diminished activity.

In one case there are clear signs of increased activity of the system, with a view to forcible expulsion of the poison. This occurs when the medicine is given in such small doses, that it cannot have a paralyzing effect on the system. In the case of larger (allopathic) doses of poisonous drugs, traces of paralysis are clearly to be observed. At the same time, the efforts of the body to regain health (acute diseases) and the outward symptoms of the chronic complaint are likewise paralyzed. This circumstance explains the temporary disappearance and regular recurrence of symptoms under allopathic treatment. At first they are suppressed by the nerves being paralysed; but when the body recovers a little they reappear. Strong medicinal poisons in large doses paralyse the body to such an extent that death ensues. In the case of lesser doses, this paralysis may not cause death, but at any rate it injures the entire system.

It may confidently be asserted that many nervous disorders are really caused by the employment of drugs, which have at first been administered to cure some less serious complaint. In very small doses, the effect on the body is apparently just the contrary to paralysis, for instead of being paralysed, the body makes redoubled efforts to free itself of the poison. The increased activity, however, is only a preparatory stage to paralysis, and can never be anything else.

As for the cure of nervous diseases, it cannot be denied that the much lauded medical profession stands utterly helpless. Indeed, its representatives have frequently confessed their total inability to aid in such cases. Change of air, diversion by travel, and similar beneficial measures of relief are recommended. But even if temporary relief is thus attained, we still plainly see by such advice, how little medical men know of the cause and nature of nervous diseases. That which is impossible for the orthodox medical school, that which has puzzled the brains of its representatives, has been effected and clearly explained by the New Science of Healing. My reports of cures, and the accompanying letters of thanks and testimonials from a small number of my many patients, speak more plainly and convincingly than all scientific and theoretical expositions. I may be permitted, therefore, to limit myself here to some of the chief points of importance in connection with these disorders.

As is well known, we possess two kinds of nerves: nerves which are controlled by the will, and those which regulate the functions of breathing, digestion and circulation. But when I assert that all diseases arising from the encumbrance of the system with foreign matter, are also nervous diseases, many may at first be surprised. The matter is easily explained. We first become conscious of a disease when it interferes with the normal functions of the body, or occasions pain. This implies, naturally a more or less advanced stage of the disease, which nevertheless the Science of Facial Expression enables us to accurately diagnose. We know, also, that disease without the presence of foreign matter in the body is impossible. Every encumbrance of the system with foreign matter not only exercises a disturbing influence on the individual organs, but disturbs equally the nerves which are in connection with these organs or parts of the body, or which regulate their functions. And it

is not until the nerve-connections are also affected, that we become aware of the disease. The superficial observer regards merely those nerves which are under the control of the will, and those diseases which affect organs under the regular control of these voluntary nerves.

Those disorders which interfere with the breathing, circulation and digestion, make their appearance much more gradually. Here again, the nerves likewise become affected and make us aware of the disorder. These nerves are not under the direct control of the will, but upon their normal activity depends that of the organs which are not controlled by the will, such as the lungs, heart, stomach, kidneys, intestines and bladder. We can never become aware of any digestive trouble, or of any disease of the kidneys, bladder, heart, lungs or stomach before the nerves associated with them are likewise so encumbered by foreign matter that their activity is no longer normal. Each of the above named diseases, therefore, always implies simultaneous nervous disorder; thus one can never suffer from a disordered digestion, without, at the same time, suffering from a disordered condition of the nerves regulating the process.

As I have already stated, a normal digestion is the first condition to obtain a healthy body. For all foreign matter not hereditary, is first brought into the system by imperfect digestion. Every disease, and consequently all nervous diseases, therefore, either result from a disordered digestion, or are inherited. This is the common cause of all diseases whatever. When the system still has sufficient vital power left, it makes an effort to expel the foreign matter by an acute disease (curative crisis). When, however, the requisite vital power fails, those chronic (latent) cases of disease appear. Such diseases never cease, they at most change their form, and finally reach their highest development in those sad nervous and mental disorders. Nervous diseases are simply chronic (latent) physical disorders, whatever their symptoms may be.

In nervous diseases, as in all diseases, we notice as a particular symptom, either a feeling of chilliness or of increased warmth (heat), which are both the results of a feverish state of the body.

We thus arrive at a conclusion of great importance: that nervous diseases, also, simply indicate chronic (latent) fever. If I thus assert, that nervous disorders have the same cause as small-pox, measles, scarlet-fever, diphtheria, syphilis and so on, it follows that the same remedy with which these diseases can be successfully treated, must also cure nervous diseases. And this is a fact which I have proved in my practice in hundreds and thousands of cases, as the testimonials at the end of this work show.

From these elucidations, we thus gain a definite idea concerning the nature, origin, and cure of all nervous diseases. No longer helplessly looking on, like the orthodox practitioners, having learned the cause, we know exactly how to render effectual aid.

Whoever now surveys the great army of diseases from my point of view, will readily perceive that only he who comprehends the true nature of symptoms will be in a position to give practical advice as to a cure. It is just as with an army, which can only be properly led by a general thoroughly acquainted with the troops composing it. The leader who is ignorant of the forces of which his army is made up, will inevitably suffer defeat. Similarly it is, with latter-day specialism.

Specialism in medical science must necessarily lead to the ruin of the science and to an ever-growing contempt for it. For how can a specialist serve science, if he neglects the natural laws governing the human organism, and treats a part without regarding the whole?

All specialism in medical science appears to us to be a step backwards, a superfluity, a factor isolated from the whole, and serving only to obscure our vision. Only he who has a true comprehension of the whole, only he who regards Nature as a grand indivisible unity, is in a position to rightly interpret all the phenomena he sees, and profit by the laws which control them. How often Nature exhibits to us the same material in the most various and dissimilar forms, all being controlled simply by temperature. I need only remind you again of water, which we see in various forms: as fluid, as mist, as steam, as cloud. Temperature alone conditions this; the material is one and the same in each case.

As for the *diagnosis* of nervous diseases, medical science is quite as much at a loss here as at is concerning their cure. In many cases the doctors even fail altogether to recognize nervous diseases at all. How many nervous patients have consulted me after having tried everywhere else. All such persons are living proofs of the incompetence of the medical profession in this direction. Many of these patients had been declared perfectly healthy by orthodox physicians, who pronounced their disease to be merely imaginary, whilst I, by means of my Science of Facial Expression, could immediately ascertain the serious encumbrance of the patient with foreign matter. All my nervous patients have remarked the astonishingly rapid improvement in their condition effected by my treatment, and how this change for the better was always in proportion to the amount of morbid matter secreted. Whoever has once taken note of these secretions, and experienced the steady improvement of his condition, can no longer doubt for an instant the accuracy of my system of diagnosis and success of my method of cure.

My system of diagnosis assures the representatives of my method, once and for all, a favored position as practitioners of the art of healing. By its means alone is it possible to diagnose with certainty every nervous disorder, to observe even the gradual development of such disorders, years before the patient himself has any idea whatever of their existence. Encumbrance of the back, in particular, is a sign of a nervous disorder, as is explained in my handbook of the Science of Facial Expression.*

Mental Diseases. The same obtains in the case of all mental diseases. Their true nature is likewise wholly misunderstood by medical men. It is not the causes usually described that lead to a bewilderment of the brain, but simply and solely the encumbrance of the system with morbid matter, which has been accumulating for years. In mental disease and so-called progressive paralysis, the final and often incurable stage is reached. These slowly accumulating latent encumbrances are caused, as I have said before, by a very gradual debilitation of the digestive powers, in consequence of an unnatural mode of life. Naturally, since all persons do not live equally unnatural lives, everyone is not found to suffer from mental disorder. It depends upon the degree and development of the encumbrance. Mental disease occurs only where the body is

*Facial Expression, by Louis Kuhne. Published by the Nature Cure Publishing Co., Butler, N. J. Price, cloth, \$3.60, postpaid.

seriously encumbered, and then only when with back encumbrance the head is attacked. Advancing civilization is to blame for the increase in mental diseases only in so far as it brings with it the necessity for men to break Nature's rules, and to act in opposition to her immutable laws. The chief blame lies with the orthodox medical school, whose rules of health and views generally, are absolutely contradictory to what Nature teaches. Water is avoided as injurious to health, and beer, wine and other alcoholic drinks, or mineral waters are drunk instead. Men smoke so constantly that they might be chimneys, and drink so much that they might be taken for beer-barrels. Physical debility and languor is the natural consequence. No wonder, if the weakened nerves have always to be strengthened by stimulants. Stuffy rooms and over-crowded factories also play havoc with the health.

In the country, where the population still lives more or less closely in accordance with Nature, and works regularly in the open air, and where the rules of health laid down by the modern school of medicine have not yet found general introduction, mental disease is as good as unknown. If met with, it is only in the children of habitual drunkards. Such a child suffers from hereditary encumbrance, which leads to mental disorder or some other serious disease, children always being faithful copies of their parents' physical constitution.

Alcoholic drinks impose such a digestive task upon the system, that no strength remains for any other activity. This explains the excessive weariness and often preternatural sleepiness experienced by drunkards, since their stomachs have to undertake an abnormal digestive work. The pressure on the brain, exercised by the gases developed during the progress of this digestive fermentation causes the mental disorders of heavy drinkers. A child begotten while the father is in a state of intoxication, or even semi-intoxication, will nearly always be found to incline to insanity, if it does not, indeed, die before it has time to reach such a state.

Any mental disorder, whether resulting from an inherited or an acquired encumbrance of foreign matter, is always caused by an abnormal digestion; and therefore originates, like all other diseases in the abdomen.

The more simply and naturally man lives, the healthier and happier will he be. This explains why the negroes, when slavery still existed and they were consequently forced to live frugally and industriously, were exempt from mental disease; whereas now, as free men, with the advantage of a higher standard of living, they are subject to all the results ensuing from imbibing the poison of civilization.

It is well known that mental disease is much less common amongst females than amongst males. The reason for this is doubtless the fact that women, in general, live more moderately than men, especially as regards the consumption of tobacco and alcohol. In those cases where we find a woman suffering from insanity, the disease can nearly always be traced back to an inherited encumbrance.

It is observed in many cases of mental disorder, that the disease is preceded, or accompanied, by increased physical and mental activity, a circumstance which our orthodox specialists are altogether unable to explain. The gradual encumbrance of the body, and of the brain in particular, with morbid matter, exerts a steadily increasing pressure on the brain, and thus on the nerve centres, culminating, in the course of years,

in abnormally increased activity of these organs. This manifests itself very variously, as already pointed out in the case of nervous diseases. Body and mind hasten from one work to another without rest, never able anywhere to find peace or contentment. This abnormal condition frequently appears as a special talent during childhood, the change to the other extreme not occurring until manhood. Infant prodigies seldom show marked abilities in later life.

One cause of mental disorders is a back encumbrance by which the chief nerves of the abdomen, the special cord and the *nervus sympathicus*, are seriously affected, unless the system can expel the morbid matter by means of an acute illness. Through the latent fever, a chronically diseased condition may be brought about, which reaches its climax in a disorder of the mind. In acute diseases, mental disorders often suddenly appear and disappear, according to the amount of pressure exerted internally by the morbid matter. On the other hand, in many cases of insanity, more or less extended periods of complete mental lucidity have been observed, the pressure of the morbid matter having relaxed for the time being. As soon, however, as the pressure of the morbid matter becomes more intense again, the temporary state of mental clearness disappears.

Progressive Paralysis is nothing but an advanced stage of mental disease. When we hear the medical profession assuring us that those who fall victims to progressive paralysis are frequently the healthiest and strongest persons, it simply proves how little orthodox medical men know of real health. We know better than this; we know that a serious disease like progressive paralysis cannot come on so suddenly, but that its preliminary stages are observable long before to an expert in the Science of Facial Expression. We, therefore, know that it is absurd to assert that the healthiest men can all at once become mentally diseased.

Mental diseases can only be cured by expelling the morbid matter which is the cause of them. In my practice, numerous cases of insanity have been cured by this method, ample proof being thus afforded of the correctness of my assertions. I will here mention one such case.

A girl of 23, who had been afflicted for several years with total insanity, was brought to me by her parents, to whom she was a constant source of anxiety. The position of the encumbrance being favorable, I could with a good conscience advise the parents at all events to make an attempt with my method. The condition of the patient was such that she could not even bathe herself, her mother having to do it for her. In four weeks, however, she was so far improved that she could take the baths herself, and was no longer uncleanly in her habits. Within half a year she could again be reckoned among the healthy members of the family.

This surprisingly rapid cure was possible only because the position of the encumbrance was fairly favorably situated, in consequence of which the digestion could be improved comparatively quickly. The cure was the easier, also, as the patient did not rave, but was, on the contrary, apathetic and given to brooding.

In those cases, however, where the position of the encumbrance is less favorable, or where the patient's condition renders treatment according to my method impossible, the disease can hardly be regarded as curable

at all. For instance, I have often seen cases where the patient could in no way be induced to take a bath. Mental disorder is, generally speaking, like consumption, a final stage of disease, so that the principal hope lies in attacking the disorder as long as there is yet time. Formerly this was impossible, the correct way to proceed being unknown, and the disease being first discovered when it was already too late to effect a cure. Today, however, in my Science of Facial Expression, we possess an infallible means of observing the advance of mental disease years beforehand, so that we are in a position to combat it with certain success.

Most mental diseases are held to be incurable to-day, but the opinion is altogether contrary to fact. In proof of this, I will here report the following cure.

The case was one of severe progressive paralysis, following upon syphilis. The patient had for many years been suffering from a weak digestion, which in consequence of mental excitement, due to business anxieties, became always worse and worse, in spite of every manner of treatment. In July, 1897, the sufferer, at the advice of several physicians, visited a spa to drink the mineral waters. These had such a bad effect that his condition grew still more serious. His speech became affected, and he no longer understood what he was talking about. Four of the most eminent physicians were sent for, and after a long consultation advised anointing with mercury (which, however, was only twice applied). The patient's condition finally became so bad that when the physician put a question to him, he could only repeat it but not give an answer. All hope of recovery in this way being given up, the patient was next taken to Vienna, in order to consult a famous specialist there. The diagnosis showed that the patient was suffering from *atrophia cerebri* (atrophy of the brain) of luetic origin, *paralysis progressiva*, and would have to be confined in a lunatic asylum before long. An improvement, in this physician's opinion, was no longer to be hoped for, nevertheless he prescribed potions of iodine (which advice was not followed). At the recommendation of a friend, the relatives now travelled with the patient direct to Leipzig, in order to make, as a "last attempt," a trial of my method. At the commencement of the cure the patient did not speak a word; he was quite apathetical and paid no attention to the questions put to him. Moreover, he was no longer able to satisfy his natural needs like a human being, for the body was wholly without volition. As a result of the cooling baths and simple natural diet, an improvement was soon noticeable, and in three days the digestion had improved. In a week the patient had recovered the use of his lost sense and could conserve again. Improvement now went on regularly, so that in 8 weeks he was completely cured, every trace of progressive paralysis having vanished.

These two cases again afford a striking proof of the doctrine of the unity of disease. Did not mental disorders have the same origin as the other diseases already dealt with, it would not be possible to cure them, as here was the case by the same means that proved so successful in the case of the other diseases.

PULMONARY AFFECTIONS. INFLAMMATION OF THE LUNGS. TUBERCULOSIS. PLEURISY. LUPUS.

ANOTHER disease which sadly puzzles the medical profession, defying all the attempted cures, is pulmonary phthisis, or consumption. This is the great destroying angel of the present, which terrifies all mankind, demanding its victims irrespective of age and occupation.

Probably no other disease is so widely spread as pulmonary consumption in all its various forms and stages. The external symptoms of this dreaded disease vary so greatly that they are seldom the same in any two patients. One complains of *difficulty in breathing, asthma*; another of *headache*; a third of bad digestion; a fourth notices nothing at all until, a fortnight before his death, he is suddenly seized with inflammation of the lungs. A fifth also notices nothing, until he is all at once attacked by *galloping consumption*, and dies within a few days. A sixth suffers, as he believes, from caries, whilst in reality his complaint is tuberculosis. Many persons whose lungs are affected get pains in the shoulders, while others suffer from a *disease of the eyes or ears*, which conceals the real cause. Often it is *disease of the throat, pharyngeal catarrh, bronchial catarrh, chronic nasal catarrh*, etc., which are traceable to consumption. Others again have a *chronic foot disease, open sores on the feet and legs*; while we find also *lupus* and *herpes*, which likewise deceive anyone not proficient in my Science of Facial Expression as to the true seat of the illness.

It is characteristic of nearly all consumptive persons that they keep their mouths more or less open not only by day, but also at night when asleep, for the purpose of quicker respiration. The reason for this is excessive internal bodily heat, which demands a more rapid supply of cool air from outside.

It is the function of the lungs constantly to purify the blood circulating in the body, by the agency of fresh air. When they cannot properly perform this function, in consequence of their being encumbered with foreign matter, all the waste material which would otherwise have been expelled, remains in the system, continually increasing in quantity, and augmenting the amount of morbid matter already there. The lungs are the organs chiefly here concerned and they therefore suffer most. The consequence is, that the condition of the blood becomes altogether abnormal, causing a dry, devouring heat in the interior of the body. As a result of this high internal temperature, the lungs become chronically inflamed and gangrenous. Such gangrenous parts then become so-called dead tissue, which is often expelled as phlegm in coughing.

Today all consumptive diseases are rightly regarded with terror. The orthodox school of medicine, as cannot be disputed, is wholly unable to diagnose them with certainty, by means of percussion and auscultation.

tion, until they have reached such an advanced stage that cure is generally impossible. It is sad to think that notwithstanding the fact that the earlier stages of consumptive diseases may be ascertained years in advance, yet the medical profession, with its inexact system of diagnosis, is wholly unable to recognize them.

It is just as impossible to cure a diseased lung by means of the famous (?) tuberculin, as it is to operate surgically upon it, as in the recent attempts at excision of the lung cavities. There is, as a matter of fact, no remedy which is able fully to neutralize the process of destruction of the lungs. But there is a means by which we can cause the destructive process to retrogress on the same path by which it has been gradually—often for years—advancing. By my method I succeed in bringing about this retrogression of the process of disease. The most important matter in the treatment of all pulmonary complaints, is the *timely recognition of their preliminary stages*, which are to be diagnosed with the aid of my Science of Facial Expression for many years in advance, often in early childhood. For this reason, my method of diagnosis is of incalculable value to the consumptive. In point of fact, to the orthodox doctor this timely recognition of the disease is pretty much a matter of indifference, since orthodox medical science is not in a position to cure tuberculosis, whether it be in its earlier or later stages. The first stages are such that the patient himself generally has not the remotest idea of disease, wherefore it is often very difficult to convince the patient of his having a consumptive tendency. Thus animated by the best intentions, I once informed a domestic servant of mine, an apparently strong, healthy girl, that she was suffering from pronounced consumption and would do well to commence a cure on my system, as otherwise the disease must certainly prove fatal within a year. The girl indignantly assured me that she was perfectly well, and had no need to undertake a cure. I said nothing, but four months before her death I repeated the warning, unfortunately with the same result as at first. Three months later she took to her bed, and within four weeks fell a victim to galloping consumption.

I will now proceed to discuss the cause of pulmonary diseases. All affections of the lungs are final stages of some other preceding, not fully cured disease, which is generally driven inwardly by treatment with drugs. Sexual diseases lie at the root of most pulmonary affections, this indirectly being also the case with children, who inherit the predisposition to such. The foreign matter is accumulated in the system in a chronic state, but at procreation reappears in the child, which becomes scrofulous or consumptive. The seminal fluid is in reality a quintessence containing all the characteristics of the parent and transferring them to the child. I have observed that scrofulous persons without exception become consumptive in later years, so that the first disease is but a preliminary stage of the latter. It can thus be seen that at first, *i. e.* in the scrofulous condition, the system still has vigor enough to expel the morbid matter outwards, and so preserve vital organs. It gradually loses this power, however, and is finally, *i. e.* when the state becomes consumptive, no longer able to prevent the destruction of the internal organs by foreign matter. *It is quite impossible that persons who are really healthy can be suddenly attacked by any kind of tuberculosis in case of temporary encumbrance with foreign matter, however many*

tubercle bacilli they may inhale. For the development of tuberculosis there must be a high destructive internal temperature, tubercle bacilli only being capable of development at such abnormal temperatures. Such high, abnormal temperatures of the body are possible, however, only under certain conditions of encumbrance, inherited through several generations, or where the patient by an unnatural mode of life has completely ruined his constitution.

The main thing is clearly to perceive that all *lung diseases*, like all other diseases, have their *source in the abdomen*, that is, in a much debilitated digestion. For even though in most cases the disease may be inherited, we must not regard the case as one of direct permeation of the lungs with foreign matter. The fact is, that in comparison with the other organs, the lungs have not properly developed but remain weak and delicate; and because thus capable of less resistance, the lungs then naturally become the seat of the largest accumulations of morbid matter. The foreign matter collecting in the system, in consequence of imperfect digestion, guided by the internal tension, is chiefly deposited where it finds least resistance. It is, therefore, of high importance for all having hereditary predisposition to lung diseases, to prevent any further encumbrance of the system with foreign matter.

The same cause which in our zoological gardens occasions the rapid death from consumption of the tropical apes, viz., debilitated digestion through change in food, is also the reason why they are so soon attacked by consumption at all. The sole blame has hitherto been laid upon the colder climate. This, however, is only right in so far that a cooler temperature always renders the process of fermentation in digestion slower and more sluggish. This is more especially the case when the animals cannot even have the food designed for them by Nature, there then being two conditions militating against them. I have had frequent opportunities of watching the various stages of health in apes after their being removed from their tropical home, and I have been able by means of my diagnosis to ascertain exactly that at the commencement only the digestion was abnormal, until then other disorders set in. With human beings it is just the same, except that the conditions are usually more favorable, since we are acclimatized. We have, therefore, practically only to regard our diet and mode of living.

In the case of consumptive patients, I have frequently noticed that the system is not in a condition to nourish itself even on the most carefully selected food, being quite dried up on account of the excessive internal heat. *Alimentation does not depend upon the artificial composition of foods, or on their concentration; it depends solely upon the digestive capacity of the organism.* But how much the digestive capacity varies, is well known to everyone who has had much to do with the sick. If the system is already heavily encumbered with foreign matter, the lungs will be especially endangered, on account of their large extent, because the foreign matter pressing up toward the head is often obliged to take its way through the lungs. When, now, the latter themselves are in this way once more encumbered, they frequently become the chief place of deposit for foreign matter, which then no longer presses upwards towards the head as before.

When decomposition commences in the lungs, it is the apexes which are usually first destroyed. This happens because the foreign matter

in the system, on its transformation or fermentation, always presses upwards. The apexes of the lungs terminate in the shoulders; when the state of fermentation sets in, the fermenting matter presses up to the extreme points, and as it can go no further, the shoulders opposing a barrier to its progress, these points must necessarily suffer most. This is the cause of the pricking pain in the shoulders, so often experienced by consumptives before the lungs are destroyed.

THE CAUSE AND CURE OF NODULES

I NOW come to the explanation of the origin of *tubercular nodules*. Tubercular nodules are formed quite in the same way as hemorrhoids, cancer nodules, and, in fact, all other nodules down to the smallest pimple. It will be necessary, for a clear description, to explain here somewhat fully. I have already mentioned that a healthy body has always a moist skin; that the skin of a chronic patient, on the contrary, is generally dry and inactive. In the former case, the body has still the full vital power, enabling it to expel all injurious matter; in the latter, this is no longer so, wherefore much morbid matter which should properly be expelled, remains in the body, there being consequently a predisposition to disease. You will often have observed that many people suffer periodically from boils, especially on the buttocks, on the neck, or on the arms. The patient will have been afflicted with a certain heavy feeling over the body, which only passes away when the boils break. When the crisis has thus passed, he feels as though regenerated, or at all events much lighter and fresher. Let us examine further, especially as regards the origin of such boils. We observe where the boil is about to form that for some days, or it may be weeks before, that the spot is hard and begins to look red. It increases in size, and swells, until a thick firm nodule forms under the skin, painful and inflamed. The skin draws, and the pain on moving is often very acute. When the boil has reached its crisis, it becomes gradually softer, until finally the contents force an outlet through the skin and discharge. In this manner the morbid matter which formed the boil is directly expelled from the body. The process is nothing more or less than the critical expulsion of morbid matter, effected by the body itself. It may be asked why it is that we do not observe such a process with everyone. I have already stated that it is the same with the perspiration: some persons perspire, others do not. It depends upon the degree of vitality. Where the body still possesses a large store of vital energy, and all the morbid matter cannot be expelled by means of the natural secretory organs, it secretes it in the form of boils. If, however, the body has no longer the required degree of vitality to produce such crises, *e. g.* if weakened by drugs, or during the crises, or through unnatural living, the morbid matter accumulates and there is contraction, just as in the case of the boil, but the system cannot draw them to the skin to form a boil. Hard places form, causing no pain; but the process remains there, and instead of a boil we have a *nodule*. This, therefore, is nothing but an *undeveloped boil*, or a *quantity of foreign matter drawn together*, which in many cases remains shut up in the body. If the body still possesses enough energy, the nodules will be brought up to the skin. We can often clearly feel and see such in numbers in the neck and many other parts. When the vital energy is no longer sufficient, the nodules are formed on the interior of the body, and are known as hemorrhoids,

tubercular or cancer nodules. If we succeed by some means in raising the vital energy of the body, we shall at once see an alteration in these nodules. It has long been observed in the hydropathic treatment, that numerous boils form. The body, by this method of cure, as still used to-day by the older school is able to continue the process which has stopped, and boils are formed. Where we can still further augment the bodily vitality than has been possible by the means hitherto adopted by hydropaths, we can even directly resolve and disperse these nodules. If, then, we can produce a rapid enough derivative action, such as by means of my baths, so as to conduct the morbid matter thus dispersed to the natural organs of secretion, at the same time being careful not to introduce new morbid matter through food, the troublesome boils never form on the skin at all, for the nodules are resolved in the interior of the body in the same way as they were formed. The older hydropathic system also succeeded in dispersing the nodules, but was not able to draw off the foreign matter, so that where the body still possessed the necessary vitality boils and pimples formed, which with my method rarely occur. I succeed in drawing off the foreign matter in a more natural and rapid manner. We see then that tubercular nodules are nothing more than undeveloped boils arising from the same cause as all other nodular growths in the body. The fact that the nodules form in different parts of the body in different persons, depends solely upon the difference in the encumbrances.

Having now learned the cause and true nature of all nodules, and therefore also of tubercular nodules, the manner of curing them is also clear to us. We see at once that to cut the nodules, as is taught by orthodox medical science, is the worst means possible of trying to cure the disease. We thus get rid of the symptoms, but never of the cause. The nodules can only be cured by increasing the vitality, whereby the body is brought into the condition to expel the morbid matter. By reason of the peculiarity of the vital powers and of the conditions of existence, such nodules, even in a calcareous state, may be dispersed by being caused to retrogress upon their former course. In this way, they may be completely expelled from the system, a process, however, which often requires the continuance of my treatment for years.

The directions taken by the masses of foreign matter arising from the process of fermentation, are not always the same; it therefore occurs that in one case the apexes of the lungs are first affected, whilst in another, the fermenting masses rise more in the middle, or in the front, causing asthma, catarrh, or inflammation in the air passages. In fact, most consumptive patients suffer from an inflammation of the air-passages, even if often in a latent stage.

The different chronic, latent states of encumbrance in the lungs also lead to acute inflammatory diseases such as

Inflammation of the lungs and pleurisy. These are feverish curative crises brought on by the system in an attempt to reject foreign matter, and apt to terminate fatally, when their treatment is not understood. These acute feverish diseases are generally devoid of all danger, however, if immediately combatted by my method of cure. In the cooling baths we have the means of fully mastering the disease, so that it can scarcely be said to endanger the organism, and the cure of all these acute crises is generally surprisingly rapid.

Explanatory of the above, I may here reproduce some reports of cases I have met with in my practice. I was once called in to a family, where a girl of nine was prostrate with severe inflammation of the lungs. The family doctor, an allopath, had already been treating the patient with creosote for a couple of months without success, and had so impaired the digestion with this poison, that the parents had given up all hopes of saving their daughter. This was the state of things as I was sent for in the last moment. I told the parents that if they would disregard the family doctor's directions and follow mine strictly, improvement would probably ensue in a short time. And so it did. Already on the second day, a turn for the better was observed, and within a week all danger was past. In a few weeks the girl could again run about out of doors. Had my treatment been adopted from the outset, in this serious case, instead of two months' unnatural treatment with creosote, the cure would have been effected in a few days as completely as then in a few weeks.

In all pulmonary diseases, in the interior of the lungs we find a very high temperature. During inspiration and expiration there always takes place within the lungs a very rapid process of decomposition of the atmospheric air. At the moment in which we respire, our lungs decompose this air into its constituent elements (oxygen and nitrogen). The oxygen remains partly in the body, while the nitrogen is again expired with the gaseous impurities of the body. There is thus an uninterrupted process of decomposition (burning) going on in the lungs, a matter which long engaged the attention of chemists, before the fact was discovered. This process in itself causes a high temperature, which increases and becomes still more abnormal, wherever the foreign matter accumulates, or ferments, in the lungs.

As I have explained before, the bacilli are merely products of the fermentation of foreign matter in the system, and their capability of development always depends, according to their variety, on certain temperatures. Tuberculosis being invariably attended by a very high degree of temperature, we have here the condition for the development of the tubercle bacillus. This medical science likewise knows, but unfortunately is not aware how to turn its knowledge to account. It only seeks for unnatural remedies against the bacilli, whilst ignoring their nature.

The medical profession endeavors to explain each disease by supposing the presence of a certain kind of bacillus in each case. It is forgotten that just as one and the same plant varies in different climates; and just as the plumage of one and the same species of bird varies in different climates; so all bacilli, as regards size and form, must be dependent on the temperature (climate).

To anyone who has rightly comprehended my remarks, it will be easy to find the way to cure consumptive diseases. The abnormal internal temperature must be regulated, and at the same time the vital powers strengthened, until there is complete retrogression of the abnormal conditions in the system. To attain this end, together with observance of dietetic and other regulations, the use of my baths is absolutely necessary. The most difficult matter is to apply the baths in right succession. The abnormal degree of temperature in the body does not admit of a diminution for a considerable time, so that not only the length of time but also the succession of the baths, must be regulated in exact accord-

ance with the state of the patient. This can be learned only under the guidance of some one familiar with my method, the more so, as there is much general misunderstanding about this point. The patient must also be much in fresh, sunny air; this is of great importance in effecting a cure and must never be overlooked. Especially for consumptives sun-baths have a most beneficial effect.

TUBERCULIN INOCULATION CONDEMNED CURES BY THE NATURAL METHOD DESCRIBED

AS to inoculation with tuberculin, I condemn it altogether. Its "efficacy" is easily explained. The poisonous matter with which the tuberculous patients are inoculated operates on the foreign matter, under certain conditions, like yeast in-dough, producing fermentation (fever). In consequence, a change may take place in the original state of fermentation of the foreign matter, causing a corresponding change in temperature. The result is that the tubercle bacillus, capable of development only in the former temperature, passes into another stage, which is generally termed "extinction." But the foreign matter is never really expelled, nor the cause of the disease really wholly removed. *Inoculation is, and ever will be merely a pseudo-remedy*, the ruinous effects on the health of which will surely come to light sooner or later. After only a few months, the outburst of joy called forth by the tuberculin process has given way to intense disappointment. On all sides we now hear, even from independent thinkers within the ranks of the orthodox physicians, nothing but condemnation of the system. To-day the matter of inoculation with tuberculin has hardly even an historical interest. Here again we have a proof of the fact that *vaccination, or inoculation of any kind, is the greatest quackery which there is.*

A real cure of *advanced* consumption can be effected by aid of my system, carefully practiced for years, even though in *very* advanced cases it may be difficult. In any event the condition of the patient can be rendered bearable till the very last moment. The cure of a consumptive depends solely upon his vitality, and whether the digestion is capable of improvement. If we succeed in improving the latter permanently, and rendering it normal, the patient will begin to recover in a surprisingly short time; if we are unsuccessful, cure is impossible. I have had many consumptive patients under treatment who were cured in an incredibly short space of time, because their digestion was open to rapid improvement. On the other hand, in the case of patients with hard purulent tubercules in the lungs, I have observed that the retrogression of these tubercules occupied years, and that every time one was dispersed a violent crisis was brought about, which although not dangerous was often very painful. My method enables us to regulate the internal temperature, whereby, if properly managed, the foreign matter is caused to retrogress, so that a cure is gradually effected.

If the body is strong enough, friction sitz-baths are the best means for expelling foreign matter from lungs and abdomen. Steam-baths, which in summer are better replaced by sun-baths, are also often to be recommended. Careful diet and plenty of fresh air are naturally also indispensable.

In cases where the disease is already very far advanced, these baths will be too exciting, and mild friction hip-baths are then advisable. The water may be at a temperature of about 81° to 86° Fahr. and must reach to the shoulders. The patient may remain at first five minutes, and afterwards longer, in the bath, according to his condition. The bath should be repeated several times a day. If the body afterwards becomes stronger, friction sitz-baths can be taken. Frequently however, the vitality and the capacity for bodily reaction will not be sufficient to effect a cure; but in any case the baths will always alleviate the condition. Wherever the digestion is capable of improvement, there is still hope of some cures.

I will conclude with an account of some cures.

Tuberculosis (Advanced). A woman of thirty, who was suffering from advanced tuberculosis, put herself under my treatment. She nearly always breathed through the mouth, particularly when sleeping. Her mother had died of consumption at the age of 45, the predisposition to which disease her children had inherited. In childhood, both my patient, her brothers and sisters had been very scrofulous. As a girl of 20, her face had been round and full, and the cheeks unhealthily red, turning quite blue in winter. Before she was thirty she had gradually lost her corpulence, and the color of the cheeks, as well as the condition of the whole body, became more normal. But towards the end of the twenties predisposition to consumption became more and more apparent. The digestion grew irregular, constipation alternated with diarrhea, and the color and smell of the excrements plainly showed how abnormal was the digestive process. Besides frequent headache and toothache, she felt *shooting pains*, especially in the *chest and shoulders*. Such pains are felt only during the process of destruction of the lungs. As soon as parts of the lungs have been actually destroyed the pains cease. The patient's menstruation also was always painful and irregular, often ceasing for months and then appearing too frequently. All this was attended by general lassitude, great anxiety and discontent. Anyone unacquainted with my Science of Facial Expression would have considered this woman, when she began my treatment, a picture of perfect health. A fine ruddy complexion and a full figure deceived the uninitiated as to the really dangerous state of this patient. The lady began my treatment fully aware of her serious condition. I prescribed her cooling baths, steam-baths, an altogether unstimulating diet and prolonged stay in the open air. By this means her general health was so far improved within half a year, that going upstairs, and long walks which had formerly completely exhausted her, cost her no exertion whatever. A satisfactory digestion and a much more contented humor had been attained, while the headaches quite disappeared. It could plainly be seen, that the encumbrance had begun to retrogress back to the abdomen. Twice during the first year of treatment violent crises occurred, when tubercles in the lungs were dispersed. During these crises, which lasted two or three weeks, the patient frequently experienced a passing feeling of weakness, a *curative crisis*, which considering her chronic condition was not remarkable.

During the second year of treatment, the patient's condition showed decided improvement. Only two crises occurred, and thus after about two years her severe affection of the lungs was cured.

Tuberculosis. Another case worth mentioning is the following. The patient was a gentleman aged about forty, who, in the opinion of several celebrated physicians, was consumptive, and had been accordingly advised to reside permanently in the south of Italy. I examined the patient by the aid of my Science of Facial Expression and found that the disease was a very chronic one, so that a stay in a warm climate could not possibly have prolonged his life for more than a year. I began with my cure at once. After only four weeks' treatment, his general health steadily improving, a catarrh of the bladder and intestines appeared, from which, nine years before, he had suffered severely for a long time. The disease this time, however, appeared in much milder form and was cured within a fortnight. The vitality of the body being raised by my method, these *chronic* and formerly suppressed disorders made their appearance again in *acute* form. The patient also suffered from gonorrhœa, to which he had likewise been a victim several times when in the twenties, but which had always been suppressed by medical injections. This was quite cured in two weeks. The lung complaint had now assumed an entirely different appearance, so that the patient considered himself quite well. By my advice, however, he continued the treatment for some time longer, and in a year and a half was completely cured.

Tuberculosis of the Bone and Caries. Very many patients afflicted with the above have undergone my treatment with the best results. In nearly all these cases the sufferers had in childhood had the *rickets* — in a certain sense only a preliminary stage to the later disease. From infancy their bones had been unsound, carious and easily fractured—in the most cases this could be ascertained with certainty. At puberty, or even earlier, caries appeared, the bones of the legs or arms suppurating and swelling like a sponge, the joints also becoming greatly enlarged. In the case of some, the leg or arm had been amputated, and the majority of the patients had been declared incurable before coming to me for treatment. On my system, retrogression of the disease began immediately, but amputated limbs cannot be replaced. According to my view, surgical operation in any disease whatever is the most unsuitable means possible to adopt as a cure. I maintain that no such unnatural procedure has ever yet really cured such a disease, or got rid of the cause. Only when we understand how to cause disease to retrogress on the same road on which it came can we cure it.

I recollect the case of a boy who came for treatment, both of whose shins from knee to ankle were open and suppurating. The doctors had proposed to amputate both legs, whereupon the parents brought the boy to me. The cooling baths and unstimulating diet were commenced and after only four weeks the bared bones began to be covered from within outward, the skin growing over the sores, which were quite eight inches long, just as on a tree the bark grows over an injured spot. In six months, both legs were quite healed, excepting two small trifling scabby places, which likewise disappeared within two months more. Moreover, the boy's general health was completely changed, and instead of his former melancholy disposition there was true childish mirthfulness.

In another case, a boy of ten had a tuberculous knee which was likewise to have been amputated. This time it lasted over three-quarters of

a year before the morbid matter was all drawn up from the knee-joint to the seat of the disease, the abdomen, where it was expelled at a sore on the thighbone suppurating uninterruptedly for three months. It was more than three months longer before he could walk and run like other children.

Asthma. A lady, 65 years of age was so asthmatic that the physician in attendance, whose *creosote pills* and *powders* had only made her whole condition, and especially her digestion, much worse, prescribed as a last resource a stay in the South, there being no remedy which could be of any aid in such an advanced stage of asthma. The patient could scarcely take 10 consecutive paces so great was her difficulty in drawing breath. Anyone who knows the remedies of orthodox medical science, is aware that sending the patient to a warmer climate is only equivalent to saying: "Nothing is to be done for you. We for our part give you up. Now try whether Mother Nature can aid you!" This patient also took it in this sense and therefore, at a friend's recommendation, put herself under my treatment, declaring to her doctor that she would rather die here than in a strange country. At the beginning of December, in bad, foggy weather, she placed herself in my hands. The upward pressure of the foreign matter in her body was very strong. She followed my instructions most conscientiously and it was not long before the upward pressure grew less, her digestion improving in a most satisfactory manner. The secretions of foreign matter, in the form of perspirations, were abundant. The patient, according to my instructions, took cooling baths daily and often a steam-bath. Thus in a few months the retrogression of the disease was over. All the symptoms which had appeared from time to time during the progress of the disease, now reappeared, though the retrogression proceeded about twelve times as fast as the disease itself had done. Each month of treatment removed an encumbrance which had been about twelve months accumulating, so that within three months she was completely cured of asthma.

Another interesting case of asthma may here be mentioned—that of a gentleman of about sixty, who had been suffering from asthma for several years and given up by his doctors. In consequence of the medicines he took for years, he was in an extremely weak state. The very first baths brought the patient relief, but as this feeling was only experienced during the bath, or for a short time after it, the patient bathed oftener than I had recommended. Even during the night he not infrequently took a bath, the tormenting cough not admitting him of sleep. Each time, after bathing for half an hour he could sleep quietly for an hour, until with the increasing fever the cough became so violent as to prevent further slumber. During each bath his system gathered so much vital power, that he could cough up a large amount of suppurating matter, this always bringing relief. From month to month, the patient, who had been little better than a living corpse, grew more vigorous and lively. After having applied the cure for a little over a year, he had so far regained health also in other respects, that to the astonishment of all his friends, his *head, hitherto almost bald*, became covered with a considerable *aftergrowth of gray hair*.

Lupus. The innumerable successful cures effected by my method, also in the case of lupus, proves that in this disease, as in all others, my

doctrine of the unity of disease holds true. I will here cite a case of lupus, of general interest.

The patient was a lady, 41 years of age, and had been perfectly healthy until vaccinated in her second year; from that time dated her misery. After the vaccination, obstinate *eruption of the skin* broke out, which in her tenth year developed into *lupus of the face*. For over thirty years this lady had suffered from this painfully disfiguring disease, without finding assistance anywhere, notwithstanding that she consulted many famous physicians. Her face was horrible to look at; in fact she could go nowhere without people turning their gaze from her with aversion. In this helpless condition she came to me, all the doctors having pronounced her disease incurable. My diagnosis showed an extremely favorable position of the encumbrance, so that I could assure her of good prospects of a rapid cure. This opinion was confirmed. After only a fortnight the disfiguring lupoid places on the face had undergone considerable change and were no longer quite so repulsive. Her digestion, in particular, which had till now never received any attention, had also improved quite remarkably. The result was abnormal evacuations, whereby the morbid humors were expelled. In seven weeks the patient's skin assumed the normal color.

The rapid cure in this case was due solely to the fact that the encumbrance was a front one. Readers of my work on my new system of diagnosis, the Science of Facial Expression, will know how to explain this.

I have had lupus cases also which, though not nearly so deep-seated, took a much longer time to cure. The most wearying cases are, as experience shows, those in which the encumbrance is in the back, or left side.

Many such patients have stopped the treatment after only a few weeks, because they could remark no particular change in their condition, or at most improved digestion. Unfortunately they did not possess the perseverance to continue for the time required to effect a cure of their disease.

My system proved very successful in the case of a lady in Stettin. The patient had suffered from *lupus of the face* for nineteen years, and could no longer show herself to anyone. She always wore a thick veil, in order to conceal her disfigured face. All the remedies at the command of modern medical science had been tried unsuccessfully for nineteen years by this lady before she came under my treatment. Improvement at once began, and a cure was soon effected. The lady wrote me the following unsolicited letter of thanks:

"Dear Mr. Kuhne:

"Stettin.

I feel it my duty to express my warmest thanks to you for the good effects of your method in my serious case. I employ it with the *greatest success* and now feel strong and well again, and am again able to attend to my duties without difficulty. I feel all the happier, because all the doctors whom I have consulted within the last nineteen years have been unable to help me or even afford relief.

For this reason I recommend this method to all sufferers from whatever cause, in the firm conviction that it will aid them, and beg, Sir, that you will publish this for the benefit of the cause, and of all sufferers.

With sincere gratitude, I remain, Yours faithfully,

A. S."

SEXUAL DISEASES



AWAY with prudery, away with false shame, which are but the veil to mischievously blind; the veil behind which, concealed to view, there sprouts and flourishes in all its hideous corruption, the evil which in the light of knowledge and common sense must fade and die. If we would speak of the hidden ills of mankind, of secret diseases, it must be openly and without reserve. So widespread and so great is the mischief which sexual diseases cause to mankind, that it would be nothing short of sin, were I to remain silent, when my system of cure has given me such a complete mastery over these complaints. An immense amount of misery is caused to mankind simply by the general ignorance which prevails concerning the nature of these diseases, and more especially as regards their treatment with medications. For this reason alone, it appears absolutely necessary to speak openly on the matter. The fact that to-day sexual diseases are more common than ever before, cannot be disputed. Syphilis, in particular, which claims hundreds of thousands of victims annually, brings with it the most unspeakable misery.

The methods employed, except that of the Nature School, are powerless against syphilis; at the most they succeed, the body being smeared with mercury or the like, in bringing about a temporary latent state of the disease, a standstill for the time being, which unfortunately is often called a cure and regarded by the patient as such. But exactly for this reason, unspeakable mischief has been wrought. For many patients, on the strength of the doctor's assurance that they are cured, have married: only too soon to find out from the sad results of the marriage, how greatly they have been deceived. The health and life of the wife are placed in the greatest jeopardy by cohabitation with a man in whose system there is latent syphilis. The nature of sexual intercourse is such, that there is, in a certain degree, mutual compensation between the two bodies. Thus if the woman is not very healthy, latent syphilis is soon transmitted to her; having as a result that she falls a victim to one disease or another. The children of such marriages are always unfit, never being properly developed. For this reason, I maintain that the latent stage of syphilis is far more dangerous than the acute one; for in the latter, the person affected bears a sign that plainly shows the true state of affairs.

The medical profession acknowledges a *latent stage* of syphilis, though only able positively to ascertain its existence, when acute syphilis again breaks out after a continued period of latency. Then when quite unable to deny the fact, it confesses that the disease has been latent in the system all the while. But if the facts did not speak so plainly, modern science even here would certainly never admit the existence of a latent state of disease.

By the aid of the Science of Facial Expression, the latent stage of

syphilis cannot remain concealed, even in cases where such acute relapses have not yet occurred. And by its means we are likewise enabled to ascertain, long in advance, any predisposition to sexual disease, so that the ill can be obviated. I need not enter into details concerning the sexual diseases: *the whites, gonorrhea, chancre, bubo, syphilis, pollutions*, etc. The name of each particular sexual disease is quite indifferent to us, since we know that all have one common cause. The difference in their form, we know, depends simply upon the difference in the predisposition, that is in the encumbrance of the particular person with foreign matter.

It is by no mere chance that Nature has partly combined the sexual and secretory organs. The system strives to direct the products of secretion toward these outlets, for which reason the largest accumulations of foreign matter are found here. This is most distinctly observable in women, and is therefore of importance in sexual intercourse. It is unavoidable that these sharp secretions should be transmitted to the body like an ointment, by reason of capacity of the skin for absorption. Thus the most morbid matter present in the woman, is transmitted to the man, and *vice versa*. If the man is more heavily encumbered than the woman, the semen, composed of the fluids of his body, will be incorporated in the woman's system and make her more diseased than before.

There is another circumstance which must be explained somewhat fully. *Sexual impulse* itself is a fact which, although universal, has not been satisfactorily explained, and remains more or less obscure. Orthodox medicine has little to say about its nature, still less as to when it is normal, and least of all upon the causes rendering it abnormal. Nevertheless one finds in the text-books that next to the instinct of self-preservation, the instinct of propagation is the strongest there is in the body. It is therefore inconceivable, why the factor only second in importance to life, should now-a-days be so despised as to be considered, in a measure, as something unnatural, as extremely unæsthetic and indecent. Sexual impulse, like all other impulses, has a normal state and an abnormal one, resulting from the encumbrance of the system with foreign matter. In the state of the sexual impulse, one has a very accurate thermometer for the condition of one's health; especially for any latent, chronic stage of disease, and for the effect of the mode of living on the organism. The latter is only brought from its normal condition by reason of increased pressure of foreign matter towards the natural secretory organs, and consequent increased excitation of the nerves. This pressure also affects the sexual apparatus, and causes an increased sexual impulse, accompanied by gradually decreasing potency. Normal sexual impulse leaves man quite free from any disturbing lust of sense or thought. The impulse is normal only in healthy individuals, and can only be kept normal by a wholly unstimulating diet and natural mode of living. It becomes abnormal whenever there is an encumbrance of the system with foreign matter, or when a chronic, latent condition of disease begins.

It is only a person whose body is already encumbered with morbid matter, who can get a disease of the sexual organs. Thus it can be explained why the transmission of the poison of gonorrhea, chancre and syphilis should infect one person and not another. I know of cases in

which, of two men exposed to the same danger of infection, one remained quite well, while the other was infected.

I also know another case in which a woman had intercourse with but one man for a length of time, his intercourse being similarly only with her. On his removal to another place, his successor followed him in the possession of this woman. Now although neither of the men was ill, nor had any intercourse with other women, the second man was attacked by syphilis in a short time, whereas the woman remained quite unaffected by it.

As already observed, the foreign matter accumulated in the sexual organs of the one person, is directly transmitted by sexual intercourse, and operates on the foreign matter in the other person like yeast in dough, creating fermentation, especially when there is a tranquillizing and strengthening effect on the system, brought about by the mutual equalization. By this action, the system gains so much in vitality, that it is stimulated to an attempt to expel the foreign matter which it contains, by a curative crisis, like gonorrhea, chancre or syphilis. These facts also throw light on those frequent cases in which a husband, for instance, after living for years in regular sexual intercourse with his wife, is infected with syphilis through chance intercourse with another presumably healthy woman. The intercourse between the married couple did not have this effect, the systems of the two persons having mutually compensated each other; whereas the new intercourse required an entirely different equalization, causing disease.

I mention these cases only to show in what manner sexual diseases arise, and what part the direct transmission of the contagious matter plays in the case. It is far from my intention to support illicit sexual intercourse in any way whatever. But here I have only to do with disease, its nature, cause and cure, and must, therefore, also adduce examples such as the above, which, unfortunately, are only too common.

SEXUAL DISEASES ONLY CURATIVE CRISES

WE come, then, to see that *sexual diseases* are nothing more than *curative crises of the system*, by means of which the latter endeavors to expel the foreign matter burdening it. Thus, to effect a cure, we must *get rid of the cause of the disease*, the foreign matter encumbering the body, when all ills resulting from such cause will gradually disappear. The error of the orthodox medical school is a most mischievous one. By means of *injections*, medicaments (most dangerous poisons), such as *mercury* in various forms, *iodine*, *iodide of potassium*, *iodoform*, etc.,* the orthodox doctor thinks to cure disease, whereas, in reality, he is simply suppressing the curative action of the body. This naturally can only be at the cost of bodily vitality, which otherwise would have been able to bring about a curative crisis. On the introduction of the poison, all the vital power is required to render uninjurious, so that the organism may be maintained. It is thus wholly diverted from its curative action.

What the orthodox medical school calls a cure, thus discovers itself to be a far more serious injury to the system than was the natural state of disease. Its true character is hidden, however, for it is clad in the tempting and deceitful garb of a painless and delusive, but chronic latency. Thus, no longer exhibiting the acute symptoms of the earlier sexual disease, it is unhappily mistaken by the many as a true cure. Supported by irrefutable proofs, I am justified in thus reproaching the much lauded medical profession with making such grave errors. Some of these proofs I will here produce.

As we have seen, the suppression of sexual diseases by means of drugs indicates no improvement at all, but only a pseudo-cure, a mischievous aggravation of the condition. Should we sooner or later—though it may take years—succeed in restoring the vital power of a person whose organism has been thus weakened by drugs, it may happen that all those symptoms which have been suppressed, reappear temporarily in milder form. This has been proved in a most striking manner innumerable times in my practice. The derivative action of my baths enable us to hold these diseases in such complete check, that they altogether lose their dreadful appearance. No one need fear these harmless curative crises. They are a natural result of the dispersion of the morbid matter in the system, and of the drugs which have been applied.

With my method, all sexual diseases, even the much dreaded *syphilis*, lose their frightful guise. I am not exaggerating when I assert this disease which is incurable by medical treatment, can be radically cured by my system like any other disease, without any injurious effects whatever on the patient's future offspring having to be feared. At the same

*The author, had he lived until the discovery of salvarsan, and neo-salvarsan, would certainly have included such pseudo remedies in his list.

time, I am far from saying that every syphilis patient is curable, but only those whose digestion is capable of improvement. Even where the treatment may last very long, there is always the clear possibility of a cure, in proportion to the vitality and the nature of the encumbrance of the patient.

The appearance of a sexual disease, as already stated, is merely a sure sign of a heavy encumbrance of the system with foreign matter, or, in other words, of a latent disease. If not cured, however, such disease becomes the preliminary stage of other chronic and usually worse disease, such as *asthma, pulmonary affections, tuberculosis, cancer, heart disease, dropsy, gout, etc.* And even if these do not always appear in the patient himself, the results of the false drug-treatment unfortunately only too often make themselves seen in the offspring. Many an innocent mother is at a loss to imagine the reason for the appearance of some such disease as *affection of the lungs, tuberculosis, scrofula, rickets* in her children, because she is ignorant of the true cause of these complaints, and cannot throw the blame upon herself. Of the husband's secret sexual diseases and of the effects on the offspring, she knows nothing. Here we see again, the sins of the parents against the children. The sick, weakly offspring is a mirror from which, equipped with my new teachings, the physical condition of the parents at the time of procreation may be learned exactly.

On examining the course of the most common sexual diseases, such as the *whites* and *gonorrhea*, we obtain fresh confirmation of my theories touching morbid matter. Attended by local inflammation, the system ejects the morbid or foreign matter (pus) from the body. Through this fermenting, feverish process, the inner organs may also be simultaneously attacked and inflamed, when one does not know how to render the process wholly harmless to the organism. In such case, the process would be a curative crisis in the true sense of the word. The larger the amount of the morbid matter expelled, the greater is the cleansing effect on the system. The chief point is to render this process of secretion as painless and little disturbing to the body as possible, yet at the same time in no way to interfere with its thorough working. By means of my baths, suited to the particular circumstances of each case, we attain the desired result in the most satisfactory manner. The duration of the cure, naturally, depends upon the exact extent of the encumbrance.

Consider for a moment the "remedies" applied by orthodox medical science in sexual diseases: *corrosive injections*, with *solutions of lead, mercury, zinc* and *iodoform* into the urethra or vagina, with the object of forcibly suppressing the excretive efforts of beneficent nature. The very character of the drug is sufficient to show the utter perversity of such attempts. It is surprising that no one has yet asked himself *where the pus goes to after the suppression of suppuration* with medicaments. Nature never does anything without a definite reason. *Natural processes* can only be assisted by *natural means*, not by unnatural remedies running counter to all the conditions of life.

It is through this gross mistake of medical orthodoxy that we find everywhere lunatic asylums, hospitals, clinics and sanatoriums springing up like mushrooms. If the remedies of the medical profession were

really beneficial, one would, on the contrary expect to find a decrease in the number of these institutions.

In closing this part of the present chapter, I will cite two cases from my practice. Some years ago a man, about fifty years of age, consulted me concerning a serious *disease of the heart*. After I had given him the requisite advice, and he had followed my cure for a fortnight, there appeared a former affection of the kidney, and after this was cured, just a fortnight later, an attack of gonorrhea, from which he had suffered eighteen years before. Both disorders appeared in a far milder form than when he first had them. Within a week, the gonorrhea was also healed, and the patient's general health improved surprisingly, whilst his heart disease had vanished completely. During the course of treatment, the patient related to me that he had formerly first suffered from *gonorrhea*, and had consulted two of the most celebrated professors, whose remedies had had the desired effect: the disappearance of the gonorrheal symptoms. Some years afterwards, the gonorrhea returned, but a second time he quickly got rid of the complaint by using medicaments. Two years later he was attacked by the kidney disease, which had given him much trouble. This, after consulting eight well known physicians, he at all events so far suppressed by medicaments that the alarming symptoms disappeared. Not long after, the heart disease began, which had refused to yield to any remedy, threatening finally to pass over into *dropsy*. I explained to him that the gonorrhea had not been cured, but simply forced back into the system, and thus formed a preliminary stage of his subsequent kidney disorder, which on suppression became, in turn, the cause of the heart disease, which, without my treatment, would have ended in dropsy. Of the connection between these various symptoms, he was fully convinced by the cure.

I may now mention a case of *syphilis*.

Baron v. E., aged 47, consulted me some years ago for *syphilis*, from which he had suffered for ten years. He related how he had four times undergone the allopathic treatment by *mercurial inunction*, at the hands of eminent doctors. He had likewise been dosed with *potassium iodide*; but in spite of all this the syphilitic symptoms always returned, and open sores in the mouth and on the feet made their appearance. As a consequence, he lost all faith in allopathy, the more so as his general health after the mercurial treatment was no longer nearly so good as formerly. More recently he had suffered from a feeling of oppression in the head, and he had lost his clear memory. By means of my Science of Facial Expression, I ascertained that my patient was suffering from a serious encumbrance, besides which there were distinct signs of medicinal poisoning. It was quite clear that the syphilis had only been rendered latent by the mercurial treatment. I ordered two or three baths daily, and simple, natural diet. The result was favorable, for in half a year the condition of the patient had quite changed; his digestion, above all, had greatly improved, and his appearance was fresh and healthy. With the removal of the cause, the syphilis also entirely disappeared; nor will it ever return. Further reports of cures will be found in Part IV.

Impotence. There is no more striking proof of the degenerate condition of the present generation than the so common disease impotence. Medical science has, up till now, been able to find no cure for this illness.

It stands absolutely powerless against it, because it is not acquainted with its nature. Medical orthodoxy does not know, that every diseased condition of a patient is caused only by the body becoming encumbered with morbid or foreign matter. Every case of impotence may be healed, if we can but free the body of its encumbrance. To-day, armed with experience and the results of my system of cure, we are in the happy position of being able to attain this end. With a quiet conscience I can say, that in very many cases a cure has already been effected, and that such cures will continue to be effected, if my method is intelligently used and the treatment persevered in with an iron will. All irregularities in the functional power of the sexual organs can be cured by abolishing the cause. In the same way also the sexual impulse can be normalized, so that the person thus cured is in a position to live quite naturally as regards the sexual condition. How often do we find that the firmest moral principles are powerless to guard against the most unnatural sexual excesses, such as, for instance, *onanism*. I find comforting assurance in the many warm words of gratitude which I have earned from earnest youths and men of true moral character, who through my methods have been freed from these fatal habits. (See reports of cures, Part IV.)

Impotence in women we know as *sterility*. It occurs not only as the result of *malformation* or abnormality of the inner *sexual organs*; there may also be complete insensibility of these organs. I have dealt with this matter more in detail in the chapter on Diseases of Women, Part III.

Sexual impulse in men is quite different from that in women, and impotence, therefore, also takes another form in males. We may remark perfectly definite symptoms years before it actually occurs; *abnormally increased* and nervous *sexual desire*, the result of chronic disease. In the case of children and youths, there is great irritability, resulting from chronic inflammation of the sex organs, whence proceeds that so much spread evil of to-day, *masturbation*. In adults we find the irritability taking the form of unnaturally increased sexual desire; and simultaneously the mind is more or less captivated with wholly unnatural erotic thoughts. In youth there arises a growing shyness in the presence of the female sex, which in many cases amounts to absolute fear and is nearly always accompanied by impotence. If to-day we find so many well situated men unmarried, the real cause of the fact lies in a certain shyness before women, arising from impotence. How many young men in the best years are already quite unable to normally perform the sex act, having become impotent as the result of *onanism*. How many *suicides*, or attempted suicides, are not to be ascribed to this cause?

The following interesting case may be cited here.

Some years since, a young man, aged about 23, the heir to a large estate, consulted me. He had practised *onanism* since his twelfth year, and now intended to try my method of cure, which had been warmly recommended to him, in order to gain mastery over his vice. Day and night he was haunted by his trouble; he was already quite incapable of learning anything. Powerless, as he said, he was compelled to resign himself to this self-abuse, although he strove with all his might against it. A remedy, he had looked for in vain; nor did his will prove strong enough to resist the impulse. Sometimes, it is true, with the greatest

determination, he had succeeded in banishing the vice for some months; then, overcome by an irresistible impulse, he had given himself all the more to the indulgence of his passion. He was possessed with the deepest feeling of inward dissatisfaction, felt himself useless in the world and went about with the *thought of committing suicide*. Now, his parents wished him to marry; but he felt an absolute aversion to it, being altogether impotent. He set his last hopes in my method; if that did not succeed, he would refuse entering into matrimony.

An examination of his condition by means of my Science of Facial Expression showed that the cause of his impotence was chronic dyspepsia, to get rid of which was naturally the first task. His body—on account of his early manhood—would react most favorably for the cure, so I could assure him of the best prospects. Conscientiously and energetically, he followed my system, and after only a few months his condition was greatly improved. My theory had here again found a brilliant testimony to its truth. The baths, which went right to the root of the disease, proved most effectual, assisted by a natural, unstimulating diet.

After thirteen months' treatment the *impotence* and *onanism* were cured quite in the same way as so many other cases have been successfully treated.

DISEASES OF THE BLADDER AND KIDNEYS. DIA-
BETES. URAEMIA. BED-WETTING. LIVER
COMPLAINTS. GALL-STONES. JAUNDICE.
INTESTINAL DISEASES. SWEATING
FEET. HERPES.

IT may appear very unsystematical, and altogether unmethodical, to thus class together a number of morbid conditions, which at first sight to the layman seem to have nothing in common. In the eye of the medical profession they are, it is true, all quite separate diseases, each accordingly having its own special treatment. Under the powerful lens of my new science of healing, however, we are able to discover their common origin and intimate relation.

The origin of all is again to be readily explained by accumulations of foreign matter; and here we have especially to do with the accumulations affecting the normal function of those organs so important for the secretion of waste matter from the body: the kidneys and skin. Here belongs, too, a consideration of the cause of the gases which arise in the stomach during digestion—so-called *flatulence*.

These gases through their expansion in the digestive canal, together with the vermicular movement of the intestines, contribute on the one hand to carry forward the food; on the other hand, in volatile state, likewise by reason of their expansive power, they pass directly through the walls of the digestive canal into the whole body and the blood. To make this clear, I will give you an illustration. The water upon the earth is limited to definitely bounded seas, lakes and rivers, so that the earth possesses a system of water-veins, resembling the blood-vessels in the human body. In addition to this, however, in gaseous form the water also fills the whole air and all parts of the earth. It is similar with the food and drink conveyed into the body; they are apparently limited to well-defined passages and organs, and yet they permeate the whole body, partly in a gaseous state. Hence alcohol (beer, wine, brandy) is felt soon after drinking, throughout the entire body, especially in the head, even though the gases are expelled partly as perspiration and exhalations, if the skin performs its function normally. They are expelled both without perspiration and as perspiration. This perspiration smells differently in the case of almost every person. Whenever it becomes abnormally saturated with old foreign matter, it smells disagreeably. Normal perspiration, on the contrary, hardly affects our sense of smell unpleasantly. Inside the body a secretion of these gases also occurs through the ureters into the bladder. Perspiration and urine are, therefore, two nearly equivalent and similar products of secretion. As soon as the bladder is sufficiently full, a *desire to pass water* is felt, and *must be immediately gratified*, if the system is not to suffer serious injury.

This point is too important to be lightly passed over. Unfortunately, prudery and present day customs often prevent our acting as we should in this respect, so that it is little wonder that we find matter retained in the bladder and kidneys, which should have been expelled. Parents and teachers cannot be sufficiently admonished to explain to children the evils arising from *retention of the urine and faeces*. In no case should children (in whom the transformation of matter goes on much more rapidly than in adults, and whose vitality is also far higher) ever be kept from satisfying their needs in this respect, if we would save them from injurious, perhaps dangerous, consequences. Should the urine in the bladder not be expelled at the right time, like everything else in the human body it is subject to a further constant alteration, fermentation taking place. The temperature of the bladder is raised, and as a natural consequence, there is evaporation of the fluid part of the urine, the salts remaining behind. By this process the subsequent secretions of the kidneys are prevented from entering the bladder and likewise undergo changes. If the desire to empty the bladder or bowels is not gratified at the right time, it often passes and then it is difficult to recall it when we will. But what, then, becomes of the urine? It has decreased in the bladder and must therefore have in some way reentered the body. Part of the urine, we know, in consequence of its constant process of decomposition, has again passed into a gaseous state, and has reentered the entire system and the blood, just as in the digestive process. In this process of vaporization, the salts and other insoluble matter remain in the form of minute yellow crystals in the bladder and kidneys and are afterwards, though not always wholly, expelled. If the sediment in the chamber vessel is examined under the microscope, magnified two hundred times, we shall find that it consists of minute, yellow crystals, which look yellow singly, but reddish when seen all together. This process, when the bladder is particularly heavily encumbered, leads to the common disorder called *Stone*, the treatment of which is described more in detail on the following page.

Stones form only under abnormal bodily conditions, or as the result of an unnatural diet. They arise in the same way as does the incrustation in steam-boilers, which forms only at a high temperature, when hard water has been used, being much less with soft rain-water. The urine retained in kidneys evaporates, and the little crystals unite. As long as they are very small, they pass through the ureters with the urine into the bladder, without causing disturbance; but when they grow larger, they cause, during their passage through the ureters, the pains known as *nephritic colic*, their sharp, crystalline surfaces irritating and injuring the membrane of the ureters. In the bladder itself the same process takes place. Should the urinal outlets, by reason of heavy encumbrance of the abdomen, become narrowed (*strictures*), it may easily happen that the stones can no longer be expelled with the urine, and then form the basis of a larger crystalline mass in the bladder. By the continual motion of the stone in the bladder it assumes a rounded appearance, but it always retains a crystalline fracture.

That stones will always form if urine is retained does not follow. The character of the urine may be such that the whole of it is transformed and is deposited as foreign matter in the body. In this case, it may lead to most various diseases, such as nodular formations, as described

on pages 111 to 114. Some years ago, I had a boy under my treatment, whose whole body was covered with nodules, about the size of a pea. These arose when, in consequence of a cold, he could pass no water for several days. I explained that the nodules would soon vanish if they were only a result of the retention of urine; our task would be to transform them into urine again. The boy thus commenced my cure, and in a few days copious quantities of water were passed, which continued for several days. To the astonishment of the mother, the nodules disappeared all of a sudden, as it were. In this case the foreign matter arising from the transformation of the urine, had formed the nodules, which the body, having a high vitality, was able to secrete again.

Diarrhea and Constipation, as I have already shown, arise from one and the same cause: the encumbrance of the system with foreign matter. It is just the same with urination, only that here the obstruction is not directly; but only indirectly perceptible, through *abnormal color of the skin*, *abnormal redness*, *herpes*, *headache*, *tumors*, *stone*, etc. In a sense, we have here only a preliminary stage of other diseases.

Diabetes, a disease resembling dysentery, is, on the contrary, directly perceptible. The inflammation caused by the internal fever, to which also, the tormenting thirst of diabetic patients is due, does not in this case occasion constipation and the fermentation of stone and tumors, but a too rapid removal of matter, accompanied by decomposition of the juices. The urine thus issues from the body in a morbid, fermented, sweetish state. Stone and diabetes are identical in character, differing only in external symptoms. To patients suffering from these diseases, my baths are of the greatest value; they diminish the internal fever, thus relieving the great thirst.

Both stone and diabetes have been cured by my treatment in one and the same manner, by getting rid of the cause. The stone disintegrates into granular particles, in which form it is usually expelled with the urine. In treating sufferers from stone, it is surprising what large quantities of water they are obliged to pass when taking the baths. The patients always wonder where all the water comes from, though the explanation is very simple. The urine which formerly had evaporated and accumulated as foreign matter in all parts of the body, is now brought back along its old paths, finally leaving the body as urine. I have had patients who for some time could pass water properly only during the baths. The normal condition of the bladder returned gradually, step by step with the disappearance of the cause of the disease.

In the case of Emperor William I, we see how old one may become despite stone, for although he suffered from a large stone in the bladder, he attained the age of 90. This was solely due to the favorable position of the encumbrance of the deceased monarch. The disorder, however, showed itself much earlier and in a far worse form in the case of his son, the late Emperor Frederick.

Uraemia, a condition in which urea is found in the blood and entire system, generally accompanies disease of the bladder and stone. For experts in my Science of Facial Expression, this derangement does not remain hidden, even in the very first stages, when the patients themselves do not yet have any idea of it. There is no remedy which so

quickly cleanses the blood, and the whole system, of this foreign matter, as the baths recommended by me.

Bed-wetting is that unpleasant state in which the patients cannot retain their water, is likewise to be traced solely to the encumbrance of the abdomen with foreign matter. A fistula has usually formed in the bladder, through which the urine escapes. This condition is almost invariably due to other previous, uncured diseases, forced back into the system by medicaments and unnatural treatment. (See Reports of Cures, Part IV).

Both this form of disease and *Intestinal Fistula* have often been radically cured in my practice in a very short time, frequently in a few days or weeks. A longer cure is only necessary when the disorder has already become chronic, and the patient has been injured by the drug treatment.

Catarrh of the Bladder is to a certain extent only an acute preliminary stage of a serious bladder disease and stone, a critical, inflammatory state of the bladder and urinary passages attended by painful urination. Like all acute forms of fever, it can be very quickly cured by my method, its cause being the same as that of all other diseases.

I was called upon one occasion to a patient who had been suffering from catarrh of the bladder for already a fortnight. The *prostate* was much swollen and the patient could only urinate with the greatest pain. Every ten minutes, also, there were extremely severe *spasms of the bladder*. As the urination was becoming more difficult and painful every day, the doctor in attendance, on the evening of the fourteenth day, proposed to use a catheter—altogether impossible considering the swollen condition of the prostate. The physician said he would have to chloroform the patient, which the latter would not allow, sending for me the same night. The first friction bath caused the spasms, which otherwise had come on every ten minutes, to cease; and after half an hour's bath, the patient could pass water without pain. Having taken the bath for three quarters of an hour he got into bed again. During the night very copious perspiration broke out, and he passed large quantities of urine, without any pain at all. In a few days, in this way, the catarrh was completely cured.

Liver-complaint, Gallstones, Jaundice principally occur in cases where there is an encumbrance of foreign matter on the right side of the body. The secretion of the liver, the bile, which as we know is emptied from the gall-bladder into the duodenum, exercises an influence on the digestive process, diminishing fermentation. Whenever the liver is affected by an encumbrance of the right side, and its normal secretive function is thus obstructed, I have noticed that an entirely different amount of perspiration exudes from the body, than when the encumbrance is on the left side. Thus arise, according to the nature of the encumbrance, gallstones, and induration of the liver. All such patients suffer from slight, often morbid and ill-smelling perspiration, and particularly from *sweating feet*. The evaporation, decomposition and fermentation of the bile shows itself very plainly in a dark color of the skin the familiar *liver-spots*, and leads in many cases to *jaundice*. (Compare Reports of Cures, Part IV). In treating such diseases I have observed that with my treatment a remarkably rapid cure is effected.

Sweating Feet. As seen from the above, this complaint is very closely

connected with disorder of the liver. It only occurs as I have often observed, when accompanied by the latter, so that excessive perspiration of the feet points years in advance to the fact that an encumbrance of the right side is developing. The perspiration usually ceases in advanced stages of diseases of the liver and gall-bladder. The patient's condition then steadily grows worse, because the morbid, fetid secretions of the feet remain in the system, causing other and much worse states of disease, such as herpes, cancer, etc., which are in turn considerably more difficult to cure, and require far more time. The forcible suppression of the excessive perspiration of the feet, by means of medicaments like chromic acid, inflicts serious injury on the health of the patient. The injurious consequences of medical treatment are generally not observed for a long time, even for years, when some far worse disease makes its appearance. The artificial suppression of the morbid perspiration by drugs is just like stopping up the main sewer of a great city, into which all the branch sewers lead, because at the outlet there is an obnoxious smell. Undoubtedly the stench would be suppressed at the outlet of the main sewer, but this would bring about an infinitely worse state of affairs in the city, which would everywhere be filled with pestilential odors.

It is much to be regretted that our Army Administration, following the instructions of modern medical science, which is quite in the dark regarding the nature of these diseases, recommends soldiers to use chromic and salicylic acid, etc., to cure sweating feet. I urgently warn all against this mischievous remedy. With my treatment, the annoying perspiration soon disappears of itself, for the good reason that the cause is removed.

Herpes and Skin Diseases. These so frequent diseases have also one common origin, no matter what particular form the eruption may take. I have treated very many patients suffering from these complaints, with the best results, and have nearly always found confirmation of the fact that these diseases are a more advanced stage of suppressed perspiration of the feet or skin. They signify a chronic condition, resulting from the suppression of another illness, and therefore the treatment they require must be longer and most conscientiously carried out.

Herpes may be dry or attended by a serious exudation. The former is usually more tedious to cure. Children often get herpes, which may always be traced back to hereditary encumbrance, or suppressed children's diseases, often to vaccination.

For the sake of clearer explanation, I may here introduce two cases taken from a large number of such.

The patient in the first of these cases, had suffered from *eruption of the skin* from the date of his being vaccinated a second time, and the disease had spread itself all over his body. He had to put on gloves at night and had his hands tied in order that he might not scratch himself. His trousers, and even the pockets of his overcoat, he regularly scratched through in a short time. He was unable to join his playmates in their games and endeavored to pass the time in reading, which only increased his depressed condition. The older he grew the worse became the disease, he was quite broken down in spirits and could think of an early death awaiting him.

Accidentally he heard of the older Nature Cure System, and soon after

of my method, through coming across my text-book on the New Science of Healing. Acting on my advice, he took two baths daily, adopted a moderate, unstimulating diet and soon to his joy remarked an improvement in his general condition, followed by a gradual healing up of the eruption. After some time the herpes, the fruits of vaccination, was completely cured.

The other case was one of *eczema*. A young man 24 years of age was suffering from this dreadful disease. The head and neck were the parts chiefly attacked. Ointments and drugs had proved anything but beneficial, so that he had lost all faith in the medical profession. He came to me and commenced a cure according to my special advice. I was able to assure this patient also that there was the prospect of a successful result; the diagnosis showed a front encumbrance. In a few days his bad digestion was better, and simultaneously the *eczema* improved visibly. On the third day the exudation ceased, and in 16 days there was no longer a trace of the eruption. During this period, too, the neck of the patient, which had been far too thick, decreased by nearly an inch and a half. The morbid matter, which had been the cause of the enlarged neck and of the *eczema*, was carried off in the copious excretions from intestines and kidneys. Further reports of cures, including one of *sycosis* (eruption about the chin), will be found in Part IV.

HEART DISEASE AND DROPSY

THERE is a long list of heart-diseases from which humanity suffers, which the medical profession treats in very different ways, according to the particular symptoms in each case. The disorders are divided into organic diseases of the heart and cardiac valves, and cardiac symptoms, which have their origin in more temporary causes. But, if we inquire without prejudice into the cause of diseases of the heart, and seek their explanation in natural processes, we shall here also certainly come to the conclusion that the source of all heart diseases is the encumbrance of the heart with foreign matter. To divide these affections into various kinds is, therefore, wholly purposeless. It is only on the disposition of the heart itself, on its more or less developed capability to resist injurious influences, that the seriousness of any individual case depends. For instance, if there is an encumbrance of the left side, there is much more probability of the disease developing, than if the accumulations are on the right side. A weakly organized heart, perhaps caused by hereditary predisposition, naturally cannot resist encumbrance.

In a case of encumbrance of the heart, we find also the general symptoms of encumbrance. Not only do the surrounding parts show an increased encumbrance with foreign matter, often in the form of fat, but the heart muscles are frequently so permeated and swollen with the morbid matter that they are quite unable to perform their normal functions. Nor is it necessary in every case that the size of the heart muscles should increase; the encumbrance of the muscular tissues is often shown only in their becoming harder, denser or more tense. In this condition the functional capacity of the muscles is lowered. Everyone knows how, where there is any swelling of the skin, the tension interferes with the working of the entire body. With the heart also, this encumbrance of the muscles exhibits itself in irregular activity. Now, whenever increased exertion is required of the heart—for instance, when we get a shock, or when anything unexpected or exciting occurs or through severe bodily exercise—that is, where an unusual quantity of blood flows to the heart, we feel very clearly that this organ is not fully equal to the work. There may be *palpitation, anxiety, stagnation of the blood, paralysis, difficulty in breathing*, etc. This is not usually attended by much pain, but a dull pressing feeling, constant or temporary only, is experienced as though some foreign object were pressing against the heart.

Disorders in the function of the valves of the heart are caused in the same way. When encumbered to a certain extent, these valves can no longer properly perform their function of closing, their surfaces being so deformed by the deposits of foreign matter, as no longer to fit the openings of the ventricles. A *defect of the heart* may also be brought about by a deformation of the contact surfaces of the ventricles. In either case the cause is the same.

Nervous disorders of the heart are really a most original "invention." As I have already stated in the chapter on nervous diseases, no individual organ can be diseased without its nerves being likewise disordered. It shows a complete misconception of nature and natural laws, to imagine that the nerves can be perfectly healthy and only this or that organ diseased; or that the whole body can be quite healthy, except the nerves. For me this idea is a thing of the past. We know to-day, for certain, that the various diseases of the heart with their hundred different appearances, and their different external symptoms, all have but one common cause: the encumbrance of the body with foreign matter.

But if the cause of the disease of the heart is not got rid of, or if more foreign or poisonous matter is introduced into the body by means of drugs, a worse condition will soon arise: *dropsy* will make its appearance. Dropsy is *always* simply the final stage of other uncured diseases which have preceded it. The water found in the body in dropsy is here wholly a foreign product. It is clear from this that the body is no longer in the condition either to produce normal blood, or to sufficiently purify that which is already there. What is the result? The juices which should produce blood, under the influence of the foreign matter ferment, and thus change form and figure. In no other disease can we so plainly trace the process of the origination and decomposition of matter in the body, and of the changes of form arising therefrom. Some time ago I was consulted by a dropsical patient, whose body was so full of water that it looked just like an expanded rubber tube. The internal pressure of the water was so great that it continually oozed through the skin of the legs, so that everywhere where the patient seated himself he left wet marks. The most remarkable thing about the case was this. The patient was a butter-dealer and had to sample a large number of butters every day. Now the water excreted through the legs smelt so strongly of butter, that there could be no doubt as to its origin. In the course of time, his stomach had become incapable of sufficiently digesting the quantity of butter which he had, in sampling, to eat every day, without bread or the like. The butter was gradually left less and less digested, finally becoming foreign matter in the body. The man was accustomed to sleeping on the left side, and here the butter accumulated, quantities of fat being deposited in and about the heart, and more or less over the whole body. The first result was a disorder of the heart, continuing for years. Finally, the foreign matter passed over into a further state of decomposition, and then showed itself as water.

The heart disorder had passed through all stages. At first it was called *palpitation*; then *nervous affection of the heart*; then *fatty degeneration*, soon attended by a *defect of the cardiac valves*. Then *pericardial dropsy* set in, ending with general *dropsy*. The patient had tried all the various methods of cure, and finally, when it was unfortunately far too late, came to me for relief; but he was already incapable of carrying out my prescriptions with full success. He had been treated with all kinds of medicines and poisons, each stage of his disease receiving some new name and likewise some new remedy!

The cause of water accumulating in the body is a certain gangrenous state of the abdomen, which in most cases is not remarked, because it proceeds so slowly. Only when the water causes the breathing to be labored and sets up oppression of the heart, is the trouble noticed at all.

When the body, however, commences to react against the disease and the patient is able to rally his vital power sufficiently, the chronic disease appears as an acute gangrenous condition. If the disease of the patient is already far progressed, this hot gangrenous state renders him so weak that complete cure is no longer possible, he is internally consumed. If, on the other hand, there is still sufficient vitality in order to enable the system to get the upper hand, it will be able to expel the inflammation from the body. I will illustrate this by citing two cases treated in my institute.

I once had a visit from a gentleman from abroad, who had been suffering already for years from dropsy and had got no help from allopathic treatment. The legs were swollen up with water to twice the normal size, and the body also. In spite of this, the patient only complained of difficulty in breathing and heaviness in the legs; he could still walk quite well. I explained to him that his condition was too far progressed in order to admit of a cure, so that I thought it better he should not commence with my treatment at all. The patient, however, insisted upon it, and so he began, filled with hope, despite any attempt at dissuasion.

In the first weeks, all went on far better than one could have expected. Profuse sweats and abundant evacuations rapidly diminished the amount of water, so that the patient felt very happy. So far, his body had only expelled the product of the disease, namely the water; it now began with the work of getting rid of the *cause of the accumulation of water*. This was the internal gangrene, which had scarcely been remarked. The cure could only be effected by the body in one way: the chronic gangrene must be changed into a hot, acute state. If the body still possessed the necessary vitality, it would expel the foreign matter which had brought about the morbid condition, and a cure would be complete. In the contrary case, the body would be consumed by the internal heat. With my patient, matters took the latter course, as I had foreseen. In the third week the change of the chronic gangrene commenced in the right leg. This became more and more inflamed, until at length, from the toes to the middle of the shin-bone, there was an open sore, which already on the second day had become quite black. The gangrene which had formerly been hidden within, was now expelled to the outside, naturally causing the patient much pain. During the fourth week the black matter separated from the sore like a thick skin, and the sore began to heal again. Now, however, the internal heat of the patient, who was still corpulent, increased daily, a certain sign that transformation of the internal gangrene was still going on. The first result was extreme thirst. In spite of the derivative action of the treatment, however, it did not succeed in mastering the gangrene and overcoming the great heat, as was clearly to be seen from the increasing weakness of the patient. Soon there was no longer the strength necessary for taking the baths, and on the 29th day the patient became unconscious, death taking place on the 30th. This patient died slowly in consequence of the intense internal heat, as I had informed him from the first would be the case.

I may now mention a case where there was an altogether satisfactory result. The patient here had been dropsical for a long time; his condition was serious, but fortunately, in consequence of having been treated homeopathically, he had taken but little medicine. Within three weeks,

on my treatment, he lost the water, whereupon in the fourth week an intense internal heat was felt, accompanied by remarkable symptoms. On the second day of the fourth week, for instance, there were frequent evacuations of most abnoxiously-smelling, yet black fæces, of choleraic or dysenteric character. This continued for three days. None of the family could explain this, as the patient had only been taking very little food. His wife came to me in the greatest anxiety about it, when I explained to her that her husband was now saved, just because of this crisis. The body had thereby not only been enabled to expel the internal gangrene, but also its cause: that is, the foreign matter which had for years been accumulating in the body. The patient, as a consequence of the crisis, was very exhausted and extremely thin, but soon began to recover, improving daily. To-day he is as healthy as he was twenty years ago, and not a trace of water has again shown itself. In this case, the body had fortunately been able to endure the change of the gangrene from the chronic state into an acute one.

Dropsy is really curable only when the patient, while strictly observing my treatment, can *perspire* freely and unaided at the *parts affected by the dropsy*. It is then possible that the water and other foreign matter can be excreted, and a more normal digestion restored. Dropsy is no longer curable when the bodily vitality is so low, that it is unable to expel the foreign matter; it is then, above all, impossible to permanently improve the digestion.

I would here call attention once more to my new method of diagnosis, the Science of Facial Expression, which offers us a certain means of observing the approach of dropsy many years in advance. Equipped with this new science, we are not obliged to wait until diseases are so far progressed as to be incurable; we can begin a radical treatment at a period when the stage of the disease still admits of a thorough and easy cure.

Proofs of the correctness of the foregoing can be given only by practical demonstration; I therefore submit below an interesting case of serious heart disease combined with dropsy and leprosy.

A gentleman from Batavia, Java, had for 24 years conducted an export business at that place, and had enjoyed during the time, as he said, satisfactory health, suffering occasionally, however, from fever, inflamed eyes, and sores on the legs. These symptoms suffice to inform us that the system was *not* healthy, but heavily encumbered with foreign matter. This morbid matter accumulated first in one part of the body and owing to the tropical climate, was more readily set in fermentation than it would have been in our temperate zone. An acute state of disease was thus brought about. For the correctness of these assertions, the further course of this highly interesting case gives us most striking proof. In November 1879 the patient was troubled with a large swelling at the back of the head, near the left ear. This was suppressed by medicinal poisons and forced back into the system; whereupon, after some time, it made its appearance in another form, one of his fingers swelling up and suppurating abundantly, so that even a piece of the bone festered out.

The finger was hardly healed, when there was an abnormal loss of blood through the bowels, a sure sign that a clump of *piles* had burst. Shortly after this, an open sore appeared on the left foot, which remained open and suppurating for a long time.

The patient suffered further from cold hands and feet, *cold* sweats and frequent feverish attacks, all showing the presence of some deep-seated disease. In February 1882, a higher fever than usual set in, which continued several days with undiminished violence, so much, that the family physician, who took the case for one of leprosy, strongly advised a journey to Europe. On April 13th 1882, the patient therefore left Batavia; on arriving in Europe he consulted Professor J., of Basle, who diagnosed inflammation of the blood and sent him to Bad Krankenheil near Tölz, in Upper Bavaria, recommending him to the care of Dr. H. During this treatment a red spot appeared on the patient's right forearm, which remained, in spite of rubbing with corrosive sublimate. On ending the course of treatment, the patient felt somewhat more vigorous; but in the autumn more red spots appeared on his body. The chronic feverish condition thus increased. In April 1883, he set out on his return to Java, where, in the hot tropical climate, the red spots soon disappeared with the profuse perspiration. On arriving in Batavia in May, a derangement of the heart made itself felt, attended by such high fever, that he again sought medical advice, and finally in May 1885, was once more obliged to go to Europe for treatment for a considerable time.

From the above it is quite evident, that the cause of the disease had by no means been removed from the system by the treatment in Bad Krankenheil. The fact of the new outbreak of the disease, upon his return to Java, was sufficient proof of this. Through the sojourn in the cooler climate of Europe, the disease had passed into a chronic, or more latent stage. The patient was thus less sensible of the presence of disease, acute outbreaks being now more seldom. The return to the tropics, however, at once caused it to pass into the acute condition again. His physician, nevertheless, had regarded this apparent improvement in health, caused by change of climate, as a sufficient cure under the circumstances.

On his return to Europe, the patient settled in Freiburg, in Baden, devoting himself wholly to the task of getting well, under the advice of the family physician and Dr. N., Physician to the Court. In autumn, the red spots again appeared all over the body, and far worse than in 1882; a sure sign that the encumbrance of the system with foreign matter had still further increased. The doctors, not in the least understanding the nature of the red spots and other symptoms, informed their patient that the cure must be left to nature. A visit to Soolbad Rheinfelden in the year 1886, at their recommendation, had the worst results, however. The disease now gradually became more and more chronic, and the advance of his physical disorder was naturally attended by corresponding depression of spirits. He had reached that condition of chronic misery into which everyone gets, who vainly seeks everywhere for health, manipulated as depression, melancholy, despondency, nervous prostration, lack of courage, and utter weariness of life. It is no wonder, then, that the patient, who, during the end of 1888, had been treated by celebrated doctors without success, became deeply despondent. From hopeful manhood, he had passed into premature old age, weary, soured, broken down.

Urgent business now forced him to journey back to Java on Jan. 19th 1889. His disease had by this time grown so chronic, that his skin, which had scarcely perspired at all for three years, even under the tropical

sun, only incompletely performed its function. On reaching Batavia, the disease took an acute turn. The earlier *affection of the heart* reappeared with increased violence. The fever accompanying it, visibly diminished the patient's strength, and water already showed itself in the legs. Moreover, the Batavian doctors pronounced his disease to be *leprosy*, and were the more convinced of this, since during the patient's last stay in Europe, the most famous European specialist for leprous diseases had discovered large numbers of lepra-bacilli in his blood. On account of the great dread of infection from lepers prevailing there, the doctors at Batavia advised their patient's immediate departure, unless he wished to be excluded from all communication with the outer world. On December 19th, 1889, therefore, the patient once more set sail for Europe. His travelling companions thought it hardly possible that he could reach Genoa alive. However, the cooling sea-air stimulated his vital power, and he arrived safely in Europe, where his condition again passed over from the acute state into the more chronic one. His medical attendants at Freiburg gave up the case as absolutely hopeless.

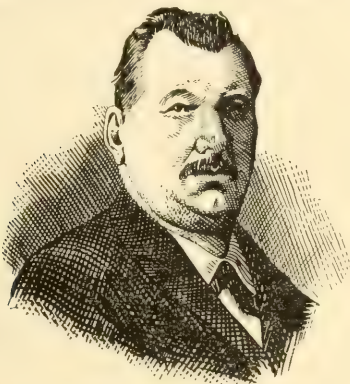


Fig. 1



Fig. 2

Whilst in this deplorable condition, the patient had his attention drawn to my method of healing, by an old friend of his in Leipzig, who had formerly known him for years in Java. On March 20th 1890, the patient travelled to Leipzig and four days later, though almost without hope, he commenced my cure.

This case offers a most striking proof of the correctness of my system of treatment, and convincing confirmation of the truth of my Science of Facial Expression. Fortunately, I had this gentleman photographed at the commencement of the cure, and also subsequently, Figs. 1 and 2 being reproductions from the originals. His body was wholly altered by the foreign matter. There was but little of the neck, on which a *goitre* had formed, to be seen, it being sunk, as it were, into the trunk, with no proper boundary between the two. Upon the forehead was a large swelling nearly an inch high. The parts around the eyes were swollen up, as also the whole head, which showed a most abnormal accumulation of foreign matter. The calf of the right leg was gangrenous; and there was water both in the foot and ankle, and also above the gangrenous part, so that the patient could only use the leg with difficulty. The accumulations of foreign matter in the trunk were in

proportion to those in the head and neck. The digestion was wholly abnormal. Neither bowels nor kidneys properly performed their functions. The heart disorder allowed no rest day or night, and gave rise to a feeling of uneasiness and oppression. The patient's hands and feet were icy cold, and of dark bluish color.

Satisfactory results were obtained almost immediately after commencing with my treatment. The digestion soon improved; the bowels, which formerly had only been moved by enemas, and the kidneys, operated regularly from the third day. The urine, previously light and clear, now became cloudy and turbid, evidently containing a quantity of foreign matter. Even on the second day the patient felt himself relieved and fresher, though with a certain sensation of weariness, caused by the energy required to expel the foreign matter from the organism. Profuse perspiration also materially assisted in the cure. A perceptible alteration in the external form of the body was very soon brought about, the more so as the excretion of foreign matter went on most rapidly in his case.

It was interesting to watch how the gangrenous band around the calf disappeared. This was at first dark brown, then bluish red, and was quite four inches broad. It dissolved in the form of water, the leg simultaneously increasing greatly in circumference. The right leg ultimately became enormously thick. This process was remarkable as showing the capability of foreign matter to ferment and change.

The crisis which the patient was now going through was a severe one, but his great vital power stood him in good stead. Although not able to move about much, my baths always made him perspire freely at the dropsical parts, a proof of the power of his body to react. Within four weeks, all the water was expelled from his system. After this, the cure went on extremely rapid. The patient felt younger and fresher every day, and after four months' treatment, attended by some curative crises, was so changed in appearance (see Fig. 2) as to be hardly recognizable. The heart disease and dropsy had quite disappeared, and were really cured, while despondency had given place to a cheerful and quite different mood, with buoyant spirits.

In Batavia, they could not credit this happy result, but wrote that the patient would not be permitted to land in Java, until proved to be quite free from lepra-bacilli. For this reason he again submitted himself to the inspection of the same celebrated specialist for leprosy, now staying in Hamburg, who had formerly examined and treated him. After this examination, which lasted nearly four weeks, the patient received the assurance that he was entirely free from lepra-bacilli. This gentleman, who returned to Java in 1892, is still living, and in the best of health. None of his former troubles have shown themselves again.

This case affords us another excellent proof of the worthlessness of orthodox medical science, its diagnosis and its system of treatment. Here, again, was a patient given up by the most competent authorities, yet, by my method of cure, he was saved from death and restored to his family and friends.

DISEASE OF THE SPINAL CORD. CONSUMPTION OF THE SPINAL CORD. HEMORRHOIDAL AFFECTIONS.

THERE is always a long period of chronic sickness before one of the dreadful diseases of the spinal cord breaks out. By means of the Science of Facial Expression we can, however, determine the result years in advance, can recognize predisposition to the diseases, and point to the causes contributing to morbid encumbrance of the nerves. As regards the latter, *pollutions* especially, frequently appear, whether the patient is married or single. But these emissions always denote chronic inflammation of the nerves, particularly of the spinal marrow. and of the *nervus sympathicus*, caused by severe encumbrance of the back with foreign matter. The inflammation always increasing, the nerves become less capable of resistance, until the patient is no longer master of his limbs, the legs being the first over which he generally loses control. Together with the pollutions, other morbid symptoms also make their appearance. With many there is a peculiar feeling of constriction about the waist, varying very much, according to the nature of the encumbrance. There is also frequently a slight sense of chill just at this internal girdle or band, as it were. In a more advanced state of the disease there is often, also shooting, or sometimes continual neuralgic pains, and lumbago which may be extremely troublesome and painful.

Diseases of the spinal cord are very various in form. With uniform encumbrance, as is the case in these disorders, many other diseases also occur, such for instance as *St. Vitus' dance*.

In a very advanced (the so-called final) stage, it is scarcely longer possible to cure diseases of the spinal marrow. In such cases, the most that can be done is, at all events to remove all pain from the patient. This can usually be effected in a short time, if the digestion is capable of improvement, so that there is internal quiet, sleep and appetite.

Fortunately, by means of my Science of Facial Expression, as already remarked, it is no longer necessary to await this final stage of the disease. We can commence long before to prevent this, an advantage which cannot be too highly valued. These disorders of the spinal cord in their first stages are as easy to cure as many other insignificant diseases. If, on the other hand, the disease is in an advanced stage, and particularly if it has been treated with drugs, a cure is much more difficult. A house upon which the flames have taken a firm hold, can also not be saved, if once the fire has spread too far.

I have had numerous patients suffering from spinal cord diseases in my treatment, but I have not been able to cure all. Many have had to be content with an improvement, with an alleviation, of their sad condition. The latter have been exclusively such as through long use of medicines, had so far paralyzed their body as to render it incapable of being fully

cured, even by the most careful treatment. To elucidate what has been said, I will again produce here some reports of cases which I have treated in my establishment.

The first case was that of a young man who suffered severely from disease of the spinal cord, and was completely paralyzed in both legs. For over a year he had been consulting specialists, without getting any benefit from the treatment. He was unable to make the least movement with the legs, nor could he stand; though only 24 years of age, he was obliged to lie helplessly in bed, or be wheeled about in an invalid chair. His digestion was the worst possible. The bowels never moved unless with artificial aid, the urine passed off without the patient being conscious of it. When he was placed in his chair, his legs had always to be put into the right position for him.

On coming into my care, he had at first to take four cooling baths daily, and eat only dry, natural food. If during the first month, owing to the debilitated digestion, there was but little improvement, in the second month one could observe decided progress. After a further period of two months, the patient was again able to retain the urine, and his legs were so far improved that he could move them a little, and without the help of his attendant could stand for a short time. Nine months of the treatment had brought him so far, that he could walk about the room a little without aid; and in two months more he had regained complete mastery over his legs. His disease of the spinal cord, which had occasioned these complaints, in consequence of the great internal heat produced by the accumulation of foreign matter, was cured, exactly in the same manner as so many other diseases have been overcome.

This case also shows clearly how difficult it is to cure an advanced encumbrance of the back. I scarcely imagined myself, at the beginning of the cure, that the patient's condition could be improved, to say nothing of cured, because the digestion was so deplorably bad, and in the commencement showed no signs of improvement. Only to his extraordinary perseverance, was the subsequent cure due. Had the patient commenced my treatment earlier, such absolute loss of control over the legs would never have occurred, and cure would have been much easier.

Another case which I will now give, is equally instructive. A gentleman in his 47th year had been suffering for several years from consumption of the spinal cord, without being able to get any relief. His encumbrance was very considerable, and he could only walk with much trouble. Frequently, he was attacked by lumbago and other shooting pains. He could not get sufficient sleep, often obtaining no rest at all for days together. The digestion was abnormal, and the general condition bad. The very first months of the treatment had a good effect, the *sleeplessness* being cured and the various pains likewise disappearing. The digestion also improved, although the legs still remained very weak. For this reason the patient scarcely hoped for cure. He had looked upon the pains and sleeplessness only as special disorders for themselves, and always held the opinion that they had no connection with his spinal cord disease. As he found it extremely difficult to follow my dietetic rules, he gave up the treatment after ten months. His condition then soon became worse and altogether hopeless.

This patient should have regarded it as a great success, not only that his disorder became no worse during the cure, but that the troublesome

accompanying symptoms so soon disappeared. With perseverance the other troubles would also gradually have been overcome.

For a further case of consumption of the spinal cord, see Part IV (Reports of Cures.)

Hemorrhoidal Affections. Hemorrhoidal affections generally accompany disease of the spinal cord and the severe encumbrance of the back connected with it. They point to a serious chronic condition of disease, which like all others has as its cause a highly inflamed condition of the abdomen. As a matter of course, the digestion of such patients must also be irregular.

The fermentation of tumors in the abdomen, a symptom necessarily implying severe encumbrances, is a proof that the vital and curative power of the body must be very low.

I will illustrate this, also, by an example taken from my practice.

A young man in his seventeenth year, who from his earliest youth had suffered from troubles of digestion, came to consult me. As he related to me, since his eleventh year he had been troubled with piles, hemorrhoidal affection and intestinal hemorrhage, which had caused him much pain. In his fifteenth year, he gradually lost the piles and hemorrhoidal affections; but, as he further related, he then became a victim to the most dreadful headaches, against which no remedy had any effect. Finally, on the back of his head, hard nodules, the size of a hazelnut could be seen and felt. His whole head, at the same time, began to change in form and increase in size, the relation between the head and body clearly altering. It was obvious to everyone who saw the youth, that there must be some matter encumbering the head, which ought not to be there, and which was not there before. But no one had any idea that the clump of piles in the body, in a now much harder and compressed form, had affected the head, appearing as tubercular nodules. To any one familiar with the Science of Facial Expression, these symptoms were naturally easy to be understood. The unbearable headaches alone, were sufficient proof of the presence of a deep cause. Unfortunately no one recognized this. The poor mother saw in her still youthful son, the same dread disease which had carried off the boy's father in his 39th year. None of the methods of cure tried provided any remedy against the disorder. The disease slowly but surely got the upper hand, and the young man, in consequence of the headaches, finally became quite unfit for work, and often had fainting-fits. In this deplorable condition he was brought to me by his mother. As there was a back encumbrance, an outbreak of *inflammation of the brain* was any day to be expected. My prescriptions were strict diet, cooling friction baths, and plenty of exercise, and they were closely followed out with good results. Already in the first week, the headaches disappeared. Only during dispersion of the tubercular nodules in the head, did the pains temporarily return again. The digestion and appetite likewise improved in a most satisfactory manner. A decrease in the nodules, which were to be clearly felt on the head, was noticeable towards the end of the cure. The nodules in the interior of the head decreased simultaneously, and the head itself became relatively smaller than before. In another two months the nodules had still further decreased, and in half a year there was no trace of them left.

Suddenly a change, apparently for the worse, set in. As his mother

informed me, her son felt unwell since the day preceding, the hemorrhoidal affection, which had vanished years ago, having again made its appearance as bad as ever. I explained to the anxious mother that this was unavoidable. The tubercular nodules in the head had, by the derivative action of the treatment, been conducted from there into the body and had again taken the form of a clump of piles, which, indeed, had been the cause of the nodules in the head appearing at all. Her son had been cured of consumption of the brain by this curative crisis, and in the same way it was now only necessary to free him from the hemorrhoidal affection, which was but a preliminary stage to the *tuberculosis of the brain*. This explanation cleared up the woman's doubts, and the cure was continued with the most happy results. After a year, the hemorrhoidal affection had also been perfectly cured, and the young man was again healthy.

Further reports of cures will be found in Part IV.

POVERTY OF THE BLOOD. CHLOROSIS.

FROM all classes of society to-day we hear the complaint about poverty of the blood and chlorosis. Neither poor nor rich, neither young nor old are free from these disorders, although there is a whole host of remedies in the field. It is the upper classes, supplied with ample medical advice, who use these remedies most, and especially in the form of what is called nutritious diet: eggs, flesh-meat, bouillon, wine and beer, etc.

Modern medical science boasts of the great progress it has made; chemistry and physiology claim to have ascertained exactly the nutritive value of all articles of food, and their effect on the human organism; yet in spite of all this scientific knowledge, the disorders are not in the least diminished, but spread more and more. They produce weakness, debility and nervousness, and lead to abnormal sexual impulse. They prevent a proper supply of milk in mothers, and, in short, they render people mentally and physically unfit, incapable to think or to act. They cause over-sensitiveness, weariness, heaviness in the feet, pains in the muscles. There is loss of appetite, and the bowels no longer act regularly.

What is the position which the medical profession takes up in regard to these diseases? Supported by chemical analysis, the doctors recommend the use of flesh-extracts, said to contain all the constituents necessary for eruption, quiet prevails for a time, until new tension is caused by the processes of combustion, decomposition and re-formation within the earth. The process is similar in epileptic fits. An encumbrance of foreign matter forms within the abdomen, causing slow, yet constant fermentation, attended by the development of gas and tension. The seat of encumbrance here being limited in space by the foreign matter, there is a constant increase in tension, assisted by the continual fermentation. Finally there is an eruption, which brings on the fits, and through pressure on the brain, suspends the functions of the latter. When the process of fermentation and the attendant pressure subside, consciousness returns, although the entire body remains more or less exhausted after such a violent attack.

It is much to be regretted that the medical profession is unable to cure epilepsy, and still more so that it does not up till to-day even know its character. Not seldom, it regards this disease merely as a nervous disorder. Little does it think that all these, as it considers them, incurable and mysterious disorders are chiefly its own work: the fruit of misled science, wrong advice as to the care of the health, and the use of injurious remedies, such as *potassium bromide*, etc.

The course of cure in epilepsy differs much, according to the encumbrance of the patient. With some the attacks gradually decrease very soon after beginning treatment; with others they at first appear oftener. Owing to the changes going on in the system, such temporary symptoms

occur frequently; but as soon as the encumbrance is expelled, they gradually, or even suddenly, disappear. They become weaker and weaker, until there are merely *swoons* or *giddiness*, which quite disappear on continuation of the cure. In advising patients, it is therefore well to call their attention to the probable course of the cure. And here again my Science of Facial Expression serves as an excellent means to foresee those curative crises which may be unavoidable, especially in the case of serious encumbrances.

We thus come to see, that the curability of epilepsy depends solely upon the state of the encumbrance of the patient. In nearly all cases, a cure has been effected by my method. Some cases may have been tedious, or even incurable, when the patient's condition was already too chronic; and when the body, particularly the digestion, had been too seriously injured by the customary medicaments, such as bromine. In such patients the nerve-connections, and the brain, have been too seriously distributed to admit of retrogression. In my establishment I have had some obstinate cases, which have required most careful treatment on my system for years, before the attacks ceased. Cessation of the fits must not be looked upon as always signifying that the patient's encumbrance has been gotten rid of. For the complete removal of such, a still longer time is often required.

According to the report of the National Medical Commission, for the year 1889, the number of epileptic school-children in Saxony was, at the end of that year, 795, or 13.6 in every 10,000 children. It is, therefore, much to be wished, in the interest of suffering humanity that the successful cures of the New Science of Healing should also become better known in influential and authoritative circles.

I cannot refrain from introducing here, also, an actual case which I have treated, for the purpose of elucidating the subject.

A girl of nineteen had suffered for six years from severe epileptic fits. Every week she had at least two attacks. Her digestion was the worst possible, and her menstruation likewise altogether irregular. Not once since puberty had she had normal periods; sometimes they remained away altogether, at other times appeared too frequently.

By means of my Science of Facial Expression, I found that she was also highly chlorotic, with a disposition to consumption. Her head was abnormally large. The state of the encumbrance was, however, favorable, so that I could assure her of a good prospect of success. In order that she might not mistake the course of the cure, I called her attention to the fact that the attacks might possibly, during the first fortnight, be more frequent than before, but then would gradually diminish, and finally cease entirely. My natural remedial agents did not desert me in this case either. Steam-baths, however, as in most epileptic cases, had to be avoided. In three weeks the patient was free of all fits.

The cure took the exact course, which I had foreseen. In the first days there were two, three or even more attacks. After sixteen days these gradually passed into swoons, and giddiness, and finally ceased entirely. Such speedy success was only possible on account of the patient's digestion having fortunately improved with surprising rapidity and the menstruation having soon become normal. In many cases, so rapid a cure is not to be effected. The quick cure here, was to be attributed solely to the very favorable position of the encumbrance of the pa-

tient. Other epileptic cases which I have treated, have required two, three, or more times, as long to cure (see Reports of Cures, Part IV).

Agoraphobia is a condition in which the persons afflicted are unable to go across a broad, open space. This disease, also, is simply the result of encumbrance with foreign matter. The condition is due to the inner tension of the body being no longer able to offer sufficient counter-pressure to that exerted by the atmosphere; or, it may be, it exerts too high a pressure on certain internal organs. The rarer and purer the air, the more is the oppression felt by such persons. I have had patients under treatment, who could only walk close to the houses, without falling down. This comes from the fact that the air there is always a little more dense than in the middle of the street; and though the difference is very slight, it is still sufficient to be felt by the patient. Wherever the air grows purer and rarer, the patients feel oppressed and disquieted in the highest degree. The inner pressure deprives them of all support.

This disorder, like tuberculosis and cancer, is always a final stage of other preceding diseases, whether it appears directly or indirectly through being inherited. Whether a patient will recover depends altogether upon his condition and the encumbrance. A radical cure, in any case, can only be effected by my method, which removes the cause. The cure, it is true, often requires a long time.

EPILEPTIC FITS. AGORAPHOBIA.

THAT sudden, malignant complaint which attacks the human organism, those morbid paroxysms commonly known as epilepsy, which overcome the body—they are but the conclusion of a series of preceding diseases which have been suppressed, or are the result of inherited disorders, too often to be traced to the youthful folly of the father. In the latter, the treatment of sexual disease with drugs has driven back the foreign matter into the body, with the natural result that accumulations of such morbid matter have formed in the parents. The transference of this matter to the body of the child is the foundation of the disease which we call *fits*.

In the course of my practice, I have treated numerous cases of epilepsy with striking success. How often have I seen that sudden epileptic attacks are nothing more than sudden ebullitions of fermenting foreign matter, which has first developed in the abdomen. In many cases these ebullitions of fermentation first pass down into the legs, only afterwards pressing upwards. By the outbreak of fermentation, many persons are first whirled round, as it were, several times, before falling; others, again, as soon as the fermentation rises towards the head, lose consciousness and fall to the ground.

These processes in the body may be compared to the outbreak of a volcano, when the expanding gases and masses, accumulated within the earth, suddenly rush forth. For the building up and maintaining of the human body, they advise a liberal diet; they prescribe pills and powders, quinine and iron in various forms. And what is the result of this treatment? In general, just the contrary of that which was to be attained. The blood becomes still poorer, the patient becomes more chlorotic, and other troubles may set in in addition, the sole cause of which is the unnatural medical treatment. Astonishing though it may sound, it is a fact that to-day we can even find new-born babes suffering from poverty of blood.

These observations bring us to the conclusion, that the modern treatment and diet in these cases cannot be the right one. It must also be admitted, that chemistry is not sufficient to prevent errors when dealing with the processes going on in the living body. According to our experience, artificial extracts of all sorts, and artificial preparations used for the purpose of "feeding up" the patient, are most difficult of digestion, and are often, indeed, not to be digested at all. Foods in the natural form, unchanged by cooking and seasoning, are always the easiest of digestion.

My New Science of Healing teaches an entirely different treatment of these diseases. The external symptoms of anæmia and chlorosis give us no clear idea of their nature. We know that a normal skin never has the pallid color of an anæmic patient; nor is ever too red, yellow or brown, but always feels *moist* and *warm*. Healthy blood is bright red

and thin, even in the veins; blood loaded with morbid matter, on the contrary, is darker, nearly black, thick and half coagulated. In addition, where the encumbrance is very great, the blood vessels are partly expanded, and sacs are formed to contain the largest masses of blood. This expansion sets in gradually, in consequence of the continual tension and inner pressure accompanying the encumbered state. In all chlorotic and anæmic persons, we therefore notice, besides the pallid skin, conspicuously dark veins. Normal veins, filled with easily flowing, healthy blood, shine but faintly through the skin, at all events never exhibit the blue color and distention seen in the case of persons suffering from chlorosis. Further, we see in the case of such persons, a pale, withered inactive skin, which often appears wax-like, and of a greenish yellow color. In other anæmia patients, again, the face is red and the complexion fresh, but notwithstanding this there is complete incapability, debility and deficient chyli-fication. This condition, owing to the apparent health, is often set down by the medical profession as an "imaginary disease."

In anæmia and chlorosis there is always too great internal heat, with an external sensation of cold. And here we have the explanation of these diseases, which like all other chronic diseases, point to internal latent fever.

Imperfect digestion in conjunction with *insufficient activity of the skin and lungs, i. e.* want of good food and air—are the sole causes of these diseases. In consequence of the imperfect digestion, masses of foreign or morbid matter accumulate, causing tension and increased heat in the unhealthy body. In a state of gaseous fermentation, they pass through the whole body and are deposited especially in the extremities, that is directly under, or in the skin. The finest blood-vessels of the skin thus gradually become obstructed, the blood is no longer able to reach them, so that there is not the warm feeling which a healthy skin presents. The skin, on the contrary, appears pallid and withered.

Thus it is imperfect digestion which is chiefly to blame for anæmia and chlorosis. Inactivity of the lungs, with its consequences, is another cause, due in turn, to the want of fresh, healthy air. Unfortunately the fear, fostered by physicians, of taking cold, keeps many people from properly ventilating their rooms and so admits of the injurious influences of bad air proving all the more effective. The orthodox medical school well knows, that it is the lungs which by the respiration of fresh air renew the blood; nevertheless, in cases of sickness, the mistake is made of keeping the patient confined to his chamber, and advising him to avoid all contact with the fresh air. But this also, so clearly characterizing the imperfection of the orthodox medical system, is to be explained.

Allopathy, which does not recognize the real cause of disease, makes no endeavor to remove the morbid matter from the body, but only to suppress the symptoms of the disease. It transforms every illness into a chronic state, not observed by the uninitiated, and calls this a "cure." But as we shall see, such a cure is only apparent, not real. Hitherto, unfortunately, no one has possessed a certain and infallible method of discovering these pseudo-cures. Now, however, we have my Science of Facial Expression, which enables every student of the system to recognize whether the cure is real or not.

When unnatural medicaments are employed for the purpose of curing *bloodlessness* and *chlorosis*, the stomach is burdened with still more indigestible matter and the condition rendered worse. *These diseases* can be cured only by expelling the foreign matter from the system, but *never by medicaments*. By drugs—including that favorite remedy for anæmia: iron—the stomach soon becomes so weakened, that the patient has no appetite except for strongly seasoned, piquant dishes. Such, however, we are convinced, are as good as altogether indigestible, and operate solely to stimulate the system, until there is finally no longer any normal appetite at all. Then the doctor will recommend a highly nutritious diet, “nourishing” wines, flesh-meat, eggs, aided by still stronger medicines than before. Then the patient, finding ultimately that his physicians do him no good at all, begins to despair, and only then, unfortunately, when in this sad condition, generally seeks my advice. The first week under my treatment usually suffices to open the eyes of my patients as to the mistakes of the orthodox medical school, and the successful result of the cure converts them finally into enthusiastic disciples of my New Science of Healing.

As soon as the foreign matter obstructing the pores and impeding the circulation, is removed, the blood again circulates to the surface of the body, renews its warmth and restores to it its normal color and moist condition.

The easily digestible, unstimulating foods, which I advise, are particularly suited for anæmical and chlorotic patients.

I repeat, that fresh, natural air as found *outside*, or in our rooms when the *windows are open*, possesses, like water, the power of aiding in a natural manner the curative crisis which Nature causes to take place in our bodies. Unfortunately our orthodox physicians, on the plea of avoiding the danger of colds, forbid the use of these two important factors, fresh air and cold water—a proof of how little they understand of the nature of colds. Unable, without serious injury to the organism, to effectually combat chills, they endeavor before all things to prevent such appearing, and to this end use the means most suitable for suppressing the reactionary power of the body.

But to anyone who has studied my theory of disease as previously outlined, a *cold* is a quite harmless symptom: it is, indeed, to be welcomed. A really healthy person cannot catch a cold, because there is no foreign matter in his body. Again, a person who is encumbered with such matter, but who lives in a natural way, knows that by a suitable use of cold water, with fresh air and an unstimulating diet, he will be enabled to recover his health. He will thereby attain a hardiness and inner bodily purity, which he did not before possess. He knows, too, that colds, caused especially by sudden changes of temperature, can only be brought about by the fresh air so strengthening the vitality of the body, as to enable it to produce a curative crisis, which appears in the form of a cold. By means of this crisis the body will be enabled to expel a quantity of the foreign matter. Such a crisis, therefore, so far from doing injury, assists the body to return to better health.

The treatment of anæmic and chlorotic patients must be adapted to the particular individual, being mild or energetic, as the case may require. Advice exactly applicable to every patient, cannot be given. From the following report, however, the chief general principles may be learned.

A girl of nineteen had been under allopathic treatment for chlorosis since her fifteenth year. Her physician had at first prescribed iron in the form of pills, then as a mixture with pepsin and other medicines. He had further advised her to take only the most "nutritious" food: flesh-meat and bouillon, ham and eggs every day, with one or two glasses of Hungarian wine; instead of tea or coffee, he recommended good boiled milk. Water, he said, might contain many dangerous miasmata, so he advised her to rather drink some "strengthening" beer. His directions were conscientiously followed for months and years, but without success. The girl's condition at first was bad enough, by the treatment it was made far worse. Her digestion became much weaker, despite the strengthening diet she was literally starved; she gradually grew weaker, paler and more discontented in mind. She plainly felt that the doctor's prescriptions did her no good, yet she laid the blame not on them, but on her own system, believing that she was incapable of regaining health. The strengthening food which she ate, passed through her body, it is true, in spite of *constipation*, but afforded no nourishment for the system, since the stomach was altogether debilitated. From puberty, her menstruation had never been normal, being always irregular. Thus, after four years of allopathic treatment, her condition was wholly miserable. Melancholy and weary of life, languid, distrustful, and haunted by thoughts of *suicide*, excessively nervous, a burden to others and herself, this poor mistreated girl came under my hands. I immediately changed her diet, giving her entirely unstimulating, easily digestible vegetarian food, prescribing as a beverage only pure water, and recommending besides, abundant exercise in the open air. Further instructions were to sleep with the windows open, and to take three friction baths daily and two steam-baths weekly. In a week the patient's frame of mind was already completely transformed. Her pessimistic and morbid mood had changed to one of joy and delight in life. Within four months both digestion and menstruation had become fairly normal, and the girl was, so to say, regenerated. Her skin which before could not be brought to perspire, now became normally warm and moist. In six months more the girl developed in a truly astonishing manner, and within a year she was completely cured.

Further cases from my practice may be read in Part IV.

DISEASES OF THE EYE AND EAR

BOTH of those important organs of sense, the eye and the ear, are subject to serious diseases. Generally, indeed almost always, these diseases are attributed to influences directly affecting the organs named, without any inquiry to see whether there is a deeper cause. My method of cure, and the experience I have gained in the application of it, leave no manner of doubt, that all diseases of the eye and ear, no matter by what name they may be called, arise from internal chronic disorders. They are either to be traced to such cases where suppressed disease, such as diphtheria, measles, scarlet fever, has left a new exciter of disease, or they may arise from vaccination. My Science of Facial Expression fully confirms this. By its help it can be proved that every ophthalmic or aural disease is accompanied by a corresponding general encumbrance of the body. That is to say, it can be shown that there is an accumulation of foreign matter in the body, having a direct relation to the diseases which make their appearance in the eye or ear.

It is quite impossible, that a person suffering from a disease of the eye or ear, can be healthy in other respects. There must have been foreign matter which made its way to the parts afflicted, before such disease could arise. Such process can be remarked years in advance by the aid of the Science of Facial Expression. Let us first consider diseases of the ear.

When the foreign matter has passed to the ears, the first result is obstruction of the fine auditory canals. The tympanic membrane is frequently ruptured, or grows relaxed and incapable of vibration, *i. e.* unable to transmit the sound waves in a normal manner. In this way arises catarrh of the middle ear, indicating accumulation of the foreign matter there. It frequently happens with such accumulations, that if the pressure from below is strong, an acute state sets in. Suppuration than often takes place in the internal ear, fermenting foreign matter being constantly discharged outwards, thus causing the well known disease *otorrhea* or *running from the ear*. If this acute condition is not cured in time in the natural way, still heavier encumbrance, and often even destruction of the organ of hearing is the consequence. This is always worse, the more the disease has been forced back into the system by treatment with drugs.

To anyone who has followed my former explanations, it will be clear that running from the ear, and cold in the head, on the one hand, and gonorrhea and the whites, on the other, must have a common cause. I maintain that all these various diseases arise simply from foreign matter, which is lying accumulated in the body in a latent condition, passing over into an acute fermentive state, thus forming pus or mucus. The fermenting condition causes an inflammation of the mucous membrane and parts of the body concerned; and this inflammation, in a serious case, may result in open, suppurating sores, or small ulcers.

This inflammatory state may be chiefly observed in the inner parts of the body, which have no direct communication with the open air. It is of high importance for us, because it is the surest sign of a severe internal encumbrance of the body; and further, a proof that there is still sufficient bodily vitality to expel the foreign matter by means of a curative crisis.

In diseases of the eye, the case is quite similar. The foreign matter fills the crystalline humor in the interior, disturbs it, and thus weakens the power of vision. This is the cause of *myopia* or *near-sightedness*. In other cases, the foreign matter passes into the inner ocular membranes, whence it may come that the yellow spot in the eye, and its nerves, are displaced or covered over, causing the disease known as *black cataract* (*amaurosis*).

Gray cataract is caused in a similar manner. Over the crystalline lens an opaque film forms, which is nothing but foreign matter that has entered the eye and the crystalline lens. These are conditions which are brought about generally only by very long continued encumbrance, and therefore usually occur only in persons well advanced in years.

Green cataract (*glaucoma*), extreme tension of the eyeball, is caused simply by the fermentation of the foreign matter in the eye. The representatives of the orthodox medical school, in seeking to cure this disease by cutting out a piece of the iris, only divert the bodily vitality from the necessary task of healing. They mutilate the eye, and yet leave the original disease unchanged. An alteration in the condition of the eye may, however, be brought about by this operation.

When we consider all this, it becomes apparent how purposeless all these eye-operations are, which are directed only to the external symptoms, but never to eradicating the cause of the disease. As long as no new encumbrance of the eye sets in, the operation is regarded as successful. But whenever the foreign matter, as can hardly fail to be the case, undergoes changes in position or condition, the former, or it may be fresh, symptoms of disease reappear immediately, proving the uselessness of the "successful" operation.

Egyptian eye disease. This disease, so common in childhood particularly, is nothing more than the fermentation of morbid matter, generally inherited, by some chance cause coming into a state of violent agitation, producing inflammation. As a consequence, the cure is also a very slow one, requiring the greatest patience. In many such cases, my method has met with the greatest success. The following interesting reports of cures may serve as illustrations.

A little boy of eight took ill of Egyptian eye disease, and was treated by instillation of *atropia*, and operation for four years in various clinics and private hospitals, but without success. The physicians at last decided that the boy was suffering from *hydrocephalus* (*water on the brain*) and that nothing more could be done for him. His mother therefore brought him to me. By means of my Science of Facial Expression, I ascertained that the abnormally large head, and the *inflammation of the eyeball*, were really the result of previous, uncured disease. I further explained to the mother, that in this case a cure could only be effected with great perseverance, since the encumbrance was in the back. Every day three to four cooling baths had to be taken and an unstimulating diet observed. Already by the end of a week, the in-

inflammation had subsided considerably, and the boy could now open his eyes a little, which before had been quite impossible. The digestion also was now nearly normal, and the bowels were well open. After a fortnight the eyes were no longer irritated by light. During the fourth week, the child took scarlet fever again, the body having now regained so much vitality, that it could continue the crisis of scarlet fever, which had commenced in the boy's fourth year, but had been suppressed. When the fever passed over, the *inflammation of the eyes and water on the brain* were also found to be cured.

Double vision is caused by a deposit of foreign matter between the lens and the yellow spot, or directly in or upon the lens or pupil. In curing it by my method, it often happens, that in consequence of the retrogression of morbid matter, and the changes which thus take place in the body, not only double vision, but also a temporary clearness of vision, alternates with temporary partial or complete dimness of sight.

Squinting arises by reason of encumbrance of the rotator muscles of the eyeball. The foreign matter collects, or is stopped in its course, in one of these muscles, thus rendering it firmer, tenser, thicker, and often quite incapable of performing its function. It is robbed of its elasticity, and through the tension ensuing, the muscle grows shorter than the other muscles which lie around the eyeball, the whole eye is gradually drawn aside by the encumbered muscle, and so loses its natural position. The orthodox surgeon in such a case severs this little muscle, thus again proving how little the medical profession understands of the nature of the disease in these cases. Squinting can only be cured in the proper and natural way, by expelling the foreign matter from the muscle of the eye.

As is well known, the optic nerves run together in a bunch and cross each other within the head, so that the left optic nerve passes over to the right side of the head, and the right nerve to the left. It may thus happen that with encumbrance of the left side, the right eye becomes diseased, its nerve being affected by the encumbrance of the left side, and *vice versa*.

I will not enter into details concerning all the different diseases of the eye, so carefully distinguished by the modern specialist. They have all only one cause: more or less encumbrance of the part in question with foreign matter. One thing, however, I would point out. The state of the encumbrance of the eye in almost every case being different, it follows that the symptoms will vary. Moreover, by reason of the gradually increasing encumbrance of the human race with foreign matter, new diseases will always be arising. This is why the doctors are never finished with their classification; for new diseases are always making their appearance, each requiring, of course, a new name, and generally speaking, a new remedy.

For us, the difference in the symptoms in the various ophthalmic and aural diseases, is a matter of no significance. We know that for the cure of each of these diseases, there is only *one remedy* which will remove the cause, that is, expel the foreign matter. The remedy is that which has so often been proved to be successful: all the foreign matter must be caused to retrogress on its path, to be expelled from the body through the natural organs of secretion. For this purpose my cooling baths and an unstimulating natural diet must be used. Often, also, my

local steam-baths may be taken with good results, in the manner already described under the caption, "My Remedial Agents."

As regards the cure of eye and ear disorders by my treatment, where there has been no destruction of the organs, acute conditions attended by inflammation can be most rapidly cured—often even in a few days. The pain, at any rate, will vanish in this time, and simultaneously the danger of permanent disorder, so that a complete cure will follow generally in some days or weeks. Even when there has been partial destruction of the organs of sight or hearing, an improvement (though not cure) in the condition may be effected in the injured organs, which may thus be retained for life, at all events in a partially serviceable condition.

On the other hand, to cure chronic diseases of the eye and ear, which are generally attended by other serious disorders, more time and often great perseverance is required. Such cases are usually traceable to diseases which have been suppressed when the patients were children. The time necessary for the cure of these chronic cases may be months or years, according to the encumbrance. It is thus to be explained, why in two apparently quite similar cases, with the same treatment, one takes two or three times as long as the other to cure. The reason lies solely in the difference in the encumbrance.

I will again introduce some cases from my practice. Further reports of cures will be found in Part IV.

Eye disease. The patient in the first case, was the son of a businessman in Leipzig, and had suffered from syphilis since his ninth year. The left eye especially was affected, and was threatened with destruction from severe inflammation. The boy was heavily encumbered with foreign matter, as the abnormally large head plainly indicated. This heavy encumbrance was what brought on syphilis, with the accompanying acute eye disease. In the hospital, the disciples of medical orthodoxy had treated the diseased eye with copious quantities of atropia (a very poisonous remedy obtained from the juice of the poisonous stramonium and equally poisonous belladonna), against the use of which I would most earnestly warn everybody. The eye only grew worse under this treatment, new foreign matter being conveyed into it from without, which in itself was enough to weaken the eye. What was the result of the treatment? After six weeks of doctoring with atropia, the eye became totally blind. This caused the father to bring the boy to me. I undertook no local treatment of the eye at all, but simply stimulated the abdominal organs of secretion by means of cooling baths; unstimulating diet being, of course, also necessary. Within a week, a decided improvement was to be remarked, and in six weeks not only the syphilis, but the eye disorder as well, had completely disappeared. No one was able to tell of which eye the boy had been blind. His sight was perfectly restored and his general health had become better than ever before.

Gray cataract. A lady of sixty had had the left eye operated upon for gray cataract, and since this operation, which had, of course, been "very successful" was quite blind of this eye. For the right eye the same operation was proposed, as soon as the cataract in that eye should be ripe for operation. This case again affords a striking proof of the crude state of medical science, its false teachings, its wrong diagnosis; especially characteristic is the deferring of the second operation until the cataract should ripen—waiting till the whole house is in flames! To

extinguish the fire at the first, when it is small and can easily be put out—that is a thing which medical science has not yet learned. This patient also, however, after the first operation, had lost all confidence in the orthodox method of treatment, and therefore came to me for cure. Her visual faculty was so far weakened, that she could perceive nothing but shadows, and could not tell even whether a person standing close before her, was a man or a woman. Her encumbrance was very deep-seated, and traceable only to the *quinsy* in childhood, which had not been cured, but simply suppressed. Since that time she had always suffered from *near-sightedness*, cataract being the final result. After following my treatment for a month, she was so far recovered, that she could read large print. Her general health had improved wonderfully at the same time. Her depressed and melancholy frame of mind had changed to hopefulness and cheerfulness; she was, so to say, rejuvenated. Within the first few days her digestion had become much better. The treatment being continued, the eye grew clearer, brighter and stronger from week to week, a thorough cure being effected within half a year.

This surprisingly rapid cure was due to the fact that there was evident a front encumbrance, the back remaining comparatively free. If the encumbrance had been at the back, the cure would have probably required as many years as it here took months. Alas! that the operated eye, blighted by the surgeon's knife, must remain for ever blind.

Left-sided blindness, Discharge from the ear, Ringing in the ears. My patient was a gentleman, 37 years of age, who for many years had suffered from a troublesome discharge from the ear, and for the past six months was quite deaf in the left ear. The medicaments he had used had been of no use at all, wherefore he put himself under my care. By means of the Science of Facial Expression, I found that the disease was simply the result of bad digestion. I ordered the patient two or three friction hip and sitz-baths daily, and natural diet; in addition, he was to induce perspiration, either by exercise, or by being well covered in bed, and was to sleep with the windows open. The result was as follows. In seventeen days the running from the ear and left-sided deafness had disappeared, the digestion having greatly improved, even on the first day of the treatment. In another fortnight every trace of the ringing in the ears had vanished; so that the patient had been cured in 31 days.

General difficulty of hearing. A gentleman, twenty-four years old, had had the measles as a child, which, in consequence of medical treatment, had not been cured. The morbid matter had been driven inwards again, and was the cause, that a chronic state of illness had by degrees set in, including rheumatism, general debility, etc. Finally, owing to the pressure of morbid matter to the head, the patient had also become partially deaf. All manner of remedies had been tried by the patient, always in vain.

On the recommendation of numerous acquaintances, he finally decided to try my system. Unstimulating diet, friction hip and sitz-baths and my other remedial agents, including frequent local steam-baths, were the means in this case too, by which the desired result was obtained in an unexpectedly short time. This was all the more remarkable, as the many false remedies tried had done much to injure the curative power

of the system. On the other hand, the cure was aided by the youth of the patient, and the favorable season during which it was made. As the patient has written to me, not only has his hearing again become normal, but his hair, which had been getting very thin, has now become much thicker; the colds from which he suffered whenever there was a change in the weather, trouble him no more. Notwithstanding his not being always able to follow the prescribed diet exactly, and the fact that he has grown somewhat thin, he feels perfectly fresh and equal to work, both physical and mental; his sleeplessness has quite left him.

And all this, again—the underlying cause being the same in all diseases—was brought about in the usual way, without drugs, without operations, without any medical treatment whatever.

DISEASES OF THE TEETH. COLD IN THE HEAD. INFLUENZA. DISEASES OF THE THROAT. GOITRE.



DISEASES OF THE TEETH. I have already several times referred to the causes which give rise to all these diseases. Hollow teeth and toothache, of all kinds, are certain signs of a heavy encumbrance with foreign matter. They all arise through foreign matter passing to the head, and generally only with a definite kind of encumbrance, *i. e.* that in which the foreign matter rises from the front and the sides. Neither enamel, nor bone, is hard enough to permanently resist the continual pressure; they soften gradually and moulder just like a rotten branch. The pain then frequently felt, is caused simply by the excessive heat and friction during this process of fermentation. Toothache is sometimes directly provoked by my treatment. It may happen that persons who have never had toothache before, suffer from temporary attacks during my treatment, because with the retrogression of the foreign matter, the teeth are also affected. We find the same thing in rheumatism. To have the teeth extracted is very foolish, and is simply mutilating the body, but never removing the cause of the toothache. My method enables us to cure toothache just like any other disease, as innumerable successful cases prove. Besides the friction baths, frequent local steam-baths for the head, always followed directly by friction hip-baths, will be found most effective. To re-warm the body, a good walk should be taken, if possible in the sun. In most cases one such local steam-bath, followed by friction baths, suffices to banish the toothache; if not, the baths must be repeated. Anyone continuing my treatment for some length of time, will be troubled by toothache only until the foreign matter has been drawn down from the teeth and expelled from the system.

One point I must not pass over without mention; and that is the matter of cleaning the teeth. A yellowish mucus is constantly being deposited on the teeth, which even takes a hard form, known as tartar. It is only sick, or encumbered, persons, however, as I maintain who need to clean their teeth. Healthy persons require this just as little as healthy animals. We find that the latter have dazzling white, healthy teeth, without a trace of slime or tartar. But where the body is encumbered, that is, in other words, where the digestion is no longer fully normal, there we shall assuredly find mucus and tartar on the teeth, both these being the products of abnormal digestion. The mucus and tartar are simply foreign matter which has risen upward from the abdomen and collected upon the teeth.

The cure of this, and all other diseases of the teeth, can therefore be effected only when foreign matter ceases to form in the system. When teeth are already hollow and decayed, *i. e.* destroyed, they cannot, of

course, be renewed; but it is always well to have such stumps in the jaw. Nature is far more skillful than human aid in rendering such a tooth harmless to the system. Teeth which can still be saved, ought to be stopped, so that they may remain serviceable for mastication, as long as possible. At the most, only loose teeth, which are a hindrance in chewing, should be extracted, and if possible replaced by artificial ones. That it is precisely the teeth which soonest decay and ache, is a striking proof of the correctness of my theory of fermentation. The teeth are the only bones which project from the body and are not covered with muscular tissue. When, now, we remember the peculiar fermentive process which foreign matter undergoes, it is obvious that these projecting bones in particular will be attacked by this process of fermentation. It is always in the extreme parts, that any fermentive process begins most energetically, and the teeth form precisely such extremities. Were they covered with flesh, the morbid matter would first exert an influence upon this.

Cold in the head. This is a slight inflammation of the air passages, and is generally attributed to "catching cold." On former pages, I have already given some explanation of this matter. "Catching cold" can only cause illness in persons who are encumbered with foreign matter; never in healthy people. A cold in the head, just like toothache, points to a previous encumbrance of the organs concerned, generally following upon an encumbrance of the lungs. It is, therefore, in a sense, a cleansing process of these latter organs.

By following my treatment, including prolonged stay in the fresh air and sleeping with the window open, colds soon lose their disagreeable character. They take their course quietly, quickly disappearing altogether. The same is also true of *influenza*.

Influenza. The great influenza epidemic of 1890 will still be fresh in the memory of all readers. With a good conscience, I can assert, that the numerous influenza patients who put themselves under my treatment, experienced the best results, whether in serious or slight attacks. The effective working of friction hip and sitz-baths, and of whole and local steam-baths was again thoroughly proved. Naturally a suitable unstimulating diet had likewise to be observed. Bad digestion was the regular attendant of this disease also. It was the true cause, as in other diseases, and was brought about by the accumulation of morbid matter in the abdomen. In this way, too, we obtain an explanation of the fever which accompanies influenza. After the cooling baths, an astonishingly rapid improvement took place, the foreign matter, brought into a stage of fermentation through the change in the weather, being quickly excreted from the system. So rapid were the cures, that they often were made even in one day, without any of the dreaded consequent diseases, which follow upon the use of drugs. (See Reports of Cures, Part IV.)

Throat diseases. How rapidly diseases of the throat have increased during the last few years, I have occasion to remark, by the great numbers of patients who come to me to be treated for such complaints. The medical profession always attempts to cure these diseases by local treatment. This causes the disorder to become chronic, since it can never be aided by driving the morbid matter inwards.

Diseases of the throat indicate an *internal* encumbrance, wherefore it is chiefly pulmonary affections which are accompanied by them. Often, the throat disease may be due to an inherited encumbrance.

The morbid matter in these diseases in fermenting, rises from below, and as the neck is in a sense a narrow pass between the trunk and head, it offers much resistance, so that in affections of the head, the neck must necessarily be the first to suffer. For this reason the character of the neck is of especial significance for the Science of Facial Expression.

The cure of throat affections, whether *hoarseness*, *inflammation of the throat*, *of the larynx*, or *of the pharynx*, or whatever they may be called, depends entirely upon the nature of the encumbrance. The process of cure may last for months, or even years, in chronic hereditary cases. My treatment, however, has met with remarkable success. (See Reports of Cures, Part IV.)

Goitre. It is a fact, that goitre is most common in mountainous neighborhoods, and, moreover, generally in particular districts. This remarkable disease is usually attributed to the extremely heavy loads which the inhabitants in mountainous parts are accustomed to carry. It is true, that external pressure on the body—the repeated loading of it with heavy objects—can give rise to goitrous diseases; nevertheless, this complaint has quite other causes. Often, for instance, water exercises an injurious effect—fresh and apparently pure, clear mountain water. In running through masses of earth and stone, it frequently takes up mineral matter (lead, copper, etc.) which, even though scarcely to be observed, is nevertheless capable of causing disturbances in the human body, particularly when the water is regularly consumed. This can be explained by a simple observation. If the apparently clear water is allowed to stand in the sun for some time, a sediment will gradually form. This foreign matter if deposited in the body, accumulates in a definite part and favors the formation of goitre.

Naturally, those persons remain free from the disease in whom, by reason of their general individual bodily disposition, the secretion of foreign matter, especially as perspiration, goes on regularly. Where, however, this is not the case, where there is a wrong system of living, or a bad digestion, there the natural excretion of the morbid matter ceases. The indigestible substances in the water cause fermentive disturbances, the foreign matter presses upwards, and accumulates in the neck, causing the malformation known as *goitre* or *Derbyshire neck*. When the goitre forms outwardly, causing the so-called “thick neck,” there is no pain, and but little inconvenience from the swelling in front and at the side. The danger in such a case is very small. If, however, the function of the respiratory organs is disturbed by the swelling, the matter is serious. Whilst the action of water containing many injurious substances favors the formation of these swellings, in the case of people simply living and quietly, it causes nervousness in those subject to mental excitement.

It is an error to suppose that fresh, icy cold water is conducive to the health. The hardness of the water is sufficient to indicate its indigestible character. Observation has taught, and still teaches us, that running water, warmed by the sun, and rain-water, are the most suitable and beneficial for man's consumption. No tender plants, nor flowers, flourish in hard, fresh water. Such water can only be purified of its in-

jurious, indigestible foreign matter, and thus rendered fit for man's use, by the chemical action of the sun.

Moreover, man is not by nature compelled to drink. A simple, natural diet never creates thirst. Where such, however, arises, fresh, juicy fruits should be preferred to water.

In conclusion, I would supplement the above by mentioning the following case, which I once treated.

The patient, a woman, had had an affection of the stomach for many years. Finally a goitre began to form, which gradually resulted in great difficulty in breathing. On the application of my method of treatment, particularly the use of the friction sitz-baths, the breathing became much less labored, and in a week retrogression had commenced, the swelling of the skin being considerably softer and diminished in size. In another week there was no longer any trace whatever of the goitre.

HEADACHE, MIGRAINE, CONSUMPTION OF THE BRAIN, INFLAMMATION OF THE BRAIN

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AT first sight, it may seem absurd to here set together a number of disorders, between which the medical profession is most careful to distinguish.

I have already stated that people are accustomed always to seek for the cause of the disease, only where the pain is felt. In the case of affections of the head especially, however, this is a gross error, for such always have their cause in the abdomen. They only make themselves felt in the head, years after, having risen from the abdomen. Those expert in my Science of Facial Expression are in a position to watch the development and approach of such affections long before they actually appear. Predisposition to migraine in the right or left side, can be ascertained in the same way years in advance, and similarly with inflammation and consumption of the brain. As experience has sufficiently shown, migraine arises with right- or left-sided encumbrance of the body with foreign matter, when the latter pressing towards the brain, reaches the head. The most serious head affections, however, such as find natural expression in inflammation and consumption of the brain, arise from a back encumbrance. We always find in the case of persons suffering from affections of the head, that often for years before, there has been an abnormal digestion, generally expressing itself as *costiveness* or *consumption*. Very often we then find hemorrhoidal affections, piles, and the deposit of nodules of all kinds in the abdomen. To-day, we even find children in this condition. Sometimes the tumors in the abdomen suddenly disappear, and the person will then immediately suffer from affections of the head. The attentive observer will remark in such cases quite definite changes taking place in the head. The tumors which were formerly to be found in the abdomen, now appear in the head, and are much smaller and consequently harder. In many patients these nodules can be seen and felt externally, at the back of the head, on both sides.

The body is not always able to drive the foreign matter in these nodules to the head. If the fermentation is not strong enough, the morbid matter remains at the neck, under the arms, or on the chest, forming nodules in these parts. It must not be supposed, however, that the matter travels from the abdomen through the body in the form of round, firm nodules. On the contrary, the body renders the morbid matter gaseous, volatile and capable of moving from one part to another. According to the laws of fermentation in the body, the foreign matter of the tumors presses towards the extremities, and hence towards the head, without being stopped by any organ in the interior of the body. If now the matter again collects and forms tubercles in the head, we get that state known by the doctors as *consumption of the brain*. Whilst formerly there were only hemorrhoidal or other tumors to be found in the abdominal region

and particularly in the groins, we now find tubercles in the brain. The method by which a cure is effected, proves at the same time the truth of my statements. If the tubercles in the brain are dispersed and brought into a state of retrogression by means of the derivative action of my baths, we first remark a disappearance of these tubercles from the head. We next find them as piles or other tumors in the abdominal region—that is, in their original form again. And only when these latter have been completely dispersed and secreted, do we find that the affection of the head has been cured. Naturally it must not be assumed from the above, that every patient suffering from piles must have a disposition to headaches, or that every hemorrhoidal affection must necessarily cause headache. Sometimes I have had patients suffering from piles, who never had had a headache in their life, a circumstance which is wholly due to difference in the encumbrance.

With a front or side encumbrance, the tumors do not so readily travel to the head. If this should occur, however, they will mostly form as nodules and tubercles on the neck and lungs. Such cases are generally more easily cured than where the deposits are caused by a back encumbrance. By means of my new system of diagnosis, the Science of Facial Expression, we are now able, long in advance, to find the path which the tumors or foreign matter will probably take to the head. If, now, there is no obstruction met with and the tubercles once form in the brain, the predisposition to inflammation of the brain is there. When then, by any chance cause, a sudden disturbance (fermentation), or dispersions of the foreign matter takes place, a high fever will be the natural result. In such a case, the learned physicians confirm *inflammation of the brain*, but stand by quite helpless as far as cure is concerned. Readers will now clearly understand the connection between affections of the head and of the abdomen. And I maintain that not only consumption and inflammation of the brain have their origin in the abdomen, but all those minor cephalic affections, down to the slightest headache. The only difference is that in the latter case the abdominal affection is less serious, consisting often only in slight digestive troubles. The headache thus soon passes.

It is particularly in affections of the head, migraine, headache, consumption, and inflammation of the brain, that the success of my system of cure may be so clearly observed. All these diseases it is therefore clear, have one common cause, traceable to the abdomen. It is otherwise impossible that they could at once begin to disappear, when treated by means of my friction baths and diet, without any local application whatever. It is wholly and solely because my method goes to the root of the evil, that such successful cures are made, especially in cases of affections of the head.

How often have I had occasion to observe, that headache and migraine have been cured after one single friction bath, somewhat prolonged. Many ladies, in whom I saw the encumbrance was favorable, have laughed when I have told them that they could expect such a rapid cure. After the bath they were able to understand what before they could not comprehend at all.

Old affections of the head, which have continued for years and have been caused by a severe encumbrance, cannot, of course, be cured so quickly. The foreign matter has to retrogress, during which process the

patient may also have to endure many of the old headaches again. Indeed, not infrequently headache arises as a consequence of the baths, since the morbid matter in retrogressing presses upon the cranial nerves.

As conclusion to the above, I may here be allowed to mention a case confirmatory of what I have said.

A man was suffering, as the physician stated, from consumption of the brain. He had tried the most various cures, but instead of obtaining relief, his state was, if anything, worse. At first he had had severe *headaches*, which had been suppressed by drugs; and his condition had now become unbearable, *consumption of the brain* having developed.

In this miserable condition he came under my treatment. Naturally his digestion was completely out of order, but soon improved in the course of the treatment. I prescribed several baths daily, the usual natural diet and promotion of the perspiration. Temporary curative crises were in his state naturally not to be avoided, and occurred frequently, particularly when tumors were dispersed. After such crises, the patient always felt extremely well; and finally, after two months' treatment, he was completely cured of his serious affection.

TYPHUS. DYSENTERY. CHOLERA AND DIARRHEA



TYPHUS. Nervous fever, or typhus, generally attacks persons in their best years, strong, robust people especially falling victims to it. It is one of the most severe fevers, and, therefore, at the same time, most vigorous curative crisis which there is. It is a universally dreaded disease and with the usual treatment very many persons die of it. The New Science of Healing, however, entirely robs it of its terrible character. It is only when the encumbrance is too great, that it is uncertain whether the system can endure the curative process. But if we succeed, on my method, in making the patient perspire in a natural manner, after the cooling baths, all danger is over. It has frequently occurred in serious cases of typhus which I have treated, that patients who would have had to undergo a medical treatment for weeks or even months, could, after the very first days of application of my cure, take exercise regularly in the open air.

As experience has proved, in all acute diseases such as typhus, influenza, etc., my steam-baths are of the greatest service. They must however, be adapted to the condition of the patient, neither being taken too often, nor for too long a time. The friction hip and sitz-baths must naturally be taken concurrently. Typhus, we thus see, resting on the same basis, as regards essentials, requires the same treatment as all other diseases, naturally with due individualization.

An old adherent of my method once wrote to me that she had treated two serious cases of typhus and *small-pox* with one steam-bath and three prolonged friction hip and sitz-baths so successfully, that the patients could leave their beds and go out. Within six days all traces of disease had vanished, without leaving a single mark.

The course taken by many typhus cases treated by me has been equally favorable. Where the system had been too much weakened and injured beforehand by the use of medicaments, the cure was naturally much more difficult.

Cholera. Dysentery. The same successful results have also been obtained in dysentery and cholera. Both are diseases which cause great disturbances in the digestion, attended by high internal fever. In Cholera, as I have often observed, this fever is so high, that the body is internally burned quite black, as may be plainly seen in the discoloration of the lips, nose and eyes of patients who have died of the disease.

Cholera and dysentery only attack those persons whose system is heavily encumbered. It is not, therefore, mere chance that one person catches the disease and another not. I have dealt in detail with cholera and its related diseases in a separate pamphlet, to which I may here call attention.

As experience sufficiently proves, all who take ill of cholera, have long been troubled by an abnormal digestion, generally by constipation.

Thus in cases of dysentery and cholera, there is generally also, before the outbreak of the illness, even before there is anything to be remarked a certain feeling of uneasiness and heaviness in the body. This marks the commencement of active fermentation. In my judgment, cholera is the most vigorous cleansing crisis which we have. The foreign matter, set in fermentation by some external cause, such as change of weather, chill, fright, excitement, etc., begins a forcible retrogression towards its former starting point, the abdomen, especially as the skin is usually inactive. If the vitality is still vigorous enough, the severe crisis may be overcome, and the patient will become one of the healthiest of men. If, on the contrary, through doctoring with drugs, at one time or another, the curative power of the system has been weakened, the curative crisis cannot be endured by the body. During the feverish process, whether in the case of cholera, or the usually less fatal dysentery, a remarkable process goes on, such as we do not elsewhere find in the same form. The internal fever heat is nevertheless here usually concentrated only in the digestive organs, so that there is internally a devouring heat and externally a feeling of chill.

In treating these diseases, the first thing is to diminish the excessive internal heat; and further, by natural means, to make the patient perspire. When the system still possesses sufficient vital power to quickly enough overcome the burning and dangerous internal heat, the cure will be comparatively rapid. On account of the excessive internal fever, many patients scarcely feel the external cold. Such patients are most in danger. In the years 1849 and 1866, during the ravages of the cholera in Leipzig, I watched various cases. I remember exactly the course they took, and am to-day able to explain it. Those patients whose systems brought out the fever to the outside, mostly got over the cholera; whereas all who exhibited but little fever externally, died. For instance, I saw a woman quietly walking up and down the court-yard with her child at 11 o'clock in the forenoon; at 2 o'clock in the afternoon her corpse was carried out of the house. In her case the system had not shown the slightest attempt at reaction against the cholera fermentation. The woman was naturally heavily encumbered. The black coloration of the lips, eyes and tip of the nose, showed that the abdomen must have been in a dangerously gangrenous condition.

My friction sitz-baths are the best means known of rapidly—and that is here the chief point—curing such severe cases. They also simultaneously greatly increase the vitality. *Abdominal steam-baths* likewise often prove most effective; they must always be followed by a friction sitz or hip-bath. If possible, a sun-bath should be taken to again warm the body till it again perspires. Where sun-baths cannot be taken, the patient must be well covered up in bed in order to induce perspiration. In most cases a few cooling baths are sufficient to bring the patient out of danger. Naturally an absolutely unstimulating diet must be observed.

In cases of dysentery, my baths, in conjunction with my other remedial means, likewise act most effectively. Often only a few friction sitz and hip-baths, and a single steam-bath, are sufficient to cure diarrhea.

If, however, this is not sufficient, the following means should be used; indeed, in severe cases it is better to adopt it at once. Heat a brick, wrap it in a woollen cloth and lay it under the anus. It is surprising how quickly the evacuations are stopped in this manner. After some

hours, a friction sitz-bath should be taken and then the hot brick again applied.

It is the universal experience of all those who have recovered from cholera, that they feel as though they had been freed from an oppressive burden—for the whole of the former load of foreign matter has been gotten rid of. The Science of Facial Expression shows us the striking decrease in the encumbrance; it is, indeed, often quite remarkable how, in so few days, the condition of the body may quite change.

But since cholera is always a dangerous curative crisis, one will always do well in paying the chief attention to avoiding catching the disease. Unfortunately hitherto it has not been known what step to take in this respect. Only through my discovery is it now possible to determine every encumbrance, even the most dangerous and unfavorable disposition, which under certain circumstances may occasion curative crises such as cholera.

From British India and Further India, I have received most favorable reports during the last years, as to the success of my method in cholera cases. In conjunction with my baths, in order to guard against such disease in tropical countries, an unstimulating diet is of special significance. It has a remarkable effect on acute fevers, such as cholera, dysentery, etc. Persons living in those countries, therefore, need have no fear about introducing such a diet, if it is not, indeed, already being followed. Let it only be tried! (Concerning dysentery, see Reports of Cures, Part IV.)

Diarrhea is, ordinarily, only dysentery and cholera on a less extended nothing more nor less than cholera. It is generally only those children who have been brought up with the bottle, and therefore burdened with foreign matter, who suffer from it. The treatment should be the same as in cholera; only the child will be caused to perspire easier by being taken into the father's or mother's bed.

Diarrhea is, ordinarily, only dysentery and cholera on a less extended scale. I have for years remarked that vigorous persons often have periodical attacks of *diarrhea*.

Diarrhea, no matter how slight, is nothing other than a more active attempt of the system to effect a cure, and is thus always a favorable sign. It must, therefore, be looked upon as a fortunate occurrence, provided it does not continue too long. Such crises are probably actively supported by the recently discovered power of the electric tension of the air. Everyone who experiences such crises feels afterwards actually rejuvenated. We thus see how the body of itself periodically seeks to rid itself of its encumbrance.

Although *diarrhea* and *constipation* appear as opposite extremes, no reader must wonder if I describe them both as simple disturbances of the digestion, called forth by abnormal internal heat, caused by over-nutrition. Just as the same cause may make one person stout and corpulent, another thin and lean, so it may cause in one case *diarrhea* and in another *constipation*.

If obstinate *constipation* does not give way to the friction baths, one should try to evacuate the bowels in the open air, especially in a wood. It is surprising how the fresh air acts upon the body, so that what was impossible in the dark closet, is easy in the fresh air.

CLIMATIC AND TROPICAL FEVERS, MALARIA, BILIOUS FEVER, YELLOW FEVER AND AGUE

WHATEVER name these fevers may bear, and under whatever form we may meet them, the reason for their outbreak and development is always the same, the fermentation of foreign matter. When we remember the climatic conditions in the tropics and the enormous differences of temperature day and night, we can understand at once the reason for the severity of tropical fevers, the intensity of which increases proportionately to the more rapid and powerful fermentive processes. It is in hot climates that we find all the most favorable conditions for causing an outbreak of severe fever, even in those cases where the body contains comparatively little foreign matter. In the temperate zones this is never seen in like degree. Naturally, tropical fever occurs in various forms. Yellow fever is that most feared. It owes its name to the yellow color which the skin gradually assumes in course of the illness—often, perhaps, only as a consequence of the drugs employed. The first symptoms are: Weariness, headache, griping pains, thirst, and dryness of the skin. Afterwards the fæces become black, and the patient vomits black masses; the whites of the eyes become yellow, and then the skin assumes the same color, often, however, only after death.

The main point is to prevent the disease ever making its appearance. We have the means always at hand. First, a very moderate, wholly unstimulating non-flesh diet, selected from the products of the country in question; secondly, a thoroughly natural manner of living, together with the use of my friction baths. Even though in the tropics one cannot obtain water for these baths so cold as one can in the temperate zones, the relation of the temperature of the water to that of the air is pretty nearly the same. Moreover, the same heat which has given rise to the fermentation (disease), likewise favors the process of cure, since in those lands the re-warming and perspiring after the baths, ensues more rapidly than in temperate zones. It will never be possible for medical science, by means of *quinine*, *antipyrin* or other means for paralyzing the nerves, to really cure any fever whatever. When a weak dose of the remedy has done its work, a stronger one will have to be given; and finally the repeated paralyzing of the nerves will cause the most severe diseases—serious nervous complaints, which are then all the more difficult to cure.

In all tropical countries, my treatment has been tried with the best success in such fever cases, according to the rules laid down in the present hand-book. A Mr. R. of Batavia, writing to me from Genoa, remarked among other things:

“I have just learned that my wife and my book-keeper in Batavia (Dutch East Indies) to whom I sent your book, have also employed your

treatment with extraordinary success against the climatic fever prevailing there."

The Rev. Mr. M., of P. L. (Brazil), wrote to me under date of December 16th, 1890, as follows:

"As for myself, I can gratefully inform you that by the employment of the baths prescribed by you, the climatic fever and my digestion have in a very short time decidedly improved. We have some trouble with the diet in this land of coffee, where instead of wheatmeal, we have to be content with maize bread; instead of German vegetables, our beans and rice, manioc, etc.; instead of pears, apples, and plums, our bananas, sweet potatoes, melons, oranges, figs, dates, chestnuts, and the like."

The following is extracted from a letter, written in 1891, from one of my disciples on the Gold Coast and in Cameroon, Mr. J. S., a missionary, of B., Accra, Gold Coast:

"As far as possible, guided by the publications sent us, we have tried to apply your treatment in fevers, especially in *bilious fever*. We are happy to be able to report, that your method greatly mitigates the attacks of fever that occur so frequently."

From a letter which I received from Mr. M. H., I extract the following: Stann Creek, near Belize, British Honduras, Central America, July 3rd, 1890. Having received your handbook, "The New Science of Healing," I beg to thank you for your kind *letter of advice*, which I have followed as far as existing conditions permit. Every year I have had to fight our *tropical fevers, ague*, and other disorders—this year *I have remained free from all these troubles, by the employment of your method of treatment*.

In a long letter to me from Otjimbingue (Hereroland), South-west Africa, Mr. F. M., after describing the serious illness of his wife, which was held to be incurable, wrote: "None of the remedies which I had tried during 30 years could check the progress of the disease. The digestion was also utterly prostrate. Then came your letter, and opened my eyes. Now my wife takes friction baths. The *malaria fever*, which had recently been added to her other complaints, has already *disappeared, the swelling of the feet is subsiding, and the fingers are growing thinner and suppler*."

Mr. G., a missionary at Dar-es-Salaam (East Africa), who had followed my method of treatment in his own case according to my handbook, reports in the "Nachrichten aus den ostafrikanischen Missionen," Berlin, September 1890, concerning the good effects of the treatment in his nephew's illness:

"Sunday, June 22, 1890. Last week, my nephew, Daniel E., was ill for five days with *violent malarial fever; neither quinine, antifebrin, antipyrin, nor peppermint tea; nor yet compresses* according to the old Nature Cure method, *afforded any relief*. The fever remained at the same height, or even rose a few degrees. Yesterday noon, after all our exertions, our resources were at an end. Only one thing could save the patient—change of place and air—but how? In this extremity we bethought us of the new Nature Cure method of Louis Kuhne of Leipzig, whose book, "The New Science of Healing," I had just sent out. We placed the patient, glowing with fever heat, and unable to perspire, into water, *i. e.* administered a friction hip-bath lasting three minutes. As soon as the thermometer rose above 102° Fahr., the bath was repeated,

and we soon observed that the fever was *beginning to abate*. *Overnight improvement set in, and in the morning, perspiration came quite naturally.* Thus he was saved in a few hours by this simple curative process."

Had the friction baths been continued for 20 minutes, instead of only for 3 minutes, improvement would have taken place still more quickly and surely. The longer and more frequently the baths are given in such cases, the better and more advantageous they are for the patient.

On his own case, Mr. G., of Dar-es-Salaam, writes as follows:

"Not to repeat what I already wrote you respecting my cure of various climatic fevers through your method, I will mention briefly that your water cures have had most surprising results in my case. I now employ them with the natives (naturally, with a great deal of trouble and sacrifice of time), and the results have always been good.

"Since last June, I have used no medicines either for myself or my family; nothing but water, according to your instructions. We are in the best health possible in tropical regions well known for their unhealthy character. Would not this water-cure method of yours be a good remedy for *yellow fever* in West Africa?"

Mr. G. has apparently not fully grasped the idea of the unity of disease—of the uniform interrelation of all diseases, otherwise he could hardly have put this question.

Mr. A., a missionary at Kwala Rongan, Borneo, wrote to me under date of January 20th, 1892:

"Dear Mr. Kuhne:

"I possess two copies of your hand-book, 'The New Science of Healing,' and cannot refrain from expressing my thanks to you for the good results of the New Science, which I have experienced in my own case, and in that of others, here on the island of Borneo. It will soon be a year since I first heard of the New Science of Healing, here in Borneo. Shortly afterwards, as I was one day at a friend's I had a severe attack of Indian fever, which rendered me quite incapable. Thereupon, I tried your new method. First I took a steam-bath on a cane-seated chair, and then a friction hip-bath, according to the directions contained in your hand-book. The effect was astounding: after the bath I was even able to leave my bed, which before had been impossible. My friend and his wife were equally astonished at the rapid success. Since that day I have been a strong adherent of your system. I have also seen the best results from the New Science of Healing in the Dyaks here. The Dyaks, who have no physicians, have made use of steam-baths from the most primitive ages, they are not acquainted with the friction baths, however.

"Were I to relate to you about all the patients whom I have cured by means of the New Science of Healing, I should have to write too much. Your book, dear Mr. Kuhne, is *the book* for a missionary in the wilderness, and it never leaves one in the lurch. The other doctor-books which I have, always direct one to call in a physician. But how is this going to be done in the wilderness! I am too thankful to possess your text-book of the New Science of Healing. About three weeks ago, I was called to a woman whose hut in a rice-field burnt down in the night, and she had not waked up until the fire had reached her body. The woman presented a dreadful sight, particularly the face and arms. I immediately ordered

wet packs from morning to evening; and in the evening I applied them as directed in your book. The next day I again applied the packs, and in a week she was quite well again; with the orthodox treatment by inunction, I believe it would have lasted weeks, maybe months.

"Some weeks ago an *eruption* broke out on my left hand. Here they call it 'Kihis'; it is a very obstinate rash and forms in rings round the body. Formerly I have always driven it off by ointments, but it has always returned again. One time it would be on the feet, next on the face, then on the back, and next time on the hands. Now when I saw the eruption appear this time, a few weeks ago, on the left hand, I said to myself: well, this time I'll drive you off by means of the New Science of Healing. I therefore first took a steam-bath, followed by a friction hip-bath; the next day, only two friction sitz-baths. On the third day of the cure, I remarked that the eruption looked wrinkled, so that it was evidently about to disappear. Also I have steamed the hand alone, and then taken a friction sitz-bath on each occasion. Now, on the left hand, on the affected part, two little ulcers have formed, so that I believe the foreign matter is drawing together here. When they are healed, the dreadful itching will be gone.

This is the way to get rid of the dreaded Kihis.

I shall always use the *New Method of Healing*, for till to-day I have found nothing like it. I endeavor to get my friends to give their attention to the New Science."

From West Africa, Australia, Hither India, The Cape, West Indies, etc., I have received numerous similar letters, relating the successful cures made by means of my method—many accompanied by warm expressions of thanks.

LEPROSY

OF leprosy, that scourge of the tropics, we can in our temperate climate form but little conception. Those afflicted have always been doomed to death, there being no known remedy against the disease. Shut off from all communication with the rest of mankind, generally confined on an island or in a special hospital, they were left to await their dreadful end. For fear of infection, all lepers are taken from their families, banished from their homes, and left almost to themselves in some remote place. At the most, food is brought to them from time to time, but otherwise all contact with them is avoided.

In temperate climates leprosy is seldom found. The same causes which in the tropics induce leprosy, in the temperate zones bring on especially gout and dropsy. Just as the date-palm flourishes only in the tropics and the oak in a temperate climate, although there is the same sun, the same water, the same earth, so also is leprosy a product of a hot climate.

We distinguish between wet, running leprosy, and dry leprosy. In the former, there is a gradual decomposition of the body going on, often for years, accompanied by dreadful torment. The disease progresses uninterruptedly until, when it has gone too far, death comes as a release.

In dry leprosy, as in the former kind, there is an increasing disturbance of the digestion accompanied by the gradual formation of dark gangrenous spots at the extremities, especially on the hands and feet—a certain sign of a very high internal fever. The flesh begins to disappear, at first at the finger joints and then on the remaining parts of the body, until only the bare bones and joints are left. The body dries up precisely like a tree, and resembles a mummy. The bones and joints often appear more or less enlarged. The flesh continues disappearing, until the unfortunate sufferers resemble mere skeletons, and die of exhaustion.

The cause of leprosy is, of course, the same as that of all other diseases: the encumbrance of the system with foreign matter. It may be inherited; or, it may be acquired through an unnatural mode of life. The true seat of the disease is in the abdomen, or in the organs of digestion, which are in an abnormal condition. The great heat in the tropics, which aids all processes of fermentation, naturally causes most rapid decomposition of the foreign matter in the system. This foreign matter is forced with great energy to the extremities, where it accumulates in firm masses on account of the internal pressure. By such excessive accumulations, the nerves—the transmitters of life—leading to these extremities are quite obstructed, so that they no longer perform their function. This accounts for the insensibility of the limbs in lepers. Such patients suffer from a high internal fever heat, whilst externally there is a certain feeling of chilliness. In dry leprosy, the extremities are literally dried up by this excessive inner heat, since owing to the weak digestion, in spite of the usual so-called nutritious food, it is impossible

for the patient to be really nourished. The food, it is true, goes through the body, but the patient starves in spite of all that he eats. Here, again, we plainly see that it is not what one eats, nor that which contains, according to modern views, all the substances of which chemical analysis shows the human frame to be composed, which nourishes and sustains the body, but only such food as the system can still really digest. In wet leprosy there is decomposition similar to that in dropsy. For here likewise, as experience shows, the formation of water is preceded by an internal gangrenous condition which often lasts for years. The decomposition, therefore, may in a sense be regarded as the final stage of the processes going on in the living body. Furthermore, there is in wet lep-



Fig. I. (15 years of age.)

rosy also a watery decomposition, though differing in form from that in dropsy. The course of disease in the case of a patient from Batavia, who was, as already mentioned, affected with heart disease, dropsy and leprosy, simultaneously, is therefore very interesting, as most clearly exhibiting all these morbid processes. Although leprosy does not occur with us in the same form as in the tropics, we can, nevertheless, sometimes observe cases very similar. Consumption in particular, is much like it in character; only in this latter, the system does not always, especially in colder regions, force the foreign matter into the extremities with such intensity as in the case of leprosy in a hot climate. The foreign matter begins already in the interior of the body to ferment and destroy the lungs or other internal organs.

As regards the cure of leprosy, medical science candidly confesses that it knows no cure. It does not know the nature of fever, and does not re-

gard leprosy as a febrile disease. Leprosy can only be really cured when the fever is attacked and the foreign matter driven from the body. When this is not possible, a complete recovery is not to be expected—an improvement in the condition is the most that we can attain.

The drug treatment only occasions still greater injury to the system than the disease itself. There can be no more striking proof of the correctness of this statement, than the report of the cure of the Batavian patient referred to on former pages. We here see that the inactive lepra bacilli in this patient, the presence of which was ascertained beyond doubt by a specialist, could in no way be got rid of by the remedies he employed, neither by poisonous medicines, nor by any other means.



Fig. II. (13 years of age.)



Fig. III. (9 years of age.)

Compare with this the brilliant success attained by means of my system, which absolutely eradicated, as confirmed by the same physician, all the leprous bacilli. Cure can be attained in this disease only by means of unstimulating diet and my friction baths. Naturally, however, patients can be cured only where the digestion and activity of the skin are capable of improvement and where vitality is sufficient.

With my method, it has also been clearly shown that all danger of contagion by lepers is excluded. This is of the highest importance, particularly for those who dread infection. It is only necessary to follow a natural mode of living, and strengthen and invigorate the whole body by means of my system of baths, which cleanse the system from within of all foreign matter. They will then not only be safe from all danger of infection, but will promote their general health, and physical and mental capacity in every way.

How little the medical profession knows to value natural curative means, is seen from the way in which the doctors so carefully confine their patients in sick-rooms with closed windows, taking the greatest pains to keep away all fresh air, particularly at night. It is thus naturally unavoidable, that the air in sick-rooms becomes permeated with



Fig. IV. (Hands in Fig. II.)

the exhalations of the lepers, and with fermenting morbid matter, so that it is no wonder if leprosy proves contagious in *such* cases.

Before I proceed to cases of cure of lepers, I will here briefly describe the manner in which everyone can surely protect himself against leprosy, and all other diseases (malarial and climatic fevers), so that in

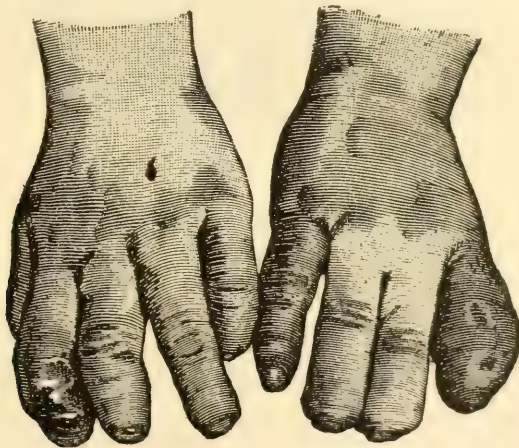


Fig. V. (Hands in Fig. III.)

the worst case, the course of the disease will be attended by no danger at all and with but little derangement. As said before, it is only such persons as are predisposed to these diseases, that is, who are heavily encumbered with foreign matter, who can be attacked by them. Any exciting cause acting upon the accumulation of foreign matter, causes re-

newed fermentation (curative crises) and endangers life. The predisposition to such disease can be recognized years beforehand by the aid of my Science of Facial Expression. But even those who have not studied this science, are able to experience this predisposition to a certain extent. Our all-wise mother Nature, has provided us with a sure means for this purpose—of which, however, most people, unhappily, do not understand the use—our *instinct*. Natural instinct instills into all who are encumbered, provided they still stand in harmony with nature at all, an involuntary dread, a secret horror of infection from such diseases.

After these general remarks, I will now describe the course of leprosy in the cases of three boys, who after having been given up by the medical authorities in Berlin and other cities, came under my treatment.

The treatment of these boys (aged 9, 13 and 15 respectively) afforded me an opportunity of proving the superiority of my method, the more so as the orthodox physicians had confessed their inability to cure. As these cases might excite public attention, I had seven photographs of the boys taken, which are here reproduced.

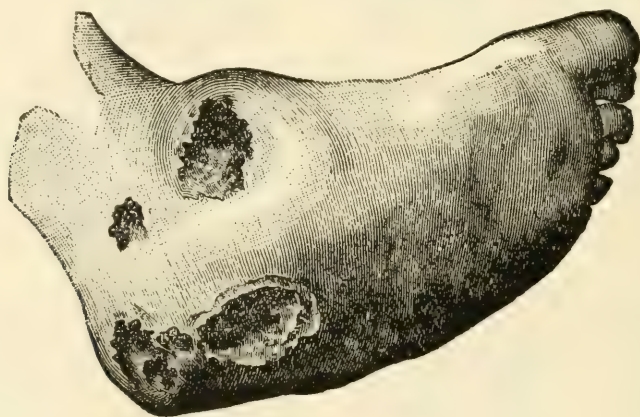


Fig. VI. (Foot to Fig. I.)

The state of the poor children, when I began their treatment, was deplorable in the extreme. On the hands, the tips and even the second joints of some fingers were much rotted off. The remaining stumps of the fingers were much swollen and nearly ready to fall off, as Figs. IV and V show. The forefinger of the right hand of the youngest child was already rotting away. The feet of the two elder brothers were in a still more horrible state. (See Figs. VI and VII.) They were mere shapeless masses, surcharged with foreign matter. In several places corrosion had already taken place, and from the sores, which went right down to the bone, there was a discharge of pus. The hands and feet, arms and legs, as far up as the elbows and knees respectively, had already lost all sense of feeling. One of the Berlin physicians, in order to ascertain the degree of insensibility of the members, had with a long needle pierced the hand and up the arm to the place where pain could be felt. This was found to be at the elbow. A truly remarkable achievement! The boys' condition was so wretched, that photographs could not be taken until after three

weeks' treatment, when their state had already essentially improved. It was quite impossible to illustrate the worst stage of the disease.

The cure consisted of two or three friction sitz-baths daily, with frequent friction hip-baths, natural diet, plenty of exercise in the open air, and the promotion of perspiration. The effect in this case also was remarkable. Although at the commencement of the cure the exhalations of the children were horrible enough, during the treatment they were absolutely unendurable, smelling strongly of decomposition. For the bad matter in the body being set in motion, strove to find an exit. This was notably the case during the baths.

Breakfast consisted of dry wholemeal bread with a few apples; and dinner, of farinaceous foods, vegetables and pulse, boiled only in water, with but little butter and salt. All flesh-meat, bouillon and the like were naturally prohibited. The food was boiled as thick as possible and always eaten together with wholemeal bread. Fresh water was the only beverage.

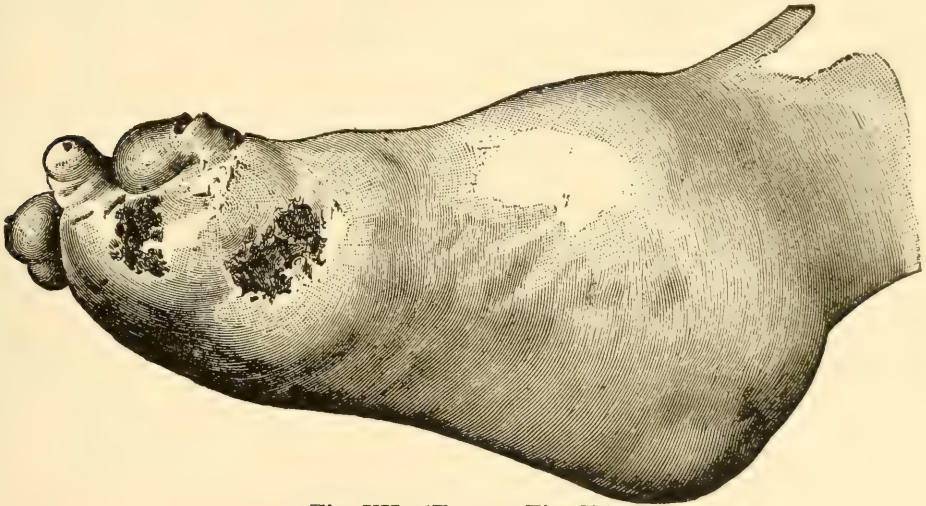


Fig. VII. (Foot to Fig. II.)

Within a fortnight the running from the open sores on the feet ceased, and began to heal from within outward. In the case of the two elder boys, each had still a large sore which did not heal over till during the course of the following month. The hands also underwent a remarkable change during the cure, especially the fingers, which began to get thinner even during the second month of the treatment, as might be plainly seen by the folds formed in the skin. The foreign matter now commenced retrogression towards the abdomen, in just the same manner in which it had formerly forced its way into the extremities. This, the patients felt distinctly by the drawing pains in the hands, arms, feet, and legs, and especially in the joints.

When beginning my treatment, the oldest boy could not even wear the shoes which had been specially made for him. After four weeks treatment, however, he was able to wear ordinary leather shoes. The normal sense of feeling, finally returned into the previously insensible

members. Naturally this result was only possible owing to the digestion having improved.

On coming to me, the boys had scarcely any appetite at all, but within a week after commencing my treatment, they could hardly get enough to eat. Their digestion was, as it were, revived.

Thus the condition of these three boys was already such as was not to be compared with their former one. The miserable children, doomed to certain death, were now happy and cheerful.

At any rate, these cases show that leprosy, though commonly believed to be incurable, can be cured by my method of treatment, as has also been proved by the recovery of the patient from Java, referred to on previous pages.

Without hesitation, I can positively assert, supported by the successful results obtained, that leprosy also has the same common cause as all other diseases. Only those lepers cannot be helped, whose disease is already too far progressed, *i. e.* where vital organs have been destroyed. To such unfortunate creatures, however, my treatment will at all events bring relief, and admit of a peaceful and easy death.

SCABIES, WORMS, TAPEWORM, PARASITES, INTESTINAL HERNIA

HERE again we have classed together a number of diseases which, however much they may differ as regards external symptoms, have still the same common cause. This assertion I make, supported by incontrovertible proofs, viz: the cures attained in such cases during my long practice. When we set about the cure of scabies and the related parasitic diseases, we have first to get a clear idea of how the itch-tick breeds and what is its nature.

It is a well-known fact that a single warm day in spring—that season of the year where nature develops the greatest vitality—is sufficient to bring forth a myriad caterpillars on the young leaves of the trees. And much as we are concerned at seeing the beautiful, fresh leaves eaten up before our eyes, we are powerless to prevent it. Then follows a cold night and all the parasites have vanished entirely, as suddenly as they appeared. In a single night, by a fall in temperature Nature has done that which for us it was impossible to bring about. And all parasites are subject to the same natural laws.

From these observations we must draw the conclusion that the *itch-tick*, *worms*, *lice* and other *parasites* can only exist where they find a suitable nutritive medium. Such, however, can only be found in the body which is diseased, that is, encumbered with foreign matter. Furthermore, the capability of existence of such animal life is dependent upon a definite high degree of temperature, which, as experience everywhere shows, is only to be found in organisms which are encumbered with morbid matter. Should we succeed in reducing the abnormal temperature again to the average one, and at the same time in expelling the morbid juices from the system, the possibility of the parasites existing longer is at once cut off and they accordingly rapidly vanish.

It will be clear to anyone who has attentively followed my explanations, that the only way to diminish the internal temperature is by means of my cooling baths, an unstimulating diet and my other now well-known prescriptions. Of course, according to the extent of the encumbrance, these must be adapted to meet each individual case. Thus from the stand-point of my New Science of Healing, since these peculiar diseases have the same common origin as all diseases in general, the same uniform cure must here apply, which has never yet failed in other disorders either. Treatment with medicines only brings further injury to the organism.

I may here be permitted, again, to illustrate these dry facts by some interesting examples.

The first case is that of a gentleman who was suffering from *intestinal worms* of various kinds. Naturally this disorder was accompanied by nervous and digestive troubles, which had brought him to the brink of the grave. Internally he was being, so to say, consumed; and his ex-

crements were infested with little worms. Yet my method brought him relief. In the second month, already, the cause was removed and hence the worms disappeared. As the patient continued the cure, his state was soon changed from that of chronic disease to one of vigorous health.

Only by diminishing the internal temperature by friction hip and sitz-baths, perspiration and uncooked food, and thus expelling the morbid matter, was it possible here to stop the internal fermentive process, which had caused the worms.

Another case, one of *scabies*, may be here mentioned, as characteristic of the orthodox medical treatment. On account of the disease mentioned, the patient, 17 years of age, had been treated without success in various clinics and hospitals. Finally, one of the professors ironically advised him to go to me, as he had no remedy. In his sore need the patient took the advice, no doubt seeing that nothing was to be experienced from the drug treatment. His hands and arms looked horrible. By means of my Science of Facial Expression, I ascertained that this patient had been suffering for years from a chronic abdominal disease, brought about by weak digestion. The morbid juices and impure blood thus produced, naturally formed an excellent nutritive medium for the scabies. The itch-tick may very well be compared to a bacillus, which thrives wherever there is decomposition. Without an appropriate nutritive medium it cannot exist at all.

Here again, friction hip and sitz-baths, natural diet and frequent steam-baths proved an excellent remedy. The digestion soon improved, the itch decreasing simultaneously, being deprived of its nutritive medium. Microscopic examination clearly showed that the itch-ticks were being destroyed. Within three weeks only a few isolated ticks were to be seen, and in the fourth week not a trace of them was left. The patient's features had quite changed; one could hardly recognize him again, so greatly was he altered. The patient's nature had of itself done that which all the art of the state-diplomaed doctors could not do. And this was all effected by the same process as before, without the application of medicaments and without surgical operation.

Intestinal Hernia. The cause of intestinal hernia is a morbid internal encumbrance of the abdomen, accompanied by extreme tension. At those places on the peritoneum, where the slightest obstruction is offered, the intestines, in consequence of the great internal pressure, tear the peritoneum and protrude. The exact place where this rupture occurs is very different in various cases, but the cause is always the same. It is therefore an error to seek such cause in a blow, a fall, or the like. They may certainly be the immediate means of producing a rupture, but can never be the true underlying cause. By applying my method and thus expelling the morbid matter from the body, such ruptures are again cured. Wearing a truss, which is quite insufficient to remedy the complaint, is then wholly unnecessary.

In the case of this trouble, too, my method of treatment has met with the greatest success; my doctrine of the unity of disease, it is again seen, never leaves us helpless. Within what time a cure may be effected, depends, of course, upon the degree of encumbrance, and whether the rupture is already an old one, or not. Moreover, the cure in the case of an old person where bodily vitality is already low, will not be so complete as when the patient is still in youth.

CANCER, PROUD-FLESH



CANCER, that terrible and so universally dreaded disorder, cannot with right be attributed to external influences and the disorders which they cause. The origin must be sought in quite other processes, taking place in the organism itself and then forming the immediate cause of this all-destroying disease. Like dropsy and tuberculosis, cancer is the last of a number of other suppressed, but uncured, diseases which have preceded it. Cancer always follows upon some former diseases, especially sexual diseases, such as syphilis. Whether such have arisen directly or indirectly is of no import. The main point is the presence of foreign matter, which chooses some path through the body, along which then form, as a final stage of the disease, those *proliferations, tumors* and gangrenous places, which are the horror of mankind. The predisposition to cancer may be ascertained years in advance by the aid of my Science of Facial Expression. For long before the actual cancer appears, nodules and swellings are always to be found on the neck, which point to the formation of growths over the whole body, and in particular to extensive hemorrhoidal tumors in the abdomen. These hemorrhoidal tumors may attain to such a size, that they obstruct the digestive canal, so that the feces can no longer be expelled in the natural way. In various serious cases of cancer, which I have treated, I have observed that the digestion has always been completely obstructed. Without purgatives and enemas it was impossible for the patients to evacuate the bowels. I have likewise observed that after a long use of purgatives, especially *pills*, an internal gangrenous state is always brought about, leading to tuberculosis and particularly to cancer. For years the system can tolerate the use of such purgatives, and the irritation of the digestive and abdominal nerves caused by them. Gradually, however, the nerves become so excited that they are incapable of operating without ever-increasing stimulation, whereby such dreadful disorders, as cancer are brought on. Just as in tuberculosis and dropsy, and all the various final stages of other preceding diseases, the cause of cancer is usually an unnatural mode of living, pampering, over-feeding, and especially an over-excitement of the nerves through stimulants, or by medicaments. The allopathic school is just as powerless here, as it is against all other final stages of disease. It is sad to see how the doctors strive to cure cancer solely by operating on the proliferations and new growths with caustics, or the knife, such as was the case with the Emperor Frederick. They forget to enquire whence these new formations arise. The nature of the disease evidently remains quite unknown to them, otherwise they would not, in this disease, select as the object of treatment merely the last symptom, the gangrenous form, as it were, of the foreign matter—the new growths. They would then necessarily have seen that there must also be a cause for these growths, and that on the removal of this cause the attention must be concentrated.

As an accompaniment of a gangrenous condition—and therefore also of cancer—there are often most unbearable pains and unpleasant sensations. To bring relief to the sufferer, the orthodox physician injects morphia. Hereby the desired result is attained temporarily, but only at the expense of the whole body and nervous system, which experiences the greatest injury from the after-effects. Medical science proceeds here just like a bear, which in order to kill a fly on its master's nose, flings stones, with the result not only the fly, but the master too, is killed.

Why shall we use poisons, when in my system of baths we have a natural means at hand, which alleviates and removes pain far more effectively than morphia, and at the same time steels and strengthens the organs? Morphinism then disappears of itself. There is here a continual demand for a narcotic, just as in *dipsomania*, which is also due to an inflamed or gangrenous condition of the body. It is only by natural treatment that the ever-increasing craving can be gotten over.

In Part III, in the chapter on the Treatment of Wounds, under "Open sores" will be found full explanation concerning the cause and nature of cancer. Here I would only say a few words on the prospects of cure in such cases. In the first place, it is quite a matter of indifference in what form and in what place the disease appears; it is of quite secondary importance whether it is *cancer of the tongue*, of the *breast*, of the *uterus*, or of the *stomach*. The chance of cure is in no way influenced by the particular form in which the disease appears, for all the various forms have but one cause. According to the encumbrance of the afflicted person, there is a displacement of the mass of morbid matter in the body, influenced to some extent by the course of fermentation, and the greater or less pressure arising in consequence.

Cancer can be cured by the use of my method. A certain cure can nevertheless only be expected by such persons as have a tolerably good digestion, and sufficient vitality to overcome the severe crises, which are unavoidable. It is only those thoroughly acquainted with my method who will be able to cure cancer, this being like tuberculosis and dropsy, a most dangerous disease.

A gentleman, about 50 years of age, was suffering from *cancer of the nose*, and had consulted the most celebrated physicians of the orthodox school. They were able to tell him that he had cancer of the nose, but they could not cure it, not knowing its nature and cause. These physicians had one and all applied sharp and poisonous medicaments to the nose, in order to get rid of the local symptoms of cancer. But just as a tree is not decayed only where there is a rotten branch, so in cancer, the external gangrenous ulcerating new growth is not the disease itself, but only the place where it is most advanced. That the rottenness of the bough is no local disease of the tree, we at once see when the tree is felled. On dissecting a body, too, the physician can ascertain (if able to recognize the fact) that the whole system of the cancer-patient was diseased. But it is certainly to the advantage of the patient if this can be recognized beforehand!

My patient had been suffering for years from most severe indigestion. Curiously enough this had quite escaped the attention of the modern scientists, who occupied themselves exclusively with the patient's nose. Had they had the slightest notion of my Science of Facial Expression, the gangrenous condition of the nose would have afforded them positive

information concerning similar internal conditions in the patient's abdomen. The patient fortunately now recognized the uselessness of all the local treatment, and being of an optimistic nature, full of hope, came to me. The nose and upper lip were completely eaten away, the tip of the nose on the point of disappearing, and the color of the skin of the nose showed gangrene. There was obstinate constipation and irregular urination, often attended by frightful pain, which however, happily did not permanently affect the patient's spirits.

His constitution responded very readily to my treatment, his vitality being still considerable. His digestion in particular, and consequently his entire condition, improved rapidly. From week to week the cancerous inflammation of the nose abated without any local treatment. First it became flaming red, the normal color of the skin being restored after about four months. The nose itself, together with the upper lip, healed during this time from within, without leaving any scars whatever.

The means here employed were wholly unstimulating, dry diet, especially suited to the patient's condition and digestion, my friction hip and sitz-baths, and once or twice in the week a steam-bath for the whole body, or only for the head, when the pain and inflammation were no longer to be borne, the baths were necessary every two hours. During these baths the pains always decreased, so that the patient felt most relieved when thus bathing. Already on the second day the internal gangrenous inflammation began to travel downward, becoming apparent by the *sore at the part rubbed* during the friction sitz-bath. This caused the patient great anxiety, the condition being naturally attended by severe pain. I explained to him, however, the cause of this, remarking that he must choose between quietly going through this derivative process, and certain death. I also called his attention to the fact that in the same degree in which the inflammation had appeared at the point of friction, it had disappeared from the nose; this he perceived, and decided to follow my further directions. His only way to freely get over this painful condition was by frequent bathing, and he soon had the satisfaction of attaining his purpose.

During the treatment the patient suffered at first from a temporary return of an old kidney complaint, and then from a sexual disorder, but both in a far milder form than previously. These diseases had not, as had been imagined, been healed at their first appearance, but only forced back into the body by the drugs used. They were the preliminary stage to cancer of the nose, but only gave direct rise to it when thus treated with medicaments. The secretions during the treatment for cancer of the nose left no doubt of this. The pus secreted smelt at times exactly like the drugs which he had taken for the kidney and sexual disorders. As already observed, this is because the body envelops poisonous medicines in mucus, these mucus-covered lumps remaining in the system, under the influence of the inner heat, gradually begin to chondrify and dry up. Under proper hydropathic treatment, these firm and hardened masses of mucus dissolve again, and if the vitality is raised, are secreted from the system. In my practice I have seen confirmation in many thousands of cases, and have likewise observed how seriously the use of drugs delays the real cure of the disease by my method. It is, moreover, the excretion of drugs from the system which causes the sufferer most pain. This my patient also experienced. But his steady improve-

ment encouraged him to continue my treatment until he had become perfectly free from his serious disorder.

It must not be supposed that the place where the friction is applied during the friction sitz-bath will in the case of *every* patient, become sore, through the gentle rubbing with cold water. *Sores arising from the friction during the sitz-baths*, which are especially observed in chronic diseases such as cancer, only occur in special cases and in definite forms. If there is no inner latent inflammation, or if the foreign matter is easily expelled in another way, there will never be a sore at the point of friction. I have had patients who bathed from an hour and a half to two hours daily for two years, yet were never troubled with soreness. Others were only temporarily affected, during the transformation of their chronic, latent, diseased state into an acute one, *i. e.* during the critical period; and then only for such time as the inner acute inflammation was in course of being drawn downwards. The soreness then disappeared during the bath, exactly as it had come. In many cases open suppurating sores of greater or less extent often form at some distance from the point of friction, which continually throw off pus, *i. e.* foreign matter in an acute form, a state of fermentation. This pus does not come, as many foolishly suppose, from the friction, but simply and solely from the condition of the patient's body. It is originated wholly by the inner latent or acute inflammation, which is brought about by the foreign matter being in a state of fermentation. This pus, therefore, is nothing more nor less than the cause of the crisis. It is thus quite a mistake, if patients employing my method for themselves at home, grow anxious at the appearance of such sores. It is just this participation of the body in the cure, and the expulsion of the foreign matter, which proves most conclusively, that under the influence of the baths recovery is taking place. Naturally the sores at the place of friction and the formation of pus, are worst when the internal inflammation has already a gangrenous condition, such as is the case in cancer. The patient, when not bathing, must then apply a wet linen cloth in several folds wrapped a number of times around the sore, and keep it as wet as possible.

Another case of cancer may here be mentioned, as being of general interest. A woman in the beginning of the fifties was suffering from *cancer of the breast*. Her left breast had been operated upon, in Berlin, by the same eminent surgeons who attended the late Emperor Frederick. Soon after, the right breast was also attacked by cancer. The "very successful" operation, therefore proved quite useless; indeed, the patient's general condition was decidedly worse than before. She then presented herself a second time to the above-mentioned surgeons, to consult them about the re-appearance of the cancer. After a long examination, she was told that in order to effect a cure, the right breast would also have to be operated, but that her body was too weak to bear this, so that she could not survive the operation. There was no other means of cure, however. In her perplexity, thus given up by the "first physicians" of Germany, she came to me. The right breast was gangrenous, and several hard tumors, some as large as an egg, dark colored and gangrenous, had formed, extending from the breast to the armpit. The abdomen, too, was covered with tumors and abnormally large and hard. The digestion was bad, the bowels moving but once every third or fourth day, and then only by means of enemas. Hard balls of fecal matter,

rendered black by the internal heat, formed the entire evacuation. The urine also was scanty. Low vitality gave rise to great anxiety, especially as excessive headaches diminished it from day to day. This woman took up my treatment with great perseverance. The headaches soon abated. The digestion also began to improve slowly from week to week. The number of baths daily had to be most carefully regulated, according to the patient's condition and strength. The treatment itself was somewhat painful during the first six weeks. During its course, the effect of the so "successful" operation in Berlin, was very plainly manifested. In place of the old, deep scar on the left breast, there formed, during the very first week of treatment, an open gangrenous sore, which constantly grew in size and depth in the course of the first four weeks, until it was about fifteen square inches in extent. The gangrene of the right breast decreased in like measure as that of the left increased. By operating the left breast, the cause of the cancer had by no means been removed, but merely the extreme seat of the fermentation. The system was thus forced to divert the progress of cancerous fermentation, until at length it was transferred to the right breast, after hard tumors had formed from the right breast and up to the arm-pit. By my treatment the disease was compelled to retrogress, so that there was nothing surprising in the reappearance in the left breast of the morbid matter, in the same acute condition in which it was at the time of the operation. Here again, a striking proof that Nature does not submit to the violence which the medical profession is so ready to commit. Every operation affords a fresh proof of the inadequacy of the modern medical school, and of its absolute poverty as regards all real curatives. *Operations are still more unnatural than the use of medicaments.* My readers will now understand why on the title page I describe my Science of Healing not only as "without medicines," but also as "without operations."

But to return to the case. By bathing regularly, the pain which the patient had to bear, in consequence of the changes taking place in the body, became more endurable after the baths. Nor was it long before open suppurating sores appeared at the place of friction—a certain proof that the great internal gangrenous inflammation was being drawn off. Soon the other tumors under the arm-pit likewise softened, and gradually dispersed, being always drawn down more and more towards the abdomen. During the first two months the patient had lived solely on wholemeal bread and fruit. On this diet it was possible for her, by taking the friction baths dilligently for three months, to so far recover, that the open sores in the left breast were as good as healed and she could journey home.

I have treated many other cases of cancer. Amongst them was one of the tongue and another of the throat, both common enough diseases to-day. My treatment here also proved successful.

The hard cancer nodules in the throat became *soft* in a few weeks and excreted pus. The patient was then able to swallow without pain.

In the case of cancer of the tongue, after the application of each friction bath, a brown coating disappeared from the tongue. The tumors there vanished much sooner than those in the lower part of the body, so that the tongue was soon smooth and normal.

The most dangerous matter in all these cases is the immense hemorr-

hoidal tumors in the abdomen. In cases where the patients are no longer able to take solid food, it is at all events possible to banish the unbearable pains, and so obviate morphinism and starvation. In this way, too, we can dissolve the tumors and cure the sleeplessness. Nevertheless, there can be no real cure for the patient, since the continual liquid food does not produce normal evacuations of the bowels.

The effects of the friction sitz-baths were most striking in attacks of *suffocation*, such as frequently occur in severe diseases. With patients I have treated, who often had several attacks daily, the danger of suffocation was over only a few minutes after the commencement of the bath. Whenever a tumor in the throat dissolved, and poured its pus into the wind-pipe, or threatened to suffocate the patient by swelling up before dissolving, these attacks of suffocation occurred. They were always instantly averted by the friction baths. These processes, for the prevention of which *tracheotomy* has hitherto been the only means tried, are of the greatest significance. In these dangerous crises my friction baths perform the same invaluable service as they do in suffocative attacks occurring in diphtheria, to cure which, physicians unfortunately know no other remedy to try than surgical operations. Injections of serum, as the reports of the hospitals show, have in no way diminished the number of operations. We see by this of what small worth these injections are.

Proud flesh. Those proliferations and new growths which take place on injured parts of the body, commonly known as "proud flesh," are far less dangerous than cancer. They can also be much more rapidly healed, inasmuch as, in the rule, the proud flesh can be transformed into pus more quickly. In this way, the expulsion of foreign matter from the body occupies less time. This has been amply confirmed by actual cases in my practice, one of which I here cite.

The patient was a woman of thirty, whose right forefinger had been in a bad state for some time. The tip, in consequence of an injury sustained, had become inflamed, and got rapidly worse, until finally a large growth of proud flesh took place at the injured spot. The physician who was treating the case immediately cut this away, cauterizing with lunar caustic and similar corrosives. This was without success, for in spite of repeated operations, the proud flesh always appeared again. The finger finally became gangrenous, when the physician declared that the disease had reached the bone, and that an operation was absolutely necessary to prevent it spreading further. The patient, however, not being able to reconcile herself to an operation, came to me. I explained to her that amputation, such as the doctor had advised, was not only wholly unnecessary, but absolutely prejudicial to the health. The diseased finger, I further explained, resulted from a definite cause, and only when this latter was removed, could the finger be cured. I prescribed three to four friction sitz-baths daily, each of half-an-hour's duration. She was to live on an unstimulating, natural diet, and during the first three or four days take a local steam-bath for the finger before the friction sitz-bath. The woman meanwhile was lying in, and therefore had some scruples about taking friction sitz-baths. When I told her, however, that I knew no better advice, she decided at once to follow it, for otherwise there was nothing but amputation. The cure was most rapid. Already after the first bath, further growth of proud flesh

had ceased. On the third day the flesh began to be transformed into pus, thus indicating a great improvement. The gangrenous condition had ceased, and consequently all danger as regards the bones and fingers was over. Within fourteen days the diseased finger was completely healed, nor was a trace of a scar to be seen.

PART THREE

TREATMENT AND CURE OF WOUNDS WITHOUT
DRUGS AND OPERATIONS

IT is no easy matter to overcome the deep-rooted prejudice in favor of creating wounds according to the principles laid down by surgery. The current belief is that all kinds of injuries, whether internal or external, as well as wounds, can only be healed by surgical and antiseptic treatment. How erroneous this idea is, is proved by the brilliant success which my method has met with. It is, in fact, precisely in such cases that the remarkable healing power of hydropathy can be so strikingly demonstrated. And there is no more powerful means of propaganda for the treatment of wounds by water and other natural agents than my system of cure.

Apart from its painless character, my system enables us to heal nearly every injury, in scarcely one-third the time required by medical, so-called antiseptic, treatment. This statement is proved by the large number of patients whose injuries have been healed. There has not been one single unsuccessful case. Another great advantage of my method is that not only are the disfiguring scars, which surgical operations necessitate, obviated, but the wounds themselves leave practically no marks behind.

Whenever an external injury is received—a cut, stab, contusion, burn, frost-bite—it will be at once remarked that the system sets about healing it. The irritation of the nerves, caused by the injury, calls forth an increased flow of blood and other substitute-matter to the wounded part. There is then increased warmth and swelling produced by the friction of the matter collecting, a process which in the case of burns and contusions especially, is attended with much pain.

If, now, we assist the body in the right manner in its effort to repair the ill, an extremely rapid and painless cure will result.

The pains mentioned above usually commence only when the body begins the work of healing. They are nothing more or less than a *local traumatic fever—a local fever resulting from the wound*. And if we remember that, just as in other diseases, so also in the case of wounds, we have to do with fever, even though of a different form, it will not be difficult to find the way to cure.

As we have already learned, our first attention must be devoted to subduing the fever, especially where the injury is extensive, so that the local feverish condition may be prevented from becoming general.

The pain will at once be taken away if we succeed in stopping the

fever. Nowhere can we more clearly observe how fever is nothing more than a curative and compensatory effort of the system. Unfortunately, it is a matter of too common occurrence today that the traumatic fever spreads over the whole body, the wounds healing much more slowly in consequence. There is a deep reason for this. The wounds of a healthy person heal very quickly and easily; not so those of a person whose system is encumbered with morbid matter, and who therefore is already suffering from an internal fever. Here, the injury and the accompanying nervous irritation, can very easily form the exciting cause of a still more extended process of fermentation. But even where this is not the case, the cure is retarded. The system drives an increased quantity of blood to the injured parts, in consequence of which more foreign matter is carried there. At such a part, therefore, an accumulation of morbid matter readily gathers; or it may develop into an excretory channel, in the form of an open wound.

I have often observed that in the case of animals left quite to themselves, without any aid whatever, wounds heal in an incredibly short time. In studying such quite natural occurrences, I have always been struck by the immense difference observable between these cures and those of human beings. Nothing has more stimulated me to reflect, and to investigate the secrets of nature. Once I shared the general opinion, that in event of injury the poor animals were far worse off than human beings, commanding all the resources of science, and enjoying the affectionate care of friends. Experience has shown me, however, that a cure takes place much faster in the case of animals than in the case of patients in the hospital. My observations led me to the conclusion that there could be no mere chance in this matter, but that there must be deep underlying reasons. I will produce some elucidatory examples.

A cat had been caught in a steel trap, which had broken the animal's right leg an inch or more above the hough, just where the thick flesh begins. In her endeavors to get free, the cat had dragged the trap about, twisting the leg several times around, and getting the wounded parts covered with dust and chaff. On letting the animal out of the trap, she rushed off with the broken leg dangling in the air. Nothing was seen of her for some days, so that it was thought that she had died.

It might have been a week afterwards that a sick cat was found in a neighboring barn, and it turned out to be the one which had been caught in the trap. The hind leg had meanwhile fully healed, in an astonishing manner, a considerable swelling, however, still remaining at the place of fracture. It was evident from the animal's emaciated appearance that she had eaten nothing the whole week. Notwithstanding this, she absolutely refused even the daintiest bits, nor would she touch water. The injured leg she kept carefully stretched out, always in the same position, and every now and then she licked the wound all over. This apparently eased the pain, for she continued to lick the part most perseveringly. There was a significant reason for the cat's fasting. As we know, the process of digestion is one of fermentation, and is inconceivable without the production of heat. Now, as the animal had no water to cool the wound, she dispensed with food altogether, so that no greater heat might be generated in the body. Her instinct told her exactly what to do.

After a few days the animal, now reduced almost to a skeleton, appeared again, and after receiving some milk, soon became quite lively. After a month the cat was in a fully normal condition, the only sign of the injury being a hard lump at the place of fracture, which, however, in no way impeded her motion.

Now, suppose a similar accident had happened to a human being; what course would the cure have taken with antiseptic treatment? An *amputation* would have probably been unavoidable, and the affair would have lasted for months, until the patient was so far cured as to be able to live for the rest of his life as a cripple. Even in the best case, supposing amputation to have been avoided, the leg would under medical treatment always have remained stiff.

I may here mention another case, also from the animal kingdom, well adapted to explain my treatment of wounds. A dog had been severely, but not fatally wounded by a charge of shot. Several pellets had passed through the fore and hind legs, while two had penetrated the neck from the right side, lying embedded in the skin on the left side. The wind-pipe, the œsophagus, and the main arteries were fortunately uninjured. Whenever the wounds grew painful, the dog sought out a damp and shady spot, and cooled his body, especially the wounded parts, on the fresh earth, which he always scratched up afresh as soon as it became warm. He incessantly licked the wounds and refused all food. Twice a day he went down to a pond near by to drink water, which was his sole nourishment. Here also, the cure was a rapid one. In five days the injuries in his legs, which he would lick continually, might be regarded as healed, if still somewhat swollen. The neck, which the dog was unable to lick, on the contrary, healed more slowly, although not so badly wounded as the legs. The animal did not take any food until about a week after the accident. Meanwhile the wounds on the neck had also quite healed. The pellets were now lying embedded between the skin and muscles.

A third case will also interest readers. A large Newfoundland dog had had his right paw run over and much crushed by a coal cart. The skin was stripped off and the bone splintered. The animal was unable to walk, and had to be conveyed home. Here he crept to a shady place, and licked his paw continually. Not until the fourth day would the dog touch food, the wound then being sufficiently healed to allow him to go about on three legs. In twenty days the animal was again quite well.

From these examples we can gather many useful hints regarding the treatment of wounds in the case of man. *Cooling with water and abstinence from food, or at all events from all heating food*, are the natural remedies in this case also.

The surgical method as practised in modern hospitals, according to which the most "nutritious" foods such as flesh-meat, beef-tea, eggs, milk, wine, are prescribed to raise the patient's vitality is a perfectly false one. This is the worst thing that can be done and is quite contrary to the laws of nature. In my opinion, it is best during the first stage of wound treatment, not to burden the body with any work whatever, as this only hinders the curative efforts of the system. In treating wounds in the antiseptic manner with *carbolic acid, iodine, corrosive sublimate, cocaine, etc.*, the medical profession shows how little it understands even to-day, of the nature and significance of the processes which

go on in the human body. Surgeons, knowing nothing of the remarkable cures of hydropathy, deviate ever further and further from the right path. The natural way of curing is a thing unknown to them.

I will now proceed from these introductory remarks to a consideration of the various kinds of wounds, relating some actual cases by way of example.

Incised, punctured, contused and lacerated wounds. When the body receives a wound through a cut, stab, bruise, or laceration, the larger and smaller blood-vessels thus opened, empty their blood outwards, by reason of the inner pressure, until this latter is concentrated by external counter-pressure. As this process plays an important part in the treatment of wounds, it will be well to consider it in detail. As is well known, we live under an atmospheric pressure of about 15 lbs. per sq. inch. Our bodies could never sustain and bear this pressure, did they not exert from within a high counter-pressure. In ascending mountains many readers have no doubt observed the difference in pressure. On very high mountains, or during balloon-voyages, the atmospheric pressure is so low, that sometimes blood issues from mouth, nose, eyes and ears, being forced out by the excessive inner pressure. As soon as the inner pressure is again counteracted by an equal one from without, the bleeding instantly ceases. When the body receives a wound, it is deprived of the walls which confine the inner pressure of the blood within natural limits, and thus bleeding ensues as the immediate result of a wound. The first thing to be done, therefore, is to staunch the bleeding. The pressure of the blood is greater or smaller, according to the size and depth of the wound, and according as larger or smaller blood-vessels have been injured. Whenever possible, all tying of blood-vessels must be avoided, since by ligatures we impede the normal circulation and treat the organism in a manner which cannot be regarded as natural. There are other more effectual remedies which quite obviate ligation. Only when an injury of large blood-vessels renders such a loss of blood probable as would endanger life, and the necessary compresses are not at hand, can the application of ligatures to arteries, or to limbs, be regarded as justifiable.

With the hemorrhage, pain generally arises, which must be stopped simultaneously with the bleeding.

There is no more suitable means to this end, than to well bandage the wound with a wet linen cloth folded several times, so that the inner pressure of the blood, and with it the hemorrhage, is counteracted. If practicable, the wounded part should afterwards be held in cold water, until the pain is allayed, which may take several hours. If not feasible, the part must be cooled by letting cold water drop, either continuously, or at short intervals, upon the compress, so that the latter is kept well cool.

How thick, that is, in how many folds, the *coarse* linen compress should be made, depends on the nature of the injury, *i. e.*, on the internal pressure of the blood. For smaller wounds, the cloth may be folded 2, 4, or 6 times; for larger wounds 10, 15, 20 or even 30 times. If the compress laid on a large wound were too thin, it would neither prevent bleeding, nor heal so quickly. On the other hand, the compress should not be too thick; cuts on the fingers, for instance, heal far more slowly under a thick

water compress of say 20 folds, than under a thinner one folded say two to four times.

The linen compress must be so folded as not to project more than an inch or so beyond the edges of the wound all around. In this way, the circulation of the blood in the adjacent parts will not be hindered during healing of a wound—a matter of the utmost importance. Over the water compress only a woollen bandage must be wrapped round one or more times. In this way the compress is held in place and the pressure can be regulated; the proper degree of bodily warmth is at the same time thus attained. Before applying the compresses, they should be dipped in clear cold, if possible, soft water, and lightly wrung out. As long as they cool the body, no severe pains will arise. Whenever the compress becomes warm, it must be dipped in fresh cold water again. If pain is felt, it shows that it is time to apply a colder compress, and this must be done very frequently at first.

It is, however, in some cases not advisable to apply the compresses too frequently. It is then better to lay a *compress of clay or loam* on the wound. To do this, put some well cleaned clay or loam in a pot, and stir it with cold water into a thick paste. Spread this paste thickly on a piece of linen, and then lay it directly upon the wound, with the earthy side in contact with the flesh. This compress can be renewed after some hours. The same process may be followed for proud flesh or gangrenous ulcers.

Without any real knowledge of hydropathy, the representatives of the orthodox medical school, it may be here remarked, have some time ago invented a brilliant “medico-surgical” improvement in water compresses. They introduce a sheet of india-rubber between the compress and the woollen cloth. Water compresses of this kind are of little use, since the rubber prevents the evaporation of the water in the compress and the free perspiration of the body. This kind of hydropathy is simply illusory. Such a compress can never have the desired result: I must distinctly warn all against using such.

As already seen, an unstimulating diet exercises a most beneficial influence on the healing of wounds. The less food consumed, and the less stimulating the nourishment, the better the process of healing goes on. Wholemeal bread, fruit and water, without any addition, form the best diet. The easiest and most quickly digested foods are the best, since they engender the least heat in the body. This is a point of great importance in the treatment of wounds.

There is another remedy, which, where it can be applied, much promotes the healing process, and this remedy is my friction and hip-baths. By their use the fever at the wound is absolutely prevented, or if local fever has already set in, they will act derivatively. At the same time, the vital powers of the entire organism will be stimulated so as to greatly accelerate the process of healing. These baths are especially necessary for all who are much encumbered with foreign matter. I will illustrate what has been said, by some examples.

In a factory, a man of forty-five had had his left hand injured by a circular-saw, which had torn the fleshy cushion between the forefinger and thumb apart, the flesh remaining hanging upon the saw. The bone was fortunately uninjured. A few minutes after the accident, the wounded man fell into a swoon, from which he did not awake for

about half an hour. Meantime, a linen shirt had been folded several times, and so firmly bound together around the injured hand, that the bleeding as good as ceased. Thus bound, the hand was held in a basin of cold water. Through this procedure the pain abated considerably within an hour, and in the course of a day quite disappeared. The cooling process had to be kept up day and night at first, but on the fourth day it was possible to lessen the size of compress, so that parts of the hand could be left free. A compress, folded about twenty times was now laid upon the wound and pressed firmly against it with a woollen cloth bound round the entire hand. The woollen cloth soon warmed the rest of the hand, thus promoting a proper circulation of the blood. The compress had at first to be wetted with cold water every half hour, and then at longer intervals; and in about a fortnight, the wound was so far healed, that direct treatment of it was no longer necessary. In four weeks the man could again work with his hand. It should be added that from the second day of the treatment, the patient also took my friction baths twice daily, which essentially accelerated the process of healing. The patient's state of health, it may be remarked, was far from being good.

With the antiseptic treatment, in all probability healing would have been a long and painful process. The doctor would certainly have sewn the wound, when stiffness and insensibility of the thumb would undoubtedly have been the result.

With my treatment, apart from the rapidity, the wound healed so as not to leave the least trace of a scar. Although at the beginning the wound was a very wide one, the body healed it from within, the edges of the wound falling off in time of their own accord. Several important nerve-connections having been destroyed by the injury, half of the thumb for the time being lost the sense of touch, so that the patient was unable for months to grasp and hold small objects with his thumb. After applying my friction sitz-baths daily for some length of time, the nerve-connections were restored, so that the normal sensibility returned to the finger.

Bruises, contusions, and internal injuries. The above treatment is also suitable for bruises. It often happens in the case of bruises, contusions and internal injuries that *blood-tumors* and *blood-cysts* form internally and exercise a disturbing influence on the entire organism. In those cases which cannot be reached from outside, my friction baths will effect remarkable cures. They cool the system internally, strengthening the nerves at the same time in the highest degree. In individual cases where my baths may not quickly enough disperse internal accumulations of coagulated blood, or other products of fermentation, local steam-baths may be used with excellent results, but must always be followed by friction baths. By means of the steam baths all morbid matter is rendered easier of excretion.

A girl who had crushed and punctured the forefinger of her right hand in a knitting-machine, once consulted me. During the first week she had been treated by an orthodox physician, who had exhausted the resources of antiseptic practice without having succeeded in healing the wound. He had employed *iodoform* and *carbolic* and *salicylic acid*, and had not hesitated to tell the girl that amputation of the finger or hand might be necessary. The girl suffered dreadful pain and the finger

swelled more and more until it was quite blue. In the third week, the whole hand was swollen and had assumed the same color. Finally, the doctor asked her if she had courage to have the hand amputated. The thought so frightened the girl that she came to me. I immediately applied cold water compresses, and ordered two local steam-baths daily, followed by friction sitz-baths. After only two hours treatment, the pain had almost completely disappeared. Nor did it recur during the entire course of treatment. The excessive swelling of the hand and finger abated hourly, so that in two days they had both regained their natural form and color. In from three to four weeks, the girl could work again, even though unable to use the hand quite freely.

In this way an interesting scientific operation was no doubt prevented, but on the other hand the girl was saved from being a cripple for life.

In a similar case, force of necessity compelled a carpenter to consult me. He had crushed and wounded his left hand, both on the palm and back. The man had no confidence in the antiseptic treatment, by reason of former sad experience. The whole arm up to the shoulder was already so badly swollen that he could not move it. In less than three hours of my treatment, the pain was subdued, and after 18 hours, the swelling had completely subsided. In a fortnight, the man was able to return to his work.

The two following reports of cures sufficiently prove the fact that the antiseptic treatment effects no real cure, but simply produces an interim state.

Two girls working on the same machine were *injured* in the same manner on the *forefinger*. The *bone*, from the tip of the first joint, was *fractured* and *comminuted*, the remainder of the finger being uninjured, however. The age and constitution of the girls were likewise the same. One girl went to a physician, who soon applied the antiseptic treatment; whilst the other was treated by me. The doctor at once removed the splinters of bone and applied iodoform liberally during the operation. The girl had much pain to endure, still in a week the finger was so far healed, that she could work again, if absolutely necessary. The first joint, however, through the operation was completely crippled and the whole finger disfigured. With every change of weather the girl for years experienced great pain in the old wound, caused by nothing else than the wrong treatment, whereby foreign matter (iodoform) had been directly introduced. The finger also remained with feeling.

The other patient who used *my method*, attained much better results. My first endeavor was to stop the pain, and I succeeded in the course of the very first day. For this purpose I prescribed the already familiar means: wet linen compresses and friction baths—the latter, because the girl was much encumbered in other respects also. Without any further application, the splinters of bone festered out of themselves on the third day, without the patient suffering any particular pain. On the sixth day the second largest piece of bone followed; in a month the girl could return to work again. In six weeks the finger was perfectly healed, without any loss of feeling, any crippling, or any scar. Nor have, up till this day any pains set in on changes taking place in the weather. Who then was the better surgeon here, Nature or Antisepsis?

Another not less interesting case was that of a man, who in 1879 had

suffered extensive *rupture* of the *tendinous ligament* and *muscle bundle* in the left ankle. The patient had to keep his bed for two months, and was treated with ointment. After the foot had healed, it was still weak, and remained swollen. This was especially noticeable in walking, the foot frequently turning over and causing much pain. As the man was in poor health, he commenced with my system, in March 1889, and as he found the treatment did him good, he continued it for a considerable time. At the beginning of 1890, the feet became inflamed again at those places where he had suffered years before. The inflammation was accompanied by pains which lasted three days. By the aid of my cure these disappeared on the fourth day, and at the same time the former *general debility* and *weakness of the ankle* disappeared. From this case we see how the injury received eleven years before, and not yet properly healed, was absolutely cured by my method.

Burns. Also for burns, cold water forms are excellent means for quieting the pain which is always experienced. *Often, to get rid of the pain, the wound must be held under water for several hours.* If only held in cold water for a short time, the pain even increases; one must put up with it until it has disappeared. When the burning pain has abated, compresses should be applied as in the case of wounds. River or rain-water is preferable to spring-water, as the latter often contains substances which hinder the process of healing and increase the pain. It is astonishing how quickly even severe pains are healed by this means; it is certain that many who have found their death through burning and scalding, could have been saved by this method.

When burns only heal slowly with this treatment, it may be confidently assumed that the patient's body is heavily encumbered with foreign matter, in other words, chronically diseased. In such cases a general treatment of the whole body by means of my friction baths, in conjunction with unstimulating diet is to be recommended. But even should the cure take its wanted course, the curative process will be greatly assisted by these baths, whenever the patient is equal to them.

A man had received three very considerable burns, two on the neck being as large as a five-shilling piece; the third, the largest and deepest, was on the foot. The patient was at first under antiseptic treatment, but on account of the excessive pain, could not bear it longer than a day. He then began self-treatment according to the old Nature Cure system. This, however, likewise not affording sufficient relief, after a week, he consulted me. My first aim was naturally to subdue the pain, which I succeeded in doing with cold compresses within two hours, after having well cleansed the wounds of oil and pus. After two days of this treatment the wounds presented an entirely different appearance. The smallest burn on the neck was already as good as healed, and the others were healing rapidly. The deep wound on the foot had likewise decreased by half in depth. In five days more the patient could again return to the factory. The burns on the neck were fully healed, and that on the foot so far improved, that the man could at any rate walk.

Gun-shot wounds. The treatment of these is exactly similar to that of incised and punctured wounds. Nevertheless, on account of their importance in war, it is well to submit them to a special consideration. For every soldier is of great importance to know precisely what to do as a first aid to the wounded. When the wounded must lie for hours before

any help whatever comes, it is no wonder that with many injuries—especially in case of antiseptic treatment—gangrene supervenes, usually necessitating amputation, if, indeed, death does not ensue. Amid the general helplessness and ignorance of the nature of life and its conditions, and of the manner in which the healing of wounds is effected through the organism itself, there is no other resource to be had than to amputation. *But amputation never heals wounds, it only inflicts far deeper ones and thus often turns the patient into a cripple for life.*

The popular and medical belief is that the ball or fragment of the projectile, if it still remains in the body, must without fail be extracted to avoid injury to the system. *This is a gross error, which has already cost many thousands of lives.* For owing to the weight of such shot, etc., it is often most difficult to remove them from the body without injuring it still more. The inner parts of the body are, as is well known, so coated with mucus, that the projectiles easily force their way past them, and whenever they happen to penetrate them, make the smallest aperture possible, which permits of their passing. This is owing to the fact that by the pressure which the shot exerts upon the tissues, the latter expand somewhat on account of their elasticity. It is exactly as with india-rubber penetrated by a shot. We find that a hole is produced, through which the ball cannot repass, except by stretching out the rubber.

What is it, then, that we observe when the injured parts begin to swell? Generally the swelling very soon ceases, and the former elasticity is also lost. The injured parts are now surcharged with blood and other curative matter and are therefore rigid. If, now, we attempt to extract the ball through the same channel that it entered (as is the usual practice, if there appears to be any chance) we shall find it impossible. For the entrance to the wound and the whole passage is swollen, and moreover the tissues have lost their elasticity. Hence the extraction of the ball would involve further laceration and injury. What a disastrous effect this would have on the organism may be easily imagined. *The ball itself is far less dangerous to the body than its forcible extraction.* The system soon renders the great mass of foreign matter quite uninjurious, first surrounding it by a watery accumulation, changing in time to a firm capsule enveloping the projectile. Sooner or later, when not robbed of its full vital power by the poisonous antiseptic treatment, the system will expel the foreign body, in the manner most suitable for the organism. Thus it has often happened, for instance, that a ball which had remained in the shoulder, festered out after months or years at the hip or thigh.

The attention, therefore, must not be devoted to extracting the shot, but to preventing heat in the wound, and to stopping the bleeding. I have already explained how this is to be done. It would, therefore, be well if every soldier were to be furnished with some linen and woollen bandages, in order to aid himself instantly in case of need. In most cases, too, water is readily to be procured—easier, at all events, than any other remedy. Where none is to be had, the soldier may take any other cooling medium, such as grass, clay, moist earth, or the like. These also may be used in need to allay the heat, as soon as the wound is firmly bandaged. In this manner many wounded soldiers, who are still able to move, can apply the first aid to themselves; without losing time—so precious in such cases—in waiting until other assistance

arrives. It is, therefore, a matter of prime importance, that every soldier should be thoroughly instructed in this method of the natural treatment of wounds without medicaments and operations. He is then in a position to act promptly and usefully, and not lie helplessly groaning until a surgeon appears. The soldiers who are slightly wounded, would also be in a position instantly to aid their more severely wounded comrades.

From the time of the Franco-German War of 1870-71, I have had ample opportunity of gathering experience of the injurious effects of the antiseptic treatment. I will here report a striking case. In the year 1883 a gentleman came to me, who had received a shot through the abdomen in the war of 1870. The ball had come out at the back, close to the spine. In spite of all the antiseptic treatment, the wound had not fully healed up in these thirteen years, but was continually suppurating. At times it had closed together, but only to break out afresh at the first opportunity. The patient's condition became worse and worse and he was now unable to walk at all. By means of my Science of Facial Expression, I immediately perceived that the cause of this difficult cure was simply the patient's heavy encumbrance with foreign matter, and the accompanying chronic state of fever. I did not apply any local treatment to the wound at all, but sought in the first place to subdue the chronic fever by the aid of my friction and steam-baths and a suitable diet. Within a week the wound was healed and has never broken open since. In a fortnight the man, delighted at the rapidity of the cure, was able to walk again. At my advice, he continued the treatment for some time longer, until finally the encumbrance was completely removed.

A similar happy result was that attained in the case of a soldier who had had his knee-cap shattered in the war. The wound, despite the use of all imaginable remedies, had not been healed. The leg, although not altogether stiff, was much impeded in its freedom of motion. This case is the more remarkable, as the patient had been treated for twenty years according to the principles of the *old Nature Cure*, without the desired result being obtained. Twenty years after the accident, the man commenced with my system of treatment, not on account of his knee, but in order to test its value in general. He was not a little astonished, when, after some time, inflammation of the knee-cap set in—a proof that the injury had not really been properly healed before. After continuing my cure for a further period, however, this inflammation soon disappeared. His astonishment was still greater now, to find that all stiffness had disappeared from the joint, so that he could use his leg as well as ever.

Fractures. Amongst diseases which arise through external injuries are fractures, the healing of which goes on more or less slowly. The orthodox doctor generally applies a plaster of Paris dressing, whilst I make use of wholly other and much more certain effective curative means. Above all things, my process exercises an immediate cooling effect, which will continue until the swelling which follows upon a fracture, and the accompanying pain, have fully disappeared. The use of friction baths must also not be overlooked, as they essentially promote the healing. Anyone who discards the natural water-treatment in favor of plaster dressings, is simply denying the truth of definite natural laws. If, for purely local reasons, that is, in those cases where the in-

jured limb cannot be kept in the necessary position by means of water compresses, a rigid support is necessary, such can be made of wood, pasteboard, bark or other such material. But a plaster dressing should *never* be used.

Those who follow my advice here, will find how surprisingly quick fractures heal, and how the pains are reduced to a minimum.

A gentleman, thirty years of age, had *broken* his right *upper-arm* close to the elbow. Being an adherent of the Nature Cure method, he immediately applied cold water compresses and arm-baths. The physician consulted wished to apply a plaster bandage, at the same time remarking that the arm would probably always remain stiff. This being no very pleasing prospect for the patient, he came to consult me. I advised him to put the arm in a wire gauze and pasteboard splint, and to cool the fracture with compresses according to my method. My friction baths, and a simple unstimulating diet in great moderation, were likewise necessary conditions. The result was astonishing. In twenty-four hours the pain and swelling were completely subdued. In a week, the patient was already able to write a little. In another week, he could lift a chair without difficulty and in three weeks the fracture was completely healed.

Open sores. The gash, the stab, received in war, wounds received in honorable fight, these, the result of sudden external injury, are easily and quickly healed. It is quite otherwise with those disgusting open sores of various kinds, which invade all parts of the body. The medical profession may call the suppurating foul secretions what it will—syphilitic, cancerous, or tuberculous—the fact remains that they are all one and the same thing, and indicate a condition of decomposition in the living body. Allopathy has not yet succeeded in really healing such open sores, even if by the aid of medicaments, it succeeds in preventing the process of decomposition from showing itself; or in transforming it into the body again. To cure this evil, however, allopathy is not able. It has neither the power nor the means to effectively oppose the disease. Thus it is that we see the wounds apparently healed, break out again in another part of the body—in other words, how the secretion of morbid matter in the body always continues. Such open wounds without external injury, it is true, are not usually painful like acute injuries; but, on the other hand, their cure—if such is, indeed, possible—is much more tedious. They always stand in intimate relation to some deep-lying chronic disease. How many of the suicides daily committed are not to be traced to such a diseased condition? Here we see how systematic is man's opposition to our all-wise mother Nature, in his daily actions and mode of life. What is the cause of such sores? I reply that they arise simply from the encumbrance of the system with foreign matter, and are invariably an advanced stage of earlier stages of disease which have not been cured, but merely suppressed. In most cases these final stages have been brought about by the saturation with so-called medicinal "remedies," such as *mercury, iodine, iodide of potassium, bromine, salicylic acid, digitalis, quinine, etc.*, which are always powerful poisons for the system. *Vaccination* is another system of introducing poison into the body, much to be regretted, for through it the human race becomes ever more degenerated. Vaccination has the effect of greatly weakening the vitality; hence it is, that the morbid matter,

which has gradually accumulated in the body, no longer makes itself known through small-pox epidemics, but through much more horrible, lingering, often incurable diseases, such as *tuberculosis*, *cancer*, *syphilis*, *epilepsy* and *insanity*. Unfortunately, the orthodox school has not sufficiently grasped the nature of vitality. Were it otherwise, the injurious influences of the poisons contained in the medicaments which are introduced into the patients, whether by inoculation or inunction, would not remain hidden to its disciples—even though such influences may often only appear after many years.

Such medicaments, regarding the whereabouts and action of which in the human system, medical science is often in doubt, lay the germs—often years in advance—leading to saturation of the body with foreign matter, which is the ultimate cause of the open sores.

It is a well-known fact that medical science is ever on the search for new medicines, new disinfectants, new antiseptics. The remedies increase in strength—the one more poisonous than the other; and it must be so. At the *first* appearance of a disease (curative crisis), the attempt is made to so diminish the vitality, *e. g.* by *antifebrin*, that it is not able to continue the crisis, that is, the disease. The latter now disappears as regards outward symptoms, but the *cause* of the disease is *not removed*. Nevertheless, allopathy will call this a “cure.” If, now, after some time the vitality being in some measure restored, the same disease, or it may be some other, should again make its appearance, the antifebrin will no longer be able to react: a stronger, more virulent means is necessary to produce the first effect. The greater the vitality of the body, the weaker need the medicine be, which will suffice to prevent a curative crisis; the lower the vital power, on the contrary, the stronger must be the drug to be capable of suppressing the crisis. Every medicine is a poison—virulent matter foreign to the body. The greater the vitality of the human organism, the more intensively and more rapidly will it act to render such foreign matter harmless. The poison becomes enveloped in a covering of mucus. If, on the other hand, the vitality is weakened, a small dose, a weak poison, is insufficient to rouse it. It is more or less insensible, and will only react, when absolutely compelled. Moreover, this process of rendering the person uninjurious, will go on much more slowly.

An example from my practice may serve to illustrate what has been said. A physician believed he had discovered an admirable remedy for open sores on the legs, and won great celebrity. The drug operated so effectively, that the sores usually healed up in a very short time, the morbid matter being simply forced back into the system. Thus one gentleman who had deep corroding sores all along the shin-bone, was very rapidly cured by this remedy. But as after two years the old sores broke out again, the patient went once more to the same physician. Alas! the famous remedy failed altogether this time. The doctor in his perplexity explained that the wounds were now of another character: this was not the original disease, and his remedy was not able to cure the new one; there was nothing to do but amputate the limb. Pitiable science! Unlike the undiplomaed practitioner of the Nature Cure system the privileged medical man knows no better way to aid, than to try and protect against disease by vaccination with pus, such as in the case of small-pox, and to cut off limbs, the abnormal condition of which he does not understand.

In the case of open, corroding wounds, we find the same uniform cause underlying all: the encumbrance of the body with foreign matter. Nothing is clearer than the fact that the pus, which is continually being secreted, contains foreign matter. We have here always to do with a far advanced stage, depending upon an abnormal internal temperature. This high abnormal temperature—fever, as I regard it—first creates a condition of fermentation, or decomposition of the foreign matter, which greatly assists the development of the bacilli. The foreign matter then changes its form according to the degree of temperature.

If we bear this in mind, the way which we may alter the condition and kill the dreaded bacilli, becomes quite clear to us. *The abnormally high temperature must be regulated. My friction and steam-baths, and an unstimulating diet, are the best possible means of regulating the temperature, just as my Science of Facial Expression affords the most reliable thermometer.*

I have had innumerable patients under my care, suffering from sores of various kinds: cancerous, tuberculous, syphilitic. In most cases where the vitality was not absolutely too low, and the body not supercharged with drugs, the sores healed in a surprisingly short time. Of these many successful cases I will describe just one, a particularly severe one, where the cure took from three to six times as long as in the average case.

A gentleman, fifty years of age, suffered from open, suppurating sores on the feet and legs, up to the knee. There was a mass of wounds, one beside the other, some thirty or forty in number, the largest being fully four inches square. Watery, evil-smelling pus was being continuously discharged. They had already been temporarily healed, but the places then began to itch so violently, that the patient could not bear it, and through the scratching the wounds opened again. This itching was caused simply by the active internal fermentation of the foreign matter confined beneath the skin, and the excessive heat thus occasioned in the leg. As soon as the sores broke out anew, the itching ceased. The whole of the lower part of the leg assumed a dark brown color, a proof that it was already gangrenous. Some of the sores went right to the bone. All the methods of cure which the patient had tried proved fruitless. There remained but the choice of amputation, or dying through the gangrene spreading further; and in his desperation he came to me, though far from being really a believer in my system.

By means of the Science of Facial Expression, I at once discovered that the digestion was altogether out of order. The stomach was unable to properly digest even the lightest foods, the body consequently not being in a position to produce normal blood. The lungs also were irregular in their action. It will thus be easy to understand that there was an enormous, and ever-increasing accumulation of foreign matter in the body. The condition of the stomach and lungs was such as to add to the amount daily. The patient had no idea that he was suffering from this chronic encumbrance, which was the cause of the diseased legs. Hence it was, that he could not comprehend why I should lay so much stress on treating the whole body, instead of only the legs. For the sores on the latter, I had simply prescribed light wet linen compresses, covered with a woollen cloth. I laid most weight upon the patient using a pure, unstimulating natural diet, getting plenty of fresh air, taking four friction sitz-baths and daily promoting perspiration by

natural means. The patient, however, from the beginning gave much more attention to the application of the compresses to the legs, than to following my instructions as to diet and baths, the purpose of which he did not understand. The consequence was, that for half a year things did not improve much. He was finally persuaded to follow *my* directions exactly, and not *his own* notions. The next six months led to most happy results. The sores had already decreased and many of the lesser ones were completely healed; the troublesome itching had also ceased, while the suppuration had almost entirely stopped. The general condition and the digestion were now far better than before, and the affection of the lungs had ceased to advance. Encouraged by these favorable signs, the patient now vigorously pursued my course of treatment. In the second year the sores changed their place from below the knee to above it, those below healing and breaking out anew higher up. The disease was thus nearer the abdomen—a most favorable sign. Below, the state of the leg grew more and more normal. When the first open sore *broke out above the knee*, where one had never appeared before, the patient believed my cure also was of no use, as the sores were now coming nearer the body. I explained to him that this was, on the contrary, a great improvement, for the foreign matter was now in process of retrogression, toward the abdomen whence it had come. He saw the truth of this, and continued the regular course of treatment. It lasted three full years, however, before his digestion and lungs were so far strengthened and improved, that the sores healed permanently. The normal color returned to the skin simultaneously. In this way my method had cured a severe semi-tuberculous, semi-cancerous disease which celebrated physicians had pronounced to be incurable. Nor has there, up till to-day, been the least symptom of the sores returning.

Stings of poisonous insects, bites of mad dogs and of snakes. Blood poisoning. The corpuscles of human blood are of the greatest sensibility. The blood reacts vigorously on coming in contact with foreign matter, the result being one similar to the process of fermentation. The bite of a poisonous snake will produce symptoms of fever, nearly identical with fermentation, in the blood of even the truly healthy man, notwithstanding the sound condition of his body.

When the system is already encumbered with foreign matter, the poison, of course, acts much more virulently. This is evident. The foreign matter, in itself a ready producer of fermentation, is greatly increased if poison enters the blood—whether through the bite of an insect or reptile, dog-slaver, pus or other product of decomposition. Large accumulations of foreign matter thus form and actively ferment in the organism, so materially increasing the danger. Now the more foreign matter that is in the body, the more active is the fermentation brought about by such blood poisoning. Hence it is that the sting of a bee in one case may cause an immense swelling, whereas it would hardly affect another person more than a mosquito bite. I have also seen how one person has got hydrophobia through being bitten by a rabid dog, whereas another person, attacked by the same animal, suffered no ill effects worth speaking of. Snake poison, too, will cause death in one case, and merely fever in another. The danger does not always lie in the bite, but in the state of the person bitten. It is the same thing with so-called blood-poisoning, which is of such frequent occurrence after “extremely successful” operations.

My theory of fermentation likewise affords an explanation of the peculiar effects of the *bites of mad dogs*, where the poison of the saliva first induces a latent, preliminary stage of disease, the acute symptoms only appearing later. The poison first of all influences the abdominal nerves and organs, these effects not being transmitted to the head and brain until after some weeks. It is only then that the convulsive symptoms of so-called *hydrophobia* make their appearance. The digestion and appetite of rabid dogs, as I have frequently had opportunity to observe, will always be found to be quite abnormal.

The effect of a snake-bite will be learned from the following case.

A boy was *bitten* on the head by an *adder*, while lying in a wood. The result was a convulsed condition of the abdomen, which prevented the boy from urinating for fifteen hours. His life was in great danger. My system was now applied, and by means of whole and local steam-baths, the boy was soon brought to perspire profusely. At the same time the cooling baths and a strictly unstimulating diet was necessary. In a short time all danger was over, and the lad had passed a copious quantity of urine.

If we now take a review of all the various kinds of *blood-poisonings*, of whatever origin, we always find that they begin with a swelling of the injured part. There is great heat experienced and high fever, even though at first only locally. To subdue the latter must be the first task, a local cooling of the part being of the greatest service. In the case of serious poisoning, it is frequently necessary to cool the wound directly, by putting it—as far as the part admits—directly in water, if possible running water. If it is not practicable to hold the part into cold water, cold water compresses of linen must be continually applied. At the same time, my friction hip and sitz-baths must be used alternately.

Slighter injuries, such as *bee-stings*, cause a swelling, which remains for a time, and then disappears without leaving further consequences behind. It is here to be remarked that insects generally attack the parts of the body, where there are the largest accumulations of foreign matter. Linen compresses of the kind mentioned, will in such cases be found amply sufficient to heal the part. Such compresses assist the body in its curative efforts to expel the poison, or to render the matter uninjurious by covering it with mucus.

When the swelling spreads and threatens neighboring parts of the body, danger is imminent, and there is no time to lose. The part affected must be put in cold water, or should this not be possible, wrapped in wet compresses. When circumstances admit, my steam-baths (previously explained), followed by friction sitz or hip-baths will bring instant relief. The friction baths must also be used separately, and if there is danger, repeated every two or three hours. By thus leading off the fever heat a great step is made towards a cure. It is well to fast, or in any case to eat only a little wholemeal bread and fruit. To drink water is not injurious. To get warm after the cooling baths, it is good to sit in the sun, and if possible take exercise out of doors. Should the injured parts also have become hard, partial steam-baths are particularly to be recommended always followed by a cooling friction bath. The steam-bath promotes perspiration, which carries off large quantities of foreign matter.

From all this we gather that these injuries also induce a condition of fever; and it is to subdue this fever, that must be our first endeavor.

A young man, hardly twenty years of age, while in the fields, was stung in the left hand by a *poisonous insect*. The sting was not so painful, and the part but little swollen, so no further attention was paid to it. After some hours, however, rigors set in, and the entire hand began to swell. Soon the whole arm was swollen up, and the physicians called in, declared it to be a case of blood-poisoning and stated that amputation of the arm appeared unavoidable. As it happened, someone acquainted with my method, was present, and so my system was applied, especially as amputation was not a very inviting operation for the sufferer. Local steam-baths were taken, followed by friction hip-baths, and also the hip-baths sometimes alone. This did not fail to bring aid and prevent the swelling from increasing. Between the baths, cold-water compresses were applied. The patient also had to take plenty of exercise in the open air, and especially in the sun, in order to promote perspiration. In this simple manner every trace of the sting soon disappeared, and the general health of the patient was greatly benefitted at the same time.

DISEASES OF WOMEN

OWING to the complicated structure of the female body, women are subject to a large number of complaints connected with the sexual organs. These ailments are frequently of an extremely distressing character.

Apart from irregularities attending the natural processes of menstruation, pregnancy, accouchement, as also during childbed and suckling, there are also certain other complaints often experienced. These are the direct consequence of the errors of the present age, with its voluptuousness, its pampering, its perversion; and these it is that lay the foundation of most injurious, chronic derangements of the female organism. They are the cause of a whole series of abnormal conditions, with the cure of which the medical profession for the most part struggles in vain.

Now, whence arises this host of diseases, these troubles peculiar to the female sex? They are to be traced to woman's wrong manner of living, to neglect of bodily health, to the want of regular exercise in the open air, to inattention to the natural and prompt satisfaction of the bodily needs, to an exaggerated quest after pleasure and to numerous other more or less important deviations from the path of nature.

All these influences, in their many combinations, readily affect the wonderfully delicate organism of woman, so that it is not surprising that it loses its power of endurance and is afflicted by numberless ailments.

How can it be otherwise? A comparison between the hardy woman—even though not always living quite in harmony with nature—and the fashionable town-bred lady, is sufficient to prove the truth of my statement.

If then, the female organism is so frequently the seat of innumerable diseases, partly inherited, partly due to individual error, of so much the more importance is my system of healing, which is able to successfully combat all these various complaints.

And it is a matter of congratulation, that it is precisely amongst women and girls, that my method has found such ready acceptance, not the less on account of its simple and inexpensive character. Restored health has offered them the surest guarantee for the reliability of my system. Without long discussion of the why and wherefore of the matter, it has convinced them of the marvellous effects of this treatment, based upon natural assumptions, and they have at once become most enthusiastic disciples.

At the same time, my new system of diagnosis, the Science of Facial Expression, has won a large circle of friends. It must the more readily win the sympathy of women, since it entirely obviates all *examination of the organs of generation*, so disagreeable for every female patient, whilst, nevertheless, enabling the precise condition of the body to be determined with surprising exactness.

To discover the cause of the complaint, and to discern any deep-seated

disease, is of special importance with the female sex. Serious illnesses are not infrequently neglected, solely because women and girls hesitate to submit themselves to a medical examination.

And how thankful have women shown themselves, that my method, as already stated, *precludes once and for all, those unpleasant manipulations of the sexual organs with instruments.*

My method of treatment, by reason of its practical effects so readily accepted by women, has met with greatest success. Thus it is, as mentioned above, that amongst women and girls especially, my system has found the fullest acceptance—an adequate proof of its efficiency. Whatever the disease by which she is tortured, my method of healing is able to bring to the patient the long wished for relief.

Disturbance in Menstruation. Menstruation signifies a continual state of readiness to propagate. As long as there is no conception, the menstrual blood continues to flow, without its purpose having been fulfilled. In the healthy person, however, this process should be accompanied neither by pain, nor other unpleasantness. If such occurs, it may be concluded with certainty that there is an encumbrance of the body with morbid matter.

The natural process, as here observed in the female organism, is connected, as long years of experience have shown me, with the phases of the moon. In a woman in full health, the period, I assert, should appear at every *full-moon*, last 3 to 4 days, and reappear exactly at the end of 29 days. Women, who do not have the menses at, or about, this time, may be assured that they are suffering from an encumbrance of the abdominal organs, which is the greater, the further removed the time of menstruation is from the date of full-moon. Still more chronic will be the encumbrance, if the menses return at intervals of only a fortnight or three weeks, or if the menstrual flow continues for some fourteen days—both symptoms being, unfortunately, of extremely common occurrence to-day.

Everything in nature is subject to a perpetual change; and so also we find by the menstrual process, a continual rise and fall, a constant increase and decrease. The times of the menses are of far greater significance for women and girls than is commonly supposed. Quietness and avoidance of all excitement during menstruation, is strongly to be recommended to every woman who wishes to avoid disagreeable, or even serious, results, as I have frequently had the occasion to observe. This is particularly the case, too, with pregnant women. All their thoughts, all their actions, greatly influence the development of the fœtus. The illnesses which occur during this period are usually, as experience has shown me, accompanied by most serious results.

To the attentive observer, these natural processes going on in the female organism, bring other noteworthy facts to light. They supply a striking proof of the wonderful unity of the fundamental laws of nature. Upon this point, I have dwelt in detail in my hand-book of the Science of Facial Expression, to which I would refer all who are interested in the subject.

As I have pointed out above, if the menses are too abundant or too scanty, if the menstruation remains away, or is irregular, this all forms an unmistakable proof of the presence of an encumbrance of morbid matter. How is this diseased condition to be cured? The New Science of Healing does not fail us here either. Imperfect digestion, caused by

the accumulation of foreign matter in the abdomen must have preceded menstrual trouble; it is the constant and natural attendant of such. If we improve the digestion, see to regular evacuation of the bowels, and reduce of the abnormally high temperature in the abdomen, the disagreeable results of such will disappear of themselves.

My cooling baths, individualized according to the degree of encumbrance, an unstimulating diet, and my other well-known curative means prove most effective in disturbances of the menstruation, as has been amply proved by the cures attained.

The menstrual blood, as I am convinced, represents a superfluity of the humors of the body. Upon conception taking place, it is used for nourishing the embryo. And it is a fact, that the most critical days for the development of the embryo, are always those about the time of full-moon, that is, the days during which in healthy, not pregnant, women, the menses would appear.

Equally convinced am I, that those diseases which are connected with the uterus, become worse whilst the moon is crescent, and, on the other hand, grow better as the moon wanes. These processes again prove most clearly, how intimately man is bound up with nature.

It may not be uninteresting to my readers to hear particulars of some cases I have met with, showing the importance of the times referred to.

The first is that of a woman with child, who had an indescribable dread of mice. One day a mouse ran over her bare arm, exactly at the time where in other circumstances she would be having her period.

How great was the woman's terror, may be judged by the fact that she could not dismiss the matter from her mind; it even entered into her dreams at night. When the child was born six months later, it had a mouse on its arm, that is, a place of exactly the size and form of a mouse, including a regular mouse's tail, covered with fine hair. The whole spot, however, was on a level with the rest of the arm, but covered with peculiar gray hair, just like that of a mouse.

In another case, a woman was pregnant with her sixth child. She herself, as well as her husband and five children all had dark hair. During her present pregnancy, a girl, to whom she was very much attached, was daily with her. This child had luxuriant, bright red, wavy curling hair—a growth extremely rarely met with. The woman tenderly loved this girl, and cherished the ardent hope that her own child might have similar hair. The wish became most pronounced at those times at which she usually had her period, and frequently she dreamt about the matter. In five months she was delivered of a child, a girl. As regards its features, it resembled its parents, but it had precisely the same striking growth of red hair as the child above mentioned.

A third case, and not less remarkable, is the following. A lady was taking a carriage-drive with her little lap-dog. Suddenly, the animal, attracted by some passing object sprang from the vehicle and fell so unfortunately that the wheel passed over its head. The lady was so shocked at the accident, that she could not forget the sight of the dog's crushed head. She was just a few months advanced in pregnancy; and when the child arrived six months later, it was still-born, the head having a perfectly crushed appearance.

I may cite still a fourth case. A woman bore a child having its mouth reaching from ear to ear. It died soon after birth. The cause of this malformation was a fright which the mother suffered from the sudden

sight of a mummer's mask with an immense mouth. She had been so frightened, that she had been unable to sleep for several nights. This had doubtless occurred during the time of the menstrual flow, otherwise the effect would not have been so pronounced.

My readers will thus understand how the different characters and dispositions of children are often dependent upon the spirits and circumstances generally, in which the mothers are during pregnancy at those periods where the menses would appear. Should they be sad and pessimistic, this mood will make itself apparent in the children sooner or later. Anger, timidity, courage, kleptomania, deceit, avarice and all other good and evil traits, may be traced to the same cause.

Hence we must draw the conclusion, that all those external influences which operate on our senses, that is affect the mental organs, do not exert their chief power there, but by transmission through the nerves, operate upon the abdomen and abdominal organs. If the reader has carefully followed my theory of fever, he will see that I regard the abdomen as the starting point of the causes of all diseases. My theory, which always points to the abdomen as the principal organ of the human body, receives its best and surest support from the above facts, and my system of healing affords at the same time the most incontrovertible proofs.

Falling of the womb, Use of the pessary. This disorder arises from the same uniform cause, the encumbrance of the uterus with foreign matter. The morbid matter here, also, causes internal heat and pressure, whereby the uterus, in consequence of its small power of resistance, is pushed outwards. The case is similar to that of intestinal hernia.

The real cause of the evil is unfortunately unknown to orthodox practitioners. They rarely go to the root of the matter, but simply insert a rubber ring or other *pessary* into the vagina, thus holding back the womb. How very many patients I have had were wearing these pessaries; such may be temporary means of relief, but they can never remove the cause.

By using my system of treatment, the internal pressure, which caused the relapse, is soon diminished; the morbid matter removed, and thus the use of the pessary rendered superfluous, whilst the possibility of a renewal of the prolapse is, at the same time, prevented.

Uterine flexion. This is caused in a quite similar manner by the high internal tension in the abdomen. The latter becomes encumbered with morbid matter to such an extent, that the womb is bent from its natural position, that is, experiences a flexion. This disorder demands the same manner of cure. That this is the correct treatment, is proved by the successful results obtained by means of my method of healing. Surgical operations or manipulations, as experience shows, only result in lasting injury to the organs concerned.

Sterility. It is lamentable, the number of women who come to consult me, opening their heart and pouring forth their grief at their marriage having been unblest by children. Often they think, too, that they are so healthy, notwithstanding. This is a gross error, of course for sterility always signifies the presence of a serious encumbrance, particularly of the sexual parts—the ovaries, Fallopian tubes, uterus, etc. In some cases—according to the extent of the encumbrance—conception may take place; the inflammation in the abdomen, however, caused by the

accumulation of foreign matter, is then so great, that the consequent tension, or pressure, causes a *miscarriage* or *premature birth*. Generally miscarriage takes place within the first four months of pregnancy, and is assisted by any such chance cause, as emotion of any kind, by a fright or blow, all of which tend to bring the morbid matter into more active fermentation. Tight lacing is another factor, favoring abortion.

In the country, where women live far more hygienically than in towns, miscarriages are scarcely known. I have known women who up to the seventh month of pregnancy, took an active part in dances, without suffering the least inconvenience afterwards.

Miscarriages can only be prevented by removing their cause, that is, the encumbrance of the sexual parts. *Operations, injections* and other medical manipulations, which so outrage female modesty, can never secure the desired end. They may, indeed, so paralyze the innate curative power of the body, that even by my method a cure is no longer possible.

And here I would mention a fact too important to be passed over. It is, as experience shows, no matter of indifference at what time coition takes place. As everywhere in nature, so also in the case of human beings, the vitality is highest in the morning; the morning, therefore, is the time most favorable for fecundation. Coition, at any other time, for instance at night, not only excites, and thus weakens the nerves of both husband and wife, but should conception take place at all, the embryo will not develop with the same vitality as otherwise.

If the encumbrance is not too great and the body still has a certain amount of vital power, sterility can be cured. I have often been able by my method of cure, to put women in the position to gratify their inmost wish.

A lady who had already been married for eight years, had the strongest desire to become a mother, and yet had found no aid even from the first specialists. Finally she came to consult me. I explained to her, that her barren condition had its origin in a serious encumbrance of the abdomen, and that the first thing would be to remove this morbid matter. Only in this way could she attain fulfilment of her wish.

My prescription was, two to three friction baths daily, unstimulating diet and a natural manner of living. By this means her encumbrance was gradually diminished, and after a few months, she could make to me the happy announcement that she had conceived. An easy birth and a healthy child were the further convincing proofs of the efficiency of my system of healing.

Sore breasts and absence of milk. The best, because the most natural, source of food for the child is the mother's breast. This is a most important organ, the functions of which, unfortunately, are to-day far too often ignorantly underrated. This leads to neglect of one of the most precious means for rearing a healthy race. How many mothers do we find, who are wholly or partly unable to suckle their children. In the full sense of the word, such mothers are not really *capable of propagating* the species. Is such a thing ever to be seen in the case of animals? Do we ever find one that cannot give suck to its young, or, by so doing ever get sore dugs? Such is never the case. There must then be very definite reasons which produce this state of affairs in the case of human beings. One such reason is the abnormally full breasts before concep-

tion and suckling. It is well known that many women whose breasts are thus highly developed are wholly unable to suckle a child, or are troubled with sore nipples during suckling. Such a fully developed bosom during maidenhood is never normal. On the contrary, it is a sure sign that the body is considerably encumbered with morbid matter.

In the country, especially, we frequently have occasion to see how women bring children into the world without trouble, and suckle them likewise without any pain, although neither before their pregnancy, nor during the period of suckling do they have large, full breasts. Want of milk can also occur when a woman is unduly thin, a condition pointing to a still more deep-rooted chronic encumbrance. In such cases, especially when the mother is living upon what to-day is considered a good, nutritious diet, *i. e.* flesh-meat, wine, beer, eggs, milk, etc., I have noticed that women, because of "want of milk," are no longer able to suckle at all. On the other hand, I have frequently made the experience that an appropriate, unstimulating diet, and the use of my friction-baths and steam-baths, will remove the inability to give suck, and likewise cure sore breasts.

A woman was delivered of her third child; she had been unable to suckle either of the two previous ones, although she was most anxious to do so. On the present occasion for some time before her confinement she had used my cure, and her wish was fulfilled, there being an ample supply of milk for the child.

Many such cases have occurred in my practice.

A case concerning the cure of *sore breasts*, selected from many others, may here be reproduced.

Some weeks after her confinement, a young woman was troubled by serious swelling of the breasts. The family doctor, as a last resource, proposed slitting them on the following day. The patient, however, could not make up her mind to undergo the operation and sent for me late the same evening. I explained to her, that in my opinion an operation would not only be useless, but even very dangerous, and that I believed myself to be able to assist her in another way within a very short time. She gladly followed my instructions, taking four friction sitz-baths during the night, each half an hour in duration, in water at a temperature of 55° Fahr. Next day her condition was very much improved. In a few days more, all the pains had disappeared; and after some weeks' cure, her condition was wholly normal, the cause of the disease, the foreign matter, having been expelled from the abdomen.

These cures speak more plainly than all the scientific disquisitions of medical men, and afford undeniable proof of the value of my method in cases of this kind also.

Puerperal fever. Thousands of happy mothers annually fall victims to this dread disease, pitiless and unsparing in its character; feared the more, since human aid has hitherto proved powerless to cope with it.

Its appearance is a certain sign that the organism is heavily encumbered with foreign matter. This dangerous fever can only occur when such morbid matter is present in the body and commences to ferment. Only that woman, therefore, can be attacked by puerperal fever, in whose system, after the birth, sufficient foreign matter has remained to serve as exciter of disease. It is in no way necessary, for instance, that blood which has remained in the womb or cutaneous tissue first passes

into decomposition (fermentation), and then in turn acts upon the foreign matter present to set up fermentation. If, then, we wish to cure puerperal fever, we must expel its cause, the foreign matter, from the body; and thus may most readily be effected by friction sitz-baths.

On the day after her safe delivery, a lady was seriously attacked by puerperal fever. The midwife had applied warm compresses, of course, without effect. She was ignorant of the great internal heat which had been created in the body by the fermentation of foreign matter—heat which could naturally only be got rid of by cooling. I informed the patient, that I could certainly help her, but that I feared she would not carry out my instructions. “Prescribe whatever you will,” was the reply, “I will do anything.” I therefore ordered her to take three or four friction sitz-baths daily, each lasting from 15 to 30 minutes, with water at 64° Fahr.

As it was troublesome for her, however, to warm the water to the temperature mentioned, the patient took the water just as it came from the tap (at a temperature of about 50° Fahr. only). In other respects, my instructions were implicitly followed. Nor was the cooler water a disadvantage, on the contrary, it accelerated the cure, though the warmer water would have been more agreeable at first. Where the curative power of the body is not too low, however, cold water is always more effective. In eighteen hours the fever had abated, and the patient was out of danger. In a week she was able to attend again to her customary duties. Here again was a proof of the astonishingly rapid effect of the friction sitz-baths. The foreign matter was drawn to the natural organs of secretion, whereby its further fermentation, as in any other case of fever, was prevented. After continuing the baths for some time longer, the patient finally became far healthier than she had ever been before. It will be seen that my treatment in this case ran directly counter to that which the orthodox practitioner would have prescribed. The medical men, as I have frequently found, order that the head be cooled with ice-bags, and the abdomen on the contrary kept warm, whereby they simply increase that which they wish to remove. It has always been a mystery to me, why the ice-bag should always be applied to the head—the very way to draw all the blood to this part. And yet everyone knows that the head is not destined to expel the foreign matter; that can only be done by the natural secretory organs. Hence the ice not merely cools, but renders the brain torpid. The organism at once attempts to compensate for this cooling action, by producing normal bodily warmth by means of an increased supply of blood. This flow of blood to the brain, will, however, naturally cause a rise in temperature; we thus have externally a state of torpor, whilst internally there is burning heat. Unless now these two states are able quickly enough to compensate each other, death will rapidly take place.

One more case. I was called one day to a lady who, on the day after her delivery had been attacked by puerperal fever. The physicians who had treated her, professors and high authorities in the profession, had not been able to cure the fever, which had now changed from the acute state into a chronic one. Finally, after about a week's treatment, the *brain became affected*, and the patient became delirious, so that the medical attendants feared the worst. Such was the sorrowful plight in which I found the patient, as, in response to a telegram, I arrived to take

up the case. The first work was evidently to cure the latent, chronic fever, which I was soon able to do. A few friction sitz-baths, each of one hour's duration, were sufficient to subdue the heat in the abdomen, and bring the patient into a normal mental condition.

In this short space of time, the body naturally had not been freed from the morbid matter, causing the fever, still the lady was now out of danger. She continued my baths and dietetic prescriptions for some time longer, and has since been in the best of health, as I have often had occasion to learn, from the relatives residing in Leipzig.

HOW TO BRING ABOUT EASY AND SAFE PARTURITION



IN the kingdom of nature, in the great world of ceaseless activity, governed by eternal and incontrovertible laws, the exact conditions under which each individual creature may exist are clearly set down.

Let us, then, observe the circumstances under which those animals that have not been degenerated by contact with man, bring forth their young.

If we contemplate a dog, a hare, a cat or other animal in a free state we find that such a creature never requires any assistance in parturition; and that this proceeding is never painful, nor of long duration. Nowhere do we see such animals exhibiting any kind of fear, or uneasiness, at the approaching birth. That so often dangerous act, in the case of human beings, in the animal kingdom passes by without trouble, causing no derangement whatever in the health of the animals.

Not rarely have I carefully observed such creatures, and I have always found, that almost immediately after bringing forth the young they returned to their usual manner of living, as though nothing whatever had happened, except that they displayed the greatest possible care for their offspring. I have never remarked that Nature, as seen in the healthy animal world, ever varied from this course. I remember the case of a doe-hare, which had just brought forth two young and was disturbed in the act by a sportsman. She rushed off, as though in a normal bodily condition, but was shot. Upon examining her, it was seen that she was with young, and upon being cut open, the young animal was removed from the body in a living state. The other two, which had just been born, were found upon a search being made.

With women, on the contrary, easy parturitions are of most seldom occurrence. When we see such difficult, painful births, *miscarriages*, and all kinds of disorders during pregnancy happening daily, we surely have reason to view the matter gravely. Parturition without the aid of a midwife is a thing scarcely to be imagined to-day; the act of birth is, in fact, more an artificial, than a natural proceeding. Moreover, in order to avoid disastrous consequences, the woman is obliged to keep her bed for a longer or shorter time after the delivery.

All these deviations from the immutable law of nature, must necessarily have a deep-lying reason; they must arise from conditions which run altogether counter to natural laws. Nature never causes such disturbances herself, her procedure is unchanging. Man alone interferes with the natural organism, controlled by definite laws, and in his ignorance disturbs the work of nature. It is, then, not Nature and her laws, which have become insufficient for man's well-being; it is man himself who is always approaching nearer towards imperfection.

It is no matter of wonder, then, that this rejection of natural laws is avenged by the human race being brought ever nearer and nearer to the

brink of physical ruin. Only when mankind began to deviate from the course of nature did it become gradually diseased and encumbered with foreign matter. It has soon discovered in what a fatal way this transgression of the laws laid down by nature, has reacted upon the propagation of the human species. Paradise has been lost—that earthly happiness, revealed in the consciousness of perfect health, which is only attainable where man lives in the closest harmony with nature and in obedience to her laws.

Summarizing all that has been said above, we arrive at the following: "Really healthy mothers will always have an easy time when pregnant, causing safe births, and healthy children." The word "healthy," however, must here be understood in the sense already explained in this book, that is, the state of absolute freedom from morbid matter.

The child will only be truly healthy, however, when the father is free from all encumbrance. Nature always endeavors to form the embryo developing in the womb, of the best elements of the parents. A direct inheritance of germs of disease, consists, in many cases, simply in certain organs of the father or mother, which have been diseased or encumbered at the time of procreation, being defectively developed in the child; the offspring thus enters the world in an imperfectly proportioned state. If, now, there is an encumbrance of foreign matter in the child, as is practically unavoidable to-day, with vaccination and artificial food, this morbid matter will always tend to accumulate and force its way, where there is least resistance offered. Thus it is precisely in the relatively weakly-developed organs, where the largest accumulation of foreign matter will take place. In the child, therefore, we find the same disease as in the parents. By means of natural treatment and careful observance of natural laws, we are, however, enabled to expel all such foreign matter, and thus gradually strengthen and keep healthy those organs which are weaker than is normal, or which are especially exposed to encumbrances. In this manner, it is possible in time to create a healthier and hardier race.

Frequently, it may be seen how, where the parents are heavily encumbered, the children also enter the world in the same state. "By their fruits we shall know them," may here be said with truth. The unnatural manner of living imposed upon the children has brought it about, that the human race becomes more and more degenerated from generation to generation.

But there are other circumstances which cause serious injury to the health.

Nowhere in nature do we ever find that an animal becomes weaker, uglier or even deformed through bearing young. How different is it with the human race. It is almost the rule that a woman, even after the first confinement, begins to age or become altered in form, for instance by an *abnormally large abdomen*. The blame is always attributed to the pregnancy, the parturition and suckling of the child. After successive delivery, the majority of women, lose more and more in beauty, although living under quite healthy conditions as regards occupation and diet.

I will here point directly to one cause of this. Never in nature, except in the case of mankind, do we see the female, after having once conceived, courting a further copulation; on the contrary she will abso-

lutely refuse to allow it. This is in accordance with the law of nature. Copulation is for the purpose of conception, and not merely for pleasure. During the act, there is an increased flow of blood towards the sexual organs, which, if the female has already conceived, always acts injuriously upon the embryo in course of development. In particular, also, the female herself suffers, since nature always endeavors to keep the womb free from everything injurious to the embryo. Disobedience to this natural law expresses itself in women, through the speedy decline of the bodily vitality and in the numerous troublesome diseases of women.

Those troublesome accompaniments of pregnancy, are frequently the direct results of this transgression of Nature's laws. Thus we have morning vomiting, nausea, toothache, change of complexion, feverishness alternating with chilliness, inclination to melancholy and tears, great nervous irritability, disgust at accustomed foods, abnormal appetite. In some cases, of course, these symptoms may be due to an inherited encumbrance. The healthy instinct of every woman forbids her, as experience shows, to have further coition after she has once conceived. It is our present-day customs, and the morbidly increased sexual desire of men, caused by encumbrance of the system with foreign matter, that bring about this unnatural practice.

It is an old and well-known fact to farmers, that an unnaturally increased sexual impulse amongst cattle, is a sure sign of a disease having broken out. And it is the same with man, as anyone can observe who will look about him. I need only mention here the abnormal sexual excitement on the part of consumptives.

Sexual impulse in healthy man is something altogether different from that unbridled lust which we see so often to-day. Free from all erotic thoughts, free from all unnatural passion, the sexual impulse is there in man also only for the purpose of maintaining the species. Never must it become a necessity, which when not satisfied for a period causes discomfort. Naturally it is only he who is healthy and keeps his body pure by unstimulating, and natural diet, that is able to judge correctly of this condition. Whoever, then, would not have his will in conflict with that of Nature; whoever would control his body, so that his sexual impulse is kept within proper bounds, so that which under other circumstances would be the severest constraint, is to him a benefit—let such a man return to nature. If he follows the rules of health laid down by me, and thus frees his system of the foreign matter encumbering it, he will attain that which will render him content and happy.

Everywhere to-day we see unnatural births of various kinds. First we have miscarriages and premature births. Here a breech-birth, and here the child reaches the vagina in a side position. Then again we find children with unnaturally large heads, whilst the generative passage of the mother is so narrow, that birth without artificial aid is impossible. In other cases again, the activity of the labor pains is far too feeble. In short, a number of unnatural occurrences happen which can all be explained by the encumbrance, of one kind or another, of the mother with foreign matter, and the inherited encumbrance of the child.

A wrong position of the child in the womb is always caused either by the encumbrance of the mother, or through inappropriate work or oc-

cupation, especially during the first half of the period of pregnancy. The child is simply pushed out of the correct position by such accumulations of morbid matter, or as the result of some unsuitable occupation, whereby the abdomen is stretched and strained. When the generative passage of the woman is narrowed by the accumulation of foreign matter, a difficult birth must certainly result. The child itself may also be so heavily encumbered (supposing the parents were also in such condition), that it is of abnormal size, at birth, especially as regards the head. This also naturally causes difficulty in parturition. An encumbrance of the generative passage consists in all the muscles, sinews and ligaments being so permeated with foreign matter, that they appear swollen, and lose considerably in elasticity. An easy birth on the other hand, demands that the whole system be in a perfect condition of health in the true sense of the word.

Every muscle which is encumbered, suffers considerably as regards its functional ability; and if, as is the case with the labor pains, it is convulsively contracted and more exerted than its encumbered state admits of, great pain will be caused. Thus, severe pain at birth always results from an encumbrance with foreign matter, or a disease, in another sense. *Adhesion of the after-birth* is due to the same cause.

Can we, then, wonder that all women who are encumbered, have the greatest fear of child-bearing? Such fear, however, is by no means natural, and is simply the result of the encumbrance. A really healthy woman knows nothing of this oppressive feeling. Anxiety is the voice of instinct, which, though often suppressed, yet in such crises as child-birth, clearly shows us that we have made wrong use of the body and health which Nature has given us. But who is able to-day to interpret this voice aright? If there is anyone who still objects that there are, nevertheless doubtless many cases where operation or manipulation is a necessity in child-birth, let such read the following.

A woman, aged 36, who was about to give birth to her second child, had already passed two days and two nights in labor and yet the child never moved in the womb. The midwife was of opinion that medical aid was necessary, or the birth would be impossible. A very skilled physician, well-known as an accoucher, was therefore called in. For four hours he operated with all kinds of instruments, and finally decided that owing to the wrong position of the child, it was impossible for it to be born without danger to the mother. The poor woman would, as she said, rather die than endure the tortures of this obstetric assistance any longer. Without having accomplished anything, the physician took leave, declaring that the woman would die, since the child could not be got out. But Nature had decided otherwise than this obstetrician. After 24 hours of continued labor pains, the child was born, without the operation of any physician, but only with the assistance of the midwife. Who had here been of more use, the famous physician or—simple nature? The unnatural surgical operations, however, were not without their unhappy results: the woman after the delivery had to lie nine weeks ill and her life was even despaired of. The instrumental manipulations had nearly lamed her and it was only her strong constitution that ultimately brought about her recovery.

Owing to the general chronic degeneration of the human race, complications, I admit, may occur at parturition, which neither physician,

nor obstetrician, are able to get over. As the result of my experience, I am of the opinion that in such cases it is best to quietly leave to nature. No one can help better than she. To aid the inactivity of the labor pains, however, I know of no better means, than the friction sitz-baths. *Earth bandages* round the abdomen have proved to be also a remedial and palliative agent. Humid clay or loam is spread not too thinly upon a linen cloth and this with the earthy side upon the abdomen, a woollen cloth bound over the top. The clay may be renewed every hour or two.

Through over-hastily undertaking operations at births, thousands of women have been sent to an early grave. How happy would so many tortured mothers be, and how much misery would many families be spared, if instead of to the obstetrician with his mania for operating, everything at the bedside were left to our all-caring mother Nature. It is always the fault of the woman, if she comes in a situation, where a birth appears impossible without the use of instruments. She had long enough the means of preparing for a safe birth, since she soon saw she was pregnant. Certainly she must also understand how to use the means offered, and to make the best use of them at the right time. Anyone knowing my method, understands what is to be done in order to procure easy births. During the last few years, a large number of further cases have occurred which most clearly confirm my teachings. Never in one of such cases have my friction sitz-baths and dietetic regulations failed in their operation. Everywhere, where my treatment was applied in right time, astonishingly easy births followed.

In the letters of thanks addressed to me, unreserved acknowledgment of the efficiency of my friction sitz-baths is everywhere to be found. After all, it must be evident, that it is much easier to obviate a painful birth in right time, than to get aid only in the moment of parturition. The continually increasing need of artificial aid at births, speaks only too clearly and earnestly of the serious and steady spread of chronic disease.

Those who would have safe deliveries and healthy children, must, before all, see that their own body is free from foreign matter, that is, healthy, at the time of coition. And one can only be healthy, if all foreign matter has been expelled from the body, and a renewed encumbrance obviated by following the advice laid down in my volume.

I had a woman under my treatment, who had been suffering from articular rheumatism for a considerable time. She was pretty heavily encumbered with foreign matter, especially in the abdomen. She had already had five children, the circumstances of birth in each case being most distressing. The delivery had always occupied from two to three days, the activity of the labor pains being insufficient. Each time, therefore, the woman had to undergo the most horrible pain, until the accoucher was able to procure the parturition by the aid of his forceps. During the period of pregnancy with her sixth child, she had followed my advice and taken two or three friction sitz-baths daily. The result was, that the sixth birth, which in other circumstances would certainly have been the most difficult, was the easiest. The act of parturition itself lasted scarcely an hour; the labor pains from the first followed in proper series and were practically painless. (See further Reports of Cures, Part IV.)

This result was altogether incomprehensible to the woman. When I

had told her before the birth, that I expected such a result, she sceptically remarked that I would not be able to invent painless deliveries. Afterwards she lamented to me that her age was such, that she could scarcely count upon another conception. And yet, now that she knew how to bear without pain, she would so like to have more children. She was also much surprised at being able to give the child the breast, a pleasure she had never been able to enjoy before.

And all this had a quite natural cause: the woman since hearing of my system lived strictly in accordance with Nature and used my baths regularly. Her body, formerly heavily encumbered, became, in consequence, tolerably free from the foreign matter; an increased physical and mental capacity was the direct result.

Similar happy results were obtained by another lady, who upon my advice used my system during her pregnancy. After following the treatment for seven months, the delivery took place and was likewise practically painless, lasting about half an hour, no midwife being present.

A like satisfactory case was that of a lady, who in consequence wrote me the following letter of thanks in September 1890:

"I am 28 years of age, and was suffering from disorder of the bladder and kidneys since my 15th year. At first, I was for eight weeks in the T—Institute of this town, with the only result that my catarrh of the bladder during this time became more unbearable. I could only keep in a lying posture, for to stand or walk was impossible on account of the most horrible pain.

This went on for four weeks, so I went to the clinic in L—street, where after a considerable stay I secured a temporary alleviation of my painful malady. As, however, no one had ever attacked the root of my complaint, it returned again in the course of a year with renewed vigor. At the time, I was staying in Chemnitz and had to go to the hospital there, where I remained for over three months, I was treated, without the least success, with salicylic acid and lunar caustic, with compresses and electricity. In April 1880, therefore, I went to Leipzig and had at once to go to the hospital again. Here for four weeks I was treated for a uterine complaint, likewise without any success. Often I scarcely knew how to get from the hospital to my house, so great was the pain.

I left the hospital, because I saw no chance of recovery there, and for four years sought aid at the hands of Dr. M.— of Leipzig. He likewise cured me of the catarrh of the bladder and inflammation of the womb, and sent me for three years consecutively to Franzensbad, where I took mud and chalybeate baths and drank the waters. But it was all without permanent result. At my last stay in Franzensbad I was even sent back here by the physician, because in his opinion, an operation was absolutely necessary. Dr. L— of Leipzig, therefore, operated me, and my condition for the time became bearable. Nevertheless, I still always felt the presence of my old complaint and clearly remarked how it had been suppressed, by the operative treatment, but in no way radically removed from the body. From time to time I was obliged to apply compresses and the like to get relief, until finally I was compelled again to seek medical aid. I went to Dr. Z— of Leipzig, but after a year's treatment felt no better. Dr. Z— declared, at last, that I was suffering from a floating kidney, and that there was nothing further to be done; in any case, however, he would advise me to consult Professor S— of the same

city. This gentleman examined me daily for a whole week, at the end of which he likewise said that aid was no longer possible and sent me away.

Thus, bereft of hope, in July two years ago I came under your care. The very first two days of the treatment were sufficient to rid me of my unbearable pains, and in four weeks I could again work. I have, by your method, been able to keep health and strength up till the present time.

Even during the first year of the cure, I felt so physically refreshed and strengthened, that I married, despite dissuasion on all sides, and the opinion of physicians that I would not come through child-birth with safety. Your advice and my own experience taught me better, and everything has happened just as you foretold. I married, followed your instructions conscientiously during my pregnancy and to general surprise had a remarkably easy and safe delivery without a midwife. All this I owe to your simple system of healing.

Leipzig.

(Mrs.) Louise B—.

CONDUCT AFTER BIRTH

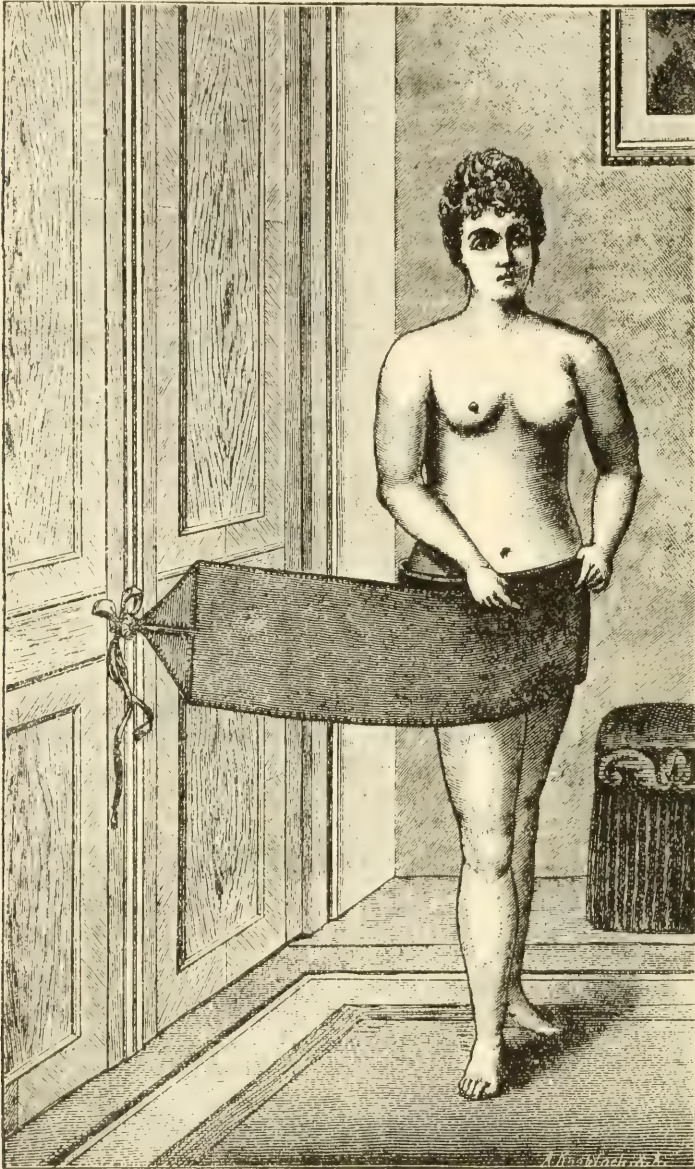


FOR the really healthy woman, advice as to how to manage after the confinement would, of course, be superfluous. Not only the animals, but also the women amongst many uncivilized races are able to rise and go about their customary duties almost immediately after the birth. It is very seldom, however, that we find the women of civilized nations able to do this; on the contrary, it is the custom to keep them in bed for a considerable time after delivery. Formerly nine days was the usual time; now many physicians order twelve days. It is less the want of strength on the part of the mother, that necessitates this, than the abnormal slowness with which the generative organs assume their former position. But this long period of lying in bed is undoubtedly in many ways very injurious to the health. The process of assimilation becomes weaker, for the digestion suffers from the inactivity of the body—a fact which is proved by the obstinate constipation which nearly always occurs at this period. Nevertheless, to rise before the generative organs have returned again to their usual position is also injurious, causing an abnormally large abdomen, such as is so frequently observed in women who have borne several children.

I have reflected much upon the best manner in which to get over this evil, without keeping the woman so long in bed, and I have found an extremely simple means, and one which has proved extraordinarily successful.

As soon as the delivery has taken place, the woman should rest as long as she feels it necessary, and it is very beneficial if she can take a short sleep. Then she should thoroughly wash herself, which is best done by taking a *friction sitz-bath*. The water may have a temperature of about 73°—77° Fahr., and stand from one to three inches above the seat-board. After the bath, a bandage should be tied firmly around the abdomen. It should be of *porous linen* and be provided with strings to tie. The method of applying such a bandage will be seen from the illustration. The strings are first tied to the door-handle: the other end of the bandage is then wrapped round the abdomen and held firmly, whilst the woman then turns herself round and round until the whole length of the bandage lies tightly around her, when the strings can be tied. By this means the internal organs receive the firm support which they require, and the woman can then safely leave her bed, provided she feels otherwise strong enough. If, however, she feels anxious, the bandage need not be applied till the third or fourth day. It should be worn for some three or four weeks altogether. If everything has gone off well, nothing further than the bandage is required. If, however, there should be feverishness, the baths as mentioned above, should be continued, alternately with *earth bandages*. In this way, the body will soon be caused to perspire, so that the fever will abate, and the necessary compensatory action take place.

If possible, the mother should give the child the breast. The supply of milk cannot be forced by means of immoderate eating and drinking or the like; on the contrary, this will probably diminish the flow. The natural precept must be observed here, as elsewhere, only to eat and



drink, when there is hunger and thirst. As a matter of course, the mother must keep to a natural diet. In mothers who are in any way healthy, this diet will produce an ample supply of milk of the best quality.

TREATMENT OF THE INFANT DURING THE FIRST MONTHS. BRINGING-UP OF CHILDREN

IF we attentively follow the course of nature, and observe the relation of the mother and child, we at once recognize that for a long time to come there must exist a close connection between the two. Especially during the first years, the relation of the infant to the mother is a most intimate one, necessary, to begin with, through the need of warmth. It is a great mistake to remove the infant from its mother, and thus withdraw from it the warmth so beneficial for its health. Unfortunately far too many mothers entirely overlook this extremely important point.

I remember being once called to a family, where the youngest child, an infant of three weeks, would no longer lie quiet in its cradle. The mother was consequently very anxious, the more so as the baby's digestion was also altogether out of order. The natural warmth of the mother, and three daily friction baths, secured the infant rest and brought it into a normal condition of health again.

Rearing of children. As already remarked, most mothers nowadays are wholly unable to give suck to their children, or have only a limited supply of milk. Hence it is we find so many poorly developed children. The best substitute for the mother's milk is that of a nurse. But unfortunately this by no means affords a certain guarantee for the health of the child, for if the nurse is not healthy the child becomes still further encumbered with foreign matter, in addition to that which it has inherited. We can, of course, judge of the condition of the nurse by means of the Science of Facial Expression; but a really healthy nurse is most difficult to find. In most cases the child is fed artificially, but generally the food is neither properly selected, nor properly prepared. If cow's milk is given, this should only be warmed, but not boiled, for boiled milk is far more difficult to digest. To kill injurious organisms is here a matter of no importance, and proof of this is very easy to adduce.

The most nourishing foods are naturally those which are most easy to digest. As long as the digestion is in order, the digestive juice has quite sufficient power to destroy and expel all that is injurious to the system. Whilst unboiled milk is extremely easy to digest, boiled milk remains much longer in the digestive tract, and consequently occasions far more intense fermentation, than would be the case with normal nourishment.

This is, without the least doubt, the explanation of the many infant diseases and ever-increasing infant mortality. Infant-foods and extracts are simply a means of increasing digestive disorders; they distend the child's stomach, disturb the digestion and cause extreme restlessness. Milk boiled according to the instructions of Professor Soxhlet, and the sterilized, preserved milk, frequently recommended by parish authorities of late, are quite as injurious for children as milk boiled over the fire. For it is precisely that which the learned professors try to kill by boiling, that renders the milk easier of digestion. As soon as the milk

reaches the digestive canal it should commence to ferment. In nature, of course, we never find the milk first coming in contact with the air before being sucked by the child. Milk is nothing else than a nutritive juice, and should pass directly from the mother's breast into the body of the child, without ever coming into contact with the air. As soon as the latter occurs, a change takes place, which acts injuriously upon the digestion of the child. Where the milk, however, is fresh, the change is of little significance. But in any case caution should be used, since the cow also will probably be far from free of morbid matter. It is quite a mistake to imagine, that a fat, well-fed cow, kept summer and winter in the stall, will give the best milk. On the contrary, such a cow's body is morbidly swollen out, and the milk correspondingly deleteriously affected.

The world is, in fact, condemned to drink a product saturated with morbid matter, for healthy cows are scarcely to be found at all in civilized countries. The best substitute for cow's milk is oatmeal gruel. This should be made of good, coarse, undried and not bitter oatmeal, and passed through a sieve. Neither salt, butter, nor sugar should be added. Oatmeal is everywhere more or less dried, in order that it may keep better, before coming upon the market. This, however, causes the meal to lose in digestibility, so that it is no longer fit for feeding infants. The oatmeal should be altogether undried. Where such cannot be had, it is best to buy hulled oats and boil these to get a gruel. If these also are not to be bought, whole oats may be taken and crushed in mortar, or ground in a *mill* or any similar implement, and then boiled to obtain the gruel. This latter gruel is the best of all for children, but there is the trouble of grinding the oats. Nevertheless, this should not discourage anyone, as after a few trials, it will be found comparatively easy. I have dwelt fully on this subject, as also on the bringing up of children in general in my little pamphlet, already mentioned, "The Rearing of Children."

It is most regrettable that so many parents find it such a troublesome thing to bring up their children. The boys will not learn, but have always their thoughts upon something else: are ill-mannered, passionate, irritable; and yet the parents and teachers take the greatest pains with them. It is regarded as inexplicable, that the education should be so difficult, and as no reason can be found, it is finally set down to the spirit of the age, without any thought of there being quite another cause. Wherever the youthful body is encumbered with foreign matter, the function of the brain and of the whole body will be unnaturally influenced and changed. If, on the other hand, the encumbrance is got rid of, the full, natural condition of health will be then restored. I have frequently observed in my practice, that the worst brought up children were changed by means of my cure, into the quietest and best mannered children possible. Boys who could learn positively nothing, who sat for hours over the simplest task without doing anything, were completely changed upon the foreign matter being expelled from the body. They were again able to learn and quickly comprehend, were no longer languid and tired, and were in every way again the joy of their parents. Anyone who knows what a pleasure it is to bring up healthy children, and how little care and trouble it involves, will certainly not neglect to procure for his own the first conditions for such happiness. It is a

sacred duty of all parents to learn my system of cure and especially, my method of diagnosis, the Science of Facial Expression. In the latter they have the means of perceiving immediately and with infallible certainty, any encumbrance of their children with foreign matter.

There is another point which is far too important to be omitted on any account whatever. I refer to the increasing *sexual desire in youth*, and its natural result, *onanism*. It is a sad fact, that the origin of this youthful sin has never yet been properly recognized; on the contrary, misled by foolish prudery, people suppress all reference to such matters. The evil will never be got rid of in that way. He who will improve the world, must speak openly of its errors. In the country, where nature and practice still go hand in hand, it has long been recognized, as already stated, that undue sexual desire on the part of animals is a certain sign of a morbid condition. Now man is subject to precisely the same laws, whatever some people may say about his occupying an exceptional place in nature, and hence being under exceptional natural laws. Just as in the case of animals a morbid condition (*i. e.* an encumbrance of the body with foreign matter), as has been proved, produces an unnatural sexual impulse, so also in man. Self-masturbation is always a clear sign, that the sexual organs are encumbered with foreign matter. If this morbid matter is gradually expelled from the body, the unnatural desire will disappear of itself. Whipping the children, as many parents do, for tampering with the sexual parts, is useless. The only way to cure the continual irritation is to remove the cause, that is, expel the foreign matter. Even if by strengthening the will of the children, we may get them to stop the vice, nevertheless, the inward compulsion to it still remains, and can never be got rid of until the cause has vanished. My long experience in the treatment of masturbators has brought me to the conviction, that there is no more appropriate means of cure than my friction baths, together with unstimulating diet and a natural manner of living. Thus my system is an *excellent means of promoting a higher degree of morality amongst our children*. And this is a matter of such immense importance, that everyone should look upon it as his bounden duty to convince himself of its truth.

PART FOUR

REPORTS OF CURES AND LETTERS OF THANKS

IN order by actual facts to show those readers who may be resident in more distant places, what extraordinarily successful results have been attained by means of my method, I here print over 100 true reports of cures and letters of thanks concerning all kinds of diseases. The testimonials have for the most part been absolutely unsolicited. May they contribute their share in spreading the truths of the New Science of Healing, to the benefit of suffering humanity!

No. 1. Nervous debility, Sleeplessness, Chronic inflammation of the bowels, Gallstone

Mrs. R. was suffering from *chronic inflammation of the bowels* and could not obtain evacuations without the use of medicines and enemas. At the same time she was suffering from *gallstones*. From month to month she became more and more corpulent, until her condition was no longer bearable. She was highly nervous, *obtained no sleep*, and suffered from pains in the region of the liver, in consequence of the *gallstones*, besides being troubled with an absolute *want of appetite*. The physicians who were treating her advised an operation for gallstone as a last resource. Having heard so much about unsuccessful operations, however, she came, in this deplorable condition, to seek aid of me.

Two to five friction baths daily, one or two steam-baths weekly and non-flesh diet—these were again the remedial agents of my uniform system of treatment. During the first week the cure went on slowly. In the second week the appetite, stool and sleep became normal, during the third week the *nervous disorder* disappeared. The fourth week was marked by the immense quantity of obnoxious smelling, black (gangrenous) dysenteric fæces which was evacuated. The body had lost nearly 30 lbs. during this time and the previously excessively *large abdomen* was now normal. After five weeks' treatment the gallstones began to dissolve, and were clearly to be seen in the form of gravel in the urine discharged. In seven weeks the patient was cured.

No. 2. Pulmonary catarrh, Cold feet, Affection of the stomach, Liver disease, Pharyngitis

Mr. H. of L., aged 27, used my method for the above complaints, giving special attention to the friction hip-baths, and subsequently also friction sitz-baths and unstimulating diet. The cure was most rapid. The digestion and *affection of the stomach* were already better on the second day, in consequence of which there was a continual improvement of the other attendant troubles going on during the next days. After three weeks the patient was cured of all his complaints, and what surprised him most was, that his feet had again attained their normally warm condition without any local treatment having been employed.

No. 3. Cancer

A Brazilian, 25 years of age, was suffering from *cancerous ulcers* which had been developing for 8 years and now extended from neck to stomach. After a meal they always bled, and from the throat of the patient there was so offensive a smell emitted that no one could come near him. Was it a matter of wonder, then, that the patient was haunted with the idea of committing suicide?

Encouraged by some acquaintances who had been cured by means of my method, he determined to try it also. During the first three months he seemed to grow worse, as the cancer nodules dissolved, causing great pain. He persevered, and at length traced an improvement in his condition. At the end of a year the young man was well again. He is now a strong, cheerful man, and an enthusiastic pioneer for the New Science of Healing.

No. 4. Jaundice, Debility, Headaches

In the spring of 1887, the young daughter, aged thirteen, of Mrs. L. of Leipzig, complained of great lassitude, distaste for work, *general debility, headaches*—in short, of feeling altogether out of sorts. After some days the white of the eyes turned yellow, this sickly discoloration spreading soon over the whole face and neck, and finally all over the whole body. At the same time, it was clear that the girl was in a high state of fever, which spread from the abdomen throughout the entire system, making itself externally visible, however, at the head, in accordance with the nature of the fermentive process. The treatment was unstimulating diet and three friction baths daily, to draw off the fermenting matter and open the pores of the skin. In a fortnight the *jaundice* was fully cured.

No. 5. Tuberculosis of the bone

Mr. A. H. of W. was suffering from *tuberculosis of the bone*, and had been treated with iodoform, carbolic acid, corrosive sublimate etc., upon the allopathic system, for over nine months without any success. Both legs had been operated upon a number of times, several pieces of bone having been cut out. Through all this local quackery the condition of the patient had become so wretched, that he could no longer walk at all. In this condition I took up the case. In three months the sores at the legs healed over, and the spongy, swollen bones became firmer and thinner. The patient was soon able to walk again, and in three months could say that he was fully cured.

No. 6. Sciatica, Crippling, Lameness

Oswald Z., of K., a boy of twelve, fell ill with *sciatica* after having suffered from severe cold, accompanied by coughing. His complaints in consequence of the unnatural treatment with drugs, *extension-bed*, etc., by various physicians, became so much worse, that the poor boy's hip grew perfectly hard and stiff, and rendered him quite lame. The right leg was developed and thinner than the left.

I undertook no local treatment of the *stiff, crippled leg* at all, but as chief curative agents ordered friction baths and unstimulating diet. The results of this treatment were soon felt. In a fortnight the boy was able to walk again without either crutches or sticks. In a month the hard hip had again become normally soft and all trace of crippling had vanished. The leg was now as easy to move as the left. Within six months the undeveloped parts of the leg and foot were quite normal again.

No. 7. General debility, Pains in the back, Cold hands and feet, Poverty of the blood, Easy parturition

Mrs. E. of W., near P., suffered from a whole series of illnesses, and was at the same time *enceinte*. The doctors had not been able to help her in the least, and, therefore, she set her last hope on my method. I prescribed a hip bath and two friction sitz-baths daily, after which she was to warm herself in the sun. I further ordered the simplest unstimulating diet. After some months Mrs. E. came again to me and reported as follows: She had carried out my instructions exactly and within a week remarked an improvement in health, which increased the longer she continued the treatment. Just a month ago she had been delivered of a child, and this birth, to the astonishment of the midwife, had been the easiest she had ever had. Whereas formerly there had always been trouble with the *after birth*, the expulsion of which was each time attended by a flow of very thick, gangrenous blood, on this occasion there had been no difficulty at all. The child, too, was perfectly healthy. Formerly she had never had milk enough for the baby, whilst this time she had an ample quantity. Her appetite, also, was much better than before. She clearly saw that this manner of living was not only far simpler, but also much healthier than the ordinary.

No. 8. Gland-tumor

E. K., a girl of about nine years, was afflicted with a swelling of the glands on the left side of the neck, which in time grew to the size of a large egg. I prescribed daily friction hip and sitz-baths each of about half-an-hour's duration, and weekly two partial steam baths; I likewise ordered a suitable diet. At first, the tumor was dark red, turning bluish after a time. After the process had gone on for some three weeks, the child found the steam-baths disagreeable, her head being forced to one side by the tumor, so that she could not move it. Instead of the steam-baths, hot water compresses were therefore used, the water being as warm as the skin could bear. The movement of the morbid matter could now be clearly perceived, for the pus oozed through the skin and soiled the cloth wrapped round the neck, although there was no open sore. At length two small sores about the size of a pea appeared, and discharged a quantity of pus. The tumor now rapidly decreased in size, a second one forming, however. The latter, nevertheless, soon disappeared, after having discharged its matter through the sores formed by the first one. In a month the disease was so far cured that the child could go to school again. In five weeks all the troubles were over and the head and neck could again be freely moved.

The girl had scarcely felt any pain the whole time, this being prevented by the partial steam-baths and hot compresses on the one hand, and by the friction sitz-baths on the other. No scars were left.

No. 9. Cancer of the breast and nose

Mrs. S., the wife of a butcher of Reudnitz, Leipzig, had tried every possible remedy for her serious disorder, *cancer of the breast and nose*, but all in vain. One day someone called her attention to my system and desired me to visit her. I did as requested and found the woman in a deplorable condition. On the breast was a deep sore, putrescent and corroding, and so large that it could scarcely be covered by the hand. Half the nose was already destroyed, and on the forehead two large red *cancerous tumors* had formed, which were on the point of breaking. After making an examination, I at once gave the necessary directions for treatment, which proved most successful. First the tumors on the fore-

head disappeared, then the breast healed, and finally the nose. As the patient, after some months' treatment, came to report her progress, her appearance was still most painful. To-day she is again a comely, one may say, good-looking woman. And the miracle—for so it must seem to all who saw this patient during the worst period of the disease—was worked simply by means of natural diet, hip and sitz-baths and profuse perspiration, without any local treatment whatever, whether of the breast, nose or forehead.

By consistently carrying out the treatment I prescribed, Mrs. S. was cured of her disease in less than nine months.

No. 10. *Open sores on the legs*

Mr. F., a school-teacher in Brazil, writes to me of the astonishing success he had with my method. He had been suffering for seven years from *open sores on the legs*, and had been to one doctor after another. His hard-earned money was being rapidly spent in chemists' bills and yet the sores were becoming ever larger and more painful. The dreadful agonies which he had to undergo rendered him often quite unfit for work.

By chance he came into possession of a copy of my text-book of the New Science of Healing, and after perusal, decided to make a trial with my system. He only took hip-baths, and after about a year he was fully cured. By means of friction sitz-baths he would probably have got well still sooner.

The patient contributed an account of his cure to a German journal in Porto Alegre.

No. 11. *Disease of the kidneys and bladder, Dropsy, Liver disease*

Mrs. B. of P. had been suffering for years from *disease of the kidneys and bladder*. The orthodox treatment not only brought about no improvement, but did not even prevent *dropsy* making its appearance. Mrs. B. now decided upon trying my method. I ordered her two hip-baths and one friction sitz-bath daily, together with natural diet, excluding soups, however.

Crises soon began, and for weeks the patient was altogether without appetite. She lost all courage and would have given up the treatment had not her daughter persuaded her to continue it. She was well rewarded. In place of the hip-baths, friction sitz-baths were also prescribed, in order to promote a quicker cure. The *dropsy, kidney and liver diseases* gradually disappeared. A short time ago, Mrs. B. presented herself, fully cured, so that no one would ever imagine how ill she had formerly been.

No. 12. *Heart disease, Muscae volitantes (black specks before the eyes)*

A most disagreeable disorder is that in which black specks are seen floating before the eyes, although there is no external object there. The disease is caused by foreign bodies, cellular particles being deposited in the vitreous humor of the eye, and casting minute shadows on the retina. It is obvious that by cleansing the system, these foreign bodies will disappear also. This is confirmed by the case of Mr. F. H., a solicitor at B., who reported to me, that during the course of the treatment, which in the first instance he had commenced to cure an old deeply seated heart disease, his *muscae volitantes* disappeared also.

No. 13. *Chronic diarrhea, Dysentery*

Mrs. W., an American lady, complained of dysentery and *chronic diarrhea*, which had been going on for four years. The remedies she had tried at the advice of numerous physicians proved quite ineffectual.

I prescribed an easily digestible diet, suited to her condition, cooling friction baths thrice a day, and three steam-baths each week. Her trouble had quite disappeared after three weeks' treatment.

*No. 14. Liver disease, Inflammation of the colon,
Perspiring feet, Gastric catarrh*

For a long time Mr. M. of D. had been suffering from *inflammation of the colon*, which had become chronic, bringing on a severe *liver-disease*. For years the patient had been under allopathic treatment, without any of the remedies tried being of any assistance. At the beginning of September Mr. M. commenced my treatment. The *gastric catarrh* from which he was suffering at the same time, disappeared in a few days; the digestion became normal during the first week. The morbid matter, which for years had been stored up in his body was rapidly expelled, and his condition improved from week to week. In two months, during which time he had lost 15 lbs. in weight, Mr. M. was completely cured and the disagreeably smelling *perspiring feet* were also again restored to the normal condition.

No. 15. Consumption of the spinal cord

Mr. M., a compositor, of N. was suffering from *consumption of the spinal cord*, which the physicians of the Leipzig University Clinic pronounced to be incurable. M. had been treated for over a year in the above hospital without the slightest result. The poor man was in the most pitiable state, wholly without means, he had to be supported by relatives. The opinion of the doctors, moreover, had robbed him of all hope of an improvement in his sad condition. Fortunately he happened to hear of the cures made by my method, and he made up his mind to try the New Science of Healing. He managed to hobble to me with two sticks, in the weakest condition, despite the nourishing diet which had been ordered, and, as far as possible, given to him. An examination showed that he was suffering from a back encumbrance, accompanied by high internal fever.

I ordered at first hip-baths at 68°—72° Fahr., alternately with friction sitz-baths, the latter each of one hour's duration. The diet was to be a non-flesh one: for breakfast and tea, wholemeal bread and fruit; for dinner, vegetables. Every three or four weeks, a steam-bath was necessarily applied to the abdomen, so that the patient did not have to lie upon his back during the bath.

In three months Mr. M. could again walk tolerably well, and in six months even without a stick. The encumbrance of the back was so far gone, that he could again undertake light work, and I was able to let him leave my establishment.

No. 16. Severe menstrual disorder, Uterine hemorrhage

Mrs. W. of Leipzig had been suffering for eight years from *irregular menstruation*, the *period* sometimes remaining away altogether. At other times there were abnormal *loses of blood* which completely robbed her of her strength. She at first consulted a Leipzig physician, Dr. S., who had treated her for a long time, but without any success whatever. The disagreeable local treatment in the Leipzig Clinic for Women proved equally unsuccessful. I directed her to take friction sitz-baths daily and to follow the usual unstimulating diet. The result was astonishing. In a short time, Mrs. W. was not only wholly free from the hemorrhage, but by continuing this simple and inexpensive cure for some months, her menstruation became perfectly regular again. Her physical strength, which had quite collapsed, was likewise regained.

No. 17. *Erysipelas of the face*

A woman who was suffering from severe *facial erysipelas* once consulted me. In addition to my other instructions, friction baths had to be taken, exactly adapted to the condition of the patient. When the fever and inflammation of the face became too great, the friction bath had to be prolonged for two hours, the water being renewed every half-hour, in order to reduce the fever heat. At the same time one or two steam baths for the head, followed by friction sitz-baths, were taken daily, and always afforded the patient great relief. In less than a week the disease was perfectly cured, and the woman felt healthier and fresher than ever before.

No. 18. *Encysted tumor, Ringing in the ears*

Mrs. L. of G. Z. had a large *encysted tumor*, the size of a walnut, under the left ear, and suffered in consequence from *ringing in the left ear*. For three years she had been using every possible remedy against it, but without success. To undergo an operation, as advised by the family doctor, she could not make up her mind, and consequently she came to consult me. Here also, the only curative means used were friction baths, natural diet and an hygienic manner of living. The ringing in the ears ceased after the very first few baths; the encysted tumor was cured in six weeks.

No. 19. *Sycosis, Spinal neuralgia*

Mr. H. had been for years suffering from the first named disease. All the part about the beard had become deep red and was covered with scales and tubercles. The patient had tried all the drugs at the disposal of allopathy and homeopathy and had also applied the old Nature Cure method, but without any success.

By means of my new method of diagnosis, I found that the *sycosis* was the result of an encumbrance of the back. And it was the fact that the patient had for some years been troubled by *pains in the back*. In consequence of the nature of the encumbrance, the cure went on very slowly.

Several friction baths daily, suitable diet and two steam-baths weekly were the curative agents made use of in this case too. By this means the patient was cured of this chronic disorder in five months.

No. 20. *Impotence*

Mr. G. of S. was completely *impotent*. All the remedies tried had availed nothing. By means of my treatment which he carried out at home, consisting of alternate friction sitz and hip-baths, and a non-flesh diet, his disorder was perfectly cured within six weeks.

No. 21. *Infantile constipation*

The infant child (6 months) of Rev. Mr. Q. suffered from obstinate *constipation*, which was not removed by any of the numerous medicines tried. The child was fed upon milk, which was boiled three times when possible. The body of the child was laden with foreign matter, in consequence of which it became extremely feverish and suffered from convulsions which rendered it very weak.

Against the convulsions the doctor ordered cold water compresses, which were to be changed every two hours. This was naturally wholly inadequate, and the baby had convulsions as many as twelve times one day. Now the father came himself to the idea to renew the compresses every quarter of an hour. The result was surprising, the convulsions disappeared.

The cause of the constipation, however, had not yet been removed. The father read my text-book of the New Science of Healing and commenced at once to give the infant hip-baths twice a day, though the water was made too warm (88° to 93° Fahr.). The effect was thus slow, and only after 5 weeks was the child's digestion normal again. Meanwhile, however, the food had also been altered; the child was now given unboiled milk and oatmealgruel, which soon brought it forwards. It also became bright and happy, whereas it had formerly been weak and sickly.

No. 22. *Gland-tumor. Easy parturition*

Mrs. M. suffered from *gland-tumors* on the neck, and always had to wear a neckerchief to cover them. She commenced my treatment and continued it with great perseverance. The hard tumors soon became soft and decreased in size, and the whole condition of the patient now became remarkably good.

How much her health had improved, Mrs. M. could see at her next confinement. She was delivered of her seventh child, and was not little astonished at the *easy birth*. The baby came into the world after only three labor-pains. The child was certainly small, nevertheless well formed; and as it was not parted from the afterbirth for two hours, it kept its rosy color, whereas all the former children had become yellow soon after the birth.

Mrs. M. had eaten no flesh-meat during her pregnancy, and she was most pleasantly surprised to find that she could give her child the breast for three months, which she had never been able to do at all before.

No. 23. *Sciatica*

Some years ago, I was sent for by a physician, Dr. B., who was suffering from *sciatica*, which in spite of all medical treatment only grew worse. Finally it became so bad that he could neither stand nor lie down, and so had to spend day and night supported on the sofa. I prescribed the doctor two daily friction hip-baths, at from 59° to 65° Fahr. and a steam-bath every other day; and likewise suitable diet. On the fourth day, already, my bath-attendant reported an improvement in Dr. B's. condition, saying the patient could walk a little. In a week the improvement had so far progressed that the cure could be continued without my aid. In four weeks the trouble was cured.

No. 24. *Diphtheria, Scarlet-fever*

I was called some time ago to a Mrs. S., whose little boy of nine was ill with rather severe *scarlet-fever* and *diphtheria*. The first thing was to give a steam-bath, and one of my apparatus not being at hand, we had to improvise a bath. We placed the boy upon a cane-seated chair and set a pot containing about a gallon of boiling water underneath. The feet also were placed upon a pail half filled with boiling water and having two strips of wood across the top. The whole body was then carefully enveloped in a woolen blanket. After the patient had perspired profusely, he was given a friction hip-bath at 50° Fahr., his abdomen being rubbed so long, until all the heat had disappeared from the head. It was interesting to observe how the *labored breathing* gradually became normal under this treatment. All danger was now over. Before going, however, I mentioned to the mother, that should the fever return again after some hours, the friction hip-baths must be repeated energetically until the heat again disappeared. In about 5 days the boy was quite recovered. This is the way to heal the dreaded diphtheria, for a remedy against which medical science is still seeking.

No. 25. Deafness, Laryngeal polypus, Hoarseness

Mr. S. of T. consulted me about his *deafness in the right ear*, and a *polypus in the larynx*. His disease caused him much trouble in speaking. He had visited numerous hospitals and consulted many physicians, but nowhere did he get any help. Upon diagnosing his disease by means of the Science of Facial Expression, I found that his encumbrance was a front one, so that a favorable result could be looked for. And so it was in fact, just as I had predicted. After following my treatment for ten days, he informed me that the sense of hearing had already returned to the *deaf ear* and his *hoarseness* and chronic roughness in the throat had much diminished. Four weeks more were necessary in order to effect a complete cure. At the conclusion, the patient declared that he had never felt so well before — not even in his youth — as now, after getting rid of the encumbrance of foreign matter.

No. 26. Neurasthenia, Chronic pharyngeal catarrh

Mr. K. of Leipzig had been a victim to *nervous debility*, which finally developed into chronic *neurasthenia* and *pharyngeal catarrh*. The many cures which he had undergone proved useless. The encumbrance of this patient was favorable, and I could therefore assure him of a good chance of recovery. Nor did the New Science of Healing desert me, for the result was astonishing. The patient had to pass through several crises, but finally every trace of *neurasthenia* and *pharyngeal catarrh* disappeared, and the patient felt as he said "born again."

No. 27. Facial neuralgia, Sleeplessness, Dilatation of the stomach

A Mr. R. B. of R., aged 39, had been suffering for over four years from peculiar, *spasmodic neuralgic pains*. He had consulted a number of physicians without getting any assistance, and an eminent professor advised him to undergo an operation. This idea the patient did not like, and so he came to try my method. The Science of Facial Expression showed an encumbrance of the right side, for which reason the pains and spasms always appeared on the right side of the face. The source of the disorder had, of course, to be sought in the abdomen; and it was a fact that the patient was suffering from *dilatation of the stomach*. My treatment brought the digestion into its normal and regular condition within a week. After three weeks Mr. B. could sleep the whole night through without any pain, which for four weeks had been impossible for him. In two months Mr. B. was completely cured of his painful disease, and his appearance, also, had changed greatly for the better.

No. 28. Scrofula, Chlorosis, Far-sightedness, Glandular swelling

Miss H. G., a school-teacher, of G., had for some years been suffering from *scrofula*, followed finally by *obstinate glandular swelling* and *tumors*, and also *far-sightedness*. No curative means could be found against the disorders. In consequence of the presbyopia, Miss G. was obliged to wear special spectacles, which, however, soon no longer proved sufficient, so that in addition she had to wear a pince-nez.

A friend called her attention to my method, and she carried it out for half a year most conscientiously. She took two friction sitz-baths daily, each of 15 to 20 minutes duration, and lived otherwise hygienically. The result was successful. First the digestion improved remarkably. Then the glandular swellings disappeared one after the other, and at the same time the disposition to pulmonary

affection. After all trace of the glandular swellings had disappeared, the disease of the eye also became better; and after the lapse of a year, Miss G. no longer required spectacles at all. That which the most renowned oculists could not do, I was able to accomplish by means of my New Science of Healing.

No. 29. *Infantile constipation and Sleeplessness. Inflammation of the eyes*

A Mrs. H. of Mannheim came with her little baby daughter, aged two months, to consult me. The child suffered from *constipation* and *sleeplessness*, a proof that it must have come into the world encumbered with foreign matter. And as I ascertained by means of my Science of Facial Expression, the mother was suffering from dyspepsia, and had, moreover, for a long time previously been suffering from *inflammation of the eyes*.

As the mother suckled the child herself, the first thing to be done was to rid the mother's body from all morbid matter. This was effected by her taking a hip and friction sitz-bath daily, by observing an unstimulating diet, and by keeping much in the fresh air. To promote perspiration of the child, she took it into her own bed. After two days' treatment, the baby's constipation and sleeplessness were cured; and in a week the mother's digestive troubles and inflammation of the eyes had also disappeared.

Here again was a clear proof of how great the influence of the mother upon her child, exercised through the natural nourishment, is. Direct treatment of so small an infant would have been far less satisfactory. It was the mother's encumbrance with foreign matter, that was the cause of the child's illness.

No. 30. *Cyanosis*

From this disease, the little daughter, aged 12, of Mr. E. H. of P., was suffering. I explained to the father that in such an advanced case, especially where there was so great weakness and where so much medicine had been administered, there was but little chance of cure. Such would only be possible if the abdomen and digestion were capable of being influenced. Thus with but little hope the cure was commenced. In a week, however, the patient's condition had so improved that she had a hearty appetite and good digestion. In four weeks the *cyanosis* was completely cured, thanks to the vitality of the youthful organism.

No. 31. *Periodical vomiting, Pulmonary affection, Chlorosis*

Mr. M. of L. had been suffering for 12 years from *periodical vomiting*, against which he could find no remedy. Once or twice every week, regularly, these attacks came on. The attack would continue each time from rising in the morning till bed-time. The result of applying my hip and friction sitz-baths, observing unstimulating diet and following my other general instructions, was brilliant. Instead of his pale, ashy features, the patient became fresh and healthy looking. His digestion, before wholly debilitated, was now fully normal. The attacks of vomiting ceased. Four weeks after the patient visited me again, in order to thank me for the cure, assuring me at the same time that he felt thoroughly rejuvenated.

No. 32. *Severe affection of the heart, Hemostasis, Sleeplessness, Protrusion of the cardiac artery, Asthma*

Mrs. M. of H., a lady 53 years of age, was suffering from all these complaints. During the last years her *asthmatic disorder* had become seriously worse. Finally

pains were experienced in the right breast, continually increasing in severity. The patient also suffered from *palpitation* and *attacks of anxiety*. The tormenting pain and *difficulty in breathing* left the patient no sleep at all. She was unable to walk ten paces, and she found it most difficult to speak. Then, one day, on the right breast not far below the neck, an artery suddenly protruded, as thick as the finger, which pulsated with great violence, much more quickly than the heart. The physicians in attendance, amongst them a very eminent authority, were helpless at this occurrence. At last they decided that this was a *protrusion of the cardiac artery*, and cautioned the patient that his artery, filled to its maximum with blood, might burst at any moment, when death might ensue. The five doctors, including also one well-known hygienic physician, had given up the patient, so that she no longer had any hope as she came into my care. I diagnosed her according to my new method and found that the cause of various disorders was an old abdominal complaint. The immediate result of this was the asthma; then the severe *affection of the heart*, and the *hemostasis (stagnation of blood)*. Three friction baths daily, and natural diet brought about the best results, for in a week all the pain had disappeared. In a fortnight the pulsation of the protruding artery had abated, and in three weeks all trace of the disorders resulting from the chronic abdominal affection had vanished: a new proof for the correctness of my doctrine of the unity of disease.

No. 33. *Diphtheria*

Elsie B., a girl of 12, was seriously ill with *diphtheria*. The doctor, an allopath, had used all manner of medicines without any result. The throat was much swollen, especially on the right side and was obstructed internally with a greenish coating, smelling horribly and as thick as the finger. The child was accordingly in the greatest danger of being suffocated. The physician advised immediate removal to the hospital that *tracheotomy* might be performed. Fortunately the parents would not hear of this, and so at the last moment my method came to be employed. A prolonged friction sitz-bath was the first thing ordered, during which the fever perceptibly diminished. Simultaneously the great tension in the swollen neck commenced to decrease. The friction sitz-baths were now given as often as the situation demanded, perspiration being promoted after each. The window of the room where the patient was, was kept open day and night. In 12 hours, all danger was over. In four days the *tumor on the neck* and the internal coating had disappeared. Within a week the digestion was again normal: though I insisted upon the child still receiving only dry, wholemeal bread and uncooked acid fruit. On the tenth day, I instructed the parents to let the child go out in the sun. On the fifteenth day, the patient could be pronounced healthy again.

No. 34. *Cancer of the lip*

An old gentleman, 72 years of age, had been treated for six years by the most famous allopaths and homeopaths for cancer of the lip. The *growths on the lip* continually developed, and there was a troublesome and perpetual flow of saliva. I diagnosed the patient and found that the encumbrance had risen more from the front and sides towards the head. The result of my treatment was soon to be remarked. Already on the first day the disagreeable salivation ceased, and the *new growths, proliferations* and *open wounds* began to diminish. Within 10 days the latter had healed up, and the lip was now but one third its former size. In eleven days the patient had attained a result which the former six years' treatment had not been able to produce. Here again was a case of *curing cancer*, which the medical profession, as is well known, declares to be impossible!

No. 35. Disease of the throat, Scarlet diphtheria

Carl B. of Styria, aged eight and a half years, was brought to me by his mother for treatment. The mother gave the following report of her son's health: Till the age of two and a half years he had been thoroughly healthy, but since then, in consequence of *vaccination*, had always been ailing. At first as a 3 year old child he had been suppressed by means of medicines. After this illness the boy had never been strong and had a most noticeably weak voice. White spots were always to be seen on the tonsils. The throat swelled up on the least occasion, just as in *diphtheria*. Moreover, since this illness, the boy's digestion was much worse than formerly. In March 1891, as the result of a fright, the child got an attack of *articular rheumatism* and was lying ill for 3 weeks. After this, the boy was so unhealthy that as a last hope of restoring his health, it was decided he should go through a *cure at my establishment in Leipzig*. This was commenced on April 15th, 1891.

The effect of my treatment was surprising. On the second day, even the digestion improved. On the third day the *diphtheria* which had been suppressed returned pretty severely. These crises had to be gone through, since so much medicine was lying latent in the body. On the fifth day there was an abnormal evacuation of most foully pestilential, dark looking feces, and a discharge of similarly bad smelling coffee-colored urine. After expelling this morbid matter, in 5 weeks the boy was quite cured, and wholly transformed both bodily and intellectually.

No. 36. Polypi, Indigestion

Mr. B. of Z., a pharmaceutical chemist, had for 20 years been a sufferer from *poor and irregular digestion*. In his large dispensary he had every possible purgative at hand, but notwithstanding their liberal use, they no longer had any effect. For a short time a drug would have the desired action, but would soon prove wholly ineffective. Through his bad digestion and this continual use of medicines nearly all his teeth were decayed. At the same time in the *nose and air-passages*, *polypi* appeared and could not be got rid of. They were, indeed, but the natural result of the chronic abdominal complaint. Twenty-six times these polypi had been removed by operation, but they simply grew the more. One sees here how difficult the physicians—engrossed in the false teachings of orthodox medical science—find it to learn from the actual practice in daily life. By applying my method of treatment, Mr. B. obtained more in a week, than in all the 20 years of drugging. The polypoid growths gradually ceased. In four weeks the patient was cured. Mr. B. had thus experienced on his own body the correctness of my method of treatment; and was so astonished at the result, that on taking his departure he declared that he could no longer conscientiously continue to keep a chemist's shop. He could see that by so doing he would only be deceiving and poisoning people; and therefore he had made up his mind to sell his business as soon as possible.

No. 37. St. Vitus' dance and Sleeplessness

The little daughter, aged 5, of Mrs. G. of L., was afflicted with these troubles. *Her whole body in convulsions*, she was able neither to walk, nor speak, *unable to sleep*, unable to hold anything, unable to digest her food. After having tried all manner of cures, the patient came under my treatment.

Hip and friction sitz-baths, the latter much prolonged, exercise in the fresh air, suitable diet—these soon had the desired result, so that within a week the child was able to walk again,

On the treatment being continued, a complete cure was soon effected, the digestion, which had been altogether debilitated, now becoming quite normal. All this was brought about simply by following my uniform system of curing diseases, without drugs or any other medical application.

No. 38. *Nervous spasms (fits)*

A Mrs. G. was suffering from peculiar spasms. These commenced in the finger tips and passed to the head, causing the patient the greatest trouble. The most eminent physicians of the place had treated the patient, but without any success; on the contrary she became much worse. The doctors erroneously regarded the symptoms as the real disorder, and overlooked entirely the real seat of the trouble—the abdomen. No wonder then that the complaint only became worse. The result was that at length Mrs. G. came to consult me. I prescribed friction sitz-baths, and the observance of a natural manner of living. In seven weeks the lady had fully recovered from the disorder from which she had suffered for years.

No. 39. *Pollutions, Consumption of the spinal marrow, Sleeplessness, Neurosis, Paralysis*

A Mr. H., 42 years of age, suffering from these diseases, came to me for treatment. Walking caused him the greatest trouble, and to rise after sitting was also a matter of great difficulty. For years he had been suffering from a bad digestion, *sleeplessness* and want of bodily warmth. He was also troubled with *pollutions*, although married, a certain sign that he had a severe back encumbrance and *nervous disorder*. Medical science had deserted him—for he had tried every remedy it had to offer! I ordered the patient to take two friction hip-baths daily for the first fortnight; then, during the next four weeks to take daily one friction hip-bath and two friction sitz-baths. The success was astonishing. The digestion improved after only a few baths; the paralyzed legs in some weeks. The *consumption of the spinal marrow* was completely cured in two months. Again, a proof of the correctness of my new method of treating diseases, and of the incompetence of medical science.

No. 40. *Deaf-dumbness, Congestion of the brain*

The little 4 year old daughter of Mrs. S. of L. was *deaf and dumb*, the result of *vaccination* as the mother said. The numerous medical applications had proved of no avail. The poor child had been severely maltreated by means of operations and corrosives, and cried now whenever it saw a physician. On account of its crying and fear, I could not thoroughly diagnose the child, but saw nevertheless that it was heavily encumbered with foreign matter and that the *brain was congested*. I ordered simply friction baths and a dry, unstimulating, natural diet, sleeping with open window and plenty exercise in the fresh air. The result was most favorable and in two weeks the mother informed me, that her child was already much better and could hear a little. In another four weeks the little patient was thoroughly cured: could hear and speak, and was no longer so shy.

No. 41. *Severe constipation*

The wife of Dr. F. of A. had suffered for some 20 years from *severe constipation*, which no remedy could cure. As she came to consult me, she openly confessed that after all her experience, she really had no hope being cured. After following

my advice for a week, especially as regarded a strictly natural diet, the disorder was removed, a number of secondary complaints disappearing at the same time. As regards the diet, the patient had to live for some time on wholemeal and acid fruit, until she was again in a position to digest cooked food.

No. 42. Sore throat, Disease of the bladder and kidneys. Sexual diseases

Dear Mr. Kuhne:

The treatment which you *advised me in your letter* has proved most successful. The disorders of bladder and kidneys have become better; also the sexual disease, there being but little discharge now. The pricking pain in the throat (I noticed a yellow abscess also, in the throat) has disappeared. I feel much fresher than before. Thanking you for the *advice contained in your letters*, which has proved of such good service, I remain,

Yours very faithfully,

Bromberg.

E. M.

No. 43. Inflammation of the knee-joint, Extreme nervousity, Congestion of the brain, Fatty degeneration of the heart, Disease of the liver, Kidney disorder, Intestinal disease

Dear Sir:

A short time ago, on account of *inflammation of the right knee joint* (circumference of the knee 22 inches) I visited your establishment and after 18 days' treatment, I am again home. The strict diet, with friction hip-baths, air and light-baths, have sufficed to reduce the encumbrance of my knee to only 17 inches. I owe this restoration to health to your well-known book, "The New Science of Healing," which I bought some years ago. For some time afterwards I kept to the diet you had advised and the friction sitz-baths, and on your system got rid of the following further "trivialities": *extreme nervousness, congestion of the brain, fatty degeneration of the heart, diseases of the liver and kidneys*—though the latter disease had been declared incurable by the medical men. *Intestinal troubles* also made their appearance, but have vanished.

This unsolicited testimonial you may use for any official or legal purpose you may wish. With sincerest thanks,

Yours faithfully,

Trautenau, Bohemia.

Carl H.

No. 44. Severe Migraine

Dear Mr. Kuhne:

For a long time I have intended to send you my heartfelt thanks, but up till now there has always been something to prevent me. Perhaps you will remember me. Last August I came, with my daughter, introduced by Mrs. N. of L., to seek your aid on account of my *obstinate and severe migraine*. On the second day of my being there, I had dreadful migraine; you were witness of it, as you were kind enough to devote an hour of your valuable time to us when we were sitting in your garden. Since then I have never been troubled with migraine again, for which after thanking God, I have also to return my thanks to you. I feel as bright and free as in my youth, and therefore find no difficulty in keeping to the diet you prescribed. The baths prove very beneficial, so that one cannot afford to miss a single one. Only the steam-bath gives some trouble to prepare, as I do not possess your apparatus. I would therefore beg you to kindly forward to me a *steam bathing apparatus together with the necessary three pots*.

My daughter sends you her best compliments. With repeated thanks and kindest regards, I remain,

Yours truly,

Bielefeld.

(Mrs.) E. H.

No. 45. Rheumatism, Gout, Paralysis, Sciatica, Disease of the Eye

I, the undersigned, was taken ill with the above diseases in the autumn of 1892, and after 3½ years, not one of the various systems of cure tried, had been able to restore me to health. *I had been treated without success by more than twelve celebrated professors and physicians of this city.* At last I was recommended by one professor and by a doctor attached to the University Hospital to consult Mr. L. Kuhne. I had thus, up till now, been treated for 3½ years by the most eminent medical authorities in Leipzig, but my condition had only been growing more and more wretched and miserable. In a space of only three weeks Mr. Louis Kuhne, by means of his new method of cure, has made me perfectly well and able to work again.

Anger, Leipzig.

H. K.

No. 46. Tuberculosis of the lung, Defect of the heart, Caries, Inflammation of the bowels, Hemorrhoidal affection, Hematuria

Dear Mr. Kuhne:

It was 2 years ago last August that my son, Rev.—, ordered your book "The New Science of Healing." I was, at the end of July, lying at death's door, quite given up by the allopaths. My son called my attention to your method and I clutched at it, just as a drowning man does at a wisp of straw. Your baths and diet had a wonderful effect. In 5 months both *hemorrhoids* and *affection of the lung*, complicated by *discharge of blood with the urine (hematuria)* and *inflammation of the bowels (enteritis)*, were perfectly cured. That which the doctors could not cure in twelve years, that which under their treatment only became worse, you cured in 5 months by your natural system of treatment.

Mr. F., who had your book sent, on my recommendation, has been quite cured of a *defect of the heart*. I have made much propaganda for your system here, and have cured several other persons.

For instance, a girl of 16 had been suffering for 6 years from *caries* and could get no assistance anywhere. Pieces of bone had already been expelled from the back, legs and arms. The patient took 2 whole steam-baths and 3 daily friction sitz-baths, and likewise followed a strict diet, precisely according to your prescription. To my great joy, what was practically a living corpse has become a pretty and healthy girl.

I send you these lines only to express to you, Mr. Kuhne, my heart-felt thanks.

Yours faithfully,

Gross-Hilligsfeld.

(Wife of —. U., M. D.)

No. 47. Paralysis, Constipation, Gland disease, Scrofula.

Dear Sir:

Feeling it to be my duty, I have the honor of herewith expressing to you my sincerest thanks for your sympathetic assistance and excellent advice in my recent illness. Since 1892 I was suffering from *gland disease (scrofula)*, and for several years from *indigestion*. I tried all manner of remedies and consulted the most

eminent specialists, but the disorder only became worse, so that I had but little confidence left in physicians. In this helpless condition I happened to hear of your method of cure, and started at once for Leipzig. My left heel-bone having been seriously operated upon, I could only walk by means of a crutch and stick. Your treatment was most successful. In a few days I could walk quite well without the crutch and only required slight aid from the stick, which in three days more was also quite unnecessary. I have felt very well during the cure. Had I come to you in Leipzig in the first instance, I should doubtless have been spared these disfiguring scars on the neck, which I now have, unfortunately to put up with.

I shall ever be grateful to you, Mr. Kuhne, and shall strive to spread the principles of the New Science of Healing wherever I go.

Yours very truly,

Burgwindheim.

B.

No. 48. *Syphilis, Sleeplessness, Affection of the head*

Dear Mr. Kuhne:

I consider it to be my duty, to inform you of the great benefit which I have obtained from the use of your method in my serious complaint (*syphilis*), which specialists described as incurable.

I have for 7 or 8 years undergone various treatments with mercury and 2 or 3 times gone through expensive sulphur bath cures. These *appeared* to do me good, but in reality only suppressed the disease, without bringing it out of the body. Every year, after each cure, I became weaker, more nervous and less inclined to work. Finally I suffered from *headaches*, which nearly drove me mad. I had for months no sleep; my physician advised me to take sulphur baths again, otherwise softening of the brain might set in.

I felt that it could not go on any longer in this way, and knew that I was being chronically poisoned by these allopathic cures. In desperation—I had little hope left—I determined to try your method. The results were remarkable. After only three baths, I got rest and sleep again.

How much would be avoided, if all patients would only adopt this easy and altogether painless treatment. I cannot praise it too highly, and with pleasure I testify for the benefit of other sufferers, to the great error of the orthodox doctors, who say syphilis is incurable.

With my old, deep-rooted disorder, my cure was a true miracle. I have continued the treatment for some time longer, in order to thoroughly cleanse the system, and have become, so to say, younger looking. I have got a healthy complexion and new spirits.

For all this I have only to thank you, Mr. Kuhne, and I shall always feel grateful to you. With greatest respect, I am,

Yours faithfully,

Leipzig.

F. E.

No. 49. *Vesical calculus, Inflammation of the Kidneys, Hemorrhoids, Dropsy*

Dear Sir:

Some years ago I took ill, suffering first from disease of the kidneys, constipation, and sleeplessness. I had to endure the greatest pain.

Three years later wholly incapable and seriously ill, I had to be conveyed to the city hospital. The diagnosis showed *inflammation of the kidneys, vesical*

calculus, hemorrhoids, and disposition to dropsy. I was treated with various medicines, but without any success. From the hour when I commenced your cure, my condition improved. Anyone seeing me today could never believe in what a miserable condition I was in formerly. I would have soon been in my grave. It is to your system, as I gratefully acknowledge, that I owe my present good health.

Yours faithfully,

Leipzig.

G. H.

No. 50. Toothache, Contusions, Climatic Fever

Dear Mr. Kuhne:

I have had opportunity of trying your system of cure, both upon myself and others, according to your *written advice*. In cases of climatic fever and severe toothache, I soon found help through your local steam-baths and cooling hip-baths. Also in the case of a serious contusion of the right hand, the baths took all the pain away immediately. Amongst the Hottentots, also, I have effected numerous cures. It has several times been proposed to the directors of the mission, to let all missionaries study at your institute before going abroad.

Your true disciple,

Warmbad, Cape Colony, Africa.

C. W., Missionary.

No. 51. Carbuncle, Sleeplessness

Mr. S., of Halle-on-the-Saale, reports as follows: Early in April, a hard tumor appeared on the nape of the neck, and I experienced great lassitude. At first, I took little notice of it, but the tumor increased in size. My general health was by no means satisfactory; my appetite was poor, my sleep disturbed owing to a strong drawing pain in the small of the back. Gradually the tumor became as large as an egg and the pain grew so intense, that sleep and hunger deserted me altogether. In their stead a violent fever set in, and I decided now to take up a vigorous course of treatment. I took partial steam-baths, for which *Kuhne's folding steam-bathing apparatus* was a great help. The steam baths were repeated whenever the pains became unbearable, and relief was always obtained through them, the friction and sitz-baths. Between the baths I protected the diseased part with a clean moist linen cloth, covered by a woollen bandage, in order to prevent rubbing and soiling. The *carbuncle*, which had assumed a violet color, at first remained very hard. The pains constantly returned. In 4 or 5 days, little holes of the size of a pin appeared in various places. Their number increased to 20. They discharged blood and bloody water. The tumor was still very gangrenous and hard. In 4 days more the numerous little holes united forming larger ones, from which matter flowed freely. All at once the whole surface collapsed, and the entire carbuncle formed one hole, from which flowed blood and pus. This brought relief; the pains disappeared, and in a short time a cure was effected. I now feel better than ever before; I have a feeling as if a great burden had been taken from my body, and my strength is such as was before unknown to me.

No. 52. Weakness of memory, Obesity, Pulmonary affection, Severe nervous debility, Deafness, Disease of the throat, Violent fever

Dear Mr. Kuhne:

One must be a scholar, I suppose, in order not to be able to understand that 2 and 2 make 4, for as simple as this arithmetical exercise, so simple and clear, according to my own practical experience, appears your new and infallible method of healing.

Formerly, in spite of daily gymnastics, I could not support the slightest fatigue whereas now, freed, moreover from my obesity, I can work for hours in the garden and the like without feeling tired. Formerly I gasped with open mouth during my walks (having *weak lungs*), now I breathe quietly with the mouth closed. I have been deaf for years in the left ear, but now I can, at all events, again hear the ticking of my watch if held near the ear, the rumbling of carriage wheels, and, to my unspeakable joy, even conversation, if a little loud.

The fermenting matter accumulated in my body must have risen to the head, for I often experienced pain there, and was troubled also by an *affection of the throat*, which neither doctors nor specialists were able to cure. And now, for some months past I have not felt the least feeling of discomfort in the throat. To tell the truth, that charming spectre: *Softening of the brain (imbecility)* had smiled upon me. Since your treatment the horrible symptoms have ceased—*Extreme weakness of memory, unbelievable nervousness, true paroxysms of rage* on the slightest occasion, increasing *want of interest* in everything that should have inspired and animated me, or which was dear and near to me. Nothing in the world would have induced me (only my husband knew of it) six months ago—to have spoken to anyone about my condition—for speak of the Devil and he is sure to appear. I knew no one could help me; but now it is as though scales had fallen from my eyes: I feel as if born again.

Your miraculous system of cure saved me a few months ago from a vexatious embarrassment. I took an apparently healthy servant girl with me to the country; but in a week, with tears in her eyes, she suddenly declared she could not work any longer. Her *feet* were *swollen* up, so that she could draw on neither shoes nor stockings; she suffered from maddening *headache* and took a *violent fever*, so that she could not move. To convey the girl to St. Petersburg was not to be thought of. I accordingly put her to bed, well covered, and after she had perspired for several hours gave her a hip-bath, exactly according to your instructions. I then explained to her about the friction sitz-bath, after the first of which she felt "so nice and easy!" The whole procedure was again followed on the same day; on the following day twice; and on the third day the girl would not hear of perspiring again, affirming that she was as healthy as a fish in the water.

St. Petersburg.

(Mrs.) Aug. E.

No. 53. Headaches

Dear Mr. Kuhne:

On my departure from Leipzig I feel called upon to express to you my heartfelt gratitude for the careful treatment received at your hands. I ascribe the cure of my chronic headache (which I had for years, and which finally became intolerable) solely to the truly wonderful effect of your baths. I shall, therefore, continue to use these to the end of my life. Wishing you a long and untrammelled exercise of your beneficent invention, for the good of suffering humanity, I remain,

Yours very faithfully,

Leipzig.

(Mrs.) M. W.

No. 54. Pharyngeal catarrh. Eruption of the face

Herewith I beg to certify to Mr. Louis Kuhne, that through the employment of his baths for several months, and a special diet, I have been completely cured of very obstinate *pharyngeal catarrh* and *eruption of the face*.

I shall be happy to furnish details at any time.

Leipzig.

Emil P.

No. 55. *Epileptic fits, Swoons, Poverty of the blood*

Dear Sir:

Permit me to humbly express my gratitude for all that you, thanks to your discovery, have in such a disinterested manner done for my daughter, of whose recovery we had lost all hope.

All that physicians and dearly-bought medicaments failed to accomplish, has been performed by a "natural product"—by water.

Permit me now to briefly describe my daughter's disorder.

When the first signs of the disease appeared, she was about nine years of age; in the beginning we took little notice of it. Slight *fainting fits* occurred, but soon passed off. But as they began to return more frequently, we sought the advice of a gentleman well known as an able physician. He told us that the patient was suffering from *poverty of the blood* and *nervous debility*.

He prescribed powders and medicines, which, instead of improving matters made things worse. The fits became more frequent and more violent. We consulted several other physicians, but always received the same medicines.

One doctor at length told us that the disorder was incurable, and we therefore put everything aside except bromide of potassium. We were firmly convinced that this was the sole remedy for this disorder, until you explained to us the state of the case. Now all trouble is over and you will ever be revered and esteemed, as protector and benefactor, by my family and myself. Permit me again to express my sincerest gratitude, and believe me to be

Yours most faithfully,

Gablonz, Bohemia.

F. H.

No. 56. *Colds, Fever*

Dear Mr. Kuhne:

I cannot sufficiently thank you for the services which you have rendered my mother and myself. A *violent cold*, attended by *high fever*, induced me to test the effect of your method of cure on my own person. The extremely favorable result surprised me very much indeed. I am firmly convinced that yours is the method of the future.

Hamburg.

Chr. R. W., Ph. D.

No. 57. *Bony tumor*

Dear Mr. Kuhne:

I feel called upon to express to you my heartfelt gratitude, for I, too, have experienced the blessing of your science of healing without operations.

Eight times, while under medical treatment, was my leg operated upon. First the toes were amputated; then the whole foot, so that now I have to go about on crutches.

But in spite of all the operations, my leg did not get well. There came a disagreeable feeling of heaviness, and a new *tumor* formed *as large as the first*, and very painful. I feared that I should have to undergo another operation.

My attention having been drawn to your new method of healing, I sought your advice at the beginning of March. After four weeks' use of the friction baths and observance of the other directions you gave, the tumor completely disappeared, and I was thus spared a further operation.

Had I submitted myself to your treatment at the commencement of my disease, all operations would certainly have been unnecessary, and I should probably today be in possession of all my limbs.

Again thanking you heartily for the assistance afforded me, I remain,

Yours faithfully,

Reudnitz.

Sophie W—.

No. 58. Uterine cancer and hemorrhage

Dear Mr. Kuhne:

In December my wife was taken so seriously ill (*hemorrhage*), that I was obliged to fetch the physician, Dr. K., late as it was (11 o'clock at night). The blood was temporarily stopped by means of cotton-wool, but the next day the hemorrhage was worse than ever, so that I now fetched a second medical man, Dr. D. He said that the case was one for operation. My wife being no better, I consulted a third physician, Prof. H. He examined the patient, and then stated that an operation must be performed at once, otherwise it would be impossible to save her; it was a *uterine cancer* he said. I asked the professor again, if there was no chance of cure without an operation; he declared that without such, a cure could not be expected.

I then went to you. You ordered hip and friction sitz-baths and special diet. From the time when my wife commenced to follow your advice, she became better. She can now go about her work from 5 in the morning till 10 at night without being tired, and has, indeed, never before been so healthy as now.

Accept our heartiest thanks. We shall never neglect to recommend your method to all sufferers; without it my wife would no longer be living.

Yours very faithfully,

Leipzig.

Albert W.

No. 59. Whooping-cough

Dear Mr. Kuhne:

Last February I wrote to you for advice as to my child who was suffering from *whooping-cough*. From the *exceedingly valuable instructions* contained in your letter, we noted particularly that we must get the child to perspire profusely by putting it to bed with its mother. What else was necessary we had already done, following the advice given in your book. The course of the illness was as follows: On Sunday we noticed our little one (then 14 weeks old) had a shrill, piping cough. We rightly surmized that our child had caught the illness from the nurse-maid, a girl still attending the school, for a great many children in the place were suffering from it. We first sent the girl home. Our baby which received the breast, and was bathed twice daily at 88° Fahr., was given a friction hip-bath (81° Fahr.) at noon, which, however, we had to shorten, to keep the child from crying too long. It proved effective, nevertheless, as it caused the bowels to move. On the third day, the shrill tone of the cough changed. It was then that we received *your esteemed letter*. My wife took the child to bed with her and got it to perspire profusely. We then stopped the midday bath, and in 12 days the cough was completely got rid of. I can, therefore, only confirm what you say in your book about whooping-cough.

Again let me thank you, both on behalf of my wife and self, for next to God it is you and your method, that have restored our dear child so soon to health again. With best regards,

Yours very truly,

Harzburg.

E. K.

No. 60. Neurasthenia, Neuralgia, Epilepsy

Dear Sir:

To your system of cure alone, I owe my recovery from *neurasthenia, neuralgia* and *epilepsy*, after having been treated by two of the most eminent physicians of Dresden, for a considerable time, and given up by them as "irretrievably lost."

The state of my illness was such, that I was lying ill for three months. As a result, I was exempted from conscription, after having presented myself several times for examination (diagnosis: *Epilepsia gravis*).

Yours faithfully,

Dresden.

Hans B.

No. 61. Difficulty of hearing, Pain in the back, Cough, Suffocative attacks

Dear Mr. Kuhne:

As you desired to hear, from time to time, how we go on, I take the liberty of sending you the first report.

Every day we speak of you; every day thank the Almighty that our child, by means of your invaluable discoveries, has been *completely cured of its chronic difficulty of hearing*. It had been suffering from the complaint for a year and a half; now it has been quite well since several weeks. That is the principal success we have attained till now; at the same time the swollen tonsils are visibly decreasing in size, and the boy seems, as it were, really as though he were altogether transformed. Instead of the little mortal, always crying, we have a merry, spirited boy, mixing with other children. He runs about shouting and singing, whereas formerly his voice was as though suppressed, he could speak only in an undertone. Nor have the attacks of coughing and suffocative spasms returned so far. Every day we have new proofs of how well the child progresses, both mentally and physically; every day we sing your praises. In the name of my husband and myself, let me here tender you our heartfelt thanks, dear Mr. Kuhne.

As for my own health, I feel sensibly better and more energetic than for years. A particular benefit, I find it, that I am able to cure the torturing, racking pains in the back by such simple means as a sitz-bath. I remain,

Yours very faithfully,

— —
(Wife of the Rev. — M. of P.)

No. 62. Uterine hemorrhage

Dear Sir:

Florika Schellarius, a Roumanian inhabitant of this place, has been suffering from severe hemorrhage uninterruptedly for four weeks. According to your advice she took two weekly hip-baths, one steam-bath, and two or three *friction sitz-baths* daily, and observed an unstimulating diet. On the sixth day after commencing this treatment, her condition much improved, and to-day (the fifteenth day) she is again quite well. In the name of the poor woman, and of suffering humanity, I express my heartfelt thanks. With sincere good wishes,

Yours faithfully,

Z. (Transylvania, Hungary.)

Teodore D.
Greek Catholic Priest.

No. 63. Severe Nervosity, Neurasthenia. Weak memory

For years my wife had been highly nervous. Then, in consequence of overwork in the business, she became so much worse, that it was evident a thorough cure must not be put off any longer. Of the ordinary remedies of the Nature Cure system, none had been left untried. Several brought relief, but none—not even magnetism—brought a real cure. Also the treatment tried in April 1890 at Mr. Louis Kuhne's establishment seemed, at first, to have no appreciable effect, things

seemed to go from bad to worse. After about seven weeks, however, a change took place. One crisis followed upon the other, this critical condition lasting for many months—a time which we shall long remember. The curative power of the body, however, assisted by the Kuhne sitz-baths, after eleven months' diligent, daily use of the baths, brought about the best results. Whereas formerly my wife, to her great distress, had noticed a *failure of her memory*, and *faculty of thinking*, her mental power has now returned again in a quite remarkable degree; she again feels energetic and fresh in a manner she has not for years. Now mental activity is to her a pleasure, formerly it was a strain. And as mentally, so also physically. During the first six months of the treatment my wife was not able to take a walk of more than a couple of miles without resting. In the tenth month, however, she could take a *daily walk of over twelve miles*, without feeling the need of rest at all, or even of stopping. All the organs of the body participate equally in this remarkable transformation. In a word: she has become quite another being, formerly often depressed, now ever happy.

After God, our heartfelt thanks are due to Mr. Kuhne for his excellent advice. May it long be granted him to work for the good of his fellow-men, and may he in every patient win an enthusiastic disciple, who will aid in spreading the principles of his simple, yet so true, science of healing.

Berlin.

C. S.

No. 64. Head affection, Eye disease, Poverty of the blood, Nervosity, Extension of tendons, General debility, Labored breathing

An Expression of Thanks

In my youth, I suffered periodically from *headaches*, especially when in school. Later they increased in intensity, and were quite neuralgic.

Then about my fifteenth year, through a fall, I suffered from a severe *extension of the tendons* of the foot. The physicians were unable to cure it, and finally it became so bad, that it was almost impossible for me to walk at all. For five years I had to put up with the greatest pain.

The affection of the head had in the meantime so increased, that in consequence of extreme *nervosity* and poverty of the *blood* I was brought, nearly incurable, to the hospital. A short time afterwards I was discharged without any improvement in my condition.

My eyes had likewise become worse, I was deadened to everything, incapable for any kind of work; my frame of mind was such as gave my friends the greatest concern. I suffered continually from internal gangrene, from dreadfully *labored breathing* and *continual fever*, and in addition had the prospect of becoming quite blind.

In this more than bad condition, from which no one could free me, I came in September of this year to *Mr. Louis Kuhne's Establishment for the Science of Healing without Medicines*.

Immediately after the *first* bath which was ordered me, I experienced a feeling of general easiness and improvement, which increased as I continued the baths and adopted a suitable diet. In a few weeks my general condition was no longer to be compared with what it had been previously. Now, after about five months' treatment, my sight has so extraordinarily improved and my general condition become so good, that I feel quite happy, and cannot sufficiently thank my high-minded preserver.

I can now again see quite well, can look after my household, feel strengthened and cheerful at work. My foot, also, has so far improved; that I can walk again

without difficulty, in short I feel as though a wholly new being, and all this I owe solely to this extraordinarily effective and yet so simple method of cure. The treatment is now adopted in my whole family, and everywhere meets with the same certain success.

May all sufferers with confidence submit themselves to your cure!

Leipzig.

(Mrs.) Marie R.

No. 65. *Articular Rheumatism*

Dear Mr. Kuhne:

Filled with a deep sense of duty, I have the honor of expressing to you my warmest thanks for the kind sympathy which you have shown me, through your excellent advice during my illness. Since May, last year, I had suffered continuously from *articular rheumatism* and despite a cure in Teplitz, had a still more severe attack again in the following November. I was without hope of recovery. The physician seemed already to have exhausted his pseudo-remedies, did not put in an appearance for some weeks, and advised me a stay in the south as the only means of cure. In her anxiety my wife then consulted you.

You were kind enough to impart me your *advice by letter*. With the exception of the diet, however, I was unable to strictly follow your prescription, being too weak, and unable to move. At the beginning of February I commenced with the baths, after an improvement appeared to have set in. The effect was soon apparent; for after the third bath, the symptoms of the disease appeared one after the other, in a manner that anyone not prepared for it, by a study of your book, would have been in a state of the greatest anxiety. And, in spite of all confidence, a quiet anxious feeling crept through me, too; but all the greater, indeed, unspeakable, was my joy, when after the fourth bath I remarked a decrease in the tension of the left ankle. The urine was dark brown. Now I rejoiced notwithstanding all my other pains, as I was firmly convinced I was using a remedy which would go to the root of the disease. The morbid matter now began to disappear from the body, in the same order in which, at the commencement of the illness, it had been deposited in the joints and muscles, once more producing pain and inflammation. In fourteen days I could again take up my professional work. March with its icy rain and wind was not able to touch me, and since then I have been happy and healthy. Meran has certainly one visitor the less, but your system of cure—a method which cannot be overvalued—has won an admirer and propagator.

Sincerely trusting and wishing that your natural system of treating diseases, may find more and more acceptance, leading mankind from hyper-civilization back to nature, I am, dear Mr. Kuhne, with deep gratitude,

Very faithfully yours,

Julius S., Royal Certificated Teacher.

No. 66. *Pain in the stomach, want of appetite, Giddiness, Defect of the heart, Hemorrhage, Pulmonary affection, General debility*

A Public Expression of Thanks

The wife of the undersigned—in her 61st year—had been suffering for a number of years, and particularly since 1890, from *fits of giddiness, severe pain in the stomach, want of appetite and general debility*.

In the Royal University Hospital here, where I brought my wife in autumn 1890, the doctors confirmed *affection of the stomach and kidneys* and prescribed various medicines. But instead of better, my wife's condition became steadily worse.

When in addition to this wholly useless medical treatment, the physicians commenced with inoculations with Koch's lymph, I removed my wife from the hospital, the treatment having lasted till December 1891.

In February, 1891, my wife completely broke down; the *attacks of giddiness* increased, causing the greatest anxiety, and the general debility and inactivity of the organs of digestion so got the upper hand, that the patient was confined for six weeks to her bed.

The physician consulted, Dr. H., prescribed a purgative, but stated that the trouble was due to a *defect of the heart*, which was quite incurable; he therefore soon ceased his visits.

In April, 1891, the *pain in the stomach* became so much worse that the patient could scarcely digest anything, but brought all food up again. Simultaneously there was great *difficulty in breathing* and *pain in the chest*, and, in general, a derangement of the whole body.

I now made a trial with homeopathy; but the homeopathic physician likewise declared that my wife's illness was incurable. Any appreciable improvement in her condition was not obtained.

At length, after all this straying about, fortunately for my sick wife, we came to Mr. *Louis Kuhne's Establishment for Healing Diseases without Drugs and without Operations*.

There my wife was ordered to take friction sitz-baths twice daily, according to special instructions, and a diet suitable to her condition prescribed.

In a week, even, a marked improvement in her general health had taken place. Her digestion was more normal, and in a few weeks the pains decreased. The *attacks of giddiness* and the *labored breathing* and other troubles disappeared completely and the patient's strength increased from day to day, notwithstanding the spare diet. Thus my wife felt better and healthier than ever before, and all who saw her, were perfectly astonished at such a complete recovery. It struck me also, that my wife's sight by this treatment had become much better than either before or during the illness. All that the eminent physicians could not do in two years, was done in Mr. *Kuhne's Establishment* in a space of less than eight weeks. It is natural that we shall ever remain thankful to Mr. Kuhne, wishing him God's blessing in his humane work for suffering humanity. Here is at length a physician who can really *cure* and *aid*.

Leipzig.

Gustav P.

No. 67. Incurable disease of the eye, Nervous affection of the head, Chronic pharyngitis, Catarrh of the bladder, Pains in the back and side

Dear Mr. Kuhne:

My deep feeling of gratitude does not permit me to refrain from sending you an exact description of the course and *rapid healing of my severe disease of the eye*, and I beg you to make free use of it.

Since earliest childhood, I had suffered from a chronic inflammation of the eyes, which had remained from the small-pox. I had consulted various physicians in vain; for although the trouble was temporarily suppressed, it always appeared again after a short interval, worse than before. In vain calomel, mercurial ointment, and zinc lotion, were tried, but without reducing the inflammation. I must have consulted ten medical men during these years, but never met with success.

Meanwhile my eyes were becoming worse, until finally *Egyptian eye disease* (*trachoma*) set in and my condition was deplorable. Always hoping for cure,

I went to a Vienna ophthalmic clinic, where for fully six months I was treated, though wholly without success, with boracic acid, caustic potash, corrosive sublimate and iodoform. Three operations were performed on my right eye, causing me the most dreadful pain.

In spite of all, my condition was becoming worse and worse. When, finally, the doctors saw that they could do nothing, they discharged me, and I would have been condemned to blindness, had I not applied your system of treatment. To this alone, I owe my cure after strictly following your instructions (unstimulating diet and friction baths) for six months.

In the course of the treatment not only did my eye disease improve from week to week, but at the same time I lost my nervous affection of the head, from which I had been suffering for three years. Then, my *chronic pharyngitis* and *atony of the bladder* (which had remained from a *bladder-catarrh* which the doctors had treated with drugs) wholly disappeared, together with very severe pains in the back and sides, which had followed upon *pleurisy* eight years before.

Altogether my general health has become the best possible. Since the application of your system, I feel so mentally fresh as never before.

With the wish that as many sufferers as possible may come to use your method, so that this, which is the only true means of cure, may win the increasing attention of humanity, I remain,

Yours very faithfully,

S. (Transylvania).

Eugen K.

No. 68. *Inflammation of the lungs, Diphtheria*

Dear Mr. Kuhne:

I cannot refrain from openly expressing to you my heartfelt thanks and acknowledgement for your remarkable success in the treatment of my little daughter, nine years of age.

My family physician diagnosed *inflammation of the lungs* and treated the child for nearly two months without success. My wife and I prepared for the worst, for we had no longer hope of the child recovering. It was in this distress that I thought of you.

I wrote you a card begging you to call, and you said: "If you have confidence, and stop the treatment recommended by your physician, the child will recover in a short time, provided you carry out my instructions exactly." My wife and I promised, and followed your advice, and the result was that there was a visible improvement even at the very next day. At the end of a week we could say, our child is saved. To-day it is perfectly well, can run about, laugh and play. I am convinced, that had you not intervened, my child would now be resting beneath the sod.

At the same time an old visitor paid me a call: the much dreaded *diphtheria*, against which we had struggled 14 years before. It attacked my other five children one after the other, but under your careful treatment, they have all been cured. I, therefore, express to you again in writing my warmest thanks, and beg you to use the above as often as you may desire.

With sincerest esteem, I remain,

Yours very thankfully,

Leipzig.

Karl I.

No. 69. Chronic, gastric and intestinal catarrh, Nervosity, Weakness of memory, Thoughts of suicide

Dear Sir:

I am in the pleasant position of being able to send you a most favorable report. From the account of my illness, sent to you before I commenced your treatment, you will recollect my condition.

My complaint was a very serious one; my nerves, especially, had suffered severely from bad diet during four years. It is, therefore, easy to see, that I could not be completely cured in a couple of weeks or even months.

I may mention, that my memory has greatly improved, and that I again feel quite cheerful. Of *suicide* I think no more—not in the least, nor do I longer suffer from dull headaches; these have quite disappeared. I have also followed your good advice as to sleeping summer and winter with open window, and find it most beneficial.

You see your method has done me excellent service. *I wish from the bottom of my heart, that many such sufferers may visit your establishment.* I can with certainty say, that I should still have required many years to obtain the same result as I have in six months by using your system of cure.

Wishing every success for the future of your institute, I beg to remain with many thanks,

Yours very truly,

St. — (Moravia)

Hugo B., Austrian Postmaster.

No. 70. Suppression of the menses

Dear Mr. Kuhne:

You will still remember, that last autumn I wrote to you about my wife, who since the beginning of August was troubled with *suppression of the menses*. This made me anxious, as I thought it might be dangerous for my wife; hence my letter of October 10th begging for your advice, when you replied that I need not worry, as all would soon come right. This prediction has proved correct after using your treatment on March 19th 1894, my wife having up till then had no menstrual flow for nearly nine months.

Here, again, a magnificent success for your method. Such a result certainly is not often met with, so I will not neglect to express to you my great joy at the astonishing circumstance.

Yours faithfully,

Kiel.

H. H.

No. 71. Whooping-cough

Dear Sir:

I have employed your method of treatment on the repeated recommendation of acquaintances with surprising success in the case of my three children, who were all taken ill at the same time with that dangerous disorder, the *whooping-cough*. I completely cured them of the trouble in three days, and therefore beg to send you, dear Mr. Kuhne, my sincerest thanks. May your method of treatment prove, as I cannot but doubt it will, equally beneficial in all other cases; and may the great value of this new Nature Cure system be more and more widely recognized.

Yours faithfully,

Leipzig.

(Mrs.) Therese B.

No. 72. *General debility, Want of appetite*

Dear Sir:

It gives me the greatest pleasure to be able to inform you, that so far I have met with best success in the treatment of my daughter according to your *letter of instructions*. Even after the use of the first few friction hip-baths there was a marked improvement; the *lassitude* disappeared, the appetite returned, *constipation* was cured, and the *yellow coloration of the skin* has, since using your system, gradually given place to a fine rosy complexion. With best compliments,

Yours faithfully,

Kleinfalke.

F. B.

No. 73. *Rheumatism, Liver disease, Hemorrhoids*

Dear Mr. Kuhne:

Nearly two years have passed since my restoration to health by means of your system of treatment. There has been nothing whatever the matter with me since then, so that I really seem like a walking miracle, both to myself and to all who knew me as I was in those days and as I am to-day. You know in what a critical condition I first came to you. I had never been really well all my life; *rheumatism, colds and other disorders* of all kinds followed one another in constant succession. Then, on account of hemorrhoids and a *severe liver complaint*, I for ten years was in the hands of numerous physicians, both homeopaths and allopaths, the last I consulted being a celebrated professor at Bonn University. During this time I grew so ill that I could scarcely follow my vocation, and had, so to speak, settled accounts with life. The wonderful success of your treatment in my case has induced many other sufferers to seek aid from you, and they have not been disappointed. I have already informed you of the gratitude which I myself and my family will always feel toward you; the purpose of the present letter is simply to beg you, in the interest of the good cause and of the host of other sufferers, to give the widest publicity possible to the report of my cure. I could say much more of the successes, which I have had an opportunity of observing both in my own and other families through the use of your baths and a natural mode of life; but this would lead me too far. I am now 51 years of age, have been for 16 years the superintendent of the Evangelical Mission in this town of 115,000 inhabitants. Particulars are, therefore, obtainable at any time. With kindest regards, I remain,

Ever gratefully yours,

Barmen.

Ernst F.

No. 74. *Affection of the stomach, Nervous disease, Constipation*

... I feel that I owe you a deep gratitude, you having, by means of your new method of cure without drugs and without operations, brought me relief in less than a fortnight, in my serious case of gastric and nervous disorder from which I had been suffering for some six years.

In five days you performed what celebrated physicians and all imaginable medicines could not do for me, namely, regulation of the stool. Formerly I had always to employ enemas.

V., West Prussia.

Z., School Teacher.

No. 75. *Disease of the nerves*

Dear Mr. Kuhne:

I feel the inward need of giving expression to my feelings. Your method of cure is of incalculable value as contrasted with all those where drugs are employed, and

which, as numerous cases attest, bring misery and destruction to suffering humanity, even at the hands of "scientific" men. Almost everyone has experienced this in his family, or in his own person. It would be willful blindness, in view of this fact, still to delay, endanger one's life or the lives of those dear to one, for the sake of prejudice or habit, by knowingly avoiding Nature. I cannot close this letter without again repeating to you what I have so often said: that I consider the method discovered by you for healing the diseased body to be the product of real genius; and this, my opinion is not founded merely upon a favorable prepossession, but upon the experience of years, and the brilliant success which you have attained in my family. We can without hesitation say you have saved my sister's life. The wonderful effect of your treatment on my children also, whom you cured of various disorders within the shortest space of time, make me regard your acquaintance as one of the most valuable acquisitions of my entire stay in Leipzig. Rest assured of my grateful remembrance, wherever I may be, and of my zealous support of your doctrines. With kind regards,

Yours very truly,

Vienna.

(Mrs.) Olga L.

No. 76. *Articular rheumatism*

Dear Sir:

I am happy to testify, that by the repeated use of your steam and friction hip-baths, I was speedily cured of my severe articular rheumatism; after only the second bath, I could again walk without assistance. I can thoroughly recommend your baths to all suffering from like disorders.

Leipzig.

G. E.

No. 77. *Lame Arm*

My youngest son, by my first marriage, August von B., at that time 12½ years old, complained early in December 1886, of violent pain and heaviness in the right arm. It soon became so much worse that he was unable to use the hand and arm, and had to carry the latter in a sling. Various remedies tried proved ineffective. By chance I heard of Mr. Kuhne's treatment, and that he had already cured similar cases successfully, so decided to place my child in his hands.

I strictly followed Mr. Kuhne's instructions.

Although a considerable time elapsed, and our patience thus put to the proof, a turn for the better at length appeared in the boy's obstinate disorder. Not only was the *lame arm* quite cured by the friction hip and sitz baths, and the unstimulating diet (this, too, according to instructions), but both the utterly prostrate digestion and the appetite were restored.

Dresden.

Edle K. (wife of Lieutenant Colonel K.)

No. 78. *Serious abdominal disorder, Leucorrhea*

Dear Sir:

On my departure from here, I feel the desire to express to you, benefactor of mankind, my sincere thanks for the cure your treatment has brought me. I consulted the best physicians for years and received more injury than benefit. They all insisted upon an operation, but I have now, by your aid, recovered from my disorder without anything of the kind. I shall tell everywhere of the brilliant successes you attain in *all diseases*, and how it is possible to regain health without doctors and without operations.

With the renewed expression of my deep gratitude for your kind attention, I remain,

Yours very faithfully,

Leipzig.

(Mrs.) E. L.

No. 79. *Digestive disorder*

Dear Sir:

I wish to thank you, in my wife's name, for your prescription of the baths. My wife's health had been wholly disordered for four years; during all this time she found relief neither from allopaths nor homeopaths, and death stared her in the face. In our despair we consulted you. Now, after employing your treatment for 5½ months, my wife is completely restored to health and vigor. Before coming to you she weighed 104 lbs., she now weighs 126 lbs.

With our best thanks and good wishes,

Sincerely yours,

Kirchhain, Lower Lusatia.

T. W.

No. 80. *Easy pregnancy and birth*

Dear Sir:

Allow me, though unsolicited, to inform you, that the *treatment you prescribed in your letter* has proved of good service. My wife has had till now four confinements. The first was a very difficult one; in the second, the forceps were required; before the third and fourth we employed your treatment. This proved most satisfactory, both *deliveries* being *very easy*. Both in my own name and in that of my wife, I beg to offer you sincere thanks. Such a result deserves thanks indeed, for a difficult birth is a bad matter. With best wishes,

Faithfully yours,

Munich.

Georg S.

No. 81. *Podagra and Gout*

Dear Sir:

Herewith I take the liberty of sending you my heartiest thanks for your treatment. My disease had been chronic so long, reaching back into my school-days, that I scarcely hoped for recovery. Even as a boy of 12, I had pains in the great toe, which developed into *podagra* and *gout*. In the course of years my condition continually grew worse and more intolerable, especially as all the numerous doctors consulted were unable to help me. My hands and feet were so tumefied and indurated at the joints, that finally I could use neither. For over 1½ years I led a hopeless life, wholly unable to move; my misery being all the harder to bear from the fact that no physician could bring relief. I was unable to do the smallest thing myself, and had even to be fed by another person. I was as helpless as a new-born baby, and therefore all the more difficult to wait on.

Immediately on coming under your treatment, 6 months ago my gouty system began improving. My feet and legs, in particular, in two or three weeks became so easy, that I was at last able to move my limbs and walk about. My hands and fingers, which were dreadfully bent and swollen, have also become daily more supple and normal.

Only those who have known my wretched condition in the past, can conceive the gratitude which I feel in writing you these lines.

Yours faithfully,

Leipzig.

Emil W.

No. 82. *Chronic disease of the throat*

Herewith I beg to certify that Mr. Kuhne, hygienic practitioner, Leipzig, has cured me of a chronic disease of the throat, which refused to yield to the treatment of an eminent specialist. For two years I have employed the baths pre-

scribed by him and feel so greatly invigorated by them, that I can give 30 singing lessons weekly without over-exertion.

Leipzig.

Clara C.
Teacher of Singing.

No. 83. *Headache, Fainting-fits, Throat disease*

Dear Mr. Kuhne:

In consideration of your admirable curative method, by which I have been freed from *headache, fainting-fits* and *throat disease*, I feel it my duty to send you herewith my warmest thanks for the successful result. With the wish that you may long be spared to labor, with God's blessing for suffering humanity, I remain,

Yours truly,

Leipzig.

Caroline K.

No. 84. *Epilepsy*

The undersigned certifies with pleasure that Mr. Louis Kuhne, proprietor of the Hydropathic Establishment, Flossplatz, Leipzig, has perfectly cured of *obstinate epilepsy* a boy named Golle, a former pupil of the undersigned.

The epileptic fits occurred several times a day at least, and as regards outward symptoms, appeared really like frenzy. Since the cure, no other fit has occurred and the boy has gained a fine healthy complexion.

The undersigned feels that he should specially mention, even if contrary to Mr. Kuhne's wishes, that for the complete cure, lasting over 4 months, Mr. Kuhne not only took no fees, but even financially supported the boy's widowed mother, Mrs. Ida Golle, so that she could better attend to her son. This fact has until now, besides to Mrs. Golle, only been known to the undersigned.

He who accepts a patient in such a self-sacrificing manner, is certainly the man who will prove a true adviser for the sick under all circumstances.

Leipzig.

E. H.

No. 85. *Curvature of the spine, Nervous disorder*

My dear Mr. Kuhne:

It is with sincere satisfaction that I beg to state how pleased I am with the result of the treatment so far, both in regard to its effect on my son's condition (*curvature of the spine*) and my own (*disease of the nerves*).

After an experience of six months, we are continuing the treatment with fullest confidence. I would have no hesitation whatever in expressing myself thus, whenever asked.

I leave it quite to you to make of us whatever you may desire of this statement. With best wishes,

Yours very faithfully,

Weimar.

B., Admiral.

No. 86. *Influenza, Aberration of the mind, Agitation, Sleeplessness*

Dear Mr. Kuhne:

Filled with thanks for the invaluable service which you rendered my husband in his severe illness, I must not neglect to acknowledge the blissful effect of your excellent method.

About the middle of December, 1893, my husband fell so ill with *influenza* that we feared the worst. The brain was affected to such an extent that his understanding was quite clouded.

To our deepest concern, we observed for a whole fortnight a daily increasing *aberration of the mind* and perpetual *agitation* which rendered constant watching of the patient, day and night, necessary and caused us the greatest anxiety.

The physician in whose treatment my husband was, declared that there was nothing to be done and ordered quiet. It was then, urged by my friends who were convinced of the marvelous effect of your method of cure, that I decided to give way and to call in your advice, dear Mr. Kuhne.

As you were kind enough to give the first five baths personally, you had occasion yourself to observe that after the very first bath there was remarkable quietude; that after the second, sleep came, which in spite of every kind of soporific had been impossible for a fortnight; and that after every subsequent bath signs of returning understanding were to be remarked. The mind became hourly clearer, and after 4 days there seemed to be a wonderful awakening to full consciousness, as from a dream.

Till this day, thanks to God, nothing serious has occurred again.

Although formerly full of doubt, I must now confess, that your treatment really worked miracles. The ceaseless anxiety and care from which you have freed me and mine, compels me to tender you my sincerest thanks. And my husband regards you, dear Mr. Kuhne, as having saved his life. Like me, he is filled with gratitude and esteem for you and your valuable system.

I remain, with sincerest regards from my husband,

Very faithfully yours,

Dresden.

Clothilde W.

No. 87. *Severe headache*

Dear Mr. Kuhne:

I cannot refrain from expressing to you my sincerest thanks for the cure of my severe *headache*, which lasted for a fortnight and caused me much care and anxiety, on account of my dear ones. From youth I frequently had headaches; for many years, at least once a month, I suffered severely for 24 hours; during the last eighteen months I have been troubled with them every week; and three weeks ago my head was so bad for 10 to 14 days, that I really feared my whole brain was in a state of severe inflammation, which had affected the whole of the left side of the head and also my eyes. For the latter were likewise painful and deeply sunken.

Yet the first bath in five minutes has cured me of my disorder; and I have become so much stronger, that I can now walk again as quickly as ever, and as though rejuvenated, though I am 52 years of age. I have, however, not sat on a board, but in the cold water, and have then followed your instructions, which have now become so dear to me. In five minutes the buttocks became warm, and this feeling increased during the whole operation, which I continued for about 20 minutes. Afterwards I took a little walk for about a quarter of an hour. I have continued this now for 12 days, always with an equally good result—a comfortable feeling over the whole body and also in the head.

I am therefore extremely indebted to you. But I should like to do more than merely thank you; I should like to help you by making your New Science of Healing known to my neighbors and all over the vicinity. If you publish leaflets, I shall be happy to distribute same, especially among all sufferers. My services are at your command.

Yours very truly,

Tübingen.

G. A. L.

No. 88. *Easy pregnancy and birth*

Dear Mr. Kuhne:

Just returned from a journey, I have heard with pleasure of your jubilee, and hasten to send you my hearty congratulations.

Exactly a year ago I arrived in Leipzig, dead tired and miserable; my only hope after God was in you. After having visited the most famous watering-places of the world, and consulted the greatest physicians, always in vain, I felt so much better after only three weeks of your simple system of cure, that I vowed I would not stop it for the present.

During the winter, in the greatest cold, despite the fact that I was *enceinte*, I took two friction sitz-baths daily and lived according to your instructions. To my great happiness I had an *easy, safe birth, and during the whole period of pregnancy never once felt unwell*. The most remarkable thing, however, is that whereas for the two first children I had to engage wet-nurses, not having any milk myself; my present baby I have the fortune to be able to suckle myself, and give him in addition thick oatmeal gruel. Every evening I give him a hip-bath for 5 minutes, his abdomen being too large; in the morning I give him a bath at 88° Fahr. and douche him over with cold water. I wish you could see him, now three months old, a really strong and healthy child. The very people who at first laughed at me about my cure, now confess openly to me, that I look ten years younger, and that my baby boy and I look like a picture of health. There are fully 12 families here in Züllichau who are following your system with enthusiasm. My sister, who was with me then in Leipzig, and who was likewise pregnant, did not live as I did, but ate plenty flesh-meat, etc. She had a very difficult confinement; has had to give the child to a wet-nurse and is now lying seriously ill.

To all who feel the least doubt about your system of cure, I cry from afar; Repose full confidence in Mr. Kuhne, this man graced by God.

I write you these lines on the occasion of your jubilee to prove to you how thankful I am, after to God, to you; and how I shall ever be one of your most enthusiastic disciples.

With kindest good wishes to yourself and family, I remain,

Yours sincerely,

Züllichau.

C. B.

No. 89. *Liver disease, Gallstones, Nervousness, Rheumatic headache, Abdominal disease*

Dear Sir:

You will certainly remember that I was a patient at your institute in Leipzig from June 24th to July 13th. As you know, I was suffering from *liver-disease* and *gallstone*. As I left you, my condition was greatly improved, so that you hoped by continuing my cure I would soon be completely restored to health. After I had been back here a few days, I experienced violent pains again, and *two more gallstones* were passed. During the pains I took some hip-baths, which did me much good. Since then, however, all has gone well, and I can work all day without feeling unduly tired, the people looking upon me as a miracle; I must therefore express to you my fullest acknowledgement. Encouraged by the success of your treatment in my case, a poor widow here, who for years had been suffering from *nervousness, rheumatic headache* and *abdominal disease* determined to try your system. The doctor who had been treating her declared that her illness was only imaginary. She had read your book "The New Science of Healing," and took two or three friction sitz-baths daily. She was pretty corpulent, so it was noticeable

how much thinner she became in a fortnight; she said that the abdominal pains had nearly disappeared.

Yours faithfully,

Volmarstein.

L. S.

No. 90. Asthma, Hemorrhoidal affection, Inflammation of the throat

Dear Mr. Kuhne:

Towards the end of October last I *wrote* to you for advice, and received your esteemed reply under date November 3rd. Herewith I beg to communicate to you briefly the course the cure has taken.

My wife has taken the friction sitz-baths regularly for 6 months, three times daily, and sometimes oftener when she had inclination; and also warm friction hip-baths and steam-baths alternately. She lives almost wholly on wholemeal bread and apples, eating only now and again vegetables and other light foods. She sleeps with open windows, is much in the open air, and feels better than ever before. During the first months of the treatment, large blisters formed in the region of the sexual organs, and after discharging their contents, filled again. An ulcer had also formed on the abdomen, discharging much repulsive-smelling matter. The torturing *asthmatical affection* and the *hemorrhoids* have now nearly disappeared. My wife no longer finds walking troublesome, and her appearance has, indeed, quite changed. After the friction sitz-baths she always felt extremely cold, natural perspiration was, of course, *seldom* to be produced. Now this chilliness has decreased. She has a healthy appetite and her digestion is much improved, for what she eats is now assimilated by the body. I have great confidence in the cure, and find confirmation of the statement, that it works slowly but surely. All former illnesses return, but appear in a less degree.

I have used the friction sitz-baths and steam-baths with extraordinary success in the case of my little 3½ year old child who was suffering from inflammation of the throat, and I can fully confirm the statement that your method is the true one.

With kindest regards and many thanks, I beg to remain,

Yours faithfully,

Hermsdorf.

P. L., School Teacher.

No. 91. Rheumatism, Swollen feet

Dear Mr. Kuhne:

I cannot refrain from expressing my best thanks to you for the rapid recovery from my dreadful complaint. Your simple sitz-baths have freed me in 3 months of my terrible disorder. I had suffered for a long time from *rheumatism* in hands and feet. The bones of the hands were so prominent that my hands looked quite crippled. I could hold nothing, and had so much pain to endure, that I scarcely knew what to do. My *feet* were so *swollen up*, that I was hardly able to go upstairs at all. I wish to express to you my warmest thanks for the rapid and inexpensive recovery from my serious complaint. Everyone suffering from such a disease, I advise to consult you; your treatment is most simple and costs but little.

I am,

Yours faithfully,

Leipzig.

(Mrs.) T.

No. 92. Uterine tumor, Leucorrhea

One day Mrs. H. of M.,— called upon me and reported as follows: Her niece had undergone a most successful cure in my establishment in the spring and was not satisfied until her aunt had taken up the same treatment in the way in which she had learned. "I have," she continued, "for many years been suffering from an affection of the abdomen, and have been trying remedies for a long time past without success. My physician said that I had a *tumor in the uterus*, which, he said, was growing slowly but steadily. An operation would very soon be necessary. I myself felt so miserable, that I declared to the physician that I could not think of undergoing an operation. If I had to die, I would do this without the operation, for I felt much too weak for such. With very little hope I began your treatment just as my niece showed me. The stool, which for years had been hard and irregular, began to be quite normal from the second day of the treatment, from this day the evacuation from the bowels was more regular than previously. I had also to urinate three or four times as frequently as before; in short, I observed how the morbid matter in me was daily being expelled. My abdomen decreased in size from week to week, becoming much more normal in size. Every night I perspired, such as had never been the case before, and from day to day I felt better and stronger. I was most surprised to find during the cure, that every day after the friction bath there was an excretion (*leucorrhea*), which I had never had until then. Such excretions took place once or twice nearly every day for four weeks. Then suddenly one day a prolapse occurred. The physician called in stated, however, that this was no prolapse but a *uterine tumor* having the form of a coffee pot and weighing 4½ lbs. It had forced its way through the *os uteri* and had grown unto the interior of the uterus with two pedicles. This growth gradually freed itself, and having continued the friction sitz-baths and the diet for some time longer, I now feel better than ever before."

*No. 93. Complete lameness through leg being too short,
Chronic hip-disease, Melancholia*

Mrs. H., in a letter of thanks, writes as follows about the former condition of her daughter:

"My daughter Elsa, aged 4¼ years, was attacked by *hip-disease* in October 1889. At first she was treated allopathically, but without permanent success; for early in February 1890, the leg affected became shorter than the other; indeed the child had not been able to walk for a long time. A *plaster bandage* was used for three weeks, and an *extension-bed* for a month, but also without success, whilst the child was subjected to much pain. She was then put into the hands of Professor S. of Leipzig to undergo a several weeks' course of treatment. She had to lie always in bed and be rubbed with different embrocations. The treatment could not, however, be strictly carried out, as the patient was unable to lie quiet for weeks together; this treatment also, then, was without result. At length I took my daughter to the Leipzig Hospital, where she was treated unsuccessfully for three weeks longer. The hip, which until then had always been soft, grew quite hard and stiff after this treatment. The leg did not grow at all, and the child had been unable to walk for 9 months. But worst of all, my child, through the treatment in the hospital had become quite melancholic, so that I lost all hope of her being cured at all. Before the treatment, she could at least stand, but this was now no longer possible. In this condition I entrusted my Elsa to your care. I scrupulously followed your instructions, and to my unspeakable joy the melancholia vanished after the first three friction sitz-baths, and my daughter was again able

to stand. In three days, to my extreme surprise, she could walk again and was so much improved in a fortnight that she could mount the four flights of stairs from the street up to my flat without assistance. During this time the hardened muscles about the hip again became quite soft, and after four weeks' treatment one could distinctly see that the shortened leg had grown longer. Today, three months later, all traces of the disease have disappeared, and both legs are of the same length and can be used equally well."

Leipzig.

(Mrs.) Minna H.

No. 94. Rheumatism, Constipation, Hemorrhoids, Typhus, Prolapse of the uterus, Whooping-cough, Scarlet-fever

Dear Sir:

I came into possession of the second edition of your text-book, "The New Science of Healing," at the end of the summer of 1891. The correctness of your teaching was clear to me from the first. Since that time, with my wife and the youngest children I have lived in every respect according to your system, and obtained such benefits that I have for long felt the obligation to write you to express my gratitude.

I was then 52 years of age, and as the result of my former manner of living—at times most irregular and fast—I suffered from *intense nervosity* and also *rheumatism*. I was quite unfit for work and often felt tired of life. I took friction sitz-baths and once a week a steam-bath; lived on an unstimulating diet, and slept with open window, as my wife and I still always do. For over 1¼ years now, I have been quite healthy and equal to my work, and feel altogether happier and quieter than ever before. By nature inclined to be quick tempered, I feel myself now quite changed. Conjugal happiness and peace have returned to our home.

My wife was suffering severely at the time from a *prolapse of the uterus*, which an allopathic physician had been treating for a year and a half without success. She began, at the same time as I, to take a friction sitz-bath three times daily, and in general followed pretty much my system of living. The result was, that on the very next day she was able to properly evacuate the bowels—she was a victim to *constipation*—and slept much better at night. She was quite restored to vigor; in six weeks her abdominal complaint was cured, and her *hemorrhoidal affection* nearly so. Thus relieved of her disorders, she was delivered of a son who, brought up according to your principles, has grown to be a healthy, lively child, far in advance of many children of his age. At the same time he eats probably but one third of what other children are *compelled* to swallow.

Of puerperal fever, ulcerated breasts, etc., my wife has known nothing.

About two years ago my wife got *typhus*,—possibly in consequence of the over-exertion and much worry about my two elder sons. By carefully following your prescription she was cured in about a fortnight.

My sixth boy, then 4¼ years old, caught *scarlet-fever* and for three days was extremely delirious. Each time the fever was high we gave him a hip-bath for a quarter of an hour; and as a rule before this time had elapsed, his consciousness was fully restored. During the last very bad day, we gave him five of these hip-baths, and the following night two or three. From the next morning, the delirium disappeared, and recovery was comparatively rapid. At the *commencement* of the fever, we had given the child some steam-baths in the bed, by means of hot bottles, which brought out profuse perspiration. Sometime afterwards the boy caught *whooping-cough*; we therefore gave him two hip-baths daily each lasting a quarter of an hour. Here, too, the illness passed off well, the patient being quite cured in three or four weeks.

Since then, also, by following your teachings, we have cured many less serious illnesses, so that I have recommended your method of curing on every occasion.

To have had the above cases treated by a medical man, would have cost me innumerable guineas in fees, and the results would have been doubtful. The following of your prescription—as given in your book—has cost me no money, but only a little trouble, such as one gladly undergoes for the sake of those dear to one.

Your so simple method of curing diseases and the diet included in the system, renders one not only physically, but also morally healthier.

You can make any use you like of the above, just as you consider well in the interests of your method of cure, which surpasses every other as yet formulated. With sincere good wishes,

Yours very faithfully,

Elberfeld.

B. H.

No. 95. *Calculous disease*

Dear Mr. Kuhne:

Herewith I take the liberty of acquainting you with a remarkable change which has taken place in my physical condition. Perhaps it will not be surprising to you, though I have been much astonished, because I was quite ignorant of the fact that this part of my body also was encumbered to such an extent with foreign matter.

For two mornings running I had much difficulty in passing urine, and also further pain, temporarily, behind above the left hip. In the afternoon following, in urinating a small stone (more properly a splinter of stone) was passed, and for several days afterwards a turbid fluid of the color of the stone, also with another little firm stone splinter, this time, however, without pain.

My surprise was a most happy one, since this case convinced me still more of the curative effect of your treatment. I see here a confirmation of the statement in your volume, regarding the renal calculi being dissolved, and severe illnesses thus avoided.

I feel it to be my duty to communicate to you the above facts, and beg to remain with sincere thanks,

Yours very truly,

Bredstedt.

A.

No. 96. *General debility, Disease of the eye, Abdominal disease*

Dear Mr. Kuhne:

A troublesome *abdominal* disorder, attended by *nervousness*, from which my wife had suffered for some 14 years, refused to yield to the treatment of the various physicians consulted.

In the course of years, her condition grew so much worse that general debility set in, and she could not even perform the lightest work in the household. The attendant weakness of the eyes also rendered it next to impossible for her to read. On March 17th 1884, my wife began to take the baths and follow your other instructions; and I am now able to state, that the above mentioned disorders have been cured. I warmly recommend this treatment to all patients similarly afflicted.

Yours faithfully,

Leipzig.

G. F.

No. 97. *Serious nervous disorder*

Dear Mr. Kuhne:

I cannot help writing to thank you once more for that which you have done for my life and health. Without your help I should probably never be here now to

speaking; for as countless witnesses know, I have been consoled by the most eminent physicians and then left to my suffering. Let it then be clearly proclaimed, that you alone restored me to life at a time when I had given up all hope. That your simple, and therefore grand, discovery may become universally known for the general good, is the sincere wish and hope of

Yours gratefully,

Vienna.

Emma P.

No. 98. *Digestive troubles, Sleeplessness*

Dear Mr. Kuhne:

With great pleasure I am now able to inform you, that my health, after using the friction hip and sitz-baths, in conjunction with the steam-baths, for some time, is greatly improved.

The *digestive derangements* from which I suffered have been cured. I feel invigorated, and my spirits are also much more cheerful. I must observe, further, that I now sleep very well, which I could not do before. With sincere thanks, I remain,

Yours faithfully,

Leipzig.

Amalie F.

No. 99. *Chronic constipation, Hemorrhoidal affection, Gastralgia*

Dear Mr. Kuhne:

As I informed you by my card two days ago, I am extremely satisfied with the results of your "anti-drug treatment." I am extremely happy to be able to inform you, that the *chronic constipation*, for which I have tried all manner of remedies without success, for the past 40 years, *after I have followed the instructions contained in your letter* has been completely cured. The bowels move now regularly twice every day. Simultaneously, the *hemorrhoidal affection*, which appeared at the same time as the constipation, early in the fifties, improves daily.

The *gastralgia (enlargement of the liver)* has quite gone away, and even a pain I had on the right side of the stomach has now disappeared, whereas three months ago, the least pressure on the part caused me dreadful pain. In short, I feel the effects of your new method of curing disease every day, for all the troubles from which I have suffered for nearly 40 years, and which homeopathy, also, was powerless to cure, have steadily decreased. I have lived in accordance with your advice on a perfectly unstimulating diet, and in addition took 3 friction hip-baths every morning. With kind regards,

Yours faithfully,

Aibling.

F. C.

No. 100. *Nervousness, Toothache, Headache, *Sleeplessness, Hoarseness*

Dear Mr. Kuhne:

I first heard of your method in 1887, and by means of it cured my severe nervous disease. Since then I have frequently had occasion of proving the beneficent effect of your curative means. During one of the last winters I was tormented by dreadful *toothache*, caused by a hollow tooth—the furthest back one in the upper jaw. The inflammation was so severe, that the whole of the right side of my face up to the temple was swollen, causing a throbbing pain, rendering *sleep impossible*. Friction sitz-baths of short duration, several of which I took daily, only brought slight relief. When, however, following your advice, I

took a steam-bath lasting over half an hour, and then followed this by a prolonged friction sitz-bath, my *excited nerves* were at once soothed, and the pain gradually decreased. Within a few hours the trouble was over. Of late, I have used a steam-bath for the head with the best results for *headaches, lancinating pains in the eye, etc.*

It will also interest you to hear of another success, which has followed the use of your friction sitz-baths. I had, as one says, "caught a chill," and was so hoarse that even to whisper caused me difficulty. This condition lasted two days, when on the morning of the third, still extremely hoarse, I took a friction sitz-bath at 8:30 a. m. I found that the bath proved exceedingly beneficial to me in my condition, and prolonged it until the water became too warm. After having renewed the water twice and having bathed altogether for 2½ hours, I found that my *hoarseness* had almost entirely vanished, so that I could speak and sing at the utmost pitch of my voice. This extraordinarily satisfactory result, which would certainly not have been attained by any other method, filled me with the greatest astonishment, and made me all the more sensible of the gratitude I owe to you and your valuable system.

As it may be of value for many persons to know of such cures as these, I authorize you to make any use you may think fit of this letter. Believe me to be

Yours faithfully,

Leipzig.

Karl L.

No. 101. *Easy parturition*

Dear Mr. Kuhne:

I feel it to be my duty, though unsolicited, to express to you my thanks for the successful treatment you recommended, and which my wife followed before the births of our second and third children. The birth of our first child, I may remark, was a particularly difficult one and necessitated the assistance of a medical man. Indeed, the physician cautioned us against having other children, as my wife was not of normal structure. *The last two births, however, thanks to your method, were over in 2½ and 1 hour, respectively, and without any midwife!* The last child, too, was heavier than the others.

Your very truly,

Dalbke.

Paul K.

No. 102. *Neuralgia*

Herewith I beg to tender my heartiest thanks to Mr. Louis Kuhne for the relief which I have attained through the employment of his natural method of cure. By its means I have been freed from chronic and violent *neuralgia*, my general health being also most favorably influenced. I therefore most warmly recommend Mr. Louis Kuhne's Hydropathic Establishment, 24 Flossplatz, Leipzig, to all sufferers.

Leipzig.

(Miss) E. F., Artist.

No. 103. *Discharge from the ear, Pain in the ear, Climatic fever*

Dear Sir:

In receipt of your *letter of advice*, I am happy, after scarcely three weeks' treatment, to be able to report to you my complete recovery from my old chronic complaints: *discharge from the ear (otorrhea), pain in the ear (otalgia), and tropical fever*. I beg to offer you my sincere and hearty thanks for your assistance. I am extremely well, and am only now undergoing an aftertreatment

in the form of a friction hip-bath every morning for five minutes. Again expressing to you my warmest thanks, I remain,

Very faithfully,

Puerto Cabello,
Venezuela, South America.

Carlos L. B.

No. 104. Chronic gout

Dear Mr. Kuhne:

I am able to inform you that I have just cured a man, Paul K., of *chronic gout* from which he had suffered for 25 years. He had been declared *incurable* by five physicians; I cured him in six weeks *by means of your system of treatment*.

Please have the kindness to send me per post a copy of your book, "The New Science of Healing," elegant cloth, German edition. I remain,

Yours truly,

Heerdt, Kreis Neuss.

Franz S.

No. 105. Hepatic colic, Hysterical crying

Dear Mr. Kuhne:

As regards my health, I can give you the best report. I have very often had *hepatic colic*, always lasting some days. A week afterwards I had fits of *hysterical crying*, from which I have always suffered much. *By following your prescriptions* I have now cured myself of all these old troubles. The greatest fun I have is with the physicians, who have treated me so long without success. When I meet one of them, he will always stop me and ask what I have done with my diseases, as I have now quite a slim figure and such fresh youthful complexion. There were over 30 physicians in Bielefeld whom I consulted during my 20 years' illness. All that we could have saved has been thrown away in doctors' fees and chemists' bills.

Yours faithfully,

Bielefeld.

M. H.

No. 106. Diphtheria, Constipation, Pain in the back, Irregular menstruation, Headache, Pain in the eyes

Dear Mr. Kuhne:

Last autumn my son had an attack of *diphtheria*, which I have cured by your system alone. The medicine prescribed by the doctor all found its way down the sink. He wanted at the very commencement of the illness to have my son taken to the hospital, as his condition was serious.

I have also used your cure with the greatest success in my own case. I was suffering from severe *constipation, pain in the back, irregular menstruation, headache, pain in the eyes*, which all soon disappeared. Even the first bath had the desired effect on the bowels, just as you describe in your book. I am so thankful, that chance put your volume in my way.

Yours faithfully,

Celle.

(Mrs.) E. H.

No. 107. Epilepsy, Convulsive attacks

Dear Mr. Kuhne:

I feel it my obligation to express my hearty thanks to you for the quick recovery of my little child, aged 10, from *epilepsy* and *convulsive attacks* of the worst kind. After we had been using medicine for a long time, and the doctor had at last de-

clared that he could not further assist, advising us to consult Professor —, we heard of your invaluable method. Acting on your advice, we gave daily baths and strictly natural diet. To our great satisfaction the condition of our child, extremely bad as it was, improved at once. In a *week* the child, bodily and mentally restored, was able again to take up the school-lessons.

I shall not fail to recommend your valued method of cure wherever I can, and with renewed thanks beg to remain,

Yours truly,

Schönefeld.

Franz Anton B.

No. 108. *Inflammation of the spinal-cord, Nervousness*

Dear Sir:

After having experienced what your method of healing has worked upon my body, I cannot refrain from writing to you.

I am 28 years of age and was suffering from *extreme nervousness* and *inflammation of the spinal-cord*, which medical treatment had brought so far, that I could neither sit nor walk, and was at last declared by the medical men to be *incurable*. After using your system of cure, which had been recommended to me, for only twelve weeks, I was already well enough to get about with the aid of a stick, and to-day I am in the happy position of being able to *walk an hour or more without any stick at all*. I tender you my best thanks, and more,

Yours very truly,

Berksdorf, near Zittau.

Gustav S.

No. 109. *Gastric catarrh, Cancer of the stomach, Induration of the liver, Enlargement of the spleen, Bladder and kidney complaints, Constipation, etc.*

Dear Mr. Kuhne:

I feel called upon to offer you my sincerest thanks for having, through your system of cure, freed me from a most dangerous illness. With the aid of the hip-bath, and appropriate manner of living which you ordered me, I have got rid of the complaints mentioned below, which fact I have much pleasure, *without solicitation*, in recording, in order to induce other sufferers to trust their cases to your method of cure. I suffered *for years* from *gastric catarrh*, which was threatening to bring on *cancer of the stomach*, and caused me the most dreadful torture and pain. In addition to this I was troubled with *induration of the liver*, *enlargement of the spleen*, *bladder and kidney complaints*, and *complete suppression of the stool*, etc. All the medicines used, all the consultations of *various* specialists (Professors at the University Hospital), were not in the least able to induce regular motion of the bowels, much less to decrease my other disorders. Only since I have adopted your system has full vitality again entered into my whole body. With a thousand thanks,

Yours very truly,

Tetschen on the Elbe.

W. A., Imperial Custom-house Officer.

No. 110. *Advanced consumption*

Dear Mr. Kuhne:

After having made some very bad experiences with medical men, I bought your text-book "The New Science of Healing." My child, which was suffering from *advanced consumption*, had been given up by the physician, who declared that it was

incurable. I treated it exactly according to your method including strict natural diet. It is astonishing—the child to the surprise of everyone has recovered. With kindest regards, I remain,

Ludwigslust.

Yours sincerely,

(Mrs.) P. E.

No. 111. Burns

My dear Sir:

My son, August, *scalded his right hand* with boiling water. It was fortunate that I possessed your book, and was thus in a position to treat the scalds according to your instructions. The result was astonishing: *within a week every burn was healed and not a single scar* has remained from the treatment. I feel the more thankful to you, because a similar thing happened to me some years ago, and not knowing anything of your system then, I consulted a medical man. Compared with your method, his treatment was like night to day. I am, therefore, happy to publicly award you every acknowledgement. I am,

Yours very truly,

Tengern.

Heinrich B.

No. 112. Affection of the stomach, Weakness of the chest, Pulmonary catarrh

Having been restored to health by Mr. Kuhne's method of treatment, I feel called upon to publicly express my obligation to him.

For 16 years I suffered dreadfully from an *affection of the stomach, the bowels never moved unless through a purgative*, and during the last 4 or 5 years I have been, so to say, *unable to urinate*. I had also a *weak chest* and suffered from *pulmonary catarrh*. I consulted numerous physicians in Freiburg, Bern and Geneva, who were unfortunately unable to help me, not even being in a position to bring me a little relief. After having followed the *special instructions of Mr. Kuhne* for several weeks, I am again perfectly able to attend to my business, and to conduct my hotel, correspondence, book-keeping, etc.

I feel myself again thoroughly well and equal to my work through following the diet and other prescriptions of Mr. Kuhne and this I am pleased to certify wholly unsolicited.

Schwarzseebad, Canton Freiburg, (Switzerland).

E. W. S.

No. 113. Running from the ear, Headache, Polypus in the ear and throat, Discharge from the auditory ossicles

Dear Mr. Kuhne:

My son had been suffering for 7 years from *diseases of the ear and throat*, all medicines proving useless. Last September my child was troubled with *dreadful running from the ear and headaches*; wherefore I consulted a specialist for diseases of the ear, nose and throat. He diagnosed *polypus in the ear and nose* and advised operation, which was accordingly at once performed. After three weeks I had my child examined again, and this time the physician stated that there was a *discharge from the auditory ossicles*, and that a second operation was necessary. I consulted a homeopathic physician, but he confirmed the diagnosis.

Whilst on a journey, however, I happened to hear of *your establishment*, and I therefore travelled to Leipzig with my son. After treating my child for five weeks *according to your special instructions, he was quite cured*. I therefore look upon it as my duty, to send you my heartfelt thanks. Not myself possessing a

copy of your book, "The New Science of Healing," and wishing, however, to have it, I beg you to kindly forward me a copy of the work. It is a veritable household treasure, and should not fail in any family. I remain,

Yours very truly,

Vollmarshain.

Bruno S.

No. 114. Stone in the bladder, Easy parturition, Pulmonary affection

Dear Mr. Kuhne:

It affords me much pleasure to be able to report to you, that I am going on very well and feel again much better. And I can give a like report of other patients who have made the best experiences with your method, when strictly followed. The young son of a miller, for instance, was suffering from *stone in the bladder*, and the treatment of the physicians was of no avail. At length he *followed your prescriptions exactly* and in a short time the stones dissolved and were expelled from the body by passing with the urine.

A woman, 37 years of age, who had already had several difficult births, and never been able to give the children the breast, likewise adopted your treatment. The result was that this time she *bore twins*, and had a *very easy birth, without the attendance of a midwife*. And whereas the woman had *never* been able to suckle any of her former children, she had now abundant milk for both babies.

A youth suffering from *pulmonary disease* is now using your treatment, and his condition is steadily improving, although he has been declared incurable by the doctors. Your method makes great progress here.

Yours very truly,

Germania Costa de Serra, Brazil.

H. S.

No. 115. Disease of the eye, Eruption of the skin of the face, Disease of the throat, Diphtheria, Measles, Scarlet fever

Dear Mr. Kuhne:

It is still quite as difficult for me to-day, as ever, to find sufficient words to thank you for what I owe you. Although I was nearly always rosy cheeked and stout, I was frequently ill. Even as a little child I suffered from a painful *disease of the eye*, which, however, quite disappeared as I grew older. From that time, however, I had a perpetual and troublesome *eruption of the skin*, especially of the *face*. Never a year passed but what I was seriously ill. Every year I suffered from *disease of the throat, diphtheria, measles or scarlet-fever*, often so seriously that my recovery was doubtful. When I now reflect how wretchedly ill I then was and how well I now am, I simply cannot find the words to describe my feelings. The *treatment you recommended me in your letter* was a radical one. My relations told me after I recovered, that my *physiognomy was quite another*. It is superfluous to assure you of my thorough belief in your system. I warmly recommend your method on every occasion. Thanking you again from the bottom of my heart, I remain,

Yours very sincerely,

Oettingen.

Lina M.

No. 116. Tuberculosed knee, Splinters of bone

Dear Mr. Kuhne:

I really do not know in which manner, and with what words, I can best give you a clear picture of my present frame of mind, and thank you for all the good services you have rendered me.

I feel horrified now, when I think how *my tuberculosed knee* was treated by the doctors for 5 years, so that finally *the bone became splintered*, and I had to be operated upon. I am always telling of it. Suffice it here to say, that when, three months after the operation, the physicians declared I was quite cured, I myself felt miserably ill. You had the best proof of this, when I came to you for treatment. The knee, in spite of the bandage 10 yards long, which I had worn for 5 years, was swollen up again and had broken open at the place operated. After the very first day of your treatment, the bandage was no longer necessary. The knee assumed its normal size again and the wound became gradually smaller until it closed.

To-day I am in the happy position of seeing my leg healed, hence my sincere thanks, and my high respect for you. May God reward you for the good services you have performed for me and so many others; and may you, dear Mr. Kuhne, long be spared to your family, to work many years for the good of mankind.

With many kind remembrances, Believe me,

Most sincerely yours,

Czernowitz, Bukowina.

Stefan S., Theological Student.

No. 117. *Spondylitis, Easy pregnancy*

My dear Sir:

The lady who is now my wife was suffering some time ago, as the physician said, from *spondylitis (inflammation of a vertebra)*. For over two years she had always to keep in a reclined position and was treated orthopaedically with *plaster bandages*, etc., but without the disease becoming in any way better. She was finally given up by the physicians, who expected the formation of an abscess or the like. Just at this time her attention was called to your book; she purchased it, and sent it to me for my advice. I read the volume through, and advised the patient to make a serious trial of your system. The result was an astonishing one: the abscess expected by the doctors did *not* make its appearance. On the contrary, the patient's general condition improved considerably, so that she was soon able to rise and—to the astonishment of the physicians—walk without assistance. She was also able before long to discard the spine-jacket she had to wear. Last year the patient, given up by the physicians, became my wife, and I hope in these days will *present me with a healthy child*. Both of us, my wife and I, are convinced that it was your system of curing diseases which saved her life. I beg, therefore, to be allowed to express my heartfelt thanks to you, both in my own name and in that of my wife. With sincere good wishes, I remain,

Yours very faithfully,

Zürich.

M. von S.

No. 118. *Tuberculosis*

Dear Mr. Kuhne:

I came into possession of your book, "The New Science of Healing," two years ago, and am now able to inform you that I have obtained such remarkable results in my illness, *tuberculosis*, that I feel I owe you life-long thanks.

The daughter of an inn-keeper in this neighborhood is a cripple, and the medical men say that an improvement in her condition is impossible. Nevertheless I am convinced that something can be done. Will you be good enough to send me your opinion and advice? I am,

Faithfully yours,

Obersteinach, Bavaria.

Joseph H.

No. 119. *Trachoma*

Dear Mr. Kuhne:

For five years I was suffering from *trachoma* (*Egyptian eye disease*), and there was no medical man who could help me. I was compelled, therefore, to try your method, and obtained extraordinarily good results. Within two months my eyes were quite clear and the disease has not returned.

If possible, I intend going to Leipzig next year in order to visit you and your far-famed establishment.

May I beg you to send me some 30 German and 30 Hungarian *gratis-leaflets* with reports of cures? I wish to *distribute them amongst my friends*. Believe me to be,

Very truly yours,

Budapest, Hungary.

Karl T.

No. 120. *Dropsy, Swollen legs, Headaches, Constipation*

Dear Sir:

I have had your book about the New Science of Healing now for a year. At my recommendation many friends have procured it, and they all find it very good and practical. My wife, 32 years of age, had suffered since childhood from *constipation* and *headaches* and had been compelled to swallow all kinds of medicines and purgatives. Since using your cure, however, all these troubles have vanished, even her *swollen legs* and *dropsy*—as diagnosed by the physicians—have become well. I have myself used your baths with best success against *constipation*.

Please send me copies of your other works, including the volume on the Science of Facial Expression and a cookery book.

It will always be my earnest endeavor in the future, as now, to spread the principles of the New Science of Healing. I remain, Dear Sir,

Yours faithfully,

Bolkenhain, (Silesia).

Karl K.

No. 121. *Hemorrhoidal affection, Sleeplessness, Paroxysms of rage, Constipation*

Dear Sir:

After having dispensed with the services of my physicians who had treated me for three years without accomplishing anything at all, I commenced *following the advice you had sent me per letter*.

I took the baths *strictly according to your instructions*, and also the diet.

My wife and children have been astonished, when I have laughed sometimes recently, for that is something which I have not done for 3 years. My *bowels are now in order*, the *piles* and also *paroxysms of rage*, from which I suffered, are both cured; I can also sleep well, whereas formerly I have always suffered from *insomnia*.

Permit me to tender you my sincere thanks, and believe me, Dear Mr. Kuhne,
Yours most truly,

St. Petersburg, Russia.

H. W.

No. 122. *Liver disease, Constipation*

Dear Sir:

Herewith allow us (Mr. B. and myself) to offer you our best thanks for what you have done for us. We were in Leipzig in July 1893 and had such success with your cure that we always feel happy to reflect upon it.

Mr. B. was suffering severely from the liver and all friends here in Denmark look upon it as a real miracle that it was possible to cure him. I suffered from *constipation* and likewise was quickly cured.

We have many visitors coming and wishing to hear of your system and books. Please send me some of your *propaganda leaflets* in *Danish* and *Swedish*, and I will *distribute* them in Denmark, Norway, and Sweden. It is then easier for me to introduce your books and to convince people.

Yours very truly,

Mordrupgaard, Denmark.

(Mrs.) H. B.

No. 123. Consumption, Cough, Discharge of mucus from mouth, Sputum containing blood

Dear Sir:

Overcome by my feelings, I cannot refrain from expressing my sincerest and warmest thanks for the *treatment you so carefully prescribed for me in my serious illness*.

I was suffering from *consumption* and *cough, discharge of mucus from the mouth*, and of *sputum containing blood*. I had had the disease for 8 years in *severe form*. Neither domestic remedies, nor doctors, nor chemists served any purpose, on the contrary I became worse. The disease was chronic, to an extent no one imagined; my condition was in every way deplorable, and my faith in medical men vanished entirely.

On December 4th, my attention was drawn to your New Science of Healing. *By following your treatment* I obtained relief already on the second or third day; my chronic complaint became better from week to week and now, after three months, is completely cured. I feel fresh and healthy, and only wish that all other sufferers would try your method that it may prove a perpetual source of comfort to sick humanity. It alone is the true means of curing all diseases. I remain,

Yours very truly,

Plotzk, Gouvernement Bessarabia, Russia.

Gottfried M.
(44 years of age).

No. 124. Dropsy, Pleurisy, Pulmonary consumption

Dear Mr. Kuhne:

I am only sending you these lines to express my sincere thanks for the excellent health which your method has restored to me. I have the greatest esteem for you, when I consider what you have done for me. You are a true savior to sufferers.

For two years I had been suffering severely from *pleurisy* and had to keep my bed. *Dropsy* also made its appearance. The doctors tried to alleviate the trouble, but in vain, and I at last came to have a regular horror of professors and medical men generally. *Through your prescriptions alone*, I have been cured. On the very first day of the treatment, even, I felt better, and the *tumors* on the abdomen dissolved.

For my recovered health, I must again offer you my warmest thanks, Dear Mr. Kuhne, and beg to remain,

Yours very sincerely,

Binzikon, Switzerland.

(Miss) Ida S.

No. 125. *Glandular swelling, Toothache, Eye disease, Pharyngeal catarrh, Pulmonary catarrh, Shortness of breath, Asthma, Pollutions*

The writer of these lines, a missionary by profession, counts himself happy for having come to know and study your New Science of Healing. It was the simple fact that your book has been translated into 25 languages which drew my attention to it. I am now studying your Science of Facial Expression and other writings; and everywhere I go, I will spread a knowledge of your method.

I suffered severely from *toothache, swelling of the glands on both the right and left sides, dullness of the eyes, and slimed throat (pharyngeal catarrh)*. Here in Schönaeu I followed your written instructions as closely as possible and the result was most happy. I have nothing whatever against your making use of this fact in your lectures, or where you may wish. I should, without doubt, have died of consumption in a few years; but, as it is, have come upon the right path in time. My *shortness of breath, pulmonary catarrh* and *asthma* have now been completely cured and likewise the *pollutions*.

With greatest respect and best regards, Yours very faithfully,
Schönaeu.

(Rev.) — E.

No. 126. *Easy pregnancy and birth*

Dear Mr. Kuhne:

As you told us, so it has come about. My wife was *safely delivered* of a sturdy boy on April 3rd. She had *followed your system* with the greatest energy before the accouchement, *exactly in accordance with your instructions*.

During pregnancy all went very well. At 9:30 the labor pains commenced, and at 9:45—that is, in a quarter of an hour—the child was born. My family physician, who attended at my request, had gone away again just an hour before the delivery, not expecting it for two days. Contrary to his expectations, the child arrived soon after his departure, so I officiated myself as accoucheur. After the delivery my wife felt quite well immediately; her first thoughts were of you, Mr. Kuhne: "That is all just as Mr. Kuhne predicted," were her first words.

Accept our sincerest thanks for *your most excellent advice*. Your book is, and will ever remain, a holy gospel.

Our family doctor, who called later, said that never in his whole 41 years' practice (he is 65 years of age) had he seen anything like this before. This case was a triumph for your system! With kind regards from both Mrs. S. and myself,

I remain, Truly yours,

Schloss L., Holland.

A. S., Captain of Horse.

No. 127. *Rectal fistula, Intestinal ulcer*

My dear Sir:

I am in receipt of your further letter inquiring as to my condition after following your previous *letter of exact instructions*. With much pleasure I can inform you that the *rectal fistula* and the *intestinal ulcer* have been cured a fortnight ago. At first, I was unfortunately unable to follow your instructions exactly; but afterwards carried out all your excellent advice. During the second week of January, I commenced to take 2 or 3 friction sitz-baths daily, but, on account of the severe cold, at a temperature of from 66° to 68° Fahr., I likewise followed out the diet very precisely, and am now thoroughly well.

Wishing that your excellent volumes may obtain a large circle of readers, I remain, with many thanks, Yours faithfully,

Holte, near Copenhagen, Denmark.

Julia L.

No. 128. *Extreme nervousness, Onanism*

Herewith I beg to thank Mr. Kuhne for the help which he rendered me, through his system of cure, during the severe illness of my 3 year old child. Neither threats, nor punishment could prevent the condition. Friction sitz-baths and strict diet, however, cured my child completely of *nervousness* and *onanism*. With all conviction, I recommend Mr. Kuhne's system everywhere.

Leipzig.

H. S.

No. 129. *Dropsy of the pericardium, Chronic asthma*

Dear Sir:

For more than three years I have suffered from *dropsy of the pericardium* and *severe asthma*. I have been in the treatment of a number of military and civil physicians, even of the famous Professor P. of Cracow, but all in vain. It is through *your advice* and your text-book alone, that I have been cured, now 6 months ago, from my severe and dangerous illness. For this reason I beg to offer you my heartfelt thanks, and remain,

Very sincerely yours,

M. A., Clerk in the District Court Offices.

Rzeszów, Galicia.

No. 130. *Articular rheumatism, Cardiac disease, Uterine cancer, Hemorrhoids, Disturbance of the digestion, Indigestion, Pain in the side and back*

Dear Mr. Kuhne:

As president of the Kuhne Society of this town, having a membership of over 300, and still more as a hearty admirer of your marvellous genius and high talent, I feel myself called upon to report to you how your system has made even the dying healthy, for too often are patients given up as doomed by frivolous and unthinking physicians. One patient *cured by your system*, was suffering in the last stage of *articular rheumatism*, which had already gone to the heart. A woman suffering from *uterine cancer* likewise adopted your system of cure. She had been treated already by *ten medical notabilities without success*. Amongst them was the director of the town hospital here, who commenced operating, but after having laid open the abdomen, feared to complete the operation, the patient being *extremely weak*. The disease had gone so far that all the physicians stated the woman could not live longer than 3 months at the most. In spite of this, she has now lived 6 months, and her incurable disease has vanished. *I have followed your prescriptions* myself for more than a year and have so much improved in health, that I may consider myself cured. My troubles were *hemorrhoids* and *disturbance of the digestion*, which caused very unpleasant *disorders of the stomach, pains in the front, side and back*. You can make any use you deem advisable of the foregoing unsolicited testimony.

With best compliments and thanks, I am, Yours very truly,

Buenos-Aires.

Vincent D.,

President of the "Kuhne Nature Cure Society."

No. 131. *Disease of the eye*

Dear Mr. Kuhne:

I owe you too many thanks to omit to briefly report to you the course of the disease of the eye which troubled my son, aged 12 years. After receiving your esteemed letter in reply to *my note asking for advice*, I strictly followed the

prescriptions you wrote. How can I describe my astonishment? After three weeks of the baths my boy was nearly cured; in a week more he was quite well, and since that date nothing more is to be seen of the disease. The lad is perfectly healthy. What the doctors were unable to accomplish in 3 years, you, Sir, have brought about in 4 weeks by means of your system. Accept my heartiest thanks. I send you these lines wholly upon my own initiative; you may make whatever use of them you may consider to be in your interest.

Yours faithfully,

Remscheid-Hasten.

G. F.

No. 132. *Stricture of the urethra*

Dear Sir:

It is with pleasure that I take up my pen to report to you that your method of treatment which I have followed out *strictly in accordance with the instructions you sent me in your letter*, from August 23rd to October 1st, has brought me good health.

At the commencement of the second week, the inflammation having gone down, the *stricture* disappeared, and today I find no difficulty in urinating with a strong stream, such as I was never able to do before, even when in ordinary health.

Pray accept then, Sir, my sincere and hearty thanks. God bless you and your excellent system; and may the latter find its way everywhere over the whole earth!

In a few days I shall be writing to describe to you the condition of Mrs. H., who has been suffering for 5 years from deafness, and beg that you will then kindly forward me a *letter of instructions*. I hope to be able to call upon you personally at an early date. I remain,

Yours faithfully,

Altsohl, Hungary.

J. H., Manufacturer.

No. 133. *Public acknowledgement of thanks*

On my departure from Leipzig, I feel that I cannot neglect, *wholly unsolicited*, to *publicly* tender my thanks to Mr. Louis Kuhne, of 24 Flossplatz, Leipzig, for the remarkable cure which I have obtained by means of his approved system.

I am 66 years of age, and suffered for a long time from *diabetes mellitus*, about which I consulted numerous physicians, but without any success. Some Barmen friends then drew my attention to *Kuhne's New Science of Healing without Drugs and without Operations*. I accordingly travelled to Leipzig and conscientiously followed out all Mr. Kuhne's special instructions.

After a fortnight's treatment the sugar had diminished from 1.85% to 1.10%; and after another week it had *altogether disappeared*. Other tests, made after 4 and 5 weeks' treatment, likewise showed no traces of sugar. All this was certified to, quite *independently of each other*, by the sworn analysts to the Leipzig Law Courts: Dr. Röhrig, Dr. Elsner, Dr. Bach and Dr. Prager.

With a good conscience, therefore, I can *thoroughly recommend Kuhne's system of treatment* to all sufferers, the more so since I have personal acquaintances both here and in Barmen who have been cured by Mr. Kuhne.

L. B., of Barmen,

Manufacturer.

Leipzig, August 8th, 1898.

The Science of Facial Expression



By LOUIS KUHNE

INTRODUCTION



THE Science of Facial Expression is the diagnosis of the New Science of Healing. It is only those who have thoroughly mastered the principles of the latter, who will be able to fully understand the new method of diagnosis. I would therefore advise everyone intending to make a study of the Science of Facial Expression, to first ask himself whether he is perfectly acquainted with the doctrines of the New Science of Healing and whether he has really grasped the principles on which it is based. I here give the leading axioms of the New Science, a sound comprehension of which is absolutely necessary. For further particulars, I would refer the reader to my hand-book on the subject.

1. *There is only one cause of disease, although the disease may manifest itself in various different forms and in different degrees of severity. The particular part of the body in which the disease chances to make its appearance, and the external form in which it expresses itself, depend upon hereditary influences, age, vocation, abode, food, climate, etc.*

2. *Disease arises through the presence of foreign matter in the body. Such matter is first deposited in the neighborhood of the orifices of the abdomen, whence it is distributed to the most various parts of the body, especially to the neck and head. This morbid matter changes the shape of the body, and from this change the severity of the disease can be observed. Upon this fact the Science of Facial Expression is based. To deny that foreign matter accumulates in this manner, is to dispute the truth of the Science of Facial Expression. But the fact that the state of the body can really be ascertained from changes in the form, is scarcely to be seriously contested; and this, indeed, is the soundest proof of the correctness of my whole theory of disease.*

3. There is no disease without fever and no fever without disease. The entrance of foreign matter into the body and the formation of deposits there, mark the commencement of the struggle between the organism and the morbid matter; and it is through this internal activity or friction, that fever is produced. Everyone knows from experience, how the smallest particle of an external foreign substance entering the body—e. g., a little splinter in the finger—immediately causes discomfort in the whole system. A kind of fever is set up and does not abate until the foreign substance is removed. In a similar manner, the foreign matter in the interior of the body causes fever. At first the fever is often but slight, and runs its course internally (chronic fever); should sudden changes take place in the body, however, or violent fermentation of the foreign matter, caused by change in the weather, mental excitement, etc., the fever may break out with great violence. It is always erroneous to speak of any disease as being unaccompanied by fever.

After this short epitome of the principles of the New Science of Healing, I will proceed to the question, "What is the Science of Facial Expression?"

It is the science of diagnosing from the external appearance, the internal condition of the body. From what has been already said, it will be seen that what we have to do is neither more nor less than—

1. To observe how far the body is encumbered with foreign matter and in which parts the latter is deposited.

2. To draw conclusions as to the symptoms resulting and to those which must result in the future.

It is not, however, the task of the Science of Facial Expression to minutely describe every little external or internal bodily change and to determine the various forms of disease, furnishing each with a special name after the manner of so-called medical science. On the contrary, the object in view is to examine the state of the system as a whole, in order to detect whether the organism is healthy or diseased; and, in the latter event, to determine how far the disease has progressed or has still to progress, and what chance of recovery there is.

And it is precisely in the possibility it presents to us of ascertaining the condition of the entire body, and of deciding whether we have a severe case before us, or whether the patient can be cured with but little trouble, that the high value of the Science of Facial Expression lies.

In order that we may be in a position to clearly judge of its worth, let us first submit the diagnostic methods of other systems of healing to a short criticism.

OTHER METHODS OF DIAGNOSIS

Allopathy, the medical system recognized by the State, and the one still generally dominating, sets a high value on a minute diagnosis. For this purpose, a thorough study is made of anatomy, principally by dissecting dead bodies, i. e., corpses. The allopath must know the name of every particle of the body, be thoroughly acquainted with the precise position of every organ, and also understand how to judge the internal organs from their operation. He therefore percusses, palpates and auscultates the body, and from his observations deduces the state of the organs. In order to assure certainty, a large number of most ingenious instruments have been devised; and indeed one must really marvel at human inventive genius and technical skill, whereby all these delicate pieces of apparatus have been designed and constructed. In addition to the thermometer, the microscope has of late played an important part; for since bacilli have been regarded as the cause of nearly all diseases, scientists are diligently on the look-out for these little organisms.

A detailed medical examination thus consists of a number of separate observations, only incidentally connected. It is conducted somewhat as follows. The physician first puts all manner of questions to the patient; then he looks at his tongue, feels his pulse, percusses and auscultates chest and back, to determine the condition of lungs and heart. Next the region of the liver and stomach is palpated and the genitals examined, those of females if possible also internally by means of a speculum. The temperature of the blood is ascertained by the aid of a thermometer. Blood, saliva, sputum, urine and faeces may be studied under the microscope and, perhaps, even particles of skin and muscles examined in the same manner. This general examination may be followed by a more detailed inspection of individual organs, such as the eye and ear, though this is usually referred to specialists. And what is the doctor's final pronouncement? The patient is told that this or that organ is perfectly healthy, another slightly affected, a third perhaps in a still worse condition. Any opinion as to the state or disposition of the body as a whole, as to the autopathic vitality, is rarely given. Or should, as an exception, such an opinion be expressed, it will be less the result of the examination, than of the general impression produced upon the physician by the outward appearance of the patient, and perhaps also by remarks made by the latter himself. For, the physician, like everyone else, the nurse, etc., who is much occupied with the sick, in the course of years acquires a certain sharpness of subjective perception.

Of what value, then, is this system of special diagnosis? I must decline to admit that it has the value generally attached to it.

In the first place, it is unreliable. It is only necessary to be examined

by a number of physicians, and one will be astonished to hear the different conclusions arrived at. Even the most eminent authorities frequently obtain extremely contradictory diagnoses. If the foreign matter in the system has not accumulated to any very great extent around some particular organ, the physician often comes to the astounding conclusion that the patient is perfectly well, whilst the latter, as a matter of fact, himself feels thoroughly unwell and near breaking down. This is particularly the case with neuropathic patients, who might frequently be brought to desperation through such pronouncements, when themselves knowing very well that they are extremely ill. This uncertainty attaching to medical diagnosis is quite natural, for the orthodox physician has not yet learned the nature of disease.

In the second place, the medical diagnosis affords no basis for rational treatment, not even in cases where it can be made with certainty. It can furnish no ground to go upon, because the allopath starts with the assumption that individual parts of the body are often affected independently of the remainder, and prescribes accordingly.

How useless and often injurious such prescriptions are, is shown by numerous proofs which I possess. I will here give two or three characteristic examples.

I. A Mr. A. was suffering from an extremely swollen tongue. As this was easily examined, the physician had no difficulty in diagnosing. The treatment was confined to the tongue, the doctor regarding this as the sole seat of the disease. The result, however, was extremely unsatisfactory, for the unfortunate patient became always worse and his tongue continued to swell, until he could no longer move it at all. At this juncture Mr. A. was diagnosed by me, according to the principles of the Science of Facial Expression, and the treatment which I prescribed was accompanied by complete success.

II. In a Berlin family, a child had been lying ill for months and the physician, a well known professor, for a long time was unable to decide what the disease really was. Finally, as the result of microscopic examinations, he decided that the disease was due to the presence of a certain kind of bacillus, which is said only to be propagated on stalks of straw. It could, it is true, be convincingly proved that the child had never come in contact with straw at all; but the diagnosis was there, and the doctor considered that his task was to exterminate the bacilli in the child's body. The result was unfortunate, the little patient growing worse and worse and the bacilli increasing simultaneously. At this period, the attention of the family was called to my system of healing. I diagnosed the child likewise and gave my directions without troubling myself about the bacilli.

The physician, who had not been told anything of my treatment, was perfectly astonished when he suddenly discovered through the microscope that the bacilli had strikingly decreased in number. He thereupon remarked that now and again nature removed such bacilli itself.

III. A Mr. M. a strong, vigorous man, had for nearly ten years been incapable of work, and was haunted by thoughts of suicide to such a degree that he had to be kept under constant observation. He had been examined by a number of physicians, who, strange to say, all agreed that the patient was perfectly well, but without any change in his condition taking place. He now consulted me. By means of the Science of Facial Expression, I soon ascertained that he was severely encumbered with foreign matter. The cure which I ordered proved most successful, for in a few months Mr. M. was a changed man, cheerful and full of spirits, to whom a revolver could be intrusted without any misgiving.

The orthodox method of diagnosis is, therefore, of no value at all, so far as treatment is concerned, based as it is upon wholly false assumptions and supporting the delusion that individual organs can in some way become diseased independently of the rest of the system. It is this error particularly which has led to specialism, that has, indeed, so much increased of late as to call forth the protest even of many physicians. It may now happen that a patient suffering, for instance, from a disease of the eyes, ears and nose at the same time, must be treated by three specialists simultaneously. Should he contract some internal disease, he is perhaps compelled to call in a fourth physician. The remarkable thing is, that physicians themselves admit that they have not yet discovered the nature of disease. And we have seen the quarrel that has been raging in their ranks recently, regarding the cause of many morbid symptoms, such as cholera, etc. Yet, anyone coming forward with an explanation, or proposing a new method of cure, is at once put under the ban.

If the allopath does meet with success in any instance, it is because, in spite of his diagnosis, he has also prescribed a general treatment of the whole system. In the majority of cases the success is only apparent, being obtained merely through the suppression of some particular symptoms. Thus, for example, the mercury cure never really cures, but on the contrary always causes a far worse condition; nevertheless by its means certain symptoms in sexual diseases can be repressed. Woe to the patient "cured" by mercury treatment! And almost as bad in their effects are morphia, iodine, bromine, quinine, antipyrine and arsenic. The subject is further dealt with in my hand-book—*The New Science of Healing*.

In the third place, the diagnosis only recognizes the disease when well

advanced. It cannot perceive the commencement of the disease; nor is it able with certainty to foresee the future course of development. And yet it is of extreme importance to be in a position to recognize the disease in its first stages, and to be able to say at once what course it will follow. For there is necessarily always a far greater chance of cure, if the diseased condition is discovered in time.

Homoeopathy has sprung from allopathy, and most of its practitioners hold to the orthodox system of diagnosis. In fact, they specialize even more than the allopaths. There is also, it is true, a popular direction in Homeopathy, diseases being judged more from the external symptoms. In many respects, indeed, there is an approach to the diagnostic method of the New Science of Healing. Nevertheless, homeopathy possesses no clear, definite system, and often the treatment depends merely upon what the patient or his family members can say of the illness.

As regards the actual treatment of the patient, homeopathy signifies a progress, for the small doses do not paralyze the body as do larger ones, but rather have an animating effect. Unfortunately there are also homeopathic physicians who administer pretty strong doses of poisonous drugs.

Magnetopathy knows no diagnosis. Its treatment is a uniform one, so that properly speaking its practitioners must teach the unity of disease. The magnetopath in treating a patient also endeavors to find out the seat of the disease, i. e., that part of the body which is particularly affected. But since many persons are insusceptible to magnetic influence, and others only slightly so, the diagnosis is as uncertain as the treatment, notwithstanding that in many cases excellent results may be obtained. This is to be explained from the whole nature of magnetic influence, which is only to be experienced where there is a difference between practitioner and patient. The manner in which the air in a room and outside adjusts itself when there is a difference of temperature, presents us with a tolerably accurate picture of the action of magnetism.

When finally we come to the Nature Cure System as usually employed, we find that it has no particular method of diagnosis. No doubt the hygienic practitioner gradually acquires a certain quickness of perception enabling him in general to judge the condition of a patient, but it is only a vague, subjective feeling without any clear basis. Generally the practitioner is well content if the patient has already been diagnosed by an orthodox physician, so that he can be informed by the patient himself what he is supposed to be suffering from. If the hygienic practitioner is himself a regularly qualified physician, he examines the patient according to the allopathic method. Other adherents of the Nature

Cure maintain that no diagnosis is necessary, since they treat the body as a whole and not particular organs, unless, indeed, Nature absolutely demands it. They are here correct, because they make use of a method of diagnosis which takes the whole body into consideration, and whereby the state of health of the complete system can be ascertained and information gathered as to the cause of the disease. Every hygienic practitioner must have frequently observed how in some cases his prescriptions have met with immediate and positive success, whilst in another case they meet with little or none. He would, however, no longer marvel at this, did he understand how by means of the Science of Facial Expression to judge of the condition of the entire body.

We now come to consider the Science of Facial Expression itself.

THE SCIENCE OF FACIAL EXPRESSION

IT is a mistake to attempt to gather the nature of a thing merely from the name. The appellation "Science of Facial Expression" only designates one feature of the new method of diagnosis. This is usually the case when one attempts to find a concise expression or title to characterize something, and had I chosen some Latin or Greek word, nobody would ever have remarked it. The Science of Facial Expression concerns itself with the whole organism. But as the face is the part most readily examined, and since here not only all mental, but also internal physical processes are, as it were, reflected, it is the facial expression that must before all be observed. Hence the name given to the new method of diagnosis.

As already remarked, there is no such thing as disease affecting solely one particular part of the body. In every case of illness, the entire system suffers. The whole body changes in form and color, but this alteration is only sufficiently pronounced for clear observation at certain places. The deportment also becomes another, but this change is not noticed until the alteration is very marked. A body which is encumbered also performs its functions in a different manner from a healthy body, and hence the state of health can likewise be determined from the bodily activity. The Science of Facial Expression takes all these facts into account: the form of the body, the carriage, the color, the movements, all these are carefully noted. In order, however, that we may be able to clearly recognize deviations, we must first study the healthy man.

The Healthy Man

It is no easy matter to depict a healthy human being, for perfect health is rarely to be found to-day. Amongst wild animals, health is the rule and disease the exception, and it is therefore easy to discover the normal form; with civilized man, however, it is just the reverse. It was only by degrees that I succeeded in drawing a picture of a normal human body. I first of all inferred from the bodily functions what the state of real health must be. For a healthy body must perform all its functions—and properly perform them—without trouble, without pain and without artificial stimulants. First, come those functions which are necessary for maintaining life, such as the absorption of food and the

expulsion of refuse material. The healthy man experiences a feeling of real hunger, which is fully satisfied by the consumption of natural foods. The feeling of satisfaction occurs before there is any uncomfortable sensation of fulness, and the process of digestion goes on so quietly that one is not conscious of it. All discomfort after eating, the desire for highly seasoned foods and strong beverages is unnatural and indicates disease. To quench the thirst, the only desire should be for water.

The *urine*, the secretion of the kidneys, should cause no pain on leaving the body, nor be of unduly high temperature; it should possess an amber color, and never be colorless, bloody, black, cloudy nor flocculent. Neither should there be any gritty or sandy deposit. The odor should neither be sweetish nor sour.

The *faeces* of a healthy person are of cylindrical form, firm, but not hard. They leave the body without soiling it. As a rule they should be brown in color, not green, gray nor white. They should never be watery, nor bloody, nor contain worms. Thin evacuations are always a sign of disease, just as are hard, spherical blackish dejections.

The *skin* in health should not emit an unpleasant smelling exhalation, as, for instance, does the skin of carnivorous animals, and particularly that of carrion feeders. The skin should be moist, but not wet; it should have a warm feeling and a beautiful, smooth, elastic surface. The hairy parts should be well covered with beautiful, full hair; baldness is an indication of a diseased body.

The *lungs* in a healthy organism perform their functions without any difficulty. The air should be inhaled through the nose, which is their natural guardian. The custom of keeping the mouth open, whether during the day or in sleep, is a proof of disease.

In any exertion, the healthy body always gives due warning, by a feeling of fatigue, of approaching excess. This sense of weariness is by no means a painful one; it is even pleasant, causing us to rest and finally sleep. The *sleep* of a person in health is soft, quiet and uninterrupted. On waking, such a person is cheerful, bright and contented; neither languid nor irritable.

Should a healthy person experience deep mental suffering, he will recuperate quickly. Not in vain has Nature given us tears, the true alleviator of mental anguish.

All these indications can readily be observed with the senses, most of them being obvious to the eye, without the use of any artificial apparatus.

The observations have all been made on *living* persons and can be confirmed at any time. To make a corpse the subject of observation is of no real purpose.

Anyone proving to the possession of perfect health by fulfilment of the above conditions, must necessarily exhibit a correct bodily form: his body must be free from all foreign matter.

So far, I have not succeeded in finding a single person in perfect health. Tolerably healthy persons, however, I have frequently met, and it is on these I have studied the normal bodily form.

It is characteristic how the form of a healthy person is also that which nearest approaches to our esthetic ideal. The Old Greek sculptors have furnished us with truly beautiful forms, and it is these our modern artists take as their model, and not the well fed, obese men and women, who to-day usually pass as being of normal form.

There are certain definite features characterizing the normal figure, as will be seen from Figs. 1, 3, 4, 6 and 14, which we will now proceed to describe.

The Normal Figure

I. *Form.* The normal form is one of fine proportion throughout. If we compare Figs. 1 and 2, we see at a glance that the former exhibits a beautiful figure, whilst the latter displays an ugly, mis-shaped body. In Fig. 2, the body is distended, and the legs too short in proportion to the trunk. The latter being abnormally long, the neck has almost disappeared.

In the normal figure, the head is of moderate size; the neck is round and neither too short, nor yet too long. No prominences are to be noticed on it, and in circumference it is about equal to that of the calf of the leg. The chest is arched, the abdomen is not prominent, nor is the trunk prolonged downwardly. The legs are strongly built and bowed neither inwardly nor outwardly.

The following characteristics of a normally healthy person have also to be remarked. The forehead must be free from wrinkles, smooth, and display no adipose cushion. The eyes must be clear and free from veins. The nose is in the centre of the face, is straight in form and neither too full, nor yet too thin. The mouth is always closed, both during the day and when asleep; the lips are a beautifully formed covering, and must not be too thick. The face itself is oval, not angular, and there is a clear line of demarcation exactly below the ear. It is this sharp division that gives symmetry and grace to the human visage. Most people remark instinctively the beauty of such a face, but are unable to clearly explain wherein the handsomeness consists.

The chin must be rounded, by no means angular. The back of the head should be divided from the neck by a clear line.

II. *Color.* The color of the face should be neither pale nor yellow, nor yet unduly red. Above all, it should not present a shiny appearance.

The natural complexion of a European is a pale pink. The face should be fresh and animated, until old age.

III. *Mobility.* In judging the condition of the body, the mobility is also of importance. If any natural movement is arrested, it is a sign that the body is not normal and that foreign matter has accumulated in it, exerting an inhibitory action. The movements of the head especially, are of particular significance in diagnosing according to the Science of Facial Expression. There should always be the capability of turning the head freely left and right. There must be no tension at the nape of the neck when it is lowered.

It is, therefore, according to the form, color and mobility that we judge the physical condition.

Encumbrance of the Body

If the form or color of the body is no longer normal, or if the mobility is arrested, it is a proof that the body is encumbered with foreign matter. This encumbrance must be caused by matter, for it is only such that alters the bodily shape. The question now arises: how does this matter—which does not belong to the body, and must therefore be designated as foreign matter—enter into the human system? It can only find entrance into the body in the same way that any other matter whatsoever is admitted.

Matter enters the body through the stomach, the lungs and the skin. Through the lungs and skin, we inspire air, through the mouth the body takes in solid and liquid nutriment and conducts it to the stomach. So long as we follow nature, foreign matter cannot obtain access to the body; or, if it accidentally does, it will soon be again expelled, for nature has provided precautionary means for removal of any injurious substances.

Intestines, kidneys, skin and lungs in a healthy body are continually at work, removing from the system everything that is of no service, or no longer of service to it. If, however, too much foreign matter is introduced into the body, the system is unable to deal with it, and part of the matter remains in the body.

Most persons are encumbered with foreign matter even in the pre-natal state, often to such an extent that they are sickly from birth. A large percentage of such children die in youth.

The *first* food of man is of great importance. If this is natural, the body also will develop in a natural manner. The only natural food is the mother's milk. Unfortunately, however, many infants cannot obtain this, for often the body of the mother is so encumbered, that no milk is produced. A substitute has then to be found, though this can never completely replace the milk of the mother. The best substitute

during the first months is the unboiled milk of healthy goats or cows. Of the harmful influence of boiled milk, and particularly of milk sterilized in Soxhlet's apparatus, striking proof is afforded by Figs. 48-50, which are copied from the original photographs.

Unnatural food can never be thoroughly digested, and if consumed daily, the state of affairs mentioned above occurs, the system being incapable of properly excreting the effete matter. At the same time, the body suffers from a deficiency of real nutritive material.

The foreign matter accumulates at first at the exits of the body, and may be expelled for a certain length of time by means of small crises, such as diarrhea, profuse perspiration and copious discharges of urine. In this manner, indeed, even large deposits of morbid matter are sometimes excreted. Nevertheless there is generally some residue left, or new matter is deposited. Intense heat arises at the parts where the deposits are, this being the direct cause of the diarrhea and also the reason of a certain transformation of the foreign matter. *Fermentation* ensues, and gases are generated. These latter are carried through the body and are partly excreted by the skin, but partly also deposited in solid form. It is these deposits that form the encumbrance of the body. The encumbrance may be of various kinds, depending upon the direction which the deposits have taken.

If stomach and bowels are once weakened and permeated with foreign matter, then even natural, wholesome food can no longer be properly digested. All such insufficiently assimilated material, however, likewise becomes foreign matter. If once morbid matter commences to accumulate in this manner, the process proceeds rapidly, and disturbances of the system, as above mentioned, usually occur repeatedly. This is the explanation of the numerous diseases of children, the sole purpose of which is to expel foreign matter from the body.

Foreign matter also frequently obtains access to the body through lungs and skin, and though such is usually directly thrown out again, it may in certain cases accumulate, forming encumbrances. In the event of the digestion being good, the system has sufficient energy to expel any foreign matter taken up by the lungs; with a weak digestion, however, this is impossible. By living in impure air, we introduce foreign matter into the body, quite as much as we do by consuming unnatural foods.

Sometimes the body itself forms artificial outlets for the effete matter, such as open sores, hemorrhoids, fistulæ, sweating feet, etc. In such cases the rest of the body may appear to be healthy, since the encumbrance does not inconvenience. These outlets, however, only form when the body is already considerably encumbered; for they are, so to say, self-operations performed by the system itself, and this only happens when there is an active exciting cause.

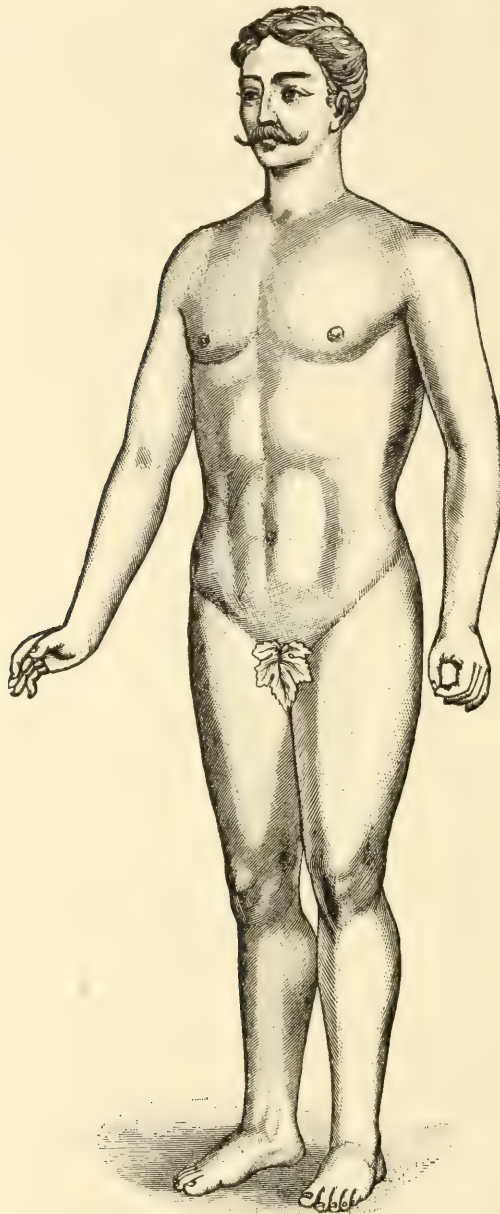


Fig. 1.—Normal Figure.

Beautiful proportion throughout the whole body, perfect symmetry, everywhere an esthetic roundness of the parts.—Head: normal size.—Forehead: smooth, no adipose cushion.—Eyes: large and free.—Nose: well-formed.—Mouth: closed.—Face: oval, clear line of demarcation below the ear.—Neck: round, normal length.—Chest: well developed.—Legs: straight, muscular, clear line of demarcation at thighs.



Fig. 2.—Whole Body Encumbered.

Figure: awkward, clumsy, bloated.—*Head:* too thick.—*Forehead:* depressed, with adipose cushion, bald on top.—*Eyes:* half closed.—*Nose:* swollen.—*Mouth:* partly open.—*Face:* no clear line of demarcation.—*Neck:* too short and too thick; no clear line of demarcation at nape of the neck.—*Abdomen:* over-nourished.—*Legs:* too short and too thick.

If the outlets are suddenly stopped up, the matter which would flow out is deposited in some part of the body. Here a striking change soon takes place, the part becoming inflamed, swollen or perhaps ulcerated.

I may here recite some cases which have come to my notice.



Fig. 3.—Normal Form.

The patient in one case, a man, had been suffering for nearly 10 years from internal hemorrhoids. These caused him great inconvenience, and finally, owing to the bleeding increasing, he determined to try a cure. At first he employed the usual remedies as prescribed by his family doctor, but without success. On the advice of a well known consulting physi-

cian, he then tried dermatol, by means of which the hemorrhoids soon disappeared, so that the patient considered himself cured. In a few days, however, he remarked a strange swelling at the throat, which he could not help thinking was in some way connected with the sudden disappearance of the hemorrhoids. The swelling increased to such an extent, that after some months there was danger of suffocation, and the patient's condition was critical. The process which had gone on was a



Fig. 4.—Normal Form.

quite natural one. The foreign matter no longer finding an exit through the intestines after the disappearance of the hemorrhoids, had now selected the neck as a place of deposit. Had the matter ascended at the back up to the brain, aberration of the mind would certainly have resulted.

The patient, following the recommendation of some friends, now tried a friction-bath, the danger of suffocation making him ready to accept any advice offered. The very first bath afforded him much relief. This

was doubtless because the foreign matter having only just accumulated had not yet hardened; otherwise the progress would have been slower.

A second case was that of a woman, aged about 30, who had been suffering for a considerable time from diarrhea. This indicated the self-attempt of the body, heavily encumbered, to expel the foreign matter. The physician consulted, cured the diarrhea by means of medicines, and next obstinate constipation followed. The foreign matter now ascended, and within three weeks formed a large swelling on the neck, similar to that shown in Fig. 12. It at once became apparent to the patient, that it was the medical prescriptions which had caused this tumor and her eyes were opened to the real value of drugs.

Had the swelling on the neck formed more slowly, instead of immediately after the suppression of the diarrhea, the patient would undoubtedly have been convinced of the beneficial effect of the medicines employed. Unfortunately most people have no idea of the harm which medicinal poisons may, and often actually do, cause.

Suppression of sweating of the feet, also frequently results in swelling of the neck, sometimes also in encumbrance of the head, with accompanying intense nervosity, and even mental derangement. Not seldom the foreign matter goes to the lungs and heart or to other internal organs. In fact, it may be asserted that the majority of diseases of the internal organs, especially pulmonary consumption, are brought about by the suppression of external symptoms in the manner described.

To such symptoms must be counted coughing, large quantities of foreign matter being expelled in the mucus expectorated. If by means of pectorals, and by undue warmth and the exclusion of fresh air, the cough is suppressed, there will simply be a change for the worse in the bodily condition, especially in that of the lungs.

Foreign matter may also enter directly into the blood, and then do even more harm than when it finds access to the body in the ordinary manner. A striking example is, for instance, the bite of a snake. The venom, entering directly into the blood, acts extremely rapidly, causing a kind of fermentation of the blood and high fever. If, however, the same quantity of the snake-poison is introduced into the stomach, there will be no great injury done, as in the stomach it is rendered innocuous, and is partly expelled through the intestines. The same is the case with the bites of rabid dogs.

Not all foreign matter, thus directly introduced into the blood, acts either so rapidly or with such fatal effect; it is, however, always injurious. If, through accidents, foreign matter enters the blood by way of wounds, it is a lamentable occurrence which we must do our best to combat. To purposely introduce such matter into the blood, however, is nothing less than criminal. *The practice of vaccination and inocula-*

tion is a fatal error, such as history has seldom to chronicle. It is a sorry memorial that the century of enlightenment has thus raised to itself. If mankind is not to become totally diseased, and ever grow weaker, it is high time that vaccination was discontinued. A body in some measure healthy, will, it is true, be able to partly eject the poison again, usually at the place of injection; the part will swell and a suppurative focus forms, yet a certain amount of the poison generally remains in the body. If, however, there is but little vitality in the system, the latter will scarcely be capable of expelling the poisonous matter, which will therefore for the most part remain in the interior of the body. It is just such persons who are then vaccinated a second or third time, the first operation being regarded as "unsuccessful." In reality, the "success" is here only too great, but unfortunately the reverse of beneficial, since to the foreign matter already in the system a new supply has now been added.

What Changes are Caused by the Presence of Foreign Matter in the Body?

As already mentioned, the foreign matter seeks out suitable places to deposit itself. Such deposition of matter starts in the abdomen, in the neighborhood of the exits. As soon, however, as the process has even commenced, the morbid matter begins to make its way to more distant parts, such as the head and limbs. In the absence of any special circumstance, this distributive process goes on very slowly. The matter usually shows a tendency to travel to the extremity of the body and in doing so must make its way through the narrow passage formed by the neck, where the deposits are most easily to be seen. They appear first as an enlargement of the part, then taking the form as swellings or lumps. Later on, they wholly conceal the underlying organs, and there is desiccation and shrivelling of the parts. An unskilled observer can here be easily deceived and think that there is no encumbrance. Examination, however, will always show hard streaks causing the neck especially to appear irregular. In particular, the movement of the head in such a case will be abnormal. The color will also be unnatural, being usually gray or brown or unduly red.

Frequently, even the general form is sufficient to enable us to judge with tolerable exactitude as to the nature of the encumbrance. In other cases, however, every point must be carefully observed before the disease can be clearly pictured.

The swellings form in the neck and head, in the same manner as in the abdomen, and increase in both parts uniformly. Sometimes, however, the abdominal deposits decrease, whilst those at the neck increase; the water treatment, on the other hand, causes the cervical deposits to decrease, those at the abdomen increasing correspondingly.

The path which the foreign matter follows in passing from the abdomen to the head is by no means always the same. It is probably dependent upon the vitality of the various organs which have to be passed, and also partly upon the position in which the person usually lies when sleeping. Thus the foreign matter may predominate in front of the body, or at one side, or at the back. We accordingly have three kinds of encumbrances:

1. *Front Encumbrance,*
2. *Side Encumbrance* and
3. *Back Encumbrance.*

The side encumbrance can, of course, be either at the right or left side.

Generally speaking, we do not find one kind of encumbrance alone, there being usually a complication of such. For instance, there may be front and side, or side and back, or sometimes general encumbrance of the whole body.

In order, however, that the different kinds may be clearly understood, we will first consider each separately.

A. Front Encumbrance

(Fig. 5, 7, et seq., 36 and 37)

A front encumbrance is one which either wholly or chiefly concerns the front of the body. Fig. 5, etc., illustrate this kind of encumbrance. In order that a clear idea may be gained, I have shown the normal form in Fig. 6, and the reader is recommended to carefully study the various characteristic differences by close comparison.

In cases of front encumbrance the neck is usually somewhat enlarged in front (Fig. 7), and the face too large and full. Often the mouth alone protrudes, all the foreign matter having accumulated here. A very characteristic feature is the line of demarcation defining the face. Where there is front encumbrance, this line usually runs *further back than normally* (Figs. 7 and 8). If the front encumbrance is very pronounced, the face appears bloated and an adipose cushion forms on the forehead. We also find this cushion in cases of back encumbrance, however, so that it is no distinctive sign; it merely signifies that the encumbrance has penetrated as far as the brain.

In many cases, lumps form on the neck (Figs. 13 and 38). This shows that the encumbrance is already serious, and if the foreign matter dries up, with atrophy of the muscles, it may even happen that the line of demarcation at the jaw again appears normal. The lumps on the neck and the unnatural color suffice to tell us, however, that there is a large deposit of foreign matter.

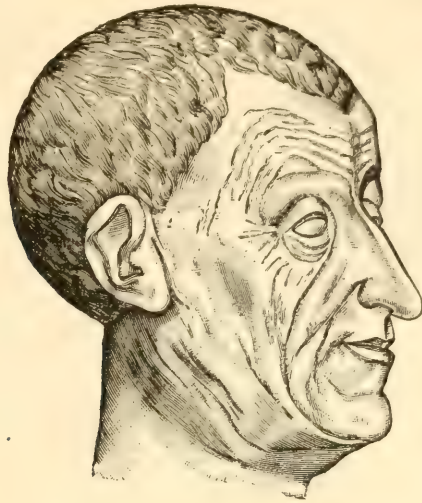


Fig. 5.—Front Encumbrance.

Head: size normal.—*Forehead:* wrinkled.—*Eyes:* normal.—*Nose:* normal.—*Cheeks:* in folds.—*Mouth:* normal.—*Face:* for the person's age normal; line of demarcation too far back.—*Neck:* enlarged in front, line of demarcation at nape normal.



Fig. 6.—Normal Form.



Fig. 7.—Front Encumbrance.

Head: size normal.—*Forehead:* bald on top, no adipose cushion.—*Eyes:* dull.—*Nose:* well shaped.—*Mouth:* lower lip swollen.—*Chin:* enlarged.—*Face:* line of demarcation far behind the ear; lower half of face too full.—*Neck:* much enlarged in front; line of demarcation at nape normal.

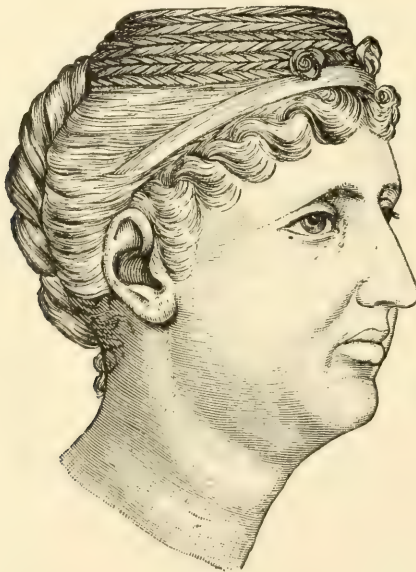


Fig. 8.—Front and Side Encumbrance.

Head: size normal.—*Forehead:* smooth, no adipose cushion.—*Eyes:* normal.—*Nose:* normal.—*Lips:* too thick.—*Face:* no line of demarcation; fuller and longer on right side than on left.—*Neck:* much enlarged in front; somewhat so at side; line of demarcation at nape normal.

Where front encumbrance exists, the complexion is either pale or unduly red, and the parts most encumbered show great tension and present a shiny appearance.

The mobility of the head is a point of great significance. In front encumbrance, the head cannot be freely thrown back; on this being attempted, great tension will be visible at the neck (Fig. 38). In such cases, larger or smaller lumps, not usually to be observed, can now be discerned.

Thus the whole face uniformly, or some parts in particular, may be affected by the deposits. Sometimes the encumbrance is only on one side, so that half the face is fuller or longer than the other (Fig. 8).

The *results* of the encumbrance depend wholly upon its nature.

Since in front encumbrance every portion of the front of the body, right down to the legs, is affected, very different parts must suffer. Nearly every acute disease may occur: *e. g.*, measles, scarlet fever, diphtheria, inflammation of the lungs. The front parts of the body will here always be the most affected, as, for instance, is clearly shown by the eruption accompanying diseases of children.

Many so-called chronic diseases also result from front encumbrance, especially diseases of the throat and neck, less so those of the face. Facial redness and eruption, the lay-practitioner and medical man alike include amongst such. In the earlier stage, usually only the chin is affected. The teeth decay, in front encumbrance generally the lower ones first. The persons shown in Figs. 5 and 7 evidently lost the lower teeth very prematurely. Diseases of the nerves and eyes also sometimes result; and when the encumbrance reaches the crown of the head, the latter becomes bald, the hair of front part especially falling out.

Where there is solely front encumbrance, mental disorders are impossible.

In spite of front encumbrance, the vital organs frequently remain long sound, the foreign matter accumulating chiefly in the cheeks and forehead. There will then be discomfort caused in those parts, especially headaches and eruptions, sometimes also erysipelas of the face. The patient will be especially sensitive to changes of temperature.

As has been already remarked, the deposit of matter may progress very slowly, so that persons may suffer for many years from some disease such as mentioned, without any great trouble being experienced, until suddenly parts become affected which until now have been but little encumbered.

There is but one cure for all this, and that is, to remove the cause; for it is only on expulsion of the foreign matter that the symptoms of disease disappear. This point will be further treated later.



Fig. 9.—Front Encumbrance.

Head: too large, especially the upper part (indicating precocity).—*Forehead:* adipose cushion.—*Eyes:* somewhat compressed.—*Nose:* normal.—*Mouth:* normal.—*Face:* line of demarcation too far behind ear.—*Neck:* normal (but there is tension on head being thrown back); line of demarcation at nape normal.



Fig. 10.—Front and Side Encumbrance.

Head: upper part somewhat too large.—*Forehead:* adipose cushion at top.—*Eyes:* normal.—*Nose:* normal.—*Mouth:* normal.—*Face:* line of demarcation obstructed by lumps.—*Neck:* uneven.—*Back of head:* free.

I would only remark here that *front encumbrance* is comparatively easy to cure, and that the diseases resulting from it are not in general dangerous. The diseases of children and other febrile diseases caused by front encumbrance always belong to the so-called benign cases.

By means of hydropathic treatment, front encumbrance can often be cured in a few weeks; causing many to ask in astonishment why one

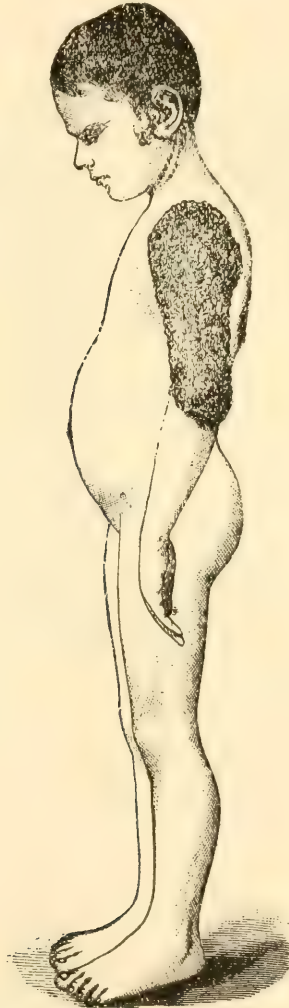


Fig. 11.—Front Encumbrance.

Figure: proportions normal.—**Head:** irregular, especially on crown.—**Forehead:** adipose cushion.—**Eyes:** closed (blind).—**Nose:** normal.—**Mouth:** normal.—**Face:** line of demarcation too far behind ear.—**Neck:** rigid.—**Abdomen:** much too large.—**Eruption on body** caused by vaccination.

patient will recover so rapidly through following my system of cure, whilst another gets better but slowly.

Thus in a space of only a few weeks, I was able to almost entirely cure a patient suffering for 18 years from barber's itch (sycosis), resulting from front encumbrance.

Naturally, organs which have been totally destroyed, cannot be again restored. Lost teeth, for instance, are not to be replaced. But even after years of baldness the hair has often been known to grow again.



Fig. 12.—Front and Side Encumbrance.

Head: almost normal.—*Forehead:* normal.—*Eyes:* normal.—*Nose:* normal.—*Mouth:* normal.—*Face:* line of demarcation normal.—*Neck:* much enlarged, swollen, rigid.—The encumbrance has only advanced as far as the neck, causing goitre; the head has remained almost entirely free.

B. Side Encumbrance

(Figs. 8, 15, et seq.)

Side encumbrance shows a distinct enlargement of the neck on the side affected. Often all the parts on this side are broader, so that the whole body appears unsymmetrical. This is clearly seen in Fig. 17, where the entire left side is broader than the right. In Fig. 16, we observe how the whole of the right side of the face is longer and broader



Fig. 13.—Front and Side Encumbrance.

Head: a little too large.—*Forehead:* somewhat cushioned.—*Eyes:* compressed.—*Nose:* normal.—*Mouth:* somewhat open.—*Face:* line of demarcation normal.—*Neck:* enlarged; goitre.—Encumbrance in general as in the mother, though some of the foreign matter has already penetrated into the head.



Fig. 14.—Normal Form.

than the left. This is also very noticeable in the legs, wherefore the head is not in the centre-line of the body. On the side affected, there is no sharp line dividing leg and trunk at the thigh, where much matter has been deposited. The head itself is seen to be growing gradually one-sided and on the neck and head, lumps may form. Side encumbrance is clearly to be observed when the head is turned, there being always tension at the part of the neck affected. Usually regular cords are to be remarked, frequently clearly indicating the direction the foreign matter has taken and in which it will continue.

The consequences of side encumbrance are in general more serious than those of front encumbrance, and are more difficult to cure. Toothache gradually makes itself felt at the affected side, the teeth having decayed. When there is a complication of side and front encumbrance, deafness often results. In such cases, a swelling, running up to the ear, is often to be noticed. The eyes, also, readily become affected and gray or black cataract may make its appearance, naturally always on the encumbered side first.

Should the one half of the head become entirely encumbered, the result will be megrim, *i. e.*, headache affecting one side only. Such headaches may be experienced for years without any apparent change for the worse, until at length the encumbrance at the part has become so large, that the matter is forced to travel to another place.

Thus, a lady acquaintance had for 15 years suffered from megrim, without, of course, being able to obtain any relief from the orthodox medical practitioners. Her family physician merely consoled her with the assurance that it would pass over in the course of time. And, as a matter of fact, the megrim did disappear after 15 years; blindness, however, making its appearance almost simultaneously. No one ever imagined that there was any common relation between the megrim and loss of sight. There was merely the regret that a new misfortune had occurred, after the old trouble had been got over. But the case was very simple: the foreign matter had now travelled up to the eye. The remarkably strong constitution had been able to prevent this happening for all the previous years.

Left-sided encumbrance usually suppresses the activity of the skin, wherefore it is more serious than that of the right side, which, as a rule, is attended by profuse perspiration whereby the progress of the encumbrance is stopped. Sweating of the feet is common, for instance, where there is right-sided encumbrance.

In the latter kind of encumbrance, the internal fever is therefore generally less pronounced than where the left side is affected. If, however, for any reason there is a cessation of the sweating in cases of encumbrance of the right side, the condition at once becomes earnest.

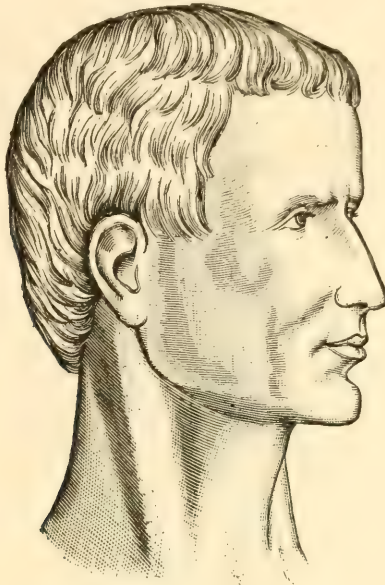


Fig. 15.—Side Encumbrance.

Head: size normal.—*Forehead:* normal.—*Eyes:* normal.—*Nose:* normal.—*Face:* line of demarcation normal.—*Neck:* thick cords on either side; stiff.



Fig. 16.—Side Encumbrance (Right Side).

Head: size normal, bent towards the left.—*Forehead:* normal.—*Eyes:* normal.—*Nose:* normal.—*Mouth:* normal.—*Face:* right side too long; no clear line of demarcation on right side.—*Neck:* much enlarged on right side; rigid.

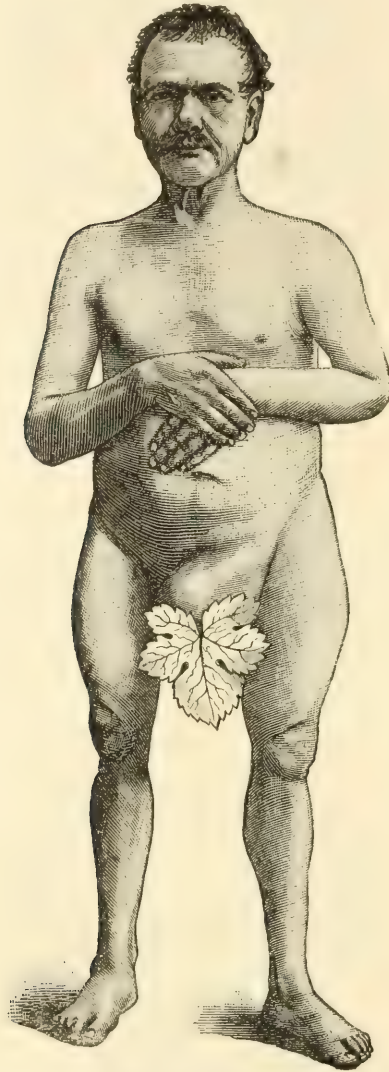


Fig. 17.—Side Encumbrance (Left Side).

Figure: one-sided, left side broader than right.—*Head:* size normal, not situated in centre-line of body.—*Forehead:* normal.—*Eyes:* normal.—*Nose:* normal.—*Mouth:* normal.—*Face:* line of demarcation normal.—*Neck:* much enlarged on the left.—*Shoulders:* left one broader than right.—*Body:* broader left than right; no line of demarcation at left thigh.—*Abdomen:* pronounced seat of deposit on left.—*Legs:* left one thicker than right.



Fig. 18.—Pronounced Side and Front Encumbrance.

Head: somewhat too large.—*Forehead:* cushioned.—*Eyes:* compressed.—*Nose:* normal.—*Mouth:* distorted.—*Face:* no clear line of demarcation.—*Chin:* enlarged.—*Neck:* almost disappeared; thick cord with wart on right.



Fig. 19.—Front and Side Encumbrance.

Head: too large.—*Forehead:* cushioned.—*Eyes:* compressed.—*Nose:* somewhat too large.—*Mouth:* open.—*Face:* line of demarcation normal.—*Neck:* as thick as head, lumpy deposits.

C. *Back Encumbrance*

(Fig. 20, et seq.)

Of the three kinds of encumbrance, that of the back is the most serious. It passes up the back, causing various changes in shape. Sometimes the matter may not ascend to the head, but will remain in the back, the result being an enlargement. Such swellings may commence in any size and pass through various stages from round shoulders to



Fig. 20.—Back Encumbrance.

Head: somewhat too large.—*Forehead:* cushioned.—*Eyes:* dull, compressed.—*Nose:* too thick in front.—*Mouth:* somewhat open (not to be seen).—*Face:* no line of demarcation.—*Neck:* nape quite filled up; no line of demarcation here.

Head cannot be turned either to the right or left.—*Back:* shoulders round.

pronounced hump-back. But in any case it is always to be regarded as fortunate if the matter does not ascend to the head, since it is here that the most dangerous changes occur. If, however, the matter does finally reach the head, the nape of the neck will become enlarged, and the line of demarcation between the neck and the back of the head will be obliterated. Gradually, the space here will be quite filled with deposited matter. (Figs. 20, 24 and 25.) The head will grow broader towards the crown, and on the forehead an adipose cushion may make its appearance.

The face may also become affected, but in such case the matter will descend from the crown of the head.

Back encumbrance is nearly always accompanied by piles, and since the hips are generally also affected, there is frequently a staggering gait.

Should acute diseases occur in cases of back encumbrance, they are always of a serious character, frequently proving fatal. Usually the only way for the patient to save himself is by the frequent use of cold-water baths, on my system, and by inducing profuse perspiration.

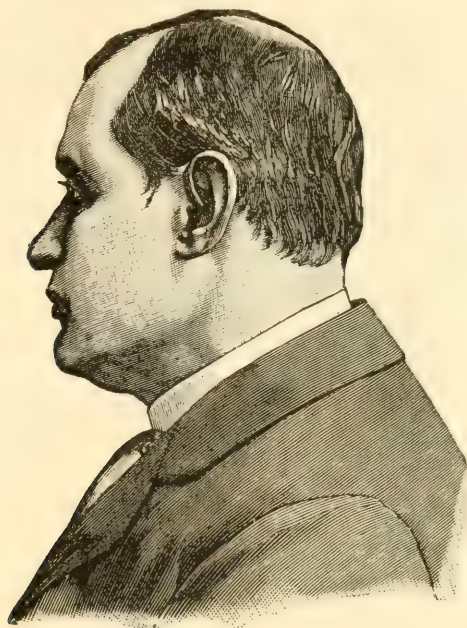


Fig. 21.—Back Encumbrance.

Head: too large, bent forwards.—*Forehead*: cushioned.—*Eyes*: somewhat prominent (not well to be seen).—*Nose*: normal.—*Mouth and chin*: somewhat enlarged.—*Face*: no line of demarcation.—*Neck*: nearly as large as the head; no line of demarcation at nape.—*Back*: shoulders round.

Highly febrile diseases generally occur only in children. Adults suffering from back encumbrance rarely experience these crises. Besides, adults are exposed to all the other results of back encumbrance, which are equally dangerous. Once the head has been attacked, nervousity with its accompaniments, such as weakness of memory, absent-mindedness, lack of energy, may follow. The mind may even become completely disturbed. Where there is back encumbrance, aberration of the mind is always to be feared; and it is here in particular that we see the value of the Science of Facial Expression, by means of which the threatening danger may be recognized from the very commencement.

Persons afflicted with back encumbrance are in the first stages mentally active, though there is always a certain amount of restlessness. Children will be precocious, but later will not fulfil the hopes set in them: they grow inattentive and absent-minded. Medical men, however, are unable to discover any morbid symptoms. Adults who are fully aware of their nervous condition are told that their disease is



Fig. 22.—Back and Side Encumbrance.

Head: too large, especially at back.—*Forehead:* cushioned, too broad.—*Eyes:* normal.—*Nose:* normal.—*Mouth:* normal.—*Face:* line of demarcation at nape; striking enlargement at side.

merely imaginary. Indeed, on account of their bloated body and flushed complexion, such persons are often considered as specimens of health.

Encumbrance of the back leads to premature awakening of the sexual instinct, and drives children, as well as youths and young girls, to self-abuse, the result being early impotence and sterility. Persons suffering from back encumbrance are almost without exception incapable of procreation. If, of the two persons having congress, only one suffers from back encumbrance, or if the latter is not far advanced, children may be



Fig. 23.—Back Encumbrance.

(Portrait of the person shown in Fig. 22 in youth.)

Head: size almost normal.—*Forehead:* normal.—*Eyes:* normal.—*Nose:* normal.—*Mouth:* normal.—*Face:* line of demarcation normal.—*Neck:* somewhat too thick; line of demarcation at nape already obliterated.



Fig. 24.—Back Encumbrance (Bust of a Persian).

Head: size normal, but too large at back.—*Forehead:* normal.—*Eyes:* normal.—*Nose:* broken off the bust found.—*Mouth:* normal.—*Face:* line of demarcation normal.—*Neck:* too thick; no line of demarcation at nape.

begotten, but will be weakly and indeed, often not viable. A woman so afflicted is liable to miscarriages or premature births; if she bears children, she cannot nurse them.

If back encumbrance with its consequences becomes general in any nation, it is a sure sign that the latter is degenerating and approaching its downfall. It is of extreme interest and importance to observe that the busts of the old Persians (Fig. 24) and Romans (Fig. 25) bear evidence of the existence of dorsal encumbrance. Thus the Science of Facial Expression reveals to us to-day, the reason of the downfall of these nations, despite their high civilization.



Fig. 25.—Back and Side Encumbrance.
(Ancient Roman Bust.)

Head: too large, especially at back.—*Forehead:* somewhat cushioned.—*Eyes:* normal.—*Mouth:* normal.—*Face:* line of demarcation normal.—*Neck:* too thick; no line of demarcation at nape.

People who are afflicted with back encumbrance, are intellectually inferior, and are never suited, for instance, for conducting diplomatic transactions. For example, the person shown in Fig. 6 is without doubt mentally superior to those shown in Figs. 20 and 21, even though his general education may have been poor.

Back encumbrance is far more common amongst the upper classes than amongst the poor, since it is the former who transgress most in regard to diet.

It is the duty of everyone suffering from back encumbrance, to immediately set about its cure, for the older one grows, the more difficult

is the trouble to cope with. The worst of this kind of encumbrance is, that the person afflicted gradually loses the energy necessary for its cure. As long as the foreign matter is soft and mobile, elimination is comparatively easy; once the matter hardens, however, and so becomes more stationary, much trouble and perseverance is necessary for its removal. Often, in fact, notwithstanding the greatest exertion, cure is then impossible.



Fig. 26.—General Encumbrance, Chiefly on Left Side.

Head: too large, bent to one side.—*Forehead:* too high, cushioned.—*Eyes:* restless.—*Nose:* nearly normal.—*Mouth:* somewhat open.—*Face:* no line of demarcation (not well to be seen).—*Neck:* too thick, especially on the left side.

D. Mixed Encumbrance

(Figs. 8, 18, 19, 26, et seq.)

As already remarked, one kind of encumbrance seldom makes its appearance alone. Usually two or all kinds are found simultaneously and the results of each kind, according to its degree, appear together. Very frequently there is front and side encumbrance at the same time (Figs. 8, 10, 18 and 19), and as often, side and back encumbrance (Figs. 22 and 25); sometimes, even, we find front and back encumbrance simultaneously.

Naturally, the most serious cases are those of persons suffering from general encumbrance of various parts of the body (Fig. 26 *et seq.*, and 39, 40). Such persons are nervous, restless, discontented and whimsical. Should they be attacked by an acute disease—and to such they are

particularly disposed—there is always great danger. On account of the body being full and overloaded, they are often considered to be in first rate health; and since external fever is rarely to be observed in them, people are astonished at their sudden death, and wonder how such a “healthy” person can die so unexpectedly.

As long as the body is bloated (Fig. 28), there is generally hope of cure. The case is worse, however, if there is desiccation and withering up of the body. There is then little aid possible, and even with the most careful treatment there is small chance of recovery. In any case, it depends upon the age and vitality; many persons have sufficient strength even here to expel the foreign matter, whilst those having less vitality are rarely able to do so.

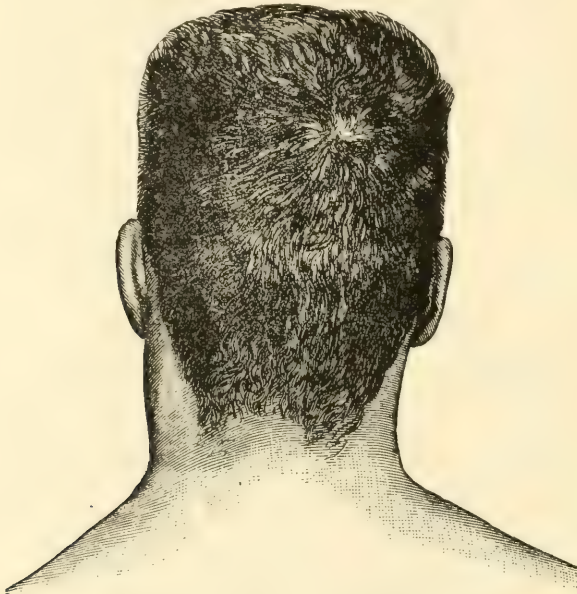


Fig. 27.—General Encumbrance.

(Back view of the person shown in Fig. 26.)

We here see especially the square shape of the head, and the astonishing thickness of the neck.

Disease of the Internal Organs

As has already been mentioned, the Science of Facial Expression has nothing to do with the usual medical nomenclature. It is therefore not concerned about giving every disease a particular name; nevertheless, it is able to diagnose in general, which of the internal organs are most attacked. We will now enter somewhat into detail as to the symptoms which guide us, and the inferences to be drawn.

From what has been already remarked in this work, it will be seen that of whatever kind the encumbrance may be, the organs of digestion are always affected. It is in these that disease commences, and in proportion as they become saturated with morbid matter, their functional capacity diminishes. It may happen that the person afflicted feels nothing, as chronically morbid conditions of the internal organs seldom cause pain. The digestive organs should always perform their work in such manner, that we are unconscious of their presence. This, how-



Fig. 28.—General Encumbrance.

Head: too large.—*Forehead:* cushioned.—*Eyes:* normal.—*Nose:* too thin.—*Mouth:* somewhat open.—*Face:* line of demarcation totally obliterated.—*Neck:* enlarged all around, rigid; no line of demarcation at nape.

ever, is rarely the case with anyone, or at any rate only with people who spend most of their time in the open air. Most people are subject to slight discomforts arising from stomach or intestines, and they consider themselves fortunate if they do not suffer any great pain in these parts.

Naturally, it is worst in cases where the foreign matter has dried up, in which event we find the digestive organs becoming gangrenous; constipation, or it may be diarrhea, perhaps, resulting. Both these conditions are caused by internal heat. Constipation results upon the mucous membrane of the intestines becoming dry; the fæces cannot then be

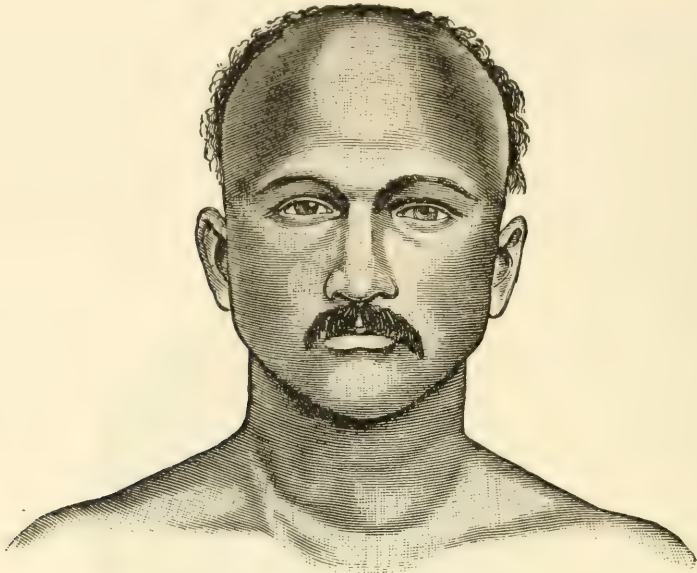


Fig. 29.—General Encumbrance.

Head: too large.—*Forehead:* shiny.—*Eyes:* compressed.—*Nose:* somewhat too broad.—*Mouth:* somewhat open.—*Face:* square, no line of demarcation (not to be seen).—*Neck:* too thick, rigid; no line of demarcation at nape (not to be seen).



Fig. 30.—General Encumbrance.

Head: too large.—*Forehead:* almost normal.—*Eyes:* restless.—*Nose:* normal.—*Mouth:* somewhat open.—*Face:* deformed, broader below than above; no line of demarcation (not to be seen).—*Neck:* too thick.

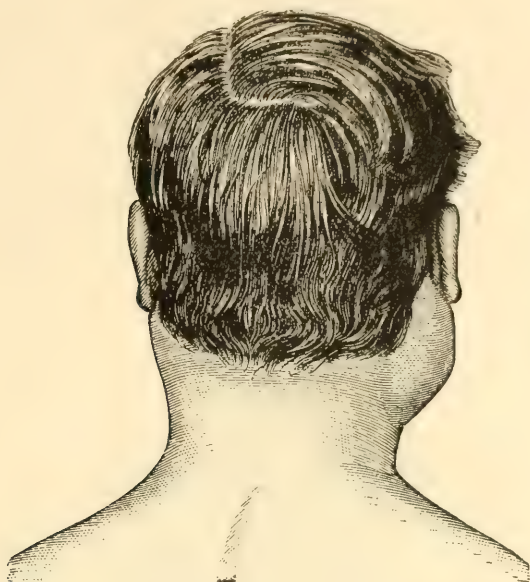


Fig. 31.—General Encumbrance.

(Back view of the person shown in Fig. 30).

The immense swelling behind the ears can here be seen, and the rigid and enlarged neck.

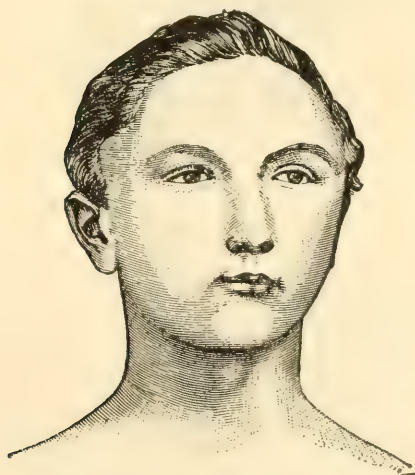


Fig. 32.—General Encumbrance.

Head: abnormal, much too wide above.—*Forehead:* depressed.—*Eyes:* compressed.—*Nose:* normal.—*Mouth:* normal.—*Face:* pale.—*Neck:* rigid, somewhat too thick.

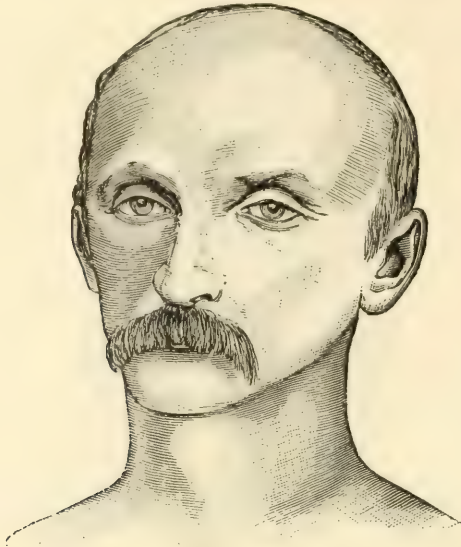


Fig. 33.—General Encumbrance.

Head: too large, too wide above, too narrow below.—*Forehead:* depressed.—*Eyes:* compressed.—*Nose:* normal.—*Mouth:* normal.—*Face:* pale, distorted.—*Neck:* too thick, rigid.

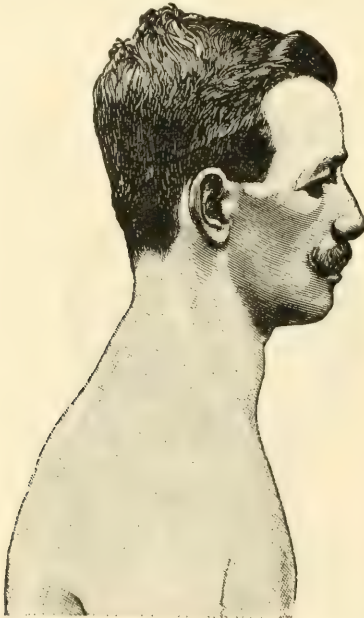


Fig. 34.—General Encumbrance.

Figure: abnormal, extremely sloping shoulders.—*Head:* angular, back too high.—*Forehead:* normal.—*Eyes:* normal.—*Nose:* normal.—*Mouth:* normal.—*Face:* line of demarcation normal.—*Neck:* too thick, no line of demarcation at nape.

ejected, lose their moisture and form a hard mass. Diarrhea occurs when the intestines still possess sufficient energy to expel the fæcal matter remaining in them; the latter, however, is ejected before it has assumed the proper form. In either case the food is not properly assimilated, and whilst being but inadequately nourished, the system is receiving a constant supply of foreign matter. The result is poverty of blood and consumption of the entire body. The symptoms of consumption are increasing weakness and emaciation, despite the usual

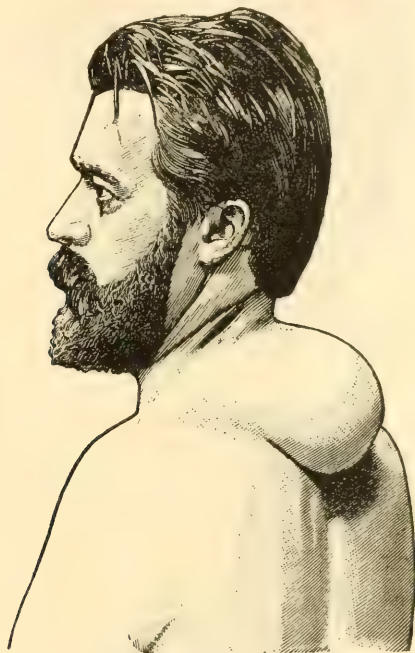


Fig. 35.—Back Encumbrance.

Head: normal.—*Neck:* in front normal, behind somewhat too thick.—*Back:* with a regular pouch of morbid matter; this is the reason why the head is but little encumbered.

“nourishing” diet recommended in such cases. This is a clear proof that the functional condition of the digestive organs is of more importance than the diet itself. Thus disturbances of the digestion may be inferred at once, no matter of what kind the encumbrance is. In cases of encumbrance of the left side, it may be assumed that it is those parts of the digestive apparatus lying to the left, which are most affected, and that pressing sensations or pains will be experienced there, either intermittently or continually. Where the encumbrance is on the right side, on the other hand, the troubles will mainly be felt there. In back encumbrance, it is principally the back parts of the intestines which suffer,

and, as already stated, hemorrhoids are common. In front encumbrance, the digestive organs also are less affected than in other kinds of encumbrance. The trouble itself may be just as great, that is, there may be the same pains and discomfort caused, but the nutrition will not suffer so much and cure is easy by means of curative crises, or my system of baths and careful living.



Fig. 36.—Front and Side Encumbrance.
(Scrofulous Child)

Head: too large.—*Forehead:* cushioned.—*Eyes:* compressed.—*Nose:* too thick.—*Mouth:* open.—*Face:* nearly square; no line of demarcation.—*Neck:* too short and too thick.



Fig. 37.—Front and Side Encumbrance.
(Scrofulous Child).

Head: too large.—*Forehead:* cushioned.—*Eyes:* almost normal.—*Nose:* too thick.—*Mouth:* open.—*Face:* nearly square; no line of demarcation.—*Neck:* too short and too thick.

One of the digestive organs is the *liver*, which lies to the right, and which in encumbrance of this side of the body is nearly always affected. The complexion then assumes a yellow hue, the liver being unable to secrete the bile from the blood. Encumbrance of the right side, when at the same time the skin is yellowish, in general indicates disease of the liver. A characteristic symptom of disorders of the liver, as indeed of



Fig. 38.—Front and Side Encumbrance.
(Consumptive).

Head: size almost normal, below too broad.—*Forehead*: normal.—*Eyes*: normal.—*Nose*: swollen; chronic inflammation.—*Mouth*: open.—*Face*: square; no line of demarcation.—*Neck*: covered with lumps; rigid.



Fig. 39.—General Encumbrance.
(Consumptive).

Head: size normal.—*Forehead*: normal.—*Eyes*: somewhat compressed, dull.—*Nose*: somewhat too thick.—*Mouth*: open.—*Face*: square, bloated; no line of demarcation (not to be seen).

encumbrance of the right side in general, is *profuse perspiration*. All persons so encumbered, perspire readily, which is much to their advantage. Frequently, they suffer from troublesome sweating of the feet, which, unpleasant as it may be, is for such persons exceedingly beneficial, as long as there is foreign matter to be expelled. When this matter has all been ejected, the sweating ceases of itself, its disappearance thus being accompanied by no danger. If it is artificially suppressed by drugs, on the other hand, the results may be serious, as the foreign matter, which is carried off in the perspiration, is then deposited, and the place chosen may be in some vital organ.

The *kidneys* likewise belong to the organs of digestion, and are liable to disease in all cases of encumbrance of the body. Their condition is most readily ascertained from their secretion, urine. Their condition becomes critical in cases of encumbrance of the back and also of the left side, since here the perspiration is inadequate. Soft, watery sacs or pouches then form below the eyes—a sure sign of the presence of disease of the kidneys.

If the digestive apparatus is very much encumbered, the sexual organs, especially in the case of women, also become involved. Usually, however, they only become affected after a considerable time and where the encumbrance is severe. This is evidently a provision of Nature, so that propagation may not be so quickly influenced. In women, diseases of the sexual organs may arise in two ways: through severe encumbrance of the intestinal canal, the uterus may be depressed or forced aside, causing what is known as uterine flexions; or the sexual parts themselves may become encumbered. The latter condition, however, is only found in encumbrance of the back. This kind of encumbrance in the case of women is the cause of sterility, troubles in pregnancy, and difficult parturition. The secretion of milk may also be stopped or decreased, according to the degree of the encumbrance. As already stated, dorsal encumbrance interferes with the propagation of the species.

If the encumbrance in the upper or lower parts of the body increases, and there is not sufficient sweating to remove it, rheumatism is probable. This is particularly so where the encumbrance is on the left side, as the body in such cases does not perspire freely. Thus, if there is *encumbrance of the left side, we have always to expect rheumatism*. But this will only be, when the degree of encumbrance is very considerable; for it is not until the whole body is permeated with foreign matter to the very extremities, that those painful symptoms appear, which are known as rheumatism. This occurs usually when there is a sudden fall in the temperature. The cold causes sudden contraction, and the foreign matter is consequently forced back and accumulates about the joints, giving

rise to much pain. Such rheumatic pains are thus always beyond the joint, never within it. If the pores are opened by a local steam-bath at the part affected, and the deposits thus rendered mobile, the pain will disappear, the morbid matter being partly expelled.

Should the matter not be expelled, however, it will gradually harden, and we have the state known as *gout*, which is solely the result of uncured rheumatism. It results also in cases where the rheumatism has been removed by treatment with dry heat. This is no true cure, it is merely a suppression of the diseased condition. Gout is naturally more difficult to cure than rheumatism. Like the latter, it implies encumbrance of the left side. Indeed, whenever we find left-sided encumbrance, we may safely predict rheumatism and gout. The most dangerous cases are those in which there is also back encumbrance and kidney disease; for the kidneys cannot then perform their function properly, wherefore a large quantity of matter remains in the body which would otherwise have been expelled.

In left-sided encumbrance the *heart* is also usually attacked, particularly where there is a complication with front encumbrance.

Amongst the most dreadful of all diseases are those of the *lungs*. When the patient feels that the lungs are affected, and when a pulmonary affection is diagnosed by the usual method of medical men, the body has already been severely attacked. By means of the Science of Facial Expression, however, the disease is diagnosed much earlier, and if the proper treatment is adopted in time, it may be cured quite as easily as other forms of disease. As will be clear from what has already been explained, the lungs are never attacked alone; the whole body must first be permeated with morbid matter before the lungs become appreciably affected. Even impure air, as has been before remarked, cannot attack the lungs, unless the interior of the body has been encumbered with foreign matter. It is probable that pulmonary affections arise generally as the result of the medical treatment of some other diseased condition, more especially after fever has been suppressed by drugs. As long as doctors fail to recognize the character of fever, so long this false system of treatment will continue, yielding its evil fruits, one of the most common of which is disease of the lungs.

Foreign matter deposits itself in the lungs from above, only descending from the head and shoulders when these have become heavily encumbered. Sometimes the head remains free and the encumbrance commences directly from the shoulders and neck (Fig. 38). The morbid matter thus travels first from below upwards, and then again from above downwards, towards the internal organs. As the matter descends, it is the apexes of the lungs that are usually attacked first.

Persons developing consumption, it will usually be found, were in

youth full and stout. One would have been able to remark even then considerable pressure upwards, and lumpy formations in the abdomen. The face was flushed and shiny, and gradually assumed a square shape (Figs. 37, 38 and 39). Later on the mouth is no longer kept closed, especially not in sleep. At first this is scarcely to be observed, but gradually the amount the lips are kept apart increases. The nose now becomes somewhat inflamed internally, and chronic nasal and bronchial catarrh makes its appearance. The inside of the nose may even become black, showing an advanced stage of disease. As long as the body is stout, the nose will be enlarged; it will then commence to become thinner, especially at the bridge. The condition is now getting critical. In many cases the head is but little affected, the morbid matter being deposited in the neck; the latter will then increase in length and the shoulders sink.

I repeat, therefore, that a person having a predisposition to pulmonary affections, is usually at first bloated, showing pressure upwards. And it is now already time to commence to combat the incipient disease, particularly in the case of children. All children with large heads (Figs. 37, 38, 48 and 49), that is, all scrofulous children, have the germs of consumption in them. These may be inherited from encumbered parents, or may result from wrong feeding, or even from treatment with drugs during the first months or first years of life.

The body, as a rule, endeavors to expel the foreign matter, and as a result there are often colds and coughs. If these occur very often, or last very long, consumption is always to be suspected. In adults also the system attempts to expel the foreign matter in this way. In frontal encumbrance, it is often successful for a long time, so that persons suffering from this kind of encumbrance, even though consumptive, may attain old age. But where the encumbrance is lateral, and especially dorsal, the vitality rapidly becomes too low to cause and withstand such curative crises. The system may make the attempt to expel the matter by abscesses, ulcers and boils, and sometimes so-called carbuncles form on the back and chest; these if properly treated, will ease the body, a large amount of morbid matter being ejected from the organism in the form of pus. In persons of low vitality, however, the foreign matter contracts, forming nodules, and it is these that make up the so-called tubercles of the lungs. These latter, therefore, are nothing more than abscesses which have not become ripe. They only arise where the vitality is low.

Such tumors cause no pain, so that the patient as a rule has no idea how serious his condition is. The decrease in the bodily powers may be remarked, but as no physical pain is caused thereby, no one imagines how rapidly death is approaching.

All other swellings arise in the same manner, no matter what names they may bear: hemorrhoids, encysted tumors, cancer nodules, etc. Even plague pustules and boils are no exception. In this case likewise, the body is attempting to cleanse itself throughout; the low vitality, however, does not admit of success, hence the tumors.

The commencement of that dread disease leprosy, is also marked by pronounced nodular formations at the extremities. These excrescences form first at those parts where the skin no longer perspires.

Nodular formations of any kind whatsoever, are always a sign that the system is thoroughly disordered, and that the vitality is being lowered, so that the body is partly or wholly unable to produce abscesses or ulcers.

It is generally in severe dorsal encumbrance that these symptoms are found, while in simple frontal encumbrance they seldom occur, as the vitality in such case is less unfavorably influenced.

If, now, we can succeed in raising the vitality, the nodules develop into abscesses, and the health is improved, or the disease even completely cured.

A gentleman had been suffering for years from the eyes and had become nearly blind. On the head there were a large number of nodules, which had been increasing from year to year. He commenced a cure in my institute, by which means the bodily vitality was greatly increased. Large abscesses formed on both cheeks and discharged a quantity of pus. Simultaneously the condition of the eyes much improved, and in short time he could see quite well again, not even being shortsighted.

A young man, 20 years of age, had a considerable number of warts on his hands and face. In summer, he had a chance to be much in the open air. In this way, his body was strengthened, so that without having to make any cure, a curative crisis occurred. An immense abscess appeared on one arm, and for several weeks pus was discharged. To the astonishment of the patient and his friends, the warts on hands and face now disappeared of themselves. The body had here taken the cure up itself, as it were, with an energy, such as is seldom met with.

Very similar to pulmonary consumption in many respects, is leprosy, most common in tropical countries. This disease also is the result of heavy encumbrance, and is frequently only the consequence of some other diseased condition—especially fever and syphilis—which has been treated with drugs. Where syphilis has been suppressed in the usual manner, a cure is rarely possible, since the mercury which the doctors generally employ weakens the healing power of the body in too great a degree.

Naturally, as has already been stated, leprosy is a febrile disease like

any other; for the body attempts to dissolve the nodules and expel the foreign matter. If it succeeds in producing ulcers or abscesses, the nodules disappear simultaneously, and the skin, previously dry and shiny, now again assumes the normal moist and porous condition. If there is not sufficient vitality to produce ulcers, the nodules increase greatly in size; or dry up and undergo necrosis or decomposition, while the remainder of the body continues to live.

Some of the subjects still possess all their limbs in their entirety, but have become emaciated almost to skeletons. Such are, for the most part, hopeless cases, for no cure can here take place of itself, such as is always possible where the body is still well nourished and the foreign matter has not yet begun to dry up and decompose.

Medical men regard this disease as hopelessly incurable, but this is because of their absolute ignorance of the nature of fever and of disease in general. In leprosy, they are unable even to point to apparent cures, for the whole body being encumbered, there is no part remaining to which the foreign matter can be driven. Medical science so-called, therefore exercises its power in a different manner; it has the leper torn from his family and banished to a desolate island. But in spite of the removal of what is regarded as the seat or focus of the disease, leprosy continues to make its appearance, and the doctors' diagnoses do nothing towards preventing it. Certain bacilli are alleged to be the cause of the disease, but nothing is known of the encumbered condition of the body.

Even a mere tyro in the exercise of the Science of Facial Expression, will immediately recognize the coming danger. It is, indeed, no difficult matter to observe the severe encumbrance of the body which must precede the disease. As a result of the new diagnosis, one is thus in a position to give the subject timely warning and acquaint him with the result of thoughtless procrastination, or total indifference.

There can be no doubt that many lepers could still be saved, if a proper treatment, according to the New Science of Healing, were energetically commenced in time.

Many missionaries are meritoriously taking up the matter and making my method of cure known to lepers; and some extremely satisfactory results have been obtained. This disease comes about in the same way as any other, and must therefore be capable of cure by the same means, so long as the body, as explained above, still possesses sufficient vitality.

THE DIAGNOSIS IN PRACTICE

I HAVE now described to the reader the various symptoms by which disease in general, and special forms of it in particular, may be diagnosed. I propose next to place him in a position to acquire sufficient skill in the application of the Science of Facial Expression, to enable him to practically diagnose patients, more especially himself and the members of his family.

Of course, it is only practice that can make perfect; but skill in diagnosing will soon increase rapidly, provided the practitioner possesses a healthy eye. *I would here express the hope, however, that readers will refrain from obtrusively observing others, who do not wish to be diagnosed.* Such conduct is most objectionable to society in general, and cannot fail to compromise the Science of Facial Expression.

I will proceed now to detail a number of cases which I have diagnosed in course of my practice, reference being made to the illustrations contained in this work. Certain observations cannot, of course, be reproduced pictorially: such as complexion and tension; and frequently only the encumbrance of one part can be illustrated. The actual observations made are, however, faithfully recorded. After all, the principal point is the conclusion to be drawn in any case.

1. The gentleman represented in Fig. 2 is corpulent; he approaches us with slow, short steps. His carriage is not bad, but the complexion indicates deep-seated disease, being much too red, the skin having a conspicuously shiny appearance. The pronounced obesity tells us at once that the patient is heavily encumbered. The forehead is cushioned with adipose matter, which presses upon the eyes so that the latter appear small and can only be opened with difficulty. We at once observe back encumbrance, the pressure being from the forehead downwards *i. e.*, from behind. The flabby, hanging cheeks show that the head is permeated with foreign matter. The vacant stare causes us to fear that mental aberration is already commencing.

We proceed to a close examination. The neck is almost as thick as the head, so that it is scarcely to be distinguished. It is swollen all round and altogether rigid. The head cannot, thus, be turned from side to side, and can only be slightly raised. The lines of demarcation are wholly absent both at the nape and jaw.

This is, we see, a case of advanced general encumbrance of the whole

body. Yet most people would regard the patient as a strong, healthy man—so little understanding has one to-day for the natural form.

Evidently, the patient has long suffered from excitability and nervousness. Since youth he has been troubled with indigestion and especially constipation. Without doubt, he also suffers from hemorrhoids. He certainly never enjoys undisturbed, refreshing sleep; probably the insomnia has continued for years. Although already mentally paralyzed, he nowhere finds quiet, there being great pressure of matter upwards accompanied by high internal fever. There being encumbrance of the left side also, the perspiration is deficient, this increasing the upward pressure of matter. He is not able to perform any task properly, although still in his best years. He has long been impotent.

Such a person is exposed to every form of disease. Unless a cure is commenced forthwith, the mind will certainly become completely disturbed. A real cure is here hardly possible, especially as the patient lacks all energy. It must be considered a signal success if even an improvement is attained.

II. The gentleman shown in Fig. 7, likewise has a good bearing. His complexion as far as the upper parts of the face are concerned, is tolerably normal, but the appearance of the lower part of the face is grayish and moreover heavy. A glance at the sides shows us that here again we have a case of frontal encumbrance, the facial line of demarcation being wholly obliterated. If the head is directed upwards, the pronounced swelling on the neck is seen, extending to the chin. On turning the head right and left, there is no lateral tension to be observed, proving that the sides are not encumbered. Nor is dorsal encumbrance to be detected.

The patient thus suffers chiefly from the neck, and is greatly troubled by toothache on fall of temperature. Probably, judging by his age, he has lost a number of teeth. The foreign matter has accumulated chiefly in the lower part of the face, but has also to some extent penetrated the upper part, causing loss of hair. There is a certain amount of danger that the eyes may sooner or later be affected.

Since, however, there is only front encumbrance, the patient may be assured of a rapid cure by means of hip and friction sitz baths. He may also, under ordinary circumstances, expect to live to a tolerably old age.

III. Suppose the girl represented in Fig. 11 comes to us to be diagnosed. We first observe the *carriage* and *complexion*.

The deportment is by no means good, the head being forwardly inclined. The complexion is pale. The half-closed condition of the eyes, caused by the pressure of foreign matter hither, strikes us. The girl is, as a matter of fact, more or less blind. We see at once that our patient is seriously ill, the head being already heavily encumbered. Let us now

determine what kind of encumbrance it is. A glance at the head suffices to show us that we have here a case of severe frontal encumbrance, for the line of demarcation of the face lies far behind the normal line at the ear. There is but slight dorsal encumbrance, the line of demarcation at the nape being almost normal. When the head is held correctly, this can be seen still more clearly to be the case. We next examine the case more closely by making the patient turn her head upwards; a pronounced swelling is observed, with tension of the neck. On the head being turned from side to side, slight lateral encumbrance is also apparent, the tension, however, being but trifling. The disease of the eyes has been caused by the frontal encumbrance, and we can readily remark with certainty that the whole of the front of the body is encumbered, the abdomen being particularly prominent. The lateral encumbrance is not sufficiently pronounced to cause serious uneasiness.

The eyes have become affected as the result of the increasing encumbrance of the head. Fortunately, however, we can console the patient with the report that her condition can be cured comparatively easily, her case being mainly one of frontal encumbrance.

Naturally, we must not commence a local treatment of the eyes, such as is usually done. On the contrary our aim must be to remove the abdominal deposits; improvement in the condition of the eyes will go on simultaneously and in due time the affection will be cured.

The eruption on the arm will certainly strike the reader. This was caused artificially, being the result of vaccination. The child's blood had also been thoroughly poisoned by inoculation with tuberculin. This, of course, cannot be ascertained from examination; but as the result of this fact (communicated by the mother), we know that the cure will be delayed.

In spite of this, the vision was restored in a few weeks, the encumbrance of the head having in this time been partly reduced.

IV. The young lady who is represented in Fig. 16 holds her head inclined to the left. From this, we at once conclude that there is encumbrance of the right side; and closer examination shows this to be the fact. The right side of the face is both broader and longer than the left. On the right side, the skin of the face appears shiny; on the other side, it is of normal color.

On the head being turned, we ascertain that the encumbrance is only on the right side and slightly frontal.

We may therefore safely conclude that in soft parts at the right side of the abdomen, there are large deposits of morbid matter, causing pressure at the right side. All the organs lying toward the right side of the body will likewise be affected, so that we may here expect to find

toothache, earache, inflammation of the eyes or megrim. In all acute diseases, such for instance as inflammation of the throat, the right side will certainly be first attacked. The perspiration, however, being normal, the patient will seldom suffer severely from so-called colds.

V. The skilled practitioner will see at once that the carriage of the man shown in Fig. 17 is abnormal, the left shoulder being higher than the right. We see also that the head is located too much towards the right, instead of being in the centre line of the body. The whole of the left half of the body, in fact, is broader and stouter than the right, as can be seen. The complexion is pale. The despondent mien of the patient shows us that he is heavily encumbered with morbid matter.

Close examination reveals to us an extremely severe encumbrance of the left side. The frontal encumbrance is slight, whilst the back is considerably affected. The right side is unencumbered.

Such pronounced lateral encumbrance indicates exceedingly advanced encumbrance of the abdomen. There must here undoubtedly be large swellings, naturally chiefly at the left side, where all kinds of morbid conditions may be expected. The illustration sufficiently confirms this.

The patient without doubt suffers from the heart. He is inclined to rheumatism; and on account of the high degree of encumbrance, is consequently exposed to a stroke of apoplexy which would occur at the right side.

In such an advanced stage of encumbrance, complete cure is seldom possible, and improvement is probably all that can be expected.

VI. In Fig. 20, we have the portrait of a man who appears strong and well nourished. We remark, however, that his bearing is not upright, for he advances with the head somewhat forwardly inclined. It is easy to see that he is too stout and over-nourished. The face is flushed and shows signs of excitation. There is a pronounced adipose cushion on the forehead.

We can already see that this is a case of dorsal encumbrance. Closer examination shows that the nape of the neck is quite filled up with morbid matter, so that it is impossible to move the head laterally. On our requesting him to turn his head, he moves the whole body in doing so. Lateral encumbrance is to be traced at both sides. This is clearly indicated by the already indurated swellings on each side of the neck. There is no frontal encumbrance.

Our patient is extremely nervous, and probably no longer capable of mental labor, or of prolonged physical work. For instance, he will be unable to concentrate his thoughts sufficiently to follow a lecture; he will not have the quietude to sit out a concert or theatrical performance,

nor, indeed, to remain long in a room or hall at all. There is great danger of his becoming mentally deranged.

He also suffers from hemorrhoids, in the form of clumps of piles from which the morbid matter proceeds to the back.

This patient can only expect a complete cure after a treatment, according to my system, extending over a number of years. Since the deposits have not yet become much hardened, improvement, however, may be expected in a few weeks, as soon as the head is somewhat freed from matter. For a complete cure, the whole of the dorsal and lateral encumbrance must be removed.

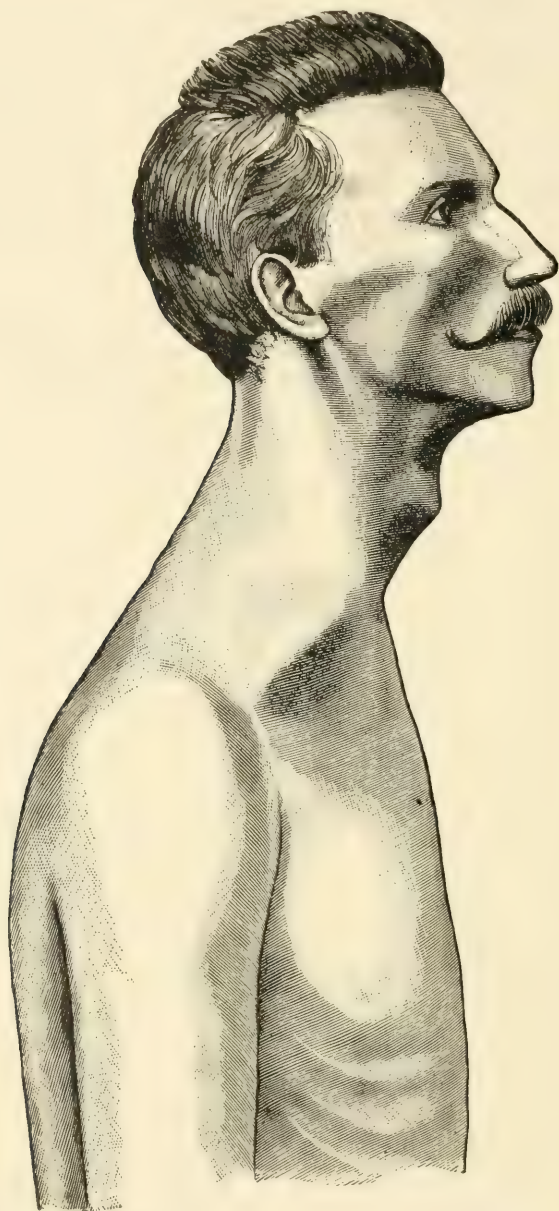
VII. From a first glance at the boy represented in Fig. 38, we observe little that points to disease; indeed, most people would regard him as being in good health. His bearing is good and the complexion is not strikingly sickly, even though it does not display normal freshness of youth. If, however, we recall the normal figure to mind, slight examination is sufficient to show us that the top of the head is somewhat too large.

We proceed to a detailed diagnosis. There is no dorsal encumbrance. The line of demarcation of the face is normal, so that one is almost inclined to say that there is also no frontal encumbrance. Yet inspection reveals to us lumps on the left side of the neck, which become still more obvious when the patient turns his head to one side. If he bends it backwards, we remark in the front considerable tension and also swelling. We thus see that we have here to do with encumbrance of the left side and also of the front of the body.

The patient, then, is more encumbered than we originally suspected; there is pronounced upward pressure of foreign matter and high internal temperature. The morbid matter has to some extent reached the forehead, partly it has settled in the neck, forming tumors. These lumps, we may be sure, are also to be found in greater or less number in the abdomen, particularly on the left side.

The boy without doubt suffers chiefly from palpitation of the heart and defective perspiration. His digestion will consequently be poor, for this is always influenced by the perspiration.

If the morbid matter should ascend still higher on the left side towards the head, megrim, earache and loss of hair on this side will be the result. In the course of years, nodules may form on the head; and the encumbrance being left-sided, rheumatism may subsequently make its appearance. The chest is exposed to danger, since the foreign matter, as we observe, has accumulated about the neck. Whether the matter will first pass to the head or to the chest, cannot be decided, unless we have some definite indication. A dry cough, for instance, would indicate that the lungs are already affected.



*Fig. 40.—Front and Side Encumbrance.
(Consumptive).*

Figure: emaciated, head inclined forward.—*Head:* size normal.—*Forehead:* normal.—*Eyes:* dull.—*Nose:* shape normal, inflamed internally.—*Mouth:* open.—*Face:* too lean, ashy hue, line of demarcation normal.—*Neck:* too long, rigid, with lumps; line of demarcation at nape normal.—*Chest:* hollow.

Our task is, of course, to drive back the foreign matter, which can be done by reducing the internal temperature by means of baths and suitable diet. The patient being young, and there being no back encumbrance, we can promise a tolerably certain cure. Patience will, however, be necessary, as nodular deposits have already formed and there is likewise lateral encumbrance to be remarked. Simple frontal encumbrance would not require half the amount of trouble and time to cure.

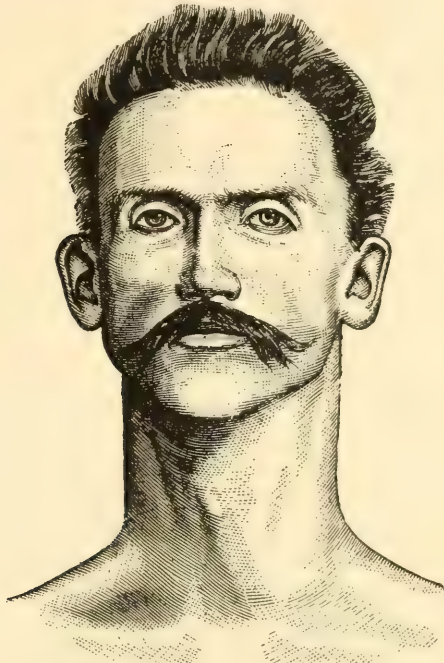


Fig. 41.—Front and Side Encumbrance.

Front view of the person represented in Fig. 40. The square shape of the face and the abnormally long neck will be observed.

VIII. Fig. 40 is the portrait of a man some thirty years of age. The head is pushed forward, the chest hollow. The complexion is pale, dull, lifeless. The face is haggard, and the cheek bones prominent.

These symptoms tell us that the state of nutrition of the patient is exceedingly bad; his system cannot assimilate the food, and the body is wasting away.

Closer examination reveals to us the abnormally long neck, covered with lumps (Fig. 41 shows a front view of the same person.) The encumbrance is here frontal, though the facial line of demarcation has again become normal, due to desiccation of the foreign matter and atrophy of the muscles. On the head being raised, however, we observe

pronounced tension, and nodules become so clearly visible, that there is not the least doubt as to its being a case of front encumbrance. The neck is also highly encumbered at the sides, being much swollen and displaying tension there. It is remarkable that the encumbrance has not penetrated very far upwards, for the forehead is free and the hair healthy and thick.

There is no encumbrance of the back. The foreign matter has settled chiefly in the neck, and thoroughly permeated it both at front and sides. The matter has also been driven downwards, penetrating the lungs, wherefore the chest has become hollow and the shoulders have sunk.

As there is no dorsal encumbrance, the patient is mentally normal, and the condition being chronic, he experiences no pain, the countenance being therefore tranquil. He is one of those patients who hope for recovery until the last moment. We will not rob the patient of this hope, but we know that for him there is little chance of cure. Improvement, however, can certainly be expected.

It is unfortunate that the patient's condition has not been recognized earlier. A year or two before, cure probably would have been quite possible.

IX. As the little boy, shown in Figs. 49 and 50, approaches us, we remark at once that his head is abnormally large and inclined forwards and the face flushed. The neck is obviously too short. Exact examination reveals general encumbrance, which has proceeded from all sides towards the eyes. The abdomen is also much too large, as the Figures show. Many people would consider him a particularly well developed child, but we know that he must be diseased through and through. That the eyes are seriously affected can be easily seen. As a matter of fact, the child was nearly blind when brought to me. He is shown in the illustrations after a month's treatment; his abdomen at the commencement was much more prominent and the pressure towards the eyes far more pronounced, so that a photograph could not be taken.

REMOVAL OF ENCUMBRANCE

THE removal of the encumbrance, the expulsion of the foreign matter from the body—this is the only rational method of treating disease. To merely drive the morbid matter from one part of the body to another, to confine it, and allow it to dry up: all this is no cure, but simply suppression of symptoms.

It is this latter course that is taken by orthodox medical practitioners, as I have already repeatedly explained. The other systems of cure are more or less—sometimes unconsciously—directed to really removing the cause of disease; the success attained is very variable.

The most effective system, I have explained in detail in my handbook of the science of healing diseases without drugs and without operations, and it is to this work that I must refer the reader for full particulars.

What I would here add, however, is first, a proof that cure is always synonymous with disappearance of the encumbrance. The sense of recovery, it is true, will generally occur before the encumbrance has entirely vanished; nevertheless, as observations clearly show, this sensation of cure depends wholly upon the decrease of the foreign matter. By means of the Science of Facial Expression we can ascertain whether the cure is complete, or whether there has been only a considerable improvement effected.

Figs. 43 and 44 show a lady suffering from front and side encumbrance. She had for ten years tried all kinds of cures in order to get rid of the tumors on the neck. Finally she decided to try my system and had the satisfaction of attaining her purpose after 2½ years treatment. Fig. 44 shows the patient after this cure. Not only have the tumors disappeared, but also other symptoms of disease. Thus the face has lost the anxious look, the cheeks have become fuller, the mouth is closed, whereas formerly the patient habitually kept it open, the neck has become normally round and smooth. The complexion, formerly pale, is now fresh. Until the cure, the digestion had always been bad, whilst it now leaves nothing to be desired. Instead of a burden, life has become a joy, and the features have been greatly beautified.

Thus not merely those symptoms, to remove which the treatment was commenced, but also other morbid symptoms have disappeared. Indeed, it could not be otherwise, if the morbid matter were once expelled from the system.



Fig. 42.
(See Fig. 43.)



Fig. 43.—Front and Side Encumbrance.
(The same person as shown in Fig. 42.)

Head: size normal.—*Forehead:* normal.—*Eyes:* normal.—*Nose:* normal.—*Mouth:* open.—*Face:* too lean; line of demarcation obliterated.—*Neck:* covered with large lumps; line of demarcation at nape normal.

Figs. 45 and 46 illustrate also a striking change which a patient attained by following my system of treatment. A letter from this gentleman, I print below. I would first remark, however, that Fig. 45 shows the patient suffering from general encumbrance. He was then troubled with intense nervousity and was in danger of any day falling a victim to some acute form of disease. Fig. 46 shows him considerably less encumbered. He is here somewhat too thin, but in time, in spite of his age, the body will no doubt acquire the necessary roundness. Healthy flesh will then take the place of diseased, flabby masses.



Fig. 44.—Normal Figure.

Represents the person shown in Figs. 42 and 43 after 2½ years' treatment.

I may explain that the treatment described in the accompanying letter was not especially prescribed by me. The patient proceeded in his own way after reading my handbook already referred to. I should have deemed the treatment too rigorous for a man so advanced in years, but at any rate the body appears to have come through all the crises successfully.

The gentleman writes:

Dear Mr. Kuhne:

For weeks, months and quarter years, my fingers have been itching to write to you, but what with the constant treatment, baths and fine weather, I have not been able to get so far. My photograph, however, now affords another, and practical, reason why I should write, and so I will not delay any longer.

But before going into details, I would mention two facts, otherwise, perhaps, you may not be able to call me to mind:

(1.) I called upon you about the middle of February 1890.

(2.) I wore a full beard at that time, so that I naturally looked somewhat other than now.

I have pleasure in forwarding you two photographs, neither of which, in order not to alter the features in any way, has been retouched either in the negative or positive. The first photograph was taken towards the end of September 1889, just after I had been dismissed as fully cured from Dr. K.'s allopathic sanatorium in U., after four months' indescribable treatment. But who, but a madman, after



Fig. 45.—General Encumbrance.

Head: too large.—Forehead: cushioned.—Eyes: compressed.—Nose: too thick.—Mouth: open.—Face: line of demarcation obliterated.—Neck: too thick.—Shoulders: sloping.

looking at this photograph could take me for well! It is enough to make one laugh, were the matter not sad enough to weep over. The second photograph has been taken after exactly $3\frac{1}{2}$ years' treatment and diet, according to Kuhne's system. If anyone has ever strictly followed the Kuhne cure and diet, it is I; and I can only express my satisfaction at the result. The complete changes and the differences shown by the two photographs are scarcely to be believed. The latter are at your entire disposal. If you wish to publish them in any journal, or in a future edition of your work, I give my full consent, and shall be glad to send you a faithful report of the course of my Kuhne cure and diet (the latter in strict accordance with the principles set forth in your handbook), for I have conscientiously kept a diary throughout. I still take three friction sitz-baths daily, each lasting 30-40 minutes, the first at about 6 a. m. From 8-10 a. m. I take a walk, if

possible barefoot, varied with gymnastic exercises on Schreber's system, in a sunny wood, clad only in shirt and trousers. From 9 or 10 till 11 o'clock I give lessons, sitting at an open window, or draw in the open air. From 11-12 friction sitz-bath; 12-1 dinner; 1-2 rest in garden; 2-4 or 5 teaching, or drawing outside. From 5-6 or 7 another walk. At 7 o'clock friction sitz-bath. At 9 o'clock to bed. On Tuesday and Wednesday from 7.30-9.30 I have to conduct an evening drawing class. On these two days I take a friction sitz-bath (lasting half an hour) both before and after the class. Diet from January 1890 to August 1st 1892, 3 meals daily. Mornings and evenings: wholemeal bread, wholemeal and fruit, principally apples and grapes; dinner: vegetables, farinaceous foods and fruit, as in the morning. The fruit I always ate raw, never stewed. From August 1st 1892, likewise three meals daily, but all food uncooked; mornings and evenings as hitherto;

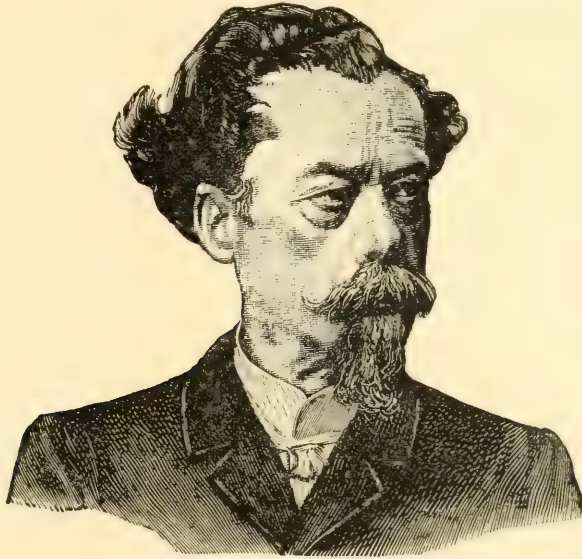


Fig 46.

Represents the person in Fig. 45, after 3½ years' treatment. Particulars concerning his case are given in the accompanying account.

noon: vegetables of all kinds, uncooked, except the potatoes, which were half cooked and flavored with lemon-juice, in the form of salad; instead of wholemeal bread, raw wholemeal. From January 1st, 1893 to August 1st, 1893 two meals daily: morning: nothing (as I worked less); noon: raw vegetables with lime-juice, wholemeal or, on account of my teeth now and again proving unequal to the work—wholemeal bread or cake and raw fruit; evening: wholemeal and fruit (raw). Since August 1st 1893, up to the present date, I take two meals daily: morning, wholemeal and fruit or wholemeal bread and fruit; noon, as above: raw vegetables, wholemeal and raw fruit; evening nothing.

The result of this cure can be seen from the enclosed photograph. I will add nothing more, as the likeness speaks for itself—except the remark that I formerly was tolerably bald; now the hair has again grown and entirely covers the part. My body has changed so much, that within the three and a half years I have re-

quired five new outfits, from boots to hat. And what really sounds incredible, at the age of 55 I got a new molar (backmost). If it did not remain long, it came out, without trouble, after about a year—at any rate, it grew—which without the Kuhne cure and diet would not have been the case.

During the vacation here in N., I take a sun, air and light bath every fine day, and find it does me much good. Unfortunately I cannot continue this at home, as my professional duties especially prevent it. I will now conclude, again remarking that I place the accompanying photographs entirely at your disposal and shall be most happy to furnish you with any further information regarding the course of my cure. With sincere thanks for your cure, and with kind regards to you and your family, I remain,

Yours sincerely, N.

INCREASING THE VITALITY

IN order to procure for the system the strength necessary for restoration to health, it is absolutely essential to utilize every factor which may assist us in attaining our end. Every method of treatment which aims at removing foreign matter from the system, requires a certain amount of *vitality*, and my method is no exception to the rule. Where nodular deposits are to be found in the body, it is a sign that the vitality has already been seriously lowered, otherwise the matter would not have thus become indurated. In attempting a cure, we must now do everything possible to raise the enfeebled vitality, and at the same time avoid everything that may tend to lower it.

I cannot here enter into an explanation of the nature of vitality; what we have here to consider is the question as to how we can *maintain*, or *restore* it.

We create new vital force every day by means of the food we consume, under which must, of course, be included the air we breathe.

Thus food plays a most important part in maintaining or raising the vitality, wherefore we must in eating pay attention to every factor which may exert an influence.

I shall therefore treat the question of nutrition exhaustively, answering four questions:

1. In what manner must our food be assimilated?
2. What shall we eat?
3. Where shall we eat?
4. When shall we eat?

1. In what manner must our food be assimilated?

The body endeavors to extract from the food consumed all those materials which are necessary for building up the system and assisting the bodily activity. Such material is extracted from the food and assimilated by the process of digestion. For us, it is unnecessary to consider the various separate steps in the digestive process, since we have to regard the process as a *whole*. The process is without doubt a continuous one, so long as there is material present in the system to be digested. It commences immediately we take food into the mouth and commence to chew it; it ends, so far as one part of the food is concerned,

with the ejection of such as excrement, whilst that part remaining in the system is still further assimilated, in arteries, lungs, liver, etc., the last remnants being finally expelled through skin and kidneys. The body must regulate the activity itself. If this is not so, it is a mistake to try and influence any part for itself. The bodily activity is a *whole*, and any disturbance of it whatever, signifies irregularity of the whole process. A disordered digestive system again, like every disorder whatsoever, implies disturbance of the whole body.

Thus by the digestive process the body assimilates all the material necessary for health. The process is, so to say, one of distillation, by means of which the extracts are obtained. There is, however, no other process which can be really said to be the same as that of digestion. All comparisons are more or less imperfect, the digestive process being a most comprehensive one. It is wholly an error to endeavor to relieve the digestive organs of any part of their work: this is simply to weaken them and, moreover, human skill has not yet succeeded, and never will succeed, in artificially imitating the process of digestion.

If the digestion has been debilitated, our sole task must be to provide the most favorable conditions possible for restoration of the function; and more food must not be supplied to the system than it can conveniently deal with. If we regulate the digestion in a natural manner, we shall be able in time to strengthen the body, and the vitality will be raised simultaneously.

I will now enter into an explanation of the conditions to be observed.

2. *What shall we eat?*

This question I have dealt with at some length in my handbook of the New Science of Healing, but I may here again call attention to a few points in particular.

The food we eat must be that which our nature demands. That which is unnatural, we must stringently avoid. I therefore advocate a non-flesh diet, for flesh-eating is unnatural (see my work "The New Science of Healing").

The fact that we have teeth for masticating our food, proves that our diet should principally consist of solid food—though I do not by any means recommend the so-called "dry-diet"—and those suffering from indigestion would do well to observe this. It is precisely dyspeptics who cannot properly digest liquid food, and they are in error in believing that soups, milk, coffee, tea, cocoa, wines, beer, etc., can be of service to them.

In the course of treatment of a large number of dyspeptic patients, I have gained much valuable experience which I will here relate.

Cooked food is always more difficult of digestion than is raw food. Food in *the course of development* is the most easy to digest; food which is quite mature, or on the point of commencing to decay, is much more difficult to assimilate. Unripe fruit and young leaves are therefore the foods which dyspeptics will most easily and quickly be able to digest. Much of such food cannot be consumed, for the body indicates at once when sufficient has been eaten, and it is then time to stop.

At first unripe fruit is apt to cause diarrhea, for being readily digested it expels the other material at the same time. This, however, will soon pass over and such fruit will then materially aid in regulating the digestion. Unripe fruit is best when picked direct from the tree, as through lying it loses in value. For this reason, home fruits are to be preferred to foreign, since the latter, through the long voyage, lose in digestibility.

In general, we may say that nature produces the most appropriate food for people in the locality where they are living. For instance, the attempt has been made to transport the food of more southerly regions to the Esquimos for the purpose of improving their general condition and consequently their health. It was soon found, however, that the imported food undermined their health still more.

If any region produces no food suitable for man, it is a sign that such place is unfit for human habitation. The regions of the frigid zones may be reckoned as such; and as a matter of fact no Esquimo is ever really healthy, or ever attains any great age.

The group of Esquimos shown in Fig. 47 appears, it is true, to consist of well-nourished persons; in point of fact, however, they are one and all heavily encumbered. Unfortunately, this cannot well be seen from the illustration, which was taken by an amateur. The vitality of the Esquimos is very low, and at a not very distant period they will probably have died out.

And how can it be otherwise? They are compelled to live almost exclusively upon flesh. It is true, they eagerly consume any fresh plants which the ground produces, during the short period it is not frozen, but such are not sufficient to counterbalance the injury done by the consumption of unnatural food otherwise, even though it may aid in improving matters. Those Esquimos who live on the coast and eat much fish are less encumbered, boiled fish being less injurious than other flesh, especially that of fattened cattle.

The inhabitants of the temperate zones are more fortunate and our spring affords us opportunity of increasing the digestive power, thus raising the vitality, by the consumption of fresh plants, leaves and fruits.

These foods are usually regarded as being of no value at all to human beings; but this view must be attributed to total ignorance of the laws of life.

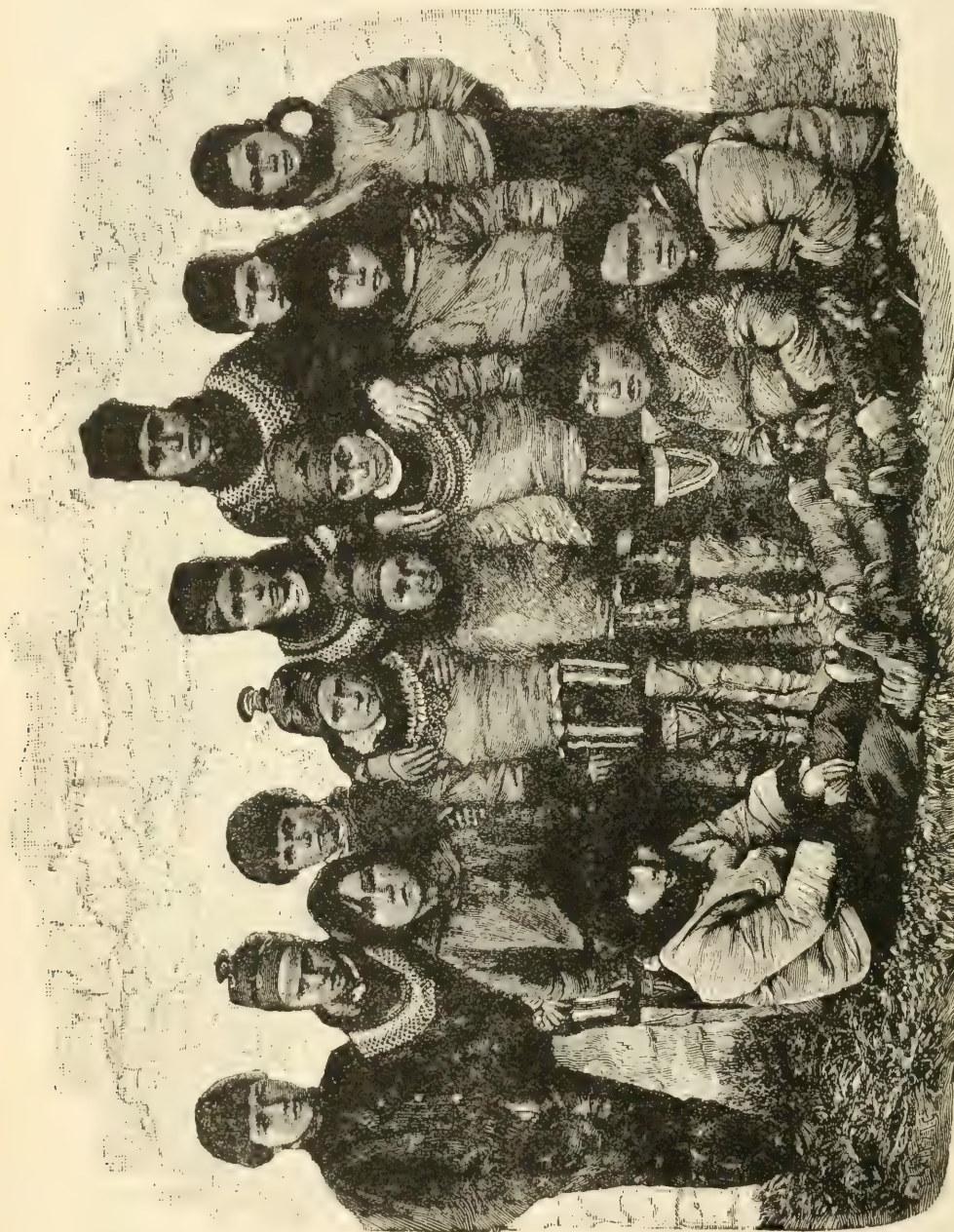


Fig. 47.—Eskimos from Greenland.

One material I must especially mention as being apparently required by the human body, a material which would seem to be wholly useless to the system, and yet undoubtedly aids digestion—this material is sand. In their natural condition, there is always a certain amount of sand adhering to foods, and this despite thorough washing is not altogether removed. Such washing is in many respects beneficial, but at the same time it deprives us of a substance highly important to the body.

Animals consume sand instinctively and become ill if they cannot get it. We have only to instance hens and canaries, etc., whose plumage soon becomes rough and ragged if they are deprived of sand. Ostriches, with their magnificent feathers, inhabit the desert; in ostrich-farms where sand is not so plentiful, their feathers lose in beauty. The best food may be given, but without sand the condition of the feathers cannot be improved. And for man also a certain amount of sand appears to be a necessity. It is therefore decidedly better to eat wholemeal, and bread made from such, than to consume fine flour, white bread and the like, for there are always small particles of sand adhering to the outer covering of the grains of corn.

After carefully observing animals, I have commenced a series of experiments to ascertain what influence the consumption of small quantities of sand has on human beings. The results have been so satisfactory, that I feel called upon to publish them. I first selected the purest sand I could get, that is sea sand, although probably good river sand would have answered the same purpose. The sand was procured from the coast of the German Ocean and was so fine that it could be swallowed without difficulty. It is interesting to know that such sand even has a disinfecting influence. The following experiment may be made: In a room where the air has been fouled by burning cotton-wool, or milk, heat a few handfuls of sea sand on a glowing iron. It is astonishing how quickly the smell will disappear. The window should be kept closed during the experiment, in order that the full effect of the sand may be better observed.

In sandy regions, the air is always pure, sand acting as nature's disinfectant. If the sand is to any extent mixed with slime, the effect will not be so great.

We may now ask whether sand may not exercise a similar influence internally by destroying foul gases and matter generally; whether it may not, to speak figuratively, dry up the swamp in which the dreaded bacilli thrive.

The numerous experiments which I have conducted with a view to ascertaining the effect of sand, all speak to its high value. I may here give a striking instance.

A lady had from youth suffered from constipation, various remedies

having been tried without effect. At 50 years of age the complaint became so troublesome, that her condition was really dangerous. No purgative was of any avail and sometimes for weeks—once even for 5 weeks, as she said—the bowels failed to act. When she came to me, I ordered her 4-5 friction and hip baths daily, and a diet of wholemeal and acid fruits. This treatment seldom fails in constipation, but here it was insufficient. I therefore experimented by administering two to three times a day a pinch of sea sand directly after the meal. The result was rapid and successful beyond expectation. Even on the second day the bowels opened. The stool at first was in the form of black, hard, spherical masses, becoming in time, however, absolutely normal. The baths and diet prescribed had been adhered to.

The sand, we see, here exercised a most satisfactory effect; and it is certainly a natural means of maintaining the digestion, or aiding in restoring it.

The orthodox practitioner, of course, will deny that sand can have any effect, as it is almost insoluble, at most traces of it being assimilated. He will endeavor to determine precisely, by the aid of chemistry, the materials necessary for building up the body. He will finally decide the various constituents, giving amount and weight, and would like to lay down exactly how much of each should be consumed daily. Woe to him who delivers himself to dietetical treatment thus based on theory! The attempt has even been made to procure the nutritive constituents of the food as pure as possible, presenting them in the form of an extract to the system. This is a gross error. The body not only requires material; its organs must also perform work, since it is only through their activity, that they can become healthy and remain in order. The organs of digestion must themselves obtain the extracts from the food, thus making blood, flesh, bone, sinew, hair, etc., and digestive juices, such as acids and alcohol. The necessary constituents are all contained in sufficient quantity in natural foods, and the body has only to possess the requisite power to distil them. The body must also generate gases to regulate the motion of the foods and conduct them downwards. Were there no sufficient generation of gases, obstructions would take place and the intestines would become wholly incapacitated, the matter would then probably pass upwards and headaches would result. Such irregularities, however, can only occur when the body is already encumbered, or when unnatural food is consumed.

I must devote some remarks to the feeding of children. For infants, the only natural food is the mother's milk, and children unable to get it are under a great disadvantage and will certainly become encumbered with morbid matter. Fig. 48 shows a child who was nursed by his mother. Compare with this the children shown in Figs 49 and 50, who

were brought up artificially. The head in each case is far too large and the abdomen much too protrusive. Such children are nearly always precocious. It is characteristic of the times that there are now so many infant prodigies, exhibiting in the most tender years astounding intellectual capacity. The poor little creatures are greatly to be pitied: for a time they serve as exhibits, and the deluded parents are usually quite proud of them. But none of such children fulfil the high hopes set in them, for precocity is a morbid symptom. Precocity is found when, through extreme pressure towards the brain, there is an unbalanced



Fig. 48.—Normal Form.

Figure: harmoniously developed.—*Head:* size normal for the age.—All other parts are likewise normal. Observe especially the normal size of the abdomen. The child was nursed by its mother and could walk when 9 months old. When photographed, it was a year old.

development of the latter. If one or another part is encumbered, such is stirred to activity. Phrenologists also speak of such partial development, but they fail to recognize that it is morbid, since they are ignorant of the cause.

I have found children who at 7 years of age would converse with the understanding of a person of twenty; yet at the latter age such children will usually be far behind their companions. This applies also to musical prodigies, who at first cause the greatest sensation, but in the course of years disappear from memory, not having had the necessary talent to become true artists.

3. *Where shall we eat?*

This question may appear superfluous, but it is not. As already remarked, much depends upon the lungs being properly fed. Good, pure air is quite as indispensable for life and for raising the vitality as is good food. When eating, we involuntarily breathe deeply and the lungs



Fig. 49.—General Encumbrance.

Figure: thick and clumsy.—*Head:* too large.—*Forehead:* cushioned.—*Nose:* too thick.—*Mouth:* open.—*Neck:* too short and thick; line of demarcation at neck missing.—*Abdomen:* much too prominent.—*Arms and legs:* much swollen.—The child was brought up on sterilized milk, and when 1 year and 9 months old, could still scarcely sit alone.

receive much air; air is also swallowed and conducted to the stomach. Now it is by no means a matter of indifference whether this air is good or bad. It is best to eat out of doors, if the weather permits; at any rate, the room should be light, sunny and well ventilated.

This is of special importance in the case of invalids, who are endeavoring to raise their lowered vitality. Adherence to natural elements plays an important part in the quest for health.

4. When shall we eat?

This question must be gone into in detail. In general, we may say that one should eat when hungry. But we have it in our power to so regulate our manner of living that we can, as it were, postpone our hunger. Most people live so unnaturally, that hunger is experienced at wrong times, and moreover there is not then a healthy appetite. If we regard the animals, we find that they nearly all show most signs of hunger in the



Fig. 50

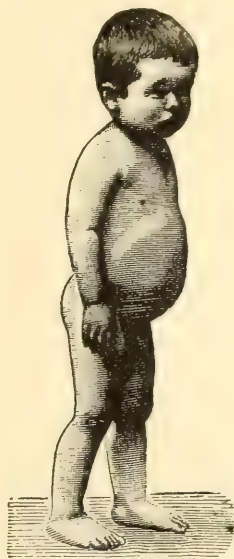


Fig. 51

General Encumbrance.

A child of three years seen from front and side.

Figure: heavy, awkward.—*Head:* too large.—*Forehead:* extremely cushioned.—*Eyes:* much compressed, nearly blind.—*Neck:* line of demarcation missing, head scarcely to be turned.—*Abdomen:* hangs down, loaded with foreign matter.—*Arms and legs:* thick, but stiff and inflexible.—This child was also brought up on sterilized milk.

morning and take their chief meal then. There is a very good reason for this, traceable to the effect of the sun.

The day is divided into two parts, an animating and a tranquillizing period. The period of animation commences with the rising sun, which awakens the whole of nature to renewed activity. The influence of the morning sun on plants is well known to every gardener and countryman. Trees which receive no morning sun bear little or no fruit. If in the morning the sun only shines upon some parts of the tree, it will usually be found that it is only on such parts that fruit will grow. Nor

can man withdraw from the sun's influence, try as he may. If he obeys the call of nature, rises early and hastens into the open air, he will immediately experience the beneficent and animating effect of the sun's rays.

Naturally, he must also observe the monition of the period of tranquillization, which commences the moment the sun has passed the meridian, that is at noon. The effect of this period is to gradually cause the activity to decrease and flag, until finally the setting sun brings rest and quietude, and mankind like the animals yearns for sleep.

During the period of animation, therefore, we are excited to activity, the body is strengthened and invigorated. The tranquillizing period relaxes, the body becomes fatigued and there is a desire for rest. This extends also to the organs of digestion. In the morning, digestion is better than in the afternoon, and towards evening, it will become still weaker.

From this, it follows that food should principally be eaten in the morning and early part of the day, and that in the afternoon only small quantities should be consumed. Invalids especially must observe this, for here they have a means of utilizing their vitality as far as possible and of restoring it to the normal.

It may be objected that persons who are ill rarely have any appetite in the morning, and that without hunger, they cannot be expected to eat. Such absence of appetite in the morning, however, is a sure sign that the organs of digestion are either very weak, or have been compelled to do their work at the wrong time. Our modern system of illumination has brought it about that we too often turn night into day. So magnificent are the achievements of civilization, that we too often use them to our disadvantage. It is therefore no wonder that nervousity has gained the upper hand and caused the present century to be styled the "age of nervousness." But it is not the age that brings neurasthenia, but our manner of living, which is such as to favor dorsal encumbrance in particular.

The meals are taken much too late, and indeed, in many circles the evening meal is taken at a time when one should properly long have been in bed. Food consumed at so late an hour cannot be thoroughly digested, and taxes the digestive apparatus to such an extent, that the latter has not recovered by the morning, so that there is no appetite experienced. Furthermore, during the night, the body will not have enjoyed any real rest, as the undigested food excites it to work, wherefore in the morning there is, perhaps, more fatigue than there was the night before.

It requires but a little determination to change all this, and persons who are ill, must cultivate this energy if they wish to be cured.

Let anyone try going to bed without supper one night, or, at any rate, after but a very light meal, and there will certainly be hunger felt in the morning. Of course, it will be necessary, in following this plan, to change the entire manner of living. Many find it difficult to accustom themselves to going to bed early. It is all a matter of custom, however. Rise early and do not be hindered by any tired feeling. In the evening there will certainly be the desire to retire early to rest, and the body will accustom itself to the natural system of living sooner than one would expect.

We must arrange to do all our work as far as possible during the period of animation, this, and not the period of tranquillization being that intended for labor. It is during the former period alone, too, that that act should be performed, which is of such importance for the human race—the act of procreation. The fecundation will then be more complete and the fruit itself beneficially influenced. And when we remember that it is a matter of procreating a better and healthier generation, it should be the endeavor of everyone to secure the best conditions. It has frequently occurred that men who have believed themselves impotent, because in the period of tranquillization their body had not the necessary vigor to impregnate, have found that during the period of animation they were normally capable of begetting. The essential difference existing between the two periods is here very clearly seen. But even normally healthy persons are advised to abstain from performing the sex act at night, as it is then weakening for the body, and the cares of business, vexation and irregular living all exert an unfavorable influence upon the fruit. And who is not prepared to avoid all that will be injurious to his children! If those who live unnaturally only have sex commerce in the morning, the results of their false manner of living will not be transmitted so directly to the embryo, since the body during the night partly recuperates its strength. Consider, for instance, the baneful results of alcoholism. A child procreated in a condition of semi-intoxication will nearly always prove mentally sluggish and may even become imbecile. Other offences against nature may perhaps be followed by less disastrous results, but they are always attended by evils of one kind or another.

I therefore repeat that the vitality can be maintained longer and restored more quickly, if we observe these periods of animation and tranquillization. We must so order our life that we do the most important duties in the morning and consume the principal meal then, so that we may in the afternoon gradually relax our energy and in the evening retire early to bed.

Acute diseases are more malignant during the period of tranquillization, because the body cannot then offer so much resistance. Who has

not remarked that fever always increases towards evening? This is because the other bodily functions have now become weaker.

But also the year as a whole, has a period of animation and of tranquillization. The former commences as the summer solstice is approached, and there appears to have been an instinctive feeling amongst various nations to celebrate a great festival to commemorate the event.

Even amidst frost and cold the period of animation makes its influence felt, spring being the season where its power is everywhere clearly experienced. Its influence on the trees is easy to be remarked. If timber is felled in autumn, it is good and strong, but if not felled till February, or later, it will not keep, but is soon destroyed by insects.

During the period of animation, we notice signs of quickening throughout the whole range of nature. The animals become lively and active and have their breeding time at this period. Plants bud and grow with vigor. The period of animation is a time of growth and progress.

The flowers, too, have quite a different odor now than during the period of tranquillization, and some kinds of plants, like the rose, towards the end of summer and in autumn, never produce such exquisitely perfumed flowers as in spring and early summer.

Once the sun has reached its highest point and commences to descend, the period of tranquillization rapidly sets in. The animals become quieter, in the vegetable world there is no longer such active growth, and generally speaking only those fruits are ripened which were formed during the preceding period.

During the period of tranquillization, the so-called epidemic diseases make their appearance, more often than during the period of animation; for fever now, as in the daily period of tranquillization, finds resistance offered by the body.

Animals in a state of nature now have less desire for food, and on the approach of cold, become so weak, that such scanty food as can then be obtained, suffices to sustain the body. The digestive power gradually becomes weaker during the period of tranquillization and men also should therefore consume less food. It is therefore quite correct to keep fasts in winter. Unfortunately, we act just in the contrary manner: in winter we celebrate all manner of festivals, and the doctors even preach to us the necessity of consuming more food at this season in order that we may be able to withstand the cold—an error which is accompanied by grievous results. A glance at the animals in nature ought to be sufficient to open the eyes of everyone. Keepers and foresters know well that in winter, animals must not receive too much food if they are to remain healthy.

In the tropics, where the relative position of the sun undergoes but

little change, the moon appears to exercise a stronger influence. There the period of animation alternates with that of tranquillization twice a month; the daily change is naturally the same as with us. It has been observed in the tropics that timber felled whilst the moon is waxing does not keep, whereas that felled whilst the moon is waning, is greatly superior in this respect. We have here, then, the same phenomenon as we observe with regard to the course of the year.

What may be the explanation of these phenomena?

I have thought out an explanation; whether it is correct or not, remains to be decided. I here give it merely as an hypothesis. I repeat therefore, that the following is merely a theory, which does not necessarily belong to this work, but which I do not wish to withhold from my readers.

The phenomena of periods of animation and tranquillization must have the same cause as those of day and night, summer and winter. They depend, as everyone knows, upon the sun and the motion of the earth. We are all accustomed to regard the sun as *directly* bestowing light and heat. This, in my opinion, is an error; probably the earth generates light and heat itself through its rotation. Naturally the sun exerts an influence, probably transmitting to us some kind of magnetic rays; and it is through the intense friction between these and the earth that light and heat are produced, which are then radiated by the earth. It is well known that both heat and light decrease rapidly, the higher we ascend. If the heat and light rays came directly from the sun, they would, however, exercise their influence at elevations also, especially when a solid body is there to absorb them. The earth is quickly able to warm the air; why should not the sun be equally well in a position to do so, if it really radiates heat?

If, on the other hand, the earth itself generates light and heat, it is clear that these must be most intense where the rotation, and therefore the friction, is greatest, *i. e.*, at the tropics. At the poles, the friction is practically zero and there we find cold and torpor. The cold would be even more intense, were not heat transmitted by the air from warmer terrestrial regions. In this manner, it is also clear why we have only one torrid, two temperate and two frigid zones.

Figs. 52 and 53 represent the earth, the arrow showing the direction of rotation; *a* may indicate our point of observation. The solar rays always travel in the same direction parallel to one another, but the earth alters its position. Fig. 52 shows the position of the earth when the sun (for us at *a*) has just risen; Fig 53 shows its position when the sun is setting.

It is easy to see that the friction against the magnetic rays in the morning, when they meet us, must be much greater than in the after-

noon, when they follow us. The action of the rays meeting us will therefore be much more pronounced.

The action might well be illustrated by means of a grindstone. If we hold the edge of the blade being ground pointing against the direction of rotation, the effect of the revolving stone will be much greater than if we turn the blade so that its edge points in the direction of rotation.

The earth may also, in respect to its motion, be compared to an immense dynamo, the rotating portion of which rubs against the so-called brushes, which conduct the electricity to produce useful results.

Perhaps some may object that usually the heat is more intense in the afternoon than during the morning. The reason for this is simply that the heat generated is conserved and increased by that which is still being generated. The increase, however, when there is absence of wind, will be much less during the afternoon than during the morning. The

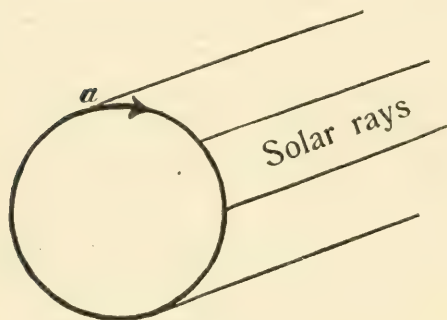


Fig. 52

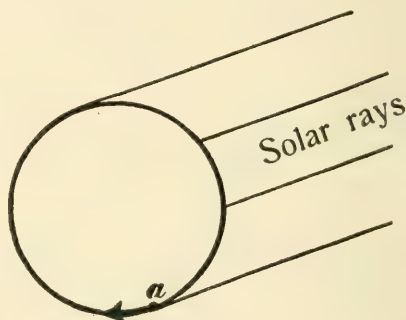


Fig. 53

wind may blow the hot or cold air from other regions, and so change the conditions; observations must therefore be made on calm days.

The force of rotation of the earth also makes its influence felt. During the period of animation, the magnetic rays, since they meet us, exercise a greater effect than during the period of tranquillization, and excite us to activity. We should order our life accordingly.

With us also, the effect continues for a certain time, so that it is not till the afternoon that we gradually notice the decrease in energy.

If, however, we compare our vigor in the morning with our capacity for work in the afternoon, we notice a striking difference. The repose at night is not the sole reason of the matutinal vigor, which enables us to perform all kinds of mental and physical labor much more easily. Were this so, then a good sleep at noon would have the same effect, which, however, is by no means the case. In my opinion, the cause is doubtless to be found in the same power which generates light and heat, and it is a grievous error, by artificial means to war against the immutable laws of nature.

THE SCIENCE OF FACIAL EXPRESSION IN RELATION TO PHRENOLOGY

AS phrenology also concerns itself with the shape of the human head, I will here add a few words concerning its relation to the Science of Facial Expression.

Phrenology starts with the assumption that each part of the brain is the seat of some particular mental faculty. If, then, any part be abnormally prominent, the faculty located there is supposed to be correspondingly developed.

The brain is normally so formed, that no single important faculty preponderates, and it is only when the head becomes encumbered that this can occur. The first result of any encumbrance is always to stimulate, as can be seen especially in case of precocious children; later, however, activity is obstructed by the morbid matter. It is worthy of remark that, in point of fact, persons suffering from frontal encumbrance, are frequently those in whom benevolence, reverence, faith, hope, etc., the seat of which, according to the phrenologist, is in the front part of the brain, are markedly developed. Persons in whom the encumbrance is wholly frontal, are also just those who have tact and are fond of society. Those afflicted with back encumbrance, on the other hand, shrink from any calling in which they are compelled to have much social intercourse with others, and if compelled to follow such an occupation, are driven to despair.

The phrenologist has observed the occurrence of one-sided mental activity, but he does not understand the reason of it. The Science of Facial Expression, however, can instruct him, at all events, to some extent. Unequal development of the brain results from *encumbrance* of any kind. From this, it follows that this unbalanced mental state may be again rendered normal by removal of the encumbrance. And this is a matter of great importance where dangerous passions or tendencies have resulted from irregular mental development, *e. g.*, rage, depression, impulse to suicide, lack of energy. It is often thought that these characteristics are the outcome solely of the age in which we live, and regret is expressed that they appear also in children. This, however, is erroneous; the cause lies in the diseased physical conditions everywhere prevailing, and which, unfortunately, are not yet sufficiently recognized by those persons who command public attention.

CONCLUSION



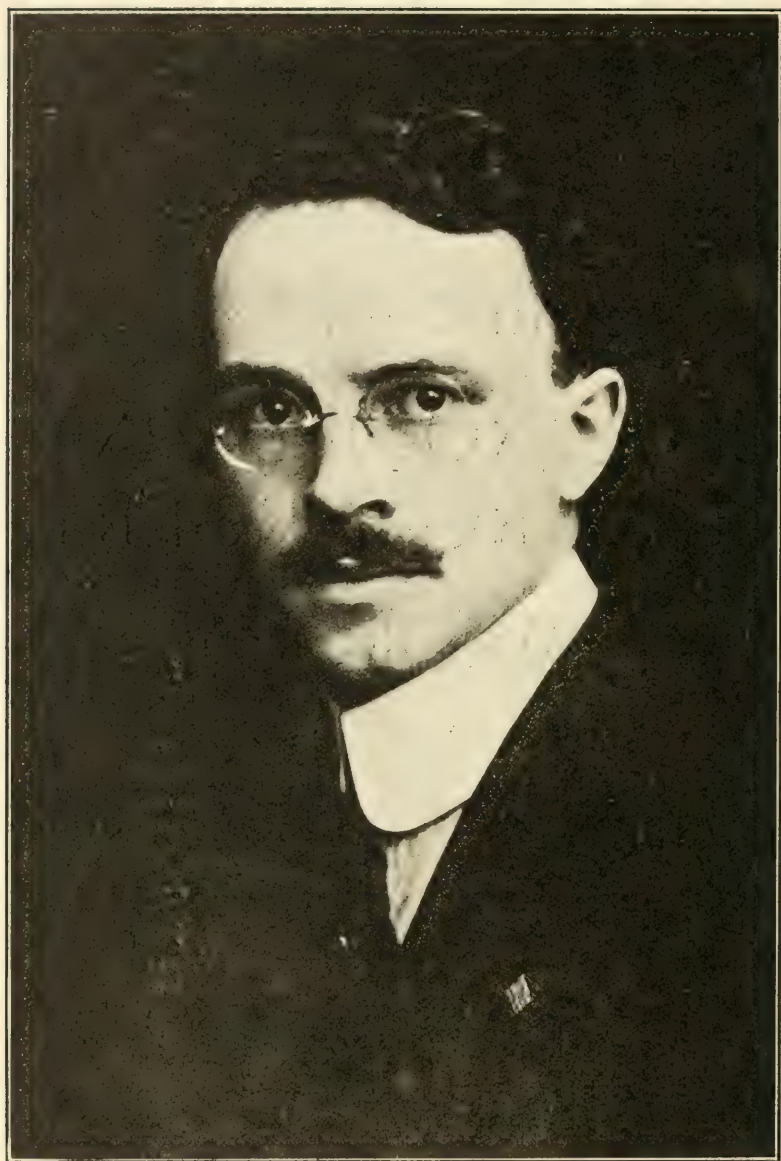
MANY readers may consider that the explanations given in this work are not sufficiently scientific. My aim, however, has been to write plainly and practically, so as to make myself intelligible to all. This does not render the subject-matter in itself unscientific.

What, indeed, *is* science, but a collection of experiences, which men have reduced to order and put upon a clear basis? But everybody is free to gather experience, whether he belongs to a particular fraternity or not; and whether he has been trained in this branch or that. Indeed, it has often been shown that the so-called amateur or layman, observes in a different manner from the "specialist," and strikes out on new lines to arrive at the truth. The professional man, on the other hand, trained on hard and fast principles, continues to jog along the old familiar paths. This work is the result of thirty years of observation, and the conclusions drawn have been proved correct in thousands of cases. I am far from asserting that I have attained perfection; but at all events, I can say, with a good conscience, that that which I offer, has been *well tried*, and has *stood the test*.

PRINCIPLES
OF
ELECTRO-MEDICINE
ELECTRO-SURGERY
AND
RADIOLOGY



By ANTHONY MATIJACA, M.D., D.O., N.D.



DR. A. MATIJACA

PREFACE



THERE are many large volumes published on the subject of Electro-Medicine and Electro-Surgery which are very valuable for reference to those who are familiar with the principles of this subject; but as far as the writer is aware, there is no book published which explains briefly, in a practical manner, all the essential points, from which the student and practitioner can easily acquire the knowledge of this comparatively new, but thoroughly rational and scientific method of treatment, which can assist the body in the performance of its physiological functions. On this account, the writer has decided to prepare this work.

Although this work is not a complete treatise on the subject, realizing that a successful electro-therapist must be an expert electrician, as well as a good physician, it was the writer's aim to make as clear as possible the production and the therapeutical application of all the different forms of electricity, and to include all the information which is essential for the successful application in the relief and cure of disease.

Those facts and experiments which are of value only to the research worker, and are not essential in the practice of electro-medicine, electro-surgery and radiology, are not included, as that would make this work too large, complex and impractical.

During several years of study and practice, having become fully acquainted with most of the literature on the subject, which has helped him in gaining the present knowledge and thereby enabled him to prepare this work, the author acknowledges gratefully the value of all the works published

in English, German, French and Italian languages, and considers their authors as pioneer workers in bringing the electro-medicine, electro-surgery and radiology to a science which will, in the near future, undoubtedly supplant both present method of surgery and treatment by drugs.

While reading this work, if one does not find full information upon some subject, the writer will esteem it a favor if his attention is called to the fact, so that in future editions he may try to clear up these points, thereby making the work more practical and interesting.

With the feeling that this work will be of service to the profession, the writer sends it into the world with the earnest desire that it may kindle the spirit of research along these lines, and serve to alleviate the sufferings of humanity.

ANTHONY MATIJACA

INTRODUCTION



HISTORICAL

ALTHOUGH electricity has been mentioned by Thales (640 B. C.) Aristotle, Pliny, Largud, Claudius Galenus, and other celebrated Greek and Roman scientists long before, and after, the Christian era, the history of the application of electricity for the relief and cure of disease did not begin until 1600, when "the father of electricity," Dr. William Gilbert, physician to Queen Elizabeth, published in England a small treatise on the subject of magnets and electriones.

In 1672, Otto von Quericke, a German philosopher, and a burgomaster of Magdenburg, invented the static machine.

In 1749, Jallabert of Geneva published a treatise on the medical use of electricity entitled "*Experimenta Electrica Usibus Medicis Applicata*," in which he reported the successful treatment of various muscular and nervous diseases.

Between 1750 and 1757, cures of paralysis were reported by Brydone, Sauvages of Montpellier, Bertholn, Spray and De Häen, the latter of whom also reported a large number of electric cures of spasmodic and nervous affections. About the same time also, Shaeffer and Nebel announced remarkable cures of rheumatism, toothache, paralysis of the eye, neuralgic pains, hypochondria, etc. This caused such an interest throughout England that in 1767 electricity was used as a therapeutic agent at the Middlesex Hospital (London) and a few years later at Saint Bartholomew's Hospital (London).

In 1780, Luigi Galvani, an Italian physician and professor of anatomy at the University of Bologna, after experimenting with frogs, accidentally discovered the galvanic current and muscular contractions produced by that current. Being unable to ascertain the cause of these contractions, in 1791 he published a treatise entitled, "*De Viribus Electricitatis in Motu Musculari Comentarius*."

Galvani's discovery attracted the attention of scientists throughout the world, and five years later Alessandro Volta, professor at the University of Pavia (Italy) discovered that the muscular contractions in Galvani's experiments were due to the difference in potential between the two metals (iron and copper, which were used in Galvani's experiments), and thus he gave his name to the science of Voltaic electricity, more frequently called Galvanism.

In 1831, Faraday gave to the world his discovery of "induction," or the production of electricity by the magnetic influence, known today as Faradic electricity.

In 1891, Nikola Tesla, a Croatian electro-engineer, in a historic lecture before the American Institute of Electrical Engineers, called the attention of scientific men throughout the world to the wonderful and peculiar properties of alternating currents of high potential and great frequency (*High Frequency currents*).

In 1895, Dr. William Conrad Roentgen of Berlin discovered the X (or unknown) rays.

PROGRESS OF ELECTRO-THERAPEUTICS

Like most of the great sciences and the great religions, electro-therapy was born among the humble and lowly, and until the eighteenth century the leading authorities in electro-therapeutics were physicists, chemists, priests, monks and others who, however eminent in other walks of life, knew very little or nothing of medicine.

All the experiments and cures brought about before the production of galvanic current were made with Franklinic or "frictional" (Static) electricity.

In those early days, and even later, the knowledge of physiology and pathology had not reached that degree of strength and breadth of sureness to furnish good foundation on which to erect the science, and in addition the apparatus for generating electricity was bulky and unreliable, and electrical measurements were not yet discovered. As a result, electricity was applied to the symptoms and not to the cause of disease; hence, frequent failures were inevitable.

The symptoms most treated were blindness, deafness, inability of motion, etc., which are now known to depend, in many instances, upon incurable pathological conditions. Considering the simple forms of electrical apparatus available at that time, there can be no question that remarkable cures were effected, and although the cures brought about by this treatment attracted crowds of invalids, yet by the ignorant and superstitious they were considered either as miracles or witchcraft.

When chemistry, physics, physiology, and later pathology, came to its assistance, electro-therapy attracted the attention of scientists and progressive physicians throughout the world, and although it had to fight its way, step by step, in the face of many difficulties, and the worst of them all, the passive resistance of narrow-minded physicians who could not realize that all the therapeutic methods are more or less limited, and that there is some good to be derived from every method of healing, this science has done more in conquering ailments which were considered incurable than any other branch of medicine, and it bids fair to unlock the door to a future medical era of which our generation has no reasonable conception at this time.

FIELD OF ELECTRICITY IN MEDICINE

Some have said that electricity is life, and although this is too altruistic a statement to make, there is no doubt that whenever the body is highly electrified, it is at the flood tide of vitality.

Matter cannot exist as such without the constant passage of electric currents through the substance of which it is composed, and the "physician" who realizes this, will be better equipped to combat disease. To practitioners who know how to use electricity scientifically, so as to influence pathological conditions in the human body in such a way that this force will assist nature or call forth the latent energies and thus hasten the restorative processes, electro-therapy becomes of real value and gives satisfaction to both the physician and the patient.

The effects produced by electricity may be classified as mechanical, chemical, thermic, actinic and psychic.

The field of application of electricity in the healing art is a large one, and the indications for its use in therapeutics are plentiful, but this is only to the practitioner who is well versed in this science, for the practitioner who is not acquainted with it will seldom, if ever, see any indications for its use.

By means of different electrical currents and modalities, we are able to cause powerful muscular contractions of voluntary and involuntary muscular fibres; stimulate the nerves and tune them to normal vibration, producing profound sensory effects; relieve pain or over-irritation and inflammatory conditions; dilate or constrict cutaneous blood vessels, and increase or stop hemorrhage; increase or decrease the blood pressure without producing heart depression; correct faulty metabolism, and hasten elimination of waste products, such as urea, uric acid, carbon dioxide, solidified lime deposits, etc; harden or liquefy the tissue; produce anaesthesia and artificial respiration; decompose and introduce through the unbroken skin various remedies, direct to the seat of pain with a view of obtaining the desired effect, etc.

Employing same in diagnosis, we are able to differentiate the forms of paralysis—whether due to a brain lesion, or to a lesion in the spinal cord—test muscular degeneration, etc.; locate foreign bodies, structural dislocations and malpositions within the body; differentiate various gynecological conditions, e. g., pyosalpinx from ovarian neuralgia, etc.

In addition to the above mentioned therapeutic properties, various electrical modalities have been found of special value in minor surgery, while the value of light, heat, ozone, and mechanical vibration produced electrically has been exemplified in the successful treatment of various nervous, rheumatic, respiratory, skin and other affections. Some of the future possibilities of electricity in therapeutics are the abstraction of metallic poisons from the body by ionization, safe local and general anaesthesia, with loss of consciousness and relaxation, relief of pain and the production of sleep, etc.

Electro-therapy is not a cure-all, and will not take the place of all other methods, but it is a single remedial agent of very wide range, leaving scarcely a condition of disease in which it cannot be used in some form, either as an adjunct or a remedy.

All kinds of medical, naturopathic and electrical equipments, or apparatus mentioned in this work, drugless hospital supplies, and medical publications of every description, can be obtained at the Naturopathic Headquarters, 110 East 41st Street, New York City. Please address all communications to Dr. Benedict Lust, Proprietor.

CHAPTER I

VOLTAGE, AMPERAGE AND RESISTANCE



VOLT, Ampere and Ohm are the first three measurements in electricity, and it is imperative to have a proper idea of them before it is possible to apply electricity judiciously for therapeutic purposes.

Voltage (V) or *Electro Motive Force (E. M. F.)* or *Tension* is the pressure or force produced by chemical or physical means which overcomes the resistance of the electrical circuit, and therefore maintains the current. The unit of this pressure is called a Volt.

Ampere (A) or *Current Strength (C)* is the rate at which electricity flows, or that part of electrical energy which is forced by the voltage over the resistance. The unit rate of current flow is called an Ampere.

The ampere, being more current than can be used for general application to the human body, is divided into one thousand parts called milliamperes (m. a.).

Resistance—For the reason that every substance offers more or less resistance to the passage of electricity, *Ohm (R)* is a standard by which the resistance of all material can be measured.

An Ohm represents the resistance offered by a copper wire two hundred and fifty feet long and one twentieth of an inch in diameter.

The resistance of wires or other conducting material changes directly as their length, cross section and conductivity, therefore, a long wire offers more resistance than a short one, and a thick one of the same length less than a thin one.

Conductors and Insulators

Silver, copper, gold, aluminum, zinc, platinum and other metals; carbon, acidulated water, etc., offer very little resistance to the passage of electricity and are called *good conductors*, while the human body, dry wood, cotton, etc., which offer more resistance and conduct but little current are called *poor conductors*.

Oils, amber, shellac, leather, rubber, wool, porcelain, glass, etc., offer very great resistance to the passage of electricity, and are called *non-conductors*, or *insulators*.

Table of Substances in Order of Their Conductivity*

Good Conductors	Poor Conductors	Insulators
Metals	Alcohol	Fat
Coal	Ether	Ice at 25 degr. C.
Graphite	Dry wood	Phosphorus
Acids	Marble	Chalk
Acidulated water	Straw	Rubber
Fresh water	Paper	Dry air
Vegetable matter, living	Ice at 0 degr. C.	Oils
Animals		Porcelain
Soluble salts		Leather
Linen		Wool
Cotton		Silk
		Mica
		Glass
		Wax
		Paraffin
		Sulphur

A *RHEOSTAT* is an instrument by which we are able to increase or decrease the resistance, and consequently increase or decrease the current strength.

WATT is the unit of work, or power, representing one seven hundred and forty-sixth part of a horse power (1/746), and is obtained by multiplying the voltage by the amperage.

Ohm's Law

About the year 1827, Dr. G. S. Ohm discovered by experiment that the difference in voltage between any two points in an electrical circuit, is strictly proportional to the current, all other conditions remaining constant, and on the discovery of this law the following formulas were elaborated:

Voltage is equal to the amperage multiplied by the resistance
 $(V=A \times R).$

Amperage is equal to the voltage divided by the resistance
 $(A=\frac{V}{R}).$

Resistance is equal to the voltage divided by the amperage
 $(R=\frac{V}{A}).$

Examples:

1. What voltage is required to produce a current of 10 amperes in a circuit having a resistance of 10 ohms?

Solution: Voltage=10 (amperes) x 10 (ohms)=100 volts.

2. What amperage will be produced by the pressure of 100 volts in the circuit having a resistance of 10 ohms?

Solution: Amperage= $\frac{100 \text{ (volts)}}{10 \text{ (ohms)}}=10$ amperes.

* This table has been prepared from a table which appeared in the American Journal of Electricity and Radiology, Jan. 1917.

3. What is the resistance of a circuit producing a current of 10 amperes at a pressure of 100 volts?

Solution: Resistance = $\frac{100 \text{ (volts)}}{10 \text{ (amperes)}} = 10 \text{ ohms.}$

(In the above examples, same voltage, amperage and resistance has been used, so that the reader may see at a glance that the above law is correct.)

From the above, we see that in order to increase the amperage or current strength in a conductor, we must either increase the voltage or decrease the resistance; while, on the other hand, if we wish to decrease the amperage, we must either increase the resistance or decrease the voltage.

CHAPTER II

GALVANISM

THE galvanic current is a direct, uninterrupted, continuous current, which can be likened to a stream of water, continually flowing in one direction. (Fig. 7)

For therapeutic purposes, this current is usually obtained from primary cells, direct current lighting circuit, or from a direct current generator which consists of a small dynamo, operated by a motor connected to the lighting circuit.

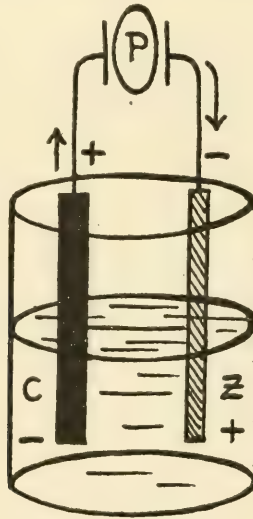


Fig. 1 — Laclanché Cell; + represents positive; — negative. P. patient; arrows show the direction of the current flow.

Primary Cell

A cell is a jar holding the elements and the exciting fluid necessary to produce electricity.

There are several kinds of cells, but the simplest form and one best adaptable for therapeutic purposes, is a Laclanché cell.

Laclanché cell consists of a rod of zinc and a plate of carbon immersed in a saturated solution of Ammonium Chloride (sal ammoniac), with a little Manganese Dioxide ($Mn O_2$) as a depolarizer.

Internal and External Circuits

In order to bring about a passage of electricity, it is necessary to establish a *circuit*, or a path, in which electricity moves. This circuit consists of two parts, the internal and external.

The internal part of the circuit consists of the exciting fluid and the submerged part of the elements; while the external part consists of the conducting wires, the non-submerged portion of the elements, and the body which may be in the circuit.

When the circuit is established, the chemical decomposition takes place at the rod of zinc (which is of a higher potential than the carbon), and makes it a generating plate. Through the electrolyte, electricity flows to the carbon, and through it out of the cell into the conducting medium, which joins the carbon and the zinc together, returning again to the starting point.

As water flows from a higher to a lower level, so does electricity flow from a higher to a lower potential (positive to negative pole); *therefore the outside end of the carbon is positive and the inside end (submerged end) is negative, while the outside end of zinc is negative and the inside end is positive.*

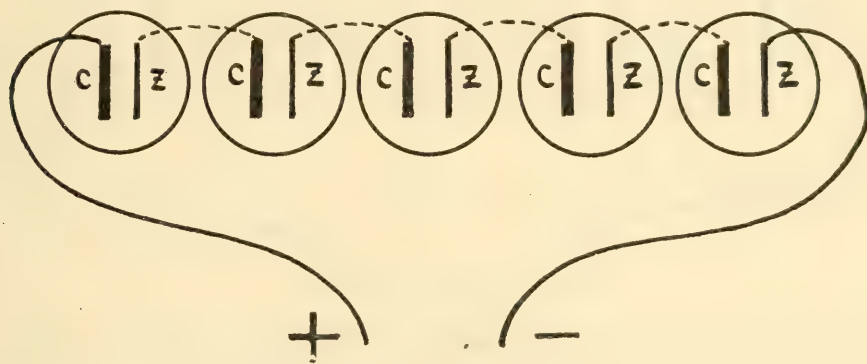


Fig. 2—Cells connected in series.

Polarization

All cells are subject to polarization; that is, the formation of bubbles of hydrogen upon the carbon, which in that case will also become the generating plate and cause the current to flow toward the zinc, thus partly neutralizing the original flow. There are various depolarizers, which are, in general, substances capable of fixing the hydrogen; e. g., a small quantity of Manganese Dioxide (MnO_2) added to the exciting fluid of the Laclanché cell prevents polarization.

Battery

Two or more cells, properly connected, constitute a battery.

To treat the human body, which offers great resistance to the passage of electricity, it is necessary that a battery furnishes a high voltage, and a low amperage. This high pressure and low strength is obtained by

connecting the cells in *series* by joining unlike elements together, that is the zinc of one cell to the carbon of the next, until all are connected.

If, however, it is desired to use the current for heating platinum electrodes or cautery work, it is necessary to obtain a high amperage and a low voltage. This is obtained by connecting the cells in *multiple* or *parallel*, by joining like elements together; that is, zinc of all the cells together and all the carbons together.

The voltage of a battery in which the cells are connected in series, is the sum of the voltage of all the cells connected, but the amperage output is equivalent only to the output of one cell; while with the cells connected in multiple or parallel it is the opposite.

For example: If we have a five-cell battery, and if each of these cells gives a pressure of $1\frac{1}{2}$ volts and a current strength of 5 amperes, then by connecting these cells in series, we will have in the circuit a current of 5 amperes at $7\frac{1}{2}$ volts pressure, while by connecting the cells in multiple or parallel, a current of 25 amperes at $1\frac{1}{2}$ volts pressure.

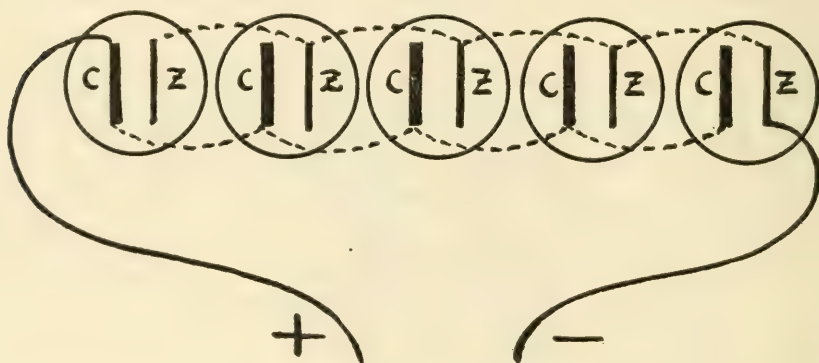


Fig. 3—Cells connected in parallel.

By arranging some of the cells in series, and some of them in parallel, we are able to obtain any voltage or amperage required.

Dry Cells are made on the same principle as the Laclanché or wet cells, with the exception that the electrolyte is in the form of a paste or cream instead of a liquid. Being more convenient than the wet cells, they are extensively used in portable batteries.

Polar Effects

The two poles (positive and negative) of the galvanic current produce on the tissue of the body certain physical, chemical and physiological effects, diametrically opposite to each other (so that if the application of the positive pole was indicated, the negative would surely do harm), and the following outline of the polar effects on the tissue is the gist of what the physician must know before he can administer it with any degree of success:

Positive Pole:

1. Accumulates Oxygen, Chlorine, Nitric, Phosphoric and Hydrochloric acids.
2. Is an acid caustic producing a hard and dry cicatrix.
3. Hardens tissue.
4. Rendering the adjacent tissue acid, it relieves inflammation and thereby relieves pain.
5. Being a vaso-constrictor, it stops hemorrhage.

Negative Pole:

1. Accumulates Hydrogen and alkalhydrates of calcium, potassium, sodium and ammonium.
2. Is an alkaline caustic producing a soft and pliable cicatrix.
3. Liquefies and disintegrates tissue.
4. Rendering the adjacent tissue alkaline over-stimulates and irritates.
5. Being a vaso-dilator, it increases hemorrhage.

Tests for Polarity

Since the polarity of the galvanic current is very important, in order to apply the galvanic current judiciously, it is essential to be able to distinguish one pole from the other, whenever necessary.

There are numbers of tests upon which we may rely, but the following two are most practical:

1. Place the two poles in a glass of water, about one inch apart from each other, and use about 10 volt current, when electrolysis or dissolution of water will take place and bubbles of hydrogen will be seen at each pole, but the greater number will accumulate at the negative pole.
2. Wet a piece of litmus paper, apply on it both poles and use about 10 volt current. A blue color will make its appearance at the negative, and a pink color at the positive pole.

Electrodes

All the electrical currents employed in medicine are applied to the body by means of electrodes, or instruments, connected to the apparatus by means of conducting cords. In the application of galvanic, faradic, sinusoidal, diathermic and some other forms of high frequency and static currents, in order to establish a circuit, it is necessary to use two electrodes. These two electrodes are distinguished as *active* and *indifferent* electrodes.

The *active* electrode is one which is brought near, or in contact with the parts to be treated, and is usually a small electrode measuring from $\frac{1}{4}$ to 4 inches in diameter.

The *indifferent* electrode is always larger than the active (so as to reduce the polar action to a minimum), and may be placed anywhere over the spine, abdomen or chest (or opposite to the active).

The electrodes are made of various shapes, sizes and material, so as to meet all purposes. Most of them are made of tin, copper or carbon, and are used bare or covered with some easily sterilizable material, the best being absorbent cotton or chamois leather.

Bare electrodes are used in direct contact with the tissues in electrolysis (while removing superfluous hair, warts, moles, naevi, etc., treating

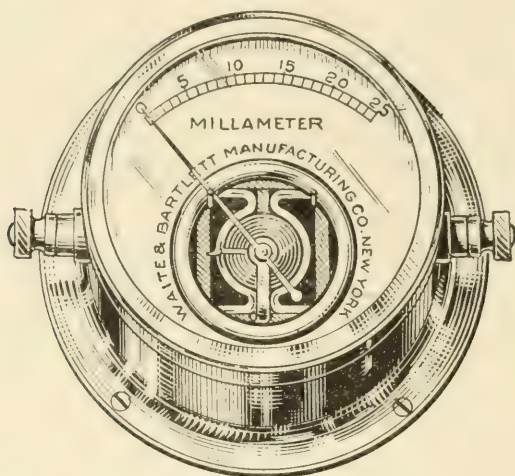


Fig. 4—Milli-ampere Meter.

cancer; dissolving stricture of the mucous tract, etc.) and in metallic cataphoresis.

Covered electrodes are used for surface work, and should always be soaked in a solution of bicarbonate of soda or sodium chloride (normal salt solution), which offers very little resistance to the passage of electricity.

Size of the Electrodes. The larger the electrodes, the larger the part through which the current passes.

The size of the electrodes govern directly the density of the current when a certain unit of current is passing; for example, employing 50 milliamperes with a pair of electrodes of even size, 3 by 5 inches, or 15 square inches to each electrode. If we retain the current strength of 50 milliamperes, but increase the size of the electrodes to 6 by 10 inches, or 60 square inches, our current density would be one-fourth that which it was before (because the current will be distributed over 60 square inches, instead of 15 square inches). The greater the strength of cur-

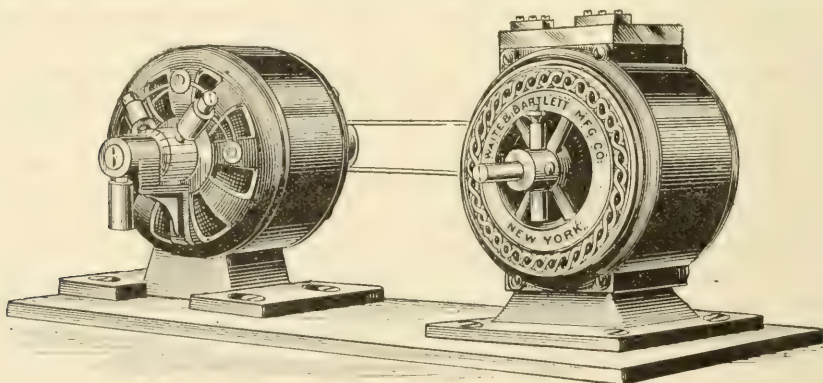


Fig. 5—Motor Generator.

rent passing, and the longer the time during which the current is flowing, the greater is the effect.

Application of Electrodes. In the application of electrodes to the body, we refer to terms *stabile* and *labile*. *Stabile* means that one or both electrodes are held stationary on the indicated part of the body.

Labile is opposite to *stabile*, and means that one or both electrodes are moved over the surface.

The electrodes should always be placed in position prior to turning on the current, and the current should be turned off prior to removing the electrodes. They should be applied in such a manner that the current must find its way directly through the part to be treated. If we wish to treat a knee, for instance, the electrodes must be applied to either side.

The terms *anode* and *cathode* are applied to the electrodes connected to the positive and negative poles, respectively.

(Glass vacuum and other electrodes will be described elsewhere.)

CHAPTER III

IONTOPHORESIS

ALL elements or ions have, by nature, a definite electrical charge (positive or negative). These elements follow the universal law that *likes repel and unlikes attract*, and combine in definite proportions, according to their electric attraction for one another; therefore, positively charged elements are repelled by the positive (like) pole, and attracted towards the negative (unlike), and vice versa.

The positively charged elements or electro-positive substances (hydrogen, sodium, potassium, calcium, magnesium, etc.) being repelled by the positive pole and attracted toward the negative, are called *cathions*; while the negatively charged elements or electro-negative substances (oxygen, chlorine, bromine, iodine, carbon, sulphur, phosphorous, etc.) being repelled by the negative and attracted toward the positive, are called *anions*.

Iontophoresis, *Ionization* or *Phoresis* is the generic term for that property, possessed by an electric current, by which it transports the ions or elements of a compound substance to the positive and to the negative pole.

Electrolysis

Electrolysis is a separation of a compound substance into its elements, or ions, by means of a galvanic current.

For instance, when the galvanic current passes through a solution of Potassium Iodide (KI) it gives to the potassium a positive charge, and to the iodine a negative charge. Following the universal law of attraction and repulsion, ions of potassium move toward the negative pole, and those of iodine toward the positive. When these ions arrive at the respective electrodes, they give up their charge and form new combinations.

The substance to be broken up (electrolyzed) must be a fluid or semi-fluid, a good conductor of electricity, and one of its elements must be a metal or the salt of metal. Hydrogen being considered a metal, it is supposed that any substance containing water, which is a compound of Hydrogen and Oxygen (H_2O), can be electrolyzed.

Fats and oils, although fluids, cannot be electrolyzed, because they are non-conductors.

(For application of electrolysis to the human body, see chapter on Electro-Surgery.)

Ionic Medication

Ionic Medication is the process of introducing medicines through the unbroken skin into the tissue of the body, with a view of securing a local effect.

For the reason that the practitioner who is familiar with the ionic medication will undoubtedly be able to modify and apply this method for the abstraction of metallic poisons from the body, this work would not be complete if this subject was not at least briefly described.

On account of the certainty of localization, a very minute quantity of medicine being required to affect the part under treatment, ionic medication is far superior to the external, hypodermic or general administration of antiseptics, anaesthetics, analgesics, and in fact all other remedies usually employed for the treatment of local affections.

Since every element has by nature a definite electric charge, any compound which can be electrolyzed, can be also introduced by means of the galvanic current directly into the tissues, where the local effect is desired.

In the application of ionic medication, the first thing to know is the electrical charge of the ion which it is desired to introduce, so as to be able to apply it on the pole from which it will be repelled; otherwise, the effect may be completely lost, and valuable time and patience be expended in vain.

Bases and metals (zinc, copper, bismuth, iron, magnesium, calcium, lithium, potassium, sodium, quinine, etc.) are electro-positive elements, or cathions, and must be applied to the positive pole.

Acids and those substances which take the place of an acid (iodine, bromine, chlorine, phosphorous, sulphur, etc.) are electro-negative elements, or anions, and must be applied from the negative pole.

The term *Cataphoresis* refers to the introduction of cathions or electro-positive elements (that is, those substances which are applied to the positive pole), while *Anaphoresis* refers to the introduction of anions, or electro-negative elements (that is, those substances which are applied to the negative pole).

The ions most frequently used in ionic medication are: Zinc, copper, chlorine, iodine, quinine, lithium, salicylic acid, magnesium, cocaine, etc.

Zinc, copper, quinine, lithium, magnesium and cocaine are introduced by cataphoresis (from the positive pole), because they are electro-positive substances.

Chlorine, iodine, salicylic acid, etc., are introduced by anaphoresis (from the negative pole).

Zinc Ionization (zinc sulphate) is used in the treatment of rodent ulcer, pustular eczema, lupus, varicose ulcer, and other superficial suppurative conditions. Also in conjunctivitis, corneal ulcer, purulent keratitis, rhinitis, chronic inflammation of nasal sinuses, diseases of the middle ear, carbuncles, boils, epithelioma, colitis, fistula, chronic urethritis, gonorrhea, etc.

If necessary, cocaine anaesthesia may be produced before the zinc ionization.

Copper (Copper Sulphate) is employed chiefly in gynecological conditions, such as cervicitis, endometritis, dysmenorrhea following chronic endometritis, menorrhagia, etc. Also in ozoena, ringworm, etc.

Quinine (Quinine Bisulphate) is often employed as an alterative to the salicylic ionization in neuralgias.

Lithium (Lithium Sulphate) is used in the treatment of gout, rheumatism, arthritis and synovitis.

Magnesium (Magnesium Sulphate) is employed in the removal of warts, papilloma, etc.

Cocaine (Cocaine Hydrochloride) relieves pain and produces local anaesthesia suitable for minor surgical work. Anaesthesia thus produced will remain for a period varying from a few minutes to several hours, depending upon the strength of the current, the length of the application, and the percentage of cocaine in a solution.

Chlorine (Sodium Chloride) promotes the absorption of newly formed tissue, and gives good results in operations and severe burn scars, old ankylosed and hypertrophied joint, palmar contractions, corneal opacities, and apparently in sclerotic changes in the spinal cord (rheumatic scleritis, peri-scleritis, etc.).

Iodine (Potassium Iodide), like chlorine, promotes the absorption of adventitious material. It is usually employed in goitres.

Salicylic Ionization (Sodium Salicylate) is employed in the treatment of sciatica, neuralgia, chronic rheumatism, rheumatoid arthritis, painful swelling of knee joint, bruises, sprains, migraine, etc.

Menthol, thymol, thiosinamin, verbascum, hameamal, sulphur, thuja, ichthyol, and numerous other remedies, are also being introduced by means of ionization.

The strength of the solution suitable for ionic medication is one or two per cent. In making up the solutions, it is preferable to use distilled water, as ordinary water containing many different salts may produce entirely different effects from those desired. If the electrode is made of the metal to be introduced (e. g., a solution of zinc sulphate applied at the zinc electrode, connected to the positive pole), a one per cent. solution is sufficient, as the supply of ions is constantly renewed from the electrode. Ordinary plate electrodes of pure zinc, copper or carbon, covered with several thicknesses of purest quality lint, or a glass cup electrode filled with cotton wool saturated with medicine, can be employed. The large indifferent electrode should be applied to the skin, close to the area which is treated (or may be conveniently connected to the foot or arm bath, in which one limb is immersed).

The whole effect of ionization depends upon the speed at which the ions penetrate the tissue, and this is entirely governed by the current intensity (milliamperage). There is no specified strength, but the stronger the current, the quicker the effect. (Usually from 1 to 40 milliamperes is passed for about 10 or 15 minutes, according to the size of the electrode, and the part treated.)

The larger the active electrode, the stronger must be the current (about 7 m. a. of current should be used for each square inch); hence, the value of the small electrode.

Metallic Cataphoresis

If an electrode composed of an oxidizable metal (copper, zinc, mercury, etc.) is used on the positive pole, oxygen that is evolved on the same pole combines with the metal electrode, and forms an oxide of the metal used on its surface.

This metal is taken into the tissues, and there it unites with the chlorine (body fluid), forming an oxychloride of the metal.

This oxychloride, following the law of electrolysis (chlorine moving towards the positive, and the metal towards the negative pole), is deposited into the tissues, where it exerts its germicidal and astringent properties.

These metallic salts (especially copper and zinc salts), are therefore of great value in all infective inflammations, especially in the treatment of gynecological and skin affections.

In applying this mode of treatment, in order to avoid the sticking of the metal electrode, it is advisable to cover it whenever practicable with absorbent cotton or chamois leather, and the metal will be deposited into the tissues through the covering.

CHAPTER IV

ELECTRO-MAGNETISM

THERE are three kinds of magnets, viz: the *natural magnet*, or *load-stone*, (a magnetic oxide of iron— Fe_3O_4 —as found in nature); the *permanent magnet*, or a piece of steel which, when once magnetized, retains its magnetism; and the *electro-magnet*, which is usually a bar of soft iron, or a bundle of soft iron wires (as these take and lose magnetism much quicker than the solid iron), surrounded by a coil of insulated copper wire, in which the electro-magnetism is induced by a flow of current through the wire. When the electric current passes through the insulated wire which surrounds the bar of soft iron, the electro-magnet rapidly acquires its magnetism, and as soon as the electric current ceases to flow, its magnetism is immediately lost.

As we have in electricity a positive and negative pole, so we have in magnetism a north and south pole, and all magnets possess a property of attraction and repulsion, magnetism obeying the same universal law that governs and controls electricity, viz., *likes repel and unlikes attract*.

The truth of this statement can be demonstrated by placing the like poles (north or south) of two bar magnets together, when there will be no attraction, and they will actually repel each other; but placing the unlike poles together (north of one with the south of the other), they will hold each other.

As a current of electricity flows from the positive to the negative pole, much the same *lines of magnetic force* are continually flowing around the magnet bar from the north to the south pole, as long as the bar is a magnet.

These magnetic lines around the magnet constitute a *magnetic field*, and the strength of this magnetic influence decreases as the square of the distance increases, until a point is reached where the influence is lost.

Magnetic substances are not magnets, but bodies which are attracted by the magnets (e. g., iron, steel, nickel).

Di-magnetic substances are bodies which are repelled by the magnets (e. g., bismuth, zinc and copper).

Faradism

In electro-magnetism, it has been explained how the magnetic influence can be produced by an electric current, and in faradism it will be explained how an electric current can be induced by a magnetic influence.

Faradic, or induced current, discovered by Faraday in 1851, is a rough, interrupted current, produced by means of the faradic or induction coil.

Faradic, or induction coil, consists of a soft iron core, a primary and secondary winding of insulated copper wire, and an automatic hammer or interrupter.

A primary winding, which is of a coarser wire than the secondary, directly surrounds the soft iron core; a secondary winding surrounds the primary, but is entirely insulated from it.

The interrupter is an automatic arrangement used for making and breaking the current. It is one of the most important parts of the faradic coil, since, by means of same the physiological effects of the faradic current are controlled.

Generation of the faradic current

The current from a galvanic cell, interrupted by means of an automatic hammer, passes through the primary winding of the faradic coil.

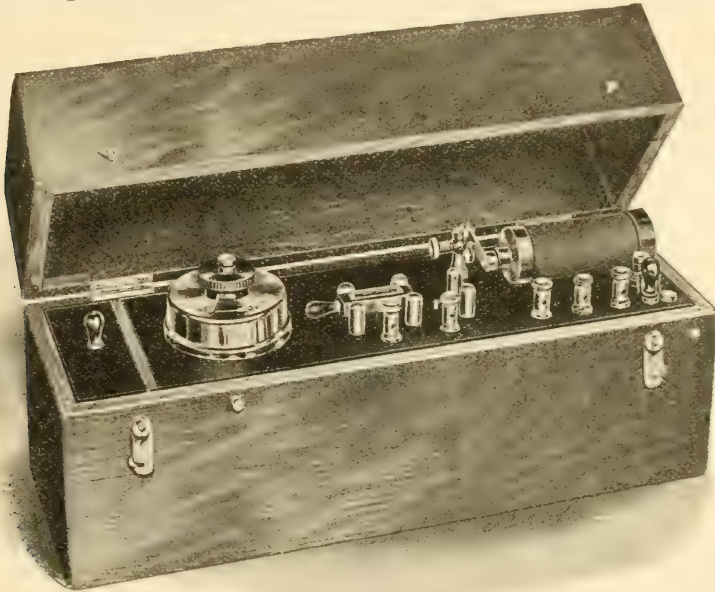


Fig. 6—Combined Galvanic and Faradic Battery.

This current, called the *primitive* or *inducing* current, magnetizes the soft iron core, forming the magnetic field, causing the magnetic lines of force to permeate into the convolutions of the secondary winding (which is in the magnetic field), thereby inducing the secondary faradic current.

The primary faradic current, obtained from the primary winding of the faradic coil is a greatly increased, interrupted galvanic current.

The secondary faradic current, caused by the magnetic lines of force, which permeate the convolutions of wire in the secondary winding, is obtained from the secondary winding of the faradic coil. This current is entirely independent of the primitive or inducing current, because the secondary winding has no connection whatever with the primary. On account of its interruptions, it resembles, in a manner,

static oscillations, but has a higher amperage and lower voltage than the static, and a lower amperage and higher voltage than the galvanic.

Voltage of the Faradic Current

The voltage, or electro-motive force, of the faradic current depends: (1) On the number of convolutions of wire in the secondary winding; the more turns, the higher the voltage. (2) On the voltage of the primitive, or inducing, current; the higher the voltage of the inducing current, the higher will be the voltage of the induced current. (3) On the frequency of interruptions in the primitive circuit. (4) On the presence or absence of the electro-magnet; its presence, that is, its magnetic influence increases the voltage of the induced current. (5) On the distance between the secondary and primary windings.

The voltage of the faradic current can, therefore, be regulated in several ways, e. g., by increasing or decreasing the primitive current (employing one or more cells); increasing or decreasing the frequency of interruptions; increasing or decreasing the magnetic influence, by pushing the iron core in and out, or slipping over it a metal cylinder, which acts as a shield between the magnet and the coil (this cylinder, however, must be of iron, steel or copper, as the inductive action of a magnet can only be cut off by a magnetic substance); by means of a series rheostat, or various other methods, according to the make of the faradic coil.

Application of the Faradic Current

Faradic current produces a tingling sensation. Being more mechanical than medicinal in action, it is beneficial in all functional paralyses (where there is no destructive lesion in the nerve tissues), neuralgias, headaches, constipation, rheumatism, anaesthesia (loss of sensation), etc. With it we can produce artificial respiration in drowning, asphyxia, opium poisoning, shock from accidental contact with heavily-laden electric wire, and in the resuscitation of the new-born infant.

Rapidly interrupted current tetanizes the muscles and produces sedative effect, while slowly and rhythmically interrupted current, by means of a rheotome, stimulates the voluntary muscular fibres, increases the circulation, assists metabolic action, and acts as a general tonic.

Galvano-Faradization

Galvano-Faradization is a very useful combination for the treatment of peripheral paralysis, nerve exhaustion, neuralgias, spasms, painful muscular affections, and most conditions in which both galvanic and faradic currents are of benefit.

Galvano-Faradic current is obtained by uniting the secondary circuit of the faradic coil in series, or in parallel, with the galvanic circuit. This is accomplished in series by joining the negative pole of one with the positive pole of the other; or in parallel by connecting the positive galvanic to the positive faradic, and the negative galvanic to the negative faradic.

In employing only faradic current, polarity is immaterial, but in the application of the galvano-faradization, special attention must be paid

to the galvanic polarity in the same manner as if galvanism was employed independently.

As some cases require more galvanism than faradism, while others more faradism than galvanism in applying galvano-faradization, it is necessary to be able to regulate the currents separately.

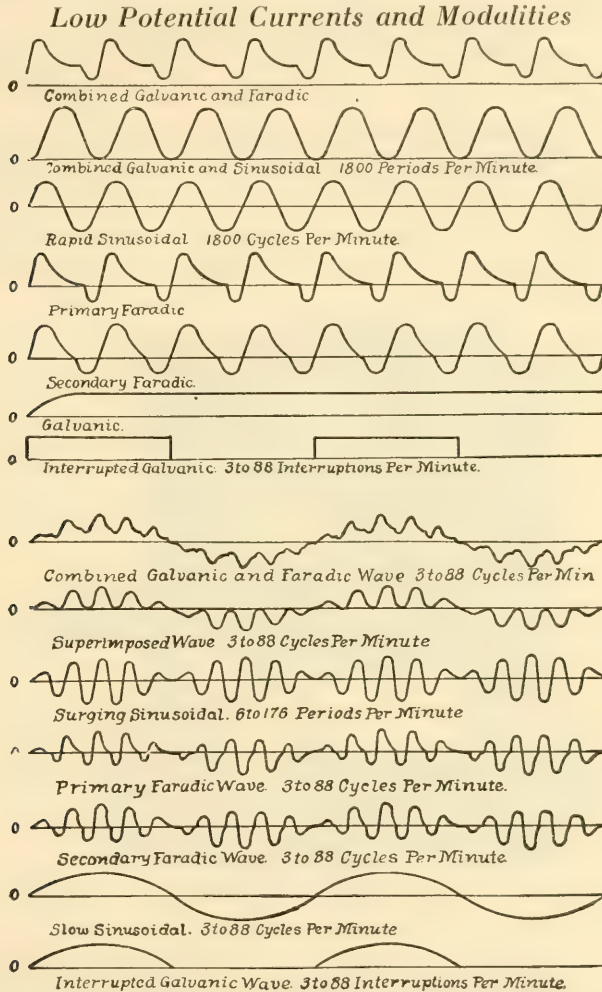


Fig. 7—The above tracings represent the rise and fall of voltage and comparative duration of flow of the various low potential currents and modalities. The zero line represents the neutral line; above zero is the positive direction; below zero, the negative.

CHAPTER V

STATIC ELECTRICITY

STATIC, or Franklinic electricity, is a unidirectional current, in which the voltage is enormous, while the amperage, on account of its oscillatory or vibratory character, is infinitesimally small (usually only 0.20 to 5 milliamperes).

There are two types of machines producing static charges—one the friction, and the other the influence machines. The friction machines

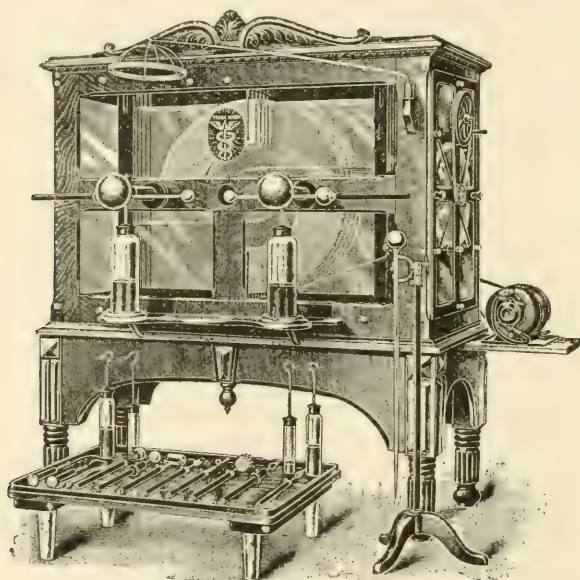


Fig. 8—Static Machine (Holtz type) with Leyden jars, platform and electrodes.

were the earliest type, and the electricity was produced by rubbing a revolving disc of glass or sulphur with the hand or a cushion.

At present, all static machines used for therapeutic purposes are influence machines of the Holtz, Toepler-Holtz, or Wimshurst type, and consist of two essential parts: one for producing electric charges and the other for collecting them.

Electric charges are produced by means of plates, inductors, carriers and neutralizing brushes. These charges are then collected by collecting brushes, and are carried to the discharging poles or prime conductors.

Machines of the Holtz and Toepler-Holtz type have a number of

stationary and a number of revolving glass plates, while in the Wimshurst machines all the plates (which may be of glass or mica) are revolving (some in one direction and some in another).

The stationary plates in the Holtz machine are made in two sections, while those in the Toepler-Holtz are circular.

On the outer side of every stationary plate of the Toepler-Holtz machine, are fastened two strips of metal, one on each side, known as field plates (which are its inducing plates), while on every revolving plate to the side opposite the stationary plates, are fastened small metal carriers.

Toepler-Holtz and Wimshurst machines have neutralizing brushes, attached at both ends of a rod, which runs diagonally throughout the

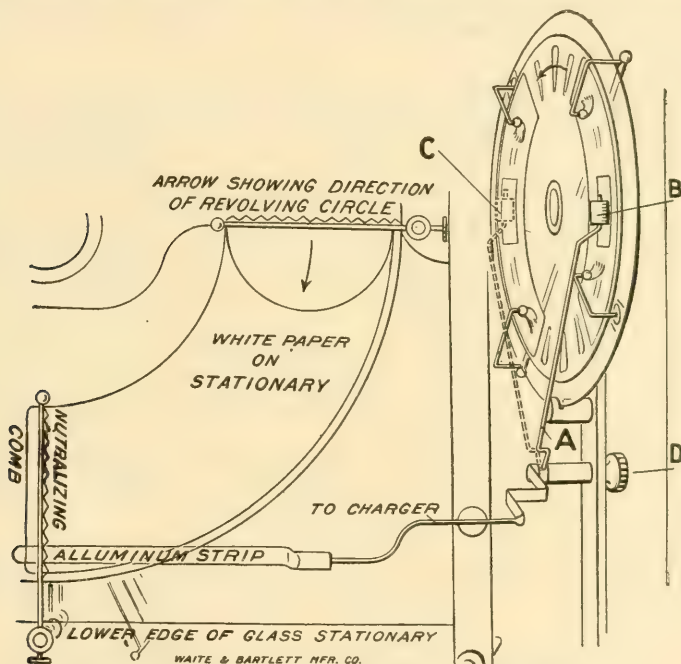


Fig. 9—Charger used to excite the Holtz machine.

center of the plate. Approximating brushes make a metallic contact with the field plates.

The Holtz machine differs from the Toepler-Holtz and the Wimshurst by not having metal carriers on its revolving plates, and no neutralizing brushes, and consequently it is not self-exciting, but has a special charger in the form of a small Wimshurst. (Fig. 9.)

The Wimshurst machine, for example, has from two to thirty or more plates of glass (or other suitable material, e. g., mica or ebonite) mounted on a horizontal axis about one-sixth of an inch apart. These discs revolve, some in one direction and some in another. Each plate has a number of sectors or strips of tin foil, which serve both as inductors and carriers, and a metallic rod with brushes, which make contact with sectors on the opposite plate. The electricity generated there is

collected by additional collecting brushes that rub against the tin foil sectors, and is carried thence to the discharging poles or prime conductors.

As soon as the plates begin to revolve, positive electricity collects at one prime conductor, and the negative at the other.

Static machines having glass or mica plates are enclosed in a dust and moisture-proof glass case, while the machines having vulcanite plates are not enclosed, because the ozone generated while the machine is in action, would set on the plates.

Voltage of a Static Machine

If the prime conductors of a static or other high tension machine are sufficiently but not too far apart, sparks will leap across the space between them.

To force a spark across the air space, which offers high resistance to the passage of the electricity, it requires about 20,000 volts for the first inch, and 10,000 volts for each additional inch; therefore, if a machine is producing a ten-inch spark, it indicates about 110,000 volts. Knowing this, we can easily ascertain the approximate voltage of the static or other high tension current (high frequency).

The Bureau of Standards of the U. S. Government and, also, that of New York, give the voltage of the high potential current as about 10,000 volts to the inch of spark gap. That has been accepted by all manufacturers and physicists.

The voltage and amperage of a static machine depend on the size and the number of plates and the velocity of rotation.

The greater the number of revolving plates and the greater the speed, the greater will be the amperage.

The greater the diameter of revolving plates, the greater will be the voltage, e. g., the Holtz machine will develop a spark equal in length to one-half the diameter of the revolving plates.

The voltage of a static machine also depends on the material of the plates—glass giving lower voltage than vulcanite, while mica lower voltage than glass.

Difficulties in operating a static machine

Difficulties in operating a static machine are due to several causes, most common being moisture within the case, dirt on the plates and a nitrous oxide (produced by the electric current within the case) which affects the working parts of the machine.

Moisture within the case may be overcome in several ways, most practical being the following:

1. Incandescent lamps placed inside the case generate heat and dry the air;

2. Jars containing cracked ice and table salt, placed within the case, dry the air by causing much of the moisture to precipitate upon the sides of the jars;

3. Four deep glass dishes, half filled with pure sulphuric acid or caustic potash, placed one in each corner inside the case, accumulate the moisture.

Dirt from the plates can be removed with a clean, dry cloth, or if the plates are very dirty, they may be washed with gasoline or kerosene oil.

Nitrous oxide can be collected by placing inside the case a dish containing linseed oil.

Location of the machine

In order to reduce to a minimum the difficulties due to moisture, the static machine should be placed in a sunny room. To avoid leakage, the position of the machine should be considered in relation to the walls and furniture of the room, and the machine should be placed so as to have the prime conductors as far as possible from walls and furniture. Setting the machine at work and darkening the room thoroughly, leakages show themselves as brush discharges, from a part of the machine, or from the corner of an insulated platform, if it is near a piece of furniture.

Earthing the machine

It is dangerous to earth the static or any high tension machine by means of gas pipes, which are of a composition of low melting point, and which may run within a short distance of the live wires of an electric lighting circuit.

The best way of providing earth or ground connection is to drive well into the ground outside a metal rod, connect an uncovered wire to it, and run it into the room where treatments are given. One of the prime conductors of a static machine or an electrode is often connected to this wire by means of a chain, and thus earthed. When both a prime conductor and an electrode are earthed at the same time, they can be connected to the same grounding wire.

Some operators never earth their electrodes, but the advantage of earthing one electrode is that it becomes the same potential as the operator, who then can touch the side of the machine without getting a spark. This is, therefore, of very great advantage in giving spark treatment.

Polarity

Since the static electricity is a unidirectional current, the patient must be charged, or the electrode connected to the positive or negative pole, according to the desired effect.

For the reason that different conditions cause the static machine to frequently change its polarity, it is necessary to be able to identify the positive from the negative pole.

There are several tests by means of which it is possible to ascertain the polarity of a static machine, most practical being the following:

1. If a burning candle is placed between the prime conductors while the machine is in action, the flame of the candle will be diverted toward the positive pole.

2. A small piece of ebonite electrified (negatively charged) by friction with a cloth or catskin, if suspended by a silk thread will be repelled by the negative pole.

3. Looking at a static machine in a dark room, a star appears at the positive and a spray at the negative pole.

Reversing the polarity. The polarity of a static machine can be reversed by earthing both poles and turning the plates a few times in the opposite direction before starting the machine in the usual way.

Insulated Platform and Electrodes

In order to be able to use static electricity for therapeutical purposes in addition to a good machine, an insulated platform, a number of electrodes and conducting cords are employed.

Insulated Platform. The patient undergoing the static treatment, in order to be charged, must be placed on an insulated platform, which is placed about three feet from the machine and surrounding objects. This platform is made of a wooden floor (about 5 x 2.5 feet in size), supported by four strong legs made of some insulating material (glass, porcelain, vulcanite, etc.).

Some operators have a brass plate on the platform, and on this a footstool free from nails, to serve as a seat for the patient.

Electrodes. In applying some forms of static and other high tension currents (high frequency from the Oudin resonator, Tesla secondary or hyperstatic transformer), only one electrode is applied to the patient, because these currents, on account of the enormous voltage, are able to complete the circuit through the air (in the form of wireless).

Most frequently used electrodes in the application of static electricity are made of metal, glass or wood. The metal electrodes are of brass, sheets of lead or other material. The glass electrodes are vacuum made in different shapes, according to the part to be treated (same as those used for high frequency applications).

Dosage

Dosage (strength) of various static modalities can be regulated by varying the speed of the machine, by the size of the terminal balls of the prime conductors (discharging rods) and by the length of the spark gap. Other factors entering into the problem are the size of the electrodes and the nature of the grounding.

Leyden Jar

Leyden jar consists of a glass jar coated in its lower half, inside and outside, with tin foil. It is closed with an insulating material through which passes a metal chain connected to the inner coating.

Leyden jar is a condenser in which the internal and external tin-foil surfaces are the conductors, and the glass between, the dielectric (insulator).

When the inner coating of the jar is charged with a positive electricity, the negative charge is induced on the outer coating, and vice versa.

When two Leyden jars are connected to the prime conductors of a static machine, they collect the electricity and cause between the discharging poles a less continuous but more vigorous spark; and the greater the capacity of these jars, the more powerful are the sparks produced. These jars are made use of in the application of static induced, Morton wave, and friction treatments.

CHAPTER VI

APPLICATION OF STATIC ELECTRICITY

EVERY time a spark passes between the prime conductors of a static machine, millions of oscillations per second are set up, and when the patient is included in the circuit, these vibrations are conveyed to the nerves.

Static electricity produces a sort of tissue massage, and is an equalizer of nerve force. It is a tonic, a stimulant, a vaso-constrictor or dilator, according to the polarity and the method employed. It helps in the elimination of carbon dioxide, urea, uric acid and all other waste products; increases the arterial tension; lengthens the diastole; increases the frequency and regularity of the pulse; stimulates the digestive functions; calms the nervous system and causes the return of sleep.

Contra-indications. Static electricity is contra-indicated in chronic or acute appendicitis, and in some cases which have gall-stones.

Static electricity is applied in the form of static charging, head breeze, induced current, Morton wave current, direct and indirect sparks, single or multiple sprays, etc.

Patients undergoing the static treatment may be fully dressed, but should remove all metal articles from their bodies (hat pins, hats, dresses containing metallic braid or gauze, etc.), as these cause such concentration of current locally, that they may produce unpleasant sensation.

Static Charging

THE POSITIVE CHARGE increases the pulse and arterial tension, the respiratory combustions, and the digestive functions; it stimulates nervous centers, promotes sleep, and produces general tonic effect; while the *NEGATIVE CHARGE* eliminates and disperses morbid and effete accumulations (urea, uric acid, etc.).

This refreshing and soothing treatment, which lasts from 15 to 30 minutes, is the simplest and most pleasant of all forms of static applications. It is indicated in all cases of nervousness, whether brought on by over-work, worry, trouble or anxiety, neurasthenia, melancholia, hypochondriasis, insomnia; also in depraved nutrition, anaemia, dyspepsia, chronic Bright's disease, and other conditions.

In applying this treatment, the patient is placed upon the insulated platform which is connected to one pole of the static machine by means of a brass tube or a chain. The other pole is earthed. Prime conductors are separated beyond the sparking distance, and the machine is started.

The patient is charged positively or negatively, according to the pole to which he is connected, and feels an agreeable sensation resembling a light breeze passing all around him.

Operator must be careful not to come too close to the patient, as a very unpleasant shock may be given.

Head Breeze

POSITIVE HEAD BREEZE, producing sedative effect and constricting the blood vessels, is indicated in migraine, cerebral hyperaemia, insomnia, etc.; while the **NEGATIVE HEAD BREEZE**, producing a stimulative effect and dilating the blood vessels, is of value in headaches due to anaemia, neurasthenia, chronic Bright's disease, etc.

In applying this treatment, which usually lasts from 15 to 20 minutes, the prime conductors are drawn out beyond the sparking distance. The patient is seated on an insulated platform and a few inches over his head a wooden disc or an electrode, having a number of metal points, is suspended from the telescopic metal stand on the floor.

For the positive head breeze, the negative pole of the machine is connected to the insulated platform, and the positive pole is earthed and connected to the telescopic stand; while for the negative head breeze the connections are reversed.

Caution: Patients undergoing the head breeze treatment should not be allowed to wear metal hair-pins which may cause burning sensation, or celluloid ones, which are inflammable.

Static Induced Current

Static induced current, elaborated by Dr. W. J. Morton of New York, in 1881, is not unidirectional and resembles the faradic current, although it widely differs from this current in physical and therapeutical properties, producing muscular contractions after both faradic and galvanic currents have failed. It relieves local congestion and local pain, increases secretions, produces local vibratory effect and is very useful in ovarian neuralgia, neuralgic sciatica, constipation, congestion of the liver, progressive muscular atrophy, poliomyelitis, prostatic hypertrophy, obesity, etc.

To produce this current, two small Leyden jars are employed (the greater the desired effect and the area of the electrodes, the larger should be the jars) and the inner coatings of these are connected to the prime conductors of the static machine.

By using different sized Leyden jars, by adjusting the spark-gap, and by regulating the speed of the machine, altogether different effects can be produced, from the finest tingle, which is indistinguishable from the faradic current, to a slowly-discharging spark from the condensers, which causes powerful contractions of muscular tissue.

In administering the static induced current, the patient need not be on an insulated platform, and no pole is earthed. Sponge covered, metal or glass vacuum electrodes are attached by means of insulated wires to the outside coatings of the Leyden jars, and are placed on the bare skin of the patient.

When the machine is started (at the lowest possible speed), the prime conductors are actually touching each other and are very slowly separated until the desired muscular contractions are produced, or until the patient receives the proper strength. (The prime conductors are usually separated from one-eighth to one-fourth of an inch.)

The average duration of each application is about 20 minutes.

Morton Wave Current

The static, or Morton wave current, elaborated by Dr. W. J. Morton, in 1900, is without doubt the most useful form of static treatment. It produces local vibratory effect and the alternate contraction and relaxation of muscular and cellular tissue; increases secretions and the excretion of urea, and by promoting oxidation, lessens the uric acid in the system; dissipates the infiltrations; lessens hyperaemia and congestion, and often gives prompt relief from pain even in cases in which heroic doses of morphine fail to give relief. This current is, therefore, the most efficacious remedy in acute and chronic non-infectious inflammations and is of great benefit in lumbago, synovitis, sprains, rheumatoid arthritis, sciatic neuritis, torticollis, visceroptosis, congestion of the liver, constipation, dysmenorrhea (due to congestion or spasm of the internal os), congestion of the uterus, sub-involution of the uterus, prostatic hypertrophy, locomotor ataxia, anterior poliomyelitis, insomnia, etc. *It is contra-indicated in all suppurative conditions.*

In applying this form of treatment, which usually lasts from 10 to 20 minutes, the patient is placed on an insulated platform (the platform is not connected with the machine). The negative pole is earthed, and a smooth electrode of the proper size and shape (composed of block-tin, sheath-lead, or pure silver), moistened with hot water connected to the positive pole is placed on the bare skin of the patient at a point where treatment is necessary. When the machine is started, the prime conductors are actually touching each other, and are very slowly separated by the operator, who is standing on the earthed (negative) side of the machine, until the limit of tolerance of the patient is reached (usually from one-half to four inches, depending on the sensitiveness of the patient, the electrode employed, and the relative humidity of the atmosphere). The speed of the machine should be regulated so as to produce alternate contraction and relaxation of muscular tissue so necessary in the relief of congestion and infiltration.

The contractions should be slow enough to obtain the periodical contraction and relaxation of the glandular and muscular tissue of which the organ is composed. This action depends principally upon the length of the spark-gap, the size of the terminal balls, and the size of the electrodes used upon the surface of the body.

"In humid weather, when the capacity of the output of spark from static machine in wave current applications is much diminished, by introducing a low coated Leyden jar in series with the negative ground connection, the volume and length of spark gap can be restored and frequency of the spark discharge controlled at will."—*Dr. E. C. Titus, of New York.*

Static Sparks

Static sparks produce counter-irritation, and are of special value in the treatment of sciatica, neuralgia, chorea, locomotor ataxia, constipation, neuritis of the rheumatic type, paralysis of the muscles, and all low and depressed conditions of the system where a general stimulating and tonic effect is desired.

Strong sparks drawn over motor points cause muscular contractions with reddening of the skin and burning sensation.

Caution: Spark treatments must be applied judiciously. Never bring an electrode near the face (especially the eyes), or treat a bony structure (elbow, knee, etc.) which is protected only by a thin covering of soft tissue, with any but short mild spark. It is better to apply the sparks to the bare skin than through the clothing, and as the spark causes a sensation of a shock, it is advisable to inform the patient beforehand where the sparks will be administered.

THE INDUCED, OR INDIRECT SPARK, is administered by placing the patient on an insulated platform, connected to the negative pole, situated as far away from the machine as possible; while the positive pole is earthed. The spark-gap is wide open (5 or 6 inches), and a wooden or metal ball electrode, connected with the floor or with an earthed pole, by means of a chain, is brought close enough to the patient to cause a discharge of sparks. The larger the ball electrode, the sharper the resulting sensation. The potential can be regulated by the operator approximating one foot to the insulated platform, so as to take part of the patient's charge, or by altering the speed of the machine.

THE DIRECT SPARK is administered in the same way as the indirect, except that the positive pole is not earthed, but is connected directly to the electrode.

The direct spark, being too severe a treatment, is now very seldom employed.

A *STATIC ROLLER MASSAGE* is a form of spark treatment applied with a roller electrode connected to the top of one Leyden jar, while the patient is on an insulated platform, connected to the top of the other. This treatment is applied through the clothing, and not on the bare skin. The thicker the clothing, the more severe the effect. The machine is started with the prime conductors actually touching each other; these are gradually separated until the resistance of the patient's clothing is overcome. The roller must be moved rapidly, and used for a few minutes at a time.

Using the Leyden jars, this treatment produces stimulation of and counter-irritation to cold extremities, while without the jars it is milder, producing an ordinary massage.

Static Sprays

Both single and multiple sprays relieve congestion, lessen local swelling, and diminish pain. They are applied by means of a single or multiple point electrode (respectively), connected with the floor by means of a chain, and held by the operator at a distance of from five to ten inches from the patient, who is on an insulated platform, connected with the positive pole of the machine. The negative pole of the machine is grounded.

CHAPTER VII

ALTERNATING CURRENTS

AN alternating current is one in which the rise and fall of voltage in a positive direction is immediately, without break, followed by a corresponding rise and fall in a negative direction. This rise and fall of voltage in both directions represents a *cycle*.

In every cycle there are two *alternations*, or *curves*, one positive and one negative; therefore, a 60 cycle current has 120 alternations.

Period is the time required to complete one cycle.

Frequency is the number of complete cycles occurring in one second of time, and is controlled by the velocity of the alternating current generator, or the rapidity of the oscillating rheostat.

Commercially speaking, a current of 25 cycles per second is called a low frequency current, and a current of 133 cycles per second, a high frequency current.

In electro-therapeutics, a current having less than 1000 cycles per second is called a low frequency; one having from 1,000 to 10,000 cycles per second, a medium frequency; and from 10,000 to many hundreds of thousands cycles per second, a high frequency current.

Sinusoidal Currents

A true sinusoidal current is an alternating current in which the rise and fall in voltage in the positive and negative directions is gradual, and represents a sine curve, or a horizontal letter "S" (—). (See Fig. 7). This current is produced by means of an alternating current generator, or by passing the galvanic current through an oscillating rheostat.

An *oscillating rheostat* consists essentially of a resistance coil so arranged that a sliding contact piece gradually increases the voltage by reducing the resistance, until the maximum voltage is reached; then again increasing the resistance decreases the voltage to zero; the polarity is then reversed without break and the second alternation is completed in the same way.

By controlling the number of revolutions of the alternating current generator, or the rapidity of the oscillating rheostat, it is possible to produce either a *slow* or a *rapid* sinusoidal current.

The *slow sinusoidal* (galvanic sinusoidal) current has a frequency of from 10 to 120 cycles per minute; while the *rapid sinusoidal* from 120 to 2000 cycles per minute.

Alternating current from the lighting circuit is usually 110 volt and 60 cycle (per second), and is, therefore, a strong and very rapid sinusoidal current. This current can be used by lowering the voltage with a reliable rheostat, but as the frequency of this current is controlled by the revolutions of the generator, at the electric power plant, it is im-

possible to lower the frequency, and such an arrangement will always deliver a very rapid sinusoidal current of 3600 cycles per minute (or 60 cycles per second).

Application of the Sinusoidal Currents

Sinusoidal current, being of an alternating character, has very little polar effects.

The slow sinusoidal current, due to the gradual rise and fall in voltage and a change in polarity, has great stimulating powers, producing painless rhythmical contractions and relaxations of the involuntary muscular fibres.

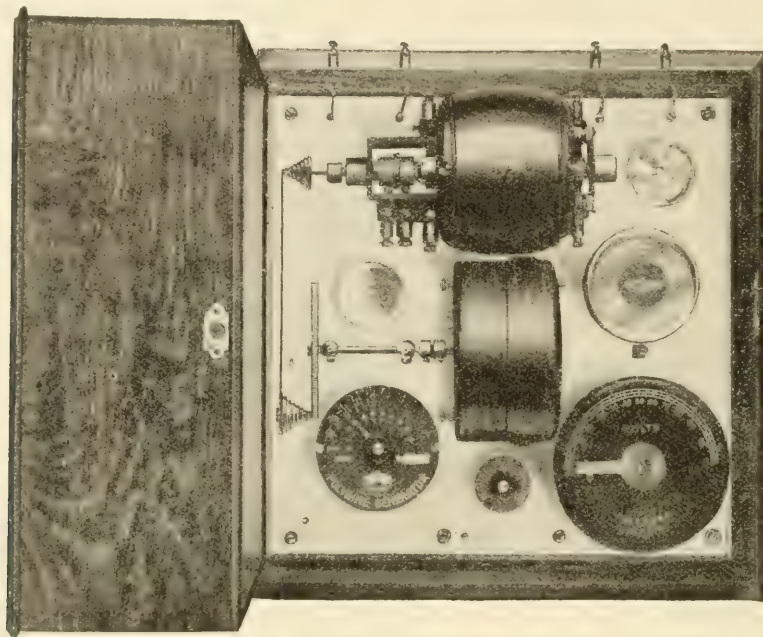


Fig. 10—Sinusoidal Current Apparatus.

Since the action of this current is similar to the physiological function of the involuntary muscular fibres, it is an excellent remedy for the affections of the involuntary organs, especially stomach, intestines, bladder and uterus, and is very soothing in excessive sensibility.

This current gives excellent results in constipation, diabetes, gastritis, gastrectasis, headaches, infantile uterus, insomnia, locomotor ataxia, lumbago, melancholia, muscular atrophy, obesity, ovarian neuralgia, paralysis, segmental analgesia, prostatic hypertrophy, etc., etc.

The *rapid sinusoidal current* may be employed in all cases where faradism is usually employed, and gives better results than faradism in eliciting vertebral reflexes and stimulating the muscular tissue.

This current is beneficial in bronchial asthma, insufficiency of mammary glands, visceral neuralgia, neuritis, pelvic diseases, pleurisy, vagus hypotonia, vomiting in pregnancy, etc.

COMBINED GALVANIC and SINUSOIDAL, or UNDULATORY GALVANIC CURRENT, is similar to the true sinusoidal, with the exception that it is undulatory in one direction only (there is no change in polarity). Besides the power of contracting the muscles, it possesses the polar properties of the galvanic current, and is especially indicated in cases of optic atrophy, anterior poliomyelitis, and various other conditions in which both undulatory and galvanic effects are of value.

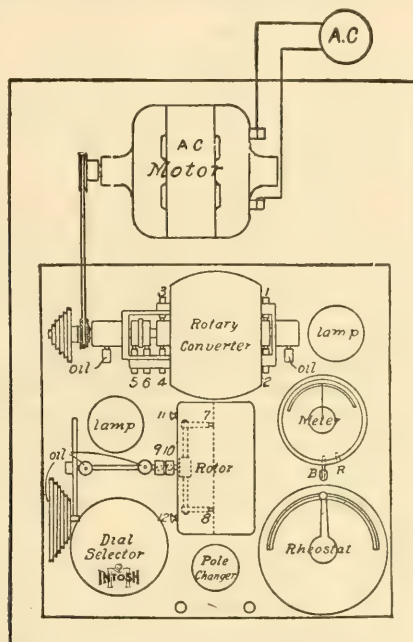


Fig. 11—Diagram of the Sinusoidal Apparatus shown in Fig. 10. *Rotor* is an oscillating rheostat consisting of a porcelain base wound closely with resistance wire, against the surface of which revolve two carbon brushes. *Rotary Converter* is a current generator, hence, all currents obtained from this apparatus are free from "ground" connection, and may be safely employed without fear of a shock.

Contra-indications

Sinusoidal current is contra-indicated in the same condition in which static current is contra-indicated, viz., cases of chronic or acute appendicitis, and some cases which have gall-stones.

CHAPTER VIII

HIGH FREQUENCY CURRENTS

THE high frequency currents are the alternating or oscillating currents in which the frequency rises up from ten thousand to several millions of oscillations per second, and are undoubtedly the most popular currents of the day.

On account of this high frequency, these currents, when passed through the body, cause no pain or muscular contraction, because the sensory nerves are perfectly insensible to stimulations of a higher frequency than that for which they are organized. For the same reason, it is impossible for the eye to see very rapid motion, or the ear to distinguish high sound vibrations.

These currents have been named after D'Arsonval, the noted French scientist, and Tesla, the famous Croatian electrical engineer, who have invented them, and have done more toward the production, perfection and possibilities of using them, than all other persons combined.

D'ARSONVAL CURRENT is one of high frequency, high amperage, and not very high voltage. Originally, it was produced as follows (Fig. 12):

The direct current from the lighting circuit, interrupted and passed through the primary winding of a large induction coil, magnetizes the soft iron core and induces a current of very high voltage (hundreds of thousands of volts, according to the size of the coil) in the secondary winding, which is in the magnetic field. The terminals of the secondary winding are connected to the inside coating of the Leyden jars. Between the outer coatings of the jars is connected a solenoid, or a coil consisting of twelve to twenty turns of coarse copper wire.

The Leyden jars (or any other type of a condenser employed) discharge themselves through an adjustable spark-gap, placed in the circuit between the two inner coatings of the jars, causing several millions of oscillations per second in the solenoid from which this current is obtained.

The frequency of the oscillations depends upon the capacity of the Leyden jars. When the jars are small, the discharges are quicker than from the large ones.

TESLA CURRENT is one of very high voltage, very high frequency, and a low amperage. This current is produced by means of an apparatus consisting essentially of a step-up transformer, a condenser, and a Tesla coil, as follows (Fig. 13):

The step-up transformer raises the electric lighting current of 110 or 220 volts to a current of from two to thirty thousand volts (according to the size of the transformer). This high voltage from the secondary winding of the step-up transformer charges a condenser. The condenser discharges at a very high frequency through the primary winding of the

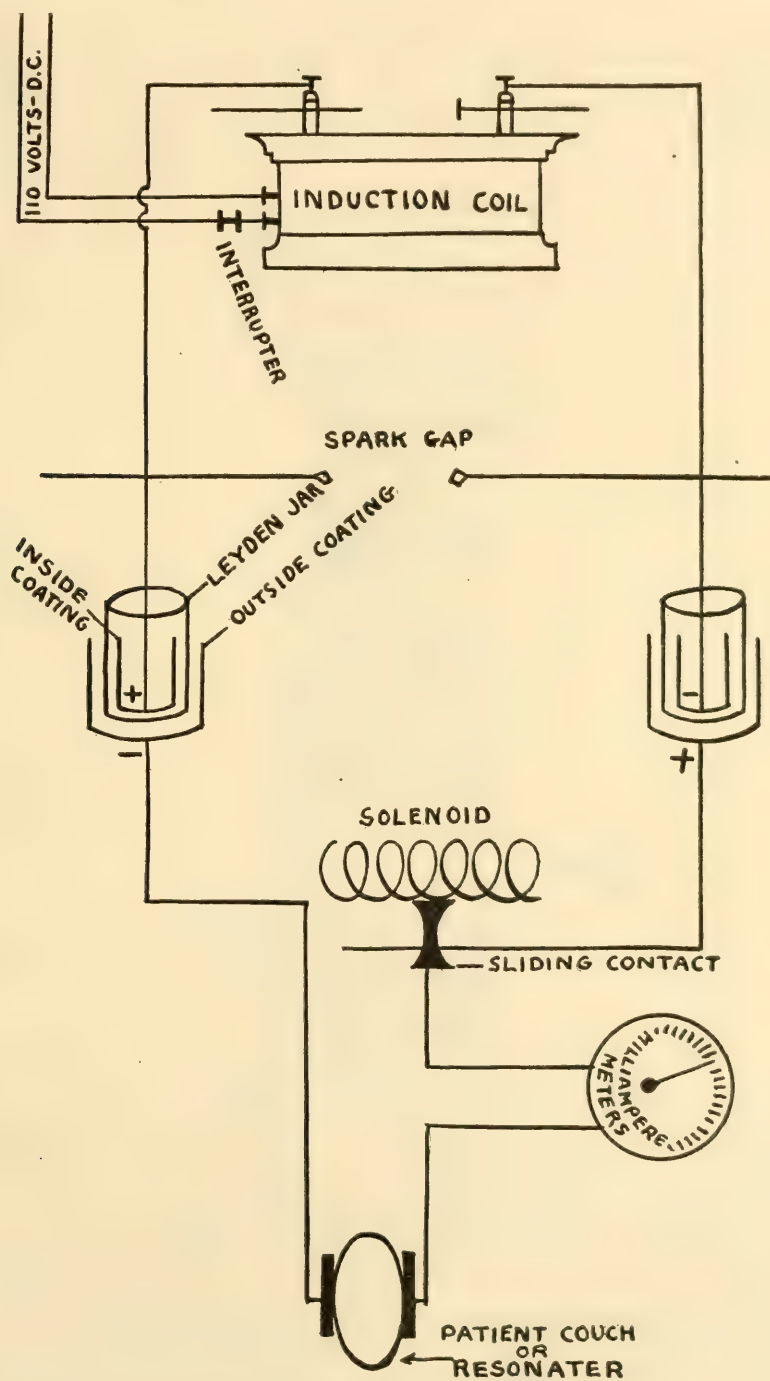


Fig. 12—Diagram of D'Arsonval Type.

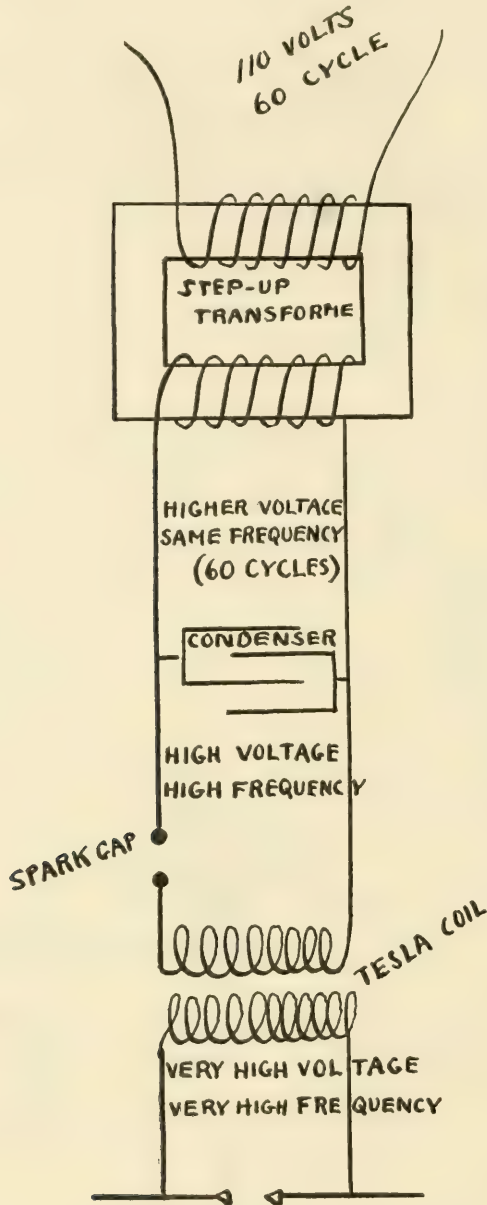


Fig. 13—Diagram of Tesla Type.

Tesla coil (a few turns of coarse wire wound around the outside of a secondary winding consisting of a large number of turns of fine wire) and as a consequence, a current of very high frequency, very high voltage and low amperage is generated in the Tesla secondary.

The Tesla coil is particularly adapted for the alternating current, and is employed in most of the portable high frequency machines.

Oudin Current

A current of high frequency, high voltage and a low amperage, resembling the current from the secondary winding of the Tesla coil, can be obtained from the D'Arsonval apparatus, by attaching and properly adjusting to the solenoid a large coil of fine wire, known as the Oudin Resonator (Fig. 14).

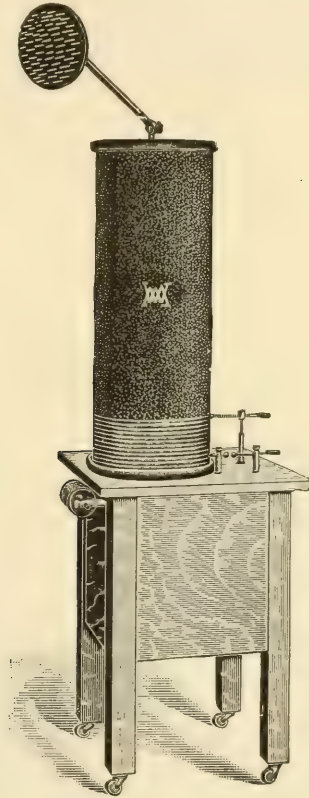


Fig. 14—Oudin Resonator.

High Frequency from the Static Machine

The high frequency currents can be also produced from the hyperstatic transformer (Fig. 15) connected to the prime conductors of a static machine. The current thus obtained, does not give a sufficient amperage for the satisfactory application of auto-condensation or direct D'Arsonval method (Diathermy), but possesses advantages for destructive effect over the coil or transformer.

Application of High Frequency Currents

D'Arsonval current is administered in the form of "Auto-condensation," "Auto-conduction," and the direct application or "Diathermy"; while the currents from the Tesla secondary, the Oudin Resonator or

the hyperstatic transformer in the form of "Vacuum tube application," "Effleuve," and "Fulguration."

Auto-condensation and Auto-conduction

Auto-condensation and Auto-conduction increase general metabolism, glandular activity, temperature and bodily heat, oxidation and hemoglobin, secretions and eliminations, etc. These currents pass, by preference, along the paths of least resistance, along the blood vessels, and along the muscles. On account of the great frequency of oscillations, they heat the blood and thereby stimulate the great system of vaso-motor nerves. Exerting an important influence on the sympathetic

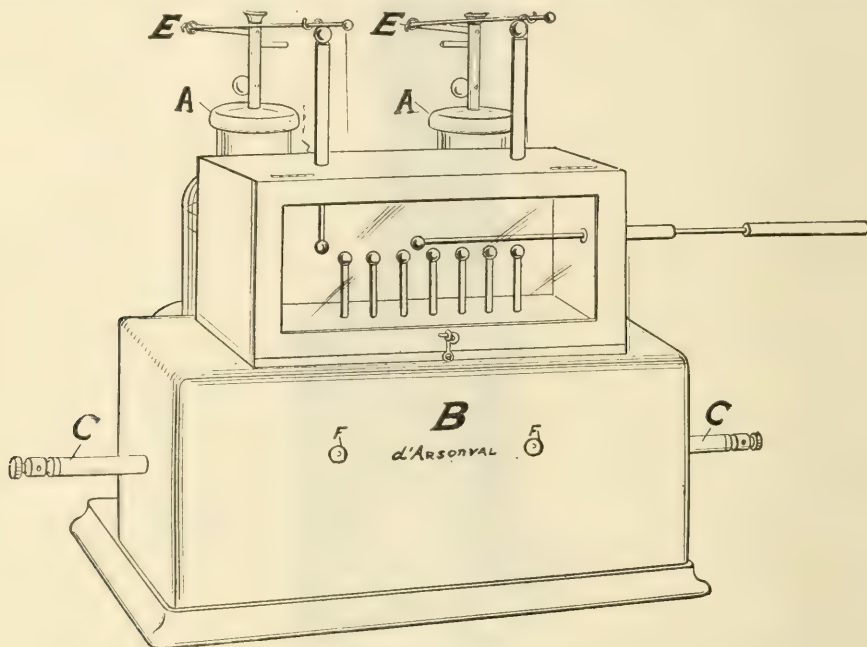


Fig. 15—*Hyperstatic Transformer*. This instrument used with a Static Machine produces the High Frequency Currents.

nervous system, they cause the peripheral dilatation of the blood vessels, the increased activity of the heart, and an increased depth of the respiratory excursions. As a result of peripheral dilatation of the blood vessels, the passive venous congestion of the internal organs is relieved, and the digestion and assimilation, to a large extent, improved.

Dilating the blood vessels, these currents reduce the high blood pressure when hypertension exists, which reduction progresses from one treatment to another, without being accompanied by the vicious cycle as occurs with drugs, and consequently are more effective and more desirable than drugs.

Indications: Auto-condensation and auto-conduction treatments are of great value in all cases of defective metabolism, particularly in diabetes, rheumatism, gout, asthma, kidney troubles (except acute

parenchymatous nephritis), arteriosclerosis, nervous diseases, and *all cases in which hypertension exists* (unless compensatory).

Contra-indications: These treatments are contra-indicated in acute parenchymatous nephritis (on account of their ability to liberate waste products more rapidly than the diseased kidney can carry away); general arteriosclerosis with low blood pressure; syphilitic and gonor-



Fig. 16—Patient undergoing auto-condensation treatment. (Victor apparatus)

reah myocarditis; cerebral anaemia, excitement, and in *all cases in which hypotension exists*.

AUTO-CONDENSATION is administered with the patient (fully dressed) on a couch or a chair having a large metal electrode under the insulated cushion (which acts as a dielectric), connected to one end of the D'Arsonval solenoid (or other terminal of the transformer). The other terminal of the apparatus is connected to a metal handle which the patient holds in his hand.

Due to the large amount of current (300 to 1000 milliamperes) employed in this treatment, the patient feels a gentle warmth beginning at the wrists, gradually extending up the arm to the axilla and over the entire body.

The current traversing the patient can be measured introducing a special hot wire milliamperemeter in that part of the circuit which connects the metal electrode which the patient holds in his hand.

In order to demonstrate the amount of current with which the patient is charged, while under this treatment, it is only necessary to have the patient illuminate a 16 candle power, 110 volt incandescent lamp through his body, by introducing it into the circuit in the same way as a milliamperemeter.

AUTO-CONDUCTION is administered by placing the patient inside of a large solenoid, or a cylindrical wire cage, without connecting him in any way with it. (Fig. 18.)

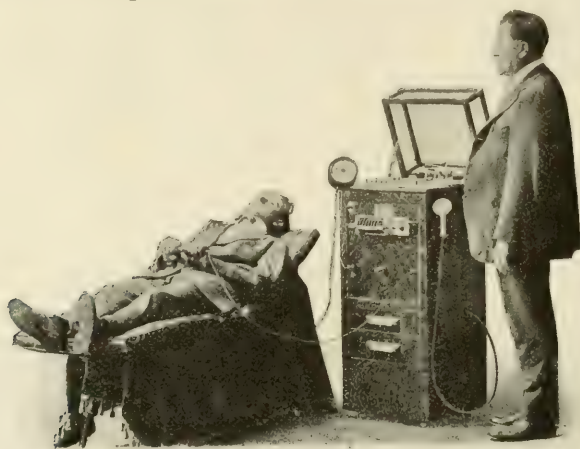


Fig. 17—Patient undergoing auto-condensation treatment

The cage is connected to the apparatus, and the current travels completely around the outside of the cage. Thus travelling through the copper wire, this current discharges itself from all sides into the body of the patient, who thus receives a full body treatment.

Auto-condensation and auto-conduction treatments are usually administered for from 10 to 30 minutes, and are given daily at first in nearly all cases, gradually decreasing as the patient improves.

Direct Application of D'Arsonval Current

Diathermy

D'Arsonval current directly applied by means of two metallic electrodes in passing over a small cross section through the internal tissue of the body, generates a purely mechanical heat, by overcoming the resistance of the tissue, in the same way as electricity heats the resistance wire in passing through it. The higher the frequency and stronger the current, the greater the heat production.

This method of heat production recently elaborated by Dr. Franz Nagelschmidt, of Berlin, which will probably in the near future take the leading place in electro-therapeutics is called Diathermy, or Thermo-penetration.

Generation of Diathermic Currents

For the reason that the heat effect of the D'Arsonval current chiefly depends on the frequency of the oscillations, most of the apparatus

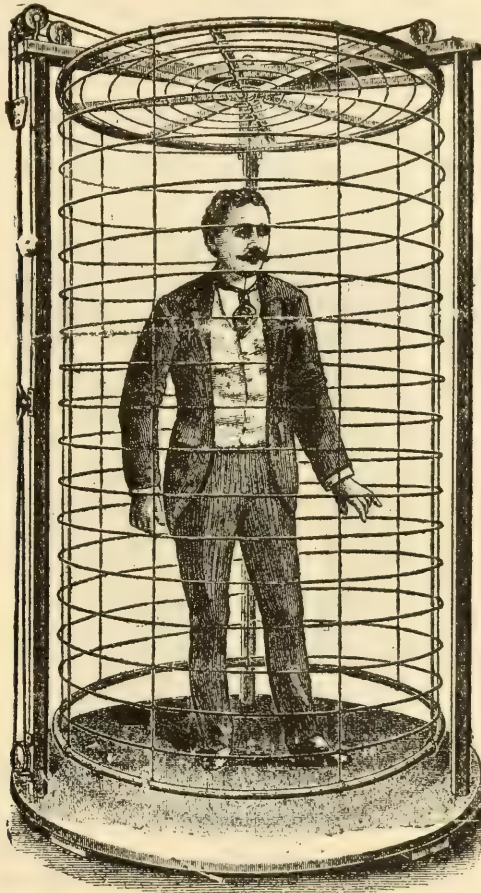


Fig. 18—Patient undergoing auto-conduction treatment.

generating this current for diathermic applications, have special condensers (mica-tin-foil, or Leyden jars) and a multiple spark-gap (which causes a discharge of a number of short fine sparks), so as to increase the oscillations to a very high frequency. Therefore, the D'Arsonval current for diathermy differs from the ordinary D'Arsonval, in being of a much higher frequency (100,000 to many millions of oscillations per second), a higher amperage (up to 3000 to 4000 milliamperes) and a lower voltage (250 to 1000 volts).

Localization of the current

Since the current passes directly from one electrode to the other, and since a small active electrode causes greater concentration of heat, with less current in a relatively shorter period than a large one, the heat can be localized and concentrated at will, by the position and the size of the electrodes, e. g., two large electrodes of the same size applied on the opposite sides of the part treated will produce the same effect at each electrode and the uniform effect between them; while employing one small and one large electrode, the heat will be concentrated only at the small electrode (which is therefore called active).

In order to prove that the heat produced by this current is more pronounced in the center of the tissues (between the electrodes) than at the points where the electrodes are applied, it is only necessary to apply two metallic electrodes to the opposite ends of a potato and to pass about 1000 milliamperes of current for three or four minutes. At the

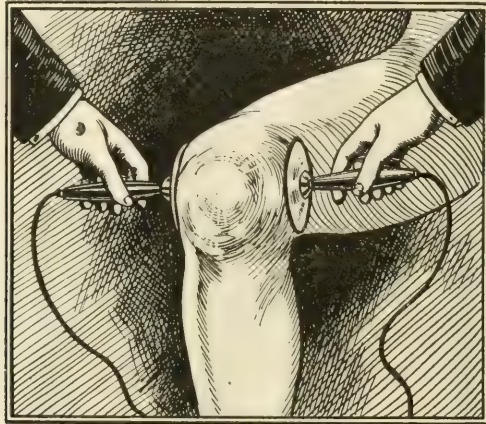


Fig. 19—Application of Diathermy.

end of this application, it is found that the outside of the potato, where the electrodes were in contact, has remained unchanged (raw) but on cutting the potato in half, it is noticed that the center is cooked. Same experiment may be performed on a piece of beef, liver, egg, etc.

By means of diathermic currents being able to raise the local internal temperature (without producing muscular contraction or ionic action) to a moderate warmth, and thereby create a suitable condition for healing of various lesions; or, on the other hand, to increase the heat to such an extent so as to dessicate or even carbonize the tissue, the field of diathermy is very large, both in medicine and surgery, and its application has, therefore, been divided into two branches, viz., Physiological or Medical Diathermy and Surgical Diathermy or Electro-Coagulation.

Physiological or Medical Diathermy

The utilization of heat in the treatment of disease dates back to the very earliest days of medicine. Until the introduction of diathermy, all the applications of heat were from without. This was well enough, so far

as it went; but such external applications never succeeded in heating the blood structures within the body. By means of diathermic current, we are, however, able to heat the internal parts of the body at will, and thereby produce all the essential elements of an inflammation without injuring the cells of the body so as to stimulate them into reaction. Since the inflammation and fever (one is local, while the other constitutional reaction) are Nature's most powerful processes for the produc-

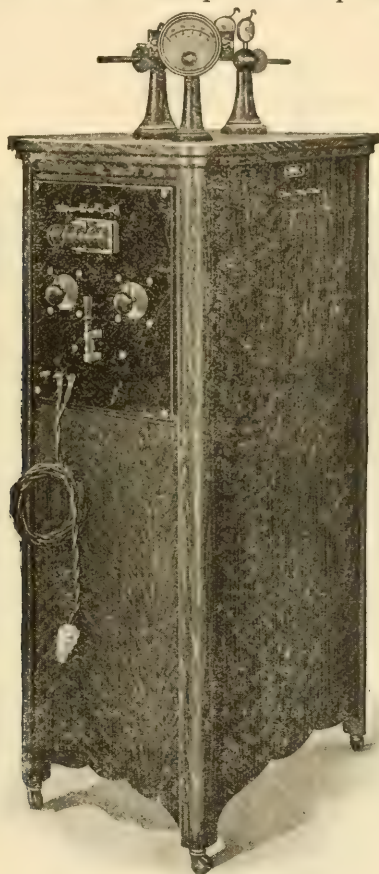


Fig. 20 — Combination apparatus delivering X-ray, High Frequency, Auto-condensation and Diathermy.

tion of a cure, diathermy is, therefore, a truly physiological measure, which does not relieve or obscure symptoms, but assists the body in the performance of its physiological function.

"The introduction of diathermic heat results in better cell function and an increase in the chemistry of the part. This warmth, introduced from without, is stored up as energy in every molecule of the cell protoplasm. There is neither any expenditure of the patient's reserve energy, nor is there any actual combustion of circulating nutrient.

"As a secondary effect of this local diathermatization, we have produced a local arterial hyperaemia, and as a further result, we have increased the *vis a tergo* on the arterial side, which, too, improves the pressure of the little venules. Consequently, we have done much to relieve the local venous engorgement, and we are directly aiding the removal of those used-up products resulting from tissue changes, which have a damaging effect on the cellular life, if allowed to remain."
—*Frederick De Kraft.*

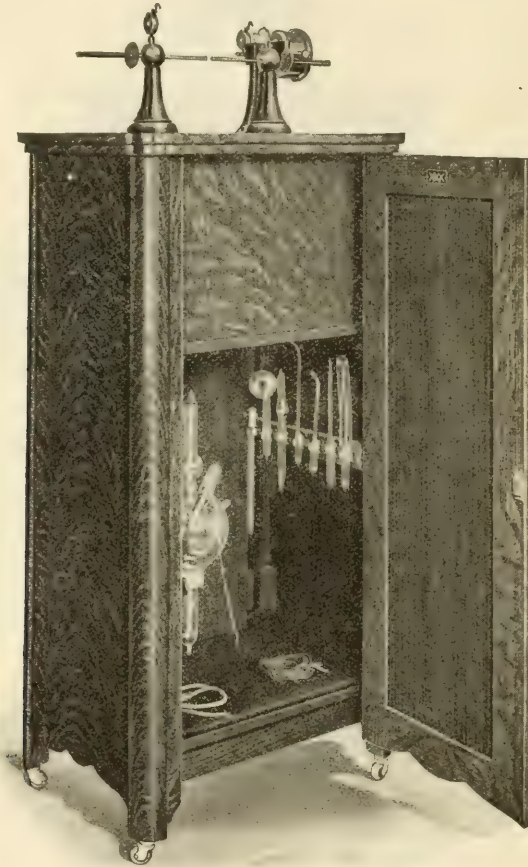


Fig. 21—Rear view of the apparatus shown in Fig. 20.

INDICATIONS: By raising the local internal temperature only a few degrees above normal and thereby producing an active hyperaemia in deep structures (which lasts for several hours), dissolving some crystalline deposits of urates, and destroying some infectious micro-organism, remarkable results are obtained in the treatment of various local affections, particularly those due to defective metabolism, streptococcic and tubercular infections, uric acid deposits, etc.

Physiological diathermy is therefore indicated in chronic nephritis,

cholecystitis, pancreatitis, asthma, pleurisy, pneumonia, first stages of phthisis, certain heart diseases (particularly in cases where impairment of the muscular structure has taken place, as the result of changes of an arteriosclerotic nature in the coronary arteries), rheumatism, gout, lumbago, acute and sub-acute arthritis, synovitis, neuralgia, neuritis, sciatica, painful local affections, etc.

CONTRA-INDICATIONS: This method of treatment is contra-indicated in gastric ulcer (as it may cause violent hemorrhages), and in cases where there is possibility of the presence of walled in pus, (because the staphylococci and the streptococci contained in pus may be stimulated to greater activity and more rapid multiplication).

Method of Application

Diathermy is applied either as a strictly local or general application. It is, however, advisable to limit the heat effect, wherever possible, to that organ or organs which seem most likely to be benefitted; the heart, liver, kidneys, lungs, the splanchnic area, the spinal centers, etc. The object of a general application is to produce a general hyperthermia and to obtain those other physiological effects on the sympathetic nervous system, on the general and especially the peripheral circulation of blood and lymph, which only a general diffusion of high frequency currents can bring about.

At the present time, we have no reliable measuring device giving us an exact idea of the heat produced in the interior of the tissues, but if we take into consideration (1) the strength of the current; (2) the electrodes; (3) the duration of the application; and (4) the sense of temperature of the patient, we will not commit gross errors which may result in burns.

1. *Strength of the Current.* It is never wise to begin a treatment with the maximum of current that the patient can bear, for if too much current is employed, the heat near the electrodes will become unbearable, before the deep-seated tissues are heated as much as they should be. In order to obtain the best therapeutic results, it is advisable to slowly increase the current up to 200 or 300 milliamperes so as to gradually heat the tissues between the electrodes. After a few minutes, the current can be increased as much as the patient can bear with comfort. We must, however, be careful not to exceed that degree of warmth whereby too much heat will damage the cell. In other words, the heating must not lead to permanent changes in the protoplasm.

2. *Electrodes.* Diathermy is applied by means of bare or covered metal electrodes. The most suitable electrodes are of soft steel metal which are flexible enough to permit an even application, and good close contact. If covered electrodes are employed, they must be saturated with a sodium chloride, or ammonium nitrate solution.

In order to produce the uniform heat effect between the electrodes in the application of physiological diathermy, both electrodes should be of about the same size, and to prevent unpleasant sparking and burns, wherever possible, these should be securely fastened by means of a roller bandage.

Size of the electrodes govern directly the density of the current when a certain unit of current is passing. As we change the size of the elec-

trodes, we not only change the current density, but also the mass of the tissue which intervenes.

The electrode surface should be of approximately three by five inches (for each electrode), to one thousand milliamperes of current employed.

3. *Duration of the application.* The resulting quantity of heat is proportional to the duration which a certain current strength is acting.

The application should last enough to get a true physiological response and no more. Too long an application may do harm, while one too short may do no good. As a general rule, the application should last from 15 to 30 minutes, according to the intensity of the current.

4. *Toleration.* If the current is turned on to the point of comfortable toleration, the danger of injuring the intervening tissues is practically nil, as the heat at the surface application is practically the same as the heating of the intervening tissues.

General Remarks

I. "It is not always necessary to obtain an excessive rise of temperature in the deeper structures, nor even a demonstrable increase of heat. Even a very small diathermic effect may produce an improvement, both subjectively and objectively, and lead to functional changes in the tissues to which it is applied."

II. "One of the most important results of diathermy is hyperæmia."

III. "Diathermic currents appear to possess the peculiarity of inducing a dilatation of the blood vessels within the structure through which they pass. Co-incident with the dilatation of the blood vessels, a more rapid flow of blood to the part occurs, also an increase in the formation of lymph."

IV. "Excessive quantities of current and too long an application may easily lead to a temporary paresis of the capillaries, and thus indirectly to a pronounced local oedema."

V. "The bone marrow is the least to take part in the general warming process, taking up warmth from the surrounding tissues. As a result of its protected position, it holds the heat longest."

Vacuum Tube Applications

Vacuum tube applications promote local hyperaemia, absorption and heat; increase local nutrition and oxygenation; liberate ozone, which is inhaled by the patient and is locally germicidal; retard the growth of parasitic diseases, and decrease the virulence of the toxins produced by the bacteria, etc.

Local hyperaemia produced by this method usually lasts from 10 to 24 hours, according to the time of application, strength of the current and the physical condition of the patient.

These applications are indicated in all local chronic inflammatory conditions, e. g., neuritis, neuralgia, constipation, hemorrhoids, salpingitis, rheumatism, herpes, eczema and all other skin affections.

Mild and medium sparks stimulate or soothe, according to the length and character of the application. Strong sparks are caustic. Sparks to the spine and solar plexus increase the arterial tension.

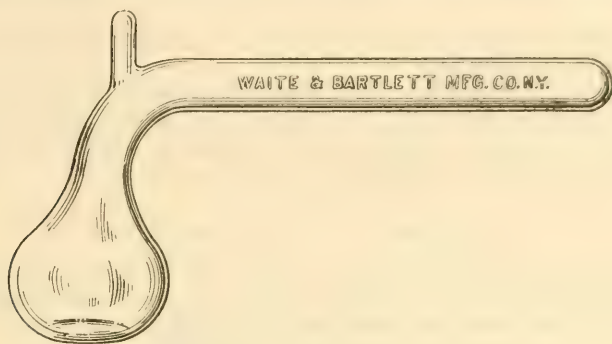


Fig. 22—Surface Vacuum Electrode.

Vacuum tubes

Vacuum tube treatments are administered by means of glass electrodes of different shapes and sizes (according to the part treated), and are applied by direct contact, by a fine spray (Effleuve) or by sparks.

For the reason that most of the current is discharged at the first point where the electrode comes in contact with the body, when treating various orifices, in order to administer a sufficient quantity of current within, it is advisable to use *insulated vacuum tubes*.

These tubes are far superior to the ordinary uninsulated electrodes, and consist of a vacuum chamber, surrounded all its length except the point, by a chamber filled with air, which acts as an insulator. (Fig. 24.)



Fig. 23—Vacuum Electrode for covering large surface.

Vacuum tubes used in the application of high frequency currents from an Oudin Resonator, Tesla secondary or hyperstatic transformer consist of a sealed glass chamber exhausted to a vacuum varying from one five hundredth to one millionth of an atmosphere.

Tubes exhausted at about one five hundredth of an atmosphere ($\frac{1}{500}$) are called low; those exhausted at about one thousandth ($\frac{1}{1000}$) of an atmosphere, medium; while tubes which are exhausted at a higher vacuum are called high.

Low tubes light with a rose-pink color and give more heat than those of a higher vacuum. These tubes produce sedative effect and are useful in all acute inflammatory and painful conditions.

Medium and High tubes give blue, blue-violet, or almost a blue-white light, and produce less heat and more chemical rays than low. These

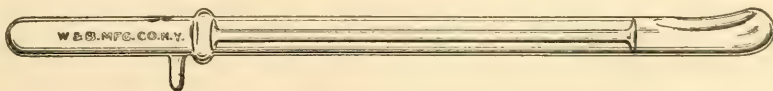


Fig. 24—Insulated Prostatic Electrode

tubes give better results than low in the treatment of skin diseases and various chronic affections.

In administering vacuum tube treatments in order to avoid a painful discharge of sparks between the patient and the electrode, the glass tube must be in contact with the body, prior to turning on the current, and the current turned off prior to removing the tube.

Sterilization of Vacuum Tubes

Although the effluve from the vacuum tube is germicidal in action, in order to prevent the spreading of infection, it is advisable to sterilize these electrodes as much as possible, particularly after treating specific

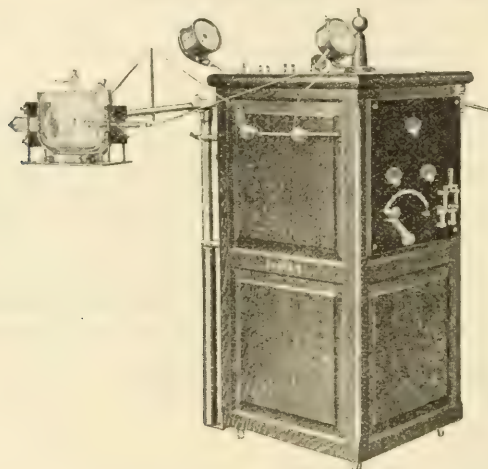


Fig. 25—A combination of X-ray transformer and high frequency apparatus.

diseases (skin affections, venereal diseases, etc.). This is accomplished by washing them in a strong antiseptic solution (such as bichloride of mercury, carbolic acid, lysol, etc.).

Vacuum Tube Burns

High frequency currents applied by means of vacuum tubes do not cause dermatitis comparable to that produced by the X-rays, but they are capable of causing surface burns. These burns are easily produced when mucous surfaces are treated; therefore, when giving vaginal, urethral, rectal or nasal treatments, never allow a vacuum tube to remain in contact with mucous membrane for more than seven minutes during one treatment, and rotate it frequently, to avoid sticking.

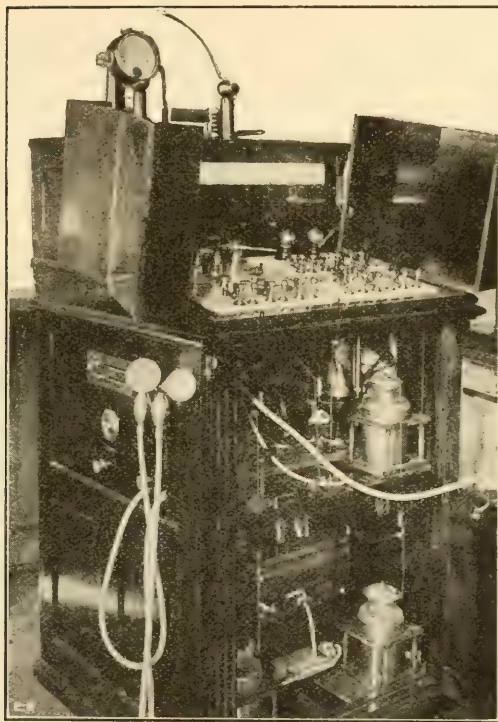


Fig. 26 — Electrical apparatus of extreme compactness, delivering almost all numbers of electrical modalities, including the new "R-rays" (X-ray, High Frequency, Caution, Ozone, Vibration, Suction, etc.)

CHAPTER IX

HYDRO-ELECTRO THERAPY

SINCE water moistening the skin increases the electrical conductivity, and both hot and cold applications to the skin diminish the electro-sensibility, by applying simultaneously or successively the two powerful therapeutic agents—water and electricity—double aid can be rendered in a large number of pathological conditions.

The hydro-electric treatments consist of the application of galvanic, faradic, galvano-faradic and sinusoidal currents, in the form of a whole bath, local bath and electric douche.

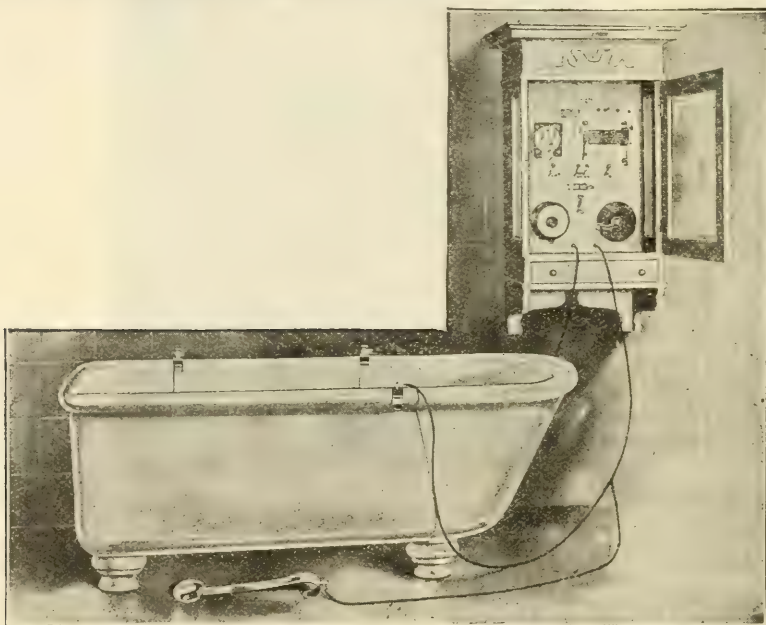


Fig. 27—*Caution:* If a current from wall plates is employed, the tub must not be connected with filling or draining pipes, and great care should be exercised to avoid accidents.

Whole Bath

The whole electric bath is administered with a patient in a wooden, porcelain or enameled iron tub, half filled with water at a temperature of from 85 to 95 degrees Fahr. It is a general body treatment and a most efficacious method of applying electricity when tonic effects are desired; and may be either mono-polar, or bi-polar.

In a *mono-polar bath*, the active electrode connected to one pole of the generator is immersed in water, and the indifferent electrode (which is a long bar of iron covered with chamois leather) held in both hands of the patient, is connected to the other pole.

In a *bi-polar bath*, both electrodes are immersed in water (one at each end of the tub), but the patient's body does not come in contact with either.

The water, being a conductor of electricity, acts as an electrode by which the electric current is applied to the body, while in the hydro-electric bath. In a bi-polar bath, for example, the current enters at one electrode, runs through the water surrounding the patient, and passes out at the other electrode.

Local Bath

In a local bath, a limb or a part of a limb is immersed. The active electrode (metal or carbon) connected to one pole of the current generator is placed at the bottom of the cell (the vessel into which the limb is placed), and the other pole is connected to the indifferent (sponge) electrode, and applied to some part of the patient's body outside of the water.

Dr. Schnee Bath

The *Four-Cell Bath*, designed by Dr. Schnee, is the most convenient method of carrying out the local and general electrization, without being necessary for the patient to undress. It consists of two foot and two arm cells, half filled with water. Two of these cells are connected to one pole of the generator, and two to the other. According to the connection of cells, the current can be localized in a desired part of the body, and made to travel in a desired direction, e. g., employing the galvanic current and connecting the two foot cells with the positive pole, and the two arm cells with the negative, there will be two distinct flows of current through the body, viz., one from the right foot to the right arm, and the other from the left foot to the left arm. If the arm cells were connected positively and the foot cells negatively, the flow would be from arms to feet, because electricity always flows from the positive to the negative pole.

Electric Douche

Electric Douche is used either as a local or general treatment, and is administered by connecting one pole of the current generator to a large indifferent electrode, on which the patient stands, and the other pole to an insulated metal nozzle from which the stream of water is directed against the desired point on the patient's body. This application is particularly suitable for hydrotherapeutic establishments.

Hydro-Electric Application

The effects produced by hydro-electric applications depend on the current employed. The mono-polar galvanic bath with the negative electrode immersed is stimulating, while the same application with the positive electrode immersed is sedative.

The bi-polar galvanic bath produces drowsiness and fatigue, and is useful in insomnia.

The faradic bath, stimulating the patient and improving general nutrition, is beneficial in various conditions, such as chorea, paralysis agitans, anaemia, hypochondriasis, etc.

The sinusoidal bath is far superior in its effects to the effervescent, or so-called Nauheim bath, and is of special value in chronic intestinal

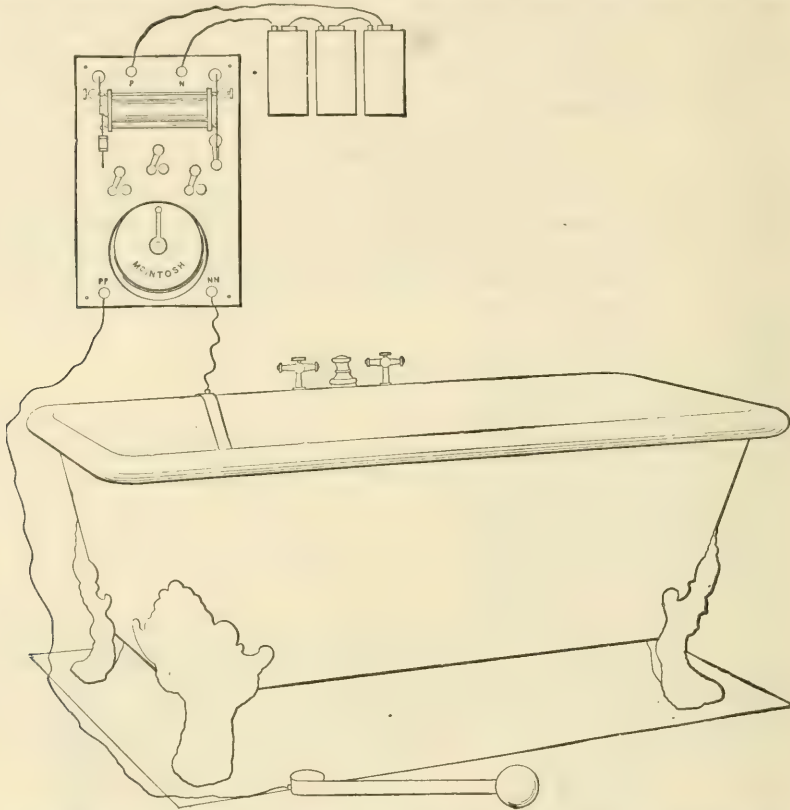


Fig. 28—Diagram showing a safe method of applying bi-polar bath. (Faradic coil is operated by dry cells and the current is regulated by means of a rheostat.)

auto-intoxication, rheumatism, gout and various forms of uric acid diathesis, gastric neurasthenia, arteriosclerosis, locomotor ataxia, spinal sclerosis, many cases of chronic cardio-vascular disease, obesity, diabetes (when the patient is in good flesh), etc.

General Remarks

Dr. Kellogg, of Battle Creek, gives the following general rules in the hydro-electro therapeutic application.

"First, increased movement of blood and accelerated functional activity of an internal organ may be induced by short vigorous cold application in combination with electrical stimulation. The latter may be either

simultaneously, or may immediately follow the cold application. The electrical application should, in general, be as strong as the patient can bear without pain.

"Secondly, congestion and undue functional activity of an internal organ may be diminished by a prolonged, moderately cold application (60 to 70 degrees Fahr., continuing from thirty minutes to several hours), combined with a simultaneous application of a current of moderate strength."

In a *galvanic* application, the current may be gradually increased up to 130 milliamperes; in *faradic*, according to the sensation of the patient; and in *sinusoidal*, according to the sensation of the patient and the rate at which the muscular contractions are desired. The hydro-electric applications should last from ten to thirty minutes, and should be administered two, three or four times weekly. Baths should not be given for at least a few hours after meals.

Apparatus

It is dangerous to use the current from the wall plates (which is the current from the lighting circuit reduced by means of resistance) in a tub connected with pipes, as serious accidents may result from such practice. An absolutely safe method is to obtain different currents from a generator (Fig. 5), (in which the current is produced independent of the current from the lighting circuit), or from the galvanic battery, or faradic cell operated by wet or dry cells (Fig. 26), and to administer the treatments in a wooden or porcelain tub, which is not connected in any way with either filling or draining pipes.

In order to avoid unpleasant shocks when administering hydro-electric treatments, the current should always be gradually turned on after the patient is ready in the bath, and gradually turned off before the patient gets out of the bath.

CHAPTER X

ELECTRO-THERMO THERAPY—OZONE—
MAGNETIC THERAPY*Electro-Thermo Therapy*

ELECTRO-THERMO THERAPY is the electrical production and application of heat for therapeutic purposes. Since heat has been employed as a therapeutic agent from time immemorial, partly because pain can be relieved by it, and partly because Nature herself teaches that to get rid of some diseases, the temperature of the body must be increased, this subject needs no recommendation nor much explanation.

In addition to Diathermy and Radiant Heat (described elsewhere), electro-thermo therapy embraces also the use of thermophores, super-heated air and some other methods of heat production and application.

Thermophores

Thermophores, electro-therm compressors, or electric heating pads are made of all shapes and sizes, for different parts of the body, and consist of insulated flexible resistance wires imbedded in a chemically-pure asbestos, or other non-inflammable material. Maintaining constant, desired heat, these pads are a convenient means to treat various parts of the body, and are superior to and take place of fomentations, hot water bags, hot air apparatus, and other of the inconvenient appliances usually employed.

In employing thermophores for the treatment of various conditions, a moist cloth is laid over the skin; over this a dry cloth, and upon this, the compressor connected to the electric lighting circuit.

The current passing through the resistance wire generates the heat, gradually increasing the temperature (up to 300 degrees Fahr.), and may be continued as long as desired. When the heat becomes intense, it is only necessary to employ less current.

Super-heated Air

Super-heated air is the most simple, convenient and painless method of producing local hyperaemia.

Although it may be applied externally for the treatment of various painful affections, it is of special value in the treatment of ear, nose, throat, teeth, vagina, uterus and other body cavities to which it is very difficult to apply heat, and produce hyperaemia by other methods.

Apparatus producing super-heated air consists essentially of air pressure (fan or pump) and a resistance wire heated by means of an electric current. The air is heated by being forced through the resistance wire.

Ozone (O₃)

All the high tension currents in passing through the air produce large quantities of ozone, but the greater the frequency and higher the voltage, the greater the production. Whenever it is desired to administer ozone for therapeutic purposes, it is necessary to generate and purify it by forcing the ionized air through the oils, which absorb, or through a simple alkaline solution, which neutralizes nitrous and nitric acids liberated with ozone, while the electricity is passing through the air.

This is accomplished by means of a glass vacuum ozone generator, connected to the Tesla secondary (Fig. 29), Oudin resonator, or one pole of the Static machine; or by a special ozone generating apparatus of which there are various types.



Fig. 29—Ozone inhalation.

A very efficient and pleasant combination of oil is one part of oil of eucalyptus, and two parts oil of pine needles.

Application

Since oxygenation is essential to life, the inhalation of ozone is beneficial in all diseases, but in some diseases it is of particular benefit. When inhaled, it hastens the oxygenation of the blood and tissues, increasing the number of red blood corpuscles (and decreasing the number of white corpuscles), and augmenting the proportion of urea in the urine; therefore, it is of value in anaemia, chlorosis and all conditions where there is imperfect oxidation and impaired nutrition. Being a powerful antiseptic, it is an excellent remedy in the treatment of bronchial and laryngeal affections, catarrh, hay fever, whooping-cough,

pulmonary tuberculosis, and all other diseases of the respiratory organs, etc.

Ozone treatments should last from ten to twenty minutes (according to an output of the apparatus employed), and may be frequently repeated, but for the reason that a large amount of ozone may produce serious symptoms, it is advisable to give shorter treatments at more frequent intervals.

Since we must be careful when using so potent a remedy, it is the safest rule to stop the treatment as soon as the patient feels a slight sensation of lightheadedness, which indicates that he has received a sufficient dose.

The oils after being used for some time to purify the ozone, owing to the large amount of ozone retained therein, may be used as a dressing for ulcers and chronic skin diseases.

Magnetic Therapy

(Bachalet Magnetic Wave Treatment)

When a living body is placed into a magnetic field, the magnetic lines of force permeate it to the maximum of exposure and raise the electric potential as high as thirty-three per cent. The magnetism thus imparted to the living body does not leave, but is transformed into vital energy, and is used in the vital processes. It is estimated that it takes, on the average, seventy-two hours, before this magnetic charge is completely absorbed, and until the body returns to its normal potential. Magnetization is applied by means of two co-acting magnets, energized by the commercial current or dry cells, adjusted to either side of a chair, couch or bed on which the patient (who may be fully dressed) is placed. The patient feels no sensation whatever, and when the full strength is desired, the magnets may be placed close to the patient's body.

Magnetization dilates the blood vessels, lowers blood pressure and reduces a too rapid pulse, stimulates tissue metabolism, raises temperature, increases oxidation, accelerates elimination, aids nutrition, increases the red blood corpuscles and hemoglobin; is sedative and antispasmodic, etc. It is, therefore, indicated in the treatment of anaemia, arteriosclerosis, chorea, convulsions, hysteria (with high blood pressure), insomnia, migraine, neuralgia, neurasthenia, neuritis, rheumatism, etc.

In acute conditions the treatment should last about thirty minutes, while in chronic, from one to two hours. Three treatments per week are sufficient.

If the application is carried to an excess, over-stimulation will cause deleterious results and loss of weight.

The patient should rest at least fifteen minutes after treatment, before going out in cold weather.

CHAPTER XI

ELECTRO-DIAGNOSIS

IN addition to Radiography, by which we can easily detect fractures, dislocations, foreign bodies, hepatic and renal calculi, etc.; and the different electroscopes by which we are able to explore the body cavities, electricity is of further service in the diagnosis, as it enables us to determine the degree of pathological excitability, and to distinguish between the different forms of paralysis—central and peripheral; to tell whether disease is feigned or real; to distinguish between apparent and real death; to differentiate between nervous and inflammatory pains of the ovary, and thus prevent unnecessary surgery, etc.

As this subject is very broad, in order to avoid confusion, and to enable the reader to grasp easily the principles of electro-diagnosis, only those features which are of practical value to most practitioners will be described.

Reaction of Degeneration

(R. D.)

When the galvanic current is applied to a muscle or a motor nerve, the contraction is produced, both on closing and on opening the circuit. (When the current is switched on, the circuit is closed or completed, and the current is allowed to flow, while when the current is switched off, the circuit is open, and the current flow is discontinued.)

The Normal Reaction of a Muscle

When the galvanic current is applied to a healthy muscle, the contraction produced with the active cathode (negative electrode) is greater than the contraction produced with the active anode (positive electrode) on closing the circuit; while the contraction produced with the active anode on opening the circuit is less noticeable than the contraction produced at the same electrode on closing the circuit. This normal reaction of a muscle is expressed as follows: The Cathodal Closing Contraction is greater than the Anodal Closing Contraction, while the Anodal Closing Contraction is greater than the Anodal Opening Contraction, and is designated by the following formula:

$$C. C. C. > A. C. C. > A. O. C.$$

The contraction of a healthy muscle to galvanism, whether the muscle is stimulated directly or indirectly through the nerve, appears very suddenly like lightning, while the faradic stimulation is always tetanic.

The Normal Reaction of a Nerve

In case of a healthy motor nerve, the Cathodal Closing Contraction is greater than the Anodal Opening Contraction, and the Anodal Opening Contraction greater than the Anodal Closing Contraction. This reaction is expressed by the following formula:

$$C. C. C. > A. O. C. > A. C. C.$$

Quantitative and Qualitative Changes

When there is a partial or total change of the above formulas, e. g., when the A. C. C. is greater than the C. C. C., etc. (which is a qualitative change); or when the muscle responds by a slow and sluggish contraction instead of by a sharp, quick jerk as in health (which is a quantitative change); or when the muscle does not respond to the direct stimulation of the faradic current or to the stimulation of the motor nerve, there is a Reaction of Degeneration.

When the Reaction of Degeneration is coming on, at first there is a short period in which there is a hyperexcitability (increased excitability) of nerve or muscle. About two weeks later, reaction to the faradic current ceases, and for some time (perhaps six or eight weeks) the muscle (but not the nerve) reacts only to a slowly interrupted galvanic current, until it finally ceases to react to any form of stimulation.

A galvanic hyperexcitability, therefore, means early degenerative changes; while a hypoexcitability (diminished excitability) of a nerve to both faradic and galvanic currents, generally indicates beginning of Reaction of Degeneration which will soon become complete.

Galvanic hyperexcitability is usually accompanied by faradic hyperexcitability, although it may persist after the faradic excitability has been lost. Galvanic hypoexcitability is found in most cases where faradic excitability is diminished or lost. It is characteristic of the last stage of nerve and muscle degeneration.

Faradic hyperexcitability occurs in most cases where there is exaggeration of the tendon reflexes. Thus, it is met with in tetanus, hemichorea, recent cases of cerebral paralysis, athetosis and writer's cramp.

Faradic hypoexcitability is usually accompanied by rapid fatigue of muscles, which after repeated faradic stimulation soon fail to react, unless the intensity of the current is increased. It occurs in chronic cases of cerebral paralysis, long standing tabes dorsalis, and primary myopathy, where it is associated with galvanic hypoexcitability.

Reaction of Degeneration is found in the following conditions:

(a) "In any disease or injury in which there is a break in the nervous link which connects the end plate of the muscle with its nucleus of origin in the gray matter of the anterior cornua of the cord.

"In any injury or disease of the trunks of the motor nerves, of the nuclei of the cranial nerves, or of the ganglionic cells in the anterior cornua."—*Dugan*.

(b) In neuritis and polyneuritis, where the nerve itself is primarily affected;

(c) In acute and chronic poliomyelitis;

(d) In myelitis, if the anterior horns are involved;

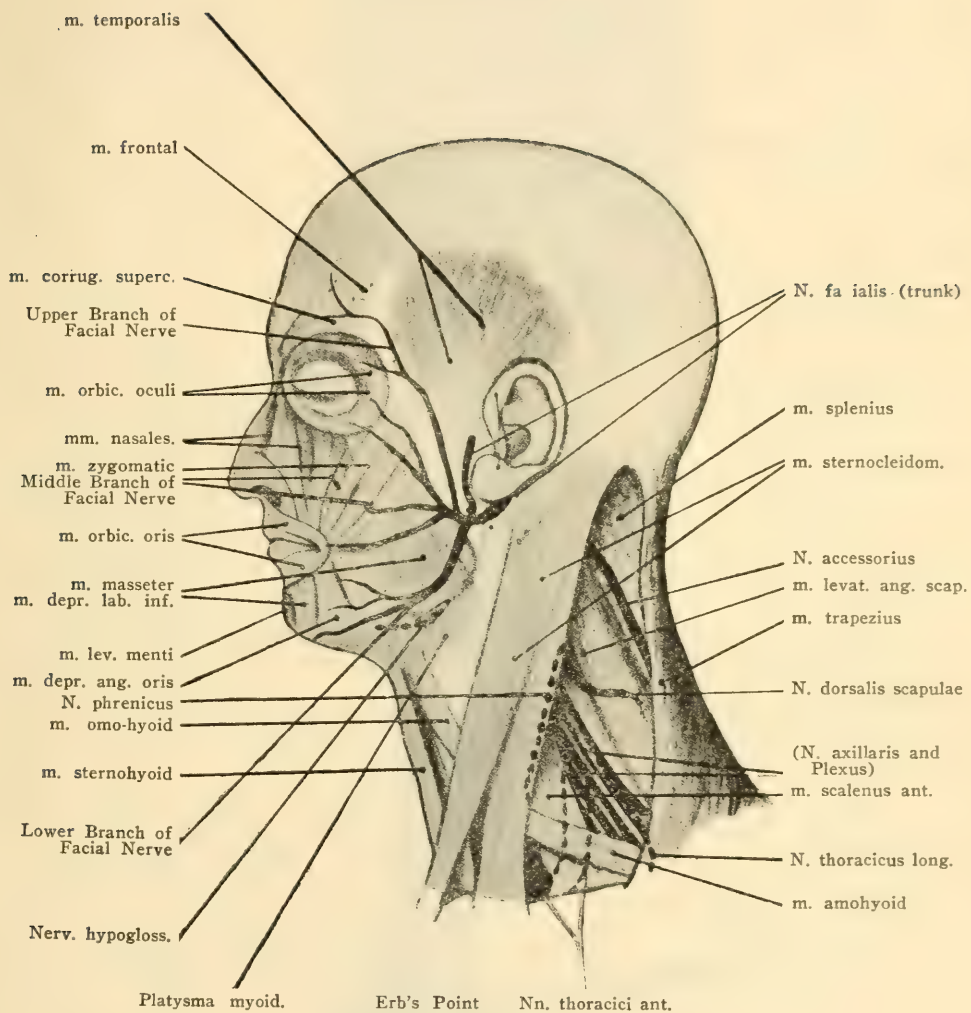


Plate I

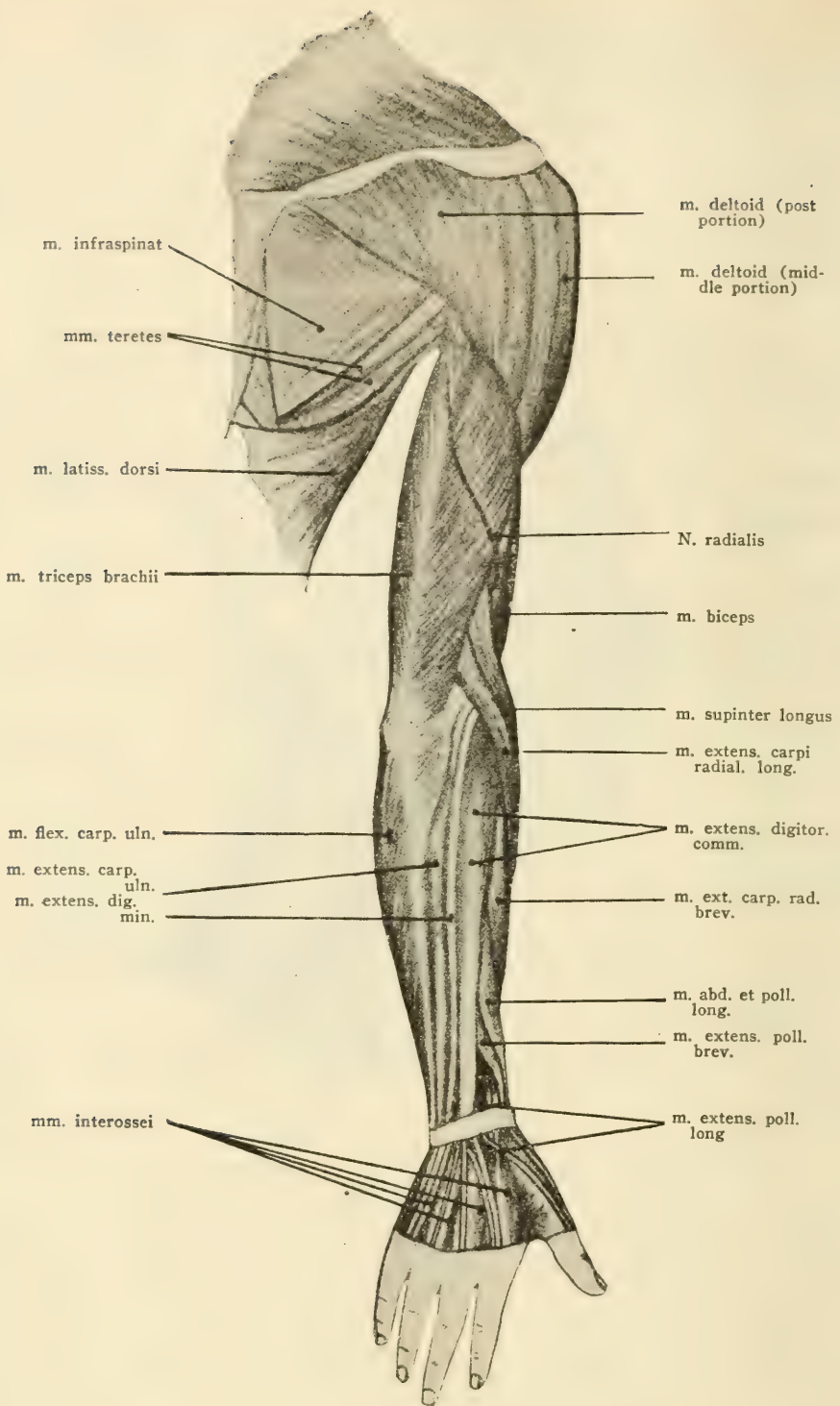


Plate II

From King's "Electricity in Medicine and Surgery"

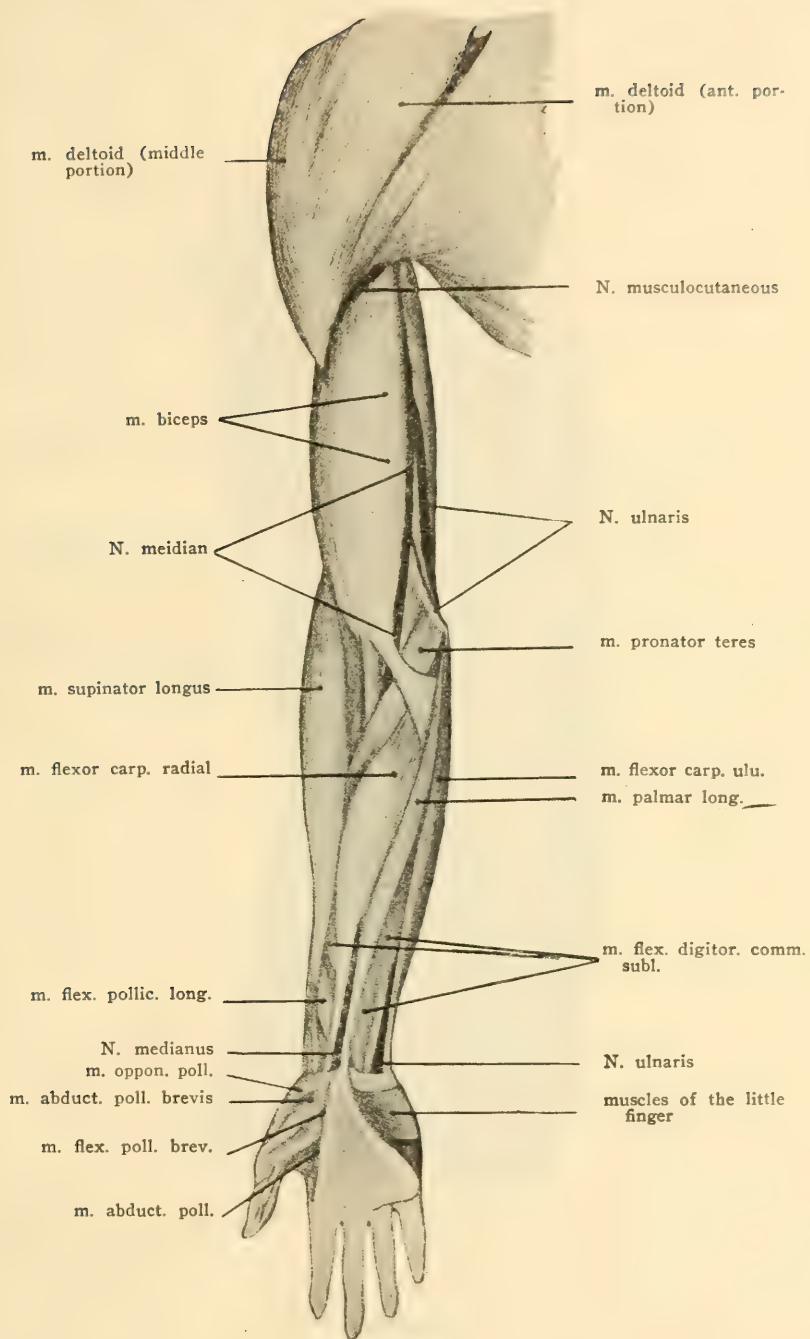


Plate III

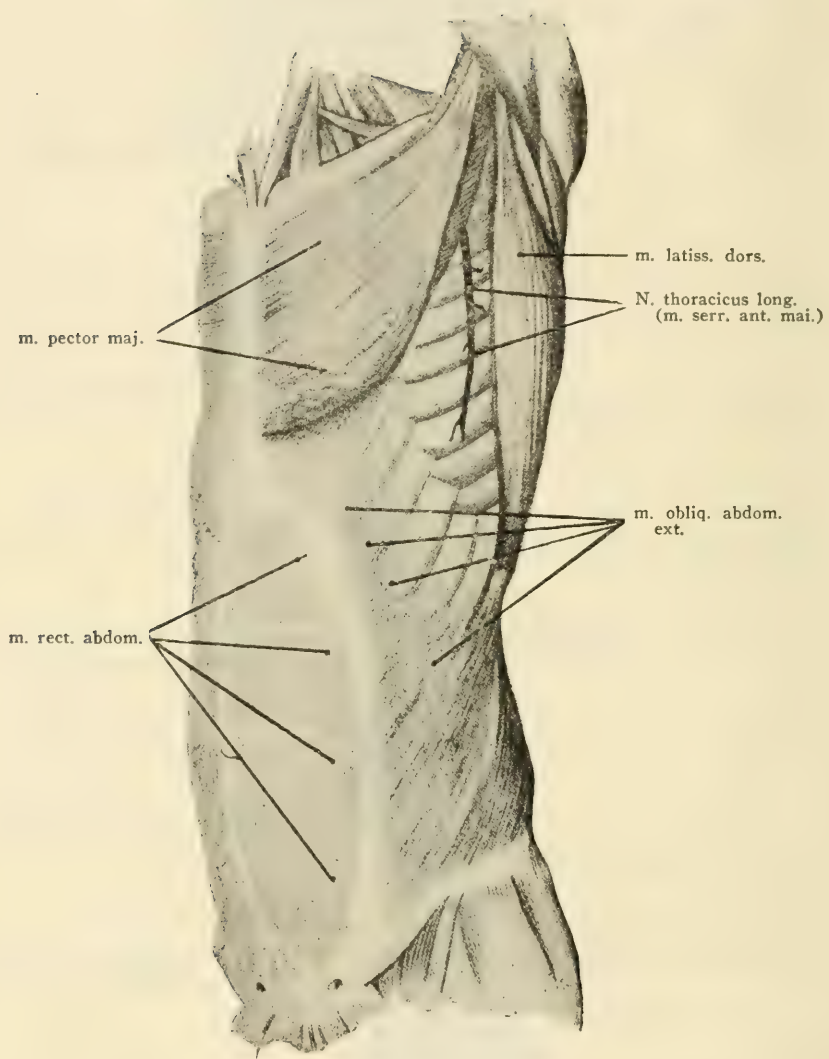


Plate IV

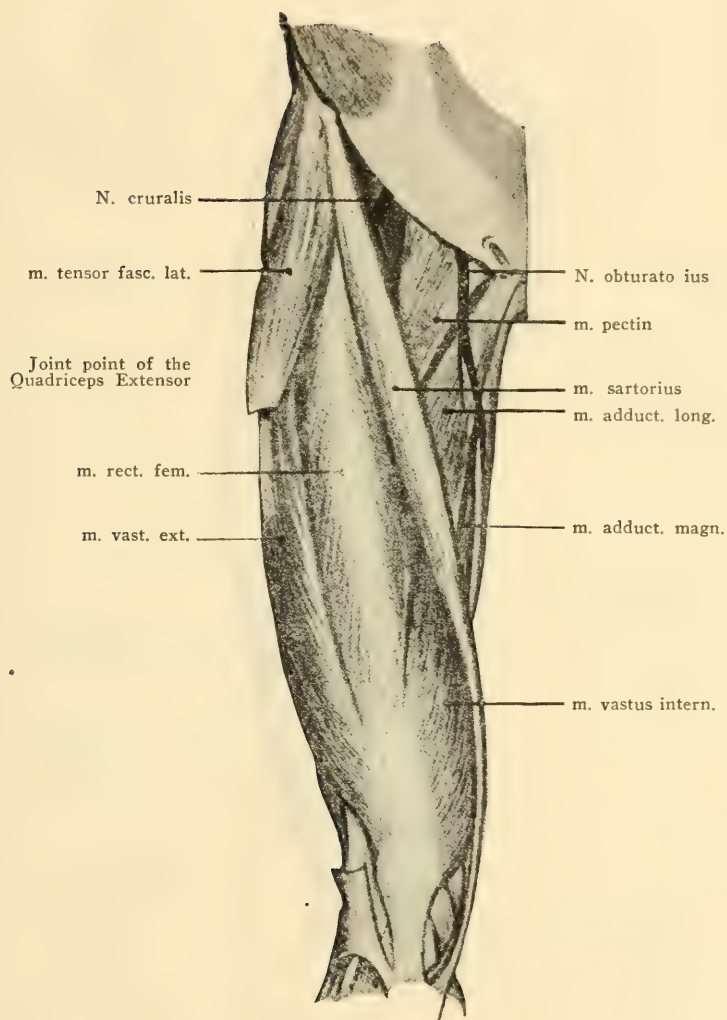


Plate V

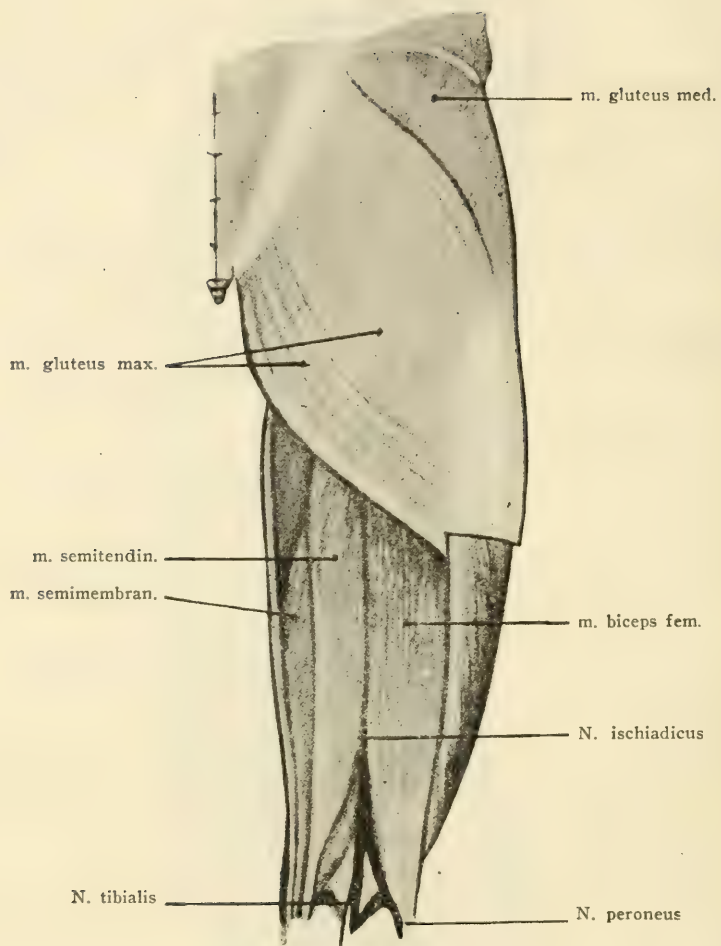


Plate VI

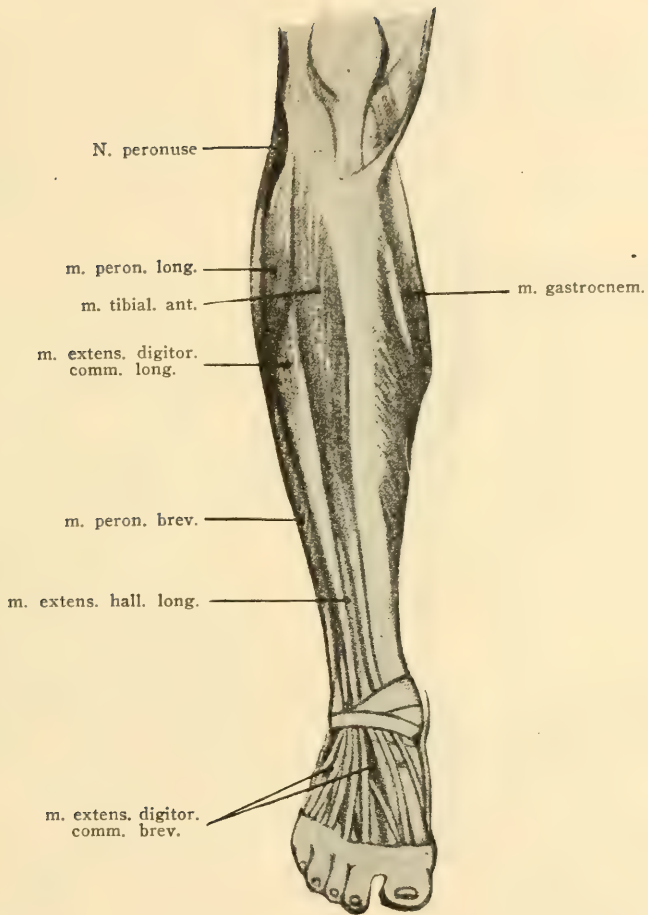


Plate VII

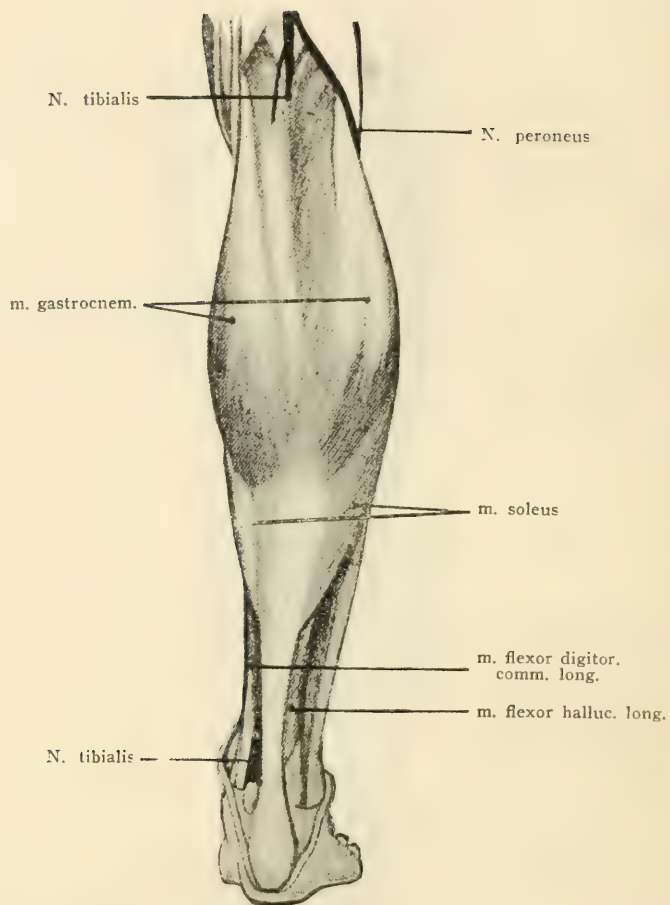


Plate VIII

- (e) In ophthalmoplegia, where the anterior horns or the nuclei in the pons and medulla are affected;
- (f) In diphtheric, bulbar and lead paralysis;
- (g) In diseases of the spinal cord, if muscular atrophy is present.

Method of Testing

In all electrical examinations, it is absolutely necessary to determine three factors:

- I. Whether both the motor nerve and the muscle react to the faradic and the galvanic currents;
- II. Whether the reaction to either current is increased or diminished (quantitative change);
- III. Whether there is a partial or total change in the formulas which denote the normal reaction (qualitative change).

In testing motor nerves and muscles, in order to decrease the intensity of the current, and to cause as little discomfort as possible to the patient, a large indifferent electrode (about 100 to 200 sq. cm.) covered and moistened with warm water should be placed upon the sternum, or the spine (at the cervical region if upper, or at the lumbar region if lower part of the body is to be tested) and moved about, so as to avoid a burning sensation. In some cases, as in testing the small muscles of the arm or leg, it is better to apply both electrodes near each other.

In order to condense the current, the active electrode should be small (1 to 2 cm. in diameter, covered and moistened) and should have an interrupter for both galvanic and faradic currents, so as to be able to close and open the circuit, in order to elicit with convenience the opening and closing contractions. The active electrode is applied at or near a motor point of the muscle or nerve to be tested, so as to produce the contraction with less current.

MOTOR POINTS, determined by Erb, Douchenne, Ziemssen, and others, are certain points scattered over the surface of the body (Plates I to VIII), which, when stimulated, cause the best response from a definite nerve or muscle. The motor point of a muscle is usually where the motor branch of the nerve enters its muscle. Most motor points for nerves are situated where the nerve lies superficially, and at some little distance from other nerves.

For electrical examination, the patient should be placed in a horizontal position, or in a chair with the back well supported, and should be told to relax his muscles. The faradic current should be used first (connecting the active electrode to the negative pole of the secondary faradic), employing just as much current to produce the smallest noticeable contraction. The strength of the current should be adjusted gradually by means of a rheostat, sledge coil or other method, noting the point at which the contraction has been produced.

It is very difficult to determine whether the contraction oversteps the normal limits, and if so, how much, as the irritability of different nerves and muscles, also of the same muscle or nerve, varies considerably in different individuals. The most practical and most accurate method of testing for quantitative change is to estimate the irritability, and then compare it with the reaction of a healthy side, but in such case symmetric points and the identical position must be selected.

If the faradic contractility is not altered, galvanic is probably normal. In some cases of nervous disorders, there may be no faradic response; therefore, if the current is increased to the point of being painful, and the contraction has not been produced, it means that there is no faradic response, and the galvanic current should be tried.

In using the galvanic current, we begin the test with about two milliamperes on the face and about ten milliamperes on the body, gradually increasing and stimulating first muscle directly, and then the motor nerve. The C. C. C. is first obtained, and then, reversing the polarity by means of a commutator (without changing the electrode), A. C. C. is produced, etc.

The direct stimulation of the muscle should be compared with the contraction produced by the stimulation of its motor nerve, and the strength of the current required with the character of the contraction, whether quick and sharp, or slow and sluggish.

General Remarks

1. In using galvanic current, the effect of each pole must be noted.
2. The irritability of motor nerves is subject only to quantitative changes, but with the muscles, quantitative changes are often accompanied by qualitative alterations.
3. The quantitative electrical irritability of a nerve or of a muscle is tested by estimating how strong a galvanic, and how strong a faradic current is required to produce the smallest contraction; therefore, the strength of the current employed must be always estimated in examining for quantitative changes.
4. If it is desired to compare the results of different electro-diagnostic examinations, it is imperative to employ electrodes of the same size, because the stimulating effect depends upon the intensity of the current as well as upon the strength; and it is also necessary to employ the same apparatus, as the physiological action of one induction coil cannot be compared with the action of another.
5. Apparatus employed for electro-diagnosis must be supplied with a reverser, so as to be able to quickly change the polarity, and with an appliance for increasing or decreasing the current strength (a rheostat or a cell collector).
6. If a muscle is cold, it takes more current to institute a contraction than if the muscle is warm. The colder a muscle, the more current it takes to produce a muscular contraction. If we warm a muscle either by friction, massage, electric light, or any other means, it takes a great deal less current, as the normal temperature of the muscle is restored, than it would when the muscle is cold.

Differentiating Cerebral from Peripheral Paralysis

To determine whether in a case of paralysis the lesion is in the brain or in the motor cells of the spinal cord, use the faradic current, interrupted with an automatic rheotome, as follows:

Place a large indifferent electrode on the sternum, and a small active electrode at the motor point of some muscle on the normal side, and employ sufficient current to cause a noticeable contraction. Leave the

indifferent electrode on the sternum, and place the small active electrode at the motor point of the corresponding muscle on the opposite side (which is supposed to be paralyzed); employ the same amount of current as you did on the opposite side, and note whether the contraction is normal, increased or decreased.

If the contraction is increased, the lesion is in the brain or upper motor tract (in such a case, the reflexes are also exaggerated). If the contraction is decreased, the lesion is in the motor cells of the spinal cord, or in some other part of the lower motor segment.

Malingering

If the muscles respond normally to the stimulation with the faradic current, after the patient has complained for two or three weeks, the case is one of malingering.

Electro-Bioscopy

(Test for Death)

Since no disease, poisoning, or asphyxia, during life, abolishes electric contractility in all the muscles of the body, we are able, by means of electricity, to determine definitely, within two or three hours after the occurrence, as soon as the rigor mortis sets in, whether the person is really dead or not.

Dr. Crimotel, of Paris, France, after long experimentation, has come to the following conclusions:

1. "Death is certain when all the muscles have entirely lost their contractility;" (although either faradic or galvanic electricity causes muscular contractions until a short time before a rigor mortis sets in):

2. "Faradization is an indispensable test whether life is extinct in all cases of apparent death occurring suddenly. When there are several victims of an accident, it enables the attendants to distinguish the dead from the living, and also the order in which the dead ceased to live." (The galvanic current produces contractions in a dead body for a short time after the faradism has failed. This enables us to approximate the time elapsed since death occurred.)

3. "In new-born infants, muscular contractility, under the influence of the faradic current, continues fifty to sixty minutes after the heart has ceased to beat. When they have never exhibited signs of life, the faradic test shows whether life is really extinct."

4. "In some cases of cholera, electro-muscular contractions cease within half an hour after death."

The Value of Electro-Diagnosis in Gynecology

Due to the fact that the secondary faradic current completely relieves ovarian neuralgia in but a few treatments, but that it only affords a temporary relief (for a few moments) in ovaritis and other organic changes of the uterine appendages, and also that strong galvanic currents may be applied to the uterus without causing severe pain or reaction when the uterine appendages are healthy, it may be concluded as follows:

If a strong galvanic current (75 to 100 milliamperes), applied to the interior of the uterus (with an indifferent electrode on the abdomen), causes no pain and is not followed by febrile reaction or aggravation of the symptoms, or if the pain is relieved by the application of the secondary faradic current, the uterine appendages are healthy, and the case is one of ovarian neuralgia.

If, however, the application of a weak galvanic current (50 to 75 milliamperes) causes severe pain, and is followed by febrile reaction and other unfavorable symptoms, or if the secondary faradic current affords but a temporary relief (for a few moments) the case is one of diseased appendages, ovaritis; or (if reaction is great) pyosalpinx.

CHAPTER XII

ELECTRO-SURGERY

IN surgery, electricity is not only valuable to arrive at a correct diagnosis (by means of X-rays and the different electroscopes, with which it is possible to explore the body cavities, such as urethra, bladder, esophagus, stomach, etc.) but by it, we are able to successfully coagulate the blood in hemorrhage and aneurysm; to remove tumors, hemorrhoids, warts, moles, naevi, etc.; dilate strictures (by absorption); remove foreign bodies from the eye and treat numerous other surgical conditions. Electro-surgery embraces electro-cautery, fulguration, high frequency desiccation, surgical diathermy, electrolysis, magnet operations, etc.

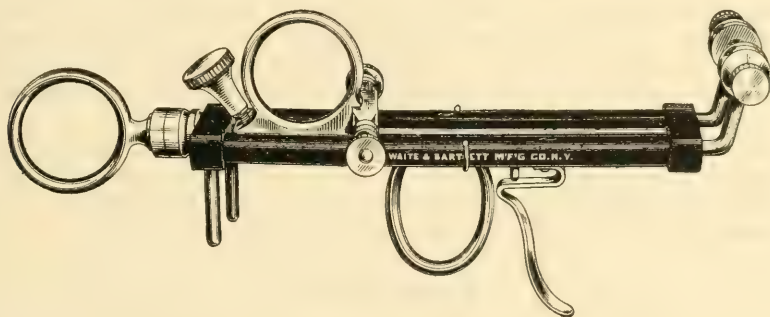


Fig. 30—Cautery electrode handle.

Electro-Cautery

Electro-cautery, performed with a platinum knife (electrode) heated to a cherry-red or white heat, enables us, on account of the obliteration of smaller vessels and coagulation of the blood, to sever tissue without hemorrhage.

The greater the heat of the electrode, the less pain is produced, but there is greater liability of subsequent hemorrhage; therefore, a cherry-red heat, which is a temperature intermediate between red and white heat, is usually the most satisfactory.

Electro-cautery is employed to remove polypi and tumors difficult to reach with the knife; to cut through the cervix uteri; to remove growths in the pharynx and larynx, and to cauterize laryngeal ulcers; to destroy the nerve in a hollow tooth; to arrest hemorrhage; to treat some cases of prostatic hypertrophy; to open an abscess in the lung after a rib has been resected, etc.

In order to be able to heat the platinum cautery electrodes (loops or knives) which have a very low resistance, (varying from 0.4 to 0.02 of an ohm, or even less) to a cherry-red or white heat, a current of a low volt-

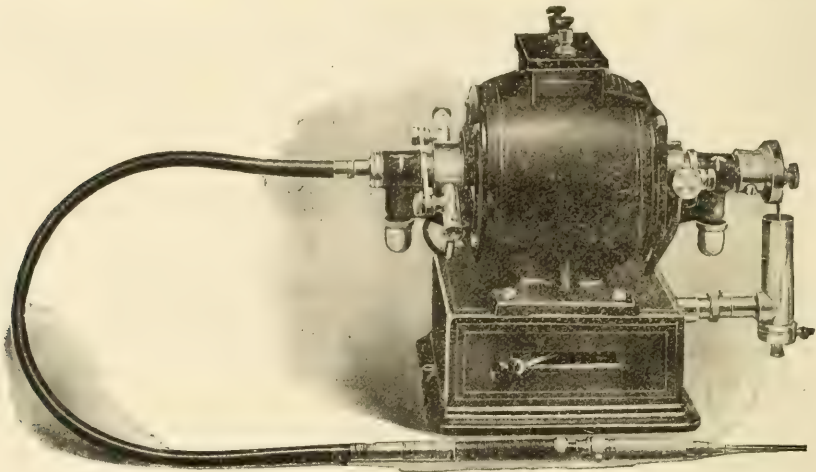


Fig. 31—Cautery generator.

age and high amperage (5 to 30 amperes) is required. This current is obtained from a galvanic battery in which the cells are connected in multiple or parallel, or from a cautery apparatus (Fig. 31) by which the commercial current of high voltage and low amperage is transformed into a current of high amperage and low voltage.

The strength of the current is regulated by means of a rheostat and is measured by means of an ampere-meter, which is of great value, especially when working in cavities when the knife is not readily visible, as it will warn us if we are in danger of fusing the wire.

Fulguration

Fulguration is a mono-polar discharge from a metal point electrode connected to the top of the Oudin resonator, Tesla secondary or a hyper-static transformer.

By means of this discharge, we are able to cause destruction of certain cells; change the color of pigmented spots and stimulate new growth

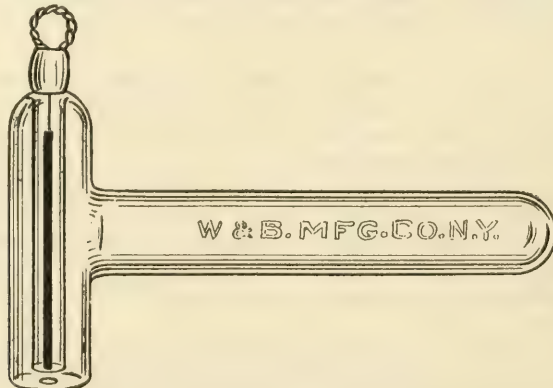


Fig. 32—Glass Fulguration Electrode.

without producing any appreciable necrosis of tissue; or to produce necrosis (which is perhaps due to a combination of heat, ionization and ozonation) according to the duration and strength of the application. On account of ozonation, the necrosed tissue becomes dry, without any ulceration or pus; remains for a time and comes off leaving a smooth healed surface. Although fulguration is a powerful application, it produces a subsequent anaesthetic effect, and through vaso-constriction causes cessation of surface hemorrhage. Fulguration has given good results in the treatment of lupus vulgaris, rodent ulcer, adenoids and similar conditions, and is far superior to X-rays and Radium in the treatment of malignant tumors of breast and face, or to electrolysis in the removal of naevi.

There are two methods of applying fulguration, viz., *the French or the Dr. De-Keating-Hart method*, in which the discharge is cooled by the cold, sterilized air, a current of carbonic acid gas, or water, which flows through the electrode during the application; and the *dry method*, in which the electrode is not moistened, and the part treated is wiped dry.

For blanching, a wet method is preferred, and the distance between the tissue and the electrode should be about one thirty-second of an inch; for necrosis, a dry method at the distance of one sixteenth of an inch, while for very deep action, a dry method at a distance of one eighth to one quarter of an inch.

The application usually lasts from three to four seconds, and as the sparks are apt to jump to the edges of the wound, care should be taken that the spark is directed to the region treated.

The important rule always to be observed in the employment of this method is that in malignant growths, the diseased cells should be fully destroyed, for otherwise it will stimulate a more rapid growth of the underlying, undestroyed, malignant cells.

Caution: Since sparks applied to the thorax have been known to cause failure of respiration, and later to stop the heart, fulguration is by no means an absolutely harmless treatment, and for this reason, in dangerous conditions, should be resorted to only when other methods have failed. The pneumo-gastric nerve should never be fulgurated.

When electro-cautery, or fulguration, are to be employed around the face, ether (on account of its inflammable vapors) should never be administered.

Surgical-diathermy (Electro-coagulation)

By employing a suitable (small) active electrode, and increasing the amperage of the D'Arsonval (diathermic) current, it is possible to elevate the temperature of the part to the coagulating point (158° Fahr.) and to carry out minor surgical operations bloodlessly, without the danger from absorption of poisonous products or burns. On account of a more reliable technic, more accurate dosage, and a perfect hemostasis, this method is preferred to the application of actual cautery.

Electro-coagulation is indicated in the removal of tumors, hemorrhoids, polypus, naevi, furunculosis, necrosis of bone, ulcerative tuberculosis, suppurating glands, warts, and other superficial lesions.

On account of absolute asepsis, it has been successfully employed in combination with surgery in a large number of cases of deeper origin.

As the diathermic current persists in water, various diseases, including bleeding papilloma, have been destroyed in the water distended bladder, and both hard and soft species of bladder calculi have been disintegrated with the spark applied by means of an insulated steel wire through a cystoscope.



Fig. 33—Large Eye Magnet.

Electrolysis

Same electrolytic changes that take place in a compound substance occur in the human tissue (which is a semi-fluid) while an electric current is passing through it.

Electrolysis is employed in the treatment of tumors, angioma, carcinoma, aneurysm, hemorrhage, granulations, goitres, fungoid growths, keloid; strictures of the eustachian tubes, lachrymal canals, and urethra; removal of superfluous hair, moles, naevi, warts, etc.

In the application of electrolysis, bare, active metallic electrode is employed, and the following must be remembered:

I. Polarity is very important, and it must not be forgotten that the positive will coagulate fluids, arrest hemorrhage, decrease inflammation, etc., while the negative will do the opposite.

II. The galvanic current is most adaptable, because the electrolytic effect of a current is in proportion to its amperage; (therefore almost negligible in Faradic, Sinusoidal, Static, or High Frequency currents).

III. Strong current for a short time produces the same effect as a weak current for a long time; but as the object of electrolysis is to absorb, and never to hurt, burn or cauterize the tissue, weak currents should be employed.

IV. Electrolysis relieves strictures by enlarging the caliber of the canal, through the absorption of the fibrous tissue, and not through the dilation or a modified dilation.

Eye-magnet Operations

When a foreign body enters the eye (especially vitreous or retina) blindness will follow unless the splinter is extracted as early as possible. Metals can be extracted from the eye by means of an electro-magnet. (Fig. 33)

Diagnosis

Having the history of the case, and having examined the exterior and interior of the eye (by means of an ophthalmoscope), and by taking the field of vision, having determined whether there is any obscure area, the tip of the magnet is applied to various parts of the eye. If pain results, it is a positive indication that metal (steel or iron) is present within the eye, but the absence of pain is not conclusive evidence that no foreign body is present, for it may be too distant, or too firmly held to move.

Method of Operating

Dr. W. A. Fischer recommends the following method:

"When a foreign body is suspected, and the lens has become opaque, apply the tip of the magnet to the center of the cocainized cornea; increase the current slowly to full force . . . unless the body appears with a current of less intensity. If it does appear, turn the current off, and place the tip at the edge of the cornea, and turn on the current. If the iris bulges, change the position of the magnet to make the metal pass through the pupil. Apply the magnet to an incision in the cornea until the metal adheres to the magnet, when the operation is finished. If the body does not appear on the second application, turn on the current, and make and break it several times, to dislodge the foreign body. If the metal has entered the eye back of the lens, some operators prefer an opening in the sclera and removal at that point. I am of the opinion that all bodies should be extracted through the anterior chamber, although a foreign body that has entered back of the lens suggests removal through the enlarged original wound. The speculum and forceps and scleral retractors must be non-magnetic."

If the extraction is to be made through the sclera, in order to apply the magnet near the foreign body, it is best to determine its position by radiography before the operation, but as that causes delay, which favors infection, it should be employed only in the old cases.

CHAPTER XIII

RADIOLOGY

RADIOLOGY embraces the therapeutic use of radiant energy (ether vibrations of various wave lengths and frequencies) from natural and artificial sources, viz., sun's rays (helio-therapy), radium rays (radium-therapy), and the rays produced by various lamps (photo and actino-therapy), and the Roentgen apparatus (radio-therapy or Roentgenology).

In order to thoroughly master the subject of radiology, it is essential to consider the spectrum of sunlight.

Spectrum is a band composed of various colors obtained by passing the light through a prism.

Spectrum of Sunlight

The spectrum of sunlight is composed of seven visible colors, viz., red, orange, yellow, green, blue, indigo and violet.

Red	Orange	Yellow	Green	Blue	Indigo	Violet
Heat Rays		Light Rays		Chemical Rays		

At each end of the spectrum there are more rays; beyond the red there are the infra-red; beyond the violet the ultra-violet, and still further, perhaps, the X or Roentgen rays. These are, however, the invisible rays.

The various rays and colors of the spectrum are due to different wave lengths and frequencies of ether vibrations, which excite in the brain (through the optic nerve) the different color sensations, e. g., the red is due to comparatively long, infrequent vibrations (about 481,000,000,000 per second), while the violet is due to short and rapid vibrations (about 764,000,000,000 per second).

Refraction and Penetration

All the rays in passing from lighter to the denser (or from denser to the lighter) substances are refracted or bent, and the greater the frequency of ether vibrations, of which the ray is composed, the greater the refraction.

The penetration of various rays depends on their respective refraction. The red rays (due to infrequent vibrations) are least refracted, and consequently most penetrative, while the violet (due to rapid vibrations) are most refracted and therefore least penetrative. The orange,

yellow and green are more refrangible and therefore less penetrative than the red rays, but are less refrangible and more penetrative than the blue, indigo or violet rays.

Thermic, Luminous and Actinic Rays

The rays of the spectrum are divided into three groups, viz., the thermic, the luminous, and the actinic rays.

The thermic or heat rays (radiant heat) chiefly emanate from the orange, the red and the invisible part beyond (infra-red). Being least refracted, these rays penetrate the tissue (from four to six inches) instantaneously, and generate heat in the depths of the tissue and the deep layers of the skin, where its (heat's) therapeutic effects (increased metabolism, nutrition, phagocytosis, etc.) are desired. This heat is more penetrative than the heat from any other source (except diathermy) and is excellent to relieve pain and to improve the local nutrition of the skin.

The luminous or light rays (radiant light) emanate from green and yellow. Although more refracted than the heat rays, the luminous rays are able to reach the nerves, nerve centers, muscles, viscera, and other tissues lying two or three inches below the surface of the skin. These rays cause sunburn and freckles when directed for any considerable length of time on the uncovered skin.

The actinic or chemical rays are composed of blue, indigo, violet and the invisible part beyond (ultra-violet). Being of the greatest frequency and refrangibility, they are the least penetrative, but most useful. These rays produce fluorescence of the blood and serum, and thereby stimulate the chemistry of the tissues (that is, they improve metabolism), and are highly bactericidal.

The actinic or chemical rays, especially the ultra-violet, do not penetrate substances containing blood or red coloring matter, thin films of glass, thin dark cloth, or adhesive plaster. They, however, readily penetrate water, air, rock crystal and tissue (from one to four millimeters), when rendered anaemic according to Prof. Finsen's method.

In considering the therapeutic uses of light, from whatever source, we must, however, not consider light merely according to the divided rays of the spectrum, but collectively, and in conjunction with heat radiation.

Effect of Light on Bacteria

With the application of a sufficiently strong light, all portions of the spectrum are able to restrain the growth of bacteria, or to kill them, but the red rays possess the weakest bactericidal power; this power then increases as one approaches the other end of the spectrum, where it is strongest.

Only four per cent. of the bactericidal effect is ascribed to the red, orange, yellow and green rays, while to the blue, indigo, violet and ultra-violet about 96 per cent. of the effect.

The light energy, aside of the direct bactericidal action, is destructive to organisms within the body by the improvement in the cellular condition, promoting the physiological resistance to the growth and increase of bacteria.

Filtration (Cutting off rays)

Having seen that each class of rays produces distinct curative effects, in order to intensify these effects, it will be of value to know how to cut off those rays which are of no value in a given case. This can be accomplished by various methods, the most practical being by passing the rays through colored crystal screens, e. g., the red crystal does not appreciably reduce the heat, but cuts off the opposite colored rays, viz., the chemical rays, whereas the blue crystal (Bordier tints 1, 2, 4 and 6)

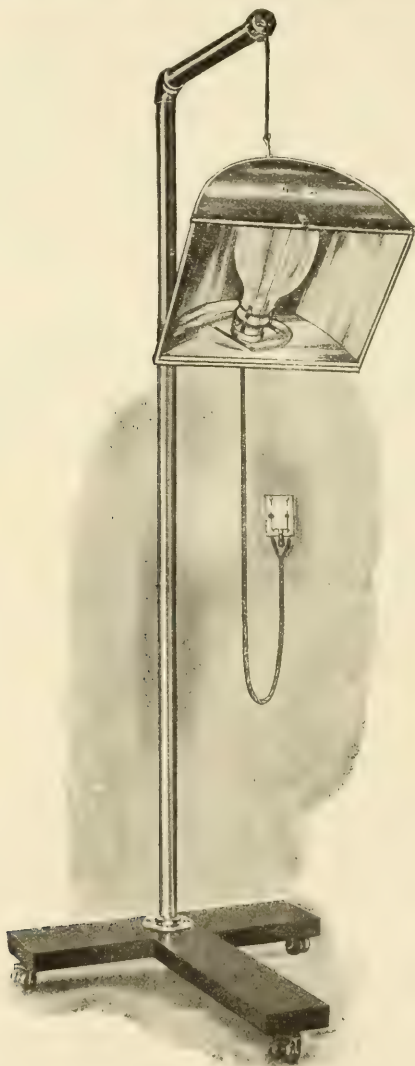


Fig. 34—500 candle power
therapeutic lamp.

considerably reduces the amount of heat—that is to say, it effectively cuts off a good proportion of the heat rays, but does not affect the chemical rays.

The yellow crystal (Bordier tints 2 and 3, especially 2) have a great transparency for the actinic rays, but very dark yellow (Bordier tint 4) cuts off nearly all the actinic rays.

Green crystal, Bordier tint 2, allows some actinic rays to pass, whereas tints 4 and 5 arrest all the actinic rays.

Frosted glass allows chiefly the heat rays of the spectrum, because the actinic rays are unable to pass through such a glass.

The colored screens or lamps employed to cut off certain rays for therapeutic purposes must be of colored crystal through and through, as painted screens or lamps are useless, since they keep back the essential rays.

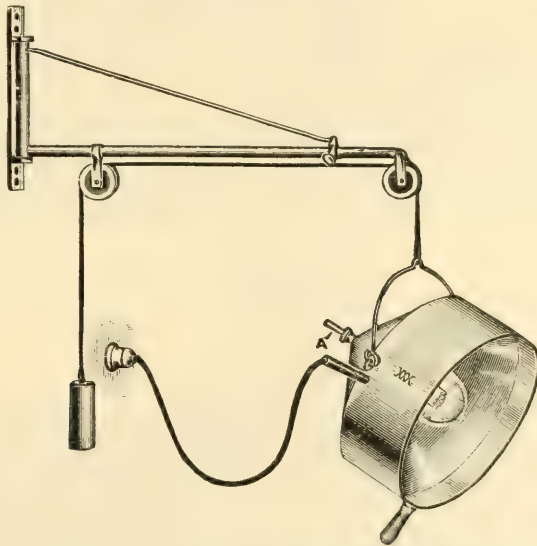


Fig. 35—Therapeutic Lamp suspended on a wall bracket.

Photo-therapy

Incandescent Light

The light from an incandescent lamp contains a large percentage of the red and yellow rays. The actinic rays, especially the ultra-violet, being almost entirely cut off by the enclosing bulb, the treatment by means of an incandescent light is largely a radiant light and heat treatment.

The treatment by incandescent lamps is manifestly inferior to a treatment which utilizes the whole spectrum, as does sunlight, but it is of great value in cases where the thermic effects are more essential than the effects of the chemical rays. Due to the penetration of the heat rays, it is far superior to other heating methods (except diathermy).

The incandescent light treatments are administered in the form of an electric light bath, therapeutic lamp, or other appliances for the local

treatment of arms, legs, trunk, etc., and are indicated in all conditions in which heat and light are of value.

Clear glass (uncolored) incandescent lamps, are mainly used for the purpose of promoting perspiration in rheumatism, obesity, arthritis, lumbago, sciatica, synovitis, skin diseases, etc.

Red lamps or *screens* warm and stimulate the arterial blood. They are indicated in all cold and pale conditions, but contra-indicated in all inflammations and hyperexcited conditions.

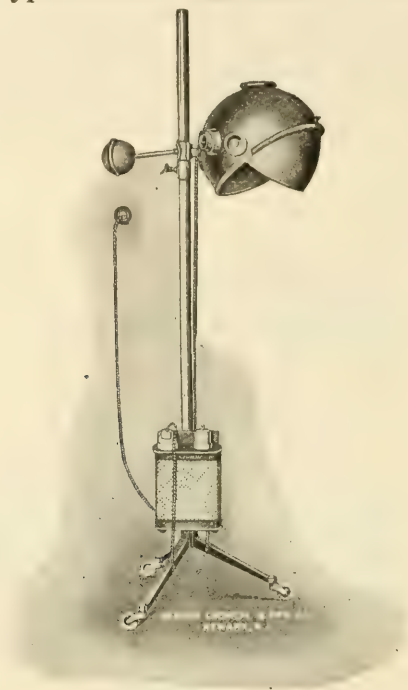


Fig. 36—*The Alpine Sun Lamp.* The lamp for the electro-therapist and general practitioner who wishes to practice intensive Heliotherapy in his office or clinic. An extensive literature records highly satisfactory results in all superficial skin affections, in surgery, nervous and constitutional diseases, also surgical and pulmonary tuberculosis.

Blue lamps or *screens* relieve congestion, inflammation and pain; reduce high blood pressure; cause better skin respiration; increase oxygenation and elimination of waste products, etc. They are superior to the clear lamps in the treatment of arteriosclerosis and neuritis, but are contra-indicated in cold and chronic conditions, unless considerable excitability exists.

Carbon and Tungsten Filament Lamps

"Carbon filament produces a small percentage of chemical rays and a large percentage of infra-red radiations."



Fig. 37—"Under the Alpine Sun Lamp." Wounded German Soldiers in Hospital in Baden-Baden. (From "Atlas of the World War," F. Bruckmann, Munich.)

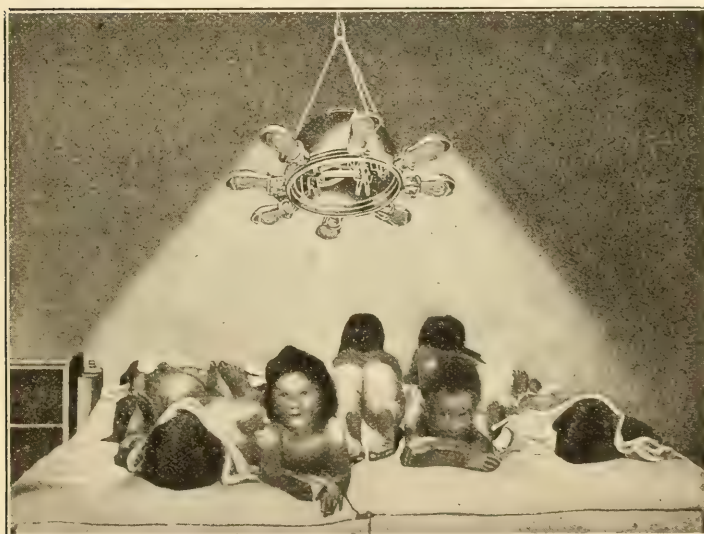


Fig. 38—Surgical Clinic, University of Marburg. Scrofulous children receiving last radiation before discharge. Objective symptoms have entirely disappeared.



Fig. 39—"Radio-Vitant" Applicator for the local application of radiant light and heat.

"In reducing local and superficial inflammation, the thermic action of the carbon filament of high candle power, added to its luminous and tonic qualities, renders it more efficient than the more luminous but less thermic tungsten filament, or than the action of convective heat."

"*Tungsten filament*, either in the vacuum or nitrogen-filled globe, gives a whiter light, and produces less heat. Its luminous penetration appears to be greater than that from either of the other sources. Radiant energy from the tungsten filament as a source, is equal in therapeutic value, to that from the carbon, except in inflammation, and in the effect upon the lungs and skin."

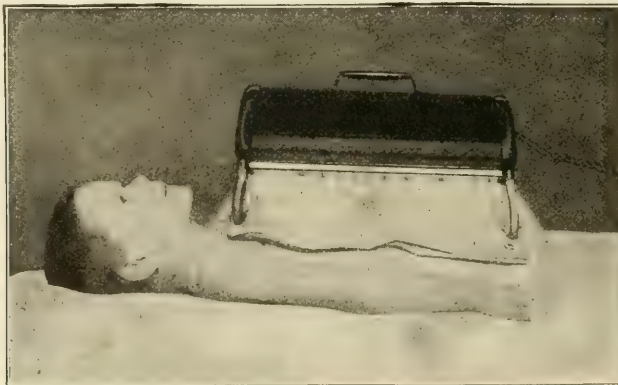


Fig. 40—Abdominal application of radiant light and heat.

Therapeutic Application

Electric Light Bath

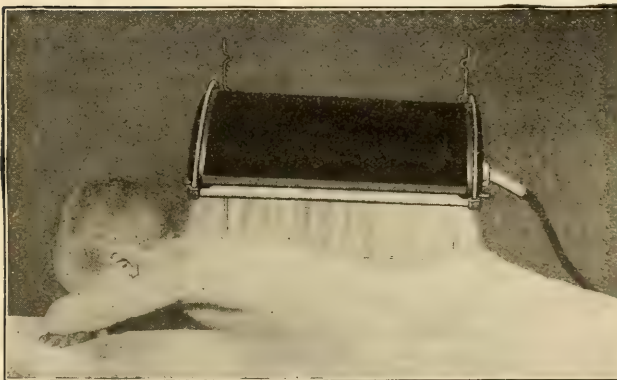
The electric light bath is either of a cabinet or reclining form, fitted with a number of incandescent lamps. These lamps are wired in sections, enabling the operator to switch on all or only some of the lamps, and thereby adjust the temperature of the bath and concentrate the light according to the patient's constitution and the state of his health at the time.

The electric light bath increases the surface circulation, dilates lymphatic vessels, and at the same time causes a diminution of the arterial pressure and augmentation of the pulse frequency.

Owing to the remarkable stimulus of light rays, this bath produces almost the same sudatory effects with a thermometer registering 195 de-



Fig. 41—Application of radiant light and heat to the shoulder and arm.



**Fig. 42—Spinal application of radiant light and heat.
(Applicator on stand)**

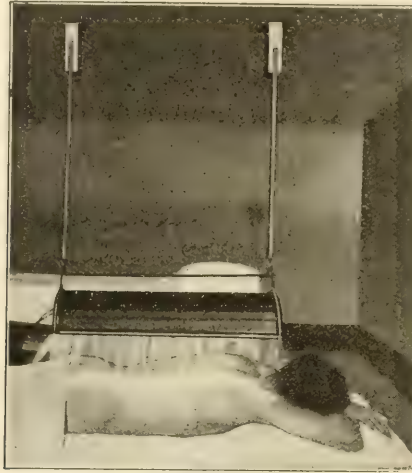


Fig. 43.—Spinal application of radiant light and heat.
(Applicator suspended)

grees Fahr., as a Turkish, Russian or any other form of obscure heat, with the thermometer registering about 300 degrees Fahr., and the patient usually begins to perspire in five or ten minutes.

For the reason that a profuse perspiration can be induced at a very low temperature, and because the head remains clear and unoppressed, while the lungs breathe freely pure and fresh air, this treatment may be safely applied to patients afflicted with heart, head and lung complaints.

The electric light bath usually lasts from 10 to 30 minutes, according to the effect desired and the condition of the patient.

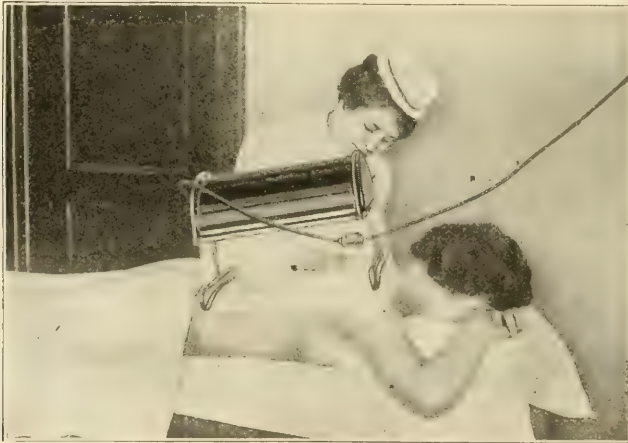


Fig. 44.—Spinal application of radiant light and heat.
(Applicator on adjustable supporters)

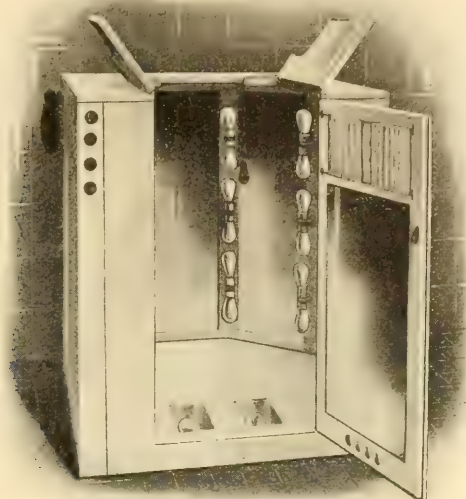


Fig. 45—Electric Light Bath (open).

Tonic effects are produced by a short bath (only to the sweating point), followed by a cold spray or vigorous exercise; while sedative effects, by regulating the lamps and controlling the temperature of the cabinet so as to induce sweating about 15 or 20 minutes after the patient has entered the cabinet.

Eliminative effects are produced by heating the cabinet gradually (turning on the spinal lamps after the patient has become accustomed

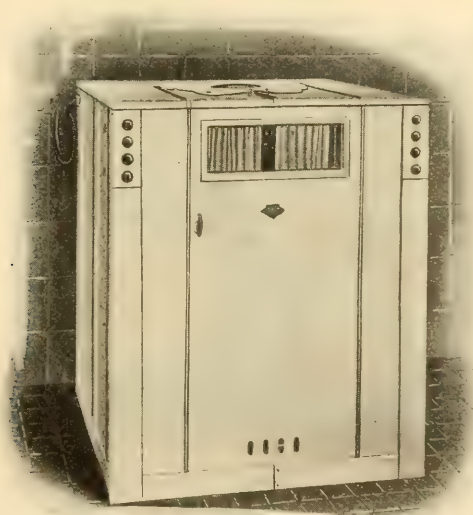


Fig. 46—Electric Light Bath (closed).



Fig. 47—Portable
Therapeutic Lamp
with screen.

to increased temperature), and giving the patient plenty of pure water or lemonade before and during the bath.

Local applications of light by means of a therapeutic lamp or special appliances for the treatment of arms, legs, trunk, etc., are the very best that is possible to employ, when general effect is not desired.

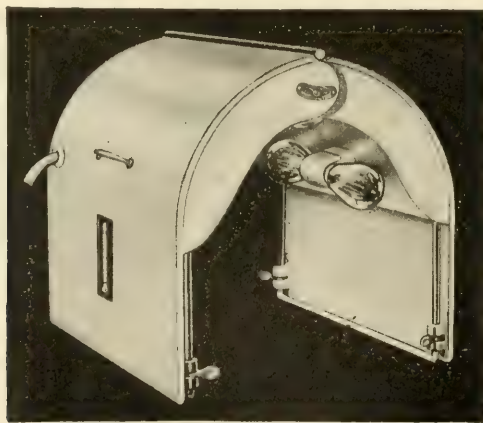


Fig. 48—Local Light and Heat Applicator
(closed), intended for the intensive appli-
cations to the various parts of the body,
as the pelvis, chest, hips, knees, etc.

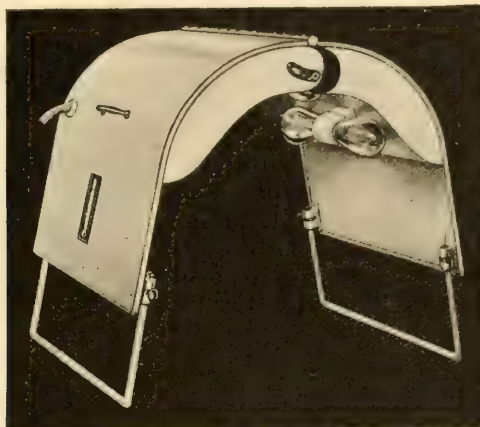


Fig. 49—Local Light and Heat Applicator, shown in Fig. 48 (open).

Lumino and Actino-Therapy

Electric Arc

When the carbon points of an electric arc are heated to incandescence, they give off light which is rich in blue, violet and ultra-violet rays; the heat rays being decreased proportionally. The longer the arc, the larger the percentage of the actinic rays. (Arc is lengthened by separating the ends of the carbons.)

The electric arc has the same luminous power and contains more actinic rays than does sunlight. It gives a less steady light than the incandescent lamp, but it gives a light of greater intensity and bactericidal power.

If of a sufficient power, the electric arc will produce sunburn and tanning of the skin more easily than actual sunlight, with the same curative and stimulative effects that follow real sunburn.

Since the electric arc, in addition to chemical rays, gives off also a large percentage of the luminous rays when applied to the body, the brain, spinal cord, stomach, liver, lungs, heart, bones or whatever tissue that lies beneath the skin upon which the rays fall, are benefitted by it.

The distance at which the patient is placed from the electric arc diminishes the percentage of chemical rays as they are filtered by their passage through the atmosphere. The greater the application of light, the greater, of course, will be the effect upon the deep-lying tissues.

The arc light treatments are specially indicated in cases which are benefitted more by light than heat, such as neurasthenia, anaemia, lung complaints, all skin affections, etc. A substitute for the arc light is the high candle power incandescent lamp.

Finsen Treatment (Actino-therapy)

Most of the apparatus producing a large quantity of chemical or actinic rays for the treatment of lupus, ringworm and various skin diseases, according to the method of the late Prof. Neils R. Finsen, of Copenhagen, consists of the light, the cooling and the light-concentrating apparatus.

Finsen-Reyn Lamp, for example, consists of an electric arc and a short telescope fixed to a movable stand. This telescope contains rock crystal lenses, and is provided with a cold water circulation. This cooling arrangement not only serves to absorb the heat rays (and thereby prevents the burning of the patient) but also keeps the lenses cool and prevents them from cracking.

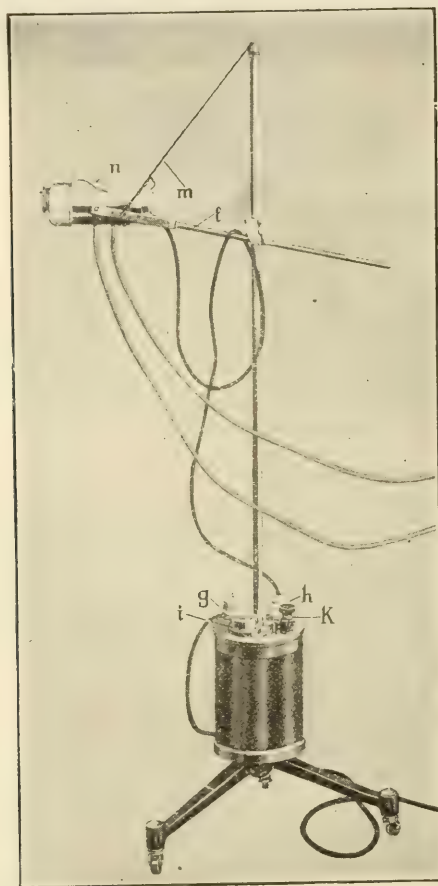


Fig. 50—*The Kromayer Lamp*. A powerful water-cooled lamp for the application of Ultra Violet Light in the treatment of Lupus, Nevus, Acne, Psoriasis, Eczema, Scrofuloderma, Alopecia, etc.



Fig. 51—The Kromayer Lamp. Treating small lesion on face with aid of Quartz lens applicator.

Emerging from the telescope, the rays again pass through a compressor, or a pressure-lens, which consists of two discs of rock crystal set in a metal ring, separated from each other, between which flows a second stream of cold water. This compressor, or pressure-lens, is not only used to further absorb the heat rays and keep the patient from burning, but also to produce anaemia of the part treated.

Application of the Finsen Treatment

In order to prevent the blood from absorbing the chemical or actinic rays, which are most important in this treatment, it is necessary to produce the anaemia of the part treated, so as to allow the luminous rays to penetrate deeper into the tissues. This is accomplished by placing a compressor or pressure-lens (or a piece of ice) against the part to be treated, and steadily pressing firmer and closer until all the blood is driven out of the part. In order to keep the part bloodless, it is necessary to maintain a continuous pressure. The cooling apparatus (water circulation) must be put into operation before the electric current is passed through the arc, so as to avoid breaking of the lenses.

The light from the apparatus is focused on the compressor, and the treatment is kept up for an hour.

If the application has been successful, eight or twelve hours after the blister will appear and must be protected from dirt and injury by a suitable dressing, which should be changed twice daily. If, however, there is only appearance of inflammation (redness, swelling, etc.) without a blister, the application has not been successful; and when such is the case, another application to the same area should not be repeated until all effects of inflammation have subsided.

Finsen treatment cannot be applied to an ulcerated part until the ulcer has healed. When treating the surface of the nose, the nostrils should be packed with absorbent cotton wrung out of boric solution, in order to obtain resistance to the pressure of the compressor.

Since the over-exposure of the crystalline lens to the chemical or actinic rays causes an early production of cataract when applying this treatment near the eyes, the patient's sight must be protected by dark green (Bordier tint 4) spectacles, or by covering the eyes with a double fold of brown or red paper. For the same reason, it is advisable that the operator, when administering this or any other actinic treatment, protect his own sight by wearing dark green spectacles.

If the patient complains that the rays produce a burning sensation, it means that the pressure-lens is applied too gently.

In order to prevent spreading of infection, the pressure-lens must be sterilized after each treatment.

CHAPTER XIV ROENTGEN OR X-RAYS

THE Roentgen, or X-rays, discovered in 1895 by Dr. William Conrad Roentgen of Berlin, possess the property of penetrating supposedly opaque bodies, but cannot be seen or felt as they pass through the body.

These rays are composed of considerably shorter waves than the shortest ultra-violet rays of light, representing a rate of frequency ap-

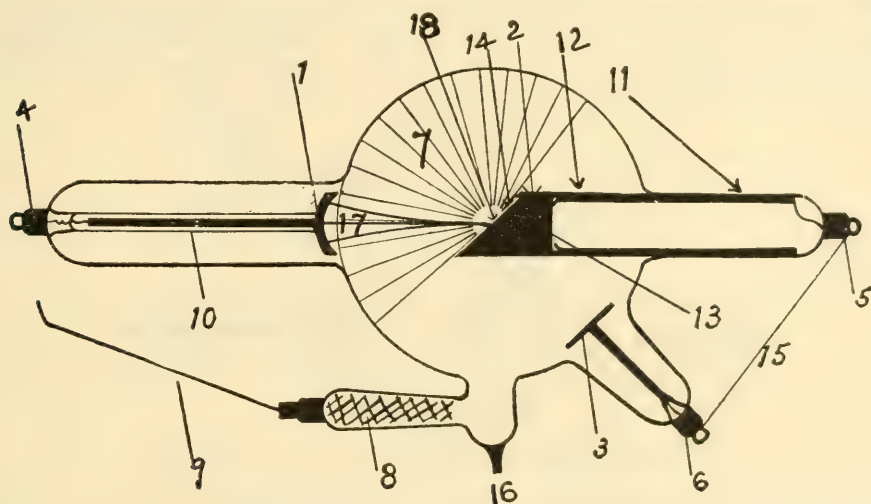


Fig. 52—Diagram of an X-ray tube.

proximately one thousand times greater than the higher frequencies of the visible spectrum. They are produced by means of an X-ray tube excited by an induction coil, interrupterless transformer, high frequency apparatus, or a static machine.

The X-ray Tube

The modern X-ray tube (Fig. 52) is a large glass bulb, varying from 6 to 8 inches in diameter (out of which lead two, three or more short glass stems) exhausted to a vacuum from $\frac{1}{100000}$ (one hundred thousandth) to $\frac{1}{1000000}$ (one millionth) of an atmosphere. It consists of various parts, most important being the cathode, anti-cathode or anode, bi-anode and a regulator.

The Cathode (1) is a concave platinum disc, which serves to project a stream of electrified particles upon a focus point or a *target* (18).

The *anti-cathode*, or the anode proper, consists generally of a pure copper stem (11) upon which is a target set at an angle of 45 degrees to the cathode. When the electrified particles from the cathode (cathode rays) strike the target (at 18), they give rise to the X-rays (7), which are reflected from the target and pass through the walls of the tube, travelling in straight lines in all directions.

On account of the heat produced by the bombardment of the cathode rays, only platinum, iridium, or tungsten can be successfully used upon the target. The advantage of using upon the target tungsten, which melts at 3000 degrees C., or iridium, which has much harder density than platinum, and melts at 1700 degrees C., is at once apparent where the tube has to withstand very heavy currents for any appreciable length of time.

The *bi-anode* or assistant anode (3) is set at an angle above and connected to the outer terminal of the anti-cathode, or the anode proper. It is either a small aluminum rod, a flat circular disc, or a large metallic tube. The first two forms of bi-anode are the only practical ones to be operated upon a coil where an interrupter is used, while for the transformer the tubular form is preferred. The object of the bi-anode is to assist in the regulation of the vacuum.

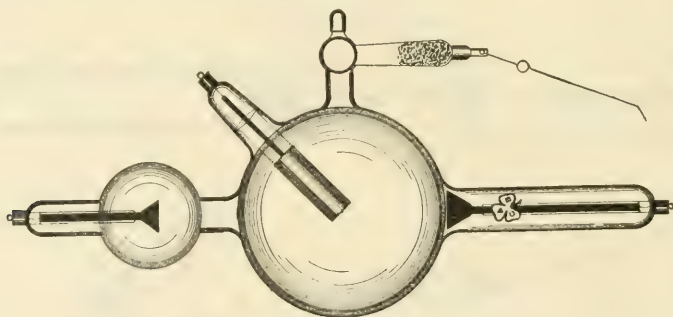


Fig. 53—High Frequency X-ray Tube.

The Exciting of an X-ray Tube

When first exciting a new tube, great care should be exercised, owing to its delicate nature, apart from the fact that it is constructed of thin glass. A tube may puncture from no apparent cause when the current is first switched on, and this is an accident which cannot be entirely guarded against, although it is not a very frequent occurrence. As a safeguard against this, it is advisable to see that a tube is as free as possible from dust and moisture on the surface of the bulb.

It should also be remembered that a new tube is more readily damaged by overheating than an old one, and care should always be taken not to over-run a tube so as to heat it beyond the point where a finger can not be held on it without discomfort.

With an induction coil, a transformer, or static machine, the tube should be connected by its anti-cathode (5) to the positive pole of the generator, and by its cathode (4) to the negative pole.

With a portable apparatus made with the double Tesla coil, it is

immaterial which of the two terminals are connected to the apparatus, but with the apparatus made with a single Tesla coil, it is important that the cathode of the tube is connected to the main terminal of the Tesla coil.

The current should be turned on gradually by means of a rheostat or other device, so that only a very small amount of current will pass. In radiotherapeutic work, the strength of one milliampere or less is employed (usually only from one- to three-tenths of a milliampere); while in radiography up to five milliamperes may be used.

Never allow to spark across the gap while exciting the tube.

When the current under three-tenths of a milliampere is employed, the ordinary platinum target may be used, but when it is raised to four or five-tenths of a milliampere, this target is liable to grow red-hot. When the strong currents are required, we must, therefore, use the tubes which are built with the anti-cathode and target able to withstand excessive currents. The so-called "heavy anode," or "water-cooled"

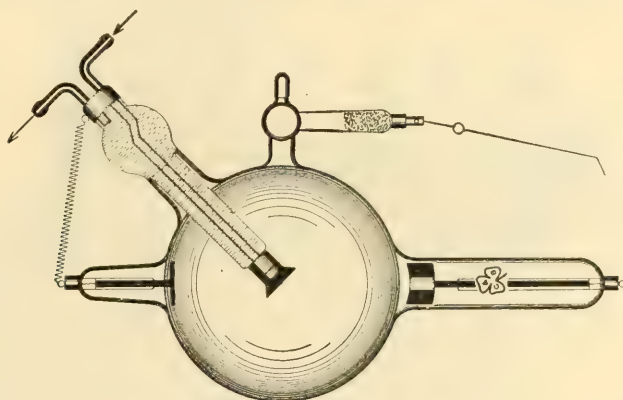


Fig. 54—Tungsten Target Water-cooled Tube.

tubes (Fig. 54), for instance, will stand up to 5 milliamperes for thirty seconds (150 milliampere-seconds) or more, or less current for a correspondingly longer period, say 2.5 milliamperes for sixty seconds (as this equals 150 milliamperes also), etc.

All tubes will carry safely at least fifty per cent. more current after they have been "seasoned" than the strongest current they will take immediately after they have been put into service. The tube is seasoned by passing about two-thirds of the full current produced by the apparatus a considerable number of times before working them at full power.

Penetration

Penetration of the X-rays depends on the rapidity (frequency) of ether vibrations, while the rapidity of vibrations depends on the vacuum of the tube and the voltage produced by the apparatus. The higher the vacuum of a tube and higher the voltage produced by the apparatus, the greater the rapidity of vibrations, and consequently greater the penetration. The greater the penetration, shorter the exposure.

Soft, Medium and Hard Rays

Tubes are called low, medium or high, according to the degree of exhaustion.

Soft or low tubes are exhausted to about $\frac{1}{100000}$ (one hundred thousandth) of an atmosphere. They give off *soft rays*, which, although rich in photo-chemical effects, are unable to penetrate the tissues to any great depth.

Medium tubes are more exhausted than low, and give off *medium rays*, which penetrate the tissues more deeply, retaining their photo-chemical effects.

Hard or high tubes are exhausted to about $\frac{1}{1000000}$ (one millionth) of an atmosphere. They give off very penetrating *hard rays*.

There is no absolutely accurate method for estimating the relative vacuum of a tube, but since a low tube offers less resistance than a high tube, by means of the so-called *equivalent spark-length*, it is possible to determine the approximate degree of its vacuum. This is carried

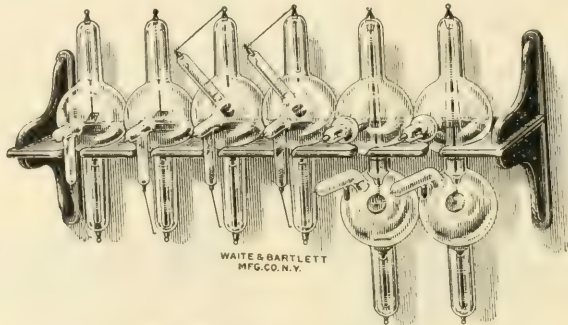


Fig. 55—X-ray Tube Rack.

out by properly connecting the tube and starting the generator with the prime conductors or spark points actually touching each other, then gradually separating them until the sparks cease to pass between them, which means that the resistance of the tube has been overcome, and that the current is now passing through the tube. The distance between the spark points, when the resistance of the tube has been overcome, is the equivalent spark length.

A tube is considered *low* when its resistance is overcome with spark length from one to three inches; *medium* with spark length from three to five inches; and *high* when the spark length is over five inches.

For the reason that a tube which is too high to use with the coil is oftentimes too low for the static machine, and vice versa, the testing should be always performed with the same generator which is to be used to excite the tube for the application.

There are also several instruments for measuring the vacuum of the tube and penetration of the rays. The *Qualimeter*, for example, is an instrument consisting practically of a special form of electrostatic voltmeter, which when connected with a single wire to the negative terminal of the generator, or the cathode of the X-ray tube, indicates any alteration in the vacuum of the tube whilst actually working.

PENETRAMETERS. Measuring of the approximate penetration of rays is a very valuable and convenient guide to exposure in radiographic work. This is accomplished by an instrument called penetrometer, of which there are various forms, the most practical being Benoist, Bauer, and Walter. These penetrameters tell instantly how many inches of human body the rays emanating from any tube will penetrate sufficiently to give a fully detailed negative when exposed to correct time.

Regulation of Tubes

With continued use, all X-ray tubes tend to become higher in vacuum, and eventually become so high as to be nearly useless. When this

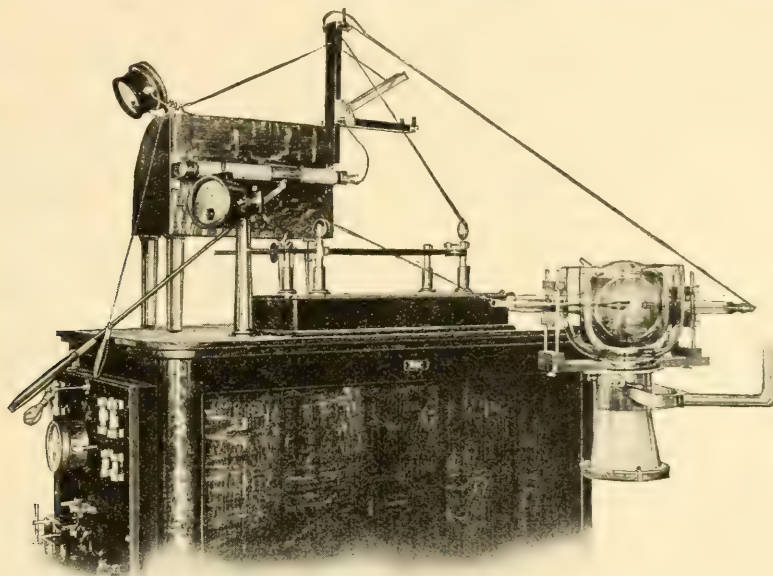


Fig. 56—The arrangement of the Coolidge X-ray tube and means of regulation of the storage battery with switch, the ammeter and rheostat. This tube stands the strain of six to eight milliamperes for from four to six minutes without risk to the tube and many times daily. It also carries three to four milliamperes for ten minutes with safety and regularity.

occurs, bright patches of green can be seen in different parts of the tube, and the current shows a disposition to the spray, on the part of the conducting wires.

In order to be able to use again these tubes the vacuum must be reduced. This is accomplished by means of a regulator fitted on the tube; or if there is no regulator by reversing the polarity and running the current backwards for about an hour, so as to drive a sufficient number of corpuscles from the cathode.

There are several kinds of regulators but most frequently used are the automatic spark or the Queen-Sayen Patent, osmosis and the air valve regulator. With whichever type of regulator and X-ray tube may be

fitted, it should be remembered that the tube will become unstable if regulated too frequently, and therefore the regulation should be resorted to only when absolutely necessary.

The automatic spark or the Queen-Sagen Patent regulator is generally the one most satisfactory. When this regulator is used, the X-ray tube is fitted with another secondary tube (8) mounted on a short stem, having a terminal to which is attached a regulating wire (9) capable of reaching the cathode terminal (4). To lower the vacuum, the tube is connected to a generator and the current turned on. Then, with a glass or ebonite rod, the regulator wire is moved slowly toward the cathode until a discharge of sparks passes between it and the cathode. This regulating discharge passes through a bunch of mica discs or chemically prepared asbestos fibre (8) in the secondary tube, heats them, and liberates occluded gas, which flows through the main tube and lowers its vacuum. After a few minutes the current should be turned off and the tube allowed to rest. If the tube is still too hard, repeat the process.

When using transformer tubes, it is advisable that the regulating wire be removed or cut off, because when the apparatus is turned on for the exposure the current is apt to jump from the negative terminal (cathode) to the regulating wire, and this may reduce the vacuum of the tube so far that it will be impossible to bring it back.

Osmosis regulator reduces the vacuum of the tube by allowing a small quantity of hydrogen into the bulb. This is accomplished by heating a little tube of palladium with an alcohol lamp.

The Air valve regulator which allows a minute measured quantity of air to pass into the X-ray tube although not very practical for the busy practitioner is sometimes employed.

The Coolidge Tube

The Coolidge X-ray tube is built and operated entirely different from the ordinary X-ray tube, and is far superior to other types having a perfect regulation of vacuum (by heating the cathode filament with a current from a storage battery or a step-down transformer) so that it can be made soft, medium, or high, and therefore satisfactory for fluoroscopy, radiography, or radiotherapy (Fig. 56).

Inverse Current

If the current is flowing in the right direction, the tube glows with an apple green light, perfectly equal in intensity throughout the luminous hemisphere (7), (that half of the tube through which pass the rays reflected from the target) and the other half of the tube "dark hemisphere" remains darker.

When a tube is excited by means of an induction coil, and specially when a high voltage is used, it is almost always found that there is a certain amount of current passing through the tube in the reverse direction. This arises from the making and breaking of contact in the primary circuit of the coil. This "inverse current" which spoils the radiograph and seriously shortens the life of the X-ray tube can be detected by the appearance of rings back of and usually running at an angle to the luminous hemisphere, and also by rings around the bi-anode

disc, or by means of an *Oscilloscope* (Fig. 58) which is a glass tube about eight inches long, exhausted to a certain specified degree of vacuum, having two electrodes of aluminum wire, connected in series with the X-ray tube. If there is inverse current, both wires of the Oscilloscope will glow; while if there is no inverse current, it will glow at the negative electrode only.

In order to do good work and to lengthen the life of an X-ray tube, this inverse current must be eliminated, and this may be accomplished by means of a *Valve tube* (Fig. 59), or a spark-gap connected in series with the X-ray tube.

The *spark-gap* for suppressing inverse current consists of a plate and an adjustable point, enclosed in a glass cylinder. When only small cur-

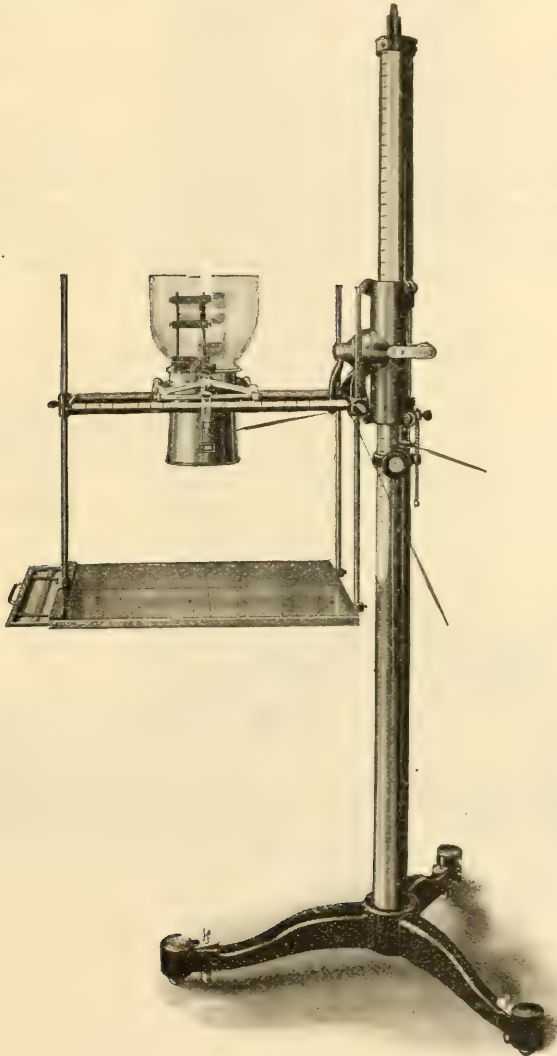
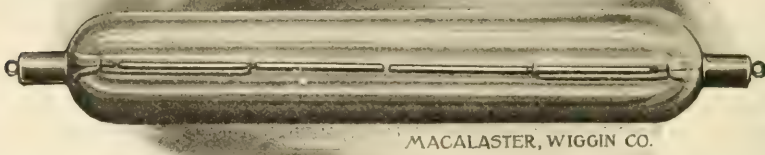


Fig. 57--X-ray Tube Stand.



MACALASTER, WIGGIN CO.

Fig. 58—Oscilloscope.

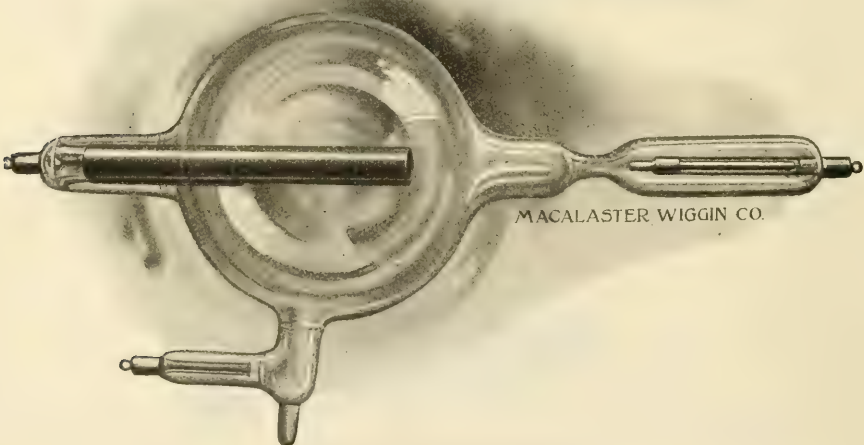
rents are employed, not exceeding about two milliamperes, if it is in the circuit, it will effectively cut out the inverse current.

The best rectifying action will be obtained when an adjustable point forms the positive pole of the gap and a plate the negative, because the current flows more easily from point to plate. The spark-gap is as good as a valve tube for most therapeutic work, and does not become worn out, the only objection to its use is that it not only offers a resistance to the inverse current, but also to the current which produces the proper ray in the tube.

Interrupterless Transformers

Interrupterless transformers consist essentially of a step-up transformer and a high tension rectifier which converts the high tension alternating current, generated by the transformer, into a pulsating direct current, which is fed to the X-ray tube.

The step-up transformer is wound for voltages up to 160,000, according to the size and make.



MACALASTER WIGGIN CO.

Fig. 59—Valve Tube.

The high tension rectifier consists of a revolving disc mounted on the shaft of the rotary converter (if the machine is to be operated on the direct current), or a synchronous motor (if for alternating current). When this disc revolves on the motor shaft, the two metal contacts on the disc (which are connected to the high tension alternating current) alternately pass the stationary electrodes fixed near the revolving disc. These stationary electrodes collect the converted current, which is fed to the X-ray tube. (Fig. 75)



Fig. 60—X-ray Protective Screen.

The Protection of the Patient and Operator

An overdose of the X-rays being injurious, whenever using these rays it is absolutely necessary to protect the patient and the operator against indiscriminate exposure. There are two ways of protecting the patient: one, to surround the tube with an opaque covering, limiting the exit of the rays to a small opening, which can be regulated as required; the other is to cover, by some opaque material all parts of the patient and operator, which are within the influence of the rays and which require protection. The X-rays being unable to traverse lead or any substance containing lead, the first method is carried out by placing the tube in a bowl made of glass which contains a large quantity of lead (lead glass),

mounted on a metal stand (Fig. 57). The target of the tube is directed towards the opening of the bowl so as to allow the rays to come out. The second method consists in employing lead sheets with openings cut in them to correspond to the area which is to be exposed to the rays.

By the application of plain vaseline to the part exposed directly to the X-rays, the burning of the patient may be avoided or retarded. This substance, if applied before the exposure, retards the superficial irritation and is specially useful when treating the deeper tissues, and where there is no open ulcer.

The operator must not expose himself to the action of X-rays and it is advisable that he protect himself by lead lined screens, lead glass spectacles, lead lined gloves, or other appliances.

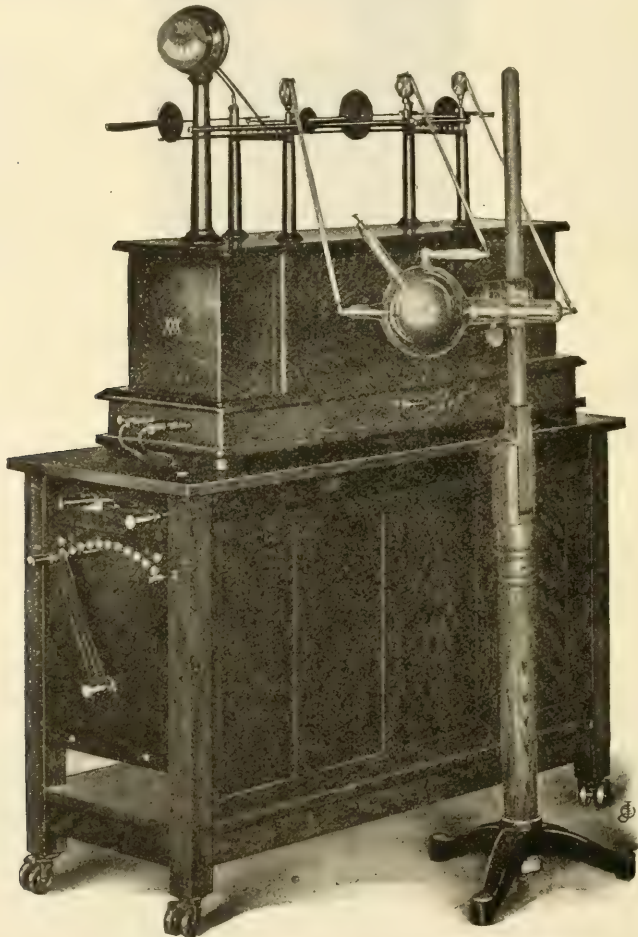


Fig. 61—Induction coil—X-ray apparatus

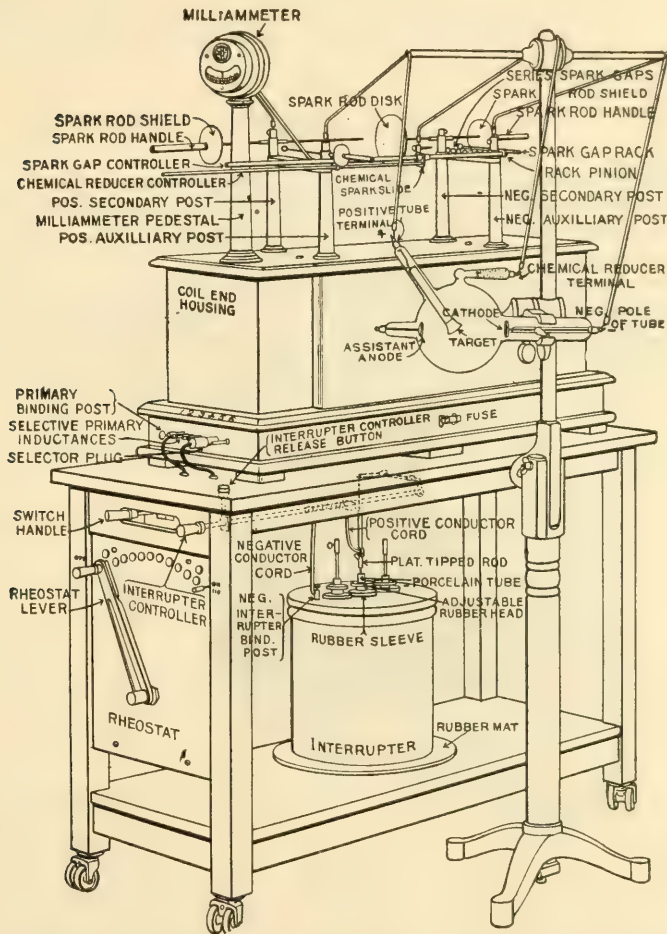


Fig. 62—Diagram of the induction coil, X-ray apparatus

CHAPTER XV

ROENTGENOLOGY

Radiography

THE X-rays passing through dense objects (bones, bullets, stones, etc.) being prevented from reaching the screen or photographic plate cause a shadow to appear on it, which is proportionate to the density of the object traversed.

If an object is interposed between the X-ray tube and the *Fluoroscope* (Fig. 63), (a screen containing barium-platinum-cyanide, which fluoresces or shines when exposed to the X-rays) a shadow is produced on the screen, and we are able to see deeper structures of the body.



Fig. 63—Fluoroscope.

In order to protect the patient and operator, fluoroscopy should be performed with a hard tube, excited by high voltage, so as to eliminate the proportion of soft rays which are dangerous to the skin, and to reduce the current (milliamperage) as much as possible. If the photographic plate is substituted for the fluoroscopic screen we are able to obtain a picture called radiograph, or skiagraph, of the image which appeared at the fluoroscopic screen, because the X-rays act upon the photographic plate in the same way as ordinary light.

The X-ray plates have a heavier coating than ordinary photographic plates. They are the most sensitive of photographic plates and any exposure to light or X-rays will spoil them, and consequently will spoil the nicer detail of the picture.

The plates must be placed first in a black and then in a yellow envelope. This, however, must be done in a dark room, using only a good ruby light through which no white light will be admitted.

In placing the plates in the envelopes, the film side must be toward the front of the envelope so that the fold is closed on the glass side of

the plate. The glass side and the film side of the plate may be distinguished, holding the plate at an angle toward the ruby light. The glass side reflects brightly and the film side is dull. If there is no light used, the surface is tested with the wet finger—the glass side slips and the film side sticks. After placing the plate in the black envelope, this (envelope containing plate) is then placed into the yellow envelope in the same way as in the black, placing the fold of the black envelope at the bottom of the yellow, so as to prevent the leakage of light through the folds. The plates enclosed in this manner may then be handled in daylight.

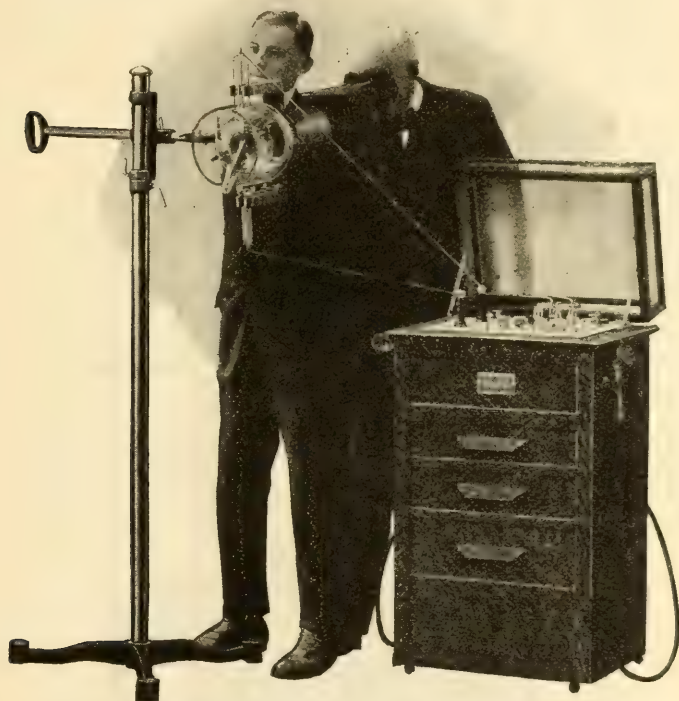


Fig. 64—Fluoroscopy of the shoulder.

For the reason that black envelopes contain a certain amount of sodium hyposulphite, which causes deterioration of the film if the plates remain in them for several days, it is advisable to place the plates in the envelopes only a few days before they are used.

The plates should be kept in the dark room or a safe and should not be removed until the machine has been adjusted and the degree of vacuum of the tube has been established. When the penetration of the tube has been established, the plate is placed film side toward the target (of the tube) on the table; the part to be radiographed is resting on the plate or is brought into as close contact with it as possible and the tube some distance above, so that the target is directly over the center of the part to be radiographed.

THE DISTANCE from the target to the plate is usually from 16 to 24 inches, but the shorter the distance, the greater will be the magnification of the image on the plate.

THE DURATION OF EXPOSURE is a matter of judgment, and varies according to the generator employed, the distance from the target to the plate, the vacuum of the tube, the weight of the patient, and the size of the part being radiographed.

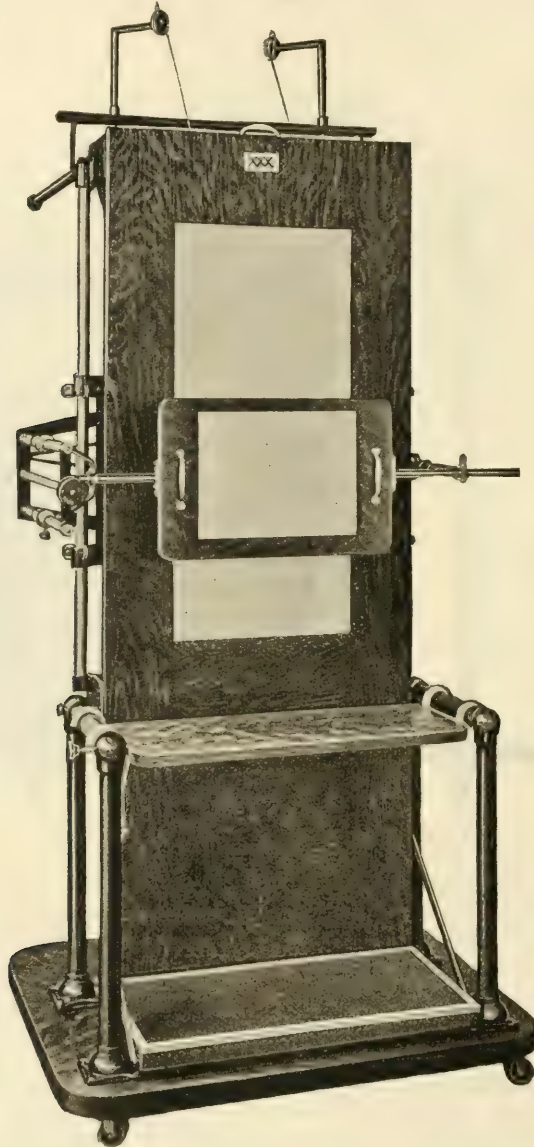


Fig. 65—Universal Klinoscope. Used for Fluoroscopy and Radiography

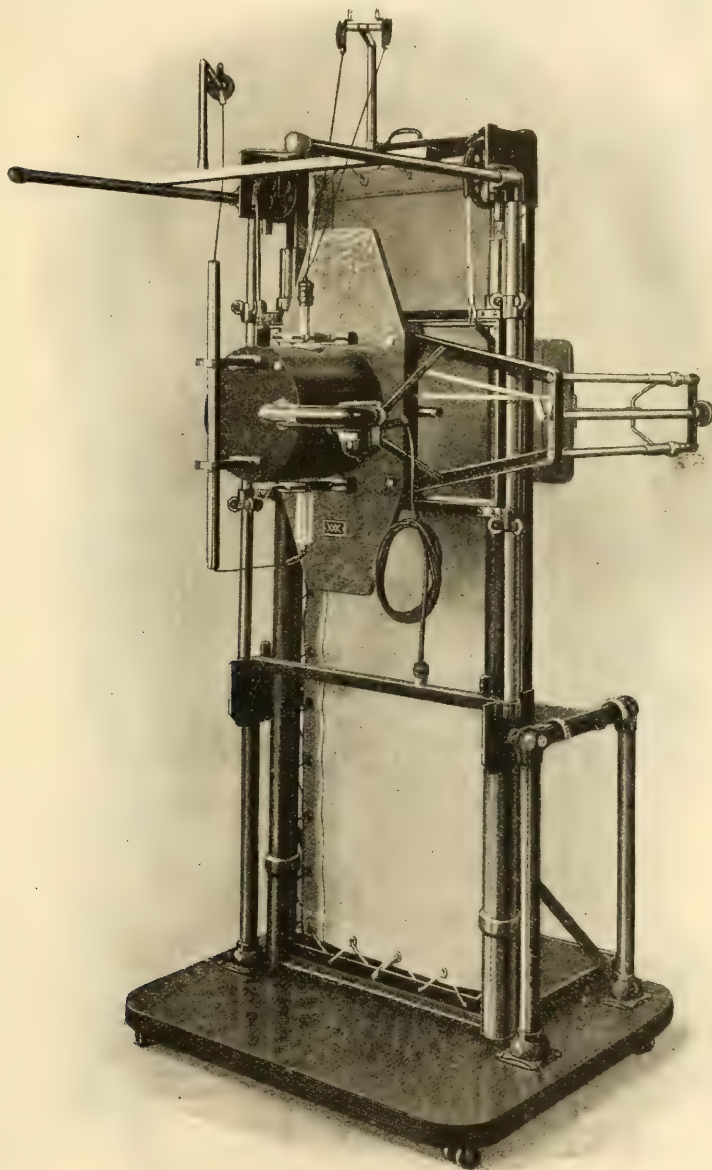


Fig. 66—Universal Klinoscope. Shown in Fig. 65
(rear view).

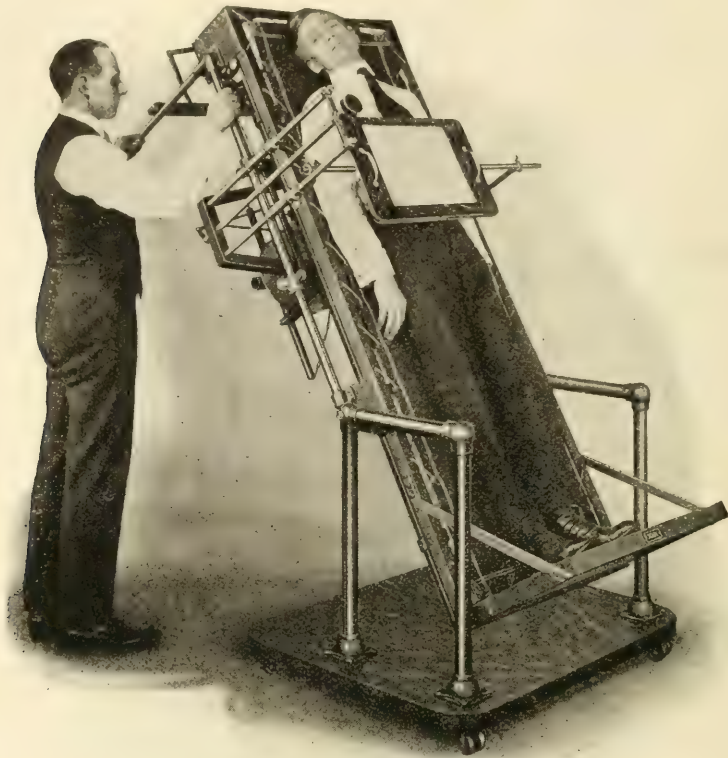


Fig. 67—Universal Klinoscope. (Vertical position).

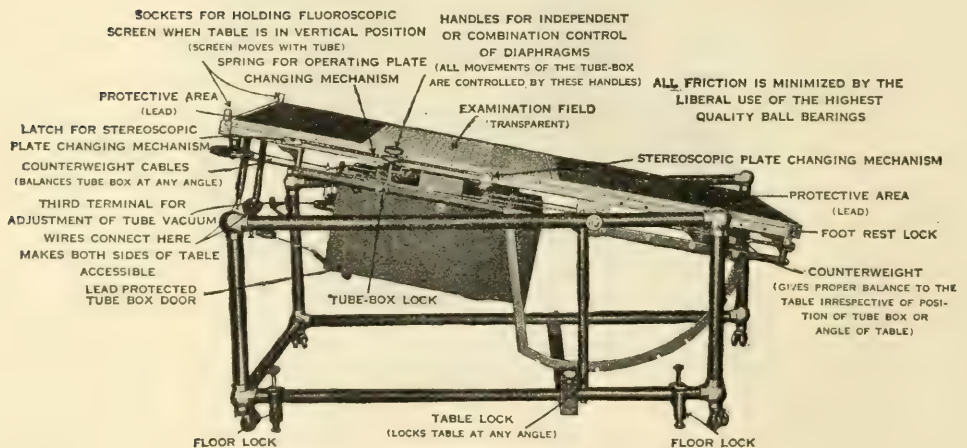


Fig. 68—Combination Table and Radioscope.
(Used as Horizontal Radioscope)

The duration of exposure is expressed in *milliampere-seconds*, and these are obtained by multiplying the amount of current (in milliamperes) flowing through the tube with the duration of exposure (in seconds); e. g., if we are using 5 milliamperes of current for 10 seconds, it means 50 milliampere-seconds, and it is the same as if we used 10 milliamperes for 5 seconds, or 2.5 milliamperes for 20 seconds.

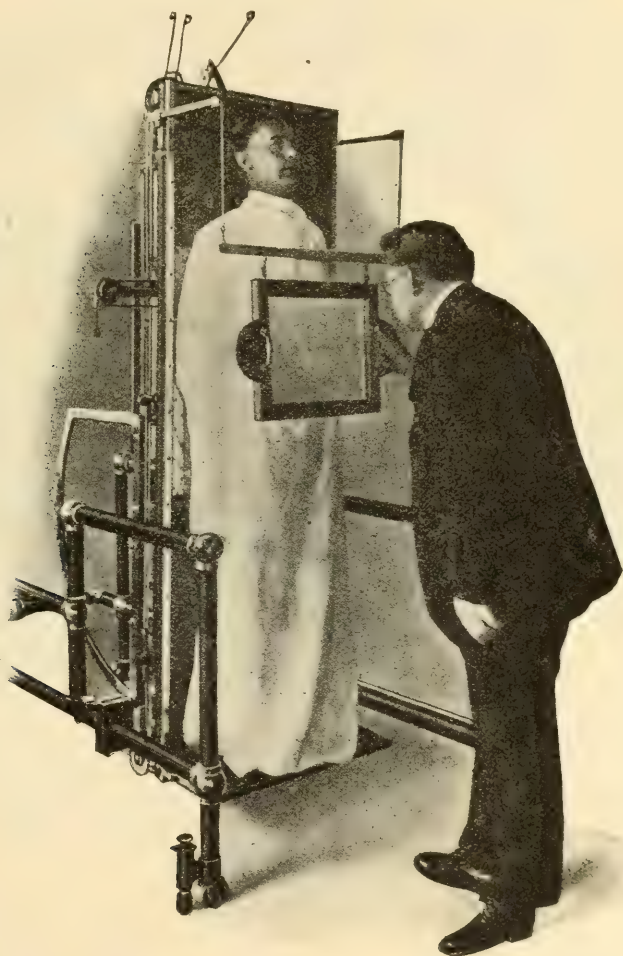


Fig. 69—Combination Table and Radioscope (shown in Fig. 68). (Used as Vertical Radioscope)

The best method for determining exposure, without a second's watch, is to count seven as fast as possible for each second of time.

The milliampere-meter is used in connection with a transformer to determine the current which passes through the X-ray tube, but is of no value with the portable coil or a static machine.

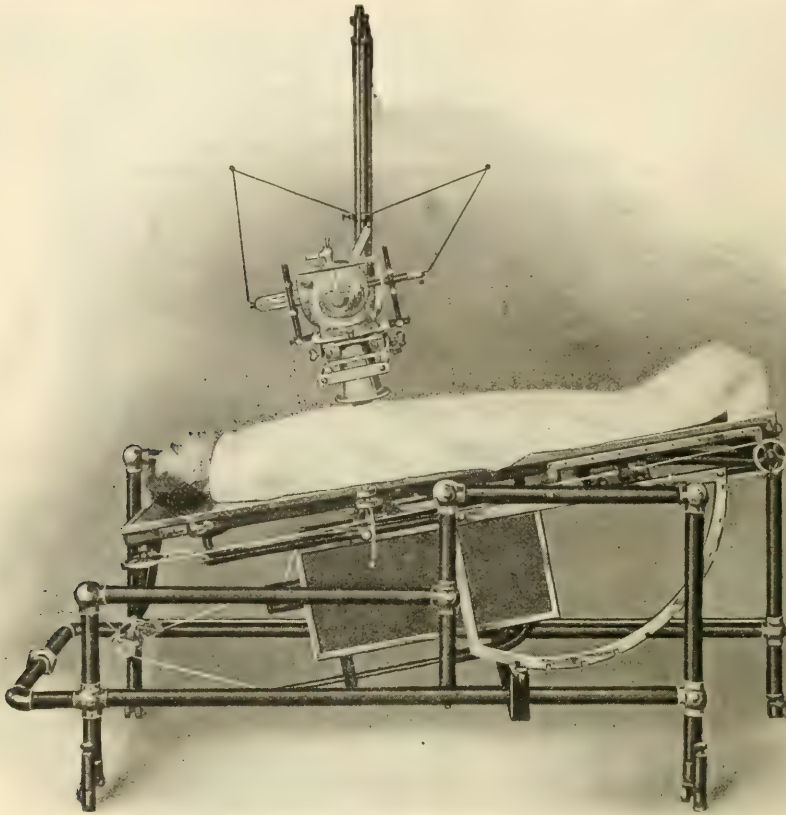


Fig. 70—Combination Table and Radioscope (shown in Fig. 68).
(Used as Radiographic Table)

Developing the Negative

Having exposed the plates, return them to the dark room and develop them in the same manner as if ordinary photographic plates.

The following formulae are exceptionally satisfactory in developing Paragon and other X-ray plates:

Developer

Solution A		Solution B	
Water	64 ozs.	Water	64 ozs.
Metol or Motol	60 grs.	Sodium Sulphite, dry, $3\frac{3}{4}$ ozs.	
Hydroquinone	2 ozs.	Sodium Carbonate, dry, 5 ozs.	
Sodium Sulphite, dry, $3\frac{3}{4}$ ozs.		Potassium Carbonate, $2\frac{1}{2}$ ozs.	
		Potassium Bromide ..	180 grs.

Mix equal parts of solutions A and B, at a temperature of 65 to 68 degrees Fahr. Develop until the plates appear almost the same on front and back, or until the ruby light will not show through them.

Fixing Bath

No. 1

Water120 ozs.
Hypo Crystals 4 lbs.

Dissolve in the exact order given.
rapidly.

No. 2

Water 80 ozs.
Sodium Sulphite, dry, ... 4 ozs.
Sulphuric Acid, liquid, $\frac{1}{2}$ oz.

Add No. 2 to No. 1 while stirring

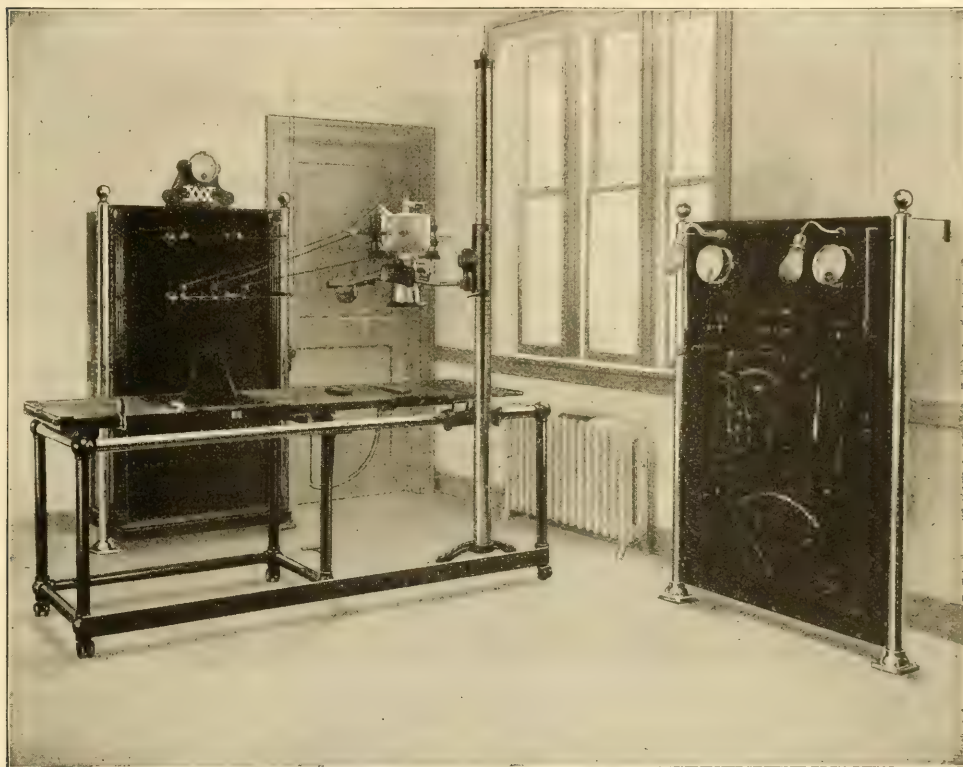


Fig. 71—Switchboard Type Interrupterless Machine

Radiotherapy

Radiotherapy, or the treatment by means of the X-rays, must be considered from two points of view: Stimulation and Inhibition.

Small doses (short or mild exposures) of the X-rays produce the stimulation of the tissue (increase the cytolytic growth activity with more rapid mitosis, and increase the number of cells).

Large doses (considerably long exposures) produce an intensely inhibitory action (cause pyknosis and nuclear disintegration, and later vacuolization and rupture of the cytoplasm, resulting in the death of the cell), arresting all active processes, and destroying tissues of varying resistance, relative to the character of the exposure and the susceptibility of the tissue to the overwhelming influence of the radiations.

The cells of low vitality are more susceptible to the action of the X-rays than normal cells (which have many times the resistance of diseased cells). Due to this fact, the diseased cells are destroyed and eliminated from the tissues, while the normal cells, being able to resist longer, after discontinuance of the exposure revive to their normal condition. Therefore, it may be concluded, that if rays of a correct penetration are employed, and the part is not overexposed, diseased tissue will be destroyed, and adjacent tissue will remain intact.

Indications

Radiotherapy increases leucocytosis and phagocytosis. It decidedly lessens hemorrhages and discharges, relieves pain, is of great value in treating post operative cases to prevent recurrence, and in all hopeless, inoperable cases by increasing the vitality, prolongs the life of the pa-

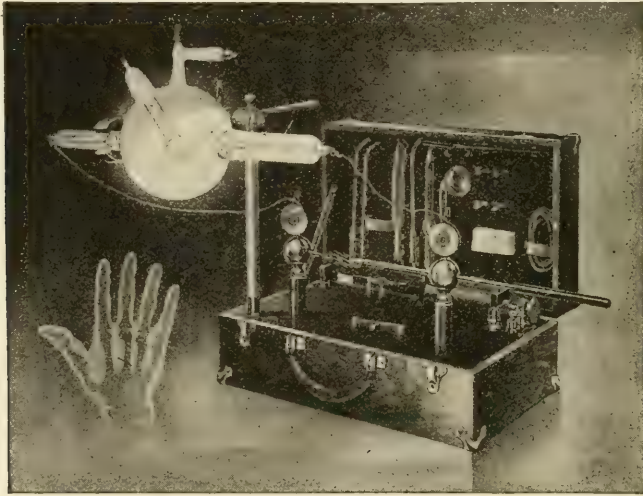


Fig. 72—Portable X-ray coil.

tient. Being able to cause disappearance of malignant masses, all cases of malignant disease should be given the benefit of any possible help that may be derived from it.

In menorrhagia and myomata, it should be employed in any case in which operation seems inadvisable.

In exophthalmic goitre, splenic leukaemia and pseudo-leukaemia, it is a valuable adjunct to other methods of treatment.

It is a remedy par excellence in acne, alopecia areata, blastomycosis, cancer of soft internal organs, eczema, epithelioma, favus, hyperhidrosis, hypertrichosis, keloid, lupus, pruritis, psoriasis, rodent ulcer, sarcoma, sycosis, trachoma, tuberculosis of the bones, etc.

Method of Application

Whenever using X-rays for therapeutic work, we must endeavor to get sufficient effect with the minimum risk of producing severe X-ray burns.

Tube.—It is absolutely necessary that the tube be of proper vacuum (penetration) to reach only the affected tissues, as the rays from a lower tube would not reach them, while the rays from a higher tube would penetrate undesirably deeper tissue. For radiotherapeutic work, only tubes which allow perfect control of vacuum should be employed. The ordinary X-ray tubes, which constantly change their vacuum, are useless.

Voltage.—When treating superficial lesions, in order to obtain a desired quantity of soft rays, low voltage should be employed, while for deeper lesions higher voltage is necessary.

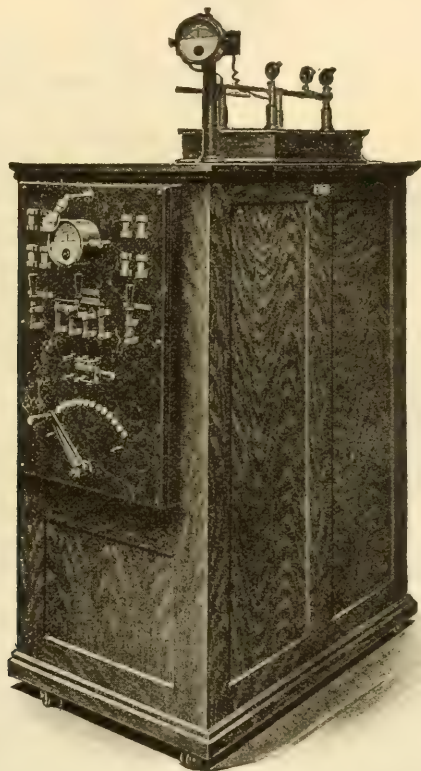


Fig. 73—Interrupterless Transformer.

Distance.—The higher the vacuum of the tube, and, consequently, the greater the penetration of the rays, the further away the tube must be placed from the part treated. The good working rule is to place the patient about five inches further from the surface of the tube than the greatest distance which the tube can force a spark across the spark-gap. Therefore, the distance for a low tube will be from 6 to 8 inches; for a medium tube, from 8 to 10 inches; and for a high tube, from 10 to 20 inches.

If there is no evidence of reaction, the distance should be reduced with every other treatment for one-half of an inch, until the tube is at a distance of about five inches.

Duration of treatment.—The duration of the treatment depends upon the generator employed. With an induction coil or a transformer, three to ten minutes; with a static machine, five to twelve minutes. The best procedure is to begin the treatment with the exposures not exceeding five minutes' duration, and if, after the end of two weeks' treatment, no symptoms develop, the length of exposure may be gradually increased up to twelve minutes, the maximum exposure recommended, except in some very rare cases.

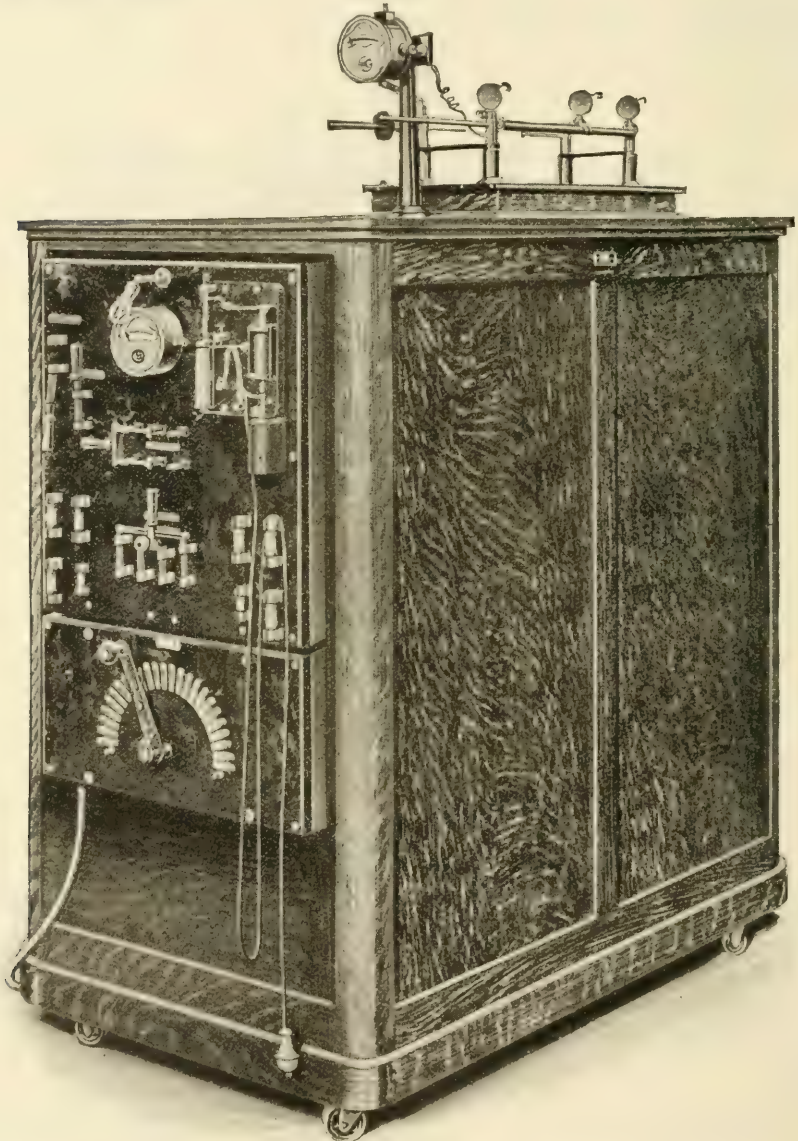


Fig. 74—Large Interrupterless Transformer.

Frequency of treatment.—It is safer to use low voltage and repeat the treatment several times, than to use more powerful exposures less frequently. With the usual low voltage, treatments may be given daily for one or two weeks, then every other day, without danger of producing any marked degree of dermatitis.

If the rays produce any local inflammation, second treatment should not be administered to the same area until the reaction has subsided.

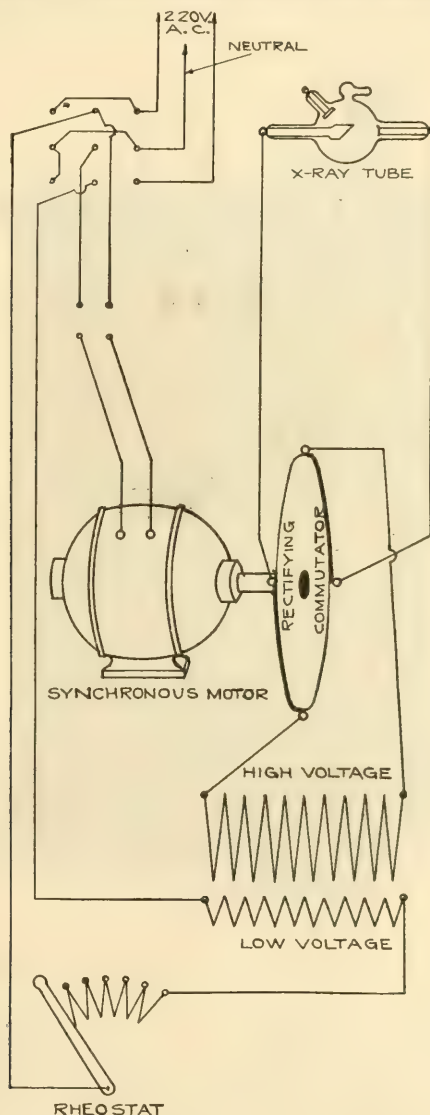


Fig. 75—Diagram showing the commutation of the high tension alternating current into a direct current, as it occurs in the interrupterless transformer.

Filtration.—In order to obtain results in the treatment of malignant diseases, fibroid tumors, and other deep-seated conditions, it is necessary to employ large doses of the penetrating rays. Owing to the danger of dermatitis, this cannot be accomplished with mixed radiations, and it becomes necessary to filter the soft or less penetrating rays of greater wave length, which produce a destructive action upon the superficial tissue, and to allow only the more penetrating rays to reach the tissue.

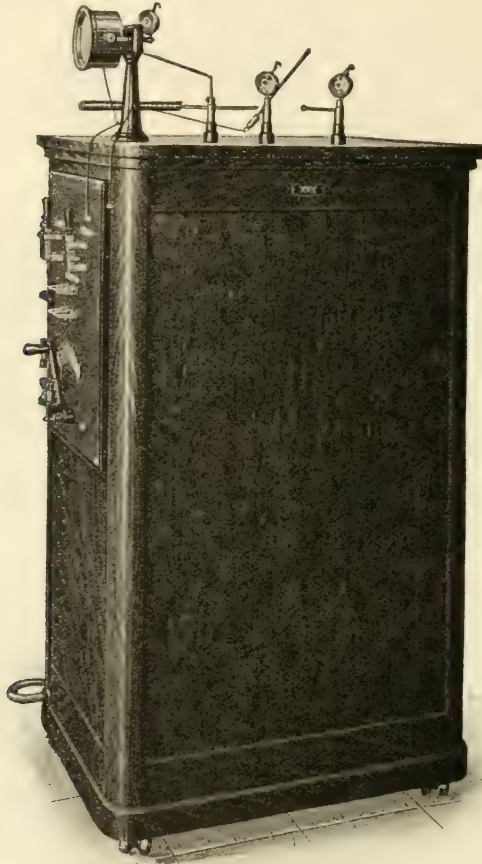


Fig. 76—Small Interrupterless Transformer.

Pfahler uses sole leather filter, and to this he adds aluminum from one to three millimeters in thickness. This is about the standard, as it is at present used. The absorption power of one millimeter of pure aluminum is shown to be equal to that of a layer of water or soft tissue of approximately one centimeter in thickness.

After-treatment.—If the treatment has been given to a deep-seated organ, or if the skin is unbroken, no dressing is required, but if an ulcerated area has been treated, a good dressing must be applied.

In order to prevent spreading of infection, the protective covering, or any other appliance which comes in contact with the patient, must be thoroughly sterilized before further use.

Dangers of the X-rays

The Roentgen, or X-rays, if administered in excess, produce at first dermatitis, which, if the treatment is continued, may pass on to ulceration, and sometimes the ulcerations may develop the so-called X-ray

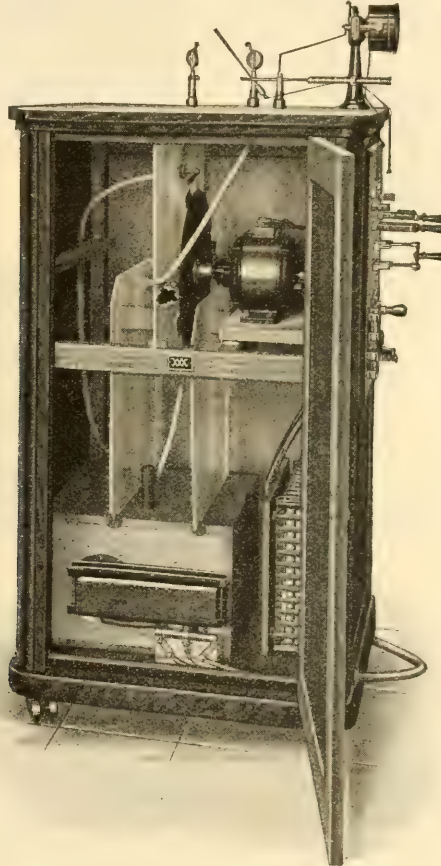


Fig. 77—Rear view of Fig. 76.

cancer, when surgical assistance is required. This may occur in either patient or operator.

The symptoms of over-exposure to the X-rays are: itching, burning, redness, swelling, pigmentation, loosening of the hair, etc. If these appear, the treatment must be immediately discontinued, unless it is desired to produce dermatitis.

These symptoms may appear at the time of exposure, or from a few hours to several weeks after exposure. In most cases, however, the symptoms appear in from three to fifteen days after exposure.

The inflammatory effects produced by the X-rays upon the tissues are divided into four classes:

First: Dry dermatitis, which, if properly produced, is harmless if the part affected is not irritated with the application of strong chemicals (especially carbolic acid, which of itself may cause gangrene), and if let alone will subside of itself;

Second: Dermatitis with the formation of vesicles and blebs, but without deeper involvement;

Third: Destruction of epidermis;

Fourth: Destruction not only involving the entire epidermis, but the corium as well, and also the underlying tissue to a great extent.

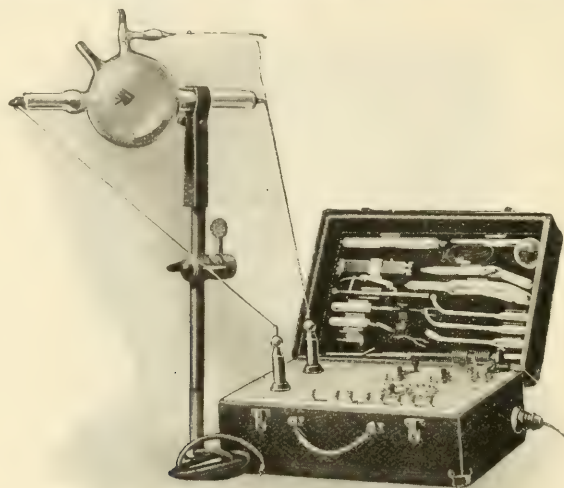


Fig. 78—Portable X-ray and Electrotherapeutical outfit.

Prevention of Burns and Other Conditions Arising from the X-rays

All the conditions arising from exposure to the X-rays in which the processes of metabolism have been inhibited, as when there is sterility, lowered vitality of tissues, or when the secretions or other functions have been suspended, may be relieved by the application of radiant light and heat from either an incandescent or arc light.

It is safe to say that there are few cases, indeed, who are exposed to the X-ray to the extent of producing marked dermatitis, that could not be controlled by the application of radiant light and heat with requisite energy. This is due to the fact that the stimulating effect of radiant energy from luminous sources neutralizes (corrects) the inhibitory effect of the X-rays.

Employing the high frequency vacuum tube (but not strong sparks) to the point of producing some reddening of the skin in conjunction with the X-rays, we are able to use a larger dose of the X-rays without the corresponding degree of danger.

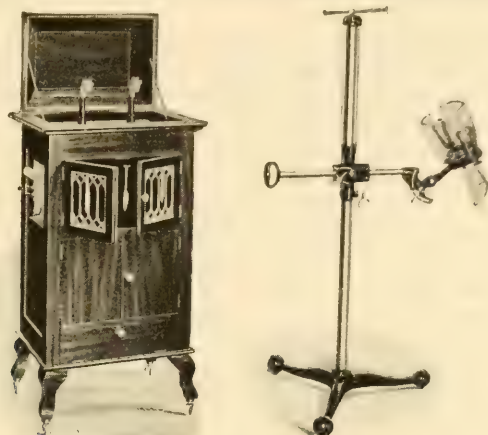


Fig. 79—Dental X-ray and High Frequency Generator.

Idiosyncrasy to the X-ray Burns

Most of the authorities agree that the tissues of different individuals react to the influence of the X-rays in different ways, certain individuals developing a decided reaction after the first treatment, whereas others resisting the action of these rays, so that we are able to develop reaction only after from one to two months of daily treatments. In order to exercise extreme caution, Dr. W. Franklin Coleman gives three preliminary exposures of five minutes each, with the tube at a distance of six inches, on three successive days, and then waits three weeks to see if any reaction appears.

General Remarks

“Cross-Fire” Method.—In the treatment of deep-seated conditions, especially in cancer of the uterus and fibroids, “Cross-Fire” method should be employed. This is accomplished by passing the rays through a num-

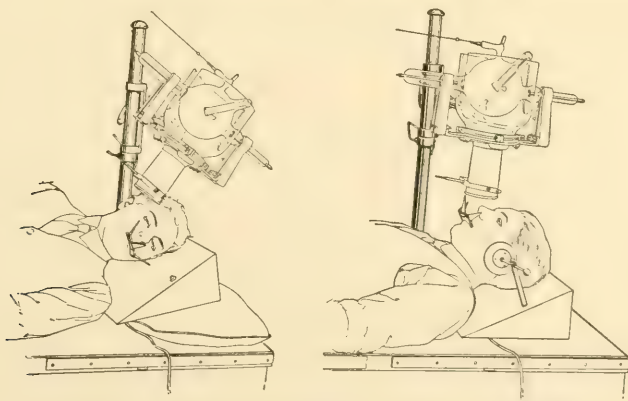


Fig. 80—Views showing how Dental Indicator is attached to Tube Stand, and how same is used in connection with Dental Film Tunnel.

ber of different small squares of exposure, all more or less concentrated upon the center of the tumor, so that the tumor itself will receive a great number of maximum doses (through the different square surfaces), and the superficial tissue will not be affected (because each square surface will receive only one maximum dose).

The different rays (soft, medium and hard) produce different biological effects, and for that reason many superficial lesions, which do not yield to treatment with rays of lower or medium penetration, disappear when rays of lower or higher penetration are employed.

The X-rays injure the protoplasm, or more frequently, the nuclei of the cells. This injury, however, differs quantitatively in accordance with the amount and character of the rays absorbed by the cells, and the specific susceptibility of the cells to the action of the rays. When only slightly injured, cells may completely recover, while if the injury is severe, the cell dies.

All the tissues of the organism may be killed by a sufficiently large quantity of rays.

"Any ray for deep penetration, or beyond eight or ten centimeters below the surface, is worth nothing for therapeutic effect, unless backed by a parallel spark-gap of at least eight inches."

CHAPTER XVI

RADIUM-THERAPY

RADIUM, a metallic radio-active element, discovered in 1896 by Madame Curie of Paris, is obtained in small quantities from certain Bohemian mines, where it occurs in the pitch-blende.

In addition to heat and light rays, radium gives off constantly and spontaneously *alpha*, *beta* and *gamma* radiations. The *gamma* rays, which are able to pass through many substances opaque to light, are similar to the X-rays, and when administered for a considerable length of time, produce an intensely inhibitory action. The *beta* rays have less penetrating power than *gamma* rays, and are similar to the cathode rays. The *alpha* rays possess very slight penetrating power.

Radium therapy embraces the consideration of both radium radiation and radium emanation.

The alpha, beta and gamma radiations exercise remarkable curative effects when used in the treatment of certain morbid processes of the gangrenous, inflammatory and cancerous orders.

The action of these radiations on the tissues is similar to the action of the X-rays, and varies according to the dosage and filtration, from a mere modification of the cells without ulceration to a destructive effect.

Although by no means a specific for the treatment of cancer, sarcoma, and other malignant and benign growths, as is erroneously claimed, radium acts better than anything else we have at present in a large number of such cases; and the more superficial the disease, the more hopeful the outlook.

In too advanced and inoperable, malignant cases, it alleviates pain, lessens hemorrhage, discharge and fetor, and in many instances heals an ulcerated surface.

In the treatment of rodent ulcer, lupus, parotid tumors, cancer of the rectum and cervix uteri, affections of the ear, nose, mouth or other mucous surfaces where it is difficult to reach an ulcerated spot by any other means, it has proved of special value.

In non-malignant conditions, such as naevi, angioma, cicatricial tissue (resulting from burns), eczema, psoriasis, pruritis, tuberculous conditions of the skin, mucous membranes or glands, the results are even more gratifying than in the malignant conditions.

Since the action of radium is similar to the action of the X-rays, radium furnishes possibilities of application where the X-rays are not usable, either because it seems desirable to apply the rays continually for a length of time that could not be attained by X-ray tubes, or if a tumor cannot be reached by the X-rays.

Application

In therapeutics, radium is employed in the form of pure radium bromide, chloride, sulphate, carbonate, or nitrate and radium barium (which is a compound with barium).

In order to avoid alpha radiations, either of these (radium salts) is enclosed in a metal tube (the best for this purpose being platinum), which absorbs the alpha rays and allows only those of the highly penetrative order to gain access to the part under treatment.

Protection of the Patient and Operator

Since the action of radium is similar to the action of X-rays, the surrounding healthy skin should be protected from the action of the rays by a sheet of lead, paper or rubber laid over the part, with an opening cut in it, over which the radium is administered, and the operator should not handle radium with uncovered hands more than is absolutely necessary, otherwise a troublesome radio-dermatitis may be set up.

Dosage

The period of application depends upon the individual case.

The amounts of radium usually employed range from 5 up to 200 or more milligrams. The dosage of radium is usually expressed in *milligramme-hours*, and these are obtained by multiplying the milligrammes of radium employed with the length of the application in hours; for example, 100 milligrammes of radium applied for three hours would represent 300 milligramme-hours.

Method of Treatment

Radium is usually applied by placing the end of the tube (holding radium salt) against the part to be treated, and keeping it in place by means of an adhesive plaster, or a strip of bandage, from thirty minutes to an hour or longer, according to the effect desired, and may be repeated every one, two or three days.

Another method of applying radium is to place two or more tubes at the opposite sides of the tumor, so that the rays bombard the tissues in two or more opposite directions simultaneously. This method of application is called the *cross-fire method*. After the treatment, a dressing is applied. After an application, usually nothing is seen unless an overdose has been administered, in which case, two or three weeks after, the patient may show some reddening and itching of the skin about the seat of application, similar to that seen after an exposure to X-rays.

According to the reaction desired, one may produce further stages of desquamation, vescication, and ulceration.

Asepsis.—In order to prevent spreading of infection from one patient to another, after each treatment it is advisable to disinfect the tube with carbolic acid, or some other antiseptic solution.

Radium Emanation

Radium is continually giving off a gas called its emanation, which can be collected by special apparatus and enclosed in glass tubes or metal cylinders. These tubes and cylinders can then be used exactly as if they contained radium salts, for the emanation has all the effects of radium, but it loses these effects after a few weeks.

The emanation can be inhaled by patients, or it can be absorbed by saline or other liquids, and given by mouth, or by subcutaneous injection.

The great advantage in making use of the emanation is the remarkable fact that the original radium salt suffers no appreciable loss, though constantly giving off this gas.

The radium emanation introduced into the body by inhalation, digestive tract, or injection, leaves the body a few minutes later, together with the air given forth in exhalation, hardly anything of it being left behind. An extremely small percentage only is excreted in the urine. A very small quantity passes into and out of the body through the skin. So far, it has not been possible to perceive any injurious effect whatever produced, even by very large doses.

The blood carries the emanation introduced into the system as far as the cells of the organism, where the emanation and its constant resulting products of decomposition produce their biological effects.

Radium emanation not only increases and accelerates the body ferments (ferment of pancreas, pepsin, autolytic ferment, diastatic ferment, etc.), but performs further essential service by converting insoluble waste debris, such as uric acid combinations, into soluble compounds which are easily eliminated from the system in the natural way.

This emanation has been used with success in the treatment of gout and diathesis caused by uric acid; chronic and sub-acute articular rheumatism, muscular rheumatism and all forms of arthritis, neuritis, neuralgia, especially ischiagra; bronchial asthma and catarrhal diseases of the respiratory organs; chronic gynecological conditions; arteriosclerosis; lancinating pains of locomotor ataxia; suppurations, inflammations, hypertension, etc.

Application

Radium emanation for inhalation is obtained from an inhaling apparatus, which usually consists of one or more cylinders with filings of radium or its solution, and a ventilator driven by the electric current, or a rubber bulb for the diffusion of the emanation.

For the reason that the emanation inhaled again leaves the body a few minutes later by exhalation, without being exhausted into its active effect, it is necessary to place the patient in an atmosphere which has a constant percentage of emanation. This is achieved by placing the patient in a small room, the doors and windows of which are kept closed during the treatment, generally lasting about two hours.

Radium is also utilized in the form of water baths, mud baths, compresses, injections, drinking solutions, etc.

Meso-thorium

Meso-thorium, a newly discovered radio-active material, possesses chemical properties very similar to those of radium. It emits alpha, beta and gamma radiations not very different from those of radium, and from the therapeutic point of view, its use should be equally as serviceable as radium itself. On account of its lower cost, meso-thorium bromide has been largely used, of late, in place of radium, for the treatment of skin affections and growths, and for superficial conditions; it is reported to be quite as good, or even better, than radium.

CHAPTER XVII

MECHANICAL VIBRATION

OF all the apparatus of mechano-therapy, the vibrator is the only one which accomplishes something which cannot be accomplished by any other means. No human hand is capable of communicating to the tissues such rapid, steady and prolonged vibrations, and certain kneading and percussion movements, as the vibrator.

A good vibrator consists of a motor rotated by means of an electric current, which can be regulated to produce slow and rapid vibrations, as desired.

There are two types of motor vibrators employed, viz., pedestal (Fig. 81) and hand vibrators. In the first, the motion is conveyed from a motor to the vibrator by means of a flexible shaft (this is the more powerful, and more easy to regulate, but is less convenient). In the second, or portable type, a small motor is placed within the vibrator itself.

Application

Vibration is applied either centripetally or centrifugally.

Centripetal vibration is applied toward the heart, following the course of the large veins particularly (e. g., the course of the median vein on the median line of the anterior surface of the forearm, and the ulnar along the inner side of the forearm, both anteriorly and posteriorly, the basilic on the inner and the cephalic on the outer side of the arms.)

Centrifugal vibration is applied away from the heart in a circular direction.

Centripetal vibration enlarges the vessels, increasing the flow of blood and accelerating the circulation of lymph fluid, thus very thoroughly renovating the parts concerned, flooding away waste matter or debris, relieving the abnormal condition, and permitting the continuance of normal circulation.

Centrifugal vibration lessens the flow of blood and lymph, and produces soothing and derivative effects on organs, e. g., relieves oedema.

Slow, vibratory stroke (frequently interrupted) applied for a short period, is stimulating, while *rapid* and prolonged vibration is inhibitory.

Indications

Mechanical vibration is valuable as a preventative of disease, as well as a treatment of disease. It is indicated in cases where ordinary massage would be of service, especially in the treatment of constipation, gastric dilatation, slow digestion, enteroptosis, hepatic and splenic congestion; catarrh of the nose, throat, larynx and stomach; affections of the heart; gout, rheumatism, lumbago, sciatica, neuralgia, neurasthenia, obesity, insomnia, spinal curvature, locomotor ataxia, deafness, headache, female ailments, muscular atrophy, injuries to nerves, contrac-

tures, etc. It is also employed in the treatment of sprained muscles, distended tendons, fractured bones, etc.

Contra-indications: Mechanical vibration is contra-indicated in aneurism, arterio-sclerosis, acute inflammations, erysipelas, malignant tumors, pathologic changes in the blood vessels, purulent local conditions and tuberculosis.

Spinal Vibration

Vibration applied to the spine thrills every nerve center of the spinal cord, restoring them to normal vibration, and applied to the abdomen stimulates digestion and intestinal activity.

Best vibratory effects are, however, derived reflexly, applying vibration to the various ganglia of the sympathetic nervous system. In this connection, it is essential to remember the following:



Fig. 81—Vibrator
(Pedestal Type)

I. That the sympathetic nervous system is largely inhibitory in action, while the vaso-motor is stimulating;

II. That the stimulation of the sympathetic causes vaso-constriction (contraction of blood vessels), while the stimulation of the vaso-motor causes vaso-dilation (dilatation of blood vessels).

A slow vibratory stroke applied over the posterior nerve roots in the intravertebral spaces between the VII C. and I D. vertebrae, corrects and strengthens the heart's impulses (overcomes an irregular or intermittent heart action); opens the nasal passages and shrinks the congested membranes (therefore indicated in acute sinusitis, acute coryza and hay fever); affects the arterial supply of the thyroid gland (indicated in goitre); lowers the blood pressure, etc.

When vibrating between the VII C. and I D. vertebrae, it is, however, necessary to carefully observe the effects on the heart, for it is possible

to overstimulate the cardia and produce depression. If there are no signs of weakening observed at the pulse, or no noticeable dyspnoea, vibration may be continued up to five minutes. If such a condition should occur, it may be corrected by vibration for a few minutes in the intravertebral spaces from the IX D. to XII D., thereby causing cardiac dilatation. Too long (over two minutes) or too heavy vibration between the VII C. and I D. vertebrae will cause extreme dryness of the nose, throat and mouth. Vibration at the intravertebral spaces between the transverse processes of the VI D. and VII D. vertebrae raises the blood pressure. Slow vibration at the IV L. vertebra contracts the bowels, bladder and uterus.

Vibration may be employed in exciting any other reflex equally as well as concussion.

General Remarks

When treating an organ or a group of muscles with vibration, the application usually lasts about five minutes, and when the whole body is treated, from fifteen to twenty minutes.

General vibratory treatment is, however, very rarely indicated, but when used should be exceedingly short. The patient should be clad in a loose robe, and all parts except that to be treated should be covered. The order preferred is that used in general massage, viz., (1) Arms; (2) Chest; (3) Legs; (4) Abdomen; (5) Hips; (6) Back; (7) Head; (8) Neck. At the first signs of fatigue shown by the patient, the application should be discontinued.

CHAPTER XVIII

BLOOD PRESSURE

SINCE some forms of electrical treatment reduce, while others increase the blood pressure, in order to apply electricity judiciously, the practitioner must be familiar with the patient's blood pressure.

A complete examination of the blood pressure involves a determination of the systolic, diastolic and pulse pressure, because in many instances high or low systolic pressure are compensated, and in others, what is apparently a normal systolic pressure may prove to be pathological when viewed in its relation to diastolic and pulse pressure.

The information gained by complete blood pressure examinations indicates the proper treatment, the dosage, and the interval of administration.

Systolic or Maximal Pressure (produced by the contraction of the left ventricle) represents the total heart energy, and is the highest blood pressure in the aorta after the contraction of the left ventricle.

Diastolic or Minimal Pressure represents the pressure maintained solely by the elastic recoil of the whole arterial system at the end of diastole. It is the resistance which the systolic pressure must overcome before it can propel the blood over the body.

Pulse Pressure is the excess of pressure over and above that required to overcome the diastolic pressure, and represents the amount of force which actually carries on the circulation.

Normal Blood Pressure

Under normal conditions, the vaso-motor system maintains a reciprocal balance between the systolic and diastolic pressures, while in disease this relation is disturbed. *The normal systolic pressure*, in male adults between 20 and 60, ranges from 120 to 140 mm. Hg. According to Faught, the normal average systolic pressure can be determined for any age by considering the normal systolic pressure of a healthy male adult at the age of 20 to be 120 mm. Hg. Then for any two years of life over twenty, add 1 mm. Hg.

In females, the pressure is about 10 mm. Hg. lower than in males. In children from 73 mm. Hg. at one year to 105 mm. Hg. at twelve years.

The normal diastolic pressure equals approximately two-thirds of the systolic pressure, and ranges from 60 to 105 mm. Hg.

The Normal Pulse Pressure equals approximately one-third of the systolic pressure, and ranges from 25 to 50 mm. Hg.

The normal blood pressure being modified by a number of normal or physiological conditions (position, excitement, digestion, exercise, time of the day, etc.) is therefore subjected to some variations.

Abnormal Blood Pressure

Any sustained systolic pressure below 100 mm., or above 150 mm., should be considered pathological. It should, however, be remembered that as one grows older the systolic pressure increases, because the hardening of the arteries increases (and consequently the diastolic pressure maintained by the elastic recoil decreases); therefore, that a person of over 60 may be comparatively healthy with a systolic pressure slightly over 150 mm. Hg.

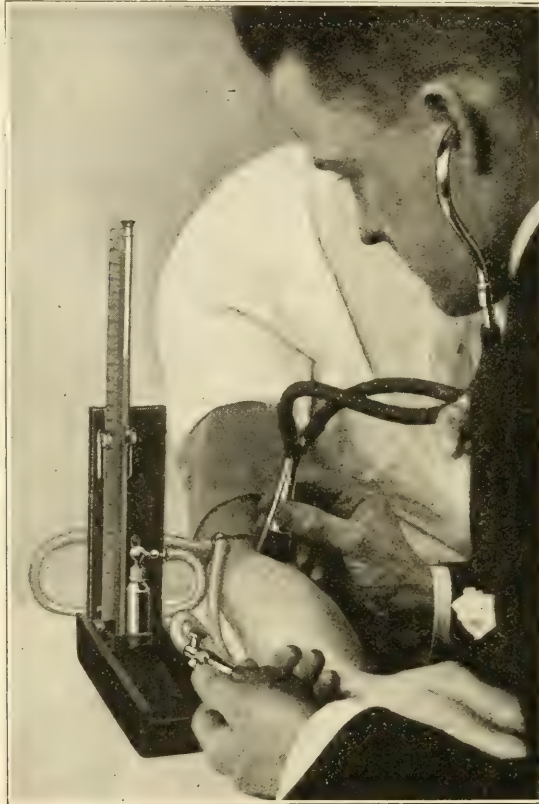


Fig. 82—The Auscultation Method with the Mercurial Sphygmomanometer.

A sustained diastolic pressure of 110 mm. or over, and a pulse pressure below 25 mm. or above 50 mm., indicates a diseased condition, or at least approaching disease.

It should be remembered that:

(a) A low systolic pressure (110 mm. Hg. or under), especially if accompanied by a low pulse pressure (below 25 mm. Hg.) suggests tuberculosis;

(b) In nephritis and arteriosclerosis, the diastolic, as well as systolic, pressure is ordinarily increased;

(c) In fevers, usually the diastolic pressure is low, while the systolic pressure is more frequently high;

(d) In disturbance of compensation, systolic and diastolic pressure are both low;

(e) The high pulse pressure may be due to a fall of the diastolic pressure, or to a considerable rise in the systolic pressure with relatively little change in the diastolic;

(f) That there is a very intimate relation between the pulse rate and the diastolic pressure, e. g., in a strong heart the pulse is slow, diastolic pressure is low, and the pulse pressure is high, while in a weak heart the pulse is rapid, diastolic pressure is high, and the pulse pressure is low.

The abnormal blood pressure is classified into *Hypertension* or *High Blood Pressure*, and *Hypotension* or *Low Blood Pressure*.

Hypertension (High Blood Pressure) is usually found in Arteriosclerosis, Angina Pectoris, Aortic Insufficiency, Cerebral Hemorrhage, Cirrhosis of Liver, Eclampsia, Emphysema, Gout, Migraine, Nephritis (chronic), Lead Poisoning, Toxemias, Uremia.

Hypotension (Low Blood Pressure) is usually found in Acute Diseases, Anaemia, Chlorosis, Cardiac Dilatation, Cholera, Delirium (alcoholic), Diabetes, Diarrhea, Exhaustion, Hemorrhage (internal or external), Pulmonary Tuberculosis, Rheumatoid Arthritis, Shock and Collapse.

Sphygmomanometry

Method of Determining Systolic, Diastolic and Pulse Pressure

Systolic, diastolic and pulse pressure is rapidly and accurately obtained by means of an instrument called a *sphygmomanometer*, of which there are two principal types, viz., the mercury, and the diaphragm type.

The action of the mercury sphygmomanometer depends on opposing the pressure of a column of mercury in a U-shaped tube, with the pressure of the blood in an artery, while in the diaphragm type, the pressure of the blood in an artery causes an indirect, internal pressure on sensitive diaphragm chambers, and shows plainly every action of the heart by the hand on the dial.

There are two methods of determining blood pressure by means of a sphygmomanometer, viz., the method of auscultation, and the method of palpation. The auscultation method, originated by Karatkoff, of Russia, is, however, the only accurate one by which the practitioner can exactly determine diastolic pressure.

Directions for Examination

Place the patient in a comfortable sitting or reclining position, with the arm on a desk or table, and the forearm semi-flexed and supinated, so as to entirely relax. Place the band (sleeve) containing a flat rubber bag over the bare left arm, over the brachial artery (above the elbow); wrap it around the arm as if it was a bandage, and tuck the last few inches under the preceding fold. Connect the rubber tubes leading from the band, one with the instrument, and the other with the bulb or pump, and examine either by auscultation or by palpation.

Method of Auscultation

Place the stethoscope over the brachial artery just below the line of the band (Figs. 82 and 83). On gradually inflating the band, the first and second sounds of the heart will be plainly heard, and as the pressure is increased, a point is reached where all sounds cease. Gradually release the air pressure until a loud, clear thump becomes audible. At the instant the sound is heard, the point upon the instrument marks the *systolic* pressure.

Having obtained the systolic pressure, continue to listen over the artery and release gradually the air a few millimeters at a time, and you



Fig. 83—The Auscultation Method with Diaphragm Sphygmomanometer.

will hear the thumping sound replaced by a murmur, which in turn is followed by a second thumping sound, becoming louder, then fainter, which finally disappears. At the instant the second thumping sound is the loudest, the point on the instrument marks the *diastolic* pressure.

Method of Palpation

With one hand, locate the patient's pulse at the radial artery (Fig. 84), and with the other, inflate the band until the pulse is obliterated. Gradually release the air pressure until you feel the first pulse beat return. At the instant the pulse reappears, the point on the instrument marks the *systolic* pressure.

Having obtained the systolic pressure, in order to obtain the diastolic, gradually release the air a few millimeters at a time. As the pressure falls, the needle fluctuates in rhythm (oscillates) with the pulse; after a time this movement becomes less, and eventually disappears. At the instant after the greatest fluctuations have occurred, the point on the dial indicates the diastolic pressure.

Cautions

A complete examination of the systolic and diastolic pressure should not last more than two minutes, as prolonged pressure affects the ac-

curacy, and causes disagreeable sensations. During the examination, the patient must not move the arm, forearm or body. In order to determine accurately the progress of the condition, all examinations on the same patient must be taken with the patient in the same position.

Pulse Pressure

Pulse pressure is obtained by subtracting the diastolic or minimal pressure from the systolic or maximal pressure.



Fig. 84—The Palpation Method with Diaphragm Sphygmomanometer.

By pulse pressure alone, it is possible to determine correctly whether a diseased condition is compensated for or not, and as soon as the practitioners realize this fact, they will also realize that vaso-dilatation is not indicated in every case of hypertension. When there is a normal pulse pressure, with a corresponding diastolic pressure, harm will be done by vaso-dilatation, because vaso-dilatation lowers the systolic pressure, while diastolic pressure (due to the rigid arteries and the increased pulse rate, caused by the dilated heart) may remain high, and as a result, pulse pressure will be very low (so that the systolic pressure will not be sufficient to carry on the circulation).

Neuropathy Department

Address all communications for this department to its editor
Dr. WILLIAM F. HAVARD, 525 South Ashland Boulevard, Chicago, Ill.
 Dean of the Lindlahr College of Nature Cure

NEUROPATHY

By **WM. F. HAVARD, N. D.**

Neuropathy is a system of mechanical and thermal treatment which corrects perversions of the human body by regulating the circulation, the nerve mechanisms, and by mechanically propelling the lymph through the tissues and lymphatic vessels.

History

Neuropathy, formerly called Mechano-neural Therapy, was originally elaborated by Drs. John Arnold and Harry Walter, of Philadelphia. Its principles and practice are the result of extensive research work and physiological experiment, which was carried on over a period of five years before the results were made known to the profession. The system was offered to one of the foremost medical colleges in the country, but was at that time rejected. The founders then realizing that therapeutic reforms could never be instituted through medical channels, opened the first Drugless College in the East, at Trenton, New Jersey. For this purpose, they secured the mansion of a former governor of the State.

Numerous medical practitioners became interested in the "new school," and subscribed to its teachings. The College was later moved to Atlantic City, when the partnership between Dr. Walter and Dr. Arnold was dissolved. Here in the country's greatest resort, the institute received patients and students from all parts of the world, and for a time the college could not supply the demand for its graduates. Larger quarters and better fa-

cilities were needed to accommodate the growing band of students, so in the year 1904, the college was moved to Philadelphia. The work continued to attract men and women of note, many of whom are today the most successful drugless physicians in this country. The college grew under Dr. Walter's direction, and in a short time acquired a faculty of efficient instructors. Among those connected with the college at that time, who have since become factors in the development of science, might be mentioned Dr. Robert Formed, Dr. Ella D. Kilgus, Dr. Sedgwick Mather, Dr. Wm. F. Havard, Dr. W. W. Fritz.

In the year 1907, the name of the college was changed to the American College of Neuropathy, and became the property of the Alumni Association. Dr. Wallace W. Fritz was elected dean, and it is largely due to his endeavors that the institution now occupies the position as one of the foremost drugless colleges of this country.

Principles

The knowledge of the science and art of Neuropathy lies largely with its graduates. No authentic textbooks have ever been issued dealing with its principles and practice; although there is now one in preparation. We feel that this is the fitting place to make an explanation that is long overdue. It is a well known fact that there is a book in print entitled Neuropathy, by Dr. A. P. Davis, of Los Angeles, Cal. This work, however, has very little in common with the

neuropathic principles and practice as taught in the American College of Neuropathy, and in the Lindlahr College of Nature Cure. It is unfortunate that Dr. Davis named his system Neuropathy at about the same time that the name of Neuropathy was adopted in place of Mechano-neuraltherapy, by the institution in Philadelphia. This has led to considerable confusion upon the part of students who have had a desire to learn the system formerly taught under the head of Mechano-neuraltherapy.

Neuropathy is not a mechanical system in the sense that the word is usually employed; that is, the correction of displaced bones and tissues. Not that it denies the existence of such, but that it considers these conditions to be the result, rather than the cause of disease, except in case of trauma. In this way it can be differentiated from Osteopathy, Chiropractic and Naprapathy. A general consideration of these latter systems shows us that they are founded on the mechanical idea of disease causation, or what might be termed the "pressure theory."

Neuropathy is based on the fact that all changes in function and structure are brought about by alterations in circulation, and the further fact that the activity of the nerves controlling the circulation of blood in the vessels and fluid in the tissues, can be influenced by manual manipulation, and thermal applications.

Good health depends upon perfect metabolism, perfect respiration and perfect generation or internal secretion. All of these functions depend on perfect circulation. The value of a physiological remedy is in direct ratio to its effectiveness in "normalizing the circulation."

The great mistake that has been made by the founders and elaborators of practically all systems of therapeutics, is that of making their treatment too specific. Of all the mechanical systems, Neuropathy is the one exception in this respect. It is not a specific treatment, and should never be employed in a specific manner, even

as an adjunct to other treatment, in the process of cure.

The system known as Spondylotherapy has for its basis the principles of Neuropathy, but they have been applied in a manner identical with the practice of drug therapy, strictly from a symptomatic standpoint.

Physiological Basis

There are three physiological laws governing the activity of cells with relation to their blood supply.

First law. "Every cell in the body will maintain itself in a perfect state of health if it receives the proper quantity and quality of food material and oxygen, and has its waste products promptly removed, provided it is not subjected to extremes of temperature or injured by violence."

Second law. "Every cell in the body receives blood (food material and oxygen) in proportion to the degree of its activity." All cellular activity is governed by the demand which the body makes upon such cells for the product of their activity—motion, heat, secretion, excretion, conduction, etc.

Third law. "Cells are active in proportion to the quantity of food material and oxygen which they receive." This law pertains to abnormal conditions. Normally the blood supply is governed by the demand of the cells, but, it is known that an abnormal irritation of any part of the body will increase the blood supply to the cells in that neighborhood. Whether this irritation affects first the cells, arousing them to activity, causing them to demand more blood, or whether the irritant acts directly upon the afferent nerves and reflexly causes a dilation of the blood vessels in the area of irritation has not been fully determined. The inference drawn from numerous experiments and observations is that the irritant acts directly on the afferent nerves and increases the blood supply by the production of direct reflexes over the vasomotor tracts, the cells becoming active in consequence of the increased food and oxygen supply.

In health, blood supply is equal to

the demand of the cells, while under abnormal conditions the supply may become so much in excess of the demand that congestion and lymph stagnation occur, or the supply may be inadequate to meet the demand. In either case, a diseased process will be the result.

Neuropathic treatment is employed to restore a balance to the circulation by mechanical and thermal influence of the vaso-motor nerves, and by mechanically assisting the circulation in the tissues, and the flow of lymph in the lymphatic vessels.

The blood supply of the entire body is under the control of the vaso-motor mechanism. This mechanism consists of two distinct sets of nerves, one of which, called the constrictor mechanism, acts to decrease the calibre of the arterioles, and the other the dilator mechanism, the opposing mechanism to the constrictors, acts to increase the calibre of the arterioles. The cells of the body receive their food and oxygen supply by virtue of the fact that the capillary blood vessels have minute holes in their walls, through which part of the blood plasma is allowed to pass into the tissues. Each cell in the body is surrounded by a space, and it is through these spaces that the blood plasma flows from the capillaries, and from these spaces that the cells select their food. The cells excrete their waste products back into these spaces. For this reason the flow of plasma through the tissues must be continuous. This material passes from the tissues into the lymphatic vessels.

Vaso-motor nerves control the quantity of plasma which is allowed to leak from out of the capillary tubes, either constricting or dilating the minute arteries. The dilation of the arterioles increases the pressure within the capillaries, and causes a greater outflow of plasma into the pericellular spaces. A constriction of the arterioles decreases capillary pressure, and so limits the outflow of the quantity of plasma.

Irritation always causes vaso-motor reflexes, which are first manifested as a brief constriction of the arterioles of

the part under irritation, which is followed by an active dilation of the same vessels. So if we draw a line with a blunt instrument somewhere on the surface of the body, the following phenomena may be noticed: First, a white line due to mechanically pressing the blood out of the capillaries; second, a white line due to the action of the constrictors; third, a red line due to the action of the dilators.

Some Facts Regarding Nerve Action

Constrictor nerves are always active, maintaining tone in the blood vessels. The dilators are only active as the occasion demands a greater blood supply to any particular part of the body. Even there, where the dilators are called into action, the constrictors continue to exert their influence on these blood vessels. Prolonged irritation in any part of the body results in constrictor fatigue, in which case the part passes from an active to a passive condition and the circulation through the tissues of this part becomes sluggish; first, because there is not sufficient force behind the blood in the vessels due to lowered tonicity; second, because the lymphatics draining the part are clogged up.

Diseased conditions progress in the following manner: The cells being subjected to continuous irritation are forced to a high degree of activity. The blood supply increasing to satisfy their demand gradually produces an active inflammation which progresses to a state of congestion. If the flow of plasma into the peri-cullular spaces is greater than the lymphatic vessels can drain off, there will be a stagnation of lymph in the tissues, which compels the cells to live in an atmosphere polluted by their own waste-products. Coincident with the fatigue of the cells occurs the fatigue of the constrictor mechanism to the blood vessels of the part under irritation. The vessel walls lose their tone and the circulation in the tissues is practically obstructed. It is under these circumstances that structural changes take place leading

to cellular degeneration, liquefaction, pus formation, connective tissue proliferation, foreign growths, mineral deposits, etc.

Neuropathic Treatment

Neuropathic treatment is directed to the nerve centers controlling circulation for the purpose of restoring the normal activity to the vaso-motor nerves, and of relieving either active or passive congestion by establishing better lymphatic drainage.

All vaso-constrictor nerves have their centers in the spinal cord, and are distributed to the walls of the blood vessels through the sympathetic nervous system. There are no constrictor units in the nuclei of the cranial nerves, although some constrictor units follow the path of cranial nerves to their distribution.

It might be well to give here a few facts which will lead to a better appreciation of the neuropathic view-point:

Health depends on perfect circulation in the tissues;

Perfect circulation necessitates the adjustment of blood supply to meet the demand of the cells;

Perfect adjustment is only possible through the correct action on the part of the vaso-motor mechanism;

The vaso-constrictor nerves are the more important of the two, as the tone of blood vessels, the maintenance of blood pressure, and the tone of the entire body depends on their constant action;

Increased functional activity must be supported by increased circulation, which means that the blood supply must be more abundant and proceed more rapidly through the tissues;

Disease begins with abnormal irritation, which leads to perversion of function and structure;

Functional perversions, from the standpoint of the nervous system, are of two kinds, central and peripheral;

Central perversions are those in which the active irritant is located in some part of the nervous system;

Peripheral perversions are those in

which the irritant is somewhere outside of the nervous system;

Structural perversions follow functional changes, except in trauma;

All peripheral irritations produce nerve reflexes;

All central irritations produce either sensory or motor disturbances, or both;

Irritation produces vaso-motor changes, so we may say that all physical diseased manifestations are the result of circulatory changes;

Therefore all diseased parts can be returned to a normal state by establishing perfect circulation;

Hence the fundamental idea of neuropathic treatment is to "normalize the activity of the constrictor mechanism throughout the body."

Neuropathy recognizes that the first principle of cure is the establishment of better elimination for the purpose of cleansing the blood stream of irritating waste products. Where this is thoroughly accomplished, by means of hydrotherapy, diet, sun and air treatment, and exercise, the balancing of the circulation by means of neuropathic treatment becomes an easy and simple matter. Our first law said: "Every cell in the body will maintain a state of health where it receives the proper quantity and **quality** of food material, etc." Naturally, the blood must be normal in quality to restore health to a diseased body, and if this article were dealing with **cure** instead of a form of treatment, we would lay considerably more stress on **quality** than on quantity. There is a vast difference between treatment and cure, as any one must recognize who has given the subject more than superficial consideration. Too much must never be expected of a system of treatment because it must be remembered that that which one individual can do for another is limited, at best. The extravagant claims which are being made by the various systems of therapeutics have yet to be substantiated by facts. Those who ignore the first principles of cure and look upon disease in its causation as an invasion of germs, or as being entirely due to traumatic con-

ditions resulting in pressure by displaced structures on delicate tissues, will fail to produce the results which the more enlightened are coming to expect from therapeutics.

Natural diet, rational exercise and hydrotherapy are factors in treatment and cure which the conscientious physician dare not ignore, and we would not care to have the reader think that we believe diseased conditions can be "cured" by any form of manipulation.

"Treatments" are largely employed for the purpose of overcoming symptomatic conditions, and in themselves are not curative. Hence, specific treatments are only valuable in regulating functions, but are not directed to the basic cause of disease. Neuropathy recognizes the fact that no part of the body can become disordered without causing disturbances in other parts often far remote. These secondary disturbances are the result of direct nerve reflexes, and while some are compensatory, others indicate a spreading of the disease process.

It is due to the fact that certain reflexes follow initial disturbances that neuropathic treatment becomes a possibility. Irritation in any part of the body is carried over the afferent nerves to the posterial horns of the spinal cord, from there reflected to the an-

terior horns, from whence the motor message is carried back to the seat of disturbance. In cases where such irritation is prolonged and a perversion of function has resulted, the entire segment of the spinal cord which has been involved passes through about the same vaso-motor changes as the part originally irritated. The blood supply to the posterior cord is increased to meet the demands of the cells, and there is a tendency for every cell supplied by these vessels to increase their activity, causing a greater number of reflexes to travel over to the anterior horn, and so excite those cells to a higher degree of activity. Inflammation, congestion, passive infiltration, and constrictor fatigue of the blood vessels takes place in the spinal cord exactly as they would in any other tissue of the body.

The common spinal nerve, as it exits from the inter-vertebral foramen, divides into an anterior primary division and a posterior primary division. The posterior primary division supplies the skin and structures of the back, and reflects to these structures the condition of activity of the segments of the spinal cord from which it arises. By virtue of this fact, the neuropath is able to make a complete analysis of the spinal cord, and to determine the



Naturopathic Doctor: "Go out there and take a dip in the surf. I am sure you will feel better."



Officer: "I arrest you for practisin' medicine without a license. My friend Dr. Pill will prefer the charge against you."

exact condition of each segment thereof. The degree of activity existing in any segment of the cord can be determined by testing the reflexes. These reflexes (vaso, visceromotor and myomotor) are true indicators of segmental activity, thus making possible a diagnosis of condition of parts supplied by the anterior divisions of the spinal nerve.

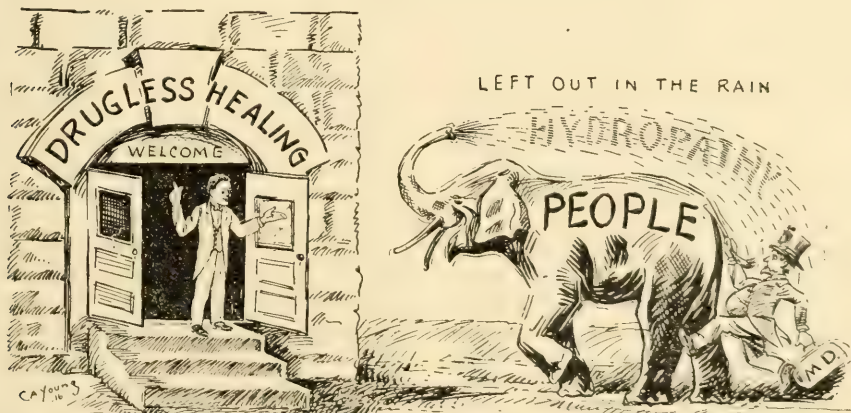
The recent work on biodynamic diagnosis, accomplished by Drs. Abrams and White, of California, has been a valuable contribution to the neuropathic work, as it has provided a means of measuring the reflexes and the energy exerted by any organ or part of the body.

Neuropathic treatment is given in accordance to the conditions which are revealed by the reflexes and general physical examination. The treatment itself consists of simple manipulations, which are varied for the purpose of achieving three main effects. The first is merely mechanical, and consists of propelling the lymph through the lymphatic vessels and glands, and of emptying congested tissues of their infiltration. The other effects are accomplished as the result of altering the reflexes by influencing the vaso-motor

mechanisms, although the treatment may be varied in such a manner as to influence the visceromotor mechanisms, and even the myomotor.

Accordingly, as desired, the action of a hyperactive nerve may be decreased or an inactive or hypoactive nerve may be brought to a higher degree of activity. Thus the neuropath has in his hands the means of controlling, within certain limits, the involuntary actions of the human body, and can use his power in such a way as to restore perverted function to normal, or to induce compensations in cases of structural perversion. The philosophy of neuropathy is more in accordance with the accepted ideas regarding disease, its cause and cure, than any other of the mechanical systems of therapeutics.

It must be understood, however, that Neuropathy was not designed to be a specific form of treatment, but in every instance must be carried out with the idea of restoring a balance to the nerve mechanisms and circulation. The technique and correct application of neuropathic principles will be fully described in the writer's book on this subject.



AN INTRINSIC INTROVERSION.
(A NATURAL ADJUSTMENT)



Dietology Department

Address all communications for this department to its editors
Dr. THOMAS J. ALLEN
 Eureka Springs, Arkansas

EUGENE CHRISTIAN, F.S.D.
 213 West 79th St., New York



MATERIA ALIMENTARIA

By THOMAS J. ALLEN, M. D., N. D., D. O.

Naturopathy, including all means of cure, gives diet a prominent place in its therapy. Many leaders of the old school of medicine have declared that *materia alimentaria* will one day be the principal means of cure.

Ten years ago, the writer was telling his students in a medical school that they would one day be sending their patients to the grocery store for their medicine. Probably all of us have sent patients to the grocer for "Health Bran, for Medicinal Use." We are just beginning the study and practise of dietology, altho Hippocrates' prescription for tuberculosis was, "Go to the hills and drink goat's milk."

The largest post graduate medical school in the country, in New York, now has a "professor of dietology"—and the volume of his published lectures is more amusing than instructive, if serious blunders can be amusing. The hospitals are giving more time to this branch in the training of their nurses (yesterday I had an application from the nurse in charge of diet in an Omaha hospital for a course of instruction "with opportunity for the study of clinical cases").

"I must follow them, for I am their leader," said an insurrectionary leader who was haranguing a street mob, during the French Revolution, as he saw them running off. The people have begun to discover the importance of diet as a means of maintaining and of restoring health, and we must either follow their lead or "get left"; and especially must the doctor who claims to offer advanced methods of treatment, be able to meet the demand of the

most advanced patients, who are discovering, not only that drugs alone don't cure, but that, besides, the good mechanical treatment of the body machine, which the osteopath, the chiropractor, the mechano-therapist in general offers to put it in good running order, there is the proper fuel of the machine to be considered, and the removal of its cinders, clinkers and ashes, calling for knowledge and skill that the man who understands the adjustment and oiling of the working parts often proves himself to be ignorant of.

Probably there are still non-mixers, adjusters who have not yet discovered that their narrow instructors did not know that, aside from injuries, it would be much easier to prove that all mal-adjustment is the result of nerve irritation originating in bad alimentation and bad elimination, than to prove that mal-adjustment is the prime cause of all disease; but the majority of naturopaths, who are not prejudiced in favor of any one means of treatment, nor against any, believe that diet must have a large place in the treatment of every case that comes to them.

How shall the practitioner qualify himself for this part of his work? Undoubtedly the best way is to take a thorough and practical course in a good school where opportunities are offered for clinical demonstration; but if this can not be found in the post graduate medical school, where can it be found? Special courses are offered in our schools, and these should be supported by practitioners, not only for the general good of advanced therapy,

but because it pays the individual student to be equipped in this department.

But if one can not take advantage of such special courses, how shall he equip himself? There are a dozen books on diet, each of which, like that referred to, contains a few grains of truth of real value buried in a great mass of chaff and tares; and by persistent gleaning, testing each seed, one can acquire much useful knowledge. I think I have read or glanced thru nearly all of the books, new and old, on diet, but there is not one that I have seen, that does not contain serious errors of omission and commission, and the most important things have hardly been admitted to the standard books, that are published by conservative publishers, who take the advice of such men as the professor of dietetics in a post graduate medical school, who ought to know.

It was a long time after the circulation of the blood was discovered by

Harvey before it was taught in the schools or could be found in any text book. And the conditions are the same today. The student must glean.

If you will examine yourself, you will find that the most important knowledge and skill you possess, you have learned from your patients, important as the school foundation was. This is especially true of diet.

The medical journals, the health journals, are constantly publishing the experience of practitioners. This is valuable—if you can glean and sift successfully.

Our own journal, *The Naturopath*, is a constant source of knowledge and inspiration in this department, as in others.

Dietology is altogether the most difficult of the therapies, as well as the least investigated, in proportion to its resources, and it should have the constant attention of every advanced practitioner.

MILK DIET AS A REMEDY FOR CHRONIC DISEASE

By CHARLES SANFORD PORTER, M. D.

In the treatment of chronic, functional disease, the most potent remedy in use today is the exclusive milk diet, properly given.

What other remedy can always be depended on to reduce the blood pressure when it is too high, as well as to raise it when it is too low?

What other remedy is there that will always reduce a high temperature, or fever, when caused by disorders of the secretory glands, or by failure of the eliminatory organs?

And what will always raise the subnormal temperature of the anaemic patient?

What other means will always increase the body weight in the emaciated, and reduce weight in the obese, and in either case cause an improvement in the quality of the flesh?

What other method can be de-

pended on to permanently stop the pains of rheumatism, neuritis and arthritis?

What drug is able to stop inflammation and heal ulcers of the stomach, duodenum and colon, in less than a month, and prevent any return of the trouble?

What other treatment has ever been devised that will stop the formation of gallstones immediately, and insure against future attacks of biliary colic?

The exclusive milk diet, with the aid of proper hygienic measures, does these things, not in a small or large proportion of the cases only, but in all cases that are not past human help.

The great majority of physicians believe in a milk diet for many disorders of the system. Some recommend it for one thing, and some for another, according to the success they may

have had with it. That it is not universally used is due to the fact that few understand how to give it.

It is unfortunately true that doctors of standing are advising a mixed diet of milk and eggs, and even milk and meat broth, with starchy foods, for patients already suffering from poor digestion and food poisoning.

And even where a plain milk diet is given, the patient is allowed to stop the milk at the first untoward sign, because "the milk does not agree with them."

Many patients will say that milk does not agree with them, that they have never been able to take it. Do not get discouraged at this; they are the people who need the milk diet the most.

The fault is in the stomach, and not in the milk, and when the stomach and other digestive organs are re-educated to take milk, they will benefit from it and grow stronger, and soon be able to digest any natural food.

A hundred years ago, Lord Byron, wise beyond his time, said: "Many persons declare that they cannot take milk as a food, and the reason is that they do not take enough."

In giving the milk diet to anyone with digestive or circulative disorders, the preliminary preparation of the patient is important.

The suggestion of milk diet immediately brings up for consideration the question of complete or partial fasting, for more or less time. The two things cannot be separated. There are many logical and practical reasons why food should be stopped for some time before starting an exclusive milk diet, if one is not accustomed to it, and there is no argument against it, outside of the fact that the patient may be slightly uncomfortable through hunger. The short fasting period required before commencing the diet has never injured anyone; most of the patients are immediately conscious of the benefits derived from it.

For example: Dr. Guelpa, in France, and Dr. Allen, in this country, have recently demonstrated the fact that,

in diabetic patients, a short fast will clear up the excess of sugar in the blood, so that the urine no longer shows the characteristic sugar reaction.

I have confirmed this, and, after this fact is acknowledged, it is easy to understand why a fast is so beneficial in other conditions, and clears up other abnormal constituents in the blood indicated by indicaturia, phosphaturia, oxaluria, and bile pigments in the urine.

After the preliminary fast, most patients should be put to bed, and take the milk diet while resting as completely as possible, mentally as well as physically. The results obtained by this method come quicker, are more certain, more permanent; and better every way than they are where patients are allowed to exercise or go about their vocations. In short, it is best to make a regular business of it and allow nothing to interfere.

Milk for an exclusive diet should not be rich in fat. The cream is the least valuable portion of milk for most invalids, and is the most disturbing element where any difficulty occurs in taking it. I prefer Holstein, or similar milk, and use it exclusively in my own practice.

Milk with an excess of butterfat, like that from Jersey cows, can best be used by allowing the milk to stand a few hours, and removing the layer of cream that forms. This first rising of cream contains the largest fat globules, which are the ones most difficult to assimilate. The smallest particles of fat remain longer in the milk, and it is difficult to remove all of them, even with a centrifugal separator, but they are not so detrimental, because on account of their extremely small size, they may be taken directly into the circulation of blood without having to be digested or broken up.

An exclusive milk diet must be taken in quantities that will increase the circulation of blood; a smaller amount will only partially satisfy the needs of the body, will not make the growth that I regard as necessary to overcome

disordered conditions of the system, and will not be sufficient to neutralize the hyperacidity of the stomach which is so common an accompaniment of digestive disturbances, and, finally, the bowels seldom act satisfactorily on a small amount of milk.

In order to give the necessary quantity of milk, it is impossible to limit the number of meals to three or four, or anywhere near that number. Six quarts of milk, the average quantity required, divided in three meals, would be indigestible, except to a powerful stomach of large capacity, which is never found in a chronic invalid.

We must go back to babyhood, the period of frequent, small feedings, and, on account of the acidity and the chronically wrong condition of the adult stomach, we must go even farther, and use smaller amounts, and give more frequently, in order to continuously neutralize the acid, and permit some portion, at least, of the milk to be assimilated, and start up the circulation, and make more blood, and little by little the stomach will improve in its work, until finally it is digesting and assimilating all of the milk.

Fortunately, milk by itself is a material which contains no poison, and the undigested surplus, if there is one, causes no harm, and, if the diet is kept up without intermission, except when sleeping, the bowels soon move naturally, and thenceforth there are no disturbing features to contend with, unless natural reactions occur incident to the revolutionary cure taking place.

There are a number of books on the milk cure, and its modifications, some of which are more apt to confuse than assist the practitioner beginning to use the treatment. Others are really practical, and contain all necessary directions for handling nearly all cases that may be suitable for treatment.

The milk diet treatment, with rest, may be used in the cure of almost all chronic diseases. In my experience with it of over 32 years, I have found the milk cure especially adapted to the treatment of the following diseases,

and I place the names somewhat according to the availability of the cure; those which are commonly the easiest to treat coming first, and the more difficult toward the end of the list:

Anaemia, auto-intoxication, emaciation, dry, sallow skin, poor circulation, subnormal temperature, catarrh, acid stomach, constipation, dyspepsia, indigestion, obesity, colitis, diarrhea, piles, ulcer of the stomach, ulceration of intestines, neuralgia, neuritis, rheumatism, gallstones, Bright's disease, consumption in earlier stages, goiter, hardened arteries, high blood pressure, paralysis, tobacco, morphine and other drug habits, diabetes, pernicious anemia, tubercular kidney, consumption in later stages, leukemia, Addison's disease. Locomotor ataxia can be cured if taken in time, and can be ameliorated even when quite advanced. Paralysis agitans has proved difficult, but the few cases treated have all obtained some benefit. In epilepsy, the results are uncertain, usually unsatisfactory. Other mental diseases, or insanity, I have little experience with.



A Toast to Self-Destruction



Chiropractic Department

Address all communications for this department to its editor
Dr. F. W. COLLINS, D. O., D. C., Ph. C., 122 Roseville Ave., Newark, N. J.

CHIROPRACTIC

By **ARTHUR L. FORSTER, M. D., D. C.**

Secretary of the National School of Chiropractic, Chicago, Illinois.

Of all professional men, physicians are the most prone to adhere tenaciously to the teachings of their preceptors. This has made it possible for a few to become recognized as authorities, and the opinions of the mass of the profession are moulded largely by these authorities. Naturally, this tends to discourage personal investigation along lines of thought alien to medical traditions of the past. Most of us are content to pursue the path of least resistance—the trail that has been blazed by those who preceded us. Not alone that, but one who does attempt to swerve from this path is frowned upon as a heretic. Frequently he is not even accorded an opportunity to demonstrate the results of any personal investigations he has made. For corroboration of this statement consider the years that passed before hydrotherapy and electricity were recognized as useful and legitimate therapeutic agents.

But the opposition encountered by these systems has been nothing compared to that which has been met by the science of Chiropractic. And it must be admitted that the medical profession had good and sufficient reason for looking with disfavor upon this therapy and its votaries. Why? Simply because the claims made by its originators were exaggerated and unfounded. When the first chiropractors witnessed the splendid results which they achieved in many cases, they became over-enthusiastic, and permitted themselves to believe that they were in possession of a curative measure ap-

plicable in all diseases. Had they been more conservative and made no claims for their therapy except where based upon the results obtained in, let us say, a thousand cases, the story would doubtless have been different. Furthermore, chiropractic principles were originally propounded by men of very limited education along kindred lines, and who, while their basic reasoning was correct, made other erroneous statements in connection therewith which precluded the possibility of recognition from men versed in the science of disease. It is possible that had these same views been advanced originally by men of superior intelligence and attainments, speedy recognition of vertebral subluxations as a possible factor in the production of disease would have been accorded them.

And yet, the medical profession has committed one grave error in respect to Chiropractic, or as it might better be termed, Spinal Adjustment. Instead of condemning this new therapy in its entirety, the medical world should have thoroughly investigated it with a view to ascertaining any good that there might be in it. The profession has failed to give this field of thought the slightest attention. Men who have not spent one moment's serious consideration of the subject of spinal adjustment, deny that there is any truth or logic in the claims made by its advocates. On the contrary, those who do give this subject serious thought and study, become convinced of the soundness of its theoretical basis.

My work in Chiropractic dates from

the time that I became connected with the National School of Chiropractic of Chicago, in the capacity of medical director. At this time I looked upon Chiropractic in the same way that other physicians do. My hospital service and four years in private practice had naturally blighted some of my ideals, just as they do for us all. I had come

whom I was unable to benefit by any of the measures at my command. After trying everything, the patient's husband advised me that he was going to try Chiropractic. I advised him against it, because I had heard other physicians say that it was a fraud. Personally, I did not have the slightest idea what Chiropractic was. I merely



Fig. 1. Palpation of the Cervical Vertebrae

to expect to fail in a certain class of cases, but still argued that nothing else could succeed where medicine failed. I, therefore, had no faith in Chiropractic, or any other therapy which did not conform strictly to medical standards. Early in my practice I had a patient

blindly and ignorantly repeated what others had said, who knew as little about the subject as I did.

My first afternoon in the clinics of the National School of Chiropractic of Chicago opened my eyes. I saw one patient who came in complaining of a

headache, go away five minutes later, relieved. I saw another who came in with the aid of crutches, suffering from lumbago and sciatica, leave with his crutches under his arm. I heard another, who had been constipated for forty years, say that he now has regular evacuations. I saw an epileptic who had not had a paroxysm since he commenced the treatments, five months before.

Was I convinced? Certainly not. It takes even more than that to convince a prejudiced, dyed-in-the-wool physician. But later, when I learned to use Spinal Adjustment myself, when I saw the results under my own hands, I began to realize.

Having become convinced of the clinical merits of Spinal Adjustment, I devoted myself to a thorough study of the subject. I studied the body from a mechanical viewpoint. I went deeply into the study of the spinal column, especially with reference to the possibility and probability of vertebral subluxations. To do this it was necessary to become more familiar with physics and mechanics as applied to the shape, placement and mobility of the spine. Original dissections were made to ascertain the existence of subluxations post mortem. Comparative studies of the spines of man and of the lower animals were then made. I studied the anatomy of the nervous system, especially the sympathetic nerve. The physiology of the nervous system was my next field, theoretically and experimentally, with especial reference to the nature of the nerve-impulse, the conduction process, and the influence of the sympathetic nervous system on the structural integrity and functional activity of every part, organ and system of the body.

The results of a year's careful and systematic study were to convince me that vertebral subluxations can and do occur. Furthermore, that the displaced margins of the intervertebral foramen of the involved vertebra produced sufficient pressure upon the spinal nerve and sympathetic rami to

block the conduction of impulses at that point. Lastly, that the withdrawal of innervation from a part, produced in this way, was a factor in the production of disease. Clinically, it has been made evident to me that adjustment of such subluxated vertebrae is an undoubted remedial agent in a large number of conditions.

Let me give a brief outline of some of the results of these investigations, which have demonstrated that the theory of Chiropractic is based upon scientific facts, and that it is of proven clinical value.

Chiropractic is founded on the theory that vertebrae may become subluxated, that is to say, that a slight displacement of their opposing articular surfaces may occur. As a consequence of this subluxation, there is produced an impingement of the nerves which pass through the intervertebral foramen corresponding to the vertebrae involved in the displacement. The pressure upon the nerve blocks the conduction of impulses at this point, and the organ supplied by those nerves does not receive its full quota of innervation. Since the functional activity and organic integrity of all parts depend upon their innervation, withdrawal of all or a portion of this nerve-supply constitutes a predisposing cause of disease.

The correctness of this theorem naturally hinges upon satisfactory and scientific answers to three important questions, to wit: (1) Do subluxations actually occur? (2) Is enough pressure exercised to block impulses? (3) Will withdrawal of innervation produce disease?

Anatomists have taught for years that displacements of the vertebrae, in the absence of fracture, are practically impossible. These views have been accepted as final, and no personal investigations have been made which might have previously overthrown this opinion. In fact, there has been displayed an entire unwillingness to even consider the subject. Medical students are not required to make dissections of the spine; practitioners have only a

general conception of the vertebral column, and these minor lesions of the vertebrae have, therefore, gone unrecognized.

There are three chief reasons why subluxations of the vertebrae have hitherto been regarded as impossible by those who have not investigated this subject: (a) The fact that the vertebrae are surrounded and held in position by numerous ligaments, the natural tendency of which is to bind the vertebrae so firmly in place that any movement beyond that essential to the normal mobility of the spine as a whole is impossible; (b) The configuration and placement of the articular processes; (c) Failure to discriminate between a subluxation and a dislocation.

Let us briefly consider each of these objections and see wherein they fail to disprove the possibility of vertebral subluxations.

Superficially considered, the view that the strength of the ligaments surrounding the vertebrae makes subluxations impossible seems plausible enough. But we must bear in mind that the ligaments on each side are homologous, and that conditions are not always the same on both sides of a vertebra. Were the ligaments inanimate and unyielding bands, never changing, and always of the same degree of contractile tonicity on each side, displacements of the vertebrae would certainly be impossible. But such a state does not obtain. These ligaments are vital structures, constantly changing, now contracted and again relaxed. Very often the ligaments of one side are more contracted than those of the other side, as a result of external or reflex irritation. This imbalanced tonicity of the ligaments naturally would tend to draw the vertebra with which they are connected toward that side on which the contraction exists. Were the ligaments of each side equally contracted, there would be a perfectly balanced condition, and displacements of the vertebrae would be impossible. It is

because of the frequent lack of such a balanced state, however, that subluxations are made possible.

We said that contraction of ligaments is due to external or reflex irritation. As examples of external irritation in this sense, the following may be cited: Cold air striking the surface of the body causes the tiny muscles surrounding the pores of the skin to contract. Striking the biceps muscle and noting the local contraction at the exact spot struck, also illustrates muscular contraction due to external irritation. As an example of reflex irritation acting to produce muscular contraction, the spasm of the musculature of the intestine produced by the presence of gas may be noted. These same principles are found applicable to the spinal muscles and ligaments.

The musculature of each segment of the spinal column is supplied by outgoing nerve-fibres in the posterior division of the corresponding spinal nerve. In every reflex act that takes place in this segment of the spinal cord, the outgoing impulse passes to this branch of the spinal nerve. When the peripheral stimulus which excites the reflex act is applied on one side of the median plane, the responses first appear in the muscles of the same side; and if the stimulus is slight, they may appear only on that side. The incoming impulses are, therefore, first and most effectively distributed to the efferent cells located on the same side of the cord that these impulses enter. In the peripheral nervous system the impulse, when once started in a fibre or axone, is confined to that track, and does not diffuse to other fibres running parallel with it, but it does extend to all the branches of that axone, whatever their distribution. As a result of this physiological fact, the first response to the outgoing impulse of a reflex act will be a contraction of the muscles and ligaments of the spine on the side that the ingoing impulse entered the cord. This is true for the reason that these ligaments are supplied by the efferent fibres in the posterior division of the spinal nerve,

which is the first branch given off by the spinal nerve.

Physiologically, a muscle that is repeatedly stimulated by nerve impulses finally reaches a state of tetanic contraction. That is to say, if the impulses are continuous, the muscle finally remains in a permanently contracted condition. If, therefore, a cer-

ments and cartilage by virtue of which they possess their function of holding parts in position, and permitting of a definite degree of movement between these parts, is their elasticity. Consequently, it is the measure of elasticity of the spinal ligaments which determines the degree of movement of the vertebrae which they hold in apposi-

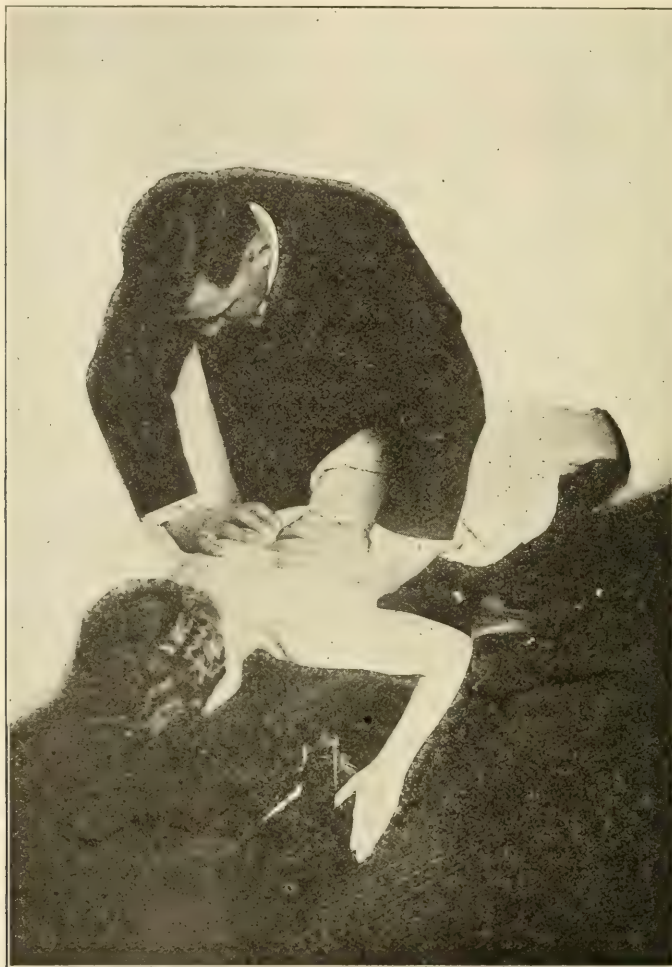


Fig. 2. Palpation of the Dorsal Vertebrae

tain segment of the spine is the seat of a continuous succession of reflex acts, the ligaments in that vicinity will become contracted on one side, and the vertebra drawn toward that side.

Again, that property of the liga-

tion. When any material is stretched beyond the limit of its elasticity by any force, it will not return to its original condition when the force is removed. This physical axiom, when applied to the spinal ligaments, means simply this: When, as explained above,

the several ligaments on one side of a vertebra are contracted, the vertebra is drawn toward that side. At the same time, the ligaments on the other side are stretched beyond the limit of their elasticity, and do not return to their former position, even when the force is removed. As a consequence, the contracted ligament remains in its contracted condition, and the displacement of the vertebra becomes fixed. The same principles apply to the intervertebral discs. If these cartilages are compressed beyond their limit of elasticity, they fail to resume their former shape when the force is removed, but remain set.

To go into a detailed discussion of the various external and reflex causes of subluxations would be impossible in the space allotted. Suffice it to say, that every force, and by that term is included everything connected with our environment, has its influence upon the spine, which is the central axis, or, as it has been termed, the "line-shaft" of the body. Every jar, fall, twist, jolt, etc., to which the body is subjected, if it is excessive, and overcomes the elasticity of the intervertebral discs and the tonicity of the ligaments, will produce a subluxation.

The most common external causes of vertebral subluxations are, therefore, occupation, habits, injuries, age, and exhaustion. The reflex causes of subluxations are any and all irritations of the peripheral nerve-endings which produce a succession of reflex acts as described above. These forms of irritation include a great variety of conditions, and are present so frequently that the ligaments of one or more spinal segments may always be found in a state of unbalanced contraction. If this contraction on one side is continuous, the corresponding vertebra must inevitably be drawn toward that side. I think that the above conclusions are sufficient evidence that although the ligaments of the spine are strong enough to hold the vertebrae in their proper position, still, if the potential strength of the ligaments of one side be increased by a contracted condition,

the vertebra will be drawn toward that side.

The second of the reasons adduced by past authorities for the impossibility of subluxations, namely, the nature of the surface and placement of the articular surfaces, is based upon a comparison with the vertebrae of animals and a study of the articular processes of the vertebrae of the human spine.

Viewed from a purely mechanical standpoint, the error in these conclusions becomes at once apparent. Any mechanic on studying the joints of the spine will tell you that it is constructed for the horizontal and not the vertical position. Look, for example, at a group of dorsal vertebrae and you will see at a glance how comparatively impossible it would be for a subluxation to occur with these vertebrae held horizontally, and how easily they may be misplaced when held vertically. The upshot of the whole matter is simply that the spine is used as a column, while it was constructed for a beam.

This I consider one of the most convincing and conclusive arguments in favor of the existence of subluxations. If we admit that some other diseases and conditions are due to the fact that man assumes the erect posture, we have no reason for denying that an incorrect position of the spine will tend to produce abnormalities there. For example, a study of the points of attachment of the uterine ligaments shows unmistakably that these ligaments hold the uterus in position properly only when the body is in the horizontal position. These "guy-ropes" were placed by nature with the horizontal, and not the vertical, position in view. Why is antelexion so common in young women? Why does retroversion usually follow pregnancy? Why are operations on the uterine ligaments for malposition so uniformly unsuccessful? Simply because of the mechanical imperfections which exist. If the above hypothesis is true, then it is equally applicable to the vertebral column. When a beam is made to serve the purpose of a column, slight separation of its component parts is

likely to occur. The articular surfaces are so shaped and placed that they will not permit of subluxations when the spine is in the horizontal position, but they do not lock perfectly when the spine is in the vertical position.

It may be questioned by some: If the spine is constructed for the horizontal position, what is the need of the intervertebral cartilaginous discs which are considered to exist for the purpose of preventing jars of the vertebral column? Furthermore, if they were formed since the spine has been maintained in the upright position, why have not the articular processes also had time to change to meet the changed requirements put upon them? This is readily answered. The discs have always been present in man, as they exist in the spines of all mammals, but their chief purpose is not to prevent jarring of the column. Their principal function is that of cartilage lining any joint, namely, to afford a smooth surface, prevent friction, and protect the bone.

The human spine has been compared with that of the cat by some writers. But such comparisons are misleading. In the cat the articulations between the vertebrae permit of the greatest flexibility and mobility, not only of the spine as a whole, but also of the individual vertebrae. In man, on the contrary, while the spine as a whole is comparatively flexible, movement between any two vertebrae is very much restricted. It is evident, therefore, that in the cat slight displacements are automatically rectified, while in man they tend to persist. Comparison of the spine of man with that of the cat thus leads to erroneous conclusions.

The third reason that subluxations of the vertebrae have been discredited is the failure of the profession to discriminate between the terms "Subluxation" and "Dislocation." When the word "subluxation" of vertebrae is used, it is meant to convey the idea that a slight change in the relative position of a vertebra to the contiguous surfaces of the vertebra above and the one below it has occurred. That is to

say, instead of the entire surface area of a vertebra being approximated, with die-like precision and accuracy, to its fellows above and below it, it is slightly shifted from this position. There has simply been a shifting in the position of one vertebra upon another, and the greater portion of the surface areas of the two vertebrae still oppose each other.

It is freely conceded that complete disarticulation of a vertebra is practically impossible without coincident fracture. Chiropractic, however, does not deal with luxations, but with subluxations.

In concluding my answers to the first question, "Do subluxations actually occur?" permit me to add that I have personally made dissections of the human cadaver, and have found and photographed undoubted displacements of vertebrae in the spines of these cadavers. I realize that reproductions of these photographs would greatly enhance the value of this article, but space forbids their insertion. Cuts of these are contained in my work "Spinal Adjustment," and may be seen there by those sufficiently interested.

Not only post-mortem, but also in the living subject can subluxations be visually demonstrated. Thus on viewing the spine, we may see one spinous process not in line with the others; but after application of the proper thrust, it will be noted that this spinous process is in perfect alignment with the others. This one fact should convince those who believe only what their eyes can see.

Subluxations can also easily be palpated by those trained for this work. By this means it can readily be demonstrated that conditions which existed before the adjustment of a vertebra supposedly displaced do not obtain afterward.

Finally, the most valuable evidence of all in support of the existence of subluxations is the fact that, following adjustment of a subluxated vertebra, abnormal conditions disappear.

These are some of the most salient points in corroboration of the theory

that subluxations of vertebrae may occur. They have served to convince me, and I cannot see how anyone who views the matter with an open and unprejudiced mind can deny that these conclusions are correct.

Let us now pass to a consideration of the second question, "Is enough pressure exercised to block impulses?"

these subluxations actually produce sufficient impingement of the nerves to block impulses? As stated at the commencement of this article, I made many investigations into this phase of the subject, with the result that I became convinced that a subluxated vertebra could produce sufficient pressure upon the nerves to impair their power of



Fig. 3. A Hold for Correction of Lumbar Subluxations

During the early days of my investigation of Chiropractic theories, and my effort to make them square with scientific facts, this question presented a much more knotty problem than the first. I had become convinced that subluxations are not myths. But, did

conductivity. Let me cite a few of the more important findings in support of this theory which I have worked out.

When displacement of a vertebra occurs, the lumen of the intervertebral foramen must, of necessity, be encroached upon by its displaced mar-

gins, and its opening narrowed. This rests upon the physical axiom that any movement toward the center of an opening of its boundaries will diminish its area. Further, whatever is contained in a space so diminished in area is either compressed or displaced. If it is softer than the parts pressing upon it, compression will occur. This is what takes place in vertebral subluxations, where the intervertebral foramen is narrow and where hard bone presses upon soft nerves, blood-vessels and lymphatics.

The intervertebral foramen of the adult human spine is from $1/6$ to $1/4$ inch in diameter, in the living state. The spinal nerve measures $1/12$ inch at its narrowest point, and $1/6$ inch at its widest point. It is placed in such a position that it does not come into actual contact with the bony boundary of the foramen at any point. But it can be demonstrated mathematically that its farthest distance from the wall of the foramen is only $1/8$ of an inch, while only $1/32$ of an inch intervenes between it and the wall of the foramen at the point where it lies nearest the bone. These figures do not apply to microscopic sections, with the cartilage shrivelled, the bone dried out, and the blood-vessels and lymphatics empty, but to actual conditions in the living subject. When we consider that, in addition to the spinal nerve, the intervertebral foramen contains blood-vessels, lymphatics, fat and fibrous tissue, it becomes apparent that not much movement of a vertebra in any direction, is required to produce sufficient pressure upon the spinal nerve to seriously impair its power of conductivity.

It has been stated by some that empty spaces exist in the intervertebral foramen, as shown in microscopic sections. This is, however, incorrect both from an anatomical and a physical standpoint. In the first place, Nature tolerates no vacant spaces in the body, and no cavity, canal or foramen is larger than that required for holding the structures which it contains. Thus the intervertebral foramen is

also only of sufficient size to contain the vessels and nerves which it transmits, and no space is wasted. What, then, do the vacant spaces seen under the microscope contain when the foramen is in situ? Distended blood-vessels and lymphatics, fat, fibrous tissue and cartilage filled with blood. That the nerve is surrounded by these soft structures affords it no protection, for it must be borne in mind that the pressure which is present is that of hard bone on soft tissues.

Having determined that pressure upon the nerves occurs when a vertebra is subluxated, it now becomes necessary to ascertain if pressure of this kind will block impulses. Various experiments have been made which show that a nerve, when subjected to slight pressure, will not conduct impulses; and, in the same experiment, as soon as the pressure is removed, it again conducts impulses. Probably the best of these experiments was the following: The sciatic nerve and gastrocnemius muscle of a frog are dissected out and connected with an electric current. When the nerve is stimulated by the current, the muscle contracts. If, now, pressure is made on the nerve, the muscular contractions cease. As soon as the pressure is removed, the muscle again contracts. Since the contractions of the muscle are dependent upon the nervous stimuli which it receives, it follows that cessation of these contractions must have been due to the blocking of these impulses by the pressure on the nerve.

This experiment demonstrated another important fact, namely, that sufficient pressure may be applied to a nerve to prevent it from transmitting impulses without injuring the nerve itself.

The effect of pressure to lessen the conduction power of nerves is one which everyone may demonstrate upon himself. For example, if pressure be brought to bear on the ulnar nerve where it crosses the elbow, the region supplied by the nerve becomes numb, "goes to sleep," as it were. In like manner, an organ when deprived of its

innervation "goes to sleep," and fails to perform its function.

Now, it would obviously be impossible to test experimentally the effect of pressure on a nerve by a subluxated vertebra. But, having ascertained that pressure on a nerve will impair its conductivity without injuring it, we certainly have a right to conclude that

must have been due to the subluxation, or no good effects would have followed the adjustment. This brings us to a consideration of the third question, namely, "Will withdrawal of innervation produce disease?"

First of all, let us consider the influence that nerves play in the normal processes of the anatomy. The func-

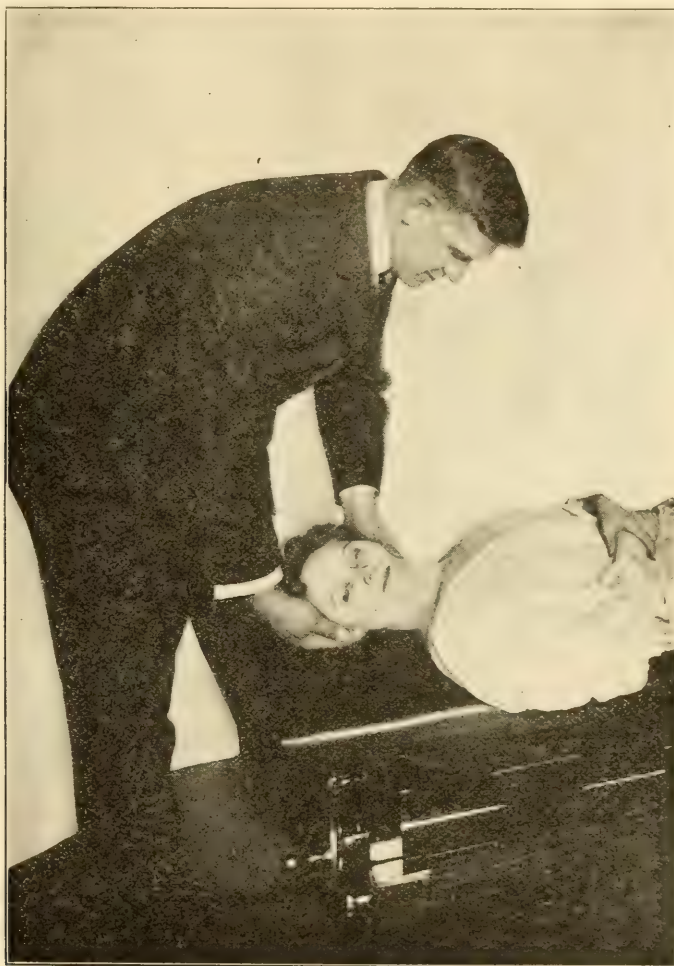


Fig. 4. A Hold for Correction of Cervical Subluxations

similar pressure in a subluxation will produce a like result. There is one way to prove that this is true, and that is by observing the effects of subluxations clinically. If a patient's ailments are relieved by adjustment of a subluxation, such disorders evidently

tional activity and organic integrity of every part, organ and system of the body are dependent upon proper innervation. The medium through which this state of perfect equilibrium is maintained is the sympathetic nervous system. This portion of the ner-

vous system is the mechanism which governs every unconscious act of the body. The impulses travel either toward the central system, or from it. By means of the efferent impulses, the proper relationship of all parts of the body, individually and collectively, to their environment, is maintained. The functional activity of all parts of the body is made possible by the efferent impulses. These pass outward in a constant stream, as shown by the fact that the muscles are in a state of slight contraction or tonus at all times.

We know that the functional elements of nearly all parts of the body consist of tubes and tubules. This is especially true of the gastro-intestinal, circulatory and genito-urinary systems, and of the secreting glands, notably the liver. The middle coat of these tubes and tubules consists of involuntary muscle fibres which are governed by the sympathetic nerve. The impulses which regulate the activity of these parts pass from the spinal nerve to the white rami, thence to the ganglia of the gangliated cord, and from there to the plexuses in connection with the various parts of the body. Hence, if the impulses are blocked at the intervertebral foramen, they never reach their destination, and the parts will suffer.

Another evidence that innervation controls function, and that without proper nerve-supply proper function is impossible is this: Authorities are all

agreed that the amount of nerve influence generated by the brain must always be commensurate with the amount of work required of the parts. This is excellently illustrated by the following: We have the power of determining before an act is undertaken the amount of nervous influence which is necessary for the performance of that act. Thus, when we lift a vessel, the force which we employ in lifting it depends upon the idea which we have formed of its contents, when we are not certain what it contains. If it should contain something much lighter than we had estimated, useless force would be expended, and it would be lifted with exceptional ease; but if it should contain something much heavier than we had anticipated, we would very likely drop it, because insufficient force was expended to accomplish the end desired.

Just as the response of the muscles is proportionate to the amount of nerve-force received by them, so also are the activities of all parts of the body dependent upon the amount of nerve-impulses which they receive. If, therefore, anything prevents the conduction of these necessary impulses to any part of the body, that part will not perform its function properly, or it will suffer organic changes.

We can learn from Nature herself whether pressure upon the nerves passing through the intervertebral foramina is fraught with danger. That she recognizes the importance of maintaining the normal calibre of the intervertebral foramina, she demonstrates in numerous ways. For example, examination of spines, post mortem, shows how exostoses formed during life are so arranged that they will protect the intervertebral foramina from becoming occluded. Again, in old age, when the spine becomes settled and the discs thinned, with possibility of closure of the intervertebral foramina, Nature recognizes this danger; the spine bends backward, the back parts of the vertebrae are thrown apart, and closure of the foramina is thus prevented.



House cleaning

THE ANATOMICAL BASIS OF CHIROPRACTIC

By WILLIAM CHARLES SCHULZE, M. D., D. C.

Dean of the National School of Chiropractic, Chicago, Ill.

Chiropractic is founded on the theory that vertebrae may become subluxated, that is to say, that a slight displacement of their opposing articular surfaces may occur. As a consequence of this subluxation, there is produced an impingement upon the nerves which pass through the intervertebral foramen corresponding to the vertebrae involved in the displacement. This impingement is a direct result of the pressure produced by the altered position of the margins of the intervertebral foramen.

It is unnecessary for me to go further into the anatomy of the parts involved than to recall that the intervertebral foramen is bounded above and below by the pedicles, posteriorly by the articular process, and anteriorly by the body and intervertebral disc.

Since the anterior surface of the articular process constitutes the posterior wall of the intervertebral foramen, it can be easily understood how the slightest forward displacement of a vertebra would cause the articular process to encroach on the antero-posterior diameter of the intervertebral foramen, and press upon the spinal nerve at that point.

In like manner, since the pedicles form the upper and lower walls of the intervertebral foramen, it is at once apparent how an upward or downward displacement of a vertebra would cause the pedicles to encroach on the vertical diameter of the foramen. In such a case, the spinal nerve is pressed upon by the pedicles, either the lower or the upper one, as the displacement is either upward or downward.

Lastly, since the body of the vertebra forms the anterior wall of the intervertebral foramen, it is clear that a backward displacement of a vertebra would result in the posterior surface of the body encroaching on the antero-posterior diameter of the foramen, and press upon the spinal nerve.

Now, the intervertebral foramen must not be looked upon as a circular opening with a nerve passing through its center. On the contrary, it is entirely occupied by the structures which pass through it. Nature wastes no space, and no cavity or foramen in the entire body is larger than is required for the holding of the structures which it contains or transmits. Thus the intervertebral foramen is only of sufficient size to contain the vessels and nerves which it transmits, and a decrease in the size of the foramen results in a diminution of the space required by the nerves for the exercise of their normal function.

That part of the vertebra which is displaced and encroaches upon the diameter of the foramen, presses upon the spinal nerve. It must be borne in mind that this theory disproves itself, for conditions are not always equal. Were the ligaments unyielding, inanimate bands, never changing, and always of the same degree of contraction on each side of the vertebral column, any displacement of the vertebrae sufficient to produce serious consequences would be impossible. But these ligaments are vital structures, constantly changing, now contracted and again relaxed. At times, the ligaments on one side are more contracted than those of the opposite side, as a result of external or reflex irritation. This would naturally tend to draw the vertebra with which these ligaments are connected toward the side on which the contracted condition of the ligaments exists. Were the ligaments of each side equally contracted, there would be a perfectly balanced condition, and displacements of the vertebrae would be impossible. It is because of this lack of balance that subluxations may be produced, and it is this contingency which anatomists have failed to take into consideration. As examples of the production of contraction of muscles by irritation, the

following may be cited: Cold air striking the surface of the body causes the tiny muscles surrounding the pores of the skin to contract. Striking the biceps muscles a quick blow and noting the local contraction at the exact spot struck also illustrates the production of muscular contraction by irritation. These are both examples of external irritation. As an example of reflex irritation acting to produce muscular contraction, the spasmodic contraction of the musculature of the intestine produced by the presence of gas may be noted.

These same principles may be applied to the muscles and ligaments of the spine.

The musculature of each segment of the spinal column is supplied by outgoing nerve-fibres in the posterior division of the corresponding spinal nerve. In a reflex act, the outgoing impulse passes to this branch of the spinal nerve. When the stimulus at the periphery, which excites the reflex act, is applied on one side of the median plane, the responses first appear in the muscles of the same side; and if the stimulus is slight, they may appear on that side only. The incoming impulses are therefore first and most effectively distributed to the efferent cells located on the same side of the cord as that on which these impulses enter. In the peripheral system, the nerve-impulse, when once started within a fibre or axone, is confined to that track, and does not diffuse to other fibres running parallel with it, but it does extend to all the branches of that axone, whatever their distribution. As a result of this physiological fact, the first response to the outgoing impulse of a reflex act will be a contraction of the muscles and ligaments of the spine on the side at which the ingoing impulse entered the cord, since these muscles and ligaments are supplied by the efferent fibres in the posterior division of the spinal nerve, which is the first branch given off from the spinal nerve.

Physiologically, a muscle that is repeatedly stimulated by nerve-impulses

finally reaches a state of tetanic contraction; that is to say, if the impulses are continuous, the muscle finally remains in a permanently contracted condition. We know that the act of defecation is reflexly produced as a result of efferent nerve-impulses to the muscles of the bowel. These efferent impulses are first excited in the cord in response to afferent impulses from the bowel, produced by stimulation of the nerve-endings in its walls by the presence of feces. Since the efferent impulses extend to all the branches of the efferent nerve, each such outgoing impulse also produces a slight contraction of the muscle in that segment of the spine, and on the same side on which the ingoing impulses entered.

Reflex action is constantly going on, and, therefore, the musculature of different segments of the spine is seldom in a state of balanced contraction on each side. If this contraction on the one side is continuous, the corresponding vertebra must inevitably be drawn toward that side. We find, therefore, that although the ligaments of the spine are strong enough to hold the vertebrae in proper position, if the potential strength of one side be increased by contraction of the ligaments, the vertebra will be drawn to that side.

As to the second of the reasons adduced for the impossibility of subluxation of the vertebrae, namely, the configuration of the articular processes, this opinion is based on comparison with animals and a study of the surfaces of the articular processes in the human spine.

Studied from a purely mechanical viewpoint, the error in these conclusions becomes at once apparent. First of all, not only are the articular processes in quadrupeds constructed differently from those in man, they are also placed in a different plane; that is to say, they are placed in a horizontal position in animals, while in man they are in a vertical position.

Let us take for example the dorsal vertebrae. By studying a group of these vertebrae, it may be seen at a

glance how comparatively impossible it would be for a subluxation to occur there, while the body is in the horizontal position, and how easily possible it is for the subluxation to occur with the body in the vertical position.

The human spine has been compared with that of a cat to show that subluxations are impossible, owing to the shape and placement of the articular processes. The human spine and that of the cat are, however, very different. In the cat, the articulations between the vertebrae permit of the greatest flexibility, there is great freedom of movement, not alone of the spine as a whole, but also of the individual vertebrae with each other. In man, on the contrary, while the spine, as a whole, is comparatively flexible, movement between any two vertebrae is very much restricted. As a result of this difference in the mobility of one vertebra upon the other, it is evident that, when a slight displacement of one vertebra upon another is brought about in a cat, it is at once rectified, while in man it tends to persist. Many diseases peculiar to the human being have been proven, beyond doubt, to be dependent upon the fact that during our waking hours we assume the vertical posture. Consider, for example, hemorrhoids and malpositions of the uterus. The same hypothesis can be applied with equal reason to the vertebral column, since a study of its construction from a mechanical standpoint, shows clearly that it is originally designed for a horizontal position and not for the vertical. Consequently, when the vertebral column is placed in the vertical position—when a “beam” becomes a “column”—slight separation of its component parts is likely to occur.

It may be questioned by some: If the spine is constructed for the horizontal position, what is the need of the intervertebral cartilaginous discs, which are considered to exist for the purpose of preventing jars to the vertebral column? Furthermore, if they were formed since the spine has assumed an upright position, why have

not the articular processes also had time to change to meet the changed requirements put upon them? This can be answered very readily, by calling attention to the fact that the discs are far from being merely for the purpose of preventing jarring of the spinal column. Their important function is this: Were there no cartilage interposed between the bodies of the vertebrae, the slight movement between the bare bone would soon cause the bones to wear away. It has its counterpart in all joints (and the vertebral articulations are joints) which are lined with cartilage.

The next question that naturally arises is: Does the displacement of the vertebrae produce pressure upon the structures passing through the intervertebral foramen? It must be remembered that it requires very little pressure upon a nerve to destroy its power of conductivity, and that is all that is required to disturb the function of the parts which that nerve supplies.

That Nature recognizes the tremendous importance of maintaining the normal calibre of the intervertebral foramina, she demonstrates in numerous ways. For example, examination of spines in osteological collections of the National School of Chiropractic shows how the exostoses, where present, are so arranged that they protect the intervertebral foramen from becoming completely occluded, as the vertebrae collapse. Again, in old age, when settling of the spine occurs, and there comes the danger of complete closure of the intervertebral foramina, nature recognizes this danger, and the spine becomes bent forward, and the back parts of the vertebrae are thrown apart to prevent this contingency.

It is a strange fact that medical students are required to make a minute dissection of the peripheral nervous system to the minutest branches of the nerves, but a dissection of the spine is not required. It has remained for the students of spinal adjustment to do this, and the spinal findings, post mortem, reveal the truth of the existence of displacements of the vertebrae.

The accompanying illustrations are reproductions of photographs taken of a cadaver in process of dissection in the anatomical laboratory of the National School of Chiropractic of Chicago. These illustrations show several important things: First, that subluxations really exist; second, that sufficient displacement of the verte-

brae is present to occasion pressure upon the structures passing through the intervertebral foramina; and third, that these subluxations may be detected by palpation of the surface of the back.

These figures prove beyond any successful denial that displacements of the vertebrae, without fracture, are not

only possible, but actually do exist. These photographic reproductions, while showing the actual narrowing of the intervertebral foramina, cannot show the compression of the vessels and nerves, as witnessed directly on the cadaver. Another interesting fact brought out in the cadaver was the ease with which the handle of the scalpel could be introduced into the foramina corresponding to vertebrae which were not subluxated, and the impossibility of introducing it into those foramina whose component vertebrae were displaced.

It might be stated that there were present at the dissection of the cadaver which revealed these findings, some who had more or less misgivings relative

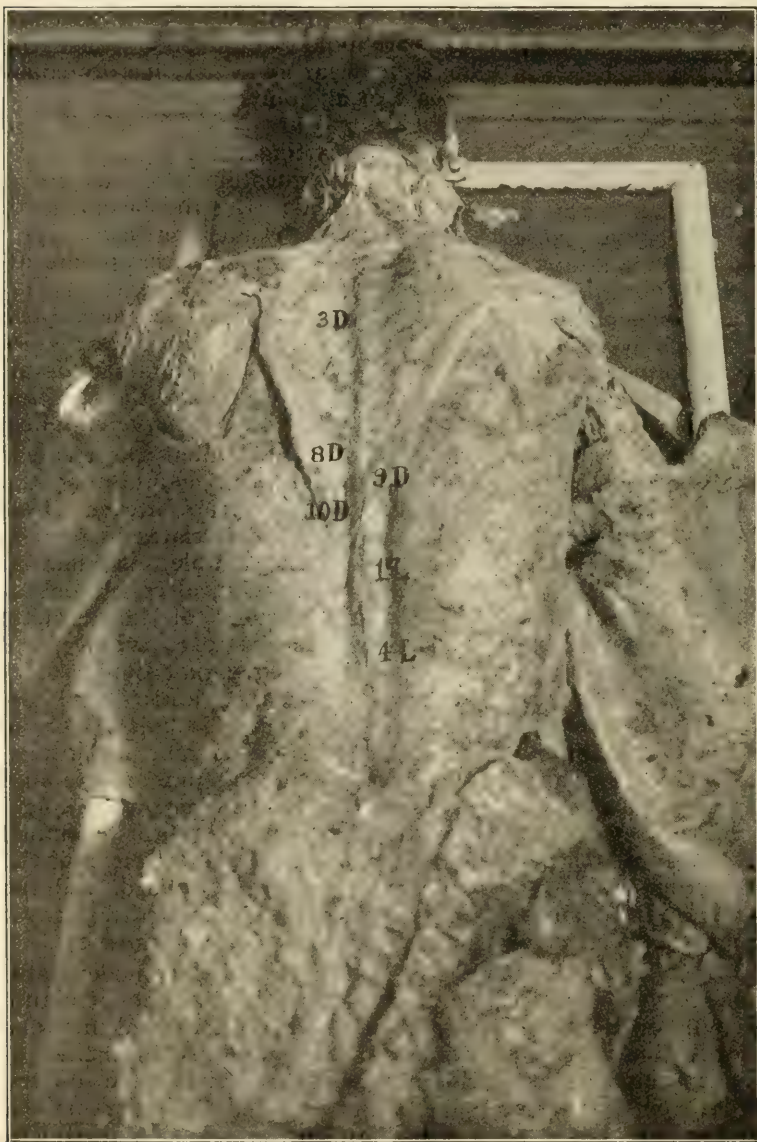


Fig. 1:—The back with skin and superficial fascia removed. The position of the spinous processes is somewhat evident on inspection, and they were readily palpable.

to the actual existence of vertebral subluxations. No one, however, could deny the truth of what his eyes witnessed.

The third reason that subluxations are not considered possible by some investigators is that they have not, in the first place, looked into this subject thoroughly enough; and secondly, that they have failed to discriminate between the terms subluxation and dislocation, which are entirely dissimilar.

It is true that major lesions of the spine have received proper attention. But the possibility of the existence of minor injuries of the spine has never been thoroughly investigated, until the results achieved by spinal adjustment have made it plain that minor spinal lesions are exceedingly common, and are followed by the most serious consequences in many instances. We all know that the organic integrity and functional activity of every part of the body depend upon proper innervation. The location at which interference with nerve function is most likely to occur, is naturally there where the nerves are most subject to

injury. Such a location the intervertebral foramina admirably furnish, for the nerves pass between movable bones which may become displaced, and subject the nerves to pressure. This being true, the vertebral column becomes the most important division of the body. Yet it has received less study than any other portion, at least

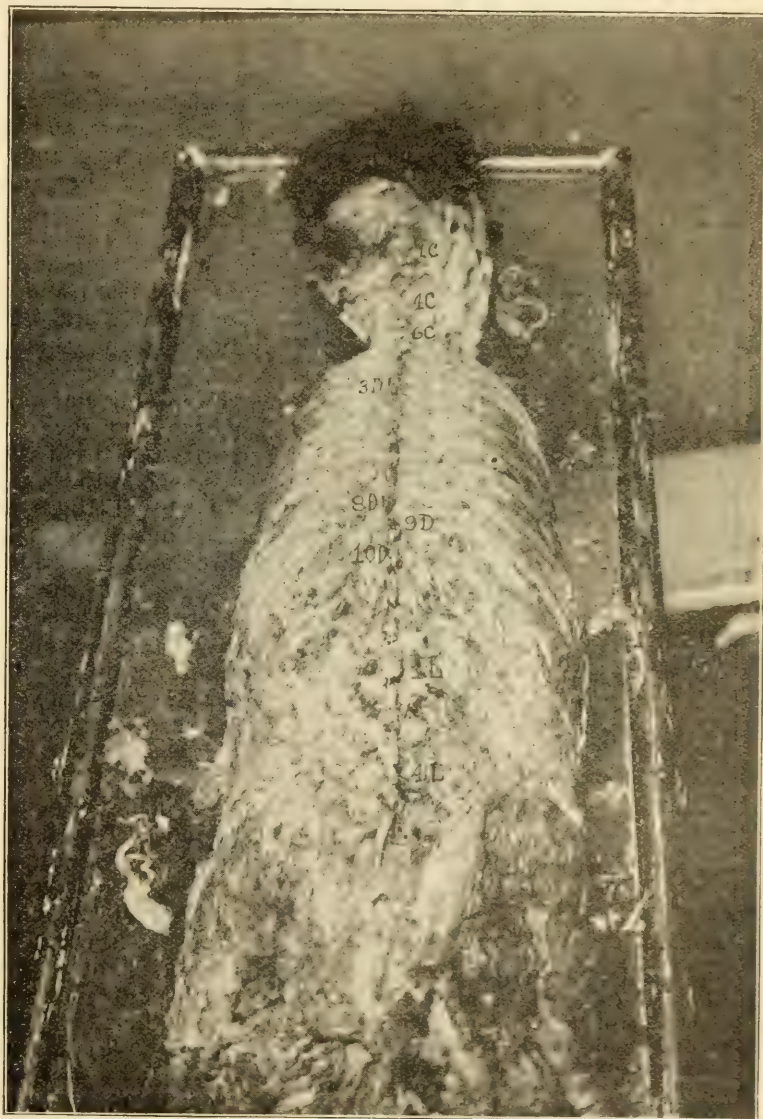


Fig. 2.—The back with the fourth layer of muscles removed, and the fifth layer exposed. The spinous processes are entirely uncovered by muscles and ligaments and stand out very prominently.

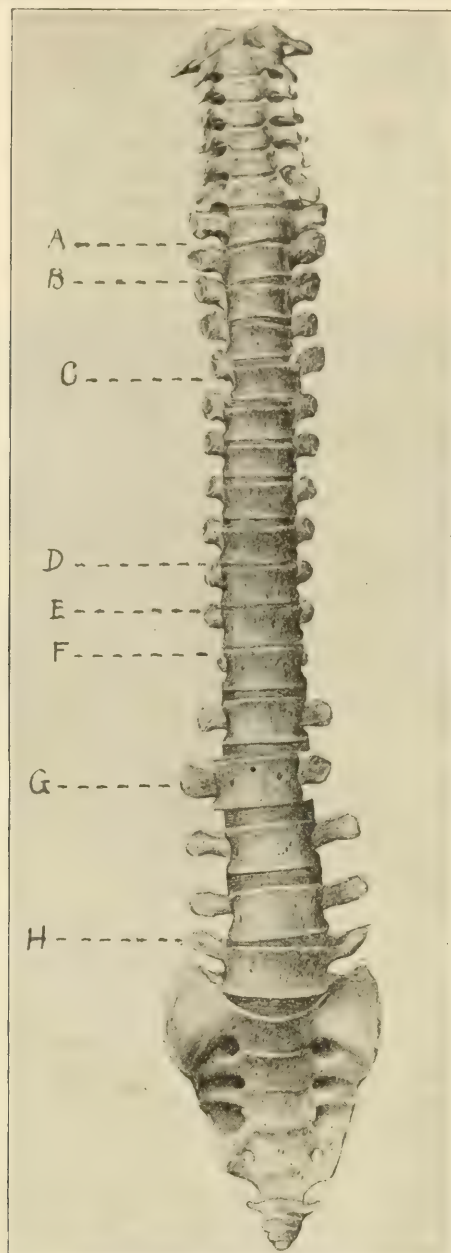


Fig. 3.—ANTERIOR ASPECT OF SPINE. (A & B)—Compression of the right side of the discs between the first, second and third Dorsal Vertebrae with approximation of these vertebrae on that side and narrowing of the intervertebral foramina. (C)—Lateral displacement of the fifth Dorsal Vertebra to the left. (D, E, F)—Compression of the anterior portion of the discs between the ninth, tenth, eleventh and

from a mechanical viewpoint, and the body should be studied from that viewpoint, since it is in reality a piece of mechanism.

Ordinarily when the word subluxation is mentioned, the reader at once pictures to himself a disarticulation of the vertebrae, and since it really is impossible for a complete disarticulation of a vertebra to occur without fracture, he discredits the possibility of a subluxation. This is, however, the wrong construction of the term, since a subluxation is not a complete disarticulation of a vertebra from the vertebrae above and below it. It is simply a slight change in the relative position of the contiguous vertebrae above and below it. That is to say, instead of the entire surface area of a vertebra being approximated, with die-like precision and accuracy, to its fellows above and below it, it is slightly moved from this position. There is not an absolute and entire separation of the articular processes of two vertebrae; on the contrary, the greater portion of their surface area still oppose each other; there has simply been a slight shifting of one upon the other. This movement takes place in various directions, depending upon the configuration of the articular processes. Were the vertebrae absolutely locked in position, even the slightest movement would be impossible, including even normal movements. But the fact that some movement between individual vertebrae is possible, is evidence that varying degrees of movement may take place, depending upon the force applied. Anything that is capable of some movement, is capable of greater or less movement, and we know that the vertebrae must move upon each other, or there could be no movement of the spine as a whole. When this movement exceeds certain definite limits, there is present the danger of inability of the vertebra to return to

twelfth Dorsal Vertebrae. (G)—Rotary displacement of the second Lumbar Vertebra to the right side. (H)—Compression of the right side of the disc between the fourth and fifth Lumbar Vertebrae.

its normal position. In speaking of useless force would be expended, and movement in this regard, very slight it would be lifted with exceptional movement is implied, since, as mentioned above, a movement of one-eighth of an inch will occasion pressure upon the structures passing thru the intervertebral foramen sufficient to prevent the conduction of impulses to the parts for which they are destined, with derangement in the parts supplied by the involved nerves. Such functional derangement of parts thus deprived of their nerve-supply follows, for the reason that the amount of nerve-influence must always be commensurate with the amount of work required of the parts supplied by the nerves. This is excellently illustrated by the following: We have the power of determining beforehand the amount of nerve influence necessary for the production of a certain degree of movement. Thus, when we lift a vessel, the force which we employ in lifting it depends upon the idea which we have formed of its contents, when we are not certain what it contains. If it should, therefore, contain something much lighter than we had estimated,

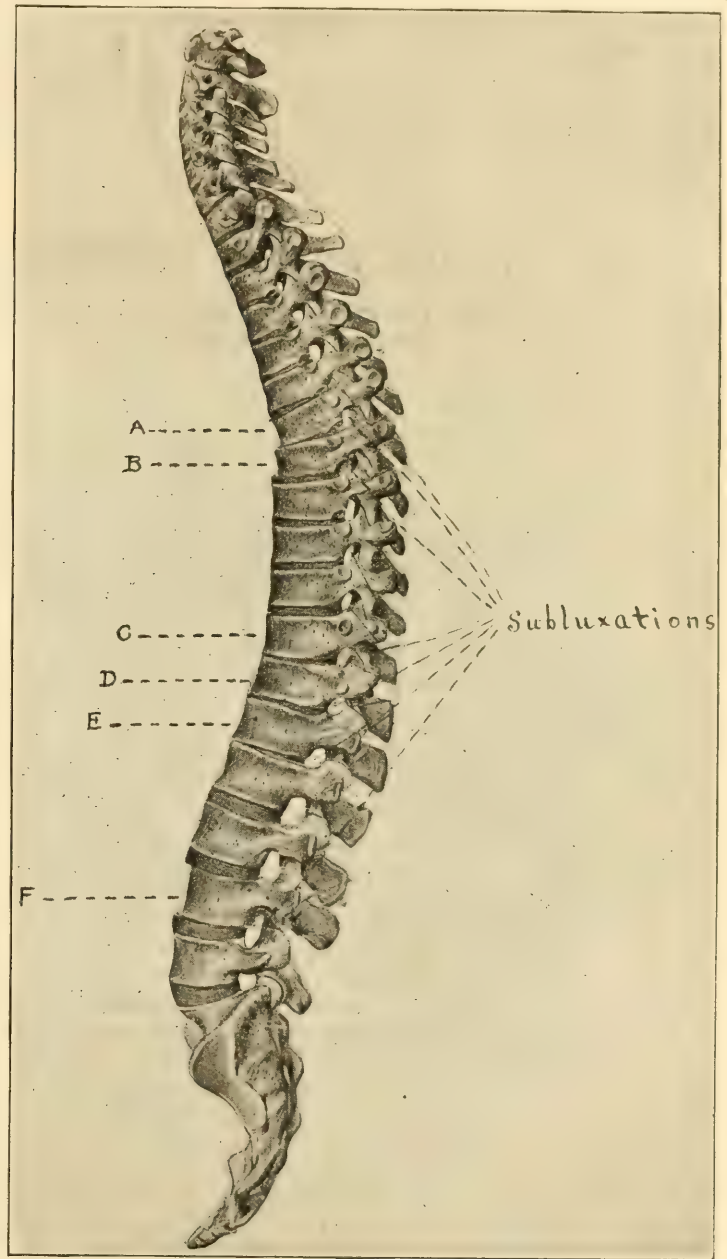


Fig. 4.—LATERAL ASPECT OF SPINE. (A & B)—The anterior portion of the intervertebral disc is thinned, with consequent approximation of the vertebrae and narrowing of the intervertebral foramina. (C, D, E)—Thinning of the discs and approximation of the vertebrae. (F)—The fourth Lumbar is displaced posteriorly, and encroaches on the entero-posterior diameter of the intervertebral foramen below.

case; but if it contained something much heavier than we had anticipated, we would very likely drop it, because insufficient force was expended to accomplish the end desired.

Just as the response of muscles is proportionate to the amount of nerve-force received by them, so also are the functional activities of all parts of the body dependent on the amount or

strength of the nerve-impulses received by them. If, therefore, anything interferes with the power of conduction of the nerve, the impulses which it normally conveys to the parts which it supplies are not forthcoming, and these parts will suffer. There will be either functional derangement, or changes in its structure.

EVOLUTION AND CHIROPRACTIC

By **ANTON DEININGER, D. O., D. C.**

Dean The New York School of Chiropractic

Evolution of man as a gradual growth and transformation from lower animals and a differentiation in intellectual development is now so fully established as to require no argument. Yet, any casual reader of science will easily learn how, several years ago, it was mocked and ridiculed.

So it is with the Science of Chiropractic. Struggling in early years against the slander of those entrenched in the old school, mocked by the ignorant laity, yet, slowly but surely, it is reaching its own position. It is in plain fact the application of the laws of race evolution to individual neural and brain evolution. Through the logical association of nerves and nerve impulses, the highest intellectual development is ascertained. Therefore, chiropractically eliminating all the obstacles in the proper co-ordination and association of nerve cells is enabling man to attain a higher mastery of sound health, and will furnish new life current to those cells, leading a life of inactivity. We know to-day, that certain areas in our brain are absolutely undeveloped and that we know very little of, for instance, the Post Central areas.

By Chiropractic, we can awaken these slumbering cells and bring them to a greater development and enfoldment. If a cell is not nourished properly and has its excretions removed, it cannot do the work in order to unfold its highest possibilities.

Several years ago, I was treating a little girl of about 7 years of age. She could neither walk, nor speak. Her forehead was extremely narrow and flat, but the occipital portion of the head was developed to an enormous degree. Her bearing was that of an imbecile. Eat—she could for three; saliva running down her mouth steadily.

Whenever she heard music, she cried like a dog and raved like a maniac. Her mother only brought her here so that she would at least be able to walk. It was nearly impossible to treat her and two people had to hold her to the table.

She received a series of adjustments and slowly and surely she came within control. After the twenty-third adjustment she was able to walk three times the entire length of the office; and the old trouble of the continuous flow of saliva was eliminated and reduced itself to the normal condition. Her mis-shaped forehead slowly expanded and broadened to its normal size and shape. Upon hearing music she stopped crying altogether. She gradually acquired the power over her vocal organs and began to speak and play as a normal healthy child with the other children.

To-day five years have elapsed. She is now normal and possesses all the faculties of a healthy child of her own age and attends the Public School and keeps up with her class mates.

Taking this case more in detail

from the intellectual standpoint we find that the greatest and most important improvement was the broadening and awakening of the intellectual faculties and portions of the brain. The series of Adjustments aroused and brought to life again the slumbering nerve cells, their latent energy being transferred into potential power and activity.

Thousands of cases similar to the one described are to be found in Insane Asylums and similar institutions, the inmates, being there for life, not being able to enjoy the activities of normal, healthy life. To them, Chiropractic would be a God's Gift. Chiropractic would remove in their cases, those obstacles to the proper co-ordination and association of the nerve

cells and nerve fibres in the brain. Chiropractic would, therefore, energize those impulses of the life current that they would produce the higher evolution and transformation of the inner structure. Similarly as in Evolution of man from the horizontal to the erect position, from the low groveling stage to the intellectual direction, so, in the future Evolution, the spark of life in the future generations would produce a Super-man and a Super-woman.

It is not necessary, therefore, to wait for nature to take its time. We can anticipate this evolution of mankind by principles as Chiropractic which will enable them to find the proper balances of the body, mind and soul.

WHAT CHIROPRACTIC IS

By DR. WILLARD CARVER

Dean of Carver Chiropractic College, Oklahoma City, Okla.

One of the remarkable things of this period is the number of persons that will assume to tell you what Chiropractic is.

The great number of persons that are ready at all times, not only to tell what Chiropractic is, but to fix its relation to all other systems and its value to society, disclose in their attempt to do so, their utter lack of qualification for the task.

There is a conception abroad that Chiropractic is a very simple and limited thing, and consists of a peculiar method of manipulation and that, therefore, anyone that has had a little smattering of what is indifferently called "Moves," is competent to dissertate learnedly, at least comprehensively, on Chiropractic.

The general impression that Chiropractic is a simple manipulation and is limited in its scope of application, exists because of specific intention, primarily of the medical profession, but generally by many other systems, the practitioners of which have conceived, unwisely, that they are in competition with Chiropractors.

If an individual wished to know what the law is on any subject, he would go to a lawyer, and if he wished to be absolutely certain about what the law is, he would go to a good lawyer. The same rule should apply to Chiropractic.

If an individual wishes to know what Chiropractic is, he should go to a Chiropractor, not to an individual that professes to be every kind of a doctor, but to one who devotes his entire attention and thought to Chiropractic, and then, if he wishes to be absolutely certain what Chiropractic is, he will go to a good Chiropractor.

If those desiring to find out what Chiropractic is will follow the suggestions so far given, they will learn that Chiropractic was named in 1895, and that the name was composed of two Greek words, the first meaning "hand" and the second meaning "done" or "performed," so that Chiropractic, in its original significance, means simply, done or performed with the hand.

It must not be supposed that the name is expressive of the qualities that

go with it any more than the name of an individual represents his qualifications. It is within the experience of all, that men bearing very common names have nevertheless presented very uncommon qualities, and the investigator must expect that very result with regard to Chiropractic.

Chiropractic consists, first of all, of biology. It has presented to the world, for the first time, an explanation of life that is universal in its application, and stands behind and is explanatory of every phase of living, whether in the normal or the abnormal.

The Science of Chiropractic explains fully the origin of material, animate structures. It explains the growth and maturity of such structures, their maintenance, and, finally, fully explains their dissolution.

Mankind has sought vainly in all periods of the world's history for a scientific explanation of the origin or beginning of animate, material bodies. Huxley, Darwin, Haeckel, Spencer and many others in more modern times, have expended the efforts of a lifetime that they might discover this fact, or the way in which animate bodies began existence, with abject failure in each instance, but the principles of Chiropractic render the explanation of the phenomena of animate beings beautifully clear and comprehensive.

The Science of Chiropractic, after having explained the origin of material, animate beings, proceeds to teach the anatomy of human structure wholly and entirely from its biologic aspects and, therefore, teaches that human organism is a machine and that it is a machine in action; a machine that may not pause in its conduct but must continually perform its machinic offices to the period of its disintegration.

The basic biologic law upon which the Science of Chiropractic predicates its anatomic deductions is that the radiation of force—usually called **nerve stimulus**—into and through its organized channels—the Brain and Nerve System—causes all animation.

It is not difficult to see, from the

standpoint of the application of this biologic law, that if, after a material start to produce an organism has been made, this force may go on in an intelligent manner and complete and maintain the organism, it may just as well, or just as easily, construct that original part, and the Science of Chiropractic teaches that in each biologic instance that force does originally construct the beginning particles, as well as all of the particles that compose the finished organism.

The method of deducing anatomy from the law of the application of force to matter is the greatest innovation of the last fifteen years, which seems to exceed for wonders of discovery any other like period of the world's history. In such anatomic instruction, there is no danger of mistakes, if a proper concentration and consecration is brought to the task.

Having taught anatomy Chiropractically or deductively, which is the same thing, the Science of Chiropractic proceeds to teach physiology in the same way. In other words, if a segment, organ or part of the body is constructed by the application of force moving the particles into such relation as to produce such segments, organs or parts, force then maintains such particles in relation of construction, and also causes them to act in such way as to maintain the segment, organ or part, and also causes the relative segments, organs or parts to act in the same manner, which means that all of the segments, organs or parts are caused to act in co-ordination to produce that poise and wonderful co-ordination which we call "Health," or normal function.

It is not difficult to see that physiology, studied from the standpoint indicated in the preceding paragraph, becomes a fixed and scientific thing—not less so than the anatomic structure from which it springs and the operation of which it is. Physiology from this standpoint could never be a theoretic study, except to those who did not know anatomic structure—for to know anatomic structure, Chiroprac-

tically, is to know physiologic action, for the two are inseparable, physiology being a sequence of anatomy.

The Science of Chiropractic teaches that pathology and symptomatology are nothing but abnormal physiology, pathology consisting in the anatomic changes incident to interference with the radiation of constructive force, which results in anatomic changes amounting to elemental displacement. Symptomatology is but the expression of abnormal physiology, or is but the evidences of the anatomic changes produced in the processes of pathology, or is but unusual function, resulting from anatomic decadence, resulting from interference with transmission of force, amounting to anatomic displacement.

In view of what has been said, Chiropractic is seen to be a Science, and also a system of practice. In its scientific aspects, it presents to the world a wholly new biology, anatomy, physiology, pathology and symptomatology. In its practice aspects, it presents the science of displacement with a sequelae of effects and the art of adjustment, with its sequellae of effects.

Perhaps sufficient has already been said as to the biology, anatomy, physiology, pathology and symptomatology of Chiropractic. However, it seems necessary to say further that it is not at all wonderful that a science presenting at once five entirely new, exhaustive and comprehensive studies is very likely, indeed, to be misunderstood and to be very unjustly classified.

This is remarkably true of Chiropractic.

However, Chiropractic's enemies in this respect are not to any considerable extent, outside of the profession, for those outside can do but little damage. The misconceptions of the scope and comprehensiveness of Chiropractic that is doing the damage is from within the profession, from those who think they are Chiropractors, but because of lack of opportunity, have never been in position to know the truth; that is, they have never had the vast scope, comprehended by the Sci-

ence of Chiropractic, suggested or explained to them. Your writer is peculiarly desirous of overcoming this situation, and that is the reason for this editorial.

Adjustology comprehends the sitis of each segment, organ or part of the human body, and the relation that each such segment, organ or part sustains to its fellows, and that its fellows, in turn, sustain to other parts. In other words, adjustology treats of the Science of Place, reckoned from the standpoint of relationship.

Adjustology also teaches displacement in the sense of disrelation; that is to say, the distortion from the standpoint of relationship of segments, organs or parts of the body, results from such disrelation in all of its segmental, organic and chemic details.

Adjustology also comprehends the art of adjusting, which consists in the methods used to secure place in the sense of relationship of segments, organs or parts of the body, and, therefore, teaches how to secure the anatomic and chemic relationship which in turn result in the most complete cohesion which the material involved permits, that, in turn, means the highest state of health that the person or organism under consideration is capable of attaining.

It is utterly impossible in one short editorial to state what Chiropractic is, and yet, in the foregoing, it is believed its comprehensiveness is pointed out, and, it is hoped, discussed with sufficient coherence that those of inquiring mind may understand the almost boundless scope and limitless value of the Science of Chiropractic.

It is hoped that those reading this article will not put it to one side without thinking, but that they will set themselves to ascertain whether or not the statements made in this editorial are true, for it is known that if they do, they will find themselves astonished by being compelled to change their conceptions upon almost every vital proposition of living, but will in a reasonable time also come to know what Chiropractic is.

Mechano-Therapy Department

Address all communications for this department to its editors

Dr. CHESTER A. SHEWALTER
328 Walch Block, Akron, Ohio

Dr. TELL BERGGREN
Hälsöhem, Coronado, Cal.

Dr. D. R. WHEELER
813 12th St., N.W., Washington, D.C.

MECHANO-THERAPY

By DR. TELL BERGGREN

Mechano-therapy in principle and practice today is vastly different than it was in ancient times, when they used only the most crude methods, by hand and water. In these modern times, our noble science has advanced to a very liberal, broad and complicated plane.

Mechano-therapy, as taught in the Drugless Schools of America, embodies physical, mental and moral suggestive theory.

Hydro, mano, electro, mechano therapy for the Mechano-therapy division, or that done by the hand and apparatus, must necessarily have power behind to operate. With all of these there is needed to complete our science and practice, proper food supply. So in the care of a patient, be it with chronic, nervous, mental or acute diseases, the practitioner must use these weapons of Mechano-therapeutic Science to fight the enemy, in the body, which brings on these diseases and abnormalities such as poor circulation, sour stomach, sprained limbs, abnormal growths and degeneration.

By destroying our opponent, we instantly relieve Nature of her burden, and she soon takes up the mending process, and the diseased part soon becomes normal again. Very few people realize that for a patient, in order to be reborn again in Nature's strength, it is necessary to have the proper care, and return as near as possible to simple life and living such as a free country and mountain stillness can give, with plenty of fresh air and sunlight, where

your daily exercise will be a pleasure, and for your diet have plenty of fruit, vegetables, eggs and milk.

This method of air, light, heat, treatment and food produces within your body a mighty reaction.

To be a successful Mechano-therapist, you must dig deep into your patient's past history of life and action, and try to make a complete change for him morally, physically and mentally, for only by doing this can you hope to bring your stubborn cases to a successful cure.

Many times the patient will hesitate to tell his past history. So the largest part of it must come from your knowledge of the existing conditions and what brought them about. The great lesson a Mechano-therapist must learn is to study human nature. For after you have learned this lesson, the world will be an open book to you in your noble work and practice.

Next, the thing to study is Master Mind, for Suggestive Theory is a part of our noble science, and you will find in all nervous and chronic diseases that the mind plays an important part, as the largest nerve in the body. Mind worry or depression is the greatest disease of all, so, brother practitioner, be the Master Mind, to whom your patients may come and receive from you a healing thought and suggestion.

Next is food. Be sure that your patient's diet slip is prepared correctly, for the patient depends upon his food for strength, and his speed to health will depend upon the proper combina-

tion of food. Many a death has been caused by the ignorant use of foods which will not neutralize. These foods soon poison the system, and bring about a condition of auto-intoxication, which produces a food stupor destroying the body's equilibrium.

Next, after diet, you must map out your treatment; whether it be manual, mechanical or hydro-therapeutic, it must be that which will bring back a normal condition without wearing out the patient either physically or mentally. Guard against too long or short a treatment. Make each case an individual study. Also make treatment and routine diversified, and the patient will respond quicker and look forward to his treatment as one of his pleasures.

Mechano Therapeutic science can be divided into three ages: The past, when it was used in a very crude way; the present, when under its many subdivisions, it has reached a plane of liberal application world-wide in its benefits; and the future, in which lies the greatest opportunity for advance and progress. I believe that Future Mechano-therapy will consist of Preventive therapy, and a grounding in Prenatal and Post-natal influences. By preventing the causes and educating the future mother and father along saner moral, physical and mental paths, you will have moved a mountain from the path of human progress, burdened with Ignorant Passions and Inherited Disease.

Simple, common sense methods in the art of Manual Therapeutics and Mechano-therapy are now coming more and more to the front.

The search of the enlightened physician, nowadays, is not so much for mysterious remedies to suppress symptoms of disease, as to find the different causes and their remedies.

For generations, most people have allowed their bodies to grow into abnormal shapes, in that way interfering not only with the circulation, but also with all the other vital functions.

The great majority of athletes, as well as people of more sedentary ha-

bits, are more or less deformed, with collapsed chests, unnaturally curved backs, etc. This is often due to one-sided work, wrong sitting habits, lack of proper exercise, irrational and excessive exercise, wrong dress, as well as wrong mental attitudes.

Physicians, as well as teachers of physical education, have not in the past given enough attention to the articulations of the spinal cord and ribs. It has been left to the Swedish specialists, the osteopaths and the chiropractors to actually demonstrate the benefits from such a general "limbering up" of the entire organism. All genuine practitioners will do this as a routine before attempting to build up any particular muscle groups. They have been doing this for nearly one hundred years, although the last twenty years have seen the greatest advancement in these lines. Such do not have to resort to any kind of impostures in order to get the confidence and faith of their patients. Their absolute honesty and idealistic tendencies will have a far more beneficial influence on the mind of any cultured and intelligent patient.

The rational combination of manual therapeutics with other branches of physical education—massage, hydrotherapy, psychotherapy, dietetics, etc.—is by far the best way of getting speedy, as well as permanent, results.

An unprejudiced comparison between the results obtained by the spe-



Overcome with the "eat"

cialist of manual therapeutics, who does not pay due attention to other branches of physiological remedies, and those obtained when these other rational principles are taken into consideration, convinced the author many years ago of the great need for a broader education along these lines.

Many wide-awake, so-called osteopaths, chiropractors and mechano-therapists are now broadening out into a more rational system of manual therapeutics—a system simplified and perfected, which is neither exclusively Swedish, nor osteopathy, nor chiropractics, yet including everything of value in these systems. The time for unreasonable controversy and conflict between the different schools of manual therapeutics will soon be past, and a **new era** for the curative arts is fast dawning upon us. In fact, it is already here; all that is necessary for the broad-minded practitioner is to recognize the changes which have evolved during the last few years, and step out into the broader light. He will then be able, according to the measure of his capacity, to give all men their just due. An unflinching respect must characterize

the attitude towards all searchers after truth. A wide tolerance must be manifested towards the exponents of opinions different from our own.

"I know too well," says an earnest man of science, "that no man can think maturely unless he thinks in the light of other men's thoughts." It is the acknowledged duty of every student to familiarize himself with the results of the work of experts in his own chosen field of research. To avoid the narrowness to which specialization tends, there should also be large general information.

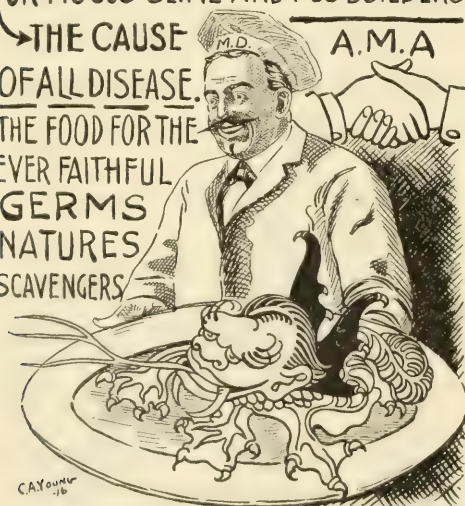
It certainly requires a person of idealistic and artistic, as well as scientific tendencies to successfully apply the principles of the Art of Curative Gymnastics and Mechano-therapy. The scientific knowledge alone will not accomplish much without the enthusiasm which comes from a **more idealistic way** of comprehending these great truths. Like the sculptor, for instance, he must passionately love his profession, aspiring **with all the best that is in him** for a greater perfection, simpler and more effective methods. He will then be a more useful artist, for he will use the living material, the real human being, instead of clay and stone, canvas and pigments.

The specialist in manual therapeutics and other branches of physical education must understand psychology and pedagogy, as well as physiology and anatomy. Otherwise his work will be a failure, no matter how high his scientific knowledge. He must be sufficiently broad and liberal to accept truths in these lines, even from those whom he may consider far below him. We may learn from savages and animals; how much more, then, from peasants, and other natural-minded, simple people. The great man is he who can simplify scientific knowledge, educational principles and religious truths until a child is able to comprehend them. This is the mission, then, of the future humanitarian, to do away with unnecessary mysticism, and present the highest truths in such a way as to make them common property.

THE QUEEN OF ALL DESSERTS FOR MUCUS SLIME AND PUS BUILDERS

THE CAUSE
OF ALL DISEASE.

THE FOOD FOR THE
EVER FAITHFUL
GERMS
NATURE'S
SCAVENGERS



THE MEDICAL MONSTER

Osteopathy Department

A system of treating disease without drugs, based on the belief that disease is caused by some part of the human mechanism being out of proper adjustment, as in the case of misplaced bone, cartilage or ligament, adhesions or contractions of muscle, etc., resulting in unnatural pressure on or obstruction to nerve, blood or lymph. Osteopathy, through the agency or use of the bones (especially the ones which are employed as levers), seeks to adjust correctly the misplaced parts by manipulation.

Address all communications for this department to its editor

E. K. STRETCH, D. O., N. D., 617 Traphagen St., West Hoboken, N. J.

OSTEOPATHIC MEDICINE

By Dr. C. E. BINCK

Great strides have been made during the past twenty-five years in the practice of medicine. The relative positions formerly held by drug therapy and surgery have been reversed. The concoctions of the pharmacopeia, with their vague and uncertain effects upon human tissues and functions, no longer entice the earnest seeker after medical truths to spend a lifetime experimenting with substances which are absolutely foreign to the human body.

There was a time, not far away, when that person who treated diseases by **manipulation, water, diet and general hygiene**, was considered to be the chief of imposters. Go a little farther back in the history of medicine; and we see surgery dishonored because it was mechanical, not mystical enough for the ponderous minds whose forte it was to deal with strange substances of the animal, vegetable and mineral kingdoms.

During all the years in which drug-therapy flourished, there were a few real scientists who devoted their time and talents to the structure of our bodies, and the function of each part. Discoveries came slowly along these lines, because the majority of medical men were concentrating their energies on ferreting out the effects of drugs. Facts in anatomy and physiology, which are so patent to us at this time, remained obscure for centuries, simply because there was no thought of studying the form and action of tis-

sues, while all nature outside of our own bodies seemed to be a grand laboratory of specifics for human ailments.

There is one distinctive point about osteopathic medicine, which should be especially emphasized: It is not an empirical system; nothing is done on the cut and try plan. It has been developed in a purely scientific way. We might observe the action of the human body in health and disease indefinitely without securing any exact data to pass on to the next generation of observers, if we fail to know the structure of the body. A physician may learn many things in an empirical way which are very poor assets for science.

The strange part of medical history, to the modern investigator, is the fact that discoveries in anatomy and physiology, which are of such vital importance to the successful treatment of human disease, were left stored away between the covers of books, not deemed of any value except to whet the mind of the dilettante in medicine.

Osteopathy, as a distinct system of medicine, has grown to its present proportions at a time when the oldest schools of medicine are making radical changes in their therapeutical procedures, e. g., serum-therapy. In spite of all these so-called scientific advances in drug-therapy, osteopathy has made steady advance into public

favor, thereby showing that it is fully able to compete with the older systems of practice.

It should be understood that the Osteopath believes thoroughly in *vis medicatrix naturae*, whether the indications are for stimulation or inhibition, or for the basic readjustment. Generally speaking, however, therapeutic philosophy resolves itself (ultimately) into the principle that a cure depends upon giving an impetus to impaired habitual and latent forces, which in the osteopathic field implies fundamentally adjustive manipulation whereby the resultant impetus or physiological stimulus is initiated.

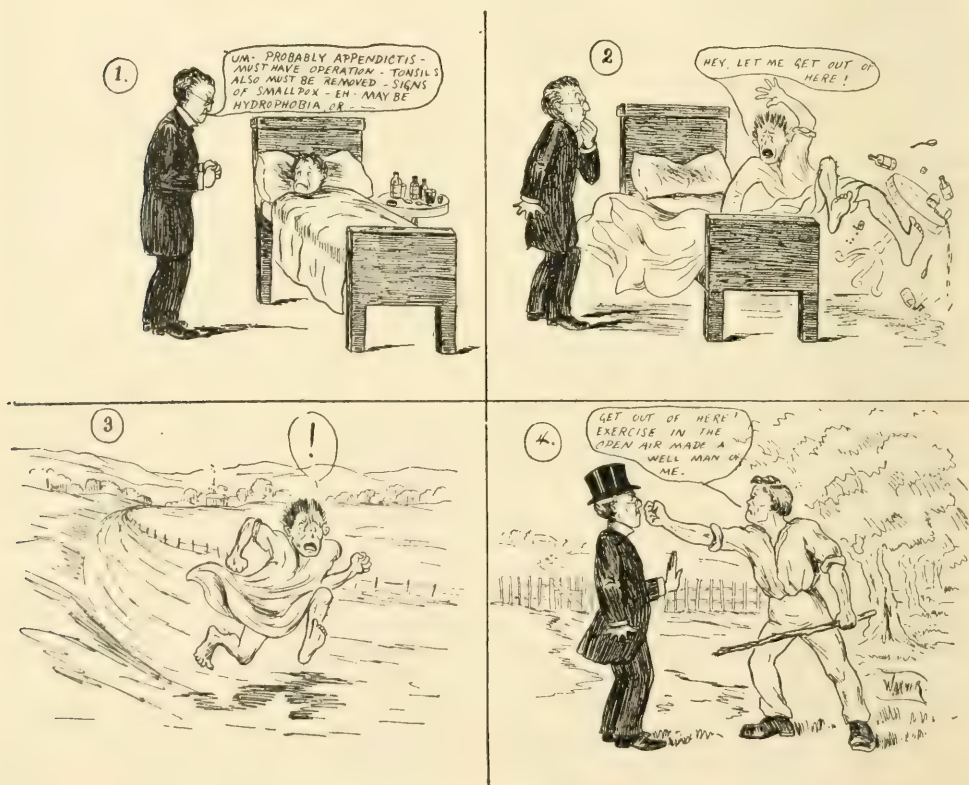
In a word, osteopathy premises that the body is a vital and physical mechanism, subject to derangements, structural alterations, and functional changes, as results of violence on the

mechanical plane, as well as disturbances on the psychic and biochemic planes. Hence, osteopathic philosophy is inclusive of preventive, palliative and curative measures. Osteopathy is the collective term that means all rational methods or systems of healing.



REMEDYING CONSTIPATION ON MILK DIET

Try soaked figs or soaked raisins, along with your milk. Put either in a bowl of hot water and let them soak for several hours, then put them, after having strained them, in your milk in a bowl, and spoon them along with the milk and chew thoroughly, change from figs to raisins, then back again to figs. This will break up the stools and prevent them from hardening.



Turning the Tables on the Doctor . . . A Timely Escape

Phytotherapy Department

Address all communications for this department to its editor
Prof. M. G. YOUNG, 4156 Arcade Bldg., Seattle, Wash.

PHYTOTHERAPY

By Dr. M. G. YOUNG

I accept with hearty appreciation the opportunity accorded me of contributing this article to the year book, because it shall, I trust, forward the interests of the great cause I love best—drugless healing of the sick—and I humbly hope to be helpful to every scion of this great cause, as well as to those who are patrons of natural means of healing.

My brothers and co-workers, I offer in the spirit of brotherhood the kindly suggestion that we draw closer together in our efforts to accomplish the one great end, that of lessening the suffering of this vast ocean of suffering humanity. **Sound men, women and children** should be the objective of our every effort. May it be that we do not fall into the pernicious habit which seems daily to be increasing in the ranks of those who so bitterly oppose us. By this I mean that we may never allow ourselves to overlook the sacredness of human life and health. Never allow money to be the principal object of our efforts.

The love of money has despoiled everything dear to the human heart. In this money-mad age the physician is too often occupied with the thought of what he can **make** out of the given case rather than what he **can do** to aid nature to re-establish the patient to normal conditions.

Science has been busy outside of the ranks of "regular medicine." The world is beginning to recognize this fact. Those of us who have dared to think and to investigate, have discovered many helpful agencies and

methods which the author of our being intended to be used and applied to prevent and to relieve suffering. Some of us have supposed after discovering the superior merits or virtues of one or more of these helpful agencies, that we had discovered the one great secret so long needed and so much sought for by those who suffer, and from this conclusion, have become narrow and limited in our much loved work.

The hydropath, seeing the excellent results of his practice in given cases, soon falls to the opinion that his system is the only one worthy of the patronage of the people, and vainly tries to treat successfully almost any ailment with water only. The same is true in phytotherapy or botanic therapy, and electrotherapy, and each of the other drugless methods of treating the sick. Therefore let us honestly try to discern just to what extent our chosen method should be applied or used in treating the sick, and then never attempt the impossible or unlikely. In this way, we would have nothing but success, and one real success means more financially than the unsuccessful treatment of a number of cases which do not properly come within the scope of one means we know and use.

My dear brothers, is it not a fact that each of these modes of treatment are simply **units of the one great healing art**? I think it acceptable to your understanding that "the right use of the proper means to secure the desired end," is the logic which should

be applied by every would-be healer. I think it is obvious, therefore, to your minds that we should get together closely and be **cemented forever** in solid compact, that we might stand as a unit in this sacred cause,—that of properly adjusted, rightly administered, harmless, drugless treatment of the sick.

I, as a representative of phytotherapy, would be only too glad to contribute any knowledge I possess to the furtherance of such common cause.

I trust I will not be considered a bigot when I assert that I do know, from the best means of knowing—that of experience and analytical investigation—much of that which is valuable in the treatment of disease with herbs. My experience is not only that of local practice, but is nation wide, and reaches to all parts of the civilized world at the present time.

I am sending to the continent of Africa these helpful agencies of nature, and they are proving highly successful in the treatment of diseases of that country. I am not disposed to curtail this knowledge. God being my helper, I will gladly spread the knowledge in every practical way.

I daily meet with the necessity of other means of treating the sick than that which is implied in phytotherapy. I believe a practitioner should have at least a practical knowledge of each and every system, or branch of system, of healing extant. I greatly desire to broaden my field of usefulness by acquiring much more knowledge along these lines not included in botanic medicine.

I employ in my Pacific Ocean Health Resort every means of treating the sick known to me, when the given case indicates their necessity. I believe that the treatment of the sick should first be actuated by the motive of **sympathy** for the sufferer, that the financial status of the matter should be entirely secondary. No man's health is safeguarded when the question of money is paramount in the mind of the practitioner. There is a wanton butchery throughout the

length and breadth of our land to-day, which is prompted by, and due to either the love of money, bad education, or sheer brutality. Deception, fraud, and false doctrine is rampant, and may I not say that there is a danger that it is not all confined to the tenets of "regular medicine"?

I wish the time would come when each one of us so-called drugless healers would have no temptation to stretch or strain the application of any of our systems beyond their legitimate usefulness. To illustrate, I wish that every herbalist would not attempt to accomplish with herbs that which properly belongs to the scope covered by the chiropractor, or that the same degree of absolute honesty would prevail in each and every other department or branch of the drugless methods.

I would like to offer for the benefit of those who may feel a desire to know some of the virtues of botanical medicine a few humble suggestions. Let me suggest that those whose practise brings them to realize in some given case the necessity of removing the pollution from the intestinal or alimentary tract, that they use the following infusion as the means of enema in accomplishing this very necessary assistance to nature. Doubtless, every practitioner realizes the importance of the removal of effete matter from the alimentary canal in nearly all chronic cases. I would suggest that you make an infusion of nepeta cateria (catnip herb) by pouring a gallon of boiling water on four ounces of this clean, fresh herb, adding about $\frac{1}{8}$ teaspoonful of capsicum (cayenne). Steep thirty minutes covered, strain and add sufficient cold water to temper to blood heat, then with the use of a four quart fountain syringe use all that the patient can receive at three or four consecutive efforts. Have patient lying on right side while taking unless a case of inflammation of the secum or a case of appendicitis is injected. In either of the latter cases, have hips of patient well elevated, allowing him to lie on back while taking it. The

results of this treatment will be most gratifying to the practitioner as well as to the patient.

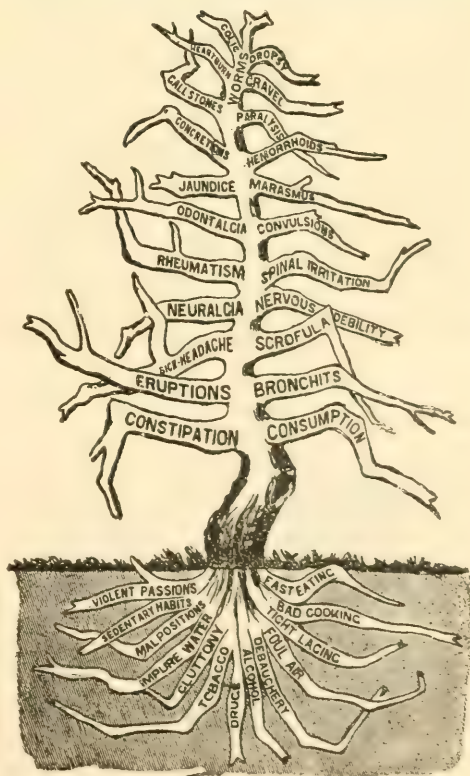
Do not tell your patient to take this treatment, but go and prepare it and administer it yourself, for so few people have the capacity to properly treat themselves. Do not hurry the treatment, but take plenty of time. I can assure you that 22 years of experience in its use confirms me in the opinion that it has not a rival in efficiency.

There are those of us who frequently meet with conditions of these much abused organs of the body, the bowels, in which there is evident shrunken or contracted condition, and it is evident that there is much need of assistance to nature in this part of the body. Let me suggest to you that you prepare and give such patients the following simple, though very efficient, aid: Pour onto four tablespoonfuls of elm bark, ground, or cut up fine, one quart of cold water; let stand over night. Pour off through strainer, then slice one lemon, rind and all, into it, set over fire and let simmer 15 minutes. Strain out the lemon and sweeten to suit taste. Add one-quarter teaspoonful of cayenne pepper; stir well. Dose, one-half cup four to six times daily. It will require 24 to 36 hours to get noticeable benefit, but this simple remedy will be found of great value. I also would earnestly recommend to your attention the use of *verbascum* (mullein) leaves. In all cases of severe pain in the region of the kidneys, it should be used. Four ounces of the clean leaves boiled in a quart of water 15 minutes, strain and drink a tumblerful of the tea on retiring and arising. This will relieve congestion in the kidneys, and is mildly diuretic, producing easy passage of urine.

There are other herbal agents valuable in each of these cases mentioned, but these I recommend as being infallible. I would again call attention to the efficacy of the emetic treatment, mention of which was made in the *Herald of Health*, in the department of which I am editor; that is, *Phytother-*

apy. I have had numerous inquiries concerning my method, which I have not been able satisfactorily to answer, owing to the accumulation of unexpected business, incident to the opening of my new health resort on the Pacific Ocean beach during the past summer.

As a matter of news, I am glad to say, this much needed institution has been successful far beyond my expectation. I am now rapidly increasing its capacity, and shall be ready for a much larger patronage this coming year. At this institution I combine, as far as I know how, each and every helpful agency to aid nature to cure. My plans include the building of separate two-room cottages with fireplaces in each, thus enabling each patient to be undisturbed, and yet highly comfortable in private quarters, careful attention being given to the diet, which is supplied in the best possible manner.



I feel deeply gratified at the evident liberality existing in the minds of the drugless healers. There seems to be a general honesty and sincerity of purpose pervading our whole army. This is evidenced by their reaching out for information concerning other systems which properly belong to the class of drugless healers.

As far as I know, I am the only phytotherapist in this country. I mean by this that I am the only one who uses botanical remedies without admixture in the treatment of all curable diseases properly coming under medical treatment. I have vainly tried for some years to find some company in this field. There are a few physio-medical physicians scattered over the country, but that school has digressed from the original botanical method, in that they use chiefly fluid extracts and other derivatives of the plant rather than the plant itself. I feel quite sure this is wrong; however, I am glad to affiliate with anyone who has the slightest leaning toward natural medicine, and am ready to do my part to further and advance the knowledge I have found so helpful in the treatment of the sick with herbs.

The expense of getting out adequate explanation of my methods of using the emetic treatment has hindered me in offering to the profession a full and explicit account of the means and methods used in the treatment; however,

I hope soon to be able to present this very useful means to every one who writes for it. I can see no reason why drugless healers could not adopt the same method in handling botanical remedies which I use, namely, making them proprietary, and, therefore, capable of being used for various ailments by any one who could read. I will gladly assist any one who may desire it to understand just how to proceed in preparing medicines to be sold through the mails.

I hope ere long to prepare a correspondence course of instructions teaching my entire system of botanic medicine. I am revising and enlarging a botanic dispensatory, which will be indispensable to those interested in this study of medical botany. I should be glad to hear from them, and we might be of mutual help to each other. I have no disposition to keep secret any of the knowledge I possess. I wish that every man, woman and child in the world knew medical plants and their use. I think it criminal to withhold knowledge which is helpful to suffering humanity.

My brother practitioners, we need not fear the results of giving to the world broadcast and without stint what truth we may know, for "there is that which giveth and ever increaseth, and there is that which withholdeth more than is meet, and it tendeth to poverty."



The Morning After the Night Before.

Apyrtropher Department

Devoted to Apyrtrophy, the Science, Art and Practice of Living on the Moral Unfired Diet for the Perpetuation of Perfect Health and Cure of Disease. It is also the organ of the Apyrtropher (unfired-fooder) Society

Address all communications for this department to its editor

GEORGE J. DREWS, A1. D., 1910 North Harding Avenue, Chicago, Ill.

TROPHOTHERAPY

By DR. GEORGE J. DREWS



Dr. Drews

Trophotherapy is today the only science that treats only and fully on natural (unfired, undenatured and unprocessed) food as an efficient means of cure, based on apyrtrophy, the practical science and art of prophylactic feeding. These are the distinct departments and fields of investigation into the curative and preventive properties of our natural foods, without having any energy applied to them that change their organic, "god-ordained," chemical nature. They are exact sciences, because they bear prediction and verification. They are also arts, because their deductions at once become efficient rules for therapeutics and prophylactics.

Any honest investigations for the

purpose of contradicting these statements are challenged, because they will only prove favorable to these sciences.

Trophotherapy and apyrtrophy should, by no means, be confused with those so-called "food sciences," which were intended to cater to the ignorance of the world, dietetic superstitions, wide-spread misinformations, hereditary habits and customs, fashions and fads and fears; nor with any literature that is intended to promote the use of commercial food products or to find a ready sale to a truth-seeking public.

The following disadvantages will be met with in prescribing a specific unfired diet.

It does not find favor with the patient that is educated to the idea that he must take poison to destroy the effect of another poison. It is not favored by the patient who seeks relief more than a cure. The idea that a food direct from nature is raw and unfit for man is hard to dispell. The patient who is put on an unfired diet at home is often very sensitive to the ridicule of members of the family and visitors. It is too often difficult to get the patient to understand that diet has anything to do with the cause or cure of the trouble, unless the affliction is located in the alimentary canal. The average patient is not willing to await the result of a dietetic cure unless he has been given up to die otherwise. Too many patients are more

afraid of the unaccustomed flavor of the unfired food than of the most bitter dope.

The expression is often heard, "what was good enough for my ancestors is good enough for me," and the people who say this are perfectly willing to take the consequences of their ancestral habits. These and many other disadvantages come up with the people who are educated to be ignorant on the subject of their diet.

Likes and dislikes are controlled by education or its absence, and the only way to avoid the above disadvantages is to educate the patient; but where that is not possible, do the best you can with your other means at hand.

"The world do move," and is rapidly learning the truths of the natural diet. The number of people that knew about the natural diet twenty years ago could be counted on the fingers of one hand; but now there are many thousands that know about it in this country alone, and the number who live on the unfired diet, more or less, may number about five thousand.

The unfired diet has done wonders for many. Cancers have been healed, tumors have disappeared, consumption forgotten, diabetes and Bright's disease conquered, rheumatism and jaundice cured, and all this was done by toning the blood and glands with the organic salts of the unfired vegetables, fruits and nuts which at the same time prevented auto-intoxication in the whole alimentary canal. It simply means to displace the cooked acid-forming foods by unfired foods which have the organic basic salts in their active and useful state.

The advantages of the unfired diet are the following:

For therapeutic purposes the green leafy vegetables are the most important; because their juices stimulate the peristaltic nerves; they do not ferment in the alimentary canal, and of all natural foods, these supply the greatest amount of basic salts to render the blood and urine alkaline. Auto-intoxication is not possible with this class of food, for in case they should,

perchance, ferment, the product would only stimulate an elimination without doing any further harm. The most useful vegetables are spinach, lettuce, endive, dandelion, dock and cabbage.

In the unfired state each leafy vegetable, root and fruit has a specific action on disease which does not become manifest during health. For instance, parsley and carrots act on the kidneys when the system requires their action; but in health they are only nutritious, inactive foods. Dandelion, tomatoes, sweet peppers, eggplants, plantain and Irish potatoes stimulate and tone the liver; but these activities are not noticeable when the liver performs its normal functions. Horseradish, nasturtiums and celery cause the elimination of an extremely pungent substance in the urine, the irritation of which causes a desire to urinate frequently, with cutting pain as the urine is passed; but this activity only lasts for twenty-four hours, no matter how much is eaten after that. The tomato is accused of causing cancer, by the Allopathic profession, because it causes pain in the cancerous part. The accusation is not true; for to the contrary, its curative activity awakens the nerves to the extent that pain is felt more keenly. People who change from a cooked mixed diet to an unfired vegetable diet may experience a sudden attack of some acute disease that was suppressed years ago. The reason for this is that the unfired vegetable stimulates too rapid elimination; for this does not happen when a proper proportion of nuts is combined with the vegetables. Some people, on the other hand, lose weight for three or four weeks; but this can not be stopped by the use of nuts, for the elimination of bad accumulations must take its course until the system is purified. From that time, weight will be gained until the normal is reached.

Some people have an idea that green vegetables have so little nutriment that they can not build strength; that they are a starvation diet. These must be educated to the fact that the chlorophyll in the cells of all leaves is pro-

teid material, and that the ox builds his strong sinews from this.

A perfectly balanced and sustaining meal can be made of one pound of lettuce and one ounce of peanuts or almonds for a person who normally should weigh a hundred and fifty pounds. The proportion of other greens to be used to make the same food value is as follows:

Lettuce....	16 oz.	to 1 oz.	of peanuts
Celery.....	15 oz.	" " " "	"
Endive	14 oz.	" " " "	"
Spinach....	11 oz.	" " " "	"
Cabbage ...	8 oz.	" " " "	"
Dandelion..	6 oz.	" " " "	"
Dock	6 oz.	" " " "	"
Sorrel	5 oz.	" " " "	"

These greens should be chopped so that all particles are no larger than half of a dime nor smaller than one-fourth the size of a dime. The peanuts or other nuts should be ground to a meal by a special machine called "The Flaker," which renders the nuts in a loose, flaky form without any perceptible granular particles. The nuts thus flaked will mix evenly with any chopped greens and not bunch in lumps. Those who enjoy sweets may have an ounce or less of honey mixed into this combination. Those who like their food taste acid for a change, may select the dock or sorrel. Remember, again, that this makes a complete therapeutic or prophylactic meal. For therapeutic ends, however, the vegetables should be chosen according to their specific properties.

To be successful in trophotherapy **no doctors should prescribe these undesired foods or their combinations, unless they have first eaten them themselves**; but they should expect no specific action when Nature finds no need for such in that particular line. The honey does not increase nor reduce the specific properties of any vegetable; however, it may serve to make the patient feel stronger at once after the meal.

Although the roots were intended, by Nature, for winter use chiefly, yet they have the same value for thera-

peutics and nutrition in summer. For reasons of combination flavors, the proportion of roots to nuts is somewhat different from the proportion of greens to nuts; but it approximates to the same food value per meal.

Radishes	6 oz.	to 1½ oz.	peanuts
Turnips	6 oz.	to 1 oz.	peanuts
Carrots	5 oz.	to 1 oz.	peanuts
Parsnips	5 oz.	to 1 oz.	peanuts
Potatoes	4 oz.	to 1 oz.	peanuts
Beets	3 oz.	to 2 oz.	peanuts
Horseradish ...	2 oz.	to 2 oz.	peanuts

Of all the fruits, the vegetable fruits are the most important for therapeutic purposes; but they come after the roots in their value for making the blood alkaline. These fruits are classed under this head, first, on account of the quantity of basic salts they have, and second, because they grow on perishable vines or stocks. They are tomatoes, cucumbers, muskmelons, canteloupes, watermelons, pumpkins, squashes, sweet peppers, eggplants, bananas and dates.

The melons and cucumbers act strongly on the kidneys, and aid them in their depurative function. The flesh of the pumpkins and squashes and their seeds, as well as the seeds of all the "cucurbita," have the property of correcting some of the hormones of the blood. The seeds of these are also much disliked by intestinal worms. A combination of ground pumpkin or squash seeds, mixed with chopped yarrow leaves, has proven effective in expelling maw-worms.

All the vegetable fruits can be eaten with or without nuts, but when you prescribe their use without nuts, you will often hear from your patients that the one or the other fruit does not agree with the patient. In such cases, the trouble will be eliminated when, thereafter, you advise such patient to eat such fruit together with some nuts, masticating them together.

Some patients will come to you complaining that this or that unfired food creates gases in the stomach or intestines. Do not worry about that, but tell them that the particular food dis-

solves the catarrhal elimination of the stomach or intestines into gas, which is fortunate.

The tree fruits, as a whole, have the smallest percentage of organic basic salts, but still they have enough to balance the juices of the body. The juices of all juicy fruits are made up of the best and purest distilled water that can be had in creation. Although these juices are laden with dissolved organic salts and sugar and some protein, these are easily taken up by the body, and then the purest of distilled water is left to take up a burden of poisons from the tissues to carry them out through the organs of depuration.

No human mind can reproduce the chemical laboratories of the vegetable kingdom.

The great value in almost all nuts lies in the fact that they are so rich in the most wholesome proteins and oils. Beside this, all of the nuts are disliked by intestinal worms. The

peanut, almond and pignolia are the best, when flaked, to combine with the vegetables and fruits in the making of therapeutic and prophylactic **synedes** (aptyrtropher salads). The peanut is the chief of all nuts (being a legume) for the making of vegetable synedes, because it has the power to make all harsh and strong vegetables delightful to the taste. All proteid nuts have the power to reduce the over active curative properties of the unfired vegetables as well as those of the unripe fruits. It is to be remembered that unripe fruits have greater and more active curative properties than the ripe fruits. Also that salt (NaCl), vinegar and cooking destroy the curative properties. That is the reason why the unripe cucumber is put into brine and vinegar. Do not, in any way, take the idea from the above statements, that the nuts also destroy the curative properties; but that they only make them milder in their first attack on the inflamed surface.

Even the cereals have curative and laxative properties when eaten in the unfired and dry state, so that the saliva is the only solvent and diluent.

Time does not permit the author to expand on this subject more at this writing.

Trophotherapy is still in its infancy, and in the future its finer details are to be compiled.

All the doctors who are interested in the scientific Trophotherapy are requested to send us their new findings in their case reports, so that we can corroborate the similar actions and effects of unfired foods on special diseases, and compile the deductions into efficient rules. This can be most successfully done at one central office, and we are willing to devote our time to this work. To all who will comply with this request, we will send a copy of the booklet resulting from such compilation free of charge for their favors.

All those who have not yet studied Trophotherapy, we advise to send for our book on "Unfired Food and Trophotherapy."



"Say, Doc! Does that M. D. you sign after your name stand for much dope?"

THE FOUNDER OF APYRTROPHISM AND TROPHOTHERAPY

"An exclusive unfired diet, so prepared and combined that it is tempting, dainty and delicious to all, is the only ultimate means to absolute cleanliness of the intestines, which insures clean blood, perfect health, inclusive morals, clear mind and serenity of spirit." This is apyrtrophy! The fired mixed diet produces every opposite of the above.

It is natural for those who are interested in the most fundamental dietetic reform, apyrtrophism and trophotherapy, to desire some knowledge of the author and how he came to conceive such valuable idea for the health of humanity.

George J. Drews, Jr., is the son of Rev. George J. Drews, who was so much interested in the combined physical health and spiritual welfare of his flock that he coupled his ministry with the practice of homeopathy. His mother, in the latter part of her life, also took interest in healing and practiced it successfully in co-operation with her husband. The practice of his parents was an important education for our junior, especially the fact that he noticed the patients who were successfully cured sooner or later came back again and again to be cured of the same or another affliction. This disappointment led him to think and search for the defect in the system of cure.

In the year 1901, while finishing his last year in the Chicago High School, he procured "The Foundation of All Reform," by Otto Carque, and the study of this led him to the solution of the problem that "Fired and processed food is the first great cause of all common diseases." Now in the course of a few years he proved to himself that autointoxication and malnutrition can not result from natural unfired food. Later he also proved to himself that natural unfired food can be used as a remedy for the diseases that result from the use of cooked or fired food. In this way the sciences of apyrtrophy and trophotherapy were created.

In the year 1909 he had satisfactorily solved the scientific method of combining unfired foods so that they appeal to the palate and eye of cultured man without reducing their health perpetuating and curative properties. The same year he published his treatise on "Unfired Food and Trophotherapy." In the year 1910 he coined the following words from the Greek for the new sciences, with the exception of the word "Trophotherapy," which he had coined the year previous.

For further information or circulars write to Dr. George J. Drews, 1910 N. Harding Ave., Chicago, Ill.

Al. B. [*L. Alimentationis Baccalaurus*]. Bachelor of Alimentation; a graduate in the preparation of unfired food: a graduate eutroph.

Al. D. [*L. Alimentationis Doctor*]. Doctor of Alimentation; instructor in dietetics; a specialist in the unfired diet; a natural food expert; a graduate trophotherapist.

A-pyr'o-Pie (*ă-pēr'o-py*), n. An unfired pie of which the crust is made of nuts and raisins, or an other unfired combination, and the filling of such a combination of fresh fruits and flaked nuts as to make it like the filling of a custard pie. This unfired health-pie was first successfully combined by Dr. Drews in the year 1902. See Apyrtrophy.

A-pyr'tro-pher (*ă-pēr'trof-ēr* or *ă-pēr'trof-ēr*), n. and a. One who holds that man's natural diet consists of unfired fruits, herbs, roots, nuts, and cereals, prepared and combined so daintily as to appeal to the palate and the aesthetic nature of cultured man;

one who holds that apyrtrophy is the only moral system of dietetics, or that there is only one proper diet for man and that it consists of unfired food; one who lives on unfired food to prevent or cure disease.

A-pyr'troph-ic a. Pertaining to Apyrtrophy.

A'pyr'troph'i-cal'ly (*ă'pēr-trōf'i-cal-ly*), adv. According to the custom or manner of unfired-fooders.

A-pyr'troph-ism (*ă-pēr'trof-izm*), n. The practice of living exclusively on an unfired diet for the purpose of maintaining or acquiring health and efficiency; the doctrine of internal or intestinal cleanliness for mental, physical and moral efficiency.

A-pyr'troph-ize' v. t. To convert into apyrtrophers.

A-pyr'tro-phy (*ă-pēr'trof-y*), n. [Gr. *a*, priv. + *πυρ*, fire + *τροφή*, nourishment: unfired feeding]. The science, art and practice of living upon unfired fruits, herbs,

roots, nuts, and cereals (man's natural food), for perpetuating health, for clearness and saneness of mind; also for the prevention and cure of disease; proved to be the only moral system of diet; the science that teaches how to prepare man's primitive foods in elegant style to suit the tastes of cultured man without reducing their health-perpetuating properties.

Brom (*bröm*) n. [fr. Gr. βρώμα, food.] An unfired pastrylike pound-cake prepared by means of a machine (called "bromer"), without the use of water. It is more nutritious and wholesome than any bread, for which it is a substitute. It is composed of sun-dried fruit, whole cereal meal, and nuts. A cake ring can be used to shape the fresh pastry into loaves.

Brom'ad (*bröm'ad*) n. An unfired combination of seedless raisins or other sun-dried fruit chipped, whole wheat meal, and flaked or grated nuts, served in loose form and to be eaten with a spoon. The word also applies to honey and meal rubbed together, to grated brom, and to unmolded brom served in loose form direct from the bromer; any unfired combinations (substitutes for breakfast-foods) served in the form of loose flakes or crumbs.

Brom'er (*bröm'er*) n. A table machine, manufactured by Dr. Drews for properly making brom by the troph or eutroph.

Eu'pos (*ū'pos*), n. [Gr. εὖ, well or good + ποσις a drink]. A fresh drink sweetened with honey, never with sugar, and flavored with fresh fruit juices or cold infusions of dried sweet, or aromatic herbs, such as—honey-lemonade, banana frappe, cold mint infusion, therapeutic eupos—cold infusion of soluble organic salts from dried herbs rich in organic salts; a nectar.

Eu'troph (*ū'trof*), n. [Gr. εὖ, well + τροφός, a feeder or nurse]. One well versed in the science and art of preparing and combining un-

fired foods; one able to prepare and combine unfired food so as to present it in the daintiest and most aesthetic form without reducing the health-perpetuating and curative properties; one whose profession is to prepare food for the table of the aesthetic unfired-fooder; an unfired food expert.

Eu-troph'e-on (*ū-trōf'e-on*), n. [Gr. εὐτροφείον, a feeding place.] An unfired-fooder's eating house; a house where only dainty and aesthetic unfired food is served; an apyrtropher eating-shop.

Eu-troph'er (*ū'trof-ēr*), n. Same as "eutroph, n."

Eu-troph'o-gy (*ū'tro-föl'o-jy*), n. A treatise on the art and science of elegant unfired table service; a literary work that treats of the wholesomeness and dainty preparation of the unfired diet; a treatise on, or a course in, the art of Eutrophing or elegant trophing which is the foundation of Trophotherapy and Trophoprophylactics; a discourse on Apyrtrophism.

Eu'troph-y (*ū'trof-y*) n. [Gr. εὐτροφία fr. εὖ, well + τροφειν, to nourish.] Healthy nutrition; the science which treats of the methods of preparing wholesome food for the moral unfired menu in a dainty and aesthetic form without reducing the health-perpetuating and curative properties; the preparation of the moral, unfired diet.

Mel'i-brom (*mel'i-bröm*) n. [Gr. μέλι honey + βρώμα, food.] A brom in which honey is used as the binder. See brom.

Phys'i-o-ther'a-py (*fiz'i-o-thēr'a-py*), n. [Gr. φύσις, nature + θεραπεία, aid; assistance; cure.] Nature-cure; the science which treats of, and includes every natural and drugless system and means of cure, opposed to surgery.

Syn-edē' (*sin-ēd'*), n. [Gr. σύν, together + ἐδεῖν, to eat.] An apyrtropher dish composed of chopped, chipped, or shredded fruits, flowers, greens or roots, to which are added flaked or ground nuts,

seasoned with either honey, lemon juice, or oil, or a combination of these. An aesthetic synede is one in which the ingredients are not mixed, but are arranged in a color scheme, or which, when mixed, are garnished with esculent flowers.

A vegetable synede is composed of vegetable-fruits, greens or roots, and flaked nuts, flavored with honey or oil, if desired. A fruit synede is composed of one or more chipped, chopped, or diced fresh fruits and chopped or flaked nuts, and if desired these may be dressed with honey.

Tr. D. [*L. Trophotherapiae Doctor*] Same as "Al. D."

Troph (*trof*), n. [Gr. τροφός, a feeder.] One whose occupation is to prepare and combine unfired food for the table; one who dresses fruits, vegetables, and nuts for the unfired diet; one who prepares food without the use of fire or artificial heat.

Troph (*trof*), v. t. [Gr. τρέφειν to feed.], [imp. and p. p. trophed (*trofd*); p. pr. and vb. n. trophing (*trof-ing*)]. To prepare and combine provisions for the unfired diet; to make fruits, vegetables, and nuts palatable to be eaten unfired; to make an aesthetic display of wholesome unfired food; to entertain with the unfired fare; to serve unfired menus.

Troph'er (*trōf'ēr*) n. Same as Troph, n.

Troph'er-y (*trōf'ēr-y*), n. [Gr. τροφή nourishment]. The food-room; the pabularium; the room of a house appropriated to the preparation of unfired fare; a room in which food is prepared without the use of fire or artificial heat.

Cool was his *trophery*, though his brains were hot. —*Dryden*.

Tro-phol'o-gy (*tro-phōl'o-jy*), n. [Gr. τροφολογία; τροφή nourishment; λογία discourse.] The science which treats of the various kinds of natural foods for the human being and their value in the perpetuation of health and the prevention of disease.

Troph'o-proph'y-lax'is (*trōf'o-prōf'i-*

lāks'is), n. [Gr. τροφή, nourishment + πρὸ, before + φυλάσσειν, to guard.] The science, art, and practice of preserving from, or of preventing, disease by living on moral, unfired food; the observance of Nature's dietetic rules, or laws, for the prevention of disease; preventive means against disease through proper feeding; living on unfired food for moral ends.

Troph'o-ther'a-pe-on (*trōf'o-ther'a-pe-on*) n. [Gr. τρωποθεραπεῖον an unfired-food-cure institution.] An institution where unfired food is used as the fundamental means of cure.

Troph'o-ther'a-py (*trōf'o-thēr'a-py*), n. [Gr. τροφή, nourishment + θεραπεία aid; assistance; cure]. The science and art of curing disease with natural specific food, in Nature's own way; the practice of selecting specific, unfired fruits, vegetables or herbs, to aid Nature in the process of cure; the system of curing founded on the facts that ninety-five per cent of all diseases are primarily caused by feeding on unnatural or denatured food, and that Nature effects a cure when the organism is supplied with the required natural organic elements. The system of curing disease by removing the cause and supplying the wants in the form of natural unfired food.

Vegetarian [L. from—*vegetus* = Live-ly; active; sprightly; vigorous.] n. One who holds that vegetables and fruits are the only proper food for man. Strict vegetarians eat no meat, eggs or milk.—*Webster's Dictionary*.

There is nothing in this definition which indicate that vegetarians do not eat denatured food. It is well known that they apply fire or artificial heat to almost all their foods. There are, however, a few who, for want of a better term, call themselves vegetarians, and who have actually evolved into Apyrtrophers (strict unfired-fooders), through the progress of the world-wide tendency in that direction during the last ten years.

Some have drifted into Apyrtrophism (natural feeding) by daily reforming their diet to the food that gives the most lasting satisfaction, comfort and health; others have acquired it by study and research; while many have been forced to accept it through their sensitiveness to Nature's prompt chastisements for the violation of her laws, and finding that only comfort and health follows the use of food taken direct from Nature, chemically unchanged and uncombined with other denatured food.

Physi-Culture Department

Address all communications for this department to its editor
Dr. M. N. BUNKER, Savannah, Missouri

THE FASTING TREATMENT

By **DR. H. B. GALATIAN**

The history of fasting in the treatment of disease has been written in other articles and books on the subject, and as the object of this article is to give practical points in its use as a therapeutic agent, we will only say that voluntary fasting for the cure of disease is the most ancient method of healing known, and had its beginning away back in the infancy of the human race, when the first man or woman surfeited his or her stomach and became ill.

The need for fasting from food is entailed because our patients, or ourselves for that matter, have put something into our alimentary tracts that did not belong there, and because our body warns us of the fact, by taking away our appetite.

Therapeutic fasting must be considered both in respect to acute and chronic disease conditions.

The need for fasting in acute disease is indicated by the fact that as soon as the patient has fever, appetite ceases. Usually also smell and taste are inhibited, and the mouth is dry from the lack of saliva. Appetite, saliva, taste and smell are all necessary factors before we can desire, relish, digest, or receive any benefit from food, and as long as these are absent, Nature clearly indicates the source of procedure for the physician and patient.

In every attack of acute disease, the indicated need of the patient is so plainly shown, that it is astonishing that practitioners do not more often take the hint and keep food away from the sick. Food undesired is food that will be undigested, and the result is

the absorption of poisonous material which must be eliminated or oxidized, and very often the already overtaxed system refuses to take care of the burden, and we lose our patient.

A sick person will fast by instinct, but often the physician will insist that food be taken to keep up the strength of the patient, and in so doing the very purpose for which the food is prescribed is defeated, for invariably the patient will lose in both strength and weight, and often is prevented from becoming well, or is made chronically ill. We beg all Naturopathic physicians, no matter what may be their school, to give their patients this boon of Nature, by withholding food when it is undesired and unneeded by the sick organism, and to give no food until the acute condition has subsided.

In chronic diseases, fasting is used therapeutically to promote the "burning up," so to speak, and the elimination of stored-up waste materials. This applies not only to matter in the alimentary tract, but also to material which may be deposited in the body cells, which can not be used to advantage, or which are foreign to the cells and to the body in general. The system catches up, as it were, with its work of elimination, which it can not do when it is being pushed to the limit to get rid of the ordinary waste of the body. We believe disease to be due to impure blood, lack of blood circulation, and hence deposits of foreign matter in the body. Here we have Nature's own way to get rid of the wrong conditions. By fasting, we put no more material into the body to

be wrongly metabolized; the cells give up their morbid matter to the blood, the blood carries the matter to the organs of elimination, and being freed of the waste, circulates more readily.

As to the technique of fasting, much could be written, but we will have space for outlining only the more practical points.

Environment.—The patient should be removed as far as possible from temptation to eat. Keep away from the kitchen and from the odors of cooking food. Keep away from curious and would-be friends, who ask foolish questions and try to discourage the patient, or who offer unsought and unscientific advice. Pleasant surroundings are advisable.

Bathing.—At least a warm sponge, shower or tub bath every other day. In some cases a bath of some kind may be taken every day, as for instance, a course of routine water treatments. These must not, however, be very severe. The idea is to keep the patient clean and promote elimination.

Water Drinking.—The patient should drink water as thirst indicates. If there is no desire for water, all right; do not force it, and thirst will come naturally soon enough. As a rule, patients will very soon have a very great desire for water, and we can safely wait until that time comes. Some advise the drinking of large quantities of water, whether there is a desire for the water or not, with the idea that more elimination goes on in this way. We have repeatedly examined urine from patients fasting and drinking large quantities of water, and have found that there was very little waste eliminated, and that the specific gravity was often that of water. We believe that a certain concentration of the blood is needed for the absorption of waste materials from the cells by the blood, or in other words, to keep up the rapid oxidation of body waste, somewhat as is the case with the Schroth dry diet cure. At any rate, thirst can be safely taken as the guide to the amount of water needed.

This, of course, varies with the case. As a rule, if a glass of water is taken every two hours while the patient is awake, enough fluid will be taken.

Diet.—Nothing but water, as above. We put in this paragraph for the reason that some consider the taking of fruit juices or milk as fasting. In this article, we are considering the total fast, and not a restricted diet.

Exercise.—Fasting is rest—rest of not only the alimentary tract, but of every function of the body. We believe that this is an ideal time to give the entire body a complete rest from all voluntary work. Some advise exercise with the idea that the length of the fast will be shortened thereby, but this is a fallacy. The length of the fast may be shortened because of the greater tissue waste, but tissue waste is not the therapeutic function of fasting. By resting, energy may be saved which is used for elimination and repair, and for the upbuilding which follows the fasting period. The reason some patients are not cured by the fast is because they are already in an emaciated condition, and can not fast long enough to bring about the cure. For example, in gastric ulcer the ulcer will heal more readily whilst the patient is fasting, than by any other method. But if the patient is thin or wastes his flesh by exercise, he may not be able to fast long enough to heal the ulcer. In general, therefore, advise your patients to take no more exercise than is necessary. A short walk is about the best form of exercise to advise.

Sleep.—Many patients will sleep a great deal, but some will be restless in the beginning. The warm bath, taken just before retiring, is the best treatment to ensure sleep. The weak patients will sleep much, because they need the sleep for restoration, while the strong will sleep but little.

The Enema.—Should be taken at least every other day. In some cases, every day is not too often, at least for the first few days. Only clean, warm water should be used.

Fresh Air.—Pure air should be al-

lowed to circulate in the room at all times, and it is best if the patient can be out of doors for a few hours daily and in good weather all day long.

Other treatment.—Chiropractic, osteopathic, neuropathic, naprapathic, hydrotherapy, massage, or other methods of treatment may be used, provided the treatments do not distress or wear out the patient. The idea is to conserve and not to waste energy.

Treatment of Disagreeable Symptoms That May Arise

Nausea.—Usually occurs during the first few days, and is prevented by preparing properly for the fast by using fruit juices during the first two or three days, or by the use of the enema.

Vomiting.—May occur at any time. Due usually to regurgitation of bile into the stomach, or collection of mucus. Use fruit juice or vegetable juice for the first two or three days. Drink freely of hot or cold water, and use the enema freely. As soon as the alimentary tract is emptied, the vomiting usually ceases. Gastric lavage. Rest in bed. In some cases stopping the intake of fluid for a few hours will cause the vomiting to cease. If it continues, it is sometimes well to break the fast and feed for a few days, when, if necessary, the fast may be continued.

Headache.—May be present for the first few days. Will usually disappear of its own accord, or the usual treatment for headache may be applied. An enema often relieves.

Coldness.—Due to the fact that the blood is absorbing toxins, and that the circulation is slowing down. Usually disappears as active elimination goes on. Keep the patient warm by advising suitable clothing and a warm room. A warm bath will help.

Pains.—Often occur as the result of the stirring-up of the morbid matter in the system. Use the hot bath.

Symptoms of Suppressed Diseases Will Recur.—These must not be interfered with. Measures may be employed to make the patient comfort-

able, provided they do not interfere with the eliminative process.

Nervousness.—Due to the stirring-up process and the entry of irritants from the cells into the blood stream. Use the enema and warm bath freely and massage the patient.

Hunger.—As a rule only present for the first two to four days. Relieve by taking plenty of water, or wait for it to disappear naturally.

Bad Taste in Mouth.—Use the tooth brush and keep the mouth and teeth and tongue clean.

Dizziness.—Do not get up suddenly from a chair or from the bed. Take a few exercises in bed before arising. Make no sudden movements.

Rapid Heart.—Keep quiet. Cold compress over the heart. Don't worry about the condition as it is seldom of importance.

Slow Heart.—Never of danger unless as a complication of disease. Take warm sitz or tub bath or apply hot compress over heart.

Fever.—Sometimes occurs as a crisis. Don't stop the fast. That is the best cure. Use the enema freely, drink freely, and sponge the body with cool water.

When the Fast Shall Be Broken

In acute cases, break the fast only when the fever is gone and most of the symptoms have cleared up.

In chronic cases, continue the fast until the symptoms of the particular disease for which the fast is being taken are gone, or until the patient shows signs that the fast is becoming tiresome, or is causing mental distress. Never fast a patient against his will, unless to save his life. It is not good practice to determine the length of the fast beforehand. No one can tell just how long it will take to bring about the desired results. The weight of the patient is often the guide to the length of the fast. Although some very thin individuals have fasted for long periods, it is not advisable in such cases; rather give a short fast, frequently re-

peated. A series of short fasts are often of more benefit than a long one. The idea that only so-called complete fasts are beneficial is not true, and has often led to much harm. Every time a person fasts for a few days, some good will be done, and if there is a chronic disease present, some effect will be made on the disease, just to the extent of the fast.

If the patient has been fasting for a few days, and reaches the point where he feels good, and has plenty of saliva and a desire for food, the fast should be broken. If there is no desire for food, the fast should be continued.

The state of the tongue is very seldom a good guide for breaking the fast. The white coat on the tongue does not indicate the condition of the stomach, as is popularly thought, but is an accumulation of epithelial cells, which will promptly disappear upon the ingestion of some rough food.

It is a safe plan never to put a new patient upon a long fast, the first time. Rather give him a series of shorter fasts, and gradually work up to the long fast, if it is really needed. In many cases the long fast is not necessary, and when other treatment measures are being used along with the fast, the length of the fast is shortened. You should know just how much recuperative power your patient has after a fast, how quickly he assimilates food, the state of his digestion for various foods, his mental calibre, etc.

How to Break the Fast.—Investigation has proved that most of the fatalities which have occurred in fasting have been due to the fact that the fast was broken improperly. The first food taken after a fast must be in small amounts, easily digested, taken at regular intervals, and preferably liquid. Fruit juices are usually recommended, although in many cases they are irritating and cause disturbances in the stomach. After years of experience, we believe there is no better food to give the fasting patient when he is ready to eat, than milk. This is

the first food given the new born babe and it is the best food to give the re-born adult. It can be measured out so that the same amount of nourishment is given at a time; it is easily digested, is non-irritating, usually relished by all, and will give a maximum amount of nourishment with minimum expenditure of digestive energy. In some cases it is well to modify the milk at first, just as is done for the infant. A safe plan is as follows: In fasts up to three days, give a glass of milk every hour on the first day, and every half hour on the second day—then continue with the milk diet or gradually return to the regular mixed diet. In fasts up to seven days, give fruit juices, if desired, on the first day, a glass every two hours, or give the milk, a glass every three hours, on the second day one glass of milk every hour, then every half hour, etc. In fasts up to fourteen days and over seven days, give only half a glass of milk every two hours on the first day, and continue for a shorter period. In extremely long fasts, the milk should be skimmed, or modified, at first, and the quantity very small and given regularly.

The following is a list of foods which can be used as the first food after a fast—but none of them can take the place of milk as the ideal: orange, grape, pineapple, apple, vegetable, watermelon, beef juices, malted milk, sumik, skimmed milk, albumin water, honey water, albuminated milk, a mixture of orange juice, honey and white of egg well beaten together.

Our advice is to always play safe and never fast your patients too long, and never try to overfeed when breaking the fast. Fasting is a natural agent for the cure of disease, and is always of benefit to the patient when rightly conducted. Simply because once in a while some one comes to grief through a long fast, is no reason why it should be condemned.

As with all other forms of treatment, fasting must be studied and experience gained before the best results can be expected. No preconceived

opinions must be held, and no cut and dried rules followed, for each case is a law unto itself. When once the general principles are thoroughly understood, they can be applied to the individual case. Rightly administered,

fasting is a safe and effective therapeutic agent, and we advise practitioners of all schools to secure every book on the subject, and study the matter, and try it out on their own persons and with their patients.

EXERCISE AND REST

By SIGURD SAMPSON, N. D.

The first law of life is activity. Use or lose, is the command. If any part of the body is allowed to remain idle, it will soon become smaller in size and inferior in substance. This applies to brain and muscle, voluntary and involuntary parts alike.

All our activity, however, must have a definite purpose, and may be classified into four main groups, viz.:

1. Productive labor.
2. Recreative play.
3. Exercise for development.
4. Exercise for eliminating disease and regaining health.

The last two mentioned groups are the ones we wish to discuss here—with addition of a special physical activity called rest.

Aside from dietetics, exercise is our most valuable therapeutic agent, employed as massage and passive or active movements. But unless a person understands thoroughly the way the forces of the body work, and the physiology of exercise, he should not undertake to direct his own or anybody else's regime of exercise, either for development or the cure of disease.

It takes vitality to generate vitality. When a person has been using up his surplus energy through mental or physical labor during the day, and feels tired as a result, no form of exercise can possibly do any good. What is needed in such a condition is rest. Voluntary exercise develops more energy only when a person has some surplus vitality with which to carry it on.

A body gets tired after a day's la-

bor, because its surplus vitality has been used up. A night's sleep will recuperate the cells and restore the used up body forces.

When a body is clogged with waste material as a result of too much food, an insufficient amount of air or overwork, it also feels tired. But this is a tired feeling or condition which can not be overcome by a night's sleep.

The blood circulation is sluggish, very little energy is generated, there is "friction" in all the body's movements, which requires a large amount of energy to overcome.

No matter what other name we give the ailments present in such a body, we know that the individual is suffering from **low vitality**, because the body generates **little** vitality, while it requires **much** vitality merely to live.

Exercise, therefore, in such a condition must have one purpose only, to increase the individual's vitality. Exercise for the sake of promoting blood movement, and more heat will be generated, more air will be taken into the system, the eliminative organs will soon become more active, and metabolism will be increased.

Such exercise should be done with as small an expenditure of neural energy as possible. All moves should be full and complete, but simple and more or less mechanical. Arms, legs and trunk should be used in order to act on the large vessels.

Simple mechanical movements will promote and stimulate the circulation of blood just as effectively as any complicated motion, and they require far less energy. This is just what we

wish to accomplish, for remember we are not now exercising for development, but for elimination. A sick cell is fighting for life; it has no vitality with which to carry on development and growth.

When the body is sick, its whole force is used for the purpose of eliminating the sick, morbid elements. When this has been accomplished, we may begin to exercise for development.

Muscular exercise has a remarkably stimulating and rejuvenating influence on the system. As an example, I shall just mention the fact that the blood leaving a muscle at rest is 0.7 of one degree higher in temperature than that of the blood supplying the muscle; but the blood leaving a muscle in action may be 1.4 degree higher than the blood entering the muscle. This shows the value of muscular exercise as a heat developer.

For people who do mental work, muscular exercise is invaluable. For the brain is rebuilt and rejuvenated by the blood in the same way as all other parts of the body.

When you feel blue and everything looks gloomy ahead of you, take off your clothes and exercise determinedly for 10-20 minutes, and you will find your blues and worries fading away as if by magic.

There is no greater means of bringing body and soul together in perfect harmony than light rhythmic motions, say in the form of dancing, especially if done to beautiful music. Much muscular exercise is required by the ordinary individual today merely to work off the surplus amount of food he takes into his system. By the time this is accomplished, he is tired out, he has no energy left with which to carry on exercise for developing larger and stronger muscles, if this should be his aim. This is the reason why many fail in their effort to develop a better physique.

If you wish to develop large muscles, be sure that you do not over-eat.

From a health standpoint, however, we look not for size, but soundness. If the individual is healthy, his body

will assume the proportions best fitted for his special occupation. Health and strength are by no means synonymous.

Another phase just as important as exercise in eliminating disease and developing any part of the body is rest. A muscle may be rested by a few minutes of relaxation, as its accumulated fatigue poison may be thus carried off.

But the body as a whole can be rejuvenated only during sleep. Vitality is generated in the system during sleeping and waking hours alike. But the expenditure of vitality is always greater than the supply during the waking state. Therefore, exhaustion must take place sooner or later.

During sleep all outflow of energy is practically shut off. But as the generation of vitality still goes on, the body is soon recharged.

Sleep is not an inactive state. Sleep is a state of activity of the finest kind—a state of repair. Whether this repair is speedy or slow depends on the individual's condition. A sluggish, slow body must, of necessity, require a longer time for all its functions than one where everything functions with ease and speed.

A person whose vitality is low will require much more sleep than a person whose vitality is high. Such a person should have periods of definite



Milk has no Charms for the real Vegetarian

exercise, and he should sleep whenever there is an inclination to do so. This will invigorate his system.

That restless condition which a person of low vitality sometimes feels; when he is tired and still unable to sleep; when rest is not restful, is due to retarded metabolism, interference with the blood circulation, and the presence in the system of toxic elements which irritate nerves and other tissues. These toxins are not what we call fatigue poison, but poisons derived from other sources, mainly from imbibing too much food.

Moderate exercise, both passive and active, will stimulate the natural function of all parts of the body, and a craving for rest and recuperation will soon manifest itself. It is now in a position to rest. It feels more rest-

ful, though in reality it is more active than it was previously.

Our activity during waking hours determines the rate of activity during sleep. The amount of sleep needed by a body can not be determined by certain rules or number of hours. It must be determined solely by the need of the body. 10 to 14 hours' sleep per day is none too much for a neurasthenic. We generally advise rest for such conditions. But the rest condition is more often brought about by use of the muscles than by disuse. For rest and sleep is not a state of inactivity. It is a state of activity of the highest order, though not necessarily conscious activity. But the nature of this subconscious activity is determined entirely by our conscious activity over which we have full control.

THE MILK DIET

By DR. H. B. GALATIAN

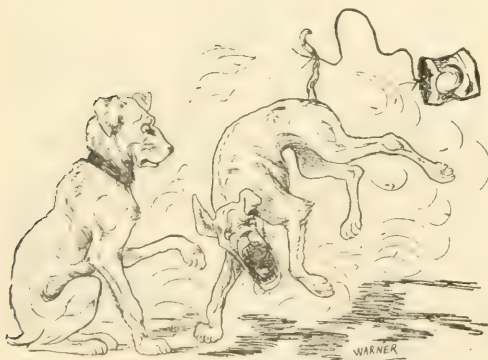
In our article on the fast cure, we mentioned the milk diet as the best regime to prescribe afterwards. This diet has a much wider range of application, however, and next to the fast, is, we believe, the most valuable agent for the relief of chronic conditions. We make this statement after observing

its use with many cases during the past ten years.

There are some who condemn its use on the grounds that milk is not suitable for human food. That it is food for the calf, etc., etc. This is a nonsensical idea, and is founded on ignorance of how to use the milk diet therapeutically and inexperience in its application.

In this article we will give the most practical points in its use, in the hopes that the practitioner will try it out and study more deeply the question.

The Kind of Milk to Use.—Holstein milk, if it can be secured. If not, any good milk, provided it does not contain too much cream, in which case it should be reduced. The milk should be unpasteurized, and certified. If not this, then milk from as clean a dairy as possible. Otherwise use the milk pasteurized. Better results are secured by using the unpasteurized milk, but in cities, other than pasteur-



My friend, you need mental poise.
The tin can is non-existent. Try a
little Christian Science

ized milk cannot be secured except by special arrangement, which is not always possible to the private household.

The Temperature of the Milk.—Ordinarily prescribe cool milk, but in case of weak digestion, or during cold weather, warm milk may be used, but never boiled milk.

How Often to Take the Milk.—The best results are secured if the patient will take one glass (6 to 8 oz.) every half hour while awake. This is the ideal, but may be modified to suit the condition of the patient, the physician always keeping in view, and trying to work up to the ideal, viz., every half hour.

What Shall Be Taken with the Milk.—Absolutely nothing, except in the instances related below. Milk is the one food which should be taken alone. In the case of the infant, no other food is taken naturally, and in the attempt to change or modify milk for the babe, much harm is often done. It is the same with the adult, and it is because of this that many people say that milk does not agree with them. The reason is because they have not been taking the milk diet, but a mixed diet. When we say the milk diet, we mean milk and nothing else whatever.

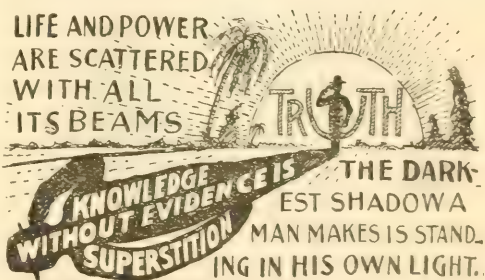
In Case of Hyperchlorhydria.—Give more milk to neutralize the acid. Those with acid stomachs are good milk drinkers. If little milk is taken in such cases, hard irritating curds are formed. If more is taken, the curds are softer and easily broken up.

In Case of Hypochlorhydria.—Give lemon juice with the milk. That is, advise the patient to sip the lemon juice after each glass of milk. In many cases, after a few days this will be unnecessary, as the glands of the stomach become better nourished, and perform their function.

For Constipation.—Many say they cannot take the milk diet because of constipation. Yet milk is the best cure for constipation that we know of. The cause of constipation is chiefly in atonic intestinal walls, and the milk will in time build these up. The best

plan is to use a small amount of warm water in an enema daily until the bowels move of their own accord, even though it takes some time. This is better than mixing laxative foods, such as bran, figs, etc., with the milk. Other foods taken with the diet may, of course, make free bowel movements, but the patient runs chances of spoiling the desired effect of the treatment. The milk diet means milk, as we have said before. However, in some cases bran gems, figs, or prunes may be used, provided they do not disturb digestion. Only the least amount of these necessary should be used, and they should be discontinued as soon as possible.

For Diarrhea.—This is at times a common symptom. It occurs sometimes on the first or second day, especially after a fast. It is also due to collections of mucus on the walls of the intestines and stomach, preventing the absorption of the liquid part of the milk. It may also be due to rapid peristalsis. The rule should be to keep up the milk for three days, at least, when if it continues, the milk may be stopped for a day, and then renewed. If it still continues, take less milk and at longer intervals. If still there is diarrhea, give some dates with the milk, two or three with each glass, well masticated. Or a piece of zwieback may be eaten. In some cases, even this will not help, and the milk may have to be discontinued and some other food prescribed, or a longer fast taken. In many cases we have then been able to return the patient to the milk without the diarrhoea recurring. Here is a point which will be found in-



teresting and of help. In every case where there has been previously a gonorrhoeal infection, it may be many years previous, diarrhea while on the milk diet may be expected. We have not the space in this article to explain why.

Exercise.—Very little should be taken. Those low in digestive ability or very emaciated should rest in bed. Those fairly strong may be up and around, but no exercise should be taken except a walk and a few calisthenics early in the morning before taking the milk. All the energy possible must be saved for digesting the milk, and making new blood.

Baths.—A warm sponge, shower, or tub bath daily. If routine water treatments are being given, they should be mild in character.

Treatments.—Very few should be given. Spinal manipulations and massage are of benefit if not taken too often at first. Later on in the diet, or about when to go off the diet, more treatments may be given, if necessary, but they are often not needed, as the milk will have done the work.

Fresh Air.—Needed at all times, as with any other treatment. The more fresh air, the better the milk will be digested, but the patient must be kept

warm. This is, however, not a difficult task, as circulation is soon stimulated, and the quality of the blood improves so rapidly that the patient keeps warm very easily.

Nausea and Vomiting.—Give less milk if due to lack of peristalsis. If due to formation of hard curds, give more milk. If the milk is too rich, take out some, or all, of the cream. Use the enema. Have the patient rest. Take at longer intervals. This seldom occurs, if nothing but milk is taken.

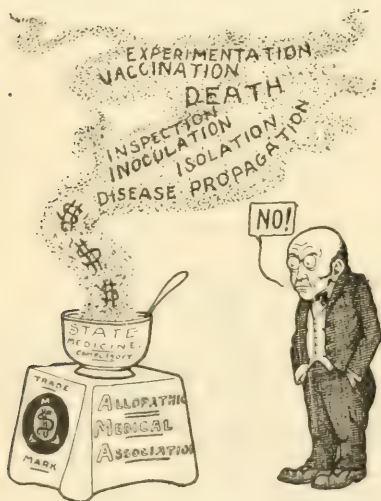
Cautions.—In arterio sclerosis, the amount of milk should be limited at first, but later on it may be increased, as the improved circulation and strengthened arteries will obviate any danger.

In heart diseases, the amount must be limited, as the increased amount of fluid raises the blood pressure, and also crowds the work of the heart. Milk is not, however, contra-indicated, but must be taken with caution.

In tuberculosis, where there has been hemorrhages, smaller amounts should be given. A good plan is to sour the milk, and remove some of the water, then beat up the clabber and feed this.

In some diseases, the symptoms are aggravated at first, but if the milk is continued, the symptoms will clear up and the patient receive the desired benefit.

To Sum Up.—The above are but a few of the points to be observed in prescribing the milk diet in disease, but they will serve to bring the diet to the notice of the practitioner. It is only by study and experience with many cases, in all kinds of diseases, that dietetic treatment can be uniformly successful. A few half-hearted attempts at prescribing the milk diet, without benefit to the patient, will often discourage further investigation. A scientific investigator, however, will not condemn without experience with many cases, over a long period of time. That is the way in which we wish you to investigate this form of treatment, and we feel sure you will be well repaid for the efforts put forth.



PHYSCULTOPATHY

By DR. H. B. GALATIAN

The old interpretation of the term, "Physical Culture," was that it consisted of muscular movements done with the idea of strengthening and developing not only the muscles themselves, but the entire functional system.

Even at the present there are some who believe that this is all there is to Physical Culture, and never for a moment think of associating the term with a system of health restoration. They will say that exercise is very good for a well person, but not especially beneficial for a sick one. This idea of Physical Culture prevails to some extent also among practitioners of various schools.

To Bernarr Macfadden must be given the credit for adding to the meaning of Physical Culture, so that today it stands for a complete system of healing. Physical Culture now means the doing or following of measures which will bring about the most perfect state of physical health possible to the individual. This also includes the moral and mental health and development of the individual.

It is, then, obvious that Physical Culture does not mean simply exercise, but must include all of the measures necessary for preserving the health and life of mankind, and for developing the individual to the highest physical, mental and moral state possible, during his journey from birth to the grave. If we include eugenics, it has to do with prenatal development also.

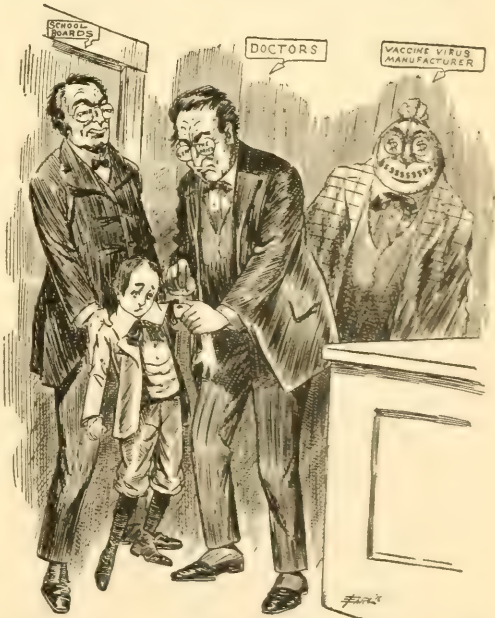
To Bernarr Macfadden must, also, be given credit for coining a word applicable to Physical Culture in its new meaning, and also applicable to its new and enlarged field in therapeutics. The term **Physcultopathy** designates a system of therapeutics which aims to prevent illness by teaching proper living, to restore health, when lost, by measures in accord with the physiological processes of the body, and to

develop the body and all its functions to as near perfection as possible.

Physcultopathy uses diet, water, sun and air, breathing, exercise, fasting, rest, joint manipulation, suggestion, etc., etc., as may be indicated in the patient's case. Many of these are used in other systems of healing, but Physcultopathy has combined many of them, and made an application of them that is unique to this system.

As the space allotted to this department is limited, we have selected for discussion several of the most important and characteristic measures used by practitioners of this method, viz., Exercise and Rest, Fasting, and the Milk Diet.

We hope that practitioners of all schools will freely use the methods described, and although they are brief expositions, the aim is to give a working basis, and to stimulate study and experiment along the lines mentioned.



Messrs. Virus Induction, Incorporated, and their victim.



Ophthalmology and Optometry Department

Address all communications for this department to its editor
EDWARD J. PERKINS, N. D., Oph. D., Plattsburg, N. Y.

OPHTHALMOLOGY AND OPTOMETRY

By Dr. EDWARD J. PERKINS

Subject: Retinitis

The editor of this department is a drugless specialist in diseases of the eyes and refraction, therefore his work lies along different lines than that of the general practitioner. However, there is no disease of the eyes which occurs more often by reason of constitutional disease, and is treated more often on the basis of constitutional causes than retinitis, so in contributing an article to this publication, the editor has deemed this subject of practical interest to the drugless profession.

Syphilitic Retinitis

One of the commonest causes of retinitis is syphilis. This is often a secondary retinitis, arising along with disease of the choroid, and a local manifestation of the constitutional disturbance. Syphilitic retinitis also occurs primarily, in which the most prominent sign is syphilitic endarteritis. It is an old observed fact that there is no more potent pathological condition than syphilis; it respects no part of the human organism. In syphilitic retinitis, there are opacities in the vitreous humor, especially in the posterior portion; there is cloudiness of the retina, more conspicuous about the optic disc, which latter is usually hyperaemic. The macular region shows white spots, with white and yellowish pigment bounded spots at the edge of the fundus. The

blood vessels are usually degenerated with whitish, chalky exudations along their course; hemorrhages seldom occur. The patient complains of defective central vision, blindness in dim light, irregular and concentric contraction of the visual field with oftentimes central, ring or paracentral scotomata, and metamorphopsia.

In the great majority of cases the amount of organization which takes place at the sites of the inflammatory deposits of syphilitic retinitis is very small, but sometimes there is a well marked tendency toward new blood vessel formation. The ophthalmoscope shows some very prominent and characteristic changes.

In the acquired form of syphilis the retinitis generally appears from one to two years after the primary infection: both eyes are usually involved, but rarely at the same time. Sometimes the macular area is affected alone, showing a gray or yellowish deposit, or a number of small yellow spots and dots of pigment. Relapses are frequent in such cases.

In congenital syphilis, we often find retinitis; in such cases the ophthalmoscopic picture shows a dusty, peppery, discrete pigmentation of the edges of the retina, along with a tigroid condition of the fundus. To differentiate this condition from normal is to take note of the greater aggregation of the pigment. Where the case is more de-

finite, there are yellowish-red and black spots at the periphery, or larger gray or white patches may be seen. Very often the case may present all the characters of the acquired form. Treatment is the constitutional one for syphilis; the retinitis is a sequel and a symptom; local treatment aside from rest and protection of the eyes, is of little avail.

Albuminuric Neuroretinitis

This is a typical form in which the ophthalmoscopic result is pathognomonic; the only condition it is likely to be confused with is intracranial tumor. The general signs of retinitis are present, but the distinguishing feature is the presence of brilliant white spots and patches in the retina, the earlier deposits being cloudy, with soft edges, while the later are brighter, more sharply defined and punctate; the disc is surrounded by large, white patches, or by a continuous, so-called snow-band. The white, silvery, round dots and patches around the macula are character signs pre-eminent. The steel-ate figure is made up of spokes of white dots or fine lines, radiating from the fovea, but the fovea is not involved, and the star is often incomplete in one direction or the other; however, the re-

tinal vessels show very definite degenerative changes. There are exceptions to these, as in every case. Sometimes albuminuric retinitis shows a different picture. Sometimes there is a neuroretinitis, which shows no characteristic features especially associated with inflammation of the kidneys. In such cases, there is moderate swelling of the optic disc—rarely so much as in the choked disc of intracranial disease—more or less widespread edema and hemorrhage. It is a cardinal point that the urine should be examined in every case of retinitis, regardless of the subjective and objective symptoms.

The white spots seen in albuminuric retinitis are mainly composed of exudates, often fibrous; they occur in the inner layers, but may be present in all these. Some leucocytic infiltration, and peculiar, swollen, nucleated structures—the so-called cytoid bodies—are found in the nerve fiber layer, which are spoken of by some as varicose nerve fibers. Practically all the exudates and neurotic retinal elements undergo fatty degeneration. The peculiar arrangement of the spots in the macula is supposed to be the radial disposition of Muller's fibers, but it is not impossible that when the edema is considerable,



Medical Trust: If you dare to consult anybody else, you will get a good ———

——— calling down.

there may be actual radial folds in the retina, within which the exudates accumulate. The blood-vessel changes are those common to vasculitis in other small vessels, consisting of endo- and peri-vasculitis and hyaline degeneration of the walls.

Albuminuric retinitis may occur in all forms of nephritis, including the nephritis of scarlatina and the puerperal state, but by far the greater number of cases, the inciting disease is chronic interstitial nephritis. This latter fact establishes the reason for the small quantity, or even total absence, of albumin in the urine of some cases.

The retinal changes may be the first evidence of renal disease, therefore it is extremely important that a positive diagnosis be made immediately. When retinitis occurs in puerperal cases, the prognosis is worse the earlier the retinitis is made out, but fortunately it generally commences in the late stage of pregnancy. Artificial induction of abortion is advocated by some authorities, for which they claim prompt beneficial effect. The cases need the most careful consultation—a point to be remembered.

The only symptom complained of in albumino-neuroretinitis is gradually diminishing acuteness of vision, headache accompanies the condition, and both eyes are almost always affected

simultaneously. Transient blindness may occur in cases of nephritis, and especially is this possible when the disease is complicated by uremia. These cases are often puzzling, as no apparent abnormality of the retina appears. A differential diagnosis between uremic blindness and albuminuric retinitis is made in that in the former there is sudden total blindness, while in the latter the defective vision is progressive and never complete. Sight generally returns in one or two days, however; other symptoms may accompany the attack, such as vomiting, headache, convulsions, or coma, these latter being symptoms of the true uremia.

This disease is another manifestation of constitutional affection, and, of course, treatment must be directed to the nephritis. We can accomplish nothing by treating symptoms in this case.

Diabetic retinitis

It is not often that retinitis complicates diabetes, but such cases do occur, so it is well to mention it here. It appears in the late stages of diabetes, and is likely missed by many in attendance upon such cases, owing to the peripheral position of the lesions, opacities of the lens, and greatly debilitated condition of the vascular system. It is always bilateral, and in its commonest form irregularly scattered; small, bright, white spots are seen in the macular region, the stellate arrangement so characteristic of nephritis is generally absent, but we must remember that albuminuria is a frequent companion of the late stages of diabetes, and the ophthalmoscopic picture of "renal retinitis" may be present. The white spots may coalesce into larger plaques, with crenated edges, which indicate their mode of formation. The optic disc and remainder of the retina may be normal. Treatment is that of diabetes, and the prognosis of the retinal condition depends upon the severity of the diabetes.

Leucaemic retinitis

During the course of an attack of

A September Morn



Dr. Pill: "By heck! If I get hold of that mut who ran off with my clothes, I'll persuade him that he has appendicitis, and then perform an unsuccessful operation."

leucaemia, a retinitis may develop which gives an ophthalmoscopic picture of its own. The retinal vessels are much distended, the blood within them being much paler than normal; the whole fundus is pale and yellowish. The white spots and patches are surrounded by a red rim, which makes them very typical of this affection. These spots consist of leucocytes, surrounded by red corpuscles. The blood should be examined in every case, and treatment based upon the pathological findings.

Purulent retinitis

This form of retinitis is most always due to a septic perforating wound, which may result in general infection of the eye. Sometimes it is a metastatic condition occurring in pyaemia, most likely starting in a septic embolus. During the early stages there is severe retinitis, with hemorrhages, followed by suppuration involving the vitreous, so that a decided yellow reflex is obtained. The case generally passes in general eye affection, but less commonly than in cases of exogenous infection. Adopting bacteriology as a basis for explaining the diminished virulence of micro-organisms, we might say that pyogenic organisms are attenuated in the blood stream and body tissues and the infection subsides, which it does in many cases, with restoration of useful vision. Treatment is directed toward building and keeping up a pure condition of the blood stream; local treatment must also be instituted, in which case alternate heat and cold, preferably moist, care being used with moist heat; careful massage, occlusion of the eyes, cautious use of galvanism unless infection is general and there are no ulcers complicating the case, each of which demands expert assistance, if the eye or both eyes are to be saved.

Retinitis proliferans

This is a combination disease which has baffled ophthalmologists for many

years, and a description of the main features may be explained as an aid in understanding this subject: When a hemorrhage occurs into the vitreous, the blood clot is generally almost completely absorbed, this being due to the absence of fibroblasts in the vitreous, and their scarceness in the retina, as the retinal connective tissue consists of neuroglia, an epiblastic structure which probably takes no part in fibrous tissue formation, there being no mesoblastic tissue in the retina except that forming and surrounding the retina blood vessels. There have been cases where a blood clot has organized, giving rise to masses of fibrous tissue in the vitreous, vascularized by newly formed blood vessels derived from the retinal system.

Now, this is the condition known as "retinitis proliferans." The tissue is most commonly situated near the disc, and the vessels spring from this neighborhood, probably owing to the fact that there is more mesoblastic tissue here than in other parts of the fundus.

There seems to be some special factor necessary to stimulate organization from the blood clot, and this is found in some general diathesis. In nearly all these cases, there is either a history of syphilis, or the patient is suffering from nephritis, diabetes, or some other constitutional disorder. Vision is generally much impaired, and often lost. Treatment is very unsatisfactory, but a general constitutional plan should be mapped out, and especially if the case is seen early, some results may be looked for.

OFFICIAL MEDICINE PLACES
THE CART BEFORE THE HORSE.

NATUROPATHY REMOVES
THE CAUSE BY NATURAL
METHODS

M.D. REMOVES
SYMPTOM \$





Hydrotherapy Department

Address all communications for this department to its editor
JOS. A. HOEGEN, N. D., 334 Alexander Avenue, New York

HYDROTHERAPY

By JOS. A. HOEGEN, N. D.

Hydrotherapy! Greatest of all healing factors! Most beneficial system of treatment for human ills! And how much still abused, and how little understood! Many systems of healing have sprung up in late years. Many with much good. But where is there one to compare with the water cure? Where is one, that produces such wonderful results, leaving no harmful after-effects, provided the treatment is applied in the proper manner?

If I were to choose between all the systems of drugless healing, having studied nearly all, and knowing what results I can get, I would select the water cure as the most beneficial of all.

Great indeed is the value of a thorough knowledge of this science. I call it science, because it is proven to be an exact science, properly applied. I have time over and again impressed in my lectures and writings, the absolute necessity of knowing how to apply this science.

Every physician, no matter what other good system he may use, must use water to get best results, and I am profoundly sorry that there are many schools, who during their whole term of instruction, do not touch the subject of hydrotherapy. Our medical schools go over it slightly, but do not impress the student sufficiently as to the great value of this simple remedy.

Water is, without any doubt, the oldest and most ancient method of treating disease. Several centuries before Christ, there are records of it being used and prescribed by a Chinese physician, who then already

used the wrapping up in linen sheets, similar to our pack.

Water was always used in the treatment of disease by the ancient Hebrews, Greeks and Egyptians, and it is still used by them up to the present day. The cold bath has been in use in Japan nearly 1,000 years. Even old Hippocrates, the famous Greek physician, born 460 B. C., and called the "Father of Medicine," had an excellent knowledge of the physiological properties of water, which he employed in the treatment of fevers, ulcers, hemorrhage, and various other ills.

In Europe, Hydrotherapy is not new, and Father Kneipp, the great Bavarian water apostle, simply revived some of the crude methods that were used by English peasants almost two centuries ago.

In this country, in the 17th century, we had a Dr. Benjamin Rush, who was very successful, and achieved wonderful results with the water cure for the treatment of rheumatism, gout, measles and yellow fever.

Within the last century, great and gifted men have taken up the nature cure method, principally the water cure. These men are Priessnitz, Schroth, Graham, Rausse, Kneipp, Kuhne, Just, Rickli, and many others. Priessnitz was one of the first to organize the use of water into a system, for which he deserves great credit. Winternitz, of Vienna, did much in bringing and establishing Hydrotherapy upon a sound and scientific basis.

As I said in the beginning, this won-

derful agent, water, demands a thorough and practical knowledge of physiology. It will yield bad results in the hands of one not experienced in its use, and one of the reasons why many physicians are still against recommending the use of water in treating disease, is that there are too many who are inexperienced in giving this treatment.

Too many hydropaths apply one and the same treatment for nearly all patients, which is a dangerous procedure. No two cases are alike, and the full-blooded patient surely does not need the same treatment that an anaemic patient would require.

A good Naturopath, as a rule, is a good Hydropath, because he has studied all the fundamentals necessary to enable him to apply water in diseased conditions of the body in the proper manner.

Water applied to the body should have the purpose of aiding the body to bring back and restore sick parts to health, and also to bring back proper functions to the organs which are working imperfectly, or it should make abnormal conditions normal. Water is a great and powerful means of restoring normal functions to the body.

An impaired circulation, due to lack of oxygen and muscular activity, cannot be cured by Hydrotherapy alone. Neither will cases of dissipation, overwork, improper partaking of food, etc., respond to Hydrotherapy alone. Unless the patient gives up the causes of his ailments, hydrotherapy or any other therapy will not be of much use.

We use water, in giving treatments, ranging from very cold to very hot, from 32° to 104° Fahrenheit and over, all applications made suitable to the condition of the patient. Cold applications, as a rule, are always of short duration, thereby hastening the reaction.

In using water, we get an action and a reaction. The latter gives the important effect which we need. When we try to relieve pain by the use of hot water, of course we do not look for a reaction. Always adjust and suit the water to the body, not the body to the water, otherwise instead of increas-

ing your patient's vitality, you decrease it. It would be folly to give a cold bath to a person who had been working hard, and was tired and sleepy. While it may make him feel very spry for the moment, it would draw too much on his reserve force, acting like exercise, and causing the body to generate more energy, which in reality is only stored up during sleep.

The results we wish to obtain in Hydrotherapy depend almost entirely on the bodily temperature of the patient, and the mode of treatment employed. Also upon the length of time or the duration of the application, its suddenness, and the sensibility of the patient. That is where the true Hydropath must show his knowledge of this science, in order to get the proper results. I will give a few of the most common water applications used:

The High Bath is used chiefly in cases of neurasthenia, hysteria, various nerve pains; also in cases of sleeplessness, etc. This is a tub bath, in which the patient is seated, and the water should reach above the shoulders. The patient usually remains in this bath from 15 to 20 minutes, and the temperature should be from 95 to 100 degrees. After the bath, the patient may have someone rub him down gently.

The Cold Full Bath, in which the patient lies down, should not be given more than one minute, and the shortest duration is about three seconds. This short immersion, as a rule, is the best. Active movements should be engaged in. The reaction following the bath is, in most cases, rapid and accurate. The skin becomes reddened, the circulation and respiration are stimulated, and the cutaneous vessels become dilated. These cold baths are used chiefly when metabolism is retarded, and also where excretory activity is to be greatly increased, as in obesity, syphilis, scrofulosis, in chronic metallic poisoning, and whenever general stimulation is desired. It is given at a temperature of from 40 to 60 degrees Fahrenheit, and on account of it being powerfully sedative, is employed for its tonic effects. If the vital pow-

ers are low, or the individual remains in it too long, the reaction is slow, and its effects injurious. While it is highly invigorating to robust persons, those who have a low standard of vitality should be cautious in its employment.

The Warm Full Bath, given at a temperature varying from 92 to 98 degrees Fahrenheit, is always agreeable and refreshing. It is used for equalizing the circulation, softening the skin, and removing impurities. It moderates pain, and soothes the whole system without weakening or debilitating. It is an efficient agent in many chronic diseases, convulsions, spasmodic affections of the bowels, rheumatism, and derangement of the urino-genital organs. In this bath, one may remain 25 to 30 minutes. It is always preferable to take a cool rub-down after getting out, in order to increase skin activity and promote circulation.

The Half Bath is one used very much, but should be used still more. Patient sits in the water, which must reach the level of the umbilicus. This is a bath that all well persons should take for strengthening the abdomen and the lower organs. If these baths were used more, we would have less cases of piles, colic, hysteria, prolapsus of the rectum, etc. The duration of the bath should not be more than one-half to two minutes. While in the water, rub the abdomen well, and have someone give good, vigorous friction on back and shoulders. This is very beneficial. Of course, these treatments must all be used with care, especially in diseased conditions. For instance, in Typhoid Fever, it would be a dangerous procedure to manipulate the abdomen, although excellent otherwise. Have the temperature from 84 down as low as 68 degrees Fahrenheit. Used in this manner, half baths constitute a good, general, stimulating, refreshing measure. In diseases of the spinal cord these baths should always be given a little warmer, about 85 to 90 degrees.

The Tepid Bath is used for cleansing the body, and is given at a temperature of from 85 to 92 degrees Fahrenheit. It is prescribed in fevers and inflamma-

tory affections for its cooling effects. The temperature should always be regulated according to the vitality of the patient, and the bath may be repeated two or three times a day. It removes superfluous heat, and keeps the skin in a condition favorable for excretion.

The Shower Bath produces a shock to the nervous system by coming in contact with the skin. Streams of cold water fall upon the neck, shoulders, and the body of the patient, who stands beneath the hose or shower. When the patient is full-blooded, feeble or nervous, or when some internal organ is diseased, the cold shower bath should not be employed. In plain debility, not accompanied by inflammation or symptoms of internal congestion, its use is beneficial. The most delicate persons can endure this procedure, if the force of the shower is moderated, and tepid water used. The usual means for inducing a good reaction, namely friction and exercise, should be employed.

The Douche Bath consists of a stream of water, dashed or thrown upon the patient from a moderate height or distance, with considerable force. The size, temperature and force of the stream may be modified to suit the case. Locally, it is much used for sprains, weak or stiff joints, old swellings, etc. The cold douche bath is much more powerful than the shower bath, and should always be given with great care and precaution.

The Sponge Bath may be used extensively in acute or chronic diseases. It consists in a general or local application of water at any desired temperature. In acute diseases it is applied at a temperature agreeable to the patient. It is a pleasant mode of treatment, and may be repeated as often as necessary. It is well, in many cases, to take one part of the body at a time, then quickly drying same, thus avoiding exposure to cold. Excessive animal heat is thereby removed, the capillaries are relaxed, the circulation is equalized, and comfort and sleep are produced.

The Salt Rub or Glow is splendid for patients not too ill, and is without a peer in its effects upon the skin and complexion. With all its virtues, it is the simplest and most easily managed of all similar measures, and can be taken very easily at home. Put a few pounds of coarse salt, the coarsest you can get, in an earthen jar, and pour enough water on it to produce a sort of slush, but not enough to dissolve the salt. This should be taken up in handfuls, and rubbed briskly over the entire person. Any one in normal health can do it for himself very easily. It is a tonic for feeble patients, who have little blood circulation, or where the skin is inactive. It is also good in cases of Bright's Disease and Diabetes. It should never be used in cases of eczema or skin diseases, and is not of much value in acute diseases. Rub one part of the body after another, and use friction movements, but not too much pressure. After the application, use shower or spray to remove any salt on the body. Then rub and dry quickly.

The Foot Bath is frequently used as a means of causing diaphoresis in colds, attacks of acute diseases, and also to draw the blood from the head or some internal organ. It is a powerful auxiliary in the treatment of those chronic diseases in which inflammation, congestion and a feeble circulation are prominent symptoms.

The Alternate Foot Bath is used by placing both feet in hot water for 2 to 3 minutes, then in cold water for half a minute. Then back into the hot, and then the cold, repeating the procedure a number of times. This alternate foot bath is excellent in chilblains, cold and sweating feet.

The Hot Foot Bath should be 104 to 120 degrees, beginning with about 102, and gradually increasing until 120 degrees is reached. The duration is from 5 minutes to half an hour, and the feet should be completely under water. I believe it is the bath most used. It is excellent in cases of sprained ankle, neuralgia and gout. May be made 2 to 3 times daily. This bath

is also given patient when in the cold sitzbath.

The Cold Foot Bath is given from 45 to 55 degrees, and from one to five minutes' duration, and is not quite as useful as the hot foot bath, but produces reflex, revulsion and other effects. Always have feet previously warmed, then place in tub, in which have water 3 to 4 inches deep. Use friction on the feet while in the bath by rubbing the feet together. In cases of cerebral congestion, use the bath very short, in fact, all cold applications should always be used quick and short.

The Leg Bath requires a deeper tub and more water, and its uses are about the same as the foot bath. It is recommended in the treatment of insomnia, pulmonary congestion, painful menstruation, suppressed menses, and ovarian congestion, in which conditions the hot leg bath is used.

The Sitzbath is something that should be in every home where health is valued. It is one of the most useful of water procedures. A tub is so arranged that the patient can sit down in it while bathing, leaving the feet outside and placed in a smaller vessel during the application. The sitzbath is given cold, tepid or warm, as the condition requires. The lower part of the hips, abdomen and upper part of the thighs are immersed in the sitzbath. It should be large enough to permit a thorough rubbing and kneading of the diseased parts.

The Cold Sitzbath is given at a temperature from 55 to 65 degrees Fahrenheit, and while some keep their patients in the tub as long as 15 minutes, I believe from my experience that 1 to 2 minutes is quite enough, when the water is used cold. It is an excellent tonic in cases of relaxed tissues of the pelvis, in debility of the urogenital organs, in piles, prolapsus of the rectum, and constipation. It produces active dilatation of the vessels of the lower abdomen, increasing the blood supply through these parts. It is an excellent bath for those suffering from congestion of the brain, conges-

tion of the prostate, in gleet, and in the atonic forms of seminal weakness. It should not be used where there is acute inflammation of the pelvic or abdominal viscera, in sciatica, in acute cases of pulmonary congestion, neither in painful conditions of the bladder or genital organs, as in cystitis, ovaritis, colitis, appendicitis, peritonitis, neuralgia of the ovaries, bladder, testicles, and is decidedly harmful in spermatorrhea or frequent losses. I always use a hot footbath in connection with the cold sitzbath. Rubbing the whole surface while the patient is in the cold sitzbath is a powerful means of stimulating cerebral activity.

The Tepid Sitzbath is given at a temperature from 80 to 90 degrees, and the duration is usually from 20 to 30 minutes. It has a calming, quieting effect upon the viscera of the pelvis and lower abdomen, and there is really no condition in which this bath may not be given. It is especially useful in cases of nervous irritability, bladder catarrh, neuralgia of the fallopian tubes or the testicles, pruritus of the anus and vulva, and in excessive sensitiveness of the urethra; also in all cases of pelvic diseases where, on account of pain or inflammatory conditions, cold applications would be harmful.

The Hot Sitzbath is an effective remedial adjunct in menstrual suppression and painful menstruation, gravel, spasmodic and acute inflammatory affections generally. The temperature is from 105 to 115 degrees, and the duration from 3 to 10 minutes. The footbath taken with it may be of the same temperature. The hot sitzbath is a most powerful measure of relieving pain. It is excellent in cases of vaginismus, uterine colic, and in all cases of a non-inflammatory character where the viscera of the pelvis and lower abdomen is involved. It is certainly one of the most useful measures that can be employed for the various neuralgias of the genito-urinary organs, from which women and men suffer so much. To get a good effect, the hot sitzbath should be followed by

a cold application, but very short. The cost of a sitzbath is so reasonable, compared with the unlimited good derived from its use, that no family should be without it.

The Wet Sheet Pack is the most powerful and best blood cleanser known. It is without a peer, wherever feverish conditions exist. Spread upon the bed a woollen blanket; then take a bed sheet, wring it out, not too tight, in cold water, and spread out smoothly on the woollen blanket. Have patient lie down on this wet sheet, arms extended, then wrap him closely and tightly and as quickly as possible. Each arm may be covered in this manner by the wet sheet, or may be covered separately by wet towels in the same manner as with the sheet. Then cover well with blankets and comforters, making sure that there is no place unwrapped. After the first shock of the chill is over, the pack is very soothing, pleasant and refreshing, and proof that the pack has a beneficial and quieting effect upon the whole nervous system is, that nearly every patient falls asleep while in it.

The ordinary time for a patient to remain in a pack is about an hour; however, if the patient is in a feeble condition, a half hour is sufficient. After the pack, I usually give a warm bath, with gradual cooling, followed by massage. It is surprising to see how a pack like this throws off impurities from the body, by examining the sheet after the patient is taken out of it. It is one of the most efficient measures in fevers, breaking up cold, grip, insomnia, and a valuable remedy in most chronic diseases, helping to remove the causes which depress bodily functions.

The Nauheim Bath consists of a salt water bath, properly carbonated. The body of the patient is covered with minute bubbles of carbonic acid gas, that form rapidly on the immersed surface, and when disturbed, are quickly replaced by new ones. The effervescing carbonated bath produces a sensation of warmth to the skin, caused by the prickling of the gas bubbles,

and the body of the patient resumes a healthy red color, due to the distension of the cutaneous capillaries. The pulse becomes full and strong, the heart beat is regular, and the breathing easier and more composed. Metabolism is increased by the improved circulation, which means improved cell nutrition, greater cell activity throughout the body, and thus the toxic products of circulatory stagnation are quickly eliminated.

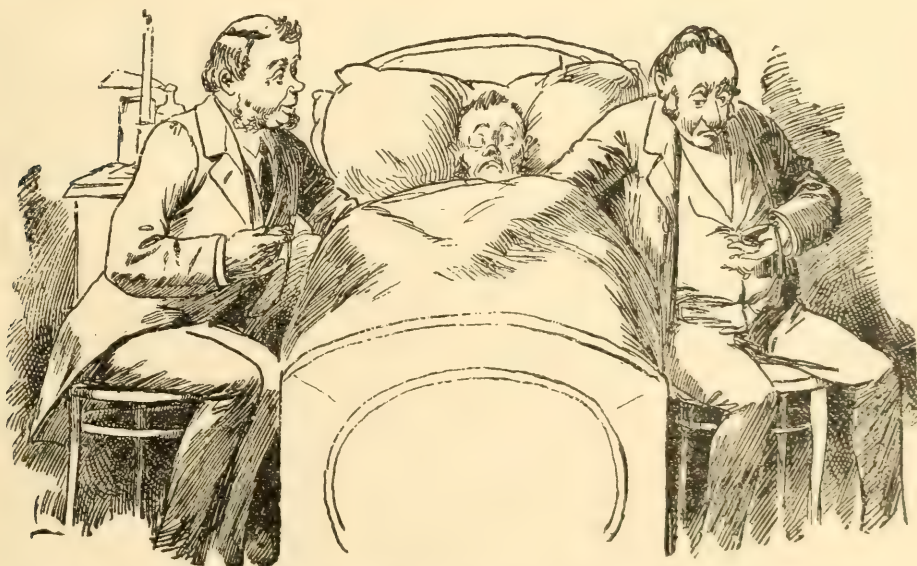
I generally begin the baths with a temperature of 95 degrees Fahrenheit, keeping the patient in the bath from 8 to 10 minutes, believing that a short immersion stimulates and a long one depresses. The next day the bath is reduced one degree, and then for two or three days the bath is omitted. The temperature is gradually reduced to 78 degrees, not over a degree at a time, and the duration of the bath is gradually prolonged, until nearly a half hour is reached. Care should be taken to have the patient completely immersed up to the neck. A series of baths consists of about twenty, and sometimes more are given. No exer-

tion should be made by the patient in preparing for the bath or in leaving it.

A rest for half an hour is essential after the bath, and no massage or exercise is advisable immediately after the bath, but may precede it.

The Nauheim Bath is indicated and of great value in cases of compensatory heart failure, dilatation in consequence of overexertion, diseases of the heart muscle, heart neurosis, nutritive disturbances, fatty degeneration, valvular deficiency, disorders of the pericardium, arterio-sclerosis, etc. The favorable action of the baths on the nervous system has caused their successful application in hysteria and all kinds of nervous derangements, sciatica, neurosis of the sensory nerves, neuralgia of all kinds, especially of traumatic and rheumatic origin, neuritis, motor neurosis, peripheral paralysis, tabes, myelitis and neurasthenia.

There are many and numerous other water applications, and I have just mentioned a few to show what a wonderful remedial agent we have in so simple a thing as water.



First doctor: "Our patient is not dead yet. His pulse is quite vigorous."
 Second doctor: "No wonder; it is my pulse you are feeling."



Orthopedics Department

Address all communications for this department to its editor
GUSTAVE W. HAAS, N. D., 407 Pacific Electric Bldg., Los Angeles, Cal.

ORTHOPEDICS

By GUSTAVE W. HAAS, N. D., D. C., Los Angeles, Cal.

The scope of orthopedics is by no means limited. The human body with its bony framework is subject to many ailments and that same bony framework has many complaints peculiar to itself. While glancing over my case sheets lately the thought struck me that there was quite a diversity of cases and I have made a rough tabulation of the last 150 or so and will present them to you with a few side remarks that will illustrate somewhat the daily work of the orthopedist. Contrary to the opinion of some, the work of the orthopedist is not strictly confined to the spine, but is wherever the bony framework is in a condition of departure from normal, either from troubles arising with or within the bones themselves, or from lesions that are strictly from the cord, or from those causes that we class as systemic.

As might be expected, those of the first class predominate, 105 cases being noted where the cause and effect were originating in the bones themselves. Of these 105, 31 were lateral curvatures being still further divided into 13 right, 12 left, 3 double and 3 incipient. The proportion here varies from any textbook classification I ever saw, most of the authorities agreeing that right lateral curvature is of 50% more frequent occurrence than left, but the fewness of the cases probably explains the apparent difference. Next follows vertebral displacements to the amount of 30 mostly of single vertebrae and in all sections of the spine. These are by no means to be confounded with the ordinary luxations we hear so much

about, but I mean real displacements that result in a visible deformity from lack of alignment. Next in frequency was flat-foot, with 10 cases. These cases were solely flat-foot and uncomplicated. As you all know, flat-foot is almost an invariable accompaniment of lateral curvature but these 10 cases were from other causes that led to breaking down of the arches, in some excessive weight, in others illness long continued, in some lack of attention to the feet of growing children. Next in the list is lordosis with 9 cases to its credit, and racked spine with 6 cases. This latter class of cases you will not find under any authority in the textbooks but is a term used by orthopedists to define a condition of bunching together of the vertebrae generally from violence and resulting in wasting of the intervertebral cartilages producing shortening of the spinal column and but little visible deformity but plenty of cord troubles. Then follow 4 cases of acute hip disease, tuberculous, of course, in origin, and 3 cases of hip dislocations, 2 of which were congenital. There were 4 cases of uncompensating kyphosis, i. e. simple forward curvature of the spine without a compensation in the lumbar curve to offset it. One of these was cervical and the other three dorsal, the three latter being occupational, 1 tailor and 2 seamstresses. Then follows one each of injury to knee, fracture of the vertebra, fracture of the scapula, talipes varus and 2 cases of plain rotation or twisting of the spine and 1 case of Pott's disease. Compared with the balance of the record it seems almost impossible

there could be so few cases of this trouble as it is common but I am giving you the cases just as they come and probably had I selected another 150 it would show probably 10 to 15 cases but I am taking them just as they came to the examination room.

Of the second class, cases depending upon cord lesions, chronic anterior poliomyelitis, or infantile paralysis, heads the list with 15 cases, which represent every degree of deformity from complete loss of power of both arms and legs to simple paralysis of single sets of muscles. The proportion here is rather weak, as it has been several years since an epidemic raged here, but there was a time when it seemed that fully 50 per cent. of our work was with this class of cases alone. Now comes paraplegia with 7 cases, where the resulting contractions produce deformity to a greater or less degree. There were 3 cases of simple atrophy and 2 cases of tabes dorsalis, the latter two being both from specific causes and therefore hopeless. Then came one each of monoplegia, minineal congestion and concussion of the spine. Of the cases arising from systemic troubles, three were from chronic arthritis with extreme deformity, one from paresis from specific causes, and one sciatica with resulting paralysis. The odds and ends of the balance were nine spinal neurasthenias, two cases of marasmus, and three mentally deficient, which completes the list with the exception of one case of typhoid spine, which is yet rather a pathological curiosity.

I recite these cases that you may get an insight into the daily work of the orthopedist, and also that you may see how his work supplements the work of the general practitioner. You will observe that there was never an acute case in all the list, but also that every case had first been through the hands of some other physician before it reached me. So far as the body and its framework is concerned, the orthopedist bears the same relation to the physician as the surgeon and the ophthalmologist, i. e., a bringer of new

resources when those of the physician are exhausted. Modern orthopedics in its practice is also largely mechanical. We think mechanics and speak mechanics. The human body is the most wonderful machine that was ever made, and every function within it works upon some mechanical principle. If you walk or if you run, if you sit down or if you stand, still you do so in the use of some mechanical law, and if disease or habit or posture cause deformity, nothing but a strict application of mechanical law will ever reduce that deformity. The orthopedist, then, must be a profound student of mechanics, as well as of all the other things the physician must know, and the more he studies into the intricacies of mechanical principles, the better equipped will he be for service in his calling. His relation to the practitioner should be more intimate than at present exists, and the practitioner should avail himself oftener of the advice of a competent orthopedist. Especially do I find this necessary in the case of growing children, when tendencies to deformity can so easily be changed if the proper advice is followed. Time and again there have come to me cases of beginning angular curvature, where the touch of an orthopedist's fingers would have revealed the trouble, and in most cases the proper treatment, strictly followed, would have prevented breakdown and resulting curvature. I have seen laterals daily get worse under the very eyes of the family physician, because he never took the trouble or the pains to strip the child and make a critical inspection. Had there been a visual defect or an abnormal tissue growth, both the surgeon and the optical man would have been called quick enough. Then why wait until all chance to avoid a deformity, except by slow and costly treatment, has expired before allowing an expert examination?

I feel quite strongly in this matter; not from any personal feeling, but taking entirely an altruistic view of it and hope our Naturopathic brethren will be

progressive enough to allow their patients welfare to be their first consideration and if there is a competent orthopedist at command to consult him where there is any doubt regarding a growing child especially. The orthopedist will thank you for it, for it is ever more of a pleasure to him to bring one case away from a pending deformity than to attempt the cure of a dozen cases of well defined deformity. Especially is this true of so many of the tuberculous troubles that affect the spine in children, where the symptoms go on unrecognized by the general practitioner for months until a breakdown in the bone tissue is imminent. This class of cases would perhaps benefit more than any other by an expert examination from the orthopedist provided his experience is such as to qualify him to make an opinion. Here the proverbial "stitch in time" saves many times more than nine and it is not stitches only but often years of dreadful suffering and always a deformity. I take the high ground that there is little necessity in these days of accurate diagnosis and preventative treatment for deformity to exist provided the practitioner will work closer in touch with the orthopedist and take his advice in cases before it is too late to prevent. The old saying "the child will probably outgrow it" has been responsible for more humpbacks and incurable laterals than almost any other agency. The gardener walks through his garden and sees a plant or shrub growing crooked. His first thought and act is to get a stake and some twine and give that plant the necessary support and treatment to make it grow straight, but many a mother has come to me bringing her daughter with a pronounced lateral and told me she had never noticed it and then would not have known unless her dressmaker called her attention to it on account of the difficulty of fitting her clothes. Where were the eyes of her family physician all this time? He was the gardener and supposed to be watching the plants grow, but I very much doubt

if he ever saw that girl's spine. He probably took it for granted that beneath her loose clothing all was right and never took the trouble to see for himself. If you want vigorous, upright children, you must be prepared to pay the price and that price is careful and constant vigilance, and no symptom connected with the spine is too trivial for investigation. That is why I appeal so strongly to my Naturopathic brethren to keep in the vanguard of that progress upon which we pride ourselves as a school. The world is tired of haphazard methods and fortuitous results and is rapidly coming to the Naturopath's standpoint, a position to which years of careful, painstaking effort has brought us.

The rapid advancement all along the line in Naturopathic science, in manual therapeutics and in orthopedics has made it possible to speak more assuringly to our patients than ever before. Conditions that had before been regarded as hopeless, are being removed by the aid of newer and better methods of procedure. Only a few years ago, had any medical man even so much as hinted at nerve anastomosis in sclerotic conditions he would have been held up to ridicule and hooted out of the profession. I know, for I was about the first to advocate that idea and I well remember the smiles of derision the theory brought forth. But no one is smiling about it to-day. The relief of nerve pressures by manual therapy was for years a joke to all the profession, but thousands of satisfied patients testify to its success. Those who once strenuously voiced their opposition, are now forced to either use these methods or send their patients where they can receive such treatment. The orthopedist has profited greatly by all these things, but his complaint is not so much any lack of methods as the indifference of the public to the warnings he sends out regarding the wrong things they do. Of course, these wrongs make business for him but he would not be true to himself or his calling if he neglected to give warning

and call attention to them. I am going to call the reader's attention to just one instance, what I term for want of a better name the "go-cart" spine in small children.

During that portion of an infant's life when he is dependent upon others for locomotion, he is peculiarly liable to torsions of the spine. Many a child has received the beginnings of a lateral from being held over its mother's arm while she did her house-work. Many others receive it from the go-cart, being placed in such a contrivance before it is able to properly hold itself up. The old fashioned baby-buggy was not so bad as it gave lateral support to the child with its high sides; but the go-cart, being only a skeleton at best, accordingly puts all the responsibility on the child.

If the little one gets tired, it slumps into such a position as will most favor postural troubles. The danger to a healthy child is not so great, but the

danger to a cachectic child grows with the daily repetition.

I daily see tender infants with weak spines recline for hours in a go-cart in postures that a grown-up could and would not endure, while the mother was shopping or visiting. Already the signs begin to show in an increasing number of children brought to us with incipient laterals at an age when it should never show. We fought the school-desk and piano-stool evil until the public took notice and it is time that the go-cart was being considered. Go out and see for yourself any pleasant day, the conditions that exist, consult with your orthopedist and then give your patients the proper advice. After all, the true aim of any physician should be to prevent first, to correct evil tendencies of the body where he sees them, and thus fulfil the obligations laid upon him by the founders of our science. Could any Naturopath do less?

:: IF YOU DOUBT THE MERITS OF NATUROPATHY ::

it is because you have not begun right. It is both unsatisfactory and unsafe to experiment in any line of Naturopathic treatment. This is peculiarly true of Physical Culture, Water-Cure, Dietetics and Fast-Cure.

We have established a Bureau of Advice through which beginners, learners and all hesitant folk may *know* before they act. To be most beneficial, any healing force must be applied so as to delight the patient—not dismay him. And our first object is to make the change from your old artificial existence to your new natural life so gradual, gentle and pleasurable as to win your volition Natureward as well as your vitality.

Exact prescription in the use of air, sun, water, vapor and similar Baths, Vegetarian, Fruitarian and Lahmannian Diet, Herbal applications and all measures of Natural Healing and Living. Fee \$1 single letter with detailed prescription, \$5 monthly treatment.

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Naturopathic Bureau of Consultation, Butler, N. J., U. S. A.

Pathology Department

Address all communications for this department to its editor

J. F. G. LUEPKE, M. D., Sc. D., Welga, Ill.

GENERAL PATHOLOGY

The Importance of this science; what it means; and advantages arising from its study

By J. F. G. LUEPKE, M. D., Sc. D., Welga, Ill.

Formerly Professor of Pathology and Allied Sciences at the N. Y. Chiropractic College

1. Of the various branches of the healing art, none to the physician is so attractive as a study, none so important in its results as **General Pathology—the science and study of diseases, their nature and their treatment.** It is a centre around which are disposed—as the stars in our planetary system around the sun—at unequal distances, the other natural sciences. The study of Anatomy and Physiology, of Chemistry and Physics, of Botany and Materia Medica, afford the student but an introduction and foundation to that of Pathology; he regards those sciences of far less importance, as soon as Pathology becomes the object of his special study, and begins to view them rather as “accessory and auxiliary sciences” and, most naturally, among the numerous facts presented by them, he notes only those which are nearly connected with the knowledge of disease and its appropriate methods of treatment.

We would not, however, exalt the science of Pathology at the expense of the other branches of Natural History; whatever be its importance, and the dignity of its aim; we claim for it no superiority over the other sciences. Physiology, Physics, Chemistry, etc., are entitled to an equal consideration, we cannot deny it. Intimately connected as are all these sciences, they reciprocally aid in the elucidation of each other, and none among them should be allowed the pre-eminence,

although in his estimation, who makes it his particular study, either will appear of paramount importance.

Pathology, like the other sciences just mentioned, is without limit, while Botany, Physics, Chemistry and Mineralogy are daily extending their domain, the science of disease also, to the observer, appears to be rapidly advancing. Without here referring to the ever new and infinite varieties of disease, this must be evident, whether we consider: the more careful study of causes—Etiology—the more accurate description of symptoms—Symptomatology—the more critical examination of the circumstances which extend a favorable or unfavorable influence upon the progress of diseases, the discovery of affections previously unknown or imperfectly described, or lastly, the application of new methods of exploration—(as viz Percussion, Auscultation, Vertebral Palpation or Iridological Inspection)—to the phenomena of disease.

To cite only one instance in Physical Diagnosis, has not the discovery of Palpation and Iridological Inspection or that of Auscultation added to the history of thoracic or any other disease—a multitude of phenomena and valuable diagnostic signs, of which we were previously ignorant?

2. Pathology presents for consideration a mass of facts, all the details of which it is beyond the power of the human mind to comprehend; it

may even be asserted that, throwing aside its theories and its systems, no one is possessed of all the knowledge contained in the records of pathological science. This want of correspondence between the extent of the science of Pathology and the capacity of the human mind, has consequently led to results which are comprehensible. It being impossible to increase the mental powers, it is therefore necessary to make a **division** of the science to several parts which should be within reach of our intellectual capacity. Hence the numerous divisions of Pathology. Of these the two main divisions are those distinctive of Internal or Medical, and External or Surgical Pathology; the former I would define as the Pathology of disorders the treatment of which generally does not call for manipulative or mechanotherapeutical interference, while the latter, viz the Pathology of surgical diseases, etc., calls for such. There is another division, which would help to specify our subject, namely the division into General and Descriptive Pathology. The term "**General Pathology**," includes all diseases under the same head, studies their general characteristics, causes and development, the succession and connection of their phenomena observed during life, post mortem appearances, and the circumstances which modify their progress or induce the changes taking place.

Descriptive Pathology includes all diseases, but describes them in a series of groups, with the appearances peculiar to them, which serve to distinguish them from each other. This division of Pathology, the limits of which are the most clearly defined, is preferred by the writer in his lectures and "Mail Course on Rational Therapeutics." The consideration of all the phenomena, common to diseases, belongs to General Pathology, while whatever relates to the history and description of peculiar diseases, falls within the province of Descriptive Pathology.—There are some subdivisions of which we need to know only the most im-

portant: **Local Pathology** refers to diseases either of individual parts or organs or to climate and other geographical conditions (also called Geographical or Endemic Pathology).

Special Pathology is the study of "particular" diseases, as, for instance, those referring to sex, childhood, the nervous system, etc., (Gynecology, Pediatrics, Orthopedics, Neuropathology), while Neuropathy refers to diseases of the nervous system.

Experimental Pathology has been defined by Prof. Dr. Bonley in Paris as a study of diseases by means of observation of pathological conditions, spontaneous or artificial, in the lower animals or in vegetable organisms. In short, I would define it as the study of diseased conditions that have been induced intentionally for experimentation, as by the abominable vivisection of animals.

The "**Humoral Pathology**" of Hippocrates is an old dogma which was based on the supposition that diseases depend on an abnormal condition of 4 Humors, viz., yellow and black bile, the blood and mucus (or phlegm), this was succeeded by a pathological system called **Solidistic Pathology**, which we mention for curiosity's sake, it attributed diseases to the widening or narrowing of the pores in the solid parts of the body. The **Humoral Pathology** of Rokitansky and other modern writers is based on the theory, that all changes produced by disease, are the result of a **blood-dyscrasia**.

The "**Cellular Pathology**" of Prof. Dr. Virchow, (Berlin), the latest of all, is a doctrine which is based on two propositions, viz., (a) that all vital processes issue from cellular forms, and (b) that every cell both in normal and abnormal (i. e., pathological conditions) originates from some pre-existing cell. Virchow's theory is the foundation of Modern Pathology, and of all scientific research work.

3. There are numerous advantages attending the study of **General Pathology**: It gives scope to considerations, favorable to the develop-

ment of the reasoning power, and an enlargement of the views of the student. It briefly points out to him, at the commencement of his career, the path he should pursue, the objects which claim his attention, and the dangers to be avoided; it also indicates the course which should be adopted in the investigation of particular diseases; and lastly, by grouping together these various affections, it aids in the elucidation of their history (Anamnesis).

This is more clearly shown by an illustration from Pathological Anatomy, a section of General Pathology, although a most important one. Pathological Anatomy enables the surgeon to decide whether a suspicious tumor is malignant or benign, i. e., harmless), and in many other ways is of the greatest importance, and although at first sight it might appear to be of minor value in relation to "Rational Therapeutics," this is not in reality the case.

Scientific treatment demands an accurate knowledge of the material changes which lie at the foundation of the various morbid symptoms. Hence Pathological Anatomy not only forms a portion of the positive basis of

Rational Therapeutics, but it also points out the processes by which the different altered parts may be gradually restored to their normal condition. It not only merely indicates **what** requires healing, but in many cases also the **course** that must be adopted in order to aid the **curative tendency** of the powers of Nature.

It likewise serves as a check on therapeutics, exposing, in a most conclusive manner, the absurdity of many pretended cures or methods of cure. It points out, for example, that in a certain stage of pneumonia, a fibrinous fluid separates from the blood, and by its coagulation renders a portion of the tissues of the lung impermeable to air; and further that it requires several days for this coagulated matter to resume the fluid condition and to be removed.

If any one should assert,—and such assertions have often been made by Medical, as well as Non-Medical, practitioners,—that in this stage of the disease he would be able to **cure** the patient in a few hours,—a very slight knowledge of Pathology, or Pathological Anatomy in this particular case, —would show the folly of such an assertion.



Some People's Idea of a Vacation

The start: "Well, good-bye, old man. Have a good rest and enjoy yourself."



The return: "Yes, I had a ripping time. Danced every night. Card parties, shows; all the eating, drinking and smoking I wanted. Grand! Feel a little tired out, but I will be all right pretty soon."



Natural and Divine Healing

Address all communications for this department to its editor
CHAS. ZURMUHLEN, M. D., 440 Ludlow Arcade, Dayton, O.

THE SCIENCE AND PHILOSOPHY OF NATURAL AND DIVINE HEALING

By CHARLES ZURMUHLEN, M. D., D. C.

During the winter of 1901-2, I delivered a course of lectures on pharmacology to a class of medical students in Pulte Medical College. Toward the close of the course, the students asked me to give them several lectures on the dynamic action of drugs. The request was prompted by the study of Hahnemann's theory that disease is due to the dynamic disturbance of the equilibrium of the vital force; that the equilibrium is restored by the dynamic action of drugs.

Hahnemann simply recognizes the effect; he fails to state the cause that produces the dynamic disturbance; he fails to explain how the dynamic action of drugs restores the equilibrium of the vital force. He leaves it for future generations to discover the cause of the disturbance and how drugs restore the equilibrium of harmony. Hahnemann gave us all that could be given in the elementary state of physics, chemistry and physiology of his time. His theory is the result of profound inductive reasoning, based upon the exhaustive provings of more than sixty drugs.

When I found that Homeopathy is not a complete system of natural healing, but simply the first attempt in the history of medicine to found a science and philosophy of medicine, I turned to Allopathy for a scientific explanation of the healing action of natural drugs.

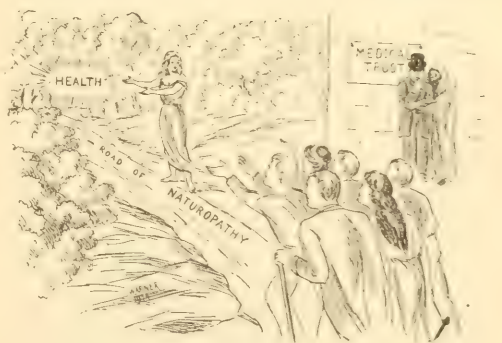
Alas and alack! I simply "jumped from the frying pan into the fire."

While pursuing my medical studies in a homeopathic college, I attended

clinical lectures at the Cincinnati Allopathic Hospital from 8:20 to 10:20 A. M., six mornings in the week for twelve months. I was well acquainted with the allopathic theory and practice. I searched the extensive allopathic literature in the Cincinnati Municipal Hospital and in the Public Library. I found that claims of the allopathic doctors that Allopathy is a scientific system of medicine, are false and without foundation.

It is my purpose to show that no scientific system of medicine nor healing exists; what men now call "scientific medicine" is empiricism. I shall state the principles, methods and natural law that can give us a science and philosophy of natural and divine healing.

We must make a sharp and clear distinction between the terms "empiricism" and "science." The term "sci-



Health is the glory of the nations. Naturopathy leads away from drug medication, and shall eventually supersede this unnatural practice.

ence" is now used in a vague and haphazard manner where we should use the term "empiricism."

Empiricism is mere experience without knowledge of first principles and universal laws.

Science is the accumulated knowledge of past generations, obtained by the comparative study of the phenomena of nature. The carefully verified facts obtained by experience and experiments are arranged in logical sequence that leads to the inductive discovery of fundamental principles and universal unchangeable laws. In other words, science aims to discover the fundamental principles and universal laws by the ordered, systematic study of the phenomena of nature. Scientific healers arrange all the facts gained at the bedside, in the clinics, laboratories and postmortem rooms, by all schools of medicine and healing, in a logical sequence, and from them they induce the universal law of healing—the law of harmony.

Neither the allopaths, nor homeopaths, nor eclectics, nor Christian Scientists, nor any other school, has collected all the facts that can be obtained, and induced a universal law from them. Each and all are narrow one-sided schools, therefore, no scientific schools of medicine or healing exist. All schools of medicine or healing are mere empiricism.

I will make a brief comparative criticism of all the leading schools of medicine and healing and prove the

preceding statement. By this comparative method and by elimination we will arrive at the fundamental principle of all healing. In my criticism I will be guided by the laws of logic and the laws of nature. In them we have an unchanging standard of comparison. Whatever does not conform to these laws is false and worthless and must be cast away as so many old and ragged garments.

Allopathy is the oldest school of medicine. It is the survival of the crude methods practiced by primitive men in a vague, haphazard manner. The work of the allopathic doctors is pure empiricism. Every prescription written by an allopath is an experiment. When he mixes 5-20 drugs in a prescription, **he is not guided by a natural law.** He simply selects the drugs that he has prescribed before in the same haphazard manner. These guessing contests are doomed to almost constant failure. The almost constant failures with natural drugs, have led the allopaths to denounce them as worthless and to sing the praise of the unnatural and unscientific serums.

In Homeopathy we have the first and only attempt to produce a science and philosophy of medicine. Hahnemann taught that disease is due to a dynamic disturbance of the vital force; the equilibrium is restored by the dynamic action of natural drugs made from plants, metals and mineral. He introduced the method of triturating metals and other insoluble drugs with sugar of milk, until they become soluble. He introduced the scientific method of proving drugs upon healthy human beings. These great discoveries are Hahnemann's permanent contribution to medicine.

But Homeopathy has its serious defects and these prevent it from becoming a universal system of healing. Hahnemann's work was limited to drugs; he ignored mechanotherapy, hydrotherapy, electrotherapy, psychotherapy and dietetics.

Eclecticism is Allopathy under another name. Eclectic doctors combine their drugs in a haphazard man-



Simple Fare means Happy Life

4. In acute diseases, the vibrations in the cells of the organs and tissues are accelerated; in chronic diseases the vibrations are retarded.

5. In physical disease, there is discord between cells and organs of the body. In spiritual diseases the finite spirit in man is out of harmony with the infinite spirit, God.

6. To restore the harmony is the task of the scientific healer. He is guided in this work by the universal law of harmony. **The law of harmony may be stated in the following formula: All the vibrations in a system act in unison to produce a common effect.**

By natural healing we mean the use of natural drugs and natural methods.

By divine healing we mean the use of the divine plan, as given by God to man.

Long before God made man, He knew that man would disobey Him and suffer from disease as a just punishment. So God, in His goodness and mercy, put healing powers into plants, metals, minerals, mineral waters, pure air and sunshine; also into the various systems of mechanotherapy and into electricity. He endowed man with certain divine powers and attributes. These are intelligence, knowledge, and the power to act. He made the law of harmony that is our guide in the selection of natural drugs, mechanical and psychic methods. When we use this plan, the means and the law that God has planned for us, then we practice **Natural and Divine Healing.**

In the brief space assigned to me, I cannot enter into a complete explanation of the application of all the three methods of healing, but can give a few cases from practice that will show how one or two, or all three methods may be combined to treat the **whole** man, body, mind and spirit.

Case 1. Arthur Gurklis, aged 9, came under my professional care twelve years ago. He was afflicted with arthritis deformans, and had been suffering for eighteen months. During this time, he had been treated by eight regular doctors who failed to give him the slightest relief. When I began to treat him, he suffered excruciating pains every moment of time. The pains were promptly relieved by *apis mellifica*, and later by *rhys toxicodendron*. His spinal column was rigid as a stick, all muscles and tendons were contracted, all joints in the body were enlarged and rigid. He was a helpless cripple and could not put a spoon into his mouth. After the drugs had cured the disease, I began to treat the contractions and the rigid joints by mechanical methods. I gave him a tri-weekly general massage and passive exercise for eighteen months. The contraction of the tendons of the right leg were partly overcome by an extension brace. Under the combined medical and mechanical treatment, a useless cripple was transformed into a useful person.

In June 1915, Arthur graduated from the commercial department of Stiver's High School. He can now make an honest living and is a useful member of society.

Case 2. Job Hill, aged 60, has been afflicted with arteriosclerosis for many years. During the summer of 1915, he had many chiropractic adjustments; they failed to give him the slightest relief. When he came under my care, I gave him daily general massage. Under this treatment, he grew worse from day to day. Then I discontinued the mechanical treatment, and began to give him drugs. He had numerous violent spasms, from 6-20 in 24 hours. I controlled the spasms with five-grain



Each, from the master of ceremonies, has a finger in the pie.

doses of a trituration of magnesia phosphate every three hours. For the arteriosclerosis, I gave him three grain doses of a trituration of plumbum. The magnesia phosphate has controlled the spasms and he can now lie down in bed and sleep. Before he received the magnesia phosphate, he could not lie, but was compelled to sleep in a chair. The plumbum is softening his arteries and kidneys. He is now passing three pints of urine in 24 hours, instead of 8 ounces.

Case 3. Mrs. J. A. G., aged 75, has suffered with rheumatism for more than three years. She went to the spring at Martinsville, Ind., where she had baths and massage for several weeks—without the slightest relief. Then a serum quack gave her five injections of serum, which almost killed her. It was November 3rd, 1916, that found her suffering from severe pain in her badly swollen knees and hands. The symptoms of the patient indicated rhus toxicodendron. This drug gave some relief in 24 hours, and to-day, after the brief period of six days, she is entirely free from pain at times. The swelling of the knees is going down and she gets a fair night's rest.

Case 4. Miss Annie Jones, aged 35, has suffered from general ill health for ten years. She has suffered much from indigestion, constipation and a goitre. The goitre has disappeared under the internal administration of a dilution of the tincture of iodine. Her mental condition has somewhat improved under psychic treatment; but she has never been well. She always complained of severe pain between the shoulders, which extended down both arms to the fingers and up into the neck.

When she came under my care six weeks ago, she said, "I do not see why I can not get real well, I improve up to a certain point and there I stop." I made an examination of the spine and found a subluxation of the fourth dorsal vertebra. Three adjustments have relieved the pain between the shoulders and in the arms. Now she is in good health, her digestion is good and she has not felt so well for years.

Before closing, I must relate a good joke, although I am the victim. I studied Chiropractic and bought a chiropractic table, and I am prepared to give adjustments. Now patients constantly come to me and state that they have taken a course in chiropractic treatment without the slightest benefit. They frankly say, "You understand Chiropractic and drugs, that is why I come to you. Now I want medicine." They think that I understand their case better because I have made a study of both forms of treatment. I get no opportunity to give adjustments, but I get the business and the money.

We are standing on the threshold of a new era in healing. The people are disgusted with the crude and unnatural methods of the regular doctors; with their haphazard concoctions, tonics and serums. They are eagerly seeking for a scientific, natural system of treatment. They have learned through bitter experience that the one-sided systems of psychotherapy and mechanotherapy are no better than regular medicine.

Naturopathy is a system of healing that is paving the way for a universal scientific system of natural healing—a system founded upon the moral and physical laws, that can use drugs, mechanotherapy and psychotherapy, when they are indicated—a system that can treat man in body and in spirit.



The important purpose of this famous journey will be recalled with pride.

Astroscopy Department

Address all communications for this department to its editor

E. G. BRADFORD, Member Am. Astrological Soc., 73 Sixth Ave., Brooklyn, N. Y.

ASTRO-MEDICAL DIAGNOSIS

By E. G. BRADFORD

Statistics prove that a very large percentage of diagnosis, made by old-school methods, are wrong. The deadly significance of this fact must be apparent to anyone when it is considered that ordinarily treatment is based upon diagnosis. This being so, wrong diagnosis logically leads to wrong treatment—with consequent menace to the patient and loss of prestige to the physician.

The newer schools of practice, advocating the so-called natural methods and making little or no use of toxic drugs and surgery, of course escape much of this danger in its most aggressive form. Yet even they cannot hope to obtain the uniformly best results of which they are capable, if they neglect to utilize every available source of information and guidance. And as for the old-school doctor, it surely ought not to require much argument to convince him that he owes it to his clients, if not to himself, to welcome any discovery, whether recent or ancient, that will help him to comprehend and alleviate his patients' maladies.

The writer of this article holds no prejudice and feels no hostility against any school of practice that is sane in its principles and beneficent in its ministrations. But he would like to bring to the attention of everyone interested in rational methods of treatment, whether conservative or progressive, practitioner or patient, the fact that Astro-Medical Analysis, judiciously employed, can and should play its legitimate part as a contributing factor of knowledge and safety in the un-

derstanding of diseased conditions, and the scientific cultivation of health.

What the ancient observers discovered as to the correspondence between planetary positions and aspects and the human mind and body, modern investigators have essentially verified. In some particulars present-day astrologers have added to the mystic lore of the stars handed down to us from past ages; but, our progress in the purely mechanical and physical phases of astronomy has been so tremendous as to dwarf into insignificance every other achievement in this vast field of research. In fact, to the great majority of our orthodox leaders in science, astrology is a sealed book. But while this is true of orthodox science and its leaders as a whole, astrology itself is today very much alive and growing in fame and influence. It does not have to appeal for justification to the illustrious names of the past that have been associated with its history. It has numerous adherents in every civilized land, among them many of our keenest minds. It is stated on good authority that well on toward a million copies of the astrological ephemeris are printed and sold annually. This alone is significant of the widespread interest in the subject.

Like every other department of science, medical astrology in its entirety is a study requiring of those who would master it not only some natural aptitude but much earnest application. Without derogation to the domain of subtle knowledge which we are discussing, it may be said that to designate astrology as a scientific art would

probably be more nearly correct than to style it a science pure and simple. Therefore it demands of its genuine devotees a certain intuitive type of mentality not necessary to the pursuit of the merely physical sciences. Nevertheless, the elementary and more generally useful facts and rules of astrology can be learned by any person of intelligence, and it is that phase of it that particularly interests the present writer, especially as elucidating problems in health and disease. By sketching the subject in large outline, I think it can be made both comprehensible and interesting to even the casual reader of this page.

The zodiac is the broad belt of space in which the sun and planets seem to travel round the earth. It is divided into twelve segments, each of which corresponds to and sympathizes with some part of the body. Thus the first segment, or division, called Aries, corresponds to the head; the second, Taurus, to the neck; and these divisions follow in regular order down to the twelfth and last, called Pisces, which corresponds to and sympathizes with the feet. Any one or more of the planets can occupy these various portions of the zodiac, depending upon where their orbital revolutions bring them at any given moment and upon their aspect to the surface of the earth as the earth turns on its axis; and according as each planet thus located combines its rays favorably or adversely with other planets, so it is found is an influence for good or for bad manifested through the anatomy and physiology corresponding thereto. In astro-pathology, special importance attaches to the so-called malefics. Thus the fiery Mars has to do with fevers and acute diseases, etc.; while the chronic Saturn is coldly obstructive, Uranus spasmodic, etc.

Of course, all these details have to be figured out accurately from data collected at firsthand by the astronomical observatories, and then interpreted in accordance with the accepted rules of astrology. By so figuring from the date, place and time of a person's

birth, we get a map, or picture, of the heavens, from which it is possible to infer the fundamental astro-vital forces at work in that person's system. If there are any weak parts or organs, such a map is likely to indicate them. Constitutional tendencies are thus discoverable, and can be reckoned with. By further and more complicated figuring, we can, when desirable, also estimate the astral influences operative for any given year. Thus by one or both of these ways, it is possible to check up and corroborate our judgment as to the nature and significance of the patient's symptoms as otherwise gained by the usual methods of physical examination.

And this to me—this aid that star-science gives in **confirming or refuting** the opinion we may arrive at as to the location and nature of an ailment (as derived from the patient's testimony, history, and the evidence of our own five senses), is the super-eminent worth of astro-medical analysis. When human health and life are at stake, how much better to make "assurance doubly sure" by all legitimate means than to take unnecessary chances! But not to the practitioner only is astrology useful, as in helping him to decide between conflicting symptoms, or in supplying a needed clue in obscure cases. To parents, the insight and foreknowledge to be gained from the study of a child's star-map is often of inestimable value.



Mister Dope (M. D.) is down on his last legs . . . to the discard.

Phrenology Department

Address all communications for this department to its editor
JESSIE ALLEN FOWLER, 1358 Broadway, New York City

MODERN PHRENOLOGY

By JESSIE ALLEN FOWLER

Probably at no period of the world's existence has Phrenology been so thoroughly accepted as at the present day, and according to the evolutionary theory such should be the case, as scientists to-day are working along the lines established by Dr. Gall, the founder of Phrenology.

All scientists who are experimenting with galvanic batteries or electroids are seeking to prove the localization of mental functions, and it is rational to suppose that, as Phrenology presents the best theory of mental localization, in time the deductions of scientists will merge on to the lines of the phrenologists in all of the centres that have yet been located. Evidence comes to us that Phrenology is becoming more and more accepted through the establish-

ment of cerebral centres, such as the Gustatory Centre, the Speech Centre, the Centre for Fright, etc.

Phrenology is being used more and more among our business men to-day than at any other period in the history of commerce, and managers of business firms are consulting phrenological experts when engaging new employees. Men entering business and seeking partners are equally anxious to obtain advice concerning the adaptability of their associates. The late Marshall Field, one of the most scientific business men of his age, said that he believed in looking at the head and face of an individual, when engaging him, more than at his dress.

We hear much to-day on the subject of vocational guidance and training for efficiency in our schools and colleges, and many methods have been suggested for carrying out this idea. Phrenology is the most reliable and scientific method of applying this subject of vocational guidance. In fact, it was one of the first promoters of this idea and has been endorsed by some of the greatest educators of the day.

The late Prof. Muensterberg once said that "divorce between a man and his occupation is often more urgently needed than divorce between a man and wife; a man and his vocation are seldom one, as they ought to be, and the waste of energy in the lives of those who have merely drifted into their occupations is a great national misfortune. A vocation should be the greatest source of happiness, but it is more usually the first cause of unhap-



The Kneipp Water Cure
Terrorizes Death

piness. The boy who shifts from one line of work to another is wasting national labor and energy. Did he know before he started to earn his living just what sort of work would best suit his mental and physical make-up, he would be able to find his place at the outset." He attributed this carelessness in the choice of a vocation to the American idea that everyone is fitted to undertake anything, but he prophesied that "an awakening is coming."

This is what we firmly believe that Phrenology is going to do, namely: help the scientific study of children along educational lines and guide them into the right vocations, which will double their success in life.

Aristotle believed that the brain was capable of analyzation, and succeeded in working out in a small degree what has been more fully developed in the present age. In 1840, George Combe, in Edinburgh, did considerable work to promote this system, in and out of the schools, and convinced the hard-headed Scotchmen of its truth. In 1844, Herbert Spencer wrote extensively of this method of psychologizing a person, and prepared many articles on the faculty of Wonder, and other faculties, for "The Zoist" published at that time, and later absorbed many of Dr. Gall's principles in his writings on Psychology.

Horace Mann gave up a lucrative law practice in order to uphold the broader principles of education, and thoroughly endorsed the above named system, in 1850.

The late Alfred Russell Wallace, author of "The Wonderful Century," was a great believer in this system, and expressed the opinion that it ought to be endorsed by educationalists, in 1899.

Luther Burbank, the scientist of plant life, said that it had long been his dream to apply to the training of children's minds the scientific ideas he had so successfully employed in transforming and perfecting plant life, by making a study of the individual characteristics of each child; and as he has been so successful in the scientific

study of plant life, he is equally anxious to see similar principles applied to mankind.

One Swedish student of the American Institute of Phrenology has succeeded in converting three hundred and sixty thousand people to become advocates of this system, in Norway, Sweden, Denmark and Finland, since 1898.

Oliver Wendell Holmes, author of "Autocrat of the Breakfast Table," (1874) in the later years of his life, said of Phrenology: "We owe Phrenology a great debt; it has melted the world's conscience in its crucible and cast it in a new mould, with features less like those of Molloch and more like those of humanity. Even if it had failed to demonstrate its system of correspondence, it has proved that there are fixed relations between organization, mind and character. It has brought out that great doctrine of moral equity, which has done more to make men charitable and to soften legal and theological barbarisms than any one doctrine I can think of since the message of "Peace and Good-Will to men."

We believe the time is coming when every teacher will make out a chart of the individual characteristics of each child belonging to his class, for the purpose of better understanding him. Teachers will then be able to crystalize talent on sound scientific principles for of their own accord they will perceive where a child is defective and where he is proficient, and help him accordingly.

* * *

How to Be Happy!—that is the question. How to experience uninterrupted physical well-being and mental enjoyment!—that is our great concern.

Phrenology, Character Analysis, the Science of Human Nature—call it what you will—it is the especial province of this kingly science to disclose to human beings the laws of their own nature, in order that they may avoid the misery of violating those laws, and enjoy the benefits, the happiness, of keeping them.

Self-knowledge must be the founda-

tion upon which shall rest whatever we may acquire of lasting good. Self-knowledge only this science affords.

What is character? It is the very man himself! Reputation is merely what the man is thought to be. Reputation is at the mercy of one's fellows. But character is that thing which is our very own, and which no man may take from us.

To acquaint you with your real self,—that is what this science does for you. It warns you, encourages you, directs you, exalts you. Without it, you flounder in uncertainty, but with the self-examination it makes possible to you, you do go on to the formation of sterling character, real strength, sure poise, increased power, genuine success!

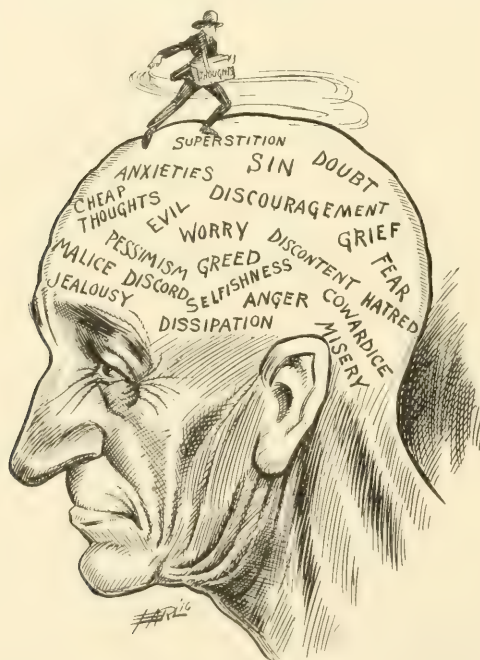
Make self-knowledge your own. Make yours that degree of success your talents fit you for! This Science of Analysis of Human Nature shows you the way how.

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PHYSIOLOGIC THERAPEUTICS

By JAMES MONTGOMERY IRVING, M. D., N. D., Ph. D.

If there are still any lingering doubts in the minds of those whose eyes may glance over these pages as to the efficacy, the lasting benefits, or sanity resulting from carefully graded and judiciously prescribed therapeutic exercise, physical education, physiologic re-education, or physiologic therapeutics, then let these doubting souls ask themselves these questions:

Why do the governments of every enlightened power on earth insist upon their soldiers, sailors, policemen, firemen, civil service men, students in military, naval and public schools—even their prisoners—taking a certain amount of regular physical training?

The answer is:

For the purpose of acquiring bodily power. For the purpose of creating a storehouse of energy. For the establishment of greater resistive force for warding off disease. To give tone to the nerves, a quick eye to see, and a brave heart to fight for and protect those weaklings who are unable to fight or protect themselves.

If this answer is true—and it is, I believe, gospel truth—then I say to the doubter, to the drug taker, to the pill swallower: What license have you to think that you should enjoy the same physical vitality and muscular strength, or the same success in life as the men spoken of above without any effort on your part to procure it, save by taking drugs, counter irritants, instead of doing away with the cause by merely helping Nature, in Nature's own way, to help herself?

Neither health nor strength can be purchased in bottles or packages. Here is what I consider the health alphabet:

A, F, C, E, B, R.
Meaning: Air (pure), food (of proper quality and combination), clothing (suitable), exercise (physiologic), bathing (inside and out), rest (eight hours or less).

Let us see how this works out, by taking the first letter, A. At birth, the lungs contain no air; the bronchioles collapse and touch each other; the trachea and large bronchial tubes are open, but contain fluid and no air. When the chest expands with the first breath

taken (the breath of life), the inhaled air has to overcome the adhesions existing between the walls of the bronchioles and the air sacs, and the lungs thus filled with air upon birth are never completely emptied again until after death.

These facts taught me the important lesson, more than 25 years ago, that breathing should be the first and last thought of the Physiologic Therapist when prescribing or giving treatment. It takes but a few minutes and is highly efficacious.

Nasal breathing should always be practised. In this way, the air is first warmed, then moistened, particles of foreign matter removed, and the sense of smell so improved that bad odors are easily detected.

The importance of air to the body cannot be overestimated. I have seen men who fasted for forty days; men who have been without water for more than two days, but I have never yet



Dr. James Montgomery Irving

seen the man or woman, alive, who has been deprived of air for a full period of two minutes—though I have witnessed many try for this strange record, by diving under water, in many parts of the world, none, to my knowledge, have ever succeeded.

During ordinary respiration, as we know, our lungs are not fully distended—perhaps little more than the middle third. But by properly prescribed breathing, carefully graded exercises, and other treatment known to the Physiologic Therapist, the upper and lower apices of the lungs are brought into activity through the additional amount of air taken in, which by many is called complemental air.

It is estimated that the lungs contain 6,000,000 of air sacs (though I have not counted them), all of which should be brought into activity during the intake of atmospheric oxygen and the outgo of carbon dioxide.

Oxygen is the greatest friend known to man, and carbon dioxide the greatest enemy.

Since it is through the intake of oxygen that the blue carbon-laden blood is oxygenated and changed to the red fluid organ, arterial blood, upon which our very life generally depends, it naturally follows that the heart has, during scientific, or proper breathing, received due attention, as all the blood has accordingly passed through it, and considerable exercise of the organ indulged in when we use

our lungs properly. Not only does proper deep breathing inflate the 6,000,000 of air sacs in the lungs, but strengthens them, enlarges them, and automatically prepares a deep, roomy, well-arched thorax to house them and, as I have said, increases the power of the heart muscle itself to a marked degree.

If, however, a cardiac case presents itself for treatment, we would prescribe resistive movements as well as breathing, and sometimes certain baths, though I have good reason to believe that the latter can, in a great many cases, easily and safely be dispensed with. This, at least, has been my experience.

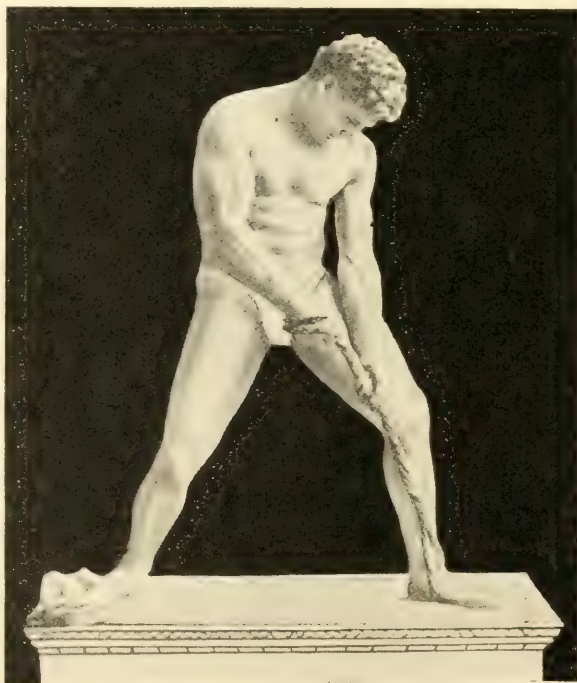
Other treatment indicated for the greater number of cardiac cases consists of resistive movements, and these are accomplished by slight pressure against the patient when he is told to go through all the movements the articulations are capable of making, namely:

Flexion, extension, abduction, adduction, rotation and circumduction, omitting the seventh, or gliding movement.

Great care and gentleness should be

the watchword in these cases. The object in view is that physiological re-education tends to restore the normal activity of the musculature of the circulatory system.

The field open to the carefully trained Physiologic Therapist or Naturopath who is sufficiently interested in the great work before him, is



no less a place than the universe itself. Speaking of other cases and treatment, the following example may prove interesting to the reader:

Case A was a young man of good family, 30 years of age, and a constant polo player.

In making a drive at a ball, his opponent "hooked" him, which resulted in a rather severely injured wrist. The attending physician, who happened to be a friend of the patient, immediately applied a plaster cast, which the patient endured for four weeks with great discomfort and pain. The case came to me on the fifth week (unknown to his physician, as I heard afterwards), and when the cast was removed, the carpus presented a perfectly rigid condition, with motor and sensory nerves apparently dormant.

The treatment for the first few days consisted of thermo application, passive movements of the articulations, the breaking down of adhesions, and firm pressure. At the end of a week the patient was able to indulge in slight general voluntary activity. At this stage the patient again saw his physician, who was delighted with the progress made, and the following day brought his patient to me personally and addressed me in these words:

"Professor, my friend here has got a 'wrist,' and I can't cure it; what can you do for him?"

After I explained my intended course of treatment, the doctor became so interested that he turned patient himself. He discussed the possibility of "putting some life into his lungs and building up a very pronounced deflated thorax, and the development of the lower limbs, from the popliteal space down." Let us take the two cases briefly.

Case A presented himself for treatment daily. The treatment consisted of passive pronation, supination, extension, flexion, rotation and circumduction of the forearm and carpus, pressure on the metacarpus, separating and closing, active extension and flexion and firm grip movements of

the phalanges—all under water, at a temperature of 95 degrees F.

This treatment was continued for a week, at the end of which time active movements were prescribed and, three days later, a dumb-bell weighing three pounds was used to excellent advantage. On the fifth week the patient was again playing polo, and has since become a champion.

Case B, age 40 years, was given one hour's attention daily. Always beginning with inspiratory movements, both in the erect and recumbent positions, using the arms at times as levers, both to enhance the intake of oxygen, the elimination of carbon dioxide, and to more readily raise, broaden and deepen the thorax, and add greater activity to the intercostal muscles. Superficially, we paid special attention to the latissimus dorsi by actively forcing the arms backwards and downwards, and forward in line with the mouth and back level with the shoulders.

These are the parts which, when developed, together with the deeper layers of muscles, will greatly assist to give the required increase of chest measurement. For the lower limbs, we had the patient raise and lower his body on the toes for full five minute sessions; walk on the toes for a like amount of time; skip the rope one hundred times; sit on a chair with his feet elevated and the heels on another one; then forcefully go through all the movements the articulations are capable of making. We also suggested that the doctor should go through the latter movements when going his daily rounds in his car.

When we again applied the caliper and tape measure at the end of three months, we found that the circumference of the thorax had been increased four inches, and the lower limbs, around the gastrocnemius, two inches.

Case C, a man of 50 years of age; 5 feet 6 inches in height; weight, 315 pounds; suffered with a bad case of obesity for ten years, and had been unmercifully drugged for more than one-third of his life. The patient was a

man well known from Maine to California. His friends knew him to have been attended by many well-known physicians with little or no results, and were much worried about his condition generally. I at first felt that I had not sufficient time at my disposal to handle the case, but remembering that "great men," for a greater fee had failed to obtain any results whatsoever, I resolved to take the case in order to find out what it was possible to do with Physiologic Therapeutics. The patient promised to obey my instructions at all times, and, greatly to his credit, I am bound to confess that he kept his word. This case is cited, (1) because of the seriousness at the beginning, (2) the simple method of treatment given, and (3) the magnificent results obtained in so short a period of time.

The treatment consisted of a suitable diet, reduction of fluids, a variety of breathing exercises, with and without arm action; light, general Physiologic therapeutical exercises, baths of 90 degrees F., followed by shower baths at a temperature of 70 degrees F. Daily treatment was given of from one to one and a half hour's duration. Result:

Within six months we had reduced the patient exactly 148 pounds, which I have good cause to believe is the record for the United States, and a great achievement for Drugless Therapy, an agreeable surprise to the patient's friends, and of sufficient interest to cause one of New York's leading newspapers to devote a full page to the case in the magazine section of a Sunday issue.

It is now five years since the patient came to me, and today he states that he has never felt better in his life.

Were it not for the green-eyed monster, jealousy, and the habit of following the changes of the moon with fresh suspicion on the part of the political doctors who rivet an ear to the ground, listening to the steps of scientific advancement of the no-drug physician, with the set purpose of delaying his wonderful progress with barbed wire entanglements, deep trenches or pit-

falls, bombing him with any and everything, and finally causing asphyxiation with the vilest stench of political gas—too vile to allow them to practise their chosen profession themselves. I repeat, were it not for these barriers, the properly qualified progressive physician of the better class of Drugless schools might be handling, at this present time, the thousands of sad little victims of the recent anterio-polio-myelitis epidemic of which a well-known physician said, a short time ago "is their rightful field of action instead of leaving them to women nurses and the laity."

Among God's chosen noblemen, and in the front ranks, there have always been eminent, brave, self-sacrificing, godly physicians, ready and willing at all times to give—most anxious to give, as they always have given—their valuable lives in the execution of their sacred duty; but there are others to whom the metallic chink of golden discs is the sublime music which urges them on to do deeds which makes heaven weep and all earth amazed, and can be profitably cast from our minds with these words of charity: "Father, forgive them, for they know not what they do."

To sum up, Physiologic Therapeutics is a science of healing differing from the medical art through employing for the care of diseases, physical and other means, instead of chemical agencies.

Life, as I was taught in my student days, is the sum total of reactionary forces acting on a dynamic basis; the two cardinal factors being mind and matter. The various processes affecting the phenomena of evolution and maintenance of life involve physical and chemical changes.

If we view the body in its material aspect, we will discover that it constitutes the most complete machine for the transformation of energy, which transformation is being effected through motion.

Irregularity of motion, natural, voluntary motion, which in turn acts upon involuntary muscles, or vital organs,

means stagnation, suboxides, and imperfect metabolic changes.

Cessation of motion means death.

To regulate the various functions of the body depending upon motion—the complete motion of the body's entire mechanism, to maintain normal and correct abnormal conditions, is the province of the Drugless physician.

His methods, measures and treatment are aimed to effect correction of luxations, sub-luxations, and contractions; the removal of irritants affecting the nervous system; the removal of impediments to the passage of the fluids of the body, blood and lymph; a perfect control of the blood supply to every organ and every tissue of the body, through the medium of the vasomotor system; the increase or decrease in activity of the glandular system.

The Physiologic Therapeutist, or Drugless physician, no matter what his true title may be, who treats diseases without drugs, is a teacher of **sound health**. He uses plain English to his patient; has no cause whatever to use Latin terms, and, although the patient may not understand the effects desired or results to be obtained through superficial treatment, he can at least see and feel what is being done for him. He presents himself for treatment without the slightest fear of being poisoned or dug into with the surgeon's knife.

He knows what the words pure air mean; plain, wholesome food; exercise, wise living and repose. Even if he lacks the knowledge of their value, he soon learns through the daily advice given to him by his physician, and thus, when completely recovered from his ailment, is quite able to take care of himself in the future.

Can this be said of drug treatment?

It would be highly interesting to learn of how many physicians the reader knows who are less attractive than himself (physically); of "dirty" complexion, protruding fat abdomen, slovenly habits and manners, and lacking, generally, all the exterior attractiveness which a doctor of health should possess.

The "muddy" or "dirty" complexion, as we know, usually means a mal-condition of the vascular system. A protruding abdomen (which frequently prompts a feeling of disgust on the part of the observer, indicates a condition of obesity, brought about through indiscretions in diet; gluttony, laziness, indifference, lack of exercise, or the proper knowledge of how to take care of one's self.

Would you consult such a man as this for your ailments?

For my part, I would feel much safer and more sure of good, sound advice by going farther afield and revealing my troubles to the normal, clean-cut man who partakes freely of his own (Drugless) medicine, and presents that picture of health (irrespective of good looks or age) which encourages the patient and creates within him, (1) hope, (2) longing, (3) determination, and finally, (4) belief that by following the advice given to him by so wise a man as the "clean-cut" physician standing before him, will ultimately create in himself a like "picture of health" for others to look upon with the same amount of agreeable pleasure as had been his own experience.

First impression, as most of us are aware, is the keynote to most things worth while.

To make good in all things is no easy task; but to continually aim to make good under great difficulties, or along proper or scientific lines, by perseverance, patience and endless practise, earns for us confidence in others, and makes better men of us all.

* * *

I am asked to give a few hints and some advice to the Drugless profession. Truly, it can only be a few hints, for to attempt to cover the entire field—though I have worked in it for nearly 30 years—would exhaust the powers of any man.

The field is too big, too gigantic; it stands up in bold relief like Mount Olympus, defying the world to refute the fact that its massiveness stands upon the solid foundation of gospel truth.

The drugless field of operation and endeavor may be likened to a huge wheel, the hub of which is here in New York, and the rim surrounding the entire world.

There is no end to it. It has caught up with itself, so to speak, and now stands, as I have said, like mighty Olympus, impregnable, immovable, a lasting monument of man's best efforts to make mankind whole, by the known science of assisting Nature to help herself.

But there was a beginning to all this, and that beginning was in the days of our noble aboreal ancestors, who were the first to live in "sky-scrapers," or high trees. It was then they first learned enough to climb up out of the wet, to prevent wet, cold feet—and here is a good point for the Drugless profession to remember: **never get cold feet.**

Now we skip to the Fire Age, when our same noble ancestors were clothed only in the shadows of the fighting implements carried in their hands, or a small mole on the back of their necks.

If these people discovered any difficulty in breathing, or had caught what some people are pleased to call a cold, or slight congestion of the lungs, they did not immediately retire to their downy beds of dried leaves and fagots to recover, but dug a hole in the ground, and after huge stones were dropped in, a fire was kindled, and while these stones were becoming heated, they would set off at a fast run of several miles. On their return, the fire having spent itself, they would jump into the hole and pull branches of small trees and underbrush over them in order to encourage a profuse or complete perspiration, which was followed by a cold plunge into the sea or stream close by, and thus were their colds cured.

We now know who were the first cabinet bath inventors, hydropaths and Drugless physicians.

We now skip a few thousand years, and land in the East Indies, whose people were considered, at one time, the most progressive and enlightened

in the then known world. The natives of India taught the Egyptians the art of massage, and how to anoint that "Serpent of ye old Nile," Cleopatra, with perfumed oils, to make her body beautiful and strong, that she may bedazzle the eyes and hearts of Cæsar, Marc Antony and Pompey—three of a kind, so to speak.

Thus do we see that the natives of India were the first masseurs. These men are past masters in massage and mechano-therapeutical methods. It is a **science** with them, but not as we understand science, for with them the same treatment is made to do for everyone.

Now, if we cut down the Red Sea from India to what is now known as Port Suakin—but which, as I remember, was only a barren coast line when I landed there some years ago, we will find that we are in the Eastern Soudan, or desert, the inhabitants of which are nearly as wild today and quite as naked as the before-mentioned aboreal men, and brave to a fault.

I have seen one lone warrior with his poisoned spear and cruel ham-stringing knife, charge hundreds of soldiers, without the slightest fear.

What makes them so brave and self-confident, you might ask? The answer is: health. Bountiful human power acquired through Nature's own physician—the outside world and what they glean therefrom.

These men will set out for a hundred mile tramp across the desert with no more consideration than you would have in walking twenty blocks.

The strange thing about these wild sons of the desert, who look like itinerant statues carved from polished ebony, is that, when they feel out of sorts for any reason, they do not show it as do our own people, who usually remain at home or take to their beds; but, on the contrary, become strangely more active, and go through a most strenuous manoeuvre with spear and shield, at times jumping so high in the air that they can actually turn three times before again striking the ground.

These wild and difficult movements always last to semi-exhaustion, and, when this is over, they lie face down on the sand while an endless chain of other warriors tramp over the spines from the sacrum to the prominens. Bathing always follows this strange procedure, and the cure is completed. And so we see that these Fuzzy-Wuzzies, so-called, knew something about Chiropractic thrusts and adjustments.

May we not safely say then that these barbarians were the creators of Natural Healing, who thrived on food from the earth, pure water to drink, rich and pure oxygen to breathe, sunlight baths and natural exercise obtained by long marches, the climbing of trees and over mountain tops, down again to the springs, and still further down to the sea, to earn these wonderful gifts of Nature, this Nature Cure, this Naturopathy, for that is exactly what it was, even in those unenlightened days.

But Naturopathy in these days, as far as I have seen, read and studied it, is one of the great natural sciences; one of God's choicest blessings, giving health, strength, happiness and longevity to more than thirty millions of people, and is growing by leaps and bounds, and, what is very important, is here to **stay till the end of recorded time.**

Now just a word about the term **physical culture**. This term, or name, was first coined by the laity with the set purpose of bringing before the public a sort of superior method of physical training other than gymnastic exercises, as a means of building up, or improving the body as they saw it, which, unfortunately, was only superficial.

The laity did not know—thought it unnecessary to know—nor were the means open to them to find out the secrets, the sublime secrets of the great complex body machine within.

The one desire then, as it is now, with them, was to create large, powerful muscles, principally those of the

arm and chest, at the expense or neglect of the heart and lungs and other vital organs, through which ignorance many thousands of health enthusiasts have been permanently injured. Therefore, it is my belief that the term **physical culture** can profitably be eliminated by the scientifically trained.

Physical education, physiologic therapeutics, or, better still, physiologic re-education—since you are called upon to re-create physical vitality and muscular strength—are better terms, and possess the ring of scientific understanding—but the term **Naturopath** covers, fortunately, everything.

Your studies and progress in the essentials of anatomy and dissection, and the lectures you were called upon to give at that time, must have left a wonderfully sublime picture in your mind's eye of what takes place in our bodies, both in health and disease, when your patients are instructed to take certain forms of physical exercise for any specific reason. You see the beneficial results these movements have on the heart and blood vessels; the strengthening of the former, and the increased activity in the return of the carbon-laden blood in the veins to the lungs for purification in the six millions of air sacs, its meeting with the oxygen, its oxygenation and change of color from a dark blue to a lively red, life-sustaining fluid organ, which is pumped around the cycle, so to speak, in the course of physical activity, at the rate of three feet per second; all this you know, and see in your mind's eye. You know, besides, how to increase vaso-motor activity in the cervical region by judicious exercise, and that more care should be taken here than, for instance, the great pectorals, deltoids, or latissimus dorsi, on account of difference of power of origin, insertion, nerve and blood supply.

Exercise, you will please remember, is one of the paramount, if not the paramount point in preventive medicine.

Every soul on this earth requires a certain amount of carefully graded exercise, and the Drugless physician can prescribe this as no others can, since it is his specialty; for without it, we cannot even properly assimilate and use the best oxygen, expect complete digestion, nor the proper elimination of the feces. If I could emphasize this point twice as strong, I willingly would.

If more proof is required, please refer to the daily papers and you will learn of the hundreds of thousands of young men who have been refused military service owing to the low standard of their physical condition; but don't forget that those who **have** been accepted "will bring home the bacon."

Hand over these physically unfit young men to the Naturopaths, and I'll be bound that within a few months they will be doing duty in the ranks with their brothers.

If you are to interest the public to the fullest in this great progressive work of yours, you must set the example yourselves; you must show that you are the scientific, physical, mental, moral, spiritual, hygienic equals of all men, and, **nulli secundus**, or second to none.

Armchair theories do not always work out as intended. The man who takes off his coat and practices what he would have his patients do—and frequently do it with them, can with

quick dispatch sift the fallacies from the facts. You may practice on yourselves to a certain degree, or be practised upon by fellow-practitioners; take your own medicine, so to speak, as I have always done, and with lasting benefit, I hope, to myself.

Like the great actor, we must not only thoroughly know our parts, but be able to deliver them intelligently to the understanding and benefit of others, and, which is half the battle, look the part, if you would be appreciated and would prosper.

Let us be sure to keep these facts in mind: There are only seven varieties of motion which the articulations are capable of making—the same number as there are letters in music. Now, a well-trained musician, by his musical ear, and the scientific grouping of notes, can write a grand opera, while the musical hack is usually only qualified to write a ragtime tune, not a melody, mind you, which to the trained ear is nothing but noise, while the former is sublime music which gladdens the senses and sways the soul.

This also applies to exercise, but if the wrong grouping of muscles, action, or exercise is prescribed, or permitted for certain mal-conditions, only discord of motion will result, and the contrary will produce physical harmony of far greater value to health than the most sublime opera ever written by mortal man.



Coffee drinking is one of the causes of
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 Montgomery Irving Institute of Physical Education, 200 5th Ave., New York, N. Y.
 New York School of Medical Gymnastics and Massage, New York, N. Y.

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 Brinkler's Diet Institute, Atlantic City, N. J.
 Christian School of Applied Dietetics, New York, N. Y.
 Levanzin Scientific Dietarium, (College of Dietology and Psychotherapy), San Diego, Cal.
 Lust's School of Dietetics, Tangerine, Fla.
 Schroth System of Teaching, Chicago, Ill.
 Taber School of Dietetics, Evanston, Ill.
 Vienna Dietetic Institute, Portland, Ore.

ELECTROPATHY

College of Neurology and Electro-Therapeutics, Salem, Ore.
 Freeman Electric Institute, Cincinnati, O.
 Matijaca, Anthony, 413 Cass St., Joliet, Ill.
 Montgomery Irving Institute, 200 5th Ave., New York, N. Y.
 National College of Electro-Therapeutics, Lima, Ohio.

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 Camp Waldheim for Boys, West Barnet, Vermont.
 College of Medical Evangelists, Loma Linda, Cal.
 Duggan Health Institute, Columbus, S. C.
 Harlem Health Institute, New York, N. Y.
 "Keep Well Club," East Cleveland, O.
 Macfadden, Bernarr, Healthatorium, Chicago, Ill.
 Psycho-Physiological Health Club, (Dr. Paul Bauer), Los Angeles, Cal.

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Bimini Hot Springs and Health Resort, Los Angeles, Cal.
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 Duggan Health Institute, Columbus, S. C.
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 Struch's Health Resort, McHenry, Ill.
 White Sulphur Mineral Springs Mountain Resort, Los Angeles, Cal.
 "Yungborn," Butler, N. J.

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 Grambow, Emil, Hempstead, L. I., N. Y.
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 Roycroft Health Home, East Aurora (Erie County), N. Y.

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 Weissmann's Hydropathic Institute, Los Angeles, Cal.

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 Lahn School of Iridology, 1386 West Randolph St., Chicago, Ill.

MECHANO-THERAPY

Blumer College, Hartford, Conn.

MENTAL SCIENCE

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 Post, Helen Wilmans, Mental Science Institute, Seabreeze, Fla.
 Raja-Yogo College (Theosophical), Point Loma, Cal.
 Weltmer School of Suggestive Therapeutics, Nevada, Mo.

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 Burlerson & Stone, Buffalo, N. Y.
 Clinton Institute, Newark, N. J.
 Deutsches Electro-Medical Institute, New York, N. Y.
 Dr. Pierce's Invalids' Hotel, Buffalo, N. Y.
 Institute of Science, Chicago, Ill.
 Keeley Institute, Buffalo, N. Y.
 Lamb School for Stammerers, Pittsburgh, Pa.
 Life Extension Institute, New York, N. Y.
 McMichael's Sanatorium (Alcohol and Drug Habits), Buffalo, N. Y.
 National Association for the Study and Prevention of Tuberculosis, New York, N. Y.
 National Eclectic Institute (Registered), New York, N. Y.
 Parkside Sanatorium, Buffalo, N. Y.
 Reinecke's Institute, New York, N. Y.
 Sancel System, The, San Francisco, Cal.
 Sprague Institute, The, New York, N. Y.
 Weltmer Institute of Suggestive Therapeutics, Nevada, Mo.

NAPRAPATHY

Chicago College of Naprapathy, Chicago, Ill.

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NATURE CURE HEALTH RESORT (Yungborn), Butler, N. J.

NATURE CURE RECREATION RESORT (Qui-si-sana), Tangierine, Fla.

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Yungborn Regeneration Cures—The dietetical Regeneration Cures which are applied in their particular gradations as required for the various diseases and conditions of weakness, are fully adapted to the case in hand and modified correspondingly.

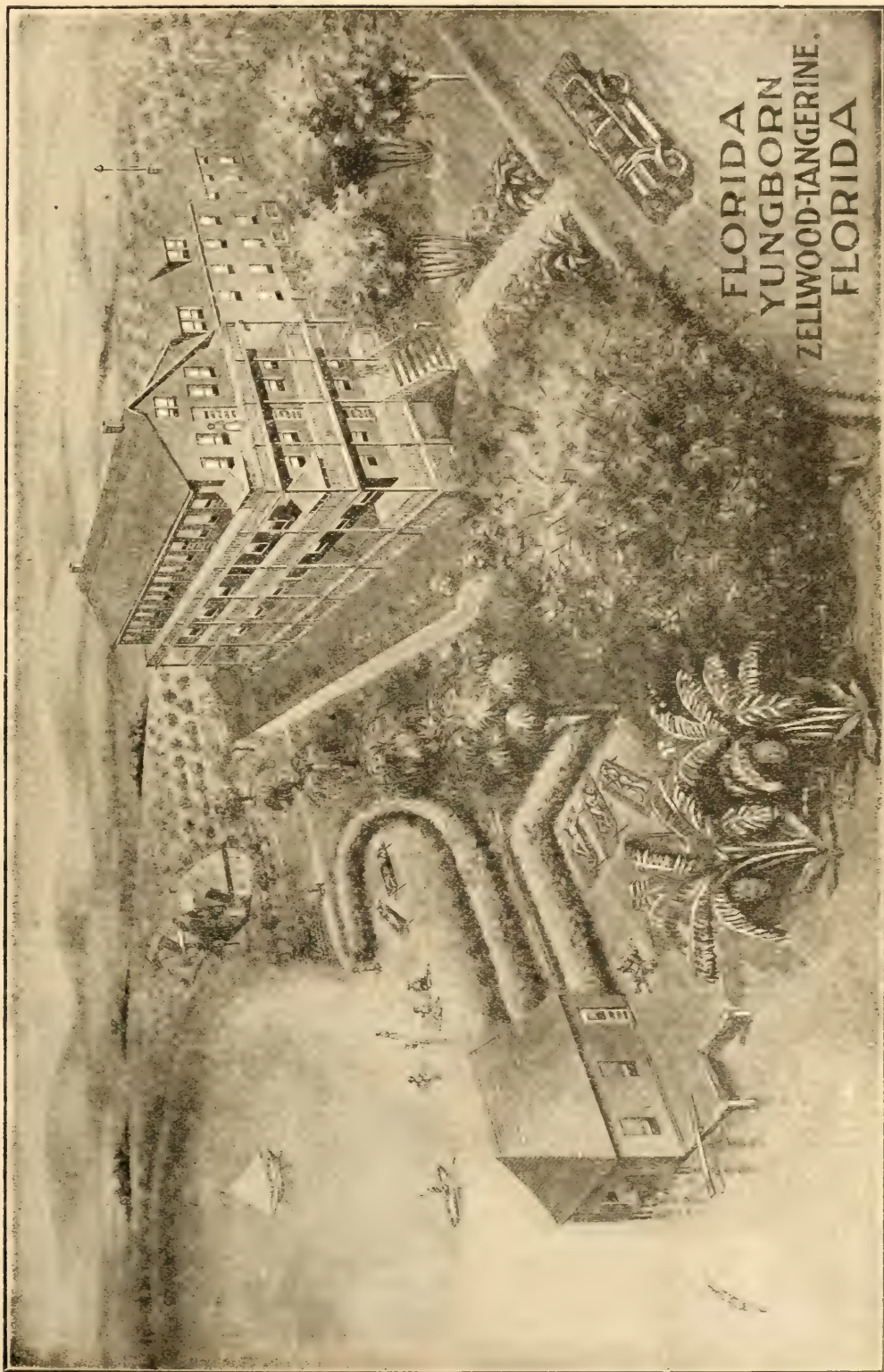
The most peculiar and most intense forms of these Cures are the *Schroth Treatment*, so called after its founder, the genial Johann Schroth, and the combined *Diet, Light-Air and Water Treatments* in which the experiences of *Kuhne, Kneipp, Rickli, Lahmann, Ehret, Just, Engelhardt*, etc., are resorted to individually. Furthermore, *Fruit Cures, Herb Cures, Vegetal and Mixed Diet, Fasting, Diet Cures* in combination with *Fruit Diets*, and so forth, are employed. Diet requires adapted physical treatment, such as *packings, bandaging, baths* and gushes of various descriptions, *barefoot walking, light sun and air baths, steam, electricity, massaging, and Osteopathy, Chiropractic, Mechanotherapy, Neuropathy*, etc. Special attention is given to the development of humid warmth treatment—one of the most important curative factors.



Boating on beautiful Lake Ola

Aid in Obsolete, Inveterate Cases—The Yungborn Regeneration Cures will help even in the most deep-seated superannuated conditions of suffering and weakness, where other cures failed, except in cases of organic new growth and destructions (like cancer and consumption) or marasmus. It need hardly be mentioned that not only those requiring cure, but also those in need of rest—the weakened and convalescing—derive the best possible benefits of lasting effect from a sojourn at the Yungborn—home of health.

FLORIDA
YUNGBORN
ZELLWOOD-TANGERINE.
FLORIDA





A cozy corner in the Library

Baths and charmingly situated **Air Huts** close to the forest, playgrounds and recreation lawns for the children and youth, bring a harmonious note of change into this picture of peaceful retreat. For those inclined to exhilarating walks, the nearby and farther surroundings offer numerous interesting points of excursion and sights of the most varied character.

Stillness of the Forest—In one minute's time, you find yourself in forest's deepest peace. Directly adjoining the orchards and parks, spread the woods with their quiet resting places and panoramic view-points. All around you reigns a wonderful tranquillity. You see the pine-woods stretch out for miles and miles, and you can stroll through them in every direction on dry, convenient trails.

Elevation—350 feet above sea level; the surrounding heights rise up to over 400 feet.

Climate—The climate is extremely mild. The pure, clear air, free from dust and rich in oxygen, acts in a soothing and strengthening manner upon the *nervous system*, furthering the *blood circulation*, and creating, as a result, a vital condition of health.

The Home in Yungborn—A number of houses and villas stand ready to receive the guests arriving from many directions, even from abroad. Very attractive drawing-room and parlor, equipped cosily in the most modern fashion, make a sojourn particularly pleasant. It is a peculiarity of Yungborn that everybody feels himself at home and at ease very quickly, and this is enhanced constantly and extraordinarily by the unconstrained and even intimate tone which quickly develops among all the members of the Yungborn family, thus making life in Yungborn doubly pleasant and greatly beneficial to the general visitor. It may be stated here, though, that Yungborn is not a place of luxury, but a strictly curative resort, with the sole purpose of really improving health and assuring certain success in life, by means of the cures and treatments applied at this Resort.

Yungborn Regeneration Cures Have Stood the Test—The uniqueness of our Regeneration Process and its extremely manifold capability of modification made it possible for us to use it with success for all sicknesses and conditions of weakness.

During the time that the Yungborn has been in existence, patients suffering from the following diseases and conditions have received treatment and have, as a result, been cured:

Diseases of the digestive organs: Inflammation of stomach and intestines, catarrh of mucous membranes, dysentery, ptomain poisoning, typhoid fever, appendicitis, colitis, enteritis, hemorrhoids (piles), ulceration of stomach and intestines.

Diseases of the lungs, respiratory organs, nose and throat: Rhinitis, croup, hayfever, whooping cough, tonsillitis and adenoids (without surgery), bronchitis, pneumonia, asthma and tuberculosis.

Diseases of the heart and circulation: Valvular heart disease, endocarditis, pericarditis, enlargement of heart, dilation and fatty degeneration of heart, dropsy, acites, lymphatic stasis, hardening of arteries (arterio-sclerosis).

Diseases of the Blood: Scrofula, hereditary disease taints, uric acid diathesis, vaccine and serum pollution.

Disorders of metabolism resulting in gout, rheumatism, arthritis, obesity, malnutrition, anemia, diabetes, bright's disease and other conditions.

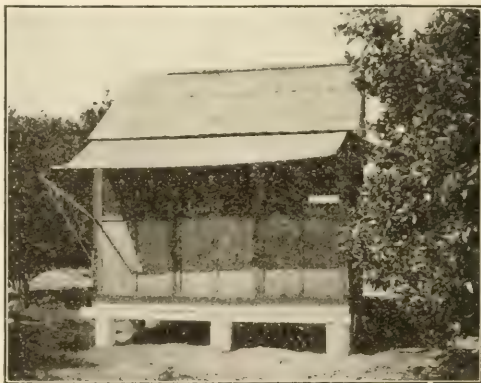
Skin diseases: Acne, eczema, tetters, boils, carbuncles.

Nervous disorders: Neurasthenia, and other diseases coming from sexual weakness, insomnia, St. Vitus' Dance, epilepsy, failing memory and brain functions, impotence, sterility, palsies, paralysis and locomotor-ataxia, as well as the consequences of poisoning from drugs—mercury, arsenic, lead, iodine, vaccine, serums, etc. In fact, we have treated all ailments of mankind, except those of a contagious or infectious character.

Many a man who had already given up all hope and came to Yungborn as to a last anchor of emergency, regained complete health and strength, and is to-day happy, active and efficient in every respect. Many a husband who for various reasons was lacking his best vital powers, has become a happy father through our regeneration cure. Many a wife, formerly unhappy—if not despairing—is now a happy mother.

Fall, Spring and Winter Cures—We wish to call the reader's attention particularly to the fact that the Yungborn is splendidly suited for a stay in winter time. Not only the Regeneration, but also the Strengthening Cures are immensely successful in winter. In addition, the mild, delightful forest and mountain air, so rich in ozone and oxygen, is of extraordinary vivifying, refreshing and strengthening effect upon the entire organism (which is true of every season of the year).

Yungborn's Forest Charm—A prominent writer likened Yungborn to a legend of the forest with an unspeakably wondrous charm which draws every visitor irresistibly into its embrace. A dreamlike panorama of Lake Ola and the Hill-framed valley and numerous other enchanting views make every visitor's heart rejoice with gladness. *Large Air and Sun*



Light and Air Hut for outdoor sleeping



Side view of Florida "Yungborn" Resort

All those who suffer from any of the above-mentioned illnesses or weaknesses may come to Yungborn with full confidence, not only that they will be treated carefully, conscientiously, and with sure success, but they will find here also a complete understanding and true compassion in the most extreme sense.

Rates—The costs of cure and board are very moderate, and depend on the room and the treatment. Board for guests, with or without general out-door treatment, light and air park use, \$25.00 per week, or \$100.00 per month up; with full individual treatment, \$35.00 per week, or \$125.00 per month up. Reception and first examination, \$5.00 up.

Rates for Sunday guests: Sunday dinner with light-air and swimming baths privilege, \$1.25. Visitors, \$4.00 per day, with room or cottage, board, and light and air bath park privilege. Life with Nature at Tangerine, Fla., has its compensations.

Communication—From New York by *Atlantic Coast Line Railroad*. (New York City ticket office, corner of Twenty-ninth Street and Broadway.) Buy ticket to Mount Dora, Florida, and leave New York, Pennsylvania Station 9:15 A. M.; change at Sanford, Florida, 5:04 P. M. next day for Mount Dora. Due in Mount Dora at 6:33 P. M. Auto can be had at or near depot, or our automobile will meet you, if notification is given us a day or two ahead, by mail. *By Seaboard Air Line Railroad*. (New York City ticket office, 1184 Broadway, near Twenty-eighth Street.) Buy ticket for Zellwood, Florida, and leave on any suitable train for Jacksonville, Florida. Leave Jacksonville 9:30 A. M.; change at Wildwood 2:05 P. M., and arrive at Zellwood 3:54 P. M. Automobile for Tangerine can be had at depot, or our automobile will meet you, if notification is given us a day or two ahead, by letter, or on the same day by telegram from Jacksonville or Ocala, en route. There are many other trains for Mount Dora or Zellwood, but these given above are the only two that are usually on time, and are besides, comfortable for tourists and guests from the North. *By Automobile*—Good Road from Ocala, Tavares, Leesburg, Eustis, St. Augustine, Palatka, Daytona, De Land and Sanford, via Mount Dora. From St. Petersburg, Tampa, Lakeland, Dade City and other places south via Orlando and Zellwood. *By Boat*—via Clyde Line to Sanford; then by Atlantic Coast Line to Mount Dora. Motor and other pleasure boats traveling over the lakes will stop at Tangerine landing on Lake Eau Claire.

BENEDICT LUST, N.D., M.D.

Proprietor

TANGERINE

ORANGE COUNTY, FLA.

Telegraph and Telephone Address: Dr. B. Lust, Tangerine, Fla., via Zellwood.—Express and freight, care of Dr. B. Lust, Zellwood, Fla.—Detailed information on all questions; also in cases of sickness; the shortest traveling routes and other advice will be gladly given by the management at all times.—Prospectus and booklet, "Where to Find Health," will be mailed for 5c. for postage.

Previous Notification Requested.

NEW YORK CITY ADDRESS:

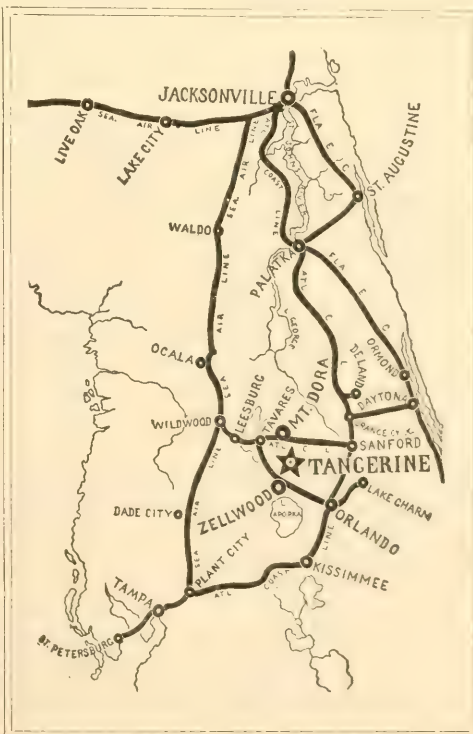
BENEDICT LUST'S NATUROPATHIC CENTRE
110 EAST FORTY-FIRST STREET

TELEPHONE. 5796 MURRAY HILL

SUMMER ADDRESS:

BENEDICT LUST, N.D., D.O., D.C., M.D.
EASTERN YUNGBORN, BUTLER, N. J.

TELEPHONE. 31R, BUTLER, N. J.



Lindlahr Nature Cure Institutes

*Lindlahr Health Resort
Elmhurst, Illinois*

*Lindlahr Health Home,
Chicago, Illinois*

*To the Drugless Physician,
Dear Doctor:*

Minimize Your Percentage of Failures

by placing your chronic cases in a health-giving environment that provides every item necessary to the patient's welfare.

Monotony Breeds Disease

A life time in the same place, with the same associations, eating the same kinds of food day after day, subject to the same habits, spells d-i-s-e-a-s-e.

Change Starts the Cure

Change of habits, change of scene, change of climate, change of food, change of association are absolute essentials to effect a speedy recovery.

The Lindlahr Health Institutes,

one in Chicago and one in the country, provide the ideal environment for the health-seeker. Fresh air, sunlight, regular hours, systematic exercise, pure food, and treatment made up of various combinations of hydrotherapy, massage, Swedish movements, Chiropractic, Osteopathy, Neuropathy, Naprapathy, Spondylotherapy, in fact, every up-to-date method is employed to enhance the Process of Cure.

Co-operation

between the individual practitioners and an institution which adheres strictly to the principles of natural healing will build a stronghold for your profession which none can assail. A profession cannot long exist unless it has behind it the proper representative institution. Count over how many cases you could not hold because the home did not provide the needed facilities and right environment to induce a cure. How many of these patients have drifted away from drugless treatment to end in a medical institute or on the operating table? They would still be your friends and count you their benefactor had you sent them in time to a health resort that provides a curative environment, where your methods of treatment are strictly followed.

The Lindlahr Health Resort and the Health Home are best equipped to handle your difficult chronic cases. The appreciation of this is shown in the fact that Drugless Physicians all over the United States and Canada are patronizing these Institutions.

Our Great Aim is to establish Drugless Healing on a sound basis, to give health to humanity and to help you gain the recognition as a physician which you so rightly deserve.

Write today for our proposition to Drugless Physicians and for our free booklets

LINDLAHR NATURE CURE INSTITUTES
OFFICE, 525 SOUTH ASHLAND BOULEVARD CHICAGO, ILLINOIS

NATUROPATHIC COLLEGES, SCHOOLS, :: INSTITUTIONS AND SANITARIA ::

- Aid to Nature Co., Oakes, N. D.
Allen's (Miss) Home for private patients, 26 W. 61st St., New York, N. Y.
American Academy of Chiropractic Research, New York, N. Y.
American Chiropractic Association, Aurora, Mo.
American Institution of Chiropractic, Waynesboro, Pa.
American College of Neuropathy, New York, N. Y.
American College of Physical Education, Chicago, Ill.
American Institute of Mentalism, Los Angeles, Cal.
American Institute of Phrenology, New York, N. Y.
American Naturopathic Association (International), New York, N. Y.
American School of Iridology, Rockford, Ill.
American School of Naturopathy, "Yungborn," Butler, N. J.
American School of Naturopathy, New York, N. Y.
American School of Naturopathy, Tangerine, Fla.
American School of Naturopathy, Palm City, Cuba.
American School of Naturopathy, Inc., Denver, Colo.
American Strength and Body-Building Institute, New York, N. Y.
American University (Chiropractic Correspondence), Chicago, Ill.
Astro-Medical School, Brooklyn, N. Y.
Audubon Sanitarium, 8 St. Nicholas Place, New York, N. Y.
Battle Creek Sanitarium, Battle Creek, Mich.
Bella Tubercular Sanitarium, Tennessee City, Tenn.
Berkshire Hill Sanitarium, North Adams, Mass.
Beuhl's Institution and Health Foods, Los Angeles, Cal.
Biggs' Sanitarium, Asheville, N. C.
Bimini Hot Springs and Health Resort, Los Angeles, Cal.
Biopathic Institute, Chicago, Ill.
Bleichschmidt's Naturopathic Sanitarium, North Bergen, N. J.
Blumer College of Naturopathy, Hartford, Conn.
Bond's House Sanitarium, Yonkers-on-Hudson, N. Y.
Boyce Sanitarium, 21 W. 121st St., New York, N. Y.
Braun School of Health Culture, Courtenay, Fla.
Brinkler's Diet Institute, Los Angeles, Cal.
British Society of Naturopaths, Section of the International Naturopathic Alliance, Dr. J. Allen Patteirouex, Official English Representative, Therapeutic Institute, King's Road, Sedgley Park, Manchester, England.
Broberg's Naturopathic Institute, 45 W. 34th St., New York, N. Y.
Bronx Sanitarium, 1259 Washington Ave., New York, N. Y.
Broughton's Sanitarium, Rockford, Ill.
Brown (Bertha) School, 220 East 53rd St., New York, N. Y.
Brown's Mills Sanitarium, Mills-in-the-Pines, N. J.
Brunor's Sanitarium, 328 W. 137th St., New York, N. Y.
Buddenberg System, Jackson Bldg., Pittsburgh, Pa.
Burke Corporation (Sanitarium), Burke, Cal.
California Chiropractic College, Los Angeles, Cal.
Canadian College of Chiropractic, Hamilton, Ont., Can.
Carver College of Chiropractic, Oklahoma City, Okla.
Carver College of Chiropractic, Wichita, Kans.
Channing Sanitarium, Brookline, Mass.
Chautauqua School for Nursing, Jamestown, N. Y.
Chicago College of Naprapathy, Chicago, Ill.
Chicago College of Neuropathy, Chicago, Ill.
Chiropractic College, The, San Antonio, Tex.
Chiropractic College, Wichita, Kans.
Chiropractic Sanitarium, 400 16th St., West New York, N. J.
Christian School of Applied Dietetics, New York, N. Y.
Clinton Institute, Newark, N. J.
College of Fine Forces, San Francisco, Cal.
College of Neurology and Electro-Therapeutics, Salem, Ore.
College of Physiological Therapeutics, Chicago, Ill.
Columbia College of Chiropractic, Douglas Ave., Elgin, Ill.
Conrad, Dr. C., Sanitarium, 110 W. 90th St., New York, N. Y.
Conroy, Mrs. W. N., Sanitarium, 265 Edgcombe Ave., Bronx, N. Y.
Cornwall Sanitarium Co., 232 W. 22nd St., New York, N. Y.
Cummings', Dr., Norfolk Hydro-Sanitarium, Norfolk, Va.
Cummins', Dr., College of Naturopathy, Cedar Rapids, Iowa.
Czukur School of Curative Gymnastics, New York, N. Y.
Darling & Baker's Chiropractic College, Wichita, Kans.
Davenport College of Chiropractic, Cedar Rapids, Ia.
Davenport College of Chiropractic, Davenport, Ia.
Davis College of Neuropathy, Los Angeles, Cal.
Denver Sanitarium, J. C. R., 230 Grand St., New York, N. Y.
Deutsches Electro-Medical Institute, New York, N. Y.
Diamond Lake Sanitarium, Area, Ill.
Duggan Health Institute, Atlantic City, N. J.
Duggan Health Institute, Columbus, S. C.
Eclectic Osteopathic Institute, New York, N. Y.
Eclectic School of Physio-Therapeutics, 1553 West Madison St., Chicago, Ill.
Empire School of Chiropractic, New York, N. Y.
Ferri Sanitarium, 15 N. Ashland Blvd., Chicago, Ill.
Ferri Sanitarium, Wheaton, Ill.
Fisk Hospital, Orlando, Fla.
Flint College, Cleveland, Ohio.
Florida Yungborn, The (Qui-si-sana), Tangerine, Fla.
German Sanitarium, Los Angeles, Cal.
Graham, R. L., Sanitarium, 1056 Lexington Ave., New York, N. Y.
Grambow Health Studio, Hempstead, L. I., N. Y.
Gray Gables Sanitarium, Mount Clemens, Mich.
Gressman, Dr. H., Naturopathic Home, Atlantic City, N. J.
Halsobem-by-the-Sea, Coronado, Cal.
Harlem Health Institute, New York, N. Y.
Harlem Hydratic Institute, The, New York, N. Y.
Harlem Italian Sanitarium, 281 Pleasant Ave., New York, N. Y.
Harrison's, Dr., Sanitarium, Whitestone, N. Y.
Hill's Sanitarium, 317 W. 126th St., New York, N. Y.
Hoegen's Institute, 334 Alexander Ave., New York, N. Y.
Hydratic Institute, Hartford, Conn.
Illinois Post Graduate and Training School for Nurses, 546 Garfield Ave., Chicago, Ill.
Indiana School of Chiropractic, Anderson, Ind.
Institute of Science, Chicago, Ill.
International College of Osteopathy, Elgin, Ill.
International Correspondence Schools, Scranton, Pa.
International Theosophical Headquarters, Point Loma, Cal.
Interpines, The, Goshen, N. Y.
Krotona Institute, Hollywood, Los Angeles, Cal.
Lahn School of Iridology, Chicago, Ill.
Lakeland Sanitarium, Lakeland, Fla.
Lamb, Robert B., Sanitarium, 55 W. 55th St., New York, N. Y.
Langworthy School of Chiropractic and Nature Cure, Cedar Rapids, Ia.
Levanzin Scientific Dietarium, San Diego, Cal.
Lexington Sanitarium, 863 Lexington Ave., New York, N. Y.
Lindlahr College of Nature Cure, 525 S. Ashland Blvd., Chicago, Ill.
Lindlahr Health Resort, Elmhurst, Ill.
Long Beach Sanitarium, Long Beach, Cal.
Long Island Home, Amityville, N. Y.
Los Angeles College of Chiropractic, Los Angeles, Cal.
Lust's, Dr. Benedict, College of Neuropathy, 110 E. 41st Street, New York, N. Y.
Lust's Recreation Resort ("Yungborn"), Butler, N. J.
Mac Levy Health Farm, Babylon, N. Y.
Manhattan Square Sanitarium, 36 W. 77th St., New York, N. Y.
Marshall Sanitarium, Troy, N. Y.
Maternity Aid Sanitarium, 110 W. 90th St., New York, N. Y.
McMichael's Sanitarium, Buffalo, N. Y.
McMillan, Mary, 137 E. 63rd St., New York, N. Y.

- Mecca College of Chiropractic, Wilmington, Del. (Amalgamated with the New Jersey College of Chiropractic, Newark, N. J.)
- Metropolitan College of Osteopathy and Spondylotherapy, Chicago, Ill.
- Miller's Health Home, Jacksonville, Fla.
- Millet Tuberculosis Sanitarium, East Bridgeport, Mass.
- Minzesheimer, C. L., Sanitarium, 140 E. 61st St., New York, N. Y.
- Mulderig, K. R., Sanitarium, 2366 7th Ave., New York, N. Y.
- National College of Electro-Therapeutics, Lima, Ohio.
- National Eclectic Institute, West Hoboken, N. J.
- National Eclectic Institute (registered), New York, N. Y.
- National School of Chiropractic, Chicago, Ill.
- National University of Naturopathy, New York, N. Y.
- Nature Cure, The, Syracuse, N. Y.
- Nature Cure Health Resort (Yung-born), Butler, N. J.
- Nature and Life Colony, Palm City, Cuba.
- Naturopathic College and Sanitarium of California, Inc., Los Angeles, Cal.
- Naturopathic Hospital and Sanitarium, Fowler, Kans.
- Naturopathic Institute, Youngstown, Ohio.
- Naturopathic Sanitarium, Newark, N. J.
- Naturopathic Sanitarium, Syracuse, N. Y.
- Neal Institute, 137 E. 63rd St., New York, N. Y.
- Nebraska Chiropractic College, Lincoln, Neb.
- Newark Sanitarium-Hospital, Newark, N. J.
- New England College of Chiropractic, Boston, Mass. (Amalgamated with the Washington School of Chiropractic, Washington, D. C.)
- New England Sanitarium, Melrose, Mass.
- New Jersey College of Chiropractic, 577 Warren St., Newark, N. J. (Amalgamated with the Mecca College of Chiropractic, Wilmington, Del.)
- Newman, R., Sanitarium, 240 East 58th St., New York, N. Y.
- New York Academy of Chiropractic Research, New York, N. Y.
- New York Osteopathic Clinic, 35 E. 32nd St., N. Y.
- New York School of Chiropractic, Inc., 39th St. and Broadway, New York, N. Y.
- New York School of Massage and Physiologic Therapeutics, New York, N. Y.
- New York School of Medical Gymnastics and Massage, New York, N. Y.
- New York Society for Medico-Literary Research and Physiologic Therapeutics, Inc., New York, N. Y.
- New York State Society of Osteo-Therapeutics, New York, N. Y.
- North Shore Health Resort, Winnetka, Ill.
- O'Brien, M. E., Sanitarium, 156 W. 74th St., New York, N. Y.
- Old Physio-Medical College, Inc., Charleston, W. Va.
- Oregon College of Naturopathy, Inc., 340-43 Pittock Block, Portland, Ore.
- Osteopathic Department, American School of Naturopathy, 110 East 41st St., New York, N. Y.
- Pacific Medical College, 804 Block Bldg., Los Angeles, Cal.
- Page System of Natural Treatment, Boston, Mass.
- Palmer-Gregory School of Chiropractic, Oklahoma, Okla.
- Palmer School of Chiropractic, Davenport, Ia.
- Pearce Studio, The Way of Life System, Los Angeles, Cal.
- Petty and Wallace Sanitarium, Memphis, Tenn.
- Philadelphia College and Infirmary of Osteopathy, Philadelphia, Pa.
- Physical Culture Courses, Atlantic City, N. J.
- Physical Culture Health Resort, Pasadena, Fla.
- Pine Crest Sanitarium, Budd Lake, N. J.
- Pittsburgh College of Chiropractic, Pittsburgh, Pa.
- Plaza Sanitarium, 629 Lexington Ave., New York, N. Y.
- Poggenburg, The, 73 Nassau St., New York, N. Y.
- Porter Sanitarium, Burnet, Cal.
- Pratt's Rest Home, Virginia Beach, Va.
- Private Hospital Association, 57 E. 50th St., New York, N. Y.
- Radium Sanitarium, 215 W. 75th St., New York, N. Y.
- Raja-Yoga College, Point Loma, Cal.
- Ratledge System of Chiropractic Schools, Los Angeles, Cal.
- Rebeau Sanitarium, The, 156 W. 74th St., New York, N. Y.
- Reinecke's Institute, New York, N. Y.
- Rest Home, The, Virginia Beach, Va.
- Riese Naturopathic Sanitarium and Youngborn, La Crosse, Wis.
- River Crest Sanitarium, Astoria, N. Y.
- River Crest Sanitarium, 616 Madison Ave., New York, N. Y.
- Riverdale Sanitarium, Riverdale, N. Y.
- Riverside Sanitarium, Inc., 2512 Broadway, New York, N. Y.
- Ross College of Chiropractic, 227 W. Jefferson St., Ft. Wayne, Ind.
- Ryan, Geraldine, Sanitarium, 26 W. 61st St., New York, N. Y.
- Sacred Heart Sanitarium, Milwaukee, Wis.
- Sahler Sanitarium, Dr. C. O., Kingston-on-Hudson, N. Y.
- Sancal System, The, San Francisco, Cal.
- Sanitarium for Hebrew Children, 224 W. 34th St., New York, N. Y.
- Saratoga Cure, The, Saratoga Springs, N. Y.
- Saratoga Springs Medical Sanitarium, Saratoga Springs, N. Y.
- Sargent School for Physical Education, Cambridge, Mass.
- School of Medical Gymnastics and Massage, New York, N. Y.
- Schroeder's Sanitarium, 240 E. 58th St., New York, N. Y.
- Schroth System of Teaching, Inc., 546 Garfield Ave., Chicago, Ill.
- Schultz, Carl, Sanitarium, 1319 S. Grand Ave., Los Angeles, Cal.
- Schwarz Naturopathic Sanitarium, Syracuse, N. Y.
- Schwei-Kert Drugless Sanitarium, The, Spotwood, N. J.
- Sherwood Eye and Ear Sanitarium, 2064 5th Ave., New York, N. Y.
- Sprague Institute, The, 141 W. 36th St., New York, N. Y.
- Standard School of Chiropractic, Cedar Rapids, Ia.
- Stark Naturopathic Institute, 406 Evergreen Ave., Brooklyn, N. Y.
- Stieger Sanitarium, Brooklyn, N. Y.
- Still-Hildreth Osteopathic Sanitarium, Macon, Miss.
- St. Louis Chiropractic College, St. Louis, Mo.
- Stone College of Chiropractic, San Antonio, Texas.
- Stony Wold Sanitarium, 1974 Broadway, New York, N. Y.
- St. Paul College of Chiropractic, St. Paul, Minn.
- Struch's Health Resort, McHenry, Ill.
- Struch's Sanitarium, McHenry, Ill.
- Summit of the Ozarks Institute, Eureka Springs, Ark.
- Sunshine Sanitarium and Rest Home, Bath Beach, Brooklyn, N. Y.
- Taber School of Dietetics, Evanston, Ill.
- Tope's School of Phrenology, Bowerstown, O.
- Town's, Charles B., Hospital, 292 Central Park W., New York, N. Y.
- Tuberculosis Preventorium for Children, 105 E. 22nd St., New York, N. Y.
- Universal College of Chiropractic, Davenport, Iowa.
- United College of Chiropractic, Marion, Ind.
- United Schools of Physical Culture, Chicago, Ill.
- United Schools of Scientific Physical Culture, Chicago, Ill.
- Walter Sanitarium, The, Walters Park, Pa.
- Washington School of Chiropractic, Washington, D. C. (Amalgamated with the Boston School of Chiropractic, Boston, Mass.)
- Water Cure and Massage, Dr. Gertrude Stark, Brooklyn, N. Y.
- Weissman, Dr. B., 308½ Broome St., New York, N. Y.
- Wells Academy of Chiropractic, Lansing, Mich.
- Weltmer's School of Suggestive Therapeutics, Nevada, Mo.
- West Hill Sanitarium, Riverdale, N. Y.
- Willis Sanitariums, Brooklyn, N. Y.
- Wilson Educational System, Portland, Ore.
- Wilson Ideal Institute of Healing and College of Masteropathy, Pittsburgh, Pa.
- Winter's Sanitarium, Cornwall, N. Y.
- Vetus Academia, Old Physiotherapy, Osteo-therapeutics and Eclectic College of New York, 110 West 90th St., New York, N. Y.
- Vetus Academia (O. P. M. College), 120 Palisade Ave., West Hoboken, N. J.
- Yanamach Co., Jude (Jiu Jitsu System), Los Angeles, Cal.
- Ysberg's Sanitarium, 44 E. 65th St., New York, N. Y.
- Yungborn Naturopathic Institute, Butler, N. J.
- Zander Institute, 110 W. 40th St., New York, N. Y.

Practitioners are requested to inform the publisher of probable discrepancies found herein, or of change of address in the course of printing. Rectification will be made in subsequent issues

LINDLAHR COLLEGE of NATURE CURE

CHICAGO :: ILLINOIS

To Drugless Physicians of All Schools:

HOW WELL ARE YOU PREPARED

to meet the growing demand of the people for Cure rather than treatment? Yesterday's demand was for fads, fancies and illusions. Today the people are clamoring for truth. Yesterday they were chasing phantoms, but the rising intelligence has caused these ghosts to vanish into thin air. Yesterday the cry was for relief from pain and suffering—today the demand is to be made whole and efficient.

IF YOU ARE LIVING

in today, filled with today's hopes, ambitions and desires, ready to meet the demands of a people whose intelligence has been aroused to an understanding of what they have a right to expect of a physician, you must follow the course of progress. THE BUSY PRACTITIONER is too apt to get into a rut, to run in a groove, and so find himself behind the times unless he keeps in touch with the institutions that are active in research and development work.

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IN

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KEY TO ABBREVIATIONS OF PROFESSIONAL DESIGNATIONS

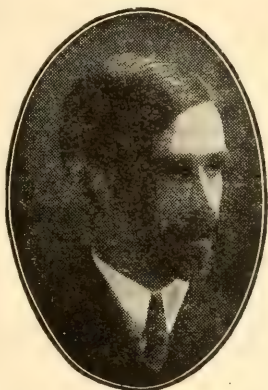
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|--|--|---|
| <p>A. = Apyrtropher — Apyrtrophy, Unfired Food. Apyrtrophic Agriculture and Horticulture. Raising and perfecting physiological, natural foods.</p> <p>A.M.A. = Member American Medical Association</p> <p>A.N.A. = Member American Naturopathic Association</p> <p>As. = Astroscopy — Astro-medical Diagnosis</p> <p>B. = Biochemist — Tissue Salts, Spagyretic Therapy.</p> <p>Ch. = Chiropodist — Chiropody — Treating feet by hand</p> <p>Cr. = Christian Science Practitioner</p> <p>D. = Drugless doctor using any single or several naturopathic or drugless methods</p> <p>D.C. = Chiropractor. Chiropractic as defined by its founder and taught and practised by the recognized schools</p> <p>D.D. = Doctor of Divinity</p> <p>D.M.T. = Mechano-Therapist — Mechano-Therapy—Natural Healing. Using all mechanical and manual methods. Dietetic and Physiological Therapy.</p> <p>D.O. = Osteopath — practising Osteopathy as taught by the standard schools of Osteopathy</p> <p>D.P.T. = Physio Therapy</p> <p>D.S.T. = Doctor of Suggestive Therapeutics. Psychotherapy</p> <p>E. = Eclectic — Eclecticism</p> <p>E.H. = Electro - Homeopathist — Electro-Homeopathy</p> <p>El. = Electro-Therapist — Electro-Therapy in all its branches, including X-Ray work and Radio-Therapy</p> <p>F. = Doctor of food science, or Dietician. Natural Alimentation</p> <p>H. = Homeopath — Homeopathy</p> <p>He. = Health Director, Teacher of Natural Life and Prevention of Disease</p> <p>Her. = Herbalist, Botanic System, or Phytotherapy</p> | <p>Hi. = Heliotherapist, sunlight and air cure; Phototherapy, colored light cure, or Chromopathy</p> <p>Hy. = Hydropath — Water and Nature Curist. Hydropathy of all kinds. Water Cure Systems. Balneotherapy and Drugless Physiological Methods</p> <p>Hyg. = Hygiotherapist — Hygiotherapy</p> <p>Hyp. = Hypnotism, Psychotherapy and Suggestive Therapeutics</p> <p>I. = Iridologist — Iridology — Science of the Diagnosis of Diseases from the Eye</p> <p>I.M.F.A. = International Medical Freedom Association</p> <p>L. = Life Conservationist and Physiological Engineer</p> <p>Ma. = Masseur, Masseuse, Swedish Movements, Massotherapy; medical, resistive, corrective and orthopaedic gymnastics. Vibration Therapy. Masteropathy</p> <p>Mag. = Magnetopath — Magnetopathy — Science of Curing Disease by Life Magnetism</p> <p>M.D. = Regular Physician, using natural, drugless methods, and medicines to a limited extent</p> <p>Me. = Mental Science, Mental Healing, and New Thought. Metaphysist. Psychology, Science of God, Freedom and Immortality</p> <p>N. = Neuropath, practising Neuropathy according to the established schools of Neuropathy</p> <p>Nap. = Naprapath, practising Naprapathy as defined by its discoverer and taught by the College of Naprapathy. Connectivology, Chartology</p> <p>N.D. = Naturopath, or Nature Cure Physician, using one, several or all rational, dietetic, physiological, mental and spiritual methods of preventing and curing hu-</p> | <p>man ailments. — Naturopathy: the science of natural healing, and art of natural and efficient living. Life Conservation, Life Extension, Sacredness of Life. Education and Eugenics based on Natural and divine laws</p> <p>Ne. = Neurologist — Neurology is the science which treats of the nervous system. This science is for the analysis of the causes of human ills and provides how to abolish them without drugs or operations</p> <p>Oph. = Ophthalmologist — Ophthalmology is the science of the eyes, their defects and the relation of those defects, as causative factors to human ills. Errors of refraction discovered without "drops." Cross eyes straightened without Operation</p> <p>Opt. = Optometrist. Optics. Optometry, the Drugless System of Eye Cure</p> <p>Or.S. = Orificial Surgery</p> <p>P. = Physical Culture, Physical Training. Physicultopathy, Autology, Autotherapy, Physian-tropy.</p> <p>P.E. = Physiological Engineer.</p> <p>Ph. = Phrenologist. Character Delineation and Vocational Guidance</p> <p>P.M. = Physiomedic</p> <p>Pn. = Pneumotherapist — Pneumotherapy: Science of correct and rhythmic breathing. Yogi: Atmospheric cure</p> <p>R. = Regular Physician and Surgeon. Allopathy</p> <p>S. = Spiritual and Divine Healing</p> <p>Sa. = Sarcognomy</p> <p>So. = Somopathy. Body Suffering. Improvement on Osteopathy</p> <p>Sp. = Spondylotherapy</p> <p>Tal. = Talosophy, the art of making happiness</p> |
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- BOLLINGER, G. W., R. 6, Box 13, Battle Creek, Mich. (D.C.)
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- A. C., 629 1st St., La Salle, Ill. (D.C.)
- F. G., Box 581, Crown Point, Ind. (D.C.)
- BONHAM, CLYDE LAURENCE, University State Bank Bldg., Seattle, Wash. (D.O.)
- BONNELL, DR. LE ROY, Chickasha, Okla. (M.D.)
- BONNER, EDGAR J., Room 10, Morrison Bldg., Jacksonville, Ill. (N.D.)
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- BONTON, L. C., 1188 Main St., Bridgeport, Conn. (D.C.)
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BIOGRAPHICAL NOTES

ANGER, ARTHUR, D. C., 42-44 Manhattan Building, Fergus Falls, Minn.

Dr. Anger was born in 1863, in Germany, and has been in practice continuously for 13 years. He graduated at the National School of Chiropractors and St. Paul School of Chiropractic in 1903 and 1914 respectively; at the American College of Mechano-Therapy in the year 1910; and at the American School of Naturopathy in 1912. He began the study of Chiropractic and Natural Healing in 1904 at the St. Paul Institute of Chiropractic and Natural Healing, now non-existent. Dr. Anger is a member of the Minnesota Chiropractors Association, the National Association of Drugless Physicians, and the American Naturopathic Association. He has always attended the various Conventions and is a representative practitioner.

ANTIGA, DR. JUAN, San Miguel 130 B, Habana.

Dr. Antiga is a great doctor of renown and a true naturopath. In Cuba he has always been a leader in progressive and rational medicine. He is connected with all branches of reform work, and his contributions to the local newspapers on infantile paralysis, cancer, etc., have been copied in the newspapers of Spanish-speaking countries all over the world. Dr. Antiga's name is known throughout South America and even in Spain. He is a regular contri-

butor to the well-known magazine "La Nueva Ciencia," as also to the publication called "Pro Vida." His practice is very large and he is successful not only as a doctor, but he also takes a great part in constructive politics, as well as in civic matters, being a citizen and leader in the Cuban Republic. He raised a large family of seven children and all are being brought up according to the principles of natural life. At his "Clínica Homeopática," San Miguel No. 130 B, Havana, Dr. Antiga devotes his attention exclusively to the treatment of chronic ailments by homeopathic means, such as: diseases of the skin, syphilis, asthma, ailments of the nervous system, etc.

ANTIGA, DR. JUAN, San Miguel 130 B, Habana.

El Dr. Antiga es un médico de gran renombre y un verdadero naturopata. En Cuba ha sido siempre un "leader" en la práctica de la medicina racional y progresiva. Está relacionado con todas las ramas de las reformas médicas y sus trabajos en los periódicos locales acerca de la parálisis infantil, cáncer, etc., han sido reproducidos en los periódicos científicos y populares de todos los países del mundo de habla castellana. El nombre del Dr. Antiga es muy conocido en los países Sur Americanos, por los cuales ha viajado, y aún en la misma España. Forma parte del cuerpo de redacción de varias publicaciones médicas y trabajos suyos se han publicado en el bien conocido periódico titulado "La Nueva Ciencia," como en "Pro-Vida" que se editan en la Habana.

Su práctica médica es de las más extensas y su popularidad extraordinaria, porque él ha tomado participación interesantísima en los acontecimientos políticos y sociales de su país. Posee una numerosa familia y actualmente tiene siete niños que están educados en los principios de la vida natural.

En su "Clínica Homeopática," San Miguel 130 B, Habana, dedica su atención casi exclusivamente al tratamiento de las enfermedades crónicas, empleando como método terapéutico exclusivo el homeopático y dedicándose con especialidad a las enfermedades de la piel, sífilis, asma, sistema nervioso, etc.

ARNOLD, ALMA C.

Dr. Arnold was born in 1871, in Germany, and came to America while very young.



Dr. Juan Antiga

- BREED, ARTHUR M., 126 Pine St., Corning, N. Y. (D.O.)
- BREEDLOVE, DAN H., Valdosta, Ga. (D.O.)
- BREENAHAN, M., 463 Congress St., Detroit, Mich. (D.C.)
- BREHL, L. J., 1912 Broadway, Lorain, O. (D.C.)
- BREIBER, MARTIN, 1711 Marshall Field Building, Chicago, Ill. (D.C.)
- BREITENBUCHER, ANTON E., 1911 Main St., Jacksonville, Fla. (D.C.)
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- BRENT, J. V., 522 Park Ave. W., Mansfield, O. (D.M.T.)
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- BRESNAHEN, M., 637 Congress St., Detroit, Mich. (D.C.)
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- Dr. Maud, 413 Stevens Bldg., Detroit, Mich. (D.O.)
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- I., 868 Flatbush Ave., Brooklyn, N. Y. (Opt.)
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- S. N., Wanton, Ia. (D.C.)
- BROOKER, ELLEN E., 841 N. Topeka Ave., Wichita, Kan. (D.C.)
- BROOKINGS, J. E., Lone Star, Tex. (M.D.)
- BROOKS, MRS. C. R., 26 Lake St., Oswego, N. Y. (D.C.)
- E., Burr Oaks, Kan. (D.C.)
- Elizabeth, 757 E. Adams St., Phoenix, Ariz. (D.C.)
- Ethel, 118 Washington St., Hoboken, N. J. (D.C.)
- L. C., 26 Lake St., Oswego, N. Y. (D.C.)
- Maud A., 16 Gould Ave., Newark, N. J. (D.C.)
- M. N., Hume, Mo. (S.T.)
- BROSENNE, DORA, The Toronto, Washington, D. C. (D.C.)
- BROSS, HENRY, 645 Lion St., San Francisco, Cal. (D.C.)
- BROWN, DANIEL T., 10 Breynton Bldg., Salem, Ore. (D.C.)
- Henry C., 517 Sucotland Bldg., Portland, Ore. (D.C.)
- I. W. E., Denver, Colo. (D.C.)
- Robert, D., Fulton, Ky. (D.C.)
- Una, 214 1/2 S. Main Street, Findlay, O. (D.C.)
- Virginia E., Fulton, Ky.
- BROWDER, J. M., c/o Standard School of Chiropractic and Naturopathy, Davenport, Ia. (M.D.)
- BROWELL, HATTIE M., 1308 W. 3rd St., Waterloo, Ia. (D.C.)
- BROWER, G. H., E. Palestine, O. (N.D.)
- Jno., Thomas, Okla. (D.C.)
- BROWMAN, T. W., New Castle on Tyne, England. (D.C.)
- BROWN & HANLIN, 4-5 Wilson Bldg., Aurora, Mo. (D.C.)
- BROWN, A. A., 657 S. State St., Salt Lake City, Utah. (D.C.)
- Alice A., 1704 5th Ave., Troy and Saratoga Bank Bldg., Saratoga Springs, N. Y. (D.O.)
- Allen M., 315 Columbia Trust Bldg., Los Angeles, Cal. (D.C.)
- A. S., Billings, Mont. (D.C.)
- Blanche, Pecos, Tex. (D.C.)
- C. E., Gowfie, Ia. (D.C.)
- C. Osborne, 916 Federal St., Pittsburgh, Pa. (D.C.)
- Dale, 359 Boylston Street, Boston, Mass. (D.O.)
- Edith M., White Bldg., Charleston, Ill. (D.O.)
- Ernest H., Hooper, Neb. (D. O.)
- Frank E., Box 25, Brookville, Ind. (D.O.)
- G. P., 195 W. Brookline St., Boston, Mass. (D.C.)
- G. P., 128 Brookline St., Boston, Mass. (D.C.)
- H., 811 N. Brauer St., Oklahoma City, Okla. (D.C.)
- BROWN, B. M., 352 W. 63rd St., Chicago, Ill. (N.D.)
- Geo. B., 424 Iowa Bldg., Sioux City, Ia. (N.D.)
- H. A., 885 Flatbush Ave., Brooklyn, N. Y. (N.D.)



Dr. A. C. Arnold

As a widow, disappointed with the medical methods as employed by the different schools in her family, she soon looked for something better, and began the study of the different Nature Cure methods, especially the constitutional systems as laid down by our great masters: Louis Kuhne, Father Kneipp, F. E. Bilz, Platen, Lahmann, Ehret and others. She acquired an education in these methods and graduated from the American College of Chiropractic and Nature Cure in 1903, under Dr. Langworthy, who at that time ran one of the foremost colleges for Chiropractic and Nature Cure. In the year 1911 she graduated from the College of Medicine and Surgery of Chicago. She is also a graduate of the Old Physio-Medico College, Department of Osteopathy, of the year 1913. She is a member of the American Naturopathic Association from its inception, and she has always been a willing and liberal supporter, financially and morally, of the work of the A. N. A. Moreover, Dr. Arnold is a member of the International Alliance of Physicians and Surgeons, and of the New York State Society of Osteo-Therapeutics. Her practice as a naturopath and chiropractor has been most successful; she enjoys a national reputation, and her patients are among the highest in the social, business and intellectual class. Dr. Arnold never advertised; all her patients come by recommendation, and the number is always so large that she has to turn down a good many, as she could not take care of them all personally. Her individual accomplishments consist principally of Chiropractic research work, such as the famous Arnold spine treatment for general health and prevention of disease. The fact is, she is one of the few doctors who have among their clientele a large number of healthy people who have intelligence enough to take preventive Naturopathic treatment. This work alone keeps her very busy, and, so far as high fees in drugless work are concerned, she receives the highest of any one in practice in the United States today. Dr. Arnold has been giving lectures and demonstrations at several of the Eastern drugless colleges, such as the Old Physio-Medico College, the American School of Naturopathy, the New York College of Chiropractic, the New Jersey College of Chiropractic. She gave demonstrations at different Conventions, such as the 1915 Convention of the N. A. D. P. at Atlantic City, which was a great revelation and surprise for all present; at three Conventions of the American Naturopathic Association which were held at the Yungborn, Butler, N. J., in the years 1913, 1914 and 1915. At a graduation of the 1914 class of the American School of Naturopathy, she gave a special clinic at the Col-

lege, where some of the foremost practitioners and professors of the drugless methods were present, and all agreed that Dr. Arnold cannot be beat. Her untiring enthusiasm, love and sympathy for the drugless methods, particularly chiropractic, have been the key to her great success. Dr. Arnold was subject to many persecutions. Already, while carrying on her practice in Washington, D. C., she was followed up by the "stool pigeons," sleuths, and dirty emissaries of the still dirtier Society which sent them, and although she was found guilty, she held up her effort, paid her fine, and kept on practicing. In spite of all prosecutions, she never wavered, but kept up her work. One day, she told the Editor of the Herald of Health that she would rather go to jail for life than give up her chosen work of relieving and ministering to suffering mankind. Her reputation is so deeply rooted that there is no combination among her adversaries that can put her out of practice.

BELAIS, MRS. DIANA.

President of the New York Anti-Vivisection Society.

The glory of a nation does not consist in its military or naval prowess, nor in its in-



Mrs. Diana Belais

- H. L., 1347 W. Adams St., Chicago, Ill. (N.D.)
H. O., 215 Columbia Bldg., Portland, Ore. (D.C.)
James, Room 712 Westbank Bldg., 830 Market St., San Francisco, Cal. (Ch.)
James B., 14th and Champa Sts., Denver, Colo. (Or.S.)
John J., 5230 Superior Ave., Cleveland, O. (Ma.)
O. L., 401 Flat Iron Bldg., Akron, O. (D.C.)
Sam'l A., Ridley Park, Delaware Co., Pa. (N.D.)
Wm. J., 5 W. 66th St., New York, N. Y. (P.)
- BROWN, H. I., Scotts Bluff, Neb. (D.C.)
H. M., 504 Brushston Ave., Pittsburgh, Pa. (D.C.)
H. O., 415 Kellogg St., St. Johns, Ore. (D.C.)
H. S., 501 W. Grand St., Oklahoma City, Okla. (D.C.)
Jno. A., Lyceum Bldg., Pittsburgh, Pa. (D.C.)
I. W. B., Denver, Colo. (D.C.)
John R., 404 Lyceum Bldg., Pittsburgh, Pa. (El.)
L. A., Sidney, Neb. (D.C.)
L. C., Ft. Scott, Kan. (S.T.)
L. G., 131½ N. 6th Avenue, Quincy, Ill. (D.C.)
L. G., Currayville, Mo. (D.C.)
T. G., 131½ N. 6th Ave., Quincy, Ill. (D.C.)
Marcus E., E. & W. Clothing Bldg., Sioux City, Ia. (D.O.)
Mary, 3004 S. 12th St., Tacoma, Wash. (D.C.)
M. P., 828 Brady St., Davenport, Ia. (D.C.)
Niles, 671 Broad Street, Providence, R. I. (D.O.)
O. L., 403 Flat Iron Bldg., Akron, O. (D.C.)
O. L., 401 Flat Iron Bldg., Akron, O. (D.C.)
Robert, 124 N. Potomac St., Waynesboro, Pa. (D.C.)
Robert B., Fulton, Ky. (D.C.)
Rolla H., 218 N. 5th Street, Atchison, Kan. (D.O.)
Sam'l A., 135 S. Arkansas Ave., Atlantic City, N. J. (N.D.)
Sam'l Agnew, 1112 Chestnut St., Philadelphia, Pa. (D.O.)
Una, 214½ S. Main Street, Findlay, O. (D.C.)
Virginia E., Fulton, Ky. (D.C.)
William Clare, 182 Main St., Waterville, Me. (D.O.)
- BROWNE, CORNELIA J., 57 Harrison St., East Orange, N. J. (D.C.)
E. M., Triole Bldg., Galesburg, Ill. (D.O.)
F. Grantham, 97 Mortimer St., Regent St., London W. England. (D.O.)
- BROWNE, DR. D. T., 317 Abington Bldg., Portland, Ore. (D.C.)
- BROWNELL, JAMES W., 10,217 Olivet Ave., Cleveland, O. (D.C.)
May E., Yankton, S. D. (N.D.)
O. D., 9 Ind. Loan and Trust Bldg., Warsaw, Ind. (D.C.)
- BROWNING, H. C., Casville, Ark. (S. T.)
Dr. Martin P., 619 Farwell Bldg., Detroit, Mich. (D.O.)
O. M., St. Paris, O. (N.D.)
Olive, Kite Bldg., St. Marys, O. (D.C.)
Wm. N., 402-a E. High St., Jefferson City, Mo. (S.T.)
- BRIDGES, SAMUEL D., 13 Forester Building, Fort Collins, Colo. (D.C.)
- BRUCE, A. MILLER, Mount Penn., Reading, Pa. (D.O.)
Will H., Binz Building, Houston, Tex. (D.O.)
- BRUCH, CLARA, Carroll, Ia. (D.C.)
- BRUCK, C. E., 26 Scott St., Riversville, N. J. (D.O.)
- BRUCKNER, CARL D., 1731 Arch St., Philadelphia, Pa. (D.O.)
Carl D., Flanders Building, Philadelphia, Pa. (D.O.)
- BRUEK, RAYMOND J., Weightman Bldg., Philadelphia, Pa. (D.O.)
- BRUEN, L. B., 1402 I St. N.W., Washington, D. C. (N.D.)
- BRUETT, H., Pasadena, Cal. (D.C.)
- BRUGGER, F. A., 918 Ave K, Galveston, Tex. (D.M.T.)
S. A., 119 New St., Newark, N. J. (D.M.T.)
- BRUGH, H. A., N. Warren, Pa. (D.C.)
- BRUHN, MRS. TORSTEN, 121 Vermilyea Ave., New York, N. Y. (Ma.)
- BRUIN, MRS. L. B., Westland Ave., Boston, Mass. (D.C.)
- BRUNDAGE, ISA L., Sault Ste. Marie, Can. (D.C.)
- BRUNE, JOHN H., 3545 Montrose Ave., Chicago, Ill. (M.D.)
- BRUNER, AGNES, 3655 Adir St., Los Angeles, Cal. (D.C.)
Leona S., Powers Bldg., Helena, Mont. (D.O.)
M. T., Aurora, Ill. (D.O.)
- BRUNINGHAUS, CHAS. W. A. B., Park Bldg., Worcester, Mass. ((D.O.)
- BRUNNER, H. L., 214 E. 11th St., Coffeyville, Kan. (D.C.)
M. W., 121 S. 9th Street, Lebanon, Pa. (D.O.)
- BRUNNER, J. T., Woodward Bldg., Washington, D. C. (D.M.T.)
- BRUSTEIN, MAX, 2410 E. 40th St., Cleveland, O. (D.C.)
- BRUTUS, CHAS. J., 80 N. Neil St., c/o Dr. Replogle, Champaign, Ill. (D.C.)
- BRUTUS, CHAS. J., 105 S. State St., Champaign, Ill. (D.C.)
- BRUYNE, Dr., 561 19th Ave., Oakland, Cal. (D.C.)
- BRYAN, A., 242 E. Fair St., Atlanta, Ga. (N.D.)
- BRYAN, A. L., Gainesville, Tex. (D.O.)
Chas. A., Coffeyville, Kan. (D.C.)
Charles T., 421 E. 17th St., Santa Ana, Cal. (D.O.)
- D., 485 Broad St., Mt. Holley, N. J. (D.C.)
F. J., 38 W. 32nd St., New York, N. Y. (D.C.)
H. A., 116 Diggen Bldg., Kendallville, Ind. (D.C.)
- BRYAN & BRYAN, 33 W. 32nd St., New York, N. Y. (D.C.)
- BRYANT, DELLA D., 514 S. Figueroa St., Los Angeles, Cal. (D.C.)
Della, 403 Hamburger Bldg., Los Angeles, Cal. (D.C.)
F. H., Court House, Cottonwood Falls, Kan. (M.D.)
Ward C., Masonic Bldg., Greenfield, Mass. (D.O.)
W. H., 236 24th St., Detroit, Mich. (D.C.)
- BRYANT, R. A., The Burdington Apts., Washington, D. C. (D.C.)
- BRYCE, H. P., Hot Springs, Ark. (D.C.)
- BRYNER, AGNES, 3665 Adir St., Los Angeles, Cal. (D.C.)
- BRYSON, IDA B. KARTOWITZ, Colfax, Wash. (D.O.)
- BUCALETTI, LOUIS, 1002 Blue Island Ave., Chicago, Ill. (D.C.)
- BUCEY, HOWARD, L., 5642 Rippey St., Pittsburgh, Pa. (D.C.)
- BUCHANAN, O. H., 387 Prospect Ave., Perth Amboy, N. J. (D.C.)
- BUCHANAN, PORTER D., 907 Euclid Ave., Cleveland, O. (D.M.T.)
- BUCHHOLZ, Merced, Cal. (D.O.)
- BUCHNER, MAXIMILIAN A., 29th and Church Sts., San Francisco, Cal. (N.D.)
- BUCK, J. D., Traction Bldg., Cincinnati, O. (M.D.)
- BUCK, MRS. R. H., 49 West St., Ilion, N. Y. (D.C.)
R. J., 125 N. Jefferson Ave., Peoria, Ill. (D.C.)
- BUCKLEY, JOHN W., 774 E. 24th St., Paterson, N. J. (D.C.)
- BUCKMASTER, R. M., Whidden Bldg., Arcadia, Fla. (D. O.)
R. P., 132 S. Orange Ave., Orlando, Fla. (D.O.)
- BUDDE, MRS. M., Box 183, Great Falls, Mont. (N.D.)
- BUDDECKE, BERTHA A., Third Natl. Bank Bldg., St. Louis, Mo. (D.O.)
- BUDDENBERG, H. C., 2139 Clifton Ave., Cincinnati, O. (N.D.)
H. H., 6th and Penn. Aves., Pittsburgh, Pa. (D.C.)
- BUDDENBERG SYSTEM, Jackson Bldg., Pittsburgh, Pa. (D.C.)
- BUEHLER, EMMA M., R. 7, Box 70, Monroe, Wis. (D.C.)
John Benjamin, 680 St. Nicholas Ave., New York, N. Y. (D.O.)
- BUELER, C. MERWIN, Tunicaril, N. Mex. (D.O.)
- BUELL, MRS. M. J., 403 Hamburger Bldg., Los Angeles, Cal. (D.C.)

dustrial progress, but, instead, in the work of its citizens of noble character who give high and unpurchasable examples of self-sacrificing loyalty to great reforms, who, with sweetness and sternness, offer an indomitable pride of service in the cause of justice and humanity. As one of the original, staunchest, and fearless advocates of medical humanity and medical freedom, this book should at least contain a brief account of the work done by Mrs. Diana Belais, who has during the last ten years carried on an uncompromising war against medical tyranny, realizing as she did, even before the formation of the National League for Medical Freedom, that freedom from the dictum of the medical man, with his subtle influence in the family and the individual, was and is the cornerstone of anti-vivisection. Mrs. Belais founded the New York Anti-Vivisection Society in 1908, and has been its president from that time to the present. Previous to that time anti-vivisection activity in New York State had been sporadic and impermanent, no organization being in existence, although there were sincere souls who had interested themselves in the cause. In 1908, began the present energetic campaign, the first gun fired being the incorporation thereof, and the second, a mighty one, being the splendid daily support by the **New York Herald** of the New York Anti-Vivisection Society and the movement in general. The **Herald** carried on a magnificent campaign for many weeks, assisting Mrs. Belais in every way. Also the magazine **Life** has been of untold service to the cause, and to which we must add **The New York American** as an able co-adjustor. In 1910, the unrest and apprehension occasioned by the legislative encroachments of the medical profession, instigated by the American Medical Association, culminated in the formation of the National League for Medical Freedom. Mrs. Belais being among the first to be requested to co-operate with this organization by becoming one of its directors, in which capacity she remained during the entire period of the League's existence, becoming in turn Vice-President and then President. During this time, Mrs. Belais zealously advocated the principles of medical freedom in the pages of her magazine **The Open Door**, the National Anti-Vivisection and Animal Magazine, which she founded in 1911 to fight vivisection, devoting quite as much space to the former propaganda as to the specific object for which the magazine was founded. The continued exposés made in **The Open Door** of the baleful doctrines and deeds of the vivisectors has awakened the wrath of these malefactors and their supporters among the medical fraternity, who do not hesitate to wish that Mrs. Belais and her co-workers should be committed either to jail or the asylum, their only fault being the assertion of their right to spend their treasures of love and

sympathy in the attempt to check, or remove one of the world's foulest wrongs. The most recent development of Mrs. Belais' activities has been the formation in 1917 of a National Anti-Vivisection Federation, which is comprised of the New York Anti-Vivisection Society, the Maryland Anti-Vivisection Society, the California Anti-Vivisection Society and the Pennsylvania Anti-Vivisection Society and the National Anti-Vaccination League, of which the President is Mr. George Arliss, Mrs. Diana Belais, Vice-President, Miss Katharine Nicholson, Corresponding Secretary, Mrs. Jessica L. C. Henderson, Recording Secretary, Mr. Claude M. Spaulding, Treasurer, Miss Nellie C. Williams and Mr. H. D. Lewis are the remaining directors. To this aggregation of Societies, other organizations in sympathy with it will very quickly be added. Its objects are: To call public attention to vivisection and to stimulate public discussion and consideration of measures for the abolition of the same; to disseminate information and literature with respect thereto; to organize Anti-Vivisection Societies in all states where none exists; to organize and hold meetings for the discussion of propositions pertaining to vivisection and kindred subjects; to present arguments with respect to all legislative measures dealing with the subject; to facilitate closer acquaintance and co-operation among those who are opposed to vivisection; to inspire and arouse general public support for measures to abolish vivisection; to advance the principles of Medical Freedom and oppose encroachments upon the same. But in summing up, not the least of her efforts is to expose the machinations of the American Medical Association to crush out those enlightened methods of healing, drugless and other, which are undoubtedly a God-send to the community, and are every day proving themselves to be of the greatest value to humanity. In short, Mrs. Belais has become more and more profoundly impressed with the dangers of medical tyranny from every point of view—that of civic liberty, of constitutional rights, of bodily and mental health, and of the ultimate welfare of the race. For that reason, her magazine is now and always will be devoted largely to the great humanitarian work of Medical Freedom.

**BERHALTER, DR. ANTHONY A., and
DR. KATHERINE BERHALTER.**

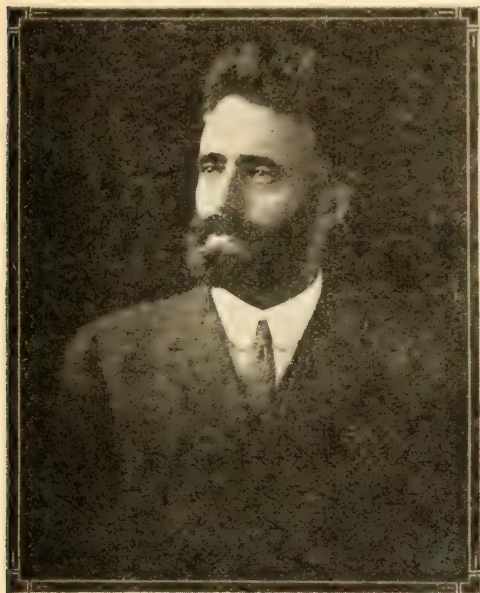
Dr. Anthony A. Berhalter was born on October 30th, 1878, at Ellenberg, Kingdom of Württemberg, Germany. Born on the farm, he enjoyed the benefit that comes from frugal and out-of-door living until at the age of fourteen he decided to go to America. This he did, without anyone accompanying him. Being by nature a searcher and investigator, and having read and heard a great deal of that rich and free

- BUENAN, PETER J., 71
Central Ave., Albany,
N. Y. (Opt.)
- BUEREN, DR. A., 309 State
Nat'l. Bank Bldg., San
Antonio, Tex. (D.C.)
- BUETTNER, JOS. A., 65
Clinton Ave., Jersey City,
N. J. (N.D.)
- BUFFALOW, O. T., Gregory
Bldg., Beloit, Wis. (D.O.)
- BUFFHAM, A. T., Kalamazoo,
Mich. (D.C.)
Edna P., Kalamazoo, Mich.
(D.C.)
Margaret, Kalamazoo, Mich.
(D.C.)
- BUGHIE, JULIA A., 164 Rem-
sen St., Brooklyn, N. Y.
(D.C.)
- BUHL, P. A., 419 Fulton St.,
Brooklyn, N. Y. (Ch.)
- BUIS, C. L., Sullivan, Ind.
(N.D.)
C. O., Fairfield, Ill. (N.D.)
- BUIS, LEMUEL, 203 E. Ok-
mulgee St., Muskogee,
Okla. (S.T.)
- BUJAN, H. A., 116 Diggen
Block, Kendallville, Ind.
(D.C.)
- BULL, FRANK, 3644 W. Polk
St., Chicago, Ill. (D.C.)
W. D., Vandalia, Mo. (D.C.)
W. D., Hannibal, Mo. (D.C.)
- BULLARD, JOHN R., 28 E.
Main St., Marshalltown,
Ia. (D.O.)
- BULLAS, GRACE, Biloxi,
Miss. (D.O.)
- BULLIS, B. S., 812 Green Ave.,
Los Angeles, Cal. (D.C.)
B. S., 812 Green Ave., Los
Angeles, Cal. (D.C.)
B. S., 732 34th St., Oakland,
Cal. (D.C.)
E. S., 812 Green Ave., Los
Angeles, Cal. (D.C.)
- BULLOCK, B. A., 211 Stevens
Bldg., Detroit, Mich.
(D.O.)
- BULSTER, DR. HERMAN G.,
1112 Chestnut St., Phila-
delphia, Pa. (N.D.)
- BUMPUS, CLYDE W., Empire
Bldg., Denver, Colo.
(D.O.)
J. F., 406 Market Street,
Steubenville, O. (D.O.)
- BUMSTEAD, LUCIUS A., 16
E. Winter St., Delaware,
O. (D.O.)
- BUNCH, S. J., Davenport, Ia.
(D.C.)
- BUNDE, Wm. G., 236 Endi-
cott Bldg., St. Paul, Minn.
(D.C.)
- BUNDY, IRA M., Y. M. C. A.,
Duluth, Minn. (N.D.)
- BUNDY, JOS., 1715 California
St., Denver, Colo. (D.C.)
- BUNKER, BLANCHE C., Van
Slyke Bldg., Aberdeen,
S. Dak. (D.O.)
- BUNKER, M. N., Colby, Kans.
(D.C.)
- BUNKERS, H., 2002 25th Ave.,
Oakland, Cal. (D.C.)
- BUNN & BUNN, Oxford,
Neb. (D.C.)
611-15 Mack Building,
Denver, Colo. (D.C.)
- BUNN, BESSIE, Bertrand,
Neb. (D.C.)
Mrs. C. R., 1415 Broadway,
Denver, Colo. (D.C.)
- H. G., St. Charles, Minn.
(D.O.)
- BUNN, DAISY, Clay City, Ill.
(D.C.)
- BUNTING, E. T., 3011 Vincent
Ave., St. Louis, Mo.
(S.T.)
H. S., 9 S. Clinton St.,
Chicago, Ill. (D.O.)
- BURBAGE, THOS. T., R. F.
D. 1, Esbon, Kan. (M.D.)
- BURCH & BURCH, Tarkio,
Mo. ((D.C.)
- BURCH, G. H., 684 Blvd.,
Bayonne, N. J. (D.C.)
Oun, 21 S. Pickney Street,
Madison, Wis. (D.C.)
- BURCHILL, J. E., Coulter
Block, Aurora, Ill. (D.C.)
- BURD, WALTER C., Security
Savings Bank Building,
Cedar Rapids, Ia. (D.O.)
- BURDETTE, GABRIEL F.,
401 W. Main St., Centra-
lalia, Wash. (D.O.)
O., 418 G St., Washington,
D. C. (D.C.)
- BURDICK & BURDICK, 319
Broad St., Waverly, N. Y.
(D.C.)
- BURDICK, ELWOOD H., 319
Broad St., Waverly, N. Y.
(D.C.)
- BURDIN, F. A., Antigo, Wis.
(D.C.)
- BURFIELD, M. A., Benton-
ville, Ark. (S.T.)
- BURFORD, D. E., Colchester,
Ill. (N.D.)
- BURGE, J. B., Crown Point,
Ind. (D.C.)
Mrs. J. E., 116 S. 29th St.,
Lincoln, Neb. (S.T.)
- BURGNER, ORGA L., 610
Elm St., Decatur, Ind.
(D.C.)
- BURGESEN, ELIN F., 55
Wabash Ave., Chicago,
Ill. (Ma.)
- BURGESS, R. C., 1103
Southern Blvd., Oak
Park, Ill. (D.C.)
- BURGY, MARIE RIMPLE,
Denver, Colo. (D.C.)
- BURHORN, FRANK F., 414
Rose Bldg., Omaha, Neb.
(D.C.)
- BURKE, AGNES E., 5 Ox-
ford Terrace, Boston,
Mass. (D.C.)
E. W., 59½ N. B'way, Peru,
Ind. (D.C.)
Helma, Brooklyn, Ia. (D.C.)
Isaac, 133 Geary St., San
Francisco, Cal. (D.O.)
Lula, Perry, Okla. (S.T.)
M. E., University Place,
Beaver Dam, Wis. (D.C.)
Raymond J., Weightman
Bldg., Philadelphia, Pa.
(D.O.)
Wilfrid L., Sun Building,
Lowell, Mass. (D.O.)
W. E., 59½ B'way, Peru,
Ind. (D.C.)
- BURKHARDT, E. M., Dickle
Bldg., Albion, Mich. (D.O.)
- BURKHARDT, F. G., Idaho
Falls, Idaho. (D.C.)
- BURKHOLDER, H. L.,
Carlisle, Tex. (D.M.T.)
- BURLING, MRS. H., 177 E.
75th St., New York, N. Y.
(Ma.)
- BURMEISTER, LOUIS,
Macksville, Kan. (S.T.)
- BURLINGAME, CHAS. L., 112
E. Broad St., Columbus,
O. (Ma.)
- BURLINGHAM, JAMES P.,
University Bldg., Syracuse,
N. Y. (D.O.)
- BURLSON, J. D., Lockney,
Tex. (D.C.)
- BURNARD, H. W., Elmhurst,
L. I., N. Y. (D.O.)
- BURNARD, HAROLD W., 47
W. 34th St., New York,
N. Y. (D.O.)
W. L., York, Neb. (D.O.)
- BURNER, ETHEL LOUISE,
Unity Bldg., Bloomington,
Ill. (D.O.)
John Clawson, 19 Walnut
St., Newark, N. J. (D.O.)
- BURNETT, FRED G., PH. B.,
Inskeep Bldg., Belle-
fontaine, O. (D.O.)
J. A., Marble City, Okla.
(D.C.)
John Clawson, 19 Walnut
St., Newark, N. J. (D.O.)
- BURNETT, S. M., 1030 Park
Place, Brooklyn, N. Y.
(N.D.)
- BURNHAM, LILLIAN, 315
Maple St., Ft. Atkinson,
Wis. (D.C.)
- BURNS, A. & W., 926 Main
St., Hartford, Conn.
(N.D.)
- BURNS, GUY WENDALL, 49
W. 57th St., New York,
N. Y. (D.O.)
Louise, 122 S. Ashland
Blvd., Chicago, Ill. (D.O.)
Marion L., Baker-Detwiler
Bldg., Los Angeles, Cal.
(D.O.)
Sarah A., Tulsa, Okla.
(D.C.)
Sarah A., Bartlesville, Okla.
(D.C.)
- BURNS & BURNS, 320½
Brady St., Davenport, Ia.
(D.C.)
926 Main St., Hartford,
Conn. (D.C.)
- BURNSIDE, MINETTA, 1315
Polk St., San Francisco,
Cal. (N.D.)
- BURNSIDE, MISS MINNETTE,
c/o Surlin Baths, Bush
and Larkin Sts., San
Francisco, Cal. (N.D.)
- BURRELL, EMILY, 729 May-
berry St., Detroit, Mich.
(D.C.)
- BURRUS, Madison Cooper,
New Franklin, Mo. (D.O.)
- BURT, C. G., Hotel Brand,
Boise, Idaho. (N.D.)
- BURT, L. D., 4813 2nd St.,
Hazelwood, Pa. (D.C.)
Thomas G., Groton, S. Dak.
(D.O.)
- BURTHWICK, I. M., 2 Steele
Bk., Winnipeg, Man.
(D.C.)
- BURTHWICK, L. M., Souris,
Man., Canada. (D.C.)
- BURTING, WM., Elmwood,
Okla. (S.T.)
- BURTON, CHARLOTTE M.,
218 W. Olive St., Fort
Collins, Colo. (D.O.)
George F., Story Bldg., Los
Angeles, Cal. (D.O.)
Sarah A., 9th St., Eugene,
Ore. (D.C.)
- BURTON, WM. P., 13 W.
Federal St., Youngstown,
O. (Ch.)

country, America, his conscience directed him to leave home and country and go to the great land of the far west, the United States of America. After arriving here, he settled down with relatives in Iowa, on the farm. After four years of all-around farm life, working in summer and going to school

only prescribed medicine, not changing the living habits of the patient, which, of course, as in nearly every case, only made matters worse.

After many sleepless nights and the endurance of innumerable pains under which life was more of a hell than anything



Anthony A. Berhalter, N. D.



Katherine Berhalter, N. D.

in winter and living on the so-called rich food, such as meat, potatoes, pie and cake, five times a day, along with plenty of good strong coffee sweetened with white sugar, the young man Berhalter commenced to experience constipation and from the one-sided diet, severe pains in the stomach made themselves known. Advice was asked from the good farm folks in regard to these troubles, and pills and patent medicines were suggested to relieve all such troubles, which the young man tried at length with illusory results. The removal of the causes of such disorders no one knew anything about and cared less. After four years of farm life in this country, the young man Berhalter decided to go to the City and learn photography. He procured a position in a studio and started in at once. Now came (in-door) life after eighteen years of out-door life. The eating habits, however, were not changed—thinking like most people that the richer the food and the more we eat, the better for us, because that poor body of ours must be well nourished. Following up this indoor method of living, with plenty of so-called good nourishing food, new and more severe disorders presented themselves, and the young man entrusted himself in the care of an old school physician, who, however,

else, the investigating Berhalter spirit commenced to assert itself, and after some reflection he decided that back of every existing thing there must be a cause. He commenced to search for knowledge of the laws of life. Sincerity and diligence in searching led the young man to the right road. Every book that could be obtained on causes and effect of disease and health was sent for, until the young man had a veritable library on health. Among the leading books were the ones published by Dr. Benedict Lust of New York. His magazine was eagerly read and studied every month. After studying and practising out of these health books, all troubles commenced to leave and after a few years vigorous health was enjoyed and permanently maintained. But now, a new problem confronted the young man, and it was this. It is true that he has abundant health now and life is an endless joy, but we cannot fully enjoy things alone. We must pass them along. As he saw that there are hundreds, yea thousands who are daily suffering from the result of wrong living, he reasoned with himself to devise some means of spreading the knowledge of right-full living, in a practical way. After much thought on the subject, he decided that food manufacturers all over the land are

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ington, D. C. (D.C.)

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Parkway, Buffalo, N. Y.
(N.Y.)

BUSBY & BUSBY, Jefferson,
Ia. (D.C.)

BUSBY, MRS. D. W., Jeffer-
son, Ia. (D.C.)

BUSER, F. St., Cincinnati, O.
(Hy.)

BUSH, C. M., 902 Main St.,
Hartford, Conn. (D.O.)

Earl A., 902 Main St.,
Hartford, Conn. (D.O.)

Ernest W., Southern Pines,
N. C. (near Pinehurst),
and Bethlehem, N. H.
(D.O.)

Evelyn R., 836 S. 4th Ave.,
Louisville, Ky. (D.O.)

Ida Ellis, 317 Laura Street,
Jacksonville, Fla. (D.O.)

J. W., 233 Columbus Sav-
ings and Trust Co.,
Columbus, O. (D.C.)

Lucius M., 15 Exchange
Place, Jersey City, N. J.,
(D.O.)

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(D.O.)

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St., Bangor, Me. (D.M.T.)

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Mo. (S.T.)

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St., San Francisco, Cal.
(D.C.)

BUSTER, WILL L., 139 Rich
Ave., Mt. Vernon, N. Y.
(D.O.)

BUSWELL, S5 Park Ave.,
Winthrop Highlands,
Mass. (N.D.)

Arthur T., 566 Massachu-
setts Ave., Boston, Mass.
(M.D.)

BUTCHER, FRANCES M., 126
N. Elmwood Ave., Oak
Park, Ill. (D.O.)

O. L., 657 Mt. Prospect Ave.,
Newark, N. J. (D.O.)

BUTCHER, FRANCES, 81 E.
Madison St., Chicago, Ill.
(D.O.)

BUTLER & SCHMIDT,
213-14 Ruben Building,
McKeesport, Pa. (D.C.)

BUTLER, EDWARD, General
Delivery, San Mateo, Cal.
(D.C.)

F. E., Los Catos, Cal. (D.C.)

Gunning, Santa Ana, Cal.
(N.D.)

R. Earl, 34½ Ormond St.,
Rochester, N. Y. (N.D.)

Ruby, Jefferson, O. (D.O.)

W. H., 701 Hazel St., Pitts-
burgh, Pa. (D.C.)

W. P., Keokuk, Ia. (D.C.)

George F., 323 Euclid Ave.,
Cleveland, O. (Ma.)

L. Pearl, 627 Barr St.,
Cincinnati, O. (Ch.)

Miss M. E., 93 Amity St.,
Flushing, Brooklyn, N. Y.
(Cr.)

W. B., 4328 Lake Park Ave.,
Chicago, Ill. (N.D.)

Wm. H., Ruben Bldg., 5th
Ave. and Walnut St.,
McKeesport, Pa. (D.C.)

BUTLSAR, J. B., Lockney,
Tex. (D.C.)

BUTTERMAN, W. F., 3341
Osgood St., Chicago, Ill.
(M.D.)

BUTTUS, D. D., 365 Hunt
St., Detroit, Mich. (D.C.)

BUZZARD, JACOB D., 407 E.
Ohio St., Pittsburgh, Pa.
(D.C.)

BYARS, W. R., U. S. Grant
Bldg., San Diego, Cal.
(D.O.)

BYBEE & BYBEE, 440
Fairfax Ave., Norfolk, Va.
(D.C.)

BYBEE & BYBEE, Commer-
cial Bldg., Richmond, Va.
(D.C.)

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Clarksdale, Miss. (D.O.)

BYRD, R. L., 233 Main St.,
Meyersdale, Pa. (D.C.)

BYRKIT, ANNA W., Summit
Road, Wellesley, Mass.
(D.O.)

Francis K., Pierce Bldg.,
Copley Sq., Boston, Mass.
(D.O.)

BYRNE, JOSEPH F., Osborn
Bldg., Cleveland, O. (D.O.)

BYRON, JAMES B., Great
Falls, Mich. (D.C.)

C

CADWALLADER, JESSE A.,
Lansing, Ia. (D.C.)

CADWELL, E. WILLIAM,
Acme Bldg., Canon City,
Colo. (D.O.)

CADY, DARWIN F., Union
Bldg., Syracuse, N. Y.
(D.O.)

James D., 30 Court Street,
Cortland, N. Y. (D.O.)

CAHAIL & CAHAIL, Exeter,
Neb. (D.C.)

CAHILL, C. A., Friend, Neb.
(D.C.)

CAIN, CORA H., 112 W. 4th
St., Oklahoma City, Okla.
(D.C.)

CAIN, MISS KATIE, 716 7th
St. N. W., Washington,
D. C. (Ma.)

Philip R., 609-a Broadway,
Hannibal, Mo. (D.O.)

CAINE, ALLEN B., Iroquois
Bldg., Marion, Ind. (D.O.)

CALDER, A. B., Boreing, Ore.
(D.C.)

CALDWELL, CLARA A., 404
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(D.O.)

Della B., Flynn Bldg., Des
Moines, Ia. (D.O.)

Fannie, Dougherty Shea
Bld., Santa Rosa, Cal.
(D.C.)

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N. C. (M.D.)

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Pico St., Los Angeles, Cal.
(D.C.)

Charles A., 931 S. Hill St.,
Los Angeles, Cal. (D.O.)

CALE, MRS. LINNIE A., 931
S. Hill St., Los Angeles,
Cal. (D.C.)

CALHOUN, DAISY D., Wel-
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CALLAHAN, JAMES H., 421 S.
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Ill. (N.D.)

CALLAN, M. J., 6200 Penn.
Ave., Pittsburgh, Pa. (P.)

CALVERT, CORA, Stockton,
Cal. (D.C.)

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(D.C.)

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E. J., Stockton, Cal. (D.C.)

CALVIN, EMMA, Douglas,
Ariz. (D.C.)

CALWELL, HENRY E., 4200
Grand Blvd., Chicago, Ill.
(D.C.)

CALWELL, H. E., 436 E.
42nd Place, Chicago, Ill.
(N.D.)

Wm. A., 4200 Grand Blvd.,
Chicago, Ill. (D.C.)

Wm. A., Bolivarrah, Vic-
toria, Australia. (N.D.)

Wm. A., 424 Bowen Ave.,
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CALIFORNA CHIROPRA-
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CALLAHAN, B. O., 511½
Lincoln Ave., York, Neb.
(D.C.)

J. L., J. M. S. Bldg., South
Bend, Ind. (D.O.)

Kate T., J. M. S. Bldg.,
South Bend, Ind. (D.O.)

CALLSCH, H. F., Chamber of
Commerce Bldg., Rich-
mond, Va. (D.O.)

CALLIS, G. T., Russelville,
Ark. (D.C.)

G. T., 1214 E. 40th St.,
Kansas City, Mo. (D.C.)

CALLOWAY, DR., Independ-
ence, Ore. (D.C.)

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Strong Bldg., Los Ange-
les, Cal. (D.C.)

CAMERON, EDWARD M.,
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CAMP, CHARLES D., Powers
Bldg., Rochester, N. Y.
(D.O.)

Agnes, Lakeport, Cal. (D.C.)

M. V., 259 S. Division St.,
Buffalo, N. Y. (D.C.)

CAMP, M. V., 186 Seneca St.,
Buffalo, N. Y. (D.C.)

R. E., Burlington, Colo.
(D.C.)

R. E., Red Cloud, Neb. (D.C.)

CAMPBELL & CAMPBELL,
402-5 Pantages Bldg.,
Seattle, Wash. (D.C.)

CAMPBELL, A. D., 828 N. 63rd
St., Philadelphia, Pa.
(D.O.)

A. D., 1524 Chestnut Street,
Philadelphia, Pa. (D.O.)

Agnes, Lakeport, Cal. (D.C.)

Chas., Geneseo, Ill. (D.C.)

C. A., Room 5, 112 7th St.,
Terre Haute, Ind. (D.C.)

C. A., Washington, Ind.
(D.C.)

C. G., 44 Somerset Apts.,
Indianapolis, Ind. (D.C.)

C. P., 2316 Warren Ave.,
Chicago, Ill. (D.C.)

C. T., 1634 Rock Island St.,
Davenport, Ia. (D.C.)

Charles A., Broadway,
Larned, Kans. (D.O.)

to a great extent responsible for the ill health prevalent. Through his studies, Mr. Berhalter found that some of the most staple foods were also the most abused—the main one being our daily bread and drink. It was found that white bread was the main cause of constipation and that drinks by being fermented and otherwise wrongly prepared, caused drunkenness and ill health and all kinds of other miseries. In his search for health, he found that the wheat berry used in its entire form was the natural way to use it—that unfermented drinks are the natural drinks for man. While dwelling on these things, they brought about a condition of mind which formed the ideal to become a manufacturer of food, especially of bread containing all the natural food principles and without adulteration and to spread these food products broadcast throughout the land. And so, a few years later, after working hard in studying and experimenting, the time arrived when the enthusiastic Berhalter was ready to start his food factory. This was started, and he worked with a friend of his, Mr. Victor Simon, for one year. Then Mr. Berhalter was married to Miss Katherine Novak, who was born in Chicago, on April 4th, 1878, and who, like Mr. Berhalter, had nursed herself back to health by rightful living and also gained much knowledge in regard to preparing proper food. Mrs. Berhalter stepped in and took the place of Mr. Simon and together Mr. and Mrs. Berhalter started in to face the world in introducing new kinds of food and bread which were destined to reform the entire old time menu and be the means of doing away with the disease caused by eating wrong food. After much hard work, long hours and much educating, the little place at 309 North Ave., Chicago, Ill. became crowded with eager buyers of their new kinds of food and bakery goods. Every thing was made of whole wheat, Rye, Oats, Barley, Rice, etc. Along with these foods, they gave away and sold all kinds of Health Literature, and right here is where Dr. Benedict Lust's publications did good work to relieve people of their mental and physical ailments. Their business grew rapidly and after three years they started another Health Food Store at 132 E. 43rd Street, Chicago, and two years later they built a good-sized bakery at 1423 N. Clark Street. Lectures on healthful living were held in these new quarters and their food shop became a great center of education for rightful living, which became known in every state in the Union. Literature was sent all over and it started a new impetus for this new way of living everywhere. Responses came so overwhelmingly that it became necessary to organize a great stock Company and to build a great factory with a capacity sufficient to supply a hundred thousand whole wheat breads a day, and thousands of dozens of whole wheat

cookies, muffins, whole wheat pies and many other good things prepared simply and wholesomely. Their new Health Food plant is located on Diversey Parkway and Lincoln Ave., Chicago, Ill. Thousands and thousands of people will herald the good tidings that they can buy good clean healthful food all over Chicago, and a little later, all over the land, as it is the intention of the Berhalters to have their food sold in every city in the United States before very long, and hope that by so doing, a great evil will be overcome and a possibility of better men and women with cleaner minds and bodies, resulting therefrom.

BERGGREN, TELL, N. D., M. D.

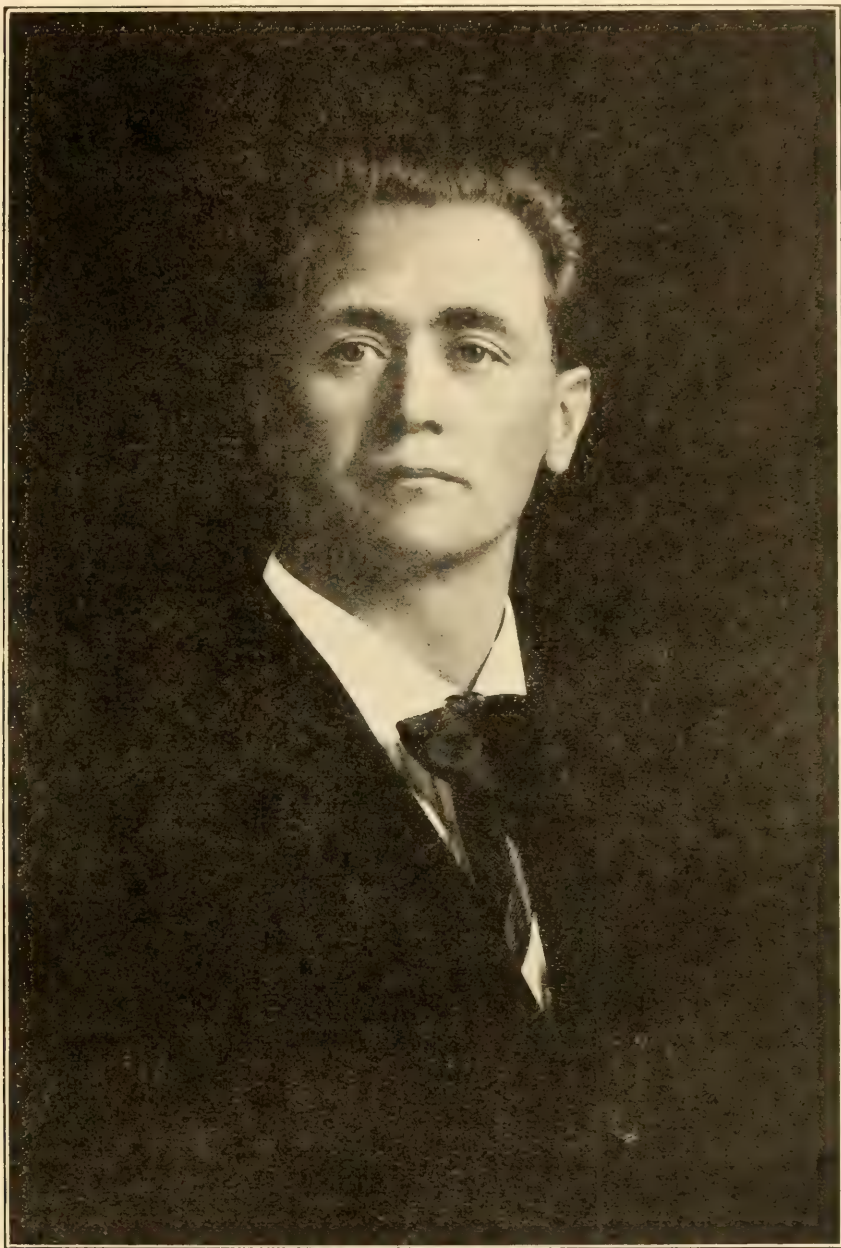
Dr. Tell Berggren, director and proprietor of the Health Home known as "Hälsöhem-by-the-Sea," at Coronado, Cal., is one of the most successful, most enterprising, most learned, and most successful of American Naturopaths. He is a member of the American Physical Education Association, of the Therapeutic Gymnastic Society of America, and is also lecturer and teacher of Swedish gymnastics, orthopedics, gymnastic nomenclature and kinesiology at the Normal School of Physical Education, Battle Creek, Mich. He is the author of several works, explanatory of mechano-therapy and the Swedish system. A graduate of Swedish colleges, he became connected with Battle Creek Sanitarium on his arrival in America, where he studied the merits of the various methods of natural healing adopted at this well-known institution. Later he made several visits to Europe, stopping long enough at the various Natural Cure resorts to learn their varying modes of health culture. Thus, fully equipped for operating as a Naturopath on his own account, he finally settled at Coronado, Cal., where he established his well-known "Hälsöhem-by-the-Sea." Here he employs manual therapeutics with other branches of physical education—massage, hydropathy, heliotherapy, psychopathy, dietetics, etc., as the best way of getting speedy as well as permanent results.

The editor has visited Hälsöhem, which he regards as the only genuine Yungborn on the Pacific Coast. The progressive and undoubtedly curative methods employed combine the virtues of the Swedish and other rational systems of active and passive therapeutics and diet.

Many years ago, Dr. Berggren saw the necessity for a Yungborn for consumptives, and has established a sanitarium in the mountains in the extreme southern part of California, where he is doing a great work for suffering humanity. He treats his patients with rational methods, instead of the irrational methods of the drugging system.

Dr. Berggren is very fortunate in possessing a wife learned in all the methods of Naturopathy, who is at the same time a

- Chas. D., Parkersburg, West Va. (D.C.)
Chas. W., Nanton, Alberta. (D.C.)
D. L., Lakeport, Cal. (D.C.)
Esther, 1447 E. 8th Street, Oklahoma City, Okla. (D.C.)
F., 2025 4th Ave. S., Minneapolis, Minn. (D.C.)
Frank, 432 S. Syracuse St., Wichita, Kan. (D.C.)
F. R., 1015 W. 11th Street, Waterloo, Ia. (D.C.)
Ida S., Manwaring Bldg., New London, Conn. (D.O.)
J. D., Box No. 346, Biloxi, Miss. (N.D.)
J. D., Dayton, O. (D.C.)
J. L., 200 W. Madison St., Franklin, Ind. (D.C.)
J. L., 6th and Perry Sts., Davenport, Ia. (D.C.)
J. R., Box No. 2, Norfolk, Neb. (D.C.)
J. R., Norfolk, Neb. (D.C.)
John J., 290-292 Arcade Bldg., Dayton, O. (N.D.)
Mrs. Mary W., 310 Barnes Ave., Wichita, Kan. (D.C.)
P. D., 1121 Kearsley Street, Flint, Mich. (D.C.)
R. H., Sebring, O. (N.D.)
R. H., 130 Tuscarawas St. E., Canton, O. (N.D.)
R. M., Oneill, Neb. (D.C.)
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Wm., 34 Arnot St., Detroit, Mich. (D.C.)
Werner A., 1101 Marsh-Strong Bldg., Los Angeles, Cal. (D.C.)
W. J., 7132 Bennett Street, Pittsburgh, Pa. (D.C.)
Winifred P., Galipolis, O. (D.C.)
Winifred P., 918 N. High St., Columbus, O. (D.C.)
CAMPTON, WM. B., 615 Cordova St., Los Angeles, Cal. (D.C.)
CANADIAN COLLEGE OF CHIROPRACTIC, Hamilton, Ont., Canada. (D.C.)
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CANFIELD, CARL B., Collbran, Colo. (D.O.)
CANFIL, A. W., c/o The Chiropractic College, San Antonio, Tex. (D.C.)
CANNARD, MRS. E., Whittier, Cal. (N.D.)
Wm. M., 1279 Bellevue Ave., Los Angeles, Cal. (D.C.)
CANNON, M. E., Leitchfield, Ky. (D.O.)
P. J., Farmington, Mo. (D.O.)
CANNATT, ALICE N., Bryan, O. (D.C.)
CANON, FRED. A., 13 W. Main St., Greenville, Pa. (D.C.)
CANOVER, E. H., 886 S. Washington St., Denver, Colo. (D.C.)
CANTRELL, S. E. CARROTHERS, Roswell, Ga. (D.O.)
CAPEK, NORBERT F., 169 Milford Ave., Newark, N. J. (N.D.)
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CAPSHAW, E. F., 219 First Natl. Bank Bldg., Colorado Springs, Colo. (D.C.)
CARBERRY, HUGH, 504 Park St., Manitowoc, Wis. (N.D.)
CARD, ELIZABETH, 310 Huntington Ave., Boston, Mass. (D.C.)
F. C., 629 3rd St., Ft. Madison, Ia. (D.O.)
CARDAMONE, PHILIP J., 326 E. Price St., Philadelphia, Pa. (D.O.)
CARDER, BERT E., 206-7 Bankers Trust Bldg., Little Rock, Ark. (D.C.)
Bert E., 2002 Riegler Bldg., Little Rock, Ark. (D.C.)
Chas. L., 1008 Morengo Ave., Pasadena, Cal. (D.C.)
Maude E., 1008 Morengo Ave., Pasadena, Cal. (D.C.)
CARDWELL, W. A., Plant City, Fla. (D.C.)
CAREY, FRANK L., 10 W. 8th St., Anderson, Ind. (D.C.)
H. F., 111 E. Washington St., Alexandria, Ind. (D.C.)
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CARFORD, C. H., 116 Calvin St., Youngstown, O. (D.M.T.)
CARGILL, F. S., 129 5th St., Union Hill, N. J. (D.C.)
CARLETON, FANNY T., 24 Summer St., St. Johnsbury, Vt. (D.O.)
Margaret B., Postoffice Bldg., Keen, N. H. (D.O.)
CARLIN, F. W., 307-8 Connice Bldg., Pittsburg, Kan. (D.C.)
W. R., Dwight, Ill. (D.O.)
CARLISLE, HARDY WM., 242 Summer Street, Paterson, N. J. (D.O.)
CARLOW, EVA MAINS, PH. E., Garnet-Corey Bldg., Medford, Ore. (D.O.)
Frank G., Garnet-Corey Bldg., Medford, Ore. (D.O.)
CARLSON, A. N., McKinnie Bldg., Moline, Ill. (D.C.)
CARLSON, BEATA M., 3502 Lexington Ave., Chicago, Ill. (Ma.)
C. E., N. Platte, Neb. (S.T.)
C. J., 23 Foster St., South Manchester, Conn. (D.C.)
Chas. J., 75 Pratt St., Hartford, Conn. (D.C.)
Charles J., 56 E. Central St., South Manchester, Conn. (D.C.)
Chas. H., 804 Bryson St., Youngstown, O. (D.)
Chas. M., 55 Morris Street, Rochester, N. Y. (N.D.)
Harold, Jamestown, N. Y. (D.C.)
H. E., 9½ Park Ave., Warren, O. (D.C.)
John C., East Jordan, Mich. (D. C.)
Susan, 307 Lee Building, Vancouver, Canada (D.C.)
CARLSTROM, CHAS. O., 108 N. State St., Chicago, Ill. (Ma.)
Miss Ida, 405 E. 63rd St., Chicago, Ill. (Ma.)
John G., Plentywood, Mont. (N.D.)
CARMAN, ELIZABETH F., Cor. 3rd and Hill Sts., Gallup, N. Mex. (D.C.)
Harriett, 529 Patton St., Los Angeles, Cal. (D.C.)
Sallie B., The Porter, Washington, D. C. (Ma.)
CARMICHAEL, T. H., 7127 Germantown Ave., Philadelphia, Pa. (D.C., M.D.)
CARMONEY, FRANK, 301-2 Myers Bldg., Muncie, Ind. (D.C.)
CARNEY, EDWARD B., 1½ S. Main St., Ft. Scott, Kan. (D.O.)
CAROTHERS, J. C., 1447 N. Redfield St., Philadelphia, Pa. (D.O.)
CARPENTER, DR., Omaha, Neb. (D.C.)
C. H., 407 E. 43rd Street, Chicago, Ill. (D.C.)
Fannie E., Goddard Bldg., Chicago, Ill. (D.O.)
George H., Goddard Bldg., Chicago, Ill. (D.O.)
Irvin D., 1104 Main Street, Iowa Falls, Ia. (D.O.)
Julia B., Old Bridge, N. J. (D.C.)
J. H., Baldwin, Kan. (S.T.)
L. N., 23 Continental Bldg., Omaha, Neb. (D.C.)
Mark C., 666 Woodward Ave., Detroit, Mich. (D.O.)
W. A., 10 Baudinot Street, Newark, N. J. (D.C.)
CARPENTER, W. A., 189 Summer Ave., Newark, N. J. (N.D.)
CARQUE, OTTO, 1605 Magnolia Ave., Los Angeles, Cal. (N.D.)
CARR, EDSON, 4200 Grand Blvd., Chicago, Ill. (D.C.)
CARR, MRS. ANTOINETTE W., 24 Commercial Ave., Buffalo, N. Y. (Cr.)
S. V., Eudora, Kan. (D.O.)
CARREIRO, ERNEST, 67 Westland Ave., Boston, Mass. (D.C.)
CARRELL, O. G., 530 Burkey Ave., Spokane, Wash. (N.D.)
CARRELL, R. L., Monte Vista, Colo. (D.C.)
CARRICK, A. W., 502 Millner St., Ottumwa, Ia. (D.C.)
CARRINGTON, DR. J. S., Thomas, N. M. (M.D.)
CARROLL, EDYTH, Lawton, Okla. (D.C.)
Grace M., 9154 Commercial Ave., S. Chicago, Ill. (N.D., D.C.)
CARROLL, GROVE, McKeesport, N. J. (N.D.)
J. C., 1904 Chicago Ave., Minneapolis, Minn. (D.C.)
L. A., Hortonville, Wis. (D.C.)
Margaret L., Reserve Bank Bldg., Kansas City, Mo. (D.O.)
Max, 1269 Boston Road, New York, N. Y. (D.C.)
CARROLLTON, E. D., Encanto, Cal. (D.C.)
CARSON, E. J., 304 Hay St., Fayetteville, N. C. (D.O.)
Henry, 32 Lafayette Street, Greenwich, Conn. (D.O.)
L. R., Hopedale, O. (D.C.)
Merl J., Southern Building, Wilmington, N. C. (D.O.)
R. L., Uniontown, Pa. (D.C.)
R. L., 801 W. Main Street, Connellville, Pa. (D.C.)
CARTER, A. D., 2104 East Michigan Ave., Indianapolis, Ind. (D.C.)
Anna W., 6131 Woodlawn Ave., Chicago, Ill. (D.C.)
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the foundation of his success. Jealous of his work and reputation, the New Jersey Medical Association aided and abetted by his brother Osteopaths, have given Dr. Bieri some professional trouble, but he has surmounted their machinations, and is now freely at work at his congenial task of relieving sick humanity of its ailments.

BIGGS, A. C., N. D., Asheville, N. C.

Born October 4, 1876, at Gambier, Ohio. Son of William and Martha E. Biggs. Two



brothers and many other relatives reside there. He was educated at Ohio Wesleyan University, Buchtel College, Kenyon College and other Ohio schools, taking special work in history, philosophy, psychology in various schools, in addition to the regular classical course. commenced the study of rational therapeutics under Dr. Marmaduke, Nevada, Mo., 1897-

1898, the work including osteopathy, hydrotherapy and electricity. In Nevada Dr. Biggs became associated with the Weltmer Inst., practicing the Weltmer method of psycho-therapeutics. On returning to Ohio in 1898, he purchased an interest in a non-medical institute and sanitarium conducted by Dr. Hunter and Prof. E. H. Anderson. A large and successful practice had already been established. A school was opened and placed under the direction of Dr. Biggs. The course of instruction covered anatomy, physiology, diagnosis, pathology, psychology, mental therapeutics, electricity, massage, osteopathy and medical jurisprudence. In addition to the owners of the institute, several other physicians and teachers were employed, among them R. H. Biggs, M. D., B. F. Martz, L. L. D. and Prof. R. S. Davis. The latter subsequently purchased a half interest in the institute, and he and Dr. Biggs became sole owners and assumed full control. Dr. Biggs and Prof. Davis then purchased the Ohio Institute of Osteopathy with a view to combining it with a larger institution, but found it impracticable, and some time later sold the Ohio Institute of Osteopathy to Dr. Stone, who continued the work for a number of years. A very extensive practice was conducted at the sanitarium, often as many as one hundred patients being treated daily. During several years spent at Columbus, Dr. Biggs continued studies in various branches of the healing art, especially in diagnosis, experimental psychology, osteopathy, various branches of naturopathy and medical electricity. In 1900, Dr. Biggs devoted some time to special study of suggestive therapeutics under J. T.

Hudson, author of *The Law of Psychic Phenomena*. In 1901, Dr. Biggs passed the examination of the American School of Naturopathy and was granted a diploma from that institution. Dr. Biggs has always been a lover of the South and had a desire to live in that section; so in 1903, after disposing of his interests in Columbus, he considered various cities as fields for practice, and decided upon Greensboro, N. C. A new iron-clad medical law had just gone into effect, and after only three days' practice in Greensboro, Dr. Biggs was arrested for the practice of medicine and surgery without permit from the Board of Medical Examiners. He offered to go before the board and take examination in every branch connected with his practice, but this privilege was denied him. So the only recourse was a fight. The final result was a complete victory in the North Carolina Supreme Court for Dr. Biggs and for naturopathic methods. The decision, written by Chief Justice Clark, was a masterpiece in logic and sarcasm directed toward the medical association of the state. The decision in the "Biggs Case" was the first notable victory for rational therapeutics, and has had great influence in securing freedom of practice for non-medical practitioners in other states in the last twelve years. The opposition of the medical association (**not** the profession, for many of the best physicians openly rejoiced at this victory and were the first to tender congratulations) did good rather than harm, and practice grew rapidly. Soon a sanitarium was opened and patients came from nearly every state in the Union. In 1909, the sanitarium in Greensboro was destroyed by fire; and later in that year the sanitarium now conducted in Asheville was opened. The decision to go to Asheville rather than reopen in Greensboro, where so extensive a practice had been established, was made because of the unexcelled advantages of the Asheville climate. Nearly all the patients in the sanitarium at Greensboro at the time of the destruction of the building went to Asheville, and reported for treatment the first day the new institution was opened. Its methods are fully explained in a pamphlet. Special attention to diseases of the nervous system is given.

BINCK, C. E., M. D., D. O., N. D.

Dr. Binck is a practising licensed osteopath of Burlington, N. J., and first saw the daylight, as he expresses it, 50 years ago, in Germany. He has attended school and college both in Germany and the United States. He subscribes to the medical belief that the public does not want to be shepherded by medical tyranny, legalized monopoly, paternalism and compulsory official medicine, but that the science and art of healing should be in harmony with the laws of Nature, the treatment to be given in each case congenial to Nature and in accordance with her unerring instinct for health. This

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BLUM, HENRY A., Opt.

Dr. Blum was born in 1874 and is a graduate of the Manhattan School of Optometry (1905). He is a member of the New York City and State Optometrical Societies, also of the National Society. Dr. Blum specializes in Scientific Eye Examination without drugs.

BRADSHAW, WILLIAM RICHARD.

Lecturer to the New York Anti-Vivisection Society.

One of the most redoubtable of modern knights errant is the subject of our notice,



William R. Bradshaw

his specialty being a war to the death against that phase of pseudo medical culture, known as vivisection. Mr. Bradshaw has been for the last six years the Lecturer for the New York Anti-Vivisection Society, an organization that has for its propaganda the awakening of the mind and conscience of the body politic to the fact that vivisection is an immoral and unscientific pursuit of knowledge. It seeks to give practical shape to its efforts by promoting a bill at Albany known as The Open Door Bill, which will legalize free entry into the medical laboratories of the State on the part of State-appointed humanitarian inspectors. Mr. Bradshaw has made three humanitarian pilgrimages throughout the State of New York, to expose and combat scientific torture, accompanied by a stereopticon outfit, with which he illustrates laboratory horrors. He is an

eloquent speaker and shows how medical science staggers beneath the intoxication of a monstrous and bloody dream, which has become the dream of the majority of physicians and the greater number of our doped and duped citizens, that by cursing animals, human beings can be blessed with such curses. His arguments are to the last degree a convincing exposition of the truth, that "a corrupt tree cannot bring forth good fruit." He exhibits vivisection as the most merciless exploiter of flesh and blood the world has ever seen. He makes bare the fact that no scruple, no moral consideration, no feeling of humanity can restrain its atrocious destruction of animal life and such human lives as it can surreptitiously make use of, in accordance with its infamous doctrine that might is right. Its frenzied logic asserts that the more barbarous and inhuman it is, the better it will fulfil its aims. He exhibits the undying barbarity of human nature that contends that our civilization can be uplifted and glorified by man's reason trampling on moral law, that the supremacy of violence over justice, immorality over morality, blind impulse over reason, or cruelty over compassion, can lift mankind to higher planes of being. He shows the misrepresentations, the sophistications that characterize all the statistics that seek to prove the value of serums, vaccines and inoculations, prepared for the cure or prevention of disease. He shows the uselessness of these so-called remedies, and the vast array of damaging facts that are carefully hidden from sight and absolutely denied. The effect of his lectures has been to awaken an enthusiasm for the abolition of vivisection, and as proofs of the success of his mission, he possesses over a hundred resolutions unanimously adopted by as many different meetings he has addressed, endorsing the Open Door Bill, which has been presented to the New York State Legislature by the New York Anti-Vivisection Society, and strongly recommended its early adoption as law by the said legislature. Mr. Bradshaw is a strong advocate of drugless healing and believes in Naturopathy as the medicine of the future. He believes that allopathy is being drowned in the blood of its victims.

BRETOW, WM. M., N. D., D. O., D. C.

Dr. William M. Bretow is the foremost Naturopath in the East. His institution in Brooklyn from the very beginning was a great success, and although he never advertised, he had always more patients than he could take care of. The fact that Dr. Bretow has become independent and wealthy, shows that he is one of the few Drugless doctors who have really



- CLEELAND, F. W., Lyceum Bldg., Pittsburgh, Pa. (D.C.)
- CLEFISCH, L. M., Guttentburg, Ia. (D.C.)
- CLELAND, A., Citizens' Bank Bldg., South Bend, Ind. (D.O.)
- C. T., Spurgeon Bldg., Santa Ana, Cal. (D.C.)
- C. T., 1014 Nelson Street, Vancouver, B. C., Can. (D.C.)
- CLEMENS, JENNIE M., Beardstown, Ill. (D.C.)
- CLEMENT, ALICE, 275 Warren St., Roxbury, Mass. (D.C.)
- Henry W., 43 Blackstone Blvd., Providence, R. I. (D.O.)
- CLEMMER, DR., 15 Howland Ave., Toronto, Ont., Canada. (D.C.)
- CLEVELAND, C. F., 1014 Nelson St., Vancouver, B. C., Canada. (D.C.)
- Edward W., 305 S. Ashland Blvd., Chicago, Ill. (D.O.)
- M. H., Cedar Rapids, Neb. (S. T.)
- Mabel Lewis, Iowa City, Ia. (D.O.)
- W. E., 930 Elmwood Ave., Buffalo, N. Y. (D.C.)
- CLEVELAND, W. E. M., 187 N. Pearl St., Buffalo, N. Y. (Ma.)
- CLIFFORD, JAMES RAY, 42 N. Brady St., Du Bois, Pa. (D.O.)
- CLIFTON, Robt. N., 807 State St., Camden, N. J. (D.C.)
- CLINCH, J. H. M., Danville, Ill. (M.D.)
- CLINE, C. O., Dighton Bldg., Monticello, Ill. (D.O.)
- CLINTON, MARY W., Keenan Bldg., Pittsburgh, Pa. (D.O.)
- CLOSE, P. H., Jackson, Mich. (D.C.)
- CLOUSE, D. H., 120 W. Pine St., Lodi, Cal. (D.O.)
- CLOVER, J. C., West Bloorar, Ala. (D.C.)
- Thomas H., First National Bank Bldg., Hays City, Kan. (D.O.)
- CLUETT, F. G., Security Bldg., Sioux City, Ia. (D.O.)
- CLUFF, ARTHUR C., Liggett Bldg., Detroit, Mich. (D.O.)
- COADY, JOHN H., Alden Bldg., Anna, Ill. (D.O.)
- COATES, E. J., 75 Sixth Ave., Brooklyn, N. Y. (D.C.)
- COATES, FRED'K G. W., 27 Bond St., Brooklyn, N. Y. (Opt.)
- COBB, ABNER J., 623 Mack Bldg., Denver, Colo. (D.C.)
- Abner J., 1548 California St., Suite No. 2, Denver, Colo. (D.C.)
- G. A., 529 Proctor St., Port Arthur, Tex. (D.O.)
- COBBLE, WILLIAM HOUTON, Fremont Natl. Bank Bldg., Fremont, Neb. (D.O.)
- COBURN, D. WENDELL, 100 High St., Newburyport, Mass. (D.O.)
- COCHRAN, A. D., Morrison, Ill. (D.C.)
- A. D., Clinton, Ia. (D.C.)
- Harry, 625 S. Glen Street, Wichita, Kan. (D.C.)
- Maude, Central City, Neb. (S.T.)
- COCHRANE, ALBERT B., 39 S. State St., Chicago, Ill. (D.C.)
- Philip S., 191 Huntington Ave., Boston, Mass. (D.O.)
- COCKRELL, CHARLES C., Economy Bldg., Evansville, Wis. (D.O.)
- Irvine, 505-5th Ave., New York, N. Y. (D.O.)
- CODY & CODY, 716 18th St., Oakland, Cal. (D.C.)
- J. Alfred, 609 Woodland Ave., Conneaut, O. (D.M.T.)
- COFFEE, EUGENE M., Colingwood, N. J. (D.O.)
- W. O., 1445 W. 84th St., Cleveland, O. (N.D.)
- COFFER, G. T., 2540 Blvd., Jersey City, N. J. (D.O.)
- COFFEY, EVA KATE, 551 S. Grand Ave., Los Angeles, Cal. (D.O.)
- COFFEY, N. B., Box 111, LeRoy, Ill. (N.D.)
- Opal E., Oakland, Ill. (D.O.)
- COFFIN, J. N., Mulvane, Kan. (D.C.)
- COFFLAND, FLORENCE, 1432 Franklin Ave., Columbus, O. (D.O.)
- Florence, 1432 Franklin Ave., Columbus, O. (D.O.)
- COFFMAN, J. MARVIN, 324 St. Ann St., Owensboro, Ky. (D.O.)
- COHALAN, JOHN A., Stephen Girard Bldg., Philadelphia, Pa. (D.O.)
- COHAN, A., 320 E. 15th St., New York, N. Y. (D.C.)
- COHAN, MRS. MAE, Kenois Bldg., Washington, D. C. (Ma.)
- COHEN, D., No. 1 Ferry Road, Niagara Falls, Canada. (D.C.)
- COHN, RICHARD, San Antonio, Tex. (S.T.)
- COHROD, HAL, Corning, Ia. (D.C.)
- COKE, RICHARD H., 411 W. Chestnut St., Louisville, Ky. (D.O.)
- COLBORN, R. M., 810 Broad St., Newark, N. J. (D.O.)
- COLBY, IRVING, Marsh Bldg., New London, Conn. (D.O.)
- COLDWELLS, JOSEPH A., Homer Laughlin Bldg., Los Angeles, Cal. (D.O.)
- COLE, ARTHUR E., Mitchell Bldg., Springfield, O. (D.O.)
- COLE, ERNEST I., 98 S. Highland Ave., Ossining, N. Y. (N.D.)
- Ernest I., 340-1 N. 1st St., St. Petersburg, Fla. (D.C.)
- Mrs. Grace P., 1301 W. 25th St., Los Angeles, Cal. (N.D.)
- John A., 429 10th Street, Oakland, Cal. (D.C.)
- John A., 1247 First Ave., Oakland, Cal. (D.C.)
- J. E., Haden Building, Columbia, Mo. (D.O.)
- Julia Mowery, 2602 N. 12th St., Philadelphia, Pa. (D.O.)
- L. L., Lawton, Okla. (S.T.)
- Merton K., 38 Pearl Street, Framingham, Mass. (D.O.)
- Omer C., Lewistown Trust Co. Bldg., Lewistown, Pa. (D.O.)
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- COLEMAN, ANDREW, Froude, Sask., Canada. (D.C.)
- B. A., 20 Linden Ave., Pittsburgh, Pa. (D.C.)
- COLEMAN, E. E., 432 W. Madison St., South Bend, Ind. (N.D.)
- E. H., 4345 Agnes Ave., Kansas City, Mo. (D.C.)
- Will H., 1546 W. 7th Street, Los Angeles, Cal. (D.C.)
- Will H., 1231 W. 8th St., Los Angeles, Cal. (N.D.)
- Willard H., 1319 State St., La Crosse, Wis. (D.C.)
- COLGAN, C. E., 5 Theatre Bldg., Fairmount, Ind. (D.C.)
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- Jennie E., 118 W. 6th St., Cincinnati, O. (M.A.)
- J. Erie, Stahlman Building, Nashville, Tenn. (D.O.)
- COLLINS, A. B., Linesville, Pa. (M.D.)
- COLLINS, ALICE L., 10 S. 18th St., Philadelphia, Pa. (D.O.)
- Charles O., 16 Gould Ave., Newark, N. J. (D.C.)
- Clyde I., Pitcairn, Pa. (D.C.)
- Clyde I., 484 3rd Street, Pittsburgh, Pa. (D.C.)
- Clyde I., 400 Center Ave., Pitcairn, Pa. (D.C.)
- Edw. W., 122 Roseville Ave., Newark, N. J. (D.C.)
- Emma Hazel, 424 S. 42nd St., Philadelphia, Pa. (D.O.)
- Ethel Nora, 16 Gould Ave., Newark, N. J. (D.C.)
- F. W., 16 Gould Ave., Newark, N. J. (D.C.)
- H., 411 Jefferson St., Olympia, Wash. (D.C.)
- H. F., 4008 Grand Blvd., Chicago, Ill. (N.D.)
- H. L., 122 S. Ashland Blvd., Chicago, Ill. (D.O.)
- Mrs. Hattie M., 552 Columbus Ave., Boston, Mass. (D.C.)
- Henry, 316 Alisky Bldg., Portland, Ore. (D.P.T.)
- Jean Hough, 69 Piccadilly W., London, Eng. (D.O.)
- Louisa J., Century Bldg., Evanston, Ill. (D.O.)
- Orrville, Box 45, Gardner, Mont. (D.C.)
- Paul R., McGuire Bldg., Douglas, Ariz. (D.O.)
- COLLYER, FRANK A., Pope Bldg., Louisville, Ky. (D.O.)
- COLMAN, W. H., 1319 State St., La Crosse, Wis. (N.D.)

financially and professionally succeeded. The reason was that he was broad-minded and liberal; and would not tolerate therapeutic fences around himself, and used the good of all the methods in Drugless healing; but without getting away with any one of them, he put his first attention in every case to constitutional regeneration, using the methods of the great masters, such as Johann Schroth, Louis Kuhne, Sebastian Kneipp, Bilz, Adolph Just, Arnold Ehret and others. The Bretow Institution shows an equipment that is practical and up to date, where hydropathic provisions exist to suit all cases and conditions. The great service that Dr. Bretow has done to the Naturopathic profession is not realized at present, but he was the first influential man who was really active in legislative work. His prestige is so great and so well founded that the medical society dared not attempt to persecute him, and their sleuths left him severely alone. His connection with politics gives him great political influence. He came very near having a bill passed to give Naturopathic practitioners full liberty of exercising their profession in New York State; but, strange so say, the very people who should have aided in this enterprise, the Chiropractors, aided and abetted the enemy so well that the bill was killed.

In face of such opposition to the spread of drugless healing from enemies both within and without the cult, a fearless personality such as Dr. Bretow possesses, is of the highest value to the cause of drugless therapy.

BUTLER, RAYMOND E., N. D., D. C.

Dr. Raymond E. Butler, of Rochester, N. Y., has recently completed a post-graduate course at the Lindlahr College of Nature Cure and Osteopathy. Dr. Butler is a graduate of the two year course of the Eclectic College of Physiological Therapeutics, and for the past eighteen months prior to taking the Lindlahr course, has been associated with Dr. Ellis E. Halbert, at Rochester, New York.

Dr. Butler is also an active and influential spirit in the Mazdaznan Association in his locality, and is now preparing to organize a new class in Mazdaznan Birth Culture which will be free to all who may be interested. Dr. Butler became interested in nature-cure at an early age, because of the dismal failure of drug therapy in his own case. At the age of nine years he was stricken down with poliomyelitis, and after the failure of "medical science" to restore health, a rigorous regimen of physical and health culture was adopted with the result that Dr. Butler is now as robust a specimen of health as could be desired.

CARVER, WILLARD, D. C.

Willard Carver was born at Allen's Grove road, near Davenport, Iowa, July 14, 1866.

In the Spring of 1868, his parents moved to Pleasant Grove township, Mahaska County, Iowa, near where the parents resided until their death. Willard Carver was educated in the district schools, finally attended Oskaloosa College, which was at his county seat and, afterward completed his course at Drake University,



graduating from the law department in June 1891, with the degree of LL. B. In the fall of that year, he became cashier of a bank in Barnes City, Ia., which position he held until 1894, attending incidentally to such law practice as came his way, when he left the bank and went to Northwestern Iowa, where he engaged exclusively in the law business, which business he successfully followed until October of 1905—when he quit the law business to take up the fight for the science of Chiropractic. At seventeen, he became acquainted with Dr. D. D. Palmer, the father of chiropractic. He knew him intimately until his death, in 1913. In December, 1895, Dr. Palmer wrote a letter to Mr. Carver, announcing his discovery of moving vertebrae to release nerves. Mr. Carver had been an invalid practically all his life and was deeply interested in the communication from Dr. Palmer and immediately began studying and developing along the line of the release of nerves to remove interference with stimulus. It will be seen that Willard Carver's study and development began but three months later than that of Dr. D. D. Palmer, and has continued without interruption until the present day. In June 1906, Willard Carver was graduated from Parker School of Chiropractic, Ottumwa, Ia., to which place he had gone previous to that year to be adjusted for a threatened general paralysis. Under the proposition of Dr. Charles Ray Parker, that Willard Carver would teach Dr. Parker the Science of Chiropractic while he taught Willard Carver the Art of Adjusting, as he had learned it from Dr. D. D. Palmer. In August 1906, Dr. Carver located at Oklahoma City, where he has since been and, in October, founded Carver College, which was first chartered as Carver-Denny Chiropractic College, but afterward changed to Carver Chiropractic College, which it still is. Dr. Carver had received the title of "Doctor" while a boy on the farm, not yet fourteen years of age, because of his close attention to animals, and his very persistent effort to ascertain how animals lived and what made them die. At the close of his academic studies, he was recognized as a first class anatomist and took great interest in legal jurisprudence. Because of this fact, he always, since boyhood, has been looked upon by his friends as particularly able in anatomy and physiology. Early in

- COLSON, CLARENCE, Odd Fellows Bldg., Reno, Nev. (D.C.)
Francis M., Odd Fellows Bldg., Reno, Nev. (D.C.)
COLTRANE, ELLA D., Union Natl. Bank Bldg., Manhattan, Kan. (D.O.)
COMBES, J. H., 515 S. Robinson St., Oklahoma City, Okla. (D.C.)
COMMERFORD, MARY ELIZABETH, 5179 Delmar Blvd., St. Louis, Mo. (D.O.)
COMPOPIANO, ANTHONY, 90 Center St., Orange, N. J. (D.C.)
COMPTON, CATHERINE, Beeville, Tex. (D.O.)
C. F., 509 S. Olive St., Los Angeles, Cal. (D.C.)
Claude O., 407 N. Greenleaf Ave., Whittier, Cal. (D.C.)
Emma M., Pittsburgh Life Bldg., Pittsburgh, Pa. (D.O.)
Jas. P., 509 S. Olive Street, Los Angeles, Cal. (D.C.)
Wm. B., 615 Cordova Street, Los Angeles, Cal. (D.C.)
COMSTOCK, EDGAR S., Goddard Bldg., Chicago, Ill. (D.O.)
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CONALL, W. J., Axtell, Kan. (D.C.)
CONANT & CONANT, Cor. State & Church Sts., Carter Bldg., Rochester, N. Y. (D.C.)
CONANT, B. REES, 1039 Massachusetts Ave., Cambridge, Mass. (D.O.)
CONARD, S. E., 1573 Charleston Ave., Mattoon, Ill. (D.O.)
CONDON, HELEN C., Oklahoma City, Okla. (D.C.)
CONELLY, MRS. G. W., Box 124, Redfield, Ia. (D.C.)
CONEY, GRACE L., Bowling Green, O. (D.C.)
Grace L., Bremen, O. (N.D.)
CONFREY, HUBERT, 1700 W. Jackson Blvd., Chicago, Ill. (D.C.)
CONGER, A. L., Irving Lawn, Akron, O. (D.O.)
CONGER, CARL H., Nasby Bldg., Toledo, O. (D.C.)
W. Millard, Witherspoon Blvd., Philadelphia, Pa. (D.O.)
CONKLIN, A. P., 1308 N. High St., Columbus, O. (N.D.)
A. P., 582 N. High Street, Columbus, O. (N.D.)
Hiram Lewis, 29 Grove Terrace, Passaic, N. J. (D.O.)
Hugh W., Ward Bldg., Battle Creek, Mich. (D.O.)
CONLEY, GEORGE J., Shukert Bldg., Kansas City, Mo. (D.O.)
CONNELL, MARY C., 4634 Vincennes Ave., Chicago, Ill. (M.D.)
CONNELLY, MRS. G. W., Box 124, Redfield, Ia. (D.C.)
G. W., Humboldt, Neb. (D.C.)
CONNER, C. H., Albuquerque, N. Mex. (D.O.)
D. L., Natl. Bank of Arizona Bldg., Phoenix, Ariz. (D.O.)
H. L., Central Natl. Bank Bldg., St. Louis, Mo. (D.O.)
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CONNERS, MRS. EMMA C., Lexington, Neb. (S.T.)
CONNOR, R. F. & MARY H., 431 S. Wabash Ave., Chicago, Ill. (D.O.)
CONNOR, ROSWELL F., Auditorium Building, Chicago, Ill. (D.O.)
Wm. E., 431 S. Wabash Ave., Chicago, Ill. (D.O.)
William E., 35 Auditorium Bldg., Chicago, Ill. (D.O.)
CONOVER, E. H., 509 Honore St., Chicago, Ill. (D.C.)
Fred. E., 412 Twelfth St. West New York, N. J. (D.C., N.D.)
CONRAD, ANNA J., 92½ Carylton Road, Cleveland, O. (Ma.)
C. F., 110 W. 90th St., New York, N. Y. (M.D.)
Charles F., 120 Palisade Ave., West Hoboken, N. J. (D.O.)
Mrs. E. M., 2630 Capitol Ave., Omaha, Neb. (S.T.)
Mary, Arkansas City, Kan. (D.C.)
CONTRERAS, RALPH, 4060 Oakwald Ave., Chicago, Ill. (N.D.)
CONWELL, W. P., 806 N. 7th St., St. Louis, Mo. (N.D.)
COOK & COOK, 8 Grove St., Oneonta, N. Y. (D.C.)
COOK, A. C., Georgetown, Ky. (N.D.)
COOK, ALEXANDRIA N., 651 State St., Bridgeport, Conn. (D.C.)
Anna I., Osborn Bldg., Cleveland, O. (Ch.)
Charles C., Graebner Bldg., Saginaw, Mich. (D.O.)
C. D., West Springfield, Pa. (D.C.)
C. F., 88 Market St., Poughkeepsie, N. Y. (D.O.)
Mrs., Park Hill, Okla. (D.C.)
Geo., 806 N. 7th St., Buffalo, N. Y. (N.D.)
Geo. T., 32 Glenwood Ave., Buffalo, N. Y. (D.O.)
H. E., De Soto, Mo. (D.C.)
Harriet L., 1364 E. 81st St., Cleveland, O. (Ch.)
Hazel, 259 Lincoln Ave., Detroit, Mich. (D.C.)
Herbert F., 1311 New England Bldg., Cleveland, O. (D.C.)
COOKE, MRS. E. D., Smith Center, Kan. (S.T.)
Herbert T., Reibold Bldg., Dayton, O. (D.O.)
COOL, E. C., 1510 Millard Ave., Chicago, Ill. (N.D.)
COOLEY & COOLEY, 222-24 Chamber of Commerce, Enid, Okla. (D.C.)
A. R., 13 West 31st St., New York, N. Y. (Opt.)
COOLEY, ALVAH R., 13 W. 31st St., New York, N. Y. (D.C.)
Mrs. E., San Joaquin Bldg., Stockton, Cal. (D.C.)
E. Jr., San Joaquin Bldg., Stockton, Cal. (D.C.)
COOLEY, ED. L., 301-2 Belding Bldg., Stockton, Cal. (D.C.)
Mrs. Gertrude M., 301-2 Belding Bldg., Stockton, Cal. (D.C.)
COOMBS, F. R., 88 W. Main St., New Britain, Conn. (N.D., D.C.)
COON, A. S., Garfield, Wash. (D.O.)
J. Franklin, Baker Boyer Bldg., Walla Walla, Wash. (D.O.)
Mary E., Garfield, Wash. (D.O.)
COONEY, GRACE L., Bremen, O. (D.C.)
COONFIELD, GEORGE W., Dodge City, Kan. (D.O.)
COONS, JESSIE M., Magnolia Hall, Hamilton, Bermuda. (D.O.)
COONS, M. E., The Weltmer Inst. of Suggest. Therap., Nevada, Mo. (D.S.T.)
W. N., Medina, O. (D.O.)
COOPER, ANNE E., 502 Mercantile Library Bldg., Cincinnati, O. (Ch.)
COOPER, C. R., Suite 5, 109-11 S. Superior St., Albion, Mich. (D.C.)
Emma S., Waldheim Bldg., Kansas City, Mo. (D.O.)
Geo. W., 183 Richmond St., Brooklyn, N. Y. (Cr.)
Imogene B., Greenville, Miss. (D.O.)
K. L., 111½ S. Kickapoo St., Lincoln, Ill. (D.C.)
K. L., 417 N. McLean St., Lincoln, Ill. (D.C.)
Mrs. Minerva, Ada, Okla. (D.C.)
Olive M., Hamilton, Mont. (D.C.)
R. G. C., 26 N. Bland St., Halifax, N. S. (N.D.)
Sarshal De Pew, 133 Geary St., San Francisco, Cal. (D.O.)
Wm., 7 Harley St., Cavendish Sq., London, W., Eng. (D.O.)
W. H., 17 Sarah St., Brantford, Can. (D.C.)
COPELAND & COPELAND, Galveston, Ind. (D.C.)
601 State Life Building, Indianapolis, Ind. (D.C.)
COPLAN, A. G., 116 Laflin St., Chicago, Ill. (D.C.)
COPLON, A. G., 2240 W. Division St., Chicago, Ill. (N.D.)
COPPALA, Modestino, 1353 Central Ave., Cleveland, O. (D.M.T.)
COPPER, LYDIA N., Elks Arcade Bldg., Warsaw, Ind. (D.O.)
COPPERNOLL, ORIENNE, Opera House Bldg., Alliance, Neb. (D.O.)
CORBETT, C. L., 435 Collins St., St. Paul, Minn. (D.C.)
CORBIN, GRACE E., 520 Clapp Bldg., Des Moines, Ia. (D.C.)
Grace E., 1503 School St., Des Moines, Ia. (D.C.)
M. E., Columbia Hospital, The Dalles, Ore. (D.O.)
S. W., Lincoln Building, St. Joseph, Mo. (Or.S.)
W. S., First Natl. Bank Bldg., Chickasha, Okla. (D.C.)
CORBION, H. A., Perry, Okla. (S.T.)

life, because of his sickness and his consequent desire to be well, he became attached to psychologic questions, and very soon thereafter became recognized as an unusual student of psychology. In 1909, Dr. Carver published Carver's Chiropractic Analysis, which contained an entirely new chiropractic physiology, all of the physics of chiropractic under the subheadings—Principles of Chiropractic—Chiropractic Symptomatology and Diagnosis. This book was revised and re-published in 1915. The revision required the enlargement of the book to almost double its original size and his developments in the meantime required that he re-write the entire book, which he did. In 1914, Dr. Carver published his work on psychology, under the title, "Applied Psychology," which book has received the most flattering complimentary recognition from the most eminent psychologists, jurists, and analysts. The books published by the subject of this sketch do not meet with so rapid a sale as might be expected, because they are profound and unusual, and students, unprepared for that kind of literature, find it very difficult indeed, to understand them. It is but just, however, to say that when the worth of his publications shall have become known, the chiropractic world will very gladly possess itself of them. Dr. Carver is fifty-one years of age, and has entirely overcome the various phases of abnormality of his youth. He is a powerful man, physically and mentally, and is younger to-day in all his aspects, objects and ability than at any period in his career. He is democratic by nature and instinct, living fully in the thought that all men are created equal—giving willingly of his energy and substance that the world at large may become educated. Carver College, under his care and supervision, has grown the most rapidly of any college of chiropractic that was ever founded—is large for its age, and has a far greater reputation than any other college of chiropractic that has been in existence as long. Dr. Carver is the father of independent chiropractic legislation and is the author of the first chiropractic bill ever successfully introduced in a legislature. All of the laws that have been passed, recognizing chiropractic, are substantially copies of his original bill, which was introduced in the legislature of Oklahoma, in 1908, with the exception of the law of Oregon. The law just passed in Connecticut is practically a verbatim copy of the chiropractic bill Dr. Carver had introduced in the last session of the legislature of Oklahoma. Dr. Carver is now, and always has been, very fearless in telling the truth. He believes that no opportunity should be lost to let the world know what the science of chiropractic is and what it will do. Because of these facts and, because of his unmerciful exposures of the ignorance of the medical profession,

he has become an object of the secret enmity of the American Medical Association to such extent, that through its influences during the last session of the Oklahoma Legislature, he was incarcerated for ten days in the Oklahoma County jail and fined \$500.00, because he wrote an article, entitled, "Was the Oklahoma Senate Bought?" There were no charges in the article, but the attention of the public was called to the fact that the American Medical Association had raised a very large sum of money for some purpose and, that the Senate had passed a bill that had for its one purpose the prohibition of chiropractic in Oklahoma. When the article was published, Dr. Carver knew there would be serious results, but published the article to attract the attention of the friends of chiropractic to the fact that unfair advantage was being taken in order that they would come to the rescue, which they did, by the House refusing to attach the "emergency clause"; and, under the constitution, since the adjournment of the legislature, the chiropractors of Oklahoma, under the supervision of Dr. Carver as their legislative counsel, have referred the medical amendment to the votes of the people by a petition of thirty thousand, five hundred and ninety-two, whereas, sixteen thousand was the required number.

Dr. Carver became a public speaker of some reputation when but seventeen years of age. He has continually been a public speaker, has lectured and spoken in many states of the Union, and is always very active in the dissemination of the truth of chiropractic. His time for lectures is now engaged for nearly two years ahead. It is expected that within five years, he will have to entirely abandon his work as a teacher in Carver College, where he now and for the past five years has averaged four hours a day, entirely for the chiropractic lecture field. It is recognized wherever Dr. Carver is known, that he is the leading instructor of the chiropractic world. It is becoming more and more recognized that he should not confine his attention to any one institution, but should let the chiropractic world at large have the benefit of his carefully accumulated and thoroughly demonstrated knowledge.

COLLINS, F. W., M. D., D. O., D. C., Ph. C.

Dr. F. W. Collins began his career in the healing art by taking a course in The First Aid to the Injured, graduating in 1893. In 1897, he graduated from the Philadelphia School of Practical Anatomy and the Philadelphia School of Surgery. For many years he was assistant instructor in First Aid on the Lackawanna Railroad between Scranton and Hoboken. He also instructed in the gymnasium and became interested in Naturopathy, taking a



- CORBO, ALFONSO, 74 Jackson St., Orange, N. J. (D.C.)
- CORREY, MARIE MAGILL, 1006 W. Lake Ave., Los Angeles, Cal. (D.O.)
- CORDON, ANNA J., 9337 Hough St., Cleveland, O. (N.D.)
- CORENZ, W. C., Box 166, Beloit, Wis. (D.C.)
- CORGHILL, F. S., West Winfield, N. Y. (D.C.)
- CORK, FLOYD, Dallas, S. D. (D.C.)
- CORK, L. B., Paxton, S. Dak. (D.C.)
- CORKILL, LENA C., 122 W. 24th St., Kearney, Neb. (D.O.)
- CORKWELL, F. E., Avalon Bldg., Newark, O. (D.O.)
- CORMENY, HOWARD J., 50 E. Market St., York, Pa. (D.O.)
- CORNELIUS, CHARLES, 485 Sherbrooke St., Winnipeg Man. (D.O.)
- M. B., 485 Sherbrooke St., Winnipeg, Man. (D.O.)
- CORNELL, F. W., 22 3rd St. E., Dauphin, Man., Can. (D.C.)
- Leon L., Falls City, Neb. (D. O.)
- Murray, Prince Albert, Sask. Can. (D.C.)
- M. E., Humboldt, Sask., Can. (D.C.)
- CORNETT, JESSIE WIL-
LARD, 3331 E. 13th Ave., Denver, Colo. (D.O.)
- Mrs. Stella, 528 Gilbert Ave., Terre Haute, Ind. (D.C.)
- CORNWALL, C. A., 19-20 Nampa Bldg., Nampa, Idaho (N.D.)
- CORNWALL, CHARLES AD-
DISON, 423 S. Spring St., Los Angeles, Cal. (D.C.)
- CORP, MRS. H. A., 22 W. B., Hutchinson, Kan. (S.T.)
- CORRICK, A. W., 502 Millner St., Ottumwa, Ia. (D.C.)
- A. W. 907 N. Jefferson St., Ottumwa, Ia. (D.C.)
- CORVIN, GEO. D., Chateau, Mont. (D.C.)
- CORWIN, G. P., 2665 Sulphur St., Los Angeles, Cal. (D.C.)
- CORY, E. Ray, Austin, Minn. (D.C.)
- CORYELL, ROLAND S., Natl. Bank of Brookville Bldg., Brookville, Pa. (D.O.)
- COSNER, E. H., Reibold Bldg., Dayton, O. (D.O.)
- COSS, L. E. Willmer, Minn. (D.C.)
- COTA, ROSE, 10 Clark St., Burlington, Vt. (D.O.)
- COTNER, DR. J. W., Lebanon, Kan. (S.T.)
- COTTAM, Mr. and Mrs. N., Salt Lake City, Utah (D.C.)
- COTTON, W. F., Bradford, Ont., Canada. (D.C.)
- COTTRELL, MEAD K., 10308 Euclid Ave., Cleveland, O. (D.O.)
- COUGHLIN, M. E., 508-9 Spitzer Bldg., Toledo, O. (D.C.)
- COUGHLIN, M. Ethel, Bascom, O. (D.C.)
- COULTER, L. F., Weatherford, Okla. (D.C.)
- COULTER, ROBERT P., Weatherford, Tex. (D.O.)
- COULTRUP, ALFRED J., 214 E. Pikes Peak Avenue, Colorado Springs, Colo. (D.C.)
- Chas. E., 214 E. Pikes Peak Ave., Colorado Springs, Colo. (D.C.)
- COUNCIL, M. T., Crosbyton, Tex. (D.C.)
- COUNTER, A. E., 4923 Pensacola Ave., Chicago, Ill. (N.D.)
- COUR, Andrew A., 7043 N. Clark St., Chicago, Ill. (D.O.)
- COURGUME, H., 34 Eagle St., Geneva, O. (N.D.)
- COURSENE, HARRY, 3228 Carnegie Ave., Cleveland, O. (N.D.)
- Mrs. H., Geneva, O. (D.C.)
- COURTNEY, PERCY E., Gage, Okla. (D.C.)
- COURTS, LILLIAN JOSE-
PHINE, Pontiac, Mich. (D.O.)
- COVELL, FRED, Brandon, Ore. (D.C.)
- Martha A., Lindley Blk., Minneapolis, Minn. (D.O.)
- COVERT, CLARE S., 819 Main St., Rapid City, S. Dak. (D.C.)
- Martin, Chagrin Falls, O. (N.D.)
- O. W., Zanesville, O. (M.D., D.C.)
- COVERT, Wm. M., Chester-
ville, O. (D.M.T.)
- COVEY, FLORENCE A., The Somerset, Portland, Me. (D.O.)
- COVIGILL, JESSIE F., 116 S. 2nd St., Lincoln, Neb. (S.T.)
- COVINGTON, R. L., Clinton, Mo. (S.T.)
- COWDIN, GLEN L., 1416 W. 8th St., Oklahoma City, Okla. (D.C.)
- COWMAN, John J., 6902 St. Lawrence Ave., Chicago, Ill. (N.D.)
- COX & COX, 525 W. Church St., Elmira, N. Y. (D.C.)
- COX, C. W., 101 S. 8th St., So. Fargo, N. D. (N.D.)
- COX, DAVID J., 408 Charles St., Pittsburgh, Pa. (D.C.)
- Eugene L., 231-4 Gilmer Bldg., Winston-Salem, N. C. (N.C.)
- Henry G., 411 W. Water St., Elmira, N. Y. (D.C.)
- Howard, 506 Noble Building, Ardmore, Okla. (D.C.)
- J. A., Pullman, W. Va. (D.C.)
- Martha S., 910 W. 7th St., Joplin, Mo. (D.O.)
- Robert, 118 S. Virginia Ave., Atlantic City, N. J. (D.O.)
- Robt. C., 1524 Chestnut St., Philadelphia, Pa. (D.O.)
- Robt. C., 1339 S. 52nd St., Philadelphia, Pa. (D.O.)
- COX, ROBERT O., 213 Summit St., Pittsburgh, Pa. (D.C.)
- W. T., 113 Main St., Biddeford, Me. (D.O.)
- COY, D. C., 37 Davis Bldg., Dayton, O. (D.C.)
- COZATT, J. B., Jacksonville, Fla. (D.C.)
- CRABBE, Edna A., 2553 Glen-
more Ave., Columbus, O. (Ma.)
- CRABBE, M. B., 1104 L St. N. W., Washington, D. C. (D.C.)
- CRACKETT, H. C., 1523 O St., Lincoln, Neb. (S.T.)
- CRAFFT, MARCIA C., 114 Cedar St., Anaconda Mont. (D.O.)
- CRAIG, A. S., 3030 Tracy Ave., Kansas City, Mo. (D.O.)
- Mrs. Edith, Farmland, Ind. (D.C.)
- H. T., 20 E. Jackson Blvd., Chicago, Ill. (D.C.)
- J. H., Farmland, Ind. (D.C.)
- CRAIG, Stephen A., 1105 Fair Ave., Columbus, O. (N.D.)
- William, Ford St., Ogdens-
burg, N. Y. (D.O.)
- CRAIN, CORAL, 68 North Morengo Ave., Pasadena, Cal. (D.O.)
- C. J., Box 5, Union City, Ind. (D.O.)
- Festal, 68 N. Marengo Ave., Pasadena, Cal. (D.O.)
- CRAMB, LULU LYNDE, Fair-
bury, Neb. (D.O.)
- CRAMER, MYRTLE A., Pro-
ducers' Savings Bank
Bldg., Bakersfield, Cal. (D.O.)
- Oliver H., 13 S. Church St., West Chester, Pa. (D.O.)
- CRAMMER, CATHERINE, E., 130 W. Southern Ave., Williamsport, Pa. (D.C.)
- CRAMPTON, CHARLES C., 217 Court St., Kankakee, Ill. (D.O.)
- CRANDALL, H. F., 917 Col-
lege Ave., Racine, Wis. (D.C.)
- CRANDELL, S. GERTRUDE, Bealle Ave., Wooster, O. (D.O.)
- CRANE, ALLEN B., 32 Man-
hattan Street, Rochester, N. Y. (D.C.)
- F. L., 725 W. 23rd St., Los Angeles, Cal. (M.D., D.C.)
- CRANE, H. J., Richter Hotel, La Porte, Ind. (N.D.)
- Jessie M., 1012 4th St., Norfolk, Neb. (D.O.)
- P. L., 2316 1/2 S. Union Ave., Los Angeles, Cal. (D.C.)
- Ralph M., 18 E. 41st St., New York, N. Y. (D.O.)
- CRANK, L. MAE, Stapleton Bldg., Billings, Mont. (N.D.)
- CRAPO, J. EDWIN, 288 W. 92nd St., New York, N. Y. (M.T.D., D.C.)
- CRAVEN, J. H., Davenport, Ia. (D.C.)
- CRAVEN, JANE WELLS, Arrott Bldg., Pittsburgh, Pa. (D.C.)
- Merritt B., 605 Davis St., Evanston, Ill. (D.O.)
- CRAWFORD, A. D., 1458 Penn St., Denver, Colo. (D.C.)
- B., 303 Bergenline Ave., Union Hill, N. J. (D.C.)
- C. B., Shenandoah, Ia. (D.C.)
- CRAWFORD, C. H., 2100 Warren Ave., Chicago, Ill. (D.C.)
- Geo. S., 411 Ringford Ave., McKeesport, Pa. (D.C.)
- Geo. S., 411 Ringgold Street, Pittsburgh, Pa. (D.C.)
- H. T., 673 Boylston St., Boston, Mass. (D.O.)
- John S., Denton Co., Natl. Bank Bldg., Denton, Tex. (D.O.)

course under that Master of Teachers, Dr. Benedict Lust, graduating from the American School of Naturopathy in June, 1907. In 1909, he graduated from the New Jersey College of Osteopathy. In 1912, he graduated from the D. D. Palmer School of Chiropractic and was one of Dr. D. D. Palmer's favorite pupils. He has taken Post Graduate work from Dr. J. Stone, of the Stone College of Chiropractic of San Antonio, Texas, also under Dr. A. E. Gregory, of the Palmer-Gregory School of Chiropractic, of Oklahoma, Okla. In 1914, the American College of Neuropathy conferred on Dr. Collins the Honorary degree of Doctor of Neuropathy and the Honorary degree of M. D. (Doctor of Medicine). In 1915, he graduated from the American Academy of Science, receiving the degree of Doctor of Psychology. Dr. Collins has lately taken a special Post Graduate Course in the Philadelphia College and Infirmary of Osteopathy, in advanced Osteopathic practice, medicine, obstetrics and surgery, attending the operations and lectures in the Jefferson and Pennsylvania Hospitals, passing two State Board examinations with high honors. Dr. Collins is the Editor of and has been conducting the Chiropractic Department in the Herald of Health and Naturopath for a number of years, has written many booklets and theses on the cause and cure of disease by drugless methods, and has world-wide reputation as an authority on the healing art. He founded the American Academy of Chiropractic Research, which is destined to become the greatest of its kind in the world for the benefit of suffering humanity, having as a contemporary the Rockefeller Foundation of research for the cause and cure of disease by medicine, toxins, vaccines, serums and vivisection. In 1910, Dr. Collins founded the New Jersey College of Chiropractic. The College was incorporated as an institution of learning, in 1913 by Dr. F. W. Collins, Dr. Andrew Victory and Dr. G. E. Harley, and since its incorporation, it has attracted men and women from all parts of the globe. On account of its strict curriculum and requirements, it has been well nicknamed the "Mecca of Chiropractic," the shrine where all drugless physicians must worship. This College has grown to such a large extent, that a building of thirty-two rooms has lately been purchased at 577 Warren St., Newark, N. J., part of which will be used for College work, and part for the Hospital and Clinics.

CRISCUOLO, TERESA CIMINO, N. D.

Dr. Criscuolo, qualified in Italy and graduated from the American School of Naturopathy, 1909, is a naturopath, as well as a specialist in Magneto Therapy and all kinds of Drugless Methods. Member A. N. A., Section New York State. Her address is: 339 Leonard St., Brooklyn, N. Y.

COOMBS, FRANKLIN R., N. D., D. C.

Dr. Coombs, whose offices are located in the Fox Theatre Building, 88 West Main Street, New Britain, Conn., is thoroughly versed in all phases of naturopathic practice and has all the necessary equipment such as is required for the giving of chiropractic painless adjustments, electric light baths, vapor cabinet baths (and all other hydrophatic applications), mechano-therapy and psychotherapy.



Dr. Coombs has made a thorough and comprehensive study of Bio-chemistry and has accomplished gratifying results by means of this system, having studied the application of the tissue remedies for the past 14 years under Dr. Schaftsbury, of Washington, D. C. He is also a regular graduate of the Blumer College of Naturopathy and the National School of Chiropractic. Dr. Coombs was born in 1873.

CUMMINS, JOSEPH EDWARD, N. D., D. C.

Dr. Cummins, Naturopath, of Cedar Rapids, Ia., was born in Columbus, Ohio, February 13, 1867. He informs us that he is still living. He attended common schools in early life and became a teacher in central Ohio in 1884. He subsequently taught in Iowa and Missouri. He graduated in pedagogy in 1894, and in the scientific course in 1895 in Avalon College, Trenton, Mo. He served for three years as principal of the Decatur, Ia., high school. He was subsequently elected county superintendent of Decatur County, Ia., at the general election of 1895 on the Republican ticket, and was re-elected to the same office in 1897. Was appointed census enumerator of the county seat in 1900, having attained the highest civil service in the Eighth Iowa Congressional District over 600 competitors, and has been in the government service practically ever since. Dr. Cummins is exceptionally well read in Naturopathic literature, having become acquainted with chiropractic in 1902, and graduated in chiropractic July 15, 1912. He also post-graduated in chiropractic (Ph. C.) in 1913. He began teaching the science of drugless healing in 1913, and has continued it ever since. He has tested many of the theories and suggestions of the various Naturopathic authors and has been an original thinker and experimenter himself. Dr. Cummins married Miss Ruby Stedman, one of his county teachers, in 1897, and has a family of three daughters and one son. Young, active and in fine health, he has lived the temperate life and has no personal knowledge with alcohol or tobacco in any form. He also abstains from meat,

- Mrs. M. C., 24 Bowman St., Rochester, N. Y. (D.C.)
Nell C., 22 Hancock Street, Lexington, Mass. (D.O.)
S. Virginia, 10 Library Place, Danbury, Conn. (D.O.)
W. A., 928 Main St., Buffalo, N. Y. (D.O.)
W. F., 1300 McAllister St., San Francisco, Cal. (D.O.)
CRAY, MARY H., 28 W. Utica St., Buffalo, N. Y. (D.C.)
CREASY, J. C., 303 Jefferson St., Roanoke, Va. (D.C.)
J. G., 308 Jefferson St., Roanoke, Va. (D.C.)
L. D., 806 Pierce St., Lynchburg, Va. (D.C.)
CREATORE, TOMMASO, 762 S. 51st St., Philadelphia, Pa. (D.O.)
Tommaso, Widener Blvd., Philadelphia, Pa. (D.O.)
CREBORE, MARY ALICE, 4237 Olive St., St. Louis, Mo. (D.O.)
CREESE, L. D., Kramer Bldg., Elizabeth City, N. C. (D.C.)
CREIGHTON, B. E., 54 Hudson Ave., Newark, O. (D.C.)
Frank, 114-15 The Johnson, Muncie, Ind. (D.C.)
CREMINS, E. F., 5 Wadsworth St., Buffalo, N. Y. (D.C.)
CRERIE, MAUDE A., 28 Maywood St., Worcester, Mass. (D.O.)
CRESWELL, LENA, American Natl. Bank Bldg., San Diego, Cal. (D.O.)
CRICHTON, FRANCIS, Moosjaw, Ont., Canada. (D.C.)
CRISCUOLO, Teresa Cimino, 339 Leonard St., Brooklyn, N. Y. (N. D.)
CRISLER & CRISLER, Bushnell, Fla. (D.C.)
CRISLER, CHAS. E., Kissimme, Fla. (D.C.)
Mrs. Mary, Kissimme, Fla. (D.C.)
CRISS, J. D., 626 Warrington Ave., Pittsburgh, Pa. (D.C.)
CRISSMAN, JOHN, Lamar, Colo. (D.C.)
CRISSMAN & WALLACE, Lamar, Colo. (D.C.)
CRIST, GENERAL G., 406 I. W. Hellman Bldg., Los Angeles, Cal. (D.C.)
CRISTIAN, VIOLA, 412 Greenwood Bldg., Cincinnati, O. (D.C.)
CRITCHER, CARMA, Box 226, Degroff, O. (D.C.)
CRITCHTON, FRANCIS, Moose Jaw, Sask., Can. (D.C.)
CRITESER, W. T., 744 Cleveland St., Woodland, Cal. (D.C.)
CROFOOT, FRANK A., 77 Williams St., Lyons, N. Y. (D.O.)
CROFTON, HENRIETTA, Leary Bldg., Seattle, Wash. (D.O.)
CRONE, J. O., The Weltmer Inst. of Suggest. Therap., Nevada, Mo. (D.S.T.)
CRONK, BERTHA HARMON, Andover, Allegany Co., N. Y. (D.C.)
Otis E., Davenport, Ia. (D.C.)
CROSBY & CROSBY, 143 Wood St., Monroe, Wis. (D.C.)
CROSBY, A. J., Adams, N. Y. (D.C.)
CROSBY, C. A., 1533 W. Jackson Blvd., Chicago, Ill. (N.D.)
E. M., Worthington, Minn. (D.C.)
Gordon Keith, San Diego, Cal. (S.T.)
M. Ella, Clyde, O. (D.C.)
W. H., Jonesboro, Ill. (N.D.)
CROSIER, Winfield C., 44 Court St., Brooklyn, N. Y. (Cr.)
CROSKEY, J. C., Box 243, Loveland, Colo. (D.C.)
CROSS & CROSS, Madsen Bldg., Menomonie, Wis. (D.C.)
CROSS, MRS. CHAS., Standish, Mich. (D.C.)
CROSSBY, W., 4200 Grand Blvd., Chicago, Ill. (D.C.)
CROSSLAND, EMMA CATHERINE, McCormick Bldg., Twin Falls, Idaho. (D.O.)
CROSSLEY, May, Oswego, Kan. (D.C.)
CROUSE, MINNIE R., 1031 E. Colfax St., Denver, Colo. (D.C.)
CROUSE, MINNIE R., Brady Island, Neb. (D.C.)
CROW, Clyde M., Suite 112, Oak Hall Bldg., Duluth, Minn. (D.C.)
CROW, E. C., Second and Franklin Sts., Elkhart, Ind. (D.O.)
Louise P., 5311 Monte Vista St., Los Angeles, Cal. (D.O.)
Margaret, Suite 112, Oak Hall Bldg., Duluth, Minn. (D.C.)
CROWE, I. B., 2032 Cleveland Ave., Chicago, Ill. (D.O.)
CROWELL, Edgar G., 309-10 Snyder Bldg., Elmira, N. Y. (D.C.)
CROWELL, GLADYS L., Van Court Inn, Roselle, N. J. (D.C.)
CROWLEY, W. W., 141-42 Forsyth Bldg., Fresno, Cal. (D.C.)
CRUIKSHANK, OMAR T., 8148 Jenkins Arcade, Pittsburgh, Pa. (D.C.)
CRUM, J. W., Bartow, Fla. (D.O.)
CRUMPACKER, E. K., c/o Standard School of Chiropractic and Naturopathy, Davenport, Ia. (D.C.)
CRUSIUS, E. L., 500 5th Ave., New York, N. Y. (D.C.)
CRUTCHFIELD, WILLIAM E., McAdoo Bldg., Greensboro, N. C. (D.O.)
CRUZAN, ALBERT, 1046 Vermont St., Lawrence, Kan. (D.O.)
E. L., Cushing, Okla. (D.C.)
V. W., Cushing, Okla. (D.C.)
CRYSLER, HARRIET, 351 River Rd., Niagara Falls, Ont., Can. (D.O.)
CUDMORE, E. E., 1134 4th Ave., N. W., Moose Jaw, Sask., Can. (D.C.)
CUFF, AMY S., Dewey, Okla. (D.C.)
J. R., Dewey, Okla. (D.C.)
CULBERTSON, E. F., Seattle, Wash. (D.C.)
CULBERTSON, ELIZA M., Post Bldg., Appleton, Wis. (D.O.)
Retta, Kenton, O. (Ch.)
CULLEMS, Geo., 421 Walnut St., Philadelphia, Pa. (D.C.)
CULLEY, ALBERT B., Central Natl. Bank Bldg., St. Louis, Mo. (D.O.)
Edgar W., 450 Collins St., Melbourne, Australia (D.O.)
CULLOUGH, Wm. G., Broad St. Bank Bldg., Trenton, N. J. (D.C.)
CULMYER, J. Chester, Manitowoc, Wis. (D.O.)
CULVER, CELIE, 1415 E. Colfax Ave., Denver, Colo. (D.C.)
CUMMINGS, H. D., Macon, Ky. (D.C.)
L., Arkansas Natl. Bank Bldg., Hot Springs, Ark. (D.O.)
CUMMINGS, DR., NORFOLK HYDRO SANITARIUM, 719 Washington Ave., Norfolk, Va. (M.D., D.C.)
CUMMINGS, S. A., 373 Ocean Ave., Brooklyn, N. Y. (D.C.)
W. F., Dr., 719 Washington Ave., Norfolk, Va. (N.D.)
CUMMINGS, Miss A. M., 506 W. 113th St., New York, N. Y. (Ma.)
J. E., Davenport, Ia. (D.C.)
James, 676 Fulton Street, Brooklyn, N. Y. (H.)
CUMMINGS, W. S., 6 Clifton Ave., Lakewood, N. J. (D.O.)
CUMMINS, RUBY S., Allison Hotel, 1st Ave. and 4th St., Cedar Rapids, Ia. (D.P.T.)
CUNNINGHAM, ARTHUR B., Leary Bldg., Seattle, Wash. (D.O.)
Chas. J., Villa Grove, Ill. (D.O.)
C. G., West Bldg., Jacksonville, Fla. (D.C.)
Ella F., 727 Indian Pythian Bldg., Indianapolis, Ind. (D.C.)
Mrs. E. F., 220 S. Green St., Crawfordsville, Ind. (D.C.)
E. Lewis, Ferguson Bldg., Los Angeles, Cal. (D.O.)
G. H., 810 Liberty Bldg., Waterbury, Conn. (D.C.)
J. D., Livingston Building, Bloomington, Ill. (D.O.)
J. R., Moore Bldg., San Antonio, Tex. (D.O.)
R. D., Sumner, Ia. (D.C.)
R. E., Himmelberger-Harrison Bldg., Cape Girardeau, Mo. (D.O.)
S. R., 425 E. 3rd St., Oklahoma City, Okla. (D.C.)
CUPP, H. C., Bank of Commerce Bldg., Memphis, Tenn. (D.O.)
CURLAND, Miss Fannie, 130 W. 116th St., New York, N. Y. (Ma.)
CURLISS, E. S., 811 Lyric Theatre Bldg., Cincinnati, O. (D.C.)
CURNOY, L. H., 2341 Kemfer Lane, Cincinnati, O. (D.C.)

tea, coffee and condiments, as becomes a loyal Naturopath. Dr. Cummins is an ornament to his profession.

CZUKOR, DR. EUGENE JACQUES

Professor Czukor was born in Losoncz, Hungary, and, as is usual in the education



Dr. Eugene Jacques Czukor

of youth in his country, he became proficient in gymnastics during his stay in school. When an infant an ailment in his bones was cured by exercises, both active and passive, and this fact became a tradition modifying his after-life. He came to America with his family at the age of 13 and went to school here, and in two years became so far advanced that he skipped High School. He learned French, German and English besides his native Hungarian tongue. He afterwards took a course in Columbia University studying Anatomy and Philosophy. He also studied music and is an expert player of the piano. All his family are musical, an older brother being first violin in the Russian Ballet that toured the United States last winter. Some three years ago he opened a studio in New York for the practice of curative gymnastics in certain forms of disease. His theory is that exercise, both active and passive, controls the circulation of the blood, reduces excitation of the nervous system, strengthens the heart and other internal organs, quiets the

emotions, eliminates waste, and adjusts the body to its environment. In the mental status, he aims to prevent mental confusion, strain and indecision, and create optimism, that sense of mental freedom and power that attracts influences that belong to uplifted states of mind. He invigorates the will, without whose activity success in life is impossible. One of his latest patients was a salesman who had lost his mental grip in his business. After ten treatments he went out and easily quadrupled his orders. His greatest success is with patients whose mental development has gone ahead of the powers of the body to obey the injunctions of the will. He restores the disturbed equilibrium with the resources of breathing, exercise and hygiene. Professor Czukor has treated some of the best known people in New York, restoring semi-invalids and the really prostrated to perfect health, by utilizing the forces of nature. At the present time he is treating his patients at their own homes, pending the establishing of an institute where he will have all the apparatus of curative gymnastics, such as are employed in the best curative gymnasia of Europe. His present address is No. 100 W. 124th St., New York. Dr. Czukor will shortly publish a book on the philosophy and practice of Curative Gymnastics.

DAVID, T. H., D. C., N. D., M. T.

Dr. David, of Williston, N. D., enjoys a great reputation as a Naturopath amongst a clientele of merchants, priests, bankers, judges, court officers, farmers and laboring men, and others. He is a young man of great energy, and is a graduate of the American School of Naturopathy, and several other colleges of Drugless methods. He is one of the prominent members of the Syrian



Colony in his territory, and is secretary of the Syrian Relief Committee of North Dakota, that is directing a relief fund campaign in North Dakota to save the starving non-combatant people in Syria and Lebanon. Dr. David is an adept in mechano-therapeutic methods, as he believes that vibration is the first need of life, and that through carefully applied measures of molecular movements, the sick organism can achieve growth, health and comfort just in proportion as it is deviated from deformity, disease and death. Dr. David does not minimize the importance of proper diet, fresh air, physical and mental culture as powerful adjuncts to his methods, and all taken together certainly promotes and secures normal evolution, long and useful life and happiness by recognizing the normal processes of life and natural laws. Member of the A.N.A., and the North Dakota State Society of Naturopaths.

- CURRAN, CECILIA G., Empire Bldg., Philadelphia, Pa. (D.O.)
Harriet E., 4532 Clifton Ave., Chicago, Ill. (D.C.)
- CURRENCE, B. C., 50 East Perry St., Tiffin, O. (D.O.)
- CURREY, Wm. W., 467 Warren Ave., Detroit, Mich.
- CURRIER, D. M., Newport, N. H. (M.D.)
- CURRIER, SOPHIE, Ashland, Kan. (D.C.)
W. H., 307-9 Huron Ave., Port Huron, Mich. (D.C.)
- CURRY, Arthur B., 3207 Lexington Ave., Chicago, Ill. (D.O.)
M. E., 603½ Market Street, Parkersburg, W. Va. (D.C.)
- CURRY, H. B., Harrisville, W. Va. (D.C.)
- CURTIN, KATHERINE E., Empire Bldg., Denver, Colo. (D.O.)
- CURTIS, MRS. A. F., Nottingham Hotel, Boston, Mass. (D.C.)
Frederick G., Pace Bldg., Mount Vernon, Ill. (D.O.)
Jay L., Fergus Falls, Minn. (D.O.)
L. C., West Union, Ia. (D.C.)
- CURTIS & CURTIS, 240 S. Court St., Sullivan, Ind. (D.C.)
- CURTIS & CURTIS, 828 Brady St., Davenport, Ia. (D.C.)
- CURTIS, EDWARD J., 736 Palmwood Ave., Toledo, O. (D.M.T.)
L. R., Canton, O. (D.C.)
- CURTICE, Mary B., Rochester, N. Y. (N.D.)
Viola F., West Union, Ia. (D.C.)
- CUSHMAN, Ch., E., Auditorium Bldg., Chicago, Ill. (D.O.)
Chas. R., 6 N. Mich. Ave., Chicago, Ill. (Nap.)
- CUTBURG, F. R., 2348 Telegraph Ave., Oakland, Cal. (D.C.)
- CUTLER, ALFRED, 304 N. 5th St., Harrison, N. J. (N.D.)
- CUTLER, L. LYNN, Berlin Savings Bank Building, Berlin, N. H. (D.O.)
- CUTTY, THOS., 1200 Poplar Grove Blvd., Baltimore, Md. (N.D.)
- CZUKOR, EUGENE JACQUES, 100 W. 124th Street, New York, N. Y. (Ma.)

D

- DAERDEN, ALFRED, New Philadelphia, O. (D.C.)
- DAGLEY, J. B., Lockney, Tex. (D.C.)
- DAHL & DAHL, Cottonwood, Minn. (D.C.)
- DAHLBERG, AUGUST, 1910 E. 73d St., Chicago, Ill. (Ma.)
- DAHLSTRÖM, MISS T., 357 W. 23rd St., New York, N. Y. (Ma.)
- DAHMROW, E. H., 418 N. Bluff St., Janesville, Wis. (D.C.)
- DAILEY, C. J., 94 N. Pearl St., Albany, N. Y. (Opt.)
- DAILY, C. E., Colcord Bldg., Oklahoma City, Okla. (D.O.)
J. A., 10 N. Webb St., Oklahoma City, Okla. (D.C.)
Lillian B., Granite Building, Rochester, N. Y. (D.O.)
- DAKE, W. A., 321 Hayes Blk., Janesville, Wis. (D.C.)
- DAKIN, RUSSELL S., Depot St., Shelbyville, Tenn. (D.O.)
- DALE, W. J., 6236 Lexington Ave., Chicago, Ill. (D.C.)
- DALE, WALTER J., 6236 University Ave., Chicago, Ill. (D.C.)
- D'ALMAINE, C. Helen, 510 Firemen's Ins. Bldg., Newark, N. J. (D.C.)
- DALMER & DALMER, Box 19 Creston, Ia. (D.C.)
- DALTON, D. R., Parker, S. Dak. (D.C.)
L. R., Washington, Ia. (D.C.)
Leon, Racine, Wis. (D.O.)
- DALY, M. F., 6 E. Church St., Nanticoke, Pa. (N.D.)
W. C., 22 N. Second Street, Vincennes, Ind. (N.D.)
- DAIZELL, JAS. G., Grundy Center, Ia. (D.C.)
- DALLMAN, WM. R., Tyndall, S. Dak. (D.C.)
- DAM, Myrtle M., 5461 Hill Crest Ave., Pittsburgh, Pa. (Ma.)
- DAMON, W. H., 1029 W. 22nd St., Los Angeles, Cal. (D.C.)
- DANA, Frances, 81 E. Madison St., Chicago, Ill. (D.O.)
Jay W., Pinehurst, N. C. (D.C.)
L. A., 506 Grossman Bldg., Lynn, Mass. (D.C.)
- DANA, JAY W., 308 Flanders Bldg., 15th and Walnut Sts., Philadelphia, Pa. (D.C.)
- DANFORTH, WILLARD J., 268 Jersey St., Buffalo, N. Y. (D.C.)
- DANIEL, A. L., 506-8 Security St., Oklahoma City, Okla. (D.C.)
B. Monroe, 39 S. State St., Chicago, Ill. (D.C.)
O. L., Olds, Alberta. (D.O.)
- DANIELS, Mrs. B., 5129 Engle-side Ave., Chicago, Ill. (N.D.)
Elve V., Moscow, Idaho (D.C.)
Harry, Lisbon, N. D. (D.C.)
- DANIELS, HARRY, Strom-berry, Neb. (D.C.)
Henry, Times Building, Brockton, Mass. (D.O.)
J. O., 528 Minnesota Ave., Kansas City, Kan. (D.C.)
Melville, Sheldon Ave., Grand Rapids, Mich. (D.C.)
Lester R., Fornum Bldg., Sacramento, Cal. (D.O.)
James O., 710 Minnesota Ave., Kansas City, Kan. (M.D.)
R. R., Majestic Building, Denver, Colo. (D.O.)
- DANN, H. J., Bliss Bldg., Sandusky, O. (D.O.)
- DANNEL, B. M., 39 S. State St., Chicago, Ill. (D.C.)
- DARLAND, G. T., La Grande Natl. Bank Bldg., La Grande, Ore. (D.C.)
- DARLING & DARLING, 536 S. Emporia Ave., Wichita, Kan. (D.C.)
- DARLING, MRS. W. A., 127 S. Main St., Wichita, Kan. (D.C.)
- DARLING & BAKER'S CHI-ROPRACTIC COLLEGE, Wichita, Kans.
Frank S., Indianapolis, Ind. (D.C.)
- DARNELL, J. J., 429 16th St., Denver, Colo. (D.C.)
J. J., 420 16th St., Denver, Colo. (D.C.)
Laura B., 1315 Broadway, Denver, Colo. (D.C.)
- DARRAH, L. C., 737 S. Har-ri-son St., Pocatello, Idaho. (D.C.)
- DARRAH, MAUDE, Mount Vernon, O. (Ma.)
- DARRAH, LINDELL C., 339 N. Main St., Pocatello, Idaho. (D.C.)
- DART, O. L., Graysville, Tenn. (D.C.)
- DASH, CLEMENS R., 109 Park Ave., Dunkirk, N. Y. (D.C.)
- DASHIELL, ELEANOR R., Murray Hill, Annapolis, Md. (D.O.)
- DAUGHENBAUGH, F. A., Route 2, Massena, Iowa. (N.D.)
S. Earl, Anita, Iowa (N.D.)
- DAUGHERTY, A. E., People's Bank Bldg., Bloomington, Ill. (D.O.)
Isaiah and C. H., Phillippi, W. Va. (D.C.)
M. J., Lima, O. (N.D.)
Martha J., Lansing, Mich. (D.C.)
- DAUGHERTY, I. W., 301½ N. Federal Ave., Mason City, Iowa (D.C.)
Martha, Xenia, O. (D.C.)
- DAUMLER, MISS MAME, 519 S. 4th St., Columbus, O. (D.C.)
- DAUSCH, PHOEBE, 35 Ayers Ave., Dayton, O. (N.D.)
- DAUST, O. L., R. F. D. 9, Kent, O. (D.M.T.)
- DAVEY, FLORA M., 375 E. Grant St., Minneapolis, Minn. (D.O.)
- DAVENPORT, BERT M., Sabetha, Kan. (D.O.)
- DAVENPORT COLLEGE OF CHIROPRACTIC, Daven-port, Ia. (D.C.)
Harry Lewis, 1117 13th Ave., Altoona, Pa. (D.O.)
R. E., 504 New York Ave., Whiting, Ind. (D.C.)
- DAVID, T. Henry, Pittsburgh, Kan. (D.C.)
T. H., Scobey, Mont. (N.D.)
Tanous H., P. O. Box 703, Williston, N. D. (N.D.)
- DAVIDSON, A. & H. A., Lamont, Ia. (D.C.)
C. R., Rimel Bldg., Portland, Ind. (D.C.)
M. E., Brockton, Mass. (D.C.)

DE CILLA, A., N. D.

Dr. A. De Cilla, Naturopathic physician of New Haven, Conn., believes in incorporating what is best from the various approved scientific and natural methods of healing and correlating such into one uniform system of cure. This is sound philosophy. To be more exact, Dr. De Cilla has adopted the science and art of mechanotherapeutic adjustments, and at the same time applies mental science to induce a healthy outlook on life, together with dietetics, or the supplying of the organism with its imperatively needed food elements. Dr. De Cilla is a member of the National Society of Naturopaths. He is a wide-awake, progressive practitioner of Italian descent, and enjoys a high reputation, both as a practising physician and an influential citizen.



DEININGER, MRS. ELVIRA A., D. O., D. C., N. D.

Mrs. Elvira A. Deininger, D. O., D. C., N. D., wife of Dr. A. Deininger, is a graduate of the Universal Chiropractic College, Davenport, Iowa, and is a licensed Osteopath of the State of New Jersey. For many years she has been connected with Dr. A. Deininger in all his earnest labors on behalf of Chiropractic, and has been of great assistance in teaching in the New York School of Chiropractic. At present, she is his Associate in conducting the Chiropractic Sanitarium of West New York, N. J., and of the free Clinic attached to it. She also aids in the instruction of the theory and practice of Chiropractic in the New York School of Chiropractic. Her genial nature, her ever-pleasant countenance and her sympathetic interest in each and all the students, have made her popular and beloved by all the graduates and students of the New York School of Chiropractic.



DEININGER, ANTON, D. O., D. C., N. D.

Anton Deininger, D. O., D. C., N. D., Dean of the New York School of Chiropractic, is one of the pioneers of the Chiropractic profession. His name, fame and reputation are known throughout the country. He is a graduate of Father Kneipp's Water Cure Institute, Woerishofen, Bavaria; Rickli Institute, Veldes Krain, Austria; Universal Chiroprac-



tic College, Davenport, Iowa; Old Physio-Medical College, New York; Osteopathic and Naturopathic College, Berlin, Germany. He is also chief of staff of the Chiropractic Sanitarium of West New York, N. J., and holds an Osteopathy license in the State of New Jersey. His personal skill in adjustments of a number of patients affected with infantile paralysis, brought him great fame throughout the State. His classes in Chiropractic are well attended, for no student would care to miss his recitation. His mastery of his subject; the clarity of his lectures; his wonderful technic in practical illustrations and his skill in bringing various phases of Adjustment and Palpation place him upon an elevation that few can reach. Personally, he is regarded not only as a professor but as a personal friend and counsel to each and all the students. By his patients he is regarded with the highest respect both for his personality and his professional skill.

DISNEY, J. LAMBERT, N. D.

Dr. Disney, who is at present located in Scranton, Pa., first studied Natural healing in Bernarr Macfadden's institution, in Helmetta, N. J., in 1902, where he became assistant manager. He was one of the early pioneers of Naturopathy, at a time when students had no facilities to speak of to obtain a good Naturopathic education. As a student, he showed exceptional qualities of courage and steadfastness to what was a proscribed cause, and while studying, became a professor. Those were the days when students learned their profession by teaching one another, and as a professor of this type, he exhibited in a high degree the exceptional qualities of enthusiasm, loyalty and self-sacrifice. The man who won a diploma under such circumstances was a hero. He was a man who faced facts as they were, and was ready to go to jail, if need be, in defense of medical liberty. Dr. Disney has developed a large home-curing method of treatment by mail, and his correspondence institute, in Philadelphia, was the headquarters of this system. The great success that he achieved in this direction was largely due to the able assistance of his wife, Pearl Disney, who was and is an enthusiastic student of Naturopathy. Dr. Disney is now a regular M. D. in Pennsylvania, using Drugless methods exclusively. For several years, Dr. Disney most ably edited a special department for physical culture in the Naturopath and



- Rebecca R., 887 Greene Ave., Brooklyn, N. Y. (D.C.)
 Wm., 246 Virginia Ave., Jersey City, N. J. (D.C.)
 DAVILSON, B. E., Kansas City, Mo. (M.D.)
 James, 4200 So. Grand Blvd., Chicago, Ill. (N.D.)
 H. J., 127 E. Carfield Ave., Chicago, Ill. (D.O.)
 DAVIES, CATHERINE E., 15 S. Franklin St., Wilkes-Barre, Pa. (D.O.)
 F. T., 319 Besse Bldg., Springfield, Mass. (D.C.)
 Samuel, St. Louis, Mo. (D.C.)
 DAVIES, Wm. M., 325 Mercantile Bldg., New Castle, Pa. (D.M.T.)
 DAVIS, A. H., Whitewright, Tex. (S.T.)
 A. H., Elderfield and Harts-horn Bldg., Niagara Falls, N. Y. (D.O.)
 A. P., 154 W. 23rd Street, Los Angeles, Cal. (D.C.)
 Amy Reams, 59 E. 59th St., Chicago, Ill. (D.O.)
 Belle C., Scherge Bldg., 4 W. 7th St., Cincinnati, O. (M.A.)
 Mrs. Callie, 154 W. 23rd St., Los Angeles, Cal. (D.C.)
 Clara, E. Wooster Street, Bowling Green, O. (D.O.)
 Dr., Woonsocket, S. Dak. (D.C.)
 D. W., Weiss Bldg., Beaumont, Tex. (D.O.)
 E., 120 S. Grand Blvd., Los Angeles, Cal. (D.C.)
 E., 315 E. 7th St., Los Angeles, Cal. (D.C.)
 E. T., 319 Besse Building, Springfield, Mass. (D.C.)
 F. C., Tonkawa, Okla. (D.O.)
 Henry M., 620 1/2 Nicollet Ave., Minneapolis, Minn. (D.O.)
 Jas. E., 768 Poplar Street, Macon, Ga. (D.C.)
 J. E., Oskaloosa, Ia. (D.C.)
 J. F., Lindsay, Ont., Can. (D.C.)
 J. J., Newbury, Tex. (S.T.)
 J. Morrison, Hale Bldg., Philadelphia, Pa. (D.O.)
 J. P., Lindsay, Ont., Can. (D.C.)
 O. B., 114 1/2 E. Main Street, Bellevue, O. (D.C.)
 Paul R., St. James Bldg., Jacksonville, Fla. (D.O.)
 Russell, Orilla, Ont., Can. (D.C.)
 S., 506 Fair St., Kittanning, Pa. (D.C.)
 Samuel, 421 Reynolds Ave., Kittanning, Pa. (D.C.)
 Sam'l, Altoona Trust Bldg., Altoona, Pa. (D.C.)
 Sarah M., Putnam House, Palatka, Fla. (D.O.)
 T. A., Dayton Beach, Fla. (D.C.)
 T. E., 202 I. O. O. F. Bldg., Calgary, Alb., Can. (D.C.)
 Thomas L., Chronicle Bldg., Augusta, Ga. (M.D.)
 Willard C., 237 W. Main St., Bozeman, Mont. (D.O.)
 W. E., 719 Water St., Corpus Christi, Tex. (D.O.)
 W. L., Funke Bldg., Lincoln, Neb. (D.O.)
 Wm., Broken Bow, Neb. (S.T.)
 W. W., Hedrich, Ia. (D.C.)
 W. W., 2609 Hickory Street, Dallas, Tex. (D.C.)
 Wm., Claremore, Okla. (S.T.)
 DAVIS, C. H., 39 S. State St., Chicago, Ill. (D.O.)
 Chas. H., 3405 Monroe St., Chicago, Ill. (D.O.)
 Edw. G., 4601 Evanston Ave., Chicago, Ill. (M.D.)
 Grace H., 33 W. State St., Columbus, O. (Ch.)
 J. B., 25 New Street, Newark, N. J. (D.C.)
 J. H., 34 Euclid Ave., Ludlow, Ky. (D.C.)
 John M., 504 Neave Bldg., Cincinnati, O. (Ch.)
 Samuel, York, Pa. (D.C.)
 DAVIS COLLEGE OF NEURO-PATHY, 154 W. 23rd St., Los Angeles, Cal. (N.D.)
 DAWES, Richard, Racine, Wis. (N.D.)
 DAWES, WILLARD C., 237 Main St., Bozeman, Mont. (D.O.)
 DAWSON, B. E., 101 E. 30th St., Kansas City, Mo. (Or. S.)
 DAWSON, E. E., 1398 Pythian Ave., Springfield, O. (M.D.)
 Frances, 1007 Pierce St., Omaha, Neb. (D.C.)
 Nellie, 229 W. State Street, Wellsville, N. Y. (D.C.)
 DAY, BEATRICE, Hallstead, Pa. (D.C.)
 E. F., Mayfield, Ky. (D.O.)
 J. O., 1026 S. 4th Avenue, Louisville, Ky. (D.O.)
 Lawrence E., Warren and Avery Sts., Detroit, Mich. (D.O.)
 Lawrence E., 359 Lincoln Ave., Detroit, Mich. (D.O.)
 Mary Warren, New Baxter Bldg., Portland, Me. (D.O.)
 DAY, J. Warren, 80 Granite St., Portland, Maine (D.M.T.)
 DAYTON, FRANK E., 3259 W. Madison St., Chicago, Ill. (D.O.)
 DAZEY, Chas. A., 1005 Market St., Youngstown, O. (D.)
 DEAN & WHITMORE, DRs., Asheville, N. C. (D.C.)
 DEAN, CLAY L., 615 Grand Bldg., Atlanta, Ga. (D.C.)
 Clay L., Moultrie, Ga. (D.C.)
 G. D., 5th and Market Sts., East Liverpool, O. (D.C.)
 H. S., First Natl. Bank Bldg., Durango, Colo. (D.O.)
 James R., Box 35, Winter Haven, Fla. (D.C.)
 W. E., Michigan Bldg., Bozeman, Mont. (D.O.)
 W. K., Berrien Springs, Mich. (D.C.)
 DEAN, T. A., Casper, Wyo. (M.D.)
 DEAN, W. K., Birmingham, Ala. (D.C.)
 DEANE, DR. ALICE M., 607 Farwell Bldg., Detroit, Mich. (D.O.)
 John W., Beresford, S. Dak. (D.O.)
 DEARDEN, ALFRED, 335 E. Hight St., New Philadelphia, O. (D.C.)
 Jno., 318 Saginaw Street, Flint, Mich. (D.C.)
 DEARDEN, JOHN, Battle Creek, Mich. (D.C.)
 DE ARMOND, R. E., 230 S. Soto St., Los Angeles, Cal. (D.C.)
 DEARTH, C. E., Box 28, Fairview, Okla. (D.C.)
 DEASON, J., Goddard Bldg., Chicago, Ill. (Ph.G., D.O.)
 DE BAUN, HARRY C., 141 Myer St., Hackensack, N. J. (D.C.)
 Harry C., 134 Washington St., Paterson, N. J. (D.C.)
 DE BELLA, JOSEPH, 4164 Drexel Bldg., Chicago, Ill. (N.D.)
 DE CARLO, P. R., 797 Cass Ave., Detroit, Mich. (D.C.)
 DE CARNO, E., Davenport, Ia. (D.C.)
 DE CILLA, A., 73 Lyon Street, New Haven, Conn. (D.M.T., N.D.)
 DECKER, Bert D., 1064 Dorr St., Cleveland, O. (D.M.T.)
 DECKER, R. D., 639 W. 18th St., Chicago, Ill. (D.C.)
 DECKER, MRS. R., Whittier, Cal. (N.D.)
 DECKMANN, W., Plymouth and Penn Aves., North Minneapolis, Minn. (N.D.)
 DEDINSKY, Louis, 4201 Mapledale Ave., Cleveland, O. (D.C.)
 DEDRICK, S. C., Natl. Bank Bldg., Ronneby, Minn. (D.C.)
 DEE, K. M., Bozeman, Mont. (N.D.)
 DEEKS, J. H., 529 Call St., Los Angeles, Cal. (D.C.)
 J. Harley, Somerset Blk., Winnipeg, Man., Can. (D.O.)
 J. H., 529 California Street, Los Angeles, Cal. (D.C.)
 DEEM, E. E., 5521 Perkins Court, Cleveland, O. (D.C.)
 E. E., 1945 E. 69th Street, Cleveland, O. (D.C.)
 DEEMING, W. J., Brookfield, Mo. (D.O.)
 DEERIN, MR. & MRS., 964 Broad St., Newark, N. J. (D.C.)
 DEETER, J. N., 315 N. 35th St., Philadelphia, Pa. (N.D.)
 DEETER, RUTH A., 132 Walnut St., Harrisburg, Pa. (D.O.)
 DE FOREST, Florence S., 1548 E. 82nd St., Cleveland, O. (Ch.)
 DE FRANCE, JOSEPHINE, Commercial Bldg., St. Louis, Mo. (D.O.)
 DE GROOT, FRED B., Safety Bldg., Rock Island, Ill. (D.O.)
 DEININGER, A., Broadway Bldg., N. E. Cor. 39th St. and Broadway, New York, N. Y. (D.C.)
 DE JARDINE C., 99 N. Court St., Port Arthur, Ont. (D.O.)
 DE JONGUE, JACOB, Zeeland, Mich. (D.C.)
 DE JONGE, Jno. J., Zeeland, Mich. (D.C.)
 DEKEN, E. A., 120 West Kibby St., Lima, O. (N.D.)
 DE KEYSER, A. P., 704 Dekun Bldg., Portland, Ore. (D.C.)
 Amanda P., Columbia Bldg., Portland, Ore. (D.C.)
 DEKKER, B. M., 456 West Jefferson St., Los Angeles, Cal. (D.C.)

Herald of Health. He is the author of several books on rational living and Nature Cure, and a member of the A. N. A., and the Pennsylvania State Society of Naturopaths.

DUX, HENRY M., N. D., D. O., M. D.

Dr. Henry M. Dux, of Jacksonville, Fla., a regular licensed physician, was a Naturopath in Germany before locating in Florida. He was president of the Naturopathic Association for Rhineland and Westphalia, was a recognized naturopath and lecturer and was a great fighter for medical freedom. The intelligence of the Florida legislators has not yet risen to the level of granting the members of the most potent cult of healing in the world: Naturopathy—the privilege to practice their profession without persecution from the minions of official medicine. The State presumes to sit as judge and declare one school of medicine as orthodox and regular and another heterodox, or irregular and worthless. If a man or woman know that they can be healed by the use of Nature's forces much more readily and satisfactorily than they can by the poisonous practice of drugging, the State has no right to prevent such healing process by the use of the coarse machinery of the law, a practice that savors of the ignorance and brutality of the Dark Ages, an age in which we really dwell at present as far as things medical are concerned. Dr. Dux is the head of the Dr. H. Dux Co., Inc., manufacturing chemists, and is interested with two brothers in this enterprise. He is a loyal member of the A. N. A., and State representative for Florida.

ERZ, A. A., N. D., D. C.

Dr. Erz, of San Francisco, Cal., is not only a Naturopathic practitioner of great ability and reputation, but he is an author of great prestige in the field of natural healing. His best known work is entitled "The Medical Question, the Truth about Official Medicine," which is a powerful argument for medical freedom. "What is needed most in the medical world," he says, is toleration of the rights of others to live their own lives, think their own thoughts, come to their own conclusions, and give all honest investigators and students of medical matters a fair chance to be of service to suffering humanity. Official medicine needs a lesson in tolerance and justice towards others who dare to differ, because they recognize the necessity of knowing the laws of nature and observing them. And that is what the Natural system stands for, which recognizes the fact that there is one real duty that confronts all students of nature, life and science, which cannot be

ignored, and that is to decide just what means of help are most beneficial, not only to their own advancement, but also those which bring the greatest amount of practical help to suffering humanity." "The Medical Question" covers so many aspects of Drugless Healing that it may be rightfully regarded as the bible of Naturopathy. It consists of 585 pages and sells for \$4.00; cloth, \$5.00. The other works of Dr. Erz are "What Medicine Knows and Does Not Know About Rheumatism," "What Constitutes the True Science and Art of Healing," "A Message to All Drugless Systems." Dr. Erz is a successful practitioner of Chiropractic and Naturopathy, as well as an author, and enjoys an important patronage in the Queen City of the Pacific Coast. He is daily proving that the superstitious faith in the healing power of nauseous, poisonous drugs, is a serious menace to the health and life of mankind, by virtue of the fact that drugs only temporarily stifle the symptoms of disease whereas his natural remedies alleviate pain, stimulate vitality and eliminate the cause of the ailment. He is destroying retrogressive medicine by the greater power of progressive medicine. Retrogressive medicine is simply drug medication which is unscientific and irrational and which violates the laws of life and health since all chemical drugs are more or less poisonous and as such injurious to the human system.

EDWARDS, L. S.; M. T., N.D.

EDWARDS, LILLIAN, M. T., N. D.

Supt. of the Hydropathic Institute, 420 Main Street, Hartford, Conn.



Dr. L. S. Edwards

- DE LA MATER, F. NEWTON, McAllister, Okla. (S.T.)
- DELAITANE, Dorothy, 371 E. Long St., Columbus, O. (Ch.)
- DE LAPP, SIDNEY L., Perkins Bldg., Roseburg, Ore. (D.O.)
- DE LENDRECIE, HELEN, 607 S. Kingsley Drive, Los Angeles, Cal. (D.O.)
- DELK, J. W., 514 Brady St., Davenport, Ia. (D.O.)
- DELK, L. P., c/o Stand. School of Chiropractic and Naturopathy, Davenport, Ia. (M.D.)
- DE LONG, L. H., 152 S. Burdick St., Kalamazoo, Mich. (D.C.)
- L. H., Vicksburg, Mich. (D.C.)
- Laura, 96 Eagle St., Englewood, N. J. (D.O.)
- Raymond L., Bank of Holden Bldg., Holden, Mo. (D.O.)
- DE MALLIE, BERTHA, 159 Berkeley St., Rochester, N. Y. (D.C.)
- DEMAREST, E. M., Westminster, Md. (D.O.)
- DE MARSA, CLARENCE, 4th and Center Sts., Taft, Cal. (D.C.)
- DEMING, LEE C., Box 154, Anaheim, Cal. (D.O.)
- DEMMEWALD, G. A., 4823 W. Congress St., Chicago, Ill. (D.C.)
- DEMMITT, S. T., Hutchinson, Kan. (D.C.)
- DE MOTTE, A. G., 2720 N. Richmond St., Chicago, Ill. (D.C.)
- DENEEN, MARY, Larchwood, Ia. (D.C.)
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- DENLINGER & DENLINGER, 1317 16th St., Two Rivers, Wis. (D.C.)
- DENLINGER, J. H., 109 S. Riverside Drive, Elkhart, Ind. (D.C.)
- Dr. J. H., Davenport, Ia. (D.C.)
- J. H., Elkhart Water Co. Bldg., Elkhart, Ind. (D.C.)
- DENNETT, F. A., 138 Huntington Ave., Boston, Mass. (D.O.)
- Dr. Herbert E., 151 Huntington Ave., Boston, Mass. (D.C., D.P., D.D.S.)
- DENNING, L. B., 1130 Main St., Dubuque, Ia. (N.D.)
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- DENNIS, HERBERT C., 9710 Laird Ave., Cleveland, O. (Sp.)
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- L. L., 908 Broadway Central Bldg., Los Angeles, Cal. (D.C.)
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- E. S., 477 Colborne Street, London, Ont., Can. (D.O.)
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- DEVENS, LENA, Black Mountains, N. C. (D.C.)
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- Redfield, S. Dak. (D.C.)
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- A. G., 843 Wellington Ave., Chicago, Ill. (D.C.)
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- Minnie S., 200 Lark Street, Albany, N. Y. (D.C.)
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- DEVITT, ELLIS, 603 West St., Hillsboro, O. (D.M.T.)
- DEVORE, BURNISE E., 202 West Ave., Los Angeles, Cal. (D.C.)
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- DEWEY, MRS. SYLVIA, Orlando, Montana. (S.T.)
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- Emma Good, 277 Monument Ave., Wyoming, Pa. (D.O.)
- J. O., Port Huron, Mich. (D.C.)
- DE WITT, F. E., 505 Chestnut St., Burlington, Wis. (D.C.)
- Orla, 202 South Lincoln St., Chicago, Ill. (N.D.)
- DE WOLF, BLANCHE E., 12 Endley Bldg., Elyria, O. (N.D., D.C.)
- Dr. Winifred, 504 Fine Arts Bldg., Detroit, Mich. (D.O.)
- Blanche, Altoona, Pa. (D.C.)
- DE WOLF, WM., 502 Masonic Temple, Chicago, Ill. (Opt.)
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- DE YOUNG, Dr. S. J., Saint Charles, Ill. (D.C.)
- DICK, E. F., 1710 Highland Blvd., Milwaukee, Wis. (D.C.)
- P. F., 2710 Highland Blvd., Milwaukee, Wis. (D.C.)
- DICKENSCHER, V., 3700 5th Ave., Washington, D. C. (D.C.)
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- DIEGO, VINCENT A., San Diego, Cal. (D.C.)
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- DIERKS & DIERKS, Wahoo, Neb. (D.C.)
- DIETZ, A., 1428 Vliet Street, Milwaukee, Wis. (D.C.)
- Dr. Herbert H., 1725 W. Norris St., Philadelphia, Pa. (N.D.)
- H. Lewis, Physician Bldg., Oakland, Cal. (D.C., M.D.)
- Phineas, 500 Broad Street, Newark, N. J. (D.O.)
- W. S., 94 S. 18th Street, Pittsburgh, Pa. (D.C.)
- DIKERMAN, K. M., Hippodrome Arcade, Youngstown, O. (Ch.)
- DILATUSH, F. A., Traction Bldg., Cincinnati, O. (D.O.)
- DILEOS, M., 472 Fulton St., Brooklyn, N. Y. (D.O.)
- DILIWORTH, C. C., P. O. Box 672, Payne, O. (D.M.T.)
- DILL, EMMA E., Mason Bldg., Los Angeles, Cal. (D.O.)
- Heber M., 21 Broadway, Lebanon, O. (D.O.)
- DILLABOUGH, A. H., 7 Roberts St., Middletown, N. Y. (D.O.)
- W. J. E., Hotel Buckingham, New York, N. Y. (D.O.)

Both Doctors are graduates of Mechanotherapy and The Blumer College of Naturopathy. Dr. L. S. Edwards is Professor of Hydrotherapy and Osteology and Dr. Lillian is Professor of Food Science, First Aid, and Hygiene in The Blumer College



Dr. Lillian Edwards

of Naturopathy, of Hartford, Conn. At the Hydropathic Institute disease is treated by the various successful forms of drugless treatment, such as hydrotherapy, electric light baths, mechano-therapy, spondylo-therapy, massage, remedial gymnastics, food science. Food is an important factor in the treatments. The diagnosis is complete and thorough. Each patient receives treatment according to individual requirements. The Institute is home-like, with pleasant rooms, electric lights, heated with hot water, charges moderate. Particulars sent free upon request.

FISCHER, F. L.; D. O., D. C., Clinton Health Institute, Newark, N. J.

Dr. Fischer is a graduate of the Academy of Arts and Science (1894), Belgium, American School of Naturopathy, American University, Chicago, and College of Osteopathy, Elgin, Ill. He is a member of the American Academy of Chiropractic Research and the Chiropractic Society for Research and Education, as well as honorary member of Academy of Arts and Science, La Louvière, Belgium. Dr. Fischer, who was born in 1867, is also a member of the A. N. A., section New Jersey.

FERGUSON, E. W., D. C.

Slowly, but surely, a great school of Natural Healing is taking shape under our

very eyes by those who will not bow the knee to the Baal of Official Medicine. This school has many different cults, and their co-ordination is as yet somewhat inchoate, as become a new institution in the making, but the future will regard this age with great veneration as having successfully com-



bated a system of therapeutics that fairly reeks with egotism, vainglory, intolerance, ignorance, selfishness and persecution. Dr. Ferguson is one of those apostles of this new Academy of Healing, and his *metier* is that of chiropractor. Born in Bridgeport, Conn., he is a graduate of the public schools, the Park Avenue Institute, and of the Palmer School of Chiropractic of Davenport, Iowa. He attended lectures in several medical colleges, and although regarded as a student, he never graduated from any of them. He had his own views of medical science and kept his mind free to choose its own medical belief. His medical travels and his knowledge of the merits of the different medical schools led him to choose a method of healing that is the very antipodes of the unscientific and fanciful usage of serums and vaccines that poison the blood and subvert the functions of the organism.

As a chiropractor, he is busily engaged in setting the forces of health flowing through the bodies of his patients, instead of exploiting the deranged ideas of the grafting, political drug doctors. The success that has attended his ministrations is the best possible proof of the correctness of his theory of cure and of his skill in applying such theory to the varying phases of human ailments.

FOWLER, J. A., 1358 Broadway, N. Y. C.

Miss Jessie Allen Fowler is a native of New York City, and is the daughter of

Lorenzo Niles and Lydia Folger Fowler. Her father, together with his brother, O. S. Fowler, wrote many books and delivered a multitude of lectures on the subject of Phrenology, neglecting no opportunity to spread a knowledge of the science, especially in the circles of



education and refinement. To him mainly belongs the honor of having re-established the Science of Phrenology in Great Britain, where he resided for many years. Lorenzo N. Fowler was sixth in descent from William Fowler, who came over from England, in 1676, and settled in Guilford.

- DILLEY, A. E., 905 S. Grand Ave., Los Angeles, Cal. (D.O.)
- DILLEY, J. C., 62 Main St., Duncan Falls, O. (D.M.T.)
- DILLING, G. W., Ponca City, Okla. (D.O.)
- DILLINGHAM, R. C., Lansing, Mich. (D.C.)
- DILLMAN, LEO. E., 401-2 Daily News Bldg., Canton, O. (D.C.)
- DILLON, DOT, Rock Rapids, Ia. (D.O.)
- Geo., Rushville, Neb. (D.C.)
- Geo., North Platte, Neb. (D.C.)
- John F., 279 Berkeley Ave., Bloomfield, N. J. (D.C.)
- DIMICK, FRANK C., 732 Ohio Bldg., Toledo, O. (D.M.T.)
- DINSMOOR, LAURA B., 214 Centennial Ave., Sewickley, Pa. (D.O.)
- DIPPO, ANNA E., 933 S. Adams St., Marion, Ind. (D.C.)
- DIRKES, C. M., Palace Theatre Bldg., Danville, Ill. (D.C.)
- DIRKES, CLEMENT M., 156 S. Vermilion St., Danville, Ill. (N.D.)
- DISHONG, MYRTLE D., 342 Huron St., Toledo, O. (D.M.T.)
- DISKELL, GEO. W., Los Angeles, Cal. (D.C.)
- DISNEY, Dr. J. LAMBERT, 1149 N. 63rd St., Philadelphia, Pa. (N.D.)
- J. Lambert, 1149 N. 63rd St., Philadelphia, Pa. (S.T.)
- DISQUE, ANDREW A., 2706 Folsom St., St. Joseph, Mo. (Opt.)
- DITTMAN, WM. C., 962 Buffin St., Milwaukee, Wis. (D.C.)
- DITTO, J. F., Breen Block, Great Falls, Mont. (D.C.)
- Eva, 135 9th St., Denver, Colo. (D.C.)
- J. F., 16-17 Breen Bldg., Great Falls, Mont. (D.C.)
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- Wm. L., 14 Breen Bldg., Great Falls, Mont. (D.C.)
- DITTRICH, F. W., 3140 W. 90th St., Cleveland, O. (N.D.)
- John J., 60 Hudson Place, Weehawken, N. J. (D.C.)
- DIXON, EDITH, Hanover, Ont., Can. (D.C.)
- Edith, St. Leatherines, Ont., Can. (D.C.)
- G. B., 510 Grand Ave., Milwaukee, Wis. (D.C.)
- DIXON, L. M., Wabash, Minn. (D.C.)
- Reba L., Rockville, Ind. (D.C.)
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- DIZMOND, WM., 550 W. Matilda St., Huntington, Ind. (D.C.)
- DOANE, ADELE, 1720½ Main St., Parsons, Kan. (D.O.)
- DOBLINS, CHLORA, Rogers, Ark. (D.C.)
- DOBSON, W. D., Century Bldg., St. Louis, Mo. (D.O.)
- DODD, F. T., Raymondville, Tex. (D.C.)
- J. E., 36 Kearney Street, Newark, N. J. (D.C.)
- Miss Lorain, Box 125, Mineralwells, Tex. (S.T.)
- Lorenzo, 122 4th Street, Newark, N. J. (D.C.)
- DODGE, A., 111 Grand St., Waterbury, Conn. (N.D.)
- DODGE, F. CHANDLER, 53 Parkis Ave., Providence, R. I. (D.O.)
- DODSON, CHARLES AUG., State Natl. Bank Bldg., Little Rock, Ark. (D.O.)
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- DOE, ALBIN H., 523 Main St., Racine, Wis. ((D.O.)
- DOERR, JOHN P., 413 Kirkby Bldg., Saginaw, Mich. (D.C.)
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- Emily C., Alta Vista Apts., Berkeley, Cal. (D.O.)
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- DOLLINGER, G. W., 245 Grove St., Battle Creek, Mich. (D.C.)
- DOLSEN, ROBT. J., 93 Biddle Ave., Wyandotte, Mich. (D.C.)
- DOLSON, ROBT., 113 Biddle St., Wyandotte, Mich. (N.D.)
- DOMINGO, M., 154 Martin St., Milwaukee, Wis. (N.D.)
- DONAHUE, GLENN, Peabody, Kans. (D.C.)
- J. E., Berkeley Natl. Bank Bldg., Berkeley, Cal. (D.O.)
- J. J., 404 Federal St., Pittsburgh, Pa. (D.C.)
- J. J., 1306 Federal St., Pittsburgh, Pa. (D.C.)
- DONE, DR., Lucas, Kan. (S.T.)
- DONEGHY, A. I., 1323 Chapline St., Wheeling, W. Va. (D.O.)
- DONNEL, W. O., 241½ Main St., Ashtabula, O. (D.C.)
- DONNELLY, EMMA E., 54 S. El Molino Ave., Pasadena, Cal. (D.O.)
- John, 1625 W. Adams St., Chicago, Ill. (D.C.)
- Rose, Durant, Ia. (D.C.)
- Sarah, 155 William Street, Newark, N. J. (D.C.)
- DONOVAN, D. D., Ferguson Bldg., Springfield, Ill. (D.O.)
- Donald, 938 Van Nuys Bldg., Los Angeles, Cal. (D.C.)
- DONTON, H. A., 517 N. Santa Fe Ave., Pueblo, Colo. (D.C.)
- DOOLITTLE, HARRIET M., 535 N. Main St., Pomona, Cal. (D.O.)
- DORANN, M., 136 Broadway, Brooklyn, N. Y. (Ma.)
- DORON, CHARLES B., Pearl Bldg., Bangor, Me. (D.C.)
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- DOROSH, P. J., 533 Security Bldg., Los Angeles, Cal. (D.C.)
- DORRANCE, HAROLD J., First Natl. Bank Bldg., Pittsburgh, Pa. (D.O.)
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- DOTHAGE, E. A., 223 S. William St., Moberly, Mo. (D.C.)
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- E. A., 325½ Thomas Ave., Shenandoah, Ia. (D.C.)
- DOTTIEL, AUGUSTA W., 4601 Forbes St., Pittsburgh, Pa. (D.C.)
- DOTY, C. F., 228 N. Main St., Niles, O. (D.M.T.)
- Slanton W., Massillon, O. (D.M.T.)
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- W. W., 13½ S. Prospect St., Marion, O. (N.D.)
- DOUGLAS, A. S., 338 Union Avenue N., Portland, Ore. (D.C.)
- F. H., 1820 Maxwell Street, Cheyenne, Wyoming. (N.D.)
- Wm. A., Lamberton, Minn. (N.D.)
- DOUGLAS, F. S., 600 E. 16th St., Cheyenne, Wyoming. (D.C.)
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- Rosere S., 501 Catherine St., Detroit, Mich. (D.C.)
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- DOW, EMMA L., 87 Huntington Ave., Boston, Mass. (D.C.)
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- DOWD, E. L., Sebeka, Minn. (D.C.)

Connecticut. Her great-grandfather, Eliphalet Fowler, fought in the Revolutionary War. Miss Fowler's mother, who was one of the first American women to receive the M. D. degree in this country, was descended from John Folger, who died in 1666, and on the maternal side was related to Benjamin Franklin, whose mother was a Folger from Nantucket, Mass. In early life Miss Jessie Fowler attended a public school in New Hampshire, and she received a liberal education while abroad with her parents, traveling through France, Italy and the British Isles, finishing her studies in a private academy in Lincoln, England, the home of her ancestors. Inheriting from her parents a leaning toward the exact sciences, she took up the study of Anatomy and Physiology at the Medical College for Women in London, intending to follow her mother's profession—Medicine. But upon her mother's death, in 1879, she changed her plans and became identified with her father's phrenological work in connection with his Phrenological Institute. She took complete charge of the Examination Department in the Summer of 1879 and 1881, upon her father's return to the United States, and examined many persons of note. In 1884 she studied brain dissection at the London Medical College for Women, and in 1887 traveled through Australia where she lectured on Phrenology and Physical Culture in all the principal cities. She also conducted classes in these subjects at the State Schools of Melbourne, and through a special permit of the Victorian Board of Education was allowed to introduce her own system of gymnastics in the State Schools. Returning to London in 1889, she assumed editorial charge of the "Phrenological Magazine," and organized weekly classes for the Fowler Phrenological Institute. She also started a Correspondence Course, and taught Phrenology to citizens of many countries through the mail. In 1896 she returned to the United States, with her father and sisters, for the purpose of uniting the English and American Institutes of Phrenology and the English and American Phrenological Magazines. The death of her father in 1896, Prof. Sizer in 1897, and Mrs. Wells in 1901 threw large responsibilities upon her in the continuation of the dissemination of Phrenology. She has been Vice-President of the American Institute of Phrenology since 1896, and became editor-in-chief of the "Phrenological Journal" in 1897. The American Institute of Phrenology was established in 1866, by special charter, and its students are gathered from all parts of the world. Such a multiplicity of duties and responsibilities would prove a tax on some women, but such is Miss Fowler's enthusiasm that in the midst of all her activities she took up the study of Law, in the Woman's Law Class of the New York University, where she was

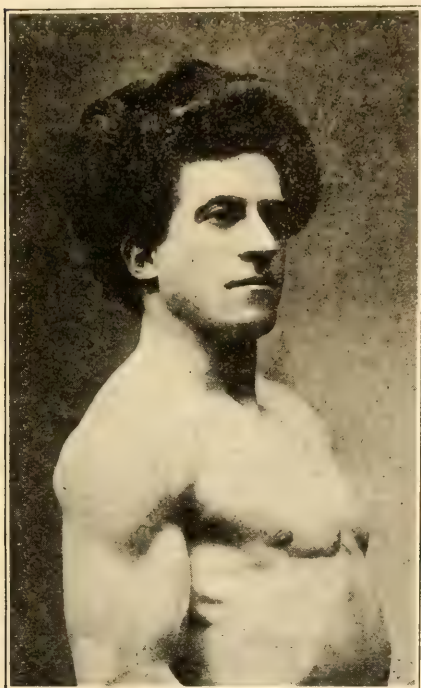
graduated in 1900, and followed this with a course in Psychology at Columbia University in the Summer of 1901. As a writer Miss Fowler was associated with her father in the compilation of a "Phrenological Dictionary," in 1895, and is the author of "Handbook on Mental Science," in 1896, which aims to link Phrenology with modern Psychology; "Life of Dr. Francois J. Gall," 1896; "Intuition, or the Organ of Human-Nature," 1897; "Brain Roofs and Porticoes," 1909; "The Natural Language of the Faculties," 1910; and "Personality in Business," 1910; besides contributing a number of important articles to the leading journals and magazines. She has lectured in many of the leading cities of the United States, Canada and Great Britain, on the subjects of Phrenology, Vocational Guidance, Hygiene, etc. In 1898 she invented and introduced a five-part Plaster Bust, showing the brain divided into hemispheres and convolutions numbered according to phrenological designations, and in the following year she introduced to the educational world a new Phrenological Chart. She has been prominently connected in England with the Anthropological Institute, the British Association of Science, the Writers' Club and the British Women's Temperance Union, of which she was Honorary Secretary for nine years; and in America she has been affiliated with the Woman's Press Club, the West End Woman's Republic Club, the Portia Club, the Legislative League, the Mother's Club, the Anti-Vice Association, the Orange Woman's Club, the Woman's Peace Circle of New York, and the New York Woman Suffrage Society, among others.

FLETCHER, W. H. A., N. D., Physical Director of the Athletic Club.

Dr. Fletcher is a splendid example of Naturopathy. His health wrecked as the result of medical and surgical malpractice, he lay at the point of death for many weeks, and was saved by Nature's simple methods at the "Yungborn," Butler, N. J.

From a condition of being an athlete, he lost hearing, seeing, and his skin peeled. He lay on the ground in a state of coma for six weeks, a helpless wreck. But such were the vivifying effects of air-power, sunshine, diet and water applications, that his recovery to health rapidly became complete. He afterward rebuilt his body so splendidly, that he attracted the attention of Bernarr Macfadden and posed for many of the Physical Culture exercises. He is a member of the American Naturopathic Association, Section New York State Society of Naturopaths, and Secretary of the New York State Pedic Society. He saved dozens of lives by his skill at Far Rockaway Beach, where he conducts a Physical Culture Institute during the summer.

- E. L. Wanbay, S. Dak.
(D.C.)
- DOWD, ROY L., First Nat'l
Bank Bldg., Webster,
S. D. (D.C.)
- DOWLER, A. S., Panora, Ia.
(D.O.)
- DOWLIN, MAE L., 40 E.
Colorado St., Pasadena,
Cal. (D.O.)
- DOWMAN, JUANITA, 503-5
Union Bldg., Anderson,
Ind. (D.C.)
- DOWNER, S. W., Mt. Pleasant,
Mich. (D.C.)
- DOWNEY, ANDREW J., 1330
Wood St., Wilksburg,
Pa. (D.C.)
- DOWNING, EDWIN M., Rupp
Bldg., York, Pa. (D.O.)
- J. T., Board of Trade Bldg.,
Scranton, Pa. (D.O.)
- J. R., Box 15, Ellisville,
Miss. (D.C.)
- L. S., Pawhuska, Okla.
(D.C.)
- W. J., Hiawatha, Kan. (S.T.)
- DOWNING, R. B., North Webb
City, Mo. (D.C.)
- DOWNS & DOWNS, Babcock
Bldg., Billings, Mont.
(D.C.)
- DOWNS, ALBERT VICTOR,
Glendale, Cal. (D.C.)
- Henry A., 18 State Street,
Oil City, Pa. (D.O.)
- L. Irene, Midland City, Ill.
(D.C.)
- DOWNS, L. IRENE, Midland
City, Ill. (N.D.)
- DOZIER, J. K., 51 Howe St.,
New Haven, Conn. (D.O.)
- W. R., Grand Opera Bldg.,
Atlanta, Ga. (D.O.)
- DRAIN, JAMES R., Scott
City, Kans. (D.C.)
- Jas. R., Russell, Kans.
(D.C.)
- DRAKE, EDWARD V., 44 N.
Pearl St., Buffalo, N. Y.
(D.C.)
- DRAKE, JAMES T., Metcalf
Bldg., Auburn, N. Y.
(D.O.)
- J. A., Cawker City, Kan.
(D.C.)
- Mrs. W. L., Warrensburg,
Mo. (S.T.)
- DRAKEFORD, JAS. H., 809
Ocean Ave., Brooklyn,
N. Y. (Opt.)
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42nd St., New York, N. Y.
(D.C.)
- DRASER, ANDREW, 233 W.
Jefferson St., Los Angeles,
Cal. (D.C.)
- DRENNAN, DR. ANNA M.,
899 Woodward Avenue,
Detroit, Mich. (O.O.)
- DRESHER, A. S., 1341 Walnut
St., Boulder, Colo. (D.C.)
- Albert C., Box 262, W.
Kiowa Ave., Ft. Morgan,
Colo. (S.T.)
- DRESSEL, WALTER S.,
Kergher Bldg., Carrollton,
Ill. (D.O.)
- DRESSER, B. A., 1907 Van
Buren St., Chicago, Ill.
(D.C.)
- B. A., 519 Church St.,
Lynchburg, Va. (D.C.)
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Union Hill, N. J. (D.C.)
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- V. A., 601 Church Street,
Lynchburg, Va. (D.C.)
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torium, Los Angeles, Cal.
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W. Lehigh Ave., Philadel-
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- Howard A., Browning, Mo.
(D.O.)
- Ira W., Land Title Bldg.,
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Sta., Chicago, Ill. (D.O.)
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River, Mo. (S.T.)
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Chapin St., South Bend,
Ind. (D.C.)
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St., New York, N. Y.
(Ma.)
- DRUMM, CARL C., 18 Arcade
St., Newark, O. (D.C.)
- DRUMMET, G. N., 215 N. 24th
St., Lincoln, Neb. (D.C.)
- Sylvia J., 99 E. Main St.,
Somerville, N. J. (D.C.)
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Sault Ste. Marie, Canada.
(D.C.)
- DUBOIS, L. J., 44 Court St.,
Brooklyn, N. Y. (Cr.)
- DUCAMP, D. R., 813 12th St
N. W., Washington, D. C.
(D.M.T.)
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cinnati, O. (D.C.)
- DUCLOS, WILLIAM, 1027
State St., Bridgeport,
Conn. (N.D.)
- DUDNEY, M. W., 1729 W.
Walnut St., Chicago, Ill.
(N.D.)
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ville, Ill. (D.C.)
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Springs, Tenn. (D.C.)
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Cor. 34th St., New York,
N. Y. (N.D.)
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1575 E. 12th St., Brooklyn,
N. Y. (Opt.)
- DUEY, E. J., 406 Erie Bldg.,
Cleveland, O. (D.C.)
- Fred J., 6215 Hough Ave.,
Cleveland, O. (D.C.)
- W. P., 624 N. Electric Ave.,
Alhambra, Cal. (D.C.)
- DUFF, H. J., 1428 W. Wash-
ington Blvd., Chicago, Ill.
(D.C.)
- DUFUR, J. IVAN, Penna
Bldg., Philadelphia, Pa.
(D.O.)
- DUFFIELD, BESSIE A.,
Hitchcock Bldg., Nash-
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(D.C.)
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O. (Ma.)
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- DUGDALE, G. W., Boston,
Mass. (M.D.)
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Monroe St., Springfield,
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- DUGLAY, H. A., Waldheim
Bldg., Kansas City, Mo.
(D.O.)
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O. (D.C.)
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Traction Bldg., Cincin-
nati, O. (D.O.)
- DULLA, B., 3529 Harper St.,
St. Louis, Mo. (D.C.)
- DUNBAR, R. J., 620 California
DUMBAULD, Dr. B. A., Webb
City, Mo. (M.D.)
- DUMORE, W. K., Sterling,
Ill. (N.D.)
- Ave., Avalon, Pa. (D.O.)
- DUNCAN, A. N., 205 East
Ontario St., Chicago, Ill.
(D.C.)
- DUNCAN, CHAS. H., 2612
Broadway, New York,
N. Y. (M.D.)
- DUNDER, RUTHE., Wauneta,
Neb. (D.C.)
- DUNHAM, GEO. P., 151 Hun-
tington Ave., Boston,
Mass. (M.D., D.C.)
- DUNHAM, JAY, 7 Shaftsbury
Sq., Belfast, Ireland.
(D.O.)
- Jno. D., Burgaw, N. C.
(D.O.)
- DUNHAM, M. M., Norwich,
Conn. (N.D.)
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Kan. (D.C.)
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Bldg., Woodward, Okla.
(D.C.)
- DUNN, ERNEST W., Elks
Temple, New Berne, N. C.
(D.O.)
- Frank, Luddington, Mich.
(D.C.)
- J. D., 106 W. Park St., Port-
land, Ore. (D.C.)
- Geo. W., 313 Woolner Bldg.,
Peoria, Ill. (D.C.)
- Geo. W., 1003 Gaby Ave.,
East St. Louis, Ill. (M.D.,
D.C.)
- Geo. W., 264 McKinley Ave.,
Salem, O. (D.C.)
- Mrs. L., Salt Fork, Okla.
(S.T.)
- Raymond, Greenwood, Ark.
(D.C.)
- Ray O., Creighton, Nebr.
(D.O.)



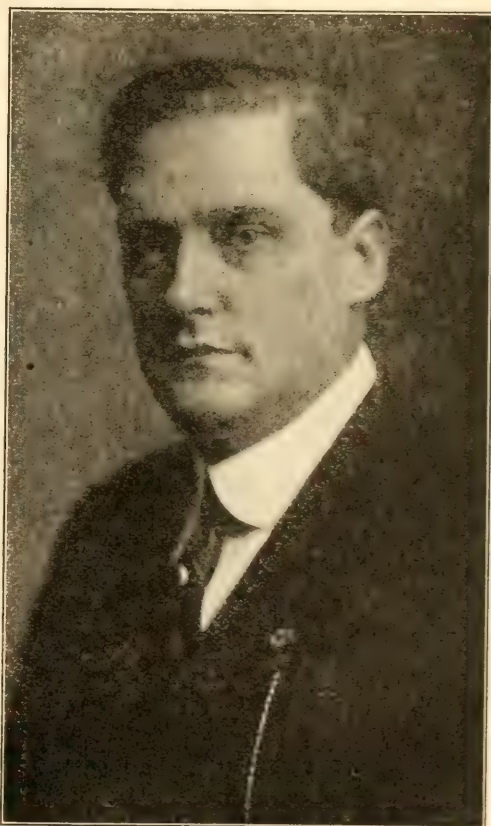
Dr. W. H. A. Fletcher

As a professor of physical education, he has adopted a fixed program of principles to ensure the best results. He has his pupils begin by assuming a correct attitude, an absolutely vertical pose. Then follow exercises of the arms, legs, exercises in creeping on hands and toes, exercises of the trunk, walking, climbing, running, balancing exercises, leaping, swimming, climbing ropes, throwing the medicine ball, boxing and wrestling, and jiu jitsu.

The movements that permit the flexibility of the spinal column are the most vital of all exercises, by reason of the freedom they allow of nervous influence in the spinal nerves that perforate the vertebrae to give life to the bodily organs. The forward flexion of the trunk is accompanied by a forward and downward flexion of the head. The lateral flexion of the trunk is accompanied by a lateral flexion of the head in harmony with that of the trunk. The backward bending of the trunk is accompanied with a backward flexion of the head. Finally, the rotation of the trunk is accompanied by a rotation of the head. Not only is nervous energy enhanced by such movements, but the circulation of the blood is more vigorous, and the whole system is more highly energized than by the most elaborate muscular exercises that ignore spinal movements.

FRITZ, WALLACE W., M. D., D. D. S.,
N. D. Dean of the American College of Neuropathy, Philadelphia, Pa. Former Dean of the Philadelphia Dental College. Proprietor and Dean of the Philadelphia College of Anatomy and Surgery. President, National Association of Drugless Physicians.

Dr. Fritz is one of the all too few medical practitioners who recognize the Truths of Drugless Healing. Dr. Fritz has accomplished great things for the advancement of Drugless Healing in Pennsylvania and New Jersey. He has always come to the front with funds and personal effort when required. Dr. Fritz's testimony was a factor in winning the Brinkler case. Dr. Fritz severed his connections with the medical colleges and societies,



Dr. Wallace W. Fritz

and allied himself on the side of Drugless Healing at a critical moment. He assumed the leadership of the Neuropaths and rescued their college at a time when it seemed doomed to fail for lack of an organizer and capable executive head.

- W. A. 2519 West B'way,
Louisville, Ky. (N.D.)
DUNNING, JOHN J., 791 Main
St., Westbrook, Me. (D.O.)
DUNNINGTON, EARL V., Ste-
phen Girard Bldg., Phila-
delphia, Pa. (D.O.)
Margaret B., Real Estate
Bldg., Philadelphia, Pa.
(D.O.)
R. H. Real Estate Bldg.,
Philadelphia, Pa. (D.O.)
Robt. H., Jr., 218 S. 50th St.,
Philadelphia, Pa. (D.O.)
Wesley P., Stephen Girard
Bldg., Philadelphia, Pa.
(D.O.)
DUNSMOOR, H. V., 176 Hunt-
ington Ave., Boston, Mass.
(D.O.)
DUPLESSIS, J. T., 525 S.
Ashland Blvd., Chicago,
Ill. (N.D.)
DUPRE, LOUISE, Box 111,
Orange, Tex. (N.D.)
DURANT, GRACE, Zanesville,
O. (N.D.)
DURBIN, E. E., 201½ W. Cen-
ter, Warsaw, Ind. (D.C.)
DURKEE, H. V., 4001 Parish,
Philadelphia, Pa. (D.O.)
DURHAM, A. D., First Natl.
Bank Bldg., Pittsburgh,
Pa. (D.O.)
DURNAN, W. L., 2 Bloor St.
E. Toronto, Ont. (D.O.)
DURRETT, CARRIE E., 821
E. 12th St., Westcliffe,
Colo. (D.O.)
DURSTON, C. J., Mapleton,
Ia. (D.C.)
DUTCHER, E. M., 96
Chenango St., Buffalo,
N. Y. (D.C.)
DUTRO, ROY, Chandlersville,
O. (Mag.)
DUVAL, ERNEST R., 471½ E.
King St., Hamilton, Ont.,
Canada. (D.C.)
DUVALL, Dr. O. N., Balti-
more, Md. (M.D.)
DU VALLE, BEATRICE, 601
State Life Bldg., Indian-
apolis, Ind. (D.C.)
DUX, H., 112 E. 41st St., New
York, N. Y. (D.C.)
DUX, H., Swan & Cantee Sts.,
Jacksonville, Fla. (N.D.)
DWELLE, IDA, 2244 Gaylord
St., Denver, Colo. (D.C.)
DYE, A. AUGUST, New York
American Bldg., New
York City, N. Y. (D.C.)
Julia H., 710 Park Ave.,
Weehawken, N. J. (D.C.)
W. Walter, 5243 Chestnut
St., Philadelphia, Pa.
(D.O.)
W. Walter, 734 Morgan
Ave., Palmyra, N. J.
(D.O.)
DYE, CHAS. T., 104 S.
Michigan Ave., Chicago,
Ill. (D.C.)
DYER, BETTIE ROSS, Cor.
Church and Lafayette
Sts., Jackson, Tenn. (D.O.)
DYER, NANNIE, 424 6th
Ave., New York, N. Y.
(Ma.)
DYKES, A. L., 20 4th St., Bris-
tol, Tenn. (D.O.)
L. M., 216½ Main St., John-
son City, Tenn. (D.O.)
DYMENT, Dr. PHILLIP,
Savannah, Ga. (M.D.)
DYMOND, E. C., 1422 Locust
St., Des Moines, Ia. (D.O.)
DYSART, R. S., Equitable
Bldg., Des Moines, Ia.
(D.O.)

E
EACHESTON, H., Chickasha,
Okla. (D.C.)
EAGAN, J. H., 81 E. Madison
St., Chicago, Ill. (D.O.)
EAGLE, R. O., 522 Genessee
St., (Dep't 12) Saginaw,
Mich. (D.O.)
EALLES, I. J., 5681 S. Boule-
vard, Chicago, Ill. (D.O.)
EAMES, MELVILLE J., 4759
Broadway, Chicago, Ill.
(D.C.)
EARHART, EMOGENE M.,
702 Peach St., Erie, Pa.
(D.O.)
EARL, J. C., 201 Pontages
Theatre, Los Angeles,
Cal. (D.C.)
J. Cornelius, Pasadena,
Cal. (D.C.)
EARLE, EDNA, 1520 South
Michigan Ave., Chicago,
Ill. (Ma.)
Robert Lee, 2283 105th St.,
Cleveland, O. (Ch.)
EASTON, C. W., 19 Lorain
Blk., Lorain, O. (D.C.)
Miss May Blanche, 436 W.
30th St., Los Angeles, Cal.
(D.C.)
Melroy W., Lay Blk., Oil
City, Pa. (D.O.)
EASTWOOD, H. W., State and
Hohman Sts., Hammond,
Ind. (D.C.)
EATAN, A. C., 1017 Hall St.,
Hood River, Ore. (N.D.)
EATON, A. C., Box 251, Stay-
ton, Ore. (N.D.)
EATON, C. W., Lorain, O.
(D.C.)
Chas. R., 3850 Telegraph
Ave., Oakland, Cal. (D.C.)
Chas. R., 4824 Telegraph
Ave., Oakland, Cal. (D.C.)
Mary Walker, Stoneleigh
Court, Washington, D. C.
(D.O.)
EAVES, J. E., Cass, Texas.
(S.T.)
EEELING, MRS. F., 67 Sutton
St., Brooklyn, N. Y. (Ma.)
EBELL, ANNA, 1541 West
Adams St., Chicago, Ill.
(N.D.)
EBERHARDT, G. A., 2840 S.
41st Ave., Chicago, Ill.
(D.C.)
Gustave A., 3952 W. 22d St.,
Chicago, Ill. (D.C.)
Gustave A., 2840 S. Karlov
Ave., Chicago, Ill. (D.C.)
Wm. C., 1664 Wisconsin St.,
Racine, Wis. (D.C.)
EBERHARDT, NOBLE M., 25
E. Washington St.,
Chicago, Ill. (M.D.)
EBERHART, EMMA M., New-
ton, Kans. (D.C.)
EBLE, H. A., 738 Broad St.,
Newark, N. J. (D.C.)
ECHAR, HARRY, 304 Mc-
Clymonds Blk., Massillon,
O. (N.D.)
ECHOLS, R. McRAE, New Do-
minion Natl. Bank Bldg.,
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McClymonds Bldg., Mas-
sillon, O. (D.C.)
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Rupert, Ore. (D.C.)
ECKERT, W. H., Century
Bldg., St. Louis, Mo.
(D.O.)
ECKLES, J. E., 1601 Ruth St.,
Glendale, Cal. (D. C.)
ECKLEY, WILLIAM H., Am.
Natl. Bank Bldg., St. Paul,
Minn. (D.O.)
ECKLUND, A., Charlevoix,
Mich. (D.C.)
ECKSTROM, E. A., Suite 32,
Astor Court Bldg., New
York, N. Y. (N.D.)
EDDON, ELIZABETH M.,
Story Bldg., Los Angeles,
Cal. (D. O.)
EDDY, C. E., 188 Water St.,
Santa Cruz, Cal. (D.C.)
Chas. E., 137-38 Edgerly
Bldg., Fresno, Cal. (D.C.)
Guy G., 4404 Sheridan Rd.,
Chicago, Ill. (D.O.)
G. R., 1022 Spruce St., Phil-
adelphia, Pa. (D.C.)
John Theodore, 14 The Cres-
cent, Montclair, N. J.
(D.O.)
EDEL, R. E., Boston, Mass.
(N.D.)
EDELBAUGH, MRS. ROSA, 119
Jefferson St., Waupaca,
Wis. (D.C.)
EDELBERG, 10,740 Superior
Ave., Cleveland, O. (Ma.)
EDGAR, T. H., Sabetha, Kan.
(S.T.)
EDMISTON, J. HARPER, 122
S. Ashland Blvd., Chicago,
Ill. (D.O.)
EDMUND & EDMUND, Ames,
Ia. (D.C.)
EDMUNDSON, J., 1818 Wash-
ington Blvd., Chicago,
Ill. (N.D.)
EDMONDSON, MRS. ETHEL,
Hotel Adair, Ellis St., San
Francisco, Cal. (N.D.)
EDMUNDSON, F. P., Box 271,
Kiowa, Kans. (D.C.)
EDSALL, E., 454 Central Ave.,
Jersey City, N. J. (D.C.)
EDWARD, H. A., Lafayette,
Ind. (D.C.)
L. R., 410 Bumiller Bldg.,
Los Angeles, Cal. (D.C.)
EDWARDES, ARTHUR W.,
1147 Lake St., San Fran-
cisco, Cal. (N.D.)
EDWARDS, ALFRED, Cen-
tury Bldg., St. Louis, Mo.
(D.O.)
Dr., care Chicago Dental
Parlor, Peoria, Ill. (D.C.)
Eliza, 601-3 Traction Bldg.,
Cincinnati, O. (D.O.)
E. B., 309 S. Jefferson Ave.,
Peoria, Ill. (D.C.)
Mrs. E. C., 715 E. 8th St.,
Oklahoma City, Okla.
(D.C.)
E. V., Knoxville, Tenn.
(D.C.)
Frank, Wagoner, Okla.
(D.C.)

FROUDE, CHAS. C., B. Sc., D. C., N. D.
 Author of "Simplified and Practical Dietetics," Y. M. C. A. Bldg., Kingston, N. Y.

Dr. Chas. C. Froude is a graduate of a western college; received his D. C. degree from the Universal Chiropractic College,



N. D. degree from the American School of Naturopathy, and has taken special work in other schools. Dr. Froude is rapidly coming into prominence as a food specialist. His work, "Simplified and Practical Dietetics," already in its third edition

has had an enormous sale in this as well as foreign countries. Doctors, societies, and associations are ordering as many as 500 at a time for distribution, because it handles the subject of diet in a practical manner; is free from technical terms; and presents to the lay and professional reader of the simplicity of food combination. Menus are outlined and foods are classified. Leading food authorities have been loud in their praise of this work, regarding it as one of the very best published. Dr. Froude is a practical man; is enthusiastic in his work; has a charming personality, and inspires confidence at once in those who meet him. He is a member of the firm of Froude & Mac Kinnon.

GERSCHANEK, SINAI, A. B., A. M., D.C.

S. Gerschaneck, A. M., is a graduate of the College of the City of New York with the degree of A. B.; a graduate of Columbia University with the degree of A. M.; in addition, he attended for one year the New York Law School; he was the founder and principal of Harlem Preparatory School from 1902 to 1912. Since 1912 he has been a member of the staff of the New York Public Library,



42nd Street and 5th Avenue. His studies and career have given him a marked reputation in New York City in both the professional and administrative fields. His personal labors embrace a number of fields as indicated in the following: He has been a teacher of modern and classic languages; of psychology, mathematics; and methods of teaching. For a number of years he has been a director of the Political Educational League; and associations of clubs of young men to study the theory and practice of Municipal Government. For a period of time he was chief editor and business advisor of the Highland Film Corporation of Cincinnati, Ohio; for a number of years he has been associated with Dr. Anton Dein-

inger of the New York School of Chiropractic as his general secretary and registrar and as professor of Physiology, Biology, and Physiological Psychology. For years he has guided thousands of people through the Art Collection of the Metropolitan Museum of Art; and the collection of the Museum of Natural History. In the early part of the year 1916 he was elected as the Executive Secretary of the National Chiropractic League. In connection with the said League he has been empowered to carry out all its plans and devise means and methods for the expansion of Chiropractic and the spread of the Gospel of Chiropractic among the laity. He is a member of many social and historical societies of the City of New York.

GRAMBOW, DR. EMIL

Dr. Emil Grambow was born in Schwerin, Mecklenburg, Germany, in 1878. He exhibited symptoms of consumption at the



age of 17, but by strenuous devotion to physical culture, he subdued the ailment. This led him to study the philosophy of health and disease, and he determined to devote his life to the physical upbuilding of the human species. The first radical step in this worthy cause was his

emigrating to America in 1893. He settled in Hempstead, New York, where he first of all founded the Turnverein of the Eastern Department, as a measure of bodily upbuilding. He next founded the Physical Culture Association for the investigation of body and mind-building, and the prevention and cure of disease by natural methods of life and drugless healing. His enthusiasm for physical culture led him further to become a director of St. George's Athletic Club, Hempstead. He also became a member of the Fire Department of Hempstead and Freeport. Having arrived at the belief that the treatment of disease with poisonous drugs was a survival of the Dark Ages, and that it is only by intelligent co-operation with the natural constructive healing forces on the part of both physician and patient that the cure of disease is really effected, he determined to become a Naturopath, and took a special two years' course in the American School of Naturopathy, also two years' practical work in the Chiropractic College of the Empire State Society, and the Palmer-Gregory special course. He is a graduate of the Eclectic and Old Physio-Medical College of New York in Osteopathy. He is an instructor in the American School of Naturopathy on Physical Culture, Medical and Corrective Gymnastics. He is also a Charter member of the American Naturopathic Association, of the New York State

- E. O., 198 Martin Ave., San Jose, Cal. (D.O.)
- H. A., La Fayette, Ind. (D.C.)
- H. W., 1237 Linden Ave., Long Beach, Cal. (D.C.)
- James, Century Bldg., St. Louis, Mo. (D.O.)
- J. C., Suite 445, Hayes Block, Brainerd, Minn. (D.C.)
- James D., Suite 408 Chemical Bldg., St. Louis, Mo. (D.)
- John, 1109 Sherman Ave., Pittsburgh, Pa. (D.C.)
- Jos. M., Climax Springs, Mo. (D.C.)
- L. S., 420 Main St., Hartford, Conn. (N.D.)
- L. W., 24th and Farnam Sts., Omaha, Nebr. (D.C.)
- N. E., Box 102, Sanford, Cal. (N.D.)
- Phebe A., Wagoner, Okla. (D.C.)
- Wm. B., 7th and Washington Sts., Concordia, Kans. (D.O.)
- EDWIN, E. S., 1432 West Jackson St., Chicago, Ill. (M.D.)
- EFFORD, Wm. M., 11215 Longwood Drive, M. Pk., Chicago, Ill. (D.C.)
- EGAN, F. W., Masonic Bldg., Fremont, O. (D.C.)
- H. M., 308 Nosby Bldg., Toledo, O. (D.C.)
- T. W., 112½ Front St., Fremont, O. (N.D.)
- Joseph M., 52 Front St., Munroe, Mich. (D.C.)
- Junia, Liberty, Ind. (D.C.)
- Keran F., 312 Predden Bldg., Lansing, Mich. (D.C.)
- EGBERT, ELLIS, 18 Seneca St., Alliance, O. (D.C.)
- EGGARS, HARRIET & MARIE, 1155 South Ave., Wilkesburg, Pa. (D.C.)
- EGGERS, CARL, Hammond, La. (D.C.)
- EGLESTON, J. L., Wadena, Minn. (Opt.)
- EGLINTON, LAURA B., 100 N. C St., Arkansas City, Kans. (D.C.)
- EHLER, PROF. J. C., Belton, Tex. (S.T.)
- EHLERT, A., Rochester, N. Y. (N.D.)
- EHRET, A., 413 S. Raymond Ave., Alhambra, Cal. (N.D.)
- EICHHORN, EDWARD L., Salisbury, Mo. (D.O.)
- EIDE, A. T., 4017 Milwaukee Ave., Chicago, Ill. (M.D.)
- EIKLER, LILLIE, 221 W. Euclid Ave., King Fisher, Okla. (D.C.)
- EILER, ISABEL G., 5 S. Centre St., Cumberland, Md. (D.O.)
- EILERSFICKEN, F. B., 1550 3d St., San Diego, Cal. (D.C.)
- EIMERT, FREDERICK J., Miles Bldg., Miles City, Mont. (D.O.)
- EISENBACHER, PAUL, Wesley, Ia. (D.C.)
- Paul, West Brooklyn, Ill. (D.C.)
- EISENMAN, L. E., 314 Lyric Bldg., Cincinnati, O. (D.C.)
- EISIMINGER, J. W., 1907 Avenue I, Galveston, Tex. (D.O.)
- Lenia, Savannah, Mo. (D.O.)
- EITMAN & KIRKPATRICK, Lancaster, Cal. (D.C.)
- EKDALL, A. B., Cheyenne, Wyo. (D.C.)
- EKLUND, ALICE C., Lyon & Healy Bldg., Chicago, Ill. (N.D.)
- ELBE, HAROLD A., 1419 Grand Ave., Los Angeles, Cal. (N.D.)
- ELDER, ADRIAN, Wahoo, Nebr. (D.O.)
- ELDER, MARY E., Millersburg, O. (N.D.)
- ELDON, JAS. B., 1741 N. 13th St., Philadelphia, Pa. (D.O.)
- ELDRIDGE, GEO. W., 64 Gluck Bldg., Niagara Falls, N. Y. (D.C.)
- ELDRIDGE & MOORE, 365 Shadley Ave., New Haven, Conn. (D.C.)
- ELDRIDGE, FRED., 63 Main St., Brockton, Mass. (Ph.C.)
- Roy Kerr, Land Title Bldg., Philadelphia, Pa. (D.O.)
- Roy Kerr, 5858 Spruce St., Philadelphia, Pa. (D.O.)
- Roy Kerr, 4928 Woodland Ave., West Philadelphia, Pa. (D.O.)
- W. B., 365 Whelley Ave., New Haven, Conn. (D.C.)
- W. B., 29 N. Colony St., Meriden, Conn. (D.C.)
- W. B., 212 S. Union St., Olean, N. Y. (D.C.)
- ELFRINK, BLANCHE MAYES, 27 E. Monroe St., Chicago, Ill. (D.O.)
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Society of Naturopaths, the Empire State Society of Chiropractics, and the International Alliance of Physicians and Surgeons. Dr. Grambow is a physician of forceful practice, and has been eminently successful in the prevention and cure of disease. He has never had any trouble with the allopaths, for they recognize the great merit of his work, and are conscious of the fact that he is proving his knowledge by his splendid results in healing the sick. As a physical culture expert, he gives many public lectures and demonstrates on the platform his able views on natural therapeutics.

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Professor V. Greenewald, of Jacksonville, Fla., adopted the profession of Natural Healing as the result of being himself cured of nervous prostration, the result of severe business troubles—by that method. Being unable to obtain a cure under the ministrations of several allopaths employed for that purpose, he, after a trial of five years under their care, resolved to visit various sanitariums



to learn the methods of treatment therein employed while endeavoring to obtain for himself a lasting cure. Learning the rationale of the Kneipp hydropathic treatments, he afterwards studied physical and mental health culture as a student of The American School of Mechano-Therapy and other schools of Natural Healing of which he is a graduate. He is conducting a sanitarium of drugless healing which he has established at Jacksonville, Fla., and is giving lessons in Physical and Mental Health Culture to students of the Nature Cure as a special department.

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Emigrated June 1905, practised Naturopathy, chiefly Nature Cure, Hydrotherapy, Heliotherapy, Diet, Mechano-Therapy, Massage, Electrotherapy, Swedish Movements, Magnetotherapy, Physical Culture, Natural Living; when necessary, Osteopathy, Chiropractic. Active 10 years, office practice. His record shows up to date 1667 cases cured, 19 improved, 18 discontinued, 1 died, 1 not yet decided.



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Born in Albany, N. Y., 1870. Educated in Albany and Schenectady, N. Y., Pioneer



American Naturopath, 1900. Naturopath Research Camp on the banks of the Picturesque Ballston Lake, near Saratoga, experimenting with Earth, Sun-light, Air, Food, etc., in the natural open air with tents for housing during very bad weather. All patients attending are alive and healthy. Secretary for three

years of the Physical Culture Association of America. Favorite exercises; Wrestling and Swimming, expert at both. Secretary of New Jersey College of Chiropractic. Secretary Special Post-graduate Class 1916-17, Philadelphia College of Osteopathy. Member Versalian Anatomical Society at The Philadelphia College of Osteopathy. Office in Hoboken for past six years, now at 189 Sherman Avenue, Jersey City, N. J.

HOEGEN, JOSEPH A., N. D., 334 Alexander Ave., New York.

Dr. Joseph A. Hoegen was born in Germany in 1871. He has been a practitioner in Massachusetts, Connecticut, New Jersey and New York, for over 23 years. He has been assistant in the Hydropathic Department of the Post Graduate Hospital, New York City, for three years; is at present professor in Masso- and Hydrotherapy in the Vetus Academia, (O. P. M. College) and Eclectic Osteo-



pathic Institute, was for two years instructor in anatomy and physiology in the "Empire School of Chiropractic," Editor of the Hydrotherapy Department of "Herald of Health," and also writes for many other journals. Delivered many lectures, especially in the New England states, where he is connected with several Naturopathic societies. Graduate of the Eclectic Osteopathic Institute, Old Physio-Medico College, the American School of Naturopathy, the Palmer-Gregory Chiropractic College, the Empire School of Chiropractic, and the American College of Mechano-Therapy. Member of the International Alliance of Physicians and Surgeons, Secretary and Treasurer of the National Association of Osteopathic Practitioners, honorary member of the American Naturopathic Association, member of New Jersey and Connecticut Naturopathic Associations.

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tory, who came to America from England and Scotland when the greater part of our country was a struggling British Colony. One of his ancestors fell while opposing Wolf at Quebec, and another, General Richard Montgomery, "took San Francisco from the Spaniards." The doctor has had a University education and has written many courses of Physical Education for Colleges and other places of learning both in this country and abroad. Some years ago, in a spirit of adventure, he joined one of the famous British Guards Regiments of London, and while there, went through a strenuous course of Applied Physical Education, at the Royal Military Gymna-

Railways Institute, Y. M. C. A. (Headquarters London, England), Imperial Gymnasium for training Physical Directors, the public schools, Men's Guild of Physical Education, West Indies, Irving Institute of Physical Education, West Indies, Military Staff Officers, Royal Yacht Club, Hospital for Deformities, etc. At present, he occupies the chair of Physiologic Therapeutics in the College of Osteotherapeutics and Vetus Academy (O. P. M. College), N. J., and is Director of the Montgomery Irving Institute of Physical Education, New York, and of our troops now in preparation for their journey, some day, abroad. The doctor has been twice around the world, visited most of the larger cities, and has had ample opportunities of studying the health question of the natives at first hand, and may be relied upon as a tireless student and sincere friend of the Drugless Profession.



Dr. James Montgomery Irving

sium at Aldershot, the most famous school of its kind in Great Britain—if not in the world—and won the first (and only) prize for general efficiency. Later, he was appointed by the Duke of Cambridge, Staff Director of Physical Education to the forces. Thousands of the famous Guards Brigade who were trained to physical perfection by the doctor, were chosen for the "Great Eastern Soudan Campaign" (in which the late Lord Kitchener took part), and were accompanied by their director, who fought by their side from the Red Sea, through the Eastern Soudan Desert, to Africa and, at the conclusion of hostilities, was decorated by Queen Victoria with a silver war medal and clasp, and by the Khedive of Egypt with a bronze star for distinguished service. Doctor Montgomery Irving was formerly Physical Director-in-Chief to the Honorable Artillery Company, Hosts College, Free Masons College, English Gymnastic Society, British

KANTHARIAKER, MAHADEV B., N. D.

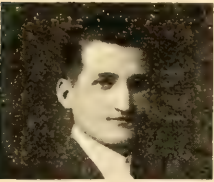
The vast empire of India is not wholly inhabited by a race of metaphysicians who are mere transcendentalists, who sit in silent contemplation, or actively speculate on the problems of time and eternity, the why and the wherefore of human life, or who pose in adoration of their ten thousand gods. No, the leaven of western thought is working mightily in the vast population of Hindostan, being injected into the slumbering masses by the printing press, the railway, the steamship and other engines of progress, so that the most progressive ideas, the ideas that are the irresistible monitors of physical and mental well-being, are moulding the thought and lives of the races of that realm as they have never been moulded before. Among its ranks of modern medical science, the young and enormously vital science of Naturopathy, that is, Natural Healing, a school of medicine that is rapidly supplanting the superstitions of the school of pills and poisons, one of its best known and most successful pioneers is Dr. Mahadev B. Kanthariaker, a doctor of Naturopathy of Ahmedabad. He is a professor of hydropathy, electro-therapy, mechano-therapy, massage, photopathy, medical gymnastics, and of physical culture in general. The fact that he has thrown aside the allopathic school that merely treats the symptoms of disease, and has enthusiastically adopted the school of medical practice that removes the cause, that pulls disease out of the system by the roots, proves Dr. Kanthariaker a man of great energy of mind and a conscience that will not let him do otherwise than provide the best means of curing disease for his patients. He makes use of the most modern ideas and appliances to combat the ailments of humanity and his work is

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 FEMULLE, C. M., 1128 Corner Ave., Cambridge, O. (D.C.)
 FENAIL, FRANK, 194 Riverside Drive, New York, N. Y. (N.D.)
 FENNEL, F. S., 25 W. 65th St., New York, N. Y. (D.C.)
 FENNELL, ELIZ., 15 Montgomery Ave., Pittsburgh, Pa. (D.C.)
 FENNER, Harold A., 321 S. Hill St., Los Angeles, Cal. (D.O.)
 J. Lewis, 38 Main St., Hornell, N. Y. (D.C.)
 J. L., 33 Federation Bldg., Hornell, N. Y. (D.C.)
 J. L., 304 Main St., Hornell, N. Y. (D.C.)
 FENNIMORE, B. B., 50th and Market Sts., Philadelphia, Pa. (D.C.)
 FENTER & FENTER, DRS., Merchants Bk. Bldg., Springfield, Mo. (D.C.)
 Landers Theatre Bldg., Springfield, Mo. (D.C.)
 Mrs. L. M., Nat'l Bk. Bldg., Springfield, Mo. (D.C.)
 FENTON, EVA I., St. Catharines, Ont., Can. (D.C.)
 Laura E., 632 E. Main St., Washington, Ia. (D.C.)
 FERGUSON, DR. DONALD, 469 E. 143d St., New York City, N. Y. (N.D.)
 E. Bertella, 2503 Channing Way, Berkeley, Cal. (D.O.)
 E. Gertrude, Gittings Bldg., Neosha, Mo. (D.O.)
 Ethel S. P., Paw Paw, Ill. (D.O.)
 Hugh, Guthrie, Okla. (D.C.)
 M. B., Rooms 10 and 12, 111 Jefferson St., Roanoke, Va. (D.C.)
 R. B., Citizens' Bank Bldg., Aberdeen, S. D. (D.O.)
 S. K., Merville, Ia. (D.C.)
 FERGUSON, E. W., 115 York St., New Haven, Conn. (D.C.)
 Julius A., New River, Fla. (N.D.)
 J. A., Jacksonville, Fla. (N.D.)
 Wm. F., Sivan St., Washington, D. C. (D.C.)
 FERNALD, EDW. L., 3527 W. Madison St., Chicago, Ill. (D.O.)
 FERRAND, C. L., Creston, Ia. (D.C.)
 R. L., T. A. Work Bldg., Pacific Grove, Cal. (D.O.)
 FERRI, N. A., 152 N. Ashland Blvd., Chicago, Ill. (N.D.)
 FERRIER, DR. JAMES, Suite 32, Astor Court Bldg., New York City, N. Y. (N.D.)
 FERRILL, I. W., Elk City, Okla. (D.C.)
 FERRY, NELLE, Nevada, Mo. (D.O.)
 FESSEL, DR. E., Manning, Ia. (D.C.)
 FESSEL, PHENA, Wild Horse, Colo. (D.C.)
 FESSENDEN, ERNEST A., 35 Avon St., Wakefield, Mass. (D.O.)
 Wendell W., 244 Cabot St., Beverly, Mass. (D.O.)
 FESTA, F. P., 1510 Werster Ave., Pittsburgh, Pa. (N.D.)
 FETE, LUTHER B., 1407 Allison St., Washington, D. C. (D.C.)

highly successful and widely appreciated. No finer mission could be given to a man than to show to India the supreme value of removing the causes of disease by rational living and congenial treatments that render similarly superfluous the knife of the surgeon and the poison of the apothecary. Dr. Kanthariaker is nobly living up to the requirements of his self-appointed task.

KLAWITTER, WM. C., N. D.

Born in La Crosse, Wis., in 1890, he made La Crosse his home during his whole life.



He took up the study of Naturopathy seven years ago and is a graduate from the American School of Naturopathy. He has been with Dr. Josef Riese from the time he took up Naturopathy. Very often the success of an Institution

is not only due to the proprietor and to the initiative of the head of the Institution, but depends in a large measure on the assistants. Dr. Klawitter, who has been with Dr. Riese for so many years, is certainly a great asset to the La Crosse Naturopathic Institute and Sanitarium, and his congenial cheerfulness, the personal magnetism with which he attracts and holds patients, have in a large measure contributed to the great reputation of that institute. Dr. Klawitter is an able and promising disciple and scholar of Dr. Riese, and no doubt will some day be promoted from the managership of the institute, and become his successor.

KRÜGER, WM. F. H., Ph. G., Ph. D., N. D., D. O.

An ardent advocate and practitioner of



Naturopathy since the year 1895. Some of his best writing for rational progressive medicine was published in "Am. Kneipp-Blaetter," volumes 1896-1902. Member A. N. A. Section, New York State. When a practitioner like Dr. Krüger can unite theory with practice in so

perfect a manner as he does, the most surprising curative results follow as a matter of course.

KURZ, ROBERT F., D. C., 36 High Street, New Haven, Conn.

Dr. Kurz graduated at the Palmer School in 1914 and is a member of the Connecticut Chiropractic Association and the Delta Sigma Chi. He was born in Germany in 1892.

LATSON, DR. W. R. C.

The late Dr. Latson was the editor of *Health Culture*, a well-known journal of



progressive medicine. He was not only an editor, but a Naturopath as well, and the author of several books on Natural healing. He conducted, for several years, an educational institution, teaching people how to live, and articles on this subject, from his pen, have appeared in the *Naturopath and Herald of Health*.

He also conducted a hygienic institution on the West Side of New York City, but many of his big plans were in advance of the age, and his death cut short others that were assuredly practical. His devotion to the cause of progressive medicine will keep his memory green, and his name deserves to be engraved on tablets of granite to awaken the respect and imitation of future generations. The editor and Dr. Latson were personal friends, and the former must confess that from his association with this true apostle of medical light and liberty, he received an uplift that could only radiate from a spirit of health and humanity that is characteristic of all true advocates of physical education.

LOBAN, JOY M., D. C., Ph. C. By Dr. Russell H. Skeels, ex-President, International Chiropractic Association.

Dr. Joy M. Loban was born in 1887, and at the age of 20 was actively identified with Drugless healing, being a student at the Palmer School of Chiropractic. Dr. Palmer, dedicating a Chiropractic text-book, in 1908, writes: "To one small, wiry, sincere and conscientious man, whose whole object is the uplifting of this philosophy, is this volume dedicated. He was more than a student under the author. He is more than an acquaintance or friend—he is a companion such as gives backbone to a philosophy as good as this. It is a case of the philosopher thoroughly absorbing the philosophy which met his ideals. His assistance to my research, his help to the author personally and professionally during the past year is considerably remembered. Appreciation in this substantial way is the least compliment that the author can give to Joy M. Loban, D. C., Ph. C." Dr. Loban's service to Drugless healing is limited strictly to the Chiropractic field. He is a graduate of the Palmer School of Chiropractic, and of the Universal Chiropractic College, in both of which institutions he has been an instructor. In the former, he had charge of palpation and adjusting. He was the first teacher in

- FETTERMAN, A. L., Central City, Nebr. (D.C.)
- FETTERS, M. B., Rooms 3 and 4, Hester Bldg., Veedersburg, Ind. (D.C.)
- FETZER, J. L., Dalton, Mo. (D.O.)
- FEWALL, A. B., 504 Watson St., Ripon, Wis. (D.C.)
- FEWELL, A. B., 256 Rideau St., Ottawa, Ont., Can. (D.C.)
- K. B., 844 Watson St., Ripon, Wis. (D.C.)
- FEY, L. M., Weldon Springs, Mo. (D.C.)
- L. M., Chancellor, S. Dak. (D.C.)
- FIELD, A. E., 532 Altman Bldg., Kansas City, Mo. (D.C.)
- D. J., 208 W. Main St., Marion, O. (N.D.)
- Nora, 208 W. Main St., Marion, O. (D.C.)
- P. T., 115½ W. Main St., Galion, O. (D.C.)
- FIELD, VIOLET L., 208 Nat'l Exchange Bank Bldg., Steubenville, O. (D.M.T.)
- FIELDING, OWEN, 968 Anderson Ave., New York, N. Y. (Ma.)
- FIELDS, J., 30 W. 132nd St., New York, N. Y. (Ma.)
- FIERSTEAD, J. F., Summit, S. Dak. (D.C.)
- FILLINGER, C. A., 630 Woodward Ave., Pittsburgh, Pa. (D.C.)
- FINCH, FRED, Parkston, S. Dak. (D.C.)
- F. E., Parkston, S. Dak. (D.C.)
- J. F., 6213 Vine, Philadelphia, Pa. (D.O.)
- J. T., Urban Bldg., 122 4th Ave., Louisville, Ky. (D.C.)
- J. T., 806 Republic Bldg., Louisville, Ky. (D.C.)
- FINEMAN, HARRY, 1338 N. Franklin St., Philadelphia, Pa. (M.D., D.C.)
- FINGERIE, CHAS., First Nat. Bk. Bldg., Covina, Cal. (D.O.)
- FINK, CHAS. A., 39 S. State St., Chicago, Ill. (D.O.)
- FINK, G. A., Headrick, Okla. (D.C.)
- FINKEL, Dr. I. N., 536 W. 145th St., New York, N. Y. (Ch.)
- FINKELSTEIN, A. A., 97 Ann St., Hartford, Conn. (D.C.)
- FINKELSTEIN, SAM'L, 207 W. 110th St., New York City, N. Y. (D.C.)
- FINKHOUSEN, F. W., S Washington St., Van Wert, O. (D.C.)
- W. F., 22½ Monroe St., Decatur, Ind. (D.C.)
- F. W., Keneck Bldg., S. Wash. St., Van Wert, O. (D.C.)
- FINLEY, E. P., 203 E. Main St., Dyesville, O. (N.D.)
- FINLEY, CHAS. D., 608 Chestnut St., Atlantic, Ia. (D.O.)
- E. P., Byesville, O. (D.C.)
- Vyla M., Box 807, Barrie, Ont., Canada. (D.C.)
- FINN, I. B., Saint Joseph, Mich. (D.C.)
- Louis E., 30½ S. 7th St., Terre Haute, Ind. (D.C.)
- FINNEN, E., 45 W. 34th St., New York, N. Y. (D.C.)
- FINNERAN, MARGARET T., 359 Boylston St., Boston, Mass. (D.O.)
- FINNERTY, FRANCIS A., 40 Park St., Montclair, N. J. (D.O.)
- FINNEY, MRS. MARY, Russell, Kans. (M.D.)
- FINSETH, ANNA M., Kenyon, Minn. (D.C.)
- Anna M., Silverton, Ore. (D.C.)
- FINTON, DARIUS S., 353 E. Lincoln St., Findlay, O. (D.S.T.)
- FIRTH, A. P., 28 Clinton St., Newark, N. J. (D.O.)
- J. N., 828 Brady St., Davenport, Ia. (D.C.)
- John W., Realty Bldg., Cadillac, Mich. (D.C.)
- FISCHER, CLARA E., Vinton, Ia. (D.C.)
- Frank L., 94 Ridgewood Ave., Newark, N. J. (N.D.)
- Dr. Geo. F., 221 E. 53rd St., New York, N. Y. (M.D.)
- H. M., Vinton, Ia. (D.C.)
- Ray L., 306 Ferry St., Hartford, Conn. (D.C.)
- FISCHER, JOHN A., Otis Bldg., 16th and Sansom Sts., Philadelphia, Pa. (M.D.)
- FISER, MRS. A. E., 328 Clinton St., Findlay, O. (D.M.T.)
- FISH, H. J., 882 Fulton St., San Francisco, Cal. (N.D.)
- FISH, S. ELLA, Garner, Ia. (D.C.)
- FISHER, ALBERT, 6340 Stewart Ave., Chicago, Ill. (D.O.)
- M. K., 9 W. Sugar St., Mount Vernon, O. (D.M.T.)
- FISHER, DR., State Sav. Bk. Bldg., Butte, Mont. (D.C.)
- Dr., care of Fisher Sanitarium, Denver, Colo. (S.T.)
- Alice E., 416½ S. Main St., Findlay, O. (M.D.)
- Bruce E., Ida Grove, Ia. (D.O.)
- Charles S., Majestic Bldg., Milwaukee, Wis. (D.C.)
- Clyde J., Vicksburg, Mich. (D.C.)
- H. Wallace, 512 5th Ave., Pittsburgh, Pa. (D.C.)
- Myrtle N., Vicksburg, Mich. (D.C.)
- Joseph, Davenport, Ia. (D.C.)
- Nellie M., 239 Waywataosa Ave., Waywataosa, Wis. (D.O.)
- Capt. Noah, Ft. Smith, Ark. (S.T.)
- Ray L., 306 Ferry St., Hartford, Conn. (D.C.)
- FISKE, FRANKLIN, 1 W. 34th St. and Riverside Drive at W. 116th St., New York, N. Y. (D.O.)
- FITCH & GRUNEWALD, 5 N. Wabash Ave., Chicago, Ill. (D.O.)
- FITCH, MILTON B., 4725 Lincoln Ave., Chicago, Ill. (D.O.)
- FITCH, R. L., 4940 W. Kinzie St., Chicago, Ill. (D.C.)
- Stewart J., 1175 N. Robles Ave., Pasadena, Cal. (D.O.)
- FITE, LEWIS, 3335 Paseo St., Kansas City, Mo. (D.O.)
- M. S., 405½ Main St., Lewiston, Idaho. (D.C.)
- FITHEROFF, WM., 902 Elm St., Cincinnati, O. (D.M.T.)
- FITTS, F., 110½ E. Gordon St., Kinston, N. C.
- FITZ, CHAS. B., 839 Freeland St., Pittsburgh, Pa. (D.C.)
- FITZGERALD, BESS, Greenwood, Ark. (D.C.)
- Frank W., Casey, Ia. (D.C.)
- J. A., Tonkawa, Okla. (D.C.)
- J. W., Antlers, O. (D.C.)
- Jno., Hackett, Ark. (D.C.)
- FITZGERALD, E. J., 211 E. 33rd St., New York, N. Y. (Ma.)
- FITZSIMMONS, W. Warren, Grand Rapids, Mich. (D.C.)
- FITZSTAD, T. E., Rice Lake, Wis. (D.C.)
- FITZSTAD, T. E., R. No. 2, Barron, Wis. (N.D.)
- FITZWATER, William D., 178 Prospect Park W., Brooklyn, N. Y. (D.O.)
- FJERESTAD, J., Sisselton, S. D. (N.D.)
- FLACK, ARTHUR M., 3414 Bearing St., Philadelphia, Pa. (D.O.)
- William O., B'way Bldg., Portland, Ore. (D.O.)
- FLAGEL, L. H., Osterdock, Ia. (D.C.)
- Louis, 714 N. 8th Ave., Sheboygan, Wis. (N.D.)
- FLAHARTY, W. T., 305-6 Howe's Bldg., Clinton, Ia. (D.C.)
- FLAMHOLTZ, ISAAC M., 509 Rumiller Bldg., Los Angeles, Cal. (N.D.)
- FLANIGAN, A. L., 128 17th Ave., Paterson, N. J. (N.D.)
- FLANAGAN, CHAS. D., 146 Westminster St., Providence, R. I. (D.O.)
- Francis, Prudden Bldg., Lansing, Mich. (D.C.)
- FLANIGAN, G. L., 524 Penna. Ave., Pittsburgh, Pa. (D.C.)
- FLANNIGEN, HAZEL, Mendota, Ill. (N.D.)
- FLANSBURGH, R. D., The Richardson, Leominster, Mass. (D.O.)
- FLAWITH, F., 223 W. 2nd St., Los Angeles, Cal. (D.C.)
- FLAWS, ROBERT, 448 Ridge Wav., Los Angeles, Cal. (D.C.)
- FLEAK, GERTRUDE, 62 Oxford St., Hamilton, Ont., Canada. (D.C.)
- FLECK, C. E., 247 5th Ave., New York City. (D.O.)
- FLEGEL, L. H., 913 N. 8th St., Sheboygan, Wis. (D.C.)
- FLEISCHER, KARL, 503 5th Ave., New York, N. Y. (D.C.)
- FLEMING, EVALINE S. C., 1524 Chestnut St., Philadelphia, Pa. (D.O.)
- Evaline S. C., 535 Hansberry St., Philadelphia, Pa. (D.O.)
- F. B., Keller Bldg., Montrose, Colo. (D.O.)

the Universal, planned its curriculum, and put it into operation, leaving two years later to practice in Atlanta, Ga. In 1913 he organized another school in Washington, but soon returned to the Universal Chiropractic College as instructor in anatomy, remaining till the present year, when he became dean at the Pittsburgh Chiropractic College. As a teacher, Dr. Loban is especially successful, having the ability to so correlate the work in its logical sequence that the more difficult points are easily grasped by the ordinary student. He possesses a highly analytical mind, and the happy faculty of expressing it logically. This, naturally, has led him into other fields than teaching. He is a lecturer of note, on subjects pertaining to Chiropractic, and his text-book, "Technic and Practice of Chiropractic" (The Loban Publishing Co., Pgh., Pa.), which has reached its third edition, is universally accepted as the only scientific work on the subject, and is used wherever Chiropractic is taught. In the effort to secure legislative recognition of Drugless methods of healing, Dr. Loban has been ever active, using his influence at all times for laws that provide for the licensing of practitioners of each of the various schools of healing, under separate examining boards. In this he is consistent, for he is a staunch advocate of complete separation of the different methods. In his private practice he employs only the purest Chiropractic, and in his classes, Chiropractic alone is taught. The vast majority of the Drugless healers differ from him in that they rarely confine their treatment to any one of the healing methods, but combine the treatment of several schools. Dr. Loban limits his teachings and practice to "pure and undiluted" Chiropractic, and because of his consistent attitude toward "mixing," has won the admiration of the profession. Not only is he the leading technical writer of his profession, but is recognized as a talented writer of fiction. His shore stories are in demand, and have appeared in some of the more prominent monthlies. His style is the style of Irvin S. Cobb and Ring Lardner, and, like both, he is a baseball enthusiast. No one individual in the Chiropractic ranks, probably, has done as much constructive work for the profession and for Drugless healing as has Dr. Loban, although at no time has he permitted himself to be considered as the leader of the school of spinal adjustment. He works because his heart is in the work, and his satisfaction comes from the knowledge that he daily does his part to place Chiropractic on a firmer scientific basis, and not through self-aggrandizement or personal glory. The honors which his profession deem to be his due, come to him earned, but wholly unsought. He is one of the leading lights of the chiropractic profession and a member of the International Chiropractic Association.

LONG, I. W., N. D.

Dr. Long is a manufacturer and dealer in therapeutic appliances, publisher of books and charts relating to Naturopathy. His emporium at 101 North High Street, Columbus, Ohio, is supplied with electric light cabinets (Burdick's) and pandiculators, sinusoidal apparatus, vibrators, therapeutic lamps, hand concussors and abdominal supporters, manufactured by himself. He carries books on every phase of Naturopathy, particularly Hydropathy, Chiropractic, Osteopathy, Naprapathy, Spondylotherapy, Neuropathy, Spinal Adjustment, Diagnostic Therapeutics, Zone Therapy, etc.

LUEPKE, JOHN F. G., M. D., S. D.

John F. G. Luepke, M. D., S. D., native of Germany, was born April 14th, 1863



John F. G. Luepke, M. D., S. D.

The foundation of his classical education was laid at a German gymnasium and high school, and finished at the University of Berlin. In this country, he attended the Eclectic Medical College of New York City and the Creighton University and Medical College at Omaha, Neb., received a license as physician and surgeon from N. Y. University in 1906, and is registered both in New York and New Jersey as such. At different periods, Dr. Luepke was connected with the Vanderbilt Clinic and Roosevelt Hospital Dispensary, N. Y. City, the N. Y. Post Graduate Surgical Department and the Lying-in-Hospital of N. Y. City. During the time of his practice, he was examining physician for a German-American Veteran Soldiers' Society, and different fraternal organizations, as of the I. O. O. F. (Blücher and Wallenstein), the F. O. A. (Courts Humboldt and Sam H. Bailey), the Workingmen's Sick and Death Benefit Association, Branch 31, the Amt Freudenberger Verein, and many others.

- Irving, Knill Bldg., Port Huron, Mich. (D.C.)
 J. H., 1603 Marshall St., Davenport, Ia. (D.C.)
 S. D., Knill Block, Port Huron, Mich. (D.C.)
 FLETCHER, MRS. ALEX., R. F. No. 2, Orange, Cal. (D.C.)
 Clarke F., 143 W. 69th St., N. Y. City. (D.O.)
 Mary M., Central Ex. Bldg., Worcester, Mass. (D.O.)
 W. H., Unionville, Mo. (D.C.)
 FLETCHER, DR. W. H. A., 203 W. 52nd St., New York, N. Y. (Ch.)
 FLICK, JAS. R., 724 Hamilton St., Allentown, Pa. (D.C.)
 FLICK, GERVASE C., Greensburg, Ind. (D.O.)
 Elizabeth, 204 Scribner St., Du Bois, Pa. (D.C.)
 James R., 46 Washington Ave., Collingswood, N. J. (D.C.)
 FLINK, G. A., Headrick, Okla. (D.C.)
 FLINT, EFFIE A., 1636 N. 15th St., Philadelphia, Pa. (D.O.)
 George C., Huntington Chambers, Boston, Mass. (D.O.)
 Ralph W., 1636 N. 15th St., Philadelphia, Pa. (D.O.)
 FLORY, CHAS. M., 311 Vesper St., Ashland, O. (Ch.)
 William O., Medical Block, Minneapolis, Minn. (D.O.)
 FLOWER, ANDREW G., 3622 Lorain Ave., Cleveland, O. (D.C.)
 Dr. A. H., 101 St. Botolph St., Boston, Mass. (D.C.)
 M. E., 501 Farmers' Trust Bldg., South Bend, Ind. (D.C.)
 FLOYD, AMBROSE B., Elliott Sq., Buffalo, N. Y. (D.O.)
 FLUEGEL, A. B., Charles City, Ia. (D.C.)
 FLUSH, Mme. B., 250 W. 94th St., New York, N. Y. (Ma.)
 FLYNN, J. P., 255 E. Main St., Alliance, O. (D.O.)
 FOEHL, DR. P. E., 5405 Baltimore Ave., Philadelphia, Pa. (N.D.)
 FOGARTY, JULIA A., Starland Bldg., Michigan City, and First Nat. Bk. Bldg., La Porte, Ind. (D.O.)
 FOGG, CLINTON O., 121 Madison Ave., Lakewood, N. J. (D.O.)
 FOLEY, HORACE P., 379 W. 4th St., Davenport, Ia. (D.C.)
 Horace P., 519 W. 4th St., Davenport, Ia. (D.C.)
 Wm. R., 272 Main Street, New Britain, Conn. (D.C.)
 FOLTS & FOLTS, 2639 Peach St., Erie, Pa. (D.C.)
 FOLTZ, MRS. C., 3343 Tejon St., Denver, Colo. (D.C.)
 Mrs. C., 3349 Tejon St., Denver, Colo. (D.C.)
 FOORD, E. J., 327 E. Spruce St., Sault Ste. Marie, Mich. (D.C.)
 FOOTE, ARTHUR M., 509 Bradbury Bldg., Los Angeles, Cal. (D.C.)
 FOOTE, HARVEY R., Harewood House, Hanover Sq., London W., England. (D.O.)
 FORALE, J. J., Ionia, Mich. (D.C.)
 FORBES, AGNES B., 115 N. Perry St., Dayton, O. (Ma.)
 FORBES, H. W., 318 Clay St., Los Angeles, Cal. (D.O.)
 FORCE, WILBUR, Jackson, Mich. (D.C.)
 FORD, A. B., Hoge Bldg., Seattle, Wash. (D.O.)
 Charles F., Whittell Bldg., San Francisco, Cal. (D.O.)
 Helene C., Thayer, Nebr. (S.T.)
 Roberta Wimer, Hoge Bldg., Seattle, Wash. (D.O.)
 Walter J., Hoge Bldg., Seattle, Wash. (D.O.)
 W. W., 731-2 Colonial Sav. & Trust Co. Bldg., Columbus, O. (D.C.)
 FORD, MISS ALBERTA, 328 Jarvis St., Toledo, O. (D.M.T.)
 Eva M., 712 E. Dong St., Columbus, O. (Ch.)
 Huscher C., 44 E. Broad St., Columbus, O. (Ch.)
 FORDYCE, H. A., Washington, D. C. (N.D.)
 FOREMAN, OLIVER C., Goddard Bldg., Chicago, Ill. (D.O.)
 FORGRAVE, L. R., Logan Bldg., St. Joseph, Mo. (Oph.)
 FORQUER, JAMES W., Osborn Bldg., Cleveland, O. (D.O.)
 FORREST, WM. J., Beiter Bldg., Carroll, Ia. (D.O.)
 FORRESTER, J. I., Holtville, Cal. (D.C.)
 FORRISTER, RAY M., 935 Military St., Port Huron, Mich. (D.O.)
 FORSEE, EDWARD W., Brookings, S. D. (D.O.)
 FORSTOT, SAMUEL, 57 Union St., Montclair, N. J. (M.D.)
 FORSYTHE, L. C., Box 62, Lewistown, O. (D.M.T.)
 FORTIER, J. E., Davenport, Ia. (D.C.)
 FORTIN, EDWIN C., Cresco, Ia. (D.C.)
 FOSS, MARTHA M., 4217 Chambers St., Cincinnati, O. (D.O.)
 FOSSLER, WELLINGTON, C., New Lawrence Bldg., Sterling, Ill. (D.O.)
 FOSTER & FOSTER, St. Clair, Minn. (D.C.)
 C. E., 337 St. James Bldg., Jacksonville, Fla. (D.C.)
 Chas. L., Patterson Bldg., Flint, Mich. (D.C.)
 Frank A., Box 706, St. Augustine, Fla. (D.C.)
 F. A., Masonic House, Springfield, O. (D.C.)
 H. J., Hastings, Nebr. (D.C.)
 J. C., Stein Bldg., Butler, Pa. (D.O.)
 Julia E., Stein Bldg., Butler, Pa. (D.O.)
 Mrs. Pearl, Washington, Okla. (D.C.)
 Mrs. R. A. Mollie, Los Angeles, Cal. (D.C.)
 FOSTER & KELLOGG, Hastings, Nebr. (D.C.)
 FOSTER, LOUIS, Syracuse, N. Y. (D.C.)
 Miss Nora D., R. F. D. No. 4, Box 10, Conneaut, O. (D.M.T.)
 FOURSHE, MAY, 3913 Cottage Grove Ave., Chicago, Ill. (Ma.)
 FOUT, GEO. E., Chamber of Commerce Bldg., Richmond, Va. (D.O.)
 FOUTS, L. H., 733½ Garrison Ave., Ft. Smith, Ark. (D.C.)
 FOUTY, HENRY M., Mountain Grove, Mo. (D.O.)
 FOWLE, J. J., Ionia, Mich. (D.C.)
 FOWLER, CORA M., Smith Bldg., Bucklib, Kans. (D.O.)
 Rebecca, Warren, Ark. (D.O.)
 FOWLER, MISS F. I., 1226 D St. N. E., Washington, D. C. (D.C.)
 Jessie Allen, 1358 B'way, New York, N. Y. (Ph.)
 FOWLER & WELLS, 27 E. 22nd St., New York, N. Y. (Ph.)
 FOWLEY, WM. R., 272 Main St., New Britain, Conn. (D.C.)
 FOX & FOX, 414 Dryden Bldg., Flint, Mich. (D.C.)
 FOX, LOUIS, 343 Leroy Ave., Buffalo, N. Y. (N.D.)
 Warren F., 786 Sunset Ave., Pasadena, Cal. (D.C.)
 FOY, ADDIE L., Goodland, Kans. (S.T.)
 Anna M., Prest, Kansas State Board of Chiropractic Examiners, Denison, Kans. (D.C.)
 Mrs. E., 127 W. Circular St., Lima, O. (N.D.)
 Harry L., 674 Hillman Bldg., Los Angeles, Cal. (D.C.)
 H. L., 739½ Lake St., Los Angeles, Cal. (N.D.)
 J. A., Wingham, Ont., Canada. (D.C.)
 Jefferson, Alliance, O. (M.D.)
 Raymond C., 217 San Marcos Bldg., Santa Barbara, Cal. (D.C.)
 FOY & FOY, DRS., 716 Kansas Ave., Topeka, Kans. (N.D.)
 FRADSHAM, W. F. B., 220 S. State St., Chicago, Ill. (D.C.)
 W. F. B., 718 W. 63d St., Chicago, Ill. (D.C.)
 FRAIZER, HUGH M., Union Savings Bank Bldg., Oakland, Cal. (D.O.)
 Miller, U. S. Bank Bldg., Oakland, Cal. (D.O.)
 FRAKER, FRANKLIN, Galvin Bldg., Eau Claire, Wis. (D.O.)
 FRAME, IRA SPENCER, 472 Herkimer St., Pasadena, Cal. (D.O.)
 FRANCE, BERT C., Ashland, O. (D.C.)
 W. N., Cor. Church and Main Sts., Ashland, O. (D.C.)
 FRANCIS, G. R., 18 New Zimmerman Bldg., Springfield, O. (D.C.)
 G. R., 10221 Prospect Ave., Chicago, Ill. (D.C.)

He is still an active member of the New York Physicians' Association, the Society of Naturopathic Physicians, and the International Alliance of Physicians and Surgeons, and holds a certificate of membership in the Society of Chiropractic Physicians of New Jersey. He also is Medical Adviser and Food Expert for the Tropon Works, N. Y. City. The Doctor is a strong adherent of Drugless Healing and Rational Dietetics, in which sense he successfully conducted the Naturopathic Sanitarium at Paterson, N. J., and the Therapeutic Institute of Brooklyn, N. Y., where he was cleverly assisted by Mrs. Luepke, who, a former school-teacher, is a graduate of the N. Y. School of Massage and Maternity Hospital. Due to an accident in his laboratory, Dr. Luepke was obliged to lay down his practice for a while and is at present located at Welga, Ill.

LUNTZ, HARRY, D. O., N. D., M. D.



Dr. Harry Luntz, of Brooklyn, N. Y., has perfected a health food combination which he calls Flaxolyn. It is the result of many years of study and experiment.

Dr. Luntz deserves great credit for producing from natural foods a real remedy for stomach, liver and kidney troubles, constipation and gall stones. It is scientifically compounded from fruits, roots, herbs and flaxseed, and contains nothing harmful. It is a good food tonic and promotes tissue building.

Dr. Luntz is a Naturopath with a broad, liberal education and has achieved an enviable reputation as an osteopath in three States. He has been a close student of therapeutics for the past 25 years, having graduated successively from the American College of Osteopathy, Kirksville, Mo., Old Physio Medical College (Osteopathic and Post Graduate Departments), Chicago College of Medicine and Surgery and the Philadelphia College of Osteopathy.

LYTLE, ALFRED Y., N. D.

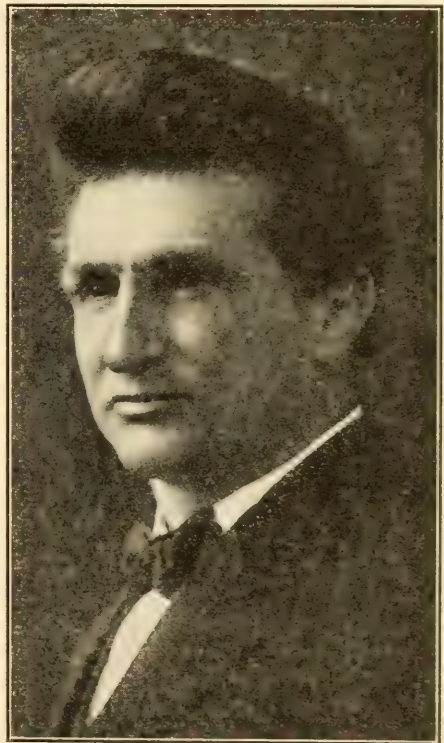
Dr. Lytle has been actively engaged for the past five years as a Naturopath, in Hartford, Conn. The fact that he is a progressive practitioner is an indication that after serious consideration, he decided to regard Nature and not superstition, as his authority in the noble art of healing sick humanity. He is not ambitious to be known simply as a pain-killer, but rather as a pain eradicator. His inquiring mind seeks to get at the root of things. He early discovered that of the two opposing schools



of medicine, that of the Allopaths was a deteriorating treatment, adding an extra load to the efforts of Nature to cure disease, whereas Naturopathy was a sworn yoke-fellow with Nature, pulling at least an equal load and relieving Nature of half her efforts to restore natural functions to their normal state of well-being. The success that has naturally come to a dispenser of joy, hopefulness and health, by methods wholly at variance with the administration of filthy poisons, has created a deservedly successful business for Dr. Lytle. His reputation stands as high among his fellow practitioners as it does with the general public, and he is a member of the American Naturopathic Association.

MACFADDEN, BERNARR, Author, Editor, and Physical Culturist.

Bernarr Macfadden, who nineteen years ago founded the Physical Culture Magazine,



Bernarr Macfadden

may well be called "Father of Physical Culture" in America. He is especially entitled to this distinction in view of the fact that it has been largely through his work that physical culture principles have become popularly recognized as methods of treatment and cure, as well as of merely building bodily strength. More than thirty years ago, Mr. Macfadden, then a frail and

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Thos., 94 E. Washington St., South Norwalk, Conn. (D.C.)
- FRANK, G. H., San Jose, Cal. (D.C.)
G. H., Alva, Okla. (D.C.)
- FRANK, HENRY J., 256 Dix Ave., Detroit, Mich. (N.D.)
L. Wilson, 423 Exchange Bldg., Los Angeles, Cal. (D.C.)
Mme. L., 540 W. 112th St., New York, N. Y. (Ma.)
- FRANKE, MARIE L., All Nat'l Bank Bldg., Pittsburgh, Pa. (D.C.)
Mrs. M., 775 S. Somerset St., Ottawa, Ont. (D.C.)
Sade, Russell, Kans. (D.C.)
Sade H., Utica, Kans. (D.C.)
- FRANKOWSKY, ERICH, 3550 W. Monroe St., Chicago, Ill. (D.C.)
- FRANKS, SIMON MERL, N. Main St., Findlay, O. (D.M.T.)
- FRANTZ, GLEN F., North Side Square, Moblesville, Ind. (D.C.)
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Charles F., 3209 Grim St., San Diego, Cal. (D.O.)
E. L., Brookfield, Mo. (N.D.)
James M., 1939 Sherman Ave., Evanston, Ill. (D.O.)
Lillian, Glick Bk., Berlin, Ont., Canada (D.C.)
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- FREDLING & FREDLING, 901 6th St., Greeley, Colo. (D.C.)
Drs., 801 6th St., Greeley, Colo. (D.C.)
- FREEBORN, THOS. J., 405 May Bldg., Pittsburgh, Pa. (D.C.)
Thos. J., 527 Jarvella St., Pittsburgh, Pa. (D.C.)
- FREEL, J. E., 748 S. 15th St., Newark, N. J. (D.C.)
Jas. S. F., Littleton Ave., Newark, N. J. (D.C.)
- FREEMAN, A. E., West Palm Beach, Fla. (D.O.)
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- FREESE, BENJ. J., 4913 N. Robey St., Chicago, Ill. (N.D., D.C.)
- FREEZEN, I. H., Henderson, Nebr. (D.C.)
- FREMAN ELECTRIC INSTITUTE, 2d floor, 635 Walnut, Cincinnati, O., (M.A.)
- FREMAN, M. E., 403 Market St., Sandusky, O. (Ch.)
- FRENCH, AMOS G., 125 E. Onondaga St., Syracuse, N. Y. (D.O.)
J. A., 1127 W. 18th St., Los Angeles, Cal. (D.C.)
S. C., Birnamwood, Wis. (D.C.)
W. G., 1610 Mallers Bldg., Chicago, Ill. (D.C.)
- FRENCH, LESLIE, 3975 Vernon Ave., Chicago, Ill. (N.D., D.P., D.C.)
Leslie H., 315 N. 35th St., Philadelphia, Pa. (N.D.)
- FRESCA, ETTORE, 137 East 43rd St., New York, N. Y. (N.D.)
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- FRIEDLEIN, N. F., 760 Locust St., Dubuque, Ia. (D.C.)
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208 Masonic Temple, Denver, Colo. (D.C.)
Ada C., 329-331 Mercantile Bldg., Rochester, N. Y. (D.C.)
A. E., 315 Del Monte St., Colorado Springs, Colo. (D.C.)
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H. P., 920 Slater Bldg., Worcester, Mass. (D.O.)
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- FRUMOFF, L., 910 N. Western Ave., Chicago, Ill. (N.D.)
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G., Carroll, Ia. (D.C.)
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S. J., Washington Bldg., Madison, Wis. (D.O.)
- FUCHS, L., Box 185, Butler, N. J. (D.C.)
- FUES, 2314 B'way, New York, N. Y. (N.D.)
Francis, Morris Plains, N. J. (N.D.)
- FUGATE, E. P., Argos, Ind. (D.C.)
- FULFORD, HARLIE J., Box 9, Chelsea, Mich. (D.O.)
- FULHAM, C. V., People's Life Ins. Bldg., Frankford, Ind. (D.O.)
- FULKERSON, PERRY, 840 North 25th St., St. Joseph, Mo. (Oph.)
- FULL, LEO, Mendota, Ill. (N.D.)
- FULLER, O. K., 4126 S. Halstead St., Chicago, Ill. (D.M.T., D. O.)
- FULLER, CHAS. H., Harbor Springs, Mich. (D.C.)
Karl E., 813 Peter Smith Bldg., Detroit, Mich. (D.C.)
L. C., 525 Meridian Life Bldg., Indianapolis, Ind. (D.C.)
Leroy E., 511 Meridian Life Bldg., Indianapolis, Ind. (D.C.)
Victor, 39½ Queen St., Niagara, Canada. (D.C.)
Victor, 204 St. Paul's St., St. Catharines, Ont. (D.C.)

delicate youth, was threatened with consumption. It was in the family. He had lost one of his parents through this disease. Following the general and approved program of going from doctor to doctor and consuming medicines of all kinds and in large quantities, he found his condition steadily growing worse. The case seemed hopeless. Finally, in desperation, he threw away his medicines, avoided the doctors, and instead, entered a gymnasium, in the hope of building strength like that of the young men whom he saw there. His efforts were not disappointing. He gradually gained strength. With increasing strength came enthusiasm—an enthusiasm which has not left him to this day. He began to study subjects pertaining to food, hygiene, physical training and the needs of the body in general. In the course of a couple of years, he had become a superb example of vigorous, athletic manhood. A little later he took up professional wrestling. For years he was one of the best wrestlers, not only of the Middle West, but of America, winning many championship matches at his weight, 149 pounds, and holding his own successfully with many of the best wrestlers in the heavier classes. Indeed, he was never thrown even by the best heavyweight champions in his own preferred style of wrestling, the Graeco-Roman. Mr. Macfadden's studies were very early devoted to questions pertaining to diet and fasting. Although by no means an originator of the theory of fasting as a cure for disease, Mr. Macfadden has done more than anyone else in the world to bring this form of remedial treatment to the attention of the public, and to establish it with more or less popularity as a curative measure. Not long after the founding of the Physical Culture Magazine, Mr. Macfadden undertook a seven days' fast, and demonstrated his superb physical condition on the seventh day by some severe feats of strength. He used the magazine, "Physical Culture," as a medium through which to teach the many lessons of hydrotherapy, massage, exercise, diet, fasting, fresh air, and other forms of drugless treatment. He wrote many books of a practical, instructive character, aiming at the physical regeneration of his readers, and including the remarkable "Macfadden's Encyclopedia of Physical Culture," in five large, beautiful volumes, now in its fourth edition. More than nine million of his books have been sold. He has established and conducted various "health homes" and sanitariums, in which his methods of treatment have been used with phenomenal and practically unfailling success. Many years ago, he organized a training school for the preparation of physical directors, and established a college for the training of drugless practitioners. After conducting a large sanitarium at Battle Creek some years ago,

he decided that Chicago, which is a more central point in the United States, was a better location. Mr. Macfadden established a large institution at 4200 Grand Boulevard, which he then called "The Healthatorium." Fifteen years ago, Mr. Macfadden established a chain of pure food restaurants for the benefit of those searching for strength-building foods, healthfully and properly prepared. These restaurants are now in successful operation; six being located in New York City, with branch restaurants in Philadelphia, Detroit and Toronto. Aside from his work both in England and America as author, editor, publisher and health director in his sanitariums, Mr. Macfadden has had a remarkable career as a business organizer. He has more recently organized and supervised the work of The Washed Air Cooling, Heating and Ventilating Co., Inc., and The Physical Culture Photo Plays Co., Inc., the latter engaged in the production of motion pictures dealing with physical culture subjects, both in a monthly "screen magazine" and in feature productions of from five to seven reels.

MAC KINNON, JOHN L., D. C.

Dr. John L. Mac Kinnon was graduated from the Palmer School of Chiropractic, with honors. He is a man of exceptional per-



John L. Mac Kinnon, D. C.

sonality, and has proven himself a remarkable genius and expert in the Science of Chiropractic. With Dr. Froude, he is fast coming into prominence as a specialist in stomach and kidney troubles. Their local practice has grown phenomenally, and their special work is attracting many patients from other States. Their office at 260 Fair Street, Kingston, New York, is one of the most splendidly equipped Chiropractic offices to be found.

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- Robt., Saint Joseph, Mich. (D.C.)
- FULTON, HANNAH R., 323 Euclid Ave., Cleveland, O. (Ch.)
- Dr. N. J., 114 Seventeenth Ave. N., Seattle, Wash. (N.D.)
- Margaret E., Turlock, Cal. (D.C.)
- N. J., P. O. Box 984, Portland, Ore. (N.D.)
- FUNK, H. F., 6351 Ellis Ave., Chicago, Ill. (D.C.)
- H. F., 1138 E. 63rd St., Chicago, Ill. (D.C.)
- FUREY, BLANCHE COSTELLO, Real Estate Trust Bldg., Philadelphia, Pa. (D.O.)
- Chas. A., Jr., 2501 S. Cleveland Ave., Philadelphia, Pa. (D.O.)
- Wm. J., 1240 S. Broad St., Philadelphia, Pa. (D.O.)
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- FURLONG, PAULINE, 111 5th Ave., New York, N. Y. (P.)
- FURMAN, MATTIE, 607 W. 25th St., Kearney, Neb. (D.O.)
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- FURRY, FRANK I., Theatre Bldg., Cheyenne, Wyo. (D.O.)
- FURRY, Dr. L., Cheyenne, Wyo. (M.D.)
- FURST, O. J., 1335 W. 37th Place, Los Angeles, Cal. (D.C.)
- FUSAY, HENRY, M., 50 W. 82nd St., New York, N. Y. (Ma.)
- FUSCH, AUGUSTA L., 1630 E. 3rd St., Topeka, Kans. (N.D.)
- FUSCH, W. H. A., 1630 E. 3rd St., Topeka, Kans. (M.D.)
- GAARD, CARL B., Fort Dodge, Ia. (D.C.)
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- GABLE, FONDA M., 322 E. 51st St., Chicago, Ill. (D.O.)
- John A., Renig Bldg., Mahoney City, Pa. (D.C.)
- Roy J., 322 E. 51st St., Chicago, Ill. (D.O.)
- GABLER, J. F., 234 S. Blvd., Oak Park, Ill. (D.C.)
- GABRIEL, DR. EMMA, 1713 Mt. Vernon St., Philadelphia, Pa. (N.D.)
- J. H., 718 Kansas Ave., Topeka, Kan. (D.C.)
- GACRENBACH, F. A., 125 S. Main St., Wichita, Kan. (M.D.)
- GADBORS, L. F., 422 E. 40th St., Chicago, Ill. (D.C.)
- GADBOIS, LEON T., 90 Diamond Lake San., Area, Ill. (N.D.)
- GADDIS, CYRUS J., First Natl. Bank Bldg., Oakland, Cal. (D.O.)
- GADSON, THOMAS H., 403 Mining Ex. Bldg., Denver, Colo. (I.)
- GAGE, FRED W., Goddard Bldg., Chicago, Ill. (D.O.)
- H. W., 20 Durand Street, Plattsburg, N. Y. (D.C.)
- Lyle Ellsworth, 6th Street, Hillburn, N. Y. (D.O.)
- GATR, E. FLORENCE, 120 New York Ave., Brooklyn, N. Y. (D.O.)
- GALATIAN, H. B., 152 North Ashland Blvd., Chicago, Ill. (D.C.)
- GALATIAN, H. B., 3700 Chicago Ave., Chicago, Ill. (N.D.)
- GALAVAN, JAMES E., 318 Euclid Ave., Cleveland, O. (Ch.)
- GALBRAITH & GALBRAITH, DRS., 623 Bathurst St., Toronto, Ont., Can. (D.C.)
- GALBRAITH, A., 130 S. Fairmont Ave., Pittsburgh, Pa. (D.C.)
- D., 623 Bathurst Street, Toronto, Ont., Can. (D.C.)
- J. C., Clarion, Pa. (D.C.)
- Lafayette, Tippecanoe, O. (D.M.T.)
- Sarah & Jane, 80 Nottawasaga, Ont., Can. (D.C.)
- W. G., Orilla, Ont., Can. (D.C.)
- W. J., 411 Somerset Street, Ottawa, Ont., Can. (D.C.)
- GALBREATH, ALBERT LOUIS, Oakland, Ill. (D.O.)
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- William Otis, Land Title Bldg., Philadelphia, Pa. (D.O.)
- Wm. Otis, 805 E. Washington St., Philadelphia, Pa. (D.O.)
- GALE, MINNIE, 2715 Stevens Ave., Minneapolis, Minn. (D.C.)
- GALEANER, ELSIE B., 500 W. 9th St., Oklahoma City, Okla. (D.C.)
- GALENA, STELLA, 211 Baird Bldg., Mansfield, O. (Ch.)
- GALES, A. A., Sank Center, Minn. (D.C.)
- GALLAGHER, DOLLIE HUNT, The Vendome Hotel, Chicago, Ill. (D.O.)
- GALLAHER, ERNEST, Charlestown, Ark. (D.C.)
- Harry, Greenwood, Ark. (D.C.)
- Harry, 2401 Scott St., Little Rock, Ark. (D.C.)
- Dr. Harry, 221 E. 8th St., Oklahoma City, Okla. (D.C.)
- GALLAGHER & LONG, 401-2 Frisco Bldg., Joplin, Mo. (D.C.)
- GALLAMORE, J. T., Pritchett Bldg., Fairbury, Nebr. (D.C.)
- GALLEGLEY, HARVEY A., 2249 Bissell St., Chicago, Ill. (D.O.)
- GALLIVAN, C. L., Ivesdale, Ill. (D.O.)
- GALOP, JOHN, Searles Bldg., Monmouth, Ill. (D.C.)
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- Harry W., Missouri Valley, Ia. (D.O.)
- Mary E., Templeton Bldg., Salt Lake City, Utah. (D.O.)
- GANOUNG, FLOYD J., Olean, N. Y. (D.O.)
- GANTS, S. L., 721 Broad St., Providence, R. I. (D.O.)
- GARBISH, HENRY, 410 Brown Bldg., Washington, Pa. (D.C.)
- GARBREATH, CONRAD V., 5 N. Wabash Ave., Chicago, Ill. (D.O.)
- GARCIA, ALBERTO E., Los Angeles, Cal. (D.C.)
- GARCIA, ALBERT E., Tecato, San Diego County, Cal. (N.D.)
- GARDINER, WARREN L., Corning, Ia. (D.O.)
- GARDNER, CHAS. A., 1597 E. 93rd St., Cleveland, O. (D.M.T.)
- GARDNER, J. A., 965 Jackson St., Oakland, Cal. (N.D.)
- William, 702 W. 4th St., Sterling, Ill. (D.O.)
- GAREY, C. M., Lemmon, S. D. (D.C.)
- GARFINKEL, M. S., 1159 E. Parkway, Brooklyn, N. Y. (Opt.)
- GARIVAN, J. W., Muskegon, Mich. (D.C.)
- GARLINGHOUSE, A. J., 134½ S. Main St., Charlotte, Mich. (D.O.)
- GARLOCK, 424 Bowen Ave., Chicago, Ill. (N.D.)
- GARMAN, DELBERT, 1111 Ludington St., Escanoe, Mich. (D.C.)

MATIJACA, ANTHONY, M. D., N. D., D. O.

Author of "Principles of Electro-Medicine, Electro-Surgery and Radiology"; author of "Electro-therapy in the Abstract"; Associate editor of the **Herald of Health and Naturopath**; Member of the Illinois State Society of Naturopaths and the American Naturopathic Association; formerly physician in charge of the Hindhead Nursing Home in Surrey, England, and the Electro-Curative Institute in Nelson, Lanc. England; formerly lecturer of Electro-Medicine at the College of Physiological Therapeutics; Licentiate, Illinois State Board of Health, etc.

Dr. Anthony Matijaca was born September 16th, 1889, in Trappano, Dalmatia (on the Adriatic). In 1900, he entered the Imperial High Gymnasium in Spalato, Dalmatia, where he obtained his high school education. From 1908 to 1915 he studied various branches of the healing art both in America and in Europe, and graduated in Medicine (M. D.), Osteopathy (D. O.), Chiropractic (D. C.), Naturopathy (N. D.), Ophthalmology (O. G.), etc. Having witnessed numerous remarkable results obtained with electro-medication in several London hospitals, in 1912 he devoted himself particularly to the study and practice of electro-medicine and electro-surgery. His first article on this subject appeared in the British Physio-Medical Journal (The Herb Doctor) in October 1913, and during the year 1916 he contributed valuable articles to every issue of the **Herald of Health and Naturopath**. Since November 1915, he is successfully practicing this science at 413 Cass Street, Joliet, Illinois, U. S. A.

MILDENBERGER, CHARLES, D. O., D. C., 68-70 Hudson St., Hoboken, N. J.

As an osteopath and naturopath, doctor Charles Mildeberger, of room 305-7 Terminal Building, Hoboken, N. J., has always had a good name. From his very start in Brooklyn, using principally osteopathic and hydropathic, as well as the so-called bio-chemic methods, he has been very successful. His convictions on progressive therapy were so strong that he did not shirk, but kept up his practice in spite of persecution, which at one time was carried on in Greater New York. The sleuths and spies of the Medical Trust also hunted him up, but he never wavered for a moment. He stuck to the work and finally triumphed in spite of opposition. He opened a branch in Hoboken, where he uses the very latest methods such as osteopathy, chiropractic, electricity, vibration, ultra violet rays, radio thermo-light, pandicator, as well as internal medication by biopathy. He specializes in the following diseases: nervousness, neurasthenia, St. Vitus Dance, female ills of every description; heart, liver,

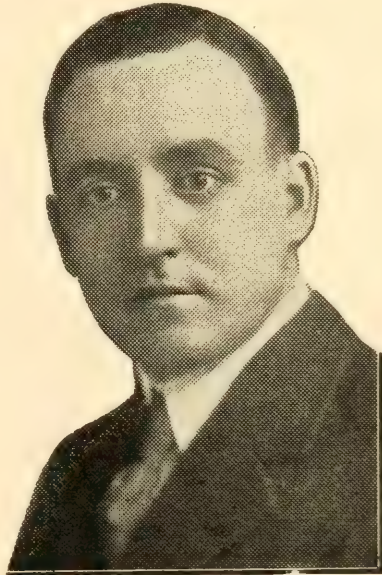
kidney and bladder troubles, rheumatism, gout, etc. We take pleasure in introducing Dr. Mildeberger as at once a conservative and progressive practitioner. He holds a License as osteopath in New Jersey.

MUCKLEY, FERDINAND, A. N. V., 115 East 59th Street, New York City.

Dr. Muckley is a well-known naturopath, who has for many years specialized in introducing a natural mineral water known as "Aqua Nova Vita." The results obtained by him with this water in cases of cancer and high blood pressure, arterio-sclerosis and syphilis are quite remarkable. His methods are used by many doctors in the drugless field, and the water is also used in a good many institutions. It has the endorsement of some of the best doctors of all schools. Dr. Muckley is a member of the A. N. A. and a staunch supporter of all movements for progressive, rational medicine, its protection and the education of the public in the art of natural living.

MUNRO, W. D., N. D.,

Dr. Munro, of New Haven, Conn., is a successful practitioner of Drugless healing.



Dr. W. D. Munro

When he set out on his career, he weighed the respective powers and advantages of the two opposing schools of medicine, the official school that revels in the guess work of drugs and serums, and the more scientific and congenial school that makes use of simple natural forces; in a word, the claims of the medical reactionaries and those of the progressives, and he wisely adopted the progressive program. This,

- GARNER, E. B. Brownwood, Texas. (S.T.)
- GARNES, MOSES, R. F. D. 1, Box 41, Richmondale, O. (D.M.T.)
- S. Ella, Garner, Ia. (D.C.)
- GARNETT, ADDIE L., White Salmon, Wash. (D.O.)
- GARREN, W., 220 S. Green St., Crawfordsville, Ind. (D.C.)
- GARRETT, S. J., 210 N. Ann St., Chicago, Ill. (N.D.)
- GARRETT, CARLOS K., 811 Church St., Lynchburg, Va. (D.O.)
- J. C., Ypsilanti Savings Bank Bldg., Ypsilanti, Mich. (D.O.)
- M. E., Valpey Bldg., Detroit, Mich. (D.O.)
- GARRIGUES, LOUIS L., Old Natl. Bank Bldg., Spokane, Wash. (D.O.)
- GARRIHART, EDWARD R., 2333 Milwaukee Ave., Chicago, Ill. (D.C.)
- GARRISON, ELEANOR, 229 E. Main St., Plymouth, Pa. (N.D.)
- GARSAGE, H. P., 1100 Kansas Ave., Topeka, Kan. (D.C.)
- GARSTICK, JOE, Cor. Main and Mill Sts., Niles, O. (D.C.)
- Jos., 22 Maple Ave., Niles, O. (D.C.)
- GARTNER, I. C., Moffatt, Colo. (D.C.)
- GARTRELL, I. D., Speed, Kan. (D.O.)
- Seymour C., Lake City, Ia. (D.O.)
- GARVIN, JAMES E., 703 Osborn St., Sandusky, O. (D.C.)
- Sophia P., 1114 Washington St., Sandusky, O. (D.C.)
- Jas. E., Box 135, Grant Valley, Ont., Can. (D.C.)
- GARWIN, DR., Paradise Vallett Sanitarium, National City, Cal. (D.C.)
- GASKILL, A., R. F. D. 1, Midland City, O.
- GASS, C. A., 10513 Lee Ave., Cleveland, O. (D.C.)
- P. Y., Beatrice, Neb. (D.O.)
- GATES, B. A., 617 John St., Little Falls, N. Y. (D.C.)
- Bertha M., 316 Main St., Ames, Ia. (D.O.)
- E. H., 322 Percy St., Flushing, L. I. (D.C.)
- Gertrude, Lord, Corbett Bldg., Portland, Ore. (D.O.)
- J. Meuso, 702 Carrie Street, Sault Ste. Marie, Mich. (D.C.)
- Leslie, General Delivery, Gary, Ind. (D.C.)
- Mable, Saginaw, Mich. (D.C.)
- Marie L., 222 Percy Street, Flushing, L. I. (D.C.)
- Mary A., Box 186, Leon, Ia. (D.O.)
- Menzo, Sault Ste. Marie, Mich. (D.C.)
- O. R., Crapo Bldg., Bay City, Mich. (D.O.)
- Roy T., Ayrshire, Ia. (D.C.)
- GAUGHAN, P. W., 309-10 Clarence Bldg., 612 Euclid Ave., Cleveland, O. (D.C.)
- P. W., 8424 Hough Ave., Cleveland, O. (N.D.)
- GAUMER, H. W., Blackfoot, Idaho (D.C.)
- GAUNER, H. W., Blackfoot, Idaho. (D.C.)
- GAUNT, P. D., Keechi, Kan. (D.C.)
- Dr. P. D., Kansas City, Kan. (D.C.)
- GAUTSCHIM, FREDERICK, Napoleon, O. (D.O.)
- GAWIN, S. P., MRS., 1114 Washington Street, Sandusky, O. (N.D.)
- S. E., 733 Osborne Street, Sandusky, O. (N.D.)
- GAY, HOWARD M., Pioneer, O. (D.M.T.)
- GAY, VIRGINIA C., 167 State St., Augusta, Me. (D.O.)
- GAYLE, B. L., 515 N. 12th St., Waco, Tex. (D.O.)
- GAYLOR, ETHEL GERTRUDE, 11122 S. Michigan Ave., Chicago, Ill. (D.O.)
- GAYLORD, BERTHA J., 61 Park Blvd., Detroit, Mich. (D.C.)
- Bertha J., 132 Church Ave., Detroit, Mich. (D.C.)
- Ida, 2244 Gaylord Street, Denver, Colo. (D.C.)
- J. S., Barnwell, Ala. (D.O.)
- GAYLORD, C. M., Montpelier, Idaho (D.C.)
- GEARHART, L. L., 52 W. Chippewa St., Buffalo, N. Y.
- GEARHART, L. L., 114 King St. W., Brackville, Ont., Can. (D.C.)
- L. L., 54 Ketchum Place, Buffalo, N. Y. (D.C.)
- W. H., Spreckles Theatre Bldg., San Diego, Cal. (N.D.)
- GEARY, ALICE L., 191 Genesee St., Utica, N. Y. (D.C.)
- GEBHART, ANNA, 29 N. 1st St., Dayton, O. (D.M.T.)
- GEBHARDT, ARTHUR, 221 Laffin St., Chicago, Ill. (D.C.)
- Arthur, Fond du Lac, Wis. (D.C.)
- GEBHARDT, MARY O., Medical Bldg., Minneapolis, Mich. (D.O.)
- GEBLER, J. F., 234 S. Blvd., Oak Park, Ill. (D.C.)
- GEDDES, PAUL W., Hutchinson Bldg., Shreveport, Ia. (D.O.)
- GEDDIS, L., Valentine, Neb. (D.C.)
- GEDGE, EDNA, 2714 Normandi Ave., Los Angeles, Cal. (D.C.)
- GEESE, C. S., 553 1/2 Main St., Coshocton, O. (N.D.)
- GEESE, C. S., Old Washington, Ohio (D.C.)
- GEHL, A. F., 1550 Claybourne Ave., Chicago, Ill. (Ma.)
- GEHMAN, Miss S., W. C. T. U., Canton, Ohio (D.M.T.)
- GEHRIG, F. W., 3519 Harper St., Oakland, Cal. (N.D.)
- GEHRS, JOHN G. O., 221 Angeliue Street, Weehawken, N. J. (D.C.)
- GEIGER, J. J., 549 Canada St., St. Paul, Minn. (N.D.)
- GEISER, J. STEPHEN, 39 North Ave., New Rochelle, N. Y. (N.D., D.C.)
- GEISSE, CHAS. E., 19 Sheboygan St., Fond du Lac, Wis. (D.O.)
- GELANDER, ANNA E., Manilla, Ia. (D.O.)
- GEORGE, MRS. HELEN, 1126 C of C, Detroit, Mich. (D.C.)
- Mrs. Marion, Columbus, O. (D.C.)
- F. E., 601 Columbia Bldg., Cleveland, O. (N.D.)
- GEORGER, F. A. M., Cor. 14th and I St., N.W., Washington, D. C. (N.D.)
- GERARD, FRANK, Marion, O. (D.M.T.)
- GERBER & GERBER, 625 Columbia Bldg., Cleveland, O. (N.D.)
- GERBER, FRED. E., 122-24 Colonial Arcade, Cleveland, O. (D.C.)
- GERCKE, GEO. A., 7101 Tulip St., Philadelphia, Pa. (D.O.)
- GERDINE, L. VON H., Kirksville, Mo. (D.O.)
- GERKING, S. D., U. C. C., Davenport, Iowa (D.C.)
- GERLACH, Dr. A. J., Los Gatos, Cal. (N.D.)
- GERMAN, GEO. C., 146 Sixth St., Pittsburgh, Pa. (D.C.)
- GERMANE, C. D., Moscow, Idaho (D.C.)
- GERMANN FRANK A., 612 Syms St., W. Hoboken, N. J. (D.C.)
- GERMANY, PROF. W. J. C., San Angelo, Tex. (S.T.)
- GERNHARDT, 726 E. Adams St., Los Angeles, Cal. (D.C.)
- GERNHARDT, EDWARD R., 2333 Milwaukee Ave., Logan Sq., Chicago, Ill. (N.D.)
- GERRIE, WM. ALFRED, 210-211 Boston Bldg., Pasadena, Cal. (N.D.)
- W. M., 222 Boston Bldg., Pasadena, Cal. (D.C.)
- GERRISH, CLARA THOMAS, Auditorium Bldg., Minneapolis, Minn. (D.O.)
- GERSHANEK, DR. S., c/o New York School of Chiropractic, 39th St. and E'way, New York, N. Y. (D.C.)
- GESNER, C. E., 103 Atwater Terrace, Springfield, Mass. (D.C.)
- GETCHELL, CHAS. ELLSWORTH, Reinking Bldg., Baraboo, Wis. (D.O.)
- GETTER, D. W., Chillicothe, O. (D.M.T.)
- GEYER, ELIZABETH J., Hawks-Gortner Building, Goshen, Ind. (D.O.)
- GHOSTLEY, RAYMOND C., McLeod Bldg., Edmonton, Alberta. (D.O.)
- GIBBONS, J. E., Concordia, Kan. (D.O.)
- GIBBS, JOHN P., 2750 Fullerton Ave., Chicago, Ill. (M.D.)
- GIBSON, FRANK E., 927 J St. N. W., Washington, D. C. (D.C.)
- H. R., Clovis, N. Mex. (D.O.)
- J. H., 1911 W. 3rd St., Dayton, O. (N.D.)
- Mrs. Margaret, Lindbarg, Kan. (D.C.)
- P. W., Fuller Building, Winfield, Kan. (D.O.)
- W. A., New Haven, Conn. (D.C.)
- W. D., 938 Chapel St., New Britain, Conn. (D.C.)

indeed, is the proper solution of the medical question. Its practices and precepts, when faithfully observed, make for relief, cure, development, progress, and the attainment of abounding vitality.

NEAGLEY, ASIA L., N. D.

Dr. Neagley is president of the Pittsburgh Health League, which has espoused the cause of natural drugless treatment as the most efficient method of curing the ailments of mankind. The league has discovered that poisonous drugs are no remedies for disease, but only make things worse, and that to really cure disease, the progressive physician must apply the essentials of

life, such as mind, air, light, heat, water, rest, exercise, diet and electricity, all congenial intensifications of the restorative powers of Nature, the only true physician. All this is in obedience to a mighty wave of spiritual impulse that is sweeping over humanity at present, by virtue of which mankind has conceived a loathing for poisonous drugs and filthy, animalized serums, vaccines and inoculations with which retrogressive medicine, sodden with custom and tradition, and smeared with the slime of the Dark Ages, is continually striving, in defiance of hygiene and sanitation, to corrupt and poison the bodies of its victims. But even within the ranks of the true healers are dissentient voices loudly claiming all the virtues of the whole of Naturopathy for a part thereof. As an active organizer of Naturopathic associations, she now and then experiences a setback that is disconcerting. Having obtained 30 charter members for a local branch of the American Naturopathic Association in Pittsburgh, Dr. Neagley learned that the Pittsburgh College of Chiropractic instructed its students that they should not connect themselves with the Naturopaths, but that they should live and talk chiropractic only. "The West View League" and "Rose Health League No. 1 of Allegheny" are Dr. Neagley's recent creations.

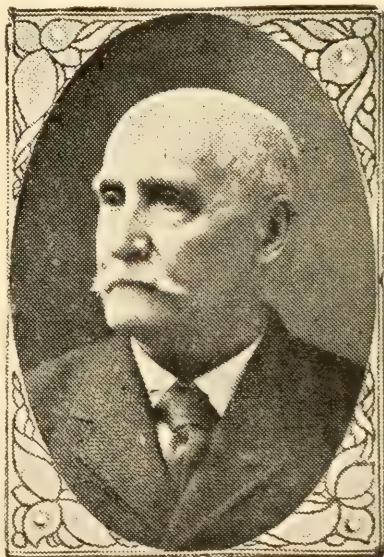
NESMITH, L. M., D. C., Ph. C., B. Sc.

The Rev. Dr. L. M. Nesmith, of Custar, Ohio, is a graduate of many schools of Naturopathy, but is not a practising physician. He is a lecturer and entertainer, and his wise counsel and co-operation with drugless practitioners make him a tower of strength in the cause of progressive medicine. He believes with all naturopaths that medical freedom is one

of the greatest needs of the hour. Political freedom, religious freedom and medical freedom are the three most sacred rights of mankind. We have achieved political and religious freedom, but we suffer from deprivation of the right to choose our own physician by men who, unsuccessful in their professional venture, have abandoned us and pronounced us incurable. This seems to be something in the line of slavery that could only belong to the Dark Ages, but, in reality, such slavery exists here and now, and drugless practitioners who have responded to the call of a dying human creature, and have saved the life of such, are arrested and imprisoned, by virtue of laws created by the influence of the Medical Trust, which declares that a man proclaims himself a criminal by saving the life of a fellow creature! Dr. Nesmith, in championing the cause of medical freedom, is acting on strictly humanitarian and democratic American lines. His principles are based on justice and equity. Possessing a high moral character and a conscience both sensitive and strong in its adherence to duty, as well as a humanitarian spirit, he is equipped for his work as a reformer, which is to diagnose our sick civilization and point out where it is ailing, both here and there, and at the same time prescribe the remedy that will cure the disease.

PARKER, PROF. H. N. D., M. D., N. D.

The subject of this sketch was born in Jefferson County, State of New York, in 1840. His father was an early student and practitioner of Thomson's Botanic System of Herbal Medicine, which was the fore-



Dr. H. N. D. Parker



- GIDDINGS, HELEN MARSHALL, New England Bldg., Cleveland, O. (D.O.)
Mary, New England Bldg., Cleveland, O. (D.O.)
- GIDLEY, J. B., F. P. Smith Bldg., Flint, Mich. (D.O.)
- GIES, F. A., O. Beirne Bldg., Elgin, Ill. (D.O.)
- GIESEN, ARMIN, 1362 Prospect Ave., Bronx, New York City, N. Y. (N.D.)
- GIFFEY, OTTO E., Owosso, Mich. (D.C.)
R. E., 228 W. High Street, New Philadelphia, O. (D.C.)
- GILBERT, CLYDE C., 7-8 Rice Bldg., Caldwell, Idaho (D.C.)
H. Arnett B., 28 S. 7th St., Allentown, Pa. (D.O.)
J. E. Carter, Okla. (S.T.)
J. T., City Natl. Bank Bldg., Paducah, Ky. (D.O.)
- GILCHRIST, ELIZABETH L., 337 Lincoln Ave., Detroit, Mich. (D.O.)
- GILDERSLEEVE, J. ELLEN, Amicable Bldg., Waco, Tex. (D.O.)
- GILES, JOEL P., Enid, Okla. (D.C.)
Mary E., Morgan Bldg., Portland, Ore. (D.O.)
- GILKERSON, J. E., 403 Hamburger Bldg., Los Angeles, Cal. (D.C.)
J. K., 1101 Marsh-Strong Bldg., Los Angeles, Cal. (D.C.)
- GILKEY, MRS. L., 122½ S. Market St., Wichita, Kan. (D.C.)
- GILL, MRS. C., Lohrville, Ia. (D.C.)
Mrs. O., Lohrville, Ia. (D.C.)
- GILLAM, JAMES, Russellville, Ark. (D.C.)
- GILLBERT, CLYDE C., 78 Rich Bldg., Caldwell, Idaho. (D.C.)
- GILLER, WM. E., Perry, Ia. (D.C.)
- GILLESPIE, GEO. D., 601 Elkan-Gunst Bldg., San Francisco, Cal. (D.C.)
- GILLESPIE, GEORGE D., 335 Stockton St., San Francisco, Cal. (N.D.)
Harriet M., 133 Geary St., San Francisco, Cal. (D.O.)
- GILLET, SPENCER, 1631 Brush St., Detroit, Mich. (D.C.)
- GILLIAM, J. P., Hartford, Ark. (D.C.)
William B., Lewisburg, Ky. (D.O.)
- GILLIAR, JOSEPH, 190 Sherman Ave., Jersey City, N. J. (D.C.)
- GILLIN, J. J., 53 S. 3rd St., Brooklyn, N. Y. (D.C.)
- GILLINGHAM, W. P., 11th and Central Sts., Los Angeles, Cal. (D.C.)
- GILLIS, N., 920 Bedford Ave., Brooklyn, N. Y. (Opt.)
- GILMORE, G. H., Red Wing, Minn. (D.C.)
- GILMORE, S. J., Ridgeway, Mo. (D.O.)
- GILMOUR, ELLA R., Security Bldg., Sioux City, Ia. (D.O.)
- GINN, DORA, 328½ S. High St., Columbus, O. (Ma.)
- GINSBURG, S., 251 W. 111th St., New York, N. Y. (Ma.)
- GINSBURG, JOEL, 193 Columbia Rd., Dorchester, Mass. (D.O.)
N., 2607 W. Division St., Chicago, Ill. (D.O., D.C.)
Samuel M., 60 W. 75th St., New York, N. Y. (Ma.)
- GIRAUX, ELIZABETH J., Marsh Blk., Pontiac, Mich. (D.C.)
- GIRKES, Dr. LOUIS, 2073 66th St., Brooklyn, N. Y. (Ch.)
- GIRLING, MINNIE, Great Bend, Kan. (D.C.)
- GIROUX, E. G., 28 W. Utica St., Buffalo, N. Y. (D.C.)
- GISS, A. J., 208 Loury Annex, St. Paul, Minn. (D.C.)
- GITZEN, G. R., 1198 Gratiot Ave., Detroit, Mich. (D.C.)
- GLADMAN, DAVID V., 62 Queen St., Niagara Falls, N. Y. (D.O.)
Julia M., Niagara Falls, N. Y. (D.O.)
- GLAESCHER, ALMA, 2058 Elm St., Norwood, O. (D.C.)
- GLASGOW, A. M., Minnehaha Bldg., Sioux Falls, S. D. (D.O.)
Joseph C., Reedley, Cal. (D.O.)
- GLASGOW, J. RUPERT, Wood Block, Manitowoc, Wis. (D.C.)
- GLASSBURN, H. D., Macedonia, Ia. (N.D.)
- GLASSCO, GEO. M., Jr., Rockville, Ind. (D.O.)
- GLASSCOCK, HAROLD, Masonic Temple, Raleigh, N. C. (D.O.)
- GLATFELTER, Mrs. C. W., Riverside, Ill. (N.D.)
- GLAUS, G. D., 522 Germania Bldg., Milwaukee, Wis. (D.C.)
- GLEASON, ALSON H., 765 Main St., Worcester, Mass. (D.O.)
B. L., Edwards Bldg., Larned, Kan. (D.O.)
- GLEASON, JOHN H., 20 E. 46th St., New York, N. Y. (Ma.)
- GLEDHILL, T. R., Richfield, Utah (M.D.)
W. J., 1419 N. 7th Street, Philadelphia, Pa. (N.D.)
- GLEICHMAN, WM., Brokaw Bldg., 1457 B'way, New York, N. Y. (D.C.)
- GLENDINNING, H., East Chicago, Ind. (N.D.)
- GLENN, J. O., Santa Monica Blvd., Santa Monica, Cal. (D.O.)
- GLEZEN, R. A., Kalamazoo Natl. Bank Bldg., Kalamazoo, Mich. (D.O.)
- GLIDDEN, DURELLE E., 1550 3rd St., San Diego, Cal. (D.C.)
- GLIDER, W. H., Onawa, Ia. (D.C.)
- GLOCKLER, A. C., Marion, S. Dak. (D.C.)
A. G., Menno, S. Dak. (D.C.)
- GLODEN, J. N., Hubbard, Iowa (N.D.)
- GLOVER, J. C., Poteau, Okla. (D.C.)
J. C., West Blockton, Ala. (D.C.)
J. David, Amer. Natl. Bank Bldg., San Diego, Cal. (D.O.)
- Norman C., 14th and Clifton Sts., N. W., Washington, D. C. (D.O.)
Wm., 304 N. Ave. A., Canton, Ill. (D.C.)
- GLOVER, N. C., Wardman Courts West, Washington, D. C. (D.C.)
- GLUFF, ARTHUR G., 505 Liggett Bldg., Detroit, Mich. (D.O.)
- GLURLEY, J. T., Paragould, Ark. (D.C.)
- GOBEL, BERTHA A., 364-a Arsenal St., St. Louis, Mo. (D.O.)
- GOBLE & GOBLE, Beaumont, Texas (N.D.)
- GODFREY, FRANCIS M., Newman Bldg., Holton, Kan. (D.O.)
H. S., 105 N. State Street, Belvedere, Ill. (D.C.)
Nancy J., Holton, Kan. (D.O.)
- GOEHRING, FRANK L., Nixon Bldg., Pittsburgh, Pa. (D.O.)
Harry M., Diamond Bank Bldg., Pittsburgh, Pa. (D.O.)
- GOELZ, W. C., Box 1046, Pensacola, Fla. (D.C.)
- GOETTLER, MARGARET, 467 N. Fair Oak St., Pasadena, Cal. (D.C.)
- GOERGER, F. A. M., 14th and I Sts. N.W., Washington, D. C. (D.O.)
- GOETZ, HERMAN F., Century Bldg., St. Louis, Mo. (D.O.)
- GOFF, MARY, 1629 N. McKinley St., Oklahoma City, Okla. (N.D.)
Mary, 1600 N. McKinley St., Oklahoma City, Okla. (D.C.)
- GOGEL, W., 7 N. Main St., Marshalltown, Ia. (D.C.)
- GOIN, C. F., 4226-a Virginia Ave., Saint Louis, Mo. (C)
- GOIN, FRANK, 636 Wayne Ave., St. Louis, Mo. (S.T.)
Frank, 4447 S. Nebraska Ave., St. Louis, Mo. (D.C.)
- GOLDBERG, A. M., 647 Euclid Ave., Cleveland, O. (Ch.)
Bernard M., 628 National Bank Bldg., Akron, O. (Ch.)
- GOLDEN, MARY E., Citizens' Natl. Bank Bldg., Des Moines, Ia. (D.O.)
- GOLDING, JAS., 5604 S. Blvd., Chicago, Ill. (D.C.)
- GOLDMAN, A., 1146 Washburn Ave., Chicago, Ill. (N.D.)
Miss Anna, 25 Cooper St., Brooklyn, N. Y. (Cr.)
- GOLDSTEIN, ISAAC, 4001 Grand Ave., Chicago, Ill. (N.D.)
- GOLDSTEIN, ISRAEL A., 1 E. 117th St., New York, N. Y. (D.C.)
- GOMEZ, H. VON, Jacksonville, Fla. (N.D.)
- GONCKER, JOHN F., 5308 Gertrude St., Pittsburgh, Pa. (D.C.)
- GONGER, C. H., 222-224 Nasby Bldg., Toledo, O. (D.C.)
- GONYER, C. H., 222 Nasby Bldg., Toledo, O. (N.D., D.C.)
C. H., Bowling Green, O. (D.C.)

runner of Eclectic Medicine. During the Civil War, he enlisted in response to President Lincoln's first call for volunteers, and for two years served with his regiment in every engagement. He was honorably discharged in June, 1863. After every engagement he was detailed to assist the surgeons in the care of the wounded and sick. The knowledge he gained then, together with the information acquired while assisting his father, was of much value to him in his college course and later in life. He graduated in Eclectic Medicine in 1864, and began the practice of medicine in December of the same year. In 1867 he became acquainted with the Vacuum-Neuropathic (the nerves) treatment, and combining it with eclectic medical treatment, met with unusual success, which he soon discovered was entirely due to the potency of the Vacuum-Neuropathic treatment, the truth of which he was so convinced, that in 1876 he publicly, in Chicago, announced through the press and to his medical associates, that all diseased conditions, if taken in any reasonable time, could be cured (eliminated) without drugs, by the Vacuum-Neuropathic (treating the nerves) treatment and its accessories, namely, massage, Turkish baths and other means of promoting the circulation of the blood, aided by a liberal diet of appropriate foods that contained all the elements for body building and sustenance, in gestation, childhood, health and disease. While he prescribed a liberal diet, with directions to eat only when hungry, he also paid strict attention to deep breathing and cleansing the intestinal tract. For this purpose, Epsom salts are given in one ounce doses, in one pint of water, taken on an empty stomach and continued daily, or every other day, long enough to clean the system of the toxins, which result from, or are the cause of disease, such as fevers and eruptive ailments. Prof. Parker was the pioneer of Drugless healing in the United States. He was the first (in 1876) to publicly announce and advertise that diseased conditions could be eliminated by rational, natural methods without the use of dangerous and habit-forming drugs of mutilating (and worse than useless) operations. The principal incentive to these is that the victim's physician eventually receives one-half of the fee that is paid the operating surgeon. It is more often than otherwise that it is this one-half of the fee that makes the operation necessary. For corroborative proof, read the editorial in "Medical Council," published at Philadelphia, Pa., for July, 1914. The vacuum treatment restores blood circulation and by its masterly control of the circulation of the blood and essential fluids of the body to the diseased parts, operates effectively as a cure for locomotor ataxia, hardening of the arteries, heart disease, and all forms of paralysis, Bright's disease, epilepsy, rheumatism, asthma, insomnia, hardening

and sclerosis of the spinal column and cord, arterio-sclerosis, vertigo, and the desperate ailments of the digestive, circulatory, respiratory and nervous system; neurasthenia, neuritis, nervous exhaustion and breakdown, curvature of the spine, and the chronic incurable (so-called) diseases for which the medical world has no remedy. The legislature of Illinois, in 1876, passed the Medical Practice Act, which prohibited the practice of medicine (except by licensed physicians), which, in the words of the act, included everything one could do to relieve human suffering. Dr. Parker could have qualified under two of the regulations, namely, diploma and ten years' practice, when threatened with prosecution and with being put out of business unless he registered. He refused to qualify and continued the practice without being molested, until about 1883, when prosecution commenced and continued at intervals until 1894, when they ceased, during which time he was prosecuted thirteen times, and in every instance he admitted that he was guilty of everything charged, but that he had not done wrong. He was charged with treating people in violation of the law, the prosecuting witnesses being former patients (not detectives who will perjure themselves), who testified that they were relieved and cured, after famous medical men of this country and Europe had failed to do so. In defence he stated to the court and jury that his effort to relieve human suffering and restore to health persons who had been denied relief from every other source was not wrong, and that as criminal laws were enacted to punish people who have done wrong, and not right, and when they, the laws, prohibited one from doing right, the law was wrong, and it was the duty of the court, and more especially the jury, to take notice of the wrong, and convict the law by acquitting the defendant, which they did in every case; and prosecution thereafter ceased. He was the first person prosecuted under the law in Illinois and was always acquitted. Here he continued his extensive practice, often employing as many as four assistants, usually medical graduates. Always having a preference for Washington as a place to live, he moved there in 1903 and opened an office, where he practiced his method without molestation until 1913, when he was arrested at the behest of the medical men. After a trial lasting two days, the jury, after being out twenty minutes, brought in a verdict of "Not guilty." The Health Department, under the fraudulent advertising law, passed in May, 1916, attempted to interfere with his practice, but as his advertisements contain truthful statements only, they have so far abandoned their persecutions. Prof. Parker is an active member of various associations of Drugless physicians, and is an able advocate of Drugless therapy. Fourteen prose-

- GONZ, MICHAEL, 36 Mygatt St., Binghamton, N. Y. (D.C.)
- GOOCH, GEO. J., Althea Bldg., Knoxville, Tenn. (D.O.)
- Lucy, Rupert, Idaho. (D.O.)
- GOOP, E., Manning Bldg., Plainfield, N. J. (D.O.)
- J. F., Conway Springs, Kan. (D.C.)
- Mary, Conway Springs, Kan. (D.C.)
- Ruth, Kaw City, Okla. (D.C.)
- S. L., Duncan, Okla. (S.T.)
- GOOD, EMIL J., 707 Patterson St., Canton, O. (D.M.T.)
- GOODE, GEO. W., 687 Boylston St., Boston, Mass. (D.O.)
- GOODFELLOW, W. V., Ferguson Bldg., Los Angeles, Cal. (D.O.)
- GOODHART, Geo. J., 209 Medbury Ave., Detroit, Mich. (D.C.)
- M. H., 221 N. 6th Street, Coshocton, O. (D.C.)
- GOODHEART, GEORGE J., 35 Harper Ave., Detroit, Mich. (D.C.)
- M. H., 221 N. 6th Street, Coshocton, O. (D.C.)
- GOODIN, HERMAN, New Lexington, O. (D.M.T.)
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- E. J., 557 Talbot St., St. Thomas, Ont., Can. (D.O.)
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- H. Mary, 28 W. Utica St., Buffalo, N. Y. (D.C.)
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- Mary H., 409 Porter Ave., Buffalo, N. Y. (D.C.)
- Miss Maud, 11 S. Euclid Ave., Pasadena, Cal. (D.C.)
- Mrs. Sarah S., Box 56, Alpena, S. Dak. (S.T.)
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cutions have failed to destroy his usefulness to mankind. Thanks to the intelligence of the various juries before whom he defended himself, he was never found guilty of wrong-doing. His present address is Washington, D. C.

PATTERIOUX, J. ALLEN, N. D.

J. Allen Patteirouex, N. D. (pronounced Pat-re-o), was born at Manchester, England, of English parents.



He was educated at the Manchester Central School and became the winner of a Science and Art Scholarship under the Manchester Board of Education. He is the holder of advanced certificates in the Government Department of Science and Art, London, on Physiology, Hygiene, In-

organic Chemistry (Theoretical and Practical), Mathematics, Light, Heat, Magnetism and Electricity, etc. He is the holder of the Medallion of the St. John Ambulance Association. He has been trained and certificated in various branches of Naturopathy, of Electro-Therapeutics, Osteopathy, Hydrotherapy, Radiant Light and Heat which he studied at the Oldham Hydro- and Electro-Therapeutic Establishment, Oldham, Lanc. He is also a Certificated Licensee of the Dowsing Radiant Heat and Light Company, London. In addition to his private practice, he is now busily engaged in treating wounded soldiers from the Red Cross Hospital, on Naturopathic lines. Dr. Patteirouex is interested in all kinds of Natural Therapy, especially in Food Reform, Dietetics and Chromotherapy. He is a member of the Vegetarian Society, compiler of "First Lessons in Chromoscopy, the New Color Science," and a member and English representative of the Universal Naturopathic Alliance.

PAYNE, A. V., D. C., M. D.

Chiropractor. Free consultation. Lady attendant. Address: Marbridge Building, Broadway and 34th Street, New York. Office hours, 8 A. M. to 8 P. M.

PRILLWITZ, A. VON, N. D.

Dr. Prillwitz began his public life as a lieutenant in the German army, but he resigned this career to settle in South America as a Naturopath. He was impressed with the virtues of such a method of healing, both in the case of himself and his wife, and began to teach the public the healthful theories promulgated by Priessnitz, Kuhne, Kneipp, Just, Bilz and Ehret, who



boldly rejected the pernicious system of poisonous drugs, the only weapons of degenerate medicine. Later he settled in Marlin, Texas, a State in which, unfortunately, the Drugless system of medicine is not yet recognized. But free America is no country for medical feudalism and slavery. The irresistible tendency of absolute power to abuse its authority is so well known that in time democratic authority will assert itself against the tyranny that enslaves progressive medicine, not only in Texas, but in too many other States of this republic. As a nation, America ought to rise above the degraded status of medical autocracy as it exists in most States of the Union, where Medical Trust ferocity flourishes. He has succeeded in building up a fine business by an accurate diagnosis and true appreciation of the cause of disease, and the application of the only remedial treatments that can restore his patients to health.

REILLY, HAROLD JOHN, Naturopath and Physical Culturist.

Dr. Reilly has been a devotee of Physical Culture and Athletics since he was sixteen years of age. He appreciated at



an early age, what the Greeks discovered two thousand years ago, that exercise, rightly indulged in, is the foundation of bodily vigor and supreme vitality. He has a fixed opinion that modern men and women are rapidly degenerating for lack of such exercise, and he was

determined that so far as he himself was concerned, and those of his friends whom he could influence, mankind would enjoy fine bodily development and perfect health. He has competed with zest in many athletic contests and possesses trophies for running, jumping, throwing weights and wrestling. He began the study of Naturopathy two years ago in Dr. Conrad's School, the old Physio-Medical Academy. His studies were interrupted by being called to take part in the military expedition into Mexico, as a member of the New York State Militia. While in Mexico, he won the wrestling championship of this contingent for all comers, and otherwise occupied his time as a professional masseur with great success. On his return from Mexico he again took up the study of Physiological Therapeutics in the National Institute and graduated therefrom in May 1917. Dr. Reilly is at present athletic instructor, track captain and wrestling instructor of the Bronxdale Athletic Club, Bronx, New York. He is also an active member of the National Association of Osteopathic Practitioners. His private office is located at 1804 Mulliner Ave., Bronx, New York. He thinks that

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R. F. D. 4, Box 131, Berca,
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RENCHER, GOTTLIEB JULIUS, N. D., D. C., D. O.

Dr. Rencher, of 68 Greene Ave., Brooklyn, N. Y., has been practising Naturopathic methods for eight years. His methods include hydropathy, Swedish methods in massage and movements, chiropractic, electropathy and mechano-therapy. He is a graduate of the Yungborn School of Naturopathy, in Stockholm, Sweden, in 1906, and of the Naturopathic School of New



York, in 1914. He has taken clinical courses both in Sweden and New York. He holds the degree of Chiropractic from the Palmer-Gregory College of Oklahoma, obtained in 1913. Dr. Rencher is a very intelligent and conscientious practitioner, professor of chiropractic at Dr. Conrad's College for chiropractic and osteo-therapy, and is doing splendid work in his chosen field of operation. He is Professor of Chiropractic at Dr. Conrad's College for Chiropractic Osteopathy. He is a member of the American Naturopathic Association, New York State Society of Naturopaths, Chiropractic League, etc.

RIEDMÜLLER, JACOB, N. D., D. O., D. C.

Dr. Riedmüller is one of the pioneers of Naturopathy in the United States. He was born in Germany, and when he had arrived at the age when he should decide what his life work should be, he was attracted to the medical profession whose aim is to strive to cure our suffering brethren of the ills of the flesh. But the idea of preventing disease seemed to be nobler still, and he resolved not to



associate himself with that branch of the profession that simply waits until disease has overcome its victim, and then try to exorcise the demon with an attack of pills, poisons and inoculations, which may, and often do, kill the patient rather than drive away the ailment, but, instead, to treat the ailing by teaching and practicing according to the natural laws of health. He spent the years 1892 to 1895 at Woerishofen in studying under the great teacher,

Father Kneipp himself, the Kneipp hydropathic cure, and subsequently studied Osteopathy and General Naturopathy, and on coming to the United States located at 117 E. 86th Street, New York. He also maintains an office at 637 Livingston Street, Elizabeth, N. J., since 1906 and holds a license as Osteopathic Physician in that state. In New York State he has a license as a chiropractist and is a member of the Pedic State Society. He is a charter member of the American Naturopathic Association, and is a graduate of class 1899 to 1902 of the American College of Naturopathy, and was a student and is a graduate of the Vetus Academia, Old Physiotherapy, Osteotherapeutics and Eclectic College of New York City, Class 1904 to 1907. A firm believer in the true and congenial remedies supplied by Nature, such as water in its various forms and applications, air, sunshine, diet, exercise, rest, and mental, or psychic forces, which are the very essentials of life, but which agencies are most frequently excluded from drug and serum-therapy, Dr. Riedmüller has transmitted his belief to his many patients with the result that he has built up a most successful practice, whose drug-eliminated treatments have produced some wonderful cures. He is a member of the A. N. A., International Alliance of Physicians and Surgeons, Osteo-Therapeutic Society, and the New York State Society of Naturopaths.

RIESE, JOSEPH, N. D., La Crosse, Wis.

Dr. Joseph Riese was born in Austria, Jan. 26th, 1852, and immigrated to the U. S. in



Dr. and Mrs. Joseph Riese

1864. He made his home in La Crosse. After many years of strenuous concert-work, his health failed him and he was obliged to give up his musical career. After spending a small fortune trying to get well, his thoughts went back to his native country, where at one time he had gathered much information and experience at a Nature-

- GUGGENHEIM, Dr. MAX, 208 Palisade Ave., Hoboken, N. J. (M.D.)
Victor, Dallas, Tex. (N.D.)
GUICE, J. W., 639 Chamber of Commerce, Los Angeles, Cal. (D.C.)
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GULMYER, J. CHESTER, Teitgen Bldg., Manitowoc, Wis. (D.O.)
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GUNSAUL, IRMINE Z., 120 Market St., Harrisburg, Pa. (D.O.)
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GUNTHERMAN, W. G., 1312 Leonard St., Davenport, Ia., (D.C.)
GUNZENHAUSER, DR. ANNA, 46 S. 13th Ave., Mt. Vernon, New York City, N. Y. (N.D.)
GURLEY, Dr. E. W., Cleveland, O. (M.D.)
GUSTAFSON, CLARENCE A., 419 W. State St., Rockford, Ill. (D.C.)
E. M., Cumberland Thomas Circle, Washington, D. C. (D.C.)
G., 3007 S. Tripp Ave., Chicago, Ill. (D.C.)
J. F., 711 13th Ave., Muncie, Pa. (D.C.)
W. A., 627½ Cass St., Joliet, Ill. (D.C.)
GUSTAFSON, Miss M., The Cumberland, Thomas Circle and Mass. Ave., Washington, D. C. (D.C.)
GUSTAFSON, MARIE, 14 W. Washington St., Chicago, Ill. (Ma.)
GUTHRIDGE, WALTER, B. Di M. Di-Kuhn Bldg., Spokane, Wash. (D.O.)
GUTHRIE, MRS., L. S., Ames, Ia. (D.C.)
GUTZMANN, F. A., May Bldg., Pittsburgh, Pa. (D.C.)
GUY, ED., Magazine, Ark. (D.C.)
Ralph, Pocatello, Idaho. (D.C.)
GUYER, R. A., 809 Exchange Bldg., Los Angeles, Cal. (N.D.)
Mrs. Sarah L., 609 Exchange Bldg., Los Angeles, Cal. (D.C.)
GUYON, ALICE H., Sault Ste. Marie, Can. (D.C.)
GWIN, H. M., Suite 202, Bennett Bldg., Colorado Springs, Colo. (D.C.)
H. M., Petersburg, O. (D.C.)
GWINN, H. M., Petersburg, O. (N.D.)
GWINS, V. R., Brounville, Mo. (D.C.)
HAAG, PAUL, 1296 Myrtle Ave., Brooklyn, N. Y. (N.D.)
HAAS, BERNARD, Box 24, Hot Springs, S. Dak. (D.C.)
Edw. G., 5418 Lorain Ave., Cleveland, O. (N.D.)
Gustave W., 407 Pacific Electric Bldg., Los Angeles, Cal. (N.D.)
HABENICHT, H. W., Parkersburg, Iowa (D.C.)
HABOR, W. A., 838 N. Rockwell St., Chicago, Ill. (D.C.)
HACKETT & HACKETT, DRS., Crawford Co. Trust Bldg., Meadville, Pa. (D.C.)
HACKETT, MRS. H. A., Trust Bldg., Meadville, Pa. (D.C.)
HACKETT, J. N., Ceris, N. Y. (N.D.)
HACKNEY, J. E., R. R. 7, Box 250, Fresno, Cal. (D.C.)
HADDOW & HADDOW, Elm St., River Falls, Wis. (D.C.)
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HAEHLEN, C. G., West Allis, Wis. (D.C.)
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Anna W., 800 Union Trust Bldg., Cincinnati, O. (D.C.)
HAGER, L. E., Noblesville, Ind. (D.C.)
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HAGENBOOK, GERTRUDE L., 2323 W. Main St., Parsons, Kans. (D.C.)
HAGERTY, Mrs. M., 215 W. 142nd St., New York, N. Y. (Ma.)
V. C., 519 Medical Block, Minneapolis, Minn. (D.C.)
HAGEWANIG, H. E., Henington, Kans. (M.D.)
HAGG, EDITH M., 424-425 Holmes Bldg., Galesburg, Ill. (Nap.)
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Richard, 101 Everett Bldg., Akron, O. (D.M.T.)
HAHN & HAHN, Casper, Wyo. (D.C.)
HAHN, C. F., Box 112, Marietta, O. (D.C.)
C. F., Wooster, O. (N.D.)
C. F., Wooster, O. (D.C.)
Fred M., San Diego, Cal. (D.C.)
Dr. H., Casper, Wyo. (D.C.)
HAHN, CLAUD, 8814 Wade Park Ave., Cleveland, O. (Ma.)
C. F., 8811 Detroit Ave., Cleveland, O. (N.D.)
Max, Box 357, Amboy, Minn. (D.C.)
HAIGHT, DR. E. A., 2285 Woodward Ave., Detroit, Mich. (D.O.)
HAIGHT, J. FRANK, 2123 Pasadena Ave., Los Angeles, Cal. (D.O.)
L. Ludlow, Wright & Calender Bldg., Los Angeles, Cal. (D.O.)
Nettie Olds, R. F. D. 2, Box 602, San Gabriel, Cal. (D.O.)
T. G., Ottumwa, Ia. (D.C.)
Thos. G., 315 Blondeau St., Keokuk, Ia. (D.C.)
HAIGIS, EDWARD S., Box 121, Rochester, N. H. (D.O.)
HAIN, GRACE ESTELLA, 2251 Telegraph Ave., Berkeley, Cal. (D.O.)
H. S., 206 Ohio St., Sedalia, Mo. (D.O.)
HAINES, CYRUS A., Forum Bldg., Sacramento, Cal. (D.O.)
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Walter Keith, 115½ W. Main St., Barnesville, O. (D.O.)
HALES, DR. GEORGE W., 124 S. 11th St., Philadelphia, Pa. (N.D.)
G. W., 715 Eldridge Ave., Collingswood, N. J. (D.C.)
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HALIMAN, W. O., 205 State Merc. Bldg., Ft. Collins, Colo. (D.C.)
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Cure Sanitarium near his old home. He bethought himself of the various treatments given there and applied these to himself. He was finally restored to health by long and persistent natural treatments, and from this time on became an ardent nature-cure follower. He devoted many years to the study of human ailments and their cure, and later on, graduated from the American School of Naturopathy. His natural ability and love for this work have made him an unusually successful Naturopath, with hundreds of wonderful cures to his credit all over the country. Dr. Joseph Riese is also a member of the American Naturopathic Association from its very inception and has acted as State representative for Wisconsin for the last 12 years. His institution is not only known in La Crosse, but throughout the Central States. He never advertised to any extent, but has always had more to do than he cared for; the patients he cured built up for him his reputation. As a citizen of La Crosse he is beloved and respected by everybody. Our opponents and the local servants of the Medical Trust had several times conspired against him, but his reputation and standing in the community as well as in the county were a little too much for them to come up against. He has triumphed gloriously for a period of many years without any interference, and he enjoys

helpful in the ladies' department. No doubt, a good deal of the success and satisfaction the patients receive at this Institution is due to the home-like and cheerful atmosphere, which is always created by the presence of Mrs. Dr. Riese. The Editor of the Universal Naturopathic Directory considers Dr. Riese a pillar one can always depend on in Wisconsin.

RILEY, JOE SHELBY, M. S., D. M. T., D. P., D. O., D. C., Ph. C.

Lecturer, Teacher, and Developer, Dean of New England and Washington Schools



of Chiropractic, Dr. Riley has been one of the busiest practitioners, teachers, and developers of the science in the country. A student of Medicine, Osteopathy, and all mechanical therapies, he found in Chiropractic the most potent factor to his liking, and while a genuine mixer of all good methods, he makes his great-

est cures particularly in the line of Chiropractic, 1116 F St. N. W., Washington, D. C., she engages actively in the regular more Chiropractic adjustments than any other living man, and while this claim is open to dispute, no one can deny that he is the busiest man ever met from early morning until late at night, a continual stream of patients passing through his adjusting parlors under his care. His memoranda shows he has made or given more than a quarter million courses of treatments, aggregating more than two million actual Chiropractic thrusts. While being the busiest man in this way you could imagine, he has found time to do a great deal of teaching, lecturing, writing, and developing the science. Many of the best methods of spinal adjustment are due to his careful study and trial. Dr. Riley's headquarters are now with the Washington School of Chiropractic, Washington, D. C., 1116 F Street N. W., where every visiting Chiropractor receives a welcome hand.



Dr. Riese's Naturopathic Sanitarium, La Crosse, Wis.

more than a license or protection. He is a man people would be willing to stand up and fight for at any time.

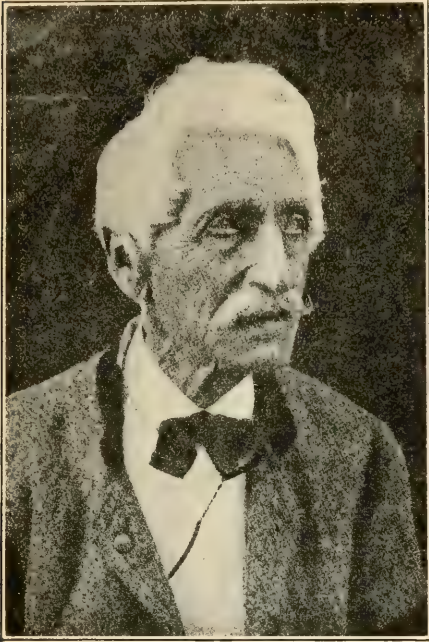
His patients and patrons are among the very best in the city of La Crosse, from the Mayor and officials down to the humblest citizens. They all know Dr. Riese, in fact he is one of the pioneers and early settlers of the city of La Crosse and saw two-thirds of the residents of that city come in. In Mrs. Dr. Riese, he has a very able and practical help. She superintends the household of the Institution and is also

RICKLI, ARNOLD, N. D., Founder of the Light and Air Cures (Atmospheric cure).

Dr. Rickli was one of the foremost exponents of natural living and healing. In 1848, he established at Veldes, Krain, Austria, the first institution for light and air cure or as it was called in Europe the "Atmospheric Cure." In a limited way (rather very late) his ideas have been adopted by the medical profession in America for the cure of consump-

- Elmer L., 248 W. Main St., Barnesville, O. (D.O.)
 Frank A., Suite 2, 174 W. Market, Indianapolis, Ind. (M.D., D.C.)
 Glenn, Winterset, Ia. (D.C.)
 Harry, 5th Floor, Forsyth Bldg., Atlanta, Ga. (D.C.)
 H. G., Winterset, Ia. (D.C.)
 Harry L., 1116 N. 3d St., Harrisburg, Pa. (D.C.)
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 HALLADAY, H., 316 S. Franklin St., Kirksville, Mo. (D.O.)
 HALLBECK, T. E., West Salem, Ill. (N.D.)
 HALLER, J. H., Palisades, Colo. (D.C.)
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 HALLIKER, G. A., Big Rapids, Mich. (D.C.)
 HALLMAN, V. H., Hot Springs, Ark. (M.D.)
 HALLOCK, WM. J., 160 Summit Ave., Jersey City, N. J. (D.C.)
 HALLSTEAD, W. B., Quick Theatre Bldg., Fulton, N. Y. (D.C.)
 HALRONSON, H. J., 4641 Easton Ave., Chicago, Ill. (D.C.)
 HALSTED, CORA F., 1528 W. Jackson Blvd., Chicago, Ill. (N.D.)
 HALVORSEN, H. JOHN, 1018 Wilson Ave., Chicago, Ill. (D.O.)
 HAMANN, A. W., 11322 S. Michigan Ave., Chicago, Ill. (D.C.)
 HAMBY, WM. H., 132 W. 48th St., Los Angeles, Cal. (D.C.)
 HAMGARTNER, J. C., Garber, Okla. (S.T.)
 HAMILTON & HAMILTON, 237 Magnolia Ave., Long Beach, Cal. (D.C.)
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 R. J., 1118 Main St., Great Bend, Kans. (D.C.)
 R. J., 1416 Kansas Ave., Great Bend, Kans. (D.C.)
 Susan Harris, 1080 Bush St., San Francisco, Cal. (D.C.)
 HAMLIN, P. F., 314 N. Lee St., Oklahoma City, Okla. (D.C.)
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 H. L., First Nat'l Bank, Cor. Main and Erie Sts., Massillon, O. (D.C.)
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 HANAVAN, L. C., 6122 Ingle-side Ave., Chicago, Ill. (N.D.)
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 HANEY, EDWARD, 848 Barry Ave., Chicago, Ill. (D.C., Ph.C.)
 Dr. W. J., 10600 Euclid Ave., Cleveland, O. (D.C.)
 HANFORD, IRA L., Chicago College of Naprapathy, 108 N. State St., Chicago, Ill. (Nap.)
 HANKS, HARVEY J., 1914 California St., Omaha, Neb. (D.C.)
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 H. E., Barons, Alta., Can. (D.C.)
 H. E., 2120 Cleveland Ave., Chicago, Ill. (D.C.)
 HANSEN, ALLEN, Idaho Falls, Idaho (N.D.)
 HANSEN, CARL T., 108 N. State St., Chicago, Ill. (Ma.)
 Geo., 2329 84th St., Brooklyn, N. Y. (Ma.)
 M., 768 Flatbush Ave., Brooklyn, N. Y. (Opt.)
 M. G., Cor. First and Main Sts., Brigham City, Utah (D.C.)
 HANSON & HANSON, 516 S. Topeka Ave., Wichita, Kans. (D.C.)
 567 Elmwood Ave., Buffalo, N. Y. (D.C.)
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 H. C., Barons, Alta. (D.C.)
 Sten, Pioneer Life Bldg., Fargo, N. D. (D.O.)
 HANSON, Miss B. N., Walter Reed Hospital, Washington, D. C. (D.C.)
 HANSSLER, E. H., 332 N. Jefferson Ave., Peoria, Ill. (N.D.)
 HARD, MARY E., 355 West Grand Blvd., Detroit, Mich. (D.O.)
 Mary E., Stevens Bldg., Detroit, Mich. (D.O.)
 HARDIE, DAVID H., Main St., Galena, Ill. (D.C.)
 Jessie B., 224 Laurier Ave. W., Ottawa, Ont. (D.O.)
 HARDIN, FERGUSON A., 1204 Marsh-Strong Bldg., Los Angeles, Cal. (N.D.)
 M. C., Grand Opera House, Atlanta, Ga. (D.O.)
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tion. He was an ardent disciple of the vegetarian diet and exemplified the principles of natural living in his own life. This photograph shows him at the age of 97, when he was still active and healthy. He has since passed on but his work still



Dr. Arnold Rickli

lives as a testimonial of his untiring efforts. He was the founder and for over fifty years the President of the National Austrian Vegetarian Association.

ROESSELL, PAUL E., N. D.

Prof. Paul E. Roessell, of Miami, Fla., is a graduate of the American School of Naturopathy, Butler, N. J., and also of the Battle Creek Sanitarium, Battle Creek, Mich. He is a professor of hydropathy, diet, massage, chiropractic and osteopathy. He is in physique alert and muscular—a most intelligent practitioner, and is the very ideal of a mechanotherapist.



Visiting New York in September, 1917, as a member of the 22nd Convention of the American Naturopathic Association, he has widened his knowledge of curative therapeutics to a high degree, and declares that the exchange of Naturopathic ideas with the Naturopathic leaders that he became personally acquainted with, has opened up wider vistas of usefulness in his

profession, and he foresees, in consequence, a great increase of reputation and business connections. As a purveyor of health in Miami, he has for patients some of the finest people in the United States, who visit that genial health climate in the winter months.

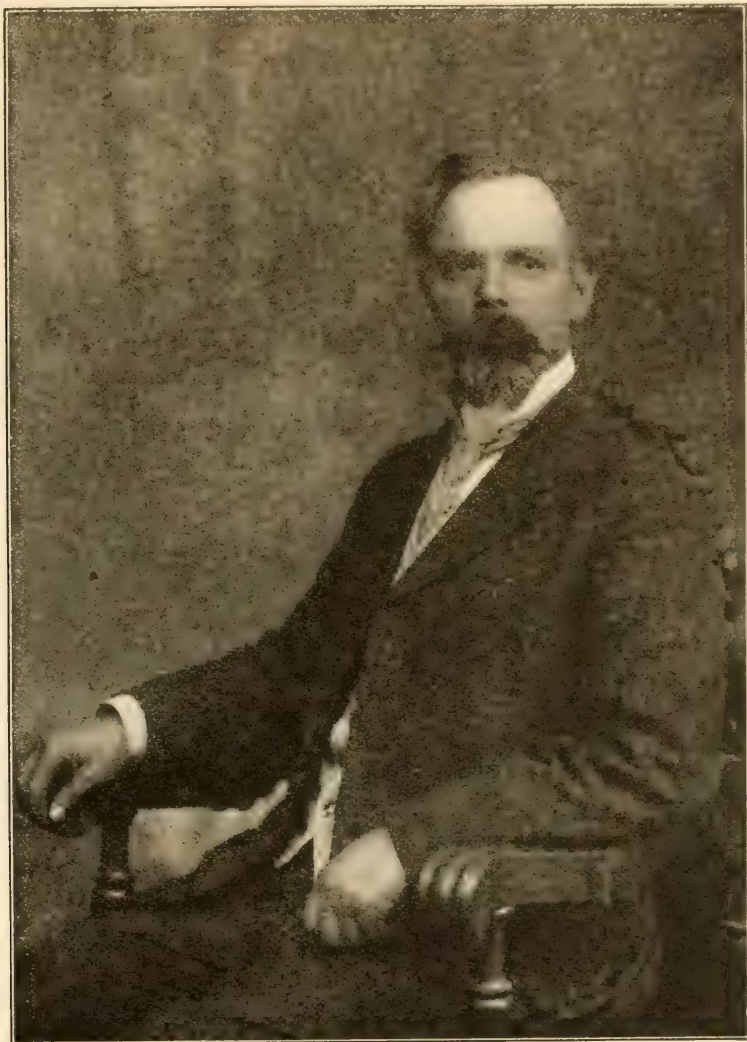
RUEGG, PROF. JOHN J.

Professor Ruegg was one of those pioneers in progressive healing whose name deserves lasting remembrance. His theory was that the best way to treat disease was to treat the patient indirectly, by supplying him with vegetable foods that were grown in lava as a fertilizer, and not in the composts discharged by animals. He claims that lava is the best of all fertilizers, for it contains all of the sixteen elements required by the human body to maintain health. His theory is founded on that of Julius Hansel, physicist and agricultural reformer, who has written a book on the chemical virtues of lava. Professor Schuessler, who supports the view of cell satisfaction, advocates lava as a fertilizer also, and, following these, Professor Ruegg lectured to farmers on how to avoid the mistakes and failures of general farming. His motto was: "If you want to cure a patient or animal, treat the soil, and Mother Nature will transform the inorganic shape so the assimilative powers of the system will appropriate such elements. If the organism lacks salts, give it such salts in the form of nuts, vegetables, salads and fruits that possess such salts."

Professor Ruegg wrote two books on this subject. The work styled "Boll Weevil" (The Law of Nature and Mankind) (\$1.00), and "The Secret of Health and Disease" (50c). In these works the author shows that the ravages of the boll weevil insect in the cotton plant are solely due to the acidity of the juices of the plant, for where the juices of the plant are alkaline, there are no boll weevils. The acidity of the cotton plant is due to the use of wrong animal fertilizers. The plant should be fed with lava fertilizer, which renders the plant alkaline, and, therefore, immune to the devastation of the boll weevil.

This story of the boll weevil is used to enforce the necessity of mineral salts in human foodstuffs, which are to be provided by a proper fertilizing of the soil in which they grow. Professor Ruegg established an American health farm at Clifton, N. J., where he carried on experiments on plants with various fertilizers, notably lava, imported direct from volcanoes. He also established a manufacturing plant for crushing rocks and manufacturing fertilizers, using a mixture of lava and swamp mud, saying that the Lord had provided food for the world by means of swamps and volcanoes and rocks. Professor Ruegg experimented at Yungborn, Butler, N. J., on

- HARGRAVE, C. B., R. F. D. No. 40, Dale, Ind. (D.C.)
- HARIMER, JOHN A., 322 Spring St., Los Angeles, Cal. (S.T.)
- HARKER, WADE C., 200 S. Lincoln St., Chicago, Ill. (D.C.)
- HARKINS, MARIE H., St. George Apts., London, Ont. (D.O.)
- HARKNESS, THOS., 8 Park St., Cortland, N. Y. (D.C.)
- HARKOW, Mme. G. E., 475 Monroe St., Brooklyn, N. Y. (Ma.)
- HARLAN, FREDERICK J., Flint P. Smith Bldg., Flint, Mich. (D.O.)
- HARLAN, WILLIAM F., Arbuckle, Cal. (D.O.)
- HARLEY & HARLEY, 1228 Carpenter St., Brunswick, Ga. (D.C.)
- G. E. M. T., 199 Cambridge Ave., Jersey City, N. J. (D.C.)
- G. E., 158 Cambridge St., Jersey City, N. J. (D.C.)
- Mr. & Mrs. Wm., 1228 Carpenter St., Brunswick, Ga. (D.C.)
- HARLEY, G. E., Jersey City, N. J. (M.D.)
- HARLOW, A., R. F. D. No. 1, Box 80B, Redlands, Cal. (D.C.)
- HARMER, WALTER, 1108 Altha St., Burlington, Ia. (D.C.)
- HARMOLIN, MAX S., 30 Taylor Arcade, Cleveland, O. (Ch.)
- HARMON & HARMON, 93 Genessee St., Auburn, N. Y. (D.C.)
- C. M., 19 Burt St., Auburn, N. Y. (D.C.)
- HARN, G. F., Barrie, Ont. (D.C.)
- HARPER, CHAS. S., Greeley, Colo. (D.O.)
- Mrs. F. M., 512 B'way, Little Rock, Ark. (S.T.)
- Ida M., 1629 Marion St., Denver, Colo. (D.C.)
- R. T., Rexford, Kans. (S.T.)
- HARPER, CLAUDE B., Old Colony Club, Hotel Waldorf-Astoria, New York, N. Y. (P.)
- G., 2151 N. Clark St., Chicago, Ill. (N.D.)
- HARRIMAN, E. J., 197½ Canfield Ave., Detroit, Mich. (D.C.)
- Mrs. Lucy C., Suite 1 10 Dana St., Cambridge, Mass. (D.C.)
- HARRINGTON, ALICE E., 363 S. Boylston St., Los Angeles, Cal. (D.O.)
- E. B., Findlay, O. (D.C.)
- Ellen E., 202 Wellington St., Bradford, Ont., Canada. (D.C.)
- F. C., Orillia, Ont., Canada. (D.C.)
- HARRINGTON, SHELBY A., 4322 Vernon Ave., Chicago, Ill. (N.D.)
- HARRIES, S. OSWALD, 446 E. 40th St., Chicago, Ill. (D.C.)
- HARRIS & HARRIS, Swartz Creek, Mich. (D.C.)
- D. S., Wilson Bldg., Dallas, Tex. (D.O.)
- Edwin L., 606 Church St., Marietta, Ga. (D.O.)
- Elijah G., 1656 Park Ave., Chicago, Ill. (D.C.)
- Ella E., 7400 Coles Ave., Chicago, Ill. (D.O.)
- Francis W., 1007 Grant St., Carthage, Mo. (D.O.)
- John F., 322 Fegler Bldg., Edmonton, Alta., Can. (D.C.)
- Katherine, 1101 Ets St., Sedalia, Mo. (D.O.)
- Lucius A., Conrad Block, Kalispell, Mont. (D.O.)
- Neville E., 450 Collins St., Melbourne, Victoria, Australia. (D.O.)
- W. E., 1010 Massachusetts Ave., Cambridge, Mass. (D.O.)
- HARRIS, ELIJAH G., 1553 W. Madison St., Chicago, Ill. (O.R.S.)
- HARRIS, EULA L., Lawrenceburg, Ky. (N.D.)
- Fred., 1520 Washington St., Toledo, O. (Ma.)
- Henry, Jersey City, N. J. (N.D.)
- H. E., 1515 W. Monroe Street Chicago, Ill. (N.D.)
- J., 45 W. 34th St., New York, N. Y. (N.D.)
- M. H., 1007 B'way, Brooklyn, N. Y. (Opt.)
- Mae S., St. Louis, Mo. (M.D.)
- O. O., 299 Richmond Ave., Buffalo, N. Y. (D.C.)
- Sarah N., 846 East 47th St., Chicago, Ill. (N.D.)
- W. A., 111 S. Curtis St., Alhambra, Cal. (N.D.)
- HARRISON, DAVID A., 202 Wellington St., Bradford, Can. (D.C.)
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- HARSTE, WM., 127 Shenkle St., Findlay, O. (D.M.T.)
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- Aubrey Warren, 64 Huntington Ave., Boston, Mass. (D.O.)
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- HASEMEIER, ALBERT A., Hamilton, O. (Ma.)
- HASKINS, E. C. COVERLY, 2033 Sansom St., Philadelphia, Pa. (D.O.)
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- HASLEIN, WM., Big Rapids, Mich. (D.C.)
- HASLEM, WM. H., 212 Mercantile Bldg., Aurora, Ill. (D.C.)



Prof. John J. Ruegg

the invitation of the editor. Peach and other trees were planted in finely ground lava fertilizer, with the result that the peaches that grew on such trees would keep three or four weeks, and were of a richer flavor than ordinary ones. Cows that were fed on lava fertilized grass gave a milk richer in organic chemical elements, and children fed on such milk were extremely healthy and good-natured. Professor Ruegg is now deceased, but his idea is a vital one, and will bear rich fruit in the future.

SCHAEFER, JOSEPH.

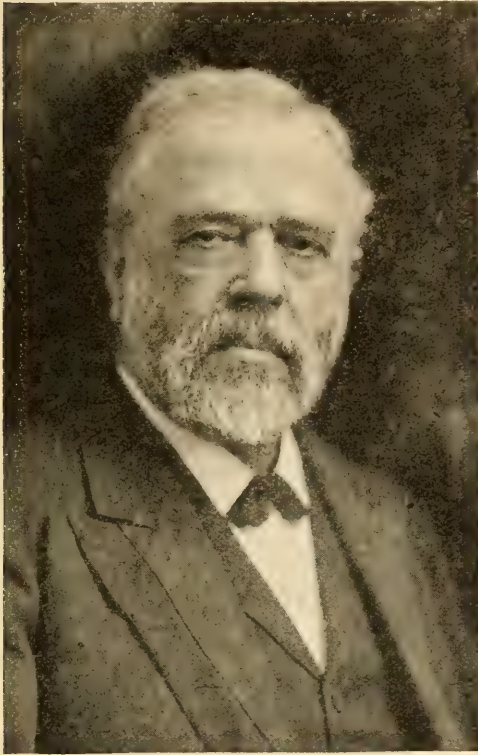
Mr. Joseph Schaefer, publisher and dealer in Catholic and Naturopathic books, of 23 Barclay Street, New York City, was one of

the first friends Dr. Lust made on his arrival in the United States in November, 1892. For pure piety and uprightness, no one in the city of New York is more highly respected. Natural healing, especially Kneipp methods, is a subject that strongly appeals to his generous instincts. He believes that the law should not discriminate in favor of any school of medicine, but permit all schools to stand strictly on their merits. To legislate in favor of official medicine (as the law has done) works to the injury of all other schools and to the official school also. The regular practitioner does not have to rely on his skill for his success, but because he occupies a preferred position. He is coddled by the legislature to an extent that lowers his efficiency. He leans

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- HASWELL, GEORGE A., Central Chambers, Center St., Northampton, Mass. (D.O.)
- HATCH, CHARLES G., 236 Bruce St., Lawrence, Mass. (D.O.)
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- HATSFIELD, Mrs., c/o Powell Sanitarium, Third St., Los Angeles, Cal. (N.D.)
- HATTEN, J. O., 616 N. Taylor Ave., St. Louis, Mo. (D.O.)
- HATTON, ELIZABETH, 3207 Michigan Blvd., Chicago, Ill. (D.C.)
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C. Margaret, 114½ S. Broadway, Rochester, Minn. (D.C.)
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- HAWLEY, BLANCHE, 430 W. 9th St., Oklahoma City, Okla. (D.C.)
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Mrs. F. J., Mariposa Ave., Los Angeles, Cal. (D.C.)
- HAYES, BERTHA, 1008 W. 8th St., Wilmington, Del. (D.C.)
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Orville, Sterling, Kans. (D.C.)
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Wm., 276 Maple St., Secaucus, N. J. (N.D.)
W. S., 2050 Amsterdam Ave., New York, N. Y. (D.O.)
- HAYMAN, GEO. T., Real Estate Trust Bldg., Philadelphia, Pa. (D.O.)
Geo. T., 148 E. State St., Doylestown, Pa. (D.O.)
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- HEATH, Dr. L. F., Georgetown, Ky. (M.D.)
- HEATWOLE, WEBSTER S., Masonic Temple, Salisbury, Md. (D.O.)
- HEBB, FLORA E., 645 E. St., San Bernardino, Cal. (D.O.)
- HECK, J. AUSTIN, 1907 So. Clinton Ave., Trenton, N. J. (N.D.)
- HECKER, G. E., Box 15, Connersville, Ind. (N.D.)
- HECKMAN, D. J., Heckman Sanitarium, Ottumwa, Iowa (N.D.)
Eugene, 155 E. 33rd St., New York, N. Y. (D.M.T.)
- HECKMANN, GUSTAVE HERBERT, 110 Main St., Mt. Holly, N. J. (D.O.)
- HEDGPATH, T. H., Logan Bldg., St. Joseph, Mo. (D.O.)

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against the artificial protection he possesses, and is inclined to depend on superstition rather than ability for a livelihood.



Mr. Joseph Schaefer

Mr. Schaefer is a philanthropist. As president of St. Raphael's Society and Leo Haus, a Catholic organization, he has brought comfort, cheer and protection into the lives of Catholic immigrants who need such attentions when first landing in a new world. Mr. Schaefer is also an honorary patron of the Kolping Association (Katholischer Gesellenverein), a society of Catholic mechanics, an organization devoted to the social, educational and spiritual betterment of the lives of its members. In the naturopathic world Mr. Schaefer is the agent of the late Father Kneipp's works on hydropathy, that are published by Joseph Koesel, of Kempten, Bavaria, and importer and manufacturer of Kneipp articles, such as herbs, teas, oils, powders, tinctures, remedies, health foods, malt coffee, whole wheat flour, apparatus, linens, and other Kneipp and Nature cure supplies.

SHEWALTER, CHESTER A., N. D.

Chester Albert Shewalter was born February 12, 1889, at Eureka, Greenwood County, Kansas. When 12 years of age, his parents moved to Galena, Kansas.

There, after finishing public school, he engaged in the drug business, which he gave up after three years, because of the confining conditions. Leaving for California, he became connected with the United States Army Post Hospital Service at Presidio, San Francisco. While there, he received practical training in the art of Naturopathy, or the curative use of diet, manipulation, hydro and electro therapy and scientific exercise, and upon leaving the service, engaged in further study of the subject at Livermore, California. After a short period here, he took up work at the L. C. McLain Sanitarium, St. Louis, Mo., where he was placed in charge of the Mechano-Therapeutic department, and at that time was the youngest member on the staff. Deciding to continue the study of Naturopathy, he took up the course at the American College of Mechano-Therapy, Chicago, Ill., and received his degree in 1912. After practicing in Cleveland, Ohio, for a year he left for Hot Springs, Arkansas, to gain further experience in the wonderful work. Practicing for three years in the Buckstaff bath house, on the government reservation, one of the best equipped bath houses in the world, he gained a wide experience, and then decided to return to Ohio and again take up private practice. Here he established offices in Akron and Cuyahoga Falls, Ohio. He was one of the charter members of the National Association of Drugless Physicians, and their first representative in Arkansas. After returning to Ohio, he resigned from this association and became a member of the stronger organization, the American Naturopathic Association.



Dr. Chester A. Shewalter

- HEDGES, A. R., Medford, Ore. (N.D.)
- HEIDIN, GUSTAV, 1224 Pacific St., Brooklyn, N. Y. (Ma.)
- HEDLEY, JOSEPH, 213 Howard St., Detroit, Mich. (D.C.)
- HEDSPETH, R. L., Tecumseh, Okla. (D.C.)
- HEILER, Dr. G. A., New York, N. Y. (Ma.)
- HEFFNER, ELIZABETH, 1448 E. 66th Pl., Chicago, Ill. (D.C.)
- HEFT, C. G., 337 Main St., Racine, Wis. (D.C.)
- HEGADORN, C. S., 320 Summit Ave., West Hoboken, N. J. (D.C.)
- HEGEMAN, MRS. A. O., 1130 Ocean Ave., Brooklyn, N. Y. (Cr.)
- HEGGEN, ANFIN S., Madison, Wis. (D.O.)
- HEIGERIEK, L. D., 2539 N. Kenzie Ave., Chicago, Ill. (Nap.)
- HEILBRON, LOUISE, Union Bldg., San Diego, Cal. (D.O.)
- HEILEMANN, J. GEORGE, North St., Goderich, Ont. (D.O.)
- HEILMAN, FRED, 2 Kingsbury Bldg., Xenia, O. (D.C.)
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- HEINSTEIN, MRS. A. L., 270 Bowdoin St., Dorchester, Mass. (N.D.)
- HEINTZE, ARTHUR, 1318 Spruce St., Philadelphia, Pa. (D.C.)
- A. C., 721 Federal St., Camden, N. J. (D.C.)
- C. A., 5 Goff Bldg., 23 B'way, Camden, N. J. (D. C.)
- HEINZE, E., 408 N. Cicero Ave., Chicago, Ill. (D.C.)
- HEINZE, E. P., Austin, Ill. (N.D.)
- HEIRMAN, R. F., 3801 W. Harrison St., Chicago, Ill. (D.O.)
- HEISLER, C. F., Ridgewood, N. J. (D.C.)
- M. L., 405 S. 13th St., Harrisburg, Pa. (D.C.)
- HEISS, JOHN E., 2117 Washington Blvd., Chicago, Ill. (D. C.)
- HEISSE, J. H., 3012 Humboldt Ave. S., Minneapolis, Minn. (N.D.)
- HEIST, ALBERT D., Geneva, N. Y. (D.O.)
- Edgar D., 61 King St. W., Berlin, Ont. (D.O.)
- Lenore M., Barret & Martin Block, Galt, Ont. (D.O.)
- Mary Lewis, 61 King St. W., Berlin, Ont. (D.O.)
- HEITZ, J. J., 2030 Lincoln Ave., Chicago, Ill. (D.C.)
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- Geo. D., Hammond, Ind. (D.C.)
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- G. D., 93 State St., Hammond, Ind. (D.C.)
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- HELLAM, LYDIA, Morrisville, Mo. (D.C.)
- Lydia, Columbus Junction, Ia. (D.C.)
- Lydia, Ford City, Pa. (D.C.)
- HELLAM, LYDA, 205½ W. Washington St., Washington, Iowa (D.C.)
- HELLAN, LYDIA, 125 McKlau St., Kittanning, Pa. (D.C.)
- HELLER, A. G., 1537 B'way, (at 45th St.), New York, N. Y. (Ch.)
- HELM, ORA B., Cedar Falls, Iowa (N.D.)
- HELMER, GEO. J., 187 Madison Ave., New York City, N. Y. (D.O.)
- Jessie Blaine, 429-41 Granite Bldg., Rochester, N. Y. (D.C.)
- John N., 187 Madison Ave., New York City, N. Y. (D.O.)
- HELMUTH, WM., 3251 N. Troy St., Chicago, Ill. (N.D.)
- HELPIAN, A., Newton, Kans. (D.C.)
- HEMES, LEON, 1244 Walnut Ave., Cleveland, O. (N.D.)
- HEMINWAY, GERTRUDE F., Ridley Park, Pa. (D.C.)
- HEMMING, EARL J., Kearney, Nebr. (D.C.)
- HEMMINGER, H. J., 25 Jerome St., Brooklyn, N. Y. (Opt.)
- HEMMINGHAUSEN, 88 Dearborn St., Chicago, Ill. (D.C.)
- HEMPHILL, ETHA B., 323 Geary St., San Francisco, Cal. (D.O.)
- HEMSTREET, CORA G., Holmes Bldg., Galesburg, Ill. (D.O.)
- HENDERSHOT, C. D., Box 39, Vincent, O. (D.M.T.)
- HENDERSON, CLARA H., Stanton, Ia. (D.C.)
- E. A., Sault Ste. Marie, Can. (D.C.)
- J. A., 321 York St., Hamilton, Ont., Can. (D.C.)
- J. H., 33 River St., Salamanca, N. Y. (D.O.)
- Jennie M., Cherokee, Okla. (D.C.)
- Jos. W., First Nat'l Bank Bldg., Berkeley, Cal. (D.O.)
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- Dr. A. O., Pres. Chiropractic Board of Examiners, Mandan, N. D. (Ch.)
- HENDRICK, C., 935 Boardwalk, Atlantic City, N. J. (D.O.)
- HENDRICKSON, JESSE W., Lawrence, L. I., N. Y. (Ma.)
- HENDRICKSON, M. L., 10 Hinsdale Place, Newark, N. J. (D.C.)
- M. L. & J. W., 548 Broad St., Newark, N. J. (D.C.)
- HENKE, CRESCENSE, 163 S. Orange Ave., S. Orange, N. J. (D.O.)
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- HENNEY, MAE MURRAY, 110 S. Portland Ave., Brooklyn, N. Y. (D.O.)
- HENNING, E. J., 2208 F Ave., Kearney, Nebr. (D.C.)
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- Chas., 16 Carver St., Pittsburgh, Pa. (D.C.)
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- F. M., Blairstown, Ia. (D.C.)
- Jno. L., Security Bldg., Denison, Tex. (D.O.)
- Mary Elizabeth, 1654 N. 12th St., Philadelphia, Pa. (D.O.)
- Percy R., 476 Clinton Ave., Brooklyn, N. Y. (D.O.)
- HENRY, AURELIA S., 201 Sanford Ave., Brooklyn, N. Y. (D.O.)
- HENRY, J. D., Moxahala, O. (D.M.T.)
- HENRY, JAMES T., 27 Todd Lane, Youngstown, O. (D.C.)
- HENRY, PERCY R., 476 Clinton Ave., Brooklyn, N. Y. (D.O.)
- HENZEL, FRANKLIN M., 3149 N. 15th St., Philadelphia, Pa. (N.D.)
- HEPNER, J. Q., Covina, Cal. (D.C.)
- HERBERT, C. C., 1334 O St., Lincoln, Nebr. (D.C.)
- C. L. T., Dickinson, N. D. (D.O.)
- Lulu J., Kress Bldg., Trenton, Mo. (D.O.)
- HERBING, PAUL C., 1042 Argyle St., Chicago, Ill. (N.D.)
- HERBST, EDW. G., 378 Elmwood Ave., Buffalo, N. Y. (D.O.)
- HERCHE, JEANNETTE B., Parker's Landing, Pa. (D.O.)
- HERKIMER, G. R., Dowagiac, Mich. (Or.S.)
- HERKT, V. B., 1055 Colorado St., Chicago, Ill. (N.D.)
- HERMAN, ARTHUR M., Osborn Bldg., Cleveland, O. (D.O.)
- John C., 20 Valucia Ave., Daytona, Fla. (D.O.)

At the Chicago convention in 1916, held in Hotel Sherman, he was made electoral committeeman, and suggested the re-election of Dr. Benedict Lust, our most honorable president, and four new honorary presidents. Returning to Ohio, he worked up enthusiasm amongst the Ohio men and held a convention at Hotel Portage, Akron, at which time the Ohio State Society of Naturopaths was formed, Dr. Shewalter being appointed secretary. He was also appointed chairman of the National Photo-Play Department and assistant chairman of the National Lyceum Bureau of the society, through which agencies it is hoped to make great advances in Naturopathic work. In 1914, Dr. Shewalter was appointed editor of the Mechano-Therapy Department of the Herald of Health. He is also contributing editor of the Practice Builder. Being chairman of the proposed Ohio State Yungborn College and Sanitarium, and also chairman of the membership committee of the Ohio State Society of Naturopaths, he hoped to still further enrich the cause of Natural healing. Dr. Shewalter is, by reason of his great intelligence, his initiative and enthusiasm for physiotherapy, one of the foremost pillars of the new school of healing. He is a man with a conscience that is not satisfied until he has explored the ultimate facts of the particular department of Naturopathy that engages his attention. He does not pin his faith or practice to but one phase of the healing art. He believes that diet, exercise and natural therapeutics should go hand in hand, so that the patient may receive the fullest aid that Naturopathy can give. We have reason to know that his work as a healing force has been extraordinarily successful, and from time to time has been made the subject of commendation in the press. A particular achievement lately recorded was the cure of a Mrs. W. S. Hassler, of Cuyahoga Falls, Ohio, the city in which Dr. Shewalter is located. Mrs. Hassler had been confined to bed for four years, by reason of paralyzed limbs, and was a hopeless invalid when Dr. Shewalter took charge of the case. He cured her completely, the cure being regarded by the patient and her friends as nothing short of a miracle. We will allow Mrs. Hassler to tell the story in her own words: "I have been a sufferer from inflammatory rheumatism for years," Mrs. Hassler says. "No medical help would benefit me. I changed doctors and changed medicines, trying everything that offered itself in the way of medicine, in the vain hope of getting on my feet. But my trouble got worse and worse until I was completely crippled and paralyzed from my hips downward. When I had practically given up all hopes of ever getting well again, a friend of ours spoke to me about Dr. C. A. Shewalter, who has a Naturopathic Institute here. I sent for

him, hoping against hope that he might give me some relief. He came to see me and impressed me with his method of healing without any medicines and drugs by those means only that the laws of nature prescribe, such as Hydropathy, spinal massage and similar natural methods. I gave him a chance as he had inspired confidence in me, and I trusted him and his methods. And I shall ever bless his name, as long as I live. It was due to his treatment only that my condition began to improve. I felt new life blood course through my deadened limbs and it was a wonderful sensation when the paralyzed muscles began to move as I wanted. Appetite increased, I grew stronger and finally decided to leave my bed. It did not take long when I began to move about. Now I am getting as strong as ever and feel happier than words can express. I cheerfully refer all sufferers to Dr. Shewalter." Dr. Shewalter is at present engaged, in conjunction with Dr. Allen of Eureka Springs, Arkansas, in producing a movie film representing the cure of a child that has been stricken with infantile paralysis by the energetic agency of Nature Cure treatments. The film shows little Dorothy lying ill, tired, listless, pulse 94, temperature 103 degrees. Dr. Blake, Osteopath, Chiropractor, is called and reduces the temperature by manipulations. He pronounces the case one of infantile paralysis, and advises that she be taken at once to Dr. Allen, a well-known Naturopath of Eureka Springs, Ark., some thirty miles away. Dorothy is put into an auto that flies along the roads to Eureka Springs. A stop is made at a hotel on the way for refreshments, but the owner refuses to allow Dorothy to be brought into the building, fearing contagion. Dorothy arrives at Dr. Allen's, and is put to bed where she cannot move hand or foot. She is fed on whole wheat bread, raw milk, brown rice, rye-krisp, black figs, honey and prunes. An X-ray diagram of her spine is taken, and several subluxations are discovered. Traction on the panderic with manipulations correct these. Exercise, diet and correct postures are pictured. The use of water, electricity, cupping, dry air, manipulation and spinal traction, exhibited. Plaster cast for straightening legs adjusted, proper feeding and constant care makes serum treatment unnecessary. Goats that yield goat milk are shown. Finally Dorothy is shown standing, cured, on the porch of her home amid other children. Her mother is sitting down in a happy mood. The main object of the exhibit is to show the superiority of Naturopathy in curing infantile paralysis.

Dr. Shewalter must be credited with an investigating mind. His absolute faith when throwing his energies into new paths of action, is refreshing, and is invariably justified by the success that attends his efforts.

- HERMANN, J. E., 743 Central Ave., Sandusky, O. (D.C.)
- HERMELING, W. H., 4456 Margaretta Ave., St. Louis, Mo. (D.C.)
- HERR, A. W., 381 Arcade Bldg., Cleveland, O. (D.C.)
- HERRICK, W. EDWIN, Watseka, Ill. (D.O.)
- HERRIGEL, RUTHELM, 60 Somerset St., Garfield, N. J. (D.C.)
- HERRING, ERNEST M., 170 W. 73d St., New York City, N. Y., (D.O.) Geo. D., 159 Crescent Ave., Plainfield, N. J., (D.O.)
- HERRINGTON, ELLEN, 117½ S. Dubuque St., Iowa City, Ia. (D.O.) Lon H., 108 Dakota St., San Antonio, Tex. (D.C.) S. A., Plummer, Idaho. (D.C.)
- HERRODER, DR. T. L., 212 Stevens Bldg., Cor. Grand River and Washington Aves., Detroit, Mich. (D.O.)
- HERROLD, S. ALLETTA, I. O. O. F. Bldg., Shelbyville, Ill. (D.O.)
- HERRON, H. J., Albion, Ia. (D.C.)
- HERT, MISS ANNA, 402 Washington St., Greensburg, Ind. (D.C.)
- HERWIG, DR. ALINE, 1713 Mt. Vernon St., Philadelphia, Pa. (N.D.)
- HESS, A. NORINA, 702 N. 2d St., Phoenix, Ariz. (D.C.) C. F., 336 W. Tuscarawas St., Canton, O. (D.O.) Carrie M., 195 Colborne St., Brantford, Ont., Canada. (D.C.) Elmer C., 1118 W. Lehigh, Philadelphia, Pa. (D.O.) Harriet L., Phoenix, Ariz. (D.C.) E. A., 2101 W. Adams St., Chicago, Ill. (D.C.) Lawrence T., Masonic Temple, Zanesville, O. (D.O.) Norina A., Phoenix, Ariz. (D.C.) Norina A., 403 Hamburger Bldg., Los Angeles, Cal. (D.C.) W. G., 3115 S. Main St., Los Angeles, Cal. (N.D.)
- HESS, H. MCCELLELLAN, 14 E. Jackson Blvd., Chicago, Ill. (Nap.)
- HEUER, F., 1292 Park Place, Brooklyn, N. Y. (N.D.)
- HEUFEL, GEO., 1907 So. Clinton Ave., Trenton, N. J. (N.D.)
- HEWINS, B. A., 1001 W. State St., Olean, N. Y. (D.C.) B. A., 28 River St., Salamanca, N. Y. (D.C.) C. S., 40 Niagara St., Niagara Falls, N. Y. (D.C.) C. S., 57 Congress St., Bradford, Pa. (D.C.) S. P., 228½ N. Union St., Olean, N. Y. (D.C.) S. P., 1001 W. State St., Olean, N. Y. (D.C.)
- HEWINS, C. S., 795 Main St., E. Rochester, N. Y. (D.C.)
- HEWITT & HEWITT, White Cloud, Mich. (D.C.) L. E., Corvallis, Ore. (D.O.)
- HEYDT, HENRY W., 60 Hudson Place, Weehawken, N. J. (D.C.)
- HEYER, FERDINAND C., Ohio Bldg., Toledo, O. (D.O.)
- HEYLER, CHARLES A., 67 Lincoln St., Jersey City, N. J. (D.C.)
- HEYNE, H. P., 3d Ave., Rankin, Pa. (D.C.)
- HIATT, E. C., Payette, Idaho. (D.O.)
- HIBBARD, CAROLINE S., Max Joseph Str., 2-111 Munich, Germany. (D.O.)
- HIBBE, LEOPOLD H. R., 154 East 49th St., New York, N. Y. (M.D.)
- HIBBETS, U. M., 721 Broad St., Grinnell, Ia. (D.O.)
- HIBEL, H. E., Hillsboro Ore. (D.C.)
- HICKMAN, WARREN E., 130 S. Fairmount, Pittsburgh, Pa. (D.C.)
- HICKMAN, W. H., Pasquith Bldg., Mexico, Mo. (D.O.)
- HICKOX, OLIVER, Burlington, Wis. (D.C.)
- HICKS, ANNA L., Vaughan Hall, Portland, Me. (D.O.) Betsy B., Ward Bldg., Battle Creek, Mich. (D.O.) Ella Y., 226 Sutton St., Maysville, Ky. (D.O.) Frederick Thomas, Oregon, Ill. (D.O.) J., 3872 3d Ave., New York City, N. Y. (D.C.) Rhoda Celeste, 573 Commercial St., Astoria, Ore. (D.O.)
- HICKSON, F. C., Gaffney, S. C. (D.O.)
- HIEBEL, Benj., Waterloo, Wis. (D.C.)
- HIESERICK, J. H., 293 Main St., Biddeford, Me. (D.C.) Wis. (D.C.)
- HIGADOM, DR., 320 Summit Ave., West Hoboken, N. J. (D.C.)
- HIGBE, D. N., 15 N. Lincoln St., Chicago, Ill. (N.D.)
- HIGGINBOTHAM, M. W., Bentonville, Ark. (D.O.)
- HIGGINS, SHELLEY E., Whitewater, Wis. (D.O.)
- HIGH, JAS. H., 2088 Emerson St., Denver, Colo. (D.C.) J. H., 2740 W. 32nd Ave., Denver, Colo. (D.O.)
- HIGINBOTHAM, CARRIE M., 1205 East St., Honesdale, Pa. (D.O.) Lillian G., 307 W. 6th Ave., Pine Bluff, Ark. (D.O.)
- HILDEBRAND, H. C., 136 4th St. S. W., Canton, O. (D.C.) Harry C., 206 N. 6th St., Canton, O. (D.C.) Dr. Julia I., 1112 Chestnut St., Philadelphia, Pa. (N.D.)
- HILDEBRANT, GUY, Two Rivers, Wis. (D.C.)
- HILDRETH, A. G., Macon, Mo. (D.O.) C. Green, 1528½ Rockland Ave., Pittsburgh, Pa. (D.C.) G. G., 347 5th Ave., Pittsburgh, Pa. (D.C.)
- HILDRETH, C. G., 405 Magee Bldg., Pittsburgh, Pa. (D.O.)
- HILF, HELEN, 246 W. 128th St., New York, N. Y. (Ma.)
- HILF, S. B., 108 S. Jefferson St., Dayton, O. (N.D.)
- HILGARTNER, L. E., Prospect St., Pittsburgh, Pa. (D.C.) Carrie, 701 High Street, Newark, N. J. (D.C.) E. E., 6854 S. Marshfield Ave., Chicago, Ill. (D.P.) Emma B., Mason Bldg., Los Angeles, Cal. (D.O.)
- HILIMAN, W. O., DePere, Wis. (D.C.)
- HILL, B. M., Ponca City, Okla. (D.C.) Carl, Plate, S. Dak. (D.C.) C. E., 16 N. Maine St., Hutchinson, Kans. (D.C.) Herbert, 16 Gould Ave., Newark, N. J. (D.C.) Herbert H., 1113 Washington St., Hoboken, N. J. (D.C.) J. C., Rockland, Me. (S.T.) J. J., Bishop, Cal. (D.C.) John West, 2032 Cleveland Ave., Chicago, Ill. (D.C.) Mrs. L. E., 901 N. Main St., McPherson, Kans., (M.D.) Lester M., 106½ E. Choctaw, McAlester, Okla. (D.C.) Lester M., 402 Donaghey Bldg., Little Rock, Ark. (D.C.) Margaret Ammerman, 101 States Ave., Atlantic City, N. J. (D.O.) R., Eliza, Tex. (S.T.) Wm. E., 2121 Master, Philadelphia, Pa. (D.O.) W. F., 39 S. State St., Chicago, Ill. (D.O.) W. F., Hart, Mich. (D.O.)
- HILLABRANT, CORA L., 652 Park Pl., Elmira, N. Y. (D.O.)
- HILLARD, MARGARET C., 211 20th St., West New York, N. J. (D.C.) Wm. F., Main St., Haileybury, Ont. (D.O.)
- HILLERY, GRACE H., 570 Spadina Ave., Toronto, Ont. (D.O.)
- HILLIG, O., 1867 Cornelia St., Ridgewood, Brooklyn, N. Y. (N.D.)
- HILLIKER, GEO., Tecumseh, Mich. (D.C.)
- HILLMAN, GUSTAV, Illmo, Mo. (D.C.)
- HILLMAN, H. W., 1716 44th St., Brooklyn, N. Y. (D.O.)
- HILLS, CHAS. WHITMAN, Masonic Temple, Dover, N. H. (D.O.) J. D., care of Gen. Del., Cairo, Ill. (D.C.) J. D., 213 14th St., Cairo, Ill. (D.C.)
- HILSING, E. A., 106 N. Ashland Blvd., Chicago, Ill. (D.C.)
- HILTON, BERTHA, 46 W. First Ave., Denver, Colo. (D.O.) D. A., 206-7 Bankers' Trust Bldg., Little Rock, Ark. (D.C.)

SCHLATHÖLTER, REV. LOUIS,
Moberly, Mo.

A man of high character and standing, who has taken up the cause of Drugless



Rev. Louis Schlathölter

Healing, Father Schlathölter has written a book entitled "Hypnotism," which has been translated into the German language, and is considered as the real exposition of all that is good and bad in Hypnotism.

SCHULTZ, CARL, N. D., D. O., M. D.,
President and General Manager, Naturopathic Institute and Sanitarium of California.

The story of how a man, single-handed, has fought and won out in converting the world to see the value of a great and humane idea, against tremendous odds, is always an inspiring story, and that is the story of the subject of our sketch, Carl Schultz, M. D., N. D., D. O., D. C., M. E. Bachelor of Law, etc., whose Institute of Healing is located at 1319 S. Grand Ave., Los Angeles, Cal.

Let us consider for a moment the forces that are responsible for the existence of so great a humanitarian

and healer as Dr. Schultz. In Germany, for over half a century, The Nature Cure has enjoyed the greatest vogue. Everywhere in that country men and women are being physically regenerated by scientific treatments in Nature Cure establishments, with natural forces, instead of pills and potions, by water applied externally and internally, by air and sun baths, by breathing exercises, curative gymnastics, spinal manipulations, electricity, massage, mental suggestion, dietetics, etc. Physicians of the regular school are sending their patients, those that they cannot cure, to these sanatoria and they do not disdain, as is often done in the United States, to avail themselves of any curative method even if introduced by a "layman." The names of Kneipp, Just, Bilz, Kuhne, Hahn, Ehret, Ling, Brandt, Rikli, Hensel and Lahmann are household words in Europe. Born in Saxony, Germany, in the year 1850, Dr. Schultz, after leaving High School, occupied various positions of trust, prior to making a study of medicine. He had the good fortune to study under Prof. N. von Ziemsen, the first physician and professor of a University to put Hydropathy on a scientific basis. He also studied chemistry and later Homeopathy, which was at that time in its infancy. Then hearing of the many cures of Schroth, Bilz and Kneipp, he studied Hydrotherapy, Massage and Electricity. These subjects were followed by the study of Chromotherapy, Orthopedic Surgery, and finally all the other branches of Naturopathy. After having had the misfortune of losing his wife and fortune in Germany, Dr. Schultz determined to settle in California and introduce so benign and efficacious a school of healing on the Pacific coast, which at the time of his arrival in 1885, was virgin territory as far as Naturopathy was concerned. He opened an establishment known as the Naturopathic Institute and Sanitarium of California in Los Angeles, a beautiful city situated half way between the coast and the mountains in a latitude known to invalids and convalescents as the paradise of California, and here he met with immediate success. Dr. Schultz was one of the first Naturopaths who studied Osteopathy and Chiropractic, being of a very investigating nature and always hospitable to new ideas. But the representatives of official medicine, the State allopaths in particular, were not inclined to allow a Naturopath to invade their territory with new and strange theories and practices that cured patients, where their own nostrums had failed, and they immediately declared war on Dr. Schultz and such other Naturopaths throughout the State as had followed his example in establishing sanitariums for drugless healing. For over six years, he fought the allopaths almost single-handed at a cost of thousands of dollars. The Medical Trust had the finest attorneys at

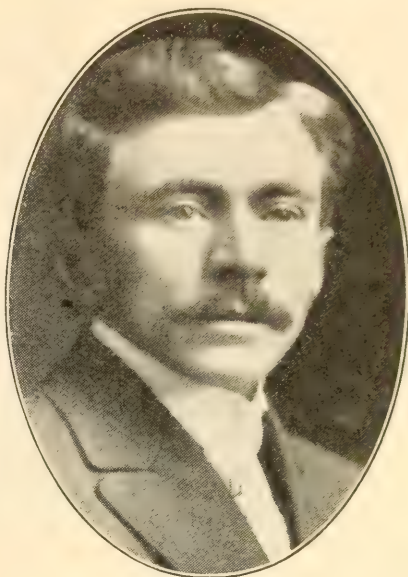


- D. A., Box 103, Hutchinson, Kans. (D.C.)
 Dee A., Box 103, Mena, Ark. (D.C.)
 Dee A., 2401 Scott St., Little Rock, Ark. (D.C.)
 John F., 21 E. 20th St., Patterson, N. J. (D.C.)
 HIMMEL, MISS, Lockport, N. Y. (D.C.)
 HINCHMAN, A. W., 111½ Jefferson St., Vinton, Ia. (D.O.)
 HINCKLEY, DON H., 3904 Cottage Grove Ave., Chicago, Ill. (M.D.)
 HINKLE, C. R., Sigourney, Ia. (D.C.)
 J. D., 4104 Independence Ave., Kansas City, Mo. (D.C.)
 HINKLEY, A. B., Delphi, Ind. (D.C.)
 A. Burton, San Joaquin Valley, Selma, Cal. (D.C.)
 HINKLEY, FRANK, Huron, S. Dak. (D.C.)
 HINMAN, CHAS., Glenwood Springs, Colo. (D.C.)
 HINNAH, LOUISE C., Mathasville, Mo. (D.C.)
 HINSCH, HENRY & RUDOLPH, 912 Grant Ave., Bronx, N. Y. (D.C.)
 HINTON, M. M., Box 62, Dallas, Tex. (S.T.)
 HINZEY, A. A., Council Bluff, Kans. (D.C.)
 HIPPLE, J. E., 500 Broad St., Newark, N. J. (D.C.)
 S. A., 199 Broad St., Newark, N. J. (D.C.)
 S. N., 591 Warren St., Newark, N. J. (D.C.)
 HIRSCHFELD, S., 72 Fairfields Ave., Johnstown, Pa. (Opt.)
 HIRSH, ARTHUR S. W., 137 Summit Ave., W. Hoboken, N. J. (N.D.)
 HISEY, J. B., Supply, Okla. (D.C.)
 HISS, JOHN M., Harrison Bldg., Columbus, O. (D.O.)
 HITCHCOCK, C. C., First Nat'l Bank Bldg., Milwaukee, Wis. (D.O.)
 HITZ, WM., 162 Bergenline Ave., Union Hill, N. J. (Opt.)
 HIVELY, J. L., 39 S. State St., Chicago, Ill. (D.C.)
 J. S., 156 Wabash Ave., Chicago, Ill. (D.C.)
 HIXSON, INA F., 505 Union Bldg., Anderson, Ind. (D.C.)
 HOAG, W. G., Savings Bank Bldg., Pittsfield, Mass. (D.C.)
 W. G., Arlington, Ia. (D.C.)
 HOAGLAND, MRS. GEO., 13 Dartmouth St., Warren, Pa. (D.C.)
 Lydia Ellen, Claremont, Cal. (D.O.)
 HOAGLAND, NETTIE E., 3465 Larimore Avenue, Omaha, Neb. (S.T.)
 N. J., Hord Bldg., Central City, Nebr. (D.O.)
 HOARD, AGNES A., 1932 Ashland Ave., Toledo, O. (Ch.)
 HOARD, MARY A., Cherokee, Ia. (D.O.)
 HOARE, W. J., Broadway Central Bldg., Los Angeles, Cal. (D.C.)
 HOBAN, HARRIE, Erie, Pa. (D.C.)
 HOBBS, R. S., Chicago, Ill. (D.C.)
 HOBSON, ANCIL B., Stevens Bldg., Detroit, Mich. (D.O.)
 HOBSTADT, M. F., 633 Morris Ave., Topeka, Kans. (N.D.)
 HODAK, JOS., Antigo, Wis. (D.C.)
 HODES, DR. ROBERT, 214 E. 41st St., Chicago, Ill. (N.D.)
 HODGE, G. EDGAR, 10 S. 3d St., Grand Forks, N. D. (D.O.)
 HODGE, J. W., Niagara Falls, N. Y. (N.D.)
 HODGE, Mrs. M. J., 122 E. Capitol St., Washington, D. C. (Ma.)
 HODGES, L. P., The Northumberland Apts., Washington, D. C. (D.C.)
 V. C., Kansas City, Mo. (M.D.)
 HODGES, LENA R., Seaside, Ore. (D.O.)
 P. L., 1504 H. St. N. W., Washington, D. C. (D.O.)
 HODGESON, E. R., 382 Boylston St., Boston, Mass. (D.C.)
 HODGSON, E. R., R. No. 1, Hutchinson, Kans. (D.C.)
 E. R., 328 Boylston St., Boston, Mass. (D.C.)
 J. E., Old Nat. Bk. Bldg., Spokane, Wash. (D.O.)
 W. W., care of Alemana, Bluefields, Nicaragua. (D.C.)
 HODGKINS, A. A., 1440 R St. N.W., Washington, D. C. (D.C.)
 Mrs. June, 1440 R St. N.W., Washington, D. C. (D.C.)
 HODGSON, GEO. L., 542 Bird Ave., Iroquois Bldg., Buffalo, N. Y. (Cr.)
 Mrs. Myra W., Iroquois Bldg., Buffalo, N. Y. (Cr.)
 HOE, A. E., 110 Pattison St., Rankin, Pa. (D.C.)
 HOECKER, MARY, Stanberry, Mo. (D.O.)
 HOEFFER, A. F. H., 3131 E. Washington, Los Angeles, Cal. (D.C.)
 P. T., 1908 S. Main St., Los Angeles, Cal. (D.C.)
 HOEFFLER, J., 2017 E. 104th St., Cleveland, O. (D.C.)
 HOEFNER, J. HENRY, 1330 Liberty St., Franklin, Pa. (D.O.)
 Victor C., 215 Madison St., Waukegan, Ill. (D.O.)
 HOEGEN, JOS. A., 334 Alexander Ave., New York, N. Y. (N.D.)
 HOEHN, MRS. EMMA, 720 E. Diamond St., Pittsburgh, Pa. (M.A.)
 HOELLIG, ANNA, 1564 E. 51st St., Los Angeles, Cal. (D.C.)
 HOERLEIN, H. K., Hood River, Ore. (N.D.)
 HOEYE, GEORGE, Oregon City, Ore. (D.C.)
 HOFEDITZ & HOFEDITZ, Visalia, Cal. (D.C.)
 H. W., Los Angeles, Cal. (D.C.)
 H. W., Visalia, Cal. (D.C.)
 Miss Mabel, 503 Main St., Visalia, Cal. (D.C.)
 HOFER, A. L., Roy, N. M. (D.C.)
 A. L., Trinidad, Colo. (D.C.)
 HOFER, A. L., Clayton, N. Mex. (D.C.)
 HOFF, F. T., 228 S. Main St., Ft. Atkinson, Wis. (D.C.)
 F. T., Daily Bldg., Grand Rapids, Wis. (D.C.)
 HOFFE, FRED. H., 2036 St. Paul Ave., Chicago, Ill. (N.D.)
 F. T., 215 Com. Nat'l Bank Bldg., Raleigh, N. C. (D.C.)
 HOFFMAN, MISS ESTHER, 2717 Lake Street, Ocean Park, Cal. (D.C.)
 Esther E., 403 Hamberger Bldg., Los Angeles, Cal. (D.C.)
 E. J., 539 Fairfield Ave., Akron, O. (D.C.)
 E. S., 33 W. Adams St., Jacksonville, Fla. (Oph.)
 Harry C., 1406 North Second St., Harrisburg, Pa. (Ma., P., D.M.T.)
 Haxel P., McKinnville, Ore. (D.C.)
 Herbert, 1118 Chestnut St., Philadelphia, Pa. (D.O.)
 R. E., 1718 E. 55th Street, Chicago, Ill. (D.C.)
 Stanley A., 2425 Milwaukee Ave., Chicago, Ill. (D.C.)
 Wm. A., 723 Third St., Milwaukee, Wis. (D.C.)
 W. A., 1230 Wright St., Milwaukee, Wis. (N.D.)
 Wm. C., McKinnville, Ore. (D.C.)
 HOFORD, LEONARD, Beaverton, Ore. (D.C.)
 HOFSESS, MARY M., Benton City, Mo. (D.O.)
 HOFSTADT, J. P., 64 E. Van Buren St., Chicago, Ill. (D.C.)
 HOFSTETTER, M., 555 West 151st St., New York, N. Y. (N.D.)
 HOGAN, F. E., Oxford, Chetango Co., N. Y. (D.C.)
 HOGAN, W., 4200 Grand Blvd., Chicago, Ill. (N.D.)
 HOGEBOOM, S. B., 1309 N. Charles St., Baltimore, Md. (D.C.)
 HOGEWONIG, NEAL CORNELIUS, Horton, Kan. (M.D.)
 HOGGINS, JOSEPHINE H., U. American Building, Frankfort, Ky. (D.O.)
 HOGMAN, ANNA, 830 Union Trust Bldg., Cincinnati, O. (D.C.)
 HOGSTRON, J. R., 101 Everett Bldg., Akron, O. (D.C.)
 HOGUE, W. A., 1435 W. Adams St., Chicago, Ill. (N.D.)
 HOHNE, G. W., 670 State St., Bridgeport, Conn. (N.D.)
 HOISINGTON, BERTHA, 713 Wheeling Ave., Cambridge, O. (N.D.)
 G. S., Pendleton, Ore. (D.O.)
 HOJIM, JNO., Union Block, Mt. Vernon, Wash. (D.C.)
 HOLADAY, E. R., 1739 Fifth Ave., Oakland, Cal. (D.C.)
 HOLBROOK, B. F., Sheridan, Wyo. (N.D.)
 HOLBROOK, GRACE C., 501 Beacon St., Boston, Mass. (D.C.)
 HOLBROOK, F., 319 E. Works St., Sheridan, Wyo. (D.C.)

its command, and had the authority and aid of the American Medical Association behind it. In order to better help himself and other similar practitioners against medical oppression, Dr. Schultz studied law at night for three years and gained the degree of Bachelor of Law, and is at present acting as Counsel in the Supreme Court of the United States. But he says he is first of all a physician and only practices law when compelled to do so by the oppression of his fellow physicians. The crowning triumph of Dr. Schultz's life as naturopath and lawyer, was the passage of a bill at the instigation of himself and his associates that legalized the standing of Naturopathy in 1907, in the State of California, one of the triumphs of modern civilization. Nearly every Naturopath in California and many in Oregon and the State of Washington, are graduates of his institution. In 1901, he organized the Association of Naturopathic Physicians of California. He was for six years secretary, in which time he did all the legislative work, often working until late at night, after a hard day's work in his practice, treating as many as sixty patients in a day. He then became president, occupying this office for eight years, when he was again elected secretary, after he had positively declined to be a candidate for president. He is a hard and conscientious worker in everything he sets out to do. When asked once by a younger member of his staff how he could stand such hard work and long hours, his answer was, "Young man, make your work a pleasure." He celebrated his sixty-sixth birthday last December, and looks like a man of forty-five, and still does the work of a young man. Honors have fallen thick upon Dr. Schultz. He is an Honorary President and life member of the National Association of Naturopaths of America; a member of the Association of Physicians and Surgeons of America; is a member of the Los Angeles Bar, a member of the Los Angeles Chamber of Commerce and a member of the National Geographical Society (U. S. A.). He has served for three years on the Board of Examiners of the Naturopathic Physicians of California. Dr. Schultz is the uncompromising champion of medical freedom, of the right of the patient to select the physician of his own medical belief, and of the legal recognition of all approved drugless healing methods.

SONNTAG, ALFRED G., N. D.

Dr. Alfred G. Sonntag, who conducts a hospital and sanitarium in Fowler, Kansas, where a fine climate prevails, has gained an enviable reputation as a physician who cures by drugless methods, which alone can abolish disease from the human system. He makes a specialty of employing a combination of the central truths of cura-



Dr. Alfred G. Sonntag

tive psychology, hydropathy (Kneipp methods), packs, herb baths, sun baths, cabinet baths, hot air ovens, electricity, fasting, dietetics, osteopathy and chiropractic, to suit the needs of the individual case. Dr. Sonntag is a progressive, enthusiastic, hopeful physician whose work is crowned with success. He sends us a leaflet containing excerpts from letters received from grateful patients, telling the



Mrs. Alfred G. Sonntag

- HOLCOM, HARLOW, 3213 6th St., Spokane, Wash., (D.C.)
- HOLCOMBE, ANNA L., 108 N. State St., Chicago, Ill. (D.O.)
- HOLCOMB, DAYTON D., Stewart Bldg., Chicago, Ill. (D.O.)
- Maude B., Carter Blk., Jackson, Mich. (D.O.)
- HOLCOMBE, CHAS. D., 1268 Pacific St., Brooklyn, N. Y. (Cr.)
- HOLDEN, B. F., Charles City, Ia. (D.C.)
- Peter A., Eugene, Ore. (D.C.)
- HOLDEN, MARION G., 267 Park Pl., Brooklyn, N. Y. (Ma.)
- HOLDT, EDGAR, Pearl River, N. Y. (N.D.)
- HOLIMAN, W. O., 1015 Masonic Temple, Chicago, Ill. (D.C.)
- W. O., 235 Pecan St., San Angelo, Tex. (D.C.)
- HOLLAND, Mrs. E. M., 1313 Mass. Ave., Washington, D. C. (D.C.)
- Wm. H., 1313 Mass. Ave., Washington, D. C. (D.C.)
- HOLLAND, S. O., Wallace Bldg., Salisbury, N. C. (D.O.)
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- HOLLIDAY, C. THOMAS, Broken Bow, Neb. (D.C.)
- Colin, 40 St. Anne Street, Quebec City, Province Quebec. (D.C.)
- Phillip, 122 Stanley Street, Montreal, Que. (D.O.)
- Thos. C., Broken Bow, Neb. (D.C.)
- HOLLIS, ARTHUR S., Farwell Bldg., Detroit, Mich. (D.C.)
- HOLLISTER, B. C., 358 Harbor St., Conneaut, O. (D.C.)
- B. C., 1536 E. 86th St., Cleveland, O. (D.C.)
- H. R., Avoca, Ia. (D.C.)
- J. R., Pawnee, Neb. (D.C.)
- M. Cebelia, 1250 Pacific St., Brooklyn, N. Y. (D.O.)
- HOLLOCK, H., 160 Summit Ave., Jersey City, N. J. (D.C.)
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- O. W., 272 Circular St., Tiffin, O. (D.M.T.)
- HOLMES, E. R., 27 E. Monroe St., Chicago, Ill. (D.O.)
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- H. R., 27 E. Monroe Street, Chicago, Ill. (D.C.)
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- HOLZBEACH, J. H., Niles, O. (D.M.T.)
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- HOMANN, AUGUST W., 8928 Corul Ave., Chicago, Ill. (D.C.)
- HOMMEL, JOHN, 21 Manhattan Ave., New York, N. Y. (Ma.)
- HONES, LOUISE A., 301 Hulet Bldg., Minneapolis, Minn. (D.C.)
- HOOD, EDWIN S., 167 Marianna St., East Lynn, Mass. (D.C.)
- Mrs. & Mr. J. S., 10538 Helena Ave., Cleveland, O. (D.C.)
- John S., 733 E. 105th Street, Cleveland, O. (D.C.)
- Lizzie M., 733 E. 105th St., Cleveland, O. (D.C.)
- HOOK, ALBERT E., Brummer Blk., Cherokee, Ia. (D.O.)
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- Virgil A., Second Natl. Bank Bldg., Wilkes-Barre, Pa. (D.O.)
- HOOPES, CHAS. L., 1524 Chestnut St., Philadelphia, Pa. (D.O.)
- H. C., Fairfield, Ia. (D.C.)
- HOOPWOOD, I. S., Norton, Kan. (D.C.)
- HOOVEN, H. E., 47 S. Main St., Akron, O. (N.D.)
- HOOVER, F. U., 425 Arbor Road N.E., Cleveland, O. (D.M.T.)
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- HORA, FRANK, 3739 Lowell Ave., Chicago, Ill. (D.C.)
- HORANDT, C., 120 Jasper St., Paterson, N. J. (D.C.)
- HORMELL, S. L., 817 S. Olive St., Los Angeles, Cal. (D.C.)
- Mrs. Sophie Lee, 1912 S. Grand Ave., Los Angeles, Cal. (N.D.)
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- HORN, F. J., 1 Hay Hill, Berkeley Sq. Q., London, Eng. (D.O.)
- Geo. F., Barril, Ont., Can. (D.C.)
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- P. B., 1415 E. Colfax Ave., Denver, Colo. (D.C.)
- HORNBECK, E. G., Phillips Bldg., Rocky Mount, N. C. (D.O.)
- HORNBERG, CARL H., 408 Penn. Ave., Pittsburgh, Pa. (Ma.)
- HORNE, MRS. F. S., 1314 W. Cotteral St., Guthrie, Okla. (D.C.)
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- Tracy B., Littlefield, Bldg., Austin, Tex. (D.O.)
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- HORNER, L. M., Niagara Falls, N. Y. (N.D.)
- HORNING, J. E., 80 Bloor St., W., Toronto, Ont. (D.O.)
- HORSINGTON, B., 713 Wheeling Ave., Cambridge, O. (D.C.)
- HORSTMAN, H. C., 213 Pacific Bldg., San Francisco, Cal. (D.C.)
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- Waldo, 500 Boylston Street, Boston, Mass. (D.O.)
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- HOSACK, FRANK E., Route 3, Fredericktown, O. (D.M.T.)
- HOSELTON, NANCY A., 1711 Gervais St., Columbia, S. C. (D.O.)
- HOSKINS, 1441 Jackson Blvd., Chicago, Ill. (D.C.)
- HOSKINS, GEO. W., c/o Cincinnati Nat'l League Baseball Club, Cincinnati, O. (D.M.T.)
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- HOUGHTON, ELIZABETH, 2820 P₂ St., Galveston, Tex. (D.C.)
- Jas. M., Jr., 986 Summit Ave., Jersey City, N. J. (D.C.)
- HOURIET, ELSIE, Second Natl. Bank Bldg., Akron, O. (D.O.)
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View of Dr. Sonntag's Sanitarium in Fowler, Kans.

story of their cures from the most distressing complaints. Cases of stomach and liver trouble, rheumatism, heart trouble, appendicitis, nervous breakdown, consumption, paralysis, night sweats, lumbago, etc., that ordinary physicians could not cure, have been completely cured by Dr. Sonntag's treatments. His cures advertise themselves, and for this reason his business in healing is in a very flourishing condition. We print portraits of Dr. Sonntag and his amiable wife, who is a most valuable assistant to her husband, in conducting the sanitarium, of which we herewith give an illustration.

SUMMERBELL, A. E. P., N. D.

Dr. Summerbell, of North Sydney, New South Wales, Australia, is an active, highly-educated Naturopath—the best that Australia has produced. He is carrying the banner of medical progress along natural methods, as opposed to the medical superstition of the regular school, and is doing a large business with the former victims of the medicos, who, by their irrational drug



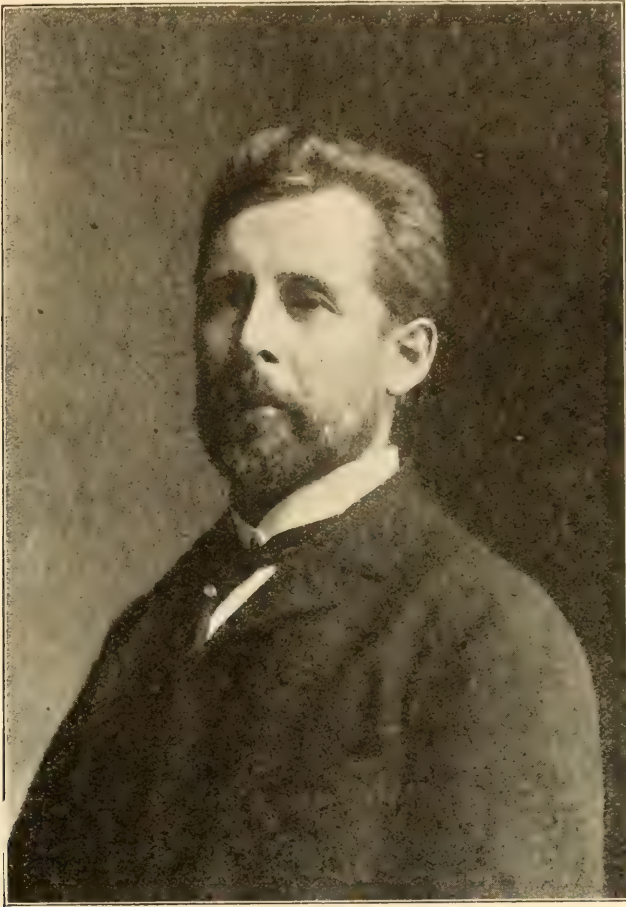
treatment, have simply depleted the vital forces of their patients without effecting cures. We look to Australia to inaugurate legislation that will make poisoning the sick with drugs a penal offense. Dr. Summerbell advocates replacing drug-poisons with simple living, suitable diet, plenty of sun, plenty of fresh air and exercise, with such other treatments as simply intensify Nature's processes of cure. As a professor of natural therapeutics, he is an invaluable citizen, worthy of higher prestige in the

healing art than any of his opponents who are devoted to drug therapy. The only reason on earth why sick people go to drugging doctors to get cured, is because the mind of the average man feels it must be supported by something outside itself, by superstition, by custom, by leaning against the corpses of its predecessors, or the fact that a given institution, or method of healing, is sanctified by history, even though it is a curse to humanity. When the average man takes sick, he goes to a drug doctor to be treated because his father and grandfather did the same. He opens his mouth and shuts his eyes at the word of command, and swallows the poisonous stuff, and pays his good money for something that has neither science nor common sense to commend it. The ministry of healing, as far as Dr. Summerbell can command it, is antipodeal in the Antipodes to that which has formerly prevailed, the unspeakable horrors of drug medication.

STADEN, LUDWIG, N. D. -

A pioneer of Naturopathy in America, educated along the lines of Natural Healing in Europe, Dr. Staden came to this country in the early nineties, and established a Nature Cure Institute in Brooklyn. He constructed one of the first electric-light bath cabinets in America. He has done much toward the advancement of naturopathy in New York and has suffered his share of medical persecution. However his Institute is still in operation, and welcomes all the sincere seekers after health. For several years he served as department editor of the Free Adviser Section of the Amerikanische Kneipp-Blätter (1896-1901). Der Naturopath (1902-1914) and Der Hausdokter (1915-

- HOUSEMAN, MRS. 504 2nd St., Marietta, O. (D.O.)
- HOUSTON, EDWIN A., 1520 Federal St., Pittsburgh, Pa. (D.C.)
- E. A., 2344 Perrysville Ave., Pittsburgh, Pa. (D.C.)
- HOUTENBRINK, ANTHONY, 407 S. Ashland Blvd., Chicago, Ill. (N.D.)
- HOVERIN, A. A. & C. F., 28 Lincoln Ave., Newark, N. J. (D.C.)
- C. E., 867 S. 19th Street, Newark, N. J. (D.C.)
- HOVEY, E. B., Cape Flats, Greensburg, Pa. (D.C.)
- E. B., 409 4th Ave., Pittsburgh, Pa. (D.C.)
- Mrs. Lydia M., 1835 Dime Bank Bldg., Detroit, Mich. (D.C.)
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- HOWARD, A. F., Owosso, Mich. (D.C.)
- A. W., Genessee, Idaho. (D.C.)
- Chas. G., 36 Walnut Street, Canton, Ill. (D.O.)
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- Ella C., 341 Pacific Avenue, Long Beach, Cal. (D.C.)
- Hosea, Ferguson, Mo. (S.T.)
- John J., 229 Berkeley St., Boston, Mass. (D.O.)
- Kathryn C., 503 Spruce St., Sault Ste. Marie, Mich. (D.C.)
- L. R., Clymer, N. Y. (D.C.)
- M. E., 137 Springhurst Ave., Toronto, Ont., Can. (D.C.)
- M. J., Fraser Bldg., Pembroke, Ont. (D.O.)
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- J. F., 333 S. Dearborn St., Chicago, Ill. (N.D.)
- HOWD, ALBERT O., Augusta, Ill. (D.O.)
- HOWE, A. J., Victor Ave., Toronto, Can. (D.C.)
- Bert F., 522 Main Street, (Room 11), Joplin, Mo. (D.C.)
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- L. E., Gold, Pa. (D.C.)
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- HOWE, R. J., 35 Victor Ave., Toronto, Ont. Can. (D.C.)
- HOWELL, C. C., 302½ E. 22nd St., Denver, Colo. (D.C.)
- J. Corwin, Orlando, Fla. (D.O.)
- Mollie, 111½ S. Washington St., Wellington, Kan. (D.O.)
- O. W., 5606 Michigan Ave., Chicago, Ill. (D.C.)
- HOWELL, J. SULLIVAN, 220 S. State St., Chicago, Ill. (N.D.)
- HOWELLS, ALLAN F., First Savings Bank Bldg., Albany, Ore. (D.O.)
- Anna Gerow, 459 Mt. Prospect Ave., Newark, N. J. (D.O.)
- Clifford, 459 Mt. Prospect Ave., Newark, N. J. (D.O.)
- Elizabeth Lane, Masonic Temple, Corvallis, Ore. (D.O.)
- Mary S., Albany, Ore. (D.O.)
- HOWENSTINE, FRANK F., 310 Mason Bldg., Los Angeles, Cal. (D.C.)
- HOWERD, L. M., 503 Spruce St., Sault Ste. Marie, Mich. (D.C.)
- HOWERTON, MATTIE COLEMAN, Hurdland, Mo. (D.O.)
- Thomas J., Southern Bldg., Washington, D. C. (D.O.)
- HOWERTON, T. J., 2812 Connecticut Ave. N. W., Washington, D. C. (D.C.)
- HOWES, L. A., Ord, Nebr. (D.O.)
- HOWES, LUTHER ALAN, Mortensen Bldg., Ord, Neb. (D.O.)
- HOWEZ, EVA B., 2312 Bull St., Savannah, Ga. (D.O.)
- HOWICK, A. B., North Yakima, Wash. (D.O.)
- HOWLAND, C. A. W., 290 Westminster Street, Providence, R. I. (D.O.)
- Luther H., Selling Bldg., Portland, Ore. (D.O.)
- HOWLAND, HELEN N., 510 Penn. St., Reading, Pa. (D.C.)
- HOWLEY, EDWARD, Union Bldg., Mt. Vernon, Wash. (D.O.)
- HOWZE, EVA B., 2312 Bull St., Savannah, Ga. (D.O.)
- HOXEY, M. A., 533 Bloor St., Toronto, Ont., Can. (D.C.)
- M. A., 215 Wallace Bldg., Ypsilanti, Mich. (D.C.)
- HOXEY & GARLAND, DRS., 240 Brunswick Avenue, Toronto, Ont., Can. (D.C.)
- HOY, H. A., Winterset, Ia. (D.C.)
- Harry, Belle Plaine, Ia. (D.C.)
- Jas., 224 E. 6th St., Long Beach, Cal. (D.C.)
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- HOYT, PAYSON W., Hoopes-ton, Ill. (D.O.)
- HRADEK, MRS. J. J., Hotel Bon Ray, New York, N. Y. (Ma.)
- HUBBARD, J. C., Greenwood, Ark. (D.C.)
- J. C., 614 Herskowitz Bldg., Oklahoma City, Okla. (D.C.)
- J. C., 1224 W. 27th Street, Oklahoma City, Okla. (D.C.)
- John C., 1400 W. 25th St., Oklahoma City, Okla. (D.C.)
- HUBBARD, JOHN C., 26th and Wyandotte Sts., Kansas City, Mo. (D.C.)
- HUBBEL, D. A., 111 N. Jackson St., Lonia, Mich. (D.M.T.)
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- HUBBELL, PRESTON R., 1664 Woodward Ave., Detroit, Mich. (D.O.)
- HUBER, BERTHA, Dillon, Mont. (D.C.)
- Chas. E., 1227 Main St., Cincinnati, O. (M.A.)
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- HUBER, MRS. T., B'way and 44th St., New York, N. Y. (Ma.)
- HUBNER, DR. LOUIS, 130 4th St., Town of Union, N. J. (D.C.)
- HUBNER, HARRY, 5197 Hudson Blvd., North Bergen, N. J. (N.D.)
- HUBOR, W. A., 967 N. St. John's Ave., Highland Park, Ill. (D.C.)
- W. A., 838 W. Rockwell St., Chicago, Ill. (D.C.)
- W. A., 3940 Southport Ave., Chicago, Ill. (D.C.)
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- HUDSON, FRANKLIN, 12 Lansdowne Crescent, Edinburgh, Scotland. (D.O.)
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- HUFF, ADAM L., Fresno, O. (D.C.)
- HUFFER, L. R., Westport, Ind. (D.C.)
- HUFFMAN, J. E., Box 622, Orange, Cal. (M.D., D.C.)
- J. E., Box 622, Orange, Cal. (D.C.)
- HUFFMAN, JOHN W., 629 W. 9th St., Cincinnati, O. (Ch.)
- HUFFMAN, THOMAS P., Loan and Trust Building, Lafayette, Ind. (D.O.)
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- HUGHES, ALICE, 325 Center St., Williamsport, Pa. (D.O.)
- Arthur L., Trust Building, Bloomfield, N. J. (D.O.)
- H. A., 12 Imperial Bank Bldg., Medicine Hat, Alberta, Can. (D.C.)
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- HUGHES, J. H., Douglas, Ga. (D.C.)
- John W., North Baltimore, O. (D.S.T.)
- Mary, 26 College St., Dayton, O. (Ma.)
- Sarah E., Yellow Springs, O. (D.S.T.)
- HUGHSON, JEAN M., Orono, Ont., Can. (D.C.)
- HUGININ, MARY, Boyero, Colo. (S.T.)
- HULANDER, HY. N., 127 Halsey St., Brooklyn, N. Y. (Ma.)



Ludwig Staden, N. D.

1918). He was one of the Charter Members that constituted the first Society for Drugless Physicians in America in 1896.

SIMPSON, ROSALIE M., D. C., Secretary and Treasurer Washington School of Chiropractic.

Dr. Simpson became convinced only a few years ago that Chiropractic was a great means in restoring health in her own case, and she witnessed and gave it to others as well, and while not in the field as long as the older practitioners, she has nevertheless become thoroughly proficient in spinal adjustment. While holding the official position noted above in the Washington School of Chiro-



practic, she engages actively in the regular work and practice of the institution, where many patients pass regularly under her care. She is more inspiring and faithful in the work, and has the rare power of imparting her knowledge and faith to others, and her patients speak of her in terms of highest praise.

TUCKER, FRANK L., D. C.

Frank L. Tucker, D. C., is a prominent member of the faculty of the New York School of Chiropractic with which he has been associated for quite a period. He conducts the special course in First Aid to the Injured, which attracts immense classes to his recitation periods. He is treasurer of the National Chiropractic League, the strongest organization of Chiropractors of the country. He is a well-known



- HULETT, C. M. T., 122 S. Ashland Blvd., Chicago, Ill. (D.O.)
 M. F., 8 E. Broad Street, Columbus, O. (D.O.)
 M. Ione, Alamogordo, New Mex. (D.O.)
 HULICK, HARRIET C., 509 N. Newstead Avenue, St. Louis, Mo. (Me.)
 HULL, ELLA, Coleman, Mich. (D.O.)
 Wm. Philo, 5½ S. Jefferson St., Iola, Kan. (D.O.)
 HULL, MARCUS E., Hickory, N. C. (D.C.)
 HULTGREN, ALBERT, 5059 N. Clark St., Chicago, Ill. (Ma.)
 HUMFIELD, WM. C., Washington, Mo. (D.C.)
 HUMISTON, SARAH G., 106½ E. 4th St., Santa Ana, Cal. (D.O.)
 HUMMEL, A. F., 119 North Columbus St., Lancaster, O. (D.C.)
 HUMMEL, ABRAHAM, 406 N. Broad St., Lancaster, O. (D.C.)
 Nellie, 119 N. Columbus St., Lancaster, O. (N.D.)
 HUMMON, EMMA, 27 E. Munroe St., Chicago, Ill. (D.O.)
 HUMMON, IRVIN F., 3402 Maple Ave., Berwyn, Ill. (D.O.)
 HUMPHREY, C. S., Moravia, N. Y. (D.C.)
 G. B., Earkham, Ia. (D.C.)
 S. B., 321 Union St., Emporia, Kan. (D.C.)
 HUMPHRIES, ERNEST R. A. B., 293 Maple Street, Holyoke, Mass. (D.O.)
 HUNFIELD, JULIUS S., 240 S. Maine St., St. Charles, Mo. (D.C.)
 HUNSAKER, E. D., 918 Belmont Ave., Chicago, Ill. (D.C.)
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 R. C., Denver, Colo. (D.C.)
 HUNT, DR. JOHN H., Glenaire, Mont. (M.D.)
 Sam'l C., 14 E. Jackson Blvd., Chicago, Ill. (Nap.)
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 HUNTER, J. A., 5 Wesley Blk., Columbus, O. (D.C.)
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 Stanley M., Mason Bldg., Los Angeles, Cal. (D.O.)
 V. D., Citizens' Bank Bldg., Sikeston, Mo. (D.O.)
 W. W., Highland Building, Pittsburgh, Pa. (D.C.)
 HUNTING, ALBERT, 649 Deming Place, Chicago, Ill. (D.O.)
 HUNTINGTON, C. L., Citizens' Savings Bank Building, Pasadena, Cal. (D.O.)
 HUNTLEY, W. S., What Cheer, Ia. (D.C.)
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 HUPP, CHARLES M., Second Natl. Bank Bldg., Oswego, N. Y. (D.C.)
 HURD, M. C., Citizens' Natl. Bank Bldg., Houghton, Mich. (D.O.)
 Nettie M., Goddard Bldg., Chicago, Ill. (D.O.)
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 HURLBERT, G. W., Guthrie, Okla. (D.C.)
 HURLBUT, E. F., 467 Fargo Ave., Buffalo, N. Y. (Ma.)
 HURLEY, HELEN, 1504 13th Ave., Altoona, Pa. (D.C.)
 John L., 103 S. 5th Street, Reading, Pa. (D.C.)
 Jno. L., 1217 S. Broad St., Philadelphia, Pa. (D.C.)
 HURRY, E. M., 816 W. 11th St., Oklahoma City, Okla. (D.C.)
 HURST, ANNA HOLMES, Ballinger Bldg., St. Joseph, Mo. (D.O.)
 HURT, F. L., First Natl. Bank Bldg., Hamilton, O. (D.C.)
 HURT, F. L., 1304 Stuart Ave., Roanoke, Va. (D.C.)
 HURWITZ, S., 830 E'way, Brooklyn, N. Y. (Opt.)
 HUSK, NOYES GAYLORD, 28 Main St., Bradford, Pa. (D.O.)
 HUSTED & HUSTED, 519 E. Warren St., Detroit, Mich. (D.C.)
 HUSTED, J. W., 57-58 University Bldg., Detroit, Mich. (D.C.)
 HUSTON, GRACE, First Natl. Bank Bldg., Sunbury, Pa. (D.O.)
 HUTCHINS, C. E., Poughkeepsie, N. Y. (D.C.)
 HUTCHINS, HARRY MELVILLE, 95 Vinton St., Providence, R. I. (D.O.)
 HUTCHINSON, A. W., 514 5th St., Marietta, O. (D.C.)
 Chas. B., Providence Bldg., Duluth, Minn. (D.O.)
 C. E., Pomona, Cal. (D.C.)
 H. F., Aurora, Mo. (D.O.)
 C. E., Pomona, Cal. (D.C.)
 HUTTS, C. A., 530 S. Emporia Ave., Wichita, Kan. (D.C.)
 HUXALL, H. P., Owensville, Mo. (D.C.)
 HUXMAN, H. W., Box 29, Utica, Kan. (M.D.)
 HYATT, Rexburg, Idaho. (D.C.)
 HYATT, A. M., 2800 Q St., Lincoln, Neb. (D.C.)
 Frank E., Joliet Natl. Bank Bldg., Joliet, Ill. (D.O.)
 Inez, Lodi, O. (D.C.)
 Inez, 7624 Quincy Ave., S. E., Cleveland, O. (D.C.)
 J. E., 116½ Vine St., Macon, Mo. (D.O.)
 HYBART, NORA CHAPMAN, Purdue Hill, Ala. (D.O.)
 HYDE, MRS. C. E., 53 East 18th St., Chicago, Ill. (Ma.)
 HYDE, LESLIE, 814 Mesa Ave., El Paso, Tex. (D.O.)
 HYDROPATHIC INSTITUTE, 420 Main St., Hartford, Conn. (Hy.)
 HYNES, J. F., 2203 Madison St., Chicago, Ill. (D.C.)
 W. J., Lacon, Ill. (D.C.)
 W. J., Pontiac, Ill. (D.C.)
 HYRE, S., St. Cloud, Fla. (D.C.)
 IHLE, BEN, Paris, Ark. (D.C.)
 IHNE, R. E., Newkirk, Okla. (D.C.)
 Walter W., Room 8, Interstate Bldg., Cedar Rapids, Ia. (D.C.)
 W. W., 546 Garfield Ave., Chicago, Ill. (D.C.)
 IHRIG, J. M., 140 W. Jefferson St., Springfield, O. (N.D.)
 IKERMAN, J. W., 431 East Market St., Warren, O. (N.D.)
 J. W., Natl. Bank Annex, Kent, O. (D.C.)
 ILIFF, LANA, 1715 25th Ave., Gulfport, Miss. (D.C.)
 IMLAY, J. N., 413 6th St., Springfield, Ill. (D.C.)
 IMLAY, J. N., Janesville, Wis. (D.C.)
 INA, MADAME, 1440 R St. N. W., Washington, D. C. (Ma.)
 INDIANA SCHOOL OF CHIROPRACTIC, 1303 S. Meridian St., Anderson, Ind. (D.C.)
 INGALLS & INGALLS, 301-4 Wysor Bldg., Muncie, Ind. (D.C.)
 28 Miller St., Cortland, N. Y. (D.C.)
 21 Clinton Ave., Cortland, N. Y. (D.C.)
 INGALLS, C. B., Griggsville, Ill. (D.O.)
 Mrs. H. B., 21 Clinton St., Cortland, N. Y. (D.C.)
 Julia N., 22 Washington Street, Cortland, N. Y. (D.C.)
 Murray E., 301 Wysor Bldg., Muncie, Ind. (D.C.)
 INGBRITSEN, H., 97 East Main St., Shelby, O. (D.C.)
 H., Kimball Bldg., Cedar Rapids, Ia. (D.C.)
 INGERSOLL, F. E., Box 282, Howell, Mich. (D.C.)
 INGERSOLL, FRANK B., B. 441, Guarantee Trust Bldg., Atlantic City, N. J. (D.O.)
 INGOBRISTEN, H., 97 East Main St., Shelby, O. (D.C.)
 INGRAHAM, DR. E. H., 1181 Harold Ave., Portland, Ore. (N.D.)
 Elizabeth M., 41 Saragosa St., St. Augustine, Fla. (D.O.)
 INGRAM, A. P., 615 Ivanhoe St., St. Johns, Ore. (D.C.)

Scout Master of the Boy Scouts of West New York, N. J., and conducts a vast number of the boys of West New York in their tours and studies of nature and First Aid to the Injured. He is also a member of the staff of the Chiropractic Sanitarium of West New York, N. J., and in charge of the Clinic attached to it.

TUNISON, EMORY HOWARD, N. D., D. C.

For the past twelve years, Doctor E. Howard Tunison has been a student and investigator of the great truths of Drugless Healing. Starting at first with the study of diet, upon which he is an authority, he has in turn reviewed, one by one, each of the other branches of this healing science, until now he is a thoroughbred Naturopath. Each year that has passed, has served to convince Doctor Tunison of the increasing importance of the principles of Natural Healing, and the utter uselessness of drug and serum remedies. He is of the unalterable opinion that nothing under the sun but Naturopathy can free suffering humanity from its diseases. Doctor Tunison spent two years studying Medicine at Columbia University; studied under Doctor Charles E. Page, of Boston, America's only living pioneer healer; studied at the New York School of Naturopathy and Chiropractic; and is completing a course in Advanced Therapeutics at the New York School of Physiologic Therapeutics. Doctor Tunison is at present lecturing on Dietetics at the New York School of Chiropractic, and at the New York School of Massage and Physiologic Therapeutics.



UEZ, GUSTAV, N. D.

Dr. Gustav Uez was born in 1877, and graduated from the American School of Naturopathy, Class 1903. He first, for two years, was assistant in Dr. Benedict Lust's Naturopathic Hospital, New York City, and afterwards in the "Yungborn," Butler, N. J. Afterwards, he purchased the Kneipp Nature Cure Institute of Dr. Pfau at 596 Clinton Avenue, West Hoboken, N. J., where he



is still located, practicing all branches of Naturopathy, his treatments including steam baths, dry baths, dry hot air baths, loh tanin baths, electric baths, Kneipp water cure, massage, Swedish movements, chiropractic, physical culture, and the diet cure. Dr. Uez is a strong, well-built personality, and is inspiring to his patients. His personality

and work are so well known, that local priests have referred to him in commendatory terms from the pulpit in their churches. Dr. Uez is a member of the National American Naturopathic Association, and also of the New Jersey State Society of Naturopaths.

WAGNER, OTTO, N. D.

A lecturer and organizer, Dr. Wagner has done more than any other individual to establish Natural Healing in Germany,



Dr. Otto Wagner

Austria, Russia, Switzerland, where he organized more than one thousand Nature Cure societies. It might be said that Dr. Wagner is the one reason why Nature Cure has not suffered from medical persecution in Middle Europe. For a number of years, Dr. Wagner conducted the Bilz Institute at Dresden, Radebeul, Oberwaid at St. Gall, Switzerland, and Teutoburgerwald Institute in Westphalia, and is at present operating a large Nature Cure Sanitarium in Chiemsee, Bavaria.

WELTMER, SIDNEY, D. S. T.

Prof. Weltmer is today the foremost apostle of mental healing. He is the founder of the Weltmer Institute of Suggesto-Therapy, at Nevada, Mo., that has an international reputation. Outside of the works by the late Helen Wilms Post, Mental Heal-

- A. P., 401-2 First Natl. Bank Bldg., The Dalles, Ore. (D.C.)
A. P., Baird Bldg., Coquille, Ore. (D.C.)
F. H., Grants Pass, Ore. (D.C.)
Silas, 9 Riddle Blk., Ravenna, O. (N.D., D.C.)
INKS, F. M., 53 Hawthorne Ave., Pittsburgh, Pa. (D.C.)
INMAN, I. I., Millgrave, Ind. (N.D.)
INWOOD, GARFIELD, 27 E. Monroe St., Chicago, Ill. (D.O.)
IPCAR, AARON, 1348 Mill-cent Ave., Youngstown, O. (N.D.)
IRANI, ARDESHIR BEHERAN, Colorado Bldg., Washington, D. C. (D.O.)
IRISH, A. M., 859 Crane Ave., Detroit, Mich. (D.C.)
Harry L., Marshall, Mich. (D.O.)
IRELAND, HARRY M., 1163 27th St., Des Moines, Ia. (D.O.)
IRVINE, S. W., 903 8th Ave., Beaver Falls, Pa. (D.O.)
IRVING, BRYNE Hamilton, Mont. (D.C.)
Josephine, 1569 Beacon St., Brookline, Mass. (D.C.)
Josephine, 74 Boylston St., Boston, Mass. (D.C.)
IRVING, MONTGOMERY, 200 5th Ave., New York, N. Y. (N.D.)
IRWIN, CHRISTINE, 46 Nelson St., Brantford, Ont., Can. (D.O.)
Grace Gould, Maple Shade, N. J. (D.O.)
R. J., Northern Crown Bank Bldg., Vancouver, B. C. (D.C.)
Wm. M., Penna Blk., Philadelphia, Pa. (D.O.)
ISCH, GEO. A., Washburn, Ill. (D.C.)
ISRAEL, BENJ., Holly, Colo. (N.D.)
IVES, VIOLA, 912 N. B'way, Oklahoma City, Okla. (D.C.)
IVERSON, FRED. W., Ridge-land, Miss., Chicago, Ill. (D.C.)
IVIE, WM. HORACE, First Natl. Bank Bldg., Berkeley, Cal. (D.O.)
IWERSON, FREDERICK W., 1553 W. Madison St., Chicago Ill. (N.D., D.O., D.C.)
J
JACKMAN, D. M., 316 North Michigan St., Plymouth, Ind. (D.C.)
J. M., Plymouth, Ind. (D.C.)
L. M., Eau Claire, Mich. (D.C.)
Mable, 5242 Michigan Ave., Chicago, Ill. (D.C.)
JACKNOWITZ, C., 407 Bergenline Ave., Union Hill, N. J. (Opt.)
JACKSON, B. L., 60 Mountain St., Eureka Springs, Ark. (D.C.)
Charlotte M., Tussing Bldg., Lansing, Mich. (D.O.)
C. V., La Porte, Ind. (D.C.)
Ernest, Clinton Corners, N. Y. (D.C.)
Foster, Broken Bow, Neb. (S. T.)
Fred, Box 173, Stromburg, Neb. (D.C.)
H. H., 206 West Ave., Medina, N. Y. (N.D.)
John A., 253 W. 42nd St., New York, N. Y. (D.O.)
J. R., Brookings, S. Dak. (D.O.)
Mrs. Lillie, Dunnville, Ont., Can. (D.C.)
Mrs. Lily, Selkirk, Ont., Can. (D.C.)
Mary K., 1533 Diamond St., Philadelphia, Pa. (D.O.)
N., 1741 Washington Blvd., Chicago, Ill. (D.O.)
Richard H., 5211 Knox St., Philadelphia, Pa. (D.C.)
R. L., Eureka Springs, Ark. (D.C.)
JACOBOWITZ, HENRY M., West 18th St., Los Angeles, Cal. (D.C.)
JACOBS, C. W., Gravette, Ark., (D.C.)
Frederick V., 195 Virginia Ave., Jersey City, N. J. (D.C.)
Julian M., 195 Virginia Ave., Jersey City, N. J., W. A., 1544 Larrabee St., Chicago, Ill. (D.C.)
JACOBS, SAMUEL, 163 Ludlow St., New York, N. Y. (N.D.)
Samuel, 29 Halsey St., Newark, N. J. (N.D.)
W. A., 1544 Larrabee Street, Chicago, Ill. (N.D., D.O.)
JACOBSON, MRS. JOHN, 247 W. 123rd St., New York, N. Y. (Ma.)
JACOBSON, MAX, 447 E. 44th St., Chicago, Ill. (D.C.)
JACOBY, E. W., Waterloo, Ia. (D.C.)
Earl W., 407 McMillan Bldg., La Crosse, Wis. (D.C.)
JACOBY, JOHN, 186 Blvd., Marion, O. (D.M.T.)
JACQUEMIN, THEO. J., 141 E. 44th St., New York, N. Y. (M.D.)
Theodore J., 411 Franklin St., Union Hill, N. J. (M.D.)
JACQUES, MRS. ALLIE M., 800 S. 7th St., Terre Haute, Ind. (D.C.)
JAEGER, GUSTAV, 602 Payton St., Moberly, Mo. (D.C.)
Mr. & Mrs. Gustav, 17 S. 7th St., Columbia, Mo. (D.C.)
JAHN, DR. FRANCIS M., 1631 Chestnut St., Philadelphia, Pa. (N.D.)
JALAS, ANNIE, 535 W. 163rd Street, New York, N. Y. (Ma.)
JALORARA, A. V. S., 85 Main St., Mattewan, N. J. (N.D.)
JAMES, ANNA L., Higgins Blk., Missoula, Mont. (D.O.)
F. K., 4465 Woodlawn Ave., Chicago, Ill.
F. L., 407 Lincoln Bldg., Champaign, Ill. (N.D.)
I. L., Holland Bldg., Springfield, Mo. (D.O.)
J. H., Anderson, Ind. (D.C.)
J. W., Whiting, Ind. (D.C.)
L. Olive, 4463 Woodlawn Ave., Chicago, Ill. (D.O.)
JAMISON, CHARLES E., Chadakoin Bldg., Jamestown, N. Y. (D.O.)
JAMISON, H., Sedan, Kans. (S.T.)
JANSEN, ALBERT, Antigo, Wis. (D.C.)
J., Box 312, Emmetsburg, Ia. (D.C.)
JANSHESKI, O. A., 124 N. Wayne St., Piqua, O. (N.D.)
JANSHESKI, SIMON R., 124 Wayne St., Piqua, O.
JAQUITH, H. C., Confederation Life Bldg., Toronto, Ont., Can. (D.O.)
JARCHOW, CHARLES A., Toledo, O. (D.C.)
JAROS, JOHN, 3002 S. Central Park Ave., Chicago, Ill. (D.C.)
JASPER, LENA, Edgewater Beach Hotel, Chicago, Ill. (N.D.)
JASTER, E. J., Arcade, N. Y. (D.C.)
JAUSS, GEO., Butler, Pa. (D.C.)
JAYNES, TONY, 116 S. Logan Street, Denver, Colorado. (D.C.)
JEFFERSON, ALPHA A., Lincoln, Cal. (N.D.)
JEFFERY, JAMES C., Main and Spring Sts., Belleville, Ill. (D.O.)
JEFFRIES, ANNE L., 938 Henderson Ave., Decatur, Ill. (D.C.)
J. K., 17 E. 7th Street, Oklahoma City, Okla. (D.C.)
Wm. H., Chetope, Kan. (M.D.)
JEFFRIES, MISS M. C., 1752 17th St. N. W., Washington, D. C. (Ma.)
JEINSON, ELLA, Eugene, Ore. (D.C.)
JELKS, ALBERT A., Georgia Life Bldg., Macon, Ga. (D.O.)
JELLEY, GEO. A., 632 Wabash Bldg., Pittsburgh, Pa. (D.C.)
JENGLEY, W. J., 305 E. 8th St., Homestead, Pa. (D.C.)
JENKINS, D. J., 1400 W. 25th St., Oklahoma City, Okla. (D.C.)
D. Janet, Maysville, Okla. (D.C.)
D. Janet, 112 W. 12th St., Oklahoma City, Okla. (D.C.)
JENKINS, JESSIE C., Washington, D. C. (Ma.)
JENKINS, W. C., Sterling, Mich. (D.C.)
JENNINGS, THEODORE T., 295 Springfield Ave., Newark, N. J. (N.D.)



Prof. Sidney Weltmer

ing would be unknown except that Dr. Weltmer has kept it alive. Like all men and women with something new, he has been persecuted, because official medicine wants no reform of its disastrous treatments, and fights every attempt to enlighten the public as to the true method of curing disease. Prof. Weltmer and his colleagues, Helen Wilmans Post, Brinkler, and others, all fought nobly against post office interference fomented by the Medical Trust. It is to be regretted that the Post Office Department lends itself to the advocacy of any one system of medicine to the suppression of any other system, that it sits as judge of matters that are beyond its jurisdiction. If the methods of cure adopted by medical tradition and superstition, which it favors, were of paramount importance in the cure of disease, we could understand its action. But it supports the assaults on the body and conscience made by official medicine, and suppresses so far as it can, the illuminating literature sent out by the practitioners of Natural Healing, containing the most progressive knowledge regarding the nature and treatment of disease. The progressive practitioners are curing, and have cured, thousands, who, without ministrations, and having only the ministrations of official medicine to depend upon, would today be resting in their graves.

The Weltmer Institute is the parent school of psychological methods of healing, including Weltmerism, magnetic healing, laying on of hands, mental science, and other drugless methods, known as suggestive therapeutics. Regular physicians are constantly employed in the sanitarium and

school, and nearly all cases are cured without the use of drugs or surgery.

WILBER, C. H., N. D.

Dr. Wilber, of Ansonia, Conn., is one of those reliable practitioners of the natural



method of healing whose first care is to base his treatments on a thoroughly scientific diagnosis. He then arranges a carefully planned program of treatment to meet the requirements of the individual case. His patients are drawn from that large class of sufferers whom ordinary methods of treatment fail to cure. He treats

successfully cases of asthma, catarrh, dyspepsia, rheumatism, neuritis, neurasthenia, insomnia, nervous debility, melancholia, paralysis and cognate ailments. All his treatments and teachings are in harmony with the principles of Naturopathy, and more patients are cured by such a method than by any other known system of cure. He is a member of the National A. N. A., and the Connecticut State Society of Naturopathy.

WILSON, REESE G., M. T., D. C., D. O.

Dr. Reese G. Wilson, mechano-therapist, chiropractor and osteopath, of Darlington, S. C., is a graduate of the American College of Mechano-Therapy. He makes a specialty of the vibratory methods of Na-



Dr. Reese G. Wilson

- JENNINGS, J. H., Carbon-
dale, Pa. (D.C.)
J. H., 441 Kirby Bldg.,
Saginaw, Mich. (D.C.)
JENKS, CHAS., Box 1094,
Pittsfield, Mass. (D.C.)
JENNINGS, LOUISE F., 108½
N. Locust St., Centralia,
Ill. (D.O.)
Sarah V., 1061 Flower St.,
Los Angeles, Cal. (D.C.)
Theo. T., 7 Belmont Ave.,
Newark, N. J. (D.C.)
JENSEN, CHAS. L., 327 W.
24th St., New York, N. Y.
(N.D.)
P. C., Manistee, Mich.
(M.D.)
JENSON, JAS., 220 S. State
St., Chicago, Ill. (D.O.)
JENSON, THOS. A., Eugene,
Ore. (D.C.)
W. M., Whitehall, Mich.
(D.C.)
JEPSON, ALOIN N., Rozell
Bldg., Clarksville, Ia.
(D.C.)
Amanda R., Clarksville, Ia.
(D.C.)
JEPSON, BEEBE RUTH,
301 Woodward Avenue,
Detroit, Mich. (D.O.)
Lelia, Grand Rapids, Mich.
(D.C.)
JERGENS, C. M., Little
Falls, Minn. (D.C.)
JEWELL, C. O., Ryland Bldg.,
San Jose, Cal. (D.O.)
J. W., Lenawee Co. Bk.
Bldg., Adrian, Mich. (D.O.)
M. B., 613 Tacoma Bldg.,
Chicago, Ill. (D.C.)
JEWETT, JOSEPHINE A.,
Berkeley, Cal. (D.O.)
Nicholas, 411 W. 3rd St.,
Jamestown, N. Y. (D.C.)
JOBE, GEO. THEO., 6423
Beaver Ave., Cleveland, O.
(D.M.T.)
JOBS & JOBS, 68 Green
St., Fredonia, N. Y.
(D.C.)
JOBE, W. H., 401-3 Century
Bldg., Des Moines, Ia.
(D.C.)
JOBLING, R., Asselin Bldg.,
6th St., Calumet, Mich.
(D.C.)
JOHANSEN, MISS A., 7902
13th Ave., Brooklyn, N. Y.
(Ma.)
JOHANSON, ELIDA, 51 W.
84th St., New York, N. Y.
(Ma.)
JOHANSON, PETRUS E., Box
457, Evanston, Wyo.
(D.O.)
JOHLER, L. G., 148 Adams
Ave., Scranton, Pa.
(D.C.)
JOHN, GLENN V., 407 Sav-
ings Bank Bldg., Lima,
O. (D.C.)
J. Ralph, 1513 Linden Ave.,
Baltimore, Md. (D.C.)
JOHNERSON, ALFRED L.,
Maddock, N. Dak. (D.C.)
JOHNS, A. L., W. Berry St.,
Fort Wayne, Ind. (D.C.)
M. E., Lansing Place, Upper
Montclair, N. J. (D.C.)
JOHNS, JONES, 3928 5th Ave.,
Pittsburgh, Pa. (D.C.)
JOHNS, OSCAR W., 8909
Wade Park Ave. N. E.,
Cleveland, O. (D.M.T.)
JOHNSON & JOHNSON,
Edgar, Neb. (D.C.)
118 N. Main St., Ulrichs-
ville, O. (D.C.)
JOHNSON, A. H., Myers Bldg.,
Buffalo, Minn. (D.C.)
A. O., Warren, Ind. (D.C.)
Dr. A. R., Edgar, Neb.
(D.C.)
A. S., Struthers, O. (D.C.)
Burdall F., 1016 Lehigh
Ave., Philadelphia, Pa.
(D.O.)
C. E., Sapulpa, Okla. (D.C.)
Cecil F., 6-7 Chevalier Bldg.,
Parkersburg, W. Va.
(D.C.)
C. H., Schuyler, Neb. (D.O.)
Carl J., Equitable Building,
Louisville, Ky. (D.O.)
C. P., 130 Wadsworth Ave.,
New York, N. Y. (N.D.)
Clare P., 200 W. 72nd St.,
New York, N. Y. (D.C.)
David W., 3241 N. 15th St.,
Philadelphia, Pa. (D.C.)
David W., 2335 Nicholas St.,
Philadelphia, Pa. (D.C.)
E. E., 409½ Main Street,
Vincennes, Ind. (D.C.)
E. L., 511 Meridian Life
Bldg., Indianapolis, Ind.
(D.C.)
E. L., 2116 E. 4th Street,
Marion, Ind. (D.C.)
Mrs. E. M., Bertrand, Neb.
(D.C.)
Floyd J., 118 N. Main St.,
Ulrichsville, O. (D.C.)
Francis D., Cokato, Minn.
(D.C.)
Francis D., 711 Hancock
Ave., Holdrege, Neb.
(D.C.)
G., 210 Market St., Pater-
son, N. J. (D.C.)
Geo. L., St. James, Minn.
(D.C.)
H. A., Gunn Bldg., Breckin-
ridge, Minn. (D.C.)
H. C., Wells Bldg., Quincy,
Ill. (D.O.)
Homer L., Oskaloosa, Ia.
(N.D.)
Henry T., 623 Appleton St.,
Wis. (D.O.)
Jessie P., Dollar Savings
Bank Bldg., Youngstown,
O. (D.O.)
John K., Jefferson, Ia.
(D.O.)
Julia A., 506 Monroe Ave.,
Asbury Park, N. J. (D.O.)
J. F., 108 E. Choctaw St.,
McAlester, Okla. (D.C.)
J. R., 247 7th Ave., Clinton,
Ia. (D.O.)
J. Stanley, First Natl. Bank
Bldg., Hagerstown, Md.
(D.O.)
J. T., 51 N. First St., Du-
quesne, Pa. (D.C.)
J. T., 385 West Main Street,
Battle Creek, Mich. (D.C.)
Jackson, Kent, Wash. (D.C.)
Lulu, 1729 W. Walnut St.,
Chicago, Ill. (D.C.)
Mrs. Mamie R., Kansas
City, Mo. (S.T.)
Melissa, Struthers, O. (N.D.)
N. A., 33 W. Main St.,
Fredonia, and Masonic
Temple, Dunkirk, N. Y.
(D.C.)
O. A., Warren, Ind. (D.C.)
Oscar E., Box 102, Prince-
ton, Mo. (D.O.)
Mrs. O. R., 130 W. 6th St.,
Cincinnati, O. (D.C.)
P. H., Morrison, Ill. (D.C.)
P. H., Colville, Wash.
(D.C.)
P. H., Sterling, Alb., Can.
(D.C.)
JOHNSON, MRS. ANNA B.,
1614 15th St. N. W.,
Washington, D. C. (Ma.)
Dr. A. J., Muskogee, Fla.
(M.D.)
A. J., Gooding, Idaho.
(D.C.)
Clara, 1004 E. 105th St.,
Cleveland, O. (N.D.)
D. W., 14,507 Detroit Ave.,
Lakewood, O. (N.D.)
Edward, 22 Varet St.,
Brooklyn, N. Y. (Ch.)
Emmet D., 114 Detroit St.,
Kenton, O. (D.C.)
Frank, 808 Summit St.,
Aberdeen, Wash. (N.D.)
Frank A., 1555 W. Madi-
son St., Chicago, Ill.
(D.O.)
H. L., Oskaloosa, Ia. (N.D.)
J. Ford, Siloam Springs,
Ark. (D.C.)
Mrs. Lydia, 1138 Connecti-
cut Ave. N. W.,
Washington, D. C. (Ma.)
Maria S., 11 E. Woodland
Ave., Youngstown, O.
(D.)
Martha, Custer, O. (N.D.)
P. E., 121 N. Wabash Ave.,
Chicago, Ill. (N.D.)
P. W., 418 N. Main St.,
Hutchinson, Kans. (D.C.)
Russell W., 47 E. 5th St.,
Chillicothe, O. (D.M.T.)
T. A., Box 156, Gooding,
Idaho. (D.C.)
T. D., 1004 E. 105th St.,
Cleveland, O. (N.D.)
W. L., Portales, N. M.
(D.C.)
JOHNSTON, D. E., Kenton,
O. (D.C.)
E. J., 349 Walnut Street,
Trenton, N. J. (D.C.)
Francis D., Cokato, Minn.
(D.C.)
Hugh, Port Burwell, Ont.,
Can. (D.C.)
J. Ford, Siloam Springs,
Ark. (D.C.)
Dr. Leonard B., 628 N. 52nd
St., Philadelphia, Pa.
(N.D.)
N. L., Chicago, Ill. (M.D.)
P. S., Marionville, Pa. (D.C.)
P. S., Box 38, Gladys, W. Va.
(D.C.)
P. W., Hoke Bldg., Hutchin-
son, Kans. (D.C.)
R. M., 218 Culbertson Bldg.,
Oklahoma City, Okla.
(D.C.)
R. M., 1447 E. 8th Street,
Oklahoma City, Okla.
(D.C.)
Sam., Hawarden, Ia. (D.C.)
Thos. D., 1004 E. 105th St.,
Cleveland, O. (D.C.)
Ula, 2401 Scott St., Little
Rock, Ark. (D.C.)
W. A., 413 22nd Street,
Birmingham, Ala. (D.C.)
Mrs. Wm. H., Room 3,
Springfield, Mo. (S.T.)
W. H., Shoaff Bldg., Ft.
Wayne, Ind. (D.O.)
W. H. H., 914 E. 6th Street,
Oklahoma City, Okla.
(D.C.)
Mrs. W. V., Wood Lake,
Neb. (S.T.)
JOHNSTONE, EMMA C., 206
E. B'way, Denison, Ia.
(D.O.)
JOHONNOTT, W. W., 277
Grand St., Newburgh,
N. Y. (D.O.)

turopathy such as are produced by chiropractic, osteopathic and mechano-therapeutic treatments. With these, he combines a special dietary as indicated in individual cases, and has had great success by these methods in restoring ailing systems to normal conditions. He fills a place of great responsibility with an honesty of purpose, a fidelity to the principles he advocates and happy results from his manipulations that have won for him a great reputation among his own people as a healer of the highest rank in the Naturopathic profession.

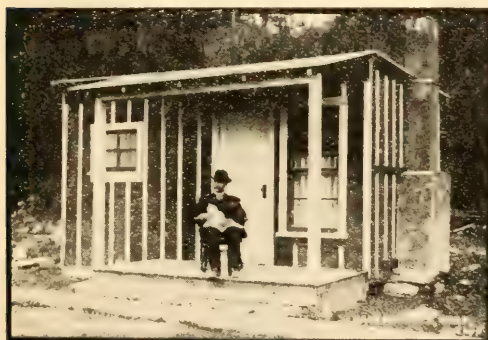
YOUNG, M. G., N. D., Phytotherapist.

The late Professor Young was the pioneer Naturopath of the Pacific Northwest, and



his place of business was in Seattle, Wash. He was a young man of great promise in his profession, for the readers of the Herald of Health and Naturopath will remember his very lucid articles

on the diagnosis and treatment of a cold that appeared in the January, 1916, and February, 1916, issues of that magazine. The remedies he prescribed being herbs, remind us that he made a specialty of Phytotherapy, or the herb cure, for botanical remedies for disease was a cardinal belief with this phytotherapist. Prof. Young built an airy bungalow on the grounds surrounding his home, with a view of teaching by example the benefits of sleeping in fresh air. The house was built of wood with a large porch in front and an outside chimney of concrete. He would range the woods in the vicinity of his home for botanical specimens, which he greatly prized.



Prof. Young's Fresh Air Bungalow

His bungalow was also his herbarium. Shortly before he died, in 1917, he established the Northwestern "Yungborn" on the Pacific Coast.

Address by Elmer Lee,
Editor of HEALTH CULTURE,
Delivered at

21st Annual Convention of A. N. A.

No applause and no guns; no band, no musicians; time is too precious. The world is at war, medically, savagely, mentally, physically and economically.

I am an old doctor of the Old School, in good standing with medical society; an old member of the Medical Society; seven times an officer in the Medical Association. I have more friends among my old sect than I have among your sect; but we are not true to human nature if we restrict our associations to any limited sect. We are only growing in fullness and usefulness in our individual lives as well as helping other lives when we mingle. No group of human beings is too humble, too vicious, too low, that I will not go among them and learn from them as well as try to benefit by teaching them.

I did not learn to be a drugless physician through your society or by commingling with anyone of you. I learned it accidentally a long time ago; more than 25 years ago. I exhausted, as far as I had knowledge and strength to exhaust, the capabilities of the medical world. I would as leave send a patient to a liquor store as to a drug store. I have not used drugs for 20 years. There is no need. It is better not to use them. If you do not wish to practice shams, you have no need then to resort to drugs. We have only need to resort to what is natural; to what is universal, applicable and suitable for human texture and human lives, and if we wisely apply that which Nature has supplied us in abundance, we have all we need in order to cure. Some people will die, some will go to the mad house, some will go to war, but we all have the requirements at first hand if we have the intelligence to realize it.

I walked through Central Park today; I sat on the ground; I stretched out on the ground with my eyes to the sky, and one thought came to my mind which I thought I would repeat to you. If you will go and lay yourself in the right spirit, humbly, sprawled out on the great mother earth, and think, you can devise all the therapeutic schemes that are necessary. You do not have to go to Europe to learn phototherapy, electrotherapy, etc. Lay yourself on the ground, close your eyes, and think, then open them and look at the sky, and if you have any power of origination; if you have not lost your individuality, Nature will teach you. Nature will teach you in her abundance and in her own way the essential treatment of yourself, and when

- JOINER, MRS. UNA, Seymour, Tex. (S.T.)
- JOLITZ, MISS MARION, 1015 F. St., San Diego, Cal. (D.C.)
- JOLLEY, JOHN F., Los Angeles, Cal. (D.C.)
- JOLLY, F. W., Dayton, O. (D.C.)
- JOLTZ, MRS. C., 3349 Tejon St., Denver, Colo. (D.C.)
- JONES, A. E., 1 W. 34th St., New York, N. Y. (Ma.)
- A. E., 2319 Monroe St., Toledo, O. (D.M.T.)
- Anna U., 6412 Belvedere Ave., Cleveland, O. (Ma.)
- B., 3928 5th Ave., Pittsburgh, Pa. (N.D.)
- C. M., 436 Ochsner Bldg., Sacramento, Cal. (D.C.)
- Clifton R., Sawyer Sanitarium, Marion, O. (Ma.)
- D., 524 S. Ashland Blvd., Chicago, Ill. (N.D.)
- E. A. D., Taft, Cal. (M.D.)
- Eli G., 879 W. Ferry St., Buffalo, N. Y. (N.D.)
- Francis, 517 E. Oriental Ave., Atlantic City, N. J. (D.O.)
- J. A., 821 High St., Youngstown, O. (D.M.T.)
- J. S., Kleine and High Sts., Girard, O. (D.M.T.)
- Laila, 517 E. Oriental Ave., Atlantic City, N. J. (D.O.)
- Margaret M., Chicago, Ill. (M.D.)
- Dr. Oscar, Indianapolis, Ind. (M.D.)
- W. Stanley, 1320 L St., N.W., Washington, D. C. (D.C.)
- JONES, DR., Bloomfield, Neb. (D.C.)
- A. M., El Reno, Okla. (D.C.)
- Burton J., 20 E. Front St., Monroe, Mich. (D.O.)
- Caroline, 1512 W. Madison St., Chicago, Ill. (D.C.)
- C. A., 143 Roberts Ave., Syracuse, N. Y. (D.C.)
- C. M., Albuquerque, N. Mex. (D.C.)
- C. M., 355 E. 8th Street, Portland, Ore. (D.C.)
- E. E., 906 Chapala Street, Santa Barbara, Cal. (D.C.)
- C. M., 436 Ochsner Building, Sacramento, Cal. (D.C.)
- E. Clair, 20 E. Orange St., Lancaster, Pa. (D.O.)
- E. D., 201 N. Tremont Ave., Los Angeles, Cal. (D.C.)
- E. E., 835 Delevina, Santa Barbara, Cal. (D.C.)
- Effie C., 1601 Wilson Ave., Chicago, Ill. (D.O.)
- Etha Marion, Bethlehem Trust Bldg., Bethlehem, Pa. (D.O.)
- E. R., Eldora, Ia. (D.C.)
- F. A., 401-3 Bunn Bldg., Waycross, Wis. (D.C.)
- F. C., 2218 E. 4th Street, Los Angeles, Cal. (D.O.)
- Frank F., 354 2nd Street, Macon, Ga. (D.O.)
- Freding, 801 6th Street, Greeley, Colo. (D.C.)
- G. M., Wayland, Ia. (D.C.)
- J., Hamilton, 17th and Lincoln Sts., Denver, Colo. (D.C.)
- Jas. K., Sunshine, Colo. (S.T.)
- J. T., Mystic, Ia. (D.C.)
- J. W., 111 N. Charles St., Baltimore, Md. (D.O.)
- J. Walter, 1411 Walnut St., Philadelphia, Pa. (D.O.)
- Louise, Hulbert Bldg., Minneapolis, Minn. (D.C.)
- L. M., 625 Home St., Hammond, Ind. (D.C.)
- M. A., 709 Merchant St., Emporia, Kans. (D.C.)
- Martha E., 108 North Ave., Fairmont, Minn. (D.O.)
- Mary J., London, Ont., Can. (D.C.)
- O. B., Hamilton, Mont. (D.C.)
- Ralph M., Mack Bldg., Denver, Colo. (D.O.)
- Ray M., 108 North Ave., Fairmont, Minn. (D.O.)
- Sarah E., 465 Ellison St., Paterson, N. J. (D.O.)
- S. M., London, Ont., Canada. (D.C.)
- T. D., Mermod & Jaccard Bldg., St. Louis, Mo. (D.O.)
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- JORDAN, GEORGE, Long Beach, Cal. (D.C.)
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- JORRIS, A. U., McMillan Bldg., La Crosse, Wis. (D.O.)
- F. E., Lindley Bldg., Minneapolis, Minn. (D.O.)
- JORSTAD, EZRA O., 101 6th and Moore Sts., Blue Earth, Minn. (D.O.)
- JOSEPH, ALFRED, 224 W. 52nd St., New York, N. Y. (Ch.)
- Joseph J., 3033 W. 23rd St., Coney Island, N. Y. (Opt.)
- JOSEPHS, M. L., 1020 Atlantic St., Appleton, Wis. (D.C.)
- JOSEPHSON, MORRIS, 3220 Dawson St., Pittsburgh, Pa. (D.C.)
- JOSLIN, J. H., 119 State St., Alpena, Mich. (D.C.)
- O. W., Dodgeville, Wis. (M.D.)
- JOVEN, B., 430 E. 65th St., New York, N. Y. (N.D.)
- JUCHOFF, EDWIN T., 464 E. 41st St., Chicago, Ill. (D.C.)
- JUDD, ARTILLA, Waterloo, Ia. (D.C.)
- Mrs. J. I., 224½ W. 24th St., Waterloo, Ia. (D.C.)
- Lorenzo, San Ysidro, San Diego, Cal. (D.C.)
- JUDLANDER & JUDLANDER, 707 E. Locust St., Des Moines, Ia. (D.C.)
- JUDSON, M. BLANCHARD, 534 W. Broad St., Elyria, O. (D.M.T.)
- JUDY, WILSON, 505 Main St., Toledo, O. (D.M.T.)
- JULIAN, J., Sanbury, O. (D.M.T.)
- JULIEN, E. A., Turlock, Cal. (N.D.)
- JUNE, ELSIE E., Y. W. C. A., Dayton, O. (Ma.)
- JUNGERMAN, MISS EMMA, Waverly, Mo. (S.T.)
- JURESCIN, DAVID I., 2358 E. 49th St., Cleveland, O. (D.M.T.)
- JURVA, O. O., 178 E. 60th St., Portland, Ore. (N.D.)
- JUSTICE, DR. CRAWFORD T., 4037 Ogden St., Philadelphia, Pa. (N.D.)
- Dorothy, 3901 Montrose Ave., Chicago, Ill. (D.C.)

K

- KAGAY, LORENA, 404 E. Center St., Marion, O. (D.O.)
- KAHLER, CHAS. E., 998 Franklin Ave., Columbus, O. (D.M.T.)
- KAHN, H. I., Box 25, Liberty, N. J. (N.D.)
- KAISER, A. A., Shukert Bldg., Kansas City, Mo. (D.O.)
- Chas. A., F. & M. Bk. Bldg., Lockport, N. Y. (D.O.)
- Edward C., 573 Panke Ave., Pittsburgh, Pa. (El.)
- KAISER, ARTHUR J., 171 E. 81st St., New York, N. Y. (Ma.)
- Frank, Pillegar, Minn. (D.M.T.)
- KALB, CHARLES E., Ferguson Bldg., Springfield, Ill. (D.O.)
- KALTWASSER, H., 908 Willow Ave., Hoboken, N. J. (D.C.)
- KAMBISH & KAMBISH, Racine, Wis. (D.C.)
- KAMPE, E. J., Traders Bk. Bldg., Lexington, Mo. (D.O.)
- KANDERER, J., 600 B'way, Williamsbridge, L. I., N. Y. (Opt.)
- KANE, JOHN E., Ohio Bldg., Toledo, O. (D.O.)
- KANE, M., 17 S. Fifth Ave., La Grange, Ill. (N.D.)
- KANI, P. F., Paxton Bldg., Omaha, Nebr. (D.O.)
- KANKLER, 504 Columbia Bldg., Duluth, Minn. (N.D.)
- KANN, FRANK B., 315 N. 2d St., Harrisburg, Pa. (D.O.)
- KAPLIN, ELWOOD S., 3241 W. 65th St., Cleveland, O. (D.M.T.)
- KAPPLEMAN, H. A., Lexington, Mo. (D.C.)
- KARCHER, EDWARD W., 1010 Mass. Ave., Cambridge, Mass. (D.O.)
- KARPEN, HENRY, 16 W. 36th St., New York, N. Y. (N.D.)
- KARPF, LESTER, 4 Fourth St., Dayton, O. (Ch.)
- KASIK, W. J., 301 Woodward Bldg., Detroit, Mich. (D.C.)
- KASPER, ALFRED C., 585 11th Ave., Brooklyn, N. Y. (D.C.)
- KASSMIR, M. Z., 969 Liberty Ave., Pittsburgh, Pa. (D.C.)



Elmer Lee, M. D.
Editor of *Health Culture*.

Harold Wells Turner
Publisher of *Health Culture*.

you know how to treat yourself, you will be worth something to others. We know more by our own suffering than by our teachers. We all have plenty of opportunity to learn how to heal because we all have physical ailments in the course of our lives.

I am here also because I am in sympathy with all persons who are trying to benefit themselves physically and mentally, and also those who are trying to benefit others. I am teaching and printing in the magazine, *Health Culture*, of which I am the editor, all that I can get that is constructive. The magazine is not essentially in the interest of any set or any propaganda. It is not a fighting magazine; it is a magazine of construction—not opposition. At the same time, it is a magazine of mild protest against all that is wrong in human society. It is a protest against institutions such as the Rockefeller Institute of Research; it is against all vivisection in the world; it is a protest against all kinds of vaccination. I have not seen any human being, not one person, who was benefited by vivisection or vaccination. I have seen those who were harmed by vaccination.

I was a doctor with the War Department during the Spanish war. There were more doctors than were required. I had opportunities to see the workings of the medical departments of the United States Government. I cannot comment, I cannot praise, I do not even wish to criticize what I saw. It was not very creditable either to intelligence or method.

I do not think we need to boast of our own intelligence. I have long since past the boastful age and period. When you get to that point you will be better doctors yourselves. It is a great comfort to patients to tell them frankly that you are human like themselves, and we must trust to great Nature, and great Nature is our source of strength. The light and sun is the great healing influence, and there is no substitute for it and no medicine.

We must prove ourselves. If we do not

prove ourselves, why should we ask to be justified in the world of endeavor to help others? It takes a long time to prove ourselves. It takes a long time to master the medical system. We are so badly taught; we are so misinformed, and the reason is, we try to teach too much and we try to learn too much. We have too many kinds of systems, and consequently we have too much diversion of opinion. We are not frank and honest and wholesome to each other. We are jealous of each other. All medical men stand aloof from each other. We pretend we are frank, but we are not frank to each other because we are competitors. Can we overcome that and relieve ourselves of being competitors? You want popularity, you want precedence, you want recognition, and you think you are going to get it. If you can produce votes that will induce politicians to give you a fair hearing and a just consideration, you will get it. Dr. Benedict Lust is a practical exhibition of the broad spirit that is among you. He sees the necessity for practical work. A good many of you reside in New York or in the neighborhood of New York. Do you realize that in a short time you will have a new administration? Do you realize that in the present administration you have no hope; your only hope is in a new administration, and your only hope in a new administration is to make friends with the new candidates that are to be elected. I am in favor of voting for a new mayor for this city. You have no chance of being favorably considered by the present Department of Health of New York, because they are determined, as you may be, that they will not allow you to take their places and wield the power over your city, even to a small degree. You will have to be on your guard, because they will not allow you any consideration. I would like to see a change in the methods of our departments of Health in all cities, and you cannot get them unless you become friends of the political leaders. They are

- KATES, GEORGE W., 600 Pennsylvania Ave. S. E., Washington, D. C. (D.C.)
Mrs. G. W., 600 Pennsylvania Ave. S. E., Washington, D. C. (D.C.)
- KATTMAN, BERTHA, 518 E. Forest Ave., Brazil, Ind. (D.O.)
- KAUFFMAN, ELIZABETH, 402½ Reed St., Moberly, Mo. (D.O.)
- KAUFFMAN, R. S., R. F. D. No. 1, Wadsworth, O. (D.M.T.)
- KAUFMAN, MRS. ALICE, 2126 High St., Denver, Colo. (D.C.)
- KAUFMAN, SYLVIA, 27 Arch St., Alliance, O. (Ma.)
- KAULBACH, MRS. VIOLA C., 221 E. Erie St., Chicago, Ill. (Ma.)
Viola C., Mendota, Ill. (D.C.)
- KAY, EDITH, 7530 Sangamon St., Chicago, Ill. (N.D.)
- KAY, MRS. EDWINA, Buena Park, Cal. (D.C.)
- KAYNOR, MADAM, 1420 East 55th St., Chicago, Ill. (Ma.)
- KAYSER, F. T., 673 E. 216th St., New York, N. Y. (N.D.)
- KEA, JOHN WESLEY, 201 Olive St., Monroe, La. (S.T.)
- KEALLAR, MISS CLARA R., 313 S. West St., Bellevue, O. (D.M.T.)
- KEANE, W. E., 179 Franklin St., Buffalo, N. Y. (D.C.)
- KEARNS, LEO, 509-11 Wabash Bldg., Pittsburgh, Pa. (D.C.)
L. M., 347 5th Ave., Pittsburgh, Pa. (D.C.)
Leo., Smithfield St., Pittsburgh, Pa. (D.C.)
- KEAT, M. C., Eaton, Ind. (D.C.)
- KECK, E. W., Suite 2, Gas Bldg., Eau Claire, Wis. (S.T.)
N. B., 9110 Wade Park Ave., Cleveland, O. (D.C.)
- KEEFER, FRED E., Garbot-Donovan Bldg., Fitzgerald, Ga. (D.O.)
- KEEL & KEEL, 452 Fulton St., Troy, N. Y. (D.C.)
Anna, 450 Fulton St., Troy, N. Y. (D.C.)
Jas. E., 450 Fulton St., Troy, N. Y. (D.C.)
- KEELER, CLYDE M., Anadarko, Okla. (D.C.)
Mary N., Loveland, Colo. (D.O.)
- KEENAN, WM., 724 Market St., Sandusky, O. (D.C.)
- KEENE & KEENE, State St., Rochester, N. Y. (N.D.)
- KEENE, GEO. W., 62 State St., Rochester, N. Y. (D.C.)
R. C., 612 Meisel Bldg., Port Huron, Mich. (D.C.)
W. B., 1530 Chestnut St., Philadelphia, Pa. (D.O.)
- KEEP, F. A., 1045 Lincoln St., Denver, Colo. (N.D.)
- KEESHAN, MARGARET H., Hotel Linton, Cincinnati, O. (Ma.)
- KEETHLER, A. M., Memphis, Mo. (D.O.)
- KEIFER, FRANK, 912 W. 30th St., Davenport, Ia. (D.C.)
Dr. F. O., Elk City, Okla. (S.T.)
Jas. D., 1043 W. 31st St., Los Angeles, Cal. (N.D.)
- KEITZER, W. E., McKeesport, Pa. (D.C.)
- KELDTSEN, J. M., Alpena, Mich. (D.C.)
- KELLAM, H. B., 1409 1st North St., Syracuse, N. Y. (D.C.)
- KELLAR, JOHN G., 38 Courtland St., Bridgeport, Conn. (D.C.)
- KELLER, DAVID, 632 14th St., Denver, Colo. (D.C.)
F. B., 413 W. Jersey St., Elizabeth, N. J. (D.O.)
Harry T., 5320 Walton Ave., Philadelphia, Pa. (D.C.)
John A., 1115 Main St., Bridgeport, Conn. (D.C.)
Mrs. J. M., 169 State St., Hammond, Ind. (D.C.)
L. A., 246 Plummer Ave., Hammond, Ind. (D.C.)
O. C., Keller, New Idaho Trust Bldg., Lewiston, Idaho. (D.O.)
Wm. G., 508 Taylor St., Portland, Ore. (D.O.)
- KELLER, G. T., Philadelphia, Pa. (D.C.)
- KELLERMANN, ANNETTE, 12 W. 31st St., New York, N. Y. (P.)
- KELLET, M. MAUDE, 145 Hampshire St., Auburn, Me. (D.O.)
- KELLEY, MISS ADAH, 301 W. 55th St., New York, N. Y. (N.D.)
- MRS. ANNIE M., 1161 6th St. N. E., Washington, D. C. (Ma.)
- KELLEY, MISS M., Coleman, Mich. (D.C.)
Elizabeth Flint, 35 Huntington Ave., Boston, Mass. (D.C.)
J. D., 882 14th Ave., Detroit, Mich. (D.C.)
John A., 1115 Main Street, Bridgeport, Conn. (D.C.)
Roger P., Albert Lea, Minn. (D.C.)
Sam W., St. Elmo, Ill. (D.C.)
- KELLOG, H. W., Hastings, Nebr. (D.C.)
Joseph, Christman Bldg., Wabash, Ind. (D.C.)
- KELLOGG, F. G., 39 State St., Seneca Falls, N. Y. (D.C.)
H. W., Hastings, Nebr. (D.C.)
O. J., c/o L. Taylor, R. F. D. No. 1, Grand Rapids, Mich. (D.C.)
O. J., Christian Bldg., Wabash, Ind. (D.C.)
Reid, 139 Mathewson St., Providence, R. I. (D.O.)
S., Rogers, Tex. (S.T.)
W. E., Sterling, Colo. (D.O.)
- KELLY, A. N., North Bend, O. (N.D.)
O. G., 507 Schwind Bldg., Dayton, O. (N.D.)
E. R., 47 E. 3rd St., Brooklyn, N. Y. (Ma.)
J. D., 11 Madison Avenue, Detroit, Mich. (D.C.)
Lawrence J., Penna. Bl., Philadelphia, Pa. (D.O.)
Miss M., Coleman, Mich. (D.C.)
Roger P., Albert Lea, Minn. (D.C.)
- Sam'l W., Saint Elmo, Ill. (D.C.)
- KELSEY, C. C., Blooming Grove, Tex. (D.O.)
- KELSO, JAMES, 246 W. State St., Columbus, O. (N.D.)
Sophronia B., Hill City, Kans. (D.O.)
- KEMMELHAR, MRS., 742 N. Bell Ave., Hastings, Nebr. (S.T.)
- KENAGY, PAUL J., Bern, Kans. (D.C.)
- KENDALL, J. PRUDENCE, Presque Isle, Me. (D.O.)
Marion E., Agr. Bk. Bldg., Pittsfield, Mass. (D.O.)
- KENDERDINE, CLARENCE, 1537 Chestnut St., Philadelphia, Pa. (D.O.)
- KENNAN, J. S., 1033 Washington St., Hoboken, N. J. (D.C.)
- KENNARD & KENNARD, 312 Currier Bldg., Los Angeles, Cal. (D.C.)
Drs., Peoria, Ill. (D.C.)
- KENNARD, ALTA M., Whittier, Cal. (N.D.)
- KENNARD, WM., 312-13 Currier Bldg., Los Angeles, Cal. (D.C.)
- KENNEDY, ARTHUR J., 159 W. Main St., Newark, O. (Ma.)
- KENNEDY, C. S., Room 1010, 414 Walnut, Cincinnati, O. (D.O.)
C. S., Mercantile Library Bldg., Cincinnati, O. (D.O.)
E. A., 808-9 E. End Trust Bldg., Pittsburgh, Pa. (D.C.)
E. W., Merc. Library Bldg., Cincinnati, O. (D.O.)
Ralph V., 222 King St., Charleston, S. C. (D.O.)
Seth Y., 54 First St., Gloversville, N. Y. (D.O.)
T. W., Sullivan, Ind. (M.D.)
Wm. F. X., 19 Central Ave., Albany, N. Y. (Opt.)
- KENNEL, F. J., 16 S. Clair St., Dayton, O. (D.M.T.)
- KENNEY, CHAS. F., 707 Convent Ave., Laredo, Tex. (D.O.)
Dwight J., Andrus Bldg., Minneapolis, Minn. (D.O.)
- KENNEY, EDWIN T., 1553 W. Madison St., Chicago, Ill. (D.O.)
M. F., 1785 Amsterdam Ave., New York, N. Y. (Ma.)
W. L., Commercial Bldg., St. Joseph, Mo. (Opt.)
- KENT, ELMER F., 255 Coleman St., Bridgeport, Conn. (D.C.)
J. A., 177 N. State St., Chicago, Ill. (D.C.)
M. C., Eaton, Ind. (D.C.)
- KEPFORD, L. H., Alva, Oklahoma. (D.C.)
- KEPNER, B. F., Genoa, Ill. (D.C.)
- KEPPERLING, IRA L., 445 Miltmore St., Reading, Pa. (N.D.)
- KERR, MRS. C. A., R. F. D. No. 1, McGraw, N. Y. (D.C.)
C. B., 114½ Dubuque St., Iowa City, Ia. (D.C.)
C. V., Lennox Bldg., Cleveland, O. (D.O.)

approachable and common like the rest of us; you only have to go with them and associate with them, and become familiar with them to have their influence. You cannot hope to get anywhere by presentation of facts to a disinterested audience of politicians, even if your facts are wholesome or true. It is how much power you have behind you.

I read in the paper about two young surgeons, friends of mine, who had given \$1,500,000 to the State of Minnesota to be used by the State to preserve the Mayo Society of Aggressive Surgery. That is another power that prevents you from getting recognition publicly under our laws, and these conditions of endowment are going on all the time, until there are millions of dollars behind the present medical world; so if you expect to make any progress you must make friends with your politicians. It is not difficult and does not take money, it only takes a friendly attitude to beget a friendly attitude in the politicians; become interested, show yourselves often enough so they will recognize you, and use your influence among those that you know to secure votes for them.

The New York Department of Health spends three million dollars per year. That is a good deal more power than you can ever hope to get, and they are asking every year for more. It goes up about half a million every year. Were I the Health Commissioner of the City of New York, I would be content were the city to allow me three or five hundred thousand dollars, and everyone of you in this audience would have a just and fair and continuously fair hearing—a thing which you have never had. Every citizen is entitled to representation in a government of democracy. We say this is a government of democracy. Your efforts should be recognized in all the city departments. Were I the Health Commissioner of New York, I would grant a hearing to all of you; I would administer the law of the city or State, not of the ruling set; I would not constrict my conduct to any sectarianism.

I think that many of you are overconfident. I think many of you attach more importance to your specialties than they deserve. I think you ride them to death. I do not think that they are such wonderful discoveries; that they are so wonderful as you think they are. I do not think there are many in the audience as old as I am. I do not think that judgment is ripe at 40 or 50 years; I think it takes 30 or 40 years of medical activity and constant application in order to get a clear vista of medical

questions. I think many of you are only in the formative stages.

There are many kinds of wrongs that we practice among our patients. There are very few of us who are out-and-out, morning-until-night, open and frank and sincere with our patients. I hope everyone of you in this room is sincere and frank. I hope there is no imposter in this room, for that brings upon you discredit in the long run. Patients are not asking for the impossible; patients are asking for somebody that is frank and simple and natural and free. They are not asking for extra surgical treatment. You can make all the money that is coming to you, if you follow the plan of utter frankness; abandon every kind of pretense and overconfidence in your society, and just be fair and square and be open with every patient. You can then make all the money you need.

I did not intend to say these things when I stepped on the platform, but I am old enough to feel a little bit like a father to those in the profession. The greatest system of medicine that I know of, whether it is of European or American origin, whether it is old or modern, the greatest that I know of is not phototherapy—it is heliotherapy. It is the sun with the earth as the background. It do not think there is one in this audience who can carry it too far, and it is so powerful, and it is so satisfying, it is so wonderful that we misuse it all the time, and employ inferior methods of treatment. With a simple diet, and almost any diet is appropriate at times, because when people are sick even the most refined diet will be rejected, you will surely get results.

There is hardly the possibility of any danger of offending patients by teaching them the use of sunlight; teaching them the use of sunlight in the open air. Let them lie on the ground; let them sit on the ground; let them walk on the ground, and you will have the most healthful and wholesome system that can be devised, and you will never be questioned by any jury or by any judge, so you can hold up your head and prove you are right.

Were that plan generally followed there would be no need of the Rockefeller Institute or the Mayo Institute, to accumulate \$2,000,000 by doing operations on people instead of employing heliotherapy and diet. We have never fully employed the natural methods. It is only comparatively recently that we are conscious of them. When you use the natural treatment you will get more than from any invented system that you think may have been made by a great discoverer.

- F. Austin, McIntyre Bldg., Salt Lake City, Utah. (D.O.)
George Asbury, Benton, Ill. (D.O.)
J. A., Woodbine, Ia. (D.C.)
J. A., Wayne Blk., Wooster, O. (D.O.)
Janet M., 24 La Plaza, Cor. Charles & Jarvis Sts., Toronto, Ont. (D.O.)
KERR, C. B., R. R. No. 1, Washington, Ia. (D.C.)
Robert E., 439 Main St., Mansfield, O. (D.M.T.)
KERRIGAN, L. M., Citizens' Bank Bldg., Tampa, Fla. (D.O.)
KESLER, G. B., Centralia, Mo. (D.O.)
KESSELMIER, C. F., Salem, O. (D.C.)
KESSLER, KARL, c/o McDonald Sanitarium, Central Valley, N. Y. (Ma.)
KESTER, DR. EUGENE, Springfield, Ore. (M.D.)
KETCHAM, ANNA MARIE, 1806 H St. N. W., Washington, D. C. (D.O.)
KETTERING, W. F., Idaho Falls, Idaho. (Ch.)
KETTLER, CARL, 1710 H St. N. W., Washington, D. C. (D.O.)
KEUCK, MARTIN, 201 N. Hill St., South Bend, Ind. (D.C.)
KEW, ARTHUR, First Nat'l Bank Bldg., Pittsburgh, Pa. (D.O.)
KEYES, LESLIE S., Andrus Bldg., Minneapolis, Minn. (D.O.)
KEYMER, SIGRID, 3808 Clinton Ave., Cleveland, O. (Ma.)
KIDDER, ALBERT A., 1111 S. Olive, Los Angeles, Cal. (D.C.)
Edith Florence, 42 High St., Belfast, Me. (D.O.)
KIDDER, EDWARD F., Harmony, Minn. (N.D.)
KIEFER, F. H., 912 W. 3rd St., Davenport, Ia. (D.C.)
KIEFER, F. H., 2624 Le Claire St., Davenport, Ia. (D.C.)
KIEFERLE, J. A., 212 Granger Block, San Diego, Cal. (Opt.)
KIEFFERLE, MISS ROSE, 221 W. 12th St., Los Angeles, Cal. (D.C.)
KIELBLOCK, MISS HELEN, Watertown, Wis. (D.C.)
KIES, HENRY J., 1112 De Kalb Ave., Brooklyn, N. Y. (Opt.)
KIETZER, REGINALD, 207 Claremont Ave., Jersey City, N. J. (N.D., D.O., D.C.)
KIGHTLINGER, CRAIG M., 9 Wayne Ave., East Orange, N. J. (D.C.)
KILBERG, N., 525 S. Ashland Blvd., Chicago, Ill. (N.D.)
KILBORNE, J. M., Magoun Block, Cor. 4th and Douglas Sts., Sioux City, Ia. (Or.S.)
KILBOURNE, CLARA, 321 Queens Ave., London, Ont., Can. (D.C.)
KILGORE, J. M., 105 6th St., York, Nebr. (D.O.)
KILGUS, DR. ELLA D., 45 De Long Bldg., Philadelphia, Pa. (N.D.)
KILLEEN, J. FRANCIS, 2161 Sutter St., San Francisco, Cal. (N.D.)
KILLEEN, J. J., 118 Grand St., Newburgh, N. Y. (D.C.)
KILLIGAN, MRS. F., Falls City, Nebr. (D.C.)
KILTON, A. A., Empire Bldg., Pittsburgh, Pa. (D.C.)
KILTS, WILLIAM H., 982 Woodward Ave., Detroit, Mich. (D.O.)
KILVARY, R. D., 6359 Kenwood Ave., Chicago, Ill. (D.O.)
KIMBALL, W. F., 706 Edmond St., St. Joseph, Mo. (Front.)
KIMMEL, J. P., 231A Front St., Belleville, Ont. (D.O.)
KINCAID, ABIGAIL E., Citizens' Nat'l Bank Bldg., Newport, N. H. (D.O.)
Julia Nay, Forrest Goodwin Blk., Skowhegan, Me. (D.O.)
KINDER, M., 69 Central Ave., Ridgefield Park, N. J. (N.D.)
KING, A. B., Third Nat'l Bank Bldg., St. Louis, Mo. (D.O.)
Miss Bernice, Petaluma, Cal. (D.C.)
Edward Douglas, Woodward Bldg., Detroit, Mich. (D.O.)
F. E., 237 Penna. Ave., Warren, Pa. (D.C.)
Floyd E., Knapp Bldg., Warren, Pa. (D.C.)
Gertrude, Roseland, La. (D.C.)
Helen, 516 Harvard St., Brookline, Mass. (D.O.)
Ida M., Medical Museum, Washington, D. C. (D.C.)
Lillian B., 110 N. Los Robles Ave., Pasadena, Cal. (D.O.)
Dr. (Mrs.), Buena Park, Cal. (D.C.)
Mrs. S. L., 722 3d St., Muscatine, Ia. (D.C.)
T. M., Landers Bldg., Springfield, Mo. (D.O.)
Wm. G., 239½ 2nd St., Jersey City, N. J. (D.C.)
KING, CORNELIUS E., 955 10th Ave., Long Island City, N. Y. (D.M.T.)
Edward C., Coffeyville, Kans. (N.D.)
Fred, 4200 Grand Ave., Chicago, Ill. (N.D.)
J. W., Bradford, Pa. (M.D.)
Mary L., New Field Laboratory, East Chattanooga, Tenn. (M.D.)
R. F., Haverstraw, N. Y. (N.D.)
Wallace Edward, 225 Main St., Ashtabula, O. (D.M.T.)
KINGSBURY, CHARLES W., Idaho Bldg., Boise, Idaho. (D.O.)
Frank D., 313 Huguenot St., New Rochelle, N. Y. (D.C.)
L. W., 904 Main St., Hartford, Conn. (D.O.)
Walter S., Idaho Bldg., Boise, Idaho. (D.O.)
KINGSBURY, HENRIETTA, East Cleveland, O. (N.D.)
KINGSLAND, JENNIE B., 82 Beverly St., Newark, N.J. (D.C.)
KINKAID, D. L., 1006 Bellefontaine St., Indianapolis, Ind. (S.T.)
KINLEY, C. H., 541 Ammon St., Homestead, Pa. (D.C.)
KINNETT, W. E., 401-2 Masonic Temple Bldg., Peoria, Ill. (Or.S.)
Lecta Fay, 39 S. State St., Chicago, Ill. (D.O.)
KINNEY, BLANCHE E., Salida, Colo. (D.O.)
C. D., Austin, Tex. (D.C.)
J. E., Astoria, Ore. (D.O.)
Kenneth F., 101 Fox St., Lapeer, Mich. (D.O.)
KINNIBURG & KINNIBURG, 1903 3d Ave., Huntington, W. Va. (D.C.)
Drs., 825 4th Ave., New Kensington, Pa. (D.C.)
KINSINGER, J. B., 228 W. 5th St., Rushville, Ind. (D.O.)
KINSMAN, ADA R., 182 Up-land Rd., Cambridge, Mass. (D.O.)
KINTNER, P., Star Route 1, Box 29, Kinsley, Kans. (M.D.)
KINZ, GEO., 409 Halsey Bldg., Portland, Ore. (D.C.)
KINZ, GEO. J., Camas, Wash. (D.C.)
KINZLEY, MABEL ALBERTS, Nevada, O. (D.C.)
KIPLINGER, C. E., Ashburn, Ga. (D.C.)
KIPLINGER, Lawyers' Bldg., Miami, Fla. (D.C.)
KIRBY, GEO. W., Bogard, Mo. (S. T.)
KIRK, DR. J. W., Philadelphia, Pa. (M.D.)
KIRK, MORRIS G., 210½ N. William St., Moberly, Mo. (D.O.)
KIRKBRIDE, HARRY C., 814 De Kalb St., Norristown, Pa. (D.O.)
KIRKHAM, C. L., New Castle, Pa. (D.O.)
KIRKHAM, CHARLES L., L. & M. Bldg., New Castle, Pa. (D.O.)
KIRKLAND, J. E., Sioux Falls, S. D. (D.M.T.)
KIRKPATRICK, ALOHA M., 319 N. Charles St., Baltimore, Md. (D.O.)
George D., The Farragut, Washington, D. C. (D.O.)
J. E., 202 Ward Bldg., Battle Creek, Mich. (D.C.)
Minnie A., 1332½ Broad St., New Castle, Ind. (D.C.)
J. R., 221 Ashland Blvd., Chicago, Ill. (N.D.)
KIRSCH, F. W., St. Louis, Mo. (M.D.)
KISH, F. G., 301 Chapin St., South Bend, Ind. (D.C.)
KISSINGER, L. A., Beloit, Kans. (D.O.)
KISSLING, H. J., 2723 Ocean Ave., Dermont, Pittsburgh, Pa. (N.D.)
KISTLER, A. J., 919 N. Broad St., Philadelphia, Pa. (D.C.)
KITCHELL, ARTHUR WARD, 72 Elizabeth Ave., Newark, N. J. (D.O.)
KITCHEN, GEORGIANA, 201 Pavonia Ave., Jersey City, N. J. (D.C.)
KITCHENS, W. P., Pioneer, Tex. (S.T.)
KITSON, MATIE R., Osage, Ia. (D.O.)

- KJELLBERG, DR., 624 S. Michigan Ave., Chicago, Ill. (Ma.)
Mrs. T. Folke, 10 E. Huron St., Chicago, Ill. (Ma.)
- KJERNER, SAMUEL H., Waldheim Bldg., Kansas City, Mo. (D.O.)
- KLAUITTER, WM., 821 S. 5th St., La Crosse, Wis. (N.D.)
- KLEBER, ERNEST A., E. A. Kleber Sanitarium, Alpena, Mich. (N.D.)
- KLECZYNSKE, A., 413 Canfield Ave., Detroit, Mich. (D.C.)
- KLECZYNSKI, A., 1560 Michigan Ave., Detroit, Mich. (D.C.)
- KLEIN, CLIFFORD S., 2401 Fillmore St. and City of Paris Bldg., San Francisco, Cal. (D.O.)
Geo. W., 110 Washington St., Ironton, O. (D.C.)
J., Room 20, Iseman Bldg., Kenosha, Wis. (D.C.)
J. S., 48 33rd St., Pittsburgh, Pa. (D.C.)
- KLEINER, J. C., 319 Hamburg Ave., Brooklyn, N.Y. (Opt.)
- KLEMA, J. W., 20 Iserman Bldg., Kenosha, Wis. (D.C.)
- KLIMAN, WINONA, Mitchell Bldg., Cincinnati, O. (D.C.)
- KLIMECK, A. J., 1313 Tower Ave., Superior, Wis. (D.C.)
- KLINCK, G. M., 111 W. Chicago Ave., Chicago, Ill. (M.D.)
- KLINE, D. M., Malvern, Ia. (D.O.)
Emmer H., 18 Graham St., Harrisburg, Va. (S.T.)
L. C., Tarentum, Pa. (D.O.)
- KLINE, HARRY B., 633 Breckenridge Ave., Buffalo, N. Y. (Cr.)
- KLIPPELT, J. R., Lingsweiler Bldg., Lebanon, Mo. (D.O.)
- KLOCKLE, MRS., SOPHIE, 702 Bottner St., St. Louis, Mo. (N.D.)
- KLOMAN, WINONA, 8-10 Mitchell Bldg., Cincinnati, O. (N.D.)
- KLOMANN, WINONA, Room 8, 9 W. 4th St., Cincinnati, O. (D.C.)
- KLONE, F. M., 1204 15th St., Rock Island, Ill. (D.C.)
- KLOPPERSTEIN, W. A., Detroit, Mich. (N.D.)
- KLOTBACH, OSCAR, 746 Euclid Ave., Cleveland, O. (Ch.)
- KLOVE, FREMONT, 309 La Fayette St., Waterloo, Ia. (D.C.)
- KLUG, RUDOLPH J., 323 Monmouth St., Gloucester City, N. J. (N.D.)
- KLUGHERZ, W. L., 16 Bank St., Batavia, N. Y. (D.O.)
- KLUMPH, C. C., 27 N. Monroe St., Chicago, Ill. (D.O.)
- KLUNDER, PAUL C., 1866 Liberty St., Davenport, Ia. (D.C.)
- KNAPP, H. L., Masonic Temple, Elyria, O. (D.O.)
Lester I., Sherman Sq. Hotel, New York City, N. Y. (D.O.)
- KNAUEL & KNAUEL, 1618 State St., East St. Louis, Ill. (D.C.)
- KNAUEL, WM. H., 1618 State St., East St. Louis, Mo. (D.C.)
- KNAUER, F. F., Lynn, Ind. (D.C.)
- KNAUSS, S. M., 37 Monticello Ave., Jersey City, N. J. (D.O.)
- KNECK, G. W., South Bend, Ind. (D.C.)
Martin, South Bend, Ind. (D.C.)
- KNEIBES, B. J., Sturgis, Mich. (D.C.)
- KNIBBS, THOS., Merrick, L. I. (D.C.)
- KNIELING, L., Willoughby, O. (D.C.)
- KNIERMANN, L. R., 3, Indiana, Nebr. (D.C.)
- KNIGH, GEO. S., 3003 E. Grand Blvd., Detroit, Mich. (D.C.)
- KNIGHT, DELIA G., 234 W. 44th St., New York City, N. Y. (D.O.)
- KNIFE, J. B., 85 Franklin St., New York, N. Y. (P.)
- KNOLL, A. F., 1921 Bridge Ave., Davenport, Ia. (D.C.)
A. V., Rooms 1 and 2, Backman Bldg., 1st St. and 3d Ave., Cedar Rapids, Ia. (D.C.)
A. V., 729 College Ave., Davenport, Ia. (D.C.)
A. V., 508 Miss. Ave., Davenport, Ia. (D.C.)
- KNOPE, J., Pourmont Hotel, Miami, Fla. (Hy.)
- KNOPE, OSCAR, 236 S. Ashland Blvd., Chicago, Ill. (N.D.)
- KNOPP, LOUIS, 3329 1st St., Minneapolis, Minn. (D.C.)
L., Eldorado Springs, Mo. (D.C.)
- KNOTT, J. C., 8 Cooley Block, Hartford City, Ind. (D.C.)
- KNOWLES, C. H., 406 N. Union Ave., Alliance, O. (D.C.)
A. Pitcairn, "Riposo," St. Helen's Park, Hastings, England. (N.D.)
J. H., 305 St. Cloud Bldg., New Castle, Pa. (D.C.)
Jerome, 3006 West Ave., Newport News, Va. (D.O.)
- KNOWLES, CORDELIA B., Cleveland, O. (Ch.)
C. H., Riddle Bldg., Ravenna, O. (N.D.)
Leonard, Cleveland, O. (D.C.)
- KNOWLTON, C. P., N. Y. Life Bldg., St. Paul, Minn. (D.O.)
Harold C., 19 Home St., Worcester, Mass. (D.C.)
- KNOX, JAMES EDWIN, Harpersville, Broome Co., N. Y. (D.C.)
- KNUTSON, CHRISTENA, Calender, Ia. (D.C.)
- KOBEL, LOUIS, 379 E. 155th St., New York, N. Y. (N.D.)
- KOCH, MARGARET, 819 Masonic Temple, Minneapolis, Minn. (Or.S.)
Otto W., Alvin, Tex. (D.C.)
- KOEHL, JOSEPH F., P. O. Box 18, Akron, O. (D.M.T.)
- KOEHLER, MRS. E., 1320 L. S. St., Little Rock, Ark. (S.T.)
- KOER, J. W., 429 N. 6th and West Sts., Salt Lake City, Utah. (D.C., Ph.C.)
- KOEPP, GEO., Park Falls, Wis. (D.C.)
- KOFFEL, ROY, 108-12 Stettiner Bldg., Logansport, Ind. (D.C.)
- KONKLER, W. H., Duluth, Minn. (D.C.)
- KONT, S. A., Karcher Bldg., Kalispell, Mont. (D.C.)
- KOONS, WM. M., 11 S. B'way, Herington, Kans. (D.O.)
- KOONTZ, EFFIE, London, O. (D.O.)
- KOOPMAN, FRANK, Hermosa, S. D. (D.C.)
- KOOPMAN, P. E., 6432 N. Hermitage Ave., Chicago, Ill. (D.C.)
- KOOSE, MISS EDNA, Grand Mound, Ia. (D.C.)
- KOPP, M. S., Colonial Hotel, Dayton, O. (D.M.T.)
- KOPPEL, MILE, S., 158 W. 34th St., New York, N. Y. (Ma.)
- KORAN, MISS ELEANOR, 327 W. Arch St., Nevada, Mo. (N.D.)
- KORTE, H. G., 5479 Dorchester Ave., Chicago, Ill. (N.D.)
- KOSKE, S. H., 805 King St., Hamilton, Ont., Canada. (D.C.)
- KOST, AUGUST, 423 Union St., Union Hill, N. J. (Opt.)
- KOSTNER, ED., 605 Clinton Alley, Akron, O. (D.M.T.)
- KOTTLER, A. P., 81 E. Madison St., Chicago, Ill. (D.O.)
- KOUTH, MISS T., 3912 Cottage Grove Ave., Chicago, Ill. (Ma.)
- KOYNER, ROBERT L., St. Elmo, Ill. (D.C.)
- KOZINCKI, L. C., 8800 Houston Ave., Chicago, Ill. (D.C.)
- KRAFT, MARY J., First Nat. Bk. Bldg., Whittier, Cal. (D.O.)
- KRAIKER, FREDERICK WM., 1201 W. Allegheny Ave., Philadelphia, Pa. (D.O.)
- KRAMER, NELLIE, 1240 Hall Ave., Cleveland, O. (Ch.)
- KRANTZ, C. J., 203 Superior St., Mason City, Ia. (D.C.)
H. J., 305-6-7 Spitzer Bldg., Toledo, O. (N.D.)
Henry, 308 Stitzer Bldg., Toledo, O. (D.C.)
Josie, 203 Superior St., Mason City, Ia. (D.C.)
Wm. J., 306½ 4th St., Logansport, Ind. (D.C.)
- KRATZ, J. C., 1415 Monroe St., Chicago, Ill. (N.D.)
- KRAUS, EUGENE R., 2345 Broadway, New York, N. Y. (D.O.)
- KRAUSE, EDITH, 31st and 8 Sts., Lincoln, Neb. (D.C.)
H. A., 811 S. Marshall Ave., Chicago, Ill. (D.C.)
- KRAUSS, E. R., Edgemere, L. I., N. Y. (D.O.)
- KREDER, MISS E. S., 1911 Westminster St., Washington, D. C. (D.C.)
- KREMER, HERMAN, 63 25th St., Elmhurst, L. I. (N.D.)

- KREOLIC, BENJ., 11th and Broadway, Gary, Ind. (D.C.)
- KRESON, A. R., 406 Home Trust Bldg., Pittsburgh, Pa. (D.C.)
- KRESS & KRESS, 204 Hodge Bldg., Lockport, N. Y. (D.C.)
- George P., 24 Harrison Ave., Lockport, N. Y. (D.C.)
- Mable T., 24 Harrison Ave., Lockport, N. Y. (D.C.)
- KRETSCHUMAR, HOWARD, Powers Bldg., Chicago, Ill. (D.O.)
- KRETZER, REGINALD L., 207 Claremont Ave., Jersey City, N. J. (D.C.)
- KREUZER, C., 236 E. 69th St., New York, N. Y. (Ma.)
- KREWSON, A. L., German Nat'l Bank Bldg., Pittsburgh, Pa. (D.C.)
- KRILL, JOHN F., Box 357, Kirksville, Mo. (D.O.)
- KRILL, JOHN F., Ellicott Sq., Buffalo, N. Y. (D.C.)
- J. F., 193 Woodward Ave., Buffalo, N. Y. (D.C.)
- KRITCH, BESSIE L., 431-32 Chamber Bldg., Oil City, Pa. (D.C.)
- KRITZER, J., 1310 Consumers Bldg., Chicago, Ill. (D.C.)
- KROGALL, ANNA J., 11-17 Elizabeth W., Detroit, Mich. (Ch.)
- KROHN, A. H., 1002 Michigan Ave., Detroit, Mich. (D.C.)
- G. W., 209 N. Hanover St., Carlisle, Pa. (D.O.)
- KROMO, DR., North Yakima, Wash. (D.C.)
- KROUSE, H. G., Nyack, N. Y. (D.C.)
- KRUDOP, D. T., 218 Wright and Callendar Bldg., Los Angeles, Cal. (D.C.)
- KRUEGER, W. F. H., 139 Irving Ave., Brooklyn, N. Y. (N.D., Ph.D.)
- KRUGER, KATHERINE, 608 S. Ashland Blvd., Chicago, Ill. (N.D.)
- KRUSE, EDITH L., 428 N. 31st St., Lincoln Nebr. (D.C.)
- KUCERA, V. F., Sidney, Nebr. (D.C.)
- KUECK, MARTIN, 201 N. Hill St., South Bend, Ind. (D.C.)
- KUEHNE, C. F., Eagle Grove, Ia. (D.C.)
- KUEHNER, FRANK O., 49 Delavan Ave., Newark, N. J. (D.C.)
- KUGEL, ARTHUR C. L., 491 Delaware Ave., Buffalo, N. Y. (D.O.)
- KUHEWEIN, LEONARD, 116½ S. Main St., Marion, O. (Ch.)
- KUHLMAN, E., 121 N. 6th St., Terre Haute, Ind. (D.C.)
- KUNA, A., 31 Lincoln St., Newark, N. J. (D.C.)
- KUHLLOW, ANNA, 1397 Giddings Road, Cleveland, O. (N.D.)
- S. J., 6115 Linwood Ave., Cleveland, O. (D.C.)
- KUNERT, W. FRANK, La Crosse, Wis. (D.C.)
- KUNKLE, R. H., 2041 E. 90th St., Cleveland, O. (N.D.)
- KUNZE, DR. EMMA, 2057 Ridge Ave., Philadelphia, Pa. (N.D.)
- Dr. Louis, 379 E. 155th St., New York City, N. Y. (N.D.)
- KUPFERSCHMIED, 168-70 East 81st St., New York, N. Y. (N.D.)
- KURCHE, A. G., 1714 Berlin St., La Crosse, Wis., (D.C.)
- KURTH, GEORGE, 225 W. 68th St., New York, N. Y. (Ma.)
- KURTH, WALTER, Somerset Bld., Winnipeg, Manitoba. (D.O.)
- KURTIS, ISAAC M., 1028 E'way, Brooklyn, N. Y. (Opt.)
- KURTZ, F. A., Cambridge, Ill. (D.C.)
- KURZ, ROBERT F., 36 High St., New Haven, Conn. (D.C.)
- KVITRUD, HENRY, Crookston, Minn. (N.D.)
- KYLE, CHARLES T., Arcade Bldg., Menomonie, Wis. (D.O.)

L

- L'AMI, C. J., 401 Connaught Bld., Saskatoon, Sask., Can. (D.C.)
- LA BERGE, G. H., 610 Stewart Bldg., Chicago, Ill. (D.C.)
- LA COUR, CARL, Dixon, Ill. (N.D.)
- LA CROSSE, ALBERT J., 2004 Ella Court, Marinette, Wis. (D.C.)
- LACY, HAMMETT N., Morgan Bldg., Portland, Ore. (D.O.)
- LADD, C. F., Marshalltown, Ia. (D.C.)
- LADD, MRS. LOUISA, 1105 Georgia St., Los Angeles, Cal. (D.C.)
- LADMAN, GEO., Portland, Mo. (D.C.)
- LADWICK, MISS MARY, Antigo, Wis. (D.C.)
- LAFFER, HENRY, 356-7 Wells Bldg., Quincy, Ill. (D.C.)
- LAFFERE, GEO. C., R. No. 4, Box 56, Thorndale, Tex. (S.T.)
- LAFGRON, A. J., Richvale, Cal. (D.C.)
- LA FRENIERE, ARTHUR E., 18 Hazel St., Hartford, Conn. (N.D.)
- LA GRANGE, ALDEN, Paris, Ill. (D.C.)
- LA HAND, JOSEPH, Logan, O. (D.M.T.)
- LAIRD, A. D., 2513 Farnam St., Omaha, Nebr. (D.O.)
- Jennie Smith, 2513 Farnam St., Omaha, Nebr. (D.O.)
- John S., 5 Garfield Place, Cincinnati, O. (D.M.T.)
- LAIST, OTTO, 402 Haight St., San Francisco, Cal. (D.C.)
- LAJOIE, W. L., 9-10 Ziegler Bld., Spokane, Wash. (D.C.)
- LA JORE & JOHNSON, 418-21 Mohawk Bldg., Spokane, Wash. (D.C.)
- LAK, RAY, 1261 N. La Salle St., Chicago, Ill. (D.C.)
- LAKE, C. A., 1128 Bedford Ave., Brooklyn, N. Y. (D.C.)
- F. Borune, 178 Huntington Ave., Boston, Mass. (D.O.)
- F. W., 950 W. 27th St., Camden, N. J. (D.C.)
- Joshua, La Grand Apts., Atlantic City, N. J. (D.C.)
- LA LONDE, J. W., Bellevue, Mich. (D.C.)
- LAMB, JOSEPH J., 1252 Franklin St., Pittsburgh, Pa. (N.D.)
- C. R., Spokane, Wash. (D.C.)
- LAMB, S., 400 Van Brunt St., Brooklyn, N. Y. (Opt.)
- LAMBEAU, V. E. J., People's Bank Bldg., Bloomington, Ill. (D.C.)
- LAMBERT, P. P., Lamberts-ville, Pa. (D.C.)
- LAMENT, E. K., 1638 Mesa Ave., Los Angeles, Cal. (D.C.)
- LA MONT, LILLIAN, 121 Shilohs Pl., Cincinnati, O. (Ma.)
- LAMPRECHT, K., c/o The Chiropractic College, San Antonio, Tex. (N.D.)
- LAMPTON, WILSON E., Farmers Bk. Bldg., Butler, Mo. (D.O.)
- LAMT, CHAS., 5237 Martin Bld., Spokane, Wash. (D.C.)
- LANCASTER, M. ESTELLE, Foxcroft, Me. (D.O.)
- LANCE, P. C., 1531 W. Adams St., Chicago, Ill. (N.D.)
- LANDAN, MRS., 611 S. Pearl St., Denver, Colo. (D.C.)
- LANDES, AGNES, 3802 Pine Grove Ave., Chicago, Ill. (D.O.)
- Samuel R., 16 Monroe St., Grand Rapids, Mich. (D.O.)
- LANDGROFF, E. J., 213-15 Moran-Corbett Bldg., Decatur, Ill. (D.C.)
- LANDIS, H. L., Curtis Bld., Elkhart, Ind. (D.O.)
- LANE, ARTHUR MINER, 420 Boylston St., Boston, Mass. (D.O.)
- Charles Allen, Albany, Mo. (D.O.)
- E. H., Plainfield, Wis. (D.C.)
- Mrs. Mae, Comosdin, Kans. (M.D.)
- S. C., Woodlandville, Mo. (D.C.)
- LANE, HENRY, 1386 West Randolph St., Chicago, Ill. (N.D.)
- LANEY, A. T., Clinton, Mo. (S.T.)
- LANG, ALLAN, Hubbard, O. (N.D.)
- LANG, BUELAH, 529 W. 9th St., Oklahoma City, Okla. (D.C.)

- J., 80 Sauer St., Paterson, N. J. (D.C.)
 LANG & THORNELL, S., Leebriek St., Burlington, Ia. (D.C.)
 LANGAN, P. M., 454 Fairmount Ave., Oakland, Cal. (D.C.)
 LANGDALE, H. R., Pittsburgh, Kans. (D.C.)
 H. R., McPherson, Kans. (D.C.)
 LANGE, CHAS. E., Nassau Bldg., Burlington, Ia. (D.C.)
 Chas. E., Frederick, Okla. (D.C.)
 Chas. E., 58 Parsons Blk., Burlington, Ia. (D.C.)
 Lydia E., 925 Danielson St., North Bergen, N. J. (D.C.)
 LANGEHAGEN & LANGEHAGEN, DRS., 830 Le Claire, Davenport, Ia. (D.C.)
 LANGENHAGEN, W. W., Greene, Ia. (D.C.)
 LANGKAMP, WALTER, Beach City, O. (D.M.T.)
 LANGLEY, JOS., 232 South Ashland Blvd., Chicago, Ill. (D.C.)
 LANGLEY, MABEL A., 483 Beacon St., Boston, Mass. (D.O.)
 LANGLOIS, F. L., 256 Rideau St., Ottawa, Ont., Can. (D.C.)
 LANGUM, HENRY, Box 53, Sheridan, Wyo. (D.C.)
 Henry, Volga, S. Dak. (D.C.)
 Henry, Story City, Ia. (D.C.)
 LANGUM, HENRY, 2520 Commercial Ave., Minneapolis, Minn. (D.C.)
 LANGWORTHY, MITCHELL, 834 1st St., Cedar Rapids, Ia. (D.C.)
 S. M., 500 1st St., Cedar Rapids, Ia. (D.C.)
 LANKFORD, M. C., 1531 Congress St., Chicago, Ill. (N.D.)
 Morris C., 76 Grant St., Atlanta, Ga. (N.D.)
 LANSEN, G. C. W., 23 Polk St., Guttenberg, N. J. (N.D.)
 LANSING, H. L., 80-82 N. Pearl St., Albany, N. Y. (D.C.)
 LANTATT, JAMES E., 13 Eugene Place, Silver Lake, N. J. (N.D.)
 LAPIN, H. J., 206 E. 54th St., Chicago, Ill. (D.C.)
 LA PLANT, G. J., Suite 30, 327 Main St., Springfield, Mass. (D.C.)
 LA PLOUNT, O. W., Albert Lea, Minn. (D.O.)
 LAPP, IRENE KATE, Granite Bldg., Rochester, N. Y. (D.O.)
 LARIMORE, L. S., State Bank Bldg., Caldwell, Kans. (D.O.)
 LARKINS, EARL E., Galveston, Tex. (D.O.)
 Fred B., R. T. Daniels Bldg., Tulsa, Okla. (D.O.)
 LARKINS, J. W., Sioux Falls, S. D. (N.D.)
 LARMOYEUX, JULIA A., St. James Bldg., Jacksonville, Fla. (D.O.)
 LARRABEE, T. B., Webster City, Ia. (D.O.)
 LAROWE, MISS, 87 W. Huron St., Buffalo, N. Y. (Ma.)
 LARSEN, CARL A., Ashland, Wis. (D.C.)
 L. A., 200 E. Walnut St., Denison, Ia. (D.C.)
 Payne P., 37 E. 28th St., New York City, N. Y. (D.C.)
 Robt., Neenah, Wis. (D.C.)
 Robt., 219 Main St., Kenosha, Wis. (D.C.)
 LARSEN, ROBT., 827 College Ave., Appleton, Wis. (D.C.)
 LARSH, M. M., 212 Daisy Ave., Long Beach, Cal. (D.O.)
 LARSON & LARSON, DRS., Caro, Mich. (D.C.)
 LARSON, A. C., Caro, Mich. (D.C.)
 Albin J., P. O. Bldg., Ludington, Mich. (D.C.)
 A. J., 166 W. Western Ave., Muskegon, Mich. (D.C.)
 C. L., Zumbrota, Minn. (D.O.)
 E. T., 2349 Gilpin St., Denver, Colo. (D.C.)
 E. T., 1540 Madison St., Denver, Colo. (D.C.)
 G. M., 1930 Bissell St., Chicago, Ill. (D.C.)
 J. D., 234 Albert Ave., Rockford, Ill. (N.D.)
 J. E., 716 S. 16th Ave., Maywood, Ill. (N.D.)
 J. E., Rockford Health Home, Rockford, Ill. (Irid.)
 Jennie W., 2535 N. California Ave., Chicago, Ill. (N.D.)
 L. A., Denison, Ia. (D.C.)
 Minnie, Gilbert, Mich. (D.C.)
 Nelle, 308-9 Metropolitan Bldg., Sioux City, Ia. (D.C.)
 LARTER, E. R., Silberberg Bldg., Niagara Falls, N. Y. (D.O.)
 LA RUE, CHARLES M., Kirn Bldg., Lancaster, O. (D.O.)
 J. Byron, Kirn Bldg., Lancaster, O. (D.O.)
 LASHETT, W. L., 40 Hastings St., West Roxbury, Mass. (D.O.)
 LATHAM, P. J., North Platte, Nebr. (D.C.)
 LATHAN, P. J., Sheridan, Wyo. (N.D.)
 LATHROP, GUY F., 621-23 Stevens Bldg., Detroit, Mich. (Or.S.)
 LATOURETTE, RUTH, Masonic Bldg., Oregon City, Ore. (D.O.)
 LAUB, J. B., Chapman, Nebr. (D.C.)
 LAUBY, GEO. E., 311 Hall Bldg., Howard and Market Sts., Akron, O. (N.D.)
 LAUDENSCHLAGER, G., 2254 N. Clark St., Chicago, Ill. (D.C.)
 LAUDERWASSER, H., 251 Littleton Ave., Newark, N. J. (D.C.)
 LAUFFENBERGER, EDYTH, Prairie Du Sac, Wis. (D.C.)
 Edyth, 2120 Cleveland Ave., Chicago, Ill. (D.C.)
 LAUFFENBERGER, EDYTH A., 2919 N. Clark St., Chicago, Ill. (N.D.)
 LAUGHLIN, E. H., Kirksville, Mo. (D.O.)
 George M., Kirksville, Mo. (D.O.)
 Harry T., Great Falls, Mont. (D.O.)
 W. R., Fay Bldg., Los Angeles, Cal. (D.O.)
 LAUGHREN, J., 2212 E. 79th St., Cleveland, O. (D.C.)
 LAURENCE, J. C., 2322 Howard St., Omaha, Nebr. (D.C.)
 LAUSER, F., Osceola, Ia. (D.C.)
 Frank, Columbus City, Ia. (D.C.)
 Mrs. Minnie, Aurora, Nebr., (D.C.)
 LAUTENSCHLAGER, GEO., 2254 N. Clark St., Chicago, Ill. (Ma.)
 LAUTERWASSER, CHARLES, 252 Littleton Ave., Newark, N. J. (D.C.)
 G. Wm., 144 Ridgewood Ave., Newark, N. J. (D.C.)
 LAUTERWASSER, CHAS., 252 Littleton Ave., Newark, N. J. (N.D.)
 LAVALLEY, J. E., 207 Aliskey Bldg., Portland, Ore. (D.C.)
 LAVALLEY, J. E., 495 Buchanan Bldg., Portland, Ore. (D.C.)
 Thos. P., 403-4 Buchman Bldg., Portland, Ore. (D.C.)
 LAVERTY, E. L., Bryan, O. (D.O.)
 LA VINE, S. H., Rochester, N. Y. (N.D.)
 LAWLER, D. EVAN, 713 N. Cherry St., Winston-Salem, N. C. (D.P.T.)
 LAWLER'S (Dr. D. E. Van) SANITARIUM, 2726 South 10th St., Omaha, Nebr. (N.D.)
 LAWRENCE, JOSEPH C., 1 Baird Bldg., Omaha, Nebr. (D.C.)
 J. C., 2322 Howard, Omaha, Nebr. (D.C.)
 J. L., 133 Geary St., San Francisco, Cal. (D.O.)
 M. Ernestine, 513 S. Salina St., Syracuse, N. Y. (D.O.)
 W. T., Paris, Tenn. (D.O.)
 LAWRIE, A., Forest, Ont. (D.C.)
 LAWSON & LAWSON, 210 S. Jefferson St., Kittanning, Pa. (D.C.)
 Herbert B., Celeron, N. Y. (D.C.)
 H. L., Homestead, Pa. (D.C.)
 LAWTON, DR., c/o S. R. Jansheski, Cor. Congress and Washington Sts., Ypsilanti, Mich. (D.C.)
 Chas. G., Jefferson, Ia. (D.C.)
 LAYMAN & LAYMAN, Room 8, over P. O., Tulsa, Okla. (D.C.)
 LAYNE, A. C., 223 W. College St., Griffin, Ga. (D.O.)
 LEACH, CLARENCE W., 52 W. Raynard St., Denver, Colo. (D.C.)
 LEADER, GENEVRA E., 606 Kansas Ave., Topeka, Kans. (D.O.)
 LEAHY, FRANCIS J., St. Joseph Sanitarium, Mount Clemens, Mich. (N.D.)
 LEAN, DORA SUTCLIFFE, 120 Lord St., London Sq., Sportport, Eng. (D.O.)
 LEAR, FRED W., 121 Auglaize St., Wapakoneta, O. (D.M.T.)

- LEARD, A. W., Nicodemus Bldg., Spencer, Ia. (D.O.)
- LEARNER, GRACE C., 111 Bidwell Parkway, Buffalo, N. Y. (D.O.)
- Harry W., 111 Bidwell Parkway, Buffalo, N. Y. (D.O.)
- LEARY, MATHILDA V., 74 Eaton Place, East Orange, N.J. (D.C.)
- LEARY, W. J., 11 Maple St., Chicago, Ill. (M.D.)
- LEAS, LUCY, Hamilton Bldg., Akron, O. (D.O.)
- LEASURE, GEO., 127 S. Main St., Wichita, Kans. (D.C.)
- LEAVITT, SHELDON, 4665 Lake Park Ave., Chicago, Ill. (N.D.)
- LECKERT, THEO. A., 1210 Florida Ave. N. E., Washington, D. C. (Ma.)
- LECKLIDER, CLYDE, 2029 Vermont Ave., Toledo, O. (D.M.T.)
- LECLAIR, HARRY, 314 Howe Bldg., Los Angeles, Cal. (D.C.)
- Harry, 430 S. Broadway, Los Angeles, Cal. (D.C.)
- LE COULTRE, EMIL, 1402 I St. N. W., Washington, D. C. (D.C.)
- LEDELL, J. A., Litchfield, Minn. (D.C.)
- LEDSWORTH, J. P., 417 W. 5th St., Los Angeles, Cal. (D.C.)
- LEE, C. H., Peru, Ill. (D.C.)
- C. J., 506 Security Bldg., Oklahoma City, Okla. (D.C.)
- Curtis J., Capitol Hill, Okla. (D.C.)
- G. T., 625 N. 2d St., Arkansas City, Kans. (D.C.)
- Luther, 605 7th St., E. Hutchinson, Kans. (M.D.)
- Lyndon E., 112 Crescent Pl., Yonkers, N. Y. (D.C.)
- Mary Cornelia, Manhattan, Kans. (S.T.)
- Minnie R., Power Bldg., Helena, Mont. (D.O.)
- Vernon R., Owl Drug Bldg., San Diego, Cal. (D.O.)
- LEE, ELMER, 125 W. 58th St., New York, N. Y. (M.D., N.D.)
- LEEANA, A. L., Arnold, Nebr. (D.C.)
- LEECH, WILLIAM C., Eau Claire, Wis. (D.C.)
- LEEDS, GEORGE T., Yonkers, N. Y. (D.O.)
- LEEFER, O. L., 109½ W., Oklahoma Ave., Guthrie, Okla. (D.C.)
- LEFFINGWELL, A. M. E., 514 Walnut St., Muscatine, Ia. (D.O.)
- LEFFLER, WM. H., 5 West St., Utica, N. Y. (D.O.)
- LEHEW, EMMA, Kenton, O. (Mag.)
- LEHMAN, F. O., 317 Abington Bldg., Portland, Ore. (D.C.)
- LEHMAN, HERMAN, 1874 Avon St., Los Angeles, Cal. (D.C.)
- H. S., Fort McKinzie, Sheridan, Wyo. (D.C.)
- LEIBER, AGNES, Lafayette, Ind. (D.C.)
- LEIDHEISER, MRS. J. W., Vermilion, O. (N.D.)
- LEIGH, EMMA HOYE, 142 W. 18th St., University Place, Nebr. (D.O.)
- LEINBACH, HANNA, Reserve Bank Bldg., Kansas City, Mo. (D.O.)
- Sara J., 3336 Woodland Ave., Kansas City, Mo. (D.O.)
- LEIST, JOS. D., 56 Richard St., Columbus, O. (D.C.)
- LEISTENFELTZ, CLARA, 605½ Main St., Elkhart, Ind. (D.C.)
- LEISURE, CLARA B., c/o Mrs. John Porter, Montezuma, Ia. (D.C.)
- LE KITES, RUE, The Beacon Apts., Washington, D. C. (D.O.)
- LELAND, A. L., Arnold, Nebr. (D.C.)
- A. L., Malta, Mont. (D.C.)
- LELAND, CLINTON W., 409 Center St., Findlay, O. (D.M.T.)
- Fayette A., 409 Center St., Findlay, O. (D.M.T.)
- LEMBKE, HERBERT C., 4200 S. Grand Blvd., Chicago, Ill. (N.D.)
- LEMLY, CHAS. C., 522 Peerless Bldg., Waco, Tex. (D.C.)
- LEMON, A. E., Sault Ste. Marie, Mich. (D.C.)
- LEMON, EUPHEMIA, Sandusky, O. (Ch.)
- LENSER, W. M., Aurora, Nebr. (D.C.)
- LENZ, L., Hawkeye, Ia. (D.C.)
- LENZ, MARIA, 3808 Prospect Ave., Cleveland, O. (Ma.)
- LEONARD & LEONARD, Callaway, Nebr. (D.C.)
- LEONARD & LEONARD, Milton, Ia., and Merna, Nebr. (D.C.)
- Ellsworth Harry, The Flanders, Philadelphia, Pa. (D.O.)
- H. Alfred, Franklin Bk. Bl., Philadelphia, Pa. (D.O.)
- Hubert F., Morgan Bldg., Philadelphia, Pa. (D.O.)
- L. W., Excelsior Springs, Mo. (S.T.)
- S. L., Redwood Falls, Minn. (D.O.)
- W. C., 611 Carondelet St., Los Angeles, Cal. (D.C.)
- LEONARD & LEONARD, Winner, S. D. (D.C.)
- LEONARD, E. E., Hillsboro, O. (N.D.)
- H. N., 1347 W. Adams St., Chicago, Ill. (N.D.)
- J. O., Box 347, Middleport, O. (D.M.T.)
- P. I., 710½ Felix St., St. Joseph, Mo. (Opt.)
- LEONHART, HERMAN C., 509 Merchant St., Ambridge, Pa. (D.C.)
- LEONNIG & MELDRUM, c/o Arnold Hotel, Spanish Fork, Utah. (D.C.)
- LEOPOLD, MINNIE S. Dickinson, Lansdowne, Pa. (D.O.)
- LEOPOLD, WM. C., 1351 3rd St., Milwaukee, Wis. (D.C.)
- LE PLANT, G. L., 1216 Perry St., Davenport, Ia. (D.C.)
- LE POMPADOUR, FRANK S., 27 Cune St., St. Augustine, Fla. (N.D.)
- LESNICK, WM., 5108 5th Ave., Brooklyn, N. Y. (Opt.)
- LESLIE, GEORGE W., Marshfield, Ore. (D.O.)
- LESSENGER, M. L., 2950 W. 10th St., Oklahoma City, Okla. (D.C.)
- LE TREEMAN, MISS ADA MAY, 702 S. Spring St., Los Angeles, Cal. (D.C.)
- LETSON, SAMUEL B., El Centro, Cal. (D.C.)
- Samuel B., Los Angeles, Cal. (D.C.)
- LETT, ESTER, Marion, O. (Ma.)
- D. W., Marion, O. (Ma.)
- LETTRELL, A. R., 304-8 Conroy Bldg., San Antonio, Tex. (D.C.)
- LEUBUSCHER, A. L., 345 W. 70th St., New York, N. Y. (N.D.)
- LEUBKE, OTTILIE, 6733 Stony Island Ave., Chicago, Ill. (N.D.)
- LEUPHE, J. F. G., 401 Bergen St., Newark, N. J. (D.C.)
- LEUT, GEO. P., 417 Corbett Bldg., Portland, Ore. (D.C.)
- LEUTHOLZ, C. H., Mancelona, Mich. (D.C.)
- LEUTZ, MRS. AMANDA, Guthrie, Okla. (D.C.)
- LEVANZIN, A. A. B., Ph.D., LL.B., M.E.T., 265 22d and K Sts., San Diego, Cal. (N.D.)
- LEVE, A. H., 154 East Ave., Rochester, N. Y. (D.C.)
- J. C., 154 East Ave., Rochester, N. Y. (D.C.)
- LEVEGOOD, ROBERT R., 133 N. 52d St., Philadelphia, Pa. (D.O.)
- LEVERS, M. E., Woolner Bldg., Peoria, Ill. (N.D.)
- LEVI, MRS. GUSSIE R., Elk City, Okla. (D.C.)
- LEVINE, FRANK C., New Philadelphia, O. (Ma.)
- LEVY, A. M., 124 Graham Ave., Brooklyn, N. Y. (Opt.)
- J., 1832 Fulton Ave., Brooklyn, N. Y. (Opt.)
- LEWEAUX, VIRGINIA V., Morgan Bldg., Portland, Ore. (D.O.)
- LEWIS, AGNES, Farmers State Bk. Bldg., St. Cloud, Minn. (D.O.)
- A. D., Wayne, Nebr. (D.C.)
- Burt, 1303 S. Meridian St., Anderson, Ind. (D.C.)
- C. A., Glenwood, Ia. (D.C.)
- Cora M., 7909 Euclid Ave., Cleveland, O. (N.D.)
- Edith J., Clyde Bk., Hamilton, Ont. (D.O.)
- Emma A., 205 N. Cedar St., Owatonna, Minn. (D.O.)
- F. S., 642 12th St., Oakland, Cal. (D.C.)
- G. H., Cameron Mills, N. Y. (D.C.)
- H., Kalona, Ia. (D.C.)
- Mrs. H. H., Pana, Christian Co., Ill. (D.C.)
- Dr. J. H., Comanche, Tex. (S.T.)
- J. L., Bank Bldg., Colorado Springs, Colo. (D.O.)
- J. R., 307-8 Mahoning Bldg., Youngstown, O. (N.D.)
- J. R., 205 W. Federal St., Youngstown, O. (D.C.)
- Lee A., Colly Bldg., Everett, Wash. (D.C.)

- L. G., Nat'l Bank Bldg.,
Galesburg, Ill. (D.C.)
- L. G., Bainbridge, N. Y.
(D.C.)
- Muriel E., 26 Broad St.,
Lynn, Mass. (D.O.)
- W. A., Galveston, Tex. (S.T.)
- W. O., 172 E. Main St., Ham-
ilton, Ont. (D.O.)
- LEWIS, CORA N., 73 E.
Evergreen St., Youngs-
town, O. (N.D.)
- John W., 225 Allen St.,
Buffalo, N. Y. (Cr.)
- Lucille, 119 St. Botolph St.,
Boston, Mass. (N.D.)
- L. E., 119 St. Botolph St.,
Boston, Mass. (N.D.)
- P. E., Tigard, Ore. (N.D.)
- S. W., Tunkhannock, Pa.
(D.C.)
- Velda, Downs, Kans. (N.D.)
- LEWY, MORRIS, 19 W. 31st
St., Bayonne, N. J. (D.C.)
- LEYLAND, HENRY, Utica, O.
(D.M.T.)
- LICATA, FRANCIS, 119
Guernsey St., Brooklyn,
N. Y. (N.D.)
- LICHEY, E. L., 726 Pacific
Bldg., San Francisco, Cal.
(D.C.)
- LICHTENWAGNER, J. A.,
2307 Elm St., Toledo, O.
(Ch.)
- LICHTENWALTER, D. G.,
1748 W. 41st Drive, Los
Angeles, Cal. (D.O.)
- LICHTER, S., 1028 Brown St.,
Peekskill, N. Y. (D.O.)
- LICHTY, ELSA, Pacific Bldg.,
San Francisco, California.
(D.C.)
- LIDDLE, R. L., 928 Armstrong,
Kansas City, Kans. (D.C.)
- LIDEN, E. J., 608 S. Ash-
land Blvd., Chicago, Ill.
(N.D.)
- LIDY, I. HENRY, 22 S. Centre
St., Pottsville, Pa. (D.O.)
- LIEBAN, JOHN, 64 E. Van
Buren St., Chicago, Ill.
(N.D.)
- LIEBER, AGNES V., La Fay-
ette, Ind. (D.C.)
- LIEBGOLD, LOUIS, 3604
E'way, New York, N. Y.
(Ma.)
- LIECHTY, LEONIA, 24 Cen-
ter St., Clifton, N. J.
(D.C.)
- LIEDERBACH, J. L., 343 3rd
Ave., New York, N. Y.
(Opt.)
- LISS, JOHN, 528 Garfield
Ave., Chicago, Ill. (D.C.)
- LIESTENFELTZ, CHAS. L.,
Bunker Hill, Ind. (D.C.)
- Clara, 605½ Main St., Elk-
hart, Ind. (D.C.)
- LIFFRING, L. A., Second
Nat'l Bank Bldg., Toledo,
O. (D.O.)
- LIGGINS, MALINDA F.,
Locust St., Coshocton, O.
(Ma.)
- LIGHT, NELLIE, 223 College
St., Winfield, Kans. (D.O.)
- LIGHTFOOT, OTA P., c/o
Chicago College of Nap-
rapathy, Chicago, Ill.
(Nap.)
- LIGHTHALL, HENRY D., 112
N. 5th Ave., Chicago, Ill.
(D.C.)
- LIGON, ELLEN B., 430 Spring
Hill Ave., Mobile, Ala.
(D.O.)
- LIVEN, F. J., Clarinda, Ia.
(D.C.)
- LILLIBRIDGE, R. A., 771
Main St., Buffalo, N. Y.
(D.C.)
- LILLIE, ARTHUR, 1143 N.
Lawndale Ave., Chicago,
Ill. (D.C.)
- LILLY, MME., 875 Flatbush
Ave., Brooklyn, N. Y.
(Ma.)
- LIMPERICK, 414 Jefferson
St., Joliet, Ill. (N.D.)
- LIMPUS, EDWARD F., I. O.
O. F. Bldg., Mt. Vernon,
Ind. (D.C.)
- LINANDER, ALVILDE E., 55
State St., Chicago, Ill.
(D.O.)
- LINCOLN, CLARA B., 132
Payne Ave., N. Tona-
wanda, N. Y. (D.O.)
- Fred. C., Ellicott Square,
Buffalo, N. Y. (D.O.)
- LIND, A. E., 603 Overland
Building, Boise, Idaho.
(D.C.)
- G. M. E., Lincoln Trust
Bldg., Broadway and
72nd St., New York,
N. Y. (D.C.)
- LINDAHL, ALFRED K., Doug-
las, N. D. (D.C.)
- A. K., New Rockford, N. D.
(D.C.)
- LINDBERG, DAVID, Richvale,
Cal. (D.C.)
- LINDBERG, FOLKE, 167
W. Washington St.,
Chicago, Ill. (Ma.)
- LINDE, H. F., P. O. Box 44,
Wadena, Sask., Can.
(D.C.)
- LINDEHAN, F. A., Hankinson,
N. D. (D.C.)
- LINDELL, C. DARRAH, 3339
N. Main St., Pocatello,
Idaho. (D.C.)
- LINDER, CHAS. O., Spokane,
Wash. (M.D.)
- LINDERFER, MARY E., 813
6th St., Canton, O.
(D.M.T.)
- LINDGREN, E., 1757 K St.
N. W., Washington, D. C.
(Ma.)
- LINDHOLM, WM., 66 Maple-
wood Ave., Bridgeport,
Conn. (N.D., D.C.)
- LINDLAHR, H., 525 S. Ash-
land Blvd., Chicago, Ill.
(N.D.)
- LINDON, H. L., 556 Dover
Court Road, Toronto,
Ont., Canada. (D.C.)
- LINDROTH, C., 1240 Califor-
nia St., San Francisco,
Cal. (D.C.)
- LINDSAY, CAROLINE Z., 78
St. Marks Ave., Brooklyn,
N. Y. (Ma.)
- LINDSAY, J. H., Pedro Miguel,
Canal Zone. (D.C.)
- LINSEY, E. L., 603 Madison
Ave., Scranton, Pa. (D.O.)
- LINSEY, J. H., Pittsfield,
Ill. (D.C.)
- LINDSTROM, E. C., 143
Waverly Place, New York,
N. Y. (Ma.)
- Jos. W., 166 E. 67th St.,
New York, N. Y. (Ma.)
- LINEBARGER, C. A., Council
Bluffs, Ia. (D.C.)
- H. A., Chrisman, Ill. (D.O.)
- LINEKER, CHAS., 547 Tele-
graph St., Oakland, Cal.
(D.C.)
- Charles W., 3235 Telegraph
Ave., Oakland, Cal. (D.O.)
- LINENBERGER, FRED,
Salem, S. Dak. (D.C.)
- LINES, J. E., R. F. D. No. 2,
Caledonia, O. (D.M.T.)
- LINGO, MRS. L. B., The
Woodworth, 10th St.
N. W., Washington, D. C.
(D.C.)
- LINHART, ERNEST W.,
Charles City, Conn. (D.O.)
- LINIKER, CHAS. W., 2123
Telegraph Ave., Oakland,
Calif. (D.C.)
- LININGER, W. J., 409½ Main
St., Mayville, Mo. (D.C.)
- LINK, E. C., 87 Broad St.,
Stamford, Conn. (D.O.)
- W. F., Empire Bldg., Knox-
ville, Tenn. (D.O.)
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(D.S.T.)
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Ave., Chicago, Ill. (D.O.)
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S. D. (D.C.)
- LINSEY, PEARL ALICE, Na-
vina, Okla. (D.C.)
- LINTON, MINNIE, Kingdon
Springs, Ark. (S.T.)
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Main St., Middletown, O.
(D.O.)
- LIPPETT, HENRY, 371
Stoddard Ave., Columbus,
O. (D.M.T.)
- LIPPHART, W. F., Great
Bend, Kans. (D.C.)
- LIPPINCOTT, LYDIA E., 243
W. Main St., Moorestown,
N. J. (D.O.)
- LISLEY, J. E., 153½ N. Elm St.,
Warren, O. (N.D.)
- LIST, ADOLPH, Cape Gir-
ardeau, Mo. (S.T.)
- LISTENFELT, CHAS. W., 605½
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(D.C.)
- LISTENFELZ, CLARA M.,
Hoffman, Okla. (D.C.)
- LITTELL, U. G., W. H. Spur-
geon Bldg., Santa Ana,
Cal. (D.O.)
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C. (D.O.)
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Creek, Mich. (D.C.)
- J. A., 19 Boardman Ave.,
Battle Creek, Mich. (D.C.)
- W. D., Kiowa, Kans. (D.C.)
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Woodward Ave., Detroit,
Mich. (D.C.)
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N. State St., Chicago, Ill.
(D.O.)
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Chicago, Ill. (D.O.)
- LITTLEJOHN, J. B., 401 Stein-
way Hall, Chicago, Ill.
(D.O.)
- J. Martin, 69 Piccadilly, Lon-
don, W., England. (D.O.)
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Bldg., San Antonio, Tex.
(D.C.)
- A. R., Sherman, Tex. (M.D.)
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St., Canton, O. (N.D.)

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- LIVESEY, HENRY P., 138 Kearney Ave., Arlington, N. J. (N.D.)
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- L. R., Ridge Bldg., Kansas City, Mo. (D.O.)
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- J. D., Penn Bldg., Butte, Mont. (D.C.)
- Jacob, 45 Ward St., Paterson, N. J. (D.C.)
- L. V., Detroit, Minn. (D.O.)
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- M. C., Mechanicsville, Ga. (D.C.)
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- S., Alexandria, La. (D.C.)
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- Harry M., 153 S. Union St., Burlington, Vt. (D.O.)
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- William B., Murphy Bldg., Sherman, Tex. (D.O.)
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(Ma.)
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(N.D.)
J. K., Welga, Ill. (M.D.)
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266, Walker, Minn. (D.C.)
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Ill. (Ma.)
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Jefferson St., Joliet, Ill.
(D.C.)
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LUNTZ, DR. HARRY, 37
Vernon Ave., Brooklyn,
N. Y. (N.D., D.O., M.D.)
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Leo L., First Nat'l Bank
Bldg., Eaton, Colo. (D.O.)
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St., New York, N. Y.
(D.C., N.D., D.O.)
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Ave., Olwein, Ia. (D.C.)
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port, Ia. (D.C.)
LUTES, O. R., Madison, Ind.
(D.C.)
LUTEMBERGER, J. C. M.,
404 Tacoma Bldg.,
Chicago, Ill. (M.D.)
LUTZ, C. L., Wichita, Kan.
(D.C.)
N. A., Chatfield, O. (D.C.)
N. A., P. S. C., 14 Gross Blk.,
Tiffin, O. (D.C.)
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LYCETT, TOWNSEND, 2414
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Pa. (D.C.)
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Mentor Bldg., Chicago, Ill.
LYDA, E. R., Story Building,
Los Angeles, Cal. (D.O.)
LYDON, EDWARD J., DR.,
310 Auditorium, Spokane,
Wash. (S.T.)
LYKE, CHAS. H., 700 B'way,
Camden, N. J. (D.O.)
LYMAN, ELVA JAMES, 213
N. Hamilton St., Madison,
Wis. (D.O.)
LYMAN, N., Ballinger Bldg.,
St. Joseph, Mo. (Opt.)
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Bldg., Jacksonville, Fla.
(D.O.)
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Ill. (D.C.)
Delia Adeline, Woodmen of
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LYNCH, MISS B., 1101 Lex-
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Coshocton, O. (D.C.)
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Arcade, Kansas City, Mo.
(N.D.)
LYNE, SANDFORD T., Allen-
town, Pa. (D.O.)
LYNN, HARRISON H., 1377
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(D.C.)
LYON & LYON, Glenwood, Ia.
(D.C.)
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Hartford, Conn. (D.C.)
R. D., 311 Exchange Place
Bldg., Rochester, N. Y.
(D.C.)
Ray D., 16 State Street,
Rochester, N. Y. (D.C.)

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MACCARDIF, N. B., 33
Stratford Place, Chicago,
Ill. (D.O.)
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Ill. (D.O.)
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Chicago, Ill. (N.D.)
E. V., 216 S. Laflin St.,
Chicago, Ill. (N.D.)
M., 216 S. Laflin St.,
Chicago, Ill. (D.O.)
P. N., 100 N. Hamlin Ave.,
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11th St., Anderson, Ind.
(D.C.)
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5, Beatrice, Neb. (D.O.)
MACDONALD, D. M., Box 906,
Collingwood, Ont., Can.
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Boston, Mass. (D.O.)
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Flatiron Bldg., New York,
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MACFADDEN, CHARLES,
Suite 5-6, Temple Bldg.,
Bad Axe, Mich. (N.D.,
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lis, Minn. (D.C.)
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dard Bldg., Chicago, Ill.
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Chicago, Ill. (D.O.)
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Chicago, Ill. (Ma.)
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431 S. Wabash Ave.,
Chicago, Ill. (D.O.)
MACHER, M. B., 204 E. 35th
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Warren B., 32 Lewis St.,
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- R., 525 Cleveland Ave., Canton, O. (D.C.)
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- Elmer, 130 E. North St., Lima, O. (El.)
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- MAGILL, EDGAR G., Woolner Bldg., Peoria, Ill. (D.O.)
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- MAGNER, ELLEN, 1030 Nicollet Ave., Minneapolis, Minn. (D.O.)
- MAGUIRE, A. P., Salem, O. (D.C.)
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- Marie E., 122 W. Fifth Ave., Gary, Ind. (D.C.)
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- MALCOLM, ROBERT C., The Savoy, Washington, D. C. (D.O.)
- Zander E., Studebaker Bank Bldg., Bluffton, Ind. (D.C.)
- MALCOM, Z. E., Over Progress Store, Bluffton, Ind. (D.C.)
- MALL, HARRY E., 64 E. Van Buren St., Chicago, Ill. (D.O.)
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- Lillian, Mills Bldg., Topeka, Kan. (D.O.)
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- MANATT, E. S., The Hampton Clinic, Hampton, Ia. (D.O.)
- MANCHEE, HELEN, 6351 Ingleside Ave., Chicago, Ill. (D.C.)
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- MANLEY, CORA O., The Imperial, Washington, D. C. (D.C.)
- MANN, MRS. E. E., Box 386, Liberal, Kan. (M.D.)
- Peter, 348 Franklin St., Bloomfield, N. J. (D.C.)
- MANNING, CARRIE E., 718 Main St., Osage, Ia. (D.C.)
- MANNING, ELIZABETH MAY, 712 S. 5th Street, Leavenworth, Kan. (D.O.)
- MANNIX, PROF. JOE, 2242 Washington Boulevard, Chicago, Ill. (D.C.)
- MANRICAN, O. B., 1421 Adams St., Chicago, Ill. (D.C.)
- MANSEN, J., 4450 N. Campbell Ave., Chicago, Ill. (D.C.)
- MANSFELDT, MRS. O. C., 1654 Farwell Ave., Chicago, Ill. (N.D.)
- MANSOLILLO, FRANK, 174 Summit Ave., West Hoboken, N. J. (D.C.)
- MANSTER, ANDREY S., 125 Shippen St., Weehawken Heights, N. J. (D.C.)
- MANTES, LOUISE A., Lurline Baths, San Francisco, Cal. (D.C.)
- MANTLE, PAULINE R., Pierik Bldg., Springfield, Ill. (D.O.)
- MANUEL, K. JANIE, Masonic Temple, Minneapolis, Minn. (D.O.)
- MAPES, N. J., 318 Euclid Ave., Cleveland, O. (D.C.)
- 8801 Walker Ave., Cleveland, O. (D.C.)
- MARBLE, E. L., 745 Independence Blvd., Chicago, Ill. (N.D.)
- MARCEY, H. E., 43 N. 9th St., Mt. Vernon, N. Y. (D.C.)
- MARCHAND, A. W., N. E. Corner Broad and Chestnut Sts., Philadelphia, Pa. (D.C.)
- MARCHAND, A. W., 710 Liberty Bldg., N. E. Cor. Broad and Chestnut Sts., Philadelphia, Pa. (D.C.)
- Chas. E., 56 W. Hanover St., Trenton, N. J. (D.C.)
- MARCHANT, F. B., 23 Flatbush Ave., Brooklyn, N. Y. (Opt.)
- MARCY, NETTIE L., 105½ W. State St., Sharon, Pa. (D.O.)
- MARGAH, N. L., 214½ W. Main St., Bellevue, O. (N.D.)
- MARGOH, L. NORMAN, Bellevue, O. (D.C.)
- MARION, JENNIE M., Kalamazoo, Mich. (D.C.)
- Roy G., Kalamazoo, Mich. (D.C.)
- MARKEL, PROF. M., 39 West Adams St., Chicago, Ill. (Ma.)
- MARKEL, T. K., 1022 Spruce St., Philadelphia, Pa. (D.C.)
- MARKEY, MARY A., Stewart Bldg., Okmulgee, Okla. (D.O.)
- MARKLE, T. K., 1332½ Broad St., New Castle, Ind. (D.C.)
- MARKLIN, DR. R., 328 Walsh Bldg., Akron, O. (D.C.)
- MARKLIN, RUDOLPH, 1528 Estes Ave., Chicago, Ill. (N.D.)
- MARKO, 519 E. 78th St., New York, N. Y. (Ma.)
- MARKS, LOUIS E., 1465 E'way, New York, N. Y. (D.C.)
- MARKWELL, J. A., New Orleans, La. (D.C.)
- MARKWELL, J. A., Sternberg Apts., Houston, Tex. (D.C.)
- J. A., 484 6th Street, Alexandria, La. (N.D.)
- P. W., Leesville, Ia. (D.C.)

- P. H., 5 W. Locust Street, Oklahoma City, Okla. (D.C.)
- P. W., Blackfort, Idaho. (D.C.)
- MARKWELL, J. A., 1924 Ave. M, Galveston, Tex. (D.C.)
- MARLER, C. E., 111½ N. Washington St., Crawfordsville, Ind. (D.C.)
- MARLOW, R. S., 504 Eager St., San Antonio, Tex. (D.C.)
- MARQUARD, HENRY, Chamois, Mo. (S.T.)
- MARRINER, L. C., Denckla Bldg., Philadelphia, Pa. (D.O.)
- MARRIOTT, H. H., Burlington, Kan. (D.C.)
- MARROW, MRS. ALBERTA, Arkansas City, Kan. (D.C.)
- MARSDEN, ROY C., 325 3rd St., Newburgh, N. Y. (D.C.)
- MARSEN, FRED H., 94 Main Street, Everett, Mass. (D.C.)
- MARSH, C. C., General Del., Zanesville, O. (D.C.)
- E. J., 405 N. Main Street, Condersport, Pa. (D.C.)
- Jennie, 32 Erie Ave., Niagara Falls, Can. (D.C.)
- John D., Hornell, N.Y. (N.D.)
- Roy W., First Natl. Bank Bldg., Uniontown, Pa. (D.O.)
- U. G., Clarkson, Wash. (D.O.)
- MARSHALL, AGNES, 36 E. Clapier St., Germantown, Pa. (D.C.)
- A. J., 36 E. Clapier Street, Philadelphia, Pa. (D.C.)
- Elizabeth J. B., 326 W. 8th St., Erie, Pa. (D.O.)
- H. J., Hippee Bldg., Des Moines, Ia. (D.O.)
- J. S. B., 503 W. 3rd Street, Jamestown, N. Y. (D.O.)
- Mary, Madera, Cal. (D.C.)
- Thos., 432 Rebecca Street, Wilkinsburg, Pa. (D.C.)
- Tom, Alpine and Iowa Sts., Pittsburgh, Pa. (D.C.)
- MARSHALL, ALBERT R., 301 E. 85th St., New York, N. Y. (Ma.)
- Mrs. M. E., 1432½ K St. N. W., Washington, D. C. (Ma.)
- R. H., 844 Home Ave., Oak Park, Chicago, Ill. (N.D.)
- MARSHLAND, K., 13 Clark St., Paterson, N. J. (I.C.)
- MARSHTON, A. E., Sac City, Ia. (D.C.)
- MARSLAND, MME. F., 79 S. 7th St., Newark, N. J. (N.D.)
- MARSLAND, KATHERINE, 721 4th Ave., Paterson, N. J. (D.C.)
- MARSLIN, R., 328 Walsh Block, Akron, O. (N.D.)
- MARSTELLAR, CHAS. I., Dollar Savings Bank Bldg., Youngstown, O. (D.O.)
- MARSTON, A. E., Sac City, Ia. (D.C.)
- A. E., Henry, Ill. (D.C.)
- Dr. A. E., Wellington, Kan. (S.T.)
- A. E., Logan, Ia. (D.C.)
- MARTENS, THEODORE HENRY, Cutler Building, Rochester, N. Y. (D.O.)
- MARTIN, A. Inc., 56 Flatbush Ave., Brooklyn, N. Y. (Opt.)
- H. B., 77 Whitestone Ave., Brooklyn, N. Y. (D.O.)
- J., 1963 Erie St., Toledo, O. (D.M.T.)
- J. P., 1761 Sedgwick St., Chicago, Ill. (N.D.)
- Stuart T., 56 Flatbush Ave., Brooklyn, N. Y. (Opt.)
- MARTIN, BLANCHE W., 4026 Dalton Ave., Los Angeles, Cal. (D.C.)
- Chas. Britton, Okla. (D.C.)
- Charles C., Central City, Ky. (D.O.)
- Claude W., Commerce Bldg., Kansas City, Mo. (D.O.)
- Mrs. E. Blanche, 4035 Dalton Ave., Los Angeles, Cal. (D.C.)
- Earl P., Britton, Okla. (D.C.)
- Elmer, Powers Bldg., Decatur, Ill. (D.O.)
- F. D., 305 Bronson Bldg., Columbus, O. (D.C.)
- Frank, Richmond, Ind. (D.C.)
- Frederick H., 481 N. Park Ave., Pomona, Cal. (D.O.)
- F. H., Powers Building, Helena, Mont. (D.O.)
- George W., 104 N. Stone Ave., Tucson, Ariz. (D.O.)
- Harry B., 287 E. 18th St., Brooklyn, N. Y. (D.O.)
- H. E., Pine Bluff, Ark. (D.C.)
- John M., 949 Middleton St., Pittsburgh, Pa. (D.C.)
- L. D., Miles Granite Bldg., Barre, Vt. (D.O.)
- Wm. J., St. Claire Bldg., Toledo, O. (D.C.)
- MARTINDALE, S. W., Box 867, Nanaimo, B. C. (N.D.)
- MARTINELLI, ARNOLD, 213 Summit Ave., West Hoboken, N. J. (Opt.)
- MARTNER, E. A., Minneapolis, Minn. (D.C.)
- MARTZ, DEL, O'Keefe Bldg., Moberly, Mo. (D.O.)
- MARVIN, D. C., Over Jennings and Ramsdell, Albion, Mich. (D.C.)
- Jennie M., 813 Davis St., Kalamazoo, Mich. (D.C.)
- Roy G., Kalamazoo, Mich. (D.C.)
- W. H., Shipping Port, Pa. (D.C.)
- MARX, CORA WEED, 385 S. Belmont Ave., Newark, N. J. (D.O.)
- Zeno, Chicago, Ill. (D.C.)
- MARX, ELLEN, Lafayette, La. (N.D.)
- MASON, ELTA, Munising, Mich. (D.C.)
- G. E., Filley, Neb. (D.C.)
- Geo. E., 302 N. 27th Street, Lincoln, Neb. (D.C.)
- Hubert R., City Natl. Bank Building, Temple, Texas. (D.O.)
- J. Louise, 183 Huntington Ave., Boston, Mass. (D.O.)
- L. B., Somerset Building, Winnipeg, Man. (D.O.)
- MASSANGER, LELLA M., Simms, Mont. (D.C.)
- MASSEY, WM., 218 N. Huntington Ave., Medina, O. (N.D.)
- MASTERSON, WM. P., Widener Bldg., Philadelphia, Pa. (D.O.)
- MATHER, A. R., 1115 W. 54th St., Los Angeles, Cal. (N.D.)
- E., 228 Gratiot Ave., Mount Clemens, Mich. (M.D., D.O.)
- MATHEWS, ELLEN, 200 N. Los Angeles St., Los Angeles, Cal. (D.O.)
- E. G., Waterloo, Ia. (D.C.)
- S. E., 24 West Ave., Nunda, N. Y. (D.C.)
- MATHEWS, JOSEPH M., 319 Lexington Ave., Columbus, O. (D.M.T.)
- R. W., 464 Bowen Ave., Chicago, Ill. (D.S.T.)
- MATHIAS, G. L., Central Office Bldg., Akron, O. (N.D.)
- G. L., 404 Hamilton Bldg., Akron, O. (D.C.)
- MATHIAS & YOUNG, 420 Hamilton Bldg., Akron, O. (D.C.)
- MATHIES, HENRY F., 491 Palisade Avenue, West Hoboken, N. J. (D.C.)
- MATHIESON, CHAS. O., Denver, Colo. (D.C.)
- MATHIS, BERTHA, Sterling, Ill. (D.C.)
- J. A., Rock Island, Ill. (D.C.)
- R. E., Texarkana, Ark. (D.C.)
- MATIJACA, ANTHONY, 413 Cass St., Joliet, Ill. (N.D.)
- MATSON, JESSE E., Plymouth Bldg., Minneapolis, Minn. (D.O.)
- MATSON, HULDA M., Penwater, Mich. (D.C.)
- MATTERN, FRANK G., 68 W. 69th St., New York, N. Y. (Ma.)
- MATTHEWS, Texarkana, Ark. (N.D.)
- S. C., 1816 Albemarle Road, Brooklyn, N. Y. (D.C.)
- S. C., 500 5th Ave., New York, N. Y. (D.O.)
- MATTHIAS, GEO. L., 1010 Rhodes Ave., Akron, O. (D.C.)
- MATTHIES, 122 Roseville Ave., Newark, N. J. (D.C.)
- MATTLER, A. E., 240 Woodward Ave., Detroit, Mich. (Ch.)
- MATTWIG, JNO., 2316 E. Washington St., Indianapolis, Ind. (D.C.)
- MAULBETSCH, GEORGE W., 74 S. 9th St., Newark, N. J. (D.C.)
- MAURER, E., 3124 Fredonia Ave., Cincinnati, O. (Ma.)
- MAUSSERT, O., 1854 Fillmore St., San Francisco, Cal. (N.D.)
- MAVITY, BERTRAM J., 130 N. Cedar St., Nevada, Mo.
- MAWSON, GERTRUDE R., 24 W. 59th St., New York, N. Y. (D.O.)
- MAXEY, C. N., Watts Bldg., San Diego, Cal. (D.O.)
- MAXFIELD, GEO. W., 925 Broad St., Grinnell, Ia. (D.O.)
- MAXON, C. H., 1294 Jefferson St., Buffalo, N. Y. (D.C.)
- MAXON, C. H., 830 Tona-wanda St., Buffalo, N. Y. (D.C.)
- MAXWELL, B. C., 6802 Carnegie Ave., Cleveland, O. (D.O.)

- Bertha M., 234 W. 4th St., Williamsport, Pa. (D.O.)
E. O., Amoskeg Bank Bldg., Manchester, N. H. (D.O.)
Herman L., 136 N. 5th St., Reading, Pa. (D.O.)
H. Thurston, 29 Morris St., Morristown, N. J. (D.O.)
Leo, Box 33, Candor, N. Y. (D.C.)
MAXWELL, CHAS. W., 1712 E. 9th St., Cleveland, O. (Ma.)
G. E., 27 E. Monroe St., Chicago, Ill. (D.O.)
Leo, Box 33, Candor, N. Y. (D.C.)
MAY, GLADYS E., 2050 Roberts Ave., Hollywood, Cal. (D.C.)
Sarah A., Flanders Bldg., Philadelphia, Pa. (D.O.)
MAYER, E., 1127 Chestnut St., Richmond Hill, L. I., N. Y. (N.D.)
MAYER, ERNEST J., 1131 Rockland St., Philadelphia, Pa. (D.C.)
MAYER, J. H., Chateau, Mont. (D.C.)
MAYER-OAKES, F. T., 115 Huntington Ave., Boston, Mass. (D.D., D.C.)
MAYERS, REBECCA B., Valpey Bldg., Detroit, Mich. (D.O.)
MAYES, M. T., 289 State St., Springfield, Mass. (D.O.)
MAYHUGH, CLYDE W., 300 N. 4th St., Atchison, Kan. (D.O.)
MAYNARD, H. M., 558 4th St., San Bernado, Cal. (D.C.)
MAYO, KATHLEEN, Jackson, Tenn. (D.O.)
R. Clarence, Drumheller Bldg., Walla Walla, Wash. (D.O.)
MAYRONNE, DELPHINE, 1539 Jackson Ave., New Orleans, La. (D.O.)
MAYS, MRS. J. C., Canisteo, N. Y. (D.C.)
Jessie C., 36 Lillian Ave., Providence, R. I. (D.C.)
W. F., 301 Commerce Bldg., Erie, Pa. (D.C.)
MCADAMS, C. R., Lake City, Ia. (D.C.)
Frederick, Milton Junction, Wis. (D.C.)
MC ALESTER, J. C., Harrisville, O. (D.C.)
MC ALINDON, JAMES, 2456 Superior Ave. N. W., Cleveland, O. (D.M.T.)
MC ALLISTER, BYRON F., 225 N. Block St., Fayetteville, Ark. (D.O.)
Joan C., Telephone Bldg., Guelph, Ont., Can. (D.O.)
MC ALPIN, D. E., Boone, Ia. (D.O.)
MC ANDREW, C. A., I. O. O. F. Temple, W. 6th St., East Liverpool, O. (D.C.)
MC ANNICH, C. G., Newton, Ia. (D.C.)
MC ARTHURS, Eckel Theatre Bldg., Syracuse, N. Y. (D.C.)
MC AVOY, ELIZABETH, 426 N. 3rd St., Hamilton, O. (D.M.T.)
MCBEATH, THOMAS L., 35 Limerock St., Rockland, Me. (D.O.)
MC BRIDE & MC BRIDE, First Natl. Bank Bldg., Fairbury, Nebr. (D.C.)
MC BRIDE, BESSIE, Marion, Kan. (D.C.)
MC BURNEY, M. R., 918 B'way Central Bldg., Los Angeles, Cal. (D.C.)
MC BURNIE, THOS., 1215 Bedford Ave., Brooklyn, N. Y. (Opt.)
MC CABB, JOHN A., Alexandria, Minn. (D.O.)
MC CADLIN, ANNIE, 204 N. Negley Ave., Pittsburgh, Pa. (D.O.)
MC CALL, A. C., 818 W. 21st St., Oklahoma City, Okla. (D.C.)
F. H., Penn Ave. and Boardwalk, Atlantic City, N. J. (D.O.)
T. Simpson, The Spurling, Elgin, Ill. (D.O.)
J. P., Mystic, Ia. (D.C.)
J. P., 2211 W. 4th Street, Davenport, Ia. (D.C.)
J. P., Box 155, Mystic, Ia. (D.C.)
John A., 314 Pacific Bldg., Oakland, Cal. (D.C.)
MC CARL, J. F., De Witt, Ia. (D.C.)
MC CARTHY, GEO., 121 W. 3rd St., Jamestown, N. Y. (D.C.)
J. P., Grangeville, Cal. (S.T.)
W. H., Oskaloosa, Ia. (D.C.)
MC CARTNEY, GEO., 121 W. 3rd St., Jamestown, N. Y. (N.D.)
MC CARTNEY, L. H., Hoxie, Kan. (D.O.)
MC CARTY & MCCARTY, Springfield, Mo. (D.C.)
MC CASKEY, LAURA, Falls City, Neb. (D.C.)
Laura, Mound City, Mo. (D.C.)
MC CASLAND, H. E., Fosston, Minn. (D.C.)
MC CASLIN, ANNIE, 204 N. Negley Ave., Pittsburgh, Pa. (D.O.)
J. A., 311 Center Street, Ridgway, Pa. (D.O.)
MC CAUGHAN, RUSSELL C., 210 N. Market Street, Kokomo, Ind. (D.O.)
MC CAULEY, ANDREW, Peterson Bldg., Fairmont, Minn. (D.O.)
MC CLAIN, GRACE, 5204 B'way, Chicago, Ill. (D.C.)
Hattie R., La Belle, Mo. (D.O.)
Warren, 740 Will St., Mount Washington, Pittsburgh, Pa. (N.D.)
MC CLANAHAN, J. L., Paola, Kan. (D.O.)
MC CLATCHIE, MISS A., 3119 Colfax Ave. S., Minneapolis, Minn. (D.C.)
MC CLEERY, BEN H., Man-kato, Min. (D.O.)
MC CLELLAND, Paterson, N. J. (D.C.)
MC CLENNY, D. CLAYTON, Hinton Bldg., Elizabeth City, N. C. (D.O.)
MC CLIMANS, W. A., 39 S. State St., Chicago, Ill. (D.O.)
MC CLOSKEY, I. R., 705 Schmidt Bldg., Pittsburgh, Pa. (D.C.)
MC CLOSKEY, LOMERY, 301 Schmidt Bldg., Pittsburgh, Pa. (D.C.)
L. R., Schmidt Bldg., Pittsburgh, Pa. (D.C.)
MC CLURG, DR., Swissvale, Pa. (D.C.)
MC COBB, M. ELSIE, 418 Idaho Bldg., Boise, Idaho. (D.C.)
M. Elsie, 622 1st Street, Loveland, Colo. (D.C.)
MC COLE, GEORGE M., First Natl. Bank Bldg., Great Falls, Mont. (D.O.)
MC COLL, A. C., [L.I.B.] Majestic Bldg., Oklahoma City, Okla. (D.C., M.C.)
MC CONNELL, F. J., St. Marys, O. (D.C.)
MC CONNELL & FARMER, 14 W. Washington St., Chicago, Ill. (D.C.)
MC CONNELL, CARL P., 14 W. Washington St., Chicago, Ill. (D.O.)
F. J., 24 Metropolitan Bldg., Lima, O. (D.C.)
W. F., First Natl. Bank Bldg., Waitsburg, Wash. (D.O.)
MC CORD, ANDREW S., 112½ Benton St., Woodstock, Ill. (D.O.)
MC CORKLE, ZULE A., 4951 Kenmore Ave., Chicago, Ill. (D.O.)
MC CORMACK, A., 4210 Wilcox St., Chicago, Ill. (N.D.)
E. E., 1168 Seneca St., Buffalo, N. Y. (D.C.)
J. N., Sheboygan, Wis. (D.O.)
MC CORMACK, HAZEL, 3131 Carthage Ave., Cincinnati, O. (D.C.)
J. J., 629 N. 8th Street, Sheboygan, Wis. (D.O.)
MC CORMICK, DR. CHAS., McCormick Medical College, 2100 Prairie Ave., Chicago, Ill. (M.D.)
MC CORMICK, MRS. CHAS. Aledo, Ill. (D.C.)
Chas., Aledo, Ill. (D.C.)
Chas. E., 402 Pearl Street, Napa, Cal. (D.O.)
E. E., 1168 Seneca Street, Buffalo, N. Y. (D.C.)
MC CORMICK, JOHN T., 7603 Stemivog Bldg., Chicago, Ill. (D.C.)
J. Porter, 94 Clinton Street, Greenville, Pa. (D.O.)
John, 905 Steinway Hall Bldg., Chicago, Ill. (D.C.)
Dr. John T., 905-64 East Van Buren St., Chicago, Ill. (D.C.)
John T., Waukegan, Ill. (D.C.)
L. L., Guthrie, Okla. (D.C.)
MC COWAN, DON. C., 210 Burr Oak Ave., Blue Island, Ill. (D.O.)
L. C., Paul Gale Greenwood Bldg., Norfolk, Va. (D.O.)
MC COY, FRANK, 309-19 Citizens' Natl. Bank Bldg., Los Angeles, Cal. (N.D.)
L. C., Paul Gale Greenwood Bldg., Norfolk, Va. (D.O.)
MC CRACKEN, Rev. A., Webster City, Ia. (D.C.)
Earl, Commercial Natl. Bank Bldg., Shreveport, La. (D.O.)

- MC CREA, C. T., 1272 Euclid Ave., Cleveland, O. (D.C.)
Clifford T. 203 Euclid Point Bldg., Cleveland, O. (D.C.)
- MC CREADY, E. T., 215 Masonic Temple, Cedar Rapids, Ia. (D.C.)
- MC CROSKY, JOHN A., 4200 S. Grand Blvd., Chicago, Ill. (N.D.)
- MC CUBREY, E. E., Kalispell, Mont. (D.C.)
- MC CULLUM, EDNA M., Miners' Bank Bldg., Wilkes Barre, Pa. (D.O.)
- MC CURDY, CHAS. W., 1411 Walnut St., Philadelphia, Pa. (D.O.)
Chas. W., 838 Rosser Ave., Brandon, Man. (D.O.)
- MC CUSKEY, CHARLOTTE, 619 First Ave., Council Bluffs, Ia. (D.O.)
- MC DALE, G., University Pl., Lincoln, Neb. (D.C.)
- MC DANIEL, A. C., Union Savings Bank Bldg., Oakland, Cal. (D.O.)
Ida, 851 Sunset Blvd., Los Angeles, Cal. (D.C.)
- MC DERMOTT, MISS, 3211 Chestnut Ave., Kansas City, Mo. (S.T.)
Mary V., 1312 Lamar Street, Wichita Falls, Tex. (D.C.)
- MC DONALD, New Brunswick, N. J. (D.C.)
C. J., 12 Allen St., Buffalo, N. Y. (D.C.)
Dr. Joseph & Anne, Jamestown, N. D. (D.C.)
D., York, Neb. (D.C.)
E. E., Hillsboro, O. (N.D.)
H. W., Jr., Hillsboro, O. (N.D.)
J. R., 225 Cleveland Ave., Canton, O. (N.D.)
J. R., 27 E. Monroe Street, Chicago, Ill. (D.O.)
S. E., Bushnell, Ill. (N.D.)
- DR. MC DONALD'S SANITARIUM, Central Valley, N. Y.
- MC DOUGAL, DONALD D., 121 Shillite Place, Cincinnati, O. (D.M.T.)
- MC DOUGALL, GERTRUDE, Fairbury, Ill. (D.C.)
J. R., 27 E. Monroe St., Chicago, Ill. (D.O.)
- MC DOWELL, J. H., 102 3rd St., Troy, N. Y. (D.O.)
J. O., Odd Fellows Bldg., Brunswick, Me. (D.O.)
Louise, Washington Bank Bldg., Pittsburgh, Pa. (D.C.)
- MC DUFFIE, J. G., Mattoon, Ill. (D.C.)
- MC ELHINEY, ANNA, Ohio City, O. (D.S.T.)
- MC ELREA, F. E., Sidney, Man., Can. (D.C.)
- MC ELROY, CECIL, P. O. Box 136, Chicago, Ill. (D.C.)
- MC ELVANY, WM. F., 702 Warrington St., Allentown, Pa. (D.C.)
- MC EWIN, MARGARET, Delaware Co., Linwood Sta., Pa. (N.D.)
- MC FADDEN, GEO., 51 E. 59th St., New York, N. Y. (P.)
- MC FADDEN, J. CLINTON, Camrose, Alberta, Can. (D.O.)
- MC FETRIDGE, E. L., Derby, Conn. (D.C.)
- MC FETRIDGE, M. J., Derby, Conn. (D.C.)
- MC GARVEY, E. S., 5626 Phillips St., Pittsburgh, Pa. (D.C.)
E. S., 406 Trust Building, Pittsburgh, Pa. (D.C.)
- MC GAVOCK, ANNE H., 894 Woodward Ave., Detroit, Mich. (D.O.)
R. E., Wiechmann Building, Saginaw, Mich. (D.O.)
- MC GILVEY, MRS. ELLA M., 3 Temple Court, Los Angeles, Cal. (N.D.)
- MC GINNIS, F. J., Rockwell City, Ia. (D.C.)
- MC GINNIS, J. C., Mercantile Bank Bldg., Aurora, Ill. (D.O.)
- MC GINNIS, JAMES F., Maquoketa, Ia. (D.C.)
- MC GOWAN, FRED. H., Saford, Ariz. (S.T.)
- MC GOWAN, MRS. J. A., Toledo, Ia. (D.C.)
- MC GRANAHAH, J. C., Hadley, Pa. (D.C.)
- MC GRATH, JOS. D., Kendallville, Ind. (D.C.)
- MC GREEVY, GEO. O., 650 650 Congress St., Portland, Me. (D.O.)
- MC GREGGOR, GREGORY, 1355 S. Grand Ave., Los Angeles, Cal. (D.C.)
- MC GUIRE, ADA, 132 S. Main St., Butler, Pa. (D.C.)
Chas. A., 306 Main Bldg., Marion, Ind. (D.C.)
Cynthia, Scheron, Kan. (D.C.)
Frank J., 26 Fayette Street, Binghamton, N. Y. (D.O.)
Harriet, 501 Mathews Bldg., Milwaukee, Wis. (D.C.)
H., Honey Creek, Wis. (D.C.)
W. W., 914 Cumberland St., Lebanon, Pa. (D.C.)
- MC INTIRE, CHAS., Ypsilanti, Mich. (D.C.)
Jessie, Ypsilanti, Mich. (D.C.)
Lucile, Maple St., Marion, Ind. (D.C.)
- MC INTYRE, ADELBERT, Wolcott, N. Y. (D.C.)
Mrs. Ella, 182 Exchange St., Freeport, Ill. (N.D.)
Ella, 825 N. Dearborn St., Chicago, Ill. (N.D.)
G. M., Grosvenor Building, Kenosha, Wis. (D.O.)
H. M., 32 Ontario St., Brantford, Ont., Can. (D.C.)
John, State St., Chicago, Ill. (D.C.)
Orrin R., 110 Poultney St., Geneva, N. Y. (D.C.)
- MC IVER, J. M., Box 191, Weir, Kan. (M.D.)
- MC KAY, ARCHIBALD, Shawano, Wis. (D.C.)
Chas. P., 509 Markham St., Toronto, Ont., Can. (D.C.)
- MC KEE, MARY, 99 Broad St., Newark, N. J. (N.D.)
- MC KEEVER, O. G., 406 Glass Bldg., Marion, Ind. (D.C.)
- MC KELLIN, WM., 403 Colt Bldg., Paterson, N. J. (D.C.)
- MC KELVEY, ANDREW, 29 W. Smith St., Corry, Pa. (D.C.)
- MC KELVEY, ANDREW S., 2 Park Place, Corry, Pa. (D.C.)
Mary E., Villisca, Ia. (D.C.)
- MC KENDREE, M. G., 14 Reed and Murray Block, Bowling Green, O. (N.D.)
- MC KENNA, MAURICE, 1888 Majestic Bldg., Quincy, Ill. (D.M.T.)
- MC KENZIE, LILLIAN V., Bryant Bldg., Kansas City, Mo. (D.O.)
Jesse, 326 S. Main St., Delphos, O. (D.M.T.)
- MC KEON, DR., Native Sons Bldg., Woodland, Cal. (D.C.)
Ada H., 1501 K St., Sacramento, Cal. (D.C.)
Ada H., Woodland, Cal. (N.D.)
- MC KIDDEN, BLANCHE E., 4740 Lorain Ave., Cleveland, O. (D.C.)
- MC KILLIGAN, BIRDIE, Falls City, Neb. (D.C.)
- MC KINLEY, D. H., 1619 Green St., Philadelphia, Pa. (D.C.)
- MC KINNEY, CLARA DEGRESS, Room 510, 18 E. 4th St., Cincinnati, O. (D.O.)
Lula Ireland, Rock Port, Mo. (D.O.)
- MC KNIGHT, H. F., Walled Lake, Mich. (D.C.)
Isadora, 305 N. Walnut St., Creston, Ia. (D.O.)
- MC LACHLAN, BEN. N., 330 Norwood Ave., Grand Rapids, Mich. (D.C.)
- MC LAIN, D. R., 515 B'way, Toledo, O. (N.D.)
- MC LAREN, DR., 907 Bathurst St., Toronto, Can. (D.C.)
- MC LAUGHLIN, ELIZABETH A., Mason Bldg., Los Angeles, Cal. (D.O.)
E. T., I. O. O. F. Bldg., Knoxville, Ia. (D.O.)
Jennie L., 186 Pine Street, Detroit, Mich. (D.C.)
S. C., 3 Harvard Street, Newtonville, Mass. (D.O.)
- MC LEAN & MC LEAN, DRS., 328 Palmerston Blvd., Toronto, Ont. (D.C.)
- MC LEAN, A. E., Gauld, Quebec, Can. (D.C.)
- D'Arcy B., 328 Palmerston Blvd., Toronto, Ont., Can. (D.C.)
W. R., 717½ Franklin St., Michigan City, Ind. (D.C.)
- MC LEAN, W. R., 808 Madison St., La Porte, Ind. (D.C.)
- MC LENNON, M. L., Palestine, Ill. (D.C.)
- MC LEOD, W. A., 606 Joliet Nat'l Bank Bldg., Joliet, Ill. (D.M.T.)
- MC LOUTH, C. LOUIS, 5328 S. Park Ave., Chicago, Ill.
- MC MAHAN, B. S., Woodward Bldg., Washington, D. C. (D.O.)
M. H., 595 4th St., Portland, Ore. (D.C.)
- MC MAINS, GRACE RAMSAY, Union Trust Bldg., Baltimore, Md. (D.O.)
Harrison, Fidelity Bldg., (D.O.)
Henry A., Union Trust Bldg., Baltimore, Md. (D.C.)

- MC MANIS, J. V., Pres. McManis Table Co., Dayton, O. (D.O.)
- MC MANUS, F. E., 1829 Niagara St., Buffalo, N. Y.
- MC MEEKIN, HAZEL, 2935 Prairie Ave., Chicago, Ill. (N.D.)
- MC MILLAN, A. F., 143 E. Fernando St., San Jose, Cal. (D.C.)
- MC MILLEN, A. R., Riverdale, Md. (D.M.T.)
- MC MILLEN, J. W., Stockton, Kan. (D.O.)
- MC MILLIN, FRANK, Arkansas City, Kan. (D.C.)
- MC MULLAN, EDITH, 58 W. Bayard St., Denver, Colo. (D.C.)
Walter M., 229 E. Commonwealth St., Fullerton, Cal. (D.O.)
- MC MULLIN & MC MULLIN, DRS., Ponca City, Okla. (N.D.)
- MC MURLEN, WM., 718 W. 63rd St., Chicago, Ill. (D.C.)
- MC NABE, ADELINE M., Southampton, Ont., Can. (D.O.)
C. M., St. Joe, Ark. (D.C.)
- MC NAMARA, R. E., 307 W. 18th St., Cleveland, O. Ill. (N.D.)
- MC NAMARA, R. E., Baldwin Park, Cal. (D.C.)
- MRS. R. E., 528 Brady St., Davenport, Ia. (D.C.)
- MC NARY, J. F., Matthews Bldg., Milwaukee, Wis. (D.O.)
William D., Matthews Bldg., Milwaukee, Wis. (M.D., D.O.)
- MC NAUGHT, C. E., Lake Park, Ia. (D.O.)
- MC NEAL, MISS ETHEL, Mulhall, Okla. (D.C.)
- MC NEER, VALENTINE, Lissie, Tex. (N.D.)
- MC NELIS, ANTHONY J., Real Estate Trust Bldg., Philadelphia, Pa. (D.O.)
- MC NICOL, A. M., Dallas, Ore. (D.O.)
D. ELLA, Coulter Bldg., Frankfort, Ind. (D.O.)
- MC NITT, LESLIE, 121 E. Main St., Benton Harbor, Mich. (D.C.)
Wm. S., Watervliet, Mich. (D.C.)
- MC PHAIL, D., Fayetteville, Mo. (S.T.)
- MC PHERSON, GEORGE W., 414 Mackay St., Montreal, Quebec, (D.O.)
- MC PIKE, JAMES K., Steward Building, Okmulgee, Okla. (D.O.)
- MC QUIRK, PHIL S., Spirit Lake, Ia. (D.O.)
- MC ROBERTS, SARAH ELLEN, 130 N. Negley Ave., Pittsburgh, Pa. (D.O.)
- MC RYE, DR. M., Fifth and Okmulgee Aves., Muskogee, Okla. (S.T.)
- MC SHERRY, THOMAS, B'way, Long Branch, N. J. (D.O.)
- MC SLOY, H. M., Humboldt, Sask., Can. (D.C.)
- MC VICAR, ELIZABETH, Evanston, Ill. (D.C.)
- MC WAY, SARAH A., Ravenna, O. (N.D.)
- MC WILLIAMS, DR., Anaconda, Mont. (D.C.)
Alex. F., Huntington Chambers, Boston, Mass. (D.O.)
Royal A., Manufacturers Bank Bldg., Lewiston, Me. (D.O.)
R. M., Rook Rapids, Ia. (D.C.)
R. M., Pueblo, Colo. (D.C.)
R. M., Princeton, Mo. (D.C.)
- MEACHAM, W. B., Legal Bldg., Asheville, N. C. (D.O.)
- MEAD, CLYDE D., Viroqua, Wis. (D.O.)
- MEADE, ALBA, Exchange Bldg., Memphis, Tenn. (D.O.)
- MEADER, EMMA LAURA, 48-a Estes St., Lynn, Mass. (D.O.)
- MEADOWS, E. C., Melfort, Sask., Can. (D.C.)
L. F., 122 E. 2nd Street, Oklahoma City, Okla. (D.C.)
- MEARS, O. BENTON, 6 N. Michigan Ave., Chicago, Ill. (Nap.)
- "MECCA OF CHIROPRACTIC," New Jersey College, 577 Warren Street, Newark, N. J. (D.C.)
- MECHLING, BESSIE, 417 S. Michigan St., South Bend, Ind. (D.C.)
- MECKER, G. W., Thermopolis, Wyo. (D.C.)
- MEDARIS, C. E., Masonic Temple, Rockford, Ill. (D.O.)
Will O., A. S. O. Hospital, Kirksville, Mo. (D.O.)
- MEDDER, CHAS. B., 926 Gladstone Ave., Portland, Ore. (D.C.)
- MEDES, E. HAROLD, 15 Rickard St., Cortland, N. Y. (D.C.)
- MEDLAR, S. AGNES, 1112 Chestnut St., Philadelphia, Pa. (D.O.)
- MEDLEY, MINNIE P., Chilli-cothe, O. (Ch.)
- MEDLIN, M. G., 411 Opera Bldg., Long Beach, Cal. (D.C.)
- MEEKER, G. D., 10 Mitchell Bldg., Cincinnati, O. (D.C.)
G. W., Thermopolis, Wyo. (D.C.)
- MEEKER & KLOMANN, 8-10 Mitchell Bldg., Cincinnati, O. (D.C.)
- MEGATHLIN, VIOLET M., 133 Peterborough Street, Boston, Mass. (D.C.)
- MEIER, H. W., 13 Bank Bldg., Main St., Ashtabula, O. (N.D.)
H. W., Ashtabula, O. (D.C.)
Louise C., Nashua, Ia. (N.D.)
- MEINHARDI, ED., New Smyrna, Fla. (D.C.)
E. J., Whitehall, Mich. (N.D.)
- MEISSNER, CHAS. L., 81 Arch Ave., Ridgewood, N. J. (D.C.)
- MEKEMSON, ELVINA, Biggsville, Ill. (D.O.)
- MELAIK, MRS. N., 306 W. 3rd St., Williamsport, Pa. (D.C.)
- MELANDER, THEO. A., 17 E. 59th St., New York, N. Y. (Ma.)
- MELEON, N. F., 135 12th St., Portland, Ore. (N.D.)
- MELESKI, MARY M., 604 Lion St., Dunkirk, N. Y. (D.O.)
- MELBYE, N., Woonsocket, S. D. (D.C.)
- MELLEY, C. J., 116 W. Chestnut St., Chicago, Ill. (D.C.)
- MELLOR, JOSEPH, 2305 E. 57th St., Cleveland, O. (D.M.T.)
- MELLOTT'S MECHANICAL, 6 W. North Ave., Pittsburgh, Pa. (Ma.)
- MELSON, L. C., 193 Delaware Ave., Buffalo, N. Y. (D.C.)
- MELTON, MRS. NELLIE, Anadarko, Okla. (S.T.)
- MEMMERT, A., Smith and Church Sts., Centredale, R. I. (D.O.)
- MENDENHALL, LOUIS, Marion, O. (Ma.)
- MENEGAY, J. E., Greensburg, Kans. (D.C.)
- MENEGAY, J. E., 622 Renkert Bldg., Canton, O. (D.C.)
- MENGES, A. B., 1304 E. 91st St., Cleveland, O. (D.C.)
- MENOUGH & MENOUGH, 521 Main St., Peoria, Ill. (D.C.)
6300 Euclid Ave., Cleveland, O. (D.C.)
- MENSINK, J. H., 8 Center St., Corry, Pa. (D.C.)
Mrs. N., 306 W. 3rd Street, Corry, Pa. (D.C.)
- MENZ, EDWARD A., 87 Corbet St., Dorchester, Mass. (D.C.)
- MERCER, ALICE, 513 Sandusky St., Pittsburgh, Pa. (D.C.)
William L., Salem, Ore. (D.O.)
- MERCK, MARY A., Putnam, Okla. (D.C.)
- MEREDITH, ORTIZ R., Department Store Bldg., Nampa, Ia. (D.O.)
- MEREDITY, HARRY J., Cripple Creek, Colo. (D.C.)
- MERENDINO, JOSEPH, 2255 B'way, New York, N. Y. (D.C.)
- MERKLEY, E. H., 36 W. 35th St., New York, N. Y. (D.O.)
G. H., Hotel Martinique, Broadway and 32nd St., New York, N. Y. (D.O.)
W. A., 487 Clinton Avenue, Brooklyn, N. Y. (D.O.)
- MERKLEY, GEO. H., 273 Sanford Ave., Brooklyn, N. Y. (D.O.)
- MERRELL & MERRELL, 606 W. Henley St., Olean, N. Y. (D.C.)
- MERREL, EDITH F., 52 Maryland St., Rochester, N. Y. (D.C.)
Roy N., 52 Maryland St., Rochester, N. Y. (D.C.)
- MERRILL, CHARLES R., 46 Albert St., Stratford, Ont. (D.C.)
Edward Strong, Ferguson Bldg., Los Angeles, Cal. (D.O.)

- MERRILL, JOHN H., Yale, Mich. (D.C.)
R. C., 1555 N. La Salle St., Chicago, Ill. (D.C.)
Ray C., 366 Atlantic Street, Stamford, Conn. (D.C.)
R. C., 562 Congress Street, Portland, Me. (D.C.)
Ray C., 504 Baxter Bldg., Portland, Me. (D.C.)
- MERRIMAN, GEORGE, 713 Armandale Ave., Pittsburgh, Pa. (D.C.)
- MERRITT, J. P., Tekannah, Neb. (D.O.)
- MERRY, MARIAN, 1528 E. 3rd St., Duluth, Minn. (D.O.)
- MERRYMAN, H. L., 1524 8th Ave., Greeley, Colo. (D.C.)
- MERVINE, I. W., Ballinger Bldg., St. Joseph, Mo. (D.O.)
- MERVY, L. A., 675 11th St., Oakland, Cal. (D.C.)
- MESSINGER, M. LILA, Simms, Mont. (D.C.)
- MESSICK, CHAS. W., 1030 E. 47th St., Chicago, Ill. (D.O.)
Orville W., 954 E. 43rd St., Chicago, Ill. (D.O.)
- MESSICK, MARGARET E., 1030 E. 47th St., Chicago, Ill. (D.O.)
- MESSINGER, J. A., 212 East Adam St., Phoenix, Ariz. (N.D.)
- MESSMER, J. G., Keystone Bank Bldg., Pittsburgh, Pa. (D.C.)
- METCALF, J. O., 306 Schultz Bldg., Columbus, O. (N.D.)
W. E. E., Los Angeles, Cal. (D.C.)
- METCALFE, Dr. F. A., West Point, S. Dak. (S.T.)
- METHOD, J. D., 1234 E. Norwood St., Toledo, O. (N.D.)
- METSKAS, M., 6258 Archer Ave., Argo, Ill. (N.D.)
- METZGER, CHAS., I. O. O. F. Bldg., Goshen, Ind. (D.C.)
- METZGER, F. B., Topeka, Kans. (D.C.)
- METZNER, F., 142 Woodbine St., Brooklyn, N. Y. (Opt.)
- MEYER, A., 399 E. 155th St., New York, N. Y. (Ma.)
- MEYERS, A. M., 1312 Wayne Ave., Dayton, O. (D.M.T.)
Gustave, 1125 Washington St., Hoboken, N. J. (As.)
John W. H., 112 W. 69th St., New York, N. Y. (N.D.)
Joseph E., Carey, O. (D.C.)
Julia A., 858 Hamilton Ave., St. Louis, Mo. (M.D.)
Wm. F., 725 New York St., Toledo, O. (D.C.)
- MEYER & MEYER, 1330 E. Market St., Huntington, Ind. (D.C.)
- MEYER, F. J., St. Louis Co. Bank Bldg., Clayton, Mo.
C. W., 113½ W. Mulberry St., Kokomo, Ind. (D.C.)
Geo. W., 7 Courtland Blk., Kokomo, Ind. (D.C.)
Mrs. J. E., Urban, Ind. (D.C.)
James E., 38 W. Market St., Huntington, Ind. (D.C.)
J. H., Chauteau, Mont. (D.C.)
- J. P., 412 Jefferson St., Huntington, Ind. (D.C.)
- Ree W., Redondo Beach, Cal. (D.C.)
- Richard L., 1297 Market St., San Francisco, Cal. (D.O.)
- S. P., 1116 S. 6th St., Terre Haute, Ind. (D.C.)
- S. P., 153 Pipestone St., Benton Harbor, Mich. (D.C.)
- S. P., 202-4 Arcade Bldg., Terre Haute, Ind. (D.C.)
Wm., 1456 Ridgley St., North Bergen, N. J. (D.C.)
- MEYERS, FRED., 725 Swedes St., Norristown, Pa. (D.C.)
G. L., 3827 14th St., Washington, D. C. (D.C.)
O. D., Majestic Hotel, Pueblo, Colo. (D.C.)
O. P., 155 2d Ave., S. Saskatoon, Sask., Can. (D.C.)
Stephen B., 306 N. 6th St., Terre Haute, Ind. (D.C.)
- MEYRAN, LAWRENCE SANFORD, Baker, Mont. (D.O.)
- MEYSTRICK, J., 204 2nd Ave., Astoria, L. I., N. Y. (D.O.)
- MICHAEL, A., 701 Schmidt Bldg., Pittsburgh, Pa. (D.C.)
- MICHELHENAY, MRS. H. (Ohio City), Lima, O. (N.D.)
- MICHIGAN COLLEGE OF CHIROPRACTIC, 108 Jefferson Ave., Grand Rapids, Mich. (D.C.)
- MICKLE, GEORGE E., Metz Bldg., Grand Rapids, Mich. (D.O.)
- MIDDLEDITCH, EMMA C., 1245 O'Farrell St., San Francisco, Cal. (D.C.)
- MIDDLETON, DELLA, James Blk., Eagle Grove, Ia. (D.O.)
- MIEDIKING, F. W., 307 Nichols Bldg., Spokane, Wash. (D.C.)
- MIHAH, JNO., 3184 W. 44th St., Cleveland, O. (D.C.)
- MILAN, THOS., La Salle, Ill. (N.D.)
- MILDENBERGER, C., 62 Woodbine Street, Brooklyn, N. Y. (D.O.)
Chas., Terminal Bldg., 68 Hudson St., Hoboken, N. J. (N.D.)
- MILER, T. M., 2507 Ashwood Ave., Cleveland, O. (D.C.)
- MILES, ELLA E., 125 Alfred St., Bradford, Ont., Can. (D.C.)
Robt. W., 5300 W. 41st Ave., Denver, Colo. (D.C.)
Stanley, Ironwood, Mich. (D.C.)
- MILINE, MAE, 1228 Colorado Ave., Colorado Springs, Colo. (D.C.)
- MILLARD, F. P., 12 Richmond St. E., Toronto, Ont. (D.O.)
H. B., 488 Nostrand Ave., Brooklyn, N. Y. (Ma.)
- MILLAY, E. O., 1664 Woodward Ave., Detroit, Mich. (D.O.)
E. O., The Maples, Romeo, Mich. (D.O.)
- MILLER, AGNES M., 785 E. 105th St., Cleveland, O. (N.D.)
A. L., New England Bldg., Cleveland, O. (D.O.)
- Chester L., 27 E. Monroe St., Chicago, Ill. (D.O.)
- Clara Macfarlane, Paradise, Cal. (D.O.)
- C. W., 209-10 Miners B. R. Bldg., Joplin, Mo. (D.C.)
- D. F., Baylor, Mont. (D.O.)
- D. S., 210 Cincinnati Bldg., Lima, O. (D.C.)
- Earl A., Luddington, Mich. (D.C.)
- E. E., 1321 Edgeware Pl., Los Angeles, Cal. (D.C.)
- Rev. Eva Kinney, Peoria, Ill. (S.T.)
- E. W., Auburn, Ind. (D.C.)
- Frank, 218 E. Mountain Ave., Ft. Collins, Colo. (D.C.)
- Frank, 217 E. 7th St., Plainfield, N. J. (D.O.)
- F. L., R. D. No. 3, Cortland, N. Y. (D.C.)
- Frank L., 318 Cahill Bldg., Syracuse, N. Y. (D.C.)
- Frank L., Rothsay, Minn. (N.D.)
- F. W., 109 S. Academy St., Janesville, Wis. (D.C.)
- F. W., 409-10 Jackman Bldg., Janesville, Wis. (D.C.)
- Frank W., 218 E. Mountain Ave., Ft. Collins, Colo. (D.C.)
- Fred W., Madison Co. Trust & Deposit Bldg., Oneida, N. Y. (D.O.)
- Geo. H., Bredenburg, Sask., Can. (D.C.)
- Geo. H., 1219 Perry St., Davenport, Ia. (D.C.)
- Geo. H., Byron, Okla. (D.C.)
- Grace E., Jeffords-Smoyer Bldg., Clearwater, Fla. (D.O.)
- H. L., New Farmers Bank Bldg., Monticello, Ind. (D.C.)
- H. L., 15 Hobart Ave., Detroit, Mich. (D.C.)
- Harry I., Farmers & Merchants' Bank Bldg., Festus, Mo. (D.O.)
- Harry T., Hanlon Bldg., Canton, Ill. (D.O.)
- H. W., 1630½ Second Ave., Rock Island, Ill. (D.C.)
- H. W., B. & A. Bldg., Missoula, Mont. (D.C.)
- Mrs. Iowa, Fairfield, Ia. (D.C.)
- Ira L., 36 Balto. St., Hanover, Pa. (D.C.)
- I. S., 1639 W. 18th St., Chicago, Ill. (D.C.)
- I. V., Fairfield, Ia. (D.C.)
- Jas. A., 134 State St. W., Marshall, Mich. (D.C.)
- James B., Waukomis, Okla. (D.C.)
- J. P., N. Platte, Nebr. (N.D.)
- J. R., Arcade Bldg., Rome, N. Y. (D.O.)
- J. W., Bellaire, Kans. (S.T.)
- John W., 226 Market Sq., Sunbury, Pa. (D.O.)
- Joseph Donley, 87 Beechhurst Ave., Morgantown, W. Va. (D.O.)
- Kate R., Meisel Bldg., Port Huron, Mich. (D.O.)
- L., 1155 Defrees St., Los Angeles, Cal. (D.C.)
- L. Janie, 6026 Washington Ave., Chicago, Ill. (D.C.)
- O. A., Ionia, Kans. (S.T.)
- O. S., 8109 Garische Blvd., St. Louis, Mo. (D.C.)
- P. H., Mt. Morris, Pa. (D.O.)

- R. C. Aurora, Nebr. (D.C.)
 R. Lee, Holston Bank Bldg.,
 Knoxville, Tenn. (D.O.)
 Samuel B. Granby Bldg.,
 Cedar Rapids, Ia. (D.O.)
 W. A., Newton, Kans. (D.C.)
 W. D., Charles City, Ia.
 (D.C.)
 Wm. E., Perry, Ia. (D.C.)
 Mrs. W. R., Fairfield, Ia.
 (D.C.)
- MILLER, B. CURTIS, 710
 Bond Bldg., Washington,
 D. C. (M.D.)
 Bessie R., Fairview, La.
 (N.D.)
 C. A., 10,111 North Blvd.,
 Cleveland, O. (D.M.T.)
 Chester L., New Gensland
 Bldg., Elmhurst, Ill.
 (D.O.)
 Della L., 307 S. Perry St.,
 Dayton, O. (Ch.)
 F. E., Battle Creek, Mich.
 (N.D.)
 G. O., 207-8 Markel Bank
 Bldg., Hazelton, Pa.
 (D.C.)
 John T., 1319 S. Grand Ave.,
 Los Angeles, Cal. (Me.)
 Linnie B., The Atlantic
 Apts., Washington, D. C.
 (D.O.)
 L. B., 10th and N Sts. N. W.,
 Washington, D. C.
 (D.M.T.)
 L. H., Danbury, Conn.
 (D.C.)
 L. S., 421 S. Ashland Blvd.,
 Chicago, Ill. (N.D.)
 M., 866 Duluth Ave.,
 St. Paul, Minn. (D.M.T.)
 Margaret, Hillsboro, O.
 (N.D.)
- MILLERS, J. A., Cor. Summit
 and Cherry Sts., Toledo,
 O. (D.M.T.)
- MILLHIZER, ROBT., Hanni-
 bal, Mo. (D.C.)
- MILLIGAN, A. LEE,
 Mulberry, Ind. (N.D.)
- MILLIKEN, CHAS., Whittier,
 Cal. (D.O.)
- MILLS, ANNA M., Star Store
 Bldg., Tuscola, Ill. (D.O.)
 Carroll J., Second Nat'l
 Bank Bldg., Warren, O.
 (D.O.)
 David A., 1422 W. Monroe
 Ave., Chicago, Ill. (D.O.)
 Ella E., 125 Alfred St.,
 Bradford, Ont., Canada.
 (D.C.)
 Ernest P., 607 E. 47th St.,
 Chicago, Ill. (D.C.)
 J. W., S. Warren St., Syra-
 cuse, N. Y. (D.C.)
 M. L., 404 Dillaye Bldg.,
 Syracuse, N. Y. (D.C.)
 Maud S., Robertsdale, Ala.
 (D.O.)
 W. S., First Nat'l Bank
 Bldg., Ann Arbor, Mich.
 (D.O.)
- MILLS, C. E., 1432 Jackson
 Blvd., Chicago, Ill. (N.D.)
- MILLS, ROY, 303 N. Osage St.,
 Girard, Kans. (M.D.)
 T. M., 2507 Archwood,
 Cleveland, O. (D.C.)
- MILTENBERGER, R., Ter-
 minal Bldg., Hoboken,
 N. J. (D.C.)
- MINER, E. FRANK, 4 W.
 Newell Ave., Rutherford,
 N. J. (D.O.)
- MINGO, MRS. EFFIE, 3741
 Dirr Ave., Cumminsville,
 O. (D.M.T.)
- MINNECK, J. EARL, Sharps-
 ville, Pa. (D.C.)
- MINTZY, HERBERT, Bran-
 don, Man. (D.C.)
- MINTHORNE, RICHARD, 49
 Delevan Ave., Newark,
 N. J. (D.C.)
- MINTON, W. H., King Hill
 Bldg., St. Joseph, Mo.
 (Ont.)
- MINTZ, HERBERT, Rocan-
 ville, Sask. (D.C.)
 H. E., 231 11th St., Bran-
 don, Man., Can. (D.C.)
 H. W., Lake Preston, S.
 Dak. (D.C.)
- MIRAGE, O. A., Broadway,
 Council Bluffs, Ia. (D.C.)
- MISUNAS, FRANK, 825
 Milton Ave., Chicago, Ill.
 (Ma.)
- MITCHEL, Dr. JOHN,
 Whieton, Mo. (S.T.)
 Dr., 300 Columbia Bldg.,
 Duluth, Minn. (D.C.)
 Andrew, c/o The Kallam
 Bldg., Tama, Ia. (D.C.)
 Mrs. A. J., Hutchinson,
 Kans. (D.C.)
 Charles G., Los Angeles,
 Cal. (D.C.)
 Chas. R., Blount Bldg., Pen-
 sacola, Fla. (D.O.)
 Eugene, 815 N. Topeka Ave.,
 Wichita, Kans. (M.D.)
 Harry L., 71 Orange St.,
 Brooklyn, N. Y. (D.C.)
 Jennie, 823 State St., Tex-
 arkana, Tex. (D.O.)
 K. E., 1337 California St.,
 Denver, Colo. (R. N. D.C.)
 K. E., Hotel Belvidere, 15th
 and Geyarm Sts., Denver,
 Colo. (D.C.)
 Minnie B., Park City, Mont.,
 (S.T.)
 Pearl, Ames, Okla. (D.C.)
 R. M., Texarkana Nat'l
 Bank Bldg., Texarkana,
 Tex. (D.O.)
 Warren B., 738 Broad St.,
 Newark N. J. (D.O.)
- MITCHELL, C., c/o Adam
 Brothers Printing Co.,
 Topeka, Kans. (D.C.)
 H. L., 71 Orange St.,
 Brooklyn, N. Y. (N.D.)
 Joseph R., 4654 N. Racine
 Ave., Chicago, Ill. (Or.S.)
- MITCHENER, H., Wichita,
 Kans. (M.D.)
- MITTERLING, EDWARD S.,
 Webster City, Ia. (D.O.)
- MITTS, J. W., 3542 Pierce
 Ave., Chicago, Ill. (D.C.)
- MIZI, G. W., 325 14th St., Oak-
 land, Cal. (D.C.)
- MOAT, W. S., 3332 N. 17th
 St., Philadelphia, Pa.
 (M.D.)
- MOATES, CHAS. H., 208 East
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Smith, 750 Lansdowne Ave., Toronto, Ont., Canada. (D.C.)
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- NETH, GUSTAVE A., 1012 W. Berendo St., Los Angeles, Cal. (D.C.)
- NETHERSOLE, A., 164 Palisade Ave., Garfield, N. J. (D.C.)
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F. F., Box 58, Werner, Nebr. (D.C.)
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- Julie K., 116 E. 58th St.,
New York, N. Y. (D.O.)
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Ia. (D.C.)
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Madison, Wis. (D.C.)
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- M. O., 1256 Haight St., San Francisco, Cal. (D.C.)
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- OMAN, MRS. E., 17 E. 89th St., New York, N. Y. (Ma.)
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- O'NEAL, G. M., 849-850 Ohio Bldg., Toledo, O. (D.C.)
- O'NEIL & O'NEIL, 847-50 Ohio Bldg., Toledo, O. (D.C.)
- O'NEILL, ADDISON, 9 No. Beach St., Daytona, Fla. (D.O.)
- Mrs. M. E., 1050 Amsterdam Ave., New York, N. Y. (N.D.)
- T. H., 419 Central Ave., Brooklyn, N. Y. (D.O.)
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- W. H., 210 Parkway Bldg., Philadelphia, Pa. (N.D.)
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- OPDYCKE, FLORENCE M., 167 State St., Augusta, Me. (D.O.)
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- Nelson H., 1117 Marshall Ave., Mattoon, Ill. (N.D.)
- OPPENHEIMER, H. H., 108 Villa Ave., Buffalo, N. Y. (D.C.)
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- ORD, L. GARNET, 210 Bloor St., Toronto, Ont., Canada. (D.C.)
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- ORLOFF, ALEXIS S., 4520 Abbot Ave. S., Minneapolis, Minn. (N.D.)
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- ORTMEYER, A. H., 115 Edgar St., Evansville, Ind. (N.D.)
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- R. Randle, Shannon, Ill. (M.D.)
- OSCHNER, B. O., 144 Main St., Oneida, N. Y. (D.C.)
- OSGOOD, Helen J., 1325 E. Colfax Ave., Denver, Colo. (D.C.)
- Lizzie E., 150 North St., Pittsfield, Mass. (D.O.)
- OSHINSKE, JNO., 2735 N. Central Park Ave., Chicago, Ill. (D.C.)

- OSTBERG, CHAS. J., 1007 Belmont Ave., Chicago, Ill. (D.C.)
(Chas. J. Pub. Service Bldg., Kenosha, Wis. (D.C.))
- OSTEOPATHIC INSTITUTE N. PHILA., Weightman Bl., Philadelphia, Pa. (D.O.)
- OSTNESS, GEO. M., Redfield, S. D., (I.)
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- OSWALT, JOHN H., Warren, O. (D.C.)
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(Josephine, Harding, S. Dak., (D.C.))
- OWENS, T. J., 828 Brady St., Davenport, Ia. (D.C.)
- OYER, ST. ELMO C., 230 Laurel St., Buffalo, N. Y. (D.C.)
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- OZIAS, CHAS. A., Kansas City, Mo. (M.D.)
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- PACIFIC CHIROPRACTIC COLLEGE, Portland, Ore. (D.C.)
- PACZKOWSKI, THADDEUS, 194 Broad St., Bloomfield, N. J. (D.C.)
- PADBERG, BLANCHE M., 4205 Sansom St., Philadelphia, Pa. (D.O.)
- PADLEY, MRS. E., 1113 N. Dearborn St., Chicago, Ill. (D.C.)
- PAELILLO, ANTONIO, 381 E. Main St., Bridgeport, Conn. (D.M.T.)
- PAGE, G. RALPH, 147 Hancock St., Brooklyn, N. Y. (D.O.)
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(Mrs. W. B., Goshen, Ind. (D.C.))
- PAGELER, DR. J. H., 2514 Grant St., Omaha, Nebr. (S.T.)
- PAINE, CAROLINE L., Orange, Cal. (D.O.)
- PAINE, JOSEPHINE H., 4731 Lake Park Ave., Chicago, Ill. (D.O., M.D.)
- PAINTER, CARRIE, 2359 N. California Ave., Chicago, Ill. (D.C.)
(E. M., Unionville, Mo. (D.O.))
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- PANZER, HENRY, 200 West 72nd St., New York, N. Y. (P.)
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(E. Tracy, Corbett Bldg., Portland, Ore. (D.O.))
(F. A., 111 W. Park Ave., Champaign, Ill. (D.O.))
(F. D., New York Life Bldg., St. Paul, Minn. (D.O.))
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(J. Page, Bradentown, Fla. (D.O.))
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(Olive B., 12 Bellingham St., Everett, Mass. (D.C.))
(R., 508 S. Ashland Blvd., Chicago, Ill. (D.C.))
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(Robt. Foulkner, Listowel, Ont. (D.O.))
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- PATTON, R. EDWIN, 131 W. 18th St., Erie, Pa. (N.D.)
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- Walter Frank, Myres Bldg., Kahoka, Mo. (D.O.)
- PAUWELS, ROBT., 110 W. 40th St., New York, N. Y. (D.C.)
- PAY, J. W., Milbank, S. D. (N.D.)
- PAYNE & PAYNE, Craig, Colo. (M.N., D.C.)
- PAYNE & PAYNE, 101 Pope Blk., Pueblo, Colo. (W.M., D.C.)
- PAYNE, A. V., Marbridge Bldg., B'way and 34th St., New York, N. Y. (D.M., D.C.)
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- M. U., Craig, Colorado (D.C.)
- PAYTON, W. L., Gen. Del., Oklahoma City, Okla. (D.C.)
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- Chas. Smith, Sea View House, Northumberland, Eng. (D.O.)
- R., 47 Pexey Park, Tyne-mouth, Eng. (D.C.)
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- W. W., 30 N. 2nd St., Harrisburg, Pa. (D.C.)
- PEASE, H. L., Bradley Bldg., Putnam, Conn. (D.O.)
- PEBLER, C. P., R. F. D. 4, Oberlin, Kans. (M.D.)
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- PECK, M. C., Belle Fourche, S. D. (D.C.)
- Martin W., 36 Cherry St., Lynn, Mass. (D.O.)
- Mary E., Hicks Bldg., San Antonio, Tex. (D.O.)
- Paul M., Hicks Bldg., San Antonio, Tex. (D.O.)
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- PEFLEY, J. W., Perry, Ia. (D.C.)
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- Josephine Liffing, New Savings Bldg., Lima, O. (D.O.)
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- PENROSE, JANET N., Weightman Bl., Philadelphia, Pa. (D.O.)
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- PERKINS, HELEN F., 1830 Columbia Road, Washington, D. C. (D.O.)
- H. J., 8 S. 52d St., Philadelphia, Pa. (D.O.)
- J. W., Bellflower, Mo. (D.C.)
- W. J., Lincoln Ave., Carbondale, Pa. (D.O.)
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- PERRIER, MARY A., Sault Ste. Marie, Can. (D.C.)
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 Jennie, Mt. Vernon, Mo. (S.T.)
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 Joseph, 331 Main St., Union Hill, N. J. (D.C.)
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 Wm. Timothy, Jacksboro, Tex. (S.T.)
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 Albin, Sedan, Kans. (S.T.)
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 R. H., 10526 Superior Ave., Cleveland, O. (D.C.)
 R. H., 10600 Superior Ave., Cleveland, O. (D.C.)
 PETERY, WM. E., 1536 Diamond St., Philadelphia, Pa. (D.O.)
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David, 124 Bridge St., Struthers, O. (D.C.)
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Linnae, May, 1705 Sherman Ave., Evanston, Ill. (D.O.)
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L. Preston, 63 S. Main St., Jamestown, N. Y. (D.C.)
PINZ, FERDINAND A., 416 E. 77th St., New York, N. Y. (N.D.)
PIPER, FREDERICK A., 108 Soledad St., San Antonio, Tex. (D.O.)
F. J., Box 39, Summer, Ill. (D.C.)
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PIPPERDA, BENJ., Cuba, Wis. (D.C.)
PITCHER, ALONZO, Cloverdale, O. (N.D.)
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Mrs. O. H., 7505 Melrose Ave., Cleveland, O. (D.M.T.)
PITTSBURGH COLLEGE OF CHIROPRACTIC, 320 Pittsburgh Life Bldg., Pittsburgh, Pa. (D.C.)
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L., 2004 14th St., Moline, Ill. (D.C.)
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H. F., Pontiac, Mich. (D.C.)
H. F., Belding, Mich. (D.C.)
Reginald, 1770 Hennepin Ave., Minneapolis, Minn. (D.O.)
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PLOTNEKOFF, EVEN E., 362 Kearney St., San Francisco, Cal. (N.D.)
PLUMB, GERALD S., Kalamazoo, Mich. (D.C.)
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G. A., 107 Cameron Ave., Detroit, Mich. (D.C.)
POAGE, EVA, Texola, Okla. (D.C.)
POBANZ, ARTHUR G., Cambridge, Ill. (D.C.)
POCHET, VIRGINIA G., 346 Garfield Ave., Chicago, Ill. (N.D.)
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POCOCK, HUBERT JOHN, C. P. E. Bldg., Toronto, Ont. (D.O.)
POE, F. E., 322-323 La Plante Blk., Vincennes, Ind. (D.C.)
POBET, BERNICE C., 310 E. Concord St., Vinton, Ia. (D.C.)
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POHS, JACOB, 315 Decatur St., Brooklyn, N. Y. (Opt.)
POLE, S. J., Galena, Kans. (S.T.)
POLLARD, C. E., 1515 Monroe St., Chicago, Ill. (N.D.)
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Mabel A., Long Beach Bank Bldg., Long Beach, Cal. (D.O.)
POLLOCK, ANNA, 2006 Columbia Road, Washington, D. C. (D.O.)
C. S., Pittsburgh Bldg., St. Paul, Minn. (D.O.)
POLLOCK, H. S., 3610 Vesta Ave., Cincinnati, O. (D.M.T.)
W. D., 154 27th St., San Francisco, Cal. (N.D.)
POLMANTEER, L. E., Water-vliet, Mich. (D.C.)
V. L., 802 Mercantile Library Bldg., Cincinnati, O. (N.D.)
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E. F., Harrison, Nebr. (S.T.)
PONTONE, HENRY, 281 Grove St., Jersey City, N. J. (D.C.)
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- PRATT, A. A., Box 907, Binghamton, N. Y. (N.D.)
Miss A. L., Rest Home, Virginia Beach, Va. (N.D., M.D.)
E. H., Suite 1708, 25 East Washington St., Chicago, Ill. (Or.S.)
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Florence B., 6543 Ingleside Ave., Chicago, Ill. (D.O.)
Glenn J., 27 E. Monroe St., Chicago, Ill. (D.O.)
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- PUTZKE, DR. HELENA E., R. No. 2, Box 1, Humboldt, S. D. (S.T.)
- PYATZKI, ERNEST, Hortin, Kans. (D.C.)
- PYLE, DR. HENRY G., 537 E. Ocean Ave., Long Beach, Cal. (D.C.)
- PYLE, HENRY G., 332 N. Jefferson St., Peoria, Ill. (M.D.)
R. M., Harold, Tex. (S.T.)

Q

- QUELLE, R. J., Burlington, Ia. (D.O.)
- QUICK, MRS. M., 711 Summitt Ave., Clinton, Ia. (D.C.)
Roy T., Onawa, Ia. (D.O.)
Walter J., Roanoke, Va. (D.C.)
- QUIGLEY, J. E., 826 10th Ave., Munhall, Pa. (D.C.)
W. J., 501 Pittsburgh Life Bldg., Pittsburgh, Pa. (D.C.)
W. J., 305 E. 8th Ave., Homestead, Pa. (D.C.)
- QUINN, BERNARD, 56 Public Square, Carrollton, O. (D.C.)
W. M., Casper, Wyo. (D.C.)
- QUINN, BERNARD, 2050 Penn Ave., Alliance, O. (D.C.)

QUINN, ELLA X., Jefferson
Theatre Building, St.
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Minn. (D.C.)

R

RABENSTEIN, WM. M., 512
Race St., Cincinnati, O.
(Ch.)

RABINOVICH, H., 1326 South
Lawndale Ave., Chicago,
Ill. (N.D.)

H., 206 Second Ave., New
York, N. Y. (N.D.)

RACE, H. L., 258 Hancock
St., Brooklyn, N. Y.
(N.D.)

RADCLIFFE, C. L., Sydney,
Nebr. (D.C.)

RADDLEY, JAY H., 112 W.
71st St., New York, N. Y.
(D.C.)

RADEMACHER, CAROLINE,
373 Woodlawn Ave., Buf-
falo, N. Y. (D.C.)

RADER, GEO. B., 14 W. Sec-
ond St., Seymour, Ind.
(D.O.)

RADICE, S. S., 45 Elmwood
Ave., Buffalo, N. Y. (D.C.)

RADKE, FRANK, 2932
Indiana Ave., Chicago, Ill.
(Ma.)

RADLEY, JAY H., 113 W. 71st
St., New York, N. Y.
(D.C.)

RAFFENBERG, MINA G., 10
New Moffet Blk., Wey-
burn, Sask. (D.O.)

RAFFERTY, M. H., Lakota,
N. D. (D.C.)

RAHR, GOLDIE, J., 253 N.
Broad St., Norwich, N. Y.
(D.C.)

RAINE, L. M., 2248 W. 95th
St., Cleveland, O. (D.C.)

Lulu M., Merritt Bldg.,
Jackson, Mich. (D.C.)

W. H., 6509 Detroit Ave.,
Cleveland, O. (D.C.)

Wm. H. O., Merritt Bldg.,
Jackson, Mich. (D.C.)

RAINEY, HOWARD E.,
Owosso, Mich. (N.D.)

RAIRDEN, N. B., 4618 S. Fi-
gueroa St., Los Angeles,
Cal. (N.D.)

RALFF, H., 554 Figueroa St.,
Los Angeles, Cal. (D.C.)

Harry, 209 Merchants Trust
Bldg., Los Angeles, Cal.
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RALPH, GERBER, Wallace,
Idaho. (D.C.)

RALSTON, CORA E., 922
Sherman Ave., Steuben-
ville, O. (D.C.)

John L., Carrington Bldg.,
Glencoe, Ill. (D.O.)

RAMIREZ, JOSE A., 152 East
47th St., New York, N. Y.
(N.D.)

RAMIS, ROY E., 1177 Taylor
St., Akron, O. (D.M.T.)

RAMONS, HATTIE E., Post
Office Bldg., Cañon City,
Colo. (N.D.)

RAMSEY, MRS. MARGARET
P., 1347 Pacific St.,
Brooklyn, N. Y. (Cr.)

RAND, CARRIE ELLS-
WORTH, 146 Massachu-
setts Ave., Boston, Mass.
(D.O.)

N. Louis, Waban Hotel,
Wellesley, Mass. (D.O.)

RANDALL, EDWARD B., 776
Tremont Street, Boston,
Mass. (D.C.)

RANDELL, G. J., 215 W. 51st
St., New York, N. Y.
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RANDOLPH, HARRIETT, Los
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Nashville, Kans. (Ma.)

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RANKEN, ELIS, Colonial
Arcade, Cleveland, O.
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Inez, 1428 E. 80th St.,
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ington Court House, O.
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Ave., New Haven, Conn.
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St. N.W., Washington,
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RASMUSSEN, MRS. MEDA,
Garrett, Ind. (D.C.)

RASSMER, MURKEE J., 969
Liberty Ave., Pittsburgh,
Pa. (D.C.)

RATH, DR. F. A., 651 W. 28th
St. Newport News, Va.
(D.C.)

Frederick A., 506 Silsby
Bldg., Newport News, Va.
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Frederick A., S. Fallsburg,
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field, O. (N.D.)

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Flatiron Bldg., Akron, O.
(N.D.)

RAWLINS, WM. E., 46
Irving Place, Brooklyn,
N. Y. (Ma.)

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Mary L., 419 South Ave.,
Westfield, N. J. (D.O.)

T. L., Fort Worth Nat'l Bank
Bldg., Ft. Worth, Tex.
(D.O.)

RAY, ALLEN L., 3021 North
Spaulding Ave., Chicago,
Ill. (D.O.)

RAYLE, MINNIE D., 207 1/2 W.
Center St., Marion, O.
(El.)

RAYMOND, A. C., 1408 Ply-
mouth Ave., Minneapolis,
Minn. (D.C.)

Margaret T., Frisco Bldg.,
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Chicago, Ill. (M.D.)

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Mich. (D.O.)

READ, CHAS. G., 153 River-
side Ave., Buffalo, N. Y.
(Cr.)

READ, RACHEL, 23 Reinan-
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(D.O.)

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Philadelphia, Pa. (D.O.)

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READFIELD, SALLIE, Ed-
wards, Miss. (D.C.)

READING, L. W., 15th and
Pine Sts., Philadelphia,
Pa. (M.D., D.C.)

R. W., 711 Ocean Front,
Ocean Park, Cal. (D.C.)

REAGAN, A. E., 118 Coolage
Ave., Syracuse, N. Y.
(D.C.)

REARDEN, ANNA, Locust
Ave., Long Beach, Cal.
(D.C.)

REBER, CHAS. G., 411 Main
St., Johnstown, Pa. (D.C.)

REBMAN, F. B., Youngstown,
O. (M.D., N.D.)

RECKEWELL, MRS. MARY,
200 W. 72nd St., New
York, N. Y. (Ma.)

RECORD, BLANCHE B., 754
17th St., Rock Island, Ill.
(D.O.)

RECORDS, W. P., Wilburton,
Okla. (S.T.)

RECTOR, ALBURN PARKS,
6161 Broadway, Chicago,
Ill. (D.O.)

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Harbor, Mich. (D.O.)

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- REED, D. S., Chiropractic Board of Examiners, Valley City, N. D. (D.C.)
- REED, RICHARD HORATIO, 5900 Magnolis Ave., Chicago, Ill. (D.O.)
- R. O., 204 Passaic Ave., Hackensack, N. J. (D.C.)
- Robert P., 1034 Broadway, Denver, Colo. (D.C.)
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- REHFELD, J., 1817 N. 9th St., Philadelphia, Pa. (N.D.)
- REHFELD, HUGO A., Martin County Nat'l Bank Bldg., Fairmount, Minn. (D.O.)
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- REICHTER, Crown Point, Ind. (N.D.)
- REICKIE, HARRY C., 1466 Keltion Ave., Pittsburgh, Pa. (D.C.)
- REID, A. J., 7001 N. Paulina St., Chicago, Ill. (N.D.)
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- REITER, D. H., R. F. D., Youngstown, O. (D.C.)
- REITMEIER, J. H., R. No. 1, Box 23, Minster, O. (N.D.)
- REMSBURG, G. W., Lamont, Ia. (D.C.)
- REMMERS, FREDERICK L., 440 Somerset St., Gloucester City, N. J. (N.D.)
- RENAUD, E. C., 803 1/2 Francis St., St. Joseph, Mo. (Opt.)
- RENCER, G. J., 68 Greene Ave., Brooklyn, N. Y. (N.D., D.C.)
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- RENFREW, D. RHODES, 1404 Tremont St., Denver, Colo. (D.C.)
- RENO, INEZ, Woodbine, Ia. (D.C.)
- Inez F., Dolores, Colo. (D.C.)
- O. E., Guide Rock, Nebr. (D.C.)
- RENSHAW, DELLA, 218 S. Chestnut St., Clarksburg, W. Va. (D.O.)
- Dr., 855A Myrtle St., Oakland, Cal. (D.C.)
- RENSLEY, HARRY, 2150 Cleveland Ave., Chicago, Ill. (D.C.)
- REPLOGLE, K. M., Champaign, Ill. (N.D.)
- P. S., Champaign, Ill. (M.D.)
- RERUCHA, VICTOR V., O'Neill, Nebr. (D.O.)
- RESSLER, J. M., 10729 Gooding Ave., Cleveland, O. (D.C.)
- REST, HAVEN, 2941 Broadway, Chicago, Ill. (D.C.)
- RESTORFF, C., 145 W. Center St., Paxton, Ill. (D.C.)
- REUDOLPH, C. A., 3800 B'way, New York, N. Y. (Ma.)
- REUTER, KATHRYN, Selling Bldg., Portland, Ore. (D.O.)
- REXFORD, S. E., 1028 Bloomfield St., Hoboken, N. J. (D.C.)
- REYNARD, DR., 1314 Telegraph Ave., Oakland, Cal. (D.C.)
- REYNOLDS, ARLENE B., 30-31 Jefferson Bldg., St. Augustine, Fla. (D.C.)
- REYNOLDS, C. E., New Sharon, Ia. (D.C.)
- E. R., Souders Bldg., Auburn, Nebr. (D.O.)
- Geo. H., R. R. 1, Box 461, Hazelton, Kans. (Ma.)
- H. D., Beaver Falls, Pa. (D.C.)
- H. D., Shaffmaster Bldg., Conneaut, O. (D.C.)
- Miss Ida, Sun Prairie, Wis. (D.C.)
- R. H., San Bernardino, Cal. (D.C.)
- R. H., Wheatridge, Colo. (D.C.)
- W. H., 486 Allison St., Ashland, Ore. (D.C.)
- REZNER, LURENA, Lahann Bldg., Monmouth, Ill. (D.O.)
- REZNIKOV, ANNA, Sullivan St., Miami, Ariz. (D.O.)
- RHINEHART, A. W., 37 North St., Oneida, N. Y. (D.C.)
- RHOAD, IRA D., New Washington, O. (D.M.T.)
- RHOADES, H. B., Mantua, N. J. (D.C.)
- RHODES, B. H., West Palm Beach, Fla. (D.C.)
- F. A., 308 Northland Ave., Buffalo, N. Y. (D.C.)
- RICE, ALICE H., Las Vegas, N. M. (M.D.)
- E. C., Norman, Okla. (N.D.)
- Eula, 1723 Freeman St., Cincinnati, O. (Ch.)
- Oscar, 2118 W. North Ave., Chicago, Ill. (N.D.)
- RICE, BERT H., Vinton, Ia. (D.O.)
- C. M., 506 Tussing Bldg., Lansing, Mich. (D.C.)
- D. A., Storm Lake, Ia. (D.C.)
- Helen Elizabeth, 500 W. 12th St., Oklahoma City, Okla. (D.O.)
- Mary J., 304 S. Market St., Wichita, Kans. (D.C.)
- Roy L., 917 Gerritt St., Pittsburgh, Pa. (D.C.)
- Steve A., 326 1/2 E. 35th St., Los Angeles, Cal. (D.C.)
- Wm. C., 3959 Lincoln Ave., Chicago, Ill. (D.C.)
- Wm. C., 1951 Irving Pk. Blvd., Chicago, Ill. (D.C.)

- RICH, JAMES H., 830 Market St., San Francisco, Cal. (D.C.)
- RICHARD, LAWRENCE E., 59 Fort W., Detroit, Mich. (Opt.)
- RICHARD, S. J. DE NIORD, 262 Summer Ave., Buffalo, N. Y. (El.)
- RICHARDS & RICHARDS, 9 Franklin St., Warren, Pa. (D.C.)
- RICHARDS, ADDIE, Findlay, O. (Ma.)
Chas., Valparaiso, Ind. (D. C.)
C. B., 509 Innis St., Oil City, Pa. (D.C.)
C. B., 77 W. Central Ave., Titusville, Pa. (D.C.)
C. H., 222 3d St. Pittsburgh, Pa. (D.C.)
Chas. L., 310 Penn. St., Huntington, Pa. (D.C.)
M. F., 3242 Monroe St., Toledo, O. (N.D.)
Ralph A., Lock Box 137, Neponset, Ill. (N.D.)
S. D., National Bank Bldg., Savannah, Ga. (D.O.)
Wm. H., 121½ W. Sandusky St., Findlay, O. (Ma.)
Winifred, Davison, Mich. (D.C.)
- RICHARDSON, A. P., La Salle, Ill. (D.C.)
A. W., 511 Washington Bldg., Los Angeles, Cal. (D.C.)
A. W., Opera House, Los Angeles, Cal. (D.C.)
A. W., 1143 S. Olive St., Los Angeles, Cal. (D.C.)
C. E., 269 S. 8th St., Newark, N. J. (D.C.)
C. E., 854 S. Orange Ave., Newark, N. J. (D.C.)
Ernest E., Arnstein Bldg., Knoxville, Tenn. (N.D.)
Flora May, Auditorium Bldg., Minneapolis, Minn. (D.O.)
G. A., 152 Virginia Ave., Jersey City, N. J. (D.C.)
Geo. Art., 511 Washington Bldg., Los Angeles, Cal. (N.D.)
Horace J., 824 N. Tejon St., Colorado Springs, Colo. (D.O.)
H. L., 58 Main St., Winter Hill, Mass. (D.O.)
H. S., 452 W. 7th St., Long Beach, Cal. (D.O.)
Ira F., 6th and Park Sts., Fremont, Nebr. (D.O.)
Mrs. Mae, 15656 W. 45th St., Los Angeles, Cal. (D.C.)
Martyn L., Paul Gale-
Greenwood Bldg., Norfolk, Va. (D.O.)
Mrs. Isa B., 1731 S. Ver-
mont Ave., Los Angeles, Cal. (N.D.)
R. H., 343½ E. Grand Ave.,
Beloit, Wis. (D.C.)
T. B., 214 N. Lawrence St.,
Wichita, Kans. (D.C.)
William H., 34 St. Austin's
Place, West New Bright-
on, N. Y. (D.O.)
- RICHARDSON, EMMA, 935
Baymiller St., Cincinnati,
O. (Ch.)
E. E., 620 Mack Bldg.,
Denver, Colo. (N.D.)
H., 217 12th St., Miami,
Fla. (D.O.)
- RICHES, C. W., 2832 2d Ave.
S., Minneapolis, Minn.
(D.O.)
- RICHEY, S. H., Kokomo, Ind.
(D.C.)
- RICHIE, CHAS. A., 210 Equit-
able Bldg., Wilmington,
Del. (M.D., D.C.)
- RICHMAN, R. A., Brooklyn,
Ia. (D.C.)
- RICHMOND, I. M., 92 Broad-
way, Detroit, Mich. (D.C.)
- RICHTER, BENJ. R., Free-
port, Pa. (D.C.)
Clarence, Holyrood, Kans.
(D.C.)
T. F., 37 12th St., Minneapo-
lis, Minn. (D.C.)
- RIGHTON, FRANCIS, Moose
Jaw, Sask., Can. (D.C.)
- RICHWOORN, I. M., 207
Greenwood Ave., Detroit,
Mich. (D.C.)
- RICKERSON, ALVAH C., Buf-
falo St., Rushford, N. Y.
(D.C.)
- RICKMERS, N. W., 9602
Parnelia Ave., Cleveland,
O. (D.M.T.)
- RIDDELL, ROSS, 29 Monroe
Ave., Detroit, Mich. (Ch.)
- RIDER, C. L., 521 Stevens
Bldg., Detroit, Mich.
(D.O.)
- RIDGWAY, KATHRYN B.,
Securities Bldg., Des
Moines, Ia. (D.O.)
- RIECHERS, DOROTHEA,
Crown Point, Ind. (D.C.)
- RIEDL, WENZL, 2179 Tele-
graph Ave., Oakland, Cal.
(D.C.)
- RIEDMUELLER, J., 117 East
86th St., New York, N. Y.
(D.O.)
- RIESE, JOSEPH, 402 S. 7th St.,
La Crosse, Wis. (N.D.)
- RIFENBARK, LLOYD I., Gro-
ton, S. Dak. (D.O.)
- RIGGLE, A. C., 921 F St.
N. W., Washington, D. C.
(D.M.T.)
- RIGHTMAN, NACHMAN, 270
Rochester Ave., Brook-
lyn, N. Y. (D.C.)
- RILEY, BENJ. F., 1150 Chapel
St., New Haven, Conn.
(D.O.)
Chloe C., 14 E. 31st St., New
York, N. Y. (D.O.)
Geo. P., 212 Main St., Dans-
ville, N. Y. (D.C.)
Geo. W., 14 E. 31st St.,
New York City. (D.O.)
H. L., Boulder, Colo. (D.O.)
J. Shelby, 1116 F St. N. W.,
Washington, D. C. (N.D.)
Laura B., 552 Massachusetts
Ave., Boston, Mass. (D.C.)
Laura B., 151 Huntington
Ave., Boston, Mass. (D.C.,
D.P.)
Nannie B., West Bldg.,
Rome, Ga. (D.O.)
- RILEY, LORA B., 1116 F St.
N. W., Washington,
D. C. (D.C.)
- RIMOL, ANNA, Concordia,
Kans. (D.O.)
- RINABARGER, J. WARREN,
Keosauqua, Ia. (D.O.)
- RINDERKNECHT, GEORGE,
H., 1522 Franklin Ave.,
Columbus, O. (Hy.)
- RINEHART, M. V., 1524
Chestnut St., Philadelphia,
Pa. (D.C.)
- RING, J. G., 1012 22nd St.,
Milwaukee, Wis. (D.C.)
- RINGEL, E. C., 208 Dechman
Ave., Peoria, Ill. (D.O.)
- RINGESEN, H. W., 5
Superior St., Toledo, O.
(D.M.T.)
- RINGLE, RALPH, 2055
Cornell Place, Cleveland,
O. (Ch.)
- RINGLER, SANFORD, Neville
Bldg., Omaha, Neb. (D.O.)
- RISCH, GERTRUDE, Oelwein,
Ia. (D.C.)
- RITCHIE, CHARLES A., Wil-
mington, Del. (M.D., D.C.)
J. J., 1344 Oak St., Los An-
geles, Cal. (D.C.)
M. Aymer, 13 St. Ann St.,
Manchester, Eng. (D.O.)
- RITTER, J. M., Eastern Ave.,
Ashland, O. (D.M.T.)
- RITTMAYER, 1127 Washing-
ton St., Hoboken, N. J.
(N.D.)
- RITTMAYER, F. W., 1137
Washington St., Hoboken,
N. J. (D.C.)
- ROACH, JEANETTE, 45
Hague Ave., Detroit, Mich.
(D.C.)
- ROADES, FLORENCE G.,
Richmond, Ind. (D.O.)
- ROANE, JAS., 4025 Arcade
Bldg., Seattle, Wash.
(D.C.)
- ROARK, H. ALTON, 787 Main
St., Walham, Mass. (D.O.)
- ROASTER, W. T., 206 4th St.,
Red Oak, Ia. (D.C.)
- ROBB, W. J., Denison, Kans.,
(D.C.)
- ROBBERTSON, SUSIE BELLE,
1204 N. Jefferson St.,
Springfield, Mo. (D.C.)
- ROBBINS, E. MARIE, Santa
Barbara, Cal. (D.C.)
E. U., 1140 S. Grand Ave.,
Los Angeles, Cal. (D.C.)
E. U., 1407 Eldorado St., Los
Angeles Cal. (D.C.)
E. W., 1321 S. Union Ave.,
Los Angeles, Cal. (N.D.)
W. J., 341 W. Portage St.,
Sault Ste. Marie, Mich.
(D.C.)
- ROBERTS, A. C., Milwaukee,
Wis. (N.D.)
C. S., 723 Lexington Ave.,
New York, N. Y. (M.D.)
E. H., Y. M. C. A., Tampa,
Fla. (Ph.D.)
H., Box 654, Milwaukee,
Wis. (N.D.)
- ROBEN, M. G., Nat. Shoe &
Leather Bk. Bldg., Auburn,
Me. (D.O.)
- ROBERTS, ARTHUR, Ander-
son Bldg., Taylorville, Ill.
(D.O.)
Frederick S., Lyric Theatre
Bldg., King City, Mo.
(D.O.)
Helen D., Kent, Conn. (D.C.)
I. M., Marysville, O. (D.O.)
Kathryn, Bedford, Ia. (D.O.)
Mary E., Tarlton, O. (D.O.)
W. L., 150 W. Chelton Ave.,
Germantown, Pa. (D.O.)
- ROBERTSON, H. L., 120 E.
Main St., Marshalltown,
Ia. (D.C.)
H. L., Box 26, Haverlock,
Nebr. (D.C.)
L. D., 10½ N. Chestnut St.,
Seymour, Ind. (D.O.)
O. C., 225 Allen St., Owens-
boro, Ky. (D.O.)
R. W., 13-14 Masonic Bldg.,
Hutchinson, Kans. (D.C.)

- ROBESON, C. S., Danville, O. (N.D.)
David Loran, Commerce Bldg., Kansas City, Mo. (D.O.)
- ROBESON, C. S., Knox Co., Danville, O. (N.D.)
H. A., Sac City, Ia. (D.C.)
- ROBINETT, JOHN H., First Nat'l Bank Bldg., Huntington, W. Va. (D.O.)
- ROBINSON, E. N., Prairie Du Chien, Wis. (M.D.)
Mme. D. V. J., 1906 6th St., Washington, D. C. (Ma.)
T. J. T., 1987 Ravina Ave., Flint, Mo. (D.C.)
Wm., 810 S. A St., Richmond, Ind. (D.C.)
- ROBINSON, CHARLES E., First Nat'l Bank Bldg., Oakland, Cal. (D.O.)
Chas. F., Unionville, Mo. (D.O.)
C. S., Danville, O. (D.C.)
Earl A., Arkansas City, Kans. (D.C.)
George, 219 Merchants Trust Bldg., Los Angeles, Cal. (D.C.)
Geo. 342 S. Hill St., Los Angeles, Cal. (D.C.)
Geo. H., North Branch, Mich. (D.C.)
H. E., 1909½ Maine St., Pratt, Kans. (D.C.)
J. T., Uvalde, Tex. (N.D.)
J. W., 147 W. 11th St., Erie, Pa. (D.O.)
Lloyd A., Fort Pierce, Fla. (D.O.)
Mathew H., 11 Milford Ave., Newark, N. J. (D.C.)
Mina Abbott, Wright & Callender Bldg., Los Angeles, Cal. (D.O.)
Thos. F., 53 Lexington Ave., Passaic, N. J. (D.C.)
Wm., Brookville, Ind. (D.C.)
- ROBISHAW, C. E., Mount Vernon, O. (Ma.)
- ROBISON, ALICE A., 42 Dartmouth St., Springfield, Mass. (D.O.)
- ROBSON, EDWARD, 4200 Grand Blvd., Chicago, Ill. (D.C.)
Ernest W., 12 E. 31st St., New York, N. Y. (D.O.)
- ROBUCK, S. V., Goddard Bldg., Chicago, Ill. (D.O.)
S. V., Chicago, Ill. (D.O.)
- ROCHAT, LOUIS A., 158 Newark Ave., Jersey City, N. J. (Ont.)
- ROCHE, HAZEL, 438 State St., Trenton, N. J. (D.C.)
- ROCKVILLE SANATORIUM, 909-11 Union Central Bldg., Indian View, O. (P.)
- ROCKWELL, LOULA A., Legal Bldg., Asheville, N. C. (D.O.)
- RODDEN, JANE, 246 Echo Place, New York, N. Y. (Ma.)
- RODDY, ROBERT, Cor. Tremont and 2nd Sts., Kewanee, Ill. (D.O.)
- RODERICK, JOHN S., Hamilton, Ill. (D.O.)
- RODES, T. T., Paris, Mo. (S.T.)
- RODGERS, E. R., 615 Elm St., St. Joseph, Mich. (D.C.)
- RODIBAUGH, LORETTA, Cuba, N. Y. (D.C.)
- RODMAN, ISAAC, Port Berry, Ont., Can. (D.C.)
- Warren A., Washington St., Wellesley Hills, Mass. (D.O.)
- ROEBER, ERNST, 1560 Myrtle Ave., Brooklyn, N. Y. (N.D.)
- ROEMER, J. F., 122 N. Genesee St., Waukegan, Ill. (Or.S.)
- ROESNER, W. H., Johnston City, Ill. (D.C.)
- ROSELL & EVERSOLE, 408 12th St., Miami, Fla. (N.D.)
- ROSELL, PAUL E., 408 12th St., Miami, Fla. (N.D.)
- ROESTI, MRS. O. G., c/o Y. M. C. A., La Crosse, Wis. (Ma.)
- ROGERS, A. G., Cooke Bldg., Oshkosh, Wis. (D.C.)
Alfred W., 1091 Boylston St., Boston, Mass. (D.O.)
C. E., Callaway, Nebr. (D.C.)
Cecil R., 544 W. 157th St., New York City, (D.O.)
Chas. E., Idaho Falls, Idaho. (D.O.)
E. E. O., 615 Elm St., Saint Joseph, Mich. (D.C.)
Ida M., Mound City, Mo. (D.O.)
J. E., 452 Nicholas Bldg., Toledo, O. (D.C.)
J. E., 342 Nichols Bldg., Toledo, O. (D.C.)
L., Lowell, Mich. (D.C.)
Leaman, 612 Meiset Bldg., Lowell, Mich. (D.C.)
M. S., 259 Forest Ave., Detroit, Mich. (D.C.)
Robert W., 144 W. Main St., Somerville, N. J. (D.O.)
Wm. Leonard, 14 De Hart St., Morristown, N. J. (D.O.)
- ROGERS, BERTHA C., Nichols Bldg., Toledo, O. (D.C.)
J. E., Toledo, O. (D.C.)
L. D., 546 Surf St., Chicago, Ill. (N.D.)
- ROGGIE, Thermopolis, Wyo. (D.C.)
- ROHACEK, WM., 208 N. Main St., Greensburg, Pa. (D.O.)
- ROHEABAUGH, D. H., Box 13, Kalida, O. (D.M.T.)
- ROHR, PETER J., 504 Clinton Ave., West Hoboken, N. J. (D.C.)
- ROHRBECK, GUSTAV, 619 John St., West Hoboken, N. J. (D.C.)
- ROE, DR. W. H., 9 Jefferson Ave., Grand Rapids, Mich. (N.D.)
- ROKOSOWSKY, ALEX., 2571 Main St., Buffalo, N. Y. (N.D.)
- ROLANDOW, G. W., 2291 B'way, New York, N. Y. (P.)
- ROLLER, B. T., 166 W. 72nd St., New York, N. Y. (N.D.)
- ROLLEY & TERRY, 140 W. 42nd St., New York, N. Y. (Ma.)
- ROLF, HARRY G., McPherson, Kans. (D.O.)
- ROLLINS, WALTER H., 176 Springfield St., Boston, Mass. (D.C.)
- ROMIG, KATHRYN A., Commonwealth Bldg., Philadelphia, Pa. (D.O.)
- RODLEDGE, T. F., 403 Hamberger Bldg., Los Angeles, Cal. (D.C.)
- ROOMAN, D. G., c/o Y. M. C. A., Chicago, Ill. (D.C.)
- ROOT, CLAUDE B., Greenville, Mich. (D.O.)
Frank E., 143 W. 9th St., Erie, Pa. (D.O.)
Frederick, Rose Bldg., Cleveland, O. (D.C.)
Frederick J., Park Hotel, Chardon, O. (D.C.)
- ROPER & ROPER, 403-5 Citizens' Nat'l Bank Bldg., Evansville, Ind. (D.C.)
- ROPER, DORA C. L., R. F. D. 1, Box 188, Oakland, Cal. (D.O.)
- RORBACHER, J. C., 108 Park Avenue, Charlevoix, Mich. (D.C.)
J. G., 2241 Larrabee St., Chicago, Ill. (D.C.)
- ROSCH, FANNIE MESSER-SMITH, 29 Grand St., White Plains, N. Y. (D.O.)
- ROSCOE, PERCY E., New England Bldg., Cleveland, O. (D.O.)
- ROSE, A. F., 1968 Milwaukee Ave., Chicago, Ill. (D.C.)
Chas. A., Fairview, Ill. (D.O.)
C. F., Junction City, Kans. (Ma.)
Mrs. Emma, Newkirk, Okla. (D.C.)
Robert, 24 Jefferson St., Paterson, N. J. (D.C.)
- ROSE, F. C., 350 W. 29th St., New York, N. Y. (N.D.)
Harris, 3575 Indiana Ave., Chicago, Ill. (Ma.)
- ROSEBOROUGH, A. L., 209 3d St., Anconda, Mont. (D.O.)
- ROSEBROOK, SOPHRONIA T., The Somerset, Portland, Me. (D.O.)
- ROSEGRANT, ELLA M., People's Bank Bldg., Wilkes-Barre, Pa. (D.O.)
- ROSENBLATT, A., 2618 Germin St., Philadelphia, Pa. (D.O.)
- ROSENDORF, C., 3801 Alta Vista Terrace, Chicago, Ill. (D.C.)
- ROSENSTEEL, E. S., 3014 Wadlow St., Pittsburgh, Pa. (N.D.)
- ROSENTHAL, H. H., Room 3, Snowdon Bldg., Brownsville, Pa. (N.D.)
- ROSHER, D. K., Wichita, Kans. (S.T.)
- ROSIEKY, WM., Davenport, Ia. (D.C.)
- ROSKE, S. H., 805 King St. E. Hamilton, Ont., Can. (N.D.)
- ROSS, MRS. BERTHA, 3030 Vernon Ave., Chicago, Ill. (Ma.)
- ROSS, CATHERINE, Minot, N. Dak. (D.O.)
Chas. A., Rm. 506, 104 W. 4th, Cincinnati, O. (D.O.)
C. A., Neave Bldg., Cincinnati, O. (D.O.)
Mr. and Mrs. Herbert, 82 Roseville Ave., Newark, N. J. (D.C.)
J. A., Colcord Bldg., Oklahoma City, Okla. (D.O.)
Marie Antoinette, 1019 Temple St., Los Angeles, Cal. (D.C.)
M. C., 227 W. Jefferson St., Ft. Wayne, Ind. (D.C.)
Mary Antoinette, 1019 Temple St., Los Angeles, Cal. (D.C.)

- Simon P., Land Title Bldg., Philadelphia, Pa. (D.O.)
- ROSS COLLEGE OF CHIRO-PRACTIC, 227 W. Jefferson St., Fort Wayne, Ind. (D.C.)
- ROSSMAN, WALTER F., 133½ Broad St., Grove City, Pa. (D.O.)
- ROTH, AMELIA, 3932 Spring Grove Ave., Cincinnati, O. (D.C.)
- Anna, Stuttgart, Ark. (D.C.)
- ROTH, C. L., Chenos, Ill. (N.D.)
- R. W., Main and Market Sts., Columbia City, Ind. (D.C.)
- ROTHFUSS, CARL W., Dearborn, Mich. (D.O.)
- ROTHFUSS, E. LLOYD, 835 Woodward Bldg., Washington, D. C. (D.C.)
- ROTHROCK, MARY B., 426 N. Grand Ave., Los Angeles, Cal. (D.C.)
- ROUNDS, EARL, 4200 South Grand Blvd., Chicago, Ill. (N.D.)
- ROUSE, J. M., State Nat'l Bank Bldg., Oklahoma City, Okla. (D.O.)
- ROVIDEN, NELSON BLACKBURN, 461 S. Figueroa St., Los Angeles, Cal. (S.T.)
- ROWE, EVA FRANCES, 109½ S. Olive St., West Palm Beach, Fla. (D.O.)
- Willard S., 109½ S. Olive St., West Palm Beach, Fla. (D.O.)
- ROWE, ROMIE, Rubicon St., Dayton, O. (D.C.)
- ROWELL, MRS. FLORA, 2810 4th Ave., Kearney, Nebr. (S.T.)
- ROWLAND, R. J., Elk City, Okla. (D.C.)
- ROWLEY & ROWLEY, Nat'l Bank Bldg., Aubury, Kans. (D.C.)
- ROWLEY & ROWLEY, Lock Box 44, Sulphur Springs, Ark. (D.C.)
- A. H., Idaho Bldg., Boise, Idaho. (N.D.)
- Etta W., 407 Snyder Bldg., Elmira, N. Y. (D.C.)
- P. S., Wellsboro, Pa. (D.C.)
- W. Orlando, 407-8 Snyder Bldg., Elmira, N. Y. (D.C.)
- ROWLINGSON, C. B., 615 Davis St., Evanston, Ill. (D.O.)
- ROYCROFT HEALTH HOME, The, East Aurora, Erie County, N. Y. (N.D.)
- ROYER, J. A., 732 St. Denis St., Montreal, Que., Can. (M.D., N.D.)
- RUBENS, H. M., 372 Amhurst St., Buffalo, N. Y. (D.C.)
- RUBIN, H., 1689 Pitkin Ave., Brooklyn, N. Y. (N.D.)
- RUEY, EUGENE EDWIN, Masonic Temple, Troy, O. (D.O.)
- RUDDY, J. R., Owosso, Mich. (D.O.)
- T. J., 321 S. Hill St., Los Angeles, Cal. (D.O.)
- RUDESILL, CLARK, Charlotte, Mich. (D.C.)
- RUDLEDGE, T. F., 403 Hamberger Bldg., Los Angeles, Cal. (D.C.)
- RUDY, ALBERT L., 5708 Longfellow Ave., Cleveland, O. (D.M.T.)
- RUEHLMANN, W. F., U. C. C., Davenport, Ia. (D.C.)
- RUEHLMAN, W. F., 207-8 Meyers Arcade, Minneapolis, Minn. (D.C.)
- RUGGIERO, F., 632 Mercantile Bldg., Rochester, N. Y. (D.C.)
- RULE, J. C., Belding Bldg., Stockton, Cal. (D.O.)
- RUNBLUM, E., 558 Mercer St., Jersey City, N. J. (N.D.)
- RUNDALL, NAPOLEON B., Schluckebier-Gwinn Bldg., Petaluma, Cal. (D.O.)
- RUNGE, HARRY L., 208 Hunington Ave., Boston, Mass. (D.C.)
- RUNION, WM. F., Shepard, O. (N.D.)
- RUNK, MRS. ELLEN B., 2938 A St., San Diego, Cal. (D.C.)
- RUNNELLS & RUNNELLS, 1002 Ninth Ave., Greeley, Colo. (D.C.)
- RUNNELLS, W. I., Valley Ave., Baker, Ore. (N.D.)
- RUNSY, O. V., 71 S. Saginaw St., Pontiac, Mich. (D.C.)
- RUPE, LOUISE V., 2161 Sutter St., San Francisco, Cal. (N.D.)
- RUPP, SARAH W., Commonwealth Bldg., Philadelphia, Pa. (D.O.)
- RUSH, G. C., 713 H St. N. W., Washington, D. C. (D.C.)
- RUSHBROOK, DR., 61 Lakeview Ave., Toronto, Ont., Can. (D.C.)
- RUSK, FLORENCE T., Grand Island, Nebr. (D.O.)
- RUSSELL, CHAS. G., Citizens' Bank Bldg., Clinton, Mo. (D.O.)
- RUSSEL, E. J., 214 E. State St., Columbus, O. (N.D.)
- E. J., Nashville, O. (D.C.)
- E. J., 214 E. State St., Columbus, O. (D.C.)
- Dr. Flora, 548 Massachusetts Ave., Boston, Mass. (D.C.)
- H. E., Kalamazoo, Mich. (D.C.)
- Hugh L., 780 Elmwood Ave., Buffalo, N. Y. (D.O.)
- Lena, Duncan, Okla. (S.T.)
- Margaret, 78 W. Milton Ave., Rahway, N. J. (D.C.)
- Maud G., Burk Burnett Bldg., Ft. Worth, Tex. (D.O.)
- Sarah E., 780 Elmwood Ave., Buffalo, N. Y. (D.O.)
- W. E., 214 E. State St., Columbus, O. (D.C.)
- RUSSELL, ELMA E., 522 Woodland Ave., Youngstown, O. (El.)
- Lucille S. Brand, 7465 Vine St., Chicago, Ill. (D.O.)
- RUTH, D. O., 410 W. Bridge St., Grand Rapids, Mich. (D.C.)
- Wm. H., Jr., 159 Orange Ave., Irvington, N. J. (D.C.)
- RUTENBECK, CARL W., 422 Garfield Bldg., Cleveland, O. (D.M.T.)
- RUTHENBERG, F. W., 420 12th St., Niagara Falls, N. Y. (D.M.T.)
- RUTHERFORD, G. S., Box 495, Bainbridge, N. Y. (D.C.)
- G. S., Sidney, N. Y. (D.C.)
- RUTHLEDGE, C. C., Pemberville, O. (D.C.)
- RUTKOWSKI, J. M., 2571 Main St., Buffalo, N. Y. (D.C.)
- RUTLIDGE, C., Pemberville, O. (N.D.)
- RUTSCHOW, HENRY A., 829 Booth St., Toledo, O. (N.D.)
- RUTZEL, A. J., Cedarhurst, L. I., N. Y. (Ma.)
- RYAN, GEO. S., 517 Liberty St., Schenectady, N. Y. (D.C.)
- John P., 9128 Commercial Ave., S. Chicago, Ill. (D.C.)
- RYDELL, HELMA K., Ellendale, N. Dak. (D.O.)
- John S., 1700 3d Ave., Minneapolis, Minn. (D.O.)
- RYEL, JENNIE ALICE, 191 Burton Ave., Hasbrouck Heights, N. J. (D.O.)
- RYER, H. SCOTT, East Falls Church, Va. (D.C.)

S

- SAAK, H. A., Marthasville, Mo. (D.C.)
- SACKETT, E. W., Bushnell Bldg., Springfield, O. (D.O.)
- Edith F., 185 Main St., Orange, N. J. (D.C.)
- SADLER, FRANK S., 222 W. 123rd St., New York, N. Y. (Ma.)
- Miss Harriet Staeley, 322 W. 3rd St., Mansfield, O. (D.M.T.)
- SAGE, J. B., 5227 W. Adams St., Chicago, Ill. (D.C.)
- Norman L., Hayes Bldg., Janesville, Wis. (D.O.)
- SAGER, E. T., Magnetic Springs, O. (N.D.)
- SAGER, MRS. EMMA, Findlay, O. (D.C.)
- SAHR, LOUISE, 2 Ave. East, Williston, N. D. (N.D.)
- N. H. C., 54 Main Street, Williston, N. D. (N.D.)
- SAILLE, JOSEPH C., 182 Broad St., Bloomfield, N. J. (D.C.)
- SALAK, GEORGE, 1550 Holmes Ave., Racine, Wis. (N.D.)
- SALAS, ALBERT M., 1112 Chestnut St., Philadelphia, Pa. (D.O.)
- SALESBURY, C. C., Box 45, Panama, N. Y. (D.C.)
- SALISBURY, C. C., 52 Main St., Bradford, Pa. (D.C.)
- E. S., Adrian, Mich. (D.C.)
- Eva T., Meadville, Pa. (D.C.)
- SALLE, CHAS. E., 117 St. Botolph St., Boston, Mass. (D.C.)
- SALLEE, J. H., Lincoln, Ark. (S.T.)

- SALTERS, BERTHA, Carmon, Okla. (D.C.)
- SAMPSON, MRS. ANNIE K., St. Genevieve, Mo. (S.T.)
- SAMPSON, S., 850 E. 47th St., Chicago, Ill. (N.D.)
- Roy, Petersburg, Ill. (N.D.)
- SAMSE, MRS. L. P., 7250 Lafayette Ave., Chicago, Ill. (D.C.)
- SAMUELS, HUGH R., 207 College St., Toronto, Ont. Can. (D.O.)
- SAMUELSON, HENRY D., 2328 Coblenz St., Chicago, Ill. (D.C.)
- SANBORN, GENON A., 145 Hampshire St., Auburn, Me. (D.O.)
- R. W., Hamilton Bldg., Akron, O. (D.O.)
- SANDERS, L. J., 13 Sycamore Ave., Washington, D. C. (Ma.)
- Katherine, 1011 N. 4th St., Terre Haute, Ind. (D.C.)
- W. H., 825 S. 6th St., Atchison, Kans. (D.C.)
- Wm., Box 433, Appleton, Minn. (D.C.)
- SANDERS & SANDERS, 613 Sycamore St., Terre Haute, Ind. (D.C.)
- SANDERUS, H. J., 2230 Fillmore Ave., Buffalo, N. Y. (D.C.)
- SANDFORD, HARRY L., Seattle, Wash. (D.C.)
- SANDGREEN, GEO. E., 441 N. 1st St., Provo City, Utah. (D.C.)
- SANDIFUR, ADA L., 409 Hanna St., Greencastle, Ind. (D.C.)
- SANDLES, T. ISADORE, 222 Hewes St., Brooklyn, N. Y. (D.C.)
- SANDS, C. M., 1497 W. Fort St., Detroit, Mich. (N.D.)
- SANDS, ORD LEDYARD, 6 E. 37th St., New York City. (D.O.)
- SANDSTROM, ELLEN, 804 Bruson Bldg., Youngstown, O. (Ma.)
- SANFORD & SANFORD, 3031 Arcade Bldg., Seattle, Wash. (D.C.)
- C. F., Hyde Bldg., Pierre, S. Dak. (D.O.)
- Dr. E. P., Center St., South Saginaw, Mich. (D.C.)
- Mrs. Fannie, 1447 S. Union Ave., Los Angeles, Cal. (D.C.)
- J. W., Sanford's Studio, North Adams, Mass. (D.C.)
- Vernon T., Cheney, Kans. (D.C.)
- W. R., 16 Dudley Ave., Ocean Park, Cal. (D.C.)
- W. R., c/o M. M. Sanford's Photo Studio, North Adams, Mass. (D.C.)
- SANGRENN, GEO. ED., 441 N. 1st St. E., Provo, Utah. (N.D.)
- SANNER, EUGENE E., 114½ W. 5th Ave., Corsicana, Tex. (D.O.)
- SANPERT, REV. THOS. A., Napoleon, O. (D.M.T.)
- SANTURELLO, PETER, 84 N. High St., Columbus, O. (Ch.)
- SARETZKI, WM. Putnam, Conn. (D.C.)
- SARGENT, ANDREW, St. Charles Court, Hopkinsville, Ky. (D.C.)
- E. M., Idaho Falls, Idaho. (D.C.)
- F. W., 803 N. Water St., Elensburg, Wash. (D.C.)
- Fred. W., Red Wing, Minn. (D.C.)
- W. L., 3349 30th Ave., S. Minneapolis, Minn. (D.C.)
- SARGENT, J. W., 424 Bowen Ave., Chicago, Ill. (N.D.)
- SARTON, M. H., 202½ Iowa Ave., Washington, Ia. (D.C.)
- SARTWELL, J. OLIVER, 221 Essex St., Salem, Mass. (D.O.)
- SARVER, PEARL M., 100 Huffman Ave., Columbus, O. (D.C.)
- SASH, ELIZABETH, Masonic Bldg., Meadville, Pa. (D.O.)
- Ida M., Salisbury-Earl Bldg., Idaho Falls, Idaho. (D.O.)
- SASVIL, E. M., Anniston, Ala. (D.O.)
- SASWELL, GLADYS, 222 W. Main St., Greenfield, Ind. (D.C.)
- SATTERLEE, NETTIE E., Mills Bldg., El Paso, Tex. (D.O.)
- SATTEMEYER, MRS. HARRIET, 416 Good Blk., Des Moines, Ia. (D.C.)
- SAUCHELLI, FRANCESCO, 200 W. 72nd St., New York, N. Y. (D.C.)
- SAUDER, C. H., Temple Bldg., Brantford, Ont. (D.O.)
- SAUER, ALBERT, Box 322, Arcadia, Wis. (D.C.)
- Albert, 6 Livingston Bldg., Wausau, Wis. (D.C.)
- A. G., Over Lubricating Bldg., Arcadia, Wis. (D.C.)
- SAUNDERS, MISS CORA E., Greenham Place, Washington, D. C. (D.C.)
- SAVAGE, JAMES A., Barnard Bldg., Wallace, Idaho. (D.O.)
- W. S., 102 Coyean St., Windsor, Ont., Can. (D.C.)
- SAVAGE, DR. WATSON L., Private Exercise and Health Studio, 56 W. 45th St., New York, N.Y. (P.C.)
- SAVERCOOL, GENEVIEVE, Groton, S. D. (D.C.)
- SAWREY, L. S., Fayetteville, Ark. (S.T.)
- SAWTELL & SAWTELL, P. S., Pocatello, Idaho. (D.C.)
- SAWYER, BERTHA E., Rhodes-Fanlow Bldg., Ashland, Ore. (D.O.)
- Geo. H., Jr., 5 Wilson St., Irvington, N. J. (D.O.)
- H. W., Main Ave. N., Twin Falls, Idaho. (D.O.)
- T. J., 3314 Washington St., Wilmington, Del. (D.C.)
- Willis Frank, Still Hildreth San., Macon, Mo. (D.O.)
- SAWYER, GEO. H., 5 Wilson St., Irvington, N. J. (N.D.)
- SAXBY, GEO. O., 198½ Main St., Ashtabula, O. (D.C.)
- G. O., Austinburg, O. (D.C.)
- SAXE & SAXE, 5148 Page Blvd., St. Louis, Mo. (D.C.)
- SAXE, ARTHUR, Princeton, Ind. (D.C.)
- Mary, 218 E. Broadway, Princeton, Ind. (D.C.)
- SAXER, C. R., 51st and Walnut Sts., Philadelphia, Pa. (D.O.)
- SAPERSTEIN, MORRIS, 325 Franklin St., Union Hill, N. J. (D.C.)
- SAXMAN, R. B., 833 Sheriday Road, Chicago, Ill. (D.C.)
- SAXTON, ELLA I., Ledge Farm, Basom, N. Y. (D.C.)
- SAXTON, ELLA I., Hillsdale Ranch, Grand Island, Colusa Co., Cal. (D.C.)
- SAY, W. F., 1041 Genesee St., Buffalo, N. Y. (D.C.)
- SAYERS, N. R., 132 Franklin Ave., Sidney, O. (D.C.)
- SAYERS, WM. R., Sidney, O. (D.C.)
- SAYRE, C. EDWARD, 29 East Madison St., Chicago, Ill. (Or.S.)
- SCAIFE, MARTHA E., Ridgely Bank Bldg., Springfield, Ill. (D.O.)
- SCALLAN, AGNES WALTRUDE, Cable Bldg., Chicago, Ill. (D.O.)
- SCALLON, J. W., 57 E. Jackson Blvd., Chicago, Ill. (D.C.)
- SCAMMON, EARL, 100 Boylston St., Boston, Mass. (D.O.)
- SCARBOROUGH & SCARBOROUGH, Lakeland, Fla. (D.C.)
- SCARBOROUGH, J. L., Lakeland, Fla. (D.C.)
- SCHADE, W. J., Lancaster, Wis. (N.D.)
- SCHAEFFER, LAURA, 1926 Chestnut St., Philadelphia, Pa. (D.O.)
- SCHAEFER, JOSEPH, 23 Barclay St., New York, N. Y. (N.D.)
- SCHAEFFER, A., 203 S. 5th St., Columbus, O. (D.C.)
- SCHAEFFER, B. B., Auburn, Nebr. (D.C.)
- SCHALOW, L. C., 151 W. 8th St., Auburn, Ind. (D.C.)
- SCHANNE, F. B., 44 Bleeker St., Newark, N. J. (D.C.)
- SCHANNE, FRANK B., 204 W. 70th St., New York, N. Y. (D.O.)
- SCHANNON, H. A., New York, N. Y. (N.D.)
- SCHARF, E. E., 1004 Dakin St., Chicago, Ill. (D.C.)
- SCHARFF, A. O., Kemp & Kell Bldg., Wichita Falls, Tex. (D.O.)
- SCHARNHORST, L. C., 12th and State Sts., Milwaukee, Wis. (D.C.)
- L. C., 184 13th St., Milwaukee, Wis. (D.C.)
- Martin, Dixon, Ills. (D.C.)
- M. H., 1005 Hennipin Ave., Dixon, Ind. (D.C.)
- M. H., 122 W. 3d St., Muscatine, Ia. (D.C.)
- SCHARSMITH, WM., 115 E. 27th St., New York, N. Y. (D.C.)
- SCHAUB, MINNIE, Central Nat'l Bank Bldg., St. Louis, Mo. (D.O.)
- SCHAUS, GEO. E., 1132 Walnut St., Green Bay, Wis. (D.C.)

- SCHAUMBURG, H. E., 28 13th Ave., Newark, N. J. (D.C.)
- SCHEEK, WM. J., 516 Federal St., Pittsburgh, Pa. (El.)
- SCHETZ, EARL J., Dallas, Ore. (D.C.)
- Orville O., 66 6th St., Portland, Ore. (D.C.)
- SCHLEIBER, C., 1462 W. 3rd St., Cleveland, O. (D.M.T.)
- SCHLEID, HENRY EDW., 9 Virginia Ave., Jersey City, N. J. (D.C.)
- SCHLEID, H. S., 421 Sassafras St., Erie, Pa. (D.C.)
- SCHLEIFER, CHAS. A., 357 Main St., Orange, N. J. (D.C.)
- SCHULTENBACH, THEO. E., 139 York Ave., Paterson, N. J. (N.D.)
- SCHENCK, ALETTA, 74 N. Arlington Ave., East Orange, N. J. (D.O.)
- SCHENK, JOHN C., 513 Sandusky St., Pittsburgh, Pa. (D.C.)
- J. H., Cor. 4th and 2d Ave., Cedar Rapids, Ia. (D.C.)
- SCHENKELBERGER, P. C., 22 E. Washington St., Chicago, Ill. (D.O.)
- SCHER, BERTHA, Hotel Palm Beach, Palm Beach, Fla. (D.O.)
- SCHREUDER, T. H., 4401 Prairie Ave., Chicago, Ill. (D.C.)
- SCHIED, WALTER J., 58 High St., Belleville, N. J. (D.C.)
- St., Belleville, N. J. (D.C.)
- SCHIED, HENRY E., 9 Virginia Ave., Jersey City, N. J. (D.C.)
- SCHIEFLER, CHAS. A., 4 Humboldt St., Newark, N. J. (D.O.)
- SCHIESSLER, FRED., Walton, N. Y. (D.C.)
- SCHIFFER, MRS. M., 88 Ibis St., Brooklyn, N. Y. (Cr.)
- SCHILDEGEN, HUGO, P. O. Box 916, Portland, Ore. (D.C.)
- SCHILDKRAUT, H., 198 E. Broadway, New York, N. Y. (N.D.)
- SCHILLIG, G. J., Case Bldg., Norwalk, O. (N.D.)
- Joe, Case Block, Norwalk, O. (N.D.)
- Joe, Oberlin, O. (N.D.)
- SCHILLING, C. E., 106 W. Pearl St., Chicago Junction, O. (D.C.)
- Frederic, Traders Bank Bldg., Toronto, Ont. (D.O.)
- SCHIRMER, H. J., Guttenberg, O. (N.D.)
- SCHIRMER, J. F., 107 Capitol Ave., Atlanta, Ga. (D.C.)
- SCHLASSER, ELLA, 1613 Pearl St., Denver, Colo. (D.C.)
- SCHLATTER, REV. FRANCIS, 339 W. 34th St., New York, N. Y. (D.D.)
- SCHLEICHER, EUGENE, 52 Parsons Bldg., Burlington, Ia. (D.C.)
- SCHLEIFER, MRS. E. M., 933 Rhode Island St., Lawrence, Kans. (Ma.)
- SCHLEUSER, DOROTHEA, Rock Island, Ill. (D.C.)
- Freda, Wilton, Ia. (D.C.)
- SCHLEUSNER, RICHARD R., 76 Hamburg St., Paterson, N. J. (D.C.)
- SCHMEICKEL, J. M., 1129 N. Lang Ave., Pittsburgh, Pa. (N.D.)
- SCHMID, EDWARD L., 125 N. Market St., Frederick, Md. (D.O.)
- F. R., 814 1st St., Merrill, Wis. (N.D.)
- Walter W., 19 Roland Ave., Pittsburgh, Pa. (D.C.)
- SCHMIDT, A. P., 1947 B'way, New York, N. Y. (P.)
- A. S., Braddock, Pa. (N.D.)
- John C., 109 Shillito Place, Cincinnati, O. (Ma.)
- SCHMIDT, F. R., Lancaster, Wis. (D.C.)
- J. J., Turner Bldg., Tulsa, Okla. (D.O.)
- SCHMIEDING, A., Mount Olive, Ill. (D.C.)
- SCHMITT, FREDERICK L., 5733 S. Blvd., Chicago, Ill. (D.O.)
- SCHMOLL, S., 2615 Potomac St., St. Louis, Mo. (S.T.)
- SCHMUNK, P. E., Snitger Bldg., Beaver, Pa. (D.O.)
- SCHNACKE, A. J., Cleveland, O. (D.C.)
- SCHNASE, MRS., Curtis, Neb. (S.T.)
- SCHNEIDER, BERTHA E., Room 409, 414 Walnut St., Cincinnati, O. (Ma.)
- SCHNEIDER, JOHN D., 1592 Clay St., Dubuque, Ia. (N.D.)
- SCHNITZER, PAUL E., 1632 St. Peters Ave., New York N. Y. (D.C.)
- SCHNURRENBERGER, L. H., Austintown, O. (D.C.)
- SCHOELLER, JULIUS, c/o Lafayette Hotel, Albany, N. Y. (N.D.)
- Julius W., 1112 Main Street, Buffalo, N. Y. (D.C., N.D.)
- SCHOENTHALER, WM. F., 144 S. West St., Geneva, N. Y. (D.C.)
- SCHOERS, J. G., 148 Market St., Paterson, N. J. (D.C.)
- SCHOETTLE, M. TERESA, 678 N. Cottage Street, Salem, Ore. (D.O.)
- SCHOFFER, A., 203 S. 5th St., Columbus, O. (D.C.)
- SCHOFIELD, CASSIE L., Allison, Colo. (D.C.)
- T. M., 208 Washington St., Mendota, Ill. (D.O.)
- W. J., 199 Hodge Avenue, Buffalo, N. Y. (D.C.)
- SCHOFIELD, JENNIE M., 199 Hodge Ave., Buffalo, N. Y. (D.O.)
- SCHOLL, WALTER H., Linton, Ind. (D.C.)
- SCHOLZ & SCHOLZ, DRS., 30 Valentine St., Mt. Vernon, N. Y. (D.C.)
- SCHOLZ, H. B., 3312 Madison St., Chicago, Ill. (D.C.)
- SCHOOLCRAFT, C. E., Watertown, S. Dak. (D.O.)
- E. E. Mrs., North Manchester, Ind. (D.C.)
- SCHOOLMAKER, AMY B., Wardell Bldg., Macon, Mo. (D.O.)
- SCHORDER, J. S., West Point, Neb. (D.C.)
- SCHORNICK, HARRY L., Union Bldg., Prescott, Ariz. (D.O.)
- SCHORR, H., 1401 E. Murdock Ave., Wichita, Kans. (N.D.)
- SCHRAEDER, MRS. B. V., Moscow Mills, Mo. (S.T.)
- SCHRAMM, MARGARET E., Stevens Bldg., Chicago, Ill. (D.O.)
- SCHRANKEL, W. P., 5008 Penn. Ave., Pittsburgh, Pa. (D.C.)
- SCHREINER, JOHN S., Webb City, Mo. (D.O.)
- SCHREUDER, T. H., Chicago, Ill. (D.C.)
- SCHRIECK, W. J., 516 Federal St., Pittsburgh, Pa. (D.C.)
- SCHRIER, L., 92 Lexington Ave., Brooklyn, N. Y. (N.D.)
- SCHRIMER, J. F., 107 Capitol Ave., Atlanta, Ga. (D.C.)
- SCHROCK, JOSEF B., Scottsbluff, Neb. (D.O.)
- SCHRODER, KURTE A., 2843 N. Clark St., Chicago, Ill. (Ma.)
- SCHROEDER, ENUDE, 2843 N. Clark St., Chicago, Ill. (D.C.)
- SCHROTH, R. G., 546 Garfield Ave., Chicago, Ill. (D.C.)
- SCHRYER, W. A., 531 Lincoln Ave., Detroit, Mich. (D.C.)
- SCHUBERT, D., Townly Bldg., Miami, Fla. (D.C.)
- G. H., 30 Zimmerman Bldg., Springfield, O. (D.C.)
- Geo. H., 505-6 Masonic Temple, Jacksonville, Fla. (D.C.)
- Geo. H., 305-7-9 Atlantic Natl. Bank Bldg., Jacksonville, Fla. (D.C.)
- SCHUELER, F. D., 344 Walnut St., Lawrenceburg, Ind. (D.C.)
- J. J., 35 Louis Blk., Dayton, O. (D.C.)
- SCHUESSLER, MRS. CONRAD, Iowa City, Ia. (D.C.)
- SCHUGE, W. C., Chicago, Ill. (M.D.)
- SCHULTZ, ARTHUR C. A., 426 Prescott St., Toledo, O. (D.M.T.)
- Otto, 48 Central Ave., Jersey City, N. J. (D.C.)
- SCHULTZ, C. A., 1317 S. Grand Ave., Los Angeles, Cal. (D.C.)
- Dr. C., 643 40th St., Rock Island, Ill. (S.T.)
- Emil, 335 23rd St., West New York, N. J. (D.C.)
- F. A., Elkader, Iowa. (D.C.)
- H., 2318 Cortland Street, Chicago, Ill. (D.C.)
- Karl, 744 W. 4th St., Los Angeles, Cal. (D.D., D.C.)
- Otto, Jr., 810 Perry Street, Davenport, Iowa. (D.C.)
- R. J., 361 Hudson Building, Ogden, Utah. (D.C.)
- SCHULZ, OTTO, The Norfolk Bldg., Cincinnati, O. (D.C.)
- SCHULZ, WM. H., Washington Bldg., Madison, Wis. (D.O.)
- SCHUMACHER, ERWIN L., 5155 Haverford Avenue, Philadelphia, Pa. (D.O.)
- SCHUPP, EMIL, 162 E. Center St., Akron, O. (Hy.)
- Emma, Cleveland, O. (Ma.)

- SCHUSTER, MISS E., 20 W.
65th St., New York, N. Y.
(Ma.)
G., 43 N. Phelps St., Youngs-
town, O. (N.D.)
John Remigius, 611 Cloyd
St., Dayton, O. (D.M.T.)
- SCHUSTER, JOHN K.,
Stephenson Bldg., Mil-
waukee, Wis. (D.O.)
- SCHWAR, A. O., 27 East
Maumee St., Adrian,
Mich. (D.C.)
F. J., 352 Harrison Ave.,
Detroit, Mich. (D.C.)
L. W., Merrison Bldg., Sarnia,
Can. (D.C.)
- SCHWARTZ, CHAS., 182 Ex-
change St., Monmouth,
Ill. (D.C.)
Chas., 35 S. Dearborn St.,
Chicago, Ill. (D.C.)
Julius, 133 E. 84th St.,
New York, N. Y. (P.)
H. C., 1228 E. Genessee St.,
Syracuse, N. Y. (N.D.)
N. D., 346 B'way, New York,
N. Y. (D.C.)
- SCHWARTZ, MR. and MRS. J.,
282 South Second St.,
Brooklyn, N. Y. (Ma.)
- SCHWARZ, R. B., 93 High-
land Ave., Jersey City,
N. J. (D.Ch.)
- SCHWARZEL, FREDERICK
M., 431 S. Wabash Ave.,
Chicago, Ill. (D.O.)
- SCHWEGLER, EMIL J.,
Janesville, Wis. (D.O.)
- SCHWIEGER, JAMES SCOTT,
Sun Bldg., Jackson, Mich.
(D.O.)
- SCHWITERT, A. W., Mar-
shalltown, Ia. (D.C.)
- SCHWINZER, JOHN R., 347-
55 Madison Ave., New
York, N. Y. (D.C.)
- SCOBEE, JEPHATH D., Pro-
ctor Bldg., Monroe City,
Mo. (D.O.)
- SCOBIE, MISS E., 3850
Indiana Ave., Chicago,
Ill. (N.D.)
- SCOFIELD, CASSIE L., Alli-
son, Colo. (D.C.)
- SCOTHORN, SAMUEL L.,
Wilson Bldg., Dallas, Tex.
(D.O.)
- SCOTT, A. B., 224 W. 18th St.,
Erie, Pa. (D.C.)
Miss Addie, 1200 S. Ewing
St., St. Louis, Mo. (S.T.)
C. W., 324 E. 15th Street,
Davenport, Ia. (D.C.)
D. C., Bleakley Bldg., New-
castle, Pa. (D.C.)
D. D., Bleakley Bldg., New
Castle, Pa. (N. D.)
George D., 323 Geary St.,
San Francisco, Cal. (D.O.)
H. A., Illinois Building,
Champaign, Ill. (D.O.)
H. H., Spencer, Ia. (D.C.)
H. P., Clinton, Ind. (D.C.)
H. S., Marquette Hotel,
Hartford, Mich. (D.C.)
I. W., 23 Crozier Street,
Akron, O. (N.D.)
Jane, Franklin Bank Bldg.,
Philadelphia, Pa. (D.O.)
J. C., Dewey, Okla. (D.C.)
J. E., 128 N. 1st Street,
Arkansas City, Kan.
(D.C.)
J. E., Newton, Kan. (D.C.)
J. H., Merchantville, N. J.
(D.O.)
J. H. B., New First Nat'l
Bank Bldg., Columbus,
O. (D.O.)
- J. S., 621 South Avenue,
Wilkesburg, Pa. (D.C.)
J. S., Schultes Building,
Butler, Pa. (D.C.)
John T., Baltimore Bldg.,
Oklahoma City, Okla.
(D.C.)
J. V., 69 W. Main Street,
Newark, O. (D.C.)
J. Wesley, Broadway Cen-
tral Bldg., Los Angeles,
Cal. (D.O.)
John W., 110 W. Newell St.,
Syracuse, N. Y. (D.C.)
Katherine McL., New First
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SLACK, ANNETTE M., 1515 Madison St., Denver, Colo. (D.C.)
Annette W., 1515 Madison St., Denver, Colo. (D.C.)
Annie R., 146 Westminster St., Providence, R. I. (D.O.)
Nettie, Mont Clair Colo. (D.C.)
SLAGHT, NELLIE, 409 First Ave. E., Newton, Ia. (D.O.)
SLAKER, HELEN M., 347 Pennsylvania Avenue, Aurora, Ill. (D.O.)
SLATER, ANNA, 39 S. State St., Chicago, Ill. (D.O.)
Gertrude, 704 North St., Logansport, Ind. (D.C.)
Thos. C., 502½ Broadway, Logansport, Ind. (D.C.)
Thos. C., 704 N St., Logansport, Ind. (D.C.)
Walter E., 1162½ Union Ave., Portland, Ore. (D.C.)
W. E., 410 Church St., Portland, Ore. (D.C.)
Wm. F., 39 S. State St., Chicago, Ill. (D.O.)
SLAUGH, J. HARRY, 922 W. Lehigh Ave., Philadelphia, Pa. (D.O.)
J. Harry, 703 W. Cumberland, Philadelphia, Pa. (D.O.)
SLAUGHTER, JAMES T., Leary Bldg., Seattle, Wash. (D.O.)
Kate C., 133 Geary St., San Francisco, Cal. (D.O.)
M. S., P. O. Bldg., Webb City, Mo. (D.O.)
SLAUGHTER, LAURA, 1018 Greenlawn Ave., Cleveland, O. (N.D.)
SLAVIN, J. L., 214 N. 4th St., Danville, Ky. (D.O.)
SLAWATYCKI, L. J., 986 Fillmore Ave., Buffalo, N. Y. (D.C.)
SLAWSON, E. B., University Place, Lincoln, Nebr. (D.C.)
SLAYTON, CARLTON, La Porte, Ind. (D.C.)
S. M., La Porte, Ind. (D.C.)
SLEBURG, C. G. E., Kaptensgatan 13, Stockholm, Sweden. (D.O.)
SLIDER & SLIDER, Iola, Kans. (D.C.)
SLIFE, C. A., Hawarden, Ia. (D.C.)
SLIFER, CHAS. F., 5613 Germantown Ave., Philadelphia, Pa. (D.C.)
SLOANE, MRS. M. J. E., Capitol Hall, Oklahoma City, Okla. (D.C.)
SLOLAN, CELIA, 1658 Front St., San Diego, Cal. (D.C.)
SLOUGH, H. S., Grove City, Pa. (D.C.)
John S., 531 E. Allegheny St., Philadelphia, Pa. (D.O.)
SMAKAL, MRS. MARY, 3250 E. 49th St., Cleveland, O. (N.D.)
SMALL, MARY A., Garrison Hall, Garrison St., Boston, Mass. (D.O.)
SMALL, DR. SHERMAN M., Wapello, Fla. (D.C.)
SMALLFIELD, AUGUST C., Arkansas City, Kans. (D.C.)
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SMALLWOOD, GEORGE S., 110 W. 34th St., New York City. (D.O.)
SMALTZ, MRS. ALICE, Traverse City, Mich. (D.C.)
SMART, D. M., 4200 Grand Blvd., Chicago, Ill. (D.C.)
SMEDLEY, E. D., Camden, N. J. (N.D.)
SMELLIE, A. B., Box 85, Eureka, Ill. (D.C.)
A. V., 615 "The Grand," Atlanta, Ga. (D.C.)
SMELSER, NELLIE, Selkirk, Ont., Can. (D.C.)
SMILEY, M. S., c/o Sherman Annex, La Junta, Colo. (D.C.)
M. S., Rm. 14, Y. W. C. A. Bldg., Riverside, Cal. (D.C.)
Wm. M., 136 Washington Ave., Albany, N. Y. (D.O.)
SMITH & SMITH, 206 S. Geneva St., Ithaca, N. Y. (D.C.)
SMITH & SMITH, Guaranty Bldg., Mishawka, Ind. (D.C.)
SMITH & SMITH, Indianola, Ia. (D.C.)
SMITH & SMITH, 222 West Wayne St., South Bend, Ind. (D.C.)
SMITH, MRS. A. E. B., 1216 T St. N. W., Washington, D. C. (Ma.)
Ben. V., 50 N. Pearl St., Albany, N. Y. (Opt.)
C. C., Watertown, Conn. (N.D.)
Chas. E., 16 N. Wabash Ave., Chicago, Ill. (Nap.)
Chas. J., 1227 Superior Ave. N. E., Cleveland, O. (D.M.T.)
Chas. Oscar, 717 9th Ave., North Valley City, N. D. (N.D.)
C. R., Washington, D. C. (D.C.)
C. X., Box 130, Gaston, Ind. (Co.S.)
Mrs. E. N., Washington, D. C. (D.C.)
F. B., 1024 Main St., Bridgeport, Conn. (N.D.)
Frank C., 122 Bigelow St., Newark, N. J. (N.D.)
F. D., Chicago, Ill. (N.D.)
F. J., 447 W. 62nd St., Chicago, Ill. (D.O.)
F. P., 473 Washington Ave., Brooklyn, N. Y. (D.O.)
Geo. E., 30 Huntington Ave., Boston, Mass. (N.D.)
Geo. R., 711 Nat'l Realty Bldg., Tacoma, Wash. (D.C.)
Grace Leone, 27 E. Monroe St., Chicago, Ill. (D.O.)
H. L., Kewanee, Ind. (D.C.)
J. J., 809 3rd St., Milwaukee, Wis. (D.C.)

- J. J., 701 5th St., Watertown, Wis. (D.C.)
 J. W., Waukesha, Wis. (D.C.)
 Laura M., Princeton, Ill. (D.C.)
 Lawrence J., Millersburg, O. (D.M.T.)
 Leslie D., 1060 Wilson Ave., Chicago, Ill. (D.O.)
 Lyle E., 301 W. Federal St., Youngstown, O. (D.M.P.)
 Dr. Milton L. & Dr. Myrtle L., 220 S. State St., Chicago, Ill. (D.C.)
 Mrs. Minnie D., 1439 R St., N. W., Washington, D. C. (D.C.)
 M. O., Pottstown, Pa. (M.D.)
 Oakley, 6 N. Michigan Ave., Chicago, Ill. (Nap.)
 P. C., Canton, O. (D.M.T.)
 R. F., Standard School of Chiropractic and Naturopathy, Davenport, Ia. (D.C., Ph.C.)
 R. J., 295 Plymouth Ave., Buffalo, N. Y. (D.C.)
 Vincent A., San Diego, Cal. (D.C.)
 Virgil B., Tampa, Fla. (D.C.)
 V. White, 1024 Oakdale Ave., Chicago, Ill. (N.D.)
 W. M., 628 E. Long St., Columbus, O. (D.M.T.)
 Walter R., 20 Davidson Bldg., Sioux City, Ia. (N.D.)
 Wilbur L., 1527 I St. N. W., Washington, D. C. (D.O.)
SMITH, DR., Lucas, Kans. (S.T.)
 Alexander, 1851 W. Adams St., Chicago, Ill. (D.C.)
 A. Minertree, 109 W. Tabb St., Petersburg, Va. (D.O.)
 A. M., Charlestown, W. Va. (D.O.)
 Arthur N., 52 Elizabeth St., Dansville, N. Y. (D.O.)
 A. T., 4124 Vincennes Ave., Chicago, Ill. (D.C.)
 Alexander H., 16 Hartwell St., Fitchburg, Mass. (D.O.)
 Allie M., Cherry Bldg., Eugene, Ore. (D.O.)
 Annie, Titusville, Pa. (D.C.)
 Arthur N., 52 Elizabeth St., Dansville, N. Y. (D.O.)
 A. W., 554 Elmwood Ave., Buffalo, N. Y. (D.C.)
 B. K., 6th and Locust Sts., Des Moines, Ia. (D.C.)
 Mrs. Bush K., 933 16th St., Des Moines, Ia. (D.C.)
 C. E., 3124 Logan Blvd., Chicago, Ill. (D.C.)
 Caryl E., Finch Bldg., Aberdeen, Wash. (D.O.)
 Chas. E., 1708 Warren Ave., Chicago, Ill. (N.D.)
 C. R., 1433 Spruce St., Philadelphia, Pa. (M.D., D.C.)
 Chas. S., Post Bldg., Battle Creek, Mich. (D.O.)
 Clarence L., Elsart, Ind. (D.C.)
 Donald, Midland, Ont., Can. (D.C.)
 Elmer, Rosendale, Mo. (S.T.)
 Etta, 819 Potomac Ave., c/o Mrs. E. F. Buckley, Buffalo, N. Y. (D.C.)
 Earl B., No. 4, 1st Nat. Bk. Bldg., Colorado Springs, Colo. (D.C.)
 E. A., 54 Hendrie Ave., Detroit, Mich. (D.C.)
 E. Claude, Mills Bldg., Topeka, Kans. (D.O.)
 Elizabeth E., American Nat'l Bank Bldg., Asheville, N. C. (D.O.)
 E. Gertrude, 1438 Lafayette St., Alameda, Cal. (D.O.)
 Elmer H., Hillsboro Nat'l Bank Bldg., Hillsboro, Ore. (D.O.)
 Etta S., 22 E. Main St., Le Roy, N. Y. (D.C.)
 Mrs. Frances B., 1537 Wright St., Los Angeles, Cal. (D.C.)
 F. C., 207½ W. Center St., Marion, O. (D.O.)
 Frank H., Kokomo, Ind. (D.O.)
 Frank P., Caldwell Commercial Bank Bldg., Caldwell, Idaho. (D.O.)
 Fred, Onowa, Ia. (D.C.)
 Furman J., 447 N. 62d St., Chicago, Ill. (D.O.)
 F. W., 1433 Spruce St., Philadelphia, Pa. (M.D., D.C.)
 Geo., Seymour, Mo. (D.C.)
 Geo. E., Huntington Chamb, Boston, Mass. (D.O.)
 Geo. F., S. Side Sq., Seymour, Mo. (D.C.)
 G. H., 408 E. Main St., Streator, Ill. (D.C.)
 G. H., 106 Sumner St., Streator, Ill. (N.D.)
 G. H., 206 N. Sterling St., Streator, Ill. (D.C.)
 Geo. L., Streator, Ill. (D.C.)
 Geo. M., 50 S. Gratiot St., Mt. Clemens, Mich. (D.O.)
 Geo. W. B., Walla Walla, Wash. (D.C.)
 Georgiana B., 905 W. 56th St., Los Angeles, Cal. (D.O.)
 Grace Leone, 27 E. Monroe St., Chicago, Ill. (D.O.)
 G. W., Guthrie, Ia. (D.C.)
 Helen, 1108 N. Lee St., Oklahoma City, Okla. (D.C.)
 Helena Ferris, 50 Park St., Montclair, N. J. (D.O.)
 Hyrum, Snowlake, Ariz. (D.C.)
 H. J., 2418 N. Spaulding St., Chicago, Ill. (D.C.)
 H. N., Canton, S. Dak. (D.C.)
 Dr. Jas., 134 Dupont St., Toronto, Ont., Can. (D.C.)
 J. H., 208 W. 6th St., Grand Island, Nebr. (D.C.)
 J. H., Garfield, Nebr. (D.C.)
 J. J., 113 Washington St., Beaver Dam, Wis. (D.C.)
 J. Louise, Masonic Temple, Missoula, Mont. (D.C.)
 J. M., Carrollton, Mo. (D.O.)
 Karl K., West Mason Bldg., Ft. Dodge, Ia. (D.O.)
 Lillian A., 1426 Kellam St., Los Angeles, Cal. (D.C.)
 L. D., Grand Island, Nebr. (D.C.)
 Lloyd F., Minneapolis, Kans. (D.C.)
 Lovina, P. O. Bldg., Oklahoma City, Okla. (D.C.)
 L. R., Cassville, Mo. (S.T.)
 M. L., 112 4th Ave., St. Cloud, Minn. (D.C.)
 M. L., 4014 Washington Blvd., Chicago, Ill. (D.C.)
 Mary Pearl, Fredonia, Kans. (D.O.)
 Milton L., Suite 69, 39 W. Adams St., Chicago, Ill. (D.C.)
 Miss N., 305 N. 5th St., Watertown, Wis. (D.C.)
 Nelson, 602 Spreckles Bldg., San Diego, Cal. (D.C.)
 Orren E., Traction Terminal Bldg., Indianapolis, Ind. (D.O.)
 O. G., Chicago, Ill. (D.C.)
 Miss R. E., 405 6th St. S., St. Petersburg, Fla. (S.T.)
 Ralph Kendrick, 19 Arlington St., Boston, Mass. (D.O.)
 Ruby, Anderson, Ind. (D.C.)
 R. O., 3416 4th St., Des Moines, Ia. (D.C.)
 R. O., Monroe, Wis. (D.C.)
 S. P., 206 S. Geneva St., Ithaca, N. Y. (D.C.)
 S. W., 205½ E. 2d St., Muscatine, Ia. (D.C.)
 T. C., Cornwall, Ont., Can. (D.C.)
 T. C., Midland, Ont., Can. (D.C.)
 T. C., Collingwood, Ont., Can. (D.C.)
 Thad. T., Yalpey Bldg., Detroit, Mich. (D.O.)
 Theo. N., Windermere Bldg., East Cleveland, O. (D.O.)
 Van B., Oliver Theatre Bldg., Lincoln, Neb. (D.O.)
 Violet, 1024 Oakdale Ave., Chicago, Ill. (D.C.)
 W. Arthur, 313 Huntington Ave., Boston, Mass. (D.O.)
 W. Dean, Joplin, Mo. (D.C.)
 W. D., 117 East Lincoln Way, Mishawaka, Ind. (D.C.)
 Wm. E., 544 Elmwood Ave., Buffalo, N. Y. (D.C.)
 W. F., 702 Genesee St., Saginaw, Mich. (D.C.)
 W. F., 117 Franklin St., Saginaw, Mich. (D.C.)
 W. H., Aqua Calients, Ariz. (S.T.)
 Walter S., 300 Coleman St., Marlin, Tex. (D.O.)
 Wilbur L., 1527 I St. N. W., Washington, D. C. (D.O.)
SMITHSON, MISS M. B., 940 Highland St., Columbus, O. (D.M.T.)
SNAPE & SNAPE, 1509 13th St. N. W., Washington, D. C. (D.C.)
SNAPP, J. W., Mahoney Bldg., Bristol, Tenn. (D.O.)
SNARE, J. P., Hurd & Hubbard Bldg., Modesto, Cal. (D.O.)
SNAVELY, C. M., Urbana, Ill. (D.C.)
SNEDEKER, O. O., 92 Broadway, Detroit, Mich. (D.O.)
O. O., 406 Broadway Central Bldg., Detroit, Mich. (D.O.)
SNEDIKER, R. T., 415 Everett Ave., Kansas City, Kans. (Ma.)
SNELL, DR. ALBERT F., 16 Garfield Place, Cincinnati, O. (S.T.)
 Daniel E., Perkins Bldg., Roseburg, Ore. (D.O.)
 Mark M., Navina, Okla. (D.C.)
SNELL'S PRIVATE SANATARIUM, 1054 Wesley Ave., Cincinnati, O. (P.)
SNODGRASS, V. L., 401 N. Penn Ave., Independence, Kans. (D.C.)
 V. L., 401 N. Penn Ave., Independence, Kans. (D.C.)
SNOW, G. H., Hanselman Bldg., Kalamazoo, Mich. (D.O.)

- M. J., 4637 N. Robey St., Chicago, Ill. (D.C.)
Raymond C., 10316 Ostend Ave., Cleveland, O. (D.C.)
SNOWDEN, CORA, 323 Geary St., San Francisco, Cal. (D.O.)
SNYDER, B. J., Box 577, Fulton, Ill. (D.O.)
Cecil Paul, 64 N. Washington St., Titusville, Pa. (D.O.)
Clarence W., Oakland, Ill. (D.O.)
Claude H., Leary Bldg., Seattle, Wash. (D.O.)
E. C., 301 Ewing Bldg., Findlay, O. (D.C.)
Harvey, Commercial Ave. and 92d St., Chicago, Ill. (D.C.)
Ida F., 350 Broad St., Waverly, N. Y. (D.C.)
J. C., Pa. Bldg., Philadelphia, Pa. (D.O.)
O. J., Witherspoon Bldg., Philadelphia, Pa. (D.O.)
SNYDER, DAN, Kendallville, Ind. (N.D.)
H. H., 1553 W. Madison St., Chicago, Ill. (N.D.)
O. W., 1118 W. High St., Lima, O. (D.M.T.)
SODERSTOM, OLGA, 1012 McMillen St., Cincinnati, O. (Ch.)
SOEROS, SIGURD S., 4200 S. Grand Blvd., Chicago, Ill. (N.D.)
SOFRANEC, JOS., 113 Williams Ave., Youngstown, O. (D.C.)
SOGER, EMMA D., Ewing Block, Findlay, O. (D.C.)
SOLBERG, A., Mitchell, S. Dak. (D.C.)
SOLDNER, W. H., 516 S. Ashland Blvd., Chicago, Ill. (D.O.)
SOLE, HAROLD, Fergus Falls, Minn. (N.D.)
SOLLARS, G. W., 1501 Joplin St., Joplin, Mo. (D.C.)
SOLOM, HAROLD, Oakes, N. D. (N.D.)
SOLOT, M., 1784 Pitkin Ave., Brooklyn, N. Y. (Opt.)
SOLOTER, MRS. V. P., 940 Simpson St., New York, N. Y. (Ma.)
SOMERS, EDITH, Reinbeck, Ia. (D.C.)
Edith, 123 E. Boulder St., Colorado Springs, Colo. (D.C.)
S. B., Traer, Ia. (D.C.)
Sylvester, 1372 Merryman St., Marinette, Wis. (D.C.)
SOMERS & SOMERS, 123 E. Boulder St., Colorado Springs, Colo. (D.C.)
SOMERVILLE, DAVENA P., 10 Clay St., Rochester, N. Y. (N.D.)
SOMMACAL, J. F., Arnstein, Ont., Can. (D.C.)
SOMMERS, ELIZABETH PREISS, R. F. D. No. 4, Box 21-a, Madison, Wis. (D.C.)
SONDEREGGER, MISS HILDA, 812 Highpoint Ave., West Hoboken, N. J. (N.D.)
SONES, J. C., 46 Broadway, Toledo, O. (D.C.)
Mrs. J. C., Toledo, O. (D.C.)
J. C., 1602 N. Saginaw, Flint, Mich. (D.C.)
J. C., Julietta, Ia. (D.C.)
J. C., Stayton, Ore. (D.C.)
SONES, J. C., 111 2nd St., Moscow, Fla. (D.C.)
SONNICHSEN, A. A., 972 Willoughby Ave., Brooklyn, N. Y. (N.D.)
SONNTAG, ALFRED G., Palmer, Kans. (N.D.)
Alfred G., Fowler, Kans. (N.D.)
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Louis C., Second Nat'l Bank Bldg., Toledo, O. (D.O.)
SORECHEK, WM., 146 S. Ave. and 18th, Los Angeles, Cal. (D.C.)
SORG, MRS. MARIE, Durango, Colo. (D.C.)
SORMSEN, DR. M. C., Sioux Falls, S. D. (M.D.)
SOUDER, ALBERT, Box 255, Clifton Forge, Va. (D.C.)
SOULE, E. C., Fowlerville, Mich. (D.C.)
SOULES, ADELAIDE E., Oshawa, Ont., Can. (D.C.)
J. S., Oshawa, Ont., Can. (D.C.)
SOUTHERLAND, C. B., Lone Tree, Ia. (D.C.)
SOUTER, J. W., Grinnell, Ia. (D.C.)
SOWERS, HOMER E., Hamory Bldg., Sharon, Pa. (D.O.)
SPALDING, J. LUCENA, Box 677, Asheville, N. C. (D.O.)
SPANG, B. W., 1st and Edwards Sts., Newberg, Colo. (D.C.)
Durnard, 29th and Belmont Sts., Portland, Ore. (D.C.)
SPANGLER, CLYDE B., Maitland, Mo. (D.O.)
H., 638 E. 14th St., New York, N. Y. (D.C.)
H. L., 145 German St., St. John, N. B. (D.O.)
SPANGLER, H., 117 Avon Ave., Newark, N. J. (N.D.)
SPATES, AUGHEY VIRGINIA, 216 S. Walnut St., Sherman, Tex. (D.O.)
Edwin M., Black Bldg., Los Angeles, Cal. (D.O.)
SPATH, ALFRED, 118 W. Wash. St., Bloomington, Ill. (D.C.)
SPATZ, CHAS., 162 N. High St., Columbus, O. (Ch.)
SPAUNHURST, J. F., State Life Bldg., Indianapolis, Ind. (D.O.)
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SPEARING, HERMAN A., 1072 W. Ashley St., Jacksonville, Fla. (D.C.)
SPEARS, MRS. JAS. D., Suite 8, 1822 Chicago St., Omaha, Nebr. (S.T.)
SPECKERT, A. J., 309 Burke Bldg., Cor. 2d Ave., Seattle, Wash. (S.T.)
SPEGAL, F. M., Bradley Bldg., Milton, Ore. (D.C.)
F. M., Freewater, Ore. (D.C.)
SPEICHER, W. N., 1343 Wright St., Los Angeles, Cal. (D.C.)
SPEITH, PERRY A., 353 W. 8th St., Elyria, O. (D.C.)
SPENCE, HUGH DAVIS, 220 N. Market St., Frederick, Md. (D.O.)
Thomas H., 16 Central Park West, New York, N. Y. (D.O.)
SPENCER, B. M., Fehl Bldg., Lancaster, Pa. (D.O.)
Chas. H., 318 Clay St., Los Angeles, Cal. (D.O.)
Elizabeth A., 133 Geary St., San Francisco, Cal. (D.O.)
F. M., 116 W. Long Ave., Du Bois, Pa. (D.C.)
Jennie C., Hollingsworth Bldg., Los Angeles, Cal. (D.O.)
Platt Rogers, 437 Main St., Racine, Wis. (D.O.)
SPERBECK, H. C., Sunbury, Pa. (D.C.)
H. C., R. F. D. No. 3, Summerville, N. J. (D.C.)
SPERLING, D. W., Chadron, Nebr. (D.O.)
SPERLING, F. J. E., Wilkes-Barre, Pa. (M.D.)
SPERRY, MYRA ELLEN, 21 W. Victoria St., Santa Barbara, Cal. (D.O.)
SPICER, D. F., Marion O. (D.O.)
SPIEGLE, ANDREW A., 290 Oak St., Palestine, Tex. (D.O.)
SPIES, L. ELIZABETH, 3600 Troost Ave., Kansas City, Mo. (D.O.)
SPILL, WALTER E., 2509 Perryville Ave., Pittsburg, Pa. (D.O.)
SPINAL HEALTH SYSTEM, 176 Main St., Bristol, Conn. (D.C.)
SPITLER, FLORENCE W., Eaton, O. (N.D.)
H. Riley, Eaton, O. (D.C.)
SPITLER, H. R., Brooksville, O. (D.C.)
H. Riley, Eaton, O. (D.C.)
Harry R., Spitter Sanitarium, Crab Orchard, Ky. (D.C.)
Harry R., Union City, Ind. (D.C.)
J. F., Stevens Bldg., Detroit, Mich. (D.O.)
SPOHR, C. B., White Sulphur Springs, Mont. (D.O.)
SPONCES, J. C., 46 Broadway, Toledo, O. (N.D.)
SPOON, NANNIE, Luray, Kans. (D.C.)
Nannie C., Lindsey, Okla. (D.C.)
SPRAGUE, B. R., Hemet, Cal. (D.O.)
SPRINGER, A. J., Crooksville, O. (N.D.)
G. L., 152 N. Marengo Ave., Pasadena, Cal. (D.C.)
Victor L., Valparaiso, Ind. (D.O.)
SPRING, DR. ALTON J., Crooksville, O. (D.C.)
SPRINGER, A. L., Crooksville, O. (D.C.)
Alexander, Hamilton, O. (Mag.)
SPRING-RICE, THEODORIS M., 46 W. 96th St., New York City, N. Y. (D.O.)
SPROVIERO, PATRICK, 268-70 Atlantic St., Stamford, Conn. (D.C.)
SPRYSZYNSKI, DR. S. M., 222 Stanislaus St., Buffalo, N. Y. (N.D.)
SQUIERS, MABEL, 2119 Ashland Ave., Toledo, O. (N.D.)

- SQUIRE, MABEL, Cary, O. (D.C.)
 Roger N., 904 Main St., Hartford, Conn. (D.O.)
- SROFE, BESSIE M., 5 Melrose Bldg., N. E. C. McMilan and Melrose Aves., Cincinnati, O. (D.O.)
- STAADS, DR. S., Sioux City, Ia. (N.D.)
- STACHLER, F. C., 154 Kingsland Ave., Corona, L. I. (D.C.)
- STACY, J. W., The Chateau, Springfield, Mass. (D.C.)
- STADEN, CAROLINE, 937 Bushwick Ave., Brooklyn, N. Y. (N.D.)
 Dr. L., 937 Bushwick Ave., Brooklyn, N. Y. (N.D.)
- STADIUS, OTTO, 785 7th St., St. Paul, Minn. (D.M.T.)
- STAEHLER, F. C., 154 Kingsland Ave., Corona, L. I., N. Y. (N.D.)
- STAFF, L. E., 609 W. Jordan St., Jacksonville, Ill. (D.O.)
- STAHL, FRANK J., 1264 Lexington Ave., New York City, N. Y. (D.C.)
 G. W., 102 Main St., Council Bluffs, Ia. (D.C.)
- STAHL, J. C., 10827 Olivet Ave., Cleveland, O. (D.M.T.)
- STAHLSCHMIDT, OSKAR, Comfort, Tex. (N.D.)
- STAHR, D. M., Orr Flesh Bldg., Piqua, O. (D.O.)
- STAINES, P. S., West Point, Miss. (D.C.)
 Robt. W., Aberdeen, Miss. (D.C.)
- STAMAN, MRS. E., Delmar, Ia. (D.C.)
- STANDART, N. K., Washington Arcade, Detroit, Mich. (Opt.)
- STANDIFERD, R., Reading, Kans. (S.T.)
- STANDISH, LULU, 2103 36th St., Cleveland, O. (Ma.)
 Margaret A., Long Island, Ala. (N.D.)
- STANFORD, ELIZABETH, 453 W. 63rd St., Chicago, Ill. (D.O.)
- STANGE, J. H., 7 W. Madison St., Chicago, Ill. (Ma.)
- STANGEN, DR. ERNEST, 657 Classon Ave., Brooklyn, N. Y. (N.D.)
- STANLEY, ALTA, Melchor, Ia. (D.C.)
 A. E., Exchange Bldg., Los Angeles, Cal. (D.C.)
- STANLEY, CARRIE E., 151 Pleasant St., Winchendon, Mass. (N.D.)
- STANSBURY, L. A., Joliet, Ill. (N.D.)
- STARBECK, C. E., 607 Groveland Pk., Chicago, Ill. (D.C.)
- STARBUCK, DR. S. H., Seattle, Wash. (M.D.)
- STARK, GERTRUDE, 406 Evergreen Ave., Brooklyn, N. Y. (D.C., D.O., N.D.)
 R. A., Coutier Bell Bldg., Hamilton, Mont. (D.O.)
- STARKEY, T. S., Holland Bldg., Hobart, Okla. (D.C.)
- STARKS, FRANCES, Mullett Lake, Mich. (D.C.)
- STARKWEATHER, LOUISE A., Brighton Apts., Washington, D. C. (D.O.)
- R. L., Jefferson Bldg., Goshen, Ind. (D.O.)
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- STATE, J. B., Faribault, Minn. (D.C.)
 Walter W., 584 Delaware Ave., Buffalo, N. Y. (D.O.)
- STATES & STATES, Blair, Nebr. (D.C.)
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- Grace H., 281 Wohlers Ave., Buffalo, N. Y. (D.O.)
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- ST. CLAIR & HELFRICH, 216-17-18 Fay Bldg., Los Angeles, Cal. (D.C.)
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 Harry, 218 Fay Bldg., Los Angeles, Cal. (D.C.)
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- STEARNS, C. H., 1504 H St. N. W., Washington, D. C. (D.O.)
- Maus W., 226 State St., Schenectady, N. Y. (D.O.)
- STEBBINS, J. EDW., Agra, Kans. (D.C.)
 J. E., Wichita, Kans. (D.C.)
 T. J., Waco St., Wichita, Kans. (D.C.)
- STEEL-BROOKE, LOUISE H., Box 263, Sheridan, Wyo. (D.C.)
- STEELE, FREDERICK A., JR., 107 Summit Ave., Summit, N. J. (D.O.)
 James, 405 Metcalfe Bldg., Auburn, N. Y. (D.C.)
 W. W., 560 Delaware Ave., Buffalo, N. Y. (D.O.)
- STEENBERGEN, S. V., 522 Samison Bldg., Seattle, Wash. (N.D.)
- STEENROD, SARAH H., 31 Illinois Ave., Dayton, O. (N.D.)
- STEEVES, HERBERT O., 30 Huntington Ave., Boston, Mass. (D.O.)
- STEFFEN, EDWARD E. B., Dole Bldg., Beatrice, Nebr. (D.O.)
- STEIN, AARON, 1226 Boston Road, New York City, N. Y. (D.C.)
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- STEINBURG, PAUL, Midland Ave., Syracuse, N. Y. (D.C.)
- STEINER, O. R., 230 Akron Savings & Loan Bldg., Akron, O. (N.D.)
- STEINER, DR. O. R., 230 Akron Savings and Loan Co. Bldg., Akron, O. (D.C.)
- STEINFADT, A. O., 1115 Main St., Bridgeport, Conn. (N.D.)
- STEINJANN, WM., 57½ Sumner Ave., Brooklyn, N. Y. (N.D.)
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- STEPHENS, FRANCIS, 293 Park Ave., Bradford, Ont., Can. (D.C.)
 Genoa D., Century Bldg., St. Louis, Mo. (D.O.)
- STEPHENSON, C. L., 509 Main St., Alamosa, Colo. (D.O.)
 Jennie, Garden City Bank Bldg., San Jose, Cal. (D.O.)
- Leah M., 1023 E. Jefferson Ave., Detroit, Mich. (D.O.)
- Troy C., 523 Main St., Cedar Falls, Ia. (D.O.)
- STERN, G. M., 409 Lowry Annex, St. Paul, Minn. (D.O.)
- H., Davenport, Ia. (D.C.)
- Harry, 6 Stuyvesant Place, Brooklyn, N. Y. (D.C.)
- Harry, 952 Broadway, Brooklyn, N. Y. (D.C.)
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- STERTZBACH, C., Box 83, Mechanicsville, Ia. (D.C.)
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 C. Allen, 1361 Park St., Alameda, Cal. (D.O.)
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 Miss Helen, Enid, Okla. (S.T.)
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 Frank L., Youngstown, O. (Ch.)
 H. D., Lloyd Dist. Nat'l Bank Bldg., Washington, D. C. (D.O.)
 Lloyd, 27 E. Monroe St., Chicago, Ill. (D.O.)
 Margaret W., Park Ave., Youngstown, O. (Ch.)
 Myra Cain, Dist. Nat'l Bank Bldg., Washington, D. C. (D.O.)
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 Wm. W., Cadiz, O. (D.C.)
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 W. E., 1440 Broadway, Oakland, Cal. (D.C.)
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 Benj. F., 428 N. Broad St., Elizabeth, N. J. (D.O.)
 C. E., Kirksville, Mo. (D.O.)
 Ella D., Kirksville, Mo. (D.O.)
 Geo. A., Kirksville, Mo. (D.O.)
 Harry M., Kirksville, Mo. (D.O.)
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 Mabel J., Matthews Bldg., Milwaukee, Wis. (D.O.)
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 Lena, 1874 E. 86th St., Cleveland, O. (D.M.T.)
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 Ida B., Mason Bldg., Los Angeles, Cal. (D.O.)
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STONE, ANNA L., 4045 Calumet Ave., Chicago, Ill. (N.D.)
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 Stella M., 408 Kennedy Bldg., Ft. Smith, Ark. (D.C.)
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 Glen, 252 Merri-man Block, Council Bluffs, Ia. (D.C.)
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 Paul, 501-2 Dollar Bk. Bldg., Springfield, O. (D.C.)
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STRATTON, C. FINLEY, Box 49, Mingo, O. (D.M.T.)

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- STRAUSBAUGH, N. W., 720 15th St. S. E., Washington, D. C. (D.C.)
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- H. R., 226 Strayer St., Johnstown, Pa. (D.C.)
- STRAVER, WM., Nampa, Idaho, (D.C.)
- W. A., 329½ 12th St., Miami, Fla. (N.D.)
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- STREETER, WILFRID A., 255 Bath St., Glasgow, Scotland. (D.O.)
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- STROBEL, ALBIN, 520 Pater-son Plank Rd., Jersey City, N. J. (D.C.)
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- Richard, 3702 Hudson Blvd., Jersey City, N. J. (D.C.)
- STROCK, W. F., 225 Cleveland Ave., Canton, O. (D.C.)
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- W. F., 225 Cleveland Ave., Canton, O. (D.C.)
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- STRONG & STRONG, R. D. 24, Akron, O. (D.C.)
- STRONG & STRONG, 210 Otis Bldg., Akron, O. (D.C.)
- STRONG, BESSIE E., Ionia, Mich. (D.O.)
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- Carl, McHenry, Ill. (N.D.)
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- M. J., 564 Pacific Ave., Brooklyn, N. Y. (D.O.)
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- Sylvan, Brady, Neb. (D.C.)
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- Lorne N., 1204 E. 47th St., Chicago, Ill. (N.D., D.O.)
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- SWARTZ, J. L., 6 N. Michigan Ave., Chicago, Ill. (Nap.)
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- H. D., Glens Falls Insurance Bldg., Glens Falls, N. Y. (D.O.)
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- Ralph C., 214 W. Maine St., Battle Creek, Mich. (D.C.)
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SWENSON, MISS A. G., Royden Apartment House, Washington, D. C. (Ma.)
SWENSON, GUSTAF, 322 Lilly Ave., W. Liberty, Pittsburgh, Pa. (D.C.)
J. E., 4124 Vincennes Ave., Chicago, Ill. (N.D.)
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Ellen G., 292 Park Ave., Bradford, Ont., Can. (D.C.)
Irvin H., Otten Block, Snohomish, Wash. (D.O.)

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R. H., 5229 Spruce Street, Philadelphia, Pa. (D.O.)
SWOPE, CHESTER D., The Farragut, Washington, D. C. (D.O.)
SYLER, HARRY B., R. 1, Paris, Mo. (D.O.)
SYMONDS, WESLEY E., 227½ N. Washington Avenue, Lansing, Mich. (D.O.)

SYMONS, W. C., 505 Mercantile Library Bldg., Cincinnati, O. (N.D.)
W. V., 807 Mercantile Library Bldg., Cincinnati, O. (D.C.)
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SYRCHER, ERNEST V., 5 W. Genesee St., Buffalo, N. Y. (Opt.)
SYSTEM, MARINELLE, 723 11th St. N. W., Washington, D. C. (Ma.)
SZEKERES, LOUIS L., 53 Porter Bldg., San Jose, Cal. (N.D., D.C.)

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TAINER, S. W., Supply, Okla. (D.C.)
TAIT, BEULAH LONG, Joplin, Mo. (D.C.)
TALBERT, HORACE, Box 31, Wilberforce, O. (D.M.T.)
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TANNA, ROSE, Omaha Bank Bldg., Omaha, Neb. (D.O.)
TANNER, J. H., 3 Reeve St., Woostock, Can. (D.C.)
O. J., 5910 Wayne Ave., Germantown, Pa. (D.C.)
O. J., 8234 Frankford Ave., Holmesburg, Pa. (D.C.)
TANNER, MRS. MARY W., 126 Bedford Ave., Buffalo, N. Y. (Cr.)
TAPLIN, GEORGE C., 581 Boylston Street, Boston, Mass. (D.O.)
TAPPAN, HARRY G., 26 Osbourne St., Bloomfield, N. J. (D.C.)
TARBELL, H. E., 1515 West Monroe St., Chicago, Ill. (D.C.)
TARR, ALFRED J., Wilson Bldg., Dallas Tex. (D.O.)
Delford, Cropsey, Ind. (D.C.)
Joseph W., Lidgerwood, N. D. (D.O.)
TASKER, ANNA E., 2010 Le-moyne St., Los Angeles, Cal. (D.O.)
Cora N., Auditorium Bldg., Los Angeles, Cal. (D.O.)
Dain L., Auditorium Bldg., Los Angeles, Cal. (D.O.)
TATE, EDWIN W., Kinney Bldg., Newark, N. J. (D.O.)
Phillip, Grand Valley Bank Bldg., Grand Junction, Colo. (D.C.)
TATTERSDILL, 61 W. 37th St., New York, N. Y. (P.)
TAYLER, C. B., 119½ Wash-ington St., Tiffin, O. (D.C.)
TAYLOR, A. A., Smith Bldg., Hudson Ave., Newark, O. (D.C.)
Andrew, San Francisco, Cal. (D.C.)
Arthur, Torinus Blk., Still-water, Minn. (D. O.)
C. B., 119½ Washington St., Tiffin, O. (D.C.)
Chas. E., Hawley Blk., Beaver Dam, Wis. (D.O.)
Ella J., Box 253, Sanger, Cal. (D.C.)

Fred, Lewistown, Mont. (D.O.)
Harry, Nevinsville, Ia. (D.C.)
John C., R. P. Mission, Pa-tiala, North India. (D.O.)
Lily F., Northfield, Minn. (D.O.)
M. E., Woonsocket, S. Dak. (D.O.)
Mrs. Mollie, Alamosa, Colo. (S.T.)
Nellie, 119½ Washington St., Tiffin, O. (D.C.)
S. L., 541 43rd St., Des Moines, Ia. (D.O.)
S. P., Norfolk Ave., Norfolk, Neb. (D.O.)
TAYLOR, CHAS. E., 2801 Garden Ave. S. W., Cleveland, O. (D.M.T.)
E. J., Tomah, Wis. (D.C.)
J. E., 256-68 Main St., Buffalo, N. Y. (Opt.)
Louise W., 635 W. 6th St., Cincinnati, O. (Ch.)
TEAL, J. T., Chicago, Ill. (N.D.)
TEALL, CHAS. C., Fulton, N. Y. (D.O.)
TEBEAU, Hunter Bldg., Hendersonville, N. C. (D.O.)
TECKNER, I. L., 202 Columbia Bldg., Portland, Ore. (D.C.)
TEDFORD, A. C., Kelley & Moyer Bldg., Bluefield, W. Va. (D.O.)
TEDRICK, C. A., Greensburg, Kans. (D.O.)
TEED, E., 2236 Estes Ave., Chicago, Ill. (N.D.)
TEEL, WILLIS, R. No. 4, Box 38, New Concord, O. (D.M.T.)
TEEM, D. B., Hugo, Okla. (D.C.)
TEER, DR. WM., Corpus Christi, Tex. (S. T.)
TEETER, ELMINA H., Locke, Cayuga Co., N. Y. (D.C., D.P.)
TEETERN, D. W., Forney, Idaho. (D.C.)
TEEVES, WM., 3975 Vernon Ave., Chicago, Ill. (D.P.)
TEG, WILHELM, 145 E. 52nd St., New York, N. Y. (N.D.)
TEIGAN, EDWARD, 4344 N. Winchester Ave., Chicago, Ill. (D.C.)
TELFORD, S. P., 729½ Second St., Ft. Madison, Ia. (D.C.)
TELGEN, EDWARD, Antelope, Mont. (D.C.)
TEMPLE, STEPHEN, Mills Bldg., Topeka, Kans. (D.O.)

TEMPLETON, W. F., Bramble Blk., Havre, Mont. (D.O.)
TENNEY, C. F., Bement, Ills. (S.T.)
TENNIES, HELEN BETTIE, Sparta, Wis. (D.C.)
TENNSLEY, L., 2016 Valley St., Omaha, Neb. (D.C.)
TERP, J. A., 221 N. Washing-ton St., Green Bay, Wis. (D.C.)
TERRY, BESSIE, New York City, N. Y. (D.C.)
Frederick C., 35 Schermer-horn St., Brooklyn, N. Y. (D.C.)
J. Y., 829 Jackson St., Oak-land, Cal. (D.C.)
Lottie S., 805 N. Court St., Rockford, Ill. (D.C.)
Lottie S., Watertown, S. Dak. (D.C.)
TERRY, J. Y., Nampa, Idaho. (D.C.)
TETER, FRED B., Davenport, Wash. (D.O.)
TEUFEL, F. A., 5513 Drexel Blvd., Chicago, Ill. (N.D.)
TEUTEBERG, I. J., 198 27th St., Milwaukee, Wis. (D.C.)
THAISON, ADELINA, 1820 W. Houston St., Laredo, Tex. (D.O.)
THAWLEY, EDGAR Q., Wool-ner Bldg., Peoria, Ill. (D.O.)
THAXTON, E. E., Raton, N. M. (D.C.)
THAYER, E. B., 435 Buffalo St., Conneaut, O. (N.D.)
Odessa H., 307 Fernwell Bldg., Spokane, Wash. (D.C.)
THAYER, H. A., 200 Park Ave., Rochester, N. Y. (D.O.)
THEE, WM., 3127 Gloss Ave., Cincinnati, O. (D.C.)
THELLMAN, J. D., 6402 Franklin Ave., Cleveland, O. (N.D.)
THEURER, J. C., Brecken-ridge, Minn. (N.D.)
THIELE, F. G., Holmes Bldg., Galesburg, Ill. (D.O.)
THIESSEN & THIESSEN, DRS., Carroll, Iowa. (N.D.)
THIESSEN, Mrs. R. J., Carroll, Iowa. (D.C.)
THIESSEN, R. G., Eagle Grove, Iowa. (D.C.)
THIRION, RENE V., 126 Bid-well Parkway, Buffalo, N. Y. (N.D., M.D.)
THOMAS, ARTHUR, Turnbull, Fla. (D.C.)
A. L., 4424 Indiana Ave., Chi-cago, Ill. (D.C.)

- Alice R., 2299 Seneca St., Buffalo, N. Y. (D.C.)
W. Arthur, 14 Glenam Pl., Denver, Colo. (D.C.)
Arthur W., 1440 Glenam Pl., Denver, Colo. (D.C.)
C. A., Coleman, Tex. (D.C.)
C. A., Luck Box 624, Knightstown, Ind. (D.C.)
F. A., 1308 Glenarm St., Denver, Colo. (D.C.)
Flora V., 704 Walnut St., Terre Haute, Ind. (D.C.)
Francis, Clear Lake, Iowa. (D.C.)
James A., 301 Venetian Bldg., Chicago, Ill. (D.C.)
Jennie, Lake View, Tex. (S.T.)
Julia A., 223 Third St., Terre Haute, Ind. (N.D.)
Lloyd E., 14½ Main St., Ft. Scott, Kans. (D.C.)
M., 704 Walnut St., Terre Haute, Ind. (D.C.)
M. & F. V., 201-2 Odd Fellows Bldg., Terre Haute, Ind. (D.C.)
Paul Revere, Real Estate Trust Bldg., Philadelphia, Pa. (D.O.)
Robert M., 3-4 Winklespeck Bldg., Brazil, Ind. (D.C.)
R. M., 14½ So. Main St., Ft. Scott, Kans. (D.O.)
W. Arthur, 1440 Glenam Place, Denver, Colo. (D.C.)
W. J., 405 Crescent Ave., Grand Rapids, Mich. (D.C.)
Walton T., Fidelity Bldg., Tacoma, Wash. (D.O.)
THOMAS, FRED. B., 128 Butler St., Peoria, Ill. (D.C.)
THOMASSON, WM. S., Rose Dispensary Bldg., Terre Haute, Ind. (D.O.)
THOMPSON & THOMPSON, DRS., Covino, Cal. (D.C.)
THOMPSON & THOMPSON, DRS., Weyburn, Sask., Canada. (D.C.)
THOMPSON & THOMPSON, DRS., Downey, Cal. (D.C.)
THOMPSON & THOMPSON, DRS., Los Angeles, Cal. (D.C.)
THOMPSON, ALMEDIA E., Pomeroy, Wash. (D.O.)
A. M., Anaheim, Cal. (D.C.)
C. E., Utica Bldg., Des Moines, Ia. (D.O.)
C. L., Citizens' Bank Bldg., Alameda, Cal. (D.O.)
Clyde L., Citizens' Bank Bldg., Alameda, Cal. (D.O.)
Daisy, Elvira Bldg., Columbia, Mo. (D.C.)
D. Orval, Sycamore, Ill. (D.O.)
Mrs. E. D., 952 R St. N. W., Washington, D. C. (Ma.)
Elizabeth M., 211 E. 4th St., Ottumwa, Ia. (D.O.)
Emma Wing, 906 State St., Schenectady, N. Y. (D.O.)
Etta L., 1108 62nd St., Chicago, Ill. (D.C.)
F. L., Herrington, Kans. (D.O.)
Garrett E., Central National Bank Bldg., Peoria, Ill. (D.O.)
Geo. W., 22 Savoy Bldg., Cleveland, O. (D.C.)
H. B., Walla Walla, Wash. (D.O.)
J. W., Charlebois Bldg., Watertown, N. Y. (D.O.)
L., Woodward, Okla. (D.C.)
Lillian, Salem, Ill. (D.O.)
L. C., Protection, Kans. (D.C.)
L. E., 51 Broad St., Salamanca, N. Y. (D.C.)
L. E., 621 Prendergast Ave., Jamestown, N. Y. (D.C.)
L. O., 316 Coolbaugh St., Red Oak, Ia. (D.O.)
M. M., 8-9 Kokomo Trust Co.'s New Bldg., Kokomo, Ind. (N.D.)
Mrs. M. Florence, 24 Huntington Ave., Buffalo, N. Y. (Ma.)
Margaret S., 68 Ransom St., Grand Rapids, Mich. (D.O.)
Nickolie, Sheyenne, N. D. (N.D.)
Nora Lee, P. O. Block, Littleton, N. H. (D.O.)
Mrs. O. A., Covina, Cal. (D.C.)
O. A., 311 Bitting Bldg., Wichita, Kans. (D.C.)
O. A., Arkansas City, Kans. (D.C.)
O. A., Wichita, Kans. (N.D.)
Rudolph, 2205 Central Ave., Cleveland, O. (D.M.T.)
S. T., 851 E. 40th St., Chicago, Ill. (D.C.)
T. F., Elvira Bldg., Columbia, Mo. (D.C.)
T. J., 503 Hill Ave., Elgin, Ill. (D.C.)
Theo. G., Mercantile Bldg., New Castle, Pa. (D.O.)
W. A., 3-4 Wilson Block, Marion, Ind. (D.C.)
W. A., 406 Marion Block, Marion, Ind. (D.C.)
W. F., 212 E. 5th St., Cincinnati, O. (D.M.T.)
Wm. H., 813 12th St. N. W., Washington, D. C. (D.C.)
Wm. L., 816 N. 8th St., Sheboygan, Wis. (D.O.)
Wm. P., Fairmont Hotel, San Francisco, Cal. (D.C.)
THOMSEN, DR., 4th Floor, Evanston Bldg., Minneapolis, Minn. (D.C.)
THOMSON, D. B., 204 Scherer Bldg., Detroit, Mich. (Opt.)
THOMURE, MRS. SOPHIE, St. Genevieve, Mo. (S.T.)
THORBURN, THOS. R., 801 West End Ave., New York, N. Y. (D.O.)
THORE, CHRISTOPHER D., 100 Boylston St., Boston, Mass. (D.O.)
THORESEN, HELEN, Lake Mills, Ia. (D.C.)
THORESON & THORESON, Box 463, Lake Mills, Ia. (D.C.)
THORESON, ANNA O., Philips Art Bldg., Red Wing, Minn. (D.C.)
Frank M., 25 E. Grand Ave., Chicago, Ill. (D.C.)
THORESON, JOHN, Box 5, Glenwood, Minn. (D.C.)
THORMAHLEN, CONRAD, 420 Market St., Zanesville, O. (Ma.)
THORMAN, ARTHUR J., Cincinnati, O. (Ch.)
THORN, HENRY, R. 201, 1012 Baltimore Ave., Kansas City, Mo. (D.C.)
Howard, 1012 Baltimore Ave., Kansas City, Mo. (D.C.)
THORNBURN, THOS. R., 34 Jefferson Ave., Brooklyn, N. Y. (D.O.)
THORNBURY, J., San Jose, Cal. (D.C.)
THORNE, F. H., 325 Mercantile Bldg., New Castle, Pa. (D.M.T.)
THORNEILL, A. M., 60 Parsons Block, Burlington, Ia. (D.M.T.)
THORNHILL, J. B., 2410 Oak St., Baker, Ore. (N.D.)
THORNLEY, HARRY EARLE, State College, Bellefonte, Pa. (D.O.)
J., 502-3 Bank of San Jose, San Jose, Cal. (D.C.)
THORNTON, F. R., South Range, Wis. (D.O.)
F. W., 18 Teresa Place, Buffalo, N. Y. (D.C.)
THORP, HUGH, 211 Seymour Ave., Newark, N. J. (D.C.)
THORSEN, MARIE, Wright & Callender Bldg., Los Angeles, Cal. (D.O.)
THRAILKILL, W. L., Blackwell, Okla. (D.C.)
THROOP, HERBERT G., 407 Pacific-Electric Building, Los Angeles, Cal. (N.D.)
THUB, EDWIN, 2120 N. Clarke St., Chicago, Ill. (D.C.)
THUL, FERDINAND, New Sholem Bldg., Paris, Ill. (N.D.)
THUNA, M. B., 433 Sutter Ave., Brooklyn, N. Y. (N.D.)
THURMAN, E. L., 285 Jackson St., Americus, Ga. (D.O.)
M. R., Claremore, Okla. (S.T.)
Stella C., 285 Jackson St., Americus, Ga. (D.O.)
W. R., Pahuska, Okla. (S.T.)
THURMAN, MRS. M., 203 E. 61st St., New York, N. Y. (Ma.)
W. R., Tahlecuah, Okla. (N.D.)
THURSTON, J. M., Lincoln, Neb. (S.T.)
TIBBALS, FLORENCE, Sterling, Kans. (D.C.)
TIBBETS, WALTER, Sheridan, Wyo. (N.D.)
TIBBITTS, R. M., 17 N. Valley St., Kansas City, Kans. (S.T.)
TICE, ELBERT A., Shukert Bldg., Kansas City, Mo. (D.O.)
TICHLER, FRANK, Edgewater Beach Hotel, Chicago, Ill. (N.D.)
TIEKE, E. M., 414 Washington Ave., Brooklyn, N. Y. (D.O.)
TIEMANN, WILBUR F., Avalon Bldg., Newark, O. (D.O.)
TIERMAN, ALBERT I., 322 Mason Bldg., Los Angeles, Cal. (N.D.)
TILDEN, J. H., 3209 W. Fairview Place, Denver, Colo. (N.D.)
TILLATSON, GLADYS, Cascade Springs, S. Dak. (D.C.)
TILLEY, CHAS. E., Landover Bldg., Lincoln, Ill. (D.O.)
TILLYER, BELLE, Bozeman, Mont. (D.O.)
TIMBERS, R. S., Henry, Neb. (D.C.)
TIMM, RICHARD, Hinsdale, Mont. (D.C.)
TIMMONS, ERNEST, Village, Ark. (D.C.)
TIMPE, Dr. F. R., Box 165, Maguoketa, Ia. (D.C.)

- TINDALL, AMOS WILLARD, Masonic Temple, Hartford City, Ind. (D.O.)
- TINGES, GEO. H., Stephen Girard Bldg., Philadelphia, Pa. (D.O.)
- TINSLEY, C. R., 221 Pacific Ave., Long Beach, Cal. (D.C.)
- C. R., Indio, Cal. (D.C.)
- Minnie L., Indio, Cal. (D.C.)
- TIPPETT, HENRY W., 1004 East Capitol St., Washington, D. C. (D.C.)
- TIPRON, 629 Creston Ave., Marion, O. (D.M.T.)
- TIPTON, GEORGE, 629 Cranston St., Marion, O. (Ma.)
- TISCHLER, HELEN W., 435 Race St., Cincinnati, O. (Ma.)
- TISDALE, H., 214 Security Block, Grand Forks, N. D. (D.C.)
- R. F., 3329 Grove St., Oakland, Cal. (D.O.)
- TITSWORTH, R. F., 400 W. Cumberland St., Knoxville, Tenn. (D.O.)
- TITTERINGTON, FRANK L., 620 W. 3rd St., Davenport, Ia. (D.C.)
- TITTERINGTON, T. W., Marion, O. (D.M.T.)
- TITUS, FRED. E., 113 Flatbush Ave., Brooklyn, N. Y. (Opt.)
- H. W., 58 Cooper Square, New York, N. Y. (P.)
- Margaret S., 3279 W. 98th St., Cleveland, O. (Ch.)
- TITUS, MARY W., 7 Wash St., Bradford, Pa. (D.C.)
- TJERNAGIE, G. A., Story City, Ia. (D.C.)
- TJOMSAAS, KAREN, 2728 Bway New York, N. Y. (Ma.)
- TOBEY, H. C., Ass't Sec'y U. C. A., 828-34 Brady St., Davenport, Ia. (D.C.)
- W. B., Allen, Okla. (N.D.)
- TOBIN, GEO. F., 640 N. Topeka St., Wichita, Kans. (S.T.)
- TOBIN, J., 4876 Armitage Ave., Chicago, Ill. (D.C.)
- TODD, ELIZABETH H., 819 Kansas Ave., Topeka, Kans. (D.O.)
- TODD, G. F., 11 Keene Bldg., Main & Utica Sts., Buffalo, N. Y. (D.C.)
- G. F., 9 E. Utica St., Buffalo, N. Y. (D.C.)
- G. F., Swartz Creek, Mich. (D.C.)
- TOEL, HARRY M., Torrey Bldg., Duluth, Minn. (D.O.)
- TOLPUTT, ANNA T., 516 Federal St., Pittsburgh, Pa. (D.C.)
- TOMLIN, R. T., 45 Main Ave., Ocean Grove, N. J. (M.D.)
- TOMLINSON, G. R., 4025 Sheridan Road, Chicago, Ill. (D.C.)
- TOMS, FRANCIS, 122 W. 3rd St., Muscatine, Ia. (D.C.)
- TOMSON, ALFRED, Lyric Theatre, Omaha, Neb. (S.T.)
- TONKIN, JOHN, 2121 15th St. N. W., Washington, D. C. (Ma.)
- TOREN, LUCY E., 6165 Rudge Ave., Cincinnati, O. (D.M.T.)
- TORKELSON, IDA G., Wells, Minn. (D.O.)
- TORRENCE, G. W., 23 West Montgomery Ave., Pittsburgh, Pa. (D.C.)
- TOSKEY, C. M., 8548 Lake Park Ave., Chicago, Ill. (D.C.)
- C. M., Antigo, Wis. (D.C.)
- C. M., 239 First St., Hinsdale, Ill. (D.C.)
- TOSKEY, C. M., 3155 Lincoln Ave., Chicago, Ill. (D.C.)
- Paul J., West Salem, Ill. (D.C.)
- TOUN, W. T., Sioux Center, Ia. (D.C.)
- TOVEY, MISS VERONA, 635 S. Flower St., Los Angeles, Cal. (D.C.)
- TOVIL, FRANCIS, Lancaster, O. (D.M.T.)
- TOWNER, A. H., New Philadelphia, Pa., Box 223. (D.M.T.)
- TOWNS SANITARIUM, CHAS. B., 293 Central Park West, New York City, N. Y. (N.D.)
- TOWNSEND, EDGAR E., Richmond, Ind. (D.C.)
- Geo. A., Chico Hot Springs Hotel, Emigrant, Mont. (D.O.)
- Gertrude, 884 Mass. Ave., Cambridge, Mass. (D.O.)
- Kate R., 12 E. 9th St., Shawnee, Okla. (S.T.)
- TOWNSEND, I. R., 20 Glendale Place, Brooklyn, N. Y. (N.D.)
- TRABUE, J. A., Kirkwood Bldg., Pittsburgh, Kans. (D.O.)
- TRACEY, C. H., Cheltenham, Pa. (D.C.)
- Elvire, 78 Warburton Ave., Yonkers, N. Y. (D.O.)
- Emily F., 2124 Arch St., Philadelphia, Pa. (D.O.)
- H. La Monte, Pontages Bldg., Seattle, Wash. (D.O.)
- TRACY & TRACY, Trenton, Mo. (D.C.)
- TRACY, PAUL URBAN, 493 Epler Bldg., Seattle, Wash. (N.D.)
- TRADSHAM, F. B., 718 W. 63rd St., Chicago, Ill. (D.C.)
- TRAIMIS, K. G., 3301 S. Halsted St., Chicago, Ill. (D.C.)
- TRAINER, M. L., Suite 412, Lincoln Bldg., 14 West Washington St., Chicago, Ill. (N.D.)
- TRAMM, GEO. A., Hall & Lewis Block, Meriden, Conn. (D.C.)
- TRASH, LARKIN C., 609 East Jefferson St., Kokomo, Ind. (N.D.)
- TRASK, Dr. H. D., 603 Scherer Bldg., Detroit, Mich. (D.O.)
- TRASPER, MINNIE L., Chelsea, Okla. (D.C.)
- TRAUGHBER, WM. F., Hollingsworth Bldg., Los Angeles, Cal. (D.O.)
- TRAVER, ETHEL K., 203 W. 85th St., New York, N. Y. (D.O.)
- TREAT, A. R., Antigo, Wis. (D.C.)
- Clara Leila, Bank Bldg., Hermosa Beach, Cal. (D.O.)
- TREBLE, JOHN M., 102 E. William St., Bath, N. Y. (D.O.)
- TRECHMAN, FREDERIC W., 301 Lafayette St., Brooklyn, N. Y. (D.O.)
- TREDER, WM., 223½ W. 4th St., Waterloo, Ia. (D.C.)
- TREGO, JOHN W., Columbus, O. (D.C.)
- TREICHLER, C. LANDIS, Horn Bldg., Corry, Pa. (D.O.)
- TRENARY, J. M., 110 McLeon Bldg., Kewanee, Ill. (D.C.)
- J. M., 1757 Walton St., Denver, Colo. (D.C.)
- J. M., Arvada, Colo. (D.C.)
- TRENKLE, K. MAY, 965 New York Ave., Flatbush, Brooklyn, N. Y. (N.D.)
- TRESEDER, F. W., 4533 Wilton Place, Los Angeles, Cal. (D.C.)
- TRESHMAN, FREDERIC W., 301 Lafayette Ave., Brooklyn, N. Y. (D.O.)
- TRESTLER, E. B., 7-8 Jaycox Bldg., Walla Walla, Wash. (D.C.)
- TRETHERWEY, FLORENCE, Empire Bldg., Philadelphia, Pa. (D.C.)
- Florence, 2819 Broad St. N., Philadelphia, Pa. (D.C.)
- TREVITT, CORA W., Monroe, Wis. (D.O.)
- Edith, Commercial & Savs. Bank Bldg., Monroe, Wis. (D.O.)
- TREWIN, SAMUEL, Dewey, Okla. (D.C.)
- TRIEBER, MME., 149 W. 66th St., New York, N. Y. (Ma.)
- TRIECE, J. H., c/o The Chiropractic College, San Antonio, Tex. (M.D.)
- TRIGG, OLIVER S., Broken Bow, Neb. (D.O.)
- TRIMBLE, GUY C., Montezuma, Ia. (D.O.)
- H. H., Commercial Bldg., Moultrie, Ga. (D.O.)
- TRIMMER, JUNA M., Paradise, Kans. (S.T.)
- TRIPLETT, A. T., 502 Western Nat'l Bank Bldg., Fort Worth, Tex. (N.D.)
- L. D., 964 Main St., Akron, O. (N.D.)
- L. B., 10 Chestnut St., Springfield, Mass. (D.O.)
- Neva T., 601 W. Main St., Enid, Okla. (D.O.)
- TRIPP, N. V., 150 E. Broad St., Columbus, O. (N.D.)
- TRITT, H. P., Pasadena, Cal. (D.C.)
- TROESTER, OTTO, Hampton, Neb. (D.C.)
- TROSETH, N. A., 3977 Vernon Ave., Chicago, Ill. (N.D.)
- TROTT, ELZE D., 422 Greenfield Ave., Canton, O. (D.C.)
- TROTTER, FRANK, Devine, Tex. (D.C.)
- TROUTEN, M. G., 404 Pittsburgh Savings Bank Bldg., Pittsburgh, Pa. (D.C.)
- Dr. Mae G., 1307 E. 33rd St., Kansas City, Mo. (D.C.)
- TROWBRIDGE, L. R., Dixon, Ill. (D.O.)
- TRUE, W. F., 892 Avenue C, Bayonne, N. J. (D.O.)
- TRUEBLOOD, JOHN O., Wilhelm Bldg., Traverse City, Mich. (D.O.)
- TRUITT, H. V., Box B, Middleport, O. (D.M.T.)
- TRUITT, W. T., 567 Summit Ave., Jersey City, N. J. (D.C.)

- TRUXELL & TRUXELL, Suite 4, Union Block, Thief River Falls Minn. (D.C.)
- TUCCIO, CAJETAN, 111 Hudson St., Hoboken, N. J. (D.C.)
- TUCHLER, A. S., San Francisco, Cal. (M.D.)
- TUCKER & TUCKER, 906 22d St., San Diego, Cal. (D.C.)
- TUCKER, A. R., Citizens' Bank Bldg., Raleigh, N. C. (D.O.)
- Ernest E., A. S. O., Kirksville, Mo. (D.O.)
- E. J., 80 Grand St., Newburgh, N. Y. (D.C.)
- E. J., 1875 Glenwood Ave., Youngstown, O. (D.C.)
- Ervin J., 67 Grand St., Newburgh, N. Y. (D.C.)
- Mrs. Nora Mae, 906 22nd St., San Diego, Cal. (N.D.)
- S. W., Durham, N. C. (D.O.)
- Wm. R., 908 22nd St., San Diego, Cal. (N.D.)
- TUCKER, E. J., 35 Ford St., Ogdensburg, N. Y. (D.C.)
- TULL, GEORGE, Greenfield, Ind. (D.O.)
- TULLIE, A. M., 714 E. Main St., Crestline, O. (D.M.T.)
- TULLY, F. E., Cedar Rapids, Neb. (S. T.)
- TUNISON, E. HOWARD, 99 Doscher St., Brooklyn, N. Y. (N.D., D.C.)
- TUNNELL, H. E., Clyde, Kan. (D.O.)
- TUPPER, ANNIE LAURIE, Holly Springs, Mis. (S. T.)
- G. W., Kittanning, Pa. (D.C.)
- TURFLER, F. A., Rensselaer, Ind. (D.O.)
- TURK, J. E., 1102 W. Main St., Enid, Okla. (D.C.)
- TURKINGTON, JOS. C., 2841 N. 9th St., Philadelphia, Pa. (D.O.)
- TURLEY, H. I., 302 W. Monroe St., Mexico, Mo. (D.O.)
- TURNBULL, J. M., Woods & Hallam Bldg., Monmouth, Ill. (D.O.)
- TURNER, ANNIE S., 305 Bellevue St., N. Seattle, Wash. (D.O.)
- Arthur R., 424 Central Ave., St. Petersburg, Fla. (D.O.)
- Burt, 405½ Ave. C., Lawton, Okla. (D.C.)
- Dan, 405½ Ave. C., Lawton, Okla. (D.C.)
- Effie, Lawton, Okla. (D.C.)
- E. H., Eldorado Springs, Mo. (D.C.)
- Everett J., Eldorado Springs, Mo. (D.C.)
- TURNER, GEO. H., 734 Euclid Ave., Cleveland, O. (Ch.)
- TURNERS, EUGENE A., 608 S. Gilbert St., Ada, O. (D.M.T.)
- TURNNEY, DAYTON, Mason Bldg., Los Angeles, Cal. (D.O.)
- Dudley Breed, Linneus, Mo. (D.O.)
- F. H., 597 S. Iowa Street, Grand Rapids, Mich. (D.C.)
- F. Muir, 24 Jones Street E., Savannah, Ga. (D.O.)
- Grover G., Franklin, Pa. (D.C.)
- H. F., Murray, Ia. (D.C.)
- H. F., Hillinger and Larimer Bldg., Chariton, Ia. (D.C.)
- Jane, 1416 16th St., Denver, Colo. (D.C.)
- L. C., 673 Boylston St., Boston, Mass. (D.O.)
- Melvin, 427 E. Cherry St., Walla Walla, Wash. (D.C.)
- Nettie C., Land Title Bldg., Philadelphia, Pa. (D.O.)
- T. E., Land Title Bldg., Philadelphia, Pa. (D.O.)
- Thomas E., Land Title Bldg., Philadelphia, Pa. (D.O.)
- TUTTLE, ARTHUR H., 1124 Central Ave., Wilmette, Ill. (D.O.)
- A. Marsh, 248 Cajon Street, Redlands, Cal. (D.O.)
- Lamar K., 18 E. 41st St., New York, N. Y. (D.O.)
- Mayme K., Ford Bldg., Great Falls, Mont. (D.O.)
- R. E., Hicksville, O. (D.O.)
- TUTTLE, DR. LOUIS N., Holland, Mich. (M.D.)
- TWADELL, A. E., 15½ W. Madison St., Iola, Kan. (D.O.)
- TWEEDIE DICK, 4008 Grand Blvd., Chicago, Ill. (N.D.)
- TWITCHELL, IONIA C., Taylor Bldg., Morristown, Tenn. (D.O.)
- TWOMBLEY, T. C., Lynch, Neb. (S.T.)
- TWOMBLEY & TWOMBLEY, Rainge Bldg., Omaha, Neb. (D.C.)
- TYERNE, L. H., 1003-4 Steinway Hall Bldg., 64 East Van Buren St., Chicago, Ill. (N.D.)
- TYLER, BYRON, 616 Wyandotte St., Kansas City, Mo. (N.D.)
- Parker R., 103 Park Ave., New York, N. Y. (P.)
- TYREE, JULIA A., Mulyane, Kan. (D.C.)
- TYSON, JAS. W., Ideal, Colo. (S.T.)
- UEZ, GUSTAV, 596 Clinton Ave., West Hoboken, N. J. (N.D.)
- UFER, WM., 3858 Division St., Chicago, Ill. (N.D.)
- ULAM, W. W., 214 S. Taylor St., Van Wert, O. (D.C.)
- ULAN, WM. W., Van Wert, O. (D.C.)
- ULMER, HERBERT, 525 S. Ashland Blvd., Chicago, Ill. (N.D.)
- ULMER, IDA, Valdosta, Ga. (D.O.)
- ULRICH & ULRICH, 160 Washington St., Beaver Dam, Wis. (D.C.)
- ULRICK & ULRICK, 2651 Best Ave., Chicago, Ill. (D.C.)
- UNDERLANDER, J. L., 3315 S. Oakley Blvd., Chicago, Ill. (D.C.)
- UNDERWOOD, EVELYN K., 347 Fifth Ave., New York, N. Y. (D.O.)
- J. A., Realty Bldg., Elmira, N. Y. (D.O.)
- Ralph E., 1 Main St., New Milford, Conn. (D.O.)
- Horton Fay, 44 Court St., Brooklyn, N. Y. (D.O.)
- UNGER, DR. J. W., West Point, Miss. (M.D.)
- UNITED COLLEGE OF CHIROPRACTIC, Marion, Ind. (D.C.)
- UNIVERSAL CHIROPRACTIC COLLEGE, Davenport, Ia. (D.C.)
- UNTERLANDER, J. L., 325 Ashland Ave., Chicago, Ill. (N.D.)
- UPHAM, L. M., Stone Block, Warren, O. (N.D.)
- Lawrence W. W. Main St., Shelby, O. (D.C.)
- UPTON, CHARLES A., New York Life Bldg., St. Paul, Minn. (D.O.)
- URBAN, H. L., West Water St., Decorah, Ia. (D.O.)
- URE, WM. R., 910 Quarrier St., Charleston, W. Va. (D.O.)
- USHER, JENNIE M., 71 Haight St., San Francisco, Cal. (D.O.)
- USSING, AGNES, Cranford Trust Bldg., Cranford, N. J. (D.O.)
- UTLEY, RALPH E., 820 S. Blvd., Oak Park, Ill. (D.O.)
- UTT, DR. VIOLA, 618 S. Hope St., Los Angeles, Cal. (S.T.)
- UTTER, GERTRUDE, 215 Spitzer Bldg., Toledo, O. (Ch.)
- VADEN, W. F., 202 W. 5th St., Hutchinson, Kan. (D.C.)
- VAHLE, WM. G., Coffeyville, Kan. (D.C.)
- VAIL, R. O., 204 W. Scribner St., Du Bois, Pa. (D.C.)
- VALENTINE, G. M., 1430 Linden Ave., Baltimore, Md. (D.C.)
- Josephine M., De Graff, O. (D.M.T.)
- VALK, DR. E. GORDON, Bundick, Va. (N.D.)
- VALLIER, A. E., Columbus, Neb. (D.O.)
- VAN ARSDALE, CHAS. O., 27 E. Monroe St., Chicago, Ill. (D.O.)
- VAN ANTWERP & VAN ANTWERP, St. John's Bldg., Cor. S. Main and Maple Sts., Rocky Ford, Ill. (D.C.)
- VAN BUSHKIRK, VIOLA, 12½ South Barstow St., Eau Claire, Wisconsin. (D.C.)

- VANCE, A. T., Smith & Grote Bldg., Orange, Cal. (D.O.)
E. O., Fayette Natl. Bank Bldg., Lexington, Ky. (D.O.)
VAN CORST, BERTHA, 46 E. Montcalm St., Detroit, Mich. (D.C.)
J. R., Dolton, Ark. (D.C.)
VANDERGRIF, J. R., Lockney, Tex. (D.C.)
VANDENBERG, 1303 N St., Washington, D. C. (D.C.)
VAN DER PUTTEN, J. H., New Philadelphia, O. (Mag)
VANDERVOORT, JOHN H., 825 E. Duval St., Jacksonville, Fla. (D.C.)
VAN DE SAND, 120 S. Honore St., Chicago, Ill. (M.D.)
VAN DE SAND, W. B., Montrose, Pa. (D.O.)
VAN DEUSEN, HARRIET L., Sanford Bldg., Bridgeport, Conn. (D.O.)
VANDEVENTER, LEW, Loveland, Colo. (D.C.)
VANDOERN, H., 565 Madison Ave., Elizabeth, N. J. (D.C.)
VAN DOREN, MAE HAWK, 700 W. North Ave., Pittsburgh, Pa. (D.O.)
VAN DUSER, A. B., c/o E. J. Van Duser, Kendaia, N. Y. (D.C.)
VAN GELDER, J. B., Inglewood, Cal. (D.C.)
VAN HISE, RALPH, 857 N. Sacramento Boulevard, Chicago, Ill. (D.C.)
VAN HORN, MRS. M. P., Coal City, Ind. (D.C.)
VAN HORNE, HELEN, 14 W. Washington St., Chicago, Ill. (D.O.)
VAN HOUTEN, JOHN R., 156 Virginia Ave., Jersey City, N. J. (D.C.)
VAN KEUREN, F. H. R. No. 1, Sowona, New York, N. Y. (N.D.)
VAN KOLKEEN, F. D., Moose Jaw, Sask., Can. (D.C.)
VAN OSDOL, OSCAR, Junction City, Kan. (D.O.)
VAN MIDDLESWORTH, J. S., 425 Morris Ave., Elizabeth, N. J. (N.D.)
VAN PATTEN, E. M., First Natl. Bank Bldg., Fort Dodge, Ia. (D.O.)
VAN RONK, CHAS. J., 640 E. Chelton Ave., Philadelphia, Pa. (D.O.)
VAN SCHOONHOVEN, Lockney, Tex. (D.C.)
VAN SCHOONHOVER, Manacas, S. C. Cuba. (D.C.)
VAN SLYKE, CLIFFORD, 1108 Republic Bldg., Chicago, Ill. (D.C.)
VAN TILBURG & VAN TILBURG, 427-28 Occidental Bldg., Indianapolis, Ind. (D.C.)
VAN VELSOR, MRS. M. C., 6435 Jackson Avenue, Chicago, Ill. (S.T.)
VAN VELZER, KATHRYN, 1 Washington St., Hinsdale, Ill. (D.O.)
VAN VLECK, A. E., Paw Paw, Mich. (D.O.)
VAN VLIET OPTICAL CO., 242 Griswold St., Detroit, Mich. (Opt.)
VAN WINKLE, ARTHUR J., Phillipsburg, Kan. (D.O.)
VARGO, JOSEPH, 726 Illumination Bldg., Cleveland, O. (D.M.T.)
VARNEY, EDGAR D., 4610 Boardwalk, Wildwood, N. J. (D.C.)
VARSEY, G. E., 12 Cherry St., Grand Rapids, Mich. (D.C.)
Geo. E., 612 Court Street, Fremont, O. (D.C.)
VARSEY, GEO. W., 612 Court St., Fremont, O. (D.C.)
VASSELIN, W. J., Blossburg, Pa. (D.C.)
VASTINE, HARRY M., 109 Locust St., Harrisburg, Pa. (D.O.)
Herbert, 523 Franklin St., Reading, Pa. (D.O.)
VATTEREDT, J. A., Vandalia, Mo. (D.C.)
VAUGHAN, FRANK M., 359 Boylston St., Boston, Mass. (D.O.)
VAUGHAN, WALTER L., 206 W. 106th St., New York, N. Y. (D.C.)
VAVRUSKA, WM., 904 E. Water St., Austin, Minn. (D.C.)
VAVRUSKA, W. M., 227 East 3rd St., Winona, Minn. (D.C.)
VAWTER, W. H., 421 Main St., Lafayette, Ind. (D.C.)
VEATCH, PAUL J., 413 Carretet St., Camden, N. J. (N.D.)
VEAZIE, ELLA B., Commerce Building, Kansas City, Mo. (D.O.)
VEDDER, H. F., 828 Brady St., Davenport, Ia. (D.C., Ph.C.)
VEHR, A. SPENCER, 312 Rothschild Bldg., Portland, Ore. (N.D.)
VENN, MISS LOUEY, 1748 M St. N. W., Washington, D. C. (Ma.)
VENTRESS, K. C., Monmouth, Ill. (D.O.)
VERDEN, C. W., 422 First Natl. Bank Bldg., Long Beach, Cal. (D.C.)
VEREEN, FRANKLIN, Fort Meade, Fla. (M.D.)
VERHOFF, EDWARD A., 512 Walnut St., Des Moines, Ia. (N.D.)
VERMILLION, J. B., 6th and C Sts., San Diego, Cal. (D.C.)
J. B., 307 Scripps Building, San Diego, Cal. (D.C.)
VERNER, ROBINSON, 425 12th St., West New York, N. J. (D.C.)
VERNON, ALONZO W., 8 Tibbits Ave., Bradford, Pa. (D.O.)
VERNON, PROF. and MRS. A. A., 10 Barlow Place, Buffalo, N. Y. (Ma.)
J. B., 909 Cabin Block, Rocky Ford, Colo. (N.D.)
J. W., Fowler, Kans. (N.D.)
VESEY, L. S., 135 5th St., Elizabeth, N. J. (N.D.)
VEST, L. L., 1513 Jackson Blvd., Chicago, Ill. (D.C.)
VETTER, HENRY, 124 West 90th St., New York, N. Y. (D.C.)
VEYET, L. J., 321 S. Cicero Ave., Chicago, Ill. (D.C.)
Leo J., Sault Ste. Marie, Mich. (D.C.)
VIA, HUGH S., 503 W. Main St., Charlottesville, Va. (D.C.)
VICKSTROM, ALFRED, 26th and Princeton Sts., Chicago, Ill. (D.C.)
VICTOR BROS., Oliver Bldg., Pittsburgh, Pa. (Ma.)
VICTOR, CARL, 6017 Penna Ave., Pittsburgh, Pa. (D.C.)
VICTORY, ANDREW, 498 Broad St., Elizabeth, N. J. (D.C.)
VIEHE, H., Randolph Bldg., Memphis, Tenn. (D.O.)
VIERSEN, P. A., 607 Webster Bldg., Chicago, Ill. (D.C.)
VILETA, CHAS. A., 4235 West 21st St., Chicago, Ill. (N.D.)
VILLARI, N., 368 Central Ave., Jersey City, N. J. (N.D.)
VINCENT, A. L., Felt Bldg., Salt Lake City, Utah. (D.O.)
VINCIEN, JENNIE C., Argonia, Kan. (D.C.)
VIOLETTE, MISS S. N., Hotel Oxford, Boston, Mass. (D.C.)
VIRGIL, Portland, Ore. (N.D.)
VIRMEDGE, C. A., 2050 West Monroe St., Chicago, Ill. (N.D.)
VISHOLM, THOS. N., 1100 State St., Racine, Wis. (N.D.)
VISSER, P. J., Conneaut, O. (D.C.)
Peter J., Hippodrome Arcade Bldg., Youngstown, O. (D.C.)
VIZ, HUGH D., 503 W. Main St., Charlottesville, Va. (D.C.)
VOGEL, MISS MARY, Argenta, Ark. (S.T.)
W. B., Reinbeck, Ia. (D.C.)
Walter, N. 3rd St., Marshalltown, Ia. (D.C.)
VOGENITZ, LORIN, Newcomerstown, O. (D.M.T.)
VOGT, H. C., 8-9 Lahr Bldg., St. Cloud, Minn. (D.C.)
H. C., 49 Ocean Place, Long Beach, Cal. (D.C.)
H. C., Aurora, Neb. (D.C.)
I. W., David City, Nebr. (D.C.)
VOGT, JOSEPH A., 102½ Ash St., Piqua, O. (Ch.)
VOLCHMAN, C., 40 Zobruhis St., Jersey City, N. J. (D.C.)
VOLD, O. A., 8 N. State St., Chicago, Ill. (D.C.)
VOLEN, G. A., 1556 3rd St., San Diego, Cal. (D.C.)
May, 1550 3rd St., San Diego, Cal. (D.C.)
VOLGMAN, F. C., 214 Wisconsin St., Kenosha, Wis. (D.C.)
Frank, 1542 W. Adams St., Chicago, Ill. (D.C.)
VOLKMANN, T. J. O., 5608 Monte Vista St., Los Angeles, Cal. (D.O.)
VOLTAIRE, JOS., 1139 North State St., Chicago, Ill. (D.C.)
VOLZ, C. C., 1417 Iowa St., Davenport, Ia. (D.C.)
VOLZ, JOS. A., 61 Madison St., New Britain, Conn. (N.D.)

VON ARFMANN, E., Buffalo, N. Y. (N.D.)
 VON BOECKMANN, PAUL, 110 W. 40th St., New York, N. Y. (P.)
 VON BRANDENSTEIN, E., Cuero, Tex. (N.D.)
 VON DE SCHOEPPE, PAUL, Nelson Block, West Duluth, Minn. (N.D.)
 VON DRESKY, Davenport, Ia. (D.C.)
 VON FOREGGER, R., New York, N. Y. (M.D.)
 VON GOMERZ H., Jacksonville, Fla. (N.D.)
 VON GUNTEN, RUFUS, Urbana, O. (D.O.)
 VON IMHOFF, MARTHA, 1812 Euclid Ave., Cleveland, O. (Ch.)

VON MILLER, MISS LEE, 414 Jefferson St., Muncie, Ind. (N.D.)
 VON PRILLWITZ, OTTO, Marlin, Tex. (N.D.)
 VON WEIN, MAURICE, 2472 Fulton St., Brooklyn, N. Y. (N.D.)
 VOORHEIS, A. H., 509 Seymour St., Syracuse, N. Y. (D.C.)
 VORHEES, J. MARTIN, 114 Allegan St., W. Lansing, Mich. (D.O.)
 VOSBURGH, H. D., Box 349, Pipestone, Minn. (D.O.)
 VOSE, F. G., Machias, Me. (D.C.)

VOSS, CARL, 3977 Vernon Ave., Chicago, Ill. (N.D.)
 VOSSELLER, CLARENCE D., Argus Bldg., Greenfield, Ill. (D.O.)
 VUGHT, MRS. A. B., 347 5th Ave., New York, N.Y. (Ma.)
 VRADENBURG, DR. H. L., York, Nebr. (M.D.)
 VREELAND, JOHN A., Agricultural Bank Building, Pittsfield and Great Barrington, Mass. (D.O.)
 VREELAND, W. H., 211 Lowry Annex, St. Paul, Minn. (D.C.)
 VYE, AMY J., Boston, Mass. (D.O.)
 VYVERBERG, KRYN T., Taylor Bldg., Lafayette, Ind. (D.O.)

W

WADE, G. M., Andrus Bldg., Minneapolis, Minn. (D.O.)
 WADSWORTH, JAMES S., 776 Congress St., Portland, Me. (D.O.)
 L. V., Abilene, Kan. (D.C.)
 WAELTI, CHRIST, 528 Garfield Ave., Chicago, Ill. (D.C.)
 WAGNER, AMELIA, Crescent City, Fla. (D.C.)
 Anna, 510-11 Meisel Bldg., Port Huron, Mich. (N.D.)
 A. A., Vineland, N. J. (D.C.)
 A. R., Tampa, Fla. (D.C.)
 A. R., 443 B'way, Camden, N. J. (D.C.)
 E. R., 2029 Farnum Street, Davenport, Ia. (D.C.)
 Edward V., Urbana, O. (Ch.)
 Henry, 57 W. Delaware St., Chicago, Ill. (D.C.)
 Lucetta, 249 Kingsland Ave., Brooklyn, N. Y. (D.C.)
 WAGONER, ELIZABETH E., Cherry Flats, Jacksonville, Ill. (D.O.)
 WAGONER, GEO. F., Cresto, Ia. (N.D.)
 WAHL, ADOLPH F., 942 Savoy St., North Bergen, N. J. (D.C.)
 WAHLENMAIER & WAHLENMAIER, Phoenix, Ariz. (D.C.)
 Sallie, Urbana, O. (Ch.)
 WAHLENMAIER, GEO., Arkansas City, Kan. (S.T.)
 WAIT, S. D., Eldon, Ia. (D.C.)
 WAITE, E. R., 2901 Washington Blvd., Chicago, Ill. (D.C.)
 S. D., Alva, Ia. (D.C.)
 Wendell D., Marseilles, Ill. (D.C.)
 Wendell D., 1606 N. B'way, Oklahoma City, Okla. (D.C.)
 WAITS JOHN F., Elkins, Ark. (S.T.)
 WAKEFIELD, Union Savings Bank Bldg., Oakland, Cal. (D.O.)
 WAKEHAM, JESSIE A., 1049 Rush St., Chicago, Ill. (D.O.)
 WAKEHAM, JESSIE A., 48 W. Division St. Chicago, Ill. (D.O.)
 WALBERG, GENEVA O., Eagle Rock and Oak Grove Ave., Los Angeles, Cal. (D.C.)

WALBURN, F. S., 210 West Jefferson St., Ft. Wayne, Ind. (D.C.)
 WALDO, WM. E., Northern Bank and Trust Bldg., Seattle, Wash. (D.O.)
 WALKER, A. E., 3401 West Monroe St., Chicago, Ill. (N.D.)
 Edith D., Jefferson City, Mo. (N.D.)
 E. K., 413 Lielely Bldg., Waterbury, Conn. (N.D.)
 Emily M., 133 S. Broad St., Trenton, N. J. (N.D.)
 J. W., 309 15th St., Buffalo N. Y. (Cr.)
 Olivia F., 308 Century Bldg., Evanston, Ill. (D.C.)
 Peter E., 309 S. Ashland Blvd., Chicago, Ill. (D.C.)
 Peter E., 203 W. 122nd St., New York, N. Y. (D.C.)
 W. W., Commercial Bldg., St. Joseph, Mo. (D.C.)
 WALKER, CLIFFORD E., Forest Grove Natl. Bank Bldg., Forest Grove, Ore. (D.O.)
 Cornelia A., Hotel Martinique, New York, N. Y. (D.O.)
 Daisy E., Mercantile Bldg., Quincy, Ill. (D.O.)
 Mrs. Elizabeth, 236 W. 23rd St., Los Angeles, Cal. (D.C.)
 E. K., Jacksonville, Fla. (D.C.)
 Eva Snider, 124 E. 24th St., N. Portland, Ore. (D.O.)
 Frank P., Ballinger Bldg., St. Joseph, Mo. (D.O.)
 G. W., 737 Prospect Ave., Cleveland, O. (D.C.)
 J. Jay, Medina, N. Y. (D.O.)
 Joseph Nelson, 102 S. Marshall St., Burlington, Ia. (D.O.)
 L. E., Fairbury, Ill. (D.C.)
 L. H., Olympia Building, Ellensburg, Wash. (D.O.)
 L. Willard, 24 Stone Road, Belmont, Mass. (D.O.)
 Mrs. M. L., Oxford, N. Y. (D.C.)
 Mary W., 283 Union Street, New Bedford, Mass. (D.O.)
 O. M., 92 W. Blackwell St., Dover, N. J. (D.O.)
 R., Athens, Mich. (D.C.)
 R. H., 1928 Oregon Ave., Cleveland, O. (D.C.)
 Robert I., 288 Union St., New Bedford, Mass. (D.O.)

S. W., 1033 Packard St., Ann Harbor, Mich. (D.C.)
 W. W., 1220 O St., Lincoln, Neb. (D.C.)
 WALKLEY, R. H., Bank Bldg., Athens, Mich. (D.C.)
 WALKUP, MARY B., Hardy, Bedford Co., Va. (D.O.)
 WALL, CLARENCE H., 184 Elwood Ave., Providence, R. I. (D.O.)
 WALLACE & WALLACE, 71 Grove St., Freeport, Ill. (D.C.)
 WALLACE, G. G., Box 31, Ordway, Colo. (D.C.)
 Hille, Braman, Okla. (D.C.)
 Herbert Chase, S. W. Osteopathic Sanitarium, Blackwell, Okla. (D.O.)
 H. H., 515 W. Pierce St., Kirksville, Mo. (D.O.)
 Iva Still, Rowell Bldg., Fresno, Cal. (D.O.)
 J. C., Washington, Ia. (D.C.)
 John W., 1703 N. 17th St., Philadelphia, Pa. (D.O.)
 M. R., 1401 First Ave., Oakland, Cal. (D.O.)
 Ralph C., Benedict Blk., Brockport, N. Y. (D.O.)
 Sarah A., 71 Grove St., Freeport, Ind. (D.C.)
 T. F., Bradford, Ont., Can. (D.C.)
 Wilford Hall, Pythian Temple, Brockton, and 43 Centre St., Nantucket, Mass. (D.O.)
 Zilla M., Grand Bldg., McPherson, Kan. (D.O.)
 WALLER, OLIVE C., Cockerline and Wetherbee Bldg., Eugene, Ore. (D.O.)
 WALLIN, A. CAROLINA, Sussex, N. J. (D.O.)
 WALLING, BESSIE B., 21 Whittlesey Ave., Norwalk, O. (D.O.)
 WALLSCHLAGER, F. A., 56 W. Parade Ave., Buffalo, N. Y. (N.D.)
 WALMSLEY, ASA GORDON, Sun Life Bldg., Peterborough, Ont., Canada. (D.O.)
 R., Thatcher Blk., Pueblo, Colo. (D.O.)
 WALSH, PAUL W., 1343 105th St., Cleveland, O. (Hy.)
 Thos. B., 119 E. 76th St., New York, N. Y. (Ma.)

- WALSH, A. F., 1813 Warren St., University Place, Neb. (D.C.)
A. F., 1814 N St., Union Place, Neb. (N.D.)
John, Alleghany Co., Muncihall, Pa. (D.C.)
WALTENBAUGH, DR. C. C., Canton, O. (M.D.)
WALTER, F. PETE, Napoleon, O. (D.M.T.)
WALTERS, H. S., 37 Madison Ave., New York, N. Y. (N.D.)
WALTERS, FLOYD, North Manchester, Ind. (D.C.)
WALTHER & WALTHER, 235 S. Main St., Salt Lake City, Utah. (D.C.)
WALTHER & WALTHER, 639 S. Grand Ave., Los Angeles, Cal. (D.C.)
WALTHER, A. E., Lamar, Colo. (D.C.)
A. E., 235 S. Main Street, Suite 303, Salt Lake City, Utah. (D.C.)
Lillian, Lamar, Colo. (D.C.)
WALTERS, JAS., Lafayette, Ind. (D.C.)
WALTINGTON, FRANK, Belleville, O. (N.D.)
WALTON, ALFRED, 512 Flanders Bldg., Philadelphia, Pa. (M.D., D.C.)
Dollie, 697 N High St., Columbus, O. (Ch.)
WALTON, R. W., U. S. Natl. Bank Bldg., Salem, Ore. (D.O.)
WALZ, MARIE, New York, N. Y. (N.D.)
Marie A., 427 S. Ashland Blvd., Chicago, Ill. (N.D.)
WAMELY, D. D., Box 594, Idaho Falls, Idaho. (D.C.)
WAMSLEY, M. F., 900 Prospect St., Cleveland, O. (D.M.T.)
WANAMAKER, MRS. J. H., Smith Center, Kan. (S.T.)
WANER, ANNA, Clinton, Mich. (D.C.)
WANLESS, RICHARD, 347 5th Ave., New York, N. Y. (D.O.)
WARBURTON, OTIS C., 56 Charlotte St., Rochester, N. Y. (D.O.)
WARD, C. E., Hartford, Conn. (D.C.)
Chas. W., 1031 Osborn St., Sandusky, O. (D.M.T.)
E. Thayer, 406-11 Erie Bldg., Prospect and East 9th Sts., Cleveland, O. (N.D.)
Olive M., 965 Davids St., Marion, O. (D.C.)
WARD, DANIEL C., 3150 Logan Blvd., Chicago, Ill. (D.O.)
E. T., 135-37 Euclid Ave., Cleveland, O. (D.C.)
Thayer E., 213 N. State St., Painesville, O. (D.C.)
H. C., Canton, S. Dak. (D.C.)
Harriet Frederick, Waukomis, Okla. (D.O.)
H. G., 37 Marshall St., Muskegon, Mich. (D.C.)
James H., 309 Columbia Trust Bldg., Los Angeles, Cal. (D.C.)
John E., San Francisco, Cal. (D.C.)
Maude Elizabeth, 632 Davis St., Evanston, Ill. (D.O.)
M. H., 509 Central Bank Bldg., Oakland, Cal. (D.C.)
Robert Merritt, c/o Elks Club, Oakland, Cal. (N.D.)
WARDELL, EVA R., 2131 B'way, New York, N. Y. (D.O.)
Sarah C., 510 2nd Avenue, Asbury Park, N. J. (D.O.)
WARDEN, ALICE J., Slater Bldg., Worcester, Mass. (D.O.)
WARDER, MADISON, R. F. D. No. 9, Ottumwa, Ia. (D.C.)
Sarah Cord, 311 Tyler Bldg., Louisville, Ky. (D.C., N.D.)
WARING, G. P., 122 W. Main St., Alhambra, Cal. (D.C.)
WARMUTH, H. M., Stanwood, Ia. (D.C.)
M., Tinton, Ia. (D.C.)
WARNER, G. F., 6565 Yale Ave., Chicago, Ill. (D.O.)
Harold M., Paulding, O. (D.C.)
Mrs. Marion, 32½ Vine St., Ashtabula, O. (D.M.T.)
Maude L., 2712 Woodburn Ave., Cincinnati, O. (D.O.)
WARNER, M., 326 W. 8th St., Erie, Pa. (D.C.)
WARRACK, ALEXANDER, 146 Pearl St., Bradford, Ont., Can. (D.C.)
WARREN & WARREN, Casnovia, Mich. (D.C.)
WARREN, E. D., Savonburg, Kan. (D.O.)
Geo. S., 18 Pearl St., Kingston, N. Y. (D.O.)
James B., 319 West Center St., Marion, O. (D.C.)
S. F., 1112 Chestnut Street, Philadelphia, Pa. (D.O.)
WARRINER, CHAS. O., Stigler, Okla. (D.C.)
Corinne, Stigler, Okla. (D.C.)
O. C., Mansfield, Ark. (D.C.)
Owen C., Greenwood, Ark. (D.C.)
WARRINGTON, W. F., 203 Yarnell Theatre Building, Wabash, Ind. (D.C.)
WARTINGTON, B. W., 216 West Park St., Anaconda, Mont. (D.C.)
WARWICK, W. J., Alden, Minn. (D.C.)
WASCHKA, F., 707 Wash St., Marion, Ind. (D.C.)
WASCHKE, W. E., 15-17 Bryant and Klotz Bldg., Bartlesville, Okla. (D.C.)
WASHBURN, A. S., 14 West Washington St., Chicago Ill. (D.O.)
B. A., Paducah, Ky. (M.D.)
WASHINGTON, ALICE M., 3450 Reading Road, Cincinnati, O. (Ch.)
John, 6221 Quincy Ave., Cleveland, O. (Ch.)
WASHINGTON SCHOOL OF CHIROPRACTIC, 1509 13th St. N. W., Washington, D. C. (D.C.)
WASICO, G. G., Milwaukee, Wis. (D.C.)
WATERS, CLARA SHERWOOD, 2233 18th St. N. W., Washington, D.C. (D.O.)
Nellie N., 108 N. State St., Chicago, Ill. (Nap.)
WATERS, EUGENE C., Foulk Bldg., Chillicothe, O. (D.O.)
Lillian E. F., 8909 Lowe Ave., Chicago, Ill. (D.C.)
Lulu I., Fontanet Court, Washington, D. C. (D.O.)
O., 603 First Natl. Bank Bldg., Long Beach, Cal. (D.C.)
Richard J., 123 W. 33rd St., New York, N. Y. (D.C.)
WATKINS, EDWIN PHILIPS, Union Bldg., San Diego, Cal. (D.O.)
Homer Earle, 43 W. Western Ave., Muskegon, Mich. (D.O.)
John, 208 Myrtle Avenue, Jersey City, N. J. (D.C.)
Lewis, 149 N. 52nd Street, Philadelphia, Pa. (D.O.)
Mark, 225 Jewett Ave., Jersey City, N. J. (D.C.)
Pauline, 208 Myrtle Ave., Jersey City, N. J. (D.C.)
WATKINS, HATTIE C., 1264 Grant Ave., Columbus, O. (Ch.)
J. J., 2127 E. 30th St., Lorain, O. (D.M.T.)
WATROUS, ALLEN B., Larchmont, N. Y. (D.C.)
WATSON & WATSON, Paola, Kan. (D.C.)
WATSON, CARL L., 166 Huntington Ave., Boston, Mass. (D.O.)
Cora A., 1130 Locust St., Cincinnati, O. (M.A.)
Georgian, 2 Harewood Pl., Hanover Square, W. London, England. (D.O.)
P. E., 24 Schimel Bldg., Geneva, N. Y. (D.C.)
Paul E., 34 Rimel Bldg., Portland, Ind. (D.C.)
Ruth, First Natl. Bank Bldg., Virginia, Minn. (D.O.)
S. Gertrude, 53 Central St., Lowell, Mass. (D.O.)
T. J., Hotel Woodward, New York, N. Y. (D.O.)
T. Oren, Gardena, Cal. (D.C.)
T. Oren, Northern Bank Bldg., Seattle, Wash. (D.O.)
WATSON, S. J., 515 Polk Bldg., 5th St., Des Moines, Ia. (N.D.)
WATTERS, ISABELLA, 577 Warren St., Newark, N. J. (D.C.)
WATERS, NELLE M., 108 N. State St., Chicago, Ill. (Nap.)
Raymond E., 321 E. 8th St., North Portland, Ore. (D.C.)
WATTS, J. M., Sonne Bldg., Boise, Idaho. (D.C.)
WAU, JAS. W., 1234 S. Main St., Akron, O. (D.M.T.)
WAUGH, R. H., 81 Forest Ave. W., Detroit, Mich. (N.D.)
R. H., 50 Lothrop Ave., Detroit, Mich. (D.C.)
WEATHERLY, CARRIE, Box 544, Henry, Ill. (D.O.)
WEAVER, CALVIN R., Decatur, Ind. (D.O.)
E. B., 1028 Elmwood Ave., Buffalo, N. Y. (D.C.)
H. Buck, 447 Linden Ave., Miamisburg, O. (D.O.)
Julia Blanche, Story Bldg., Los Angeles, Cal. (D.O.)

- H. S., 1433 Spruce Street, Philadelphia, Pa. (D.C., M.D.)
- Ida M. Jayne, People's Bank Bldg., Seattle, Wash. (D.O.)
- J. Ray, 519-20 Occidental Bldg., Indianapolis, Ind. (D.C.)
- WEAVER-WINGERTER, CHARLOTTE, 186 South Union St., Akron, O. (D.O.)
- WEBB, ALBERT E., 318 West 57th St., New York, N. Y. (Ma.)
- WEBB, EDITH M., 6846 Sunset Blvd., Hollywood, Cal. (D.C.)
- H. D., 408 Main St., Orange, N. J. (D.O.)
- Jessie, Coffeyville, Kan. (D.C.)
- Mary L., c/o Torbett Sanatorium, Marlin, Tex. (D.O.)
- Victorine W., Greene, N. Y. (D.C.)
- W. S. Hope, Ark. (D.C.)
- WEBER, ARTHUR B., 806 Belmont Ave., Toledo, O. (D.M.T.)
- J., 110 W. 40th St., New York, N. Y. (D.C.)
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- M. A., 1915 E. 10th Street, Kansas City, Mo. (N.D.)
- WEBER, CAROLINE L., Century Bldg., St. Louis, Mo. (D.O.)
- Emil, 255 Waverly Ave., Newark, N. J. (D.C.)
- Helen, 1021 Springfield Ave., Irvington, N. J. (D.C.)
- J. N., 1980 7th Ave., New York, N. Y. (D.C.)
- WEBLEY, F. D., Box 398, Santa Rosa, Cal. (D.C.)
- WEBSTER & WEBSTER, West Winfield, N. Y. (D.C.)
- WEBSTER, F. D., 5817 Central Ave., Cleveland, O. (D.M.T.)
- Mrs. M. E., 320 N. Division St., Buffalo, N. Y. (D.C.)
- WEBSTER, FREDERICK A., 47 E. 34th St., New York, N. Y. (D.O.)
- Geo. V., Strickland Bldg., Carthage, N. Y. (D.O.)
- Minnie B., West Windfield, N. Y. (D.C.)
- Morton E., Frondale, Wash. (S.T.)
- WEED, DANA L., Calexico, Cal. (D.O.)
- Loring, Haverhill Natl. Bank Bldg., Haverhill, Mass. (D.O.)
- O. G., Corby Forsee Bldg., St. Joseph, Mo. (D.O.)
- Traca E., Leadletter Bldg., Michigan City, Ind. (D.C.)
- WEEGAR, PERCY L., 1721 Main St., Buffalo, N. Y. (D.O.)
- WEEKS, C. H., Jupiter, Fla. (D.O.)
- G. S., Leon, Ia. (D.C.)
- R. E., Lansing, Mich. (D.C.)
- Rowland F., Parrott & Smith Bldg., Owatonna, Minn. (D.O.)
- WEHOFFER, AUGUSTA V., 1169 Davison St., Portland, Ore. (D.C.)
- WEHRLE, L. G., 1230 E. 63rd St., Chicago, Ill. (M.D.)
- WEHRWEIN, John, 210 Francas St., Calwyn, Delaware Co., Pa. (N.D.)
- WEIDENHOEFT, A. A., Kalona, Ia. (D.C.)
- WEIDLICH, R. C., 304 Madison Ave., New York, N. Y. (Ma.)
- WEIERSHAUSEN, GEO., 23 Polk St., Guttenberg, N. J. (N.D.)
- WEIGERT, H. C., Waterloo, Ia. (D.C.)
- WEIMAN, ELIZABETH, 1524 Chestnut St., Philadelphia, Pa. (D.C.)
- WEINMANN, LOUIS A., 1873 Amsterdam Ave., New York, N. Y. (N.D.)
- WEIMAR, Estero, Fla. (N.D.)
- WEIMAR, LOUIS CHARLES, 516 Bergen Ave., Jersey City, N. J. (D.C.)
- WEINBERG, I. H., 1333 N. La Salle St., Chicago, Ill. (D.C.)
- WEINMAN, JOHN, San Bernardino, Cal. (N.D.)
- WEIR, MME. HELENE BARKELL, 101 W. 126th St., New York, N. Y. (Ma.)
- WEIR, T. P., Wintersset, Ia. (D.O.)
- WEISER, A. W., 158 N. Hanover St., Pottstown, Pa. (D.C.)
- WEISS, GEO., 420 E. 61st St., New York, N. Y. (P.)
- Hilda H., 941 E. 14th St., Brooklyn, N. Y. (D.C.)
- Oscar E., 153 Institute Pl., Chicago, Ill. (D.C.)
- WEISSEBERG, E. B., 515 Spruce St., Philadelphia, Pa. (D.O.)
- WEIST, R. S., 28 Lake St., Oswego, N. Y. (D.C.)
- R. S., Newark Valley, N. Y. (D.C.)
- WEIST, R. S., 23 Lewis St., Johnson City, N. Y. (D.C.)
- WEITZEL, WALTER J., 374 N. 20th St., Philadelphia, Pa. (D.O.)
- WELANDER, BESSIE C., 908 Belmont Ave., Chicago, Ill. (D.C.)
- WELBOURNE, ANNA C., Sparta, Mich. (N.D.)
- WELCH, CHAS. E., Mount Vernon, O. (N.D.)
- Mrs. May E., 138 Mariner St., Buffalo, N. Y. (Cr.)
- W. C., 407 S. Ashland Blvd., Chicago, Ill. (D.C.)
- WELCH, J. S., Liberal, Kan. (D.C.)
- O. F., 724 N. 20th Street, Philadelphia, Pa. (D.O.)
- R. R., 222 S. Randolph St., Macomb, Ill. (D.O.)
- WELLS & WELLS, 10 Chase Bk., Kalamazoo, Mich. (D.C.)
- WELLS, A. B., Georgetown, O. (D.M.T.)
- B. F., 2636 E. 75th St., Chicago, Ill. (D.O.)
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- WELLS, CHAS. H., 1619 Washington St., Denver, Colo. (D.C.)
- Geo. A., Ft. Collins, Colo. (D.O.)
- G. W., 513 W. 134th St., New York, N. Y. (D.C.)
- Hugh E., Grenola, Kan. (D.O.)
- L., Andover, S. Dak. (N.D.)
- Minnie E., 1619 Washington St., Denver, Colo. (D.C.)
- WELSH, HUGH S., Datto, Ark. (S.T.)
- P. W., 7909 Euclid Ave., Cleveland, O. (F.)
- WELSH, P. W., 7909 Euclid Ave., Cor. 79th St., Cleveland, O. (Hy.)
- WELSTEAD, MRS. ALICE W., 2116 Dime Bank Bldg., Detroit, Mich. (Cr.)
- WELTMER, ERNEST, c/o The Weltmer Institute of Suggestive Therapy, Nevada, Mo. (D.S.T.)
- J. E., c/o The Weltmer Institute of Suggestive Therapy, Nevada, Mo. (D.S.T.)
- Sidney A., c/o The Weltmer Institute of Suggestive Therapy, Nevada, Mo. (D.S.T.)
- T. C., c/o The Weltmer Institute of Suggestive Therapy, Nevada, Mo. (D.S.T.)
- WELTY, CLARA M., Hicksville, O. (D.C.)
- WELTY, JESSE N., 3032 W. North Ave., Chicago, Ill. (D.O.)
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- WENDELL, CANADA, Woolner Bldg., Peoria, Ill. (D.O.)
- WENDELSTADT, EDWARD F. M., Ferguson Bldg., Los Angeles, Cal. (D.O.)
- WENDORFF, HERMAN A., Wells Bldg., Quincy, Ill. (D.O.)
- WENDT, REIDL, 2179 Telegraph St., Oakland, Cal. (D.C.)
- WENGER, H. U., 804 Court St., Fulton, Mo. (D.O.)
- Joseph, 19 E. Vine Street, Mt. Vernon, O. (D.O.)
- WENTWORTH, DAISY B., Navina, Okla. (D.C.)
- Geo., Arkansas City, Kan. (D.C.)
- Guy De Witt, Navina, Okla. (D.C.)
- Lillian P., The Thorbus Apts., San Diego, Cal. (D.O.)
- De Paul J., 1509-11 East Superior Street, Duluth, Minn. (D.C.)
- WENTWORTH, DR. PAUL J., 1509-11 E. Superior St., Duluth, Minn. (D.C.)
- WENZEL, ALFRED, 417 Palisade Ave., Jersey City, N. J. (D.C.)
- WENZL, REIDL, 2327 Telegraph Ave., Oakland, Cal. (D.C.)
- WERBES, HENRY C., Room No. 4, Buffalo, Minn. (D.C.)
- WERE, ARTHUR E., 60 S. Swan St., Albany, N. Y. (D.O.)
- WERLES, HENRY C., Parkers Prairie, Minn. (N.D.)
- WERNER, ERNST G., 244 E. 61st St., New York, N. Y. (N.D.)
- E. H., 121 Madison Ave., New York, N. Y. (M.D.)

- WERNETTE, J. J., Port Huron, Mich. (D.C.)
 WERNICKE, CLARA, Flat 54, 3418 Reading Road, Cincinnati, O. (D.O.)
 Clara, Haddon Hall, Cincinnati, O. (D.O.)
 WERTENBERGER, W. W., Corby-F. Bldg., St. Joseph, Mo. (Oph.)
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 Geo., Brainard, Minn. (D.C.)
 G. B., Hartwick, Ia. (D.C.)
 H. C., 10 Highland Ave., Yonkers, N. Y. (D.O.)
 Harry H., 524 Cons. Realty Bldg., Los Angeles, Cal. (D.C.)
 Jesse A., 303 Georgia St., Louisiana, Mo. (D.O.)
 Ralph L., 47 Hertford St., London W., England. (D.O.)
 William, 75 Park Ave., New York, N. Y. (D.O.)
 W. R., Opera House Bldg., Danbury, Conn. (D.C.)
 WESTLAND, O. W., 506 Columbia Bldg., Duluth, Minn. (N.D.)
 WESTLUND, CARL E., 5146 Liberty Ave., Pittsburgh, Pa. (Ma.)
 WESTMAN, MISS ANNA M., 108 N. State St., Chicago, Ill. (Ma.)
 Carl, 108 N. State St., Chicago, Ill. (Ma.)
 WEST NEW YORK BATHS, Bergenline Ave. and 13th St., West New York, N. J. (N.D.)
 WESTFALL, E. H., Niles Bldg., Findlay, O. (D.O.)
 De Witt C., Munn Bldg., Coshocton, O. (D.O.)
 WEST-HILL, JOHN, Box 409, R. F. D. 14, Los Angeles, Cal. (D.C.)
 WETCHE, C. FREDERICK, 30 Church St., New York, N. Y. (D.O.)
 WETHERBE, E. T., 107 Meigs Bldg., Bridgeport, Conn. (N.D.)
 WETHERBY, M., Box 123 Oshkosh, Neb. (S.T.)
 WETHERELL, C. B., Jacksonville, Fla. (N.D.)
 G. M., Detroit, Mich. (M.D.)
 WETMORE, FRANCIS W., Oak Hall, Pawtucket, R. I. (D.O.)
 WETTERSTRAND, SAM, 1436 Tremont Place, Denver, Colo. (D.C.)
 WEY, DR. JULIA MAY COURTNEY, 1633 Court Place, Denver, Colo. (N.D.)
 WEYLAND, CHAS. E., 338 Cumberland St., Lebanon, Pa. (D.C.)
 WHALLEY, IRVING, Land Title Bldg., Philadelphia, Pa. (D.O.)
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 WHEATON, F. L., U. C. C., Davenport, Ia. (D.C.)
 WHEELER & WHEELER, Twin Falls, Idaho. (D.C.)
 WHEELER, A., Cincinnati, N. Y. (D.C.)
 Miss A., Cincinnati, N. Y. (D.C.)
 Miss Alma, 1 Roseville Ave., Newark, N. J. (D.C.)
 Arlie, Eddyville, Ia. (D.C.)
 C. G., 32 N. Main Street, Brattleboro, Vt. (D.O.)
 Elvin, 600 Grand Opera House Bldg., Atlanta, Ga. (D.C.)
 Fred H., Twin Falls, Idaho. (D.C.)
 Mrs. Fred H., Twin Falls, Idaho. (D.C.)
 G. A., 416 Marlborough St., Boston, Mass. (D.O.)
 Glenn B., Huston Bldg., Ludington, Mich. (D.O.)
 G. D., 101 W. Emerson St., Melrose, Mass. (D.O.)
 H. A., Eddyville, Neb. (N.D.)
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 Howard M., Drummond, Okla. (D.C.)
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 Sarah E., Lakeland, Fla. (D.O.)
 WHEELER, ALMA, Cortland, N. Y. (D.C.)
 Fannie, Twin Falls, Idaho. (D.C.)
 Mrs. D. R. 813 12th St., N. W., Washington, D. C. (D.C.)
 WHELAN, R. L., Belle Plaine, Iowa. (D.C.)
 WHELER, A. S., 14 Mifflin Ave., Edgewood Park, Pittsburgh, Pa. (N.D.)
 WHIBLEY, G. MORRISON, 700 Congress St., Portland, Me. (D.O.)
 WHISLER, C. A., Denton, Md. (D.O.)
 WHITACRE, H. S., Martinsburg, W. Va. (D.O.)
 L. R., 687 Boylston Street, Boston, Mass. (D.O.)
 R. T., Joplin, Mo. (S.T.)
 WHITCOMB, C. H., 392 Clinton Ave., Brooklyn, N. Y. (D.O.)
 WHITE, ANNETTE M., 514 W. 114th St., New York, N. Y. (D.O.)
 Bert H., 355 N. Capitol St., Salem, Ore. (D.O.)
 Claude V., Carl Building, Independence, Mo. (D.O.)
 Elleb., Meno, Okla. (D.C.)
 E. C., 287 W. North Ave., East Palestine, O. (N.D.)
 Ernest C., 505 5th Ave., New York, N. Y. (D.O.)
 Grace C., Mt. Vernon, Mo. (D.O.)
 Ivan O., Hartwick, Ia. (D.C.)
 J. S., Chamber of Commerce Bldg., Pasadena, Cal. (D.O.)
 M., Patterson Bldg., Mobile, Ala. (D.O.)
 Pearl E., Sioux City, Ia. (D.C.)
 T. Harrison, 1114 Kansas Ave., Topeka, Kan. (S.T.)
 Wm. Al., Brighton, Ia. (D.C.)
 W. F., P. O. Box 294, Shelton, Conn. (D.C.)
 WHITE, DR. CHAS. I., 427 Main St., Riverside, Cal. (N.D.)
 Edwin C., East Palestine, O. (D.C.)
 Dr. Geo. Starr, Los Angeles, Cal. (N.D.)
 Mary N., 473 Washington Ave., Brooklyn, N.Y. (D.O.)
 Nellie Connor, 431 South Wabash Ave., Chicago, Ill. (D.O.)
 W. F., 282 Main St., Derby, Conn. (D.C.)
 WHITEHEAD, HARRIET A., Wausau, Wis. (D.O.)
 WHITEHOUSE, GEORGE F., 27 E. Monroe St., Chicago, Ill. (D.O.)
 WHITEIS, C. E., 150 E Broad St., Columbus, O. (N.D.)
 WHITEIS, U. E., 112 E Broad St., Columbus, O. (D.C.)
 WHITENBERG, MRS. C., Geneseo, Ill. (D.C.)
 C. E., Knoxville, Ia. (D.C.)
 WHITSELL, JOHN C., Commercial Bldg., St. Joseph, Mo. (Oph.)
 WHITESELL, N. JEAN, 319 Union Ave., Elizabeth, N. J. (D.O.)
 WHITESIDE, SUNORA L., 255 University Avenue, Lebanon, Tenn. (D.O.)
 WHITESTINE, O. G., 230 Washington St., Huntington, Ind. (D.C.)
 WHITFIELD, HENRY A., Granite Bldg., Rochester, N. Y. (D.O.)
 I. Jay, Still-Hildreth Sanitarium, Macon, Mo. (D.O.)
 WHITING, ANNA E., Auditorium Bldg., Los Angeles, Cal. (D.O.)
 Lillian M., S. Pasadena, Cal. (D.O.)
 WHITLEIGH, GEO. A., 156 N. 5th St., Newark, N. J. (D.C.)
 WHITMAN, JOHN E., Mt. Holly, Neb. (D.C.)
 W. S., 932 New York Ave., Washington, D. C. (D.C.)
 WHITMORE, J. L., Grand Opera House Bldg., Atlanta, Ga. (D.C.)
 J. P., Savings Bank Bldg., Marquette, Mich. (D.O.)
 O. M., MacBain Bldg., Roanoke, Va. (D.O.)
 WHITNELL, H. W., Cape Girardeau, Mo. (S.T.)
 WHITNEY, 932 S. Georgia St., Los Angeles, Cal. (D.C.)
 A. E., Anderson, Ind. (D.C.)
 WHITTACKER, FRED, 616 McKinley Ave., Canton, O. (D.C.)
 WHITEMORE, A. C., 427 Main St., E. Aurora, N. Y. (D.O.)
 F. G., Hamburg, N. Y. (D.O.)
 WHITTENBERG, C. E., Knoxville, Ill. (D.C.)
 WHITTENBERG, O. W., Detroit, Mich. (D.C.)
 WHITTINGTON, 141 W. 36th St., New York, N. Y. (N.D.)
 Julia E., Xenia, O. (D.S.T.)
 WHITTY, MICHAEL, New York, N. Y. (M.D.)
 WIBERG, A., R. 1, Box 16, S. Denver Sta., Denver, Colo. (N. D.)
 Miss A. S., Denver Sta. R. 2, Box 16, Denver, Colo. (D.C.)

- WICENA, A. W., 2635 S. Homan Avenue, Chicago, Ill. (D.C.)
- WICHMAN, H. T., 503 S. Florence St., El Paso, Tex. (D.C.)
- WICHNER, CLARA, R. F. D. No. 1, North Baltimore, O. (D.M.T.)
- WICKER, L. I., 982 Woodward Ave., Detroit, Mich. (D.C.)
- WICKS, C. H., 1709 Grand Ave., Davenport, Ia. (D.C.)
- WICKSTROM, EDLA M., 4318 Cottage Grove Ave., Chicago, Ill. (Ma.)
- WIDELL, WM. F., Madison Ave., Toledo, O. (Ma)
- WIDEMAN, DR., Delphos, O. (D.C.)
- WIDMAN, WM., 432 Wood St., Pittsburgh, Pa. (D.C.)
- WIDMANN, ELIZABETH, Box 71, Rosalia, Wash. (D.C.)
- WIEBE, J. J., Box 121, Lehigh, Kans. (Ma.)
- WIEDENHOF, A. A., Kalona, Ia. (N.D.)
- WIEDER, HANNA G., 2142 Cleveland Ave., Chicago, Ill. (D.C.)
- Nanna G., 546 Garfield Ave., Chicago, Ill. (D.C.)
- WIEDER, WILLIAM, Buffalo, N. Y. (N.D.)
- WIEDERMUTH, H. E., Bennington, Mich. (D.C.)
- WIEGAND, WM., 3129 B'way, Chicago, Ill. (D.C.)
- WIEGERT, H. C., Waterloo, Ia. (D.C.)
- WIELAND, CLARA G., A. S. O. Hospital, Kirksville, Mo. (D.O.)
- WIFEMANN, ELIZABETH, 516 Weightman Bldg., Philadelphia, Pa. (D.C.)
- WIESJAHN, W. H., Sehraige Bldg., Whitting, Ind. (D.C.)
- WIESNER, B. J., 2116 Russell Ave., St. Louis, Mo. (Or.S.)
- S., 72 W 116th St., New York, N. Y. (Ma.)
- WIEST, RAY S., 26 Lake St., Oswego, N. Y. (D.C.)
- WIGAMOOD, R. V., King Bldg., Springfield, O. (D.S.T.)
- WIGELSWORTH, J. W., 32 N State St., Chicago, Ill. (N.D.)
- WIGGINS, W. HAROLD, Boonton, N. J. (D.O.)
- WIGHT, ALICE M., 1460 Pearl St., Denver, Colo. (D.C.)
- WIKANDER, G. W., 58 Madison Ave., Detroit, Mich. (D.C.)
- WILBER, G. H., 403 N. Main Street, Sheridan, Wyo. (D.C.)
- WILBER, G. H., 7-9-11 Opera House Bldg., Ansonia, Conn. (D.C.)
- WILBERG, MISS A., S. Denver Sta., R. No. 2, Denver, Colo. (D.C.)
- WILCOX, C. F., 21 13th St., Troy, N. Y. (D.C.)
- C. W., 117 Travis St., Houston, Tex. (D.C.)
- Dayse T., Box 629, Colfax, Ia. (D.C.)
- F. F., Keenan Bldg., Pittsburgh, Pa. (D.C.)
- Frank F., 108 Crescent Ave., Plainfield, N. J. (D.O.)
- WILCOX, MART M., 293 West 7th St., Columbus, O. (Ch.)
- WILCOXEN, G. C., 35 S. 11th St., Richmond, Ind. (D.C.)
- Leon A., Keenan Bldg., Pittsburgh, Pa. (D.C.)
- Margery, Sault Ste. Marie, Can. (D.C.)
- Nell Sigler, 108 Crescent Ave., Plainfield, N. J. (D.O.)
- O. W., 404 Commercial Bank Bldg., Houston, Tex. (D.C.)
- W. H., Sault Ste. Marie, Can. (D.C.)
- W. H., 1253 6th Ave., Owen Sound, Ont., Can. (D.C.)
- W. J., Keenan Bldg., Pittsburgh, Pa. (D.C.)
- WILCOXON, G. D., 375 Multnomah St., Portland, Ore. (N.D.)
- WILDERSON, W. H., Circleville, O. (D.O.)
- WILDMAN, ELIAS, Haddon Heights, N. J. (M.D.)
- F. E. 325 E Main St., Norwalk, O. (D.M.T.)
- WILDSMITH, THOS. E., Parkway Blvd., Philadelphia, Pa. (D.O.)
- WILES, A. M., Jerseyville, Ill. (D.O.)
- WILEY, ANDREW S., Brisbane Bldg., Buffalo, N. Y. (D.O.)
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GENERAL DIRECTORY

OF DRUGLESS PHYSICIANS GEOGRAPHICALLY

—ARRANGED—

OWING to the difficulty of communication during the present war, it has been impossible to compile a complete list of the many practitioners in foreign countries, with the exception of the British Isles and possessions. In this geographical arrangement, practitioners are listed according to country, state and town, or city. The method, or system, of therapeutics practiced by the individual is indicated by the initials following the name or address, such as N. D., D. O., D. C., etc., a key to which abbreviations is herewith given.

KEY TO ABBREVIATIONS OF PROFESSIONAL DESIGNATIONS

- | | | |
|---|---|---|
| <p>A. = Apyrtropher — Apyrtrophy, Unfired Food. Apyrtrophic Agriculture and Horticulture. Raising and perfecting physiological, natural foods.</p> <p>A.M.A. = Member American Medical Association</p> <p>A.N.A. = Member American Naturopathic Association</p> <p>As. = Astroscopy — Astro-medical Diagnosis</p> <p>B. = Biochemist — Tissue Salts, Spagyretic Therapy</p> <p>Ch. = Chiropodist — Chironody — Treating feet by hand</p> <p>Cr. = Christian Science Practitioner</p> <p>D. = Drugless doctor using any single or several naturopathic or drugless methods</p> <p>D.C. = Chiropractor. Chiropractic as defined by its founder and taught and practised by the recognized schools</p> <p>D.D. = Doctor of Divinity</p> <p>D.M.T. = Mechano-Therapist — Mechano-Therapy—Natural Healing. Using all mechanical and manual methods. Dietetic and Physiological Therapy.</p> <p>D.O. = Osteopath — practising Osteopathy as taught by the standard schools of Osteopathy</p> <p>D.P.T. = Physio Therapy</p> <p>D.S.T. = Doctor of Suggestive Therapeutics. Psychotherapy</p> <p>E. = Eclectic — Eclecticism</p> <p>E.H. = Electro - Homeopathist — Electro-Homeopathy</p> <p>El. = Electro-Therapist — Electro-Therapy in all its branches, including X-Ray work and Radio-Therapy</p> <p>F. = Doctor of food science, or Dietician. Natural Alimentation</p> <p>H. = Homeopath — Homeopathy</p> <p>He. = Health Director, Teacher of Natural Life and Prevention of Disease</p> <p>Her. = Herbalist, Botanic System, or Phytotherapy</p> | <p>Hi. = Heliotherapist, sunlight and air cure; Photo-therapy, colored light cure, or Chromopathy</p> <p>Hy. = Hydropath — Water and Nature Curist. Hydropathy of all kinds. Water Cure Systems. Balneotherapy and Drugless Physiological Methods</p> <p>Hyg. = Hygiotherapist — Hygiotherapy</p> <p>Hyp. = Hypnotism, Psychotherapy and Suggestive Therapeutics</p> <p>I. = Iridologist — Iridology — Science of the Diagnosis of Diseases from the Eye</p> <p>I.M.F.A. = International Medical Freedom Association</p> <p>L. = Life Conservationist and Physiological Engineer</p> <p>Ma. = Masseur, Masseuse, Swedish Movements, Massotherapy; medical, resistive, corrective and orthopaedic gymnastics. Vibration Therapy. Masteropathy</p> <p>Mag. = Magnetopath — Magnetopathy — Science of Curing Disease by Life Magnetism</p> <p>M.D. = Regular Physician, using natural, drugless methods, and medicines to a limited extent</p> <p>Me. = Mental Science, Mental Healing, and New Thought. Metaphysist. Psychology, Science of God, Freedom and Immortality</p> <p>N. = Neuropath, practising Neuropathy according to the established schools of Neuropathy</p> <p>Nap. = Naprapath, practising Naprapathy as defined by its discoverer and taught by the College of Naprapathy. Connectivology, Chartology</p> <p>N.D. = Naturopath, or Nature Cure Physician, using one, several or all rational, dietetic, physiological, mental and spiritual methods of preventing and curing hu-</p> | <p>man ailments. — Naturopathy: the science of natural healing, and art of natural and efficient living. Life Conservation, Life Extension, Sacredness of Life. Education and Eugenics based on Natural and divine laws</p> <p>Ne. = Neurologist — Neurology is the science which treats of the nervous system. This science is for the analysis of the causes of human ills and provides how to abolish them without drugs or operations</p> <p>Oph. = Ophthalmologist — Ophthalmology is the science of the eyes, their defects and the relation of those defects, as causative factors to human ills. Errors of refraction discovered without "drops." Cross eyes straightened without Operation</p> <p>Opt. = Optometrist. Optics. Optometry, the Drugless System of Eye Cure</p> <p>Or.S. = Orificial Surgery</p> <p>P. = Physical Culture, Physical Training. Physicultopathy, Autology, Autotherapy, Physian-tropy.</p> <p>P.E. = Physiological Engineer.</p> <p>Ph. = Phrenologist. Character Delineation and Vocational Guidance</p> <p>P.M. = Physiomedic</p> <p>Pn. = Pneumotherapist — Pneumotherapy: Science of correct and rhythmic breathing. Yogi: Atmospheric cure</p> <p>R. = Regular Physician and Surgeon. Allopathy</p> <p>S. = Spiritual and Divine Healing</p> <p>Sa. = Sarcognomy</p> <p>So. = Somopathy. Body Suffering. Improvement on Osteopathy</p> <p>Sp. = Spondylotherapy</p> <p>Tal. = Talosophy, the art of making happiness</p> |
|---|---|---|

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Moore, L. M., 631 16th St. (D.O.)
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Beaumont: Allen, Wm. G., Box 13. (D.O.)
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 Fergusson, E. Bertella, 2503 Channing Way. (D.O.)
 Hain, Grace Estella, 2251 Telegraph Ave. (D.O.)
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 Tinsley, Minnie L., 221 Pacific Ave. (D.C.)
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 Bryant, Della D., 514 S. Figueroa St. (D.C.)
 Buell, Mrs. M. J., 403 Hamburger Bldg. (D.C.)
 Bullis, B. L. (D.O.)
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 California Chiropractic College, 2301 S. Hope St. (D.C.)
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 Cornwall, Charles Addison, 423 S. Spring St. (D.C.)
 Corwin, G. P., 2665 Sulphur St. (D.C.)
 Crane, F. L., 725 W. 23rd St. (M.D.)
 Crane, P. L., 2316½ S. Union Ave. (D.C.)
 Crist, General G., 406 I. W. Hellman Bldg. (D.C.)
 Crow, Louise P., 5311 Monte Vista St. (D.O.)
 Cunningham, F. Lewis, Ferguson Bldg. (D.O.)
 Damon, W. H., 1029 W. 22nd St. (D.C.)
 Darvau, D. (D.C.)
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 Davis, A. P., 154 W. 23rd St. (D.C.)
 Davis, Mrs. Callie, 154 W. 23rd St. (D.C.)
 Davis, E., 120 S. Grand Ave. (D.C.)
 Davis College of Neuro-pathy, 154 W. 23rd St. (N.D.)
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 Fov, Harry L., 674 Hellman Bldg. (D.C.)
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 Furst, O. J., 1335 W. 37th Place. (D.C.)
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 German Remedy Co., 224 San Fernando Bldg. (D.O.)
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 Gilkerson, J. K., 1101 Marsh-Strong Bldg. (D.C.)
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- Miller, John T., 1319 South Grand Ave. (Me.)
- Miller, L., 1155 De Frees St. (D.C.)
- Miller, Nellie, 615 N. Alexandria Ave. (D.C.)
- Mockbridge, Leslie V., 326½ E. 6th St. (D.C.)
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- Paleboy, Julian A., 421 B'way Central Bldg. (D.O.)
- Palotay, J. A., 421 Broadway Central Bldg. (N.D.)
- Pearce, Earl W., Dept. B. (D.O.)
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- Ralf, H., 554 S. Figueroa St. (D.C.)
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- Reinhold, A. M., 700 Laguna St. (N.D.)
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- Robinson, Geo., 342 S. Hill St. (D.C.)
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- Ross, Mary Antoinette, 805 S. Grand Ave. (D.C.)
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- Sanford, Mrs. Fannie, 1447 S. Union Ave. (D.C.)
- Schultz, Carl, 1319 S. Grand Ave. (D.O.)
- Scott, J. Wesley, Broadway Central Bank Bldg. (D.O.)
- Service, Emma R., 609 Exchange Bldg. (N.D.)
- Shaffer, Will Ivern, 1330 N. Normandie Ave. (D.O.)
- Sharp, Omar L., 2001 W. 1st St. (D.C.)
- Simon, Leo H., 524 Cons. Realty Bldg. (D.C.)
- Sipes, R. A., 528 Wall St. (D.C.)
- Smith, Mrs. Frances B., 1537 Wright St. (D.C.)
- Smith, Georgiana B., 905 W. 56th St. (D.O.)
- Smith, Lillian A., 1426 Kellam St. (D.C.)
- Soucek, Wm., 146 S. Ave. 18. (D.C.)
- Spates, Edwin M., Black Bldg. (D.O., M.D.)
- Speicher, Walter N. (D.C.)
- Spencer, Chas. H., 318 Clay St. (D.O.)
- Spencer, Jennie C., Hollingsworth Bldg. (D.O.)

- Stanley, A. E., Exchange Bldg. (D.C.)
 St. Clair, Harry, 218 Fay Bldg. (D.C.)
 St. Clair & Helfrich, 216-18 F. P. Fay Bldg. (D.C.)
 Stock, C. E., 1563 Fair Mount Way. (N.D.)
 Stockwell, Chas. H., 103 Temple Blk. (D.C.)
 Stockwell, Ida B., Mason Bldg. (D.O.)
 Story, Thos. H., 1503 Reid St. (D.C.)
 Tasker, Anna E., 2010 Lemoyne St. (D.O.)
 Tasker, Cora Newell, Auditorium Bldg. (D.O.)
 Tasker, Dain L., Auditorium Bldg. (D.O.)
 Thompson & Thompson, (D.C.)
 Thorsen, Marie, Wright & Callendar Bldg. (D.O.)
 Throop, Herbert G., 1212 S. Grand Ave. (N.D.)
 Tierman, Albert I., 322 Mason Bldg. (D.C.)
 Tovey, Miss Verona, 635 S. Flower St. (D.C.)
 Traugbher, W. E., Hollingsworth Bldg. (D.O.)
 Trescott, H. M., 1311 S. Hill St. (D.O.)
 Treseder, F. W., 4533 Wilton Place, (D.C.)
 Turney, Dayton, Mason Bldg. (D.O.)
 Uricol Chemical Co., 300 N. Los Angeles St. (D.O.)
 Volkmann, T. J. O., 5608 Monte Vista St. (D.O.)
 Walberg, Miss Geneva O., 6517 Crescent St. (D.C.)
 Walberg, Geneva O., Eagle Rock and Oak Grove Ave. (D.C.)
 Walker, Elizabeth S., 236 W. 23rd St. (D.C.)
 Walther & Walther, 639 S. Grand Ave. (D.C.)
 Ward, James H., 309 Columbia Trust Bldg. (D.C.)
 Watson, G., 930 Vermont Ave. (D.O.)
 Watts, A. P., 315 Mason Bldg. (D.O.)
 Weaver, Julia Blanche, Story Bldg. (D.O.)
 Webber, J. H., 407 Columbia Trust Bldg. (D.C.)
 Webber, J. H., 832 W. 18th St. (D.C.)
 Weinmann, John, 811 W. Pao St. (D.O.)
 Wendelstadt, Edward F. M., Ferguson Bldg. (D.O.)
 West, Harry H., 524 Cons. Realty Bldg. (D.C.)
 West John, 3rd and Hill Sts. (N.D.)
 White, Ada C., 1149 S. Burlington St. (D.O.)
 White, Dr. Geo. Starr (M.D.)
 Whiting, Anna E., Auditorium Bldg. (D.O.)
 Whitney, A. A., 932 Georgia St. (D.C.)
 Wilson, Frank Lamb, Exchange Bldg. (D.C.)
 Wilson, George, Black Bldg. (D.C.)
 Wilson, L. R., 2707 Harvard Ave. (D.O.)
 Winbiger, C. F., 1104 W. 35th St. (S.)
 Worrell, F. C., 541 Cons. Realty Bldg. (D.C.)
 Woulfe, M. J., 322 S. Bunker Hill Ave. (D.C.)
 Wright, H. F., 6404 Hollywood Blvd. (D.O.)
 Wyckoff, Grace, Story Bldg. (D.O.)
 Wyckoff, Louis F., Story Bldg. (D.O.)
 Yates, Wilbur S., 701 East 31st St. (D.C.)
 Young, F. R. (D.O.)
 Young, Simeon, Grant Bldg. (D.C.)
 Zimmerman, Emma, 533 S. Flower St. (D.C.)
Lancaster: Eitman & Kirkpatrick. (D.C.)
 Arwine, James T. (D.O.)
Lainar: Crissman, John. (D.C.)
Lodi: Clouse, D. H., 120 W. Pine St. (D.O.)
Los Gatos: Butler, F. E. (D.C.)
 Gerlach, Dr. A. J. (N.D.)
Loveland: Denton, U. N. (D.O.)
Madera: Marshall, Mary. (D.C.)
Merced: Buchholz, Charles. (D.O.)
 Hale, Mary E. (D.O.)
Modesto: Anderburg, L. N., 1302 11th St. (D.C.)
 Bates, Sarah. (D.C.)
 Cody & Cody, 716 18th St. (D.C.)
 Snare, J. P., Hurd & Husband Bldg. (D.O.)
Moneta: Ormsbee, C. B. (D.C.)
Monrovia: Price, Kenneth V., Orange Ave. (D.O.)
Mountain View: Blanchard, E. R., Gen'l. Del. (D.C.)
National City: Garwin, Dr., Paradise Valley Sanatorium. (D.C.)
Oakland: Adams, Luther M. (D.O.)
 Adams, L. M., c/o Bullis Sanitarium, 32nd St. (N.D.)
 Avery, Herbert, Thomson Bldg. (D.O.)
 Blanchard, J. H., 1955 Webster St. (D.C.)
 Bruyne, Dr., 561 19th Ave. (D.O.)
 Bullis, Dr. B. S., 732 34th St. (D.C.)
 Bullis, Sarah, 732 34th St. (D.C.)
 Bunkers, H., 2002 25th Ave. (D.C.)
 Cain, J. D. (D.O.)
 Cale, J. A., 469 10th St. (D.O.)
 Cody & Cody, 716 18th St. (D.C.)
 Cole, John A., c/o Hotel Sutter. (D.C.)
 Cole, John A., 1247 1st Ave. (D.O.)
 Cole, Jno. A., 429 10th St. (D.C.)
 Cutburg, F. R., 2348 Telegraph Ave. (D.C.)
 Daemer, A. (D.O.)
 Dietz, Lewis H., Physicians Bldg. (D.C.)
 Dove, Geo. S., 3767 W. 14th St. (D.C.)
 Eaton, Chas. R., 3850 Telegraph Ave. (D.C.)
 Eaton, Chas. R., 4824 Telegraph Ave. (D.C.)
 Estes, J. C., 2016 E. 15th St. (D.C.)
 Forbes, E. (D.O.)
 Fraizer, Hugh M., Union Savings Bank Bldg. (D.O.)
 Frazier, Miller, U. S. Bank Bldg. (D.O.)
 Gaddis, Cyrus J., First Natl. Bank Bldg. (D.O.)
 Gardner, J. A., 965 Jackson St. (N.D.)
 Gehrig, F. W., 3519 Harper St. (N.D.)
 Grover, S. L., 201 Pacific Bldg. (D.C.)
 Hanna, H. (D.O.)
 Hanna, H. O. (D.C.)
 Hunt, Hattie. (D.O.)
 Hayck, F. J., 324 E. 12th St. (D.C.)
 Holaday, E. R., 1739 5th Ave. (D.C.)
 Langan, P. M., 454 Fairmount Ave. (D.C.)
 Lewis, F. S., 642 12th St. (D.C.)
 Lineker, Chas. W., 3235 Telegraph Ave. (D.O.)
 Lineker, Chas., 547 Telegraph Ave. (D.C.)
 McCarl, John A., 314 Pacific Bldg. (D.C.)
 McDaniel, A. C., Union Savings Bank Bldg. (D.O.)
 Mervy, L. A., 675 11th St. (D.C.)
 Mizo, G. W., 325 14th St. (D.C.)
 Mockridge, L. V., 2860 E. 14th St. (D.C.)
 Moon, Irma Ione, Union Savings Bank Bldg. (D.O.)
 Moreland, Cassie C., Bacon Bldg. (D.O.)
 Mutchmoore, J. T. O., 642 12th St. (D.C.)
 Noble, Nelson G., Dalziel Bldg. (D.O.)
 Raynard, H. D., 1314 Telegraph Ave. (D.O.)
 Renshaw, John W., 855 W. Myrtle St. (D.C.)
 Reynard, Dr. 1314 Telegraph Ave. (D.C.)
 Riedl, Wenzl, 2179 Telegraph Ave. (D.C.)
 Robinson, Chas. E., First Natl. Bank Bldg. (D.O.)
 Roper, Dora C. L., R. F. D. No. 1, Box 183. (D.O.)
 Sells, W. E., 3919 Nevil St. (D.C.)
 Sewis, J. S. (D.O.)
 Sisson, Ernest, First Natl. Bank Bldg. (D.O.)
 Stiles, W. E., 1440 E'way. (D.C.)
 Stuart, Mary V., 1728 Franklin St. (D.O.)
 Terry, J. Y., 829 Jackson St. (D.C.)
 Tisdale, R. F., 3329 Grove St. (D.O.)
 Wakefield, Wm. H., Union Savings Bank Bldg. (D.O.)
 Wallace, M. R., 1401 1st Ave. (D.O.)
 Waltan, David B. (D.O.)
 Ward, H. (D.O.)
 Ward, M. H., 509 Central Bank Bldg. (D.C.)
 Ward, Robert Merritt, c/o Elks Club. (N.D.)
 Wenzl, Riedl, 2327 Telegraph St. (D.C.)
 Willcox, Sylvester W., Bacon Blk. (D.O.)

- Ocean Park:** Brink, Blanche, 207 Ocean Front. (D.C.)
Hoffman, Miss Esther, 2717 Lake St. (D.C.)
Reading, R. W., 711 Ocean Front. (D.C.)
Sandford, W. R., 16 Dudley Ave. (D.C.)
- Oceanside:** Kelly, Alice. (D.O.)
- Orange:** Fletcher, Mrs. Alex. R. F. D. No. 2. (D.C.)
Huffman, J. E., Box 622. (D.C., M.D.)
Luhrling, Rollo A., Edwards Apts. (D.C.)
Paine, Caroline L. (D.O.)
Vance, A. T., Smith & Grote Bldg. (D.O.)
- Pacific Grove:** Ferrand, R. L., T. A. Work Bldg. (D.O.)
- Palisades:** Haller, J. L. (D.C.)
- Palo Alto:** Moore, J. L., 156 University Ave. (D.O.)
York, Effie E., 705 Cowper St. (O.O.)
- Pasadena:** Andrews, Emma, 712 Locust St. (D.C.)
Balzer, J. P., 11 Euclid Ave. (D.O.)
Balser & Balser, 15 S. Euclid Ave. (D.C.)
Balzer & Balser, Drs., 467 N. Fair Oaks Ave. (D.C.)
Barnhart, Dr., Salvin Bldg., c/o Dr. Campbell. (D.C.)
Bauregard, Miss Lillian, 57 Worcester Ave. (N.D.)
Becket, Julius, 88 N. Bonnie St. (D.C.)
Bland, Myrtabell, 231 E. Colorado St. (D.O.)
Bowling, Willett Lee, Kendall Bldg. (D.O.)
Bruett, H. (D.C.)
Caldwell Health Home, R. 1, Box 236. (D.O.)
Carder, Chas. L., 1008 Morengo Ave. (D.C.)
Carder, Maud E., 1008 Morengo Ave. (D.C.)
Chatterton, W. A., 1712 Las Lumas. (D.C.)
Crain, Coral, 68 N. Marengo Ave. (D.O.)
Crain, Festal, 68 N. Marengo Ave. (D.O.)
Donnelly, Emma E., 54 S. El Molino Ave. (D.O.)
Dowin, Mae L., 40 E. Colorado St. (D.O.)
Earl, J. Cornelius. (D.C.)
Evarts, Rowe E., 1641 Spruce St. (D.O.)
Face, Mrs. Margaret E., 506-507 Citizens' Savings Bank Bldg. (N.D.)
Fitch, Stewart J., 1175 N. Los Robles Ave. (D.O.)
Fox, Warren F., 786 Sunset Ave. (D.C.)
Frame, Ira S., 472 Herkimer St. (D.O.)
Gerrie, Wm. Alfred, 210-211 Boston Bldg. (N.D.)
Goettler, Margaret, 467 N. Fair Oaks Ave. (D.C.)
Goettler, Gertrude, 464 N. Fair Oaks Ave. (D.O.)
Gray, Maud, 11 Euclid St. (D.C.)
Hinds, Harriet E., 388½ E. Colorado St. (D.O.)
Huntington, Geo. L., Citizens' Savings Bank Bldg. (D.O.)
King, Lillian B., 110 N. Los Robles Ave. (D.O.)
- Palmer, Chas. R., Chamber of Commerce Bldg. (D.O.)
Rees, John T., 464 E. Colorado St. (N.D.)
Springer, G. L., 152 N. Morengo Ave. (D.C.)
Stillman, Clara Judson, 388½ East Colorado St. (D.O.)
Tritt, H. P. (D.C.)
White, J. Strothard, Chamber of Commerce Bldg. (D.O.)
Willis, G. F., 616 Chamber of Commerce Bldg. (D.C.)
- Paradise:** Miller, Macfarlane. (D.O.)
- Petaluma:** Healey, Robert D., 19 Main St. (D.O.)
King, Miss Bernice. (D.C.)
Rundall, Napoleon B., Schluckebier-Gwinn Bldg. (D.O.)
- Pomona:** Doolittle, Harriet M., 535 N. Main St. (D.O.)
Hutchinson, C. E., (D.C.)
Martin, Frederick H., 481 N. Park Ave. (D.O.)
Stevens, Olinda K., 387 S. Park Ave. (D.O.)
- Redlands:** Harlow, A., R. F. D. No. 1, Box 80-b. (D.C.)
Newton, E. D. B., 421 Cajon St. (D.O.)
Tuttle, A. Marsh, 248 Cajon St. (D.O.)
- Redondo Beach:** Meyer, Ree W. (D.C.)
- Reedley:** Glasgow, Jos. C. (D.O.)
- Richmond:** Morelli, Louis. (D.C.)
Woodruff, Chas. Homer. (D.O.)
- Richvale:** Lindberg, David. (D.C.)
Lofgren, A. J. (D.C.)
- Riverside:** Becker, R. C. 106 E. Dote St. (N.D.)
Deputy, Anna W., 1251 Main St. (D.O.)
Deputy, H. E., 1251 Main St. (D.O.)
Lobeers, Thos. Lord, Freeman Bldg. (D.O.)
Smiley, M. S., Room 14, Y. M. C. A. Bldg. (D.C.)
White, Dr. Chas. I., 427 Main St. (N.D.)
- Rocky Ford:** Van Antwerp, H. S. (D.O.)
- Sacramento:** Booth, W. F., 2616 N St. (D.O.)
Cary, Una W., Hagelstein Bldg. (D.O.)
Daniels, Lester R., Forum Bldg. (D.O.)
Haines, Cyrus A., Forum Bldg. (D.O.)
Horstman, H. C., 213 Pacific Bldg., (D.C.)
Jones, C. M., 436 Ochsner Bldg. (D.C.)
McKeon, Ada H. (D.C.)
Palmer, Edward B., Hagelstein Bldg. (D.O.)
Pinkham, C. B. (D.C.)
- San Bernardino:** Hebb, Flora E., 645 East St. (D.O.)
Maynard, H. M., 558 4th St. (N.D.)
Oakes, Geo. C., 257 H St. (D.C.)
Parcels, M. L., Katz Blk. (D.O.)
Reynolds, R. H. (D.C.)
Weiman, John. (N.D.)
- San Diego:** Austin, Isabel E., Sefton Bldg. (D.O.)
Byars, W. R., U. S. Grant Bldg. (D.O.)
Clark, Mrs. Mary, 1432 Date St. (D.C.)
College of Dietology and Psychotherapy, 265 22nd St. (N.D.)
Creswell, Lena, Amer. Natl. Bank Bldg. (D.O.)
Crosby, Gordon Keith. (S.T.)
Cuffmann, Osborn, 3559 30th St. (D.O.)
Denny, L. E., 3446 D St. (D.C.)
Diego, Vincent A. (D.C.)
Eilersficken, 1550 3th St. (D.O.)
Elliott, David H., Spreckles Bldg. (D.O.)
Frazer, Chas. F., 3209 Grim St. (D.O.)
Garcia, Albert E., Tecato (N.D.)
Gearhart, W. H., Spreckles Theatre Bldg. (N.D.)
Glidden, Durelle, 1550 3rd St. (N.D.)
Glover, J. David, American Natl. Bank Bldg. (D.O.)
Griffith, F. R. (D.C.)
Guymer, G. A., 1256 10th St. (D.C.)
Hahn, Fred. M., (D.C.)
Heilbron, Louise, Union Bldg. (D.O.)
Jolitz, Miss Marion, 1015 F St. (D.C.)
Jones, J. N., 1629 Maine St. (D.C.)
Judd, Lorenzo, San Ysidro. (D.C.)
Kieferle, J. A., 212 Granger Block. (Opt.)
Runk, Mrs. Ellen B., 2938 A St. (D.C.)
Lee, Vernon R., Owl Drug Bldg. (D.O.)
Levanzin, A., 265 22nd St. (N.D., A.B., Ph.D., LL.B., M.E.T.)
Levanzin Scientific Dietarium, 265 22nd St. (N.D.)
Lindenmeyer, C. A., Spring Valley. (D.O.)
Malin, Mrs. Jennie. (D.C.)
Maxey, C. N., Watts Bldg. (D.O.)
Moore, H. B., 821 18th Ave. (D.C.)
Moore, W. B., 1205 University Ave. (D.O.)
Moos, Oscar, 1566 Franklin Ave. (D.C.)
Nelson, Ella. (D.C.)
Oakley, Nelson C., 1550 3rd St. (D.C.)
Pierce, Nellie M., Sefton Blk. (D.O.)
St. Joseph's Sanitarium. (D.O.)
Stolan, Celia, 1658 Front St. (D.C.)
Smith, Nelson, 602 Spreckles Bldg. (D.C.)
Smith, Vincent A. (D.C.)
Stanley, S., 2603 National Ave. (D.O.)
Tucker, Wm. R., 908 22nd St. (N.D.)
Tucker, Mrs. Nora Mae, 906 22nd St. (N.D.)
Tucker, W. R., 906 22nd St. (D.C.)
Vermillion, J. B., 6th and C Sts. (D.C.)
Vermillion, J. B., 307 Scripps Bldg., 6th and C Sts. (D.C.)

- Volen, G. A., 1556 3rd St. (D.C.)
 Volen, Mary H., 1550 3rd St. (D.C.)
 Watkins, Edwin Phillips, Union Bldg. (D.O.)
 Wentworth, Lillian P., The Thorbus Apts. (D.O.)
 Williams, C. B. (N.D.)
 Williams, S. L., 1103 National Ave. (D.O.)
 Williams, Stanley S., 2603 National Ave. (D.O.)
 Woulfe, Martin J. (D.C.)
San Francisco: Adam, I M., 313 Church St. (D.C.)
 Argust, T. A., c/o Lurlin Baths, Bush and Larkin Sts. (N.D.)
 Argust, T. J. (D.O.)
 Atkinson, Dr., 2393 Mission St. (D.C.)
 Bean, J. P., 816 Turk Street. (N.D.)
 Bell, Ella R., 1415 O'Farrell St. (D.C.)
 Bogges, Emma Bronk, 1664 Larkin St. (D.O.)
 Bradley, Geo. A., 508 Hewes Bldg. (D.C.)
 Bradley, Geo. A., 995 Market St. (D.C.)
 Brandon, J. R., 2023 California St. (D.O.)
 Brandow, R., 1632 California Ave. (D.O.)
 Brown, James, Room 712, West Bank Bldg., 830 Market St. (Ch.)
 Bross, Henry, 645 Lion St. (D.C.)
 Buchner, Maximilian A., 29th and Church Sts. (N.D.)
 Burnside, Minetta, 1315 Polk St. (N.D.)
 Burnside, Miss Minnette, c/o Lurlin Baths, Bush and Larkin Sts. (N.D.)
 Burke, Isaac, 133 Geary St. (D.O.)
 Bust, Laura C., 542 Steiner St. (D.C.)
 Cooper, Sarshal De Pew, 133 Geary St. (D.O.)
 Crawford, W. F., 1300 McAllister St. (D.O.)
 Czarra, M. L., 745 Market St. (D.O.)
 Edmondson, Mrs. Ethel, Hotel Adair, Ellis St. (N.D.)
 Edwardes, Arthur W., 1147 Lake St. (N.D.)
 Electric Hygienic Bake Shop, 1411 Polk St. (D.O.)
 Elgarten, M., 362 Kearny St. (D.C.)
 Erz, A. A., 1774 Sutter St. (D.C.)
 Erz, A. A., 4168 24th St. (D.C.)
 Farnham, D. C., Elkan-Gunst Bldg. (D.O.)
 Farnham, Margaret H., Elkan-Gunst Bldg. (D.O.)
 Fellrath, Basie, Hotel Panama, 176 4th St. (D.O.)
 Fish, H. J., 882 Fulton St., (N.D.)
 Ford, Chas. P., Whittell Bldg. (D.O.)
 Gillespie, Geo. D., 335 Stockton St. (N.D.)
 Gillespie, Harriet M., 133 Geary St. (D.O.)
 Graham, Artie May, 242 Powell St. (D.C.)
 Hamilton, Susan Harris, 1080 Bush St. (D.O.)
 Hamphill, Etha B., 323 Geary St. (D.O.)
 Hortsman, H. C., 213 Pacific Bldg. (D.C.)
 Kammerer, Marie, 1008 Washington St. (D.O.)
 Killeen, J. Francis, 2161 Sutter St. (N.D.)
 Klein, Clifford S., 7401 Fillmore St. (D.O.)
 Laist, Otto, 402 Haight St. (D.C.)
 Lawrence, J. Lovell, 133 Geary St. (D.O.)
 Lichty, Elsa, Pacific Bldg. (D.C.)
 Lindroth, C., 1240 California St. (D.C.)
 Mantes, Louise A., Lurline Baths. (D.C.)
 Maussert, O., 1752 Fillmore St. (N.D.)
 Meyer, Richard L., 1297 Market St. (D.O.)
 Middleditch, Emma D., 1245 O'Farrell St. (D.C.)
 Moore, Andrey C., 1527 Sutter St. (D.O.)
 Olson, M. O., 1256 Haight St. (D.C.)
 Peirce, Charles E., Elkan-Gunst Bldg. (D.O.)
 Peterson, Chas. J. R., Elkan-Gunst Bldg. (D.O.)
 Plotneko, Even E. 362 Kearney St. (N.D.)
 Pollock, W. D., 154 27th St. (N.D.)
 Pringle, R. J., Lurline Baths. (D.C.)
 Rich, James H., 830 Market St. (D.C.)
 Rupe, Miss Louise V., 20 Franklin St. (N.D.)
 Scott, Geo. D., 323 Geary St. (D.O.)
 Sheldon, T. W., 323 Geary St. (D.O.)
 Slaughter, Kate C., 122 Geary St. (D.O.)
 Smith, Mrs. M., 651 Pacific Bldg. (D.O.)
 Snowden, Cora, 323 Geary St. (D.O.)
 Spencer, Elizabeth A., 133 Geary St. (D.O.)
 Sutherland, Jno. W., 3857 18th St. (D.C.)
 Sutton, Emilie Victoria, 1350 Sutter St. (D.O.)
 Taylor, Andrew. (D.C.)
 Thompson, Wm. P. (D.C.)
 Tuchler, A. S., 703 Van Ness Ave. (D.O.)
 Usher, Jennie M., 71 Haight St. (D.O.)
 Ward, John E. (D.C.)
 York, Effie E., Elkan-Gunst Bldg. (D.O.)
 Taylor, Ella J., Box 253 (D.C.)
San Gabriel: Haight, Nettie Olds, R. F. D. 2, Box 602. (D.O.)
San Jose: Austin, J. N., 19 Porter Bldg. (N.D.)
 Edwards, F. O., 198 Martin Ave. (D.O.)
 Frank, G. H. (D.C.)
 Jewell, C. O., Ryland Bldg. (D.O.)
 McMillan, 143 E. San Fernando St. (D.C.)
 208 E. Santa Clara St. (N.D.)
 Moates, Chas. H., 208 East Santa Clara St. (N.D.)
 Nims, Herbert J., Ryland Bldg. (D.O.)
 Shoultz, R. G., Safe Deposit Bank Bldg. (D.O.)
 Stephenson, Jennie, Garden City Bank Bldg. (D.O.)
 Thornby, J. (D.C.)
 Thornley, J., Bank of San Jose Bldg. (D.C.)
 Wright, Anna A., Theatre Bldg. (D.O.)
San Mateo: Butler, Edward, General Delivery. (D.C.)
San Pedro: Williams, C. A., 282½ 4th St. (D.C.)
Santa Ana: Brink & Butler, 511 N. Main St. (D.C.)
 Bryan, Charles T., 421 E. 17th St. (D.O.)
 Butler, Gunning. (N.D.)
 Cleland, C. T., Spurgeon Bldg. (D.C.)
 Humiston, Sarah G., 106½ E. 4th St. (D.O.)
 Littell, U. G., W. H. Spurgeon Bldg. (D.O.)
Santa Barbara: Albertson, B. E., 217 San Marcos Bldg. (D.O.)
 Eddy, C. E., 188 Water St. (D.C.)
 Foy, Raymond C., 217 San Marcos Bldg. (D.C.)
 Goodrich, L. J., San Marcos Bldg. (D.O.)
 Jones, E. E., 835 Delevina St. (D.C.)
 Jones, E. E., 906 Chapala St. (D.C.)
 Ratledge, Tulhan F., 217 San Marcos Bldg. (D.C.)
 Robbins, E. Marie. (D.C.)
 Sperry, Myra Ellen, 21 W. Victoria St. (D.O.)
Santa Cruz: Oliphant, Pearl. (D.O.)
 Williams, Calvert B., 19 Trescony St. (N.D.)
Santa Monica: Dabu, W. G., 937 N. 2nd St. (D.O.)
 Glenn, J. O., Santa Monica Blvd. (D.O.)
 Graham, Herbert C. (D.C.)
 Williams, Evan, 1024 4th St. (D.O.)
Santa Rosa: Caldwell, Fannie, Dougherty Shea Bldg. (D.C.)
 Sinclair, Neil, Elks Bldg. (D.C.)
 Sisson, Ada B., Santa Rosa Bank Bldg. (D.O.)
 Webley, F. D., Box 398 (D.C.)
 Wyland, Samuel I. (D.O.)
Sanford: Edwards, N. C., Box 102. (N.D.)
Sanger: Taylor, Mrs. Ella J. (D.C.)
Sangus: Stickles, Albert. (D.C.)
Santee: Nesbit, E. W. (D.C.)
Saticoy: Stein, E. (Nat.)
Selma: Hinkley, A. Burton, San Joaquin Valley. (D.C.)
South Pasadena: Bowling, R. W., 618 Fremont Ave. (D.O.)
 Whiting, Lillian M. (D.O.)
Stockton: Calvert, E. J. (D.C.)
 Cooley, Edw., 81-83 San Joaquin Bldg. (D.C.)
 Cooley, Mrs. E., San Joaquin Bldg. (D.C.)
 Cooley, Ed. L., 301-2 Belding Bldg. (D.C.)

Cooley, Mrs. Gertrude M.,
301-2 Belding Bldg.
(D.C.)
Rule, J. C., Belding Bldg.
(D.O.)
Saymour, Arthur T., Elks
Bldg. (D.O.)
Shaw, Jno., 81-83 San
Joaquin Bldg. (D.C.)
Taft: DeMarsa, Clarence, 4th
and Center Sts. (D.C.)
Jones, E. A. D. (M.D.)
Turlock: Fulton, Margaret E.
(D.C.)
Julien, E. A. (N.D.)
Upland: Chilson, Maud I.
(D.C.)
Harvey, Leslie V., 9th and
Euclid Ave. (D.O.)
Ventura: Adams, Wm. J.
(D.O.)
Visalia: Hofeditz, H. W.
(D.C.)
Hofeditz & Hofeditz. (D.C.)
Hofeditz, Miss Mabel, 503
Main St. (D.C.)
Jones, Jno. (D.C.)
Whittier: Cannard, Mrs. E.
(N.D.)
Compton, Claude O., 407 N.
Greenleaf Ave. (D.C.)
Decker, Mrs. R. (N.D.)
Gray, Emma J., 802 S.
Painter Ave. (D.C.)
Kennard, Alta M. (N.D.)
Kraft, Mary J., First Natl.
Bank Bldg. (D.O.)
Milliken, Chas. (D.O.)
Penrose, J. T., 216 N.
Bright Ave. (D.O.)
Woodland: Criteser, W. T.,
744 Cleveland St. (D.C.)
McKeon, Ada H. (D.C.)
McKeon, Dr., Native Sons'
Bldg. (D.C.)
Wilkerson, Mrs. M. (D.O.)

COLORADO

Alamosa: Stephenson, C. I.,
509 Main St. (D.O.)
Taylor, Mrs. Mollie. (S.T.)
Allison: Howe, Gracia W.
(D.C.)
Schofield, Cassie L. (D.C.)
Arvado: Trenary, J. M. (D.C.)
Trenary, W. (D.C.)
Boulder: Dresher, A. S., 1341
Walnut St. (D.C.)
Griffin, Louise A., Voegtie
Bldg. (D.O.)
Hampton, Elsie. (D.O.)
Hampton, Elsie R., 1821
Walnut St. (D.C.)
Hopf, Geo., 2132 14th St.
(D.O.)
Overfelt, L. B. (D.O.)
Riley, H. L. (D.O.)
Boycero: Huginin Mary. (S.T.)
Brush: Suttan, B. J. (D.O.)
Burlington: Camp, R. E.
(D.C.)
Castor, Shirley. (D.C.)
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Acme Bldg. (D.O.)
Dickson, J. Homer, Har-
rison Bldg. (D.O.)
Pennington, J. L., 712
Mawn St. (D.C.)
Peckard & Peckard. (D.O.)
Pickard & Pickard, No. 3
P. O. Bldg. (D.C.)
Ramons, Hattie E., P. O.
Block. (N.D.)
Colorado City: Smith &
Smith. (D.O.)

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Della. (D.C.)
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Caphshaw, E. F. (D.O.)
Coultrup, Alfred J., 214 E.
Pike's Peak Ave. (D.C.)
Coultrup, C. A., Pike's Peak
Ave. (D.C.)
Fritz & Fritz, Drs., 64 First
Natl. Bank Bldg. (D.C.)
Fritz, A. E., 315 Del Norte
St. (D.C.)
Gwin, H. M., Suite 202, Ben-
nett Bldg. (D.C.)
Hampton, Wm. (D.O.)
Lewis, J. L., Bank Bldg.
(D.O.)
Miline, Mae, 1228 Colorado
Ave. (D.C.)
Pauly, G. W., DeGraff Bldg.
(D.O.)
Phillips, A. C., 306 S. Wah-
satch Ave. (D.O.)
Richardson, Horace J., 824
N. Tejon St. (D.O.)
Smith, Earl B., 4 First Natl.
Bank Bldg. (D.C.)
Somers, Edith, 123 E.
Boulder St. (D.C.)
Somers & Somers, 123 E.
Boulder St. (D.C.)
Surreddin, F. A., 824 N.
Spruce St. (D.O.)
Collbran: Canfield, Carl B.
(D.O.)
Craig: Payne, M. U. (D.C.)
Craig City: Payne & Payne.
(D.O.)
Cripple Creek: Meredity,
Harry J. (D.C.)
Caulk: Caulk, Mrs. M. B.
(D.C.)
Denver: Adams, R., Kaiser-
hof Hotel. (D.O.)
Adams, Mrs., 1348 Madison
St. (N.D.)
Albson, Ellsworth, 1854 W.
46th Ave. (D.O.)
Balfie, Anna B., Ellsworth
Hotel. (D.O.)
Balfie, Sarah L., Ellsworth
Hotel. (D.O.)
Banna, Otto J., 1707 Gilpin
St. (D.O.)
Barnes, Chas. T., 328 17th
St. (D.O.)
Bass, John T., Central
Savings Bank Bldg.
(D.O.)
Bass, Elizabeth C., Central
Savings Bank Bldg.
(D.O.)
Beck, Claude G., 205-7 Natl.
Safety Vault Bldg. (N.D.)
Beck, Claude G., 1536 Wel-
ton St. (D.C.)
Beckwith, Annette H., 1223
Columbine St. (D.O.)
Behm, S. L., 1355 Lafayette
St. (D.O.)
Bennett, Carrie A., Temple
Court Bldg. (D.O.)
Bennett, Mary, 2524 Em-
erson St. (D.O.)
Bolles, Jennette Hubbard,
1459 Ogden St. (D.O.)
Bowdy, J. D., 711 17th St.
(D.O.)
Broun, I. W. B. (D.C.)
Brown, James B., 14th and
14th and Champa Sts.
(Or.S.)
Bumpus, C. W., 624 Empire
Bldg. (D.O.)
Bundy, Jos., 1715 California
St. (D.C.)
Bunn, C. R., 611 Mack Bldg.
(D.C.)
Bunn & Bunn, 613 Mack
Bldg. (D.O.)

Casey, J., Hotel Tooney.
(D.C.)
Chandler, J. C., 307 Masonic
Bldg. (D.O.)
Clark, D. L., Empire Bldg.
(D.O.)
Clark, Julia V. Frey, Em-
pire Bldg. (D.O.)
Cobb, Abner J., 1548 Cali-
fornia St., Suite No. 2.
(D.C.)
Cobb, A. J., 622 Mack Bldg.
(D.O.)
Conover, E. H., 886 S.
Washington St. (D.C.)
Cornett, Jessie Willard,
3331 E. 13th Ave. (D.O.)
Cramb, J. L., 312 Masonic
Bldg. (D.O.)
Crause, Minnie R., 1231 E.
Colfax Ave. (D.C.)
Crawford, A. D., 1458 Penn
St. (D.C.)
Culver, Celie, 1415 E. Col-
fax Ave. (D.C.)
Curtin, Katherine E., Em-
pire Bldg. (D.O.)
Curtiss, Katherine E., 530
Empire Bldg. (D.O.)
Daniels, R. R., Majestic
Bldg. (D.O.)
Darnell, Laura B., 1315
E'way. (D.C.)
Darnell, J. J., 420 16th St.
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Ditto, Eva, 135 9th St.
(D.C.)
Draper, C. L., 535 Majestic
Bldg. (D.O.)
Dwelle, Ida, 2244 Gaylord
St. (D.C.)
Eubert, Fred, 1221 E'way.
(D.C.)
Fisher, Dr., c/o Fisher
Sanitarium. (S.T.)
Foltz, Mrs. C., 3349 Tejon
St. (D.C.)
Fritz & Fritz, 208 Masonic
Temple. (D.C.)
Gadson, T. H., 806 Sante
Drive. (D.O.)
Gadson, Thomas H., 403
Mining Exchange Bldg.
(I.)
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St. (D.H.)
Graves, Murray, Symes
Bldg. (D.O.)
Greedy, Frank A., 625
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High, Jas. H., 2088 Emerson
St. (D.C.)
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Ave. (D.C.)
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Savings Bank Bldg.
(D.O.)
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Ave. (D.O.)
Horne, Nellie, 1415 E. Col-
fax Ave. (D.C.)
Horne, P. B., 1415 E. Colfax
Ave. (D.C.)
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St. (D.C.)
Hunt, R. C. (D.C.)
Jaynes, Tony, 116 S. Logan
St. (D.C.)
Jaltz, Mrs. C., 3349 Tejon
St. (D.C.)
Jones, J. Hamilton, 17th
and Lincoln Sts. (D.C.)
Jones, J. P., 49 S. Lincoln
St. (D.C.)
Jones, Ralph M., Mack
Bldg. (D.O.)

- Kaufman, Alice, 2126 High St. (D.C.)
 Keep, F. A., 1045 Lincoln St. (N.D.)
 Keller, David J., 632 14th St. (D.C.)
 Landan, Mrs., 611 S. Pearl St. (D.C.)
 Lange, Dr. Chas. E., 208 Masonic Temple. (D.C.)
 Larson, E. T., 1540 Madison St. (D.C.)
 Larson, E. T., 2349 Gilpin St. (D.C.)
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 Lubbert, F., 327 Commonwealth Bldg. (D.O.)
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 Wey, Julia May Courtney, 1633 Court Place. (D.O.)
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 Miller, Lesh, 218 E. Mountain Ave. (D.C.)
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 Runnells & Runnells, 1002 9th Ave. (D.C.)
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 Denton, W. W. (D.C.)
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 Vandeverter, Lew. (D.C.)
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Neuberg: Spang, B. W., 1st and Edward Sts. (D.C.)
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 Holler, J. L. (D.O.)
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Hartsell, (D.O.)
Hampton, David, 24 Masonic Temple. (D.O.)
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Hatzel, George, 720 Main St. (D.O.)
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Thompson, T. F. (D.O.)
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- Westcliffe:** Durrett, Carrie F. (D.O.)
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Smith, F. B., 1024 Main St. (N.D.)
Sproviero, Patrick, 1188 Main St. (D.C.)
Steinfadt, A. O., 1115 Main St. (N.D.)
Wetherbe, E. T., 107 Meigs Bldg. (N.D.)
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Keller, John A., 38 Courtland Ave. (D.C.)
Keller, John A., 604 Security Bldg. (D.O.)
Lent, Elmer F., 255 Coleman St. (D.O.)
Paul, Arthur H., Court Exchange Bldg. (D.O.)
Paul, Oster A. H., 211 State St. (D.O.)
Smith, F. B., 1024 Main St., Room 501. (D.O.)
Spinal Health System, 176 Main St. (D.C.)
Steinfadt, A., 115 Main St. (D.O.)
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- Griffin:** Layne, A. C., 223 W. College St. (D.O.)
- Macon:** Brinson, M. N., 216-17 Georgia Life Bldg. (D.C.)
- Davis, Jas. E., 768 Poplar St. (D.C.)

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St. E. (D.O.)
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Ida Sts. (D.C.)
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Bldg. (D.O.)
Kingsbury, Walter S.,
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(D.C.)
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rine, McCormick Bldg.
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rium (D.O.)
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(N.D.)
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 Doack, L. M., 2025 Roscoe St. (D.O.)
 Donnelly, John, 1625 W. Adams St. (D.C.)
 Don Wood, Eldred, L. B., 69 Dexter Bldg. (D.C.)
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 Dorrance, R. R., 4005 Grand Blvd. (D.O.)
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 Drinkall, Earl J., 1421 Morse Ave., Rogers Park Sta. (D.O.)
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 Ebell, Anna, 1541 W. Adams St. (N.D.)
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 Elfink, Walter E., 27 E. Monroe St. (D.O.)
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 Ellis, Howard I., 452 Bowen Ave. (N.D.)
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 Enestvedt, John, 2337 Milwaukee Ave. (D.C.)
 Enestvedt, Sophia, 2337 Milwaukee Ave. (D.C.)
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 Engeldrum, H. C., 39 South State St. (D.O.)
 Esklund, Alice. (N.D.)
 Espeland, Ole N., 2620 West North Ave. (N.D.)
 Esplin, D., 4200 Grand Blvd. (N.D.)
 Esser, A. H., 6050 Woodlawn Ave. (D.O.)

Esser, Albert, 6050 Wood-lawn Ave. (D.O.)
 Evans, 333 S. Dearborn St. (D.C.)
 Evertz, O., 1456 W. Monroe St. (D.O.)
 Evertz, Oscar, N. E. Corner Ashland and Madison Sts. (Me.)
 Ewald, Emilie, 2300 Prairie Ave. (D.C.)
 Fallen, Howard J., 333 S. Dearborn St. (D.O.)
 Fallon, M. M., 1614 La Salle St. (D.C.)
 Farmer, Frank C., 14 W. Washington St. (D.O.)
 Fawcett, Nora, 310 W. 65th St. (D.C.)
 Felper, J. N., 833 S. State St. (D.C.)
 Felzer, David, 926 S. Marshfield Ave. (D.C.)
 Fellrath, Basil, 1634 North La Salle St. (N.D.)
 Fernald, Edw. L., 3527 W. Madison St. (D.O.)
 Ferri, Dr. Nicandro A., The Ferri Sanitarium, 152 N. Ashland Blvd. (N.D.)
 Fett, A. F., 1801 Jackson Blvd. (D.C.)
 Fink, Chas. A., 39 S. State St. (D.O.)
 Fisher, Albert, 6340 Stewart Ave. (D.O.)
 Fitch & Grunewald, 5 North Wabash Ave. (D.O.)
 Fitch, Milton B., 4735 Lincoln Ave. (D.O.)
 Fitch, Ross L., 4940 Kinzie St. (N.D.)
 Foreman, Oliver C., Goddard Bldg. (D.O.)
 Foursard, May, 3913 Cottage Grove Ave. (Ma.)
 Fradsham, W. F. B., 220 S. State St. (D.C.)
 Fradsham, W. F. B., 718 W. 63rd St. (D.O.)
 Francis, G. R., 10221 Prospect Ave. (D.C.)
 Frankowsky, E., 3550 W. Monroe St. (D.O.)
 Fraser, Lillian, 535 Beldon Ave. (D.C.)
 Freese, Benj. J., 4913 North Robey St. (N.D., D.C.)
 French, Leslie, 3975 Vernon Ave. (N.D., D.P., D.C.)
 French, W. G., 1610 Mallers Bldg. (D.C.)
 Frumoff, L., 910 North Western Ave. (N.D.)
 Fryette, H. H., 27 E. Monroe St. (D.O.)
 Fryette, Myrtle W., Goddard Bldg. (D.O.)
 Fuller, O. K., 4126 South Halsted St. (D.M.T.)
 Funk, H. F., 1136 E. 63rd St. (D.C.)
 Funk, H. J., 1138 E. 63rd St. (D.O.)
 Gable, Clyde A., 4545 Broadway (D.C.)
 Gable, Fonda M., 322 East 51st St. (D.O.)
 Gable, Roy J., 322 E. 51st St. (D.O.)
 Gadboise, L. T., 4200 Grand Blvd. (D.O.)
 Gadboise, L. F., 422 E. 40th St. (D.C.)
 Gage, Fred W., Goddard Bldg. (D.O.)
 Galatian, H. B., 3700 Chicago Ave. (N.D.)
 Galbreath, Conrad V., 5 N. Wabash Ave. (D.O.)

Gallagher, Dollie Hunt, The Vendome Hotel (D.O.)
 Gallegley, Harvey A., 2249 Bissell St. (D.O.)
 Garlock, 424 Bowen Ave. (N.D.)
 Garrett, S. J., 210 N. Ann St. (N.D.)
 Garrihart, Edward R., 2333 Milwaukee Ave. (D.C.)
 Gaylord, Ethel Gertrude, 1122 S. Michigan Ave. (D.O.)
 Gebhardt, Arthur, 221 Laflin St. (D.C.)
 Gehl, A. F., 1550 Claybourne Ave. (Ma.)
 Gernhardt, Edward R., 2333 Milwaukee Ave. and Logan Square. (N.D.)
 Gibbs, John P., 2750 Fullerton Ave. (M.D.)
 Gleitsman, E., 550 Fullerton Blvd. (D.O.)
 Golding, Jas. 5604 S. Boulevard (D.C.)
 Goldman, A., 1146 Washburn Ave. (N.D.)
 Goldstein, Isaac, 4001 Grand Ave. (N.D.)
 Goodman, M. H., 5451 S. Ashland Ave. (D.C.)
 Goodrich, J. R., 16 North Wabash Ave. (Nap.)
 Gordner, Wm. (D.O.)
 Gour, Andrew A., 39 S. State St. (D.O.)
 Grack, Miss W., 1247 Hustings St. (D.C.)
 Grapek, Chas., 3211 W. Madison St. (D.C.)
 Grathies, Herman A., 2000 Mohawk St. (D.O.)
 Griffing, C. M., 3964 Drexel Blvd. (M.D.)
 Grimmer, A. H., 3842 Grand Blvd. (Or.S.)
 Grise, H. M., 1432 W. Jackson Blvd. (N.D.)
 Groenewoud, Jennie K., 1339 E. 47th St. (D.O.)
 Groenewoud, John C., 37 S. Wabash Ave. (D.O.)
 Grothus, Herman A., 2000 Mohawk St. (D.C.)
 Grothus, W. A., 2000 Mohawk St. (D.O.)
 Grunewald, Marie B., 5 N. Wabash Ave. (D.O.)
 Gustafson, G., 3007 S. Tripp Ave. (D.C.)
 Gustafson, Marie, 14 West Washington Blvd. (Ma.)
 Halin, Max, 1513 Jackson Blvd. (D.C.)

Halsted, Cora F., 1528 W. Jackson Blvd. (N.D.)
 Halvorsen, H. John, 1018 Wilson Ave. (N.D.)
 Halverson, H. J., 4641 Evanston St. (D.C.)
 Hamman, A. W. 8928 Commercial Ave. (D.O.)
 Hammon, I. F., 27 East Monroe St. (D.O.)
 Hanavan, L. C., 6122 Ingle-side Ave. (N.D.)
 Haney, E. C., 848 Barry Ave. (D.C.)
 Hanford, Ira L., 168 North State St. (Nap.)
 Hanford, L. I., 92 State St. (D.O.)
 Hanley, P. K., 6600 Lafayette Ave. (D.C.)
 Hansen, Carl T., 108 North State St. (N.D.)
 Hansen, H. E., 2120 Cleveland Ave. (D.C.)
 Harker, Wade C., 200 S. Lincoln St. (D.O.)
 Harper, C., 2151 N. Clark St. (N.D.)
 Harries, S. Oswald, 446 E. 40th St. (D.C.)
 Harrington, Shelby A., 4322 Vernon Ave. (N.D.)
 Harris, Elijah G., 1553 West Madison St. (Or.S.)
 Harris, Elijah G., 1656 Park Ave. (D.C.)
 Harris, Ella E., 7400 Coles Ave. (D.O.)
 Harris, H. E., 1515 West Monroe St. (N.D.)
 Harris, Sarah N., 846 East 47th St. (N.D.)
 Harvey, H. W., 4452 Sheridan Road. (N.D.)
 Harvey, Olive Kendall, 4452 Sheridan Road. (N.D.)
 Hasselquist, T. A., 32 W. Washington St. (D.C.)
 Hatton, Elizabeth, 3207 Michigan Blvd. (D.C.)
 Havard, Wm. Freeman, 525 S. Ashland Blvd. (N.D.)
 Hawey, Mrs. H., 1452 Sheridan Road. (N.D.)
 Heard, W. J., 109 Maple Ave., Oak Park. (D.C.)
 Heffner, Elizabeth, 1448 E. 66th Place. (D.C.)
 Heigerick, L. D., 2539 North Kenzie St. (N.D.)
 Heinze, E., 408 N. Cicero Ave. (D.C.)
 Heiss, John E., 2117 Washington Blvd. (D.C.)
 Heitz, J. J., 1609 Wells St. (D.O.)
 Held, Wm. (M.D.)
 Helmuth, Wm., 3151 North Troy St. (N.D.)
 Hemminghausen, 88 Dearborn St. (D.C.)
 Herbing, Paul C., 1042 Argyle St. (N.D.)
 Herkt, V. B., 1055 Colorado St. (N.D.)
 Hess, E. A., 2101 W. Adams St. (D.C.)
 Hess, H. McClellan, 14 East Jackson Blvd. (Nap.)
 Higbe, D. N., 15 N. Lincoln Ave. (N.D., M.D.)
 Hill, E. E., 6645 S. Marshfield Ave. (D.P.)
 Hill, John West, 2032 Cleveland Ave. (D.C.)
 Hill, W. F., 39 S. State St. (D.O.)
 Hising, E. A., 106 N. Ashland Blvd. (D.C.)

Practitioners are requested to inform the publisher of probable discrepancies found herein, or of change of address in the course of printing. Rectification will be made in subsequent issues

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 Hinman, R. F., 3801 W. Harrison St. (D.O.)
 Hively, J. S., 142-39 S. State St. (D.C.)
 Hobbs, R. S., 333 S. Dearborn St. (D.C.)
 Hoff, Fred. H., 2036 St. Paul Ave. (N.D.)
 Hoffman, R. E., 1718 E. 55th St. (D.C.)
 Hoffman, Stanley A., 2425 Milwaukee Ave. (D.C.)
 Hofstadt, J. P., 64 E. Van Buren St. (D.C.)
 Hogan, W., 4200 Grand Blvd. (N.D.)
 Hogue, W. A., 1435 West Adams St. (N.D.)
 Holcomb, Anna L., 108 N. State St. (D.O.)
 Holcomb, Dayton B., Stewart Bldg. (D.O.)
 Holiman, W. O., 1015 Masonic Temple. (D.C.)
 Holmes, H. R., 27 E. Monroe St. (D.O.)
 Homann, August W., 8928 Commercial Ave. (D.C.)
 Honey, Edward, 848 Barry Ave. (D.C.)
 Hoppstadt, J. P., 3212 Addison Ave. (D.O.)
 Hora, Frank, 3739 Lowell Ave. (D.C.)
 Horn, A. T., 3044 Wentworth Ave. (M.D.)
 Horn, F. B., 221 S. Ashland Blvd. (D.P.)
 Hoskins, 1441 Jackson Blvd. (D.C.)
 Houtenbrink, Anthony, 407 S. Ashland Blvd. (N.D.)
 Howard, Chas. G., 36 Walnut St. (D.O.)
 Howard, J. F., 333 S. Dearborn St. (N.D.)
 Howard & Napper, 333 S. Dearborn St. (D.C.)
 Howell, J. Sullivan, 220 S. State St. (N.D.)
 Howell, O. W., 5606 Michigan Ave. (D.C.)
 Huboi, Carl, 4509 N. St. Louis Ave. (D.O.)
 Huboi, W. A., 838 W. Rockwell St. (D.C.)
 Hubor, W. A., 3940 Southport Ave. (D.C.)
 Hughes, 4200 Grand Blvd. (D.O.)
 Hulet, C. M. T., 122 S. Ashland Blvd. (D.O.)
 Hultgren, Albert, 5059 N. Clark St. (Ma.)
 Hummon, Emma, 27 East Monroe St. (D.O.)
 Hunsaker, E. D., 912 Belmont Ave. (D.O., D.C., N.D.)
 Hunt, Sam'l C., 14 E. Jackson Blvd. (Nap.)
 Hunter, Geo. S., Hotel Florence, Ogden and Adams Sts. (M.D.)
 Hunting, Albert, 649 Deming Place. (D.O.)
 Hurd, Nettie M., Goddard Bldg. (D.O.)
 Hurlburt & Lightfoot, Ft. Dearborn Bldg. (D.O.)
 Huwely, J. L., 142-39 S. State St. (D.O.)
 Hyde, Mrs. C. E., 58 East 18th St. (Ma.)
 Hynes, J. F., 2203 Madison St. (D.C.)
 Ihne, W. W., 546 Garfield Ave. (D.C.)
 Inwood, Garfield E. A., 27 E. Monroe St. (D.O.)
 Iwerson, Frederick W., 1553 W. Madison St. (N.D., D.O., D.C.)
 Jackman, Mable, 5242 Michigan Ave. (D.C.)
 Jackson, N., 1741 Washington Blvd. (D.O.)
 Jacobs, W. A., 1544 Larrabee St. (N.D., D.O.)
 Jacobson, Max, 447 E. 44th St. (D.C.)
 James, F. K., 4463 Woodlawn Ave. (D.O.)
 James, L. Olive, 4463 Woodlawn Ave. (D.O.)
 Jaros, John, 3002 S. Central Park Ave. (D.C.)
 Jasper, Lena, Edgewater Beach Hotel. (N.D.)
 Jennings, Louise F., 108½ N. Locust St. (D.O.)
 Jenson, Ingle, 4200 Grand Blvd. (D.O.)
 Jenson, Jas., 220 S. State St. (D.O.)
 Jewell, M. B., 613 Tacoma Bldg. (D.C.)
 Johnson, Frank R., 1555 W. Madison St. (D.O.)
 Johnson, N. La. Doit, 200 State St., Cor. Adams St. (D.O.)
 Johnson, Lulu, 1729 W. Walnut St. (D.C.)
 Johnson, P. E., 121 N. Wabash Ave. (N.D.)
 Johnston, N. L. (M.D.)
 Jones, Caroline, 1512 W. Madison St. (D.C.)
 Jones, Effie O., 1601 Wilson Ave. (D.O.)
 Jones, D., 524 S. Ashland Blvd. (N.D.)
 Jones, Margaret M. (M.D.)
 Juchoff, Edwin T., 464 E. 41st St. (D.C.)
 Justice, Dorothy, 3901 Montrose Ave. (D.C.)
 Kaulbach, Mrs. Viola C., 221 E. Erie St. (Ma.)
 Kay, Edith, 7530 Sangamon St. (N.D.)
 Kaynor, Madame, 1420 East 55th St. (Ma.)
 Kean, John, P. O. B. 14. (D.O.)
 Kelley, M., 1611 Jackson Blvd. (D.O.)
 Kelping, Theo., 4200 Grand Blvd. (D.O.)
 Kenney, Edwin T., 1553 W. Madison St. (D.O.)
 Kent, J. A., 177 N. State St. (D.C.)
 Kilberg, N., 525 S. Ashland Blvd. (N.D.)
 Kilvary, R. D., 6359 Kenwood Ave. (D.O.)
 King, Fred., 4200 S. Grand Blvd. (N.D.)
 Kinney, Lecta Fay, 39 State St. (D.O.)
 Kirkpatrick, J. R., 221 S. Ashland Blvd. (N.D.)
 Kirkwood, C. A., 1562 Milwaukee Ave. (D.O.)
 Kjelberg, Dr., 624 South Michigan Ave. (Ma.)
 Kjelberg, Mrs. T. Folke, 10 E. Huron St. (Ma.)
 Klineck, G. M., 111 West Chicago Ave. (M.D.)
 Klumph, Cyrus C., Godard Bldg. (D.O.)
 Knopf, Oscar, 236 S. Ashland Blvd. (N.D.)
 Koopman, P. E., 6432 N. Hermitage Ave. (D.C.)
 Korte, H. G., 5479 Dorchester Ave. (N.D.)
 Kottler, A. P., 81 E. Madison St. (D.O.)
 Kouth, Miss T., 3912 Cottage Grove Ave. (Ma.)
 Kozincki, L. C., 8800 Houston Ave. (D.C.)
 Kratz, J. C., 1415 Monroe St. (N.D.)
 Krause, H. A., 811 S. Marshfield Ave. (D.C.)
 Kreitzer, J., 512 S. Ashland Blvd. (D.O.)
 Kritzer, J., 1310 Consumers Bldg. (D.C.)
 Kretschmar, Howard, Powers Bldg. (D.O.)
 Kronberg, Tony, 4303 E. State St. (D.O.)
 Kruger, Katharine, 608 S. Ashland Blvd. (N.D.)
 Kuppe, Lena, 2415 N. Lawndale Ave. (D.O.)
 La Berge, G. H., 610 Stewart Bldg. (D.C.)
 Lance, P. C. (N.D.)
 Landes, Agnes, 3802 Pine Grove Ave. (D.O.)
 Lane, Henry, 1386 W. Randolph St. (N.D.)
 Lane, Henry, 1386 W. Randolph St. (N.D.)
 Langley, Jos., 232 South Ashland Blvd. (D.C.)
 Lak, Ray, 1261 N. La Salle St. (D.C.)
 Lankford, M. C., 1531 Congress St. (N.D.)
 Lapin, H. J., 206 E. 54th St. (D.C.)
 Larson, Ida, 4200 Grand Blvd. (D.O.)
 Larson, Jennie W., 2535 N. California Ave. (N.D.)
 Lauffenberger, Edyth A., 2919 N. Clark St. (N.D.)
 Lauffenberger, Edyth, 2120 Cleveland Ave. (D.C.)
 Lautenschlaeger, G., 2254 N. Clark St. (D.C.)
 Leary, W. J., 11 Maple St. (M.D.)
 Leavit, Sheldon, 4665 Lake Park Ave. (N.D.)
 Leghall, Henry D., 112 N. 5th Ave. (D.O.)
 Lemke, Herbert C., 6319 S. Halsted St. (D.O.)
 Leonard, H. N., 1347 West Adams St. (N.D.)
 Leubke, Ottillie, 6733 Stony Island Ave. (N.D.)
 Liden, E. J., 608 S. Ashland Blvd. (N.D.)
 Liebau, John, 64 E. Van Buren St. (N.D.)
 Liess, John, 528 Garfield Ave. (D.C.)
 Lightfoot, Ota P. (Nap.)
 Lighthall, Henry D., 112 N. 5th Ave. (D.C.)
 Lillie, Arthur, 1143 N. Lawndale Ave. (D.C.)
 Linander, Alvide E., 55 State St. (D.O.)
 Lindberg, Folke, 167 West Washington Blvd. (Ma.)
 Lindlahr, Henry, 525 S. Ashland Blvd. (M.D., D.O., N.D.)
 Linnell, J. A., 37 S. Wabash Ave., (D.O.)

- Littlejohn, Edith W., 64 E. Van Buren St. (D.O.)
 Littlejohn, J. B., Steinway Hall. (D.O.)
 Littlejohn & Short, 159 N. State St. (D.O.)
 Logan, Charles L., 3825 Ellis Ave. (D.O.)
 Loner, Frank E., 20 E. Jackson Blvd. (D.C.)
 Long, Ruth, 421 S. Wabash Ave. (Ma.)
 Lucas, John H., Goddard Bldg. (D.O.)
 Lundgren, Gurlie, 5 South Wabash Ave. (Ma.)
 Lunginns, B., 1740 West Adams St. (D.C.)
 Luttenberger, J. C. M., 404 Tacoma Bldg. (M.D.)
 Lynch, Chas. F., 1839 N. Marshfield Ave. (M.D., D.C.)
 Lynchenheim, Morris, Mentor Bldg. (D.O.)
 MacCardie, N. D., 633 Stratford Place. (N.D.)
 MacCarthy, Dan, 132 North Wabash Ave. (D.O.)
 MacCarthy, E. N., 100 North Hamlin Ave. (N.D.)
 MacCarthy, E. V., 216 South Laflin St. (N.D.)
 MacCarthy, P. N., 100 North Hamlin Ave. (N.D.)
 MacCauley, Daniel B., 27 E. Monroe St. (D.O.)
 MacDonald, Worth, 1442 W. Monroe St. (D.O.)
 MacGregor & MacLean, 431 S. Wabash Ave. (D.O.)
 MacGregor, G. W., Goddard Bldg. (D.O.)
 MacGregor, J. B., 5 South Wabash Ave. (Ma.)
 MacGregor, W. C., 27 East Monroe St. (D.O.)
 Macher, M. B., 204 E. 35th St. (Ma.)
 Maconkey, Jepson, 1539 Adams St. (D.C.)
 Madeling, Miss Hilma, 220 Wisconsin Ave. (Ma.)
 Mader, Geo., 9807 Ave. L. (D.O.)
 Magdalene, Anne, 3415 N. Tripp Ave. (D.C.)
 Mali, Harry E., 64 E. Van Buren St. (D.O.)
 Malmquist, Miss Hilda, 10 E. Delaware Place. (Ma.)
 Manchee, Helen, 6351 Ingle-side Ave. (D.O.)
 Mannix, Prof. Joe, 2242 Washington Blvd. (D.C.)
 Manrican, O. B., 1421 Adams St. (D.C.)
 Mansen, J., 4450 N. Campbell Ave. (D.C.)
 Mansfeldt, Mrs. O. G., 1654 Farwell Ave. (N.D.)
 Marble, E. L., 745 Independence Blvd. (N.D.)
 Markel, Prof. M., 39 West Adams St. (Ma.)
 Marklin, Rudolph, 1528 Estes Ave. (N.D.)
 Marshall, R. H., 844 Home Ave., Oak Park. (N.D.)
 Martin, J. P., 1761 Sedgwick St. (N.D.)
 Marx, Zero (D.C.)
 Mathews, R. W., 464 Bowen Ave. (D.S.T.)
 Matthiesen, C. D., 525 South Ashland Blvd. (D.O.)
 Maxwell, G. Edward, 27 E. Monroe St. (D.O.)
 Mayer, Oscar A., 1945 Mohawk St. (D.O.)
 McClain, Grace, 5204 B'way. (D.C.)
 McClellan, H. Hess, 126 State St. (D.O.)
 McClimans, W. A., 39 South State St. (D.O.)
 McConnell & Farmer, 14 Washington Blvd. (D.O.)
 McConnell, Carl P., 14 W. Washington St. (D.O.)
 McCormick, Zuile A., 4951 Kenmore Ave. (D.O.)
 McCormack, A., 4210 Wilcox Ave. (N.D.)
 McCormick, Dr. Chas., McCormick Medical College, 2100 Prairie Ave. (M.D.)
 McCormick, Dr. John T., 905-64 E. Van Buren St. (D.C.)
 McCormick, John, 905 Steinway Hall Bldg. (D.C.)
 McCrosky, John A., 4200 S. Grand Blvd. (N.D.)
 McDougal, J. R., 27 E. Monroe St. (D.O.)
 McElroy, Cecil, P. O. Box 136. (D.C.)
 McIntyre, Ella, 825 Dearborn St. (N.D.)
 McIntyre, John, State St. (D.C.)
 McKenzie, Collin R., 451 Bowen Ave. (D.C.)
 McLouth, C. Louis, 5328 S. Park Ave. (N.D.)
 McMeekin, Hazel, 2935 Prairie Ave. (N.D.)
 McNair, 525 S. Ashland Blvd. (D.C.)
 McNurland, G. N., 718 W. 63rd St. (D.O.)
 Mears, O. Benton, 6 North Michigan Ave. (Nap.)
 Meler, L. C., 525 S. Ashland Blvd. (D.O.)
 Melley, C. J., 116 W. Chestnut St. (D.C.)
 Merrill, R. C., 1555 N. La Salle St. (D.C.)
 Messick, Chas. W., 1030 E. 47th St. (D.O.)
 Messick, Margaret E., 1030 E. 47th St. (D.O.)
 Messick, Orville W., 954 E. 43rd St. (D.O.)
 Meyer, Wm., 2517 Cortland St. (D.C.)
 Miller, C. L., 27 E. Monroe St. (D.O.)
 Miller, I. S., 1639 W. 18th St. (D.C.)
 Miller, L. Janie, 6026 Washington Ave. (D.C.)
 Miller, L. S., 421 S. Ashland Ave. (N.D.)
 Millis, R. H., 525 S. Ashland Blvd. (D.O.)
 Mills, C. E., 1432 Jackson Blvd. (N.D.)
 Mills, David, 1422 W. Monroe St. (D.O.)
 Mills, Ernest P., 607 E. 47th St. (D.C.)
 Misunas, Frank, 825 Milton Ave. (Ma.)
 Mitchell, Joseph R., 4654 N. Racine Ave. (Or.S.)
 Mitts, J. W., 3542 Pierce Ave. (D.C.)
 Mogaard, John, 2820 West North Ave. (D.O.)
 Monroe, Daniel Bert, 39 S. State St. (D.O.)
 Mooney, Frank W., 1516 E. 64th St. (N.D.)
 Moore, Miss D., 127 E. 26th St. (Ma.)
 Morales, Miguel, 911 Security Bldg. (N.D.)
 Morrill, S. Phillip. (D.C.)
 Morris, Chester H., 37 S. Wabash Ave. (D.O.)
 Morris, John B., 37 South Wabash Ave. (D.O.)
 Morrison, Fred R., 17 N. State St. (D.C.)
 Morrison, Wm., 16 North Wabash Ave. (Nap.)
 Moser, E. S., 1337 W. Adams St. (N.D.)
 Mothersill, W. D., 127 N. Francisco St. (D.C.)
 Muehlenbein, M. L., 218 E. 55th Place. (M.D.)
 Muir, Miss A. S., 4200 Grand Blvd. (N.D.)
 Mull, Margaret, 2748 Hayden Ave. (D.C.)
 Muller, John, 64 W. Oak St. (N.D.)
 Murphy, Annie R., 39 South State St. (D.O.)
 Murphy, J. L., 220 S. State St. (D.O.)
 Murray, Kathryn, 209 State St. (D.O.)
 Naimann, H. A., 1531 West Congress St. (N.D.)
 National School of Chiropractic, 421 S. Ashland Blvd. (D.C.)
 Nebel, John, 116 Laflin St. (D.C.)
 Neff, 333 Dearborn St. (D.C.)
 Neill, A. H., 818 W. 55th St. (D.C.)
 Nelson, Clara K., 4200 South Grand Blvd. (N.D.)
 Neovius, Geo. F., 30 North Michigan Ave. (N.D.)
 Netty, J. W., 3040 W. North Ave. (D.O.)
 Neuwirth, J., 329 Center St. (N.D.)
 Neville, Mary, 4662 Broadway (D.C.)
 Newton, J. H., 4200 S. Grand Blvd. (D.C.)
 Nicca, Margaret, 1532 W. Adams St. (N.D.)
 Nicholson, F. M., 122 S. Ashland Blvd. (D.O.)
 Nicholson, N. H., 1444 Washington Blvd. (D.C.)
 Nix, P. M., 2128 N. Keystone Ave. (D.C.)
 Nora, D. E., 361 E. 30th St. (N.D.)
 Nord, Ragna, 1138 N. Leavitt St. (D.C.)
 Nordlie, J. J., 2552 Wrightwood Ave. (D.C.)
 Norman, Arthur, Cor. N. Lawndale & Hirsch Sts. (D.C.)
 North, Foster, 30 North Michigan Ave. (Ma.)
 Oakes, John H., 32 N. State St. (D.O.)
 O'Connor, Jessie, 4836 Winthrop Ave. (D.O.)

- Oldenborg, Hugh Ad., 122 S. Michigan Ave. (Ma.)
 Oldenburg, Hugo, 1427 People's Gas Bldg. (D.C.)
 Osborn, H. M., 1432 Jackson Blvd. (N.D.)
 Oshinske, Jno., 2735 N. Central Park Ave. (D.C.)
 Ostberg, Chas. J., 1007 Belmont Ave. (D.C.)
 Padley, Mrs. E., 1113 N. Dearborn St. (D.C.)
 Paine, Josephine H., 4731 Lake Park Ave. (M.D., D.O.)
 Painter, Mr. & Mrs. S. W., (D.C.)
 Painter & Painter, 2359 N. California Ave. (D.C.)
 Palmborg, Mrs. Augusta, 1840 Wells Ave. (Ma.)
 Parenteau, Carrie P., 27 E. Monroe St. (D.O.)
 Parish, J. D., 140 N. State St. (Ma.)
 Parker, C. R., 508 S. Ashland Blvd. (D.C.)
 Parker, M. N., 508 S. Ashland Blvd. (D.C.)
 Peel, Peter J., 20 W. Jackson Blvd. (Ma.)
 Pennington, H. A., 1379 W. Randolph St. (D.C.)
 Perkins, Ed. J., 1958 Byron St. (D.O.)
 Peters, Richard, 61st and University Place. (D.C.)
 Peterson, C. A., 6321 St. Lawrence Ave. (D.C.)
 Peterson, H. S., 6131 S. Maplewood Ave. (D.C.)
 Peterson, Herbert S., 1507 E. 55th St. (D.O.)
 Peterson, 5913 S. Halsted St. (D.C.)
 Peterson, M. B., 3203 West Harrison St. (M.D.)
 Petzold, M., 3007 S. Tripp Ave. (N.D.)
 Petzold, M., 1562 Milwaukee Ave. (D.O.)
 Phillipi, Guy. (D.O.)
 Pickens, Evelyn, 2464 Diana St. (D.O.)
 Pierson, F. R., 16 North Wabash Ave., (Nap.)
 Pierson, F. R., 1231 Stevens Bldg. (D.C.)
 Pietsch, Albert C., 834 North Laverne Ave. (D.O.)
 Plank, Howard T., 1812 Heyworth Bldg. (D.C.)
 Pochet, Virginia G., 346 Garfield Ave. (N.D.)
 Pollard, C. E., 1515 Monroe St. (N.D.)
 Porter, Rev. T. M., Wentworth and 24th Sts. (D.C.)
 Pratt, E. H., Suite 1708, 25 E. Washington St. (Or.S.)
 Pratt, Edwin J., Goddard Bldg. (D.O.)
 Price, J. Russel. (M.D.)
 Proctor, Ernest R., 27 East Monroe St. (D.O.)
 Proctor, Florence B., 6543 Ingleside Ave. (D.O.)
 Proctor, Glenn J., 27 E. Monroe St. (D.O.)
 Pryke, A. Edw., West Side Y. M. C. A. (N.D.)
 Punk, H. F., 6351 Ellis Ave. (D.C.)
 Pusheck, C., 220 W. Ontario St. (M.D.)
 Rabinovich, H., 1326 South Lawndale Ave. (N.D.)
 Radke, Frank, 2932 Indiana Ave. (Ma.)
 Ramsdall, Gladys, 4124 Vincennes Ave. (N.D.)
 Ray, Allen L., 3021 North Spaulding Ave. (D.O.)
 Raymond, Bertha C. (M.D.)
 Rector, Alburn Parks, 6161 Broadway. (D.O.)
 Reed, Richard Horatio, 5900 Magnolia Ave. (D.O.)
 Reid, A. J., 7001 N. Paulina St. (N.D.)
 Reinschreiber, Emma, 1517 S. Spaulding Ave. (D.C.)
 Rene, Jessie A., 4200 South Grand Blvd. (N.D.)
 Rensley, Harry, 2150 Cleveland Ave. (D.C.)
 Rest, Haven, 2941 B'way. (D.C.)
 Rice, Oscar, 2118 W. North Ave. (N.D.)
 Rice, Wm. C., 1951 Irving Park Blvd. (D.C.)
 Rice, Wm. C., 3959 Lincoln Ave. (D.O.)
 Robson, Edward, 4200 Grand Blvd. (D.C.)
 Robuck, S. V., Goddard Bldg. (D.O.)
 Rogers, L. D., 546 Surf St. (D.O.)
 Rooman, D. G., c/o Y.M.C.A. (D.C.)
 Rorbacher, J. G., 2241 Larabee St. (D.C.)
 Rose, A. F., 1968 Milwaukee Ave. (D.C.)
 Rose, Harris, 3515 Indiana Ave. (Ma.)
 Rosenthal, C., 3801 Alta Vista Terrace. (D.C.)
 Ross, Mrs. Bertha, 3030 Vernon Ave. (Ma.)
 Rounds, Earl, 4200 South Grand Blvd. (N.D.)
 Russell, Lucille S. Brand, 7465 Vincennes Ave. (D.O.)
 Ryan, John P., 9128 Commercial Ave. (D.C.)
 Sage, J. B., 5227 W. Adams St. (D.C.)
 Sampson, S., 850 E. 47th St. (N.D.)
 Samse, Mrs. L. P., 7250 Lafayette Ave. (D.C.)
 Samuelson, Henry D., 2328 Coblenz St. (D.C.)
 Sargent, J. W., 424 Bowen Ave. (N.D.)
 Sayre, C. Edward, 29 East Madison St. (Or.S.)
 Saxman, R. B., 833 Sheridan Road. (D.C.)
 Scallan, Agnes Waltrude, Cable Bldg. (D.O.)
 Scallan, J. W., 57 E. Jackson Blvd. (D.C.)
 Scharf, E. E., 1004 Dakin St. (D.C.)
 Schenkelberger, P. C., 22 E. Washington St. (D.O.)
 Scheuder, T. H., 4401 Prairie Ave. (D.C.)
 Schmitt, Frederick L., 5733 South Blvd. (D.O.)
 Scholz, H. B., 3312 Madison St. (D.C.)
 Schroeder, Ennde, 2843 N. Clark St. (D.C.)
 Schramm, Margaret E., Stevens Bldg. (D.O.)
 Schreuder, T. H. (D.C.)
 Schroder, Kurte A., 2843 N. Clark St. (Ma.)
 Schroth, R. G., 546 Garfield Ave. (D.C.)
 Schuge, W. C. (M.D.)
 Schulze, W. C. (M.D., D.C.)
 Schult, H., 2318 Cortland St. (D.C.)
 Schwartz, Chas., 35 S. Dearborn St. (D.C.)
 Schwarzel, Frederick M., 431 S. Wabash Ave. (D.O.)
 Scobie, Miss E., 3850 Indiana Ave. (N.D.)
 Seefert, E., 4200 Grand Blvd. (D.O.)
 Segur, F. B., 712 Postal Telegraph Bldg. (D.C.)
 Seubold, F. H., 908 Belmont Ave. (D.C., Ph.C.)
 Seubold, F. H., 17 N. State St., 1430 Stevens Bldg. (Ph.C., D.C.)
 Shaddock, Ralph, 3841 Cottage Grove Ave. (D.C.)
 Sheedy, Mrs. M. L., 2445 N. Halsted St. (D.C.)
 Shields, J. D., 5405 Calumet Ave. (D.C.)
 Shines, Chas., 5307 N. Clark St. (D.C.)
 Short, G. W., 159 N. State St. (D.O.)
 Short, G. W., 3110 Logan Blvd. (D.O.)
 Shove, Florence I., 4204 Oakwald Ave. (D.O.)
 Shreve, Ralph W., 525 South Ashland Blvd. (N.D.)
 Siemer, L. F., 309 E. 47th St. (D.C.)
 Sigrist, Cavolisk, 7029 S. Michigan Ave. (D.C.)
 Simmer, L. F., 309 E. 47th St. (D.C.)
 Simmer, L. F., 309 E. 47th St. (D.O.)
 Skleba, L. F., 525 S. Ashland Blvd. (D.O.)
 Slater, Anna, 39 S. State St. (D.C.)
 Slater, Wm. F., 39 South State St. (D.O.)
 Smart, D. M., 4200 Grand Blvd. (D.C.)
 Smith, A. F., 4124 Vincennes Ave. (D.C.)
 Smith, Alexander, 1851 W. Adams St. (D.C.)
 Smith, C. E., 3124 Logan Blvd. (D.C.)
 Smith, Chas. E., 16 North Wabash Ave. (D.C.)
 Smith, Chas. E., 16 N. Wabash Ave. (D.O.)
 Smith, F. D. (N.D.)
 Smith, F. J., 447 W. 62nd St. (D.O.)
 Smith, Geo. W., 525 S. Ashland Blvd. (D.O.)
 Smith, Grace Leone, 27 E. Monroe St. (D.O.)
 Smith, H. J., 2418 N. Spaulding St. (D.C.)
 Smith, Leslie D., 1060 Wilson Ave. (D.O.)
 Smith, M. L., 4014 Washington Blvd. (D.C.)
 Smith, Milton L., Suite 69, 39 W. Adams St. (D.C.)
 Smith, Dr. Milton L. & Dr. Myrtle L., 220 S. State St. (D.C.)
 Smith, N. L., 17 N. State St. (D.O.)

- Smith, Oakley, 6 North Michigan Ave. (Nap.)
 Smith, O. G. (D.C.)
 Smith, V. White, 1024 Oakdale Ave. (N.D.)
 Smith, Violet, 1024 Oakdale Ave. (D.C.)
 Snow, M. J., 4637 N. Robey St. (D.C.)
 Snyder, H. H., 1553 West Madison St. (N.D.)
 Snyder, Harvey, Commercial Ave. and 92nd St. (D.C.)
 Soeros, Sigurd S., 4200 South Grand Blvd. (N.D.)
 Soldner, Wildas H., 516 S. Ashland Blvd. (D.O.)
 Stanford, Elizabeth, 453 W. 63rd St. (D.O.)
 Starbeck, C. E., 607 Grove-land Park. (D.C.)
 Steinge, J. H., 7 W. Madison St. (Ma.)
 Stewart, Fanny, 4200 S. Grand Blvd. (D.O.)
 Stewart, Frank J., 7 W. Madison St. (D.O.)
 Stewart, Lloyd, 27 East Monroe St. (D.O.)
 Stewart, Robt., 6553 Langley Ave. (D.C.)
 Stone, Anna L., 4045 Calumet Ave. (N.D.)
 Stone, C. M., 146 N. Ashland Blvd. (D.C.)
 Storseth, Marie, 4653 Grand Ave. (Ma.)
 Storseth, Mollie, 357 West 63rd St. (Ma.)
 Struck, Joseph F., 2312 Iowa St. (D.C.)
 Strueh, Carl, 32 N. State St. (N.D.)
 Stuart, Fannie, 4200 South Grand Blvd. (N.D.)
 Stupnicki, M., 3109 South Morgan St. (N.D.)
 Sturla, Louis, 1342 W. Congress St. (N.D.)
 Sullivan, J. H., Goddard Bldg. (D.O.)
 Summers, Dr. Lorne A., 5411 Ellis Ave. (N.D.)
 Summers, Lorne N., 1204 E. 47th St. (N.D., D.O.)
 Summers, Louis A. (D.P.T.)
 Sutorius, L., 1129 Addison St. (N.D.)
 Swanberg, Harold, 1428 Jackson Blvd. (D.O.)
 Swartz, Joseph L., 6 North Michigan Ave. (Nap.)
 Swem, D. D., 607 Webster Bldg. (D.C.)
 Swenson, J. E., 4124 Vincennes Ave. (N.D.)
 Tarbell, H. E., 1515 West Monroe St. (D.C.)
 Teal, J. T. (N.D.)
 Teats, M. E., 544 E. 42nd St. (D.O.)
 Teed, E., 2236 Estes Ave. (N.D.)
 Teeves, Wm., 3975 Vernon Ave. (D.P.)
 Teigan, Edward, 4344 North Winchester Ave. (D.C.)
 Teufel, F. A., 5513 Drexel Blvd. (N.D.)
 Thomas, A. L., 4424 Indiana Ave. (D.C.)
 Thomas, James A., 301 Venetian Bldg. (D.C.)
 Thompson, Etta L., 1108 62nd St. (D.C.)
 Thompson, S. T., 851 E. 40th St. (D.C.)
 Thoreson, Frank M., 25 E. Grand Ave. (D.C.)
 Thub, Edwin, 2120 N. Clark St. (D.C.)
 Tichler, Frank, Edgewater Beach Hotel. (N.D.)
 Tobin, J., 4876 Armitage Ave. (D.C.)
 Tomlinson, G. R., 4025 Sheridan Road. (D.C.)
 Tosky, C. M., 3166 Lincoln Ave. (D.O.)
 Toskey, C. M., 3166 Lincoln Ave. (D.C.)
 Toskey, C. M., 4548 Lake Park Ave. (D.C.)
 Tradsham, W. F. B., 718 W. 63rd St. (D.C.)
 Traimis, K. G., 3301 S. Halsted St. (D.C.)
 Trainer, M. L., 14 W. Washington St. (N.D.)
 Troseth, N. A., 3977 Vernon Ave. (N.D.)
 Tweedie, Dick, 4008 Grand Blvd. (N.D.)
 Tyerne, L. H., 64 E. Van Buren St. (N.D.)
 Ufer, Wm., 3858 Division St. (N.D.)
 Ulmer, H. D., 525 S. Ashland Blvd. (D.O., N.D.)
 Ulrick & Ulrick, 2651 Best Ave. (D.C.)
 Underlander, J. L., 3315 S. Oakley Blvd. (D.C., N.D.)
 Van Arsdale, Chas. O., 27 E. Monroe St. (D.O.)
 Van de Sand, G. F., 120 S. Honore St. (M.D.)
 Van Hise, Ralph, 857 North Sacramento Blvd. (D.C.)
 Van Horne, Helen M., 14 W. Washington St. (D.O.)
 Van Slyke, Clifford, 1108 Republic Bldg. (D.C.)
 Van Velsor, Mrs. M. C., 6435 Jackson Ave. (S.T.)
 Veyet, L. J., 321 S. Cicero Ave. (D.C.)
 Vest, L. L., 1513. Jackson Blvd. (D.C.)
 Vickstrom, Alfred, 26th and Princeton Sts. (D.C.)
 Viersen, P. A., 607 Webster Bldg. (D.C.)
 Vileta, Chas. A., 4235 West 21st St. (N.D.)
 Virmedge, C. A., 2050 West Monroe St. (N.D.)
 Vold, O. A., 8 N. State St. (D.C.)
 Volgman, Frank, 1542 W. Adams St. (D.C.)
 Voltaire, Jos., 1139 N. State St. (D.C.)
 Voss, Carl, 3977 Vernon Ave. (N.D.)
 Waelti, Christ, 528 Garfield Ave. (D.C.)
 Wagner, Henry, 57 W. Delaware St. (D.C.)
 Waite, E. R., 2901 Washington Blvd. (D.C.)
 Wakeham, Jessie A., 1049 Rush St. (D.O.)
 Wakeham, Jessie A., 48 W. Division St. (D.O.)
 Walker, A. E., 3401 W. Monroe St. (N.D.)
 Walker, Peter E., 309 South Ashland Blvd. (D.C.)
 Walz, Marie A., 427 South Ashland Blvd. (N.D.)
 Ward, Daniel C., 3150 Logan Blvd. (D.O.)
 Warner, G. F., 6565 Yale Ave. (D.O.)
 Warren, R. D., 525 S. Ashland Blvd. (D.O.)
 Washburn, A. S., 14 West Washington St. (D.O.)
 Waters, Lillian E. F., 8909 Lowe Ave. (D.C.)
 Watter, Dale J., 6236 University Ave. (D.O.)
 Watters, N. M., 92 State St. (D.O.)
 Watters, Nelle M., 108 N. State St. (Nap.)
 Wehrle, L. G., 1230 E. 63rd St. (M.D.)
 Weinberg, I. H., 1333 N. La Salle St. (D.C.)
 Weiss, Oscar E., 813 N. La Salle St. (D.C.)
 Welander, Bessie C., 907 School St. (D.O.)
 Welch, W. C., 407 South Ashland Blvd. (D.C.)
 Wells, B. F., 2636 E. 75th St. (D.O.)
 Welty, Jesse N., 3032 W. North Ave. (D.O.)
 West, L. J., 410 Masonic Bldg. (Opt.)
 Westman, Miss Anna M., 108 N. State St. (Ma.)
 Westman, Carl, 108 N. State St. (M.D., Ma.)
 Whipple, M. T., 6432 Renwood Ave. (D.C.)
 White, Nellie Connor, 431 S. Wabash Ave. (D.O.)
 Whitehouse, George F., 27 E. Monroe St. (D.O.)
 Wicena, A. W., 2635 S. Homan Ave. (D.C.)
 Wickstrom, Ella M., 4318 Cottage Grove Ave. (N.D.)
 Wieder, Hanna G., 2142 Cleveland Ave. (D.C.)
 Wieder, Nanna G., 546 Garfield Ave. (D.C.)
 Wiegand, Wm., 3129 E'way. (D.C.)
 Wigelsworth, J. W., 32 N. State St. (N.D.)
 Wilhaber, Prof., 4521 St. Lawrence Ave. (N.D.)
 Wilkening, G., 1262 Leland Ave. (D.C.)
 Wilkey, S. C., 525 South Ashland Ave. (N.D.)
 Williams, Chas. F., 1615 Ogden Ave. (D.O.)
 Williams, Kate G., 57 East Jackson Blvd. (D.C.)
 Williams, Kate G., 57 E. Jackson Blvd. (D.O.)
 Williams, M. G., 3977 Vernon Ave. (N.D.)
 Willis, Fred E., 6717 Sheridan Road. (D.O.)
 Wilmot, John A., 1230 East 63rd St. (Ma.)
 Wilson, W. B., 1441 Monroe St. (D.C.)
 Winslow, Carl G., Goddard Bldg. (D.O.)
 Wolf, Wm. De, 502 Masonic Temple. (Opt.)
 Womble, F., 4200 Grand Blvd. (D.O.)
 Wood, D. E., 162 N. Dearborn St. (D.O.)
 Wood, D. E., 39 W. Adams St. (D.C.)
 Wood, Frank M., 209 South State St. (N.D.)
 Wood, M. A., 4200 Grand Blvd. (D.O.)
 Wood, Thos. C., 238 South Wood St. (D.O.)
 Woodward, Chas., 2219 Madison St. (D.O.)
 Wooster, R. L., 525 S. Ashland Blvd. (N.D.)
 Wyly, T. E., 421 S. Ashland Blvd. (N.D.)
 Yanzer, H. A., 525 S. Ashland Blvd. (D.O.)

- Yates, L. C., 421 S. Ashland Bldv. (N.D.)
 Young, Alfred Wheelock, Goddard Bldg. (D.O.)
 Youngquist, Ida W., 42 Auditorium Bldg. (D.O.)
 Zapel, Otto, Jr., 12th and 56th Aves. (Ma.)
 Zaph, S. D., 4305 Grand Bldv. (D.O.)
 Zaphyriades, S. D., Goddard Bldg. (D.O.)
 Zeigler, Inez L., 431 South Wabash Ave. (D.O.)
 Zeman, Otto, 3002 S. Central Park Ave. (N.D.)
 Zenkel, Wm. M., 14 W. Washington Bldv. (Ma.)
 Zilligen, A., 1103 W. Roscoe St. (D.C.)
 Zimmer, O. M., 419 W. 65th St. (D.C.)
 Zinkan, M. A., 3505 Indiana Ave. (D.C.)
- Chicago Heights:** Berscheill, F. G., 8 Illinois St. (D.O.)
 Stewart, C. E., 64 Illinois St. (D.O.)
- Chicago Junction:** Schillig, C. E., Suite 3, Masonic Temple. (D.C.)
- Christman:** Linebarger, H. A. (D.O.)
- Clay City:** Bunn, Daisy. (D.C.)
 Mosely, Madeline. (D.C.)
- Clinton:** Atkins, W. A., Ohio Bldg. (D.O.)
 Williams, F. A., 205½ Public Square. (D.C.)
- Colchester:** Burford, D. E. (N.D.)
 Gardner, Chas. (N.D., D.O.)
- Coral Springs:** Morris, D. D. (D.C.)
- Danville:** Bradley, O. M. (N.D.)
 Clinch, J. H. M. (M.D.)
 Dirkes, Clement M., 156 S. Vermillion St. (N.D.)
 Moss, Flora, 1130 N. Walnut St. (N.D.)
 Swartz, W. C., Adams Bldg. (D.O.)
- Decatur:** Collier, E. & L., West Bldg. (N.D.)
 Grimsley, F. N., Powers Bldg. (D.O.)
 Jeffries, Anne L., 938 Henderson Ave. (D.C.)
 Landgraft, E. J., 213-15 Moran-Corbett Bldg. (D.C.)
 Martin, Elmer, Powers Bldg. (D.O.)
 Williams, F. A., 213 Moran-Corbett Bldg. (D.C.)
- De Kalb:** Meyers, H. W. (D.O.)
- Dixon:** La Cour, Carl. (N.D.)
 Scharnhorst, Martin. (D.C.)
 Trowbridge, L. R. (D.O.)
- Dunlap:** Wilson, L. H., Box 204. (D.C.)
- Dupo:** Taylor, S. H. (D.O.)
- Dwight:** Carlin, W. R. (D.O.)
- East Chicago:** Brandenburg, O. C., 207 Calumet Ave. (D.C.)
- East St. Louis:** Dunn, Geo. W., 1003 Gaby Ave. (M.D., D.C.)
 Knauel & Knauel, 1618 State St. (D.C.)
- Elgin:** Gies, F. A., O. Belrne Bldg. (D.O.)
- McCall, T. Simpson, The Spurling. (D.O.)
 Newcomer, J. E., 44 Sparling Bldg. (D.C.)
 Thompson, T. J., 503 Hill Ave. (D.C.)
- Elmhurst:** Lindlahr, Henry, M.D., D.O., N.D.)
 Miller, Chester L., New Gensland Bldg. (D.O.)
- El Paso:** Clark, Homer M. (D.O.)
- Eureka:** Smellie, A. B., Box 85. (D.C.)
- Evanston:** Collins, Louisa C., Century Bldg. (D.O.)
 Craven, Merritt B., 665 Davis St. (D.O.)
 Fraser, James M., 1939 Sherman Ave. (D.O.)
 Lomas, Kathryn M., 1405 Hinman Ave. (D.O.)
 McVicar, Elizabeth. (D.C.)
 Monohan, E. P. (D.O.)
 Pine, Linnae May, 1705 Sherman Ave. (D.O.)
 Rowlingson, C. B., 615 Davis St. (D.O.)
 Switzer, C. R., Rood Bldg. (D.O.)
 Walker, Olivia F., 308 Century Bldg. (D.C.)
 Ward, Maude Elizabeth, 632 Davis St. (D.O.)
 Wright, J. Merrill, 2619 Hartzell St. (D.O.)
- Fairbury:** McDougal, Gertrude. (D.C.)
 Stewart, H. D., Clandon Bank Bldg. (D.O.)
 Walker, L. E. (D.C.)
- Fairfield:** Buis, C. O. (N.D.)
- Fairview:** Rose, Chas. A. (D.O.)
- Farmer City:** Nowlin, J. A., Osteopathy Bldg. (D.O.)
- Forrest:** Espeland, O. N. (D.O.)
- Freeport:** Bickelhaupt, G. E. (D.C.)
 Bickelhaupt, H. Earle. (D.C.)
 Cary, Frank L. (D.C.)
 Gourdier, Chas. H. (D.O.)
 McIntyre, Mrs. Ella, 182 Exchange St. (D.C.)
 Petty, E. I., 404 Tarbox Bldg. (D.C.)
 Plambeck, L., 2004 14th St. (D.C.)
 Poore, H. R., 361 N. Galena St. (N.D.)
 Wallace & Wallace, 71 Grove St. (D.C.)
- Fulton:** Snyder, B. J., Box 577. (D.O.)
- Galena:** Hardie, David H., Main St. (D.O.)
 Woodard, B. A., 200 N. Main St. (D.O.)
- Galesburg:** Altenbern, A. W., 711 Locust St. (D.C.)
 Barnes, C. A., Galesburg Nat'l Bank Bldg. (D.C.)
 Browne, E. M., Triole Bldg. (D.O.)
 Chapman, Ada Hinckley, Holmes Bldg. (D.O.)
 Hagg, Edith M., 424-25 Holmes Bldg. (Nap.)
 Hemstreet, Cora G., Holmes Bldg. (D.O.)
 Lewis, L. G., Nat'l Bank Bldg. (D.C.)
 Swanson, R. A., 156 N. Cherry St. (D.C.)
- Thiele, F. G., Holmes Bldg. (D.O.)
 Trask, A. E. (D.O.)
 Winters, E. E., Chambers St. (D.C.)
- Geneseo:** Bates, John E. (N.D.)
 Campbell, Chas. (D.C.)
 Chambers, Etta O., 115 W. 2nd St. (D.O.)
 Whitenberg, Mrs. C. (D.C.)
- Genoa:** Kepner, B. F. (D.C.)
- Gibson City:** Hartford, W. L. (D.O.)
- Glencoe:** Ralston, John L., Carrington Bldg. (D.O.)
- Golden:** Borton, Samuel. (D.O.)
- Goshen:** Metzger, Dr. (D.C.)
- Greenfield:** Vosseller, Clarence D., Argus Bldg. (D.O.)
- Griggsville:** Ingalls, C. B. (D.O.)
- Hamilton:** Roderick, John S. (D.O.)
- Hanover:** Moffett, George. (D.O.)
- Harvard:** Goddard, H. R. (D.O.)
- Harvey:** Stewart, C. E., 15426 Turlington Ave. (D.O.)
- Havana:** Fager, Emma C. (D.O.)
- Henry:** Marston, A. E. (D.C.)
 Weatherly, Carrie, Box 544. (D.O.)
- Highland Park:** Brand, S. S., 505 Belle Ave. (D.O.)
 Craig, H. T., 4706 Cottage Grove Ave., Hyde Park Station. (D.O.)
 Huboi, W. A., 967 St. John's Ave. (D.C.)
- Hillsboro:** Plaek, J. J. (D.O.)
- Hinsdale:** Velzer, Kathryn Van, 1 Washington St. (D.O.)
 Toskey, C. M., 239 1st St. (D.C.)
- Hoopeston:** Hoyt, Payson W. (D.O.)
- Ivesdale:** Gallivan, C. L. (D.O.)
- Jacksonville:** Dudney, Manuel (D.C.)
 Peterson, A. M., Central Hospital. (N.D.)
 Staff, L. E., 609 W. Jordan St. (D.O.)
 Wagoner, Elizabeth E., Cherry Flats. (D.O.)
- Jerseyville:** Enos, J. W. (M.D.)
 Wiles, A. M. (D.O.)
- Joliet:** Bell, Francis, 303 Ottowa St. (D.O.)
 Bruning, A. W., Joliet Nat'l Bank Bldg. (D.O.)
 Matijaca, Anthony, 413 Cass St. (D.O., D.C., N.D.)
- Johnson City:** Odel, I. C. (D.C.)
 Roesner, W. H. (D.C.)
 Crosby, W. H. (N.D.)
 Cushman, Chas. E., Cutting Bldg. (D.O.)
 Gross, Albertine M., Woodruff Bldg. (D.O.)
 Gustafson, W. A. (D.C.)
 Hyatt, Frank E., Joliet Nat'l Bank Bldg. (D.O.)

- Leonard, John T., Auditorium Bldg. (D.O.)
 Limperick, H. E., 414 Jefferson St. (N.D.)
 McLeod, W. A., Joliet Nat'l Bank Bldg. (D.O.)
 Schwarzee, Fred. M., 406 Cutting Bldg. (D.O.)
 Stantan, J. W., Joliet Bank Bldg. (D.O.)
 Swanbund Sanitarium, Ottawa St. (D.O.)
 Stansbury, L. A., Barber Bldg. (D.C.)
Jonesboro: Crosby, W. H. (N.D.)
Kankakee: Boner, A. C. (D.C.)
 Crampton, Chas. C., 217 Court St. (D.O.)
 Longpre, E. L., 194 Court St. (D.O.)
 Peck, John F., Cobb Bldg. (D.O.)
Kewanee: Clayton, Mrs. E. E., 200 Star-Courier Bldg. (D.C.)
 Morrow, A. H., McLean Bldg. (D.O.)
 Morrow, A. W., Box 118. (D.C.)
 Roddy, Robt., Cor. Tremont and 2nd Sts. (D.O.)
 Trenary, J. M., 110 McLeon Bldg. (D.C.)
Knoxville: Whitenberg, C. E. (D.C.)
Lacon: Hynes, W. J. (D.C.)
La Grange: Bierbower, Alice, 114 N. Ashland Ave. (D.O.)
 Graves, Millie Estelle, Bank Bldg. (D.O.)
 Kane, M., 17 S. 5th Ave. (N.D.)
 Simon, J. P. (N.D.)
 Young, Harry, 17 S. 5th Ave. (D.C.)
La Harpe: Barker, Jesse S. (D.O.)
La Salle: Bienemann, Joseph C., La Salle Theatre Bldg. (D.O.)
 Bower, A. C. (D.O.)
 Milan, Thos. (N.D.)
 Richardson, A. P. (D.C.)
LeRoy: Coffey, N. B., Box 111. (N.D.)
Lewiston: Ray, Jno. A. (S.T.)
Lincoln: Cooper, K. L., 417 N. McLean St. (D.C.)
 Tilley, Charles E., Lando-ver Bldg. (D.O.)
Macomb: Gardner, Chas. (N.D., D.O.)
 Welch, R. R., 222 South Randolph St. (D.O.)
Marion: Norris, H. D. (D.O.)
Marseilles: Waite, Wendell D. (D.C.)
Mattoon: Conrad, S. E., 1573 Charleston Ave. (D.O.)
 Maddox, H. H., 1705 E'way. (D.O.)
 McDuffie, J. G. (D.C.)
 Moore, Claribel, 2802 Wes-tern Ave. (D.C.)
 Opland, Martha B., 1117 Marshall Ave. (N.D.)
 Opland, Nels. H., 1117 Marshall Ave. (N.D.)
Maywood: Howard, J. F. A., 1814 S. 2nd Ave. (D.O.)
 Larson, J. E., 716 S. 16th Ave. (N.D.)
Mendota: Ashley, E. M. (D.C.)
 Flannigen, Hazel. (N.D.)
 Mundie, Carrie M., Cor. Illi-nois Ave. and Jefferson St. (D.O.)
 Kaulbach, Viola C. (D.C.)
 Schofield, T. M., 208 Wash-ington St. (D.O.)
Metropolis: Morris, Dennis D. (D.C.)
Midland City: Downs, L. Irene. (D.C.)
 Downs, L. Irene. (N.D.)
Moline: Carlson, A. N., Mc-Kinnie Bldg. (D.C.)
 Plambeck, L., 2004 14th St. (D.C.)
Monmouth: Duffin, Nellie, 215 W. 3rd Ave. (D.C.)
 Galop, John, Searles Bldg. (D.C.)
 Rezner, Lurena, Lebanon Bldg. (D.O.)
 Schwartz, Chas., Suite 301-2 Searles Bldg. (D.C.)
 Schwartz, Chas. 182 Ex-change Bldg. (D.C.)
 Spearman, J. (D.O.)
 Turnbull, J. M., Woods & Hallam Bldg. (D.O.)
 Ventress, K. C. (D.O.)
Monticello: Cline, C. O., Dighton Bldg. (D.O.)
Morris: Graham, F. W., 217½ Liberty St. (D.O.)
Morrison: Cochran, A. D. (D.C.)
 Johnson, P. H. (D.C.)
Mt. Carmel: Heath, Daisy E. (D.O.)
 Parker, H. R. (S.T.)
 Petty, E. I. (D.C.)
Mount Olive: Schmieding, A. (D.C.)
Mt. Vernon: Curtis, Frederick G., Pace Bldg. (D.O.)
Naperville: Bautsch, Rudolph. (N.D., D.O., D.C.)
Neponset: Richards, Ralph A., Box 137. (N.D.)
Newman: Adams, Bert Lee. (D.O.)
Normal: Schillig, G. J., 101 E. Main St. (D.C.)
Oakland: Coffey, Opal E. (D.O.)
 Galbreath, Albert Louis. (D.O.)
 Snyder, Clarence W. (D.O.)
Oak Park: Beck, Anna, 114 Home Ave. (D.C.)
 Burgess, R. C., 1103 South-ern Blvd. (D.C.)
 Butcher, Frances M., 126 N. Elmwood Ave. (D.O.)
 Gebler, J. F., 234 South Blvd. (D.C.)
 Griggs, Lizzie O., 143 S. Harvey Ave. (D.O.)
 Utley, Ralph E., 820 South Blvd. (D.O.)
Olney: MacGregor, P. J., O. T. & B. Co. Bldg. (D.O.)
 Pixley, Anna D., Ecken-robe Bldg. (D.O.)
Oregon: Hicks, Frederick Thomas. (D.O.)
Ottawa: Frutiger, Ernest. (D.C.)
 Moriarty, J. J., Maloney Bldg. (D.O.)
 Noyes, Mary E., Maloney Bldg. (D.O.)
 Petty, E. I., 208 Clauss Bldg. (D.C.)
Ozark: Morris, D. D. (D.C.)
Palestine: McLennon, M. L. (D.C.)
Pana, Christian Co.: Barth, A., R. R. 5. (D.O.)
 Lewis, Mrs. H. H. (D.C.)
Paris: La Grange, Alden. (D.C.)
 Thul, Ferdinand, New Sholem Bldg. (N.D.)
Paw Paw: Ferguson, Ethel S. P. (D.O.)
Paxton: Restorff, C., 145 W. Center St. (D.C.)
Peoria: Atherton, Bessie, 510-11 Wheelock Bldg. (D.C.)
 Bjorneby, A. G., 426 Main St. (D.C.)
 Boyer, G. R., Jefferson Bldg. (D.O.)
 Buck, R. J., 125 N. Jeffer-son Ave. (D.C.)
 Dunn, Geo. W., 313 Woolner Bldg. (D.C.)
 Edwards, E. B., 309 S. Jefferson Ave. (D.C.)
 Edwards, Dr., c/o Chicago Dental Parlor. (D.C.)
 Estelle, B. Emily. (D.O.)
 Faulkin, H. J., Jefferson Bldg. (D.O.)
 Hanssler, E. H., 332 North Jefferson Ave. (N.D.)
 Henry, A., 317 Fulton St. (D.C.)
 Kennard & Kennard. (D.C.)
 Kinnett, W. E., 401-402 Masonic Temple Bldg. (O.R.S.)
 Levers, M. E., Woolner Bldg. (N.D.)
 Magill, Edgar G., Woolner Bldg. (D.O.)
 Menough & Menough, 521 Main St. (D.C.)
 Miller, Rev. Eva Kinney. (S.T.)
 Parker & Parker, 519 North Monroe St. (O.R.S.)
 Parker, Jas. W. (M.D.)
 Pyle, Henry C., 332 North Jefferson St. (M.D.)
 Ringel, E. C., 208 Dechman Ave. (D.O.)
 Skinner, Mrs. B. F. (D.C.)
 Thawley, Edgar Q., Wool-ner Bldg. (D.O.)
 Thomas, Fred. B., 128 Butler St. (D.C.)
 Thompson, Garrett E., Cen-tral Nat'l Bank Bldg. (D.O.)
 Wendell, Canada, Woolner Bldg. (D.O.)
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 Scott, Leila Gordon. (D.O.)
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Polo: Loring, Margaret. (D.O.)
 Nichols, Arthur N. (D.C.)
Pontiac: Bone, John F., Rath-burn Bldg. (D.O.)
 Hynes, W. J. (D.C.)
Princeton: Hagan, Frances McKey, 316 Park Ave. W. (D.O.)
 Smith, Laura M. (D.C.)
Quincy: Brown, L. G., 131½ N. 6th Ave. (D.C.)
 Freese, Benj. J., 627½ Lind St. (D.C.)
 Johnson, H. C., Wells Bldg. (D.O.)

The publisher of this Directory will consider it a great favor if the users will send in correct addresses of practitioners wherever they find the wrong ones listed, also names and addresses of known practitioners who are not listed in this edition.

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 McNamara, R. E., 307 Majestic Bldg. (N.D.)
 Walker, Daisy E., Mercantile Bldg. (D.O.)
 Wendorff, Herman A., Wells Bldg. (D.O.)
Rantoul: Hurd, Orville R. (D.O.)
Riverside: Glatfelter, Mrs. C. W. (N.D.)
Robinson: Boyd, Frank L. (D.C.)
 Hamilton, F. W., 107½ N. Cross St. (D.O.)
Rockford: Gordon, Joseph. (D.C.)
 Graham, M. C., 309 N. Main St. (D.O.)
 Gustafson, Clarence A., 419 W. State St. (D.C.)
 Hoygard, T. G., 215 7th St. (D.C.)
 Larson, J. E., 234 Albert Ave. (N.D.)
 Larson, J. E., Rockford Health Home. (N.D.)
 Loving, A. S., Brown Bldg. (D.O.)
 Medaris, C. E., Masonic Temple. (D.O.)
 Proctor, Arthur C., Ashton Bldg. (D.O.)
 Record, Blanche B., 754 17th St. (D.O.)
 Shellenbarger, J. A., 306 E. State St. (D.C.)
 Shupert, M. Elizabeth, 314 N. Church St. (D.O.)
 Stelle, Truman Y., Safety Bldg. (D.O.)
 Syman, B. C., 719 Chestnut St. (D.O.)
 Terry, Lottie S., 805 N. Court St. (D.C.)
 Wise, Hugh Thomas, Main St. (D.O.)
Rock Island: Bergland, V. A., 1721½ 2nd Ave. (D.O.)
 DeGroot, Fred B., Safety Bldg. (D.O.)
 Ely, A. R., 308 Safety Bldg. (D.C.)
 Klore, F. M., 1204 15th St. (D.C.)
 Mader, Edith, 1602 20th St. (D.C.)
 Mathis, J. A. (D.C.)
 Miller, H. W., 1630½ 2nd Ave. (D.C.)
 Noder, Miss Edith, 1920 20th Ave. (D.C.)
 Schleuter, Dorothea. (D.C.)
 Schultz, Dr. C., 643 40th St. (S.T.)
Rockport: Moseley, F. H., Walnut St. (N.D.)
Saint Charles: De Young, Dr. S. J. (D.C.)
Saint Elmo: Kelly, Sam'l W. (D.C.)
 Koyner, Robert L. (D.C.)
Salem: Thompson, Lillian. (D.O.)
Sandwich: Murray, W. F. (D.O.)
 Williams, Archie. (N.D.)
Shannon: Osborne, R. Randle. (M.D.)
Shelbyville: Herrold, S. Allette, I. O. O. F. Bldg. (D.O.)
Sherrard: Bahringer, S. E. (D.C.)
 Zwicker, Edw. (D.C.)
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Springfield: Backer, V. L., 410 S. 6th St. (D.C.)
 Becker, Mrs. V. L., 412 6th St. (D.C.)
 Bennett, C. M., 1339 Washington St. (N.D.)
 Carter, Georgia, 413 E. Capital Ave. (D.O.)
 Carter, Walter C., 413 E. Capital Ave. (D.O.)
 Donovan, D. D., Ferguson Bldg. (D.O.)
 Dugger & Dugger, 313 W. Monroe St. (D.C.)
 Dugger & Dugger, 621 Walnut St. (D.C.)
 Ennis, Emery, Ferguson Bldg. (D.O.)
 Imlay, J. N., 413 6th St. (D.C.)
 Kalb, Charles E., Ferguson Bldg. (D.O.)
 Mantle, Pauline R., Pierik Bldg. (D.O.)
 Ovens, Albert N., Ridgely Nat'l Bank Bldg. (D.O.)
 Scaife, Martha E., Ridgely Nat'l Bank Bldg. (D.O.)
Sterling: Dumore, W. K. (N.D.)
 Mathis, Dr. J. A. (D.C.)
 Fossler, Wellington C., New Lawrence Bldg. (D.O.)
 Gardner, Wm., 702 W. 4th St. (D.O.)
 Mathis, Bertha. (D.C.)
 Morrison, Kate. (D.C.)
Stockton: Backus, Loretta. (D.O.)
 Ray, C. R. (D.C.)
Streator: Blean, C. A., 210 Main St. (D.C.)
 Smith, G. H., 408 E. Main St. (D.C.)
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Sullivan: Greggs, Phillip. (D.C.)
 Bushart, E. E. (D.O.)
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 Wright, Wm. H. (D.C.)
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Taylorville: Roberts, Arthur, Anderson Bldg. (D.O.)
Toulon: Newton, J. H. (N.D.)
Tuscola: Mills, Anna M., Star Store Bldg. (D.O.)
 Overton, J. A. (D.O.)
Urbana: Hurd, Orville R., 512 S. Mathews Ave. (D.O.)
 Snavelly, C. M. (D.C.)
Villa Grove: Cunningham, Chas. J. (D.O.)
Virginia: Oliphant, Lorna Alice. (D.O.)
Walnut: Clausen, J. A. (N.D.)
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Watseka: Herrick, W. Edwin. (D.O.)
Waukegan: Berger, P. O. (D.C.)
 Biel, 127 N. Genesee St. (N.D.)
 Hoefner, Victor C., 215 Madison St. (D.O.)
 McCormick, John T. (D.C.)
 Roemer, J. F., 122 N. Genesee St. (Or.S.)
 Shellenberger, N. W. (D.O.)
Weiga: Luepke, J. F. G. (M.D., N.D.)
West Brooklyn: Elsenbacher, Paul. (D.C.)
West Salem: Hallbeck, T. E. (N.D.)
 Toskey, Paul J. (D.C.)
Whitehall: Hamilton, R. A. (D.O.)
Wilmette: Tuttle, Arthur H., 1124 Central Ave. (D.O.)
Winnetka: Dole, Almeda Goodspeed, New Bank Bldg. (D.O.)
Woodstock: McCord, Andrew S., 112½ Benton St. (D.O.)

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 Cary, Frank J., 21 W. 11th St. (D.O.)
 Cary, Frank L., 16 W. 8th St. (D.C.)
 Bowman, Juanita, 503-5 Union Bldg. (D.C.)
 Hixon, Ina F., 505 Union Bldg. (D.C.)
 Indiana School of Chiropractic, 1303 S. Meridan St. (D.C.)
 James, J. H. (D.C.)
 Lewis, Burt, 1303 S. Meridan St. (D.C.)
 Macomber, F. J., 230 W. 11th St. (D.C.)
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 Whitney, A. E. (D.C.)
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Arcadia: Colgan, E. E. (D.C.)
Argos: Fugate, E. P. (D.C.)
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 Miller, E. W. (D.C.)
 Schalow, L. C., 151 W. 8th St. (D.C.)
Bedford: Parks, Geo. P., 1127 14th St. (D.C.)
Berne: Nyfpeler, Edwin. (D.C.)
Bicknell: Osborn, R. E., P. O. Box 192. (D.C.)
Bloomington: Moore, Etna, 110 E. 6th St. (D.C.)
Bluffton: Blackman, Chas. J. (D.O.)
 Malcom, Z. E., 1127 14th St. (D.C.)
 Powell, Wilbur S. (D.O.)
Brazil: Baker, J. E., Citizens' Nat'l Bank Bldg. (D.O.)
 Huffer, Mrs. Lella, Brazil Hotel. (D.C.)
 Kattman, Bertha, 518 S. Forest Ave. (D.O.)
 Thomas, Robert M., 3-4 Winklespeck Bldg. (D.C.)
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 Robinson, Wm. (D.C.)
Bunker Hill: Duckwell, E. D. (D.C.)
 Liestenfeltz, Chas. L. (D.C.)
Butler: Frisby, Earl E. (D.C.)
Cambridge City: Pierce, Clarence M. (D.C.)

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- Clinton:** Ewing, Mary Matthews, Morgan Blk. (D.O.)
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Young, Luna Kerr, 11-15 Keller Bldg. (D.C.)
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Hecker, G. E., P. O. Box 15. (N.D.)
Scott, H. P. (D.C.)
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Garren, Earl G., 220 S. Green St. (D.C.)
Garren, W., 220 S. Green St. (D.C.)
Marler, C. E., 111½ N. Washington St. (D.C.)
Myers, Paul J., K. of P. Bldg. (D.C.)
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Riechers, Dorothea. (D.C.)
Reichter, (N.D.)
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- Dayton:** Bonsman, M. E. (D.C.)
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Finkhouser, W. F., 22½ Monroe St. (D.C.)
Frey, B. C. (D.C.)
Weaver, Calvin R. (D.O.)
- Delphi:** Hinkley, A. B. (D.C.)
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Bigelow, Frances. (D.C.)
Boehm, F., 317 Lexington Ave. (D.C.)
Bolhiuse, Jno. A., 130 S. Main St. (D.C.)
Crow, E. C., 2nd and Franklin Sts. (D.O.)
Denlinger, J. H., Elkhart Water Co. Bldg. (D.C.)
Frazer, F. C., 117 Division St. (D.C.)
Landis, H. L., Curts Blk. (D.O.)
Liestenfeltz, Clara, 605½ Main St. (D.C.)
Leistenfeltz, Chas. L. (D.C.)
- Elksart:** Smith, Clarence L. (D.C.)
- Elwood:** Phelps, L. W., Taylor Blk. (D.C.)
Prechtel, Fred. H., Lederer-Hene Bldg. (D.C.)
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Gatlin, Mary T., 412 Washington St. (D.O.)
Montague, Wm. C., American Trust Bldg. (D.O.)
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Roper & Roper, 403-5 Citizens' Natl. Bank Bldg. (D.C.)
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Koerber, Robt. (D.O.)
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Ross, N. C., 227 W. Jefferson St. (D.O.)
Ross College of Chiropractic, 227 W. Jefferson St. (D.C.)
Seaman, Kent L., Shoaff Bldg. (D.O.)
Walburn, F. S., 210 W. Jefferson St. (D.C.)
Winkelman, R. A., 2703 Hoagland Ave. (N.D.)
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Wolf, Dr. Frederic, 1222 Organ Ave. (D.C.)
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Sifton, Nate, Over Thrasher's Store. (D.C.)
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- Freeport:** Wallace, Sarah A., 71 Grove St. (D.C.)
- Galveston:** Copeland & Copeland. (D.C.)
- Garrett:** Rasmussen, Mrs. Meda. (D.C.)
- Gary:** Aptekman, H., 673 Jefferson St. (D.C.)
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Greiner, M. M., 6th and Van Buren Sts. (D.C.)
Kreolic, Benj., 11th St. and E'way. (D.C.)
Maisel, F. H., 122 W. 5th Ave. (D.C.)
Maisel, Marie E., 122 West 5th Ave. (D.C.)
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Jones, L. M., 625 Home St. (D.C.)
Keller, J. M., 169 State St. (D.C.)
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Shine, Chas. (D.C.)
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Wolff, C. W. (D.C.)
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Copeland, Florence K., 601 State Life Bldg. (D.C.)
Copeland & Copeland, Drs., 601 State Life Bldg. (D.C.)
Cunningham, Ella F., 727 Indiana Pythian Bldg. (D.C.)
Darling, Frank S., 738 K. of P. Bldg. (D.C.)
Du Valle, Beatrice, No. 601 State Life Bldg. (D.C.)
Fuller, L. E., 501 Meridian Life Bldg. (D.O.)
Hall, Frank A., Suite 2, 17½ W. Market St. (D.C.)

- Hall, Wm. Campbell, Fletcher Savings & Trust Co. Bldg. (D.O.)
- Jones, Oscar, 1821 W. Washington St. (D.O.)
- Johnson, C. L., 333 N. Illinois St. (D.O.)
- Johnson, E. L., 511 Meridian Life Bldg. (D.C.)
- Kinkaid, D. L., 1006 Bellefontaine St. (S.T.)
- Matturg, Jno., 2316 E. Washington St. (D.C.)
- Pierce, G. Chester, 1615 E. 33rd St. (D.C.)
- Rector, Chas. A., Odd Fellows Bldg. (D.O.)
- Smith, Orren E., Traction Terminal Bldg. (D.O.)
- Spaunhurst, J. F., State Life Bldg. (D.O.)
- Storer, Elbert, Merchants Bank Bldg. (D.O.)
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- Weaver, J. Ray, 519-20 Occidental Bldg. (D.C.)
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- Wright, Frank J., 907 Law Bldg. (D.O.)
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- Jeffersonville:** Mohr, J. M., 229 Walnut St. (D.C.)
- Kendallville:** Bryan, H. A., 116 Digger Blk. (D.C.)
- McGrath, Jos. D. (D.C.)
- Snyder, Dan. (N.D.)
- Kentland:** Nops, W. J. (D.C.)
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- Knightstown:** Thomas, C. A., Lock Box 624. (D.C.)
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- Meyer, G. W., 103 N. Mulberry St. (D.O.)
- Meyer, Geo. W., No. 7 Courtland Blk. (D.C.)
- Richey, S. H. (D.C.)
- Smith, Frank H. (D.O.)
- Thompson, M. M., 8-9 Kokomo Trust Co., New Bldg. (D.C.)
- Trash, Larkin C., 609 East Jefferson St. (N.D.)
- Lafayette:** Edwards, H. A. (D.C.)
- Huffman, Thomas P., Loan & Trust Bldg. (D.O.)
- Fulton, James. (D.C.)
- Fulton & Edwards, 10 New Sharp Blk. (D.C.)
- Leiber, Agnes V. (D.O.)
- Phelps, Adaline, Hannah Blk. (D.C.)
- Phelps, L. W., Hannah Blk. (D.C.)
- Rein, Clara, 613 Ferry St. (D.C.)
- Vawter, W. H. (D.O.)
- Vyverberg, Kryn T., Taylor Bldg. (D.O.)
- Walton, Jas. (D.C.)
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- Fogarty, Julia A., First Nat'l Bank Bldg. (D.O.)
- Jackson, C. V. (D.C.)
- McLean, W. R., 808 Madison St. (D.C.)
- Slayton, Carlton. (D.C.)
- Slayton, S. M. (D.C.)
- Lawrenceburg:** Schuller, F. D., 344 Walnut St. (D.C.)
- Lebanon:** Beaven, Leslie M. (D.O.)
- Morkert, Owen, 230 Cason & Neal Bldg. (D.C.)
- Winters, P. B., 242 Cason & Neal Bldg. (D.C.)
- Liberty:** Egan, Junia. (D.C.)
- Logansport:** Koffel, Roy, 108-12 Stettiner Bldg. (D.C.)
- Krantz, Wm. J., 306½ 4th St. (D.C.)
- Slater, Gertrude, 704 North St. (D.C.)
- Slater, Thos. C., 502½ B'way. (D.C.)
- Slater, Thos. C., 704 North St. (D.C.)
- Lynn:** Knauer, F. F. (D.C.)
- Madison:** Lutes, O. R. (D.C.)
- Manchester:** Schoolcraft, E. E. (D.O.)
- Marion:** Banks, McLerd M., 114 N. Nebraska St. (D.C.)
- Caine, Allen B., Iroquois Bldg. (D.O.)
- Dippo, Anna E., 933 S. Adams St. (D.C.)
- Farrington, J. L., 320 Marion Blk. (D.C.)
- Graham, J. F. (D.C.)
- Johnson, E. L., 2116 E. 4th St. (D.C.)
- McGuire, Chas. A., 306 Marion Blk. (D.C.)
- McIntire, Lucile, Maple St. (D.C.)
- McKeever, O. G., 406 Glass Blk. (D.C.)
- Peterson, M. B., 1103 S. Boots St. (D.C.)
- Thompson, W. A., 406 Marion Blk. (D.C.)
- Thompson, W. A., 3 Wilson Blk. (D.O.)
- Titterington, T. W. (D.C.)
- United College of Chiropractic. (D.C.)
- Washka, F., 707 Washington St. (D.C.)
- Wright, S. Ellis, Grant Trust Bldg. (D.O.)
- Menton:** Boyce, L. M., Box 134. (D.C.)
- Michigan City:** Amspoker, S. D., 5 Grand Opera House. (D.C.)
- Balow, 412½ Pine St. (D.C.)
- Denison, Harold B., Orpheum Theatre Bldg. (D.C.)
- Fogarty, J. P., Starland Bldg. (D.O.)
- Goodsell, F., 119 N. 9th St. (D.C.)
- McLean, W. R., 717½ Franklin St. (D.C.)
- Pretzel, Bertha, Opera House. (D.C.)
- Pretzel, Wm. J., Opera House. (D.C.)
- Wood, Tracy E., Ledbetter Bldg. (D.C.)
- Middletown:** Stevens, S., 5th St. (D.C.)
- Millgrave:** Inman, I. I. (N.D.)
- Mishawaka:** Albert and Albert, 115 Towle Avenue. (D.C.)
- Lockbridge, C. D. (D.C.)
- Smith, W. D., 117 E. Lincoln Way. (D.C.)
- Smith & Smith, Guaranty Bldg. (D.C.)
- Monticello:** Miller, H. L., New Farmers Bank Bldg. (D.C.)
- Mount Vernon:** Limpus, Edward, 9-10 Odd Fellows Bldg. (D.C.)
- Mulberry:** Milligan, A. Lee. (N.D.)
- Muncie:** Carmody, F. D., 302 Wyse Bldg. (D.O.)
- Carmoney, F. D., 307 Johnson Blk. (D.C.)
- Creighton, Frank, 114-15 The Johnson. (D.C.)
- Elkins, Harry D., Rooms 305-7, Johnson Bldg. (D.C.)
- Ingalls & Ingalls, 391-4 Wysor Bldg. (D.C.)
- Ingalls, Murray E., 301 Wysor Bldg. (D.C.)
- Shaw, O. L., 1443 W. 5th St. (D.C., Mag.)
- Swearingen, Pearl, 14 Canopy Bldg. (D.C.)
- Von Miller, Miss Lee, 414 Jefferson St. (N.D.)
- Nappanee:** Hinkley, A. B. (D.C.)
- Morrison, L. A., Box 405. (D.C.)
- New Albany:** O'Connor, E. A. (D.C.)
- Stockton, W. I. (D.C.)
- New Castle:** Bird, C. J., 221 Maxim Bldg. (D.O.)
- Grills, M. L. (D.O.)
- Kirkpatrick, Minnie A., 1332½ Broad St. (D.C.)
- Markle, T. K., 1332 Broad St. (D.C.)
- New Paris:** Poole, Lanche M. (D.C.)
- Noblesville:** Hager, L. E. (D.C.)
- Booth, Ethel. (D.C.)
- Boothe, W. C. (D.C.)
- Frantz, Glen F., North Side Square. (D.C.)
- Noblesville:** Nelson, Frank P. (N. D.)
- North Manchester:** Borough. S. (D.O.)
- Schoolcraft, F. E. (D.C.)
- Watters, Floyd. (D.C.)
- North Salem:** Adams, Herbert S. (N.D.)
- Peru:** Burke, E. W., 59½ N. Broadway. (D.C.)
- Burk, U. E., 59 Broadway. (D.O.)
- Market, M. D. (D.O.)
- Plymouth:** Jackman, L. M., 316 N. Michigan St. (D.C.)
- Portland:** Davidson, C. R., Rimel Bldg. (D.C.)
- Pumphrey, W. A., Adair Bldg. (D.C.)
- Watson, Paul E., 34 Bureil Bldg. (D.C.)
- Princeton:** Abell, W. P. (D.O.)
- Saxe, Arthur. (D.C.)
- Saxe, Mary, 218 E. B'way (D.C.)
- Remington:** Shine, Chas. (D.C.)
- Rensselaer:** Tufler, F. A. (D.O.)
- Williams, Mrs. V. O. (D.C.)
- Richmond:** Martin, Frank. (D.C.)
- Roads, Florence G. (D.O.)
- Robinson, Wm., 810 S. A St. (D.C.)
- Townsend, Edgar E. (D.O.)

- Wilcoxon, G. C., 35 S. 11th St. (D.C.)
- Rochester:** Wire & Wire. (D.C.)
- Rockville:** Dixon, Reba L. (D.C.)
Glassco, Geo., Jr. (D.O.)
- Rossville:** Morkert, M. D. (D.C.)
- Rushville:** Kinsinger, J. B., 228 W. 5th St. (D.O.)
Monks, W. H., 8-10 Miller Law Bldg. (D.C.)
- Rome City:** Kneipp Sanitarium. (D.O.)
Pulskomp, B., c/o K. Sanitarium. (D.O.)
- Seymour:** Rader, Geo. B. (D.O.)
Robertson, L. D., 10½ N. Chestnut St. (D.O.)
- Shelbyville:** Manks, Harry, P. O. Bldg. (D.C.)
- South Bend:** Bolhiuse, L. B., 501-2 Dean Bldg. (D.C.)
Callahan, J. L., J. M. S. Bldg. (D.O.)
Callahan, Kate T., J. M. S. Bldg. (D.O.)
Cleland, A., Citizens' Bank Bldg. (D.O.)
Coleman, E. E., 432 West Madison St. (N.D.)
Drobny, T., 235 S. Michigan St. (D.C.)
Flower, M. E., 501 Farmers Trust Bldg. (D.C.)
Keuk, Martin, 201 N. Hill St. (D.C.)
Kish, F. G., 301 Chapin St. (D.C.)
Kneck, G. W. (D.C.)
Mechling, Bessie, 417 S. Michigan St. (D.C.)
- Sullivan:** Billman, J. M. (M.D.)
Buls, C. L. (N.D.)
Curtis & Curtis, 240 South Court St. (D.C.)
Kennedy, T. W. (M.D.)
Ramsey, Hazel, 228 South Court St. (D.C.)
Reinhart, C. R., 418 Jefferson Bldg. (D.C.)
Sheffler, K. A., 7 E. Jackson St. (D.C.)
Smith & Smith, 222 W. Wayne St. (D.C.)
Swem, Guy, 401 J. M. S. Bldg. (D.C.)
- Terre Haute:** Albert & Albert, 426 S. 8th St. (D.C.)
Campbell, C. A., Room 5, 112 7th St. (D.C.)
Cornett, Mrs. Stella, 528 Gilbert Ave. (D.C.)
England, Archibald, 108 S. 7th St. (D.C.)
Finn, Louis E., 30½ S. 7th St. (D.C.)
Helfrich, E. V., 1915 N. 9th St. (D.C.)
Helfrich & Helfrich, 1915 N. 9th St. (D.C.)
Jacques, Mrs. Allie M., 800 S. 7th St. (D.C.)
Kuhlman, E., 121 N. 6th St. (N.D.)
Meyer, S. P., 202-4 Arcade Bldg. (D.C.)
Meyers, Stephen P., 306 N. 6th St. (D.C.)
Morrison, James G., Terre Haute Trust Bldg. (D.O.)
Sanders, Katherine, 1011 N. 4th St. (D.C.)
Sanders & Sanders, 613 Sycamore St. (D.C.)
- Thomas, M. & F. V., 201-2 Odd Fellows Bldg. (D.C.)
Thomas, Flora V., 704 Walnut St. (D.C.)
Thomas, Julia A., 223 3rd St. (N.D.)
Thomas, M., 704 Walnut St. (D.C.)
Thomasson, Wm. S., Rose Dispensary Bldg. (D.O.)
Worley, W., 814 Wabash Ave. (D.C.)
- Tipton:** Gill, Helen, Farmers Loan & Trust Bldg. (D.C.)
Stone, J. C. (D.O.)
- Union City:** Evans & Evans, 227 N. Howard St. (D.C.)
Crain, C. J., Box 5, (D.O.)
Spittler, Harry R. (D.C.)
- Urban:** Meyers, Mrs. J. E. (D.C.)
Wire, A. V. (D.C.)
Wire, Nina A. (D.C.)
- Valparaiso:** Bordeau, M. E., 805 Monroe St. (N.D.)
Farrar, Walter E. (D.C.)
Richards, Chas. (D.C.)
Springer, Victor L. (D.O.)
- Van Buren:** Storts, E. F. (D.O.)
- Veedersburg:** Fetters, M. B., Rooms 3-4 Hesler Bldg. (D.C.)
- Vincennes:** Daly, W. C., 22 N. 2nd St. (N.D.)
Johnson, E. E., 409½ Main St. (D.C.)
Phillips, H. T., 418 Main St. (D.O.)
Pielemeir, E. F., 518 Main St. (D.C.)
Poe, F. E., 322-23 La Plante Bldg. (D.C.)
Stone, G. (D.O.)
Witty, C. E. (S.T.)
- Wabash:** Kellogg, Joseph, Christman Blk. (D.C.)
Warrington, W. F., 203 Yarnell Theatre Bldg. (D.C.)
- Warren:** Jones Ray. (D.C.)
Johnson, A. O. (D.C.)
- Warsaw:** Brownell, O. D. (D.C.)
Copper, Lydia N., Elks Arcade Bldg. (D.O.)
Durbin, B. E., 201½ W. Center St. (D.C.)
Powell, N. W. (S.T.)
- Washington:** Campbell, C. A. (D.C.)
- Westport:** Huffer, L. R. (D.C.)
- Whiting:** Davenport, R. E., 504 New York Ave. (D.C.)
James, J. W. (D.C.)
Wiesjahn, W. H., Schrage Bldg. (D.C.)
Wolff, C. T., 414 119th St. (D.C.)
- Winchester:** Banta, S. S. (D.C.)
- Wolcott:** Bond, Robert W. (D.C.)
- Alva:** Wait, S. D. (D.C.)
- Ames:** Edmund & Edmund. (D.C.)
Gates, Bertha M., 316 Main St. (D.O.)
Guthrie, Mrs. L. S. (D.C.)
Proctor, Clark M. (D.O.)
- Anamosa:** Beaver, Mrs. E. (D.C.)
- Anita:** Daughenbaugh, S. Earl (N.D.)
Parchen, G. H. (D.C.)
- Arlington:** Hoag, W. G. (D.C.)
Moore, F. J. (D.C.)
- Atlantic:** Chamberlain, G. L., 412 Chestnut St. (D.C.)
Finley, Chas. D., 608 Chestnut St. (D.O.)
Noyer, Samuel. (D.C.)
- Audubon:** Kingsbury, M. O. (D.C.)
- Avoca:** Hollister, H. R. (D.C.)
Lewis, C. A. (D.C.)
Wood, Lena M. (D.O.)
- Ayrshire:** Gates, Roy T. (D.C.)
Strand, Jos. H. (D.C.)
- Belle Plaine:** Hoy, Harry. (D.C.)
Whelan, R. L. (D.C.)
- Bellevue:** Dickhut, C. W. (D.C.)
- Belmond:** Hawkins, D. B. (D.C.)
- Bettendorf:** Painter, S. W. (D.C.)
- Blairtown:** Henry, F. M. (D.C.)
- Blanchard:** Long, M. C. (D.C.)
- Boone:** Allen & Allen, Boone Nat'l Bank Bldg. (D.C.)
Anthony, Gertrude M., Boone Nat'l Bank Bldg. (D.C.)
Frutiger, G. (D.C.)
McAlpin, D. E. (D.O.)
- Bridgewater:** Anderson, W. L. (D.C.)
- Brighton:** White, Wm. Al. (D.C.)
- Brooklyn:** Burke, Hilma. (D.C.)
McAnnich, C. S. (D.O.)
Richman, R. A. (D.C.)
Wilson, Everett. (D.C.)
- Bryant:** Nelson, P. A. (D.O.)
- Burlington:** Baughman, J. S., 523 Division St. (D.O.)
Chamberlin, I. I. (D.C.)
Harmer, Walter, 1108 Aetha St. (D.C.)
Lang & Thornell, S. Leebrick St. (D.C.)
Nelson, P., 610 S. 12th St. (N.D.)
Puddicombe, Robt. A., 500 Main St. (D.C.)
Quelle, R. J. (D.O.)
Schleicher, Eugene, 52 Parsons Blk. (D.C.)
Thornell, A. M., 60 Parsons Blk. (D.O., D.M.T.)
Walker, Joseph Nelson, 102 S. Marshall St. (D.O.)
Wormer, Walter H., 312 Jefferson St. (D.O.)
- Callender:** Knutson, Christena. (D.C.)
- Carroll:** Bromert, Jos. F. (D.C.)
Bruch, Clara. (D.C.)
Fegley, George W. (D.C.)
Forrest, Wm. J., Belter Bldg. (D.O.)

IOWA

- Frutiger, E. C. (D.C.)
 Frutiger, Godfrey. (D.C.)
 Thiessen & Thiessen, Drs. (D.C.)
 Thiessen, Mrs. R. J. (D.C.)
Casey: Fitzgerald, Frank W. (D.C.)
Cedar Falls: Helm, Ora B. (N.D.)
 Roth, Wm. J., 315½ Main St. (D.C.)
 Stephenson, Troy C., 523 Main St. (D.O.)
Cedar Rapids: Beaven, E. H., Granby Blk. (D.O.)
 Burd, Walter C., Security Savings Bank Bldg. (D.O.)
 Cummins, J. E., 120 N. 10th St. (D.C.)
 Cummins, Ruby S. (D.P.T.)
 Hayden & Hayden. (D.C.)
 Hayden & Hayden, 1220 6th St. (D.O.)
 Holmes, W. J., 1254 4th Ave. (D.O.)
 Ihne, Walter W., Room 8, Interstate Bldg. (D.C.)
 Ingrebtsen, H., Kimball Blk. (D.C.)
 Johnson, Edith, Masonic Temple. (D.C.)
 Knoll, A. V., Rooms 1-2, Backman Bldg. 1st St. and 3rd Ave. (D.C.)
 Langworthy, Mitchell, 834 1st St. (D.C.)
 Langworthy, S. M., 500 1st St. (D.C.)
 Lindsay, Dr. F. P. W. (M.D., D.C.)
 McCready, B. T., 215 Masonic Temple. (D.C.)
 Miller, Samuel B., Granby Blk. (D.O.)
 Morton, Sadie F., 8-9 Interstate Bldg. (D.C.)
 Schenck, J. H., Cor. 4th and 2nd Aves. (M.D., D.C.)
 Smith, Dr. (D.C.)
Centerville: Graham, Geo. G., 309 N. 10th St. (D.O.)
 Nelson, C. E. (D.C.)
 Norman, F. J., P. O. Box 136 (D.C.)
Charlton: McCanon, M. H., Over Post Office. (D.C.)
 Merryman, Harry L., 627 Osage Ave. (D.C.)
 Turner, H. F., Hillinger & Larimer Blk. (D.C.)
 Wilson, O. K., 331 N. Main St. (D.C.)
Charles City: Holden, B. F. (D.C.)
 Fhregal, A. B. (D.C.)
 Linhart, Ernest W. (D.O.)
 Miller, W. D. (D.C.)
 Wright, Ruth M., Ellis Bldg. (D.O.)
Cherokee: Hoard, Mary A. (D.O.)
 Hook, Albert E., Brummer Bldg. (D.O.)
 Smith, Lloyd. (D.C.)
 Wire, A. V. (D.C.)
 Shope, R. F. (D.C.)
Clarinda: Anderson, Susie M. (D.C.)
 Clark, H. A. (D.C.)
 Liken, F. J. (D.C.)
Clarion: Powley, V. E. (D.C.)
 Meyers, J. A. (D.C.)
Clarksville: Jepson, Alvin N., Rozell Bldg. (D.C.)
 Jepson, Amanda R. (D.C.)
Clear Lake: Chappell, E. E. (D.O.)
 Nielson, P. A., Box 630. (D.C.)
 Thomas, Francis. (D.C.)
Clinton: Allen, Geo. J., 1029 N. 2nd St. (D.C.)
 Ashmore, Margaret. (D.C.)
 Cass, F. W., 517 3rd Ave. (D.C.)
 Cochran, A. D. (D.C.)
 Flaherty, W. T., 305-6 Howe's Blk. (D.C.)
 Griswold, Mrs. Hattie, 613 2nd St. (D.C.)
 Huey, C. P., 230 Fifth Ave. (D.C.)
 Johnson, J. R., 247 7th Ave. (D.O.)
 Omsted, S. Louisa, 220 5th Ave. (D.O.)
 Quick, Mrs. M., 711 Summit Ave. (D.C.)
Colfax: Wilcox, Dayse T., Box 629. (D.C.)
 Zimmerman, F. H. (D.O.)
Columbus City: Lauser, Frank. (D.C.)
Columbus Junction: Hellam, Lydia. (D.C.)
Coon Rapids: Norris, D. L., Lock Box 305. (D.C.)
Corning: Gardiner, Warren L. (D.O.)
 Cohrad, Hal. (D.C.)
Corydon: Swan, S. Howard, Rea Blk. (D.C.)
Council Bluffs: Linebarger, C. A. (D.C.)
 McCuskey, Charlotte, 619 1st Ave. (D.O.)
 Mudge, O. A., Broadway. (D.C.)
 Stahl, G. W., 102 Main St. (D.C.)
 Strand, Glen, 252 Merriman Blk. (D.C.)
 Strand, Mrs. Frances S., 252 Merriman Blk. (D.C.)
Cresco: Fortin, Edwin C. (D.C.)
Creston: Birdsall & Birdsall. (D.C.)
 Dalmer & Dalmer, Box 19. (D.C.)
 Ferrand, C. L. (D.C.)
 McKnight, Isadora, 305 N. Walnut St. (D.O.)
 Riley, C. J. (D.C.)
 Swanson, Ralph. (D.C.)
 Wagoner, Geo. F. (N.D.)
Davenport: Adams, R. M. (D.C.)
 Alberts, Mabelle V., 1104 N. Harrison (D.C.)
 Armstrong, J. T. (D.C.)
 Ballman, Meta. (D.C.)
 Beaver, Mrs. E., 1020 Main St. (D.C.)
 Benadom, W. A., c/o Standard School of Chiropractic and Naturopathy. (M.D.)
 Bliss, Mrs. Edna M. (D.C.)
 Bodot, J. N., 907 Le Claire St. (D.C.)
 Brandenburg, A. L. (D.C.)
 Brehmer, Louis F., c/o P. S. C. (D.O.)
 Browder, J. M., c/o Standard School of Chiropractic and Naturopathy. (M.D.)
 Brown's Sanitarium, 1005 Brady St. (D.O.)
 Brown, M. P., 828 Brady St. (D.C.)
 Brown, H. B., 1518 Ripley St. (D.C.)
 Burich, S. J. (D.C.)
 Burns & Burns, Drs., 320½ Brady St. (D.C.)
 Campbell, C. F., 1634 Rock Island St. (D.C.)
 Campbell, J. L., 6th and Perry Sts. (D.C.)
 Carter, W. A., 306 E. 6th St. (N.D.)
 Chamberlin, Sadie, 2023 Rock Island St. (D.O.)
 Chapman, W. A. (D.C.)
 Cinadr, I. L., 508 Miss. Ave. (D.C.)
 Clayton, Mrs. E. A., 818 Brady St. (D.C.)
 Cravin, J. H. (D.C.)
 Cronk, Otis E., c/o P. S. C. (D.C.)
 Crumpacker, E. K., c/o Standard School of Chiropractic and Naturopathy. (D.C.)
 Cummings, J. E. (D.C.)
 Curtis & Curtis, 828 Brady St. (D.C.)
 Davenport College of Chiropractic. (D.C.)
 De Carno, Ed. (D.C.)
 Delk, J. W., 514 Brady St. (D.C.)
 Delk, L. P., c/o Standard School of Chiropractic and Naturopathy. (M.D.)
 Denlinger, Dr. J. H. (D.C.)
 Dougherty, W., 301 N. Main St. (D.O.)
 Elliot, Frank W., 828 Brady St. (D.C.)
 Firth, J. N., 828 Brady St. (D.C.)
 Fisher, Joseph. (D.C.)
 Fleming, J. H., 1603 Marshall St. (D.C.)
 Foley, Horace P., 379 W. 4th St. (D.C.)
 Fortier, J. B. (D.C.)
 Fullmer, Ettie, 1015 Brady St. (D.O.)
 Gamble, Harley E. (D.C.)
 Gerdes. (D.O.)
 Gerking, S. D., U. C. C. (D.C.)
 Gordon, James A. (D.C.)
 Gordon, Le Roy M., 514 Brady St. (D.C.)
 Guentherman, W. C., 1312 Leonard St. (D.C.)
 Hart, Fred. L., 818 Le Claire St. (D.O.)
 Harrington, S. A. (D.C.)
 Heath, W. L., 828 Brady St. (D.C.)
 Heintze, Arthur C., 1719 Le Claire St. (D.O.)
 Hewins, S. P. (D.C.)
 Hill, John West. (D.C.)
 Ihne, R. E., 1032 W. 14th St. (D.C.)
 Keifer, Frank, 913 W. 3rd St. (D.C.)
 Kennedy, Chas. (D.C.)
 Kiefer, F. H., 2624 Le Claire St. (D.C.)
 Klunder, Paul E., 1866 Liberty St. (D.C.)
 Knoll, A. F., 1921 Bridge Ave. (D.C.)
 Knoll, A. V., 508 Miss. Ave. (D.C.)
 Knoll, A. V., 729 College Ave. (D.C.)
 Lamb, Charles. (D.C.)
 Langehagen & Langehagen, Drs., 830 Le Claire St. (D.C.)
 Le Plant, G. L., 1216 Perry St. (D.C.)
 Lutes, Mrs. A. L. (D.C.)
 McCall, J. P., 2211 W. 4th St. (D.C.)
 McNamara, Mrs. R. E., 528 Brady St. (D.C.)

- Miller, Geo. H., 1219 Perry St. (D.C.)
 Millman, H. I., 1113 Brady St. (D.C.)
 Moore, S. F., S. C. Brody St. (D.O.)
 Morton, E. A., 126 E. 6th St. (D.C.)
 Motsch, Rud. J., 632 W. 14th St. (D.C.)
 Motsch, R. J., 1021 W. Locust St. (D.C.)
 Moyers, C. E. (D.C.)
 Myers, E. P. (D.C.)
 Nicklin, W. E., U. C. C. (D.C.)
 Otto, Geo. W., 528-30 Brady St. (D.C.)
 Owens, T. J., 828 Brady St. (D.C.)
 Palmer, B. J., 828 Brady St. (Ph.C., D.C.)
 Palmer School of Chiropractic. (D.C.)
 Petrisch, W. J., 1928 Brady St. (D.C.)
 Phillion, Thos. E., 2602 Harrison ?? (D.C.)
 Raidt, E. P., 1764 Noble St. (D.C.)
 Reid, W. A., c/o Standard School of Chiropractic and Naturopathy. (D.O.)
 Reimer, J. A., 423 W. 7th St. (D.C.)
 Rosicky, Wm. (D.C.)
 Ruehlmann, W. F., U. C. C. (D.C.)
 Schultz, Otto, Jr., 810 Perry St. (D.C.)
 Scott, C. W., 324 E. 15th St. (D.C.)
 Sharon, Thos. L., 126½ Main St. (D.O.)
 Sharp, J. L. (D.O.)
 Sible, Pearl, 212 W. 2nd St. (D.C.)
 Smith, R. T., Standard School of Chiropractic and Naturopathy. (D.C., Ph.C.)
 Steinbach, Leo. J., U. C. C. (D.C.)
 Stern, H. (D.C.)
 Titterton, Frank L., 620 W. 3rd St. (D.C.)
 Tobey, H. C., 828-34 Brady St. (D.C.)
 Universal Chiropractic College. (D.C.)
 Vedder, H. F., 828 Brady St. (Ph.C., D.C.)
 Volz, C. C., 1417 Iowa St. (D.C.)
 Von Dresky (D.C.)
 Wagner, E. R., 2029 Farnum St. (D.C.)
 Wheaton, F. L., U. C. C. (D.C.)
 Wicks, C. H., 1709 Grand Ave. (D.C.)
 Winckler, Oscar, 817 W. 9th St. (D.C.)
 Wishart, James, 828 Brady St. (D.C.)
 Wishart, Mrs. J. C. (D.C.)
Decorah: Opshal & Opshal (D.C.)
 Urban, H. L., West Walter St. (D.O.)
Delmar: Staman, Mrs. E. A. (D.C.)
Denison: Larsen, L. A., 200 E. Walnut St. (D.C.)
 Johnstone, Emma C., 206 E. Broadway. (D.O.)
Des Moines: Adlon, L. K., 404 E. 5th St. (D.C.)
 Anderson, Carl A., 1619 High St. (D.C.)
 Anderson, Mrs. C. A., 721 Penn. Ave. (D.C.)
 Bachman, Dr. M. E., 411 Hippias Bldg. (D.C.)
 Caldwell, Delia E., Flynn Bldg. (D.O.)
 Corbin, Grace E., 520 Clapp Bldg. (D.C.)
 Corbin, Grace E., 1503 School St. (D.C.)
 Davis, Frank L., 242-244 K. of P. Bldg. (D.C.)
 Drapier, D. E. Los Taft, 707 High St. (D.C.)
 Dudley, Isabel H., 1503 20th St. (Ph.C., D.C.)
 Dudley, O. Philip, 1503 20th St. (D.C.)
 Drymond, E. C., 1422 Locust St. (D.O.)
 Dyart, R. S., Equitable Bldg. (D.O.)
 Golden, Mary E., Citizens' Nat'l Bank Bldg. (D.O.)
 Guild, N. E. (D.O.)
 Guild, Dr. W. A. (M.D.)
 Hammer, Milton C., Flynn Bldg. (D.O.)
 Ireland, Harry M., 1163 27th St. (D.O.)
 Jobe, W. H., 401-3 Century Bld. (D.C.)
 Judlander & Judlander, 707 E. Locust St. (D.C.)
 Julander, S. E., 310 Gord Bld. (D.C.)
 Julander, Frances. (D.C.)
 King, F. L. (M.D., D.C.)
 Lovergrove, M. R., Des Moines Still College. (D.O.)
 Lowe, Mrs. L. J. (D.C.)
 Luce, J. W., 406 Shops Bldg., 8th and Walnut Sts. (D.C.)
 Marshall, H. J., Hippias Bldg. (D.O.)
 Moore, George E., Equitable Bldg. (D.O.)
 Moore, Etna. (D.C.)
 Morgan, Sylvia, 520 Clapp Bldg. (D.C.)
 Patterson, W. S., 306 Good Bld. (D.C.)
 Ridgeway, Kathryn, Buttinger-Securities Bldg. (D.O.)
 Sattlemeyer, Mrs. Harriet, 416 Good Bld. (D.C.)
 Scott, Lewis, 1216 E. Grand Ave. (D.C.)
 Slottmeyer, Mrs. Harriet, 566 W. 7th St. (D.C.)
 Smith, B. K., 6th and Locust Sts. (D.C.)
 Smith, Mrs. Bush K., 933 16th St. (D.C.)
 Smith, R. C., 3416 4th St. (D.C.)
 Still, Jennie A., 1338 East Grand Ave. (D.O.)
 Taylor, S. L., 541 43rd St. (D.O.)
 Thompson, C. E., Utica Bldg. (D.O.)
 Verhoff, Edward A., 512 Walnut St. (N.D.)
 Watson, S. J., 515 Polk Bldg. (5th St.) (N.D.)
 Yocum, I. W., 3102 University Ave. (D.C.)
 Zechman, J. E., Fleming Bldg. (D.C.)
De Witt: McCarl, J. F. (D.C.)
Diagonal: Henry, F. H. (D.C.)
Dubuque: Allen, L. P., 312 Security Bldg. (D.C.)
 Baker, Adam, B. & I. Bldg. (D.O.)
 Denning, L. B., 1130 Main St. (N.D.)
 Friedlein, N. F., 760 Locust St. (D.C.)
 Friedlein, N. F. (D.C.)
 Loizeaux, C. L. (M.D.)
 Schneider, John D., 1592 Clay St. (N.D.)
Durant: Donelly, Rose. (D.C.)
Eagle Grove: Kuehne, C. F., (D.C.)
 Middleton, Della, James Bld. (D.O.)
 Thissen, R. J. (D.C.)
Earlham: Humphrey, Mattie E. (D.O.)
 Humphrey, G. B. (D.C.)
Eldon: Waite, S. D. (D.C.)
Eddyville: Wheeler, Arlie. (D.C.)
Eldora: Arnold, D. J. (D.C.)
 Hall, J. A. (D.C.)
 Jones, E. R. (D.C.)
Elkader: Schultz, F. A. (D.C.)
Emmetsburg: Jansen, J., Box 312. (D.C.)
 Janssen, M. J. (D.C.)
Elkport: Bateman, C. E. (D.C.)
Essex: Hultine, L. C. (D.C.)
Estherville: Gaard, Chris. (D.C.)
 Scott, H. H. (D.C.)
Exira: Drake, O. M. (D.C.)
 Schoonover, Anna C. (D.C.)
 Schoonover, L. A. (D.C.)
Fairfield: Gordon, L. E. (D.O.)
 Hoppes, Harriet Chandler, 401 W. Briggs St. (D.C.)
 Lucas, F. N., Junklin Bld. (D.O.)
 Miller, Mrs. Iowa. (D.C.)
 Miller, Mrs. W. R. (D.C.)
Farley: Gosden, Fannie. (D.O.)
Ft. Dodge: Bowman, Lucy, Dowd Bldg. (D.C.)
 Gaard, Carl B. (D.C.)
 Garner, Mrs. R. J., 504 Snell Bldg. (D.C.)
 Patten, E. M. Van, First Nat'l Bank Bldg. (D.O.)
 Smith, Karl K., West Mason Bldg. (D.O.)
Ft. Madison: Card, F. C., 629 3rd St. (D.O.)
 Grothus, H. A. (D.C.)
 Seeley, Purne A. (D.C.)
 Telford, S. P., 729½ 2nd St. (D.C.)
Garner: Fish, Ella S. (D.C.)
 Garner, S. Ella. (D.C.)
 Shultz, R. W. (D.O.)
Glenwood: Hoover, M. W. (D.O.)
 Lewis, C. A. (D.C.)
 Lyon & Lyon. (D.C.)
 Lyon, H. L. (D.C.)
Goldfield: Siemens, William J. (D.O.)
Gowple: Brown, C. E. (D.C.)
Grand Mound: Koose, Edna. (D.C.)
Greene: Langenhagen, W. W. (D.C.)
Greenfield: Frutinger, E. C. (D.C.)
Grinnell: Bean, Chas. R. (N.D.)
 Friend, J. H. (D.O.)

- Greene, Curtis W., Suite 5,
Preston Bldg. (D.C.)
Hibbets, U. M., 721 Broad
St. (D.O.)
Maxfield, Geo. W., 925 Broad
St. (D.O.)
Niermann, L., 1023 West St.
(D.C.)
Souter, J. W. (D.C.)
Grundy Center: Dalzell, Jas.
G. (D.C.)
Guthrie: Smith, G. W. (D.C.)
Guthrie Center: Bond, Glenn
E. (D.C.)
Guttenberg: Bateman & Bate-
man, Drs., D. O. O. F.
Bldg. (D.C.)
Clefish, L. M. (D.C.)
Parchen, H. C. (D.C.)
Hamburg: Healey, S. (D.C.)
Hampton: Manatt, E. S., The
Hampton Clinic. (D.O.)
Harlan: Miller, C. A. (D.C.)
Hartley: Fielt, W. L. (D.C.)
Parker, F. S. (D.C.)
Hartwick: West, G. B. (D.C.)
White, Ivan O. (D.C.)
Hawarden: Ensign, Mrs.
A. G. (D.C.)
Johnson, Sam. (D.C.)
Hawkeye: Lenz, L. (D.C.)
Peterson, A. W. (D.O.)
Slife, C. A. (D.C.)
Hedrick: Davis, W. W. (D.C.)
Hornich: Skaw, Miss Olena.
(S.T.)
Hubbard: Gloden, J. N. (N.D.)
Humboldt: Christiansen, C.
F., Main St. (D.O.)
Hay, Ruth N. (D.C.)
Perry, Maude. (D.C.)
Scoville, D. W. (D.C.)
Ida Grove: Fisher, Bruce E.
(D.O.)
Lyon, E. R. (D.C.)
Independence: Allen, L. P.
(D.C.)
Nelson, Geo. (D.C.)
Simpson, Robt. H. (D.O.)
Indianola: Claussen, B. C.
(D.O.)
Claussen, Pauline M., In-
diana Banking Co. Bldg.
(D.O.)
Luce, J. W. (D.C.)
Owen, Jas. E. (D.O.)
Smith & Smith. (D.C.)
Smith, H. J. (D.C.)
Iowa City: Buck, G. E. (D.C.)
Cleveland, Mabel Lewis.
(D.O.)
Herrington, Ellen, 117½ S.
Dubuque St. (D.O.)
Kerr, C. B., 114½ Dubuque
St. (D.C.)
Schuessler, Mrs. Conrad.
(D.C.)
Iowa Falls: Carpenter, Irvin
D., 1104 Main St. (D.O.)
Moore, D. V. (D.O.)
Tangeman, Harvey W., Box
601. (D.C.)
Jefferson: Busby & Busby.
(D.C.)
Busby, Mrs. D. W. (D.C.)
Johnson, Jno. K. (D.O.)
Lawton, Chas. G. (D.C.)
Morgan, McLain. (D.C.)
Kalena: Wiedenhoft, A. A.
(N.D.)
Kalona: Guengerich, G. J.
(D.C.)
Lewis, H. (D.C.)
Weidenhoft, A. A. (D.C.)
Keokuk: Ayres, S. H., 323
Blondeau St. (D.C.)
Butler, W. P. (D.C.)
Christensen, C. J., Y. M. C.
A. Bldg. (D.O.)
Haight, Thos. G., 315
Blondeau St. (D.C.)
Keosauqua: Rinabarger, J.
Warren. (D.O.)
Kingsley: Chapman, J. G.
(D.O.)
Knoxville: McLaughlin, E.
T., I. O. O. F. Bldg. (D.O.)
Whitenberg, C. E. (D.C.)
Lahrville: Gill, O. (D.O.)
Lake City: Gartrell, Seymour
C. (D.O.)
McAdams, C. R. (D.C.)
Lake Mills: Thoreson &
Thoreson, Box 463. (D.C.)
Thoreson, Helena. (D.C.)
Lake Park: McNaught, C. E.
(D.O.)
Lamont: Davidson, A. & H. A.
(D.C.)
Remsburg, G. W. (D.C.)
Lansing: Cadwallader, Jessie
A. (D.C.)
Larchwood: Deneen, Mary.
(D.C.)
Wood, S. S. (D.O.)
LeClaire: Bean, Albert C.
(D.C.)
Leesville: Markwell, P. W.
(D.C.)
Le Mars: Harvey & Harvey.
(D.C.)
Harvey, H. E. (D.C.)
Heath, J. A. (D.C.)
Held, Lillie M. (D.O.)
Ray, Chas. Dennis, First
Nat'l Bank Bldg. (D.O.)
Willett, Mabel, Royal Bldg.
(D.O.)
Lenox: Boltinghouse, Mrs.
Chas. (D.C.)
Mullen, Mrs. Wm. (D.C.)
Nelson, C. E. (D.C.)
Norman, F. J. (D.C.)
Leon: Gates, Mary A., Box
186. (D.O.)
Weeks, G. S. (D.C.)
Logan: Hook, Rolla, Dr. Han-
sen Bldg. (D.O.)
Marston, A. E. (D.C.)
See, Jno. D. (D.C.)
Lohrville: Gill, Mrs. O. (D.C.)
Lone Tree: Southerland, C.
B. (D.C.)
Lyons: Albright, A. T., 110
S. 4th St. (D.C.)
Nielsen, Lynn, 300 Clinton
St. (D.C.)
Macedonia: Glassburn, H. D.
(N.D.)
Malvern: Kline, D. M. (D.O.)
Manilla: Klander, Anna E.
(D.O.)
Manning: Fessel, Phena C.,
(D.C.)
Fessel, Dr. E. (D.C.)
Manson: Seckler, C. A. (D.C.)
Mapleton: Durston, C. J.
(D.C.)
Maquoketa: McGinnis, James
F. (D.C.)
Timpe, Dr. F. R., Box 165
(D.C.)
Marcus: Cooper, Chas. (D.O.)
Health, Helen. (D.C.)
Siever, J. L., N. Main St.
(D.C.)
Marion: Stone, C. M., General
Delivery. (D.C.)
Marshalltown: Bullard, John
R., 28 E. Main St. (D.O.)
Gogel, W., 7 N. Maine St.
(D.C.)
Graham, Geo. W., Masonic
Temple. (D.O.)
Ladd, C. F. (D.C.)
Robertson, H. L., 120 E.
Main St. (D.C.)
Schwietert, A. W., Box 412.
(D.C.)
Vogel, Walter, N. 3rd St.
(D.C.)
Mason City: Daugherty, I. W.,
301 N. Federal Ave.
(D.C.)
Daugherty, J. W., 393½ N.
Main St. (D.C.)
Esslinger, E. E. (D.C.)
Krantz, C. J., 293 Superior
St. (D.C.)
Massena: Daughenbaugh, F.
A. (N.D.)
Woodard, F. O. (D.O.)
Mechanicsville: Howard, Luna
R., c/o Graham Nursery
Co. (D.C.)
Long, M. C. (D.C.)
Stertzbach, C., Box 83.
(D.C.)
Melchor: Stanley, Alta. (D.C.)
Mediapolis: Wilson, Bessie
M. (D.O.)
Woodman, M. Saxe. (D.C.)
Menlo: Goodwin, Dana. (D.C.)
Milton: Leonard & Leonard.
(D.C.)
Missouri Valley: Gamble,
Harry W. (D.O.)
Rosicky, William. (D.C.)
Willis, Mrs. Isabelle. (D.C.)
Montezuma: Leisure, Clara
B., c/o Mrs. John Porter.
(D.C.)
McWilliams, R. M. (D.O.)
Trimble, Guy C. (D.O.)
Monticello: Bosley, C. W.
(D.C.)
Peet, H. C. (D.O.)
Moravia: Magers, J. A. (D.O.)
Moville: Ferguson, S. K.
(D.C.)
Mt. Ayr: Trotter, Eldon A.
(D.C.)
Mt. Pleasant: Silver, J. L., N.
Main St. (D.C.)
Silver, J. L., 109 E. Wash-
ington St. (D.O.)
Mt. Vernon: Anderson, C. A.,
P. O. Box 261. (D.C.)
Murray: Turner, H. F. (D.C.)
Muscatine: King, S. L., 122
3rd St. (D.O.)
Leffingwell, A. M. E., 514
Walnut St. (D.O.)
Moore, Newton, Hershey
Ave. (D.C.)
Scharnhorst, M. H., 122 W.
3rd St. (D.C.)
Simpson, Maida M., Nat'l
Bank Bldg., 204 Iowa St.
(D.C.)
Smith, F. W., 205½ E. 2nd
St. (D.C.)
Toms, Francis E., 122 W.
3rd St. (D.C.)
Mystic: Blean, R. B., General
Delivery. (D.C.)
Jones, J. T. (D.C.)
McCall, J. P., Box 155. (D.C.)
Nashua: McCormick, Chas.
(D.C.)
Meier, Louise C. (N.D.)
Nevada: Booher, S. D. (D.C.)
Nevinville: Taylor, Harry.
(D.C.)
New London: Gabbert, Harry.
(D.C.)
New Sharon: Reynolds, C. E.
(D.C.)
Wood, J. M. (D.C.)
Newton: Gordon, W. C.
(D.O.)
Hall, Mary D., 428 E. 3rd St.
(D.C.)
McAnnich, C. G. (D.C.)

- Slaght, Nellie, 409 1st Ave. E. (D.O.)
- North Liberty:** Chamberlain, Sylvan. (D.C.)
- Northwood:** Bogenrief, Dr. R. E. (N.D.)
- Odebolt:** Lyon, Sam O. (D.C.)
- Oelwein:** Lusted, C. B., 502 E. 2nd Ave. (D.C.)
- Risch, Gertrude. (D.C.)
- Onawa:** Glider, W. H. (D.C.)
- Smith, Fred. (D.C.)
- Quick, Roy T. (D.O.)
- Orange City:** Hospers, Mathel G. (D.O.)
- Osage:** Kitson, Matie R. (D.O.)
- Manning, Carrie E., 718 Main St. (D.C.)
- Orient:** Norman, Frank. (D.C.)
- Oskola:** Lauser, F. (D.C.)
- Oskaloosa:** Abbott, C. A. (N.D.)
- Adlon, L. K., c/o Abbott Hospital. (D.C.)
- Barnett, J. M. (D.C.)
- Davis, J. E., 106 E. 1st Ave. (Ph.C., D.C.)
- Dryden, W. X. (D.C.)
- Johnson, Homer L. (N.D.)
- McCarthy, W. H. (D.C.)
- Osterdock:** Flagel, L. H. (D.C.)
- Ottumwa:** Blake, W. O., 202 E. Main St. (D.C.)
- Corrick, A. W., 907 North Jefferson St. (D.C.)
- Haight, T. G. (D.C.)
- Heckman, D. J., Heckman Sanitarium. (N.D.)
- Myers, Ollie H. P., 114 W. 2nd St. (D.O.)
- Thompson, Elizabeth M., 211 E. 4th St. (D.O.)
- Warder, Madison, R. F. D. No. 9. (D.C.)
- Panora:** Dowler, A. S. (D.O.)
- Parkersburg:** Blair, Raymond S. (D.O.)
- Habenicht, H. W. (D.C.)
- Parkwood:** Bowman, R. F. (D.C.)
- Perry:** Andrews, Mabel E., Security Savings Bank Bldg. (D.O.)
- Beck, May. (D.C.)
- Biddison, T., 1016 2nd St. (D.C.)
- Miller, Wm. E. (D.C.)
- Pefley, J. W. (D.C.)
- Seeley, Wm. A. (D.C.)
- Pocahontas:** Matthews, Sarah. (Ph.C., D.C.)
- Prairie City:** Hall, A. L. (D.O.)
- Prescott:** Anderson, Susie M. (D.C.)
- Pringhar:** Chapman, Geo. W. (S.T.)
- Prole:** Depew, D. M. (D.C.)
- Redfield:** Connelly, Mrs. G. W., Box 124. (D.C.)
- Redford:** Roberts, Kathryn. (D.O.)
- Red Oak:** Connelly, Mrs. G. W., Box 124. (D.C.)
- Racster, Rose L., 410 Joy St. (D.C.)
- Roaster, W. T., 206 4th St. (D.C.)
- Thompson, L. O., 316 Coolbaugh St. (D.O.)
- Reinbeck:** Somers, Edith E. (D.C.)
- Stone, C. M. (D.C.)
- Vogel, W. B. (D.C.)
- Rock Rapids:** Dillon, Dot. (D.O.)
- McWilliams, R. M. (D.C.)
- Rock Valley:** Hotelling, A. L. (D.C.)
- Rockwell City:** McGinnis, J. F. (D.C.)
- Hotelling, A. L. (D.C.)
- Ruthven:** Helgen, Geo. D. (D.C.)
- Sabula:** Stockton, Minnie B. (D.C.)
- Sac City:** Green, Loren. (D.O.)
- Griggs, W. S. (D.C.)
- Hall, Mittie. (D.C.)
- Marshon, A. E. (D.C.)
- Robeson, H. A. (D.C.)
- Seymour:** Phebus, W. A. (D.C.)
- Sheldon:** Phelan, Jennie E. (D.O.)
- Sheffield:** Nelden, Frank P. (D.O.)
- Shenandoah:** Bower, A. C., 116 E. Clarinda Ave. (D.O.)
- Crawford, C. B. (D.C.)
- Dothage, E. A., 325½ Thomas Ave. (D.C.)
- Moffatt, Chas. M., 618 Sheridan Ave. (D.O.)
- Sidney:** Chappell, George G. (D.O.)
- Sigourney:** Hinkle, C. R. (D.C.)
- Nicola, Mrs. Bertha. (D.C.)
- Sioux Center:** Tonn, W. T. (D.C.)
- Sioux City:** Brown, Georgia B., 424 Iowa Bldg. (N.D.)
- Brown, Marcus E., E. & W. Clothing Bldg. (D.O.)
- Clark, T. N., 502 Davidson Bldg. (D.C.)
- Cluett, F. G., Security Bldg. (D.O.)
- Gilmour, Ella R., Security Bldg. (D.O.)
- Kilborne, J. M., Magoun Block, Cor. 4th and Douglas Sts. (Or.S.)
- Larson, M., 308 Metropolitan Bldg. (D.C.)
- Meyers, F. J., 116 Cook St. (D.O.)
- Olson, Mrs. Minnie, 1106 7th St. (D.C.)
- Peterman, Geo., Wanko Sanitarium. (D.C.)
- Smith, Walter R., 20 Davidson Bldg. (N.D.)
- Staads, Dr. S. (N.D.)
- White, Pearl E. (D.C.)
- White, I. O. (D.C.)
- Spechts Ferry:** Hanssen, Theo. (D.O.)
- Spencer:** Boyd, Ethel. (D.O.)
- Chretien, John L. W., 4th St., near Main St. (D.C.)
- Elsman, E. H. (D.C.)
- Leard, A. W., Nicodemus Bldg. (D.O.)
- Scott, H. H. (D.C.)
- Spirit Lake:** McQuirk, Phil. S. (D.O.)
- Stanton:** Anderson, Clara. (D.C.)
- Lundquist, Nellie O. (D.O.)
- Stanwood:** Warmuth, H. M. (D.C.)
- Stockport:** Bradford, Randall P. (D.C.)
- Storm Lake:** Rice, Daniel A., 527 Lake Ave. (D.C.)
- Story City:** Langum, Henry. (D.C.)
- Fjernagel, G. A. (D.C.)
- Strawberry Point:** Blean, R. B. (D.C.)
- Stuart:** Parchen, G. H. (D.C.)
- Sutherland:** Aupperle, G. A. (D.O.)
- Tama:** Hardman, R. D. (D.C.)
- Mitchell, Andrew, c/o The Kallam Bldg. (D.C.)
- Thornburg:** Carver, Fred. J. (D.C.)
- Carver, Ralph H. (D.C.)
- Tinton:** Warmuth, M. (D.C.)
- Tipton:** Furnish, W. M. (D.O.)
- Toledo:** McGowan, Mrs. J. A. (D.C.)
- Tracer:** Somers, S. B. (D.C.)
- Valley Junction:** Nordell, Clarence A., Cor. 6th and Elm Sts. (D.C.)
- Victor:** Escher, Emma S. (D.C.)
- Villisca:** McKeloy, Mary E. (D.C.)
- Vinton:** Ellyson, S. M. (D.C.)
- Fischer, Clara E. (D.C.)
- Fischer, H. M. (D.C.)
- Hinchman, A. W., 111½ Jefferson St. (D.O.)
- Poeet, Bernice C., 310 Concord St. (D.C.)
- Rice, Bert H. (D.O.)
- Seeley, Wm. A. (D.C.)
- Wood, Harold T. (D.C.)
- Wapello:** Small, Sherman M. (D.C.)
- Washington:** Dalton, Leo R. (D.C.)
- Fenton, Laura E., 632 Main St. (D.O.)
- Hellam, Lyda., 205½ West Washington St. (D.C.)
- Kerr, C. E., R. R. No. 1. (D.C.)
- Sartor, M. H., 202½ E. Iowa St. (D.C.)
- Wallace, J. C. (D.C.)
- Wilson, O. K. (D.C.)
- Waterloo:** Bell, Mrs. Jane M., 1308 W. 3rd St. (D.C.)
- Browell, Hattie M., 1308 W. 3rd St. (D.C.)
- Burnell, F. M., 301½ W. 4th St. (D.C.)
- Campbell, F. R., 1015 W. 11th St. (D.C.)
- Jacoby, Earl W., 922 Reihl Ave. (D.C.)
- Judd, Artilla. (D.C.)
- Judd, Mrs. J. I., 224½ W. 4th St. (D.C.)
- Klove, Fremont, 309 Lafayette St. (D.C.)
- Mandt, Amy, 403-4 Syndicate Bldg. (D.C.)
- Mathews, E. G. (D.C.)
- Seeley, Wm. A., 318 Syndicate Bldg. (D.C.)
- Treder, Wm., 223½ W. 4th St. (D.C.)
- Vogel, Wm. J., 203 Fisher Bldg. (D.C.)
- Wiegert, H. C. (D.C.)
- Waukon:** Brooke, S. N., First Nat'l Bank Bldg. (D.C.)
- Wayland:** Jones, G. M. (D.C.)
- Webster City:** McCracken, Rev. A. (D.C.)
- Larrabee, T. E. (D.O.)
- Mitterling, Edward S. (D.O.)
- Weinbersett:** Hall, G. (D.O.)
- Wellman:** Barker, Francis M. (D.O.)

Guengerich, S. D. (D.C.)
Wesley: Eisenbacher, Paul. (D.C.)
 Miller, Geo. H. (D.O.)
 Riche, Frank. (D.O.)
 Theesen, R. J. (D.O.)
West Liberty: Belk, Harold J. (D.C.)
 Nelson & Frank. (D.C.)
West Union: Curtis, L. C. (D.C.)
 Curtis, Viola F. (D.C.)
What Cheer: Huntley, W. S. (D.C.)
 Johnson, T. B. (D.C.)
Wheatland: Minar, E. S. (D.C.)
Wilton: Schleuser, Freda. (D.C.)
Winfield: Bond, Robt. W., P.O. Box 243. (D.C.)
 Bowman, Lucy. (D.C.)
Winterset: Hall, Glen. (D.C.)
 Hoy, H. A. (D.C.)
 Parks, Fannie Springmire, 303 Jefferson St. (D.O.)
 Weir, T. P. (D.O.)
Woodbine: Kerr, J. R. (D.C.)
 Reese, Julia D. (D.C.)
 Reno, Inez. (D.C.)

KANSAS

Abilene: Clevenger, H. J. (D.C.)
 Drake, J. A. (D.C.)
 Rhoades, L. B. (D.C.)
 Nicholson, F. H. (D.C.)
 Wadsworth, L. V. (D.C.)
Abbyville: Ayer, Ed. J., R. F. D. R. 1, Box 39. (M.D., N.D.)
Agra: Stebbins, J. Edw. (D.C.)
Anthony: Rowley & Rowley, Nat'l Bank Bldg. (D.C.)
Argonia: Chism, C. M. (D.C.)
 Vincent, Jennie C. (D.C.)
Arnold, Ness Co.: Peters, O. H. (D.O.)
Arkansas City: Brenz, Louis Edward, Summit and 5th Aves. (D.O.)
 Conrad, Mary. (D.C.)
 Davidson, Elmer. (D.O., D.C.)
 Eglinton, Laura B., 100 N. C St. (N.D.)
 Hanna, Mrs. J. E. (D.C.)
 Lee, G. T., 625 N. 2nd St. (D.C.)
 Lonek, Mrs. Sarah. (D.C.)
 McMillen, Frank. (D.C.)
 Morrow, Mrs. Alberta. (D.C.)
 Hanna, Isabella Phillips. (D.O.)
 Robinson, Earl A. (D.C.)
 Scott, J. E., 128 N. 1st St. (D.C.)
 Smallfield, Aug. C. (D.C.)
 Thompson, O. A. (D.C.)
 Touneki, S. K. (D.O.)
 Wahlenmaier, Geo. (S.T.)
 Wentworth, Geo. (D.C.)
 Wentworth, Kate, 203 E. Chestnut St. (D.C.)
 Williams, Mrs. E. M. (D.C.)
Ashland: Currier, Sophia A. (D.C.)
Atchison: Brown, Rolla H., 218 N. 5th St. (D.O.)
 Logan, Hugh E., 504 Commercial St. (D.C.)
 Mayhugh, Clyde W., 300 N. 4th St. (D.O.)
 Murphy, A. S. (D.O.)
 Sanders, W. H., 825 S. 6th St. (D.C.)
 Woody, W. W., 505½ Commercial St. (D.C.)
Augusta: Rice, Mary J. (D.O.)
 Rice, William C. (D.O.)
Axtell: Conable, Mrs. A. C. (D.C.)
 Conable, W. J. (D.C.)
Baldwin: Carpenter, J. H. (S.T.)
Bellair: Miller, J. W. (S.T.)
Belleville: Moore, Ernest A., People's Nat'l Bank Bldg. (D.O.)
Beloit: Blanchat, August. (D.O.)
 Eustace, H. E. (D.O.)
 Kissinger, L. A. (D.O.)
Bern: Kenagy, Paul J., 512 Court St. (D.C.)
Blue Rapids: Peters, O. H. (D.C.)
Bronson: Neilson, Norman J. (D.O.)
Bucklin: Fowler, Cora M., Smith Bldg. (D.O.)
Buhler: Friezen, I. H. (D.C.)
Burlington: Evans, Lena May. (D.O.)
 Marriott, H. H. (D.C.)
Burr Oak: Bovard, Jeffrey W. (S.T.)
 Brooks, E. (D.C.)
 Dexter, Mrs. Ellen. (S.T.)
Caldwell: Good, Mary A. (D.O.)
 Larimore, L. S., State Bank Bldg. (D.O.)
 Rose, Emma. (D.O.)
Campbell: Nelson, A. E., 1167 Monticello St. (D.C.)
Cattomood: Bryant, F. H., Court House. (D.O.)
Cawker City: Drake, J. A. (D.C.)
Cedar: Hawley, S. L. (M.D.)
 Stebbins, Ed. J. (D.O.)
Chanute: Henrie, C. N., Barnes Bldg. (D.C.)
 Henrie, B. F. (D.C.)
Cheney: Baxter, A. F. (D.C.)
 Sanford, Vernon T. (D.O.)
Cherokee: Adams, Florence. (D.C.)
Cherryvale: Chandler, Chas. H., McCormick Bldg. (D.O.)
 Trewin, S. (D.C.)
Chetopa: Jeffries, Wm. H. (D.O.)
Clay Center: Swenson, Emma. (D.O.)
 Swenson, Benj. (D.O.)
Clearwater: Henrie, L. (D.O.)
Clyde: Tunnell, H. E. (D.O.)
Coffeyville: Bateman, Dr. Geo. (S.T.)
 Bruner, H. L. F., 314 E. 11th St. (D.C.)
 Bryan, Chas. A. (D.C.)
 Cavens, H. S. (D.C.)
 King, E. C. (D.O.)
 King, Edward C. (N.D.)
 Owen, Ed. (D.C.)
 Skinner, P. D., 503 Spring St. (M.D.)
 Trewins, S. (D.C.)
 Vahle, Wm. J., 806 Spruce St. (M.D.)
 Webb, Jessie. (D.C.)
 Yoho, J. W., 1504 W. 11th St. (S.T.)
Colby: Beckett, Linda Hardy. (D.O.)
 Beckett, O. F. (D.O.)
 Bunker, M. N. (D.C.)
Coldwater: Thompson, L. C. (D.C.)
Concordia: Blanchat & Blanchat. (D.C.)
 Edwards, Wm. B., 7th and Washington Sts. (D.O.)
 Gibbons, J. E. (D.O.)
 Lane, Mrs. Mae. (M.D., D.O.)
 Nussbaum, J. L., Box 52. (D.O.)
 Rinol, Anna. (D.O.)
 Sutton, N. M. (D.C.)
 Weard, Ida. (D.O.)
Conway Springs: Good, J. F. (D.C.)
 Good, Mary. (D.C.)
 Rhoades, B. H. (D.O.)
Corey: Bell, R. G. (D.C.)
Corning: Wilcox, O. W. (D.C.)
Cottonwood Falls: Bryant, F. H., Court House. (M.D.)
Council Bluffs: Hinzey, A. A. (D.C.)
Council Grove: Hinzey, A. A. (D.C.)
 Woodside, R. W. (D.C.)
Delphos: Hoym, J. C. S. (D.C.)
Denison: Foy, Anna M., Pres. Kansas State Board of Chiropractic Examiners. (D.C.)
 Haynes, T. O. (D.C.)
 Robb, W. J. (D.C.)
Dodge City: Coonfield, Geo. W. (D.O.)
 Hall & Hall. (D.C.)
Downes: Lewis, L. Velda. (D.C.)
 Seigrist, C. C. (D.C.)
Dunlop: Curtis, Henry S., Box 5. (M.D.)
 Yearnot, V. J., Box 10. (D.O.)
Edwards: Darling, A. J. (D.O.)
Eldorado: Darling, Arthur. (D.C.)
 Wilson, J. G. (D.C.)
Ellis: Carter, Janet F. (D.C.)
 Hall, Blanche E. (D.O.)
 Hall, Claude L. (D.O.)
Ellsworth: Martin, Edmond J. (D.O.)
Emporia: Armor, Gladdis, 502 Constitution St. (D.O.)
 Childress, T. E., 525 Commercial St. (D.O.)
 Humphrey, Mattie E. (D.C.)
 Humphrey, S. B., 321 Union St. (D.C.)
 Jones, M. A., 617 Merchant St. (D.C.)
 Jones, O. C. (D.O.)
 Loveless, Flora. (D.C.)
 Morrison, Myrtle Pleasant, 525 Commercial St. (D.O.)
 Peterson, I. F., 621 Commercial St. (D.O.)
Enterprise: Selin, Oscar. (S.T.)
Esbon: Burbage, Thos. T., R. F. D. 1 (M.D.)
Eudora: Carr, S. V. (D.O.)
Eureka: Bower, R. A., Collins Blk. (D.O.)
Ft. Scott: Brown, L. C. (N.D.)
 Carney, Edward B., 1½ S. Main St. (D.O.)
 Moon, J. W. (D.O.)
 Owen, Geo., 18½ S. National Ave. (M.D.)
 Thomas, Lloyd E., 14½ S. Main St. (D.O.)
 Thomas, R. M., 14½ S. Main St. (D.O.)
Fowler: Sonntag, Alf. (D.O., N.D.)

- Vernon, J. W. (N.D.)
Fredonia: Daffon, R. M. (D.O.)
 Smith, Mary Pearl. (D.O.)
Freemont: Aurelius, J. (M.D.)
Garden City: Dunlop, H. E. (D.C.)
 Dunlap, J. A. (D.C.)
 Hall, E. C. (D.O.)
 Shaw, Burton E. (D.O.)
Galena: Pole, S. J. (S.T.)
Garnet: Bowman, Ada M. (S.T.)
 Cuthbertson, W. A. (D.C.)
Geneseo: Mahoney, S. P. (D.C.)
Girard: Mills, Roy, 303 N. Osage St. (M.D.)
Goodland: Fox, Addie L. (S.T.)
Great Bend: Girling, Minnie. (D.C.)
 Hamilton, R. J., 1416 Kansas Ave. (D.C.)
 Lipphardt, N. F. (D.O.)
 Lobdell, Harriet W. (D.C.)
Greensburg: Gary, Chas. (D.C.)
Greensburg: Menegay, J. E. (D.C.)
 Tedrick, C. A. (D.O.)
Grenola: Wells, Hugh E. (D.O.)
Gridley: Bailey, T. C. (D.O.)
Harper: Bayne, Daisy. (D.C.)
 Fitzgerald, John Andrew. (D.O.)
 Griggs, Henry B. (D.O.)
Hays City: Clover, Thomas H., First Nat'l Bank Bldg. (D.O.)
Hazlet: Reynolds, Geo. H., R. R. 1, Box 461. (M.D.)
Herrington: Hagewanig, H. B. (D.O.)
 Koons, Wm. M., 11 S. Broadway. (D.O.)
 Smith, Ray W., 103 W. Main St. (D.C.)
 Thompson, F. L. (D.O.)
Hiawatha: Downing, W. J. (S.T.)
Hill City: Kelso, Sophronia B. (D.O.)
 Seigrist, C. C. (D.O.)
Hillsdale: Watson, J. A. (D.O.)
Hoisington: Barnes, Katherine F. (D.O.)
 Mitchell, Pearl W. (D.O.)
Holton: Godfrey, Francis M., Newman Bldg. (D.O.)
 Godfrey, Nancy J. (D.O.)
Holyrood: Richter, Clarence. (D.C.)
Horton: Gray, Clyde. (D.O.)
 Hogewonig, Neal Cornelius. (M.D.)
 Pyatzki, Earnest. (D.C.)
Hoxie: McCartney, L. H. (D.O.)
Hutchinson: Atkinson, Orrin. (D.C.)
 Demmitt, S. T. (D.C.)
 Haynes, F. O., 30 4th Ave. (D.C.)
 Hill, C. E., 16 N. Main St. (D.C.)
 Hilton, D. A., Box 103. (D.C.)
 Hodgson, E. R. (D.C.)
 Johnson, P. W., 118 E. Ave. A. (D.C.)
 Johnson, P. W., 418 N. Main St. (D.C.)
 Johnston, E. W., 416 N. Main St. (D.C.)
 Lyons, S. O., 15½ N. Main St. (D.C.)
 Mitchell, Mrs. A. J. (D.C.)
 Pierce, G. H. (D.C.)
 Price, Emma Hook, First and Main Sts. (D.O.)
 Robertson, R. W., Masonic Bldg. (D.C.)
 Vaden, W. F., 202 W. 5th St. (D.C.)
East Hutchinson: Lee, Luther, 605 7th St. (M.D.)
Independence: Bell, Robt. W., 219 W. Myrtle St. (D.O.)
 Mitchell, H. (D.O.)
 Snodgrass, Edna B., 207½ Penn. Ave. (D.C.)
 Snodgrass, V. L., 401 N. Penn. Ave. (D.C.)
Iola: Hull, Wm. Philo, 5½ S. Jefferson St. (D.O.)
 Park, Chas. C., 816 N. Walnut St. (S.T.)
 Perry, F. M., 102½ Jackson St. (N.D.)
 Slider & Slider. (D.C.)
 Twadell, A. B., 15½ W. Madison St. (D.O.)
 Miller, O. A. (S.T.)
Isabell: West, S. L. (D.C.)
Jackson Dexter: Ford, Katherine L. (D.O.)
Junction City: Carter, W. E., Pres. of I. C. A., Spencer Blvd. (D.C.)
 Osdol, Oscar Van. (D.O.)
 Rose, C. F., 105 W. 5th St. (D.O.)
Kansas City: Bennett, E. D., Husted Bldg. (D.O.)
 Bishop, R. B., 509 Splittog Ave. (D.C.)
 Clark, S. E. (D.O.)
 Cramer, Clark A. (D.O.)
 Daniels, J. O., 528 Minnesota Ave. (D.C.)
 Daniels, J. D., 710 Minnesota Ave. (D.O.)
 Field, E. A. (D.O.)
 Gaunt, Dr. P. D. (D.C.)
 Gray, F., 1589 Glenn St. (D.O.)
 Harris, Luther H., 1804 Central Ave. (D.O.)
 Hurst, Kathryn M. (D.O.)
 Lawrence, C. O., 350 Front St. (D.C.)
 Liddel, Robt. E. (D.O.)
 Liddle, R. L., 928 Armstrong (D.C.)
 Mahan, Helen, 1329 Waverly St. (D.C.)
 Miller, G. H. (D.O.)
 Phillips, Ida B. H. (D.O.)
 Ricker, F., 540 Elizabeth Ave. (D.O.)
 Roberts, Mary E. (D.C.)
 Smallfield, Augusta A. (D.O.)
 Snediker, R. T., 415 Everett Ave. (M.D.)
 Stebbins, T. J. (D.O.)
 Swart, Joseph, 650 Minnesota Ave. (D.O.)
 Tibbitts, R. M., 17 N. Valley (S.T.)
 Tyler, Z. M. (D.O.)
 Wilson, J. S. (D.O.)
Kechi: Gaunt, P. D. (D.C.)
Kensington: Morehead, H. I. (D.C.)
Keystone: Drain, James R. (D.O.)
Kingman: Barrows, Florence Judd. (D.O.)
 Quene, M. B. (D.O.)
Kinsley: Cotner, Jennie S. (D.O.)
 Fravek, Mildred. (D.C.)
 Kintner, P., Star Route 1, Box 29. (M.D.)
 Mosier, Mrs. B. R. (S.T.)
Kiowa: Edmundson, F. P., Box 271. (D.C.)
 Little, W. D. (D.C.)
La Crosse: Hall, C. W. (D.C.)
 Lovitt, A. F. (D.C.)
 Mitchell, Eugene D. (D.O.)
Lane: Carver, Ralph H. (D.C.)
Larned: Campbell, Chas. A., Broadway. (D.O.)
 Gleason, B. L., Edwards Bldg. (D.O.)
 Lovitt, Jas. M. (D.C.)
 Painter, S. W. (D.C.)
Lawrence: Clark, O. N. (D.C.)
 Cruzan, Albert, 1046 Vermont St. (D.O.)
 Schleifer, E. M., 933 R. I. St. (D.O.)
 Shaw, L. L., 941 Vermont Ave. (D.C.)
 Welch, L. D., 1104 New Jersey St. (D.C.)
Leavenworth: Channell, Leo R., Wulfekuhler Bank Bldg. (D.O.)
 Gould, Floyd C. (D.O.)
 Horrall, J. E., 520 Shawnee St. (D.C.)
 Manning, Elizabeth May, 712 S. 5th St. (D.O.)
Lebanon: Cotner, Dr. J. W. (S.T.)
 Peters, J. M. (S.T.)
Lehigh: Wiebe, J. J., Box 121. (Ma.)
Liberal: Hanlin, F. P. (D.C.)
 Mann, E. R., Box 386. (D.O.)
 Mann, Mrs. E. E., Box 386 (M.D.)
 Pellette, Eugene F., People's Bank Bldg. (D.O.)
 Welch, J. S. (D.C.)
Lincoln: Spencer, B. F. (D.O.)
Lindsborg: Carter, Dora F. (D.C.)
 Carter, N. E. (D.C.)
 Gibson, Margaret E. (D.O.)
 Nelson, Mrs. H. (M.D.)
Lucas: Algood, Dr. (S.T.)
 Done, Dr. (S.T.)
 Rathburn, Mrs. M. E. (S.T.)
 Smith, Dr. (S.T.)
Luray: Russell Co.: Beatty, Mary E. (D.C.)
 Spoon, Mannie E. (D.O.)
Lyons: Darling, Ivan F. (D.O.)
 Pettit, C. (D.O.)
 Quisenberry, Mary. (D.O.)
Maple Hill: Shief, Henry. (S.T.)
Macksville: Burmeister, Louis. (S.T.)
Manhattan: Coltrane, Ella D., Union Nat'l Bank Bldg. (D.O.)
 Hanlin, E. L., 931 Fremont St. (D.O.)
 Lee, Mary Cornelia. (S.T.)
 Paulsen, O. W., 1208 Laramie St. (D.O.)
 Paulson, A. W. F. (D.O.)
 Paulssem, W. O. F., Box 184. (D.C.)
 Willis, J. Grant. (N.D.)
Mankato: Seigrist, O. E. (D.O.)
Marion: Appleby, Anna, Jex Bldg. (D.O.)
 McBride, Bessie. (D.C.)
 McBride, N. L. (D.O.)
Marysville: Clark, E. L. (D.O.)

- Clark, P. R. (D.O.)
Hall, R. G., Box 378. (M.D.)
Hammett, Elma M. (D.C.)
McPherson: Allen, B. J. (D.C.)
Hill, Mrs. L. E., 901 N. Main St. (M.D.)
Langdale, H. R. (D.C.)
Rolf, Harry G. (D.O.)
Wadsworth, L. O. (D.O.)
Wallace, Zilla M., Grand Bldg. (D.O.)
Medicine Lodge: Blanchat, Aug. (D.C.)
Blanchat, Lola. (D.C.)
Minneapolis: Hawkins, Chas. R. (D.O.)
Kelley, A. N. (D.O.)
Smith, Lloyd F. (D.C.)
Moreland: Bocker, Ellen E. (D.C.)
Morrowville: Nutter, J. O. (M.D.)
Mulvane: Coffin, J. N. (D.C.)
Gibson, Mrs. G. A. (D.C.)
Tyree, Julia A. (D.C.)
Nashville: Randolph, Mrs. Jessie K., R. F. D. 2. (M.D.)
Newton: Anders, August, 313 S. Pine St. (M.D.)
Eberhart, Emma M. (D.C.)
Heffebower, E. Austin. (D.O.)
Helpan, A. (D.C.)
Kenagy, Paul J., 620½ Main St. (D.C.)
Miller, W. A. (D.C.)
Oliver, Mada, First Nat'l Bank Bldg. (D.O.)
Scott, J. E. (D.C.)
Selfridge, Mrs. Eliz. (S.T.)
Yoder, Lissa A. (D.C.)
Nickerson: Scott, Mrs. N. E. (S.T.)
Swisher, Mrs. A. (S.T.)
Norton: Hoopwood, I. S. (D.C.)
Oberlin: Pebler, C. P., R. F. D. 4. (M.D., D.O.)
Oklahoma: Allen, S. E. (D.O.)
Olathe: Post, H. A. (D.C.)
Wehr, Ch. (D.O.)
Osborne: Nye, Dr. (S.T.)
Peters, J. N. (D.C.)
Seigrist, O. E. (D.C.)
Oswego: Brann, Edward C., 409½ Commercial St. (D.O.)
Crossley, May. (D.C.)
Ottawa: Atwood, E. J. (D.C.)
Blankenbeker, Grace, R. R. 9, Box 49. (M.D.)
Brewington, O. M. (D.O.)
Carter, V. S. (D.C.)
Carver, Fred J. (D.O.)
Burgy, M. Kimple. (D.O.)
Wolf, G. B. (D.O.)
Palmer: Sonntag, Alf. G. (N.D.)
Paola: Frey, U. H., R. 5, Box 8. (M.D.)
McClanahan, J. L. (D.O.)
Watson & Watson. (D.C.)
Paradise: Trimmer, Juna M. (S.T.)
Parker: Cavinee, H. S. (D.O.)
Parsons: Boorn, Edward J., 306 Strasburger Bldg. (D.C.)
Boorn, Mrs. Surelda. (D.C.)
Doane, Adele, 1720½ Main St. (D.O.)
Hagenback, Gertrude L., Suite 1, Steele Bldg. (D.C.)
Robinson, H. E., 1908½ Main St. (D.C.)
Peabody: Donahue, Glenn. (D.C.)
Phillipsburg: Van Winkle, Arthur J. (D.O.)
Pittsburg: Atwood, J. F. (D.O.)
Atwood, Neva E. (D.C.)
Bezingue, Arthur, R. F. D. 8. (M.D.)
Carlin, F. W., 307-8 Commerce Bldg. (D.C.)
David, T. Henry. (D.C.)
Dunlop, Nora K. (D.O.)
Langdale, H. R. (D.C.)
Moore, W. P., Globe Bldg. (D.O.)
Trabue, Josephine A., Kirkwood Bldg. (D.O.)
Yost, Chas. M. (D.C.)
Plainville: Henrie, S. N. (D.O.)
Portis: Sigrist, O. E. (D.O.)
Siegrist, O. E. (D.C.)
Pratt: Allison, Ethel P. (D.C.)
Hastings, Fred E. (D.O.)
Robinson, H. E., 1909½ Maine St. (D.C.)
Protection: Thompson, L. C. (D.C.)
Russell: Drain, Jas. R. (D.C.)
Finney, Mrs. Mary. (M.D.)
Putnam: Surles, J. H. (S.T.)
Reading: Standiford, R. (S.T.)
Rexford: Harper, R. T. (S.T.)
Frank, Sada. (D.C.)
Sabetha: Davenport, Bert M. (D.O.)
Edgar, T. H. (S.T.)
Salina: Carter, D. W., 137½ S. Santa Fe Ave. (D.C.)
Carter's Sanatorium, 313 W. Ash St. (D.C.)
Childs, William S., Roach Bldg. (D.O.)
Hearst, Ethel L., 136 S. Santa Fe St. (D.O.)
Parkess, Julius H. (S.T.)
Peters, F. E., 147 S. Santa Fe Ave. (D.C.)
Pettit, C. B. (D.O.)
Preston, F. E., 144 S. Santa Fe Ave. (D.C.)
Wolfe, Alice, 130 W. Kirwin Ave. (D.O.)
Savonburg: Warren, E. D. (D.O.)
Scott City: Drain, James R. (D.C.)
Hall & Hall. (D.C.)
Sedan: Jameson, H. (S.T.)
Peterson, Albin. (S.T.)
Sharon: McGuire, Cynthia. (D.C.)
Smith Center: Cooke, Mrs. E. D. (S.T.)
Nelson, W. H. (S.T.)
Wanamaker, Mrs. J. H. (S.T.)
Wheatcraft, J. B. (D.C.)
Soldier: Pugh, Mrs. Maggie. (S.T.)
Solomon: Carter, D. W. (D.C.)
Stewart, John R. (D.C.)
Spearsville: Peppercorn, Mrs. Norma. (D.C.)
Speed: Gartrell, I. D. (D.O.)
Stafford: Green, Chas. W. (D.C.)
Green, Mabel I. (D.C.)
Sterling: Anderson & Anderson. (D.C.)
Cuthbertson, Nina, Box 452. (D.C.)
Nuest, Mary. (D.C.)
Orville, Haynes, 131½ N. 6th Ave. (D.C.)
Rhodes, B. H. (D.C.)
Tibbale, Florence. (D.C.)
St. Independence: Hayes, M. D., 719 Cottonwood Ave. (D.O.)
St. John: Bayne, Daisy. (D.O.)
Mueller, Jennie. (D.C.)
Muns, Mrs. Jennie C. (S.T.)
Nida, R. E. (D.O.)
Stockton: McMillen, J. W. (D.O.)
Strong City: Sieker, A. J. C. (M.D.)
S. Haven: Williams, M. (D.O.)
Topeka: Alspach, Mary E., Mills Bldg. (D.O.)
Brigham, Frederick A., Drawer G. (S.T.)
Briscoe, W. S., 321 Kansas Ave. (D.O.)
Foy, A. C., 716 Kansas Ave. (D.O.)
Foy, Anna M., 716 Kansas Ave. (D.O.)
Fusch, Augusta L., 1630 E. 3rd St. (N.D.)
Fusch, W. H. A., 1630 E. 3rd St. (M.D.)
Gabriel, J. H., 718 Kansas Ave. (D.C.)
Gabriel, Madge, 718 Kansas Ave. (D.C.)
Garsage, H. P., 1100 Kansas Ave. (D.C.)
Grist, N. M., 508 Kansas Ave. (D.C.)
Grist, N. M., 607 Kansas Ave. (M.D., D.C.)
Hargis, Arthur. (D.O.)
Heinze, A. A. (D.O.)
Hobstadt, M. F., 633 Morris Ave. (N.D.)
Leader, Generva E., 606 Kansas Ave. (D.O.)
Luddington, Chas. Foster. (D.O.)
Malone, Lillian, Mills Bldg. (D.O.)
Metzger, F. B. (D.C.)
Mitchell, C., c/o Adam Bros. Printing Co. (D.C.)
Mitchell, C. P., 709 Adams St. (D.O.)
Morris, Walter G., 525 Monroe St. (D.C.)
Nash, Chas., 607 Kansas Ave. (D.C.)
Nash, Robt. E., 607 Kansas Ave. (D.C.)
Neill, J. W., 601 W. 6th St. (D.C.)
Paine, R. (D.O.)
Reichstadt, Paul, 1219 Seward Ave. (D.O.)
Robb, W. J., R. No. 2. (D.C.)
Saunders, W. H., 700 Kansas Ave. (D.C.)
Smith, E. Claude, Mills Bldg. (D.O.)
Temple, Stephen, Mills Bldg. (D.O.)
Todd, Elizabeth H., 819 Kansas Ave. (D.O.)
Tyler, W. H., 612 Monroe St. (D.C.)
Tyler, Zetta, 1007 W. 6th St. (D.C.)
White, T. Harrison, 1114 Kansas Ave. (S.T.)
Wolf, R. H., Mills Bldg. (D.C.)
Troy: Hopper, Mary Shafter. (S.T.)

Utica: Frank, Sade H. (D.C.)
Haxmann, H. W., Box 29
(M.D.)
Lovitt, J. F. (D.C.)
Taylor, S. Frank. (D.O.)
Valley Falls: Pecinovsky, Al-
bert E. (D.O.)
Waconda: Bingesser, Anna.
(N.D.)
Waconda Springs: Bingesser,
C. c/o Sanitarium. (D.C.)
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(D.O.)
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Howell, Mollie, 111½ S.
Washington St. (D.O.)
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(D.C.)
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B. (M.D.)
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Atheni St. (D.C.)
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Francis St. (D.O.)
Baker, N. E., 832 Ohio St.
(D.C.)
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Dayton Ave. (D.C.)
Bartholomew, Pearl, 708
Dayton Ave. (D.C.)
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Brewington, O. M., 127 S.
Main St. (S.T.)
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Topeka Ave. (D.C.)
Brown, A. C., 126 Penn. Ave.
(D.C.)
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Campbell, Frank, 316 S.
Oak St. (D.C.)
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(D.C.)
Chiropractic College, 536
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St. (D.O.)
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Glen St. (D.C.)
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poria Ave. (D.C.)
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St. (D.O.)
Darling & Baker's Chiro-
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rence Ave. (D.O.)
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Fallot, J. F., Samuels Bldg.
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ket St. (D.C.)
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poria Ave. (D.O.)
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ria Ave. (D.C.)
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McMains, Harrison, Fidelity Bldg. (D.O.)
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Fitchburg: Smith, Alexander H., 16 Hartwell St. (D.O.)
Framingham: Cole, Merton K., 38 Pearl St. (D.O.)
 Fay, Leon E., 6 Union Ave. (D.O.)
Gloucester: Smith, W. Arthur. (D.O.)
Great Barrington: Vreeland, Jno. A. (D.O.)
Greenfield: Allen, L. W., Davenport Bldg. (D.O.)
 Bryant, Ward C., Masonic Bldg. (D.O.)
Groton: Powell, L. M. (D.O.)
Haverhill: Carter, Elmer W., 72 White St. (D.O.)
 Horn, Mary B., 64 Main St. (D.O.)
 Ochs, Louis C., Adams Bldg. (D.O.)
 Weed, Loring, Haverhill Natl. Bank Bldg. (D.O.)
Holyoke: Humphries, Ernest R., 293 Maple St. (D.O.)
 Donner, Dr. John A. (M.D.)
Hyannis: Cave, Francis A., Crowell Bldg. (D.O.)
Hyde Park: Wright, Peter J., 1144 River St. (D.O.)
Kenyon: Fenseth, Anna M. (D.C.)
Lawrence: Fraser, Agnes, 5 Albion St. (D.O.)
 Gould, Frederic Le Roy, 26 Abbott St. (N.D.)
 Hartwell, Henry Edward, 243 Bruce St. (D.O.)
 Hatch, Chas. G., 236 Bruce St. (D.O.)
Leominster: Flansburgh, R. D., The Richardson. (D.O.)
Lexington: Crawford, Nell Cutler, 22 Hancock St. (D.O.)
Lowell: Burke, Wilfrid I., Sun Bldg. (D.O.)
 Dover, Mary A., 123 Nesmith St. (D.O.)
 Morrell, Ada E., 125 Dover St. (D.O.)
 Watson, S. Gertrude, 53 Central St. (D.O.)
Lynn: Dana, L. A., 506 Grossman Bldg. (D.C.)
 Lewis, Muriel E., 26 Broad St. (D.O.)
 Mack, Warren B., 32 Lewis St. (D.O.)
 Meader, Emma Laura, 48-a Estes St. (D.O.)
 Mendelsohn, S., 445 Essex St. (D.O.)
 Peck, Martin W., 36 Cherry St. (D.O.)
 Shrum, Mark, 180 Lewis St. (D.O.)
Magnolia: Stamp, Harley. (N.D.)
Malden: Nelson, Frank C., 506 Highland Ave. (D.O.)
 Wright, Herbert E., 226 Clifton St. (D.O.)
Marlboro: Jones, William Henry, 200 Main St. (D.O.)
Marshfield Center: Sheehan, Dr. Edw. P. (D.C.)
Melrose: New England Sanitarium. (D.O.)
 Wheeler, G. D., 101 W. Emerson St. (D.O.)
Middleboro: Ransden, Goodwin, Bank Bldg. (D.O.)
Nantucket: Wallace, Wilford Hall, 48 Centre St. (D.O.)
New Bedford: Parlin, Ralph B., 124 Mill St. (D.O.)
 Walker, Mary Wheeler, 288 Union St. (D.O.)
 Walker, Robt. I., 288 Union St. (D.O.)
Newburyport: Coburn, D. Wendell, 100 High Street. (D.O.)
Newton: Reid, Marietta Putnam, 114 Newtonville Ave. (D.O.)
Newton Center: Lown, Anna B., Bradford Court. (D.O.)
Newtonville: McLaughlin, S. C., 3 Harvard St. (D.O.)
North Adams: Sanford, J. W., Sanford's Studio. (D.C.)
 Williams, Maude G., 78 Main St. (D.O.)
Northampton: Haswell, Geo. A., Central Chambers, Center St. (D.O.)
Oak Bluffs: Parlin, Ralph B., 157 Circuit Ave. (D.O.)
Pittsfield: Head, Ralph D., Agricultural Bank Bldg. (D.O.)
 Hoag, W. G., Savings Bank Bldg. (N.D.)
 Jenks, Chas., Box 1094. (D.C.)
 Kendall, Marion E., Agricultural Bank Bldg. (D.O.)
 Osgood, Lizzie E., 150 North St. (D.O.)
 Vreeland, John A., Agricultural Bank Bldg. (D.O.)
Plymouth: Cave, Edith Stobo, 151 Sandwich St. (D.O.)
Quincy: Phillips, Mrs. E., 163 Independence Ave. (D.C.)
Rochester: Bligh, T. R., 920 Staten Bldg. (D.C.)
Roxbury: Clement, Alice, 275 Warren St. (D.C.)
 Heard, Mary A., The Warren. (D.O.)
Salem: Sartwell, J. Oliver, 221 Essex St. (D.O.)
Somerville: Bolan, Lincoln R., 34 Bow St. (D.O.)
Springfield: Atty. Norman B., Court Sq. Theatre Bldg. (D.O.)
 Barbee, Lottie Catron, 31 Maple St. (D.O.)
 Benson, F. L., 346 N. Main St. (N.D.)
 Cary, David C., 310 Carr Bldg. (D.C.)
 Davis, E. T., 319 Besse Bldg. (D.C.)
 Gesner, C. E., 103 Atwater Terrace. (D.C.)
 La Plant, G. J., 327 Main St., Suite 30. (D.C.)
 Mayes, M. T., 289 State St. (D.O.)
 Robison, Alice A., 42 Dartmouth St. (D.O.)
 Stacy, J. W., The Chateau. (D.C.)
 Taylor, Gladys F., 9 Sycamore St. (D.O.)
 Triplett, L. B., 10 Chestnut St. (D.O.)
 Weitzel, Walter J., 374 Main St. (D.O.)
 Zinn, E. R., 375 Central St. (D.O.)
S. Dennis: Lockwood, Jane E. (D.O.)
Stoughton: Mayer-Oakes, F. T. (D.C.)
Walden: Sampson, Clifford A., 554 Salem St. (D.O.)
Waltham: Roark, H. Alton, 787 Main St. (D.O.)
Wakefield: Fessenden, Ernest A., 35 Avon St. (D.O.)
Wellesley: Byrkit, Anna W., Summit Rd. (D.O.)
 Rand, N. Louise, Waban Hotel. (D.O.)
Wellesley Hill: Rodman, Warren A., Washington St. (D.O.)
West Newton: Rand, N. Louise, 247 Austin St. (D.O.)
West Roxbury: Laslett, W. L., 40 Hastings St. (D.O.)
Winchendon: Stanley, Carrie E., 151 Pleasant St. (N.D.)
Winchester: Whitaker, L. R., 43 Church St. (D.O.)
Winter Hill: Richardson, H. L., 53 Main St. (D.O.)
Winthrop Highlands: Buswell, 85 Park Ave. (N.D.)
Wollaston: Zwicker, J. A., 79 Freeman St. (D.O.)
Worcester: Bishop, Lewis M., 208 Highland St. (D.O.)
 Bligh, T. R., 920 Slater Bldg. (N.D.)
 Brunninghaus, Chas. W., Park Bldg. (D.O.)
 Crierie, Maude A., 28 Maywood St. (D.O.)
 Fletcher, Mary M., Central Exchange Bldg. (D.O.)
 Frost, H. P., 920 Slater Bldg. (D.O.)
 Gleason, Alson H., 765 Main St. (D.O.)
 Knowlton, Harold C., 19 Home St. (D.C.)
 Moore, A., 6 Wellington St. (D.C.)
 Moore, A. J., 339 Main St. (D.C.)

Murphy, Chas. S., Room 247
(S.T.)
Paterson, C. Vernon, Slater
Bldg. (D.O.)
Reid, Geo. W., Slater Bldg.
(D.O.)
Warden, Alice J., Slater
Bldg. (D.O.)

MICHIGAN

Adrian: Hawes, Leon B., Nat'l
Bank of Commerce Bldg.
(D.O.)
Jewell, J. W., Lenawee
County Bank Bldg. (D.O.)
Salisbury, E. E., 6 Toledo
St. (D.O.)
Schwab, A. O., 27 E. Mau-
mee St. (D.C.)
Thedger, F. M., 7 Wesley
Blk. (D.C.)
Albion: Arnold, G. E., Post-
office Bldg. (D.O.)
Burkhardt, E. M., Dickle
Bldg. (D.O.)
Cooper, Clara R., 109 S.
Superior St. (D.C.)
Guyselman, Chas. M., 409
N. Superior St. (D.C.)
Markle, T. K. (D.C.)
Marvin, D. C., Over Jen-
nings & Ramsdell. (D.C.)
Marvin, Roy G. (D.C.)
Allegan: Barber, Isabel Olive,
First Nat'l Bank Bldg.
(D.O.)
Alma: Austin, J. W. (D.C.)
Keene, J. R., 620 State St.
(D.C.)
Keene, S. W., 218 W. Supe-
rior St. (D.O.)
Alpena: Joslin, J. H., 119
State St. (D.C.)
Keldsen, Georgina, 116 Park
Place. (D.C.)
Keldsen, J. W., 116 Park
Place. (D.C.)
Kleber, Ernest A., E. A.
Kleber Sanitarium. (N.D.)
Lyll, Ida A., Masonic Blk.
(D.C.)
Ann Arbor: Classen, Carrie
C., First Nat'l Bank Bldg.
(D.O.)
Lowry, Dorothy B. (D.C.)
Mills, W. S., First Nat'l
Bank Bldg. (D.O.)
Walker, G. W., 1033 Pack-
ard St. (D.C.)
Athens: Lloyd, Fox E. (D.C.)
Walkley, R. H., Bank Bldg.
(D.C.)
Bad Axe: Angstrom, G. H.,
1st door, N. N. Hubbard &
Co. (D.C.)
Macfadden, Charles, Suite
5-6 Temple Bldg. (N.D.,
D.O., F.)
Bailey: Reiley, P. S. (D.C.)
Bangor: Bellingham, T. W.
(D.C.)
Baraga: Dahlberg, A. W., Box
53. (D.O.)
Battle Creek: Baird, J. W.
(D.O.)
Blair, J. S., Ward Bldg.
(D.O.)
Bollinger, G. W., 245 Grove
St., Room 6, Box 13.
(D.C.)
Boyer, Thos. A., Post Bldg.
(D.O.)
Conklin, Hugh W., Ward
Bldg. (D.O.)

Dearden, John. (D.C.)
Dorner, Rudolph A. (D.C.)
Foster, Pearl, Normal
School of Physical Edu-
cation. (D.O.)
Hicks, Betsy B., Ward Bldg.
(D.O.)
Johnson, J. T., 385 West
Main St. (D.C.)
Kirkpatrick, J. E., 202 Ward
Bldg. (D.C.)
Little, J. A., 19 Boardman
Ave., 57 Main St. (D.C.)
Miller, F. E. (N.D.)
Skillinger, W. R., Suite 22,
Arcade. (D.C.)
Smith, Charles S., Post
Bldg. (D.O.)
Sweet, R. C., 214-16 W.
Main St. (D.C.)
Bay City: Gates, O. B., Crapo
Blk. (D.O.)
Keene, G. W., 904 B'way.
(D.C.)
Wishart, Jessie L., 1403 4th
Ave. (D.C.)
Womeldurf, H. B. (D.C.)
Wood, Geo. S., 501 Adams
St. (D.C.)
Wright, George, Fay Bldg.
(D.O.)
Belding: Harrison, Frank D.,
103 E. Main St. (D.O.)
Healy, J. J., 201 W. Main
St. (D.C.)
Platt, H. F. (D.C.)
Wood, Louis M., 218 S.
Bridge St. (D.C.)
Wood, Mary L. (D.C.)
Bellevue: La Londe, J. W.
(D.C.)
Bennington: Wildermuth, H.
E. (D.C.)
Benton: Rector, Emma, E.
Main St. (D.O.)
Benton Harbor: Meyer, S. P.,
153 Pipestone St. (D.C.)
McNitt, Leslie, 121 E. Main
St. (D.C.)
Pearce, N. F., 11-10 B. H.
State Bank Bldg. (D.C.)
Shipman, R. L., 734 Terri-
torial Ave. (D.C.)
Stout, Lora K., Yora Bldg.
(D.C.)
Summerville, A. W. (D.C.)
Berrien Springs: Dean W. K.
(D.C.)
Big Rapids: Haslein, Wm.
(D.C.)
Hilliker, Geo. A., Nisbett
Bldg. (D.C.)
Boody: Merwin, Louis F.
(D.C.)
Buchanan: Post, L. S. (D.C.)
Burr Oak: Emmons, G. Clyde.
(D.C.)
Byron: Barnes, A. B. (D.C.)
Clark, A. C. (D.C.)
Cadillac: Firth, John, Realty
Bldg. (D.C.)
Calumet: Jobling, Evoy, As-
selin Blk. (D.C.)
Jobling, Richard. (D.C.)
Caro: Larson, A. C. (D.C.)
Larson, A. O., 127 West
Bush St. (D.C.)
Casnovia: Warren & Warren.
(D.C.)
Chambers: Howard, R. E.
(D.O.)
Charlevoix: Bon, Lucy E.,
108 Park Ave. (D.C.)
Ecklund, A. (D.C.)
Rorabacher, J. C., 108 Park
Ave. (D.C.)

Charlotte: Garlinghouse, A. J.,
134½ S. Main St. (D.O.)
Rudesill, Clark O., 524 S.
Main St. (D.C.)
Shaver, E. C. (D.C.)
Sutherland, W. H., 3363
Shaw St. (D.C.)
Chatham: Davis, Lloyd R.
(D.C.)
Cheboygan: Allard, A. S.
(D.C.)
Moore, Agnes J., Dodd Bldg.
(D.C.)
Chelsea: Fulford, Harlie J.,
Box 9. (D.O.)
Moon, C. E. (D.C.)
Clinton: Wagner, Anna.
(D.C.)
Coldwater: Williams, C. Ar-
thur, 41 W. Chicago St.
(D.O.)
Coleman: Hull, Ella. (D.O.)
Kelley, Miss M. (D.C.)
Conklin: Seelman, Cornelius
M. (D.C.)
Coral: House, Ethel. (D.C.)
Lyon, Blanche. (D.C.)
Cross Village: Bliss, A. W.
(D.C.)
Crosswell: Anstrom, B. R.
(D.C.)
Custer: O'Connors, Peter.
(D.C.)
Cutcheon: Phillips, F. J.
(D.C.)
Davison: Richards, Winifred.
(D.C.)
Dearborn: Rothfuss, Carl W.
(D.O.)
Detroit: Antes, F. L., 617-18
Farwell Bldg. (D.O.)
Aplin, Rector, Anna K., 406
Stevens Bldg., Cor. Grand
River and Washington
Aves. (D.O.)
Apple, Alice, 230 National
Ave. (D.O.)
Alberts, John H., 157 Beres-
ford Ave. (D.C.)
Ashford, J. A., 1674 Gratiot
Ave. (D.C.)
Ashland, James A., 1598½
Gratiot Ave. (D.C.)
Ashmore, Edythe, 161 At-
kinson Ave. (D.O.)
Ball, Walter T. (D.C.)
Barbier, Ed. A., 201 Park
Bldg. (D.C.)
Barbier, Lucie E., 201 Park
Bldg. (D.C.)
Barnhart, Flora, 78 Daven-
port St. (D.C.)
Beecher, W. H. W., 1548
3rd Ave. (D.C.)
Benedict, G. A., 244 Wood-
ward Ave. (Ch.)
Bennett, Dr. Chas. A., 212
Stevens Bldg., Cor. Grand
River and Washington
Ave. (D.O.)
Bernard, Herbert, 504 Fine
Arts Bldg. (D.O.)
Bielby, Richard, 123 Oak-
land Ave. (D.O.)
Bile, J. R., 294 Medbury
Ave. (D.C.)
Bledsoe, Mme., 240 Adams
Ave. E. (Ch.)
Breenahan, M., 463 Con-
gress St. (D.C.)
Bourget, Arthur G., 515
Turnhall Ave. (D.C.)
Bresnahan, M., 637 Con-
gress St. (D.C.)
Bright, Corrine E. (D.C.)
Brokaw, Dr. Maud, 413
Stevens Bldg. (D.O.)

- Brewer, The Chiropodist, 3rd Floor, 92 Broadway. (Ch.)
- Browning, Dr. Martin P., 619 Farwell Bldg. (D.O.)
- Bryant, W. H., 236 24th St. (D.C.)
- Bullock, B. A., 211 Stevens Bldg. (D.O.)
- Burrell, Emery A., 729 Marbury St. (D.C.)
- Burnell, Royal O., 729 Marbury St. (D.C.)
- Button, D. D., 426 Helen Ave., and 365 Hunt St. (D.C.)
- Campbell, Wm., 34 Arnot St. (D.C.)
- Carmonney, F. D., 2524 Jefferson Ave. (D.C.)
- Carpenter, Ethel Cook, 666 Woodward Ave. (D.O.)
- Carpenter, Mark C., 666 Woodward Ave. (D.O.)
- Cartwright, F. A., 857 Fort W. (D.C.)
- Cherry, J. S., 226 Holcomb Ave. (D.O.)
- Clarke, Dr. G. B. F., 51-56 University Bldg. (D.O.)
- Cluff, Arthur C., Liggett Bldg. (D.O.)
- Cook, Hazel, 259 Lincoln Ave. (D.C.)
- Copatesen, J. O., 857 Fort Avenue. (D.O.)
- Cray, Mary, 327 E. Jefferson Ave. (D.C.)
- Crofts, Myron R., 1166 Mt. Elliott Ave. (D.O.)
- Currey, Wm. W., 467 Warren Ave. (D.C.)
- Day, Lawrence E., Warren and Avery Sts. (D.O.)
- Deane, Dr. Alice M., 607 Farwell Bldg. (D.O.)
- DeCarlo, P. R., 797 Cass Ave. (D.C.)
- Detroit "Chiropactic Institute School, 886 Trumbull Ave. (D.C.)
- DeWolf, Dr. Winifred, 504 Fine Arts Bldg. (D.O.)
- Douglas, Roscoe S., 501 Catherine St. (Ch.)
- Drennan, Dr. Anna M., 899 Woodward Ave. (D.O.)
- Dutton, D. D., 385 Hunt St. (D.C.)
- Farber, Charles V., 903 14th St. (D.O.)
- Fellows, Helen H., 560 Franklin St. (D.O.)
- Frank, H. J., 258 Dix Ave. (D.C.)
- Fraser, W. P., 24 Alex Ave. (D.O., D.C.)
- Freeman, Dr. H. M., 2082 Jefferson St. (D.O.)
- Fress, J. W., 47 McGraw Bldg. (N.D.)
- Fudoyson, D. A., 271 Woodward Ave. (D.O.)
- Fuller, Karl E., 813 Peter Smith Bldg. (Ch.)
- Garrett, M. E., 60 Valpey Bldg. (D.O.)
- Gaylord, Bertha J., 132 Church Ave., and 61 Park Blvd. (D.C.)
- George, Mrs. Helen, 1126 C. of C. (Ch.)
- Gilbert, Spencer, 1631 Brush St. (D.C.)
- Gilchrist, Elizabeth, 337 Lincoln Ave. (D.O.)
- Gitzen, G. R., 1193 Gratiot Ave. (D.C.)
- Gluff, Arthur G., 505 Liggett Bldg. (D.O.)
- Goodheart, Geo. J., 35 Harper Ave. (D.C.)
- Goodlove, Paul C., 502-4 Broadway Central Bldg., Cor. John Road and Broadway. (D.O.)
- Green, J. M., 712 Jefferson Ave. (D.C.)
- Haight, Dr. E. A., 2285 Woodward Ave. (D.O.)
- Hammon, A. S., 151 E. Bethune Ave. (D.C.)
- Hammond, E. W., 100 Charlotte Ave. (N.D.)
- Hampton, Annie P. (D.C.)
- Hanson, A. Ch., 526 John R St. (D.O.)
- Hard, Mary E., 355 W. Grand Blvd. (D.O.)
- Harriman, E. J., 197½ Canfield Ave. (N.D.)
- Hartman, R. A., Woodward and Forest Ave. (D.C.)
- Harvey, Dr. Eleanor Stuart, 413-15 Stevens Bldg. (D.O.)
- Healey, Joseph, 213 Howard St. (D.C.)
- Herröder, Dr. T. L., 212 Stevens Bldg., Cor. Grand River and Washington Aves. (D.O.)
- Herröder & Bennett, 212 Stevens Bldg. (D.O.)
- Hobson, Ancil B., 313 Stevens Bldg. (D.O.)
- Hollis, Dr. Arthur S., 519 Farwell Bldg. (D.O.)
- Hovey, Mrs. Lydia M., 1835 Dime Bank Bldg. (Cr.)
- Hubbel, Preston R., 1664 Woodward Ave. (D.O.)
- Husted & Husted, 519 E. Warren St. (D.C.)
- Husted, J. W., 56 Warren Ave. (D.C.)
- Husted, Mrs. L. G., Smith Ave. (D.C.)
- Irish, A. M., 859 Crane Ave. (D.C.)
- Jepson, Beebe Ruth, 301 Woodward Ave. (D.O.)
- Kasik, W. J., 301 Woodward Bldg. (Ch.)
- Kelly, J. D., 882 14th Ave. (D.C.)
- Kilts, Wm. H., 982 Woodward Ave. (D.O.)
- King, Dr. Edward D., 501 Woodward Bldg. (D.O.)
- Kleber, E. A., 147 Adams Ave. E. (D.O.)
- Kleczynske, A., 413 Canfield Ave. (D.C.)
- Klopperstein, W. A. (N.D.)
- Knigh, Geo. S., 3003 E. Grand Blvd. (D.C.)
- Krause, J. W., 294 Medbury Ave. (D.C.)
- Krogall, Anna J., 11-17 Elizabeth St. W. (Ch.)
- Krohn, A. H., 1002 Michigan Ave. (D.C.)
- Lathrop, Guy F., 621-23 Stevens Bldg. (Or.S.)
- Littlefield, Chas. W., 244 Woodward Ave. (D.C.)
- Loranger, B. G., 302 Hodges Bldg. (D.C.)
- Loranger, J. E., 506 Hodges Bldg. (N.D.)
- Market, S. J., 147 Adams Ave. E. (D.O.)
- Mattler, A. E., 240 Woodward Bldg. (Ch.)
- Mayell, Ed. W., 354 Ferdinand Ave. (D.O.)
- Mayers, Rebecca B., Suite 42, 213 Woodward Ave. (D.O.)
- McGavock, Anne H., 894 Woodward Ave. (D.O.)
- McLaughlin, Jennie L., 186 Pine St. (D.C.)
- Mercer, Ada, 54 State St. (D.C.)
- Mercer, Edwin, 244 Woodward Ave. (D.C.)
- Merrill, Frank J., 313 5th St. (D.C.)
- Millay, E. O., 1664 Woodward Ave. (D.O.)
- Miller, H. L., 15 Hobart Ave. (D.C.)
- Mills, M. H., 508 Healey Bldg. (D.O.)
- Moore, Mrs. A. A., 127 Horton Ave. (D.C.)
- Moore, Edw. L., 220 Woodward Ave. (Ch.)
- Movement Cure Inst., The, 224 B'way, Market Bldg. (D.O.)
- Moyer, C. E., 1224 Woodward Ave. (D.C.)
- Moyers, G. L., 178 Colburn Place. (D.C.)
- Nichols, Frances, 685 4th Ave. (D.O.)
- Ottaway, Geo., 6 W. Adams St. (D.C.)
- Paloski, J. B., 1710 Vine-wood Ave. (D.C.)
- Panars, Frederick G., 992 Gratiot Ave., and Mack Ave. (D.O.)
- Parker, Gordon L., 63 Washington Blvd. (Opt.)
- Phillips, E. J., 961 Great River Ave. (D.C.)
- Pitts, L. M., 47 W. Alexandria Ave. (D.C.)
- Plummer, G. A., 107 Cameron Ave. (D.C.)
- Poole, T. L., 536 Maybury Grand. (D.C.)
- Redelsheimer, Max, 80 Washington Ave. (Opt.)
- Reisdorf, J. H., 315 B'way Market Bldg. (D.C.)
- Richard, Lawrence E., 59 Fort W. (Opt.)
- Richards, Winifred. (D.C.)
- Richmond, J. M., 92 B'way Room 208. (D.C.)
- Riddell, Ross, 29 Monroe Ave. (Ch.)
- Rider, C. L., 521 Stevens Bldg. (D.O.)
- Roach, Jeanette, 45 Hague Ave. (D.C.)
- Rogers, Laban, 259 Forest Ave. (D.O.)
- Rogers, M. S., 259 Forest Ave. (D.C.)
- Ross, Elizabeth, 1245 Woodward Ave. (D.O.)
- Sands, C. M., 1497 W. Fort St. (N.D.)
- Sands, Madeline, 1499 Fort St. W. (D.O.)
- Schryer, W. A., 531 Lincoln Ave. (D.C.)
- Schwab, F. J., 352 Harrison Ave. (D.C.)
- Sellards & Sellards, 24 Peterboro St. (D.O.)
- Severy, Charles L., 409 Stevens Bldg. (D.O.)

- Sherman, B. E., 886 Turnbull Ave. (D.C.)
 Sherman, F. J., 886 Turnbull Ave. (D.C.)
 Sipple, J., 354 Lansing Ave. (D.C.)
 Smith, E. A., 54 Hendrie Ave. (D.C.)
 Smith, L. O., 239 Van Dyke Ave. (D.O.)
 Smith, Thaddeus T., Valpey Bldg. (D.O.)
 Snedeker, O. O., 406 B'way Central Bldg. (D.O.)
 Spittler, J. F., Stevens Bldg. (D.O.)
 Standart, N. K., Washington Arcade. (Opt.)
 Starr, Miss Bertha E., 1835 Dime Bank Bldg. (Cr.)
 Stephenson, Leah M., 1023 E. Jefferson Ave. (D.C.)
 Sterner, M. S., 281 National Ave. (D.C.)
 Stevens, Bertram E., Traugott Schmidt Bldg., 213 Woodward Ave., and 50 Valpey Bldg. (D.C.)
 Stevens, Dr. C. Burton, 617-618 New Farwell Bldg. (D.O.)
 Stewart, Dr. Carrie B. Taylor, 421 Stevens Bldg. (D.O.)
 Stewart, Frank, 206 Clair Ave. (D.C.)
 Stewart, John, 206 Claremont Ave. (D.C.)
 Stewart, Dr. Walter W., 421 Stevens Bldg. (D.O.)
 Stoddard, Geo. J., 307 Howard St. (D.C.)
 Sullivan, H. B., 87 Valpey Bldg. (D.O.)
 Sutton, James B., 759 Woodward Ave. (D.C.)
 Thornson, D. B., 204 Sherer Bldg. (Opt.)
 Trask, Dr. H. D., 603 Sherer Bldg. (D.O.)
 Van Corst, Bertha, 46 E. Montcalm St. (D.C.)
 Van Vliet Optical Co., 242 Griswold St. (Opt.)
 Van Wagoner, L. A., 92 Calumet Ave. (D.C.)
 Waugh, R. H., 50 Lothrop Ave. (D.C.)
 Welstead, Mrs. Alice W., 2116 Dime Bank Bldg. (Cr.)
 Wetherell, G. M. (M.D.)
 Whittenberg, O. W. (D.C.)
 Wicker, L. I., 892 Woodward Ave. (D.C.)
 Wikander, G. W., 58 Madison Ave. (D.C.)
 Williamson, Margaret, 1466 W. Elliot Ave. (D.C.)
 Winn, Charles V., 2032 Dime Bank Bldg. (Cr.)
 Wolverine Optical Co., 701-709 Stevens Bldg. (Opt.)
 Woodford, N. C., 436 Commonwealth Ave. (D.C.)
 Woodford, Willard C., 436 Commonwealth Ave. (D.C.)
 Wright, Eugenia M., 30 Amherst St. (D.C.)
 Wright, Kay & Co., 207-11 Woodward Ave. (Opt.)
 Yerkes, C. C., 1598 Gratiot Ave. (D.C.)
Downing: Herkimer, G. R. (Or.S.)
Durand: Campbell, Phillip. (D.C.)
East Jordan: Carlson, John C. (D.C.)
Eau Claire: Jackman, L. M. (D.C.)
Elsie: Marwedel, H. F. (D.C.)
Escanaba: Garman, Debert, 1111 Luddington St. (D.C.)
Fibre: Everet, Chas. E. (D.C.)
Flint: Campbell, P. D., 1121 Kearsley St. (D.C.)
 Dearden, Jno., 318 S. Saginaw St. (D.C.)
 Foster, Chas. L., Patterson Bldg. (D.C.)
 Fox & Fox, Drs., 414 Dryden Bldg. (D.C.)
 Gidley, J. B., F. P. Smith Bldg. (D.O.)
 Harlan, Frederick J., Flint P. Smith Bldg. (D.O.)
 Nulik, Mrs. A. C., 423½ Detroit St. (D.C.)
 Payne, Allen E., 309 W. 7th St. (D.C.)
 Sones, J. C., 1602 Saginaw St. (D.C.)
 Woodruff & Jemtsch, 124 E. Court St. (D.O.)
Fowlerville: Soule, E. C. (D.C.)
Fremont: Gilbert, Orrie L. (D.C.)
 Monks, Harry. (D.C.)
Gilbert: Larson, Minnie. (D.C.)
Grand Haven: Adams, Chas. F. (D.C.)
 Reid, R. (D.C.)
Grand Ledge: Hathway, Chas. E. (D.C.)
 Shane, O. D. (D.O.)
Grand Rapids: Ash & Ash, Monroe and Division Sts. (D.C.)
 Ash, Wayne E., 118 E. Fulton St. (D.C.)
 Ash, Mrs. Wayne E., 118 E. Fulton St. (D.C.)
 Baker, Geo. W. (D.C.)
 Barrett, Michael. (D.C.)
 Bates, Zeroah C. (D.C.)
 Baumgartner, Henry. (D.C.)
 Beld, A. J., 1518 Roosevelt Ave. (D.C.)
 Bertrand, L. D., 12 Blumerich Ave. (D.C.)
 Bonshire, Maude C., 165 E. Fulton St. (D.O.)
 Boo, Dr. W. H., 9 Jefferson Ave. (D.C.)
 Brackel, Walter M. (D.C.)
 Bradford, O. D. (D.C.)
 Britton, Maud E. (D.C.)
 Brucato, Ignatio. (D.C.)
 Carroll, Fay. (D.C.)
 Caster, S. S. (D.C.)
 Clark, Jed. C. (D.C.)
 Connell, James. (D.C.)
 Connell, Margaret F. (D.C.)
 Daniels, Melville, Sheldon Ave. (D.C.)
 Dorr, Mrs. C. (D.C.)
 Eberly, G. B. (D.C.)
 Eld, Tracy E. (D.C.)
 Fitzsimmons, W. Warren. (D.C.)
 Garbowsky, David. (D.C.)
 Golden, Julia. (D.C.)
 Goodsell, F. S., 627 Senbrun Ave. (D.C.)
 Grant, William E. (D.C.)
 Green, R. J. (D.C.)
 Hall, Frances. (D.C.)
 Hartwell, D. E. W., 284 Scribner St. (D.C.)
 Hathway, Chas. E. (D.C.)
 Heuman, Mrs. John. (D.C.)
 Hoenicke, Henry J. (D.C.)
 Huling, Ernest C. (D.C.)
 Husted, Norah. (D.C.)
 Inslee, Mrs. Mary. (D.C.)
 Jopson, Lelia. (D.C.)
 Kellogg, O. J., c/o L. Taylor, R. F. D. No. 1. (N.D.)
 Krass, D. A. (D.C.)
 Kruse, Wm. (D.C.)
 Landes, Samuel R., 16 Monroe St. (D.O.)
 Lillie, L. D. (D.C.)
 Lindley, Bessie. (D.C.)
 Lofquest, H. A., White Bk. (D.C.)
 Mallette, Frank E. (D.C.)
 McLachlan, Ben N., 330 Norwood Ave. (D.C.)
 Michigan College of Chiropractic, 108 Jefferson Ave. (D.C.)
 Mickle, G. E., Metz Bldg. (D.O.)
 Muncie, F. (D.C.)
 Neumann, M., The Burleson Hotel. (D.O.)
 Nixon, H. E., 133 Mount Vernon St. (D.C.)
 Norman, George. (D.C.)
 Norman, Viola. (D.C.)
 Polaski, Joseph. (D.C.)
 Provost, A. B., 45 Pearl St. (D.C.)
 Roe, Dr. W. H., 9 Jefferson Ave. (D.C.)
 Ruth, D. O., 410 W. Bridge St. (D.C.)
 Shanahan, R. A., Shanahan Court. (D.C.)
 Sheardown, Inez L. (D.C.)
 Shery, J. J. (D.C.)
 Shoemaker, Alma C. (D.C.)
 Shoemaker, Paul A., Porter Bk. (D.O.)
 Simons, J. C., 301 State St. (D.O.)
 Soys, A. J. (D.C.)
 Stinson, Sara. (D.C.)
 Strehl, Gideon B. (D.C.)
 Sweet, Chas. (D.C.)
 Taylor, Ina. (D.C.)
 Thomas, W. J. (D.C.)
 Thompson, Eva A. (D.C.)
 Thompson, Margaret S., 68 Ransom St. (D.O.)
 Thompson, Mark B. (D.C.)
 Turner, Frances. (D.C.)
 Van Horn, Mrs. Peter. (D.C.)
 Varsey, G. E., 12 Cherry St. (D.C.)
 Wernette, J. J. (D.C.)
 Woerkum, A. Van, 734 W. Fulton St. (D.C.)
 Wynhoff, Bernardus, 445 Eastern Ave. (D.C.)
Greenville: Baker, Geo. W., 101 S. Franklin St. (D.C.)
 Root, Claude B. (D.O.)
Harbor Springs: Fuller, Mrs. Chas. H. (D.C.)
 Pontius, Arthur R. (D.C.)
Hart: Dukes & Dukes, Drs. (D.C.)
 Hill, W. F. (D.O.)
Hartford: Scott, H. S., Marquette Hotel. (D.C.)
 Grillos, M. L., Stebben's Bldg. (D.C.)
Hastings: Overstreet, C. M. (D.O.)
 Simon, E. A. (D.C.)
Holland: Fredericks, Egbert, 62 E. 8th St. (D.C.)
 Tuttle, Dr. Louis N. (M.D.)
Houghton: Hurd, M. C., Citizens' Bank Bldg. (D.O.)
Howard City: Scoville, G. G. (D.C.)

- Howell:** Ingersoll, F. E., Box 282. (D.C.)
- Imlay:** Cate, E., Box 231. (D.C.)
- Ionia:** Fowle, J. J. (D.C.)
Green, Geneva W., 241 E. Washington St. (D.O.)
Hunt, David J. (D.O.)
Strong, Bessie E. (D.O.)
- Iron River:** Bozler, Guy H. (D.C.)
- Ironwood:** Miles, Stanley. (D.C.)
- Jackson:** Bolhiuse, Jacob. (D.C.)
Close, Patrick H., Sun Bldg. (D.C.)
Greene, G. C., 201 First St. (D.O.)
Holcomb, Maude B., Carter Bldg. (D.O.)
Raine, Lula M., Merritt Bldg. (D.C.)
Raine, Wm. H. O., Merritt Bldg. (D.C.)
Raynor, Eugene E., Dwight Bldg. (D.O.)
Schwieger, James Scott, Sun Bldg. (D.O.)
Wilbur, Force. (D.C.)
- Kalamazoo:** Baldwin, L. (D.O.)
Baldwin, Z. L. (N.D.)
Buffham, A. T. (D.C.)
Buffham, Edna P. (D.C.)
Buffham, Margaret. (D.C.)
Caverley, W. J. (D.C.)
Cooper, Clara, 4 Kalamazoo Ave. (D.C.)
De Long, L. H., 134 S. Burdick St. (D.C.)
Glezen, R. A., Kalamazoo Nat'l Bank Bldg. (D.O.)
Gunn, Glenn, 109 S. Burdick St. (D.C.)
Hamilton, W. A. (D.O.)
Marion, Jennie M., 707 W. Main St. (D.C.)
Marvin, Roy G. (D.C.)
Ohrne, Aug., 734 W. Willard St. (D.O.)
Peebles, R. B., Kalamazoo Nat'l Bank Bldg. (D.O.)
Phillips, Keene B., Hanselman Bldg. (D.O.)
Phillips, Lloyd A., 154 S. Burdick St. (D.C.)
Platt, Frances, Kalamazoo Nat'l Bank Bldg. (D.O.)
Plumb, Gerald S. (D.C.)
Raine, Lulu M., Blackstone and Main Sts. (D.O.)
Russell, H. E. (D.C.)
Russell, Rose Day. (D.C.)
Show, G. H., Hanselman Bldg. (D.O.)
Strouse, E. J., 607 Hanselman Bldg. (D.C.)
Warskow, Bertha, 610 Douglas Ave. (D.O.)
Wells, Alice S., 109 S. Burdick St. (D.C.)
Wells, Chas. L., 109 S. Burdick St. (D.C.)
- Lansing:** Barber, Andrew. (D.C.)
Bryan, Harrison A., 913 Lenawee St. (D.C.)
Dillingham, R. C. (D.C.)
Dougherty, Martha. (D.C.)
Egan, K. F., 310-12 Prudden Bldg. (D.C.)
Farmer, Earl C. (D.C.)
Flanagan, Frank N. (D.C.)
Jackson, Charlotte M., Tus-sing Bldg. (D.O.)
Rice, C. M., 506 Tussing Bldg. (D.C.)
- Seelye, E. A., Prudden Bldg. (D.O.)
Shane, W. S. (D.O.)
Symmonds, Wesley E., 277½ N. Washington Ave. (D.O.)
Vorhees, J. Martin, 114 Al-leghan St. W. (D.O.)
Weeks, R. E. (D.C.)
Wells Academy of Chiro-practic. (D.C.)
- Lapeer:** Kinney, Kenneth F., 101 Fox St. (D.O.)
Stuart, B. F., 110 Monroe St. (D.C.)
- Laurium:** Shelters, C. H., First Nat'l Bank Bldg. (D.O.)
- Lonia:** Hubbell, D. A., 111 N. Jackson St. (D.M.T.)
- Lowell:** Allen, Edgar. (D.C.)
Allen, Edna M. (D.C.)
Rogers, L. (D.C.)
- Ludington:** Augsterson, G. H., 508 E. Donahue St. (D.O.)
Dunn, Frank. (D.C.)
Lannon, 111 W. Ludington Ave. (D.O.)
Larson, A. J., P. O. Bldg. (D.C.)
Miller, Earl A. (D.C.)
Wheeler, Glen B., Huston Bldg. (D.O.)
- Mancelona:** Leutholz, C. H. (D.C.)
- Manchester:** Arnott, Ella A. (D.C.)
- Manistee:** Baumgardner, J. A. (D.C.)
Burgomaster, J. A. (D.C.)
Jensen, P. S. (M.D.)
Soule, E. C. (D.C.)
- Maple Ridge:** Harvey, Lloyd C. (D.C.)
- Marquette:** Bean, Merwin S. (D.C.)
Shorey, J. L., 129 E. Ridge St. (D.O.)
Whitmore, J. P., Savings Bank Bldg. (D.O.)
- Marshall:** Hart, Flora, 420 N. High St. (D.C.)
Irish, Harry L. (D.O.)
Miller, Jas. S., 134 State St. W. (D.C.)
- Mattawan:** Gunn, C. (D.C.)
- Menominee:** Nichols, F. S., 3-4 Spies Bldg. (D.C.)
- Monroe:** Egan, Joseph M. (D.C.)
Jones, Burton J., 20 E. Front St. (D.O.)
Reinhart, Clarence W. (D.O.)
- Mt. Clemens:** Howard, R. E. (D.C.)
Leahy, Francis J., St. Joseph Sanitarium. (N.D.)
Mather, E., 228 Gratiot Ave. (D.O.)
Smith, George M., 50 S. Gra-tiot St. (D.O.)
- Mt. Pleasant:** Downer, S. W. (D.C.)
McFarlane, Wm. J. (D.C.)
Reeves, Ernest E. (D.C.)
- Mullett Lake:** Starks, Fran-cis. (D.C.)
- Munsing:** Mason, Etta. (D.C.)
- Muskegon:** Garman, J. W. (D.C.)
- Larson, A. J., 166 West Western Ave. (D.C.)
Sweet, Frank I. (D.C.)
Ward, G. H. (D.C.)
Watkins, Homer Earle, 43 W. Western Ave. (D.O.)
- North Branch:** Robinson, Geo. H. (D.C.)
- Onoway:** Gregg, W. B. (D.C.)
- Owosso:** Giffey, Otto E. (D.C.)
Hannon, Frank S., 205 Washington St. (D.C.)
Howard, A. E. (D.C.)
Lesperenco, A. W. (D.C.)
Maliskey, Mrs. W. C. (D.C.)
Rainey, E. Howard. (D.C.)
Ruddy, J. A. (D.C.)
Sheppard, C. L., 321 N. Washington St. (D.O.)
- Paw Paw:** Van Vleet, A. E. (D.O.)
- Pentwater:** Matson, Hulda M. (D.C.)
- Petoskey:** Lockart, E. L., Lake St. (D.C.)
Porter, Mrs. R. G. (D.C.)
Strehl, J. B. (D.C.)
- Penconning:** Wood, Geo. G. (D.C.)
- Pontiac:** Bark, Wm., Box 34. (D.O.)
Bauregard, Lillie V. (D.C.)
Courts, Lillian Josephine. (D.O.)
Charles, Elmer. (D.O.)
Giroux, Eliz. J., Marsh Blk. (D.C.)
Hale, Frank V., Crawford Bldg. (D.O.)
Pratt, H. F., Oakland Ave. (D.C.)
Rumsey, O. V. (D.C.)
Strouse, E. J., 101 N. Sagi-naw St. (D.C.)
- Port Huron:** Currier, W. H., 307-9 Huron Ave. (D.C.)
De Witt, James O. (D.C.)
Fleming, Irving, Knill Blk. (D.C.)
Fleming, S. D., Knill Blk. (D.C.)
Forrister, Ray M., 935 Mil-itary St. (D.O.)
Keen, R. C. (D.C.)
Miller, Kate R., Meisel Bldg. (D.O.)
Moon, E. C. (D.C.)
Wagner, Anna, 510-11 Mei-sel Bldg. (D.C.)
Wernette, J. J. (D.C.)
- Redford:** Barnhart, Flora. (D.C.)
- Rochester:** Hughs, Ray W. (D.C.)
- Rockford:** Scoville, Lizzie. (D.C.)
- Romeo:** Millay, E. O., The Maples. (D.O.)
Wright, Arthur J. (D.C.)
- Saginaw:** Cook, Chas. C., Graebner Bldg. (D.O.)
Doerr, Jno. P., 411-13 Kir-by Bldg. (D.C.)
Eagle, R. O., 522 Genesee St., Dept. 12. (D.C.)
Gates, Mable. (D.C.)
Hayden, Bruce L., Merrill Bldg. (D.O.)
Jennings, J. H., 441 Kirby Bldg. (D.C.)
Lyons, Chas. A., 206 Kirby Blk. (D.C.)
McGavock, R. E., Wiech-mann Bldg. (D.O.)
Smith, W. F., 117 Franklin St. (D.C.)

Saint Joseph: Engstrom, Beda E. (D.C.)
 Finn, L. E. (D.C.)
 Fulton, Robt. (D.C.)
 Maliskey, Mrs. W. S. (D.C.)
 Rogers, E. E. O., 615 Elm St. (D.C.)
 Zebelle, Reuben R. (D.C.)
Sault Ste. Marie: Abbrand, Chas. A., Adams Bldg. (D.O.)
 Barnes, H. M., Comb Bldg., Ashmon St. (D.C.)
 McCall, Chas. (D.C.)
 Foord, E. J., 327 E. Spruce St. (D.C.)
 Gates, Mabel C. (D.C.)
 Howard, L. M., 503 Ashmon St. (D.C.)
 Howard, Katherine C., 503 Ashmon St. (D.C.)
 Lemon, A. E. (D.C.)
 Robbins, Genevieve, 341 W. Portage St. (D.C.)
 Robbins, William J., 341 W. Portage St. (D.C.)
 Veyet, Leo. J. (D.C.)
Sheboygan: Moore, Agnes, Main St. (D.C.)
South Branch: Sheldon, Rex B. (D.C.)
South Saginaw: Sanford, Dr. E. P. (D.C.)
Sparta: Welbourne, Anna C. (N.D.)
Springport: Pierce, W. R. (D.C.)
Standish: Cross, Mrs. Chas. Little, F. J. (D.C.)
Sterling: Adams, Margaret C. (D.C.)
 Ferth, Jesse. (D.O.)
 Jenkins, W. C. (D.C.)
Sturgis: Knabes, B. J. (D.C.)
Swartz Creek: Harris & Harris. (D.C.)
 Todd, G. F. (D.C.)
Tawas City: Lyon, Chas. A., Huston Blk. (D.C.)
Tecumseh: Hilliker, Geo. (D.C.)
Traverse City: Smaltz, Mrs. Alice, 247 Washington St. (D.C.)
 Swann, Ella. (D.C.)
 Trueblood, John O., Wilhelm Bldg. (D.O.)
Vicksburg: DeLong, L. H. (D.C.)
 Fisher, J. Clyde. (D.C.)
 Fisher, Myrtle N. (D.C.)
Walled Lake: McKnight, H. F. (D.C.)
Watervliet: Clauser, E. T. (D.C.)
 McNitt, Wm. S. (D.C.)
 Polmanteer, L. E. (D.C.)
 Shiflet, R. J. (D.C.)
White Cloud: Newitt & Newitt. (D.C.)
Whitehall: Jensen, W. M. (D.C.)
 Meinhardt, E. J. (D.C.)
Williamston: Abbott, C. L. (D.C.)
 Abbott, Guy. (D.C.)
 Abbott, Leo. (D.C.)
 Putnam, Ernest. (D.C.)
Wyandotte: Dolson, Robt. 113 Biddell St. N. (D.C.)
Yale: Merrill, John H. (D.C.)
Ypsilanti: Ament, Lena D. (D.C.)
 Garrett, J. C., Ypsilanti Savings Bank Bldg. (D.O.)

Hoxey, M. A., 215 Wallace Blvd. (D.C.)
 Jansheski, S. R., Union Bldg. (D.O.)
 Lawton, Dr. c/o S. R. Jansheski, Cor. Congress and Washington Sts. (D.C.)
 Major, Cordelia. (D.C.)
 McIntire, Chas. (D.C.)
 McIntire, Jessie. (D.C.)
Zeland: De Jonge, Jno. J. (D.C.)

MINNESOTA

Adrian: Schoeberl, J. M. (D.C.)
Albert Lea: La Plount, O. W. (D.O.)
 Kelley, Roger P. (D.C.)
 Wigglesworth, F. (D.O.)
Alden: Warwick, W. J. (D.C.)
Alexandria: McCabe, J. A. (D.O.)
 Welton, A. M. (D.O.)
Appleton: Sanders, Wm., Box 433. (D.C.)
Austin: Albertson, W. H., Hirsh Bldg. (D.O.)
 Chapman, W. A., 315 N. Main St. (D.C.)
 Cory, E. Ray, 407 N. Main St. (D.C.)
 Vavruska, Wm., 904 E. Water St. (D.C.)
Bemidji: Dannenberg, A., First Natl. Bank Bldg. (D.C.)
Benson: Danelz, G. B. (D.O.)
Blue Earth: Horstad, Ezra O., 101 6th and Moore Sts. (D.O.)
Brainard: West, Geo. (D.C.)
 Edwards, J. C., Suite 445 Hayes Bldg. (D.C.)
Breckenridge: Johnson, W. A., Gunn Block. (D.C.)
 Theurer, J. (D.C.)
Buffalo: Johnson, A. H., Myers Blk. (D.C.)
 Werbes, Henry C., Route No. 4 (D.C.)
Canby: Anderson, El., Box 623. (D.C.)
 Cook, Phillip H. (D.C.)
Clara City: Nelson, C. A. (D.C.)
Clements: Douglas, Wm. A. (D.O.)
Cloquet: Kinney, M. M. (D.C.)
Cokato: Johnston, Francis D. (D.C.)
Cottonwood: Anderson & Anderson. (D.C.)
 Dahl & Dahl. (D.C.)
Crookston: Albertson, B. E., Room 20, Polk Co. State Bank Bldg. (D.C.)
 Kvitrud, E. F. (D.C.)
 Kvitrud, Henry, Opera Blk., Rooms 7-8. (N.D.)
 Sharp, Fred J., Fournet Blk. (D.O.)
Detroit City: Long, L. V. (D.O.)
 Kankler, W. H., 505 Columbia Bldg. (D.C.)
 Merry, Marian, 1528 E. 3rd St. (D.O.)
 Mitchell, Dr., 300 Columbia Bldg. (D.C.)
 Moffatt, Lillian May, Providence Bldg. (D.O.)

Riesland, D. W., 707 Pal-ladio Bldg. (D.O.)
 Schoeppe, Paul von de, Nelson Blk. (D.O.)
 Stoel, Harry M., Torrey Bldg. (D.O.)
 Wentworth, Dr. Paul J., 1509-11 E. Superior St. (D.C.)
 Westlund, O. W., 30 E. Superior St. (D.O.)
Dodge Center: Belt, W. E. (D.C.)
Duluth: Beslin, Anna M., 1528 E. 3rd St. (D.O.)
 Bundy, Ira M., Y. M. C. A. (N.D.)
 Crow, Clyde M., Suite 112, Oak Hall Bldg. (D.C.)
 Crow, Margaret, Suite 112, Oak Hall Bldg. (D.C.)
 Graham, Alexander, 500 Columbia Bldg. (D.C.)
 Hutchinson, Chas. B., Providence Bldg. (D.O.)
 Parsons & Parsons, 803 Alworth Bldg. (D.C.)
Edwards: Readfield, Sallie. (D.C.)
Ellisville: Downing, J. R., Box 15. (D.C.)
Emmons: Martin, Miss E. L. (D.C.)
Erskine: Denis, Geo. (D.C.)
Eveleth: Lorentzen, O. E. C. (D.C.)
Fairmont: Jones, Martha E., 108 North Ave. (D.O.)
 Jones, Ray M., 108 North Ave. (D.O.)
 McCauley, Andrew, Peter-son Bldg. (D.O.)
 Rehfeld, Hugo A., Martin Co. Natl. Bank Bldg. (D.O.)
Faribault: State, J. B., 629 Central Ave. (D.C.)
Fergus Falls: Anger, A. (D.O.)
 Curtis, Jay L. (D.O.)
 Forgeman. (D.O.)
 Henderson, Gustave, Schadt Block. (D.C., D.O.)
 Solem, Harold. (N.D.)
Fosston: McCasland, H. E., Box 387. (D.C.)
Glenwood: Alexander, Geo. A. (D.O.)
 Thouson, John, Box 5. (D.C.)
Granite Falls: Alexson, A. W. (D.O.)
Harmony: Ridder, E. F. (D.O.)
Hoffman: Hegna, Hans A. (D.C.)
Hutchinson: Wingfield, Por-tia J. (D.O.)
Jackson: Albright, A. T. (D.C.)
 Bishop, S. E., 210 W. Capitol St. (D.O.)
Jasper: Kickland, J. E. (D.C.)
Jordan: Metzner, Alf. (D.O.)
Kenyon: Finseth, Anna M. (D.C.)
 Henkel, Herbert M., Box 302. (D.C.)
Lamberton: Douglas, Wm. A. (N.D.)
Litchfield: Ledell, J. A. (D.C.)
Little Falls: Jergens, G. M., Security Bldg. (D.C.)

- Luverne:** Hawkinson, J. W.,
Arcade Bldg. (D.O.)
Hoy, Harry. (D.C.)
Kickland, Earle. (D.C.)
- Mankato:** James, Juliet E.
(D.C.)
James, N. G. (D.C.)
James, Fred. W., Kruse
Bldg. (D.C.)
McVleery, Ben H. (D.O.)
Nerbovig, C. H. (D.O.)
Paul, W. O. Henry, 126-30
E. Jackson St., and 324 S.
2nd St. (D.)
Sutherland, Wm. G., Box
345. (D.O.)
Solverud, Solief (D.C.)
- Melrose:** Borgett, Geo. V.
(D.C.)
- Millica:** Heath, Jas. A. (D.C.)
- Minneota:** Unzen, Henry.
(D.C.)
- Minneapolis:** Allen, Arthur
E., Andrus Bldg. (D.O.)
Anunsen, Edward, 3019
Lyndale St. (D.C.)
Bartsch, Stella B., 1031
25th Ave. N. E. (D.C.)
Bartsch, Walter F., 1031
25th Ave. N. E. (D.C.)
Becker, Arthur D., Masonic
Temple. (D.O.)
Beebe, M. K., Landour
Hotel, 1116 15th Ave.
(N.D.)
Berg, Walter S., 654 Temple
Court. (D.O.)
Bobo, R., 236 20th Ave.
(D.C.)
Campbell, F., 2025 4th Ave.
S. (D.C.)
Carroll, J. C., 1904 Chicago
Ave. (D.C.)
Churchill, Geo. S., Nicollet
House. (D.C.)
Covell, Martha A., Lindley
Blk. (D.O.)
Davey, Flora M., 375 E.
Grant St. (D.O.)
Davis, Henry M., 620½
Nicollet Ave. (D.O.)
Deckmann, W., Plymouth
and Pennsylvania Aves.
North. (N.D.)
Devitt, Delia E., 1030 Nicol-
let Ave. (D.O.)
Flory, Wm. O., Medical
Blk. (D.O.)
Gale, Minnie, 2715 Stevens
Ave. (D.C.)
Gebhardt, Mary O., Medical
Blk. (D.O.)
Gerrish, Clara Thomas,
Auditorium Bldg. (D.O.)
Grant, W. W., 536 Boston
Blk. (D.C.)
Hagerty, V. Clinton, 314
Medical Blk. (D.C.)
Halvorsen, Helen S., Medi-
cal Blk. (D.O.)
Harte, Emma F., 1374
Spruce Place. (D.C.)
Heisser, J. H., 3012 Hum-
boldt Ave. S. (N.D.)
Hilmer, E. R., 1835 Bryant
Ave. (D.O.)
Hones, Louise A., 301
Hulet Bldg. (D.C.)
Johnson, J. H., 603 Main St.
N. E. (D.C.)
Jones, Louise, Hulet Blk.
(D.C.)
Jorris, F. E., Lindley Blk.
(D.O.)
Keck, Eli W., 402 Loaming-
ton Hotel. (D.C.)
Kenney, Dwight J., Andrus
Bldg. (D.O.)
Keyes, Leslie S., Andrus
Bldg. (D.O.)
- Knopp, Louis, 3329 1st St.
(D.C.)
Koch, Margaret, 819
Masonic Temple. (Or.S.)
Langum, Henry, 2520
Como Ave. (D.C.)
Larson, J. D., 3225 Calhoun
Blvd. (D.O.)
Loeffler, Katherine A.,
Lindley Blk. (D.O.)
Loffler, Chas. (M.D.)
Lynch, E. W., 620 Temple
Court. (D.O.)
MacFarland, M., 211 Meyers
Arcade. (D.C.)
Magner, Ellen, 1030 Nicollet
Ave. (D.O.)
Manuel, K. Jane, Masonic
Temple. (D.O.)
Martner, E. A. (D.C.)
Matson, Jesse E., Plymouth
Bldg. (D.O.)
McClatchie, Miss A., 3119
Colfax Ave. S. (D.C.)
Mitchell, W. H., 12th St.
(D.O.)
Mornkoba, S., 109 S. 9th St.
(D.O.)
Murray, Frederick, 826
Hennepin Ave. (D.C.)
Nelson, Harriet A., Essex
Blk. (D.O.)
Oliver, Clifford C., Medical
Blk. (D.O.)
Orloff, Alexis S., 4520 Ave.
S. (N.D.)
Ouren, Irene Bissonette, 611
10th Ave. S. (D.O.)
Painter, W. J., 517 Medical
Block. (D.C.)
Paxton, Charles, 208 E.
Lake St. (D.C.)
Pickler, E. C., Palace Bldg.
(D.O.)
Platt, Reynald, 1770 Hen-
nepin Ave. (D.O.)
Pueblmann, W. F., Meyers
Arcade. (D.O.)
Ramsey, H., 301 Evanston
Bldg. (D.C.)
Raymond, A. C., 1408 Ply-
mouth Ave. (D.C.)
Richardson, Flora May,
Auditorium Bldg. (D.O.)
Riches, C. W., 2832 2nd Ave.
S. (D.O.)
Richter, T. F., 37 12th St.
(D.C.)
Ruehlmann, Mrs. W. F.,
Myers Arcade. (D.C.)
Rydell, John S., 1700 3rd
Ave. (D.O.)
Sargent, W. L., 3349 30th
Ave. (D.C.)
Shegetero, Morikuba, 326
Skiles Bldg. (D.C.)
Shepherdson, Ida Jenkins,
4052 Garfield Ave. (D.O.)
Shepherdson, W. V., 4052
Garfield Ave. (D.O.)
Stevens, Dorothy J., Audi-
torium Bldg. (D.O.)
Strand, J., 447 Loeb Arcade
Bldg. (D.C.)
Strand, O. F., 2445 Lyndale
Ave. S. (D.C.)
Strands, The, 447 Loeb Ar-
cade Bldg. (D.O.)
Sullwold, R., 521 Mar-
quette Ave. (D.O.)
Thomsen, Dr., 4th Floor
Evanston Bldg. (D.C.)
Toffer, Chas., 527 Utica
Bldg. (D.O.)
Vreeland, W. H., 307 New-
ton Bldg. (D.C.)
Wade, G. M., Andrus Bldg.
(D.O.)
Wuerzinger, Henry, 405
Temple Court. (S.T.)
- Montevideo:** Bates, Albert.
(D.C.)
Shehy, Josephine M. (D.C.)
- Moorehead:** Ellis, S. E. (D.C.)
- Morgan:** Morgan, Frank.
(D.C.)
- Mountain Lake:** Pauls, Peter
D. (D.O.)
- Northfield:** Stover, S. H.
(D.O.)
Taylor, Lily F. (D.O.)
- Ollivia:** Anderson & Anderson.
(D.C.)
- Owatonna:** Lewis, Emma A.,
205 N. Cedar St. (D.O.)
Weeks, Holand F., Parrott
& Smith Bldg. (D.O.)
- Parker's Prairie:** Werles,
Henry C. (N.D.)
- Pillagar:** Kaiser, Frank.
(M.D.)
- Pine City:** Fritzen, Mrs.
Minnie. (N.D.)
Perry, M. A. (D.C.)
- Pipestone:** Vosburgh, H. D.,
Box 349. (D.O.)
- Plainview:** Perry, Grace I.
(D.C.)
- Preston:** Becker, Ethel I.
(D.O.)
- Red Wing:** Gilmore, C. H.
(D.C.)
Hawkins, E. W., Gladstone
Bldg. (D.O.)
Sargent, Fred. W. (D.C.)
Thoreson, Anna O., Phillips
Art Bldg. (D.C.)
- Redwood Falls:** Leonard S. L.
(D.O.)
- Rochester:** Evans, John G.,
308½ S. B'way. (D.O.)
Haven, C. Margaret, 114½
Broadway. (D.C.)
- Ronneby:** Dedrick, S. C., Nat'l
Bank Bldg. (D.C.)
Greener, Ivan N., Benton
Co. (D.C.)
- Sank Center:** Gales, A. A.
(D.C.)
- Sebekai:** Dowd, Ella M. (D.C.)
- Sleepy Eye:** Butt, John H.,
Main St. (D.C.)
Butt, Mrs. Pauline, Main
St. (D.C.)
- Spring Valley:** Petersen, P. D.
(D.C.)
- St. Charles:** Bunn, H. G.
(D.C.)
- St. Clair:** Foster & Foster.
(D.C.)
- St. Cloud:** Farnham, James
McKay. (D.O.)
Lewis, Agnes, Farmers
State Bank Bldg. (D.O.)
Smith, M. L. (D.C.)
Vogt, H. C. (D.C.)
- St. James:** Johnson, Geo. L.
(D.C.)
- Stillwater:** Taylor, Arthur,
Torinus Blk. (D.O.)
- St. Paul:** Abramsen, Elmer C.,
603 Case St. (N.D.)
Anderson, Victoria, Pitts-
burgh Bldg. (D.O.)
Beckstrum, J. A., 321 Am.
Nat'l Bldg. (D.O.)
Borup, Georgia W., Pitts-
burgh Bldg. (D.O.)
Bunde, Wm. G., 236 Endi-
cott Bldg. (D.C.)
Chamberlin, I. A., 85 Delos
St. (D.O.)
Corbett, C. L., 435 Collins
St. (D.C.)
De Witt, C. W., 183 Nelson
Ave. (D.C.)

MISSISSIPPI

Eckley, Wm. H., American Nat'l Bank Bldg. (D.O.)
 Fredburg, O. B., 1035 Marshall Ave. (D.O.)
 Geiger, J. J., 549 Canada St. (N.D.)
 Giss, A. J., 208 Loury Annex. (N.D.)
 Hammerle, P. W., Phoenix Block. (D.C.)
 Hostett, M. J., 341 Dale St. (D.O.)
 Hubbell, Dr. Eugene (M.D.)
 Knowlton, C. P., N. Y. Life Bldg. (D.O.)
 Loffler, Chas. (M.D.)
 Miller, M., 866 Duluth Ave. (D.O.)
 Morreim, Gerard M., 299 Snelling Ave. (D.C.)
 Olson, G. W., First State Bank Bldg. (D.C.)
 Parker, F. D., N. Y. Life Bldg. (D.O.)
 Pedicord, C. A., Dean, St. Paul College of Chiropractic, 303 Baltimore Bldg. (D.C., Ph.C., D.)
 Pollock, Clifford S., Pittsburg Bldg. (D.O.)
 Powell, Ernest S., N. Y. Life Bldg. (D.O.)
 Price, Mrs. B. M., 820 Ohio St. (D.C.)
 Stadius, Otto, 785 7th St. (D.M.T.)
 Stein, Minnie. (D.C.)
 Stern, G. M., 409 Lowry Annex. (D.O.)
 Stoppe, H. M. & W. (Ma.)
 Stoppe, W. W., 301 Lowry Annex. (D.C.)
 St. Paul College of Chiropractic, 183 Nelson Ave. (D.C.)
 Upton, Chas. A., N. Y. Life Bldg. (D.O.)
 Vreeland, W. H., 211 Lowry Annex. (D.C.)
 Young, C. W., Pittsburg Bldg. (D.O.)
 Zettel, Herbert A., Schiffman Bldg. (N.D.)
 Zettel, H. A., 611 Ashland Ave. (D.O.)
Thief River Falls: Strand, Joe. (D.C.)
 Truxell & Truxell, Suite 4, Union Blk. (D.C.)
Tracy: Anderson, E. (D.O.)
Virginia: Watson, Ruth, First Nat'l Bank Bldg. (D.O.)
Wabash: Dixon, L. M. (D.C.)
Wadena: Egleston, J. L. (Opt.)
Walker: Lunde, Thorwald, Box 266. (D.C.)
Watertown: Bartsch, Walter F. (D.C.)
Wells: State, J. B. (D.C.)
 Torkelson, Ida G. (D.O.)
West Duluth: Von De Schoeppe, Nelson Blk. (N.D.)
Wheaton: Anderson, J. W. (D.O.)
Willmer: Coss, J. E. (D.C.)
Winona: Berg, E. C. (D.C.)
 Graham, Frank F., Choate Bldg. (D.O.)
 Vavruska, Wm., 227 E. 3rd St. (D.C.)
Worthington: Crosby, E. M. (D.O.)
Zumbrotas: Hall, S. P. (D.O.)
 Larson, C. L. (D.O.)

Aberdeen: Staines, Robt. W. (D.C.)
Arnold: Leland, A. L. (D.C.)
Bellflower: Perkins, J. W. (D.C.)
Biloxi: Bullas, Grace. (D.O.)
 Campbell, J. D., Box 346. (D.O.)
 Iliff, Lena, Biloxi Health Resort. (D.C.)
Brookfield: Trasier, E. L. (D.C.)
Brookhaven: Chamberlain, I. I. (D.O.)
Brownville: Givens, V. R. (D.C.)
Carryville: Ayers, S. H. (D.C.)
Chamois: Sellenscheutter, W. (D.C.)
Clarksdale: Bynum, H. R., Hotel Alcazar. (D.O.)
Climax Springs: Edwards, Joseph M. (D.C.)
Columbia: Jaeger, Mr. & Mrs. Gustave, 17 S. 7th St. (D.C.)
 Thompson, Daisy, Elvira Bldg. (D.C.)
 Thompson, T. F., Elvira Bldg. (D.C.)
Columbus: Roberts, J. F. (D.O.)
 Pennington, H. A. (D.C.)
Edwards: Redfield, Sallie. (D.C.)
Ellisville: Downing, J. R., Box 15. (D.C.)
Greenville: Cooper, Imogene B. (D.O.)
Gulport: Iliff, Lena, 1715 25th Ave. (D.C.)
Holly Springs: Tupper, Annie Laurie. (S.T.)
Jackson: Bishop, S. B., 210 W. Capitol St. (D.O.)
 Clark, R. T. (D.C.)
 Price, R. L., Merchants' Bank Bldg. (D.O.)
 Skidwell, May Van. (D.C.)
Meridian: Farthing, Ollie C., Rosenbaum Bldg. (D.O.)
New Hebron: Bloom, I. (D.C.)
 Griffith, L. L. (D.O.)
West Point: Staines, P. S., Unger, J. W. (M.D.)
Yazoo City: Shipp, J. D., Box 338. (D.C.)

MISSOURI

Adrian: Blach, Ellen. (S.T.)
Albany: Lane, Charles Allen. (D.O.)
Aurora: Hadley, John W. (S.T.)
 Brown & Hanlin, 4-5 Wilson Bldg. (D.C.)
 Hutchinson, H. F. (D.O.)
Aux Vasse: Peloubet, Helen R. (D.O.)
Ava: Burford, D. E. (D.C.)
Baring: Farnsworth, A. M. (D.O.)
Bellflower: Perkins, J. W. (D.C.)
Benton City: Hofsess, Mary M. (D.O.)

Bethany: Beets, Rutherford H. (D.O.)
 Harding, H. F. (D.O.)
Bogard: Kirby, Geo. W. (S.T.)
Boonville: Barnett, John Ambrose, Citizens' Trust Co. Bldg. (D.O.)
 Humfeld, Julius S., 223½ Main St. (D.C.)
 Strand & Strand. (S.T.)
Bowling Green: Fitzgerald, F. W. (D.C.)
Braymer: Healy, F. H., Braymer Bee Bldg. (D.O.)
Brookfield: Deeming, W. J. (D.O.)
 Olsen, B. H., Francis Bldg. 401 S. Monroe St. (D.C.)
 Trasier, E. L. (D.C.)
Browning: Drew, Howard A. (D.O.)
Butler: Lampton, Wilson E., Farmers' Bank Bldg. (D.O.)
Cameron: Baker, H. N. (D.O.)
 Munsell, Mrs. Clara S. (S.T.)
Cape Girardeau: Bohnsack, Anita E., H. H. Bldg. (D.O.)
 Cunningham, Rex E., Himmelberger-Harrison Bldg. (D.O.)
 List, Adolph. (S.T.)
 Whitnell, H. W. (S.T.)
Carrollton: Foster, B. W., 201 S. Main St. (D.C.)
 Smith, J. M. (D.O.)
Carthage: Chamberlin, G. L. (D.C.)
 Harris, Frances W., 1007 Grant St. (D.O.)
 Moore, H. B., 6th and Lyon Sts. (D.O.)
 Wolf, Truman. (D.O.)
Cassville: Smith, L. R. (S.T.)
Centralia: Kesler, G. B. (D.O.)
Chamois: Marquard, Henry. (S.T.)
 Saak, H. A. (D.O.)
 Sellenscheutter, W. A. (D.O.)
Chillicothe: Harwood, H. H., Seiser Bldg. (D.C.)
 Phelps, T. G., Washington St. (D.O.)
 Rodgers, Ray W., 618 Washington St. (D.C.)
Clayton: Meyer, F. J., St. Louis County Bank Bldg. (D.O.)
Climax Springs: Edwards, Jos. M. (D.C.)
Clinton: Black, L. M. (D.C.)
 Covington: R. L. (S.T.)
 Laney, A. T. (S.T.)
 Russell, Chas. G., Citizens' Bank Bldg. (D.O.)
Columbia: Cole, J. B., Haden Bldg. (D.O.)
 Jaeger, Mr. & Mrs. Gustav, 17 S. 7th St. (D.O.)
 Thompson, Chas. (D.C.)
 Thompson, T. F., Elvira Bldg. (D.C.)
Cooter: Payne, L. P. (S.T.)
Curryville: Ayers, S. H. (D.C.)
 Brown, L. G. (D.C.)
 Pennington, H. A. (D.C.)
Dalton: Fetzner, J. L. (D.O.)

- De Soto:** Cook, H. E. (D.C.)
Phillips, J. Marshall. (D.O.)
Saak, H. E., 304-a S. Main St. (D.C.)
- East St. Louis:** Emanuel, Wm. H., 1610 State St. (D.C.)
- Eldorado Springs:** Knopp, L. (D.C.)
Turner, Everett J. (D.C.)
- Elvin:** Elmsman, E., R. No. 1. (D.C.)
- Excelsior Springs:** McCaskey, Laura, 115 Saratoga St. (D.C.)
Leonard, L. W. (S.T.)
Worrell, Benj. W. J. (D.C.)
- Exeter:** Abbott, Dr. G. C. (S.T.)
Wilhelm, A. C. (S.T.)
- Farmington:** Cannon, P. J. (D.O.)
Wilbanks, E. J. (D.O.)
Wood, R. B. (D.O.)
- Fayette:** Simpson, E. C. (D.C.)
- Fayetteville:** McPhail, D. (S.T.)
- Festus:** Miller, Harry I., Farmers & Merchants Bank Bldg. (D.O.)
- Flat River:** Droage, Mrs. Lena. (S.T.)
- Flint:** Robinson, T. J. T., 1987 Ravina Ave. (D.C.)
- Fulton:** Wenger, H. U., 804 Court St. (D.O.)
- Galliton:** Adams, Florence. (D.C.)
- Glasgow:** Bedell, Minnie Miller. (D.O.)
- Hannibal:** Bell, John A., Hannibal Trust Bldg. (D.O.)
Bull, Martha A., 617 B'way, Fidelity Bldg. (D.C.)
Bull, Wm. D., 617 B'way, Fidelity Bldg. (D.C.)
Cain, Philip R., 609-a B'way (D.O.)
Millhizer, Robt. (D.C.)
- Harris:** Craigie, Margaret Anne. (D.O.)
- Higginsville:** Williamson, J. G. (D.O.)
- Holden:** De Long, Raymond L., Bank of Holden Bldg. (D.O.)
Young, Mrs. L. P. (S.T.)
- Hume:** Brooks, M. N. (S.T.)
- Hurdland:** Howerton, Mattie Coleman. (D.O.)
- Illmo:** Hillman, Gustav. (D.C.)
- Independence:** Agee, Purl M., Clinton Bldg. (D.O.)
Barco, Viola, 15 Owens Bldg. (D.C.)
White, Claud V., Carl Bldg. (D.O.)
- Jefferson City:** Browning, Wm. N., 402-a E. High St. (S.T.)
Hendrix, C. E. (D.C.)
Thompson, Th. Fra., Merchants' Bank Bldg. (D.C.)
Walker, Edith D. (N.D.)
- Joplin:** Black, A. Lincoln, Frisco Bldg. (D.O.)
Cox, Martha S., 910 W. 7th St. (D.O.)
De Cardoville, A. V. (D.O.)
Dickey, Ottis L., Frisco Bldg. (D.O.)
Gallagher & Long, Drs., 401½ Frisco Bldg. (D.C.)
- Howe, Bert. F., 522 Main St., Room 11. (D.C.)
Miller, C. W., Miners Bank Bldg. (D.C.)
Raymond, Margaret T., Frisco Bldg. (D.O.)
Sollars, G. W., 1501 Joplin St., and 1626 Pearl St. (D.C.)
Smith, W. Dean, Bartlett Bldg. (D.C.)
Strickland, O. M., 702 Main St. (D.O.)
Tait, Beulah Long. (D.C.)
Tait, J. B. (D.O.)
Whitaker, R. T. (S.T.)
- Kahoka:** Pauly, Walter F., Myres Bldg. (D.O.)
- Kansas City:** Adams, Florence M. (D.C.)
Aldero, H. J., 1209 B'way. (D.C.)
Ashe, D. Raymond, Lillis Bldg. (D.O.)
Bergin, P. J., 512 Woodland Ave. (D.O.)
Bishop, R. B. (M.D.)
Britt, Florence C. (D.O.)
Buskirk, Mrs. S. E., 1820 Penn. St. (S.T.)
Callis, G. T., 1214 E. 40th St. (D.C.)
Carroll, Margaret L., Reserve Bank Bldg. (D.O.)
Case, John Morton, 330 Ord St. (S.T.)
Chiropractic Institute of Kansas City. (D.C.)
Clark, G. E., 2456 Tracy Ave. (D.C.)
Clark, Thos. F. (Ph.C., D.C.)
Clark, O. N., 2417 Forrest Ave. (D.C.)
Coleman, E. H., 4345 Agnes Ave. (D.C.)
Conley, Geo. J., Shukert Bldg. (D.O.)
Conner, W. J., Commerce Bldg. (D.O.)
Cooper, Emma S., Waldheim Bldg. (D.O.)
Craig, A. Still, 3030 Tracy Ave. (D.O.)
Crosby & Reid, 222 E. 11th St. (D.O.)
Davidson, B. E. (M.D.)
Dawson, B. E., 101 E. 30th St. (Or.S.)
Duglay, H. A., Waldheim Bldg. (D.O.)
Field, A. E., 303 Dearborn Bldg. (D.C.)
Fite, Lewis, 3335 Paseo St. (D.O.)
Harwood, Mary E., Hotel Kupper. (D.O.)
Hinkle, J. D., 4104 Independence Ave. (D.C.)
Hodges, V. G. (M.D.)
Hubbard, John C., 26th and Wyandotte Sts. (D.C.)
Johnson, Mrs. Mamie R., General Delivery. (S.T.)
Johnson, Ora Alexander, Raymond Bldg. (D.O.)
Kaiser, A. A., Shukert Bldg. (D.O.)
Kjerner, Samuel H., Waldheim Bldg. (D.O.)
Lane, S. W., 202 Missouri Bldg. (D.O.)
Leinbach, Hannah, Reserve Bank Bldg. (D.O.)
Leinbach, Sara J., 3336 Woodland Ave. (D.O.)
Livingston, Ina Patterson, Ridge Bldg. (D.O.)
Livingston, L. R., Ridge Bldg. (D.O.)
Logan, S. W., Waldheim Bldg. (D.O.)
- Lowe, James L., Woolf Bros. Bldg. (D.O.)
Loy, Geo., 1006 Woodland Ave. (S.T.)
Lynd, W. Bruce, 514 Ridge Arcade. (N.D.)
Martin, Claude W., Commerce Bldg. (D.O.)
McDermott, Miss, 3211 Chestnut Ave. (S.T.)
McKenzie, Lillian V., Bryant Bldg. (D.O.)
Ozias, Chas. A. (M.D.)
Parker, John Watts, New Ridge Bldg. (D.O.)
Paynter, John E., 3309 Troost Ave. (D.C.)
Perdue, E. M. (D.O.)
Purdum, T. E., Westover Bldg. (D.O.)
Purdum, Zudie P., Westover Bldg. (D.O.)
Robeson, David Loran, Commerce Bldg. (D.O.)
Spies, L. Elizabeth, 3600 Troost Ave. (D.O.)
Stottenberg, Anna L., 3816 Troost Ave. (D.O.)
Swan, Wm. A., Central Bldg. (D.C.)
Thorn, Henry, Room 201, 1012 Baltimore Ave. (D.C.)
Thorn, Howard, Room 201, 1012 Baltimore Ave. (D.C.)
Tice, Elbert A., Shukert Bldg. (D.O.)
Trouten, Mae G., 1307 East 33rd St. (D.C.)
Tyler, Byron, 616 Wyandotte St. (N.D.)
Tyler, Byron Bryant, 618 Wyandotte St. (D.O.)
Veazie, Ella B., Commerce Bldg. (D.O.)
Webber, M. A., 1915 E. 10th St. (D.C.)
Williams, Robert H., New Ridge Bldg. (D.O.)
Willistaedt, L., Jr., 406 W. 18th St. (S.T.)
Wilson, Bertha H., Bryant Bldg. (D.O.)
Yarema, S. B., 2612 Independence Ave. (D.O.)
Zeckman, J. C. (D.C.)
- Keytesville:** Shande, L. W., Box 124. (N.D.)
- King City:** Roberts, Frederick S., Lyric Theatre Bldg. (D.O.)
- Kirksville:** Bell, Adeline R., 309 S. Franklin St. (D.O.)
Biggs, Dr. F. L., Headquarters of A. S. O. (M.D., D.O.)
Dodson, J. T. (D.O.)
Estes, Geo. R. (D.O.)
Farren, M. E., 715 W. Pierce St. (D.O.)
Gerdine, L. Von H. (D.O.)
Halladay, H. Virgil, 316 S. Franklin St. (D.O.)
Hamilton, R. Emmett, A. S. O. Hospital. (D.O.)
Krill, John F., Box 357. (D.O.)
Laughlin, E. H. (D.O.)
Laughlin, Geo. M. (D.O.)
Medaris, Will O., A. S. O. Hospital. (D.O.)
Northup, Anna Elvira, A. S. O. Hospital. (D.O.)
Still, Andrew Taylor. (D.O.)
Still, Chas. E. (D.O.)
Still, Ella D. (D.O.)
Still, Geo. A. (D.O.)
Still, Harry M. (D.O.)
Still, S. S. (D.O.)

- Tucker, Ernest E. American School of Osteopathy. (D.O.)
- Wallace, H. H., 515 W. Pierce St. (D.O.)
- Wieland, Clara G., A. S. O. Hospital. (D.O.)
- Wyatt, Benj. F. (D.O.)
- La Belle:** McClain, Hattie R. (D.O.)
- Lamar:** Bailey, S. L., Opera Bldg. (D.O.)
- Thomson, Jas. C. (D.O.)
- La Plata:** Hardy, J. H. (D.O.)
- Lebanon:** Klippelt, J. R., Lingsweiler Bldg. (D.O.)
- Lexington:** Kampf, E. J., Traders Bank Bldg. (D.O.)
- Kappleman, H. A. (D.C.)
- Walsh, James, Ludeson Bldg. (D.C.)
- Liberty:** Clark, Sophia E. (D.O.)
- Linneus:** Turner, Dudley Breed. (D.O.)
- Lockwood:** Bishop, S. M. (D.O.)
- Louisiana:** Pierce, Chas. (S.T.)
- Sisson, J. H. (D.C.)
- West, Jesse A., 303 Georgia St. (D.O.)
- Luyton:** Allen, Prof. J. H. (S.T.)
- Macks Creek:** Freeman, A. M. (S.T.)
- Macon:** Black, Byron L. (D.C.)
- Griffith, A. V. (D.O.)
- Hildreth, A. G. (D.O.)
- Hyatt, J. E., 116½ Vine St. (D.O.)
- Moyer, J. G., Still-Hildreth Sanatorium. (D.O.)
- Sawyer, Willis Frank, Still-Hildreth Sanatorium. (D.O.)
- Schoonmaker, Amy B., Wardell Bldg. (D.O.)
- Siebert, Anna M. (D.O.)
- Whitfield, J. Jay, Still-Hildreth Sanatorium. (D.O.)
- Maitland:** Spangle, Clyde B. (D.O.)
- Manette:** Otterman, J. H. (S.T.)
- Marcelline:** Oyler, Thos. C. (D.C.)
- Stuver, Willis N., State Bank Bldg. (D.O.)
- Marshall:** Bennett, Silas M., Farmers Savings Bank Bldg. (D.O.)
- Berry, John M., Marshall Bldg. (D.O.)
- Murdock, Herman. (D.C.)
- Nuckles, Geo. T. (D.O.)
- Scherer, John, 312 N. Jefferson St. (D.C.)
- Marthasville:** Hinnah, Louise C. (D.C.)
- Morhaus, F. C. (D.C.)
- Saak, H. A. (D.C.)
- Maryville:** Lininger, W. J., 409½ N. Main St. (D.C.)
- Memphis:** Benson, O. N. (D.C.)
- Keethler, A. M. (D.O.)
- Mexico:** Hickman, W. H., Pasquith Bldg. (D.O.)
- Turley, H. I., 302 W. Monroe St. (D.O.)
- Milan:** Simons, Clayton Byron, First Nat'l Bank Bldg. (D.O.)
- Swift, E. H. (D.C.)
- Moberly:** Dothage, E. A., 223 S. Williams St. (D.C.)
- Jaeger, Gustav, 602 Payton St. (D.C.)
- Kauffman, Elizabeth, 402½ Reed St. (D.O.)
- Kirk, Morris G., 210½ N. Williams St. (D.O.)
- Martz, Del, O'Keefe Bldg. (D.O.)
- Monroe City:** Scobee, Jephtha D., Proctor Bldg. (D.O.)
- Montgomery:** Lealie, James T. (M.D., D.C.)
- Morrisville:** Hellam, Lydia. (D.C.)
- Moscow Mills:** Schrader, Mrs. E. V. (S.T.)
- Mound City:** McCaskey, Laura. (D.C.)
- Rogers, Ida M. (D.O.)
- Mountain Grove:** Pouty, Henry M. (D.O.)
- Mt. Vernon:** Perry, Jennie. (S.T.)
- White, Grace G. (D.O.)
- Mt. Zion:** North, Mrs. Alice. (S.T.)
- Mavity, Bertram J., 130 N. Cedar St. (D.O.)
- Neoshia:** Ferguson, E. Gertrude, Gittings Bldg. (D.O.)
- Nevada:** Berry, Benj. F., c/o The Weltmer Institute of Suggestive Therapy (M.D.)
- Coons, M. E., c/o The Weltmer Institute of Suggestive Therapy. (D.S.T.)
- Crone, J. O., c/o The Weltmer Institute of Suggestive Therapy. (D.S.T.)
- Ferry, Nelle. (D.O.)
- Koran, Miss Eleanor, 327 W. Arch St. (N.D.)
- Weltmer, Ernest, c/o The Weltmer Institute of Suggestive Therapy. (D.S.T.)
- Weltmer, J. E., c/o The Weltmer Institute of Suggestive Therapy. (D.S.T.)
- Weltmer, Sidney A., c/o The Weltmer Institute of Suggestive Therapy. (D.S.T.)
- Weltmer, T. C., c/o The Weltmer Institute of Suggestive Therapy. (D.S.T.)
- New Franklin:** Burrus, Madison Cooper. (D.O.)
- Dothage, E. A. (D.O.)
- New Haven:** Rukmers, Irene. (D.O.)
- New Mills:** Rukmers, Irene. (D.O.)
- North Webb City:** Downing, R. B. (D.C.)
- Odessa:** Britt, Florence Schaepe, Box 142. (D.O.)
- Oregon:** Black, Emma, Box 135. (D.O.)
- Owensville:** Huxall, H. P. (D.C.)
- Paris:** Gabbert, A. J. (S.T.)
- Rodes, T. T. (S.T.)
- Syler, Harry E., R. No. 1. (D.O.)
- Perryville:** Stieber, Franz. (S.T.)
- Plattsburg:** Pennock, P. H. (D.O.)
- Plensant Hill:** Elkins, Geo. S., Stillwell Bldg. (D.O.)
- Poplar Bluff:** Barrett, Gordon W., Bank of P. B. Bldg. (D.O.)
- Portland:** Ladman, Geo. (D.C.)
- Princeton:** Johnson, Oscar E., Box 102. (D.O.)
- McWilliams, R. M. (D.C.)
- Purcell:** Dickie, W. A. (D.C.)
- Readville:** Huckleby, Miss Ora (D.C.)
- Reeds:** Yarbrough, Rev. Geo. (S.T.)
- Republic:** Fike, F. J. (D.O.)
- Richmond:** Cameron, Edward M. (D.O.)
- Ridgeway:** Gilmore, S. J. (D.O.)
- Rock Port:** McKinney, Lula L. (D.O.)
- Rosendale:** Smith, Elmer. (S.T.)
- Salisbury:** Eichhorn, E. L. (D.O.)
- Savannah:** Bunker, M. N. (D.C.)
- Eisiminger, Lenia. (D.O.)
- Sedalia:** Hain, H. S., 206 Ohio St. (D.O.)
- Harris, Katherine, 1101 Ets St. (D.O.)
- Hentges, Herman H., 321½ S. Ohio St. (D.C.)
- O'Bryan, C. L., 611 W. 4th St. (D.O.)
- Seymour:** Smith, Geo. F., S. Side Square. (D.O.)
- Shelbina:** Moore, Ernest Melvin, Box 311. (D.O.)
- Sikeston:** Hunter, V. D., Citizens' Bank Bldg. (D.O.)
- Skidmore:** Bilby, Ray. (D.C.)
- Skidmore, W. J. (D.C.)
- Slater:** Smith, J. W., Box 858. (D.C.)
- Speed:** English, C. Forrest. (S.T.)
- Springfield:** Blackler, Ronald. (N.D.)
- Fenter, Mrs. L. M., Nat'l Bank Bldg. (D.C.)
- Hunter, L. S., 518 Baker Bldg. (D.C.)
- James, I. L., Holland Bldg. (D.O.)
- Johnson, Mrs. Wm. H., R. No. 3. (S.T.)
- King, T. M., Landers Bldg. (D.O.)
- McCarty & McCarty. (D.C.)
- Noland, Lou T., Baker Bldg. (D.O.)
- Pettefer, A., Holland Bldg. (D.O.)
- Robberson, Susie Belle, 1204 N. Jefferson St. (D.C.)
- Stanberry:** Hoecker, Mary. (D.O.)
- Zachary, B. J. (D.C.)
- St. Charles:** Humfeld, Julius. (D.C.)
- Ritter, H. C., 516-a Clay St. (D.C.)
- Wilson, Wm. C., 216 N. Main St. (D.O.)
- St. Genevieve:** Sampson, Mrs. Annie K. (S.T.)
- Thomure, Mrs. Sophie. (S.T.)
- St. Joseph:** Beets, William E., Logan Bldg. (D.O.)
- Corbin, S. W., Lincoln Bldg. (Or.S.)
- Disque, Andrew A., 2706 Folsom St. (Opt.)
- Forgrave, L. R., Logan Bldg. (Oph.)
- Fulkerson, Perry, 840 N. 25th St. (Oph.)
- Groh, Will W., Logan Bldg. (D.O., D.C.)
- Hedgpath, T. H., Logan Bldg. (D.O.)
- Holme, E. D., Ballinger Bldg. (D.O.)

- Hurst, Anna Holme, Ballinger Bldg. (D.O.)
 Kenny, W. L., Commercial Bldg. (Opt.)
 Kimball, W. F., 706 Edmond St. (Opt.)
 Leonard, P. I., 710½ Felix St. (Opt.)
 Lyman, N., Ballinger Bldg. (Opt.)
 Mervine, I. W., Ballinger Bldg. (D.C.)
 Minton, W. H., King Hill Bldg. (Opt.)
 Peterman, C. M., 308 East Colorado Ave. (D.C.)
 Pitts, Bardon, 8th and Francis Sts. (Oph.)
 Proud, W. C., Tottle-Lemon Bank Bldg. (Opt.)
 Reese, Julia. (D.C.)
 Renaud, E. C., 803½ Francis St. (Opt.)
 Walker, Frank P., Ballinger Bldg. (D.O.)
 Walker, W. W., Commercial Bldg. (D.C.)
 Weed, O. G., Corby Forsee Bldg. (D.O.)
 Wertenberger, W. W., Corby-F Bldg. (Oph.)
 Whitsell, John C., Commercial Bldg. (Oph.)
 Woodworth, W. R., 120 S. 8th St. (Opt.)
 Worden, F. V., 615 N. 22nd St. (D.O.)
 Yeamans, E. B., 717 Elmon St. (S.T.)
- St. Louis:** Alepp, W. C., c/o W. J. Lamp Brew. Co. (D.C.)
 Bailey, Homer Edward, Frisco Bldg. (D.O.)
 Bailey, Walter Edward, Frisco Bldg. (D.O.)
 Beckham, Jas. J., Chemical Bldg. (D.O.)
 Boerger, F. H., 2116 Harris Ave. (D.C.)
 Brady, Edw. Francis, Fidelity Bldg. (D.O., N.D.)
 Christian, F. A., 406 S. 7th St. (N.D.)
 Buddecke, Bertha A., 3rd Nat'l Bank Bldg. (D.O.)
 Bunting, E. T., 3011 Vincent Ave. (S.T.)
 Carter, W. A., 701 Houser Bldg. (S.T.)
 Chamblin, Bayliss, 2427 N. Grand Ave. (D.O.)
 Chappell, Nannie J., Central Nat'l Bank Bldg. (D.O.)
 Commerford, Mary Elizabeth, 5179 Delmar Blvd. (D.O.)
 Conner, H. L., Central Nat'l Bank Bldg. (D.O.)
 Conwell, W. P., 806 North 7th St. (N.D.)
 Crehore, Mary Alice, 4237 Olive St. (D.O.)
 Culley, Albert B., Central Nat'l Bank Bldg. (D.O.)
 Davies, Samuel. (D.C.)
 De France, Josephine, Commercial Bldg. (D.O.)
 Dieckmann, J. E., 1705-a Union Ave. (D.C.)
 Dobson, W. D., Century Bldg. (D.O.)
 Douglas, L., 1317 Prairie Ave. (D.C.)
 Dulla, B., 3529 Harper St. (D.C.)
 Eckert, W. H., Century Bldg. (D.O.)
 Edwards, Alfred, Century Bldg. (D.O.)
- Edwards, James, Century Bldg. (D.O.)
 Edwards, James D., Suite 408, Chemical Bldg. (D.)
 Englehart, W. F., Central Nat'l Bank Bldg. (D.O.)
 Farris, L. E., Chemical Bldg. (D.O.)
 Fullmer, Jacob, 3511 S. Grand Ave. (D.C.)
 Gobel, Bertha A., 364-a Arsenal St. (D.O.)
 Goetz, Herman F., Century Bldg. (D.O.)
 Goin, C. F., 4226 Virginia Ave. (D.C.)
 Goin, Frank, 636 Wayne Ave., and 4447-a Nebraska Ave. (S.T.)
 Hafner, L. S., 221 Detmer Bldg. (D.O.)
 Harris, Mae S. (M.D.)
 Hatten, J. O., 616 N. Taylor Ave. (D.O.)
 Heim, Fred., 1905 Lanie St. (S.T.)
 Hermeling, W. H., 4456 Margaretha Ave. (D.C.)
 Hulick, Miss Harriet C., 509 N. Newstead Ave. (Me.)
 Jones, T. D., Mermod & Jaccard Bldg. (D.O.)
 King, A. B., Third Nat'l Bank Bldg. (D.O.)
 Kirsch, Francis M., 2860 Union Blvd. (D.O.)
 Klockle, Mrs. Sophie, 702 Bittner St. (D.C.)
 Koch, E. F., 3605 Delmar Blvd. (D.C.)
 Kohlbusch, E. W., 3605 Delmar Blvd. (D.C.)
 Kuester, F. L., 3514 Morgan St. (D.C.)
 Loper, Mathilda E., 3rd Nat'l Bank Bldg. (D.O.)
 Meyer, Julia A., 858 Hamilton Ave. (M.D.)
 Miller, O. S., 8109 Garische Blvd. (D.C.)
 Morar, Chas. J., 701 Houser Bldg. (S.T.)
 Mundorff, J. J., 615 Locust St. (D.O.)
 Myers, Jno. B., 108 Vine St. (S.T.)
 Nichols, Adrian D., Frisco Bldg. (D.O.)
 Nichols, Joe H., 4138 N. Newstead Ave. (S.T.)
 Oldeg, Harry W., Mermod and Jaccard Bldg. (D.O.)
 Orr, Arlowyne, Central Nat'l Bank Bldg. (D.O.)
 Ottofy, L. M. (D.O., M.D.)
 Ray, L. William, New Grand Central Bldg. (D.C.)
 Rohlfing, Charles, 4049 St. Louis Ave. (N.D.)
 Saxe & Saxe, 5148 Page Blvd. (D.C.)
 Schaub, Minnie, Central Nat'l Bank Bldg. (D.O.)
 Schmoll, S., 2615 Potomac St. (S.T.)
 Schwenker, L. H., 4307 Manchester Ave. (D.C.)
 Scott, Miss Addie, 1200 S. Ewing St. (S.T.)
 Seton, Julia. (M.D.)
 Stephens, Genoa D., Century Bldg. (D.O.)
 St. Louis Chiropractic College. (D.C.)
 Trowbridge, C. W., St. Louis College, Cor. Jefferson St. and Gamble Ave. (D.C.)
- Weber, Caroline L., Century Bldg. (D.O.)
 Wiesner, B. J., 2116 Russell Ave. (O.R.S.)
 Williams, Dorothea E. J. (D.C.)
 Wondrackek, Wm. J., 4463 Arce Ave. (D.C.)
 Wood, F. P., Century Bldg. (D.O.)
Steedman: Bezler, Guy. (D.C.)
Tarkio: Burch & Burch. (D.C.)
 Burch, Harley R. (D.C.)
 Paul, Theodore. (D.O.)
Tipton: Adair, S. P. (S.T.)
Trenton: Carrier, W. A. (D.C.)
 Herbert, Lulu J., Kress Bldg. (D.O.)
 Tracy, D. S., Trenton Trust Bldg. (D.C.)
 Tracy, Mrs. J. L., Trenton Trust Bldg. (D.C.)
- Unionville:** Fletcher, W. H. (D.C.)
 Painter, E. M. (D.O.)
 Robinson, Chas. F. (D.O.)
- Vandalia:** Ash, M. E. (D.C.)
 Bondurant, L. G. (D.C.)
 Bull, W. D. (D.C.)
 Frederickson, F. E. (D.O.)
 Moore, L. J. (D.C.)
 Vatteredt, J. A. (D.C.)
- Vera Cruz:** Carver, Fred. (D.C.)
- Warrensburg:** Black, Clarence H. (D.C.)
 Drake, Mrs. W. L. (S.T.)
- Washington:** Clark, Edward Kennedy. (D.O.)
 Humfeld, Wm. C., Box 353. (D.O.)
- Waverly:** Jungermann, Miss Emma. (S.T.)
- Webb City:** Dawning, R. B., 122½ N. Webb St. (D.C.)
 Dumbauld, Dr. E. A. (M.D.)
 McGee, F. E., O'Neill Bldg. (D.O.)
 Schreiner, John S. (D.O.)
 Slaughter, M. S., P. O. Bldg. (D.O.)
- Weldon Springs:** Fey, L. M. (D.C.)
- Whieten:** Mitchel, Dr. John. (S.T.)
- Willow Springs:** Hamilton, A. T. (S.T.)
- Wright City:** Scharnhorst, Martin. (D.O.)
- Woodlandville:** Lane, S. C. " (D.C.)

MONTANA

- Anaconda:** Craft, Marie C., 114 Cedar St. (D.O.)
 Roseborough, A. L., 209 3rd St. (D.O.)
 Sawtell, Reat D., 120½ E. Park St. (D.C.)
 Warthington, B. W., 216 W. Park St. (D.C.)
 Williams, Dr. Mc. (D.C.)
- Antelope:** Telgen, Edward. (D.C.)
- Augusta:** Brackett, Mary L. (D.C.)
- Baker:** Meyran, Lawrence Sanford. (D.O.)
- Baylor:** Miller, D. F. (D.O.)
 Wolf, Roy M. (D.O.)

- Billings:** Brown, A. S., 405 N. 31st St. (D.C.)
Crank, L. Mae, Stapleton Bldg. (N.D.)
Downs & Downs, Babcock Bldg. (D.C.)
Downs, Lewis Francis, Yellowstone Co. (D.C.)
Platner, L. M., 6-7 Wana-maker Bldg. (D.C.)
- Bozeman:** Dawes, Willard C., 237 W. Main St. (D.O.)
Dean, W. E., Michigan Bldg. (D.O.)
Dee, K. M. (N.D.)
Tillyer, Belle. (D.O.)
- Butte:** Bolam, Julian S., Owsley Block. (D.O.)
Fisher, Dr., State Savings Bank Bldg. (D.C.)
Holm, P. O., Bee Hive Bldg. (D.C.)
Long, J., 106 Penn. Bldg. (D.O.)
Stryker, Wm. R., Hennessy Bldg. (D.O.)
- Chateau:** Corvin, Geo. D. (D.C.)
Mayer, J. H. (D.C.)
- Columbus:** Payne, George H., First Nat'l Bank Bldg. (D.O.)
- Dillon:** Huber, Berta. (D.C.)
- Emigrant:** Townsend, Geo. A., Chico Hot Springs Hotel. (D.O.)
- Gardner:** Collins, Orrville. Box 45. (D.C.)
- Glasgow:** Blackmun, E. A., Valley Co., 301 4th Ave. S. (D.C.)
Blackmun, Eva L. (D.C.)
Blackmun, Wm. L. (D.C.)
Pippenger, Cora, First Nat'l Bank Bldg. (D.O.)
- Glendive:** Dove, C. E., Dion Bldg. (D.O.)
Hunt, Dr. John H. (M.D.)
- Great Falls:** Adams, C. T., Room 4, Foley Hotel. (D.C.)
Armond, J. F., 16-17 Breen Bldg. (D.C.)
Armond, Richard H., Ford Bldg. (D.O.)
Armond, Wm. L., 14 Breen Bldg. (D.C.)
Hawkes, Chas. L., Tod Bldg. (D.O.)
Laughlin, Harry T. (D.O.)
McCole, Geo. K., First Nat'l Bank Bldg. (D.O.)
Nelson, Loretta B., Conrad Bldg. (D.O.)
Scott, Wm. O. (S.T.)
Tuttle, Mayme K., Ford Bldg. (D.O.)
- Grass Range:** Hudson, Stephen W., c/o S. M. Long, Valentine Stage. (D.C.)
- Great Falls:** Budde, Mrs. M., Box 183. (N.D.)
- Hamilton:** Cooper, Olive M. (D.C.)
Irving, Bryne. (D.C.)
Jones, O. B. (D.C.)
Stark, R. A., Coutier Bell Bldg. (D.O.)
- Harlowton:** Church, J. W. (D.O.)
- Havre:** Templeton, W. F., Bramble Bldg. (D.O.)
- Helena:** Bruner, Leanora L., 207-9 Ramers Bldg. (D.O.)
Bruner, Leanora S., Powers Bldg. (D.O.)
Lee, Minnie R., Powers Bldg. (D.O.)
Hopkins, W. R. (D.C.)
- Mahaffay, Chas. W., Pittsburg Bldg. (D.O.)
Martin, F. H., Powers Bldg. (D.O.)
Shafer, Clement L., Holtes Bldg. (D.O.)
- Hinsdale:** Timm, Richard. (D.C.)
- Joliet:** Platner, L. M. (D.C.)
- Kalispell:** Adelbert, F. X. (D.O.)
Harris, Locious A., Conrad Bldg. (D.O.)
Kont, S. A., Karcher Bldg. (D.C.)
Ostroot, A. E., 1002 3rd Ave. W. (D.C.)
McCubrey, E. E. (D.C.)
- Laurel:** Meeker, Glenn. (D.C.)
- Leviston:** Wood, B. J., Room 205 Crowley Bldg. (D.C.)
Taylor, Fred. (D.O.)
- Livingston:** Murphy, J. L. (D.O.)
- Malta:** Leland, A. L. (D.C.)
- Miles City:** Clarke, Emily M., (D.O.)
Elmrt, Frederick J., Miles Bldg. (D.O.)
- Missoula:** James, Anna L., Higgins Bldg. (D.O.)
Miller, H. W., B & A Bldg. (D.C.)
Smith, J. Louise, Masonic Temple. (D.O.)
Hudson, Stephen W., B. S. A. Bldg. (D.C.)
Willard, Asa, First Nat'l Bank Bldg. (D.O.)
- Moore:** Bigelow, F. F. (N.D.)
- Orando:** Dewey, Mrs. Sylvia. (S.T.)
- Park City:** Mitchell, Minnie B. (S.T.)
- Plentywood:** Carlson, John G. (N.D.)
- Polson:** Carlin, F. W. (D.C.)
- Red Lodge:** Bailey, Simon W., Meyer-Chapman Bank Bldg. (D.O.)
- Scobey:** David, T. H. (N.D.)
- Simms:** Messenger, M. Lila. (D.O.)
- White Sulphur Springs:** Spohr, C. B. (D.O.)
- Benkelman:** Nere, Flora. (D.C.)
- Benson:** Billingham, Mrs. S., 609 Main St. (D.C.)
- Bertrand:** Bunn, Bessie. (D.C.)
Bunn, Daisy. (D.C.)
Johnson, Mrs. E. M. (D.C.)
- Berwyn:** Pickens, H. M. (S.T.)
- Blair:** States & States. (D.C.)
- Bloomfield:** Jones, Dr. (D.C.)
- Brady:** Sullivan, Sylvia. (D.C.)
- Brady Island:** Crouse, Minnie R. (D.C.)
Ditto, Wm. L. (D.C.)
- Broken Bow:** Aubery, Emma. (D.C.)
Connelly, G. W. (D.C.)
Davis, Wm. (S.T.)
Holliday, C. Thomas. (D.C.)
Jackson, Foster. (S.T.)
Trigg, Oliver S. (D.O.)
Wilson, Chas. (D.C.)
- Burwell:** Jorgensen, P. M. (D.C.)
- Callaway:** Leonard & Leonard. (D.C.)
Rogers, C. E. (D.C.)
- Cambridge:** Shauers, C. L. (D.C.)
- Chadron:** Sperling, D. W. (D.O.)
- Chapman:** Laub, J. B. (D.C.)
- Cedar Rapids:** Cleveland, M. H. (S.T.)
Tulley, F. E. (S.T.)
- Central City:** Bachman, O. Carl. (D.C.)
Bachman & Bachman, Drs. (D.C.)
Cochran, Maude. (S.T.)
Fetterman, A. L. (D.C.)
Hoagland, N. J., Hord Bldg. (D.O.)
- Columbus:** Aerni, Clara R., Telegram Bldg. (D.C.)
Clark, Mabelle, 522 W. 13th St. (D.C.)
Clark, O. G., 522 W. 13th St. (D.C.)
Vallier, A. E. (D.O.)
- Cozad:** Campbell, R. N. (D.C.)
- Craig:** Bovee, Mabel. (D.C.)
- Creighton:** Dunn, Ray O. (D.O.)
- Crete:** Moore, Myrtle J. (D.O.)
- Curtis:** Schnase, Mrs. (S.T.)
- David City:** Vogt, John W. (D.C.)
- Dixon:** Greres, Mrs. Amanda L. (S.T.)
- Eddyville:** Wheeler, H. A. (D.C.)
- Edgar:** Johnson, A. R. (D.C.)
Johnson & Johnson. (D.C.)
- Elgin:** Geddis, L., Box 207. (D.O.)
- Enstis:** Hauserman, J. (D.O.)
Thure, S., c/o Wm. Baur. (D.O.)
- Exeter:** Cahail & Cahail. (D.C.)
- Fairbury:** Cramb, Lulu Lynde. (D.O.)
Gallamore, J. T., Pritchett Bldg. (D.C.)
Lyon, E. R. (D.O.)
McBride & McBride, Drs. First Nat'l Bank Bldg. (D.C.)
Wurth, W. F. (D.O.)
- Falls City:** Cornell, Leon L. (D.O.)
Harvey & Harvey, 2104 21st St. (D.C.)
McKilligan, Birdie. (D.C.)

NEBRASKA

- Alliance:** Coppernoll, Orie-
annie, Opera House Bldg. (D.O.)
Jeffrey, Joseph, Butte Ave. (D.C.)
Petersen, F. J., Opera House Bldg. (D.O.)
Slabaugh, I. C. (S.T.)
- Arnold:** Brown, E. A. (D.C.)
Leland, A. L. (D.C.)
- Ashland:** Moss, Joseph M. (D.O.)
- Auburn:** Reynolds, E. R.,
Souders Bldg. (D.O.)
Schaffer, E. B. (D.C.)
- Aurora:** Lauser, Mrs. Min-
nie. (D.C.)
Lenser, W. M. (D.C.)
Miller, R. C. (D.C.)
Vogt, H. C. (D.C.)
- Beatrice:** McCracken, F. E.,
Box 5. (D.O.)
Gass, P. Y. (D.O.)
Nielsen, J. Andrew. (D.C.)
Steffen, Edward E., Dole
Bldg. (D.O.)
- Beaver City:** Nicholson, J. R. (S.T.)
Walsh, J. M. (D.C.)

- Killigan, Mrs. F. (D.C.)
 McCaskey, Laura. (D.C.)
Filley: Mason, G. E. (D.C.)
Franklin: Hopkins, Wm. R. (D.C.)
Fremont: Berhenke, F. H., 506 N. Main St. (D.C.)
 Cobble, William. Housten, Fremont Nat'l Bank Bldg. (D.O.)
 Drumint, S. J. (D.C.)
 Embrel, Jessie S., Lock Box 276. (D.C.)
 Gallamore, J. T., 508 Main St. (D.C.)
 Payne, Mary, 506 Main St. (D.C.)
 Richardson, Ira F., 6th and Oak Sts. (D.O.)
 Stockfield, Jas. H. A. (D.C.)
 Young, James Tilton. (D.O.)
Friend: Cahill, C. A. (D.C.)
Fullerton: Zeller, Helen. (D.C.)
Gables: Zinkon, R. (D.O.)
Gandy: Gamble & Gamble. (D.C.)
 Gamble, James S. (D.C.)
 Harvey, Fred. (D.C.)
Garfield: Siver, Maude. (D.C.)
 Smith, J. H. (D.C.)
Geneva: Bailor, Blanche. (D.C.)
Genoa: Bachman, O. K. (D.C.)
Gothenburg: Anderson, Clara H. (D.C.)
 Hancock, J. L. (D.C.)
Grand Island: Bradburn, Miss Grace. (S.T.)
 Kuhr, H. C., 2 Dolan Bldg. (D.C.)
 Parks, L. R., 31 McAllister Bldg. (D.C.)
 Rusk, Florence T. (D.O.)
 Smith, J. H., 208 W. 6th St. (D.C.)
 Smith, L. D., 2 Dolan Bldg. (D.C.)
 Williams, H. R. H. (S.T.)
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 Fehl, Carrie, 145 South St. (D.C., N.D.)
 Ganzke, T. T., 579 Jersey Ave. (D.O.)
 Gilliar, Joseph, 190 Sherman Ave. (D.C., N.D.)
 Hallock, H., 160 Summit Ave. (D.C.)
 Hallock, Wm. J., 160 Summit Ave. (D.C.)
 Harley, G. E., 158 Cambridge St. (D.C., D.O., N.D.)
 Harris, Henry. (N.D.)
 Haughton, Jas. M., Jr., 986 Summit Ave. (D.C.)
 Hayes, Wm., 138 Leonard St. (N.D.)

Heyler, Charles A., 67 Lincoln St. (D.C.)
 Jacobs, Frederick V., 195 Virginia Ave. (D.C.)
 Jacobs, Julian M., 195 Virginia Ave. (D.C.)
 King, Wm. G., 239½ 2nd St. (D.C.)
 Kitchen, Georgiana, 201 Pavonia Ave. (D.C.)
 Knauss, S. M., 37 Monticello Ave. (D.O.)
 Kreutzer, Reginald L., 207 Claremont Ave. (D.C.)
 Ponger, Edw., 132 Coles St. (D.C.)
 Pontone, Henry, 281 Grove St. (D.C.)
 Richardson, G. A., 152 Virginia Ave. (D.C.)
 Richmond, Ralph P., 95 Sip Ave. (D.O.)
 RoCHAT, Louis A., 155 Newark Ave. (Opt., D.O.)
 Runbloom, E., 558 Mercer St. (D.O., N.D.)
 Scheid, Henry Edw., 9 Virginia Ave. (D.C.)
 Schultz, Otto, 48 Central Ave. (D.C.)
 Schwarz, Dr. R. B., 93 Highland Ave. (Ch.)
 Shaw, Robert V., 15 Morton Place. (D.C., N.D.)
 Stevenson, Eliz. M., 31 Bayview Ave. (D.C.)
 Strobel, Albin, 520 Paterson Plank Road. (D.C.)
 Strobel, Richard, 3702 Hudson Blvd. (D.C., N.D.)
 Sullivan, Rebecca E., 20 Kearney Ave. (D.C.)
 Truitt, W. T., 896 Summit Ave. (D.C.)
 Van Houten, John R., 156 Virginia Ave. (D.C.)
 Villari, N., 368 Central Ave. (N.D.)
 Volckman, Harold, 40 Zabriskie St. (D.C.)
 Watkins, J. C., 208 Myrtle Ave. (D.C.)
 Watkins, Mark, 225 Jewett Ave. (D.C.)
 Watkins, Pauline, 208 Myrtle Ave. (D.C.)
 Weimar, Louis Charles, 516 Bergen Ave. (D.C.)
 Wenzel, Alfred, 417 Palisade Ave. (D.C.)
 Winkelman, L., 248 Cambridge Ave. (D.C.)
 Zwerneman, Geo. 601 Pavonia Ave. (D.C.)

Jersey City Heights: Molyneux, Albert J., 2844 Blvd. (D.O.)
 Molyneux, Cora Belle, 2844 Blvd. (D.O.)

Joplin: Phillips, Frisco Bldg. (N.D.)

Kearney: Livesey, Henry P., 56 Johnson Ave. (D.C.)

Lakewood: Cummings, W. S., 6 Clifton Ave. (D.O.)
 Fechtig, St. Geo. (D.O., N.D.)
 Fogg, Clinton O., 121 Madison Ave. (D.O.)

Liberty: Kahn, H. I., Box 25. (N.D.)

Long Branch: McSherry, Thos., Broadway. (D.O.)

Madison: Broberg, Manfred, 2000 Central Ave. (N.D., D.C.)

Mantua: Rhoads, H. B., Main St. (D.C.)

Maple Shade: Irwin, Grace Gould. (D.O.)

Maplewood: Wood, Emma Greene, 37 Ridgewood Road. (D.O.)

Matteawan: Jalovaara, A. E. S., 85 Main St. (D.O.)

McKeesport: Carroll, Grove. (N.D., D.O.)

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 Scott, J. H. (D.C.)

Montclair: Bird, Miss Josephine. (Ma.)
 Eddy, John T., 14 The Crescent. (D.O.)
 Finnerty, Francis A., 40 Park St. (D.O.)
 Forstot, Samuel, 57 Union St. (M.D., D.O.)
 Hallett, H. De Veau, Madison Bldg., 10 Park St. (D.C.)
 Simpson, Martha B., 148 Maple Ave. (D.C.)
 Smith, Helena Ferris, 50 Park St. (D.O.)
 Zander, Stanley Clarence, 822 Valley Road. (D.C.)

Morris Plains: Fues, Francis. (N.D.)

Morristown: Cassell, M. E., 140 E. Main St. (D.O.)
 Lippincott, Lydia E., 243 W. Main St. (D.O.)
 Maxwell, H. Thurston, 29 Morris St. (D.O.)
 O'Keefe, M. L., 1 Franklin Ave. (D.C.)
 Rogers, William Leonard, 14 De Hart St. (D.O.)
 Wire, Percy J., 13 Clinton St. (D.C.)

Mt. Holly: Bryan, D., 485 Broad St. (D.C.)
 Hackmann, Gustave Herbert, 110 Main St. (D.O.)
 Witman, J. E., Box 613 (D.C.)
 Witman, John E., 43 Main St. (D.C., Oph.)

Newark: Alpert A., 391 Clinton Ave. (D.O., N.D.)
 Barbera, Anthony, 120 8th Ave. (D.C.)
 Belton, Clarence C., 484 Broad St. (D.C.)
 Benson, Wm. S., 76 16th Ave. (D.C.)
 Bird, J. F., 181 Summer Ave. (D.C.)
 Black, John J., 41 N. 18th St. (D.C.)
 Brandenburg, H. C., 28 Elwood Place. (D.C.)
 Braun, Max Gerard, 28 Monmouth St. (D.C.)
 Brooks, Maud A., 16 Gould Ave. (D.C.)

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 Bryan, D. R., 485 Broad St. (D.C.)
 Burnett, J. C., 19 Walnut St. (D.O.)
 Butcher, O. L., 657 Mount Prospect Ave. (D.O.)
 Capek, Norbert F., 169 Milford Ave. (N.D.)
 Carpenter, W. A., 10 Boudinot St. (D.C.)
 Carpenter, W. A., 189 Summer Ave. (N.D.)
 Colborn, R. M., 810 Broad St. (D.O.)
 Collins, Charles O., 122 Roseville Ave. (D.C.)
 Collins, Ethel Nora, 16 Grand Ave. (D.C.)
 Collins, F. W., 122 Roseville Ave. (D.C., D.O., N.D.)
 D'Almaine, Mrs. Cornelia, 510 Fireman's Bldg. (D.C.)
 Davis, F. B., 25 New Street. (D.O.)
 Davis, J. B., 25 New Street. (D.C.)
 Deerin, Mr. & Mrs., 964 Broad St. (D.C.)
 Dietz, Phineas, 500 Broad St. (D.O.)
 Dodd, J. E., 36 Kearney St. (D.C.)
 Dodd, Lorenzo, 122 4th St. (D.C.)
 Donnelly, Sarah, 155 William St. (D.C.)
 Ebbe, H. A., 738 Broad St. (D.C.)
 Firth, A. P., 28 Clinton Ave. (D.O.)
 Fischer, Frank L., 94 Ridgewood Ave. (N.D.)
 Freel, J. E., 748 S. 15th St. (D.C.)
 Freel, J. S. F., 379 Littleton Ave. (D.O.)
 Grant, Roswell D., 207 Mt. Prospect Ave. (D.O.)
 Grimm, Lydia B., 87 Seymour Ave. (D.C.)
 Harrison, J. C., 16 Central Ave. (D.C.)
 Haverin, A. A. & C. F., 28 Lincoln Ave. (D.C.)
 Haverin, C. E., 867 S. 19th St. (D.C., N.D.)
 Haverin, C. F., 28 Lincoln St. (N.D.)
 Hendrickson, M. L., 10 Hinsdale Place. (D.C., N.D.)
 Hendrickson, M. L. & J. W., 584 Broad St. (D.C.)
 Hill, Carrie, 701 High St. (D.C.)
 Hill, Herbert, 16 Gould Ave. (D.C.)
 Hipple, J. E., 500 Broad St. (D.C.)
 Hipple, S. A., 199 Broad St. (D.C.)
 Hipple, S. N., 591 Warren St. (D.C.)
 Howells, Anna Gerow, 459 Mount Prospect Ave. (D.O.)
 Howells, Clifford, 459 Mount Prospect Ave. (D.O.)
 Jacobs, Samuel, 29 Halsey St. (N.D.)
 Jennings, Theo. T., 76 Monmouth St. (D.C.)
 Jennings, Theodore T., 295 Springfield Ave. (N.D.)
 Kingsland, Jennie B., 82 Beverly St. (D.C.)
 Kitchell, Arthur Ward, 72 Elizabeth Ave. (D.O.)

Knight, R. A., 785 Clinton Ave. (D.C.)
 Kuehner, Frank O., 49 Delevan Ave. (D.C.)
 Kuna, A., 31 Lincoln St. (D.O., D.C.)
 Lauterwasser, Charles, 252 Littleton Ave. (D.C., N.D.)
 Lauterwasser, G. Wm., 144 Ridgewood Ave. (D.C.)
 Lee, Ruland W., 95 Halsey St. (D.C.)
 Luepke, J. F. G., 401 Bergen St. (D.C.)
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 Marsland, Mme. F., 79 South 7th St. (N.D.)
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 Marx, Cora B. Weed, 385 S. Belmont Ave. (D.O.)
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 Moore, Claribel, 44 Bleeker St. (D.C.)
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 Rowland, Edward J., 1 Branford Place. (D.C.)
 Schaumberg, H. E., 28 13th Ave. (D.C.)
 Schanne, F. B., 44 Bleeker St. (D.C.)
 Sidwa, S., 39 Rutgers St. (D.O.)
 Smith, Frank C., 122 Bigelow St. (D.C., N.D.)
 Spangler, H., 117 Avon Ave. (D.O., N.D.)
 Stevens, L. R., 11 Thomas St. (N.D.)
 Stickle, Mary, 79 Halsey St. (D.O., N.D.)
 Stow, John B., 78 North 11th St. (D.O.)
 Strongfort, Lionel, 274 Park Bldg. (P.)
 Sullivan, Broad St. (D.O., Hy.)
 Swain, Alfred L., 77 Weequahie Ave. (D.C.)
 Tate, Edwin W., Kinney Bldg. (D.O.)
 Thorp, Hugh, 211 Seymour Ave. (D.C.)

Waters, Isabella, 577 Warren St. (D.C.)
 Weber, Emil, 255 Waverly Ave. (D.C.)
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 Willard, Earle S., 21 Camp St. (D.O.)
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 Witman, Wm. W., 102 Halsey St. (N.D.)
 Wittman, Wm. M., 671 Broad St., Suite 414-15. (D.C.)
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 Blechschmidt's Naturopathic Sanitarium, 920 Savoye Street.
 Gross, James H., 95 Columbia Ave. (D.C.)
 Hubner, Harry, 5197 Hudson Blvd. (N.D.)
 Lange, Lydia E., 925 Danielson St. (D.C.)
 Meyer, Wm., 1456 Ridgley St. (D.C.)
 Murphy, Charles, 918 Paterson Ave. (D.C.)
 Wahl, Adolph F., 942 Savoy St. (D.C.)
Nutley: Sidwa, S., 7 Stagers St. (D.C.)
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Old Bridge: Carpenter, Julia B. (D.C.)
Orange: Billet, Mary I., 477 Main St. (D.C.)
 Chiles, Harry L., 466 Main St. (D.O.)
 Compopiano, A., 47 Cone St. (D.O.)
 Compopiano, Anthony, 90 Center St. (D.C.)
 Corbo, Alfonso, 74 Jackson St. (D.C.)
 Granberry, D. Webb, 408 Main St. (D.O.)
 Moffat, Dr. Edgar V. (M.D.)
 Oelachlajel, W. A., 55 Quimby Place. (D.O.)
 Plummer, F. Myrell, 462 Main St. (D.O.)
 Sackett, Edith F., 185 Main St. (D.C.)
 Sands, Ord L., 408 Main St. (D.O.)
 Schiefler, Chas. A., 357 Main St. (D.C.)
 Sickles, E. H., 22 Chapman St. (D.C.)
 Starr, Geo. R., 466 Main St. (D.O.)
 Webb, H. D., 408 Main St. (D.O.)
Palisade Park: Schultz, Emil. (D.C.)
Palmyra: Dye, W. Walter, 734 Morgan St. (D.O.)
Passaic: Askenberg, Mrs. G., 189 Main Ave. (D.C.)
 Church, Chas. (D.O.)
 Conklin, Hiram Lewis, 29 Grove Terrace. (D.O.)

Haveron, R. H. (D.O., N.D.)
 Robinson, Thos. F., 53 Lexington Ave. (D.C.)
 Starr, J. F., 71 Bloomfield Ave. (D.O.)
Paterson: Allen, Francis W., 367 10th Ave. (D.C., N.D.)
 Allen, S. E., Jr., 232 Lawrence St. (D.C.)
 Baumlner, Charles, 15 E. 15th St. (D.C.)
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 Borgman, August, 76 Hamburg Ave. (D.C.)
 Buckley, John W., 774 East 24th St. (D.C.)
 Carlisle, Hardy Wm., 242 Summer St. (D.O.)
 De Baun, Harry C., 134 Washington St. (D.C.)
 Flanigan, A. L., 777 E. 26th St., and 128 17th Ave. (D.O.)
 Hilton, John F., 21 E. 20th St. (D.C.)
 Horandt, C., 120 Jasper St. (D.C.)
 Johnson, G., 210 Market St. (D.C.)
 Jones, Sarah E., 465 Ellison St. (D.O.)
 Lang, Jacob, 45 Ward St. (D.C.)
 Marsland, Katherine, 721 4th Ave. (D.C.)
 McClelland. (D.C.)
 McFarlan, Geo. D., 276 Carroll St. (D.C.)
 McKellin, Wm. H., 403 Colt Bldg. (D.C.)
 Morris, Fred. W., 316 B'way. (D.O.)
 Post, E., Citizens' Trust Bldg. (D.C.)
 Post, Alfred H., 307 Citizens' Trust Bldg. (D.C.)
 Rose, Robert, 24 Jefferson St. (D.C.)
 Scheltenbach, Theo. E., 139 York Ave. (N.D.)
 Schleusner, Richard R., 76 Hamburg St. (D.C.)
 Schoers, J. G., 148 Market St. (D.C.)
 Simmons, Margie D., 647 E. 26th St. (D.O.)
Peapack: Belton, Clarence. (D.C.)
Penn Grove: Haffner, G. C. P., 202 S. Broad St. (D.C.)
Perth Amboy: Buchanan, O. H., 387 Prospect Ave., and 146 Smith St. (D.C.)
 Lund, Henry P., 393 Park Ave. (D.C.)
 Lund, Paul S., 190 Grant St. (D.C.)
Plainfield: Allcutt, E. Burton, Truell Court, 1 Madison Ave. (D.C.)
 Good, E., Manning Bldg. (D.O.)
 Miller, Frank, 217 E. 7th St. (D.O.)
 Singer, O. N., 234 Park Ave. (D.C.)
 Wilcox, Frank F., 108 Crescent Ave. (D.O.)
 Wilcox, Nell Sigler, 108 Crescent Ave. (D.O.)
Plainville: Singer, Dr. O. U., 234 Park Ave. (N.D.)
Pleasantville: Chew, Dr. Thomas S. (N.D.)
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Rahway: Russell, Margaret, 78 W. Milton Ave. (D.C.)
Red Bank: Englert, A. M., 71 Broad St. (D.C.)
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 Cullaugh, Wm. G., Broad Street Bank Bldg. (D.C.)
 Ellis, H. B., 11 S. Warren St. (D.C.)
 Heck, J. A., 1907 S. Clinton Ave. (D.O.)
 Heufele, Geo., 1907 S. Clinton Ave. (N.D.)
 Johnston, E. J., 349 Walnut St. (D.C.)
 Marchand, Chas. E., 56 W. Hanover St., and 145 Perry St. (D.C.)
 Murray, John H., 212 E. Hanover St. (D.O.)
 Novinger, W. J., Cor. Academy and Montgomery Sts. (D.O.)
 Roche, Hazel, 438 State St. (D.C.)
 Sigler, Chas. M., 130 S. State St. (D.O.)
 Vliet, Chester B., 47 West State St. (D.C.)

Walker, E. M., 133 S. Broad St. (D.O.)
 Wendel, Rev. Dr. H. R., (N.D.)
Union Hill: Acknowitz, C. J., 407 Bergenline Ave. (D.O.)
 Cargill, F. S., 129 5th St. (D.C.)
 Crawford, B., 303 Bergenline Ave. (D.C.)
 Dresser, B. J., 407 Humboldt St. (D.C.)
 Hitz, Wm., 162 Bergenline Ave. (D.O.)
 Hubner, Louis, 140 4th St. (N.D., D.C.)
 Jacknowitz, C., 407 Bergenline Ave. (Opt.)
 Jacquemin, Theodore J., 411 Franklin St. (M.D.)
 Kost, Aug., 423 Union St. (D.O.)
 Peschkar, Joseph, 331 Main St. (D.C.)
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 Heydt, Henry W., 60 Hudson Place. (D.C.)
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Westfield: Bagley, R. A., P. O. Box 264. (D.O.)
 Ray, Mary L., 419 South Ave. (D.O.)
 Semple, Sydney G., 207 Elm St. (D.O.)
West Hoboken: Blechschmidt, John R., and Peter Rohr, 504 Clinton Ave. (D.C.)
 Bieri, Robert, The Little Carlsbad, 601 Spring St. (N.D.)
 Bolte, Bertha, 328 Summit Ave. (D.C.)
 Conrad, Chas. F., 120 Palisade Ave. (D.O.)
 Germann, Frank A., 612 Syms St. (D.C.)
 Greschik, Ernest, 507 Hackensack Plankroad. (D.C.)
 Guggenheim, M., 208 Palisade Ave. (M.D., D.O.)
 Hagedorn, C. S., 320 Summit Ave. (D.C.)
 Hirsh, A. S. W., 137 Summit Ave. (D.O., N.D.)
 Martinelli, A., 213 Summit Ave. (D.O.)
 Mathies, Henry F., 491 Palisade Ave. (D.C.)
 Naturopathic Institute, Gustave Uez, Prop., 596 Clinton Ave. (N.D.)
 Pfau, F., 120 Palisade Ave. (N.D., D.O.)
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 Jones, C. M. (D.C.)
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 Gibson, H. R. (D.O.)
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Hurley: Shaw, Herbert. (D.C.)
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 Boone, Oliver C. (S.T.)
Raton: Elmore, Nannie, Roth Blk. (D.O.)
 Fairbanks, A. E. (S.T.)
Raton: Thaxton, E. E. (D.C.)
Roswell: Parsons, C. L. (D.O.)
Roy: Hofer, A. L. (D.C.)
Thomas: Carington, Dr. J. S. (M.D.)
Tucumcari: Bueler, C. Merwin. (D.O.)
Wagon Mound: Wood, D. B. (D.C.)

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 Buenan, Peter J., 71 Central Ave. (Opt.)
 Dailey, C. J., 94 W. Pearl St. (Opt.)

- Devinny, George M., 200 Lark St. (D.C.)
 Devinny, Minnie S., 200 Lark St. (D.C.)
 Elmer, Dr. Frank A., 55 S. Pearl St. (Opt.)
 Kennedy, Wm. F. N., 19 Central Ave. (Opt.)
 Lansing, H. L., 80-82 N. Pearl St. (D.C.)
 Noll, John, 23½ Steuben St. (Opt.)
 Schoeller, Julius, c/o Lafayette Hotel. (N.D.)
 Smiley, Wm. M., 136 Washington Ave. (D.O.)
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 Wise, Frederick H., 505-7 Masonic Bldg. (D.C.)
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 Lewis, L. G. (D.C.)
 Rutherford, G. S., Box 495
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 Green, Chas. S., Vanderbilt Ave. (D.O.)
 Greese, L. A., 319 2nd Ave. (D.O.)
 Grossman, A., 7 E. 116th St. (N.D.)
 Grossman, D., 343 3rd Ave. (Opt.)
 Grossmann, Fredk. N. M. T., 460 E. 141st St. (Ma.)
 Gruggel, Carl A., 54 E. 59th St. (Ma.)
 Grusemick, J. F., 79 Hamilton St. (Ma.)
 Guenther, Ernest, 222 W. 140th St. (Ma.)
 Hagerty, Mrs. M., 215 West 142nd St. (Ma.)
 Halligan, Nina Gilliar, 45 W. 34th St. (D.C.)
 Hanson, H. A., 41 Convent Ave. (D.O.)
 Harper, Claude B., Old Colony Club, Hotel Waldorf Astoria. (P.)
 Harlem Health Institution, 385 Manhattan Ave. (D.O.)
 Harris, F., 45 W. 34th St. (N.D.)
 Haskell, Chas. C., 407 W. 117th St. (D.O.)
 Hastad, Miss Amanda, Aeolian Hall, 33 W. 42nd St. (Ma.)
 Hausmann, A., 241 W. 42nd St. (Ma.)
 Havard, Wm. Freeman, 110 E. 41st St., (c/o Dr. Lust). (N.D.)
 Hayes, W. S., 2050 Amsterdam Ave. (D.O.)
 Hazzard, Chas., 18 W. 34th St. (D.O.)
 Hebbem, L. H., 150 E. 27th St. (D.O.)
 Heckman, Eugene, 155 East 33rd St. (M. D.)
 Hedwig, Geo., 207 W. 34th St. (D.O.)
 Heim, M. V., 962 Aldus St. (D.O.)
 Heller, A. G., 1537 B'way at 45th St. (Ch.)
 Heller, A. S., 247 W. 145th St. (D.O.)
 Heller, Dr. G. A. (Ma.)
 Helmer, George J., 187 Madison Ave. (D.O.)

Helmer, John N., 136 Madison Ave. (D.O.)
 Herring, Ernest M., 170 W. 73rd St. (D.O.)
 Hibbe, Leopold H. R., 154 E. 49th St. (M.D.)
 Hicks, J., 3872 3rd Ave. (D.C.)
 Hilf, Helen, 246 W. 128th St. (Ma.)
 Hill, M. E., 634 E. 220th St. (D.O.)
 Hinsch, Henry & Rudolph, 912 Grant Ave. (D.C.)
 Hochman, A., 169 Rivington St. (Palmist)
 Hoegen, Jos. A., 334 Alexander Ave. (N.D.)
 Hofstetter, Max, 175 E. 89th St. (D.O.)
 Hofstetter, M., 555 W. 151st St. (N.D.)
 Holdt, Edgar, Pearl River. (N.D.)
 Hommel, John, 21 Manhattan Ave. (Ma.)
 Horton, H., 348 E. 9th St. (D.O.)
 Hovey, Wm. G., 47 W. 34th St., 810 Marbridge Bldg. (D.C.)
 Howard, Edward W. S., 235 W. 102nd St. (D.C.)
 Hradek, Mrs. J. J., Hotel Bon Ray. (Ma.)
 Hrobe, J., 314 E. 86th St. (D.O.)
 Huber, Mrs. T., Cor. B'way and 44th St. (Ma.)
 Irving, James Montgomery, 200 5th Ave. (P.C., N.D.)
 Jackson, John A., 253 W. 42nd St. (D.O.)
 Jacobs, Samuel, 163 Ludlow St. (N.D.)
 Jacobson, Mrs. John, 247 W. 123rd St. (Ma.)
 Jacquemin, Theo. J., 141 E. 44th St. (M.D.)
 Jalos, Anni, 535 W. 163rd St. (Ma.)
 Javen, B., 539 E. 78th St. (D.O.)
 Jensen, Chas. L., 327 West 24th St. (N.D., D.O.)
 Johansson, Elida, 51 West 84th St. (Ma.)
 Johnson, Clare, 200 W. 72nd St. (D.C.)
 Johnson, C. P., 130 Wadsworth Ave., and 220 W. 72nd St. (D.C.)
 Jones, A. E., 1 W. 34th St. (Ma.)
 Joseph, Alfred, 224 W. 52nd St. (Ch.)
 Joven, B., 430 E. 66th St. (N.D.)
 Kaiser, Arthur J., 171 East 81st St. (Ma.)
 Karpen, Henry, 16 W. 36th St. (N.D.)
 Kayser, F. T., 673 E. 216th St. (N.D.)
 Kellerman, Annette, 12 W. 31st St. (Ma.)
 Kelley, Miss Adah, 301 W. 55th St. (N.D.)
 Kenney, M. F., 1785 Amsterdam Ave. (Ma.)
 Kern, Max, 113 E. 17th St. (D.O.)
 King, Elizabeth, 154 East 32nd St. (Nat. Inst.)
 Kinze, L., 379 E. 155th St. (D.O.)
 Knapp, Lester I., Sherman Square Hotel. (D.O.)
 Knight, Della G., 234 W. 44th St. (D.O.)

Knipe, J. B., 85 Franklin St. (D.C.)
 Kobel, Dr. Louis, 379 E. 155th St. (N.D.)
 Koppel, Mlle. S., 158 West 34th St. (Ma.)
 Kraus, Eugene R., 2491 Broadway. (D.O.)
 Kreuzer, C., 236 E. 69th St. (Ma.)
 Kunze, Dr. Louis, 379 E. 155th St. (N.D.)
 Kupferschmied, 168-170 E. 81st St. (N.D.)
 Kurth, George, 225 W. 68th St. (Ma.)
 Larsen, Payne P., 37 E. 28th St. (D.C.)
 Larson, Payne P., 37 E. 28th St. (D.C.)
 Laudberg, A., 85 E. 1st St. (Bath)
 Lee, 125 W. 58th St. (N.D.)
 Lee, Lyndon E., 217 W. 125th St. (D.C.)
 LePompadour, F. S., 2730 Broadway. (D.O.)
 Leubuscher, A. L., 345 West 70th St. (M.P.)
 Liebgold, Louis, 3604 B'way. (Ma.)
 Liederbach, J. L., 343 3rd Ave. (Opt.)
 Lind, G. M. E., Lincoln Trust Bldg., B'way and 72nd St. (D.C.)
 Lindstrom, E. C., 143 Waverly Place. (Ma.)
 Lindstrom, J. W., 166 East 67th St. (Ma.)
 Lockwood, T. D., 51 E. 42nd St. (D.O.)
 Lohne, Miss I., 664 Lexington Ave. (Ma.)
 Lope, Fredk. A., 301 West 139th St. (Ma.)
 Long, Geo. P., 6 E. 37th St. (D.O.)
 Long, Louis, 1044 E. Tremont Ave., and 1010 E. 178th St. (M.D.)
 Love, Helen, 527 112th St. (D.C.)
 Luck, Josephine A., 958 8th Ave. (Ma.)
 Ludwig, M. W., 407 E. 82nd St. (D.O.)
 Lundberg, Anna M., 908 6th Ave. (Ma.)
 Lust, Benedict, 110 East 41st St. (N.D., D.O., M.D.)
 Lust, Louisa, 110 E. 41st St. (N.D.)
 Lust, Louis, 100 E. 105th St. (N.D.)
 Lynch, Miss B., 1101 Lexington Ave. (Ma.)
 Mabie, W. W., 438 Central Park W. (D.O.)
 Macfadden, Bernarr, Flatiron Bldg. (P.C.)
 MacLennon, Margaret J., 529 W. 111th St. (D.O.)
 Mac Levy, 352 4th Ave. (P.)
 MacNaughton, Helen, 121 E. 29th St. (N.D.)
 Mahler, C. H., 200 W. 72nd St. (D.C.)

Malmborgh, C. A., 51 East 42nd St. (D.C.)
 Marko, 519 E. 78th St. (Ma.)
 Marks, Louis E., 1465 B'way. (D.C.)
 Marshall, Albert R., 301 E. 85th St. (Ma.)
 Mattern, Frank G., 68 West 69th St. (Ma.)
 Matthews, S. C., 500 5th Ave. (D.O.)
 Mawson, Gertrude B., 24 W. 59th St. (D.O.)
 Mayer, Dr. Geo., 46 West 124th St. (Bath)
 McArthur, James B., 740 West End Ave. (D.O.)
 McFadden, Geo., 51 E. 59th St. (P.)
 McKee, Jos. A. B., 740 West End Ave. (D.O.)
 Meffert, Alex., Woolworth Bldg. (Bath)
 Megary, 200 W. 72nd St. (D.O.)
 Melander, Theo. A., 17 E. 59th St. (Ma.)
 Merendino, Joseph, 2255 B'way. (D.O.)
 Merkley, E. H., 36 W. 35th St. (D.O.)
 Merkley, Geo. H., Hotel Martinique. (D.O.)
 Meyer, A., 399 E. 155th St. (Ma.)
 Meyer, John W. H., 1947 B'way. (N.D., D.C.)
 Moodich, Miss Alfhild, 1026 6th Ave. (Ma.)
 Moonaw, Mary C., 172 W. 79th St. (D.O.)
 Morgan, N. A. G., Chautauqua. (D.C.)
 Morgan, Wm. C., Chautauqua. (D.C.)
 Morgenbesser, H., 931 Fox St. (M.D.)
 Morrison, Daniel N., 120 E. 34th St. (D.O.)
 Morris, Phillip, 332 E. 72nd St. (M.A.)
 Moriss, L. H., 47 W. 34th St. (Ch.)
 Morris, S. V., 121 Madison Ave. (M.D.)
 Mosseur, H., 177 St. Nicholas Ave. (D.O.)
 Myers, Ella Lake, 214 W. 92nd St. (D.O.)
 Nabstedt, J. M., 253 W. 58th St., 514 W. 149th St., and 1789 Broadway. (D.C.)
 Nachbar, M., 431 5th Ave. (N.D.)
 Nelson, Miss Bertha, 121 Vermilyea Ave. (Ma.)
 Nelson, Swen, 101 W. 189th St. (D.C.)
 Neumann, Carl, 510 W. 133rd St. (Ma.)
 Newirth, H. C., 233 B'way (D.O.)
 New York School of Chiropractic, 39th St. and Broadway Bldg., 1416 B'way.
 Nicholas, Rebecca, 205 W. 85th St. (D.O.)
 Nicola, Stephen, 16 Beaver St. (N.D.)
 Nielson, Julia K., 116 E. 58th St. (D.O.)
 Nielsen, Julie K., 120 East 34th St. (D.C., D.O.)
 Noonan, M. A., 67 W. 90th St. (D.C.)
 Norton, Carlton C., 1 Madison Ave. (D.O.)
 Ochs, S. C., 159 W. 45th St. (D.O.)

Practitioners are requested to inform the publisher of probable discrepancies found herein, or of change of address in the course of printing. Rectification will be made in subsequent issues

- Olsen, Mrs. L., 157 W. 98th St. (Ma.)
- Oman, Mrs. E., 17 E. 89th St. (Ma.)
- O'Neill, Mrs. M. E., 1050 Amsterdam Ave. (Ma.)
- O'Neill, Thomas H., 507 5th Ave. (D.O.)
- Oppenheimer, H. O., 255 W. 108th St. (D.C.)
- Palmist, C., 84 Carmine St. (D.O.)
- Palmist, J. H. F., 1947 B'way. (D.O.)
- Palmist, S. A., Carnegie Hall. (D.O.)
- Panzer, Henry, 200 W. 72nd St. (N.D.)
- Papathopoulos, N. P., 14 East 38th St. (M.D.)
- Paradis, Regina D., 201 W. 120th St. (Ma.)
- Pare, J., 2310 Valentine Ave. (N.D.)
- Parker & Parker, General Delivery. (D.C.)
- Patchen, G. H., 13 Central Park W. and 147 W. 23rd St. (M.D., D.C.)
- Pauwels, Robert, 110 W. 40th St. (D.C.)
- Payne, A. V., 47 W. 34th St. (M.D.)
- Pengel, William, 168 W. 95th St. (Ma.)
- Penrose, Josephine, 114 East 59th St. (Ma.)
- Pestauer, J. F., 47 W. 63rd St. (D.C.)
- Pfeifer, Hans, 1412 Prospect Ave. (D.C.)
- Pichel, C. L., 1547 B'way. (D.C.)
- Pinz, Ferdinand A., 416 E. 77th St. (N.D.)
- Platto, H. M., 60 Broadway. (D.C.)
- Porretto, S., 1204 2nd Ave. (D.O.)
- Porter, F. J., 74 E. 96th St. (Ma.)
- Potter, Jane G., "The Nevada," 2025 Broadway. (D.C.)
- Potter, La Forest, The Nevada, 70th St. and Broadway. (M.D., D.C.)
- Praeger, J. E., 110 W. 90th St. (M.D.)
- Rabinovich, H., 206 Second Ave. (N.D.)
- Radley, J. H., 113 W. 71st St. (D.C.)
- Ramirez, Jose A., 152 East 47th St. (N.D.)
- Randell, G. J., 215 W. 51st St. (D.C.)
- Reckewell, Mrs. Mary, 200 W. 72nd St. (Ma.)
- Reichmann, H., 2011 Madison Ave. (N.D.)
- Reidmueller, J., 117 E. 86th St. (D.O.)
- Reilly, Harold J., 1804 Muliner Ave. (N.D.)
- Reinecke, E., 1972 7th Ave. (Ma.)
- Reudolph, C. A., 3800 B'way, (Ma.)
- Resler, S. (Bath)
- Riley, Geo. W., 14 E. 31st St. (D.O.)
- Roberts, C. S. (M.D.)
- Robson, Ernest W., 12 E. 31st St. (D.O.)
- Rodden, Jane, 246 Echo Place. (Ma.)
- Roesch, G. F., 291 B'way. (D.O.)
- Rogers, Cecil R., 544 W. 157th St. (D.O.)
- Rohrer, P., 262 W. 51st St. (D.O.)
- Rolandow, G. W., 2291 Broadway. (P.)
- Roller, E. T., 166 W. 72nd St. (N.D.)
- Rolley & Terry, 140 West 42nd St. (Ma.)
- Rose, Dr. F. C., 350 West 20th St. (N.D.)
- Ross, R. S., 1 Madison Ave. (D.O.)
- Rottenberg, S., 38 W. 119th St. (D.O.)
- Sadler, Frank S., 222 W. 123rd St. (Ma.)
- Sanchelli, Francesco, 200 W. 72nd St. (D.C.)
- Sands, Ord Ledyard, 6 E. 37th St. (D.O.)
- Saracena, M., 63 Park Row. (Bath)
- Savage, Dr. Walton L., Private Exercise and Health Studio. (P.)
- Schaefer, Joseph, 23 Barclay St. (N.D.)
- Schanne, Frank B., 204 W. 70th St. (N.D.)
- Schannon, M. A., 855 East 72nd St. (N.D.)
- Scharsmith, Wm., 115 E. 27th St. (D.C.)
- Schermer, M., 57 Pitt St. (Bath)
- Schildkraut, H., 200 East Broadway. (F.S.)
- Schlasser, Rev. Francis, 339 W. 34th St. (D.D.)
- Schlatter, F., 339 W. 34th St. (D.O.)
- Schmidt, A. P., 1947 B'way. (P.)
- Schmidt, A. P., 203 W. 56th St. (D.O.)
- Schnitger, Paul E., 1632 St. Peters Ave. (D.C.)
- Schuster, Miss E., 20 W. 65th St. (Ma.)
- Schwartz, Julius, 133 East 84th St. (P.)
- Schwartz, M. D., 346 B'way. (D.C.)
- Schwinzer, John R., 347-55 Madison Ave. (D.C.)
- Sears, Chas., 740 West End Ave. (D.C.)
- Seides, N. Mildred, 235 W. 75th St. (D.C.)
- Sennott, N. J., 521 W. 152nd St. (D.C.)
- Sharkey, Miss Josephine, Carnegie Hall. (P.)
- Sherr, Bertha, 500 5th Ave. (N.D.)
- Shields, Susan, 124 W. 55th St. (D.C.)
- Shields, Susan, 1777 B'way. (Ma.)
- Shoemaker, Franklin T., 500 W. 64th St. (D.C.)
- Short, Thos. J., 25 W. 42nd St. (D.C.)
- Sjogren, Dr. Otto, 2 E. 33rd St. (N.D.)
- Smallwood, G. S., 110 W. 34th St. (D.O.)
- Smith, H. R., 130 E. 15th St. (D.O.)
- Smith, K. F., 134 W. 104th St. (D.O.)
- Soloter, Miss V. P., 940 Simpson St. (Ma.)
- Sommer, Fred., 73 W. 128th St. (D.O.)
- Spangler, H., 638 E. 14th St. (D.C.)
- Spencer, Thomas H., 16 Central Park W. (D.O.)
- Spring-Rice, Theodosia M., 46 W. 96th St. (D.O.)
- Stahl, Frank J., 1264 Lexington Ave. (N.D., D.C.)
- Starr, Geo. R., 45 W. 34th St. (D.O.)
- Stein, Aaron, 1226 Boston Road. (D.C.)
- Stein, Herbert, 140 W. 42nd St. and 235 W. 103rd St. (D.C.)
- Stern, H., 952 Broadway. (D.O.)
- Stern, Harry J., 6 Stuyvesant Ave. (D.C.)
- Stryker, Anna K., Hotel Endicott. (D.O.)
- Swenson & Oman, 17 East 89th St. (Ma.)
- Tattersdill, Jos., 61 W. 37th St. (P.)
- Teg, Wilhelm, 145 East 52nd St. (N.D., Ma.)
- Thorburn, Thos. R., 801 West End Ave. (D.O.)
- Thurman, Mrs. M., 203 East 61st St. (Ma.)
- Titus, H. W., 58 Cooper Square. (P.)
- Terry, Bessie. (D.C.)
- Tjomsaas, Karen, 2728 B'way. (Ma.)
- Tolskoyan, The, 28 2nd Ave. (D.O.)
- Topel, Frederick, 2561 B'way. (N.D.)
- Towns, Mr. Ch. B., 293 Central Park W. (N.D.)
- Town's Sanitarium, Dr. Ch. B., 293 Central Park W. (N.D.)
- Traver, Ethel K., 203 W. 85th St. (D.O.)
- Trieber, Mme., 149 W. 66th St. (Ma.)
- Tuttle, Lamar K., 18 E. 41st St. (D.O.)
- Tyler, Parker R., 103 Park Ave. (P.)
- Underwood, Evelyn K., 347 5th Ave. (D.O.)
- Van Keuren, F. H., Room 1, Sowona. (N.D.)
- Vaughan, Walter L., 206 W. 106th St. (D.C.)
- Vetter, Harry, 124 W. 90th St. (D.C.)
- Von Boeckmann, Paul, 110 W. 40th St. (P.)
- Von Foregger, R. (M.D.)
- Vought, Mrs. A. B., 347 5th Ave. (Ma.)
- Walker, Cornelia A., The Martinique. (D.O.)
- Walker, Peter E., 203 W. 122nd St. (D.C.)
- Walsh, B. Thos., 119 East 76th St. (Ma.)
- Walters, H. S., 37 Madison Ave. (D.O., N.D.)
- Walters, Richard J., 123 W. 33th St. (D.C.)
- Walz, Marie. (N.D.)
- Wanless, Richard, 347 5th Ave. (D.O.)
- Wardell, Eva R., 2131 B'way. (D.O.)
- Wasser, D., 6 St. Marks Pl. (Bath)
- Watson, M. D., 111 W. 137th St. (D.O.)
- Watson, P. E., 24 Schwirel Bldg. (D.C.)
- Watson, W. J., Hotel Woodward. (D.O.)
- Webb, Albert E., 318 West 57th St. (Ma.)
- Weber, A., 922 Forest Ave. (D.O.)

- Weber, J., 110 W. 40th St. (D.C.)
 Weber, J. N., 1980 7th Ave. (D.C.)
 Webster, Frederick A., 47 W. 34th St. (D.O.)
 Weidlich, R. C., 304 Madison Ave. (Ma.)
 Weinmann, Louis A., 1873 Amsterdam Ave. (N.D.)
 Weir, Mme. Helene, 101 W. 126th St. (Ma.)
 Weisinger, S., 178 Norfolk St. (Bath)
 Weiss, Geo., 420 E. 61st St. (P.)
 Wells, G. W., 513 W. 134th St. (D.C.)
 Werner, A. H., 121 Madison Ave. (D.O.)
 Werner, Ernest G., 244 East 61st St. (N.D.)
 Werner, E. H., 121 Madison Ave. (M.D.)
 West, William, 75 Park Ave. (D.O.)
 Wetche, C. Frederick, 30 Church St. (D.O.)
 White, Annette M., 514 W. 114th St. (D.O.)
 White, Ernst C., 505 5th Ave. (D.O.)
 White, J. S., 115 Trinity Pl. (D.O.)
 Whittington, A., 141 W. 36th St. (D.O.)
 Whitty, Michael. (M.D.)
 Wiesner, S., 72 W. 116th St. (Ma.)
 Williams, Ch. F., 519 W. 134th St. (D.O.)
 Wilkinson, J., 116 W. 94th St. (D.O.)
 Wilson, M., 109 W. 138th St. (D.O.)
 Wilson, M. S., 347 5th Ave. (Ma.)
 Wolf-Heinemann, Mrs. M., 242 W. 38th St. (Ma.)
 Wolpin, A. B., 28 W. 28th St. (Bath)
 Wright, Jane A., 111 East 56th St. (P.)
 Wunderlich, H. A. F., 550 Jackson Ave. (N.D.)
 Yorke, John F., Knickerbocker Annex Bldg. (D.C.)
 Zagoda, S., 223 2nd St. (Bath)
 Zimmer, Morris, 976 Home St., Bronx. (D.M.T.)
 Zinsser, H., 219 W. 34th St. (N.D.)
 Zinsser, Marg., 219 W. 34th St. (N.D.)
- Niagara Falls:** Ash, Geo., 214 Main St., Orpheum Bldg. (D.C.)
 Davis, A. H., Elderfield & Hartshorn Bldg. (D.O.)
 Eldridge, Geo. W., 64 Gluck Bldg. (D.C.)
 Fayette, H. C., 975 Cleveland Ave. (D.O.)
 Harvey, H. A. (D.O.)
 Hewins, C. S., 40 Niagara St. (D.C.)
 Hodge, J. W. (N.D.)
 Horner, L. M. (N.D.)
 Larter, E. R., Silberberg Bldg. (D.O.)
 Lincoln, Clara B., 132 Payne Ave. (D.O.)
 Ripple, John W., 404 Elderfield-Hartshorn Bldg., 44 Falls St. (D.C.)
 Ruthenberg, F. W., 420 12th St. (D.M.T.)
- North Troy:** Reeve, E. E., 522 2nd Ave. (D.C.)
 Seeley, A. J., 522 2nd Ave. (D.C.)
- Norwich:** Rahr, Goldie J., 253 N. Broad St. (D.C.)
 Rahr, Wm. E., 253 N. Broad St. (D.C.)
 Seaman, G. H., 236 N. Broad St. (D.C.)
- Nunda:** Mathews, S. E., 24 West Ave. (D.C.)
- Nyack:** Krouse, H. G. (D.C.)
- Ogdensburg:** Craig, William, Ford St. (D.O.)
 Parker, James G., 85 Ford St. (D.C.)
 Tucker, E. J., 35 Ford St. (D.C.)
- Olean:** Eldridge, W. B., 116 W. Green St. (D.C.)
 Ganoung, Floyd J. (D.O.)
 Hewins, S. P., 228½ N. Union St., and 1001 W. State St. (D.C.)
 Merrell & Merrell, 606 W. Henley St. (D.C.)
- Oneida:** Miller, Fred. W., Madison County Trust & Deposit Bldg. (D.O.)
 Ochsner, B. O., 144 Main St. (D.C.)
 Rhinehart, A. W., 37 North St. (D.C.)
- Oneonta:** Apthorpe, William, 198 Main St. (D.O.)
 Bowers, Leroy, 150 Main St., Room 6-7. (D.C.)
 Cook & Cook, 8 Grove St. (D.C.)
 Cook, Luther, 8 Grove St. (D.C.)
- Onondaga:** Chittenden, G. L. (D.C.)
- Ossining:** Benjamin, W. B., 137 Main St., Barlow Bldg. (D.C.)
 Cole, Ernest L., 98 South Highland Ave. (N.D.)
- Oswego:** Albro, Leander S., Oswego County Savings Bank. (N.D.)
 Albro, Wm. J., Savings Bank Bldg. (D.O.)
 Brooks, Mrs. C. R., 26 Lake St. (D.C.)
 Brooks, L. C., 26 Lake St. (D.C.)
 Hupp, Charles M., 2nd Nat'l Bank Bldg. (D.C.)
 Hupp & Hupp, 2nd Nat'l Bank Bldg. (D.C.)
 Mudge, C. L., 57 E. Bridge St. (D.C.)
 Wiest, Ray S., 26 Lake St. (D.C.)
- Oxford:** Hogan, F. E. (D.C.)
 Walker, Mrs. M. L. (D.C.)
- Panama:** Salesbury, C. C., Box 45. (D.C.)
- Peekskill:** Lichter, S., 1028 Brown St. (D.O.)
- Penn Yan:** Bancroft, Claude M. (D.O.)
 Hopkins, B. S. (D.O.)
- Perry:** Parker, R. Emerson, 16 Cherry St. (D.C.)
- Phoenix:** Gordon, James A. (D.C.)
- Plattsburg:** Gage, H. W., 3 Couch St., and 20 Durand St. (D.C.)
 Perkins, Edw. J., (N.D.)
- Port Jefferson, L. I.:** Morrison, Thos. H. (D.O.)
- Port Jervis:** Hunt, Harold A. (D.C.)
 Morgan, Arthur, 158 Pike St. (D.C.)
- Potsdam:** Briggs, M. J., 25 Main St. (D.C.)
- Poughkeepsie:** Cook, C. F., 88 Market St. (D.O.)
 Hutchins, C. E., 50-a Washington St. (D.C.)
 Jackson, Ernest C., 556 Main St. (D.C.)
 Powell, Horace, R. (M.D.)
 Worrall, Clementine L., 56 College Ave. (D.O.)
- Pulaski:** Mills, J. W., 25 North St. (D.C.)
- Ripley:** Thompson, Geo. W. (D.C.)
- Richmond Hill, L. I.:** Mayer, E., 1127 Chestnut St. (N.D.)
- Ridgewood, Brooklyn:** Hillig, O., 1867 Cornelia St. (N.D.)
- Rochester:** Bachite, Augustus, 27 Madison St. (N.D.)
 Becker, Chas. F., 82 Main St. W. (D.C.)
 Berry, Clinton D., Granite Bldg. (D.O.)
 Berry, Gertrude S., Granite Bldg. (D.O.)
 Breitenstein, Rose E., 62 Rowley St. (D.O.)
 Butler, Earl R., 12 Clay St. (N.D.)
 Camp, Chas. D., Powers Bldg. (D.O.)
 Carlson, Chas. M., 55 Morris St. (N.D.)
 Chase, John P., Wilder Bldg. (D.O.)
 Conant & Conant, Cor. State and Church Sts., Carter Bldg. (D.C.)
 Conant, J. N., Cor. State and Church Sts. (D.C.)
 Crane, Allen E., 32 Manhattan St. (D.C.)
 Crawford, Mrs. M. C., 24 Bowman St. (D.C.)
 Curtice, Mary B. (N.D.)
 Daily, Lillian B., Granite Bldg. (D.O.)
 Ehlert, A. (N.D.)
 Fennell, D. S., 8 Almira St. (D.O.)
 Fritz, Ada Christine, 233 Gregory St. (D.C.)
 Fritz, Matilda J., 233 Gregory St. (D.C.)
 Halbert, E. E., 268 Alexander St. (D.C.)
 Heizman, John Jacob, 348 University Ave. (D.C.)
 Helmer, Jessie Blaine, 429-441 Granite Bldg. (D.C.)
 Keene & Keene, State St. (N.D.)
 Keene, G. W., 62 State St. (D.C.)
 Keene, R. C., 62 State St. (D.C.)
 Lapp, Irene Kate, Granite Bldg. (D.O.)
 La Vine, S. H. (N.D.)
 Ruggiero, F., 632 Mercantile Bldg. (D.C.)
 Leve, Allen H., 154 East Ave. (Ph.C., D.C.)
 Leve, Julius C., 154 East Ave. (D.C.)
 Lytle, R. D., 311 Exchange Place Bldg., 11 State St. (D.C.)
 Mallie, Bertha De, 159 Berkeley St. (D.C.)

- Martens, Theodore Henry, Cutler Bldg. (D.O.)
 Merrell, Edith F., 52 Maryland St. (D.C.)
 Merrell, Roy N., 52 Maryland St. (D.C.)
 Seavy, Silas F., 159 Berkeley St. (D.C.)
 Sebring, J. M., 623 Mercantile Bldg. (D.C.)
 Sherman & Sherman, 524 Plymouth Ave. (D.O.)
 Sherman, Harriet K., 524 Plymouth Ave. (D.C.)
 Sherman, Ray, 524 Plymouth Ave. (D.C.)
 Shields, J. D., 432 Mercantile Bldg. (D.C.)
 Shoemaker, A. C., 36 Colvin St. (N.D.)
 Somerville, Davena P., 10 Clay St. (N.D.)
 Thayer, H. A., 200 Park Ave. (D.O.)
 Valentine, Geo. M., 32 Broadway. (Ph.C., D.C.)
 Warburton, Otis C., 56 Charlotte St. (D.O.)
 Warren, H. E., 1531 Lake Ave. (D.C.)
 Whitfield, Henry A., Granite Bldg. (D.O.)
 Williams, Ralph H., Chamber of Commerce Bldg. (D.O.)
 Woods, Leva, 215 Alexander St. (D.O.)
- East Rochester:** Fritz, J. M. A., 329 Mercantile Bldg. (D.O.)
- Rome:** Griffin, Fred C., 3-4 Lyric Arcade Bldg. (D.C.)
 Miller, J. R., Lyric Arcade Bldg. (D.O.)
 Murphy, G. F., 108 N. Jay St. (D.O.)
 Murphy, S. F., 424 William St. (D.O.)
- Rushford:** Rickerson, Alvah C., Buffalo St. (D.C.)
- Salamanca:** Henderson, J. H., 33 River St. (D.O.)
 Hewins, B. A., 28 River St. (D.C.)
 Moore, R. E., 10 Maple St. (D.C.)
 Thompson, L. E., 51 Broad St. (D.C.)
- Sanitaria Springs:** Churchill, Myron L. (D.C.)
- Saranac Lake:** Abbott, Geo. M. (M.D.)
- Saratoga Springs:** Brown, Alice A., Saratoga Bank Bldg. (D.O.)
 Owen, Pearl L., Saratoga Bank Bldg. (D.O.)
 Wright, Oline E., 1 Arcade (D.C.)
- Schenectady:** Bergstrom, Harry S., 1101 State St. (D.C.)
 Billingham, Alice, 1103 Nott St. (D.C.)
 Phillips, Grant E., 607 State St. (D.O.)
 Ryan, Geo. S., 517 Liberty Ave. (D.C.)
 Stearns, M. W., 226 State St. (D.O.)
 Thompson, Emma Wing, 906 State St. (D.O.)
 Winne, Edgar J., 940 State St. (D.C.)
- Seneca Falls:** Kellogg, Frank G., 41 State St. (D.C.)
- Sidney:** Rutherford, Geo. S. (D.C.)
- Silver Creek:** Palmer, Robert L., Main St. (D.O.)
 Kellogg, J. W., Box 114 (D.O.)
 Monroe, Geo. T. (D.O.)
- S. Fallsburg:** Rath, Frederick A. (D.C.)
- Springville:** DuClon, C. L., 43 Buffalo St. (D.C.)
 Prater, Lena K. (D.O.)
- Syracuse:** Beall, Clara P., 474 S. Salina St. (D.O.)
 Beall, Francis J., 474 S. Salina St. (D.O.)
 Bell, Mary, 200 McLennan Ave. (D.C.)
 Belmont, J. J., 318 First Nat'l Bank Bldg. (D.C.)
 Berger, E., 308 Prospect Ave. (D.O.)
 Bodot, J. N., 209 Gertrude St. (D.C.)
 Burlingham, Jas. P., University Blk. (D.O.)
 Cady, Darwin F., Union Bldg. (D.O.)
 Farley, R. M., Gurney Bldg. (D.O.)
 Foster, Louis, 126 Grace St. (D.C.)
 French, Amos G., 125 E. Onondaga St. (D.O.)
 Fritsch, A. W., 113 Elliott Ave. (D.C.)
 Hall, Mable, Turtle St. (D.C.)
 Handy, F. W., 101 Gordon Ave. (D.C.)
 Hawley, R. E., 215 New Rosenbloom Bldg. (D.C.)
 Horning, Leonard J., 128 Peter St. (D.C.)
 Jones, C. A., 143 Roberts Ave. (D.C.)
 Kellam, H. B., 109 North First St. (D.C.)
 Lawrence, Marie Ernestine, 512 S. Salina St. (D.O.)
 McArthurs, Eckel Theatre Bldg. (D.C.)
 McArthur, H. A., 311-12 Kirk Blk. (D.C.)
 Miller, Frank L., 318 Cahill Bldg. (D.C.)
 Mills, J. W., South Warren St. (D.C.)
 Mills, M. L., 403-4 Dillage Bldg. (D.C.)
 Moore, Dr., Post Standard Bldg. (D.C.)
 Mulliner, R. H., 333 Rich St. (D.C.)
 O'Brien, M. A., 113-15 Seitz Bldg. (D.C.)
 Ocksan, B. O., 210 Post Stand Bldg. (D.O.)
 Pawlowski, 112 Wilbur St. (D.O.)
 Perkins, Dr. Edward J., c/o Band, 30th Inf., U.S.A. (Opt., N.D.)
 Reagan, A. E., 118 Coolage Ave. (D.C.)
 Sauer, Benj. A., 536 Butter-nut St. (D.C.)
 Schwartz, H. C., 1228 East Genesee St. (N.D.)
 Scott, John W., 110 W. Newell St. (D.C.)
 Steinburg, Paul, Midland Ave. (D.C.)
 Sternberg, Paul, 516-17 S. A. K. Bldg. (D.C.)
 Villeneuve, F. E., 109 Fountain St. (D.C.)
 Voohels, A. H., 509 Seymour St. (D.C.)
- Ticonderoga:** Brockney, James L., 6 John St. (D.C.)
- Tompkinsville:** Ardouin, Ernest J., 59 Van Duzer St. (D.C.)
- Troy:** Brown, Alice A., 1704 5th Ave. (D.O.)
 Frink, Elizabeth, 1704 5th Ave. (D.O.)
 Keel, Anna, 450 Fulton St. (D.C.)
 Keel, James E., 450 Fulton St. (B.Sc., D.C.)
 McDowell, J. H., 102 3rd Ave. (D.O.)
 Morlian, V. (N.D.)
 Perry, Frances A., 101 Fulton St. (D.O.)
 Reeves, E. E., 522 2nd Ave. (D.C.)
 Seeley & Reeves, 522 2nd Ave. (D.C.)
 Seeley, Arlington J., 522 2nd Ave. (D.C.)
 Simonds, W. E., 2 Second Ave. (Ma.)
 Wilcox, C. F., 21 W. 13th St. (D.C.)
 Yerger, Chas. B., 320 River St. (D.C.)
 Yerger, Julia N., 320 River St. (D.C.)
- Utica:** Clapp, Carl D., Mayro Bldg. (D.O.)
 Geary, Alice L., 191 Genesee St. (D.C.)
 Leffler, W. H., 5 West St. (D.O.)
 Morrow, M. H., 196 Genesee St. (D.C.)
 Schwartz, R. C., 331 Genesee St. (D.C.)
 Seaman, Geo. H., Garvey Bldg. (D.C.)
 Shyne, Francis T., 30-31 Gardner Bldg. (D.C.)
 Stone, W. W., 40½ Grand St. (D.C.)
- Valley Stream, L. I.:** Pizarro, (D.C.)
- Walton:** Barlow, Daisy D., 26 Townsend St. (D.C.)
 Schiessler, Fred. (D.C.)
- Warsaw:** Babcock, R. O., Buffalo St. (D.C.)
- Watertown:** Cathcart, R. J., 400 Franklin St. (D.C.)
 Mosher, Alexander H., 24 Taggart Blk. (D.C.)
 Storer, Lyle M., 117 Washington St. (D.C.)
 Thompson, J. W., Charlebois Bldg. (D.O.)
- Waverly:** Burdick, Elwood H., 319 Broad St. (D.C.)
 Burdick & Burdick, 319 Broad St. (D.C.)
 Snyder, Ida F., 350 Broad St. (D.C.)
- Wellsville:** Buck, Wm. B., 32 E. Pearl St. (D.C.)
 Dawson, Nellie, 229 W. State St. (D.C.)
 Martin, F. C., E. Fasset St. (D.C.)
 Swarthout, H. C., 260 W. State St. (D.C.)
 Richardson, William H., 34 St. Austin's Pl. (D.O.)
- West Winfield:** Corgill, F. S. (D.C.)
 Webster, Minnie B. (D.C.)
- White Plains:** Rosch, Fannie Messersmith, 29 Grand St. (D.O.)
- Williamsbridge, L. I.:** Kand-erer, J., 600 B'way. (Opt.)
- Wolcott:** McIntyre, Adelbert, (D.C.)

Yonkers: Borgmann, A., 142 Waverly St. (N.D.)
Lee, Lyndon E., 112 Crescent Place. (D.C.)
Leeds, George T., 87 N. E'way. (D.O.)
Nielsen, Hans, 52 Elliott Ave. (D.O.)

Yorkshire: Sampson, M. P. (D.C.)
Tracy, Elvire, 78 Warburton Ave. (D.O.)
West, H. C., 10 Highland Ave. (D.O.)
Wolotira, John E., 45 Warburton Ave. (D.C.)

NORTH CAROLINA

Asheville: Biggs, Mr. & Mrs. A. C., Biggs Sanitarium. (N.D.)
Meacham, W. B., Legal Bldg. (D.O.)
Rockwell, Louis A., Legal Bldg. (D.O.)
Smith, Elizabeth E., American Nat'l Bank Bldg. (D.O.)

Spalding, J. Lucena, Box 617. (D.O.)
Whitmore, S. L., 408 Haywood St. (M.D., D.C.)

Barium Springs: Caldwell, A. S. (D.O.)

Black Mountains: Devena, Lena. (D.C.)

Burgaw: Durham, John D. (D.O.)

Burlington: Holt, G. Eugene, First Nat'l Bank Bldg. (D.O.)

Charlotte: Arnan, H. Victor, 412 N. Maple St. (D.M.T.)
Heine, Frank R., Commercial Bank Bldg. (D.O.)
Ray, H. F., Realty Bldg. (D.O.)

Douglas: Lindahl, Alfred K. (D.C.)

Durham: Caldwell, Dr. D. E. (M.D.)
Tucker, S. W. (D.O.)

Elizabeth City: Creese, L. D., Kramer Bldg. (D.C.)
McClenny, D. Clayton, Hinton Bldg. (D.O.)

Fargo: Nelson, N. P., 1 W. E'way. (D.C.)
Newsalt, Mrs. G. A. (D.C.)

Fayetteville: Carson, E. J., 304 Hay St. (D.O.)

Finley: Farnand, C. J. (D.C.)

Goldsboro: Broadhurst, Lila M. (D.O.)
Zealy, A. H., 111 Chestnut St. E. (D.O.)

Greensboro: Carlson, Carl I., Banner Bldg. (D.C.)
Crutchfield, Wm. E., McAdoo Bldg. (D.O.)

Grand Forks: Farnand, M. F., 52 Security Bldg. (D.C.)

Henderson: Prindle, Richard H. (D.O.)

Hendersonville: Tebeau, A. C., Hunter Bldg. (D.O.)
Wood, G. G. (D.C.)

Hickory: Hull, Marcus E. (D.C.)

Kinston: Abbott, Lunsford, 212 E. Gordon St. (D.O.)
Fitts, F., 110½ E. Gordon St. (D.O.)

Lincolnton: Hull, M. E. (D.C.)

Mount Airy: Griffiths, Geo. A., Banner Bldg. (D.O.)

Nashville: Winstead, Jno A. (D.C.)

New Berne: Armstrong, Ernest C., Elks Temple. (D.O.)
Dunn, Ernest W., Elks Temple. (D.O.)

Pinehurst: Dana, W. Jay. (D.C.)

Raleigh: Glascock, Harold, Masonic Temple. (D.O.)
Hoff, F. T., 215 Commercial Nat'l Bank Bldg. (D.C.)
Tucker, A. R., Citizens' Bank Bldg. (D.O.)

Rocky Mount: Hornbeck, E. G., Philips Bldg. (D.O.)

Salisbury: Greene, H. A., Grubb Bldg. (D.O.)
Groves, M. H., Box 482. (D.C.)
Holland, S. O., Wallace Bldg. (D.C.)

Southern Pines: Bush, Ernest W., Near Pinehurst. (D.O.)

Statesville: Adams, J. A., 807 State St. (D.C.)

Wilmington: Elliott, G. C., 401 Southern Bldg. (D.C.)
Carson, Merl J., Southern Bldg. (D.O.)

Wilson: Basye, A. A. (D.O.)

Winston: Staines, P. S., 228 Main St. (D.C.)
Staines, J., & Stains, P. J., 414 Liberty St. (D.O.)

Winston-Salem: Alexander, Charles J., Machovia Bank Bldg. (D.O.)
Cox, Eugene L., 321-24 Gilmer Bldg. (D.C.)
Lawler, D. Evan, 713 North Cherry St. (D.P.T.)

NORTH DAKOTA

Bismarck: Hoard, Evelyn E., 119 4th St. (D.C.)

Bottineau: Farnand, M. J. (D.C.)

Bowbells: Christensen, C. E. (D.C.)

Carrington: Berge, H. A. (D.C.)

Dickinson: Herbert, C. L. T. (D.O.)
Nadvornick, F., Box 333. (D.O.)

Douglas: Lindahl, Alfred K. (D.C.)

Ellendale: Rydell, Helma K. (D.O.)

Erie: Patton, R. Edwin. (N.D.)

Fargo: Allen, H. W., de Lendrecie Blk. (D.O.)
Basye, E. E., de Lendrecie Blk. (D.O.)
Hanson, Sten., Pioneer Life Bldg. (D.O.)
Nelson, A. P. (D.O.)

Nelson, M. P., 405 8th St. (N.D.)

Nelson, N. P., 1 N. E'way. (D.C.)

Newsalt, G. A., Savings Loan Bldg. (D.O.)

Finley: Farnand, C. J. (D.C.)

Grand Forks: Bahlke & Bahlke. (D.C.)

Bahlke, A. A., Flat No. 1, Spriggs Bldg. (D.C.)

Bahlke, N. G., Flat No. 1, Spriggs Bldg. (D.C.)

Farnand, M. F., 52 Security Bldg. (D.C.)

Hodge, G. Edgar, 10 S. 3rd St. (D.O.)

Tisdale, H., 214 Security Blk. (D.C.)

Grafton: Kjelgaard, Gregers E. (D.C.)

Hankinson: Lindehan, F. A. (D.C.)

Hot Springs: Haas, B. J., Box 234. (D.O.)

Hugby: Frederickson, Mrs. Petra. (N.D.)

Jamestown: McDonald, Drs. Joseph & Anne. (N.D.)

Kenmore: Prea, Dr. Fredericksen. (S.T.)

Lakota: Ensch, Leon. (D.C.)
Rafferty, William H. (D.C.)

Langdon: Wald, A. O. (D.C.)

Lidgerwood: Tarr, Joseph W. (D.O.)

Lisbon: Daniels, Harry. (D.C.)

Maddock: Johnerson, Alfred L. (D.C.)

Mandon: Henderson, A. O., 207 1st Ave. N. W. (D.C.)

Michigan: Parks, Mrs. P. D. (D.C.)

Minot: Perry, Minnie A. (D.C.)

Ross, Catherine. (D.O.)
Wood, G. G. (D.C.)
Wood, Lillian J. (D.C.)

New Rockford: Ensch, Leon. (D.C.)
Lindahl, A. K. (D.C.)

North Valley City: Smith, Chas. Oscar, 717 9th Ave. (N.D.)

Oakes: Solem, Harold. (N.D.)

Page: Bettner, Fred. (D.C.)

Parkston: Finch, F. F. (D.O.)

Sheyenne: Thompson, Nikolie. (N.D.)

Sioux Falls: Kickland, 406 Minnehaha Bldg. (D.O.)

South Fargo: Cox, C. W., 101 S. 8th St. (N.D.)

Valley City: Reed, Spencer D., 318 E. Main St. (D.C.)

Reed, D. S., Secretary Chiropractic Board of Examiners. (D.C.)

Skonnard, R. E., over American Nat'l Bank Bldg. (D.C.)

Wahpeton: Blocher, Ira, 320 Wisconsin Ave. (D.C.)

Williston: David, Tanous H., P. O. Box 708. (N.D.)

Sahr, Louise, 2nd Ave. East. (N.D.)
Sahr, N. H. C., 54 Main St. (N.D.)

OHIO

- Ada:** Turners, Eugene A., 608 S. Gilbert St. (D.M.T.)
- Adelphi:** Bowsher, J. S. (D.M.T.)
- Akron:** Bean, Clarence, 932½ Market St. (D.C.)
 Bean, C. D., 216 College St. (D.C.)
 Bebout, Esther M., Hamilton Bldg. (D.O.)
 Bolger, E. A., Second Nat'l Bank Bldg. (D.O.)
 Bratchi, C. L., 3 I. O. O. F. Bldg. (D.C.)
 Bratchi, Karl S., Main St. (D.C.)
 Brown, O. L., 401-4 Flat Iron Bldg. (D.C.)
 Bunting, D. Ray, 301 N. Union St. (D.C.)
 Chamberlain, Ina, 202 Smith St. (Ch.)
 Clayton, E. A., 19 W. Vais St. (D.O.)
 Conger, A. L., Irving Lawn, (D.O.)
 Dogstrom, J. R., 110 Everett Bldg. (D.C.)
 Flouriet, C. E., 725 Second Nat'l Bank Bldg. (D.O.)
 Goldberg, Bernard M., 628 Nat'l Bank Bldg. (Ch.)
 Grimm, Ella May, 483 Buchtel Ave. (Ch.)
 Hagstrom, John R., 101 Everett Bldg. (D.C.)
 Hagstrom, Jules A., 101 Everett Bldg. (D.M.T.)
 Hoffman, E. J., 539 Fairfield Ave. (D.C.)
 Hoover, Harry E., 47 South Main St. (N.D.)
 Houriet, C. Elise, Second Nat'l Bank Bldg. (D.O.)
 Kauffman, Edna E., 311-16 Hall Block. (D.C.)
 Koehl, Joseph F., P. O. Box 18. (D.M.T.)
 Kostner, Ed., 605 Clinton Alley. (D.M.T.)
 Lanborn, R. W., 320 Hamilton Bldg. (D.O.)
 Lauby, Geo. E., 311 Hall Bldg., Howard and Market Sts. (N.D.)
 Leas, Lucy, Hamilton Bldg. (D.O.)
 Lorimer, Thos. S., 406 West Exchange St. (N.D.)
 Marklin, Dr. R., 328 Walsh Bldg. (N.D., D.C.)
 Mathias, Geo. L., 404 Hamilton Bldg., and 27 Central Office Bldg. (D.C.)
 Mathias & Young, 420 Hamilton Bldg. (D.C.)
 Morten, J. W., 570 Washington St. (D.M.T.)
 Mumper, C. A., 501 Everett Bldg., 230 Bluff St. (D.C.)
 Palmer, Mrs. Chas., 756 S. Balsh St. (D.C.)
 Ramis, Roy E., 1177 Taylor St. (D.M.T.)
 Rauffs, Fred. F., 305 Flat-iron Bldg. (N.D.)
 Sanborn, R. W., Hamilton Bldg. (D.O.)
 Scott, I. W., 23 Crozier St. (N.D.)
 Schupp, Emil, 162 E. Center St. (Hy.)
 Shewalter, Dr. Chester, 328 Walsh Block. (N.D.)
 Steiner, O. R., 230 Akron Savings & Loan Co. Bldg. (D.C.)
- Stillman, C. B., 381 E. Market St. (D.O.)
 Stone, Francis M. (N.D.)
 Strong & Strong, 210 Otis Bldg. (D.C.)
 Triplett, L. D., 964 Main St. (N.D.)
 Vandegrift, H., 525 Second Nat'l Bank Bldg. (D.O.)
 Wau, Jas. W., 1234 S. Main St. (D.M.T.)
 Weaver-Wingenter, Charlotte, 188 S. Union St. (D.O.)
 Williams, V. G., 422 Nat'l Bank. (D.O.)
 Wilson, H. Le Roy, 501 Fairfield Ave. (M.D.)
 Young, H. C., 500 Flat Iron Bldg. (D.C.)
- Alliance:** Anderson, Darl. (N.D.)
 Andover. (N.D.)
 Bates, G. C. (D.O.)
 Bates, R. C., 401 Main St. (N.D.)
 Braun, Alfred, 345 Seneca St. (D.M.T.)
 Egbert, Ellis, 18 Seneca St. (D.C.)
 Ellis, Egbert, Main and Seneca Sts. (D.C.)
 Flynn, J. P., 255 E. Main St. (D.O.)
 Fox, Jefferson. (M.D.)
 Hampton, H. L., 215 E. Main St. (D.C.)
 Kaufman, Sylvia, 27 Arch St. (Ma.)
 Knowles, C. H., 406 N. Union Ave. (N.D.)
 Newcomer, J. J., 83 S. Arch St. (D.C.)
 Quinn, Bernard, 2050 Penn. Ave. (D.C.)
 Strahler, Ralph G. (Ma.)
 Winegardner, J., Morgan Plant. (N.D.)
- Amelia:** Eppley, Adam. (Ch.)
- Andover:** Anderson, D. C. (D.C.)
 Hass, Edwin G. (D.C.)
 Ward, E. Thayer. (D.C.)
- Andrew:** Mussler, F. C. (N.D.)
- Ashtand:** Chamberlain, J. A. (N.D.)
 Donnel, W. O., 241½ Main St. (D.C.)
 Faber, R. E., Cor. Church and Main Sts. (D.C.)
 France, Bert C. (D.C.)
 France, W. N., Cor. Main and Church Sts. (D.C.)
 Flory, Chas. M., 311 Vesper St. (Ch.)
 Meier, Henry W., 7-8½ Majestic Bldg. (D.C.)
 Okerman, J. W. (D.C.)
 Ritter, J. M., Eastern Ave. (D.M.T.)
 Saxby, Geo. O., 198½ Main St. (D.C.)
 Stought, Miss Bessie, 157 E. 4th St. (D.M.T.)
 Williams, D. A., 7-8 Nettle-ton Bldg. (D.C.)
 Walotera, J., Main St. (D.C.)
- Ashley:** Shoemaker, Lester E. (D.M.T.)
- Ashtabula:** Adams, Margaret, 13 Bank St. (D.C.)
 Bigler, Sidney A. (M.D.)
 King, Wallace Edward, 225 Main St. (D.M.T.)
- Meier, Henry W. (D.C.)
 O'Donnell, Wm., 241½ North State St. (D.M.T.)
 Warner, Mrs. Marion, 32½ Vine St. (D.M.T.)
 Williams, D. A., Nettleton Block. (D.C.)
- Athens:** Allen, D. Scott, N. Court St. (D.O.)
- Austinburg:** Saxby, G. O. (D.C.)
- Austintown:** Schnurrenberger, L. H. (D.C.)
- Banesville:** Fortney, D. A. (D.O.)
 Hall, Elmer L., 248 W. Main St. (D.O.)
- Barberton:** Thomas, Lillian, 509½ N. 2nd St. (D.C.)
- Bascom:** Coughlin, M. Ethel. (D.C.)
- Beach City:** Langkamp. (D.M.T.)
- Bellaire:** Malin, G. F., 211 Zweig Bldg. (D.C.)
 Skeels, Russell H. (D.C.)
- Bellefontaine:** Burnett, Fred. Maisson, George F. (Ch.)
- Belleville:** Conner, Sallie M., Chalfant Bldg. (D.O.)
 Walington, Frank. (N.D.)
 Walington, G., Inskeep Bldg. (D.O.)
- Bellevue:** Davis, O. B., 114½ E. Main St. (D.C.)
 Margah, N. L., 214½ W. Main St. (N.D.)
 Keallar, Miss Clara R., 313 S. West St. (D.M.T.)
 Narmon, L. (D.C.)
- Berea:** Guenther, Clifford E., R. F. D. No. 4, Box 131. (D.M.T.)
- Blanchester:** Bennett, I. O. (D.C.)
- Bowerston:** Carty, Wm. A. (D.M.T.)
- Bowling Green:** Bittinger, J. F., Cludister Bldg. (D.M.T.)
 Coney, Grace L. (D.C.)
 Davis, Clara, E. Wooster St. (D.O.)
 English, Jess S., 175 North Main St. (D.M.T.)
 Gonyer, C. H. (D.C.)
 McKendree, M. G., 14 Reed and Murray Block. (N.D.)
 Norris, C. E., 226 Main St. (N.D.)
 Williams, Chester E. (M.D.)
- Bremen:** Coney, Grace L. (N.D., D.C.)
- Bridgeport:** Skeels, Russell H. (D.C.)
- Brookville:** Spitler, H. R. (D.C.)
- Bryan:** Cannott, Alice M. (D.C.)
 Lavery, E. L. (D.O.)
 Newcommer & Gerhardt. (D.C.)
 Shaver, B. C. (D.C.)
- Bucyrus:** Chapman, M. W., 130 S. Sandusky St. (D.C.)
 Doron, Chester L., Second Nat'l Bank Bldg. (D.O.)
 Lutz, S. A. (D.C.)
- Butler:** Neber, C. E. (D.O.)
 Nehr, Dr. C. E. (D.C.)
- Byesville:** Finley, E. P. (D.C.)

- Cadiz:** Bruce, P. H. (D.C.)
Stiers, Wm. W. (D.C.)
Sturs, W. W., Harris Co. (N.D.)
Synn, H. H. (N.D.)
- Caledonia:** Lines, J. E., R. F. D. No. 2. (D.M.T.)
- Cambridge:** Fehr, E. P., 135 N. 10th St. (N.D.)
Felumlee, Mrs. C. V., 1128 Gamber Ave. (D.C.)
Hoisington, Bertha, 713 Wheeling Ave. (D.C.)
Long, Albert E. (M.D.)
Monce, Earnest E. (D.C.)
Sheering, Elizabeth. (D.C.)
- Canal Dover:** Monce, E. A., State Bank Bldg. (D.C.)
- Canton:** Allison, G. C., 330 Tuscarawas St. (D.C.)
Allison & Allison, 300 Tuscarawas St. (D.C.)
Campbell, R. H., 130 Tuscarawas St. E. (N.D.)
Cathen, J. D. O., 1332 Oxford St. (D.C.)
Curtis, L. R. (D.C.)
Dillman, Leo E., 401-2 Daily News Bldg. (D.C.)
Engle, Isaiah F. (Mag.)
Gehman, Miss S., W. C. F. U. (D.M.T.)
Good, Emil J., 707 Patterson St. (D.M.T.)
Hartsough, Leroy, 525 S. Clarendon Ave. (D.C.)
Hess, C. F., 336 W. Tuscarawas St. (D.O.)
Hildebrand, Harry, 206 N. 6th St. (D.C.)
Linderfer, Mary E., 813 6th St. (M.D.)
Livers, Louis S., 813 6th St. (N.D.)
McDonald, J. R., 225 Cleveland Ave. (D.C.)
Mackin, Mary C., 525 Cleveland Ave. (N.D.)
Mackin, R., 525 Cleveland Ave. (N.D.)
Menegoy, John E., 318 Cleveland Ave. N. W., and 622 Renkert Bldg. (D.C.)
Scott, W. I., 527 Park Ave. (D.C.)
Seed, Dr. Sirson T., 125 Cleveland Ave. (N.D.)
Seed, Susan T., 125 Cleveland Ave. (D.C.)
Smith, P. C. (D.M.T.)
Stokey, Laura E., 210 High Ave. N. W. (D.O.)
Strock, W. F., 225 Cleveland Ave. (D.C.)
Trott, Elze D., 422 Greenfield Ave. (D.C.)
Waltenbaugh, Dr. C. C. (M.D.)
Whittacker, Fred., 616 McKinley Ave. (D.C.)
- Cardington:** Baseler, A. W., R. No. 1, Box 116. (D.M.T.)
- Carey:** Meyers, Joseph E. (D.C.)
Squire, Mable. (D.C.)
- Carrollton:** Quinn, Bernard, 56 Public Square. (D.C.)
- Chagrin Falls:** Barnard, Lena. (Ch.)
Sherman, C. C. (N.D.)
Covert, Martin. (D.C.)
- Chandlersville:** Dutro, Roy. (Mag.)
- Chardon:** Root, Frederick J., Park Hotel. (D.C.)
- Chatfield:** Lutz, N. A. (D.C.)
- Chesterville:** Covert, Wm. M. (M.D.)
- Chicago Junction:** Engelhart, Geo. (D.O.)
Schilling, C. E., 106 West Pearl St. (D.C.)
- Chilliothe:** Dersam, Kathryn E., Folk Bldg. (D.O.)
Doll, Mary Bates. (Ch.)
Getter, D. W. (M.D.)
Johnson, Russell W., 47 E. 5th St. (D.M.T.)
MacKeller, Peter. (El.)
Medley, Minnie P. (Ch.)
Waters, Eugene C., Folk Bldg. (D.O.)
- Cincinnati:** Abrams, Harry, 608 Andrews Bldg. (Ch.)
Arnold, Ruth S., 2524 Woodburn Ave. (D.O.)
Armstrong, Ella S., c/o Kinsey & Paris, Mount Auburn. (Ma.)
Augusta Sanitarium, The, 1633 Freeman Ave. (P.)
Banks, John J., 1122 West Fourth St. (Ch.)
Baumgardner, J. A., 2529 Gilbert Ave. (N.D.)
Betzner, Clarence W., 2627 Vine St. (P.)
Boone, Mayme A., 35 Emery Arcade. (Ma.)
Boring, Mary E., 599 Rockdale Ave. (D.M.T.)
Both, E. R., 601-3 Traction Bldg. (D.O.)
Buchold, Cora. (D.C.)
Buck, J. D., Traction Bldg. (M.D.)
Buddenberg's Hygienic Institute, 2139 Clifton Ave. (N.D.)
Buser, F. St. (Hy.)
Butler, L. Pearl, 627 Barr St. (Ch.)
Christian, Viola, 412 Greenwald Bldg. (D.C.)
Cincinnati Sanitarium, The, 5642 Hamilton Ave. (P.)
Collier, Jennie E., 118 W. 6th St. (Ma.)
Conner, Mary A., Room 406, 104 W. 4th St. (D.O.)
Cooper, Anne E., 502 Mercantile Library Bldg. (Ch.)
Curlis, E. S., 811 Lyric Theatre Bldg. (D.C.)
Curnoyn, L. H., 2341 Kemper Lane. (D.C.)
Davis, Belle C., Levergne Bldg., 4 W. 7th St. (Ma.)
Davis, John M., 504 Neave Bldg. (Ch.)
Duckworth, Jas. A., 59 Perin Bldg. (D.C.)
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Edwards, Elizabeth, 601-3 Traction Bldg. (D.O.)
Eisenman, L. E., 314-16 Lyric Theatre Bldg. (D.C.)
Everson, Geo. Price, P. O. Box 822. (N.D.)
- Farber, Peter, 1727 Elm St. (D.M.T.)**
Fithcroft, Wm., 902 Elm St. (D.M.T.)
Foss, Martha M., 4217 Chambers St. (D.O.)
Freman Electric Institute, 2nd Floor, 635 Walnut St. (Ma.)
Frost, Henry, 1337 Central Ave. (D.M.T.)
Grandview Sanitarium, Glenway Ave. (P.)
Hagemann, Anna A., 50 Perlin Bldg. (D.C.)
Hagmon, Anna, 830 Union Trust Bldg. (D.C.)
Hoskins, Geo. W., c/o Cincinnati Nat'l League Baseball Club. (D.M.T.)
Huber, Chas. E., 1227 Main St. (Ma.)
Huffman, John W., 629 W. 9th St. (Ch.)
Johnson, Mrs. O. R., 130 W. 6th St. (D.C.)
Keeshan, Margaret H., Hotel Linton. (Ma.)
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Kennedy, C. S., Room 1010, 414 Walnut St. (D.O.)
Kennedy, E. W., Mercantile Library Bldg. (D.O.)
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Laird, John S., 3rd Floor, 5 Garfield Pl. (Ma.)
La Mont, Lillian, 121 Shilinto Place. (Ma.)
Lange, A., 965 McMillan St. (D.O.)
Locke, Onella, Flat 11, Cumberland Bldg. (D.O.)
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Maescher, Ella, 4 W. 7th St. (Ma.)
Maurer, E., 3124 Fredonia Ave. (Ma.)
McCormack, Hazel, 3131 Carthage Ave. (D.C.)
McDougall, Donald D., (M.D.)
McKinney, Clara Degress, Room 510, 18 E. 4th St. (D.O.)
Meeker, G. D., 8-10 Mitchell Bldg. (N.D.)
Meeker & Kloman, Rooms 8-10 Mitchell Bldg., 9 W. 4th St. (D.C.)
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Moore, F. J., 1052 Wesley Ave. (D.C.)
Moores, Carrie E., Room 301, 2453 Gilbert Ave. (D.O.)
Neal Institute Co., The, 601 Maple Ave. (P.)
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Norwood, James N., 111 8th St. (Ch.)
O'Banion, E. C., Emery Arcade. (Ch.)
O'Banion, Thomas, 43 Emery Arcade. (Ch.)
Orlick, Anna, Flat 43, St. Leger Flats. (Ma.)
Phillips, Elizabeth, 1052 Mountain St. (Ch.)
Phillips, Wm. F., Bohman and Young Sts. (D.M.T.)
Pollock, H. S., 3610 Vesta Ave. (D.M.T.)
Polmanter, V. L., 801 Mercantile Library Bldg., Rm. 801, 414 Walnut St. (D.C.)

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 Rice, Eula, 1723 Bremen St. (Ch.)
 Richardson, Emma, 935 Baymiller St. (Ch.)
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 Watson, Cora A., 1130 Locust St. (M.A.)
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 Wolfram, Marion L., 8th and Elm Sts. (D.C.)
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 Armstrong, C. D., 4505 Clin-
- Ault, Margaret H., 942 East 130th St. (Ma.)
 Backus, Wm. Vernon, 734 Euclid Ave. (D.S.T., N.D.)
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 Baker & Wiehn, 5716 Eu-clid Ave. (D.C.)
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 Bligh, Wm., 10,605 Superior Ave. (N.D.)
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 Bliss, Mrs. J., 1536 E. 86th St. (D.C.)
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 Bottinelli, Angelo, 2229 Murray Hill Road. (D.M.T.)
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 Church, George W., 1380 E. 110th St. (D.C.)
 Coffee, W. O., 1445 W. 84th St. (N.D.)
 Collinson, W. A., 785 E. 105th St. (D.C.)
 Conrad, Anna J., 92½ Cary-lon Road. (Ma.)
 Cook, Anna I., Osborn Bldg. (Ch.)
 Cook, Harriet L., 1364 East 81st St. (Ch.)
 Cook, Herbert F., 1311 New England Bldg. (D.C.)
 Copeland, D., 10605 Euclid Ave. (D.O.)
 Coppala, Modestino, 1553 Central Ave. (M.D.)
 Cordon, Anna J., 9337 Hough St. (N.D.)
 Cottrell, Mead K., 10308 Euclid Ave. (D.O.)
 Courseume, Harry, 2228 Car-negie Ave. (N.D.)
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 Deem, E. E., 5521 Perkins Court. (D.C.)
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 Dittrich, F. W., 3140 W. 90th St. (D.C.)
 Duey, Fred. J., 6215 Hough Ave. and Prospect St. (D.C.)
 Earle, Robert Lee, 2283 105th St. (Ch.)
 Edelberg, 10,740 Superior Ave. (Ma.)
 Elwood, E. W., 1150 Pros-pect Ave. (D.C.)
 English, Margaret L., Leader News Bldg. (Ch.)
 Evers, Henry, 840 E. 105th St. (D.M.T.)
 Fehr, E. P., 5803 Superior Ave. (D.C.)
 Flower, Andrew G., 3622 Lorain Ave. (D.C.)
 Fonger, Edwin S., 3831 W. 25th St. (D.C.)
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 Galavan, James E., 318 Euclid Ave. (Ch.)
 Gardner, Chas. A., 1597 E. 93rd St. (N.D.)
 Gaughan, P. W., 309-10 Clarence Bldg., 612 Euc-lid Ave., and 8424 Hough Ave. (D.C.)
 George, E. W., 997 Lake View Road. (D.C.)
 Gerber, Fred E., 122-24 Colonial Arcade. (D.C.)
 Gerber & Gerber, 625 Co-lumbia Bldg. (D.C.)
 Giddings, Mary, New Eng-land Bldg. (D.O.)
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 Gilard, Harry S., 1164 E. 105th St. (D.C.)
 Goldberg, A. M., 647 Euclid Ave. (Ch.)
 Gordon, Dr. W. I., 2236 E. 105th St. (N.D.)
 Goss, Chas. A., 10513 Lee Ave. (D.C.)
 Gross, Chas. A., 531 E. 114th St. (D.M.T.)
 Granus, Josephine, 6214 Superior Ave. (D.C.)
 Gunsolly, J. A., 2084 E. 46th St. (Ma.)
 Gurley, E. W. (M.D.)
 Haas, Edw. G., 5418 Lorain Ave. (N.D.)
 Hahn, C. F., 8811 Detroit Ave. (D.R.)
 Haney, Dr. W. J., 10,600 Euclid Ave., and 1946 E. 101st St. (D.C.)
 Harmolin, Max S., 30 Taylor Arcade. (Ch.)
 Haseman, Wm. J., 2215 East 71st St. (N.D.)
 Hass, E. G., 13425 Euclid Ave. (N.D.)
 Herman, Arthur M., Osborn Bldg. (D.O.)
 Herr, A. W., 381 Arcade Bldg. (D.C.)
 Hoeffler, John, 2017 E. 104th St., 1846 W. 25th St. (D.C.)
 Hollister, B. C., 1536 E. 86th St. (D.C.)
 Homes, J. H., 1244 Walnut St. (N.D.)
 Hood, Mrs. & Mr. J. S., 10538 Helena Ave. (D.C.)
 Hood, John S., 733 E. 105th St. (D.C.)

- Hood, Lizzie M., 733 E. 105th St. (D.C.)
- Hoover, F. U., 425 Arbor Road N. E. (D.M.T.)
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- Johns, Oscar W., 8009 Wade Park Ave. (D.M.T.)
- Johnson, Clara, 1004 East 105th St. (N.D.)
- Johnson, Thomas, 3329 Carnegie Ave. (D.C.)
- Johnston, Thos. D., 1004 E. 105th St. (D.C.)
- Jones, Anna U., 6412 Belvedere St. (Ma.)
- Juresein, David I., 2358 E. 49th St. (D.M.T.)
- Kaplin, Elwood S., 3241 W. 65th St. (D.M.T.)
- Keck, N. B., 9110 Wade Park Ave. (D.C.)
- Kerr, Clarence V., Lennox Bldg. (D.O.)
- Keymer, Sigrid, 3808 Clinton Ave. (Ma.)
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- Knowles, Cordelia B. (Ch.)
- Knowles, Leonard. (D.C.)
- Kramer, Nellie, 1240 Hall Ave. (Ch.)
- Kuhlon, Anna, 1397 Gidings Road. (D.C.)
- Kuhlow, S. J., 6115 Linwood Ave. (D.C.)
- Kunkle, R. H., 2041 E. 90th St. (D.C.)
- Larkins, James W., 1440 E. 81st St. (D.C.)
- Laughren, Harold J., 2212 E. 79th St. (D.C.)
- Lehrensdel, E., 37th St. and Woodland Ave. (D.O.)
- Lenz, Maria, 3808 Prospect Ave. (Ma.)
- Lewis, Cora M., 7909 Euclid Ave. (D.C.)
- Lund, Rob., 6006 Linwood Ave. (D.C.)
- MacDonald, Harriet, 3335 Carnegie St. (Ma.)
- Mapes, N. J., 318 Euclid Ave. (D.C.)
- Maxwell, Chas. W., 1712 E. 9th St. (Ma.)
- Maxwell, E. C., 6802 Carnegie Ave. (D.O.)
- McAlindon, James, 2456 Superior Ave. N. W. (D.M.T.)
- McCrea, Clifford T., 203 Euclid Point Bldg., 1272 Euclid Ave. (D.C.)
- McKenna, Maurice, 1888 W. 48th St. (D.M.T.)
- McKidden, Blanche E., 4740 Lorain Ave. (D.C.)
- Mellor, Joseph, 2305 E. 57th St. (D.M.T.)
- Menges, A. B., 1304 E. 91st St. (D.C.)
- Menough & Menough, 6300 Euclid Ave. (D.C.)
- Mihah, Jno., 3184 W. 44th St. (D.C.)
- Miller, Agnes M., 785 E. 105th St. (D.C.)
- Miller, A. L., New England Bldg. (D.O.)
- Miller, C. A., 10,111 North Blvd. (D.M.T.)
- Miles, T. M., 2507 Archwood Ave. (N.D.)
- Monok, O. L., 3711 W. 42nd St. (D.M.T.)
- Monroe, Daisy M., 10507 Superior Ave. (D.C.)
- Monroe, E. C., 8113 Melrose Ave. (D.C.)
- Morris, Margaret, 10406 Euclid Ave. (D.C.)
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- Niles, T. M., 2507 Archwood Ave. (N.D.)
- Novy, A. T., 201 Pennsylvania Square Bldg. (N.D.)
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- Peterson, R. H., 10526 Superior Ave. (D.C.)
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- Prentice, H. H., 8311 Euclid Ave. (D.C.)
- Raine, L. M., 2248 W. 95th St. (D.C.)
- Raine, W. H., 6509 Detroit Ave. (D.C.)
- Ranken, Elis, Colonial Arcade. (Ma.)
- Ranken, Inez, 1428 E. 80th St. (Ma.)
- Ressler, J. M., 10729 Gooding Ave. (N.D.)
- Rickmers, N. W., 9602 Parnella Ave. (D.M.)
- Ringle, Ralph, 2055 Cornell Place. (Ch.)
- Root, Frederick, Rose Bldg. (D.C.)
- Roscoe, Percy E., New England Bldg. (D.O.)
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- Rutenbeck, 422 Garfield Bldg. (D.M.T.)
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- Schnacke, Albert J., 3106 W. 25th St. (D.C.)
- Schupp, Emma. (Ma.)
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- Sheridan, Margaret, Rose Bldg. (D.O.)
- Sherman, C. C., 612 Euclid Ave. (N.D.)
- Singleton, R. H., The Arcade. (D.O.)
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- Smakal, Mrs. Mary, 3250 E. 49th St. (N.D.)
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- Stock, Lena, 1874 E. 86th St. (M.D.)
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- Von Imhoff, Martha, 1812 Euclid Ave. (Ch.)
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- Walker, R. H., 1928 Oregon Ave. (D.C.)
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- Welsh, P. W., 7909 Euclid Ave. (F.)
- Welsh, P. W., 7909 Euclid Ave., Cor. 79th St. (Hy.)
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- Ford, Huscher C., 44 East Broad St. (Ch.)
- Ford, W. W., 7312 Colonial Savings & Trust Co. Bldg. (D.C.)
- George, Mrs. Marion. (D.C.)
- Ginn, Dora, 328½ S. High St. (Ma.)

- Hall, S. A., Harrison Bldg. (D.O.)
- Hiss, John M., Harrison Bldg. (D.O.)
- Hulett, M. F., 8 E. Broad St. (D.O.)
- Hunter, J. A., 5 Wesley Blk. (D.C.)
- Hutchinson, A. W., 21 S. High St., Harrison Bldg. (D.C.)
- Kahler, Chas. E., 998 Franklin Ave. (M.D.)
- Kelso, James, 246 W. State St. (D.C.)
- Leist, Jos. D., 56 Richard St. (D.C.)
- Lippert, Henry, 371 Stoddard Ave. (D.C.)
- Long, I. W., 101 N. High St. (D.C.)
- Love, E. Blanche, 218 Detroit Ave. (Ch.)
- Martin, F. D., 305 Bronson Bldg. (D.C.)
- Mathews, Joseph M., 319 Lexington Ave. (D.M.T.)
- Mayer, A. R., 202 E. Beck St. (D.O.)
- Metcalf, J. O., 306 Schultz Bldg. (D.C.)
- Nash, Mrs. I. L., Hayden Clinton Bldg. (D.C.)
- Nelson, Melissa J., 318 East State St. (Ma.)
- Noel, Edward John, 418 E. Long St. (D.M.T.)
- Pohl, Irwin H. (M.D.)
- Roll, A. C., 99 E. Tompkins St. (D.O.)
- Rinderknecht, George H., 1522 Franklin Ave. (Hy.)
- Russell, E. J., 214 E. State St. (N.D.)
- Russell, W. E., 214 E. State St. (D.C.)
- Sager, E. T., W. Gay St. (D.C.)
- Santurello, Peter, 84 N. High St. (Ch.)
- Sarver, Pearl M., 100 Huffman Ave. (D.C.)
- Schaffer, A., 203 S. 5th St. (D.C.)
- Scott, J. H. B., New First Nat'l Bank Bldg. (D.O.)
- Scott, Katherine McLeod, New First Nat'l Bank Bldg. (D.O.)
- Shafer, August, 63 East Town St. (D.C.)
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- North Bend:** Kelly, A. N. (N.D.)
- Norwalk:** Schillig, Jos., Case Bldg. (D.C.)
Walling, Bessie B., 21 Whitlesey Ave. (D.O.)
Wildman, F. E., 325 E. Main St. (D.M.T.)
- Norwood:** Glaescher, Alma, 2058 Elm St. (D.C.)
Overend, G. A., 2058 Elm Ave. (D.O.)
- Oberlin:** Chamberlin, I. I., 21 W. College St. (D.C.)
Schillig, Joe, 25½ N. Main St. (D.C.)
- Ohio City:** McElhiney, Anna. (D.S.T.)
- Old Washington:** Geese, C. S. (D.C.)
- Oxford:** Brooks, H., 90, The
- Palmsville:** Griswold, Katherine, 213 State St. (D.C.)
Stuart, H. C. (D.C.)
Thayer, E. Ward, 213 W. State St. (D.C.)

- Paulding:** Warner, Harold M. (D.C.)
- Payne:** Diliworth, C. C., P. O. Box 672. (D.M.T.)
- Pemberville:** Rutledge, C. (N.D.)
- Petersburg:** Gwin, H. M. (N.D.)
- Pioneer:** Gay, Howard M. (D.M.T.)
- Piqua:** Gravett, H. H., Orr-Flesh Bldg. (D.O.)
Hoskins, J. E., Orr-Flesh Bldg. (D.O.)
Jansheski, C. A., 124 North Wayne St. (D.C.)
Jansheski, S. R., 124 North Wayne St. (D.O.)
Pettiford, O. B. (Ch.)
Stahr, D. M., Orr-Flesh Bldg. (D.O.)
Vogt, Joseph A., 102½ Ash St. (Ch.)
- Port Clinton:** Semon, Raymond R., Hitchcock Bldg. (D.O.)
- Port Jefferson:** Ogdem, H. F. (D.C.)
- Portsmouth:** Parks, P. D., 205 Masonic Temple. (D.C.)
Parks, B. F., 20-21 Turkey Bldg. (D.C.)
Prentice, H. H., 201 Knickerbocker Bldg. (D.C.)
- Prospect:** Bensly, Evold. (D.C.)
- Ravenna:** Ingram, Silas. (D.C.)
Knowles, C. H., Riddle Blk. (N.D.)
McWay, Sarah A. (N.D.)
- Richmondale:** Garness, Moses, R. F. D. No. 1, Box 44. (D.M.T.)
- Rootstown:** Palmer, M. R. D. 17 (D.O.)
- Rutland:** Powers, Alexander A. (D.M.T.)
- Salem:** Dunn, Geo. W., 264 McKinley Ave. (D.C.)
Hartsough, Leroy, R. F. D. No. 1. (D.C.)
Kesselmier, C. F. (D.C.)
Maguire, A. P. (D.C.)
Maguire, E. J., 354 Lincoln Ave. (D.C.)
Sigler, W. D., 8 Lincoln Ave. (D.O.)
Stone, Hugh F., Box 25. (D.M.T.)
- Sanbury:** Julian, J. (D.M.T.)
- Sandusky:** Carvin, J. E. & S. P., 144 Washington St. (D.C.)
Dann, H. J., Bliss Bldg. (D.O.)
Freeman, M. E., 403 Market St. (Ch.)
Garvin, J. E., 161 Columbus Ave. (D.C.)
Garvin, Sophia P., 914 Washington St. (D.C.)
Hermann, J. E., 743 Central Ave. (D.C.)
Keenan, Wm., 208 West Market St. (D.C.)
Lemon, Euphemia. (Ch.)
Murchison, H. L., 210 Market St. (D.C.)
Reiley, F. H., 724 Market St. (D.C.)
Ward, Chas. W., 1031 Osborn St. (D.M.T.)
- Scipio Siding:** Williams, Mrs. Cora Belle. (D.M.T.)
- Sebring:** Campbell, R. H. (D.C.)
- Shelby:** Ingrbristen, H., 97 E. Main St. (D.C.)
hpham, Lawrence W., West Main St. (D.C.)
- Shepard:** Runion, Wm. P. (N.D.)
- Sidney:** Champney, F. J. (D.C.)
Sayers, W. R., 132 Franklin Ave. (D.C.)
Wilson, Margaret E., Oldham Bldg. (D.O.)
- Smithfield:** Bell, C. E., General Delivery. (D.C.)
- Spencerville:** Briggs, H. L. (D.C.)
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Bryan, W. R., Mitchell St. (D.O.)
Cole, Arthur E., Mitchell Bldg. (D.O.)
Dawson, E. E., 1398 Pythian Ave. (M.D.)
Eynon, John, Market Square. (D.C.)
Foster, F. A., Masonic House. (D.C.)
Francis, G. R., 18 New Zimmerman Bldg. (D.C.)
Goul, J. M., 273 Clifton St. (D.M.T.)
Ihrig, J. M., 140 W. Jefferson St. (N.D.)
Patterson, S. R. (D.C.)
Randolph, J. R., General Delivery. (D.C.)
Rathburn, E. P., 30 New Zimmerman Bldg. (D.C.)
Rathburn & Rathburn, 30-32 Zimmerman Bldg. (D.C.)
Reibold, Henry. (D.O.)
Sackett, E. W., Bushnell Bldg. (D.O.)
Schubert, G. W., 30 Zimmerman Bldg. (D.C.)
Schubert, S. H., 30 Zimmerman Bldg. (D.O.)
Steward, C. E., Gatwald Bldg. (D.C., N.D.)
Strand, Paul, 501-2 Dollar Bank Bldg. (D.C.)
Wigamood, R. V., King Bldg. (D.S.T.)
Winn, R. J. (Ch.)
- St. Marys:** Grills, L. M., First Nat'l Bank Bldg. (D.C.)
McConnell, F. J. (D.C.)
- St. Paris:** Browning, Olive M., Box 167, Kite Bldg. (D.O.)
- Steubenville:** Allender, J. E., 306 Nat'l Exchange Bank Bldg. (D.M.T.)
Bumpus, J. F., 406 Market St. (D.O.)
Copeland, E. N., 530 Lawson Ave. (D.O.)
Eynon, John, 308 Market Square. (D.C.)
Field, Violet L., 208 Nat'l Exchange Bank Bldg. (D.M.T.)
Rafston, Cora E., 922 Sherman Ave. (D.C.)
- Struthers:** Johnson, A. S. (D.C.)
Johnson, Melissa. (D.C.)
Pilstrom, David, 124 Bridge St. (D.C.)
- Sugar Grove:** Hummel, A. F. (D.C.)
- Tarleton:** Roberts, Mary E. (D.O.)
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Holmes, O. W., 272 Circular St. (D.M.T.)
Lutz, N. A., P. S. C., 14 Gross Blk. (D.C.)
Neis, Walter, 77 Circular St. (D.C.)
Shafer, Orland, 60½ Monroe St. (D.M.T.)
Stauffer, C. E., Sneath Bldg., Washington and Perry Sts. (D.O.)
Straub, Maurice, 113 Modson St. (D.C.)
Taylor, C. E., 119½ Washington St. (D.C.)
Taylor, Nellie, 119½ Washington St. (D.C.)
- Tippecanoe:** Galbraith, Lafayette. (D.M.T.)
Sherwin, Rev. B. A. (D.M.T.)
- Toledo:** Augier, F. L., 710 Tecumseh St. (D.M.T.)
Ballert, A. E., Ohio Bldg. (D.O.)
Bayless, B. M., 832 Oakwood Ave. (D.C.)
Belyea, James A., Box 316. (D.M.T.)
Bittinger, Jos. E., 123 13th St. (M.D.)
Brill, Belva, Spitzer Bldg. (Ch.)
Brinkerhoff, V. W., Ohio Bldg. (D.O.)
Conger, Carl H., Nasby Bldg. (D.C.)
Coughlin, M. E., 508-9 Spitzer Bldg. (D.C.)
Crippen, Perry. (D.C.)
Crippen, Rosa L. (D.C.)
Curtis, Edward J., 736 Palmwood St. (M.D.)
Dimick, Frank C., 732 Ohio Bldg. (D.M.T.)
Dishong, Myrtle D., 342 Huron St. (D.M.T.)
Egan, H. M., 308 Nasby Bldg. (D.C.)
Egan, Thos. W., 330 Nasby Bldg. (D.C.)
Farr, A. E., 836 Woodland Ave. (D.C.)
Farr, A. W., 852 Oakwood Ave. (D.C.)
Ford, Miss Alberta, 328 Jarvis St. (D.M.T.)
Gonger, C. H., 222-24 Nasby Bldg. (D.C.)
Gurden, Burton A., 1211 Adam St. (D.C.)
Harris, Fred., 1520 Washington St. (Ma.)
Hascall, H. F., 461 Spitzer Bldg. (D.C.)
Haskins, Mr. M. E., 43 Schundt Bldg. (D.M.T.)
Haywood, Alford P., 515 Utah St. (D.C.)
Heyer, Ferdinand C., Ohio Bldg. (D.O.)
Hoard, Agnes H., 1932 Ashland Ave. (Ch.)
Hunt, A., 922 Palmwood Ave. (D.O.)
Jansheski, S. R., 829-30 Ohio Bldg. (D.C.)
Jarchow, Charles A. (D.C.)
Jones, A. E., 2319 Monroe St. (D.M.T.)
Judy, Wilson, 505 Main St. (D.M.T.)
Kane, John E., Ohio Bldg. (D.O.)
Krantz, Henry J., 305 Spitzer Bldg. (D.C.)

- Lecklider, Clyde, 2029 Vermont Ave. (D.M.T.)
 Lichtenwagner, J. A., 2307 Elm St. (Ch.)
 Liffing, L. A., Second Nat'l Bank Bldg. (D.O.)
 Long, Frank W., Nicholas Bldg. (D.O.)
 Martin, J., 1963 Erie St. (D.M.T.)
 Martin, Wm. J., St. Claire Bldg. (D.C.)
 McLain, D. R., 515 B'way. (N.D.)
 Method, J. D., 1234 E. Norwood St. (N.D.)
 Meyers, Wm. F., 725 New York St. (D.C.)
 Millers, J. A., Cor. Summit and Cherry Sts. (D.M.T.)
 Muhme, Gustav A., 415 Summit St. (Ch.)
 Nash, Victoria A., Spitzer Bldg. (D.O.)
 Neafie, 1301 Fernwood Ave. (D.M.T.)
 Nels, Walter, 710 Nat'l Union Bldg. (D.C.)
 O'Neil, G. M., 849-50 Ohio Bldg. (D.C.)
 O'Neil, Helen, 849-50 Ohio Bldg. (D.C.)
 O'Neil & O'Neil, 847-50 Ohio Bldg. (D.C.)
 Pheils, Ervin H., Second Nat'l Bank Bldg. (D.O.)
 Pool, Arnold A., 433 West Central Ave. (D.M.T.)
 Reese, D. H., The Nicholas (D.O.)
 Reese, W. E., The Nicholas. (D.O.)
 Richards, M. F., 3242 Monroe St. (N.D.)
 Ringesein, H. W., 5 Superior St. (M.D.)
 Rogers, Bertha C., Nichols Bldg. (D.C.)
 Rogers, J. E., 342 Nichols Bldg. (D.C.)
 Rutschow, Henry A., 829 Booth St. (N.D.)
 Schultz, A. C., 425 Prescott St. (D.O.)
 Shreeve, Gertrude M., Ohio Bldg. (Ch.)
 Shultz, A. C. A., 425 Prescott St. (M.D.)
 Sones, Mrs. J. C., 46 B'way. (D.C.)
 Sorenson, Louis C., Second Nat'l Bank Bldg. (D.O.)
 Squiers, Mabel A., 2119 Ashland Ave. (D.C.)
 The Toledo Sanitarium, 2102 Cherry St. (D.O.)
 Utter, Gertrude, 215 Spitzer Bldg. (Ch.)
 Weber, Arthur B., 806 Belmont Ave. (D.M.T.)
 Widell, Wm. F., Madison Ave. (Ma.)
 Wilson, John H., Ohio Bldg. (D.O.)
 Worrell, Minnie E., 332 Superior St. (Ch.)
Toronto: Putt, L. P. S., Putt Bldg. (D.O.)
 Putt, Lewis O. (D.C.)
Trimble: Hoskins, J. D., Box 24. (D.C.)
Trotwood: Bixler, W. Irving. (D.C.)
Troy: Balt, H. Ben, 215 East Main St. (N.D.)
 Bolt, Ben. H. (D.C.)
 Caldwell, Clara A., 404 W. Main St. (D.O.)
 Ruby, Eugene Edwin, Masonic Temple Bldg. (D.O.)
Upper Sandusky: Hawkins, Jos. G. (Ch.)
 Sheppard, R. A. (D.O.)
Urbana: Gunten, Rufus Von. (D.O.)
 Wagner, Edward V. (Ch.)
 Wagner, Sallie. (Ch.)
Urishville: Johnson & Johnson, 118 N. Main St. (D.C.)
 Johnson, Floyd J., 118 N. Main St. (D.C.)
 Johnson, Franklin S., 118 N. Main St. (D.C.)
Utica: Leyland, Henry. (D.M.T.)
Van Wert: Finkhausen, F. W., S. Washington St. (D.C.)
 Front, Wm. B. (D.M.T.)
 Grothaus, Edmund, 140 E. Main St. (D.O.)
 Ulan, Wm. W., 214 Taylor St. (D.C.)
Vermilion: Leidheiser, Mrs. J. W. (N.D.)
Vincent: Hendershot, C. D., Box 39. (D.M.T.)
Wadsworth: Kauffman, R. S., R. F. D. No. 1. (D.M.T.)
Wanson: Yoder, S. B. (D.O.)
Wapakoneta: Lear, Fred. W., 121 Augleize St. (D.M.T.)
Warren: Carlson, H. E., 9½ Park Ave. (D.C.)
 Dow, W. J. (N.D.)
 Gray, Geo. W., 216 E. Franklin St. (N.D., D.C.)
 Ikerman, J. W., 431 East Market St. (D.C.)
 Mills, Carroll J., Second Nat'l Bank Bldg. (D.O.)
 Oswald, J. H., 302 East Market St. (D.O.)
 Reid, J. F., Trumbull Blk. (D.O.)
 Sesley, J. E., 103½ N. Elm St. (D.C.)
 Upham, L. M., Stone Blk. (N.D.)
Washington: Stewart, Chas. E. (D.M.T.)
Washington Court House: Emmonds & Emmonds. (D.C.)
 Emmons, George C. (D.C.)
 Rankin, Florence. (D.O.)
Wellington: Phillips, Miss Ida. (D.C.)
 Bucey, Howard L., 319 10th St. (D.C.)
Wellston: Wise, F. P., R. F. D. No. 2. (D.M.T.)
West Mansfield: Moffett, Everett D., R. F. D. No. 4. (D.M.T.)
West Unity: Shaffer, Joshua B. (D.M.T.)
Wilberforce: Talbert, Horace, Box 31. (D.M.T.)
Willoughby: Knieling, L. (D.C.)
Wilmington: Williams, A. J., Citizens' Bank Bldg. (D.O.)
Wooster: Crandell, Gertrude S., Bealle Ave. (D.O.)
 Hahn, C. T. (D.C.)
 Kerr, J. A., Wayne Bldg. (D.O.)
 Yanders, H. H., Nolle Bldg. (D.O.)
Xenia: Dougherty, Martha J., No. 2 Kingsbury Bldg. (D.C.)
 Ewin, C. H., 32 W. Market St. (D.M.T.)
 Heilman, Fred., 2 Kingsbury Bldg. (D.C.)
 Hollapeten, Mrs. Leila, 115 N. Detroit Ave. (D.C.)
 Whittington, Julia E. (D.S.T.)
 Zell, Emma, 513 S. Detroit St. (D.O.)
Yellow Springs: Hughes, Sarah E. (D.S.T.)
Youngstown: Aldren, John A., 804 Bryson St. (Ma.)
 Anderson, C. J., 27 Falls Ave. (M.D.)
 Burton, Wm. P., 13 W. Federal St. (Ch.)
 Carford, C. H., 116 Calvin St. (D.M.T.)
 Carlson, Chas. H., 804 Bryson St. (D.)
 Dazey, Chas. A., 1005 Market St. (D.)
 Dikerman, K. M., Hippodrome Arcade. (Ch.)
 Dobe, C. A., 1005 Market St. (D.C.)
 Ericson, John A. (D.)
 Fassett & Fassett, Drs. (D.C.)
 Gray, Geo. W., 92½ Market St., and 463 S. Forest Ave. (D.C.)
 Henry, James T., 27 Todd Lane. (D.C.)
 Ipcer, Aaron, 1348 Millicent Ave. (N.D.)
 Johnson, Jessie B., Dollar Savings Bank Bldg. (D.O.)
 Johnson, Maria S., 11 East Woodland Ave. (D.C.)
 Jones, J. A., 821 High St. (D.M.T.)
 Lewis, Cora N., 73 East Evergreen St. (N.D.)
 Lewis, J. R., 205 W. Federal St. (D.C.)
 Louis, Joel, 307 Mahoning Bank Bldg. (D.C.)
 Lund, Richard, 804 Bryson St. (D.)
 Marstellar, Charles L., Dollar Savings Bank Bldg. (D.O.)
 McEwen, D. Clair, 307 Federal Bldg. (D.C.)
 Nelsson, Joseph, General Delivery. (N.D.)
 Newton, Winfield J., 121 Fulton St. (D.M.T.)
 Pedman, Walter J., Cor. Market and Delaware Sts. (D.M.T.)
 Rebman, F. B., 402 Stambough Bldg. (D.C.)
 Redifer, Mrs., 513 George St. (D.C.)
 Reilly, M. J., 535 Plum St. (M.D.)
 Reiser, Mrs. Sophia, 1930 Logan Ave. (D.M.T.)
 Reiter, D. H., R. F. D. (D.C.)
 Russell, Elma E., 522 Woodland Ave. (El.)
 Sandstrom, Ellen, 804 Bryson Bldg. (Ma.)

Schuster, S., 43 N. Phelps St. (N.D.)
 Seibert, J. H., 367 Martin St. (D.O.)
 Seibert, Mrs. J. M., 367 Martin St. (D.C.)
 Smith, Lyle E., 301 West Federal St. (D.M.T.)
 Sofranec, Jos., 113 Williams Ave. (D.C.)
 Stewart, Fannie D., 516 Hatman St. (Ma.)
 Stewart, Frank L. (Ch.)
 Stewart, Margaret W., Park Ave. (Ch.)
 Strand, Ida E., 501 Dollar Savings Bank Bldg. (D.C.)
 Strand, P. H., 501 Dollar Savings Bank Bldg. (D.O.)
 Streb, J. H., Federal Bank Bldg. (D.C.)
 Tucker, E. J., 1875 Glenwood Ave. (D.C.)
 Visser, Peter J., Hippodrome Arcade Bldg. (D.C.)
 Williams, A. J., 921½ Market St. (D.C.)
 Wood, Henry Chas., 404 W. Federal St. (Ch.)
Zanesville: Bowers, W. L., 45 N. 4th St. (D.C.)
 Biegler, Alma. (N.D.)
 Biegler, R. S. (N.D.)
 Brennel, L. H. (N.D.)
 Covert, O. W. (M.D.)
 Durant, Grace. (N.D.)
 Hess, Lawrence T., Masonic Temple. (D.O.)
 Marsh, C. C., 157 S. 6th St. (D.C.)
 Presgraves, A. H., 117 Putnam Ave. (D.M.T.)
 Thormahlen, Conrad, 420 Market St. (Ma.)
 Zeiger, Alma M. (Mag.)
 Zeiger, Robert S., 815 Main St. (Mag.)

OKLAHOMA

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Allen: Toby, W. B. (N.D.)
Altus: Ray, Edward. (S.T.)
Alva: Frank, G. H. (D.C.)
 Kepford, L. H. (D.C.)
 Lait, J. B. (D.C.)
Ames: Mitchell, Pearl. (D.C.)
 Wheeler, Howard M. (D.C.)
Anadarko: Keeler, Clyde M. (D.C.)
 Melton, Mrs. Nellie. (S.T.)
 Neeley, J. B. (D.C.)
 Ogle, R. W. (D.C.)
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Apache: Foster, Mrs. Pearl. (D.C.)
 Hughes, T. H. (D.C.)
Arapaho: Stout, Elmer S. (D.C.)
 Stout, Stella M. (D.C.)
Ardmore: Cox, Howard, 5-6 Noble Bldg. (D.C.)
 Shackelford, J. W. (D.O.)
Atoka: Wheeler, Howard M. (D.C.)

Bartlesville: Burns, Sarah A. (D.C.)
 Waschke, W. E., 15-17 Bryant & Klote Bldg. (D.C.)
 Wilson, R. C., Empire Bldg. (D.C.)
Blackwell: Thrallkill, W. L. (D.C.)
 Wallace, Herbert Chase, S. W. Osteo Sanitarium. (D.O.)
Braman: Wallace, Hillie. (D.C.)
 Wallace, Wm. C. (D.O.)
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Capitol Hill: Lee, Curtis J. (D.C.)
Carmon: Salters, Bertha. (D.C.)
Carter: Gilbert, J. E. (S.T.)
 Nixon, Mrs. Mary A. (S.T.)
 Wolfe, C. C. (D.C.)
Cashion: Simmons, Carrie. (D.C.)
 Simmons, N. J. (D.C.)
 Wentworth, Geo. (D.C.)
Chelsea: Trasper, Minnie L. (D.C.)
Cherokee: Hale, Dr. Nora. (D.C.)
 Henderson, Jennie M. (D.C.)
 Bonnell, Dr. W. LeRoy. (M.D.)
Chickasha: Bonnell, LeRoy. (M.D.)
 Corbin, W. S., First Nat'l Bank Bldg.
 Eacheston, H. (D.C.)
 Evans, G. W., First Nat'l Bank Bldg. (D.O.)
 Pape, O. N. (D.C.)
Claremore: Davis, Wm. (S.T.)
 Swift, A. A. (D.O.)
 Thurman, M. R. (S.T.)
Cleveland: Armstrong, A. T. (D.C.)
Coalgate: Wheeler, Howard M. (D.C.)
Collinsville: Gowrley, Addie. (D.C.)
 Gowrley, Jas. (D.C.)
Cushing: Cruzan, E. L. (D.C.)
Dewey: Burgy, Mabel Kimble. (D.C.)
 Cuff, Aug. S. (D.C.)
 Cuff, J. R. (D.C.)
 Scott, J. C. (D.C.)
 Trewin, S. (D.C.)

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Drummond: Stringer, Jno. D. (D.C.)
 Wheeler, Howard M. (D.C.)
Duncan: Good, S. L. (S.T.)
 Russell, Miss Lena. (S.T.)
Durant: Lessenger, W. I. (D.C.)
 Edwards, Phoebe. (D.C.)
Edmond: Morris, Wilhelmina. (D.C.)
Elk City: Elliott, G. E. (D.C.)
 Keifer, S. O. (S.T.)
 Levi, Mrs. Gussie R. (D.C.)
 Rowland, R. N. (D.C.)
 Terrill, I. W. (D.C.)
Elmwood: Bailar, Miss Carrie (S.T.)
 Burtling, Wm. (S.T.)
El Reno: Ewing, Ernest, 107½ E. Woodson St. (D.O.)
 Jones, A. M. (D.C.)
 Kehrer, Lillie R., 114½ E. Russell St. (D.C.)
 Terrill, I. W. (D.C.)
Enid: Boorn, F. B. (D.C.)
 Cooley, G. G., 315 Clinton Bldg. (D.C.)
 Cooley & Cooley, 222-24 Chamber of Commerce Bldg. (D.C.)
 Giles, Joel P. (D.C.)
 Jones, A. M. (M.D., D.C.)
 Nay, William F., Chamber of Commerce Bldg. (D.O.)
 Stewart, Miss Helen. (S.T.)
 Triplett, Neva T., 601 W. Main St. (D.O.)
 Turk, J. E., 1102 W. Main St. (D.C.)
Erick: McGowan, J. H. (D.C.)
 Rowland, R. J. (D.C.)
Fairview: Dearth, C. E., Box 28. (N.D.)
Ferguson: Howard, Hosea. (S.T.)
Frederick: Lange, Chas. E. (D.C.)
 Pope, Ora. (D.C.)
Ft. Gibson: Woods, A. M. (D.C.)
Ft. Towson: Lorant, Dr. (D.C.)
Gage: Coutney, Percy. (D.C.)
Garber: Hamgartner, J. C., 221 W. Euclid Ave. (D.C.)
Goltry: Ayres, T. E. (N.D.)
 Long, Bertha R. (D.C.)
Gould: Hughes, T. A. (D.C.)
Guthrie: Booley, M. E. (D.C.)
 Brewer, J. E. (D.C.)
 Ferguson, Hugh. (D.C.)
 Horne, Mrs. F. S., 1314 W. Cotteral St. (D.C.)
 Hurlbert, G. W. (D.C.)
 Leeper, O. L., 109½ W. Oklahoma Ave. (D.O.)
 Leutz, Mrs. Amanda. (D.C.)
 McCormick, L. L. (D.C.)
 Montague, H. A. (D.C.)
 Patten, L. L. (S.T.)
 Spear, Mrs. L. E. (D.C.)
Headrick: Flink, G. A. (D.C.)
Hennessey: Hughes, T. A. (D.C.)
 Humphrey, S. B. (D.C.)
Henryetta: Goeske, C. J. (D.O.)

- Hobart:** Starkey & Starkey. (D.C.)
- Hoffman:** Listenfelz, Clara M. (D.C.)
- Holdenville:** Royd, A. J. (D.C.)
Stucker, Howard. (D.C.)
- Holmby:** Dobbins, Chlora. (D.C.)
Williams, D. A., Box 206. (S.T.)
- Hughes:** Bell, J. B. (D.C.)
- Hugo:** Reed, V. D., Veeland Bldg. (D.C.)
Teem, D. B. (D.C.)
- Kaw City:** Good, Ruth. (D.C.)
- King Fischer:** Eikler, Lillie. (S.T.)
- Lawton:** Carroll, Edyth, 205 B St. (D.C.)
Cole, Dr. S. L. (S.T.)
Trosper, Minnie. (D.O.)
Turner, Burt, 405½ Ave. C. (D.C.)
Turner, Dan, 405½ Ave. C. (D.C.)
Turner, Effie, 405½ Ave. C. (D.C.)
- Lindsey:** Beatty, Mary. (D.C.)
Spoon, Nannie C. (D.C.)
- Logan:** Hunt, Miss Clara. (S.T.)
- McAlester:** Hart, Mina S. (D.C.)
De La Mater, F. Newton. (S.T.)
Hill, Lester M., 106½ E. Choctaw St. (D.C.)
Johnson, J. F., 108 E. Choctaw St. (D.C.)
Mahaffay, Ira F., Model Bldg. (D.O.)
- Madill:** Johnson, W. L. (D.C.)
Teem, David B. (D.C.)
- Marble City:** Burnett, J. E. (D.C.)
- Maysville:** Jenkins, D. Janet (D.C.)
- Medford:** Moore, A. S. (D.C.)
- Meno:** White, Elleb. (D.C.)
- Miami:** Blackman, A. C. (D.C.)
- Mohan:** Brooke, Dr. (Lady). (D.C.)
- Mooreland:** Hall, Royal F. (S.T.)
- Mulhall:** McNeal, Miss Ethel. (D.C.)
- Muskogee:** Buis, Lemuel, 203 E. Okmulgee St. (S.T.)
Chappell, W. F., Surety Bldg. (D.O.)
Daily, J. A., 301 W. Oklahoma St. (D.C.)
Grim, Dr. Roxa, 709 S. 2nd St. (S.T.)
McRye, Dr. M., 5th and Okmulgee Ave. (S.T.)
Montague, H. C., Phoenix Bldg. (D.O.)
Moore, L. L., 305-6 Equity Bldg. (D.C.)
Padgett, Jas. A. (D.C.)
Wesley, S. W., 533 Equity Bldg. (D.C.)
- Navina:** Boyd, Clara M. (D.C.)
Linsey, Pearl Aline. (D.C.)
Snell, Mark M. (D.C.)
Wentworth, Daisy B. (D.C.)
- Wentworth, Florence B. (D.C.)
Wentworth, Guy De Witt. (D.C.)
Wentworth, Le Roy E. (D.C.)
- Newkirk:** Ihne, R. E. (D.C.)
Rose, Mrs. Emma. (D.C.)
- Noble:** Brown, B. M. (D.O.)
- Nordin:** Moore, A. I. (D.C.)
Rice, Earle. (D.O.)
- Norman:** Rice, E. C. (N.D.)
- Nowata:** Daggett, W. V. (D.C.)
- Oklahoma City:** Ake, Marion, 22 W. 7th St. (D.C.)
Allen, Stella E., 521 W. 9th St. (D.C.)
Andrews, Geo., 410 W. 4th St. (D.C.)
Archibald, Alice, 818 E. 21st St. (D.C.)
Baker, N. E., 521 W. 9th St. (D.C.)
Barberick, Henry F., 522 W. Chucksaw ?? (D.C.)
Barnes, Katherine, 521 W. 9th St. (D.C.)
Bartholomew, H. H., 301 E. Park (D.E.)
Bayne, Daisy, 521 W. 9th St. (D.C.)
Bays, Alb. J., Indiana Bldg. (D.C.)
Boaz, E. R., 1021 N. Shartel St. (D.C.)
Bradford, Horace, 1400 W. 25th St. (D.C.)
Bradford, Pearl, 3213 N. Florida (D.C.)
Bridgford, A. J., 30 E. 26th St. (D.C.)
Brown, H., 811 N. Brauer (D.C.)
Brown, H. S., 501 W. Grand (D.C.)
Cain, Cora H., 112 W. 4th St. (D.C.)
Campbell, Esther, 1447 E. 8th St. (D.C.)
Carver, Willard, Majestic Bldg., 521 W. 9th Street. (LLB., D.C.)
Carver College of Chiropractic. (D.C.)
Combs, J. H., 515 S. Robinson St. (D.C.)
Condon, Mrs. Helen. (D.C.)
Cotner, James W. S. T., 515 Majestic Bldg. (D.C.)
Cowdin, Glen I., 1416 W. 8th St. (D.C.)
Cunningham, S. R., 425 E. 3rd St. (D.C.)
Dailey, C. E., Colcord Bldg. (D.O.)
Daniel, A. L., 506-8 Security Bldg. (D.C.)
David, T. Henry, 521 W. 9th St. (D.C.)
Denins, Albert G., 521½ N. Broadway. (D.C.)
Edwards, Mrs. E. C., 715 E. 8th St. (D.C.)
Englehart, Frank A., 127½ W. Main St. (D.O.)
Galeener, Elsie B., 320 E. 8th St. (D.C.)
Gallaher, Dr. Harry, 221 E. 8th St. (D.C.)
Gibson, Ralph. (D.C.)
Goff, Mary, 1600 N. McKinley St. (D.C.)
Goff, Nancy, 1629 N. McKinley St. (D.C.)
Gorby, W. R., 111½ W. Main St. (D.C.)
- Gregory, A. 506 W. 12th St. (D.C.)
Gregory, A. A., 609 Campbell Bldg. (D.C.)
Gregory, Alva E., The Palmer-Gregory School of Chiropractic. (M.D., D.C., Ph.C.)
Hamlin, P. F., 314 N. Lee St. (D.C.)
Harper, C. W., (D.O.)
Hawley, Blanche, 430 W. 9th St. (D.C.)
Hubbard, John C., 614 Hirs-kowitz Blvd. (D.O.)
Hurry, E. M., 816 W. 11th St. (D.C.)
Hurry, Pearl L., 816 W. 11th St. (D.C.)
Ives, Viola, 912 N. B'way. (D.C.)
Jeffries, J. K., 17 E. 7th St. (D.C.)
Jenkins, D. J., 1400 W. 25th St. (D.C.)
Johnson, R. M., 1447 E. 8th St. (D.C.)
Johnson, W. H. H., 914 E. 6th St. (D.C.)
Lee, C. J., 506 Security Bldg. (D.C.)
Lesenger, J., 521 W. 9th St. (D.O.)
Long, Beulah, 529 W. 9th St. (D.C.)
McColl, Alice M., 818 W. 21st St. (D.C.)
McColl, Archibald, 515 Majestic Bldg. (D.C.)
Mahaffay, Clara A. (D.O.)
Marsh, Jas. D., 409 Culbertson Bldg. (D.C.)
Meadows, L. F., 122 E. 2nd St. (N.D.)
Mitchell, W. A., 521 W. 9th St. (D.C.)
Nida, Eugene R., 700 W. 9th St. (D.C.)
Offield, J. Harry. (D.C.)
Payton, W. L., General Delivery. (D.C.)
Pettit, Dr. G. S. (M.D.)
Phillips, Albert S. (D.C.)
Potts, R. A., 14-15 W. Newspaper Union Bldg. (D.C.)
Price, J. A., State Nat'l Bank Bldg. (D.O.)
Rice, Helen Elizabeth, 500 W. 12th St. (D.O.)
Riley, J. S., 117 W. Hudson St. (D.C.)
Ross, G. D., 409 Culbertson Bldg. (D.C.)
Ross, J. A., Colcord Bldg. (D.O.)
Rouse, J. M., State Nat'l Bank Bldg. (D.O.)
Scott, John T., 311 Baltimore Bldg. (D.C.)
Seifert, E. F., 437½ W. Park St. (N.D.)
Sinclair, Wilhelmine, 805 N. Laird St. (D.C.)
Smith, Helen, 1108 N. Lee St. (D.C.)
Smith, Lovina, P. O. Bldg. (D.C.)
Smith, W. H. (D.C.)
Sloane, Mrs. M. J. E., Capitol Hill. (D.C.)
Stockton, J. W., 515 N. Douglas St. (D.C.)
Supler, A. J., 116½ W. Grand Ave. (D.C.)
Waite, D. Wendell, 1606 W. Broadway. (D.C.)
Winegarden, David, 315 N. Harvey St. (D.C.)
Woodbridge, Katherine, 441 W. 12th St. (D.C.)

Okmulgee: McPike, James K., Stewart Bldg. (D.O.)
 Markey, Mary A., Stewart Bldg. (D.O.)
Park Hill: Cook, Mrs. (D.C.)
Pauls Valley: Bradford & Bradford. (D.C.)
 Hunt, M. H. (D.C.)
 Markie, Mrs. (D.C.)
 Williams, S. B. (D.O.)
Pawhuska: Andrus, Rachel B. (D.C.)
 Briggs, Zona. (D.C.)
 Downing, L. S. (D.C.)
 Hayner, Bertha. (D.C.)
 Thurman, W. R. (S.T.)
Pawnee: Bishop, J. A., Box 55. (D.C.)
Perry: Burke, Lula. (S.T.)
 Corbion, H. A. (S.T.)
Ponca City: Dinning, G. W. (D.O.)
 Hill, B. M. (D.C.)
 McMillan & McMillan, Drs. (D.C.)
Poteau: Glover, J. C. (D.C.)
 Warriner, C. O. (D.C.)
Priori: Murray, C. H. (S.T.)
Purcell: Child, Isa Coburn. (D.C.)
 Foster, Dr. T. E. (D.C.)
Putnam: Merck, Mary A. (D.C.)
Reading: Simmons, Carrie M. (D.C.)
Salem: Kesselmiere, G. F. (D.C.)
Salt Fork: Dunn, Mrs. L. (S.T.)
Sapulpa: Bell, R. G. (D.C.)
 Berton, J. A., 110½ Dewey St. (D.C.)
 Johnson, C. E. (D.C.)
Seeley: Elliott, C. H. (D.C.)
Shawnee: Phillips, A., Room 3456, over P. O. (N.D.)
 Stucker, Howard. (D.C.)
 Townsend, Kate R., 12 E. 9th St. (S.T.)
Shelby: Ingebristen, H., 97 E. Main St. (D.C.)
Sidney: Champney, F. J. (D.C.)
Stigler: Warriner, Chas. O. (D.C.)
 Warriner, Corrine. (D.C.)
Supply: Hisey, J. B. (D.C.)
 Tanner, S. W. (D.C.)
Tahlequa: Thurman, W. R. (N.D.)
Talequah: Willisicroft, W. H. (S.T.)
Tecumseh: Hedspeth, R. I. (D.C.)
Thomas: Brower, Jno. (D.C.)
Tonkawa: Davis, F. C. (D.O.)
 Fitzgerald, J. A. (D.C.)
Tulsa: Burns, Sarah A. (D.C.)
 Francis, J. E., Bliss Bldg. (D.O.)
 Goodman, Wm. A., 506-8 Robinson St. (D.C.)
 Larkins, Fred. B., R. T. Daniels Bldg. (D.O.)
 Posegate, F. M., Nebraska Bldg. (D.C.)
 Schmidt, J. J., Turner Bldg. (D.O.)
Tuttle: Bell, R. G. (D.C.)
Vinita: Williams, Orville R. (D.C.)
Wagoner: Allison, William O. (D.C.)
 Edwards, Phoebe A. (D.C.)

Washington: Foster, Mrs. Pearl. (D.C.)
Waukomis: Miller, James B. (D.C.)
 Ward, Harriet Frederick. (D.O.)
Weatherford: Coulson, L. C. (S.T.)
Wilburton: Records, W. P. (S.T.)
Woodward: Dunlap, A. T. (D.C.)
 Thompson, L. C. (D.C.)
Wynnewood: Kincaid, S. (D.O.)
 Pool, W. O. (D.O.)

OREGON

Albany: Howells, Allan P., First Savings Bank Bldg., (D.O.)
 Howells, Mary S. (D.O.)
 Lum, A. W. (D.C.)
 Lum, Ninette (D.C.)
Arlita: Lockwood, R. J. (D.C.)
Ashland: Bradford, Pearl (D.C.)
 Reynolds, W. H., 486 Allison St. (D.C.)
 Sawyer, Bertha E., Rhodes-Fanlow Bldg. (D.O.)
Astoria: Kinney, J. Elgin (D.O.)
 Hicks, Rhoda Celeste, 573 Commercial St. (D.O.)
 Paulson, A. J., 10 Spexarth Bldg. (D.O.)
 Young, A. Howard, 510 Commercial St. (D.O.)
Baker: Biggs, W. A. (D.C.)
 Thornhill, J. B., 2410 Oak St. (N.D.)
Baker City: Runnells, W. I., 3145 5th St. (D.C.)
Boring: Calder, A. B. (D.C.)
Brandon: Covell, Fred (D.C.)
Camas Valley: Becker, Mary. (N.D.)
Central Point: Dow, Lydia S., Cowley Blk. (D.O.)
Coquille: Hopkins, R. H. (N.D.)
 Ingram, A. P., Baird Bldg. (D.C.)
Corvallis: Anderson, J. E. (D.O.)
 Hewitt, L. E. (D.O.)
 Howells, Elizabeth Lane, Masonic Temple (D.O.)
Dallas: Scheetz, Earl J. (D.C.)
Eugene: Barker, F. L., 337 E. 13th St. (D.O.)
 Holden, Peter A., 336 Willette St. (D.C.)
 Jensen, Ella (D.C.)
 Jensen, Thos. A. (D.C.)
 Mauser, J. A. (D.O.)
 Scott, O. L., 313-14 I.O.O.F. (D.C.)
 Smith, Allie M., Cherry Bldg. (D.O.)
 Studley, Harvey L., C. & W. Bldg. (D.O.)
 Waller, Olive C., Cockerline & Wetherbee Bldg. (D.O.)
 Wilson, La Roy, 484 N. 4th St. (D.C.)
Forest Grove: Walker, Clifford E., Forest Grove Nat'l Bank Bldg. (D.O.)
Freewater: Spegal, F. M. (D.C.)
Gladstone: Dunn, R. L. (D.C.)

Grant's Pass: Ingram, F. H. (D.C.)
 Nice, H. Warren (D.O.)
Gresham: Freese, Benj. J. (D.C.)
Halsey: Boyd, Lincoln, Box 173 (D.C.)
 Boyd, Lydia, Box 173 (D.C.)
Hillsboro: Lloyd, Clarence R. (D.C.)
 Hibel, H. E. (D.C.)
 Smith, Elmer H., Hillsboro Nat'l Bank Bldg. (D.O.)
Hood River: Eaton, A. C., 1017 Hall St. (N.D.)
 Hoerlein, H. K. (N.D.)
 May, P. H., Heilbreher Bldg. (D.C.)
Klamath Falls: Fulton & Fulton (D.C.)
La Grande: Allen, E. W., 209 Fir St. (N.D.)
 Dailand, S. T., Box 638 (D.O.)
 Myers & Kelly, Foley Blk. (D.C.)
Lebanon: Sears, Charles A. (D.O.)
Marshfield: Leslie, George W. (D.O.)
McMinnville: Hoffman, Hazel P. (D.C.)
 Hoffman, Wm. C. (D.C.)
 Simonson, Mary Dorothea (D.O.)
 Stewart, J. H. (D.C.)
 Wilkens, J. H. (D.O.)
 Young, D. D. (D.O.)
Medford: Carlow, Eva Mains, Garnet-Corey Bldg. (D.O.)
 Carlow, Frank G., Garner-Corey Bldg. (D.O.)
 Hedges, A. R. (D.O.)
 Howard, W. W., Garnet-Corey Bldg. (D.O.)
 Rauek, E. H. (D.C.)
 Spang, B. W., 1028 Edwards St. (D.C.)
 Wilson, F. H., Edwards Bldg. (D.O.)
Milton: Spegal, F. M., Bridley Bldg. (D.C.)
Newberg: Mallory, W. E. (D.O.)
North Bend: Clark, Bird C. (D.C.)
North Powder: Lowman, A. S. (D.C.)
Ontario: Seats, Harriet (D.O.)
Oregon City: Anderson, G. F., 412 Main St. (D.C.)
 Hoeye, George. (D.C.)
 Latourette, Ruth, Masonic Bldg. (D.O.)
Pendleton: Cole, O. O. (D.C.)
 Holsington, G. S. (D.O.)
Portland: Achworth, C. (D.O.)
 Akin, Mabel, Corbett Bldg. (D.O.)
 Akin, Otis F., Corbett Bldg. (D.O.)
 Bacon, Mabel S., 1713 Van Houton St. (D.C.)
 Baker, Lillian, Corbett Bldg. (D.O.)
 Baker, R. N. (N.D.)
 Barret, H. Lester, Morgan Bldg. (D.O.)
 Bashor, H. A., Vincent Blk., (D.O.)
 Bertschinger, A., 340-43 Pittcock Blk. (N.D.)
 Bloxham, Harry P., 1050 Hawthorne Ave. (D.O.)
 Bowers, H. D., 110 E. 71st St. N. (D.O.)
 Brazeau, Franklin R., 600-6 Dekum Bldg. (D.C.)

Breitling, Geo. S., Royal Bldg. (D.C.)
 Brenkman, N. H., 1593 E. Stark (D.O.)
 Briggs, A. N., 6th and Morrison Sts. (D.C.)
 Brown, Henry O., Sweatland Bldg. (D.C.)
 Brown, H. O., 215 Columbia Bldg. (D.C.)
 Browne, Dr. D. T., 317 Abington Bldg. (D.C.)
 Collins, Henry, 316 Alisky Bldg. (D.P.T.)
 Dearing, Cordelia M., County Court House (D.C.)
 De Keyes, A. P., Columbia Bldg. (D.C.)
 Denon, L. G., 30th & Davidson Sts. (D.C.)
 Douglas, A. S., 338 Union Ave. N. (D.C.)
 Dunn, J. D., 106 W. Park St. (D.C.)
 Farrior, Jessie B., Selling Bldg. (D.O.)
 Fear, Lois Mabel, Pittock Bldg. (D.O.)
 Flack, Wm. O., Broadway Bldg. (D.O.)
 Fox, J. R., 700 E. Arkeny (D.O.)
 Fulton, N. J., P. O. Box 984. (D.O., N.D.)
 Gates, Gertrude Lord, Corbett Bldg. (D.O.)
 Giles, Mary E., Morgan Bldg. (D.O.)
 Goode, John A., 7520 54th St. (D.C.)
 Graf, John F., 1039 E. 19th St. N. (N.D.)
 Gregory, MacGregor (D.C.)
 Greiner, Matilde M., 415 Mill St. (D.C.)
 Grover, Samuel F., 310-17 Alisky Bldg., (N.D.)
 Grover, S. F., 152 E. 33rd St. (D.O.)
 Haynie, Nellie (D.C.)
 Holder, Jos., 699 Everett St. (D.C.)
 Holmes, E. C., Buchanan Bldg. (N.D.)
 Horstman, H. V., Palace Hotel (D.C.)
 Howland, Luther H., Selling Bldg. (D.O.)
 Ingham, Dr. E. H., 1181 Harold Ave. (N.D.)
 Ingram, F. H., Bank of Shellwood (D.C.)
 Jones, C. M., 355 E. 8th St. (D.C.)
 Jurva, O., 178 E. 60th St. (D.O., N.D.)
 Keller, Wm. G., 508 Taylor St. (D.O.)
 Kinz, Geo. J., 409 Halsey Bldg. (D.C.)
 Lacy, Hammett N., Morgan Bldg. (D.O.)
 Lavalley, J. E., 207 Aliskey Bldg. (N.D.)
 Lavalley, J. E., 195 Buchanan Bldg. (D.C.)
 Lavalley, Thos. P., 403-4 Buchanan Bldg. (D.C.)
 Lehman, F. O., 317 Abington Bldg. (D.C.)
 Lent, Geo. P., 417 Corbett Bldg. (D.C.)
 Leonard, Hubert F., Morgan Bldg. (D.O.)
 Leweaux, Virginia V., Morgan Bldg. (D.O.)
 Lovranich, John, Stevens Bldg. (Ma.)

MacMickle, Virgil, 808 Dekun Bldg. (D.O., N.D.)
 Mallory, W. E., 312-17 Sweetland Bldg. (El.)
 McMahon, M. H., 286 Washington St. (D.C.)
 Meader, Chas. B., 926 Gladstone Ave. (D.C.)
 Meleen, N. F., 135 12th St. (N.D.)
 Moore, F. E., Selling Bldg. (D.O.)
 Moore, H. C. P., Selling Bldg. (D.O.)
 Muffley, W. P. (D.C.)
 Myers, Katherine Stott, Journal Bldg. (D.O.)
 Neill, C. O., Imperial Hotel. (D.O.)
 Neleen, N. J., 135 12th St. (D.O.)
 Nelson, N. F., 135 12th St. (N.D.)
 Northrup, Robt. B., Morgan Bldg. (D.O.)
 Nordin, J. P. A., 375 Taylor St. (D.O.)
 Oberg, Carl, 517 Dekun Bldg. (D.C.)
 Oberg, Miss I., 49 Delmond St. (D.C.)
 Pacific Chiropractic College. (D.C.)
 Parker, E. Tracy, Corbett Bldg. (D.O.)
 Pengra, C. A., Selling Bldg. (D.O.)
 Phillips, R. A., 504 Oregonian Bldg. (D.O.)
 Pondroy, Maurice M. (D.C.)
 Powell, Anna, 409 Commonwealth Bldg. (D.C.)
 Powell, W. O., 409 Commonwealth Bldg. (D.C.)
 Pruden, W. F., 5033 71st St. S. E. (M.D.)
 Reuter, Kathryn, Selling Bldg. (D.O.)
 Riceland, F. J. (D.C.)
 Saconith, J., Stevens Bldg. (D.O.)
 Scheets, Orville O., 66 6th St. (D.C.)
 Schildgen, Hugo, P. O. Box 916. (D.C.)
 Shepherd, B. P., Morgan Bldg. (D.O.)
 Slater, Walter E., 1162 1/2 Union St. (D.C.)
 Spang, Burnard B., 29th and Belmont Sts. (D.C.)
 Stone, Harry. (D.C.)
 Styles, John H., Jr., Pittock Bldg. (D.O.)
 Sueall, E. P., 1042 E. 15th St. (D.O.)
 Taber, Mrs. John W., 305 1/2 Jefferson St. (D.C.)
 Taber & Taber, Drs., 305 1/2 Jefferson St. (D.C.)
 Teckner, I. L., 202 Columbia Bldg. (D.C.)
 Tibbs, Maxey R. (D.C.)
 Vehr, A. Spencer, 312 Rothschild Bldg. (N.D.)
 Virgil, Dr. (N.D.)
 Walker, Eva Snider, 124 E. 24th St. N. (D.O.)
 Watters, Raymond E., 321 E. 8th St. N. (D.C., D.O.)
 Wehoffer, Augusta V., 1169 Davison St. (D.C.)
 Wilcoxon, G. D., 375 Multnomah St. (N.D.)
 Wilson, L. R. (N.D.)

Prince Rupert: Eckerman, Geo. (D.C.)

Rickereall: Holmes, M. A. (D.C.)

Roseberry: Ashton, Major, Cass St. (D.C.)

Roseburg: De Lapp, Sidney L., Perkins Bldg. (D.O.)
 Snell, Daniel E., Perkins Bldg. (D.O.)

Salem: Bancroft, A. M. (D.O.)
 Brewster, A., Suite 428, Hubbard Bldg. (D.O.)
 Brewster, F. O., Hubbard Bldg. (D.O.)
 Brown, Daniel T., 10 Breyman Bldg. (D.C.)
 Fulton & Fulton, 108 S. Church St. (D.C.)
 Mercer, Wm. L. (D.O.)
 Schoettle, M. Teresa, 678 N. Cottage St. (D.O.)
 Scott, O. L., 406 U. S. Nat'l Bank Bldg. (D.C.)
 Stone, Harry L., Nat'l Bank Bldg. (D.C.)
 Walton, R. W., U. S. Nat'l Bank Bldg. (D.O.)
 White, Bert H., 355 N. Capitol St. (D.O.)

Seaside: Hodges, Lena R. (D.O.)

Sellwood: Stone, H. S., 1633 1/2 E. 13th St. (D.C.)

Silverton: Finseth, Anna M. (D.C.)

Slayton: Eaton, A. C. (D.C.)

Springfield: Kester, Eugene. (M.D.)

St. Johns: Brown, H. O., 415 Kellogg St. (D.C.)
 Ingram, A. P., 615 Evenhoe (D.C.)

The Dalles: Allen, Carolyn, First Nat'l Bank Bldg. (D.O.)

Bazeau, Frank. (D.C.)
 Case, W. E., Box 133. (D.C.)
 Corbin, M. E., Columbia Hospital (D.O.)
 Ingram, A. P., 401-2 First Nat'l Bank Bldg. (D.C.)
 McNicol, A. M. (D.O.)
 Scheltz, Earl J. (D.C.)

Tigard: Lewis, P. E. (N.D.)

Union: Woodell, J. E. (D.C.)

Vale: Sears, Pauline. (D.O.)

Willamette: Sizer, F. R., 2416 Oak St. (N.D.)

Woodburn: Armstrong, F. H., Lock Box 55. (D.C.)

PENNSYLVANIA

Alleghany: May, A., General Delivery. (D.O.)

Allentown: Allen, Wm. H., 42 S. 7th St. (D.O.)
 Clymer, R. S. (D.O.)
 Gilbert, H. Armitt B., 28 S. 7th St. (D.O.)
 Lyne, Sanford T. (D.O.)
 Scott, Wilson, 714 Walnut St. (D.C.)
 Weiss, E. A., 822 Hamilton St. (D.O.)

Altoona: Cassel, G., 80 Charles St. (N.D.)
 Davenport, Harry Lewis, 1117 13th Ave. (D.O.)
 De Wolfe, Blanche. (D.C.)
 Hurley, Helen, 1504 13th Ave. (D.C.)

Kantner, H. B. (D.O.)
 Stratton, W. D., 221 5th St. (D.O.)
 Yeater, I. F., 1213 8th Ave. (D.O.)
Ambridge: Bonhart, L. (D.C.)
 Leonhardt, Herman C., 509 Merchant St. (D.C.)
Autrum: Quins, J. C. (D.O.)
Avalon: Dunbar, R. J., 620 California Ave. (D.O.)
Beaver: Schmunk, P. B., Snitger Bldg. (D.O.)
Beaver Falls: Irvine, S. W., 903 8th Ave. (D.O.)
 Marsh, E. L., 1813 7th St. (D.C.)
 Reynolds, H. D. (D.C.)
 Starcke, N. R. (D.O.)
Bellefonte: Thornley, Harry Earle. (D.O.)
Bellevue: Strain, Philip S. J., 560 Forest Ave. (D.C.)
Berwick: Klincot, H. L. & D. B. (D.O.)
Bethlehem: Jones, Etha Marion, Bethlehem Trust Bldg. (D.O.)
Blossburg: Vasselin, W. J. (D.C.)
Brad dock: Boyd, Agnes. (D.C.)
 Hee, Edmond E., 719 Brad dock Ave. (D.C.)
 Schmidt, A. S. (N.D.)
 Zenk, Otto John. (D.C.)
Bradford: Hewins, C. S., 57 Congress St. (D.C.)
 Husk, Noyes Gaylord, 28 Main St. (D.O.)
 King, J. W. (M.D.)
 Lurrel, M. L., Hopley Bldg. (D.O.)
 Salisbury, C. C., 52 Main St. (D.C.)
 Titus, M. W., 7 Washing ton St. (D.O.)
 Vernon, Alonzo W., 8 Tib bits Ave. (D.O.)
 Woodward, E. G., 7 Wash ington St. (D.C.)
Brookville: Coryell, Roland S., Nat'l Bank of Broom ville Bldg. (D.O.)
 Shannon, Eleanor, 391 W. Main St. (D.C.)
Brownsville: Rosenthal, Room 3, Snowdon Bldg. (N.D.)
Bryn Mawr: Muttart, Chas. J. (D.O.)
Butler: Buzzard, J. D., 132 E. Kittingen St. (D.C.)
 Foster, Julia E., Stein Bldg. (D.O.)
 Harding & Sunstad, Guar anty Safe Deposit and Trust Bldg. (D.C.)
 Jauss, Geo. (D.C.)
 Morrow, Clara E., Main St., Cor. E. Diamond St. (D.O.)
 Scott, J. C., 123 Cunning ham St. (D.C.)
 Stehle, C. H., 123 S. Main St. (Ph.C., D.C.)
Canton: Stem, Harold L., Lewis Bldg. (D.O.)
Carbondale: Jennings, J. H. (D.C.)
 Johler, C. N., Anthracite Bldg. (D.C.)
 Perkins, W. J., Lincoln Ave. (D.O.)
Carlisle: Burkenholder, H. L. (D.M.T.)

Krohn, G. W., 209 North Hanover St. (D.O.)
Charlevoix: Garbisch, Erwin, 433 McKean Ave., Green burg Bldg. (D.C.)
 Wright, Clarence C., 514 Fallowfield Ave. (D.O.)
Cheltenham: Tracey, C. H. (D.C.)
Chester Co.: Farkasch, (D.O.)
 Meyer, Fred. G., 619 Eg mont St. (D.C.)
 Mack, Raesley S., 114 Broad St. (D.O.)
Clarion: Barlett, Clarence E. (D.C.)
 Galbraith, J. C. (D.C.)
Clearfield: Royard, C. C., Market St. (D.C.)
 Trenton, Mae S. (D.C.)
Condersport: Marsh, E. I., 405 N. Main St. (D.C.)
Connellville: Carson, R. L., 801 W. Main St. (D.C.)
 Scantling, T. A. (D.O.)
Corry: McKelrey, Andrew S., 2 Park Place, and 29 W. Smith St. (D.C.)
 Mensink, J. H., 8 S. Center St. (D.C.)
 Treichler, C. Landis, Horn Bldg. (D.O.)
Danville: Lamon, Chas. P., 290 Mill St. (D.C.)
Darlington: Wilson, Reese G. (N.D.)
Delaware Co.: McEwin, Mar garet, Linwood Station. (D.C.)
Delaware Water Gap: Baer, Fred J. (D.O.)
Dermont, Pittsburgh: Kiss ling, H. J., 2723 Ocean Ave. (N.D.)
Doylestown: Hayman, Geo. T., 148 E. State St. (D.O.)
Dubois: Berth, A. (D.O.)
 Clifford, James Ray, 42 N. Brady St. (D.O.)
 Flick, Elizabeth, 204 Scrib ner St. (D.C.)
 Sinstadt & Smelser, 47 E. Long St. (D.C.)
 Spencer, F. M., 116 W. Long Ave. (D.C.)
 Vail, R. O., 204 Scribner St. (D.C.)
Duquesne: Johnson, J. T., 51 N. 1st St. (D.C.)
Easton: Beam, Wilson, 60 N. 3rd St. (D.O.)
 Danks, Edward G., 204 Northampton St. (D.O.)
 Jones, J. P., 19 W. 3rd St. (D.O.)
East Stroudsburg: Baer, Fred J., 214 Washington St. (D.O.)
Ellwood City: Baker, Emma (D.C.)
 Baker, Georgiana A. (D.C.)
 Bradley, Oscar Evans. (D.O.)
Erie: Avery, Frank E., 816 Myrtle St. (D.O.)
 Earhart, Emogene M., 702 Peach St. (D.O.)
 Folts & Folts, 2639 Peach St. (D.C.)
 Hoban, Harry. (D.C.)
 Hubley, E. E., 921 Com merce Arcade Bldg. (D.C.)
 Marshall, Eliz. J. B., 326 W. 8th St. (D.O.)
 Mays, W. F., 301 Commerce Bldg. (D.C.)
 Parker & Parker, 2002 Peach St. (D.C.)

Patton, R. Edwin, 131 West 18th St. (N.D.)
 Robinson, John Weller, 147 W. 11th St. (D.O.)
 Root, Frank E., 143 W. 9th St. (D.O.)
 Scheid, Dr. H. J., 421 Sassa fras St. (D.C.)
 Shaver, E. C., 421 Sassafras St. (D.C.)
 Sweet, B. W., 136 W. 10th St. (D.O.)
 Warner, M., 326 W. 8th St. (D.C.)
 Warner, N. S., 807 Chestnut St. (D.C.)
Etters: Nicholas, M. (D.O.)
Fair Haven: Larkins, James W. (D.C.)
 Winter, Wm. J. (D.C.)
Ford City: Hellam, Lydia. (D.C.)
Franklin: Harding, Vera, 1112 Liberty St. (D.C.)
 Hoefner, J. Henry, 1330 Liberty St. (D.O.)
 Shannon, Eleanor, 23 11th St. (D.C.)
 Turner, Grover G. (D.C.)
Freeport: Richter, Benj. R. (D.C.)
Germantown: Tanner, O. J., 5910 Wayne Ave. (D.C.)
 Marshall, Agnes, 36 E. Clapier St. (D.C.)
 Roberts, W. L., 150 W. Chelton Ave. (D.O.)
Gold: Howe, L. E. (D.C.)
Greensburg: Honey, E. B., Cape Flats. (D.C.)
 Rohacek, Wm. 208 N. Main St. (D.O.)
Greenville: Canon, Fred. A., 13 W. Main St. (D.C.)
 Hans, F. S. (D.C.)
 McCormick, J. P., 94 Clin ton St. (D.O.)
Grove City: Bashline, Orrin O., Broad St. (D.O.)
 Board, Cecil, 419 E. Main St. (D.O.)
 Roseman, Walter F., 133½ Broad St. (D.O.)
 Slough, H. S. (D.C.)
 Smith, C. W., 126 N. Broad St. (D.O.)
Hallstead: Day, Beatrice. (D.C.)
 Harrison, Mrs. E. E. (D.C.)
Hanover: Miller, Ira L., 36 Balto St. (D.C.)
Harrisburg: Baugher, L. Guy 229 N. 2nd St. (D.O.)
 Deeter, Ruth A., 132 Walnut St. (D.O.)
 Gunsaul, Irmine Z., 120 Market St. (D.O.)
 Hall, Harry L. (D.C.)
 Heisler, M. L., 405 S. 13th St. (D.C.)
 Herrington, J. L., 1200 N. 3rd St. (D.O.)
 Hoffman, Harry C., 1403 N. 2nd St. (D.M.T.)
 Kann, Frank B., 315 N. 2nd St. (D.O.)
 Pease, W. W., 30 N. 2nd St. (D.C.)
 Vastine, Harry M., 109 Locust St. (D.O.)
Hadley: McGranahan, J. C. (D.C.)
Hazleton: Miller, Gerald O., 211-12 Markel Bank Bldg. (D.C.)
 Shaw, S. A. (D.O.)
Homestead: Horner, J. C. (D.C.)

- Holmesburg:** Tanner, O. J., 8234 Frankford Ave. (D.C.)
Kinley, C. H., 541 Ammor St. (D.C.)
Lawson, H. L. (D.C.)
Munhall, Geo. M., 225 E. 15th Ave. (D.C.)
Shepard, F. M., 113 E. 8th Ave. (D.O.)
Quigley, W. J., 305 E. 8th Ave. (D.O.)
- Honesdale:** Cole, Percy L. (D.C.)
- Honeside:** Higginbotham, Carrie M., 1205 East St. (D.O.)
- Huntington:** Richards, Chas. L., 310 Penn St. (D.C.)
- Indiana:** Brilhart, W. W., Jr. (D.O.)
Shepard, W. P., 652 Philadelphia St. (D.C.)
- Jamestown, Mercer Co.:** Hans, F. S. (D.C.)
- Johnstown:** Black, Chas. L., Lincoln Bldg. (D.O.)
Carter, E. M., 302 Lincoln Bldg. (D.C.)
Hirschfeld, S., 72 Fairfield Ave. (Opt.)
Montgomery, W. C., 204 Morrison St. (D.C.)
Murphy, Mrs. Mae. (D.C.)
Reber, Chas. H., 411 Main St. (D.C.)
Simon, N. G., 647 Franklin Ave. (D.C.)
Strayer, H. R., 226 Strayer St. (D.C.)
- Kennerdell:** Shannon, Eleanor, (D.C.)
- Kingston:** Horner, J. C., 327 Wyoming Ave. (D.C.)
- Kittanning:** Davis, Samuel, 421 Reynolds Ave. (D.C.)
Lawson & Lawson, 210 S. Jefferson St. (D.C.)
McGreger, Fred. (D.O.)
Tupper, G. W. (D.C.)
- Kuntztown:** Stein, H. T. (D.O.)
- Lambertsville:** Lambert, P. P. (D.C.)
- Lancaster:** Becker, Ray D., 216 E. King St. (D.C.)
Grant, Wm. (D.C.)
Jones, E. Clair, 20 E. Orange St. (D.O.)
Kepperling, I. L., 662 Columbia Ave. (D.O.)
Mutschler, O. C., 31 W. Orange St. (D.O.)
Purnell, Emma, Woolworth Bldg. (D.O.)
Sherwood, Warren A., 142 N. Duke St. (D.O.)
Spencer, B. M., Fehl Bldg. (D.O.)
- Lansdowne:** Dickinson, Leopold. (D.O.)
- Latrobe:** Bertson, C. S., 1115 Legonier St. (D.C.)
Oglesby, H. L., First Nat'l Bank Bldg. (D.O.)
- Lebanon:** Brunner, M. W., 121 S. 9th St. (D.O.)
McGuire, W. W., 914 Cumberland St. (D.C.)
Maguire, W. W., 208 N. 10th St. (D.C.)
- Lewiston:** Cole, Omer C., Lewiston Trust Co. Bldg. (D.O.)
- Lincolnville:** Farmer, F. B. (D.O.)
- Linesville:** Collins, A. B. (M.D.)
- Lock Haven:** Stevenson, J. F., 205 W. Church St. (D.O.)
- Mahoney City:** Gable, John A., Renig Bldg. (D.C.)
- Manila:** Ottofy, Louis. (M.D.)
- Marionville:** Johnston, P. S. (D.C.)
- McDonald:** Beyers, W. N. (D.O.)
- McKeesport:** Butler, Wm. H., Ruben Bldg., 5th Ave. and Walnut St. (D.C.)
Keitzer, W. E. (D.C.)
Jamborsky, J. J., 406 Center St. (D.O.)
Schmidt & Butler, 213-14 Reuben Bldg. (D.C.)
- Meadville:** Barnett, E. M., 11 Park Ave. (D.C.)
Hackett, H. A., Trust Bldg. (D.C.)
Hackett & Hackett, Crawford Co. Trust Bldg. (D.C.)
Salisbury, Eva T. (D.C.)
Sash, Elizabeth, Masonic Bldg. (D.O.)
Vogan, Alberta L., 226 Chestnut St. (D.C.)
- Meyersdale:** Byrd, R. L., 233 Main St. (D.C.)
Thomson, Annie, 309 North St. (D.C.)
- Mitchell:** Solberg, A. (D.C.)
- Monongahela:** Grodecour, E. A. (D.O.)
- Monroe:** Smith, R. O. (D.C.)
- Montrose:** Van de Sand, W. B. (D.O.)
- Mt. Morris:** Miller, P. H. (D.O.)
- Mt. Pleasant:** Sutton, W. R. (D.C.)
- Munhall:** Gustavson, J. F., 711 13th Ave. (D.C.)
- Nanticoke:** Daly, M. F., 6 E. Church St. (N.D.)
- New Bethlehem:** Bebout, E. R. (D.C.)
- New Castle:** Armstrong, J. D., 600-601 Greer Bldg. (D.C.)
Armstrong, Sarah, N. Mill St. (D.C.)
Armstrong & Armstrong, 600-601 Greer Bldg. (D.C.)
Davies, Wm. M., 1508 S. Jefferson St. (D.O.)
Kirkham, Chas. L., K. L. & M. Bldg. (D.O.)
Scott, D. E., Bleakley Blk. (D.C.)
Thompson, Theo. G., Mercantile Bldg. (D.O.)
Thorne, F. H., 325 Mercantile Bldg. (D.M.)
- New Franklin:** Dothage, E. A. (D.C.)
- New Kensington:** Duff, J. L., Ridge Ave. (D.O.)
Hutchinson, L. L., 3rd Ave. (D.O.)
Kinniburg, W. B., 742 5th Ave. (D.C.)
Kinnenberg & Kinnenberg, Drs., 825 4th Ave. (D.C.)
- New Philadelphia:** Towner, A. H. (D.M.T.)
- Norristown:** Kirkbride, Harry C., 814 DeKalb St. (D.O.)
Meyers, Fred., 725 Swedes St. (D.C.)
Swanson & Swanson, 710 George St. (D.C.)
- Northeast:** Bashaw, J. P., 34 E. Main St. (D.O.)
- Oil City:** Downs, Henry A., 18 State St. (D.O.)
- Easton, Melroy W., Lay Blk. (D.O.)
Kritch, Bessie L., 431-32 Chamber Bldg. (D.C.)
Richards, C. E., 509 Inner St. (D.C.)
Tornof, B., 16 S. Seneca St. (D.O.)
- Olyphant:** Webb, W. P., 131 Locka Ave. (D.C.)
- Parkers Landing:** Hachinson, T. S. (D.O.)
Herche, Jeanette B. (D.O.)
- Philadelphia:** Adams, McGregor, 1701 Chestnut St. (D.O.)
Apple, C. E., Otis Bldg., 16th and Sansom Sts. (M.D., D.C.)
Bailey, De Forrest C., 739 N. 40th St. (D.O.)
Bailey, John H., Empire Bldg. (D.O.)
Bailey, Raymond W., Franklin Bank Bldg. (D.O.)
Balbirnie, C. D. B., 4308 Walnut St. (D.O.)
Banker, Gene C., 526 W. Hoetter St. (D.O.)
Barber, Chas. W., Flanders Bldg. (D.O.)
Barrett, Onie A., 1423 Locust St. (D.O.)
Bartlett, Leonard P., 1542 N. Felton St. (D.O.)
Bashline, O. O., 5040 Locust St. (D.O.)
Belle, Josephine, 31 S. 40th St. (D.C.)
Benion, Martha Vernon, Flanders Bldg. (D.O.)
Bentley, Lillian L., 1523 Chestnut St. (D.O.)
Bobb, Henry H., 2125 N. 18th St. (N.D.)
Bray, Edwin W., Denckla Bldg. (D.O.)
Brearley, Peter H., Flanders Bldg. (D.O.)
Brown, Sam'l Agnew, 1112 Chestnut St. (D.O.)
Bruckner, Carl D., Flanders Bldg. (D.O.)
Bulster, H. G., 1112 Chestnut St. (D.O.)
Burke, Raymond J., Weightman Bldg. (D.O.)
Cacile, R., 139 N. 16th St. (D.O.)
Campbell, A. D., 1524 Chestnut St. (D.O.)
Cardamone, Philip J., 326 E. Price St. (D.O.)
Carmichael, F. H., 7127 Germantown Ave. (M.D., D.C.)
Carothers, J. C., 1447 N. Redfield Ave. (D.O.)
Cassel, M. E., 1530 Chestnut St. (D.O.)
Cheyney, A. M., R. E. Trust Bldg. (D.O.)
Clark, James H., 327 W. 13th St. (D.C.)
Cohalan, John A., Stephen Girard Bldg. (D.O.)
Cole, Julia Mowery, 2602 N. 12th St. (D.O.)
Collins, Alice L., 10 S. 18th St. (D.O.)
Collins, Emma Hazel, 424 S. 42nd St. (D.O.)
Conger, W. Milliard, Witherspoon Blvd. (D.O.)
Cox, Robt. C., 1524 Chestnut St. (D.O.)
Creatore, Tommaso, 762 S. 51st St. (D.O.)
Crimmine, Th., 1602 Sumner St. (D.O.)

- Cullen, Geo. S., 421 Walnut St. (D.C.)
- Curran, Cecilia G., Empire Bldg. (D.O.)
- Dana, Wm. Jay, 1318 Spruce St. (D.C.)
- Davis, J. Morrison, Hale Bldg. (D.O.)
- Deeter, J. N., 315 N. 35th St. (N.D.)
- Deutscher, J. L., 430 Heed Bldg. (F.S.)
- Dietz, H. H., 1725 W. Morris St. (D.O.)
- Disney, J. Lambert, 1149 N. 63rd St. (S.T.)
- Disney, P. V., 1149 N. 63rd St. (D.O.)
- Doughty, John, 22 S. 52nd St. (D.C.)
- Drew, Edward G., 1228 W. Lehigh Ave. (D.O.)
- Drew, Ira W., Land Title Bldg. (D.O.)
- Dufur, J. Ivan, Penn Bldg. (D.O.)
- Dunningham, Margaret B., Real Estate Bldg. (D.O.)
- Dunningham, R. H., Real Estate Bldg. (D.O.)
- Dunningham, Wesley P., Stephen Girard Bldg. (D.O.)
- Dunningston, Earl V., Stephen Girard Bldg. (D.O.)
- Durkee, H. V., 4001 Parish St. (D.O.)
- Dye, W. Walter, 5243 Chestnut St. (D.O.)
- Eddy, G. R., 1022 Spruce St. (D.C.)
- Eldon, Jas. B., 1741 N. 13th St. (D.O.)
- Eldridge, Roy Kerr, 5858 Spruce St. (D.O.)
- Ellis, Thomas W., 5236 Vine St. (D.O.)
- Farrand, F. C., 11 S. 52nd St. (D.O.)
- Fenimore, B. B., 50th and Market Sts. (M.D., D.C.)
- Finch, J. F., 6213 Vine St. (D.O.)
- Fineman, Harry, 1338 N. Franklin St. (M.D., D.C.)
- Fischer, John A., Otis Bldg., 16th and Sansom Sts. (M.D., D.C.)
- Flack, Arthur M., 3414 Baring St. (D.O.)
- Fleming, Evalena S. C., Weightman Bldg. (D.O.)
- Flint, Effie A., 1636 N. 15th St. (D.O.)
- Flint, Ralph W., 1636 N. 15th St. (D.O.)
- Foehl, Dr. P. E., 5405 Baltimore Ave. (N.D.)
- French, Leslie H., 315 N. 35th St. (N.D.)
- Fritsche, Edward H., 1832 W. Girard Ave. (D.O.)
- Fritz, W. Wallace, 1600 Summer St. (M.D.)
- Furey, Blanche Costello, Real Estate Trust Bldg. Cleveland Ave. (D.O.)
- Furey, Wm. Jos., Real Estate Trust Bldg. (D.O.)
- Gabriel, Emma, 1713 Mt. Vernon St. (D.O.)
- Galbreath, Wm. Otis, Land Title Bldg. (D.O.)
- Galbreath, J. Willis, Pennsylvania Bldg. (D.O.)
- Graves, Armstrong W., Park and Allegheny Avenues. (D.O.)
- Gercke, Geo. A., 7101 Tulip St. (D.O.)
- Gledhill, W. J., 1530 N. 13th St. (N.D.)
- Graves, Geo. B., Hutchinson and Lehigh Aves. (D.O.)
- Grimes, Idella A., Franklin Bank Bldg. (D.O.)
- Groves, Dr. Sarah E., 1112 Spruce St. (D.O.)
- Gruber, Chas. J., Widener Bldg. (D.O.)
- Hales, G. N., 124 S. 11th St. (D.O.)
- Harley, Aldine Hotel. (D.O.)
- Harris, H., 1602 Summer St. (D.O.)
- Hart, I. Sylvester, 1540 N. 15th St. (D.O.)
- Haskins, Coverly E. C., 2033 Sansom St. (D.O.)
- Haaves, Wm. F., Real Estate Trust Bldg. (D.O.)
- Hayman, Geo. T., Real Estate Trust Bldg. (D.O.)
- Heintze, A. C., 1318 Spruce St. (D.O.)
- Henry, Mary Elizabeth, 1654 N. 12th St. (D.O.)
- Henzel, Franklin M., 3149 N. 15th St. (N.D.)
- Herwig, A., 1713 Mt. Vernon St. (D.O.)
- Hess, Elmer C., 1118 W. Lehigh Ave. (D.O.)
- Hildebrand, A., 1112 Chestnut St. (D.O.)
- Hildebrand, Dr. Julia I., 1112 Chestnut St. (N.D.)
- Hill, Wm. E., 2121 Master St. (D.O.)
- Hoffman, Herbert, 1118 Chestnut St. (D.O.)
- Hoopes, Chas. L., 1524 Chestnut St. (D.O.)
- Irvin, Wm. M., Penna Bldg. (D.O.)
- Jackson, Mary K., 1533 Diamond St. (D.O.)
- Jackson, Thos. M., 1553 Diamond St. (D.O.)
- Jahn, Dr. Francis M., 1631 Chestnut St. (N.D.)
- Jones, J. Walter, 1411 Walnut St. (D.O.)
- Johnson, C. E., 3534 N. 11th St. (D.C.)
- Johnson, Burdsall F., 1016 Lehigh Ave. (D.O.)
- Johnson, David W., 3241 N. 15th St. (D.C.)
- Johnston, L. B., 628 N. 52nd St. (D.O.)
- Justice, C. T., 4037 Ogden St. (D.O.)
- Keene, W. B., 1530 Chestnut St. (D.O.)
- Keller, G. T. (D.C.)
- Keller, Harry T., 5320 Walton Ave. (D.C.)
- Kelly, Lawrence J., Penna Bldg. (D.O.)
- Kenderline, Clarence, Borton Bldg. (D.O.)
- Kilgus, Ella D., 45 De Long Bldg. (N.D.)
- Kilgus, Wm. M., 45 De Long Bldg. (N.D.)
- Kirk, G. W. (M.D.)
- Kirk, J. W. (Ma.)
- Kistler, A. J., 919 N. Broat St. (M.D., D.C.)
- Kraiker, Frederick Wm., 1201 W. Alleghany Ave. (D.O.)
- Kunze, Dr. Erwin, 2057 Ridge Ave. (D.O.)
- Lake, J., 1600 Summer St. (D.O.)
- Leonard, Ellsworth Harry, The Flanders. (D.O.)
- Leonard, H. Alfred, Franklin Bank Bldg. (D.O.)
- Levegood, Robert R., 133 N. 52nd St. (D.O.)
- Looker, William, 1243 N. 60th St. (D.C.)
- Luntz, H., 253 S. 13th St. (D.O.)
- Lycett, Townsend, 2414 Pine St. (D.C.)
- Lynch, L. M., 719 Liberty Bldg., N. E. Cor. Broad and Chestnut Sts. (D.C.)
- Marchand, A. W., 934 Spruce St. (D.O.)
- Marchand, A. W., N. E. Cor. Broad and Chestnut Sts. (D.C.)
- Markle, T. K., 1022 Spruce St. (D.C.)
- Martinez, L. C., Denekla Bldg. (D.O.)
- Masterson, Wm. P., Widener Bldg. (D.O.)
- May, Sarah A., Flanders Bldg. (D.O.)
- Mayer, Ernest J., 1131 Rockland St. (D.C.)
- Mayer, John P., Broad and Cayuga Sts. (M.D., D.C.)
- MacDonald, J., 154 Arch St. (D.O.)
- MacEwen, Margaret, 410 S. 9th St. (D.O.)
- McCurdy, Chas. W., 1411 Walnut St. (D.O.)
- McIver, J. M., 1112 Chestnut St. (D.O.)
- McNelis, Anthony J., R. E. Trust Bldg. (D.O.)
- Medlar, Agnes S., 1112-14 Chestnut St. (D.O.)
- Moat, Wm. Steele, 3332 N. 17th St. (D.O., M.D., N.D.)
- Moore, Frank R., Real Estate Trust Bldg. (D.O.)
- Moore, Geo. Washington, Real Estate Trust Bldg. (D.O.)
- Morris, Paschall, Flanders Bldg. (D.O.)
- Muttart, Charles J., Widener Bldg. (D.O.)
- Nicholl, Thos. H., Franklin Bank Bldg. (D.O.)
- Nicholl, Wm. S., Real Estate Trust Bldg. (D.O.)
- Noeling, G. D., 1113 Chestnut St. (D.O.)
- Noeling, Katherine L., 1107 Chestnut St. (D.O.)
- O'Brien, Francis R., Flanders Bldg. (D.O.)
- O'Neil, W. H., 210 Parkway Bldg. (N.D.)
- Osteopathic Institute, Weightman Bldg. (D.O.)
- Padberg, Blanche M., 4205 Sansom St. (D.O.)
- Pennock, Brown D. S., Land Title Bldg. (D.O.)
- Penrose, Janet N., Weightman Bldg. (D.O.)
- Perkins, H. J., S. S. 52nd St. (D.O.)
- Petty, William E., 1536 Diamond St. (D.O.)
- Pierce, J. E., 1030 Wolf St. (D.O.)
- Porter, F., 1308 Chestnut St. (D.O.)
- Pyne, S. H., 25 S. 16th St. (D.O.)
- Raulenbush, J. S., 3633 N. 15th St. (D.O.)
- Read, Miles S., Weightman Bldg. (D.O.)

- Reading, L. W., 15th and Pine Sts. (M.D., D.C.)
 Reeves, M. Duncan. (N.D.)
 Rehfeld, J., 1817 N. 79th St. (N.D.)
 Reinhardt, Matilda V., 1524 Chestnut St. (D.C.)
 Roberts, W. L., 150 W. Chelton Ave. (D.O.)
 Roehl, F. E., 5405 Baltimore Ave. (D.O.)
 Romig, Kathryn A., Commonwealth Bldg. (D.O.)
 Rosenblatt, A., 2618 Germin St. (D.O.)
 Ross, Simon P., Land Title Bldg. (D.O.)
 Rupp, Sarah W., Commonwealth Bldg. (D.O.)
 Salas, Albert M., 1112 Chestnut St. (D.O.)
 Saxer, C. R., 51st and Walnut Sts. (D.O.)
 Schumacher, Erwin L., 5155 Haverford Ave. (D.O.)
 Scott, Jane, Franklin Bank Bldg. (D.O.)
 Seibert, Elizabeth Grimes, 802 N. 41st St. (D.O.)
 Seibert, J. A., 2000 Green St. (D.O.)
 Sexton, Wm. H., Real Estate Trust Bldg. (D.O.)
 Shaeffer, Laura, 1926 Chestnut St. (D.O.)
 Shenton, A. W., 734 Real Estate Trust Bldg. (D.C.)
 Shenton, Lillian P., 15th and Poplar Sts. (D.O.)
 Shute, Furman R., 1516 Mt. Vernon St. (M.D., D.C.)
 Sickles, Norman I., 5118 Chester St. (D.O.)
 Simcox, Lawrence, 103 W. Walnut Lane. (M.D., D.C.)
 Simmons, C. W., 1628 N. 18th St. (M.D., D.C.)
 Slaugh, Harry J., 922 W. Lehigh Ave. (D.O.)
 Slifer, C. Franklin, 5613 Germantown Ave. (D.C.)
 Slough, John S., 531 E. Allegheny Ave. (D.O.)
 Smith, C. R., 1433 Spruce St. (M.D., D.C.)
 Smith, F. W., 1433 Spruce St. (M.D., D.C.)
 Snape & Snape, 939 Spruce St. (D.C.)
 Snyder, J. C., Pennsylvania Bldg. (D.O.)
 Snyder, O. J., Witherspoon Bldg. (D.O.)
 Somers, G. B., 2806 Gerard Ave. (D.O.)
 Stamp, Floyd, Aldine Hotel. (D.O.)
 Stearne, John J., 3124 N. 15th St. (D.O.)
 Stetson, A. G. C., 1825 Chestnut St. (D.O.)
 Stoeckel, Florence P., 5332 Wayne St. (D.O.)
 Stolp, W. L., 2039 Diamond St. (D.O.)
 Storey, Robert J., 1118 N. 40th St. (D.O.)
 Stuart, Charles, 4602 Frankford Ave. (D.C.)
 Switzer, R. H., 5229 Spruce St. (D.O.)
 Tanner, O. J., 5910 Wayne Ave. (D.C.)
 Thomas, Paul Revere, Real Estate Trust Bldg. (D.O.)
 Tinges, Geo. H., Stephen Girard Bldg. (D.O.)
 Tracy, Emily F., 2124 Arch St. (D.O.)
 Turkington, J. C., 2841 N. 9th St. (D.O.)
 Turner, Nettie C., Land Title Bldg. (D.O.)
 Turner, Thomas E., Land Title Bldg. (D.O.)
 Van Ronk, Chas. J., 640 E. Chelton Ave. (D.O.)
 Wallace, John W., 1703 N. 17th St. (D.O.)
 Walters, Geo. W., 4211 Chestnut St. (D.O.)
 Walton, Alfred, 512 Flanders Bldg. (M.D.D.C.)
 Warren, S. F., 1112-14 Chestnut St. (D.O.)
 Watkins, Lewis, 835 S. Alden St. (D.O.)
 Weaver, H. S., 1433 Spruce St. (M.D., D.C.)
 Weissberg, E. B., 515 Spruce St. (D.O.)
 Welch, O. F., 724 N. 20th St. (D.O.)
 Whalley, Irving, Land Title Bldg. (D.O.)
 Widman, William, 432 Wood St. (D.C.)
 Wiemann, Elizabeth, 516 Weightman Bldg. (D.C.)
 Wildsmith, Thos. E., Park-way Blvd. (D.O.)
 Williams, L., Flanders Bldg. (D.O.)
 Wolsrifer, J., 139 N. 16th St. (D.O.)
 Wood, Charlotte G., 10 S. 18th St. (D.O.)
 Wood, J. R., 45 Johnson St. (D.O.)
 Wroy, M. E., 2000 Spring Garden St. (D.O.)
 Wylie, John M., 5252 Spruce St. (D.O.)
 Zindel, Frank E., 2019 N. 21st St. (D.O.)
- Pitearin:** Collins, C. I., 481 3rd St. (D.O.)
 Scott, John S., 453 3rd St. (N.D.)
- Pittsburgh:** Adair, Rosella E. (D.C.)
 Ahlstrom, Gosta M. J., 408 Penn. Ave. (M.A.)
 Atkinson, A. J., Pittsburgh Life Bldg. (El.)
 Aunks, Mrs. S. F., 1519 Fallowfield St. (D.C.)
 Baldwin, Helen M., Liberty National Bank Bldg. (D.O.)
 Barth, Joseph F., 318 5th Ave. (D.C.)
 Barth, Victor, 318 5th Ave. (N.D., D.O.)
 Bartiam & Douth, Westinghouse Bldg. (D.C.)
 Battle Creek Methods, Keenan Bldg. (Ma.)
 Beale, Edwin F., 5127 Center St. (D.O.)
 Benecke, W. F., 400 Brad-dock Ave. (N.D.)
 Bessis, Peter N., 1001 Keenan Bldg. (Ma.)
 Betts, F. L., German Nat'l Bank Bldg. (D.C.)
 Billhimer, J., State St., Carnegie. (N.D.)
 Black, Fred H., 327 Stratford Ave. (D.C.)
 Blakeley, Chas. M., 801 Schmidt Bldg. (El.)
 Boyd, Agnes E., 133 Larimer Ave. (D.C.)
 Brown, H. M., 7827 Susquehanna St. (D.O.)
 Brown, John R., 404 Lyceum Bldg. (El.)
 Brown, C. Osborne, 916 Federal St. (D.C.)
 Bucey, Howard L., 5642 Rippey St. (D.C.)
 Buddenberg, H. H., 6th and Penna Ave. (D.C.)
 Buddenberg System, Jackson Bldg. (D.C.)
 Butler, W. H., 701 Hazel St. (D.C.)
 Buzzard, J. D., 407 E. Ohio St. (D.C.)
 Callen, M. J., 6200 Pennsylvania Ave. (N.D.)
 Campbell, W. J., 7132 Bennett St. (D.C.)
 Catalano, Antonio. (N.D.)
 Chartier, T., 1207 Monterey St. (N.S.)
 Cleeland, F. W., 513 Lyceum Bldg. (D.O.)
 Clinton, Mary W., Keenan Bldg. (D.O.)
 Colerman, E. A., 20 Linden Ave. (D.C.)
 Collins, Clyde I., 484 3rd St. (D.C.)
 Compton, Emma M., Pittsburgh Life Bldg. (D.O.)
 Compton, Mary, Pittsburgh Life Bldg. (D.O.)
 Cox, David J., 408 Charles St. (D.C.)
 Cox, Robert O., 213 Summit Ave. (D.C.)
 Craven, Jane Wells, Arrott Bldg. (D.C.)
 Crawford, Geo. S., 411 Ringgold St. (D.C.)
 Criss, J. D., 626 Warrington St. (D.C.)
 Cruikshank, Omar T., 8148 Jenkins Arcade. (El.)
 Dam, Myrtle M., 5461 Hill Crest Ave. (Ma.)
 Dietz, W. S., 94 S. 18th St. (D.C.)
 Donahue, J. J., 1306 Federal Bldg. (D.C.)
 Dorrance, Harold J., First Nat'l Bank Bldg. (D.O.)
 Dottel, Augusta W., 4601 Forbes St. (D.C.)
 Douthett, G. W., Forbes and Craig Sts. (D.C.)
 Douth, E. S., 516 Federal St. (D.O.)
 Downey, Andrew I., 206 S. St. Clair St. E. E. (D.C.)
 Durham, A. D., First Nat'l Bank Bldg. (D.O.)
 Edwards, John, 1109 Sherman Ave. (D.C.)
 Evans, Mrs. Nora J., 7107 Idlewild St. (D.C.)
 Evans, Dr. W. Samuel, 211 Wallace Bldg. (N.D.)
 Fennell, Eliz. E., 15 Montgomery Ave. (D.C.)
 Festa, F. P., 1510 Werster Ave. (N.D.)
 Fillingier, C. A., 630 Woodward Ave. (D.C.)
 Fisher, H. Wallace, 512 5th Ave. (D.C.)
 Fitz, Chas. B., 839 Freeland St. (D.C.)
 Flanagan, G. L., 524 Penna. Ave. (El.)
 Franke, Marie L., 2nd Nat'l Bank Bldg. (D.C.)
 Freeborn, Thos. J., 405 May Bldg. (D.C.)
 Galbraith, A., 130 S. Fairmount Ave. (D.C.)
 Garman, George C., 307 Rodgers Ave. (D.C.)
 Goehring, Frank L., Nixon Bldg. (D.O.)
 Goehring, Harry M., Diamond Bank Bldg. (D.O.)

- Gonecker, John F., 5308 Gertrude St. (D.C.)
 Gottshall, Mollie E., 403-4 Schmidt Blvd. (N.D.)
 Grau, Mrs. Nellie F., 133 Sycamore St. (D.C.)
 Green, C. D., May Bldg. (D.C.)
 Gregory, A., 309 Antler Hotel. (D.O.)
 Grubb, Wm. L., Pittsburg Life Bldg. (D.O.)
 Gutzman, F. A., May Bldg. (D.C.)
 Hansen, Edward N., Arrott Bldg. (D.O.)
 Hazel, Albert E., 403 Second Nat'l Bank Bldg. (El.)
 Hickman, Warren E., 130 S. Fairmount Ave. (D.C.)
 Hildreth, C. Green, 1528½ Rockland Ave. (D.C.)
 Hildreth, C. G., 405 Magee Bldg. (D.O.)
 Hilgartner, L. E., Prospect St. (D.C.)
 Hoehn, Mrs. Emma, 720 E. Diamond St. (Ma.)
 Hornberg, Carl H., 408 Penna Ave. (Ma.)
 Horner, J. C., 5155 Penna Ave. (D.C.)
 Houston, Edwin A., 1520 Federal St. (D.C.)
 Hovey, E. B., 409 4th Ave. (D.C.)
 Hunter, Wm. W., 418 Highland Bldg. (D.O.)
 Inks, F. M., 53 Hawthorne Ave. (D.C.)
 Jones, E., 3928 5th Ave. (N.D.)
 Jones, John, 3928 5th Ave. (D.C.)
 Josephson, Morris, 3220 Dawson St. (D.C.)
 Kaiser, Edward C., 573 Panke Ave. (El.)
 Kassmie, Remecke Inst., Home Trust Bldg., 6th Ave. and Wood St.
 Kassmir, M. Z., 969 Liberty Ave. (D.C.)
 Kearns, Leo M., 609-11 Wabash Bldg. (D.C.)
 Kennedy, E. A., 808-9 E., End Trust Bldg. (D.C.)
 Kew, Arthur, First Nat'l Bank Bldg. (D.O.)
 Kilton, A. A., Empire Bldg. (D.C.)
 Klein, S. J., 48 S. 33rd St. (D.O.)
 Krewson, A. R., 406 Home Trust Bldg. (D.C.)
 Lamb, Joseph J., 1252 Franklin St. (N.D.)
 Lloyd, J. M. (D.C.)
 Loban, J. M., 532 Lincoln Ave. (D.C.)
 Loban, J. M., 130 S. Fairmount Ave. (N.D.)
 Lueke, A. W., 333 Darsie St. (N.D.)
 Mang, Chas. J., First Nat'l Bank Bldg. (M.D.)
 Mangold, Walter, 2120 Sarah Sts. (D.C.)
 Marshall, Tom, Alpine and Iowa Sts. (D.C.)
 Martin, John M., 949 Middleton St. (D.C.)
 McCaslin, Annie, 204 N. Negley Ave. (D.O.)
 McClain, Warren, 740 Will St. (N.D.)
 McCloskey, Lomery, 301 Schmidt Bldg. (D.C.)
 McDowell, L., 210 Washington Trust Bldg., 927 5th Ave. (D.O.)
 McGarvey, E. S., 5626 Philips St. (D.C.)
 McKinley, D. H., 1619 Green St. (D.C.)
 McRoberts, Sarah Ellen, 130 N. Negley Ave. (D.O.)
 Mellotts Mechanical, 6 W. North Ave. (Ma.)
 Mercer, Alice, 513 Sandusky St. (D.C.)
 Merriman, George, 713 Armandale Ave. (D.C.)
 Messer, A. L., At. Association. (D.C.)
 Messner, John G., First Nat'l Bank Bldg. (D.C.)
 Meyer, E. T., 715 Homeward Ave. (D.O.)
 Michael, A., 701 Schmidt Bldg. (D.O.)
 Morgan, Sarah A., 220 Taylor St. (D.C.)
 Neagley, Asia L., 16 Fargo St. (N.D.)
 Neagley, Jas. K., 615 Sickles Ave. (M.D.)
 Olson, Herman, 501 Diamond Bank Bldg. (Ma.)
 Peck, Vernon W., First Nat'l Bank Bldg. (D.O.)
 Pfeffer, Geo. M., 140 Bertha St. (D.C.)
 Pfeffer, J. M., 140 Bertha St. (D.C.)
 Peterson, Alma, 326 S. Highland Ave. (Ma.)
 Pittsburgh College of Chiropractic, 320 Pittsburgh Life Bldg. (D.C.)
 Quigley, W. J., Pittsburgh Life Bldg. (D.C.)
 Reinecke, H. J., 339 5th Ave. (D.O.)
 Rice, Ray L., 917 Gerritt St. (D.C.)
 Richards, C. H., 222 3rd St. (D.C.)
 Rickin, Harry C., 1466 Keltin Ave. (D.C.)
 Ritz, Edward F. (D.C.)
 Rosensteel, E. S., 3014 Wadlow St. (N.D.)
 Rossner, M. J., 969 Liberty Ave. (D.C.)
 Scheck, Wm. J., 516 Federal St. (El.)
 Schenk, John C., 513 Sandusky St. (D.C.)
 Schmeichel, J. M., 1129 N. Lang Ave. (D.O.)
 Schmidt, Walter W., 19 Roland Ave. (D.C.)
 Schrankel, N. P., 5008 Sherman Ave. (D.C.)
 Sebolt, Elline M. E., Beaver St. (D.C.)
 Seltzer, Harry, 100 S. 18th St. (N.D.)
 Seltzer, W. J., 1818 Sarah St. (D.O.)
 Sheppard, Geo. E., 606 Southern Ave. (D.C.)
 Sheppard, Harry H. F., 211 McKinley Ave. (D.C.)
 Simmons, F. H., 914 Highland Ave. (D.C.)
 Simpson, C. E., 722 South Ave. (D.C.)
 Spill, Walter E., 2509 Perrysville Ave. (D.O.)
 Strain, Philip S. J., 560 Forest Ave. (D.C.)
 Swenson, Gustave, 322 Lamarida St., West Liberty. (D.O.)
 Tolpudt, Anna T., 516 Federal St. (D.C.)
 Tytkowski, N., 502 Seckles St. (D.O.)
 Van Doren, Mae Hawk, 700 W. North Ave. (D.O.)
 Victor Bros., Oliver Bldg. (Ma.)
 Westlund, Carl E., 5110 Liberty Ave. (Ma.)
 Wheler, A. S., 14 Mifflin Ave., Edgewood Park. (N.D.)
 Whiteley, Wm. H., 127 Sycamore St. (D.O.)
 Widman, Wm., 432 Wood St. (D.O.)
 Wilcox, Leon A., Keenan Bldg. (D.C.)
 Wilcox, W. J., Keenan Bldg. (D.C.)
 Williams, Mary A., 1115 Chartiers Ave. (D.O.)
 Winter, W. J., Rahm Ave. (D.C.)
 Zuck, Janet E., 512 2nd St. (D.C.)
Pittsville: Griffiths, E. E. W. Walnut St. (N.D.)
Plymouth: Garrison, Eleanor, 229 E. Main St. (N.D.)
Pottstown: Smith, M. O. (M.D.)
Pottsville: Lidy, Henry I., 22 S. Center St. (D.O.)
 Scott, Wilson, 6 N. Center St. (D.C.)
Punxsutawny: Wehrle, R. M. (D.O.)
Reading: Bruce, Miller A., Mount Penn. (D.O.)
 Dusher, I. A. (D.O.)
 Howland, Helen N., 510 Penn St. (D.C.)
 Hurley, John L., 103 S. 5th St. (D.C.)
 Kepperling, Ira L., 445 Miltmore St. (N.D.)
 Maxwell, Herman L., 136 N. 5th St. (D.O.)
 McCaslin, J. A., 311 Center St. (D.O.)
 Nagel, Ph., Box 605. (D.O.)
 Vastine, Herbert, 523 Franklin St. (D.O.)
Ridley Park: Hemenway, Gertrude F. (D.C.)
 Brown, Samuel Agnes. (N.D.)
Rochester: Armstrong, J. Telford, 4-5 Wilson Bldg. (D.C.)
 Olson, Hendrick, 314 W. Park St. (D.O.)
Rushville: Boyd & Boyd. (D.C.)
Sagerstown: Boyd, C. A., 111 Church St. (D.C.)
 Seavy, S. F. (D.C.)
Salem: Brown, Daniel T., 10 Breyman Bldg. (D.C.)
 Scott, O. L., 406-8 Nat'l Bank Bldg. (D.C.)
 Stone, Harry L., Nat'l Bank Bldg. (D.C.)
Sayre: Mandeville, J. E., Lockhart Bldg. (D.O.)
 Nichols, Mrs. R. A., 6-8 Wheelock Bldg. (D.C.)
Seranton: Benedict, May A., 2513 N. Main Ave. (D.O.)
 Boyd & Hall, (D.C.)
 Bunnell, W. O., 116 Adams Ave. (D.O.)
 Downing, John T., Board of Trade Bldg. (D.O.)
 Evans, Margaret, 623 Madison Ave. (D.O.)
 Harvey, K. G., 816 Mulberry St. (D.O.)

- Johler, L. G., 148 Adams Ave. (D.C.)
 Johler, L. G., Bliss Davis Bldg. (D.C.)
 Kirkpatrick, S. L., 308 Washington Ave. (D.C.)
 Lindsey, E. L., 603 Madison Ave. (D.O.)
 Nicholis, Charles H., 134 Wyoming Ave. (D.O.)
 Nichols, Mabel, Farr Bldg. (D.C.)
Sewickley: Bateson, J. C. (M.D.)
 Dinsmore, Laura B., 214 Centennial Ave. (D.O.)
 Graham, Caroline E., 437½ Beaver St. (D.C.)
Shamokin: Williams, Edwin D., 201 E. Sunbury St. (D.O.)
Sharon: Baird, R. W., 12 Vine St. (D.C.)
 Lininger & Lininger, Myer's Block. (D.C.)
 Lloyd & Lloyd, 332½ State St. (D.C.)
 Marcy, Nettie L., 105½ W. State St. (D.C.)
 Sowers, Homer E., Hamory Bldg. (D.O.)
Sharpville: Minneck, J. Earl (D.C.)
Shipping Port: Marvin, W. H. (D.C.)
Slayton: Eaton, A. C. (D.C.)
State College: Thornley, Harry Earle. (D.O.)
St. Johns: Brown, H. O., 415 Kellogg St. (D.C.)
 Ingram, A. P., 615 Evenhoe St. (D.C.)
Stroudsburg: Baer, Fred J. (D.O.)
Sunbury: Bloom, Essie U., (D.O.)
 Fisher, W. W. (D.O.)
 Huston, Grace, First Nat'l Bank Bldg. (D.O.)
 Miller, John W., 226 Market Square. (D.O.)
Swissvale: McClurg, Dr. (D.C.)
Tarentum: Kline, L. C. (D.O.)
Titusville: Adair, Rosella, 26 N. Monroe St. (D.C.)
 Griffiths, Earle A., 310-11 Commercial Bank Bldg. (D.C.)
 Richards, C. B., 77 W. Central Ave. (D.C.)
 Smith, Annie, 71 Superior St. (D.C.)
 Snyder, Cecil Paul, 64 N. Washington St. (D.O.)
Tough Renamon: Farkasch, J. (N.D.)
Towanda: Pruyn, A. L., 420 Main St. (D.C.)
Tunkhannock: Lewis, Samuel M., c/o Hotel Graham. (D.C.)
Union City: Oneland, Sarah C., Rockwell Bldg. (D.O.)
 Carson, R. L. (D.C.)
 Marsh, Roy W., First Nat'l Bank Bldg. (D.O.)
 Person, G. H., 32 W. Church St. (D.C.)
Vandergrift: Harding, A. C., 189 Washington Ave., and 118 Sherman Ave. (D.C.)
Warren: Allen, T. B. (N.D.)
 Bairstow, W. R., Warren Nat'l Bank Bldg. (D.O.)
 Galbraith, Jane, 327 Penna Ave. (D.C.)
 Galbraith, Sarah, 327 Penna Ave. (D.C.)
 Hoagland, Mrs. Geo., 13 Dartmouth St. (D.C.)
 King, Floyd E., Knapp Bldg. (D.C.)
 Parker, Dr., Market St. (D.C.)
 Richards & Richards, 9 Franklin St. (D.C.)
Washington: Garbisch, Erwin H., 410 Brown Bldg. (D.C.)
 Olds, E. O., 120 W. Chestnut St. (Ne.)
 Garbisch, Henry C., 410 Brown Bldg. (D.C.)
Watsonstown: Sperbick, H. C. (D.O.)
Waynesburg: Bebout, E. R., People's Bank Bldg. (D.C.)
 Brown, Robert, 124 N. Potomac Ave. (D.C.)
 Call, R. (D.O.)
 Hoover, H. R., 25 N. Potomac St. (D.C.)
 Orrison, Lowell A., 421 Morris St. (D.O.)
Wellsboro: Lyon, Louis A., 37 Pearl St. (D.O.)
 Rowley, P. S. (D.C.)
West Chester: Cramer, Oliver H., 13 S. Church St. (D.O.)
West Springfield: Cook, Chas. D. (D.C.)
Weysser: Howe, Mabel J. (D.C.)
Wilkes Barre: Cherry, John G., 168 N. Main St. (D.C.)
 Davies, Catherine E., 15 S. Franklin St. (D.O.)
 Evans, Jno., 49 S. Main St. (D.C.)
 Hook, Virgil A., Second Nat'l Bank Bldg. (D.O.)
 MacCollum, Edna M., Miner's Bank Bldg. (D.O.)
 Nelden & Nelden, 61 North Washington St. (D.C.)
 Ogden, C. R., 221 S. Main St. (D.C.)
 Rosengrant, Ella M., People's Bank Bldg. (D.O.)
 Selick, John J., 36 W. Market St. (D.C.)
 Sperling, F. J. E. (M.D.)
 Wolotira, J., 49½ S. Main St. (D.C.)
Wilkesburg: Belknap, H. L., 813 Wood St. (D.C.)
 Downey, Andrew F., 1330 Wood St. (D.C.)
 Eggars, Harriet & Marie, 1155 South Ave. (D.C.)
 Fairlie, J. H., 512 Todd St. (D.C.)
 Gump, C. R., 1116 South Ave. (D.C.)
 Marshall, Thos., 432 Rebecca St. (D.C.)
 Scott, J. S., 621 South Ave. (D.C.)
 Simpson, C. E., 722 South Ave. (D.O.)
 Sweeney, Mrs. S. S., 718 Ross Ave. (N.D.)
 Williams, Clara H., 822 Wood St. (D.O.)
Williamsport: Crammer, Catherine E., 130 W. Southern Ave. (D.C.)
 Hughes, Alice, 325 Center St. (D.O.)
 Maxwell, Bertha M., 234 W. 4th St. (D.O.)
 Melaik, Mrs. N., 306 W. 3rd St. (D.C.)
 Pierce, Geo. A., 22½ W. 3rd St. (D.C.)
 Reilly, A. J. (D.O.)
 Wood, Fred J., 26 W. 3rd St. (D.O.)
Woodburn: Armstrong, F. H., Lock Box 55. (D.C.)
Wyneseburg: Bebout, E. R., People's Bank Bldg. (D.C.)
Wyoming: De Witt, Emma Good, 277 Monument Ave. (D.O.)
York: Cormeny, Howard J., 50 E. Market St. (D.O.)
 Davis, Samuel. (D.C.)
 Downing, Edwin M., Rupp Bldg. (D.O.)
 Emerson, D. A., 316 S. George St. (D.C.)
 Loucks, W. E., 37 W. Market St. (D.O.)

RHODE ISLAND

- Centredale:** Memmert, A., Smith and Church Sts. (D.O.)
Newport: Farnum, Edward C., 13 Bull St. (D.O.)
Pawtucket: Olson, B. H., Gately Bldg. (D.C.)
 Wetmore, Francis W., Oak Hall Bldg. (D.O.)
Providence: Allen, Geo. B., Caesar Misch Bldg. (D.C.)
 Brown, Niles, 671 Broad St. (D.O.)
 Carry, D. C., 421 Butler Exchange. (D.O.)
 Chesebrough, Edna, 171 Westminster St. (D.O.)
 Clement, Henry W., 43 Blackstone Blvd. (D.O.)
 Dodge, Chandler F., 53 Parkis Ave. (D.O.)
 Flanagan, Chas. D., 146 Westminster St. (D.O.)
 Gants, S. L., 721 Broad St. (D.O.)
 Howland, C. A. W., 290 Westminster St. (D.O.)
 Hutchins, Harry Melville, 95 Vinton St. (D.O.)
 Kellogg, Reid, 139 Matthewson St. (D.O.)
 Morgan, Lallah, 290 Westminster St. (D.O.)
 Natal, R., 138 Atwell Ave. (D.C.)
 Nelson, P., R. 4, Esten St. (D.O.)
 Ordway, Kesley Sanborn, 57 Eddy St. (D.C.)
 Mays, Jessie C., 36 Lillian Ave. (D.C.)
 Pintler, L. E., Rooms 45-46 Conrad Bldg., 385 Westminster St. (Ph.C., D.C.)
 Shepard, William Burt, 146 Westminster St. (D.O.)
 Siveny, J. F., 402 Westminster St. (D.C.)

Siveny, Frank, 402 Westminster St. (D.C.)
Slack, Annie Roberts, 146 Westminster St. (D.O.)
Strater, Edward J., 268 Westminster St. (D.O.)
Sweet, Ralph A., 146 Westminster St. (D.O.)
Wall, Clarence H., 184 Elmwood Ave. (D.O.)
Wright, Lydia H., Jackson Bldg. (D.O.)
Warren: Church, Gordon W. B. (D.C.)
Watch Hill: Hamilton, Ben., Box 123. (D.O.)
Woonsocket: Beaulieu, J. A., Room 34-35 Commercial Bldg. (N.D., D.O.)

SOUTH CAROLINA

Anderson: Carter, Lillian L., Bleckley Bldg. (D.O.)
Charleston: Hardison, Francis Fairfax B., 298 King St. (D.O.)
Kennedy, Ralph V., 222 King St. (D.O.)
Columbia: Bauer, Geo. A., 707-8 Union Nat'l Bank Bldg. (D.C.)
Grainger, Laura L., Union Bank Bldg. (D.O.)
Hoselton, Nancy A., 1711 Gervais St. (D.O.)
Lucas, T. C., 1206 Main St. (D.O.)
Sims, Mary Lyles, 1711 Gervais St. (D.O.)
Darlington: Wilson, Reese G., 336 1st St. (M.T., D.O., N.D.)
Gaffney: Hickson, F. C. (D.O.)
Greenville: Scott, W. E., Wallace Bldg. (D.O.)
Greenwood: Barnes, Joanna M., Grier Park Bldg. (D.O.)
Rock Hill: Moore, Sara A., People's Nat'l Bank Bldg. (D.O.)
Spartanburg: Hale, Walter Keith, 115 W. Main St. (D.O.)
Sumter: Peery, Mary W. (D.O.)

SOUTH DAKOTA

Aberdeen: Bauman, C. (N.D.)
Bauman, Geo. (D.C.)
Bunker, Blanche C., Van Slyke Bldg. (D.O.)
Calta, Geo. W. (D.C.)
Feltus & Bender, 106-7 Ferguson, Ray B., Citizens' Bank Bldg. (D.O.)
Alpena: Gray, Mrs. Sarah S., Box 56. (S.T.)
Athol: Devine & Devine. (D.C.)
Belle Fourche: Peck, M. C. (D.C.)
Beresford: Abild, Isabel. (D.O.)
Deane, John W. (D.O.)
Brookings: Forsee, Edward W. (D.O.)

Jackson, J. R. (D.O.)
Rensvold, G. A. (D.C.)
Canton: Eneboe, Lena. (D.O.)
Smith, H. N. (D.C.)
Ward, H. C. (D.C.)
Cascade Springs: Tillatson, Gladys. (D.C.)
Chancellor: Fey, L. M. (D.C.)
Deadwood: Fairweather, W. E. (D.C.)
Mostad, Rachel E., 3 Shine St. (D.C.)
Dallas: Hill, Carl. (D.C.)
Cork, Floyd. (D.C.)
Flandreau: Platt, John W. (D.C.)
Freeman: Engbrecht, J. J. (N.D.)
Groton: Burt, Thomas G. (D.O.)
Rifenbark, Lloyd I. (D.O.)
Savercool, Genevieve. (D.C.)
Harding: Owen, F. L. (D.C.)
Owen, Josephine. (D.C.)
Hermosa: Koopman, Frank. (D.C.)
Highland: Dougherty, J., Lyman County. (D.C.)
Hot Springs: Haas, Bernard, Box 24. (D.C.)
McRoberts, W. J. (M.D.)
Scharnhorst, M. H., P. O. Box 234. (D.C.)
Williams, S. B. (D.C.)
Humboldt: Putzke, Dr. Helena E., R. No. 2, Box 1. (S.T.)
Huron: Annis, J. Bruce. (D.C.)
Betts, Steele C. (D.O.)
Class, F. L. (M.D.)
Hinkley, Frank. (D.C.)
Mahaffy, J. H., 926 3rd St. (D.O.)
Iroquois: Anderson, W. L. (D.C.)
Kidder: McWilliams, R. M. (D.C.)
Kimball: Johnston, Emilie. (D.C.)
Lake Preston: Bates, Estelle P., Over First Nat'l Bank. (D.C.)
Minty, H. W. (D.C.)
Lead: Hamilton, D. E., 101 S. Mill St. (D.C.)
Leimon: Garey, C. M. (D.C.)
Lennox: Anderson, E. L. (D.C.)
Madison: Sheldon, Bert L. (D.C.)
Marion: Gloeckler, A. C. (D.C.)
Menno: Gloeckler, A. G. (D.C.)
Milbank: Pay, J. W. (N.D.)
Miller: Sheldon, W. W. (D.C.)
Mineral Park Springs: Duck, M. E. (D.C.)
Mitchell: Irish, Daisy B. (D.C.)
Shank, Edith M., Crow Bldg. (D.O.)
Solberg, A. (D.C.)
Mobridge: Houstman, J. M. (D.C.)
Parker: Dalton, D. R. (D.C.)
Parkston: Finch, F. E. (D.C.)
Paxton: Cork, L. B. (D.C.)
Peever: Bassett, Lina. (D.C.)
Pierre: Farr, Mary Noyes, Wynoka Place. (D.O.)
Henion, J. H., Karcher Bldg. (D.C.)
Sanford, C. F., Hyde Blk. (D.O.)

Plate: Hill, Carl. (D.C.)
Rapid City: Covert, Clare S., 819 Main St. (D.C.)
Redfield: Devine & Devine. (D.C.)
Redfield: Ellyson, S. M., Issenbush Block. (D.C.)
Ostness, Geo. M. (I.)
Salem: Linenberger, Fred. (D.C.)
Semmon: Curtis, L. R. (D.C.)
Sioux Falls: Eneboe, J. P., Van Eps Blk. (D.O.)
Erickson, O. (D.C.)
Fjerestad, J. (N.D.)
Glasgow, A. M., Minnehaha Bldg. (D.O.)
Heath, Minnie C., Boyce-Greeley Bldg. (D.O.)
Kirkland, J. E. (D.M.T.)
Larkins, J. W. (N.D.)
Sorensen, M. C. (M.D.)
Strom, Rebecca C. (D.O.)
Sisselton: Hay, Ruth N. (N.D.)
Springfield: Dougherty, J. F. (D.C.)
Summit: Fierstead, J. F. (D.C.)
Tyndall: Dallman, Wm. R. (D.C.)
Volga: Langum, Henry. (D.C.)
Wagner: Browning, E. A., Box 114. (D.C.)
Wall: Dietze, Gustave R. (D.C.)
Wanbay: Dowd, E. L. (D.C.)
Watertown: Schoolcraft, C. E. (D.O.)
Smith, Chas. C., 306-7 Granite Blk. (D.C.)
Terry, Lottie S. (D.C.)
Webster: Dowd, Roy L., First Nat'l Bank Bldg. (D.C.)
West Point: Metcalfe, Dr. F. A. (S.T.)
Winner: Dougherty, John. (D.C.)
Leonard & Leonard. (D.C.)
Woonsocket: Davis, Dr. (D.C.)
Feige, E. W. (D.C.)
Mellbye, N. (D.C.)
Taylor, M. E. (D.O.)
Yankton: Brownell, Mrs. M. E. (D.C., N.D.)
Brownell, N. L. (D.C.)

TENNESSEE

Bristol: Dykes, A. L., 29 4th St. (D.O.)
Snapp, J. W., Mahoney Bldg. (D.O.)
Chattanooga: Barnes, Lora K., Loveman Bldg. (D.O.)
Hudson, Harvey R., 515 James Bldg. (D.C.)
King, Mary L. (M.D.)
Yowell, Elizabeth J., Hamilton Nat'l Bank Bldg. (D.O.)
Yowell, Otto Y., Hamilton Nat'l Bank Bldg. (D.O.)
Columbia: Braley, S. (D.O.)
O'Bryan, M. E. (D.O.)
Covington: Price, Vivian H., Walker Bldg. (D.O.)
Decherd: Brittain, Ethel. (D.O.)
East Chattanooga: King, Mary L., New Field Laboratory. (M.D.)

Fayetteville: Mason, Geo. (D.C.)

Grayville: Dart, O. L. (D.C.)

Harriman: Bartholomew, H. H. (N.D.)

Horn Springs: Horn, J. A. (D.O.)

Jackson: Dyer, Bettie Ross, cor. Church and Lafayette Sts. (D.O.)

Mayo, Kathleen. (D.O.)
Skidmore, Walter J., 117 E. Lafayette St. (D.O.)

Johnson City: Dykes, L. M., 216 Main St. (D.O.)
Swan, William E., King Bldg. (D.O.)

Knoxville: Bartholomew, H. H., 1106 N. 3rd Ave. (D.O.)

Edwards, E. V. (D.C.)
Gooch, Geo. J., Althea Bldg. (D.O.)

Link, W. F., Empire Bldg. (D.O.)

Miller, Lee R., Holston Bank Bldg. (D.O.)

Richardson, Ernest E., Arnstein Bldg. (D.C.)

Titsworth, R. F., 400 W. Cumberland St. (D.O.)

Lebanon: Whiteside, Sunora L., 255 University Ave. (D.O.)

Memphis: Baker, C. L., 1772 Peabody Ave. (D.O.)

Bohannon, Eunice B., Goodwyn Institute. (D.O.)

Cupp, H. C., Bank of Commerce Bldg. (D.O.)

Harrison, John H., Goodwyn Institute. (D.O.)

Hartzell, H. C. (D.C.)

Meade, Alba, Exchange Bldg. (D.O.)

Norman, P. K., Central Bank Bldg. (D.O.)

Philibaum, Elmer, Lock Box 318. (D.C.)

Viehe, H., Randolph Bldg. (D.O.)

Mineral Park Springs: Duck, M. E. (D.C.)

Morristown: Twitchell, Ionia C., Taylor Bldg. (D.O.)

Mt. Pleasant: Petty, W. E. (D.O.)

Murfreesboro: Balmat, D. W. (D.O.)

Brevard, May, 422 Burton Ave. (D.O.)

Henderson, M. W. (D.O.)

Nashville: Boulware, F. A., 186 8th Ave. (D.O.)

Collier, Erie J., Stahlman Bldg. (D.O.)

Duffield, Bessie A., Hitchcock Bldg. (D.O.)

Health League. (D.O.)

Rav, Edwin C., Stahlman Bldg. (D.O.)

Paris: Lawrence, W. T. (D.O.)

Pulaski: Murray. (D.O.)

Shelbyville: Dakin, Russell S., Depot St. (D.O.)

Springfield: Butts, W. E. (D.O.)

Tennessee City: Tubercular Sanitarium. (D.O.)

Trenton: Park, R. L. (D.O.)

Tullahoma: Boyd, Richard H. (D.O.)

Yergin: Chandler, W. (D.O.)

TEXAS

Abilene: Battendorf, M. N., 259½ Chestnut St. (D.C.)

Alpine: Yates, James. (D.O.)

Alvin: Koch, Otto W. (D.C.)

Alvord: Betts, W. P. (S.T.)

Amarillo: Fritz, A. E. (D.C.)

Pennock, Lewis N. (D.O.)

Strawn, A. E., 1604 Jackson St. (D.C.)

Austin: Bathrick, Rose, 110 W. 9th St. (D.O.)

Horne, Tracey B., Littlefield Bldg. (D.O.)

Kinney, C. D. (D.C.)

Niemann, J., 1902 Nedres St. (D.O.)

Bay City: Livengood, B. L. (D.O.)

Beaumont: Davis, D. W., Weiss Bldg. (D.O.)

Goble & Goble. (N.D.)

Goble, Mae D., 438-39 Weiss Bldg. (D.C.)

Goble, Ross G., 438-39 Weiss Bldg. (D.C.)

Beeville: Compton, Catherine. (D.O.)

Belton: Ehler, Prof. J. C. (S.T.)

Blooming Grove: Kelsey, C. C. (D.O.)

Bonham: Pruett, J. E. (D.C.)

Bonita: Rein, Dr. E. G. (S.T.)

Brady: Hampshire, Dr. D. (S.T.)

Brownwood: Farris, Robert L. (D.O.)

Garner, E. B. (S.T.)

Caldwell: Moore, R. A. (S.T.)

Carlisle: Burkholder, H. L. (D.M.T.)

Cass: Eaves, J. E. (S.T.)

Claude: Teem, David B. (D.C.)

Cleburne: Durston, C. J. Fleming, Nellie R. (D.C.)

Ray, A. D. (D.O.)

Coleman: Thomas, C. A. (D.C.)

Comanche: Lewis, Dr. J. H. (S.T.)

Comfort: Stahlschmidt, Oskar. (N.D.)

Corpus Christi: Davis, W. E., 719 Water St. (D.O.)

Early, W. J., 1005 Mosquito St. (D.O.)

Teer, Dr. Wm. (S.T.)

Corsicana: Bobbitt, S. M. (S.T.)

Sanner, Eugene E., 114 W. 5th Ave. (D.O.)

Crosbyton: Council, M. T. (D.C.)

Cuero: Brandenstein, E. Von. (N.D.)

Dallas: Billings, The, 506 Linz Bldg. (D.O.)

Billings, Mrs. Annie W., 510 Linz Bldg. (D.C.)

Billings, C. W., 510 Linz Bldg. (D.C.)

Davis, W. W., 5606 Worth St. (D.C.)

Guggenheim, Victor. (N.D.)

Harris, D. S., Wilson Bldg. (D.O.)

Hinton, M. M., Box 62. (S.T.)

Holloway, James L., Wilson Bldg. (D.O.)

Kinney, C. D., 506-9 Linz Bldg. (D.C.)

Looper, Mrs. Viola. (D.C.)

Scothorn, Samuel L., Wilson Bldg. (D.O.)

Tarr, Alfred J., Wilson Bldg. (D.O.)

Walker, Anna L., 1109 S. Ervay St. (D.C.)

Walker, Wm. E., 1109 S. Ervay St. (D.C.)

Denison: Henry, John L., Security Bldg. (D.O.)

Denton: Crawford, John S., Nat'l Bank Bldg. (D.O.)

Devine: Trotter, Frank. (D.C.)

Eliza: Hill, R. (S.T.)

Hyde, Leslie, 814 Mesa Ave. (D.O.)

El Paso: Bowlby, Lewis M., Mills Bldg. (D.O.)

Morgan, J. E., 914 E. Belknap St. (D.C.)

Pearce, Jirah J., Mills Bldg. (D.O.)

Satterlee, Nettie E., Mills Bldg. (D.O.)

Wichman, H. T., 503 S. Florence St. (D.C.)

Ennis: Lowry, Belle P., 401 W. Knox St. (D.O.)

Fort Worth: Bates, L. V., 403-4 Wheat Bldg. (D.C.)

Chapple, Dr. A. J., 602 Hempell St. (S.T.)

Hager, Wm. (S.T.)

Hargett, Mrs. E. E., 305 Wheat Bldg. (D.C.)

Hargett, H. G., 305 Wheat Bldg. (D.C.)

Phillips, Lloyd A., 914 E. Belknap St. (D.C.)

Myrich, Dr. J. F. (S.T.)

National Bank. (N.D.)

Ray, T. L., Nat'l Bank Bldg. (D.O.)

Russell, Maud G., Burk Burnett Bldg. (D.O.)

Triplett, A. T., 502 Western Triplett & Monk, 301 Strippling Bldg. (D.O.)

Vandergriff, J. R., 218 Texas St. Bank Bldg. (D.C.)

Gainesville: Bryan, A. L. (D.O.)

Galveston: Brugger, F. A., 918 Ave K. (D.M.T.)

Eisiminger, J. W., 1907 Ave. I. (D.O.)

Houghton, Elizabeth, 2820½ P St. (D.C.)

Larkins, Earl E. (D.O.)

Lewis, W. A. (S.T.)

Markwell, J. A., 1924 Ave. M. (D.C.)

Markwell, J. A., 605-6 American Nat'l Ins. Bldg. (D.C.)

Markwell, M. M., 605-6 American Nat'l Ins. Bldg. (D.C.)

Nickerson, H. R. (D.C.)

Greenville: Clark, John F. (D.O.)

Handley: Skeen, Mrs. Matthew. (S.T.)

Harold: Pyle, R. M. (S.T.)

Houston: Bailey, Marvin E., Kress Bldg. (D.O.)

Baister, F. A. (S.T.)

Earston, Mrs. E. A., 1117 Tyler St. (S.T.)

Blanchard, J., 1713 McKinney Ave. (D.O.)

Bruce, Will H., Binz Bldg. (D.O.)

Colson, C. E., 602 Foster Bldg. (D.C.)

Koch, Otto W., 903 Rusk Ave. (D.C.)

Lusk, Charles M., Kress Bldg. (D.O.)

Malone, Axton J., Carter Bldg. (D.O.)

Markwell, J. A., Stenberg Apts. (D.C.)

- Smith, Mrs. W. A., 805 Walker Ave. (D.C.)
 Wilcox, C. W., 117 Travis St. (D.C.)
Hondo: McLeese, John M. (D.C.)
Jackshoro: Peters, Wm. Timothy. (S.T.)
Jacksonville: Chessler, J. B. (D.C.)
Kress: Myers, Geo. (D.C.)
La Grange: Albrecht, C. W. (S.T.)
 Loehr, H. C. (S.T.)
Lake View: Thomas, Jennie. (S.T.)
Lampasas: Williams, D. C. (S.T.)
Laredo: Kenney, Chas. F., 707 Convent Ave. (D.O.)
 Thaison, Adellina, 1820 W. Houston St. (D.O.)
Lavernia: Loftin, C. W. (D.C.)
Lissie: McNeer, Valentine. (N.D.)
Lockhart: Hardy, A. C. (D.O.)
Lockney: Burlson, J. D. (D.C.)
 Dagley, J. B. (D.C.)
 Hughes, J. H. (D.C.)
 Hughes, T. H. (S.T.)
 Vandergriff, J. R. (D.C.)
 Van Schoonhoven, C. L. (D.O.)
Marlin: Smith, Salter S., 300 Coleman St. (D.O.)
 Von Prillwitz, Otto. (N.D.)
 Webb, Mary L., c/o Torbett Sanatorium. (D.O.)
Memphis: Neill, J. E. (S.T.)
Mineral Wells: Dodd, Miss Lorain, Box 125. (S.T.)
 Norwood, Robert R. (D.O.)
 Singleton, Robt. O. (D.O.)
 Lindley, R. H. (M.D.)
Newbury: Davis, J. J. (S.T.)
Nordheim: Moser, Fritz. (N.D.)
Orange: Dupre, Louis, Box 111. (N.D.)
Osborne: Chilcott, Dr. (S.T.)
Palestine: Spiegle, Andrew A., 290 Oak St. (D.O.)
Paris: Pruett, (D.C.)
Pecos: Brown, Blanche. (D.C.)
Pioneer: Kitchens, W. P. (S.T.)
Plainview: Billings, C. W. (D.C.)
 Struve, F. W. (S.T.)
Port Arthur: Cobb, G. A., 539 Proctor St. (D.O.)
Raymondville: Dodd, F. T. (D.C.)
Rockport: Arnedt, A. F. (D.O.)
 Frask, Box 297. (D.O.)
Rockwell: Holiday, W. C. (D.C.)
 Malisky, W. C. (D.C.)
Rogers: Kellogg, S. (S.T.)
San Angelo: Douglas, Mr. & Mrs. J. E. (S.T.)
 Germany, Prof. W. J. C. (S.T.)
 Holiman, W. O., 235 Pican St. (D.C.)
 Lettrell, A. R., 304 Conroy Bldg. (D.C.)
San Antonio: Boone, C. O., c/o Chiropractic College. (D.C.)
 Bueren, Dr. A., 309 State Nat'l Bank Bldg. (D.C.)
 Canfil, A. W., c/o Chiropractic College. (D.C.)
 The Chiropractic College. (D.C.)
 Cleveland, C. L., 736 S. Alamo St. (D.C.)
 Cohn, Richard. (S.T.)
 Cunningham, J. R., Moore Bldg. (D.O.)
 Curry, L. L., 310 Swearingen-McGraw Bldg. (D.C.)
 Dunn, A. H., Hicks Bldg. (D.O.)
 Hayes, F. S. (D.O.)
 Eckenroth, Henry, 526 River Ave. (D.C.)
 Gurden, B. F., 408 E. Travis St. (D.C.)
 Hassell, Nellie, 305 Ave. D. (D.O.)
 Hawley, A. S., c/o Chiropractic College. (M.D.)
 Hayes, F. S. (D.O.)
 Herrington, L. H., 736 S. Alamo St. (D.C.)
 Herrington, Mrs. M. M. E., 736 S. Alamo St. (D.C.)
 Lamprecht, K., c/o Chiropractic College. (N.D.)
 Marlow, R. S., 504 Rager St. (D.C.)
 Marlow, R. S., 504 Eager St. (D.C.)
 Myers, J. W., 1811 Main Ave. (D.C.)
 Peck, Mary E., Hicks Bldg. (D.O.)
 Peck, Paul M., Hicks Bldg. (D.O.)
 Piper, Frederick A., 108 Soledad St. (D.O.)
 Pue, John T., Hicks Bldg. (D.C.)
 Stone, Ida C., Conroy Bldg. (D.C.)
 Stone, J. N., 315 Central Office Bldg. (D.C., D.O.)
 Strum, Charlotte, Moore Bldg. (D.O.)
 Sucholtz, R. E., 522 Ave. C. (D.C.)
 Trice, J. H., c/o Chiropractic College. (M.D.)
Seymour: Joiner, Mrs. Una (S.T.)
Sherman: Capshaw, E. F., 528 S. Elm St. (D.C.)
 Capshap. (D.C.)
 Littrell, A. R. (M.D.)
 Loving, F. A., Commercial Bank Bldg. (D.O.)
 Loving, Wm. B., Murphy Bldg. (D.O.)
 Spates, Aughey Virginia, 216 S. Walnut St. (D.O.)
Star: Brookings, J. E. (M.D.)
Temple: Mason, Hubert B., City Nat'l Bank Bldg. (D.O.)
Texarkana: Mathis, R. E., 335-6 Bank Bldg. (D.C.)
 Mitchell, Jennie, 823 State St. (D.O.)
 Mitchell, R. M., Texarkana Nat'l Bank Bldg. (D.O.)
Thorndale: Laffere, Geo. C., R. No. 4, Box 56. (S.T.)
Tyler: Bois, Louis F., 204½ N. E'way. (D.C.)
Uvalde: Robinson, J. T. (S.T.)
Waco: Clough, O. L., New Exchange Bldg. (M.D., D.C.)
 Gayle, B. L., 515 N. 12th St. (D.O.)
 Gildersleeve, Ellen J., Amicable Bldg. (D.O.)
 Lenly, Chas. C., 522 Peerless Bldg. (D.C.)
 Sinclair, Julia Sarraatt, Provident Bldg. (D.O.)
Waxahatchie: Hampton, Wm., 208 S. Elm St. (D.C.)
Weatherford: Coulter, Robert P. (D.O.)
Wichita Falls: Black, F. A., 702½ Indiana St. (D.C.)
 McDermott, Mary V., 1312 Lamar St. (D.C.)
 Scharff, A. O., Kemp & Kell Bldg. (D.O.)
Whitewright: Davis, A. H. (S.T.)
Yoakum: Alkire, Margaret M., 103 Cemetery St. (D.O.)

UTAH

- Bountiful:** Faux, Thos., Box 111. (N.D.)
Brigham City: Hansen, M. G., Cor. First and Main Sts. (D.C.)
Ephraim: Pyott, Frank E. (Ph.C., D.C.)
Galveston: Markwell, J. A., 1924 Ave. M. (D.O.)
Lewiston: Wheeler, Miss A. (D.C.)
Logan: Chadwick, G. L., Arimo Bldg. (D.C.)
 Neuburger, F. A. (S.T.)
 Secrest, Wm. B. (N.D.)
 Zombro, J. B., Arimo Bldg (D.C.)
Monroe: Belitz, A. (D.C.)
Mount Pleasant: Johnson, Ben R., Box 203. (D.C.)
 Olsen, Melvin C., P. O. Box No. 203. (D.C.)
Ogden: Cullinan, 2370 Washington Ave. (D.C.)
 Freenor, F. J., Col. Hudson Bldg. (D.C.)
 Guy, Ralph L., Box 53 (D.C.)
 Johnson, Clarence R., 41 Col. Hudson Bldg. (Ph.C D.C.)
 McKell, Ira J., 412-14 Col. Hudson Bldg. (D.C.)
 Schultz, R. J., 361 Hudson Bldg. (D.C.)
Park City: Anderson & Anderson. (D.C.)
Provo: Boyer, D. D. (D.O.)
 Raito, 92 N. 4th St. W. (D.O.)
 Sandgren, G. E., 241 N. 1st St. (D.O.)
Richfield: Gledhill, F. R. (M.D.)
Salt Lake City: Airey, Grace Stratton, Scott Bldg. (D.O.)
 Bailey, F. T., 178 B St. (D.C.)
 Belitz, Alf., 161 4th Ave. (D.O.)
 Boyers, D. D., 313 Sharon Bldg. (D.C.)
 Brown, A. A., 657 S. State St. (D.C.)
 Buswell, A. M. (D.O.)
 Cecil, N. M., Glen Dale. (D.C.)
 Cecil & Cecil, Drs., Box 1091. (D.C.)
 Cottam, N. L., 150 S. Temple St. (D.C.)

Cottam, Mr. & Mrs. N. (D.C.)
H. (M.D.)
Erickson, E. P., 231 Constitution Bldg. (D.O.)
Ewing, A. H., 215 Scott Bldg. (D.C.)
Farnsworth, L. E., Auerbach Bldg. (D.C.)
Gamble, Gustavus A., McIntyre Bldg. (D.O.)
Gamble, Mary E., Templeton Bldg. (D.O.)
Haven, C. H., 609 S. 11th St. (D.O.)
Kerr, Frank Austin, McIntyre Bldg. (D.O.)
Koer, J. W., 429 N. 6th and West Sts. (D.C., Ph.C.)
Walther & Walther, 235 S. Main St. (D.C.)
Spanish Fork: Leoning & Meldrum, c/o Arnold Hotel. (D.C.)
McShane, Dora C., 8 W. 2nd St. (D.C.)
Neuburger, F. A., Box 276. (D.O.)
Phillips, Harry, Atlas Bldg. (D.O.)
Vincent, A. L., Felt Bldg. (D.O.)
Walther, A. E., 235 S. Main St., Suite 303. (D.C.)
Walther, Lillian C. (D.C.)
Walther & Walther, 235 S. Main St. (D.C.)

VERMONT

Barre: Gage, Geo. B., 305 N. Main St. (D.C.)
Gage, T. Mae, 305 N. Main St. (D.C.)
Martin, L. D., Miles Granite Bldg. (D.O.)
Bellow Falls: Brooks, Calvin W., 12 Green St. (D.C.)
Brattleboro: Wheeler, C. G., 32 N. Main St. (D.O.)
Burlington: Cota, Rose, 10 Clark St. (D.O.)
Kaatz, F. C., Suite 7, Y. M. C. A. (D.C.)
Loudon, Guy E., 199 S. Union St. (D.O.)
Loudon, Harry M., 153 S. Union St. (D.O.)
Cambridge: Carter, Dr. Fred. H. (M.D.)
Montpelier: Brock, W. W., 134 State St. (D.O.)
Rutland: Gage, Winfred B., 325 Gryphon Bldg. (D.C.)
Sherburne, H. K., Meade Bldg. (D.O.)
St. Albans: Bimis, Frank E., 169 N. Main St. (D.C.)
Esmond, H. E. (D.O.)
Stevenson, H. A., 36 Kingman St. (D.O.)
St. Johnsbury: Carleton, Fanny T., 24 Summer St. (D.O.)

VIRGINIA

Abington: Stringer, G. L. (D.O.)
Stringer, John. (D.C.)
Stringer, Mary S. (D.C.)
Alleghany Station: Ginn, L. O. (D.C.)
Bristol: Echols, McRae R., New Dominion Nat'l Bank Bldg. (D.O.)

Bundicke: Valk, E. Gordon. (M.D.)
Charlottesville: Via, Hugh D., 503 W. Main St. (D.O.)
Clifton Forge: Bowles, L. J. (D.C.)
Sonder, Albert. (D.C.)
Danville: Carter, Chas. Arcade Bldg. (D.O.)
East Fall Church: Ryer, H. Scott. (D.C.)
Emporia: McNav, R. T. (D.O.)
Franklin: Read, Miles S. (D.O.)
Green Cove: Stringer, Mary S. (D.C.)
Hardy: Walkup, Marie Buie. (D.O.)
Harrisburg: Kline, Emmer H., 18 Graham St. (S.T.)
Harrisonburg: Bell, Annie W., First Nat'l Bank Bldg. (D.O.)
Hot Springs: Willard, Alice N., The Homestead. (D.O.)
Lynchburg: Creasy, L. D., 806 Pierce St. (D.C.)
Dresser, B. A., 519 Church St. (D.C.)
Garrett, Carlos K., 811 Church St. (D.O.)
Shumate, Chas. R., Medical Bldg. (D.O.)
Meyers Cave: Yoder, F. S. (D.C.)
Newport News: Rath, Frederick A., 506 Silsby Bldg. (D.C.)
Knowles, Jerome, 3006 West Ave. (D.O.)
Norfolk: Bachman, J. W., Dickson Bldg. (D.O.)
Bright, S. H., Royster Bldg. (D.O.)
Bybee, Mrs. Burt, 440 Fairfax Ave. (D.C.)
Cummings, Dr. W. F., 719 Washington Ave. (N.D.)
McCoy, L. C., Paul Gale Greenwood Bldg. (D.O.)
Norfolk Hydro. Sanitarium, 719 Washington Ave. (N.D.)
Richardson, Martyn L., Paul Gale Greenwood Bldg. (D.O.)
Petersburg: Bell, Haney H., Mechanics Bldg. (D.O.)
Smith, Minetree A., 109 W. Tabb St. (D.O.)
Portsmouth: Summer, Frank H. (D.C.)
Summer, Louis. (D.C.)
Pounding Mill: Bowen, Margaret E. (D.O.)
Princess Anne: Holloway, Lucy Prindle, R. F. D. 1. (D.O.)
Richmond: Bowen, Wm. D., 1 W. Grace St. (D.O.)
Bybee & Bybee, Commercial Bldg. (D.C.)
Calisch, Harry F., Chamber of Commerce Bldg. (D.O.)
Fout, George E., Chamber of Commerce Bldg. (D.O.)
Rudd, C. H., 114 N. 5th St. (D.O.)
Shackleford, E. H., Chamber of Commerce Bldg. (D.O.)
Shaw, J. B., 200 Franklin St. (D.C.)
Shaw, J. A., 610 Chamber of Commerce Bldg. (D.C., N.D.)
Roanoke: Creasy, James G., McBain Bldg. (D.C.)
Creasy, J. C., 303 Jefferson St. (D.C.)

Ferguson, M. B., 110 Jefferson St., Rooms 10-12. (D.C.)
Hurt, F. L., 1304 Stuart Ave. (D.C.)
Quick, Walter J. (D.C.)
Semones, Harry, MacBain Bldg. (D.O.)
Timley, N. M. (D.O.)
Wolfe, Meek J., MacBain Bldg. (D.O.)
Whitmore, O. M., MacBain Bldg. (D.O.)
Staunton: Becker, Herbert S., Witz Bldg. (M.D., D.O.)
Virginia Beach: Becker, Jennie K., 16 N. Market St. (D.O.)
Pratt, A. L., Rest Home. (N.D.)
Waynesboro: Ely, A. R. (D.O.)
Ely, Blondine W. (D.C.)

WASHINGTON

Aberdeen: Johnson, Frank, 808 Summit St. (N.D.)
Oviatt & Oviatt, Masonic Bldg. (D.C.)
Oviatt, Claude L., Masonic Temple Bldg. (D.C.)
Oviatt, Henrietta H., Masonic Temple Bldg. (D.C.)
Smith, Caryll T., Finch Bldg. (D.O.)
Bellingham: Du Praw, Frank L., 9-10 Clover Blk. (D.C.)
Munn, Allen. (D.O.)
Woodward, L. A., 305 Sunset Bldg. (D.C.)
Bremerton: Murphy, J. W. (D.O.)
Camas: Kinz, Geo. J. (D.C.)
Centralia: Burdette, Gabriel F., 401 W. Main St. (D.O.)
Clarkston: Baker, F. (D.O.)
Marsh, U. G. (D.O.)
Colfax: Abegglen, C. E., Lippitt Bldg. (D.O.)
Bryson, Ida B. Kartowitz. (D.O.)
Colville: Johnson, P. H. (D.C.)
Davenport: Teter, Fred B. (D.O.)
Dayton: Jolley, Frank W. (D.C.)
Ellensburg: King, Otto. (D.O.)
Sargent, F. W., 803 N. Water St. (D.C.)
Walker, L. H., Olympia Blk. (D.O.)
Everett: Lewis, Lee A., Colby Bldg. (D.C.)
Pugh, J. M., American Nat'l Bank Bldg. (D.O.)
Four Lakes: Moore, F. F. (D.C.)
Frondale: Webster, Morton E. (S.T.)
Garfield: Coon, A. S. (D.O.)
Coon, Mary E. (D.O.)
Kent: Johnson, Jackson. (D.C.)
Mt. Vernon: Hojm, John, Union Blk. (D.C.)
Howley, Edward, Union Bldg. (D.O.)
North Yakima: Howick, A. B. (D.O.)
Kromo, Dr. (D.C.)

- Zedeker, J. F., 211 E. Yakima Ave. (D.O.)
- Oakesdale:** Hartssock, W. H. (D.O.)
- Okanogan:** Grant, Leanora. (D.O.)
- Olympia:** Collins, H., 411 Jefferson St. (D.C.)
Reisenweber, F. W., 213 E. 15th St. (N.D.)
- Pomeroy:** Thompson, Almendra E. (D.O.)
- Prosser:** Ponting, Chas. H. (D.O.)
- Pullman:** Archer, Ellsworth A., First Nat'l Bank Bldg. (D.O.)
Holt, Luther W., Russell Bldg. (D.O.)
- Puyallup:** Freeman, W. L., Citizens' State Bldg. (D.O.)
Montgomery, D. H., No. 3 Postoffice Bldg. (M.D., D.C.)
- Ritzville:** Allen, L. G. (D.C.)
- Rosalia:** Widmann, Elizabeth, Box 71. (D.C.)
- Seattle:** Armstrong, I. M., 165 Lynn St. (D.C.)
Ayer, 217 Pike St. (D.O.)
Barrett, Geo. A., 816 E. 45th St. (D.O.)
Beck, May. (D.C.)
Bonham, Clyde Lawrence, University State Bank Bldg. (D.O.)
Campbell & Campbell, 402-5 Pantages Bldg. (D.C.)
Crofton, Henrietta, Leary Bldg. (D.O.)
Culbertson, E. F. (D.C.)
Cunningham, Arthur Bostwick, Leary Bldg. (D.O.)
Evans, Nellie M., American Bank Bldg. (D.O.)
Feeltan, N. J., 114 17th Ave. (D.O.)
Feidler, F. J., People's Bank Bldg. (D.O.)
Ford, A. E., Hoge Bldg. (D.O.)
Ford, Roberta Wimer, Hoge Bldg. (D.O.)
Ford, Walter J., Hoge Bldg. (D.O.)
Fulton, N. J., 114 17th Ave. N. (N.D.)
Gray, J. E., 712-13 American Bank Bldg. (D.C.)
Harrison, K. N., Amon Apt., Suite 101, 901 6th Ave. (D.O.)
Hart, Lawrence M., 3502 Fremont Ave. (D.O.)
Hayes, Lutie Kreigh, Northern Bank Bldg. (D.O.)
Morse, Park A., Joshua Green Bldg. (D.O.)
New, Dr. Jno. F. (S.T.)
Noethen, A. J., 327 Arcade Bldg. (D.O.)
Ohnstead, W. E., 1318 5th Ave. (D.C.)
Potter, Minnie F., Pioneer Bldg. (D.O.)
Roane, Jas., 4025 Arcade Bldg. (D.C.)
Rudolph, P., 1613 Westlake Blvd. and 5th Ave. (N.D.)
Rule, Lewis E., 3039 Arcade Bldg. (D.C.)
Sanford & Sanford, 3031 Arcade Bldg. (D.O.)
Sanford, H. S., 3031 Arcade Bldg. (D.O.)
Sandford, Harry L. (D.C.)
Slaughter, James T., Leary Bldg. (D.O.)
- Smith, W. R., c/o Rudolph, 406 Epler Bldg. (D.O.)
Snyder, Claude H., Leary Bldg. (D.O.)
Sorenson, John, 313 Eitel Bldg. (D.C.)
Speckert, A. J., 309 Burke Bldg., Cor. 2nd Ave. (S.T.)
Starbuck, S. H. (M.D.)
Stoll, Wm. E., Arcade Annex. (D.C.)
St. Ongey, D. J. (D.C.)
Strand, Chas. E., 1014½ Pine St. (D.C.)
Tracey, La Monte H., Pontages Bldg. (D.O.)
Tracy, Paul Urban, 493 Epler Bldg. (N.D.)
Tracy, c/o Rudolph, 1619 W. Lake Blvd. (D.O.)
Turner, Annie S., 305 Bellevue St. N. (D.O.)
Waldo, Wm. E., Northern Bank & Trust Bldg.
Watson, Oren T., Northern Bank Bldg. (D.O.)
Weaver, Ida Jane M., People's Bank Bldg. (D.O.)
Wilkes, Grace Stott E., Box 304. (D.O.)
Young, M. S., 4155 Arcade Bldg. (D.O.)
- Sedro-Woolley:** Dunham, E. R., 819 Ferry St. (D.C.)
King, Bernice, 116 Cedar St. (D.C.)
King, R. E., 116 Cedar St. (D.C.)
- Snohomish:** Swift, Irvin H., Otten Bldg. (D.O.)
- Spokane:** Benefiel, Carrie A., Old Nat'l Bank Bldg. (D.O.)
Brazeau, M. E., 368 9th Ave. (D.C.)
Burgand Sanitarium, Granite Bldg. (D.O.)
Burt, C. S., 712 Hutton Bldg. (D.O.)
Campbell, Chas. W., 308 S. Grant St. (D.O.)
Carrill, O. G., 530 Burkeye Ave. (N.D.)
Caster, H. E., Old Nat'l Bank Bldg. (D.O.)
Erickson, John, 1603 Clark Ave. (D.C.)
Garrigues, Louis L., Old Nat'l Bank Bldg. (D.O.)
Greenside, W. B., 314 Indiana Ave. (D.C.)
Grover, Sam. (D.C.)
Grover, Wm. (D.C.)
Guthridge, Walter B., Kuhne Bldg. (D.O.)
Hampton, Geo. B., 711 Hutton Bldg. (D.O.)
Harrington, S. A., 178½ S. Howard St. (D.C.)
Hodgson, J. E., Old Nat'l Bank Bldg. (D.O.)
Holcom, Harlow, 3213 6th St. (D.C.)
Holmes, Frank, Eagle Bldg. (D.O.)
Lamb, C. R. (D.C.)
Lajoie, W. L., 9-10 Ziegler Bldg. (D.C.)
La Jore & Johnson, 418-21 Mohawk Bldg. (D.C.)
Linder, Chas. O. (M.D.)
Lydon, J. E., 310 Auditorium Bldg. (D.O.)
Miedeking, Frederick W., 726 Peyton Bldg. (D.C.)
Moore, Fred. F., Suite 410, Fernwell Bldg. (D.C.)
- Morris, T. C., Fernwell Bldg. (D.O.)
Newbrough, H. F., 413-14 Rookery Bldg. (D.C.)
Olson, Herman, 1508 Main Ave. (D.C.)
Perrett, Mary E., Old Nat'l Bank Bldg. (D.O.)
Reier, Martin A., 1823 W. Dean St. (D.C.)
Starbuck, S. H. (M.D.)
Strupe, Clarence H., 1213 Indian Ave. (N.D.)
Thayer, Odessa H., 307 Fernwell Bldg. (D.C.)
- Sulton:** Misgrove, T. W. (D.O.)
- Sunnyside:** Balb, F. L. (D.O.)
- Tacoma:** Baldy, James B., Fidelity Bldg. (D.O.)
Brown, Mary, 3004 S. 12th St. (D.C.)
Nevius, Zeula Alice. (D.O.)
Smith, Geo. R., 711 Nat'l Realty Bldg. (D.C.)
Southworth, F. W., 723 Fidelity Bldg. (D.O.)
Thomas, Walton T., Fidelity Bldg. (D.O.)
Whitlock, S. E., 930 Pacific Ave. (D.O.)
- Tekoa:** Abegglen, Walter E. (D.O.)
- Vancouver:** Arnold, W. H., U. S. Bank Bldg. (D.O.)
Rice, J. E. (D.O.)
- Waitsburg:** McConnell, W. F., First Nat'l Bank Bldg. (D.O.)
- Walla Walla:** Coon, Franklin J., Baker Boyer Bldg. (D.O.)
Heath, J. E., Baker Bldg. (D.O.)
Mayo, Clarence R., Drumheller Bldg. (D.O.)
Smith, Geo. W. B. (D.C.)
Thompson, H. B. (D.O.)
Trestler, E. B., 7-8 Jaycox Bldg. (D.C.)
Turner, Melvin, 427 E. Cherry St. (D.C.)
Waffle, W. Clyde, 309 Denney Bldg. (D.C.)
- Wenatchee:** Morse, Herbert F., Central Bldg. (D.O.)
- White Salmon:** Garnett, Adie L. (D.O.)

WEST VIRGINIA

- Augusta:** Beery, J. K. (N.D.)
- Bluefield:** Tedford, A. C., Kelley & Meyer Bldg. (D.O.)
- Charleston:** Ure, Wm. R., 910 Quarrier St. (D.O.)
Smith, A. M. (D.O.)
- Clarksburg:** Hall, Belle Jane, c/o Farmers Bank. (D.C.)
Hall, E. J., Gore Bldg. (D.O.)
Heck, J. Vander, 4th St. (D.C.)
Joslin, J. H., 816½ Quarrier St. (D.C.)
Morris, G. E., 239 3rd St. (D.O.)
Renshaw, Della, 218 S. Chestnut St. (D.O.)
- Elizabeth:** Morris, Harvey. (D.C.)

- Elkins:** Mouse, A. E. (D.C.)
Wilmoth, Clark L. (D.C.)
- Fairmont:** Richardson, E. E. (D.O.)
- Fairmount:** Post, H. S. (M.D.)
Riley, Caleb J., 320 Monroe St. (D.C.)
Yost, H. S. (M.D.)
- Glady:** Johnston, P. S., Box 38. (D.C.)
- Harrisonville:** Curry, H. B. (D.C.)
Hill, H. R. (D.C.)
- Huntington:** Jones, E. L., 520 8th St. (D.C.)
Kinniburg & Kinniburg, 1903 3rd Ave. (D.C.)
Montgomery, Herman. (D.C.)
Robinet, John H., First Nat'l Bank Bldg. (D.O.)
- Letart:** Rickard, C. M. (D.C.)
- Martinsburg:** Whitacre, H. S. (D.O.)
- Mill Creek:** Kimmell, Andrew F., Conrad St. (D.C.)
- Mingo:** Brady, T. N. (D.C.)
- Morgantown:** Austin, I. M. (D.O.)
Chaplin, W. T. (D.C.)
Miller, Joseph Donley, 87 Beechurst Ave. (D.O.)
Purinton, E. E. (N.D.)
Ziefel, J. W., 163 Clay St. (D.C.)
- Moundsville:** Skeels, Russel S. (D.C.)
- Parkersburg:** Boyes, M. A., 1003 Market St. (D.O.)
Campbell, Chas. D. (D.C.)
Curry, M. E., 603½ Market St. (D.C.)
Johnson, Cecil F., 6-7 Chevalier Bldg. (D.C.)
- Phillippi:** Daugherty, Isiah & C. H. (D.C.)
Daugherty, D. L. (D.C.)
- Pullman:** Cox, J. A. (D.C.)
- Ravenswood:** Jewell, Geo. W. (D.C.)
- Sistersville:** Hill, Homer. (D.C.)
- Wheeling:** Ball, Wm. A., 319 German Bank Bldg. (D.C.)
Doneghy, A. I., 1323 Chapline St. (D.O.)
Herbert, J., 115 Zone Ave. (D.O.)
Sheerie, E. (D.C.)
Skeels, R. H., 521-22 German Bank Bldg. (D.C.)
Sullivan, Clara E., 1142 Eoff St. (D.O.)
Sullivan, Tom V., 1142 Eoff St. (D.O.)
Swearingen, Pearl, 601 German Bank Bldg. (D.C.)
- Toskey, C. M. (D.C.)**
Trent, A. R. (D.C.)
- Appleton:** Culbertson, Elizabeth M., Post Bldg. (D.O.)
Holzer, J. L., 821 College Ave. (D.C.)
Johnson, Henry T., 623 Appleton St. (D.O.)
Josephs, M. L., 1020 Atlantic St. (D.C.)
Larsen, Robt., 327 College Ave. (D.C.)
O'Brien, Henry P. (D.C.)
- Arcadia:** Berge, Emil D. (D.C.)
Sauer, Albert, Box 322. (D.C.)
- Argyle:** Graham, Jno. D., Box 93. (D.C.)
- Ashland:** Bailey, J. R., Masonic Temple. (D.O.)
Larsen, Carl A. (D.C.)
- Baraboo:** Getchall, Chas. Ellsworth, Reinking Bldg. (D.O.)
Lauffenberger, Edyth. (D.C.)
Zwicker, F. J. (D.C.)
- Barron:** Fitzstead, T. E. (D.C.)
- Beaver Dam:** Burke, M. E., University Place. (D.C.)
Smith, J. J., 113 Washington St. (D.C.)
Taylor, Chas. E., Hawley Bldg. (D.O.)
Ulrich & Ulrich, 160 Washington St. (D.C.)
- Beloit:** Buffalow, O. T., Gregory Bldg. (D.O.)
Corenz, W. C., Box 166.
Pape, Francis P., Brown Block. (D.C.)
Richardson, R. H., 343½ E. Grand Ave. (D.C.)
Rull, Morris, 433 Goodwin Block. (D.C.)
Young, John R., Goodwin Bldg. (D.O.)
- Berlin:** Breithaupt & Breithaupt. (D.C.)
Breithaupt, A. W., 311 Huron St. (D.C.)
Hart, Mrs. Emma. (D.C.)
Settle, Wm. A. (D.O.)
- Biramwood:** French, S. C. (D.C.)
Mueller, Carl W., Box 65. (D.C.)
- Black River Falls:** Boatswan, P. (D.C.)
- Brodhead:** Olesen, K. P. (D.C.)
- Burlington:** DeWitt, F. E., 505 Chestnut St. (D.C.)
Hickox, Oliver. (D.C.)
Smith, Miss N., 305 N. 5th St. (D.C.)
- Chippewa Falls:** Butler, A. Ross, Cor. Bridge and Grand Aves. (D.C.)
Chamberlain, Daida. (D.C.)
Chamberlain, Sadie. (D.C.)
Chamberlain, Sylvan. (D.C.)
- Clinton:** Canary, Dr. Ella. (D.C.)
- Cochrane:** Becker, Geo. (D.C.)
- Columbus:** Proctor, Clara M., Prairie St. (D.C.)
- Cuba:** Pipperda, Benj. (D.C.)
- Delevan:** Conn, Albert C., 239 Walworth Ave. (D.C.)
Gerdes, Mrs. H. C., 67 Walworth Ave. (D.C.)
Petty, Ernest L. (D.C.)
- Dodgeville:** Joslin, O. W. (M.D.)
- De Pere:** Hillman, W. O. (D.C.)
- Eau Claire:** Fraker, Franklin, Galvin Bldg. (D.O.)
Keck, E. W., Suite 2, Gas Bldg. (S.T.)
Leech, C. William, 305½ S. Barstow St. (D.C.)
Murphy, E. C., Ingram Bldg. (D.O.)
Van Bushkirk, Viola, 12½ S. Barstow St. (D.C.)
Williams, T. E., 113½ Grand Ave. (M.D., D.C.)
- Edgerton:** Dennis, R. E., West Fulton St. (D.C.)
- Evansville:** Armstrong, G. H., Over Pioneer Drug Store. (D.C.)
Cockrell, Chas. C., Economy Bldg. (D.O.)
Devine, A. G. (D.C.)
- Fond Du Lac:** Berglin, G. A. M., 103 N. Main St. (D.C.)
Breitzman, Edward J., 69 Macy St. (D.O.)
Case, Geo. H., 13 E Street. (D.C.)
Clark, Fred N., Collins Bldg. (D.C.)
Gebhardt, Arthur. (D.C.)
Geisse, Chas. E., 19 Sheboygan St. (D.O.)
Knowles, Leonard, 92 S. Main St. (D.C.)
Wright, F. A., 94 S. Main St. (D.O.)
- Fort Atkinson:** Burnham, Lillian, 315 Maple St. (D.C.)
Hoff, H. T., 228 S. Main St. (D.C.)
- Franksville:** Mortonson, J. C. (D.C.)
- Galesville:** Pease, Carrie B. (D.C.)
- Grand Rapids:** Goodrich, 300 Grand Ave. (D.O.)
Hoff, F. T., Daly Block. (D.C.)
- Green Bay:** Puddicombe, Raymond, 508 Mirabeau Bldg. (D.C.)
Schaus, Geo. E., 1132 Walnut St. (D.C.)
Scovell, Leon J., 223 Cherry St. (D.C.)
Terp, Jesse A., 407 Minahan Bldg. (D.C.)
- Hartford:** Yohann, Wm. (D.C.)
- Honey Creek:** McGuire, H. (D.C.)
- Horicon:** Breithaupt, J. R. (D.C.)
- Hortonville:** Carroll, L. A. (D.C.)
- Hudson:** Svenson, Albert E., 327 Locust St. (D.C.)
- Janesville:** Damrow, E. H., 405 Jackman Block. (D.C.)
Dake, W. A., 321 Hayes Bldg. (D.C.)
Inley, Jos. (D.C.)
Jemis, J. B. (D.O.)
Miller, F. W., 109 South Academy St. (D.C.)
Sage, Norman L., Hayes Bldg. (D.O.)
Schwegler, Emil J. (D.O.)
- Jefferson:** Bradford & Bradford. (D.C.)
Brewer, J. C. (D.O.)
- Kenosha:** Astburg, Chas. J., 25 Meyers Bldg. (D.C.)

WISCONSIN

- Amery:** Stoppe, Hanne M. (D.C.)
- Antigo:** Baldwin, Fred. (D.C.)
Burdin, F. A. (D.C.)
Case, Geo., 421 Elm St. (D.C.)
Hodak, Jos. (D.C.)
Jansen, Albert. (D.C.)
Ludwig, Miss Mary. (D.C.)
Nicholson, Miss J. D. (D.C.)
Schoeppe, Paul Van de, 527 Madison St. (D.C.)
Sims, R. S., 133 Weed St. (D.C.)

- Jones, Leroy, 538 Symonds St. (D.C.)
- Klema, J. W., 20 Iserman Bldg. (D.C.)
- Larsen, Robt., 219 Main St. (D.C.)
- McIntyre, Geo. M., Grosvenor Bldg. (D.O.)
- Ostberg, Chas. J., 310 Public Service Bldg. (D.C.)
- Volgman, F. C., 214 Wisconsin St. (D.C.)
- Welfraum, O. L., 305 Main St. (D.C.)
- Kewanee:** Besserlich, K. J., Enterprise Bldg. (D.C.)
- Naidl, A. R., Box 308. (D.O.)
- La Crosse:** Colman, W. H., 1319 State St. (N.D., D.C.)
- Hartwell, Messrs. Fred H. & Thomas, National Chiropractic Association and American Naturopathic Association, Lincoln Blk. (N.D., D.C.)
- Jacoby, Earl W., 407 McMillan Bldg. (D.C.)
- Jacoby, Mary W., 118 N. 5th St. (D.C.)
- Jorris, A. U., McMillan Bldg. (D.O.)
- Klawitter, Wm., 402 S. 7th St. (D.O.)
- Klawitter, Wm., 821 S. 5th St. (D.O., N.D.)
- Krutzer, Oscar J., 614 S. 4th St. (D.C.)
- Kunert, W. Frank. (D.C.)
- Kurche, A. G., 1714 Berlin St. (D.C.)
- Riese, Jos., 402 S. 7th St. (N.D.)
- Robb, Geo. F., 506 Main St. (D.C.)
- Roesti, Mrs. O. G., c/ C. A. (Ma.)
- Scover, A. G., Serv
- Carberry, Hugh, 504 Park St. (N.D.)
- Culmyer, J. Chester. (D.O.)
- Glasgow, J. Rupert, Wood Block. (D.C.)
- Maribel:** Jedlicka, A. J. (D.O.)
- Marinette:** Bell, H. R. (D.O.)
- Blake, Edw. L. (D.C.)
- La Crosse, Albert J., 2004 Ella Court. (D.C.)
- Naidl, A. R. (D.C.)
- Sommers, May B., 1372 Merryman St. (D.C.)
- Sommers, Sylvester, 1372 Merryman St. (D.C.)
- Markesan:** Brewer, Joe E. (D.C.)
- Ludtke, C. W. (D.C.)
- Marshfield:** Lundy, Frederick G., Koenig Blk. (D.C.)
- Mayville:** Drury, W. H., Bridge St. (D.C.)
- Menomonie:** Cross, W. H. (D.C.)
- Cross & Cross, Madison Bldg. (D.C.)
- Kyle, Chas. T., Arcade Bldg. (D.O.)
- Merrill:** Bode, Herbert E., P. O. Box 102. (D.C.)
- Schmid, F. R., 814 1st St. (D.C.)
- Merritt:** Sauer, Albert F. (D.C.)
- Meteor:** Brickmeyer, C. (D.C.)
- Milton Junction:** C. H., 1093 26th St. (D.C.)
- McAdams, Fred
- Milwaukee:** D., "c"
- Arb
- Porter, Edgar, 418 11th Ave. (D.C.)
- Reese, Mrs. Adolph, 71 Chambers St. (D.C.)
- Reese, A. C., 1325 Greenbay Ave. (D.C.)
- Ring, J. G., 1012 22nd St. (D.C.)
- Roberts, A. C., Box 654. (D.C.)
- Roberts, H., Box 654. (N.D.)
- Scharnhorst, L. C., 12th and State Sts. (D.C.)
- Schuster, John K., Stephenson Bldg. (D.O.)
- Smith, J. J., 809 3rd St. (D.C.)
- Still, Mabel J., Matthews Bldg. (D.O.)
- Teuteberg, I. J., 198 27th St. (D.C.)
- Wasico, G. G. (D.C.)
- Williams, O. W., Majestic Bldg. (D.O.)
- Monroe:** Abell, W. T., Cardinal Blk., W. S. W. Square. (D.C.)
- Buchler, Emma M., Box 70. (D.C.)
- Crosby & Co., St. (D.C.)
- Po

Salak, George, 1550 Holmes Ave. (N.D.)
 Spencer, Platt Rogers, 437 Main St. (D.O.)
 Visholm, Thos. N., 1100 State St. (N.D.)
 Williams, Louis, 1523 Center St. (N.D.)

Reedsburg: Haukedal, Edgar O., 130 Myrtle Ave. (D.C.)

Rhineland: Nelson, W. H. (D.C.)

Rice Lake: Finseth, Emma M. (D.C.)

Fitzslad, T. E. (D.C.)

Magner, Ada. (D.C.)

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Tired out?
Nerves unsteady?
Do you feel shaky all over?
Are you weak?
Do you lack ambition and energy?
Do you have that "all gone" feeling
when you get up in the morning?
Do you get up depressed, low-spirited,
out of sorts?
Do you get exhausted and "played out"
after very little effort?
Are you troubled with headache,
neuralgia, pains in the joints and muscles?
Do you have dyspepsia, heartburn,
belching, gas in the bowels, sour stomach?
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Catarrh, Kidney trouble, Bilious attacks?
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Osteopath, Somapath, Physcultopathist, Naturopath, Chiropractor and Health Director. Formerly Instructor of Massage and Hydrotherapy at the National School of Chiropractic, Chicago, and a member of the Staff at the Bernarr Macfadden Healthatorium, Chicago, Ill., U. S. A.

210 Falcon Street North Sidney
New South Wales, Australia
Phone, North Sydney 1436

DR. JUAN ANTIGA

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 Bair, F. E., 224 Ash Ave., Findlay, O.
 Bair, Roy R., 214½ S. Main St., Findlay, O.
 Baird, G. R., 421 College St., Toronto, Ont., Canada.
 Baird, R. W., 12 Vine St., Sharon, Pa.
 Baker, Emma, Ellwood City, Pa.
 Baker, E. H., 29 E. Madison St., Chicago, Ill.
 Baker, Geo. W., 101 S. Franklin St., Greenville, Mich.
 Baker, Georgiana, River Falls, Wis.
 Baker, Georgiana, Elwood City, Pa.
 Baker, John W., 282 Leroy Ave., Buffalo, N. Y.
 Baker, N. E., 832 Ohio St., Wichita, Kans.
 Baker & Wiehn, 5716 Euclid Ave., Cleveland, O.
 Baker, Mrs. Ruth E., 3219 Hyde Park, Cleveland Heights, O.
 Baker & Baker, Carrollton, Greene Co., Ill.
 Baldwin, F. Guy, Main and Chopin Sts., Canandaigua, N. Y.
 Baldwin, Fred., Antigo, Wis.

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 Bale, E. W., 8 Victoria Ave.,
 South Hamilton, Ont., Can.
 Ball, Wm. A., 319 German
 Bank Bldg., Wheeling, W.
 Virginia.
 Ball, Walter T., Detroit, Mich.
 Ballard, A. E., 139 Main St.,
 Herkimer, N. Y.
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 Balmer, Fred. B., 7853 Car-
 penter St., Chicago, Ill.
 Balow, A. H., 412½ Pine St.,
 Michigan City, Ind.
 Balser & Balser, 15 S. Euclid
 Ave., Pasadena, Cal.
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 Oak Ave., Pasadena, Cal.
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 Mich.
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 Chickasaw Ave., Oklahoma
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 Detroit, Mich.
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 Independence, Mo.
 Bark, B. A., 344 E. 116th St.,
 Chicago, Ill.
 Barkalow, Bertrand S., Box
 519, Canisteo, N. J.
 Barker, B. F., Henderson, Ky.
 Barklie, R. C., Cor. Maple and
 Talbot Sts., London, Canada
 Barlow, Daisy D., 26 Town-
 send St., Walton, N. Y.
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 Wis.
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 Bank Bldg., Galesburg, Ill.
 Barnes, F. F., Couer d'Alene,
 Idaho.
 Barnes, Henry M., 520 Court
 St., Sault Ste. Marie, Mich.
 Barnett, E. M., 11 Park Ave.,
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 Main St., Delphos, O.
 Barnhart, Flora, 78 Davenport
 St., Detroit, Mich.
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 field Ave., Grand Rapids,
 Mich.
 Bartel, Fred W., 1412 North
 Ave., Milwaukee, Wis.
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 Barth, Jos., 318 5th Ave.,
 Pittsburg, Pa.
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 S. Norwalk Sts., Stamford,
 Conn.
 Bartholomew, 6221 S. Hal-
 sted St., Chicago, Ill.
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 ton Ave., Wichita, Kans.
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 Park Ave., Oklahoma City,
 Okla.
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 nut St., Abilene, Tex.
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 Chestnut St., Abilene, Tex.
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 S. C.
 Baumann, Geo., 323 Citizens'
 Bank Bldg., Aberdeen, S.
 Dakota.
 Baumann, Geo., P. O. Box 62,
 Lethbridge, Alb., Canada.
 Baumgardner, J. A., Nebraska
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 Baumgardner, J. A., Manistee,
 Mich.
 Baumgardner, Jos. A., 2529
 Gilbert Ave., Cincinnati, O.
 Baumgart, C. H., 1093 26th
 St., Milton Junction, Wis.
 Baumgart, C. H., 1093 26th St.,
 Milwaukee, Wis.
 Bauml, Charles, 15 E. 15th
 St., Paterson, N. J.
 Baxter, A. F., Cheney, Kans.
 Bayless, B. M., 832 Oakwood
 Ave., Toledo, O.
 Bayne, Daisy, Harper, Kans.
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 Madison Ave., Covington,
 Ky.
 Bays, Alb. J., Indiana Bldg.,
 Oklahoma City, Okla.
 Bazeau, Frank, The Dells,
 Ore.
 Beaman, K. W., 1437 W. 35th
 Place, Los Angeles, Cal.
 Bean, Albert C., Le Claire, Ia.
 Bean, C. D., 216 College St.,
 Akron, O.
 Bean, Clarence, 932½ Market
 St., Akron, O.
 Bean, Merwin S., Marquette,
 Mich.
 Beath, T., Victoria Hospital,
 Winnipeg, Man., Canada.
 Beatty, Blanche E., 875 Coloni-
 al Road, Elizabeth, N. J.
 Beatty, Mary E., Luray, Kans.
 Beatty, Mary, Lindsey, Okla.
 Beaulieu, J. A., 34 Commer-
 cial Bldg., Woonsocket,
 R. I.
- Beauverd, A. A., 27 P. St. N.
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 Beaver, Mrs. E., Anamosa, Ia.
 Beaver, Mrs. E., 1220 Main
 St., Davenport, Ia.
 Beaver, W. O., 409 Massachu-
 setts Ave., Indianapolis,
 Ind.
 Bebout, E. R., New Bethle-
 hem, Pa.
 Bebout, E. R., People's Bank
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 Becherke, F. H., 506 N. Main
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 Beck, Claude G., 205-7 Nat'l
 Safety Vault Bldg., Denver,
 Colo.
 Beck, Duvalo, 471½ E. King
 St., Hamilton, Ont., Canada.
 Beck, E. P., 1622 N. Califor-
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 Beck, May, Seattle, Wash.
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 Ave., Oak Park, Chicago,
 Ill.
 Becker, Chas. F., 82 Main St.
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 Becker, Geo., Cochrane, Wis.
 Becker, Gustave, 5 N. LaSalle
 St., Chicago, Ill.
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 Grove Ave., Summit, N. J.
 Becker, Julius, 88 N. Bonnie
 Brae Ave., Pasadena, Cal.
 Becker, Ray D., 216 E. King
 St., Lancaster, Pa.
 Becker, Ray D., Oakland, Md.
 Becker, Mrs. V. L., 412 6th
 St., Springfield, Ill.
 Becket, Julius, 88 N. Bonnie
 St., Pasadena, Cal.
 Becklar, E. J., 153 Madison
 St., Chicago, Ill.
 Beecher, W. H. W., 1548 3rd
 Ave., Detroit, Mich.
 Beck, Mrs. M. H., 404 Van
 Buren St., Auburn, Ind.
 Beeman, Alice, Milton Cen-
 ter,
 O.
 Beers, C. S., 73 Spring St.,
 New Haven, Conn.
 Begell, S. E., 771 Main St.,
 Buffalo, N. Y.
 Beggs, Jas. H., 1026 W. 36th
 St., Los Angeles, Cal.
 Beigh, T. R., 920 Slater Bldg.,
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 Ave., Grand Rapids, Mich.
 Beldon, C. B., 1232 Main St.,
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 ington St., Manitowoc, Wis.
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 Wilkinsburg, Pa.
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 Smithfield, O.
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 Bell, Ella R., 1415 O'Farrell
 St., San Francisco, Cal.
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 3rd St., Waterloo, Ia.
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 Ave., Syracuse, N. Y.
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 ford City, Ind.
 Bell, W. J., 792 15th St.,
 Vancouver, B. C., Canada.

- Belle, Josephine, 31 S. 40th St., Philadelphia, Pa.
 Bellingham, T. W., Bangor, Mich.
 Belmont, J. J., 318 First Nat'l Bank Bldg., Syracuse, N. Y.
 Belt, W. E., Dodge Center, Minn.
 Belton, Clarence C., 484 Broad St., Newark, N. J.
 Belton, Clarence, Peapack, N. J.
 Bemis, Frank E., St. Albans, Vt.
 Bencke, Harry C., 1334 Throop St., Chicago, Ill.
 Bender, M. F., 10,308 Euclid Ave., Cleveland, O.
 Benham, L. O., Odd Fellows Bldg., 36 N. Main St., Waterbury, Conn.
 Benjamin, W. B., 137 Main St., Barlow Blk., Ossining, N. Y.
 Benjamin, W. Bert, 21 W. 129th St., New York, N.Y.
 Bennett, I. O., Blanchester, O.
 Bensly, Evold, Prospect, O.
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 Benson, Richard C., Room 504, Colt Bldg., Paterson, N. J.
 Benson, Wm. S., 76 16th Ave., Newark, N. J.
 Bentley, Wm. A., 3493 Eagle St., Los Angeles, Cal.
 Berg, E. C., Winona, Minn.
 Berg, W. G., 654 Temple Court, Minneapolis, Minn.
 Berge, Emil C., Arcadia, Wis.
 Berge, H. A., Carrington, N. Dakota.
 Bergen, J. A., 1708 Warren Ave., Chicago, Ill.
 Bergen, Jacob A., 704 South Central Ave., Chicago, Ill.
 Bergener, Orza, Decatur, Ind.
 Berger, P. O., Waukegan, Ill.
 Bergstrom, Harry S., 1101 State St., Schenectady, N.Y.
 Bernard, Emma, 146 W. 105th St., New York, N. Y.
 Bernhart, Flora, Redford, Mich.
 Berrang, H. P., 700 E St. S. E., Washington, D. C.
 Berscheid, F. C., 8 Illinois St., Chicago Heights, Chicago, Ill.
 Bert, W. J., Los Angeles, Cal.
 Berton, J. A., 110½ Dewey St., Sapulpa, Okla.
 Bertrand, L. D., 12 Blumerich Ave., Grand Rapids, Mich.
 Bertrand, L. D., Bird Bldg., Mansfield, O.
 Bertson, C. S., 1115 Legonier St., Latrobe, Pa.
 Besserich, K. J., Enterprise Bldg., Kewanee, Wis.
 Bessey, Mable M., 108 Beatrice St., Toronto, Ont., Can.
 Best, R. C., Ingersoll, Ont., Can.
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 Bettner, Fred., Page, N. D.
 Betts, Edna, Security Bldg., Miami, Fla.
 Betts, F. L., 203 German Nat'l Bank Bldg., Pittsburgh, Pa.
 Beuchler, J. E., 154 W. 121st St., New York, N. Y.
 Beuchler, J. R., 1132 13th St. N. W., Washington, D. C.
 Bever, W. O., 400 Massachusetts Ave., Indianapolis, Ind.
 Bezler, Guy, Steedman, Mo.
 Bezler, Guy, Wymore, Nebr.
 Bibler, John J., 906 State Life Bldg., Indianapolis, Ind.
 Bibler, Mabel Foster, 906 State Life Bldg., Indianapolis, Ind.
 Bickelhaupt, G. E., Freeport, Ill.
 Bickle, Isabella, 270 King St., Hamilton, Ont., Canada.
 Bickmeyer, O. F., Meteor, Wis.
 Bickmeyer, O. F., Colorado Springs, Colo.
 Biddison, T., 1016 2nd St., Perry, Ia.
 Bidwell, Hudson, 2194 7th Ave., New York, N. Y.
 Biehl, J. R., 294 Medbury Ave., Detroit, Mich.
 Bigelow, Frances, Elkhart, Ind.
 Bigelow, Mary F., 401 N. Main St., Elkhart, Ind.
 Biggs, W. A., Baker, Ore.
 Bilby, Ray, Skidmore, Mo.
 Billet, Mary I., 477 Main St., Orange, N. J.
 Billingham & Billingham, 20 Creighton Bldg., Omaha, Nebr.
 Billingham, Alice, 1103 Nott St., Schenectady, N. Y.
 Billingham, Samuel, 20 Creighton Bldg., Omaha, Nebr.
 Billings, Mrs. Annie W., 510 Linz Bldg., Dallas, Tex.
 Billings, C. W., 303 Linz Bldg., Dallas, Tex.
 Billings, C. W., 510 Linz Bldg., Dallas, Tex.
 Billings, C. W., Plainview, Tex.
 Bimis, Frank E., 169 North Main St., St. Albans, Vt.
 Binck, C. E., 130 E. Pearl St., Burlington, N. J.
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 Bings, Miss J. O., Baker City, Ore.
 Binn, H. G., St. Charles, Minn.
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 Bird, C. J., 306 W. 12th St., Anderson, Ind.
 Bird, J. F., 181 Summer Ave., Newark, N. J.
 Birdi, F. C., c/o Sahler Institute, Kingston, N. Y.
 Birdsall & Birdsall, Creston, Ia.
 Bishop, Edward, 34 Washington Ave., Endicott, N. Y.
 Bishop, J. A., Box 55, Pawnee, Okla.
 Bishop, R. B., 509 Splitlog Ave., Kansas City, Kans.
 Bishop, S. B., 210½ Capitol St. W., Jackson, Miss.
 Bjorneby, A. G., 426 Main St., Peoria, Ill.
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 Black, John J., 41 N. 18th St., Newark, N. J.
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 Blackmer, Mildred W., 260 Washington St., Binghamton, N. Y.
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 Blackwell, George A., 8 Black Bldg., Regina, Sask., Can.
 Blain, H., Cor. Front and Scott Sts., Toronto, Ont., Canada.
 Blair, Francis W., 191 Main St., Hackensack, N. J.
 Blair, F. W., 1123 Broadway, New York, N. Y.
 Blair, Jerusha A., Kingston, Ont., Can.
 Blair, Jno., 31 Eppritt St., East Orange, N. J.
 Blair, L. L., Findlay, O.
 Blake, Edw. L., Marinette, Wis.
 Blake, W. O., 202 E. Main St., Ottumwa, Ia.
 Blakeley, C. M., 339 5th Ave., Pittsburgh, Pa.
 Blakesley, E. A., Box 673, Regina, Sask., Can.
 Blanchard, E. R., General Delivery, Mountain View, Cal.
 Blanchard, J. H., 1955 Webster St., Oakland, Cal.
 Blanchat & Blanchat, Concordia, Kans.
 Blanchat, Aug., Medicine Lodge, Kans.
 Blanchat, August., Mountain Home, Ark.
 Elean, Albert C., Le Claire, Ia.
 Blean, C. A., 210 Main Street, Streator, Ill.
 Blean, R. B., Mystic, Ia.
 Blechschmidt, J. R., 920 Savoye St., North Bergen, N. J.
 Blechschmidt, John R., and Rohr, Peter, 504 Clinton Ave., West Hoboken, N. J.
 Blechschmidt, Richard, 920 Savoye St., North Bergen, N. J.
 Bligh, T. R., 521 Fullerton Ave., Chicago, Ill.
 Bligh, T. R., 920 Slater Bldg., Rochester, Mass.
 Bligh, T. R., Whitewater, Wis.
 Bliss, Edna M., 1536 E. 86th St., Cleveland, O.
 Bliss, Mrs. Edna M., Davenport, Ia.
 Bliss, Mrs. J., 1536 E. 86th St., Cleveland, O.
 Bliss, Luther S., 1339 E. 47th St., Chicago, Ill.
 Blocher, Ira, 320 Wisconsin Ave., Wahpeton, N. D.
 Blodgood, Della, Colorado Springs, Colo.
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 Blount, John S., Lexington, Ky.
 Bloyd, Clarence, Hillsboro, Ore.
 Blumer, Louis, 97 Ann Street, Hartford, Conn.

- Boatswan, P., Black River Falls, Wis.
- Boaz, E. R., 1021 N. Shartel St., Oklahoma City, Okla.
- Bobo, R., 236 20th Ave., Minneapolis, Minn.
- Bock, Helen, 501-2 Northwest Bldg., Portland, Ore.
- Bode, Herbert E., P. O. Box 102, Merrill, Wis.
- Bode, H. E., 719 5th Ave., Marietta, O.
- Bodot, J. N., 209 Gertrude St., Syracuse, N. Y.
- Bodot, J. N., 209 Gertrude St., Syracuse, N. Y.
- Boehm, F., 317 Lexington Ave., Elkhart, Ind.
- Boerger, F. H., 2116 Harris Ave., St. Louis, Mo.
- Boettcher, Herman, 1138 N. Leavitt St., Chicago, Ill.
- Bohnhoff, Bertha, 852 Belmont Ave., Chicago, Ill.
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- Bolhiuse, Jno. A., 130 S. Main St., Elkhart, Ind.
- Bolhiuse, Leonard B., 501-2 Dean Bldg., South Bend, Ind.
- Bolhiuse, L. B., Elkhart Water Co., Bldg., Elkhart, Ind.
- Bollinger, G. W., R. No. 6, Box 13, Battle Creek, Mich.
- Bolse, J. A., 43 N. Main St., Sheridan, Wyoming.
- Bolt, Ben H., Troy, O.
- Bolte, Bertha, 328 Summit Ave., W. Hoboken, N. J.
- Boltinghouse, Mrs. Chas., Lenox, Ia.
- Bolton, Mrs. Nettie P., 157 Huntington Ave., Boston, Mass.
- Bolzer, Guy H., Iron River, Mich.
- Bon, Lucy E., 108 Park Ave., Charlevoix, Mich.
- Bond, G. E., Guthrie Center, Ia.
- Bond, Glenn E., Guthrie Center, Ia.
- Bond, Robt. W., P. O. Box 243, Winfield, Ia.
- Bond, Robert W., Wolcott, Ind.
- Boner, A. C., 629 1st Street, La Salle, Ill.
- Boner, A. C., Kankakee, Ill.
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- Bonton, Louis C., 339 Atlantic St., Stamford, Conn.
- Booher, S. D., Nevada, Ia.
- Boone, C. O., c/o The Chiropractic College, San Antonio, Tex.
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- Bosemer, Chas., 1319 N. Hamilton Ave., Chicago, Ill.
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- Boughton & Boughton, 533 O'Neill Bldg., Binghamton, N. Y.
- Boughton, B. J., 507 Press Bldg., Binghamton, N. Y.
- Bourgerjon, Leon, 1847 West Pico St., Los Angeles, Cal.
- Boyard, C. C., Market St., Clearfield, Pa.
- Bovee, Mabel, Craig, Nebr.
- Bower, C. H., 2 Lowe Bldg., Dayton, O.
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- Bowers, Leroy, 150 Main St., Room 6-7, Oneonta, N. Y.
- Bowers, W. L., 45 N. 4th St., Zanesville, O.
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- Bowman, T. W., 31 Bayswater Road, New-Castle-on-Tyne, England.
- Boyce, L. M., Box 134, Menton, Ind.
- Boyd & Hall, Scranton, Pa.
- Boyd, Agnes, 200 Glenalder St., Pittsburgh, Pa.
- Boyd, Agnes E., 133 Larimer Ave., Pittsburgh, Pa.
- Boyd, A. J., Navina, Okla.
- Boyd, A. J., Holdenville, Okla.
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- Boyd, C. A., 407 Wyoming Ave., Scranton, Pa.
- Boyd, Clara M., Navina, Okla.
- Boyd, Frank L., Robinson, Ill.
- Boyd, Lincoln, Box 173, Halsey, Ore.
- Boyers, D. D., 313 Sharon Bldg., Salt Lake City, Utah.
- Bracher, John & Katherine, 14,820 Detroit Ave., Cleveland, O.
- Brackett, Marie L., Augusta, Mont.
- Bradenburg, A. L., 810 Perry St., Davenport, Ia.
- Bradford & Bradford, Paul's Valley, Okla.
- Bradford & Bradford, Jefferson, Wis.
- Bradford, Edgar G., 73 6th Ave., Brooklyn, N. Y.
- Bradford, Horace, 1400 W. 25th St., Oklahoma City, Okla.
- Bradford, Pearl, 3213 North Florida Ave., Oklahoma City, Okla.
- Bradley, C. E., 32 Prospect St., Jamestown, N. Y.
- Bradley, Geo. A., 995 Market St., San Francisco, Cal.
- Bradley, Geo. A., 614 Haws Bldg., San Francisco, Cal.
- Brady, T. N., Mingo, W. Va.
- Brainard, Anna, St. Paul, Ark.
- Brand & Brand, Drs., 405 Hippodrome Bldg., Cleveland, O.
- Brand, Elizabeth, 405 Hippodrome Bldg., Cleveland, O.
- Brandenberg, A. L., Davenport, Ia.
- Brandenberg, A. L., Room 2, Mercantile Bldg., Los Angeles, Cal.
- Brandenberg, H. C., 28 Elwood Place, Newark, N. J.
- Brandenburger, O. C., 207 Calumet St., East Chicago, Ill.
- Brandle, G. E., 1761 Washington St., Chicago, Ill.
- Brandman, R. E., 547 West 142nd St., New York, N. Y.
- Brandt, Wm. F., 463 Dodge St., Buffalo, N. Y.
- Brandtmuller, 60 Prospect Place, New York, N. Y.
- Brassington, J. D., 228 Eagle Rock Ave., Los Angeles, Cal.
- Bratchi, Carl L., Odd Fellows Bldg., Akron, O.
- Bratchi, Karl S., Main St., Akron, O.
- Bratchi, O. L., I. O. O. F. Bldg., Akron, O.
- Braun, Max Gerard, 28 Monmouth St., Newark, N. J.
- Bray, Jewett P., Box 305, Waycross, Ga.
- Brazeau, Franklyn R., 600-6 Dekum Bldg., Portland, Ore.
- Brazeau, M. E., 368 9th Ave., Spokane, Wash.
- Breaker, John, 14,820 Detroit Ave., Cleveland, O.
- Bredford, Wm., Herman Blk., Oshkosh, Wis.
- Breenahan, M., 463 Congress St., Detroit, Mich.
- Breggle, Mrs. A. C., Los Angeles, Cal.
- Brehl, L. J., 1912 Broadway, Lorain, O.
- Brehmer, Louis F., c/o P. S. C., Davenport, Ia.
- Breiber, Martin, 1711 Marshall Field Bldg., Chicago, Ill.
- Breitenbucher, Anton E., 1911 Main St., Jacksonville, Fla.
- Breithaupt & Breithaupt, Berlin, Wis.
- Breithaupt, A. W., 311 Huron St., Berlin, Wis.
- Breithaupt, J. R., Horicon, Wis.
- Breitting, Geo. S., Royal Bldg., Portland, Ore.
- Brennan, J. P., 88 E. 33rd St., New York, N. Y.
- Bresnahan, M., 637 Congress St., Detroit, Mich.
- Bretow, Wm. C. M., 621 Bushwick Ave., Brooklyn, N. Y.
- Brevel, Mrs. M. J., 403 Ham-burger Bldg., Los Angeles, Cal.
- Brewer, Joe E., Markesan, Wis.
- Brewer, J. E., Guthrie, Okla.
- Brickmeyer, O. F., Colorado Springs, Colo.
- Bridgeford, A. J., 30 E. 26th St., Oklahoma City, Okla.
- Bridges, Edmund M., 129 Lisbon St., Osgood Blk., Lewiston, Me.
- Briggs, A. N., 6th and Morrison Sts., Marquaun Bldg., Portland, Ore.

- Briggs, H. L., Spencerville, O.
 Briggs, M. J., 175 Washington St., Binghamton, N. Y.
 Briggs, M. J., 25 Main Street, Potsdam, N. Y.
 Bright, Corrine E., Detroit, Mich.
 Brink, Blanche, 207 Ocean Front, Ocean Park, Cal.
 Brink & Butler, 511 N. Main St., Santa Anna, Cal.
 Brinson, M. N., 216-17 Georgia Life Bldg., Macon, Ga.
 Brinson, M. M., 1224 S. Court St., Montgomery, Ala.
 Britzelle, Albert C., 116 St. Marks Place, Brooklyn, or 215 W. 51st St., New York, N. Y.
 Broberg, Manfred, 45 W. 34th St., New York, N. Y.
 Brocher, John, 14,820 Detroit Ave., Cleveland, O.
 Brocher, Katherine, 14,820 Detroit Ave., Cleveland, O.
 Brocker, Ellen E., Moreland, Kans.
 Brockney, James L., 6 John St., Ticonderoga, N. Y.
 Bromert, Jos. F., Carroll, Ia.
 Brooke, S. N., Waukon, Ia.
 Brooker, Ellen E., 841 N. Topeka Ave., Wichita, Kan.
 Brooks, Calvin W., 12 Green St., Bellow Falls, Vt.
 Brooks, Mrs. C. R., 26 Lake St., Oswego, N. Y.
 Brooks, E., Burr Oaks, Kans.
 Brooks, Elizabeth, 757 East Adams St., Phoenix, Ariz.
 Brooks, Ethel, 118 Washington St., Newark, N. J.
 Brooks, Maud A., 16 Gould Ave., Newark, N. J.
 Brosenne, Dora, The Toronto, Washington, D. C.
 Bross, Henry, 645 Lion St., San Francisco, Cal.
 Browell, Hattie M., 1308 W. 3rd St., Waterloo, Ia.
 Brower, G. H., East Palestine, O.
 Brower, Jno., Thomas, Okla.
 Browman, T. W., New Castle-on-Tyne, England.
 Brown, A. A., 657 S. State St., Salt Lake City, Utah.
 Brown, Allen M., 315 Columbia Trust Bldg., Los Angeles, Cal.
 Brown, A. S., 405 N. 31st St., Billings, Mont.
 Brown, Blanche, Pecos, Tex.
 Brown, C. E., Gowfie, Ia.
 Brown, C. O., 916 Federal St., Pittsburgh, Pa.
 Brown, Daniel T., 10 Beyman Bldg., Salem, Ore.
 Brown, G. P., 128 Brookline St., Boston, Mass.
 Brown, H., 811 N. Brauer St., Oklahoma City, Okla.
 Brown, H. B., 1518 Ripley St., Davenport, Ia.
 Brown, Henry C., 517 Sucatan Bldg., Portland, Ore.
 Brown, H. I., Scott's Bluff, Nebr.
 Brown & Hanlin, 4-5 Wilson Bldg., Aurora, Mo.
 Brown, H. M., 504 Brushton Ave., Pittsburgh, Pa.
 Brown, H. S., 506 W. Grand St., Oklahoma City, Okla.
 Brown, I. W. B., Denver, Colo.
 Brown, Jno. A., Lyceum Bldg., Pittsburgh, Pa.
 Brown, L. A., Sidney, Nebr.
 Brown, L. G., Curarayville, Mo.
 Brown, L. G., 131½ N. 6th Ave., Quincy, Ill.
 Brown, Mary, 3004 S. 12th St., Tacoma, Wash.
 Brown, M. P., 828 Brady St., Davenport, Ia.
 Brown, O. H., 415 Kellogg St., St. Johns, Ore.
 Brown, O. L., 401 Flatiron Bldg., Akron, O.
 Brown, Robert, 124 N. Potomac St., Waynesboro, Pa.
 Brown, Robert B., Fulton, Ky.
 Brown, Sam'l A., 135 S. Arkansas Ave., Atlantic City, N. J.
 Brown, S. H., 501 W. Grand Ave., Oklahoma City, Okla.
 Brown, Una, 214½ S. Main St., Findlay, O.
 Brown, Virginia E., Fulton, Ky.
 Browne, Cornelia J., 57 Harrison St., E. Orange, N. J.
 Browne, D. T., 317 Abington Bldg., Portland, Ore.
 Brownell, James W., 10,217 Olivet St., Cleveland, O.
 Brownell, Mrs. M. E., Yankton, S. Dakota.
 Brownell, N. L., Yankton, S. Dakota.
 Brownell, O. D., Warsaw, Ind.
 Browning, E. A., Box 114, Wagner, S. Dakota.
 Browning, Olive M., Box 167, Kite Bldg., St. Paris, O.
 Broyles, Sam'l, 13 Forester Bldg., Ft. Collins, Colo.
 Bruce, P. H., Cadiz, O.
 Bruch, Clara, Carroll, Ia.
 Bruett, H., Pasadena, Cal.
 Brugh, H. A., N. Warren, Pa.
 Bruin, Mrs. L. B., Westland Ave., Boston, Mass.
 Brundage, Isa L., Sault Ste. Marie, Canada.
 Bruner, Agnes, 3655 Adir St., Los Angeles, Cal.
 Bruner, H. L., 214 E. 11th St., Coffeyville, Kans.
 Brusteim, Max, 2410 E. 40th St., Cleveland, O.
 Brutus, Chas. J., 105 S. State St., Champaign, Ill.
 Bruyne, Dr., 561 19th Ave., Oakland, Cal.
 Bryan & Bryan, 38 W. 32nd St., New York, N. Y.
 Bryan, Chas. A., Coffeyville, Kans.
 Bryan, D., 485 Broad Street, Mt. Holley, N. J.
 Bryan, F. J., 38 W. 32nd St., New York, N. Y.
 Bryan, H. A., 116 Diggen Blk., Kendallville, Ind.
 Bryan, Harrison A., 913 Lenawee St., Lansing, Mich.
 Bryant, Della, 403 Hamburger Bldg., Los Angeles, Cal.
 Bryant, Della D., 514 South Figueroa St., Los Angeles, Cal.
 Bryant, R. A., The Burlington Apts., Washington, D. C.
 Bryant, W. H., 236 24th St., Detroit, Mich.
 Bryce, H. P., Hot Springs, Ark.
 Bryner, Agnes, 3665 Adir St., Los Angeles, Cal.
 Bucey, Howard L., 5642 Rippey St., Pittsburgh, Pa.
 Bucey, Howard L., 319 10th St., Wellsville, O.
 Buchanan, O. H., 387 Prospect Ave., Perth Amboy, N. J.
 Buchegger, Edward, 13-a Mechanic St., Attleboro, Mass.
 Buck, G. E., Iowa City, Ia.
 Buck, Mrs. R. H., 49 West St., Iliion, N. Y.
 Buck, R. J., 125 N. Jefferson St., Peoria, Ill.
 Buck, Wm. B., 32 E. Pearl St., Wellsville, N. Y.
 Buddenberg, H. H., 6th and Pennsylvania Aves., Pittsburgh, Pa.
 Buehler, Emma M., R. 7, Box 70, Monroe, Wis.
 Buell, Mrs. M. J., 403 Hamburger Bldg., Los Angeles, Cal.
 Bueren, Dr. A., 309 State Nat'l Bank Bldg., San Antonio, Tex.
 Buettner, Jas. A., 65 Clinton Ave., Jersey City, N. J.
 Buffham, A. T., Kalamazoo, Mich.
 Bugbee, Julia A., 164 Remsen St., Brooklyn, N. Y.
 Bull, Frank, 3644 W. Polk St., Chicago, Ill.
 Bull, Martha A., 617 E'way, Fidelity Bldg., Hannibal, Mo.
 Bull, Wm. D., 617 Broadway, Fidelity Bldg., Hannibal, Mo.
 Bull, W. D., Vandalia, Mo.
 Bullis, B. S., 732 34th Street, Oakland, Cal.
 Bullis, E. S., 812 Green Ave., Los Angeles, Cal.
 Bullis, Sarah, 732 34th Street, Oakland, Cal.
 Bunde, Wm. G., 236 Endicott Bldg., St. Paul, Minn.
 Bundy, Jos., 1715 California St., Denver, Colo.
 Bunker, M. N., Savannah, Mo.
 Bunkers, H., 2002 25th Ave., Oakland, Cal.
 Bunker, M. N., Colby, Kans.
 Bunn, Bessie, Bertrand, Nebr.
 Bunn, C. R., 611 Mack Bldg., Denver, Colo.
 Bunn & Bunn, 611-15 Mack Bldg., Denver, Colo.
 Bunn, H. G., St. Charles, Minn.
 Bunting, D. Ray, 301 North Union St., Akron, O.
 Burch & Burch, Tarkio, Mo.
 Burch, G. H., 684 Boulevard, Bayonne, N. J.
 Burch, Harley R., Tarkio, Mo.
 Burch, Orin, 21 S. Pickney St., Madison, Wis.
 Burchill, J. E., Coulter Block, Aurora, Ill.
 Burdette, O., 418 G St., Washington, D. C.
 Burdick, Elwood H., 319 Broad St., Waverly, N. Y.
 Burdick & Burdick, 319 Broad St., Waverly, N. Y.
 Burdin, F. A., Antigo, Wis.
 Buren & Buren, Drs., Oxford, Nebr.
 Burford, D. E., Ava, Mo.
 Burg, J. Karl, Augusta, W. Va.

- Burge, J. P., Crown Point, Ind.
 Burgener, Orza L., 610 Elm St., Decatur, Ind.
 Burgy, Mable Kimple, Dewey, Okla.
 Burhorn, Frank F., 414-18 Rose Bldg., Omaha, Nebr.
 Burich, S. J., Davenport, Ia.
 Burke, Agnes E., 5 Oxford Terrace, Boston, Mass.
 Burke, E. W., 59½ N. B'way, Peru, Ind.
 Burke, Hilma, Brooklyn, Ia.
 Burke, M. E., University Pl., Beaver Dam, Wis.
 Burke, Mrs. W. E., 59½ B'way, Peru, Ind.
 Burkhardt, F. G., Idaho Falls, Idaho.
 Burlson, J. D., Lockney, Tex.
 Burnell, F. M., 301½ W. 4th St., Waterloo, Ia.
 Burnett, J. A., Marble City, Okla.
 Burnham, Lillian, Ft. Atkinson, Wis.
 Burns, Sarah A., Tulsa, Okla.
 Burns, Sarah A., Bartlesville, Okla.
 Burns & Burns, 926 Main St., Hartford, Conn.
 Burns & Burns, 320½ Brady St., Davenport, Ia.
 Burrell, Emily, 729 Mayberry St., Detroit, Mich.
 Burt, C. G., 3-4 Brand Hotel Bldg., Boise, Idaho.
 Burt, L. D., 4813 2nd Street, Hazelwood, Pa.
 Burthwick, I. M., 2 Steel Bldg., Winnipeg, Manitoba, Can.
 Burthwick, L. M., Souris, Man., Canada.
 Burton, A. E., Westfalia, Kans.
 Burton, Sarah A., 9th St., Eugene, Ore.
 Burtrum, Crabill M., 1404 L St. N. W., Washington, D. C.
 Busby & Busby, Jefferson, Ia.
 Bush, J. W., 233 Columbus Savings and Trust Co. Columbus, O.
 Bust, Laura C., 542 Steiner St., San Francisco, Cal.
 Butcher, Frances, 81 E. Madison St., Chicago, Ill.
 Butler, A. Ross, Cor. Bridge and Grand Aves., Chippewa Falls, Wis.
 Butler, Edward, General Delivery, San Mateo, Cal.
 Butler, F. E., Los Gatos, Cal.
 Butler, W. H., 701 Hazel St., Pittsburgh, Pa.
 Butler, Wm. H., Ruben Bldg., 5th Ave. and Walnut St., McKeesport, Pa.
 Butler, W. P., Keokuk, Ia.
 Butson, J. D., Lockney, Tex.
 Butt, John H., Main Street, Sleepy Eye, Minn.
 Butt, Mrs. Pauline, Main St., Sleepy Eye, Minn.
 Button, D. D., 365 Hunt St., Detroit, Mich.
 Buzzard, J. D., 407 E. Ohio St., Pittsburgh, Pa.
 Bybee & Bybee, Drs., 440 Fairfax Ave., Norfolk, Va.
 Bybee & Bybee, Commercial Bldg., Richmond, Va.
 Eyrd, R. L., 233 Main Street, Meyersdale, Pa.
 Byron, James B., Great Falls, Wis.
 Cadwallader, Jesse A., Lansing, Ia.
 Cahall & Cahail, Exeter, Nebr.
 Cahill, C. A., Friend, Nebr.
 Cain, Cora H., 112 W. 4th St., Oklahoma City, Okla.
 Calder, A. B., Boreing, Ore.
 Caldwell, Fannie, Dougherty Bldg., Santa Rosa, Cal.
 Cale, Chas. A., 931 S. Hill St., Los Angeles, Cal.
 Cale, Charles A., 1012 W. Pico St., Los Angeles, Cal.
 Cale, Ernest I., 340 North 1st St., Petersburg, Fla.
 Cale, Mrs. Linnie A., 931 South Hill St., Los Angeles, Cal.
 Calhoun, Daisy D., Wellington, Kans.
 Callahan, B. O., 511½ Lincoln Ave., York, Nebr.
 Callis, G. T., Russellville, Ark.
 Callis, G. T., 1214 E. 40th St., Kansas City, Mo.
 Calloway, Dr., Independence, Ore.
 Calt, Geo. W., Aberdeen, S. Dakota.
 Calvert, Cora, Stockton, Cal.
 Calvert, E. J., Stockton, Cal.
 Calvin, Emma, Douglas, Ariz.
 Calwell, Henry E., 4200 Grand Blvd., Chicago, Ill.
 Calwell, Wm. A., 4200 Grand Blvd., Chicago, Ill.
 Camp, M. V., 186 Seneca St., Buffalo, N. Y.
 Camp, R. E., Red Cloud, Nebr.
 Camp, R. E., Burlington, Colo.
 Campbell & Campbell, 402-5 Pantages Bldg., Seattle, Wash.
 Campbell, Agnes, Lakeport, Cal.
 Campbell, C. A., Room 5, 112 7th St., Terre Haute, Ind.
 Campbell, Chas., Geneseo, Ill.
 Campbell, Chas. D., Parkersburg, W. Va.
 Campbell, C. G., 44 Somerset Apts., Indianapolis, Ind.
 Campbell, C. L. R., 86 State St., Hackensack, N. J.
 Campbell, C. P., 2316 Warren Ave., Chicago, Ill.
 Campbell, C. T., 1634 Rock Island St., Davenport, Ia.
 Campbell, Chas. W., Manton, Alb., Canada.
 Campbell, D. L., Lakeport, Cal.
 Campbell, Esther, 1447 E. 8th St., Oklahoma City, Okla.
 Campbell, F., 2025 4th Ave S., Minneapolis, Minn.
 Campbell, Frank, 432 South Syracuse St., Wichita, Kans.
 Campbell, F. R., 1015 W. 11th St., Waterloo, Ia.
 Campbell, John D., 290 Ludlow St., Arcade, Dayton, O.
 Campbell, J. L., 6th and Perry Sts., Davenport, Ia.
 Campbell, J. L., 200 W. Madison St., Franklin, Ind.
 Campbell, J. R., Box 2, Norfolk, Nebr.
 Campbell, Mrs. Mary W., 310 Barnes Ave., Wichita, Kans.
 Campbell, P. D., 1121 Kearsley St., Flint, Mich.
 Campbell, R. H., Conneaut, O.
 Campbell, R. H., Sebering, O.
 Campbell, R. M., O'Neill, Nebr.
 Campbell, R. M., Norfolk, Nebr.
 Campbell, R. N., Cozad, Nebr.
 Campbell, V. A., 403 Hamburger Bldg., Los Angeles, Cal.
 Campbell, V. A., 1101 Marsh-Strong Bldg., Los Angeles, Cal.
 Campbell, Werner A., 1101 Marsh-Strong Bldg., Los Angeles, Cal.
 Campbell, Wm., 34 Arnott St., Detroit, Mich.
 Campbell, W. J., 7132 Bennett St., Pittsburgh, Pa.
 Campbell, Winifred P., 918 N. High St., Columbus, O.
 Campbell, Winifred P., Gallopis, O.
 Campton, Wm. B., 615 Cordova St., Los Angeles, Cal.
 Canary, Dr. Ella, Clinton, Wis.
 Canfil, A. W., c/o The Chiropractic College, San Antonio, Tex.
 Cannard, Wm. M., 1279 Bellevue Ave., Los Angeles, Cal.
 Canon, Fred A., 13 W. Main St., Greenville, Pa.
 Canonell, Cor., 6th and Elm Sts., Valley Junction, Ia.
 Canvall, Alice N., Bryan, O.
 Capshaw, E. F., 528 S. Elm St., Sherman, Tex.
 Capshaw, E. F., 219 Nat'l Bank Bldg., Colorado Springs, Colo.
 Card, Elizabeth, 310 Huntington Ave., Boston, Mass.
 Carder, Bert E., 206-7 Bankers' Trust Bldg., Little Rock, Ark.
 Carder, Chas. L., 1008 Morengo Ave., Pasadena, Cal.
 Cardwell, W. A., Plant City, Fla.
 Carey, Frank L., 10 W. 8th St., Anderson, Ind.
 Carey, H. F., 111 E. Washington St., Alexandria, Ind.
 Carey, Miss S. I., Majestic, Colo.
 Carlin, F. W., 307-8 Commerce Bldg., Pittsburgh, Kans.
 Carlson, A. N., McKinnie Bldg., Moline, Ill.
 Carlson, Carl I., Banner Bldg., Greensboro, N. C.
 Carlson, Chas. J., 75 Pratt St., Hartford, Conn.
 Carlson, Charles J., 55 Central St., and 23 Foster St., South Manchester, Conn.
 Carlson, Harold, Jamestown, N. Y.
 Carlson, H. E., 9½ Park Ave., Warren, O.
 Carlson, John C., East Jordan, Mich.
 Carlson, John G., Plentywood, Mont.
 Carlson, Susan, 307 Lee Bldg., Vancouver, B. C., Canada.
 Carman, Elizabeth F., Cor. 3rd and Hill Sts., Gallup, New Mexico.
 Carman, Harriett, 529 Patton St., Los Angeles, Cal.
 Carmichael, F. H., 7127 Germantown Ave., Philadelphia, Pa.
 Carmonney, F. D., 307 Johnson Blk., Muncie, Ind.
 Carmonney, F. D., 2524 Jefferson Ave., Detroit, Mich.
 Carpenter, Julia B., Old Bridge, N. J.
 Carpenter, L. N., 23 Continental Bldg., Omaha, Nebr.
 Carpenter, W. A., 10 Boudinot St., Newark, N. J.
 Carr, Edson, 4200 Grand Blvd., Chicago, Ill.

- Carreiro, Ernest, 67 Westland Ave., Boston, Mass.
- Carrell, R. L., Monte Vista, Colo.
- Carriek, A. W., 502 Millner St., Ottumwa, Ia.
- Carroll, Edyth, 205 B St., Lawton, Okla.
- Carroll, J. C., 1904 Chicago Ave., Minneapolis, Minn.
- Carroll, L. A., Hortonville, Wis.
- Carroll, Max, 1269 Boston Road, New York, N. Y.
- Carroll, R. L., Monte Vista, Colo.
- Carrollton, E. D., Encanto, Cal.
- Carson, L. R., Hopedale, O.
- Carson, R. L., Uniontown, Pa.
- Carson, R. L., 801 W. Main St., Connellville, Pa.
- Carter, A. D., 2104 E. Michigan Ave., Indianapolis, Ind.
- Carter, Anna W., 6131 Woodlawn Ave., Chicago, Ill.
- Carter, D. W., Solomon, Kans.
- Carter, E. M., 302 Lincoln Bldg., Johnstown, Pa.
- Carter, Janet F., Ellis, Kans.
- Carter, Vivian D., Holdridge, Nebr.
- Carter, Vivian D., Kearney, Nebr.
- Carter's Sanatorium, 313 W. Ash St., Salina, Kans.
- Cartwright, F. A., 857 Fort W., Detroit, Mich.
- Carver, Fred., Vera Cruz, Mo.
- Carver, Fred. J., Thornberg, Ia.
- Carver, Ralph H., Thornberg, Ia.
- Carver, Willard, Majestic Bldg., Oklahoma City, Okla.
- Carvin, J. E. & S. P., 144 Washington St., Sandusky, O.
- Cary, D. C., Holbrook Bldg., Brockton, Mass.
- Cary, David C., 310 Carr Bldg., Springfield, Mass.
- Cary, Frank L., Freeport, Ill.
- Cary, Frank L., 16 W. 8th St., Anderson, Ind.
- Case, Geo., 421 Elm Street, Antigo, Wis.
- Case, J. E., 917 E. 62nd St., Chicago, Ill.
- Case, W. E., Box 133, The Dallas, Ore.
- Casey, H. M., Auburn, N. Y.
- Casey, J., Hotel Tooney, Denver, Colo.
- Cash, Marguerite, Edgewater, Colo.
- Casler, Geo. L., 15 Cortland St., Middletown, N. Y.
- Caspary, F., 1403 Santee St., Los Angeles, Cal.
- Casper, William F., 2875 B'way, New York, N. Y.
- Cass, F. W., 517 3rd Avenue, Clinton, Ia.
- Cass, M., Hazel and R. B., Box 234, Bainbridge, N. Y.
- Cass, Mr. & Mrs. Ralph, 278 E. Main St., Waterbury, Conn.
- Cass & Cass, 505 N. Wolfe St., Baltimore, Md.
- Cassady, Mamie E., 430 Clay St., Thomasville, Ga.
- Casselman, E. F., 2039 Ogden Ave., Chicago, Ill.
- Casselman, E. F., 1711 Monroe St., Sta. D., Chicago, Ill.
- Caster, L. B., Liberty, Nebr.
- Castor, Shirley, Burlington, Colo.
- Caswell, Gladys, 611 Canby Bldg., Dayton, O.
- Caswell, G. I., 37 Davies Bldg., Pittsburgh, Pa.
- Cate, E., Box 231, Imlay, Mich.
- Cate, Philip, Grand Valley Bank Bldg., Grand Junction, Colo.
- Cathcart, R. J., 400 Franklin St., Watertown, N. Y.
- Cathen, J. D. O., 1332 Oxford St., Canton, O.
- Cault, Mrs. M. B., Eagle, Colo.
- Cavens, H. S., Coffeyville, Kans.
- Cecil, D. L., P. O. Box 406, McCarty Bldg., 9th and Idaho Sts., Boise, Idaho.
- Cecil & Cecil, Drs., Box 1091, Salt Lake City, Utah.
- Chadwick, C. L., Arimo Bldg., Logan, Utah.
- Chadwick, Fletcher, 501 N. 9th St., Coshocton, O.
- Chadwick, Fletcher, 717 Edwards Ave., E. Liverpool, O.
- Chadwick, G. L., Logan, Utah.
- Chalus, Frank J., 4825 Fleet St., Cleveland, O.
- Chamberlain, Daida, Chipewa Falls, Wis.
- Chamberlain, E. H., 635 W. 15th St., Los Angeles, Cal.
- Chamberlain, G. L., 612 Elm St., Atlantic, Ia.
- Chamberlain, I. I., Oberlin, O.
- Chamberlain, Sadie, Chippewa Falls, Wis.
- Chamberlain, Sylvan, North Liberty, Ia.
- Chamberlin, G. L., Carthage, Mo.
- Chamberlin, I. I., Burlington, Ia.
- Chamberlin, I. I., 21 W. College St., Oberlin, O.
- Chamberlin, J. A., Ashland, O.
- Chambers, J. M., Rydal Bank, Ontario, Canada.
- Chambers, T. H., Georgiana, Fla.
- Chan, G. S., 913 South B'way, Los Angeles, Cal.
- Chandlee, Wm. B., 11-13 Gross Bldg., Eureka, Cal.
- Chandler, A. B., 33 Gross Bldg., Eureka, Cal.
- Chandler, Cliff, Jasonville, Ind.
- Chandler, L. B., 206-7 Masonic Bldg., Denver, Colo.
- Chandler, W. S., 252 2nd St., Elyria, O.
- Chaplin, W. T., Morgantown, W. Va.
- Chapman, M. W., 130 S. Sandusky St., Bucyrus, O.
- Chapman, N. A., Austin, Minn.
- Chapman, W. A., Davenport, Ia.
- Chapman, W. A., 315 N. Main St., Austin, Minn.
- Chappell, Arthur W., 8504 Broadway, Cor. Harvard Ave., Cleveland Ave., Cleveland, O.
- Charleville, Jos., 401 Hamburger Bldg., Los Angeles, Cal.
- Charlevoix, Elmer J., Box 148, Alexandria, Ont., Can.
- Chatterton, W. A., 1712 Las Lumas St., Pasadena, Cal.
- Chatwin, H. W., 709 Dunsmuir St., Vancouver, B. C., Canada.
- Cherry, J. C., 168 N. Main St., Wilkes Barre, Pa.
- Chessler, J. B., Jacksonville, Tex.
- Childs, Isa Coburn, 2305 Park Ave., Chicago, Ill.
- Child, Isa Coburn, Purcell, Okla.
- Child, Mrs. J. M., Carthage, Me.
- Chilson, Maud I., Uplands, Cal.
- Chism, C. M., Argonia, Kans.
- Chittenden, G. L., Onondaga, N. Y.
- Chiverton, N. L., 31 Empress St., London, Ont., Canada.
- Choplin, W. T., 110 Martin St., Morgantown, W. Va.
- Chretien, John I., W. 4th St., near Main St., Spencer, Ia.
- Christe, Dr. M. J., 135 Noble St., Brooklyn, N. Y.
- Christie, M. J., 135 Noble St., Greenpoint, Brooklyn, N. Y.
- Christensen, C. E., Bowbells, N. Dakota.
- Christian, A. T., 608 Stewart Bldg., Chicago, Ill.
- Christian, Eugene, 213 W. 79th St., New York, N. Y.
- Christian, Viola, Room 412, 7 W. 6th St., Cincinnati, O.
- Chrzan, John, 2926 Wisner Ave., Chicago, Ill.
- Church, George W., 1380 East 110th St., Cleveland, O.
- Church, Gordon W. B., Warren, R. I.
- Churchill, Geo. S., Nicollet House, Minneapolis, Minn.
- Cinader, I. L., 508 Miss. Ave., Davenport, Ia.
- Cinader, J. S., Wilson, Kans.
- Clanter, E. T., 313 Elyria Block, Elyria, O.
- Clark, A. C., Byron, Mich.
- Clark, Casey, 3738 Calumet Ave., Chicago, Ill.
- Clark, C. E., 30 E. Broad St., Chamber of Commerce, Columbus, O.
- Clark, C. E., 315 W. 8th Ave., Columbus, O.
- Clark, Everett E., Forsyth Bldg., Atlanta, Ga.
- Clark, Fred M., Collins Bldg., Fond du Lac, Wis.
- Clark, G. E., Kansas City, Mo.
- Clark, H. A., Clarinda, Ia.
- Clark, I. H., 231 Potomac Ave., Buffalo, N. Y.
- Clark, J. H., 2478 S. 13th St., Philadelphia, Pa.
- Clark, Mabel, 522 W. 13th St., Columbus, Neb.
- Clark, Mrs. Mary, 1432 Date St., San Diego, Cal.
- Clark, O. G., 522 W. 13th St., Columbus, Neb.
- Clark, O. N., Lawrence, Kans.
- Clark, O. N., 2417 Forrest Ave., Kansas City, Missouri.
- Clark, P. R., Marysville, Kans.
- Clark, Dr. R. T., Jackson, Miss.
- Clark, Theo., 2504 Harrison St., Kansas City, Mo.
- Clark, T. N., 502 Davidson Bldg., Sioux City, Ia.
- Clarke, C. L., 1468 Kenwood Ave., Camden, N. J.
- Clark, W. F., 326 Indiana Ave., Washington, D. C.
- Classon, Carl A., Hotel Watson, Los Angeles, Cal.
- Clauter, E. T., 313 Elyria Block, Elyria, O.
- Clayton, Ralph L., 1569 Hertel Ave., Buffalo, N. Y.

- Clayson, Ralph L., Carlton Court, Buffalo, N. Y.
 Clayton, Mrs. E. A., 818 Brady St., Davenport, Iowa
 Clayton, Mrs. E. E., 200 Star Courier Bldg., Kewanee, Ill.
 Cleeland, F. W., Lyceum Bldg., Pittsburgh, Pa.
 Clefisch, L. M., Guttenberg, Ia.
 Cleland, C. T., Spurgeon Bldg., Santa Ana, Cal.
 Clement, Alice, 275 Warren St., Roxbury, Mass.
 Clemmens, Jennie M., Beards-town, Ill.
 Clemmer, Dr., 15 Howland Ave., Toronto, Can.
 Cleveland, C. F., 1014 Nelson St., Vancouver, B. C., Can.
 Cleveland, C. L., 736 S. Alamo St., San Antonio, Tex.
 Cleveland, W. E., 187 N. Pearl St., Buffalo, N. Y.
 Clifton, A. J., Ogallala, Neb.
 Clifton, Robt. N., 807 State St., Camden, N. J.
 Close, Patrick H., Sun Bldg., Jackson, Mich.
 Clover, J. C., West Blopton, Ala.
 Coates, Ernest J., 75 Sixth Ave., Brooklyn, N. Y.
 Cobb, Abner J., 1548 California St., Suite 2, Denver, Colo.
 Cobert, Martin, Chagrin Falls, O.
 Cochran, A. D., Clinton, Ia.
 Cochran, A. D., Morrison, Ill.
 Cochran, Harry, 625 S. Glen St., Wichita, Kans.
 Cochrane, Albert B., 39 S. State St., Chicago, Ill.
 Coffin, J. N., Mulvane, Kans.
 Cohan, A., 320 E. 15th St., New York, N. Y.
 Cohen, D., 1 Ferry Rd., Niagara Falls, Can.
 Colder, A. E., Boreing, Ore.
 Cole, Grace T., 1301 W. 25th St., Los Angeles, Cal.
 Cole, John A., 1247 1st Ave., Oakland, Cal.
 Cole, Jno. A., 429 Tenth St., Oakland, Cal.
 Cole, O. O., Pendleton, Ore.
 Coleman, Andrew, Fronde, Sask., Can.
 Coleman, B. A., 20 Linden Ave., Pittsburgh, Pa.
 Coleman, E. H., 4345 Agnes Ave., Kansas City, Mo.
 Coleman, Willard H., 1319 State St., La Crosse, Wis.
 Coleman, William H., 1546 W. 7th St., Los Angeles, Cal.
 Colgan, C. E., 5 Theatre Bldg., Fairmount, Ind.
 Colgan, E. C., Arcadia, Ind.
 Collins, Charles O., 16 Gould Ave., Newark, N. J.
 Collins, Clyde I., 484 3rd St., Pittsburgh, Pa.
 Collins, Clyde I., 400 Center Ave., Pitcairn, Pa.
 Collins, Edward W., 122 Roseville Ave., Newark, N. J.
 Collins, F. W., 16 Gould Ave., Newark, N. J.
 Collins, Ethel Nora, 16 Gould Ave., Newark, N. J.
 Collins, H., 411 Jefferson St., Olympia, Wash.
 Collins, Mrs. Hattie M., 552 Columbus Ave., Boston, Mass.
 Collins, Orville, Box 45, Gardner, Mont.
 Collinson, W. A., 785 E. 105 St., Cleveland, O.
 Colson, C. E., 602 Foster Bldg., Houston, Tex.
 Colson, Clarence, Reno, Nev.
 Combs, J. H., 515 S. Robinson St., Oklahoma City, Okla.
 Compopiano, Anthony, 90 Center St., Orange, N. J.
 Compton, C. F., 509 S. Olive St., Los Angeles, Cal.
 Compton, Claude O., 407 Greenleaf Ave., Whittier, Cal.
 Compton, Jas. P., 509 S. Olive St., Los Angeles, Cal.
 Compton, William B., 615 Cordova St., Los Angeles, Cal.
 Conable, Mrs. A. C., Axtell, Kans.
 Conable, W. J., Axtell, Kans.
 Conant & Conant, Cor. State and Church Sts., Carter Bldg., Rochester, N. Y.
 Conant, J. N., Cor. State & Church Sts., Rochester, N. Y.
 Condon, Mrs. Helen, Oklahoma City, Okla.
 Connelly, Mrs. G. W., Box 124 Redfield, Ia.
 Coney, Grace L., Bowling Green, O.
 Confrey, Hubert, 1700 W. Jackson Blvd., Chicago, Ill.
 Conger, Carl H., Nasby Bldg., Toledo, O.
 Conklin, Arthur P., 582 N. High St., Columbus, O.
 Conn, Albert C., 239 Walworth Ave., Delevan, Wis.
 Connelly, G. W., Humboldt, Nebr.
 Connelly, Mrs. G. W., Box 124, Redfield, Ia.
 Conover, E. H., 509 Honore St., Chicago, Ill.
 Conover, E. H., 886 S. Washington St., Denver, Col.
 Conover, Fred E., 420 12th St., West New York, N. J.
 Conrad, Anna J., 92 1/2 Carylon Road, Cleveland, O.
 Conrad, Hal, Corning, Ia.
 Conrad, Mary, Arkansas City, Kans.
 Cook, Alexandria N., 651 State St., Bridgeport, Conn.
 Cook & Cook, 8 Grove St., Oneonta, N. Y.
 Cook, Chas. D., West Springfield, Pa.
 Cook, Mrs. D. C., Park Hill, Okla.
 Cook, H. E., De Soto, Mo.
 Cook, Hazel, 259 Lincoln Ave., Detroit, Mich.
 Cook, Herbert F., 1311 New England Bldg., Cleveland, O.
 Cook, Luther, 8 Grove St., Oneonta, N. Y.
 Cook, Phillip H., Canby, Minn.
 Cooley & Cooley, 222-24 Chamber of Commerce Bldg., Enid, Okla.
 Cooley, Alvah R., 13 W. 31st St., New York, N. Y.
 Cooley, Ed. L., 301-2 Belding Bldg., Stockton, Cal.
 Cooley, Edward, 81-83 San Joaquin Bldg., Stockton, Cal.
 Cooley, Mrs. Gertrude M., 301-2 Belding Bldg., Stockton, Cal.
 Cooney, Grace L., Breman, O.
 Cooper, C. R., Suite 5, 109-11 S. Superior Ave., Albion, Mich.
 Cooper, K. L., 417 N. McLean St., Lincoln, Ill.
 Cooper, Mrs. Minerva, Ada, Okla.
 Cooper, Olive M., Hamilton, Mont.
 Cooper, W. H., 17 Sarah St., Brantford, Can.
 Copeland & Copeland, Galveston, Ind.
 Copeland & Copeland, 601 State Life Bldg., Indianapolis, Ind.
 Coplan, A. G., 116 Laflin St., Chicago, Ill.
 Corbett, C. L., 435 Collins St., St. Paul, Minn.
 Corbin, Grace E., 1503 School St., Des Moines, Ia.
 Corbin, Grace E., 520 Clapp Bldg., Des Moines, Ia.
 Corbo, Alfonso, 74 Jackson St., Orange, N. J.
 Corenz, W. C., Box 166, Beloit, Wis.
 Corgell, F. S., West Winsfield, N. Y.
 Cork, L. B., Paxton, So. Dakota.
 Cornell, F. W., 22 3rd S. E., Dauphin, Man., Can.
 Cornell, Murray, Prince Albert, Sask., Can.
 Cornell, M. E., Humboldt, Sask., Can.
 Cornett, Mrs. Stella, 528 Gilbert Ave., Terre Haute, Ind.
 Cornwall, Charles Addison, 423 S. Spring St., Los Angeles, Cal.
 Corrick, A. W., 907 N. Jefferson St., Ottumwa, Ia.
 Corvin, Geo. D., Chateau, Mont.
 Corwin, G. P., 2665 Sulphur Ave., Los Angeles, Cal.
 Cory, E. Ray, 407 N. Main St., Austin, Minn.
 Coss, L. E., Willmer, Minn.
 Cottam, N. L., 150 South Temple St., Salt Lake City, Utah.
 Cottam, Mr. & Mrs. N., Salt Lake City, Utah.
 Cotton, W. F., Bradford, Ont., Can.
 Coughlin, M. E., 508-9 Spitzer Bldg., Toledo, O.
 Coughlin, M. Ethel, Bascom, O.
 Coulson, L. F., Weatherford, Okla.
 Coultrup, Alfred J., 214 E. Pikes Peak Ave., Colorado Springs, Colo.
 Council, M. T., Crosbyton, Tex.
 Courseme, Mr. and Mrs. H., 34 Eagle St., Geneva, O.
 Coutney, Percy, Gage, Okla.
 Covell, Fred, Brandon, Oregon.
 Covert, Clare S., 819 Main St., Rapid City, So. Dakota.
 Covert, Martin, Chagrin Falls, O.
 Cowdin, Glen I., 1416 W. 8th Oklahoma City, Okla.
 Cox, David J., 408 Charles St., Pittsburgh, Pa.
 Cox, Eugene L., 231-34 Gilmer Bldg., Winston-Salem, N. C.
 Cox, Henry G., 411 W. Water St., Elmira, N. Y.
 Cox, Howard, 5-6 Noble Bldg., Ardmore, Okla.
 Cox, Eugene L., 321-4 Gilmer Bldg., Winston-Salem, N. C.
 Cox, J. A., Pullman, W. Va.
 Cox, Robert O., 213 Summit Ave., Pittsburgh, Pa.

- Cox & Cox, 525 W. Church St., Elmira, N. Y.
- Coy, D. C., 37 Davis Bldg., Dayton, O.
- Cozatt, J. B., D. C., Jacksonville, Fla.
- Crabill, M. B., 1404 L St. N. W., Washington, D. C.
- Crabtree, H. C., 1523 O St., Lincoln, Neb.
- Craig, Mrs. Edith, Farmland, Ind.
- Craig, H. T., 20 E. Jackson Blvd., Chicago, Ill.
- Craig, Strod H., Farmland, Ind.
- Crammer, Catherine E., 130 W. Southern Ave., Williamsport, Pa.
- Crandall, H. F., 917 College Ave., Racine, Wis.
- Crane, Allen B., 32 Manhattan St., Rochester, N. Y.
- Crane, P. L., 2316 S. Union Ave., Los Angeles, Cal.
- Crapo, J. Edwin, 288 W. 92nd St., New York, N. Y.
- Craven, J. H., Davenport, Ia.
- Craven, Jane Wells, Arnott Bldg., Pittsburgh, Pa.
- Crawford, A. D., 1458 Penn St., Denver, Colo.
- Crawford, B., 303 Bergenline Ave., Union Hill, N. J.
- Crawford, C. B., Shenandoah, Ia.
- Crawford, C. H., 2100 Warren Ave., Chicago, Ill.
- Crawford, Geo. S., 411 Ringford Ave., McKeesport, Pa.
- Crawford, Mrs. M. C., 24 Bowman St., Rochester, N. Y.
- Crawford, Walter H., 819 Beacon St., Boston, Mass.
- Cray, Mary H., 28 W. Utica St., Buffalo, N. Y.
- Creasy, J. C., 303 Jefferson St., Roanoke, Va.
- Creasy, L. D., 806 Pierce St., Lynchburg, Va.
- Creasy, James G., McBain Bldg., Roanoke, Va.
- Creese, L. D., Kramer Bldg., Elizabeth City, N. C.
- Creighton, B. E., 54 Hudson Ave., Newark, O.
- Creighton, Frank, 114-15 The Johnson, Muncie, Ind.
- Crenean, W., 234 E. Fourth St., Delphos, O.
- Cremins, E. F., 5 Wadsworth St., Buffalo, N. Y.
- Crichton, Francis, Moose Jaw, Ont., Can.
- Crisler, Charles E., Kissimmee, Fla.
- Crisler & Crisler, Bushnell, Fla.
- Crisler, Mrs. Mary, Kissimmee, Fla.
- Criss, J. D., 226 Warrington Ave., Pittsburgh, Pa.
- Crissman, A. E., Colonial Theatre Bldg., Hagerstown, Md.
- Crissman, John, Lañer, Colo.
- Crist, General G., 406 I. W. Hellman Bldg., Los Angeles, Cal.
- Cristian, Viola, 412 Greenwood Bldg., Cincinnati, O.
- Critcherm, Carma, Box 226, De Graff, O.
- Crichton, Francis, Moose Jaw, Ont., Can.
- Criteser, W. T., 744 Cleveland St., Woodland, Cal.
- Critchler, Carma, Box 226, Degraff, O.
- Cronk, Bertha Harmon, Andover, Allegany Co., N. Y.
- Cronk, Otis E., care P. S. C., Davenport, Ia.
- Crosbey, J. C., Box 243, Loveland, Colo.
- Crosby, E. M., Worthington, Minn.
- Crosby, Arthur J., Adams, N. Y.
- Crosby, M. Ella, Clyde, O.
- Crosby, W. H., Jonesboro, Ill.
- Crosby & Crosby, 143 Wood St., Monroe, Wis.
- Cross & Cross, Madsen Bldg., Menomonee, Wis.
- Cross, Mrs. Chas., Standish, Mich.
- Cross, W. H., Menominee, Wis.
- Crossby, W., 4200 Grand Blvd., Chicago, Ill.
- Crossley, May, Oswego, Kans.
- Crouse, Minnie R., 1031 E. Colfax St., Denver, Colo.
- Crouse, Minnie R., Brady Island, Neb.
- Crow, Clyde M., Suite 112, Oak Hall Bldg., Duluth, Minn.
- Crow, Margaret, Suite 112, Oak Hall Bldg., Duluth, Minn.
- Crowell, Edgar C., 309-10 Snyder Bldg., Elmira, N. Y.
- Crowell, Gladys L., Van Court Inn., Roselle, N. J.
- Crowley, W. H., 141-2 Forsyth Bldg., Fresno, Cal.
- Crowley, W. W., 141-2 Forsyth Bldg., Fresno, Cal.
- Crumppacker, E. K., c/o Standard School of Chiropractic and Naturopathy, Davenport, Ia.
- Crusins, E. L., 500 Fifth Ave., New York, N. Y.
- Cruzan, E. L., Cushing, Okla.
- Cudmore, E. E., 1134 Fourth Ave. N. W., Moose Jaw, Sask., Can.
- Cuff, Amy S., Dewey, Okla.
- Culbertson, E. F., Seattle, Wash.
- Cullems, Geo., 421 Walnut St., Philadelphia, Pa.
- Cullinan, G. A., 2370 Washington Ave., Ogden, Utah.
- Cullough, Wm., G., Broad St. Bank Bldg., Trenton, N. J.
- Culver, Celie, 1415 E. Colfax Ave., Denver, Colo.
- Cummings, H. D., Maceo, Ky.
- Cummings, S. H., 373 Ocean Ave., Brooklyn, N. Y.
- Cummins, J. E., 120 N. 10th St., Cedar Rapids, Ia.
- Cunningham, C. G., West Bldg., Jacksonville, Fla.
- Cunningham, Ella, 727 Indian Pythian Bldg., Indianapolis, Ind.
- Cunningham, Mrs. E. F., Crawfordsville, Ind.
- Cunningham, G. H., 810 Liberty Bldg., Waterbury, Conn.
- Cunningham, R. D., Summer, Ill.
- Cunningham, S. R., 425 E. 3rd St., Oklahoma City, Okla.
- Curliss, E. S., 811 Lyric Theatre Bldg., Cincinnati, O.
- Curnoym, L. H., 2341 Kemfer Lane, Cincinnati, O.
- Curran, Harriet E., 4532 Clifton Ave., Chicago, Ill.
- Currey, Wm. W., 467 Warren Ave., Detroit, Mich.
- Currier, Sophie, Ashland, Kans.
- Currier, W. H., 307-309 Huron Ave., Port Huron, Mich.
- Curry, H. B., Harrisville, W. Va.
- Curry, L. L., 316 Swearinger-McGraw Bldg., San Antonio, Tex.
- Curry, M. E., 603½ Market St., Parkersburg, W. Va.
- Curtis & Curtis, 240 S. Court St., Sullivan, Ind.
- Curtis & Curtis, 828 Brady St., Davenport, Ia.
- Curtis, Mrs. A. F., Nottingham Hotel, Boston, Mass.
- Curtis, L. R., Canton, O.
- Curtis, Viola F., West Union, Ia.
- Curtis, L. K., Semmon, S. Dak.
- Cutburg, F. R., 2348 Telegraph Ave., Oakland, Cal.
- Cuthbertson, Nina, Sterling, Kans.
- Daerden, Alfred, New Philadelphia, O.
- Daggett, W. V., Nowata, Okla.
- Dagley, J. B., Lockney, Tex.
- Dahmrow, E. H., 418 N. Bluff St., Janesville, Wis.
- Daily, J. A., 10 N. Webb St., Oklahoma City, Okla.
- Dake, W. A., 321 Hayes Blk., Janesville, Wis.
- Dale, W. J., 6236 Lexington Ave., Chicago, Ill.
- Dale, Walter J., 6236 University Ave., Chicago, Ill.
- Dallman, Wm. R., Tyndall, S. Dak.
- D'Almaine, C. Helen, 510 Firemen's Insurance Bldg., Newark, N. J.
- D'Almaine, Chas., 32nd St. & Broadway, New Strand, New York, N. Y.
- D'Almaine, Mrs. Cornelia, 510 Fireman's Bldg., Newark, N. J.
- Dalmer & Dalmer, Box 19, Creston, Ia.
- Dalton, D. R., Parker, S. Dak.
- Dalton, Leo. R., Washington, Ia.
- Dalzell, Jos. G., Grundy Center, Ia.
- Damon, W. H., 1029 W. 22nd St., Los Angeles, Cal.
- Damrow, E. H., 405 Jackman Bldg., Janesville, Wis.
- Dana, Jay W., 308 Flanders Bldg., 15th & Walnut Sts., Philadelphia, Pa.
- Dana, L. A., 506 Grossman Bldg., Lynn, Mass.
- Danforth, Willard J., 268 Jersey St., Buffalo, N. Y.
- Daniel, A. L., 506-8 Security Bldg., Oklahoma City, Okla.
- Daniel, Bert Monroe, 39 South State St., Chicago, Ill.
- Daniels, Elve V., Moscow, Idaho.
- Daniels, Harry, Lisbon, N.D.
- Daniels, Harry, Stromberg, Neb.
- Daniels, J. O., 528 Minnesota Ave., Kansas City, Kans.
- Daniels, Melville, Sheldon Ave., Grand Rapids, Mich.
- Dannel, E. M., 39 S. State St., Chicago, Ill.
- Dannenberg, A., 1st Nat'l Bank Bldg., Bemidji, Minn.
- Darab, Maude, Mount Vernon, O.
- Darland, G. T., La Grande Nat'l Bank Bldg., La Grande Ore.

- Darling & Darling, 536 S. Emporia Ave., Wichita, Kans.
- Darling, Frank S., 738 K. of P. Bldg., Indianapolis, Ind.
- Darnell, J. J., D. C., 420 10th St., Denver, Colo.
- Darnell, Laura B., 1315 Broadway, Denver, Colo.
- Darraha, L. C., 737 S. Harrison Ave., Pocatello, Idaho.
- Darraha, Lindell C., 339 N. Main St., Pocatello, Idaho.
- Dart, O. L., Graysville, Tenn.
- Dash, Clemens R., 109 Park Ave., Dunkirk, N. Y.
- Daugherty, I. and C. H., Phillippi, W. Va.
- Daugherty, J. W., 301 1/2 North Federal Ave., Mason City, Ia.
- Daugherty, Martha J., Lansing, Mich.
- Daugherty, Martha, Xenia, O.
- Daumler, Miss Mame, 519 S. 4th St., Columbus, O.
- Dausch, Phoebe, 231 N. Main St., Dayton, O.
- Davenport, R. E., 504 New York Ave., Whiting, Ind.
- David, T. Henry, Pittsburgh, Kans.
- Davidson, A. & A. H., Lamont, Ia.
- Davidson, C. R., Rimel Bldg., Portland, Ind.
- Davidson, M. E., Brockton, Mass.
- Davidson, Rebecca R., 887 Greene Ave., Brooklyn, N. Y.
- Davidson, Wm., 246 Virginia Ave., Jersey City, N. J.
- Davies, F. T., 319 Besse Bldg., Springfield, Mass.
- Davies, Samuel, St. Louis, Mo.
- Davis, A. P., 154 W. 23rd St., Los Angeles, Cal.
- Davis, E., 120 S. Grand Ave., Los Angeles, Cal.
- Davis, E. C., 315 E. 7th St., Los Angeles, Cal.
- Davis, E. T., 319 Besse Bldg., Springfield, Mass.
- Davis, Frank L., 242-44 K. of P. Bldg., Des Moines, Ia.
- Davis, J. B., 25 New St., Newark, N. J.
- Davis, Jas. B., Lafayette Ave., Chatham, N. J.
- Davis, Jas. E., 766 Poplar St., Macon, Ga.
- Davis, J. E., 106 E. 1st Ave., Oskaloosa, Ia.
- Davis, J. E., Oskaloosa, Ia.
- Davis, John Henry, 34 Euclid Ave., Ludlow, Ky.
- Davis, J. P., Lindsay, Ont., Canada.
- Davis, O. B., 114 1/2 E. Main St., Bellevue, O.
- Davis, Russell, Orilla, Ont., Can.
- Davis, Samuel, 421 Reynolds Ave., Kittanning, Pa.
- Davis, Samuel, Altoona Trust Bldg., Altoona, Pa.
- Davis, Samuel, York, Pa.
- Davis, T. A., Dayton Beach, Fla.
- Davis, T. E., 202 I. O. O. F. Bldg., Calgary, Alb., Can.
- Davis, Thos. R., 242-244 K. of P. Bldg., Des Moines, Ia.
- Davis, Dr., Woonsocket, S. Dakota.
- Davis, W. W., 5606 Worth St., Dallas, Tex.
- Davis, W. W., 2609 Hickory St., Dallas, Tex.
- Davis, W. W., Hedrick, Ia.
- Dawson, Frances, 1007 Pierce St., Omaha, Neb.
- Dawson, Nellie, 229 W. State St., Wellsville, N. Y.
- Day, Beatrice, Hallstead, Pa.
- Dean, Clay L., Moultrie, Ga.
- Dean, Clay L., 615 Grand Bldg., Atlanta, Ga.
- Dean, G. D., 5th & Market Sts., East Liverpool, O.
- Dean, James R., Box 35, Winter Haven, Fla.
- Dean, Walter K., 808-10 Farley Bldg., Birmingham, Ala.
- Dean & Whitmore, Drs., Asheville, N. C.
- Dean, W. K., Birmingham, Ala.
- Dean, W. K., Berrien Springs, Mich.
- Dearden, Alfred, 335 E. Hight St., New Philadelphia, O.
- Dearden, Jno., 318 S. Saginaw St., Flint, Mich.
- Dearden, John, Battle Creek, Mich.
- Dearden, John, 407-8 F. P. Smith Bldg., Flint, Mich.
- De Armond, R. E., 230 S. Soto St., Los Angeles, Cal.
- Dearth, C. E., Box 28, Fairview, Okla.
- De Baun, Harry C., 134 Washington St., Paterson, N. J.
- De Baun, Harry C., 141 Myer St., Hackensack, N. J.
- De Carlo, P. R., 797 Cass Ave., Detroit, Mich.
- De Carno, Edw., Davenport, Ia.
- Decker, R. D., 639 W. 18th St., Chicago, Ill.
- Dedinsky, Louis, 4201 Maple-dale Ave., Cleveland, O.
- Dedrick, S. C., Nat'l Bank Bldg., Ronneby, Minn.
- Deeks, J. H., 529 California St., Los Angeles, Cal.
- Deem, E. E., 5521 Perkins Court, Cleveland, O.
- Deem, E. E., 1945 E. 69th St., Cleveland, O.
- Deerin, Mr. & Mrs., 964 Broad St., Newark, N. J.
- Deininger, Anton, 1416 B'way, N. E. Corner 39th St., New York, N. Y.
- Deininger, Mrs. Elvira A., 1416 B'way, N. E. Corner 39th St., New York, N. Y.
- De Jonge, Jno. J., Zeland, Mich.
- De Keyser, Amanda P., Columbia Bldg., Portland, Ore.
- Dekker, B. M., 456 W. Jefferson St., Los Angeles, Cal.
- Delk, J. W., 514 Brady St., Davenport, Ia.
- De Long, L. H., 152 S. Burdick St., Kalamazoo, Mich.
- De Long, L. H., Vicksburg, Mich.
- De Lytle, Roy, 16 State St., Rochester, N. Y.
- De Marsa, Clarence, 4th & Center Sts., Taft, Cal.
- De Mallie, Bertha, 159 Berkeley St., Rochester, N. Y.
- De Mattos, F. S., 367 Selkirk Ave., Winnipeg, Man., Can.
- Deming, L. B., 1130 Main St., Dubuque, Ia.
- Demmenwald, G. A., 4823 W. Congress St., Chicago, Ill.
- Demmitt, S. T., Hutchinson, Kans.
- De Motte, A. G., 2720 N. Richmond St., Chicago, Ill.
- Deneen, Mary, Larchwood, Ia.
- Denins, Albert G., 521 1/2 N. Broadway, Oklahoma City, Okla.
- Denis, Geo., Erskine, Minn.
- Denison E., Reuben, Dillon Bldg., Hartford, Conn.
- Denison, Harold B., Orpheum Theatre Bldg., Michigan City, Ind.
- Denlinger & Denlinger, 1317 16th St., Two Rivers, Wis.
- Denlinger, Dr. J. H., Davenport, Ia.
- Denlinger, J. H., 109 S. Riverside Drive, Elkhart, Ind.
- Dennett, Dr. Herbert E., 151 Huntington Ave., Boston, Mass.
- Dennis, Harry, 9 Odd Fellows Bldg., Greensburg, Ind.
- Dennis, R. E., West Fulton St., Edgerton, Wis.
- Denny, L. E., 3446 D St., San Diego, Cal.
- Denny, L. L., 908 Broadway Central Bldg., Los Angeles, Cal.
- Denon, L. G., 30th & Division Sts., Portland, Ore.
- Denton, H. A., 517 N. Santa Fe Ave., Pueblo, Colo.
- Denton, W. N., Loveland, Colo.
- Depew, D. M., Prole, Ia.
- Dermitt, S. W., 318 Woods Bldg., Evansville, Ind.
- Derner, Rudolph A., Battle Creek, Mich.
- Deshler, Alice Beeman, Degroff, O.
- Devena, Lena, Black Mountains, N. C.
- Devine & Devine, Redfield, S. Dak.
- Devine & Devine, Athol, S. Dak.
- Devine, A. G., Oregon, Wis.
- Devine, A. G., 843 Wellington Ave., Chicago, Ill.
- Devine, A. G., Evansville, Wis.
- Devinny, George M., 200 Lark St., Albany, N. Y.
- Devinny, Minnie S., 200 Lark St., Albany, N. Y.
- Devore, Burmise E., 202 West Ave., Los Angeles, Cal.
- De Vries, Emma, Farragut Apts., Washington, D. C.)
- De Witt, C. W., 183 Nelson Ave., St. Paul, Minn.
- De Witt, F. E., 505 Chestnut St., Burlington, Wis.
- De Witt, J. O., Port Huron, Mich.
- De Wolfe, Blanche, Altoona, Pa.
- De Wolfe, Blanche E., 12 Endly Block, Elyria, O.
- De Young, Dr. S. J., St. Charles, Ill.
- Dick, E. F., 1710 Highland Blvd., Milwaukee, Wis.
- Dick, P. F., 2710 Highland Blvd., Milwaukee, Wis.
- Dickscher, 3700 Fifth Ave., Washington, D. C.
- Dickhut, C. W., Bellevue, Ia.
- Dickie, W. A., Purcell, Mo.
- Dickinson, C. B., 338 Chamber of Commerce Bldg., Columbus, O.
- Dickinson, E. W., 5 Kreason Bldg., Hornell, N. Y.
- Dickson, N. E., 338 Security Bldg., Los Angeles, Cal.
- Dieckmann, J. E., 1705-A Union Ave., St. Louis, Mo.

- Diego, Vincent A., San Diego, Cal. (D.C.)
- Dierks & Dierks, Wahoo, Neb.
- Dierks, Geo. W., Wahoo, Neb.
- Dietz, A., 1428 Vliet St., Milwaukee, Wis.
- Dietz, Lewis H., Physicians' Bldg., Oakland, Cal.
- Dietz, W. S., 94 S. 18th St., Pittsburgh, Pa.
- Dietze, Gustave R., Wall, S. Dak.
- Dillingham, R. C., Lansing, Mich.
- Dillman, Leo E., 401-2 Daily News Bldg., Canton, O.
- Dillon, George, North Seattle, Neb.
- Dillon, John F., 279 Berkeley Ave., Bloomfield, N. J.
- Dippo, Anna E., 933 S. Adams St., Marion, Ind.
- Dirks, C. M., 110 N. Ashland Ave., Chicago, Ill.
- Dittman, Wm. C., 962 Buffin St., Milwaukee Wis.
- Ditto, Eva, 135 Ninth St., Denver, Colo.
- Ditto, Eva L., Glasgow, Mont.
- Ditto, J. F., Green Block, Great Falls, Mont.
- Ditto, Wm. L., 14 Green Block, Great Falls, Mont.
- Ditto, Wm. L., Glasgow, Mont.
- Ditto, Wm. L., Brady Island, Neb.
- Dittrich, John J., 60 Hudson Place, Weehawken, N. J.
- Dittrick, F. W., 3140 W. 90th St., Cleveland, O.
- Dixon, Edith, St. Catherines, Ont., Can.
- Dixon, Edith, Hanover, Ont., Can.
- Dixon, G. B., 510 Grand Ave., Milwaukee, Wis.
- Dixon, L. M., Wabasha, Minn.
- Dixon, Reba L., Rockville, Ind.
- Dixon, Walter A., cor. Gay & Hight Sts., Mount Vernon, O.
- Dizmond, Wm., 550 W. Matilda St., Huntington, Ind.
- Doblins, Chlora, Rogers, Ark.
- Dodd, F. T., Raymondville, Tex.
- Dodd, J. E., 36 Kearney St., Newark, N. J.
- Doerr, Jno. P., 411-13 Kirby Bldg., Saginaw, Mich.
- Dogstron, J. R., 110 Everett Bldg., Akron, O.
- Dollinger, G. W., 245 Grove St., Battle Creek, Mich.
- Dolson, Robt., 113 Biddell St. N., Wyandotte, Mich.
- Donahue, J. J., 1306 Federal Ave., Pittsburgh, Pa.
- Donnell, W. O., 241½ Main St., Ashtabula, O.
- Donnelly, John, 1625 W. Adams St., Chicago, Ill.
- Donnelly, Rose, Durant, Ia.
- Donnelly, Sarah, 155 William St., Newark, N. J.
- Donohoo, Glenn, Peabody, Kans.
- Donovan, Donald, 917 Van Nuys Bldg., Los Angeles, Cal.
- Donton, H. A., 517 N. Santa Fe Ave., Pueblo, Colo.
- Dorosh, P. J., 533 Security Bldg., Los Angeles, Cal.
- Dorsey, Anna E., 150 W. 33rd St., Los Angeles, Cal.
- Dorvan, D., Los Angeles, Cal.
- Dothage, E. A., 233 S. William St., Moberly, Mo.
- Dothage, E. A., New Franklin, Pa.
- Dothage, E. A., 325½ Thomas Ave., Shenandoah, Ia.
- Dottiel, Augusta, W., 4601 Forbes St., Pittsburgh, Pa.
- Dougherty, D. L., Phillippi, W. Va.
- Dougherty, J., Lyman County, Highland, S. Dak.
- Dougherty, J. F., Springfield, S. Dak.
- Dougherty, J. W., 303½ N. Main St., Mason City, Ia.
- Dougherty, John, Winner, S. Dak.
- Dougherty, L. & C., 56 Fort Washington Ave., New York, N. Y.
- Dougherty, M. J., 26 South Detroit St., Xenia, O.
- Doughty, Frank A., Linworth, O.
- Doughty, Jno., 23 S. 52nd St., Philadelphia, Pa.
- Doughty, W. E., S. Prospect St., Marion, O.
- Douglas, A. S., 338 Union Ave. S., Portland, Ore.
- Douglass, F. S., 600 E. 16th St., Cheyenne, Wyo.
- Douglas, L., 1317 Prairie Ave., St. Louis, Mo.
- Doutt, Edwin S., 516 Federal St., Pittsburgh, Pa.
- Douttill, A. W., Forbes & Craig Sts., Pittsburgh, Pa.
- Dove, Geo. S., 3767 W. 14th St., Oakland, Cal.
- Dovey, C. A., 1005 Market St., Youngstown, O.
- Dow, Emma L., 87 Huntington Ave., Boston, Mass.
- Dowd, E. L., Wanbay, S. Dak.
- Dowd, Ella M., Sebeka, Minn.
- Dowd, Roy L., First Nat'l Bank Bldg., Webster, S. D.
- Downman, Juanita, 503-5 Union Bldg., Anderson, Ind.
- Downer, Arthur P., 515 W. 122nd St., New York, N. Y.
- Downer, S. W., Mt. Pleasant, Mich.
- Downey, Andrew I., 206 St. Clair St., Pittsburgh, Pa.
- Downing, J. R., Box 15, Ellisville, Miss.
- Downing, L. S., Pawhuska, Okla.
- Downing, R. B., 1549 Ogden Ave., Chicago, Ill.
- Downing, R. B., 122½ N. Webb St., Webb City, Mo.
- Downs & Downs, Babcock Bldg., Billings, Mont.
- Downs, Albert Victor, Glendale, Cal.
- Downs, L. Irene, Midland City, Ill.
- Downs, Lewis Francis, Yellowstone Co., Billings, Mont.
- Doxsee, Geo. N., 403 Rysee Bldg., Toronto, Ont., Can.
- Draer, L. L., Aeolian Hall, 33 W. 42nd St., New York, N. Y.
- Drain, James R., Scott City, Kans.
- Drake, E. V., 187 N. Pearl St., Buffalo, N. Y.
- Drake, J. A., Cawker City, Kans.
- Drake, J. A., Abilene, Kans.
- Drake, O. M., Exline, Ia.
- Drake, William, 209 N. State St., Marion, O.
- Drapier, D. E., Los Taft, 707 High St., Des Moines, Ia.
- Draser, Andrew, 233 West Jefferson St., Los Angeles, Cal.
- Dresher, A. S., 1341 Walnut St., Boulder, Colo.
- Dresser, B. A., 1904 W. Van Buren St., Chicago, Ill.
- Dresser, B. A., 519 Church St., Lynchburg, Va.
- Dresser, B. J., 407 Humboldt St., Union Hill, N. J.
- Dresser, C. W., Caldwell, Idaho.
- Dresser, V. A., 601 Church St., Lynchburg, Va.
- Drews, George J., 1910 N. Harding Ave., Chicago, Ill.
- Driskell, Geo. W., Los Angeles, Cal.
- Drobny, T., 235 S. Michigan St., South Bend, Ind.
- Drumm, Carl C., 18 Arcade, Newark, O.
- Drummett, Sybil J., 99 E. Main St., Somerville, N. J.
- Drummett, Mrs. G. N., 215 N. 24th St., Lincoln, Neb.
- Drummit, S. J., Fremont, Neb.
- Drury, W. H., Bridge St., Mayville, Wis.
- Dryden, W. X., Oskaloosa, Ia.
- Duboyes, Elizabeth B., Sault Ste. Marie, Can.
- Duck, M. E., Stone Mountain, Ga.
- Duck, M. E., Mineral Park Springs, Tenn.
- Duckwell, E. D., Bunker Hill, Ind.
- Duckworth, Jas. A., 59 Perin Bldg., Cincinnati, O.
- Duckworth, Jos. A., 830 Union Trust Bldg., Cincinnati, O.
- Du Clon, C. L., 43 Buffalo St., Springfield, N. Y.
- Dudley, Isabel H., 1503 20th St., Des Moines, Ia.
- Dudley, O. Phillip, 1503 20th St., Des Moines, Ia.
- Dudney, Manuel, Jacksonville, Ill.
- Duelos, Wm., 97 Ann St., Hartford, Conn.
- Dueringer, Heinrich, 47 W. 34th St., New York, N. Y.
- Duey, Fred J., 6215 Hough Ave., Cleveland, O.
- Duey, W. P., 624 N. Electric Ave., Alhambra, Cal.
- Duff, H. J., 1428 W. Washington Blvd., Chicago, Ill.
- Duffin, Mrs. Nellie, 15 W. 3rd St., Monmouth, Ill.
- Duffield, W. A., 2 Steel Block, Winnipeg, Man., Can.
- Dugger & Dugger, 621 Walnut St., Springfield, Ill.
- Dukes & Dukes, 204 First Nat'l Bank Bldg., Corning, N. Y.
- Dukes & Dukes, Hart, Mich.
- Dukes, Lloyd E., Fastoria, O.
- Dulla, B., 3529 Harper St., St. Louis, Mo.
- Duncan, A. N., 205 E. Ontario St., Chicago, Ill.
- Dunder, Ruth E., Wauneta, Neb.
- Dunham, E. R., 819 Ferry St., Sedro-Woolley, Wash.
- Dunham, George P., 151 Huntington Ave., Boston, Mass.
- Dunlap, A. T., Woodward, Okla.
- Dunlap, H. E., Garden City, Kans.
- Dunlap, J. A., Garden City, Kans.
- Dunmore, Dr. W. K., Sterling, Ill.
- Dunn, Frank, Luddington, Mich.
- Dunn, Geo. W., 1003 Gaby Ave., East St. Louis, Ill.
- Dunn, Geo. W., 264 McKinley Ave., Salem, O.

- Dunn, Geo. W., 313 Woolner Bldg., Peoria, Ill.
Dunn, J. D., 106 W. Park St., Portland, Ore.
Dunn, Raymond, Greenwood, Ark.
Dunn, R. L., Gladstone, Ore.
Durbin, B. E., 201½ W. Center St., Warsaw, Ind.
Du Praw, Frank L., 9-10 Clover Block, Bellingham, Wash.
Durstun, C. J., Mapleton, Ia.
Durstun, C. J., Cleburne, Tex.
Dutcher, E. M., 96 Chenango St., Buffalo, N. Y.
Du Valle, Beatrice, 601 State Life Bldg., Indianapolis, Ind.
Dux, H., 112 E. 41st St., New York, N. Y.
Dwelle, Ida, 2244 Gaylord St., Denver, Colo.
Dye, A. Aug., N. Y. American Bldg., New York, N. Y.
Dye, Chas. T., 104 S. Michigan Ave., Chicago, Ill.
Dye, Julia H., 710 Park Ave., Weehawken, N. J.
Eacheston, H., Chickasha, Okla.
Eagle, R. O., 52 Genessee St., Saginaw, Mich.
Eakins, F. A., Old Curry Bldg., Windsor, Ont., Can.
Eames, M. J., 4759 Broadway, Chicago, Ill.
Earl, J. C., 201 Pantages Theatre, Los Angeles, Cal.
Earl, J. Cornelius, Pasadena, Cal.
Easton, C. W., 19 Lorain Bank Bldg., Lorain, O.
Easton, May Blanche, 436 W. 30th St., Los Angeles, Cal.
Eastwood, H. W., State & Hohman Sts., Hammond, Ind.
Eaton, A. C., Stayton, Ore.
Eaton, Chas. R., 3850 Telegraph Ave., Oakland, Cal.
Eaton, Chas. R., 4824 Telegraph Ave., Oakland, Cal.
Eaton, C. W., Lorain Blk., Lorain, O.
Eberhardt, G. A., 2840 S. 41st St., Chicago, Ill.
Eberhardt, Wm. C., 1664 Wisconsin St., Racine, Wis.
Eberhart, Emma M., Newton, Kans.
Eble, H. A., 738 Broad St., Newark, N. J.
Eckard, Harry L., 304 McClymonds Bldg., Massillon, O.
Eckenroth, Henry, 526 River Ave., Tex.
Eckerman, Geo., Prince Rupert, Ore.
Eckles, J. E., Glendale, Cal.
Ecklund, A., Charlevoix, Mich.
Eddy, C. E., 188 Water St., Santa Cruz, Cal.
Eddy, Chas. E., 137-8 Edgerley Bldg., Fresno, Cal.
Eddy, G. R., 1022 Spruce St., Philadelphia, Pa.
Edelbach, Mrs. Rosa, 119 Jefferson St., Waupaca, Wis.
Edmund & Edmund, Ames, Ia.
Edmundson, F. P., Box 271, Kiowa, Kans.
Edsall, E., 454 Central Ave., Jersey City, N. J.
Edward, L. R., 410 Bumiller Bldg., Los Angeles, Cal.
Edwards, J. C., Suite 445, Hayes Bldg., Brainerd, Minn.
Edwards, L. W., 2238 Farnum St., Omaha, Neb.
Edwards, Dr. Arthur, 1141 Lake St., San Francisco, Cal.
Edwards, Dr., c/o Chicago Dental Parlor, Peoria, Ill.
Edwards, Mrs. E. C., 715 E. 8th St., Oklahoma City, Okla.
Edwards, E. V., Knoxville, Tenn.
Edwards, Frank, Wagoner, Okla.
Edwards, H. A., La Fayette, Ind.
Edwards, H. W., 1237 Linden Ave., Long Beach, Cal.
Edwards, John, 1109 Sherman Ave., Pittsburgh, Pa.
Edwards, Jos. M., Climax Springs, Mo.
Edwards, L. W., 244 Farnam St., Omaha, Neb.
Edwards, Phoebe A., Wagoner, Okla.
Efford, William M., 11215 Longwood Drive, M. Pk., Chicago, Ill.
Egan, F. W., Masonic Bldg., Tremont, O.
Egan, H. M., 308 Nasby Bldg., Toledo, O.
Egan, Junia, Liberty, Ind.
Egan, Joseph M., 52 Front St., Munroe, Mich.
Egan, K. F., 310-12 Prudden Bldg., Lansing, Mich.
Egan, T. W., 112½ Front St., Tremont, O.
Egan, Thos. W., 330 Nasby Bldg., Toledo, O.
Egan, Thos. W., Fremont, O.
Egbert, Ellis, Main & Seneca Sts., Alliance, O.
Eggers, Carl, Hammond, La.
Eglinton, Laura B., 100 N. C. St., Arkansas City, Kans.
Eichel, C. W., St. Clare Bldg., Marietta, O.
Eikler, Lillie, 221 W. Euclid Ave., King Fisher, Okla.
Eilersficken, F. B. C., Panaca, Nev.
Eisenbacher, Paul, West Brooklyn, Ill.
Eisenbacher, Paul, Wesley, Ia.
Eisenman, L. E., 314 Lyric Bldg., Cincinnati, O.
Eitman & Kirkpatrick, Lancaster, Cal.
Ekdall, A. B., Key City Hotel, Cheyenne, Wyo.
Eldridge, Geo. W., 64½ Gluck Bldg., Niagara Falls, N. Y.
Eldridge, W. B., 29 N. Colony St., Meriden, Conn.
Eldridge, W. B., 212 S. Union St., Olean, N. Y.
Eldridge, W. B., 365 Whalley Ave., New Haven, Conn.
Elgarten, M., 362 Kearny St., San Francisco, Cal.
Elkins, Harry D., 305-7 Johnson Bldg., Muncie, Ind.
Elliot, Frank W., 828 Brady St., Davenport, Ia.
Elliot, G. E., Elk City, Okla.
Elliot, C. H., Leedy, Okla.
Elliot, F. W., 800-34 Brady St., Davenport, Ia.
Elliot, G. C., 401 Southern Bldg., Wilmington, N. C.
Ellis, Egbert, Main & Seneca Sts., Alliance, O.
Ellis, H. B., 11 S. Warren St., Trenton, N. J.
Ellis, Howard G., 6240 Cottage Grove Ave., Chicago, Ill.
Ellis, Leo L., 137 Joralemon St., Brooklyn, N. Y.
Ellis, S. E., Moorhead, Minn.
Ellison, Eugene, 150 Perry St., Fostoria, O.
Ellison, Eugene E., Main St., Fostoria, O.
Ellwood, Mary A., 346 W. 47th St., Los Angeles, Cal.
Ellyson, S. M., Vinton, Ia.
Ellyson, S. M., Issenbuth Block, Redfield, S. D.
Elright, J. E., 216 Hogan St., Jacksonville, Fla.
Elzman, E., R. F. D. No. 1, Elvin, Mo.
Elzman, E. H., Spencer, Ia.
Elwood, Mary A., 346 W. 47th Place, Los Angeles, Cal.
Elwood, E. W., 1150 Prospect Ave., Cleveland, O.
Elwood, Mary A., 346 W. 47th Place, Los Angeles, Cal.
Ely, A. R., Waynesboro, Va.
Ely, A. R., 308 Safety Bldg., Rock Island, Ill.
Ely, Blondine W., Waynesboro, Va.
Embree, J. S., Fremont, Neb.
Emerson, D. A., 316 George St., York, Pa.
Emery, Mrs. Flora, Huntington Ave., Boston, Mass.
Emmonds & Emmonds, Washington Court House, O.
Emmons, E. J., Westville, Okla.
Emmons, George C., Washington City Heights, O.
Emmons, G. Clyde, Burr Oak, Mich.
Emmons, G. E., Washington Court House, O.
Enestvedt, Sophia, 2337 Milwaukee Ave., Chicago, Ill.
Enestvedt, John, 2337 Milwaukee Ave., Chicago, Ill.
England, Archibald, 108 S. 7th St., Terre Haute, Ind.
England, Archie, Salida, Colo.
Engle, Edward, 403 Hamberger Bldg., Los Angeles, Cal.
Engle, Isaiah T., Canton, O.
Englehart, George, Chicago, O.
Englert, A. M., 71 Broad St., Red Bank, N. J.
English, Leonard H., Woodward Bldg., Washington, D. C.
English, T. H., 11 Perry St., Woodstock, Can.
Engstrom, Beda E., Saint Joseph, Mich.
Ensch, Leon, Lakota, N. Dak.
Ensch, Leon, New Rockford, N. D.
Ensign, Mrs. A. G., Hawarden, Ia.
Eperly, Pearl, Montrose, Colo.
Erickson, Emma, 316½ W. 2nd St., Los Angeles, Cal.
Erickson, O., Sioux Falls, S. Dak.
Erickson, O. J., 201 Smitt Blk., Sioux Falls, S. Dak.
Erickson, P. E., 234 Constitution Bldg., Salt Lake City, Utah.
Erwin, R. J., Northern Crown Bank Bldg., Vancouver, B. C., Can.
Erz, A. A., 1774 Sutter St., San Francisco, Cal.
Escher, Emma S., Victor, Ia.

- Esslinger, E. E., Mason City, Ia.
- Estes, J. C., 2016 E. 15th St., Oakland, Cal.
- Eteson, Arthur D., 49 Aughton Rd., Berkdale, Southport, Eng.
- Eubert, Fred, 1221 Broadway, Denver, Colo.
- Evans, 333 S. Dearborn St., Chicago, Ill.
- Evans, D. L., Adair, Ia.
- Evans, Jno., 49 S. Main St., Wilkes Barre, Pa.
- Evans, Marshall, Hackett, Ark.
- Evans, Marshall O., Midland, Ark.
- Evans, Mrs. Nora J., 7107 Idlewild St., Pittsburgh, Pa.
- Evans, Oscar, Midland, Ark.
- Evans, William, 280 Smith St., Winnipeg, Manitoba, Can.
- Evans, W. S., 211 Wallace Bldg., Pittsburgh, Pa.
- Evans & Evans, 227 Howard St., Union City, Ind.
- Evoyn, Jobling, Asselin Block, Calumet, Mich.
- Evoyn, J. N., Sault Ste. Marie, Can.
- Ewald, Emilie, 2300 Prairie Ave., Chicago, Ill.
- Ewing, A. H., 205 Scott Bldg., Salt Lake City, Utah.
- Ewing, A. W., Latrobe, Pa.
- Eynon, John, Market Square, Steubenville, O.
- Faber, E. R., Cor. Main & Church Sts., Ashland, O.
- Fairley, J. M., Arrott Bldg., Pittsburgh, Pa.
- Fairlie, J. H., 512 Todd St., Wilkesburg, Pa.
- Fairweather, W. E., Deadwood, S. Dak.
- Fallon, M. M., 1614 La Salle Ave., Chicago, Ill.
- Fallott, J. F., Barnes Bldg., Suite 309, Wichita, Kans.
- Fanchett, Dr., Angola, Ind.
- Fargo, F. H., Racine, Wis.
- Farmer, E. C., Lansing, Mich.
- Farnand, C. J., Finley, N. D.
- Farnand, M. F., 52 Security Bldg., Grand Forks, N. D.
- Farnand, M. J., Bottineau, N. Dak.
- Farnsworth, John, 637 Chamber of Commerce Bldg., Los Angeles, Cal.
- Farnsworth, L. E., Auerbach Bldg., Salt Lake City, Utah.
- Farr, A. E., 852 Oakwood Ave., Toledo, O.
- Farfar, Walter E., Valparaiso, Ind.
- Farrington, J. L., 320 Marion Bldg., Marion, Ind.
- Fash, G. F., Metamora, O.
- Fassett & Fassett, Youngstown, O.
- Faust, Mrs. B. Challis, 130 S. 15th St., Philadelphia, Pa.
- Faust, Clara A., 305 N. 5th St., Watertown, Wis.
- Fawcett, Nora, 310 W. 65th St., Chicago, Ill.
- Feardon, T. J., 4 E. North St., Pittsburgh, Pa.
- Fearon, E. T., 421 7th Ave., Pittsburgh, Pa.
- Fechtig, St. George, 37 Madison St., New York, N.Y.
- Fegley, Geo. W., Carroll, Ia.
- Fehl, Carrie, 145 South St., Jersey City, N. J.
- Fehr, E. P., 5803 Superior Ave., Cleveland, O.
- Fehr, E. P., Cambridge, O.
- Feige, E. W., Woonsocket, S. Dak.
- Fellow, Blanche, 702 Conover Bldg., Dayton, O.
- Fellow, L. N., 702 Conover Bldg., Dayton, O.
- Fellroth, Basil, Los Angeles, Cal.
- Felper, J. N., 833 S. State St., Chicago, Ill.
- Felt, A. F., 1801 Jackson Bldg., Chicago, Ill.
- Feltus & Bender, 106-7 McDiarmid State Bldg., Aberdeen, S. D.
- Felumlee, Mrs. C. V., 1128 Gamber Ave., Cambridge, O.
- Felzer, David, 926 S. Marshfield Ave., Chicago, Ill.
- Femulle, C. N., 1128 Corner Ave., Cambridge, O.
- Fenimore, Dr. B. B., 50th & Market Sts., Philadelphia, Pa.
- Fennel, F. S., 25 W. 65th St., New York, N. Y.
- Fennell, Elizabeth E., 15 Montgomery Ave., Pittsburgh, Pa.
- Fenner, J. L., 33 Federation Bldg., Hornell, N. Y.
- Fenner, J. L., 304 Main St., Hornell, N. Y.
- Fenter, Mrs. L. M., Nat'l Bank Bldg., Springfield, Mo.
- Fenter & Fenter, Landers Theatre Bldg., Springfield, Mo.
- Fenton, Eva J., St. Catherine's, Ont., Can.
- Fenton, Laura E., Washington, Ia.
- Ferguson, E. W., 115 York St., New Haven, Conn.
- Ferguson, Hugh, Guthrie, Okla.
- Ferguson, M. B., 110 Jefferson St., Rooms 10-12, Roanoke, Va.
- Ferguson, S. K., Merville, Ia.
- Ferguson, Wm. F., Sivan St., Washington, D. C.
- Ferrand, C. L., Creston, Ia.
- Fessel, Dr. E., Manning, Fla.
- Fessel, Mrs. Phena, Wild Horse, Colo.
- Fessel, Phena C., Manning, Ia.
- Fete, Luther B., 1407 Allison St., Washington, D. C.
- Fett, A. F., 1801 Jackson Blvd., Chicago, Ill.
- Fetterman, A. L., Central City, Nebr.
- Fetters, M. B., Rooms 3-4, Hesler Bldg., Veedersburg, Ind.
- Fewell, A. B., 504 Watson St., Ripon, Wis.
- Fewell, A. B., Ottawa, Can.
- Fewell, K. B., 844 Watson St., Ripon, Wis.
- Fey, L. M., Weldon Springs, Mo.
- Fey, L. M., Chancellor, S. Dak.
- Field, A. E., 532 Altman Bldg., Kansas City, Mo.
- Field, D. J., 208 W. Main St., Marion, Ohio.
- Field, Nora, 208 W. Main St., Marion, Ohio.
- Field, P. T., 115½ W. Main St., Galion, Ohio.
- Fierstead, J. F., Summit, S. Dak.
- Fiest, W. L., Hartley, Ia.
- Fillinger, C. A., 630 Woodward Ave., Pittsburgh, Pa.
- Finch, F. E., Parkston, S. Dak.
- Finch J. T., 122-4th Ave., Urban Bldg., 506 Republic Bldg., Louisville, Ky.
- Fineman, Dr. Harry, 1338 N. Franklin St., Philadelphia, Pa.
- Fink, G. A., Headrick, Okla.
- Finkelstein, A. A., 97 Ann St., Hartford, Conn.
- Finkelstein, Sam'l, 207 W. 110 St., New York, N. Y.
- Finkhausen, F. W., S. Washington St., Van Wert, O.
- Finkhausen, W. F., 22½ Monroe St., Decatur, Ind.
- Finley, E. P., Byesville, O.
- Finley, J. E., 2510 Lisbon Ave., Milwaukee, Wis.
- Finn, L. E., Saint Joseph, Mich.
- Finn, Louis E., 30½ S. 7th St., Terre Haute, Ind.
- Finnen, E., 45 W. 34th St., New York, N. Y.
- Finseth, Anna M., Kenyon, Minn.
- Finseth, Anna M., Silverton, Ore.
- Firth, John W., Realty Bldg., Cadillac, Mich.
- Firth, J. N., 828 Brady St., Davenport, Ia.
- Fischer, Clara E., Vinton, Ia.
- Fischer, H. M., Vinton, Ia.
- Fischer, John A., Otis Bldg., 16th and Sansom Sts., Philadelphia, Pa.
- Fish, Ella S., Garner, Ia.
- Fisher, D., State Savings Bank Bldg., Butte, Mont.
- Fisher, H. Wallace, 512 5th Ave., Pittsburgh, Pa.
- Fisher, J. Clyde, Vicksburg, Mich.
- Fisher, Joseph, Davenport, Ia.
- Fisher, Myrtle N., Vicksburg, Mich.
- Fisher, Ray L., 306 Ferry St., Hartford, Conn.
- Fitch, R. L., 4940 W. Kinzie St., Chicago, Ill.
- Fite, M. S., 405½ Main St., Lewiston, Idaho.
- Fitz, Chas. B., 839 Freeland St., Pittsburgh, Pa.
- Fitzgerald, Bess, Greenwood, Ark.
- Fitzgerald, F. W., Bowling Green, Mo.
- Fitzgerald, Frank W., Casey, Ia.
- Fitzgerald, Jno., Hackett, Ark.
- Fitzgerald, J. A., Tonkawa, Okla.
- Fitzgerald, J. W., Antlers, Okla.
- Fitzsimmons, W. Warren, Grand Rapids, Mich.
- Fitzstad, T. E., Route 2, Barron, Wis.
- Fitzstad, T. E., Rice Lake, Wis.
- Fjerestad, J., Sisselton, S. D.
- Flagel, L. H., Osterdock, Iowa.
- Flagel, L. H., 913 N. Eighth St., Sheyboan, Wis.
- Flaherty, W. T., 305-6 Howe's Bldg., Clinton, Ia.
- Flaherty, Wm. J., 253 Odgen St., Jersey City, N. J.
- Flanagan, Francis N., Prudden Bldg., Lansing, Mich.
- Flanigan, G. L., 524 Penna Ave., Pittsburgh, Pa.
- Flawith, F., 223 W. 2nd St., Los Angeles, Cal.
- Flaws, Robert, 448 Ridge Way, Los Angeles, Cal.

- Fleak, Gertrude, 62 Oxford St., Hamilton, Ont., Can.
 Flegel, L. H., 913 N. 8th St., Sheboygan, Wis.
 Fleisher, Karl, Rooms 414-15 503 Fifth Ave., New York, N. Y.
 Fleming, Irving, Knill Bldg., Port Huron, Mich.
 Fleming, J. H., 1603 Marshall St., Davenport, Ia.
 Fleming, S. D., Knill Bldg., Port Huron, Mich.
 Fleming, Nellie R., Cleburne, Texas.
 Fletcher, Mrs. Alex., R. F. D. No. 2, Orange, Cal.
 Fletcher, W. H., Unionville, Mo.
 Flick, Elizabeth, 204 Scribner St., Du Bois, Pa.
 Flick, Jas. R., 724 Hamilton St., Allentown, Pa.
 Flick, James R., 46 Washington Ave., Collingwood, N. J.
 Flink, G. A., Headrick, Okla.
 Flower, Andrew G., 3622 Lorain Ave., Cleveland, Ohio.
 Flower, A. H., 101 St., Botolph St., Boston, Mass.
 Flower, M. E., 501 Farmers Trust Bldg., South Bend, Ind.
 Fluegel, A. B., Charles City, Ia.
 Foley, Horace P., 519 W. 4th St., Davenport, Ia.
 Foley, Wm. R., 272 Main St., New Britain, Conn.
 Foltry, Mrs. C., 3349 Tejon St., Denver, Col.
 Folts & Folts, 2639 Peach St., Erie, Penn.
 Fonger, Edwin S., 3831 W. 25th St., Cleveland, O.
 Fonths, L. H., 733½ Garrison Ave., Ft. Smith, Ark.
 Foord, E. J., 327 E. Spruce St., Sault Ste. Marie, Mich.
 Foote, Arthur M., 509 Broadway Bldg., Los Angeles, Cal.
 Force, Wilbur, Jackson, Mich.
 Ford, W. W., 7312 Colonial Savings & Trust Co., Columbus, O.
 Forrester, J. I., Holtville, Cal.
 Fortier, J. B., Davenport, Ia.
 Fortin, Edwin C., Cresco, Ia.
 Fossler, W. C., Sterling, Ill.
 Foster & Foster, St. Clair, Minn.
 Foster, C. E., 337 St., James Bldg., Jacksonville, Fla.
 Foster, Chas. L., Patterson Bldg., Flint, Mich.
 Foster, F. A., Masonic House, Springfield, Ohio.
 Foster, Frank A., Box 706, St. Augustine, Fla.
 Foster, Louis, 126 Grace St., Syracuse, N. Y.
 Foster, B. W., 201 S. Main St., Carrollton, Mo.
 Foster, H. J., Hastings, Neb.
 Foster, Mrs. Pearl, Washington, Okla.
 Foster, Mrs. R. A., Mollie, Los Angeles, Cal.
 Foster & Kellogg, Hastings, Neb.
 Fowle, J. J., Ionia, Mich.
 Fowler, Miss F. I., 1226 D St., N. E., Washington, D. C.
 Fowley, W. R., 272 Main St., New Britain, Conn.
 Fox & Fox, 414 Dryden Bldg., Flint, Mich.
 Fox, J. A., Wingham, Ont. Can.
 Fox, Warren F., 786 Sunset Ave., Pasadena, Cal.
 Foy & Foy, 716 Kansas Ave., Topeka, Kans.
 Foy, A. C., 716 Kansas Ave., Topeka, Kans.
 Foy, Anna M., Pres. Kansas State Board of Chiropractic Examiners, Denison, Kans.
 Foy, Harry L., 674-6 Hellman Bldg., Los Angeles, Cal.
 Foy, Raymond C., 217 San Marcos Bldg., Santa Barbara, Cal.
 Fradsham, F. B., 220 S. State St., Chicago, Ill.
 Fradsham, W. F. B., 220 S. State St., Chicago, Ill.
 Fradsham, W. F. A., 718 W. 63rd St., Chicago, Ill.
 France, W. N., Cor. Church & Main Sts., Ashland, O.
 Francis, G. R., 10221 Prospect Ave., Chicago, Ill.
 Francis, G. R., 18 New Zimmerman Bldg., Springfield, Ohio.
 Francis, Thomas, 94 E. Washington St., South Norwalk, Conn.
 Frank, G. H., Alva, Okla.
 Frank, G. H., San Jose, Cal.
 Frank, L. Wilson, 423 Exchange Bldg., Los Angeles, Cal.
 Frank, Mrs. M., 975 S. Somerset St., Ottawa, Ont., Can.
 Frank, Sada, Russell, Kans.
 Frank, Sade H., Utica, Kans.
 Franke, Marie L., Second Nat'l Bank Bldg., Pittsburgh, Pa.
 Frankowsky, Erich, 3550 W. Monroe St., Chicago, Ill.
 Frantz, Glen F., North Side Square, Noblesville, Ind.
 Fraser, Lillian, Glick Bldg., Berlin, Ont., Canada.
 Fraser, Lillian M., 96 King St., Weber Block, Berlin, Ont., Can.
 Fraser, W. P., 24 Alex Ave., Detroit, Mich.
 Fravek, Mildred, Kingsley, Kans.
 Frazer, F. C., 117 Division St., Elkhart, Ind.
 Frazier, E. L., Brookfield, Mo.
 Fredericks, Egbert, 63 East 8th St., Holland, Mich.
 Frederick, R. W., Westcott Bldg., New Philadelphia, Ohio.
 Fredging, Jones, 801 6th St., Greeley, Colo.
 Fredling & Fredling, 901 6th St., Greeley, Colo.
 Freeborn, Thos. J., 527 Jarvella St., Pittsburgh, Pa.
 Freeborn, Thos. J., 405 May Bldg., Pittsburgh, Pa.
 Freel, J. E., 748 S. 15th St., Newark, N. J.
 Freel, Jas. S. F., Littleton Ave., Newark, N. J.
 Freenor, F. J., Col. Hudson Bldg., Ogden, Utah.
 Freese, Benj. J., Gresham, Ore.
 Freese, Benj. J., 627½ Lind St., Quincy, Ill.
 French, J. A., 1127 W. 18th St., Los Angeles, Cal.
 French, S. C., Birnamwood, Wis.
 French, W. G., 1610 Mallers Bldg., Chicago, Ill.
 Frey, B. C., Decatur, Ind.
 Frey, Hugh, Linesville, Pa.
 Friedlein, N. F., Dubuque, Ia.
 Friezen, I. H., Henderson, Neb.
 Frisby, Earl E., Butler, Ind.
 Fritsch, A. W., 13 Elliott Ave., Syracuse, N. Y.
 Fritz, Ada Christine, 233 Gregory St., Rochester, N. Y.
 Fritz, A. E., 315 Del Norte St., Colorado Springs, Colo.
 Fritz, Matilda J., 233 Gregory St., Rochester, N. Y.
 Fritz, W. Wallace, 1600 Summer St., Philadelphia, Pa.
 Fritz & Fritz, 208 Masonic Temple, Denver, Colo.
 Froude, Chas. C., 209-12 Warren Bldg., 260 Fair St., Kingston, N. Y.
 Frutiger, Ernest, Ottawa, Ill.
 Frutiger, E. C., Carrell, Ia.
 Frutiger, E. C., Greenfield, Iowa.
 Frutiger, G., Boone, Ia.
 Frutiger, Godfrey, Carroll, Ia.
 Fry, B. C., Huntington, Ind.
 Fuchs, L., Box 185, Butler, N. J.
 Fugate, E. P., Argos, Ind.
 Fuller, Leroy E., 523 Meridian Life Bldg., Indianapolis, Ind.
 Fuller, Victor, 39½ Queen St., Niagara Falls, Can.
 Fuller, Victor, 204 St. Paul St., St. Catherine, Ont.
 Fuller & Zandeen, Plainview, Neb.
 Fullmer, Jacob, 3511 S. Grand Ave., St. Louis, Mo.
 Fulton & Edwards, 10 New Sharp Bldg., Lafayette, Ind.
 Fulton & Fulton, Klamath Falls, Ore.
 Fulton & Fulton, 108 S. Church St., Salem, Ore.
 Fulton, Margaret E., Denair, Cal.
 Fulton, Robt., Saint Joseph, Mich.
 Fulton, W. F., Denair, Cal.
 Fulrath, Wesley, Farmers' State Bank Bldg., Waukesha, Wis.
 Funk, H. F., 1138 E. 63rd St., Chicago, Ill.
 Funk, Otto, Shelbyville, Ky.
 Furguson, E. W., 115 York St., New Haven, Conn.
 Furst, O. J., 1335 W. 37th Place, Los Angeles, Cal.
 Gaard, C. B., Fort Dodge, Iowa.
 Gaard, Chris., Estherville, Ia.
 Gabbert, Harry, New London, Ia.
 Gabler, J. F., 234 S. Boulevard, Oak Park, Ill.
 Gabriel, J. M., 718 Kansas Ave., Topeka, Kans.
 Gadbors, L. F., 422 E. 40th St., Chicago, Ill.
 Gage, Geo. B., 305 North Main St., Barre, Vt.
 Gage, H. W., 3 Couch St., Plattsburg, N. Y.
 Gage, T. Mae, 305 North Main St., Barre, Vt.
 Gage, W. A., 49-A Dover St., Albany, N. Y.
 Gage, Winfred B., 325 Gryphon Bldg., Rutland, Vt.
 Galatian, H. B., 4151 Grand Ave., Chicago, Ill.
 Galbraith & Galbraith, 623 Bathurst St., Toronto, Ont.
 Galbraith, A., 130 S. Fairmount Ave., Pittsburgh, Pa.
 Galbraith, J. C., Clarion, Pa.
 Galbraith, W. J., Orillia, Ont.
 Gale, Minnie, 2715 Stevens Ave., Minneapolis, Minn.
 Galeener, Elsie B., 320 E. 8th St., Oklahoma City, Okla.
 Gales, A. A., Sauk Center, Minn.

- Gallaher, Ernest, Charles-town, Ark.
 Gallaher, Dr. Harry, 221 E. 8th St., Oklahoma City, Okla.
 Gallaher, Harry, Greenwood, Ark.
 Gallaher, Harry, 2401 Scott St., Little Rock, Ark.
 Gallaher & Long, 401-2 Frisco Bldg., Joplin, Mo.
 Gallamore, J. T., 508 Main St., Fremont, Neb.
 Galop, John, Searles Bldg., Monmouth, Ill.
 Gamble & Gamble, Gandy, Neb.
 Gamble, Harley E., Davenport, Ia.
 Garbisch, Erwin H., 410 Brown Bldg., Washington, Pa.
 Garcia, Alberto E., Los Angeles, Cal.
 Garey, C. M., Lemmon, S. D.
 Garland, Dr. M. B., Welland, Ont., Can.
 Garman, Delbert, 1111 Ludington St., Escanaba, Mich.
 Garman, George C., 307 Rodgers Ave., Pittsburgh, Pa.
 Garman, J. W., Muskegon, Mich.
 Garner, Mrs. R. J., 504 Snell Bldg., Ft. Dodge, Ia.
 Garren, Earl G., 220 So. Green St., Crawfordsville, Ind.
 Garren, W., 220 S. Green St., Crawfordsville, Ind.
 Garrihart, Edward R., 2333 Milwaukee Ave., Chicago, Ill.
 Garsage, H. P., 1100 Kansas Ave., Topeka, Kans.
 Garstick, Jos., 22 Maple Ave., Niles, Ohio.
 Garstick, Jos., Cor. Main and Mill Sts., Niles, O.
 Gartner, J. C., Moffat, Colo.
 Garvin, Jas. E., Box 135, Grand Valley, Ont. Can.
 Garvin, James E., 703 Osborne St., 161 Columbus Ave., Sandusky, O.
 Garvin, Sophia P., 914 Washington St., Sandusky, O.
 Garwin, Dr., Paradise Valley Sanatorium, National City, Cal.
 Gass, C. A., 10513 Lee Ave., Cleveland, Ohio.
 Gates, B. A., 617 John St., Little Falls, N. Y.
 Gates, E. H., 222 Percy St., Flushing, L. I.
 Gates, J. Menzo, 702 Cornice St., Sault Ste. Marie, Mich.
 Gates, Leslie, General Delivery, Gary, Ind.
 Gates, Mabel, Saginaw, Mich.
 Gates, Marie L., 222 Percy St., Flushing, L. I., N. Y.
 Gates, Roy T., Ayrshire, Ia.
 Gaughan, P. W., 309-10 Clarence Bldg., 61 Euclid Ave., Cleveland, Ohio.
 Gaughan, P. W., 8424 Hough Ave., Cleveland, Ohio.
 Gauld, W. C., Hicksville, Ohio.
 Gaumer, H. W., Blackfoot, Idaho.
 Gaunt, P. D., Kansas City, Kans.
 Gaunt, P. T., Kechi, Kans.
 Gaylord, Bertha J., 61 Park Boulevard, Detroit, Mich.
 Gaylord, Bertha J., 132 Church Ave., Detroit, Mich.
 Gaylord, C. M., Montpelier, Idaho.
 Gearhardt, L. L., Brocksville, Ont., Can.
 Gearhardt, L. L., 54 Ketchum Place, Buffalo, N. Y.
 Gearhart, L. L., 52 W. Chipewa Ave., Buffalo, N. Y.
 Gebhardt, Arthur, Fond du Lac, Wis. (D.C.)
 Gebhardt, Arthur, 221 Laflin St., Chicago, Ill.
 Gebler, J. T., 234 S. Boulevard, Oak Park, Ill.
 Geddis, L., Valentine, Neb.
 Gedge, Edna, 2714 Normandie Ave., Los Angeles, Cal.
 Geese, L. C., 553½ Main St., Coshocton, Ohio.
 Gehrs, John G. O., 221 Angelique St., Weehawken, N. J.
 Geiser, Stephen J., 39 North Ave., New Rochelle, N. Y.
 George, E. W., 997 Lake View Road, Cleveland, Ohio.
 George, Mrs. Marion, Columbus, Ohio.
 Gerber & Gerber, 625 Columbia Bldg., Cleveland, Ohio.
 Gerber, Fred E., 122-124 Colonial Arcade, Cleveland, Ohio.
 German, Geo. C., 146 6th St., Pittsburgh, Pa.
 Germane, C. D., Moscow, Idaho.
 Germann, Frank A., 612 Syms St., W. Hoboken, N. J.
 Gernhardt, 726 East Adams St., Los Angeles, Cal.
 Gerrie, W. M., 222 Boston Bldg., Pasadena, Cal.
 Gesner, C. E., 103 Atwater Terrace, Springfield, Mass.
 Gibson, J. H., 1114 W. 3rd St., Dayton, O.
 Gibson, Frank E., 927 I St. N. W., Washington, D. C.
 Gibson, Mrs. Margaret, Lindsbarg, Kans.
 Gibson, W. A., New Haven, Conn.
 Gibson, W. D., 938 Chapel St., New Britain, Conn.
 Giffey, Otto E., Owosso, Mich.
 Giffey, R. E., 228 W. Hight St., New Philadelphia, O.
 Gilard, Harry S., 1164 East 105th St., Cleveland, Ohio.
 Gilbert, Clyde C., 78 Rich Bldg., Caldwell, Idaho.
 Gilbert, Spencer, 1631 Brush St., Detroit, Mich.
 Giles, J., 330 Madison Ave., Covington, Ky.
 Giles, Joel T., Enid, Okla.
 Gilkerson, J. E., 403 Hamberger Bldg., Los Angeles, Cal.
 Gilkerson, J. K., 1101 Marsh-Strong Bldg., Los Angeles, Cal.
 Gilkey, Mrs. L., 122½ S. Market St., Wichita, Kans.
 Gill, Mrs. C., Lohrville, Ia.
 Gill, Helen, Farmers' Loan & Trust Bldg., Tipton, Ind.
 Gillingham, W. P., 11th St. & Central Ave., Los Angeles, Cal.
 Gilmore, G. H., Red Wing, Minn.
 Gilmour, Harry C., 163 Dearborn St., Buffalo, N. Y.
 Glenn, L. O., Alleghany Station, Va.
 Girling, Minnie, Great Bend, Kans.
 Girling, M., 201 S. Main St., Wichita, Kans.
 Giroux, E. G., 28 W. Utica St., Buffalo, N. Y.
 Giroux, Elizabeth J., Marsh Bldg., Pontiac, Mich.
 Giss, A. J., 208 Lowry Annex, St. Paul, Minn.
 Gitzen, G. R., 1198 Gratiot Ave., Detroit, Mich.
 Glaescher, Alma, 2058 Elm St., Norwood, Ohio.
 Glans, G. D., 522 Germania Bldg., Milwaukee, Wis.
 Glasgow, J. Rupert, Wood Block, Manitowoc, Wis.
 Glassgow, J. R., Manitowac, Wis.
 Gleichman, Wm., 1457 Broadway, New York, N. Y.
 Glidden, Duvelle, 1550 Third St., San Diego, Cal.
 Glider, W. H., Onawa, Fla.
 Gloeckler, A. C., Marion, S. Dak.
 Glover, J. C., Poteau, Okla.
 Glover, J. C., West Blockton, Ala.
 Glover, N. C., Wardman Courts West, Washington, D. C.
 Glover, Wm., 304 North Ave. A, Canton, Ill.
 Glurley, J. T., Paragould, Ark.
 Gnothus, Herman A., 200 Mohawk St., Chicago, Ill.
 Goble, Mae D., 438-39 Weiss Bldg., Beaumont, Tex.
 Goble, Ross G., 438-39 Weiss Bldg., Beaumont, Tex.
 Goddie, Louie, Valentine, Neb.
 Godfrey, A. S., 105 N. State St., Belvidere, Ill.
 Goetz, W. C., Box 1046, Pensacola, Fla.
 Goettler, 464 N. Fair Oaks Ave., Pasadena, Cal.
 Goff, Mary, 1600 N. McKinley St., Oklahoma City, Okla.
 Gogel, W., 7 N. Main St., Marshalltown, Ia.
 Goin, Frank, 4447-a Nebraska Ave., St. Louis, Mo.
 Golding, Jas., 5604 S. Boulevard, Chicago, Ill.
 Goldstein, Israel A., 1 E. 117th St., New York, N. Y.
 Goleaner, Elsie B., 500 W. 9th St., Okla. City, Okla.
 Gonyer, C. H., Bowling Green, Ohio.
 Gonyer, C. H., 222-24 Nasby Bldg., Toledo, Ohio.
 Gonz, Michael, 36 Mygott St., Binghamton, N. Y.
 Good, J. F., Conway Springs, Kans.
 Good, Ruth, Kaw City, Okla.
 Goode, George W., 687 Boylston St., Boston, Mass.
 Goodfellow, J. C., 20 Park Ave., Guelph, Ont., Canada.
 Goodheart, Geo. J., 35 Harper Ave., Detroit, Mich.
 Goodheart, Geo. J., 209 Medbury Ave., Detroit, Mich.
 Goodheart, M. H., 221 N. 6th St., Coshocton, Ohio.
 Goodman, M. H., 5451 S. Ashland Ave., Chicago, Ill.

- Goodman, Wm. A., 506-8 Robinson St., Tulsa, Okla.
- Goodsell, F., 115 N. 9th St., Michigan City, Ind.
- Goodsell, F. L., 627 Senbrun Ave., Grand Rapids, Mich.
- Goodwin, Dana, Menlo, Ia.
- Goodwin, J. L., Fullerton, Cal.
- Gorby, W. R., 111½ W. Main St., Oklahoma City, Okla.
- Gordes, H. C., 67 Walworth Ave., Delavan, Wis.
- Gordon, James A., Davenport, Ia.
- Gordon, James A., Phoenix, N. Y.
- Gordon, Joseph, Rockford, Ill.
- Gordon, Leroy M., Box 120, Montpelier, O.
- Gordon, Leroy M., 514 Brady St., Davenport, Ia.
- Gore, M. E., 600 Main St., E. Orange, N. J.
- Gorham, Marie, Moscow, Idaho.
- Gosnell, Frank I., Ft. Smith, Ark.
- Goss, Chas. A., 10513 Lee Ave., Cleveland, Ohio.
- Goucher, John F., 5308 Gertrude St., Pittsburgh, Pa.
- Gould, Floyd C., 2 Hancock St., Binghamton, N. Y.
- Gould, W. C., Hicksville, Ohio.
- Gourly, J. L., Paragould, Ark.
- Gowley, Jas., Collinsville, Okla.
- Grack, Miss W., 1247 Hustings St., Chicago, Ill.
- Gradwell, Chas. G., 715 Walnut St., Elmira, N. Y.
- Graham, Alfred D., London, Ont. Canada.
- Graham, Artie May, 242 Powell St., San Francisco, Cal.
- Graham, Caroline E., 437½ Beaver St., Sewickley, Pa.
- Graham, Chas. E., Ferguson, Ont.
- Graham, Herbert C., Santa Monica, Cal.
- Graham, H. C., 2146 Duane St., Los Angeles, Cal.
- Graham, Jno. D., Box 93, Argyle, Wis.
- Graham, J. F., Marion, Ind.
- Grambow, Emil, 37 Lent Ave., Hempstead, L. I.
- Gran, Mrs. Nellie F., 133 Syracuse St., Pittsburgh, Pa.
- Grank, Otis E., Viroque, Wis.
- Grannis, Josephine, 6214 Superior Ave., Cleveland, Ohio.
- Grant, Roswell D., 207 Mt. Prospect Ave., Newark, N. J.
- Grant, Wm., Lancaster, Pa.
- Grant, W. W., 536 Boston Block, Minneapolis, Minn.
- Grapek, Chas., 3211 W. Madison St., Chicago, Ill.
- Gray, Clyde, 1520 S. Wash St., Pocatello, Idaho.
- Gray, Emma J., 802 S. Painter Ave., Whittier, Cal.
- Gray, Geo. W., 463 S. Forest Ave., Youngstown, O.
- Gray, Geo. W., 92½ Market St., Youngstown, Ohio.
- Gray, Geo. W., 216 E. Franklin St., Warren, Ohio.
- Gray, H. Mary, 28 W. Utica St., Buffalo, N. Y.
- Gray, J. E., 712-13 American Bank Bldg., Seattle, Wash.
- Gray, Mary H., 735 Prospect Ave., Buffalo, N. Y.
- Gray, Mary H., 409 Porter Ave., Buffalo, N. Y.
- Gray, Maud, 11 St. Euclid, Ave., Pasadena, Cal.
- Green & Green, Stafford, Kans.
- Green, Chas., Tecumseh, Neb.
- Green, C. D., May Bldg., Pittsburgh, Pa.
- Green, Chas. W., Stafford, Kans.
- Green, J. M., 712 Jefferson Ave., Detroit, Mich.
- Greene, C. D., 1st Nat'l Bank Bldg., Long Beach, Cal.
- Greene, Curtis W., Suite 5, Preston Bldg., Grinnell, Ia.
- Greener, Ivan, Benton County, Ronneby, Minn.
- Greenlee, W. D., 235 E. 5th St., Long Beach, Cal.
- Greenside, W. B., 314 Indiana Ave., Spokane, Wash.
- Grefe, H. F., 1249 S. Brook St., Louisville, Ky.
- Gregg, W. B., Onoway, Mich.
- Greggs, Phillip, Sullivan, Ill.
- Gregory, A., 506 W. 12th St., Oklahoma City, Okla.
- Gregory, A. A., 609 Campbell Bldg., Okla. City, Okla.
- Gregory, Alva E., Dean, The Palmer-Gregory College of Chiropractic, Oklahoma City, Okla.
- Gregory, David N., 92 Colorado Ave., Bridgeport, Conn.
- Gregory, W. E., 113 Poplar St., Marianna, Ark.
- Gregory, W. E., 716 Louisiana St., Little Rock, Ark.
- Greiner, Mathilda M., 415 Mill St., Portland, Ore.
- Greiner, M. M., 6th and Van Buren Sts., Gary, Ind.
- Greiner, M. M., 775½ Williams Ave., Portland, Ore.
- Greschik, Ernest, 507 Hackensack Plank Road, West Hoboken, N. J.
- Greth, August M. D., 876 S. Hill St., Los Angeles, Cal.
- Griffin, E. B., Hastings, Neb.
- Griffin, Fred C., 3 and 4 Lyric Arcade Bldg., Rome, N. Y.
- Griffith, E. A., 82 E. Walnut St., Titusville, Pa.
- Griffith, F. R., San Diego, Cal.
- Griffiths, Earle A., 310-11 Commercial Bank Bldg., Titusville, Penn.
- Griggs, W. S., Sac City, Ia.
- Grills, L. M., 1st Nat'l Bank Bldg., St. Marys, O.
- Grills, M. S., New Castle, Ind.
- Grimm, Lydia B., 87 Seymour Ave., Newark, N. J.
- Grist, N. M., 508 Kansas Ave., Topeka, Kans.
- Griswold, Mrs. Hattie, 613 2nd St., Clinton, Ia.
- Griswold, Katherine, 213 State St., Painesville, Ohio.
- Gross, Cora B., 133 Peterborough St., Boston, Mass.
- Gross, Henry, 315 W. Pico St., Los Angeles, Cal.
- Gross, James H., 95 Columbia Ave., North Bergen, N. J.
- Grosshauser, Frank, 308 Freeman Ave., Long Island City, N. Y.
- Grossman, Dr., 1014 S. Grand Ave., Los Angeles, Cal.
- Grothaus, H. A., Ft. Madison, Ia.
- Grothaus, Herman A., 2000 Mohawk St., Chicago, Ill.
- Grout, Ida L., 412 Exchange Bldg., Los Angeles, Cal.
- Grove, E. H., 144 Carr St., Los Angeles, Cal.
- Grove, J. O., Ft. Wayne, Ind.
- Grovem, E. H., 144 Carr St., Los Angeles, Cal.
- Grover, S. L., 201 Pacific Bldg., Oakland, Cal.
- Grover, Sidney L., 628 Burlington St., Los Angeles, Cal.
- Grover, Wm., Spokane, Wash.
- Groves, M. H., Box 482, Salisbury, N. C.
- Groves, Sarah Ethel, 111 Spruce St., Philadelphia, Pa.
- Groves, Sidney L., 628 Burlington St., Los Angeles, Cal.
- Gruene, Francis, 614 W. Franklin St., Baltimore, Md.
- Guengerich, G. J., Kalona, Ia.
- Guengerich, S. D., Wellman, Ia.
- Guentherman, W. C., 1312 Leonard St., Davenport, Ia.
- Guinness, Rachel M., 506 Halsey St., Brooklyn, N. Y.
- Gump, C. K., 1116 South Ave., Wilkinsburg, Pa.
- Gunn, C., Mattawan, Mich.
- Gunn, Glen, 109 S. Burdick St., Kalamazoo, Mich.
- Gurce, J. W., 639 Chamber of Commerce Bldg., Los Angeles, Cal.
- Gurden, Burton A., 1211 Adam St., Toledo, O.
- Gurden, B. F., 408 E. Travis St., San Antonio, Tex.
- Gustafson, Clarence A., 419 W. State St., Rockford, Ill.
- Gustafson, E. M., The Cuberland, Thomas Circle, Washington, D. C.
- Gustafson, G., 3007 S. Tripp Ave., Chicago, Ill.
- Gustafson, J. F., 711 13th Ave., Munhall, Pa.
- Gustafson, W. A., Joliet, Ill.
- Guthrie, Mrs. L. S., Ames, Ia.
- Gutzman, F. A., May Bldg., Pittsburgh, Pa.
- Guy, Ed., Magazine, Ark.
- Guy, Ralph, Pocatello, Idaho.
- Guy, Ralph L., Box 53, Ogden, Utah.
- Guyer, R. A., Los Angeles, Cal.
- Guymier, G. A., 1256 10th St., San Diego, Cal.
- Guyon, Alice H., Sault Ste. Marie, Can.
- Guyselman, Chas. M., 409 N. Superior St., Albion, Mich.
- Gwin, H. M., Suite 202 Bennett Bldg., Colorado Springs, Col.
- Gwin, H. M., Petersburg, O.
- Gwin, V. R., Brownsville, Mo.
- Haas, Bernard, Box 24, Hot Springs, S. Dak.
- Habenicht, H. W., Parkersburg, Ia.
- Hackett, Mrs. H. A., Trust Bldg., Meadville, Pa.
- Hackett & Hackett, Crawford Co. Trust Bldg., Meadville, Penn.
- Hackney, J. E., R. R. 7, Box 250, Fresno, Cal.
- Haddow & Haddow, Elm St., River Falls, Wis.

- Haddow, Jno. R., Elm St., River Falls, Wis.
 Haehlen, C. G., 6401 National Ave., West Allis, Wis.
 Hagelgans, Walter C., Merchantville, N. J.
 Hagemann, Anna A., 59 Perin Bldg., Cincinnati, O.
 Hagemann, Anna, 800 Union Trust Bldg., Cincinnati, O.
 Hagenbook, Gertrude L., 2323 Nebraska St., Parsons, Kan.
 Hager, L. E., Noblesville, Ind.
 Hagerty, V. C., 519 Medical Block, Minneapolis, Minn.
 Hagmon, Anna, 830 Union Trust Bldg., Cincinnati, O.
 Hagstrom, John R., 101 Everett Bldg., Akron, O.
 Hahn, C. F., Box 112, Marietta, O.
 Hahn, C. T., Wooster, Ohio.
 Hahn, Edna E., General Delivery, Lander, Wyo.
 Hahn, Fred M., San Diego, Cal.
 Hahn, H., Casper, Wyoming.
 Haight, T. G., Ottumwa, Ia.
 Haight, Thos. G., 315 Blondeau St., Keokuk, Ia.
 Halbert, E. E., 263 Alexander St., Rochester, N. Y.
 Hale, Nora, Cherokee, Okla.
 Hales, C. W., 715 Eldridge Ave., Collingswood, N. J.
 Halin, Max, 1513 Jackson Blvd., Chicago, Ill.
 Hall & Hall, Dodge City, Kans.
 Hall & Hall, Scott City, Kans.
 Hall, Augustus, 228 N. Lee St., Fitzgerald, Ga.
 Hall, Bell Jane, George Bldg., Clarksburg, W. Va.
 Hall, C. F., 6-7 Sherwood Bldg., Lima, Ohio.
 Hall, C. L., Dodge City, Kans.
 Hall, Edna C., Dodge City, Kans.
 Hall, E. C., Garden City, Kans.
 Hall, Frank A., Suite 2, 17½ W. Market St., Indianapolis, Ind.
 Hall, Glenn, Winterset, Ia.
 Hall, Harry, Forsyth Bldg., Atlanta, Ga.
 Hall, H. G., Winterset, Ia.
 Hall, Harry L., 1116 N. 3rd St., Harrisburg, Pa.
 Hall, J. A., Eldora, Ia.
 Hall, L. B., Scott City, Kans.
 Hall, Mabel, Tuttle St., Syracuse, N. Y.
 Hall, Millie, Sac City, Ia.
 Haller, J. H., Palisades, Col.
 Hallett, H. De Veau, Madison Bldg., Montclair, N. J.
 Halligan, Nina Gilliar, 45 W. 34th St., New York, N. Y.
 Halliker, G. A., Big Rapids, Mich.
 Hallock, Wm. J., 160 Summit Ave., Jersey City, N. J.
 Halstead, W. B., Quick Theatre Bldg., Fulton, N. Y.
 Halvorsen, H. J., 4641 Eauston Ave., Chicago, Ill.
 Hamann, A. W., 11322 S. Michigan Ave., Chicago, Ill.
 Hamann, August W., 8928 Commercial Ave., Chicago, Ill.
 Hamby, Wm. H., 132 W. 48th St., Los Angeles, Cal.
 Hameltas, Huber W., 543 Pacific Ave., Long Beach, Cal.
 Hamilton & Hamilton, 237 Magnolia Ave., Long Beach, Cal.
 Hamilton, D. E., 101 S. Mill St., Lead, S. Dak.
 Hamilton, Dwight E., 44 High St., New Haven, Conn.
 Hamilton, J. L. B., 120 N. Flower St., Los Angeles, Cal.
 Hamilton, R. J., 1118 Main St., Great Bend, Kans.
 Hamilton, R. J., 1416 Kansas Ave., Great Bend, Kans.
 Hamilton, R. J., c/o Progressive Chiropractic College, Ft. Smith, Ark.
 Hamlin, P. F., 314 N. Lee St., Oklahoma City, Okla.
 Hammett, Elma M., Maryville, Kans.
 Hammon, A. L., 151 E. Bethune Ave., Detroit, Mich.
 Hammond, E. W., 100 Charlotte Ave., Detroit, Mich.
 Hammond, Ralph L., 2 Wilsey Square, Osmun Bldg., Ridgewood, N. J.
 Hammond, R. W., Broadway Central Bldg., Los Angeles, Cal.
 Hampton, Annie P., Detroit, Mich.
 Hampton, David, 24 Masonic Bldg., Pueblo, Col.
 Hampton, Elsie R., 1821 Walnut St., Boulder, Col.
 Hampton, H. L., 1st Nat'l Bank, Cor. Main & Erie Sts., Massillon, O.
 Hampton, N. C. & Geo. B., Hutton Bldg., Spokane, Wash.
 Hampton, Wm., 208 S. Elm St., Waxahachie, Tex.
 Hampton, Wm. H., 24 Masonic Bldg., Pueblo, Colo.
 Hancock, J. L., Gothenberg, Neb.
 Handy, F. W., 101 Gordon Ave., Syracuse, N. Y.
 Hanev, Edward, 848 Barry Ave., Chicago, Ill.
 Hanev, W. J., 1946 East 101st St., Cleveland, O.
 Hankedal, Edgar O., 130 Myrtle St., Reedsburg, Wis.
 Hanker, Ida M., 1269 Marion St., Denver, Colo.
 Hanks, John Harvey, 1914 California St., Omaha, Neb.
 Hanley, P. K., 6600 Lafayette Ave., Chicago, Ill.
 Hanlin, F. P., Liberal, Kans.
 Hanlin, P. F., Talmadge, Neb.
 Hanlon, W. F. O., 6904 Holmes Ave., Los Angeles, Cal.
 Hann, Geo. W., 512 Newton St., Goodland, Ind.
 Hanna, Mrs. J. E., Arkansas City, Kans.
 Hanna, H. O., Oakland, Cal.
 Hannah, Albert, Burnsville, Ark.
 Hannon, Frank S., 205 Washington St., Owosso, Mich.
 Hans, F. S., Jamestown, Mercer Co., Pa.
 Hans, F. S., Greenville, Pa.
 Hansen, H. E., 2120 Cleveland Ave., Chicago, Ill.
 Hansen, H. E., Barons, Alta., Can.
 Hansen, M. G., Cor. 1st and Main Sts., Brigham City, Utah.
 Hanson, Miss B. N., Walter Reed Hospital, Washington, D. C.
 Hanson, Frank O., 246 W. Utica St., Buffalo, N. Y.
 Hanson & Hanson, 516 S. Topeka Ave., Wichita, Kans.
 Hanson & Hanson, 567 Elmwood Ave., Buffalo, N. Y.
 Hardie, G. W., 120½ Second St., Owensboro, Ky.
 Harding, A. C., 189 Washington Ave., Vandergrift, Pa.
 Harding & Sunstad, Guaranty Safe Deposit & Trust Bldg., Butler, Pa.
 Harding, Vera, Butler, Pa.
 Hardman, R. D., Tama, Ia.
 Hardy, Marie, Amherst, N. H.
 Hargett, Mrs. E. E., 305 Wheat Bldg., Fort Worth, Tex.
 Hargett, H. G., 305 Wheat Bldg., Fort Worth, Tex.
 Hargrave, C. B., R. F. D. No. 40, Dale, Ind.
 Harkness, Thos., 8 Park St., Cortland, N. Y.
 Harley, G. E., 158 Cambridge St., Jersey City, N. J.
 Harley, Mr. & Mrs. Wm., 1228 Carpenter St., Brunswick, Ga.
 Harley & Harley, 1228 Carpenter St., Brunswick, Ga.
 Harlow, A., R. F. D. No. 1, Box 80B, Redlands, Cal.
 Harmer, Walter, 1103 Aetha St., Burlington, Ia.
 Harmon, C. M., 19 Burt St., Auburn, N. Y.
 Harmon & Harmon, 93 Genesee St., Auburn, N. Y.
 Harries, S. Oswald, 446 E. 40th St., Chicago, Ill.
 Harris & Harris, Swartz Creek, Mich.
 Harris, O. O., 299 Richmond Ave., Buffalo, N. Y.
 Harriman, E. J., 197½ Canfield Ave., Detroit, Mich.
 Harriman, Mrs. Lucy C., 10 Dana St., Suite 1, Boston, Mass.
 Harrington, E. B., Findlay, O.
 Harrington, S. A., Davenport, Ia.
 Harris, Elijah G., 1656 Park Ave., Chicago, Ill.
 Harris, John F., 322 Figler Bldg., Edmonton, Alta., Can.
 Harrison, David A., 202 Wellington St., Bradford, Can.
 Harrison, Mrs. E. E., Halsted, Pa.
 Harrison, Ellen E., 202 Wellington St., Bradford, Ont., Can.
 Harrison, J. C., 16 Central Ave., Newark, N. J.
 Harrison, W. J., Melford, Sask., Can.
 Hart, Anna, 402 Washington St., Greensburg, Ind.
 Hart, Mrs. Emma, Berlin, Wis.
 Hart, Flora, 420 N. High St., Marshall, Mich.
 Hart, H. E., Ferguson Bldg., Los Angeles, Cal.
 Hart, H. S., 2 Raymond St., St. Catharines, Ont., Can.
 Hart, Mina S., McAlester, Okla.
 Hart, Sidney, Hartford, Ark.
 Forest Ave., Detroit, Mich.
 Hartman, R. A., Woodward and Forest Aves., Detroit, Mich.
 Hartsock, W. E., Oaksdale, Wash.
 Hartsock, W. T., Maries, Idaho.
 Hartsough, Leroy, 525 Clarendon Ave., Canton, O.

- Hartsough, Leroy, R. F. D. No. 1, Salem, O.
Hartwell, D. E. W., 284 Sculner St., Grand Rapids, Mich.
Hartzell, H. C., Memphis, Tenn.
Harvey & Harvey, Superior, Neb.
Harvey & Harvey, Le Mars, Ia.
Harvey & Harvey, 2104 21st St., Falls City, Neb.
Harvey, Earl A., Hebron, Neb.
Harvey, F. F., Gandy, Neb.
Harvey, Fred, Gandy, Neb.
Harvey, Fred., Wakeeney, Kans.
Harvey, H. E., Le Mars, Ia.
Harvey, Mrs. Henry M., Superior, Neb.
Harvey, H. M., Superior, Neb.
Harvey, Herbert, Coughenour Blk., Payette, Idaho.
Harvey, Lloyd C., Maple Ridge, Mich.
Harvey, Sylvester, P. O. Bldg., McKees Rocks, Pa.
Harwood, H. H., Seiser Bldg., Chillicothe, Mo.
Hascall, H. F., 461 Spitzer Bldg., Toledo, O.
Haskins, J. D., Box 24, Trimble, O.
Haslein, Wm., Big Rapids, Mich.
Haslem, Wm. H., 212 Mercantile Blk., Aurora, Ill.
Hass, Edwin G., Andover, O.
Hasselquist, 32 W. Washington St., Chicago, Ill.
Hathaway, Chas. E., Grand Ledge, Mich.
Hatton, Elizabeth, 3207 Michigan Blvd., Chicago, Ill.
Haupt, Grace, Barker, N. Y.
Haven, C. H., 611th St., Salt Lake City, Utah.
Haven, C. Margaret, 114 1/2 Broadway, Rochester, Minn.
Haven & Haven, Box 116, Phoenix, Ariz.
Haverin, A. A. & C. F., 28 Lincoln Ave., Newark, N. J.
Haverland & Haverland, Twin Falls, Idaho.
Hawkins, D. B., Belmond, Ia.
Hayley, Blanche, 430 W. 9th St., Oklahoma City, Okla.
Hayley, R. E., 215 New Rosenbloom Bldg., Syracuse, N. Y.
Hay, Ruth N., Sisseton, S. Dak.
Hay, Ruth N., Humboldt, Ia.
Hayden & Hayden, Cedar Rapids, Ia.
Hayek, F. J., 324 E. 12th St., Oakland, Cal.
Hayek & Hayek, 1028 Mariposa Ave., Los Angeles, Cal.
Hayek, R. T., 1028 Mariposa Ave., Los Angeles, Cal.
Hayes, Bertha, 1008 W. 8th St., Wilmington, Del.
Hayes, James F., 404 Hamburger Bldg., Los Angeles, Cal.
Hayes, P. G., Sage-Allen Bldg., Hartford, Conn.
Hayes, P. G., Hartford, Conn.
Hayes, P. G., Bristol Savings Bank Bldg., Bristol, Conn.
Hayner, Bertha, Pawhuska, Okla.
Haynes, F. O., 30 Fourth Ave., Hutchinson, Kans.
Haynes, Orville, Sterling, Kans.
Haynes, T. C., Denison, Kans.
Haynie, Nellie, Portland, Ore.
Hays, J. E., 403 Hamburger Bldg., Los Angeles, Cal.
Hays, L. C., Bee Bldg., Omaha, Neb.
Haywood, Alford P., 515 Utah St., Toledo, O.
Hazel, A. E., Liberty & 9th Sts., Pittsburgh, Pa.
Hazel, I. H., 234 N. Soto St., Los Angeles, Cal.
Heag, G. W., Berkshire Co. Savings Bank Bldg., Pittsfield, Mass.
Healey, Joseph, 213 Howard St., Detroit, Mich.
Healy, J. J., 201 W. Main St., Belding, Mich.
Healey, S., Hamburg, Ia.
Heard, W. J., 109 Maple Ave., Oak Park, Chicago, Ill.
Heath, Helen, Marcus, Ia.
Heath, Jas. A., Millica, Minn.
Heath, W. L., 828 Brady St., Davenport, Ia.
Heath, W. L., Orlando, Fla.
Hedspeth, R. I., Tecumseh, Okla.
Heft, C. G., 337 Main St., Racine, Wis.
Heftner, Elizabeth, 1448 E. 66th Place, Chicago, Ill.
Hegadorn, C. S., 320 Summit Ave., W. Hoboken, N. J.
Hegna, Hans A., Hoffman, Minn.
Heintze, Arthur, 1318 Spruce St., Philadelphia, Penn.
Heintze, A. C., 721 Federal St., Camden, N. J.
Heintze, C. A., 5 Goff Bldg., 23 Broadway, Camden, N. J.
Heinze, E., 408 N. Cicero Ave., Chicago, Ill.
Heisler, C. F., Ridgewood, N. J.
Heisler, M. L., 405 S. 13th St., Harrisburg, Pa.
Heiss, John E., 2117 Washington Blvd., Chicago, Ill.
Heitz, J. J., 2030 Lincoln Ave., Chicago, Ill.
Heizman, John Jacob, 348 University Ave., Rochester, N. Y.
Helfrich & Helfrich, 1915 N. 9th St., Terre Haute, Ind.
Helfrich, E. V., 1915 N. 9th St., Terre Haute, Ind.
Helfrich, R. E., Tempe, Ariz.
Helgan, Clara A., 93 State St., Hammond, Ind.
Helgan, G. D., Suite 4, O. K. Bldg., 636 Hohman Street, Hammond, Ind.
Helgan, Geo. D., Ruthven, Ia.
Hellam, Lydia, Morrisville, Mo.
Hellam, Lydia, Columbus Junction, Ia.
Hellam, Lydia, Ford City, Pa.
Hellam, Lydia, 125 McKlaur St., Kittanning, Pa.
Helmer, Jessie Blaine, 429-441 Granite Bldg., Rochester, N. Y.
Heliplan, A., Newton, Kans.
Hemenway, Gertrude F., Ridley Park, Pa.
Hemming, Earl J., Kearney, Neb.
Hemminghausen, 88 Dearborn St., Chicago, Ill.
Henderson, A. O., 207 First Ave. N. W., Mandan, N. D.
Henderson, Dr. A. O., Chiropractic Board of Examiners, Mandan, N. D.
Henderson, E. A., Sault Ste. Marie, Can.
Henderson, Gustave, Schadt Block, Fergus Falls, Minn.
Henderson, J. A., 321 York St., Hamilton, Ont., Can.
Henderson, Jennie M., Cherokee, Okla.
Henderson, J. W., 141 Eaton St., Buffalo, N. Y.
Hendrickson, M. L., Newark, N. J.
Hendrix, C. E., Jefferson City, Mo.
Henion, J. H., Karcher Bldg., Pierre, S. Dak.
Henkel, Herbert M., Box 302, Kenyon, Minn.
Henning, E. J., 2208 F. Ave., Kearney, Neb.
Henruem, G. N., Chanute, Kans.
Henry, A., 317 Fulton St., Peoria, Ill.
Henry, Chas., 16 Carver St., Pittsburgh, Pa.
Henry, F. H., Diagonal, Ia.
Henry, F. M., Blainstown, Ia.
Hentges, Herman H., 321 1/2 S. Ohio St., Sedalia, Mo.
Hepner, J. Q., Covina, Cal.
Herbert, C. C., 1334 O St., Lincoln, Neb.
Hermann, J. E., 743 Central Ave., Sandusky, O.
Hermeling, W. H. A., 4456 Margaretta Ave., St. Louis, Mo.
Herr, A. W., Cleveland, O.
Herrigel, Ruthelm, 60 Somerset St., Garfield, N. J.
Herrington, L. H., 108 Dakota St., San Antonio, Tex.
Herrington, L. H., 736 S. Alamo St., San Antonio, Tex.
Herrington, Mrs. M. M. E., 736 S. Alamo St., San Antonio, Tex.
Herrington, S. A., Plummer, Idaho.
Herrington, S. A., 178 1/2 Howard St., Spokane, Wash.
Herron, H. J., 322 S. Main St., Albia, Ia.
Hert, Miss Anna, 402 Washington St., Greensburg, Ind.
Hess, A. Norina, 708 N. 2nd St., Phoenix, Ariz.
Hess, E. A., 2101 W. Adams St., Chicago, Ill.
Hess, Harriet L., Phoenix, Ariz.
Hess, Norina A., 403 Hamberger Bldg., Los Angeles, Cal.
Hewin, S. P., 1001 W. State St., Olean, N. Y.
Hewins, B. A., 28 River St., Salamanca, N. Y.
Hewins, B. A., 1001 W. State St., Olean, N. Y.
Hewins, C. S., 40 Niagara St., Niagara Falls, N. Y.
Hewins, C. S., 57 Congress St., Bradford, Pa.
Hewins, S. P., 228 1/2 N. Union St., Olean, N. Y.
Hewins, S. P., Davenport, Ia.
Hewitt & Hewitt, White Cloud, Mich.
Heydt, Henry W., 60 Hudson Place, Weehawken, N. J.
Heyler, Chas. A., 67 Lincoln St., Jersey City, N. J.
Heyne, H. P., 3rd Ave., Rankin, Pa.
Hibel, H. E., Hillsboro, Ore.
Hickman, Warren E., 130 S. Fairmount St., Pittsburgh, Pa.
Hickox, Oliver, Burlington, Wis.
Hicks, J., 3872 Third Ave., New York, N. Y.

- Hiebel, Benj. B., Waterloo, Wis.
Hieserick, J. H., 293 Main St., Biddeford, Me.
Higadorn, Dr., 320 Summit Ave., W. Hoboken, N. J.
High, Jas. R., 2740 W. 32nd Ave., Denver, Colo.
Hildebrand, Harry, 206 N. 6th St., Canton, O.
Hildebrand, H. C., 136 Fourth St., S. W., Canton, O.
Hildebrand, Guy, Two Rivers, Wis.
Hildreth, C. Green, 1528 1/2 Rockland Ave., Pittsburgh, Pa.
Hildreth, G. G., 347 Fifth Ave., Pittsburgh, Pa.
Hill, E. M., Ponca City, Okla.
Hill, Carl, Platte, S. Dak.
Hill, Carl, Dallas, S. Dak.
Hill, C. E., 16 N. Main St., Hutchinson, Kans.
Hill, Carrie, 701 High St., Newark, N. J.
Hill, Herbert, 16 Gould Ave., Newark, N. J.
Hill, Herbert H., 1113 Washington St., Hoboken, N. J.
Hill, John West, Davenport, Ia.
Hill, J.-J., Bishop, Cal.
Hill, John West, 2032 Cleveland Ave., Chicago, Ill.
Hill, Lester M., 402 Donaghey Bldg., Little Rock, Ark.
Hill, Lester M., 106-112 E. Choctaw St., McAlester, Okla.
Hillard, Margaret C., 211 20th St., West New York, N. J.
Hilliker, Geo., Tecumseh, Mich.
Hillman, Gustav, Ilmo, Mo.
Hills, J. D., 213 14th St., Cairo, Ill.
Hilsing, E. A., 106 N. Ashland Blvd., Chicago, Ill.
Hilton, D. A., Box 103, Hutchinson, Kans.
Hilton, D. A., Box 103, Mena, Ark.
Hilton, D. A., 240 Scott St., Little Rock, Ark.
Hilton, John F., 21 E. 20th St., Paterson, N. J.
Himmel, Miss, Lockport, N. Y.
Hinkle, C. R., Sigourney, Ia.
Hinkle, J. D., 4104 Independence Ave., Kansas City, Mo.
Hinkley, A. B., Delphi, Ind.
Hinkley, A. Burton, San Joaquin Valley, Selma, Cal.
Hinkley, A. B., Nappanee, Ind.
Hinkley, Frank, Huron, South Dakota.
Hinnan, Chas., Glenwood Springs, Colo.
Hinnah, Louise C., Marthasville, Mo.
Hinsch, Henry & Rudolph, 912 Grant Ave., Bronx, N. Y.
Hinze, A. A., Council Bluffs, Kans.
Hipple, J. E., 500 Broad St., Newark, N. J.
Hipple, S. A., 199 Broad St., Newark, N. J.
Hipple, S. N., 591 Warren St., Newark, N. J.
Hisey, J. B., Supply, Okla.
Hively, J. L., 39 S. State St., Chicago, Ill.
Hively, J. S., 156 Wabash Ave., Chicago, Ill.
Hixon, Ina F., 505 Union Bldg., Anderson, Ind.
Hoag, W. G., Arlington, Ia.
Hoag, W. G., Savings Bank Bldg., Pittsfield, Mass.
Hoagland, Mrs. Geo., 13 Dartmouth St., Warren, Penn.
Hoard, Evelyn E., 119 Fourth St., Bismarck, N. Dak.
Hoare, W. J., Broadway Central Bldg., Los Angeles, Cal.
Hoban, Harrie, Erie, Pa.
Hobbs, R. S., 333 S. Dearborn St., Chicago, Ill.
Hoboi, W. A., 838 N. Rockwell St., Chicago, Ill.
Hodak, Jos., Antigo, Wis.
Hodges, L. P., The Northumberland Apts., Washington, D. C.
Hodgeson, E. R., 382 Boylston St., Boston, Mass.
Hodgkins, A. A., 1440 R St., N. W., Washington, D. C.
Hodgkins, Mrs. June, 1440 R St., N. W., Washington, D. C.
Hodgson, E. R., R. F. D. No. 1, Hutchinson, Kans.
Hoe, A. E., 110 Pattison St., Rankin, Pa.
Hoe, Edmund E., 719 Braddock Ave., Braddock, Penn.
Hoeffer, A. F. H., 3131 E. Washington St., Los Angeles, Cal.
Hoeffer, P. T., 1908 S. Main St., Los Angeles, Cal.
Hoeffler, J., 2017 E. 104th St., Cleveland, O.
Hoeffler, John, 1846 W. 25th St., Cleveland, O.
Hoellig, Anna, 1564 E. 51st St., Los Angeles, Cal.
Hoeye, George, Oregon City, Ore.
Hofeditz, H. W., Los Angeles, Cal.
Hofeditz, H. W., Visalia, Cal.
Hofeditz, Miss Mabel, 503 Main St., Visalia, Cal.
Hofeditz & Hofeditz, Visalia, Cal.
Hofer, A. L., Quintard, Colo.
Hofer, A. L., Clayton, N. Mex.
Hoff, F. F., Daily Blk., Grand Rapids, Wis.
Hoff, F. T., 228 S. Main St., Ft. Atkinson, Wis.
Hoffman, Axel P., McKinnville, Ore.
Hoffman, E. J., 539 Fairfield Ave., Akron, O.
Hoffman, Esther, 2717 Lake St., Ocean Park, Cal.
Hoffman, Esther E., 403 Hamburger Bldg., Los Angeles, Cal.
Hoffman, R. E., 1718 E. 55th St., Chicago, Ill.
Hoffman, Stanley A., 2425 Milwaukee Ave., Chicago, Ill.
Hoffman, Wm. A., 723 3rd St., Milwaukee, Wis.
Hoffman, Wm. C., McMinnville, Ore.
Hoford, Leonard, Beaverton, Ore.
Hofstadt, J. P., 64 E. Van Buren St., Chicago, Ill.
Hogan, F. E., Oxford, Chenango Co., N. Y.
Hogeboom, S. B., 1309 North Charles St., Baltimore, Md.
Hogman, Anna, 830 Union Trust Bldg., Cincinnati, O.
Hogstrom, J. R., 101 Everett Bldg., Akron, O.
Holsington, Bertha, 713 Wheeling Ave., Cambridge, O.
Holin, Jno., Union Blk., Mt. Vernon, Wash.
Holaday, E. R., 1739 Fifth Ave., Oakland, Cal.
Holbrook, F., 319 E. Works St., Sheridan, Wyo.
Holbrook, Grace C., 501 Beacon St., Boston, Mass.
Holcom, Harlow, 3213 6th St., Spokane, Wash.
Holden, B. F., Charles City, Ia.
Holden, Peter A., Eugene, Ore.
Holliman, W. O., 1015 Masonic Temple, Chicago, Ill.
Holliman, W. O., 205 State Mercantile Bldg., Ft. Collins, Colo.
Holliman, W. O., 235 Pecan St., San Angelo, Tex.
Holland, Mrs. E. M., 1313 Massachusetts Ave., Washington, D. C.
Holland, Wm. H., 1313 Massachusetts Ave., Washington, D. C.
Hollapeten, Mrs. Leila, 115 N. Detroit Ave., Xenia, O.
Holliday, C. Thomas, Broken Bow, Neb.
Hollister, B. C., Conneaut, O.
Hollister, B. C., 1536 E. 86th St., Cleveland, O.
Hollister, C. L., 358 Harbor St., Conneaut, O.
Hollister, H. R., Avoca, Ia.
Hollister, J. R., Pawnee, Neb.
Hollock, H., 160 Summit Ave., Jersey City, N. J.
Holm, P. O., Bee Hive Bldg., Butte, Mont.
Holmes, H. R., 27 E. Monroe St., Chicago, Ill.
Holmes, M. A., Rickneall, Ore.
Holmstrom, C., 213 First Nat'l Bank Bldg., Long Beach, Cal.
Holtan, A. O., 606 Hamilton St., Stoughton, Wis.
Holzer, J. L., Appleton, Wis.
Hones, Louise A., 301 Hulet Bldg., Minneapolis, Minn.
Hood, Edwin S., 167 Marianna St., East Lynn, Mass.
Hood, Mr. & Mrs. J. S., 10538 Helena Ave., Cleveland, O.
Hoopas, H. C., Fairfield, Ia.
Hoopwood, I. S., Norton, Kans.
Hoover, G. L., 119 Hills St., Fair Oaks, Pa.
Hoover, H. R., 259 N. Potomac St., Waynesboro, Pa.
Hopkins, W. R., Gold Block, Helena, Mont.
Hopkins, Wm. R., Franklin, Neb.
Hoppes, Harriet Chandler, 401 W. Briggs St., Fairfield, Ia.
Hora, Frank, 3739 Lowell Ave., Chicago, Ill.
Horandt, C., 120 Jasper St., Paterson, N. J.
Hord, John S., 733 E. 105th St., Cleveland, O.
Hormell, S. L., 817 S. Olive St., Los Angeles, Cal.
Horn & Horn, Guthrie, Okla.
Horn, George F., Barrie, Ont.
Horn, M. J., 295 Plymouth Ave., Buffalo, N. Y.
Horn, P. B., 1415 Colfax Ave., Denver, Colo.
Horne, Mrs. F. S., 1314 W. Cotteral St., Guthrie, Okla.
Horne, Nellie, 1415 E. Colfax Ave., Denver, Colo.
Horner, J. C., Homestead, Pa.
Horner, J. C., 5155 Pennsylvania Ave., Pittsburgh, Pa.
Horning, Leonard J., 128 Peter St., Syracuse, N. Y.
Horsington, B., 713 Wheeling Ave., Cambridge, O.

- Horstman, H. C., 213 Pacific Bldg., San Francisco, Cal.
 Horstman, H. C., 405 Whitney Bldg., Los Angeles, Cal.
 Horstman, H. C., Palace Hotel, Portland, Ore.
 Horton, H. H., 218 Grand Ave., Laramie, Wyo.
 Horton, J. C., 208-9 Black Bldg., Los Angeles, Cal.
 Hoskins, 1441 Jackson Blvd., Chicago, Ill.
 Houghton, Jas. M., Jr., 986 Summit Ave., Jersey City, N. J.
 Hotelling, A. L., Rock Valley, Ia.
 Houck, Della, 1814 Reil Ave., Lorain, O.
 Houghton, Elizabeth, 2820 P³ St., Galveston, Tex.
 House, Ethel, Coral, Mich.
 Houstman, J. M., Mobridge, S. Dak.
 Houston, Edwin A., 1520 Federal St., Pittsburgh, Pa.
 Houston, E. A., 2344 Perrysville Ave., Pittsburgh, Pa.
 Hoverin, C. E., 867 S. 19th St., Newark, N. J.
 Hovey, E. B., 409 Fourth Ave., Greensburg, Pa.
 Hovey, E. B., Cape Flats, Greensburg, Pa.
 Hovey, W. G., 47 W. 34th St., New York, N. Y.
 Howard, A. F., Owosso, Mich.
 Howard, A. M., Genesee, Idaho.
 Howard, Ella C., 341 Pacific Ave., Long Beach, Cal.
 Howard, E. S., The Farragut, Washington, D. C.
 Howard, J. F. Alan, 333 South Dearborn St., Chicago, Ill.
 Howard, Kathryn C., 503 Spruce St., Sault Ste. Marie, Mich.
 Howard, L. M., 503 Ashmon St., Sault Ste. Marie, Mich.
 Howard, L. R., Clymer, N. Y.
 Howard, Lina R., c/o Graham Nursery Co., Mechanicsville, Ia.
 Howard, M. E., 137 Springhurst Ave., Toronto, Ont., Can.
 Howard, R. E., Mt. Clemens, Mich.
 Howe, A. J., Victor Ave., Toronto, Ont., Can.
 Howe, Bert. F., 522 Main St., Joplin, Mo.
 Howe, Gracia W., Allison, Colo.
 Howe, L. E., Gold, Pa.
 Howe, Mabel J., Ulysses, Penn.
 Howe, R. J., Toronto, Ont., Can.
 Howell, C. C., 302 E. 22nd St., Denver, Colo.
 Howell, O. W., 50606 Michigan Ave., Chicago, Ill.
 Howenstone, Frank F., 310 Mason Bldg., Los Angeles, Cal.
 Howerton, T. J., 2812 Connecticut Ave. N. W., Washington, D. C.
 Howland, Helen N., 510 Pennsylvania St., Reading, Pa.
 Hoxey, M. A., 215 Wallace Blvd., Ypsilanti, Mich.
 Hoxey & Garland, 240 Brunswick Ave., Toronto, Ont., Can.
 Hoxsey, M. A., Suite 4, Alfred Blk., Winnipeg, Man., Can.
 Hoy, Harry, Belle Plaine, Ia.
 Hoy, Harry, Luverne, Minn.
 Hoy, H. A., Winterset, Ia.
 Hoy, Jas., 224 E. 6th St., Long Beach, Cal.
 Hoyer, T. G., 215 7th St., Rockford, Ill.
 Hoym, J. C. S., Delphos, Kans.
 Hubbard, J. C., Greenwood, Ark.
 Hubbard, J. C., 614 Herskowitz Blvd., Oklahoma City, Okla.
 Hubbard, J. C., 1223 W. 27th St., Oklahoma City, Okla.
 Hubbard, John C., 1400 W. 25th St., Oklahoma City, Okla.
 Hubbard, John C., 26th and Wyandotte Sts., Kansas City, Mo.
 Huber, Bertha, Dillon, Mont.
 Hubley, E. B., 921 Commerce Arcade Bldg., Erie, Pa.
 Hubner, Harry, 5195 Hudson Blvd., West New York, N. J.
 Hubner, Dr. Louis, 130 Fourth St., Town of Union, N. J.
 Huboi, Wm., 838 W. Rockwell St., Chicago, Ill.
 Huboi, W. A., 967 St. Johns Ave., Highland Park, Ill.
 Hubor, W. A., 3940 Southport Ave., Chicago, Ill.
 Huckleby, Miss Ora, Readville, Mo.
 Hudson, Harvey R., 815 James Bldg., Chattanooga, Tenn.
 Hudson, Stephen W., c/o S. M. Long Valentine Stage, Grass Range, Mont.
 Huey, C. P., 230 Fifth Ave., Clinton, Ia.
 Huey, C. P., 207 Weston Bldg., Clinton, Ia.
 Huff, Adam L., Fresno, O.
 Huffer, L. R., Westport, Ind.
 Huffer, Mrs. Lella, Brazil Hotel, Brazil, Ind.
 Huffman, J. E., Box 622, Orange, Cal.
 Huffer, Susan E., 335 W. Ferry St., Buffalo, N. Y.
 Hughes, H. A., 12 Imperial Bank Bldg., Medicine Hat, Alberta, Can.
 Hughes, J. H., Lockney, Tex.
 Hughes, T. A., Hennessey, Okla.
 Hughes, T. H., 809 Third St., Milwaukee, Wis.
 Hughes, T. H., Apache, Okla.
 Hughs, Ray W., Rochester, Mich.
 Hull, Marcus E., Hickory, N. C.
 Hull, M. E., Lincolnton, N. C.
 Hultine, L. C., Essex, Ia.
 Humfeld, Julius S., 233½ Main St., Boonville, Mo.
 Humfeld, Wm. C., Box 353, Washington, Mo.
 Hummel, Abraham, 406 North Broad St., Lancaster, O.
 Hummel, A. F., Lancaster, O.
 Hummel, A. F., Sugar Grove, O.
 Hummel, Nellie, 119 W. Columbus St., Lancaster, O.
 Humphrey, G. B., Earlham, Ia.
 Humphrey, G. C., Moravia, N. Y.
 Humphrey, S. B., 321 Union St., Emporia, Kans.
 Hunfield, Julius S., 240 S. Main St., St. Charles, Mo.
 Hunsaker, E. D., 7032 N. Clark St., Chicago, Ill.
 Hunt, B. F., Huntingburg, Ind.
 Hunt, Harold A., Port Jervis, N. Y.
 Hunt, M. H., Pauls Valley, Okla.
 Hunt, R. C., Denver, Colo.
 Hunter, J. A., 5 Wesley Bldg., Columbus, O.
 Hunter, L. S., Springfield, Mo.
 Hunter, Wm. H., 413-419 Highland Bldg., Pittsburgh, Pa.
 Huntley, W. S., What Cheer, Ia.
 Hupp & Hupp, Second Nat'l Bank Bldg., Oswego, N. Y.
 Hurd, A. M., Cato, N. Y.
 Hurlbut, G. W., Guthrie, Okla.
 Hurley, Helen, 1504 13th Ave., Altoona, Pa.
 Hurley, Jno. L., 1217 S. Broad St., Philadelphia, Pa.
 Hurley, John L., 103 S. Fifth St., Reading, Pa.
 Hurry, E. M., 816 W. 11th St., Oklahoma City, Okla.
 Hurt, F. L., First Nat'l Bank Bldg., Hamilton, O.
 Husted, J. W., 56 Warren Ave., Detroit, Mich.
 Husted, J. W., 57-58 University Bldg., Detroit, Mich.
 Husted & Husted, 519 E. Warren St., Detroit, Mich.
 Hutchins, C. E., 50-a Washington St., Poughkeepsie, N. Y.
 Hutchinson, A. W., 514 Fifth Ave., Marietta, Ga.
 Hutchinson, C. E., Pomona, Cal.
 Huttis, C. A., 530 S. Emporia Ave., Wichita, Kans.
 Huxall, H. P., Owensville, Mo.
 Hyatt, A. M., 2800 Q St., Lincoln, Neb.
 Hyatt, Inez, Lodi, O.
 Hyatt, Inez, 7624 Quincy Ave. S. E., Cleveland, O.
 Hyatt, Jerome, Smith-McKenny Bldg., Shelbyville, Ky.
 Hyatt, Rexburg, Idaho.
 Hyatt, Roy N., 309 Washington St., Shelbyville, Ky.
 Hynes, J. F., 2203 Madison St., Chicago, Ill.
 Hynes, W. J., Lacon, Ill.
 Hynes, W. J., Pontiac, Ill.
 Hyre, S., St. Cloud, Fla.
 Ihle, Ben, Paris, Ark.
 Ihne, R. E., Newkirk, Okla.
 Ihne, R. E., 1032 W. 14th St., Davenport, Ia.
 Ihne, Walter W., Room 8, Interstate Bldg., Cedar Rapids, Ia.
 Ihne, W. W., 546 Garfield Ave., Chicago, Ill.
 Ikerman, J. W., Nat'l Bank Annex, Kent, O.
 Ikerman, J. W., 431 E. Market St., Warren, O.
 Iliff, Lena, 1715 25th Ave., Gulfport, Miss.
 Iliff, Lena, Biloxi Health Resort, Biloxi, Miss.
 Imlay, J. N., 413 6th St., Springfield, Ill.
 Imlay, J. N., Janesville, Wis.
 Ingalls & Ingalls, 28 Miller St., Cortland, N. Y.
 Ingalls & Ingalls, 301-4 Wysox Bldg., Muncie, Ind.
 Ingalls, Mrs. H. B., 21 Clinton St., Cortland, N. Y.
 Ingalls, Julia N., 22 Washington St., Cortland, N. Y.
 Ingalls, Murray E., 301 Wysox Bldg., Muncie, Ind.

- Ingalls & Ingalls, 21 Clinton St., Cortland, N. Y.
- Ingersoll, F. E., Box 282, Howell, Mich.
- Ingram, A. P., Baird Bldg., Coquille, Ore.
- Ingram, A. P., 401-402 First Nat'l Bank Bldg., The Dalles, Ore.
- Ingram, A. P., 615 Ivanhoe St., St. Johns, Ore.
- Ingram, F. H., Grant's Pass, Ore.
- Ingram, Silas, 9 Riddle Blk., Ravenna, O.
- Ingrebitsen, H., Kimball Blk., Cedar Rapids, Ia.
- Inks, F. M., 53 Hawthorne Ave., Pittsburgh, Penn.
- Irish, A. M., 859 Crane Ave., Detroit, Mich.
- Irish, Daisy B., Mitchell, S. Dak.
- Irving, Bryne, Hamilton, Mont.
- Irving, Josephine, 74 Boylston St., Boston, Mass.
- Irving, Josephine, 1569 Beacon St., Brookline, Mass.
- Irwin, R. J., 15 Northern Crown Bank, Vancouver, B. C., Canada.
- Isch, Geo. A., Washburn, Ill.
- Iversen, Fred W., Ridgeland, Miss., and Chicago, Ill.
- Ives, Viola, 912 N. Broadway, Oklahoma City, Okla.
- Jackman, J. M., Plymouth, Ind.
- Jackman, L. M., Eau Claire, Mich.
- Jackman, L. M., 316 N. Michigan St., Plymouth, Ind.
- Jackman, Mable, 5242 Michigan Ave., Chicago, Ill.
- Jackson, E. L., 60 Mountain St., Eureka Springs, Ark.
- Jackson, C. V., La Porte, Ind.
- Jackson, Ernest C., 556 Main St., Poughkeepsie, N. Y.
- Jackson, Ernest, Clinton Corners, N. Y.
- Jackson, Fred, Box 173, Stromburg, Neb.
- Jackson, Mrs. Lillie, Dunnville, Ont., Can.
- Jackson, Richard H., 5211 Knox St., Philadelphia, Pa.
- Jacobowitz, Henry, West 18th St., Los Angeles, Cal.
- Jacobs, C. W., Gravette, Ark.
- Jacobs, Frederick V., 195 Virginia Ave., Jersey City, N. J.
- Jacobs, Julian M., 195 Virginia Ave., Jersey City, N. J.
- Jacobs, W. A., 1544 Larrabee St., Chicago, Ill.
- Jacobson, Max, 447 E. 44th St., Chicago, Ill.
- Jacoby, Earl W., 407 McMillan Bldg., La Crosse, Wis.
- Jacoby, Earl W., 922 Reihl St., Waterloo, Ia.
- Jacques, Mrs. Allie M., 800 S. Seventh St., Terre Haute, Ind.
- Jaeger, Mr. & Mrs. Gustav, 17 S. Seventh St., Columbia, Mo.
- Jaeger, Gustav, 602 Payton St., and 223 S. William St., Moberly, Mo.
- James, Juliet E., Mankato, Minn.
- James, J. H., Anderson, Ind.
- James, J. W., Whiting, Ind.
- Jaros, John, 3002 S. Central Park Ave., Chicago, Ill.
- Jaster, E. J., Arcade, N. Y.
- Jauss, Geo., Butler, Pa.
- Jaynes, Tony, 116 S. Logan St., Denver, Colo.
- Jeffrey, Joseph, Butte Ave., Alliance, Nebr.
- Jeffries, Anne L., 938 Henderson Ave., Decatur, Ill.
- Jeffries, J. K., 17 E. Seventh St., Oklahoma City, Okla.
- Jelley, Geo. A., 632 Wabash Bldg., Pittsburgh, Pa.
- Jemsen, Ella, Eugene, Ore.
- Jenkins, D. J., 1400 W. 25th St., Oklahoma City, Okla.
- Jenkins, D. Janet, 112 W. 12th St., Oklahoma City, Okla.
- Jenkins, D. Janet, Maysville, Okla.
- Jenkins, Jessie C., Washington, D. C.
- Jenkins, W. C., Sterling, Mich.
- Jenks, Chas., Box 1094, Pittsfield, Mass.
- Jennings, J. H., Carbondale, Pa.
- Jennings, J. H., 441 Kirby Bldg., Saginaw, Mich.
- Jennings, Sarah V., 1061 Flower St., Los Angeles, Cal.
- Jennings, Theo. T., 76 Monmouth St., Newark, N. J.
- Jensen, Effie K., New Lisbon, Wis.
- Jensen, F. G., New Lisbon, Wis.
- Jensen, W. M., Whitehall, Mich.
- Jenson, Thos. A., Eugene, Ore.
- Jentsch & Woodruff, Drs., c/o The Newport Sanitarium, Estero, Fla.
- Jepson, Lelia, Grand Rapids, Mich.
- Jergens, C. M., Little Falls, Minn.
- Jergens, G. M., Security Bldg., Little Falls, Minn.
- Jerry, Edmund W., E. Main-Hunt Ave., Hamburg, N. Y.
- Jewell, M. B., 613 Tacoma Bldg., Chicago, Ill.
- Jewett, Nicholas, 411 W. Third St., Jamestown, N. Y.
- Jobe, W. H., 401-3 Century Blk., Des Moines, Ia.
- Jobes & Jobes, 68 Green St., Fredonia, N. Y.
- Jobling, R., Asselin Blk., 6th St., Calumet, Mich.
- Johler, C. N., Anthracite Bldg., Carbondale, Penn.
- Johler, L. G., Bliss Davis Bldg., Scranton, Penn.
- Johler, L. G., 148 Adams St., Scranton, Pa.
- John, Glenn V., Suite 407, Savings Bldg., Lima, O.
- John, J. R., 1514 Linden Ave., Baltimore, Md.
- John, Jones, 3928 Fifth Ave., Pittsburgh, Penn.
- Johnerson, Alfred L., Maddock, N. Dak.
- Johns, A. L., Ft. Wayne, Ind.
- Johns, M. E., Lansing Place, Upper Montclair, N. J.
- Johnson & Johnson, 118 N. Main St., Urichsville, O.
- Johnson, A. H., Myers Bldg., Buffalo, Minn.
- Johnson, A. J., Gooding, Idaho.
- Johnson, A. O., Warren, Ind.
- Johnson, A. R., Edgar, Nebr.
- Johnson, A. S., Struthers, O.
- Johnson, Ben R., Box 203, Mt Pleasant, Utah.
- Johnson, Clarence B., 412 Hudson Bldg., Ogden, Utah.
- Johnson, C. E., Sapulpa, Okla.
- Johnson, C. E., 3534 N. 11th St., Philadelphia, Pa.
- Johnson, Cecil F., 6-7 Chevalier Bldg., Parkersburg, W. Va.
- Johnson, Cecil F., General Delivery, Parkersburg, W. Va.
- Johnson, Clare P., 200 W. 72nd St., New York, N. Y.
- Johnson, C. P., 130 Wadsworth Ave., New York, N. Y.
- Johnson, David W., 3241 N. 15th St., Philadelphia, Pa.
- Johnson, David W., 2335 Nicholas St., Philadelphia, Pa.
- Johnson, Emmet D., 114 Detroit St., Kenton, O.
- Johnson, E. E., 409½ Main St., Vincennes, Ind.
- Johnson, E. L., 511 Meridian Life Bldg., Indianapolis, Ind.
- Johnson, E. L., 2116 E. Fourth St., Marion, Ind.
- Johnson, Edith, Masonic Temple, Cedar Rapids, Ia.
- Johnson, Mrs. E. M., Bertrand, Neb.
- Johnson, Francis D., 711 Hancock Ave., Holdredge, Neb.
- Johnson, Francis D., Cokato, Minn.
- Johnson, Franklin S., 118 N. Main St., Urichsville, O.
- Johnson, G., 210 Market St., Paterson, N. J.
- Johnson, Geo. L., St. James, Minn.
- Johnson, H. A., Gunn Blk., Breckenridge, Minn.
- Johnson, Jackson, Kent, Wash.
- Johnson, J. F., 108 E. Choctaw St., McAlester, Okla.
- Johnson, J. Ford, Siloam Springs, Ark.
- Johnson, J. T., 51 N. First St., Duquesne, Pa.
- Johnson, J. T., 385 W. Main St., Battle Creek, Mich.
- Johnson, Lulu, 1729 W. Walnut St., Chicago, Ill.
- Johnson, Melissa, Struthers, O.
- Johnson, O. A., Warren, Ind.
- Johnson, Mrs. O. R., 130 W. Sixth St., Cincinnati, O.
- Johnson, P. H., Morrison, Ill.
- Johnson, P. H., Colville, Wash.
- Johnson, P. W., 118 E. Ave. A., Hutchinson, Kans.
- Johnson, P. W., 418 N. Main St., Hutchinson, Kans.
- Johnson, R. M., 218 Culbertson Bldg., Oklahoma City, Okla.
- Johnson, R. M., 1447 E. Eighth St., Oklahoma City, Okla.
- Johnson, Sam., Hawarden, Ia.
- Johnson, T. A., Box 156, Gooding, Idaho.
- Johnson, T. B., What Cheer, Ia.
- Johnson, Thos. D., 202 Republic Bldg., Cleveland, O.
- Johnson, W. A., 413 22nd St., Birmingham, Ala.
- Johnson, W. H. H., 914 E. Sixth St., Oklahoma City, Okla.
- Johnson, W. L., Box 322, Portales, N. Mex.
- Johnston, D. E., Kenton, O.
- Johnston, E. J., 349 Walnut St., Trenton, N. J.
- Johnston, Ernie, Kimball, S. Dak.
- Johnston, J. Ford, 2401 Scott St., Little Rock, Ark.

- Johnston, P. S., Marionville, Pa.
 Johnston, P. S., Box 38, Gladys, Va.
 Johnston, P. W., Hoke Bldg., Hutchinson Kans.
 Johnston, Thos. D., 1004 E. 15th St., Cleveland, O.
 Johnston, Ula, 401 Scott St., Little Rock, Ark.
 Jolitz, Miss Marion, 1015 F St., San Diego, Cal.
 Jolley, Frank W., Dayton, Wash.
 Jolley, John F., Los Angeles, Cal.
 Joltz, Mrs. C., 3349 Sejon St., Denver, Colo.
 Jones, A. M., El Reno, Okla.
 Jones, Dr., Bloomfield, Neb.
 Jones, Caroline, 1512 W. Madison St., Chicago, Ill.
 Jones, C. A., 143 Roberts Ave., Syracuse, N. Y.
 Jones, C. M., Albuquerque, N. Mex.
 Jones, C. M., 436 Ochsner Bldg., Sacramento, Cal.
 Jones, C. M., 355 E. Eighth St., Portland, Ore.
 Jones, E. D., 201 N. Tremont St., Los Angeles, Cal.
 Jones, E. E., 835 Delevina St., Santa Barbara, Cal.
 Jones, E. L., 520 Eighth St., Huntington, W. Va.
 Jones, E. R., Eldora, Ia.
 Jones, F. A., 401-3 Bunn Bldg., Waycross, Ga.
 Jones, Freding, 801 Sixth St., Greeley, Colo.
 Jones, G. M., Wayland, Ia.
 Jones, J. Hamilton, 17th & Lincoln Sts., Denver, Colo.
 Jones, J. N., 1629 Maine St., San Diego, Cal.
 Jones, J. N., Visalia, Cal.
 Jones, J. P., 49 S. Lincoln St., Denver, Colo.
 Jones, J. T., Mystic, Ia.
 Jones, Louis, Hulet Bldg., Minneapolis, Minn.
 Jones, L. M., 625 Home St., Hammond, Ind.
 Jones, M. A., 617 Merchant St., Emporia, Kans.
 Jones, Mary J., London, Ont., Can.
 Jones, O. B., Hamilton, Mont.
 Jones, Roy, Warren, Ill.
 Jones, S. W., London, Ont., Can.
 Jones, W. Stanley, 1320 L St N. W., Washington, D. C.
 Jordan, George, Long Beach, Cal.
 Jordan, J. B., Stockton Springs, Me.
 Jorgensen, P. M., Burwell, Neb.
 Josephs, M. L., 1020 Atlantic St., Appleton, Wis.
 Josephson, Morris, 3220 Dawson St., Pittsburgh, Pa.
 Joslin, J. H., 816½ Larrier St., Charleston, W. Va.
 Joslin, J. H., 119 State St., Juchoff, Edwin T., 464 E. 41st St., Chicago, Ill.
 Judd, Artilla, Waterloo, Ia.
 Judd, Mrs. J. L., 224½ W. Fourth St., Waterloo, Ia.
 Judd, Lorenzo, San Ysirdo, San Diego, Cal.
 Judlander & Judlander, 707 E. Locust St., Des Moines, Ia.
 Julander, S. E., 310 Gord Bldg., Des Moines, Ia.
 Justice, Dorothy, 3901 Montrose Ave., Chicago, Ill.
 Kaatz, F. C., Suite 7, Y. M. C. A., Burlington, Vt.
 Kaltwasser, H., 908 Willow Ave., Hoboken, N. J.
 Kambish & Kambish, Racine, Wis.
 Kappelman, H. A., Lexington, Mo.
 Kappelman, H. A., New Haven, Mo.
 Kasper, Alfred C., 585 11th St., Brooklyn, N. Y.
 Kassmir, M. Z., 969 Liberty Ave., Pittsburgh, Pa.
 Kates, Mrs. G. W., 600 Pennsylvania Ave., Washington, D. C.
 Kaufman, Alice, 2126 High St., Denver, Colo.
 Kauffman, Edna E., 311-16 Hall Bldg., Akron, O.
 Kaulbach, Viola C., Mendota, Ill.
 Kay, Mrs. Edwina, Buena Park, Cal.
 Keane, W. E., 179 Franklin St., Buffalo, N. Y.
 Kearns, Leo, 509-11 Wabash Bldg., Pittsburgh, Pa.
 Kearns, Leo, Smithfield St., Pittsburgh, Pa.
 Kearns, L. M., 347 Fifth Ave., Pittsburgh, Pa.
 Keat, M. C., Eaton, Ind.
 Keck, N. E., 9110 Wade Park Ave., Cleveland, O.
 Keedsen, J. M., Alpena, Mich.
 Keel & Keel, 452 Fulton St., Troy, N. Y.
 Keel, Anna, 450 Fulton St., Troy, N. Y.
 Keel, James E., 450 Fulton St., Troy, N. Y.
 Keeler, Clyde M., Anadarko, Okla.
 Keenan, Wm., 724 Market St., Sandusky, O.
 Keene, G. W., 62 State St., Rochester, N. Y.
 Keene, J. R., 620 State St., Alma, Mich.
 Keene, R. C., 62 State St., Rochester, N. Y.
 Keene, R. C., 612 Meisel Bldg., Port Huron, Mich.
 Kehrer, Lillie R., 114½ E. Russell St., El Reno, Okla.
 Keifer, Frank, 912 W. Third St., Davenport, Ia.
 Keifer, Jas. D., 1043 W. 31st St., Los Angeles, Cal.
 Keitzer, W. E., McKeesport, Pa.
 Kellam, 1409 North First St., Syracuse, N. Y.
 Kellar, John A., 38 Courtland St., Bridgeport, Conn.
 Keller, David J., 632 14th St., Denver, Colo.
 Keller, G. T., Philadelphia, Pa.
 Keller, H. F., 5320 Walton Ave., Philadelphia, Pa.
 Keller, Jno. A., 1115 Main St., Bridgeport, Conn.
 Keller, Mrs. J. H., 169 State St., Hammond, Ind.
 Keller, L. A., 246 Plummer Ave., Hammond, Ind.
 Kelley, John A., 1115 Main St., Bridgeport, Conn.
 Kelley, J. D., 882 14th Ave., Detroit, Mich.
 Kelley, Miss M., Coleman, Mich.
 Kelley, Roger P., Albert Lea, Minn.
 Kellogg, Frank G., 39-41 State St., Seneca Falls, N. Y.
 Kellogg, H. W., Hastings, Neb.
 Kellogg, Henry W., Clay Ave., Harvard, Neb.
 Kellogg, O. J., Christian Bldg., Wabash, Ind.
 Kellogg, O. J., c/o L. Taylor, R. F. D. No. 1, Grand Rapids, Mich.
 Kelly, J. D., 11 Madison Ave., Detroit, Mich.
 Kelly, J. D., 79 Lincoln Ave., Detroit, Mich.
 Kelly, Miss M., Coleman, Mich.
 Kelly, Roger P., Albert Lea, Minn.
 Kelly, Samuel W., Saint Elmo, Ill.
 Kelso, James, 246 W. State St., Columbus, O.
 Kenagy, Paul J., Bern, Kans.
 Kennan, J. S., 1033 Washington St., Hoboken, N. J.
 Kennard, Mrs. A. W., 312-13 Courier Bldg., Los Angeles, Cal.
 Kennard, Wm., 312-13 Currier Bldg., Los Angeles, Cal.
 Kennard & Kennard, 312-13 Currier Bldg., Los Angeles, Cal.
 Kennard & Kennard, Peoria, Ill.
 Kennedy, Chas., Davenport, Ia.
 Kennedy, E. A., 808-9 E. End Trust Bldg., Pittsburgh, Pa.
 Kent, Elmer F., 255 Coleman St., Bridgeport, Conn.
 Kent, J. A., 177 N. State St., Chicago, Ill.
 Kent, M. C., Eaton, Ind.
 Kepford, L. H., Alva, Okla.
 Kepner, B. F., Genoa, Ill.
 Kerr, Mrs. C. A., R. F. D. No. 1, McGraw, N. Y.
 Kerr, C. B., 114½ Dubuque St., Iowa City, Ia.
 Kerr, J. R., Woodbine, Ia.
 Kesselmir, G. F., Salem, O.
 Kessler, Karl, c/o McDonald Sanitarium, Central Valley, N. Y.
 Keuck, Martin, 201 N. Hill St., South Bend, Ind.
 Kickland, J. E., Jasper, Minn.
 Kidd, H. B., 893 Third Ave. E., Owen Sound, Ont., Can.
 Kidder, Albert A., 1111 S. Olive St., Los Angeles, Cal.
 Kiefer, Frank, 913 W. Third St., Davenport, Ia.
 Kiefferle, Rose, 221 W. 12th St., Los Angeles, Cal.
 Kielblock, Helen, Watertown, Wis.
 Kightlinger, Craig M., 9 Wayne Ave., E. Orange, N. J.
 Kilbourne, Clara, 321 Queens Ave., London, Ont., Can.
 Killeen, John J., 113 Grand St., Newburgh, N. Y.
 Killigan, Mrs. F., Falls City, Neb.
 Kilton, A. A., Empire Bldg., Pittsburgh, Pa.
 Kimmell, Andrew F., Conrad St., Mill Creek, W. Va.
 King, Bernice, 116 Cedar St., Snohomish, Wash.
 King, Bernice, Petaluma, Cal.
 King, Floyd E., Knapp Bldg., Warren, Pa.
 King, Dr. F. L., Des Moines, Ia.
 King, Gertrude, Roseland, La.
 King, Ida M., Medical Museum, Washington, D. C.
 King, R. E., 116 Cedar St., Snohomish, Wash.
 King, Mrs. S. L., 722 Third St., Muscatine, Ia.
 King, William G., 239½ Second St., Jersey City, N. J.
 Kingsbury, Frank D., Hugenot St., New Rochelle, N. Y.

- Kingsbury, M. O., Audubon, Ia.
 Kingsland, Jennie B., 82 Beverly St., Newark, N. J.
 Kinley, C. H., Homestead, Pa.
 Kinley, C. R., 541 Ammon St., Homestead, Pa.
 Kinnenberg & Kinnenberg, Drs., 825 Fourth Ave., New Kensington, Pa.
 Kinniburg & Kinniburg, 1903 Third Ave., Huntington, W. Va.
 Kinney, C. D., Austin, Tex.
 Kinney, C. D., 506-9 Linz Bldg., Dallas, Tex.
 Kinney, M. M., Cloquet, Minn.
 Kinz, Geo. J., Camas, Wash.
 Kinz, Geo., 409 Halsey Bldg., Portland, Ore.
 Kinzly, Mabel Alberts, Nevada, O.
 Kiplinger, C. E., Ashburn, Ga.
 Kiplinger, Lawyers Bldg., Miami, Fla.
 Kirkpatrick, J. E., 202 Ward Bldg., Battle Creek, Mich.
 Kirkpatrick, Minnie A., 1332 1/2 Broad St., Newcastle, Ind.
 Kirkpatrick, S. L., 308 Washington Ave., Scranton, Pa.
 Kish, F. G., 301 Chopin St., South Bend, Ind.
 Kistler, A. J., 919 N. Broad St., Philadelphia, Pa.
 Kitchen, Georgiana, 201 Pavonia Ave., Jersey City, N. J.
 Kjellaard, Gregers B., Grafton, N. Dak.
 Kleczynski, A., 413 Canfield Ave., Detroit, Mich.
 Kleczynski, 1560 Michigan Ave., Detroit, Mich.
 Klein, Geo. W., 110 Washington St., Ironton, O.
 Klein, J. S., 48 33rd St., Pittsburgh, Pa.
 Klema, John W., Room 20, Iserman Bldg., Kenosha, Wis.
 Kliman, Winona, Mitchell Bldg., Cincinnati, O.
 Klimeck, A. J., 1313 Tower Ave., Superior, Wis.
 Klockie, Mrs. Sophie, 702 Bittner St., St. Louis, Mo.
 Kloman, Winona, 10 Mitchell Bldg., Cincinnati, O.
 Klove, F. M., 1204 15th St., Rock Island, Ill.
 Klove, Fremont, 309 La Fayette St., Waterloo, Ia.
 Klunder, Paul E., 1866 Liberty St., Davenport, Ia.
 Knaul & Knaul, 1618 State St., East St. Louis, Ill.
 Knauer, F. F., Lynn, Ind.
 Kneck, G. W., South Bend, Ind.
 Kneck, Martin, South Bend, Ind.
 Kneibess, B. J., Sturgis, Mich.
 Knibbs, Thos., Merrick, L. I.
 Knieling, L., Willoughby, O.
 Knierman, L., R. F. D. No. 3, Indianola, Neb.
 Knigh, G. S., 3003 E. Grand Blvd., Detroit, Mich.
 Knoll, A. F., 1921 Bridge Ave., Davenport, Ia.
 Knoll, A. V., Room 1 & 2, Backman Bldg., First St. & Third Ave., Cedar Rapids, Ia.
 Knoll, A. V., 729 College Ave., Davenport, Ia.
 Knopp, Louis, 3329 First St., Minneapolis, Minn.
 Knopp, L., Eldorado Springs, Mo.
 Knott, J. C., 8 Cooley Blk., Hartford City, Ind.
 Knowles, C. H., 406 N. Union Ave., Alliance, O.
 Knowles, J. H., 305 St. Cloud Bldg., New Castle, Pa.
 Knowles, Leonard, 92 S. Main St., Fond du Lac, Wis.
 Knowles, Leonard, Cleveland, O.
 Knowlton, Harold C., 19 Home St., Worcester, Mass.
 Knox, James Edwin, Harpersville, Broome Co., N. Y.
 Knutsen, Christina, Callender, Ia.
 Koch, E. F., 3605 Delmar Blvd., St. Louis, Mo.
 Koch, Otto W., 903 Rusk Ave., Houston, Tex.
 Koch, Otto W., Alvin, Tex.
 Koepf, Geo., Park Falls, Wis.
 Koer, J. W., 429 N. 6th and Utah Sts., Salt Lake City, Utah.
 Koffel, Alfred, 151 Main St., West Bend, Wis.
 Koffel, Roy, 108-12 Stettiner Bldg., Logansport, Ind.
 Kohlbusch, E. W., 3605 Delmar Blvd., St. Louis, Mo.
 Konkler, W. H., Duluth, Minn.
 Kont, S. A., Karcher Bldg., Kalispell, Mont.
 Koopman, P. E., 6432 N. Hermitage Ave., Chicago, Ill.
 Koose, Miss Edna, Grand Mound, Ia.
 Koyner, Robert L., St. Elmo, Ill.
 Kozincki, L. C., 8800 Houston Ave., Chicago, Ill.
 Krantz, C. J., 203 Superior St., Mason City, Ia.
 Krantz, Henry, 305 Stilzer Bldg., Toledo, O.
 Krantz, Wm. J., 306 1/2 Fourth St., Logansport, Ind.
 Krause, Edith, 31st & S Sts., Lincoln, Neb.
 Krause, H. A., 811 S. Marshfield Ave., Chicago, Ill.
 Kreder, Miss E. S., 1911 Westminster St., Washington, D. C.
 Kreolic, Benj., 11th St. and Broadway, Gary, Ind.
 Kreson, A. R., 406 Home Trust Bldg., Pittsburgh, Pa.
 Kress & Kress, 204 Hodge Bldg., Lockport, N. Y.
 Kress, George P., 24 Harrison Ave., Lockport, N. Y.
 Kress, Mabel T., 24 Harrison Ave., Lockport, N. Y.
 Kretzer, Reginald L., 207 Claremont Ave., Jersey City, N. J.
 Krewson, A. L., German Nat'l Bank Bldg., Pittsburgh, Pa.
 Krill, John F., Ellicott Square, Buffalo, N. Y.
 Kring, Oscar, 408-9 McClymonds Building, Massillon, O.
 Kritch, Bessie L., 431-32 Chamber Bldg., Oil City, Pa.
 Kritzer, J., 1310 Consumers Bldg., Chicago, Ill.
 Krohn, A. H., 1002 Michigan Ave., Detroit, Mich.
 Kromo, Dr., North Yakima, Wash.
 Krouse, H. G., Nyack, N. Y.
 Krudop, D. T., 218 Wright & Collender Bldg., Los Angeles, Cal.
 Kruse, Edith L., 428 N. 31st St., Lincoln, Neb.
 Krutzer, Oscar J., 614 S. Fourth St., La Crosse, Wis.
 Kucera, V. F., Sidney, Neb.
 Kuehne, C. F., Eagle Grove, Ia.
 Kuchner, Frank O., 49 Delevan Ave., Newark, N. J.
 Kuester, F. L., 3514 Morgan St., St. Louis, Mo.
 Kuhler, S. J., 6115 Linwood Ave., Cleveland, O.
 Kuhlman, E., 121 N. Sixth St., Terre Haute, Ind.
 Kuhlrow, Anna, 1397 Gidings Rd., Cleveland, O.
 Kuhlrow, E. J., 1397 Gidings Rd., Cleveland, O.
 Kuhr, H. C., 2 Dolan Bldg., Howard, Neb.
 Kuna, A., 31 Lincoln St., Newark, N. J.
 Kunkle, R. H., 2041 E. 90th St., Cleveland, O.
 Kurche, A. G., 1714 Berlin St., La Crosse, Wis.
 Kurtz, F. A., Cambridge, Ill.
 Kurz, Robert F., 36 High St., New Haven, Conn.
 Kuschel, Otto F., 1306 W. 92d St., Los Angeles, Cal.
 La Berge, G. H., 610 Stewart Bldg., Chicago, Ill.
 La Crosse, Albert J., 2004 Ella Court, Marinette, Wis.
 Ladd, C. F., Marshalltown, Ia.
 Ladd, Mrs. Louisa, 1105 Georgia St., Los Angeles, Cal.
 Ladman, Geo., Portland, Mo.
 Ladwick, Miss Mary, Antigo, Wis.
 Laffer, Henry, 356-7 Wells Bldg., Quincy, Ill.
 Lafgron, A. J., Richvale, Cal.
 La Grange, Alden, Paris, Ill.
 Laist, Otto, 402 Haight St., San Francisco, Cal.
 Lajoie, W. L., 9-10 Ziegler Bldg., Spokane, Wash.
 La Jore & Johnson, 418-21 Mohawk Bldg., Spokane, Wash.
 Lak, Ray, 1261 N. La Salle St., Chicago, Ill.
 Lake, C. A., 1128 Bedford Ave., Brooklyn, N. Y.
 Lake, F. W., 950 W. 27th St., Camden, N. J.
 Lake, Joshua, La Grande Apts., Atlantic City, N. J.
 La Londe, J. W., Bellevue, Mich.
 Lamb, Charles, Davenport, Ia.
 Lamb, C. R., Spokane, Wash.
 Lambeau, V. E. J., People's Bank Bldg., Bloomington, Ill.
 Lambert, E. K., 1638 Mesa Ave., Los Angeles, Cal.
 Lambert, Geo. P., Flemingsburg, Ky.
 Lambert, P. P., Lambertsville, Pa.
 Lamon, Chas. P., 290 Mill St., Danville, Pa.
 Lamt, Chas., 5237 Martin Blk., Spokane, Wash.
 Lanby, Geo. E., 313 Hall Blk., Akron, O.
 Land, J. P., Chapman, Neb.

- Landan, Mrs., 611 S. Pearl St., Denver, Colo.
- Landgraff, E. J., 213-15 Moran Corbett Bldg., Decatur, Ill.
- Lane, Elmer H., Plainfield, Wis.
- Lane, S. C., Woodlandville, Mo.
- Lang, J., 80 Sauer St., Paterson, N. J.
- Lang, Jacob, 45 Ward St., Paterson, N. J.
- Lang & Thornell, S. Leebrick St., Burlington, Ia.
- Langan, P. M., 454 Fairmount Ave., Oakland, Cal.
- Langdale, H. R., McPherson, Kans.
- Langdale, H. R., Pittsburgh, Kans.
- Lange, Dr. Chas. E., 208 Masonic Temple, Denver, Colo.
- Lange, Chas. E., Frederick, Okla.
- Lange, Lydia E., 925 Danielson St., North Bergen, N. J.
- Langehagen & Langehagen, Drs., 830 Le Claire St., Davenport, Ia.
- Langenhagen, W. W., Greene, Ia.
- Langhren, Harold J., 337-39 Quimby Bldg., Cleveland, O.
- Langhren, Harold J., 2212 E. 79th St., Cleveland, O.
- Langlely, Jos., 232 S. Ashland Blvd., Chicago, Ill.
- Langlois, F. L., 256 Ridean St., Ottawa, Ont., Can.
- Langum, Henry, 43 N. Main St., Sheridan, Wyo.
- Langum, Henry, Volga, S. Dak.
- Langum, Henry, Story City, Ia.
- Langworthy, Mitchell, 834 First St., Cedar Rapids, Ia.
- Langworthy, Dr. S. M., 834 First Ave. E., Cedar Rapids, Ia.
- Lansing, H. L., 80-82 N. Pearl St., Albany, N. Y.
- Lapin, H. J., 206 E. 54th St., Chicago, Ill.
- Lapin, Wm. J., Wausau, Wis.
- La Plant, G. L., 327 Main St., Suite 30, Spear Bldg., Springfield, Mass.
- Larsen, Carl A., 414 Front St., W., Ashland, Wis.
- Larsen, L. A., 200 E. Walnut St., Denison, Ia.
- Larsen, Payne P., 37 E. 28th St., New York N. Y.
- Larsen, Robert, Neenah, Wis.
- Larsen, Robert, 219 Main St., Kenosha, Wis.
- Larsen, Robt., 827 College Ave., Appleton, Wis.
- Larson, A. C., 127 W. Bush St., Caro, Mich.
- Larson, A. J., 166 W. Western Ave., Muskegon, Mich.
- Larson, Albin J., P. O. Bldg., Ludington, Mich.
- Larson, E. T., 2349 Gilpin St., Denver, Colo.
- Larson, G. M., 1930 Bissell St., Chicago, Ill.
- Larson, J. W., 2535 N. California Ave., Chicago, Ill.
- Larson, L. A., Denison, Ia.
- Larson, Minnie, Gilbert, Mich.
- Larson, Nelle, 308-9 Metropolitan Bldg., Sioux City, Ia.
- Larson, Payne P., 37 E. 28th St., New York, N. Y.
- Latham, P. J., North Platte, Neb.
- Laub, J. B., Chapman, Neb.
- Lauderwasser, H., 251 Littleton Ave., Newark, N. J.
- Lauffenberger, Edyth, Baraboo, Wis.
- Lauffenberger, Edyth, 2120 Cleveland Ave., Chicago, Ill.
- Laundenschloger, G., 2254 N. Clark St., Chicago, Ill.
- Lauser, Frank, Columbus City, Ia.
- Lauser, F., Osceola, Ia.
- Lauser, Frank, Columbus City, Ia.
- Lauser, Mrs. Minnie, Aurora, Neb.
- Lausler, F., Osceola, Ia.
- Lauterwasser, Charles, 252 Littleton Ave., Newark, N. J.
- Lauterwasser, G. Wm., 144 Ridgewood Ave., Newark, N. J.
- Lavalley, J. E., 495 Buchanan Building, Portland, Ore.
- Lavalley, Thos. P., 403-4 Bushman Bldg., Portland, Ore.
- Lawrence, Joseph C., 1 Baird Bldg., Omaha, Neb.
- Lawrie, A., Forest, Ont.
- Lawson, Herbert B., Celeron, N. Y.
- Lawson, H. L., Homestead, Pa.
- Lawson & Lawson, 210 S. Jefferson St., Kittanning, Pa.
- Lawton, Dr., c/o S. R. Jansheski, Cor. Congress & Washington Sts., Ypsilanti, Mich.
- Layman & Layman, Room 8, over P. O., Tulsa, Okla.
- Leach, Clarence W., 52 Raynard St., Denver, Colo.
- Leary, Mathilda V., 74 Eaton Place, East Orange, N. J.
- Leasure, George, 127 S. Main St., Wichita, Kans.
- Leasure, Laura B., Milton, Ky.
- Leclair, Harry, 314 Howe Bldg., Los Angeles, Cal.
- Leclair, Harry, 430 S. Broadway, Los Angeles, Cal.
- LeCoultre, Emil, 1402 I St. N. W., Washington, D. C.
- Ledell, J. A., Litchfield, Minn.
- Ledsworth, D. T., 417 W. 5th St., Los Angeles, Cal.
- Lee C. H., Peru, Ill.
- Lee, C. J., 506 Security Bldg., Oklahoma City, Okla.
- Lee, Curtis J., Capitol Hill, Okla.
- Lee, G. T., 625 N. Second St., Arkansas City, Kans.
- Lee, Lyndon E., 112 Crescent Place, New York, N. Y.
- Lee, Ruland W., 95 Halsey St., Newark, N. J.
- Leech, C. William, 305½ S. Barstow St., Eau Claire, Wis.
- Le Freeman, Ada May, 702 So. Spring St., Los Angeles, Cal.
- Lehman, F. O., 317 Abington Bldg., Portland, Ore.
- Lehmann, Herman, 1874 Avon St., Los Angeles, Cal.
- Lehman, H. S., Fort McKinzie, Sheridan, Wyo.
- Leiber, Agnes, Lafayette, Ind.
- Leist, Jos. D., 56 Richard St., Columbus, O.
- Leistenfeltz, Clara, 605½ Main St., Elkhart, Ind.
- Lelsure, Clara B., c/o Mrs. John Porter, Montezuma, Ia.
- Leland, A. L., Malta, Mont.
- Leland, A. L., Arnold, Neb.
- Lemly, Chas. E., 522 Peerless Bldg., Waco, Tex.
- Lemon, A. E., Sault Ste. Marie, Mich.
- Lenser, W. M., Aurora, Neb.
- Lent, Geo. P., 417 Corbett Bldg., Portland, Ore.
- Lentz, Amanda E., 701 N. Broad St., Guthrie, Okla.
- Lenz, L., Hawkeye, Ia.
- Leonard & Leonard, Milton, Ia.
- Leonard & Leonard, Merna, Neb.
- Leonard, F. F., Golchester, Ill.
- Leonard, W. C., 611 Carondelet St., Los Angeles, Cal.
- Leonhardt, Herman C., 509 Merchant St., Ambridge, Penn.
- Leonnig & Meldrum, c/o Arnold Hotel, Spanish Fork, Utah.
- Leopold, Wm. C., 1351 3rd St., Milwaukee, Wis.
- Lavenport, Ia.
- Le Plant, G. L., 1216 Perry St., Lessenger, M. L., 2950 W. 10th St., Oklahoma City, Okla.
- Letson, Samuel B., 248 S. Olive St., Los Angeles, Cal.
- Letson, Samuel B., El Centro, Cal.
- Lettrell, A. R., 304-8 Conroy Bldg., San Antonio, Tex.
- Leutholz, C. H., Mancelona, Mich.
- Leutz, Mrs. Amanda, Guthrie, Okla.
- Leve, Allen H., 154 East Ave., Rochester, N. Y.
- Leve, Julius C., 154 East Ave., Rochester, N. Y.
- Levi, Mrs. Gussie R., Elk City, Okla.
- Lewis, A. D., Wayne, Neb.
- Lewis, Burt, 1303 S. Meridian St., Anderson, Ind.
- Lewis, C. A., Avoca, Ia.
- Lewis, C. A., Glenwood, Ia.
- Lewis, Cora M., 7909 Euclid Ave., Cleveland, O.
- Lewis, F. S., 642 12th St., Oakland, Cal.
- Lewis, G. H., Cameron Mills, N. Y.
- Lewis, H., Kalona, Ia.
- Lewis, J. R., 205 W. Federal St., Youngstown, O.
- Lewis, Mrs. H. H., Pana, Christian Co., Ill.
- Lewis, J. R., 307-8 Mahoning Bank Bldg., Youngstown, O.
- Lewis, Lee A., Colby Bldg., Everett, Wash.
- Lewis, L. G., Bainbridge, N. Y.
- Lewis, L. G., Nat'l Bank Bldg., Galesburg, Ill.
- Lewis, L. Velda, Downs, Kans.
- Lewis, Samuel M., Care Hotel Graham, Tunkhannock, Pa.
- Lewis, S. W., Tunkhannock, Pa.
- Lichty, Elsa, Pacific Bldg., San Francisco, Cal.
- Liddle, Robt. L., 403 Husted Bldg., Kansas City, Kans.
- Lieber, Agnes V., 10-13 New Ensing Bldg., La Fayette, Ind.
- Liechty, Leonia, 24 Center St., Clifton, N. J.
- Liess, John, 528 Garfield Ave., Chicago, Ill.
- Liestenfeltz, Chas. L., Elkhart, Ind.

- Liestenfeltz, Chas. L., Bunker Hill, Ind.
- Liestenfeltz, Clara, 605½ Main St., Elkhart, Ind.
- Lighthall, Henry D., 112 N. 5th Ave., Chicago, Ill.
- Liken, F. J., Clarinda, Ia.
- Lillibridge, R. A., 771 Main St., Buffalo, N. Y.
- Lillie, Arthur, 1143 N. Lawndale Ave., Chicago, Ill.
- Limpus, Edward F., 9-10 I. O. O. F. Bldg., Mt. Vernon, Ind.
- Lind, A. E., 603 Overland Bldg., Boise, Idaho.
- Lind, A. E., Overland Bldg., Boise, Idaho.
- Lind, G. M. E., Lincoln Trust Bldg., B'way at 72nd St., New York, N. Y.
- Lindahl, A. K., New Rockford, N. Dak.
- Lindahl, Alfred K., Douglas, N. Dak.
- Lindberg, David, Richvale, Cal.
- Lindehan, F. A., Hankinson, N. Dak.
- Lindell, C. Darrah, 3339 N. Main St., Pocatello, Idaho
- Lindholm, Wm., 66 Maplewood Ave., Bridgeport, Conn.
- Lindon, H. L., 556 Dover Court Rd., Toronto, Can.
- Lindroth, C., 1240 California St., San Francisco, Cal.
- Lindsay, Dr. F. P. W., Cedar Rapids, Ia.
- Linebarger, C. A., Council Bluffs, Ia.
- Linenberger, Fred, Salem, S. Dak.
- Lingo, Mrs. L. B., The Woolworth, 10th St. N. W., Washington, D. C.
- Liniker, Chas. W., 2123 Telegraph Ave., Oakland, Cal.
- Lining, Mrs. L., Lininger, Drs., Myers Bldg., Sharon, Pa.
- Lininger, W. J., 409½ N. Main St., Maryville, Mo.
- Linsey, Pearl Aline, Navina, Okla.
- Lippert, Henry, 371 Stoddard Ave., Columbus, O.
- Linnhart, W. F., Great Bend, Kans.
- Little, F. J., Standish, Mich.
- Little, J. A., 19 Boardman Ave., Battle Creek, Mich.
- Little, W. D., Kiowa, Kans.
- Littlefield, Chas. W., 244 Woodward Ave., Detroit, Mich.
- Littrell, A. R., 304 Conroy Bldg., San Antonio, Tex.
- Livesey, Henry P., 56 Johnson Ave., Kearny, N. J.
- Lloyd, W. S., Sharon, Pa.
- Lloyd & Lloyd, 332½ State St., Sharon, Pa.
- Loban, Elsie, Elmhurst, Cal.
- Loban, Jay M., Davenport, Ia.
- Loban, J. M., 1509 13th St., N. W., Washington, D. C.
- Lobdell, Harriet W., Great Bend, Kans.
- Lobdell, W. Harriett, 303 W. Fifth St., Chico, Cal.
- Lobdell, Harriet W., 785 Academy St., Chico, Cal.
- Lockbridge, C. D., Mishawaka, Ind.
- Lockhart, E. L., Lake St., Petoskey, Mich.
- Lockhart, Ellis L., 433½ N. Grand Ave., Los Angeles, Cal.
- Lockwood, R. J., Arleta, Ore.
- Lockwood, R. J., Medford, Ore.
- Loehr, Chas. J., 476 Clinton Ave., Brooklyn, N. Y.
- Lofgren, A. J., Richvale, Cal.
- Lofland, W. F., 1514 Linden Ave., Baltimore, Md.
- Lofquest, H. A., White Blk., Grand Rapids, Mich.
- Logan, D. R., Cul de Sac, Idaho.
- Logan, Hugh B., 504 Commercial St., Atchison, Kans.
- Logan, R. S., Cul de Sac, Idaho.
- Logie, Geo., 918½ Monroe Ave., South Milwaukee, Wis.
- Lonek, Mrs. Sarah, Arkansas City, Kans.
- Loner, Frank E., 20 E. Jackson Blvd., Chicago, Ill.
- Long, Bertha R., Gould, Okla.
- Long, Buelah, 401-2 Frisco Bldg., Joplin, Mo.
- Long, Beulah, 529 W. Ninth St., Oklahoma City, Okla.
- Long, I. W., 5 Wesley Blk., Columbus, O.
- Long, John D., 126 Penn Blk., Butte, Mont.
- Long, M. C., Mechanicsville, Ia.
- Long, M. C., Blanchard, Ia.
- Long, S., Alexandria, La.
- Long, Sol. L., 927 Easton St., Alton, Ill.
- Looker, William, 1243 N. 60th St., Philadelphia, Pa.
- Loranger, B. G., 302 Hodges Bldg., Detroit, Mich.
- Lorant, Dr., Ft. Towson, Okla.
- Lorentzen, O. E. C., Eveleth, Minn.
- Lorman, L. L., 316 Pearl St., Buffalo, N. Y.
- Lostetter, C. F., 715 Madison St., Covington, Ky.
- Loucks, W. A. Ebert, 37 W. Market St., York, Pa.
- Loughlin, J. P., Ottawa, Ont. Can.
- Louis, Joel, 307 Mahoning Bank Bldg., Youngstown, O.
- Lovall, J. E., 207 Aliskey Bldg., Portland, Ore.
- Love, Helen, 522 W. 112th St., New York, N. Y.
- Love, W. P., Charlotte, N. J.
- Loveless, Flora, Emporia, Kans.
- Lovell, Judson T., Pacific Ave., Long Beach, Cal.
- Lovitt, J. F., Utica, Kans.
- Lovitt, Jas. M., Larned, Kans.
- Lowe, Frances C., 1 Baker Ave., Dover, N. J.
- Lowe, Louis F., 1542 Glendale Ave., Los Angeles, Cal.
- Lowe, Mrs. L. J., Des Moines, Ia.
- Lowman, A. S., North Powder, Ore.
- Lowrie, A., Forest, Ont., Can.
- Lowry, Dorothy B., Ann Arbor, Mich.
- Loyd, Fox E., Athens, Mich.
- Lubbert, E., 327-329 Commonwealth Bldg., Denver, Colo.
- Lubbert, Dr. F., 1221 Broadway, Denver, Colo.
- Luce, J. W., 406 Shops Bldg., 8th & Walnut Sts., Des Moines, Ia.
- Luce, J. W., Indianola, Ia.
- Ludtke, C. W., Markeson, Wis.
- Luepke, G. F. G., 401 Bergen St., Newark, N. J.
- Luhring, Rollo A., Edwards Apts., Orange, Cal.
- Lumm, A. W., 753½ S. Hill St., Los Angeles, Cal.
- Lund, Bob, 6006 Linwood Ave., Cleveland, O.
- Lund, Henry P., 393 Park Ave., Perth Amboy, N. J.
- Lund, Paul S., 190 Grant St., Perth Amboy, N. J.
- Lundy, Frederick G., Koenig Blk., Marshfield, Wis.
- Lungmus, B., 1740 W. Adams St., Chicago, Ill.
- Lunn, A. W., 753½ S. Hill St., Los Angeles, Cal.
- Lunperich, H. E., 414 Jefferson St., Joliet, Ill.
- Luntz, Dr. Harry, 647 Willoughby Ave., 37 Vernon Ave., Brooklyn, N. Y.
- Lust, Benedict, 110 E. 41st St., New York, N. Y.
- Lust, Benedict, Tangerine, Fla.
- Lust, Benedict, Butler, N. J.
- Lusted, C. B., 502 Second Ave. E., Olweh, Ia.
- Lutes, Mrs. A. L., Davenport, Ia.
- Lutes, O. R., Madison, Ind.
- Lutz, C. L., Wichita, Kans.
- Lutz, N. A., P. S. C., 14 Gross Blk., Tiffin, O.
- Lutz, N. A., Chatfield, O.
- Lutz, S. A., Bucyrus, O.
- Lyall, Ida A., Masonic Blk., Alpena, Mich.
- Lycett, Townsend, 2414 Pine St., Philadelphia, Pa.
- Lynch, Chas. F., 1839 N. Marshfield Ave., Chicago, Ill.
- Lynch, Edward, Temple Court Bldg., Minneapolis, Minn.
- Lynch, Jno. J., 113 Clinton Ave., Brooklyn, N. Y.
- Lynch, L. M., 710 Liberty Bldg., N. E. Cor. Broad & Chestnut Sts., Philadelphia, Pa.
- Lynch, R. E., 628 Walnut St., Nichols Bldg., Coshocton, O.
- Lynn, Harrison H., Liggett Bldg., 533 Main St., Buffalo, N. Y.
- Lyon & Lyon, Glenwood, Ia.
- Lyon, Blanche, Coral, Mich.
- Lyon, Chas. A., Huston Blk., Tawas City, Mich.
- Lyon, Chas. H., 206 Kirby Blk., Saginaw, Mich.
- Lyon, E. R., Ida Grove, Ia.
- Lyon, Ernest R., 2961 Farnam St., Omaha, Neb.
- Lyon, H. L., Glenwood, Ia.
- Lyon, Sam O., Odebolt, Ia.
- Lyons, S. O., 15½ Main St., Hutchinson, Kans.
- Lytle, Alfred, 404-6 Dillon Bldg., Hartford, Conn.
- Lytle, R. D., 311 Exchange Place Bldg., Rochester, N. Y.
- MacBride, Mildred E., 37 S. 10th St., Newark, N. J.
- MacDonald, D. M., Box 906, Collingwood, Ont.
- MacDonald, M. D., North Mara, Can.

- Mace, Mina B., 919 E. 55th St., Los Angeles, Cal.
 Macfarland, M., 211 Meyers Arcade, Minneapolis, Minn.
 Mackin, Mary, 525 North Cleveland Ave., Canton, O.
 Mackin & Mackin, 525 N. Cleveland Ave., Canton, O.
 MacKinnon, John L., Warren Bldg., Kingston, N. Y.
 Macklin, Mary C., Cleveland Ave., Canton, O.
 Macomber, F. J., 230 W. 11th St., Anderson, Ind.
 Maconkey, Jepson, 1539 Adams St., Chicago, Ill.
 MacQuarrie, Mrs. Laura N., 55 Nelson Place, Newark, N. J.
 Mader, 1602 20th St., Rock Island, Ill.
 Madison, Rodney, Exchange Bldg., Los Angeles, Cal.
 Madlin, M. G., 644 Pine Ave., Long Beach, Cal.
 Magner & Magner, 280 Forest Ave., Oshkosh, Wis.
 Maguire, A. P., Salem, O.
 Maguire, W. W., 208 N. 10th St., Lebanon, Pa.
 Mahan, Helen, 1329 Waverly St., Kansas City, Kans.
 Mahler, C. H., 200 W. 72nd St., New York, N. Y.
 Mahoney, S. P., Genessee, Kans.
 Maisel, Fred. H., 122 W. 5th Ave., Gary, Ind.
 Maisel, Marie E., 122 W. 5th Ave., Gary, Ind.
 Malcolm, Z. E., 1127 14th St., Bluffton, Ind.
 Malin, G. F., 211 Zeveig Bldg., Bellaire, O.
 Malin, James P., 1122 W. 17th St., Los Angeles, Cal.
 Malin, Mrs. Jennie, San Diego, Cal.
 Maliskey, W. C., Rockwall, Tex.
 Maliskey, Mrs. W. C., St. Joseph, Mich.
 Maliskey, Mrs. W. C., Owosso, Mich.
 Malmborgh, C. A., 51 E. 42nd St., New York, N. Y.
 Maloney, Chas. H., Long Beach, Cal.
 Maloney, H. C., 227-8 First Nat'l Bank, Long Beach, Cal.
 Manchee, Helen, 6351 Ingleside Ave., Chicago, Ill.
 Mandt, Amy, 4054 Syndicate Bldg., or 105 W. Mullan Ave., Waterloo, Ia.
 Mangold, Walter, 2120 Sarah St., Pittsburgh, Pa.
 Manley, Cora O., The Imperial, Washington, D. C.
 Mann, Peter, 348 Franklin St., Bloomfield, N. J.
 Manning, Carrie E., 718 Main St., Osago, Ia.
 Mannix, Prof. Joe, 2242 Washington Blvd., Chicago, Ill.
 Manrican, O. B., 1421 Adams St., Chicago, Ill.
 Mansen, J., 4450 N. Campbell Ave., Chicago, Ill.
 Manster, Audrey S., 125 Shippen St., Weehawken Hgts., N. J.
 Mantes, Louise A., Lurline Baths, San Francisco, Cal.
 Mapes, N. J., 318 Euclid Ave., Cleveland, O.
 Mapes, N. J., 8801 Walker Ave., Cleveland, O.
 Marcey, H. E., 43 N. 9th St., Mt. Vernon, N. Y.
 Marchand, A. W., Franklin Bank Bldg., Philadelphia, Pa.
 Marchand, Chas. E., 56 W. Hanover St., or 145 Perry St., Trenton, N. J.
 Margoli, L. Narmon, Bellevue, O.
 Marion, Jennie M., Kalamazoo, Mich.
 Markel, T. K., 1332 Broad St., New Castle, Ind.
 Markel, T. K., 1022 Spruce St., Philadelphia, Pa.
 Markel, T. K., Albion, Mich.
 Marklin, Dr. R., 328 Walsh Bldg., Akron, O.
 Marks, Louis E., 1465 B'way, New York, N. Y.
 Markwell, J. A., New Orleans, La.
 Markwell, J. A., Sternberg, Apts., Houston, Tex.
 Markwell, J. A., 605-6 Am. Nat'l Ins. Bldg., Galveston, Tex.
 Markwell, J. A., 1924 Ave M, Galveston, Tex.
 Markwell, J. A., 404 Sixth St., Alexandria, La.
 Markwell, M. M., 605-6 Am. Nat'l Ins. Bldg., Galveston, Tex.
 Markwell, P. W., Blackfoot, Idaho.
 Markwell, P. W., Leesville, Ia.
 Marler, C. E., 111½ N. Washington St., Crawfordsville, Ind.
 Marlow, R. S., 504 Eager St., San Antonio, Tex.
 Marriott, H. H., Burlington, Kans.
 Marrow, Mrs. Alberta, Arkansas City, Kans.
 Marsh, C. C., General Delivery, Zanesville, O.
 Marsh, E. I., 405 N. Main St., Condersport, Pa.
 Marsh, Jennie, 32 Erie Ave., Niagara Falls, Can.
 Marshall, Agnes J., 36 E. Clapier St., Germantown, Pa.
 Marshall, Lillard T., 406-7 McEldowney Bldg., Winchester, Ky.
 Marshall, Mary, Madera, Cal.
 Marshall, Tom, Alpine & Iowa Sts., Pittsburgh, Pa.
 Marshall, Thos., 432 Rebecca St., Wilkinsburg, Pa.
 Marsen, Fred H., 94 Main St., Everett, Mass.
 Marsland, Katherine, 721 Fourth Ave., Paterson, N. J.
 Marshland, K., 13 Clark St., Paterson, N. J.
 Marston, A. E., Sac City, Ia.
 Marston, A. E., Henry, Ill.
 Marston, A. E., Logan, Ia.
 Martin, Chas., Britton, Okla.
 Martin, Blanche W., 4026 Dalton Ave., Los Angeles, Cal.
 Martin, E. Blanche, 4026 Dalton Ave., Los Angeles, Cal.
 Martin, Miss E. L., Emmons, Minn.
 Martin, Earl P., Britton, Okla.
 Martin, F. C., E. Fasset St., Wellsville, N. Y.
 Martin, Isaac, Richmond, Ind.
 Martin, Frank, Richmond, Md.
 Martin, F. D., 305 Bronson Bldg., Columbus, O.
 Martin, H. E., Pine Bluff, Ark.
 Martin, Wm. J., St. Clair Bldg., Toledo, O.
 Martindale, T. W., Box 867, Nanaimo, B. C.
 Martner, E. A., Minneapolis, Minn.
 Marvin, D. C., Over Jennings & Ramsdells, Albion, Mich.
 Marvin, Jennie M., 813 Davis St., Kalamazoo, Mich.
 Marvin, Roy G., Kalamazoo, Mich.
 Marvin, W. H., Shipping Port, Pa.
 Marx, Zero, Chicago, Ill.
 Mason, Etta, Minising, Mich.
 Mason, Geo. E., 302 N. 27th St., Lincoln, Neb.
 Mason, G. E., Filley, Neb.
 Massanger, Lilla M., Simms, Mont.
 Massey, W. W., 218 Huntington St., Medina, O.
 Mather, A. R., 1115 W. 54th St., Los Angeles, Cal.
 Mather, A. R., 1061 W. 54th St., Los Angeles, Cal.
 Mathews, E. G., Waterloo, Ia.
 Mathews, S. E., 24 West Ave., Nunda, N. Y.
 Mathias, G. L., 404 Hamilton Bldg., Akron, O.
 Mathias & Young, 420 Hamilton Bldg., Akron, O.
 Mathies, Henry F., 491 Palisade Ave., West Hoboken, N. J.
 Mathiesen, Chas. O., Denver, Colo.
 Mathis, Bertha, Sterling, Ill.
 Mathis, Dr. J. A., Sterling, Ill.
 Mathis, J. A., Rock Island, Ill.
 Mathis, R. E., Texarkana, Ark.
 Matson, Hulda M., Pentwater, Mich.
 Matthews, Sarah, Pocahontas, Ia.
 Matthias, Geo. L., 1010 Rhodes Ave., Akron, O.
 Mattwig, Jno., 2316 E. Washington St., Indianapolis, Ind.
 Maubetsch, George W., 74 S. Ninth St., Newark, N. J.
 Maxon, C. H., 880 Tonawanda St., Buffalo, N. Y.
 Maxon, C. H., 1294 Jefferson St., Buffalo, N. Y.
 Maxwell, Leo, Box 33, Candon, N. Y.
 May, Gladys E., 2050 Roberts Ave., Hollywood, Cal.
 Mayer, Ernest J., 1131 Rockland St., Philadelphia, Pa.
 Mayer, J. H., Chateau, Mont.
 Mayer, Dr. John P., Broad and Cayuga Sts., Philadelphia, Pa.
 Mayer-Oakes, F. T., 151 Huntington Ave., Boston, Mass.
 Maynard, H. M., San Bernardo, Cal.
 Mays, Mrs. J. C., Canisteo, N. Y.
 Mays, Jessie C., 36 Lillian Ave., Providence, R. I.
 Mays, W. F., 301 Commerce Bldg., Erie, Pa.
 McAdams, Fred J., Milton Junction, Wis.

- McAdams, C. R., Lake City, Ia.
- McAlester, J. C., Harrisville, O.
- McAndrews, C. A., I. O. O. F. Hall, East Liverpool, O.
- McAnnich, C. G., Newton, Ia.
- McAnnich, C. S., Newton, Ia.
- McAnnich, J. E., Newton, Ia.
- McArthurs, Eckel Theatre Bldg., Syracuse, N. Y.
- McArthur, H. A., 311-12 Kirks Bldg., Syracuse, N. Y.
- McBride, Bessie, Marion, Kans.
- McBride & McBride, Drs., 1st Nat'l Bank Bldg., Fairbury, Neb.
- McBurney, M. R., 918 Broadway Central Bldg., Los Angeles, Cal.
- McCall, A. C., 318 W. 21st St., Oklahoma City, Okla.
- McCall, J. P., 2211 West 4th St., Davenport, Ia.
- McCall, J. P., Mystic, Ia.
- McCannon, M. H., Over Post Office, Chariton, Ia.
- McCarl, John A., 314 Pacific Bldg., Oakland, Cal.
- McCarl, J. F., De Witt, Ia.
- McCarthy, Geo., 121 West 3rd St., Jamestown, N. Y.
- McCarthy, W. H., Oskaloosa, Ia.
- McCartney, Geo. T., 121 West Third St., Jamestown, N. Y.
- McCarty & McCarty, Springfield, Mo.
- McCaskey, Laura, Falls City, Neb.
- McCaskey, Laura, 115 Saratoga St., Excelsior Springs, Mo.
- McCaskey, Laura, Mound City, Mo.
- McCasland, H. E., Box 387, Fosston, Minn.
- McClain, Grace, 5204 Broadway, Chicago, Ill.
- McClatchie, Miss A., 3119 Colfax Ave. S., Minneapolis, Minn.
- McClelland, Paterson, N. J.
- McCloskey, L. R., 705 Schmidt Bldg., Pittsburgh, Pa.
- McClurg, Dr., Swissvale, Pa.
- McCobb, Elsie M., 622 First St., Loveland, Colo.
- McCobb, Elsie M., 418-19 Idaho Bldg., Boise City, Idaho.
- McColl, A. C., [LL.B.], Majestic Bldg., Oklahoma City, Okla.
- McConnell, F. J., 24 Metropolitan Bldg., Lima, O.
- McConnell, F. J., St. Marys, O.
- McCormack, E. E., 1173 Seneca St., Buffalo, N. Y.
- McCormack, Hazel, 3131 Carthage Ave., Cincinnati, O.
- McCormick, Mrs. Chas., Aledo, Ill.
- McCormick, Chas., Nashua, Ia.
- McCormick, E. E., 1168 Seneca St., Buffalo, N. Y.
- McCormick, John, 905 Steinway Hall Bldg., Chicago, Ill.
- McCormick, John T., Waukegan, Ill.
- McCormick, L. L., Guthrie, Okla.
- McCracken, Rev. A., Webster City, Ia.
- McCrea, C. T., 1272 Euclid Ave., Cleveland, O.
- McCrea, Clifford T., 203 Euclid Point Bldg., Cleveland, O.
- McCready, B. T., 215 Masonic Temple, Cedar Rapids, Ia.
- McCubrey, E. E., Kalispell, Mont.
- McDale, G., University Place, Lincoln, Neb.
- McDaniel, Ida, 851 Sunset Blvd., Los Angeles, Cal.
- McDermott, Mary V., 1312 Lamar St., Wichita Falls, Tex.
- McDonald, New Brunswick, N. J.
- McDonald, C. J., 12 Allen St., Buffalo, N. Y.
- McDonald, D., York, Neb.
- McDonald, Elva Ethel, Hillsboro, O.
- McDonald, Ethel, 108 Hamilton St., Bound Brook, N. J.
- McDonald, H. W., 336 George St., New Brunswick, N. J.
- McDonald, H. W., Hillsboro, Ohio.
- McDonald, Drs. Joseph and Anne, Jamestown, N. D.
- McDonald, J. R., 225 Cleveland Ave., Canton, O.
- McDougall, Gertrude, Fairbury, Ill.
- McDowell, Lonsin, Washington Bank Bldg., Pittsburgh, Pa.
- McDuffie, J. G., Matoon, Ill.
- McElrea, F. B., Sidney, Man., Can.
- McElroy, Cecil, P. O. Box 136, Chicago, Ill.
- McElvany, Wm. F., 702 Warrington St., Allentown, Pa.
- McEwen, D. Clair, 603 Conover Bldg., Dayton, O.
- McEwin, Margaret, Linwood Station, Delaware Co., Pa.
- McFarlan, Geo. D., 276 Carroll St., Paterson, N. J.
- McFetridge, E. L., Howard & Barber Bldg., Derby, Conn.
- McFetridge, M. J., Derby, Conn.
- McGarvey, E. S., 406 Trust Bldg., Pittsburgh, Pa.
- McGinnis, James F., Maquoketa, Ia.
- McGinnis, J. F., Rockwell City, Ia.
- McGowan, Mrs. J. A., Toledo, O.
- McGranahan, J. C., Hadley, Pa.
- McGrath, Jos. D., Kendalville, Ind.
- McGreggor, Gregory, 1355 S. Grand Ave., Los Angeles, Cal.
- McGuire, Ada, 132 S. Main St., Butler, Pa.
- McGuire, Chas. A., 306 Marion Bldg., Marion, Ind.
- McGuire, Cynthia, Sheron, Kans.
- McGuire, Harriet J., 507 Mathews Bldg., Milwaukee, Wis.
- McGuire, W. W., 914 Cumberland St., Lebanon, Pa.
- McIntire, Chas., Ypsilanti, Mich.
- McIntire, Jessie, Ypsilanti, Mich.
- McIntire, Lucile, Maple St., Marion, Ind.
- McIntyre, Adelbert, Wolcott, N. Y.
- McIntyre, Mrs. Ella, 182 Exchange St., Freeport, Ill.
- McIntyre, John, State St., Chicago, Ill.
- McIntyre, Orrin R., 110 Poultney St., Geneva, N. Y.
- McKay, Archibald, Shawano, Wis.
- McKay, Chas., 509 Markham St., Toronto, Ont., Can.
- McKeever, O. G., 406 Glass Bldg., Marion, Ind.
- McKell, Ira J., 412-13-14 Col. Hudson Bldg., Ogden, Utah.
- McKellin, Wm., 403 Colt Bldg., Paterson, N. J.
- McKelvey, Andrew, 29 W. Fourth St., or 2 Park Place, Corry, Pa.
- McKelvey, Mary E., Villisca, Ia.
- McKenzie, Colleen R., 451 Bowen Ave., Chicago, Ill.
- McKeon, Ada H., Riverside, Cal.
- McKeon, Ada H., Woodland, Cal.
- McKidden, Blanche E., 4740 Lorain Ave., Cleveland, O.
- McKilligan, Birdie, Falls City, Neb.
- McKindley, D. H., 1619 Green St., Plulada, Pa.
- McKnight, H. F., Walled Lake, Mich.
- McLachlan, Ben N., 330 Norwood Ave., Grand Rapids, Mich.
- McLaren, Dr., 907 Bathurst St., Toronto, Ont., Can.
- McLaughlin, Jennie L., 186 Pine St., Detroit, Mich.
- McLean, Darcy, 328 Palmerston Blvd., Toronto, Ont., Can.
- McLean, A. E., Gould, Quebec, Can.
- McLean, W. R., 808 Madison St., La Porte, Ind.
- McLean, W. K., 717½ Franklin St., Michigan City, Ind.
- McLeese, John M., Hondo, Tex.
- McLennon, M. L., Palestine, Ill.
- McMahan, M. H., 595 Fourth St., Portland, Ore.
- McMahon, M. H., 286 Washington St., Portland, Ore.
- McManus, F. E., 1829 Niagara St., Buffalo, N. Y.
- McMillan, A. F., 143 East San Fernando St., San Jose, Cal.
- McMillan, Frank, Arkansas City, Kans.
- McMillan & McMillan, Drs., Ponca City, Okla.
- McMullan, Edith H., 58 W. Bayard St., Denver, Colo.
- McNabb, C. M., St. Joe, Ark.
- McNair, 525 Ashland Blvd., Chicago, Ill.
- McNamara, R. E., Baldwin, Cal.
- McNeal, Miss Ethel, Mulhall, Okla.
- McNeille, Horace S., 27 W. 43d St., Bayonne, N. J.

- McNitt, Leslie, 121 E. Main St., Benton Harbor, Mich.
- McNitt, William S., Watervliet, Mich.
- McNurlen, William, 718 W. 63d St., Chicago, Ill.
- McQuire, H., Honey Creek, Wis.
- McShane, Dora L., 8 W. Second St., Salt Lake City, Utah.
- McSloy, H. M., Humboldt, Sask., Can.
- McVicar, Elizabeth, Evanston, Ill.
- McWilliams, R. M., Princetown, Mo.
- McWilliams, R. M., Kidder, S. Dak.
- McWilliams, R. M., Rook Rapids, Ia.
- Meadows, L. F., 122 E. Second St., Oklahoma City, Okla.
- Mechling, Bessie, 417 S. Michigan St., South Bend, Ind.
- Medcalf, D. W., 431 Second St., Henderson, Ky.
- Medder, Chas. B., 926 Gladstone Ave., Portland, Ore.
- Medes, E. Harold, 15 Rickard St., Cortland, N. Y.
- Medlin, M. G., 411 Opera Blk., Long Beach, Cal.
- Meeker, G. D., 10 Mitchell Bldg., Cincinnati, O.
- Meeker, G. D., Room 8, 9 West Fourth St., Cincinnati, O.
- Meeker, Glenn, Laurel, Mont.
- Meeker, G. W., Thermopolis, Wyo.
- Meeker, Mrs. G. W., Thermopolis, Wyo.
- Meeker & Kroman, Rooms 8, 9, 10, Mitchell Bldg., 9 W. Fourth St., Cincinnati, O.
- Megathlin, Violet M., 133 Peterborough St., Boston, Mass.
- Meier, H. W., 13 Bank Bldg., or 7 Majestic Bldg., Ashtabula, O.
- Meier, H. W., 8½ Majestic Bldg., Ashtabula, O.
- Meinhardt, Ed., New Smyrna, Fla.
- Meinhardt, E. J., Whitehall, Mich.
- Meissner, Chas. L., 81 Arch Ave., Ridgewood, N. J.
- Melaik, Mrs. N., 306 W. Third St., Williamsport, Pa.
- Melley, C. J., 116 W. Chestnut St., Chicago, Ill.
- Mellbye, N., Woonsocket, S. D.
- Melson, L. C., 198 Delaware Ave., Buffalo, N. Y.
- Menegay, J. E., Greensburg, Kans.
- Menegay, John E., 318 Cleveland Ave., N. W., Canton, O.
- Menegry, J. E., 622 Kenkert Bldg., Canton, O.
- Menges, A. B., 1304 E. 91st St., Cleveland, O.
- Menough & Menough, 6300 Euclid Ave., Cleveland, O.
- Menough & Menough, 521 Main St., Peoria, Ill.
- Mensink, J. H., 8 S. Center St., Corry, Pa.
- Mensink, Mrs. N., Corry, Pa.
- Menz, Edward A., 87 Corbet St., Dorchester, Mass.
- Mercer, Alice, 513 Sandusky St., Pittsburgh, Pa.
- Meredity, Harry J., Cripple Creek, Colo.
- Merendino, Joseph, 2255 Broadway, New York, N. Y.
- Merrell & Merrell, 606 W. Henley St., Olean, N. Y.
- Merrill, Edith F., 52 Maryland St., Rochester, N. Y.
- Merrill, Roy N., 52 Maryland St., Rochester, N. Y.
- Merrill, John H., Yale, Mich.
- Merrill, Ray C., 594 Baxter Bldg., Portland, Me.
- Merrill, R. C., 562 Congress St., Bldg., Portland, Me.
- Merrill, R. C., 1555 N. La Salle St., Chicago, Ill.
- Merrill, Ray C., 366 Atlantic St., Stamford, Conn.
- Merrill & Merrill, 52 Maryland St., Rochester, N. Y.
- Merriman, Geo. S., Lacock St., Pittsburgh, Pa.
- Merriman, George, 713 Armandale Ave., Pittsburgh, Pa.
- Merryman, H. L., 1524 8th Ave., Greeley, Colo.
- Merryman, Harry L., 627 Osage Ave., Chariton, Ia.
- Mervy, L. A., 675 11th St., Oakland, Cal.
- Messenger, M. Lila, Simms, Mont.
- Messmer, J. G., Keystone Bk. Bldg., Pittsburgh, Pa.
- Metcalf, J. O., 306 Shultz Bldg., Columbus, O.
- Metzger, F. B., Topeka, Kans.
- Metzger, Dr., Goshen, Ind.
- Meyer & Meyer, 1330 E. Market St., Huntington, Ind.
- Meyer, Geo. W., 7 Courtland Blk., Kokomo, Ind.
- Meyer, G. W., 113½ W. Mulberry St., Kokomo, Ind.
- Meyer, Mrs. J. E., Urbana, Ind.
- Meyer, J. E., 412 N. Jefferson St., Huntington, Ind.
- Meyer, James E., 38 W. Market St., Huntington, Ind.
- Meyer, J. H., Chateau, Mont.
- Meyer, J. P., 412 Jefferson St., Huntington, Ind.
- Meyer, Ree W., Redondo Beach, Cal.
- Meyer, S. P., 116 S. Sixth St., Terre Haute, Ind.
- Meyer, S. P., 153 Pipestone St., Benton Harbor, Mich.
- Meyer, S. P., 202-4 Arcade Bldg., 116 S. 6th St., Terre Haute, Ind.
- Meyer, Wm., 2517 Cortland St., Chicago, Ill.
- Meyer, Wm., 1456 Ridgley St., North Bergen, N. J.
- Meyers, Fred, 725 Swedes St., Morristown, Pa.
- Meyers, J. A., Clarion, Ia.
- Meyers, Mrs. J. E., Urban, Ind.
- Meyers, Joseph E., Carey, O.
- Meyers, O. D., Majestic Hotel, Pueblo, Colo.
- Meyers, Stephen B., 306 N. 6th St., Terre Haute, Ind.
- Meyers, Wm. F., 725 New York St., Toledo, O.
- Michael, A. M., 701 Schmidt Bldg., Pittsburgh, Pa.
- Michigan College of Chiropractic, 108 Jefferson Ave., Grand Rapids, Mich.
- Middleditch, Emma D., 1245 O'Farrell St., San Francisco, Cal.
- Miedeking, Frederick W., 726 Peyton Bldg., Spokane, Wash.
- Mighton, F. C., 294-5 Boston Bldg., Honolulu, Hawaii.
- Mihah, Jno., 3184 W. 44th St., Cleveland, O.
- Miller, T. M., 2507 Ashwood Ave., Cleveland, O.
- Miles, Ella E., 125 Alfred St., Bradford, Ont., Can.
- Miles, Robt. W., 5300 W. 41st Ave., Denver, Colo.
- Miles, Stanley, Ironwood, Mich.
- Miles, T. M., 2507 Archwood St., Cleveland, O.
- Milline, Mae, 1228 Colorado Ave., Colorado Springs, Colo.
- Miller, Agnes M., 785 E. 105th St., Cleveland, O.
- Miller, C. A., Harlan, Ia.
- Miller, C. W., Miners' Bank Bldg., Joplin, Mo.
- Miller, Claudia A., Douglas, Wyo.
- Miller, D. S., 210 Cincinnati Bldg., Lima, O.
- Miller, Earl A., Ludington, Mich.
- Miller, E. E., 1321 Edgeware Place, Los Angeles, Cal.
- Miller, E. W., Auburn, Ind.
- Miller, Frank, 218 E. Mountain Ave., Ft. Collins, Colo.
- Miller, Frank L., 318 Cahill Bldg., Syracuse, N. Y.
- Miller, F. L., R. F. D. No. 3, Cortland, N. Y.
- Miller, Frank W., 409-10 Jackson Bldg., Janesville, Wis.
- Miller, Frank W., 218 E. Mountain Ave., Ft. Collins, Colo.
- Miller, F. W., 109 S. Academy St., Janesville, Wis.
- Miller, Geo. H., Byron, Okla.
- Miller, Geo. H., 1219 Perry St., Davenport, Ia.
- Miller, Geo. H., Bradenburg, Sask., Can.
- Miller, Gerald O., 211-12 Markel Bank Bldg., Hazelton, Pa.
- Miller, H. L., New Farmers' Bank Bldg., Monticello, Ind.
- Miller, H. L., 15 Hobart Ave., Detroit, Mich.
- Miller, H. W., 1630½ Second Ave., Rock Island, Ill.
- Miller, H. W., B. & A. Bldg., Missoula, Mont.
- Miller, Mrs. Iowa, Fairfield, Ia.
- Miller, Ira L., 36 Baltimore St., Hanover, Pa.
- Miller, I. S., 1639 W. 18th St., Chicago, Ill.
- Miller, Jas. A., 134 State St. W., Marshall, Mich.
- Miller, James B., Waukomis, Okla.
- Miller, J. P., North Platt, Neb.
- Miller, L. H., Danbury, Conn.
- Miller, L. Janie, 6026 Washington Ave., Chicago, Ill.
- Miller, L., 1155 De Frees St., Los Angeles, Cal.
- Miller, Nellie, 615 N. Alexandria Ave., Los Angeles, Cal.
- Miller, O. S., 8109 Garische Blvd., St. Louis, Mo.
- Miller, R. C., Aurora, Neb.
- Miller, W. A., Newton, Kans.
- Miller, W. D., Charles City, Ia.

- Miller, Wm. E., Perry, Ia.
 Miller, Mrs. W. R., Fairfield, Ia.
 Millhizer, Robt., Hannibal, Mo.
 Millman, H. I., 1113 Brady St., Davenport, Ia.
 Mills, Ella E., 125 Alfred St., Bradford, Ont., Can.
 Mills, Ernest P., 607 E. 47th St., Chicago, Ill.
 Mills, J. W., South Warren St., Syracuse, N. Y.
 Mills, J. W., 25 North St., Pulaski, N. Y.
 Mills, M. L., 403-4 Dillage Bldg., Syracuse, N. Y.
 Miltenberger, R., Terminal Bldg., Hoboken, N. J.
 Minar, E. S., Wheatland, Ia.
 Mintey, Herbert, Brandon, Man., Can.
 Minthorne, Richard, 49 Delevan Ave., Newark, N. J.
 Minty, Herbert, Rocanville, Sask., Can.
 Minty, H. W., Lake Preston, S. Dak.
 Miranda, Louis R., Box 747, San Juan, Porto Rico.
 Mitchel, Dr., 300 Columbia Bldg., Duluth, Minn.
 Mitchell, Andrew, care The Kallam Bldg., Tama, Ia.
 Mitchell, Mrs. A. J., Hutchinson, Kans.
 Mitchell, Charles G., Los Angeles, Cal.
 Mitchell, C., c/o Adam Bros. Printing Co., Topeka, Kans.
 Mitchell, E. G., 815 Topeka Ave., Wichita, Kans.
 Mitchell, Harry L., 71 Orange St., Brooklyn, N. Y.
 Mitchell, K. E., Hotel Belvidere, 158 Gylarm St., Denver, Colo.
 Mitchell, Pearl, Ames, Okla.
 Mitts, J. W., 3542 Pierce Ave., Chicago, Ill.
 Mizo, G. W., 325 14th St., Oakland, Cal.
 Moates, Charles H., 250 So. Second St., Oakland, Cal.
 Mock, Raymond D., Pittsburgh, Pa.
 Mockridge, Dr., 415 Central Ave., East Orange, N. J.
 Mockridge, L. V., 2860 E. 14th St., Oakland, Cal.
 Mockridge, Leslie V., 326½ E. Sixth St., Los Angeles, Cal.
 Mohney, S. P., Carlisle, Ky.
 Mohr, J. M., 229 Walnut St., Jeffersonville, Ind.
 Moline, Emile, 633 S. Hill St., Los Angeles, Cal.
 Monce, E. A., Canal Dover, O.
 Monce, Earnest E., Cambridge, O.
 Monck, Mrs. Anna M., Hamburger Bldg., Los Angeles, Cal.
 Monk, Helen Louise, 125 E. Girard St., Englewood, Colo.
 Monks, Harry, P. O. Bldg., Shelbyville, Ind.
 Monks, W. H., 8-9-10 Miller Law Bldg., Rushville, Ind.
 Monroe, Daisy M., 10507 Superior Ave., Cleveland, Ohio.
 Monroe, E. C., 8113 Melrose Ave., Cleveland, O.
 Montague, H. A., Guthrie, Okla.
 Montan & Montan, Bartow, Fla.
 Montgomery, D. H., 3 Post Office Bldg., Puyallup, Wash.
 Montgomery, Herman, Huntington, W. Va.
 Montgomery, W. C., 204 Morrison St., Johnstown, Pa.
 Moohr, Clara M., 423 Byrne Bldg., Los Angeles, Cal.
 Moon, C. E., Chelsea, Mich.
 Moon, C. E., Front St., Sarina, Ont., Can.
 Moon, E. C., Port Huron, Mich.
 Moon, E. F., Emmet, Idaho.
 Moon, Floyd S., Defiance, O.
 Moore & Dunlap, 110½ E. 6th St., Bloomington, Ind.
 Moore, Dr., Post-Standard Bldg., Syracuse, N. Y.
 Moore, Mrs. A. A., 107 Horton Ave., Detroit, Mich.
 Moore, A., 6 Wellington St., Worcester, Mass.
 Moore, A. I., Nordin, Okla.
 Moore, A. I., Medford, Okla.
 Moore, A. J., 339 Main St., Worcester, Mass.
 Moore, Claribel, 2802 Western Ave., Mattoon, Ill.
 Moore, Etna, 110 E. Sixth St., Bloomington, Ind.
 Moore, Etna, Des Moines, Ia.
 Moore, F. F., Four Lakes, Wash.
 Moore, Fred, F., Suite 410, Fernwell Bldg., Spokane, Wash.
 Moore, F. J., 1052 Wesley Ave., Cincinnati, O.
 Moore, F. J., Arlington, Ia.
 Moore, F. S., 22½ Clinton St., Defiance, O.
 Moore, H. B., 821 18th Ave., San Diego, Cal.
 Moore, Miss Jessie E., 101 Edgehill Road, East Milton, Mass.
 Moore, L. L., 305-6 Equity Bldg., Muskogee, Okla.
 Moore, Newton, Hershey Ave., Muscatine, Ia.
 Moore, R. E., 10 Maple St., Salamanca, N. Y.
 Moore, R. E., 624 Washington Ave., West Haven, Conn.
 Moore, R. E., Miami, Fla.
 Moore & Moore, Drs., Lincoln, Neb.
 Moos, Oscar, 1566 Franklin Ave., San Diego, Cal.
 Morehead, H. I., Kensington, Kans.
 Morelli, Louis, Richmond, Cal.
 Morgan, Arthur, 158 Pike St., Port Jervis, N. Y.
 Morgan, Frank, Morgan, Minn.
 Morgan, J. E., 914 E. Belknap St., El Paso, Tex.
 Morgan, McLain, Jefferson, Ia.
 Morgan, McLain, Sedgwick, Colo.
 Morgan, Sarah A., 220 Taylor St., Pittsburgh, Pa.
 Morgan, Sarah, 19 Park Way, Pittsburgh, Pa.
 Morgan, Sylvia, Adel, Ia.
 Morgan, Wm. C., Chautauque, N. Y.
 Morhaus, F. C., Marthasville, Mo.
 Morkert, M. D., Peru, Ind.
 Morkert, M. D., Rossville, Ind.
 Morkert, M. D., Over Thrasher's Store, Frankfort, Ind.
 Morkert, Owen, 230 Cason & Neal Bldg., Lebanon, Ind.
 Morral, J. E., Thomas Blk., Leavenworth, Kans.
 Morrein, Gerard M., 299 Snelling Ave., St. Paul, Minn.
 Morrell, S. Phillip, Chicago, Ill.
 Morris, D. D., Ozark, Ill.
 Morris, D. D., Coral Springs, Ill.
 Morris, Dennis D., Metropolis, Ill.
 Morris, F. L., Gunning, Colo.
 Morris, Margaret, 10406 Euclid Ave., Cleveland, O.
 Morris, Thos., La Crosse, Wis.
 Morris & Hartwell, La Crosse, Wis.
 Morrison, Fred R., 17 N. State St., Chicago, Ill.
 Morrison, Kate, Sterling, Ill.
 Morrison, L. A., Box 405, Nappanee, Ind.
 Morrison, Wm. I., 17 N. State St., Chicago, Ill.
 Morrison, W. L., Aurora, Ill.
 Morrow, A. W., Kewanee, Ill.
 Morrow, Elberta, Arkansas City, Kans.
 Morrow, Mabel, 545 W. Church St., Elmira, N. Y.
 Morrow, M. H., 196 Genessee St., Utica, N. Y.
 Morse, Ida B., Denver, Colo.
 Mortensen, J. C., Frankville, Wis.
 Morton, E. A., 126 E. Sixth St., Davenport, Ia.
 Morton, Sadie F., 8-9 Interstate Bldg., Cedar Rapids, Ia.
 Mosely, Madeline, Clay City, Ill.
 Mosher, Alex H., 24 Teggert Blk., Watertown, N. Y.
 Moss, A. E., Kimball, Neb.
 Mostad, Rachel E., 3 Shine St., Deadwood, S. D.
 Mothersill, W. D., 127 Francisco St., Chicago, Ill.
 Motsch, Rud. J., 632 W. 14th St., or 1021 Locust St., Davenport, Ia.
 Moul, Flora L., 4026 Dalton Ave., Los Angeles, Cal.
 Mouse, A. B., Elkins, W. Va.
 Mowat, Kenneth G., 17 Cleveland Place, Buffalo, N. Y.
 Moyers, C. E., Davenport, Ia.
 Moyers, C. E., 26 Bogg St., Detroit, Mich.
 Moyers, G. L., 178 Colburn Place, Detroit, Mich.
 Moyers, G. L., 3827 14th St., N. W., Washington, D. C.
 Mudge, Chas. K., Box 262, Gault, Ont., Can.
 Mudge, C. L., McGraw, N. Y.
 Mudge, C. L., 12 Otter Creek Place, Cortland, N. Y.
 Mudge, C. L., 57 E. Bridge St., Oswego, N. Y.
 Mudge, O. A., Broadway, Council Bluffs, Ia.
 Mudgem, O. A., Broadway, Council Bluffs, Ia.
 Mueller, Carl W., Box 65, Birnamwood, Wis.
 Mueller, E. A., 591 Warren St., Newark, N. J.
 Mueller, Jennie, St. Johns, Kans.
 Mull, Margaret, 2748 Hayden Ave., Chicago, Ill.
 Mullen, Mrs. Wm., Lenox, Ia.

- Muller, Raymond, 424 Sansom Ave., Philadelphia, Pa.
 Mulliner, R. H., 333 Rich St., Syracuse, N. Y.
 Mumper, C. A., 501 Everett Bldg., Akron, O.
 Mundell, Oliver, Clayton, N. Mex.
 Munhall, Geo. M., 225 E. 15th St., Homestead, Pa.
 Munley, Michael L., Carbondale, Pa.
 Munro, H., 2 Steele Blk., Winnipeg, Man., Can.
 Munro, R. P., Encanto, Cal.
 Murchison, H. L., 210 Feick Market St., Sandusky, O.
 Murdock, Herman, Marshall, Mo.
 Murphy, Charles, 918 Paterson Ave., North Bergen, N. J.
 Murphy, Mrs. Mae, Johnstown, Penn.
 Murray, Frederick, 826 Hennepin Ave., Minneapolis, Minn.
 Mutchmoore, J. T. O., 642 12th St., Oakland, Cal.
 Myers & Kelly, Foley Blk., La Grande, Ore.
 Myers, Donald, 526 E. Douglas Ave., Wichita, Kans.
 Myers, E. P., Davenport, Ia.
 Myers, F. G., Chester, Pa.
 Myers, G. L., 3827 14th St., Washington, D. C.
 Myers, J. W., 1811 Main Ave., San Antonio, Tex.
 Myers, O. P., Sacatoon, Sask., Can.
 Myers, W. F., 725 New York Ave., Toledo, O.
 Myers, Paul J., K. of P. Bldg., Crawfordsville, Ind.
 Mytroszesky, Joseph, 52 16th Ave., Newark, N. J.
 Nabstedt, J. M., 253 W. 58th St.; 514 W. 149th St., and 1789 Broadway, New York, N. Y.
 Nader, Miss Edith, 1602 20th St., and 1920 20th Ave., Rock Island, Ill.
 Naidl, A. R., Marinette, Wis.
 Naish, Wm., 146 Katherine St., Hamilton, Ont., Can.
 Napper & Howard, 333 S. Dearborn St., Chicago, Ill.
 Narmon, L., Margoh, Bellevue, O.
 Nash, L. A., Carthage, N. Y.
 Natal, R., 138 Atwell Ave., Providence, R. I.
 Nathan, Albert, Victoria Apts., Washington, D. C.
 Nathis, J. A., Rock Island, Ill.
 Nation, John D. S., Anaheim, Cal.
 Neal, J. W., 674 Hellman Bldg., Los Angeles, Cal.
 Neale, J. W., 601 West Sixth St., Topeka, Kans.
 Neale, J. W., 674-76 I. W. Hellman Bldg., Los Angeles, Cal.
 Nebel, John, 116 Laffin St., Chicago, Ill.
 Neddén, Albert, Tigerton, Wis.
 Neeley, J. B., Anadarko, Okla.
 Newsalt, Geo. A., Savings & Loan Bldg., Fargo, N. Dak.
 Neff, 333 Dearborn St., Chicago, Ill.
 Nehr, Dr. C. E., Butler, O.
 Neidhard, J. F., 216 S. Main St., Marion, O.
 Neill, A. H., 818 W. 55th St., Chicago, Ill.
 Neilsen & Neilsen, Drs., Washington Bldg., Madison, Wis.
 Neilsen & Neilson, 11 Mohawk Place, Amsterdam, N. Y.
 Neilson, Albert, Georgetown, Ont., Can.
 Neilson, A. J., Beatrice, Neb.
 Neis, Walter, 77 Circular St., Tiffin, O.
 Neis, Walter, care Dr. F. R. Preston, 132 Blackwell St., Dover, N. J.
 Neis, Walter A., 710 Nat'l Union Bldg., Toledo, O.
 Nelden & Nelden, 61 N. Washington St., Wilkes-Barre, Pa.
 Nelson, A. E., 1167 Montello St., Campello, Mass.
 Nelson, C. A., Clara City, Minn.
 Nelson, C. E., Centerville, Ia.
 Nelson, C. E., Lenox, Ia.
 Nelson, David, 103 W. Center St., New Manchester, Conn.
 Nelson, Ella, San Diego, Cal.
 Nelson, Geo., Independence, Ia.
 Nelson & Frank, West Liberty, Ia.
 Nelson, N. P., 1 N. Broadway, Fargo, N. D.
 Nelson, P., 281 Withersfield Ave., Hartford, Conn.
 Nelson, Swen, 101 W. 189th St., New York, N. Y.
 Nelson, Von O., Hudson, N. Y.
 Nelsen, W. H., Rhinelander, Wis.
 Nesbit, E. W., Santee, Cal.
 Nesbit, Luther M., Custer, O.
 Nesbit, Smith, 750 Lansdowne Ave., Toronto, Ont., Can.
 Neth, Gustave A., 1012 W. Berendo St., Los Angeles, Cal.
 Netsgle, Chas., care I. O. O. F. Bldg., Goshen, Ind.
 Neuman, Al., Room 3, 827 16th St., Denver, Colo.
 Neve, F. F., Box 58, Merva, Neb.
 Neve, Flora, Benkelman, Neb.
 Neve, Flora K., Kingston, Ont., Can.
 Neville, Mary, 4662 Broadway, Chicago, Ill.
 New, Ruth E., 348 Franklin St., Bloomfield, N. J.
 Newbrough, H. F., 413-14 Rookery Bldg., Spokane, Wash.
 Newcomer, J. E., 44 Sperling Bldg., Elgin, Ill.
 Newcomer, J. J., 83 South Arch St., Alliance, O.
 Newcommer & Gerhardt, Bryan, O.
 Newitt & Newitt, White Cloud, Mich.
 Newsalt, Geo. A., Fargo, N. Dak.
 Newton, E. D. B., 421 Cajon St., Redlands, Cal.
 Newton, J. H., 4200 Grand Blvd., Chicago, Ill.
 Nicholson, N. H., 1444 Washington Blvd., Chicago, Ill.
 Nichols, Rowe's Bath Parlors, Jamestown, N. Y.
 Nichols & Nichols, Drs., 6-8 Wheelock Bldg., Sayre, Pa.
 Nichols, Mabel, Farr Bldg., Scranton, Pa.
 Nichols, Arthur N., Polo, Ill.
 Nichols, F. S., 3-4 Spies Bldg., Menominee, Mich.
 Nicholson, C. G., Wilsonville, Neb.
 Nicholson, F. H., Abilene, Kans.
 Nicholson, H. H., Lincoln, Neb.
 Nicholson, Hattie H., Wilsonville, Neb.
 Nicholson, Miss J. D., Antigo, Wis.
 Nicholson, J. L., Lebanon, Neb.
 Nickerson, H. R., Galveston, Tex.
 Nicola, Mrs. Bertha, Sigourney, Ia.
 Nida, Eugene R., 700 W. 9th St., Oklahoma City, Okla.
 Nielson & Nielson, 11 Mohawk Place, Amsterdam, N. Y.
 Nielson & Nielson, 245-47 Washington Ave., Madison, Wis.
 Nielson, Andrew, Beatrice, Neb.
 Nielsen, A. M., Georgetown, Ont., Can.
 Nielsen, Julia K., 120 E. 34th St., New York, N. Y.
 Nielson, P. A., Box 630, Clear Lake, Ia.
 Nieman, Louis, 2412 Ames Ave., Omaha, Neb.
 Nierman, Mary, Polk, Neb.
 Niermann, L., 1023 West St., Grinnell, Ia.
 Nisbett, Smith, 750 Lansdowne St., Toronto, Ont., Can.
 Nix, P. M., 2128 N. Keystone Ave., Chicago, Ill.
 Nixon, H. E., 133 Mt. Vernon St., Grand Rapids, Mich.
 Noeling, Geo. D., 1107 Chestnut St., Philadelphia, Pa.
 Nooding & Gibson, Drs., Malley Bldg., New Haven, Conn.
 Noonan, M. A., 67 W. 90th St., New York, N. Y.
 Nops, W. J., Kentland, Ind.
 Nord, Ragna, 1133 N. Leavitt St., Chicago, Ill.
 Nordell, Clarence A., Cor. 6th and Elm Sts., Valley Junction, Ia.
 Nordlie, J. J., 2552 Wrightwood Ave., Chicago, Ill.
 Noren, Hildur, 562 E. Second St., Jamestown, N. Y.
 Norman, Dr., Paris, Ark.
 Norman, Arthur, Cor. N. Lawndale & Hirsh St., Chicago, Ill.
 Norman, Frank, Orient, Ia.
 Norris, C. E., Bowling Green, O.
 Norman, F. J., Lenox, Ia.
 Norman, F. J., P. O. Box 136, Centerville, Ia.
 Norman, Geo. E., 122 Monroe St., Grand Rapids, Mich.
 Norris, D. L., Lock Box 305, Coon Rapids, Ia.
 North, E. M., 7901 13th St., Brooklyn, N. Y.
 North, Dr., 619 Spadina Ave., Toronto, Ont., Can.
 Northnagel, J., 2 Bloor St. E., Suite 64, Toronto, Ont., Can.
 Norton, Horace, 1225 L St. N. W., Washington, D. C.
 Northnagel, J., 941 E. 14th St., Brooklyn, N. Y.

- Novey, Anna, E. 55th St. & Euclid Ave., Cleveland, O.
 Novey, A. J., Penn. Square Bldg., Cleveland, O.
 Noyer, S. A., Atlantic, Ia.
 Noyer, Samuel, Atlantic, Ia.
 Noyes, H. W., 416 Crown St., New Haven, Conn.
 Nuckols, Jas. H., Box 65, Greenfield, O.
 Nuest, Mary, Sterling, Kans.
 Nunvar, A. G., 363 Old Arcade, Cleveland, O.
 Nyfeler, Edwin, Berne, Ind.
 Nyman, Adolph, 415 Ninth St., Brooklyn, N. Y.
 Oakes, Geo. C., 257 H St., San Bernardino, Cal.
 Oakley, Nelson C., San Diego, Cal.
 Oberg, Miss I., 49 Delmond St., Portland, Ore.
 O'Brien, C. L., 6611 E. 4th St., Sedalia, Mo.
 O'Brien, Henry P., Appleton, Wis.
 O'Brien, M. A., 113-15 Seitz Bldg., Syracuse, N. Y.
 Ochs, Louis, Merrimac St., Adams Bldg., Haverhill, Mass.
 O'Dell, Essie A., 14 Main St., Batavia, N. Y.
 Odle, I. C., Johnson City, Ill.
 Offield, J. Harry, Oklahoma City, Okla.
 Ogden, C. R., 13 Academy St., 221 S. Main St., Wilkes Barre, Pa.
 Ogden, H. F., Port Jefferson, O.
 Ogden, Harold W., 233 N. 32nd St., Camden, N. J.
 Ogden, Vara A., 240 Prospect St., East Orange, N. J.
 Ogee, R. W., Anadarko, Okla.
 Ogg, Robert M., Canadian Bank of Commerce Bldg., Brantford, Ont., Can.
 O'Hanlon, N. F., 6904 Holmes Ave., Los Angeles, Cal.
 Ohnemuller, Catherine C., 204 N. Evergreen St., Los Angeles, Cal.
 O'Keefe, M. L., 1 Franklin Ave., Morristown, N. J.
 Okerman, J. W., Ashtabula, O.
 Oldenburt, Hugo, 1427 People's Gas Bldg., Chicago, Ill.
 Olds, M. T., 1009½ W. 11th St., Los Angeles, Cal.
 Olison, K. P., Brodhead, Wis.
 Oliviant, Margaret, Sault Ste. Marie, Can.
 Oliver, I. M., The Toronto Apts., Washington, D. C.
 Olmstead, W. E., 1318 Fifth Ave., Seattle, Wash.
 Olsen, B. H., Francis Bldg., Brookfield, Mo.
 Olsen, Geo., Lake View, Palmer, Nebr.
 Olsen, Melvin C., P. O. Box No. 203, Mt. Pleasant, Utah.
 Olson, A. H., Suite 10-11, Liberty Bldg., Cleveland, O.
 Olson, B. H., 401 S. Monroe St., Francis Bldg., Brookfield, Mo.
 Olson, G. W., First State Bank, St. Paul, Minn.
 Olson, Herman, 1508 Main Ave, Spokane, Wash.
 Olson, J. B., 1401 Williamson St., Madison, Wis.
 Olson, Mrs. Minnie, 1106 Seventh St., Sioux City, Ia.
 Olson, M. O., 1256 Haight St., San Francisco Cal.
 Olson, Peter, 945 W. 7th St., Los Angeles, Cal.
 O'Neal, G. M., 849-50 Ohio Bldg., Toledo, O.
 O'Neill, G. W., 849 Ohio Bldg., Toledo, O.
 O'Neal, Helen, 849-50 Ohio Bldg., Toledo, O.
 Opland, 228 S. Wood St., Chicago, Ill.
 Oppenheimer, H. H., 108 Villa Ave., Buffalo, N. Y.
 Oppenheimer, H. O., 255 W. 108th St., New York, N. Y.
 Opshal & Opshal, Decorah, Ia.
 Opshal, Helen E., 403 Jefferson St., Decorah, Ia.
 O'Quinn, C. A., Alton, Fla.
 O'Quinn, C. A., Perry, Fla.
 Ord, Garnet L., 210 Bloor St., E., Toronto, Ont., Can.
 Ordway, K. S., 273 Pearl St., Providence, R. I.
 Ordway, Kesley Sanborn, 57 Eddy St., Providence, R. I.
 Ormand, Wm. E., 52 Formalt St., Atlanta, Ga.
 Ormsbee, C. B., Moneta, Cal.
 Ortell, Rev. C. R., Santa Fe Isle, Depencis, N. I., Cuba.
 Osborn, R. E., P. O. Box 192, Bicknell, Ind.
 Oschner, B. O., 144 Main St., Oneida, N. Y.
 Osgood, Helen J., 1325 E. Colfax Ave., Denver, Colo.
 Oshinske, Jno., 2735 N. Central Park Ave., Chicago, Ill.
 Ostberg, Chas. J., 310 Public Service Bldg., Kenosha, Wis.
 Ostberg, Chas. J., 1007 Belmont Ave., Chicago, Ill.
 Ostroot, A. E., 1002 Third Ave., Kalispell, Mont.
 Oswalt, John, 302 E. Market St., Warren, O.
 Ottaway, Geo., 6 W. Adams St., Detroit, Mich.
 Otto, G. H., Winnipeg, Man., Can.
 Otto, G. M., 6-7 Livingston Bldg., Wassan, Wis.
 Otto, Geo. M., 528-30 Brady St., Davenport, Ia.
 Overend, Geneve A., 2058 Elm Ave., Norwood, O.
 Overholzer, D. J., Covina, Cal.
 Oviatt & Oviatt, Masonic Bldg., Aberdeen, Wash.
 Oviatt, Henrietta, Masonic Temple Bldg., Aberdeen, Wash.
 Owen, Ed., Coffeyville, Kans.
 Owen, F. L., Harding, S. Dak.
 Owens, T. J., 828 Brady St., Davenport, Ia.
 Oyer, St. Elmo, 230 Laurel St., Buffalo, N. Y.
 Oyle, E. J., Kimball, Neb.
 Oyler, Thos. C., Marcelline, Mo.
 Pachett, E. E., 2900 Carman St., Camden, N. J.
 Paczkowski, Thaddeus, 194 Broad St., Bloomfield, N. J.
 Padley, Mrs. E., 1113 N. Dearborn St., Chicago, Ill.
 Page, Mrs. W. B., Goshen, Ind.
 Painter, Carrie, 2359 N. California Ave., Chicago, Ill.
 Painter & Painter, 2359 N. California Ave., Chicago, Ill.
 Painter, S. W., 1038 Acoma Ave., Denver, Colo.
 Painter, Mr. & Mrs. S. W., Chicago, Ill.
 Painter, S. W., Bettendorf, Ia.
 Painter, W. J., 517 Medical Block, Minneapolis, Minn.
 Palotay, J. A., 743 W. Seventh St., Los Angeles, Cal.
 Palmer, B. J., 828 Brady St., Davenport, Ia.
 Palmer, Mrs. B. J., 828 Brady St., Davenport, Ia.
 Palmer, Mrs. Charles, 756 S. Balsh St., Akron, O.
 Panwels, Robert, 110 W. 40th St., New York, N. Y.
 Parchen, G. H., Anita, Ia.
 Parchen, G. H., Stuart, Ia.
 Parchen, H. C., Guttenberg, Ia.
 Park, W. G., No. 8 Young St., Tonawanda, N. Y.
 Parker & Parker, General Delivery, Geneva, N. Y.
 Parker, Dr., Market St., Warren, Pa.
 Parker, Alice J., 3 Fargo Ave., Buffalo, N. Y.
 Parker, C. R., 508 S. Ashland Bld., Chicago, Ill.
 Parker, Emerson R., 411 W. Third St., Jamestown, N. Y.
 Parker, F. W., 225 N. Water St., Gault, Ont., Can.
 Parker, James G., 85 Ford St., Ogdensburg, N. Y.
 Parker, F. S., Hartley, Ia.
 Parker, M. U., 508 S. Ashland Bld., Chicago, Ill.
 Parker, Olive B., 12 Bellingham St., Everett, Mass.
 Parker, R., 508 S. Ashland Bld., Chicago, Ill.
 Parker, R. Emerson, 16 Cherry St., Perry, N. Y.
 Parker, R. E., The De Orsay, 411 W. Third St., Jamestown, N. Y.
 Parker, Wm. H., 12 Bellingham St., Everett, Mass.
 Parks & Parks, Tecumseh, Neb.
 Parks, B. F., 20-21 Turkey Bldg., Portsmouth, O.
 Parks, Geo. P., 1127 14th St., Bedford, Ind.
 Parks, L. R., Red Cloud, Neb.
 Parks, L. R., 31 McAllister Bldg., Grand Island, Neb.
 Parks, Mrs. P. D., Michigan, N. D.
 Parks, P. D., Room 2, Imley Bld., 205 Masonic Temple, Portsmouth, O.
 Parson, Dr., 426 King St., London, Ont., Can.
 Parsons, Clarence E., Alworth Bldg., Duluth, Minn.
 Parsons, F. W., Gallupville, N. Y.
 Parsons, Geo. W., 2037 Park Road, Washington, D. C.
 Parsons, Mae C., Alworth Bldg., Duluth, Minn.
 Parsons, The, Alworth Bldg., Duluth, Minn.
 Parsons & Parsons, 808 Alworth Bldg., Duluth, Minn.
 Partridge, C. E., Los Animos, Colo.
 Patchen, G. H., 147 W. 23rd St., New York, N. Y.
 Patten, R. E., 131 W. 18th St., Erie, Penn.
 Patterson, M. B., Ft. Wayne, Ind.
 Patterson, S. R., Springfield, O.
 Patterson, W. S., 306 Good Blk., Des Moines, Ia.

- Patton, Flora M., 418-19 Idaho Bldg., Boise City, Idaho.
- Paulson, A. J., 10 Spexarth Bldg., Astoria, Ore.
- Paulssem, W. O. F., Box 184, Manhattan, Kans.
- Pauwels, Robt., 110 W. 40th St., New York, N. Y.
- Payne, Allen E., 309 W. 7th St., Flint, Mich.
- Payne & Payne, 101 Pope Blk., Pueblo, Colo.
- Payne, A. V., Marbridge Bldg., B'way and 34th St., New York, N. Y.
- Payne, F. C., Sturgeon Bay, Wis.
- Payne & Payne, Craig, Colo.
- Payne, M. U., Craig, Colo.
- Paynter, John E., 3309 Troost Ave., Kansas City, Mo.
- Payton, W. L., General Delivery, Oklahoma City, Okla.
- Pearing, W. C., 5011 Hollywood Bldg., Los Angeles, Cal.
- Pearce, N. F., Benton Harbor, Mich.
- Pearson, B. H., Craftonville, Cal.
- Pearson, Chas. Smith, Sea View House, Northumberland, Eng.
- Pearson, Chas. S., Sea View House, 3 Tyne Terrace, North Shields, Eng.
- Pearson, R., 47 Pexey Park, Tynemouth, Eng.
- Pease, Carrie B., Galesville, Wis.
- Pease, W. W., 30 North 2nd St., Harrisburg, Pa.
- Peck, Marie C., Belle Fourche, S. Dak.
- Peebles, Roy A., 419 Weldon St., Latrobe, Penn.
- Peffer, Geo. M., 140 Bertha St., Pittsburgh, Pa.
- Pefley, J. W., Perry, Ia.
- Peil, Charles G., 1305 Linden Ave., Baltimore, Md.
- Peirce, Clarence M., Cambridge City, Ind.
- Pelaskin, J. B., 1710 Winwood Ave., Detroit, Mich.
- Pennington, H. A., 1379 W. Randolph St., Chicago, Ill.
- Pennington, J. L., 712 Marin Ave., Canon City, Colo.
- Pennington, J. L., 1505 O St., Lincoln, Neb.
- Pennington, J. L., Republican City, Neb.
- Penrose, T. J., Whittier, Cal.
- Peppercorn, Mrs. Norma, Spearville, Kans.
- Perkins, J. W., Belleflower, Mo.
- Perrier, Mary A., Sault Ste. Marie, Can.
- Perry, C. W., 219 Water St., Augusta, Me.
- Perry, Grace I., Plainview, Minn.
- Perry, Maude, Humboldt, Ia.
- Perry, Minnie A., Minot, N. Dak.
- Perry, M. A., Pine City, Minn.
- Perry, W. A., 7117 San Fernando Bldg., Los Angeles, Cal.
- Persson, G. H., 32 W. Church St., Uniontown, Pa.
- Peschkar, Joseph, 331 Main St., Union Hill, N. J.
- Pestaner, J. F., 174 W. 97th St., New York, N. Y.
- Petch, A. J., Winfield, Kans.
- Peters, A. G., Kingston, Ont., Can.
- Peters, F. E., 147 S. Santa Fe St., Salina, Kans.
- Peters, Henry, 617 Mack Bldg., Denver, Colo.
- Peters, Richard, 61st & University Place, Chicago, Ill.
- Peterson, 5913 S. Halsted St., Chicago, Ill.
- Peterson, C. A., 6321 St. Lawrence Ave., Chicago, Ill.
- Peterson, F. A., Mt. Forest, Ont., Can.
- Peterson, H. L., 1801 Lawrence Ave., Chicago, Ill.
- Peterson, H. S., 6131 S. Maplewood Ave., Chicago, Ill.
- Peterson, M. B., 1103 S. Boots St., Marion, Ind.
- Petersen, P. D., Spring Valley, Minn.
- Peterson, R. H., 10526 Superior Ave., Cleveland, O.
- Peterson, R. H., 7600 Hough Ave., Cleveland, O.
- Pettit, C. B., Lyons, Kans.
- Petrish, W. J., 1928 Brady St., Davenport, Ia.
- Petrish, J. F., Thomas Bigelow Bldg., Reno, Nev.
- Petter, A. J., Brack Shops, Los Angeles, Cal.
- Pettit, A. J., Winfield, Kans.
- Petty, E. I., 208 Clauss Bldg., Ottotway, Ill.
- Petty, Ernest L., Delevan, Wis.
- Petzd, M., 1562 Milwaukee Ave., Chicago, Ill.
- Pfarriss, Wm. H., 1110 Hudson St., Hoboken, N. J.
- Pfeifer, Charles, 56 Fabian Place, Newark, N. J.
- Pfeifer, Hans, 1412 Prospect Ave., Bronx, N. Y.
- Pfeiffer, G., 7 Toboyon Place, Newark, N. J.
- Phebus, W. A., Seymour, Ia.
- Phelps, Adaline, Hannah Blk., La Fayette, Ind.
- Phelps, L. W., Fostoria, O.
- Phelps, L. W., Taylor Blk., Elwood, Ind.
- Philbrick, H. L., Hill's Bldg., Hartford, Conn.
- Philbrick, H. L., 967 Elm St., Manchester, N. H.
- Philbrook, N. W., 327 Cores Realty Bldg., Los Angeles, Cal.
- Phillebaum, Elmer, Lock Box 318, Memphis, Tenn.
- Phillion, Thos. E., 2602 Harrison St., Davenport, Ia.
- Phillips & Phillips, Drs., Cutcheon, Mich.
- Phillips, C. G., Siloam Springs, Ark.
- Phillips, Mrs. E., 163 Independence Ave., Quincy, Mass.
- Phillips, E. Helen, 485 Porter Ave., Buffalo, N. Y.
- Phillips, E. J., 961 Great River Ave., Detroit, Mich.
- Phillips, Helen E., 107 Mariner St., Buffalo, N. Y.
- Phillips, Ida B. H., Butts Bldg., Wichita, Kans.
- Phillips, Lloyd A., 914 E. Belknap St., Fort Worth, Tex.
- Phillips, Ida, Wellington, O.
- Phillips, U. M., 216-19 Strickland Bldg., Valdosta, Ga.
- Phillips, O. L., 111 W. Waterman St., Wichita, Kans.
- Phillips, W. M., 225 Diet Bldg., Deland, Fla.
- Pichel, L. C., 1547 Broadway, New York, N. Y.
- Pickard, C. E., 3 Post Office Bldg., Canon City, Colo.
- Pickard & Pickard, 3 Post Office Bldg., Canon City, Colo.
- Pickard & Pickard, Drs., 3 Post Office Bldg., Canon City, Colo.
- Pielemair, E. F., 518 Main St., Vincennes, Ind.
- Pierce, Mrs., University Pk., Denver, Colo.
- Pierce, C. M., Cambridge City, Ind.
- Pierce, W. R., Springport, Mich.
- Pierce, Clarence M., Cambridge City, Ind.
- Pierce, Geo. A., 117 Vine St., 22½ W. 3rd St., Williamsport, Pa.
- Pierce, G. Chester, 1615 E. 33rd St., Indianapolis, Ind.
- Pierce, Geo. O., 196 Oak St., Binghamton, N. Y.
- Pierce, J. Elwood, 1030 Wolf St., Philadelphia, Pa.
- Pierce, Willard, Milford, Del.
- Pierson, F. R., 1231 Stevens Bldg., Chicago, Ill.
- Pietsch, Albert, 905 Monticello St., Chicago, Ill.
- Pillion, Thos. E., 2602 Harrison St., Davenport, Ia.
- Pilstrom, David, 124 Bridge St., Struthers, O.
- Pilstrom, David, South Side Bank Bldg., Struthers, O.
- Pine, Frank A., Post Falls, Idaho.
- Pinkham, C. B., Sacramento, Cal.
- Pinney, L. Preston, Clifford Bldg., Jamestown, N. Y.
- Pintler, L. E., Rooms 45 & 46, Conrad Bldg., 385 Westminster St., Providence, R. I.
- Piper, F. J., Box 39, Summer, Ill.
- Pipperda, Benj., Cuba, Wis.
- Pitts, L. M., 47 W. Alexandria Ave., Detroit, Mich.
- Pizarro, Evelio V., Valley Stream, Long Island, N. Y.
- Place & Place, Madison, Wis.
- Place, J. R., 308 State St., Madison, Wis.
- Plambeck, L., 2004 14th St., Moline, Ill.
- Plank, Howard T., 1812 Heyworth Bldg., Chicago, Ill.
- Planter, Mrs. L. M., Ogallala, Neb.
- Platner, L. M., 6-7 Wanamaker Bldg., Billings, Mont.
- Platner, L. M., Joliet, Mont.
- Platt, H. F., Belding, Mich.
- Platt, John W., Flandrean, S. Dak.
- Platto, H. M., 60 Broadway, New York, N. Y.
- Plumb, Gerald S., Kalamazoo, Mich.
- Plummer, G. A., 107 Cameron Ave., Detroit, Mich.

- Poage, Eva, Texola, Okla.
 Pobanz, Arthur G.,
 Cambridge, Ill.
 Poe, F. E., 322-23 La Plante
 Bldg., Vincennes, Ind.
 Poet, Bernice C., 310 E.
 Concord St., Vinton, Ia.
 Pogue, Garrett C., 116 Dudley
 107 N. 7th St., Camden, N. J.
 Pohs, Harry L., 315 Decatur
 St., Brooklyn, N. Y.
 Polmanteer, L. E.,
 Watervliet, Mich.
 Polmanteer, V. L., 801 Merc.
 Lib. Bldg., Cincinnati, O.
 Ponger, Edw., 132 Coles St.,
 Jersey City, N. J.
 Pontius, Arthur R., Harbor
 Springs, Mich.
 Pontone, Henry, 281 Grove
 St., Jersey City, N. J.
 Poole, Lanche M., New Paris,
 Ind.
 Poole, T. L., 536 Maybury
 Grand, Detroit, Mich.
 Pope, Hiram F., 107 Meigs
 Bldg., Bridgeport, Conn.
 Pope, Ora, Frederick, Okla.
 Pope, O. N., Chickasha, Okla.
 Poret, E., Hessmer, La.
 Porter, Edgar, 418 11th Ave.,
 Milwaukee, Wis.
 Porter, E. J., Milwaukee, Wis.
 Porter, Geo. E., 137-8
 Edgerly Bldg., Fresno, Cal.
 Porter, Geo. E., Alameda,
 Cal.
 Porter, Mrs. R. G., Petoskey,
 Mich.
 Porter, Rev. T. M.,
 Wentworth & 24th Sts.,
 Chicago, Ill.
 Porter, W. Wilson, Box 240,
 Oshawa, Ont., Can.
 Porter & Porter, Drs.,
 Petoskey, Mich.
 Posson, F. W., 19 Elm St.,
 Glens Falls, N. Y.
 Posson, G. W., Glens Falls,
 N. Y.
 Posegate, F. M., Nebraska
 Bldg., Tulsa, Okla.
 Post, Alfred H., 307 City
 Trust Bldg., Paterson, N. J.
 Potter, G. L., 302½ Clinton St.,
 Defiance, O.
 Potter, Jane G., The Nevada,
 2025 Broadway, New York,
 N. Y.
 Potter, La Forest, The
 Nevada, 70th St. and B'way,
 New York, N. Y.
 Potter, Mrs. L. F., 69th St.
 & Broadway, The Nevada,
 New York, N. Y.
 Potts, R. A., 14-15 Western
 Newspaper Union Bldg.,
 Oklahoma City, Okla.
 Powell, F. D., First Nat'l
 Bank Bldg., Corning, N. Y.
 Powell, W. O., 409 Common-
 wealth Bldg., Portland, Ore.
 Powers, J. D., 1021 Olive St.,
 Long Beach, Cal.
 Powley, V. E., Clarion, Ia.
 Prechtel, Fred. H., Lederer-
 Hene Bldg., Elwood, Ind.
 Preddicombe, Raymond, 508
 Monahan Bldg., Green Bay,
 Wis.
 Prentice, H. H., 8311 Euclid
 Ave., Cleveland, O.
 Prentice, H. H., 201 Knicker-
 bocker Bldg., Portsmouth,
 O.
 Preston, F. E., Salina, Kans.
 Preston, Frances R., 132
 Blackwell St., Dover, N. J.
 Pretzel, Bertha, Opera House,
 Michigan City, Ind.
 Price, A., 291 Main St., West
 Hamilton, Can.
 Price, Mrs. E. M., 820 Ohio St.,
 St. Paul, Minn.
 Price, W. L., 291 Main St. W.,
 Hamilton, Ont., Can.
 Priestler, Laura, 5804 Holly-
 wood Blvd., Los Angeles,
 Cal.
 Pringle, R. J., Lurline Baths,
 San Francisco, Cal.
 Prior, T. W., Room 6, Cook
 Bldg., Medina, N. Y.
 Proctor, Clara M., Prairie St.,
 Columbus, Wis.
 Proelicher, Clara, 3556 Main
 St., Evanston, Cincinnati, O.
 Provost, A. B., 45 Pearl St.,
 Grand Rapids, Mich.
 Prowse, E. W., Suite 426-27,
 Duncan Bldg., Vancouver,
 British Columbia, Can.
 Prowse, E. W., 426 Duncan
 Bldg., Vancouver, British
 Columbia, Can.
 Pruett, J. E., Bonham, Tex.
 Pruett, Paris, Tex.
 Pruett Bros., 46 Masonic
 Bldg., Pueblo, Colo.
 Pruett Bros., 525 E. 18th St.,
 Denver, Colo.
 Pruyne, A. L., 420 Main St.,
 Towanda, Pa.
 Puddicomb, Robt. A., 500
 Main St., Burlington, Ia.
 Puddicomb, R., 410 E.
 Lafayette St., Tampa, Fla.
 Pue, John T., Hicks Bldg.,
 San Antonio, Tex.
 Pugh, J. Thurman, 4716
 Melrose Ave., Los Angeles,
 Cal.
 Pumphrey, W. A., Adair
 Bldg., Portland, Ind.
 Punk, H. F., 6351 Ellis Ave.,
 Chicago, Ill.
 Puott, F. F., Ephriam, Utah.
 Putnam, Ernest, Williamston,
 Mich.
 Putt, Lewis O., Toronto, O.
 Pyott, Frank F., Ephriam,
 Utah.
 Pyatzki, Earnest, Horton,
 Kans.
 Pyle, Dr. Henry G., 537 E.
 Ocean Ave., Long Beach,
 Cal.
 Quick, Mrs. M., 711 Summitt
 Ave., Clinton, Ia.
 Quick, Walter J., Roanoke,
 Va.
 Quigley, J. E., 826 10th Ave.,
 Munhall, Pa.
 Quigley, W. J., 305 E. 8th St.,
 Homestead, Pa.
 Quigley, W. J., 501 Pitts-
 burgh Life Bldg., Home-
 stead, Pa.
 Quinn, Bernard, 2050 Penn.
 Ave., Alliance, O.
 Quinn, W. A., Cheyenne,
 Wyoming.
 Quinn, W. W., Lookout,
 Wyoming.
 Qvitttrud, E. F., Crookston,
 Minn.
 Raster, Rose L., 410 Joy St.,
 Red Oak, Ia.
 Raster, W. T., Red Oak, Ia.
 Radcliffe, Clayton L., Sydney,
 Nebr.
 Rademacher, Caroline, 373
 Woodlawn Ave., Buffalo,
 N. Y.
 Radice, Samuel S., 45 Elm-
 wood Ave., Buffalo, N. Y.
 Radley, J. H., 113 W. 71st St.,
 New York, N. Y.
 Rafferty, William H., Lakota,
 N. Dakota.
 Rahr, W. E., 253 N. Broad St.,
 Norwich, N. Y.
 Raidt, Edw. P., 1764 Viola
 Davenport, Ia.
 Raine, L. M., 2248 W. 95th St.,
 Cleveland, O.
 Raine, Lula M., Merritt Bldg.,
 Jackson, Mich.
 Raine, W. H., 6702 Detroit
 Ave., Cleveland, O.
 Raine, Wm. H. O., Merritt
 Bldg., Jackson, Mich.
 Rainey, Howard E., Owosso,
 Mich.
 Rairden, N. B., 4618 Figueroa
 St., Los Angeles, Cal.
 Ralff, H., 554 S. Figueroa St.,
 Los Angeles, Cal.
 Ralff, Harry, 209 Merchants
 Trust Bldg., Los Angeles,
 Cal.
 Ralph, Gerber, Wallace,
 Idaho.
 Ralston, Cora, 922 Sherman
 Ave., Steubenville, O.
 Ramsey, H., 301 Evanston
 Bldg., Minneapolis, Minn.
 Ramsey, Hazel, 228 S. Court
 St., Sullivan, Ind.
 Rank, E. H., Newberg, Ore.
 Randall, Edward B., 776 Tre-
 mont St., Boston, Mass.
 Randall & Bradford, Stock-
 port, Ia.
 Randall, G. J., 215 W. 51st
 St., New York, N. Y.
 Randolph, Harriett, Los
 Angeles, Cal.
 Randolph, J. R., General
 Delivery, Springfield, O.
 Ranney, A. W., 9 Sylvan Ave.,
 New Haven, Conn.
 Raske, S. H., 805 King St. E.,
 Hamilton, Ont., Can.
 Rasmussen, Mrs. Meda,
 Garrett, Ind.
 Rassmer, Murkee, J., 969
 Liberty Ave., Pittsburgh,
 Pa.
 Raster, W. T., Red Oak, Ia.
 Rath, Frederick A., South
 Fallsburg, N. Y.
 Rath, Frederick A., 506 Silsby
 Bldg., Newport News, Va.
 Rathburn & Rathburn, 30-32
 Zimmerman Bldg., Spring-
 field, O.
 Rathburn, B. P., 30 New Zim-
 merman Bldg., Springfield,
 O.
 Ratledge, T. F., 403 Ham-
 berger Bldg., Los Angeles,
 Cal.
 Ratledge, Tullian F., 217 St.
 Marcus Bldg., Santa
 Barbara, Cal.
 Raulfs, Fred. F., 305-7 Flat
 Iron Bldg., Akron, O.
 Ray, Chas. P., Monroe, Wis.
 Ray, C. R., Stockton, Ill.
 Ray, L. William, New Grand
 Central Bldg., St. Louis, Mo.
 Ray, M. G., 225 N. Water St.,
 Gault, Ont., Can.
 Raymond, A. C., 1408 Ply-
 mouth Ave., Minneapolis,
 Minn.
 Reading, L. W., 15th and Pine
 Sts., Philadelphia, Pa.
 Reading, R. W., 711 Ocean
 Front, Ocean Park, Cal.
 Reagan, A. E., 118 Coolage
 Ave., Syracuse, N. Y.
 Rearden, Anna, Locust Ave.,
 Long Beach, Cal.

- Reber, Chas. G., 411 Main St., Johnstown, Pa.
- Redcliff, Clayton L., Sidney, Nebr.
- Redfield, Sallie, Edwards, Miss.
- Redifer, Clara M., Youngstown, O.
- Redman, Fred., Youngstown, O.
- Reebman, Fred. B., 402 Stambough Bldg., Youngstown, O.
- Reed, D. S., Secretary Chiropractic Board of Examiners, Valley City, N. D.
- Reed, O. R., 204 Passaic Ave., Hackensack, N. J.
- Reed, Robert P., 1034 Broadway, Denver, Colo.
- Reed, Spencer D., 318 E. Main St., Valley City, N. Dakota.
- Reed, V. D., Veeland Bldg., Hugo, Okla.
- Reed, W. D., Boonville, Ark.
- Reehl, W., 828 Broad St., Newark, N. J.
- Reese, A. C., 1325 Greenbay Ave., Milwaukee, Wis.
- Reese, Mrs. Adolph, 71 Chambers St., Milwaukee, Wis.
- Reese, Julia, 217 N. 12th St., Saint Joseph, Mo.
- Reese, Julia D., 1029 Omaha Nat'l Bank Bldg., Omaha, Nebr.
- Reese, Julia D., Woodbine, Ia.
- Reesmith, L. M., Custar, O.
- Reeve, E. E., 522 2nd Ave., North Troy, N. Y.
- Reickers, Dorothea S., 117 Ridge St., Crown Point, Ind.
- Reid, R., Grand Haven, Mich.
- Reid, Mrs. Vita M., 524 Consolidated Realty Bldg., Los Angeles, Cal.
- Reier, Martin A., 1823 W. Dean Ave., Spokane, Wash.
- Reiley, F. H., 924 Market St., Sandusky, O.
- Reiley, P. S., Bailey, Mich.
- Reim, Clara, 7 Sharp Bldg., Lafayette, Ind.
- Reimer, J. A., 423 W. 7th St., Davenport, Ia.
- Rein, Clara, 613 Ferry St., Lafayette, Ind.
- Reiner, Nettie A., 617 Traphagen St., West Hoboken, N. J.
- Reinhardt, Matilda V., 1524 Chestnut St., Philadelphia, Pa.
- Reinhart, C. R., 418 Jefferson Bldg., South Bend, Ind.
- Reinschreiber, Emma, 1517 S. Spaulding Ave., Chicago, Ill.
- Reisdorf, J. H., 315 Broadway, Market Bldg., Detroit, Mich.
- Reisdorf, J. H., 211 Woodward Ave., Detroit, Mich.
- Reiter, D. H., R. F. D., Youngstown, O.
- Remsburg, G. W., Lamont, Ia.
- Rencher, G. J., 68 Greene Ave., Brooklyn, N. Y.
- Renfrew, D. Rhodes, 1404 Tremont St., Denver, Colo.
- Reno, Inez F., Dolores, Colo.
- Reno, Inez, Woodbine, Ia.
- Reno, O. E., Guide Rock, Nebr.
- Reno, O. E., Superior, Nebr.
- Renshaw, 855-a Myrtle St., Oakland, Cal.
- Rensley, Harry, 2150 Cleveland Ave., Chicago, Ill.
- Rensvold, G. A., Brookings, S. Dakota.
- Reoofield, Sallie, Edwards, Miss.
- Ressler, J. M., 10729 Gording Ave., Cleveland, O.
- Rest, Haven, 2941 Broadway, Chicago, Ill.
- Restorff, C., 145 W. Center St., Paxton, Ill.
- Rexford, S. E., 1028 Bloomfield St., Hoboken, N. J.
- Reynard, Dr., 1314 Telegraph Ave., Oakland, Cal.
- Reynolds, Arlene B., 30-31 Jefferson Bldg., St. Augustine, Fla.
- Reynolds, C. E., New Sharon, Ia.
- Reynolds, H. D., Beaver Falls, Pa.
- Reynolds, H. D., 116 Schoffmolder Bldg., Conneaut, O.
- Reynolds, R. H., Wheatridge, Colo.
- Reynolds, Miss Ida, Sun Prairie, Wis.
- Reynolds, R. H., San Bernardino Cal.
- Reynolds, W. H., 486 Allison St., Ashland, Ore.
- Rhinehart, A. W., 37 North St., Oneida, N. Y.
- Rhodes, B. H., Sterling, Kans.
- Rhoads, H. B., Main St., Mantua, N. J.
- Rhodes, B. H., West Palm Beach, Fla.
- Rhodes, F. A., 308 Northland Ave., Buffalo, N. Y.
- Rice, C. M., 506 Tussing Bldg., Lansing, Mich.
- Rice, Daniel A., 527 Lake Ave., Storm Lake, Ia.
- Rice, Mary J., 304 S. Market St., Wichita, Kans.
- Rice, Roy L., 917 Gerritt St., Pittsburgh, Pa.
- Rice, Steve A., 811 W. Pico St., Los Angeles, Cal.
- Rice, Steve A., 326½ E. 35th St., Los Angeles, Cal.
- Rice, Wm. C., 1951 Irving Park Blvd., Chicago, Ill.
- Rice, Wm. C., 3959 Lincoln Ave., Chicago, Ill.
- Rich, James H., 830 Market St., San Francisco, Cal.
- Richards, Chas., Valparaiso, Ind.
- Richards, C. B., 77 W. Central Ave., Titusville, Pa.
- Richards, C. B., 509 Inner St., Oil City, Pa.
- Richards, C. H., 222 3rd St., Pittsburgh, Pa.
- Richards & Richards, 9 Franklin St., Warren, Pa.
- Richards, Winifred, Davison, Mich.
- Richardson, A. P., La Salle, Ill.
- Richardson, A. W., Opera House, Los Angeles, Cal.
- Richardson, A. W., 511 Washington Bldg., Los Angeles, Cal.
- Richardson, A. W., 1143 S. Olive St., Los Angeles, Cal.
- Richardson, C. E., 269 S. 8th St., Newark, N. J.
- Richardson, C. E., 854 S. Orange Ave., Newark, N. J.
- Richardson, Ernest E., Arnstein Bldg., Knoxville, Tenn.
- Richardson, G. A., 152 Virginia Ave., Jersey City, N. J.
- Richardson, Mrs. Mae, 15656 W. 45th St., Los Angeles, Cal.
- Richardson, R. H., 343½ E. Grand Ave., Beloit, Wis.
- Richardson, T. B., 214 N. Lawrence St., Wichita, Kans.
- Richie, Chas. A., 210 Equitable Bldg., Wilmington, Del.
- Richey, S. H., Kokomo, Ind.
- Richman, R. A., Brooklyn, Ia.
- Richmond, I. M., 92 Broadway, Detroit, Mich.
- Richmond, J. M., 92 Broadway, Room 208, Detroit, Mich.
- Richter, Benj. R., Freeport, Pa.
- Richter, Clarence, Holyrood, Kans.
- Richter, T. F., 37 12th St., Minneapolis, Minn.
- Richton, Francis, Moose Jaw, Sask., Can.
- Rickard, C. M., Letart, W. Va.
- Riechers, Dorothea, Crown Point, Ind.
- Riekerson, Alvah C., Buffalo St., Rushford, N. Y.
- Rieckie, Harry C., 1466 Kelton Ave., Pittsburgh, Pa.
- Riedl, Wenzl, 2179 Telegraph Ave., Oakland, Cal.
- Rightman, Nachman, 270 Rochester Ave., Brooklyn, N. Y.
- Rightman, N., 1505 Lincoln Place, Brooklyn, N. Y.
- Riley, Geo. F., 212 Main St., Dansville, N. Y.
- Riley, Joe Shelby, 151 Huntington Ave., Boston, Mass.
- Riley, J. S., 117 W. Hudson St., Oklahoma City, Okla.
- Riley, J. Shelby, 1116 F St., N. W., Washington, D. C.
- Riley, Laura B., 151 Huntington Ave., Boston, Mass.
- Riley, Lora B., Washington, D. C.
- Rinehart, M. V., 1524 Chestnut St., Philadelphia, Pa.
- Ring, J. G., 1012 22nd St., Milwaukee, Wis.
- Ripple, John W., 404 Elderfield-Hartshorn Bldg., 44 Falls St., Niagara Falls, N. Y.
- Risch, Gertrude, Oelwein, Ia.
- Ritchie, Charles A., Wilmington, Del.
- Ritchie, J. J., 1344 Oak St., Los Angeles, Cal.
- Ritter, H. C., 516-a Clay St., Saint Charles, Mo.
- Rittmeyer, F. W., 1137 Washington St., Hoboken, N. J.
- Roach, Jeanette, 45 Hague Ave., Detroit, Mich.
- Roane, Jas., 4025 Arcade Bldg., Seattle, Wash.
- Roaster, W. T., 206 4th St., Red Oak, Ia.
- Robb, Geo. F., 506 Main St., La Crosse, Wis.
- Robb, W. J., Denison, Kans.
- Robbins, E. Marie, Santa Barbara, Cal.
- Robbins, E. U., 1140 S. Grand Ave., Los Angeles, Cal.

- Robbins, E. U., 1407 Elvardo St., Los Angeles, Cal.
 Robbins, W. J., 341 W. Portage St., Sault Ste. Marie, Mich.
 Roberts, Helen D., Kent, Conn.
 Robertson, H. L., Box 26, Haverlock, Nebr.
 Robertson, H. L., 120 E. Main St., Marshalltown, Ia.
 Robertson, R. W., Masonic Bldg., Hutchinson, Kans.
 Robeson, C. S., Danville, O.
 Robeson, H. A., Sac City, Ia.
 Robinson, Earl A., Arkansas City, Kans.
 Robinson, C. S., Danville, O.
 Robinson, Earl A., Arkansas City, Kans.
 Robinson, George, 219 Merchants' Trust Bldg., Los Angeles, Cal.
 Robinson, Geo., 342 S. Hill Ave., Los Angeles, Cal.
 Robinson, Geo. H., North Branch, Mich.
 Robinson, H. E., 1909½ Main St., Pratt, Kans.
 Robinson, Mathew H., 11 Milford Ave., Newark, N. J.
 Robinson, Thos. F., 53 Lexington Ave., Passaic, N. J.
 Robinson, T. J. T., 1937 Ravina Ave., Flint, Mo.
 Robinson, Wm., Brookville, Ind.
 Robson, Edward, 4200 Grand Blvd., Chicago, Ill.
 Roche, Hazel, 438 State St., Trenton, N. J.
 Rodibaugh, Loretta, Cuba, N. Y.
 Rogers, A. G., Cooke Blk., Oshkosh, Wis.
 Rodgers, E. R., 615 Elm St., Saint Joseph, Mich.
 Roe, Dr. W. H., 9 Jefferson Ave., Grand Rapids, Mich.
 Roesner, W. H., Johnston City, Ill.
 Rogers, Bertha C., Nicholas Bldg., Toledo, O.
 Rogers, C. E., Callaway, Nebr.
 Rogers, E. E. O., 615 Elm St., Saint Joseph, Mich.
 Rogers, J. C., 452 Nicholas Bldg., Toledo, O.
 Rogers, L., Lowell, Mich.
 Rodgers, Ray W., 618 Washington St., Chillicothe, Mo.
 Rofer & Rofer, 403-5 Citizens' Nat'l Bank Bldg., Evansville, Ind.
 Rogers, M.S., 259 Forest Ave., Detroit, Mich.
 Rohlfing, Charles, 4049 St. Louis Ave., St. Louis, Mo.
 Rohrbeck, Gustav, 619 John St., West Hoboken, N. J.
 Rohr, Goldie J., 253 N. Broad St., Norwich, N. Y.
 Rohr, Peter J., 504 Clinton Ave., West Hoboken, N. J.
 Rohr, Wm. E., 253 N. Broad St., Norwich, N. Y.
 Rollins, Walter H., 176 Springfield St., Boston, Mass.
 Rooman, D. G., c/o Y. M. C. A., Chicago, Ill.
 Root, Frederick, Rose Bldg., Cleveland, O.
 Root, Frederick J., Park Hotel, Chardon, O.
 Rorabacher, J. C., 108 Park Ave., Charlevoix, Mich.
 Rorabacher, J. G., 2241 Larrabel St., Chicago, Ill.
 Rose, A. F., 1968 Milwaukee Ave., Chicago, Ill.
 Rose, Mrs. Emma, Newkirk, Okla.
 Rose, Robert, 24 Jefferson St., Paterson, N. J.
 Rosendohl, C., 3801 Alta Vista Terrace, Chicago, Ill.
 Rosicky, William, Missouri Valley, Ia.
 Rosieky, Wm., Davenport, Ia.
 Roske, S. H., 805 King St. E., Hamilton, Ont., Can.
 Ross, Mr. & Mrs. Herbert, 82 Roseville Ave., Newark, N. J.
 Ross, Mary Antoinette, 805 S. Grand Ave., or 1019 Temple St., Los Angeles, Cal.
 Ross, M. C., 227 W. Jefferson St., Fort Wayne, Ind.
 Roth, Anna, Stuttgart, Ark.
 Roth, Amelia, 3932 Spring Grove Ave., Cincinnati, O.
 Roth, R. W., Main and Market Sts., Columbia City, Ind.
 Rothrock, Mary E., 426 N. Grand Ave., Los Angeles, Cal.
 Roth, Wm. J., 315½ Main St., Cedar Falls, Ia.
 Rothfuss, E. Lloyd, 835 Woodward Bldg., Washington, D. C.
 Rowe, Romie, Rubicon St., Dayton, O.
 Rowland, Edward J., 1 Branford Place, Newark, N. J.
 Rowland, R. N., Elk City, Okla.
 Rowley, A. H., Idaho Bldg., Boise City, Idaho.
 Rowley, Orlando W., 407-8 Snyder Bldg., Elmira, N. Y.
 Rowley, P. S., Wellsboro, Pa.
 Rowley, P. S., Auburn, N. Y.
 Rowley & Rowley, Nat'l Bank Bldg., Anthony, Kans.
 Rowley & Rowleys, Sulphur Springs, Ark.
 Rowley, W. Orlando, 402 Snyder Bldg., Elmira, N. Y.
 Rubens, H. M., 372 Amhurst St., Buffalo, N. Y.
 Rudy, J. A., Owosso, Mich.
 Rudesill, Clark O., 524 S. Main St., Charlotte, Mich.
 Rudledge, T. F., 403 Hamberger Bldg., Los Angeles, Cal.
 Ruehlman, W. F., 207-8 Meyers Arcade, Minneapolis, Minn.
 Rule, Lewis E., 3039 Arcade Bldg., Seattle, Wash.
 Ruley, Caleb J., 320 Monroe St., Fairmont, W. Va.
 Ruley, C. J., Creston, Ia.
 Runge, Harry L., 208 Huntington Ave., Boston, Mass.
 Runk, Mrs. Ellen B., 2938 A St., San Diego, Cal.
 Runnells & Runnells, 1002 9th Ave., Greeley, Colo.
 Runnells, W. I., Valley Ave., Baker, Ore.
 Runsy, O. V., 71 S. Saginaw St., Pontiac, Mich.
 Rush, G. C., 713 H St. N. W., Washington, D. C.
 Rushbrook, Dr., 61 Lakeview Ave., Toronto, Ont., Can.
 Russell, Dr. Flora, 548 Massachusetts Ave., Boston, Mass.
 Russell, E. J., 214 E. State St., Columbus, O.
 Russell, E. J., Nashville, O.
 Russell, H. E., Kalamazoo, Mich.
 Russell, Margaret, 78 West Milton Ave., Rahway, N. J.
 Russell, W. E., 214 E. State St., Columbus, O.
 Ruth, D. O., 410 W. Bridge St., Grand Rapids, Mich.
 Ruth, M. Eliz., 159 Orange Ave., Irvington, N. J.
 Ruth, Wm. H., Jr., 159 Orange Ave., Irvington, N. J.
 Rutherford, G. S., Box 495, Bainbridge, N. Y.
 Rutherford, G. S., Sidney, N. Y.
 Ruthledge, C. C., Pemberville, O.
 Rutkowski, J. M., 2571 Maine St., Buffalo, N. Y.
 Ryan, Geo. S., 517 Liberty St., Schenectady, N. Y.
 Ryan, John P., 9128 Commercial Ave., South Chicago, Ill.
 Ryer, H. Scott, East Falls Church, Va.
 Saak, H. A., Marthasville, Mo.
 Saak, H. E., 304-a S. Main St., De Sota, Mo.
 Sackett, Edith F., 185 Main St., Orange, N. J.
 Sage, J. B., 5227 W. Adams St., Chicago, Ill.
 Sager, Mrs. Emma, Findlay, O.
 Saille, Joseph C., 182 Broad St., Bloomfield, N. J.
 Sailor, M. H., 202½ Iowa Ave., Washington, Ia.
 Salesbury, C. C., Box 45, Panama, N. Y.
 Salisbury, C. C., 52 Main St., Bradford, Pa.
 Salisbury, E. S., Underwood Blk., Adrian, Mich.
 Salisbury, Eva T., Meadville, Pa.
 Salle, Chas. E., 117 St. Botolph St., Boston, Mass.
 Salters, Bertha, Carmon, Okla.
 Sampson, M. P., Yorkshire, N. Y.
 Sams, Mrs. L. P., 7250 Lafayette Ave., Chicago, Ill.
 Samuelson, Henry D., 2328 Coblenz St., Chicago, Ill.
 Sanchelli, Francesco, 200 W. 72nd St., New York, N. Y.
 Sanders & Sanders, 613 Sycamore St., Terre Haute, Ind.
 Sanders, Katherine, 1011 N. 4th St., Terre Haute, Ind.
 Sanders, Wm., Box 433, Appleton, Minn.
 Sanders, W. H., 825 S. 6th St., Atchison, Kans.
 Sanderus, H. J., 2230 Fillmore Ave., Buffalo, N. Y.
 Sandford, W. R., 16 Dudley Ave., Ocean Park, Cal.
 Sandgreen, Geo. E., 441 N. 1st St., Provo City, Utah.
 Sandles, Isadore, 222 Hewes St., Brooklyn, N. Y.
 Sanford & Sanford, 3031 Arcade Bldg., Seattle, Wash.
 Sanford, Dr. E. P., South Saginaw, Mich.
 Sanford, Mrs. Faune, 1447 S. Union Ave., Los Angeles, Cal.
 Sanford, Harry L., 3026-27 Arcade Bldg., Seattle, Wash.
 Sanford, J. W., Sanford Studio, North Adams, Mass.
 Sangrenn, Geo. Ed., 441 N. 1st St. E., Provo City, Utah.

- Sammons, V. J., Cashion, Okla.
Saperstein, Morris, 325 Frank-
lin St., Union Hill, N. J.
Sargent, Andrew, St. Charles
Court, Hopkinsville, Ky.
Sargent, E. M., Idaho Falls,
Idaho.
Sargent, Fred. W., Red Wing,
Minn.
Sargent, F. W., 803 N. Water
St., Ellensburg, Wash.
Sargent, W. L., 3349 30th Ave.,
South Minneapolis, Minn.
Sartor, M. H., 202½ E. Iowa
St., Washington, Ia.
Sarver, Pearl M., 100 Huffman
Ave., Columbus, O.
Saswell, Gladys, 222 W. Main
St., Greenfield, Ind.
Sattlemeyer, Mrs. Harriet,
416 Good Bldg., Des Moines,
Ia.
Sauer, Albert, 6 Livingston
Bldg., Wausaw, Wis.
Sauer, Albert, Box 322,
Arcadia, Wis.
Sauer, A. G., Over Sub. Bldg.,
Arcadia, Wis.
Sauer, Benj. A., 536 Butternut
St., Syracuse, N. Y.
Saunders, Miss Cora E., 618
Gresham Place, Washing-
ton, D. C.
Sautzki, Wm., Putnam, Conn.
Savage, W. S., 102 Coyean St.,
Windsor, Ont., Can.
Savercool, Genevieve, Groton,
S. D.
Sawtell & Sawtell, Pocatello,
Idaho.
Sawtell, Reat D., 120½ E.
Park, Anaconda, Mont.
Sawyer, Geo. H., Jr., 5 Wilson
St., Irvington, N. J.
Sawyer, T. J., 3314 Washing-
ton St., Wilmington, Dela.
Saxby, Geo. O., 193½ Main St.,
Ashtabula, O.
Saxby, G. O., Austinburg, O.
Saxe, Arthur, Richland
Center, Wis.
Saxe & Saxe, 5148 Page Blvd.,
St. Louis, Mo.
Saxe, Arthur, Princeton, Ind.
Saxe, Mary, 218 E. Broadway,
Princeton, Ind.
Saxman, R. B., 833 Sheriday
Road, Chicago, Ill.
Saxton, Ella I., Ledge Farm,
Basom, N. Y.
Saxton, Ella I., Hilldale
Ranch, Grand Island,
Colusa County, Cal.
Sayer, W. R., 132 Franklin
Ave., Sidney, O.
Scallon, J. W., 57 E. Jackson
Blvd., Chicago, Ill.
Scarborough, J. L., Lakeland,
Florida.
Scarborough & Scarborough,
Lakeland, Fla.
Schaffer, A., 203 S. 5th St.,
Columbus, O.
Schaffer, B. E., Auburn, Nebr.
Schalow, L. C., 151 W. 8th St.,
Auburn, Ind.
Schanne, F. B., 44 Bleeker St.,
Newark, N. J.
Scharf, E. E., 1004 Dakin St.,
Chicago, Ill.
Scharnhorst, L. C., 184 13th
St., Milwaukee, Wis.
Scharnhorst, M. H., P. O. Box
234, Hot Springs, S. Dakota.
Scharnhorst, M. H., 1005 Hen-
nipin Ave., Dixon, Ind.
Scharnhorst, Martin, Dixon,
Ill.
Scharnhorst, Martin H., 122
W. 3rd St., Muscatine, Ia.
Scharsmith, Wm., 115 E. 27th
St., New York, N. Y.
Schaumburg, H. E., 28 13th
Ave., Newark, N. J.
Schaus, Geo. E., 1132 Walnut
St., Green Bay, Wis.
Scheetz, Earl J., Dallas, Ore.
Scheetz, Orville O., 66 6th St.,
Portland, Ore.
Scheid, Henry Edw., 9 Virgi-
nia Ave., Jersey City, N. J.
Scheid, H. L., 421 Sassafras
St., Erie, Pa.
Scheifler, Chas. A., 4 Hum-
boldt St., Newark, N. J.
Schellenbarger, J. A., 306 E.
State St., Rockford, Ill.
Schenk, John C., 513 Sandusky
St., Pittsburgh, Pa.
Schenk, J. H., Cor. 4th and
2nd Aves., Cedar Rapids,
Ia.
Scheuder, T. H., 4401 Prairie
Ave., Chicago, Ill.
Schied, Henry E., 9 Virginia
Ave., Jersey City, N. J.
Schied, Walter J., 58 High
St., Belleville, N. J.
Schieffler, Chas. A., 357 Main
St., Orange, N. J.
Schildgen, Hugo, P. O. Box
916, Portland, Ore.
Schillig, C. E., Suite 3,
Masonic Temple, Chicago
Junction, Ill.
Schillig, Joe, 25½ N. Main St.,
Oberlin, O.
Schillig, G. J., 101 E. Main St.,
Norwalk, Ill.
Schilling, C. E., 106 W. Pearl
St., Chicago Junction, O.
Schilling, G. J., Case Block,
Norwalk, O.
Schilling, Joe, Oberlin, O.
Schirmer, J. F., 107 Capitol
Ave., Atlanta, Ga.
Schlasser, Ella, 1613 Pearl
St., Denver, Colo.
Schleicher, Eugene, 52 Par-
sons Bldg., Burlington, Ia.
Schleusner, Richard R., 76
Hamburg St., Paterson, N. J.
Schmeding, A., Mount Olive,
Ill.
Schmid, F. R., 814 1st St.,
Merrill, Wis.
Schmid, Walter W., 19 Roland
Ave., Pittsburgh, Pa.
Schmidt, F. R., Lancaster,
Wis.
Schnacke, Albert J., 3106 W.
25th St., Cleveland, O.
Schnitger, Paul E., 1632 St.
Peters Ave., New York,
N. Y.
Schnurrenberger, L. H.,
Austintown, O.
Schoeberl, J. M., Adrian,
Minn.
Schoenthaler, Wm. F., 144 S.
West St., Geneva, N. Y.
Schoers, J. G., 148 Market St.,
Paterson, N. J.
Schoffer, A., 203 S. 5th St.,
Columbus, O.
Schofield, Cassie L., Allison,
Colo.
Schofield, W. J., 199 Hodge
Ave., Buffalo, N. Y.
Scholl, Walter H., Linton,
Ind.
Scholz & Scholz, Drs., 30
Valentine St., Mt. Vernon,
N. Y.
Scholz, H. B., 3312 Madison
St., Chicago, Ill.
Schoolcraft, F. E., North
Manchester, Ind.
Schoonover, Anna C., Exira,
Ia.
Schoonover, L. A., Exira, Ia.
Schorder, J. S., West Point,
Nebr.
Schrackle, M. P., 5008 Penn
Ave., Pittsburgh, Pa.
Schreuder, T. H., Chicago, Ill.
Schriek, W. J., 516 Federal
St., Pittsburgh, Pa.
Schrimmer, J. F., 107 Capitol
Ave., Atlanta, Ga.
Schroeder, Enude, 2843 North
Clark St., Chicago, Ill.
Schroth, R. G., 546 Garfield
Ave., Chicago, Ill.
Schryer, W. A., 531 Lincoln
Ave., Detroit, Mich.
Schubert, G. H., 30 Zimmer-
man Bldg., Springfield, O.
Schubert, G. H., 505-6 Masonic
Temple, Jacksonville, Fla.
Schubert, Dr., Townly Bldg.,
Miami, Fla.
Schueler, J. J., 35 Lewis Blk.,
Dayton, O.
Schueler, F. D., 344 Walnut
St., Lawrenceburg, Ind.
Schuessler, Mrs. Conrad, Iowa
City, Ia.
Schuetz, Carl, 744 W. 4th St.,
Los Angeles, Cal.
Schultz, C. A., 1317 S. Grand
Ave., Los Angeles, Cal.
Schultz, Emil, Palisade Park,
N. J.
Schultz, F. A., Elkader, Ia.
Schultz, H., 2318 Cortland St.,
Chicago, Ill.
Schultz, Otto, Jr., 810 Perry
St., Davenport, Ia.
Schulz, Otto, 314-16 Lyric
Theatre Bldg., Cincinnati,
O.
Schultz, Otto, 48 Central Ave.,
Jersey City, N. J.
Schulz, Otto, The Norfolk
Bldg., Cincinnati, O.
Schultz, R. J., 361 Hudson
Bldg., Ogden, Utah.
Schwab, A. O., 27 E. Maumee
St., Adrian, Mich.
Schwab, F. J., 352 Harrison
Ave., Detroit, Mich.
Schwab, L. W., Morrison Blk.,
Sarina, Can.
Schwab, O. A., Adrian, Mich.
Schwartz, Chas., 35 S. Dear-
born St., Chicago, Ill.
Schwartz, Chas., 182 Ex-
change St., Monmouth, Ill.
Schwartz, Lava Hot Springs,
Idaho.
Schwartz, M. D., 346 E'way,
New York, N. Y.
Schwartz, R. C., 331 Genesee
St., Utica, N. Y.
Schwenker, L. H., 4307 Man-
chester Ave., St. Louis, Mo.
Schwieter, A. W., Box 412,
Marshalltown, Ia.
Scofield, Cassie L., Allison,
Colo.
Sconnard, R. E., over Ameri-
can National Bank Bldg.,
Valley City, N. D.
Scott, A. B., 224 W. 18th St.,
Erie, Pa.
Scott, C. W., 324 E. 15th St.,
Davenport, Ia.
Scott, Dr. D. C., Bleakley
Bldg., New Castle, Pa.
Scott, Edith, 1216 E. Grand
Ave., Des Moines, Ia.

- Scott, H. H., Estherville, Ia.
 Scott, H. H., Spencer, Ia.
 Scott, H. P., Clinton, Ind.
 Scott, H. S., Marquette Hotel,
 Hartford, Mich.
 Scott, J. C., Dewey, Okla.
 Scott, J. E., 128 N. 1st St.,
 Arkansas, Kans.
 Scott, J. E., Newton, Kans.
 Scott, J. H., Merchantsville,
 N. J.
 Scott, J. S., Schults Bldg.,
 Butler, Pa.
 Scott, J. S., 621 South Ave.,
 Wilkinsburg, Pa.
 Scott, John T., Baltimore
 Bldg., Oklahoma City, Okla.
 Scott, J. V., 69 W. Main St.,
 Newark, O.
 Scott, John W., 110 W. Newell
 St., Syracuse, N. Y.
 Scott, Lewis, 1216 E. Grand
 Ave., Des Moines, Ia.
 Scott, Margaret, 129 Walnut
 St., Lockport, N. Y.
 Scott, O. L., 406 U. S. Nat'l
 Bank Bldg., Salem, Ore.
 Scott, O. L., 313-14 I. O. O. F.,
 Eugene, Ore.
 Scott, Wilson, 714 Walnut St.,
 Allentown, Pa.
 Scott, Wilson, 6 N. Center St.,
 Pottsville, Pa.
 Scott, W. I., 527 Park Ave.,
 Canton, O.
 Scott, W. I., 22 E. Crosier St.,
 Akron, O.
 Scovell, L. J., 223 Cherry St.,
 Green Bay, Wis.
 Scover, A. G., 148 S. 6th St.,
 La Crosse, Wis.
 Scoville, D. W., Humboldt, Ia.
 Scoville, Lizzie, Rockford,
 Mich.
 Scubbird, Mary, 607 Mack
 Bldg., Denver, Colo.
 Seaborn, R. A., 336 Baynes
 St., Buffalo, N. Y.
 Seaman, Dimon R., 8 Park St.,
 Cortland, N. Y.
 Seaman, Geo. H., Garvey
 Bldg., Utica, N. Y.
 Sears, Chas., 740 West End
 Ave., New York, N. Y.
 Sears, Daniel, Mayo, Fla.
 Searson, W. C., Ashland, Ky.
 Seavy, Silas F., 159 Berkeley
 St., Rochester, N. Y.
 Sebolt, Elline M. E., Beaver
 St., Pittsburgh, Pa.
 Seckler, C. A., Manson, Ia.
 See, Jno. D., Logan, Ia.
 Seed, Susan T., 125 Cleveland
 Ave., Canton, O.
 Seeley, Arlington J., 522 2nd
 Ave., North Troy, N. Y.
 Seeley & Reeves, 522 2nd
 Ave., Troy, N. Y.
 Seeley, Wm. A., Vinton, Ia.
 Seeley, Wm. A., Perry, Ia.
 Seelman, Cornelius M., Conk-
 lin, Mich.
 Seffick, Jno. J., 76 Public
 Square, Wilkes Barre, Pa.
 Segur, F. B., 712 Postal Tel.
 Bldg., Chicago, Ill.
 Seibert, Mrs. J. M., 367 Martin
 St., Youngstown, O.
 Seides, N. M., 235 W. 75th St.,
 New York, N. Y.
 Selgrist, C. C., Downes, Kans.
 Selcik, John J., 36 W. Market
 St., Wilkes Barre, Pa.
 Sellen, George, York, Pa.
 Sellen, Geo. V., 165 Evergreen
 Ave., Woodbury, N. J.
 Sellenbutler, W. A., Chamois,
 Mo.
 Sellers, G. W., 1626 Pearl St.,
 Joplin, Mo.
 Sells, W. E., 3919 Nevil St.,
 Oakland, Cal.
 Seltzer, H. W., 1723 Sarah St.,
 Pittsburgh, Pa.
 Sennott, N. J., 521 W. 152nd
 St., New York, N. Y.
 Sesley, J. E., 103 1/2 N. Elm St.,
 Warren, O.
 Seubold, F. H., 17 N. State St.,
 Chicago, Ill.
 Seubold, F. H., 526 Brady St.,
 Davenport, Ia.
 Shadduck, Ralph, 3841 Cottage
 Grove Ave., Chicago, Ill.
 Shafer, August, 63 E. Town
 St., Columbus, O.
 Shafferman, N. W., 719 11th
 St. N. W., Washington,
 D. C.
 Shaller, J. M., 1011 E. 17th St.,
 Denver, Colo.
 Shaller, J. M., 616 Common-
 wealth Bldg., Denver, Colo.
 Shaller, J. M., 314 Mercantile
 Bldg., Cincinnati, O.
 Shanahan, R. A., Shanahan
 Court, Grand Rapids, Mich.
 Shanahan, R. E., Gallion, O.
 Shannon, Eleanor, Kannerdell,
 Pa.
 Shannon, Eleanor, 23 11th
 St., Franklin, Pa.
 Shannon, Eleanor, 391 W.
 Main St., Brookville, Pa.
 Sharp, Mrs. Ida, 1125 W. 10th
 St., Denver, Colo.
 Sharp, J. B., Sault Ste. Marie,
 Canada.
 Sharp, J. L., Davenport, Ia.
 Sharp, Omer L., 2001 W. 1st
 St., Los Angeles, Cal.
 Sharp, Sarah Jane, Sault Ste.
 Marie, Can.
 Shauers, C. L., Cambridge,
 Nebr.
 Shauers, Julius A., 2238
 Farnum St., Omaha, Nebr.
 Shaver, B. C., Bryan, O.
 Shaver, B. C., Charlotte, Mich.
 Shaw, Allen B., 10605 Euclid
 Ave., Cleveland, O.
 Shaw, E., 250 22nd Ave. E.,
 Vancouver, British Colum-
 bia, Can.
 Shaw, Ernest, 307 Lee Bldg.,
 Vancouver, British Colum-
 bia, Can.
 Shaw, Herbert, Box G.,
 Hurley, N. M.
 Shaw, John, Eureka, Cal.
 Shaw, Jno., 81-83 San Joaquin
 Bldg., Stockton, Cal.
 Shaw, John, Eureka, Cal.
 Shaw, J. B., 200 Franklin St.,
 Richmond, Va.
 Shaw, J. G., Murray & Jones
 Bldg., Modesto, Cal.
 Shaw, J. G., 510 Chamber of
 Commerce, Richmond, Va.
 Shaw, L. L., 941 Vermont
 Ave., Lawrence, Kans.
 Shaw, O. L., 1443 W. 5th St.,
 Muncie, Ind.
 Shaw, Robert V., 15 Morton
 Place, Jersey City, N. J.
 Shea, Gertrude, V. R., 286
 Lafayette Ave., Hawthorne,
 N. J.
 Sheardown, Inez A., 14 Lang-
 don Crescent, Moose Jaw,
 Sask., Can.
 Sheedy, Mrs. M. L., 2445 N.
 Halsted St., Chicago, Ill.
 Sheehan, Dr. Edw. P., Marsh-
 field Center, Mass.
 Sheeler, Rex L., 512 3rd St.,
 Wausau, Wis.
 Sheering, Elizabeth, Cam-
 bridge, O.
 Sheerle, E., Wheeling, W. Va.
 Sheffler, K. A., 7 E. Jackson
 St., Sullivan, Ind.
 Shegetero, Morikuba, 326
 Skiles Bldg., Minneapolis,
 Minn.
 Shehy, Josephine M., Monte-
 video, Minn.
 Sheldon, Bert L., Madison,
 S. Dakota.
 Sheldon, Rex B., South
 Branch, Mich.
 Sheldon, W. W., Miller,
 S. Dakota.
 Shellenbarger, J. A., 306 E.
 State St., Rockford, Ill.
 Sheltenback, T. E., 139 York
 Ave., Paterson, N. J.
 Shenton, A. W., 15th and
 Poplar Sts., Philadelphia,
 Pa.
 Shenton, A. W., 734 Real
 Estate Trust Bldg., Phila-
 delphia, Pa.
 Shepard & Shepard, 6200 Penn.
 Ave., Pittsburgh, Pa.
 Shepard, F. M., 113 E. 8th
 Ave., Homestead, Pa.
 Shepard, Geo., 627 Penn. St.,
 Denver, Colo.
 Shepard, Geo., Goshen, Ind.
 Shepard, W. P., 652 Philadel-
 phia St., Indiana, Pa.
 Sheppard, Geo. E., 606
 Southern Ave., Pittsburgh,
 Pa.
 Sheppard, Geo. T., 1003
 Galveston Ave., Pittsburgh,
 Pa.
 Sheppard, Harry H. F., 211
 McKinley Ave., Pittsburgh,
 Pa.
 Sherden, Dr., Cairo, Ill.
 Sherdown, Inez A., Moose
 Jaw, Ont., Can.
 Sherman, F. J., 886 Trumbull
 Ave., Detroit, Mich.
 Sherman, Harriet K., 524
 Plymouth Ave., Rochester,
 N. Y.
 Sherman, Martyle L., Dover,
 Okla.
 Sherman, Ray, 524 Plymouth
 Ave., Rochester, N. Y.
 Sherwood, Austin J., 22 3rd
 Ave. S. E., Dauphin, Man-
 chester, Can.
 Shields, J. D., 5405 Calumet
 Ave., Chicago, Ill.
 Shields, Susan, 124 W. 55th
 St., New York, N. Y.
 Shields, Susan, 1777 B'way,
 New York, N. Y.
 Shiflet, R. J., Watervliet, Mich.
 Shimer, C. S., 35 Harper
 Blk., Lima, O.
 Shine, Chas. E., 203 Ruff
 Bldg., Hammond, Ind.
 Shines, Chas., 5307 N. Clark
 St., Chicago, Ill.
 Shipman, R. L., 734 Terri-
 torial Ave., Benton Harbor,
 Mich.
 Shipp, J. D., Box 338, Yazoo
 City, Miss.
 Shoemaker, Alma C., 22 Vick
 Park Blvd., Rochester, N. Y.
 Shoemaker, C. E., 36 Colvin
 St., Rochester, N. Y.

- Shoemaker, Franklin T., 500 W. 64th St., New York, N. Y.
- Shoemaker, Mrs. L. J., Delaware County, Lansdowne, Pa.
- Shope, R. F., Clarion, Ia.
- Short, Thos. J., 25 W. 42nd St., New York, N. Y.
- Short, Thos. J., 851 Manhattan Ave., Brooklyn, N. Y.
- Shumate, Mary L., Holdredge, Nebr.
- Shumate, Mary L., Sebring, Fla.
- Shupert, J. C., 201-4 Sawyers Bldg., Miami, Fla.
- Shupert, J. C., Gary, Ind.
- Shute, Furman R., 1516 Mt. Vernon St., Philadelphia, Pa.
- Shyne, Francis T., 30-31 Gardner Bldg., Utica, N. Y.
- Sible, Pearl, 212 W. 2nd St., Davenport, Ia.
- Sibring, J. M., 623 Mercantile Bldg., Rochester, N. Y.
- Sickert, Claribel, Blackfoot, Idaho.
- Sickles, E. H., 22 Chapman St., Orange, N. J.
- Sidwa, S., 7 Stagers St., Nutley, N. J.
- Siegrist, O. E., Portis, Kans.
- Sieley, A. J., 522 Second Ave., Troy, N. Y.
- Siemer, L. F., 309 E. 47th St., Chicago, Ill.
- Siever, J. L., N. Main Street, Mt. Pleasant, Ia.
- Sifton, Nate, Over Thrasher's Store, Frankfort, Ind.
- Sigrist, Cavolish, 7029 South Michigan Ave., Chicago, Ill.
- Sikora, F. M., 300 River St., Hoboken, N. J.
- Simcox, Lawrence, 103 W. Walnut Lane, Philadelphia, Pa.
- Simmer, L. F., 309 E. 47th St., Chicago, Ill.
- Simmons, Carrie M., Reading, Okla.
- Simmons, Carrie M., Cashion, Okla.
- Simmons, C. W., 1628 N. 18th St., Philadelphia, Pa.
- Simmons, F. H., 914 Highland Road, Pittsburgh, Pa.
- Simmons, N. J., Cashion, Okla.
- Simmons, W. P., 817 Haddon Ave., Collingwood, N. J.
- Simon, E. A., Hastings, Mich.
- Simon, H. S., 308-10 Green Bldg., Johnstown, Pa.
- Simon, Leo H., 524 Consolidated Realty Bldg., Los Angeles, Cal.
- Simon, N. G., 647 Franklin St., Johnston, Pa.
- Simon, Sylvester, 60 B'way, New York, N. Y.
- Simpson, C. E., 722 South Ave., Pittsburgh, Pa.
- Simpson, C. E., 487 Ella St., Wilkinsburg, Pa.
- Simpson, E. C., Fayette, Mo.
- Simpson, Florence K., 379 Forest Ave., Columbus, O.
- Simpson, Maida, Muscatine, Ia.
- Simpson, Martha B., 148 Maple Ave., Montclair, N. J.
- Simpson, Raymond C., 115 Kentucky Ave., Washington, D. C.
- Simpson, Rosalie, 1116 F St. N. W., Washington, D. C.
- Simpson, Rosalie M., Washington School of Chiropractic, Boston, Mass.
- Simpson, S. G., 408 McGee St., Winnipeg, Can.
- Sims, R. S., Weyauwega, Wis.
- Sims, R. S., Ladysmith, Wis.
- Sims, R. S., 133 Weed Street, Antigo, Wis.
- Sims, W. B., Grangeville, Idaho.
- Sinclair, Neil, Elk's Bldg., Santa Rosa, Cal.
- Sinclair, Sarag C., 807 H St. N. W., Washington, D. C.
- Sinclair, Wilhelmine, 805 N. Laird St., Oklahoma City, Okla.
- Sinclair, Wilhelmine, Britton, Okla.
- Singer, O. U., 234 Park Ave., Plainfield, N. J.
- Singletardy, Dora, 1506 16th St., Denver, Colo.
- Simmer, Louis, Portsmouth, Va.
- Sipes, R. A., 528 Wall St., Los Angeles, Cal.
- Sipple, J., 354 Lansing Ave., Detroit, Mich.
- Sisley, Jennie E., 107 N. Elm St., Warren, O.
- Sisson, Guy, Gainsville, N. Y.
- Sisson, J. H., Louisiana, Mo.
- Sites, Benj. L., Suite 1, Chalfern Bldg., Mansfield, O.
- Siveny, Frank Caesar Miels Bldg., Providence, R. I.
- Siveny, Frank, 402 Westminster St., Providence, R. I.
- Siveny, J. F., 62 Washington St., London, Conn.
- Siver, Maude, Garfield, Nebr.
- Skeels, Russel H., Bridgeport, O.
- Skeels, R. H., 521-22 German Bank, Wheeling, W. Va.
- Skeels, Russell H., 15½ W. Hight St., Mount Vernon, O.
- Skeels, Russell S., Moundsville, W. Va.
- Skeels, R. H., Delaware, O.
- Skidmore, May, 235 S. Poplar St., Wichita, Kans.
- Skidmore, W. J., Skidmore, Mo.
- Skinner, Mrs. B. F., Peoria, Ill.
- Skinner & Skinner, 37 Market St., Amsterdam, N. Y.
- Slack, Annette M., 1515 Madison St., Denver, Colo.
- Slack, Annette M., 1310 Welton St., Denver, Colo.
- Slack, Nettie, Mont Clair, Colo.
- Slater, Thos. C., 704 N. St., Logansport, Ind.
- Slater, Thos. C., 502½ B'way, Logansport, Ind.
- Slater, W. E., 410 Church St., Portland, Ore.
- Slater, Walter E., 1162½ Union Ave., Portland, Ore.
- Slawatycki, L. J., 986 Fillmore Ave., Buffalo, N. Y.
- Slawson, E. B., University Place, Lincoln, Nebr.
- Slayton, Carlton, La Porte, Ind.
- Slayton, S. M., La Porte, Ind.
- Slider & Slider, Iola, Kans.
- Slife, C. A., Hawarden, Ia.
- Slifer, Chas. F., 6th and Rockland Sts., Philadelphia, Pa.
- Slifer, C. Franklin, 5613 Germantown Ave., Philadelphia, Pa.
- Sloane, Mrs. M. J. E., Capitol Hill, Oklahoma City, Okla.
- Slolan, Celia, 1658 Front St., San Diego, Cal.
- Slottlemeyer, Mrs. Harriet, 566 W. 7th St., Des Moines, Ia.
- Slough, H. S., Grove City, Pa.
- Slyke, Clifford van, 1108 Republic Bldg., Chicago, Ill.
- Small, Sherman M., Wapello, Ia.
- Smallfield, Aug. C., Arkansas City, Kans.
- Smaltz, Mrs. Alice, 247 Washington St., Traverse City, Mich.
- Smart, D. M., 4200 Grand Blvd., Chicago, Ill.
- Smellie, A. B., Box 85, Eureka, Ill.
- Smellie, A. V., 615 "The Grand," Atlanta, Ga.
- Smiley, M. S., c/o Sherman Annex, La Junta, Colo.
- Smiley, Mary S., 1415-16 Y. W. C. A. Bldg., Riverside, Cal.
- Smith & Smith, 222 W. Wayne St., South Bend, Ind.
- Smith & Smith, Guaranty Bldg., Mishawka, Ind.
- Smith & Smith, 206 S. Seneca St., Ithaca, N. Y.
- Smith & Smith, Indianola, Ia.
- Smith, Dr., Cedar Rapids, Ia.
- Smith, Alexander, 1851 West Adams St., Chicago, Ill.
- Smith, Annie, 71 Superior St., Titusville, Pa.
- Smith, A. F., 4124 Vincennes Ave., Chicago, Ill.
- Smith, A. W., 554 Elmont Ave., Buffalo, N. Y.
- Smith, B. K., 6th and Locust Sts., Des Moines, Ia.
- Smith, Mrs. Bush K., 933 16th St., Des Moines, Ia.
- Smith, Chas. C., 306-7 Granite Block, Watertown, S. Dak.
- Smith, C. E., 3124 Logan Blvd., Chicago, Ill.
- Smith, Clarence L., Elsart, Ind.
- Smith, C. R., 1433 Spruce St., Philadelphia, Pa.
- Smith, C. R., Washington, D. C.
- Smith, Donald, Midland, Ont., Can.
- Smith, E. A., 54 Hendrie Ave., Detroit, Mich.
- Smith, Earl B., No. 4, First Nat'l Bank Bldg., Colorado Springs, Colo.
- Smith, Etta, 819 Potomac Ave., c/o Mrs. E. F. Buckley, Buffalo, N. Y.
- Smith, Etta S., 22 E. Main St., Le Roy, N. Y.
- Smith, Mrs. E. N., Washington, D. C.
- Smith, Mrs. Frances B., 1537 Wright St., Los Angeles, Cal.
- Smith, Frank C., 122 Bigelow St., Newark, N. J.
- Smith, Fred., Onowa, Ia.
- Smith, F. W., 1433 Spruce St., Philadelphia, Pa.
- Smith, F. W., 205½ E. 2nd St., Muscatine, Ia.
- Smith, Geo., Seymour, Mo.
- Smith, G. H., 206 N. Sterling St., Streator, Ill.
- Smith, G. H., 408 E. Main St., Streator, Ill.
- Smith, Geo. L., Streator, Ill.

- Smith, Geo. R., 711 Nat'l Realty Bldg., Tacoma, Wash.
- Smith, Geo. W. B., Walla Walla, Wash.
- Smith, G. W., Guthrie, Ia.
- Smith, Helen, 1108 N. Lee St., Oklahoma City, Okla.
- Smith, H. J., 2418 N. Spaulding St., Chicago, Ill.
- Smith, H. J., Indianola, Ia.
- Smith, H. N., Canton, S. Dak.
- Smith, Hiram, Snowlake, Arizona.
- Smith, Dr. Jas., 131 Dupont St., Toronto, Ont., Can.
- Smith, J. H., Garfield, Nebr.
- Smith, J. H., 208 W. 6th St., Grand Island, Nebr.
- Smith, J. J., 809 3rd St., Milwaukee, Wis.
- Smith, J. J., 113 Washington St., Beaver Dam, Wis.
- Smith, J. W., Slater, Mo.
- Smith, J. W., Waukesha, Wis.
- Smith, Laura M., Princeton, Ill.
- Smith, Lillian A., 1426 Kellam St., Los Angeles, Cal.
- Smith, Lovina, P. O. Bldg., Oklahoma City, Okla.
- Smith, Lloyd F., Minneapolis, Kans.
- Smith, Lloyd, Cherokee, Ia.
- Smith, M. L., 4014 Washington Blvd., Chicago, Ill.
- Smith, M. L., 112 4th Avenue, St. Cloud, Minn.
- Smith, L. D., 2 Dolan Bldg., Grand Island, Nebr.
- Smith, Dr. Milton L. & Dr. Myrtle L., 220 S. State St., Chicago, Ill.
- Smith, Milton L., Suite 69, 39 W. Adams St., Chicago, Ill.
- Smith, Mrs. Minnie D., 1439 R St. N. W., Washington, D. C.
- Smith, Miss N., 305 N. 5th St., Burlington, Wis.
- Smith, Miss N., 305 N. 5th St., Watertown, Wis.
- Smith, Nelson, 602 Spreckles Bldg., San Diego, Cal.
- Smith, O. G., Chicago, Ill.
- Smith, Ruby, Anderson, Ind.
- Smith, R. F., Standard School of Chiropractic and Naturopathy, Davenport, Ia.
- Smith, Richard J., 295 Plymouth Ave., Buffalo, N. Y.
- Smith, R. O., Monroe, Wis.
- Smith, R. O., 3416 4th St., Des Moines, Ia.
- Smith, S. P., 206 S. Geneva St., Ithaca, N. Y.
- Smith, S. W., 205½ E. 2nd St., Muscatine, Ia.
- Smith, T. C., Midland, Ont., Can.
- Smith, T. C., Collingwood, Ont., Can.
- Smith, Violet, 1024 Oakdale Ave., Chicago, Ill.
- Smith, Virgil B., Tampa, Fla.
- Smith, W. D., 117 East Lincoln Way, Mishawaka, Ind.
- Smith, Wm. E., 544 Elmwood Ave., Buffalo, N. Y.
- Smith, Mrs. W. A., 805 Walker Ave., Houston, Tex.
- Smith, W. Dean, Bartlett Bldg., Joplin, Mo.
- Smith, W. F., 702 Genessee Ave., Saginaw, Mich.
- Smith, W. F., 117 Franklin St., Saginaw, Mich.
- Snape & Snape, 1509 13th St. N. W., Washington, D. C.
- Snively, C. M., Urbana, Ill.
- Snell, Mark M., Navina, Okla.
- Snodgrass, V. L., 401 North Penn. Ave., Independence, Kans.
- Snow, M. J., 4637 N. Robey St., Chicago, Ill.
- Snow, Raymond C., 10,316 Ostend Ave., or 10,308 Euclid Ave., Cleveland, O.
- Snyder, E. C., 301 Ewing Bldg., Findlay, O.
- Snyder, Harry, Commercial Ave. and 92nd St., Chicago, Ill.
- Snyder, Ida F., 323 Broad St., Waverly, N. Y.
- Sofranec, Jos., 113 Williams Ave., Youngstown, O.
- Soger, Emma D., Ewing Bldg., Findlay, O.
- Solberg, A., Mitchell, S. Dak.
- Sollars, G. W., 1501 Joplin St., Joplin, Mo.
- Somers, Edith, 123 E. Boulder St., Colorado Springs, Colo.
- Somers, Edith E., Reinbeck, Ia.
- Somers, Sylvester, 1372 Merryman St., Marinette, Wis.
- Somers & Somers, 123 E. Boulder St., Colorado Springs, Colo.
- Somers, S. B., Fraer, Ia.
- Sommecal, J. F., Arnstein, Ont., Can.
- Sommers, Eliz. Preiss, 310 W. Doty St., Madison, Wis.
- R. F. D. No. 4, Box 21-a, Madison, Wis.
- Sones, Mrs. J. C., Toledo, O.
- Sones, J. C., Julietta, Idaho.
- Sones, J. C., Stayton, Ore.
- Sones, J. C., 1602 Saginaw St., Flint, Mich.
- Sones, J. C., 111 2nd St., Moscow, Idaho.
- Sones, J. C., 46 Broadway, Toledo, O.
- Sorenson, Jno., 313 Eitel Bldg., Seattle, Wash.
- Sorg, Mrs. Marie, Durango, Colo.
- Soucek, Wm., 146 S. Ave 18, Los Angeles, Cal.
- Souder, Albert, Clifton Forge, Va.
- Soule, E. C., Fowlerville, Mich.
- Soules, J. S., Oshawa, Ont., Can.
- Souter, J. W., Grinnell, Ia.
- Southerland, C. B., Lone Tree, Ia.
- Spang, Bernard B., 29th and Belmont Sts., Portland, Ore.
- Spang, B. W., 1st and Edwards Sts., Newburg, Colo.
- Spangler, H., 638 E. 14th St., New York, N. Y.
- Spath, Alfred, 118 W. Washington St., Bloomington, Ill.
- Spear, Mrs. L. E., Guthrie, Okla.
- Spearing, Herman A., 1072 W. Ashley St., Jacksonville, Fla.
- Spegal, F. M., Bridley Bldg., Milton, Ore.
- Speicher, W. N., 1343 Wright St., Los Angeles, Cal.
- Speith, Perry A., 353 W. 8th St., Elyria, O.
- Spencer, F. M., 116 W. Long Ave., Dubois, Pa.
- Sperbeck, H. C., R. F. D. No. 3, Summerville, N. J.
- Sperbeck, H. C., Sunbury, Pa.
- Spill, W. E., Perrysville Ave., Pittsburgh, Pa.
- Spitler, Harry R., Union City, Ind.
- Spitler, H. R., Brookville, O.
- Spitler, Harry R., Spitler Sanitarium, Crab Orchard, Ky.
- Spitler, H. Riley, 10 Stotler Bldg., Eaton, O.
- Spoon, Nannie, Luray, Kans.
- Springer, Alton J., Crooksville, O.
- Springer, A. L., Crooksville, O.
- Springer, G. L., 152 North Marengo Ave., Pasadena, Cal.
- Sproviero, Patrick, 268-70 Atlantic St., Stamford, Conn.
- Spryszynski, S. M., 222 Stanislaus St., Buffalo, N. Y.
- Squiers, Mabel A., 2119 Ashland Ave., Toledo, O.
- Squire, Mable, Cary, O.
- Stacy, J. W., The Chateau, Springfield, Mass.
- Staehler, F. C., 154 Kingsland Ave., Corona, Long Island, N. Y.
- Stahl, Frank J., 1264 Lexington Ave., New York, N. Y.
- Stahl, G. W., 102 Main Street, Council Bluffs, Ia.
- Staines, P. S., West Point, Miss.
- Staines, Robt. W., Aberdeen, Miss.
- Staman, Mrs. E. A., Delmar, Ia.
- Stanley, A. E., Exchange Bldg., Los Angeles, Cal.
- Stanley, Alta, Melchor, Ia.
- Starbeck, C. E., 601 Grove-land Park, Chicago, Ill.
- Starkey, T. S., Holland Bldg., Hobart, Okla.
- Stark, Gertrude, 406 Evergreen Ave., Brooklyn, N. Y.
- Starks, Frances, Mullett Lake, Mich.
- State, J. B., 629 Central Ave., Faribault, Minn.
- States & States, Blair, Nebr.
- State, J. E., Wells, Minn.
- Stauffer, C. E., 65½ Washington St., Tiffin, O.
- Stayton, Carlton, La Porte, Ind.
- St. Clair & Helfrich, 216-18 F. P. Fay Bldg., Los Angeles, Cal.
- St. Clair, Harry, 1012 W. Pico St., Los Angeles, Cal.
- St. Clair, Harry, 218 Fay Bldg., Los Angeles, Cal.
- Stebbins, T. J., Waco St., Wichita, Kans.
- Stebbins, J. Edw., Agra, Kans.
- Steel-Brooke, Louise H., Box 263, Sheridan, Wis.
- Steele, James, 403-6 Metcalfe Bldg., Auburn, N. Y.
- Stehle, C. H., 123 S. Main St., Butler, Pa.
- Stein, Aaron, 1226 Boston Road, New York, N. Y.
- Stein, Herbert, 235 W. 103rd St., New York, N. Y.
- Stein, Herbert, 140 W. 42nd St., New York, N. Y.
- Stein, R. L., 831 Monroe Ave., Scranton, Pa.
- Steinburg, Paul, Midland Ave., Syracuse, N. Y.
- Steiner, O. R., 230 Akron Savings and Loan Co. Bldg., Akron, O.

- Stephenson, Leah M., 1023 E. Jefferson Ave., Detroit, Mich.
- Stephens, Francis, 293 Park Ave., Bradford, Ont., Can.
- Stern, H., Davenport, Ia.
- Stern, Harry, 952 B'way, Brooklyn, N. Y.
- Stern, Harry, 6 Stuyvesant Ave., Brooklyn, N. Y.
- Sternberg, Paul, 516-17 S. A. K. Bldg., Syracuse, N. Y.
- Sterner, M. G., 281 Nat'l Ave., Detroit, Mich.
- Stertzbach, C. S., Box 83, Mechanicsville, Ia.
- Steurk, A. K., Y. M. C. A. Block, 53 Court St., Auburn, Me.
- Stevens, Arthur D., Aughton Road, Birkdale, Southport, England.
- Stevens, B. E., 304 W. Hancock Ave., Detroit, Mich.
- Stevens, B. E., 50 Volpey Bldg., Detroit, Mich.
- Stevens, Bertram E., Trangott Schmidt Bldg., 213 Woodward Ave., Detroit, Mich.
- Stevens, E. S., 1964 N. Bronson St., Hollywood, Cal.
- Stevenson, Eliz. M., 31 Bayview Ave., Jersey City, N. J.
- Stevenson, G., 1715 California St., Denver, Colo.
- Stevens, S., 5th St., Middletown, Ind.
- Steward, C. E., Gotwald Bldg., Springfield, O.
- Stewart, Chas., 4602 Frankford Ave., Philadelphia, Pa.
- Stewart, Frank, 206 Clair Ave., Detroit, Mich.
- Stewart, Frank P., 206 Claremont Ave., Detroit, Mich.
- Stewart, J. H., McKinnville, Ore.
- Stewart, John R., Solomon, Kans.
- Stewart, Robt., 6553 Langley Ave., Chicago, Ill.
- Stewart, W. S., Stevens Point, Wis.
- Stickles, Albert, Sangas, Cal.
- Stiers, Wm. W., Cadiz, O.
- Stiles, W. E., 1440 Broadway, Oakland, Cal.
- Stockfield, I. H. A., Fremont, Nebr.
- Stockton, Dr., Greenwood, Ark.
- Stockton, Minnie B., Sabula, Ia.
- Stockton, J. W., 515 N. Douglas St., Oklahoma City, Okla.
- Stockton, W. I., New Albany, Ind.
- Stockwell, Chas. H., 103 Temple Blk., Los Angeles, Cal.
- Stoddard, Bertha, Neil Ave., Columbus, O.
- Stoddard, Geo. J., 307 Howard St., Detroit, Mich.
- Stoeber, Harry, 5426 Walnut St., Philadelphia, Pa.
- St. Onge, D. J., Seattle, Wash.
- Stoll, Wm. E., Arcade Annex, Seattle, Wash.
- Stone, C. M., Reinbeck, Ia.
- Stone, C. M., General Delivery, Marion, Ia.
- Stone, C. M., 146 N. Ashland Blvd., Chicago, Ill.
- Stone, E. W., 280 Richmond Ave., Brooklyn, N. Y.
- Stone, Francis M., Akron, O.
- Stone, Harry S., Nat'l Bank Bldg., Salem, Ore.
- Stone, H. S., 1633½ E. 13th St., Sellwood, Ore.
- Stone, Dr. J. M., Central Office Bldg., San Antonio, Tex.
- Stone, J. M., Box 935, Phoenix, Ariz.
- Stone, Jno. N., 68 Hudson St., Hoboken, N. J.
- Stone, J. N., Central Office Bldg., San Antonio, Tex.
- Stone, Leslie R., 1215 Rhode Island Ave. N. W., Washington, D. C.
- St. Onge, D. J., 707-9 Eiler Music Bldg., Seattle, Wash.
- St. Onge, Rufus H., 826 Leary Bldg., Seattle, Wash.
- Stoppe, Hanne M., Amery, Wis.
- Stoppe, H. M. & W., St. Paul, Minn.
- Stoppe, W. W., 301 Lowry Annex, St. Paul, Minn.
- Storer, Lyle M., 117 Washington St., Watertown, N. Y.
- Story, Thos. H., 1503 Reid St., Los Angeles, Cal.
- Stout, Elmer S., Arapaho, Okla.
- Stout, Stella M., 408 Kennedy Bldg., Ft. Smith, Ark.
- Stout, Lora K., Yore Building, Benton Harbor, Mich.
- Stowe, H. E., 243 Lake St., Elmira, N. Y.
- Stowe, H. F., 243 Lake St., Elmira, N. Y.
- Strahl, G. B., Middleton, O.
- Strain, Philip S. J., 560 Forest Ave., Pittsburgh, Pa.
- Strain, Philip S. J., 560 Forest Ave., Bellevue, Pa.
- Strand, Chas. E., 1014½ Pine St., Seattle, Wash.
- Strand, Glen, 252 Merriman Blk., Council Bluffs, Ia.
- Strand, Glen S., 350 Temple St., Minneapolis, Minn.
- Strand, J., 447 Arcade Bldg., Minneapolis, Minn.
- Strand, Jos. H., Ayrshire, Ia.
- Strand, Joe, Thief River Falls, Minn.
- Strand, O. F., 2445 Lyndale Ave. S., Minneapolis, Minn.
- Strand, Paul, 501-2 Dollar Bank Bldg., Springfield, O.
- Straub, Maurice, 113 Madison St., Tiffin, O.
- Strausbaugh, N. W., 720 15th St. S. E., Washington, D. C.
- Strawn, A. E., 1604 Jackson St., Amarillo, Tex.
- Strayer, H. R., 226 Strayer St., Johnstown, Pa.
- Strayer, W. A., Berkeley Hotel, Long Beach, Cal.
- Strayer, Wm., Nampa, Idaho.
- Streb, J. H., Federal Bank Bldg., Youngstown, O.
- Strehl, G. B., Middletown, O.
- Strehl, J. B., Petoskey, Mich.
- Stretch, Edw. K., 617 Trap-hagen St., West Hoboken, N. J.
- Stringer, Grover L., Abingdon, Va.
- Stringer, Jno. D., Drummond, Okla.
- Stringer, Mary S., Green Cove, Va.
- Stringer, Mary S., Abingdon, Va.
- Strobel, F. A., P. O. Box 414, Thomasville, Ga.
- Strobel, Richard, 3702 Hudson Blvd., Jersey City, N. J.
- Strobel, Albin, 520 Paterson Plank Road, Jersey City, N. J.
- Strock, W. F., 225 Cleveland Ave., or 306 Portland Ave., Canton, O.
- Strond, Ida E., 501 Dollar Bank Bldg., Youngstown, O.
- Strond, P. H., 501 Dollar Bank Bldg., Youngstown, O.
- Strong & Strong, 210 Otis Bldg., Akron, O.
- Strouse, Ethel, Kalamazoo, Mich.
- Strouse, E. J., 607 Hanselman Bldg., Kalamazoo, Mich.
- Struck, Joseph F., 2312 Iowa St., Chicago, Ill.
- Stuart, Charles, 4602 Frankford Ave., Philadelphia, Pa.
- Stucker, Howard, Shawnee, Okla.
- Stucker, Howard, Holdenville, Okla.
- Sucholtz, R. E., 522 Ave C, San Antonio, Tex.
- Sucholtz, R. E., San Antonio, Tex.
- Sullivan, Eugene, 29 W. 1st St., Dayton, O.
- Sullivan, F. P., Naugatuck, Conn.
- Sullivan, P. F., 49 Water St., Torrington, Conn.
- Sullivan, R. K., Wausau, Wis.
- Sullivan, Rebecca E., 20 Kearney Ave., Jersey City, N. J.
- Sullivan, Mary J., 570 Pacific St., Brooklyn, N. Y.
- Sullivan, Sylvin, Brady, Nebr.
- Summer, Frank H., Portsmouth, Va.
- Summerville, A. W., Benton Harbor, Mich.
- Summons, Carrie M., Reeding, Okla.
- Sunstead, O. H., Guaranty Bldg., Butler, Pa.
- Supler, A. J., 116½ W. Grand Ave., Oklahoma City, Okla.
- Sutherland, Jno. W., 3857 18th St., San Francisco, Cal.
- Sutherland, W. H., 3363 Shaw St., Charlotte, Mich.
- Sutton, N. M., Concordia, Kans.
- Sutton, W. R., Minden, Nebr.
- Sutton, W. R., Mt. Pleasant, Tenn.
- Svenson, Albert E., 327 Locust St., Hudson, Wis.
- Swaltz, Alice, Traverse City, Mich.
- Swain, Alfred L., 77 Weequahie Ave., Newark, N. J.
- Swan, S. Howard, Rea Block, Corydon, Ia.
- Swan, Wm. A., Central Bldg., Kansas City, Mo.
- Swann, Ella, Traverse City, Mich.
- Swanson & Swanson, Drs., 710 George St., Norristown, Pa.
- Swanson, Ralph, Creston, Ia.
- Swanson, W. L., Caradine Bldg., Monroe, Wis.
- Swanson, R. A., 156 N. Cherry St., Galesburg, Ill.
- Swarthout, H. C., 260 W. State St., Wellsville, N. Y.
- Swartout, H. C., Canisteo, N. Y.
- Swearingen, Pearl, 14 Canopy Bldg., Muncie, Ind.
- Swearingen, Pearl, 601 German Bank Bldg., Wheeling, W. Va.

- Sweet, F. T., 30-31 Lyman Bld., Muskegon, Mich.
 Sweet, Ralph C., 214 W. Main St., Battle Creek, Mich.
 Swem, D. D., 607 Webster Bldg., Chicago, Ill.
 Swem, Guy, 401 J. M. S. Bldg., South Bend, Ind.
 Swenson, Gustaf, 322 Lilly Ave., West Liberty, Pittsburgh, Pa.
 Swift, Ellen G., 292 Park Ave., Bradford, Ont., Can.
 Swift, E. H., Milan, Mo.
 Symons, W. V., 807 Mercantile Library Bldg., Cincinnati, O.
 Taber & Taber, Drs., 305½ Jefferson St., Portland, Ore.
 Tait, Beulah Long, Joplin, Mo.
 Tangeman, Harvey W., Box 60, Iowa Falls, Ia.
 Tanner, O. J., 8234 Frankford Ave., Holmesburg, Pa.
 Tanner, O. J., 5910 Wayne Ave., Philadelphia, Pa.
 Tanner, S. W., Supply, Okla.
 Tappan, Harry G., 26 Osbourne St., Bloomfield, N. J.
 Tarbell, H. E., 1515 W. Monroe St., Chicago, Ill.
 Tarr, Delford, Cropsey, Ind.
 Tate, Philip, 210-11 Grand Valley Bank Bldg., Grand Junction, Colo.
 Taylor, Andrew, San Francisco, Cal.
 Taylor, A. A., Smith Building, Hudson Ave., Newark, O.
 Taylor, C. B., 119½ Washington St., Tiffin, O.
 Taylor, Ella J., Box 253, Sanger, Cal.
 Taylor, E. J., Box 312, Tomah, Wis.
 Taylor, Harry, Nevinville, Ia.
 Taylor, Nellie, 119½ Washington St., Tiffin, O.
 Taylor & Taylor, 119½ South Washington Ave., Tiffin, O.
 Teckner, I. L., 202 Columbia Bldg., Portland, Ore.
 Teem, D. B., Hugo, Okla.
 Teem, David B., Claude, Tex.
 Teetern, D. W., Forney, Idaho.
 Telford, S. P., 729½ 2nd St., Ft. Madison, Ia.
 Teigan, Edward, 4344 North Winchester Ave., Chicago, Ill.
 Telgen, Edward, Antelope, Mont.
 Tennes, Helen Bettie, Sparta, Wis.
 Tennesley, L., 2016 Valley St., Omaha, Nebr.
 Te Poorten, B. A., 68 E. Main St., Newark, O.
 Terp, J. A., 221 N. Washington St., Green Bay, Wis.
 Terp, Jesse A., 407 Minahan Bldg., Green Bay, Wis.
 Terry, Bessie, New York, N. Y.
 Terry, Frederick C., 35 Schermerhorn St., Brooklyn, N. Y.
 Terrill, I. W., Elk City, Okla.
 Terry, J. Y., Nampa, Idaho.
 Terry, J. Y., 829 Jackson St., Oakland, Cal.
 Terry, Lottie S., Watertown, S. Dakota.
 Terry, Lottie S., 805 N. Court St., Rockford, Ill.
 Teuteberg, I. J., 198 27th St., Milwaukee, Wis.
 Thayer, Odessa H., 307 Fern-wall Bldg., Spokane, Wash.
 Thaxton, E. E., Raton, N. M.
 Thedger, F. M., No. 7 Wesley Bld., Adrian, Mich.
 Thee, Wm., 3127 Gloss Ave., Cincinnati, O.
 Theurer, J., Breckenridge, Minn.
 Thiessen & Thiessen, Drs., Carroll, Ia.
 Thiessen, Mrs. R. J., Carroll, Ia.
 Thissen, R. J., Eagle Grove, Ia.
 Thomas, A. L., 4424 Indiana Ave., Chicago, Ill.
 Thomas, Alice R., 2299 Seneca St., Buffalo, N. Y.
 Thomas, Archie C., 2299 Seneca St., Buffalo, N. Y.
 Thomas, Arthur, Turnbull, Fla.
 Thomas, Arthur W., 1440 Glenarm Place, Denver, Colo.
 Thomas, C. A., Coleman, Tex.
 Thomas, C. A., L. K. Box 624, Knightstown, Ind.
 Thomas, F. A., 1308 Glenarm Place, Denver, Colo.
 Thomas, Francis, Clear Lake, Ia.
 Thomas, Flora V., 704 Walnut St., Terre Haute, Ind.
 Thomas, James A., 301 Venetian Bldg., Chicago, Ill.
 Thomas, Lillian, 509½ N. 2nd St., Barberton, O.
 Thomas, M., 704 Walnut St., Terre Haute, Ind.
 Thomas, M. & F. V., 201-2 Odd Fellows Bldg., Terre Haute, Ind.
 Thomas, Robert M., 3-4 Winklespeck Bldg., Brazil, Ind.
 Thomas, W. Arthur, 14 Glenarm Pl., Denver, Colo.
 Thomas, W. J., 405 Crescent Ave., Grand Rapids, Mich.
 Thompson & Thompson, Drs., Covina, Cal.
 Thompson & Thompson, Drs., Downey, Cal.
 Thompson & Thompson, Drs., Los Angeles, Cal.
 Thompson & Thompson, Weyburn, Sask., Can.
 Thompson, A. M., Anahelm, Cal.
 Thompson, Daisy, Elvira Bldg., Columbia, Mo.
 Thompson, Etta L., 11,086 2nd St., Chicago, Ill.
 Thompson, Geo. W., Ripley, N. Y.
 Thompson, L., Woodward, Okla.
 Thompson, L. C., Protection, Kans.
 Thompson, L. E., 621 Prendergrast Ave., Jamestown, N. Y.
 Thompson, L. E., 51 Broad St., Salamanca, N. Y.
 Thompson, M. M., 8-9 Kokomo Trust Co., New Building, Kokomo, Ind.
 Thompson, O. A., Covina, Cal.
 Thompson, O. A., Arkansas City, Kans.
 Thompson, O. A., 311 Bitting Bldg., Wichita, Kans.
 Thompson, S. T., 851 E. 40th St., Chicago, Ill.
 Thompson, T. F., Merchants' Bank Bldg., Jefferson City, Mo.
 Thompson, T. J., 503 Hill Ave., Elgin, Ill.
 Thompson, T. F., Elvira Bldg., Columbia, Mo.
 Thompson, W. A., 3-4 Wilson Bld., Marion, Ind.
 Thompson, W. A., 406 Marion Bld., Marion, Ind.
 Thompson, Wm. H., 813 12th St. N. W., Washington, D. C.
 Thompson, Wm. P., Fairmont Hotel, San Francisco, Cal.
 Thomsen, Dr., 4th Floor Evanston Bldg., Minneapolis, Minn.
 Thomson, Fulton, Ky.
 Thomson, T. E., Elvira Bldg., Columbia, Mo.
 Thoreson, Anna O., Philips Art Bldg., Red Wing, Minn.
 Thoreson, John, Box 5, Glenwood, Minn.
 Thoreson, Helena, Lake Mills, Ia.
 Thoreson, Frank M., 25 E. Grand Ave., Chicago, Ill.
 Thoreson & Thoreson, Box 463, Lake Mills, Ia.
 Thorn, Henry, Room 201, 1012 Baltimore Ave., Kansas City, Mo.
 Thorn, Howard, 1012 Baltimore Ave., Kansas City, Mo.
 Thornble, T. C., Lynch, Nebr.
 Thornbley & Thornbley, Rainge Bldg., Omaha, Nebr.
 Thornley, J., Bank of San Jose Bldg., San Jose, Cal.
 Thornton, Fred W., 18 Teresa Place, Buffalo, N. Y.
 Thorp, Hugh, 211 Seymour Ave., Newark, N. J.
 Thrallkill, W. L., Blackwell, Okla.
 Thub, Edwin, 2120 North Clark St., Chicago, Ill.
 Tibeaes, Florence, Sterling, Kans.
 Tierman, Albert S., 322 Mason Bldg., Los Angeles, Cal.
 Tillatson, Gladys, Cascade Springs, S. Dakota.
 Timbers, R. S., Henry, Nebr.
 Timm, Richard, Hindsdale, Mont.
 Timmons, Ernest, Village, Ark.
 Timpe, Dr. F. R., Box 165, Maquoketa, Ia.
 Tinsdale, H., 214 Security Bld., Grand Forks, N. Dak.
 Tinsley, C. R., 221 Pacific Ave., Long Beach, Cal.
 Tinsley, C. R., Indio, Cal.
 Tinsley, Minnie L., Indio, Cal.
 Tinsley, Minnie L., 221 Pacific Ave., Long Beach, Cal.
 Tippet, Henry W., 1004 East Capitol St., Washington, D. C.
 Tittatson, Gladys, Cascade Springs, S. D.
 Titterington, Frank L., 620 W. 3rd St., Davenport, Ia.
 Titterington, T. W., Marion, Ind.
 Titus, Mary W., 7 Washington St., Bradford, Pa.
 Tjernagel, G. A., Story City, Ia.
 Tobey, H. C., 800-34 Brady St., Davenport, Ia.
 Tobin, J., 4876 Armitage Ave., Chicago, Ill.
 Todd, G. F., 11 Keene Bldg., 9 E. Utica St., Buffalo, N. Y.
 Todd, G. F., Swartz Creek, Mich.
 Tolputt, Anna T., 516 Federal St., Pittsburgh, Pa.
 Tomlinson, G. R., 4025 Sheridan Road, Chicago, Ill.

- Toms, Francis E., 122 W. 3rd St., Muscatine, Ia.
 Toms, Francis, 122 W. 3rd St., Muscatine, Ia.
 Torrence, G. W., 23 W. Montgomery Ave., Pittsburgh, Pa.
 Toskey, C. M., 239 1st St., Hinsdale, Ill.
 Toskey, C. M., 4548 Lake Park Ave., Chicago, Ill.
 Toskey, C. M., 1204 E. 47th St., Chicago, Ill.
 Toskey, C. M., Antigo, Wis.
 Toskey, Chester M., 1204 E. 47th St., Chicago, Ill.
 Toskey, C. M., 3166 Lincoln Ave., Chicago, Ill.
 Toskey, Paul J., West Salem, Ill.
 Tonn, W. T., Sioux Center, Ia.
 Tovey, Miss Verona, 635 S. Flower St., Los Angeles, Cal.
 Tracy & Tracy, Trenton, Mo.
 Tracey, C. H., Cheltenham, Pa.
 Tracy, D. S., Trenton Trust Bldg., Trenton, Mo.
 Tracy, Mrs. J. L., Trenton Trust Bldg., Trenton, Mo.
 Tradsham, F. B., 718 W. 63rd St., Chicago, Ill.
 Traimis, K. G., 3301 S. Halstead St., Chicago, Ill.
 Tramm, Geo. A., Hall and Lewis Block, Meridan, Conn.
 Treat, A. R., Antigo, Wis.
 Trego, John W., Columbus, O.
 Trenary, J. M., Arvada, Colo.
 Trenary, J. M., 1757 Welton St., Denver, Colo.
 Trenary, J. M., 110 McLeon Bldg., Kewanee, Ill.
 Trenary, M., Arvada, Colo.
 Treseder, F. W., 4533 Wilton Place, Los Angeles, Cal.
 Trestler, E. B., 7-8 Jaycox Bldg., Walla Walla, Wash.
 Tretheway, Florence V., 2819 Broad St. N., Philadelphia, Pa.
 Trewin, S., Dewey, Okla.
 Tritt, H. P., Pasadena, Cal.
 Troester, Otto, Hampton, Nebr.
 Trospen, Minnie L., Chelsea, Okla.
 Trott, Elze D., 422 Greenfield Ave., Canton, O.
 Trotter, Eldon A., Mt. Ayr, Ia.
 Trotter, Frank, Devine, Tex.
 Trouten, M. G., 404 Pittsburgh Savings Bank Bldg., Pittsburgh, Pa.
 Trouten, Dr. Mae G., 1307 E. 33rd St., Kansas City, Mo.
 Trouton, Mae G., Clearfield, Pa.
 Truitt, A. Harold, Lancaster, Wis.
 Truitt, W. T., 896 Summit Ave., Jersey City, N. J.
 Truxell & Truxell, Suite 4, Union Bldg., Thief River Falls, Minn.
 Tuccio, Cajetan, 111 Hudson St., Hoboken, N. J.
 Tucker & Tucker, 906 22nd Ave., San Diego, Cal.
 Tucker, E. J., 1875 Glenwood Ave., Youngstown, O.
 Tucker, E. J., 80 Grand St., Newburgh, N. Y.
 Tucker, E. J., 35 Ford St., Ogdensburg, N. Y.
 Tucker, W. R., 906 22nd St., San Diego, Cal.
 Tupper, G. W., Kittanning, Pa.
 Turk, J. E., 1102 W. Main St., Enid, Okla.
 Turner, Dan, 405½ Ave C, Lawton, Okla.
 Turner, Effie, Lawton, Okla.
 Turner, Everett J., Eldorado Springs, Mo.
 Turner, M. F., 110 W. Cherry St., Walla Walla, Wash.
 Turner, F. H., 597 S. Iona St., Grand Rapids, Mich.
 Turner, Grover G., Franklin, Pa.
 Turner, H. F., Murray, Ia.
 Turner, H. F., Hillinger & Larimer Bldg., Chariton, Ia.
 Turner, Jane, 1416 16th St., Denver, Colo.
 Turner, Melvin, 427 E. Cherry St., Walla Walla, Wash.
 Tyree, Julia A., Mulvane, Kans.
 Uez, Gustave, 596 Clinton Ave., West Hoboken, N. J.
 Ulam, W. W., Van Wert, O.
 Ulrich & Ulrich, 160 Washington St., Beaver Dam, Wis.
 Underlander, J. L., 3315 S. Oakley Blvd., Chicago, Ill.
 Unzen, Henry, Minnesota, Minn.
 Upham, Lawrence W., W. Main St., Shelby, O.
 Urschel, Geo. C., 2421 Pierson Ave., Indianapolis, Ind.
 Vaden, W. F., 202 W. 5th St., Hutchinson, Kans.
 Vahle, Wm. G., Coffeyville, Kans.
 Vail, R. O., 204 W. Scribner St., Dubois, Pa.
 Valentine, Geo. M., 32 B'way, Rochester, N. Y.
 Valentine, G. M., 1430 Linden Ave., Baltimore, Md.
 Van Antwerp & Van Antwerp, Drs., St. Johns Bldg., Cor. S. Main and Mapel Sts., Rocky Ford, Colo.
 Van Bushkirk, Viola, 12½ S. Barstow St., Eau Claire, Wis.
 Van Corst, Bertha, 46 E. Montcalm St., Detroit, Mich.
 Van den Berg, 1303 N St., Washington, D. C.
 Vander Heck, J., 4th Street, Clarksburg, W. Va.
 Vandergriff, J. R., Lockney, Tex.
 Vandergriff, J. R., 218 Texas State Bank Bldg., Ft. Worth, Tex.
 Vandergriff, J. R., Delters, Ark.
 Vandervoort, John H., 825 E. Duval St., Jacksonville, Fla.
 Van Duser, A. B., c/o E. J. Van Duser, Kendala, N. Y.
 Van De Schoeppe and Van De Schoeppe, 527 Edeson St., Antigo, Wis.
 Vandeventer, Lew, Loveland, Colo.
 Vandoern, H., 565 Madison Ave., Elizabeth, N. J.
 Van Gelder, J. B., Inglewood, Cal.
 Van Hise, Ralph, 857 North Sacramento Blvd., Chicago, Ill.
 Van Horn, Mrs. M. P., Coal City, Ind.
 Van Houten, John R., 156 Virginia Ave., Jersey City, N. J.
 Van Kolken, F. D., Moose Jaw, Ont., Can.
 Van Schoonhoven, G. L., Lockney, Tex.
 Van Schoonhoven, Manacas, S. C., Cuba.
 Van Tilburg & Van Tilburg, 427-28 Occidental Bldg., Indianapolis, Ind.
 Varney, Edgar D., 4610 Boardwalk, Wildwood, N. J.
 Varsey, Geo. E., 612 Court St., Fremont, O.
 Varsey, G. E., 12 Cherry St., Grand Rapids, Mich.
 Varsey, Geo. W., 612 Court St., Fremont, O.
 Vasselin, W. J., Blossburg, Pa.
 Vatteredt, J. A., Vandalia, Mo.
 Vaughan, Walter L., 206 W. 106th St., New York, N. Y.
 Vavruska, Wm., 904 E. Water St., Austin, Minn.
 Vavruska, Wm., 227 E. 3rd St., Winona, Minn.
 Vawter, W. H., 421 Main St., West Side, Lafayette, Ind.
 Vedder, H. F., 828 Brady St., Davenport, Ia.
 Verden, C. W., 422 First Nat'l Bank Bldg., Long Beach, Cal.
 Vermillion, J. B., 6th and C Sts., San Diego, Cal.
 Verner, Robinson, 425 12th St., West New York, N. J.
 Vest, L. L., 1513 Jackson Blvd., Chicago, Ill.
 Vethersole, A., 164 Palisade Ave., Garfield, N. J.
 Vetter, Harry, 124 W. 90th St., New York, N. Y.
 Vetter, L. J., 321 S. Cicero Ave., Chicago, Ill.
 Veyet, Leo J., Sault Ste. Marie, Mich.
 Via, Hugh S., 503 W. Main St., Charlottesville, Va.
 Vickstrom, Alfred, 26th and Princeton Sts., Chicago, Ill.
 Victor, Carl, 6017 Penna Ave., Pittsburgh, Pa.
 Victory, Andrew, 498 Broad St., Elizabeth, N. J.
 Viersen, P. A., 607 Webster Bldg., Chicago, Ill.
 Villeneuve, F. E., 109 Fountain St., Syracuse, N. Y.
 Vincent, Jennie C., Argonia, Kans.
 Violette, Mrs. S. N., Hotel Oxford, Boston, Mass.
 Visser, P. J., Conneaut, O.
 Visser, Peter J., Hippodrome Arcade Bldg., Youngstown, O.
 Viz, Hugh D., 503 W. Main St., Charlotteville, Va.
 Vliet, Chester B., 47 W. State St., Trenton, N. J.
 Vogel, Walter, N. 3rd Street, Marshalltown, Ia.
 Vogel, W. B., Reinbeck, Ia.
 Vogel, Wm. J., 203 Fisher Bldg., Waterloo, Ia.
 Vogt, H. C., 49 Ocean Place, Long Beach, Cal.
 Vogt, H. C., Aurora, Nebr.
 Vogt, H. C., 8-9 Lahr Bldg., St. Cloud, Minn.
 Vogt, J. W. J., David City, Nebr.
 Volchman, C., 40 Zobruhis St., Jersey City, N. J.
 Vold, O. A., 8 N. State St., Chicago, Ill.
 Volen, G. A., 1556 3rd Street, San Diego, Cal.

- Volgman, Frank, 1542 West Adams St., Chicago, Ill.
- Volgman, F. C., 211 Wisconsin St., Kenosha, Wis.
- Voltaire, Jos., 1139 N. State St., Chicago, Ill.
- Volz, C. C., 1417 Iowa Street, Davenport, Ia.
- Volz, Joseph A., 61 Madison St., New Britain, Conn.
- Von Dresky, Davenport, Ia.
- Voorheis, A. H., 509 Seymour St., Syracuse, N. Y.
- Vose, F. G., Machias, Me.
- Vreeland, W. H., 211 Lowry Annex, St. Paul, Minn.
- Waelti, Christ, 528 Garfield Ave., Chicago, Ill.
- Wadsworth, L. V., Abilene, Kans.
- Waffle, W. Clyde, 309 Denny Bldg., Walla Walla, Wash.
- Wagner, A. A., Vineland, N. J.
- Wagner, Amelia, Crescent City, Fla.
- Wagner, Anna, 510-11 Meisel Bldg., Port Huron, Mich.
- Wagner, A. R., Tampa, Fla.
- Wagner, A. R., 433 Broadway, Camden, N. J.
- Wagner, E. R., 2029 Farnum St., Davenport, Ia.
- Wagner, Henry, 57 W. Delaware Ave., Chicago, Ill.
- Wagner, Lucetta, 249 Kingsland Ave., Brooklyn, N. Y.
- Wahl, Adolph F., 942 Savoye St., North Bergen, N. J.
- Wahlenmaier & Wahlenmaier, Phoenix, Ariz.
- Wait, S. D., Alva, Ia.
- Wait, S. D., Albia, Ia.
- Waite, Wendell D., 1606 W. Broadway, Oklahoma City, Okla.
- Waite, E. R., 2901 Washington Blvd., Chicago, Ill.
- Waite, Wendell D., Marseilles, Ill.
- Walberg, Geneva O., Eagle Rock and Oak Grove Ave., Los Angeles, Cal.
- Walburn, F. S., 210 W. Jefferson St., Ft. Wayne, Ind.
- Walker, Anna L., 1109 South Ervay St., Dallas, Tex.
- Walker, E. K., 413 Lilley Bldg., Waterbury, Conn.
- Walker, Elizabeth S., 236 W. 23rd St., Los Angeles, Cal.
- Walker, L. E., Fairbury, Ill.
- Walker, G. W., 737 Prospect Ave., Cleveland, O.
- Walker, G. W., 1033 Packard St., Ann Harbor, Mich.
- Walker, Mrs. M. L., Oxford, N. Y.
- Walker, Peter E., 203 West 122nd St., New York, N. Y.
- Walker, Peter E., 309 S. Ashland Blvd., Chicago, Ill.
- Walker, R., Athens, Mich.
- Walker, R. H., 1928 Oregon Ave., Cleveland, O.
- Walker, Wm. E., 1109 South Ervay St., Dallas, Tex.
- Walker, W. W., 1222 O St., Lincoln, Nebr.
- Walker, W. W., Commercial Bldg., St. Joseph, Mo.
- Walkley, R. H., Bank Bldg., Athens, Mich.
- Wallace & Wallace, 71 Grove St., Freeport, Ill.
- Wallace, G. G., Box 31, Ordway, Colo.
- Wallace, Hille, Braman, Okla.
- Wallace, J. C., Washington, Ia.
- Wallace, Sarah A., 71 Grove St., Freeport, Ind.
- Wallace, T. F., Bradford, Ont., Can.
- Walotera, J., Main St., Ashtabula, O.
- Walsh, A. F., 1813 Warren St., University Place, Nebr.
- Walsh, James, Ludeson Bldg., Lexington, Mo.
- Walsh, J. M., Beaver City, Nebr.
- Walsh, Jno., Alleghany Co., Munnhall, Pa.
- Walters, Floyd, North Manchester, Ind.
- Walters, Richard J., 123 W. 33rd St., New York, N. Y.
- Walther & Walther, 235 S. Main St., Salt Lake City, Utah.
- Walther & Walther, 639 S. Grand Ave., Los Angeles, Cal.
- Walther, A. E., Lamar, Colo.
- Walther, A. E., 235 S. Main St., Suite 303, Salt Lake City, Utah.
- Walther, Lillian, Lamar, Colo.
- Walton, Alfred, 512 Flanders Bldg., Philadelphia, Pa.
- Walton, Jas., Lafayette, Ind.
- Wamsley, D. D., Box 594, Idaho Falls, Idaho.
- Wanderson, Ernest, Tracy, Minn.
- Waner, Anna, Clinton, Mich.
- Ward, C. E., Hartford, Conn.
- Ward, E. Thayer, 13,527 Euclid Ave., East Cleveland, O.
- Ward, H. C., Canton, S. Dakota.
- Ward, H. G., 37 Marshall St., Muskegon, Mich.
- Ward, John E., San Francisco, Cal.
- Ward, James H., 309 Columbia Trust Bldg., Los Angeles, Cal.
- Ward, M. H., 509 Central Bank Bldg., Oakland, Cal.
- Ward, Thayer E., 213 North State St., Painesville, O.
- Warder, Madison, R. F. D. No. 9, Ottumwa, Ia.
- Waring, G. P., Box 251, Alhambra, Cal.
- Warmuth, H. M., Stanwood, Ia.
- Warmuth, M., Tinton, Ia.
- Warner, Harold M., Paulding, O.
- Warner, M., 326 W. 8th St., Erie, Pa.
- Warner, M. L., 807 Chestnut St., Erie, Pa.
- Warrack, Alexander, 146 Pearl St., Bradford, Ont., Can.
- Warrack, Margaret E., 146 Pearl St., Bradford, Ont., Can.
- Warrell, Benj., Excelsior Springs, Mo.
- Warren & Warren, Casnovia, Mich.
- Warren, H. E., 1531 Lake Ave., Rochester, N. Y.
- Warren, James B., Williams Court, Marion, O.
- Warriner, Chas. O., Stigler, Okla.
- Warriner, Corinne, Stigler, Okla.
- Warriner, Owen C., Greenwood, Ark.
- Warriner, O. C., Mansfield, Ark.
- Warringer, Corinne, Poteau, Okla.
- Warrington, W. F., 203 Yarnell Theatre Bldg., Wabash, Ind.
- Warthington, B. W., 216 W. Park St., Anaconda, Mont.
- Warwick, W. J., Alden, Minn.
- Waschka, F., 707 Washington St., Marion, Ind.
- Waschke, W. E., 15-17 Bryant and Klotz Bldg., Bartlesville, Okla.
- Wasico, G. G., Milwaukee, Wis.
- Waters, O., 603 First Nat'l Bank Bldg., Long Beach, Cal.
- Waters, Lillian E. F., 8909 Lowe Ave., Chicago, Ill.
- Watkins, John, 208 Myrtle Ave., Jersey City, N. J.
- Watkins, Mark, 225 Jewett Ave., Jersey City, N. J.
- Watkins, Pauline, 208 Myrtle Ave., Jersey City, N. J.
- Watrous, Allen B., Larchmont, N. Y.
- Watson & Watson, Paola, Kans.
- Watson, P. E., 24 Schnirel Bldg., Geneva, N. Y.
- Watson, Paul E., 34 Bureil Bldg., Portland, Ind.
- Watson, T. Oren, Gardena, Cal.
- Watters, Floyd F., Mill St., North Manchester, Ind.
- Watters, Isabella, 577 Warren St., Newark, N. J.
- Watters, Raymond E., 321 E. 8th St., Portland, Ore.
- Watts, J. M., Sonnie Bldg., Boise, Idaho.
- Waugh, R. H., 81 Forest Ave. W., Detroit, Mich.
- Waugh, R. H., 50 Lothrop Ave., Detroit, Mich.
- Weaver, E. B., 311 W. Ferry St., The Victoria Theatre Bldg., or 1028 Elmwood Ave., Buffalo, N. Y.
- Weaver, H. S., 1433 Spruce St., Philadelphia, Pa.
- Weaver, J. Ray, 519-20 Occidental Bldg., Indianapolis, Ind.
- Webb, Edith M., 6846 Sunset Blvd., Hollywood, Cal.
- Webb, Jessie, Coffeyville, Kans.
- Webb, Victorine W., Greene, N. Y.
- Webb, W. S., Hope, Ark.
- Webb, William S., 210 Masonic Temple, Little Rock, Ark.
- Webb, W. P., 131 Locka Ave., Olyphant, Pa.
- Weber, J., 110 W. 40th St., New York, N. Y.
- Webber, J. H., 832 W. 18th St., Los Angeles, Cal.
- Webber, J. H., 407 Columbia Trust Bldg., Los Angeles, Cal.
- Webber, M. A., 1915 E. 10th St., Kansas City, Kans.
- Weber, Emil, 255 Waverly Ave., Newark, N. J.
- Weber, Helen, 1021 Springfield Ave., Irvington, N. J.
- Weber, J. N., 1980 7th Ave., New York, N. Y.
- Webley, F. D., Box 398, Santa Rosa, Cal.
- Webster, Minnie B., West Windfield, N. Y.
- Webster, Mrs. M. E., 320 N. Division St., Buffalo, N. Y.
- Weed, Trach E., Ledbetter Bldg., Michigan City, Ind.
- Weeks, G. S., Leon, Ia.

- Weeks, Dan S., 778 Congress St., Portland, Me.
 Weeks, R. E., Lansing, Mich.
 Weheffer, Augusta V., 1169 Davison St., Portland, Ore.
 Weidenhoeft, A. A., Kalona, Ia.
 Weigert, H. C., Waterloo, Ia.
 Weiman, Elizabeth, 1524 Chestnut St., Philadelphia, Pa.
 Weimar, Louis Charles, 516 Bergen Ave., Jersey City, N. J.
 Weinberg, I. H., 1333 North La Salle St., Chicago, Ill.
 Weirick, W. C., 424 Beretania St., Honolulu, Hawaii.
 Weirshausen, Geo. C., 23 Polk St., Guttenberg, N. J.
 Weiser, A. W., 158 North Hanover St., Pottstown, Pa.
 Weiss, Hilda H., 941 E. 14th St., Brooklyn, N. Y.
 Weiss, Oscar E., 813 N. La Salle St., Chicago, Ill.
 Weist, R. S., Newark Valley, N. Y.
 Weist, R. S., 28 Lake Street, Oswego, N. Y.
 Welander, Bessie C., 907 School St., Chicago, Ill.
 Welch, J. S., Liberal, Kans.
 Welch, W. C., 407 S. Ashland Blvd., Chicago, Ill.
 Wells & Wells, 10 Chase Bldg., Kalamazoo, Mich.
 Welfraum, O. L., 305 Main St., Kenosha, Wis.
 Wells, Chas. H., 1619 Washington St., Denver, Colo.
 Wells, G. W., 513 W. 134th St., New York, N. Y.
 Wells, Minnie E., 1619 Washington St., Denver, Colo.
 Welty, Clara M., Hicksville, O.
 Wendi, Reidl, 2179 Telegraph St., Oakland, Cal.
 Wentworth, Daisy B., Novina, Okla.
 Wentworth, Geo., Cashion, Okla.
 Wentworth, Geo., Arkansas City, Kans.
 Wentworth, Guy De Witt, Navina, Okla.
 Wentworth, Dr. Paul J., 1509-11 E. Superior Street, Duluth, Minn.
 Wenzel, Alfred, 417 Palisade Ave., Jersey City, N. J.
 Wenzl, Reidl, 2327 Telegraph Ave., Oakland, Cal.
 Werbes, Henry C., R. No. 4, Buffalo, Minn.
 Wesley, S. W., 533 Equity Bldg., Muskogee, Okla.
 West, Archibald, Steelton, Ont., Can.
 West, Geo., Brainard, Minn.
 West, G. B., Hartwick, Ia.
 West, Harry H., 524 Cons. Realty Bldg., Los Angeles, Cal.
 West-Hill, John, Box 409, R. F. D. No. 14, Los Angeles, Cal.
 West, W. R., Opera House Bldg., Danbury, Conn.
 Wetherbe, E. T., 107 Meigs Bldg., Bridgeport, Conn.
 Wetterstrand, 1436 Tremont Place, Denver, Colo.
 Weyland, Chas. E., 338 Cumberland St., Lebanon, Pa.
 Wheatcroft, Dr., Smith Center, Kans.
 Wheeler & Wheeler, Twin Falls, Idaho.
 Wheeler, Mrs. A., Cincinnati, N. Y.
 Wheeler, Milo A., Lewiston, Utah.
 Wheeler, Miss Alma, 1 Roseville Ave., Newark, N. J.
 Wheeler, Alma, Cortland, N. Y.
 Wheeler, Arlie, Eddyville, Ia.
 Wheeler, Mrs. D. R., 813 12th St. N. W., Washington, D. C.
 Wheeler, Elyin, 600 Grand Opera House Bldg., Atlanta, Ga.
 Wheeler, Etta M., 448 Washington St., Denver, Colo.
 Wheeler, Fannie, Twin Falls, Idaho.
 Wheeler, Fred. H., Twin Falls, Idaho.
 Wheeler, H. A., Eddyville, Nebr.
 Wheeler, Howard M., Anes, Okla.
 Wheeler, Howard M., Atoka, Okla.
 Wheeler, Howard M., Drummond, Okla.
 Wheeler, R. A., 109 Ramsford Road, Toronto, Ont., Can.
 Whelan, R. L., Belle Plaine, Ia.
 Whipple, M. T., 6432 Kenwood Ave., Chicago, Ill.
 White, Edwin C., 287 W. North Ave., East Palestine, O.
 White, Elleb., Meno, Okla.
 White, I. O., Sioux City, Ia.
 White, Ivan O., Hartwick, Ia.
 White, Pearl E., Sioux City, Ia.
 White, W. F., P. O. Box 294, Shelton, Conn.
 White, Wm. Al., Brighton, Ia.
 Whiteis, U. E., 112 E. Broad St., Columbus, O.
 Whitenberg, Mrs. C., Geneseo, Ill.
 Whitenberg, C. E., Knoxville, Ia.
 Whitestone, O. G., 230 Washington St., Huntington, Ind.
 Whiteleigh, Geo. A., 156 N. 5th St., Newark, N. J.
 Whittenberg, O. W., Detroit, Mich.
 Whitman, John E., Mt. Holly, Nebr.
 Whitman, Winfield S., 932 New York Ave., Washington, D. C.
 Whitmore, J. L., Grand Opera House Bldg., Atlanta, Ga.
 Whitney, A. A., 932 Georgia St., Los Angeles, Cal.
 Whitney, A. E., 218 Union Bldg., Anderson, Ind.
 Whittacker, Fred., 616 McKinley Ave., Canton, O.
 Whittenberg, C. C., Knoxville, Ia.
 Wiberg, Miss A. S., Denver Sta., R. No. 2, Box 16, Denver, Colo.
 Wicena, A. W., 2635 S. Homan Ave., Chicago, Ill.
 Wichman, H. T., 503 S. Florence St., El Paso, Tex.
 Wicks, C. H., 1709 Grand Ave., Davenport, Ia.
 Wideman, D. O., Delphos, O.
 Widman, William, 432 Wood St., Philadelphia, Pa.
 Widman, Wm., 432 Wood St., Pittsburgh, Pa.
 Widmann, Elizabeth, Box 76 or 71, Rosalia, Wash.
 Wiedenhoeft, August A., Kalona, Ia.
 Wieder, Nanna G., 2142 Cleveland Ave., Chicago, Ill.
 Wieder, Nanna G., 546 Garfield Ave., Chicago, Ill.
 Wiegand, Wm., 3129 B'way, Chicago, Ill.
 Wiegert, H. C., Waterloo, Ia.
 Wiekler, L. I., 982 Woodward Ave., Detroit, Mich.
 Wieman, Elizabeth, 516 Weightman Bldg., Philadelphia, Pa.
 Wiesjahn, W. H., Schrage Bldg., Whitting, Ind.
 Wiest, Ray S., 26 Lake St., Owego, N. Y.
 Wight, Alice M., 1460 Pearl St., Denver, Colo.
 Wikander, G. W., 58 Madison Ave., Detroit, Mich.
 Wilber, G. H., 403 N. Main St., Sheridan, Wyo.
 Wilberg, Miss A., S. Denver St., R. No. 2, Denver, Colo.
 Wilbur, G. H., 7-11 Opera House Bldg., Ansonia, Conn.
 Wilcox, C. F., 21 13th Street, Troy, N. Y.
 Wilcox, C. W., 1117 Travis St., Houston, Tex.
 Wilcox, Dayse T., Box 629, Colfax, Ia.
 Wilcox, Margery, Sault Ste. Marie, Can.
 Wilcox, Mrs. T. Dayse, Box 204, Colfax, Ia.
 Wilcox, O. W., 404 Commercial Bank Bldg., Houston, Tex.
 Wilcox, Sam A., Theeman Bldg., Pittsburgh, Pa.
 Wildermuth, H. E., Bennington, Mich.
 Wilcox, W. H., Sault Ste. Marie, Can.
 Wilcox, W. H., 1255 6th Ave., Owen Sound, Ont., Can.
 Wilcox, W. J., Keenan Bldg., Pittsburg, Pa.
 Wilcoxon, G. C., 35 S. 11th St., Richmond, Ind.
 Wilkening, Mrs. G., 1262 Leland Ave., Chicago, Ill.
 Wilkerson, Mrs. M. L., Woodlawn, Cal.
 Willard, Ch. E., 306 2nd St. S. E., Washington, D. C.
 Willard, W. L., Viroque, Wis.
 Williams, A. J., 921½ Market St., Youngstown, O.
 Williams, C. A., 282½ 4th St., San Pedro, Cal.
 Williams, C. B., San Diego, Cal.
 Williams, D. A., 7-8 Nettleton Bldg., Ashtabula, O.
 Williams, Calvert B., 19 Trescony St., Santa Cruz, Cal.
 Williams, D. A., Nettleton Block, Ashtabula, O.
 Williams, Mrs. E. M., Arkansas City, Kans.
 Williams, F. A., 205½ Public Square, Clinton, Ill.
 Williams, F. A., 213 Moran-Corbett Bldg., Decatur, Ill.
 Williams, Miss Harriet, 18 Huntington Ave., Boston, Mass.

- Williams, I. A., 101 Court St., Hot Springs, Ark.
 Williams, Stanley S., 2603 National Ave., San Diego, Cal.
 Williams, Kate G., 57 East Jackson Blvd., Chicago, Ill.
 Williams, L. V., Rice Lake, Wis.
 Williams, Loella, Rice Lake, Wis.
 Williams, Orville R., Vinta, Okla.
 Williams, Robt. K., 103-9 Edgerly Blk., Fresno, Cal.
 Williams, R. R., 7605 Superior Ave., Cleveland, O.
 Williams, S. B., Hot Springs, S. Dakota.
 Williams, Thomas H., 329½ Washington St., Columbus, Ind.
 Williams, T. E., Union Savings Bank, Eau Claire, Wis.
 Williams, T. H., 10th and Washington Sts., Columbus, Ind.
 Williams, Mrs. V. O., Rensselaer, Ind.
 Williamson, A. M., 400-416 Farley Bldg., Birmingham, Ala.
 Williamson, Mary I., Colonial Bldg., Toronto, Ont., Can.
 Willis, G. F., 616 Chamber of Commerce, Pasadena, Cal.
 Willis, Mrs. Idabelle, Missouri Valley, Ia.
 Willis, James S., 48 Laws St., Kingston, Jamaica.
 Willson, Mrs. J. A., Crawford Co., Epsvillie, Pa.
 Willson, Minnie E., 138 W. 3rd St., Mansfield, O.
 Wilman, J. E., Mount Holly, N. J.
 Wilmoth, Clark L., Elkins, W. Va.
 Wilson, Chas., 1402 E. 111th St., Evansville, Ind.
 Wilson, Chas., Broken Bow, Nebr.
 Wilson, Estella H., 1458 Court Place, Denver, Colo.
 Wilson, Everett, Brooklyn, Ia.
 Wilson, E. C., Brooklyn, Ia.
 Wilson, Frank Lamb, Exchange Bldg., Los Angeles, Cal.
 Wilson, George, Black Bldg., Los Angeles, Cal.
 Wilson, J. E., 68 9th St. N. W., Washington, D. C.
 Wilson, I. G., 206 N. Main St., Wichita, Kans.
 Wilson, L. H., Box 204, Dunlap, Ill.
 Wilson, La Roy, 484 N. 4th St., Eugene, Ore.
 Wilson, Minnie E., 138 W. 3rd St., Mansfield, O.
 Wilson, O. K., Washington, Ia.
 Wilson, O. K., 331 N. Main St., Charlton, Ia.
 Wilson, R. C., Empire Bldg., Bartlesville, Okla.
 Wilson, Dr. T. B., Rocky Ford, Colo.
 Wilson, W. B., 1441 Monroe St., Chicago, Ill.
 Winckler, Oscar, 817 W. 9th St., Davenport, Ia.
 Winckler, Oscar H., 502 Trelawney Bldg., Portland, Me.
 Wingate, D. M., 702-3 Real Estate Bldg., Washington, D. C.
 Winegardner, Jos., Callahan Bank Bldg., Dayton, O.
 Winkelmann, L., 248 Cambridge Ave., Jersey City, N. J.
 Winne, Edgar J., 940 State St., Schenectady, N. Y.
 Winslow, Fred. E., 5 Clinton Ave., Newark, N. J.
 Winstead, Jno. A., Nashville, N. C.
 Winters, E. E., Chambers St., Galesburg, Ill.
 Winters, P. B., 242 Cason-Neal Bldg., Lebanon, Ind.
 Winter, W. J., Rahm Ave., Pittsburgh, Pa.
 Winter, Wm. J., Fair Haven, Pa.
 Wire, A. V., Cherokee, Ia.
 Wire, A. V., 5503 E. Washington St., Indianapolis, Ind.
 Wire, Percy J., 13 Clinton St., Morristown, N. J.
 Wire & Wire, Rochester, Ind.
 Wise, Frederick H., 505-7 Masonic Bldg., Auburn, N. Y.
 Wise, Z. W., Holand Block, Lima, O.
 Wishart, James, 828 Brady St., Davenport, Ia.
 Wishart, Jessie L., 1403 4th Ave., Bay City, Mich.
 Witman, John E., 43 Main St., Mount Holly, N. J.
 Witman, J. E., Box 613, Mt. Holly, N. J.
 Witman, Wm. N., 671 Broad St., Suite 414-15, Newark, N. J.
 Woerkam, A. Van, 734 W. Fulton St., Grand Rapids, Mich.
 Wold, A. O., Langdon, N. Dak.
 Wolf, Dr. Frederic, 1222 Organ Ave., Fort Wayne, Ind.
 Wolfe, C. C., Carter, Okla.
 Wolfe, W. J., 322 S. Bunker Hill Ave., Los Angeles, Cal.
 Wolff, C. T., 414 119th St., Whiting, Ind.
 Wolff, C. T., 754 Claude St., Hammond, Ind.
 Wolff, Mary J., East Aurora, N. Y.
 Wolff, M. V., 135 Park Place, East Aurora, N. Y.
 Wolfram, Marion L., 8th and Elm Sts., Cincinnati, O.
 Wolfrom, William H., 20 Norfolk Bldg., Cincinnati, O.
 Wolotira, J., 49½ S. Main St., Wilkesbarre, Pa.
 Wolotira, John E., 45 Warburton Ave., Yonkers, N. Y.
 Womeldorf, H. B., Bay City, Mich.
 Wondracek, Wm. J., 4403 Arce Ave., St. Louis, Mo.
 Wood, A. W., Ozark, Ark.
 Wood, B. J., Room 205 Crowley Bldg., Lewiston, Mont.
 Wood, D. B., Wagon Mound, New Mexico.
 Wood, D. E., 39 W. Adams St., Chicago, Ill.
 Wood, D. J., c/o The Hoffman, Lewistown, Mont.
 Wood, Eldred Dow, 6-a Dexter Bldg., Chicago, Ill.
 Wood, Geo. F., Penconning, Mich.
 Wood, Geo. G., Penconning, Mich.
 Wood, G. G., Minot, N. Dak.
 Wood, Geo. T., 501 Adams St., Bay City, Mich.
 Wood, G. T., Marietta, O.
 Wood, Harold T., Vinton, Ia.
 Woods, H. B., Pulver Bank, Newark, N. Y.
 Wood, J. M., New Sharon, Ia.
 Wood, Lillian J., Minot, N. Dakota.
 Wood, Louis M., 218 S. Bridge St., Belding, Mich.
 Wood, Mary L., Belding, Mich.
 Wood, Tracy E., Ledbetter Bldg., Michigan City, Ind.
 Wood, Wm. P., 625 Stahlman Bldg., Nashville, Tenn.
 Woodward, L. A., 305 Sunset Bldg., Bellingham, Wash.
 Woodbridge, Katherine, 1302 N. Broadway, Oklahoma City, Okla.
 Woodbridge, Katherine, 441 W. 12th St., Oklahoma City, Okla.
 Woodell, J. E., Union, Ore.
 Woodford, N. C., 436 Commonwealth Ave., Detroit, Mich.
 Woodford, Willard C., 436 Commonwealth Ave., Detroit, Mich.
 Woodham, M. Saxe, Media-polis, Ia.
 Woodhard, E. G., 7 Washington St., Bradford, Pa.
 Wooding & Gibson, Booth Bldg., New Britain, Conn.
 Wooding, Ralph A., Kensington, Conn.
 Wooding, Ralph A., New Britain, Conn.
 Woodley, Roy, Hamilton, Ont., Can.
 Woodman, M. Saxe, Media-polis, Ia.
 Woodruff & Jentsch, c/o Newport Sanitarium, Lee Co., Estero, Fla.
 Woods, A. M., Ft. Gibson, Okla.
 Woods, H. B., 22 Madison Ave., Newark, N. J.
 Woodward, E. G., 7 Washington St., Bradford, Pa.
 Woody, Worth W., 505½ Commercial St., Atchinson, Kans.
 Woolger, W. C., 1233 Michigan Ave., Buffalo, N. Y.
 Worley, W., 814 Wabash Ave., Terre Haute, Ind.
 Worrell, Benj. W. J., Exelsior Springs, Mo.
 Worrell, F. C., 541 Consolidated Realty Bldg., Los Angeles, Cal.
 Worthington, Henry, 287 Main St., Norwich, Conn.
 Woulfe, M. J., 322 S. Bunker Hill Ave., Los Angeles, Cal.
 Woulfe, Martin J., San Diego, Cal.
 Wren, Wm. E., 308 Washington Ave., Scranton, Pa.
 Wright, Eugenia M., 30 Amherst St., Detroit, Mich.
 Wright, Sadie, 2 Beacon Bldg., Stratford, Ont., Can.
 Wright, Frank J., 907-10 Law Bldg., Indianapolis, Ind.
 Wright, H. L., Ackley, Ia.
 Wright, Oline E., 1 Arcade, Saratoga Springs, N. Y.
 Wright, Wm. H., Summer, Ill.
 Wundrack, H. J., Odd Fellows' Bldg., Waterbury, Conn.

Wundrack, J. W., Odd Fellows' Bldg., Waterbury, Conn.
Wundrack, W. J., 26 E. Main St., Hartford, Conn.
Wurmser, H. L., 309 Masonic Bldg., Lima, O.
Wyatt, S. C., Buhl, Idaho.
Wygal, Walter D., 63 S. Main St., Demarest Bldg., Gloversville, N. Y.
Wynhoff, Bernardus, 445 Eastern Ave., Grand Rapids, Mich.
Yarman, C. E., Cor. Main and 3rd Sts., Mansfield, O.
Yarman & Yarman, 114-15 Mohican Bldg., Mansfield, O.
Yates, Wilbur S., 701 East 31st St., Los Angeles, Cal.
Yerger & Yerger, 320 River St., Troy, N. Y.
Yerkes, C. C., 1598 Gratiot Ave., Detroit, Mich.
Yocum, I. W., 3102 University Ave., Des Moines, Ia.
Yoder, F. S., Meyers Cane, Va.
Yoder, Lissa A., Newton, Kans.
Yoder, Mary, Stuttgart, Ark.
Yoder, S. B., Waseau, O.
Yoham, W. M., Hartford, Wis.
York, Geo. V., Miami, Fla.
Yorke, John F., Knickerbocker Annex Bldg., New York, N. Y.
Yost, C. M., Pittsburgh, Kans.
Young, Fred. V., Chatham, N. J.
Young, Harry, 17 S. 5th Ave., La Grange, Ill.
Young, H. C., Flatiron Bldg., Akron, O.
Young, H. C., General Delivery, Dayton, O.
Young, Luna Kerr, 11-15 Keller Bldg., Columbus, Ind.
Young, Simeon, Grant Bldg., Los Angeles, Cal.
Zachary, B. J., Stanberry, Mo.
Zachary, B. J., Wichita Falls, Kans.
Zandeeni, Helma, Plainview, Nebr.
Zander, Stanley Clarence, 822 Valley Road, Montclair, N. J.
Zebelle, Reuben R., Saint Joseph, Mich.
Zechman, J. E., 327 Good Block, Des Moines, Ia.
Zechman, J. Haas, 327 Good Block, Des Moines, Ia.
Zeckman, J. C., Kansas City, Mo.
Zeitler & Zeitler, Everett Bldg., Jamestown, N. Y.
Zeller, Helen, Fullerton, Nebr.
Zenk, Otto Jno., Braddock, Pa.
Zettle, H. A., 204 Scheffman Bldg., St. Paul, Minn.
Ziefel, J. W., 163 Clay St., Morgantown, W. Va.
Ziegler, D. E., 528 Wyandotte St., Findlay, O.
Ziffel, I., Windham House, Corner Main & Church St., Willimantic, Conn.
Zilligen, A., 1103 W. Roscoe St., Chicago, Ill.
Zimmerman, Dr., New London, Conn.
Zimmerman, Emma, 533 S. Flower St., Los Angeles, Cal.
Zimmermann, J. O., The Wadsworth, Suite 33, Portland, Me.

Zinkan, M. A., 3505 Indiana Ave., Chicago, Ill.
Zombro, J. B., Arimo Bldg., Logan, Utah.
Zinkon, R. B., Ord, Nebr.
Zuck, Janet E., 512 2nd St., Pittsburgh, Pa.
Zuehlke, Harry F., Oconto, Wis.
Zweneman, Geo., 601 Poronia Ave., Jersey City, N. J.
Zwicker, Edw., Sherrard, Ill.
Zwicker, F. J., Baraboo, Wis.

CHIROPRACTORS

Canada

Axford, Amelia J., 473 Dufferin Ave., London, Ont., Can.
Baird, Geo. R., 921 College St., Toronto, Ont., Can.
Bell, W. J., 792 15th Avenue, East Vancouver, British Columbia, Can.
Bowman, T. W., 31 Bayswater Road, New Castle on Tyne, England.
Chiverton, M. L., 31 Empress Ave., London, Ont., Can.
Davis, J. F., Lindsay, Ont., Can.
Duval, Ernest R., 471½ E. King St., Hamilton, Ont., Can.
Finley, Vyla M., Box 807, Barrie, Ont., Can.
Fox, J. A., Wingham, Ont., Can.
Fraser, Lillian, Glick Blk., Berlin, Ont., Can.
Frith, G. H., Grand Turk, Turk Island, British West Indies.
Fuller, Victor, 39½ Queen St., Niagara, Can.
Gailbraith, Sarah & Jane, 80 Nattawasaga, Ont., Can.
Galbraith, D., 623 Bathhurst St., Toronto Falls, Ont., Can.
Galbraith, W. J., 411 Somerset St., Ottawa, Ont., Can.
Hafner, W. H., Los Indios, Isle of Pines, Cuba.
Harrington, F. C., Orillia, Ont., Can.
Harrison, W. J., Melfort, Sask., Can.
Hess, Carrie M., 195 Colborne St., Brantford, Ont., Can.
Hodgson, W.W., c/o Alemana, Bluefields, Nicaragua.
Howard, M. E., Box 464, Orangeville, Ont., Can.
Howe, R. J., 35 Victor Avenue, Toronto, Ont., Can.
Hughson, Jean M., Orono, Ont., Can.
Jackson, Mrs. Lily, Selkirk, Ont., Can.
Johnston, Hugh, Port Burwell, Ont., Can.
Kilbourne, A. B., 17 Picton St., London, Ont., Can.
Kilbourne, Clara, 321 Queens Ave., London, Ont., Can.
L'Ami, C. J., 401 Connaught Bldk., Saskatoon, Sask., Can.
Linde, H. F., P. O. Box 44, Wadena, Sask., Can.
Lindsay, J. H., Pedro Miguel, Canal Zone.
McIntyre, H. M., 32 Ontario St., Brantford, Ont., Can.
Meadows, E. C., Melfort, Sask., Can.

Meyers, O. P., 155 2nd Ave., South Saskatoon, Sask., Can.
Misbett, Smith, 750 Lansdowne Ave., Toronto, Ont., Can.
Munro, H. J., 2 Steele Blk., Winnipeg, Can.
Oertel, C. R., Santa Fe, Isle de Pinos, Cuba.
Ord, Garnet L., Orangeville, Ont., Can.
Patterson, T. E., 471½ King St., East Hamilton, Ont., Can.
Pearson, Chas. Smith, North Shields, Northumberland, England.
Pearson, R., 47 Percy Park, Tynemouth, England.
Porter, W. Wilson, Box 240, Oshawa, Ont., Can.
Rodman, Isaac, Port Berry, Ont., Can.
Smelser, Nellie, Selkirk, Ont., Can.
Smith, Donald, Midland, Ont., Can.
Smith, T. C., Cornwall, Ont., Can.
Spencer, Eliz. A., Rutland Apts., 264 Lisgar St., Ottawa, Ont., Can.
Stover, Calvin J., Santa Fe, Isle of Pines, West Indies.
Tanner, J. H., 3 Reeve St., Woodstock, Can.
Wall, C. C., 35 Bay St., South Hamilton, Ont., Can.
Williamson, M. I., 3 Colonial Apts., 534 Palmerston Blvd., Toronto, Ont., Can.

CHRISTIAN SCIENTISTS

Armstrong, W. E., The Mar-keen, Buffalo, N. Y.
Bassett, Mrs. Mattie C., 405 Delaware Ave., Buffalo, N. Y.
Beck, Miss A. L., 93 Amity St., Flushing, Brooklyn, N. Y.
Blanchard, Mrs. L. D., 133 Lexington Ave., Buffalo, N. Y.
Butler, Miss M. E., 93 Amity St., Flushing, Brooklyn, N. Y.
Carr, Mrs. Antoinette W., Buffalo, N. Y.
Carter, Isabelle D., 44 Court St., Brooklyn, N. Y.
Cooper, Geo. W., 183 Richmond St., Brooklyn, N. Y.
Crosier, Winfield C., 44 Court St., Brooklyn, N. Y.
Du Bois, L. J., 44 Court St., Brooklyn, N. Y.
Fanshawe, Mrs. Mary, 903 Sterling Place, Brooklyn, N. Y.
Farwell, Mrs. Little A., 335 Landon St., Buffalo, N. Y.
Goldman, Miss Anna, 25 Cooper St., Brooklyn, N. Y.
Goodwin, Roy, Electric Bldg., Buffalo, N. Y.
Hegeman, Mrs. A. O., 1130 Ocean Ave., Brooklyn, N. Y.
Hodgson, Geo. L., 542 Bird Ave., Iroquois Bldg., Buffalo, N. Y.
Hodgson, Mrs. Myra W., Iroquois Bldg., Buffalo, N. Y.
Holcombe, Chas. D., 1268 Pacific St., Brooklyn, N. Y.

Kline, Harry B., 633 Breckenridge St., Buffalo, N. Y.
 Lewis, John W., 225 Allen St., Buffalo, N. Y.
 Moderswell, Robt., 516 Ashland St., Buffalo, N. Y.
 Nanno, Mrs. Carrie, 49 Woodlawn Ave., Buffalo, N. Y.
 Phelps, Mrs. W. J., 103 Anderson Place, Buffalo, N. Y.
 Ramsey, Mrs. Margaret P., 1347 Pacific St., Brooklyn, N. Y.
 Read, Chas. G., 153 Riverside Ave., Buffalo, N. Y.
 Schiffer, Mrs. M., 88 Ibis St., Brooklyn, N. Y.
 Second Church Scientist, 971 Jefferson Ave., Buffalo, N. Y.
 Sellow, Mrs. F. L., 392 Lafayette Ave., Brooklyn, N. Y.
 Starr, Miss Bertha E., 1835 Dime Bank Bldg., Detroit, Mich.
 Tanner, Mrs. Mary W., 126 Bedford Ave., Buffalo, N. Y.
 Walker, J. W., 309 15th St., Buffalo, N. Y.
 Welch, Mrs. Mary E., 138 Mariner St., Buffalo, N. Y.
 Welstead, Mrs. Alice W., 2116 Dime Bank Bldg., Detroit, Mich.
 Will, Mrs. Lillie C., 274 North St., Buffalo, N. Y.
 Will, Wm. E., 274 North St., Buffalo, N. Y.
 Williamson, Eli S., 293 Hoyt St., Brooklyn, N. Y.
 Winn, Charles V., 2032 Dime Bank Bldg., Detroit, Mich.
 Wood, Jessie, 44 Court St., Brooklyn, N. Y.

DIETICIANS

Beal, Roy Wilson, 2403 Broadway, New York, N. Y.
 Christian, Eugene, 213 West 79th St., New York, N. Y.
 Drews, Geo. J., 1910 Harding Ave., Chicago, Ill.
 Schildkraut, H., 200 East Broadway, New York, N. Y.
 Welsh, P. W., 7909 Euclid Ave., Cleveland, O.

DRUGLESS DOCTORS

Carlson, Chas. H., 804 Bryson St., Youngstown, O.
 Dazey, Chas. A., 1005 Market St., Youngstown, O.
 Delk, L. P., c/o Standard School of Chiropractic and Naturopathy, Davenport, Ia.
 Drake, Edward V., 44 N. Pearl St., Buffalo, N. Y.
 Ericson, John A., Youngstown, O.
 Froude, Chas. C., Y. M. C. A. Bldg., Kingston, N. Y.
 Fryette, H. H., 27 E. Monroe St., Chicago, Ill.
 Johnson, Maria S., 11 E. Woodland Ave., Youngstown, O.
 Lund, Richard, 804 Bryson St., Youngstown, O.
 Lust, Benedict, 110 E. 41st St., New York, N. Y.
 Paul, W. O. Henry, 126-30 E. Jackson St., Mankato, Minn.
 Pestaner, Joaquin F., 174 W. 97th St., New York, N. Y.

ELECTRO-THERAPISTS

Atkinson, A. J., Pittsburgh Life Bldg., Pittsburgh, Pa.
 Barker, Fred. M., 2830 Prospect Ave., Cleveland, O.
 Blakeley, Chas. M., 801 Schmidt Bldg., Pittsburgh, Pa.
 Brown, John R., 404 Lyceum Bldg., Pittsburgh, Pa.
 Cruikshank, Omar T., 8148 Jenkins Arcade, Pittsburgh, Pa.
 Flanagan, G. L., 524 Penn. Ave., Pittsburgh, Pa.
 Hazel, A. E., Second Nat'l Bank Bldg., Pittsburgh, Pa.
 Hazel, Albert E., 403 Second Nat'l Bank Bldg., Pittsburgh, Pa.
 Kaiser, Edward C., 573 Panke Ave., Pittsburgh, Pa.
 MacKeller, Peter, Chillothe, O.
 Mackin, Bessie G., 130 East North St., Lima, O.
 Mackin, Elmer, 130 E. North St., Lima, O.
 Mallory, W. E., 312-17 Sweetland Bldg., Portland, Ore.
 Matijaca, Anthony, 413 Cass St., Joliet, Ill.
 Rayle, Minnie D., 207½ West Center St., Marion, O.
 Richard, S. J. de Niord, 262 Summer St., Buffalo, N. Y.
 Russell, Elma E., 522 Woodland Ave., Youngstown, O.
 Scheck, Wm. J., 516 Federal St., Pittsburgh, Pa.

HOMEOPATH

Gore, Dr. M. E., 600 Main St., East Orange, N. J.

HYDROPATHS

Berger, Arnold, Park St., Dayton, O.
 Berger, Lina, Park St., Dayton, O.
 Buser, F. St., Cincinnati, O.
 Cummings, Jas., 676 Fulton St., Brooklyn, N. Y.
 Knope, J., Pourmont Hotel, Miami, Fla.
 Rinderknecht, George H., 1522 Franklin Ave., Columbus, O.
 Schupp, Emil, 162 E. Center St., Akron, O.
 Sullivan, Broad St., Newark, N. J.
 Walsh, Paul W., 1343 105th St., Cleveland, O.
 Welsh, P. W., 7909 Euclid Ave. Cor. 79th St., Cleveland, O.

IRIDOLOGIST

Gadson, Thomas H., 403 Mining Exchange Bldg., Denver, Colo.
 Lahn, Henry, (M. D.), 1386 W. Randolph St., Chicago, Ill.
 Larson, J. E., Rockford Health Home, Rockford, Ill.
 Ostness, Geo. M., Redfield, S. D.

MAGNETOPATHS

Dutro, Roy, Chandlersville, O.
 Gregg, Dr. J. A., Rock Falls, Ill.
 Lebew, Emma, Kenton, O.
 Lebew, George W., Kenton, O.

Springer, Alexander, Hamilton, O.
 Van der Putten, J. H., New Philadelphia, O.
 Zeiger, Alma M., 815 Main St., Zanesville, O.
 Zeiger, Robert S., 815 Main St., Zanesville, O.

MASSEURS

Aberly & Waters, Misses, 220 S. State St., Chicago, Ill.
 Able, Nellie, 160 N. 5th Ave., Chicago, Ill.
 Abramson, Charlotte, 120 S. State St., Chicago, Ill.
 Ahlgren, Mathilde, 4009 Sheridan Road, Chicago, Ill.
 Ahlstrom, Gosta M. J., 408 Penn. Ave., Pittsburgh, Pa.
 Aldren, John A., 804 Bryson St., Youngstown, O.
 Amarandos, G. N., 500 West 171st St., New York, N. Y.
 Anderson & Sjogren, 220 W. 114th St., New York, N. Y.
 Anderson, Carl F., 726 West Marquette St., Chicago, Ill.
 Anderson, Johanna A., 4554 Cottage Grove Ave., Chicago, Ill.
 Anderson, Miss T., 3850 Indiana St., Chicago, Ill.
 Andren, Olga, 152 Columbus Ave., New York, N. Y.
 Anton, Mrs. M., 100 W. 67th St., New York, N. Y.
 Archer, Madame, 45 W. 34th St., New York, N. Y.
 Bagley, Miss I. E., Kenois Bldg., Washington, D. C.
 Baird, Anna E., 730 7th St., Elyria, O.
 Baker, F., 20 S. State St., Chicago, Ill.
 Barrett, Mrs. J., 1033 3rd Ave., New York, N. Y.
 Bartlett, Wm. G. W., 110 West 84th St., New York, N. Y.
 Bauman, C. A., 1667 Main St., Buffalo, N. Y.
 Becker, Gottfried, 64½ Flatbush Ave., Brooklyn, N. Y.
 Beckman, Hjalmar, 128 East 57th St., New York, N. Y.
 Beljean, A. J., 502 W. 141st St., New York, N. Y.
 Benson, Pauli S., 78 W. 82nd St., New York, N. Y.
 Bergen, M. V., 523 Greene Ave., Brooklyn, N. Y.
 Beruth, Mrs. E., 371 E. 183rd St., New York, N. Y.
 Bessis, P. N., 428 Oakland Ave., Pittsburgh, Pa.
 Bessis, Peter N., 1001 Keenan Bldg., Pittsburgh, Pa.
 Bieri, R., 601 Spring St., West Hoboken, N. J.
 Bird, Miss Josephine, 617 Bloomfield Ave., Montclair, N. J.
 Bjorkman, Martin E., 213 5th Ave., New York, N. Y.
 Blaich, Anna Mae, Marion, O.
 Boiseau, Miss Ida F., 223 2nd St. S. E., Washington, D. C.
 Boone, Mayme A., 35 Emery Arcade, Cincinnati, O.
 Boyesen, Mrs. Kathinka, 3206 W. North Ave., Chicago, Ill.
 Brady, Lillian, 4303 Cottage Grove Ave., Chicago, Ill.
 Bricker, Miss Sara L., Kenois Bldg., Washington, D. C.
 Brodtkorb, Nils W., 50 E. 29th St., New York, N. Y.

- Brown, John J., 5230 Superior Ave., Cleveland, O.
Bruhn, Mrs. Torsten, 121 Vermilyea Ave., New York, N. Y.
Burgesen, Elin F., 5 South Wabash Ave., Chicago, Ill.
Burling, Mrs. H., 177 East 75th St., New York, N. Y.
Burlingame, Chas. L., 112 E. Broad St., Columbus, O.
Butler, George F., 323 Euclid Ave., Cleveland, O.
Cain, Miss Katie, 716 7th St. N. W., Washington, D. C.
Carlson, Beata M., 3502 Lexington Ave., Chicago, Ill.
Carlson, Miss Ida, 1105 E. 63rd St., Chicago, Ill.
Carlstrom, Chas. O., 108 N. State St., Chicago, Ill.
Carmen, Sallie B., The Portner, Washington, D. C.
Christopherson, Miss H., 2728 Broadway, New York, N. Y.
Clausen, H. Klinkwart, 2041 5th Ave., New York, N. Y.
Cleveland, W. E. M., 187 North Pearl St., Buffalo, N. Y.
Cohan, Mrs. Mae, Kenos Bldg., Washington, D. C.
Collier, Jennie E., 118 W. 6th St., Cincinnati, O.
Crabbe, Edna A., 2553 Glenmore Ave., Columbus, O.
Cummings, Miss A. M., 506 W. 43rd St., New York, N. Y.
Curland, Miss Fannie, 130 W. 116th St., New York, N. Y.
Czukur, Eugene Jacques, 25 W. 125th St., New York, N. Y.
Dahlberg, August, 1910 E. 73rd St., Chicago, Ill.
Dahlstrom, Miss T., 357 West 23rd St., New York, N. Y.
Dam, Myrtle M., 5461 Hill Crest Ave., Pittsburgh, Pa.
Davis, Belle C., Levergne Bldg., 4 W. 7th St., Cincinnati, O.
Dorann, M., 136 E'way, Brooklyn, N. Y.
Droll, Mrs. V., 58 W. 128th St., New York, N. Y.
Duffy, Mary J., 13th and Bremen Sts., Cincinnati, O.
Dyer, Nannie, 424 6th Ave., New York, N. Y.
Earle, Edna, 1520 S. Michigan Ave., Chicago, Ill.
Ebeling, Mrs. F., 67 Sutton St., Brooklyn, N. Y.
Edelberg, 10,740 Superior Ave., Cleveland, O.
Elizabeth, Madam, 1329 Hancock St., Brooklyn, N. Y.
Ellis, Edward N., 114 V St. N. E., Washington, D. C.
Elsasser, Mrs. M., 5003 7th Ave., Brooklyn, N. Y.
Engelbretson, Mrs. Agnes, 6423 S. May St., Chicago, Ill.
Ericson, Miss M., 434 E. 149th St., New York, N. Y.
Fatoff, M. S., c/o Borden Co., 114 Park Pl., New York, N. Y.
Fielding, Owen, 968 Anderson Ave., New York, N. Y.
Fields, J., 30 W. 132nd St., New York, N. Y.
Fitzgerald, E. J., 211 E. 33rd St., New York, N. Y.
Flush, Mme. B., 250 W. 94th St., New York, N. Y.
Forbes, Agnes B., 115 N. Perry St., Dayton, O.
Foster, North, 30 N. Michigan Ave., Chicago, Ill.
Fourshe, May, 3913 Cottage Grove Ave., Chicago, Ill.
Frank, Mme. L., 540 W. 112th St., New York, N. Y.
Fusay, Henry M., 50 W. 82nd St., New York, N. Y.
Gehl, A. F., 1550 Clayburn Ave., Chicago, Ill.
Ginn, Dora, 328 1/2 S. High St., Columbus, O.
Ginsberg, S., 251 W. 111th St., New York, N. Y.
Ginsburg, Samuel M., 60 W. 75th St., New York, N. Y.
Gleason, John H., 20 E. 46th St., New York, N. Y.
Gottschalk, L. R., 12 Kingston Ave., Brooklyn, N. Y.
Graham, Mrs. E., 180 Franklin St., Buffalo, N. Y.
Grossmann, Frederick N., 460 E. 141st St., New York, N. Y.
Gruggel, Carl A., 54 E. 59th St., New York, N. Y.
Grusemick, J. F., 79 Hamilton Place, New York, N. Y.
Guenther, Ernest, 222 W. 140th St., New York, N. Y.
Gunsoily, J. A., 2084 E. 46th St., Cleveland, O.
Gustafson, Marie, 14 W. Washington Blvd., Chicago, Ill.
Hagerty, Mrs. M., 215 W. 142nd St., New York, N. Y.
Hagstrom, Jules A., 109 Dodge Ave., Akron, O.
Hahn, Claus, 8814 Wade Park Ave., Cleveland, O.
Hansen, Carl T., 108 North State St., Chicago, Ill.
Hansen, Geo., 2329 84th St., Brooklyn, N. Y.
Harkow, Madame G. E., 475 Monroe St., Brooklyn, N. Y.
Harris, Fred., 1520 Washington St., Toledo, O.
Hasemeier, Albert A., Hamilton, O.
Hastad, Miss Amanda, Aeolian Hall, 33 W. 42nd St., New York, N. Y.
Haupt, W. H., 607 O St. N. W., Washington, D. C.
Hausmann, A., 241 W. 42nd St., New York, N. Y.
Haussler, Joseph H., 332 14th St. N. E., Washington, D. C.
Heden, Gustav, 1224 Pacific St., Brooklyn, N. Y.
Helf, Helen, 246 W. 128th St., New York, N. Y.
Heller, Dr. G. A., 1537 B'way, New York, N. Y.
Hendrickson, Jesse W., Lawrence, L. I., N. Y.
Hochu, Mrs. Emma, 720 East Diamond St., Pittsburgh, Pa.
Hodge, Mrs. M. J., 122 East Capitol St., Washington, D. C.
Holden, Marion G., 267 Park Place, Brooklyn, N. Y.
Hornberg, Carl H., 408 Penn. Ave., Pittsburgh, Pa.
Hounel, John, 21 Manhattan Ave., New York, N. Y.
Hradek, Mrs. J. J., Hotel Bon Ray, New York, N. Y.
Huber, Chas. E., 1227 Main St., Cincinnati, O.
Huber, Mrs. T., E'way and 44th St., New York, N. Y.
Hultgren, Albert, 5059 N. Clark St., Chicago, Ill.
Hughes, Mary, 26 College St., Dayton, O.
Hulander, Hy. N., 127 Halsey St., Brooklyn, N. Y.
Hurlburt, E. F., 467 Fargo Ave., Buffalo, N. Y.
Hyde, Mrs. C. E., 58 E. 18th St., Chicago, Ill.
Ina, Madame, 1440 R St. N. W., Washington, D. C.
Jacobson, Mrs. John, 247 West 123rd St., New York, N. Y.
Jalas, Onni, 535 W. 163rd St., New York, N. Y.
Jeffries, Miss M. C., 1752 17th St. N. W., Washington, D. C.
Johansen, Miss A., 7902 13th Ave., Brooklyn, N. Y.
Johansson, Mrs. Geo. W., 51 W. 84th St., New York, N. Y.
Johnson, Mrs. Anna B., 1614 15th St. N. W., Washington, D. C.
Johnson, Mrs. Lydia, 1138 Connecticut Ave. N. W., Washington, D. C.
Jones, A. E., 1 W. 34th St., New York, N. Y.
Jones, Anna U., 6412 Belvedere Ave., Cleveland, O.
Jones, Clifton R., Sawyer Sanitarium, Marion, O.
June, Elsie E., Y. W. C. A., Dayton, O.
Kaiser, Arthur J., 1137 3rd Ave., New York, N. Y.
Kaiser, A. Jacob, 171 E. 81st St., New York, N. Y.
Kaufman, Sylvia, 27 Arch St., Alliance, O.
Kaulbach, Mrs. Viola C., 221 E. Erie St., Chicago, Ill.
Kaynor, Madam, 1420 E. 55th St., Chicago, Ill.
Keeshan, Margaret H., Hotel Linton, Cincinnati, O.
Kelley, Mrs. Annie M., 1161 6th St. N. E., Washington, D. C.
Kelly, E. R., 47 E. 3rd St., Brooklyn, N. Y.
Kennedy, Arthur J., 159 W. Main St., Newark, O.
Kenney, M. F., 1785 Amsterdam Ave., New York, N. Y.
Keymer, Sigrid, 3808 Clinton Ave., Cleveland, O.
Kjellberg, Dr., 624 S. Michigan Ave., Chicago, Ill.
Kjellberg, Mrs. T. Folke, 10 E. Huron St., Chicago, Ill.
Koppel, Mlle. S., 158 W. 34th St., New York, N. Y.
Kouth, Miss T., 3912 Cottage Grove Ave., Chicago, Ill.
Kreuzer, C., 236 E. 69th St., New York, N. Y.
Kurth, George, 225 W. 68th St., New York, N. Y.
Laird, John S., 3rd Floor, 5 Garfield Pl., Cincinnati, O.
La Mont, Lillian, 121 Shilinto Place, Cincinnati, O.
Larowe, Miss, 87 W. Huron St., Buffalo, N. Y.
Lautenschlaeger, George, 2254 N. Clark St., Chicago, Ill.
Leckert, Theo. A., 1210 Florida Ave. N. E., Washington, D. C.
Lenz, Marie, 3808 Prospect Ave., Cleveland, O.
Lett, D. W., Marion, O.
Lett, Esther, Marion, O.
Levine, Frank C., New Philadelphia, O.
Liebgold, Louis, 3604 B'way, New York, N. Y.
Liggins, Malinda F., Locust St., Coshocton, O.
Lilly, Mme., 875 Flatbush Ave., Brooklyn, N. Y.
Lindberg, Folke, 167 W. Washington Blvd., Chicago, Ill.

- Lindgren, E., 1757 K St. N. W., Washington, D. C.
- Lindsay, Caroline Z., 78 St. Marks Ave., Brooklyn, N. Y.
- Lindstrom, E. C., 143 Waverly Place, New York, N. Y.
- Lindstrom, Jos. W., 166 E. 67th St., New York, N. Y.
- Lohne, Miss I., 664 Lexington Ave., New York, N. Y.
- Long, Ruth, 421 S. Wabash Ave., Chicago, Ill.
- Lope, Fredk. A., 301 W. 139th St., New York, N. Y.
- Lovranich, John, Stevens Bldg., Portland, Ore.
- Luck, Josephine A., 958 8th Ave., New York, N. Y.
- Lundberg, Anna M., 908 6th Ave., New York, N. Y.
- Lundgren, Gurli, 5 S. Wabash Ave., Chicago, Ill.
- Lutz, Phil. J., 808 Mason Bldg., Brooklyn, N. Y.
- Lynch, Miss B., 1105 Lexington Ave., New York, N. Y.
- Lynch, Miss Bridget, 1101 Lexington Ave., New York, N. Y.
- MacDonald, Harriet, 3335 Carnegie St., Cleveland, O.
- MacGregor, J. B., 5 S. Wabash Ave., Chicago, Ill.
- Macher, M. B., 204 E. 35th St., Chicago, Ill.
- Madelung, Miss Hilma, 220 Wisconsin Ave., Chicago, Ill.
- Maescher, Ella, 4 W. 7th St., Cincinnati, O.
- Malmquist, Miss Hilda, 10 E. Delaware Place, Chicago, Ill.
- Markel, Prof. M., 39 West Adams St., Chicago, Ill.
- Marko, 519 E. 78th St., New York, N. Y.
- Marshal, Albert R., 301 E. 85th St., New York, N. Y.
- Marshall, Mrs. M. E., 1432 1/2 Q St. N. W., Washington, D. C.
- Mattern, Frank G., 68 W. 69th St., New York, N. Y.
- Maurer, E., 3124 Fredonia Ave., Cincinnati, O.
- Maxwell, Chas. W., 1712 East 9th St., Cleveland, O.
- McDonell, 100 W. 139th St., New York, N. Y.
- Mellotts Mechanical, 6 W. North Ave., Pittsburgh, Pa.
- Mendenhall, Louis, Marion, O.
- Meyer, R., 399 E. 155th St., New York, N. Y.
- Millard, H. B., 488 Nostrand Ave., Brooklyn, N. Y.
- Misunan, Frank, 825 Milton Ave., Chicago, Ill.
- Montgomery, James D., 159 W. Main St., Newark, O.
- Moodich, Miss Alfhild, 1026 6th Ave., New York, N. Y.
- Moore, Miss D., 127 E. 26th St., Chicago, Ill.
- Moore, Mary G., Marion, O.
- Morris, Philip, 332 E. 72nd St., New York, N. Y.
- Nelson, Miss Bertha, 121 Vermilyea Ave., New York, N. Y.
- Nelson, Melissa J., 318 East State St., Columbus, O.
- Neumann, Carl, 510 W. 133rd St., New York, N. Y.
- Ohman, Henrietta C., Kenton, O.
- Oldenbarg, Hugh Ad., 122 S. Michigan Ave., Chicago, Ill.
- Olsen, Mrs. L., 157 W. 98th St., New York, N. Y.
- Olson, Herman, 501 Diamond Bank Bldg., Pittsburgh, Pa.
- Oman, Mrs. E., 17 E. 89th St., New York, N. Y.
- O'Neill, Mrs. M. E., 1050 Amsterdam Ave., New York, N. Y.
- Orlik, Anna, Flat 43, St. Leger Flats, Cincinnati, O.
- Palmberg, Mrs. Augusta, 1840 Wells St., Chicago, Ill.
- Paradis, Regina D., 201 West 120th St., New York, N. Y.
- Parish, J. D., 140 N. State St., Chicago, Ill.
- Patterson, Wright L., 374 Buffalo St., Conneaut, O.
- Peel, Peter J., 20 W. Jackson Blvd., Chicago, Ill.
- Pengel, William, 168 West 95th St., New York, N. Y.
- Penrose, Josephine, 114 East 59th St., New York, N. Y.
- Peterson, Alma, 326 S. Highland Ave., Pittsburgh, Pa.
- Porter, F. J., 74 E. 96th St., Province, Mme. B. P., 1416 S St., N. W., Washington, D. C.
- Radke, Frank, 2932 Indiana Ave., Chicago, Ill.
- Ranken, Ellis, Colonial Arcade, Cleveland, O.
- Ranken, Inez, 1428 E. 80th St., Cleveland, O.
- Rascher, Miss J., 2119 N St. N. W., Washington, D. C.
- Rawlins, Wm. E., 46 Irving Place, Brooklyn, N. Y.
- Reckewell, Mrs. Mary, 200 W. 72nd St., New York, N. Y.
- Reinecke, E., 1972 7th Ave., New York, N. Y.
- Reudolph, C. A., 3800 B'way, New York, N. Y.
- Richards, Addie, Findlay, O.
- Richards, Wm. H., 121 1/2 West Sandusky St., Findlay, O.
- Robinson, Mme. D. V. J., 1906 6th St., Washington, D. C.
- Robshaw, C. E., Mount Vernon, O.
- Rolden, Jane, 246 Echo Place, New York, N. Y.
- Rolley & Terry, 140 W. 42nd St., New York, N. Y.
- Rose, Harris, 3515 Indiana Ave., Chicago, Ill.
- Ross, Mrs. Bertha, 3030 Vernon Ave., Chicago, Ill.
- Rutzel, A. J., Cedarhurst, L. I. N. Y.
- Sadler, Frank S., 222 W. 123rd St., New York, N. Y.
- Sanders, L. J., 13 Sycamore Ave., Washington, D. C.
- Sandstrom, Ellen, 804 Bruson Bldg., Youngstown, O.
- Schmidt, John C., 109 Shillito Place, Cincinnati, O.
- Schneider, Bertha E., Room 409, 414 Walnut St., Cincinnati, O.
- Schroder, Knute A., 2843 N. Clark St., Chicago, Ill.
- Schupp, Emma, Cleveland, O.
- Schuster, Miss E., 20 E. 65th St., New York, N. Y.
- Sheakford, Mrs. E., 347 45th St., Brooklyn, N. Y.
- Simonds, W. E., 2 Second St., Troy, N. Y.
- Smith, Mrs. A. E. B., 1216 T St. N. W., Washington, D. C.
- Soloter, Miss V. P., 940 Simpson St., New York, N. Y.
- Sonntag, Miss Clara, 1109 14th St. N. W., Washington, D. C.
- Standish, Lulu, 2103 36th St., Cleveland, O.
- Stange, J. H., 7 W. Madison St., Chicago, Ill.
- Stewart, Fannie D., 516 Hatman St., Youngstown, O.
- Storseth, Marie, 4653 Grand Blvd., Chicago, Ill.
- Stevick, L. S., Elyria, O.
- Storseth, Mollie, 357 W. 63rd St., Chicago, Ill.
- Strahler, Ralph G., Alliance, O.
- Swenson, Miss A. G., Royden Apt. House, Washington, D. C.
- Swenson & Oman, 17 E. 89th St., New York, N. Y.
- Thompson, Mrs. E. D., 952 R St. N. W., Washington, D. C.
- Thompson, Mrs. M. Florence, 24 Huntington Ave., Buffalo, N. Y.
- Thormahlen, Conrad, 420 Market St., Zanesville, O.
- Thurman, Mrs. M., 203 E. 61st St., New York, N. Y.
- Tischler, Helen W., 435 Race St., Cincinnati, O.
- Titus, Margaret S., 3279 West 98th St., Cleveland, O.
- Tjomsaas, Karan, 2728 B'way, New York, N. Y.
- Tonkin, John, 2121 15th St. N. W., Washington, D. C.
- Trieber, Mme., 149 W. 66th St., New York, N. Y.
- Venn, Miss Louey, 1748 M St. N. W.
- Vernon, Prof. and Mrs. A. A., 10 Barlow Place, Buffalo, N. Y.
- Victor Bros., Oliver Bldg., Pittsburgh, Pa.
- Vought, Mrs. A. B., 347 5th Ave., New York, N. Y.
- Walsh, Thos. A., 119 E. 76th St., New York, N. Y.
- Watson, Cora A., 1130 Locust St., Cincinnati, O.
- Webb, Albert E., 318 W. 57th St., New York, N. Y.
- Weidlich, R. C., 304 Madison Ave., New York, N. Y.
- Weir, Mme. Helen Barkell, 101 W. 126th St., New York, N. Y.
- Westlund, Carl E., 5146 Liberty Ave., Pittsburgh, Pa.
- Wistman, Miss Anna M., 108 N. State St., Chicago, Ill.
- Wistman, Carl, 108 N. State St., Chicago, Ill.
- Wickstrom, Edia M., 4318 Cottage Grove Ave., Chicago, Ill.
- Widell, Wm. F., Madison Ave., Toledo, O.
- Wiesner, S., 72 W. 116th St., New York, N. Y.
- Williams, Gerald R., 144 Monroe St., Brooklyn, N. Y.
- Williams, Lloyd, 510 Franklin St., Buffalo, N. Y.
- Wilmot, John A., 1230 East 63rd St., Chicago, Ill.
- Wilson, M. S., 347 5th Ave., New York, N. Y.
- Wolf-Heinemann, Mrs. M., 242 W. 38th St., New York, N. Y.
- Young, Jas., 1224 Pacific St., Brooklyn, N. Y.
- Zapel, Otto, Jr., W. 12th St. and S. 56th Ave., Chicago, Ill.
- Zenkel, Wm. M., 14 W. Washington Blvd., Chicago, Ill.

MECHANO-THERAPISTS

- Ahnert, Chas., Peru, Ind.
 Albright, E. L., 1291 S. Pearl St., Columbus, O.
 Allen, L. L., 89 Linden Ave., Dayton, O.
 Allender, J. E., 306 Nat'l Exchange Bank Bldg., Steubenville, O.
 Altwater, Winfred, Kent, O.
 Amberger, Miss, 1236 11th St., Washington, D. C.
 Anders, Aug., 313 S. Pine St., Newton, Kans.
 Anderson, C. J., 27 Falls Ave., Youngstown, O.
 Arps, Henry J., R. No. 1, Jewell, O.
 Ashcroft, Elmer, High Street, Fort Recovery, O.
 Attinger, S. F., Box 57, Mansfield, O.
 Augier, F. L., 710 Tecumseh St., Toledo, O.
 Aurelius, J., Fremont, Kans.
 Ayer, Ed J., R. F. D. No. 1, Box 39, Abbyville, Kans.
 Bailey, T. C., Gridley, Kans.
 Baily, J. F., Boshau, O.
 Baker, Chas., Lindsey, O.
 Ball, Edith E., R. D. No. 1, Box 48, Galloway, O.
 Ball, Wm. F., Wamego, Kans.
 Barsky, Nathaniel, 211 Main St., Conneaut, O.
 Baseler, A. W., R. No. 1, Box 116, Cardington, O.
 Bassett, Dr. Norman H., 214 E. Broad St., Salem, N. J.
 Bateman, Louise, 1414 W. St. N. W., Washington, D. C.
 Bell, J. M., Mount Gilead, O.
 Bell, John, 838 Altgeld St., Chicago, Ill.
 Belyea, James A., Box 316, Toledo, O.
 Bezingue, Arthur, R. F. D. No. 8, Pittsburgh, Kans.
 Biebl, Andrew J., 821 E. Main St., Columbus, O.
 Bigler, Sidney A., Ashtabula, O.
 Bittinger, Jos. E., 123 13th St., Toledo, O.
 Bittinger, J. F., Cludister Bldg., Bowling Green, O.
 Blanchard, Judson M., Elyria, O.
 Blankenbecker, Grace, R. R. No. 9, Box 49, Ottawa, Kans.
 Bolger, E. A., 3102 Perkins Ave., Cleveland, O.
 Boring, Mary E., 599 Rockdale Ave., Cincinnati, O.
 Bottinelli, Angelo, 2229 Murray Hill Road, Cleveland, O.
 Bourne, Hattie E., 3493 Stranton Road, Cleveland, O.
 Bowsher, J. S., Adelphi, O.
 Braun, Alfred, 345 Seneca St., Alliance, O.
 Brent, J. V., 522 Park Ave. W., Mansfield, O.
 Broedling, John, Jr., 41 Jasper St., Dayton, O.
 Brugger, F. A., 918 Ave. K, Galveston, Tex.
 Brugger, S. A., 119 New St., Newark, N. J.
 Brunner, J. T., Woodward Bldg., Washington, D. C.
 Bryant, F. H., Court House, Cottonwood Falls, Kans.
 Buchanan, Porter D., 907 Euclid Ave., Cleveland, O.
 Burkenholder, H. L., Carlisle, Pa.
 Burlage, Thos. T., R. F. D. No. 1, Esbon, Kans.
 Bushaw, A. Wm., 130 Main St., Bangor, Me.
 Carford, C. H., 116 Calvin St., Youngstown, O.
 Carty, Wm. A., Bowerston, O.
 Clayton, Cora E., 1712 1st Ave. S., Minneapolis, Minn.
 Cody, J. Alfred, 600 Woodland Ave., Conneaut, O.
 Colehan, J. J., P. O. Box 414, Centralia, Pa.
 Coppala, Modestino, 1353 Central Ave., Cleveland, O.
 Council, Dr., Wibeaux, Mont.
 Covert, O. W., Zanesville, O.
 Covert, Wm. M., Chesterville, O.
 Crane, F. L., 725 W. 23rd St., Los Angeles, Cal.
 Cummings, Dr. W. F., 719 Washington Ave., Norfolk, Va.
 Curtis, Edward J., 736 Palwood St., Toledo, O.
 Curtis, Henry S., L. Box 5, Dunlap, Kans.
 Daniels, James O., 710 Minnesota Ave., Kansas City, Kans.
 Daust, O. L., R. F. D. No. 9, Kent, O.
 Davey, C. A., 1005 Market St., Youngstown, O.
 Davies, Wm. M., 325 Mercantile Bldg., New Castle, Pa.
 Dawson, E. E., 1398 Python Ave., Springfield, O.
 Day, J. Warren, 80 Granite St., Portland, Me.
 Decker, Bert D., 1064 Dorr St., Cleveland, O.
 Denis, T. B. W., 325 South Lawrence Ave., Wichita, Kans.
 Devitt, Ellis, 603 West St., Hillsboro, O.
 Diliworth, C. C., P. O. Box 672, Payne, O.
 Dilley, J. C., 62 Main St., Duncan Falls, O.
 Dimick, Frank C., 732 Ohio Bldg., Toledo, O.
 Dishong, Myrtle D., 342 Huron St., Toledo, O.
 Doty, C. F., 228 N. Main St., Niles, O.
 Doty, Slanton W., Massillon, O.
 Ducamp, D. R., 813 12th St. N. W., Washington, D. C.
 Edwards, Dr. Arthur, San Francisco, Cal.
 English, Jess S., 175 North Main St., Bowling Green, O.
 Ettinger, Cutler, E. Broad St., R. F. D. No. 1, Elyria, O.
 Evans, A. R., 160 N. 4th St., Newark, O.
 Evans, T., 1347 L St. N. W., Washington, D. C.
 Evers, Henry, 840 E. 105th St., Cleveland, O.
 Ewin, C. H., 32 W. Market St., Xenia, O.
 Ewing, J. H., Forest, O.
 Farber, Peter, 1727 Elm St., Cincinnati, O.
 Fehr, Edwin P., 5200 Euclid Ave., Cleveland, O.
 Field, Violet L., 208 Nat'l Exchange Bank Bldg., Steubenville, O.
 Finney, Mrs. Mary, Russell, Kans.
 Fisher, Mrs. A. E., 328 Clinton St., Findlay, O.
 Fisher, Alice E., 416 1/2 South Main St., Findlay, O.
 Fisher, M. K., 9 W. Sugar St., Mount Vernon, O.
 Fithcroft, Wm., 902 Elm St., Cincinnati, O.
 Ford, Miss Alberta, 328 Jarvis St., Toledo, O.
 Forsythe, L. C., Box 62, Lewistown, O.
 Foster, Miss Nora D., R. F. D. No. 4, Box 10, Conneaut, O.
 Fox, Jefferson, Alliance, O.
 Paole, Kans.
 Franks, Simon Merl, North Main St., Findlay, O.
 Frey, W. H., R. 5, Box 8, Front, Wm. B., Van Wert, O.
 Frost, Henry, 1337 Central Ave., Cincinnati, O.
 Fuller, O. K., 4126 S. Halsted St., Chicago, Ill.
 Fuese, W. H. A., 1630 E. 3rd St., Topeka, Kans.
 Gackenbach, F. A., 125 South Main St., Wichita, Kans.
 Galbraith, Lafayette, Tippecanoe, O.
 Gardner, Chas. A., 1597 East 93rd St., Cleveland, O.
 Ganes, Moses, R. F. D. No. 1, Box 44, Richmondale, O.
 Gaskill, A., R. F. D. No. 1, Midland City, O.
 Gay, Howard M., Pioneer, O.
 Gebhart, Anna, 29 N. 1st St., Dayton, O.
 Gehman, Miss S., W. C. T. U., Canton, O.
 Gerard, Frank, Marion, O.
 Getter, D. W., Chillicothe, O.
 Good, Emil J., 707 Patterson St., Canton, O.
 Goodin, Herman, New Lexington, O.
 Goss, Chas. A., 531 E. 114th St., Cleveland, O.
 Goul, J. M., 273 Clifton St., Springfield, O.
 Gray, Frank, 1509 Glenn Ave., Kansas City, Kans.
 Guenther, Clifford E., R. F. D. No. 4, Box 131, Berca, O.
 Hagevanig, H. B., Henington, Kans.
 Hagstrom, J. A., 101 Everett Bldg., Akron, O.
 Hagstrom, Richard, 101 Everett Bldg., Akron, O.
 Haines, Florence Brick, Ocean City, N. J.
 Hall, R. G., Box 378, Marysville, Kans.
 Haller, J. J., 596 Mill St., Conneaut, O.
 Harste, Wm., 127 Shankle St., Findlay, O.
 Haskins, Mrs. M. E., 43 Schundt Bldg., Toledo, O.
 Haughey, Avilla, Route 6, Wichita, Kans.
 Hawley, S. L., Cedar, Kans.
 Hayes, M. D., 719 Cottonwood St., Independence, Kans.
 Heckman, Eugene, 155 E. 33rd St., New York, N. Y.
 Hendershot, C. D., Box 39, Vincent, O.
 Henry, J. D., Moxahala, O.
 Hill, Mrs. L. E., 901 N. Main St., McPherson, Kans.
 Hoffman, Harry C., 1406 N. 2nd St., Harrisburg, Pa.
 Hogewonig, Neal Cornelius, Horton, Kans.
 Holaday, E. R., 1739 5th Ave., Oakland, Cal.
 Holmes, O. W., 272 Circular St., Tiffin, O.
 Holzbach, J. H., Niles, O.
 Hoover, F. U., 425 Arbor Road N. E., Cleveland, O.

- Hoskins, Geo. W., c/o Cincinnati National League Baseball Club, Cincinnati, O.
 Hosack, Frank E., Route 3, Fredericktown, O.
 Houston, E. A., 1520 Federal St., Pittsburgh, Pa.
 Hubbell, D. A., 111 N. Jackson St., Lonia, Mich.
 Huxman, H. W., Box 29, Utica, Kans.
 Jacoby, John, 186 Blvd., Marion, O.
 Jeffries, Wm. H., Chetope, Kans.
 Jebe, Geo. Theo., 6423 Beaver St., Cleveland, O.
 Johns, Oscar W., 8009 Wade Park Ave. N. E., Cleveland, O.
 Johnson, Russell W., 47 E. 5th St., Chillicothe, O.
 Jones, A. E., 2319 Monroe St., Toledo, O.
 Jones, J. A., 821 High St., Youngstown, O.
 Jones, J. S., Kleine and High Sts., Girard, O.
 Judson, M. Blanchard, 534 W. Broad St., Elyria, O.
 Judy, Wilson, 505 Main St., Toledo, O.
 Julian, J., Sanbury, O.
 Jurescin, David I., 2358 East 49th St., Cleveland, O.
 Kahler, Chas. E., 998 Franklin Ave., Columbus, O.
 Kaiser, Frank, Pillegar, Minn.
 Kaplin, Elwood S., 3241 West 65th St., Cleveland, O.
 Kauffman, R. S., R. F. D. No. 1, Wadsworth, O.
 Keallar, Miss Clara R., 313 S. West St., Bellevue, O.
 Kenagy, Paul J., Bern, Kans.
 Kennel, F. J., 16 S. Clain St., Dayton, O.
 Kerr, Robert E., 439 Main St., Mansfield, O.
 King, Cornelius E., 955 10th Ave., Long Island City, N. Y.
 King, Wallace Edward, 225 Main St., Ashtabula, O.
 Kintner, P., Star Route 1, Box 29, Kinsley, Kans.
 Kirkland, J. E., Sioux Falls, S. D.
 Koehl, Joseph F., P. O. Box 18, Akron, O.
 Kopp, M. S., Colonial Hotel, Dayton, O.
 Kostner, Ed., 605 Clinton Alley, Akron, O.
 Lahand, Joseph, Logan, O.
 Laird, John S., 5 Garfield Place, Cincinnati, O.
 Lane, Mrs. Mae, Comosdin, Kans.
 Langkamp, Walter, Beach City, O.
 Lavsa, O. H., Box 30, Ulster Park, N. Y.
 Lear, Fred W., 121 Auglaize St., Wapakoneta, O.
 Leatherman, J. J., Mounridge, Kans.
 Lecklider, Clyde, 2029 Vermont Ave., Toledo, O.
 Lee, Luther, 605 7th St., East Hutchinson, Kans.
 Lehr, Edwin P., Room 216, The Euclid, Cleveland, O.
 Leland, Clinton W., 409 Center St., Findlay, O.
 Leland, Fayette A., 409 Center St., Findlay, O.
 Leonard, J. O., Box 347, Middleport, O.
 Leyland, Henry, Utica, O.
 Linderfer, Mary E., 813 6th St., Canton, O.
 Lines, J. E., R. F. D. No. 2, Caledonia, O.
 Lippert, Henry, 371 Stoddard Ave., Columbus, O.
 Long, Albert E., Cambridge, O.
 Long, Louis, 1044 E. Tremont Ave., New York, N. Y.
 Loomis, Alice Rass, Jefferson, O.
 Mackey, John R., North 5th St., Martins Ferry, O.
 Mang, Chas. J., First Nat'l Bank Bldg., Pittsburgh, Pa.
 Mann, Mrs. E. E., Box 386, Liberal, Kans.
 Martin, J., 1963 Erie St., Toledo, O.
 Mathews, Joseph M., 319 Lexington Ave., Columbus, O.
 Mayer, Emil, 1127 Chestnut St., Richmond Hill, L. I., N. Y.
 MacKay, Thos. J., 826 York St., Camden, N. J.
 McAlindon, James, 2456 Superior Ave. N. W., Cleveland, O.
 McAvoy, Elizabeth, 426 North 3rd St., Hamilton, O.
 McDougal, Donald D., 121 Shillite Place, Cincinnati, O.
 McIver, J. M., Box 191, Weir, Kans.
 McKenna, Maurice, 1888 W. 48th St., Cleveland, O.
 McKenzie, Jesse, 326 South Main St., Delphos, O.
 McLeod, W. A., 606 Joliet Nat'l Bank Bldg., Joliet, Ill.
 McMillen, A. R., Riverdale, Md.
 Mellor, Joseph, 2305 E. 57th St., Cleveland, O.
 Meyers, A. M., 1312 Wayne Ave., Dayton, O.
 Miller, C. A., 10,111 North Blvd., Cleveland, O.
 Miller, L. B., 10th and N Sts. N. W., Washington, D. C.
 Miller, M., 866 Duluth Ave., St. Paul, Minn.
 Millers, J. A., Cor. Summit and Cherry Sts., Toledo, O.
 Mills, Roy, 303 N. Osage St., Girard, Kans.
 Mingo, Mrs. Effie, 3741 Durr Ave., Cummins, O.
 Mitchell, Eugene, 815 N. Topeka Ave., Wichita, Kans.
 Moffett, Everett D., R. F. D. No. 4, West Mansfield, O.
 Monck, O. L., 3711 W. 42nd St., Cleveland, O.
 Montgomery, J. D., 159 Main St., Newark, O.
 Morris, Elza, R. F. D. No. 1, Gloucester, O.
 Morten, J. W., 570 Washington St., Akron, O.
 Mount, R. C., 336 S. Main St., Marion, O.
 Murphy, E. J., Young Bldg., Ellwood City, Pa.
 Neafie, Elon, 1301 Fernwood Ave., Toledo, O.
 Neagley, Jas. K., 615 Sickles Ave., Pittsburgh, Pa.
 Nelson, Mrs. H., Lindsborg, Kans.
 Neumeier, Chas., Delphos, O.
 Newton, Winfield J., 121 Fulton St., Youngstown, O.
 Nichols, W., Hyde Park, Cincinnati, O.
 Noel, Edward John, 418 East Long St., Columbus, O.
 Nuennich, Frank, 10,355 Western Ave., Cleveland, O.
 Nussbaum, J. L., Box 52, Concordia, Kans.
 Nutter, J. O., Morrowville, Kans.
 O'Donnell, Wm., 241½ Main St., Ashtabula, O.
 Omlar, John T., 721 Tray St., Dayton, O.
 Orcutt, J. M., 159 Hiler St., Conneaut, O.
 Owen, Geo., 18½ S. National Ave., Fort Scott, Kans.
 Pacillo, Antonio, 381 E. Main St., Bridgeport, Conn.
 Palmer, Monroe, 145½ West Main St., Lancaster, O.
 Partridge, G. M., 928 I St. N. W., Washington, D. C.
 Paugharn, E. C., R. F. D. No. 1, Cortland, O.
 Pebler, C. F., R. F. D. No. 4, Oberlin, Kans.
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 Phelps, A. B., 1952 E. 97th St., Cleveland, O.
 Phillips, Wm. F., Bohman and Young Sts., Cincinnati, O.
 Pitts, Mrs. O. H., 7505 Melrose Ave., Cleveland, O.
 Pocock, Eva E., Crestline, O.
 Pohl, Irwin H., Columbus, O.
 Pollock, H. S., 3610 Vesta Ave., Cincinnati, O.
 Pool, Arnold A., 433 West Central Ave., Toledo, O.
 Powers, Alexander A., Rutland, O.
 Powers, W. S., 3716 Drake Ave., Cincinnati, O.
 Presgraves, A. H., 117 Putnam Ave., Zanesville, O.
 Preston, F. M., Park Place, Johnstown, O.
 Prusendorfer, Adam J., Custar, O.
 Ramis, Roy E., 1177 Taylor St., Akron, O.
 Randolph, Mrs. Jessie K., R. F. D. No. 2, Nashville, Kans.
 Reibold, Henry, Springfield, O.
 Reiley, M. J., 535 Plum St., Youngstown, O.
 Reiser, Mrs. Sophia, 1930 Logan Ave., Youngstown, O.
 Reynolds, Geo. H., R. R. No. 1, Hazelton, Kans.
 Rhoad, Ira D., New Washington, O.
 Rickmers, N. W., 9602 Parnelia Ave., Cleveland, O.
 Riggle, A. G., 921 F St. N. W., Washington, D. C.
 Ringesin, H. W., 5 Superior St., Toledo, O.
 Ritter, J. M., Eastern Avenue, Ashland, O.
 Roheabaugh, D. H., Box 13, Kalida, O.
 Rose, C. F., Junction City, Kans.
 Rudy, Albert L., 5708 Longfellow Ave., Cleveland, O.
 Rutenbeck, Carl W., 422 Garfield Bldg., Cleveland, O.
 Ruthenberg, F. W., 420 12th St., Niagara Falls, N. Y.
 Sadler, Miss Harriet Staley, 322 W. 3rd St., Mansfield, O.

Sanpert, Rev. Thos. A.,
Napoleon, O.
Scheibuer, C., 1462 W. 3rd St.,
Cleveland, O.
Schleifer, Mrs. E. M., 933
Rhode Island St., Lawrence,
Kans.
Schultz, Arthur C. A., 426
Prescott St., Toledo, O.
Schuster, John Remigius, 611
Cloyd St., Dayton, O.
Seeley, Jeanette, 1117 East
89th St., Cleveland, O.
Shafer, Orland, 60½ Monroe
St., Tiffin, O.
Shaffer, Joshua B., West
Unity, O.
Sheehan, Jason P., Freedom
Station, O.
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canoe City, O.
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Falls, O.
Shoemaker, Lester E., Ashley,
O.
Shultz, A. C. A., 425 Prescott
St., Toledo, O.
Sieker, A. J. C., Strong City,
Kans.
Silverson, Paul, 321 C St.
N. W., Washington, D. C.
Skinner, M. G., Alabama Apts.,
Washington, D. C.
Skinner, P. D., 508 Spring St.,
Coffeyville, Kans.
Smith, Chas. J., 1227 Superior
Ave. N. E., Cleveland, O.
Smith, Lawrence J., Millers-
burg, O.
Smith, Lyle E., 301 W. Federal
St., Youngstown, O.
Smith, P. C., Canton, O.
Smith, W. M., 628 E. Long St.,
Columbus, O.
Smithson, Miss M. B., 940
Highland St., Columbus, O.
Snediker, R. T., 415 Everett
Ave., Kansas City, Kans.
Snyder, O. W., 1118 W. High
St., Lima, O.
Stadius, Otto, 785 7th St., St.
Paul, Minn.
Stahl, J. C., 10,827 Olivet
Ave., Cleveland, O.
Stewart, Chas. E., Washing-
ton, O.
Stock, Lena, 1874 E. 86th St.,
Cleveland, O.
Stone, Hugh F., Box 25,
Salem, O.
Stone, J. N., 315 Central Office
Bldg., San Antonio, Tex.
Stone, L. R., 1215 Rhode
Island Ave., Washington,
D. C.
Stought, Miss Bessie, 157 East
4th St., Ashland, O.
Stover, Orlando O., Harrison
Bldg., Columbus, O.
Stratton, C. Finley, Box 49,
Mingo, O.
Svetcoff, Geo., 327 E. 66th St.
N. E., Cleveland, O.
Swart, Geo. D., Kitchener,
Ont., Can.
Swartz, Mrs. E. B., White
City, Kans.
Swartz, R. E., White City,
Kans.
Talbert, Horace, Box 31,
Wilberforce, O.
Taylor, Chas. E., 2801 Garden
Ave., Cleveland, O.
Teel, Willis, R. No. 4, Box 38,
New Concord, O.
Thompson, Rudolph, 2205 Central
Ave., Cleveland, O.
Thompson, W. F., 212 E. 5th
St., Cincinnati, O.
Thorne, F. H., 325 Mercantile
Bldg., New Castle, Pa.

Thornell, A. M., 60 Parsons
Block, Burlington, Ia.
Tipton, George, 629 Cranston
St. (or Creston Ave.)
Marion, O.
Toren, Lucy E., 6165 Rudge
Ave., Cincinnati, O.
Tovil, Francis, Lancaster, O.
Towner, A. H., Box 223, New
Philadelphia, Pa.
Truitt, H. V., Box E., Middle-
port, O.
Tullie, A. M., 714 E. Main St.,
Crestline, O.
Turners, Eugene, 608 South
Gilbert St., Ada, O.
Vahle, Wm. J., 806 Spruce St.,
Coffeyville, Kans.
Valentine, Josephine M., De
Graff, O.
Vargo, Joseph, 726 Illumina-
tion Bldg., Cleveland, O.
Vogenitz, Lorin, Newcomers-
town, O.
Walter, F. Pete, Napoleon, O.
Wamsley, M. F., 900 Prospect
St., Cleveland, O.
Ward, Chas. W., 1031 Osborne
St., Sandusky, O.
Warner, Mrs. Marion, 32½
Vine St., Ashtabula, O.
Watkins, J. J., 2127 East
30th St., Lorain, O.
Wau, Jas. W., 1234 S. Main
St., Akron, O.
Weber, Arthur B., 806 Bel-
mont Ave., Toledo, O.
Webster, F. D., 5817 Central
Ave., Cleveland, O.
Wells, A. B., Georgetown, O.
Wendee, Wm., Long Beach,
Cal.
Wichner, Clara, R. F. D. No.
1, North Baltimore, O.
Wiebe, J. J., Box 121, Lehigh,
Kans.
Wildman, F. E., 325 E. Main
St., Norwalk, O.
Williams, Chester E., Bowling
Green, O.
Williams, Mrs. Cora Belle,
Scipio Siding, O.
Wilson, H. Le Roy, 501 Fair-
field Ave., Akron, O.
Wise, F. P., R. F. D. No. 2,
Wellston, O.
Woodside, R. H., Council
Grove, Kans.
Yearout, Vilas J., Box 10,
Dunlap, Kans.
Zugir, C. C., Columbiana, O.

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Becker, Herbert S., Staunton,
Va.
Bell, Robert, London, England
Benadom, W. A., c/o Standard
School of Chiropractic and
Naturopathy, Davenport, Ia.
Berry, Benj. F., c/o The Welt-
mer Institute of Suggestive
Therapy, Nevada, Mo.
Bick, H., 4 W. 117th St., New
York, N. Y.
Biggsby, Dr. F. L., Head-
quarters of A. S. O., Kirks-
ville, Mo.
Billman, J. M., Sullivan, Ind.
Bishop, R. B., Kansas City,
Mo.

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London, Conn.
Brady, E. F., St. Louis, Mo.
Brookings, J. E., Lone Star,
Tex.
Browder, J. M., c/o The
Standard School of Chiro-
practic and Naturopathy,
Davenport, Ia.
Brune, John H., 2545 Mont-
rose Ave., Chicago, Ill.
Buswell, Arthur T., 566
Massachusetts Ave., Boston,
Mass.
Buswell, Dr. Arthur, 268 West
Newton St., Boston, Mass.
Butlerman, W. F., 3311 Os-
good St., Chicago, Ill.
Caldwell, D. E., Durham,
N. C.
Carrington, J. S., Thomas,
N. M.
Carter, Fred. H., Cambridge,
Vermont.
Church, Jas. L., 4847 North
Albany Ave., Chicago, Ill.
Class, F. L., Huron, S. D.
Clinch, J. H. M., Danville,
Ill.
Collins, A. B., Linesville, Pa.
Connell, Mary C., 4634 Vin-
cennes Ave., Chicago, Ill.
Conrad, C. F., 110 W. 90th St.,
New York, N. Y.
Currier, D. M., Newport,
N. H.
Davidson, B. E., Kansas City,
Mo.
Davis, Edw. G., 4601
Evanston Ave., Chicago,
Ill.
Dean, Dr. T. A., Casper, Wyo.
Delk, L. P., c/o Standard
School of Chiropractic and
Naturopathy, Davenport, Ia.
De Ognay, O. A., Milford, Neb.
Donner, John A., 498 High St.,
Holyoke, Mass.
Dugdale, G. W., Boston, Mass.
Dumbauld, B. A., Webb City,
Mo.
Duncan, Chas. H., New York,
N. Y.
Dunham, Geo. P., 151 Hunt-
ington Ave., Boston, Mass.
Dunn, W. A., 2519 West
Broadway, Louisville, Ky.
Duvall, O. N., Baltimore, Md.
Dymnt, Phillip, Savannah,
Ga.
Eales, Irving James, Chicago,
Ill.
Eberhardt, Noble M., 25 E.
Washington St., Chicago,
Ill.
Eide, A. T., 4017 Milwaukee
Ave., Chicago, Ill.
Elliott, J. A., 32 N. State St.,
Chicago, Ill.
Enos, J. W., Jeserville, Ill.
Erling, Arnold E., Milwaukee,
Wis.
Farr, B. H., New Smyrna, Fla.
Fischer, Geo. F., 221 E. 53rd
St., New York, N. Y.
Flower, A. H., Boston, Mass.
Forstot, Samuel, 57 Union St.,
Montclair, N. J.
Fritz, W. Wallace, 1600 Sum-
mer St., Philadelphia, Pa.
Furry, L., Cheyenne, Wyo.
Gibbs, John P., 2750 Fullerton
Ave., Chicago, Ill.
Gore, M. E., 600 Main St., East
Orange, N. J.
Griffing, C. M., 3964 Drexel
Blvd., Chicago, Ill.

- Grigsby, Edw. S., Tonapah, Nevada.
 Grist, N. M., 607 Kansas Ave., Topeka, Kans.
 Guggenheim, M., 208 Palisade Ave., West Hoboken, N. J.
 Guggenheim, Max, Hoboken, N. J.
 Guggenheim, Victor, Dallas, Tex.
 Guild, W. A., Des Moines, Ia.
 Gurley, E. W., Cleveland, O.
 Hallman, V. H., Hot Springs, Ark.
 Hamilton, D. D., Howard, Cal.
 Harris, Mae S., St. Louis, Mo.
 Hawley, A. S., c/o The Chiropractic College, San Antonio, Tex.
 Heath, L. F., Georgetown, Ky.
 Heid, Wm., Chicago, Ill.
 Hibbe, Leopold H. R., 154 E. 49th St., New York, N. Y.
 Hinckley, Don H., 3904 Cottage Grove Ave., Chicago, Ill.
 Hodges, V. C., Kansas City, Mo.
 Horn, A. T., 3044 Wentworth Ave., Chicago, Ill.
 Hubbell, Eugene, St. Paul, Minn.
 Hunt, John H., Glendive, Mont.
 Hunter, Geo. S., Hotel Florence, Ogden and Adams Sts., Chicago, Ill.
 Jacquemin, Theodore J., 411 Franklin St., Union Hill, N. J.
 Jacquemin, Theo. J., 141 E. 44th St., New York, N. Y.
 Jensen, P. S., Champaign, Ill.
 Johnson, A. J., Muskogee, Fla.
 Johnston, N. La Doit, Chicago, Ill.
 Jones, E. A. D., Taft, Cal.
 Jones, Eli G., Buffalo, N. Y.
 Jones, Margaret M., Chicago, Ill.
 Jones, Oscar, Indianapolis, Ind.
 Joslin, O. W., Dodgeville, Wis.
 Kennedy, T. W., Sullivan, Ind.
 Kester, Eugene, Springfield, Ore.
 Kilborn, J. M., Sioux City, Ia.
 King, J. W., Bradford, Pa.
 King, Mary L., New Field Laboratory, East Chattanooga, Tenn.
 Kirk, J. W., Philadelphia, Pa.
 Kirsch, F. W., St. Louis, Mo.
 Loeffler, Chas., St. Paul, Minn.
 Leary, W. J., 11 Maple St., Chicago, Ill.
 Linder, Chas. O., Spokane, Wash.
 Lindley, R. H., Mineral Wells, Tex.
 Littrell, A. R., Sherman, Tex.
 Loizeaux, C. L., Dubuque, Ia.
 Lopez, Francis, Bowling Green, Fla.
 Luepke, J. F. G., Welga, Ill.
 Luncan, Chas. H., New York, N. Y.
 Luttenberger, J. C. M., 404 Tacoma Bldg., Chicago, Ill.
 McCormick, Chas., McCormick Medical College, 2100 Prairie Ave., Chicago, Ill.
 McRoberts, W. J., Hot Springs, S. D.
 Meyer, Julia A., 858 Hamilton Ave., St. Louis, Mo.
 Michauer, H., Wichita, Kans.
 Miller, B. Curtis, 710 Bond Bldg., Washington, D. C.
 Moat, W. S., 3332 N. 17th St., Philadelphia, Pa.
 Moffat, Edgar V., Orange, N. J.
 Mols, F. P., 469 Best St., Buffalo, N. Y.
 Morgenbesser, H., 931 Fox St., New York, N. Y.
 Morris, S. V., 121 Madison Ave., New York, N. Y.
 Muehlenbein, M. L., 218 East 55th Place, Chicago, Ill.
 Muir, Miss A. S., 4200 S. Grand Blvd., Chicago, Ill.
 Münch, G. A., 1806 Franklin St., Tampa, Fla.
 Osborne, R. Randall, Shannon, Ill.
 Ottofy, Louis, Manila, Philippine Islands.
 Ozias, Chas. A., Kansas City, Mo.
 Parker, Jos. W., Peoria, Ill.
 Patchen, G. H., 13 Central Park West, New York, N. Y.
 Payne, A. V., 47 W. 34th St., New York, N. Y.
 Perdue, E. M., Kansas City, Kans.
 Peterson, M. B., 3203 West Harrison St., Chicago, Ill.
 Pettit, G. S., Oklahoma City, Okla.
 Pfau, F., 120 Palisade Ave., West Hoboken, N. J.
 Plank, T. Howard, Chicago, Ill.
 Porter, Charles Sanford, Long Beach, Cal.
 Powell, Horace R., Poughkeepsie, N. Y.
 Praeger, J. B., 110 W. 90th St., New York, N. Y.
 Price, J. Russel, Chicago, Ill.
 Pruden, W. F., 5033 71st St., Portland, Ore. (Chronic Cases).
 Purser, John L., New Orleans, La.
 Pusheck, C., 220 W. Ontario St., Chicago, Ill.
 Pyle, Henry G., 332 N. Jefferson St., Peoria, Ill.
 Raymond, Bertha C., 2630 E. 74th St., Chicago, Ill.
 Replogle, P. S., Champaign, Ill.
 Rice, Alice H., Las Vegas, N. M.
 Roberts, C. S., New York, N. Y.
 Robinson, B. N., Prairie Du Chien, Wis.
 Roemer, J. F., Waukegan, Ill.
 Rogers, L. D., Chicago, Ill.
 Schuge, W. C., Chicago, Ill.
 Seton, Julia, St. Louis, Mo.
 Siegel, George H., Wichita, Kans.
 Silverman, Charles, Savannah, Ga.
 Skippen, Alfred, Sweet, Idaho.
 Smith, M. O., Pottstown, Pa.
 Sorensen, M. C., Sioux Falls, S. D.
 Sperling, F. J. E., Wilkes Barre, Pa.
 Starbuck, S. H., Seattle, Wash.
 Tomlin, R. T., 45 Main Ave., Ocean Grove, N. J.
 Trice, J. H., c/o The Chiropractic College, San Antonio, Tex.
 Tüchler, A. S., San Francisco, Cal.
 Tuttle, Louis N., Holland, Mich.
 Unger, J. W., West Point, Miss.
 Valk, E. Gordon, Bundick, Va.
 Van de Sand, G. F., 120 S. Honore St., Chicago, Ill.
 Vereen, Franklin, Fort Meade, Fla.
 Von Foregger, R., New York, N. Y.
 Vose, V. G., Machias, Me.
 Vradenburg, H. L., York, Nebr.
 Waltenbaugh, C. C., Canton, O.
 Walton, Alfred, Philadelphia, Pa.
 Washburn, B. A., Paducah, Ky.
 Wehrle, L. G., 1230 E. 63rd St., Chicago, Ill.
 White, Geo. Starr, Los Angeles, Cal.
 Whitty, Michael, New York, N. Y.
 Wildman, Elias, Haddon Heights, N. J.
 Werner, E. H., 121 Madison Ave., New York, N. Y.
 Wetherell, G. M., Detroit, Mich.
 Yost, H. S., Fairmount, W. Va.
 Zurmühlen, Chas., 440 Ludlow Arcade, Dayton, O.

MENTAL SCIENTISTS

- Evertz, Oscar, N. E. Cor. Ashland Ave. and Madison St., Chicago, Ill.
 Hulick, Miss Harriet C., 509 N. Newstead Ave., St. Louis, Mo.
 Miller, John T., 1319 S. Grand Ave., Los Angeles, Cal.

NAPRATHAPS

- Cushman, Chas. R., 6 N. Michigan Ave., Chicago, Ill.
 Goodrich, J. R., 16 N. Wabash Ave., Chicago, Ill.
 Hagg, Edith M., 424-25 Holmes Bldg., Galesburg, Ill.
 Hanford, Ira L., c/o Chicago College of Naprathaps, Chicago, Ill.
 Heigerich, L. D., 2539 North Kenzie St., Chicago, Ill.
 Hess, H. McClellan, 14 East Jackson Blvd., Chicago, Ill.
 Hunt, Sam'l. C., 14 East Jackson Blvd., Chicago, Ill.
 Lightfoot, Ota P., c/o Chicago College of Naprathaps, Chicago, Ill.
 Mears, O. Benton, 6 N. Michigan Ave., Chicago, Ill.
 Morrison, Wm., 16 N. Wabash Ave., Chicago, Ill.
 Pierson, F. R., 16 N. Wabash Ave., Chicago, Ill.
 Pritchett, Nettie C., 529-c Griesheim Bldg., Bloomington, Ill.
 Smith, Chas. E., 16 N. Wabash Ave., Chicago, Ill.
 Smith, Oakley, 6 North Michigan Ave., Chicago, Ill.

Swartz, Joseph L., c/o
Chicago College of Napra-
pathy, Chicago, Ill.
Teufel, F. A., 5513 Drexel
Ave., Chicago, Ill.
Waters, Nellie M., 108 North
State St., Chicago, Ill.
Wigelsworth, J. W., 32 North
State St., Chicago, Ill.

NATUROPATHS

Abbott, C. A., Oskaloosa, Ia.
Abell, A. H., 1539 W. Adams
St., Chicago, Ill.
Abramson, Elmer C., 603 Case
St., St. Paul, Minn.
Ackley, Jos. A., 17 Erie
County Bank Bldg., Buffalo,
N. Y.
Adamop, Albert, 2057 W. Van
Buren St., Chicago, Ill.
Adams, Herbert S., North
Salem, Ind.
Adams, J. A., P. O. Box 253,
Atwood, Ill.
Adams, L. M., c/o Bullis Sani-
tarium, 32nd St., Oakland,
Cal.
Aguilera, Raphael D., 261
33rd St., Milwaukee, Wis.
Alberts, Cora F., Nevada, O.
Albro, Leander S., Oswego
Co. Savings Bank, Oswego,
N. Y.
Albu, D., 418 Caxton Bldg.,
Cleveland, O.
Albrecht, F. C., 1531 Congress
St., Chicago, Ill.
Alders, Eliot, 310 Kingsley
Drive, Bakersfield, Cal.
Allen, E. W., 209 Fir St., La
Grande, Ore.
Allen, F. W., 367 10th Ave.,
Paterson, N. J.
Allen, James, 4200 S. Grand
Blvd., Chicago, Ill.
Allen, T. B., Warren, Pa.
Allen, Thos. J., Eureka
Springs, Ark.
Allison, G. C., 330 E. Tusca-
rawas St., Canton, O.
Alpert, A., 391 Clinton Ave.,
Newark, N. J.
Amen, Chas. F., 302 13th St.,
Brooklyn, N. Y.
Ammermann-Hill, Margaret,
101 States Ave., Atlantic
City, N. J.
Anderson, Carl J., 27 Fields
Ave., Youngstown, O.
Anderson, C. W., Balfour,
N. Dakota.
Anderson, Dar, Alliance, O.
Anderson, Lewis H., 1336
Morse Ave., Chicago, Ill.
Andover, Alliance, O.
Arffmann, E. Von, 633 W.
Delaware Ave., Buffalo,
N. Y.
Arguelles, Dr. M. G., 1406 10th
Ave., Ybor City, Tampa,
Fla.
Argust, T. A., c/o Lurlin
Baths, Brush and Larkin
Sts., San Francisco, Cal.
Arnold, Alice, 100 Grace
Court, Elyria, O.
Artelt, Fred, 535 Security
Bldg., Los Angeles, Cal.
Ash, C. C., 767 Humboldt
Parkway, Buffalo, N. Y.
Atherton, N. W., 421 S. Ash-
land Ave., Chicago, Ill.
Austin, J. N., 19 Porter Bldg.,
Autschbach, Carl, 333 S.
Dearborn St., Chicago, Ill.
Ayres, T. E., Goltry, Okla.
San Jose, Cal.

Bachite, Augustus C., 27
Madison St., Rochester,
N. Y.
Bailey, Albert N., 1116 Santons
St., Los Angeles, Cal.
Bair, F. E., Leipsic, O.
Baker, Ruth E., 3219 Cleve-
land Heights, Cleveland, O.
Baker, R. N., Portland, Ore.
Balt, H. Ben, 215 E. Main St.,
Troy, O.
Barber, G. A., 207 S. California
Ave., Chicago, Ill.
Barth, Victor, 318 5th Ave.,
Pittsburgh, Pa.
Bartlet, Maude E., 3709
Colorado Ave., Chicago,
Ill.
Baruch, Sandor, 59 W. 105th
St., New York, N. Y.
Bates, John E., Geneseo, Ill.
Bates, R. C., 401 Main St.,
Alliance, O.
Baudendistal, C., 729 Polk St.,
West New York, N. J.
Bauman, C., Aberdeen, S. D.
Baumgardner, J. A., 3529
Gilbert Ave., Cincinnati, O.
Bauregard, Miss Lillian, 57
Worcester Ave., Pasadena,
Cal.
Bautsch, Rudolph, 4045 North
Calumet Ave., Chicago, Ill.
Bayer, Carl, Harlem Hydriatic
Institute, 55 W. 113th St.,
New York, N. Y.
Bean, C. D., 216 College St.,
Akron, O.
Bean, C. D., 5th St. and
Broadway, Lorain, O.
Bean, Chas. R., Grinnell, Ia.
Bean, J. P., 816 Turk St.,
San Francisco, Cal.
Beaulin, J. A., Room 34-35,
Commercial Bldg., Woon-
socket, R. I.
Bechtol, F. M., P. O. Box 12,
Station D, Cleveland, O.
Becker, Jackson H., 29 Pine
Grove Ave., Summit, N. J.
Becker, Jennie, 215 E.
Hickory St., Arcadia, Fla.
Becker, Mary, Camas Valley,
Ore.
Becker, R. C., 106 E. Dote St.,
Riverside, Cal.
Beckman, Jerome W., Ferdin-
and, Ind.
Beebe, M. K., 1116 15th Ave.,
Minneapolis, Minn.
Beery, J. K., Augusta, W. Va.
Behncke, F. H., 525 S. Ashland
Ave., Chicago, Ill.
Bell, J. B., 1527 W. Augustana
St., Chicago, Ill.
Bell, J. H., 1452 W. Chicago,
Ave., Chicago, Ill.
Bender, W. F., 10,308 Euclid
Ave., Cleveland, O.
Benecke, W. F., 400 Braddock
Ave., Pittsburgh, Pa.
Bennett, C. M., 1339 Washing-
ton St., Springfield, Ill.
Bennett, O. I., Blanchester,
O.
Benson, F. L., 346 N. Main
St., Springfield, Mass.
Berg, George, c/o Chase
House, Chicago, Ill.
Berger, C. G., 1421 W. Adams
St., Chicago, Ill.
Berger, Edward, 16 Bunn St.,
Amsterdam, N. Y.
Bergines, Herman, 84 Capitol
Ave., Hartford, Conn.
Berggren, Tell, 624 Glorietta
Blvd., Coronado, Cal.
Berhalter, A. K., 1423 Clark
St., Chicago, Ill.

Bertholf, Mrs. E. L.,
Millersburg, O.
Bertschinger, A., 340-43 Pitt-
tock Block, Portland, Ore.
Beverly, Dr. D., Lily Dale,
N. Y.
Biel, 127 N. Genesee St., Wau-
kegan, Ill.
Bielskis, J. J., Hartford, Conn.
Bigelow, F. F., Moore, Mont.
Biggs, Mr. & Mrs. A. C.,
Biggs' Sanitarium, Ashe-
ville, N. C.
Billhimer, J., State St., Pitts-
burgh, Pa.
Bingesser, Anna, Waconda,
Kans.
Binte & Binte, 606 Mathews
Bldg., Milwaukee, Wis.
Bird, C. L., 2583 Cherry St.,
Toledo, O.
Bird, L. L., Plant City, Fla.
Birdi, F. C., 1319 S. Grand
Blvd., Los Angeles, Cal.
Black, John J., 41 N. 18th St.,
East Orange, N. J.
Blackler, Ronald C., Y.M.C.A.,
Springfield, Mo.
Blade, V., 1233 W. Adams St.,
Chicago, Ill.
Blair, C. B., Casey, Ill.
Blanchard, J. W., 360 E. 195th
St., New York, N. Y.
Bleichschmidt, Richard, Natu-
ropathic Sanitarium, 920
Savoie St., North Bergen,
N. J.
Bligh, Wm., 10,605 Superior
Ave., Cleveland, O.
Bliss, Edna M., 1536 E. 86th
Bligh, Wm., Cleveland, O.
Blochwitz, Max T., Teaneck,
N. J.
Boatsman, P., Black River
Falls, Wis.
Bobb, Henry H., 2125 N. 18th
St., Philadelphia, Pa.
Bock, Frederick, Diemer
Bldg., East Aurora, N. Y.
Bode, H. E., 719 5th St.,
Marietta, O.
Boese, J. A., 43 N. Main St.,
Sheridan, Wyo.
Boettcher, H. N., 1138 N.
Leavitt St., Chicago, Ill.
Bogenrief, R. E., Northwood,
Ia.
Bolt, Ben. H., Troy, O.
Bonner, Edgar J., Morrison
Bldg., Jacksonville, Ill.
Bordeau, M. E., 805 Monroe
St., Valparaiso, Ind.
Borgmann, A., 142 Waverly
St., Yonkers, N. Y.
Bosfon, Geo. B., Branchville,
N. J.
Bowen, T. H., Bridgeton, N. J.
Boyd, Headley, 601 W. 168th
St., New York, N. Y.
Bracher, John, 14,820 Detroit
Ave., Cleveland, O.
Bracher, Katherine, 14,820
Detroit Ave., Cleveland, O.
Bracker, John, 14,820 Detroit
Ave., Lakewood, O.
Bradford, Edgar G., 73 Sixth
Ave., Brooklyn, N. Y.
Bradley, O. M., Danville, Ill.
Bradley, Geo. A., 508 Hewes
Bldg., San Francisco, Cal.
Brand, Elizabeth, 405 Hippo-
drome Bldg., Cleveland, O.
Brand, Frederick, C., 3156
Pine Grove Ave., Chicago,
Ill.
Brand, Lucille S., 7465 Vine
St., Chicago, Ill.
Branden, Mrs. Julia R., 590
California St., San Fran-
cisco, Cal.

- Brandman, R. E., 311 Terminal Bldg., Hoboken, N. J.
 Bratchi, C. L., I. O. O. F. Temple, Akron, O.
 Brandt, Carlos, 213 W. 123rd St., New York, N. Y.
 Brennan, Jos. P., 68 E. 93rd St., New York, N. Y.
 Bretow-Münch, Wm. C., 621 Bushwick Ave., Brooklyn, N. Y.
 Briggs, H. L., Spencerville, O.
 Broberg, Manfred, 45 W. 34th St., New York, N. Y., and 2000 Central Ave., Madison, N. J.
 Brolene, A. C., 430 W. 34th St., New York, N. Y.
 Brook, Harry E., Chamber of Commerce Bldg., Los Angeles, Cal.
 Brower, G. H., East Palestine, O.
 Brown, B. M., 352 W. 63rd St., Chicago, Ill.
 Brown, Geo. B., 424 Iowa Bldg., Sioux City, Ia.
 Brown, H. A., 885 Flatbush Ave., Brooklyn, N. Y.
 Brown, H. L., 1347 Adams St., Chicago, Ill.
 Brown, O. L., 401 Flatiron Bldg., Akron, O.
 Brown, Samuel A., Ridley Park, Delaware Co., Pa.
 Brown, Una, 214½ S. Main St., Findlay, O.
 Brownell, May E., Yankton, S. D.
 Browning, O. M., St. Paris, O.
 Bruen, L. Blanchard, 1402 F St. N. W., Washington, D. C.
 Bryan, A., 242 E. Fair St., Atlanta, Ga.
 Bucaletti, Louis, 1002 Blue Island Ave., Chicago, Ill.
 Buck, J. D., Traction Bldg., Cincinnati, O.
 Budde, Mrs. M., Box 183, Great Falls, Mont.
 Buddenberg, H. C., 2139 Clifton Ave., Cincinnati, O.
 Bueren, Dr. A., 309 State Nat'l Bank Bldg., San Antonio, Tex.
 Buettner, Jos. A., 65 Clinton Ave., Jersey City, N. J.
 Buis, C. L., Sullivan, Ind.
 Buis, C. O., Fairfield, Ill.
 Bullis, B. S., 732 34th Street, Oakland, Cal.
 Bundy, Ira M., Y. M. C. A., Duluth, Minn.
 Burford, D. E., Colchester, Ill.
 Burgess, R. C., 1103 Southern Boulevard, Oak Park, Ill.
 Burnes, A. & W., 926 Main St., Hartford, Conn.
 Burnett, S. M., 1030 Park Place, Brooklyn, N. Y.
 Burnside, Miss Minnette, c/o Lurlin Baths, Brush and Larkin Sts., San Francisco, Cal.
 Burt, C. G., Hotel Brand, Boise, Idaho.
 Burwig, Wm., 870 Humboldt Parkway, Buffalo, N. Y.
 Bush, J. W., 233 Columbus Savings and Trust Bldg., Columbus, O.
 Bushaw, A. Wm., 130 Main St., Bangor, Me.
 Buswell, 85 Park Ave., Winthrop Highlands, Mass.
 Butler, Earl R., 12 Clay St., Rochester, N. Y.
 Butler, Gunning, Santa Ana, Cal.
 Butler, W. B., 4328 Lake Park Ave., Chicago, Ill.
 Callen, M. J., 5101 Butler St., Pittsburgh, Pa.
 Calwell, H. E., 436 E. 42nd Place, Chicago, Ill.
 Calwell, W. A., 424 Bowven Ave., Chicago, Ill.
 Campbell, C. P., 2136 Warren Ave., Chicago, Ill.
 Campbell, J. D., Box No. 346, Biloxi, Miss.
 Campbell, John J., 290-92 Arcade Bldg., Dayton, O.
 Campbell, R. H., 130 Tuscarawas St. E., Canton, O.
 Campbell, R. H., Sebring, O.
 Cannard, Mrs. E., Whittier, Cal.
 Capek, Norbert F., 169 Milford Ave., Newark, N. J.
 Carberry, Hugh, 504 Park St., Manitowoc, Wis.
 Carlson, Chas. M., 55 Morris St., Rochester, N. Y.
 Carlson, John G., Plentywood, Mont.
 Carmen, Elizabeth F., Cor. 3rd and Hill Sts., E. Galley, N. Mex.
 Carpenter, W. A., 189 Summer Ave., Newark, N. J.
 Carque, Otto, 1605 Magnolia Ave., Los Angeles, Cal.
 Carroll, Grace M., 9154 Commercial Ave., South Chicago, Ill.
 Carroll, Grove, McKeesport, N. J.
 Cassel, G. 80 Charles St., Altoona, Pa.
 Catalano, Antonio, Pittsburgh, Pa.
 Chadwick, F., 500 N. 9th St., Coshocton, O.
 Chamberlain, I. I., 21 West College St., Oberlin, O.
 Chamberlain, J. A., Ashland, O.
 Chandlee, Allen B., Eureka, Cal.
 Chandlee, W. S., 252 2nd St., Elyria, O.
 Chapman, Leo., 630 Woodland Park, Chicago, Ill.
 Chapman, W. M., 1308 Sandusky St., Bucyrus, O.
 Chartier, T., 1207 Monterey St., Pittsburgh, Pa.
 Child, B. W., 1705 Cedar St., Alhambra, Cal.
 Christian, F. A., 406 S. 7th St., St. Louis, Mo.
 Churan, Frank O., 5853 Thomas St., Chicago, Ill.
 Civlin, Marcus B., 3841 Cottage Grove Ave., Chicago, Ill.
 Clauser, E. T., 313 Elyria Blk., Elyria, O.
 Clausen, J. A., Walnut, Ill.
 Coffee, W. O., 1445 W. 84th St., Cleveland, O.
 Coffey, N. B., Box 111, LeRoy, Ill.
 Cole, Ernest I., 98 S. Highland Ave., Ossining, N. Y.
 Cole, Ernest I., 340 Fair St. N., St. Petersburg, Fla.
 Cole, Mrs. Grace P., 1301 W. 25th St., Los Angeles, Cal.
 Coleman, E. E., 432 W. Madison St., South Bend, Ind.
 Collier, E. & L., West Bldg., Decatur, Ill.
 Collins, F. W., 122 Roseville Ave., Newark, N. J.
 Collins, H. F., 4008 Grand Boulevard, Chicago, Ill.
 Colman, W. H., 1319 State St., La Crosse, Wis.
 Combs, F. R., 88 W. Main St., New Britain, Conn.
 Coney, Grace L., Bremen, O.
 Conklin, A. P., 582 N. High St., Columbus, O.
 Conover, Fred E., 420 12th St., West New York, N. J.
 Contreras, Ralph, 4060 Oakwald Ave., Chicago, Ill.
 Conwell, W. P., 806 7th St., St. Louis, Mo.
 Cook, A. C., Georgetown, Ky.
 Cook, Geo., 806 N. 7th St., Buffalo, N. Y.
 Cool, E. C., 1510 Millard Ave., Chicago, Ill.
 Cooley, Edward, San Joaquin Bldg., Stockton, Cal.
 Cooper, R. G. C., 26 N. Bland St., Halifax, N. S.
 Coplon, A. C., 2240 W. Division St., Chicago, Ill.
 Cordon, Anna J., 9387 Hough St., Cleveland, O.
 Cornwall, C. A., 19-20 Nampa Bldg., Nampa, Idaho.
 Coughlin, M. E., 508-9 Spitzer Bldg., Toledo, O.
 Counter, A. E., 4923 Pensacola Ave., Chicago, Ill.
 Courgame, H., 34 Eagle St., Geneva, O.
 Course, Harry, 3228 Carnegie Ave., Cleveland, O.
 Covert, Martin, Chagrin Falls, O.
 Cowman, John J., 6902 St. Lawrence Ave., Chicago, Ill.
 Cox, C. W., 101 S. 8th St., South Fargo, N. D.
 Coy, D. C., 37 Davis Bldg., Dayton, O.
 Craig, Stephen A., 1105 Fair Ave., Columbus, O.
 Crane, H. J., Richter Hotel, La Porte, Ind.
 Crank, L. Mae, Stapleton Bldg., Billings, Mont.
 Creighton, E. E., 54 Hudson Ave., Newark, O.
 Criscuolo, Teresa Cimino, 339 Leonard St., Brooklyn, N. Y.
 Critcher, Carma, Box 226, Degroff, O.
 Crosby, C. A., 1533 W. Jackson Blvd., Chicago, Ill.
 Crosby, W. H., Jonesboro, Ill.
 Cummins, J. E., 120 N. 10th St. E., Cedar Rapids, Ia.
 Cummings, J. E., Davenport, Ia.
 Cummings, Dr. W. F., 719 Washington Ave., Norfolk, Va.
 Curless, E. S., 510 Vine St., Cincinnati, O.
 Curtice, Mary B., Rochester, N. Y.
 Cutler, Alfred, 304 N. 5th St., Harrison, N. J.
 Cutty, Thos., 1200 Poplar Grove Blvd., Baltimore, Md.
 Daly, M. F., 6 E. Church St., Nanticoke, Pa.
 Daly, W. C., 22 N. Second St., Vincennes, Ind.
 Daniels, Mrs. B., 5129 Engle-side Ave., Chicago, Ill.
 Daughenbaugh, S. Earl, Anita, Ia.
 Daughenbaugh, F. A., Massena, Ia.
 Daugherty, M. J., Xenia, O.
 Dausch, Phoebe, 35 Ayers Ave., Dayton, O.

- David, T. H., Scobey, Mont.
David, Tanous H., P. O. Box
708, Williston, N. D.
Davidson, James, 4200 S.
Grand Blvd., Chicago, Ill.
Dawes, Richard, Racine, Wis.
Day, M. A., 2224 Sedgwick
St., Chicago, Ill.
Decker, Mrs. R., Whittier, Cal.
De Bella, Joseph, 4164 Drexel
Bldg., Chicago, Ill.
De Cilla, A., 73 Lyon St., New
Haven, Conn.
Deardon, Alfred, 335 E. High
St., New Philadelphia, O.
Deckmann, W., Plymouth and
Penn. Ave. N., Minneapolis,
Minn.
Dee, K. M., Bozeman, Mont.
Deeter, J. N., 315 N. 35th St.,
Philadelphia, Pa.
Deken, A. A., 120 W. Kibby
St., Lima, O.
Denning, L. B., 1130 Main St.,
Dubuque, Ia.
Deschauer, Thos., 718 W. 63rd
St., Chicago, Ill.
Deshler, Alice B., Degroff, O.
Deutscher, J. L., 430 Heed
Bldg., Philadelphia, Pa.
De Witt, Orla, 202 S. Lincoln
St., Chicago, Ill.
De Wolfe, Blanche, 2 Endley
Blk., Elyria, O.
Dickinson, C. B., 338 Chamber
of Commerce Bldg.,
Columbus, O.
Dirkes, Clement M., 156 S.
Vermilion St., Danville, Ill.
Dittrick, F. W., 3140 W. 90th
St., Cleveland, O.
Dixon, W. A., Cor. Gay and
High St., Mt. Vernon, O.
Dixon, Walter H., Mount
Vernon, O.
Dodge, A., 111 Grand St.,
Waterbury, Conn.
Domingo, M., 154 Martin St.,
Milwaukee, Wis.
Doughty, F. A., Linworth, O.
Doughty, W. W., 13½ South
Prospect St., Marion, O.
Douglas, F. H., 1820 Maxwell
St., Cheyenne, Wyo.
Douglas, Wm. A., Lamberton,
Minn.
Dow, W. J., Warren, O.
Downs, L. Irene, Midland
City, Ill.
Drews, Geo. J., 1910 N. Hard-
ing Ave., Chicago, Ill.
Duckworth, J. A., 830 Union
Trust Bldg., Cincinnati, O.
Duclos, William, 1027 State
St., Bridgeport, Conn.
Dudney, H. W., 1729 W.
Walnut St., Chicago, Ill.
Duey, F. J., 6215 Hough Ave.,
Cleveland, O.
Dumore, W. K., Sterling, Ill.
Dunham, M. M., Norwich, Conn.
DuPlessis, J. T., 525 S. Ash-
land St., Chicago, Ill.
Dupré, Louis, Box 111,
Orange, Tex.
Dux, H., Swan & Cantee Sts.,
Jacksonville, Fla.
Easton, C. W., Lorain, O.
Ebell, Anna, 1541 W. Adams
St., Chicago, Ill.
Echard, Harry, 304 McCly-
monds Bldg., Massillon, O.
Edel, R. E., Boston, Mass.
Edmondson, Mrs. Ethel, Hotel
Adair, Ellis St., San
Francisco, Cal.
Edmondson, J., 1818 Wash-
ington Blvd., Chicago, Ill.
Edwardes, Arthur W., 1147
Lake St., San Francisco,
Cal.
Edwards, L. S., 420 Main St.,
Hartford, Conn.
Edwards, N. E., Box 102,
Sanford, Cal.
Edwin, E. S., 1432 W. Jackson
St., Chicago, Ill.
Egan, H. M., 328 Nasby Bldg.,
Toledo, O.
Egan, T. W., 112½ Front St.,
Fremont, O.
Egbert, Ellis, Main and
Seneca Sts., Alliance, O.
Ehlert, A., Rochester, N. Y.
Ehret, A., 413 S. Raymond
Ave., Alhambra, Cal.
Eilerficken, J. B. C., Panama,
Nev.
Eklund, Alice C., Lyon and
Healy Bldg., Chicago, Ill.
Eklund, Alice, 4726 Drake
Ave., Chicago, Ill.
Elbl, Harold A., Los Angeles,
Cal.
Elder, Mary E., Millersburg,
O.
Elgarten, M., 2313 Alameda
Ave., Alameda, Cal.
Ellis, Howard L., 452 Bowen
Ave., Chicago, Ill.
Ellison, E., 150 Perry St.,
Fostoria, O.
Elssesser, Mr. A., 431 Elliott
Square, Buffalo, N. Y.
Emmons, G. C., Washington
Court House, O.
Engbrecht, J. J., Freeman,
S. D.
Espinga, 1124 Ave J, Flat-
bush, Brooklyn, N. Y.
Esplin, D., 4200 Grand Blvd.,
Chicago, Ill.
Everson, Geo. Price, P. O. Box
822, Cincinnati, O.
Eynn, John, Market Square,
Steubenville, O.
Faber, R. E., Cor. Church and
Main Sts., Ashland, O.
Face, Mrs. Margaret E.,
506-7 Citizens Savings
Bank Bldg., Pasadena, Cal.
Farkasch, J., Tough Renamon,
Pa.
Farnsworth, John C., 1372 S.
Flower St., Los Angeles,
Cal.
Farr, A. E., 852 Oakwood Ave.,
Toledo, O.
Faux, Thos., Box 111,
Bountiful, Utah.
Fehr, E. P., 135 N. 10th St.,
Cambridge, O.
Fehumlee, C. V., 1128 Gamber
Ave., Cambridge, O.
Field, D. J., 208 W. Main St.,
Marion, O.
Fellrath, Basil, North Shore
Health Resort, 1634 North
La Salle St., Lincoln Park
Sta., Chicago, Ill.
Fenail, Frank, 194 Riverside
Drive, New York, N. Y.
Ferguson, Julius A., New
River, Fla.
Ferri, Dr. Nicandro A., The
Ferri Sanitarium, 152 North
Ashland Blvd., Chicago, Ill.
Ferri, N. A., Wheaton, Ill.
Festa, F. P., 1510 Webster
Ave., Pittsburgh, Pa.
Field, P. F., Galion, O.
Finkelstein, Dr. A. A., 97 Ann
St., Hartford, Con.
Finley, E. P., 203 E. Main
St., Dyesville, O.
Fish, H. J., 882 Fulton St.,
San Francisco, Cal.
Fischer, Frank L., 94 Ridge-
wood Ave., Newark, N. J.
Fitch, Ross L., 4940 Kinzie
St., Chicago, Ill.
Flamboltz, Isaac M., 509
Rumiller Bldg., Los
Angeles, Cal.
Flanigan, A. L., 128 17th
Ave., Paterson, N. J.
Flannigen, Hazel, Mendota,
Ill.
Flower, A. G., 3622 Lorain
Ave., Cleveland, O.
Fordyce, H. A., Washington,
D. C.
Fox, Louis, 343 Leroy Ave.,
Buffalo, N. Y.
France, W. N., Ashland, O.
Frank, Henry J., 256 Dix
Ave., Detroit, Mich.
Frantz, Lillian, Box 185,
Butler, N. J.
Frederick, R. W., Westcott
Blk., New Philadelphia, O.
Frederickson, Mrs. Petra,
Rugby, N. D.
Freese, Benj. J., 4913 North
Robey St., Chicago, Ill.
French, Leslie H., 315 North
35th St., Philadelphia, Pa.
Fresca, Ettore, 137 East 43rd
St., New York, N. Y.
Fress, J. W., 47 McGraw
Bldg., Detroit, Mich.
Friebel, Anna, San Antonio,
Fla.
Fritzen, Mrs. Minnie, Pine
City, Minn.
Froude, Chas. C., 260 Fair St.,
Kingston, N. Y.
Frumoff, L., 901 North
Western Ave., Chicago, Ill.
Fues, Francois, 2314 B'way,
New York, N. Y.
Fues, Francois, Morris Plains,
N. J.
Full, Leo, Mendota, Ill.
Fulton, N. J., P. O. Box 984,
Portland, Ore.
Fulton, N. J., 114 17th Ave. N.,
Seattle, Wash.
Fusch, Augusta L., 1630 E. 3rd
St., Topeka, Kans.
Gabriel, Dr. Emma, 1112
Chestnut St., Philadelphia,
Pa.
Gadbois, Peon T., 90 Diamond
Lake San, Area, Ill.
Galatian, H. B., 3700 Chicago
Ave., Chicago, Ill.
Gallup, Dr. Chas. T., Mon-
mouth, Ill.
Garcia, Albert E., Tecato, San
Diego, Cal.
Gardner, J. A., 965 Jackson
St., Oakland, Cal.
Garlock, 424 Bowen Ave.,
Chicago, Ill.
Garrett, S. J., 210 N. Ann St.,
Chicago, Ill.
Garrison, Eleanor, 229 E.
Main St., Plymouth, Pa.
Garstick, Joe, Main and Mill
Sts., Niles, O.
Garvin, S. E., 733 Osborne St.,
Sandusky, O.
Garvin, Mrs. S. P., 1114 Wash-
ington St., Sandusky, O.
Gaugham, P. W., 8424 Hough
Ave., Cleveland, O.
Gearhart, W. H., Spreckles
Theatre Bldg., San Diego,
Cal.
Geese, C. S., 553½ Main St.,
Coshocton, O.
Gehrig, F. W., 3519 Harper
St., Oakland, Cal.
Gerlach, A. J., Los Gatos, Cal.

- Geiger, J. J., 549 Canada St., St. Paul, Minn.
- Geiser, J. Stephen, 39 North Ave., New Rochelle, N. Y.
- Georger, F. A. M., Cor. 14th and 1 St. N. W., Washington, D. C.
- Gerber, F. E., 601 Columbia Bldg., Cleveland, O.
- Gernhardt, Edward R., 2333 Milwaukee Ave., Logan Square, Chicago, Ill.
- Gerrie, Wm. Alfred, 210-11 Boston Bldg., Pasadena, Cal.
- Gibson, J. H., 1911 W. 3rd St., Dayton, O.
- Giesen, Armin, 1362 Prospect Ave., Bronx, N. Y.
- Gillespie, Geo. D., 335 Stockton St., San Francisco, Cal.
- Glassburn, H. D., Macedonia, Ia.
- Glatfelter, Mrs. C. W., Riverside, Ill.
- Gledhill, W. J., 1530 N. 13th St., Philadelphia, Pa.
- Glendinning, H., East Chicago, Ind.
- Gloden, J. N., Hubbard, Ia.
- Goble & Goble, Beaumont, Tex.
- Goldman, A., 1146 Washburn Ave., Chicago, Ill.
- Goldstein, Isaac, 4001 Grand Ave., Chicago, Ill.
- Gonyer, C. H., 222 Nasby Bldg., Toledo, O.
- Goodrich, J. F., 16 N. Wabash Ave., Chicago, Ill.
- Goodheart, M. H., 221 N. 6th St., Coshocton, O.
- Gordon, W. F., 2236 E. 105th St., Cleveland, O.
- Gore, Dr. M. E., 600 Main St., East Orange, N. J.
- Gorson, M. H., Leroy, N. Y.
- Goss, C. A., 10,513 Lee Ave., Cleveland, O.
- Gottshall, Mollie E., 403-404 Schmidt Blvd., Pittsburgh, Pa.
- Gould, W. C., Hicksville, O.
- Graf, John F., 1039 E. 19th St. N., Portland, Ore.
- Grambow, Dr. Emil, 37 Lent Ave., Hempstead, L. I., N. Y.
- Gramm, Enrique, Paraguay, South America.
- Gray, Geo. W., 921½ Market St., Youngstown, O.
- Gray, G. W., 216 Franklin St., Warren, O.
- Green, L. A., 319 2nd Ave., New York, N. Y.
- Greenewald, V., 31 S. 6th St., Covington, Ky.
- Greenleaf, W. D., Colesville, Sussex County, N. J.
- Gregory, W. E., 716 Louisiana St., Little Rock, Ark.
- Gressman, H., 22 S. Kentucky Ave., Atlantic City, N. J.
- Griffiths, E. E., W. Walnut St., Pittsville, Pa.
- Griggs, Dr. W. E. Henry Beagle Theatre Bldg., Fond du Lac, Wis.
- Grills, L. M., St. Marys, O.
- Grise, H. M., 1432 W. Jackson St., Chicago, Ill.
- Griswold, K. M., State St., Painesville, O.
- Gross, H., 1257 S. Hoover St., Los Angeles, Cal.
- Grossman, A., Rivercrest Manor, Haddam, Conn.
- Grossman, A., 7 E. 116th St., New York, N. Y.
- Grover, Samuel F., 310-17 Alisky Bldg., Portland, Ore.
- Guyer, R. A., 809 Exchange Bldg., Los Angeles, Cal.
- Gwinn, H. M., Petersburg, O.
- Haag, Paul, 1296 Myrtle Ave., Brooklyn, N. Y.
- Haas, E. G., 13,425 Euclid Ave., Cleveland, O.
- Haas, Edw. G., 5418 Lorain Ave., Cleveland, O.
- Haas, Gustave W., 407 Pacific Elect. Bldg., Los Angeles, Cal.
- Hackett, J. N., Ceris, N. Y.
- Hahn, C. F., Wooster, O.
- Hahn, C. F., 8811 Detroit Ave., Cleveland, O.
- Hallbeck, T. E., West Salem, Ill.
- Halstead, Cora F., Marion, N. Y.
- Hampton, H. L., 215 E. Main St., Alliance, O.
- Hanavan, L. C., 6122 Ingle-side Ave., Chicago, Ill.
- Hansen, Allen, Idaho Falls, Idaho.
- Hansler, E. H., 332 N. Jefferson Ave., Peoria, Ill.
- Hardin, Ferguson A., 1204 Marsh-Strong Bldg., Los Angeles, Cal.
- Harper, C., 2151 N. Clark St., Chicago, Ill.
- Harrington, Shelby A., 4322 Vernon Ave., Chicago, Ill.
- Harris, Eula L., Lawrenceburg, Ky.
- Harris, F., 45 W. 34th St., New York, N. Y.
- Harris, Henry, Jersey City, N. J.
- Harris, H. E., 1515 W. Monroe St., Chicago, Ill.
- Harris, Sarah N., 846 E. 47th St., Chicago, Ill.
- Harris, W. A., 111 S. Curtis St., Alhambra, Cal.
- Hartsough, Leroy, 525 S. Claredon Ave., Canton, O.
- Harvey, H. W., 4452 Sheridan Road, Chicago, Ill.
- Haseman, Wm. J., 2215 E. 71st St., Cleveland, O.
- Haskins, J. D., Trimble, O.
- Hatsfield, Mrs., c/o Powell Sanitarium, West 3rd St., Los Angeles, Cal.
- Haussler, Emil H., 322 North Jefferson Ave., Peoria, Ill.
- Havard, Wm. Freeman, 525 S. Ashland Blvd., Chicago, Ill., and 110 E. 41st St., New York, N. Y.
- Haverin, C. F., 28 Lincoln St., Newark, N. J.
- Haveron, R. H., Passaic, N. J.
- Haywey, Mrs. H., 1452 Sheridan Road, Chicago, Ill.
- Hayes, Wm., 138 Leonard St., Jersey City, N. J.
- Hayes, Wm., 276 Mapel St., Secaucus, N. J.
- Haywood, A. P., 515 Utah St., Toledo, O.
- Heck, J. Austin, 1907 S. Clinton Ave., Trenton, N. J.
- Hecker, G. E., Box 15, Connersville, Ind.
- Heckman, D. J., Heckman Sanitarium, Ottumwa, Ia.
- Hedges, A. R., Medford, Ore.
- Heigerick, L. D., 2539 North Kedzie Block, Chicago, Ill.
- Heinze, E. P., Austin, Ill.
- Heinstein, Mrs. A. L., 270 Bowdoin St., Dorchester, Mass.
- Heisser, J. H., 3012 Humboldt Ave. S., Minneapolis, Minn.
- Heldt, Edgar, Pearl River, New York, N. Y.
- Helm, Ora B., Cedar Falls, Ia.
- Helmuth, Wm., 3251 N. Troy St., Chicago, Ill.
- Hemes, Leon, 1244 Walnut Ave., Cleveland, O.
- Henzel, Franklin M., 3149 N. 15th St., Philadelphia, Pa.
- Herbing, Paul C., 1042 Argyle St., Chicago, Ill.
- Herk, V. B., 1055 Colorado St., Chicago, Ill.
- Hess, W. G., 3115 S. Main St., Los Angeles, Cal.
- Heuer, F., 1292 Park Place, Brooklyn, N. Y.
- Heufel, Geo., 1907 S. Clinton Ave., Trenton, N. J.
- Heyler, Charles A., 67 Lincoln St., Jersey City, N. J.
- Higbe, D. N., 15 N. Lincoln St., Chicago, Ill.
- Hilf, S. B., 108 S. Jefferson St., Dayton, O.
- Hillig, O., 1867 Cornelia Ave., Ridgewood, Brooklyn, N. Y.
- Hirsh, Arthur S. W., 137 Summit Ave., West Hoboken, N. J.
- Hobstadt, M. F., 633 Morris Ave., Topeka, Kans.
- Hodge, J. W., Niagara Falls, N. Y.
- Hoeffler, J., 2071 W. 104th St., Cleveland, O.
- Hoegen, Alexander, 334 Alexander Ave., New York, N. Y.
- Hoerlein, H. K., Hood River, Ore.
- Hoff, Fred. H., 2036 St. Paul Ave., Chicago, Ill.
- Hoffman, E. S., 401 State St., Brooklyn, N. Y.
- Hoffman, W. A., 1230 Wright St., Milwaukee, Wis.
- Hofstetter, M., 555 W. 151st St., New York, N. Y.
- Hogan, W., 4200 Grand Blvd., Chicago, Ill.
- Hogue, W. A., 1435 W. Adams St., Chicago, Ill.
- Hohne, G. W., 670 State St., Bridgeport, Conn.
- Holdt, Edgar, Pearl River, New York, N. Y.
- Holmes, E. C., Buchanan Bldg., Portland, Ore.
- Hoisington, Bertha, 713 Wheeling Ave., Cambridge, O.
- Holbrook, Dr. B. F., Sheridan, Wyo.
- Hollister, B. C., 1536 E. 86th St., Cleveland, O.
- Hood, John S., 733 E. 105th St., Cleveland, O.
- Hood, Lizzie M., 733 E. 105th St., Cleveland, O.
- Hoover, H. E., 47 S. Main St., Akron, O.
- Hopkins, R. H., Coquille, Ore.
- Hormell, Mrs. Sophie Lee, 1912 S. Grand Ave., Los Angeles, Cal.
- Horner, L. M., Niagara Falls, N. Y.
- Hough, Frank S., 222 S. 5th Ave., Mt. Vernon, N. Y.
- Houtenbrink, Anthony, 407 S. Ashland Blvd., Chicago, Ill.
- Howard, J. F., 333 S. Dearborn St., Chicago, Ill.

- Howell, J. Sullivan, 230 South State St., Chicago, Ill.
 Hubner, Harry, 5197 Hudson Blvd., North Bergen, N. J.
 Hubner, Louise, 140 4th St., Union Hill, N. J.
 Hummel, A. F., 119 N. Colonial Ave., Lancaster, O.
 Hummel, Nellie, 119 North Columbus St., Lancaster, O.
 Hutchinson, A. W., 514 5th St., Marietta, O.
 Ihrig, J. M., 140 W. Jefferson St., Springfield, O.
 Ikerman, J. W., 431 E. Market St., Warren, O.
 Ingham, Dr. E. H., 1181 Harold Ave., Portland, Ore.
 Ingram, Silas, 9 Riddle Block, Ravenna, O.
 Inman, I. I., Millgrave, Ind.
 Ipcer, Aaron, 1348 Millicent St., Youngstown, O.
 Irving, Montgomery, 5th Ave. Bldg., 200 Fifth Ave., New York, N. Y.
 Israel, Benj., Holly, Cal.
 Iwerson, Frederick W., 1553 W. Madison St., Chicago, Ill.
 Iyer, D. Visweswara, 26 College Hotel, Mysore, S. India.
 Jackson, H. H., 206 West Ave., Medina, N. Y.
 Jacobs, Samuel, 29 Halsey St., Newark, N. J.
 Jacobs, Samuel, 163 Ludlow St., New York, N. Y.
 Jaloraara, A. V. S., 85 Main St., Mattewan, N. J.
 James, F. L., 407 Lincoln Bldg., Champaign, Ill.
 Jansheski, C. A., 124 N. Wayne St., Piqua, O.
 Jasper, Lena, Edgewater Beach Hotel, Chicago, Ill.
 Jefferson, Alpha A., Lincoln, Cal.
 Jennings, Theodore T., 295 Springfield Ave., Newark, N. J.
 Jensen, Chas. L., 327 W. 24th St., New York, N. Y.
 Johnson, A. S., Struthers, O.
 Johnson, Clara, 1004 E. 105th St., Cleveland, O.
 Johnson, D. W., 14,507 Detroit Ave., Lakewood, O.
 Johnson, F. J., Urichville, O.
 Johnson, Frank, 808 Summit St., Aberdeen, Wash.
 Johnson, Homer L., Oskaloosa, Ia.
 Johnson, Melissa, Struthers, O.
 Johnson, P. E., 121 North Wabash Ave., Chicago, Ill.
 Johnson, T. D., 1004 E. 105th St., Cleveland, O.
 Johnston, Martha, Custar, O.
 Jolley, John F., 3733 Occidental Ave., Los Angeles, Cal.
 Jones, B., 3928 5th Ave., Pittsburgh, Pa.
 Jones, D., 524 S. Ashland Blvd., Chicago, Ill.
 Jones, Eli C., 879 W. Ferry St., Buffalo, N. Y.
 Joven, B., 430 E. 65th St., New York, N. Y.
 Julien, E. A., Turlock, Cal.
 Jurva, O. O., 178 E. 60th St., Portland, Ore.
 Kahn, H. I., Box 25, Liberty, N. J.
 Kaltwasser, H., 908 Willow Ave., Hoboken, N. J.
 Kane, M., 17 S. Fifth Ave., LaGrange, Ill.
 Kankler, Wm. H., 504 Columbia Bldg., Duluth, Minn.
 Karpen, Henry, 16 W. 36th St., New York, N. Y.
 Kay, Edith, 7530 Sangamon St., Chicago, Ill.
 Kayser, F. T., 673 E. 216th St., New York, N. Y.
 Keck, Mrs. M. B., 9110 Wade Park Ave., Cleveland, O.
 Keenan, Wm., 724 Market St., Sandusky, O.
 Keep, F. A., 1045 Lincoln St., Denver, Col.
 Keene & Keene, State St., Rochester, N. Y.
 Kelly, Miss Adah, 301 W. 55th St., New York, N. Y.
 Kelly, A. N., North Bend, O.
 Kelly, O. G., 507 Schwind Bldg., Dayton, O.
 Kelso, James, 246 W. State St., Columbus, O.
 Kennard, Alta M., Whittier, Cal.
 Kepperling, Ira L., 445 Miltmore St., Reading, Pa.
 Kesselmeire, C. F., Salem, O.
 Kidder, Edward E., Harmony, Minn.
 Kilberg, N., 525 S. Ashland Blvd., Chicago, Ill.
 Killen, J. Francis, 2161 Sutter St., San Francisco, Cal.
 Kinder, M., 69 Central Ave., Ridgefield Park, N. J.
 King, Edward C., Coffeyville, Kans.
 King, Fred., 4200 Grand Ave., Chicago, Ill.
 Kingsbury, Henrietta, East Cleveland, O.
 Kirkpatrick, J. R., 221 Ashland Blvd., Chicago, Ill.
 Kissling, H. J., 2723 Ocean Ave., Dermont, Pittsburgh, Pa.
 Klawitter, Wm., 821 S. 5th St., La Crosse, Wis.
 Kleber, Ernest A., Kleber Sanitarium, Alpena, Mich.
 Kloman, Winona, 8-10 Mitchell Bldg., Cincinnati, O.
 Klopferstein, W. H., Detroit, Mich.
 Klug, Rudolph J., 323 Monmouth St., Gloucester City, N. J.
 Knopf, Oscar, 236 S. Ashland Blvd., Chicago, Ill.
 Knowles, C. H., Riddle Bldg., Ravenna, O.
 Koran, Miss Eleanor, 327 W. Arch St., Nevada, Mo.
 Korte, H. G., 5479 Dorchester Ave., Chicago, Ill.
 Krantz, H. J., 305-7 Spitzer Bldg., Toledo, O.
 Kratz, J. C., 1415 Monroe St., Chicago, Ill.
 Kremer, Herman, 63 25th St., Elmhurst, L. I., N. Y.
 Krueger, W. F. H., 139 Irving Ave., Brooklyn, N. Y.
 Kruger, Katherine, 608 South Ashland Blvd., Chicago, Ill.
 Kuhlow, Anna, 1397 Giddings Road, Cleveland, O.
 Kuhlow, E. J., 1397 Giddings Road, Cleveland, O.
 Kunert, W. Frank, La Crosse, Wis.
 Kunkle, R. H., 2041 E. 90th St., Cleveland, O.
 Kupferschmid, G., 168-70 East 81st St., New York, N. Y.
 Kvitrud, Henry, Opera Block, Rooms 7-8, Crookston, Minn.
 LaCour, Carl, Dixon, Ill.
 La Freniere, Arthur E., 18 Hazel St., Hartford, Conn.
 Lamb, Joseph J., 1252 Franklin St., Pittsburgh, Pa.
 Lamprecht, K., c/o The Chiropractic College, San Antonio, Tex.
 Lance, P. C., 1531 W. Adams St., Chicago, Ill.
 Lane, Henry, 1386 W. Randolph St., Chicago, Ill.
 Lang, Allan, Hubbard, O.
 Lankford, M. C., 1531 Congress St., Chicago, Ill.
 Larsen, G. C. W., 23 Polk St., Guttenberg, N. J.
 Lantatt, James E., 13 Eugene Place, Silver Lake, N. J.
 Larkins, J. W., Sioux Falls, S. D.
 Larson, Jennie W., 2535 North California Ave., Chicago, Ill.
 Lauby, Geo. E., 311 Hall Blk., Howard and Market Sts., Akron, O.
 Lauffenberger, Edyth A., 2919 North Clark St., Chicago, Ill.
 Lauterwasser, Chas., 252 Littleton Ave., Newark, N. J.
 La Vine, S. H., Rochester, N. Y.
 Lawler, Dr. D. Evan, 2726 S. 10th St., Omaha, Nebr.
 Leavitt, Sheldon, 4665 Lake Park Ave., Chicago, Ill.
 Leahy, Francis J., St. Joseph Sanitarium, Mount Clemens, Mich.
 Lee, 125 W. 58th St., New York, N. Y.
 Leidheiser, Mrs. J. W., Vermilion, O.
 Lembke, Herbert, 4200 South Grand Blvd., Chicago, Ill.
 Leonard, E. E., Hillsboro, O.
 Leonard, H. N., 1347 West Adams St., Chicago, Ill.
 Le Pompadour, 27 Cune St., St. Augustine, Fla.
 Leshy, Francis J., St. Joseph Sanitarium, Mount Clemens, Mich.
 Leubke, Ottillie, 6733 Stony Island Ave., Chicago, Ill.
 Levanzin, A., 265 22nd St., San Diego, Cal.
 Levers, M. E., Woolner Bldg., Peoria, Ill.
 Lewis, Cora M., 7909 Euclid Ave., Cleveland, O.
 Lewis, Cora N., 73 East Evergreen St., Youngstown, O.
 Lewis, Joe R., 307-8 Mahoning Bldg., Youngstown, O.
 Lewis, Lucile, 119 St. Botolph St., Boston, Mass.
 Lewis, P. E., Tigard, Ore.
 Lewis, Velda, Downs, Kans.
 Licata, Francis, Middlesex Hospital, East Cambridge, Mass.
 Licata, Francis, 119 Guernsey St., Brooklyn, N. Y.
 Liden, E. J., 608 South Ashland Blvd., Chicago, Ill.
 Liebau, John, 64 East Van Buren St., Chicago, Ill.
 Lillibridge, Ray A., 771 Main St., Buffalo, N. Y.
 Limperick, 414 Jefferson St., Joliet, Ill.

- Lindholm, Wm., 66 Maplewood Ave., Bridgeport, Conn.
 Lindlahr, H., 525 S. Ashland Blvd., Chicago, Ill.
 Lisley, J. E., 153½ N. Elm St., Warren, O.
 Livers, Louis S., 813 6th St., Canton, O.
 Livesey, Henry P., 138 Kearney Ave., Arlington, N. J.
 Loban, J. M., 130 S. Fairmount St., Pittsburgh, Pa.
 Loney, A. M., 821 W. L. Hollingswood Bldg., Los Angeles, Cal.
 Loney, Mrs. Carrie, 821 W. L. Angeles, Cal.
 Long, I. W., 5 Wesley Block, Columbus, O.
 Loranger, J. E., 506 Hodges Bldg., Detroit, Mich.
 Lorimer, Thos. S., 406 W. Exchange St., Akron, O.
 Lovell, Judson C., First Nat'l Bank Bldg., Long Beach, Cal.
 Luke, A. W., 333 Darsie St., Pittsburgh, Pa.
 Luepke, J., Welga, Ill.
 Lunt, R. W., 6006 Linwood Ave., Cleveland, O.
 Lust, Benedict, 110 E. 41st St., New York, N. Y.
 Lust, Benedict, Butler, N. J.
 Lust, Benedict, Tangerine, Fla.
 Lust, Louisa, Butler, N. J.
 Lust, Louis, 100 E. 105th St., New York, N. Y.
 Lutz, N. A., Bucyrus, O.
 Lynd, W. Bruce, 514 Ridge Arcade, Kansas City, Mo.
 Lytle, Alfred J., 904 Main St., Hartford, Conn.
 MacCarthy, E. N., 100 N. Hamlin Ave., Chicago, Ill.
 MacCarthy, E. V., 216 S. Laflin St., Chicago, Ill.
 MacCarthy, P. N., 100 Hamlin Ave., Chicago, Ill.
 Macfadden, Bernarr, Flatiron Bldg., New York, N. Y.
 MacFadden, Charles, Suite 5-6, Temple Bldg., Bad Axe, Mich.
 Mackin, Mary C., 525 Cleveland Ave., Canton, O.
 Mackin, R., 525 Cleveland Ave., Canton, O.
 MacMickle, Portland, Ore.
 MacNaughton, Helen, 121 E. 29th St., New York, N. Y.
 Madison, Rodney, 311-13 Grant Bldg., Los Angeles, Cal.
 Maguire, E. J., Salem, O.
 Malcolm, Harry, 931 11th St. N. E., Washington, D. C.
 Malin, G. F., 211 Zweig Bldg., Bellaire, O.
 Mansfeldt, Mrs. O. C., 1654 Farwell Ave., Chicago, Ill.
 Mapes, N. J., 318 Euclid Ave., Cleveland, O.
 Marble, E. L., 746 Independence Blvd., Chicago, Ill.
 Margah, N. L., 214½ W. Main St., Bellevue, O.
 Marklin, Rudolph, 1528 Estes Ave., Chicago, Ill.
 Marsh, John D., Hornell, N. Y.
 Marshall, R. H., 844 Home Ave., Oak Park, Chicago, Ill.
 Marsland, Mme. F., 79 S. 7th St., Newark, N. J.
 Marslin, R., 328 Walsh Block, Akron, O.
 Martin, J. P., 1761 Sedgwick St., Chicago, Ill.
 Marx, Ellen, Lafayette, La.
 Massey, Wm., 218 N. Huntington St., Medina, O.
 Mather, A. R., 1115 W. 54th St., Los Angeles, Cal.
 Mathews, Texarkana, Ark.
 Mathias, G. L., Cen. Office Bldg., Akron, O.
 Matijaca, Anthony, 413 Cass St., Joliet, Ill.
 Maussert, O., 1854 Fillmore St., San Francisco, Cal.
 Mayer, E., 1127 Chestnut St., Richmond Hill, L. I., N. Y.
 McAndrew, C. A., W. 6th St., East Liverpool, O.
 McBurney, M. R., 918 Broadway Central Bldg., Los Angeles, Cal.
 McCartney, Geo., 121 W. 3rd St., Jamestown, N. Y.
 McClain, Warren, 740 Will St., Mount Washington, Pittsburgh, Pa.
 McCormack, A., 4210 Wilcox St., Chicago, Ill.
 McCrosky, John A., 4200 S. Grand Blvd., Chicago, Ill.
 McCoy, Frank, 309-19 Citizens' Nat'l Bank Bldg., Los Angeles, Cal.
 McCrea, C. T., 1272 Euclid Ave., Cleveland, O.
 McDonald, E. E., Hillsboro, O.
 McDonald, H. W., Jr., Hillsboro, O.
 McDonald, J. R., 225 Cleveland Ave., Canton, O.
 McDonald, S. E., Bushnell, Ill.
 McGilwey, Mrs. Ella M., 3 Temple Court, Los Angeles, Cal.
 McIntyre, Ella, 825 North Dearborn St., Chicago, Ill.
 McKee, Mary, 99 Broad St., Newark, N. J.
 McKendree, M. G., 14 Reed & Murray Block, Bowling Green, O.
 McLain, D. R., 515 Broadway, Toledo, O.
 McLouth, C. Louis, 5328 South Park Ave., Chicago, Ill.
 McMeekin, Hazel, 2935 Prairie Ave., Chicago, Ill.
 McNamara, R. E., 307 Majestic Bldg., Quincy, Ill.
 McNeer, Valentine, Lissie, Tex.
 McWay, Sarah A., Ravenna, O.
 Medard, J. F., 216 S. Main St., Marion, O.
 Meeker, G. D., 8-10 Mitchell Bldg., Cincinnati, O.
 Meier, H. W., Main St., Ashtabula, O.
 Meier, Louise C., Nashua, Ia.
 Meleen, N. F., 135 12th St., Portland, Ore.
 Menges, A. B., 1304 E. 91st St., Cleveland, O.
 Messenger, J. A., 212 East Adam St., Phoenix, Ariz.
 Metcalf, J. O., 306 Schultz Bldg., Columbus, O.
 Method, J. D., 1234 E. Norwood St., Toledo, O.
 Metskas, M., 6258 Archer Ave., Argo, Ill.
 Meyer, Carolina, Box 185, Butler, N. J.
 Meyer, John W. H., 1947 E'way, New York, N. Y.
 Michelhenay, Mrs. H., Ohio City, Lima, O.
 Milan, Thos., La Salle, Ill.
 Mildenerberger, Chas., Terminal Bldg., 68 Hudson St., Hoboken, N. J.
 Miles, T. M., 2507 Archwood Ave., Cleveland, O.
 Miligan, A. Lee, Mulberry, Ind.
 Miller, Agnes, 785 E. 105th St., Cleveland, O.
 Miller, Bessie R., Fairview, La.
 Miller, D. S., 210 Cincinnati Bldg., Lima, O.
 Miller, F. E., Battle Creek, Mich.
 Miller, L. S., 421 S. Ashland Ave., Chicago, Ill.
 Miller, Margaret, Hillsboro, O.
 Mills, C. E., 1432 Jackson Blvd., Chicago, Ill.
 Mitchell, H. L., 71 Orange St., Brooklyn, N. Y.
 Moates, Chas. H., 250 S. Second St., Oakland, Cal.
 Mols, J. P., 469 Rest St., Buffalo, N. Y.
 Monahan, E. P., 843 Judson Ave., Evanston, Ill.
 Monce, E. A., St. Bank Bldg., Canal Dover, O.
 Monroe, Daisy, 10,507 Superior Ave., Cleveland, O.
 Monroe, E. C., 10,507 Superior Ave., Cleveland, O.
 Mooney, Frank W., 1516 East 64th St., Chicago, Ill.
 Morgan, J. D., 37 Steele St., Eureka Springs, Ark.
 Morlian, V., Troy, N. Y.
 Morrison, S. B., 1402 F St., Washington, D. C.
 Morales, Miguel, 911 Security Bldg., Chicago, Ill.
 Moseley, F. H., Walnut St., Rockport, Ill.
 Moser, C. H., 1337 W. Adams St., Chicago, Ill.
 Moser, Fritz, Nordheim, Tex.
 Moss, Flora, 1130 N. Walnut St., Danville, Ill.
 Moss, J. J., Winnfield, La.
 Muckley, F., 330 E. 21st St., Lorain, O.
 Muller, John, 64 W. Oak St., Chicago, Ill.
 Mumper, C. A., Everett Block, Akron, O.
 Munro, W. D., 1044 Chapel St., New Haven, Conn.
 Muschynski, Thomas F., c/o "Yungborn," Butler, N. J.
 Mussler, H. J., Andrew, O.
 Myers, W. F., 725 N. York Ave., Toledo, O.
 Nachbar, M., 431 5th Ave., New York, N. Y.
 Naimann, H. A., 1531 West Congress St., Chicago, Ill.
 Nair, H. E., No. 1, Box 69, Niles, O.
 Neagley, Asia L., 16 Fargo St., Pittsburgh, Pa.
 Neary, J. F., 487 Kosciusko St., Brooklyn, N. Y.
 Neenan, R. J., 6th St. and Broadway, Los Angeles, Cal.
 Neis, W. A., 710 National Union Bldg., Toledo, O.
 Neldon, Frank P., Noblesville, Ind.
 Nellis, Chas. M., 275 W. Main St., Meriden, Conn.
 Nelson, Axel S., 1813 North 2nd St., Omaha, Nebr.
 Nelson, Joseph, General Del., Youngstown, O.
 Nelson, Clara K., 4200 S. Grand Blvd., Chicago, Ill.
 Nelson, M. F., 405 8th St., Fargo, N. D.

- Nelson, N. F., 135 12th St., Portland, Ore.
 Nelson, P., 610 S. 12th St., Burlington, Ia.
 Neovius, Geo. F., 30 N. Michigan Ave., Chicago, Ill.
 Nesmith, M. L., Custar, O.
 Neuworth, J., 329 Center St., Chicago, Ill.
 Newcomer, J. J., 836 S. Arch St., Alliance, O.
 Newton, J. H., Toulon, Ill.
 Neumann, A. J., 303 Stone Ave., Brooklyn, N. Y.
 Nicca, Margaret, 1532 West Adams St., Chicago, Ill.
 Nick, P., P. O. Box 1743, Los Angeles, Cal.
 Nickols, J. A., R. No. 65, Greenfield, O.
 Nicola, Stephen, 16 Beaver St., New York, N. Y.
 Niles, T. M., 2507 Archwood St., Cleveland, O.
 Nora, D. E., 361 E. 30th St., Chicago, Ill.
 Norg, A. T., E. 55th St. and Euclid Ave., Cleveland, O.
 Norris, C. E., 226 Main St., Bowling Green, O.
 Novy, A. T., 201 Penn. Square, Bldg., Cleveland, O.
 Nunvar, A. G., 363 Arcade, Cleveland, O.
 Oakley, Nelson C., San Diego, Cal.
 Ochsner, B. O., 144 Main St., Onida, N. Y.
 Oehlecker, Anna, Mt. Dora, Fla.
 Oehlecker, Louis N. R., Mt. Dora, Fla.
 Oelcker, Louis M., Highland Sanitarium, Mount Dora, Fla.
 Ogden, H. T., Port Jefferson, O.
 Olds, E. O., 120 W. Chestnut St., Washington, Pa.
 O'Neil, G. M., 849-50 Ohio Bldg., Toledo, O.
 O'Neil, Helen S., 849-50 Ohio Bldg., Toledo, O.
 O'Neil, W. H., 210 Parkway Bldg., Philadelphia, Pa.
 Opland, Martha B., 1117 Marshall Ave., Mattoon, Ill.
 Opland, Nelson H., 1117 Marshall Ave., Mattoon, Ill.
 Orloff, Alexia S., 4520 Abbot Ave. S., Minneapolis, Minn.
 Ortmeyer, A. H., 115 Edgar St., Evansville, Ind.
 Osborn, H. M., 1432 Jackson St., Chicago, Ill.
 Oswalt, John, 302 E. Market St., Warren, O.
 Palotay, Julius A., 220 Wright and Call Bldg., Los Angeles, Cal.
 Palotay, J. A., 421 Broadway Central Bldg., Los Angeles, Cal.
 Papathopoulos, N. P., 14 East 38th St., New York, N. Y.
 Paré, J., 2310 Valentine Ave., New York, N. Y.
 Parks, Mrs. P. D., Turley Bldg., Portsmouth, O.
 Patterson, S. R., Springfield, O.
 Patton, R. Edwin, 131 W. 18th St., Erie, Pa.
 Pay, J. W., Milbank, S. D.
 Perkins, Dr. Edward J., c/o Band, 30th Inf., U. S. A., Syracuse, N. Y.
 Perkins, Edw. J., Plattsburg, N. Y. (In National Service.)
 Payne, Dr., 47 W. 34th St., New York, N. Y.
 Pery, Mrs. Nellie F., Los Angeles, Cal.
 Peterson, A. M., Central Hospital, Jacksonville, Ill.
 Peterson, R. H., 7600 Hough Ave., Cleveland, O.
 Petra, Amanda C., 53 Parnell Ave., Dayton, O.
 Petzold, M., 3007 South Tripp Ave., Chicago, Ill.
 Pfeifer, I., 332 S. 16th St., Newark, N. J.
 Philbreck, N. W., 326 Consolidated Realty Bldg., Los Angeles, Cal.
 Phillips, A., Room 3456, over P. O., Chawnee, Okla.
 Phillips, B. J., Joplin, N. J.
 Picon, J. A., 312 Columbia Trust Bldg., Los Angeles, Cal.
 Pierce, J. Elwood, 1030 Wolf St., Philadelphia, Pa.
 Pilstrom, David, Struthers, O.
 Pinz, Ferdinand A., 416 E. 77th St., New York, N. Y.
 Pitcher, Alonzo, Cloversville, O.
 Plotneko, Even E., 362 Kearney St., San Francisco, Cal.
 Pochet, Virginia C., 346 Garfield Ave., Chicago, Ill.
 Pollard, C. E., 1515 Monroe St., Chicago, Ill.
 Pollock, W. D., 154 27th St., San Francisco, Cal.
 Polmanteer, V. L., 301 Mercantile Library Bldg., Cincinnati, O.
 Poore, H. R., 361 North Galena St., Freeport, Ill.
 Pope, H. F., 107 Meigs Bldg., Bridgeport, Conn.
 Porter, Geo. E., 127 Edgerly Bldg., Fresno, Cal.
 Powell, L. M., Groton, Mass.
 Powers & Delaney, 1968½ E. 1st St., Los Angeles, Cal.
 Pratt, A. A., Box 907, Binghamton, N. Y.
 Pratt, Miss A. L., Rest Home, Virginia Beach, Va.
 Prentice, H. H., 8311 Euclid Ave., Room 201, Cleveland, O.
 Prillwitz, Otto von, Marlin, Tex.
 Pryke, A. Edw., West Side Y. M. C. A., Chicago, Ill.
 Puderbach, 998 Putnam Ave., Brooklyn, N. Y.
 Purinton, E. E., Morgantown, W. Va.
 Rabinovich, H., 1326 S. Lawndale Ave., Chicago, Ill.
 Race, H. L., 258 Hancock St., Brooklyn, N. Y.
 Raine, L. M., 2248 W. 95th St., Cleveland, O.
 Raine, W. H., 6509 Detroit Ave., Cleveland, O.
 Rairden, N. B., 4618 S. Figuereia St., Los Angeles, Cal.
 Ralston, Cora E., 327 N. 4th St., Steubenville, O.
 Ramus, Hattie E., Post Office Bldg., Cañon City, Col.
 Ramsdall, Gladys, 4124 Vincennes Ave., Chicago, Ill.
 Rathbun, B. P., Springfield, O.
 Rauffs, Fred F., 305 Flatiron Bldg., Akron, O.
 Rawson, Guy Allison, 1549 Echo Park Ave., Los Angeles, Cal.
 Rebman, F. B., Youngstown, O.
 Reece, Wm. R., Huntington Park, Cal.
 Rees, John T., 464 E. Colorado St., Pasadena, Cal.
 Rehfeld, J., 1817 N. 19th St., Philadelphia, Pa.
 Reichmann, H., 2011 Madison Ave., New York, N. Y.
 Reichter, Crown Point, Ind.
 Reid, A. J., 7001 N. Paulina St., Chicago, Ill.
 Reid, W. A., Pres't, Standard School of Chiropractic and Naturopathy, Davenport, Ia.
 Reif, Theodore, 901 Stratford Road, Los Angeles, Cal.
 Reinhold, A. M., 700 Laguna St., Los Angeles, Cal.
 Reisenweber, F. W., 213 E. 15th St., Olympia, Wash.
 Reitmeier, J. H., R. No. 1, Box 23, Minster, O.
 Rene, Jessie A., 4200 S. Grand Blvd., Chicago, Ill.
 Ressler, J. M., 10,729 Gooding Ave., Cleveland, O.
 Reynolds, H. D., 116 Schoffmaster Bldg., Conneaut, O.
 Rice, E. C., Norman, Okla.
 Rice, Oscar, 2118 W. North Ave., Chicago, Ill.
 Richards, M. F., 3242 Monroe St., Toledo, O.
 Richards, Ralph A., Lock Box 137, Neponset, Ill.
 Richardson, E. E., 620 Mack Bldg., Denver, Colo.
 Richardson, Geo. Art., 511 Washington Bldg., Los Angeles, Cal.
 Richardson, Mrs. Osa B., 1731 S. Vermont Ave., Los Angeles, Cal.
 Riese, Jos., 402 S. 7th St., La Crosse, Wis.
 Riley, J. Shelby, 1116 F St. N. W., Washington, D. C.
 Ritchie, Jas. J., 1344 Oak St., Los Angeles, Cal.
 Rittmeyer, 1127 Washington St., Hoboken, N. J.
 Robbins, E. W., 1321 S. Union Ave., Los Angeles, Cal.
 Roberts, A. C., Milwaukee, Wis.
 Roberts, H., Box 654, Milwaukee, Wis.
 Robeson, C. S., Knox Co., Danville, O.
 Roeb, Ernst, 1560 Myrtle Ave., Brooklyn, N. Y.
 Roessell, Paul E., 408 12th St., Miami, Fla.
 Rogers, L. D., 546 Surf St., Chicago, Ill.
 Rogers, J. E., 452 Nicholas Bldg., Toledo, O.
 Rokosowsky, Alex., 2571 Main St., Buffalo, N. Y.
 Roller, B. T., 166 W. 72nd St., New York, N. Y.
 Root, F. J., Park Hotel, Chardon, O.
 Rose, F. C., 350 W. 20th St., New York, N. Y.
 Rosensteel, E. S., 3014 Wadlow St., Pittsburgh, Pa.
 Rosenthal, H. H., Room 3, Snowdon Bldg., Brownsville, Pa.
 Roth, C. L., Chenos, Ill.
 Rounds, Earl, 4200 S. Grand Blvd., Chicago, Ill.
 Rubin, H., 1689 Pitkin Ave., Brooklyn, N. Y.
 Runblum, E., 558 Mercer St., Jersey City, N. J.

- Runion, Wm. P., Shepard, O.
Rupe, Miss Louise V., 20
Franklin St., San Francisco,
Cal.
- Russel, E. J., 214 E. State St.,
Columbus, O.
- Russel, W. E., 214 E. State
St., Columbus, O.
- Rutledge, C., Pemberville, O.
- Rutschow, Henry A., 829
Booth St., Toledo, O.
- Sager, E. T., Magnetic
Springs, O.
- Sahr, Louise, 2 Ave. East,
Williston, N. D.
- Sahr, N. H. C., 54 Main St.,
Williston, N. D.
- Salak, George, 1550 Holmes
Ave., Racine, Wis.
- Sampson, Roy, Petersburg,
Ill.
- Sampson, S., 850 E. 47th St.,
Chicago, Ill.
- Sands, C. M., 1497 W. Fort St.,
Detroit, Mich.
- Sargent, J. W., 424 Bowen
Ave., Chicago, Ill.
- Sawyer, Geo. H., 5 Wilson St.,
Irvington, N. J.
- Saxby, G. O., 198½ Main St.,
Ashtabula, O.
- Sayers, W. R., Sidney, O.
- Schade, W. J., Lancaster, Wis.
- Schaefer, Joseph, 23 Barclay
St., New York, N. Y.
- Schaffer, A., 203 S. 5th St.,
Columbus, O.
- Schannon, M. A., 855 E. 72nd
St., New York, N. Y.
- Scher, Bertha, 665 5th Ave.,
New York, N. Y.
- Schieltenbach, Theo. E., 139
York Ave., Paterson, N. J.
- Schillig, G. J., Case Blk.,
Norwalk, O.
- Schillig, Joe, Oberlin, O.
- Schilling, C. E., 106 W. Pearl
St., Chicago Junction, O.
- Schirmer, H. J., Guttenberg, O.
- Schmeickel, J. M., 1129 North
Lang St., Pittsburgh, Pa.
- Schmidt, A. S., Braddock, Pa.
- Schneider, John D., 1592 Clay
St., Dubuque, Ia.
- Schoeller, Julius, c/o Lafay-
ette Hotel, Albany, N. Y.
- Schorr, H., 1401 E. Murdock
Ave., Wichita, Kans.
- Schrier, L., 92 Lexington Ave.,
Brooklyn, N. Y.
- Schueller, J. J., 33 Louis Blk.,
Dayton, O.
- Schuster, S., 43 N. Phelps St.,
Youngstown, O.
- Schwartz, H. C., 1228 East
Genesee St., Syracuse, N. Y.
- Scobie, Miss E., 3850 Indiana
Ave., Chicago, Ill.
- Scott, I. W., 23 Crozier St.,
Akron, O.
- Scott, John S., 453 3rd St.,
Pitcairn, Pa.
- Sebring, 6th Floor, Mercan-
tile Bldg., Rochester, N. Y.
- Secrest, Wm. B., Logan, Utah.
- Seed, Dr. Sirson T., 125 Cleve-
land Ave., Canton, O.
- Seed, Susan T., 125 S. Cleve-
land Ave., Canton, O.
- Seifert, E. F., 437½ W. Park
St., Oklahoma City, Okla.
- Seltzer, Harry, 100 S. 18th St.,
Pittsburgh, Pa.
- Service, Emma R., 609 Ex-
change Bldg., Los Angeles,
Cal.
- Shande, L. W., Box 124,
Keytesville, Mo.
- Shaw, Fred., 218 S. Front St.,
Cuyahoga Falls, O.
- Shaw, John Allen, 610
Chamber of Commerce
Bldg., Richmond, Va.
- Shaw, Robt. J., 15 Morton
Place, Jersey City, N. J.
- Sherman, C. C., 612 Euclid
Ave., Cleveland, O.
- Sherman, C. C., Chagrin Falls,
O.
- Shewalter, Dr. Chester, 328
Walsh Block, Akron, O.
- Shewalter, C. A., 120 N. Front
St., Cuyahoga Falls, O.
- Shields, Susan, 1777 Broad-
way, New York, N. Y.
- Shoemaker, W., Portage St.,
Cuyahoga Falls, O.
- Shreve, Ralph W., 525 S. Ash-
land Blvd., Chicago, Ill.
- Simon, J. P., La Grange, Ill.
- Singer, O. U., 234 Park Ave.,
Plainview, N. J.
- Sizer, E. R., Willamette, Ore.
- Sjogren, Otto, 2 E. 33rd St.,
New York, N. Y.
- Skeels, R. H., 15½ W. High
St., Mt. Vernon, O.
- Slaughter, Laura, 1018 Green-
lawn Ave., Cleveland, O.
- Smakal, Mrs. Mary, 3250 East
49th St., Cleveland, O.
- Smedley, E. D., Camden, N. J.
- Smith, C. C., Watertown,
Conn.
- Smith, Chas. Oscar, 717 9th
Ave., North Valley City,
N. D.
- Smith, Chas. E., 1708 Warren
Ave., Chicago, Ill.
- Smith, F. B., 1024 Main St.,
Bridgeport, Conn.
- Smith, Frank C., 122 Bigelow
St., Newark, N. J.
- Smith, F. D., Chicago, Ill.
- Smith, Geo. E., 30 Huntington
Ave., Boston, Mass.
- Smith, V. White, 1024 Oak-
dale Ave., Chicago, Ill.
- Smith, Walter R., 20 David-
son Bldg., Sioux City, Ia.
- Snyder, Dan, Kendallville,
Ind.
- Snyder, E. C., 301 Ewing
Bldg., Findlay, O.
- Snyder, Harvey H., 1553 W.
Madison St., Chicago, Ill.
- Soeros, Sigurd S., 4200 South
Grand Blvd., Chicago, Ill.
- Solem, Harold, Oakes, N. D.
- Somerville, Davena P., 10
Clay St., Rochester, N. Y.
- Sonderegger, Miss Hilda, 812
Highpoint Ave., West
Hoboken, N. J.
- Sonntag, Alfred G., Palmer,
Kans.
- Spangler, Alie W., 525 South
Ashland Blvd., Chicago, Ill.
- Spangler, H., 117 Avon Ave.,
Newark, N. J.
- Spones, J. C., 46 Broadway,
Toledo, O.
- Springer, A. J., Crooksville, O.
- Squiers, Mabel, 2119 Ashland
Ave., Toledo, O.
- Staads, Dr. S., Sioux City, Ia.
- Staden, Caroline, 937 Bush-
wick Ave., Brooklyn, N. Y.
- Staden, Ludwig, 937 Bush-
wick Ave., Brooklyn, N. Y.
- Staeble, F. C., 154 Kingsland
Ave., Corona, L. I., N. Y.
- Stahl, Frank J., 1264 Lexing-
ton Ave., New York, N. Y.
- Stahlschmidt, Oskar, Comfort,
Tex.
- Standish, Margaret A., Long
Island, Ala.
- Stangen, Dr. Ernest, 657 Clas-
son Ave., Brooklyn, N. Y.
- Stanley, Carrie E., 151 Pleas-
ant St., Winchendon, Mass.
- Stark, Gertrude, 406 Ever-
green Ave., Brooklyn, N. Y.
- Steenrod, Sarah H., 31 Illinois
Ave., Dayton, O.
- Steinmann's Baths, 57½ Sumner
Ave., Brooklyn, N. Y.
- Steinmann, Wm., 57½ Sumner
Ave., Brooklyn, N. Y.
- Stevens, L. R., 11 Thomas St.,
Newark, N. J.
- Stickle, Mary, 79 Halsey St.,
Newark, N. J.
- Stiener, O. R., 230 Akron
Savings and Loan Bldg.,
Akron, O.
- Stiers, W. M., Cadiz, O.
- Stippich, Wm. H., 222 E. Main
St., Meriden, Conn.
- Stock, C. E., 1563 Fair Mount
Way, Los Angeles, Cal.
- Stock, W. F., 225 Cleveland
Ave., Canton, O.
- Stokes, Paul S., Mount
Vernon, O.
- Stone, Anna L., 4045 Calumet
Ave., Chicago, Ill.
- Storm, H., Fairview, N. J.
- Strand, Ida E., 501 Dollar
Bank Bldg., Youngstown, O.
- Strand, P. H., 501 Dollar
Bank Bldg., Youngstown, O.
- Strayer, W. A., 329½ 12th St.,
Miami, Fla.
- Streb, J. H., E. Federal St.,
Youngstown, O.
- Strehl, G. B., Middleton, O.
- Stretch, Edward K., 617 Trap-
hagen St., West Hoboken,
N. J.
- Strickert, Geo. T., 228-a
Palmetto St., Brooklyn,
N. Y.
- Strickler, D. T., 112 E. Broad
St., Columbus, O.
- Strobel, Richard, 3702 Hudson
Blvd., Jersey City, N. J.
- Strueh, Carl, 32 N. State St.,
Chicago, Ill.
- Strueh, C., McHenry, Ill.
- Stuart, Fannie, 4200 S. Grand
Blvd., Chicago, Ill.
- Strupe, Clarence H., 1213
Indian Ave., Spokane,
Wash.
- Stupnicki, M., 3109 S. Morgan
St., Chicago, Ill.
- Sturges, A. B., 113 S. Main St.,
Wallingford, Conn.
- Sturla, Louis, 1342 W. Con-
gress St., Chicago, Ill.
- Sturs, W. W., Harris Co.,
Cadiz, O.
- Summers, Lorne A., 5411
Ellis Ave., Chicago, Ill.
- Sutorius, L., 1129 Addison St.,
Chicago, Ill.
- Swenson, J. E., 4124 Vincen-
nes Ave., Chicago, Ill.
- Swingle, M. P., 1770 Demont
Ave., Cleveland, O.
- Symons, W. C., 505 Mercantile
Library Bldg., Cincinnati,
O.
- Synn, H. H., Summit Bldg.,
Cadiz, O.
- System, Marinello, 723 11th
St. N. W., Washington, D. C.
- Taylor, C. B., 119½ S. Wash-
ington St., Tiffin, O.
- Taylor, Nellie, 119½ S. Wash-
ington St., Tiffin, O.
- Teal, J. T., Chicago, Ill.
- Teed, E., 2236 Estes Ave.,
Chicago, Ill.
- Teg, Wilhelm, 145 E. 52nd St.,
New York, N. Y.
- Teufel, F. A., 5513 Drexel
Blvd., Chicago, Ill.

- Thayer, E. B., 435 Buffalo St.,
Conneaut, O.
- Theilman, J. D., 6402 Frank-
lin Ave., Cleveland, O.
- Thirion, René V., 126 Bidwell
Parkway, Buffalo, N. Y.
- Thomas, Julia A., 223 3rd St.,
Terre Haute, Ind.
- Thompson, Nickolie,
Cheyenne, N. Dakota.
- Thompson, O. A., Wichita,
Kans.
- Thorman, Dr. J. C., 136 W.
127th St., New York, N. Y.
- Thornhill, J. B., 2410 Oak St.,
Baker, Ore.
- Thul, Ferdinand, New Sholem
Bldg., Paris, Ill.
- Throop, Herbert G., 1212 S.
Grand Ave., Los Angeles,
Cal.
- Thuna, M. B., 433 Sutter Ave.,
Brooklyn, N. Y.
- Thurman, W. R., Tahlecuah,
Okla.
- Tichler, Frank, Edgewater
Beach Hotel, Chicago, Ill.
- Tilden, J. H., 3209 W. Fair-
view Place, Denver, Colo.
- Toby, W. B., Allen, Okla.
- Topel, Frederick, 2561 Broad-
way, New York, N. Y.
- Towns, M. Ch. B., 293 Central
Park W., New York, N. Y.
- Townsend, I. R., 20 Glenada
Place, Brooklyn, N. Y.
- Tracy, Paul Urban, 493 Epler
Bldg., Seattle, Wash.
- Trainer, M. L., Suite 412,
Lincoln Bldg., 14 W. Wash-
ington St., Chicago, Ill.
- Trash, Larkin C., 609 East
Jefferson St., Kokomo, Ind.
- Trenkle, K. May, 965 New
York Ave., Flatbush, Brook-
lyn, N. Y.
- Tripp, N. V., 150 E. Broad St.,
Columbus, O.
- Triplett, A. T., 502 Western
Nat'l Bank Bldg., Fort
Worth, Tex.
- Triplett, L. D., 964 Main St.,
Akron, O.
- Trosee, N. A., 3977 Vernon
Ave., Chicago, Ill.
- Tucker, E. J., 1875 Glenwood
Ave., Youngstown, O.
- Tucker, Mrs. Nora Mae, 906
22nd St., San Diego, Cal.
- Tucker, Wm. R., 908 22nd
St., San Diego, Cal.
- Tunison, E. Howard, 99
Doscher St., Brooklyn, N. Y.
- Tweedie, Dick, 4008 Grand
Blvd., Chicago, Ill.
- Tyerne, L. H., 1003-4 Stein-
way Hall Bldg., 64 E. Van
Buren St., Chicago, Ill.
- Tyler, Byron, 616 Wyandotte
St., Kansas City, Mo.
- Uez, Gustav, 596 Clinton Ave.,
West Hoboken, N. J.
- Ufer, Wm., 3858 Division St.,
Chicago, Ill.
- Ulam, W. W., Van Wert, O.
- Ulmer, Herbert, 525 South
Ashland Blvd., Chicago, Ill.
- Unterlander, J. L., 325 Ash-
land Ave., Chicago, Ill.
- Upham, L. M., Stone Block,
Warren, O.
- Van Keuren, F. H., R. No. 1,
Sowona, New York, N. Y.
- Van Middlesworth, J. S., 425
Morris Ave., Elizabeth, N. J.
- Van Skidwell, May, Jackson,
Miss.
- Vasey, G. E., 612 Court St.,
Freemont, O.
- Veatch, Paul J., 413 Carteret
St., Camden, N. J.
- Vehr, A. Spencer, 312 Roth-
schild Bldg., Portland, Ore.
- Verhoff, Edward A., 512 Wal-
nutt St., Des Moines, Ia.
- Vernon, J. E., 909 Cabin Blk.,
Rocky Ford, Colo.
- Vernon, J. W., Fowler, Kans.
- Vesey, L. S., 135 5th St., Eliza-
beth, N. J.
- Vileta, Chas. A., 4235 W. 21st
St., Chicago, Ill.
- Villari, N., 368 Central Ave.,
Jersey City, N. J.
- Virgil, Portland, Ore.
- Virmedge, C. A., 2050 Monroe
St., Chicago, Ill.
- Visholm, Thos. N., 1100 State
St., Racine, Wis.
- Visser, P. J., Conneaut, O.
- Volz, Jos. A., 61 Madison St.,
New Britain, Conn.
- Von De Schoeppe, Paul, Nel-
son Block, West Duluth,
Minn.
- Von Gomez, H., Jacksonville,
Fla.
- Von Miller, Miss Lee, 414
Jefferson St., Muncie, Ind.
- Voss, Carl, 3977 Vernon Ave.,
Chicago, Ill.
- Wagoner, Geo. F., Creston, Ia.
- Walker, A. E., 3401 W. Mon-
roe St., Chicago, Ill.
- Walker, Edith D., Jefferson
City, Mo.
- Walker, E. K., 413 Liley
Bldg., Waterbury, Conn.
- Walker, Emily M., 133 S.
Broad St., Trenton, N. J.
- Walker, Peter E., 309 S.
Ashland Blvd., Chicago, Ill.
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Parade Ave., Buffalo, N. Y.
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Ave., New York, N. Y.
- Waltington, Frank, Belleville,
O.
- Walz, Marie, New York, N. Y.
- Walz, Marie A., 427 S. Ash-
land Blvd., Chicago, Ill.
- Ward, E. T., 13,527 Euclid
Ave., Cleveland, O.
- Ward, E. Thayer, 406-11 Erie
Bldg., Prospect and E. 9th
Sts., Cleveland, O.
- Ward, Robert Merritt, c/o
Elks Club, Oakland, Cal.
- Watson, S. J., 515 Polk Bldg.,
5th St., Des Moines, Ia.
- Weiershausen, Geo., 23 Polk
St., Guttenberg, N. J.
- Weimar, Estero, Fla.
- Weinman, John, San
Bernardino, Cal.
- Weinmann, Louis A., 1873
Amsterdam Ave., New York,
N. Y.
- Welch, Chas. E., Mount
Vernon, O.
- Wendel, Rev. Dr. H. R., Tren-
ton, N. J.
- Werles, Henry C., Parkers
Prairie, Minn.
- Werner, Ernest George, 149
E. 85th St., New York, N. Y.
- Werner, Ernst G., 244 E. 61st
St., New York, N. Y.
- West, John, 3rd and Hill Sts.,
Los Angeles, Cal.
- Westland, O. W., 506 Colum-
bia Bldg., Duluth, Minn.
- Wetherbe, E. T., 107 Meigs
Bldg., Bridgeport, Conn.
- Wetherell, C. B., Jackson-
ville, Fla.
- Wey, Dr. Julia May Courtney,
1633 Court Place, Denver,
Colo.
- Wheler, A. S., 14 Mifflin Ave.,
Pittsburgh, Pa.
- White, Dr. Chas. L., 427 Main
St., Riverside, Cal.
- White, E. C., 287 W. North
Ave., East Palestine, O.
- White, C. E., 150 E. Broad
St., Columbus, O.
- Whittington, 141 W. 36th St.,
New York, N. Y.
- Wiedenhoft, A. A., Kalona, Ia.
- Wigelow, J. W., 32 North
State St., Chicago, Ill.
- Wilcoxon, G. D., 375 Multno-
mah St., Portland, Ore.
- Wilhaber, Prof., 4521 Law-
rence Ave., Chicago, Ill.
- Wilkey, S. C., Bountiful, Utah.
- Williams, Dr., Hot Springs,
Ark.
- Williams, Archie, Sandwich,
Ill.
- Williams, C. B., San Diego,
Cal.
- Williams, Louis, 1523 Center
St., Racine, Wis.
- Williams, M. G., 3977 Vernon
Ave., Chicago, Ill.
- Williams, R. R., 7605
Superior Ave., Cleveland,
O.
- Willis, J. Grant, Manhattan,
Kans.
- Wilson, K. P., Box 123, Ithaca,
N. Y.
- Wilson, L. R., Portland, Ore.
- Wilson, Minnie, 138 W. 3rd
St., Mansfield, O.
- Wilson, Mrs. M. F., Sheridan,
Wyom.
- Wilson, Reese G., 336 1st St.,
Darlington, S. C.
- Winegardner, J., Morgan
Plant, Alliance, O.
- Winkelman, R. A., 2703 Hoag-
land Ave., Fort Wayne,
Ind.
- Wise, Z. W., Holland Blk.,
Lima, O.
- Witman, Wm. U., 102 Halsey
St., Newark, N. J.
- Wolf, Mary J., East Aurora,
N. Y.
- Wolfram, Marion L., 125 W.
9th St., Cincinnati, O.
- Wolfram, Wm. H., 125 W. 9th
St., Cincinnati, O.
- Wolfram, W. H., University
Hospital, Columbus, O.
- Wolotera, J., Main St.,
Ashtabula, O.
- Wood, Frank M., 209 S. State
St., Chicago, Ill.
- Wooding & Gibson, Drs.,
Chamber of Commerce
Bldg., New Haven, Conn.
- Woods, G. W., 304 Putnam
St., Marietta, O.
- Wooster, R. L., 525 S. Ash-
land Blvd., Chicago, Ill.
- Wurmser, H. L., 309 Masonic
Blk., Lima, O.
- Wyly, T. E., 421 S. Ashland
Blvd., Chicago, Ill.
- Yates, L. C., 421 S. Ashland
Blvd., Chicago, Ill.
- Yoder, S. B., Wauseon, O.
- Young, A. Lewis, Box 44,
Egg Harbor City, N. J.
- Young, H. C., 308 2nd Nat'l
Bldg., Akron, O.
- Young, Jacob P., Huntington,
Ind.
- Zander, Wm., Fort Meade,
Fla.
- Zarman, C. E., Cor. Main and
3rd Sts., Mansfield, O.
- Zeman, Otto, 3002 S. Central
Park Ave., Chicago, Ill.
- Zettel, Herbert A., Schiffman
Bldg., St. Paul, Minn.

Ziegler, D. E., 528 Wyandotte St., Findlay, O.
Zinsser, H., 219 W. 34th St., New York, N. Y.
Zinsser, Margaret, 219 W. 34th St., New York, N. Y.
Zugler, D. E., 528 Wyandotte St., Findlay, O.

CONSULTING PHYSICIANS

Naturopaths

Brooks, Harry Ellington, N. D., Chamber of Commerce Bldg., Los Angeles, Cal.
Biggs, A. C., N. D., Asheville, N. C.
Collins, F. W., D. C., N. D., 122 Roseville Ave., Newark, N. J.
Deininger, Anton, N. D., D. C., D. O., 400 16th St., West New York, N. J.
Haas, Gustav W., N. D., 407 Pacific Electric Bldg., Los Angeles, Cal.
Havard, Wm. F., N. D., 525 South Ashland Blvd., Chicago, Ill., and 110 E. 41st St., New York, N. Y.
Irving, Montgomery, N. D., M. D., 200 Fifth Ave., New York, N. Y.
Lahn, Henry, M. D., N. D., 1385 W. Randolph St., Chicago, Ill.
Lindlahr, Henry, M. D., N. D., 525 S. Ashland Blvd., Chicago, Ill.
Lust, Benedict, M. D., N. D., D. O., Butler, N. J., Tangerine, Fla., and 110 E. 41st St., New York, N. Y.
Riese, Joseph, N. D., 402 S. 7th St., La Crosse, Wis.
Schultz, Carl, N. D., 1319 South Grand Ave., Los Angeles, Cal.
Struch, Carl, N. D., M. D., 32 N. State St., Chicago, Ill.

NEUROPATHS

Adams, Dr. McGregor, 1701-3 Chestnut St., Philadelphia, Pa.
Allcutt, Dr. E. Burton, Truell Court, Plainfield, N. J.
Ames, Dr. Charles F., 302 13th St., Brooklyn, N. Y.
Applegate, Dr. George F., 9 E. State St., Trenton, N. J.
Biegler, Alma, Zanesville, O.
Biegler, R. S., Zanesville, O.
Brennel, L. H., Zanesville, O.
Bulster, Dr. Herman G., 1112 Chestnut St., Philadelphia, Pa.
Cassile, Dr. W. Roll, 1336 Bristow St., New York, N. Y.
Chew, Dr. Thomas S., Pleasantville, N. J.
Cheyney, Dr. Anna M., Real Estate Trust Bldg., Philadelphia, Pa.
Collins, Dr. F. W., 122 Roseville Ave., Newark, N. J.
Dietz, Dr. Herbert H., 1725 W. Norris St., Philadelphia, Pa.
Disney, Dr. J. Lambert, 1149 N. 63rd St., Philadelphia, Pa.
Disney, Dr. Pearl V., 1149 N. 63rd St., Philadelphia, Pa.
Durant, Grace, Zanesville, O.
Eckstrom, Dr. E. A., Suite 32, Astor Court Bldg., New York, N. Y.

Ely, Dr. Alfred Wm., 1002 Atlantic Ave., Atlantic City, N. J.
Evans, Dr. W. Samuel, 211 Wallace Bldg., Pittsburgh, Pa.
Ferguson, Dr. Donald, 469 E. 143rd St., New York, N. Y.
Ferrier, Dr. James, Suite 32, Astor Court Bldg., New York, N. Y.
Fochl, Dr. P. E., 5405 Baltimore Ave., Philadelphia, Pa.
Fox, Mrs. E., 127 West Circular St., Lima, O.
Fritz, Dr. W. Wallace, 1600 Summit St., Philadelphia, Pa.
Gabriel, Dr. Emma, 1713 Mt. Vernon St., Philadelphia, Pa.
Groves, Dr. Sarah E., 1113 Spruce St., Philadelphia, Pa.
Gunzenhauser, Dr. Anna, 46 S. 13th Ave., Mt. Vernon, N. Y.
Hales, Dr. George W., 124 S. 11th St., Philadelphia, Pa.
Havard, Dr. Wm. Freeman, 525 S. Ashland Blvd., Chicago, Ill.
Henniges, Wm. H., 167 W. 71st St., New York, N. Y.
Herwig, Dr. Aline, 1713 Mt. Vernon St., Philadelphia, Pa.
Hildebrand, Dr. Julia I., 1112 Chestnut St., Philadelphia, Pa.
Hodes, Dr. Robert, 214 E. 41st St., Chicago, Ill.
Jackson, Dr. Thomas M., 1533 Diamond St., Philadelphia, Pa.
Jahn, Dr. Francis M., 1631 Chestnut St., Philadelphia, Pa.
Johnston, Dr. Leonard B., 628 N. 52nd St., Philadelphia, Pa.
Justice, Dr. Crawford T., 4037 Ogden St., Philadelphia, Pa.
Kilgus, Dr. Ella D., 45 De Long Bldg., Philadelphia, Pa.
Kilgus, Wm. M., 45 De Long Bldg., Philadelphia, Pa.
Kobel, Dr. Louis, 379 E. 155th St., New York, N. Y.
Kunze, Dr. Emma, 2057 Ridge Ave., Philadelphia, Pa.
Kunze, Dr. Louis, 379 E. 155th St., New York, N. Y.
Moat, Dr. W. S., 3332 N. 17th St., Philadelphia, Pa.
Olds, E. O., 120 W. Chestnut St., Washington, Pa.
Pruchnow, Fred, 167 W. 71st St., New York, N. Y.
Spitler, Florence W., Eaton, O.
Spitler, H. Riley, Eaton, O.

OPTOMETRISTS

Atzutt, Edw., 182 Cornelia St., Brooklyn, N. Y.
Babenzen, M. F., 2301 Myrtle Ave., Brooklyn, N. Y.
Balizer, I., 483 Knickerbocker Ave., Brooklyn, N. Y.
Barker, Albert S., 23 Flatbush Ave., Brooklyn, N. Y.
Barnes, H., 729 Manhattan Ave., Brooklyn, N. Y.
Barnes, H. J., 403 Bridge St., Brooklyn, N. Y.

Blee, W. B., 1245½ Fulton St., Brooklyn, N. Y.
Blum, H. A., 326 Grand St., New York, N. Y.
Brooke, B. H., 277 B'way, Brooklyn, N. Y.
Brooke, I., 868 Flatbush Ave., Brooklyn, N. Y.
Buenau, Peter J., 71 Central Ave., Albany, N. Y.
Coates, Fredk. G. W., 21 Bond St., Brooklyn, N. Y.
Dalley, C. J., 94 N. Pearl St., Albany, N. Y.
De Wolf, Wm., 502 Masonic Temple, Chicago, Ill.
Disque, Andrew A., 2706 Folsom St., St. Joseph, Mo.
Drakeford, Jas. H., 809 Ocean Ave., Brooklyn, N. Y.
Dueterwald, Frank W., 1575 E. 12th St., Brooklyn, N. Y.
Egleston, J. L., Wadena, Minn.
Elmer, Frank A., 55 S. Pearl St., Albany, N. Y.
Eskin, S. B., 275 Kingston Ave., Brooklyn, N. Y.
Failing, Nelson, 514 Fulton St., Brooklyn, N. Y.
Failing, W. R., 2709 Jamaica Ave., Brooklyn, N. Y.
Forgrave, L. R., Logan Bldg., St. Joseph, Mo.
Fulkerson, Perry, 840 N. 25th St., St. Joseph, Mo.
Garfinkel, M. S., 1159 East Parkway, Brooklyn, N. Y.
Gillis, N., 920 Bedford Ave., Brooklyn, N. Y.
Greaves, G. H., 1107 Bedford Ave., Brooklyn, N. Y.
Grossman, D., 343 3rd Ave., New York, N. Y.
Harsen, M., 768 Flatbush Ave., Brooklyn, N. Y.
Harris, M. H., 1007 B'way, Brooklyn, N. Y.
Hemminger, H. J., 25 Jerome Ave., Brooklyn, N. Y.
Hirschfeld, S., 72 Fairfields Ave., Johnstown, Pa.
Hitz, Wm., 162 Bergenline Ave., Union Hill, N. J.
Hoffman, E. S., 33 W. Adams St., Jacksonville, Fla.
Hurwitz, S., 830 Broadway, Brooklyn, N. Y.
Martin, A. Inc., 56 Flatbush Ave., Brooklyn, N. Y.
Jacknowitz, C., 407 Bergenline Ave., Union Hill, N. J.
Joseph, Joseph J., 3033 West 23rd St., Coney Island, Brooklyn, N. Y.
Kanderer, J., 600 B'way, Williamsbridge, L. I., N. Y.
Kennedy, Wm. F. X., 19 Central Ave., Albany, N. Y.
Kenney, W. L., Commercial Bldg., St. Joseph, Mo.
Kieferle, J. A., 212 Granger Block, San Diego, Cal.
Kieferle, W. F., 706 Edmond St., St. Joseph, Mo.
Kies, Henry J., 1112 De Kalb Ave., Brooklyn, N. Y.
Kimball, W. F., 706 Edmond St., St. Joseph, Mo.
Kleiner, J. C., 319 Hamburg Ave., Brooklyn, N. Y.
Kost, August, 423 Union St., Union Hill, N. J.
Kurtis, Isaac M., 1028 B'way, Brooklyn, N. Y.
Laub, S., 400 Van Brunt St., Brooklyn, N. Y.
Leonard, P. I., 710½ Felix St., St. Joseph, Mo.
Lesnick, Wm., 5108 5th Ave., Brooklyn, N. Y.

Levy, A. M., 124 Graham Ave., Brooklyn, N. Y.
Levy, J., 1882 Fulton St., Brooklyn, N. Y.
Liederbach, J. L., 343 3rd Ave., New York, N. Y.
Lyman, N., Ballinger Bldg., St. Joseph, Mo.
Marchant, F. B., 23 Flatbush Ave., Brooklyn, N. Y.
Martin, Stuart T., 56 Flatbush Ave., Brooklyn, N. Y.
Martinelli, Arnold, 213 Summit Ave., West Hoboken, N. J.
McBurnie, Thos., 1215 Bedford Ave., Brooklyn, N. Y.
Metzner, F., 142 Woodbine St., Brooklyn, N. Y.
Minton, W. H., King Hill Bldg., St. Joseph, Mo.
Nirrengarten, A. S., 1869 Himrod St., Brooklyn, N. Y.
Noll, John, 23½ Steuben St., Albany, N. Y.
Parker, Gordon L., 63 Washington Blvd., Detroit, Mich.
Pitts, Barton, Eighth and Francis Sts., St. Joseph, Mo.
Pohs, Jacob, 315 Decatur St., Brooklyn, N. Y.
Proud, W. C., Tottle-Lemon Bank Bldg., St. Joseph, Mo.
Redelsheimer, Max, 80 Washington Ave., Detroit, Mich.
Renaud, E. C., 803½ Francis St., St. Joseph, Mo.
Richard, Lawrence E., 59 Fort W., Detroit, Mich.
Rochat, Louis A., 158 Newark Ave., Jersey City, N. J.
Simmons, L., 642 Sutter Ave., Brooklyn, N. Y.
Smith, Ben. V., 50 N. Pearl St., Albany, N. Y.
Solot, M., 1784 Pitkin Ave., Brooklyn, N. Y.
Steinberg, S. E., 1201 E'way, Brooklyn, N. Y.
Standart, N. K., Washington Arcade, Detroit, Mich.
Syrcher, Ernest V., 5 West Genesee St., Buffalo, N. Y.
Taylor, J. E., 256-58 Main St., Buffalo, N. Y.
Thomson, D. B., 204 Scherer Bldg., Detroit, Mich.
Titus, Fred. E., 113 Flatbush Ave., Brooklyn, N. Y.
Van Vliet Optical Co., 242 Griswold St., Detroit, Mich.
Werthenberger, W. W., Corby-F Bldg., St. Joseph, Mo.
West, L. J., 410 Masonic Bldg., Chicago, Ill.
Whitsell, John C., Commercial Bldg., St. Joseph, Mo.
Wolverine Optical Co., 701-9 Stevens Bldg., Detroit, Mich.
Woodruff, J. K., 1212 Fulton St., Brooklyn, N. Y.
Woodworth, W. R., 120 South 8th St., St. Joseph, Mo.
Wright, Kay & Co., 207-11 Woodward Ave., Detroit, Mich.

ORIFICAL SURGEONS

Bristol, T. D., 746 Euclid Ave., Cleveland, O.
Brown, James B., 14th and Champa Sts., Denver, Colo.
Corbin, S. W., Lincoln Bldg., St. Joseph, Mo.

Dawson, B. E., 101 E. 30th St., Kansas City, Mo.
Greedy, Frank A., 625 Commonwealth Bldg., Denver, Colo.
Grimmer, A. H., 3842 Grand Blvd., Chicago, Ill.
Harris, Elijah G., 1553 West Madison St., Chicago, Ill.
Herkimer, G. R., Dowagiac, Mich.
Kilborne, J. M., Magoun Bldg., Cor. 4th and Douglas Sts., Sioux City, Ia.
Kinnett, W. E., 401-2 Masonic Temple Bldg., Peoria, Ill.
Koch, Margaret, 819 Masonic Temple, Minneapolis, Minn.
Lathrop, Guy F., 621-23 Stevens Bldg., Detroit, Mich.
Mitchell, Joseph R., 4654 N. Racine Ave., Chicago, Ill.
Mitchener, H., 301 Schweitzer Bldg., Wichita, Kans.
Parker & Parker, 519 North Monroe St., Peoria, Ill.
Pratt, E. H., Suite 1708, 25 E. Washington St., Chicago, Ill.
Roemer, J. F., 122 N. Genesee St., Waukegan, Ill.
Sayre, C. Edward, 29 East Madison St., Chicago, Ill.

OSTEOPATHS

Aaronson, Philip V., Rowell Bldg., Fresno, Cal.
Abbott, Hester L., Union Oil Bldg., Los Angeles, Cal.
Abbott, Lunsford, 212 East Gordon St., Kinston, N. C.
Abegglen, C. E., Lippitt Bldg., Colfax, Wash.
Abegglen, Walter E., Tekoa, Wash.
Abell, W. P., Princeton, Ind.
Abild, Isabel, Beresford, S. D.
Achorn, Ada A., 687 Boylston St., Boston, Mass.
Achorn, Clinton E., 6 E. 37th St., New York, N. Y.
Achorn, Kendall L., 687 Boylston St., Boston, Mass.
Ackley, Chauncey W., 431 S. Wabash Ave., Chicago, Ill.
Acornley, Albert H., 818 Pennsylvania St., Reading, Pa.
Adams, Bert Lee, Newman, Ill.
Adams, Celia P., 1318 Beacon St., Brookline, Mass.
Adams, J. Lester, Auditorium Bldg., Los Angeles, Cal.
Adams, William J., Ventura, Cal.
Adelbert, F. X., Kalispell, Mont.
Agee, Pearl M., Clinton Bldg., Independence, Mo.
Agnew, E. I., Brophy Bldg., Douglas, Ariz.
Ahlquist, O. P., 604 Congress St., Portland, Me.
Airey, Grace Stratton, Scott Bldg., Salt Lake City, Utah.
Akin, Mabel, Corbett Bldg., Portland, Ore.
Akin, Otis F., Corbett Bldg., Portland, Ore.
Albertson, W. H., Hirsh Bldg., Austin, Minn.
Albright, Chester W., 220 S. State St., Chicago, Ill.
Albright, Edward, 267 W. 79th St., New York, N. Y.
Albright, William H., Jasper Bldg., Edmonton, Alberta.
Aldrich, William H., 449 The Arcade, Cleveland, O.
Alexander, Charles J., Machovia Bank Bldg., Winston-Salem, N. C.
Alexander, Geo. A., Glenwood, Minn.
Alkire, Margaret M., 201 W. Missouri St., El Paso, Tex.
Allabach, Frieda F., 62 Hoyt St., Brooklyn, N. Y.
Allabach, L. B., 570 Prospect Ave., Brooklyn, N. Y.
Allabach, L. D., 62 Hoyt St., Brooklyn, N. Y.
Allabach, Louise B., 62 Hoyt St., Brooklyn, N. Y.
Allen, Alice M. C., 6253 Dorchester Ave., Chicago, Ill.
Allen, Arthur E., Andrus Bldg., Minneapolis, Minn.
Allen, Carolyn, First Nat'l Bk. Bldg., The Dalles, Ore.
Allen, Chas. W., 1104 E. 47th St., Chicago, Ill.
Allen, Harry W., De Lendrecie Bldg., Fargo, N. D.
Allen, Horace P., 15 Bicknell St., Worcester, Mass.
Allen, L. W., Davenport Bldg., Greenfield, Mass.
Allen, Margaret H., 64 Seventh Ave., Brooklyn, N. Y.
Allen, Nellie A., Chico, Cal.
Allen, W. Burr, Goddard Bldg., Chicago, Ill.
Allen, William H., 42 South Seventh St., Allentown, Pa.
Alspach, Mary E., The Mills Bldg., Topeka, Kans.
Amos, Virginia, Lancaster Hotel, Georgetown, Ky.
Amsden, C. Ethelwolfe, 2 Bloor St. E., Toronto, Ont.
Andersen, Mary E., W. O. W. Bldg., Omaha, Neb.
Anderson, Carrie Parenteau, Goddard Bldg., Chicago, Ill.
Anderson, J. Henry, 605 Main St., Middletown, Conn.
Anderson, T. V., 167 Front St., Sarnia, Ont.
Anderson, Victoria, Pittsburgh Bldg., St. Paul, Minn.
Andrews, Mabel E., Security Savs. Bank Bldg., Perry, Ia.
Andrews, Stacy M., Aetna State Bank Bldg., Oelwein, Ia.
Andrus, W. H., 904 Main St., Hartford, Conn.
Antes, F. L., 617-18 Farwell Bldg., Detroit, Mich.
Antes, F. L., Broadway Market Bldg., Detroit, Mich.
Aplin, Anna K., Stevens Bldg., Detroit, Mich.
Appleby, Anna, Jex Bldg., Marion, Kans.
Apthorpe, William, 198 Main St., Oneonta, N. Y.
Arand, Charles A., Sault Ste. Marie, Mich.
Archer, Ellsworth A., 1st Nat. Bk. Bldg., Pullman, Wash.
Archer, Wm. Reed, 140 South 13th St., Lincoln, Neb.
Armond, Richard H., Ford Bldg., Great Falls, Mont.
Armor, Gladdis, 502 Constitution St., Emporia, Kan.
Armstrong, Janet M., Box 15, Cobourg, Ont.
Armstrong, R. M., Chronicle Bldg., Augusta, Ga.
Arnold, G. E., Postoffice Bldg., Albion, Mich.

- Arnold, Ruth S., 2524 Woodburn Ave., Cincinnati, O.
 Arnold, W. H., Wall Bldg., Vancouver, Wash.
 Arnott, Neil, 33a Saville Row West, London, England.
 Arthur, James B. McKee, 395 W. 97th St., New York, N. Y.
 Ashcroft, Robert G., 136 Wellington St., Kingston, Ont.
 Ashmore, Edythe, Kirksville, Mo.
 Atkins, W. A., Ohio Bldg., Clinton, Ill.
 Atkinson, John T., Dominion Trust Bldg., Vancouver, B. C.
 Atty, Norman B., Court Sq. Theatre Bldg., Springfield, Mass.
 Atzen, C. B., Omaha Nat'l Bank Bldg., Omaha, Neb.
 Aupperle, G. A., Sutherland, Iowa.
 Austin, Isabel E., Sefton Blk., San Diego, Cal.
 Austin, I. M., Morgantown, W. Va.
 Axtell, Eudora, Berkeley Nat'l Bank Bldg., Berkeley, Cal.
 Aydelotte, W. F., Charleston, Mo.
 Avery, Frank E., Masonic Temple, Erie, Pa.
 Avery, Herbert, Thomson Bldg., Oakland, Cal.
 Ayres, Elizabeth, 74 Central Ave., Hackensack, N. J.
 Bach, James S., Temple Bldg., Toronto, Ont.
 Bachman, M. E., Hippee Bldg., Des Moines, Iowa.
 Backus, Loretta, Stockton, Ill.
 Baer, Fred J., 214 Washington St., E. Stroudsburg, Stroudsburg and Delaware Water Gap, Pa.
 Bagley, Edwin F., Marsh-Strong Bldg., Los Angeles, Cal.
 Bagley, Dr. Louise M., 411 S. Franklin St., Kirksville, N. D.
 Bagley, R. A., Law Bldg., Suffolk, Va.
 Bailey, De Forrest C., 739 N. 40th St., Philadelphia, Pa.
 Bailey, Homer Edward, Frisco Bldg., St. Louis, Mo.
 Bailey, J. F., Amicable Bldg., Waco, Tex.
 Bailey, John H., Empire Bldg., Philadelphia, Pa.
 Bailey, J. R., Masonic Temple, Ashland, Wisc.
 Bailey, Raymond W., Franklin Bk. Bldg., Philadelphia, Pa.
 Bailey, Walter Edward, Macon, Mo.
 Baird, John W., Battle Creek, Mich.
 Baird, Minerva, 105 Sayre St., Montgomery, Ala.
 Baird, Nora B. Pherigo, Weisinger-Gaulbert Building, Louisville, Ky.
 Bairstow, W. R., Warren Nat'l Bank Bldg., Warren, Pa.
 Baker, Adam, B. & I. Bldg., Dubuque, Ia.
 Baker, Frederick Dunton, 76 Hardenbrook Ave., Jamaica, N. Y.
 Baker, H. N., Cameron, Mo.
 Baker, J. E., Citizens' Nat'l Bank Bldg., Brazil, Ind.
 Baker, Lillian, Corbett Bldg., Portland, Ore.
 Baker, R. P., 215 North Broad St., Lancaster, O.
 Balbirnie, C. D. B., Flanders Bldg., Philadelphia, Pa.
 Balbirnie, C. D. B., 4308 Walnut St., Philadelphia, Pa.
 Baldwin, Helen M., Liberty Nat'l Bank Bldg., Pittsburgh, Pa.
 Baldy, James B., Fidelity Bldg., Tacoma, Wash.
 Bales, Grace M., P. O. Bldg., Hanford, Cal.
 Balfe, Anna B., Mason Bldg., Los Angeles, Cal.
 Balfe, Elinor M., Mason Bldg., Los Angeles, Cal.
 Balfe, Sarah Louise, Ellsworth Hotel, Denver, Colo.
 Balfe, Susan, Mason Bldg., Los Angeles, Cal.
 Ballert, A. E., Jr., Ohio Bldg., Toledo, O.
 Bancroft, Claude M., Finley Blk., Canandaigua and Penn Yan, N. Y.
 Bandel, C. F., Hancock St. and Nostrand Ave., Brooklyn, N. Y.
 Banker, Charles F., 184 Albany Ave., Kingston, N. Y.
 Banker, Gene C., 526 W. Horrtter St., Philadelphia, Pa.
 Banker, J. Birdsall, 112 West 72nd St., New York, N. Y.
 Banker, Louise Ayres, 112 W. 72nd St., New York, N. Y.
 Banker, Minerva Kellogg, 184 Albany Ave., Kingston, N. Y.
 Banning, J. W., 65 Halsey St., Brooklyn, N. Y.
 Banning, John W., 37 Madison Ave., New York, N. Y., and 516 Nostrand Ave., Brooklyn, N. Y.
 Barbee, Lottie Catron, 31 Maple St., Springfield, Mass.
 Barber, Chas. W., Flanders Bldg., Philadelphia, Pa.
 Barber, Chas. W., 2217 South Broad St., Philadelphia, Pa.
 Barber, Isabel Olive, First Nat'l Bank Bldg., Allegan, Mich.
 Barger, Eva L., 84 Park Ave., Rutherford, N. J.
 Barger, Maude F., Succasunna, N. J.
 Barker, Abbie Holland, 34 Rodney St., Liverpool, and 20 St. Ann's Sq., Manchester, England.
 Barker, Carolyn, First Nat'l Bank Bldg., Ft. Dodge, Iowa.
 Barker, Edward H., 34 Rodney St., Liverpool, and 20 St. Ann's Sq., Manchester, England.
 Barker, Francis M., Wellman, Iowa.
 Barker, Jas. Wm., Eureka, Ill.
 Barker, Jesse S., La Harpe, Ill.
 Barker, O. O., Middlesworth, Ill.
 Barmby, Martha, Alta Vista Bldg., Berkeley, Cal.
 Barnes, F. E., Mitchell Bk., Charleston, Ill.
 Barnes, Joanna, Grier Park Bldg., Greenwood, S. C.
 Barnes, Lora K., Loveman Bldg., Chattanooga, Tenn.
 Barnes, Samuel Denham, 280 Beretawa St., Honolulu, T. H.
 Barnes, W. O., Sheridan, Wyo.
 Barnett, John Ambrose, Citizens' Trust Co., Boonville, Mo.
 Barrett, Geo. A., 816 East 45th St., Seattle, Wash.
 Barrett, Onie A., 1423 Locust St., Philadelphia, Pa.
 Barrows, Florence Judd, Kingman, Kans.
 Barry, Joanna, 242 Bryant St., Buffalo, N. Y.
 Barss, Emily Malcomson, 211 N. 2nd St., Corvallis, Ore.
 Bartholomew, E. J., 39 S. State St., Chicago, Ill.
 Bartlett, L. P., 1524 Chestnut St., Philadelphia, Pa.
 Bartlett, Leonard P., 1542 N. Felton St., Philadelphia, Pa.
 Barto, Ida E., 565 Main St., East Orange, N. J.
 Bartosh, William, 1421 E. 49th St., Los Angeles, Cal.
 Bashaw, J. P., North East, Pa., and 213 Olive St., W. Palm Beach, Fla.
 Bashline, Orrin O., Broad St., Grove City, Pa.
 Bashline, O. O., 5040 Locust St., Philadelphia, Pa.
 Bass, Elizabeth C., Central Savs. Bk. Bldg., Denver, Col.
 Bass, John T., Central Savings Bank Bldg., Denver, Col.
 Basye, A. A., Wilson, N. C.
 Basye, E. E., 1016 Joseph St., New Orleans, La.
 Bates, Frank A., Geneva, Neb.
 Bates, Lenora K., Box 102, Los Angeles, Cal.
 Bathrick, Rose, 110 W. Ninth St., Austin, Tex.
 Baudel, C. F., 148 Hancock St., Brooklyn, N. Y.
 Baugher, L. Guy, 229 North Second St., Harrisburg, Pa.
 Baughman, J. H., 512 Central Ave., Connorsville, Ind.
 Baughman, J. S., 523 Division St., Burlington, Iowa.
 Baum, John D., 117 E. Sixth St., East Liverpool, O.
 Baumgras, George O., Central Nat'l Bk. Bldg., St. Petersburg, Fla.
 Bay, Daisy E., Washburn, Spitzer Bldg., Toledo, O.
 Baymiller, Minnie M., 104 N. Washington St., Abingdon, Ill.
 Beale, Edna F., 5127 Center Ave., Pittsburgh, Pa.
 Beall, Clara P., 474 South Salina St., Syracuse, N. Y.
 Beall, Francis J., 474 South Salina St., Syracuse, N. Y.
 Beam, Wilson, 60 North Third St., Easton, Pa.
 Bean, Arthur S., 34 Jefferson Ave., Brooklyn, N. Y.
 Bean, E. H., Hayden Clinton Bank Bldg., Columbus, O.
 Bean, Willard C., 1095 Market St., San Francisco, Cal.
 Beard, Martha D., Cherokee Bldg., Hopkinsville, Ky.
 Bears, Ada M., Livingston Road, Bar Harbor, Me.
 Beaulieu, J. A., 34 Commercial Bldg., Woonsocket, R. I.
 Beaven, E. H., Granby Bk., Cedar Rapids, Iowa.
 Beaven, L. M., Lebanon, Ind.

- Bebout, Esther M., Hamilton Bldg., Akron, O.
- Beck, Leonora, 718 Roscoe St., Chicago, Ill.
- Becker, Arthur D., Preston, Minn.
- Becker, B. H. Tatum, Payne Bldg., Roanoke, Va.
- Becker, Catherine G., East Division St., Faribault, Minn.
- Becker, Ethel L., Preston, Minn.
- Beckett, O. F., Hiawatha, Kans.
- Beckham, James J., Chemical Bldg., St. Louis, Mo.
- Beckler, Herbert S., Witz Bldg., Staunton, Va.
- Beckler, Jennie K., 16 North Market St., Staunton, Va.
- Beckwith, Ann, Sheridan, Wyo.
- Beckwith, Annette H., Box 334, Roswell, New Mexico.
- Beckwith, Hermon E., Ferguson Bldg., Los Angeles, Cal.
- Bedell, Minnie Miller, Glasgow, Mo.
- Bedwell, W. H., Nat'l Citizens' Bank Bldg., Mankato, Minn.
- Beeman, E. E., 500 Fifth Ave., New York, N. Y.
- Beeman, L. Mason, 2131 Broadway, New York, N. Y.
- Beeman, Roy Herbert, 462 Jersey Ave., Jersey City, N. J.
- Beets, Merritt J., 21½ N. Washington Ave., Wellington, Kans.
- Beets, Rutherford H., Bethany, Mo.
- Beets, William E., Logan Bldg., St. Joseph, Mo.
- Bell, Adaline, 44 Pike St., Cynthiana, Ky.
- Bell, D., Plattesville, Wisc.
- Bell, De Lano H., 83 King St., Chatham, Ont.
- Bell, Haney H., Mechanics Bldg., Petersburg, Va.
- Bell, John A., Hannibal Trust Co. Bldg., Hannibal, Mo.
- Bell, H. R., Marinette, Wis.
- Bell, Leslie Harmon, Ames, Ia.
- Bell, L. J., Solomon Bldg., Helena, Ark.
- Bell, R. W., 219 W. Myrtle St., Independence, Kans.
- Bemis, J. B., N. Y. Life Bldg., St. Paul, Minn.
- Benedict, A. May, 2513 N. Main Ave., Scranton, Pa.
- Benedict, Loren DeWitt, Morse Babcock Bldg., Ionia, Mich.
- Benefiel, Carrie A., Old Nat'l Bank Bldg., Spokane, Wash.
- Benion, Martha Vernon, Flanders Bldg., Philadelphia, Pa.
- Bennett, Carrie A., Temple Court Bldg., Denver, Colo.
- Bennett, Charles A., Valpey Bldg., Detroit, Mich.
- Bennett, E. D., Husted Bldg., Kansas City, Kans.
- Bennett, T. L., 110½ Broad St., Selma, Ala.
- Benning, Lillie M., 2901 16th St. N. W., Washington, D. C.
- Bensen, L. R., 81 Centre Ave., New Rochelle, N. Y.
- Benson, W. R., 610 Fourth Ave., Longmont, Colo.
- Bentley, Lillian L., 1533 Chestnut St., Philadelphia, Pa.
- Bereman, J. Worling, Wulfe-kuhler Bldg., Leavenworth, Kans.
- Berger, Grace C., 2626 Broadway, New York, N. Y.
- Bergin, Fay, Hughes Bldg., Moose Jaw, Sask., Can.
- Bergin, P. J., 512 Woodland Ave., Kansas City, Mo.
- Bergland, V. A., 1721½ Second Ave., Rock Island, Ill.
- Bernard, Curtis, McGrory Bldg., Norwich, Conn.
- Bernard, H. E., Fine Arts Bldg., Detroit, Mich.
- Berrow, A. W., 610 Central Ave., Hot Springs, Ark.
- Berry, A. E., 506 Florida Ave., Tampa, Fla.
- Berry, Clinton D., Granite Bldg., Rochester, N. Y.
- Berry, Gertrude S., Granite Bldg., Rochester, N. Y.
- Beslin, F. P., 203 S. Arch St., Aberdeen, S. D.
- Best, Arthur E., Masonic Temple, Newark, O.
- Betzner, Hugh L. M., Greencastle, Ind.
- Betts, C. Steele, Huron, S. D.
- Biby, James E., 5345½ Ballard Ave., Seattle, Wash.
- Biddle, J. Russell, Roberts-dale, Ala.
- Bienemann, Joseph C., 535 Fourth St., La Salle, Ill.
- Bierbower, Alice, 114 N. Ashland Ave., La Grange, Ill.
- Binck, C. E., 130 E. Pearl St., Burlington, N. J.
- Binck, C. E., 26 Scott St., Riverside, N. J.
- Bingham, Lewis J., 133 East State St., Ithaca, N. Y.
- Birlew, Dorothy S., 810 East Bischoff, Fred., Goddard Bldg., Chicago, Ill.
- Bishop, J. Clifford, 555 Somerset St., Ottawa, Ont.
- Bissonette, Corene J., 700 W. 180th St., New York, N. Y.
- Bissonette, Irene, 1169 Main St., Buffalo, N. Y.
- Black, C. A., Masonic Temple, Lima, O.
- Black, Campbell, 26 Front St., Hamilton, Bermuda.
- Black, Charles L., Lincoln Bldg., Johnstown, Pa.
- Black, Emma, Box 125, Oregon, Mo.
- Blackford, Chauncey D., Fay Bldg., Bay City, Mich.
- Blackman, Charles J., Bluffton, Ind.
- Blackman, W. Wilbur, Robert-son Sanitarium, Atlanta, Ga.
- Blair, J. S., Ward Bldg., Battle Creek, Mich.
- Blair, Raymond S., Parkers-burg, Ia.
- Blakeman, L. J., 64 E. Van Buren St., Chicago, Ill.
- Blanchard, Chas. A., Frater-nity Bldg., Lincoln, Neb.
- Bland, Myrtabell, 231 East Colorado St., Pasadena, Cal.
- Bliss, Asa Potter, Grosse Bldg., Los Angeles, Cal.
- Bliss, Charles W., 32 Fort Place, New Brighton, N. Y.
- Bliss, C. W., 44 Court St., Brooklyn, N. Y.
- Bliss, Pearl A., Grosse Bldg., Los Angeles, Cal.
- Blocker, Bolling L., Hamilton Bk. Bldg., Chattanooga, Tenn.
- Bloom, Essie U., 1114 Market St., Sunbury, Pa.
- Bloxham, Harry P., 319 East 37th St., Portland, Ore.
- Boath, Elsie H. Wood, St. Paul's Manse, Laurel Bank, Dundee, Scotland.
- Boaz, H. C., 224 Elm St., Henderson, Ky.
- Boggess, Emma Bronk, 1664 Larkin St., San Francisco, Cal.
- Bohannon, Eunice B., Goodwyn Butte, Mont.
- Bohnsack, Anita E., 113 N. Frederick St., Cape Gir-ardeau, Mo.
- Bolam, Julia S., Owsley Blk., St., East Boston, Mass.
- Bolan, Harry R., 36 Princeton Inst., Memphis, Tenn.
- Bolan, Lincoln R., 34 Bow St., Somerville, Mass.
- Bolles, Jenette Hubbard, 1459 Ogden St., Denver, Colo.
- Bond, Ernest C., Wells Bldg., Milwaukee, Wisc.
- Bone, John F., Rathburn, Bldg., Pontiac, Ill.
- Booth, E. R., Traction Bldg., Cincinnati, O.
- Bordsen, Theo. L., Alcatraz Bldg., South Berkeley, Cal.
- Borough, S., North Man-chester, Ind.
- Borton, Samuel, Golden, Ill.
- Borup, Georgia W., Pittsburg Bldg., St. Paul, Minn.
- Both, E. R., 601-3 Traction Bldg., Cincinnati, O.
- Boucher, Arthur J., 36 W. Newton St., Boston, Mass.
- Boulware, F. A., 1685 Galla-way St., Memphis, Tenn.
- Bouner, Dr. E. J., Champaign, Ill.
- Bowen, Margaret E., Pounding Mill, Va.
- Bowen, William D., 1 West Grace St., Richmond, Va.
- Bower, J. H., N. T. Armijo Bldg., Albuquerque, N. M.
- Bower, Mary, Hazel House, Pawnee, Neb.
- Bower, R. A., Collins Blk., Eureka, Kans.
- Bowers, Homer D., Gaston, Ore.
- Bowers, Henry M., Masonic Temple, Las Cruces, N. M.
- Bowersox, U. S. G., Kistler Bldg., Longmont, Colo.
- Bowliby, Doris, Mills Bldg., El Paso, Texas.
- Bowling, R. W., 618 Fremont Ave., So. Pasadena, Cal.
- Bowling, Willett Lee, Kendall Bldg., Pasadena, Cal.
- Boyd, Richard H., Tullahoma, Tenn.
- Boyer, D. D., Provo, Utah.
- Boyer, G. R., Jefferson Bldg., Peoria, Ill.
- Boyes, E. H., 222 Putnam St., Marietta, O.
- Boyes, M. A., 1003 Market St., Parkersburg, W. Va.
- Boyles, J. A., Fidelity Bldg., Baltimore, Md.
- Bradbury, Chas. C., 117 W. Monroe St., Phoenix, Ariz.
- Bradley, M. H., 133 Mentor Ave., Painesville, O.
- Bradley, Oscar Evans, Ell-wood City, Pa.
- Brake, Isabella, Equitable Bldg., Melbourne, Australia.
- Brann, Edward C., 409½ Com-mercial St., Oswego, Kans.
- Branner, Louise Mae, 39 S. State St., Chicago, Ill.
- Bray, Edwin W., Denckla Bldg., Philadelphia, Pa.

- Brearley, Peter H., Franklin Bank Bldg., Philadelphia, Pa.
- Breckenridge, Karl, 105 Centre St., Bath, Me.
- Breed, Arthur M., 126 Pine St., Corning, N. Y.
- Breedlove, Dan H., Valdosta, Ga.
- Breitenstein, Rose E., 62 Rowley St., Rochester, N. Y.
- Breizman, Edward J., 69 Macy St., Fond du Lac, Wis.
- Brenz, Louis Edward, Summit & 5th Aves., Arkansas City, Kans.
- Bretow-Munch Wm. C., Lake Hopatcong, N. J., and 621 Bushwick Ave., Brooklyn, N. Y.
- Brevard, May, 422 Burton St., Murfreesboro, Tenn.
- Brewer, J. C., Jefferson, Wis.
- Brewster, George A., 24 Laurel St., Buffalo, N. Y.
- Brigham, W. Curtis, Ferguson Bldg., Los Angeles, Cal.
- Bright, S. H., Royster Bldg., Norfolk, Va.
- Brill, Morris M., 18 E. 41st St., New York, N. Y.
- Brinkerhoff, V. W., Ohio Bldg., Toledo, O.
- Britt, Florence Schaepe, Higginsville, Mo.
- Brittain, Ethel, St. James Bldg., Jacksonville, Fla.
- Broadhurst, Lila M., Goldsboro, N. C.
- Brock, W. W., 134 State St., Montpelier, Vt.
- Brockway, Arthur W., Frame Bldg., Waukesha, Wis.
- Brodbeck, Oliver, Elyria Blk., Elyria, O.
- Broderick, Katherine A., 59 S. Main St., Torrington, Conn.
- Brokaw, Maud, Stevens Bldg., Detroit, Mich.
- Brown, Albert F., 169½ Dundas St., London, Ont.
- Brown, Alice A., 1704 Fifth Ave., Troy, and Citizens' Bank Bldg., Saratoga Springs, N. Y.
- Brown, Dale, 359 Boylston St., Boston, Mass.
- Brown, Edith M., White Blk., Charleston, Ill.
- Brown, Ernest H., Hooper, Neb.
- Brown, Josiah, H., 4908 N. Mervine St., Philadelphia, Pa.
- Brown, Marcus E., E. & W. Clothing Bldg., Sioux City, Iowa.
- Brown, Niles, 671 Broad St., Providence, R. I.
- Brown, Sam'l Agnew, 1112 Chestnut St., Philadelphia, Pa.
- Brown, Sarah Snaveley, 945 W. 7th St., Los Angeles, Cal.
- Brown, William Clare, 182 Main St., Waterville, Me.
- Browne, E. M., Triole Bldg., Galesburg, Ill.
- Browne, F. Grantham, 97 Mortimer St., Regent St., London, W., England.
- Browning, M. B., Broadway Market Bldg., Detroit, Mich.
- Browning, Dr. Martin P., 619 Farwell Bldg., Detroit, Mich.
- Bruce, A. Miller, Colonial Trust Bldg., Reading, Pa.
- Bruce, Lewis, Lindsay, Cal.
- Bruce, Will H., Bing Bldg., Houston, Texas.
- Bruckner, Carl D., 1731 Arch St., Philadelphia, Pa.
- Bruner, M. T., Aurora, Ill.
- Bruninghaus, Chas. W. A. B., 1 Chatham St., Worcester, Mass.
- Brunner, M. W., 121 S. Ninth St., Lebanon, Pa.
- Bryan, A. L., Gainesville, Texas.
- Bryan, Charles T., 421 E. 17th St., Santa Ana, Cal.
- Bryant, Ward C., Masonic Blk., Greenfield, Mass.
- Bryson, Ida B. Kartowitz, Colfax, Wash.
- Buchholz, Charles, Merced, Cal.
- Buckmaster, R. M., Whidden Bldg., Arcadia, Fla.
- Buckmaster, R. P., 132 S. Orange Ave., Orlando, Fla.
- Buckner, Alice L., Fullerton, Neb.
- Buddecke, Bertha A., Third Nat'l Bank Bldg., St. Louis, Mo.
- Buehler, John Benjamin, 381 Fifth Ave., New York, N. Y.
- Bueler, C. Merwin, Tucumcari, N. M.
- Buffalow, O. T., Gregory Bldg., Beloit, Wis.
- Bullard, John R., 28 E. Main St., Marshalltown, Ia.
- Bullas, Grace, Biloxi, Miss.
- Bullock, E. A., 211 Stevens Bldg., Detroit, Mich.
- Bumpus, Glyde W., Empire Bldg., Denver, Colo.
- Bumpus, J. F., 406 Market St., Steubenville, O.
- Bumstead, Lucius A., 16 E. Winter St., Delaware, O.
- Bunker, Blanche C., Van Slyke Bldg., Aberdeen, S. D.
- Bunting, H. S., 9 S. Clinton St., Chicago, Ill.
- Burd, Walter C., Security Savings Bank Bldg., Cedar Rapids, Ia.
- Burdette, Gabriel F., 401 W. Main St., Centralia, Wash.
- Burdick, Ralph H., Tonapah, Nev.
- Burke, Isaac, 133 Geary St., San Francisco, Cal.
- Burke, Raymond J., 1407 S. Broad St., Philadelphia, Pa.
- Burke, Wilfrid I., Sun Bldg., Lowell, Mass.
- Burlingham, James P., University Blk., Syracuse, N. Y.
- Burnard, Harold W., 47 W. 34th St., New York, N. Y., and 158 Seventh St., Elmhurst, L. I., N. Y.
- Burnard, W. L., York, Neb.
- Burner, Ethel Louise, Unity Bldg., Bloomington, Ill.
- Burnett, Fred G., Ph. B., Inskeep Bldg., Bellefontaine, O.
- Burnett, John Clawson, 1007 Broad St., Newark, N. J.
- Burns, Guy Wendall, 49 W. 57th St., New York, N. Y.
- Burns, Louisa, 122 S. Ashland Blvd., Chicago, Ill.
- Burrus, Madison Cooper, New Franklin, Mo.
- Burt, James E., 251 W. 81st St., New York, N. Y.
- Burt, Thomas G., Groton, S. D.
- Burton, Benj. O., Harlan, Ia.
- Burton, Charlotte M., 218 W. Olive St., Ft. Collins, Colo.
- Burton, George F., Frost Bldg., Los Angeles, Cal.
- Bush, C. M., 902 Main St., Hartford, Conn.
- Bush, Earl A., 902 Main St., Hartford, Conn.
- Bush, Ernest W., Southern Pines, N. C., and Bethlehem, N. H.
- Bush, Evelyn R., 836 S. Fourth Ave., Louisville, Ky.
- Bush, Ida Ellis, 317 Laura St., Jacksonville, Fla.
- Bush, Lucius M., 15 Exchange Place, Jersey City, N. J.
- Bushart, E. E., Sullivan, Ill.
- Buster Will L., 21 Park Ave., Mt. Vernon, N. Y.
- Butcher, Frances, 81 E. Madison St., Chicago, Ill.
- Butcher, Frances M., 126 N. Elmwood Ave., Oak Park, Ill.
- Butcher, O. L., 657 Mt. Prospect Ave., Newark, N. J.
- Butler, Ruby, Jefferson, O.
- Byars, W. R., U. S. Grant Bldg., San Diego, Cal.
- Byrkit, Anna W., Summit Road, Wellesley, Mass.
- Byrkit, Francis K., Pierce Bldg., Copley Square, Boston, Mass.
- Byrne, Joseph F., Osborn Bldg., Cleveland, O.
- Cadwell, E. William, Acme Bldg., Canon City, Colo.
- Cady, Darwin F., Union Bldg., Syracuse, N. Y.
- Cady, James D., 30 Court St., Cortland, N. Y.
- Cain, Philip R., 609a Broadway, Hannibal, Mo.
- Caine, Allen E., Iroquois Bldg., Marion, Ind.
- Caldwell, Clara A., 404 W. Main St., Troy, O.
- Caldwell, Della B., Flynn Bldg., Des Moines, Ia.
- Calhoun, J. C., Garrett Bldg., Jackson, Minn.
- Calisch, H. F., Chamber of Commerce Bldg., Richmond, Va.
- Callahan, J. L., J. M. S. Bldg., South Bend, Ind.
- Callahan, Kate T., J. M. S. Bldg., South Bend, Ind.
- Calvert, A. K. S., Ponca City, Okla.
- Calvert, E. H., Harrison Bldg., Columbus, O.
- Cameron, Edward M., Richmond, Mo.
- Camp, Charles D., Powers Bldg., Rochester, N. Y.
- Camp, Henry Clay, Chamber of Commerce Bldg., St. Paul, Minn.
- Campbell, A. D., 1524 Chestnut St., Philadelphia, Pa.
- Campbell, Charles A., Broadway, Larned, Kans.
- Campbell, Ida S., Manwaring Bldg., New London, Conn.
- Canfield, Carl E., Collbran, Colo.
- Cannon, M. E., Leitchfield, Ky.
- Cannon, P. J., Farmington, Mo.
- Cantrell, S. E., Carrothers, Cleveland, Ga.
- Card, F. C., 629 Third St., Fort Madison, Ia.
- Cardamone, Philip J., 326 E. Price St., Philadelphia, Pa.

- Carleton, Fanny T., 24 Summer St., St. Johnsbury, Vt.
 Carleton, Margaret B., Post-office Bldg., Keene, N. H.
 Carlisle, Hardy Wm., 242 Summer St., Paterson, N. J.
 Carlow, Eva Mains, Ph. B., Garnet-Corey Bldg., Medford, Ore.
 Carlow, Frank G., Garnet-Corey Bldg., Medford, Ore.
 Carney, Edward B., 1 1/2 So. Main St., Fort Scott, Kans.
 Carothers, J. C., 1447 N. Redfield St., Philadelphia, Pa.
 Carpenter, Ethel Cook, 666 Woodward Ave., Detroit, Mich.
 Carpenter, Fannie E., Goddard Bldg., Chicago, Ill.
 Carpenter, George H., Goddard Bldg., Chicago, Ill.
 Carpenter, Mark C., 666 Woodward Ave., Detroit, Mich.
 Carr, S. V., Eudora, Kans.
 Carrico, Clarence J., Gorelock Bldg., Webster Groves, Mo.
 Carson, Henry, Ridgefield, Conn.
 Carson, Merl J., Southern Bldg., Wilmington, N. C.
 Carter, Bertha E., 729 Boylston St., Boston, Mass.
 Carter, Charles, Arcade Bldg., Danville, Va.
 Carter, Elmer W., 82 Main St., Haverhill, Mass.
 Carter, Mrs. George, 41 3F Capitol Ave., Springfield, Ill.
 Carter, H. V., 326 N. Charles St., Baltimore, Md.
 Carter, Lillian L., Bleckley Bldg., Anderson, S. C.
 Carter, Walter C., 413 E. Capitol Ave., Springfield, Ill.
 Caruthers, Iva M., 1436 W. Monroe St., Chicago, Ill.
 Carver, Harriet T., Sixth and Garden Sts., Columbia, Tenn.
 Carver, J. A., Childress, Texas.
 Cary, Una W., Hagelstein Bldg., Sacramento, Cal.
 Caryl, Ella Mansfield, 521 S. Olive St., Los Angeles, Cal.
 Casey, E. M., Security Mutual Bldg., Binghamton, N. Y.
 Cassell, M. E., 1530 Chestnut St., Philadelphia, Pa., and 140 E. Main St., Moorestown, N. J.
 Caster, H. E., Old Nat'l Bank Bldg., Spokane, Wash.
 Catlow, Jessie L., 623 Story St., Boone, Ia.
 Catron, Howard B., Payette, Idaho.
 Cave, Edith Stobo, 151 Sandwich St., Plymouth, and 30 Huntington Ave., Boston, Mass.
 Cave, Francis A., Huntington Ave., Boston, Mass., and Crowell Bldg., Hyannis, Mass.
 Cawston, Margaret I., Los Angeles, Stapley Road, St. Albans, England.
 Chaffee, Alice B., Hollingsworth Bldg., Los Angeles, Cal.
 Chalfant, Vera, Plaza Apartments, Muncie, Ind.
 Chambers, Etta O., 115 West Second St., Geneseo, Ill.
 Champlin, Chas. A., 118 West Avenue E., Hope, Ark.
 Champlin, Etta E., 404 S. Elm St., Hope, Ark.
 Chandler, Alfred J., Box 473, Salisbury, N. C.
 Chandler, Chas. H., McCormick Bldg., Cherryvale, Kans.
 Channell, Leo R., Wulfekuhler Bank Bldg., Leavenworth, Kans.
 Chapman, Ada, Hinckley, Holmes Bldg., Galesburg, Ill.
 Chapman, J. A., Kendallville, Ind.
 Chappell, E. E., Clear Lake, Ia.
 Chappell, George G., Sidney, Ia.
 Chappell, Nannie J., Central Nat'l Bank Bldg., St. Louis, Mo.
 Chappell, W. F., Surety Bldg., Muskogee, Okla.
 Chappell, Walter G., Central Nat'l Bank Bldg., St. Louis, Mo.
 Charles, Elmer, Pontiac, Mich.
 Chase, John P., Wilder Bldg., Rochester, N. Y.
 Chase, Julia Jane, 42 Middle St., Portsmouth, N. H.
 Cheney, Henry S., Marsh Strong Bldg., Los Angeles, Cal.
 Cherrill, Katharine, Carthage, Ill.
 Chesebrough, Edna, 171 Westminster St., Providence, R. I.
 Childress, T. E., Bieri Bldg., Osage City, Mo.
 Childs, Bessie Calvert, Goldsmith Bldg., Milwaukee, Wis.
 Childs, William S., Roach Bldg., Salina, Kans.
 Chiles, Harry L., 466 Main St., Orange, N. J.
 Chittenden, Albert E., 415 Court St., Auburn, Me.
 Chittenden, W. C., 33 South Main St., Newark, N. J.
 Chrestensen, C. J., Y. M. C. A. Bldg., Keokuk, Ia.
 Christensen, E. W., Long Beach Nat'l Bank Bldg., Long Beach, Cal.
 Christiansen, C. P., Main St., Humboldt, Ia.
 Chubb, Catherine May, 280 N. Liberty St., Delaware, O.
 Church, John M., Lewiston, Idaho.
 Church, J. W., Harlowton, Mont.
 Clapp, Carl D., Mayro Bldg., Utica, N. Y.
 Clark, A. B., 37 Madison Ave., New York, and Emmet Place, Garden City, L. I.
 Clark, Anna Stow, Auditorium Bldg., Los Angeles, Cal.
 Clark, Charles E., Claremont, Cal.
 Clark, Clyde A., 18 Asylum St., Hartford, Conn.
 Clark, D. L., Empire Bldg., Denver, Colo.
 Clark, E. Heath, 359 Boylston St., Boston, Mass.
 Clark, E. H., 27 E. Monroe St., Chicago, Ill.
 Clark, Edward Kennedy, Washington, Mo.
 Clark, Frank C., Auditorium Bldg., Los Angeles, Cal.
 Clark, Homer M., El Paso, Ill.
 Clark, John F., Greenville, Texas.
 Clark, M. E., Board of Trade Bldg., Indianapolis, Ind.
 Clark, Reuben T., New Mills Bldg., Jackson, Miss.
 Clark, Sophia Hemstreet, Liberty, Mo.
 Clarke, Emily M., Miles City, Mont.
 Clarke, George Burt F., University Bldg., Detroit, Mich.
 Clarke, Olive, 805 W. Pico St., Los Angeles, Cal.
 Clarke, Robt., 1104 E. 47th St., Chicago, Ill.
 Classen, Carrie C., First Nat'l Bank Bldg., Ann Arbor, Mich.
 Classen, William G., Hebron, Neb.
 Claussen, B. C., Indianola, Ia.
 Claussen, Pauline M., Indianola Banking Co. Bldg., Indianola, Ia.
 Cleary, C. Stuart, 431 South Wabash Ave., Chicago, Ill.
 Clement, Henry W., 43 Blackstone Blvd., Providence, R. I.
 Clements, Gertrude M., Welder Bldg., Victoria, Tex.
 Cleveland, Edward W., Security Mutual Bldg., Binghamton, N. Y.
 Cleveland, Mabel Lewis, Iowa City, Ia.
 Clifford, James Ray, 42 N. Brady St., Du Bois, Pa.
 Cline, C. O., Dighton Bldg., Monticello, Ill.
 Clinton, Mary W., Keenan Bldg., Pittsburgh, Pa.
 Close, Effie A., Telephone Bldg., Cape Girardeau, Mo.
 Clouse, D. H., 120 W. Pine St., Lodi, Cal.
 Clover, Thomas H., Thompson Bldg., Winfield, Kans.
 Cluett, F. G., Security Bldg., Sioux City, Ia.
 Cluff, Arthur C., Liggett Bldg., Detroit, Mich.
 Cobb, G. A., 539 Proctor St., Port Arthur, Texas.
 Cobb, H. M., Hugo, Colo.
 Cobb, James E., Spitzer Bldg., Toledo, O.
 Cobb, Marie Magill, 1006 West Lake Ave., Los Angeles, Cal.
 Cobble, William Houston, Fremont Nat'l Bank Bldg., Fremont, Neb.
 Coburn, D. Wendell, 100 High St., Newburyport, Mass.
 Cochran, Philip S., 155 Huntington Ave., Boston, Mass.
 Cockrell, Charles C., McClymonds Bldg., Massillon, O.
 Cockrell, Irvin, 1 West 34th St., and 2310 Andrews Ave., Bronx, New York, N. Y.
 Cockrell, Marthana, Dover, Del.
 Coffee, Eugene M., Collingswood, N. J.
 Coffey, G. T., 2540 Boulevard, Jersey City, N. J.
 Coffey, Juliette Burns, Black Bldg., Los Angeles, Cal.
 Coffey, Eva Kate, 551 S. Grand Ave., Los Angeles, Cal.
 Coffland, Florence, 1432 Franklin Ave., Columbus, O.
 Coffman, J. Marvin, 324 St. Ann St., Owensboro, Ky.
 Cohalan, John A., 1524 Chestnut St., Philadelphia, Pa.
 Cohalan, John A., St. Girard Bldg., Philadelphia, Pa.
 Cohalan, John A., 2430 Poplar St., Philadelphia, Pa.
 Coke, Richard H., 411 W. Chestnut St., Louisville, Ky.
 Colborn, R. M., 810 Broad St., Newark, N. J.

- Colby, Irving, Marsh Bldg., New London, Conn.
- Coldwells, Joseph A., Homer Laughlin Bldg., Los Angeles, Cal.
- Cole, Arthur E., 227½ N. Main St., Urbana, O.
- Cole, B. L., Vivier Bldg., Brownsville, Texas.
- Cole, Earl A., 163 S. Main St., Bowling Green, O.
- Cole, J. B., Haden Bldg., Columbia, Mo.
- Cole, Julia Mowery, 2602 N. 12th St., Philadelphia, Pa.
- Cole, Merton K., 38 Pearl St., Framingham, Mass.
- Cole, Omer C., Lewistown Trust Co. Bldg., Lewistown, Pa.
- Collar, Emily, Hotel Oxford, San Francisco, Cal.
- Collier, Carrie B., 1610 Main St., Clarinda, Ia.
- Collier, E. M., Spitzer Bldg., Toledo, O.
- Collier, Hix F., 133 W. Main St., Waterbury, Conn.
- Collier, J. Erle, Stahlman Bldg., Nashville, Tenn.
- Collins, Alice L., 10 S. 18th St., Philadelphia, Pa.
- Collins, Emma Hazel, 424 S. 42nd St., Philadelphia, Pa.
- Collins, H. L., 122 S. Ashland Blvd., Chicago, Ill.
- Collins, Jean Hough, 69 Piccadilly W., London, England.
- Collins, Louisa J., Geneva, Ill.
- Collins, Paul R., Brophy Bldg., Douglas, Ariz.
- Collyer, Frank A., Pope Bldg., Louisville, Ky.
- Coltrane, Ella D., Union Nat'l Bank Bldg., Manhattan, Kans.
- Commerford, Mary Elizabeth, Carleton Bldg., St. Louis, Mo.
- Compton, Catherine, Beeville, Texas.
- Compton, Emma M., Pittsburgh Life Bldg., Pittsburgh, Pa.
- Compton, Mary, Pittsburgh Life Bldg., Pittsburgh, Pa.
- Comstock, Edgar S., Goddard Bldg., Chicago, Ill.
- Conant, B. Rees, 1039 Massachusetts Ave., Cambridge, Mass.
- Conard, S. E., 1573 Charleston Ave., Mattoon, Ill.
- Conger, Mrs. A. L., Irving Lawn, Akron, O.
- Conger, W. Millwood, Wither- spoon Bldg., Philadelphia, Pa.
- Conklin, Hiram Lewis, 29 Grove Terrace, Passaic, N. J.
- Conklin, Hugh W., Ward Blk., Battle Creek, Mich.
- Conley, George J., Shukert Bldg., Kansas City, Mo.
- Conner, D. L., Nat'l Bank of Arizona Bldg., Phoenix, Ariz.
- Conner, H. L., Central Nat'l Bank Bldg., St. Louis, Mo.
- Conner, Mary A., Neave Bldg., Cincinnati, O.
- Conner, Roswell F., Auditorium Bldg., Chicago, Ill.
- Conner, R. F. & Mary H., 431 S. Wabash Ave., Chicago, Ill.
- Conner, R. W., Hennen Bldg., New Orleans, La.
- Conner, Sallie M., Chalfant Blk., Bellefontaine, O.
- Conner, W. J., Commerce Bldg., Kansas City, Mo.
- Conner, William E., 35 Auditorium Bldg., Chicago, Ill.
- Conner, Wm. E., 431 S. Wabash Ave., Chicago, Ill.
- Conrad, Charles F., 120 Palisade Ave., West Hoboken, N. J.
- Cook, C. F., 88 Market St., Poughkeepsie, N. Y.
- Cook, Geo. T., 32 Glenwood Ave., Buffalo, N. Y.
- Cooke, Herbert T., Clayton, O.
- Coon, Bert D., 625 Main St., South Bend, Ind.
- Coon, J. Franklin, Baker, Boyer Bldg., Walla Walla, Wash.
- Coonfield, George W., Dodge City, Kans.
- Coons, Jessie M., Magnolia Hall, Hamilton, Bermuda.
- Coons, W. N., Medina, O.
- Cooper, Emma S., Waldheim Bldg., Kansas City, Mo.
- Cooper, R. M., Garden City, Kans.
- Cooper, Helen Victoria, 133 Geary St., San Francisco, Cal.
- Cooper, Sarshal De Pew, 133 Geary St., San Francisco, Cal.
- Cooper, Wm., 97 Mortimer St., Regent St., London, W., England.
- Coppland, Russ, Register Bldg., Portage, Wis.
- Copper, Lydia N., Cor. Lake and Center Sts., Warsaw, Ind.
- Coppernoll, Oriannie, Rumer Blk., Alliance, Neb.
- Corbin, W. S., Citizens' Nat'l Bank Bldg., Chickasha, Okla.
- Corkil, Lena C., 2112 First Ave., Kearney, Neb.
- Corkwell, F. E., 96½ W. Main St., Newark, O.
- Cormeny, Howard J., 50 E. Market St., York, Pa.
- Cornelius, Charles, 485 Sherbrooke St., Winnipeg, Man.
- Cornelius, M. B., 485 Sherbrooke St., Winnipeg, Man.
- Cornell, Leon L., Falls City, Neb.
- Cornett, Jessie Willard, 3331 E. 13th Ave., Denver, Col.
- Coryell, Roland S., National Bank of Brookville Bldg., Brookville, Pa.
- Cosner, E. H., Reibold Bldg., Dayton, O.
- Cota, Rose, 10 Clark St., Burlington, Vt.
- Cottrell, Mead K., 10308 Euclid Ave., Cleveland, O.
- Coulter, Robert P., Weatherford, Texas.
- Cour, Andrew A., 7043 North Clark St., Chicago, Ill.
- Courts, Lillian Josephine, Pontiac, Mich.
- Covell, Martha A., Lindley Blk., Minneapolis, Minn.
- Covey, Florence A., The Somerset, Portland, Me.
- Cox, Martha S., 910 W. Seventh St., Joplin, Mo.
- Cox, Robert Cornelius, 1524 Chestnut St., Philadelphia, Pa., and 118 S. Virginia Ave., Atlantic City, N. J.
- Cox, W. T., 113 Main St., Biddeford, Me.
- Craft, Maria C., Deer Lodge, Mont.
- Craig, A. S., 3030 Tracy Ave., Kansas City, Mo.
- Craig, Irvin F., Pittsburgh Bldg., St. Paul, Minn.
- Craig, William, Ford St., Ogdensburg, N. Y.
- Craigie, Margaret Anne, Harris, Mo.
- Crain, Coral, 68 N. Marengo Ave., Pasadena, Cal.
- Crain, C. J., Box 5, Union City, Ind.
- Crain, Festal, 68 N. Marengo Ave., Pasadena, Cal.
- Cramb, L. K., Masonic Temple, North Yakima, Wash.
- Cramb, Lulu Lynde, Fairbury, Neb.
- Cramer, Mytle A., Brower Bldg., Bakersfield, Cal.
- Cramer, Oliver H., 13 S. Church St., West Chester, Pa.
- Crampton, Charles C., 217 Court St., Kankakee, Ill.
- Crandell, S. Gertrude, Pocatontas, Iowa.
- Crane, Jessie M., 117 Fourth St., Norfolk, Neb.
- Crane, Ralph M., 18 E. 41st St., New York, N. Y.
- Craven, Jane Wells, Arrott Bldg., Pittsburgh, Pa.
- Craven, Merritt B., 605 Davis St., Evanston, Ill.
- Crawford, H. T., 673 Boylston St., Boston, Mass.
- Crawford, John S., Denton Co. Nat'l Bank Bldg., Denton, Texas.
- Crawford, Nell C., 22 Hancock St., Lexington, Mass.
- Crawford, S. Virginia, 10 Library Place, Danbury, Conn.
- Crawford, W. A., 928 Main St., Buffalo, N. Y.
- Crawford, W. F., 1322 McAllister St., San Francisco, Cal.
- Creatore, Tommaso, 762 S. 51st St., Philadelphia, Pa.
- Creatore, Tommaso, Widener Bldg., Philadelphia, Pa.
- Crehove, Mary Alice, 4237 Olive St., St. Louis, Mo.
- Crenshaw, J. H., 5882 Clemens Ave., St. Louis, Mo.
- Creswell, Lena, American Nat'l Bank Bldg., San Diego, Cal.
- Crocker, D. C., Stahl Bldg., Centralia, Wash.
- Crofoot, Frank A., 77 Williams St., Lyons, N. Y.
- Crofton, Henrietta, Leary Bldg., Seattle, Wash.
- Crosswell, Mary Sybel, M. D., Farmington, Me.
- Crow, E. C., Second and Franklin Sts., Elkhart, Ind.
- Crow, Louise P., 5311 Monte Vista St., Los Angeles, Cal.
- Crowe, I. B., 2032 Cleveland Ave., Chicago, Ill.
- Croxton, Charles H., 1813 N. Charles St., Baltimore, Md.
- Crutchfield, William E., McAdoo Bldg., Greensboro, N. C.
- Cruzan, Albert, 1046 Vermont St., Lawrence, Kans.
- Cryslar, Harriet, 351 River Rd., Niagara Falls, Ont.
- Culbertson, Eliza M., Post Bldg., Appleton, Wis.
- Culley, Albert B., Central Nat'l Bank Bldg., St. Louis, Mo.
- Culley, Edgar W., 450 Collins St., Melbourne, Australia.

- Culmyer, J. Chester, Manitowoc, Wis.
- Cummings, L., Arkansas Nat'l Bk. Bldg., Hot Springs, Ark.
- Cummings, W. S., 6 Clifton Ave., Lakewood, N. J.
- Cunningham, Arthur B., Leary Bldg., Seattle, Wash.
- Cunningham, Chas. J., Villa Grove, Ill.
- Cunningham, F. Lewis, Auditorium Bldg., Los Angeles, Cal.
- Cunningham, J. D., Livingston Bldg., Bloomington, Ill.
- Cunningham, J. R., Moore Bldg., San Antonio, Texas.
- Cunningham, R. E., Himmelberger-Harrison Bldg., Cape Girardeau, Mo.
- Cupp, H. C., Bank of Commerce Bldg., Memphis, Tenn.
- Curran, Cecelia G., Empire Bldg., Philadelphia, Pa.
- Currence, B. C., 50 E. Perry St., Tiffin, O.
- Curry, Arthur B., 3207 Lexington Ave., Chicago, Ill.
- Curtin, Katherine E., Empire Bldg., Denver, Colo.
- Curtis, Frederick G., Pace Bldg., Mount Vernon, Ill.
- Curtis, Jay L., Fergus Falls, Minn.
- Cushman, Chas. E., Auditorium Bldg., Chicago, Ill.
- Cutler, L. Lynn, Berlin Savs. Bank Bldg., Berlin, N. H.
- Daily, Lillian B., Granite Bldg., Rochester, N. Y.
- Dakin, Russell S., Depot St., Shelbyville, Tenn.
- Dalín, C. C., Shenandoah, Ia.
- Dalton, Leone, Racine, Wis.
- Dana, Frances, 81 E. Madison St., Chicago, Ill.
- Daniel, O. L., Brooks, Alberta.
- Daniels, Henry, Times Bldg., Brockton, Mass.
- Daniels, Lester R., Forum Bldg., Sacramento, Cal.
- Daniels, R. R., Majestic Bldg., Denver, Colo.
- Danks, Edward G., 204 Northampton St., Easton, Pa.
- Dann, H. J., Bliss Bldg., Sandusky, O.
- Dashiell, Eleanor R., Murray Hill, Annapolis, Md.
- Daugherty, A. E., People's Bank Bldg., Bloomington, Ill.
- Davenport, Bert M., Sabetha, Kans.
- Davenport, Harry Lewis, 1117 13th Ave., Altoona, Pa.
- Davey, Flora M., 375 E. Grant St., Minneapolis, Minn.
- Davidson, H. J., 127 Garfield Ave., Chicago, Ill.
- Davidson, Sara A., 58 Metcalfe St., Montreal, Quebec.
- Davies, Catherine E., 15 S. Franklin St., Wilkes-Barre, Pa.
- Davis, A. F. V., Kelso, Wash.
- Davis, A. H., Elderfield & Hartshorn Bldg., Niagara Falls, N. Y.
- Davis, C. H., 39 S. State St., Chicago, Ill.
- Davis, Chas. H., 3405 Monroe St., Chicago, Ill.
- Davis, Clara, E. Wooster St., Bowling Green, O.
- Davis, D. W., Weiss Bldg., Beaumont, Texas.
- Davis, F. C., Tonkawa, Okla.
- Davis, Henry M., Skiles Bldg., Minneapolis, Minn.
- Davis J., Morrison, Hale Bldg., Philadelphia, Pa.
- Davis, Jas. W., Wayland Bldg., Girard, Kans.
- Davis, Paul R., St. James Bldg., Jacksonville, Fla.
- Davis, Perry E., Globe Bldg., Pittsburg, Kans.
- Davis, Sarah M., Putnam House, Palatka, Fla.
- Davis, Thomas L., M. D., Chronicle Bldg., Augusta, Ga.
- Davis, W. E., 242 West Court St., Paris, Ill.
- Davis, W. L., Funke Bldg., Lincoln, Neb.
- Dawes, Willard C., 237 W. Main St., Bozeman, Mont.
- Dawson, H. M., New Castle, Ind.
- Dawson, John Alex., 97 Mountfort St., Boston, Mass., and Dreka Bldg., DeLand, Fla.
- Day, E. F., Mayfield, Ky.
- Day, J. O., Starks Bldg., Louisville, Ky.
- Day, Lawrence E., 359 Lincoln Ave., Detroit, Mich.
- Day, Mary Warren, New Baxter Bldg., Portland, Me.
- Dayton, Frank E., 3259 W. Madison St., Chicago, Ill., and Grand Hotel, Mackinac Island, Mich. (Summer season.)
- Dean, H. S., First Nat'l Bank Bldg., Durango, Colo.
- Deane, Alice M., 876 Second Ave., Detroit, Mich.
- Deane, John W., Beresford, S. D.
- Deason, J. Ph. G., Goddard Bldg., Chicago, Ill.
- Deason, Laura J., 122 S. Ashland Blvd., Chicago, Ill.
- Decker, Jas. S., 301 W. 4th St., Larned, Kans.
- Deeks, J. Harley, Somerset Bldg., Winnipeg, Manitoba.
- Deeming, W. J., Brookfield, Mo.
- Deeter, Ruth A., 132 Walnut St., Harrisburg, Pa.
- De France, Josephine, Commercial Bldg., St. Louis, Mo.
- De Groot, Fred E., Rock Island, Ill.
- De Jardine, C., 99 N. Court St., Port Arthur, Ontario.
- De Lapp, Sidney L., Perkins Bldg., Roseburg, Ore.
- De Lendrecie, Helen, 697 S. Kingsley Drive, Los Angeles, Cal.
- Delong, Laura, 96 Engle St., Englewood, N. J.
- Deming, Lee C., Box 154, Anaheim, Cal.
- Dennette, F. A., 138 Huntington Ave., Boston, Mass.
- Deputy, Anna W., 1251 Main St., Riverside, Cal.
- Deputy, H. E., 1251 Main St., Riverside, Cal.
- Derrick, J. E., Bass Bldg., Fort Wayne, Ind.
- Derr, Vera E., Masonic Bldg., Fostoria, O.
- Dersam, Kathryn E., Folk Bldg., Chillicothe, O.
- De Sart, Roy F., Commercial Bldg., Mason City, Ia.
- Deshazer, J. Dalton, Neave Bldg., Cincinnati, O.
- De Tienne, Harry G., Central Bldg., Pueblo, Colo.
- De Tienne, J. A., 1198 Pacific Street, Brooklyn, N. Y.
- Detwiller, E. S., 477 Colborne St., London, Ontario.
- Detwiller, Sara B., Medicine Hat, Alberta.
- De Veny, Catharine, 304 S. Wabash Ave., Chicago, Ill.
- Dewey, Arthur E., Utica Bldg., Des Moines, Ia.
- Dewey, Nina Mason, Utica Bldg., Des Moines, Ia.
- DeWitt, Emma Good, 277 Monument Ave., Wyoming, Pa.
- De Wolfe, Winnifred, Fine Arts Bldg., Detroit, Mich.
- Dickey, Otis L., Frisco Bldg., Joplin, Mo.
- Dickey, Wm. F., 1237 S. Hope St., Los Angeles, Cal.
- Dickson, J. Homer, Harrison Bldg., Canon City, Colo.
- Dieckmann, Louisa, 415 Vermont St., Buffalo, N. Y.
- Diehl, J. M., Hulet Bldg., Elmira, N. Y.
- Dietz, Phineas, 500 Broad St., Newark, N. J.
- Dileos, M., 472 Fulton St., Brooklyn, N. Y.
- Dill, Emma B., Mason Bldg., Los Angeles, Cal.
- Dill, Heber M., 21 Broadway, Lebanon, O.
- Dillabough, A. H., 7 Roberts St., Middleton, N. Y.
- Dillabough, W. J. E., 8 W. Halkin St., Belgrave Square S. W., London, England.
- Dilley, A. E., 4203 S. Vermont St., Los Angeles, Cal.
- Dillon, Dot, 216 E. State St., Centerville, Ia.
- Dinning, G. W., Ponca City, Okla.
- Dinsmoor, Laura B., 214 Centennial Ave., Sewickley, Pa.
- Doane, Adele, 1720½ Main St., Parsons, Kans.
- Dobson, W. D., Century Bldg., St. Louis, Mo.
- Dodge, Ella Taylor, 5701 Blackstone Ave., Chicago, Ill.
- Dodge, F. Chandler, 53 Parkis Ave., Providence, R. I.
- Dodson, Charles Augustus, State Nat'l Bank Bldg., Little Rock, Ark.
- Dodson, J. T., Kirksville, Mo.
- Doe, Albin H., 523 Main St., Racine, Wis.
- Deeming, Dr. C. O., Sterling, Ill.
- Dole, Almeda Goodspeed, New Bank Bldg., Winnetka, Ill.
- Dole, Emily C., Alta Vista Apartments, Berkeley, Cal.
- Donahue, J. E., Berkeley Nat'l Bank Bldg., Berkeley, Cal.
- Doneghy, A. I., 1323 Chapline St., Wheeling, W. Va.
- Donnelly, Emma E., 54 S. El Molino Ave., Pasadena, Cal.
- Doolittle, Harriet M., 535 N. Main St., Pomona, Cal.
- Doron, Charles B., Pearl Bldg., Bangor, Me.
- Dorrance, Harold J., First Nat'l Bank Bldg., Pittsburgh, Pa.
- Douglass, Harry E., 568 Light-house Ave., Pacific Grove, Cal.
- Dove, C. E., Dion Bldg., Glendive, Mont.
- Dover, Mary A., 46 Oak St., Lowell, Mass.

- Dow, Lydia S., Cowley Bldg., Central Point, Ore.
- Dow, McMorris, Marshall, Cowley Bldg., Central Point, Ore.
- Dowler, A. S., Panora, Ia.
- Dowlin, Mae L., 40 E. Colorado St., Pasadena, Cal.
- Downey, E. C., Chanute, Kans.
- Downing, Edwin M., Rupp Bldg., York, Pa.
- Downing, J. T., Board of Trade Bldg., Scranton, Pa.
- Downs, Henry A., 18 State St., Oil City, Pa.
- Dozier, J. K., 51 Howe St., New Haven, Conn.
- Dozier, W. R., Grand Opera Bldg., Atlanta, Ga.
- Drake, James T., Metcalf Bldg., Auburn, N. Y.
- Draper, C. L., 535 Majestic Bldg., Denver, Colo.
- Draper, L. L., 33 W. 42nd St., New York, N. Y.
- Drennan, Dr. Anna M., 899 Woodward Ave., Detroit, Mich.
- Dressel, Walter S., Kergher Bldg., Carrollton, Ill.
- Dresser, Walter P., Temple Auditorium, Los Angeles, Cal.
- Drew, Edward G., 1228 W. Lehigh Ave., Philadelphia, Pa.
- Drew, Ira W., Land Title Bldg., Philadelphia, Pa.
- Drinkall, Earl J., 11331 Michigan Ave., Chicago, Ill.
- Drinkall, Earl J., 1421 Morse Ave., Rogers Park St., Chicago, Ill.
- Du Bois, R. Omer, Auburn, Wash.
- Duffield, Bessie A., Hitchcock Bldg., Nashville, Tenn.
- Dufur, J. Ivan, Penna. Bldg., Philadelphia, and 318 Midland Ave., St. Davids, Pa.
- Dugan, R. C., 225 E. Center St., Marion, O.
- Duglay, H. A., Ross Bldg., Barrie, Ont., Can.
- Dulatush, Frank A., 607 Traction Bldg., Cincinnati, O.
- Dunbar, R. J., 1939 Perryville Ave., Pittsburgh, Pa.
- Dunham, Jay, 7 Shaftsbury Square, Belfast, Ireland.
- Dunmore, Dr. W. K., Sterling, Ill.
- Dunn, Ernest W., Elks Temple, New Berne, N. C.
- Dunn, Roy O., Creighton, Nebr.
- Dunnington, Earl V., Stephen Girard Bldg., Philadelphia, Pa.
- Dunnington, Margaret B., Real Estate Bldg., Philadelphia, Pa.
- Dunnington, R. H., Real Estate Bldg., Philadelphia, Pa.
- Dunnington, Wesley P., Stephen Girard Bldg., Philadelphia, Pa.
- Dunsmoor, H. V., 176 Huntington Ave., Boston, Mass.
- Dunsmore, Luella, Watson-town, Pa.
- Durham, A. D., Arrott Bldg., Pittsburgh, Pa.
- Durham, Jno. D., Burgaw, N. C.
- Durkee, H. V., 4001 Parish St., Philadelphia, Pa.
- Durnan, W. L., 2 Bloor St. E., Toronto, Ont., Can.
- Durrett, Carrie F., Opera House Bldg., Pueblo, Colo.
- Dye, W. Walter, 734 Morgan Ave., Palmyra, N. J., and 5243 Chestnut St., Philadelphia, Pa.
- Dyer, Bettie Ross, Cor. Church and Lafayette Sts., Jackson, Tenn.
- Dyer, Mary Maitland, 16 S. 3rd St., Columbus, O.
- Dykes, A. L., 20 4th St., Bristol, Tenn., Va.
- Dykes, L. M., 216½ Main St., Johnson City, Tenn.
- Dymond, E. C., 1422 Locust St., Des Moines, Ia.
- Dysart, R. S., Equitable Bldg., Des Moines, Ia.
- Eagan, J. H., 81 Madison St., Chicago, Ill.
- Eales, I. J., Ohmes & Jung Bldg., Belleville, Ill.
- Earhart, Emogene M., 702 Peach St., Erie, Pa.
- Easton, Melroy W., Lay Bldg., Oil City, Pa.
- Eaton, Mary Walker, 1801 K St. N. W., Washington, D. C.
- Echols, R. M., Interstate Bldg., Bristol, Tenn.
- Eckert, Ferne, 540 Grand St., Monroe, La.
- Eckert, W. H., Century Bldg., St. Louis, Mo.
- Eckley, William H., American Nat'l Bank Bldg., St. Paul, Minn.
- Eddy, John Theodore, 14 The Crescent, Montclair, N. J.
- Eddy, Walter, 43 West St. N., Orilla, Ont., Can.
- Edmiston, S. Cameron, Washington Bldg., Los Angeles, Cal.
- Edwards, Alfred, Century Bldg., St. Louis, Miss.
- Edwards, Elizabeth, Traction Bldg., Cincinnati, O.
- Edwards, F. O., First Nat'l Bank Bldg., San Jose, Cal.
- Edwards, James, Century Bldg., St. Louis, Mo.
- Edwards, Wm. B., 7th and Washington Sts., Concordia, Kans.
- Efford, Wm. W., 1215 Longwood Drive, Chicago, Ill.
- Eiler, Isabel G., 5 S. Centre St., Cumberland, Md.
- Eimert, Frederick J., Miles Bldg., Miles City, Mont.
- Elder, Alva R., 401 E. Main St., Visalia, Cal.
- Eldon, Jas. B., 1741 N. 13th St., Philadelphia, Pa.
- Eldridge, Roy Kerr, Land Title Bldg., Philadelphia, Pa.
- Eldridge, Roy Kerr, 5858 Spruce St., Philadelphia, Pa.
- Elfrink, Blanche Mayes, 27 E. Monroe St., Chicago, Ill.
- Elfrink, Walter E., 27 East Monroe St., Chicago, Ill.
- Elliott, David H., Spreckels Bldg., San Diego, Cal.
- Elliott, G. G., 1865 Dundas St. W., Toronto, Ont., Can.
- Elliott, J. W., Cordele, Ga.
- Elliott, Walter B., Davis Exchange Bank Bldg., Albany, Ga.
- Ellis, E. Adelyn, 561 Central Ave., St. Petersburg, Fla.
- Ellis, Irene Harwood, 112 Lancaster Terrace, Brookline, Mass.
- Ellis, S. A., 687 Boylston St., Boston, Mass.
- Ellis, Thomas W., 5236 Vine St., Philadelphia, Pa.
- Elmore, Nannie, Roth Bldg., Raton, N. M.
- Elton, E. J., Matthews Bldg., Milwaukee, Wis.
- Emerson, Sarah O., The Beacon, Manchester, N. H.
- Emery, Mary, 53 Adams St., Winter Hill Sta., Boston, Mass.
- Emery, R. D., Auditorium Bldg., Los Angeles, Cal.
- Emery, Willard D., Kennard Bldg., Manchester, N. H.
- Emley, T. J., Sidney, O.
- Eneboe, J. P., Van Eps Block, Sioux Falls, S. D.
- Eneboe, Lena, Canton, S. D.
- Engel drum, H. C., 39 S. State St., Chicago, Ill.
- Englehart, Frank A., 127½ W. Main St., Oklahoma City, Okla.
- Englehart, Wm. F., Central Nat'l Bank Bldg., St. Louis, Mo.
- English, Leonard H., Woodward Bldg., Washington, D. C.
- English, Merton A., Colorado Bldg., Washington, D. C.
- English, Ross, 508 Summerfield Ave., Asbury Park, N. J.
- Ennis, Emery, Ferguson Bldg., Springfield, Ill.
- Ericson, Erica, 183 Huntington Ave., Boston, Mass.
- Eroh, Calvin, 606 Swede St., Norristown, Pa.
- Ervin, Charles H., Grant Bldg., Los Angeles, Cal.
- Esser, Albert, 6050 Woodlawn Ave., Chicago, Ill.
- Estes, Geo. R., Alexandria, Minn.
- Estey, Guy W., York Apts., Sherbrooke, Quebec, Can.
- Eustace, H. E., Beloit, Kans.
- Evans, A. L., 212½ 12th St., Miami, Fla.
- Evans, A., New Tatum Bldg., Miami, Fla.
- Evans, Cecelia Hackney, 409 Breard St., Monroe, La.
- Evans, David Lee, Adair, Ia.
- Evans, G. W., Shukert Bldg., Kansas City, Miss.
- Evans, Jennie L., 212½ 12th St., Miami, Fla.
- Evans, John G., 308½ S. B'way, Rochester, Minn.
- Evans, Margaret, 623 Madison Ave., Scranton, Pa.
- Evans, Nellie M., Northern Bank and Trust Bldg., Seattle, Wash.
- Everitt, E. C., State Bank Bldg., Little Rock, Ark.
- Ewing, Ernest, 107½ E. Woodson St., El Reno, Okla.
- Ewing, Mary Matthews, Morgan Bldg., Clinton, Ind.
- Faddis, Council E., 602 E. Main St., Alhambra, Cal.
- Fagan, C. L., P. E. N. Bldg., Stuttgart, Ark.
- Fager, Emma C., Havana, Ill.
- Fahrney, M. Sangree, 172 Capitol Ave., Atlanta, Ga.
- Falk, Mary, 117 Congress St., Rumford Falls, Me.
- Falkner, J., Texarkana, Ark.
- Farber, Charles V., 903 14th St., Detroit, Mich.
- Faris, L. E., Central Nat'l Bank Bldg., St. Louis, Mo.

- Farley, R. M., Gurney Bldg., Syracuse, N. Y.
 Farmer, Frank C., 14 W. Washington St., Chicago, Ill.
 Farmer, G. C., 424 S. B'way, Los Angeles, Cal.
 Farnham, D. C., Elkan-Gunst Bldg., San Francisco, Cal.
 Farnham, Jas. McKay, St. Cloud, Minn.
 Farnham, Margaret H., Elkan-Gunst Bldg., San Francisco, Cal.
 Farnum, C. Edward, 13 Bull St., Newport, R. I.
 Farr, Mary Noyes, Wynoka Place, Pierre, S. D.
 Farrand, F. C., 11 S. 52nd St., Philadelphia, Pa.
 Farren, Mrs. M. E., 715 W. Pierce St., Kirksville, Mo.
 Farrior, Jessie B., Selling Bldg., Portland, Ore.
 Farris, Robert L., Brownwood, Tex.
 Farris, W. Buford, Merchants' Nat'l Bank Bldg., Fort Smith, Ark.
 Farthing, Ollie C., A. B., Rosenbaum Bldg., Meridian, Miss.
 Faulk, Minnie I., Masonic Temple, Crowley, La.
 Favell, Ernest J., Board of Trade Bldg., Superior, Wis.
 Fay, Leon E., 6 Union Ave., Framingham, Mass.
 Fear, Lois Mabel, Pittock Bldg., Portland, Ore.
 Fechtig, F. R., 86 Hardenbrook Ave., Brooklyn, N. Y.
 Fechtig, Louis R., 37 Madison Ave., New York, N. Y.
 Fechtig, St. George, 37 Madison Ave., New York, N. Y., and Forest Ave. and 6th St., Lakewood, N. J.
 Feidler, F. J., People's Bank Bldg., Seattle, Wash.
 Fellows, Helen H., 500 Franklin St., Detroit, Mich.
 Fennessy, Wm. C., 53 Wenham St., Jamaica Plains, Mass.
 Ferguson, E. Bertella, 2503 Channing Way, Berkeley, Cal.
 Ferguson, Ethel S. P., Paw Paw, Ill.
 Ferguson, Joseph, 15 Crescent Place, Middletown, N. Y.
 Ferguson, R. B., 1210 Court St., Le Mars, Ia.
 Fernald, Edw. L., 3527 West Madison St., Chicago, Ill.
 Ferrand, R. L., 142 Forest Ave., Pacific Grove, Cal.
 Ferry, Nellie, Nevada, Mo.
 Fessenden, Ernest A., 35 Avon St., Wakefield, Mass.
 Fessenden, Wendell W., 244 Cabot St., Beverly, Mass.
 Fike, Emily M., Utica Bldg., Des Moines, Ia.
 Finch, J. F., 6213 Vine St., Philadelphia, Pa.
 Fingerle, Chas., First Nat'l Bank Bldg., Covina, Cal.
 Fink, Chas. A., 39 S. State St., Chicago, Ill.
 Finley, Chas. D., 610 Chestnut St., Atlantic, Ia.
 Finneran, Margaret T., 359 Boylston St., Boston, Mass.
 Finnerty, Francis R., 40 Park St., Montclair, N. J.
 Flrth, A. P., 28 Clinton St., Newark, N. J.
 Fischer, Nellie M., 239 Wauwatosa Ave., Wauwatosa, Wis.
 Fisher, Albert, Sr., 6340 Stewart Ave., Chicago, Ill.
 Fisher, Bruce E., Ida Grove, Ia.
 Fisher, Charles S., Majestic Bldg., Milwaukee, Wis.
 Fiske, Franklin, 1 W. 34th St. and 445 Riverside Drive, New York, N. Y.
 Fitch & Grunewald, 5 N. Wabash Ave., Chicago, Ill.
 Fitch, Milton B., 4725 Lincoln Ave., Chicago, Ill.
 Fitch, Stewart J., Kesner Bldg., Chicago, Ill.
 Fitts, F., Canady Bldg., Kingston, N. C.
 Fitzwater, William D., 178 Prospect Park W., Brooklyn, N. Y.
 Flack, Arthur M., 3414 Baring St., Philadelphia, Pa.
 Flack, William O., Broadway Bldg., Portland, Ore.
 Flanagan, Chas. D., 146 Westminster St., Providence, R. I.
 Flansburgh, R. D., The Richardson, Leominster, Mass.
 Fleck, C. E., 247 5th Ave., New York, N. Y.
 Fleming, Evalena, S. C., 1200 Spruce St., Philadelphia, Pa.
 Fleming, Evaline S. E., 535 Hansberry St., Philadelphia, Pa.
 Fleming, Evaline S. E., 1524 Chestnut St., Philadelphia, Pa.
 Fleming, F. B., Keller Bldg., Montrose, Colo.
 Fletcher, Clarke F., 143 W. 69th St., New York, N. Y.
 Fletcher, Mary M., Central Exchange Bldg., Worcester, Mass.
 Flint, Effie A., 1636 N. 15th St., Philadelphia, Pa.
 Flint, George C., Huntington Chambers, Boston, Mass.
 Flint, Ralph W., 1636 N. 15th St., Philadelphia, Pa.
 Flory, William O., Medical Bldg., Minneapolis, Minn.
 Floyd, Ambrose B., Ellicott Square, Buffalo, N. Y.
 Flynn, J. P., 255 E. Main St., Alliance, O.
 Fogarty, Julia A., 312 E. 5th St., Michigan City, and First Nat'l Bank Bldg., Laporte, Ind.
 Fogarty, J. P., 312 E. 5th St., Michigan City, and First Nat'l Bank Bldg., Laporte, Ind.
 Fogg, Clinton O., Forest Ave. and 6th St., Lakewood, N. J.
 Foote, Harvey R., 71 Harcourt St., Dublin, Ireland, and Harewood House, Hanover Square, London W., England.
 Forbes, H. W., 318 Clay St., Los Angeles, Cal.
 Ford, A. B., Hoge Bldg., Seattle, Wash.
 Ford, Charles F., Whittell Bldg., San Francisco, Cal.
 Ford, Roberta Wimer, Hoge Bldg., Seattle, Wash.
 Ford, Walter J., Hoge Bldg., Seattle, Wash.
 Forquer, James W., Osborn Bldg., Cleveland, O.
 Forrister, Ray M., 935 Military St., Port Huron, Mich.
 Forsee, Edward W., Brookings, S. D.
 Foss, Martha M., 4217 Chambers St., Cincinnati, O.
 Fossler, Wellington C., New Lawrence Bldg., Sterling, Ill.
 Foster, Fannie, B., 61 Orlando St., Springfield, Mass.
 Foster, George Edward, Mason Block, Bellingham, Wash.
 Foster, J. C., Stein Bldg., Butler, Pa.
 Foster, Julia E., Stein Bldg., Butler, Pa.
 Foster, May, Littlefield Bldg., Austin, Tex.
 Fout, Geo. E., Chamber of Commerce Bldg., Richmond, Va.
 Fouty, Henry M., M. S., Mountain Grove, Mo.
 Fowler, Rebecca, Warren, Ark.
 Fraizer, Hugh M., Union Bank Bldg., Oakland, Cal.
 Fraizer, Miller, U. S. Savings Bank Bldg., Oakland, Cal.
 Fraker, Franklin, Odd Fellows Bldg., Montevideo, Minn.
 Frame, Ira Spencer, 1035 E. Colorado St., Pasadena, Cal.
 Francis, J. E., Bliss Bldg., Tulsa, Okla.
 Fraser, Agnes, 5 Albion St., Lawrence, Mass.
 Frazer, Charles F., Granger Bldg., San Diego, Cal.
 Freman, A. E., The Mariborough, Greeley, Colo.
 Freeman, E. A., Osgood Bldg., Lewiston, Me.
 Freeman, Howard M., B'way Market Bldg., Detroit, Mich.
 French, Amos G., 125 E. Onondaga St., Syracuse, N. Y.
 Frey, Julia V., 1645 E. 16th Ave., Denver, Colo.
 Friend, J. H., Grinnell, Ia.
 Friend, Lillian, Wray, Colo.
 Frink, Adelaide W., 7 Mitchell Place, East Orange, N. J.
 Frink, Elizabeth, 1704 5th Ave., Troy, N. Y.
 Fritsche, Edward H., 1832 W. Girard Ave., Philadelphia, Pa.
 Frogge, George B., City Nat'l Bank Bldg., Paducah, Ky.
 Frost, E. M., 435 Maxwell Ave., Boulder, Colo.
 Frost, H. P., 920 Slater Bldg., Worcester, Mass.
 Fryette, H. H., Goddard Bldg., Chicago, Ill.
 Fryette, Harrison H., 27 E. Monroe St., Chicago, Ill.
 Fryette, Myrtle W., Goddard Bldg., Chicago, Ill.
 Fryette, S. J., Washington Bldg., Madison, Wis.
 Fulford, Harlie J., Box 9, Chelsea, Mich.
 Fulham, C. V., Meifeld Bldg., Frankfort, Ind.
 Furey, Blanche Costello, Real Estate Trust Bldg., Philadelphia, Pa.
 Furey, Chas. A., Jr., 2501 S. Cleveland Ave., Philadelphia, Pa.
 Furey, Chas. A., Jr., Real Estate Trust Bldg., Philadelphia, Pa.

- Furey, Wm., Real Estate Trust Bldg., Philadelphia, Pa.
- Furey, Wm. J., 1240 S. Broad St., Philadelphia, Pa.
- Furman, Mattie, Atlanta, Mo.
- Furnish, W. M., Tipton, Ia.
- Furry, Frank I., Theatre Bldg., Cheyenne, Wyo.
- Gable, Clyde A., 4545 E'way, Chicago, Ill.
- Gable, Gustavus A., McIntyre Bldg., Salt Lake City, Utah.
- Gable, Fonda M., 322 E. 51st St., Chicago, Ill.
- Gable, Roy J., 322 E. 51st St., Chicago, Ill.
- Gaddis, Cyrus J., First Nat'l Bank Bldg., Oakland, Cal.
- Gage, Fred W., Goddard Bldg., Chicago, Ill.
- Gage, Lyle Ellsworth, Campbell Bldg., Suffern, N. Y.
- Gage, Ora L., Oshkosh, Wis.
- Gair, E. Florence, 120 New York Ave., Brooklyn, N. Y.
- Galbreath, Albert Louis, Oakland, Ill.
- Galbreath, Conrad V., 5 N. Wabash Ave., Chicago, Ill.
- Galbreath, J. Willis, Penna. Bldg., Philadelphia, Pa.
- Galbreath, William Otis, Land Title Bldg., Philadelphia, Pa.
- Gallagher, Dollie Hunt, The Vendome Hotel, Chicago, Ill.
- Gallivan, Kathryn L., Ivesdale, Ill.
- Galsgie, Edward C., Shepard Sanitorium, Sierra Madre, Cal.
- Gamble, Harry W., Missouri Valley, Ia.
- Gamble, Mary E., Templeton Bldg., Salt Lake City, Utah.
- Ganoung, Floyd J., Olean, N. Y.
- Gants, S. L., 721 Broad St., Providence, R. I.
- Gardiner, Warren L., Corning, Ia.
- Gardner, William, 207 E. Harrison St., Kirksville, Mo.
- Garlinghouse, A. J., 134½ S. Main St., Charlotte, Mich.
- Garnett, Addie L., White Salmon, Wash.
- Garrett, Carlos K., 811 Church St., Lynchburg, Va.
- Garrett, J. C., Ypsilanti Savings Bank Bldg., Ypsilanti, Mich.
- Garrett, M. E., Valpey Bldg., Detroit, Mich.
- Garrigues, Louis L., Old Nat'l Bank Bldg., Spokane, Wash.
- Gartrell, Seymour C., Ackley, Ia.
- Gass, L. D., Ferguson Bldg., Los Angeles, Cal.
- Gass, P. Y., Beatrice, Nebr.
- Gates, Bertha M., 316 Main St., Ames, Ia.
- Gates, Gertrude Lord, Corbett Bldg., Portland, Ore.
- Gates, Mary A., Box 186, Leon, Ia.
- Gates, O. E., Crapo Blk., Bay City, Mich.
- Gautschi, Frederick, Napoleon, O.
- Gay, Virginia C., 167 State St., Augusta, Me.
- Gayle, B. L., 515 N. 12th St., Waco, Tex.
- Gaylord, Ethel Gertrude, 6704 Dunham Ave., Cleveland, O.
- Gaylord, J. S., Barnwell, Ala.
- Gebhardt, Mary O., Hulet Block, Minneapolis, Minn.
- Geddes, Paul W., Hutchinson Bldg., Shreveport, La.
- Gerardy, H. H., Wilson Bldg., Dallas, Tex.
- Gercke, George A., 7101 Tulip St., Philadelphia, Pa.
- Gerdine, L. Von H., Kirksville, Mo.
- Gerrish, Clara Thomas, Auditorium Bldg., Minneapolis, Minn.
- Getchell, Chas. Ellsworth, Raining Bldg., Baraboo, Wis.
- Geyer, Elizabeth J., Hawks-Gortner Bldg., Goshen, Ind.
- Ghostley, Raymond C., 473 8th St., Edmonton, Alberta, Can.
- Gibbons, J. E., Concordia, Kans.
- Gibson, Carl C., 201 West Missouri St., El Paso, Tex.
- Gibson, H. R., Clovis, N. M.
- Gibson, P. W., Fuller Bldg., Winfield, Kans.
- Giddings, Helen Marshall, New England Bldg., Cleveland, O.
- Giddings, Mary, New England Bldg., Cleveland, O.
- Gidley, J. B., F. P. Smith Bldg., Flint, Mich.
- Gies, F. A., 592 Church St., Toronto, Ont., Can.
- Gilbert, J. T., City Nat'l Bank Bldg., Paducah, Ky.
- Gilchrist, Elizabeth L., 337 Lincoln Ave., Detroit, Mich.
- Gildersleeve, J. Ellen, Amicable Bldg., Waco, Tex.
- Giles, Mary E., Morgan Bldg., Portland, Ore.
- Gillespie, Harriet M., 133 Geary St., San Francisco, Cal.
- Gilliam, William B., Lewisburg, Ky.
- Gilmore, S. J., Ridgeway, Mo.
- Gilmour, Ella R., Security Bldg., Sioux City, Ia.
- Ginsburg, Joel, 193 Columbia Road, Dorchester, Mass.
- Gladman, David V., 62 Queen St. Niagara Falls, Ont., Can.
- Gladman, J. M., Niagara Falls, Ont., Can.
- Glasgow, A. M., Minnehaha Bldg., Sioux Falls, S. D.
- Glasgow, Joseph C., Reedley, Cal.
- Glassco, Daisy B., Maxim Bldg., New Castle, Ind.
- Glasscock, Harold, Masonic Temple, Raleigh, N. C.
- Gleason, Alson H., 765 Main St., Worcester, Mass.
- Glenn, J. O., Santa Monica Blvd., Santa Monica, Cal.
- Glezen, R. A., Kalamazoo Nat'l Bank Bldg., Kalamazoo, Mich.
- Glover, J. David, American Nat'l Bank Bldg., San Diego, Cal.
- Gluff, Arthur G., 505 Liggett Bldg., Detroit, Mich.
- Gobel, Bertha A., 3646-a Arsenal St., St. Louis, Mo.
- Godfrey, Frances M., Newman Bldg., Holton, Kans.
- Godfrey, Nancy J., Holton, Kans.
- Goehring, Frank L., Nixon Bldg., Pittsburgh, Pa.
- Goehring, Harry M., Diamond Bank Bldg., Pittsburgh, Pa.
- Goerger, F. A. M., 14th and I Sts. N. W., Washington, D. C.
- Goetz, Herman F., Century Bldg., St. Louis, Mo.
- Golden, Mary E., Citizens' Nat'l Bank Bldg., Des Moines, Ia.
- Gooch, Geo. J., Althea Bldg., Knoxville, Tenn.
- Gooch, Lucy Owen, Rupert, Idaho.
- Good, E., Manning Bldg., Plainfield, and Madison Bldg., Perth Amboy, N. J.
- Goode, Geo. W., 687 Boylston St., Boston, Mass.
- Goodfellow, W. V., Ferguson Bldg., Los Angeles, Cal.
- Goodlove, Paul C., Broadway Central Bldg., Detroit, Mich.
- Goodpasture, C. O., Colorado Bldg., Washington, D. C.
- Goodpasture, Walter C., Hurt Bldg., Atlanta, Ga.
- Goodrich, L. J., Aiken Blk., Santa Barbara, Cal.
- Goodwin, M. Maude, Hotel Westminster, Boston, Mass.
- Gordon, L. E., 1029 W. 17th St., Des Moines, Ia.
- Gordon, W. C., Newton, Ia.
- Gosden, Fannie, Farley, Ia.
- Gotham, Thomas Barry, Elsinore, Cal.
- Gotsch, Otto H., Stoesser Bldg., Watsonville, Cal.
- Gould, Grace, Dreka Bldg., De Land, Fla., and Hardwick, Vermont.
- Gour, Andrew A., M. G., 39 S. State St., Chicago, Ill.
- Gove, John McClure, 7 S. State St., Concord, N. H.
- Graham, Frank F., Choate Bldg., Winona, Minn.
- Graham, F. W., 217½ Liberty St., Morris, Ill.
- Graham, George G., 309 N. 10th St., Centerville, Ia.
- Graham, Geo. W., Masonic Temple, Marshalltown, Ia.
- Graham, Robert H., Batavia and Leroy, N. Y.
- Grainger, Laura L., Union Bank Bldg., Columbia, S. C.
- Granberry, D. W., 408 Main St., Orange, N. J.
- Graves, Geo. B., Hutchinson and Lehigh Sts., Philadelphia, Pa.
- Graves, Murray, Symes Bldg., Denver, Colo.
- Graves, Millie Estelle, Bank Bldg., La Grange, Ill.
- Graves, W. Armstrong, Park and Allegheny Aves., Philadelphia, Pa.
- Graves, William, 207½ E. High St., Jefferson City, Mo.
- Gravett, H. H., Orr-Flesh Bldg., Piqua, O.
- Gravett, W. A., Conover Bldg., Dayton, O.
- Gray, Clyde, Horton, Kans.
- Gray, C. W., 3 Hakes Ave., Hornell, N. Y.
- Gray, E. J., 557 Talbot St., St. Thomas, Ont., Can.
- Greathouse, Paul A., Conover Bldg., Dayton, O.
- Green, Charles S., Vanderbilt Avenue Bldg., New York, N. Y.
- Green, Loren, Sac City, Ia.
- Greene, Frank J., Snyder Bldg., Elmira, N. Y.

- Greene, G. C., 201 1st St., Jackson, Mich.
 Greene, H. A., Grubb Bldg., Salisbury, N. C.
 Greenlee, Anson C., Conneaut, O.
 Greenwell, Geo. Hunter, 121 Sequel Ave., Santa Cruz, Cal.
 Greenwood, Edna M., 213 Huntington Ave., Boston, Mass.
 Griffin, Caroline I., Hartford Nat'l Bank Bldg., Hartford, Conn.
 Griffin, Dr. Chester, Tussing Bldg., Lansing, Mich.
 Griffin, Louise, Sage-Allen Bldg., Hartford, Conn.
 Griffith, Hurwood W., 223 N. Leroux St., Flagstaff, Ariz.
 Griggs, Henry R., Harper, Kans.
 Grimes, Idella A., Franklin Bank Bldg., Philadelphia, Pa.
 Griggs, Lizzie O., 143 S. Harvey Ave., Oak Park, Ill.
 Grimsley, F. N., Powers Bldg., Decatur, Ill.
 Gripe, Otto H., Grand Opera House Bldg., Atlanta, Ga.
 Groenewoud, J. C., Powers Bldg., Chicago, Ill.
 Greenwood, Jennie K., 1339 E. 47th St., Chicago, Ill.
 Groenewoud, John C., 37 South Wabash Ave., Chicago, Ill.
 Gross, Albertina M., Woodruff Bldg., Joliet, Ill.
 Grothaus, Edmund, 140 E. Main St., Van Wert, O.
 Grow, Will W., Logan Bldg., St. Joseph, Mo.
 Grubb, William L., Pittsburgh Life Bldg., Pittsburgh, Pa.
 Gruber, Chas. J., Jr., Widener Bldg., Philadelphia, Pa.
 Grunewald, Marie B., 5 North Wabash Ave., Chicago, Ill.
 Gulmyer, J. Chester, Teitgen Bldg., Manitowoc, Wis.
 Gunsaul, Irmie Z., 120 Market St., Harrisburg, Pa.
 Guthridge, Walter, B. Di M. Di Kuhn Bldg., Spokane, Wash.
 Haight, E. A., 2285 Woodward Ave., Detroit, Mich.
 Haight, J. Franc, 2123 Pasadena Ave., Los Angeles, Cal.
 Haight, L. Ludlow, Wright & Callender Bldg., Los Angeles, and 5605 Hollywood Blvd., Hollywood, Cal.
 Haigis, Edward S., Box 121, Rochester, N. H.
 Haile, Florence R., 604 W. 125th St., New York, N. Y.
 Hain, Grace Estella, 2251 Telegraph Ave., Berkeley, Cal.
 Hain, H. S., 206 Ohio St., Sedalia, Mo.
 Haines, Cyrus A., Forum Bldg., Sacramento, Cal.
 Haines, F. M., 100 First St., W. Hutchinson, Kansas
 Hale, Frank V., 301½ Main St., W. Hudson Mich.
 Hale, Mary E., Merced, Cal.
 Hale, Walter Keith, 115½ W. Main St., Spartanburg, S. C.
 Haley, Stanley M., 16 Cruz St., San Juan, Puerto Rico.
 Hall, A. L., Fairlie City, Ia.
 Hall, Elmer L., 237 E. Main St., Barnesville, O.
 Hall, Marion K., 249 W. George St., Glasgow, Scotland.
 Hall, Mida M., 115½ E. Chapman Ave., Orange, Cal.
 Hall, S. A., Harrison Bldg., Columbus, O.
 Hall, William Campbell, Fletcher Savings and Trust Co. Bldg., Indianapolis, Ind.
 Hall, W. W., Ravenna, O.
 Halvorsen, H. John, 1018 Wilson Ave., Chicago, Ill.
 Halvorsen, Helena S., Medical Bldg., Minneapolis, Minn.
 Hamilton, Amanda N., 222 Coronado St., Greeley, Colo.
 Hamilton, Beatrice, 249 W. George St., Glasgow, Scotland.
 Hamilton, Carlisle W., Frank Bldg., Lake Charles, La.
 Hamilton, F. W., 107½ N. Cross St., Robinson, Ill.
 Hamilton, Martha A., Minden, Neb.
 Hamilton, R. A., Whitehall, Illinois.
 Hamilton, R. Emmet, A. S. O., Kirksville, Mo.
 Hamilton, Susan Harris, Mountain King, Cal.
 Hammon, I. F., 27 E. Monroe St., Chicago, Ill.
 Hancock, Ivy E., Cor. Myrtle & Penn Sts., Independence, Kansas.
 Handy, George H., Mode Bldg., Boise, Idaho.
 Hansen, Edward N., Arrott Bldg., Pittsburgh, Pa.
 Hanson, Chas. P., Griesheim Bldg., Bloomington, Ill.
 Hanson, Sten, Pioneer Life Bldg., Fargo, N. D.
 Hard, Mary E., Stevens Bldg., Detroit, Mich.
 Hardie, David H., Main St., Galena, Ill.
 Hardie, Jessie B., 224 Laurier Ave. West, Ottawa, Ont.
 Hardin, Mary C., Walsh Bldg., McCook, Neb.
 Hardin, M. C., Grand Opera House, Atlanta, Ga.
 Harding, E. F., Bethany, Mo.
 Hardison, Francis B., Fairfax, 298 King S., Charleston, S. C.
 Hardy, A. C., Lockhart, Texas.
 Hardy, J. H., La Plata, Mo.
 Hardy, Linda, Hiawatha, Kans.
 Hart, I. Sylvester, 1540 N. 15th St., Philadelphia, Pa.
 Harker, Wade C., 838 Rosser Ave., Brandon, Manitoba.
 Harkins, Marie H., St. George Apts., London, Ontario.
 Harlan, Frederick J., Flint P. Smith Bldg., Flint, Mich.
 Harlan, William F., Arbuckle, Cal.
 Harris, D. S., Wilson Bldg., Dallas, Texas.
 Harris, Edwin L., 606 Church St., Marietta, Ga.
 Harris, Ella E., M. D., 1339 W. Adams St., Chicago, Ill.
 Harris, Francis W., 1007 Grant St., Carthage, Mo.
 Harris, Locius A., Conrad Bldg., Kalspell, Mont.
 Harris, M. B., Amarillo, Texas.
 Harris, W. E., 1010 Massachusetts Ave., Cambridge, Mass.
 Harrison, John H., Goodwyn Inst., Memphis, Tenn.
 Harrison, Kathryn M., 901 6th Ave., Seattle, Wash.
 Harrison, L. C., Carlson Bldg., Willmar, Minn.
 Harrison, Margaret Hawk, 3301 S. W. 9th St., Des Moines, Ia.
 Hart, Aubrey Warren, 64 Huntington Ave., Boston, Mass.
 Hart, Edward B., The Richelieu, Brooklyn, N. Y.
 Hart, Edw. B., 385 Clinton Ave., Brooklyn, N. Y.
 Hart, Lawrence M., 3502 Fremont Ave., Seattle, Wash.
 Hart, Mae, V. D., 140 State St., Albany, N. Y.
 Harvey, Eleanor Stuart, Stevens Bldg., Detroit, Mich.
 Harvey, K. G., 816 Mulberry St., Scranton, Pa.
 Harvey, Leslie V., 9th & Euclid Aves., Upland, Cal.
 Harwood, Mary E., Hotel Kupper, Kansas City, Mo.
 Haskins, E. C., Coverly, 2033 Sansom St., Philadelphia, Pa.
 Haslop, Edmund Brooke, Morgan Bldg., Portland, Ore.
 Hassell, Nellie, 305 Ave. D, San Antonio, Texas.
 Hastings, Fred E., Pratt, Kans.
 Hastings, Howard E., Devenish Apts., Calgary, Alberta.
 Haswell, George A., 10 Chestnut St., Springfield, Mass.
 Hatch, Charles G., 236 Bruce St., Lawrence, Mass.
 Hatfield, W. M., P. O. Box 387, Moscow, Idaho.
 Hathorn, Mary Maxwell, Columbia, Miss.
 Hatten, J. O., 616 N. Taylor Ave., St. Louis, Mo.
 Hawes, Leon B., Lenawee Co. Bank Bldg., Adrian, Mich.
 Hawes, Norman C., Main St., Gouverneur, N. Y.
 Hawes, William F., Mint Arcade Bldg., Philadelphia, Pa.
 Hawk, Mervine E., Trust Bldg., Augusta, Me.
 Hawkes, Charles L., Todd Bldg., Great Falls, Mont.
 Hawkins, Charles R., Barnard, Kans.
 Hawkins, E. W., Gladstone Bldg., Red Wing, Minn.
 Hawkins, Laura I., The Farragut, Washington, D. C.
 Hawkins, J. W., Arcade Bldg., Luverne, Minn.
 Hawley, John Winthrop, Amosheag Bank Bldg., Manchester, N. H.
 Hayden, Bruce L., Merrill Bldg., Saginaw, Mich.
 Hayes, W. S., 2050 Amsterdam Ave., New York, N. Y.
 Hayman, Geo. T., 148 E. State St., Doylestown, Pa.
 Hayward, Ralph W., Babcock Theatre Bldg., Billings, Mont.
 Hazard, Chas. C., 224 N. Fayette St., Washington, C. H., Ohio.
 Hazard, Chas., 18 West 34th St., New York, N. Y.
 Head, Ralph D., Agricultural Bank Bldg., Pittsfield, Mass.
 Healey, Robert D., P. O. Box 637, Petaluma, Cal.
 Healy, Estelle D., Braymer, Mo.
 Heard, Mary A., 250 Warren St., Roxbury, Mass.

- Hearst, Ethel L., 136 South Santa Fe St., Salina, Kans.
- Heath, J. E., Baker Bldg., Walla Walla, Wash.
- Heath, Minnie C., Boyce-Greeley Bldg., Sioux Falls, S. D.
- Heatwole, Webster S., Masonic Temple, Salisbury, Md.
- Hebb, Flora E., 645 E St., San Bernardino, Cal.
- Hedgpath, T. H., Logan Bldg., St. Joseph, Mo.
- Heggen, Anfin S., Madison, Wis.
- Heilbron, Louisa, Union Bldg., San Diego, Cal.
- Heilemann, J. George, Goderich, Ontario.
- Hedgpeth, Chas. E., Sayre, Okla.
- Heine, Frank R., Charlotte, N. C.
- Heist, Albert D., Geneva, N. Y.
- Heist, A. M., 40 Ellen St., E. Berlin, Ontario.
- Heist, Edgar D., 39 King St., West, Berlin, Ontario.
- Heist, Lenora M., Union Bank Chambers, Galt, Ontario.
- Heist, Mary Lewis, 39 King St. West, Berlin, Ontario.
- Held, Lillie M., Le Mars, Ia.
- Helmer, Geo. J., 187 Madison Ave., New York, N. Y.
- Helmer, John N., 136 Madison Ave., New York, N. Y.
- Hemphill, Etha E., Visalia, Cal.
- Henderson, Jos. W., M. D., First National Bank Bldg., Berkeley, Cal.
- Henderson, J. H., 33 River St., Salamanca, N. Y.
- Henderson, Lucy V., Stronghurst, Ill.
- Henderson, M. W., Murfreesboro, Tenn.
- Henderson, Robert B., Dominion Bank Bldg., Toronto, Ont.
- Hendrick, C., 935 Boardwalk, Atlantic City, N. J.
- Henke, Clara E., State Bank Bldg., Little Rock, Ark.
- Henke, Crescence, 163 So. Orange Ave., South Orange, N. J.
- Henney, Mae Murray, 110 So. Portland Ave., Brooklyn, N. Y.
- Henry, Aurelia S., 201 Sanford Ave., Flushing, L. I.
- Henry, Jno. L., Security Bldg., Denison, Texas.
- Henry, Dr. Percy R., 476 Clinton Ave., Brooklyn, N. Y.
- Hensley, Alfred S., Peoples Bank Bldg., Perry, Mo.
- Herbert, Lulu J., Kress Bldg., Trenton, Mo.
- Herbst, Edw. G., 378 Elmwood Ave., Buffalo, N. Y.
- Herche, Jeanette B., Parker's Landing, Pa.
- Herman, Arthur M., Osborn Bldg., Cleveland, O.
- Herman, John C., 20 Valucia Ave., Daytona, Fla.
- Herrick, W. Edwin, Watseka, Ill.
- Herring, Ernest M., 170 W. 73rd St., New York, N. Y., and 510 Sixth Ave., Asbury Park, N. J.
- Herring, Geo. D., 159 Crescent Ave., Plainfield, N. J.
- Herrington, Ellen, 117½ S. Dubuque St., Iowa City, Ia.
- Herroder & Bennett, 212 Stevens Bldg., Detroit, Mich.
- Herroder, T. L., Stevens Bldg., Detroit, Mich.
- Herrold, S. Alletta, I. O. O. F. Bldg., Shelbyville, O.
- Hess, C. F., 336 W. Tuscarawas St., Canton, O.
- Hess, Elmer C., 1118 W. Lehigh St., Philadelphia, Pa.
- Hess, Lawrence T., Masonic Temple, Zanesville, O.
- Hewitt, Albert Murray, 6058 Hollywood Blvd., Hollywood, Los Angeles, Cal.
- Hewitt, L. E., Tillamook, Ore.
- Heyer, Ferdinand C., Ohio Bldg., Toledo, O.
- Hiatt, E. C., Pavette, Idaho.
- Hibbard, Caroline S., Max Joseph Str., 2-III Munchen, Germany.
- Hibbets, U. M., 721 Broad St., Grinnell, Ia.
- Hickman, W. H., Pasquith Bldg., Mexico, Mo.
- Hicks, Annie L., 743 Congress St., Portland, Me.
- Hicks, Betsy E., Ward Bldg., Battle Creek, Mich.
- Hicks, Ella Y., 226 Sutton St., Maysville, Ky.
- Hicks, Frederick Thomas, 513 S. Sixth St., Kirksville, Mo.
- Hicks, Rhoda Celeste, 573 Commercial St., Astoria, Ore.
- Hickson, F. C., Gaffney, S. C.
- Higginbotham, M. W., Bentonville, Ark.
- Higgins, Shelley E., White-water, Wis.
- Higinbotham, Carrie M., 1205 East St., Honesdale, Pa.
- Higinbotham, C. J., 313 Hickory St., Streator, Ill.
- Higinbotham, Lillian G., 307 W. 6th Ave., Pine Bluff, Ark.
- Hilborn, G. V., 10 Suffolk St., W. Guelph, Ont.
- Hildreth, A. G., Macon, Mo.
- Hildreth, C. G., 405 Magee Bldg., Pittsburgh, Pa.
- Hill, Ammerman M., 101 States Ave., Atlantic City, N. J.
- Hill, Margaret Ammerman, 101 States Ave., Atlantic City, N. J.
- Hill, Nellie Scott, Champaign, Ill.
- Hill, Wm. E., 2121 Master St., Philadelphia, Pa.
- Hill, W. F., 39 S. State St., Chicago, Ill.
- Hill, W. F., Hart, Mich.
- Hills, Chas. Whitman, Masonic Temple, Dover, N. H.
- Hillabrant, Cora L., 652 Park Place, Elmira, N. Y.
- Hillery, Grace H., Ph. B., A. B., 570 Spadina Ave., Toronto, Ont., Canada.
- Hilliard, Wm. F., Main St., Halleybury, Ont.
- Hillman, H. V., 1716 44th St., Brooklyn, N. Y.
- Hilton, Bertha, 46 W. First Ave., Denver, Colo.
- Hinds, Harriet E., 388½ E. Colorado St., Pasadena, Cal.
- Hinman, R. F., 3807 W. Harrison St., Chicago, Ill.
- Hiss, John M., Harrison Bldg., Columbus, O.
- Hitchcock, A. W., 814 Florida St., Vallejo, Cal.
- Hitchcock, C. C., Parsons Bldg., Vinton, Ia.
- Hoagland, Lydia Ellen, Claremont, Cal.
- Hoagland, N. J., Hord Bldg., Central City, Neb.
- Hoard, Mary A., Cherokee, Ia.
- Hobson, Ancil B., Stevens Bldg., Detroit, Mich.
- Hodge, G. Edgar, 10 So. Third St., Grand Forks, N. D.
- Hodges, Lena R., Seaside, Ore.
- Hodges, P. L., 1504 H St. N. W., Washington, D. C.
- Hodgson, J. E., Old National Bank Bldg., Spokane, Wash.
- Hoecker, Mary, Stanberry, Mo.
- Hoefner, J. Henry, 1330 Liberty St., Franklin, Pa.
- Hoefner, Victor C., 215 Madison St., Waukegan, Ill.
- Hoffman, Herbert, 1118 Chestnut St., Philadelphia, Pa.
- Hofsess, Mary M., Benton City, Mo.
- Hoggins, Josephine H., U. American Bldg., Frankfort, Ky.
- Hoisington, G. S., Pendleton, Ore.
- Holcomb, Anna L., 108 North State St., Chicago, Ill.
- Holcomb, Dayton B., Stewart Bldg., Chicago, Ill.
- Holcomb, Maude Brown, Carter Bldg., Jackson, Mich.
- Hollands, Augustus, 122 S. Ashland Blvd., Chicago, Ill.
- Holliday, Colin, 122 Stanley St., Montreal, Quebec.
- Holliday Phillip, 122 Stanley St., Montreal, Quebec.
- Hollis, Arthur S., Farwell Bldg., Detroit, Mich.
- Hollister, M. Cebelia, 1250 Pacific St., Brooklyn, N. Y.
- Holloway, Jas. L., Wilson Bldg., Dallas, Tex.
- Holloway, Lucy Prindle, 258 Mistletoe St., Petersburg, Va.
- Holme, E. D., Ballinger Bldg., St. Joseph, Mo.
- Holmes, Frank, Eagle Block, Spokane, Wash.
- Holmes, H. R., 27 E. Monroe St., Chicago, Ill.
- Holmes, Kathryn S., Shukert Bldg., Kansas City, Mo.
- Holmes, Lydia H., Pekin, Ill.
- Holmes, Walter N., Slavin Bldg., Pasadena, Cal.
- Holt, G. Eugene, First Nat'l Bank Bldg., Burlington, N. C.
- Holt, W. Luther, Pullman, Wash.
- Hook, Albert E., Brummer Bldg., Cherokee, Ia.
- Hook, J. Henry, Palisades, Colo.
- Hook, Virgil A., Second Nat'l Bank Bldg., Wilkes-Barre, Pa.
- Hoopes, Chas. L., 1524 Chestnut St., Philadelphia, Pa., and Haddonfield, N. J.
- Hopkins, Ralph W., 139 Broad St., Claremont, N. H.
- Horn, F. J., 1 Havy Hill, Berkeley Sq. W., London, England.
- Horn, Mary B., 64 Main St., Haverhill, Mass.

- Horne, Tracey B., Littlefield Bldg., Austin, Texas.
- Horning, J. E., 80 Bloor St. W., Toronto, Ontario, Can.
- Horton, Waldo, 500 Boylston St., Boston, Mass.
- Hoskins, J. E., Orr Flesh Bldg., Piqua, O.
- Houck, Howard M., 1016 Eutaw St., Baltimore, Md.
- Hough, Clara E., 3 Florence Terrace, Ealing, London W., England.
- Houriet, Catherine Elsie, Second Nat'l Bank Bldg., Akron, O.
- Houseman, Mrs. B., 304 2nd St., Marietta, O.
- Houseman, Evan G., B. B. Bldg., Nampa, Idaho.
- Howard, Chas. G., 36 Walnut St., Canton, Ill.
- Howard, Edward W. S., 235 W. 102nd St., New York, N. Y.
- Howard, John J., 229 Berkeley St., Boston, Mass.
- Howd, Albert O., Augusta, Ill.
- Howard, M. J., O'Kelly Blk., Pembroke, Ont.
- Howard, W. W., Garnett-Corey Bldg., Medford, Ore.
- Howe, Deloran Doane, Guymon, Okla.
- Howell, J. Corwin, Orlando, Fla.
- Howell, Mollie, 111½ S. Washington St., Wellington, Kan.
- Howells, Allan P., First Savings Bank Bldg., Albany, Ore.
- Howells, Anna Gerow, 445 Mt. Prospect Ave., Newark, N. J.
- Howells, Clifford, 445 Mt. Prospect Ave., Newark, N. J.
- Howells, Elizabeth Lane, Masonic Temple, Corvallis, Ore.
- Howerton, Mattie Coleman, Hurdland, Mo.
- Howerton, Thomas J., Southern Bldg., Washington, D. C.
- Howes, L. A., Ord, Nebr.
- Howes, Luther Alan, Minneapolis, Kans.
- Howick, A. B., North Yakima, Wash.
- Howland, C. A. W., 290 Westminster St., Providence, R. I.
- Howland, Luther H., Selling Bldg., Portland, Ore.
- Howley, Edward, Union Blk., Mt. Vernon, Wash.
- Howze, Eva B., 2312 Bull St., Savannah, Ga.
- Hoyt, Payson W., Hoopeston, Illinois.
- Hubbell, Preston R., 1664 Woodward Ave., Detroit, Mich.
- Hudson, Franklin, 12 Lansdowne Crescent, Edinburgh, Scotland.
- Hughes, Alice, 325 Center St., Williamsport, Pa.
- Hughes, Arthur L., Trust Bldg., Bloomfield, N. J.
- Hulett, Charles E., 725 Kansas Ave., Topeka, Kans.
- Hulett, C. M. T., 200 S. Hamlin Ave., Chicago, Ill.
- Hulett, M. F., 8 E. Broad St., Columbus, O.
- Hulett, M. Ione, Alamogordo, N. M.
- Hull, Ella, Coleman, Mich.
- Hull, Wm. Philo, 5½ S. Jefferson St., Iola, Kans.
- Humiston, Sarah G., 106½ E. Fourth St., Santa Ana, Cal.
- Humman, Emma, 27 E. Monroe St., Chicago, Ill.
- Hummon, Irvin F., 3402 Maple Ave., Berwyn, Ill.
- Humphries, Ernest R. A. B., 293 Maple Ave., Holyoke, Mass.
- Hunt, Albert T., McCugue Bldg., Omaha, Neb.
- Hunt, David J., Ionia, Mich.
- Hunt, John O., Grant Bldg., Los Angeles, Cal.
- Hunter, Stanley M., Mason Bldg., Los Angeles, Cal.
- Hunter, V. D., Citizens' Bank Bldg., Sikeston, Mo.
- Hunting, Albert, 367 E. 60th St., Chicago, Ill.
- Huntington, G. L., Citizens' Savings Bank Bldg., Pasadena, Cal.
- Hurd, M. C., Citizens' Nat'l Bank Bldg., Houghton, Mich.
- Hurd, Nettie M., Goddard Bldg., Chicago, Ill.
- Hurd, Orville R., 512 S. Mathews Ave., Urbana, Ill.
- Hurst, Anna Holme, Ballinger Blk., St. Joseph, Mo.
- Husk, Noyes Gaylord, 28 Main St., Bradford, Pa.
- Huston, Grace, First National Bank Bldg., Sunbury, Pa.
- Hutchins, Harry Melville, 95 Vinton St., Providence, R. I.
- Hutchinson, Chas. B., Providence Bldg., Duluth, Minn.
- Hyatt, Frank E., Joliet Nat'l Bank Bldg., Joliet, Ill.
- Hyatt, J. E., 116½ Vine St., Macon, Mo.
- Hybart, Nora Chapman, Purdue Hill, Ala.
- Hyde, Leslye, 814 Mesa Ave., El Paso, Texas.
- Ice, R. D., 802 Sixth St., Moundsville, W. Va.
- Ilggenfritz, M. E., Britt, Ia.
- Illing, Fanny Blackford, 242 Gladstone Ave., Toronto, Ont., Canada.
- Illsley, W. W., Hermiston, Ore.
- Ingalls, C. B., Griggsville, Ill.
- Ingersoll, Frank B., 441 Guarantee Trust Bldg., Atlantic City, N. J.
- Ingraham, Elizabeth M., 41 Saragossa St., St. Augustine, Fla.
- Inwood, Garfield, B. A., 27 E. Monroe St., Chicago, Ill.
- Irani, Ardeshir Beheran, Colorado Bldg., Washington, D. C.
- Ireland, Harry M., 1163 27th St., Des Moines, Ia.
- Irwin, Christine, 46 Nelson St., Brantford, Ont.
- Irwin, Wm. M., Penna Bldg., Philadelphia, Pa.
- Ivie, Wm. Horace, First Nat'l Bank Bldg., Berkeley, Cal.
- Jackson, J. R., Brookings, S. D.
- Jackson, Mary K., 1533 Diamond St., Philadelphia, Pa.
- Jackson, Nelson, 1741 Washington Blvd., Chicago, Ill.
- Jackson, R. L., Eureka Springs, Ark.
- Jacobs, Wellington, Box 665, Berlin, Ont.
- James, Anna L., Higgins Blk., Missoula, Mont.
- James, F. K., 4463 Woodlawn Ave., Chicago, Ill.
- James, I. L., Holland Bldg., Springfield, Mo.
- James, L. Olive, 4463 Woodlawn Ave., Chicago, Ill.
- Jamison, Charles E., Chadakoin Bldg., Jamestown, N. Y.
- Jaquith, H. C., Confederation Life Bldg., Toronto, Ont.
- Jeffery, James C., Morrison Bldg., Shelbyville, Ind.
- Jelks, Albert A., Georgia Life Bldg., Macon, Ga.
- Jenks, Clarissa Tufts, 3020 Macomb St., Cleveland Park, Washington, D. C.
- Jennings, C. H., Wonderly Bldg., Grand Rapids, Mich.
- Jennings, Louise F., 108½ N. Locust St., Centralia, Ill.
- Jepson, Beebe Ruth, 301 Woodward Ave., Detroit, Mich.
- Jenson, James, 220 S. State St., Chicago, Ill.
- Jewell, C. O., Ryland Bldg., San Jose, Cal.
- Jewett, Josephine A., Acheson Bldg., Berkeley, Cal.
- Johanson, Petrus E., Box 457, Evanston, Wyo.
- Johnnott, W. W., 227 Grand St., Newburgh, N. Y.
- Johnson, Burdsall F., 1016 Lehigh Ave., Philadelphia, Pa.
- Johnson, Carl J., Equitable Bldg., Louisville, Ky.
- Johnson, C. H., Schuyler, Neb.
- Johnson, Frank R., 1555 N. Madison St., Chicago, Ill.
- Johnson, Henry T., New Wolter Bldg., Appleton, Wis.
- Johnson, H. C., Wells Bldg., Quincy, Ill.
- Johnson, J. R., 247 Seventh Ave., Clinton, Ia.
- Johnson, J. Stanley, First Nat'l Bank Bldg., Hagerstown, Md.
- Johnson, Jessie B., Dollar Savings Bank Bldg., Youngstown, O.
- Johnson, John K., Jefferson, Iowa.
- Johnson, Julia A., 506 Monroe Ave., Asbury Park, N. J.
- Johnson, N. A., 33 W. Main St., Fredonia, and Masonic Temple, Dunkirk, N. Y.
- Johnson, Oscar E., Box 102, Princeton, Mo.
- Johnston, W. H., Shoaff Bldg., Fort Wayne, Ind.
- Johnstone, Emma C., 206 E. Broadway, Denison, Ia.
- Jones, Burton J., 20 E. Front St., Monroe, Mich.
- Jones, E. Clair, 20 E. Orange St., Lancaster, Pa.
- Jones, Etha Marion, 44 E. Broad St., Bethlehem, Pa.
- Jones, F. C., M. D., Black Bldg., Los Angeles, Cal.
- Jones, Francis, 517 Oriental Ave., Atlantic City, N. J.
- Jones, Frank F., 354 Second St., Macon, Ga.
- Jones, George, Over German Nat'l Bank, Hastings, Neb.
- Jones, J. W., 111 N. Charles St., Baltimore, Md.

- Jones, J. Walter, 1411 Walnut St., Philadelphia, Pa.
 Jones, Laila, 517 Oriental Ave., Atlantic City, N. J.
 Jones, Lauren, Daytona Beach, Fla.
 Jones, Louise M., 737 Congress St., Portland, Me.
 Jones, Ralph M., Mack Bldg., Denver, Colo.
 Jones, Sarah E., 71 Seventeenth Ave., Paterson, N. J.
 Jones, T. D., Mermod & Jaccard Bldg., St. Louis, Mo.
 Jones, T. T., Whitman Bldg., Wayne, Neb.
 Jones, William Henry, 200 Main St., Marlboro, Mass.
 Jones, W. Stanley, 1329 L St. N. W., Washington, D. C.
 Jorris, A. U., McMillan Bldg., La Crosse, Wis.
 Jorris, F. E., Lindley Blk., Minneapolis, Minn.
 Jorstad, Ezra O., Blue Earth, Minn.
 Joyner, Annie L., Brown Bldg., Greenville, N. C.
 Jurige, A. H., Schofield Bldg., Cleveland, O.
 Kagay, Lorena, 404 E. Center St., Marion, O.
 Kaiser, A. A., 729 Troost Ave., Kansas City, Mo.
 Kaiser, Chas. A., F. & M. Bank Bldg., Lockport, N. Y.
 Kaiser, Irving Richard, Y. M. C. A., Pensacola, Fla.
 Kalb, Charles E., Ferguson Bldg., Springfield, Ill.
 Kamp, P. R., 121 E. Water St., Lock Haven, Pa.
 Kampf, E. J., Traders Bank Bldg., Lexington, Mo.
 Kani, P. F., Boston Store Bldg., Omaha, Neb.
 Kann, Frank B., 315 North Second St., Harrisburg, Pa.
 Keefer, Fred E., Garbot-Donovan Bldg., Fitzgerald, Ga.
 Keeler, Mary N., Loveland, Colo.
 Keene, W. B., 1530 Chestnut St., Philadelphia, Pa.
 Keethler, A. M., Memphis, Mo.
 Keller, Wm. G., 508 Taylor St., Portland, Ore.
 Kellet, M. Maude, 145 Hampshire St., Auburn, Me.
 Kelley, Elizabeth Flint, 35 Huntington Ave., Boston, Mass.
 Kellogg, Reid, 139 Mathewson St., Providence, R. I.
 Kellogg, S. M., 207 S. Main St., Rocky Ford, Colo.
 Kellogg, W. E., Sterling, Colo.
 Kelly, Lawrence J., Penna Bldg., Philadelphia, Pa.
 Kelsey, C. C., Blooming Grove, Texas.
 Kelso, Sophronia B., Shukert Bldg., Kansas City, Mo.
 Kendall, J. Prudence, Presque Isle, Me.
 Kendall, Marion E., Agr. Bank Bldg., Pittsfield, Mass.
 Kenderline, Clarence, Bornot Bldg., Philadelphia, Pa.
 Kennedy, C. S., Mercantile Library Bldg., Cincinnati, O.
 Kennedy, E. W., Mercantile Library Bldg., Cincinnati, O.
 Kennedy, Ralph V., 222 King St., Charleston, S. C.
 Kennedy, Seth Y., 54 First St., Gloversville, N. Y.
 Kenney, Chas. F., 707 Convent Ave., Laredo, Tex.
 Kenney, Dwight J., Andrus Bldg., Minneapolis, Minn.
 Kenney, Edwin T., 1553 West Madison St., Chicago, Ill.
 Kerr, C. V., Lennox Bldg., Cleveland, O.
 Kerr, F. Austin, McIntyre Bldg., Salt Lake City, Utah.
 Kerr, George Asbury, Benton, Ill.
 Kerr, Janet M., 24 La Plaza, Cor. Charles and Jarvis Sts., Toronto, Ont.
 Kerr, J. A., Wayne Blk., Wooster, O.
 Kerrigan, L. M., Citizens' Bank Bldg., Tampa, Fla.
 Ketcham, Anna Marie, 1806 H St. N. W., Washington, D. C.
 Kettler, Carl, 1710 H St. N. W., Washington, D. C.
 Kew, Arthur, First Nat'l Bank Bldg., Pittsburgh, Pa.
 Keyes, Leslie S., Andrus Bldg., Minneapolis, Minn.
 Keyes, W. J., First Nat'l Bank Bldg., Portsmouth, O.
 Kidder, Edith Florence, 42 High St., Belfast, Me.
 Kilgore, J. M., 105 Sixth St., York, Neb.
 Kilts, Wm. H., Warren and Woodward Aves., Detroit, Mich.
 Kilts, William H., 16 S. Gratiot St., Mt. Clemens, Mich.
 Kilvary, R. D., 6359 Kenwood Ave., Chicago, Ill.
 Kimbley, Howard G., City of Paris Bldg., San Francisco, Cal.
 Kimmel, J. P., 28 Victoria Ave., Belleville, Ont.
 Kincaid, Abigail E., Citizens' Nat'l Bank Bldg., Newport, N. H.
 Kincaid, Julia Nay, Forrest Goodwin Blk., Skowhegan, Me.
 King, A. B., Third Nat'l Bank Bldg., St. Louis, Mo.
 King, Edward Douglass, Woodward Bldg., Detroit, Mich.
 King, Helen, 516 Harvard St., Brookline, Mass.
 King, Lillian B., 110 N. Los Robles Ave., Pasadena, Cal.
 King, T. M., Woodruff Bldg., Springfield, Mo.
 Kingsbury, Charles W., Idaho Bldg., Boise, Idaho.
 Kingsbury, L. C., 904 Main St., Hartford, Conn.
 Kingsbury, Walter S., Idaho Bldg., Boise, Idaho.
 Kinney, Blanche E., Salida, Colo.
 Kinney, J. E., Astoria, Ore.
 Kinney, Kenneth F., 101 Fox St., Lapeer, Mich.
 Kinney, Leta Fay, 39 S. State St., Chicago, Ill.
 Kinney, Leta Fay, 434 S. Leavitt St., Chicago, Ill.
 Kinsinger, J. B., 228 W. Fifth St., Rushville, Ind.
 Kinsman, Ada R., 182 Upland Road, Cambridge, Mass.
 Kirk, Morris G., 210½ N. Williams St., Moberly, Mo.
 Kirkbride, Harry C., 541 Swede St., Norristown, Pa.
 Kirkham, Charles L., K. L. & M. Bldg., New Castle, Pa.
 Kirkham, C. L., New Castle, Pa.
 Kirkpatrick, Aloha M., 319 N. Charles St., Baltimore, Md.
 Kirkpatrick, George D., The Farragut, Washington, D. C.
 Kissinger, L. A., Beloit, Kans.
 Kitchell, Arthur Ward, 72 Elizabeth Ave., Newark, N. J.
 Kitson, Matie R., Osage, Ia.
 Kjermer, Samuel H., Waldheim Bldg., Kansas City, Mo.
 Klein, Clifford S., 2403 Fillmore St., San Francisco, Cal.
 Kleist, Anna K., P. O. Box 317, Richland Center, Mich.
 Kline, D. M., Malvern, Ia.
 Kline, L. C., Tarentum, Pa.
 Klippelt, J. R., 96½ W. Main St., Newark, O.
 Klugherz, W. L., 16 Bank St., Batavia, N. Y.
 Klumph, C. C., 27 N. Monroe St., Chicago, Ill.
 Knapp, H. L., Masonic Temple, Elyria, O.
 Knapp, Lester I., Sherman Square Hotel, New York, N. Y.
 Knauss, S. M., 37 Monticello Ave., Jersey City, N. J.
 Knight, Delia G., 233 W. 83rd St., New York, N. Y.
 Knight, J., Foote Bldg., McKinney, Texas.
 Knowles, Jerome, 3006 West Ave., Newport News, Va.
 Knowlton, C. P., Waterloo, Wis.
 Knox, J. F., Bellingham Nat'l Bank Bldg., Bellingham, Wash.
 Koons, Wm. M., Broadway & Walnut St., Herrington, Kans.
 Koontz, Effie, London, O.
 Kottler, A. P., 81 E. Madison St., Chicago, and New Bank Bldg., Winnetka, Ill.
 Kraiker, Frederick Wm., 1201 W. Allegheny Ave., Philadelphia, Pa.
 Krauss, E. R., Edgemere, L. I., N. Y.
 Kraus, Eugene R., 2491 Broadway, New York, N. Y.
 Kretschmar, Howard, Powers Bldg., Chicago, Ill.
 Krill, John F., 337 Broad St., Waverly, N. Y.
 Kritzer, Oscar J., 606 Main St., Davenport, Ia.
 Krohn, G. W., 209 N. Hanover St., Carlisle, Pa.
 Kugel, Arthur C. L., 491 Delaware Ave., Buffalo, N. Y.
 Kuppe, Dr. Lena D., 2800 Logan Blvd., Chicago, Ill.
 Kurth, Walter, Somerset Blk., Winnipeg, Manitoba, Can.
 Kurtz, David P., Guarantee Title & Trust Bldg., Johnstown, Pa.
 Kyle, Charles T., Arcade Bldg., Menomonie, Wis.
 Lacy, Hammett N., Morgan Bldg., Portland, Ore.
 Laird, A. D., 2513 Farnam St., Omaha, Neb.
 Laird, Jennie Smith, B. S., 2513 Farnam St., Omaha, Neb.
 Lake, F. Bourne, 178 Huntington Ave., Boston, and Harbor View Inn, East Gloucester, Mass.

- Lampton, Wilson E., Farmers Bank Bldg., Butler, Mont.
- Landes, Agnes, 713 Grace St., Chicago, Ill.
- Landes, Samuel R., 147 Monroe St., Grand Rapids, Mich.
- Landis, H. L., Curtis Bldg., Elkhart, Ind.
- Lane, Arthur Miner, 420 Boylston St., Boston, Mass.
- Lane, Charles Allen, Albany, Mo.
- Langley, Mabel A., 483 Beacon St., Boston, Mass.
- La Plount, O. W., Albert Lea, Minn.
- Lapp, Irene Kate, Granite Bldg., Rochester, N. Y.
- Larimore, Corinne E., First Nat'l Bank Bldg., Lincoln, Neb.
- Larimore, L. S., State Bank Bldg., Caldwell, Kans.
- Larkins, Earl E., Galveston, Texas.
- Larkins, Fred B., R. T. Daniels Bldg., Tulsa, Okla.
- Larrabee, T. B., Webster City, Iowa.
- Larsh, M. M., Shukert Bldg., Kansas City, Mo.
- Larson, C. L., First Nat'l Bank Bldg., Virginia, Minn.
- Larter, E. R., Silberberg Bldg., Niagara Falls, N. Y.
- La Rue, Charles M., B. S., Kirm Bldg., Lancaster, O.
- La Rue, J. Byron, 1503 Frederica St., Owensboro, Ky.
- Laslett, W. L., 40 Hastings St., West Roxbury, Mass., and 673 Boylston St., Boston, Mass.
- Laughlin, E. H., Kirksville, Mo.
- Laughlin, George M., Kirksville, Mo.
- Laughlin, Harry T., Great Falls, Mont.
- Laughlin, W. R., Fay Bldg., Los Angeles, Cal.
- Lauver, Lillian B., Palace Bldg., Minneapolis, Minn.
- Lawrence, J. L., 133 Geary St., San Francisco, Cal.
- Lawrence, M. Ernestine, 513 So. Salina St., Syracuse, N. Y.
- Layne, A. C., 223 W. College St., Griffin, Ga.
- Leader, Geneva E., 606 Kansas Ave., Topeka, Kans.
- Leard, A. W., Nicodemus Bldg., Spencer, Ia.
- Learner, Grace C., 111 Bidwell Parkway, Buffalo, N. Y.
- Learner, Harry W., 111 Bidwell Parkway, Buffalo, N. Y.
- Leas, Lucy, Hamilton Bldg., Akron, O.
- Leatherwood, E. A., Eureka, Cal.
- Lee, Minnie R., Power Bldg., Helena, Mont.
- Lee, Vernon R., Owl Drug Bldg., San Diego, Cal.
- Leeds, George T., 87 N. Broadway, Yonkers, N. Y.
- Leffingwell, Mrs. A. M. E., 514 Walnut St., Muscatine, Ia.
- Leffler, Wm. H., 5 West St., Utica, N. Y.
- Leigh, Emma Hoyer, 142 W. 18th St., University Place, Neb. Mo.
- Leinbach, Hanna, Reserve Bank Bldg., Kansas City, Mo.
- Leinbach, Sara J., 3336 Woodland Ave., Kansas City, Mo.
- Le Kites, Rue, The Beacon Apts., Washington, D. C.
- Leonard, Ellsworth Harry, The Flanders, Philadelphia, Pa.
- Leonard, H. Alfred, Franklin Bank Bldg., Philadelphia, Pa.
- Leonard, Hubert F., Morgan Bldg., Portland, Ore.
- Leonard, S. L., Redwood Falls, Minn.
- Leopold, Minnie S., Dickinson, Lansdowne, Pa.
- Leslie, George W., Marshfield, Ore.
- Leslie, J. G., Portage La Prairie, Manitoba, Canada.
- Levegood, Robert R., 133 N. 52nd St., Philadelphia, Pa.
- Lewaeux, Virginia V., Corvallis, Ore.
- Lewis, Agnes, Farmers State Bank Bldg., St. Cloud, Minn.
- Lewis, Edith J., Clyde Bldg., Hamilton, Ont.
- Lewis, Emma A., 205 N. Cedar St., Owatonna, Minn.
- Lewis, J. L., Bank Bldg., Colorado Springs, Colo.
- Lewis, Muriel E., 26 Broad St., Lynn, Mass.
- Lewis, W. O., 172 E. Main St., Hamilton, Ont.
- Lewy, Morris, 19 W. 31st St., Bayonne, N. J.
- Lichter, S., 1028 Brown St., Peekskill, N. Y.
- Lidy, I. Henry, 22 S. Centre St., Pottsville, Pa.
- Liffring, Edward A., Second Nat'l Bank Bldg., Toledo, O.
- Liffring, L. A., Second Nat'l Bank Bldg., Toledo, O.
- Light, Nellie, Odessa, Mo.
- Ligon, Ellen B., Inge Bldg., Mobile, Ala.
- Linander, Alvide E., 55 State St., Chicago, Ill.
- Lincoln, Clara B., 132 Payne Ave., N. Tonawanda, N. Y.
- Lincoln, Fred C., Ellicott Square, Buffalo, N. Y.
- Lindsey, E. L., 603 Madison Ave., Scranton, Pa.
- Linebarger, H. A., Chrisman, Illinois.
- Linekar, Charles W., 2129 Telegraph Ave., Oakland, Cal.
- Linhart, C. C., Woods Bldg., Evansville, Ind.
- Link, E. C., 87 Broad St., Stamford, Conn.
- Link, W. F., Empire Bldg., Knoxville, Tenn.
- Linnell, J. A., 37 S. Wabash Ave., Chicago, Ill.
- Linville, W. B., 407 S. Main St., Middletown, O.
- Lippincott, Lydia E., 243 W. Main St., Moorestown, N. J.
- Littell, U. G., M. H. Spurgeon Bldg., Santa Ana, Cal.
- Little, Clara Ulmer, The Imperial, Washington, D. C.
- Littlejohn & Short, 159 N. State St., Chicago, Ill.
- Littlejohn, David, Battlement Bldg., Benton Harbor, Mich.
- Littlejohn, Edith W., 64 E. Van Buren St., Chicago, Ill.
- Littlejohn, J. B., 401 Steinway Hall, Chicago, Ill.
- Littlejohn, J. Martin, 69 Piccadilly, London W., England.
- Livengood, B. L., Bay City, Texas.
- Livingston, Ina Patterson, Ridge Bldg., Kansas City, Mo.
- Livingston, L. R., Ridge Bldg., Kansas City, Mo.
- Lloyd, James W., 605 Avenida de Mayo, Buenos Ayres, Argentine Republic, S. A.
- Locke, Orella, Cumberland Bldg., Cincinnati, O.
- Lockwood, Jane E., South Dennis, Mass.
- Lockwood, T. D., 51 E. 42nd St., New York, N. Y.
- Loeffler, Katherine A., Lindley Bldg., Minneapolis, Minn.
- Logan, Charles L., 57 E. Jackson Blvd., Chicago, Ill.
- Logue, J. Stanislaus, New York Ave. and Boardwalk, Atlantic City, N. J.
- Logue, James, 4 McCrorey Apts., Atlantic City, N. J.
- Lomas, Kathryn M., 1405 Hinman Ave., Evanston, Ill.
- Long, Frank W., Ohio Bldg., Toledo, O.
- Long, George Percy, 226 12th St., Miami, Fla.
- Long, L. V., Detroit, Minn.
- Long, Robert H., 309 Shelton Ave., Jamaica, N. Y.
- Longpre, E. L., 194 Court St., Kankakee, Ill.
- Looze, E. Ellsworth, Niles Bldg., Findlay, O.
- Loper, Mathilda E., Third Nat'l Bank Bldg., St. Louis, Mo.
- Lorbeers, Thomas Lord, Freeman Bldg., Riverside, Cal.
- Lord, Mary Warren, 40 State St., Troy, N. Y.
- Lorenz, Charles E., Masonic Temple, Columbus, Ga.
- Loring, Margaret, Neustadt Bldg., La Salle, Ill.
- Loudon, Guy E., 199 S. Union St., Burlington, Vt.
- Loudon, Harry M., 153 S. Union St., Burlington, Vt.
- Love, Nellie Long, Danville, Cal.
- Love, S. R., 8 Pine St., DeLand, Fla.
- Loving, A. S., Brown Bldg., Rockford, Ill.
- Loving, William B., Murphy Bldg., Sherman, Texas.
- Lowe, James L., Woolf Bros. Bldg., Kansas City, Mo.
- Lown, Anna B., Bradford Court, Newton Center, and 359 Boylston St., Boston, Mass.
- Lowry, Belle P., 401 W. Knox St., Ennis, Texas.
- Lucas, F. N., Junkin Bldg., Fairfield, Ia.
- Lucas, John H., Goddard Bldg., Chicago, Ill.
- Lucas, T. C., 1206 1/2 Main St., Columbia, S. C.
- Ludden, Raymond, 144 S. Brand Blvd., Glendale, Cal.
- Luedicke, F. A., Empire Bldg., Denver, Colo.
- Luft, Christian G., 218 S. Front St., Fremont, O.
- Lundquist, Nellie O., Fairfield, Iowa.
- Lusk, Charles M., Jr., Kress Bldg., Houston, Texas.
- Lust, Benedict, 110 E. 41st St., New York, N. Y.
- Lust, Benedict, Butler, N. J.

- Lust, Louisa, Butler, N. J.
Lutz, Adda M., 929 N. Broad St., Philadelphia, Pa.
Lycan, Jessie V., Hilo, Hawaii.
Lychenheim, Morris, Mentor Bldg., Chicago, Ill.
Lyda, E. R., Story Bldg., Los Angeles, Cal.
Lyke, Chas. H., 700 Broadway, Camden, N. J.
Lyman, Elva James, 213 N. Hamilton St., Madison, Wis.
Lynch, Alice E., St. James Bldg., Jacksonville, Fla.
Lynch, Delia Adeline, Woodmen of World Bldg., Omaha, Neb.
Lyne, Sandford T., Allentown, Pa.
Lyon, Louis A., 37 Pearl St., Wellsboro, Pa.
Lyons, Clara Rauch, 1824 Columbia Road, Washington, D. C.
McAllister, Byron F., 225 N. Block St., Fayetteville, Ark.
McAllister, Joan C., 485 Waterloo Ave., Guelph, Ont.
McAlpin, D. E., Boone, Ia.
McBeath, Thomas L., 35 Limerock St., Rockland, Me.
McCabe, John A., Thief River Falls, Minn.
McCall, F. H., Penn. Ave. and Boardwalk, Atlantic City, N. J.
McCall, T. Simpson, The Spurling, Elgin, Ill.
McCartney, L. H., Hoxie, Kans.
McCaslin, Annie, 204 N. Negley Ave., Pittsburgh, Pa.
McCaslin, J. A., 311 Center St., Ridgway, Pa.
McCaughan, Russell C., 210 N. Market St., Kokomo, Ind.
McCauley, Andrew, Petersen Bldg., Fairmont, Minn.
McClanahan, J. L., Paola, Kans.
McClaran, A. W., 28 Main St., Bradford, Pa.
McCleery, Ben H., Mankato, Minn.
McClenny, D. Clayton, Hinton Bldg., Elizabeth City, N. C.
McClimans, W. A., 39 S. State St., Chicago, Ill.
McCole, George M., Conrad Blk., Great Falls, Mont.
McConnell, Carl P., 14 W. Washington St., Chicago, Ill.
McConnell, W. F., First Nat'l Bank Bldg., Waitsburg, Wash.
McConnell & Farmer, 14 W. Washington Blvd., Chicago, Ill.
McCorkle, Zuie A., 4951 Kenmore Ave., Chicago, Ill.
McCormack, J. J., 629 N. Eighth St., Sheboygan, Wis.
McCormick, Jean Francois, Farmington, Ia.
McCormick, J. Porter, 94 Clinton St., Greenville, Pa.
McCowan, Don C., Burr Oak and Western Aves., Blue Island, and 39 S. State St., Chicago, Ill.
McCoy, L. C., Paul Gale-Greenwood Bldg., Norfolk, Virginia.
McCracken, Earl, Commercial Nat'l Bank Bldg., Shreveport, La.
McCurdy, Charles W., Tierney Bldg., Weston, W. Va.
McCurdy, Chas. W., 1411 Walnut St., Philadelphia, Pa.
McCuskey, Charlotte, 619 First Ave., Council Bluffs, Ia.
McDaniel, A. C., Union Savings Bank Bldg., Oakland, Cal.
McDougall, J. R., 27 E. Monroe St., Chicago, Ill.
McDowell, J. H., 102 Third St., Troy, N. Y.
McDowell, J. O., Odd Fellows Blk., Brunswick, Me.
McDowell, M., Scott Bldg., Salt Lake City, Utah.
McFadden, J. Clinton, Sunset Bldg., Bellingham, Wash.
McFarland, Arthur H., Coleman Bldg., Deer Lodge, Mont.
McGarock, R. E., Wiechmann Bldg., Saginaw, Mich.
McGinnis, J. C., Mercantile Bank Bldg., Aurora, Ill.
McGavock, Anne H., 894 Woodward Ave., Detroit, Mich.
McGuire, Frank J., 26 Fayette St., Binghamton, N. Y.
McIntyre, G. M., Grosvenor Bldg., Kenosha, Wis.
McKinney, Clara DeGress, Fourth Nat'l Bank Bldg., Cincinnati, O.
McKinney, Lula Ireland, Rock Port, Mo.
McKnight, Isadora, 305 North Walnut St., Creston, Ia.
McLaughlin, Elizabeth A., Mason Bldg., Los Angeles, Cal.
McLaughlin, E. T., I. O. O. F. Bldg., Knoxville, Ia.
McLaughlin, S. C., 3 Harvard St., Newtonville, Mass.
McMahon, B. S., The Burlington, Washington, D. C.
McMains, Grace Ramsay, Union Trust Bldg., Baltimore, Md.
McMains, Harrison, Fidelity Bldg., Baltimore, Md.
McMains, Henry A., Union Trust Bldg., Baltimore, Md.
McMasters, Lester A., Homer, Illinois.
McMillen, J. W., Stockton, Kans.
McMullen, Walter M., 229 E. Commonwealth St., Fullerton, Cal.
McNabb, Adeline M., Southampton, Ont.
McNary, J. F., Matthews Bldg., Milwaukee, Wis.
McNary, Wm. D., M. D., Matthews Bldg., Milwaukee, Wis.
McNeil, Jean M., 805 Colorado Ave., La Junta, Colo.
McNelis, Anthony J., Real Estate Trust Bldg., Philadelphia, Pa.
McNicol, A. M., Dallas, Ore.
McNicol, D. Ella, Coulter Blk., Frankfort, Ind.
McPherson, George W., 414 Mackay St., Montreal, Quebec.
McPike, James K., Steward Bldg., Okmulgee, Okla.
McQuary, Harvey L., Main St., Dayton, Wash.
McRoberts, Sarah Ellen, 130 N. Negley Ave., Pittsburgh, Pa.
McSherry, Thomas, Broadway, Long Branch, N. J.
McWilliams, Alex F., Huntington Chambers, Boston, Mass.
McWilliams, Royal A., Manufacturers' Bank Bldg., Lewiston, Me.
MacCardle, N. B., 633 Stratford Place, Chicago, Ill.
MacCarthy, Daniel, 132 North Wabash Ave., Chicago, Ill.
MacCarthy, M., 216 South Laflin St., Chicago, Ill.
MacCollum, Edna M., 15 S. Franklin St., Wilkes-Barre, Pa.
MacCracken, F. E., Box 5, Beatrice, Nebr.
MacDonald, John A., 160 Newberry St., Boston, Mass.
MacEwen, Margaret, 410 S. 9th St., Philadelphia, Pa.
MacFadden, Charles, Killam, Alberta, Can.
MacGregor, G. W., Auditorium Bldg., Chicago, Ill.
MacGregor, George W., 431 S. Wabash Ave., Chicago, Ill.
MacGregor, P. J., O. T. & B. Bldg., Olney, O.
MacGregor, W. C., 27 E. Monroe St., Chicago, Ill.
MacGregor & MacLean, 431 S. Wabash Ave., Chicago, Ill.
Macauley, Daniel B., 27 East Monroe St., Chicago, Ill.
Mack, Henry A., 603 E. 12th St., Des Moines, Ia.
Mack, Raesley S., 114 Broad St., Chester, Pa.
Mack, Warren B., 180 Lewis St., Lynn, Mass.
MacKinnon, Barbara, Marsh Strong Bldg., Los Angeles, Cal.
MacKinnon, C. E., St. James Bldg., Jacksonville, Fla.
MacLennon, Margaret J., 529 W. 111th St., New York, N. Y.
Maddox, H. H., 1705 B'way, Mattoon, Ill.
Maddux, Walter S., Central Blk., Pueblo, Colo.
Mader, Geo., 9807 Ave L, Chicago, Ill.
MaGee, F. E., O'Neil Bldg., Webb City, Mo.
Mager, Edwin J., 28 B'way, Taunton, Mass.
Magers, J. A., Moravia, Ia.
Magill, Edgar G., Woolner Bldg., Peoria, Ill.
Magner, Ellen, 1030 Nicollet Avenue, Minneapolis, Minn.
Mahaffay, Charles W., Pittsburgh Bldg., Helena, Mont.
Mahaffay, Clara A., Oklahoma City, Okla.
Mahaffay, Ira F., Model Bldg., McAlester, Okla.
Mahaffy, J. H., 926 3rd St., Huron, S. D.
Malcolm, Robert C., The Savoy, Washington, D. C.
Mall, Harry E., 64 E. Van Buren St., Chicago, Ill.
Malone, J. Austin, Carter Bldg., Houston, Tex.
Malone, Lillian, Mills Bldg., Topeka, Kans.
Maltby, Harrison W., 26 S. Wood St., Chicago, Ill.
Manatt, E. S., Hampton, Ia.
Manchester, F. P., 653 Ave. C, Bayonne, N. J.
Mandeville, J. E., Lockhart Bldg., Sayre, Pa.
Manning, Elizabeth May, 712 S. 5th St., Leavenworth, Kans.

- Mantle, Pauline R., Pierik Bldg., Springfield, Ill.
- Manuel, K. Janie, Masonic Temple, Minneapolis, Minn.
- Marcy, Nellie L., Hamory Bldg., Sharon, Pa.
- Marcy, Nettie L., 105½ West State St., Sharon, Pa.
- Marriner, L. C., Denckla Bldg., Philadelphia, Pa.
- Marsh, Roy W., First Nat'l Bank Bldg., Uniontown, Pa.
- Marsh, U. G., Clarkson, Wash.
- Marshall, Elizabeth J. B., 326 W. 8th St., Erie, Pa.
- Marshall, J. S. B., 503 W. 3rd St., Jamestown, N. Y.
- Marshall, L. C., Livingston, Mont.
- Marshall, Wade H., Masonic Temple, Trinidad, Colo.
- Martin, Charles C., Dawson Springs, Ky.
- Marstellar, Chas. L., Dollar Savings Bank Bldg., Youngstown, O.
- Martens, Theodore Henry, Cutler Bldg., Rochester, N. Y.
- Martin, Claude W., Commerce Bldg., Kansas City, Mo.
- Martin, Ethel J., Rhodes-Fanlow Bldg., Ashland, Ore.
- Martin, Elmer, Powers Bldg., Decatur, Ill.
- Martin, F. H., Powers Bldg., Helena, Mont.
- Martin, Frederick H., 481 N. Park Ave., Pomona, Cal.
- Martin, George W., 104 N. Stone Ave., Tucson, Ariz.
- Martin, H. B., 77 Whitestone Ave., Brooklyn, N. Y.
- Martin, Harry B., 287 E. 18th St., Brooklyn, N. Y.
- Martin, J. S., City Bank Bldg., Xenia, O.
- Martin, L. D., Miles Granite Bldg., Barre, Vt.
- Marvine, I. W., Ballinger Bldg., St. Joseph, Mo.
- Marx, Cora Weed, Essex Bldg., Newark, N. J.
- Masterson, Wm. P., Widener Bldg., Philadelphia, Pa.
- Mason, Hubert B., City Nat'l Bank Bldg., Temple, Tex.
- Mason, J. Louise, 183 Huntington Ave., Boston, Mass.
- Mason, L. B., Sherlock Bldg., Lethbridge, Alberta, Can.
- Mather, E., 228 Gratiot Ave., Mount Clemens, Mich.
- Matson, Jesse E., Plymouth Bldg., Minneapolis, Minn.
- Mathews, Ellen, 200 N. Los Angeles St., Los Angeles, Cal.
- Matthews, S. C., 500 5th Ave., New York, N. Y.
- Matthews, S. C., 1816 Albemarle Road, Brooklyn, N. Y.
- Mattison, N. D., 33 W. 42nd St., New York, N. Y.
- Mavity, Bertram J., 130 N. Cedar St., Nevada, Mo.
- Mawson, Gertrude B., 4 De Forest Ave., Summit, N. J.
- Maxey, C. N., Watts Bldg., San Diego, Cal.
- Maxfield, J. Harris, 4 Myrtle Ave., Newark, N. J.
- Maxwell, E. C., 2157 E. 46th St., Cleveland, O.
- Maxwell, Bertha M., 234 W. 4th St., Williamsport, Pa.
- Maxwell, Mrs. E. M., Scott Bldg., Paris, Tex.
- Maxwell, E. O., Amosheag Bank Bldg., Manchester, N. H.
- Maxwell, G. Edward, 27 E. Monroe St., Chicago, Ill.
- Maxwell, Herman L., 136 N. 5th St., Reading, Pa.
- Maxwell, Milton L., Scott Bldg., Paris, Tex.
- May, Sarah A., M. D., Flanders Bldg., Philadelphia, Pa.
- Mayers, Rebecca B., Valpey Bldg., Detroit, Mich.
- Mayes, M. T., 289 State St., Springfield, Mass.
- Mayhugh, Clyde W., 300 N. 4th St., Atchison, Kans.
- Mayo, Kathleen, Kirksville, Mo.
- Mayo, R. Clarence, Drumheller Bldg., Walla Walla, Wash.
- Mayronne, Delphine, 1539 Jackson Ave., New Orleans, La.
- Meacham, W. B., Legal Bldg., Asheville, N. C.
- Mead, Clyde D., Viroqua, Wis.
- Meade, Alba, Exchange Bldg., Memphis, Tenn.
- Medaris, C. E., Masonic Temple, Rockford, Ill.
- Medlar, S. Agnes, 1112 Chestnut St., Philadelphia, Pa.
- Mekemson, Elvina, Biggsville, Ill.
- Meleski, Mary M., 604 Lion St., Dunkirk, N. Y.
- Memmert, A., Smith and Church Sts., Centredale, R. I.
- Mercer, William L., Salem, Ore.
- Meredith, Oritz R., Department Store Bldg., Nampa, Idaho.
- Merkley, E. H., 36 W. 35th St., New York, N. Y.
- Merkley, G. H., Hotel Martinique, B'way and 32nd St., New York, N. Y.
- Merkley, Geo. H., 273 Sanford Ave., Brooklyn, N. Y.
- Merkley, W. A., 487 Clinton Ave., Brooklyn, N. Y.
- Merrill, Charles R., Woodstock, Ont.
- Merrill, Edward Strong, Ferguson Bldg., Los Angeles, Cal.
- Merritt, J. P., Tekamah, Nebr.
- Messick, Chas. W., 1030 East 47th St., Chicago, Ill.
- Messick, Orville W., 954 East 43rd St., Chicago, Ill.
- Messick, Margaret E., 1030 E. 47th St., Chicago, Ill.
- Meyer, F. J., St. Louis Co. Bank Bldg., Cloyton, Mo.
- Meyer, Richard L., 1297 Market St., San Francisco, Cal.
- Meystrick, J., 204 2nd Ave., Astoria, L. I., N. Y.
- Mickle, George E., Metz Bldg., Grand Rapids, Mich.
- Middleton, Della, James Bldg., Eagle Grove, Ia.
- Mildenberger, C., 62 Woodbine St., Brooklyn, N. Y.
- Mildenberger, Charles, 70 Hudson St., Terminal Bldg., Hoboken, N. J.
- Millard, F. P., 12 Richmond St. E., Toronto, Ont., Can.
- Millay, E. O., The Maples, Romeo, Mich.
- Millay, E. O., 1664 Woodward Ave., Detroit, Mich.
- Miller, A. L., New England Bldg., Cleveland, O.
- Miller, Clara Macfarlane, 5931 Avenal Ave., Oakland, Cal.
- Miller, Chester L., New Gensland Bldg., Elmhurst, Ill.
- Miller, Chester L., 27 E. Monroe St., Chicago, Ill.
- Miller, D. F., Baylor, Mont.
- Miller, Frank, 520 W. Front St., Plainfield, N. J.
- Miller, Fred W., Madison Co. Trust and Deposit Bldg., Oneida, N. Y.
- Miller, Grace E., Jeffords-Smoey Bldg., Clearwater Fla.
- Miller, Harry L., Union Utilities Bldg., Morgantown, W. Va.
- Miller, Harry T., Hanlon Bldg., Canton, Ill.
- Miller, John W., 226 Market Square, Sunbury, Pa.
- Miller, Joseph Donley, 87 Beechurst Ave., Morgantown, W. Va.
- Miller, J. R., Lyric Arcade Bldg., Rome, N. Y.
- Miller, Kate R., Meisel Bldg., Port Huron, Mich.
- Miller, Linnie B., The Atlantic Apts., Washington, D. C.
- Miller, Orion S., Frisco Bldg., St. Louis, Mo.
- Miller, P. H., Mt. Morris, Pa.
- Miller, R. Lee, Holston Bank Bldg., Knoxville, Tenn.
- Miller, Samuel B., Granby Bldg., Cedar Rapids, Ia.
- Mills, Anna M., Star Store Bldg., Tuscola, Ill.
- Mills, David A., Tower Bldg., Holland, Mich.
- Mills, Maud S., Robertsdale, Ala.
- Mills, W. S., First Nat'l Bank Bldg., Ann Arbor, Mich.
- Miner, E. Frank, 4 W. Newell Ave., Rutherford, N. J.
- Minnis, J. C., 214 Terre Haute Trust Bldg., Terre Haute, Ind.
- Mitchell, Chas. R., Blount Bldg., Pensacola, Fla.
- Mitchell, C. T., Hitchcock Bldg., Nashville, Tenn.
- Mitchell, Jennie, 823 State St., Texarkana, Tex.
- Mitchell, R. M., Texarkana Nat'l Bank Bldg., Texarkana, Tex.
- Mitchell, Warren B., 738 Broad St., Newark, N. J.
- Mitterling, Edward S., Webster City, Ia.
- Mode, Emily R., Hall Bldg., Harvard, Ill.
- Moellering, Bertha W., 256 Kurfürstendamm, Berlin, Germany.
- Moellering, Herman H., 256 Kurfürstendamm, Berlin, Germany.
- Moershell, R., Marengo, Ia.
- Moffatt, Chas. M., 618 Sheridan Ave., Shenandoah, Ia.
- Moffatt, Lillian May, Providence Bldg., Duluth, Minn.
- Moffett, George, Hanover, Ill.
- Mogaard, John, 2820 W. North Ave., Chicago, Ill.
- Molyneux, Albert J., 2844 Blvd., Jersey City Heights, N. J.
- Molyneux, Cora Belle, 2844 Blvd., Jersey City Heights, N. J.

- Monks, James C., 112 Atlantic St., Bridgeton, N. J.
 Monroe, George T., Silver Springs, N. Y.
 Montague, H. C., Phoenix Bldg., Muskogee, Okla.
 Montague, William C., American Trust Bldg., Evansville, Ind.
 Moomaw, Mary C., 172 W. 79th St., New York, N. Y.
 Moore, Antoinette, People's Nat'l Bank Bldg., Belleville, Kans.
 Moore, Audrey C., 1121 Divisadero St., San Francisco, Cal.
 Moore, Coyt, Raymond Bldg., Baton Rouge, La.
 Moore, D. V., Iowa Falls, Ia.
 Moore, Ernest A., People's Nat'l Bank Bldg., Belleville, Kans.
 Moore, Ernest Melvin, Box 311, Shelbina, Mo.
 Moore, F. E., Selling Bldg., Portland, Ore.
 Moore, Frank R., Real Estate Trust Bldg., Philadelphia, Pa.
 Moore, George E., Equitable Bldg., Des Moines, Ia.
 Moore, George W., 34 Delaware St., Woodbury, N. J., and R. E. Trust Bldg., Philadelphia, Pa.
 Moore, Hezzie Carter Purdom, Selling Bldg., Portland, Ore.
 Moore, J. L., Madison-Thoits Bldg., Palo Alto, Cal.
 Moore, Myrtle J., Crete, Nebr.
 Moore, Riley D., Wardman Courts West, Washington, D. C.
 Moore, Sara A., 1711 Gervais St., Columbia, S. C.
 Moore, Thomas R., Euclid Bldg., St. Louis, Mo.
 Moore, W. P., Lamar, Mo.
 Moores, Carrie E., 2453 Gilbert Ave., Cincinnati, O.
 Moreland, Cassie C., Bacon Bldg., Oakland, Cal.
 Morgan, Lallah, 290 Westminster St., Providence, R. I.
 Moriarty, J. J., Maloney Bldg., Ottawa, Ill.
 Morrell, Ada E., 125 Dover St., Lowell, Mass.
 Morris, Chester H., 37 S. Wabash Ave., Chicago, Ill.
 Morris, Fred W., 316 B'way, Paterson, and Ridgewood Trust Bldg., Ridgewood, N. J.
 Morris, John B., 37 S. Wabash Ave., Chicago, Ill.
 Morris, Paschall, Flanders Bldg., Philadelphia, Pa.
 Morris, T. C., Fernwell Bldg., Spokane, Wash.
 Morrison, Daniel N., 120 E. 34th St., New York, N. Y.
 Morrison, James G., Terre Haute Trust Bldg., Terre Haute, Ind.
 Morrison, John F., Col. Hudson Bldg., Ogden, Utah.
 Morrison, Martha A., 1315 E. 13th Ave., Denver, Colo.
 Morrison, Myrtle Pleasant, 525 Commercial St., Emporia, Kans.
 Morrison, Thomas H., Port Jefferson, Long Island, N. Y.
 Morrow, A. D., West Liberty, Ia.
 Morrow, Carroll B., Main, Cor. E. Diamond St., Butler, Pa.
 Morrow, Clara E., Main, Cor. E. Diamond St., Butler, Pa.
 Morse, Herbert F., Harlin Bldg., Wenatchee, Wash.
 Morse, Park A., Joshua Green Bldg., Seattle, Wash.
 Mosely, J. R., St. Augustine, Fla.
 Mosher, Alfred, South Side Square, Macomb, Ill.
 Moss, Joseph M., Ashland, Nebr.
 Most, Louis H., Monaghan Bldg., Coeur d'Alene, Idaho
 Mulford, G. S., 295 Atlantic St., Stamford, Conn.
 Mullenbrook, J. L., St. Maries, Idaho.
 Mulrony, W. J., 341 2nd St., Yuma, Ariz.
 Muncie, Curtis Hamilton, Macon St., Cor. Marcy Ave., Brooklyn, N. Y.
 Mundie, Carrie M., Cor. Illinois Ave. and Jefferson St., Mendota, Ill.
 Munger, William R., Carlsbad, N. M.
 Munn, Allen, Bellingham, Wash.
 Munroe, Milbourne, 215 Main St., East Orange, N. J.
 Muntz, Glenn F., Huntington Chambers, Boston, Mass.
 Murphy, Annie R., 39 S. State St., Chicago, Ill.
 Murphy, E. C., Ingram Bldg., Eau Claire, Wis.
 Murphy, G. Glenn, Somerset Bldg., Winnipeg, Manitoba.
 Murray, J. H., 110 S. Portland Ave., Brooklyn, N. Y.
 Murphy, J. L., 220 S. State St., Chicago, Ill.
 Murphy, J. W., Bremerton, Wash.
 Murray, John H., 212 E. Hanover St., Trenton, N. J.
 Murray, W. F., Sandwich, Ill.
 Mutschler, O. C., 31 W. Orange St., Lancaster, Pa.
 Muttart, C. J., Flanders Bldg., Philadelphia, and Bryn Mawr, Pa.
 Myers, Ella Lake, 214 W. 92nd St., New York, N. Y.
 Myers, E. W., Mamunta, Sierra Leone, West Africa.
 Myers, Katherine Stott, Journal Bldg., Portland, Ore.
 Myers, Lewis A., Birks Bldg., Vancouver, B. C., Can.
 Myers, Ollie H. P., 114 W. 2nd St., Ottumwa, Ia.
 Myles, Anna Crawford, Munn and Central Aves., East Orange, N. J.
 Nash, Victoria, Spitzer Bldg., Toledo, O.
 Nay, William F., Chamber of Commerce Bldg., Enid, Okla.
 Neame, Josephine E., 1515 Boardwalk, Atlantic City, N. J.
 Nelson, Frank C., 491 Pleasant St., Malden, Mass.
 Nelson, Harriet A., Essex Bldg., Minneapolis, Minn.
 Nelson, Mrs. Laura S., 1733 N. Western Ave., Los Angeles, Cal.
 Nelson, Lura Bingham, 424 S. B'way, Los Angeles, Cal.
 Nelson, Loretta B., Conrad Bldg., Great Falls, Mont.
 Ness, W. F., 241 W. Utica St., Buffalo, N. Y.
 Netty, J. W., 3040 W. North Ave., Chicago, Ill.
 Nevius, Zeula A., 670 1/2 Ohio St., Terre Haute, Ind.
 Newhall, Wm. B., Y. M. C. A. Bldg., Denver, Colo.
 Nicholas, Rebecca, 405 W. 85th St., New York, N. Y.
 Nicholl, Thos. H., Franklin Bank Bldg., Philadelphia, Pa.
 Nicholl, Wm. S., Real Estate Trust Bldg., Philadelphia, Pa.
 Nicholls, Charles H., 134 Wyoming Ave., Scranton, Pa.
 Nichols, Adrian D., Frisco Bldg., St. Louis, Mo.
 Nichols, Paul S., 23 1/2 North Sandusky St., Delaware, O.
 Nichols, Robt. H., 15 Beacon St., Boston, Mass.
 Niehaus, Anna M., Troy, Mo.
 Nichols, W. L., Brown Bldg., Exeter, Cal.
 Nicholson, F. M., 122 S. Ashland Blvd., Chicago, Ill.
 Nielsen, Julie K., 1109 Park St., Peekskill, N. Y.
 Niemann, J., 1902 Nedres St., Austin, Tex.
 Nikolas, Kathryn, Bee Bldg., Omaha, Nebr.
 Nims, Herbert J., Ryland Bldg., San Jose, Cal.
 Niswander, John M., Danville, Ind.
 Noble, Arza J., 961 4th St., San Diego, Cal.
 Noble, Nelson G., Dalziel Bldg., Cal.
 Noeling, Geo. D., 1107 Chestnut St., Philadelphia, Pa.
 Noeling, Katherine L., 1107 Chestnut St., Philadelphia, Pa.
 Noland, Lou T., Baker Bldg., Springfield, Mo.
 Noordhoff, L. H., 187 Main St., Oshkosh, Wis.
 Norman, P. K., Central Bank Bldg., Memphis, Tenn.
 Norris, H. D., Marion, Ill.
 Norris, Kate Louise, 703 Greene Ave., Brooklyn, N. Y.
 Northern, Robert J., First Nat'l Bank Bldg., Hagerstown, Md.
 Northrup, Robert B., Morgan Bldg., Portland, Ore.
 Norton, Carlton C., 1 Madison Ave., New York, N. Y.
 Norwood, Robert R., Mineral Wells, Tex.
 Notestine, Flora A., Macon, Mo.
 Novinger, W. J., Cor. Academy and Montgomery Sts., Trenton, N. J.
 Nowlin, J. A., Osteopathy Bldg., Farmer City, Ill.
 Noyes, Mary E., Maloney Bldg., Ottawa, Ill.
 Nuckles, George T., Marshall, Mo.
 Nye, Carlos, 751 Pasaje Cullen, Plaza Lopez, Rosario, Argentine Republic, South America.
 Oakes, John H., 32 N. State St., Chicago, Ill.
 O'Brien, Francis R., Flanders Bldg., Philadelphia, Pa.
 O'Bryan, M. E., Columbia, Tenn.
 O'Connor, Jessie, 4836 Winthrop Ave., Chicago, Ill.
 O'Neill, T. H., 419 Central Ave., Brooklyn, N. Y.

- Oelrich, Edw., Ellicott Square, Buffalo, N. Y.
- Ogle, John M., 699 Main St., Moncton, N. B.
- Oglesby, H. L., First Nat'l Bank Bldg., Latrobe, Pa.
- Oium, F. N., Bent Blk., Oshkosh, Wis.
- Oldham, Jas. E., 705 S. Clay St., Hopkinsville, Ky.
- Oldham, J. S., 38 Pike St., Cynthiana, Ky.
- Oldham, W. H., E. Main St., Elkton, Ky.
- Olds, E. M., Caswell Blk., Milwaukee, Wis.
- Oliphant, Lorna Alice, Virginia, Ill.
- Oliphant, Pearl, Santa Cruz, Cal.
- Oliver, Clifford C., Medical Blk., Minneapolis, Minn.
- Oliver, Mada, Yates Center, Kans.
- Oliver, W. Rollins, 522 Locust St., Johnstown, Pa.
- Olmstead, Harry J., Colonial Bldg., Boston, Mass.
- Olmstead, S. Louisa, 220 Fifth Ave., Clinton, Ia.
- Olney, Belle H., Ennis Bldg., Ottumwa, Ia.
- Olson, Hendrik, Brighton Ave., Rochester, Pa.
- Olson, J. Edgar, Bushnell, Ill.
- O'Neill, Addison, 9 North Beach St., Daytona, Fla.
- O'Neill, Thomas H., 507 5th Ave., New York, N. Y.
- Omeland, Sarah C., Rockwell Bldg., Union City, Pa.
- Opdycke, Florence M., 167 State St., Augusta, Me.
- Orr, Arlowyne, Missouri Trust Bldg., St. Louis, Mo.
- Orrison, Lovell A., 421 S. Morris St., Waynesboro, Pa.
- Osborn, Harry C., 926 N. Charles St., Baltimore, Md.
- Osgood, Lizzie E., 150 North St., Pittsfield, Mass.
- Ovens, Albert N., Pierik Bldg., Springfield, Ill.
- Overfelt, L. B., Boulder, Colo.
- Overstreet, C. M., Hastings, Mich.
- Overton, J. A., Tuscola, Ill.
- Owen, Hearl L., 33 Franklin St., Saratoga Springs, N. Y.
- Pace, Carl H., St. Johns, Ariz.
- Padberg, Blanche M., 4205 Sansom St., Philadelphia, Pa.
- Page, G. Ralph, 147 Hancock St., Brooklyn, N. Y.
- Paine, Caroline L., Orange, Cal.
- Paine, Josephine H., 4731 Lake Park Ave., Chicago, Ill.
- Painter, E. M., Unionville, Mo.
- Palm, Dr., Thermopolis, Wyo.
- Palmer, Chas. R., Chamber of Commerce, Pasadena, Cal.
- Palmer, Edward B., Hagelstein Bldg., Sacramento, Cal.
- Palmer, Robert I., Main St., Silver Creek, N. Y.
- Panars, F. G., 902 Gratiot Ave., Detroit, Mich.
- Panars, Frederick G., 992 Gratiot Ave. and Mack Ave., Detroit, Mich.
- Parcels, M. L., Katz Blk., San Bernardino, Cal.
- Parenteau, Carrie P., 27 East Monroe St., Chicago, Ill.
- Parfitt, John William, Pembroke Bldg., Manchester, N. H.
- Parish, Chester W., Commercial Bank Bldg., Whitewater, Wis.
- Park, Robert J., Midland Ave., Midland, Ont., Can.
- Park, R. L., Trenton, Tenn.
- Parker, E. Tracy, Corbett Bldg., Portland, Ore.
- Parker, F. A., 111 West Park Ave., Champaign, Ill.
- Parker, F. D., New York Life Bldg., St. Paul, Minn.
- Parker, George W., D. D. S., Cor. Main St. and Broadway, Madisonville, Ky.
- Parker, John Watts, New Ridge Bldg., Kansas City, Mo.
- Parker, J. Page, Bradentown, Fla.
- Parker, Thomas Theophilus, 36 Edward St., Port-of-Spain, Trinidad, B. W. I.
- Parker, Nellie Lowe Haynes, 516 Main St., Mt. Carmel, Ill.
- Parker, Robt. Faulkner, Listowel, Ont., Can.
- Parks, Fannie Springmire, 303 Jefferson St., Winterset, Ia.
- Parks, Kent A., Lebanon, Mo.
- Parlin, Ralph B., 124 Mill St., New Bedford, and 151 Circuit Ave., Oak Bluffs, Mass.
- Parmelee, Cora G., Pagosa Springs, Colo.
- Parsons, C. L., Roswell, New Mexico.
- Paterson, C. Vernon, Traders Bank Bldg., Toronto, Ont., Can.
- Patterson, Arthur, 923 Jefferson St., Wilmington, Del.
- Patterson, E. W., B. S., Courier-Journal Office Bldg., Louisville, Ky.
- Patton, Arthur W., Nixon Blk., Raymond, Wash.
- Paul, Arthur H., Court Exchange Bldg., Bridgeport, Conn.
- Paul, J. W., Eureka Springs, Ark.
- Paul, Theodore, Tarkio, Mo.
- Paul, W. E., Mound City, Mo.
- Pauli, G. G., Granger Bldg., San Diego, Cal.
- Pauls, Peter D., Mountain Lake, Minn.
- Pauly, G. W., DeGraff Bldg., Colorado Springs, Colo.
- Pauly, Walter Frank, Myres Bldg., Kahoka, Mo.
- Payne, Geo. H., First Nat'l Bank Bldg., Columbus, Mont.
- Pearce, Jira J., Mills Bldg., El Paso, Tex.
- Pease, H. L., Bradley Bldg., Putnam, Conn.
- Pecinovsky, Albert E., Valley Falls, Kans.
- Peck, Eber K. I., Empire Bldg., Niagara Falls, Ont., Can.
- Peck, John F., Cobb Bldg., Kankakee, Ill.
- Peck, Martin W., 36 Cherry St., Lynn, Mass.
- Peck, Mary E., Hicks Bldg., San Antonio, Tex.
- Peck, Paul M., Hicks Bldg., San Antonio, Tex.
- Peck, Vernon W., First Nat'l Bank Bldg., Pittsburgh, Pa.
- Peebles, R. B., Kalamazoo Nat'l Bank Bldg., Kalamazoo, Mich.
- Peery, Mary W., Sumter, S. C.
- Peet, Mrs. H. C., Monticello, Ia.
- Peet, T. J., Monticello, Ia.
- Peirce, Chas. E., Elkan-Gunst Bldg., San Francisco, Cal.
- Peirce, Josephine Liffing, New Savings Bldg., Lima, O.
- Pellette, Eugene F., Post Office Bldg., Liberal, Kans.
- Pemberton, S. D., 1187 Dean St., Brooklyn, N. Y.
- Pengra, C. A., Selling Bldg., Portland, Ore.
- Penland, Hugh E., Berkeley Nat'l Bank Bldg., Berkeley, Cal.
- Pennock, Daisy, Amarillo, Tex.
- Pennock, D. S. Brown, Land Title Bldg., Philadelphia, Pa.
- Pennock, D. S. B., 1030 W. Alleghany Ave., Philadelphia, Pa.
- Pennock, Lewis N., Amarillo, Tex.
- Pennock, P. H., Plattsburg, Mo.
- Penrose, J. T., 216 North Bright Ave., Whittier, Cal.
- Perkins, Helen F., 1830 Columbia Rd., Washington, D. C.
- Perkins, W. J., Lincoln Ave., Carbondale, Pa.
- Perrett, Mary E., Old Nat'l Bank Bldg., Spokane, Wash.
- Perrin, Geo. W., Empire Bldg., Denver, Colo.
- Perry, David C., Chula Vista, Cal.
- Perry, Florence Jarman, 851 Dorchester St., W. Montreal, Quebec, Can.
- Perry, Frances A., 558 3rd Ave., North Troy, N. Y.
- Perry, Gale C., 967 Elm St., Manchester, N. H.
- Peters, Chas. F., 2167 Bedford Ave., Brooklyn, N. Y.
- Petersen, F. J., Rumer Blk., Alliance, Nebr.
- Peterson, Byron S., Brandeis Bldg., Omaha, Neb.
- Peterson, A. W., Hawarden, Ia.
- Peterson, Chas. J. R., Elkan-Gunst Bldg., San Francisco, Cal.
- Peterson, Herbert S., 1613 W. 1st St., Los Angeles, Cal.
- Petery, Wm. E., 1536 Diamond St., Philadelphia, Pa.
- Petrie, Martha, Agricultural Bank Bldg., Paris, Ky.
- Pettypiece, M. H., 123 Nepean St., Ottawa, Ont., Can.
- Phells, Elmer T., Athenaeum Chambers, 71 Temple Row, Birmingham, Eng.
- Phells, Ervin H., Second Nat'l Bank Bldg., Toledo, O.
- Phelan, Jennie E., Cherokee, Ia.
- Phelps, Fannie J., First Nat'l Bank Bldg., Escondido, Cal.
- Phelps, Grace T., 635 W. 4th St., Los Angeles, Cal.
- Phelps, John W., Candler Annex, Atlanta, Ga.
- Phelps, T. G., North Washington St., Chillicothe, Mo.
- Philippe, H. T., 418 Main St., Vincennes, Ind.
- Phillips, Grant E., 619 State St., Schenectady, and Blood Bldg., Amsterdam, N. Y.
- Phillips, Harry, Atlas Bldg., Salt Lake City, Utah.
- Phillips, J. Marshall, De Soto, Mo.
- Phillips, Keene B., Hanselman Bldg., Kalamazoo, Mich.

- Pickens, Evelyn, 2464 Diana St., Chicago, Ill.
- Pickler, E. C., 17 S. 6th St., Minneapolis, Minn.
- Pierce, Floyd, German Nat'l Bank Bldg., Hastings, Nebr.
- Pierce, Nellie M., Sefton Bldg., San Diego, Cal.
- Piercy, Geo. F., Superior, Nebr.
- Pietsch, Albert C., 834 N. Laverne Ave., Chicago, Ill.
- Pigott, Adalyn K., College St. Branch Dominion Bank Bldg., Toronto, Ont., Can.
- Pike, Arthur E., 249 Pine St., Long Beach, Cal.
- Piper, Frederick A., Gibbs Bldg., San Antonio, Tex.
- Pippenger, Cora, 603 Third Ave., S., Glasgow, Mont.
- Pitts, Eugene, Eddy Bldg., Bloomington, Ill.
- Pixley, Anna D., Eckenrode Bldg., Olney, Ill.
- Plant, Ernest A., La Jolla Beach, San Diego, Cal.
- Platt, Frances, Kalamazoo Nat'l Bank Bldg., Kalamazoo, Mich.
- Platt, Reginald, Barnesville, Minn.
- Pleak, J. J., Hillsboro, Ill.
- Plummer, E. D., Alberta Bldg., Calgary, Alberta.
- Plummer, F. Myrell, 462 Main St., Orange, N. J.
- Pocock, Hubert John, C. P. R. Bldg., Toronto, Ont., Can.
- Polley, A. A., Long Beach Bank Bldg., Long Beach, Cal.
- Polley, Mabel A., Long Beach Bank Bldg., Long Beach, Cal.
- Pollock, Anna, 2006 Columbia Rd., Washington, D. C.
- Pollock, C. S., Still-Hildreth Sanitarium, Macon, Mo.
- Pollok, Lissa M., Merrill Bldg., Muskegon, Mich.
- Ponting, Chas. H., Pasco, Wash.
- Pool, W. O., 102 E. Washington St., Fairfield, Ia.
- Poole, I. Chester, 204 High St., Fall River, Mass.
- Pooler, Cyrus P., Cor. Blair and Broadway, Chapman, Kans.
- Posey, T. W., Bowling Green, Ky.
- Potter, Minnie F., Pioneer Bldg., Seattle, Wash.
- Poulter, Estelle E., South Church St., McKinney, Tex.
- Powell, Ernest S., New York Life Bldg., St. Paul, Minn.
- Powell, Geo. Byer, Union Bldg., Anderson, Ind.
- Practorius, Conrad, 926 17th St. N. W., Washington, D. C.
- Prater, Lenna K., Springville, N. Y.
- Pratt, Edwin J., Goddard Bldg., Chicago, Ill.
- Pratt, Edwin J., 27 East Monroe St., Chicago, Ill.
- Pratt, Frank P., 255 Bath St., Glasgow, Scotland.
- Prescott, Allen Z., Majestic Bldg., Loraine, O.
- Preston, Walter A., 221 S. Pacific Blvd., (Huntington Park), Los Angeles, Cal.
- Price, Emma Hook, First and Walnut Sts., Hutchinson, Kans.
- Price, Houston A., 228 Winn St., Alexandria, La.
- Price, J. A., State Nat'l Bank Bldg., Oklahoma City, Okla.
- Price, Kenneth V., Orange Ave., Monrovia, Cal.
- Price, R. L., Merchants Bank Bldg., Jackson, Miss.
- Price, Vivian H., Walker Bldg., Covington, Tenn.
- Prindle, Richard H., Henderson, N. C.
- Printy, Sylvia, Avery Bank Bldg., Fort Collins, Colo.
- Proctor, Arthur C., Ashton Bldg., Rockford, Ill.
- Proctor, Burton H., 15 Beacon St., Boston, Mass.
- Proctor, Clark M., M. D., 316 Main St., Ames, Ia.
- Proctor, C. W., Ellicott Square, Buffalo, N. Y.
- Proctor, Ernest Richard, 27 E. Monroe St., Chicago, Ill.
- Proctor, Florence B., 6543 Ingleside Ave., Chicago, Ill.
- Proctor, Glenn J., 27 E. Monroe St., Chicago, Ill.
- Propst, Zeri Z., Nevada, Ia.
- Prudden, M. A., Emerine Bldg., Fostoria, O.
- Pugh, J. M., Am. Nat'l Bank Bldg., Everett, Wash.
- Pugh, Sarah Frances, Forsythe Bldg., Fresno, Cal.
- Purdum, Mrs. T. E., Westover Bldg., Kansas City, Mo.
- Purdum, Zudie P., Westover Bldg., Kansas City, Mo.
- Purdy, Frank Leroy, A. M., M. D., 9 Hakes Ave., Hornell, N. Y.
- Purdy, Victor W., 459 Main St., Stevens Point, Wis.
- Purnell, Emma, Woolworth Bldg., Lancaster, Pa.
- Quelle, R. J., Burlington, Ia.
- Quick, Roy T., Onawa, Ia.
- Quinn, Ella X., Jefferson Theatre Bldg., St. Augustine, Fla.
- Quisenbury, Mary, Lyons, Kans.
- Rader, Geo. B., 14 W. 2nd St., Seymour, Ind.
- Ragland, Hugh S., San Fernando, Cal.
- Ramsey, C. J., Ritzville, Wash.
- Rand, Carrie Ellsworth, 146 Massachusetts Ave., Boston, Mass.
- Rankin, Florence, Washington Court House, O.
- Ransden, Goodwin, Cor. Main and Broad Sts., Bridgewater, Mass.
- Rasmussen, C., Techout Bldg., Des Moines, Ia.
- Rau, Marie Kettner, 178 Alexander St., Rochester, N. Y.
- Ray, A. D., Cleburne, Tex.
- Ray, Allen L., 3021 North Spaulding Ave., Chicago, Ill.
- Ray, Charles Dennis, First Nat'l Bank Bldg., LeMars, Ia.
- Ray, H. F., Realty Bldg., Charlotte, N. C.
- Ray, Mary L., 146 E. 2nd Ave., Roselle, N. J.
- Ray, T. L., Ft. Worth Nat'l Bank Bldg., Ft. Worth, Tex.
- Raynor, Eugene E., Dwight Bldg., Jackson, Mich.
- Read, Miles S., Sr., 1524 Chestnut St., Philadelphia, Pa.
- Read, Rachel, 23 Reinanzaka St., Tokyo, Japan.
- Record, Blanche B., Farmers & Merchants State Bank Bldg., Washington, Ia.
- Rector, Albun Parks, 6161 Broadway, Chicago, Ill.
- Rector, Charles A., Odd Fellows Bldg., Indianapolis, Ind.
- Rector, Emma, E. Main St., Benton Harbor, Mich.
- Redfield, G. C., Rapid City, S. Dak.
- Reeks, Lloyd D., Bradbury Bldg., Los Angeles, Cal.
- Reese, D. H., The Nicholas, Toledo, O.
- Reese, W. E., The Nicholas, Toledo, O.
- Reibold, Henry, Springfield, O.
- Rehfeld, Hugo A., Martin County Nat'l Bank Bldg., Fairmont, Minn.
- Reid, Charles C., Majestic Bldg., Denver, Colo.
- Reid, Geo. W., Slater Bldg., Worcester, Mass.
- Reid, J. F., Trumbull Bldg., Warren, O.
- Reid, Marietta Putnam, 114 Newtonville Ave., Newton, Mass.
- Reid, T. C., Demopolis, Ala.
- Reid, W. A., c/o Standard School of Chiropractic and Naturopathy, Davenport, Ia.
- Reinecke, H. J., 339 5th Ave., Pittsburgh, Pa.
- Renshaw, Della, 218 S. Chestnut St., Clarksburg, W. Va.
- Rerucha, Victor V., McCague Bldg., Omaha, Nebr.
- Reuter, Kathryn, Selling Bldg., Portland, Ore.
- Reynolds, Uel, 9 W. Union Ave., Bound Brook, N. J.
- Reznor, Lurena, Lahann Bldg., Monmouth, Ill.
- Reznikov, Anna, Sullivan St., Miami, Ariz.
- Rhoads, C. J., 212 Washington Ave., Union City, Tenn.
- Rice, Bert H., Vinton, Ia.
- Rice, Helen Elizabeth, 730 W. 22nd St., Oklahoma City, Okla.
- Richards, Chas. L., 310 Penn St., Huntington, Pa.
- Richards, Clara S., Masonic Temple, Denver, Colo.
- Richards, Neta, 223 W. 1st St., Bloomsburg, Pa.
- Richards, S. D., Nat'l Bank Bldg., Savannah, Ga.
- Richardson, H., 217 12th St., Miami, Fla.
- Richardson, Horace J., 824 N. Tejon St., Colorado Springs, Colo.
- Richardson, H. S., 302 N. Euclid Ave., Ontario, Cal.
- Richardson, Ira F., 6th and Park Sts., Fremont, Neb.
- Richardson, Julia Elnora, Auditorium Bldg., Minneapolis, Minn.
- Richardson, Martyn L., Paul Gale-Greenwood Bldg., Norfolk, Va.
- Riches, C. W., 2832 2nd Ave. S., Minneapolis, Minn.
- Richmond, Ralph P., 95 Sip Ave., Jersey City, N. J.
- Rider, Clarence L., Stevens Bldg., Detroit, Mich.
- Ridgway, Kathryn B., Securities Bldg., Des Moines, Ia.
- Riedmueller, J., 117 E. 86th St., New York, N. Y.

- Rieger, Daisy Deane, Stapleton Blk., Billings, Mont.
- Rifenbark, R. D., Ortonville, Minn.
- Riley, Benj. F., 1150 Chapel St., New Haven, Conn.
- Riley, Mrs. Chloe C., 14 E. 31st St., New York, N. Y.
- Riley, Geo. W., 14 E. 31st St., New York, N. Y.
- Riley, H. L., Boulder, Colo.
- Riley, J. S., 151 Huntington Ave., Boston, Mass.
- Riley, Nannie B., West Bldg., Rome, Ga.
- Ring, Merritt M., Ferguson Bldg., Los Angeles, Cal.
- Ringler, Sanford, Neville Blk., Omaha, Nebr.
- Rittmeyer, F. W., 1137 Washington St., Hoboken, N. J.
- Roark, H. Alton, 787 Main St., Waltham, Mass.
- Roben, M. G., Nat'l Shoe & Leather Bank Bldg., Auburn, Me.
- Roberts, D. W., A. B., Hippee Bldg., Des Moines, Ia.
- Roberts, Frederick S., Lyric Theatre Bldg., King City, Mo.
- Roberts, Kathryn, Bedford, Ia.
- Roberts, W. L., 150 W. Chelton Ave., Germantown, Pa.
- Robertson, L. D., 10½ N. Chestnut St., Seymour, Ind.
- Robertson, O. C., 225 Allen St., Owensboro, Ky.
- Robeson, David Loran, Commerce Bldg., Kansas City, Mo.
- Robinett, John H., First Nat'l Bank Bldg., Huntington, W. Va.
- Robinson, Charles E., First Nat'l Bank Bldg., Oakland, Cal.
- Robinson, J. W., 147 W. 11th St., Erie, Pa.
- Robinson, Lloyd A., Fort Pierce, Fla.
- Robinson, Mina Abbott, Wright & Callender Bldg., Los Angeles, Cal.
- Robison, Alice A., 42 Dartmouth St., Springfield, Mass.
- Robson, Ernest W., 12 E. 31st St., New York, N. Y.
- Robuck, S. V., Goddard Bldg., Chicago, Ill.
- Rockwell, D. B., Ferguson Bldg., Los Angeles, Cal.
- Rockwell, Loula A., Legal Bldg., Asheville, N. C.
- Roddy, Robert, Cor. Tremont and 2nd Sts., Kewanee, Ill.
- Rodman, Warren A., Washington St., Wellesley Hills, Mass.
- Rogers, Alfred W., 1091 Boylston St., Boston, Mass.
- Rogers, Cecil R., 544 W. 157th St. and 47 W. 34th St., New York, N. Y.
- Rogers, Effie L., 1091 Boylston St., Boston, Mass.
- Rogers, E. D., 23 E. North St., New Castle, Pa.
- Rogers, Ida M., Mound City, Mo.
- Rogers, Wm. Leonard, 14 De Hart St., Morristown, N. J.
- Rohacek, William, 208 N. Main St., Greensburg, Pa.
- Rolf, Harry G., McPherson, Kans.
- Romig, Kathryn A., Commonwealth Trust Bldg., Philadelphia, Pa.
- Root, Claude B., Greenville, Mich.
- Root, Frank E., 222 W. 8th St., Erie, Pa.
- Root, J. A., 2124 Sassafras St., Erie, Pa.
- Roper, Dora C. L., R. F. D. No. 1, Box 188, Oakland, Cal.
- Rosch, Fannie Messersmith, 2½ Grand St., White Plains, N. Y.
- Roscoe, Percy E., New England Bldg., Cleveland, O.
- Rose, Chas. A., Canton, Ill.
- Roseborough, A. L., 209 3rd St., Anaconda, Mont.
- Rosebrook, Sophronia T., The Somerset, Portland, Me.
- Rosenblatt, A., 2618 Germin Ave., Philadelphia, Pa.
- Ross, Annie McRobie, Loring Bldg., Riverside, Cal.
- Rosengrant, Ella M., People's Bank Bldg., Wilkes-Barre, Pa.
- Ross, C. A., Neave Bldg., Cincinnati, O.
- Ross, Catherine, Minot, N. Dak.
- Ross, J. A., State Nat'l Bank Bldg., Oklahoma City, Okla.
- Ross, Simon P., Land Title Bldg., Philadelphia, Pa.
- Rossmann, Walter F., 133½ Broad St., Grove City, Pa.
- Rothfuss, Carl W., 71 Webb Ave., Detroit, Mich.
- Rouse, J. M., State Nat'l Bank Bldg., Oklahoma City, Okla.
- Rowe, Eva Frances, 109½ S. Olive St., West Palm Beach, Fla.
- Rowe, Willard S., 109½ S. Olive St., West Palm Beach, Fla.
- Rowse, Amy J. C., City Nat'l Bank Bldg., Long Beach, Cal.
- Ruddy, T. J., 321 S. Hill St., Los Angeles, Cal.
- Rule, J. C., Alliance Bldg., Stockton, Cal.
- Rundall, Napoleon B., Schluckebier-Gwinn Bldg., Petaluma, Cal.
- Rupert, Ina Fuller, Kuhn Bldg., Spokane, Wash.
- Rupp, Sarah W., Commonwealth Bldg., Philadelphia, Pa.
- Rusk, Florence T., Grand Island, Nebr.
- Russell, Hugh L., 780 Elmwood Ave., Buffalo, N. Y.
- Russell, Lucille S. Brand, 7465 Vine St., Chicago, Ill.
- Russell, Maud G., First Nat'l Bank Bldg., Ft. Worth, Tex.
- Russell, Sarah E., 780 Elmwood Ave., Buffalo, N. Y.
- Ryan, Thomas J., 416 E. State St., Trenton, N. J.
- Rydell, Helma K., Ellendale, N. Dak.
- Rydell, John S., 1700 3rd Ave., Minneapolis, Minn.
- Ryel, Jennie Alice, 263 Terrace Ave., Hasbrouck Heights, N. J.
- Sackett, E. W., Bushnell Bldg., Springfield, O.
- Sage, Norman L., M. D., Lougheed Bldg., Calgary, Alberta.
- Salas, Albert M., 1112 Chestnut St., Philadelphia, Pa.
- Samuels, Hugh R., 207 College St., Toronto, Ont., Can.
- Sanborn, Genoa A., 145 Hampshire St., Auburn, Me.
- Sanborn, R. W., Hamilton Bldg., Akron, O.
- Sands, Ord Ledyard, 6 E. 37th St., New York, N. Y.
- Sandus, Esther E., M. D., 1638 Farragut Ave., Chicago, Ill.
- Sanford, C. F., Hyde Blk., Pierre, S. Dak.
- Sanford, Vernon T., Cheney, Kans.
- Sanner, Eugene E., 114½ W. 5th Ave., Corsicana, Tex.
- Sartwell, J. Oliver, 221 Essex St., Salem, Mass.
- Sash, Elizabeth, Flood Bldg., Meadville, Pa.
- Sash, Ida M., Salisbury-Earl Bldg., Idaho Falls, Idaho.
- Sasvil, E. M., First Nat'l Bank Bldg., Montgomery, Ala.
- Satterlee, Nettie E., Mills Bldg., El Paso, Tex.
- Sauder, C. H., Temple Bldg., Brantford, Ont., Can.
- Saunders, Rena Packer, Oak Park, Ill.
- Savage, James A., Barnard Bldg., Wallace, Idaho.
- Sawtelle, Claude D., Jackson Blk., Miles City, Mont.
- Sawyer, Bertha E., Rhodes-Fanlow Bldg., Ashland, Ore.
- Sawyer, Charlotte Page, Augusta Trust Bldg., Augusta, Me.
- Sawyer, H. W., Main Ave., N. Twin Falls, Idaho.
- Saxer, C. R., 51st and Walnut Sts., Philadelphia, Pa.
- Say, W. F., 1041 Genesee Ave., Buffalo, N. Y.
- Scaife, Martha E., Franklin Bldg., Springfield, Ill.
- Scallan, Agnes Waltrude, Cable Bldg., Chicago, Ill.
- Scamman, Earl, 100 Boylston St., Boston, Mass.
- Schaeffer, Laura, 1926 Chestnut St., Philadelphia, Pa.
- Shanne, Frank B., 204 West 70th St., New York, N. Y.
- Schaub, Minnie, Central Nat'l Bank Bldg., St. Louis, Mo.
- Schenck, Aletta, 74 N. Arlington Ave., East Orange, N. J.
- Schenkelberger, P. C., 22 E. Washington St., Chicago, Ill.
- Scher, Bertha, Hotel Palm Beach, Palm Beach, Fla.
- Schilling, Frederic, Traders' Bank Bldg., Toronto, Ont., Can.
- Schmid, Edward L., E. Patrick St., Frederick, Md.
- Schmidt, J. J., Turner Bldg., Tulsa, Okla.
- Schmitt, Frederick L., 5733 S. Boulevard, Chicago, Ill.
- Schmunk, P. B., Snitger Bldg., Beaver, Pa.
- Schoettel, M. Teresa, 678 N. Cottage St., Salem, Ore.
- Schofield, Jennie M., 199 Dodge Ave., Buffalo, N. Y.
- Schofield, T. M., 210 Illinois Ave., Mendota, Ill.
- Schoolcraft, C. E., Watertown, S. Dak.
- Schoonmaker, Amy B., Wardell Bldg., Macon, Mo.
- Shornick, Harry L., Union Blk., Prescott, Ariz.
- Schramm, Margaret E., Consumers Bldg., Chicago, Ill.
- Schrock, Joseph B., Scott's Bluff, Nebr.

- Schumacher, Erwin L., 5155 Haverford Ave., Philadelphia, Pa.
- Schuster, John K., Stephenson Bldg., Milwaukee, Wis.
- Schwarzal, Frederick M., 431 S. Wabash Ave., Chicago, Ill.
- Schwiegler, Emil J., Shukert Bldg., Kansas City, Mo.
- Schwentker, Julius Oswald, N. T. Armijo Bldg., Albuquerque, N. M.
- Schwieger, James Scott, Sun Bldg., Jackson, Mich.
- Scobee, Jephtha D., Proctor Bldg., Monroe City, Mo.
- Scothern, Samuel L., Wilson Bldg., Dallas, Tex.
- Scott, George D., 71 Waller St., San Francisco, Cal.
- Scott, H. A., Frazier Bldg., Aurora, Ill.
- Scott, Jane, Franklin Bank Bldg., Philadelphia, Pa.
- Scott, J. H. B., New First Nat'l Bank Bldg., Columbus, O.
- Scott, Katherine Mc L., New First Nat'l Bank, Columbus, O.
- Scott, Leila Gordon, Petersburg, Ill.
- Scott, Leo D., Salem Bank of Commerce Bldg., Salem, Ore.
- Scott, W. E., Wallace Bldg., Greenville, S. C.
- Seaman, Kent L., Shoaff Bldg., Fort Wayne, Ind.
- Seaman, W. J., Vinson Thompson Bldg., Huntington, W. Va.
- Sears, Harriet, Ontario, Ore.
- Sears, Pauline, Vale, Ore.
- Seay, T. G., Burch Bldg., Dublin, Ga.
- Seelye, E. A., Prudden Bldg., Lansing, Mich.
- Selbert, Elizabeth Grimes, 802 N. 41st St., Philadelphia, Pa.
- Seltz, Anna E., 333 W. 4th St., Greenville, O.
- Sellards & Sellards, 24 Peterboro St., Detroit, Mich.
- Sellards, Dorothy D., 24 Peterboro St., Detroit, Mich.
- Sellards, Dr. T. M., 24 Peterboro St., Detroit, Mich.
- Sellers, A. H., Citizens' Bank Bldg., Pine Bluff, Ark.
- Sellers, D. Frances, Berkeley Nat'l Bank Bldg., Berkeley, Cal.
- Sellars, P., Pine Bluff, Ark.
- Semon, Raymond R., Hitchcock Bldg., Port Clinton, O.
- Semones, Harry, McBain Bldg., Roanoke, Va.
- Semple, Sydney G., 207 Elm St., Westfield, N. J.
- Semple, William, Eastern Trust Bldg., Bangor, Me.
- Settle, Wm. A., Berlin, Wis.
- Severy, Chas. L., Stevens Bldg., Detroit, Mich.
- Sexton, Wm. H., R. E. Trust Bldg., Philadelphia, Pa.
- Seymour, Arthur T., Elks Bldg., Stockton, Cal.
- Shackleford, E. H., Chamber of Commerce Bldg., Richmond, Va.
- Shackleford, J. R., Jackson Bldg., Nashville, Tenn.
- Shackleford, J. W., Ardmore, Okla.
- Shafer, Clem LeRoy, Holtes Blk., Helena, Mont.
- Shambaugh, D. Allen, Coleburn Bldg., Norwalk, Conn.
- Sharon, Thos. Lewis, 126 Main St., Davenport, Ia.
- Sharp, Fred J., Fournet Blk., Crookston, Minn.
- Sharpe, Elizabeth, State Bank Bldg., Little Rock, Ark.
- Shaw, A. B., 337½ South Hill St., Los Angeles, Cal.
- Shaw, Enos L., Old Court House Bldg., Vinita, Okla.
- Shaw, Minnie Avis, Walther Wymore Bldg., Jefferson City, Mo.
- Shedd, Lela White, Salida, Cal.
- Sheehan, Helen G., 687 Boylston St., Boston, Mass.
- Sheehan, Thos. J. G., 372 Ellicott Square, Buffalo, N. Y.
- Sheets, Anna Dillabough, Farran Point, Ont., Can.
- Sheldon, T. W., 323 Geary St., San Francisco, Cal.
- Shellenberger, N. W., 229 N. Genesee St., Waukegan, Ill.
- Shenefelt, Ralph B., Royal Bank Bldg., St. Thomas, Ont., Can.
- Shenton, Lillian P., 15th and Poplar Sts., Philadelphia, Pa.
- Shepard, William Burt, 146 Westminster St., Providence, R. I.
- Shepherd, B. P., Morgan Bldg., Portland, Ore.
- Shepherd, L. K., Groton Bldg., Cincinnati, O.
- Shepherd, R. S., Eitel Bldg., Seattle, Wash.
- Sheppard, R. A., Upper Sandusky, O.
- Sherburne, F. W., 382 Commonwealth Ave., Boston, Mass.
- Sherburne, H. K., Mead Bldg., Rutland, Vt.
- Sheridan, A. Maude, 406 E. Ave., Holdredge, Nebr.
- Sheridan, Margaret, Rose Bldg., Cleveland, O.
- Sheriffs, Mary, 10 Suffolk St., W. Guelph, Ont., Can.
- Sherwood, A. L., 205 N. C. St., Madera, Cal.
- Sherwood, Warren A., 142 North Duke St., Lancaster, Pa.
- Shibley, Alice Patterson, 1869 Wyoming Ave., Washington, D. C.
- Shilling, Grace W., Storey Bldg., Los Angeles, Cal.
- Shipman, Wesley C., 9 Thomas St., Newark, N. J.
- Shoemaker, Paul A., Porter Blk., Grand Rapids, Mich.
- Shorey, J. L., 129 E. Ridge St., Marquette, Mich.
- Short, G. W., 3110 Logan Blvd., Chicago, Ill.
- Short, G. W., 159 N. State St., Chicago, Ill.
- Shove, Florence I., Mentor Bldg., Chicago, Ill.
- Shrum, Mark, 262 Washington St., Lynn, Mass.
- Shugrue, Laura F., 1801 Calvert St., Washington, D. C.
- Shugrue, Laura Fenwick, Beacon Apts., Washington, D. C.
- Shultz, R. W., Garner, Ia.
- Shuman, Louise D., Colorado Bldg., Washington, D. C.
- Shumate, Chas. R., Medical Bldg., Lynchburg, Va.
- Shupert, M. Elizabeth, 314 N. Church St., Rockford, Ill.
- Sickles, Norman, 1411 Walnut St., Philadelphia, Pa.
- Sickles, Norman I., 5118 Chester St., Philadelphia, Pa.
- Sieburg, C. G. E., Box 182, Stockholm, Sweden.
- Siegert, Anna Mae, Bond Bldg., Mt. Vernon, Ill.
- Siehl, Walter H., 414 Coppin Bldg., Cincinnati, O.
- Sigler, Chas. M., 130 W. State St., Trenton, and 42 Mercer St., Princeton, N. J.
- Sigler, W. D., 8 Lincoln Ave., Salem, O.
- Siler, O. A., Warren Nat'l Bank Bldg., Warren, Pa.
- Simmons, Margie D., 647 E. 26th St., Paterson, N. J.
- Simons, James C., 381 1st St., Manistee, Mich.
- Simonson, Mary Dorothea, McMinnville, Ore.
- Simpson, Robt. H., Independence, Ia.
- Simpson, Willie Perry, 212 Alabama Ave., Ruston, La.
- Sims, Mary Lyle, 1711 Gervals St., Columbia, S. C.
- Sinclair, Arthur D., 290 Danforth Ave., Toronto, Ont., Can.
- Sinclair, Julia Sarraatt, Provident Bldg., Waco, Tex.
- Sinden, Harry E., Bank of H. Chambers, Hamilton, Ont., Can.
- Singleton, R. H., The Arcade, Cleveland, O.
- Singleton, Robt. O., Mineral Wells, Tex.
- Sisson, Ada B., Santa Rosa, Bank Bldg., Santa Rosa, Cal.
- Sisson, Effie, First Nat'l Bank Bldg., Oakland, Cal.
- Sisson, Ernest, First Nat'l Bank Bldg., Oakland, Cal.
- Skidmore, J. Walter, 117½ E. Lafayette St., Jackson, Tenn.
- Slack, Annie R., 146 Westminster St., Providence, R. I.
- Slaght, Nellie, 409 1st Ave. E., Newton, Ia.
- Slaker, Helen M., 347 Pennsylvania Ave., Aurora, Ill.
- Slater, Anna, 39 S. State St., Chicago, Ill.
- Slater, Walter D., Forum Bldg., Sacramento, Cal.
- Slater, Wm. F., 39 S. State St., Chicago, Ill.
- Slaugh, J. Harry, 922 W. Lehigh Ave., Philadelphia, Pa.
- Slaughter, Hattie Garrod, Leary Bldg., Seattle, Wash.
- Slaughter, James T., Leary Bldg., Seattle, Wash.
- Slaughter, Kate C., 133 Geary St., San Francisco, Cal.
- Slaughter, M. S., P. O. Bldg., Webb City, Mo.
- Slavin, J. L., 214 N. 4th St., Danville, Ky.
- Slough, John S., 531 E. Alleghany Ave., Philadelphia, Pa.
- Small, Mary A., Garrison Hall, Garrison St., Boston, Mass.
- Smallwood, G. S., 815 Lincoln Place, Brooklyn, N. Y.
- Smallwood, George S., 110 W. 34th St., New York, N. Y.
- Smiley, Wm. M., 136 Washington Ave., Albany, N. Y.
- Smith, Alexander H., 16 Hartwell St., Fitchburg, Mass.

- Smith, Allie M., Cherry Bldg., Eugene, Ore.
 Smith, A. Minetree, 109 W. Tabb St., Petersburg, Va.
 Smith, Arthur N., West Webster, N. Y.
 Smith, A. M., Charlestown, W. Va.
 Smith, Caryll T., Finch Bldg., Aberdeen, Wash.
 Smith, Chas. S., Post Bldg., Battle Creek, Mich.
 Smith, E. Claude, Mills Bldg., Topeka, Kans.
 Smith, E. Gertrude, 1438 Lafayette St., Alameda, Cal.
 Smith, Elizabeth E., Newport, Tenn.
 Smith, Elmer H., Hillsboro Nat'l Bank Bldg., Hillsboro, Ore.
 Smith, E. Randolph, River Falls, Wis.
 Smith, F. C., 207½ W. Center St., Marion, O.
 Smith, F. J., 447 W. 62nd St., Chicago, Ill.
 Smith, F. P., 473 Washington Ave., Brooklyn, N. Y.
 Smith, Frank H., Kokomo, Ind.
 Smith, Frank P., Caldwell Commercial Bank Bldg., Caldwell, Idaho.
 Smith, Furman J., 447 N. 62nd St., Chicago, Ill.
 Smith, Geo. E., Huntington Chambers, Boston, Mass.
 Smith, Geo. M., 50 S. Gratiot St., Mt. Clemens, Mich.
 Smith, Georgiana B., 420 S. Grand Ave., Los Angeles, Cal.
 Smith, Grace Leone, 27 E. Monroe St., Chicago, Ill.
 Smith, G. P., Humboldt, Tenn.
 Smith, Helena Ferris, 50 Park St., Montclair, N. J.
 Smith, H. R., First Nat'l Bank Bldg., Long Beach, Cal.
 Smith, Jennie E., 604 4th St., San Bernardino, Cal.
 Smith, J. G., Blair, Nebr.
 Smith, J. Louise, Masonic Temple, Missoula, Mont.
 Smith, J. M., Carrollton, Mo.
 Smith, Joseph M., Security Mutual Life Bldg., Lincoln, Nebr.
 Smith, J. Ralph, 661 Second Ave. E., Owen Sound, Ont., Can.
 Smith, Karl K., West Mason Bldg., Fort Dodge, Ia.
 Smith, Leslie D., 1060 Wilson Ave., Chicago, Ill.
 Smith, Mary Jodie, 1050 Roland St., Memphis, Tenn.
 Smith, Orren E., Traction Terminal Bldg., Indianapolis, Ind.
 Smith, Ralph Kendrick, 19 Arlington St., Boston, Mass.
 Smith, Thad. T., 1742 Grand River Ave., Detroit, Mich.
 Smith, Van B., Oliver Theater Bldg., Lincoln, Neb.
 Smith, Walter S., 300 Coleman St., Marlin, Tex.
 Smith, W. Arthur, 313 Huntington Ave., Boston, and Gloucester, Mass.
 Smith, Wilbur L., 1527 I St. N. W., Washington, D. C.
 Smith, Wilbur L., 816 15th St. N. W., Washington, D. C.
 Snare, J. P., Hurd & Husband Bldg., Modesto, Cal.
 Snavelly, J. W., 204 E. Main St., Ottumwa, Ia.
 Snedeker, O. O., 92 Broadway, Detroit, Mich.
 Snell, Daniel E., Perkins Bldg., Roseburg, Ore.
 Sniff, Dana G., Hammond Bldg., Moose Jaw, Sask., Can.
 Snow, G. H., Hanselman Bldg., Kalamazoo, Mich.
 Snowden, Cora, 323 Geary St., San Francisco, Cal.
 Snyder, B. J., Box 577, Fulton, Ill.
 Snyder, Cecil Paul, 64 N. Washington St., Titusville, Pa.
 Snyder, Claude H., Leary Bldg., Seattle, Wash.
 Snyder, J. C., Pennsylvania Bldg., Philadelphia, Pa.
 Snyder, O. J., Witherspoon Bldg., Philadelphia, Pa.
 Sommer, Charles, Dyersburg, Tenn.
 Sorensen, Louis C., Second Nat'l Bank Bldg., Toledo, O.
 Sowers, Homer E., Hamory Bldg., Sharon, Pa.
 Spangler, H. L., 157 Germain St., St. John, N. B.
 Spates, Aughey Virginia, 216 S. Walnut St., Sherman, Tex.
 Spates, Edwin M., M. D., Black Bldg., Los Angeles, Cal.
 Spaunhurst, J. F., State Life Bldg., Indianapolis, Ind.
 Spence, Hugh Davis, Rosenour Bldg., Frederick, Md.
 Spence, Thomas H., 16 Central Park W., New York, N. Y.
 Spencer, B. M., Fehl Bldg., Lancaster, Pa.
 Spencer, Chas. H., 318 Clay St., Los Angeles, Cal.
 Spencer, Elizabeth A., 133 Geary St., San Francisco, Cal.
 Spencer, Jennie C., Hollingsworth Bldg., Los Angeles, Cal.
 Spencer, Platt Rogers, 437 Main St., Racine, Wis.
 Sperling, D. W., Chadron, Nebr.
 Sperry, Myra Ellen, 21 W. Victoria St., Santa Barbara, Cal.
 Spicer, D. F., Marion, O.
 Spiegle, Andrew A., 290 Oak St., Palestine, Tex.
 Spies, L. Elizabeth, 1123 Troost Ave., Kansas City, Mo.
 Spill, Walter E., 2509 Perrysville Ave., Pittsburgh, Pa.
 Spittler, J. F., Chronicle Bldg., Augusta, Ga.
 Spohr, C. B., White Sulphur Springs, Mont.
 Spring-Rice, Theodosia M., 46 W. 96th St., New York, N. Y.
 Springer, Victor L., Valparaiso, Ind.
 Squire, Roger N., 904 Main St., Hartford, Conn.
 Srofe, Bessie M., 5 Melrose Bldg., N. E. Cor. McMillan and Melrose Aves., Cincinnati, O.
 Staff, L. E., El Paso, Ill.
 Stahr, D. M., Orr Flesh Bldg., Piqua, O.
 Stamps, Sarah R., Madison Ave., Memphis, Tenn.
 Stanford, Elizabeth, 453 W. 63rd St., Chicago, Ill.
 Stark, Gertrude, 406 Evergreen Ave., Brooklyn, N. Y., and 124 Poplar St., Jersey City Heights, N. J.
 Stark, R. A., Coutier Bell Bldg., Hamilton, Mont.
 Starkwather, Louise A., Brighton Apartments, Washington, D. C.
 Starkweather, R. L., Jefferson Bldg., Goshen, Ind.
 Starr, George R., 45 W. 34th St., New York, N. Y.
 Starr, J. F., 71 Bloomfield Ave., Passaic, N. J.
 State, Walter W., 584 Delaware Ave., Buffalo, N. Y.
 Stauffer, Grace H., 281 Wohlers Ave., Buffalo, N. Y.
 Stearns, John J., 3124 N. 15th St., Philadelphia, Pa.
 Stearns, C. H., 1504 H St., N. W., Washington, D. C.
 Stearns, Maus W., 226 State St., Schenectady, N. Y.
 Steele, Frederick A., Jr., 107 Summit Ave., Summit, N. J.
 Steele, W. W., 560 Delaware Ave., Buffalo, N. Y.
 Steffen, Edward E., B. Sc., Dole Bldg., Beatrice, Nebr.
 Stelle, Truman Y., Safety Bldg., Rock Island, Ill.
 Stem, Harold L., Lewis Bldg., Canton, Pa.
 Stephens, Genoa D., Century Bldg., St. Louis, Mo.
 Stephenson, C. I., 509 Main St., Alamosa, Colo.
 Stephenson, Jennie, Garden City Bank Bldg., San Jose, Cal.
 Stephenson, Troy C., 523 Main St., Cedar Falls, Ia.
 Stern, G. M., 409 Lowry Annex, St. Paul, Minn.
 Stern, Rose T., Gibbs Bldg., San Antonio, Tex.
 Stetson, A. G. C., 1825 Chestnut St., Philadelphia, Pa.
 Stetzer, Emma M., 233 Langside St., Winnipeg, Man., Can.
 Stevens, C. Allen, 1361 Park St., Alameda, Cal.
 Stevens, Della Kevil, Fulton, Ky.
 Stevens, C. B., 16 Hague St., Detroit, Mich.
 Stevens, Dr. C. Burton, 617-18 New Farwell Bldg., Detroit, Mich.
 Stevens, Dorothy J., Auditorium Bldg., Minneapolis, Minn.
 Stevens, Olinda K., 387 S. Park Ave., Pomona, Cal.
 Stevenson, H. A., 36 Kingman St., St. Albans, Vt.
 Stevenson, J. F., 205 W. Church St., Lock Haven, Pa.
 Stewart, C. E., 64 Illinois St., Chicago Heights, and 15,426 Turlington Ave., Harvey, Ill.
 Stewart, Dr. Carrie B. Taylor, 421 Stevens Bldg., Detroit, Mich.
 Stewart, Frances G., Exchange Nat'l Bank Bldg., Coeur d'Alene, Idaho.
 Stewart, Frank J., M. D., 8 North State St., Chicago, Ill.
 Stewart, Fred W., 78 N. Saginaw St., Pontiac, Mich.
 Stewart, H. D., Claridon Bank Bldg., Fairbury, Ill.
 Stewart, H. D., Lloyd District Nat'l Bank Bldg., Washington, D. C.
 Stewart, J. Alvin, 524 14th St., Denver, Colo.
 Stewart, Lida K., Carlisle, Ind.

- Stewart, Lloyd, 27 E. Monroe St., Chicago, Ill.
- Stewart, Myra Cain, District Nat'l Bank Bldg., Washington, D. C.
- Stewart, W. W., Stevens Bldg., Detroit, Mich.
- Stiles, J. A., Cottingham Bldg., Morganfield, Ky.
- Still, Hon. Andrew T., Kirksville, Mo.
- Still, Benj. F., 428 N. Broad St., Elizabeth, N. J.
- Still, C. E., Kirksville, Mo.
- Still, Ella D., Kirksville, Mo.
- Still, Geo. A., Kirksville, Mo.
- Still, Harry M., Kirksville, Mo.
- Still, Mabel J., Matthews Bldg., Milwaukee, Wis.
- Still, S. S., Kirksville, Mo.
- Stingle, Nettie Haight, Mason Bldg., Los Angeles, Cal.
- Stockwell, Ida B., Mason Bldg., Los Angeles, Cal.
- Stoddard, Kate, Richards Bldg., Lincoln, Nebr.
- Stoeckel, Florence P., 5332 Wayne Ave., Philadelphia, Pa.
- Stoel, Harry M., Torrey Bldg., Duluth, Minn.
- Stoike, E. J., Auditorium Bldg., Austin, Minn.
- Stokey, Laura E., 403 W. Tuse St., Canton, O.
- Stoltenberg, Anna L., Brunswick, Mo.
- Stone, J. C., Tipton, Ind.
- Stone, J. N., 315 Central Office Bldg., San Antonio, Tex.
- Stoner, A. B., Chandler Court, Mesa, Ariz.
- Storer, Elbert, Gravity, Iowa.
- Storey, Robert J., 1118 N. 40th St., Philadelphia, Pa., and Hotel Villa Nova, Atlantic City, N. J.
- Stout, Oliver G., Conover Bldg., Dayton, O.
- Stover, O. O., Harrison Bldg., Columbus, O.
- Stover, S. H., Northfield, Minn.
- Stow, Ella K., 906 W. 2nd St., Glendale, Cal.
- Stow, John B., 78 N. 11th St., Newark, N. J.
- Strater, J. Edward, 268 Westminster St., Providence, R. I.
- Streeter, Wilfrid A., 255 Bath St., Glasgow, Scotland.
- Streight, Nettie B., 105 W. Mechanic St., Wapakoneta, O.
- Strickland, Mrs. O. M., 702 Main St., Joplin, Mo.
- Strom, C. Rebecca, Sioux Falls, S. D.
- Strong, Bessie E., Ionia, Mich.
- Strong, L. V., 25 7th Ave., Brooklyn, N. Y.
- Strong, Leonard V., 25 7th Ave., Brooklyn, N. Y.
- Strong, Mary Beatrice, Ionia, Mich.
- Strother, J. O., First Nat'l Bank Bldg., Winfield, Kans.
- Struble, Carl K., First Nat'l Bank Bldg., Hastings, Nebr.
- Strum, Charlotte, Moore Bldg., San Antonio, Tex.
- Stryker, Anna K., Hotel Endicott, Columbus Ave. and 81st St., New York, N. Y.
- Stryker, Wm. R., Lewiston, Mont.
- Stuart, Mary V., 1728 Franklin St., Oakland, Cal.
- Studley, Harvey L., C. & W. Bldg., Eugene, Ore.
- Stuver, Willis N., State Bank Bldg., Marceline, Mo.
- Sullivan, Clara E., 1142 Eoff St., Wheeling, W. Va.
- Sullivan, H. B., 87 Valpey Bldg., Detroit, Mich.
- Sullivan, J. H., Goddard Bldg., Chicago, Ill.
- Sullivan, M. J., 564 Pacific St., Brooklyn, N. Y.
- Sullivan, Richard, New Bodinson Bldg., Kearney, Nebr.
- Sullivan, Tom V., 1142 Eoff St., Wheeling, W. Va.
- Sutcliffe, Dora, 120 Lord St., Southport, England.
- Sutherland, Wm. G., Box 345, Mankato, Minn.
- Swan, William E., King Bldg., Johnson City, Tenn.
- Swanson, John, M. D., 528 Walnut St., Cincinnati, O.
- Sutton, Emilie Victoria, 1350 Sutter St., San Francisco, Cal.
- Swartz, Joseph, 650 Minnesota Ave., Kansas City, Kans.
- Swartz, Laura E., Carbondale, Ill.
- Swartz, W. C., Odd Fellows Bldg., Danville, Ill.
- Sweet, B. V., Rockland, Me.
- Sweet, B. W., 136 W. 10th St., Erie, Pa.
- Sweet, H. D., Glens Falls Insurance Bldg., Glens Falls, N. Y.
- Sweet, Ralph A., 146 Westminster St., Providence, R. I.
- Swift, A. A., Claremore, Okla.
- Swift, Floyd Jay, Bank of Commerce Bldg., High Point, N. C.
- Swift, Irvin H., Otten Bldg., Snohomish, Wash.
- Switzer, C. R., Rood Bldg., Evanston, Ill.
- Switzer, R. H., 5229 Spruce St., Philadelphia, Pa.
- Swope, Chester D., The Farragut, Washington, D. C.
- Symonds, Wesley E., 227 1/2 N. Washington Ave., Lansing, Mich.
- Tallant, Kathryn G., 359 Boylston St., Boston, Mass.
- Talmadge, Kathryn, Stoneleigh Court, Washington, D. C.
- Tanna, Rose, Omaha Bank Bldg., Omaha, Neb.
- Taplin, George C., 581 Boylston St., Boston, Mass.
- Tarr, Alfred J., Wilson Bldg., Dallas, Tex.
- Tarr, Joseph W., Lidgerwood, N. D.
- Tasker, Anna E., 2010 Lemoyne St., Los Angeles, Cal.
- Tasker, Cora N., Auditorium Bldg., Los Angeles, Cal.
- Tasker, Dain L., Auditorium Bldg., Los Angeles, Cal.
- Tate, Edwin W., Kinney Bldg., Newark, N. J.
- Taylor, Arthur, Torinus Bldg., Stillwater, Minn.
- Taylor, Chas. E., Hawley Bldg., Beaver Dam, Wis.
- Taylor, Fred, Lewiston, Mont.
- Taylor, Fred Chas., Empire State Bldg., Spokane, Wash.
- Taylor, John C., R. P. Mission, Patalia, North India.
- Taylor, Leona, 2447 N. McCall Ave., Selma, Cal.
- Taylor, Lily F., Northfield, Minn.
- Taylor, M. E., Woonsocket, S. D.
- Taylor, Pruella, 10 Troy Rd., Schenectady, N. Y.
- Taylor, S. L., A. M., M. D., 541 43rd St., Des Moines, Ia.
- Taylor, S. P., Norfolk Ave., Norfolk, Neb.
- Taylor, Warren, Hopkins Bldg., Santa Barbara, Cal.
- Teall, Chas. C., Fulton, N. Y.
- Tebbetts, George W., 382 S. Highland Ave., Pittsburgh, Pa.
- Tedford, A. C., Kelley & Moyer Bldg., Bluefield, W. Va.
- Tedrick, C. A., Greensburg, Kans.
- Tecter, Fred B., Davenport, Wash.
- Temple, Stephen, Mills Bldg., Topeka, Kans.
- Templeton, W. F., Bramble Bldg., Havre, Mont.
- Thawely, Edgar Q., Woolner Bldg., Peoria, Ill.
- Thayer, H. A., 200 Park Ave., Rochester, N. Y.
- Thiele, F. G., Holmes Bldg., Galesburg, Ill.
- Thomas, Paul Revere, Real Estate Trust Bldg., Philadelphia, Pa.
- Thomas, R. M., 726 S. Judson St., Ft. Scott, Kans.
- Thomas, Walton T., Fidelity Bldg., Tacoma, Wash.
- Thomasson, Wm. S., Rose Dispensary Bldg., Terre Haute, Ind.
- Thompson, Almedia E., Pomeroy, Wash.
- Thompson, Clyde L., Citizens' Bank Bldg., Alameda, Cal.
- Thompson, C. E., Utica Bldg., Des Moines, Ia.
- Thompson, D. Orval, Sycamore, Ill.
- Thompson, Elizabeth M., 211 E. 4th St., Ottumwa, Ia.
- Thompson, Emma Wing, 906 State St., Schenectady, N. Y.
- Thompson, Garrett E., Elmwood, Ill.
- Thompson, H. B., Walla Walla, Wash.
- Thompson, J. W., Charlebois Bldg., Watertown, N. Y.
- Thompson, Lillian, Salem, Ill.
- Thompson, Margaret S., 68 Ransom St., Grand Rapids, Mich.
- Thompson, Nora Lee, P. O. Bldg., Littleton, N. H.
- Thompson, Theo. G., Mercantile Bldg., New Castle, Pa.
- Thompson, W. H., 946 Main St., Riverside, Cal.
- Thompson, Wm. L., 44 S. Main St., Oakfield, Wis.
- Thorburn, Thos. R., 34 Jefferson Ave., Brooklyn, N. Y.
- Thore, Christopher D., 100 Boylston St., Boston, Mass.
- Thornbury, H. A., Sanford Bldg., Bridgeport, Conn.
- Thornley, Harry Earle, State College, Bellefontaine, Pa.
- Thornton, F. R., South Range, Wis.
- Thorsen, Marie, Wright & Callender Bldg., Los Angeles, Cal.
- Thurman, E. L., 285 Jackson St., Americus, Ga.
- Thurman, Stella C., 285 Jackson St., Americus, Ga.
- Thwaites, Carrie F., Consolidated Realty Bldg., Los Angeles, Cal.

- Tice, Elbert A., Shukert Bldg., Kansas City, Mo.
- Tleke, E. M., 414 Washington Ave., Brooklyn, N. Y.
- Tillyer, Belle, Bozeman, Mont.
- Tindall, Amos Willard, Masonic Temple, Hartford City, Ind.
- Tinges, Geo. H., 1524 Chestnut St., Philadelphia, Pa.
- Tisdale, R. F., 3329 Grove St., Oakland, Cal.
- Titsworth, R. F., 400 W. Cumberland St., Knoxville, Tenn.
- Titus, Frank C., 219 N. Weber St., Colorado Springs, Colo.
- Townsend, Geo. A., Chico Hot Springs Hotel, Emigrant, Mont.
- Todd, Elizabeth H., 819 Kansas Ave., Topeka, Kans.
- Towner, Daniel D., 16 E. Main St., Port Jervis, N. Y.
- Townsend, Gertrude, 884 Mass. Ave., Cambridge, Mass.
- Trabue, J. A., Syndicate Bldg., Pittsburgh, Kans.
- Tracy, Elvire, 78 Warburton Ave., Yonkers, N. Y.
- Tracy, Emily F., 2124 Arch St., Philadelphia, Pa.
- Tracy, H. La Monte, Northern Bank Bldg., Seattle, Wash.
- Trask, Dr. H. D., 603 Scherer Bldg., Detroit, Mich.
- Traugher, Wm. F., Hollingsworth Bldg., Los Angeles, Cal.
- Traver, Ethel K., 203 W. 85th St., New York, N. Y.
- Treat, Clara Leila, 637 S. Evergreen Ave., Los Angeles, Cal.
- Treble, John M., Greig Bldg., Corning, and 10 E. William St., Bath, N. Y.
- Treichler, C. Landis, Horn Bldg., Corry, Pa.
- Treshman, Frederic W., 301 Lafayette Ave., Brooklyn, N. Y.
- Trevitt, Cora W., Monroe, Wis.
- Trevitt, Edith, Commercial & Savings Bank Bldg., Monroe, Wis.
- Trigg, Oliver S., Broken Bow, Nebr.
- Trimble, Guy C., Montezuma, Ia.
- Trimble, H. H., Hotel Norman Annex, Moultrie, Ga.
- Triplett, L. B., 10 Chestnut St., Springfield, Mass.
- Triplett, Neva T., 219 W. Broadway, Enid, Okla.
- Trowbridge, L. R., Dixon, Ill.
- True, W. F., 841 Ave. C, Bayonne, and 26 Church St., Montclair, N. J.
- Trueblood, John O., Wilhelm Bldg., Traverse City, Mich.
- Tucker, A. R., Masonic Temple, Raleigh, N. C.
- Tucker, Ernest E., 344 W. 85th St., New York, N. Y.
- Tucker, S. W., Durham, N. C.
- Tull, Geo., Greenfield, Ind.
- Tunnell, H. E., Clyde, Kans.
- Tupper, Maud, Hitchcock Bldg., Nashville, Tenn.
- Turfer, F. A., Rensselaer, Ind.
- Turkington, Jos. C., 2841 N. 9th St., Philadelphia, Pa.
- Turley, H. I., 302 W. Monroe St., Mexico, Mo.
- Turnbull, J. M., Glenwood, Ia.
- Turner, Annie S., 305 Bellevue St. N., Seattle, Wash.
- Turner, Arthur R., 424 Central Ave., St. Petersburg, Fla.
- Turner, F. Muir, Nat'l Bank Bldg., Savannah, Ga.
- Turner, L. C., 673 Boylston St., Boston, Mass.
- Turner, Nettie C., Land Title Bldg., Philadelphia, Pa.
- Turner, Thomas E., Land Title Bldg., Philadelphia, Pa.
- Turney, Dayton, Mason Bldg., Los Angeles, Cal.
- Tuttle, A. Marsh, 1410 Hope St., South Pasadena, Cal.
- Tuttle, Arthur H., 1124 Central Ave., Wilmette, Ill.
- Tuttle, John C., Lillis Bldg., Kansas City, Mo.
- Tuttle, Lamar K., 18 E. 41st St., New York, N. Y.
- Tuttle, R. E., Hicksville, O.
- Tuttle, Mayme K., 743 Congress St., Portland, Me.
- Twadell, A. B., 15½ W. Madison St., Iola, Kans.
- Twitchell, Ionia C., Taylor Bldg., Morristown, Tenn.
- Udall, Pearl, St. Johns, Ariz.
- Ulmer, Ida, Valdosta, Ga.
- Underwood, Evelyn K., 347 5th Ave., New York, N. Y.
- Underwood, Horton Fay, 44 Court St., Brooklyn, N. Y.
- Underwood, J. A., Realty Bldg., Elmira, N. Y.
- Underwood, Ralph E., 1 Main St., New Milford, Conn.
- Upton, Charles A., New York Life Bldg., St. Paul, Minn.
- Urban, H. L., West Water St., Decorah, Ia.
- Ure, Wm. R., 910 Quarrier St., Charleston, W. Va.
- Usher, Jennie M., 71 Haight St., San Francisco, Cal.
- Ussing, Agnes, Cranford Trust Bldg., Cranford, N. J.
- Utley, Ralph E., 820 S. Blvd., Oak Park, Ill.
- Vallier, A. E., Columbus, Nebr.
- Van Arsdale, Chas. O., 27 E. Monroe St., Chicago, Ill.
- Vance, A. T., 162 S. Classell St., Orange, Cal.
- Vance, E. O., Fayette Nat'l Bank Bldg., Lexington, Ky.
- Vance, J. A., 4064 Latona Ave., Seattle, Wash.
- Vanderburgh, Rose B., Elkan-Gunst Bldg., San Francisco, Cal.
- Vanderburgh, W. W., Elkan-Gunst Bldg., San Francisco, Cal.
- Van de Sand, W. B., Montrose, Pa.
- Van Deussen, Harriet L., Sanford Bldg., Bridgeport, Conn.
- Van Doren, Mae Hawk, 700 W. North Ave., Pittsburgh, Pa.
- Van Horne, Helen, 14 W. Washington St., Chicago, Ill.
- Vann, Grace C., 119 S. 5th St., Kirksville, Mo.
- Van Osdol, Oscar, Junction City, Kans.
- Van Patten, E. M., 1st Nat'l Bank Bldg., Ft. Dodge, Ia.
- Van Ronk, Chas. J., 640 E. Chelton Ave., Philadelphia, Pa.
- Van Velzer, Kathryn, 1 Washington St., Hinsdale, Ill.
- Van Vleck, A. E., Paw Paw, Mich.
- Van Winkle, Arthur J., Phillipsburg, Kans.
- Vastine, Harry M., 109 Locust St., Harrisburg, Pa.
- Vastine, Herbert, 523 Franklin St., Reading, Pa.
- Vaughan, Frank M., 359 Boylston St., Boston, Mass.
- Veazie, Ella B., Commerce Bldg., Kansas City, Mo.
- Ventress, K. C., Monmouth, Ill.
- Vernon, Alonzo W., 8 Tibbitts Ave., Bradford, Pa.
- Viehe, H., Randolph Bldg., Memphis, Tenn.
- Vincent, A. L., McIntyre Bldg., Salt Lake City, Utah.
- Volkmann, T. J. O., 5608 Monte Vista St., Los Angeles, Cal.
- Vredenburgh, N. E., Forsythe, Mont.
- Vorhees, J. Martin, M. D., 114 Allegan St., W. Lansing, Mich.
- Vreeland, John A., Agricultural Bank Bldg., Pittsfield, and Great Barrington, Mass.
- Vye, Amy J., c/o Mansion House, South Poland, Me.
- Vyverberg, Kryn T., Taylor Bldg., Lafayette, Ind.
- Wade, G. M., Andruss Bldg., Minneapolis, Minn.
- Wadsworth, James S., 776 Congress St., Portland, Me.
- Wagoner, Elizabeth E., Cherry Flats, Jacksonville, Ill.
- Wakefield, Wm. H., Union Savings Bank Bldg., Oakland, Cal.
- Wakeham, Jessie A., Dearborn Bldg., Chicago, Ill.
- Wakeham, Jessie A., 46 West Division St., Chicago, Ill.
- Waldo, Wm. E., Northern Bank & Trust Bldg., Seattle, Wash.
- Walker, Clifford E., Forest Grove Nat'l Bank Bldg., Forest Grove, Ore.
- Walker, Cornelia A., Hotel Martinique, New York, N. Y.
- Walker, Daisy E., Mercantile Bldg., Quincy, Ill.
- Walker, Frank P., Ballinger Bldg., St. Joseph, Mo.
- Walker, J. Jay, Medina, N. Y.
- Walker, Joseph Nelson, 102 S. Marshall St., Burlington, Ia.
- Walker, L. H., Olympia Bldg., Ellensburg, Wash.
- Walker, L. Willard, 24 Stone Rd., Belmont, Mass.
- Walker, Mary W., 283 Union St., New Bedford, Mass.
- Walker, O. M., 92 W. Blackwell St., Dover, N. J.
- Walker, Robert I., 283 Union St., New Bedford, Mass.
- Walkup, Mary B., 105 Campbell Ave., Roanoke, Va.
- Wall, Clarence H., 184 Elwood Ave., Providence, R. I.
- Wallace, Iva Still, Rowell Bldg., Fresno, Cal.
- Wallace, John W., 1703 N. 17th St., Philadelphia, Pa.
- Wallace, M. R., 1401 1st Ave., Oakland, Cal.
- Wallace, Paul B., Tomah, Wis.
- Wallace, Ralph C., Benedict Bldg., Brockport, N. Y.
- Wallace, Wilford Hall, 37 W. Elm St., Brockton and 48 Centre St., Nantucket, Mass.
- Wallace, Zilla M., McPherson, Kans.
- Waller, Granville B., 411 W. Chestnut St., Louisville, Ky.

- Waller, Olive C., Cockerline & Wetherbee Bldg., Eugene, Ore.
- Wallin, A. Carolina, Sussex, N. J.
- Walling, Bessie B., 21 Whittlesey Ave., Norwalk, O.
- Walmsley, Asa Gordon, Bank of Commerce Bldg., Peterborough, Ont., Can.
- Walmsley, R., Thatcher Blk., Pueblo, Colo.
- Walsworth, Chester B., Lankershim Bldg., Los Angeles, Cal.
- Walters, Mary, 1211 Mora Villa Ave., Santa Barbara, Cal.
- Walton, R. W., U. S. Nat'l Bank Bldg., Salem, Ore.
- Wanless, Richard, 347 Fifth Ave., New York, N. Y.
- Warburton, Otis C., 56 Charlotte St., Rochester, N. Y.
- Ward, Daniel C., 3150 Logan Blvd., Chicago, Ill.
- Ward, Maud Elizabeth, Steamboat Springs, Colo.
- Wardell, Eva R., 2131 Broadway, New York, N. Y.
- Wardell, Sarah C., 510 2nd Ave., Asbury Park, N. J.
- Warden, Alice J., Slater Bldg., Worcester, Mass.
- Warner, Clara Lathrope, 910 Washington St., Vancouver, Wash.
- Warner, G. F., 6565 Yale Ave., Chicago, Ill.
- Warner, Maude L., 2712 Woodburn Ave., Cincinnati, O.
- Warner, S. E., Board of Trade Bldg., Indianapolis, Ind.
- Warns, Howard O., 720 E. North Ave., Baltimore, Md.
- Warren, E. D., Savonburg, Kans.
- Warren, Geo. S., 18 Pearl St., Kingston, N. Y.
- Warren, S. F., 1112 Chestnut St., Philadelphia, Pa.
- Washburn, A. S., 14 W. Washington Blvd., Chicago, Ill.
- Waters, A. R., 4th and Broadway, Chico, Cal.
- Waters, Clara Sherwood, 2223 18th St. N. W., Washington, D. C.
- Waters, Eugene C., Foulk Blk., Chillicothe, O.
- Waters, Lulu I., Fontanet Court, Washington, D. C.
- Watkins, Edwin Phillips, Union Bldg., San Diego, Cal.
- Watkins, Homer Earle, 43 W. Western Ave., Muskegon, Mich.
- Watkins, Lewis, 149 N. 52nd St., Philadelphia, Pa.
- Watson, Carl L., 166 Huntington Ave., Boston, Mass.
- Watson, Georgiana, 2 Harewood Pl., Hanover Square, W., London, Eng.
- Watson, Ruth, First Nat'l Bank Bldg., Virginia, Minn.
- Watson, S. Gertrude, 53 Central St., Lowell, Mass.
- Watson, T. J., Hotel Woodward, New York, N. Y.
- Weaver, Anna A., Trinity Court, Boston, Mass.
- Weaver, Calvin R., Decatur, Ind.
- Weaver-Wingenter, Charlotte, 186 S. Union St., Akron, O.
- Weaver, Ida M. Jayne, People's Bank Bldg., Seattle, Wash.
- Weaver, Julia Blanche, 454 S. Figueroa St., Los Angeles, Cal.
- Webb, H. D., 408 Main St., Orange, N. J.
- Webb, Mary L., Care of Torbett Sanitarium, Marlin, Tex.
- Weber, Aucher C., Tarbox Bldg., Freeport, Ill.
- Weber, Caroline L., Century Bldg., St. Louis, Mo.
- Webster, Frederick A., 47 34th St., New York, N. Y.
- Webster, Geo. V., Strickland Bldg., Carthage, N. Y.
- Weddell, Wm. R., Sedro Wooley, Wash.
- Weed, Loring, Carter Block, Andover, Mass.
- Weed, O. G., Corby Forsee Bldg., St. Joseph, Mo.
- Weegar, Percy L., 1721 Main St., Buffalo, N. Y.
- Weeks, C. H., Jupiter, Fla.
- Weeks, Roland F., Parrott & Smith Bldg., Owatonna, Minn.
- Weir, T. P., Winterset, Ia.
- Weissberg, E. B., 515 Spruce St., Philadelphia, Pa.
- Weitzel, Walter J., 374 Main St., Springfield, Mass.
- Welch, O. F., 724 N. 20th St., Philadelphia, Pa.
- Welch, R. R., 207 S. Randolph St., Macomb, Ill.
- Wells, B. F., 2636 E. 75th St., Chicago, Ill.
- Wells, Emma R., City Bank Bldg., Wheeling, W. Va.
- Wells, Geo. A., Tippet Bldg., Greenville, Tex.
- Wells, Hugh E., Grenola, Kans.
- Wendell, Canada, Woolner Bldg., Peoria, Ill.
- Wendelstadt, Edward F. M., 624 W. 4th St., Los Angeles, Cal.
- Wendorff, Herman A., 122 S. Ashland Blvd., Chicago, Ill.
- Wenger, H. U., 804 Court St., Fulton, Mo.
- Wenger, Joseph, 19 E. Vine St., Mt. Vernon, O.
- Wentworth, Lillian P., The Thorbus Apartments, San Diego, Cal.
- Were, Arthur E., 60 S. Swan St., Albany, N. Y.
- Werkheiser, Amos E., Ryland Bldg., San Jose, Cal.
- Wernicke, Clara, Haddon Hall, Cincinnati, O.
- West, H. C., 10 Highland Ave., Yonkers, N. Y.
- West, Ralph L., 47 Hertford St., London W., England.
- West, William, 75 Park Ave., New York, N. Y.
- Westendorf, Katharine, Kittredge Bldg., Denver, Colo.
- Westfall, De Witt C., Munn Bldg., Coshocton, O.
- Westfall, E. H., Niles Bldg., Findlay, O.
- Wetche, C. Fredrik, 30 Church St., New York, N. Y.
- Wetmore, Francis W., Oak Hall, Pawtucket, R. I.
- Whalley, Irving, Land Title Bldg., Philadelphia, Pa.
- Whallon, Grace, State Bank Bldg., Little Rock, Ark.
- Wheeler, C. G., 32 N. Main St., Brattleboro, Vt.
- Wheeler, G. A., 416 Marlborough St., Boston, Mass.
- Wheeler, G. D., 101 W. Emerson St., Melrose, Mass.
- Wheeler, Glenn E., Huston Bldg., Ludington, Mich.
- Wheeler, Sarah E., Lakeland, Fla.
- Whibley, G. Morrison, 700 Congress St., Portland, Me.
- Whisler, C. A., Denton, Md.
- Whitacre, H. S., Martinsburg, W. Va.
- Whitaker, L. R., 687 Boylston St., Boston, and 43 Church St., Winchester, Mass.
- Whitcomb, C. H., 392 Clinton Ave., Brooklyn, N. Y.
- Whitcomb, Mrs. C. H., 392 Clinton Ave., Brooklyn, N. Y.
- White, Annette M., 514 W. 114th St., New York, N. Y.
- White, Ernest C., 505 5th Ave., New York, N. Y.
- White, Frank J., Marshall Bldg., Redondo Beach, Cal.
- White, J. L., Bank of Toronto Bldg., St. Catherine, Ont., Can.
- White, J. S., Chamber of Commerce Bldg., Pasadena, Cal.
- White, M., Patterson Bldg., Mobile, Ala.
- White, Mary N., 473 Washington Ave., Brooklyn, N. Y.
- White, Nellie Connor, 431 S. Wabash Ave., Chicago, Ill.
- Whithead, Harriet A., Wausau, Wis.
- Whitesell, N. Jean, 319 Union Ave., Elizabeth, N. J.
- Whiteside, Sunora L., 255 University Ave., Lebanon, Tenn.
- Whitfield, Henry A., Granite Bldg., Rochester, N. Y.
- Whiting, Anna E., Auditorium Bldg., Los Angeles, Cal.
- Whiting, Lillian M., South Pasadena, Cal.
- Whitmore, J. P., Savings Bank Bldg., Marquette, Mich.
- Whitmore, O. M., Still-Whitred Sanitarium, Macon, Mo.
- Whitney, C. L., 714 Edgeware Rd., Los Angeles, Cal.
- Whitney, Isabella T., Upper Montclair, N. J.
- Whittemore, A. C., 427 Main St., East Aurora, N. Y.
- Whittemore, F. G., Hamburg, N. Y.
- Wiggins, W. Harold, Boonton, N. J.
- Wilcox, Frank F., 108 Crescent Ave., Plainfield, N. J.
- Wilderson, W. H., Circleville, O.
- Wildsmith, Thos. E., Parkway Bldg., Philadelphia, Pa.
- Wiles, A. M., Jerseyville, Ill.
- Wiley, Andrew S., Brisbane Bldg., Buffalo, N. Y.
- Wilke, Geo. C., 146 S. College Ave., Ft. Collins, Colo.
- Wilkins, J. H., McMinnville, Ore.
- Wilkes, Grace E., Stott, Box 304, Seattle, Wash.
- Willard, Alice N., Paul Gale-Greenwood Bldg., Norfolk, Va.

Willard, Asa, First Nat'l Bank Bldg., Missoula, Mont.
Willard, Earle S., Stock Exchange Bldg., Philadelphia, Pa.
Willcox, Sylvester W., Bacon Blk., Oakland, Cal.
Willett, Nora E., Mercantile Blk., Aurora, Ill.
Williams, A. J., Citizens' Bank Bldg., Wilmington, O.
Williams, C. Arthur, 41 W. Chicago St., Coldwater, Mich.
Williams, C. Ernest, Patterson Blk., Flint, Mich.
Williams, Clara H., 822 Wood St., Wilkinsburg, Pa.
Williams, Ethyl M., 319 N. Broadway, Hastings, Mich.
Williams, Evan, 1024 4th St., Santa Monica, Cal.
Williams, E. D., 201 E. Sunbury St., Shamokin, Pa.
Williams, Kate, State Life Bldg., Indianapolis, Ind.
Williams, Kate G., 57 E. Jackson Bldg., Chicago, Ill.
Williams, L., Flanders Bldg., Philadelphia, Pa.
Williams, Mary A., 1115 Chartiers Ave., Pittsburgh, Pa.
Williams, Maude G., 78 Main St., Northampton, Mass.
Williams, O. W., & M. & M. Bank Bldg., Milwaukee, Wis.
Williams, Ralph H., Chamber of Commerce Bldg., Rochester, N. Y.
Williams, Robert H., New Ridge Bldg., Kansas City, Mo.
Williams, S. B., Salisbury, Mo.
Williams, Spencer T., Trinity Court Chambers, Boston, Mass.
Williams, W. Miles, Hitchcock Bldg., Nashville, Tenn.
Williamson, J. A., Parsons, Kans.
Williamson, J. G., Higginsville, Mo.
Wilson, Claude, Post Office Bldg., Central City, Ky.
Wilson, Emily G., 229 Berkeley St., Boston, Mass.
Wilson, F. H., Edwards Bldg., Newberg, Ore.
Wilson, Grace D., Grand Valley Bank Bldg., Grand Junction, Colo.
Wilson, G. S. Hodder, 55 Cork St., Guelph, Ont., Can.
Wilson, Margaret E., 209 S. West Ave., Sidney, O.
Wilson, Wm. C., 216 N. Main St., St. Charles, and Wentzville, Mo.
Winbigler, C. F., The Cairo, Washington, D. C.
Winchester, Augusta S., 229 Berkeley St., Boston, Mass.
Wingfield, Portia J., Hutchinson, Minn.
Winner, Charles F., 739 Boylston St., Boston, Mass.
Winslow, E. S., Waterville, Me.
Wise, Hugh Thomas, Main St., Rockford, Ill.
Withers, Avis Martin, Umatilla, Fla.*
Wolcott, E. J., Oregon, Ill.
Wolf, G. B., Ottawa, Kans.
Wolf, Roy M., Big Timber, Mont.
Wolf, Truman, Carthage, Mo.
Wolfe, J. Meek, Watt & Clay Bldg., Roanoke, Va.

Wolfert, William Jules, Red Bank, N. J.
Wood, Charlotte G., 10 S. 18th St., Philadelphia, Pa.
Wood, Elizabeth, 527 Commercial St., Atchison, Kans.
Wood, Emma Greene, 31 Ridgewood Rd., Maplewood, N. J.
Wood, F. P., Century Bldg., St. Louis, Mo.
Wood, Geo. H., 808 St. Johns Place, Brooklyn, N. Y.
Wood, J. Fred, 26 W. 3rd St., Williamsport, Pa.
Wood, R. B., Fulton, Mo.
Wood, Thos. C., 238 S. Wood St., Chicago, Ill.
Woodall, Percy H., 1st Nat'l Bank Bldg., Birmingham, Ala.
Woodard, B. A., 200 N. Main St., Galena, Ill.
Woodhull, Frederick W., 101 S. 5th St., Alhambra, Cal.
Woodruff, Chas. Homer, Richmond, Cal.
Woods, Leva, 215 Alexander St., Rochester, N. Y.
Work, L. Cooke, 85 Hicks St., Brooklyn, N. Y.
Worrall, Clementine L., 56 College Ave., Poughkeepsie, N. Y.
Wright, Anna A., Theatre Bldg., San Jose, Cal.
Wright, Clarence C., 514 Fallowfield Ave., Charleroi, Pa.
Wright, E. R., 413 S. State St., Belvidere, Ill.
Wright, F. A., 94 S. Main St., Fond du Lac, Wis.
Wright, George, Fay Blk., Bay City, Mich.
Wright, H. F., Herald Bldg., El Paso, Tex.
Wright, Herbert E., 226 Clifton St., Malden, Mass.
Wright, Ida M., M. D. Century Bldg., Evanston, Ill.
Wright, J. Merrill, 2610 Hartzel St., Evanston, Ill.
Wright, Lydia H., Jackson Bldg., Providence, R. I.
Wright, Peter J., 1144 River St., Hyde Park, Mass.
Wright, Ruth M., Ellis Bldg., Charles City, Ia.
Wright, S. Ellis, Iroquois Bldg., Marion, Ind.
Wurth, Wm. F., Kenton, O.
Wyatt, Benj. F., Box 58, Kirksville, Mo.
Wyckoff, A. B., Alton, Ill.
Wyckoff, Louis E., Story Bldg., Los Angeles, Cal.
Wylard, Samuel I., Santa Rosa, Cal.
Wyllie, John M., 5252 Spruce St., Philadelphia, Pa.
Yanders, H. H., Nolle Bldg., Wooster, O.
Yeater, I. F., 1213 8th Ave., Altoona, Pa.
Yerg, Lindley H., 1 Bacon St., Glens Falls, N. Y.
York, Effie E., Elkan-Gunst Bldg., San Francisco, and 705 Cowper St., Palo Alto, Cal.
Young, A. Howard, 510 Commercial St., Astoria, Ore.
Young, Alfred Wheelock, Goddard Bldg., Chicago, Ill.
Young, C. W., Pittsburgh Bldg., St. Paul, Minn.

Young, David D., McMinnville, Ore.
Young, Gertrude Carrothers, Macfarlane Bldg., Cumberland, Md.
Young, James Tilton, Fremont, Nebr.
Young, John R., Goodwin Bldg., Beloit, Wis.
Young, T. C., 321 S. Hill St., Los Angeles, Cal.
Young, Wallace E., 47 Richmond Rd., Cardiff, Wales.
Youngquist, Ida W., 42 Auditorium Bldg., Chicago, Ill.
Yowell, Elizabeth J., Hamilton Nat'l Bank Bldg., Chattanooga, Tenn.
Yowell, Otto Y., Hamilton Nat'l Bank Bldg., Chattanooga, Tenn.
Yung, Philip H., Macfarlane Bldg., Cumberland, Md.
Zaph, S. D., 4305 Grand Blvd., Chicago, Ill.
Zaphyriades, S. D., Jackson Blvd., Chicago, Ill.
Zealey, A. H., 111 Chestnut St., E. Goldsboro, N. C.
Zechman, J. E., Fleming Bldg., Des Moines, Ia.
Zeigler, Inez L., 431 South Wabash Ave., Chicago, Ill.
Zindel, Frank E., 2019 N. 21st St., Philadelphia, Pa.
Zwicker, J. A., 79 Freeman St., Wollaston, Mass.

PHRENOLOGISTS

Fowler, Jessie Allen, 1358 Broadway, New York, N. Y.
Fowler & Wells, 27 E. 22nd St., New York, N. Y.

PHYSICAL CULTURISTS

Anino, Prof., 733 Madison Ave., New York, N. Y.
Aström, Algot, 200 W. 72nd St., New York, N. Y.
Attila & Baumann, 49 W. 38th St., New York, N. Y.
Barker, Alex. E., W., 50 Church St., New York, N. Y.
Barker, Prof. Anthony, 127 W. 42nd St., New York, N. Y.
Betzner, Clarence W., 2627 Vine St., Cincinnati, O.
Bingham, Will, 1931 B'way, New York, N. Y.
Bojus, G. H., 26 Vesey St., New York, N. Y.
Bothner, George, 250 W. 42nd St., New York, N. Y.
Bowman, Gilbert, 1224 Century Bldg., Chicago, Ill.
Brown, Wm. J., 5 W. 66th St., New York, N. Y.
Callan, M. J., 6200 Pennsylvania Ave., Pittsburgh, Pa.
Cashin, Joseph P., 2138 64th St., Brooklyn, N. Y.
Collard, Elois, 312 W. 58th St., New York, N. Y.
Cooper, Jack, Athletic School, 52 Vanderbilt Ave., New York, N. Y.
Draws, Geo. J., 1910 Harding Ave., Chicago, Ill.

Eldridge, Fred., 63 Main St., Brockton, Mass.
 Elliot, J. T., 209 E. 42nd St., New York, N. Y.
 Furlong, Pauline, 111 5th Ave., New York, N. Y.
 Harper, Claude B., Old Colony Club, Hotel Waldorf, Astoria, New York, N. Y.
 Institute of Physical Perfection, New York, N. Y.
 Irving, Montgomery, Institute of Physical Education, 200 5th Ave., New York, N. Y.
 Kellerman, Annette, 12 W. 31st St., New York, N. Y.
 Knipe, J. B., 85 Franklin St., New York, N. Y.
 Macfadden, Bernarr, Flatiron Bldg., New York, N. Y.
 Mac Levy, 352 Fourth Ave., New York, N. Y.
 McFadden, Geo., 51 E. 59th St., New York, N. Y.
 Melander, Theo. A., 17 E. 59th St., New York, N. Y.
 Panzer, Henry, 200 W. 72nd St., New York, N. Y.
 Powell, Anna, 424 W. 8th St., Cincinnati, O.
 Rehly, H. J., 1804 Mulliner Ave., Bronx, N. Y.
 Rolandow, G. W., 2291 B'way, New York, N. Y.
 Ruggiero, F. D., 632-34 Mercantile Bldg., Rochester, N. Y.
 Savage, Walton L., Private Exercise and Health Studio, 56 W. 45th St., New York, N. Y.
 Schildkraut, H., 200 East B'way, New York, N. Y.
 Schmidt, A. P., 1947 B'way, New York, N. Y.
 Schwartz, Julius, 133 E. 84th St., New York, N. Y.
 Sharkey, Miss Josephine, Carnegie Hall, New York, N. Y.
 Simon, Sylvester, 60 B'way, New York, N. Y.
 Strongfort, Lionel, 274 Park Bldg., Newark, N. J.
 Tattersdill, Jos., 61 W. 37th St., New York, N. Y.
 Titus, H. W., 58 Cooper Sq., New York, N. Y.
 Tyler, Parker R., 103 Park Ave., New York, N. Y.
 Von Boeckmann, Paul, 110 W. 40th St., New York, N. Y.
 Weiss, Geo., 420 E. 61st St., New York, N. Y.
 Wright, Jane A., 111 E. 56th St., New York, N. Y.

PHYSIO-THERAPISTS

Collins, Henry, 316 Alisky Bldg., Portland, Ore.
 Cummins, Ruby S., Alison Hotel, First Ave. and 4th St., Cedar Rapids, Ia.
 Hill, E. E., 6645 S. Marshfield Ave., Chicago, Ill.
 Horn, F. B., 221 South Ashland Blvd., Chicago, Ill.
 Lawler, D. Evan, 713 North Cherry St., Winston-Salem, N. C.
 Summers, Louis A., Chicago, Ill.
 Teeves, Wm., 3975 Vernon Ave., Chicago, Ill.

SPIRITUAL AND DIVINE HEALERS

Gowen, Julia, 1630 Main St., Denver, Colo.
 Myers, J. F., Sioux City, Ia.
 Winbigger, C. F., 1104 W. 35th St., Los Angeles, Cal.

SPONDYLOTHERAPIST

Dennis, Herbert C., 9719 Laird Ave., Cleveland, O.

SUGGESTIVE THERAPISTS

Abbott, Dr. G. C., Exeter, Mo.
 Adair, S. P., Tipton, Mo.
 Ains, W. A., Newport, Tex.
 Albrecht, C. W., La Grange, Tex.
 Alderson, J. J., Lacksburg, Ark.
 Algood, Dr., Lucas, Kans.
 Allen, Prof. J. H., Luyston, Mo.
 Backus, Wm. Vernon, 734 Euclid Ave., Cleveland, O.
 Ballar, Miss Carrie, Elmwood, Okla.
 Baister, F. A., Houston, Tex.
 Baker, C. W., Hanford, Cal.
 Barston, Mrs. E. A., 1117 Tyler St., Houston, Tex.
 Bateman, Dr. Geo., Coffeyville, Kans.
 Bennett, Dr. B. G., Madisonville, Ky.
 Betts, W. P., Alvord, Tex.
 Bingaman, Mrs. H. C., 516 5th St., Hastings, Nebr.
 Black, Ellen, Adrian, Mo.
 Bobbitt, S. M., Corsicana, Tex.
 Boone, Oliver C., Portales, N. M.
 Boone, S. L., Clovis, N. Mex.
 Bovard, Jeffrey W., Burr Oak, Kans.
 Bowman, Ada M., Garnet, Kans.
 Bradburn, Miss Grace, Grand Island, Nebr.
 Brewington, O. M., 127 S. Main St., Wichita, Kans.
 Brigham, Frederick A., Drawer G., Topeka, Kans.
 Brooks, M. N., Hume, Mo.
 Brown, L. C., Ft. Scott, Kans.
 Browning, H. C., Casville, Ark.
 Browning, Wm. N., 402-a E. High St., Jefferson City, Mo.
 Buis, Lemuel, 203 E. Okmulgee St., Muskogee, Okla.
 Bunting, E. T., 3011 Vincent Ave., St. Louis, Mo.
 Burfield, M. A., Bentonville, Ark.
 Burge, Mrs. J. E., 116 S. 29th St., Lincoln, Nebr.
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 Burmeister, Louis, Macks-ville, Kans.
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 Carter, W. A., 701 Houser Bldg., St. Louis, Mo.
 Case, John Morton, 330 Ord St., Kansas City, Mo.
 Chapman, Geo. W., Primghar, Ia.
 Chapple, Dr. A. J., 602 Hempell St., Ft. Worth, Tex.
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 Conrad, Mrs. E. M., 2630 Capitol Ave., Omaha, Nebr.
 Cooke, Mrs. E. D., Smith Center, Kans.
 Coone, M. E., c/o The Weltmer Institute of Suggestive Therapy, Nevada, Mo.
 Corbion, H. A., Perry, Okla.
 Corp, Mrs. H. A., 22 West Broadway, Hutchinson, Kans.
 Cotner, Dr. J. W., Lebanon, Kans.
 Coulson, L. T., Weatherford, Okla.
 Covington, R. L., Clinton, Mo.
 Cowgill, Jessie T., 116 S. 2nd St., Lincoln, Nebr.
 Crabtree, H. C., 1523 O St., Lincoln, Nebr.
 Crone, J. O., c/o The Weltmer Institute of Suggestive Therapy, Nevada, Mo.
 Crosby, Gordon Keith, San Diego, Cal.
 Davis, A. H., Whitewright, Tex.
 Davis, J. J., Newbury, Tex.
 Davis, Wm., Broken Bow, Nebr.
 Davis, Wm., Claremore, Okla.
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 Dermott, Miss M., 3211 Chestnut St., Kansas City, Mo.
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 Disney, J. Lambert, 1149 N. 63rd St., Philadelphia, Pa.
 Dodd, Miss Lorain, Box 125, Mineralwells, Tex.
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 Gilbert, J. E., Carter, Okla.
 Goin, Frank, 636 Wayne Ave., St. Louis, Mo.
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 Harper, Mrs. F. M., 512 Broadway, Little Rock, Ark.
 Harper, R. T., Rexford, Kans.
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 Heim, Fred., 1905 Lanie St., St. Louis, Mo.
 Hill, J. C., Rockland, Me.
 Hill, R., Eliga, Tex.
 Hinton, M. M., Box 62, Dallas, Tex.
 Hoagland, Nettie E., 3465 Larimore Ave., Omaha, Nebr.
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 Jungerman, Emma, Waverly, Mo.
 Kea, John Wesley, 201 Olive St., Monroe, La.
 Keck, E. W., Suite 2, Gas Bldg., Eau Claire, Wis.
 Kelfer, Dr. F. O., Elk City, Okla.
 Kelfer, S. O., Elk City, Okla.
 Kellogg, S., Rogers, Tex.
 Kimmelhor, Mrs., 742 N. Bell Ave., Hastings, Nebr.
 Kinkaid, D. L., 1006 Bellefontaine St., Indianapolis, Ind.
 Kirby, Geo. W., Bogard, Mo.
 Kitchens, W. P., Pioneer, Tex.
 Kline, Emmer H., 18 Graham St., Harrisburg, Va.
 Kochler, Mrs. E., 1320 L. S. St., Little Rock, Ark.
 Laffere, Geo. C., R. No. 4, Box 56, Thorndale, Tex.
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 Loehr, H. C., La Grange, Tex.
 Loveless, Mrs. Flora, 831 Cott St., Emporia, Kans.
 Loy, Geo., 1006 Woodland Ave., Kansas City, Mo.
 Lydon, Dr. Edward J., 810 Auditorium, Spokane, Wash.
 Maloney, Mrs. C. E., Omaha, Nebr.
 Margarrell, Dr. T. Z., 2726 S. 10th St., Omaha, Nebr.
 Marston, Dr. A. E., Wellington, Kans.
 Marston School of Metaphysics, Los Angeles, Cal.
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 Mathews, R. W., 464 Bowen Ave., Chicago, Ill.
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 McDermott, Miss, 3211 Chestnut Ave., Kansas City, Mo.
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 Snell, Dr. Albert F., 16 Garfield Place, Cincinnati, O.
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 Speckert, A. J., 309 Burke Blk., Cor. 2nd Ave., Seattle, Wash.
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 Tobin, Geo. F., 640 N. Topeka St., Wichita, Kans.
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 Weltmer, J. E., c/o The Weltmer Institute of Suggestive Therapy, Nevada, Mo.
 Weltmer, T. C., c/o The Weltmer Institute of Suggestive Therapy, Nevada, Mo.
 West, Mrs. D. G., 340 Quachita Ave., Hot Springs, Ark.
 Wetherby, M., Box 123, Oshkosh, Nebr.
 Whitaker, R. T., Joplin, Mo.
 White, T. Harrison, 1114 Kansas Ave., Topeka, Kans.
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 Yarbrough, Rev. Geo., Reeds, Mo.
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 Beaver, Edith E., 297 Champion Ave., Columbus, O.
 Benedict, G. A., 244 Woodward Ave., Detroit, Mich.
 Bledsoe, Mme., 240 Adams Ave. E., Detroit, Mich.
 Brewer, The Chiropodist, 3rd Floor, 92 Broadway, Detroit, Mich.
 Brice, Anna C., 168 Lennox Bldg., Cleveland, O.
 Brill, Belva, Spitzer Bldg., Toledo, O.
 Brown, James, Room 712, Westbank Bldg., 830 Market St., San Francisco, Cal.
 Buhl, P. A., 419 Fulton St., Brooklyn, N. Y.
 Burton, Wm. P., 13 W. Federal St., Youngstown, O.
 Butler, L. Pearl, 627 Barr St., Cincinnati, O.
 Chamberlain, Ina, 202 Smith St., Akron, O.
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 Cook, Harriet L., 1364 E. 81st St., Cleveland, O.
 Cooper, Anne E., 502 Mercantile Library Bldg., Cincinnati, O.
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 Earle, Robert Lee, 2283 105th St., Cleveland, O.
 English, Margaret L., Leader News Bldg., Cleveland, O.
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 Eppley, Clark S., 55 Louis Block, Dayton, O.
 Finkel, Dr. I. N., 536 W. 145th St., New York, N. Y.
 Fletcher, Dr. W. H. A., 203 W. 52nd St., New York, N. Y.
 Flory, Chas. M., 311 Vesper St., Ashland, O.
 Ford, Eva M., 712 E. Dong St., Columbus, O.
 Ford, Huscher, 44 E. Broad St., Columbus, O.
 Freda, Louis, 261 Broadway, New York, N. Y.
 Freman, M. E., 403 Market St., Sandusky, O.
 Fuller, Karl E., 813 Peter Smith Bldg., Detroit, Mich.
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 Galavan, James E., 318 Euclid Ave., Cleveland, O.
 Galena, Stella, 211 Baird Bldg., Mansfield, O.
 Gaylord, Bertha J., 61 Park Blvd., Detroit, Mich.
 George, Mrs. Helen, 1126 C of C, Detroit, Mich.
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 Goldberg, A. M., 647 Euclid Ave., Cleveland, O.
 Goldberg, Bernard M., 628 Nat'l Bank Bldg., Akron, O.
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 Kettenring, W. F., Idaho Falls, Idaho.
 Klotbach, Oscar, 746 Euclid Ave., Cleveland, O.
 Knowles, Cordelia B., Cleveland, O.
 Kramer, Nellie, 1240 Hall Ave., Cleveland, O.
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 Nash, Ruby D., 3059 Euclid Ave., Cleveland, O.
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 Norwood, James N., 111 8th St., Cincinnati, O.
 O'Banion, E. C., 43 Emery Arcade, Cincinnati, O.
 O'Banion, Thomas, 43 Emery Arcade, Cincinnati, O.
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 Rabenstein, Wm. M., 512 Race St., Cincinnati, O.
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 Richardson, Emma, 935 Baymiller St., Cincinnati, O.
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 Ringle, Ralph, 2055 Cornell Place, Cleveland, O.
 Santurello, Peter, 84 N. High St., Columbus, O.
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 Washington, John, 6221 Quincy Ave., Cleveland, O.
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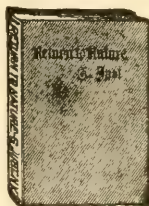
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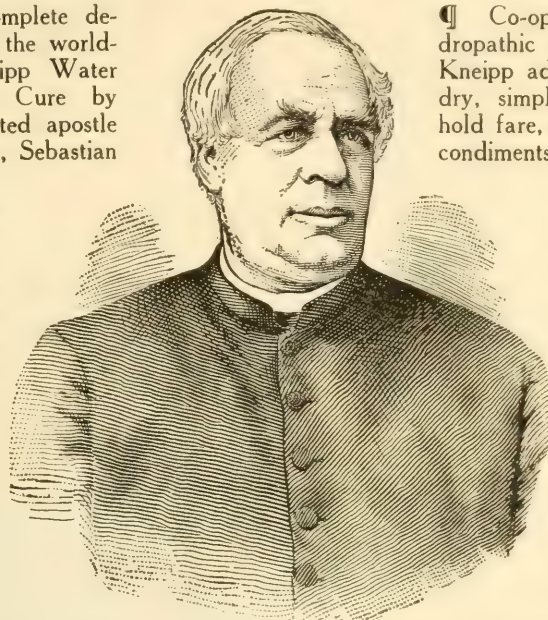
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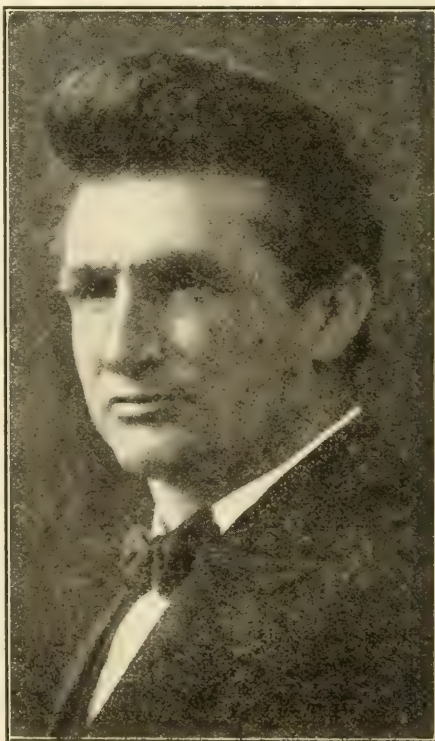
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Dr. Erz rightly advocates the urgent need of a great Academy of Natural Healing to convince the thinking masses of the superiority of the Natural Healing System, and to protect it against all misrepresentations and abuses, and assure its efficiency and permanent success. Medical Freedom is the great need of the hour to prove that Nature's constructive laws overshadow all ignorance, superstition and ambition. As the exponent of a standard of drugless healing, and as a monitor, mentor, and defence of humanity from rapacity and superstition, such an institution would be of enormous value to mankind.

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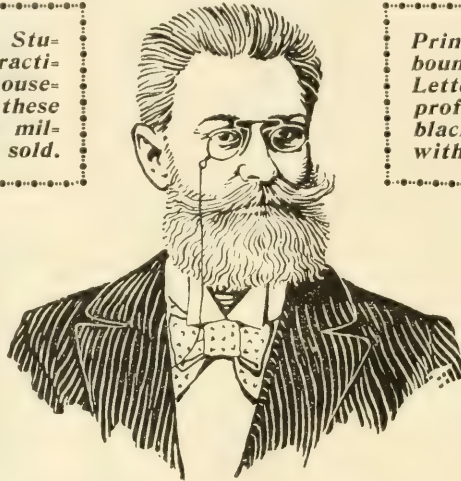
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THIS magazine, which is the professional organ of the American Naturopathic Association, first appeared in 1896 as *The Kneipp Water Cure Monthly*; then in 1902 it became known as *The Naturopath and Herald of Health*; and finally, in January, 1916, it became *The Herald of Health and Naturopath*. As the name indicates, this publication is the exponent of every phase of drugless healing. It is many years older than the Naturopathic Society, the name by which the American Naturopathic Association was first known, and which was founded December 2nd, 1902, in the city of New York.

The Herald of Health and Naturopath is the only journal published in the United States that espouses the healing of disease by the simple and natural methods, as opposed to the vile nostrums and superstitions of Allopathy, otherwise known as official medicine.

The Natural System of Healing alone has the courage to assert that Nature cures, that the only healing force is the *vis naturae medicatrix*, and not the potions, pills and powders of the empirics. It had its inception in Germany. Priessnitz of Gräfenberg, Kuhne of Leipzig, Schroth of Lindewiese, Bilz of Dresden, and Kneipp of Woerishofen, established sanatoria, and proved to a world sick unto death with swallowing paralyzing palliatives, of annihilating fermenting substances with chemicals, of suppressing fevers with poison, of relieving constipation with purgatives, causing the muscular system of the intestines to lose tone and elasticity, all practices antagonizing nature in her benign efforts to get rid of the offending *materies morbi* that is the cause of the specific disease, that the benign forces of sunshine, air, light, exercise, simple foods, earth cure, water cure, mental science, etc., are a thousand times more curative of the ills of mankind than the poisons of the allopaths.

The epoch-making work done by these great pioneers in Natural Healing is fully described in the pages of our magazine. The twentieth century will be known as the Century of Naturopathy. The long slavery of mankind to the bag of bones and feathers of the primitive medicine man, the Witches Broth of the Middle Ages, the vacuous "megrimms" and "vapors" of *le docteur a la mode*, the bleeding craze of our immediate forefathers, the drugging craze, and the present craze for serums, inoculations, and vaccines, has been broken at last, and many allopaths are now turning naturopaths, thus fleeing from the wrath to come.

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ELMER LEE, M.D.
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FOR

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The world is overrun with medical books already printed, with new and varied writings on the cause and cure of disease and the preservation of health, daily being added thereto. The extent and number of these books would almost lead us to conclude that the reservoir of human thought on this subject was well nigh exhausted. But still they come. Great hospitals, colleges, and medical and surgical institutes are constantly being established for study and research, for clinical practice and observation, and also for cruel vivisection and experimentation upon animals, to discover if possible the secret cause of disease and senile decay, together with their prevention and cure.

Then we have school after school of all kinds of practitioners and fads of healing, vieing and fighting with each other for first place in public favor, followed by thousands of patent medicines,—cure-alls for whatsoever ails you. And still the human family continues to be sick, to suffer and die with little, if any, abatement other than temporary relief or amelioration of pain. With all the supposed superior enlightenment of this age, and the fact that the gospel (as promised) is being preached to all nations, there is so far no substantial realization of that promise in Mark xvi : 18. "They shall take up serpents; and if they drink any deadly thing it shall not hurt them; they shall lay hands on the sick and they shall recover."

In view of this failure to realize these blessed conditions, how shall we conclude otherwise than that the true gospel is not being preached, nor the true method of cure and prevention of disease being practiced or taught? As we observe the daily increase of the lame, the halt, and the blind, with innumerable sick, and the carting away of the untimely dead, it is enough to turn the heart to despair, did we not know that all of this tumult of doctrine and doctors' prescriptions is but the void and chaotic condition presaging the making of all things new; that is, the establishing of true life and doctrine, involving the true method of healing and preventing of diseases, the abiding of faith in the coming of which is now being re-

warded in the presentation to the public of a treatise by Dr. El Lernanto (Dr. J. Augustus Weimar), entitled "Rediscovery of the Lost Fountain of Health and Happiness," published by Benedict Lust, Butler, New Jersey.

The scientific principles of overcoming disease and of finally attaining to the incorruptible flesh, have long been taught in the **Guiding Star** publications, as a distinct and universal science; but this is the first practical attempt to collate the curative phases into succinct form, specially applicable to combatting affliction. This reduces them to a system of mental therapeutics, which cuts at once the Gordian knot of all the intricacies that have so long puzzled medical scientists, going straight to the crux,—the direct and indirect cause of all the ailments the human flesh is heir to.

This book shows that of which the race is substantially ignorant; i. e., that the propagative sperm and germ of the male and female are the vital essences of life, and that upon the conservation of waste of this energy depends the health or ill health of the individual or of the race. Also that this potency has a twofold use; first, in the propagation and multiplication of the species; and second, that the husbanding of it to the extent of purifying the thought and desire from sensual indulgence, provides food and stimulus to mental as well as physical effort and capacity. It strengthens the man or woman to resist and overcome temptations, and moral and physical weakness and ailments as well. And it also enables one, through added mental potency, to assist others in doing likewise.

Over and beyond all this, we are shown that it is only by the absolute conservation of sex energy, and the consequent purification of sex desire, that we may become the children of the resurrection, who neither marry nor are given in marriage, but are as the angels in heaven. (See Luke xx : 35, 36.)

This most admirable treatise does not cease, as do most treatises upon this subject, by admonishing us as to what we should do; but recognizing that sex desire

is the most powerful of all the human passions, and that direct resistance is useless and destructive, we are instructed to combat it by substituting higher and more elevating thoughts; by aspirations for better and nobler thoughts; by the iteration and reiteration of ennobling and purifying sentiments, to he end that evil thought and desire will find no room nor congenial abiding place in our mental household.

In reality, we are thoroughly admonished and inspired to continually dwell in the upper apartments of our mental habitation, avoiding all mental excursions into the basement, which is sure to be overrun and polluted with vermin and the noxious contagion of mortal life. Or, if need be to flee to the house top of intellectual and moral aspirations, for the time is at hand to heed the Biblical admonition to "Let him which is on the house top not come down to take anything out of the house;" for the very good reason, we doubt not, that the things of the usually inhabited region of the mind have, by long association, become so contaminated with evil and worldly thought and desire in the memory, that they cannot be other than auto-suggestive, and dangerously seductive to him who would save his soul alive.

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FOR NERVOUS AFFLICTIONS AND NERVE EXHAUSTION, INCLUDING MENTAL ILLS AND SEXUAL DISEASES

by DR. EL LERNANTO, ESTERNO, FLORIDA

OUR PREMISE:

As every organ and function of the brain (the organ of the mind, or intellect and will) has its corresponding organ and function in the body; consequently, the influence of a physician's mind, as well as that of the patient's, will act as a curative factor in mental (nervous) and sexual diseases; specifically, if the ABC method, as herein outlined and prescribed is adopted.

Even in physical diseases, the same influence, in conjunction with the material means, will hasten the process of healing, and will establish a state of health and happiness, never before experienced.

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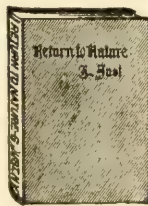
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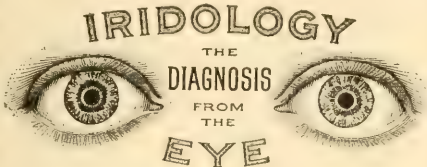
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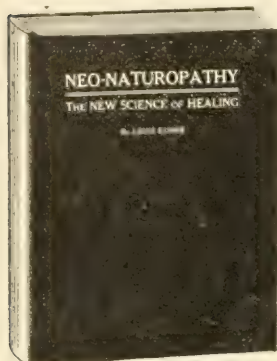
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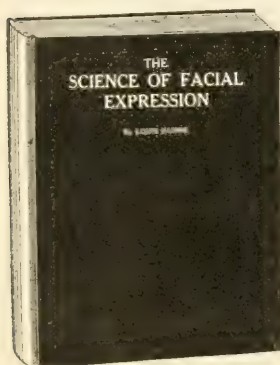
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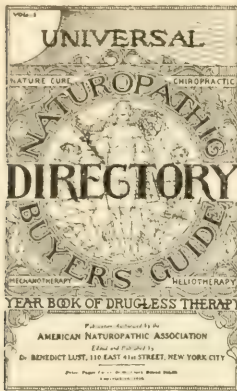
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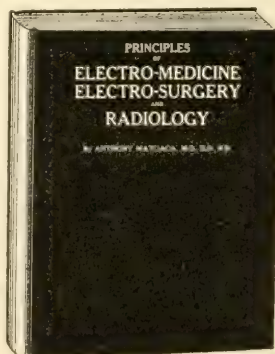
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treass and disease.

¶ As the cotton plant, when grown on soil devoid of the proper fertilizing conditions, becomes a choice victim of the boll-weevil, so also the human organism deprived of its energy and vitality by means of impoverished foodstuffs, and illusive, mendacious serums, vaccines and inoculations concocted by savage cruelty to animal life, in mysterious secrecy, has its own form of boll weevil that must be destroyed by a strenuous campaign for proper food and the strangling of the octopus of official medicine.

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¶ Our author fears for the downfall of American industrial and commercial life in the near future as a result of the increasing impoverishment of farm products not supplied with proper natural fertilizers. The boll weevils of the cotton belt are the prophets of our degeneracy. In a patriotic attempt to stem such a disaster the author has prepared a medicament called Hygeia or Lava Tea, which contains all the nutritive salts that are lacking, or have been extracted from natural foodstuffs properly charged with such salts.

¶ The moral of the book is to live the natural life, eat only such vegetable foods as have not been boll weevilized by lack of their vital mineral qualities, whether by unscientific culture, or denaturing processes of manufacture. Visit natural cure resorts where drugless physicians make it their business to supply their patients with food and treatment carefully and skilfully co-ordinated to the needs of the individual.

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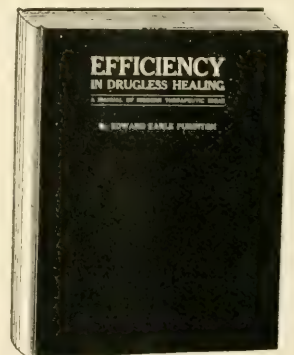
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RETURN TO NATURE. *By Adolf Just*—

Among the long list of naturopathic literature issued of late years from the press, this work stands out conspicuously as a star of the first magnitude in the naturopathic heavens. The author is known throughout the whole world as a pioneer of the simple life, a great-hearted humanitarian, at whose celebrated institution of Yungborn, in the Hartz Mountains in Germany, thousands of ailing mankind have been regenerated physically and morally by reason of living in intimate communion with Nature. This work is a modern amplification of the parable of the Prodigal Son, who after leaving a happy home, spent health and fortune in indulging in an artificial life amid the abodes of sin until, when despairing of life itself, he rose in a frenzy of pain and remorse and resolved to return to father Nature, whom he had scorned for many years. Our author recounts in simple language how man may return to health and vigor after having deviated from a natural life by false modes of life, false foods, false stimulants, and the cares and worries of life, by employing natural methods of healing, eschewing all drugs and many disastrous sophistications of civilized life. Not only does he employ the physical forces of nature in his ministrations to sick humanity, but Herr Just, with a just appreciation of man's most vital needs, claims that the true nature-cure system, penetrates with its healing power the innermost recesses of body, mind and soul. Recognizing the value of man being released from vice and crime, hatred and envy and charged with the marvelous healing effects of peace, joy and brotherly love, the author has interwoven with his philosophy of natural healing copious dissertations on the moral and spiritual philosophy of the Bible, the whole forming a unique volume of 300 pages, pregnant with healing truths.

There is a supplement describing the American Yungborn, founded by Dr. Benedict Lust at Butler, N. J., in the midst of the Ramapo Hills, some 38 miles from New York. Here, after its prototype in the Hartz Mountains of Germany, is located a center of healing power where Nature heals the sick and the semi-invalid with her refreshing and strengthening influences.—**Price, in cloth, postpaid, \$3.20; paper cover, \$2.00.**

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Dr. Erz urges upon the different systems of drugless healing the importance of uniting all organizations of such practitioners into one central federation in order to obtain just laws, giving all approved methods of healing equal rights, with special privileges to none. He warns against making any compact with official medicine on the part of naturopaths, citing the case of a recent "backyard" compromise recently made with a few drugless practitioners who surrendered the right to welcome any new schools of drugless healing, and even agreed to join the allopaths in hunting down the adherents of such schools, in return for allopathic recognition. As a result the doctor's trust has now forced the drugless practitioners, who are in alliance therewith, to fight a bill of the independent practitioners which aims to provide two distinct boards of examiners, one for the drug doctors and one for the drugless doctors. What a dishonorable position to occupy in which the physiotherapists are compelled to fight their own school of healing!—**Price 15 cents.**

BACK TO NATURE AND TO NATURE'S GOD. *By Rev. Ferdinand Stierle*—

The author of this naturopathic tract is enamored of Just's book "Return of Nature," and is a fervent apostle of the natural life and natural methods of healing. The return to Nature presupposes a departure from Nature, and our author very clearly shows that men who in the beginning subsisted on ripe fruits and nuts and lived a natural life in company with light, warmth of the sun, air, rain, and streams, in a more or less nude state, soon sought out methods of gratifying desires, and indulged in an artificial mode of life, eating of the forbidden fruit of animal flesh, drinking intoxicating liquors, living according to their own desires and inclinations, so that instead of getting health, joy, peace and happiness, they only got sickness, discontent, sin, misery, yea a hell on earth. Mr. Stierle advocates the natural bath, that is to say, a bath of the pelvic region only, the rain bath and even the snow bath. He defines the proper application of light and air, wet earth and earth baths, and proper food and clothing, if the sick would be cured and disease prevented. **Price, postpaid, 20 cents.**

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Mental Science, on the contrary, is the science of mental unfoldment of intellectual growth. It bases its hope of man's ultimate and perfect redemption from all the ills of life, including disease, old age, poverty and death, upon man's ability to acquire knowledge through the deductions of his reasoning powers, acting on his experiences. Man's brain is the instrumentality by which he effects his salvation, which refers to being saved from the ills of the body, and not from the wrath to come, which, according to Mental Science, has no existence.

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—The modern return to the principle enunciated by Hippocrates that "Nature is the Healer," is the theme of this brochure. Dr. Erz traces the rise of the natural healing system in Germany, giving credit to Priessnitz, Schroth, Kuhne, Knipp, Bilz, etc., to Ling of Sweden, and to Doctors Trall, Graham, Kellogg, Page, Lust, Palmer, Still, McFadden, McCormick, Lahn, Davis, Lindlahr and others in the United States. In various ways they avail themselves of the curative energy of the Sun, Air, Light, Water, Massage, Earth Cure, Curative gymnastics, Electricity, Diet, Exercise, etc. As an outline of the philosophy of natural healing; as an explanation of the elementary remedial forces of nature; as a mentor for the proper study and practice of natural healing; as a seal on practices that have stood the test of time and have received the approbation of science; as a plea for the urgent need of a great Academy of Natural Healing; as the most desirable factor in the regeneration of the race, and as polemic for medical freedom, this essay should be in the hands of all Health and Truth Seekers, and every practitioner of Naturopathy. **Price, 50 cents.**

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REINHOLD'S NATURE CURE BOOKLETS

The late Dr. A. F. Reinhold, who conducted a Naturopathic Sanitarium in New York City some years ago, was not only a highly successful drugless practitioner, but was the author of 37 different books and booklets on disease as conquered by the Nature Cure, all stating in the clearest terms the rationale of how to cure the various diseases referred to. As a whole, the various manuals regard disease, no matter how different its manifestations, as primarily a single ailment, consisting of abnormal material fermenting in the organism, which it ought to be the prime purpose of the physician to eradicate.

Dr. Reinhold made a deep study of his subject and was an enthusiastic disciple of Priessnitz, Kuhne and Kneipp, who worked wonders in Natural Healing, particularly in hydrotherapy, and has gone his teachers one better by improvements on their methods.

The very core of his philosophy is that all disease is caused by a fermentation of said poisonous matter in the blood and tissues, and he devoted all his energies to removing such matter from the system. The efficacy of his work, applied with skill and experience, fully justified his great reputation as a physician, and led to such a demand for his writings, that at his demise, only a few hundred copies of but seven of his pamphlets remained to his estate, a description of which we give as follows:

POSITIVE PREVENTION AND CURE OF TUBERCULOSIS, OR THE RESTORATION OF HEALTH BY NATURAL METHODS—

This is the most important pamphlet of the series and is an exposition of the natural system of curing disease, as opposed to the drugging system. The Natural School seeks to remove the causes of disease, whereas the drugging and inoculating school only seeks to suppress symptoms, and is careless of causes. This latter school does not seem to understand that by suppressing symptoms only, the causes of disease are more firmly rooted in the system, to reappear in fresh manifestations.

Dr. Reinhold extols the virtues of hydropathy, the benefits of massage, and the vitality-raising powers of sunlight, sleep, baths and a rational, vegetarian diet. The pamphlet particularizes those agents that rouse the lungs, skin, kidneys and bowels to increased activity. With the organs of depuration fully at work, a person cannot take a contagious disease, for disease only develops in a system already charged with poisonous products. **This new philosophy is the theme of this booklet, a principle that is shaking the drugging school of cure to its foundations.**

The author points out that not only are those natural forces which were employed by him in the cure of disease, of supreme importance in themselves, but their application is very enjoyable, being in harmony with the feelings of the patient. As a handy manual of Naturopathy, clear and carefully written, it is a most valuable publication. **Price, \$1.00.**

NATURE vs. DRUGS. MEAT DIET INJURIOUS TO MAN—

Dr. Reinhold argues in this pamphlet that, from the physiological structure of the human body, man was intended to be a frugivorous animal, if not wholly a vegetarian. He does not specifically condemn the use of eggs, milk and cheese, but we imagine that he prefers that these animal products should not be indulged in. He contends that if once a civilized nation adopts vegetarian practices, the alcohol and beer shops would, like those of the tobacconist, butcher, poulterer, fishmonger and chemist, have to be shut up.

He considers the Jews, who had grown brutal and degraded, and had lost all higher moral and patriotic aspirations through indulging their appetites in the flesh pots of Egypt, became physically and intellectually superior to their former selves by reason of having had to wander forty years eating manna in the desert.

He quotes a great many testimonies of historians, scholars, travelers and others regarding the vegetable diet. He proves that vegetarians, or meat abjurors should live in a healthful manner. He taboos white bread, sugar and fats, as well as alcoholics, tea and coffee, and refers to the testimonials of physicians in all ages regarding the longevity and physical vigor of those tribes of men who subsist on a vegetable diet. **Price, 25c.**

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NATURE vs. DRUGS. HARM FROM OVEREATING—

The author starts this pamphlet by reciting an unpopular, but vital truth, that more people die of surfeiting than of starving. To fill our intestines with rich and artificially concentrated viands, leads to innumerable ailments. In the first place, the body receives more material than it requires and the surplus exists only to be removed by a great expenditure of vital energy on the part of the excretory organs, or if these organs be too weak from overwork, the material remains in the body to poison every function thereof. That this is the case in a vast majority of instances in civilized life, is stating a well-known fact.

The author traces the degeneration of the system through all the steps that receive their initiative in overeating. Not only does the richness and quantity of the food prove agents of disease, but when the food itself has been denatured of its most vital constituents of lime, nitrogen and many organic salts, absolutely necessary to sustain a vigorous health, by the process of milling and cooking, it will be seen how innutritious it becomes. The bran, or external husk of wheat, rice, corn, rye, etc., that contains these vital constituents is wholly removed, to tickle the organs of taste with the flour that contains only the starch of the grain. Besides this, the banishment of bran from the dietary causes destruction of the teeth and bones as well as a degeneration of the tissues. These defects chiefly subject us to contagion and fevers and the tissues being underfed, tear easily, giving rise to hernia, falling of the womb, floating kidneys, apoplexy, etc. It will be seen from the foregoing explanations that mankind is unconsciously engaged in **overeating in quantity and undereating in quality** of his food, and the consequence is a low state of vitality everywhere, and a greatly diminishing size of the human figure.

The moral of the author's indictment of our present habit of overeating is that we should eat all of our food in its natural condition, and such food would keep money in our pockets and the drug administering doctor from our doors.

There is no doubt that the question of food and how it should be partaken of, is only in its infancy. Vegetarianism is no longer a fad, but is now being regarded as the only possible escape for mankind from the thousand alimentary evils that now curse him wherever he goes.

The strongest races of mankind are those which live upon the most simple substances. The ancient Romans conquered the world on a diet of raw wheat and water. If people were only brave enough to sacrifice their appetites for the undeniably delightful flavors of cooked food, and revert to the spartan simplicity of our ancestors as regards diet, we should be infinitely healthier and happier.

Dr. Reinhold quotes the case of a man living well upon less than half a dollar a week. This man's diet consisted in the main of grains, fruits and nuts. He also ate a few vegetables, such as potatoes, beets, cabbages, turnips and parsnips, but found that the cost of the vegetables was three times as much as the grains. He preferred the grains and he indulged in fruit also. With a coffee grinder he was able to reduce wheat, corn and rye to palatable and digestible conditions. He found that a meal of corn flavored with apples prepared in different ways, cost him only one cent.

This goes to show that one can live on a high class of nutritious diet at the most minimum cost, and be richer, healthier, and happier, for the experience.

Price, 25c.

NATURE vs. DRUGS. KIDNEY TROUBLES—

This pamphlet is chapter 22 of a larger work entitled Nature vs. Drugs and refers in particular to kidney troubles, epilepsy, paralysis and contagion.

The pamphlet is an indictment of the drug practitioners who rarely or never think of the causes of disease, but who concentrate their efforts on suppressing the secretion of corrupt matter by the system, while the sooner the body is freed from these encumbrances, the body assumes its natural form.

The plain diet and simple water applications so freely recommended in this and other pamphlets, are sure to be of the highest value in the cure of dropsy, epilepsy, and many contagious diseases.

Kuhne's Facial Diagnosis, which was translated by Dr. Reinhold, indicates not only the cause of the specific ailment under consideration, but which also unerringly indicates the cause of future diseases, is referred to as a guide in attacking disease in general, years in advance.

Here is the pathological situation as outlined in these pamphlets. The drug doctors drive back into the system the disease from which the patient suffers, by attacking the symptoms thereof, hence we can well believe the saying of Billroth that "the progress of medical science is over mountains of corpses."

The Naturopath, without the use of drugs, greatly assists nature in eliminating the poisonous effete matter which gives rise to a specific ailment.

It is a simple fact that when some part of the bodily function is affected, it must be **cured**, and an attempt to cure by unnatural elements generally causes a condition so puzzling, that it is even beyond **natural** cure—and when nature, with its abundance of restorative powers, cannot cure, there is practically **nothing** that can. An ailment must be eliminated, not encouraged.

Which system of treatment most energetically appeals to the reason of the reader—the exhilarating process of Nature, or the experimental tactics of surgery, with its drugs, operations, and consequent fatalities? **Price, 25c.**

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PULMONARY CONSUMPTION—In this pamphlet, the author discusses health and disease in the abstract, and then describes tuberculosis as a healing process. Coughing is one of the cleansing processes selected by Nature to purify the system. The cough proves the presence of abnormal material which the system tries to dislodge by the explosive efforts of the lungs to exhale. Loss of appetite is another measure of Nature to get rid of impurities by cutting off the supply of fuel on which the microbes feed. Night sweats are another element of elimination, to prematurely suppress which will endanger the life of the patient. Fever is a cleansing process as it burns out the excess of bad food, and thereby deprives the bacilli of their means of existence. But the fever must be kept within limits to avoid fatal results.

Lack of appetite and fever cause a loss of weight, but a point made by the author, and one that must be carefully noted by the reader, is that the amount of tissues to be formed when appetite returns, depends solely on the quantity of air inhaled. Hence breathe deeply always. **Price, 25c.**

CONSUMPTION CURABLE—This pamphlet describes how tuberculosis can be positively prevented and cured by methods of Natural Healing. The author takes the medical profession to task for its false doctrine that consumption is incurable. Nearly everybody has had tuberculosis at one time or another, a fact that is continually revealed by post-mortem examinations, which disclose the healed scars of former lesions, where Nature in a battle with the disease came out the victor. When one considers the harmful, unnatural and futile methods of treatment of the drugging school, there is justification for its pessimistic doctrines.

The writer advocates, in conjunction with this specific form of treatment, a purely vegetable form of diet, consisting of grain, nuts, fruits and vegetables. It is a satisfactory condition of nature's treatment that it demands nothing which even the poorest cannot provide, and when you compare the complex system of official medicine with the simple curative methods of the Naturopath, we are justified in saying that none of our readers can go astray by securing the information so freely discussed in these valuable pamphlets. **Price, 25c.**

PRINCIPLES OF CURE—This pamphlet refers to the principles of cure regarding disease in general rather than any disease in particular. It shows how the **pain-killers**, that is the drug merchants in the medical profession, are not **pain curers**, as the re-currence of the same pain after it is supposed to have been killed by the drugs is sufficient proof that their ministrations are prescribed on an utterly false basis.

The natural methods of cure are exalted by the author and rightly so, for his argument is that food, air and environment, should be of the proper quality and quantity to reinforce particular treatments for the rejection of effete matter from the diseased organism. Is it not ridiculous beyond conception to suppose that an allopathic physician by means of a few drugs can cure a disease that is brought about, is propagated, and will continue to be propagated, by a starvation diet in a congested tenement where the sleeping rooms never see the light of day! It is futile to attempt to treat diseases while such conditions remain to neutralize curative efforts. It is only the Naturopath that points out this tremendous necessity in the cure of disease, that the environment, as well as the other conditions of health prescribed by them, should be in harmony with Nature's efforts to produce sound bodies. **Price, 25c.**

NOTE—Consequent to the death of Dr. Reinhold, his widow took up her residence in California, and shipped thither all the remaining stock of her husband's books. The particular car on which the books were sent got mixed up in a railroad wreck, and it was eight months before she could recover the books which were finally delivered to her. In the meantime she was obliged to refuse orders for over 300 copies of these books, so great was the demand for them, in some cases five dollars being offered for a publication that sold for only half the price. Mrs. Reinhold has received hundreds of letters praising the books. Dr. A. M. Morrison, a Nature Cure practitioner of Los Angeles, at recent graduation exercises in his school, said that "Dr. Reinhold was one of the bravest and most intellectual souls he had ever met, and he prized his books next to the Bible—without exception."

We take pleasure in announcing that we have purchased all of the stock of Dr. Reinhold's works that has remained in his widow's hands amounting to about 300 copies. There are now no other copies of these books to be obtained anywhere save from ourselves, and this element of rarity enhances their value. No damage has occurred to the contents of any pamphlet, but a certain antique sentiment attaches thereto by reason of the fact that, as these pamphlets will never be republished and have undergone great danger of destruction, they will be prized as Souvenirs of a great Naturopath, worthy of a shrine in the library of every drugless physician.

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BOOKS ON MENTAL SCIENCE

We have been fortunate in securing a consignment of rare books on metaphysical subjects by the late Mrs. Helen Wilmans, her late husband C. C. Post, and W. J. Colville, the Astrologer, that were published by the International Scientific Association of Sea Breeze, Fla., the home of Mrs. Wilmans Post since she came into fame as a writer and lecturer on Mental Science. We give a review of the individual books herewith.

THE CONQUEST OF POVERTY. *By Mrs. Helen Wilmans*—

This book is an autobiographical account of how the author rose from abject poverty to wealth by Mental Science. Discovering that thought when positive, is all compelling; but when negative, it has no power, she applied this knowledge in dealing with others and was successful. She came to know that the thing one believes he can do, he **can** do. This produced an opulent frame of mind that favorably impressed every one with whom the author came in contact. She proved that she was as she believed. By degrees she came to know that besides being an economic force, thought is also a healing force.

Thought is the world builder—it builds health as well as wealth. Her husband took sick with consumption. Christian Science was invoked, but its negations could do nothing, and she resolved by the power of positive thought she would not let him die. In that resolution, the movement known throughout the world as Mental Science was born. Her husband recovered, and she began to write a series of lessons on Mental Science and began to grow rich on the fees demanded for such lessons. From Chicago, the author and her husband finally located themselves at Sea Breeze, Fla., where they built a home on the ocean front under stately palms and, later, the Colonnades Hotel. The tide of wealth began to roll into their lives, its source being simply an overmastering desire for money to banish the fear of poverty. The author studied the law of accumulation that governs wealth. The law is to seek steadfastly the kingdom of heaven within us and not primarily wealth, which is simply one of its externals, and as such only dead matter. The weakest man has within him the powers of a god if he only will develop them. Man's innate mental opulence draws to it material opulence, but seek first the righteousness of mental opulence and all other kinds of opulence will be added thereto.

Life carries with it problems without number. One great problem, poverty, cannot be adequately solved if the victim feels constrained to be pessimistic, for without optimism, how can we even hope to gain the better side of life with its munificence!—Price, postpaid, in cloth, \$1.10; paper cover, 75 cents; special cheap paper, 55 cents.

THE LAST ENEMY TO BE OVERCOME IS DEATH.

By Helen Wilmans—The burden of this pamphlet is a startling prophecy that death, physical death, is to be vanquished. The words of Paul, referring to the spiritual death, are taken literally. Vital power is accumulating on the planet; every year adds to the aggregate length of human life. In each generation death retreats a little farther back; in each generation it is hated and dreaded more and more. Vitality is the enemy of death. Vitality overcomes disease. Vitality is life. The author was born with more life than usual. Mental Science is itself a token of the constantly increasing vitality now sweeping through all the avenues of existence, of the personal ability to overcome every form of disease, and even of old age and death.

The professors in the laboratories will not find an elixir of life; the vital power is expressed in thought. This is the faith of the author that the more intelligent in the scale of being a man is, the more deathless he is. It is in the generation of New Thought that the coming vitality expresses itself. The generation of new thought is the generation of new vitality. Medically speaking, the new thought is challenging the old beliefs in the power of disease, old age and death. And these old beliefs are answering—not by argument, not with reason, but with blows, the weapons of ignorance. This method of answering is fatal to themselves; it is exposing their weakness more and more, and is gradually dissipating the power heretofore accorded them in human belief. Their doom is certain. The newer thought of Naturopathy, the belief in the power of Nature's forces, the forces of hydropathy, heliopathy, electropathy, mechanopathy, air, diet, exercise, massage, fasting and sleep, as opposed to the poisonous thoughts of pills and potions, of serums, inoculations and vaccines, poisons deliberately injected into the living tissues, is a mighty truth for the hope of the efficacy of these forces, and a sure prophecy of their fulfilment.—Price, prepaid, 25 cents.

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The author gives a long account of her life as a child, of how she was the nurse of the family, of her experiences at a religious school where she beat one of the teachers and was put into a dark cell for a week. She describes her two offers of marriage which she declined before marrying a doctor who afterwards became a farmer in California, and of the drudgery of cooking for 24 hired men, in addition to other distressing duties.

"Marriage," she says, "is slavery to both husband and wife all the world over. It is only a stepping-stone to the real, the true, the divine marriage. In this higher marriage the sex interchange will continue, but under the control of the intellect." Her statement is cryptic. She gives further light on the subject as follows: "The sex relation is even now in process of evolving to a higher grade than the mere begetting of children—namely—the quickening into active life of a world of vital intelligence, so high, and fine and potent, that we may not now even guess its power."

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She deprecates "ordinary animal marriage." Her husband was a failure as a farmer. She tried to find comfort in religion but got into a discussion with some preachers who frequented her house, who could not assure her that her babies and other peoples' babies would be saved should they die before being able to exercise faith in salvation, and so be lost everlastingly in the tortures of an Orthodox hell. She called them cold-blooded sneaks, satisfied to eat, sleep and wear fine clothes, when nine-tenths of the people are on the down grade, sliding into hell. She told them to get out of the house, and threw their umbrellas, hats and canes out of the door, in advance of their going. It was at this moment that she "got rid of her religion."

We are not endorsing Mrs. Wilmans' emancipation, but simply outlining the story of her life. Her husband, while not at all religious, gave her no sympathy. He simply piled more work upon her. He has discovered a vein of quicksilver and she had now to cook for a gang of miners as well as for the farm hands. He regarded her as a machine to run day and night.

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TOPICS OF INDISPENSABLE IMPORTANCE

A HISTORY OF THEOSOPHY. *By W. J. Colville—*

Considerable confusion exists in the average mind of those who have given any thought to Theosophy as to what it is really all about, because of the varying opinions held by the devotees of the cult, but in the present work by Mr. Colville, in addition to tracing the history of the philosophy from ancient times to the present, he has made a successful attempt to correlate the varying dogmas into one coherent expression of theosophic truth. The word *theosophia* means Divine Wisdom, and, says the author, "to the Theosophist, God is the inmost life of man." He further quotes Prof. Ditson, who says, "We shall enter no Supreme Presence greater than man." The conclusion we arrive at is that man is deity, and that theosophy is a worship of this deity. Theosophy is one with Mental Science when it asserts that "the individual human soul contains within itself the latent ability to build and govern planets, but this concealed energy is only rendered available in the field of use through a long process of evolutionary development."

This then is the secret of theosophy; it is a bold assertion that man is a god. As a philosophy we are told that it is a modern incarnation of ancient Buddhist teaching of which the Mahatmas and adepts are apostles and holds the same doctrines of Karma and Reincarnation. But Mr. Colville traces theosophy to still more archaic sources, to the ancient Egyptians and to far earlier races of mankind, to races of commanding mentality that antedated prehistoric man, to fabulous eras when the gods were god-like men of superior achievements even to the Egyptians. The stupendous magical achievements attained by highly-developed individuals in Hindoostan, Ceylon and Thibet lend color to this claim that man is a veritable deity.

Speaking in the language of our author, theosophy is not the private property of any religion, or cult, but is the soul of all systems of religion, the outer tenets of which are scarcely more than veils thrown over the interior meaning.

Theosophy may be regarded as Buddhistic New Thought, as the renaissance of the old idea that man is a spark of universal existence, now fully equipped with the modern conception of Democracy that the All-Highest is I, Myself.

This certainly is Mental Science *in excelsis*. The ultimate conclusion of this philosophy is that not merely a few of us, but all of us, possess the Divine right to be gods, or at least imperial dignity.

This is a long step from the idea that "no one oversteps the narrow limits of humanity," or that, "we are all miserable worms of the dirt." Somewhere between these two extremes of opinion the truth lies hidden.

Just how far the reader will coincide with the transcendental speculations of the author will depend entirely on the quality of his mind and his own moral and religious experiences. Theosophy is certainly a very tolerant philosophy. "Let us not," says the author, "call each other idolators heathen, pagans, sinners, outcasts, or apply any opprobrious epithet to any. Let us make the Golden Rule our guide of practice."

This compendium of theosophy both as a history and as an exposition of its cardinal principles, is one of those books every educated man should have in his library, whether he believes in the teachings of the cult or not. While it is claimed that "theosophy knows absolutely nothing of slavish dependence upon an outside deity, who desires glory from men and threatens with everlasting misery all who abstain from offering incense at the shrine of this majestic potentate," yet there is a vast fund of religious truth contained in the volume, and many most recondite and marvelous speculations regarding the miracle of man and his destiny, such as might be expected from an assiduous worker in the great quarries of transcendental philosophy that are our inheritance from the wise men of a far-off time, the products of the terrifying Oriental imagination struggling with the vast problems of Life and Death.—Price, postpaid, \$1.60.

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Ein für den beruflichen Praktiker der Naturheilmethoden, sowohl wie für den Hausgebrauch gleich wichtiges und nicht zu entbehrendes Werkchen, in welchem die den Pflanzen inwohnenden Heilkräfte in gedrängter Form zusammengestellt sind. Dieses Büchlein ist ein in des Wortes vollster Bedeutung getreuer Ekhard für jedermann in seinen tausend Leiden des Alltags, ein freundlicher und hilfreicher Berater in allen jenen Fällen, in denen mangelnde Zufuhr von Nährsalzen das Blut des menschlichen Körpers schwach und widerstandslos werden lässt; statt eines natürlichen Bekämpfers der sich im Körper aufspeichernden schlechten Säfte und Gifte, wird das Blut kraftlos und somit zum Bundesgenossen der sich im Organismus mehrenden zerstörenden Elemente. Einen unschätzbaren Vorteil gewinnt das Büchlein dadurch, dass es von den verschiedenen Kräutern sehr exakte Abbildungen bringt, denen kurze botanische Bemerkungen beigegeben sind. Die Gebrauchsanweisungen der einzelnen Kräuter in den in Betracht kommenden Fällen, zeichnen sich einer wohlthuenden Klarheit aus. Preis 50 Cents; portofrei 52 Cents.

ERFOLG DER OSTEOPATHIE. Von Elbert Hubbard —

In der Geschichte der Naturheilkunde hat in neuerer Zeit die Osteopathie zweifellos eine bedeutsame Stellung sich erobert, besonders in den Vereinigten Staaten, wo sie heute über eine bemerkenswerte Anzahl von Anhängern und Praktikern verfügt. Geschichtlich ist sie freilich leicht auf die in Deutschland bekannte wissenschaftliche Massage und Mechano-Therapie, Ortopathie zurückzuführen, deren spezifischen Charakteristika der Osteopathie eigen ist. In ihrer modernen Ausübung ist die Osteopathie vielfach ausgebaut und hat zum Begründer, Andrew Taylor Still, ursprünglich ein Landarzt, der im Mittelwesten durch manuelle Behandlungen bei vielen Kranken und Krüppeln Heilerfolge erzielte, und einen bedeutenden Namen erlangt hat. Ohne Zweifel verdient die Osteopathie Anerkennung als Hilfswissenschaft der **Naturopathie**, die ja auch Hydro- und schleimlose Diät als Hilfsmittel zur Erreichung von Heilerfolgen bezieht. Die vorliegende Schrift gibt einen Rückblick über die Entstehung der Osteopathie und dürfte viele Interessenten finden. Preis 25 Cents.

DIE KNEIPPKUR. Von Pfarrer Sebastian Kneipp —

Als unbedeutender und unscheinbarer Webergelinde, den Armut stets zu Gelderwerb zwang, zur baren Lebenshaltung, strebte der nachmalige Prälat Sebastian Kneipp unablässig danach, in den Priesterstand zu treten. Ein glücklicher Zufall wollte, dass der junge Sebastian auf seiner Wanderschaft einem Manne begegnete, der ihm Gelegenheit gab, seinem innigsten Ziele einen Schritt näher zu kommen, indem er nun in die Schule gehen konnte. Mit einem wahren Heisshunger stürzte sich der künftige Pfarrer auf das Studium, sodass er nach dem Absolutorium des Gymnasiums zu Dillingen (Bayern) sich selbst kaum mehr erkannte; aus dem einstigen frischen, robusten Webergelinde ward er ein siecher, kranker Mann. Die Aerzte konnten ihm nicht helfen und das Ziel schon in Reichweite, sah er seine Zukunft schwinden. In diesem Stadium fiel ihm Hahn's Buch über die Wasserheilkunde in die Hände, nach welchem er sich einer Wasserkur anvertraute und das mit dem besten Erfolge. Dieser Wasserbehandlung blieb er von nun ab zeitlebens treu; diese half ihm über die nächsten Jahre emsigen Studiums in München und Dillingen. In Woerishofen liess er sich schliesslich als Pfarrer nieder, wo er die Wasserheilkunde ausbaute und kräftige Propaganda für eine natürliche Lebensweise machte. In Woerishofen auch hinterliess er sein schönstes Monument, eine Kuranstalt nach ihm benannt, die jährlich tausenden und abertausenden Linderung bringt. Pfarrer Kneipp starb am 17. Juni 1897 in einem Alter von 77 Jahren.

In dem vorliegenden Büchlein sind für alle Krankheitsfälle rasch wirkende Hilfsmittel angegeben, die besonders für den Hausgebrauch berechnet sind. Dieser Ratgeber sollte in jedem Familienheime anzutreffen sein. Ein Ergänzungsbüchlein stellt das Heftchen „Kneipp's Thee“ dar, das in kurzer, jedoch klarer Weise die Zubereitung der verschiedenen Kräutertees anweist und von hervorragenden bildlichen Darstellungen der einzelnen Kräuter begleitet ist. Diese beiden Büchlein sind in der gedrängten Form der Lebensarbeit Pfarrer Kneipps, und zum Preise von je 25 Cents portofrei erhältlich. Beide zusammen für 40 Cents portofrei.

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PRACTICE, THERAPEUTICS, SERUM, VACCINE AND HYDROTHERAPY

Durch Fasten und Diät zur Gesundheit

KRANKE MENSCHEN. Von Arnold Ehret — Wie eine Offenbarung

der höchsten und letzten Dinge über des Menschen irdischen Dasein in physischer Vollkommenheit, in göttlicher Harmonie mit den Naturgesetzen, unnahbar und trotzdem allen Anfeindungen alltäglicher Krankheiten und Leiden, wirkt die Lektüre dieses grundlegenden Werkchens, das, auf dem Pfade des Altmeisters der Natur- und Fastenheilkunde, Louis Kuhne in seiner "Die neue Heilwissenschaft" wandelnd, in seinem Author und dessen Erfahrungsschule und Lebenspraxis die schlagendste Illustration findet. Noch als Zeichenlehrer an der Oberrealschule zu Freiburg in Baden, litt Ehret an einem chronischen Nierenleiden, verbunden mit hochgradiger Nervenschwäche und Herzaffektion, gegen welche die medizinische Wissenschaft nichts auszurichten vermochte und unter deren Hilfsversuchen der Kranke keine Fortschritte machte, vielmehr seinem Ende entgegen zu gehen drohte. Der Lebensfunke in ihm glühte indes noch stark genug, um einen Heilversuch auf eigene Faust durch eine Fastenkur zu unternehmen, die ihm schliesslich in der Tat wiedergesunden liess. Damit war in ihm der Grund zu weiteren Forschungen auf diesem Gebiete gelegt. Mit einer hervorragenden Intuition und Deduktionsbegabung ausgestattet, spürte er den Geheimnissen der Zellenmaschine des menschlichen Körpers nach, und gelangte solcherart zur Kenntnis der den Gang derselben störenden Elemente. Die Schleimbildung und der Schleimgehalt im menschlichen Körper durch missverständnisse und irrtümliche, durch Tradition festgewurzelte Ernährungsweise, ist nach Ehret das Alpha und Omega der hundert und tausend täglichen Krankheiten, die die Menschheit foltern und martern, die aber durch eine intelligente Ernährungsweise ganz von selbst ausscheiden würden. Seine Theorie geht dahin, dass gekochte Kost unserem Körper keine zellbildende, blutstärkende Elemente zuführt, vielmehr als zelltote Nahrung in unserem Körper, vornehmlich schleimerzeugend wirkt. Auf dieser Grundlage tritt der Verfasser für den Genuss von Obst und Pflanzen aus der „Sonnenküche“ ein. Hand in Hand damit empfiehlt er regelmässiges Fasten, das den Körper von allen Säften und Schleimhäufungen befreit. Diesen Erkenntnissen folgend und sie in die Tat umsetzend, demonstrierte Ehret durch ein 49 Tage währendes Fasten, mit nur zehn darin enthaltenen Dursttagen, dass rationelles Fasten durchaus keinen Kräfteverfall herbeiführt, noch das Körpergewicht dadurch permanente Einbusse erleidet.

Von dem Standpunkte ausgehend, dass Krankheit nichts anderes ist als ein chemischer Zerfall, eine Zersetzung der Eiweisszellen, gibt Ehret folgende exakte Definition: „Krankheit ist ein Gährungs- und Fäulnisprozess von Körpersubstanz, oder von überschüssigem Nahrungsmaterial, das sich im Laufe der Zeit, namentlich in den Verdauungsorganen angesammelt hat, und als Schleimausscheidung in die Erscheinung tritt“. Es liegt auf der Hand, dass dieser Vorgang von negativen Düften begleitet ist, während die Natur dem Leben und der Entstehung neuen Lebens Wohlgerüche, also positive Düfte verleiht, wie zum Beispiel in diesem Sinne die Blütezeit der Pflanzen zu erwähnen wäre.

In dem Schlusskapitel beschäftigt sich das Werk mit dem Tod, gegenüber welchem der Author als Ursache die Maxime aufstellt, dass derselbe eine Krisis darstelle, in welcher der Körper noch eine letzte Anstrengung mache, Schleim auszustossen, ein letzter Kampf der lebendigen, lebenserhaltenden Zellen gegen die erstorbenen und tödenden Leichengifte; der Sieg der letzteren bewirkt naturgemäss eine Verstopfung und Lähmung der Zirkulationskanäle des Blutes, und somit auch des Herzens. Die Publikation in ihrer Gesamtheit ist ein monumentales Werk, dem die flüssige, leichte und doch schönheitsstrunkene Sprache, eine starke Ueberzeugungskraft, einen besonderen Adel verleiht. Der ursprüngliche Beruf, dem der Author angehörte, bürgt für den ästhetischen Wert des Buches. Eine höchst empfehlenswerte Lektüre, nicht nur, wie der Titel vielleicht besagen könnte, für kranke Menschen, sondern auch, und das besonders, für die Gesunden, die daraus viele Lehren für die Erhaltung ihrer Gesundheit ziehen werden. **Preis in Englisch oder Deutsch 50 Cents; portofrei 52 Cents.**

Ein weiteres Buch von Arnold Ehret, „Gesunde Menschen“, als Gegenstück zu „Kranke Menschen“ ist schon geschrieben und erscheint in Kürze.

GESUNDHEITSPFLEGE UND NATURHEILKUNDE.

Von W. Siegert — Der Verfasser bezeichnet die Schrift selbst als ein Mahnwort, das besonders an die Mutter gerichtet ist und gibt ihnen darin Anregungen, wie sie am Besten alle Krankheitskeime von ihrem Heime fernhalten können, oder in Krankheitsfällen auf Grund der Naturheilkunde schnelle und nachhaltige Heilung zu erzielen vermögen, ohne die kranken Organe erst durch Medizin zu beschweren und deren Zustand dadurch zu verschlimmern. Kurz gesagt ist diese Publikation eine Einführung in die Begriffswelt der Naturheilkunde, die fortschreitend neue Anhänger gewinnt und als die Aertzin der künftigen Menschheit berufen ist, wenn erst einmal die Schäden der medizinischen Behandlung weitesten Kreisen bekannt und von diesen erkannt werden. **Preis 25 Cents.**

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Systematische Krankheitsbehandlung

DIE NATURHEILKUNDE BEI TIERKRANKHEITEN.

Von H. E. Lahn, M. D. — In Erweiterung der Schrift „Maul- und Klauenseuche und die Naturheilkunde“, das sich an die Landwirte wendet mit Fingerzeigen, wie sie den von ihnen gepflegten Tieren das Höchstmass von Wohlbefinden angedeihen lassen können. Und in der Tat füllt diese Schrift angesichts der vielerorts als unfähig angesehenen Behandlungsweise der Zahnmedizin eine recht fühlbar gewordene Lücke aus. Dieses Büchlein beweist, wie nahe das Tier der Natur steht und wie in Krankheitsfällen dem Tiere nur durch natürliche Hilfsmittel in kurzer Zeit volle Gesundheit wiedergegeben werden kann. Kein Landwirt sollte dieses Büchlein missen. **Preis 25 Cents; portofrei 28 Cents.**

DIE POCKEN. Von Oberst a. D. Spohr

— Mit dieser Broschüre, deren Inhalt sich auf Untersuchungen der Pockengeschichte bis ins 17. Jahrhundert stützt, bringt der Autor gegen das noch heute geübte Impfsystem ein erdrückendes Beweismaterial, das in seiner lückenlosen Geschlossenheit nicht mehr und nicht weniger als ein Todesurteil dieses nur Unheil stiftenden Aberglaubens darstellt, dem die Mediziner in unverständlicher Weise noch huldigen. Auf Grund zahlreicher Erfahrungen, die Spohr während des Krieges 1870—71 an seinen eigenen, an der Front stehenden Leuten gemacht, tritt er den Beweis an, dass die gegen Pocken gebrauchte, künstlich hergestellte Lymphe alles andere, denn ein hinlängliches Schutzmittel ist, vielmehr den Grund zu einer Reihe anderer Krankheiten wie Skrophulose, Tuberkulose, etc., legt. Die für die verschiedenen Pockenfälle und deren Begleiterscheinungen gegebenen Verhaltensmassregeln werden von jedem Pockenkranken mit Erfolg angewendet werden, und ohne Zuflucht zu dem den Organismus im übrigen noch mehr gefährdenden Impfen zu nehmen, Heilung finden. **Preis 15 Cents; portofrei 18 Cents.**

DER LEHM ALS HEILMITTEL. Von Fritz Anliker

— Der Erde Energien und Kräfteausstrahlungen sind in der intensivsten Form im Lehm konzentriert, ein Faktum, das der Menschheit schon lange bekannt und dessen sie sich bei Krankheiten der Tiere schon seit langem bedient. Der Schluss, dass die Eigenschaften des Lehms auch gegen menschliche Krankheiten von heilbringender Wirkung sein müsste, liegt deshalb nahe, und doch ist seine Anwendung in diesem speziellen Sinne verhältnismässig neueren Datums. In dem vorliegenden Büchlein hat Fritz Anliker die Applikation von Lehmumschlägen auf Grund seiner reichen Erfahrungen für die verschiedensten Krankheitsfälle, systematisch ausgearbeitet. In allen seinen Vorschriften legt der Autor absolute Prinzipientreue und bedingungslose Gefolgschaft der Naturheilmethoden an den Tag, indem er an einer Stelle sagt: „...Mit dem Lehm müssen aber auch die anderen natürlichen Heilfaktoren, wie Wasser, Luft, Sonnen- und Dampfbäder, Massage, Pflanzen- und Fruchtkost und Enthaltsamkeit des Alkohols mitwirken...“ Die zitierten, zahlreichen Behandlungsfälle illustrieren die Wirkung der Lehmanwendung auf das Eindringlichste. **Preis 50 Cents; portofrei 52 Cents.**

PHILOSOPHIE DER MENTALEN POTENTIALITÄT IM MENSCHEN. Von Johannes Heininger, D. D., Ph. D.

— In diesem Büchlein spürt der Verfasser den geheimsten Seelenregungen nach, deren Entstehen und Wirkungen der göttlichen Macht im Menschen zuschreibend. Fromme Denkungsweise gepart mit scharfer Logik geleiten Dr. Heininger hinab in die tiefsten Tiefen des mysteriösen menschlichen Herzens, alles Kantige und Eckige darin glättend oder aufdeckend. Nach einer gesonderten Definition der Begriffe, Subjektivität und Objektivität des „Minds“ (oder Lebens- und Seelengeistes), gelangt der Verfasser zur Deduktion des Willens, der auch den Gedanken kontrolliert mit all seinen magnetischen und elektrischen (Vibration, Radiation und Strömementwicklung) Eigenschaften, die Gedanken in sechs Klassen einteilt und deren Vollkommenheit, schliesslich das Herz oder die Schatzkammer der Gedanken darstellt. Eine Seelenstärkung für jeden Leser ist die Ueberleitung des Begriffes von Leid und Schmerz, in den Begriff der göttlichen Harmonie, die dem Kranken das Leiden erleichtert, den Sterbenden mit den Worten „Soli Deo Gloria“ Abschied nehmen lässt. **Preis 25 Cts.; portofrei 28 Cts.**

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Unter diesem zusammenfassenden Namen gelangte in diesen Bänden eine unerschöpfliche Menge des Wissenswerten und des Unentbehrlichen zur Veröffentlichung. Alles, was mit der Naturheil-methode in Beziehung steht, gelangt hier zu Worte und gibt diesen Bänden solcherart den Charakter eines umfassenden und gediegenen Lehrbuches, dessen keiner, der in dieser Wissenschaft tiefer zu forschen bestrebt ist, entbehren kann. Theorie und Praxis sind darin in harmonischer Weise gepaart und eröffnen besonders dem Lernenden grosse Perspektiven. Diese Bücher können gar-nicht genug empfohlen werden. **Broschürt per Jahrgang 12 Nummern \$2.00; gebunden \$3.00 portofrei. Einzelheft 25 Cents; 3 Hefte zusammen 50 Cents; 10 Hefte zusammen gemischt, jede Nummer verschieden, \$1.25 portofrei.**

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Diese Bücher stellen ein geradezu voll-kommenes Kompendium der speziellen Kneippsachen dar, die in zahlreichen Abhandlungen von den verschiedensten Standpunkten aus beleuchtet sind. Eine Unsumme von Forschungen und prak-tischen Erfahrungen auf diesem Gebiete sind darin niedergelegt, denen der Ver-lauf der Jahre seit ihrer ersten Veröffentlichung nichts an Frische nehmen konnte; deren Lektüre vielmehr in uns das Gefühl erwecken, als wären diese Aufsätze erst gestern in Druck gegangen. **Broschürt kostet jeder Jahrgang von 12 Heften \$2.00; gebunden \$3.00. Probeheft 25 Cents. 10 Hefte alle ver-schieden, unserer eigenen Auswahl \$1.00 portofrei**

DER HAUSDOKTOR —

Wenn die Naturheilmethode in den Ver-einigten Staaten zu einem Ansehen gelang, so ist das in erster Linie ein Verdienst des „Hausdoktors“. Unablässig, mit zähem Eifer, geboren aus der Methode innewohnenden Ueberzeugungskraft, focht und kämpfte er seit dem Jahre 1889 und noch heute steht er als Riesiger Knappe in glänzender Rüstung auf dem Schlachtfelde, das er nach so manch hartem Strauss gegen Intrigue und offene böswillige Anfeindungen siegreich behauptet.

Die im Laufe der Jahre im „Hausdoktor“ erschienenen Artikel sind durch-wegs von einem bleibenden Wert und der Verlag hat deshalb die Einrichtung ge-troffen, jeden Jahrgang zusammengeheftet Interessenten zu liefern. Es bilden dieselben eine Fundgrube von Ratschlägen und Anregungen für den Laien, sowohl wie für den Studierenden und ausübenden Heilpraktiker. Die Hefte dürften in keiner Hausbibliothek fehlen. **Preis per Jahrgang, 12 Hefte, broschürt \$1.00; portofrei \$1.25. Laufendes Abonnement \$1.00. Probenummer 25 Cents.**

GESUNDHEITSKALENDER für Freunde der Kneipp-Kur und Anhänger der Naturheilmethode. Von Dr. B. Lust —

Von diesem praktischen Ratgeber sind nur die Jahrgänge 1899, 1900 und 1901 erhältlich, die keiner, der mit der Naturheilkunde in irgendwelcher Weise in Be-ziehung steht, sich entgehen lassen sollte. Das Lektürenmaterial in diesen Bänden ist von auserlesener Gediegenheit und von eminent praktischem Werte. **Preis per Jahrgang, broschürt 50 Cents portofrei; die 3 Jahrgänge zusammen \$1.10 portofrei; gebunden, per Jahrgang \$1.00; die 3 Jahrgänge zusammen, ge-bunden, \$2.75 portofrei.**

ÜBER ZWECK UND WESEN DER NATURHEIL-KUNDE. Von A. Uhlig —

Eine im aufklärenden Sinne herausgege-bene Werbeschrift, die sich an das grosse Publikum wendet. Bescheiden und anspruchslos für sich selbst, versucht diese Schrift, den Leser in das Wesen der Naturheilkunde einzuführen und bringt zu diesem Zwecke eine gedrängte geschichtliche Uebersicht dieser heute zu einer mächtigen Organisation gereiften Bewegung, die viele Hunderttausende von Men-schen zu einer Gemeinde zusammengefügt hat und wachsend stets neue Anhän-ger findet. **Preis 5 Cents.**

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BOOK REVIEW

APYRTROPHY DEFINED AND ITS AXIOMS

APYRTROPHY is the science that teaches the gospel of physical righteousness through intestinal cleanliness for perfect health, inclusive morality and happiness by means of feeding on natural unfired food, for which Dr. Drews gives the following axiomatic reasons, i. e.:



Dr. George J. Drews

That all natural unfired food can be so daintily prepared, so scientifically combined and elegantly served, that it appeals favorably to the palate and aesthetic nature of cultured man without reducing its wholesomeness;

—that primitive man thrived and developed in the absence of the culinary artifice which degenerates miscultured man;

—that a little knowledge of inorganic chemistry applied to organic chemistry is a dangerous thing;

—that organic chemistry is perfect, and that only misinformed man tries to improve on it to his detriment and sorrow;

—that God in the vegetable kingdom cooperates with God in the animal kingdom for mutual benefits;

—that all unfired esculent green leaves and roots can never produce auto-intoxication and its sequent diseases, because they do not ferment in the alimentary canal;

—that unfired nuts and cereals do not ferment when not combined with liquids other than saliva;

—that unfired fruits may ferment in the alimentary canal, but without producing any sequential diseases outside of the temporary distress;

—that the product of the yeast germ and other bacteria is almost harmless, when produced from unfired food, than the paralyzing toxins produced from fired food;

—that unfired-fooders need not fear germs and bacteria; because to them they

are a part of Nature's beneficent plan, for germs only become a source of danger when their nutrition is derived from fired food;

—that the yeasts and disease bacteria are all scavengers and thrive only on wastes and fired foods;

—that cooking prepares all food for the invasion of yeast germs and other poison-producing bacteria, and that the surplus of digested and absorbed fired food becomes the soil for all disease bacteria;

—that fired food can not be made normal by digestion, for it retains its abnormal character similar to waste in the blood stream and tissues, and this then becomes the food for the bacteria of diseases;

—that the high temperature which the fired food has been subjected to, has so changed the relation of many organic, basic and acid elements, that they have become inorganic and useless to the normal functions of the tissues, which then become engorged with wastes, and starve for want of proper elements;

—that, as the fired food ferments and decays in the alimentary canal, it produces toxins which not only paralyze the nerves of peristalsis, but also the functional nerves of all the glands within reach, and when these toxins reach the nerves of the heart, instant death is the result;

—that the toxin of fermentation so irritates the nerves of procreation, that it unbalances, even perverts, the sense of procreation, and in the female this irritation finally results in the total paralysis of the procreative function known as menolipsis and menopause. It is estimated that on an unfired diet, which does not produce toxins, that the average normal women should retain their menses till they are at least sixty years of age. There are women on record who have retained their menses up to seventy. The author personally knows a woman who, after a careful selection of her diet, regained her menses at sixty;

—that the troph who prepares unfired food for the table does not need to worry about cooking or baking, nor suffer from the heat or smoke involved; nor is the house-fly attracted by the odor of fresh fruits, roots or nuts, and even honey does not attract the fly unless it is diluted and allowed to sour;

—that in the northern winter the windows of the apyrtropher do not freeze up with ice;

—that the unfired diet saves the fuel expense for cooking and baking;

—that a sumptuous unfired fare may cost as much as the most costly vulgar fare; but a simple, wholesome, unfired fare, need not cost half as much as the cheapest fired fare;

—that the unfired food does not cause the body to have an offensive odor, nor are the feces and flatus offensive.

Apyrtrophy is also the basis of trophotherapy—the science that teaches how wholesome, unfired food can be used specifically as a means to cure diseases; and further,

—that unripe fruits only irritate (in a curative attempt), intestinal surfaces that are inflamed from the use of flesh and salt;

—that distress experienced after eating a new (generally wholesome) unfired food, indicates its eliminating properties, and that it is acting on some taint of disease;

—that every new, wholesome, unfired food in its season may manifest curative activities if a taint of disease, upon which it can act, is present, before the system uses it as nutrition;

—that all unfired esculent leaves and roots have curative properties and also tone the blood with alkaline elements, and that fruits and nuts balance the alkalinity produced.

Apyrtrophism is the doctrine and practice of living on unfired food for gaining and maintaining perfect health, keener joy of living, clearer mind, prolonged youthfulness and less drudgery for the troph who prepares the wholesome fare, as set forth by Dr. Drews in the year 1909, in his treatise on "Unfired Food and Trophotherapy."

* * *

UNFIRED FOOD AND TROPHOTHERAPY

By George J. Drews, Al. D., D. C., N. D.

Those who eat to live will be gratified to know that a new work has been published, devoted to extolling the virtues of unfired food, which combines a minimum of trouble in preparation, with a maximum of benign, alimentary content. The author is an enthusiastic devotee of latter-day manna as it comes from the hand of nature, which he strongly recommends not only to the healthy, but to those suffering from physical ailments, as an effective method of restoring youthful vitality, strength, endurance, courage, will-power and resistance.

He regards disease as caused by the fermenting of cooked food in the digestive tract and this fermentation paralyses the nerves that control the peristaltic contractions of the intestines, thus causing constipation and its attendant ills. This poison also penetrates to the nerves of the heart, lungs, liver, pancreas and kidneys, and especially to the organs of pro-creation, limiting, or suspending, their functions, and being, in fact, the source of all disease.

This argument is built up with great force, and man's natural foods are shown to be the fruits, succulent herbs and roots, nuts and cereals, which in their natural (unfired) form appeal to the unperverted sense of alimentation.

There is a comparison between the food values of unfired and fired food products to the disadvantage of cooked foods. Original recipes are given for apyrtrophic drinks, soups, salads, cakes and breads, sauces, desserts and dressings. The "return to nature" is absolute both as regards everyday alimentation, and the quality of natural foods as a remedy for disease. The work is a complete exposition of Trophotherapy. Price, in cloth \$3.15, postpaid. The Nature Cure Publishing Co., Butler, New Jersey.

* * *

A THOUSAND WAYS TO PLEASE A HUSBAND, WITH BETTINA'S BEST RECIPES

By Louise Bennet Weaver and Helen Cowles LeCron. Britton Publishing Co., 354 4th Avenue, New York.

A thousand books have been written on the art of cooking, ranging from the pretentious preparation of royal banquets to the democratic makeshifts of a chafing dish. These contain very formal, cut-and-dried instructions, conventional to the last degree, but it has remained for the authors of this book to approach the subject of cooking from the human standpoint, and let us see and feel the romance that is hidden in the subject.

When we consider that cooking and humanity are inseparable companions, we wonder why the human standpoint has not hitherto been exploited. There is no function in life that involves sociality to such a degree as people taking dinner together, and the joys of eating dainty viands can be extended to the art of preparing the menu, as any enthusiastic young bride will readily admit.

We are introduced by the authors to two dear friends of theirs, Bob and Bettina, who are just married, and who are healthy enough, young enough, and hungry enough to enjoy the gustatory delights that Bettina's fair fingers create. This attractive young couple occupy a nice house and are in fairly good circumstances, and the story of Bettina's dietetic triumphs for a whole year make the reader's mouth water to taste her dainty handiwork. We would give a good deal to be a guest at some of Bettina's luncheons, teas, porch parties, or motor picnics, not to speak of her Fourth of July, Thanksgiving and Christmas Day dinners.

The rose-colored lights of romance in the story conceal a serious purpose, that is, to give instructions how a thousand dainty,

practical menus can be realized, with such ability as any enthusiastic bride, with just a touch of the artist about her, can easily prepare for the delight of her Bob and their mutual friends.

The book is handsomely bound and decorated with numerous illustrations showing Bettina engaged in cooking or admiring her pies and preserves, with Bob as a delighted onlooker. Price, cloth, \$2.00. For sale by The Nature Cure Publishing Co., Butler, N. J.

* * *

ZONE THERAPY SIMPLIFIED

By Dr. J. S. Riley

Zone Therapy is a new and unique method of treating the ordinary ailments of humanity by means of pressures and manipulations of the fingers and tongue, and percussion on the spinal column, according to the relation of the fingers to certain zones of the body where the offending organs of the body are located. Zone-therapy is not mechano-therapy, nor in part chiropractic, nor yet a system of counter irritants, but is an absolutely new departure in therapeutics. The booklet that explains the rationale of this unique process of cure is accompanied by a chart showing the subdivision of the human figure into some ten longitudinal sections.

These zones were suggested by the five fingers on each hand. Lines are drawn along the centre of each finger, from the tips thereof to the shoulders, where such lines meet, and merge into similar lines drawn from head to foot, so that each half of the figure is divided into five zones, each indicated by the line being drawn along the center thereof.

Both halves of the figure are similarly mapped out, so that the whole ten fingers of both hands dominate the entire ten zones of the whole figure.

It may appear that so arbitrary a division of the body could have only an imaginary relation to the fingers of the hand, but we must remember that the body as a whole is a single organism, whose every organ is interdependent with the others and what will invigorate, or devitalize one, will similarly affect all. The plexus of the nervous system telegraphs vibrations, irritations, and manipulations, from one part of the body to any other part, and suggestions of this kind are invariably obeyed within the limits of the reactive powers of the system.

The author of this system of cure describes and illustrates each particular process of treatment. In the case of colds, or *la grippe*, he points out that the nasal passages affected are mostly in the first, or second zones, that is, the zones nearest the central line, and this means that the two inside fingers, the thumb and forefinger of each hand, are the ones to be manipulated.

The thumb and index finger of each hand are placed together, and are alternately firmly pressed around the ends and joints and nails by the other hand. The middle finger of each hand may also be included in the treatment. When you have squeezed the three fingers of the right hand for two or three minutes, change to the other hand, and in like manner, squeeze and manipulate the same fingers of the left hand. Continue this alternate maneuvering for ten minutes at a time. Repeat the process three or four times a day. This method of treatment, the author states, works like a charm.

A variation of making the pressure on the fingers is described as follows: Clasp the fingers of one hand by the other with a tight grip, and hold on for about a minute, then change back to the first method. Repeat this process with either hand clasped by the other, and so repeat the process back and forth for eight minutes. Repeat both methods several times a day. It will have a marvelous effect in curing the cold.

In like manner, varying treatments are described for the cure of asthma, cancer, constipation, epilepsy, eye troubles, goitre, heart troubles, piles, paralysis of all kinds, neurasthenia, neuritis, insomnia, tuberculosis, whooping cough, and many other ailments. Price of book, \$1.00.

Dr. Riley has also prepared a Chart on Zone Therapy, for affixing to the wall, which shows at a glance the various zones of the body, with a description of the methods to be adopted in treating the different ailments. Price of chart, prepaid, \$1.00. The Nature Cure Publishing Co., Butler, N. J., and Naturopathic Publishing Co., 110 East 41st Street, New York.

* * *

"ZONE THERAPY, OR, RELIEVING PAIN AT HOME," by Wm. H. Fitzgerald, M. D. and Edwin F. Bowers, M. D., (published by I. W. Long, Columbus, Ohio.)

This is a new addition to drugless therapy, and treats of such subjects as: Relieving pain by pressure, Headaches, Curing Goitre with a probe, Finger squeezing for eye troubles, Making the deaf hear, Painless Child Birth, Zone Therapy for women, Relaxing Nervous tension, Curing Lumbago with a Comb, Scratching the Head for sick stomach; Hay fever, asthma and tonsilitis; Curing a sick voice; A specific for Whooping and other coughs, How a phantom tumor was dissipated, Dr. White's Experience, Zone Therapy—for Dentists only; Zone Therapy—for Doctors only; Food for thought. These are all physiological methods of diagnosis and treatment that are new. The book can be ordered for \$1.60 post-paid from the Nature Cure Centre, Butler, N. J.

Herald of Health and Naturopath

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DR. BENEDICT LUST, N. D., M. D., Editor and Publisher

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110 EAST FORTY-FIRST STREET, NEW YORK CITY

THE HERALD OF HEALTH AND NATUROPATH is a monthly magazine devoted to a popularizing of the great curative forces of Nature, by which alone are the causes of disease removed and not merely temporary symptoms abated. The insurance of health is the particular aim of this publication, which is enforcing its doctrine with all the vigor worthy of such a humanitarian enterprise.

It tells how a sick man may get well by a scientific application of hydro-path, photopathy (sun and electric light baths), electropathy, osteopathy, chiropractic, mechanopathy, massage, air and earth baths, neuropathy, curative gymnastics, breathing exercises, Kneipp Cure, Ehret Cure, Kuhne Cure, Bilz Cure, dietetics (including fasting), mental science, suggestion, psychopathy and every other natural agent for lifting man to a higher and happier plane of physical, mental and moral existence.

Apart from specific, acute and chronic ailments, there are millions of people seemingly well, but who in reality are made supremely miserable by the basic fact of all disease, the retention of waste matters and the decomposition that arises therefrom, owing to the fact that the organs of elimination, the intestines, liver, kidneys, skin, and lungs are unable for lack of vitality to remove such poisons from the body. Retention causes enervation, and enervation in turn increases retention.

The physical symptoms of retention, coupled with enervation, are acute sensitiveness to cold, catarrh, an excited pulse, laboring as if obstructed, as it really is. There is a coated tongue, a perverted taste, a loss of smell, constipation, headache, rheumatism, apathy, loss of appetite, loss of weight, and general toxemia. Changes caused by chemical decomposition and recomposition in the blood and tissues result in compounds known as glucosides, enzymes, ptomaines, and leucomaines, many of which are powerful poisons. The lowered vitality, the impairment of vital functions show that the central nerve power is taxed to the utmost, and the heart, embarrassed by the coagulated and decomposing elements of congestion, threatens sudden collapse.

In the mental region, the patient, especially if a woman, becomes hysterical, and is troubled with irritating sensibility, bad temper, impatience, unsteadiness, ranging from pietism to idiocy, insomnia at night and sleepiness by day, fault finding, cramps, nightmares, exaggerated tenderness and fits bordering on madness. The patient may, and often is, naturally good-natured, but in these abnormalities of conduct it is the enzymes, ptomaines and leucomaines that are getting in their devilish work.

The allopathic physician, true to his traditional training, will attack such symptoms with his pills and potions, with serums, vaccines, inoculations and drugs that

are chiefly poisons, and will succeed in many cases in temporarily stifling or suppressing the symptoms, but the causes being untouched, these only break out again with a renewed energy in mockery of the useless medication of the dilettente docteur à la mode.

The only possible cure for the ailment just described, the greatest disease of civilization, is the immediate and forceful scientific application of Naturopathy, of sun and air and exercise, of baths and massage and dieting, and electric treatment, of radiant light and heat, mental poise, with or without the use internally of herbal remedies.

This is the principal theme of **THE HERALD OF HEALTH AND NATUROPATH**, which is published monthly at 20 cents a copy and two dollars per year. Its advocacy of the prevention and cure of all disease is worth a hundred dollars per annum to its readers.

DER HAUSDOKTOR is the German edition of the **HERALD OF HEALTH**, the price of which is fifteen cents a copy and one dollar a year.

We have elsewhere published a list of Naturopathic Books published by Dr. Benedict Lust, and a still larger list of similar works by other publishers, the whole forming a **CHOICE LIBRARY OF NATURAL HEALING** of the highest possible value to mankind.

In this great science and art of Psycho-Physical regeneration, the following list of Foods, Clothing and Appliances are the weapons by which the Naturopath combats disease. We have explored the entire field of natural and manufactured health food products and have, with infinite trouble, selected the very best foodstuffs and beverages from the standpoint of possessing all the natural mineral salts and other qualities, which a sophisticated taste on the part of the public caused the manufacturers and exploiters to remove from modern foodstuffs. Subsisting for years on such denatured foods, people have become enervated with the results already described, and it is only by giving man his birthright of natural healing subsistence that he can acquire the vigor and hardihood of bygone generations devoted to the outdoor life.

These books, foods, clothing, articles de luxe and appliances are recommended and used by leading Physicians, Teachers, Healers, Nurses, Physical Culturists, Vegetarians and New Thought people in the United States and elsewhere. Our market for both buying and selling is the entire world.

We are prepared to do business on the following terms:

First: We require the payment in advance for all kinds of goods.

Second: In cases where we cannot send goods exactly as ordered, by reason of being temporarily out of stock of same, we will substitute a similar book, or foodstuff, or appliance, for the article ordered, subject to its approval by the buyer.

Third: Stamps are accepted in payment for orders under one dollar. For sums exceeding that, Money Orders or Draft on New York, drawn to B. Lust, Butler, N. J., must be the medium. All out-of-town checks must include ten cents extra to meet exchange rate.

Fourth: Full name and address of purchaser should be given with name of Express Company, if the goods are not to be sent by Parcel Post.



The last word in open air Living. The only Successful fresh air abode for any and all Purposes.

The only way to live a natural Life, is in a Heliobode. Ideal for Invalids or the Lover of Out-Doors.

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Architect

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Appliances for all ABDOMINAL TROUBLES

TRUSSES }
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THE BUNKER is the only Truss built on a curative principle. It assists Nature to effect a Cure. Drugless Physicians should investigate these Appliances.

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This terrible disease has been fully conquered by Natural treatment. Far better than noxious and poisonous drugs, absolutely harmless. Diet, Hydropathy, Light and Air treatment, right Mentality and my wonderful discovery are the best for specific treatment of all Sexual diseases. Simple, effective, easy to apply in your own home. Does all that is claimed for Salvarsan, but safely and surely. Complete Instruction with outfit cost \$3.25, postpaid. Dr. E. Mayer, 1127 Chestnut St., Richmond Hill, L. I., N. Y.

For Sale also at Naturopathic Centre, 110 E. 41st St., New York, N. Y.

The Kneipp Naturopathic Supply Store

Carries a large assortment of Health Foods—domestic and imported. The best that can be obtained. Only such foods as can be safely used by adherents to the Natural Method of Living are kept in stock. Complete descriptive Catalog of all Foods and Beverages will be mailed on receipt of 4 cents in stamps.

We carry the best selection of Naturopathic Underwear: Kneipp's Linen Mesh; Kneipp's Tricot Linen; Dr. Walser's Ramie Rippenkrepp, Air-Cell and Net Garments; Light and Air Underwear; Shirts, Air Robes, Porous Outer Clothing, Linen and Cotton Ventilation Socks and Stockings; Linens and Yungborn Cloth by the yard; Linen and Raw Silk Packs and Bandages, Air Shoes, Sandals, Sprays, Brushes, Exercisers, Cabinets, Sponges, Thermometers, Kneipp's Herbs, Teas, Powders, Oils, Clay, Literature, etc., etc.

This is the only place in America where you can find these up-to-date Health Goods. Prices reasonable. Descriptive catalog and samples of porous cloth on receipt of 5 cents in stamps.

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DUPELL INTERNAL BATH

THE NEWEST AND MOST IMPROVED DEVICE FOR INTERNAL BATHING, THE ELIMINATION OF INTESTINAL TOXINS AND BACTERIAL POISONS GENERALLY

A Positive Necessity in Every Household in Which Good Health Is a Watchword

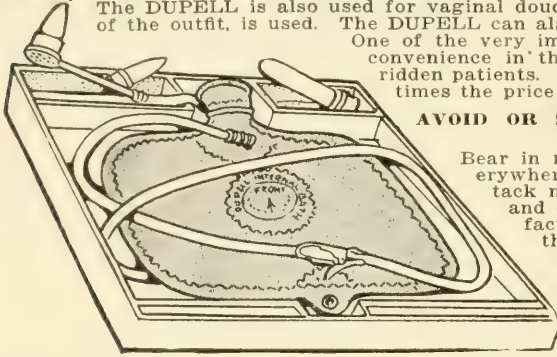
MORE and more people are daily realizing the wonderful value of internal bathing. It is a positive safeguard in many ways. As a remedial agent in constipation, chronic or occasional, and in auto-intoxication, the internal bath is an appliance of utmost value. This is particularly true of the Dupell Internal Bath because of its scientific improvements.

The DUPELL INTERNAL BATH is made of the finest para rubber, sufficiently reinforced to bear the weight of a man weighing 300 pounds. It can be operated by sitting on it or by gravity.

Every member of the family can use the DUPELL without any suggestion of uncleanness by having his or her individual rectal cone. Two cones are with each outfit.

The DUPELL is also used for vaginal douching. An extended cone, which is part of the outfit, is used. The DUPELL can also be used as a hot water bottle.

One of the very important features of the DUPELL is its convenience in the sick room for giving enema to bed-ridden patients. For this purpose alone it is worth many times the price asked.



AVOID OR SEEK TO LESSEN THE PERILS OF BACTERIAL POISONING

Bear in mind that putrefactive bacteria are everywhere present. In warm weather they attack meat and vegetables and other substances, and cause putrefactive fermentation. Putrefactive bacteria, in the air everywhere, find their way into the intestines, on the food eaten. The intestines, constantly maintained at body heat, serve as a most effective culture tube. Keep a DUPELL INTERNAL BATH in your bathroom, and regard it as a vital necessity.

Not until you have studied yourself, used a DUPELL INTERNAL BATH, and experienced the

wonderful health-restoring, invigorating effects, can you fully appreciate the great value of this simple apparatus. It saves doctors' bills, prevents loss of time from business, and avoids the necessity of taking nauseating cathartics. Safe, simple and easy to use.

Thousands of Men, Women and Children

would be freer from ills, would be happier, take keener interest in life, if the DUPELL INTERNAL BATH were in every household.

Constipation is one of the curses of every generation. It causes endless miseries. Its causative effects are far-reaching—sometimes resulting in death.

A well-informed writer says: "People little realize how much one's happiness or unhappiness depends on the proper action of the organs within the abdominal cavity."

The DUPELL INTERNAL BATH has all the best points of other internal baths, none of their faults, and exclusive features of its own.

Headaches
Intestinal Gases
Depression
Kidney Ailments
Disturbed Heart Action

La Grippe
Dyspepsia
Mental Lethargy
Various Fevers
Bad Breath

Boils, Pimples,
Irritability
Nervousness
General Lassitude

Flatulence
Impoverished Blood
Catarrh
Bad Complexion

Are a few of the ailments and conditions that arise from a colon loaded with waste and poisonous matter.

Bear in Mind That You Don't Have to Be Sick to Need a Dupell Internal Bath

The DUPELL is as necessary in the bathroom as your tooth brush or your hair brush. When you stop, think and understand your internal self, you will realize the importance and truth of this. There isn't a doctor alive who won't tell you that the occasional cleansing of the colon is highly beneficial.

The regular price is \$10, but to introduce the DUPELL INTERNAL BATH more quickly, we have made the price \$7.50 (express prepaid) for a limited time.

By purchasing a DUPELL INTERNAL BATH now you not only save \$2.50, but you get the newest and most improved Internal Bath—an apparatus worth, in result, its weight in gold. Send P. O. or express money order to

DR. CHARLES COMPANY

748 Fulton Street

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BUYERS' GUIDE

THE material, foods, clothing and therapeutic appliances listed below have received the endorsement of the American Naturopathic Association. The firms mentioned are reliable and most highly recommended. The prices given, however, are merely nominal and subject to market fluctuations owing to the present unsettled business conditions.

BUILDING MATERIALS

"Anti-Hydro," Harden's Concrete
Asbestos Stone Flooring
Building Material
Bungalow—North Carolina Pine
Closets, Lockers—Steel
Concrete Block Machines



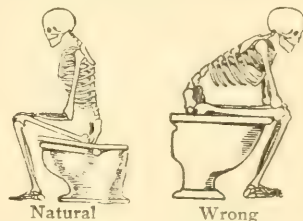
Concrete Houses
Flooring—Asbestos, Stone
Flooring—Composition
Flooring—Patent
Furnaces, Ranges, Boilers
Garages—Amblor Asbestos
Heating System—Rector
Hinges, Springs, Butts
Limestone—Indiana
Locks—"Burglarproof"
Locks—Secret
Lockers, Closets—Steel
Lumber
Moulded Concrete Houses
North Carolina Bungalow
Ornamental Iron and Bronze
Ornamental Metal Fixtures
Plans for House-Builders
Roof—Tile Lastbestos
Roofing—Slate
Roofing to Shingles—Vulcanite
Slate—Inlaid
Steel Products
Stonecrete—Cast Stone

HOUSE SUPPLIES AND ACCESSORIES

Adjustable Chair\$40.00
Alabastine for walls
Awnings, Blinds
Barometers
Bath Room Fixtures, "Omaha"

Beds, Table, "Ta-Bed"
Cabinet—Folding Turkish
Carpets
Combination Window Screen
Comfy Holders
Cooking Utensils—Aluminum
Closet—Indoor Comfort
Curtain Fixtures
Dish Washer
Dish Washing Machines
Drain Pans
Electric Lighting Plants for
Homes, Institutions, etc.
Western Utilities Electric Co.,
Milwaukee, Wis.
Fruit and Vegetable Evaporators
Fruit Evaporators, "U. S."

Wireless Cooker (For Home,
Motoring or Traveling)
Food Choppers and Grinding Mills
Gas Mixer
Gasoline Storage Plants
Heating, Laborless
Heater—Electric, Water
Lighting Systems for Homes and
Country Estates
Luncheon Case (For Motoring)
Marvelite, Luminous Compound,
Paint, etc.
Mattresses—Ostermoor, Ostermoor
& Co., 114 Elizabeth St.,
New York, N. Y.
Mills—Grain and Nut Grinding



Natural
Wrong
Skeleton—Natu-Toilets (low-
down).
Paints and Enamels
Paper Towels
Parer, Slicer and Corer (Apple)
Pillows—Sleepwell Wonder
Power—Plants, Home

CLOTHING

See Special List Page.

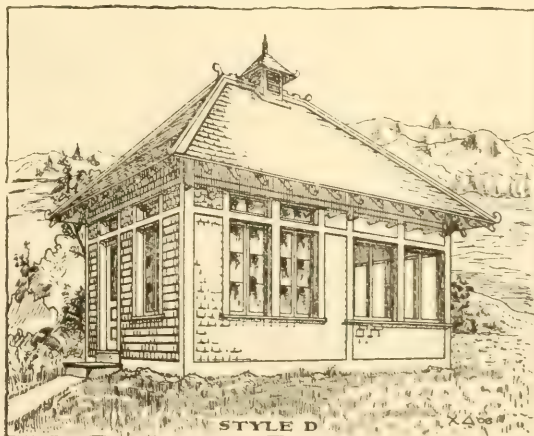
GREENHOUSES, NURSERIES, SEEDS AND PLANTS

Dandelion Killer, "Ideal"
Fertilizer, "Ideal"
Fertilizer, "Life Rock"
Fertilizer, "Humus"
Fertilizer, "Lava"
Fertilizer, "Universal"
Frames—Hot Bed
Fruit Plants
Grape Vines
Greenhouses—Hot Bed, Sash,
Garden Frames
Trees, Plants, Shrubs
Seeds

HOUSES

Open Air Houses, Heliobode.
H. A. F. Wunderlich, Arch.,
550 Jackson Ave., New York,
N. Y.

THE HELIOBODE AS BUILT AT THE AMERICAN YUNGBORN BELLEVUE, BUTLER, N. J.



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H. A. F. WUNDERLICH, NATUROPATHIC ARCHITECT

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Pump Closet
Refrigerators
Roach and Insect Powder
Rugs
Screens—Brass, Copper and Bronze
Sewage Disposal Plants for Homes
Shears and Snips
Shower Baths
Soap (Liquid) and Fixtures
Stills—Water
Vacuum Cleaning Systems for Homes
Vacuum Sweepers
Water Heater—Electric, attaches to Faucet and Electric Light Socket
Water Supply System for Homes
Water System, Pneumatic
Weilaphone—Helping hearing over Phone
Window Box—For refrigerating Foods
Window Ventilator—"U Need Me"

MACHINERY AND TOOLS

Evaporators—Kiln Furnaces
Fruit Evaporating Machinery
Motors and Generators
Trucks

JEWELRY

Emblems, Pins, Medals

OFFICE FURNITURE AND SUPPLIES

Addressing Machine
American Paper Goods
Boxes—Mailing
Cards and Cases
Coin Wrappers
Filing Desks
Envelopes
Gummed Products
Indicators—Ideal Office
Labels—Gummed
Linograph Machine
Lithograph Products
Loose Leaf Books
Mailing Service
Office Supplies
Rubber Stamps
Scales—"Parcel Post Zone"

OILS AND GREASES

The Reliance Oil and Grease Co.,
Cleveland, O.

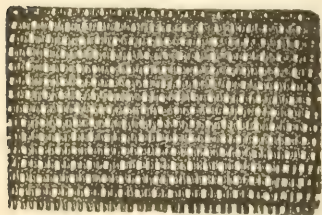
REAL ESTATE

Bungalow Sites
Colonies—Natural Life
Farm Lands
Fruit Lands

SANITARY GOODS

Blue Cross Innershield Napkins,
Sanitary Manufacturing Co.,
851 Marquette Bldg., Chicago,
Ill.

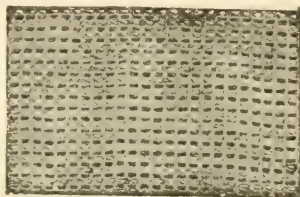
Shirts
Toilet Paper
Underwear, Naturopathic Center,
Butler, N. J.



Porous Cloth for Underwear and Shirts, bleached or unbleached, per yard\$1.00

NATUROPATHIC CLOTHING, APPLIANCES AND SUPPLIES

It is not the kind of clothing that keeps the body warm, but of greater consequence is the manner in which it is woven. A heavy, closely woven fabric protects the body from cold less than a loosely woven fabric, for it is the air that lies between and in the meshes of the clothing and the body, forming a garment of air, that really keeps us warm. In very warm weather, fabrics with an open weave permit this air to be constantly changed, making the air next the skin of the same temperature as the air without us. Besides, it permits evaporation



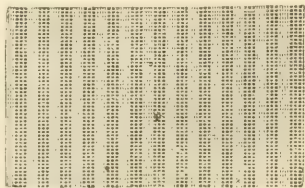
Porous Linen, per yard\$1.00

of moisture, which is a very cooling operation, for whatever suppresses the evaporation of perspiration is extremely inimical to health, as the Black Hole in Calcutta testified.

Porous, China-grass, Ramie, linen mesh and "Yungborn" garments referred to in the following list testify to the fact that the skin breathes, and if suffocated by non-porous attire, suffers from asphyxiation.

In winter, the least possible amount of heavy clothing should be worn, so that the skin should be hardened to the changes of temperature.

In the prevention and cure of disease, a variety of flannel and line cloths, known as packs, compresses, and mantles, are used for hydro-pathic treatments that alleviate pain, soothe local inflammation, and elim-



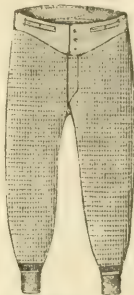
Yungborn Cloth, per yard....\$1.00

inate poisons. The procedure consists in applying the cloths, first dipped in water of the right temperature, for the treatment of the case in hand, and folding them in four or eight ply, to the seat of pain or inflammation. Such a compress is kept on the body for a period of from half an hour to retaining it all night if the patient finds it agreeable to do so. If the water is cold, it gives a slight initial shock, but when the patient is closely wrapped up in dry blankets over the wet compress, he soon be-

gins to feel warm and comfortable, while the pain consequent to his ailment leaves him.

In cases where active manipulation is needed, the compress is frequently dipped in cold water as it feels warm, or it is kept cool and moist without being removed from the body, by being sprinkled with water squeezed from a sponge.

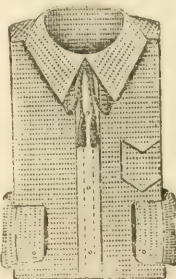
The Spanish Mantle is a kind of long flowing shirt or wrap, which, when wet, covers the entire body and is a powerful means of drawing poisonous matter from the corpus.



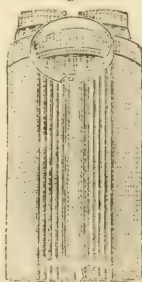
Yungborn Drawers\$2.75



Yungborn Undershirt\$2.50



Yungborn Outing Shirt\$3.50



Yungborn Dress Shirt\$4.00

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Guaranteed Electric Light Plants For Homes, Hotels, Institutions

YOU can have your home, hotel or institution lighted with electricity, no matter how far you may be from city lighting service. Utility low-voltage plants are safely usable **anywhere**. The cost is extremely reasonable to begin with, and the work and expense of operating is inconsiderable. Electric lights are not only more convenient and economical than any other, but they are absolutely the safest.



Don't imagine that you can't afford electric lights, or that you need to understand all about electricity in order to run a Utility plant. We send you complete instructions for installation and operation.



are backed by the strongest Guarantee ever given with any Lighting Plant

A Utility Plant will prove a big-paying investment for the hotel or institution owner, because it will be a great magnet to draw trade. No traveler will think of stopping at the hotel lighted with oil lamps or a dangerous gasoline or acetylene system when there is an electric lighted hostelry in the locality.

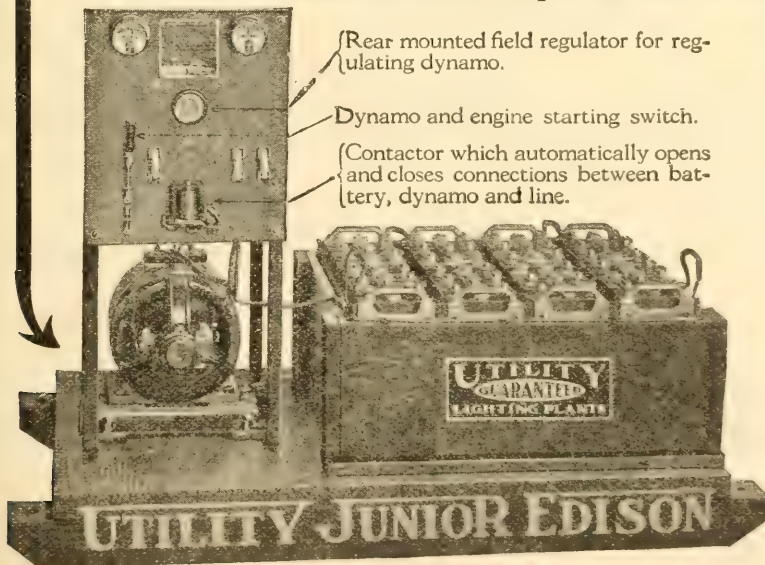
12 to 200 Light Plants for Home and Hotel Lighting, \$130 and up.

250 to 500 Light Plants for Big Institutions, \$750 and up.

The plant shown below is one of our Junior Plants—battery, switchboard and generator, all mounted on one base. This is the ideal type of plant for small homes. Requires small space—is easy to install and operate, and demands but the minimum of attention. Even a ten-year old child could run this plant.

We can furnish the right type of plant to meet **your** needs—and we can save you money. Write:

WESTERN UTILITIES CO., Dept. 00, MILWAUKEE, WIS.



{Rear mounted field regulator for regulating dynamo.

{Dynamo and engine starting switch.

{Contactor which automatically opens and closes connections between battery, dynamo and line.

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for Catalog**

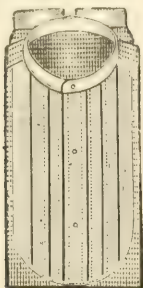
showing all sizes and types of Utility Guaranteed Electric Lighting Plants for homes, hotels, institutions, schools, churches, creameries, etc.

Thousands in use — everyone giving satisfaction and saving money for its owner.

YUNGBORN POROUS UNDERWEAR AND GARMENTS

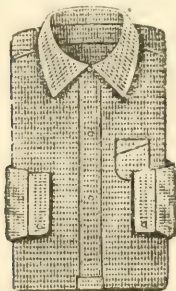
(For Men and Women)

Undershirts, Quality II, IIa, and III.....	\$2.25
Drawers, Quality II, IIa, and III.....	2.50
Shirts, plain, without Collar, Quality II, IIa, and III, natural color, \$3.00; bleached.....	3.25
Shirts, with inset Bosom, Quality IIIa and IIa.....	3.75



Yungborn Dress Shirt\$3.75

Night Shirts, II and IIa....	3.25
Tourist Shirts, II and IIa....	3.50
Socks, Natural Gray, pure Mako or linen.....	1.00
Socks, Diamond Black.....	1.25
Stockings, Diamond Black....	1.50
Light-Air-Bathing Robes a la Just.....	3.75



Yungborn Sport Shirt\$3.50

Corsets (Health Waists), without Bones. All sizes.. 3.25
Colored Cloth for Garments, 37½-inch widths, Ia, all-wool, per yard, \$3.00. IIa, all-cotton, 1.60
 The cloth is to be taken double. Ia outside, IIa inside, as the latter serves at the same time as lining. The colors are non-poisonous and wash-proof.



Yungborn Health Belt\$3.00

Grecian Bust Girdle. "Corset Rest." \$1.25 and\$1.75
 Venus Physical Culture Waist, with attachments, \$1.75 to... 3.25
 Dr. Med. Walser's Chinagrass—For Women and Men.
 China-Grass Air-Cell Undershirts (2 threads)\$2.75
 China-Grass Air-Cell Shirts, with or without Collar.... 3.75
 China-Grass Air-Cell Cloth, 24 in. wide, per yd. 1.00



Metz Net and Air Cell — For Women and Men.

Shirts, silk.....	\$3.25
Shirts, cotton.....	1.50
Drawers, silk.....	3.50
Drawers, cotton.....	1.75
Dr. Med. Walser's Rippenkrepp (Double Layer)—For Women and Men.	
Undershirts, unbleached, with China-Grass ribs.....	\$3.25
Undershirts, bleached, with China-Grass ribs.....	3.50
Drawers, unbleached, with China-Grass ribs.....	3.50
Drawers, bleached, with China-Grass ribs.....	3.75
Shirts, with or without Collar (can be worn without underwear).....	3.75
Sporting and Night Shirts...	4.00



Shirts, with a stiff linen bosom (renders underwear superfluous for the summer) 4.00
 Rippenkrepp-texture, unbleached or bleached, with China-Grass ribs, width 22 inches, per yard..... 1.25

LINEN MESH

Men's Garments are made heavy weight or medium weight. We recommend heavy weight for winter wear and medium all year around. We have in stock three sleeve lengths: Long (23 inches from shoulder); Short (21 inches from shoulder); ½ (10 inches from shoulder). Drawers have four lengths of inseam, viz.: 27, 29, 31 and 33 inches; also knee length for golf and bicycle wear. Shirts, sizes 34 to 48, price..\$3.25
 Drawers, sizes 30 to 48, price 3.25
 Union Suits, all sizes (made to order only) 6.50
 Night Shirts, all sizes, price.. 5.50
 fabric especially adapted to the Night Shirts are made of a light fabric especially adapted to the purpose.
 Pajamas, all sizes, per suit.. 7.50
 Men's Mosquito Linen-Mesh Undershirts, a boon in sultry weather, all sizes. Price 2.75

Ladies' Garments are made of medium weight, unless ordered otherwise.

Vests, sizes 30 to 46, high or low neck, long, ½, ¼, or no sleeves. Price.....\$3.25
 Drawers, sizes 22 to 38, knee or ankle length. Price 3.25
 Garments to order, excepting combination suits, \$1.00 extra.
 Union Suits, all sizes, knee or ankle length (made to order only). Price..... 6.00
 Night Gowns, all sizes. Price 5.50
 Night Gowns are made of a light fabric especially adapted to the purpose.

Hosiery

Ladies' Hosiery, linen foot, black cotton top. All sizes, per pair.....\$1.25 and 1.50
 Gents' Half Hose. All sizes, per pair..... 1.00

Piece Goods

Heavy, 30 inches wide. Per yard\$1.50
 Medium, 30 inches wide. Per yard 1.25
 No. 100, light, 30 inches wide. Per yard..... 1.15

Bath Towels

Linen - Mesh Friction - Bath Towels, each.....\$1.25
 Linen-Mesh Face Towels, each 0.75

The Naturopathic Kneipp

Linen-Tricot

Prices for Men's and Women's Underwear
 (Following prices are for sizes 32 to 52.)
 Undershirts, natural gray, Quality 50 and 60.....\$3.25
 Undershirts, bleached, Quality 30 and 40..... 3.50
 Drawers, natural gray, Quality 50 and 60..... 3.50
 Drawers, bleached, Quality 30 and 40..... 3.75
 Filet Undershirts (neat, extra light and porous for hot weather) 2.75
 Extra heavy knitted for extremely cold climates—

Undershirts 4.00
 Drawers 4.25
 Shirts, with or without collar. 5.00
 Kneipp's Linen - tricot Socks, natural gray—
 Nos. 7 to 12..... 1.00
 Nos. 11¼ to 12½..... 1.15
 Kneipp's Linen-tricot Socks, black—
 Nos. 7 to 11..... 1.25
 Nos. 11¼ to 12½..... 1.40
 Linen Socks, light and extra fine 1.00
 Linen Stockings for Ladies, Wheelmen, Sports, etc.—
 Gray, Nos. 6 to 9, 80c; 9¼ to 12½, \$1.25. Black, Nos. 6 to 8, 90c; 8¾ to 12½..... 1.50

Piece Goods, Quality 50 and 60, natural gray, 26 inches wide. Per yard 1.25
 Piece Goods, Quality 30 and 40, bleached, 30 inches wide. Per yard..... 1.50
 Yarn, Thread, for Mending Stockings and Underwear. Per skein, black or gray... 0.35
 Measure for Undervests and Shirts—

1. Total length. 2. Circumference of breast (full measure).
 3. Length of sleeve from middle of back to wrist (bend arm when taking measure). For shirts, add width of neck wanted.

THE KNEIPP NATUROPATHIC SUPPLY STORE

Carries a large assortment of Health Foods—domestic and imported. The best that can be obtained. Only such food as can be safely used by adherents to the Natural Method of Living are kept in stock. Complete descriptive Catalog of all Foods and Beverages will be mailed on receipt of four cents in stamps.

We carry the best selection of Naturopathic Underwear: *Kneipp's Linen Mesh; Kneipp's Tricot Linen; Dr. Walser's Ramie Rippenkrepp, Air-Cell and Net Garments; Light and Air Underwear; Shirts, Air Robes, Porous Outer Clothing, Linen and Cotton Ventilation Socks and Stockings; Linens and Yung-born Cloth by the yard; Linen and Raw Silk Packs and Bandages, Air Shoes, Sandals, Sprays, Brushes, Exercisers, Cabinets, Sponges, Thermometers, Kneipp's Herbs, Teas, Powders, Oils, Clay, Literature, etc., etc.*

This is the only place in America where you can find these up-to-date Health Goods. Prices are reasonable. Descriptive catalog and samples of porous cloth sent on receipt of five cents in stamps.

BENEDICT LUST, N. D., M. D. :: BUTLER, NEW JERSEY

All the Accessories for "Return to Nature"

may be had from Naturopathic Supply Company.

Mr. Lust puts special emphasis on the Nut-Fruit Dietary, Natural Bath, Compresses and Clay Bandages, Porous Clothing, and Air Sandals.

We supply Hand and Family Mills for grinding Nuts, Grains, Cereal Coffee, etc., besides keeping in stock the nuts and fruits themselves, both natural and prepared.

We furnish Bath-tubs, Sprays, Hose, and various appliances for giving all kinds of Hydropathic treatment.

We import linen and raw silk for bandages and compresses clay for poultices, and herbs for embrocations and infusions. We procure direct from Germany the very Porous Underwear recommended by Mr. Lust for its hygienic, durable and economic qualities.

We carry a full line of shirts—for inner, outer, night and dress wear. Air-robos, Linen in piece for made-to-measure trade, etc., and we offer the only line of Air Sandals, Health Hosiery and Naturopathic Footwear available in America.

Books, Exercisers, Foods for Children and Invalids, and other Naturopathic remedies included in this store.

Complete Illustrated Catalogue for 4 Cents Postage.

Naturopathic Supply Company, Butler, N. J., U. S. A.

Measure for Drawers—

1. Circumference of body. 2.
- Length of leg from step to ankle.
3. Total length of drawers.

Kneipp Normal Linen — For Men and Women.

Undershirts, natural gray....\$2.25
 Undershirts, bleached.....2.50
 Drawers, natural gray.....2.50
 Drawers, bleached.....2.75
 Shirts, with or without Collar and Bosom.....3.50

Tourist Shirts (Outing Shirts) 3.75
 Linen Cloth for Shirts and Underwear

Normal Linen A, gray, not bleached, 33 inches wide..\$1.00
 Normal Linen B, bleached, for Shirts, 33 inches wide..1.10

Normal Linen C, colored stripes, for Shirts or Outing Shirts, 33 inches wide....1.10

Normal Linen, extra porous, bleached, 33 inches wide..1.50

Linen Cloth, Extra Heavy—For Bathing Purposes, Bed-Clothing, etc.

Quality D, 32 inches wide..1.10
 Quality D, 58 inches wide. 1.50
 Quality D, 64 inches wide. 1.75

Pediforme Shoes, constructed on scientific and truly sensible principles, should be worn by every member of the family, including the baby. Pediforme Shoe Co., 36 W. 36th St., New York, N. Y.



Eden Light and Air Shoe. Pair,\$5.00

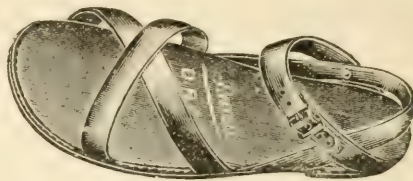
Openwork Low Shoes, Black, Brown, Cream, \$4.50 and 5.00

Sanitary Curled Hair Insoles, per pair,40

Sanitary Curled Hair Insoles, heavy60



"Rippenkrepp" Underwear — With Chinagrass ribs; best for Fall, Winter, and Spring use. Undershirts, \$3.25; bleached, \$3.50. Drawers, \$3.50; bleached, \$3.75.



Record Light and Air Sandal, best of all. Price\$4.00

Sandals, Leather, with straps only, \$3.75 to\$5.00

Common Sense Naturopathic Air Shoe.—A real boon and a blessing to all those suffering from hot and sweaty feet. May be had in Gray, Brown or Black, made of strong, knitted linen, have the best leather soles—and let the feet exhale freely, allowing the air free access to the pores. They

are a great comfort to any one, especially in hot weather, and keep the feet warm in cool and cool weather. Look neat and stylish. Ladies' sizes.....\$4.00 Gentlemen's, \$4.50. To take measure, put your foot firmly on a sheet of paper (with the stockings on) and mark outlines with a pencil; then with a tape measure around the foot where it is broadest, right behind the toes, and send these measurements with your order.

FOODS AND FOOD APPLIANCES

NATURAL VERSUS UNNATURAL FOOD PRODUCTS

WHEREVER man lives on the simple, natural products of the vegetable world, he lives a healthy, happy life, but when he becomes carnivorous, and gorges himself with flesh, meat, and wine, tickling his palate with an over-supply of spices, highly fermenting nutrition, he becomes the victim of obesity, cancer, apoplexy, nervous troubles, auto-intoxication, premature old age, and early death. Man has indeed fallen from his high estate as an eater of fruits and nuts, and like the hog, devours everything that comes his way, fish, flesh or fowl, even enjoying decomposing game to please an artificially perverted taste.

Man has indeed eaten of the forbidden fruit of life, and is a brother to the beasts of prey and is filled with misery and disease in consequence. The stimulating meat diet, cooked so as to develop its most pungent flavors, tempts the consumer to eat too much and so become stupid, languid, fat and full of poisons, due to the fermentation and decomposition of food products that the overworked depurative organs are unable to remove.

Thus it is that a man who would not risk a dollar in a gambling transaction, gambles with his life to please his artificial taste. The rude health and gigantic strength that belong to the simple life are unknown to him. Eating of the wrong kinds of food and eating more than he can properly digest, without taking adequate exercise, and possibly sleeping for an hour after the mid-day meal, he is marked for early death. His only salvation is to stop eating all kinds of stimulating food, and adopt a menu of simple, natural foods, and the more nearly they are consumed as Nature has ripened them in the fires of the sun, the better for the individual.

Civilized man is degenerating. Look at the under-sized men and women one meets every day in the

crowded streets of our cities. The animals that most nearly resemble man, the most highly developed apes, live on a strictly vegetable diet. If compelled to subsist wholly on animal food, they would degenerate like mankind and soon perish. We cannot imagine the powerful apes possessing their health and vitality if compelled to eat meat, to drink alcohol, coffee, tea, cocoa, and to smoke innumerable cigars a day. Nor would they be so happy if they indulged in cocaine, morphine, heroin, coca cola, opium, arsenic and other poisons.

It must be remembered that while the organs of the body in youth can throw off the poisons generated by over-feeding, or by eating wrong combinations of food, there will come a time in the life of every individual when the excretory energy of the body fails in part, as the beginning of inevitably increasing failure, to eliminate such poisonous products, thus laying the foundation of the particular disease, or diseases, that will end life. This state of things calls for the use of a non-stimulating diet at the earliest moment, to counteract the results of the former erroneous dietary, and as part of the stern measures to be employed to restore the poisoned organism to health.

The following list of beneficial pure food supplies includes all the necessary materials of a vegetarian, or natural life diet, so helpful to dyspeptics and convalescents. Meats, tea, coffee, spices, alcoholic drinks and drugs of all kinds are excluded, and in their place are offered gluten and whole wheat products, cereal coffees, cocoas and teas, nuts of many kinds, nut butters and vegetable oils, non-alcoholic drinks, health foods and special preparations of foodstuffs to take the place of meat dishes.

Our mission is to guide man back to the use of the simplest and purest foods: to an all-nutritious, un-stimulating regimen devoid of poison, and calculated to enrich the system with supreme vitality.

Kindly mention Directory when ordering merchandise.—Information on any article listed without manufacturer's or dealer's name obtainable from Naturopathic Center, 110 East 41st St., New York

DR. BENEDICT LUST

BUTLER, N. J. AND TANGERINE, FLA., U.S.A.

International Establishment for the Science of Healing
without Drugs and without Operations

Established September 15th, 1896. Enlarged, 1904, 1908 and 1912.
Consultation Hours: 10 to 12 a. m. Sundays, 10 to 12 a. m., 3 to 6 p. m.

Special Advice and Information in All Cases of Sickness, including by Letter

Great success without drugs and without operations; also in cases of internal malignant growths, tumors and ulcers, external gangrenous inflammation, etc.

A new and reliable method of diagnosis, both for actual disease and for predisposition to disease, through the *Science of Facial Expression*, without local examination, particularly in female and abdominal diseases.

Patients from all parts of the world. Prospectus Free.

The following works on the Kuhne System have also been published by Dr. B. Lust, Butler, N. J., and will be forwarded, on receipt of the publisher's price, postpaid to any part of the world.

LOUIS KUHNE, "THE SCIENCE OF FACIAL EXPRESSION." A handbook of a new system of examination to find the state of the disease, based upon original researches and discoveries. Fully illustrated. Has appeared in German, English, Spanish, Danish and Telugu. Price of the English or German edition, elegantly bound, \$5.00, or £1.

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LOUIS KUHNE, "CHOLERA, DIARRHEA, AND SIMILAR ILLNESSES; Their Cure and Their Treatment without Medicines." Has appeared in German and Portuguese. Price of the German edition, 50c.

DR. B. LUST, REPORTS OF CURES by means of the New Science of Healing without Drugs and without Operations, together with a Prospectus. 38th edition. Has appeared in German, English, French, Spanish, Portuguese, Dutch, Italian, Russian, Swedish, Danish, Greek, Roumanian, Polish, Bohemian and Hungarian. Gratis.

MRS. B. LUST'S NATUROPATHIC-VEGETARIAN COOKERY BOOK. The "Yungborn" Dietary. Only in the English language. Cloth, \$1; paper cover, 75c.

Address all orders, with Postal Money Order, to
DR. BENEDICT LUST, BUTLER, N. J.

Austin, Nichols & Co., New York

OLIVE OIL IN TINS

Spanish

Sunbeam Brand

Pat. Nozzle

	per gal.
1 gal., 10 in Case	\$ 3.25
1 gal., 3 in Case	3.30
1 gal., 20 in Case	3.35
1 gal., 6 in Case	3.40
1 gal., 40 in Case	3.45

Screw Top

1/4 gal., 12 in Case	3.55
1/4 gal., 80 in Case	3.75
1/2 gal., 24 in Case	3.80

Screw Cap

1/16 gal., 96 in Case	4.15
3 gal. assorted	11.50

Carmelo Brand

Screw Cap

	per gal.
5 gal., 1 in Case	\$2.85
1 gal., 3 in Case	3.00
1/2 gal., 12 in Case	3.10
1/4 gal., 24 in Case	3.20
1/2 gal., 48 in Case	3.40
1/16 gal., 96 in Case	3.75

Rodier Brands, Plain Tins

Brass label

	per gal.
1 gal., cs. 6 tins	—
1/2 gal., cs. 12 tins	\$4.00
1/4 gal., cs. 24 tins	—

The above are round tins with neck spouts.

Barton & Guestier, Decorated Tins

Pat. Nozzle

	per gal.
1 gal., cs. 6 tins	\$5.00
1/2 gal., cs. 12 tins	5.25
1/4 gal., cs. 24 tins	5.50
1/2 gal., cs. 25 tins	5.90
2/16 gal., cs. 48 tins	6.55
1/32 gal., cs. 48 tins	7.25

PEANUT OIL

Delft's Brand, Decorated

	per gal.
2 5-gal. tins to case	\$1.80
10 1-gal. tins to case	1.95
20 1/2-gal. tins to case	2.00
40 1/4-gal. tins to case	2.25

DOMESTIC SALAD OIL

Cottonseed—In glass

Republic

	per C
Fifths, 24 fluid Oz.	1 dz. \$5.50
Large	1 dz. 3.75
Medium	2 dz. 3.00
Small	2 dz. 2.00

Salad Oil—In tin

Diamond M

	per gal.
5-gal. tins. 2 in case	\$1.70
5-gal. tins. 1 in case	1.75
1-gal. tins. 10 in case	1.85

Providence Salad Oil—In glass

Union

	per C
Large	1 dz. \$4.25
Medium	2 dz. 4.55
Small	2 dz. 2.70

Austin, Nichols & Co., New York

SAWTAY

Made from cocoanut oil

	per tin
20-lb tins	\$ 4.70
40-lb tins	9.20
65-lb tins	14.80

In cases

	per cs.
48 No. 10 tins	\$6.00
24 No. 25 tins	7.75
12 No. 50 tins	7.75
6 No. 100 tins	7.75

COTTOLENE

All prices are per case

	No. tin	Less	5 case
	per cs.	than	lots
Medium	15	12.50	12.40
Small	30	12.50	12.40
Large	6	12.50	12.40
Small 1/2 boxes	6.35	6.30	
Freight paid on 2 case lots and upward.			

CRISCO

In Cases

	per cs.
24 1 1/2-lb tins	\$7.75
12 3-lb tins	7.75
6 6-lb tins	7.75

RICE FLOUR

	per lb
A. N. & Co's. Bags of 230 lbs.	\$0.10
Sunbeam. Cont. 24 No. 1...	.94

POPPING CORN

Sunbeam. Case of 20 1-lb packages	—
-----------------------------------	---

GLUTEN FLOUR

Sunbeam

	per bag
5-lb Cotton Bags	\$1.25
10-lb Cotton Bags	2.50
25-lb Cotton Bags	6.25

GRAHAM FLOUR

In Bulk

Nervine. Entire Wheat	\$16.50
Franklin Mills. Entire Wheat	18.00
Franklin Mills. 1/2 bbl.	10.00
Carr's Graham	11.50
Sunbeam Hygienic. Superior	11.50
to all	11.50
Standard Niagara	11.00
Rye, Graham or Meal. New	1.00

In Paper Bags

	per cs.
Franklin Mills. Entire Wheat	
10 5-lbs	\$4.75

In Muslin Bags

Sunbeam

	Each
Hygienic. 3-lb bags. 24 in jute bag	\$0.30
Hygienic. 5-lb bags. 12 in jute bag	.50
Hygienic. 7-lb bags. 10 in jute bag	.69
Entire Wheat. 3-lb bags. 24 in jute bag	.33
Entire Wheat. 7-lb bags. 10 in jute bag	.72

Austin, Nichols & Co., New York

RICE

Bulk. Bags of 100 lbs.

Domestic Fancy Head	\$0.10
Domestic Choice	.09 1/2
Broken	.06 1/2
Japan Style	.08 1/4

Cartons, Uncoated

Fancy Head, Sunbeam. 1s.	per lb
Cases 100 1s.	\$0.11 1/4

Cotton Bags, Uncoated

Sunbeam

	per lb
Fancy Head. Bags 100 1s.	\$0.11
Fancy Head. Bags 22 3s.	.10 1/4
Fancy Head. Bags 20 5s.	.10 1/2

Cotton Bags, Japan Style

Sunbeam

	per lb
Fancy Head. Bags 100 1s.	\$0.10 1/4
Fancy Head. Bags 33 3s.	.10
Fancy Head. Bags 20 5s.	.09 1/4

RYE FLOUR

In Bulk

	per bbl.
A. N. & Co., York State	\$12.50

In Muslin Bags, Sunbeam

	Each
3-lb bags. 24 in Jute Bag.	\$0.20
7-lb bags. 10 in Jute Bag.	.63 1/2

MACARONI

Angelus

	per box
Mezzani. Net 22 lbs.	\$3.00
Spaghetti. Net 22 lbs.	3.00

Carmelo—Domestic

	per lb
Mezzani. Boxes. 25 12-oz.	
Cont.	\$0.12
Spaghetti. Boxes. 25 12-oz.	
Cont.	.12
Vermicelli. Boxes. 25 12-oz.	
Cont.	.12
A B C Paste. Boxes. 25 12-oz.	
Cont.	.12

Domestic

Sunbeam

	per lb
Mezzani. 25/1s short	\$0.15
Spaghetti. 25/1s short	.15
Vermicelli. 25/1 short	.15
Elbows. 25/1 short	.15
Alphabets. 25/1 short	.15

Le Moyne

	per lb
Mezzani. 25/1 short	\$0.16
Spaghetti. 25/1 Open Pipe	.16
Spaghetti. 25/1 Solid Pipe	.16

EGG NOODLES

Sunbeam

	per cs.
Broad, Med. or Fine. 12 1/2 ctns.	\$1.40
Broad, Med. or Fine. 24 1/4 ctns.	1.45
Broad, Med. or Fine. 12-lb bulk	\$0.18

Republic—Assorted

	per lb
12 1-lb ctns.	\$0.19
24 10c. ctns.	\$2.45
48 5c. ctns.	2.50

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EVERY PROGRESSIVE, UP-TO-DATE PRACTITIONER

Whether Naturopathic, Osteopathic, Chiropractic or Medical should use and recommend

"SUNBEAM" PURE FOOD PRODUCTS

"THE WORLD'S BEST"

ALL practitioners recognize what an essential factor food is in maintaining health and in curing disease. That improper or non-nutritious food can nullify the most scientific practice. Therefore, since the **BEST QUALITY** food contains the **MOST NUTRIMENT**, "Sunbeam" being **THE WORLD'S BEST QUALITY**, is the food that you should always use and recommend to **INSURE** the best results. We cater to Naturopathic Institutes, Health Resorts, etc. It will pay you to call and see us, or write for information and prices on foods to meet your particular requirements.

AUSTIN, NICHOLS & COMPANY, Inc., NEW YORK CITY



THE LARGEST IMPORTING, MANUFACTURING WHOLESALE GROCERY CONCERN IN THE WORLD

Life-Rock Improves All Crops

A pulverized, volcanic magma, *Life-Rock* contains the ten (10) tissue-building mineral salts, viz.—sulphur, phosphorus, potash, sodium, magnesium, calcium, manganese, aluminum, iron and silica. It is something like Phonolite (German "Stonemeal"), but much better in several ingredients. Has aseptic, neutralizing function for infected soils, as well as invigorative and restorative powers.

Life-Rock is a remarkable plant-food, enhancing the size, color, flavor, and keeping-qualities of all crops. Eliminates cutworms and red spiders; arrests blights, rots and fungi diseases. Recommended for all uses, from house plants to all kinds of fruits, vegetables and cereals. Adapted for soils in all climates. Improves germination of seed. Highly indorsed by growers under glass, and by intensive farmers for soil invigoration and crop improvement.

Reliable agents wanted in all communities to take orders and explain the wonderful powers of *Life-Rock*, as proven by many authoritative testimonials.

Life-Rock is put up in various sizes, from 100 lb. bags down to 22 oz. cans, and prices are comparatively low. A trial package, enough to be used on window plants, etc., will be sent postpaid upon receipt of 25 cents.

Correspondence solicited. Write at once for particulars.

LIFE-ROCK COMPANY

44 BROMFIELD STREET

BOSTON, MASS.

Austin, Nichols & Co., New York

Mueller's

Flag Brand. 24 10c. sizes.	per contr.	\$2.40
Flag Brand. 48 5c. sizes.		2.50
Trisom Brand. 12-lb bulk.		1.60

SMALL PEARL TAPIOCA
Substituting German Sago

Cartons

Sunbeam. Cont'r. 24 No. 1	per ctn.	
ctns.		\$0.15½

BEANS
Domestic

Tare	per 100 lbs.	
¼ Lima. Cal.		\$15.50
¾ Marrow. Imp.		14.00
¾ Medium. N. Y.		18.00
¾ Pea. N. Y.		15.50
¾ Red Kidney. N. Y.		16.00
¾ White Kidney. Jap.		13.50
¾ Yellow-Eyed. Jap.		15.50
¾ Turtle Soup. Jap.		13.50

PEAS

Bulk

Tare	per 100 lbs.	
¾ Green. Scotch		\$13.00
¾ Split. Yellow		13.00
¾ Split. Green. Bags.		17.00
¾ Black Eye. 2 bus.		1.00

LENTILS

000000 Crop 1913. Bags		\$0.15
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CORN MEAL

In Muslin Bags

Yellow. Gran. 3-lb bags. 24	Each	
in jute bag		\$0.22
Yellow. Gran. 7-lb bags. 10		
in jute bag		.50¾
White. Gran. 3-lb bags. 24		
in jute bag		.22
White. Gran. 7-lb bags. 10		
in jute bag		.50¾
Dixie. White. 3-lb bags. 24		
in jute bag		.22

RYE MEAL

In Muslin Bags

Sunbeam. Best. 3-lb bags.	Each	
24 in jute bag		\$0.26¾

FARINA

Bulk

A. N. & Co's. B. Bags, 98		
lbs.		\$ 8.50
A. N. & Co's. B. Bbls., 196		
lbs.		10.50

Packages

Sunbeam. Cases. 24 No. 1	per ctn.	
ctns.		\$0.10¼
Cream. 18 pkgs. per case		3.70

HOMINY

In Bulk

Nichols' Pearl. Bbls.		\$11.00
Nichols' Pearl. 100-lb Sacks		5.50

In Packages

Sunbeam. Cont'r. 12 No. 2	per pkg.	
ctns.		\$0.15
Indiana Mills. Cases. 8 No. 5		
ctns.		.36

Austin, Nichols & Co., New York

ROLLED OATS

In Bulk

Nichols. Crushed. Sacks, 90		
lbs.		\$6.00

In Packages

Sunbeam. Cont'r's. 18 ctns.	per ctn.	
24-oz.		—

OATMEAL

In Bulk

Fine Gr'd. Aberdeen. Bbls.,		
200 lbs.		\$14.00
Fine Gr'd. Highlander. Bbls.		
200 lbs.		14.00
Pinhead Sham. B or C. Bbls.		
200 lbs.		14.00
Pinhead Sham. B or C. Bags		
100 lbs.		7.00
Pinhead Ohio. B or C. Bbls.		
200 lbs.		14.00
Pinhead Ohio. B or C. Bags,		
100 lbs.		7.00

In Packages

McCann's		
Irish Imp. Cases. 12 5-lb		
tins		\$ 9.80
Irish Imp. Cases. 24 2-lb		
tins		8.75
Robinson's		
Scotch Imp. Cases. 20 5-lb		
tins		12.50
Scotch Imp. Cases. 24/2s ...		—

POTATO FLOUR

Bulk. 220 Bags	per lb.	\$0.14
Sunbeam. Cont. 24 No. 1-lb		
ctns.		.12¼
Sunbeam Cont. 48 No. 1-lb		
ctns.		.12¾

APPLES

Ring Cut

Anco. Fancy, Cs., 36 1-lb	per lb	
ctns.		\$0.17
Hudson. Choice, Cs., 48		
16-oz. ctns.		.16
Fancy, Boxes of 50 lbs.		.14½
Whole, Choice, Boxes of		
25 lbs.		.14¾

APRICOTS

Anco. Fancy, Cs. 36 1-lb ctns.	per ctn.	
....		\$0.25
Republic. Fancy, Blenheim.	per lb	
Boxes of 25 lbs.		\$0.23

CHERRIES—Pitted

Fancy, Imported, Sour

Sunbeam, Cs., 36 No. 16 ctns	—	
Sunbeam, Boxes of 25 lbs. ...	—	
California		
Pansy, Royal Anne, Boxes of		
25 lbs.	—	

CURRANTS

Washed and Cleaned

Sunbeam, Fancy, 36 1-lb	per ctn.	
ctns.		\$0.32
Republic. Choice, 36 1-lb		
ctns.		.26½

Austin, Nichols & Co., New York

DATES

Fard

19 lbs., Small boxes, 1 lb each,		
Bulk of 7 lbs.	per lb	
#H½ Ex., Fancy, Cs., 9-12		
1-lb Boxes		\$0.17
#H½ Fancy, 60 lbs.		—
Circle W., Ex. Ch., 9-12 1-lb		
Boxes		.16½

FIGS

California

Calimyrna, 2¼ in. Layers.	per lb	
Boxes of 10 lbs.		\$0.16
Sultan, 2¼ in. Layers.		
Boxes of 10 lbs.		—
Natural, Fancy. Boxes of		
50 lbs.		.11½

PEACHES

Peeled

Anco. Fancy Muirs, Cs., 36	per ctn.	
No. 16 ctns.		\$0.18
Blue Ribbon. Boxes of 25	per lb	
lbs.		\$0.15½

Unpeeled

Anco. Fancy, Cs., 36 No.	per ctn.	
16 ctns.		\$0.14½
Ex. Fancy Muirs, Cs., 25	per lb	
lbs.		\$0.13½
Fancy Muirs. No. 25 ctns.		.13
Standard. Boxes, 25 lbs. ...		.11

PEARS

Halves

Sunbeam, Fancy, Cs., 36	per ctn.	
No. 16 ctns.		\$0.16
Boxes of 25 lbs.	per lb	\$0.14½

PRUNES

California

Sunbeam—In No. 16 Ctns.		
Ex. Fancy. 30/40 Cs. 36	per ctn.	
ctns.		\$0.15¾
Ex. Fancy. 40/50 Cs. 36		
ctns.		.15¼

Various—Choice

Imperial Prunes. 20/30 Bxs.	per lb	
25 lbs.		\$0.16
Santa Clara. 30/40 Bxs. 25		
lbs.		.14

California, French Style

Sunbeam. 30/40 Cs. 1 doz.		
2-lb Jars		\$7.00

Oregon

Fancy. 20/30 Bxs. 25 lbs.	per lb	\$0.14
Fancy. 30/40 Bxs. 25 lbs. ...		.13
Fancy. 40/50 Bxs. 25 lbs. ...		.12½

RAISINS

California Loose Muscatels

Choice. 3 cr. Boxes. 50 lbs.	per lb	\$0.09
Seedless. 1 cr. Box. 50		
lbs.		.10¼

Austin, Nichols & Co., New York

Malaga Loose Muscatels

Casado. 6 cr. Grade Boxes.	per box
22 lbs.	\$3.25
Casado. 5 cr. Grade Boxes.	
22 lbs.	3.09

California Clusters and Layers

Crown London Layers. Bxs.	per box
20 lbs.	\$2.10
Crown London Layers. 1/2	
Box. 10 lbs.	1.25
Crown London Layers. 1/4	
Box. 5 lbs.	.70

Austin, Nichols & Co., New York

Malaga Clusters

Sections (Clusters) Sunbeam Anco	per box
No. 1 Boxes, sections. ...	
No. 2 Boxes, sections. ...	
No. 4 Boxes, 20 sections. ...	\$4.25
No. 5 Boxes, 20 sections. ...	3.75
Casado	
7 cr. Nonpareil Bxs. 5 1/2 lbs.	\$1.60
6 cr. Nonpareil Bxs. 5 1/2 lbs.	1.40

RASPBERRIES

Fancy Black

Sunbeam. Cs., 36 No. 16 ctns.	per ctn.
Bulk. Boxes of 25 lbs.	—

Carque's Fruit Laxative.	.10
Carque's Fruit Bars.	.05
Carque's Stuffed Dates.	.25
Carque's Olives.	.20
Carque's Swedish Black Mission Figs.	.25

JULIUS HENSEL MEDICAL AND DIETARY PREPARATIONS

The Hillside Health Food Co.,
Sioux City, Iowa

Hensel Tonic

12 oz.	\$1.00
1 qut.	2.50
1 gal.	8.00

Sal-Bion

1/4 lb.	\$1.00
1/2 lb.	1.75
1 lb.	3.00

Makro-Bion

Same prices as Sal-Bion.

Ner-Bion

Same prices as Sal-Bion.

PROPRIETARY PREPARATIONS

BERHALTER HEALTH FOOD COMPANY

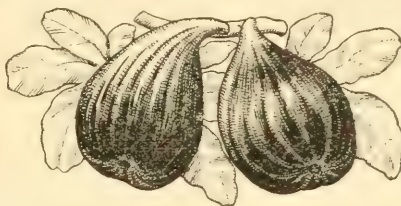
Chicago, Ill. Bakery, Diversey Parkway, near Lincoln Avenue, Store, 1428 N. Clark St.; Restaurant and Store, 19 E. Van Buren St.

List of Berhalter Health Foods

Whole Wheat Meal Bread
Fine Ground Whole Wheat Bread
Whole Wheat Bran Bread
Whole Wheat Fruit Bread
Whole Rye Bread
Whole Wheat Pies
Bran Fruit Laxative
Whole Wheat Fruit and Nut Rolls
Whole Wheat Pecan Cake
Whole Wheat Cookies
Honey Oat Cookies
Honey Wheat Cookies
Whole Wheat Cinnamon Roll
Four Grain Combination Cookies
Laxative Bran Wafers
Bran Cookies
Whole Wheat Cup Cakes
Bran Muffins
Whole Wheat Buns
Whole Wheat Doughnuts
Honey-Maple Peanut Candy
Unfried Health Bread
Pure Grape Juice
Pure Honey
Natural Peanut Butter
Berhalter Wheat Breakfast Food
Berhalter Laxative Breakfast Food
Coarse Whole Wheat Bread Flour
Fine Ground Whole Wheat Bread Flour
Fine Ground Rice Flour
Fine Ground Whole Rye Flour
Fine Ground Barley Flour, (Coarse Ground)
Fine Ground 41% Gluten Flour for Diabetes
Fine Ground Rolled Whole Wheat
Fine Ground Rolled Whole Oats
Unground, Cleaned Hard Wheat for Bread
Unground, Soft Cleaned Cooking Wheat
Unground, Cleaned Rye
Hulled Unground Oats
Hulless Barley, Unground
Buckwheat Grits
Clean, Fresh Wheat Bran
Berhalter's Whole Rice
Barley Grits

CARQUE'S DRIED FRUITS

Carque's Like-fresh Prunes.	.30
Carque's Like-fresh Pears.	.30



Carque's Like-Fresh Peaches.	.30
Carque's Like-fresh Apricots.	.30
Carque's Sultana Raisins (Seedless)	.20
Carque's Cluster Raisins.	.20

Yoghurt

2 oz.	\$1.00
1/4 lb.	2.00
1/2 lb.	3.50
1 lb.	6.00



Hensel's Foods have the New Life-Giving Nutritive Salts

Chas S. Cash—Honey, Figs, Dates, Prunes, Raisins, Peanut Butter.
225 Fulton St., New York, N. Y.

Kindly mention Directory when ordering merchandise.—Information on any article listed without manufacturer's or dealer's name obtainable from Naturopathic Center, 110 East 41st St., New York

Er-Bion	
¼ lb.	\$1.00
½ lb.	1.75
1 lb.	3.60
"Schokomaya"	
1 oz.	\$0.50
2 oz.	1.00
4 oz.	2.00
½ lb.	3.50
1 lb.	6.00
Nutro Cocoa Compound	
½ lb.	\$0.50
1 lb.	1.00



Oat and Cocoa Compound	
½ lb.	\$0.50
1 lb.	1.00
Banana and Cocoa Compound	
½ lb.	\$0.50
1 lb.	1.00
Acorn and Cocoa Compound	
½ lb.	\$0.50
1 lb.	1.00
Ready Cocoa Compound	
½ lb.	\$0.50
1 lb.	1.00
Coffee Substitute	
1 package	\$0.35
3 packages	1.00
Nutr-Ad	
2 oz.	\$0.50
4 oz.	1.00

EDUCATOR CRACKERS

No. 1 Cracker, small tin, 50c;	
smallest tin.	\$0.20
No. 1 Wafer, small tin, 50c;	
smallest tin.	.20
No. 2 Cracker, small tin, 50c;	
smallest tin.	.20
No. 3 Cracker, small tin, 40c;	
smallest tin.	.20
No. 3 Wafer, small tin, 50c;	
smallest tin.	.20
No. 4 Biscuit, small tin, 50c;	
smallest tin.	.20
No. 5 Biscuit, small tin, 40c;	
smallest tin.	.20
Fruited Educator, small tin,	
50c; smallest tin.	.30
Oatmeal Biscuits, small tin,	
50c; smallest tin.	.30
Barley Biscuits, small tin	
50c; smallest tin.	.30
Golden Maize Biscuits, small	
tin, 50c; smallest tin.	.25
Almonettes. Small tin, 60c;	
smallest tin.	.35
Baby Educator, small tin,	
45c; smallest tin.	.30
Rye Biscuits, small tin, 50c;	
smallest tin.	.30
Rye Slips, small tin, 45c;	
smallest tin.	.20
Health Cookies.	.35

KNEIPP HEALTH FOODS



Father Kneipp supplemented his hydropathic ablutions for the cure of disease with a simple vegetarian regimen, prescribing only such cereals and garden produce as had not been robbed of their mineral constituents, so necessary to the health and vigor of humanity. There is nothing in the Kneipp list of foodstuffs, even where cooked foods are offered, that will disturb the digestion, but on the contrary they will impart the greatest strength and activity to the body. It is well in this artificial, pretentious and expensive age to have one sane, clear voice calling man to a repast so simple as that recommended by Father Kneipp.

KNEIPP PREPARATIONS

Coffee-Malt, Genuine Kneipp.—Perhaps the most popular of all the Kneipp foods. Pure malted barley, flavored with caffeine, roasted by a specially patented process, and sealed in one-pound sacks. Any chemist will tell you that caffeine, the dainty, volatile aroma, is very different from caffeine, the deadly poison; any dietist will tell you that both malt and barley are invaluable, the diastase of the one facilitating the assimilation of the other; and any rationalist will maintain, given a thorough trial, the inherent superiority of the malt-coffee over the pseudo-hygienic drinks foisted as coffee-substitutes. One pound, 20c; 2 lbs., 38c; 4 lbs., 75c; 8 lbs., \$1.50; 25-lb. case, \$4.50 50-lb. case, \$8.75; 100-lb case, \$17.50.

Egg-Noodles.—Father Kneipp's favorite dish. Unadulterated; made from best whole-wheat flour and fresh-laid eggs. Used extensively in sanitariums, but just as wholesome, palatable and satisfying for family and individual use. A delicious substitute for macaroni, spaghetti and like products of dirt and white flour. Pound box, 35c; ½ lb., 25c; three kinds.

Elderberry Wine.—Recommended originally by Father Kneipp, and latterly by many eminent physicians, sets the stomach a-hungering, the liver a-functioning. Has valuable sudorific properties. To be used as a beverage, tonic, food. Quart bottle, \$1.00; pint, 60c.

Honey-Wine (Mead). Father Kneipp. The nectar of flowers distilled for the nourishment of man. A direct bequest from the early Germans, and a famous factor in their sturdy strength and proverbial longevity. Tones the stomach,

promotes digestion, enhances appetite. Has a most salutary effect on blood, kidneys, and bladder. Honey is one of the few foods whose assimilation begins directly on entering the mouth. Noticeable heat and energy are its immediate effects, and in cases of intestinal or biliary difficulty, it is an adequate substitute for starches and fats. Quart, \$1.00; pint, 60c. Pure imported, quart, \$1.25; pint, 60c.

Oatmeal Biscuits.—Father Kneipp. —Prepared with oatflour and real Swiss milk-meal. One pound of the latter equals five pounds milk in nutritive value, and far surpasses in digestive properties. Children, convalescents, and dyspeptics may include these biscuits in their dietary with entire impunity, perfect confidence, and the most gratifying results. 25c the package.

Soup Flours.—Father Kneipp.—Not the scraps and refuse of other manufactures, seasoned highly, and labeled Frenchily, but the sturdy German pabulum of purity and power. We can commend these flours as incomparably better than the diluted, adulterated, dollar-tainted concoctions you see in the stores and the street-cars, and hear from later in some unexplained diseases, Grünkern flour, large package, 45c; small, 25c. Barley, bean, lentil, maize, oat-grits, pea, potato, rice, large package, 35c; small, 25c.

Baby Food.—Kneipp's imported, can, 40c; domestic, 20c.

Malt Coffee.—Pure malted barley. Original packages, 1 lb., 20c.; case of 100 lbs., \$17.00.

Domestic Malt Coffee.—Lust's. 1 lb., 20c.

Egg Noodles.—Whole wheat and fresh eggs. ½ lb., 25c.; 1-lb. box, 35c. In three kinds, soup, medium, and broad.

Elderberry Wine.—Appetizer, chologogue, sudorific. Quart bottle, \$1.00; pint bottle, 60c; dozen quarts, \$9.00.

Kneipp's Breakfast Tea, 40c; large, 75c.

Kneipp's Family Tea, 40c; large, 75c.

Kneipp's Aromatic Nourishing Tea, 40c; large, 75c.

A small trial package in paper bag of any of the three Kneipp Table Teas for 15c.

Kneipp's Honey Nuts.—Delicious and strengthening, ½ lb., 30c; 1 lb., 45c.

Kneipp's Honey-Wine (Mead).—Original German. Quart bottle, \$1.00; pint bottle, 60c; dozen quarts, \$9.00; 2 dozen pints, \$10.50.

Kneipp's Honey Wine (Mead).—Imported. Quart, \$1.25; pint, 70c.

Kneipp's Oat-Flour.—Best for growing children. 35c and 25c. Kneipp's Oatmeal Bonbons.—Coughcure and confection. Box, 25c.

Kneipp's Oatmeal Biscuit (with Swiss milk-meal). Package, 15c and 25c.

Kneipp's Roasted Flour Soup.—Highly nutritious. 2 portions, 15c; 4 portions, 20c.

Kneipp's Whole-Wheat Zwieback, imported, 45c.

Kindly mention Directory when ordering merchandise.—Information on any article listed without manufacturer's or dealer's name obtainable from Naturopathic Center, 110 East 41st St., New York



You Do Not Wish to Swallow Medicines

but prefer to regain and maintain your health by observing Nature's Laws as to proper living, proper diet, etc. That our foods are too poor in the necessary *physiological salts*, has always been claimed by our great Nature Cure physicians like Bilz, Platen, Kneipp, Lust and others. Therefore they gladly accepted the proven theories of the great *Julius Hensel* and put them to work in their daily practice.

Platen, in his famous work: "Die Neue Heilmethode" supplement, pp. 688-709 mentions the subject, fully describing the absolute necessity of the daily use of nutritive salts. Here are a few of his convincing arguments: *Hensel's* cardinal principle is this: The more ash and earth substance our blood contains, the better it will oppose decomposition, which means

that it will resist disease so much better. If we increased the mineral constituents of our blood, the degeneration of mankind would be greatly retarded; diseases due to decomposition of blood and lymph would be gradually diminished and disappear entirely. When to this feeding of mineral constituents to our blood be added the external applications of Nature Cure, diseases would much quicker and surer be changed to cures. Besides ordinary table salt, *Hensel's* hygienic food addition (called Nutr-Ad. in this country) should be found on every table. It contains those nutritive substances which are absolutely necessary to make normal, healthy blood, and its constant daily use will keep our blood from diminishing in mineral constituents. The more than 10 years practical experience with these plain earths and salts as Food supplements have in untold desperate diseases not only proven beyond a question the correctness of these nutrition theories, but also established the important fact that these preparations used daily by healthy people are great preventives against blood decomposition.

We offer you here these peculiar, effective and genuine *Hensel Food Supplements*, rich in both organic and inorganic salts:

Hensel Tonic, to increase the red blood cells.

Hensel Sal-Bion, to improve the blood serum.

Hensel Makro-Bion, for general weakness.

Hensel Ner-Bion, for weak nerves.

Hensel Er-Bion, for blood impurities.

Hensel Nutr-Ad., to be used with every meal.

Hensel Yoghurt, for catarrh of stomach and intestines, and to make yoghurt milk.

Hensel Schokomaya, for diseases of stomach and intestines when constipated.

Hensel's Cocoa are very rich in organic salts:

Upon receipt of price, we ship these preparations prepaid to any part of the United States and Canada. Send for our free literature. Discount to retailers.

Hensel Nutro-Cocoa, excellent for daily use in the family and for the sick.

Hensel Oat Cocoa, very nourishing, especially for children.

Hensel Banana Cocoa, fine for convalescents and weak stomachs.

Hensel Acorn Cocoa, great for those who incline to diarrhoea.

Hensel Sho-Ko-Ko, a very palatable ready cocoa; needs no boiling nor any addition. A full diet.

Price for each of the named preparations; 50c and \$1.00, prepaid.

Hensel Substitute for Coffee, should be used in every family. 35c.

No-Ko-Fe, a very fine drink, tastes like coffee, but is free from injurious caffeine. Very nutritious. 35c.

The Hillside Health Food Co. Dept. N (Sole distributors for Hensel Chemical Works) **Sioux City, Iowa**



Father Kneipp

Lust's Kneipp Whole-Wheat Bread, 10c.
 Lust's Kneipp Whole-Wheat Rolls, doz., 20c.
 Lust's Kneipp Whole-Wheat Zwieback, per package, 20c.
 Lust's Kneipp Strength - Giving Soup, "Kraftsuppe," 25c; 2-lb. pkge., 45c; imported, small, 25c; large, 35c.
 Lust's Nut and Fruit Loaf, 25c.
 Kneipp's Imported Baby Food, 50c.
 Kneipp's Honey Gingerbread (Honigbuckchen), at 35c, 45c, and 55c.
 Kneipp's Grain Soup, large pkge., 35c; small pkge., 25c.
 Kneipp's Barley Flour, large pkge., 35c; small pkge., 25c.
 Kneipp's Bran Flour, large pkge., 35c; small pkge., 25c.
 Kneipp's Gruenkeren, large pkge., 45c; small pkge., 30c.
 Kneipp's Oat Grits, large pkge., 35c; small pkge., 25c.
 Kneipp's Lentil Flour, large pkge., 35c; small pkge., 25c.
 Kneipp's Pea Flour, large pkge., 35c; small pkge., 25c.
 Kneipp's Herb-Vinegar Essence, bottle, \$1.10.
 Kneipp's Maize Flour, large pkge., 35c; small pkge., 25c.
 Kneipp's Rice Flour, large pkge., 35c; small pkge., 25c.
 Kneipp's Potato Flour, large pkge., 35c; small pkge., 25c.
 Kneipp's Sweet Acorn Coffee, 1-lb. pkges., 45c. Seelig's, small pkge., 30c.

WHOLE WHEAT PRODUCTS

L. Lust. — Bread, Flour, Grain, Nut-Fruit Loaf, Rolls, Zwieback. So far as we know, these are the only entire wheat foods to be had in New York City. The Zwieback and the Nut-Fruit Loaf are adapted to out-of-town trade, and



the Flour may be sent by express. No sugar is used in the preparation of these health foods, a minimum of yeast, no lard, no white flour, and no adulterations of any kind. A crisp outer crust facilitates dextrinization and preserves the loaf fresh and moist for an unusual length of time.
 Bread, loaf, 10c; Flour, 5 lbs., 45c; Grain, 3 lbs., 35c; Nut-Fruit Loaf, 2½ lbs., 25c; Rolls, 2c each; Zwieback, 1 lb., 20c.

LUST'S FRESH GROUND CEREALS

Whole Wheat Flour, Graham Flour, Wheat Meal, Cracked Wheat, Whole Rye Flour, Yellow Corn Meal, White Corn Meal, Pan Cake Flour, Cooking Bran, Whole Wheat, Whole Rye, Whole Barley, Whole Lentils, Whole Corn. In 5 lb. packages.\$0.50

LUST'S FINE NUT BUTTER (2 kinds and 2 sizes of each kind)

No. 1, 35c and 60c per jar; \$3 and \$5 per doz., made exclusively of peanuts.
 No. 2, 45c and 75c per jar; \$4 and \$7.00 per doz., made of almonds and pecans.
 Samples sent on receipt of 10c for each kind.

GUM GLUTEN FOODS

	Per Pkge.
Gum Gluten, Ground.....	\$0.25
Gum Gluten, Self-Raising....	.25
Gum Gluten, Breakfast Food ..	.25
Gum Gluten, Macaroni	.25
Gum Gluten, Crackers	.35
Gum Gluten, Glutenettes	.30
Gum Gluten, Ground or Self-Raising—	
Five-pound sack	\$1.00
Ten-pound sack	1.75
Twenty-five-pound sack	6.00

"Gluten as a Therapeutic Agent in Diabetes, Bright's and Other Diseases," by Prof. N. C. Parhall.

NASHVILLE SANITARIUM FOODS

Dixie Cookies.....\$0.20
 Sweet Graham Crackers, per pkg.15
 Whole Wheat Wafers, per pkg.15
 Whole Wheat Sticks, per pkg.20
 Malted Breakfast Crisps (Improved Ruskola), per pkg.20
 Laxative Bran Crackers, per pkg.30
 Can Nutfoda (Vegetable Meat), 1 lb., 35c; 2½ lbs.60
 Can Nutcysa (Vegetable Cheese), 1 lb., 35c; 2½ lbs.60
 Sanitarium Meal (about 20 per cent. gluten), per pkg.25
 Cereal Coffee, per pkg.20
 Nut Butter, ½ lb. 25c, 1 lb., 35c; 8 lbs. 2.00
 Can Malta, 1 quart, 40c; 1 gal. 1.25
 Can Sanitarium Beans, per can, 20c; 24 cans. 3.25
 Zwieback, per pkg.16
 Malted Nuts, 1 lb. 60c; 5 lbs. 2.25
 Sterilized Bran, per pkg.10

Can Soy Bean Cheese, per can, 30c; 24 cans..... 5.75
 Can Soy Beans, per can.... .30
 24 cans..... 2.75
 Olive Oil (High Quality), 1 quart 1.00
 Ripe Olives (Small but Good) per gal. 1.25
 Charcoal Tablets, 30c., large 50
 Pure Abstract Cascara Sagrada Tablets, per pkg. 45

PITMAN'S FOODS

Vegsal Soups. Varieties: Spinach, Nuts, Asparagus, Nuto-Cream, Mulligatawny, Brown Haricot, Nutmarto, Mushroom. Sample tin, 20c; large can.....\$0.70
 Vinegar Essence..... 1.25
 Vegex for Soups and Gravies, 20c, 30c and..... 1.00
 Pemican, a Prepared and Condensed Food, 1 lb..... .35
 3-lb. can..... 1.00
 Olive Oil, Imported, 25c, 50c and 1.00
 Olive Oil, Imported, Best Italian—
 1-pt. can..... .60
 1 qt. 1.00
 ½ gal. 1.90
 1 gal. 3.75
 Calwa, Pure California Unfermented Wine, Red and White—
 Pint35
 Quart70
 Case of 12 quarts..... 7.00
 Case of 24 pints..... 8.00
 Sparkling Calwa, pint..... .60
 Case of 24 pints.....12.00
 Unfermented Portuguese Port Wine, Red and White—
 Pint75
 Quart 1.30
 Pure Hawaiian Pineapple Juice—
 ¼ Pint..... .15
 ½ Pint..... .25
 Pint40
 Quart75
 Case of 12 Quarts..... 7.50
 Case of 24 Pints..... 8.00

RALSTON HEALTH FOODS

Breakfast Food, per pkge....\$0.25
 Barley Food, per pkge.25
 Health Oats, per pkge.25
 Pancake Flour, per pkge.20
 Health Club Cocoa, ½-lb. can 50
 Health Flour, 5-lb. pkge. 45

GENERAL LIST OF SELECT FOODS

Nutritive Vegetable Extract —
 Renders all food more digestible by adding the parts lost in its artificial preparation. For instance, white flour has lost the salts, phosphates and gluten that cling to the hull through the milling; potatoes are peeled and robbed of the strength ingredients nestling next the skin; vegetables are boiled into fibrous fatuities, while the good goes into the water that is thrown away. In short, the indispensable element that people can't see, they fail to value and make use of. This extract is tangible knowledge. \$1.00, \$2.00 and \$3.00 per jar.



What is Stamina? A new thought food. A food ready to eat. An absolute Raw Food. It conforms strictly with the Raw Food theory. Has not been subjected to heat nor the deadening effects of cooking. A Power food meal. Can be used as a Diet food exclusively. When going on a vacation, Hunting, Traveling or Camping, have a supply of "Stamina" with you and your food Problem is happily solved. Five to Six ounces furnish abundant food value, therefore makes living inexpensive and practical. It consists solely of crushed grains and Cereals combined with selected fruits and rich Nut Meats. Its true natural food character tends to assist the Human body in performing its natural functions and eliminates the cause of many ailments. The most natural prevention and cure for constipation.

Price in single one lb. Packages, 35c., postpaid, 41c.

Three lb. Cans, \$1.00, postpaid, \$1.15.

Cases of Six \$1.00 Cans, \$6.50, express prepaid.

Will keep in any climate

Small Samples 15c. postpaid

Put up exclusively by

LOUIS LUST'S HEALTH FOOD BAKERY
S.E. COR. 105TH STREET AND PARK AVENUE, NEW YORK

Campbell's Vegetable Soup
Case\$5.75

Campbell's Tomato Soup
Case\$5.75

Vegetable Milk — For bottle-fed children and for all invalids and dyspeptics needing a food containing extreme digestibility with high nutrition. 1.00 per can.

Galactenzyme Abbott. — Bulgarian Bacillus. For relief of intestinal fermentation. Bottle of 100 Tablets, 75c. Bouillon—liquid culture—12 vials, 75c.

Cocovena. — A most satisfactory substitute for the heavy, rich, expensive cocoas sold on the strength of a name. Composed of the purest cocoa and the best oatmeal preparation. Attested analysis, specified in the circulars, demonstrates the two prominent qualities—the nutritive and the assimilative. Prices, tins, 25 cups, 25c; 50 cups, 50c; 100 cups, \$1.00; 500 cups, \$4.00.

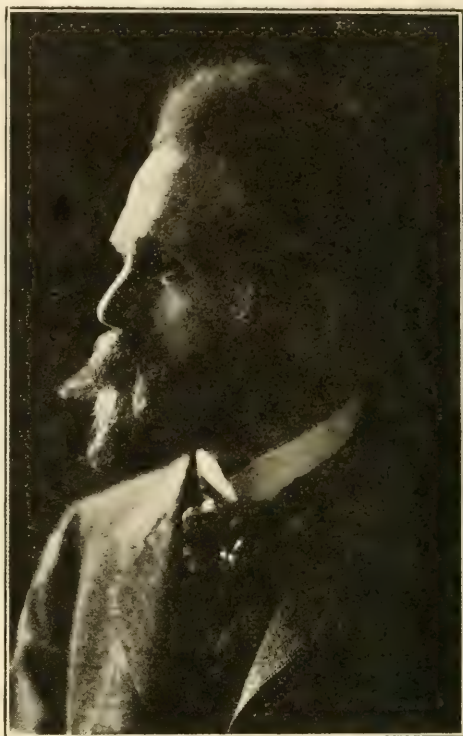
Dyspepsia Cakes. — A new and valuable food product, combining nutritive and therapeutic properties. Constipation, dyspepsia, and general atonicity of the digestive organs yield readily to the continued use of these tonic-cathartic nutritives. 50c per box.

Gluten Foods. — Government analysis proves most of the so-called Gluten and Diabetic Foods to contain more starch and other injurious elements than the average Pharisaical manufactures that everybody knows to be adulterated. This company has won official sanction of its methods and products, and is one of the few whose purpose seems to be as pure as their food is guaranteed. Biscuit, Breakfast Food, Crackers, Flour, etc.

Ko-Nut. — The best frying and shortening medium made. Pure vegetable fat, untainted by animal or other alien matter. Never gets rancid, goes twice as far as lard, heats a third hotter, has absolutely no waste, is thoroughly digestible, and is of a dainty nut-like taste, quite different from the soggy, infested loathsomeness of animal fats. The highest cookery experts commend it unqualifiedly, and the humblest housewives use it regularly. Cans, \$1.00, \$2.00, \$3.00.

Malt Food. — A distilled diastasic agent—pure sugar, pure albumen, pure peptones, pure phosphates. More of a fat, flesh and force-former than ordinary sweets and fats, and assimilated directly instead of taxing several already overburdened organs. A deliciously wholesome successor to syrup, sugar, butter, marmalade, and other common embellishments on the omnipresent "staff." Small can, 35c; large can, 70c.

Ideal Nut Food. — Three varieties. No. I, peanuts only; No. II, mixed; No. III, peanuts omitted. Nothing but nuts, and salt, and saloric—and experience. Better than butter, more fattening than milk, more strengthening than meat, and cheaper than any of them. Glass jars. No. I, 50c; No. II, \$1.00; No. III, \$1.50.



Dr. H. Lahmann, the great German Doctor who introduced the Vegetable Nutritive Salt Theory

Oatnuts.—All the kernel but the shaggy outer coat. The announcement of a new breakfast food nowadays is equivalent to an open insult—so many of them have robbed your pocket of shekels, and your duodenum of strength. Add some insignificant kink in manufacture, dig out some euphemistic title, design a unique cover, fill it with handiest adulteration, advertise it as a health food, and live in luxury while your gullible buyer wrestles with a rasped stomach, a clogged colon, and a paralyzed liver. We can countenance very few of the foods so widely sold, and commend almost none. "Oatnuts" is a gratifying exception, attested by personal use. For large nutrition, slight waste, small cost, and general excellence, it is an admirable success. 25c per box, or 2 for 45c.

Plasmon. — The only pure, soluble, digestible milk protein—Nature's nutrient. One teaspoonful equivalent to ¼-pound best beef in actually proven food value. Prescribed and lauded by the most eminent American, English, and German physicians and dietists. The history of "Plasmon" fails to show a case where, if used rightly, it does otherwise than digest, assimilate, and strengthen. Price-list testimonials, record of cases, and full description mailed on request. 1-lb., \$1.00; ½-lb., 60c; ¼-lb., 35c; Plasmon Cocoa, ½-

lb., 50c; Plasmon Biscuits, tins, 30c and 50c; Plasmon Chocolate, per tablet, 30c.



Tropon. — A vegetable albumen, ready for appropriation by the weakest stomach, and capable of sustaining life where similar preparations fail of peptonizing or dextrinizing. Convincing reports of clinical cases and satisfying statements concerning Tropon will suffice until you have made personal trial. Small box, 50c; large box, \$1.00; Iron Tropon, 75c.

Vegetable Bouillon.—Legumes are the vegetarian and valetudinarian successors of meat. The Vegetable Bouillon presents them in pure essence form, and free from the ptomaines that inevitably preponderate in meat-stocks and extracts. 50c and \$1.25.

Macerated Wheat. — Tyler's. A condensed combination food made from crushed whole wheat, nuts, fruits and other corrective foods. A highly concentrated food—very economical. Ready

Eat Your Way to Health

Use Tyler's Macerated Wheat and other raw foods like I did and get well.

Put iron in your blood and other organic mineral elements in your system so essential to life and health. That's why Tyler's Macerated Wheat with other raw foods is so successful in relieving constipation and restoring health.

After losing my health and trying many ways to regain it without success I finally discovered a combination of natural foods which very quickly started me on the road to health. For more than 17 years I have lived on Tyler's Macerated Wheat and other raw foods. In all that time I haven't had one sick day. Not an ache nor a pain. No colds. No headaches. I am past 67 years of age, but I feel younger than I did 25 years ago. I have more energy and physical endurance. I feel good and strong enough to see 100 years of age. For all this I must give full credit to my raw food diet the principal part being Tyler's Macerated Wheat. That's why I say "Eat your way to Health."

TYLER'S Macerated Wheat

Will do more than anything else to build you up in health—make you strong and vigorous—give you real life and energy—reduce blood pressure—lessen hardening of arteries—make your weight normal—make you feel like doing things, mental and physical.

A fair trial of Tyler's Macerated Wheat will convince you of its great merit. It very quickly relieves constipation which is the primary cause of nearly all diseases. Get rid of the constipation and your other troubles are bound to improve. Make yourself physically fit and you will make good and be happy—but you must have Health and a Clear Brain. You can have both by using Tyler's Macerated Wheat and certain other raw foods, which contain the organic elements necessary to completely nourish the human body—to restore health and keep you in health—to sustain at highest efficiency all the mental and physical powers. All this requires no extra expense. Usually it means real economy. You may not realize that one pound of Tyler's Macerated Wheat has as much nutritive value, and gives more human energy than three pounds of porter house steak and costs much less. Tyler's Macerated Wheat is composed of macerated whole wheat, nuts, raisins and other wholesome corrective foods. Prepared in a perfectly sanitary way and put up in just the right proportions to make a most perfect food for man. Altogether a very appetizing food. A food which contains the mineral elements our system requires, such as lime, phosphates, iron, etc., in their organic state and which are always found wanting in cooked foods. Aids digestion. Gives you a natural, normal appetite. Prolongs life. Prevents disease. Makes life worth living. Valuable suggestions given to prevent colds and rheumatism.

Read the following extracts from Letters:

They are just a few of the many we are constantly receiving.

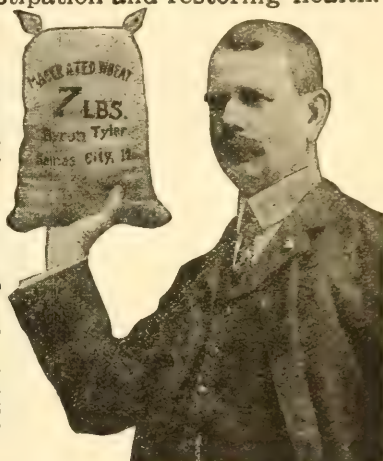
"Your food has practically cured me of constipation, and I can't say too much in praise of it."

"At the end of the second week I could sleep better than I had for the past two years."

"Constipation disappeared and to my great astonishment other troubles so common to women, have vanished also."

"Suffered from headache 25 years—entirely cured by eating Macerated Wheat."

Names and addresses of above and others, perhaps one or more in your vicinity, given on request.



Trade Mark.

Invaluable for Nursing and Prospective Mothers.

There is nothing so good as Tyler's Macerated Wheat together with a little fruit and green stuff for relieving constipation and consequent ills which nearly every prospective mother experiences. Nursing mothers will find the Macerated Wheat of greatest value as it contains the lime, phosphate, iron, etc., in their organic state so necessary to produce rich, nutritious mother's milk—the ideal and correct food for the infant. For your own and your child's sake you cannot afford to do without Tyler's Macerated Wheat. Write for literature giving valuable information for mother's diet.

Send \$1.00 for three-pound can of food and Tyler's Raw Food Book and Health Guide; postpaid anywhere. Satisfaction guaranteed or money refunded

BYRON TYLER, 99 Gibraltar Bldg., Kansas City, Mo., U. S. A.

ESTABLISHED 1899.

to eat. 3 lb. cans. \$1.00. Prepared by Byron Tyler, 616 Wyandotte St., Kansas City, Mo. Cocoa, Nutritive (Nährsalz). — Recent experiments in the U. S. Army and elsewhere have proved chocolate and cocoa to be the quintessence of nutriment — so condensed indeed that none but the strongest digestion can appropriate and the most active body assimilate. The excessive fat clogs the liver and burdens the colon, and makes an otherwise ideal food quite impracticable for the average American. Three famous German dietists have, each in his own way, apprehended the difficulty and largely overcome it. The Hensel Cocoa (gold medal, Paris, Toulon, Berlin) contains fruit-salts which facilitate intestinal digestion and feed the nerves and brain; the Lahmann cocoa has certain vegetable vitalizers, and is perhaps of a lower valence; the



Bilz Swiss oat cocoa includes a digestible preparation of oatmeal, which intensifies, although diluting, the force-element in the cocoa proper. Pound tin (100 cups), \$1.00; ½-lb., 50c; ¼-lb., 30c. Same with oatmeal addition, ½-lb. package, 45c. Pound tin, 90c; ½-lb., 45c; ¼-lb., 30c. Plasmon Cocoa—½-lb. tin, 50c.

surface. The tuber, earth-grown and earth-fettered, may be fit food for the earth-workers, to whom muscle dominates mind, whose fore and top-brain is rudimentary, and whose horizon is defined by the first hillock. But the man who purposes, and hopes, and aspires, who is attuned to the music of the spheres, who is making his ideal the real—such a man finds in fruit the impalpably electrifying power of the Light-god, whither his face is turned. These wines are not glucose and chemical flavoring, but are the product of the genuineness that distinguishes imported preparations. Prices on application, ranging from 80c to \$2.00 the bottle.

BEVERAGES

NUTRITIVE BEVERAGES (Substitutes for Tea, Coffee and Spirits)

	½ Ltr.	¼ Ltr.
Agathon, Wood-Root, condensed	\$0.50	\$0.30
Agathon, Orange, dry, condensed	.50	.30
Agathon, Orange, mild, condensed....	.60	.35
Agathon, Lemon, condensed (pure lemon juice).....	.80	.45
Golden Russet	Qt.	Pt.
Cider (Sparkling)...	\$0.40	\$0.20
Carbonated Sweet Cider (Sparkling)...	.40	.20
Vin de Pomme (Non-Alcoholic) ...	.40	.20
(By the dozen, 10% discount.)		
Crab-apple Cider....	.25	.15
Cocoa, Bilz's Nutritive. Fruit Salts. In tins. 1 lb. (100 cups)	1.00	
½ lb., 50c; ¼ lb.		.30
Cocoa, Lahmann's Health. Vegetable Salts. In tins, 1 lb., \$1.00; ½ lb., 50c; ¼ lb., 30c; with oatmeal addition, ½-lb. pkge.	.45	
Cocovena, Cocoa with Oatmeal. In tins. 25 cups....	.25	
50 cups, 45c; 225 cups....	1.50	
500 cups.	4.00	
Coffee, Kneipp Malt. Pure Malted Barley. In bags....	.20	
Case	3.50	
Coffee, Kneipp's Sweet Acorn. Original packages.	.35	
Coffee, Seelig's Acorn. Original package, small.	.35	
Coffee, German Malt. (Also in 5 and 10-lb. packages.) Lb.	.20	

FRUIT JUICES

Grape Juice, pint, 30c; qt.	\$0.50
Box, doz. bottles.	5.00
2 doz. pints.	6.00
Grape-Juice, best quality, in flasks, qt., 50c; pt. 30c; ½ pt.	.15

Raspberry Vinegar.	.50
Raspberry Juice. Original qt. bottles, \$1.00; 16-oz. bots	.45
Cocoa, Prager's Hygienic Reform. Vegetable Salts and Oatmeal. In tins. 1 lb.	.90
½ lb.	.45



35c., 5 lbs., \$4.50, 10 lbs., \$9.00.

Raspberry Syrup, Imported, Qt., \$1.00; pt.	.60
Strawberry Juice.	1.00
Currant Juice.	1.00

FOOD DRINKS

Caramel-Cereal-Coffee, per pkge.	\$0.25
Unfermented Grape Juice, Quarts	.50
Unfermented Grape Juice, Pints, 30c; ½-pints.	.20

Unfermented Wine. — Sealed Sunshine. A food is refreshing and vitalizing, and vivifying in proportion to its area of exposed

UNFERMENTED WINES

	½ Ltr.	¼ Ltr.
German, white.	\$0.50	\$0.30
German, red.	.65	.35
Spanish, Almeria.	1.00	.60
Apple Cider, Gravensteiner	.45	.25
Apple Cider, Altenlander	.45	.25
Blackberry Wine.	.70	.40
Cherry Wine.	.60	.35
Bilberry Wine.	.60	.35
Quart, \$1.25.		
Bilberry Wine, Quart.	\$1.25	
Malthop Phosphate, Quart.	.35	
Physiological Tonicum, Natural Tonic Invigorant, large (postage 25c)	1.35	
Small (postage 20c)	.75	
Borash, for Gout and Rheumatism	1.75	
Vitalonga, Good remedy for Malaria, Fever, and Stomach Disorders.	1.10	

NON-ALCOHOLIC WINES, MALT-BEER, MINERAL WATER

Calwa, Pure California Unfermented Grape Juice, Red and White; per pint.	\$0.35
Quart	.70
Case of 12 qts.	7.00
Case of 24 pints.	8.00
Malto-Brau, per pint.	.25
Case of 24 pints.	3.00
Blue Castle Water, ½ pint.	.15
Case of 50	5.00
Dietate Spring Water, per pt.	.15
Per Quart.	.25
Aqua Nova Vita, per bottle.	5.00
Case of 10 bottles.	30.00

LIQUID GRAPE FOOD

Gordo Blanco, white, pints, 16 oz., 85c; quarts, 32 oz.	\$1.35
Cabernet, red, pints, 16 oz.	.85
Quarts, 32 oz.	1.75
Mapleine, Flavoring Essence, 2 oz. bottle	.35

LIQUID LEMON

1 oz., equal to ¼ doz. Lemons	\$0.20
4 oz., equal to 2 doz. Lemons	.35
10 oz., equal to 5 doz. Lemons	.60
24 oz., equal to 12 doz. Lemons	1.25

Kindly mention Directory when ordering merchandise. — Information on any article listed without manufacturer's or dealer's name obtainable from Naturopathic Center, 110 East 41st St., New York



ANTHONY A. BERHALTER
President

Established 1908

Incorporated 1916

BERHALTER HEALTH FOODS



KATHARINE BERHALTER
Vice-President

DIVERSEY PARKWAY
NEAR LINCOLN AVE.



CHICAGO, ILL.
U. S. A.

Originators and Producers of

**WHOLE WHEAT BREAD, WHOLE RYE BREAD
BRAN BREAD, WHOLE WHEAT FRUIT BREAD, MADE FROM
SELECT GRAINS, GROUND IN THEIR OWN MILLS; ALSO CAKES, PIES
AND OTHER GOOD THINGS. ALL FROM THE FORMULAS OF THE
BERHALTERS AND UNDER THEIR PERSONAL SUPERVISION.**



TRADE

MARK

BYOND question of a doubt, the Berhalters are the originators and producers of the finest and most complete line of Health Foods in the world. From a little store, opened at 309 North Avenue, Chicago, in 1908, their business has grown to its present immense magnitude. * Their great factory, located on Diversey Parkway, near Lincoln Avenue, Chicago, is a block long, and modern in every detail of its equipment.

The cleanliness and care with which Berhalter Foods are made would surprise and delight the most particular. The finest of wheat and other grains are ground fresh in their own mills for each day's output.

All who realize that it means perfect health to live in accordance with natural laws, and to eat Nature's Foods Scientifically Prepared, should investigate the work and products of the Berhalters. Catalogue and full information will be mailed FREE. Address:

BERHALTER HEALTH FOODS COMPANY

DIVERSEY PARKWAY, near
LINCOLN AVE., CHICAGO

CEREAL PRODUCTS

FARINACEA, BREAD AND BREADSTUFFS

Barley Crystals, per pkge....	\$0.25
Digestive Biscuits.....	.50
Digestive Biscuits, small box, 35c; large box.....	.60
Graham Flour, per 5-lb. bag, 45c; 10-lb. bag.....	.90
Gum Gluten Bread, Loaf....	.15
Gum Gluten Breakfast Food, pkge., 25c; 5 lbs.....	1.00
Gum Gluten Crackers, box....	.30
Gum Gluten Crisp, Loaf.....	.15
Gum Gluten Ground and Plain Flour, pkge., 25c; 5-lb. sack.....	1.00
Gum Gluten Macaroni, pkge....	.35
Gum-Gluten Self - Raising Flour, pkge, 30c; 5-lb. sack, 1.10	
Health Nursery Biscuit.	
Health Wafer.	
Health Thin Water Wafer.	
Health Cold Water Crackers.	
Health Zwieback.	
K. C. Whole-Wheat Flour, per 5-lb. bag, 45c; 10-lb. bag....	.90
Nameless Breakfast Food.....	.30
Nameless Breakfast Food, 35c; 2 for.....	.60
Nutritive Almond-milk Biscuit, pkge.....	.25
Oatnats. All the berry but the shaggy outer-coat, 2-lb. pkge.....	.25
Ralston Breakfast Food, 2-lb. pkge.....	.25
Rose Wheat.....	.25
Rye Graham Flour, 5 lbs.....	.45
Ry-Krisp, Swedish Health Bread, per package, 1 1/4 lbs. Soup-Flours, etc. (See "Kneipp Foods.")	.50
Uncooked Bread, pkge.....	.50
Wheatlette, 25c; 2 for.....	.35
Whole Wheat Bread, no sugar, minimum of yeast, loaf.....	.10
Whole-Wheat Berry, washed. For Breakfast and for Raw Diet, 1 lb., 10c; 5 lbs.....	.45
Whole-Wheat Flour, 1 lb., 10c; 5 lbs., 45c; 10 lbs.....	.90
Whole-Wheat Nut-Fruit Loaf (Pears, Raisins, Walnuts, etc.), 2 1/2-lb. loaf.....	.25
Whole-Wheat Zwieback, pkge. Zwieback, Friedrichsdorfer, pkge.....	.15
Zwieback, Prager, pkge.....	.25
Zwieback, Karlsbader, original pkge. (about 5 lbs.), \$1.25; small pkge.....	.50
Zwieback, Hamburger, long, original pkges., 200 pieces, \$1.25; round, original pkgs., 200 pieces, \$1.25; loose, per pound.....	.40
Ulm Mutschel Flour, large pkge., 35c; small pkge., 25c.	
Genuine Egg Noodles, three kinds, large, medium and soup, 1 lb., 30c; 1/2 lb., 25c.	
(All above - mentioned Health Foods are imported, except Lust's Specialties and Egg Noodles.)	
Genuine Kneipp - Kathreiner's Malt Coffee, 1 lb., 25c; 2 lbs., 45c; 25-lb. case, \$4.00; 50-lb. case, \$12.00; 100-lb. case, \$22.00.	
Domestic Malt Coffee, 1 lb., 20c; 5 lbs., 90c; 10 lbs., \$1.50. (Special prices on larger quantities.)	

Kneipp Whole-Wheat Flour, 1 lb., 10c; 5 lbs., 45c; 10 lbs., 90c; 1/2-bbl., 100 lbs., \$8.00; 1 bbl., 200 lbs., \$19.00.

Selected Washed Wheat in Grains, 1 lb., 10c; 5 lbs., 45c; 10 lbs., 90c; 100 lbs., \$8.00; 200 lbs., \$17.50. Mills for grinding whole wheat and making nut butter, \$1.50; Quaker, \$4.50; extra strong, \$5.50.

Rye Graham Flour, 1 lb., 10c; 5 lbs., 45c; 10 lbs., 90c; 1/2 barrel, \$9.00; whole barrel, \$16.00.

"Pomo" Apple Tea, with Nutrition Salts.—Contains a large amount of organic iron, and is one of the best blood builders known. Not stimulating, of pleasant taste, for sick and convalescents, as well as for the healthy, an always welcome drink of highest hygienic value. For families and children, the cheapest and most agreeable breakfast and supper beverage. Price 35c per pkge., postpaid.

BAKED FOODS

Uncooked Fruit Cake.....	\$0.40
Whole Wheat Fruit Cake....	.40
Honey Cake, 2 for.....	.10
Berhalter's Unfried Health Bread (Fruit).....	.40
Berhalter's Unfried Health Bread (Plain).....	.35
Berhalter's Ex Lax, per lb....	.25
Banana Biscuits, 15c; large..	.30

BREAKFAST PREPARATIONS

Toasted Wheat Flakes, per pkge.....	\$0.25
Toasted Corn Flakes, per pkge.....	.25
Granola, per pkge.....	.25
Granose Flakes, per pkge....	.25
Granose Biscuits, per pkge....	.25
Hulled Wheat, per pkge.....	.25
Wheatose, per pkge.....	.25

CEREALS, FLOURS, GRAINS, RICE, BRAN, Etc.

Lust's Whole Wheat Flour, 5 lb. bag.....	\$0.45
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Ballard's Bran, Ideal Drugless Laxative. Hull-less Barley, Hull-less Oats, Muscle Brand Whole Wheat Flour. In 10 lb. sacks.....	1.00
Kellogg's Bran. Carton.....	.25

CRACKERS AND WAFERS

Graham Crackers, soft and sweet, per pkge.....	\$0.20
Graham Crackers, per pkge....	.20
Fruit Crackers, per pkge.....	.25
Cream Sticks, per pkge.....	.25
Oatmeal wafers, per pkge....	.20
Whole - Wheat Wafers, per pkge.....	.20
Whole - Wheat Zwieback, per pkge.....	.20
Graham Wheat Zwieback, per pkge.....	.20

CANNED GOODS

Baked Beans, per can.....	\$0.20
Hulless Beans, per pkge.....	.20



MISCELLANEOUS HEALTH FOODS

Whole Wheat Flour, 1 lb., 10c; 5 lbs., 45c; 10 lbs., 90c; 1/2 bbl., 100 lbs., \$10; 1 bbl., 200 lbs.....	\$18.00
Whole Wheat Meal, 5-lb. cartons.....	.50
Whole Wheat Flour, 5-lb. cartons.....	.50
Gluten Flour, "Diet Ease," 5 lb. sack.....	.75
Banana Flour, per lb.....	.30



Unpolished Rice, 15c. per package.

Kindly mention Directory when ordering merchandise.—Information on any article listed without manufacturer's or dealer's name obtainable from Naturopathic Center, 110 East 41st St., New York

PAPER SHELL Cultivated Pecans

Soft Shell Walnuts
Paper Shell Almonds

Nuts of every kind are to be found here—all new crop and all of fine quality. Delicious Home Made Peanut Butter.

SPECIAL ATTENTION TO VEGETARIANS

DRIED FRUITS in great variety, too. None but the best grades handled. Get acquainted with this store—and send NOW for descriptive price list to

Chas. S. Cash Nut Store
225 Fulton Street
New York City

SPECIAL: Our Red Ribbon Brand of Extra Large Oregon Prunes are the Finest Grown.

ZONE THERAPY

By

DRS. FITZGERALD and BOWERS

The first and only book on this unique system. The technic is fully explained and illustrated. It is, in fact, a veritable course in Zone Therapy, and any intelligent man or woman can relieve and often cure many conditions which often call for the most skilled specialist.

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Chapter 1: Relieving Pain by Pressure.—2: That Aching Head.—3: Curing Goiter with a Probe.—4: Finger Squeezing for Eye Troubles. 5: Making the Deaf Hear.—6: Painless Childbirth.—7: Zone Therapy for Women.—8: Relaxing Nervous Tension.—9: Curing Lumbago with a Comb.—10: Scratching the Hand for Sick Stomach.—11: Hay Fever and Tonsillitis.—12: Curing a Sick Voice.—13: A Specific for Whooping and other Coughs.—12: How a Phantom Tumor was Dissipated.—15: Doctor White's Experience.—16: Zone Therapy, Mainly for Dentists.—17: Zone Therapy for Doctors Only.—18: Food for Thought.

Zone Therapy cannot possibly, under any circumstances, injure anyone.

CLOTH, Price, \$2.00

I. W. LONG

101 N. High Street, Columbus, Ohio.

A NERVE TONIC and a Delightful Addition to the Toilet BING'S PINE NEEDLE BATHS

Recommended by the foremost Doctors
of all Schools

Has all the magic curative qualities of the Pine. Used by the Public, Drugless Doctors of all Schools, Naturopathic Institutions and Sanitariums. Endorsed and used by Dr. B. Lust. 3 Sizes. No. I: 12 Baths \$1.00; No. II: Family Package, 25 Baths, \$5.00; No. III: Institution, 160 baths, \$10.00, prepaid.

FRED K. BING, Jr.
742 DICKEY BUILDING, CHICAGO, ILL.

IRIDIAGNOSIS

*The Science of Diagnosing
the condition of the body
from signs which ap-
pear in the Iris.*

For the convenience of students and practitioners, all the essential points of this science, together with pictures, drawings and key, have been compiled from the various works on the subject, and incorporated in a

WALL CHART

(34 x 222 inches)

This Chart is printed and lithographed on heavy, durable stock, with metal binding

CONTENTS

- 1—The relation of the Iris to the rest of the eyeball.
- 2—The structures composing the Iris as revealed by the microscope.
- 3—The surface-view of the Iris, magnified to show the most important marks and signs.
- 4—The blood-supply of the Iris.
- 5—The nerve supply of Iris, indicating how it is placed in connection with the entire nervous system.
- 6—Color changes—from normal to abnormal, and the process by which the normal color is restored.
- 7—Density changes—changes in the compactness of the texture of the Iris.
- 8—A complete map of the Iris: showing the regions of the Iris and the organs or parts of the body to which each corresponds.

A condensed tabulation of the allopathic uses of the drugs recorded in the Iris as well as the symptoms to which each gives rise. This data has been gathered from the latest works of various international authorities on allopathic therapeutics and toxicology.

In the text, the various marks and signs occurring in the Iris are divided into Color Changes and Texture Changes. The description and significance of each is given in detail.

No progressive physician can afford to be without this valuable diagnostic adjunct.

NATUROPATHIC CENTER
110 East 41st Street, New York, N. Y.

Taroena	50
Fancy Pearl Barley	25
Barley Pancake Flour	25
Rolled Macaroni Wheat	25
Rolled Cream of Barley	25
Purified Pignolias	75
Specialty Prepared Black Walnuts, per carton	60
Specialty Prepared Filberts, per carton	60
Specialty Prepared Pecans, per carton	60
Specialty Prepared Combination Nuts, per carton	60
Fruit Crackers, per carton	25
Laxative Cereal, per carton	35
Combination Nut Like Flakes	35
Protose Vegetable Meat, per jar	35
Flour—all grades, Farina, Corn Products, Buckwheat, Grain and Products, Pearl Barley, Beans, Peas, Lentils, Seeds, Rice, Sugar and other staples at market prices.	

OTHER SPECIALTIES

Grape Nuts, per pkge	\$0.25
Postum Cereal, 1 lb. pkge.	20
35c; ½-lb. pkge.	20
Pettijohn's Breakfast Food	25
Malt Breakfast Food	25
Malta-Vita, per pkge	25
Force, per pkge	25
Shredded Whole-Wheat Biscuits, per pkge	25
Cream of Wheat, per pkge	25
Wesson Oil, for Salad	30

Wesson Oil, for Cooking, 2-lb. can	35
Saccharine Tablets, 100, 50c; 500	2.25

UNCOOKED FOODS

Tyler's Pemmanian, per can	\$1.00
Wheat Nuts, 8 lb. bag	2.00
L. Lust's Stamina	1.00

CEREAL COFFEES, COCOAS AND TEAS

Lust's Genuine Old-Fashioned Barley Malt Coffee, per lb.	\$0.20
Lindon Cereal Coffee, 100 lb. sack	8.00
Kneipp's Malt Coffee, 11-oz. pkg.	20
Kneipp Acorn Coffee, for children and weak Digestion	45
Hensel's Coffee Substitute	35
Fig Cereal Coffee	35
Banana Nutro	35
Hensel's Nutro Cocoa, ½ lb., 50c; 1 lb.	1.00
Hensel's Nutro Oat Cocoa, ½ lb., 50c; 1 lb.	1.00
Hensel's Nutro Banana Cocoa, ½ lb., 50c; 1 lb.	1.00
Malt Coffee, 10, 25, 50 and 100 lb. pkgs., 8c. per lb. Milwaukee Importing Co., 506 37th St., Milwaukee, Wis.	
Swiss-Oats Cocoa, ¼ lb. boxes	25
5 lb. tins	4.50
10 lb. tins	9.00

candy, and a predigested food of exceptional value, is a peptogen; that is, it aids the digestion of other foods. 1-lb. box, 60c; ½-lb., 35c.

SHELLED NUTS, NUT-BUTTER AND OILS

(Substitutes for Meat and Animal Fats)

Jordan Almonds, 12 oz. pkge.	\$0.80
Filberts, 10 oz. pkges.	60
Hickory Meat, ¼ lb.	55
Pecan Meat, ¼ lb.	55
Walnut Meat, ¼ lb.	55
Nut-Stuffed French Prunes, Box	55
Pecan-Stuffed Dates, Box	30
Walnut-Stuffed Dates, Box	30
Almond-Stuffed Dates, Box	30
Marcipan-Stuffed Dates, Box	30
Nut Marmalade (Fruits and Nuts), glass jars, 35c; 6-lb. pail	1.50
Ideal Nut Food (Nut Butter) No. I. (Peanuts alone), small jar, 30c; large	60
No. II. (Mixed)	60
No. III. (Peanuts omitted)	60
Olive Oil	50
Sweet Table Oil (Celery Gloria)	40
Ko-Nut. Vegetable frying and shortening medium, sterilized, guaranteed free from animal fat, 3-lb. can, \$1.00; 5-lb. can, \$1.50; 10-lb. can	2.75
Sweet Butter Vegetable Oil, Cooking and Table, per can	2.50
Malt Food. (Pure Sugar, Albumen, Peptones and Phosphates)	35
Malt Extract (pure), bottle, 1.00 Small keg	3.50
Whitcomb's Cream-o-Nuts (Peanut Butter), ¼-lb. jar, 10c; ½-lb. jar, 20c; 1-lb. jar, 30c; 3-lb. crocks	55
Pure Peanut Brittle, small pkge., 5c; large pkge.	10
Peanut Wafers, chocolate filled, pkge.	10
Salted Peanuts, 1 lb., 15c; 2 lbs.	25
Roasted Peanuts, 1 lb., 15c; 2 lbs.	25
Prices of all other shelled nuts will be sent on application.	

NUT MEATS AND SHELLED NUTS

(In Fancy Boxes)

Pecan Halves, ½ lb., 45c; ¼-lb.	\$0.25
Hickory Meat, ½ lb., 45c; ¼ lb.	25
Walnut Halves, ½ lb., 45c; ¼ lb.	25
Filberts, in 20-oz. pkgs.	50
Black Walnut Meat, 10-oz. pkgs.	40
Jordan Almonds, 1 lb.	75
Valencia Almonds, 1 lb.	55
Sicily Almonds, 1 lb.	55
Salted Jordan Almonds, ½ lb., 50c; ¼-lb., 35c; ⅛ lb., 25c	25
Salted Pecans, ½ lb., 45c; ¼ lb., 30c; ⅛ lb.	25
Salted Jumbo Peanuts, ½ lb., 25c; ¼ lb.	20
Nuts, all kinds, wholesale quantities. Austin, Nichols & Co., 100 Hudson St., New York, N. Y. (Above prices subject to market fluctuations.)	
Nuts—Paper shell Pecans, Almonds, soft shell Walnuts, Chas. S. Cash, Nut Store, 225 Fulton St., New York, N. Y.	

NUTS AND NUT PREPARATIONS

NEW NUT PRODUCTS

THE most nourishing, the most digestible. Marvelous for fat and blood-making, and for strength-sustaining properties.

Nuts furnish an essential constituent of a vegetarian diet. In their natural state, they are difficult of digestion, and cannot be used by many persons. We have discovered a method for rendering nuts easily digestible by even the most delicate stomach, in the preparations following.

Those desirous of subsisting on a nut diet in winter and who like to vary their diet with fruits, need not be reminded that grapes, pears, apples, oranges, bananas, etc., are always available. Then there are the dried fruits—apples, pears, prunes, dates, figs, apricots, peaches, bananas, raisins, currants, etc. To cook dried fruit, wash it thoroughly in clean water, then place it in a dish with enough water to cover it, and soak ten or fifteen hours; then, leaving it in the water it has been soaked in, put it on the stove and let it simmer gently until cooked. When nearly done, add sugar for individual taste.

Bromose makes fat and blood. This product is made of Malted Nuts, and is especially useful as a food for persons who cannot digest starch. Put up in tablets about the size of caramels. ½-lb. box, 45c; 1 lb., 85c.

Malted Nuts is a complete food, suited to all ages, and possesses the essentials of a perfect nutrient. This pure nut product

is especially desirable as a beverage or food for persons who desire a rapid increase of fat and blood. 1-pt. bottles, \$1.00; ½-pt., 55c.

Meltose is the latest triumph in the art of preparing cereal foods by natural processes, so as to render them capable of immediate assimilation. Meltose is delicately sweet in flavor, and may be eaten as freely as bread without injury. It should be substituted for cane sugar, syrup, honey, and all artificially prepared sweets. 1-lb. jar, 35c; 1-gal. can, \$1.70; ½-gal., \$1.00.

Protose, Vegetable Meat, resembles meat in color, taste, and fiber, and is the exact nutritive analogue of meat, containing about 25 per cent. more nutriment for a given weight. In form it resembles pressed chicken. 1-lb. can, 35c; ½-lb., 20c.

Nut Butter is a substitute for ordinary butter, presenting fat in the form of a perfect emulsion. Combined with water, it forms a delicious cream, and may be used for shortening of all kinds. It is a pure product of nuts, and may be eaten by those who cannot use ordinary butter. 1-lb., 35c; ½-lb., 20c.

Nuttolene, a rich, delicate, and palatable substitute for butter, prepared wholly from nuts. May be eaten by invalids who can not digest nuts in any other form. 1 lb., 35c; ½ lb., 25c.

Sanitas Food Candy, or Health Confection, made from Malt Honey, besides being an admirable substitute for sugar

COMBINED NUT AND FOOD PREPARATIONS



Stuffed Arabia Fard New Dates, in fancy square boxes, with:	
Pecans, at.....	\$0.60
Almonds, at.....	.60
Walnuts, at.....	.40
Crystallized Citron, at.....	.45
Crystallized Orange, at.....	.45
Crystallized Ginger, at.....	.45
With Pecans, Almonds, Walnuts; large drums, 50c; small drums, 30c; in 15c packages.....	.15
Golden Dates, with Pecans, Almonds, Walnuts. In large fancy boxes, 40c; in round boxes.....	.25
French Prunes, stuffed with Walnuts. Fancy boxes.....	.40
"Corona" ladies' ideal food. Fancy box, 1 lb., 40c; ½ lb.....	.25
Nut Marmalade, 1 lb. jar, 40c; ½ lb. jar.....	.20
Nut Butter of Pecans and Pignolias, 1-lb. jar, 60c; ½-lb. jar.....	.35
Choice Smyrna Figs, 2-lb. nest, 60c; 1-lb. nest.....	.35
Wheat Nuts. Whole wheat, nuts and raisins, 3½ lb. pkg., \$1.25; 8 lb. pkg.....	2.50
Warren Weeks, P. O. Box 137, Wilkes Barre, Pa.	

NUT BUTTERS, HONEY, VEGETABLE FATS, OILS, Etc.

Ko-Nut Pure Vegetable Fat, 3 lbs., \$1.00; 5 lbs.....	\$1.75
Kaola (Cocoanut Butter) 3 lb. can, \$1.00; 5 lb. can.....	1.65
Lust's Pure Honey, 1 lb. jar.....	.30
Spanish Olive Oil, ½ gal., \$1.90; 1 gal., \$3.50; qt., \$1.00; pint.....	.60
Myotherma (Butter, Food and Tonic combined), tin.....	1.00
Ripe Olives, small size, 60c; Dried.....	.20
Sawtay (very best veg. butter); large tins, 40c; small tins.....	.20
California White Honey.....	.35
California Red Honey.....	.35



SPECIAL PREPARATIONS

Nut Bromose, 1-lb. box.....	\$0.75
½-lb. box.....	.40
Nut and Fruit Bromose, 1 lb. box, 75c; ½-lb. box.....	.40
Meltose or Malt Honey, 1-lb. jar, 40c; 1-gal. can, \$2.00; ½-gal. can.....	1.00
Nut and Apricot Bromose, 1-lb. box, 75c; ½-lb. box.....	.40
Malted Nuts, pint bottle.....	.90
½ pint.....	.50
Protose, Vegetable Meat, 1-lb. can, 35c; ½-lb. can.....	.20
Protose Savory, 1-lb. can.....	.35
½ lb.....	.25
Nuttose, 1-lb. can.....	.35
½ lb.....	.20
Nuttolene, 1-lb. can.....	.35
½ lb.....	.20
Nut Soup Stock, 1-lb. can.....	.45
½ lb.....	.25
Nut Butter, 1-lb. can.....	.35
½ lb.....	.20
Salted Nut Butter, 1-lb. jar.....	.45
½ lb.....	.25
Nuttol, pint bottle.....	.50
½ pint.....	.35
Nut Meal, pint bottle.....	.45
½ pint.....	.30
Almond Meal, pint bottle.....	.75
Almond Nut Butter, 1 lb. can.....	.75
Antiseptic Charcoal Tablets, large box, 60c; small.....	.35
Sanitas Food Candy, 1-lb. box ½-lb. box.....	.40

IMPORTED AND DOMESTIC HEALTH FOODS

Nutritive Chocolate, with Fruit Extract, Bilz.—No. 1: 1 lb., \$1.00; ½ lb., 50c; ¼ lb., 30c. No. 2: 1 lb., \$1.00; ½ lb., 50c; ¼ lb., 30c.....	\$0.20
Swiss Milk Chocolate, Bilfinger, 1 lb., \$1.00; ½ lb., 50c; ¼ lb.....	.30
Honey, California, Jar.....	.35
Javan Soya (Mushroom Sauce), Lahmann, Bottle.....	1.00
Nutritive Vegetable Extract, Lahman Jar, \$1.00 and.....	2.00
Bilz Vegetable Extract, in Powder.....	1.00
Fruitone. Compound fruit laxative; in glass jars, 50c. and.....	.75
Fruit-vigor; for stomach and bowels; jar, \$1.00; or, 4 jars for.....	3.50
Vegetable Milk, Lahman, Can.....	1.00
Lactated Tissue Food, per can.....	.35
Nu Nuts, a food laxative, tin.....	.50
Banana Figs are Bananas cured and dried the same as Figs. Sample pkg.....	.15
Banana Marmalade or Cheese, lb.....	.35
Pure California Honey, 1-lb. jar.....	.35
Grape Jelly.....	.35
Laxative Food, 50c; large.....	1.00
Dr. Conrad's Health Food. This is not a predigested food that lessens the work of the digestive organs, but their work is made easier by the vegetable fats contained in the food, and the combination of health-	



ful, wholesome cereals accelerates and stimulates the process of digestion. One of the constituents of this health food is flaxseed. Per package.....	.50
Dr. Winter's Nutritive Salts for Young and Old, I, II, III, at.....	1.00
Dr. Winter's Nutritive Salts for the Nerves, pkge.....	1.25
Egg Noodles. Best flour and strictly fresh eggs used. ½ lb. box, 25c; 1-lb. box.....	.35
Fruit Jam.....	.35
Iltz & Kludt Nutritive Salt Powder.....	1.00
Barley Crystals, per pkg., 25c; Cresco Gluten Flour, or Cresco Gluten Grit.....	.25
Nut Bromose, 1-lb. box, 60c; Protose Vegetable Meat, 1-lb. can, 35c; ½ lb.....	.25
Selected Washed Wheat in Grains, 1 lb., 10c; 5 lbs., 45c; 10 lbs.....	.85
Whole Grain Wheat, cooked, in cans.....	.20
Unpolished Rice, 1 lb., 15c; 5 lbs., 70c; 10 lbs., \$1.30; 25 lbs.....	3.00
Oatmeal Biscuits, pkge.....	.25
Oatmeal Crackers, pkge.....	.25
Lahman's Nutritive Salts Oatmeal Biscuits, pkge.....	.25
Mapleine, for making Maple Syrup, bottle.....	.35
Pease Meal, large tin.....	.35
Pure Sylmar Olive Oil—Gallon cans.....	3.75
Quart.....	1.00
Pint.....	.60
½ pint.....	.30

COMPOTE

Sweet-sour Plums, 2-lb. glass.....	.85
Sweet-sour Cherries, 2-lb. glass.....	.85
Sweet-sour Bergamot Pears, 2-lb. glass.....	.85
Pineapples, whole fruit, 2-lb. can.....	.35
Pineapples, sliced, 2-lb. can.....	.35
Pineapples, grated, 2-lb. can.....	.35
Pineapples, Malacca squares, 2-lb. can.....	.35
Flaumenmus (Compote) — Sweet and unadulterated, lb.....	.25
Sweet and unadulterated. Original 5-lb. jars, lb.....	1.00
Mainzer Apfelkraut (Borsdorf Apples, jellied), lb.....	.35
Mainzer Birnenkraut (Bergamot Pears, jellied), lb.....	.50
Mulson - Hamburg Kronsbeeren (Cranberries), preserved in their own juice. Gallon cans, \$3.00; 2-lb. glass, 75c; 1-lb. glass.....	.50

SPECIAL FOODS FOR DYSPEPTICS AND CONVALESCENTS

Brano's Biscuits for Diabetics. This is a delicious sustaining biscuit almost free from starch. It is the only one of its kind and is manufactured by the Brano Biscuit Company, New York. It is highly endorsed by physicians as the best possible substitute for bread. Very efficacious in the treatment of diabetes and constipation.

"Brano" Cookies60
 "Brano" Nuts40
 "Brano" Biscuits with cheese40
 "Brano" Biscuits, plain..... .35
 "Brano" Breakfast Food..... .35
 Dyspepsia Cakes, for Constipation and Indigestion, small box..... .35
 Gluten Foods, for Diabetes, Rheumatism, etc. (See "Farinacea.")
 Lactated Tissue Food. Prepared Evaporated Milk, can Maltine; malt, milk, eggs—flavored with cocoa. Food for convalescents, 50c. 1.00
 Nut-filled Fruits, for Nervousness, Nervous Dyspepsia, Toxaemia, and Special American Ailments. (See "Nuts and Oils.")
 Nutritive Vegetable Extract. A Food-Elixir for Diseases of Deficient Diet (See "Miscellanea.")
 Physiological Tonicum. A Direct Blood-maker. (See "Nutritive Beverages.")
 Plasmon Powder, large pkg... 1.00
 Medium package..... .60
 Small package..... .35
 Plasmon Biscuits, contain 30 per cent Plasmon. Large tins, 50c; small tins..... .30
 Plasmon Chocolate, contains 25 per cent Plasmon. Per package30
 Plasmon Cocoa, contains 55 per cent Plasmon. Per tin. .50
 Tropon. Pure Vegetable Albumen. Regular size..... 1.00
 Iron Tropon..... .75
 Unfermented Fruit Juices. For Anaemia, Chlorosis, Biliousness, and all Digestive and Blood Diseases. (See "Nutritive Beverages.")

RAW VEGETABLES AND RAW DIET

A list of uncooked foods, such as may be kept in store for sale, necessarily excludes a long list of green garden products that may be eaten fresh from the earth in which they grew. There are cabbage, cauliflower, onions, carrots, beets, cucumbers, melons, tomatoes, radishes, Brussels sprouts, pumpkins, parsley, asparagus, leeks, savory, lettuce, chard, etc.

Then there are the fruits—apples, pears, peaches, grapes, cherries, strawberries, raspberries, blackberries, currants, bananas, pineapples, figs, dates, prunes, apricots, oranges and lemons, all of which

are best when eaten raw, fresh from the hand of Nature.

All fruits of the earth contain nutritive mineral salts, absolutely necessary to health, and it is these salts that are washed out of the vegetable tissues by the useless and dangerous practice of cooking.

UNCOOKED FOODS

Unfired Bread.....\$0.35
 Laxative Bread......50
 Unfired Fruit Wafers......25
 Combination Cereal......25
 Laxative Cereal Flakes......35
 Combination Cereal Meal, 25c and50
 Protoid Nuts, 1-lb. cartons... .75
 Uncooked Wheat Bread..... .40
 Raw Flaked Wheat......25
 Muffins, 4 for 10c; Bread, Whole Wheat, 10c. Fig Rolls, 10c. Date-Nuts, 10c.
 Uncooked Fruit Bread, 25c. Nut and Oatmeal Biscuits... .15
 Macerated Wheat..... 1.00
 Honey Nuts, 6-lb. sack..... 1.50
 Digestive Biscuits, 25c and... .50

VALUABLE RECIPES

Slantic Ichor, a purely temperance beverage, contains no alcohol and is made strictly ac-

cording to the laws of Divine and natural healing. It is a drink which St. Patrick already used and enabled him to live 120 years. Slantic is from an old Celtic word, meaning the God of Health. Ichor was the name of the brew drunk by the heathen gods to preserve life. The recipe was obtained by the Rev. Father Wm. O'Shea, of Kansas City, Mo., who claims that it will keep men from the saloon and will solve the temperance and prohibition question. Being a sturdy man of grand old age, Father O'Shea bears witness at least that this creation has not been harmful to him.

The original recipe will be copied and forwarded to anyone, on receipt of \$5.00.

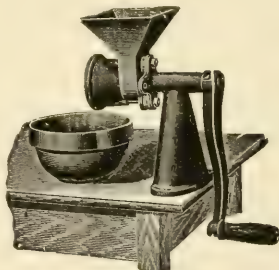
Recipe for Whole Wheat Bread, price, \$1.00.

Louis Kuhne's Whole Wheat Bread, price, \$1.00.

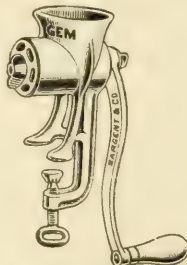
Father Kneipp's Recipe for Fruit and Nut Bread, price, \$1.00.

A practical Bread recipe. How to make Uncooked Bread or natural bread from cocoanuts and uncooked oats. (Bread for the tropics and where cocoanuts can be obtained.) Price, \$2.00.

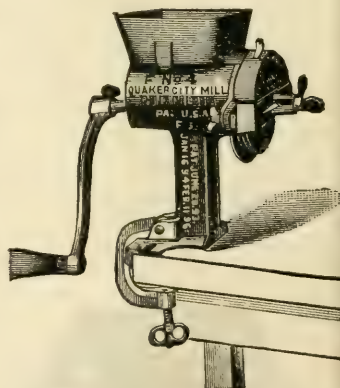
Dr. Havard's Recipe. Constipation Food Remedy, cures the most obstinate cases. Simple and easy to compound. Price, \$1.00

FOOD HELPS**MILLS**

Extra large Mill (heavier) for Nut Butter and all kinds of grinding,\$5.00



The Gem\$1.50



Quaker City Peanut Mill, No. 4. Capacity, 5 lbs. Peanut Butter per hour. Used also for Coffee Mill. Cereals, Spices, etc.\$5.50
 Additional worm feed and fine grinding plates for making nut butters and fruit and vegetable salads 1.50

Kindly mention Directory when ordering merchandise.—Information on any article listed without manufacturer's or dealer's name obtainable from Naturopathic Center, 110 East 41st St., New York

FILTERS



BERKEFELD FILTER

Large, \$10.00; Extra large, \$25.
Filters. Filtered water tasteless,
odorless, colorless. From \$3.00
up.
Filters. Continuous flow. Removes
Typhoid Bacilli. From \$10.00 up.



HYGIENIC FILTER

Reversible and self-cleaning.
Adjustable to all size Fau-
cets. \$1.50



Yale Fruit Press, \$7.00; large
size \$10.00



Still, Sanitary. Sterilizes and aerates
water. From \$10.00 up.
Water Purifiers, stone. Self-cleans-
ing, Germ-proof. \$5.50 up.

THERAPEUTIC APPARATUS

ABDOMINAL SUPPORTERS



THE NEW
ADONIS
SUSPENSORY
Worn next skin.
\$1.75

The New Adonis Suspensory,
medium or large, Lantz....\$1.75
Abdominal Supporters,
all sizes, different prices.
Suspensories, according to
size and style, from \$1.00
to 2 50

BATH CABINETS

Burdick Cabinet Co., Milton, Wis.

The Milton

The pearly, white enamel finish,
sanitary collarette, high efficiency
reflecting panels, perfect ventila-
tion, flush joint and seam construc-
tion by means of electric and
acetylene welding, produce a cabi-
net of great durability, beauty and
sanitation.

The Burdick Ventilating System
maintains an even distribution of
heat, preventing an accumulation
of heat in the upper portion of the
cabinet, eliminates the impurities,
and provides a method of absolute
control.

Dimensions: Width 34½ inches;
depth 39 inches; height 50 inches;
width of doors 22½ inches; ship-
ping weight 425 pounds; con-
structed in two sections for easy
installation.

Price: Complete as described, in
white enamel finish, and with high
efficiency reflecting panels, ad-
justable collarette, revolving metal
stool, 40-60-watt carbon lamps. F.
O. B. Milton, Wisconsin, \$225.00
60-watt tungsten lamps, extra,
\$7.50.

BURDICK RADIO-VITANT APPLICATORS

Applicator on Standard in Use
Can also be used as Local Baking
Cabinet.

1 Burdick Radio-Vitant Appli-
cator, with double metal walls,
asbestos interlining, rubber in-
sulated supporters, body finished in
dark green plush and hard rubber
enamels with nickel trimmings; 6
120-watt lamps (2 extras for future
use); 1 Adjustable Applicator
Standard; 1 Manual of Instruc-
tions, "Local Applications Made
Practical." Regular Price, \$35.00.
Special Introductory Price, \$21.50.
With Carrying Case, Mantle and
Compress, as illustrated, \$27.50.

RADIO-VITANT APPLICATOR TYPE "G"

TYPE "G," for general pro-
longed applications of light and
heat at moderate temperatures, and
for short intensive applications for
derivative and sweating effects.

Applicator is operated over the
hospital Cot by means of the type
"G" stand or over a permanent
treatment table by special spring
counter-balances.

The stand is easily movable on
the floor from bed to bed and Ap-
plicator is raised and lowered over
patient in bed with a simple mo-
tion of the hand.

A splendid upright Cabinet may
also be formed by coupling two of
the type "G" Applicators together
as shown in center figure on the
next page. A special feature of
this Cabinet is that no special
wiring is required.

Our "mogul" multiple socket is
recommended for permanent instal-
lation. For maximum results, 75-
watt nitro-tungsten lamps may be
used.

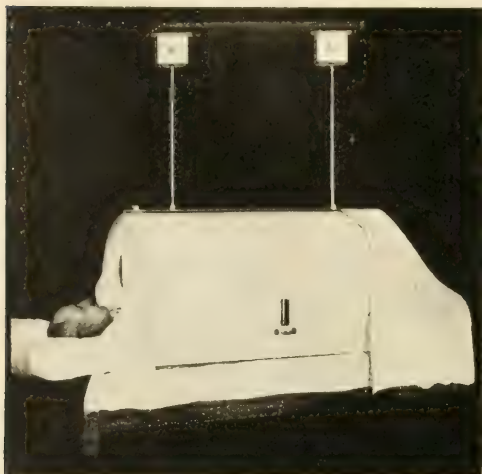
Dimensions: Length 45 inches;
width adjustable from 18 inches to
33 inches; lamps, 12 60-watt car-
bons, controlled by a two-circuit
switch. Weight 50 pounds.

Price, complete, \$75.00. Type "G"
stand, \$35.00. Ceiling counter-
balance, \$15.00.

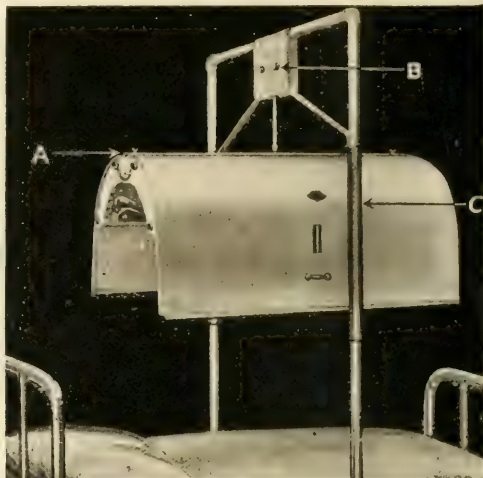
Two Applicators for upright
cabinet, and including stool, cou-
pling sections, double weight can-
vass top, etc., \$155.00. "Mogul"
Multiple Socket, \$3.00.

RADIO-VITANT APPLICATOR TYPE "I"

TYPE "I," for application to
the various sections of body, as
trunk or hips and legs, is of the
same general construction as type
"G," only smaller. It has special
advantages not obtainable in any
other device for applying radiant
light and heat, for the special pur-
poses for which this outfit is in-
tended.



Cabinet "G"
Attached to Ceiling

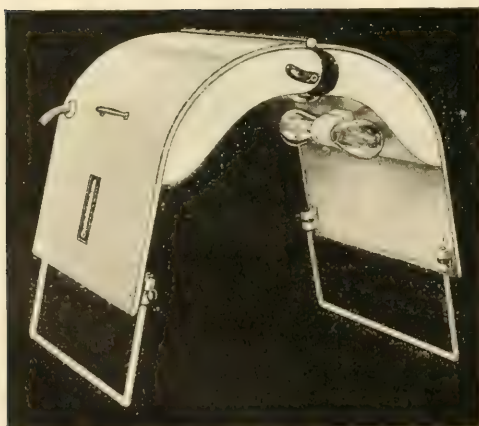


Cabinet "G"
Easily Movable

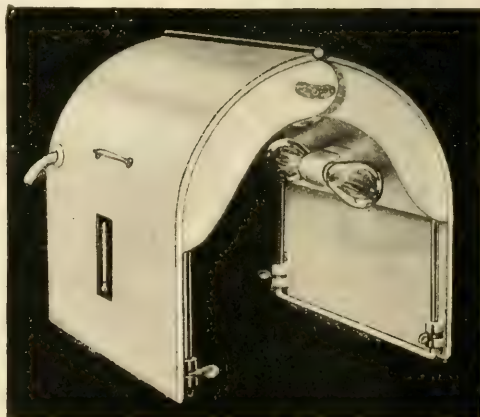


Two Cabinet Sections Com-
bined for Sitting Cabinet

Cabinet "I"
Open Position



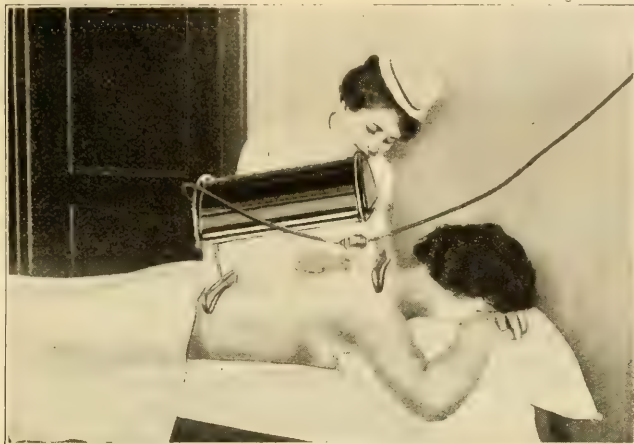
Cabinet "I"
Collapsed



Try This 10 Days Free

HERE'S a chance for you to test out one of the latest and greatest therapeutic developments—a device for the local application of light, hot air, and steam for the relief of pain, congestions, hyper-tensions, etc.—the Burdick "Radio-Vitant" Applicator.

Its range of usefulness makes it truly the Universal Method. Try it and you'll appreciate its real, practical, therapeutic value.



The universal method for local application of heat

Send No Money

We want you to test this Applicator yourself. Just ask for one. Test it. Observe your results. Keep it ten days. Then, if you don't think it worth the price—\$35.00—send it back. If you want to keep it, *send only \$21.50*. That's our special introductory price. It will be withdrawn when we have placed the limited number of Applicators set aside for this purpose.

*So don't wait
Get yours now*

Visit Our Office

If you are near enough to call at our Chicago Office, 15 East Washington Street, we shall be glad to demonstrate not only this Applicator, but our famous Light-Bath Cabinets as well.

Get Our Free Book

Just drop us a card and we'll mail you free a copy of our new "MANUAL OF PHYSIOLOGIC THERAPEUTICS." Valuable and interesting. Treats the subject of Light and Hot Air Therapy in a comprehensive manner.



Relieving a case of Neuritis

BURDICK CABINET CO.

601 MADISON AVENUE
MILTON, WISCONSIN

(1) Its construction is of twenty-four gauge furniture steel and conforms with electrical code of the National Board of Underwriters in every particular.

(2) Adjustable in width and height, adapting it for treating a knee joint or the body of a large person.

(3) Patent tubular ball-bearing hinge for operation of side walls.

Dimensions—Length 18 inches; width adjustable from 14 inches to 26 inches; height adjustable from 16 inches to 22 inches; lamps, 8 60-watt carbons, controlled by a two-circuit switch. Weight 17 lbs.

Price, complete, \$55.00.

BURDICK CABINET CO., Milton, Wis.

BATH CABINETS (Continued) ELECTRIC LIGHT, STEAM, DRY HOT AIR

King Edward Electric Light Cabinet. 36 long tubular lamps and 3 4,000 C. P. violet ray arc lamps on separate switch. Heavy crystal plate mirrors.

Direct current, 110 Volts, \$250.00

Alternating current, 110 Volts, \$275.00.

Without violet ray arc lamps, \$192.00.

Metropolitan Prismatic Electric Bath Cabinet. "All Steel" construction. 42 lamps. Can be folded. Complete with all attachments, \$250.00.

Special, Heavy, All Steel Cabinet. For steam, vapor, hot-air (Turkish) or electric light baths.

For Steam—Vapor medicated bath, using either live or exhaust steam from building plant, with revolving stool, \$106.00.

For Hot Air. Fitted with 4-wall pattern radiators to be connected to steam or hot water plant, \$110.00.

For Electric Light, \$165.00.

Carlsbad Electric Light Cabinets. The patient lies on a car which can be rolled into the cabinet as far as desirable. Made of best quarter sawed oak and steel. Fitted with 36 16 C. P. long tubular lamps and French crystal plate mirrors, \$210.00.

With nickel-plated panels, instead of mirrors, \$190.00.

Hospital Model. All steel. Square or octagon inside. Fully equipped, \$425.00.

Dry Hot Air Cabinets. Body apparatus, reclining. Constructed of metal throughout; weight 500 pounds. Complete with rubber air pillow, 2 robes, 2 turkish blankets, mits, stockings and 50 feet Turkish toweling. With gas or gasoline heaters, \$82.50.

Apparatus for Local Treatment. For Arms, legs, hips, back, abdomen, etc. Made for gas, gasoline or alcohol heaters. (State which kind is wanted). Price, \$24.00.

Smaller Apparatus for Knee. Made for gas, gasoline or alcohol heater. (State which kind is wanted). Price, \$16.50.

Compresses. Absorbent mineral.



Folding Cabinets for steam or Dry Hot Air, \$10.00; \$12.50; \$15.00 and \$20.00.

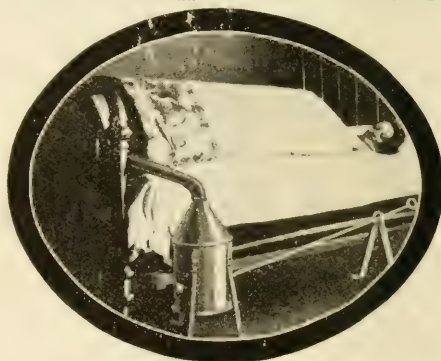
DILATORS

Electrothermal Dilator. Rectal dilation and heat. Price, complete, \$15.00. Electrothermal Co., Steubenville, O.

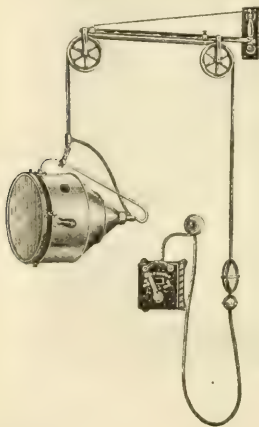
Pneumatic Rectal Dilator and Exerciser. Gives prostatic massage and tone to the rectum and sigmoid. Price, postpaid, \$2.60.

Parallel Blade Dilator. Will dilate up to 3 inches. Made in hard rubber. Price, \$3.00.

Douching Apparatus
(See Syringes)



The Rather Turkish Bath Apparatus. A Turkish Bath in your Bed. Price, complete, \$18.00. The Rather Turkish Bath Co., Rosebank, Staten Island, N. Y.

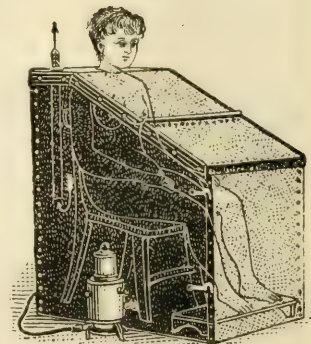


Leucodecent Lamp Outfit. Price, \$75.00.

Spondylotherapy-Set. For vertebral concussions and pressure. Price, \$5.00.



Vapor-Bath Cabinet, \$5.50, \$7.00, \$10.50, \$12.00, \$15.50.



Extra Vapor-Bath Cabinet, \$50.00. Blood Pressure Apparatus. All makes and styles. \$15.00 to \$30.00. Zoe Johnson Co., Chicago, Ill.

Kindly mention Directory when ordering merchandise. — Information on any article listed without manufacturer's or dealer's name obtainable from Naturopathic Center, 110 East 41st St., New York

Please note the important qualities of the

VACUUM-NEUROPATHIC TREATMENT, JUNOD'S HAEMOSPASIA, BIER'S HYPEREMIA.

The following sets forth in a concise manner some of the rare and invaluable qualities of the **VACUUM-NEUROPATHIC TREATMENT**, that are not possessed by any other, and which are so patent that their importance in eliminating diseased conditions are readily recognized.

This method, in addition to restoring the circulation of the blood to the diseased area, is an invaluable aid to our means of diagnosis, as it discloses, by the appearance of the blood brought to the surface, the pathological condition of the circulation and the underlying tissues. On normal structures, the treatment brings out a fine, healthy, florid color; but on all morbid parts, the color is unhealthy; it may be highly colored, angry looking red, denoting inflammation; or pallid, dead looking, of various dark hues, approaching absolute blackness, denoting congestion, stasis, deposits of debris, waste effete, and worn-out matter of the tissues, blood and nerve cells, etc., which clog the small blood vessels and prevent the blood, nutrition, from reaching the diseased area, all of which will be, by persistent, moderate treatment, dissolved and absorbed by the circulating media, and through the organs of the circulation and elimination, in nature's way, expelled from the body.

It is the only system that is able to break through the barriers to the circulation, met with in acute and chronic ailments, which is largely responsible for its many near miraculous cures of Pneumonia, Locomotor Ataxia, Asthma, Neurasthenia, Bright's Disease, Diabetes, Infantile and Adult Paralysis, Arterio Sclerosis, Vertigo, Hardening of the Spinal Cord and Arteries, Paralysis Agitans, and other serious, chronic, incurable (so-called) ailments of mankind. The blood does it all, and at the same and the one operation, supplies arterial blood and nerve vital fluids, nutrition, to the diseased area, the weakened nerves, tendons, tissues, blood and nerve cells, and absorbs the debris of worn-out tissues, nerve and blood cells, and, in Nature's way, eliminates the impurities, which are the causation, or result, of disease; an indispensable corollary, in eliminating disease and restoring health.

No other system possesses these necessary and essential features, the importance of which **Neuropaths** and **Pathologists** appreciate, and which are worthy of your careful consideration.

Our instruments are constructed on correct, scientific, mechanical lines, based on a practical experience, in their use of 50 years, which has brought them so near perfection, that their continual use under the most arduous and practical conditions develops no defects. They are always ready for immediate use and are fully guaranteed, and we invite your careful consideration of their construction and therapeutical utility.

Every physician should have our illustrated and instructive price list, which contains valuable information not obtainable elsewhere. We shall be pleased to mail it to your address.

Send postal for yours.

With the Emergency Outfit shown above and Sulphate of Magnesia (Epsom Salts), in one-ounce doses, which should always be given to cleanse the inner man and whiskey in one to four dram doses to stimulate the nervous system as required. The Physician is in a position to cope successfully with every case of Pneumonia, Meningitis, Pleurisy, Lumbago, etc.

The Physician's Emergency Outfit

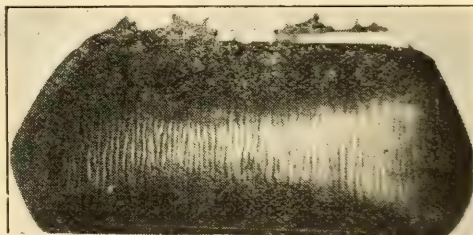
which will decide Pathology and
Diagnosis for you.



Pump and Cups of Emergency Outfit



Cups, Nested to Place in Bag



Club Bag, to Carry Them in

The Emergency Outfit, Price, \$90

The Emergency Outfit, as shown above, consists of No. 90 Satchel Pump and Cups Nos. 3 to 11, inclusive. The Cups will nest together nicely and, with the Pump, will fit in the 16-inch Club Bag shown above. This makes a very convenient selection for the physician to carry to the bedside of his patient and use in case of **LUMBAGO, PNEUMONIA, PLEURISY, MENINGITIS, MASTITIS, INCIPIENT CANCER OF THE BREAST, CONGESTIONS, INFLAMMATIONS OF THE SPINE**, etc., the aching condition of the spine met with in typhoid and other fevers. All acute ailments yield readily to its potent influence. **BUT BE CAUTIOUS** not to treat too **HEROICALLY**.

Apply the cups mildly but thoroughly and persistently over and at the painful part and long enough to relieve pain, and repeat the application as often as the pain returns; usually one to four applications will suffice to cure—No medicine other than the Epsom Salts and whiskey need be given.—Prof. H. N. D. Parker.

The H. N. D. Parker Manufacturing Co.

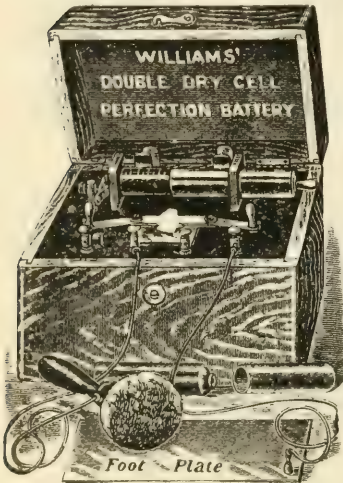
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Medical Battery, for Physicians. Double Dry Cell Dial Battery.....\$12.00
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 X-Ray Apparatus. Zoe Johnson Co., Chicago, Ill.
 Sinusstat. A portable machine giving various sinusoidal currents. Price, \$60.00. For home use, price, \$45.00. Ultima Physical Appliance Co., 136 W. Lake St., Chicago, Ill.
 Electrical Therapeutic Apparatus. Harris Therapeutic Appliance Co., 45 W. 34th St., New York, N. Y.

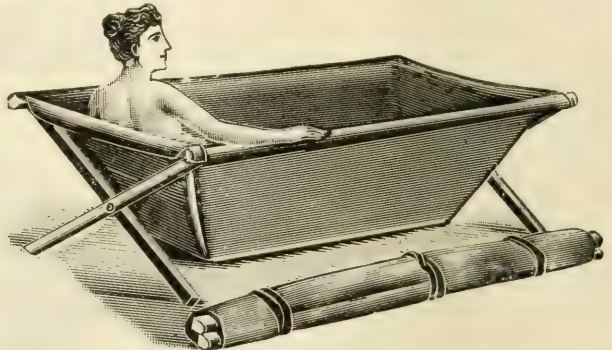
Polysine Generators. Combination machine, Sinusoidal, galvanic, diagnostic; very powerful. Prices, \$125.00 to \$175.00.
 Sinusoidal Apparatus. According to size, \$60.00 to \$225.00. I. W. Long, Columbus, O.

HYDROPATHY

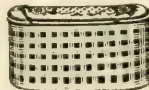
Bath Cabinets, Home, Turko Russian, \$12.50, \$10.00, \$7.50.
 Bath Cabinets, \$12.50, \$7.50, \$5.00 and \$1.00.
 Bath Cabinets, Vapor, No. 1 (Double Wall), Wood, \$15.50; Steel, \$12.00.
 Bath Cabinets, Vapor, No. 2 (Single Wall), Wood, \$7.50; Steel, \$6.00, \$5.00.
 Plunge Baths, Heavy Wood Bottoms, Japanned, 5 ft., green, \$10.00.
 Plunge Baths, Heavy Wood Bottom, Japanned, 6 ft., green, \$12.50.
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 Rubbing Towels, 75c; \$1.25; \$2.00 and 2.50



Melcher's Shower Yoke, \$4.00 and \$5.00.



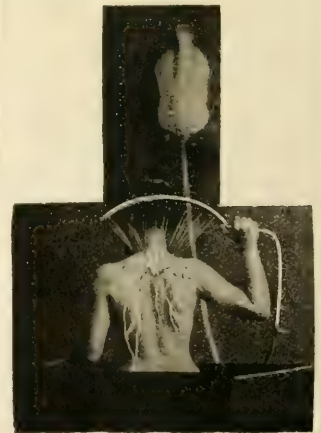
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Shower Bath Outfit, \$3.50.

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Shower Yoke, Patent Bulb, Single Attachment, complete 4.25
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Shower Yoke, Double Bulbless Connection, complete. 4.25
Cascade, with attachment for Women, with \$1.00 Book on Health 10.00

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Neck Bandage..... .50
Dr. Wright's Health Syringe, with 2 tubes 8.00
Extra single tubes, long or short, each..... 1.00



Short Pack Linen, \$2.50;
Raw Silk\$3.50

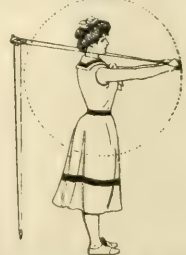
Syringes, Universal and Alpha (Injection) for Adults, \$2, \$2.25, \$2.50, \$3.00, and 3.50
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(Therapeutic Apparatus continued on page 1344.)

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One Thing Money Cannot Buy

By ROY WILSON BEAL

SOME folks imagine that the greatest thing in the world is a fat bank account and plenty of leisure time in which to spend the money. The blind man thinks the greatest thing in the world is to be able to see. The cripple thinks the greatest thing in the world is to possess a body free from deformities, aches and pains. The hungry man thinks the greatest thing in the world is to sit down to a table loaded with all kinds of good things to eat. The lover thinks the greatest thing in the world is love.

In fact, everyone thinks the greatest thing in the world is that which each most desires and is least able to obtain.

The greatest thing in the world is not money or power, automobiles or mansions; it is something money cannot buy. You may ask, "Is there anything money cannot buy?" Yes, there is. The most important, the most vital and the most necessary thing in life to have in order to be satisfied, contented and happy and able to enjoy life is to possess that "one thing money cannot buy."

What is that thing which money cannot buy?

It is HEALTH. Precious, vital, priceless health. Necessary alike for rich and poor. Attainable equally for young and old. The rich cannot be happy without it; the poor cannot be well without it. You cannot purchase it in a drug store, for it does not come put up in bottles ready to "take according to directions." Nor can you obtain it from the grocer, for it does not exist either in bulk or in packages. Those who have it rarely appreciate to its fullest extent its priceless value. Those who have lost it would give all they had in the world sometimes to get it back. A few are privileged to enjoy it without exerting apparently any effort on their part to keep it, but the majority of us

are obliged to work for it; first to acquire it and then to keep it.

Now the question naturally arises, "If I do not possess this greatest of all human blessings, where and how can I get it?" By simply devoting a few minutes a day occasionally indulging in "an internal bath" administered with the aid of a "J. B. L. Cascade." What is a "Cascade?" It is an appliance used for the administration of an internal bath and was invented by Dr. Chas. A. Tyrrell, who not only saved but prolonged his own life more than fifteen years beyond the time set by his own physicians to live and is alive and hearty today. Internal bathing is a short cut from illness to health. There is nothing laborious or objectionable about it. It is a simple, efficacious and quick method of ridding the body of those poisons which are known to multiply enormously in the colon or large intestine and directly or indirectly the underlying cause of most of our physical and mental ills.

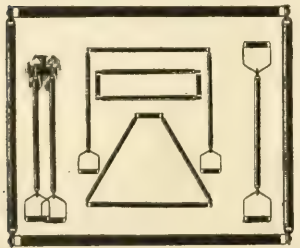
The thousands and tens of thousands of testimonials on file in Dr. Tyrrell's office attest to the almost miraculous results obtained through the use of the "Cascade." If you will write to Chas. A. Tyrrell, M.D., 134 West 65th Street, New York City, mentioning THE UNIVERSAL NATUROPATHIC DIRECTORY, there will be mailed to you a booklet entitled "The What, the Why, and the Way of Internal Bathing," which describes in detail this appliance and how it has benefited thousands suffering from a variety of ills.

As a prophylactic means of avoiding serious or prolonged illness and as an aid in assisting Nature to restore the health of those who are ill, it has almost no equal in the realm of science. There is almost no condition of ill health that does not derive some benefit from its use. —Adv.

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Home Gymnasium Exerciser. 6.00



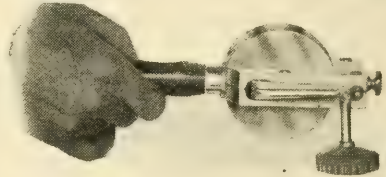
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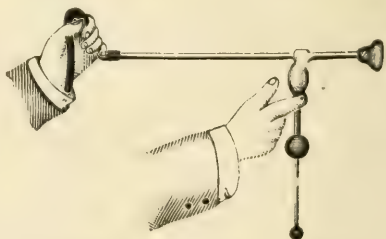
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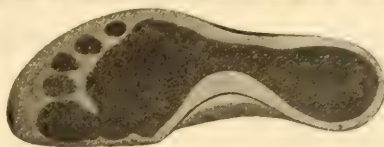
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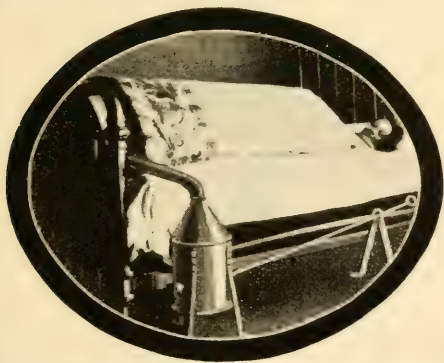
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HERBAL AND PHYSIOLOGICAL REMEDIES

KNEIPP'S HERBAL REMEDIES

THE use of herbs in connection with the natural remedial forces of Naturopathy may seem a return to the use of drugs.

but we must remind the reader that the use of herbal decoctions, extracts, washes, depuratives, purgatives, teas, oils and powders, while of immense benefit in disease when used as directed, possess no harmful results, like the ordinary drugs of the apothecary. All vegetarian menus contain foodstuffs that possess very definite medical effects. Indeed it is the lack of vegetable products possessing those mineral salts on which health absolutely depends, that is primarily the cause of disease in civilized life. If it is beneficial to include in our dietary whole-wheat mea (instead of flour), spinach, carrots, beets, asparagus, lettuce, cabbage, celery, onions, etc., primarily as chemical that is medicinal, foods why overlook those herbal gifts of nature that are complementary thereto, and that assist interiorly the energizing exterior treatments of Naturopathy?

As Father Kneipp says of them, they have, like the water applications, a three-fold aim, viz., to dissolve morbid matter in the interior, to evacuate it, and then to strengthen the organism. Both the interior and exterior cures harmonize and work together with perfect unity.

Disease thus attacked on both sides by natural weapons, that leave no painful after effects, but which are wholly beneficial, has no choice but to leave the body it distresses, just as in the old days the demon of disease was exorcised from the body it tortured, by superhuman power. The superhuman power over disease to-day is the three-fold agency of Natural Forces, Vegetarian Diet and Herbal Remedies.



for use over the scalp, for the preservation of the hair. Can be used also over the neck to fill it out, and for the throat. can be obtained.

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Agave, Aloe Agave (Amerik. Aloe).....	\$0.75	\$0.35
Apricot Leaves (Weichselblätter)		.35
Althea (Marsh Mallow) (Eibischwurzel)	.60	.25
Angelica Root (Engelwurz), powd., 40c..	.60	.25
Alum (Alaun) Powder.....		.25
Anise Seed (Anis-Samen), powd., 40c..	.50	.25
Arnica Flowers (G. Leopard's Bane), Arnika-Blüthen (Wohilverleih)	.60	.35
Aromatic (nourishing) Tea (Diatetischer Nahr- und Kraftthee Wörisher Kräuter-thee) large pkg.....	.60	.35
Asarum Powder (Haselwurzpulver).....	.70	.35
Ash Leaves (Silber-Eschen-Blätter)	.75	.25
Balm Mint (Melisse) ..	.75	.35
Bark of Oak (Eichenrinde)	.30	.25

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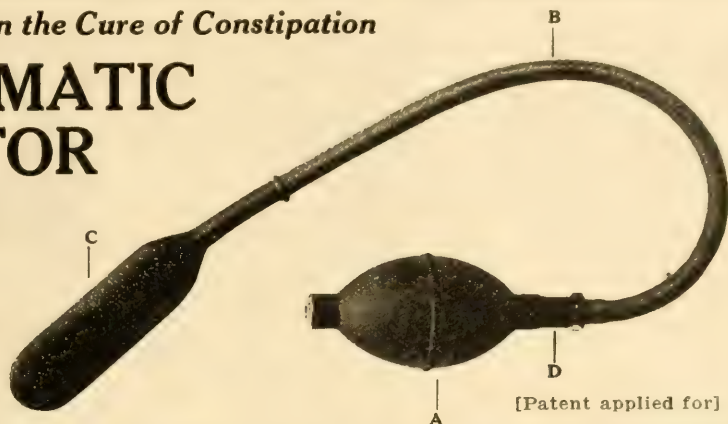
A New Aid in the Cure of Constipation

PNEUMATIC DILATOR

**A Rectal
Exerciser
and
Prostatic
Masseur**

All parts of
soft rubber—
no metal.

Sent postpaid
on receipt of
\$3.00.



A—Bulb for inflating sacula; B—Flexible rubber colon tube; C—Soft rubber sacule; D—Valve with escape vent.

Use of Pneumatic Dilator

THIS instrument was primarily designed for giving rectal massage and toning the musculature of the lower colon.

Its function is not so much to dilate the parts, as to afford them a certain amount of exercise.

Any physician who has had experience in the treatment of chronic constipation knows that by far, the greater number of such cases are due to atony of the colon. This condition is particularly evident in the sigmoid flexure and rectum. These structures, due to loss of muscular tone, are incapable of full contraction, and accumulations of fecal matter resulting in impactions throughout the entire colon is the usual occurrence.

The effect of the pneumatic dilator is that of a mechanical irritant to stimulate the visceromotor reflexes and restore tone to the musculature of the colon. It also has the effect of massage treatment upon the mucous membrane and sub-mucous tissues by emptying out the intercellular infiltration, thus establishing better tissue circulation. No greater amount of dilation or stretching of the colon or sigmoid by the use of the dilator is necessary, as the effect is produced by the rhythmic action established through alternate inflations and deflations of the sacule.

TECHNIQUE. The Dilator should be used after an evacuation, or after the rectum has been cleansed by the use of a hot soapy enema. A super-fatted alcohol soap, or one free from alkali, is best for this purpose. In giving such an enema for the cleansing of the lower bowel, use a flexible rubber colon tube, inserting it about twelve inches. Inject one quart of soapy water at a temperature as hot as the hand can bear it. After the evacuation which the enema produces, use the dilator. To lubricate the sacule and colon tube of the dilator, use soap. Do not use oil or vaseline, as it will rot the rubber. Insert it about eight inches into the rectum, using great care not to force it. When inserted too suddenly, it is likely to double back or coil up in the rectum. Hold the bulb in the right hand with the thumb covering the escape valve. Press upon the bulb until the sacule is inflated, or until the patient feels the pressure. Perform this first inflation gradually, so that the sacule will have an opportunity to conform to the part. Now raise the thumb and allow the air to escape. Continue treatment by alternately inflating and deflating the dilator for from three to seven minutes. A little practice will enable the operator to manipulate the instrument to make its action correspond to the normal vermicular motion of the intestines. Daily treatment is advisable, until normal movements are established.

NATUROPATHIC CENTRE, BUTLER, NEW JERSEY

Bark of Black Alder Tree (Faulbaum)....	.75	.30	Dwarf Elder (Attich- Wurzel), powd., 40c	.80	.35	Pine Sprigs (Fichten- Sprossen).....	.20
Barberries (Berberitzen- Beeren).....	.75	.25	Elder Berries (Hollunder-Beeren)....	.90	.25	Pine Tannin (Fichtenlohe Tannin).....	.30
Basil (Josephs-Kräutlein).....	.80	.35	Elder Flowers (Hollunder-Blüthen)....	.75	.25	Primrose (Cowslips) (Schlüsselblume)....	1.25
Bear Berry Leaves (Bärentrauben-Blätter)....	.50	.25	Elder Leaves (Hollunder-Blätter)....	.50	.25	Pumpkin Seeds (Kürbiskerne).....	.30
Berries of Buckthorn (Kreuzdorn-Beeren)....	.50	.25	Elder Roots (Hollunder Wurzel)....	.75	.30	Quassia Wood (Quassia) Rheumatism Tea (Rheumatismustee), large pkg.....	.60
Betony (Betonie).....	.15		Elecampane (Alant-Wurzel).....	.80	.35	Rhubarb Powder.....	.20
Bilberry Leaves (Heidel- beeren-Blätter).....	.75	.25	Eucalyptus (Eukalyp- tus), small box, 20c	.25		Ribwort (Spitzwegerich).....	.50
Blessed Thistle (Kardo- benediktenkraut).....	.65	.35	Eyebright (Augen- trost), powd., 40c....	.50	.25	Rosemary (Rosmarin)...	.30
Blind (or Dead) Nettle Flowers * (Taubnessel- blüthen).....	2.00	.35	Family Tea (Familien- gesundheitsstee), large pkg., 60c.....	.35		Rue (Raute).....	.60
Bilberries (Blueberries) (Heidelbeeren).....	.75	.25	Fern (Polypody) (Farnkraut-Wurzel)....	.60	.25	Sage (Salbei) Powder.....	.50
Birch Leaves (Birken- Blätter).....	.75	.25	Flaxseed (Linseed) (Leinsamen).....	.50	.20	Sallow (Sahlweiderinde).....	.90
Blackthorn Blossoms (Dornschleh Blüthen)....	1.25	.25	Fenugreek (Foenum Graecum) (Bocks- hornklee) Powder, 25c	.60	.25	Sandalwood (Red Saunders) (Sandel- holz) Powder, 35c...	.25
Black Currant Leaves (Johannisbeer-Blätter)....	.75	.25	Fennel Seed (Fenchel), powd., 25c.....	.30	.20	Sanicle (Sanikel) (Heil- dolde) Powd., 35c...	.65
Bramble (Blackberry) (Brombeerblätter).....	.75	.25	Gallstone Tea (Gallen- steintee), large pkg....	.60	.20	Sarsaparilla Roots (Riedgras).....	.75
Breakfasttea (Frühstuck- tee), large pkg., 60c....	.35		Gentian (Enzian).....	.40	.20	Sassafras (Sassafras)...	.80
Briar Hip (Hagebutten)....	.50	.25	Grains of Incense (Harz- körner).....	.80	.35	Scurvy Grass (Spoon- wort) (Löffelkraut)...	.20
Briar Hip Seeds (Hagebutten-Kerne)....	.40	.20	Ground Ivy (Gundel- Rebe).....	.50	.25	Sea Onion (Meerzwiebel).....	.60
Broomherb (Geniste) (Ginster).....	.50	.25	Hay Flowers (importierte Heublumen).....	.35		Shave Grass (Common Horse Tail, Pewater- grass) (Zinnkraut)...	.40
Bogbean (Bitter-Klee)....	.50	.25	Hearts Ease (Stiefmüt- terchen) (Dreifaltig- keits-Thee).....	.60	.25	Shepherd's Purse (Hirtentäschchen)....	.50
Buckthorn Bark (Kreuzdornrinde)....	.40	.25	Heather (Haidekraut) (Erika).....	.65	.30	Silverweed (Anserine oder Gänsefinger- kraut).....	.50
Buckthorn Berries (Kreuzdorn-Beeren)....	.50	.25	Holy Herb (Herba-Santa Heiliges Kraut).....	.60	.30	Soapwort (Seifenkraut) Sorrel (Sauerampfer)...	.20
Burdock Roots (Kletten- Wurzel).....	.50	.25	Horehound (Andorn)....	.60		St. John's Wort (Johanniskraut)....	.40
Burdock Wort (Klet- tenkraut).....	.50	.25	Iceland Moss (Isländisches Moos)....	.60	.25	St. John's Wort Powder	.35
Calamus (Sweet Flag), (Kalmus-Wurzel), powd., 35c.....	.50	.25	Iris (Schwert-Lilie)....	.30		Stomach Tea (Magen- tee), large pkg., 60c....	.35
Camomile (Kamille)....	.80	.25	Juniper Berries (Wach- holder-Beeren).....	.40	.20	Strawberry Leaves (Erdbeerblätter)....	.75
Caraway (Kummel)....	.50	.35	Juniper Berries Powder	.25		Thyme (Thymian) (Quendel).....	.50
Carline Thistle (Eberwurz).....	.60	.25	Juniper Sprigs (Wachholder-Spitzen)	.50	.25	Tonic Laxative I. (Wühlhuber I.).....	.40
Centuary (Tausend- guldenkraut).....	.75	.25	Knotgrass (Wegtritt) (Knöterich).....	.50	.30	Tonic Laxative II. (Wühlhuber II.)....	.40
Chalk Powder (Kreide- mehl).....	.25		Laxative Tea (Stuhl- gangs-Thee).....	.25		Tormentil (Tormentille) (Blutwurz, Fünffinger- kraut) Powder, 35c....	.50
Charcoal Powder (Lindenholzkohle)....	.30		Linden Flowers (Lime tree) (Linden).....	.60	.25	Valerian Root (Baldrian- wurzel), powder, 40c....	.65
Chestnut Powder (Kastanien-Pulver)....	.25		Liverwort (Leberblümchen)....	.80	.20	Veronica (Male Speed- well) (Ehrenpreis)....	.70
Chicory (Succory) (Wegwart).....	.50	.25	Lungworth (Lungen- Kraut).....	.50	.25	Vervain (Eisenkraut)...	.60
Chickweed (Hühner- darm) (Sternmiere)....	.60	.30	Mallow Flowers (Hollyoke) (Malve)...	.75	.25	Violet Leaves (Veil- chen-Blätter).....	.60
Clay (Thon-Lehm) (Polarderde).....	.30	.25	Marigold Flowers (Ringel-Blumen)....	1.00	.30	Violet Root.....	.40
Colts Foot (Huflattich), powd., 35c.....	.45	.25	Milkwort (Bittere Kreuzblume).....	.25		Wallworth (Beinwell Wallwurzel).....	.50
Colts Foot Flower (Huflattichblüthen)....	.40		Millet Chaff (Hirsespren) Mistletoe (Mistel)....	.20	.25	Walnut Leaves (Wallnussblätter)....	.50
Comcock (Hauhechel- Wurzel).....	.75	.30	Mouse Ear (Maus- Oehrchchen).....	1.00	.40	Watermint (Wassermintze).....	.50
Common Avena (Nelkenwurz).....	.35		Mullein Flower (Woll- blume).....	1.75	.40	Watercress (Brunnenkresse)....	.15
Common Nettle (Brenn- Nessel).....	.50	.25	Mullein Herb (Wollblu- men Kraut).....	.80	.25	White Beanpods (Bohnenhülsen)....	.80
Common Nettle Roots (Brennnessel Wurzel)....	.60	.25	Nerve Tea (Nerventee). Oat Straw (importirtes Haferstroh).....	.25		Woodroof (Waldmeister).....	.60
Cough Tea (Husten- Thee), large pkg., 60c....	.35		Obesity Tea (Entfet- tungstee).....	.60		Wood Ashes (Holz- Asche) large box, 50c	.25
Cramp Tea (Krampf- Thee) large pkg., 65c....	.40		Parsley Root (Petersilien Wurzel)....	.35		Wormwood (Wermuth), Powder, 30c.....	.40
Daisy (Gänseblümchen)...	.30		Peppermint (Pfefferminze).....	.75	.25	Wormseed (Wurmsamen).....	.20
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Diabetic Tea (Zucker- harnruhrtee).....	.60						
Diuretic Tea (Wasser- suchts-Thee), large pkg., 60c.....	.35						

For Postage, add 18c per lb., or 5c.
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THE *Koesel'sche Buchhandlung* in Kempten, Bavaria, has made arrangements with the undersigned for the establishment of a general distributing agency of S. Kneipp's hydropathic works.



The immense success of S. Kneipp's system of hydropathic treatment and the enormous sale of his works throughout Europe will no doubt encourage the Trade to introduce these works on a larger scale to the American public.

The following books can be furnished in paper cover and in better binding: "My Water Cure," "Thus Shalt Thou Live," "My Will," "Codicil to My Will," "The Care of Children," "Plant Atlas," etc. Most of these standard German works have been translated into English, French, Italian, Polish, Bohemian, Spanish, Portuguese, Hungarian and other languages.—More particulars contained in Schaefer's catalogue, which will be mailed gratis on application. This catalogue also enumerates the remedies recommended in Msgr. Kneipp's works, such as: CURATIVE HERBS, *Roots, Berries, Leaves, Barks*, etc., put up hermetically in tin boxes. *Powders, Tinctures, Oils, Pills*, in small glass bottles.

Two Excellent Food Articles for daily use: MALT COFFEE and STRENGTH GIVING FOOD. From a large number of letters of recommendation, I quote the following:

"Your Malt Coffee is an excellent substitute for coffee in all cases of catarrhal disease of the bowels and stomach, where common coffee seldom agrees, viz., in cases of weak stomach and chronic diarrhoea. Furthermore, it is recommended for nervous people, as it does not have the irritating qualities of ordinary coffee; and besides, it deserves preference on account of containing real nourishment, whereas common coffee contains none. In all cases where physicians forbid the use of ordinary coffee, your Malt Coffee can be used instead with great benefit."—DR. ACULARIUS.

Boston, Mass., Nov. 17, 1913.

"Dear Mr. Schaefer: Last summer I was completely run down and unable to do any work. At that time my attention was called to the "Strength Giving Food" which Msgr. S. Kneipp so highly recommends in his works. I at once ordered a quantity of it. Its use has benefited me so much that I am now able to perform my duties and ordinary work as before my collapse."

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KNEIPP'S HERBAL REMEDIES

Messrs. Oberhäuser & Landauer, of Würzburg, Germany, are the Sole Manufacturers in the World of the Only Genuine Rev. Seb. Kneipp's Remedies. Customers are therefore requested to observe closely that all such remedies are done up in stamped wrappers bearing the signature of Oberhäuser & Landauer, Würzburg, as also the registered Trademark (the picture and signature of Rev. Kneipp) on every package. If, therefore, the packages are marked differently, our customers are warned that they are fraudulent imitations. General Depot for the United States of America: Kneipp Health Store Company, 110 East



41st Street, New York. All the following Herbal Remedies and Specialties are prepared in accordance with Rev. Seb. Kneipp's own directions, now under the supervision of his successors, from the very best herbs to be obtained. Rev. Father Kneipp recommended in conjunction with the Water Treatment for all diseases the simultaneous use of the hereunder mentioned specialties:

Kneipp's Eye-Bright (Augentrost) has proved itself most beneficial for diseases and inflammation of the eyes, caused either by purulent lesions or by weakness. To be diluted with 5 parts of water and applied 3 times a day to the sore eyes with a clean linen rag or absorbent cotton. Price 50c; postage, 7c.

Kneipp's Arnica Salve, used with excellent results, in soreness of the skin, eczema and recent small wounds. Price, 35c; postage, 3c.

Kneipp's Depurative Tea (Blutreinigungsthee) is the best depurative; it rids the blood of morbid matter and acts slightly upon the bowels. For a radical depuration of the system in case of eruptions, itch, lupus and cancerous affection, this tea must be used for quite a long while and suitable applications of water be made at the same time, to insure a radical cure. Each package contains directions for use. Price, 55c; postage, 5c; large, \$1.10.

Kneipp's Cholera Drops (Cholera-tropfen) are an excellent remedy for diarrhea and diarrhea with vomiting, cholera or cholera. One tablespoonful 4 or 5 times a day. Price, \$1.00; postage, 10c.

Kneipp's Pine Sprig Honey and **Kneipp's Fircone Honey (Tannen- und Fichtennadelhonig)**. Excellent for all ailments of the throat, hoarseness, coughs, colds,

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Kneipp's Cough Drops (Hustenbonbons). These Cough Drops are made from the extracts of Father Kneipp's best herbs, and prove very salutary for coughs, hoarseness, catarrh of the throat, etc., etc. Price, 25c; postage, 3c.

Kneipp's Cough Tea (Hustentheee). This is an excellent remedy for all cases of catarrh of the respiratory organs; it cannot be too highly recommended to those who suffer from the chest, throat or lungs. We have seen the most obstinate cases of catarrh disappear in a few days, especially when the appropriate applications of water were made at the same time. Full directions inclosed in each package. Price, 55c; postage, 5c; large, \$1.10.

Kneipp's Pomade of Marigold (Calendulasalbe), for the cure of sores and wounds of all kinds. Directions for use on the box. Price, 35c; postage, 3c.

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Kneipp's Bone Powders. Nourish the blood and the bones, strengthen the nerves. There is no powder used in any ailment which is as easy to digest as this one, so that even little children and adults with the weakest stomachs can take it without disturbance. From this property may be attributed the marvelous cures often produced in anæmic persons, scrofulous and rachitic children, and in cases of nervousness and nervous headache and vertigo. Kneipp has three kinds of Bone Powder: 1. The White Powder is the best remedy for nervousness, nervous headache, anæmia and vertigo. Price, 50c; postage, 5c. 2. The Gray Powder is the best remedy

for lung, kidney and bladder diseases. Price, 50c; postage, 5c. 3. The Black Powder is the best remedy for scrofulous and rachitic children. Price, 50c; postage, 5c. Children take a small pinch of powder, adults a quarter of a teaspoonful 3 times a day, during meals.

Kneipp's Cramp Drops and Cramp Tea (Krampfthee und Krampftropfen). The best remedy for cramps of all kinds, especially of the womb, and a good anti-hysterical remedy. Three times a day one teaspoonful of the Drops in a cup of Cramp Tea. Price, 55c each; postage, 5c.

Kneipp's Magentrost (Stomach Elixir). This excellent stomach elixir is prepared from the choicest and purest of Kneipp's herbs, and is used to great advantage in all stomach disorders. Will effectually cure Dyspepsia and Indigestion, Loss of Appetite, Acidity, Vomiting, Diarrhea, Spasms, Wind, Colic, etc. Sold in three sizes of bottles. Prices, 50c, postage 7c; \$1.00, postage 10c; \$2.00, postage 25c.

Kneipp's Nerve Tonic (Nerventrost), for nervousness and sleeplessness, according to prescription by Dr. Baumgarten, Würzburg. Price, per bottle, \$1.00; postage, 10c. The celebrated essay on sleeplessness and nervous affections by Dr. Baumgarten, in English or German, price, 15c., should be bought with each order.

Kneipp's Tincture for Travelers (Reisetropfen). Recommended by all who have used it. Price, \$1.00; postage, 10c.

Kneipp's Pectoral Syrup (Hustensaft). Made from the juice of the plaitain and extract of malt. A splendid remedy for coughs, sore throat, and all affections of the respiratory organs. Three times daily a teaspoonful. Price, 50c; postage, 10c.

Kneipp's Pocket, Home and Traveling Apotheke (Haus- und Reise-Apotheken) contains, practically arranged and prettily fitted up (in the shape of a cigar case), 8—16 articles, with exact directions for using all of them, ready and convenient for immediate use. Almost indispensable at home and abroad. Prices, \$1.00, \$2.00, \$3.00; postage 5c, 15c, 25c. Larger ones for home use in elegant cabinets, from \$10 to \$25.

Kneipp's Diuretic Tea (Wassersuchtsstee). A highly pronounced diuretic hydragogue. Its virtues have often been proven in cases of dropsy, diseases of the kidneys (Bright's Disease), and diseases of the bladder (stone, gravel). Each package contains directions for use. Price, 55c; postage, 5c; large, \$1.10.

Kneipp's Wormwood Eye Salve. This Honey Salve was used by Father Kneipp with the greatest success in cases of cataracts, weak eyes, etc., etc. Price, 40c, with accurate directions for use. Glass rod to apply the salve with, 10c. Price, together, 50c; postage, 6c.

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NATURE'S BATH POWDER

RADIUMACTIV. An inexpensive Natural **MINERAL POWDER.** Can be used in any **HOME BATH TUB.** Endorsed by the American Naturopathic Association, and individual Practitioners.

The therapeutic value of radio-activity has been established. **RadiumactiV** is an aluminum-iron-magnesium silicate (lime, sodium, potassium), possessing decided radio-active and electro-magnetic properties, in that it has the following properties:

Its radical energy can be measured by the radiometer.

When burned in the flame of an arc-light, it imparts a carmine color, which is a distinguishing property of radium.

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Magnetizes and imparts radio-activity to surrounding objects.

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An application of **RadiumactiV** promotes healthy circulation of the blood by stimulating molecular activity. It destroys pus and bacteria and liberates toxins, and by the specific action of its light, heat, electric and magnetic properties, changes the pathological conditions into healthy tissue. It revivifies cell protoplasm and prepares the way for the action of the phagocytes.

It lowers blood-pressure, increases sexual vitality, has a solvent action on gouty deposits, and influences sympathetic nervous affections, such as neurasthenia and allied conditions. It is strictly ethical and when used as indicated, it will bring results.

Being a radiferous substance, **RadiumactiV** is indicated in all painful conditions or disturbed equilibrium of living tissue, from pus infection to epitheliomata and malignant growths. The magnetic properties, when carried into the tissues by the radio-active energy, are antiseptic, cooling and soothing, creating, as it were, a double therapeutic action with the rays, establishing nervous and vascular equilibrium which hastens the elimination of toxins. It is indicated in acute and chronic **Neuritis, Rheumatism, Neuralgia, Pneumonia, Pleurisy, Pleurodynia, Sprains, Deep Seated Abscesses** (of septic origin), **recent Contusions, open Sores, Burns, Bolls, Felons, Skin Diseases** of whatever nature, **Pruritis**, (itching of any part), **Proctitis, Synovitis, Lumbago, Mastitis, Hemorrhoids**, and all **Catarrhal conditions**.

Diseases of the rectum and vagina are reached by means of capsules or suppositories. Prescribe hot baths in which a half pound of **RadiumactiV** powder has been used. These will be valuable in **Arterio-sclerosis, Rheumatism, Bright's Disease, Diabetes, Neuritis**, etc. They reduce the blood pressure, relax the arterial walls, stimulate cutaneous reflexes, equalize the circulation, and through the sympathetic nervous system, aid digestion, relieve abdominal stasis and constipation, promote metabolism, etc.

IT DOES NOT INTERFERE WITH OTHER TREATMENTS

Literature, Reference, Price List, and Free Sample for the Asking.

RadiumactiV, for Baths in the Home. Can be Sold and Directed in Connection with Treatments by Practitioners.

TERMS: Cash with Order, in every Case

The RadiumactiV Company

31 SOUTH FOURTH STREET

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Kneipp's Wörishofen Herb Tea, or dietary, nourishing and strength-giving tea (Wörishofener Nahr- und Kraft-Thee). This very valuable nourishing and strength-giving tea was used by Father Kneipp to a great extent, and with constant success for weak patients, convalescents, anæmic persons, for improving the appetite and physical strength. The best substitute for any breakfast tea. Price, 55c.; postage, 5c.

Kneipp's Naturopathic Family Tea (Kneipp's Familien-thee) is the very best substitute for China tea. It is prepared from the choicest herbs, is guaranteed not to be injurious to the nerves and is much cheaper than the other. It is mixed and prepared to taste similar to Chinese tea and is served in the same way. We cannot recommend it enough to all housewives and dyspeptics. Prices, sample package, 50c.; postage 2c.; ¼-lb. package, 55c.; postage, 5c.; ½-lb. package, \$1.00; postage, 10c.

Kneipp's Liver Regulator No. 1 (Tonic Laxative I, or Wühlhuber No. 1). This is a strong purgative, which cleanses the stomach and bowels of all morbid matter. It must be rarely used, that is, only in cases of necessity. Put one-half to one tablespoonful in a cup of boiling water, let it draw during a quarter of an hour. This tea is taken either hot or cold at bedtime. Price, 40c.; postage, 5c. **Tonic Laxative No. 1,** made up in pill form, 50c.; postage 2c. **Kneipp's Liver Regulator No. 2** (Tonic Laxative II, or Wühlhuber No. 2). This tea has less purgative properties than No. 1, but acts especially upon the kidneys and the bladder. It is employed with great success in the beginning of dropsy and in affections of the urinary canal, also in acute pains of the bladder and the kidneys. It is prepared and taken in the same manner as No. 1. Price, 40c.; postage, 5c. Made up in pill form, 50c.; postage, 2c. Those persons who cannot take the Liver Regulator on account of its bitterness, may take instead:

Kneipp's Pills. They are free from all injurious aperients, being exclusively composed of herbal ingredients, and are universally considered the best for keeping the bowels open without weakening the stomach. These same herbal ingredients were used by Rev. Seb. Kneipp at Wörishofen in his treatments. The pills may be taken for years without injury to the system, and with only beneficial results. It is therefore easily explained why our Kneipp Pills are recommended by celebrated professors, medical men, the followers of the Kneipp Treatment, and by the public at large, and that they are preferred to any other pills or laxatives. The Kneipp Pills are the best and most pleasant laxative of the world. On account of their efficiency in most stubborn cases of constipation, indigestion, piles, giddiness, and all complaints of the liver, Father Sebastian Kneipp has given to Oberhäuser & Landauer, of Würzburg, the

exclusive right to denominate same with his name, and to attach his picture and signature, registered as a trade-mark. Price, 50c.; postage, 2c. **Directions for Use:**—1. To procure a regular opening of the bowels, which is particularly desirable with women, take 2 pills at bedtime (for the first time 3 or 4 pills are often necessary). 2. To prevent wind and spasms, take a pill in the morning. 3. To procure a thorough cleansing of the bowels, take 2 pills at bedtime and 3 or 4 pills in the morning. Persons of very strong constitution require in these 3 cases one or two pills more. The pills usually act after 12 hours, in some cases 24 hours. The best way of taking these pills is to swallow them as they are, or wrapped up in a wafer with some water.

Okic's Woerishofen Gout Cure is an unfailling safe remedy for gout, rheumatism (joints and muscular rheumatism), sciatica (hip pains), and sick headache. Two years ago I made a trial on myself and other patients, and every time with the best results. The Gout Cure is based on Father Kneipp's principles, and is, in the eyes of the law, neither a medicine nor a secret. It is used externally. Full directions with every bottle. Large bottles, \$3.00; small bottles, \$2.00. Can be sent only by express.

Okic's Woerishofen Tormentilla Soap.—The finest and best in the world. Okic's Tormentilla Woerishofen Soap is the best Toilet Soap of the age. It is not only cleansing, but also medicinal. It cures eruption of all kinds, chapped or rough skin, comedones, blackheads, dandruff, and especially salt rheum and eczema. A sure cure for itching piles. It makes the skin soft and tender, and is also very economical. To obtain quick and certain results in cases of freckles, salt rheum and all other skin diseases, let the lather dry on afflicted parts. Price 35c.; postage, 4c.; five for \$1.35 postpaid. The Okic's Woerishofen Tormentilla Soap is unadulterated and perfectly neutral, i. e., it is free from carbonic acid and caustic alkalies. It has the qualities of a good and mild toilet soap. Dr. C. Huggenberg, Examining Chemist for the Soap Manufacturers' Union, P. S.—My hand was very badly swelled, the result of a painful bruise. I saturated a piece of wet linen with the soap and tied it on over night. Next morning the swelling had all disappeared. S. M. W.

Okic's Improved Hair Invigorator (Lotion).—Okic's Improved Hair Invigorator is a sure remedy to prevent the hair falling out; it produces a luxurious growth of hair; it keeps the scalp clean and healthy, and strengthens and invigorates the roots. It is compounded of pure vegetable extracts, and cannot be injurious under any circumstances. Price per bottle, with directions for use, \$1.00.

Okic's Tooth Powder (Dentifrice).—Okic's Dentifrice is prepared of pure vegetable matter. It has

all the qualities of good tooth powder, containing nothing injurious to the teeth or gums. Price, 45c.; postage, 4c.

Okic's Antiridine.—This is a beautifier which banishes freckles, corrugations and wrinkles, makes the skin soft and smooth. Where other means fail, this often helps. It has the property of never destroying the tissues or irritating the skin. Only genuine when the box bears the names of the inventor and manufacturer. Price and directions for use, 45c.; postage, 4c.

Okic's Tormentilla Cream.—Best salve for all kinds of wounds, sores, rough skin, friction, etc. Price, 50c.; postage, 5c.

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Kneipp's Sloe - Blossom Extract. Best remedy for moving the bowels and purifying the blood of little children. 50c.

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The Magic Bath produces more profuse perspiration, and is therefore more depurating or cleansing in its effect. It does not relax the system, but produces a tonic effect and a delightful sensation of vigor. It secures perfect equalization of the circulation, glandular activity is increased, elasticity and power given to the muscles, and a permanent, stimulating and tonic influence imparted to the system, a condition at once conducive to the enjoyment and prolongation of life.

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Oils, at 30c, by mail 35c, and 50c, by mail 60c.—Almond, Aniseed, Burdock, Camphor, Caraway, Cloves, Fennel, Fircone, Juniper Berries, Lavender, Peppermint, Rue, Spikenard, St. John's Wort, Thyme, Wormwood, Salad (Olive).

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This new treatment of disease based upon Biochemistry, is gaining rapidly in acceptance by leading physicians, and many of the intelligent public everywhere.

These tissue builders are really cell food—not medicine—not drugs—absolutely harmless. They are absorbed by the system when needed, and thus, effect cures.

Dr. Schüssler based his theory upon the following considerations:

The human body is made up of cells. Various kinds of cells build up the different tissues and organs of the body. The difference in the cells is largely determined by the kind of inorganic salts which enter into their composition. These are the inorganic constituents of the body; the salts of iron, magnesia, lime, etc., which build up its tissues. Because they are the tissue builders, both the structure and vitality of the body depend upon their proper quantity and distribution in every cell.

These Tissue Remedies are inorganic cell salts, prepared by trituration, to reduce the particles to such a degree of minuteness that they may be absorbed by the delicate cells wherever needed.

Health is the state of the body

when all the cells are in a normal condition, and they are kept in this state when each of them receives the requisite quantity of the needful salt for its upbuilding.

Disease is an altered state of the cell, produced by some irregularity in the supply to the cells of one of the inorganic tissue salts. Imperfect cell action results, diseased tissues and organs follow, and all the phenomena of disease are developed.

The cure consists in restoring the normal cell growth by furnishing a nominal dose of the cell salt requisite to the restoration of proper molecular motion. To do this successfully, it is necessary to know what salts are needed for the upbuilding of the different tissues and for their normal action.

By giving a tissue remedy in such a dose as can be assimilated by the growing cells, most wonderful and speedy restoration to healthy function is brought about in every case of curable disease.

All diseases that are at all curable may be successfully dealt with by means of the tissue remedies properly prepared to the needs of the organism.

It is claimed by some that the whole success of Homeopathy is attributable to the fact that the remedies used, often contain some of these cell-salts.

The cell of each tissue group receive their own special and peculiar cell salt; for instance, those entering into the promotion of nerve cells are Magnesia, Potash, Soda and Iron; of bone cells, Lime, Magnesia and Silica, etc., etc., which are, as a rule, extracted by the body from the food we take.

There are twelve Tissue Remedies—the twelve inorganic salts found in the ashes of the body—all essential to the proper growth and development of every part of the body. They are those of Lime, Calcarea Phosphorica; of Iron, Ferrum Phosphoricum.

Phosphates of Potash, Kali Phosphoricum; of Soda, Natrum Phosphoricum; of Magnesia, Magnesia Phosphoricum.

Chlorides of Potash, Kali Muraticum; of Soda, Natrum Muraticum; of Lime, Calcarea, Sulphurica.

Sulphates of Soda, Natrum Sulphuricum; of Potash, Kali Sulphuricum.

Fluoride of Lime, Calcarea Fluorica and Pure Silica, Silicea.

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Kali Phosphoricum

The great remedy for all forms of nervous debility. It is indicated in all diseases or symptoms arising from want of nerve power, brain exhaustion, neurasthenia, sleeplessness, want of energy, irritability, lack of confidence, gloomy forebodings, morbid fears, hysteria, hypochondriasis, melancholy, etc. Nervousness, Neuralgia and pains generally, especially in those who are run down. Headache in delicate and excitable, nervous patients. Paralyzing pains in limbs. Also the remedy for every offensive

discharges, offensive ulcers, etc. It is the remedy for all nervous people, curing their headaches, neuralgias, sleeplessness, despondencies and pains.

Ferrum Phosphoricum

All ailments arising from disturbed circulation, fevers, inflammations, congestions; thus, whenever heat, pain, redness, throbbing, quickened pulse are present. The first stage of all acute diseases, colds, pneumonia, pleurisy, bronchitis, croup, diphtheria, diarrhoea, rheumatism, etc.

It is best and surest remedy for colds on the chest in children, whether simple, catarrhal affections or going on to pneumonia.

Nosebleed always calls for it, or any hemorrhage from any orifice of the body. It is an excellent remedy for wetting of the bed in children.

Magnesia Phosphorica

Chief remedy for nervous complaints of a spasmodic nature. All ailments with intense pains, darting, spasmodic, constricting. It is the great anti-spasmodic remedy; hence in convulsions, colic with flatulence, St. Vitus' dance, spasmodic cough, cramps, neuralgic palpitation, toothache, writers' cramp, etc. Chief remedy for babies' colic. In severe cases, dissolve in a little hot water, repeating the dose every fifteen minutes until relieved.

Calcarea Phosphorica

The great remedy for the young and growing. Indispensable during dentition and puberty. The tonic after acute diseases and for constitutional weakness, consumption, emaciation, bone diseases, and all ailments that prove obstinate. Slowly developing, weak children, chlorosis and difficulty during menstruation, leucorrhoea and pains during menses, especially in young girls. The great remedy for transition periods of life—dentition, puberty, old age.

Natrum Phosphoricum

that arise from an acid condition of the system. It is especially suited to young children who have been fed with too much sugar and suffer from acidity. Dyspepsia, acid risings, sour vomiting, greenish, sour diarrhoea, tongue is coated with yellow deposit and thick like cream. Whenever this condition is present, no matter what disease, this remedy will prove curative. For worms and complaints caused by their presence.

Calcarea Sulphurica

Acts on the connective suppurations, abscesses, mattery discharges, tubercular ulcers, rheumatism.

Kali Sulphuricum

A want of this salt causes a yellow, slimy deposit on the tongue, slimy, thin, decidedly yellow or greenish discharges, and peeling of the skin. Useful in any ailment where this condition prevails, especially if patient is worse towards evening, and in a heated room. Catarrhs from any mucous mem-

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brane—head, vagina, etc.—when secretion is yellow and slimy. Frequently called for toward the end of a cold, when the discharge is profuse and comes up easy.

Kali Muriaticum

All ailments characterized by exudations, infiltrations, swellings, during the latter stages of acute diseases; thus, after or in alternation with Ferrum Phos. All ailments accompanied by a white or gray coating of the tongue, thick white discharge and expectorations, skin diseases, dysentery, etc. An excellent constitutional remedy for old chronic ailments, hereditary complaints and dyscrasias.

Natrum Sulphuricum

Acts on the cells of the liver and kidneys and regulates the amount of water in the tissues. Biliousness, headache and vomiting of bile, bitter taste, diarrhoea, gravel, sandy urine, intermittent fever, dropsy, diabetes, liver troubles, troubles arising from living in damp places.

Natrum Muriaticum

Is found in all the tissues of the body. Useful for all pains, such as indigestion, etc., when accompanied by either flow of saliva or increased secretion of tears, vomiting of water or clear mucus. Catarrhs with frothy, watery mucus or blisters. In all catarrhs where the secretion is clear and transparent. Headache, costiveness, intermittent fever with catarrh of the stomach.

Calcarea Fluorica

A disturbance of the equilibrium of the molecules of this salt causes a dilation and relaxed condition of elastic fibers, hence useful in varicose veins, hemorrhoids and vascular tumors. Also in hard, bony swellings. For piles, if they are apt to bleed; may be advantageously alternated with Ferrum Phos.

Silicea

Is useful in suppurations, promoting the formation of pus, maturing abscesses, while Calc. Sulph. comes in later to heal the wound; disease of the nervous system, paralytic symptoms, spasms, rheumatic pain in limbs, etc.

Useful also in Brain Fog. Acts as a conductor for the gray matter of the brain.

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Neurasthenia

Formula No. 1—Ferr. Phos., Kali Phos., Mag. Phos.

This tablet is indicated in all nervous affections, neurasthenia, nervous prostration, tendency to insanity, mania and other mental derangements. This remedy is not a nerve stimulant, but a nerve food, which will gradually build up the nervous system, producing permanent tone and strength.

Anemia and Chlorosis

Formula No. 2—Calc. Phos., Kali Phos., Ferr. Phos.

This preparation is useful in all cases of defective development, mental or physical. It may be used at any age of life. It is especially adapted in children's diseases, such as rickets, marasmus, early decay of teeth, etc. Indicated in adults where there is a general wasting of all the tissues, waxy appearance of the skin, palpitation, trembling and weakness, anemia of the brain from long-continued mental strain.

Acidity, Flatulence, Indigestion

Formula No. 3—Nat. Phos., Nat. Sulph., Silicea.

This tablet is indicated in all gastric disturbances, acidity, flatulence, dyspepsia, acid, sour risings, feeling of weight in abdomen, bilious vomiting, flatulent colic, headache, jaundice, and general derangement of the stomach or bowels.

Skin and Scalp Diseases

Formula No. 4—Kali Mur., Kali Sulph., Calc. Sulph., Silicea.

This combination is applicable in all skin diseases, simple or chronic, such as pimples, eczema, acne, erysipelas, crusta lactea, lupus growths, ring worm, scurfy eruptions on head and face of children, etc.

Coughs, Colds, Catarrh

Formula No. 8—Ferr. Phos., Kali Mur., Nat. Mur.

This tablet is useful in all cases of colds with fever or cold in the head, with watery discharge. Acute catarrh, rattling, hollow cough, difficult respiration, pain in chest.

Constipation

Formula No. 9—Nat. Mur., Nat. Sulph., Cals. Fluor.

This combination is indicated in obstinate cases, where the bowels are constipated without apparent cause, liver torpid, stools hard and black, headache, bad breath, bad taste in mouth, tongue coated.

Vital Weakness

Formula No. 6—Nat. Mur., Kali Phos., Calc. Phos.

This tablet is indicated in all forms of sexual weakness, and general impairment of the sexual system. It is especially applicable to all suffering from exhausting discharges, from colds, hemorrhages, diarrhoea and all similar drains, impotence, spermatorrhoea, lassitude and general debility, emissions followed by trembling and weakness. This preparation tones up the entire sexual system and tends to restore vigor and general health. It is not merely a "tonic" but a "Nerve Food," specially prepared for the above-named conditions.

Rheumatism

Formula No. 7—Ferr. Phos., Mag. Phos., Kali Sulph.

This remedy is valuable in all rheumatic conditions. Pains in limbs or arms—shooting or boring pains, fever, swelling of parts, lumbago, sciatica, muscular rheumatism.

Tonic (Nerve and Brain)

Formula No. 5—Calc. Phos., Mag. Phos., Ferr. Phos., Nat. Phos., Kali Phos.

This preparation is a general tonic in chronic wasting diseases, anemia of young, rapid growing people, in women weakened by too frequent child-bearing, in weakened conditions from acute diseases during convalescence, weakness from overwork, mental strain, brain fog and nervous prostration, general debility.

Biolasma

This is a combination of the Twelve Tissue Remedies in the same proportion as these cell salts are found in the human organism. It has been called the "Elixir of Life."

Efficacious in debilitated conditions; all female weakness or irregularities; also when there is a doubt as to the needful remedy.

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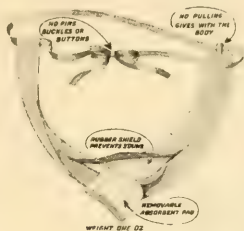
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Life Everlasting
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Lilly Root
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Male Fern Root
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May Apple Root
Mint Blossoms
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Mullein Flowers
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Mustard Seed
Nerve Root
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Oregon Grape
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Poplar Root Bark
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Red Clover

Rhubarb
Rose Pink
Rue
Sacred Bark
Sage Leaves
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Sassafras Bark
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Senega
Senna Leaves
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Spearmint
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Fragrant Valerian25
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Plantain25
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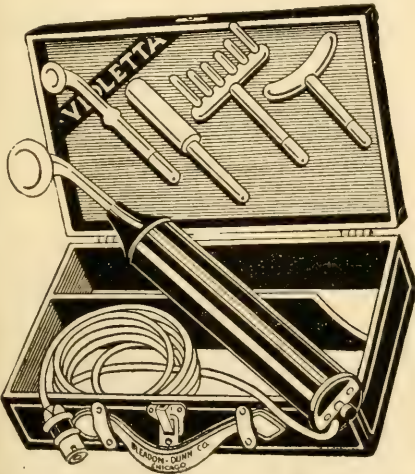
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THERAPEUTIC APPARATUS

Continued from page 1326

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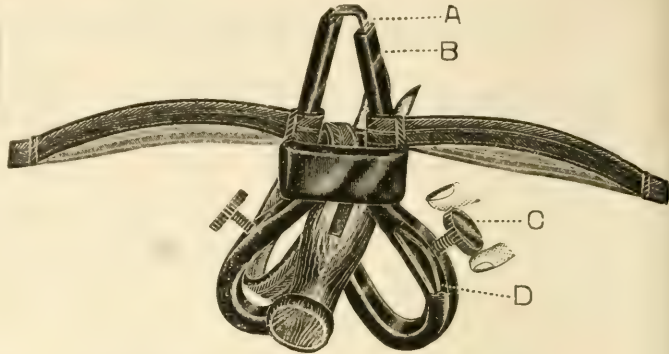
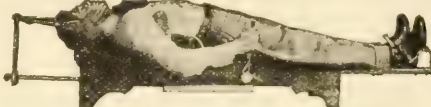
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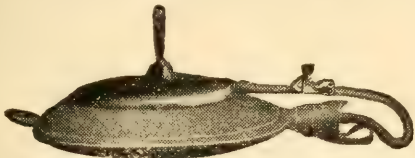
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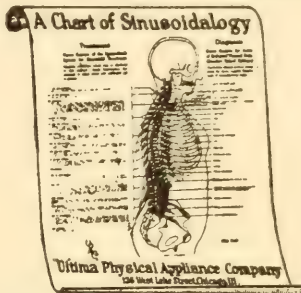
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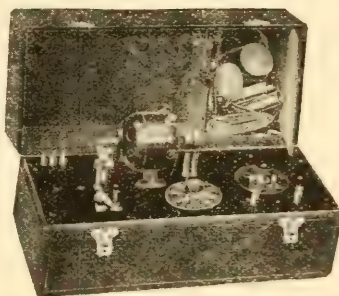
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 B. Lust, Health Store, 110 E. 41st St., New York, N. Y.
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Pfarrer Seb. Kneipp'sche Spezialitäten

sind aus den *Pflanzenmitteln* Sr. Hochwürden des Herrn Pfarrer Seb. Kneipp in Wörthshofen hergestellt und wurde von ihm in Anerkennung der Echtheit und Güte den Verfertiger dieser Heilmittel, der Firma Oberhäuser & Landauer in Würzburg, das *ausschliessliche Alleinrecht* für In- und Ausland zu deren Herstellung und Benennung erteilt, so dass laut Vertrag mit Herrn Pfarrer Kneipp *niemand ausser uns Heilmittel und Toilettemittel als Kneipp'sche* bezeichnen oder mit seinem Namen oder Bild versehen darf. Ge-

gen Nachahmer müssen wir daher mit aller gerichtlichen Strenge vorgehen!

Man merke: Alle Pfarrer Seb. Kneipps *Heilmittel* nehme man beim Kauf nur dann an, wenn sie die Firma: *Oberhäuser & Landauer*, sowie eine der auf dem Titelblatt abgebildeten *Schutzmarken* enthalten, welche allein für die Güte der Ware, sowie dafür bürgen, dass man wirklich die echten Pfarrer Seb. Kneipps Heilmittel erhält, da viel Missbrauch mit dem Namen Kneipp getrieben wird.



Vom Kaiserl. Deutschen Patentamt und in den Vereinigten Staaten sind uns gesetzlich geschützt: Bilder und Namenszug Kneipps und die Namen: Kneipp, Kneippshaus, Sebastian, Augentrost, Magentrost, Gichttrost, Hustentrost, Nerventrost, Bluttrost, Tormentol etc. für Heilmittel und Toilettemittel, Hustenbonbons, Fruchtsäfte und Kraftermittel etc., Alkoholfreie Weine, Kräuter- u. Beeren-Essige etc.

Die Pfarrer Kneipp Heilmittel und Toilettemittel sind keine Geheimmittel, sondern REINE aus den Kneipp'schen Kräutern hergestellte NATURHEILMITTEL

Pfarrer Seb. Kneipps Arnikasalbe dient als Heilsalbe bei Wundsein, Ausschlägen und für Wunden. Die Blechschachtel kostet portofrei 40 Cents.

Pfarrer Seb. Kneipps Augentrost wird benutzt als Augenwasser bei *Augenleiden* und *Entzündungen* der Augen, denen Augenkatarhe, schwüres Wundsein und Schwächzustände zugrunde liegen. Man wischt dreimal täglich die leidenden Augen aus, indem man ein leinenes sauberes Tuch oder reine Watte mit dem 5 fach mit Wasser verdünnten Augentrost befeuchtet! Fläschchen portofrei 60 Cents. Grössere portofrei \$1.10.

Pfarrer Seb. Kneipps Blutreinigungstee dient als Blutreinigungsmittel und wirkt wohltuend auf den Stuhlgang. Bei einer durchgreifenden Blutreinigungskur, die besonders bei Hautausschlägen, Hautjucken, Flechten und Gicht angezeigt ist, muss dieser Tee *längere Zeit* hindurch in Vereinen mit der *Kneipp'schen Wasseranwendung* gebraucht werden. Ein Paket mit genauer Gebrauchsanweisung, ca. acht Tage reichend, kostet portofrei 40 Cents. 1 Doppelkarton portofrei 70 Cents.

Pfarrer Seb. Kneipps blutbildende Tropfen — Bluttrost. Diese Tropfen dienen besonders blutarmen schwachen Personen und Rekonvaleszenten zur Hebung des Appetits und der Körperkräfte. 1 Flasche mit Gebrauchsanweisung portofrei \$1.10.

Pfarrer Seb. Kneipps Cholera tropfen gegen Diarrhöe, Brechdurchfall, Cholera und Cholera. Man nimmt 4—5 mal täglich 1 Kaffeelöffel voll. Das Fläschchen kostet portofrei \$1.10.

Kneipps Entfettungstee. Vorzüglich wirksam, 70 Cents.

Pfarrer Seb. Kneipps Familien-Gesundheitstee. Dieser bildet ein Vermächtnis des Herrn Prälaten Kneipp für die Familie. Er enthält nur deutsche Kneipp'sche Kräuter und ersetzt den echten chinesischen Tee, vor welchem er den Vorzug hat, dass er die Nerven nicht erregt und viel billiger ist. Durch die eigenartige Präparation und Mischung schmeckt er ganz ähnlich wie chinesischer Tee und wird ebenso wie dieser bereitet und getrunken. Es gibt Probepakete zu 10 Cents, sowie zu 125 g für 40 Cents und 250 g zu 70 Cents.

Pfarrer Seb. Kneipps Fenchelhonig. Anwendung und Wirkung wie die des Spitzweigerichsafts mit Malzextrakt. Preis der Fl. 35 Cents und 60 Cents.

Pfarrer Seb. Kneipps Fichtennadelhonig dient gegen lang andauernden Husten, Brustkatarh, Influenza etc. Das Fläschchen mit Gebrauchsanweisung kostet 60 Cents.

Pfarrer Seb. Kneipps Frangula-Extrakt. Unter diesem Namen stellen wir einen Auszug aus der Faulbaumrinde, dem Kreuzdorn und Rhabarber her, welcher vornehmlich auch solchen Personen dienen soll, welche keine Pillen nehmen können und ein *sicher und mild abführend* wirkendes Mittel für den regelmässigen Stuhlgang bedürfen. Erwachsene sollen abends vor dem Schlafengehen 1 bis 2 Kaffeelöffel voll, grössere Kinder $\frac{1}{2}$ Kaffeelöffel voll nehmen. Ganz kleinen Kindern gibt man als Abführmittel entweder etwas Schleebütentee oder Mannasaf oder Rhabarbersaft oder Kreuzdornbeeren-saft bei Bedarf 1 Kaffeelöffel voll. 1 Fläschchen kostet 60 Cents.

Pfarrer Seb. Kneipps Frühstückstee in Paketen zu 15, 40 und 70 Cents, besser als dieser schmeckt der Familiengesundheitstee in Paketen zu gleichem Preis.

Kneipp-Gallensteintee. Bewährtes Mittel bei Gallenstein- und Leberleiden. 1 Paket kostet 70 Cents.

Gehöröl. Bei Ohrenausen, Schwerhörigkeit und Ohrenkatarh tropft man täglich zweimal einige Tropfen in das Ohr und verschliesst dasselbe mit etwas Watte. Bei Ohrenkatarh oder bei Vorhandensein von vertrocknetem Ohrenschmalz lasse man vorher das Ohr mit lauwarmem Wasser dreimal täglich jedesmal dreimal nach einander ausspritzen. 1 Fläschchen Gehöröl kostet 50 Cents. 1 Spritzchen dazu 40 Cents.

Pfarrer Seb. Kneipps Gicht- und Rheumatismusteil dient als *Einreibung* gegen gichtische und rheumatische Schmerzen. 1 Flasche mit Anweisung kostet 60 Cents.

Pfarrer Seb. Kneipps Gicht- und Rheumatismustee. Dieser antirheumatische, antiarthritische, blutreinigende Tee dient gegen Gicht und Rheumatismus und wird gleichzeitig mit dem Pfarrer Kneipps Gicht- und Rheumatismus-Einreibungsmittel gebraucht. Das Paket kostet 40 Cents und 70 Cents.

Kneipp-Gummi-Lakritzbonbons. Diese vorzüglich schmeckenden Hustenbonbons haben sich vorzüglich bewährt bei Husten, Heiserkeit und allen Katarhen der Atmungsorgane. Sie sind zu haben in Blechschachteln zu 25 Cents und Springdosen zu 40 Cents.

Pfarrer Seb. Kneipps Heidelbeerblätterpillen benutzt man bei Zuckerharnruhr (Diabetes mellitus). Die Schachtel mit Anweisung kostet 52 Cents.

Pfarrer Seb. Kneipps Hustenbonbons. Diese aus den Extrakten der besten Kneipp'schen Kräuter hergestellten Hustenbonbons sind vorzüglich bewährt bei Husten, Heiserkeit, Rachenkatarh etc. Die Blechschachtel kostet 25 Cents.

Bestellungen sind zu richten an:

KNEIPP-CENTRALE .: BUTLER, NEW JERSEY

Pfarrer Seb. Kneipps Hämorrhoidal- und Magenpulver. Dieses Pulver benützen Personen, welche an *Hämorrhoiden*, *Windsucht*, *Gelbsucht*, *Blähungen*, *saurem Aufstossen*, *Sodbrennen*, *Verstopfung*, *schlechter Verdauung* und *Appetitlosigkeit* leiden. Eine Schachtel mit Gebrauchsanweisung kostet 65 Cents.

Beste Hustentropfen „Hustentrost“. Wirkung wie die des Hustentees. Flaschen mit Gebrauchsanweisung 40 und 60 Cents.

Pfarrer Seb. Kneipps Heidelbeerfruchtpillen dienen gegen *Diarrhöen* Erwachsener sowie auch von Kindern. Die Schachtel mit Anweisung kostet 52 Cents.

Pfarrer Seb. Kneipps Bibernelle-Bonbons. 20 Cents.

Pfarrer Seb. Kneipps Malzextrakt-Bonbons. 20 Cents.

Pfarrer Seb. Kneipps Spitzwegerich-Bonbons. Diese 3 verschiedenen Hustenbonbons sind mit den entsprechenden Extrakten kunstgerecht hergestellt und werden mit grossem Erfolg bei Husten, Heiserkeit, Brust- und Halsleiden, Katarrhen der Atmungsorgane etc. angewendet. Alle 3 Sorten sind in *Beuteln* zu 20 Cents zu haben und kann daher jedermann durch Probieren diejenige Sorte finden, welche ihm am besten zusagt. Die Spitzwegerich-Bonbons sind auch in *Blechschachteln* zu 25 und 40 Cents zu haben.

Pfarrer Seb. Kneipps Hustentee wird benutzt bei *Katarrhen der Atmungsorgane*, und dient auch Brust-, Hals- und Lungenleidenden. Pakete zu 40 Cents und 70 Cents enthalten genaue Gebrauchsanweisung.

Pfarrer Seb. Kneipps Kalendulasalbe dient als Heilsalbe für verschiedene Wunden. Eine Blechschachtel kostet 40 Cents.

Pfarrer Seb. Kneipps Keuchhustensaft. Dieser aus *Thymian* und *Kastanienextrakt* mit noch anderen hustenstillenden Kräutern hergestellte Saft dient vornehmlich Kindern bei dem lästigen Keuchhusten. Das Fläschchen mit Gebrauchsanweisung kostet 60 Cents.

Pfarrer Seb. Kneipps Knochenmehle. 1. Das weisse Pulver dient nach Kneipp gegen *Nervosität*, *Migräne*, *Kopfweh*, *Bleichsucht*, *Blutarmut*, *Veitstanz* etc. 55 Cents.

2. Das graue Pulver gegen *Lungen-*, *Blasen-* und *Nierenleiden*. 55 Cents.

3. Das schwarze Pulver für *skrofulöse* und *knochenschwache Kinder*. 55 Cents.

Von allen diesen 3 Sorten nehmen Erwachsene dreimal täglich eine grosse, Kinder dreimal täglich eine Messerspitze voll, während der Mahlzeit in der Suppe oder im Wasser etc. Preis per Büchse 55 Cents, 500 Gramm kostet \$2.00.

Pfarrer Seb. Kneipps Krampftee und Krampftropfen gegen *Krämpfe* des Unterleibes, besonders der Frau während des Unwohlseins etc. Man nimmt dreimal täglich 1 Kaffeelöffel voll Krampftropfen in einer Tasse voll Krampftee. Tee und Tropfen kosten je 40 Cents.

Pfarrer Seb. Kneipps Magenpulver. Wirkung und Gebrauch wie die des Magentrost. 1 Schachtel 65 Cents.

Kneipps Magentee. Vorzüglich bewährt bei Magenbeschwerden, schlechter Verdauung, Appetitlosigkeit, Blähungen, Magenkrämpfen etc. Zu haben in Paketen zu 40 und 70 Cents.

Pfarrer Seb. Kneipps Magentrost dient gegen schlechte Verdauung, Schwäche des Magens, Appetitlosigkeit, Uebelsein, saures Aufstossen, Erbrechen, Magenkrämpfe, Blähungen, Leibweh, Kater etc. Flaschen zu 50 Cents, \$1.10, \$1.20 und \$3.00 enthalten genaue Gebrauchsanweisung.

Kneippmittel zur Blutstillung ist hergestellt aus *Tormentillwurzel*. Man nimmt bei Unterleibs-, Hämorrhoidal- oder Lungenblutungen bis zur Ankunft des Arztes jede Stunde je einen Kaffeelöffel voll in etwas Wasser, bis die Blutung nachlässt. 1 Glas kostet \$1.10.

Kneipp Nerventee. Zur Beruhigung der Nerven bei *Nervosität*, *Schlaflosigkeit*, *Herzklopfen*, *Aufgeregtheit* etc. Das Paket kostet 70 Cents.

Pfarrer Seb. Kneipps (Nervenberuhiger) Nerventrost gegen *Nervosität* und *Schlaflosigkeit*. Preis der Flasche mit einer Abhandlung über *Schlaflosigkeit* und *Nervenleiden*, \$1.10.

Pfarrer Seb. Kneipps Reisetropfen gegen Magenstörungen auf der Reise. 1 Flasche mit Anweisung kostet \$1.10.

Pfarrer Seb. Kneipps Spitzwegerichsaft mit *Malzextrakt* dient als Husten- und Brustsaft. Flaschen zu 60 Cents und \$2.00.

Pfarrer Seb. Kneipps Tannenzapfen-Honig wird benutzt bei Halsleiden, Heiserkeit, Husten etc. Man nimmt drei- bis viermal täglich 1 Kaffeelöffel voll rein oder in Milch. Die Flasche kostet 60 Cents.

Pfarrer Seb. Kneipps Taschen-, Reise- und Haus-Apotheke enthält in herrlicher Zusammenstellung und hübscher Aufmachung (*Zigarrenetui-form*) 14—16 Artikel mit genauer Gebrauchsanweisung zum bequemen, sofortigen Gebrauch und ist fast unentbehrlich für die Reise und zu Hause! Höchst passend und wertvoll als Geschenk kostet eine solche \$1.00.

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Pfarrer Seb. Kneipps Wassersuchtee dient als wasserreibendes Mittel bei *Wassersucht*, *Nieren- und Blasenleiden* (*Stein und Gries*). Paket mit genauer Gebrauchsanweisung zu 40 Cents und 70 Cents.

Pfarrer Seb. Kneipps Wermutaugensalbe. Gegen Augenirritationen und Augenschwäche. Das Gläschen mit genauer Gebrauchsanweisung kostet mit Glasstäbchen zum Einstreichen 50 Cts.

Pfarrer Seb. Kneipps Diätetischer Nähr- und Krafttee wurde von Pfarrer Kneipp in ausgedehntem Masse angewendet, so speziell bei *Rekonvaleszenten*, *schwachen* und *blutarmen* Personen, zur Hebung des Appetits und der Körperkräfte. Das Paket dieses vorzüglichen Nährtees kostet mit Anweisung 40 Cents.

Pfarrer Seb. Kneipps Wühlhuber Nr. I. Dieser Tee wirkt kräftig abführend und befreit den Magen und Darm von Schleim. Er soll nur selten genommen werden, d. h. nur wenn es nötig ist, abends vor dem Schlafengehen eine Tasse voll, indem man auf eine Tasse kochenden Wasser $\frac{1}{2}$ —1 Kaffeelöffel voll hiervon nimmt; nach $\frac{1}{4}$ Stunde langem Stehen sieht man durch und trinkt diesen Absud kalt oder warm. Die Blechdose kostet 50c., Pillen 52c.

Pfarrer Seb. Kneipps Wühlhuber Nr. II wirkt schwächer abführend als Nr. I, jedoch mehr auf die Niere und Blase, weshalb er speziell bei Anfängern der *Wassersucht*, *Beschwerden* beim *Urinieren* und *Brennen* in Blase und Niere etc. angewendet wird. Er wird bereitet wie Wühlhuber Nr. I. Die Blechdose kostet 50 Cents. In Pillenform 52 Cents. *Frauen-Tee*, nicht so stark wie Wühlhuber, 40 Cents.

NB. Wer Wühlhuber nicht trinken kann, was wegen des bitteren Geschmacks auch nicht leicht ist, wende statt des Nr. I und Nr. II stets die

Pfarrer Seb. Kneipps Pillen an; diese sind leicht und bequem zu nehmen und wirken wie beide Tees, da alle Stoffe des Wühlhuber Nr. I und II mit *Rhabarber* rationell darin verbunden sind. Die Kneipps Pillen wirken sicher bei schlechtem Stuhlgang und wegen ihres *Rhabarbergehaltes* dabei noch günstig auf den Magen, so dass sie sich vornehmlich zu langandauerndem Gebrauche eignen! Sie sind ein blutreinigendes magenstärkendes Abführmittel; enthalten nur reine pflanzliche Stoffe und werden deshalb benutzt bei anhaltender Verstopfung, schlechter Verdauung, Hämorrhoidal-Beschwerden und Blutanstauungen, besonders geeignet für Frauen bei Leiden, die ihren Grund in trägem Stuhlgang und schlechter Verdauung haben. Eine Blechschachtel mit 60 Stück und genauer Gebrauchsanweisung kostet 52 Cents.

Kneipp-Tee gegen Zuckerharnruhr. Dieser leistet ganz hervorragende Dienste. 1 Paket kostet 70 Cents.

Bestellungen sind zu richten an:

KNEIPP-CENTRALE .: BUTLER, NEW JERSEY

Echte Pfarrer Seb. Kneipp'sche Heilmittel und Toilettemittel

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Heidelbeerblätter (gegen Zuckerharnruhr) 1 Pfd. 85 Cents	30
Heidelbeersaft (Sirup)	60
Herba Santa (Heiliges Kraut)	40
Heublenen, 1 Pfd. 30 Cents, 1 Postkolli— 9½ Pfd. franko od. gegen Nachnahme \$2.50	30
Hexenschusspflaster, 1 St. 20 Cents	30
Hirtentäschelkraut	30
Hirsenspreu für Kissen, gegen Aufliegen, 1 Pfd. 35 Cents	30
Hirschtalg mit Salicyl, geg. wunde Schweissfüsse, 1 Stück 25 Cents	30
Hohlzahn, geschnitten	30
Hollunderbeeren	30
Hollunderblätter, geschnitten	35
Hollunderblüten	60
Hollundersaft, dick	35
Hollunderwurzel	35
Honig, gereinigt und dickflüssig, 1 Pfd.	30
Hühneraugnpflaster, 1 Couv. 10 Cents	30
Hühneraugentinktur	35
Hühnerdarm (Stern- u. Mäusekraut)	60
Hühnerdarmsaft (vzl. Brusts.)	30
Hufblattblätter, ganz oder geschnitten	35
Hufblattblätter, pulverisiert	40
Hufblattblüten	30
Johannisbeerblätter, schwarz	30
Johanniskraut, geschnitten	45
Johanniskraut, pulverisiert	40
Josephskräutlein (Basilicum)	40
Isländisch Moos	45
Kalmuswurzel, 35c., pulverisiert	30
Kamillenblüten	60
Kampferöl	35
Kardobenediktenkraut	35
Kastanienpulver (Schnupfenmittel) 20 g 25 C.	35
Klettenkraut oder Wurzel	30
Kohlenstaub, aus Lindenkohle	35
Kreidemehl, bestes, präzipitiert	30
Kreuzdornbeeren	35
Kümmel, pulverisiert	60
Kümmelöl, 20 g 30 Cents	30
Kürbiskerne	30
Lanolin-Cream gegen Wundsein u. aufgespr. Hände, 1 Blechbüchse 25 Cents	35
Lavendelblüten	60
Lavendelöl, feinstes, 20 g 25 Cents	30
Lehm, 1 Pfd. 35 Cents	30
Lehmsalbe, 200 g 40 Cents	25
Leinsamenmehl, ½ Kilo 40 Cents	35
Lindenblüten	35
Löwenzahnwurzel	30
Lungenkraut	55
Malefizöl, extrastark \$1.05; 1 kleine Flasche	35
Malvenblüten	60
Mandelöl	45
Mausohrle	40
Melissenblätter	35
Minze (Pfeffer- oder Wasser-Minze) geschn. pulverisiert	45
Mistel, geschnitten	35
Nelkenöl, 20 g 25 Cents	60
Nelkenwurzel (Geum unbanum)	40
Nussblätter (Juglans regia)	30
Pechpflaster, 1 Stück 20 Cents	40
Petersilienwurzel	40

Bestellungen sind zu richten an:

KNEIPP-CENTRALE .: BUTLER, NEW JERSEY

Pfefferminzöl, 20 g 25 Cents	60
Pfefferminzkügelchen	40
Quendelkraut (Serpillum)	35
Raute	30
Rautenöl, 20 g 25 Cents	60
Ringelblumen (Calendula)	30
Rhabarberwurzel, geschn. u. pulverisiert	35
Rosmarin (gepulvert 40 Cents)	30
Salatöl (bestes Olivenöl)	60
Salbei, 30c., pulverisiert	40
Santel (Heildolde) 30c., pulverisiert	40
Santel, pulverisiert	40
Sarsaparillwurzel, beste	50
Sassafras	30
Schaffgarbenblüten	30
Schlehensaft gegen Husten	60
Schlüsselblumen, 50 g 45 Cents	90
Schlüsselblumenwurzel	45
Senfkörner, gelb oder schwarz	30
Senfpapier, 1 Blatt 5 Cents	
Sennesblätter	35
Spicköl, 20 g 25 Cents	60
Spitzwegerich	30
Spitzwegerichsaft mit Honig	60
Spitzwegerichsaft mit Malzextrakt	60
Stiefmütterchen tee	30
Süßholz	30
Tannenspitzen (Fichtenreiser)	25
Tannenzapfenöl, echt, 20 g 25 Cents	60
Taubnesselblüten, 50 g 60 Cents	95
Tausendguldenkraut	50
Thymian	30
Ton-Lehm, inst. 1 Pfd. 30 Cents	25
Tormentill-Cream zu 50 u. 75 Cents	
Tormentillwurzel, 35c., pulverisiert	45
Tormentillzucker	55
Vaseline, 1 Blechbüchse 20 Cents	
Veilchenblätter, geschnitten	30
Veilchenwurzel, geschnitten	45
Verbandwatte in Pak. von 25, 40, 60 und 75 Cents	
Vogelknöterich, (Polyg. avic.)	35
Wachholderbeeren, 1 Pfd. 50 Cents	25
Wachholderbeeren, pulverisiert	35
Wachholderöl, 20 g 25 Cents	60
Wachholderbeersaft, bester	60
Wachholderspitzen	30
Waldmeister, geschnitten	30
Wallwurz, (Beinwell, Symphytum officinale)	35
Wegtritt (Polyg. aviculare)	30
Wegwartkraut, geschnitten	30
Wegwartwurzel, geschnitten	35
Wermut, 30c., pulverisiert	35
Wermutpillen, 100 Stück 52 Cents	60
Wermutöl, 20 g 25 Cents	60
Wollkraut	30
Wollkrautblüten (Wollblume)	50
Wühlhuberpillen, 100 St. Nr. I oder II 52 C.	

Wurmschokolade, 1 Sch. 25 Cents	
Zahnwehtropfen, d. Fl. 25 Cents	
Zinnkraut, geschnitten oder ganz	25
Zinnkraut, geschn. 1 Pfd. 55 Cents	
Zinnkraut, 9½ Pfd.=1 Postkolli franko oder gegen Nachnahme \$4.50	

Ausser den hier genannten Kräutern haben wir noch eine sehr grosse Anzahl anderer in Naturheilbüchern genannter Kräuter, Wurzeln etc., wie sie im Kneipp-Teebüchlein am Ende desselben aufgeführt sind, in echter Ware zu ähnlichen Preisen (meist 35 Cents portofrei), vorrätig

Cinkturen, Extrakte

Preis in Cents, per 100 Gramm portofrei
Porto und Verpackung frei

Angelikatinktur	60
Arnikatinktur	60
Augentrosttinktur	60
Baldriantinktur	60
Bibernelletinktur	60
Bitterkeeltinktur	60
Bohnsenschalenextrakt (gegen Gicht- und Nierenleiden)	60
Enziantinktur	60
Fichtennadelextrakt	60
Gänsefingerkrauttinktur	60
Ginstereextrakt	60
Hagebuttentinktur	60
Haferstrohextrakt	60
Heidelbeertinktur	60
Heublumenextrakt	60
Hühneraugentinktur, 1 Fl. 30 Cents	
Hundszungentinktur	60
Johanniskrauttinktur	60
Kalmustinktur	60
Kamillentropfen	60
Kampferspiritus	60
Löffelkrautsirup	60
Myrrhentinktur	60
Pfefferminzgeist, bester	60
Rautentinktur	60
Rosmarintinktur	60
Rosmarinwein	60
Salbeittinktur	60
Tausendguldenkrauttinktur	60
Tormentilltinktur	60
Wachholderbeertinktur	60
Wermuttinktur	60
Wegwarttinktur	60
Wermutwein	60
Wunderbalsam, 1 Glas 35 Cents	
Zinnkrauttinktur u. -Extrakt	60

Die bekanntesten Kneipp-Nährmittel

	PER POST		PER POST
Alkoholfreier Wein, Pint 40c.,...Quart	80 95	Kneipp Nuss- und Fruchtbrot...per Brot	25 35
Echte Neufundländer Lebertran-Emulsion mit knochen- und blutbildenden Nährsalzen	60 70	Kleie, beste	10 15
Aechter Bienenhonig	30 40	Kraftsuppenmehl	1 Pfund 25 35
California Black Mission Figs, 1 Packet	25 35	Linsenmehl	1 Paket 25 35
Erbsenmehl	25 35	Nährsalz-Pflanzenpulver, nat. No. I od. II	1.00 1.05
Frucht-Marmelade	25 40	Nährsalz-Kakao, nat.	½ Kilo 50 60
Gerstenmehl	25 35	Nährsalz-Kakao	½ Kilo 1.00 1.10
Glutenbrot (Kleber)	10 20	Nährsalz-Haferkakao	½ Kilo 45 50
Frühstücksnahrung, allerbeste,	25 35	Nährsalz-Haferkakao	½ Kilo 90 1.00
Hafermehl	25 35	Natürliche Pflanzen-Nährsalz-Schokolade	½ Kilo 50 55
Hafergrües mit Nährsalz	1 Pfund 30 40	Olivenöl	Quart 1.00 1.15
Hafergrütze	1 Paket 25 35	Eichelkaffee	1 Pfund 35 45
Hafererschrotflocken neue (gibt eine vorzügliche Suppe)	1 Pfund 20 30	Feigenkaffee, reinsten	½ Pfund 20 30
Pflanzenmilch (Muttermilchersatz)	70 85	Gesundheitskaffee (Eichelmalz-Nährkaffee)	1 Pfund 35 45
Hafernährbiscuits	1 Paket 35 40	Kathreiners Kneipp-Malz-Kaffee, 1 Paket	25 35
Kneipp-Kraftbrot	per Brot 10 20	Kornkaffee	1 Pfund 25 35
Kneipp Kraftschrotzwieback	1 Paket 15 25	Malzkaffee, echten, hiesigen	1 Pfund 15 25
		Weizenmalz-Kaffee in Körnern, 1 Paket	25 35

Bestellungen sind zu richten an:

KNEIPP-CENTRALE :. BUTLER, NEW JERSEY

Pfarrer Seb. Kneipp'sche Toilettemittel

a) Für die Haarpflege gegen Ausfallen der Haare und Schuppenbildung empfiehlt Pfarrer Kneipp das

Pfarrer Seb. Kneipps Brennessel-Haarwasser. Dieses ist wohl das beste Toilettenhaarwasser der Gegenwart infolge der wohltuenden Wirkung auf die Kopfhaut und die Förderung des Haarwuchses. Es erhält die Haare locker und geschmeidig bei angenehmstem Geruch. Es ist zu haben in blauen Flaschen zu \$1.00, \$2.00 und \$3.00 mit Gebrauchsanweisung. Auch erhältlich in blauen Spritzflaschen zu \$1.50 und \$3.00. Wer ein sehr sprödes Haar hat, verlange das *fettthaltige* Kneipp-Brennesselhaarwasser in weissen Spritzflaschen zu \$1.75 und \$3.00. Der Liter kostet \$5.00 jeder Sorte. Bei zu trockenem Haarboden oder zu rauhem Haar benützt man dabei von Zeit zu Zeit

Pfarrer Seb. Kneipps Brennessel-Oel oder Pfarrer Seb. Kneipps Kletten-Oel, welche beide Sorten in Probefläschchen zu 30 Cents oder Flaschen zu 55 Cents und \$1.00 zu beziehen sind. Statt diesen kann verwendet werden *Brennessel- oder Klettenpomade* in Töpfchen zu 50 Cents

b) Für Mund und Zahnpflege verwendet man

Pfarrer Seb. Kneipps Mund- und Zahnwasser, hergestellt aus Zinnkraut, Löfelfkraut und Pfefferminz, dient zur Beseitigung des üblen Geruchs und bei verschiedenen Krankheiten des Zahnfleisches, der Mund- und Rachenhöhle als erfrischendes und belebendes Mundwasser. Man nimmt 1 Kaffeeöffel voll auf ein Weinglas voll Wasser 3 mal täglich zum Ausspülen und Gurgeln. 1 Glas kostet \$1.10.

Pfarrer Seb. Kneipps Kräuter-Zahnpulver. Dieses vorzügliche Zahnreinigungsmittel befestigt das Zahnfleisch, beseitigt den üblen Geruch aus dem Munde, reinigt die Zähne aufs beste, ohne denselben im mindesten Schaden zu bringen, da dasselbe keine Chemikalien oder Mineralien enthält, sondern nur rein aus Kneipp'schen Kräutern in feinsten Pulverisierung besteht. Eine Blechschachtel kostet 45 Cents. 1 Zahnbürstchen hierzu 30 Cents.

Oder das *weisse Kneipp-Zahnpulver* in Schachteln zu 45 Cents.

c) Für allgemeine Hautpflege benützt man eine oder die andere der

Pfarrer Seb. Kneipps Reinen Seifen. Unter diesem Namen bringen wir absolut reine, allen Ansprüchen vollkommen entsprechend neutrale Seifen in den Handel, welche also nicht prickeln, sondern die Haut geschmeidig erhalten. Wir stellen folgende Sorten her:

1. **Pfarrer Seb. Kneipps Reine Heilseife** ist eine hochvorzügliche *reine neutrale Kernfettseife* und dient als feine Hautwaschseife zum täglichen Gebrauch. Das Stück kostet 28 Cents.

2. **Pfarrer Seb. Kneipps Arnika-Seife** enthält den Auszug aus Arnika mit allerbesten neutraler Kernfettseife. Sie dient als gute Seife bei den verschiedensten Hautunreinigkeiten. Das Stück kostet 28 Cents.

3. **Die Pfarrer Kneipps Kalendulaseife** ist eine ganz vorzügliche Hautseife, welche bei den verschiedensten Hautkrankheiten, Ausschlägen, Mitessern, Sommersprossen, Rissigwerden der Haut etc. angewendet wird. Farbe: gelb. 28 Cts.

4. **Pfarrer Seb. Kneipps Foenum graecum Seife** gegen Hautausschläge und Hautunreinigkeiten. Das Stück kostet 28 Cents.

5. **Pfarrer Seb. Kneipps Heublumen-Seife** verwenden Personen als Badeseife, welche an Rheumatismus, Gicht und skrofulösen Zuständen leiden. Das Stück kostet 28 Cents.

6. **Pfarrer Seb. Kneipps Zinnkraut-Seife** dient gegen Mitesser, Finnen, Sommersprossen, Leberflecken etc. Das Stück kostet 28 Cents.

7. **Die Pfarrer Seb. Kneipps Tormentillseife** wird bei den verschiedensten Hautunreinigkeiten als vorzügliche Toiletteseife benutzt. Unser Fa-

brikat hat hohen Gehalt des heilwirkenden Tormentillextraktes und enthält die beste Kernfettseife, also nicht Kokosseife. Das Stück kostet 28 Cents.

8. **Pfarrer Kneipps Brennesselseife.** Diese Seife ist überfettet, daher sehr zart. Vorzüglich geeignet zum Waschen der Haare bei Haarausfall und Kopfschuppen. Das Stück kostet 28 Cents.

9. **Die Pfarrer Kneipps Kamillenseife** ist eine sehr weiche, überfettete Seife, sehr beliebt zum Waschen des Kopfes und speziell als Kinderseife. Das Stück kostet 28 Cents.

Diese Seifen sind auch einzeln und gemischt in Kartons von 3 und 12 Stück zu haben.

Tormentol ist das neueste und beste Mundwasser der Welt, besser und sparsamer als alle anderen marktschreierisch angebotenen Mundwasser. Dieses Mundwasser kann Zahn-, Rachen-, Drüsen- und Halsleidenden zum Ausspülen und Gurgeln der Mundhöhle und des Rachens gar nicht warm genug empfohlen werden. Ein halber Kaffeeöffel voll oder 60 Tropfen in einem Weinglas voll Wasser genügen zum täglichen Gebrauch. Die Flasche mit Anweisung \$1.10.

Kneipp-Tormentill-Cream findet Verwendung als kosmetische Hautcream, gegen aufgesprungene Haut, Wundsein, Wolf, Fusschweiss, Fussbrennen. Die Blechbüchse oder Tube kostet 50 Cents. Die Porzellandose 75 Cents. — NB. Man achte darauf, dass stets das Bild Kneipps auf den Packungen sich befindet! —

Als *Spezialmittel* gegen verschiedenartige Flechten empfehlen wir: 1. eine *Flechtensalbe* gegen nasse Flechten, 2. eine *Flechteneinpinselung* gegen Schuppenflechten (Psoriasis), 3. zum gleichzeitigen inneren Gebrauch bei beiderlei Flechtenarten zum Blutreinigen ein *Flechtenpulver*. Preis jeder Packung \$1.00.

Exodor-Fusschweissalbe. Das beste Mittel gegen Fusschweiss und dessen Folgen. Vertreibt sofort auch den lästigen Geruch ohne irgend welchen Schaden für die Gesundheit. In Porzellantöpfen zu 55 Cents.

Tiroler Kropfbalsam. Vorzüglich wirkend bei Blähbauch, Kropf und Drüsenanschwellungen, nicht fettend. In Gläsern zu \$1.10.

Gebirgs-Gesundheitstee und Alpenkräutertee in Paketen zu 40 Cents und \$1.00.

Echter Melissen-Balsam (Karmeliter-Geist). Ein bewährtes Volksmittel bei Ohnmachten, Uebelsein, Kopfweh, Magenschmerzen etc. ist zu haben in Fläschchen zu 55 Cents.

Herba Santa — Heiliges Kraut. Vorzüglich wirksam bei den Leiden der Luftwege und Atmungsorgane. Man kocht einen Esslöffel voll mit einer guten Tasse Wasser, lässt 5 Minuten stehen, seiht durch, versetzt mit Zucker, Honig oder Malzextrakt und trinkt so dreimal täglich eine Tasse voll. Das Paket kostet 40 Cents.

Asthmapulver „Atme leicht!“ Dieses wird benutzt gegen Asthma, Emphysem und Atemnot. Ein Kaffeeöffel voll von diesem Pulver wird auf einer Untertasse angezündet und davon der Rauch tief eingeatmet.

Die Blechbüchse mit Anweisung kostet \$1.00. Zweckmässig trinke man dabei noch Pfarrer Kneipps Hustentee.

Asthmatropfen sind tausendfach bewährte Tropfen, von denen man bei Asthma und Atemnot mit grossem Vorteil nach Bedarf 15 Tropfen auf Zucker oder in Pfarrer Kneipps Hustentee nimmt. Das Fläschchen kostet 40 Cents und 60 Cents.

Blut- und Bleichsuchts-Pillen „Wangenrot!“ Unter diesem Namen bringen wir mit Zucker überzogene Pillen, nach einem nur in unserem Besitz befindlichen alten Rezept hergestellt, in den Handel, welche gegen *Bleichsucht* und *Blutarmut* bei Mädchen und Frauen benutzt werden. Blechschachteln mit 200 Pillen, für über 1 Monat reichend, kosten mit genauer Anweisung \$1.55.

Bestellungen sind zu richten an:

KNEIPP-CENTRALE

∴

BUTLER, NEW JERSEY

Die berühmten Pfarrer Sebastian KNEIPP-PILLEN

sind frei von allen drastischen Abführmitteln, enthalten *nur reine pflanzliche* Stoffe, welche als Schleim abführende, windtreibende, *magenstärkende* und den *Stuhlgang befördernde* Mittel im höchsten Ansehen stehen und durch Pfarrer Kneipp in Würzburg bei seinen Kuren angewendet wurden.

Die Pfarrer Sebastian Kneipp-Pillen sind das angenehmste magenstärkende und blutreinigende Abführmittel, welches existiert

Wegen ihrer *grossartigen Wirkung* bei anhaltender (habitueeller) *Verstopfung*, *Verdauungsstörungen*, *Hämorrhoidalbeschwerden* und *Blutanstauungen gegen Kopf, Brust, Leber und Milz* erhielten die Unterzeichneten von Herrn Pfarrer Kneipp das ALLEINRECHT zur Herstellung und Benennung mit seinem Namen.

— Preis 50c. — Per Post 52c. —

GEBRAUCHSANWEISUNG

1. Zur Herbeiführung eines einfachen, regelmässigen Stuhlganges, wie es hauptsächlich bei Frauen erwünscht ist, nehme man abends vor dem Schlafengehen 1—2 Pillen; das erste Mal sind oft 3—4 Pillen nötig.
2. Sollen die Pillen nur windtreibend gegen Blähungen wirken, nehme man morgens nur 1 Pille.
3. Soll ein reichlicher, mehrmaliger Stuhlgang erfolgen, nehme man abends 2 und morgens 2—3 Pillen.



Nur sehr starke Naturen brauchen in diesen 3 Fällen je 1—2 Pillen mehr. Die Wirkung tritt meistens in 12, manchmal erst in 24 Stunden ein.

Am leichtesten nimmt man die Pillen in der Weise, dass man dieselben wie sie sind, oder in etwas feuchte Oblate eingewickelt, mit ein wenig Wasser verschluckt. Die Pfarrer Kneipp-Pillen und alle anderen Pfarrer Kneipp Heilmittel-Spezialitäten sind nur echt, wenn sie die Namen der alleinberechtigten Fabrikanten

OBERHÄUSSER & LANDAUER, Würzburg, Deutschland

sowie unsere eingetragene Schutzmarke (Bild und Namenszug Kneipp's) enthalten.



Alleiniges Generaldepot für die Vereinigten Staaten
KNEIPP- UND NATURKUR-ZENTRALE

BENEDICT LUST, N.D., M.D.

BUTLER, NEW JERSEY

NEW YORK CITY

TANGERINE, FLA.



Some Prominent Graduates of Class 1907 Venus Academia (Old Eclectic College) of New York City

NOTES *and* REVIEWS

INTERNATIONAL ALLIANCE OF PHYSICIANS AND SURGEONS

Principles of the International Alliance of Physicians and Surgeons

Knowing that the medical colleges teach only a pathology of temporary and superficial symptoms, infection and bacteriology,—that these symptoms are grouped together for determining names of diseases,—and that the names are treated in a routine manner by text-book authority, and recognizing the necessity to regain the confidence of the public, the members, composed of all Schools of Therapeutics, believe it their duty to unite on a common platform to teach an advanced pathology that more definitely outlines the true condition of disease. Said teachings are to concur with the American Association of Progressive Medicine and are to determine the degree of permanent perversions of the physiological function.

It is further observed by the members of the International Alliance of Physicians and Surgeons that these permanent perversions are due to foods which disproportionate the acid and alkali secretions and by unconscious irritations produce reflex contractions—abnormal reflexes, which, through the influence of the great sympathetic nerve, result in contractions of cells, tissue and muscles.

These contractions pervert the physiological functions inhibiting cell dynamics, obstructing cell osmosis, and inducing periodical and permanent contractions of the sphincters, they impinge nerves; they also empty the capillaries, and induce anemia. These effects disproportionate the acid and alkali secretions, resulting in the generation of a weak electrical energy or resistance, until local irritation and inflammation develop malignant growths,—the factors of operations.

The present officers of the Alliance, who were elected at the last annual Convention held in Atlantic City, N. J., on October 6, 7 and 8, 1916, are: H. Morgenbesser, B. S., M. D., President; Joseph Safian, M. D., 1st Vice-President; H. Bick, M. D., 2nd Vice-President; Edward Carroll, D. O., 3rd Vice-President; C. E. Binck, D. O., 4th Vice-President; J. B. Prager, M. D., Secretary; and Dr. F. Pfau, Treasurer. The Alliance publishes its own official organ, *The International Brief*, which is a very able journal. Dr. C. F. Conrad is the Editor. The *Brief* is now in its 16th year and is very healthy indeed.

Physicians who have a diploma from a

legitimate school or college, qualified to practice, are eligible to become members of the Alliance. Merely send application with fee to The International Alliance of Physicians and Surgeons, N. Y. Office, 110 West 90th Street, New York City.

Do it now.

The Alliance is affiliated with the National Association of the Osteo-therapeutic Practitioners, incorporated under the laws of the State of New York and New Jersey. The principals of both Societies are the same. Dr. B. Lust is the president of the National Association and Dr. J. Hoegen is the Secretary and treasurer. Both Societies are prosperous.

* * *

THE BERHALTER IDEA

It just didn't happen that we have an Anthony A. and Katherine Berhalter, endowed with a genius for making Health Foods. For just as surely as the sunrise and sunset is brought about by the operation of a fixed and eternal law, so are the demands of humanity governed and controlled by that same law.

To meet humanity's needs and conditions of development, Columbus, Washington, Field, Lincoln, Bell, Morse, Edison, and others, have been regarded as the "men of the hour." And because during the past 25 or more years humanity has been awakening to the fact that the food they have been eating is not good; awakening to the fact that bread made from white flour has been robbed, for commercial reasons, of over 90% of the qualities that nature had put into the wheat berry for the complete nourishment of man, a man and a woman, with the knowledge of how to prepare nature's foods with scientific skill, were ready to supply this human demand.

On October 30, 1878, Anthony A. Berhalter was born at Ellensburg, Württemberg, Germany. The same year Katherine Novak (now Mrs. Berhalter) was born in Chicago. When these two people first opened their eyes on Earth's plane, they were separated by thousands of miles and there was no indication that years after they would be brought together as associates in a great work for the betterment of humanity. But "the Divinity that shapes our ends, rough hew them as we may" was operating, as it always has and always will continue to operate. At the appointed time these two people came together. They came together because for many years their thoughts and purposes had been directed

along parallel lines. Both had suffered from wrong habit of eating and living. Both had determined to correct this wrong to their minds and bodies by the discovery of how to scientifically make and so use nature's foods, as to build strong bodies and develop active and well-balanced minds. In this they succeeded. Their success was brought about through years of toil and research. Every book on the cause and effect of disease was purchased and read. Among the leading books were those published by Dr. Benedict Lust, of New York, and his monthly magazine was read and carefully studied each month. And so both Mr. and Mrs. Berhalter worked up out of ill health to perfect health; from ignorance of the proper food to eat and drink to a scientific knowledge of the demands of the human body; and they together worked out the formulas to make these health foods. Their gratitude for delivery from ill health found expression in the desire to have others share their good fortune. So, in the year 1908, they opened a bakery and store for the manufacture and sale of Berhalter Health Foods at 309 North Ave., Chicago. People came slowly at first to the little store, more by chance than anything else, for no advertising was done. But all who came returned, for they found there a new sort of food, more delicious and nourishing than any they had ever bought. The good news spread quickly about the neighborhood, and it was not long before that most of the people within a radius of many blocks thronged to the Berhalters for their supplies. Then came growth. People moved from the neighborhood and sent in orders by mail. Visitors who had tasted Berhalter foods in Chicago, on their return home sent back orders from distant states to the North Avenue shop for the foods whose equals they could find nowhere else. East and West the business spread across the map, until nine years after the doors of the little store were opened on North Avenue, Chicago, customers were being served in nearly every State in the Union. Then a handsome three-story bakery and salesrooms was erected at 1423 North Clark Street, Chicago. It was thought this new building would take care of all demands for many years to come, but in less than three years they were driving their bakery day and night to produce the foods for which an eager and educated public was clamoring. And as this book goes to press, a great factory, a block long, is being built on Diversey Parkway and Lincoln Avenue, Chicago, which it is hoped will meet the demand at least for some time to come. But it will only be a matter of time when Berhalter Health Food Factories will be built in other cities throughout the United States, for the demand for the Health Foods they make is nation wide.

The old saying that the way to a man's heart is through his stomach, holds true,

and it is often the case that the stomach is the quickest avenue of approach to his mind.

Through their delicious, wholesome, health-giving foods, the Berhalters have brought many sufferers to an understanding of Nature Cure. Every Berhalter store and restaurant is an educational center where the health seeker may receive information on Nature Cure and the natural life. The Berhalters are doing a great work. May the scope of their influence continue to extend.

* * *

COLON THERAPY

By J. H. Eager, Brooklyn, N. Y.



Mr. J. H. Eager

Colon Therapy is so important to the welfare of the human body that the great wonder is that a knowledge of the anatomy of the colon is not made a pre-requisite to the granting of a diploma to all aspiring to become medical practitioners, and yet, although of such paramount importance, only a very small number of students have had the physical courage to examine one, so repugnant is the odor which emanates from that part of a dead body.

Hence, it is not to be wondered at that a knowledge of the existence of a colon in the human body is known only to comparatively few lay, general readers.

Its activity is so essential and important to the health and well-being of each individual of the human race that it should be made the subject of a government treatise, to be freely disseminated.

It should also be made a subject of first importance in the curriculum of all schools and universities, and more of an essential requirement for the benefit of those aspiring to become teachers.

An opportunity is offered to school or university teachers to observe in a student the deteriorating transition from a bright and alert mental state to a retrograde one, where he becomes unexpectedly dull, and where the grasping of the lessons becomes manifestly laborious.

Observant teachers are perplexed at the temporary dullness of a hitherto bright

scholar, without even guessing at the cause, as they themselves are unacquainted with the dulling effect of constipation; whereas if they had been required before earning a diploma to make a theoretical study of the dire effects of constipation upon the mental faculties, they would have been far more useful instruments in the art of teaching.

While the scholars might be conscious of the fact that a great effort is required to carry out their studies, they might not, without a suggestion as to the probable cause of their backwardness, know the importance of keeping the drain pipes of their body active, and the serious consequences to their health if they neglect them.

Ignorance on the part of scholars of the existence of the colon, and the importance of it, plays in their life for good or ill, is not to be wondered at, in view of the widespread false modesty among the female members of the community.

The duty of parents in that regard is seriously neglected, but, when we consider their own lack of knowledge, it is not so surprising to find the younger part of the



The Eager Internal Bath

community entirely ignorant of the fact that the colon is not only a very important organ within their body, but that they know nothing whatever of the importance of keeping it active.

It is not so surprising that those financially interested in the business of disseminating knowledge relative to the need of an instrument for daily use by the average person for the purpose of cleaning the colon, find it not a little difficult to educate people and convince them, when they are confronted with adverse advice, authoritatively given out by the lecturers of the Board of Health, against the self-applied Internal Bath.

Can such advisers have the good of the public at heart, when they know that the pernicious habit of drug-taking plays havoc with the other organs of the body, and that by belittling the drugless practitioners on every occasion, they leave the public with nothing to depend upon but the many chemical compounds for relieving their ailments.

It is not the practice of the would-be medical monopolists to decry these drugs, because they know well that they not only administer them themselves, but sooner or later, the cathartic users will be sending for them when conditions more severe than mere constipation announce themselves.

Like the narcotic habit, which is often the result of a prescription administered by a reputable M. D. under, perhaps, serious conditions, without an accompanying caution against its repetition, the drug habit takes hold of the average person through a repetition of the doctor's prescription, when a dull, stagnant condition arises resembling that which existed when the doctor recommended the dose, which previously afforded temporary relief. The standing of the physician who prescribed a cathartic known to the patient, and which brought relief, gives character to the drug, and it is but natural that when conditions are seemingly the same, the patient should prescribe for himself the same drug, and thus the habit is implanted on the strength of the good standing of the M. D. who first prescribed it.

If the American business man would take a lesson from the higher class Chinaman, who employs a physician to keep him well—prevent sickness—the doctor, if he desired to continue to be employed, would teach his patient the necessity of keeping the colon active, the wherefore and the manner of doing so. Such a doctor would not recommend the use of Drugs to accomplish the desired activity of the colon, for the reason that he would know that a worse condition would sooner or later follow the debilitating effect of the drugs which preyed upon the other organs, by draining them of the fluids Nature had provided, for the proper accomplishment of the important functions of the organs.

While all medical authorities concur in the fact that in the colon is found the origin of the irritation which causes headaches, they are slow to educate their patients as to the necessity for keeping that drain pipe of their body clean and active; they know that the dangerous headache powders have been depended upon for relief, but do they advise against the use of such dangerous poisons?

The colon plays such an important office in the origin of disease when it is inactive, and such a beneficial action when it is performing its functions regularly, that the necessity for cleansing it without the use of drugs should be taught until the laity knows of the all-importance of the cleansing of that organ by drugless methods, and especially when such diseases as Typhoid or Malarial fevers are disturbing the health of the neighboring families.

People should be taught that the worst enemy of good health is the self-prescription of cathartics, the taking of which is

certain to be followed by a reaction involving a loss of vitality.

The constant or daily prodding of the sluggish colon with drugs is a very dangerous habit, and the public ought to know from reliable authority that if this pernicious practice is continued for long, it is certain to have serious results.

It is a matter of record in the history of Guy's Hospital, in London, England, that the doctors employed therein, following the teachings of Professor Metchnikoff, to the effect that the elimination of the colon during youth was the only hope for reducing the percentage of diseases arising from an unclean colon, operated upon a child there who was in the last stages of tubercular joint disease, and amputated the greater part of the colon, leaving only about nine inches, which remaining part they joined to the small intestines, and the child got well in a few weeks.

It goes without saying that the amputation of the colon would have no beneficial effect in the future, unless the remainder were kept active; hence, the most important feature lies in the practice of the individual keeping it clean.

When it is conceded by all medical authorities that 90 per cent. of all our ailments arise from a congested colon, we must believe that during the prevalence of an epidemic, such as Typhoid, Small Pox, Infantile Paralysis, etc., etc., those who become its victims were certainly in the first place the victims of a sluggish colon, and those living in the same environments, in the same family, owe their immunity to the fact that their colon was discharging its duty naturally, or possibly with the aid of a cleanser other than drugs.

If ever there was a parallel to the quotation "Robbing Peter to pay Paul," it is surely found in "Cathartics," for the cathartics prey upon the innocent, inoffending organs of the body, such as the gall bladder, the liver, the kidneys, the intestines, etc., etc., so as to furnish fluids with which to flood the sluggish colon and liquify the contents, so that they may be expelled and the body relieved of "that dull feeling," the sick headache, or other symptom of Constipation that prompted the taking of the Cathartic, which becomes a veritable robber of the fluids Nature provided for other uses.

So the process of "Robbing Peter to pay Paul" goes merrily on year after year, according to the ratio of vigor with which Nature had fortified the user until the "Last Straw" is eventually reached, when nature calls a halt and falls exhausted.

The Doctor who prescribes poisonous, irritating drugs, if an educated man, knows the deteriorating influence upon the human body; hence he deliberately attacks the welfare of the individual.

He knows the greater beneficial action of the Internal Bath Appliance, wherein

warm water is substituted for the "fluid" that his Poison Drugs have been drawing from other organs.

He knows that the water, applied directly at the seat of the greatest congestion, can have no debilitating or other injurious effect upon the patient.

He knows that the action of the Internal Bath, applied at the seat of the greatest congestion, liquifies the congested material more effectually than when fluid is drawn from the other organs of the body, and cleans the colon thoroughly and completely.

He also knows that the drug, by depleting the other organs, fails to clean the colon completely, but that there remains in the colon a dangerous quantity of auto-poisons which will be taken into the circulation, and eventually deposited at the weakest part of the body, there to start the inroads of disease that may cause a breakdown of the constitution and encompass the death of the patient.

The cleansing process that benefits by invigorating the colon is ignored, because the M. D. in charge "Does not believe in" the self-administered Internal Bath, which he **would** believe in, and would order administered, if his patient were a hospital case. His influence is thus exerted in favor of the depleting process.

I reproduce, below, the extraordinary physical benefits derivable and actually derived (for I write of a veritable personal experience), by Mr. A., a man of 72 years, who had used the Internal Bath twice daily for at least one year previous to June, 1914, when he was taken with pneumonia of the left lung, due to unusual exposure to a cold draught of air when sweating profusely.

I was granted the privilege of quoting his case, as he gave it to me.

Very shortly after the middle of May, 1914, he contracted pneumonia, from which he suffered for a week or ten days, when, on the 3rd of June, his stomach rejected food and his wife, becoming alarmed, sent for an M. D.

A careful examination revealed a temperature of 104°, respiration 36°, and discharge of rusty sputum. The doctor gave orders for the hiring of a trained nurse, and forbade his patient to go to the bath room, only two doors away, saying he would return in the afternoon.

The patient progressed so rapidly that just nine days thereafter, or June 9th, he went out on business and walked home, over a half mile.

The doctor discharged himself the 6th, after he had made five calls.

The patient felt no ill effects other than great weakness for a few days; he continued to gain in strength, and never suffered from the attack thereafter.

It is very questionable if this patient, at

the age of 72 years, would have recovered at all, to say nothing of the rapidity of his recovery, had it not been for the fact that he had used an Internal Bath Appliance twice each day for over a year, resulting in creating a pure blood stream, with an entire absence of auto-poisons.

Others can bring about just as healthy resistance power by the use twice daily of the Internal Bath, without a particle of danger.

The rapid accumulation of auto-poisons in the neglected colon becomes easy whenever the activities of the colon are retarded or neglected.

* * *

THE DUPELL INTERNAL BATH

The intestinal tract is the very foundation of animal life. Without the stomach and its digestive appurtenances man could not exist. When the digestion and elimination of the waste products of food go on in a normal manner, health, vitality and happiness are the result, but when these processes are interfered with in any way, either sickness or death results. The most formidable physiological evil in the world to-day is constipation, that is, retention of waste matter in the system beyond its normal health period, which gives rise to fermentation, which in turn provides a fecund soil for the growth of millions of malign, disease-producing microbes, whose poisonous excreta, together with the poisons chemically elaborated in the fermenting food waste, are absorbed into the blood, a process known as auto-intoxication, which gives rise to any number of the most dangerous diseases.

The digestive canal is some twenty-five feet in length and is lined up with a mucous membrane forty-five feet long, arranged in sacculated folds, and otherwise provided with millions of absorbents that absorb and convey the nutrition contained in the digested food to the blood. The normal section of this tube for purposes of nutrition extends twenty three feet from the stomach while the remaining twelve inches above the vent is the natural receptacle for the feces, but, in constipation, the entire large intestine is clogged up with the sewage of the system, which becomes dry by the absorption of the poisonous putrefactive material.

People suffering from constipation are anemic, sallow, clay-colored, or deadly white, and suffer from indigestion, biliousness, flatulency, uric acid, gout, rheumatism, piles, fistula, disease of the kidneys and bladder, and are also the victims of neurasthenia, loss of memory and general debility.

The doctor when appealed to, proceeds to relieve the clogging up of the system with a cathartic, mixed with belladonna, or opium, which latter drugs are meant to

hush the painful cry of outraged nature which the cathartic has invaded. Millions are now spent on purgatives that only attack symptoms in such a manner that offended, disgusted nature, loathing their presence, ejects them from the system by secreting into the intestines a large quantity of fluid matter, evolved from the blood by an excessive expenditure of nervous force.

Common sense tells us that this is an exhaustive, a most ruinous method of treating constipation. All that nature requires is the assistance of a little warm water, than which no medicine is cheaper. The DUPELL Internal Bath has been designed to convey this warm water to the place where it is most needed in a safe, convenient, and luxurious manner. The apparatus consists of a rubber reservoir from which a flexible tube, terminating in a rubber rectal cone, conveys the water to the colon when the receptacle is pressed upon.

The reservoir contains $3\frac{1}{2}$ quarts of water and the method of using it is as follows: The reservoir is first pressed softly so that only a small quantity of water is injected. Giving the water a few minutes to be absorbed, more pressure is applied, and after a time the patient may sit upon the reservoir and use all of his own weight to force the water into the colon.

When the water reaches the dried imprisoned feces, it is loosened from its attachment to the colon, and the mass is moved towards the exit by the expulsive action of the bowels. As the sudden flood of water is expelled it carries with it the inspissated feces, and the internal Ego congratulates itself on the delightfully refreshing manner in which the local disturber with its myriads of microbes has been dispossessed.

In health, the internal bath may be taken at least twice a week, but in cases of constipation it may be taken daily. After an experience of ten years no instance has occurred of any ill effects from internal bathing, but on the contrary it has been found to restore natural action and to act as a tonic stimulus on the muscles of the colon.

The Dr. Charles Company, 748 Fulton Street, Brooklyn, N. Y., is the sole agent for the Dupell Internal Bath. The regular price is ten dollars, but to introduce the bath more quickly the price for a limited period is seven and a half dollars.

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FROUDE, CHAS. C., N. D., D. C., Post Office Building, 260 Fair Street, Kingston, N. Y.

Dr. Froude, who was born in 1888, graduated at the Universal Chiropractic College in 1914 and the American College of

Naturopathy, and is a member of the American Naturopathic Association, International Chiropractic Association, and the International Medical Freedom Association.



Dr. Charles C. Froude

He is a member of the firm of Froude & MacKinnon and is author of "Simplified and Practical Dietetics," of which three editions have been published.

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FERRI SANITARIUM AT WHEATON, ILLINOIS.

This new natural healing resort has been opened by Dr. Ferri.

Dr. Ferri is the well-known editor and Italian pioneer in this country who publishes the magazine "La Medicina Naturale," and who is the author of the book "La Cura Naturale" and several other pamphlets. He is conducting a very successful institution for Nature Cure and Natural Life, principally Hydrotherapy, Diet, and manual methods at 152 North Ashland Blvd., Chicago and is a well qualified man for an institution of this kind on a larger scale.

The major practical experience in his professional work, Dr. Ferri, however, has acquired as doctor in his Health Resort in Chicago, and has been writing a number of treatises, pamphlets and books. In fact, he was one of the strong men in Chicago in the Naturopathic movement for the last ten years.

Dr. Ferri is well known as a loyal and active supporter of rational Naturopathic methods, who uses the good in all, and applies the treatment to suit the requirements of each patient. Fasting and diet are largely used in his methods, as in all ra-

tional, highly developed therapeutics, and therefore he has been so successful in the past. Doctor Ferri is married, and his wife is a true and able assistant in the ladies' department and the household of the Resort. It is a known fact that a large institution cannot be successfully handled by a Drugless doctor without the good assistance of an efficient wife, who is usually half of the success of the institution.

We know Dr. Ferri quite well, being familiar with his individual qualifications, and we feel that the enterprise will prove a great success.

We recommend this institution to our readers in Chicago and vicinity, feeling secure in the belief that visitors are always welcome.

A descriptive circular will be forwarded, on request.

City office is at 152 North Ashland Blvd., Chicago, Ill.

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ERATH, MR. W. F., Rosebank, N. Y.

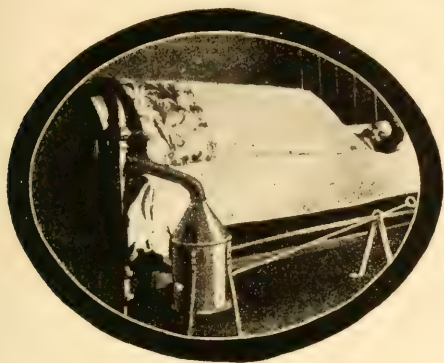
Sufferers from rheumatism, encumbrances of morbid matter, boils, abscesses, open

sores, hemorrhoids, goitre, and kindred ailments, are susceptible of being cured by the hot-air, or Turkish bath. Hitherto the public Turkish bath was the only available place where hot-air baths could be obtained, but such places are established for the use of people not suffering from any of the troubles mentioned, and besides patients would not care of themselves to invade the publicity of such institutions. It follows that such patients can only obtain



Mr. W. F. Erath

treatment from such practitioners as possess an apparatus for giving hot-air treatments or possess a hot-air apparatus of their own. This latter idea is at once the most private, most convenient, most economical, and most therapeutic, advantages that will commend the bath to everyone.



Rather Turkish Bath

Mr. W. F. Erath, of Rosebank, Staten Island, N. Y., has been a long sufferer from rheumatism and kindred diseases, and has visited many home and foreign bathing establishments without gaining any relief. The idea of indulging in Turkish baths at home, as being more enjoyable, more wholesome and more economical, than by attending public baths, so possessed him that he set about making a cabinet Turkish bath for home use, and after years of experiment, created the Rather Turkish bath, a marvel of perfection, simplicity and economy. By means of this bath not only himself, but many of his friends have been made healthy, strong and happy. The bath, as will be seen from the illustration, is of strong, commodious and artistic construction, and is a most effective agent of health. To be able to take a Turkish bath, with all the advantages the Rather bath affords, is well worth the price of same. By its use adverse pathological conditions are abated, and all debris of waste matter and poisons that clog the arterial capillaries are removed in Nature's way, by elimination through the eliminative organs, and diseased conditions are wholly eradicated. The possession of a healthy and happy life by means of the Rather Turkish bath is a consummation devoutly to be wished.

* * *

YOUR HEALTH SUPPLY COMPANY

Anyone visiting No. 912 Belmont Avenue, Chicago, Ill., the home of Your Health Supply Co., of which Dr. E. D. Hunsaker is president, will discover a prize in the form of a food preparation manufactured by this concern for the cure of that universal complaint, constipation. This is a combination of California fruits, whole wheat and bran flour, and other harmonious laxative vegetables, and pressed so that it will keep for months. Being a food and not a drug, it can be eaten at every meal as a palatable part of the menu. It is guaranteed to regulate the bowels and strengthen the intestinal mus-

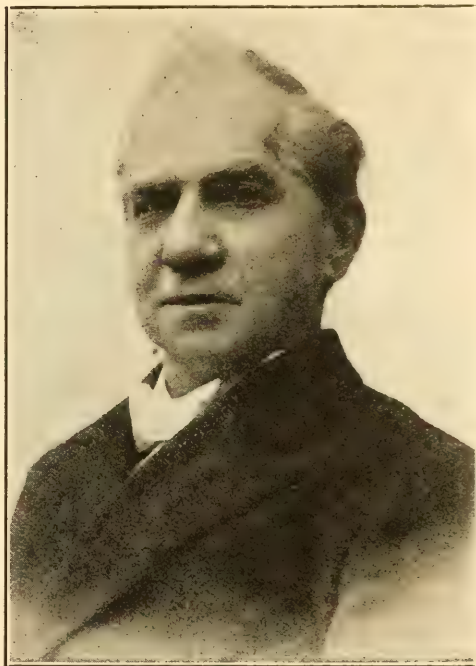
cles. It has a higher nutritive quality than meat. Its use does away with the use of purgatives, pills and mineral waters, all of which give only temporary relief and leave the system in a worse condition than before. Dr. Hunsaker carries on an active mail order business in his food regulator, and sends a pound package prepaid for \$1.25.

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THE HISTORY OF THE INTERNAL BATH

By Charles A. Tyrrell, M. D.

Inasmuch as I have the best of reasons for the statement that Internal Bathing is



Charles A. Tyrrell, M. D.

at the present time being regularly practised by upward of at least half a million Americans, it may be of somewhat general interest to examine into what is known of its origin, its reason and the recent stages by which it arrived at its present popularity and resultfulness.

Though popularly supposed to be a comparatively modern practice, its usage, in a crude form, is traceable many centuries back, for Pliny in his *Naturalis Historia*, A. D. 79, mentions it as being prescribed by the Ancient Egyptian Physicians to whom its investigation was suggested by the health habits of the Ibis, a bird of the Nile.

These Egyptian Physicians, by the way, were the first medical practitioners known to history, not excepting the Chinese.

And the ancient Egyptians, measured by their accomplishments, seem to have been a pretty healthy, husky people.

Although history does not give much light on the subject in more recent periods, it does mention a widespread use of this treatment throughout Europe in the early part of the Eighteenth Century, especially in France.

The recent resuscitation of this ancient remedial practice dates back to the early forties, when Dr. A. Wilford Hall of New York, after years of public speaking and the authorship of many religious and scientific works, failed in health, rapidly declined and was given by his physicians but a few months to live.

Dr. Hall was not a Doctor of Medicine, but of Philosophy and Laws, and a man of the highest knowledge and attendants. I knew him very well in later years and he frequently said: "Having had considerable trouble that way, the idea came to me like an inspiration that if I could keep the colon cleansed of waste matter, I would have at least a better chance of recovery."

Dr. Hall persisted in this treatment, using the crude and laborious method of a bulb syringe, and from that time until his death at the generous age of eighty-two, forty odd years after he had been given up, did his utmost to give the world the benefit of his personal experience.

I arrived in New York City in 1887, after an extended trip through India, China and Japan, and unwisely invested my entire capital in a commercial venture which failed.

More or less indifferent attention to my physical condition and the shock of this experience brought on a second stroke of paralysis on the left side (the first having occurred previously in Hong Kong).

Being helpless, I became an inmate of a hospital for a time; was then refused admission to another and fortunately knowing of some of the results of Internal Bathing I resorted to it regularly with such success that in 90 days I was walking about the city.

Impressed by the fact, however, that the method of taking these baths was then crude and imperfect, I decided to study, practice and improve on it. Hence, the invention of that appliance so long and favorably known as the "J. B. L. Cascade."

To do this properly and legally I quickly found that I would have to become a Doctor of Medicine.

Entering immediately a medical college, I took the four years' course and graduated with honors.

Not at all a bad commentary on the results of Internal Bathing, considering my condition the year before entering.

After graduating, I found my experience exactly akin to all those who must educate

the public, especially in a matter where most of us are so notoriously careless—Irrregularity.

But I knew from the experience of myself and others that the foundation of a great and revolutionary, though perfectly natural remedy was there.

And that once its results were generally known, no power could stop its rapid and universal appreciation.

And so I persevered.

From the smallest of beginnings, I found that every J. B. L. Cascade which I distributed brought me demand for others—that once the proper administering of the Internal Bath accomplished its result with one patient, he was generously eager to pass his experience along.

And so it grew, and has grown so astoundingly in the past twenty-years that I heartily agree with physicians generally when they claim that "the vast majority of human illnesses are directly or indirectly caused by accumulated waste in the colon."

That also is the direct cause of our frequent loss of spirits and lack of confidence; in other words, our fifty per cent. of efficiency.

You will never appreciate this properly except in the clear, eager, confident way you will always feel the morning after an Internal Bath.

We all want to be well and efficient and stay so without calling upon Drugs to help, if that be possible. There are, as I have said, hundreds of thousands who are already doing this by this purely natural preventive, and the numbers are steadily growing.

As a result of my success during the twenty-five years of my specializing on this, Nature's remedy, many imitators of my appliance and method have come and gone.

Successful inventions always have imitators (a tribute to merit), consequently I have several followers who, not content with pirating my ideas, actually appropriate the terms in which I describe my treatment. But there is only one tried and approved method of taking an internal bath, for there is only one "J. B. L. Cascade."

* * *

WHAT IS AN INTERNAL BATH?

Much has been said and volumes have been written, describing at length the many kinds of baths, civilized man has indulged in from time to time. Every possible resource of the human mind had been brought into play to fashion new methods of bathing, but, strange as it may seem, the most important as well as the most beneficial, of all baths, the "Internal Bath," has been given little thought. The reason for this is probably due to the fact that few people seem to realize the tremendous part that

internal bathing plays in the acquiring and maintaining of health.

If you were to ask a dozen people to define an internal bath, you would have as many different definitions, and the probability is that not one of them would be correct. To avoid any misconception as to what constitutes an internal bath, let it be said that a hot water enema is no more an internal bath than a bill of fare is a dinner.

If it were possible and agreeable to take the great mass of thinking people to witness an average post mortem, the sights they would see and the things they would learn would prove of such lasting benefit and impress them so profoundly that further argument in favor of internal bathing would be unnecessary to convince them. Unfortunately, however, it is not possible to do this, profitable as such an experience would doubtless prove to be. There is, then, only one other way to get this information into their hands, and that is by acquainting them with such knowledge as will enable them to appreciate the value of this long-sought-for and health-producing necessity.

Few people realize what a very little thing is necessary sometimes to improve their physical condition. Also, they have almost no conception of how little carelessness, indifference or neglect can be the fundamental cause of the most virulent disease. For instance, that universal disorder from which almost all humanity is suffering, known as "constipation," "auto-intoxication," "auto-infection" and a multitude of other terms, is not only curable but preventable through the consistent practice of internal bathing.

How many people realize that normal functioning of the bowels and a clean intestinal tract make it impossible to become sick? "Man of to-day is only fifty per cent. efficient." Reduced to simple English, this means that most men are trying to do a man's portion of work on half a man's power. This applies equally to women.

That it is impossible to continue to do this indefinitely must be apparent to all. Nature never intended the delicate human organism to be operated on a hundred per cent. overload. A machine could not stand this and not break down, and the body certainly cannot do more than a machine. There is entirely too much unnecessary and avoidable sickness in the world.

How many people can you name, including yourself, who are physically vigorous, healthy and strong?

It is not a complex matter to keep in condition, but it takes a little time, and in these strenuous days people have time to do everything else necessary for the attainment of happiness, but the most essential thing of all, that of giving their bodies their proper care.

People don't seem to realize, strange to say, how important it is to keep the body free from accumulated body-waste poisons. Their doing so would prevent the absorption into the blood of the poisonous excretions of the body, and health would be the inevitable result.

If you would keep your blood pure, your heart normal, your eyes clear, your complexion clean, your mind keen, your blood pressure normal, your nerves relaxed and be able to enjoy the vigor of youth in your declining years, practice internal bathing and begin to-day.

Now that your attention has been called to the importance of internal bathing, it may be that a number of questions will suggest themselves to your mind. You will probably want to know WHAT an Internal Bath is, WHY people should take them, and the WAY to take them. These and countless other questions are all answered in a booklet entitled "THE WHAT, THE WHY and THE WAY OF INTERNAL BATHING," written by Doctor Charles A. Tyrrell, the inventor of the "J. B. L. Cascade," whose lifelong study and research along this line make him the pre-eminent authority on this subject.

Perhaps you realize now, more than ever, the truth of these statements, and if the reading of this article will result in a proper appreciation on your part, of the value of internal bathing, it will have served its purpose. What you will want to do now is to avail yourself of the opportunity for learning more about the subject, and your calling for this book will give you that information. Do not put off doing this, but get the book now, while the matter is fresh in your mind. Address: Charles A. Tyrrell, M. D., 134 West 65th Street, New York, N. Y.

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THE ZOE JOHNSON COMPANY

The Zoe Johnson Company, Wendell Bank Bldg., Chicago, Ill., handle a line of supplies for practitioners of all drugless methods. About the only difference between that company and the ordinary physicians supply house is that the Zoe Johnson Co. deal exclusively with Drugless Physicians and their line is essentially different in that respect.

This company was organized over two years ago under the name of H. D. Ulmer & Co. It is a thorough Naturopathic organization and specializes in the sale of all books and articles of interest to the Profession.

It is the desire and purpose of the Zoe Johnson Company to give the same service to the Naturopathic practitioners that the larger medical supply houses render to the medical organization. The company's policy is consistently Naturopathic and its

growth should be in proportion to the growth of the Naturopathic movement.

The company was founded on the idea that other considerations being equal, most Drugless Practitioners would prefer to patronize a house in sympathy with their principles in preference to dealing with a medical supply house. On this principle the Zoe Johnson Co. solicits the trade and friendship of members of all schools of natural healing. The company also asserts that it can save the Profession the inconvenience of ordering their supplies from widely different sources as they carry practically everything that a Drugless Physician has occasion to use.

The Zoe Johnson Company claim to be the only house on earth dealing exclusively with the Drugless Profession that carry a complete line of supplies. They have for sale all the books dealing with natural methods of healing, Naturopathic, Chiropractic, etc., also handle a good line of electro-therapeutical apparatus, treating tables and other equipment.

The company is confident that rational healing methods will increase greatly within the next few years and they believe that a house such as their organization represents should increase its usefulness in proportion to the advance of Naturopathy if accorded the support of the Profession.

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THE LINDLAHR IDEA

One of the first Nature Cure Institutions to be established in this country was founded by Dr. Henry Lindlahr of Chicago in the year 1900.

This institution of humble origin has fought its way against terrific opposition to a position of prominence in the field of therapeutics. The scope of the work performed by this institution has undergone a number of extensions, but always has adhered closely to the fundamental principles governing disease and its cure.

The home institution is located in the heart of Chicago, a few minutes' ride from the famous loop district, situated on a wide boulevard and surrounded by many of Chicago's well-known institutions of learning.

The house itself is a large and stately mansion, one of Chicago's historic landmarks, thoroughly re-modelled and enlarged to suit its present purposes. The first floor of the main building contains the treatment rooms, and bath-rooms equipped with modern appliances for the application of water cure, baths, massage, osteopathic, chiropractic, neuropathic and other of the latest evolved methods of healing. On the next floor are situated the doctor's offices, pathological laboratory, general offices of the institution, large and spacious parlors, and the main dining room. The remainder

of the house is given over to bed-rooms for the accommodation of guests, sun parlors and air baths.

A few years ago it became necessary to enlarge this institution for the purpose of accommodating the growing number of applicants desirous of undergoing the Nature Cure. This led to the purchase of Huntington Manor in the beautiful suburb of Elmhurst, situated 17 miles west of Chicago.

The property comprises about 8 acres of land laid out in beautiful lawns, flower beds, vegetable gardens and macadam driveways. The extensive lawns are surrounded by woods containing the finest variety of trees of fifty years' growth; stately elm, shade maple and spreading oak along with fir, pine, spruce and many other selected trees blending in artistic combinations and contrasts. The borders of the woods are lined with many varieties of shrubbery which come into bloom successively during the spring and summer season.

Mr. Bryan Lathrop, the former owner and founder of Huntington Manor had a hobby for landscape gardening, and it was through his efforts that Huntington Manor became a park in every sense of the word.

Dr. Lindlahr has added to this, his knowledge of agriculture by treating the soil with the positive electro-magnetic mineral fertilizers on which depend the richness of food products from the viewpoint of natural dietetics. The vegetable garden which he has established on the grounds furnishes both health homes with the most luscious fruits and vegetables rich in mineral salts, and, therefore, of unusual medicinal value.

In 1916, it again became necessary to enlarge the institution and for this purpose the adjoining property to Huntington Manor was acquired, thus adding 12 more acres, and many buildings to the original property.

The employees of the Lindlahr Institutes number one hundred and twenty.

The Medical Staff consists of Dr. Lindlahr, the chief; Dr. Millis, House Physician; Dr. Carter, Asst. House Physician;



Lindlahr Sanitarium, Elmhurst, Ill.

Dr. du Plessis, and Dr. Ulmer, Asst. House Physicians and Chief Supervisors of the special manipulative work; Dr. Matthiesen, matron; Dr. Larson, Chief of Nursing Staff; Dr. Kilberg, Clinical Pathologist.

The general business of the institution is managed by Mr. Pilbeam.

The other employees consist of Nurses, operators, household help, engineers, gardeners, etc.

In connection with the institution is a training school for nurses and the College of Nature Cure. All of the nurses, operators and physicians are thereby trained within the institution. The plan upon which the school was originally operated, and which plan is still in effect, is to offer qualified young men and women an opportunity of acquiring an education in this work without cost or expense to them. They are given their room, board, tuition and a salary in exchange for the services which they render the institution.

The nurses' training course is three years practice and the college course in Nature Cure for the degree of doctor is likewise of three years' duration. It can be readily understood that there are always a greater number of applicants for places in the institution than there are accommodations for or for whom there is a sufficient amount of work. As a consequence, it becomes necessary to establish a course on a paid tuition basis. The College is now offering a two year course for those students who desire to earn a Doctor's Degree. There are likewise many applications for enrollment by graduates of other schools and systems of therapeutics, and for their accommodations, there have been established post-graduate courses of four and six weeks' duration. In order to accommodate these students, it has been necessary to acquire three other houses in the immediate neighborhood.

The work is growing to such an extent that more space will have to be added in the very near future. As there are but few institutions in this country devoted ex-

clusively to drugless treatment, it behooves every practitioner of natural therapeutic measures to acquaint himself with the **Lindlahr Idea**, as it is quite frequently the case that practitioners find it necessary to send patients to a sanitarium, and they should be sure that they are selecting one in which the ideas of drugless healing are upheld.

This institution is not subsidized, nor endowed. It is not supported by any religious creed or sect, nor does it support any sect, creed or cult. It is an independent non-sectarian organization built on the idea of service to humanity. It employs by way of treatment only those forms and methods which are in harmony with Nature's laws.

This then is the **Lindlahr Idea**,—to teach right living for the establishment of health; to teach health as the foundation of efficiency; to teach efficiency as the basis of true service to humanity.

* * * LOCAL APPLICATIONS MADE PRACTICAL.

By F. F. BURDICK, Milton, Wis.

The evolution of "Local Applications," from the days of "blistering," "cupping," "bleeding," etc., to the present time, makes an interesting page in medical history.

Every physician—whether specialist or general practitioner—has frequent demand for the most effective means of **Local Applications** for the relief of pain, congestion, infections, sprains, dislocations, hypertension, etc., and to increase local nutrition and stimulate reflex functional activity in sluggish organs.

Hot water bottles, electric pads, soap stones, vibrators, high frequency currents, and radiant light and heat, have all been requisitioned to service in this important field of therapeutic ministrations.

Light possesses many physical qualities which, when properly understood, readily give it **first place** among natural agencies for therapeutic applications. In fact, in these days of progress, few physicians are to be found, who have not experienced some of the splendid results of **Radiant Light** and **Heat** for the special purposes mentioned above.

Light is a vital stimulant, to vegetable and animal cells alike. Practically the same physical processes are obtained in both, under the influence of Light Rays.

We are all familiar with the effects of sunlight upon the dormant little garden seeds in spring time, stimulating them to leaf, flower and fruitage, within the short space of the summer months. But, we fail to observe the marvelous effects of light upon the metabolism of our own bodies.

The same vital force that tints the cheeks of the ripening fruit in the orchard, or aids



Lindlahr Sanitarium, Chicago, Ill.

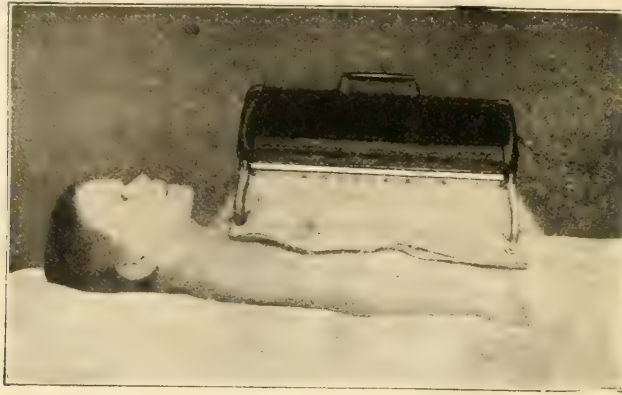


Fig. 1

the growing plant in the garden to build itself from air, water and soil, will redden the blood in the veins of the anemic, and help build healthy bone and muscle tissue from good corn and potatoes.

In other words, the same light rays that prepare the solids in the soil for plant food and stimulate the tiny vegetable cells to growth and development, transform the green starch of the ripening fruit into grape sugar for us, and stimulate the digestive and assimilative functions to their fullest activity for normal tissue building and repair.

Properly applied, light is the most vital stimulant to the processes of nutrition within the realm of physical forces.

Reaction is obtained without the expenditure of vitality.

Light, penetrating the tissues, stimulates functional activities without exhausting effects, and is the ideal agency for combating the diseases of childhood and other conditions associated with low vitality. Because of this, infantile paralysis, in its

early stages, is being handled very successfully with proper light applications.

To place the subject of Local Applications upon both a practical and scientific basis, the writer developed the Radio-Vitant series of Applicators. They are constructed upon basic principles which make them the most effective and universal method for local applications known:

An even distribution of light and heat over the entire area treated, permits of continued application with increasing intensity, thus securing deep, effective penetration, without discomfort or danger to the patient.

Wide range of control, provides the most varied and positive technique, from a low graduated heat, when used as a "bed warmer," to the intense heat of the baking cabinet.

Perfect thermal insulation protects from all danger of burning patient or bedding. The value of this feature will be appreciated by all those familiar with the severe burning from hot water bottles, etc., in the surgical ward.

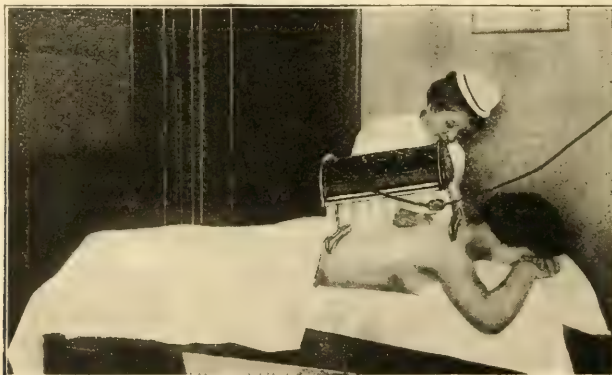


Fig. 2

They are light and portable, and can be easily carried to the homes of the patients, or to the hospital.

The universal features provide the widest possible range of adaptation to every part of the body and in all positions and modalities, including:

(1) **Direct Method.**

With the "Applicator" resting upon the supporters, (fig. 1) applications may be made to the back, chest, abdomen, etc., varying the height of the Applicator by extension of the supporters.

(2) **Indirect Method.**

Operated on the Radio-Vitant Stand, the applicator may be placed over any portion of the patient's body in bed (fig. 2) or sitting (fig. 3) with wide variations of technique.

(3) **Radio-Vitant Foot and Leg Bath** (fig. 4).



Fig. 3

The Light Rays, dilating the blood vessels of the feet and legs, divert the blood from the head, lungs, stomach, liver, etc., thus quickly relieving congestion in these organs. A sheet wrapped about the legs of the patient, with feet on Applicators, forms the retaining walls for the Leg-bath Cabinet. Bottom of feet should be protected by asbestos or other sandals.

(4) **Radio-Vitant Steam Compress.**

Too great value can scarcely be placed upon this modality.

The linen pad wrung from cold water, is placed in the container with the air tight covering (fig. 5). It is then placed on the chest, back, knee-joint, or other parts desired for treatment, under Applicator. The temperature of the compress is quickly brought to the desired point where it is



Fig. 4

held uniformly for an hour or more without changing.

(5) **Radio-Vitant Baking Cabinet.**

By folding a blanket about the lower edge of the Applicator or supported on the "Stand" and by using the three heats of 640 watts, the most excellent baking cabinet for inflamed joints and other diseased parts is obtained.

A black cotton covering for exposed areas absorbs light rays and moisture of the skin, making possible high temperatures without discomfort.

Perhaps the most interesting feature, however, about this new method of Local Applications is that the manufacturers have

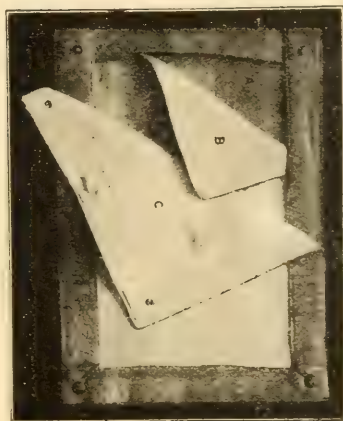


Fig. 5

perfected dies, presses, and special tools, for building the various outfits in large quantities at less cost than ordinarily charged for an ordinary lamp in a Parabolic reflector.

It might be added that an interesting brochure has been written regarding **Local Applications Made Practical**, which is free. Address: F. F. Burdick, Milton, Wis.

* * *

LOUIS LUST'S HEALTH BAKERY
100 E. 105th St., New York

Many foods which are daily consumed have a disastrous effect on the body. People wonder why their hair comes out—why their teeth decay—why they have bad complexions—why they have headaches and many more serious troubles.

These things do not accompany health. Everybody recognizes that good food, exercise—sunshine—fresh air and a proper mental attitude are essential to health. While the importance of "good food" is acknowledged, the people of America are just beginning to learn what good food really is. Good food is good in every respect. It looks good, tastes good and does good, in that it supplies the chemical elements and other properties necessary to build the body.



Mr. Louis Lust

Whole wheat bread is good food.

Dr. Harvey Wiley Advises Women to Use Whole Wheat Product. Next to coffee, white bread is the Nation's greatest curse, Dr. Harvey Wiley, food expert, told a meeting of the Women's Section of the Navy League, "White bread is poisonous," he said. "Whole wheat bread is the only kind. If America had been nourished properly from the cradle up, the majority of men to-day would not be unfit for military service."

Thousands of Physicians and Dentists and many Sanitariums advocate whole wheat bread. Among many prominent advocates are: Alfred W. McCann—in The New York Globe; Dr. W. A. Evans—in The Chicago Tribune; Martin Delaney—in The Chicago American; Dr. Albert S. Gray—in The Daily News; Bernarr Macfadden—in Physical Culture Magazine; Phillip B Hawk, Ph. D.—in Ladies' Home Journal; Dr. Benedict Lust—in the Herald of Health and Naturopath; Dr. F. W. Collins—in "Mecca News."

The late Rev. Father Sebastian Kneipp endorses and recommends the exclusive use of pure natural Whole Wheat Bread in all his books written on this great Natural food movement.

Foods that prevent constipation, foods that build, foods not deprived of their mineral elements nor organic salts.

This Natural Whole Wheat Bread and many other genuine Whole Wheat Products, like Whole Wheat Fruit Bread, W. W. Muffins, Zwieback Crackers, Soup Meal, Bran Rolls, Bran Bread, and, also, the genuine whole wheat flour, are manufactured exclusively by **Louis Lust's Health Food Bakery, New York**, and distributed daily to agencies in greater New York.

* * *

MacKINNON, JOHN L., D. C., 260 Fair Street, Kingston, N. Y.

Born in 1888, Dr. MacKinnon graduated at the Palmer School of Chiropractic in 1916, and is a member of the Universal Chiropractic College and a partner in the firm of Froude & MacKinnon.

* * *

HISTORY OF THE "MECCA OF CHIROPRACTIC" HOSPITAL AND CLINIC OF DRUGLESS PHYSICIANS AND BLOODLESS SURGEONS

Dr. F. W. Collins, in 1911, in connection with the New Jersey College of Chiropractic, established a clinic for the poor at 1113 Washington St., Hoboken, N. J. The parlor of his home was used for the school, and the hospital consisted of the back parlor with one bed.

In 1912, Dr. G. E. Harley became associated with Dr. Collins, and a free clinic and hospital was opened in the Terminal Building, Hoboken, with one adjusting table, and the following announcement appeared in the Hoboken papers:

A free clinic has been established for the poor who desire to receive Chiropractic Adjustments in the new science of healing without drugs. Apply, Rooms 605-607 Terminal Building, Hoboken, N. J.

In 1913, the New Jersey College of Chiropractic was moved to 122 Roseville Ave., Newark, N. J., and incorporated under the laws of the State of New Jersey as an institution of learning. One room was devoted exclusively to free clinic patients under the direction of Dr. J. C. Saile; this room containing two tables. This clinic became so large that it was necessary to send out the senior students to the homes of patients that were afflicted and could not get out of the house.



Dr. F. W. Collins

The method pursued was this: two or three students were taken to these cases with one of the professors, and the case lectured on and left in charge of Seniors.

In connection with the New Jersey College of Chiropractic advertisement, the clinic was advertised in over thirty papers published in the State.

The clinics grew daily, and in 1915 it was necessary to open another room, using one for women and crippled girls, the other for men and crippled boys, with nine tables for adjusting.

In January, 1916, Dr. Saile resigned, and Dr. Matthew Robinson was appointed chief director of clinics.

The wonderful success of Chiropractic and Naturopathy in the curing of disease has spread throughout the State, and it was decided this year to form a corporation, and secure a site for a Hospital in Newark, in the Roseville section.

The charter of incorporation has been received from the Secretary of State, for the "Mecca of Chiropractic" Hospital and Clinic of Drugless Physicians and Bloodless Surgeons of the State of New Jersey, at 122 Roseville Ave., Newark, N. J.—Incorporated Under the Laws of the State of New Jersey, for the Purpose of

Conducting Clinics for the poor;

To establish Hospitals and Ambulance service in the Counties of the State of New Jersey;

To train nurses Chiropractically in the care of the sick by drugless methods;

To furnish Hospital and Clinical practice for graduate doctors and students to become drugless physicians and bloodless surgeons;

To give free lectures and demonstrations to the public on Chiropractic and drugless sciences;

To promote harmony and brotherly feeling throughout the State of New Jersey with all Chiropractors and drugless practitioners, the upholding of professional ethics and the furthering of Social Intercourse among its members.

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 Nathan Cole, D. C.
 C. V. Zanders, D. C., Ph. C.

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 George E. Harley, M. A., D. O., D. C., Ph. C.
 George H. Patchen, M. D., D. C., Ph. C.
 W. Wallace Fritz, M. D., N. D., D. C., Ph. C.
 Jacob Lang, D. O., N. D., D. C., Ph. C.
 C. Eugene Christian, F. S. D., D. C.
 John F. G. Leupke, M. D., S. D., D. C.

Dr. Collins' book, "Chiropractic in a Nut-shell" will soon go to press. This is a unique work—nothing like it has ever before been published.

Dr. Willard Carver says, "although I do not believe in all of Dr. Collins' views, I believe him to be sincere."

Dr. Stretch said at the fifth annual banquet of the New Jersey College of Chiropractic, "Dr. Collins is the greatest drugless physician of the twentieth century."

Dr. B. Lust, at the annual pilgrimage of the Faculty and Students at the Yungborn, Butler, N. J., June 1916, said, "We have had many pioneers in the drugless healing art, but the man that has done more than all the pioneers, the man that has given more money and assisted in legislative work than all the others put together in the State of New Jersey, is Dr. F. W. Collins, and it gives me unbounded pleasure to introduce to you Dr. F. W. Collins."

Dr. A. Victory, in Philadelphia, in addressing some students at the Philadelphia College of Osteopathy, said, "Dr. Collins is an authority on the cure of disease, especially Infantile Paralysis, and we take off our hat to him."

Dr. Wallace Fritz, at the Convention in Atlantic City of Drugless Physicians, said, "It gives me pleasure to introduce to you a man who knows more about legislation than all the others in the State."

Dr. C. A. Burdette, Psychologist, says, "Dr. Collins Has a Master Mind."

Dr. C. F. Haverin says, "It was through the efforts of Dr. Collins and his money and influence that Osteopaths are recognized in New Jersey."

Dr. B. J. Palmer said, regarding the last Chiropractic Bill, that Dr. Collins would be the only man in the State of N. J. that could meet the requirements and pass such examinations as required by the Chiropractic Act.

Dr. Collins was selected by Thomas Flemming, the cartoonist, as one of the 100 prominent Newarkers, as Macbeth, with the motto "Throw Physic to the dogs. I'll have none of it. I am a Chiropractor."

Dr. Wire, an M. D., says, "I have heard doctors lecture in many Colleges, but there is only one real lecturer, and that is Dr. F. W. Collins."

Dr. Paczkowski, M. D., says, "To think we have to go to a Medical College for four years, serve interne for one year, pass a stiff State Board examination, and then come to Dr. Collins, a Chiropractor, to learn how to cure disease."

Miss Rose E. Tapley, the great moving picture actress, says, "Dr. Collins is a wizard at healing the sick."

Dr. Schneider said, after Dr. Collins' lecture in St. Cecilia Lodge of Masons, in Newark, "That man Collins is shaking the very foundation of medical theory, don't ever have him lecture here again."

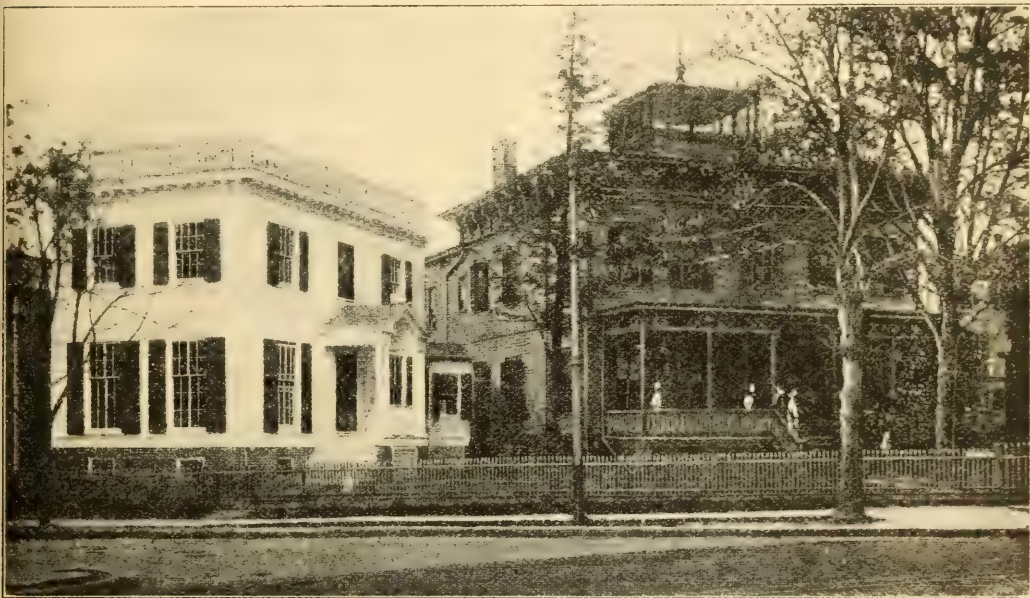
more of practical Chiropractic than B. J. Palmer and all the rest put together."

Dr. B. Lust says, "Dr. F. W. Collins is a man who does things. We live in the same community and I am glad to count him as my sincere friend."

Dr. Arnold, at Butler, exclaimed to the delegation making the Pilgrimage to the Yungborn, "That is the Collins bunch. They are bright and intelligent, I am glad to meet them."

Prof. Jackson, Psychologist, says, "Dr. Collins is a Master in the healing Art."

Prof. Nelson Sizer, of the Wells Phreno-



New Jersey College and Hospital of Chiropractic, Newark, N. J.

Dr. B. A. Dresser stated to a class he was instructing in 1914, in the New Jersey College of Chiropractic, that he was a graduate of the Universal College of Chiropractic in Davenport, had taken special work under Dr. Sharpe of the Davenport College of Chiropractic, had been in the Palmer School of Chiropractic and talked with Dr. Palmer and watched him at work, but he said the greatest adjustor of all is your Dean, Dr. F. W. Collins. He is truly the King of Adjustors; we can all lift our hat to him.

Dr. Eugene Christian says, "As a lecturer and instructor, Dr. Collins has no peer."

Dr. W. Wallace Fritz says, "Dr. Collins has the knack to know how to control; his students stick and obey his every wish."

Dr. Blumer exclaimed, "Dr. Collins is a wonder."

Dr. A. E. Gregory says, "Dr. F. W. Collins is a constructive builder. He knows

logical Cabinet, says, "What You (Collins) know how to do, few can pass or excel; you would make a great surgeon, lecturer and teacher."

Dr. Delmar Eugene Croft, Psychotherapist, says, in the delineation of Dr. Collins, "You will excel as a Scientist, Surgeon, Specialist, Advisor, Organizer, Lecturer, Public Speaker, Writer and Manager."

Dr. Paul Von de Schoppe, character delineator, says "Dr. Collins will make his mark in the world by his intense feeling, vitality and energy. He has Perception, Occult Insight, Premonition, Creative Royalty, Impulse, Tact, Judgment, Zeal, Courage, Sagacity, Decision, Genius, Justice, Endurance, Determination and Force. He is a lover of the beautiful, is gentle, harmonious, sympathetic, full of Hope, Faith and Love. He is Receptive, Spiritual, Domestic, Benevolent, Willing, and Active—a man when you once know him, is to love him."

NATIONAL CHIROPRACTIC LEAGUE

The National Chiropractic League was founded by a number of prominent Chiropractors whose fundamental aim was to bring together the members of Chiropractic societies; all the Chiropractic Schools and colleges and all the students attending Chiropractic Schools and Colleges in the country. Already in its short career it may be stated to include 200 odd members. Officers elected for the first two years are as follows: A. Deininger, D. O., D. C., N. D., President, Dean of New York School of Chiropractic; Chief of Staff of Chiropractic Sanatorium; Vice-Presidents: L. Kaim, Ph. G., D. O., D. C., representing societies. B. Lust, M. D., D. O., N. D., exchange-vice-president, president American Naturopath Association, Editor of *Herald of Health and Naturopath*. E. A. Deininger, representing Sanataria. Mrs. B. Sears, representing Chiropractic students. Treasurer: Frank L. Tucker, D. C. Board of Governors Dr. A. C. Broline, Dr. H. Mitchell, Dr. H. Harris, Dr. J. S. Riley, Pres. Washington School of Chiropractic, Dr. M. Broberg, Chief of Broberg Institute. As Executive Secretary S. Gerschaneck, A. M. was elected to give his time and labors to carrying out all those aims and purposes for which the League was formed.

Object of the League

1. To advance the Philosophy, Science and Art of Chiropractic in every and all legitimate ways.
2. To co-ordinate and to systematize a uniform plan to obtain and to promote favorable legislation in all the states of the Union.
3. To undertake and to encourage and to support all campaigns for legislative recognition; to oppose unfavorable acts throughout the country.
4. To advance the standards of education and to establish minimum requirements in Chiropractic Schools and Colleges.
5. To spread and disseminate information concerning Chiropractic and its principles among the laity.
6. To advance and stimulate further growth of membership among its competent members.
7. To formulate and encourage high ethical standards in the profession.
8. To promote and establish additional local and state chapters or branch societies in every state and important cities, or strengthen those already formed which join the League.
9. To promote and to advance professional intimacy and to exchange institutional courtesy and ideas among and between all recognized Chiropractic Schools and Colleges.
10. To establish a library and Clearing House of Information, both for the Societies, Schools, members and the laity.
11. To condemn and disbar from practice those Chiropractors who are proven dishonest or incapable.
12. To conduct a registration bureau, covering every section of the country, thus aiding the practitioners to virgin fields and to

spread the gospel of Chiropractic into every city, village and hamlet of the country. 13. To provide a form of discussion, issuing bulletins of information and progress and publishing an official organ. 14. To aid in establishing free Clinics. 15. To enlist the moral support and financial aid of the leading men and women in the community, to spread the gospel of right living through Chiropractic. Membership to the League is open to every Chiropractor and to every man and woman who may in any way be interested in Chiropractic and in its endeavors to spread the gospels of the drugless profession. Address the Executive Secretary, 39th Street and Broadway, New York City.

* * *

THE NATURAL LIFE COLONY AT PALM CITY, CUBA

The Natural Life Colony, which was a dream for so many years and looked so many times as though it would never realize, has now become a fact. We are glad to announce to all who are interested in this project that the Colony Association has taken up 1,500 acres of land at Palm City, Province of Camenquey, Cuba.

After examining prospective sites throughout the United States, including the Pacific Coast, Florida, etc., we nowhere found exactly the conditions that we would like to have for a Natural Life Colony. We had to consider climate, location, soil, government, market, etc. The northern coast of Cuba offered us the best inducement.

In the first place, on account of its ideal climate, which is good all year round, neither excessively hot nor very cold, absolutely frostproof. This was one of the special points which discouraged us in Florida and California; particularly the frost that ruins a man's investment and labor in a night.

In the second place, the soil is of the very best. We do not believe in artificial fertilizers. Here in the rich Cubitas Valley we have an inexhaustible soil where horticulture and agriculture can be carried on all the year round. This soil will yield splendid foods, rich in organic vegetable salts. The Cubitas Mountains are extinct volcanoes and the lava from the eruptions has formed the soil. There is no better soil than the lava soil. There is not a better fertilizer than Nature's natural mineral fertilizer. Fruits, nuts, vegetables and salads raised in such soil prevent disease, because bodies raised on such food will be disease resistant; in fact the Nature Cure movement today teaches that in order to cure and prevent disease we have to treat the soil, putting into it what our bodies need and have it transformed by Nature into organic salts which are essential for normal Health.

The Colonists we are looking for and who have interested themselves up to now are those who believe in the strict natural

life as held out by our great pioneers and leaders: Engelhardt, Ehret, Just, Lahmann and Kuhne. Whoever studies the principles of these great masters and leaders in natural life and Nature Cure, knows what the Colony stands for.

At Palm City a man can have a strict cocovorian diet; he can have fruits, nuts, vegetables and salads; or he can become a general vegetarian as legumes are plentiful and easily raised all the year round.

The beautiful bays, islands, keys, salt water and fresh water and Nature in its grandeur and simplicity are open for everybody.

The section is so far only settled by Americans and Germans, has public schools, churches and transportation by water at present to the port of Nuevitas or Caibarien.

Those who wish to live on the water front can do so. Those who desire a higher inland location have plenty of opportunities to take up holdings.

The Colonists we desire are of two classes:

First, those who wish to stay permanently, taking up 5 or 10 acre tracts, planting fruits and nuts for home consumption and also the market. Cocoanuts, alligator pears, oranges, grape fruit and other tropical fruits bring good prices. Also some industries are contemplated along the pure food line so that the local products can be used by people in the North.

Second, those who come to spend an ideal and happy life and take up bungalows for homes for the winter or the whole year.

The bungalows will have a small acreage so a man can get his fruits, vegetables and nuts for himself right from the property.

The Association will sell uncleared, cleared and planted tracts, also ready furnished homes so that when the Colonist comes he finds a house ready for occupancy. There will be water and electric light supplied for all bungalows. The buildings will be so located that sun and air baths can be indulged in common or either on the beach or special reserved parks for the purpose.

We do not wish paupers and people who have the idea that somebody else will furnish them an existence in the Colony. Only honest, sincere people, with character, who have sufficient means to establish a home for themselves and are ready to work out their own salvation are welcome. Applicants who can take up homes or tracts and pay for in full when taking possession of land are only wanted at present.

THE NATURAL LIFE CENTRE
BUTLER, NEW JERSEY, U. S. A.

* * *

NEW YORK SCHOOL OF CHIROPRACTIC.

The New York School of Chiropractic is regarded by all the professionals as one of Art, Science and Philosophy of Chiro-

practic. It was founded upon sound Psychological principles of educational laws so that each and every one of its graduates may claim to combine all the theories and technical practice of Chiropractic plus broad cultural knowledge of all those subjects both directly and indirectly relating to the drugless profession. Every graduate is a thoroughly professional and technical authority. The School requires an actual attendance of eighteen months in a two year course. In its day department, regular classes are held from 9 A. M. to 1 P. M. During these periods the subjects given include the following: Anatomy, Physiology, Physiological Chemistry, Physics, Biology, Dietetics, Symptomatology, Bacteriology, Histology, Urinology, Practical Dissection, Microscopy, in a sequence both logical and natural. In the afternoon from 2 to 4 p. m. daily Clinical practice is given in our free Clinic attached to the School where innumerable men, women and children are treated daily. During the senior year the students treat patients personally, under the direct supervision of the instructors. In addition, not only by didactic instruction, but by actual practical labors in the laboratory, by scientific devices for proper teaching and study of Biology, Anatomy, Osteology, Physiological Chemistry and all those apparatus used by the Chiropractors are employed and demonstrated in the actual class room practice and clinical labors. In the evening, the same thorough attention is given; hours being from 7 to 10.30 with periods devoted to practice in the Clinic at the convenience of the School. Every instructor employed in the School must be and is an experienced teacher of many years of practical labors and in addition men, who have had many years of actual experience as Chiropractors. The School is located at 39th Street and Broadway, New York City; which is most centrally situated and most convenient to the transit lines both within the city and to the suburbs: A catalogue giving full details will be sent upon request to the Registrar; S. Gerschaneck, A. M. Our faculty is composed at the present as follows: A. Deininger, D. O., D. C., N. D., Dean—Professor of the Theory and Practice of Chiropractic. S. Gerschaneck, A. B., A. M., D. C.—Professor of Physiology, Bacteriology, and Biology. Elvira A. Deininger, D. O., D. C., N. D.—Professor of Palpation, Nerve Tracing and Adjustment. I. Harris, D. C.—Instructor of Electro Therapy. Frank L. Tucker, D. C.—Instructor of Hygiene, First Aid. F. Hirshland, M. D.—Professor of Practical Dissection at the Women's Hospital. D. Ferguson, D. C.—Instructor of Neurology. B. Lust, M. D., D. O., N. D., D. C.—Instructor of Naturopathy and Hydrotherapy. L. Kaim, Ph. G., D. C., D. O.—Professor of Chemistry and Toxicology. I. Pinz, M. D.—Instructor of Anatomy. E. H. Tunison, N. D., D. C.—Professor of Dietetics.

A RATIONAL MEDICAL SCHOOL Vetus Academia (O. P. M. College)

The Vetus Academia (O. P. M. College), formerly known as the Old Physio Medical College, was organized in 1898 by Dr. C. F. Conrad, who later organized the affiliated institutions, the Eclectic Osteopathic Institute and the National Eclectic Institute.

The Vetus Academy (O. P. M. College), was incorporated in 1914 and is registered with the Secretary of State in Pennsylvania and New Jersey. The Director's private office is located at 110 West 90th Street, New York City. For many years a New Jersey branch has been successfully conducted at 120 Palisade Avenue, West Hoboken. The system taught is eclectic, which means the best chosen from every branch of nature-healing, combined with the teachings of Europe's greatest naturopaths. Instruction in English, German and Swedish. The officers of the College for 1917 are H. Morgenbesser, B. S., M. D., President; J. B. Praeger, M. D., Secretary; Dr. F. Pfau, Treasurer. Vice-Presidents are: J. Safian, M. D.; H. Bick, M. D.; E. Carroll, D. O.; and C. E. Binck, D. O. Over a hundred graduates from the Osteopathy Department of this College have been licensed to practice Osteopathy in the States of Pennsylvania and New Jersey.

A successful future is predicted for all who graduate from this and the affiliated institutions.

* * *

THE REST HOME Virginia Beach, Va.

Miss A. L. Pratt, N.D., D.M.T., Graduate of Liverpool Royal Infirmary, England, 1891, Liverpool Maternity Hospital, 1891, Queen Victoria's Institute, London, England, 1901. The College of Fine Forces, California. E. D. Babbitt Sunlight Healing. A member of American Naturopathic Association, 1916 and student of Nature cure from the Lindlahr College of Nature Cure, Chicago. (28 years of Professional experience). Born March 18th, 1864, England. Miss Pratt and her assistants employ hydropathy, heliotherapy, massage, etc., together with health foods with signal success. The Rest Home is situated on the edge of the Atlantic Ocean, whose surf rolls ceaselessly on the beach. Four miles north by trolley is Cape Henry, whose hills of sand, rising sixty feet above sea level, furnish a recreation ground many square miles in extent; a natural solarium of tremendous potency in the cure of disease.

* * *

DR. SCHROTH'S ILLINOIS POST GRADUATE AND TRAINING SCHOOL FOR NURSES

The Illinois Post Graduate and Training School for Nurses was organized twelve

years ago for the purpose of demonstrating to the public and their students that any ordinary person can be taught all branches of nursing in two years' time instead of three which the hospitals require, and at the end of two years' training be more efficient and reliable than a three year hospital nurse. This, of course, is due to their special system of teaching and the elimination of the drudgery which is required of the hospital nurses.

Their nurses receive a thorough and complete training, and are employed as many weeks during the year as they desire, receiving from \$25 to \$35 per week for their services. Physicians prefer graduates of this school because they are thorough, reliable, and carry out orders explicitly. Another reason for doctors employing nurses from this school is that they do not want a graduate from a three-year hospital on their cases who has been taught to boost the hospital and the head physician connected therewith. Every doctor wants a nurse who is for him and one who is not going to give some other doctor a "lift" at his expense. This is another reason why we recommend nurses from the Illinois Post Graduate and Training School for Nurses, for they are taught to let the whole community know who the doctor is, that is the most reliable and liberal-minded and most fair with the patients, so that the public may profit by going to this liberal-minded doctor.

If there are none of these nurses in your community at the present time, it would pay you as a doctor to send in some prospective nurses to them, and when they return, you will have some friendly nurses in your vicinity.

Think this over. In the meantime, when in need of a nurse, you can send to their school at 546 Garfield Ave., Chicago, Ill., either by letter, telegram, or telephone Lincoln 2155.

* * *

DR. CARL STRUEH'S SANATORIUM AND HEALTH RESORT

By George Osgood



Devoted to the treatment of the sick by Natural Means, and not by drugs, it also offers unsurpassed advantages to convalescents and those who wish to recuperate amidst the most healthful and pleasant rural surroundings.

Dr. Strueh's institution is located near McHenry, Ill., a picturesque and prosperous little country town of some two thousand inhabitants. This part of Illinois is known as the **Fox River Valley** and renowned for its pure invigorating air, its scenic beauties, and its numerous inland lakes, which add pleasure to the outdoor life.

McHenry is only one hour's ride from Chicago, on the Chicago and Northwestern Railway, and also easily accessible by automobiles from all directions.

Dr. Strueh founded his Sanatorium ten years ago, and it is astounding to what proportions he developed his undertaking from the very smallest beginning. He received his medical education abroad, at the universities of Goettingen, Munich and Zurich, and in 1886 located at Chicago where he enjoyed a lucrative practice until he entered upon the Sanatorium work. He is of high standing in his profession and a member of numerous medical societies, such as the Chicago Medical Society, the Illinois State

cultivate a health inspiring spirit which is bound to greatly increase the effectiveness of the treatment.

The grounds could not be more beautiful. Everything is pleasing to the eye. The river front, with its beautiful grove of oak, elm, hickory and maple trees, the flower beds, the cottages and other buildings, amidst rural surroundings, combine to make an attractive and beautiful spot for the lover of Nature.

The **Method of Treatment** applied at the institution starts at the root of the evil and is meant to bring about a complete constitutional reconstruction of the body, for only in this manner a permanent cure can



Fox River, at Dr. Carl Strueh's Sanatorium, McHenry, Ill.

Medical Society, the American Medical Association, the German Medical Society of Chicago, etc.

Whoever has been a patient at Dr. Strueh's Sanatorium has been impressed by the pleasant, home-like atmosphere that prevails at this institution. And this means much to a person suffering from disease. We all know that the state of a patient's mind is of utmost importance. There is no greater obstacle to the progress of recovery than worry, and no more powerful aid than a cheerful disposition. It, therefore, is the policy at Dr. Strueh's institution to make the patient's surroundings as pleasant as possible and, by eliminating everything that is suggestive of a hospital,

be effected, not by drugs and other artificial means. Every artificial treatment is more or less symptomatic and as such admissible in incurable diseases where the object of the treatment is to ease the patient's suffering, and occasionally in which the symptoms require immediate relief.

However, to treat an established curable disease merely symptomatically, as a great many patients are inclined to do, is decidedly wrong. Symptoms are but the manifestation of the disease, not the disease itself, and to direct our efforts towards them, instead of their cause, is like chopping off the leaves of a weed to kill the plant.

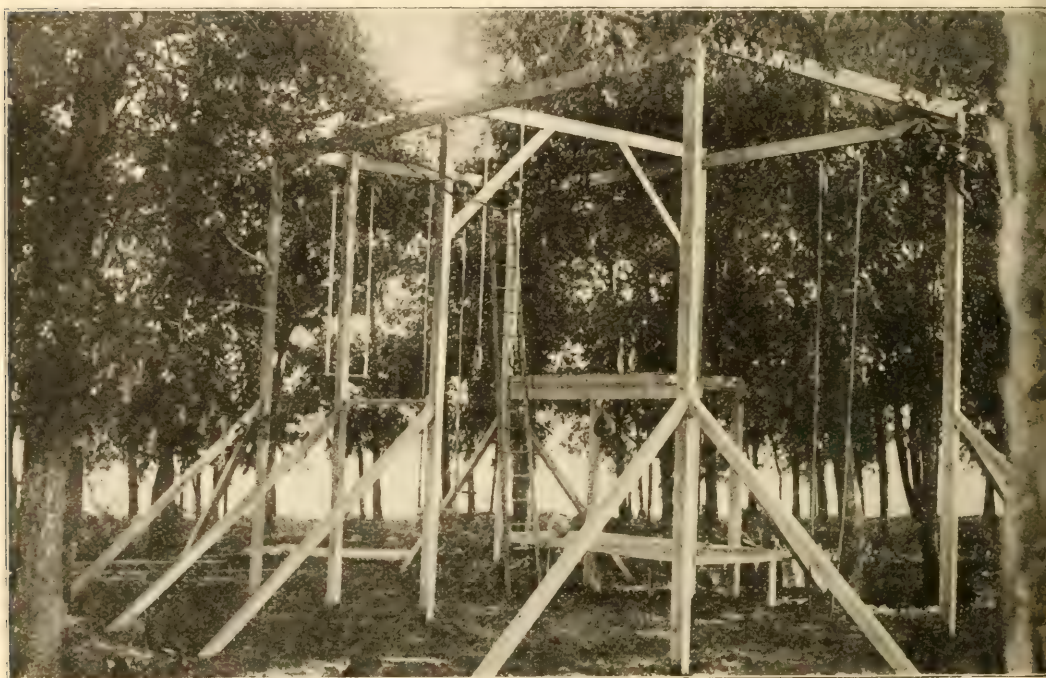
We can suppress most any symptom by means of a remedy, we can produce sleep in a person suffering from insomnia by a dose of veronal, we can relieve a headache by administering aspirin, we can cause an evacuation of the bowels in constipation by a laxative, we can suppress the symptoms of rheumatism by administering salicylates, we can quiet a neurasthenic by sedatives, we can lessen the frequency of convulsions in an epileptic by bromides. But we do not cure in this manner.

If we discontinue the treatment, the former symptoms, as a rule, will reappear, and if we continue it, we may do the patient irreparable harm.

To act upon and strengthen this natural healing power is the object of treatment which is employed at Dr. Strueh's institution. And the means by which this is brought about are Mother Nature's unfailing remedies, consisting of proper feeding, out-door life, an abundant supply of oxygen for the blood cells, sun and air baths, water treatments, systematic exercise, or, in other cases, rest, massage, etc.

These are apparently simple means, and yet how powerful, if scientifically applied, i. e., in conformity with the requirements of each individual case.

At Dr. Strueh's Sanatorium the patients are in the condition to live the out-door life



Dr. Carl Strueh's Open Air Gymnasium, McHenry, Ill.

In order to **cure** a disease, it must be our object to abstain from symptomatic treatment as much as possible and engage the entire cell action in the repair work which has to be done, instead of burdening it with additional work which is incurred in the process of eliminating the drug.

The power that cures a disease lies in the patient himself. It is called the **Vis Medicatrix Naturae**, i. e., the inborn natural healing power which exists in every living body. It is the dominant force which in sickness as well as in health moves and regulates the circulation of the blood, the action of the lungs, the processes of digestion and assimilation, the function of the kidneys, muscles, nerves and so forth.

in the most ideal way. The sleeping cottages provide the most perfect ventilation and thus enable the patient to breathe pure air, during every minute of his stay at the institution, day and night.

The sun baths at Dr. Strueh's Sanatorium are given in the open and form one of the main features of the method of treatment. Two secluded enclosures, one for women and one for men, provide absolute privacy and the patient is at liberty to enjoy the full benefit of an ideal sun and air bath.

The **Diet** as applied at Dr. Strueh's institution is varied, according to the peculiarities of each individual case. In obstinate cases the dietetic treatment, as a rule, is commenced with a short fast whereupon

the patient is put on a milk diet or some other special diet, and gradually returns to a general vegetarian or mixed diet. Everything depends upon the individual case.

The **Water Cure** applied at the Sanatorium reminds one very much of Woerishofen, where Father Kneipp achieved such wonderful success with his Cure which since then is known as the Kneipp-Cure all over the world. The large meadow at Dr. Strueh's Sanatorium in the early morning is crowded with patients who are taking their barefoot walk in the dew-covered grass.

The physical exercises at the institution are given in the Air-Bath where the patients are not hampered by uncomfortable clothing, and are graduated according to the character and stage of the disease and the physical strength of the patient. Apart of these exercises there are ample opportunities for all kinds of out-door games and sports, boating, swimming and cross country walks. The patients also have an opportunity to assist in gardening and farming, if they so desire.

During the summer the institution is also extensively patronized by people who come here to spend a few weeks or months vacation under the most favorable and pleasant conditions, so entirely different from the ways at the ordinary summer hotel.

The writer will never forget the three months spent at Dr. Strueh's institution, and the thorough way in which he was cured from an affliction that had kept him an invalid for more than ten years.

* * *

TYLER'S RAW FOODS

Every drugless doctor, dietician, or advertiser who meets patients or writes letters to sick people is always faced with the question, what shall we eat; what diet will you prescribe for me; what kind of foods are indicated in my case? From the naturopathic standpoint there is only one answer; and that is, elementary, natural food. Here we are at once puzzled: what is elementary and natural food? Are the foods which I eat good foods, such as meat, eggs, well cooked, prepared restaurant or hotel foods, or not? Natural food is unadulterated, plain, simple products, which are eaten in Nature's state without any addition, without baking in any way or cooking. The more foods are cooked, the more vital elements are destroyed, the more they cause complication and disharmony in the digestive apparatus.

Professor Byron Tyler, of Kansas City, Mo., has solved this question. Since 1899 he has been helping thousands of people, not only throughout the United States, but also in foreign countries, with his natural foods. Being an invalid and sufferer himself, he made experiments and deductions

on himself. His instinct finally brought him down to the question that the food question is the first one to be considered if one wants to have health and strength. So he started to live on macerated wheat, fruits, nuts and vegetables. Today he is 70 years old, and his health, strength and vigor are those of a youth. His normal ration, as incorporated in his macerated wheat, also sometimes called pemican, is without a peer in this country. Consequently Professor Tyler is a leader and an authority on the food question. He has been endorsed as such by the Editor of the **Herald of Health and Naturopath**, by the Committee on the diet question of the American Naturopathic Association, by authors and writers along dietetic lines in this country and abroad. He stands also as a leader and an authority who can be trusted and relied upon. The writer of this notice personally knows many people who have been cured and many institutions where his foods are used with great success. The American Yungborn at Butler, N. J., the Southern Yungborn Quisisana, Tangerine, Fla., both use these foods extensively and they are always included in the regeneration diet menu. In the Pure Food Store, in New York City, 110 East 41st Street, these foods have been sold over the counter for the last 10 years, and satisfied customers have always come back and asked for them and recommended them to their friends. Universal satisfaction with these natural foods has given to them the best advertisement. Many a drugless doctor is puzzled and quite at a loss to get around the diet question. I would make the following suggestion to each one: write to Professor Byron Tyler, 818 Wyandotte Street, Kansas City, Mo., enclosing 10c for a copy of "Nature's Triumph over Disease." The 9th edition of this booklet is just out, and Professor Tyler will mail it to you, and it will give you instruction and information on the diet question, which will enable you to instruct your patients and be of great service to them so far as the diet question is concerned.

* * *

THE "VIOLETTA" VIOLET-RAY APPARATUS

We can now present for the first time a piece of apparatus which has been wanted by physicians, as well as laymen, for years, and is invaluable in every home. It is a portable High-Frequency outfit with all the therapeutic value of the large machines used in physicians' offices.

The **Violetta** Violet-Ray outfit delivers the true High-Frequency current that is of so much value. It is almost noiseless in operation and **absolutely safe**, as it causes no muscular contraction or unpleasant sensation of any sort. The weight being only 1¼ lbs. makes it ideal for portability. In

use the apparatus consumes less than $\frac{1}{4}$ of the current consumed by a 16 c. p. lamp. The instrument will operate on both A. C. or D. C. without special adjustment. Special battery outfit where no current is available.

The wonderful curative properties of the Violet-Ray is in the fact that it generates approximately 75,000 volts at 500,000 oscillations. This enormous quantity of electricity passing through the body during a **Violetta** treatment has a very sedative action on the body, aiding elimination, digestion, sleep, etc. The stimulation which results when the treatment is given through the clothing causes a healthy flow of blood to the part where local treatment is being given. And lastly, the **Ozone** which is generated is the greatest germicidal and disinfectant known. You have probably experienced the refreshing action of Ozone after a thunderstorm. All these beneficial effects are accomplished without the least unpleasant sensation on the part of the patient.

The Violet-Ray has been most successful in the following cases: Scalp Diseases (Dandruff, Alopecia) Skin Diseases (Pimples, Acne, Eczema), Rheumatism, Neuritis, Neuralgia, Lumbago, Goitre, and Catarrh.

A chart and booklet giving details of treatment is furnished with each instrument. Bleadon-Dunn Company, Manufacturers of Electro-Medical Apparatus, 208 N. Fifth Avenue, Chicago, Ill.

SOMETHING NEW

on a subject that is not understood by many people. This is the question of the relationship between SEX and the PHYSICAL and MENTAL HEALTH.

"The Abuse of the Marriage Relations"

written by an experienced physician, who has investigated this subject and has found it to be the origin of the most chronic diseases. This is also the cause of so many unhappy marriages. This is a very valuable book for those who are married or intend to get married; it will avoid considerable unhappiness and heart-aches. This book will be sent you prepaid upon receipt of 25 cents in stamps or coin. For 10 cents additional a sample copy of a unique magazine, "NATUROPATH," prospectus of the famous "YUNGBORN" Health Home in Butler, N. J., American School of Naturopathy and Hospital, Advice by Mail, Kneipp Pure Food Store, Books, etc.

B. LUST, N. D.
YUNGBORN, BUTLER, N. J.

IF YOU DOUBT THE MERITS OF NATUROPATHY

it is because you have not begun right. It is both unsatisfactory and unsafe to experiment in any line of Naturopathic treatment. This is peculiarly true of Physical Culture, Water-Cure, Dietetics and Fast-Cure.

We have established a Bureau of Advice through which beginners, learners and all hesitant folk may *know* before they act. To be most beneficial, any healing force must be applied so as to delight the patient—not dismay him. And our first object is to make the change from your old artificial existence to your new natural life so gradual, gentle and pleasurable as to win your volition Natureward as well as your vitality.

Exact prescription in the use of air, sun, water, vapor and similar Baths, Vegetarian, Fruitarian and Lahmannian Diet, Herbal applications and all measures of Natural Healing and Living. Fee \$1 single letter with detailed prescription, \$5 monthly treatment.

Subscribers to "The Naturopath" receive advice gratis through its columns. All others must enclose \$1 with symptomatic letter. State nature of your disease, duration and kinds of medication employed.

Naturopathic Bureau of Consultation, Butler, N. J., U. S. A.

GLOSSARY

AND

DICTIONARY OF NATUROPATHIC TERMS

WHILE it has always been the endeavor of Naturopathy to expound its teachings in simple language using terms comprehensible to the laymen and avoiding all such which need special explanation, a number of terms adopted from foreign languages have crept in and still other ordinary words have come to be used in more or less of a specific sense.

The following glossary will explain the more common words and terms.

- Adjustment**—The object of Chiropractic treatment. A thrust on a subluxated vertebrae for the purpose of restoring it to its normal position. **To adjust**—to correct a malposition of a vertebrae.
- Apyrtrophy**—Unfired food. The arts of preparing unfired food. The doctrine of unfired food.
- Astroscopy**—The study of stars in their relation to and influence upon human activities.
- Astro-Medical Diagnosis**—Diagnosis of disease conditions by Astroscopy.
- Biochemistry**—Life chemistry; the chemistry of living things. A system of treatment by the employment of so-called "cell salts." See Cell Salts.
- Cell Salts**—Twelve salts or tissue remedies used in the treatment of disease in the system of Biochemistry, the theory being that different disease manifestations occur as the result of the absence of one or more of the twelve cell salts.
- Chiropractic**—Literally, 'done by the hand.' A system of spinal adjustment. Treatment applied to the spinal column or special vertebrae thereof for the purpose of restoring normal position to malimposed vertebrae, the theory of such practice being that subluxations or malpositions of vertebrae cause disease manifestations through pressure on the spinal nerves.
- Crisis**—Used in Nature Cure to signify a critical period, a culmination. **Disease crisis**—the culmination of a disease process resulting in death. **Healing crisis**—in medical language an acute disease; in Nature Cure, the pinnacle of effort reached in nature's healing process resulting, under proper handling, in the expulsion of disease causes, the elimination of morbid matter and the restoration of health.
- Directo**—A naprapathic term. A specific thrust to a vertebrae the direction in which the thrust is applied being the important factor in establishing its effect.
- Encumbrance**—A term applied specifically in Nature Cure to describe an accumulation of morbid matter or foreign substance in the body which is interfering with normal activity.
- Gush**—A term used in Kneipp Water Cure. A specific application of water by pouring. Gushes are named from the part of the body to which they are applied, as back gush, upper gush, etc.
- Healing**—A process of nature in which the body reacts to disease producing elements. The restoration of normal function. The restoration of health.
- Healing Crisis**—See Crisis.
- Heliotherapy**—The use of light, particularly sun-light, in the treatment of disease.
- Herbalist**—One who sells or prescribes herbs or botanical remedies for the cure of disease.
- Iridiagnosis**—See Iridology.
- Iridology**—The science of the Iris of the eye. A system of diagnosing disease conditions by changes and signs which occur in the Iris. Sometimes called Diagnosis from the Eye.
- Lesion**—A term used specifically in Osteopathy to signify any abnormality of tissue or formation causing pressure on nerves and vessels. See Osteopathy.
- Ligatite**—A term used in Naprapathy to indicate a shrunken or tense ligament, or shrunken connective tissue. See Naprapathy.
- Morbid Matter**—Used specifically in Nature Cure to indicate disease breeding material, largely autotoxins, which accumulates in the body due to unnatural living.

- Naprapathy**—Literally meaning, to fix disease. A system of mechanical treatment directed to the spinal vertebrae for the purpose of stretching tensed spinous ligaments and shrunken connective tissue, the theory being that disease manifestations are caused by abnormal pressure on nerves exerted by shrunken connective tissue.
- Naturarzt**—From the German, meaning Nature Physician.
- Naturopathy**—A misnomer, literally meaning nature disease, but accepted to mean cure of disease through natural methods. It recognizes as the cause of disease interference with natural law and natural operation and as the cure the removal of obstruction and the elimination of the cause by natural healing reactions. In the process of cure, it makes use of all systems and methods that are in agreement with natural law and physiological operations. Its system of hygiene and prophylaxis is based on natural living and clean, wholesome habits of body and mind.
- Neuropathy**—A misnomer, literally meaning "nerve disease," but accepted to mean the cure of disease through restoration of normal nerve action. A system of manual and thermal treatment for the purpose of correcting disease manifestations through restoring normal activity to the nerves controlling the circulation. See page 702.
- Ophthalmology**—The treatment of eye diseases and their systemic results.
- Optometry**—The drugless system of correcting abnormalities of vision.
- Orificial Surgery**—A system of surgical treatment of the openings of the body and sphincter muscles for the purpose of releasing impinged nerves and for the relief of disorders occurring as a result of irritation from such impingement.
- Osteopathy**—A misnomer, literally meaning "bone disease," but accepted to imply a system of mechanical treatment designed to release bony impingement of nerves and vessels, the theory being that disease manifestations are caused by bony pressure obstructing normal nerve activity and normal blood flow.
- Pack**—A covering used in hydrotherapy, in which to wrap the body or part thereof. Packs are of various kinds,—Wet, Dry, Hot and Cold. The bandage usually consists of linen and the outer covering of wool.
- Phrenology**—The science of brain functions. A system of analyzing from the contour of the head, the mental, physical and emotional characteristics latent and potent in the individual. A system of character analysis and a foundation for vocational training.
- Physiologic (or Physiological) Therapeutics**—The use of therapeutic agents which are in agreement with the physiological operation of the body.
- Physio-Therapy**—The therapeutic use of physical agents, such as mechanical and manual, thermal and electrical measures.
- Phytotherapy**—The therapeutic use of herbs and botanical remedies.
- Somopathy**—Treatment of physical ailments. Largely the use of heat, cold and mechanotherapy specifically applied.
- Spanish Mantel**—A linen cloak or complete body covering used in giving a wet pack in hydrotherapy.
- Spondylotherapy**—A medical term for spinal treatment. A specific, symptomatic, mechanical treatment for the purpose of increasing or inhibiting nerve reflexes. An endeavor to accomplish by spinal concussion and mechanical pressure the effects produced by certain drugs.
- Subluxation**—Used in chiropractic to signify a displaced vertebrae. A vertebrae out of alignment.
- Talosophy**—The science of happiness.
- Thrust**—A chiropractic term signifying the action in the treatment.
- Trophotherapy**—Treatment of disease by the use of appropriate foods. The application of apyrtrophy to the cure of ailments.

A PARTING WORD



THIS DIRECTORY has been compiled with considerable labor and sacrifice on the part of the Editor and his assistants, as well as on the part of the printers thereof, and is the successful result of a cherished desire on the part of the publisher to contribute to the fullest extent to the prestige and popularity of a method of healing the ills of humanity for which, from the earliest years, he has entertained an immovable loyalty, and has made a business of practicing what he has preached, in face of tremendous odds and setbacks.

He thanks all who have supported him with their patronage: the doctors of drugless healing and those schools and institutions who patronized him with their advertisements. Those who have hesitated to patronize this venture in its inception, will, we think, support future editions, when they come to realize the great benefit such a Directory contributes to the Naturopathic profession at large, for in this case the benefit to the many is the benefit to the individual.

This volume of the Directory, the first, may be regarded as the foundation on which a superstructure of other volumes will be reared. The Editor's idea is to publish a new edition every two years, but he hopes and believes that the loyalty and co-operation of his confrères will permit him to publish the Directory annually.

Further, the Editor desires to say that, owing to the great expense and immense labor involved in preparing this work, and the lack of adequate publishing machinery for compiling the same, it is possible that mistakes will have been made in the lists of Practitioners presented, and in view of this, he begs every reader of the book who discovers such errors to so advise him, to the end that absolute dependence can be placed on the publication as a work of reference.

The Encyclopedia feature is intended to be a permanent feature of the work, and is susceptible of endless development. Just how varied the development will be, will depend entirely on the circulation of the book and the further co-operation that is necessary to make it a complete success. A hundred subjects might be discussed to show how the employment of Nature's forces can encompass the prevention and cure of disease. Valuable above everything else in life are the themes that may be exploited in our pages. Give us an opportunity of serving you by buying the Directory yourself and seeing that your brother practitioner obtains a copy. Have your professional card appear in our advertising columns, and talk of the Directory continually to both friend and foe.

April, 1918.

• Benedict Lust, N. D., M. D.

THIS, then, completes Volume I of the Naturopathic Directory, Drugless Year Book and Buyers' Guide for the years 1918 and 1919.

Into it, has been placed the conscientious labor of many willing hearts, hands and minds. It is their contribution to the noble cause of natural healing. It will stand as a monument to their endeavors, as well as a memorial to the great souls, the fathers of natural healing, who have passed on.

Let this, then, herald a new era—the era wherein man shall recognize the omniscience of Nature, and shall profit through conforming to her laws.

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