

DR. FARNHAM'S
Improved—Automatic
ELECTRONIC
RADIO VIBRATORY
INSTRUMENT

PATENTS PENDING



Complete Directions for Operating and Treatment
E.V.R. Practical Curative Diet
The Correct Mental Attitude

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Manufactured by

THE E. R. V. MANUFACTURING COMPANY

439 EAST FORT ST., DETROIT, MICHIGAN

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PRICE 50c

FOREWORD

The operation of this instrument and treatment thereon is a simple yet scientific procedure. We recently revised these directions to their present form as a result of the many questions asked us by various doctors, so that you will find what you want to and should know explained. It is necessary that you read carefully and thoroughly the directions so that you will know how to treat properly and derive best results from the instrument. This data has been compiled only after exhaustive research work and is the result of the wide range of experience of Dr. H. M. Farnham in his clinic and laboratories. We have endeavored to prepare these directions in a thorough, complete manner, yet as brief and clear as possible. Therefore, be sure and read them over carefully, as practically every angle of operating the instrument and treatment is covered.

This instrument, while it effects brilliant results, is not a complete cure-all nor panacea, and in order to derive the best results the doctor should not only understand its operation fully but should use common sense and judgment in administering treatment. There is no mystery to this treatment. It is scientific, practical and growing in popularity daily as the results speak for themselves.

These directions are of necessity more or less general and are subject to minor correction or revision, depending, of course, upon the case. For instance, we specify a certain length of treatment, and it is obvious that one patient will react more rapidly to this treatment than another, and in the same manner one patient can be given longer treatments or treated oftener than another. Therefore, after understanding the fundamentals of this work and operation of the instrument, treatments are largely a result of the judgment of the doctor, his observations and experience along these lines.

All types of physicians throughout this and foreign countries are using these instruments, M.D.'s, Specialists, Osteopaths, Chiropractors, Naturopaths, Naprapaths, etc., and with each and every doctor we suggest that he use Dr. Farnham's Improved Automatic Electronic Radio Vibratory instrument, not to the exclusion of his present facilities, but as an adjunct thereto, and according to his best dictates.

In talking with one of America's greatest cancer and chronic disease authorities, who uses these instruments, he attributes his success not only to this treatment but to the very important functions of proper diet, food and physical exercise as well as proper elimination of the destroyed poisons. In certain cases, he uses a combination of treatment involving some other form which he has developed in conjunction with Dr. Farnham's instrument.

In the following appears under separate classifications; first, complete instructions for operation of the instrument, how to apply electrodes, where to apply electrodes, how to treat, how often to treat, etc. Then appears instructions for preparing the patient for treatment and how to assist in treatment. Following this, some general instructions and information as regards treatment; then specific treatment directions for various ailments, also E. R. V. practical curative diet.

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GENERAL DIRECTIONS

This instrument is fully equipped, all ready for use, with:

6—Treatment Cords.

1—No. 8 Abdominal External Electrode.

1—No. 9 Spleen External Electrode.

1—No. 10 Spinal External Electrode.

2—No. 11 Eye, Throat or Cerebral External Electrodes.

1—No. 12 Vaginal Internal Electrode.

1—No. 13 Rectal Internal Electrode.

4—Rubber Bandages.

Treatment Blotters in envelope.

Additional attachments can be supplied when desired, including special electrodes as illustrated in parts list which accompanies instrument.

When a patient comes to you for treatment, the first thing to do in every case is to prescribe some simple remedy which will clear out the intestinal tract. As a rule, Dr. Farnham prescribes an ounce of Castor Oil at one dose, or simple liver pill, such as $\frac{1}{4}$ gr. Aloin and $\frac{1}{4}$ gr. Podophyllin, or the patient can be given an ordinary compound cathartic pill.

In the beginning of the treatment anemas are of great importance since the removal of the accumulated feces reduces toxemias and facilitates elimination. To the practitioner who is not accustomed to giving enemas it will be surprising to notice the amount of fecal matter removed by thorough enemizing. This may consist at times of as many as three or four successive enemas. The patient should assume the knee and chest position and the intake should be slow enough so that the patient can take the full amount of liquid.

After ejection of this first enema, repeat until no solid fecal discharges are observed. Many doctors prefer the enemizing to the cathartic. In other words, clean out the system before starting to give treatments.

During consultation of the case the patient should be given instructions in reference to diet, foods and wherever desired, physical exercise. This subject is covered in detail later on in the directions.

First, extract from patient (end of finger or lobe of the ear) a few drops of blood about the size of a dime, allowing it to drain on small piece of pure white blotting paper (included with the instrument). This is done by scratching the skin or a slight incision therein. Most doctors use a standard automatic spring lance which is adjustable and which can be secured at any physicians' supply house or from us. Before using lance for this purpose, sterilize by immersing in alcohol or a similar disinfectant. (Never

use colored blotting paper, or write on blotter which holds blood specimen.) MAKE CERTAIN THAT SPECIMEN IS DRY BEFORE INSERTING IN INSTRUMENT, TO PREVENT ANY BLOOD BEING DEPOSITED ON TREATMENT SLIDE. Many doctors wrap up specimen in small piece of white tissue or preferably black photographic paper, a good practice to follow.

Then pull out to right treatment slide (No. 1) in center compartment of instrument and place this specimen of blood over rectangular hole in slide, inserting it securely under edge of wooden clip (No. 2) so that it will not fall from slide. Then push slide back in original position so that the energy will pass directly through the patient's own blood specimen. Screw electric plug (No. 3) on end of cord into ordinary electric light socket. Turn on current at socket, then turn on switch (No. 4) to turn on "pull up" to turn off "push down" which is located on the face of the instrument. Be sure that your current is turned on properly. When using other Electric Therapeutic Instruments at the same time with the E. R. V. in your office, make sure that their "high-frequency" does not back up in the line; this has been known to burn out the line and connections of this instrument.

Now adjust the volume with adjustment (No. 5) located in middle of center compartment. First, turn knob to left or out until there is no humming sound, then turn to right or in until you hear a steady buzz. This adjustment is delicate and often only a part of a turn is necessary. The slower the buzz the better, but it must be steady enough so that the instrument runs continuously.



This illustrates instrument showing how Treatment Cords, Electrodes, etc., are properly applied. In addition to this, all of the major parts of the instrument referred to in these directions are identified by numbers, such as 1, 2, 3, etc., to enable you to clearly understand how to operate and treat with this equipment.

Where to
Place
Blood
Specimen

How to
Start
Instrument

Adjustment

Setting of
Dials

Do not screw adjusting knob (No. 5) too far in as this gives too strong a treatment. Too strong an adjustment under continued use is apt to overheat the instrument as well as overtreat the patient and should be avoided. NOTE PARTICULARLY that this adjustment has nothing whatever to do with the "vibratory rate" of the disease or treatment, this being entirely automatically determined by patient's blood specimen (which is inserted in the treatment slide) by means of radio transmission. The dials No. 6 and 7 are set for maximum capacity at the factory. These dials control a series of radio condensers which pick up such excess energy as would otherwise be lost. No. 6 on left is always set at 75. No. 7 on right is always set at 65. This also does **not** affect the "vibratory rate" of treatment.

Voltage

This instrument is designed to operate on all standard voltages. Unless otherwise specified, instruments are shipped to run on 110-125 volt circuit DC or AC. On special order, instruments are built to operate on 220 volt circuit, 32 volt circuit, such as used in farm lighting outfits, and 6 volt circuit for dry cell batteries.

Treatment for all chronic diseases is given over the Spleen as well as over all other affected parts (wherever pain or congestion exists). All treatments are given in direct contact with the skin, as illustrated. It is important that an External Spleen Electrode (No. 9) be placed over the Spleen in all cases in addition to other localities where there is pain, such as directed in the specific instructions which follow.

Between the Electrode and skin, cotton batting is placed. The cotton batting is immersed in a normal salt solution (one part of salt to twenty-five parts of warm water) then wrung out slightly so that solution won't drip on patient, as you will observe in illustration. The purpose of the cotton batting is to make even contact and assist the electronic flow of this energy to the body. The batting should extend beyond all edges of the electrode as the energy passes to the extreme edges of the batting.

When using cotton batting, it is only used once and then discarded. Some physicians prefer to use pads which can be sterilized after treatment and used several times. It is usually found, however, that where a doctor is so busy, using pads several times is a questionable economy. The use of cotton batting, new and clean each time, has a good psychological effect on the patient, and right here it is well to state that the doctor who doesn't study the psychology of patient-handling and practice it, doesn't get very far with any form of treatment. Special Internal Electrodes are included with the instrument for Vaginal and Rectal treat-

ments. Before inserting, cover with vaseline. The metal end should come in direct contact with the point to be treated, as the black portion of electrode is insulated and energy passes through only the metal end. The Spleen is located on the left side on a line from middle of left arm pit to the middle of left groin and about three inches above the lower border of the ribs on this line. (See illustration). For best results, treat over the Spleen for one-half hour, and over other affected areas an additional half hour. In other words, connect all Electrodes up as per illustrations. You will note in the accompanying illustration the Spleen electrode is not applied as it is desired to show the more important locations for treatment.

After one-half hour disconnect Spleen Electrode and allow remaining Electrodes to treat another half hour, or a total of one hour for all except the Spleen Electrode. It has been found from experience derived through treating thousands of cases that best results come from treating twice weekly, seldom over three times weekly. However, many patients find that they like to take a treatment every day, and if it is desired to treat every day, the length of treatment should be reduced to 15 to 20 minutes each treatment. There are exceptions to this, which you will determine from continued experience, as mentioned before.

Electrodes are placed wherever there is pain or an affected area (in addition to over the Spleen); you cannot apply too many Electrodes, so wherever your judgment dictates, place an Electrode.

General indication for treatment of all conditions is the application of electrodes on well-known nerve reflexes; that is, affected nerve reflexes known by their painful manifestations should be covered with an electrode at their inception and their points of distribution. It is a proven fact that the nervous system acts as an amplifying electronic conductor and we have in our experience had the best results in considering these nerve reflexes when placing electrodes for treatment.

The Electrodes are then tied into place by special rubber bands (included with instrument) so that it is unnecessary to hold the



Electrodes in place by hand, which would be very tiresome. (See illustration.)

Connecting of
Electrodes

Then connect binding post of Electrodes to one end of treatment cords; (No. 14) attach the other end of treatment cord to **any one** of the six binding posts of instrument (No. 15) and with the instrument operating as above instructed, your treatment has started. **IMPORTANT:** Be sure and have all electrodes in place before starting instrument. Never allow patient to touch the instrument while it is in operation. Also, do not touch instrument except knob (No. 5) if you are in contact with the patient or any live electrode.

In treating, have patients assume a relaxed and comfortable position, either by sitting or lying down. This treatment is very restful and patients are apt to fall asleep. Care should be taken to have somebody awaken patients should they fall asleep within one hour or they are apt to be overtreated. No serious effects follow in overtreatment, except that it might leave the patient temporarily nauseated or somewhat nervous. However, in the case of overtreatment, a cathartic or enema will eliminate this. It is well to remember that chronic ailments have been a long time developing and too long a treatment destroys too much poison at one time. Therefore, it is advisable not to overtreat. In some cases, after the first treatments, the patients may feel that their pain or condition is aggravated. This is usually a good sign and shows that the treatment is doing its work and that patient is quickly reacting thereto. After the destroyed poisons are eliminated a general improvement will be noticed.

As stated above, it is important that the intestinal tract be cleaned out before treatments start, and during treatment it is advisable to keep the patient's bowels well regulated. After treatments are started the patient is usually able to effect a bowel movement regularly and they should be advised to do so; to take plenty of time and allow nature to take care of this important function. This assists in eliminating the destroyed poisons. Also, wherever possible, a bath should be taken following the treatments, as considerable poison passes out through the pores of the skin and bathing aids this. Just what form of bath and how often to take them should be prescribed by the physician, according to the case and his particular methods.

Change of
Blood
Specimen

After four treatments, remove original specimen of blood from slide. Then secure another specimen of patient's blood and insert in slide for the next four treatments. This is done to throw back into the body the proper destructive Electronic Radio Vibratory energy. After eight treatments repeat this same operation.

Number of
Treatments

The patient will show a marked improvement and whether or not additional treatments are needed depends absolutely upon how the patient feels, together with your opinion as to the status of the case. For the more serious and acute chronic cases, at least sixteen treatments are recommended, with a change of blood specimen after every four treatments. Some cases respond to this treatment more rapidly than others. Our bodies, while all alike,

are vastly different; then too, certain complications or ailments take more time to correct than others. Though it may surprise you, sometimes we are asked: "How can I tell with this machine when the patient is cured?" and we ask the doctor, in answer, how he tells with his present facilities when a patient is cured and ready to be discharged. We might just as well be frank about this. The "proof of the pudding is in the eating," and from a general examination both you and the patient will be fully aware when they are cleared up by how they feel and their general symptoms at that time. Electronic diagnosis or any of the known laboratory tests, urinal, blood, hemoglobin count, etc., as well as blood pressure and temperature, will tell the changes the treatment affects in the patient. However, a few weeks after you have discontinued the first run of treatments, have the patient take two to four additional treatments, first putting in a fresh blood specimen. This is done to destroy all last traces of disease reactions. Following this, a treatment or two may be given whenever the patient feels very tired, worn out, nervous, or in pain, placing Electrodes as instructed. It is interesting to observe that where a person is, for instance, normal, and a sample of his blood is placed in the instrument and treatment given, that normal vibrations are sent back through the body. This revives one, increases vitality, relieves nervousness, and pep's the patient up—so to speak.

In cases of this sort, where there is no particular local pain, apply Electrode on Spleen and back of neck (base of brain).

Often the question is asked, how do I know when the instrument is operating?

Answer. After machine is connected to light socket and switch turned on and adjusting knob adjusted, a buzz will be heard which indicates the machine is operating.

Then the question is sometimes asked, what means is there for determining what energy passes into the patient?

Answer No. 1. When machine is in operation the finger, when placed approximately $1/16''$ from the binding post, will cause an arc or spark to jump across and indicate that energy is going through the instrument. While this has no particular significance as relates the Electronic force which is going into the patient, it does show that by your finger being placed in close proximity to the binding post, and the fact that you are a pole or ground within yourself, that the energy can be clearly seen.

Answer No. 2. Place on your head a set of radio ear 'phones and hold one of the tips in the left hand and touch the other tip to one of the binding posts when the instrument is in operation. You will then have ample evidence of what is passing through this machine, and the energy manifests itself in a loud roar through the ear 'phones.

Answer No. 3. When this machine is in operation it will be impossible to receive radio messages, lectures or concerts on your radio receiving set, as the power of this machine interferes and de-

stroys the possibility of receiving on your radio set while the instrument is in operation. This instrument will have an effect on radio sets at a considerable distance, depending upon the power of the radio set. In some cases, with a large five tube elaborate radio set, it is influenced by this instrument to an extent of several miles, and this is ample evidence that an Electronic Radio energy is going through the instrument.

Answer No. 4. When a patient is being treated; in other words, when the electrodes are tied on and the machine is in operation with alternating current, if they touch a ground, such as a radiator, a spark will be generated, and there is ample evidence of the energy going into the patient's body. This is often done by the patient touching a piece of damp cotton which might be placed on a radiator or ground, and the result will speak for itself.

Sometimes a question is asked, is this an electrical treatment?

Answer. In the strict sense of the word it is not. There is no electrical connection by which or through which a galvanic current could pass from the generator to the body. The energy leaves the last coil as "Radio Frequency" at approximately a body or human rate, it passes then through blood specimen on treatment blotter to the receiving aerial which is connected to treatment binding posts on panel. This jumping across through blood specimens to receiving aerial takes place without any wiring or galvanic connection, i. e., it passes through the air by its own force, as radio waves do. **This is what they are.** So that this treatment is a "Radio Treatment" not an electrical treatment, as no electrical current, as such is known, goes into the body.

You know the man who said no instrument, drug or chemical will cure anybody—was right. They may correct the diseased condition, but nature must do the curing. So we say, give nature and this instrument a chance and you will derive excellent results.

In this leaflet appears some common sense suggestions on Diet and Thinking. Decide right now to follow them. The importance of proper diet and mental attitude cannot be denied. This instrument cannot do it all. Therefore, you must help nature and you will be agreeably surprised at the results derived from Electronic Radio Vibratory treatment. And remember—do not expect miracles to be performed with this treatment. While it is remarkable in its accomplishments, you cannot expect to cure the patient in a few minutes' treatment.

Dr. H. M. Farnham maintains in Detroit a research laboratory and clinic where he treats many cases, such that require his personal observation. This has enabled him to offer doctors and patients recommendations for treatments which have been of considerable benefit to them. Therefore, should you desire any further information regarding treatments or relative to this instrument, write to Dr. H. M. Farnham, care of this company, and he will gladly advise you fully.

SPECIFIC TREATMENT DIRECTIONS FOR VARIOUS AILMENTS

ADENOIDS—Apply one External Electrode over Spleen, one External Electrode over Throat, and one External Electrode over back of neck.

ANEMIA—Apply one External Electrode over Spleen, one External Electrode over back of Neck, and one External Electrode over small of Back.

APPENDICITIS—Apply one External Electrode over Spleen, and one External Electrode over the Appendix region. Absolute fast is advised in acute cases.

ARTHRITIS—(Or Rheumatism)—Apply one External Electrode over Spleen, one External Electrode over back of Neck, and one External Electrode over each affected joint.

ASTHMA—Apply one External Electrode over Spleen, one External Electrode over front of Chest, and one External Electrode over back of Chest.

BILLIOUSNESS—Apply one External Electrode over Spleen and one External Electrode over Liver area.

BLADDER TROUBLE—Apply one External Electrode over Spleen, one External Electrode over front of Bladder, and if patient is a female, apply one Internal Vaginal Electrode in Vagina; in the case of a male patient, apply an Internal Rectal Electrode in Rectum.

BOILS—Apply one External Electrode over Spleen, one External Electrode over back of Neck, and one External Electrode over the Lumbar region.

BRONCHITIS—Apply one External Electrode over Spleen, one External Electrode over front of Chest, and one External Electrode over back of Chest.

CANCER—Apply one External Electrode over Spleen and one External Electrode over the affected area; in cases where Cancer is internal of the Uterus apply an Internal Vaginal Electrode, and in addition to Spleen treatment apply one External Electrode over the small of Back and one External Electrode over the front of Uterus. Diet in Cancer cases is particularly important; for most effective results put patient on raw food diet.

CATARRH—Apply one External Electrode over Spleen, one External Electrode over Face, and one External Electrode over Throat.

COLDS—Treat same as Catarrh.

CONSTIPATION—Apply one External Electrode over Spleen, one External Electrode over Abdomen, and Internal Rectal Electrode in Rectum. Diet should be adjusted according to methods outlined herein.

COUGH—If Bronchial, apply one External Electrode over Spleen, one External Electrode over front of Chest, and one External Electrode over back of Chest. If Cough is from Throat irritation, apply External Electrodes over Spleen and Throat and use hot water and soda gargle.

COLIOSEPSIS—Apply one External Electrode over Spleen, one External Electrode over Liver region, and one External Electrode over Gall Bladder; also one External Electrode over Abdomen.

CRAMPS—Apply one External Electrode over Spleen, one External Electrode over Lumbar region, and one External Electrode over affected muscles.

CATARACT—Apply one External Electrode over Spleen and an External Electrode over the affected Eye.

DIABETES—Apply one External Electrode over Spleen, one External Electrode over Pancreas, one External Electrode over Liver, and one External Electrode over back of Neck. Adjust diet to E. R. V. method.

DIPHTHERIA—Apply one External Electrode over Spleen, one External Electrode over back of Neck, and one External Electrode over Throat.

DIZZINESS—Apply one External Electrode over Spleen and one External Electrode over Liver.

EAR TROUBLE—Apply one External Electrode over Spleen and one External Electrode behind the affected Ear.

ECZEMA—Apply one External Electrode over Spleen and External Electrode over the affected area.

EPILEPSY—(Also Convulsions)—Apply one External Electrode over Spleen, one External Electrode over Skull just above the left Ear. Moisten the Scalp and Hair with normal salt water solution so that the energy will pass through as large an area over the Skull as possible.

EYE TROUBLE—Apply one External Electrode over Spleen and one External Electrode over each affected Eye.

FEMALE DISORDERS—Apply one External Electrode over Spleen, one External Electrode over Lumbar region, one External Electrode over Ovarian region, and one Internal Vaginal Electrode.

FEVERS—Apply one External Electrode over Spleen, one External Electrode over Chest, and one External Electrode over back of Neck.

GOITRE—Apply one External Electrode over Spleen and one External Electrode over Goitre.

HAY FEVER—Apply one External Electrode over Spleen, one External Electrode over front of Chest, one External Electrode over Face, and one External Electrode over back of Neck.

HEART TROUBLE—Apply one External Electrode over Spleen, one External Electrode over Heart area, and one External Electrode over back of Neck.

HEADACHE—Apply one External Electrode over Spleen, and one External Electrode over back of Neck.

HEMORRHOIDS—(Also Piles)—Apply one External Electrode over Spleen and one Internal Rectal Electrode in Rectum.

HIGH BLOOD PRESSURE—Apply one External Electrode over Spleen, one External Electrode over back of Neck, and one External Electrode over Kidney region.

INFANTILE PARALYSIS—Apply one External Electrode over Spleen, one External Electrode over Lumbar region, and one External Electrode at the foot of affected leg.

INFECTION—Apply one External Electrode over Spleen, one External Electrode over Liver, and one External Electrode over affected area.

INFLUENZA—Apply one External Electrode over Spleen, one External Electrode over front of Chest, and one External Electrode over back of Chest.

IMPOTENCY—Apply one External Electrode over Spleen, one External Electrode over Lumbar region, and in the case of male patients, one Internal Rectal Electrode; in case of female patient, one Internal Vaginal Electrode.

INSANITY (All Forms)—Apply one External Electrode over Spleen, one External Electrode over back of Neck, and one External Electrode over Skull, after moistening Scalp and Hair with salt water solution.

KIDNEY TROUBLE—Apply one External Electrode over Spleen and one External Electrode over Kidney region.

LIVER TROUBLE—Apply one External Electrode over Spleen and one External Electrode over Liver.

LUMBAGO—Apply one External Electrode over Spleen and one External Electrode over Lumbar region.

LUNG TROUBLE—Apply one External Electrode over Spleen, one External Electrode over front of Chest, and one External Electrode over back of Chest.

LARYNGITIS—Apply one External Electrode over Spleen and one External Electrode over Throat.

MEASLES—Apply one External Electrode over Spleen and one External Electrode over Chest.

MUMPS—Apply one External Electrode over Spleen and one External Electrode over Throat.

NERVOUSNESS—Apply one External Electrode over Spleen, one External Electrode over back of Neck, and one External Electrode over Lumbar region. Also any other area where patient complains.

NEURALGIA—Apply one External Electrode over Spleen, one External Electrode over back of Neck, and one External Electrode over affected Nerve.

NEURASTHENIA—Apply one External Electrode over Spleen, one External Electrode over back of Neck, and one External Electrode over Lumbar region.

NEURITIS—Apply one External Electrode over Spleen, one External Electrode over back of Neck, and one External Electrode over Lumbar region. Also along the course of the affected nerve.

PARALYSIS—Apply one External Electrode over Spleen, one External Electrode over Skull on the side affected, and one External Electrode over Lumbar region; also along the course of the affected nerve.

PARALYSIS AGITANS—Apply one External Electrode over Spleen and one External Electrode over base of Skull.

PILES—See Hemorrhoids.

PLEURISY—Apply one External Electrode over Spleen and one External Electrode over the affected side.

PNEUMONIA—Apply one External Electrode over Spleen, one External Electrode over front of Chest, and one External Electrode over back of Chest.

POOR CIRCULATION—Apply one External Electrode over Spleen, one External Electrode over back of Neck, and one External Electrode over Lumbar region.

PROSTATE—Apply one External Electrode over Spleen, one External Electrode over Lumbar region, and one Internal Electrode in Rectum.

PSORIASIS—Apply one External Electrode over Spleen and one External Electrode over the affected area.

PYORRHEA—Apply one External Electrode over Spleen and External Electrodes over Face and around Teeth.

RHEUMATISM—Treat same as Neuritis. Proper regulation of diet is important.

SARCOMA—Apply one External Electrode over Spleen and one External Electrode over the seat of Tumor. For most effective results place patient on raw food diet.

SCIATICA—Apply one External Electrode over Spleen, one External Electrode over Lumbar region, and one External Electrode over the course of affected Nerve.

ST. VITUS DANCE—Apply one External Electrode over Spleen, one External Electrode over back of Neck, and one External Electrode over Lumbar region.

SEXUAL WEAKNESS—Apply one External Electrode over Spleen, one External Electrode over small of Back, and one External Electrode over affected parts.

SLEEPLESSNESS—Apply one External Electrode over Spleen and one External Electrode over back of Neck.

SORE THROAT—Apply one External Electrode over Spleen and one External Electrode over Throat.

STERILITY—Apply one External Electrode over Spleen and Internal Electrode.

STOMACH TROUBLE—Apply one External Electrode over Spleen, one External Electrode over Stomach, and one External Electrode over fourth to eighth Dorsal Vertebrae. Adjust diet to E. R. V. method.

SYPHILIS—Apply one External Electrode over Spleen, one External Electrode over back of Neck, one External Electrode over small of Back, and External Electrodes over any other local infection. Raw food diet is highly beneficial.

TONSILITIS—Apply one External Electrode over Spleen and External Electrodes over each side of Throat.

TUBERCULOSIS—Apply one External Electrode over Spleen, one External Electrode over front of Chest, and one External Electrode over back of Chest. Raw food diet is highly beneficial.

TYPHOID FEVER—Apply one External Electrode over Spleen, one External Electrode over back of Neck, and one External Electrode over Abdomen.

UTERINE DISORDERS—Apply one External Electrode over Spleen, one External Electrode over Lumbar region, and one External Electrode over Ovarian region; also Internal Vaginal Electrode.

WHOOPING COUGH—Apply one External Electrode over Spleen, one External Electrode over back of Neck, one External Electrode over front of Chest, and one External Electrode over Throat.

From the above list of specific treatment directions, you will be able to derive sufficient information with which to treat any other conditions requiring treatment.

E. R. V. PRACTICAL CURATIVE DIET

Much has been written on diet and food, the majority of which is theoretical and more or less confusing. It is highly important that the subject of correct diet and foods be given careful attention and be considered an important factor in improving the patient's condition. Treatments on Dr. Farnham's Improved Automatic Electronic Radio Vibratory instrument accomplish excellent results in clearing up the diseased condition, but if the patient continues to take improper food combinations it will serve to aggravate their condition, lower vitality of the body, and make the relief from their ailment only temporary. Therefore, when best results are desired a common sense and strict diet should be followed in conjunction with treatments.

In dealing with this subject we do not intend to advance dogmatic or arbitrary assertions concerning a many sided and difficult problem. We outline such data as is found to be of real benefit and pathological assistance to the elimination and curing of disease in Dr. Farnham's as well as other doctors' practical experiences.

We exclude from our curative diet flesh foods, with the exception of dairy products, and advocate free use of raw vegetables in preference to cooked foods. In rare cases of extreme lack of vitality we advise the use of lean meat in limited quantities, because of its magnetic and vital properties which are easy to assimilate.

The most successful diet is a food combination that is comparable to the chemical composition of milk or red (arterial blood), without using flesh foods. Naturally it is impossible to say exactly what should be eaten by a patient, since the processes of digesting or assimilating differ somewhat in each individual, but it is safe to say that a natural diet conforming most closely to the chemical composition of arterial blood can, by a gradual process of adaptation, be used with great benefit by any patient. It remains for the doctor's judgment to adjust the following diet with the least discomfort to the patient.

Our thesis on flesh foods is as follows: In every animal organism a process of building up and of tearing down is constantly going on. The red blood carries into the body the various elements of nutrition and returns laden with poisonous matter, broken down cell materials and devitalized food products. This debris is carried in the venous blood to the various organs of depuration and excreted in the form of feces, urine, mucus, perspiration, etc. Every drop of venous blood and every bit of animal flesh is contaminated with these poisonous excretions of the animal body at the time when such animals are killed. Also, immediately after death the formation of ptomaine begins. Since all meat is stored in refrigerators for many months before it reaches the table, this is, in reality, a serious matter.

Another factor is the artificial fattening process to which animals are subjected in order to increase their weight before killing. It is a well-known fact that this fattening to a point where the animal would die of disease were it not killed just at the correct time, or what is termed its maximum fattening capacity; not to speak of the emotional influences, such as fear and anger which the animal experiences while going through the slaughter house killing process. All of these factors produce in the meat morbid poisons which are strong stimulants and poisons when taken into the human system as food, and if no serious results are manifested in the human system from this cause we must admit that it doubles the work of our organs of elimination and overloads the system with animal waste matter and poisons which will either have to be eliminated or remain, furnishing thus a fertile ground for all destructive bacterial growth.

Natural foods of the vegetable kingdom contain all necessary elements for nutrition as well as valuable medical properties, and none of the flesh toxemias, and it is especially in vegetables eaten raw and the fruits (raw) that we find the most necessary positive organic mineral salts (vitamins).

The prevalent idea that acid conditions are caused by what is termed "acid fruits" is from our experience entirely erroneous; in fact, all acid fruits eaten by themselves react in the system alkaline. Therefore, our procedure in hyperacidity and all acid disease is to eliminate all starches, sugars and proteins and to have the bulk of the diet consist of acid fruits and raw vegetables entirely.

Lemon juice, just straight or in water, is the finest natural anti-septic in existence, and should be the only thing given the patient during acute fevers or inflammations. Even wounds and sores of old standing can be treated successfully with lemon juice and the admittance of air to them. Berry and fruit juices can be given to babies as well as grown people as laxatives and bone and tissue builders. Their organic content is assimilated by even very weak constitutions, which cannot be said for inorganic or chemical lime waters, iron, sodium or other mineral solutions.

The sweet alkaline fruits, such as figs, dates, raisins, melons, cantaloupes and pears, etc., are very rich in highly refined organic sugars and positive organic mineral salts. They are easily assimilated.

In grains, the most valuable part is in the outer hulls.

All seeds, nuts, legumes, cereals, etc., which can be used as foods, are especially rich in the life element in vital magnetism or vitamins if used unrefined or not bleached. These foods are also less impaired by cooking than any other foods, and we never advise the use of cereals raw. However, all cereals should be used very sparsely and never in soft boiled mushes—as their starches cannot be digested unless they are thoroughly mixed with the saliva of the mouth before entering the stomach.

We have compiled a table of foods in five groupings according to their predominating chemical elements. The system must have all of these five food classes in the right proportion to keep healthy. An excess of one food or the wrong combination causes most of the digestive troubles and creates these toxic conditions that are such fertile ground for disease.

We do not belong to the school who claim that wrong foods are the cause of all diseases, but we do claim that wrong eating is a vital factor in the causes of most diseases.

Now then, the safest and most balanced ration seems to be to plan your daily meals so that 50% of what you eat belongs to Group No. 5, that is, organic mineral elements, and the other 50% belongs to Group Nos. 1, 2, 3 and 4. Eat most of the foods under Group No. 5 raw, as salads.

Never eat starchy foods together with acid fruits.

Acid fruits and any raw vegetables will combine with dairy products.

If meat is taken, veal, lean beef or poultry, broiled (or raw egg beaten with orange juice), allow plenty green raw vegetables with it. It will help digestion and elimination.

Never let a sick patient eat pork or anything fried in grease.

Advise the drinking of plenty of water between meals.

Reduce the coffee and tea habit if possible as well as tobacco.

If your case cannot eat oranges or lemon juice it is well to put them on a fast for a few days to allow the accumulated proteins and starches (toxemias) time to be eliminated from the system. You will find that then orange juice and lemon juice can be taken with relish.

Commercial refined sugar is always harmful. Get your sugar out of the sweet fruits or honey. When cooking vegetables do not allow the water in which they are cooked to be thrown away, as it contains the mineral salts.

All condiments, salt, pepper and spices, are harmful.

Anemic conditions need green spinach, raisins, figs, prunes.

In wasting diseases, such as Tuberculosis, Bright's Disease and Diabetes (this applies also to extreme nervous conditions) do not feed an excess of milk and eggs. This only poisons the system with excess proteids.

Healthy and tasty raw salad combinations can be made from any of the vegetables, fruits or berries of Group V, and prepared attractively with a good salad oil, and cottage cheese, or salad oil and lemon juice, or salad oil, lemon juice and honey.

Never allow vinegar (it is a preservative and not digestible).

Producers of
Heat and
Energy

GROUP I STARCHES AND DEXTRINES

CEREALS: The inner, white, parts of wheat, corn, rye, oats, barley, buckwheat, and rice.

VEGETABLES: Potatoes, roots, sweet potatoes, pumpkins, squashes.

FRUITS: Bananas.

NUTS: Chestnuts.

Producers of
Heat and
Energy

VEGETABLES: Melons, beets, sorghum.

FRUITS: Bananas, dates, figs, grapes, raisins.

DAIRY PRODUCTS: Milk.

NATURAL SUGARS: Honey, maple sugar.

COMMERCIAL SUGARS: White sugar, syrup, glucose, candy.

NUTS: Cocoanuts.

GROUP III FATS AND OILS

Producers of
Heat and
Energy

FRUITS: Olives.

DAIRY PRODUCTS: Cream, butter, cheese.

NUTS: Peanuts, almonds, walnuts, cocoanuts, Brazil nuts, pecans, pignolias, etc.

COMMERCIAL FATS: Olive oil, peanut oil, peanut butter, vegetable-cooking oils.
The yolk of eggs.

GROUP IV

Producers of
Heat and
Energy;
Building and
Repair Materials
for Cells and
Tissues

PROTEIDS: ALBUMIN, GLUTEN, MYOSIN, ETC.

CEREALS: The outer, dark parts of wheat, corn, rye, oats, barley, buckwheat, and rice.

VEGETABLES: The legumes (peas, beans, lentils), mushrooms.

NUTS: Cocoanuts, chestnuts, peanuts, pignolias (pine nuts), hickory nuts, hazelnuts, walnuts, pecans, etc.

DAIRY PRODUCTS: Milk, cheese.

MEATS: Muscular parts of animals, fish and fowl.

GROUP V

Eliminators;
Blood, Bone
and Nerve
Builders;
Antiseptics;
Blood Purifiers;
Laxatives;
Producers of
Electro-magnetic
Energies

**ORGANIC MINERAL ELEMENTS (POSITIVE):
POTASSIUM, SODIUM, IRON, LIME,
MAGNESIUM, MANGENESE, ETC.**

The red blood of animals.

CEREALS: The hulls and outer, dark layers of grains and rice.

VEGETABLES: Lettuce, spinach, cabbage, green peppers, watercress, celery, onions, asparagus, cauliflower, tomatoes, string-beans, fresh peas, parsley, cucumbers, radishes, savoy, horse-radish, dandelion, beets, carrots, turnips, eggplant, kohlrabi, oyster-plant, artichokes, leek, rosekale, (Brussels-sprouts) parsnips, pumpkins, squashes, sorghum.

FRUITS: Apples, pears, peaches, oranges, lemons, grapefruit, plums, prunes, apricots, cherries, olives.

BERRIES: Strawberries, huckleberries, cranberries, blackberries, blueberries, raspberries, gooseberries, currants.

DAIRY PRODUCTS: Milk, buttermilk, skimmed milk, cottage cheese.

NUTS: Cocoanuts.

Study the food situation of your case and compare it with this outline. Correct it accordingly and follow it up consistently, giving your patient decisive and definite directions so that he may know exactly what to do, and advise him to cease worry as to whether or not a certain food will agree with him. Advise moderation and common sense. Masticate well. Where possible, have them take daily exercises as outlined in any physical culture magazine. Combine this with your E. R. V. treatment and the results will surprise you.

There is nothing experimental in this outline nor do we quarrel with any other theory. This is a simple way of aiding nature and facilitating the beneficial effects of the Electronic Radio Vibratory treatment.

MENTAL INFLUENCES AS TO HEALTH AND DISEASE

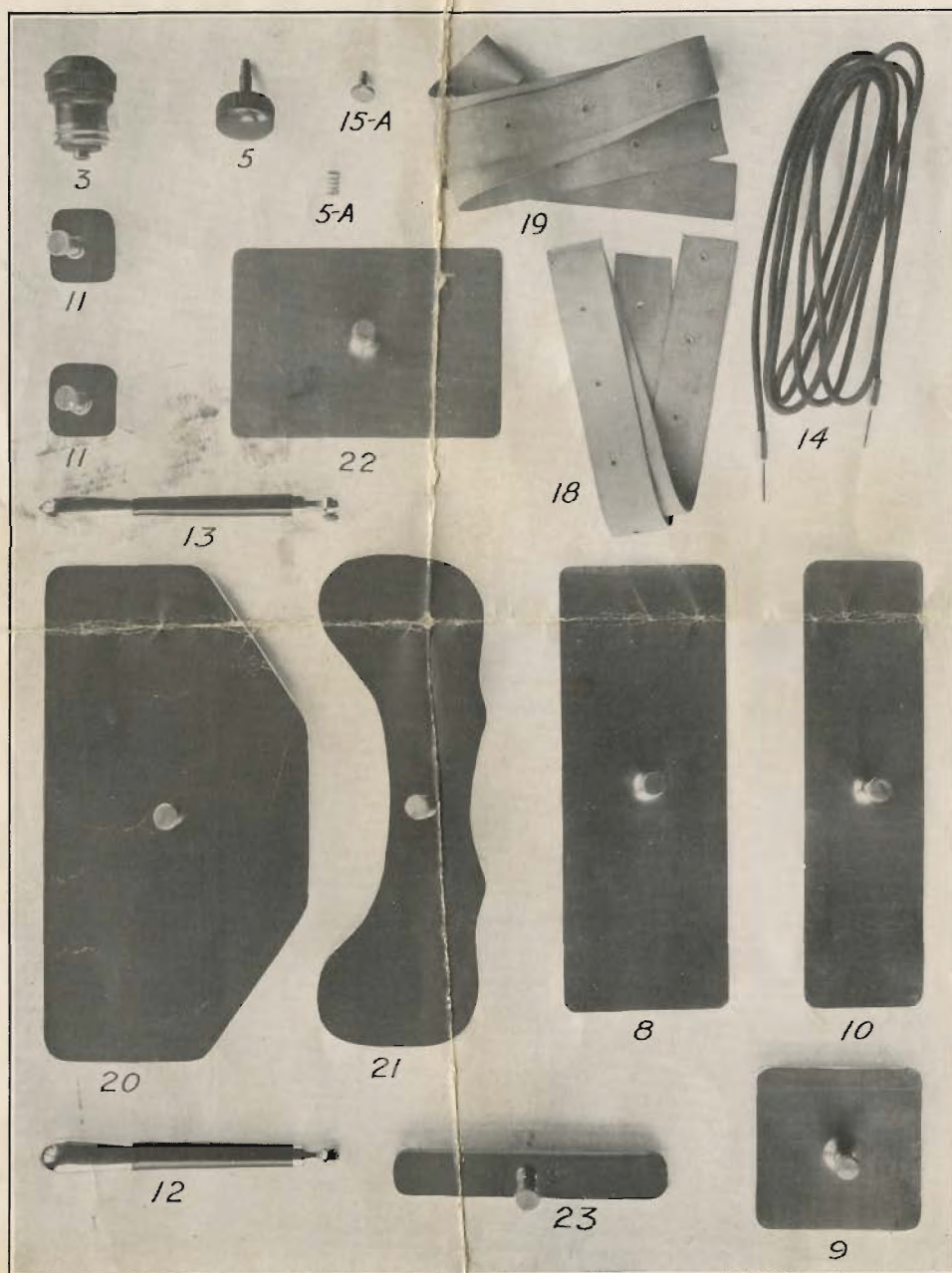
"As a Man Thinketh, So He Is"

We are all aware of the powerful influence our mental and emotional attitude exerts upon the condition of our system and vital forces. We know now positively that Fear, Worry, Anxiety and like emotions create in the system destructive vibrations which paralyze the vital functions, such as complete cessation of digestion during a state of extreme Fear or Hate. Worry, Impatience, Anger, etc., act in other words, as destructive emotional vibrations which prevent a normal distribution of the life forces throughout the organism. On the other hand, Faith, Hope, Happiness, Contentment and Love act as constructive emotions and exert a harmonizing influence upon the system, thus tending to overcome disease.

It is logical, therefore, that the patient's condition has much to do with his or her improvement and that it is imperative that they think and live along constructive lines.

After a few treatments with this E. R. V. instrument, you will notice enough improvement to justify an optimistic attitude, and to eliminate out of your patient's mind doubt and pessimism. Suggest during treatment, as well as at other times, a concentration on the improvement of their ailments.

Resolve now: To THINK HEALTH, ELIMINATE DOUBT. What the E. R. V. has done for thousands of other cases, it will do for you. "As a man thinketh, so he is!"

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