

SECRETS = OF = ETERNAL YOUTH

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WHY DIET SHOULD BE BASED UPON BIO-CHEMICAL FOOD ANALYSIS FOR HEALTH AND LONG LIFE

It should be distinctly understood that the diet system advocated in this book is based upon quantitative food analysis, chemical types of patients, and upon diet experimentations with thousands of people (not rats). It is a diet system for human beings—not animals, therefore, this diet system is radically new and different from that of any other diet system of the past or present.

A right diet should be based upon exact analysis of the food; the exact measurement by quantity of each chemical element found in the food. Those foods that are high in calcium may be called calcium foods; those foods high in iron, listed as iron foods, and so on with each chemical element.

Then, when a certain special diet is followed, it will be easy to determine why a diet acts in a certain way. A high calcium diet acts differently than a high potassium diet, and so with each different diet.

A system like this, founded upon scientific accuracy, is infinitely better than the old methods of calories, fruit diets, vegetable diets, milk diets, etc.

No diet system can be more accurate, or more productive of good results, than this system of prescribing food according to its chemical contents. Why not be as exact in diet as in other branches of

scientific work? It is high time for diet guess-work to stop. Weak and sick people cannot afford to waste time and money on unreliable, unscientific and inaccurate diet systems. Right diet is the greatest curative agency on the face of the earth, but the diet must be right.

Experimental diet always produces certain symptoms. A low sodium diet invariably leads to stomach trouble, etc. A low iron diet leads to anemia; a low calcium diet to tuberculosis, exhaustion, etc.

In our diet experiments, more than five thousand magnesium excess, or deficiency symptoms were recorded. Similar records were obtained with each and every one of the sixteen chemical elements of the body. A new and very comprehensive group of symptoms developed from these experiments, which have enabled us to tell just what each symptom means, from a chemical viewpoint.

For example, certain special diets bring on old age symptoms and conditions within a few months' time, which symptoms always disappear on a diet adaptable to old age. Literally thousands of such cases have proven beyond the shadow of a doubt, that old age is caused by certain food excesses, or deficiencies.

The purpose of this book is to teach people how to select such foods that preserve youthfulness in old age.

It is the sincere wish of the authors that this information be spread to the four corners of the globe for health, strength and long life of people in general.

EAT FOR BEAUTY, STRENGTH, LONG LIFE

It matters not whether it be a man of twenty-five, or a man of ninety-five, a girl of sixteen, or a woman of ninety, there is always a cause for declining health, beauty, youthfulness and vigor. Upon a wrong diet, sickness takes the place of health, of beauty of complexion, of sprightliness, vigor, energy, nerve force and of magnetism; life and efficiency decrease on a wrong diet.

Look at that aging, lifeless, half dead young lady, who depends upon doctors, pills, cosmetics and beauty parlors for her beauty! Notice that young man, a living, walking corpse, always ailing, sick, angry, surly and miserable. It seems that he does not have brains enough to last him over night. He is always in the hands of doctors and specialists, who are always injecting serum, and anti-toxins into his blood, and feeding him on scientific pills. Poor man!

Sickness and failure go hand in hand. There is no efficiency, nor vitality in serums, no health in anti-toxins, no life in pills, no success in drugs, no beauty in disease, nor in lip sticks and starch boxes. Specialists may cure our pocket-books, but life,

beauty, health, vigor, youthfulness, long life, genius and efficiency are in the blood and brain. Health cannot be purchased in drug stores. There may be death in drugs, but life, beauty and youth are in the blood, and good blood is made of good food. Nor do we need to think that good blood can be made of ghost bread (baker's white bread), embalmed beef, sausage, potatoes, gravy, doughnuts, pie, cake and coffee. Neither can youthfulness, vigor, health and efficiency be maintained on such a diet, or on an ordinary diet.

Pills may be good for a gorilla; white bread may nourish a ghost that needs no nutrition, but health and genius crave and demand good food for making red blood. Genius has its roots in red blood, not in blue blood, nor watery, anemic blood, nor in fat and tar-like blood. Disease and failure are results of a wrong diet.

A wrong diet results in poor elimination, constipated bowels, anemic blood, defective secretions, faulty excretion, acidity, bloating, lime hardening, brain shrinkage, auto-intoxication, headache, nervousness, stomach trouble, liver and kidney ailments, heart disease, mania, feeble-mindedness, and thousands of other diseases and ailments that have been translated into Greek and Latin, but never cured. We can cure our own diseases by a correct diet.

If our ancestors, our parents, and we ourselves, had been eating rightly, there would be no diseases to cure; we would all be healthy, including doctors.

Doctors cannot cure disease. They can translate disease into Latin and Greek, make pills, burn, slice, cut, cure the people's pocket-books, write death certificates and call it science, but doctors themselves are sick; doctors are helpless men at the sickbed, and cannot cure themselves, their students, nor anyone else. Otherwise, why is it that something over four hundred thousand children and babies under ten years of age die in the United States every year? Why are hospitals full of sick people? Why are asylums full of insane people? Why are jails full of criminals, and why do people die in their youth?

Why are doctors themselves sick? Why do doctors also, die young, the same as non-doctors? All systems of doctoring have failed, are miserable failures now, and will always be scientific failures until the system of the Almighty is recognized, the system of nature, the eating of good foods, the making of good blood, the chemical study of the soil, the analysis of the soil, the quantitative analysis of food material, the study of human chemical types, the practical application of diet according to symptoms, human needs and human constitutions.

This new and later system will gradually develop a new science of curative doctoring. Then each man will be his own doctor, and doctors and chemists will devote themselves to greater and nobler studies than the present studies of dope, serum, pills, bugs, technique, punches and bloody surgery. If surgery is needed, doctors do not understand their business,

for upon a correct system of diet, sanitation and health regime, perfect health would be attained. So long as surgeons are needed, doctors are not doing their duty, else they are scientific ignoramuses, or wilful fakers. The failure of the physician, is the opportunity of the surgeon.

We are told by doctors that weather, wind, overwork, insects, germs and bugs are the main causes of disease. But if we eat rightly, we are immune to wind, weather, work and bacteria. If we do not eat rightly, germs and our own auto-toxins will disorganize us in spite of doctors, and we will be converted into dust and gases, and returned to the eternal spheres. The doctors can only give us hypos, serums and pills till we die, cure our pocket-books, write our death certificates, and turn us over to the undertaker, who places us in the last basket, in a cold dark grave.

All such practices and proceedings are called science. Besides, it requires a legal license to dope, cut, cure pocket-books, write death certificates and bury the unfortunate victims of a wrong diet, of deadly dope, or of bloody operations. "O, Sancte Simplicitas!"

DISEASE AND DEATH FOODS

The fact is, so long as we eat such dishes that have been made of impoverished ghostly white flour, sulphured and bleached foods, adulterated and doped

foods, demineralized and excorticated breakfast foods, cereals and preparations called "Health Foods" by wealthy millionaire manufacturers; so long as we live on such inferior food material, that has been dyed, doctored up, treated chemically, so that it shall appear fresh and inviting to the public eye, and slide through the esophagus of Uncle Sam and into his laboratory of digestion, in spite of all of the dangerous food adulterants, and inorganic miscellanea, that such foodless foods may contain; so long as we try to live on overheated, poisoned preserves, scorched, pressure-cooked, fried, impaired and impoverished foods, food that has been altered in its chemistry, disorganized in its food molecules by pasteurization, food that has been artificially dried and sulphured at dehydration heat plants until the food juices, food vitamins, food properties have passed up into the blue sky, and there is nothing else left than a lifeless, dessicated, organic cadaver sold as food in every grocery, and eaten by every man, woman and child, the doctor included, and called good food by all; so long as we mill off, cut, peel and pare off and cook away from four to twelve food elements in the food, and eat only the ghost-like starch, food fat and food sugar; so long as we eat food that has stood on floors and shelves for long periods of time in dust, dirt, heat, moisture, atmospheric ferments and in darkness, until the food properties have been injured by toxins, decomposition, age, germs, vermin, mice, rats, metallic contamination and by other agents of decay and cor-

ruption; so long as we drink bottled goods, beverages, soda fountain drinks, drugs, laboratory fruit juices, tonics, cordials, patent medicines, frescades, dye-stuff, toxins, preservatives, glucose and yeast; so long as we eat cold storage food that may have been purchased when the market is low, and kept for long periods of time, doctored and doped and sold when the market is high; so long as we try to live on fried fat, fried potatoes, starchy, sugary and greasy dishes, or preparations, such as doped apple-butter, embalmed beef, spooky flour dumplings, laboratory sauces, jams, jellies, extracts, fruit juices that do not contain one drop of fruit or fruit juice; so long as we eat business soup (consomme), and baker's bread, cake, pie, sweets, or canned beef extracts, juices and tonics of beef trusts, or their meats, sausages, canned meats, etc.; so long as we eat candy, doped cream, embalmed milk, substitute products, catsup, pepper, table salt, condensed milk, processed and decorticated rice, corn, barley, rye, wheat, etc.; so long as we drink doped drinks such as coffee, tea coca cola, chocolate, cocoa, or cereal coffees, or eat cream puffs made of amputated flour, or canned beef, drained of its vitality, or crullers made of dead flour, or doughnuts made of lame white flour, and cooked in grease; so long as we eat off-scum, decomposed, rancid, stale, unsound, lifeless, drained, peeled, adulterated, fumigated, sulphured, corrupted foodless food material; so long as we eat rolls, fritters, fudge, syrups, honeys, molasses, snaps, crackers, gems, confection-

ary, ice-cream, hermits, jumbles, junket, koumiss, noodles, hominy, pickled food, oils, pigs feet, puffs, puddings, starch foam, scones, buns, preserves made with artificial sweeteners, such as saccharin, glucin, dulcin, or all of such food that is made of demineralized food products doctored up by manufacturers, and sold in fancy cartons, packages, cans or bottles, under fancy deceptive names; and finally, so long as we live closer to the can opener than to nature, closer to the canner, baker and confectioner than to the farmer, closer to the food manufacturer than to the Almighty, closer to the butcher than to the garden and orchard, closer to the drug store than to the Bible, closer to the surgeon than to common sense—that long we will be sick, that long undertakers will be in demand early in life; that long we will give our money to doctors, and our body to the worms, even in our youth; and that long we will be acid in organs, muscles, bones and secretions.

ACIDITY, THE GRIM REAPER

It is not generally known that acidity is the principal cause of most of our disease. We have explained this in our lectures, books, courses and dietaries for more than half a century, and we have also explained that more than seven hundred food preparations are acid-forming.

Almost all milled food products are acid-forming. Nearly all so-called health food preparations are acid-forming. Most bottled goods are acid-forming.

Fats, oils, sugars, sweets, syrups, candies, starches, bakery goods, cereals, flavors, delicacies, molasses, glucose, jams and jellies are acid-forming.

Nearly all cooked, fried, and baked foods are acid-forming. Almost all drugs, pills, patent medicine, toxic foods, drinks, tonics, remedies, cordials, wine, liquors, coffee, tea, chocolate, cocoa, cereal coffee, coco cola, postum, and soda fountain drinks are acid-forming. Laboratory essence, extracts, fruit juices, and other laboratory products sold as food to the unsuspecting public, are acid-forming.

No one except the food chemist, food analyst, and food manufacturer, knows how such foods and drinks are manufactured. Most meats, sausages, canned meats and cold storage foods, are acid-forming. Almost everything that is sold in the bake-shop, candy store and grocery is acid-forming, except a few greens and vegetables. Canned fruits, almost without exception, are acid-forming. If they were not originally acid-forming, they are made so by processes of peeling, paring, cooking, sweetening, preserving, or by altering and disorganizing the food, or fruit molecules and by steaming and weakening, or destroying, the vitamins of life.

All foods that are high in fats, or the moisture in which they are decomposed, or high in carbohydrates, protein, phosphorous oxid, food sulphur, food chlorin, food iodin, food fluorin, or in a high per cent of food toxins, or vegetable toxins, are all acid-forming. All nuts are acid-forming. Most peppers, pickles, or anything packed, or preserved in

vinegar, is acid-forming. The end products of our own metabolism (catabolism), are acid-forming. The products of combustion, or oxidation in the body, are acid-forming. The dying leucocytes, erythrocytes, the dying tissues, the excreta in the bowels, the catarrhal mucus, phlegm, dying bacteria, and their toxins, diseased tissue within our body, are all acid-forming. The hydrochloric acid, secreted by the oxyntic cells in the stomach, is acid-forming. Food acid is formed within our body constantly. Brain action, thinking, worry, temper, and all sorts of unfavorable emotions result in acidity. Acidity is the father of disease.

Acid is the cause of gas generation, bloating, stupidity, dullness, poor memory, and lack of concentration. So long as we can keep the tissues nourished, secretions, stomach, blood and bones alkaline, that long we are healthy, youthful, vigorous, efficient, influential, lively and strong, and that long there is no danger of death, except through accident. It is impossible to get sick, so long as the human machinery is alkaline. It is equally impossible to keep well, when the system is in an acid condition. Human alkalinity and longevity go hand in hand. Human acidity leads to disease, operations and an early funeral. Acidity gives the doctor, surgeon, nurse and undertaker work. Acidity is the result of an acid-forming diet, the same as alkalinity is the result of an alkaline, or hyperbasic diet—administered in time.

VARIETIES OF ACIDS CAUSING DISEASE

When we speak of acidity, we must not imagine that there is only one kind of acidity, and one kind of gas generation. We know of a great number of different acids formed in the human body, one acid being the cause of one kind of disease, and another acid of another kind of disease. For example, rheumatism may be caused by uric acid, or by fatty acid, or by lime hardening, or by sulphuric acidity, or phosphatic acidity, or by syphilitic acidity, or by tubercular acidity and pus, or by bacterial acidity, or by congestive and fermentative acidity caused by an excessive carbohydrate diet, and so on.

To overcome rheumatism, gout, indigestion, heart disease, nervousness, kidney disease, and other diseases, we must first know what acid we are dealing with, and how to neutralize it. Food magnesium, or food high in magnesium neutralizes one kind of body acid. Food containing sodium carbonate overcomes another kind of acid. High lime, or calcium food, neutralizes acidity in the bones. A non-uric acid diet overcomes uric acid gout, or rheumatism, or neuritis. A potash diet, comparatively free from sugar and starch, overcomes valvular regurgitation. A high chlorin diet, and a dry diet overcomes dropsy. A silicon diet, sugar free, or nearly so, helps to cure diabetes, but a sugar free diet only helps temporarily. An alkaline diet results in health, longevity, youth and beauty.

If we live on acid forming foods, meal after meal, year after year, for many years, abuse our nobler life functions, misuse our thought factory, the brain, drink dope drinks, eat the pill master's poisonous pills, the doctor's patent medicine, and live like Turks, we must pay the bill over and over again, both in this life and in the next. There is no escape from wrong living.

We must eat; we may just as well eat rightly. Acidity is at the foundation of most of our diseases, trouble, misery, pain, sighs and tears. Acid in, or around the nerves, results in neuralgia, neuritis, sciatica, nervousness, nerve pain, headache, earache, or some kind of nerve ailments and diseases. Acid brain matter results in inflammation of the brain, decay of brain, insanity, crime, wild deeds, temper, violent passion, melancholia, lassitude, and hundreds of other ailments, peculiarities and mental diseases, incurable to specialists, who are wise, otherwise and sidewise. An acid brain cannot function normally. Acid heart structures result in disease of some kind, acid joints ache, swell, twist, harden and result in stiffness, uselessness, lime hardening, gout, rheumatism and arthritis. Acid muscular tissue leads to atrophy, partial paralysis, hemophilia, urinary ailments, shrinkage of the heart valves, decomposition of the kidneys, and other maladies.

Acidity in or around the prostate gland terminates in enlargement of the prostate gland, swelling, hardening, tumor, cancer of the prostate, prostatitis,

or at least, urinary difficulties. An acid uterus leads to barrenness, hysteria, leucorrhœa, female ailments, menstrual colic, inflammation, uterine tumors, and other ailments of the generative organs.

An acid liver is a disordered liver, and this may result in stubborn constipation, piles, varicosis, toxicosis, auto-intoxication, hypochondriasis, hepatitis, gall stones, cirrhosis of the liver, liver tumors, perhaps, also, insanity, because the toxilytic function of the liver is destroyed, and auto-toxins, blood toxins, bacterial toxins, and other poisons are left in the blood, and carried to the brain and kidneys to injure and disturb the normal functions of these organs. All at once the brain's function is transmuted; the man becomes peculiar. Instead of living a saintly noble life as he did before, he poisons people, brutally kills his wife and children without cause and lives like a Turk. He is said to be possessed by the Devil, convicted and hanged, else put into chains in some asylum where some doctor looks wisely at him until the poor sufferer dies. This is called science.

STOMACH GAS—HEART DISEASE

Acidity in the stomach results in gas generation, gas pressure upon the heart, diaphragm, spine and other organs and structures. This gas pressure may lead to dilation of the stomach until the stomach hangs like an empty, lifeless bag, resulting in falling of the stomach, bloating, colic, indigestion, cramps, constipation, and hundreds of other disturb-

ing symptoms and ailments. The man may eat sugary, starchy foods, candy, pancakes, syrup, potatoes, rice food, gravy, cake, pie, mush, biscuits and drink sweet coffee, chocolate, cocoa, glucose drinks, eat grapes, jams, jellies, drink malted milk and Welches grape juice until he is starch drunk, sugar bloated, and as yeasty, frothy, fermented, and as acid as a brewer's vat, or like an acid rising dough, full of swelling, heaving, boiling, fermenting, frothy and effervescent alcoholic foodstuff, yet he preaches prohibition to others, like a Bryan, though he has a brewery in his own stomach and is dying slowly, from sugar gluttony and grape juice drunkenness.

Because of that excessive carbohydrate diet, he suffers from fermentative carbohydrate acidity. His disease is a diet disease. He can be cured by diet only.

A third man may eat salty food to excess, and food that is excessively high in food chlorin. All at once, he suffers from a burning sensation in the stomach. He is gloomy, unfriendly, miserable, peculiar, sensitive and irritable. He also, suffers from gas generation, bloating, stomach trouble, ulcer of the stomach, which may develop into cancer. His ailment is usually called hyperchlorhydria, or ulcer, or gastric cancer. His disease is also caused by acidity, but it is another kind of acidity and gas, requiring a special diet, formulated by some food chemist. Should a man like this fall into the hands of surgeons, or pill masters, he will soon shake hands with

the undertaker, and receive his life graduation diploma in the form of a legalized and scientific death certificate. And diets prescribed by doctors, whether they be regulars, chiropractors, naturopaths, neuropaths, osteopaths, or homeopaths, are no better than their pills, serums, dope, punches, technique and other treatments.

The world has no doctors yet, and no schools that can teach their students how to cure disease. No university in the world today; no medical schools, no university trained dietician, no doctor, no university professor, knows quantitative food chemistry, chemical diagnosis, chemical types of people, food materials from the viewpoint of quantitative food chemistry, the proper preparation and combination of food and diet, as required by a sick man, because all of such studies are not taught in universities, nor in medical schools, neither are the real causes of diseases known.

CHEMICAL TYPES AND DISEASE

Each human chemical type has its own chemistry, its own disease tendency, its own diathesis, and its own diet needs. The mind and the emotions, the climate, the air pressure, the electrical tension of the atmosphere, altitude, heat, wind, dryness, moisture, drouth, the brain and its functions, worry, the habits of the man, and hundreds of other conditions, have their effect, on health and disease. Different

diets also, have their effects on health and disease. Acidity is a most prolific cause of disease. One chemical type is subject to one kind of acidity, and another type is subject to another kind of acidity and gas formation.

Fatty foods, when eaten and metabolized to excess, result in a special kind of acidity and disease. A high protein diet, leads to ailments and diseases, of a different type. An excessive carbohydrate diet, terminates in a still different kind of gas generation, acidity and diseases. An excessive salty diet, or excessive chlorin containing foods lead to another kind of acidity and disease. Again, the soil itself, may not contain the soil elements required for vigor of the plant, or the normal vitality of vegetables, greens, fruits, nuts and grains. Thus the food elements, essential for the health of man and of animals, may not be contained in the food. This would lead to disease in plants, animals, and people.

Again, canners, millers and cooks, pare, peel, cut, slice, cook, and mill away from four to twelve highly essential food elements, and no university professor, no doctor, no surgeon, no calorician, no medical school or association, ever interferes. Watch a university professor of nutrition, foods and drugs at the dinner table. Notice a doctor, of nutrition and diet, when he orders food; pay attention to deans and teachers at medical schools when they are at the dinner table; notice what they eat and how they

eat. Read their books; listen to their lectures; watch them in their daily life and habits.

This doctor suffers from indigestion, but is a stomach specialist. That specialist, dies of dropsy, at the age of thirty-five, or forty; this learned neurologist dies, of mental and nervous diseases, early in life. This dean is plethoric, dull, heavy and suffers from obesity, yet lives on an ordinary, though low calorie diet. In this college, they teach three hundred and ninety medical students how to cure disease. One of their students, dies of consumption, at the age of twenty-seven, another student, dies from albuminuria, at the age of thirty. One student suffers from brain trouble and goes to an asylum, where another learned doctor, watches the sufferer, until he dies, and then writes a scientific death certificate, for the poor, yet scientific, young maniac, who almost graduated from the scientific institution. Twenty of their students, suffer from stomach trouble. Two students are rheumatic, but still manage to attend the classes. Sixteen students suffer from acidity and bloating, and so on, but not one of all these learned students and teachers know that they are eating heart disease, buying rheumatism, ordering dropsy, eating fatty obesity, and fatty degeneration, nor that diet starves the brain, fills the tissues with several different food acids and gases, neither do they know that there is a deficiency of food alkalinity, and an excess of acid-forming food articles in their diet, nor do they want to know. A

doctor does not know that there are different chemical types of people; neither does he know why "One man's food is another man's poison;" neither does he know all of the quantitative food elements in a given food; nor does he know that deficiency of iron in the body, has its own symptoms and ailments; that excess of protein has its own peculiar symptoms and diseases; that lack of sodium chlorid has its symptoms and maladies, and so on, with each and all, of the sixteen chemical elements of the body; neither does he know that each acid, or gas formed to excess in the body has its own symptoms, ailments and diseases; neither does he know that cancer, ulcer, indigestion, diabetes, mania, arthritis, and hundreds of other ailments are lurking on the dinner table; that he is eating them by degrees; that his diet leads to the hospital, the operation table, and the undertaker, where no more coffee, gravy, white biscuits, pie, embalmed beef, and similar foodless, and acid-forming foods are needed, and where he is beyond all forms of scientific treatment. The poor man is dead from a wrong diet, and will remain dead.

SUGAR GLUTTONY AND DISEASES

Sugar gluttony leads to gastric fermentation, acidification, alcoholization, indigestion, tumors, cysts, operations, and an early funeral. A sugar diet absorbs the calcium in the bones, teeth, joints and tissues. This leads to acidity in bone, brain and solid tissue. Food lime is an alkaline element.

Twenty-four per cent, of the ash, in the bones, is calcium, while thirty-four per cent, of the ash in the bone is phosphorus. It is the calcium that keeps bone alkaline. A sugar diet drinks the calcium. Sugar is hungry for calcium. Calcium and sugar are chemical affinities.

In fact, health is a result of a correct diet, not a calorie diet, nor a vegetarian diet, nor a milk diet, fruit diet, nut diet, fish diet, starvation, nor of other diet fads, diet systems, and diet treatments. A correct diet supplies that food element which is lacking, be that element iron, sodium, calcium, magnesium, or any of the other sixteen elements of which the body is composed. A correct diet excludes that which is excessive in the body, be that excess of sugar, fat, water, protein, lime, salt, or any other element or compound. A correct diet overcomes, dries up, eliminates, or neutralizes that special kind of acidity, gas, or flatus that is at the foundation of the trouble. And above all, a correct diet absolutely arrests acid formation and gas generation.

YOUR LAWS OF HEALTH

In view of the foregoing, we come to the following conclusions:

1. That health, youthfulness, vigor, beauty, efficiency, and long life are results of a correct diet, and correct habits of living.
2. That a wrong diet results in acidity, disease,

operations, suffering, failure, misery, tears, and an early grave.

3. That body acidity is the main cause of disease, and must be neutralized, or we will die young, no matter whether we are doctors or patients.

4. That doctors, caloricians, colleges, hospitals, universities, specialists, and others may cure our pocket-books, write our death certificates, but cannot cure us, so long as we eat wrongly; and if we eat rightly, we do not need them. If they could cure, they would not be sick themselves, nor would hospitals, asylums, jails, and homes be full of sick people, nor would the people die early, nor would so many babies die yearly, nor would there be so many painful and bloody operations, nor would there be so many sick people, nor would there be so many death certificates and funerals, nor would they advocate vaccination, nor practise vivisection, nor would they permit food manufacturers to meddle with the people's food supply by preservative and other methods that are pernicious to human health, human efficiency, human welfare, to beauty, youthfulness and long life.

5. That we must leave death food, drugs, dope, foodless foods, etc., alone, and live close to nature, and to nature's God, in order to keep well and live long.

6. That we require an alkaline diet for health, vigor, efficiency and youthfulness.

7. That that special food element which is lacking in our body, in some tissue, fluid, organ, or secretion must be supplied.

8. That that special food element, or food compound, which is excessive in our body, must be excluded in our diet, be that fat, protein, albumin, water, glucose, toxin, dope, foreign elements, lime, table salt, or anything else.

9. That we should be able to judge our own symptoms, ailments and diseases, and regulate our diet accordingly.

10. That we should have a food map of analytical food chemistry, hanging on the wall in our kitchen, so that we may know what each food contains, of the sixteen food elements, and eat accordingly. Or we should go to a food chemist, who knows human chemical types, chemical diagnosis (bromognosis), quantitative food chemistry, etc., and let him study our case, and formulate a correct diet system for us, according to our own chemical type, diathesis, needs, symptoms, ailments, work, age and habits.

HOW THE CHEMIST REVEALS LIFE AND DEATH

The food chemist knows that one food article is excessive in moisture; that another food article is unusually high in protein; that a third food is loaded with fat, as for instance, butter, cream, lard, oils,

bacon, nuts, etc.; that some foods carry an excessive quantity of sugar and starch, as for instance, barley, certain beans, buckwheat, chestnuts, corn, dates, starch, honey, syrups, raisins, candy, wheat, etc. The food chemist knows, that one food is high in the tephroic food elements, needed by bone, blood, and internal secretions, as for instance, goat cottage cheese, veal joint jelly, gelatine, bone broth, egg shell broth, fish roe, salyl, vityl, certain tonics, rice, bran, garbanzo, juniper berries, dried zante currants, cardemom, also a few rare vegetables and greens. He knows also, that about seven hundred commercial manufactured foods are low, or even deficient, or absolutely lacking, in many of the important food elements needed by blood, internal secretions, bone and metabolic functions.

The food chemist knows that goat brown cheese, artichokes, asparagus, stingless dwarf nettles, fresh bone, caraway, cardoons, wild cherries, wild blackberries, German prunes, leeks, Lambs lettuce, white onions, rice bran, romaine lettuce, whole rye meal, shallot, Swiss chard, and others are higher in iron than other foods are, unless, some of those plant products come from an iron free soil. If there is no iron in the soil, how can a plant obtain iron for its leaves, berries, or grain? We should know what our foods contain, what our soil contains, what our food lacks, and what elements are lacking in the soil.

The food chemist knows that some plants are

more hungry for potash, and could be called potash plants, while other plants appropriate lime from the soil in greater quantities, and supply the same to such plants that grow in that soil. Thus, some vegetables are rich in food lime, as for instance, Savoy cabbage, dandelion, and dill, while other vegetables are low, almost deficient in food lime, as for instance, bananas, artichokes, cardoons, chives, mushrooms, mustard, and others. He knows that some food material is excessively high in sulphur, such as watercress, mustard, nasturtium, endive, onions, chervil, Brussels sprouts, etc.; and he knows also what special foods are sulphur-free, lime-free, chlorine-free. He simply knows what food elements are found in the various vegetables, greens, nuts, berries, fruits, melons, fish, meat, grains, honeys, and dairy products. Hence, he himself, knows how to eat, how to supply the lacking elements in the body, how to reduce those body elements, or compounds, that are excessive, without starving the whole body.

“Eat vegetables and fruit for health,” says one professor. “Go home and eat an ox,” said one doctor to his ailing patient. “Eat what is before you and ask no questions,” advises a mental healer. “A vegetarian diet will cure you,” says the vegetarian. Thus, if an ailing man calls on forty different doctors, dieticians, and specialists, he gets forty different diagnoses, forty diverse treatments, and forty varying diets. Yet one doctor denounces the other.

ALKALINITY CONQUERS DEATH

As we grow older, it is important to know food properties, so that we may select such food material that contains those alkaline neutralizers, so essential for alkalization of tissue and secretion; that supply the properties required for the internal secretions; that carry those food elements, essential for the blood, liver, stomach, bowels, brain, nerves, joints, heart, bones, and muscles, so that the mental and physical functions may run like well oiled machinery.

There is always danger of acid formation and gas generation as we advance in years. Poor elimination, defective secretion, faulty excretion, low vitality, lime hardening, gastric and tissue acidity, brain shrinkage, low nerve force, auto-intoxication products, hardening, fatty degeneration, hydrosis, excess of carbon dioxid, oxygen hunger, undue precipitation of many of the tephroic (mineral) food elements, constipation, excessive catabolism, defective, or faulty, or abnormal, or one-sided, nutrition—are all likely to bother us, more, or less, as we advance in years, each and all, resulting in weakness, illness, and old age.

Each one of us requires a rational regime, or system of diet, rules and habits for greater efficiency, and youthfulness. Health does not take care of itself. Health must be developed from the inside. Beauty and youthfulness are results of a correct

diet. "That schoolgirl complexion," that grace in movement, that springiness in walk, that elasticity in arteries and tendons, that liveliness, joyfulness, romance, and all other interesting qualities, peculiar to youthful life, are born of perfect functions and perfect blood.

When all of the sixteen chemical elements are properly supplied in proper proportion, the tissues and secretions are alkaline. There is no acidity, no gas generation, no auto-toxins, no impurities, no carbon dioxid, no poisons, no end-products to hinder any of the functions. Oxygen is abundantly supplied; the brain and the nerves are well nourished, and the red blood flows vigorously to the most distant parts of the system. Then, we have youth, life and beauty.

RULES FOR HAPPINESS, HEALTH, VIGOR

Supply the blood elements; maintain elimination; balance the diet; supply the heart and tissue food elements; supply food sodium chlorid and iron to the blood; keep the tissues and secretions alkaline; eat such foods that are solvent in property, so that no hardening can take place, nor tumors form; keep the bowels open, by means of a laxative diet; feed the brain and the nerves; supply such food elements that are essential for the internal secretions; guard against sugar, fat, protein, starch, food sulphur, drugs and dope, overwork, late hours, manu-

factured food, table salt, acid-forming foods, doped drinks (coffee, tea, etc.), restaurants, hotels, eat shops, excessive heat, weakening baths, tough and fibrous foods, foods that are difficult of digestion, and constipating; avoid hard water, impure water, excessive water drinking; guard against all of these, and you have your health in your own hands.

Instead of old age complexion, a woman can retain "that school-girl complexion." Instead of decrepitude of old age, we can maintain the charm of youth. Instead of death certificates, we can give ourselves a health certificate. Instead of an early funeral, and an untimely grave, we can attain longevity, and maintain vigor, youthfulness and efficiency, until we become almost modern Methuselahs, providing we begin before we are ninety per cent dead.

LIFE FOODS OF ADAM AND EVE

When we grow weak, sickly, feeble or old, we require food that is high in life-building vitamins (Not cooked). We require life-food material, instead of dead food. Vital food builds life. The life vitamins are the architects of life and of tissue-building. They contain the embryo, germ, or spark of life. Dead protein may be organic and constructive to muscle, but cannot maintain, nor increase the life principle within the body. The soul, or spirit of man cannot build physical life of dead matter.

When physical life, or that which is called vitality, is on the ebb, we grow weak, feeble, sickly, wrinkled, bent and old. The indwelling soul knows no weakness, no old age. The soul in a lady of one hundred years is as sprightly and youthful as it was when she was sweet sixteen. It is the lack of physical life that makes her appear old and feeble, simply because the spirit loses its hold on physical life, or vital, living, organic life, because she is eating dead food, fried beefsteak, fried eggs, embalmed beef, cooked food, preserved fruit, or baked and bleached nuts, etc.

When God made Eve, He gave her no cooking utensils, no cooking pots, no frying pans, no electric stove, neither did He supply Adam and Eve with a doctor, and a drugstore full of dope, evidently because such civilization and scientific dope, men and contrivances were not needed, in the great scheme of the World-Builder. He evidently knew that Eve would cook herself and her only Adam up on the operation table and into the grave. "Of every tree of the Garden thou mayest freely eat," said the Lord God. "Behold, said God, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree which is the fruit of a tree yielding seed; to you it shall be for meat."

Is it any wonder that people lived long in those days. Eve had no doctor to dope her, no surgeon to cut out the appendix, uterus, ovaries, tonsils and other organs, no drug store to tempt her to eat dope

and drink coco cola; no frying pans, no pots, stove and cooking utensils, no pie, cake, French dishes, or demineralized flour. She and Adam were compelled to live a natural life, and eat fresh natural foods, full of life, vitamins, and vitality. No wonder Adam lived nine hundred and thirty years! Everything was favorable for long life, beauty and youthfulness. The life principles in the food were not destroyed, and the food elements in the outer portions of seeds, vegetables and fruits, were not removed by the miller, by the canner and by the cook. God gave Eve no paring knife and no can opener, because they were not needed.

KEEPING GRANDPA YOUNG

All people, young and old, require a life-building diet, but the feeble youth, the sick patient, the elderly lady with fading cheeks, the aged man with stooping shoulders, the great grandfather bothered with infirmities of old age—all combined, specially require a life-building diet. A fried beefsteak may feed the muscles, but there is no life in a beefsteak, nor in sausage, white flour, coffee, cooked potatoes, and boiled eggs. Lime may feed the bones, but lime is lifeless. A steak may be strengthening temporarily, but it is nothing but dead matter.

A dry mature seed when placed in the soil in season germinates, grows and becomes productive, but a beefsteak, or cooked grain of wheat does not. A raw egg can develop into a living chick, but set

your hen on one dozen boiled eggs, and you will have no chicks. Do baked nuts, or boiled barley, germinate and grow in the soil? Will a cooked plant thrive in the soil? Why will not a boiled egg produce chicks? Because the life in the egg has been destroyed. Bake, cook, fry, and dope, wheat, oats, nuts, plants, and they will not, cannot, germinate and grow. Put a living hen, rabbit or calf into boiling water for one hour, more or less, and you will kill its physical life, and its meat is dead. Creep into a hot oven yourself for an hour or two, and your body is dead forever, because you have killed your own physical life.

In order to gain in life, we must eat that which lives and grows; we need life-foods, not dead foods. As we grow old, sick or weak, we lose life; but if we supply life, we gain in life, and retain youthfulness, just so long as we can appropriate the principle of life. That which is cooked, fried, or baked, or already dead from natural causes, is dead, but that which lives, lives. An aged woman does not need dead food so much as she requires life-containing food menus. Cooked, pressure-cooked, preserved, poisoned and dead foods are dead. When professors, dieticians and doctors tell us that cooked foods contain life, we must use our own good common sense. Such cooked foods may contain vitamins, but the vitamins are stunned, injured, dying, or dead. Such food is no food for convalescing patients, weak children, feeble women and aged men.

To gain in life, we must eat life, or that which lives, thrives and grows. There is no life in a corpse, only death and decomposition.

Let the aged, fading, feeble and delicate people eat life foods instead of death foods. That which is called nutrition is not necessarily life-food. When life departs, decomposition commences. If we increase life, we defeat death. We die as we live. When we gain in life faster than we are dying, we are gaining in beauty, youthfulness, charm and vigor. Old age requires a life-diet. Life and death are two struggling antagonists. Feed life in the aged, weak and feeble; youth can take care of itself.

OUR LIFE-BUILDING, YOUTH AND BEAUTY DIET

Life foods are fresh, living, thriving foods, direct from nature's trees, bushes, gardens, plants, and soil, or else direct from oviferous, or lactiferous birds, or animals.

Table of Life-Building Foods

Foods containing the principle of life are:

Edible buds	Growing greens
Fruit blossoms	Ripe fruit
Alfalfa buds	Ripe berries
Clover buds	Nasturtium
Hop buds	Parsley
Sprouts that bloom	Celery hearts

Romaine lettuce
Crispette lettuce
Leaf lettuce
Common lettuce
Cabbage sprouts
Fresh tomatoes
Wilted spinach
Raw tender carrots
Collards
Shad roe
Blueberries
Blackberries
Wild cherries
Light cherries
Dewberries
Sprouts
Goat cream
Fresh goat milk
Raw fresh milk
Chard
Fresh currants
Raw egg yolks
Guavas
Mandarines
Raw nuts
Peppermint
Celery
Fresh asparagus shoots
Winter lettuce
Cos lettuce
Lambs lettuce

Head lettuce
Green onions
Raw spinach
Raw okra
Cucumbers
Roe
Genuine honey
Elderberries
Black huckleberries
Bing cherries
Barberries
Bilberries
Fresh Buttermilk
Goat butter
Cottage cheese
Curly cabbage
Chayote
Fresh blackcaps
Raw egg white
Fresh leeks
Mangoes
Grapes
Mirabelles
Nettle salad
Papaya
Fresh pineapple
Fresh plums
Tender radishes
Wild strawberries
Swiss chard
Oranges

Goat milk whey
Fresh dates
Fresh apples
Fresh pears
Tamarinds
Avocado
Chervil
Chinese cabbage
Marjoram
Yeast
Sundried figs
Loquats
Endive
Green peppers
Garlic
Raw oysters
German prunes
Raw meat juice
Fresh fruit juices
Raisins
Muskmelon
Salad greens
Fresh peaches
Fresh prunes
Fresh raspberries
Strawberries
Sugar beet leaves
Tangerines
Water cress
Roquefort cheese
Olives

Sundried apples
Persimmons
Thyme
Celery bulbs
Chives
Edible greens
Mulberries
Fresh figs
Cowberries
Kumquats
Zante currants
Shallot
Turnip leaves
Vityl
Fresh blood
Caraway seed
Cole slaw
Gherkins
Sapotes
Panama rhubarb
Fruit sauce
Casaba
Adriatic figs
Lac auranti
Mint
Bananas
Nectarines
Life tonics
Codliver oil
White endive (escarolle)
Mangostan

Parsley	Mammee
Scurvy grass salad	Papaw
Yellow pear tomatoes	Colustrum
Feijoa	Beer
Jujube	Pecans

FOODS CURE, OR KILL

There are approximately two hundred articles of food that contain the principle of physical life. Of course, all organized and edible plant products contain the germ of life, but through our insane milling, baking, frying, steaming, preserving, boiling, fumigating, poisoning, pressure-cooking, peeling, broiling and paring, methods of preparing and manufacturing food, we stun, injure, or destroy the life principles in most food. If vitamins, or the life germs in a food have been stunned, or killed, or removed, that food becomes dead, because there is no life in that food. Meat, fish, bread, cooked or baked foods may be eaten, but when we are delicate, old, or convalescing from some devitalizing disease, we cannot afford to eat dead foods, or we will surely die.

Then we need a vita-diet, or food that is rich in the germs of physical life. It is life-foods that keep us alive, that enable us to recharge the batteries of life, that guarantee health and life insurance, beauty, charm, vigor, strength, youthfulness and long life. Beauty is in the food that we eat. Longevity is in our diet. Youthfulness sports on the dinner table, in the very food that we eat. There is life in life-

food; there are death, old age, disease, and an early funeral in dead food. There is no life in drained canned meat; no health in excorticated white spook-like flour; no beauty in pie, cake and candy; no charm in fried potatoes, no shape nor forms in canned soups, no strength in scorched desiccated, impoverished starch, called health food. There is no youthfulness in cookies made of exhausted flour, no life in laboratory jams, jellies and extracts, no efficiency in pickles and doughnuts, no genius in fudge, no vitality in junket, koumiss, pig's feet and postum, and no longevity in dead food. To gain in life and vigor, talent, health, beauty and genius, we require life food.

THE TRINITY OF LIFE BEAUTY AND CHARM

Iron, Sodium, and Oxygen are the three most important elements for a speedy recovery, when we are weak and feeble, or in the decrepitude of old age.

Sodium (or its compounds), is used in many of the organic and functional processes of the body, which we can learn in physiological chemistry. Sodium is used in the saliva, digestive juices, intestinal secretions, in the lymph, serum, blood, and bile; it is used by the lungs, brain, liver, heart, joints, tendons, and bones; it enters into almost all of the processes of life. It is precipitated from the body by innumerable internal and external agents, such as defecation, perspiration, elimination of carbon dioxid, thinking, worry, crying, temper, gloom, in-

take of carbohydrates, proteins, watery and fatty food. It is washed out of the body by water drinking.

Some people think that their entire alimentary tract is one long hose into which and through which, water must run at all times of the day and night. This washes the sodium chlorid out of the body. This practice is pernicious to health and long life. Sweat baths, atmospheric heat and moisture, electrical ferments, food ferments in the stomach, gastric gases, brain work, disappointments, fear, and many, many other agents consume, wear out and precipitate food sodium, or its compounds.

In old age, in sickness, in lung diseases, in pneumonia, or when acidity prevails in stomach, tissue and secretion, the sodium salts in the body are so alarmingly precipitated from the body, that there is great danger of sodium hunger, unless these important sodium compounds are liberally supplied in the diet.

The di-sodium phosphate molecule has an exceedingly important health function to perform in the body—that of carrying carbon dioxid from the tissues to the lungs, for elimination. A deficiency of sodium in the blood interferes with the excretion of carbon dioxid. This is detrimental to many of the functions, and hastens decrepitude and old age. It depresses many of the functions. It is a prolific cause of oppressive breathing, asthma, catarrh, poor

circulation, sluggishness of the brain function, poor memory, defective elimination, poor oxidation, and may even terminate in thrombosis, carbonosis, or paralysis, through the formation of blood clots (thrombi) in the blood, which blood clots may obstruct the circulation in the brain and destroy brain structures, communication fibers, and lead to fatal lesions of some kind. At best, carbon dioxid is not normally excreted.

Beauty flies, cheeks fade, youthfulness disappears; old age, decrepitude and infirmities appear, whether we are young or old. Soon we become sick; lastly we die, even in youth, and are turned into dust and gases, all because we lacked sodium. But if we have sense enough to supply food sodium, or its compounds, at each meal, we have our own life and health in our own hands for years and years, how long, only God knows. Here, as elsewhere, we should know how to eat, how to supply the sodium element for the many complex health functions of the body. Sodium containing foods are absolutely imperative for youthfulness, beauty, vigor, efficiency, usefulness, charm, health and longevity.

SODIUM FOODS FOR YOUNG AND OLD

Goat brown cheese	Asparagus
compound	Vichyade
Imported gedost	Celery and celery juice
Whole brown rice fruit	Collards
pudding	Fresh figs

Gizzards	Goat milk whey
Romaine lettuce	Chinese cabbage
Swiss chard	Beaten egg white
Vityl	Sundried black figs
Goat brown cheese	Oysters
Imported mesost	Squash
Sundried apples	Veal joint jelly
Citro-carbonate food powder	Apple peel sauce

Sodium is a highly hyperbasic food element to certain tissues and secretions, but not to all, for each one of the basic food elements contain an alkalinity of its own. Calcium is a hyperbasic food element, also, having an alkalinity of its own, which alkalinity acts chiefly on bony tissues, counteracting the hyperacidity of phosphorous acid. Sodium seems to act more on, and in conjunction with, the fluids and secretions of the body, rendering them alkaline, also keeping lime in solution in the body, so that lime hardening cannot take place in solid tissue.

Sodium is also the carrier of carbon dioxid, as previously explained. A high sodium diet is absolutely imperative in sickness, ill-health, old age, in great summer heat, in pneumonia, in diseases of the lungs, also in many other ailments. Most manufactured foods are deficient in sodium. Moreover, there are only about three dozen food articles that are sodium-containing, to any appreciable extent. Even those foods that do contain sodium, are not overly rich in this important alkaline food element.

Almost all people suffer from sodium deficiency, especially after the age of forty-five. Old age demands this food element in abundance. This is one of the secrets of long life and perfect health. So difficult is it to supply the sodium food element, in sufficient quantities, in ordinary food, that, unless a man knows quantitative food chemistry, he is at sea. Strawberries are basic, but pound for pound, goat brown cheese contains one hundred and seventy-six times as much sodium as strawberries. Again, that food powder, made of citric fruit, and called citro-carbonate contains two hundred times as much sodium as strawberries. This is important to know in old age, sickness, ailments, ill-health and decrepitude.

SECRET OF "THAT SCHOOLGIRL COMPLEXION" REVEALED

The iron in the hemoglobin of the blood, is called hematin. Iron is the door through which oxygen enters the blood, the same as the di-sodium phosphate molecule is the excretory agent of carbon dioxide. Through iron the oxygen enters the blood; through sodium, carbon dioxide is eliminated. This is the plan of the great Master Builder, God. Iron is one of the great elements of health, beauty, efficiency and long life. Like sodium, iron has many functions to perform. Normal menstruation, conception, ovification and spermatogenesis, are impossible without food iron, or organized iron. But

inorganic iron, nuxated iron, iron tonics made of railroad spikes soaked in acid and sold at one dollar and a half a bottle, drug iron, ferric compounds, patent medicines, and other spurious fake preparations are of no value to the blood of man; for man is an organic being, and cannot digest, appropriate, nor use, in his blood, such bogus inorganic drugs and dope. Man cannot digest railroad spikes, even if they are soaked in acid. The genuine blood iron is found in such iron foods that have been organized by nature according to the wise plan of the Almighty. Let us live closer to the Almighty, than to the Dope Quack.

Deep breathing, gymnastic and physical culture exercises will not force oxygen into the blood, unless our blood is well charged with food iron. When the blood has a normal allowance of iron, the oxygen enters in abundance. Then there will be life and action in the inner man. Then the blood flows vigorously through the arteries, veins, arterioles, venules and capillaries. All of the organs and tissues are well nourished and waste products are carried away. Then, the brain and heart are washed with pure blood every minute of the day and night, resulting in "that schoolgirl complexion," even at the age of ninety-six. Then, there are rosy cheeks without artificial painting, or so-called beauty culture, (Really monkey culture), as there is no beauty in such beauty culture shops. Beauty is developed from

within. Iron is the beauty artist in the skin and complexion, or in the blood.

At any time of life, beauty, charm, magnetism, feminine attractiveness, liveliness of youth, persuasion in speech, eloquence in expression, briskness, vividness of imagination, vivacity, freshness, life, glow, liveliness of disposition and gestures, conversational animation, warmth of affection and of blood, spiritedness, enthusiasm, romance, ardor of feeling, poetry of sentiment, vigor, health, youthfulness and hundreds of other highly desirable qualities, physical, mental and spiritual are the result of a diet that supplies the blood with normal amounts of iron.

OXYGEN—LIFE GIVER

Oxidation without iron is physiologically impossible. Long life without an abundant supply of iron and oxygen is also impossible. When we cannot attract enough oxygen for blood, tissue oxidation, tissue building, elimination, circulation, heart action, vigorous brain functioning, respiration, life, stir and animation, we are already dying by degrees. Then, it is high time to recharge the batteries of life by eating life-food, and food containing a high percent of sodium and iron, so that we may attract free oxygen and thus double and treble the processes of life. A correct diet results in youthfulness, vigor, charm, animation and long life, and iron is an important factor in this diet.

Anyone, young or old, learned or illiterate, light or dark, who lacks sodium, iron and oxygen is surely a sorry pilgrim—dull, forgetful, miserable, sickly, awkward, shy, angry, usually disliked and superannuated, indifferent, crabbed, shy, stupid, touchy, antiquated, old fashioned, forever complaining, frail, weak, nervous, tired, neither living nor dead, always up on the operation table, eating pills, or drinking dope, and spending money for treatments, fads, Christian Science, massage, trips to the mountains, journey on the ocean, litigation, divorce, always doctoring without any results, but still continuing with a death food diet, until she is laid to rest, an antiquated beauty, or an angry wife, in the last casket, where dope, death food, pills, operations and technique are no longer in demand. She lived a life of misery and suffering. Perhaps, it was a death certificate and funeral at the age of forty. She suffered and died from the lack of diet instructions.

In another instance, it is a young man of thirty, or a middle-aged man of fifty, or a learned doctor of thirty, or perhaps his daughter at ten. A correct diet would have saved them all, and they could have lived to a ripe old age. Perhaps, two dozen jars of goat brown cheese, and about fifty quarts of wild cherry juice would have turned the table. Nature is simple in her operations and demands. If there is a lack of potash in the soil, a tree dies, and nothing else than potash can save the tree. To inject serums into the tree, or saw off a limb, or put a dose of

pills inside of the bark, or write a Latin prescription, or issue a death certificate for the tree, after it is dead, and call this science, will not supply potash to the soil and save the tree. Give a patient, or an aged man, what he requires. Cure your patients and do not bury them, and we will take our hat off for your doctoring science. We are sorry to say that our heads remain covered.

An iron diet is exceedingly important for health and longevity, but should not be forgotten at any time when we are ailing. Under the influence of iron in the blood, the blood is immune to germs. Anemia is impossible under an iron diet, providing it is food iron, and not drug iron.

A MAGNETIC IRON DIET FOR PEP, VIGOR STRENGTH

The following food articles contain above one per cent of food iron in their ash:

Goat brown cheese compound

Lambs lettuce	✓ Spinach
Dwarf nettles	Rye meal bread
Jerusalem artichokes	Shallot
Fresh bone	✓ Strawberries
Cardemom	Wild strawberries
Wild cherries	✓ Lettuce
Goat milk whey	✓ Okra
✓ Juniper berries	Artichokes
✓ White onions	✓ Asparagus

- | | |
|-------------------|-------------------------|
| Caraway seed | Salsify |
| Cardoons | Savoy cabbage |
| Collards | Squash |
| ✓ German prunes | Swiss chard |
| Leeks | ✓ Wild blackberry juice |
| Rice bran muffins | |

✓ { Liver is valuable because it aids in the assimilation of iron and stimulates red cell production. Liver from young animals and young fowl should be used, as nearly raw as possible.

There are a few other food articles that also contain a fair per cent of iron, some of which have been advertised as iron foods, although they could not consistently be called iron foods. They are as follows:

- | | |
|------------------------|-------------------|
| ✓ Beets | ✓ Black radishes |
| ✓ Cauliflower | ✓ Celery |
| Chinese cabbage | ✓ Sundried apples |
| ✓ Dandelions | ✓ Egg yolk |
| Goat milk | ✓ Gooseberries |
| Kale | Kohl rabi |
| Marjoram | ✓ Pumpkin |
| ✓ Red cabbage | ✓ Radishes |
| Roe | Shad roe |
| Shredded wheat biscuit | Walnuts |

A fair per cent of iron is found in the ash of these foods, but they are not specially important as iron foods. We are well aware that many other food articles have been advertised, or recommended

as iron foods, as for instance, raisins, grapejuice, grapes, Zante currants and others. But having before us the complete quantitative food analysis made by seventy-four of the world's greatest analytical chemists, we will make a few comparisons. Raisins average 0.60 of iron oxid; grapes only 0.40, grapejuice only 0.31, red beets 0.30 of iron, barberries contain twice as much iron as grapes. Grapes and raisins are not iron foods. Raisins, moreover, are so high in sugar that a raisin diet would lead to diabetes long before anyone could charge the blood with iron. Goat brown cheese contains seven times the iron content found in raisins, and goat brown cheese has practically no sugar to interfere with iron assimilation, as is the case with raisins and many other foods.

Alkaline iron food is superior to acid-forming iron food. When we are acid from an excess of sulphur, or its gases in the blood, the hemoglobin, and the blood iron, both suffer. This leads to pernicious anemia, else acid anemia. Then, we require the highest kind of an iron diet; but at such times, it is highly important to avoid all foods that contain above one-tenth of one per cent of sulphur in the food ash. We must have high iron foods, that are, at the same time, low in sulphur. This is why everyone should have a food map, so that the special food required may be accurately selected. Chlorin acidity, caused by vagatonia, pessimism, and an excess of table salt, vinegar, pickles and salicylic acid often

used by the milkman in dairy products, to preserve his germ milk, all have a bad effect upon the iron function in the body. This results in another kind of acid anemia. Here, it is important to abstain from table salt, water, vinegar, pickles, and adulterated milk products, also, all high chlorin foods. Here also, a very rich iron and hyperbasic diet is imperative, or the man will die of toxicosis, indigestion, ulcer or cancer. The doctor's dope and the surgeon's knife will not save the man. In old age, the iron, or its compounds, in the body, are often alarmingly precipitated. This results in old age ailments. Old age requires a high iron diet, as well as a hyperbasic diet. This is another secret of youthfulness and vigor in old age.

KEY TO CORRECT BREATHING

There are many different methods of breathing recommended and described in various books on chest culture, both European and Hindu systems of chest culture, all of which systems have their individual benefit. If, however, the blood is well supplied with iron and sodium, or their compounds, breathing and oxidation will take care of themselves, in almost every man, unless he wishes to develop some unusual occult characteristic, in which case he requires special instructions by skilled and experienced teachers.

Forcible methods of breathing are of no value, and may even be harmful. All that any man, or

woman, young or old, needs to do is hold the air in the lungs just a second longer than usual, at each inhalation, so as to give the oxygen an opportunity to enter the blood in the lungs. If we inhale slowly and exhale slowly, and hold the air in the lungs a second longer than usual, and do this a number of times each day for about three months, we eventually train all of the air cells in the lungs to a more efficient method of breathing, so that lastly, the breathing becomes automatic. The lungs will, at last, attend to the breathing themselves, and the correct method of breathing becomes an unconscious act. But the breathing should always be natural. Forceful breathing may weaken, perhaps, collapse, many of the air cells in the lungs. The main secret of oxidation is to keep the blood well supplied with the essential blood properties required for efficient oxidation. The foregoing is the secret of correct breathing. Free oxygen is the element of life, stir, action and animation in the blood, tissue, brain, nerve, organs and secretion. Elimination and metabolism are promoted by that energetic element oxygen.

CONSTIPATION, THE GREAT ENEMY OF YOUTH AND BEAUTY

Many people, young and old, may not realize how important it is to keep the bowels open, and all of the avenues of elimination in perfect condition, so that impurity, auto-toxins, fatigue products and

waste matter may pass out unimpeded, through the proper excretory avenues. Waste matter, fatigue products, and auto-toxins that are retained in the body have a bad effect on skin, complexion, brain, and health in general. "Keep in the fear of the Lord, and your bowels open," said a prominent physiological chemist. How, is the great question. It is impossible to retain health, beauty, charm and youthfulness so long as the eliminative avenues are obstructed.

To overcome costiveness of the bowels and all other difficulties of the evacuation exits, we must first of all, leave dead foods, drugs, dope and most manufactured foods alone. Nor should we indulge in coffee, and other unfavorable drinks, smoked meat and fish, tough protein, sweets, starchy foods, cheese, cereals, heavy coarse fats, potatoes, wheat food, etc., except sparingly, if at all. We should adopt a laxative, eliminative diet, composed of the following foods:

THE VERY BEST LAXATIVE FOODS

Blueberries	Shallot
Figs	Panama rhubarb
Prune sauce	Oranges boiled with
Orleans plums	Eucalyptus honey
Chickasaw plums	Lettuce
California plums	Salads
Yellow plums	Pears
German prunes	Red oranges

Sole	Roe
Tomato toast	Indian plums
Collards	Stewed dried apples
Persimmons	Spinach
Strawberries	Beet tops
Grape sauce	Celery
Senna, fig and prune juice mixed	Senna tea
Avocado	Cherries
Asparagus tips	Whey
Young fowl	Rye meal bread
Smelt	Huckleberries
Cardoons	Egg plant
Edible buds, in salads	Tamarinds
Flounder	Mixed fig and prune juice
Ripe apricots	Young green lima beans
Mangoes	Tender lamb chops
Dwarf nettle salad	Crisp greens
Papaya	Sprouts
Pork tenderloin	Broiled game
Blue Damsons	Chinese cabbage
Stewed prunes	Dandelion
Fig sauce	Frog-legs
Goat brown cheese	Mandarines
Satsuma plums	Tender young fish
Fresh plums	Oysters
Prune juice	Pineapple
	Ripe olives

No one can suffer from costive bowels, nor from defective elimination on such a diet, unless the bowels are half paralyzed from acidity, drugs, toxins,

and from the eating of dead foods for years and years. If this be the case, it is high time to institute a diet reform.

CURE THYSELF

“Cure thyself,” said Christ. A correct system of diet will cure us when everything else fails. Natural foods, air, sunshine, exercise and good habits can cure us, but excorticated, processed flour, preserved food, and unnatural foods in general, plus drugs and surgery, will bring us nothing but misery, pain, disease, death, and an early tomb. When the Creator made Adam and Eve, he made no doctor, no pills, no surgeon, no drugstore, and there must be a reason for this. Now, in the midst of specialists, drugstores, hospitals, learned surgeons and scientific doctors, babies die in infancy; hospitals are filled with poor sufferers, asylums are crowded with maniacs; jails are filled with criminals; most of the people are sick, and doctors themselves are consumptive, dyspeptic and rheumatic. Heart disease, cancer, tuberculosis, Bright’s disease, dropsy, and operations are the order of the day.

The bear in the forest, the lion in the mountain, the panther in the covert, the tiger in the jungle, or the gorilla in the dark and dismal forest of the tropics, has no doctor prescribing pills, no one to inject serum under his hairy hide, no surgeon to slice and cut into his anatomy, no druggist with his pharmaceutical gallipots and scientific dope; no hospital,

no asylum, no medical books to refer to, no newspaper articles written by medical experts to explain, interpret and elucidate the principles of health and sanitation; no hospital apparatus, no one to administer osteopathic technique, no skilled masseur to massage that hairy hide, and the giant muscles beneath; no medical law to protect the health of those poor beasts; no chiropractic punches; no French cook, or culinary experts to prepare civilized dishes; no vegetarian philosophy to guard the poor brute against the danger of carnivorous habits; no libraries of science and philosophy to instruct; no scientific and trained obstetrician to superintend the process of delivery and the birth of cubs; no graduated nurses to care for the health of those poor beasts, to take the temperature, keep a record, enforce the rules of the learned physician, and to see that the doctor's pills are taken religiously at specified hours. Those helpless hairy beasts have none of the conveniences and advantages of our wonderful inventions, sciences, arts and civilization. Yet, in spite of all of this, a bear, a panther, a lion, a tiger, or a gorilla is healthy, strong, vigorous, and powerful for some reason not understood by our mighty scientific—What?

There must be something wrong somewhere. Is it possible, that we have no science, and no doctors yet? Or is it possible, that we would be more healthy, vigorous, successful, strong, and long lived without science, doctors, dope, manufactured and

cooked foods, the same as those wild beasts? If, with all our sciences and specialists, beasts are our superiors in health, strength, vigor, muscle, courage and build, it is a poor compliment to science and specialists. If science cannot keep our children alive, keep us people well, keep us out of sick houses, hospitals, jails and asylums; if doctors cannot keep their own wives, children, nor themselves well; if science can only cure our pocket-books, fill our children's blood with cow-pox, pus, and other dope, translate our diseases into Latin and write our death certificates when we suffer and die, even in childhood, youth, manhood, or middle age, should we patronize such sciences?

Is it not time to take our own health into our own hands? If a correct diet cannot cure us, we will never be cured.

A NEW ERA AHEAD

The writer of this book has patronized regulars, homeopaths and many other doctors for years and years, and handed out money to them without results; he has moreover, taken a course in medicine, and came to the conclusion that medicine is helpless in times of disease. For this reason, he has devoted himself to the study of food chemistry, diet experimentation, the study of chemical diagnosis, the study of human chemical types, type tendencies and characteristics, the effects of climate on differ-

ent types of people, the effects of emotion, and states of mind on health and disease, the study of food manufacture and food fraud, the effects of certain diets on people and animals. By this experimenting, also by reading the reports of other diet experimentalists, he lastly learned that a wrong diet is the main cause of nearly all of our diseases.

So long as we eat wrongly, no doctor can cure us; and if we eat rightly, we need no doctor, no surgeon. Diet cures or kills. Many doctors may be well meaning; they are just as good men as we are, perhaps better, but their system is wrong. Medical colleges are at fault. Soon, there will spring into existence a different doctoring system—preventive doctoring. We will then have health doctors, instead of disease doctors. Each man, then, becomes his own doctor, and science will devote itself to soil analysis, quantitative food analysis, protection of the peoples' food supply, the application of diet, plant physiology, rational food manufacture, scientific husbandry, race and family culture, crime and insanity prevention, and hundreds of other new branches that will spring up.

The hundred thousand doctors, more or less, in the United States, will still be professional men, but in different capacities. A new era is ahead. The old system of doctoring will become relegated to the past, and coming generations of youth, beauty, vigor, uninterrupted health and longevity will read about the old systems of doctoring, doperly, surgery,

and pharmacology, and smile at our now prevailing civilized scientific stupidity. The pharmaceutical bolus with his pills and gallipots will be the amusement of coming generations.

**DANGERS AHEAD SEEN AND PREVENTED.
DODGING THE DOCTOR.**

In certain types of people, there is a tendency to ossification, hardening, stricture, arterio-sclerosis, gout, rheumatism, shrinkage of the heart valves, atrophy, swelling, stiffness, gravel, gall stones, calculus, tumor, sclerosis of the liver, gouty kidney, ankylosis, consolidation in nerve matter, or in brain matter, or in the spinal bones, or solidification in the ears, or in the ear bones, resulting in poor hearing, or hardening in the structures of the eyes, terminating in weak eyesight, or blindness; hardening in the joints called arthritis; uratic crystallization in the small of the back, or elsewhere.

Such ailments are diet ailments in nearly each and every case, and should be counteracted in time, by such foods, juices, broths, or teas that contain solvent properties, otherwise, we may become complete cripples, even in youth. We should never wait until it is too late, nor should we ever give up hope. The right diet will cure us, if we persist, and, if a correct diet cannot cure us, nothing under the sun can cure us. We have waited too long; we have indulged our own sugar appetite, or appetite for

other unfavorable foods, until lastly our fate is sealed.

We should however, know, what is the cause of our trouble, what acid, or food, or dope, it is that is at the foundation of our trouble. We can, however, do a great deal in preventing tissue hardening by introducing certain solvent foods into our general diet, at any time of life.

DISSOLVING BODY INDURATION

Table of solvent foods, juices and teas:

Asparagus bud broth	Goat buttermilk
White beets	Oysters
Yellow beets	Ripe plums
Avocado	California prunes
Citron	Swiss chard
Raspberry juice	Chinese cabbage
Oranges	Romaine lettuce
Cloudberry	Sugar beet leaves
Custard apples	Canned tomatoes
Dwarf nettle broth	Asparagus shoots
Kumquats	Red beets
Mangoes	Beet broth
Mammee	Citric fruit juices
Sapotés	Blueberries
Tangerines	Dewberries
Breadfruit	Serenoa
Goat milk	Pineapple
Goat brown cheese	Eucalyptus honey

Duckweed broth	Sour goat milk
Grapefruit	Limes
Loquats	Papaya
Mangostan	Pomegranates
Nectarines	Wintergreen
Tamarinds	Celery
White carrots	Egg white
Frog-legs	Sweet strawberries
Goat cottage cheese	Ripe garden tomatoes
Goat milk whey	Wild strawberries

Such solvent foods, juices, broths, or teas introduced into the diet at times, will prevent hundreds of ailments in young and old, caused by hardening processes, which ailments may otherwise cripple youth, and old age. There is greater danger however, in old age, or at any time after forty-five, than there is in youth, though even childhood is not immune. The so-called infirmities of old age do not come to every man and woman. There are thousands of centenarians who do not have, and will not have, an ache nor a pain. Why? There is a reason. They are miracles of diet. They dodge the doctors and the dope shop, or else, are strong enough to survive in spite of doctors and dope.

THE CRIPPLE AND HIS DIET

Gout, arthritis and rheumatism have many causes, as for example, uric acid, oxalic acid, bacterial acid and toxins, or fatty acid, or carbohydrate fermentation and acidity, or phosphoric acid, or ex-

cess of lime, or chlorin excess and acidity, or paragenic acidity, taint and pus, or Medeic miasm and poison, etc. Any one of these may produce rheumatic ailments and disease. The kind of acid, the nature, cause and symptoms of such rheumatic ailments should be known first, before a diet can be formulated for a given case.

In hundreds of instances, complete cripples have cured themselves by a correct diet. But the symptoms of that acid, also the nature of the acid which is the cause of that rheumatism, gout or arthritis, must be known first before a correct diet can be formulated. The cripple must know how to eat, and what to avoid, before he can cure himself.

If the cause is uric acid, he requires dry heat, a warm diet, a non-uric acid diet, and such substances that eliminate uric acid from his body.

If it is lime-hardening that is the cause, he needs a comparatively calcium-free diet, and the highest kind of sodium food, together with distilled water in abundance.

If oxalic food acid is the cause of the trouble, he requires non-oxalic acid foods, sodium and calcium foods combined, at each meal.

If it is fatty acid rheumatism, the sufferer requires a fat-free diet with hot lemon juice drinks without sugar, and the highest kind of potash foods, combined with Turkish baths, alcohol rubs and vigorous massage.

If the ailments are caused by carbohydrate fermentation and acidity, a sugar and starch-free diet is the first requirement; also, foods rich in formic acid, and the highest sodium foods that can be found.

If brain and nerve acidity (phosphoric acidity), is the cause, he needs a high sulphur, manganese and magnesium diet, also, brain rest, a tongue vacation, a residence in the hills, so that more oxygen and ozone may be obtained for brain, nerves and bone.

Chlorin acidity being the cause, a chlorin-free diet, beaten egg white, magnesium food, no water, nor drinks, small meals, a dry diet, alkalinizers, high sodium food, and cultivation of a cheerful disposition are desirable.

If Pargenic taint, acidity and pus be the cause, a man requires an extensive diet regime, beyond the scope of this book, which is also the case if the Me-deic miasm, acidity and pus be the cause.

Inflammatory rheumatism is a blood ailment of bacterial origin, because the blood salts are lacking in the blood. This requires an anti-bacterial diet, and a diet that is high in the blood salts.

Nervous rheumatism, so called, is in the nerves, and is caused by a special kind of acidity. This requires a specific diet.

Lime-hardening is in the bones. This is usually called gout. Another kind of gout may develop in

the lining of the bones, caused by manganese deficiency. This species of gout is the most painful ailment there is, and is always more painful at night and in the dark.

Arthritis is in the joints and tendons; rheumatism is generally in the muscles. Uric acid rheumatism is better in hot weather and sunlight, and worse in cold, damp, windy weather.

This, of course, is a broad subject and cannot be taken up in detail in a book like this. This brief explanation is really a digression, but there are so many sufferers that have been given up by doctors after the pocket-book (not the gout nor the rheumatism) has been cured, that a few words on the subject are not wasted. The safest diet for the cripple is the diet outlined in this book. This book deals mainly with the secrets of attaining old age, and of retaining health and youthfulness while we do live. This diet system has been originated by ourselves, for ourselves, for the purpose of proving to our own satisfaction what a correct diet system can do for youthfulness and old age.

PREVENTING GAS AND BLOATING DEFEATING DISEASE AND DEATH

In old age, in youth, even in childhood, or at any time in life, there is more or less danger from stomach trouble, food fermentation, bloating, gas generation, gas pressure, and discomfort, in a great many

chemical types of people. This may not happen often; again, it may go on for years; it may, perhaps result in disease and death, if nothing is done to overcome the trouble. Such disturbances are usually associated with indigestion, headache, biliousness, gall stone, constipation, sleeplessness, stupidity, tired feelings, colitis, appendicitis, diarrhea, burning or fullness in the stomach, ringing in the ears, and hundreds of other varying symptoms. Usually, it is something that we eat, or drink, that is at the foundation of the trouble.

DANGEROUS GAS FOODS

Breakfast foods, cereals, bread, sweets, fats, oils, water-drinking, tea, coffee, chocolate, postum, table salt, protein excess, nuts, starches, very sweet or very sour fruit, oxalic and malic acid foods, potatoes, starchy food, onions, mustard, radishes, Brussels sprouts, cabbage, cranberries, red raspberries, horseradish, leeks, shrimp, rhubarb, sausage, watercress, cauliflower, even spinach, pie crust, tainted fish and meat, milk, cream and ice cream, decomposition products or ptomaines, fruit or vegetables combined with milk, each and all may ferment, decompose, acidify, and generate gas in the stomach and intestines, and produce persistent health disturbances for years, perhaps, for life.

Such foods and drinks that are unfavorable, may destroy beauty, ruin complexion, sour dispositions,

shatter nerves, undermine the vital functions, weaken hearts, constipate bowels, fade cheeks, distort features, unsettle minds, dim eyes, depress the circulation, blast hope, darken love, destroy magnetism, and make us appear old, crabbed, antiquated, superannuated, forlorn, poor, and unsuccessful, whether we are paupers or millionaires.

When gas shall have once generated in the stomach, it may stay there for days and months, or perhaps, longer, or it may pass into the bowels, and stay there, or it may press upon the heart, and make us think we suffer from heart disease, and some doctor may feed us on digitalis until the heart stops. Or the gas may pass up into the brain, and cause trouble there, or enter the blood stream, and interfere with the circulation, or again, it may distend the stomach, until it becomes weakened, dilated, and stretched and hangs like a lifeless bag, unable to digest food.

OVERCOMING GAS FORMATION

If gas, flatus, bloating, fermentation and stomach trouble bother us, we should know what to do, and what to eat, at least, until the trouble is over. First of all, we should leave death and gas generating foods alone. Such foods we have already mentioned, but there are hundreds of others. When we, ourselves, are bothered with gas generation, we use hot drinks made of green peppers, four tablespoonsful of goat brown cheese, and a little water, all well

cooked, stirred and strained and drank as hot as possible. We often use as much as three glasses and may also add four drops of oil of peppermint to the drink, when we drink it. Or else, we add green peppermint leaves to the green peppers in cooking. The menthol in the fresh peppermint leaves combined with the heat of the drink, the organic sodium chlorid and iron in the goat brown cheese, the piperin in the green peppers, dissipate the gas in the stomach.

At times, we have used Waterbury's Acidosis; at other times Bi-sodol; at still other times we have used Adlerika, or dill tea, or Squibb's Bi-carbonate of soda, or Citro-carbonate, or table salt in hot water, or peppermint tea, or catnip tea, depending upon the nature of the gas. However, in our own individual case, we found nothing equal to that food drink first mentioned. This drink has no equal when that dangerous sulphur gas is generated in the stomach, from such sulphur foods as mustard, horseradish, Brussels sprouts, cabbage, onions, watercress, cucumbers, red raspberries, shrimp sorrel, rhubarb, radishes, and other sulphur foods.

Oxalic acid substances, or food, such as agar-agar, dulce, Irish moss, sea lettuce, cocoa, red and black pepper, sorrel, spinach, chocolate, rhubarb, tea, cucumbers and even wheat, milk, butter, rice, game, oats, mutton, which seven last mentioned, are free from oxalic acid, often are converted into gas. Such foods that are high in malic acid are gas form-

ers to some types of people, and should therefore, be left alone. The chief malic acid foods are, unripe apples, sour apples, crab apples, sour tomatoes, red raspberries, sour plums, cider, whortleberries, loganberries, some varieties of huckleberries, cowberries, cranberries, gooseberries, red and white currants, red cherries, sour apricots, sour peaches, loquats, quince, sour strawberries, and others.

WHAT THE DOCTOR DOES NOT KNOW

It is often impossible for everyone to study the chemical properties of food. Also, because there is a scarcity of food chemists, it is nearly impossible for people in general, to obtain the essential information in regard to quantitative food chemistry, the acid contents in food, the chemical essences contained in food, the kind of preservatives used in food, the adulterants and toxins in food, and the frauds practised by the food manufacturer in the interest of his pocket-book. This is why we say that every American kitchen should have one of our food maps from which to select foods.

Food chemists seldom write individual dietaries for the general public. The diet problem for each man and woman is a ticklish proposition. University professors often write books on diet, or write articles in daily papers and magazines, and many medical men, and other enthusiastic pretenders undertake to give the public diet advice, but such advice and such information has not proven valuable,

else this would be the healthiest nation on the face of the earth. Universities graduate dieticians, but as none of such institutions of learning know quantitative food chemistry, nor chemical types of people, nor chemical diet symptoms, their diet advice is general and inaccurate. They, themselves, are sick and ailing. That dietician, that doctor, who does not know all of the sixteen chemical contents in any one, or all foods; who does not know one type of patients from another; who does not know one chemical symptom from another; who lays out menus in a book for all people alike, that same man's diet advice is too general.

The heat and sultriness of the summer requires a special diet. The winter calls for a different diet. The laborer, the athlete, the orator, the brain worker, the pregnant mother, the growing youth, the octogenarian, the plethoric, the cretin, the moron, the criminal, and so on, ad infinitum, each requires a different diet. Moreover, when we conduct diet experiments, we should experiment on Man, and on a special type of men, and not experiment in a rat yard on rats. A man is not a rat. Diet experimentation in a rat yard is of no real value to mankind, though it may be interesting to rat breeders, and fossilized professors.

BE YOUR OWN DOCTOR

For a great many reasons, each man, each woman should by right, be his own dietician. Each man

ought to have a book on quantitative food chemistry, another little book on his own chemical type, a food map on quantitative food chemistry and still another book on bromognosis, so that he may know the properties of food and his own chemical type; so that he may compare the organic, and the quantitative food contents quickly; and also, be able to analyze his own symptoms and needs. Then, he could eat intelligently. Then, he could live twice as long, be healthy while he lives, keep young and vigorous, and be an efficient man in the fullest interpretation of that term.

Then, he would suffer from no disease, no infirmities of old age; he would never die of some insidious and terrible disease. When lastly, he was at the end of his career, he would sit down, or lie down, and fall asleep; his physical and mental machinery would stop without a pain, groan or ache; he would then go to the realms of the blessed from whence he came. To die from dreadful diseases, or on the operation table, or through suicidal methods is abnormal and unnatural. But if we live on an excessive protein diet, carbohydrate diet, or upon those unnatural foods which we have already mentioned; or if any of the sixteen chemical food elements is in excess, or lacking, we must take the consequences of weakness, disease, and an early grave.

A high calorie diet results in fermentation, gas generation, bloating and lastly disease and disorganization. "We are what we eat." Excess of potash

food is a prolific cause of flatus, which is also true of an excess of food sulphur. Gas generation has many causes. Some articles of food are however, non-gas producing. The following foods and drinks are the very best for overcoming gas, or for preventing gas formation.

Meat juice from round steak selected from a young healthy steer.

Chewing slightly broiled round steak and swallowing the juice.

Orange juice made alkaline with citro-carbonate.

Hot drinks made of goat brown cheese.

Goat brown cheese.

Blood from healthy young chickens.

Imported gedost.

Imported mesost.

Citro-carbonate in distilled water.

Peppermint tea.

Crisp raw young Chinese cabbage .

Raw beaten egg white or fresh alkalinized strawberries.

Outside of the foregoing, there are not many articles of food that will agree when stomach trouble, gas generation, bloating and fermentation prevail.

There are many alkaline food articles, but when the entire body, with almost all of its fluids and contents, is charged with acid, except the blood, and al-

most everything that we eat is converted into various gases; when we suffer from liver gases, intestinal gases, bacterial gases, blood gases, and so on, so that gases are generated every hour of the day and night, the prospect of health, of recovery, of long life, is not very cheering. Then, we need the most alkaline, acid-neutralizing, and gas-neutralizing foods that can be found. A few "hypos" of morphine, and a brief commorancy in a sanitarium would soon close the chapter of life and stop the heart beat forever, at such a time.

At a critical time like this, it is highly desirable to know a few articles of food that will not be converted into additional gases, acidity, fermentation and corruption. It is important to know a few foods that may keep body and soul together, until we gain in vital life and strength. If we can hold on to life a little while, by eating the right foods, soon we may recover, gain in vigor, vitality and life, and add another twenty years to our life, and thus, double and treble our experiences and accomplishments. We should live as long as it is possible to live. There is a sacred gain in life; there are honor and merit in a long life, but there is no honor in a bloody operation, nor in a premature funeral.

FOOD FOR ONE IS POISON TO ANOTHER

The food that is easy of digestion to one man may be difficult of digestion to another man. Milk, for example, is difficult of digestion to a man of a

Myogenic type. We know of a number of Myogenic men and women who told us in very positive language that milk actually made them sick. One Myogenic man patient, was troubled with chronic stomach trouble, and was being "cured" by a medical doctor, who advised a milk diet, on which diet the patient nearly died. When we recommended alkalinized raw meat juice, goat brown cheese drinks, tender lamb chops, veal joint jelly, and crisp Chinese cabbage as a diet, the poor sufferer recovered.

Stomach trouble is different in different types of people. This is why chemical types of people should be studied. The doctor treats all people alike, just the same as our educational mills grind out scholars, according to one and the same system. If one man is cured with a milk diet, doctors and dieticians are likely to think that the milk diet is a cure-all, a universal panacea.

So, also, with foods that are called easy of digestion. Those articles of diet that are easy of digestion in a general sense, may, or may not, be easy of digestion to a man of a special chemical constitution. Bone is indigestible to a man, but not to a dog, nor to a hyena. Why? Milk is easy of digestion to a calcium man, but is indigestible to a Myogenic man. Sour fruit is almost poison to Isogenic people, but such acid fruit is not only easy of digestion to the cerebral type of people, (Neurogenic), but also sanitary and curative. Sulphur food, previously mentioned, would kill a dark phlegmatic lady, but a thin-

skinned, light-haired, emotional, esthetic and idealistic lady of an Exesthetic chemical type can eat such greens, fruits and vegetables like an ox eats clover, digest them easily, and not suffer from such excess. She is more likely to suffer from sulphur deficiency, because her chemistry is such that she actually craves and requires sulphur and magnesium foods in the greatest abundance. She lives mainly on salads, frosty air, recreation, entertainment and foamy carbohydrate delicacies. Her chemistry is a sort of a human brimstone works; her disposition is similar to the moon and to a volcano—changeable and fire-spitting, at times—“*Varium et Semper femina.*”

The doctor tells us: “That which is one man’s meat is another man’s poison.” Does the doctor know why this is true? Does he know why sauerkraut and Limberger will cure a Dutchman, and why it will kill an Irishman? People are not made in the same mold. They have their individual differences, dispositions, capacities, tendencies to disease, talents, genius, appetites, likes and dislikes. What one man can digest, lies in the stomach of another man like a brick, and may even produce acute indigestion and send the man to the great Beyond. Therefore, while we may enumerate foods that are easy of digestion in a general way, yet, each man must choose for himself, according to his own type and chemistry.

EASILY DIGESTED FOODS

Alfalfa bud salads	Clover blossoms
Mellow apples	Codliver oil
Ripe sweet apricots	Tender corn on the cob
Asparagus	Dandelion
Baked pippins	Custard apples
Tender beets	Elderberries
Ripe black cherries	Flaxseed tea
Blueberries	Stewed sweet prunes
Blue Damsons	Fresh figs
Broccoli	Fresh plums
Broiled tuna fish	Apple peeling sauce
Whiting	Fruit pudding
Sweet almond oil	Gizzard broth
Sundried apples	Roquefort cheese
Artichokes	Green butter beans
Avocado	Tender young peas
Beer	Honey
Beet greens	Lamb
Ripe black currants	Lemons
Blueberry juice	Liver from young fowl
Brambleberries	Loquats
Broiled squab	Mandarines
Weakfish	Melons
Broiled wild duck	Tender carrots
Goat buttermilk	Celery
Cardoons	Swiss chard
Tender cauliflower	Clam broth
Chinese cabbage	Cloudberry
Chayote	Cocoanut oil

Curly cabbage	Ripe olives
Scrambled eggs cooked lightly	Romaine
Flounder	Tender garden spinach
Sundried prunes	Strawberries
Sundried figs	Shad
Frog-legs	Steel cut oatmeal
Fruit peel sauce	Tangerines
Tender gizzards	Tongue
Goat butter	Wild strawberries
Grapes	Young wild fowl
Green onions	Nectarines
Home made rye bread	New Zealand spinach
Kumquats	Ripe tomatoes
Leek leaves	Oyster broth
Lettuce leaves	Ripe peaches
Liver from young animals	Persimmons
Mammee	Pork tenderloin
Mangoes	Pumpkins
Mulberries	Brown rice fruit pudding
Most salads, made of tender greens	Roe
Dwarf nettles	Crisp Savoy cabbage
Okra	Shallot
Oysters	Squash
Panama rhubarb	Quail
Pears	Smelt
Pineapple	Tender string beans
Pumpnickel	Tender goose
Red tender cabbage	Whey
	Young game
	Zante currants

FEEDING THE DUCTLESS GLANDS

According to the great plan of the Creator, there are stationed in different parts of the body a number of glands, called the internal glands, namely, the gonads, adrenals, pineal, thyroid, para-thyroid, pituitary, thymus, also others not yet generally known. All of these glands are so many subordinate chemists, with their respective laboratories, distributed throughout the body, each manufacturing a special secretion of the greatest value for some one of the functions of life and health.

Surely, a man "is fearfully and wonderfully made." All such internal glands are regulated and controlled by the brain, by means of telegraphic nerves, nerve fibers, and nerve filaments. And the brain itself, is built, regulated, superintended and operated by the indwelling spirit, or soul. The soul or the indwelling spirit with its life and intelligence builds the brain, the bones, the muscles, the vital organs, and the internal glands, according to the great plan of nature. The internal glands in question, require certain food material for their secretions. If this secretory food material is not supplied these secretions are not normally supplied. At once, there is trouble of some kind; health suffers; beauty vanishes; cheeks fade; vigor decreases; life is on the ebb; disease takes the place of health; dopyery and surgery commence, and soon there is another scientific death certificate, also an untimely

funeral, and another empty pocket-book, emptied in the interest of pretended science.

It seems that all people who live on death food, or on cooked food; that all people who suffer from venereal diseases; all people who suffer from a tubercular, a pargenic, or a Medeic, diathesis, including cretins, certain morons, defectives and perverts—all such people always suffer from atrophy, or swelling, or disease and wrong functioning of some one, or all, of the internal glands.

Again, it appears that the internal glands require for their secretions, certain fruit and vegetable acids, certain complex food essences, even vegetable and nut toxins as found in food, also, some of such food elements as iodine, fluorine, manganese, silicon, magnesium and in some cases, chlorine, probably also, the foreign element, aluminum, and in certain extreme cases, other foreign elements not found in the body of a normal man.

VITAL FOOD FOR THE INTERNAL GLANDS

The internal secretions are highly complex, and require what we call combination salads, made up of greens, vegetables, fruits, berries, grated nuts, meat, fish, fruit juices, certain fats, together with some appropriate salad dressing. By taking from four to eight different greens, two or three vegetable ingredients, some kind of tender meat, or fish, different pieces of fruit, a few fresh, or sun-

dried berries, some grated nuts, some appropriate oil, or fat, or both, and saturating all of these salad ingredients with one, or more than one, fruit juice, or berry juice, then mixing all of the salad ingredients well, and adding a suitable well made salad dressing to the salad—we have what we call a combination salad that will supply all of the food material essential for the complex secretions of the internal glands.

Every ailing man, each person who is advancing in years, each girl, or woman, who is interested in beauty or health, should eat at least one such combination salad each day, preferably in the evening. He, or she, may drink a tonic, broth, a frescade, or an analeptic, together with this combination salad, and, if he, or she, is hungry, eat a slice of homemade rye bread, with some imported Roquefort cheese, or goat brown cheese, and perhaps, a slice or two of pineapple. This would be a perfect evening meal, a beauty meal, a meal that would supply the essential food material for the internal glands, and internal secretions.

Fat metabolism, the blood, the brain, the muscles, bone construction, oxidation, neurogenesis, sexualization, and all other simple or complex anabolic, or catabolic, processes in the body of man, require those complex chemical secretions supplied by the internal glands. Those secretions however, are not the man himself, nor are they the character, mind, soul, disposition, temperament, talent and genius of

man. Nor are they the life of the man, as some materialistic scientists would make us believe. They are nothing but internal secretions.

These internal secretions are exceedingly important for health, youthfulness and long life. Nor can they be made of cooked food, drained beef, fried bacon, hard boiled eggs, coffee, coffee-cake, dyed candy, pickles, catsup, off-scum hashes, doped butter, embalmed meat, spooky white flour, civilized pancakes, famished spaghetti, rheumatic sausage, commercial syrup. That brilliant motion picture star, that feminine beauty, that young student, that ambitious genius, that middle-aged business man, that Theological functionary, that growing boy or girl, that lives on such, or similar foods, will soon fail, weaken, fade, and become another scientific and civilized victim; will soon pay the bills to doctors who cannot cure; there will be another death certificate, another funeral, then stillness in the grave.

Even if we sleep on pills; even if we drink dope and serum, as a calf drinks milk; even if specialists sound us, test our blood, analyze our urine, and tell us in Greek or Latin that we suffer from hepaticocholecystostcholecystenterostomy (See Medical Dictionary by Dorland), or that we are in the greatest need of a laparohysterosalpingo-oophorectomy, or some other scientific Greek or Latin, spook-name disease, or operation; even if they make X-Ray pictures of our inner structure; even if we hand over

one million dollars to learned specialists, and medical translators of diseases into Greek and Latin—we will die, unless we eat rightly. Combination salads may save us, if we do not wait until the heart stops and the eyes close in death.

COMBINATION SALADS FOR THE INTERNAL SECRECTIONS

Select ingredients from the following list:

Meat and Fish as Salad Ingredients

Bluefish	Gizzards
Tuna fish	Lamb
Young duck	Liver from young animals
Fresh herring	Lobster
Young wild fowl	Venison
Liver from young fowls	Pike
Clams	Fish roe
Perch	Sea crab
Quail	Sole
Silver salmon	Squab
Smelt	Veal joint jelly
Turbot	Whiting
Young chicken	Whitefish
Crab meat	Flounder

Raw Vegetables as Salad Ingredients

Beet greens	Cabbage sprouts
Tender red cabbage	Savoy cabbage
Celery	Chayote
Chicory	Chinese cabbage

Chives	Dandelion
Dill	Common lettuce
Head lettuce	Lambs lettuce
Stingless dwarf nettles	Parsley
Romaine lettuce	Shallot
New Zealand spinach	Swiss chard
Sugar beet leaves	Thyme
Turnip leaves	

Cooked Vegetables

Artichoke hearts	Asparagus tips
Young lima beans	String beans
Young beets	Carrots
Cardoons	Egg plant
Onions	Young green peas
Tomatoes	Green peppers

Fruits and Berries as Salad Ingredients

Ripe bananas	Ripe apricots
Ripe apples	Blackberries
Barberries	Blueberries
Wild blackberries	Black currants
Sweet cherries	Dried Zante currants
White currants	Chinese dates
Dewberries	Grapes
Fresh figs	Mulberries
Mandarines	Ripe olives
Nectarines	Bartlett pears
Hale peaches	Pineapple
Persimmons	Black raspberries
Sweet plums	Tangerines
Strawberries	Avocado
Sundried figs	

Grated Nuts to Be Used

Almonds	Hickory nuts
Pecans	All nuts must be grated.
Pistachio	

Special Salad Ingredients

Sweet almond oil	Virgin olive oil
Cocconut fat	Goat cream
Roquefort cheese	Goat brown cheese
Well beaten egg yolk	Well beaten egg white

Juices to Use on Combination Salads

Blackberry juice	Black raspberry juice
Black currant juice	Tangerine juice
Blueberry juice	Grapefruit juice
Juice from sweet cherries	Lemon juice
Dewberry juice	Nectarine juice
Juice from limes	Pomegranate juice
Orange juice	Strawberry juice
Pineapple juice	Fruit peel juice

Remember that meat, fish and fowl should come from young healthy animals, young fish and young fowl, should be lightly broiled, or slowly steamed, because excessive cooking is detrimental to food life.

NUTRITION FOR THE BLOOD AND HEART

The heart beats approximately at the rate of seventy beats each minute, about one hundred thousand, eight hundred times each twenty-four hours, and approximately three billion six hundred and seventy-nine million, two hundred thousand beats

in the course of a lifetime (depending on what kind of treatment you take). It beats longer on the right diet. It beats faster in emotional, nervous, excitable people, and timid people, and slower in certain strong chemical types of people. The heart and the tongue are busy organs.

The heart is influenced by the foods that we eat, by the drinks we drink, also, by our emotions, and thousands of other agencies that affect the body. Food containing a high per cent of potassium chlorid decreases the rate and force of the heart beat; food containing a high per cent of calcium phosphate increases the rate and force of the heart beat. Egg shell tea, bone broth, veal joint jelly, kale, cabbage, Chinese cabbage, cow's milk, cottage cheese, parsley, nettles, Swiss chard, shell fish, broth and lettuce, all slow up the rate of the heart, and increase its force. Calcium phosphate food makes the heart more steady, the emotions controlled, and the judgment more reliable. But coffee, doped drinks, toxins, tobacco, food gases from food sulphur, hot drinks, sulphur food, overheating foods, excitement, sugary food, candy, and almost all sorts of death food, excite the heart, accelerate the beat of the pulse, increase nervousness, make the mind restless, the disposition fickle, and the judgment unreliable.

Organic sodium chlorid, as found in goat cheese compound, maintains the normal consistency of the blood, so that the blood can flow freely to all parts of the body. Thus, upon a diet in which a small per

cent of goat cheese enters daily, say a teaspoonful each day, there is less danger of blood trouble, tumor, fibroids, paralysis, heart disease, congestion, thrombosis, clotting of the blood, insanity, headache and other congestive ailments.

Under a comparatively potash-free diet, the heart valves, heart structures, and voluntary muscles shrink, resulting in heart disease, muscular atrophy, and many other disturbances that medical men do not know, do not want to know, only smile at if told, else grow angry. Medical "science" appears to be a system of bugs, serums, toxins, bloody operations, scientific death certificates and Greek.

There are three agents that run the heart and the blood stream, namely, a psychic agent, a neuric (brain and nerve) agent, and a chemical (food) agent. When the psychic, or soul agent leaves, the heart stops forever; the man is dead. When the neuric heart agent (the medulla oblongata, the heart nerves and the heart centers), is weak, the heart is uneasy, the pulse nervous, erratic, unsteady, and irregular. The heart jumps and the man feels weak; he trembles at times and feels that his health is being undermined. The doctor gives digitalis and soon he is dead.

There are, so-called exhilarating and depressor heart centers in the brain that can, and do, increase and decrease motion and force of the blood and heart, and there are heart nerves that run from the medulla, and from other neuric points, or cell cen-

ters, and ganglia. These nerve-ends distribute themselves upon the cardiac nerve cells of the heart. All of this wonderful neuric mechanism, constructed by the in-dwelling spirit, constitutes the neuric heart agent, through which impulses are transmitted to the heart.

While the psychic and neuric blood and heart agents are wonderful, and interesting, the chemical heart agent (food) is no less remarkable from a food chemistry viewpoint. It is diet mainly, that we are considering in this book, especially in its relation to health, youthfulness, old age and long life.

WHAT YOUR WEAK HEART NEEDS

The human heart requires sodium, calcium, and potassium chlorid for efficient functioning, in food form, in certain proportions. In a solution of Na Cl 0.90%, Ca Cl² 0.024%, K Cl 0.042%, Na HCO³ 0.02%, and dextrose 0.1%, a dead human heart will commence to beat, and continue to beat for hours, perhaps several days. It seems that different animal hearts, and even different human hearts, from different types of people, require a slightly different proportion of the chemical ingredients used in the solution, as has been demonstrated in the laboratory of chemical experimentalists.

The heart of an elderly dead woman revived and commenced to beat, three different intervals of time, from five hours up to one whole day, after the

heart was placed in the heart salts solution. The heart from a dead child of six years, revived and began beating, and continued to beat for fourteen hours, when placed in the heart salts solution. The dead heart of a monkey, when placed in the heart salts solution, beat for forty-five hours.

A rabbit's heart that had been dead for sixty hours, commenced beating, slowly at first, but increasing its sphygmic pulsations gradually, and continuing its regular movements for nineteen hours. In a low temperature of the solution, the heart beat slowed up ten beats. In a high temperature solution, the heart beat increased ten beats above the usual rate, indicating that cold decreases the rate of the heart, and that heat increases it. A mere sprinkling of potassium chlorid decreased the rate and force of the heart also.

There are many experimentalists who have reported the results of such experimentations, and all agree to the fact that certain normal solutions of the heart salts influence the sphygmic movements of the hearts of different mammalia. Oxidation calls for certain food elements, or oxidation food salts, and such oxidation food stimulants are called oxitephryl, or oxidation salts. Again, such food elements, or salts, that are absolutely essential for the integrity of the blood, are called hemitephryl, or blood salts. Such food compounds, or elements, that are essential for the chemical movements of the

heart, are called carditephryl, or heart salts, or heart food.

The heart may be weak, fatigued, defective, and sick, but if it is supplied with the blood material essential for heart revification; if the heart is provided with those heart elements, in food form, that are essential for heart and circulatory movements, it will not stop, however weak it may be. But supply the heart with digitalis, instead of sodium chlorid; fill the blood stream with strychnin, instead of potassium chlorid; charge the blood with strophanthum, instead of calcium chlorid; and eat glucose candy, instead of food that is rich in Na HCO_3 —and soon there will be another scientific victim, and another medico-legal death certificate, as well as burial, of another scientific blunder.

SPECIAL HEART FOODS

Eat heart food and your heart improves. Eat heart food, and you will need no doctor, no digitalis. Eat heart food, and you need no medical newspaper advice, and no death certificate.

The food elements that are essential for heart revification, heart action, and heart movements, you will find in the following food:

Goat cheese compound	Lettuce
Imported gedost	Veal joint jelly
Chinese cabbage	Kale
Oyster broth	Stewed prunes
Strawberries	Crisp winter lettuce

Blueberries	Beaten egg white
Homemade goat brown cheese	Ripe, or dried olives
Celery	Turnip leaves
Gizzards	Stingless dwarf nettles
Romaine lettuce	Tender carrots
Swiss chard	Stewed sundried apples

THE BEST GENERAL DIET FOR YOUTHFUL- NESS AND LONG LIFE

In the following diet for youthfulness and longevity, we have eliminated more than six hundred ordinary death foods, or disease producing articles of common food. The food articles classified in the following GENERAL DIET have been selected and tested out on the nineteen types of people, in different seasons, on young, old, healthy, ailing and convalescent people, on people of different occupations, and in no case have the following articles of food had an unfavorable effect on health, beauty, youthfulness, vigor and longevity.

Of course, food tables under the headings, "Table of Life Food," "Sodium Food," "Iron Diet," "Combination Salads," and "Food for the Heart," are the most important articles of diet for youthfulness, beauty, health and vigor at any time of life, but in old age, when most of the life functions are on the decrease, and when the blood elements, the oxidation salts, the vital spark, and the vitamins are being destroyed, disintegrated, and precipitated, every

fleeting moment of the day and night, rapid repair, revitalization, recharging, and re-supply of the life elements are imperative, or we will not last very long.

In the following classified food tables, we have added some two hundred additional articles of diet for variety. There are in the following food tables, about three hundred and fifty articles of food to select from, which should positively satisfy the most particular housewife, cook, chef de cuisine, refectorer, or boarder.

**GENERAL DIET FOR HEALTH, YOUTHFUL-
NESS AND LONG LIFE**

Meats

Veal joint jelly	Rare young liver
Rare young kidney	Young tongue
Tender lamb chops	Broiled game
Frog-legs	Pork tenderloin
Broiled wild duck	Broiled woodcock
Lamb	Goat steak
Roasted pigeon	Home smoked meat
Snipe	Steamed plover
Steamed quail	Roast goose
Broiled young poultry	Broiled venison
Calfs foot jelly	Gelatine (For uterine bleeding)
Broiled pheasant	Broiled grouse
Broiled musk duck	Broiled tame duck
Broiled wood dove	Broiled partridge
Broiled tender ham	

Fish

Green turtle	Broiled whitefish
Fresh crabs	Cisco
Oysters	Smoked whitefish
Sea crab	Smoked herring
Baked roe	Steamed pompano
Shad roe	Broiled shad
Smelt	Broiled turbot
Broiled tuna fish	Broiled lake trout
Broiled whiting	Broiled barracouda
Lobsters	Steamed pike
Shrimp and turtle for goiter	Broiled muskallunge
King crab	Home smoked fish
Tender fish	Sprat
Raw herring roe	Steamed porgy
Broiled flounder	Broiled perch
Sole	Broiled rainbow trout
Broiled weakfish	Broiled rockfish
	Fresh crab meat

Greens

Asparagus tops	Alfalfa buds
Young chayote	Clover buds
Leek greens	Sugar beet leaves
Radish leaves	Watercress
Romaine lettuce	Chives
Edible blossoms	Marjoram
Nasturtium	White endive
Dill	Mint
Crispette lettuce	Young celery
Green onions	Celery cabbage leaves

Lettuce leaves	Chard
Young tender rhubarb leaves	Swiss chard
Edible buds	Chervil
Edible sprouts	Dandelion
Peppermint leaves	Endive
Parsley	Corn parsley
Cabbage sprouts	Sage
Collard leaves	Hop buds
Alfalfa buds	Couch grass
	Stingless dwarf nettles

Vegetables

Asparagus	String beans with beaten egg white
Cooked beets, including skins	Broccoli
Cooked Savoy cabbage with milk	Tender raw carrots
Cauliflower, milk added	Celery
Chayote	Chinese cabbage
Cucumbers	Egg plant
Kohl rabi	Lettuce
Head lettuce	Winter lettuce
Lamb's lettuce	Pumpkin
Tender radishes	Panama rhubarb
Romaine	Celery hearts
Raw okra	Burbank tomatoes
Shallot	Swiss chard
Casaba	Garlic
Artichokes	Sorrel
Salsify	Cardoons
Yellow beets	Green lima beans
Sweet onions	Sicilian beets
	Stewed parsnips

Fruits and Berries

Blackberries	Sundried figs
Black cherries	Dried Zante currants
Light cherries	Blue Damsons
Lemons	Mangostan
Non-acid strawberries	White strawberries
Elderberries	Green strawberries
Blueberries	Anonas
Wild cherries	Adriatic figs
Limes	Mammee
Loquats	Nectarines
Fresh berries	Orleans plums
Black huckleberries	Satsuma plums
Barberries	Dewberries
Fresh black currants	Fresh blackcaps
Red grapes	Mandarines
Guavas	Green grapes
Mangoes	Raisins
Mirabelles	Papaya
Hale peaches	Elberta peaches
Stewed sundried peaches	Fresh pineapple
Canned pineapple	Stewed sundried prunes
Fresh plums	Fresh white raspberries
Wild strawberries	Tangerines
Florida oranges	Oranges having seeds
Dates not packed in glucose	Sundried apples
Sub-acid apples	Fresh pears
Sundried pears	Persimmons
Tamarinds	Avocado
Mulberries	Fresh figs
	Kumquats

German prunes
Red plums
Black strawberries
Yellow pear tomatoes
Feijoa
Jujube
Papaw

Ripe gooseberries
Chickasaw plums
Breadfruit
Cooked peaches
Home canned cherries
June-berries

Bread and Cereals

Tomato toast
Wilted spinach toast
Home made rye meal
bread
Whole rice meal muffins
Steel cut oatmeal mush
(not quick oats)
Ry-Krisp
Whole rye meal toast
Grapenuts with goat
cream
Grant's Hygienic
crackers
Whole wheat bread,
(sparingly)
Soy bean griddle cakes
Buttermilk pancakes

Sour milk waffles
Bran egg muffins
Cocoanut muffins
Milk toast
Hot water toast
Caraway seed rye bread
Steel cut oatmeal muffins
Shredded wheat biscuits
Brown rice cooked in milk
Whole barley bread loaf
Hot water toast with eggs
Flax-lax crackers
Buttermilk whole rice
muffins
Rosevelt bread
Brown rice waffles
Zante raisin muffins

Dairy Products

Imported gedost
Goat cheese compound
Goat buttermilk
Goat milk whey

Fresh Jersey milk from
young cows
Four minute boiled eggs
Goat butter

Home made goat whey cheese	Quickly soured goat milk
Presbycasin	Imported mesost
Fresh goat milk	Goat cream
	Goat cottage cheese
	Raw beaten egg yolk drink
	Imported Roquefort cheese
Poached eggs	Delicious eggs
	Goose eggs with spinach toast
	Soft scrambled eggs with ham
	Raw beaten egg yolk in milk
Omelette	Buttermilk soup
Soft boiled eggs	Soft baked eggs
Apollac	

Broths and Soups

Egg shell broth	Milk soup
Green turtle broth	Fresh bone broth
Fish broth	Lobster broth
Clam broth	Oyster broth
Crab broth	Vegetable soup
Brown rice soup	Mutton broth
Chicken bone broth	Fruit peel broth
Vegetable peel broth	Veal joint broth
Chicken broth	Ox tail broth

Sauces

Apple peeling sauce	Mellow apple sauce
White raspberry sauce	Fig sauce
Blueberry sauce	Cream sauce
Dewberry sauce	Fruit peel sauce
Blackcap sauce	Blackberry sauce
Prune sauce	Cherry sauce

Black currant sauce	Pear sauce
Grape sauce	Fish sauce
Strawberry sauce	Parsley sauce

Salads

Savoy salad	Endive salad
Avocado salad	Lettuce salad
Scurvy grass salad	Cole slaw salad
Fruit salad	Banana salad
Dwarf nettle salad	Veal jelly salad
Celery and nut salad	Cucumber salad
Pineapple salad	Crab meat salad

The combination salads previously mentioned should be used principally as salads, so that the greatest possible amount of nutrition may be obtained for the glands.

Dressings

Cocoanut cream dressing	Egg white dressing
Egg yolk dressing	Mayonnaise dressing
Horseradish dressing	Sour cream dressing
Fruit salad dressing	Gizzard dressing
Apple dressing	Raisin dressing
Oyster dressing	Marjoram dressing
Goat cream dressing	

Puddings

Brown rice pudding	Bread and fruit pudding
Brown rice and raisin pudding	
Egg pudding	Colostrum pudding
Brown rice fruit pudding	Prune pudding

Nuts

Fresh edible nuts	Grated pecans
Raw peanuts, sparingly	Walnuts, very few
Baked grated almonds	Grated pistachio
Cocoanut, in muffins only	Powdered hickory nuts

Juices, Tonics, Drinks and Teas

Celery juice and raw meat juice tonic	
✓ Celery juice and ginger ale	
Raw meat juice and milk	Orangeade
Cherry juice	Lemonade
Limeade	Prune juice
✓ Wild cherry juice and egg white	
Chicken blood (when needed)	
✓ Egg yolk orangeade	✓ Egg white milk shake
✓ Laxative (fig juice, prune juice and senna)	
Black raspberry juice	Strawberry juice
Blueberry juice	Wild cherry juice
Blackcap juice	Sour goat milk
Dewberry juice	Salyl (see salyl)
Stomach tonic ,(see stomach tonic)	
Vichy and buttermilk	Vityl
Alkalade (citro-carbonate drink)	
Fig tea	Filtered rain water
Distilled water	Manitau gingerale
Manitade (grapefruit juice and gingerale)	
✓ Catnip tea	✓ Sassafras tea
✓ Peppermint tea	✓ Red clover tea
✓ Sage tea	✓ Wintergreen tea
Chamyl (sage tea, clam broth, lemon juice and green peppers for colds)	

Prunade

✓ Senna tea

Hop tea

Goat milk whey

Apollinaries and buttermilk

Goat whey cheese and hot water

Blood Thermade (goat brown cheese and boiling water).

✓ Codliver oil tonic made by adding codliver oil to any drink.

Coffee (See special directions).

Vegetade (made of juices pressed out of greens and vegetables).

Bland drink, (made of oats, or bran, or rice, or barley, or wheat, simmered out).

✓ Blackberry juice egg shake and vanilla.

✓ Parsley and dandelion tea

✓ Nerve tonic (juice pressed out of crabs, celery, parsley, with one egg yolk added).

✓ Prune and gooseberry juice.

Rice water, citro-carbonate and strawberry juice, mixed.

✓ Blood tonic (sarsaparilla, raw juice from onions, cucumber, lettuce and nettles).

✓ Menthade (mint, peppermint, dill, thyme, hops, dandelion and vanilla).

Ribesade

Goat, or Jersey milk

Barberry juice

Lung tonic

Elderberry juice

Theobroma

Plum juice

Life Tonic

Toast water

Cucumade

Mulberry juice

Mild beer

Salty drink (for sulphur gas only)

Honey, Oils, Cakes, Condiments, and Delicacies

Clover honey	Cloves
Alfalfa honey	Caraway
Citro-carbonate drinks	Eucalyptus honey
Yeast Cake (in extreme cases)	
Cardemom	Cocoanut cream
Vanilla	Sweet almond oil
Home made fruit ice cream	
Sour cream cake	Virgin olive oil
Whole wheat flour angel food cake	

Sandwiches

Veal jelly sandwich	Fruit sandwich
Salad greens and cheese sandwich	
Lamb and spinach sandwich	
Roquefort and pineapple sandwich	
Ham and pineapple sandwich	
Crab meat sandwich	Cocoanut sandwich

This group of menus is adaptable to people in fairly good health, and will serve as a guide in arranging still other menus of a similar nature. The menus for very weak and delicate people will be found under another heading.

SEVEN SAMPLE BREAKFASTS

Stewed sundried peaches	
Two four minute eggs	
Whole rice muffins	Goat's milk

Orange juice
Whole rye meal bread toast

Soft scrambled eggs with tender ham
Hot water flavored with honey

Fresh or stewed figs
Buttermilk whole wheat pancakes
Honey and butter warmed and creamed together
Coffee (see special directions)

Pineapple
Bran egg muffins Delicious eggs
Hot milk or hot water

Crushed fresh strawberries
Sour milk whole wheat waffles
Honey and butter
Hot milk or hot water

Whole rye meal muffins Orange marmalade
Fresh nectarines
Broiled calves liver stripped with bacon
Hot water

Sundried white or black figs, stewed
Grapenuts with goat cream
Small portion of broiled perch
One slice of barley bread toast
Coffee (see special directions)

SEVEN SAMPLE LUNCHEONS

Cottage cheese and pineapple on hearts of lettuce
Fresh dewberries
Whole rye bread sliced very thin

Glass of chilled pineapple juice

Combination salad with fruit juice dressing

Cold whole oat muffins with sweet butter

Glass of chilled orange juice

Sweet canned Bartlett pears, cream cheese and
grated nuts on lettuce leaves, pear juice dressing

Toasted Ry-Krisp Good gingerale

Ice cold veal jelly on lettuce with minced parsley

Bran muffins Fruit pudding

Dilute prunade

Broiled shad roe Pineapple salad

Buttered carrots

Caraway seed rye bread

Drink made of boiling water and goat brown cheese

Broiled lobster Lemon butter

Crisp parsley Asparagus tips Whole rice muffins

Very weak hop tea

Fluff omelette Hot cheese sauce

Plain lettuce salad Whole wheat bread

Peppermint tea

SEVEN SAMPLE DINNERS

Clear clam broth

Celery hearts and black olives

Roasted lamb with bruised peppermint leaves

Sliced carrots and new peas Romaine lettuce salad

Ry-Krisp

Mint sherbet
Coffee (see special directions)

Cream of corn soup
Broiled pork tenderloin Celery
Water with fruit juice
Southern cornbread Fresh applesauce

Tomato soup
Beet salad Roasted young beef Steamed parsnips
Prune Dainty Oat muffins
Dilute fruit juice to drink

Clear tongue broth
Radishes and olives
Broiled game meat, apple dressing
Baked pumpkin Rye meal bread
Fruit whip Orange juice to drink

Shaved celery hearts and black olives
Roasted young chicken, oyster or chestnut dressing
Steamed sweet onions Baked winter squash
Hot health muffins Strawberry marmalade
Good beer

Tomato soup
Relish made of rolled rye bread filled with
raw egg yolk and cheese
Broiled barracuada
Steamed salsify Buttered turnips
Beer

Vegetable soup Watercress salad

One glass warm goat milk with two
tablespoonsful of grapenuts

One tablespoonful of steel cut, or whole, oats
cooked six hours or more

One glass of goat milk—one medium sized fresh pear

SEVEN EASILY DIGESTED LUNCHEONS

Two heaping tablespoonsful of finely chopped or
ground celery with egg yolk dressing

One saucedish of ripe sweet fresh or canned
strawberries

One oat muffin—One cup hot water with one
tablespoonful goat brown cheese

Three slices of very ripe tomato with beaten egg
white dressing

One teaspoonful of Imported Roquefort cheese

Three large black olives

Two oat muffins One glass of goat milk

One saucerful of fresh strawberries with
beaten egg white dressing

One glass of good beer

One slice of whole rye bread

Combination salad of lettuce, celery, parsley and
chopped ripe olives, with Roquefort cheese,
egg yolk dressing

One cup of hot clam broth One oat muffin

One tablespoonful of goat brown cheese blended
with a cup of boiling water

Two stalks of celery
One thin slice of whole wheat bread
Saucedish of ripe blackberries

A salad of one tablespoonful of lobster meat, mixed
with celery, tomatoes and lettuce
One oat muffin
A glass of beer A dish of fresh berries

One shreeded wheat biscuit covered with hot milk
Large slice of honeydew melon

SEVEN EASILY DIGESTED DINNERS

One artichoke
One level saucerful of combination salad
One lamb chop
One slice of rye bread One cup of parsley tea
One half of cooked or canned pear

One cup of hot clam broth
Two stalks of celery and two ripe olives
Two tablespoonsful of young cooked peas
Four tablespoonsful of canned tomatoes
One oat cocoanut muffin

Lettuce salad with dilute lemon juice dressing
Two tablespoonsful of cooked beets
One tablespoonful of rare baked fish roe
One thin slice of rye bread
Dish of fresh cooked berries

Two heaping tablespoonsful of combination salad

One slice of hot tomato toast
One lamb chop
One cup of hot goat cheese drink
One dish of very ripe raspberries or dewberries

Salad of watercress, parsley and celery with
beaten egg dressing
One slice of spinach toast
One tablespoonful of baked ocean fish
One cup of peppermint tea
One dish of strawberries or blackberries

Parsley and lettuce salad, plain
Cooked asparagus
Two tablespoonsful of tender boiled tongue
One oat muffin
One medium sized baked mellow apple

Three tablespoonsful of combination salad with
Roquefort cheese dressing
Two tablespoonsful of tender string beans
Small portion of broiled young chicken
One slice of whole wheat toast
Dish of any cooked berries

SPECIAL FOOD COMBINATIONS

Here you will find special combinations of food material for special tissues, secretions and organs, favoring certain functions of the body. We have given them names of our own, suitable to the action, or the effects in the body.

Bone Food: Veal joint jelly, egg shell broth, goat milk, goat cottage cheese, whey, cabbage, lettuce, lemons, oranges, leeks, nettles, spinach, Romaine, fruit peel sauce, vegetable peel broth.

✓ **For Bowel Action:** Fresh figs, stewed figs, senna, very ripe prunes and plums, very ripe fruit, combination salads.

Brain Food: Crab, lobster, or oyster broth, fish broth, raw egg yolks, fish roe, oat muffins for some people.

✓ **Acts Against Colds:** Hot hop tea, hot citric fruit juices, clam broth, hot goat brown cheese drinks, fruit juices, salad vegetables. A low diet of starch, oil, fat, sugar and protein for a few days is important.

✓ **Cools the Blood:** Citric fruits, formic acid foods, cucumbers, lettuce, celery, parsley, tomatoes, and a low calorie diet.

Counteracts Diabetes: Broth made from cooked oat straw, steel cut oat muffins, chicory, watercress, parsley, dried black olives, raw bitter salad vegetables, meat juice, veal joint jelly, goat brown cheese. A sugar-free diet is imperative.

✓ **Favors Stomach:** Tomato toast, spinach toast, gizzard broth, meat juice, goat brown cheese, peppermint tea.

✓ **Antiseptic Foods:** Raw fruits, raw berries, raw vegetable juices, and very little of any other food.

Foods for Asthma: Goat brown cheese drinks, lemons, limes, pineapple, oranges, grapefruit, combination salads, and as little as possible, of bread, cereals, cheese, fats, or oils.

Anti-Beri-Beri Foods: Tomatoes, raw fruits and berries, rice bran, raw salad vegetables, and no cooked foods at all.

✓ **Favors the Liver:** Fruit juices, berries, bitters, very juicy fruits, low in sugar, raw crisp green veg-

etables, meat juices; no bananas, dates, raisins, grapes, cereals, bread, cheese or milk, use vegetable juices and broths freely.

Food for the Blood: Rare tender meat, raw meat juice, tender young fowl, tender fish, raw eggs, goat brown cheese, wild blackberry juice, romaine foods, veal joint jelly, egg shell broth, combination salads, very ripe fruits and berries.

For Relaxation: Grapefruit juice with well beaten raw egg yolk, pineapple, oranges, grapefruit, clam broth, celery, oat cocoanut muffins, combination salad with well beaten egg yolk and egg white dressing.

Anti-psoric Foods: Raw fruit juices, limes, tangerines, oranges, grapefruit, pineapple, tomatoes, raw berry juices, raw salad vegetables, no cooked foods.

Prevents Operations: A diet that is low in starches, sugars, fats, oils and protein, plus a diet that is high in mineral salts, such as fruits, berries, melons, salad vegetables and goat brown cheese.

Anti-Anemia Foods: A tablespoonful of macerated raw young liver in fruit juice three times daily, goat brown cheese, wild blackberry juice, Romaine lettuce, rare meat from young animals, fish and fowl, combination salads, goat milk, raw eggs, rare fish roe, raw fruits and berries. Alkaline iron foods.

Counteracts Acidosis: Citro-carbonate, Waterbury's Acidosis, celery, gizzards, beets, California lettuce, romaine, well beaten egg white, goat brown cheese, goat milk, asparagus, artichokes.

Anti-fat Foods: Lemons, limes, dried olives, chicory, parsley, lettuce, tomatoes, raw cabbage, endive, senna, hop tea, salty drinks, dried and salty lean fish, lean meats, German sauer-kraut.

Anti-gas Foods: Meat juice, Chinese cabbage (no other cabbage), well beaten egg white, Citro-

carbonate, peppermint tea, lean tender meat and fowl, gizzards, tender young liver, hot drinks made with goat brown cheese, small meals, a dry diet.

✓ **Acts Against Gout:** Celery, beets, okra, goat brown cheese, whipped egg whites, fresh goat milk, Citro-carbonate, collards, gizzards.

Uric Acid Solvent: Piperazinum at Boericke & Tafel, Druggists, 1011 Arch Street, Philadelphia, Pa.

Anti-rheumatic: Sodium foods, alkaline powders.

✓ **Heat Reducing:** Fruit juices, salad vegetables, and a low calorie diet.

Supplies Heart Salts: Goat brown cheese, veal joint jelly, raw eggs, combination salads, iron foods, calcium foods.

Strengthens Joints: Veal joint jelly, egg shell broth, fresh goat milk, goat brown cheese, cabbage, lettuce, oranges, romaine, parsley.

✓ **Favors Oxidation:** Raw eggs, meat juices, onions, horseradish, garlic, mint, wintergreen, sorrel, salsify, tomatoes, raw fresh fruits, raw vegetables.

Helps Prevent Paralysis: A very liberal use of hot goat brown cheese drinks, hot shell fish broth, with a few drops of oil of eucalyptus added.

✓ **Acts Against Pneumonia:** Hot broth made of potato peel, parsley, celery, onion, garlic, juice of slightly baked lemon, goat brown cheese drinks. Take a drink of some one of these three drinks every fifteen minutes while there is any danger. Use goat brown cheese abundantly.

✓ **Anti-toxic Foods:** Blackberry juice, dewberries, raspberries, bilberries, spearmint, bitter greens, Grindelia tea.

✓ **Favors Kidneys:** Goldenrod tea, juniper berries, wintergreen tea, goat milk, sodium foods, goat brown cheese.

✓ **Sleep Producing:** Grapefruit, lettuce, celery, gizzards, fish broth, raw egg drinks, and hot goat brown cheese drinks.

✓ **Prevents Skin Eruptions:** Berries, citric fruits, raw vegetable salads, and a low diet of starch, oils, fats and sugars.

✓ **Prevents Hardening:** All sodium foods, celery, beets, okra, raw eggs, goat milk, whole rye bread, Piperazinum, Citro-carbonate, distilled water.

✓ **Helps the Throat:** Pineapple juice, onion syrup, raw egg drinks, oatmeal broth, blood building foods.

Reduces Temper: Grapefruit juice, raw salad vegetables.

Counteracts Gastric Ulcer: Well beaten egg white, sodium foods, Alkalinizers; a diet low in table salt, or salty foods, also chlorin-free foods.

BLOOD TONICS AND BLOOD PURIFIERS

Blood tonics are of many kinds, as for instance, cordials, drug tonics, liquor tonics, spiced tonics, manufactured nerve tonics, or blood tonics, mineral tonics, patent medicine tonics, manufactured blood purifiers, hair tonics, bust developers, skin foods, invigorators, elixirs, bitters, extracts, specifics, iron tonics, food tonics, etc. Some tonics may have their value, but the United States Department of Agriculture, and private chemists have proven that most of them are fake preparations, manufactured mainly, to enlarge the bank accounts of unscrupulous manufacturers.

The tonics that are of importance to us can be made in the home, almost without expense. The ton-

ics that are invigorating, strengthening, purifying and life building, are high in nourishing food properties. Any tonic that is not high in food properties, is not a real tonic. Some tonics are valuable to the blood, tissues, or secretions, because of their food salt, or food acids, which may be needed in the system. Tonics to the honest chemist, are nothing else than food drinks, rich in the vitamins of life, food salts, and food acids required by the body.

We have nothing to sell, nor do we manufacture anything to sell through others, nor do we sell, nor manufacture any specific of any kind, nor do we sell, handle, or manufacture "Health Food." We are nothing but students, writers, lecturers, food chemists. Tonics that we give recipes for are food drinks, high in food properties, food salts, and food acids required by the body.

As man advances in life and persists in work and duties, his mental attitude, his chemistry, his habits, disposition, temperament, eating, drinking, ailments, and other conditions may precipitate certain highly important life elements, which, if not supplied in food or drinks, may seriously effect his efficiency and comfort, perhaps his health and life.

To supply that which is needed in the body, is the imperative duty and necessity of each man. No man can do justice to himself, his work, friends, religion, God, fellow-men, to his appearance, vitality, health, studies, life-forces, development, etc., unless he supplies his system with such food and drink

material that is absolutely essential for vigor and personal efficiency.

If we can increase our efficiency and youthfulness in life, by our eating and drinking, it is our privilege, even duty, to do so. This may, or may not, affect our health, nor our ailments, but it does affect our efficiency, brain, genius and vitality. When we use our brain steadily, phosphorus appears in the urine. This phosphorus must be replaced by food or drink. If we then know what to eat or drink, that same food or drinks becomes a tonic, or vitalizer to our brain.

Again, our life-force may be on the ebb, and we need life-building food or drinks, perhaps, for a long period of time, to restore our sinking life-force. Drinks that contain the life germ become restorative tonics to us at such times. We may have been working in heat, dust, smoke, or chemical fumes for a long time, and this heat, smoke, fumes, dust, or effluvia, may have precipitated the salts of oxidation, thus lowering our efficiency. If we, then, know how to replace these lost salts of oxidation by drinks that contain similar oxidation salts, we soon increase our efficiency. Such drinks become invigorating tonics to us. Why? Because they supply our system with the vital material needed.

Doctors may attend to us when we are sick, but they cannot eat, drink, sleep, work for us, nor circulate our blood. We must do this ourselves. Any food, or drink, that increases our efficiency in some

direction, becomes a tonic to us. This is what a tonic is and should be. A tonic is a restorative of lost strength, force or energy. Many so-called tonics are not tonics. Stimulation is not vitalization. Stimulants, spices, patent medicines, drugs, popular drinks, such as coffee, or tea, are false tonics. Any drink, drug, or condiment, that is not a vitalizer, is a mere stimulant. It cannot increase our efficiency, but it can and does, lower our efficiency.

When a horse is worn out from hard pulling, the horse needs oats and rest, not drugs, spices, liquors, tea and coffee. Oat feed is then, a tonic (restorative) to a horse. So also, with tonics. When we lack vitality, we need vitalizing tonics. When our life force is low, we need life-building tonics. When some of our body salts have been exhausted, we need tonics, or drinks that supply our system with those body salts that are lacking. When our system is full of taints, impurities and decomposition products, we need sanative, anti-toxic food and drink.

Tonics that restore strength, take away fatigue, increase life energy, and vitalize the body, are called Analeptics. Tonics that favor elimination, body purification, or that hinder putrefaction, are called Sanitades. All such tonics are, and must be, high in natural food salts, and anti-toxic properties.

VALUABLE ANALEPTICS

BROTHS: Concentrated broths should be cooked on a slow fire, to extract the vital principles

in meat or greens. They may be made of chicken, turkey, duck, pigeon, game, mutton, veal, etc. Goat whey cheese, ginger root, parsley, peas, lima beans, parsnips, onions, carrots, okra, thyme, celery, leeks, mint, sage, peppermint, nasturtium, romaine, green onions, radishes, green peppers, either, or all, may be added to broths for savory, or for the food properties. A broth is not a soup. Broth should always be taken warm or hot. Meat broth supplies certain important tissue elements, or food salts not found so abundantly in other foods.

FISH BROTH: Fish broth is another kind of broth, having different properties, but prepared in the same way as meat broth. It is made of fish meat, such as Burbot, oysters, lobsters, clams, crabs, crabmeat, smelt, whiting, or other fish, having a delicious flavor. Fish broth feeds the nerves and the brain.

TISSUE TONICS: One cup two-thirds full of raw meat juice from juicy round steak, from a young healthy animal, pressed out with a meat press; also one-third cup of juice from green peppers, spinach, celery, parsley, thyme, and peppermint added. These vegetable juices should be pressed out from raw vegetables. To this mixture of meat and vegetable juice, add a teaspoonsful of ground almonds, and a half teaspoonful of good codliver oil, also a little citro-carbonate. This tissue tonic contains potassium phosphate in abundance, sodium, chlorin, iron, vitamins, and many other elements and juices of life. It is an analeptic of great value for overcoming debility and languor caused by tissue fatigue.

✓ **VITYL:** Take two or more egg yolks; one teaspoonful of grated almonds; juice from two to four

oranges; a teaspoonful of concentrated parsley juice, one teaspoonful of clover, or alfalfa, or Eucalyptus honey, one-half teaspoonful of Citro-carbonate as an alkalinizer. Shake thoroughly; let stand for several minutes; serve. Vityl is a great life builder.

SANATIVE TONIC: Two-thirds of a cup of wild blackberry juice, one egg yolk; one-third cup concentrated oat water, cooked out of clean oats by simmering for two hours on a slow fire; flavor with honey. If you suffer from bloating, or stomach trouble, this tonic is not favorable.

✓ **NERVE TONIC:** Two-thirds cup of fresh celery juice, one-third cup raw lettuce juice; flavor with milk, or meat drippings, or orange juice, or lemon juice to suit taste. Shake well and serve.

THROAT GARGLE: One layer of sliced onion in a cup, with honey added; now a layer of onion, with plenty of honey, and succeeding layers until the cup is full. Let this stand two or three hours, and onion syrup forms, which is an excellent throat gargle. It is very soothing to the throat. Drinking pineapple juice, or eating pineapple, or using lemon juice gargle, will also produce favorable and beneficial results.

✓ **LUNG TONIC:** Onion water, garlic water, leek water, and extracts cooked out from any species of the onion family, seem to have a beneficial effect on the lungs and general circulation, in times of cold, coughing, soreness and tenderness, not as a curative remedy, but as a food tonic, especially, if

mixed with Eucalyptus, or alfalfa honey and drank steaming hot.

SAMBYL TONIC: Plain elderberry juice is a tonic to the sexual system.

OXIDATION TONIC: Goat whey cheese, wild cherry juice, wild blackberry juice, cultivated blackberries, blackberry juice, parsley or its juice, oat water, mint, spearmint, peppermint, or its juice, juice from green peppers, oyster broth, elderberry juice, codliver oil, cocoanut, raw egg yolk, raw meat juice, fresh beef broth, are all rich in such salts that favor oxidation of blood and tissue. Hence they favor life-building, the sexual system, nerve life, mental animation, vim and vigor. This is especially true regarding goat whey cheese, raw egg yolk, and raw meat juice, flavored with the juice from green peppers. Tonics prepared from such food juices, and food salts, are highly constructive to the life of blood and tissue.

LIFE TONIC: In the pericarp of barley, we find a principle that is very invigorating to the functions of life. The same is true of the pericarp of oats. When that pericarp essence can be extracted and mixed with the fresh raw juices from celery, parsley, thyme, beets and spinach, it becomes a remarkable restorative to man, in times of lassitude and fatigue. Soaking barley, or, better still, barley bran, in cold water to prevent fermentation, until an apparently oily substance comes to the top, enables the housewife to extract, to a certain degree, this pericarp essence in barley. A cupful of the juices mentioned, and one-third cup of the barley skimmings (not the scum), gives you this pericarp essence, called avenin. Parsley and celery contain

apiol; beets contain betaine. Such food essences are tonic and sanative.

SALYL: The juice of one pound of lean ham, (no fat), pressed out with a meat press, or else two tablespoons of meat drippings from roasted meat, removing the fat; one cup celery juice, or juice from head lettuce, mixed and flavored with peppermint, or the juice from one or two limes; adding a tablespoonful of goat whey cheese, and one-half teaspoonful of Citro-carbonate. This is an alkaline tonic.

Plus Purifier

CUCUMADE: One-half cup raw fresh cucumber juice; one-half cup distilled water, flavored with juice pressed out of thyme, is an excellent sanitade and blood purifier. When there is pus, sick blood, swellings, sores, cuts, necrosis, bad blood, or corruption present in the system, you can help yourself wonderfully by such sanative drinks.

✓ **FRESCADE:** One-third cup of grapefruit juice; one-third cup of orange juice; one-third cup of lime juice well shaken with ice, is a valuable frescade on a hot sultry summer day.

SASSAFRAS TEA: Sassafras tea flavored with wintergreen and watercress, is a good drink for Medeic or Pargenic blood taint of venereal origin. Germs, vermin, and various insects, for some reason, probably the odor, abhor sassafras. To cure chronic venereal taints in the system, requires a special system of diet, with teas, tonics, neutralizers, anti-toxic juices, eliminatives, and so on.

WINTERGREEN: Wintergreen flavored with thyme and clove water, favors the excretory functions, and helps to overcome body impurities.

RIBESADE: One cup of plain currant juice

daily, helps the system to overcome Medeic blood taints.

✓ **ANTI-GERM PREPARATION:** Red peppers, pineapple juice, cucumber juice, juice from limes, lemons, wintergreen, thyme, hackberries, red currants, mangoes, sassafras, green peppers, salsify, nasturtium, cress, romaine, endive, clover blossoms, or water cooked out of any of the above, or their properties otherwise extracted—such juices, water, teas, or extracts, all contain food properties that are disagreeable to many germ species inhabiting the body.

FOOD JUICES VERSUS FOOD SOLIDS

Some say: "Why press out juices from meat, greens, etc? Why not eat greens, meat, juices and all? Why cook teas, etc., and drink? Why not eat vegetables as they are, and not bother with meat presses?"

The reasons are: We do not get the same results from eating the meat, vegetables, greens, juices and all. That which is cooked undergoes a chemical change. Some chemicals are altered, others are extracted and lost when the liquid is poured off. Some chemicals are partly evaporated, especially fluorin. Some of the life-germs (vitamins), are killed. When raw unaltered juices are pressed out and mixed in a certain way, chemicals act upon each other, thus forming different chemical compounds. That which we eat, in the way of solid food, is digested and acted upon by the digestive juices. Some chemicals are assimilated, others are refused by the system. That which we drink is not so much

subject to digestion. When the stomach is empty, drinks pass on rapidly and do not mix with the food. Drinks are not subject to the same digestive processes as food. In raw juices, the chemicals are unaltered, and the system appropriates them readily.

FOOD AS A REAL MEDICINE

People usually think that drugs, dope, poisons, metallic acid, metallic tonics, etc., are medicines, or remedies for disease and ailments. Medicine, if it is medicine, should cure, but if it is dope, metallic acids, poisons, nasty germ and disease pus, it kills.

People think that there is medicinal curative value in food. Nevertheless, FOOD is man's ONLY medicine. FOOD CURES; the wrong food, or drink, may also kill. Live on candy, syrups, molasses, cakes, sweets, delicacies exclusively for four months, and without fail, there will be another death certificate.

Certain foods contain specific curative chemical food essences, which, when understood, will cure us of hundreds of ailments. Thus, spearmint contains menthol; hops carry lupulin; parsley and celery contain apiol; leontodin is found in dandelion; in oats and barley; the food chemist finds avenin; romaine, asparagus and lettuce carry asparagin; chives, leeks and onions carry allioli; dill contains anethol; blackberries, dewberries, bilberries, barberries and other berries of a similar chemistry contain berberin. Certain figs are pregnant with cradin; peaches contain a peach ether, and a sprinkling of hydrocyanic acid;

cucumbers carry cucumin. Eucalyptus honey has a high per cent of eucalyptol; nettles are high in organized formic acid; citric fruits abound in organized citric acid; cloves contain eugenol; strawberries carry euonymin; green turtle carries organic iodine; marjoram carries organin; pepper is loaded with piperin; sage carries salviol; clams contain chamol, and so on with other foods.

If all of us knew what to eat, what we should eat, when to stop eating a certain food, and if we knew the medicinal or curative power of different foods, our foods would cure us, and we would need no other medicine. Food rightly understood, and rightly used, is the only true and genuine curative medicine for man.



SPECIAL BIO-CHEMICAL RECIPES

Veal Joint Jelly

Get a fresh, clean and uncut veal joint from the butcher; wash thoroughly in cold water, and put into large cooking pot; cover half over with cold water, and to this add the following vegetables and greens rather finely cut:

A doublehandful of apple peelings

A doublehandful of potato peelings

A small bunch of celery

A half cupful of canned okra, or about the same amount of fresh okra

One large parsnip

One white onion

Three or four tender beets

A small head of lettuce

A small bay leaf, a small sprinkling of salt.

Cook all the ingredients together, just simmering, four to five hours; then strain off the liquid and discard the solid ingredients. Set the liquid away in the refrigerator to turn into a jelly.

Bone Broth

Take any clean fresh bone and have the butcher chop it up into small pieces; cover with cold water and simmer very slowly for three or four hours; then strain, and use the broth.

Eggshell Broth

Wash the egg shells as you use eggs, until you have a dozen or more shells, crush these and cover with cold water for forty minutes to an hour. There should be about a pint of water when the cooking process is finished.

Tomato Toast

Pour boiling hot cooked tomatoes over whole wheat or home made rye meal toasted bread.

Milk Toast

Pour very hot fresh goat milk or hot cow milk over hot toasted whole wheat, or rye meal bread.

Wilted Spinach Toast

Wilt fresh garden spinach in hot steam for about four minutes, then pour over hot whole wheat, or rye meal, toasted bread.

White Raspberry Sauce

Use the bland white raspberries for this sauce, and cook slowly for just a little time, until the berries are hot and the juice flows freely. Use no sugar.

Goat Brown Cheese Sandwich

Cream and spread goat brown cheese over whole wheat, or rye meal, bread, and then spread a thin layer of fresh orange marmalade over this. To be used without top slice of bread.

Special Directions

COFFEE

Into one cup of actively boiling water put one tablespoonful of finely ground coffee and allow to boil three seconds, then pour off and serve. Goat cream added improves the flavor.

ROSEVELT BREAD

Take 1 cup Pettijohn's breakfast food, 1 cup steel-cut oat meal, 1 cup wheat bran, $\frac{1}{2}$ teaspoonful salt, 6 cups water, boil $\frac{1}{2}$ hour. Then, add 1 cup scalded milk, 1 cup raisins, 1 cup chopped figs, 1 yeast cake dissolved in warm water, add enough of white flour to make dough stiff; raise three times and bake one hour.

PRESBYCASIN RECIPE: Use two gallons of sweet skimmed fresh goat milk. Place in two and a half gallon vessel; set this vessel in a large vessel of warm water. Let the water in the outer vessel reach up to the milk in the first vessel. The water

must be kept at an even temperature of eighty-eight to ninety degrees and must never vary. As soon as this temperature is reached, dissolve in one tablespoon of cold water, three-fourths Chr. Hansen's rennet tablet. Stir the dissolved rennet into the warm milk with three minutes' steady stirring. Then leave milk undisturbed until the cheese is thick and ready to cut. Use a long knife reaching to the bottom of the pot, and cut cheese into squares one inch across. Now let it stand five minutes to condense; then gently lift bottom curds to top with big spoon, and cut again into small cubes; then let it stand ten minutes again. Now stir the curd and the whey with a big spoon every three minutes, until the curd squeaks when you chew it. This is the curd test for cheese-making. Remember to keep the temperature accurately at from eighty-eight to ninety degrees. Add warm water in the outer vessel when necessary. When the curd squeaks under your teeth, strain off the whey through a cloth, and press the cloth gently to squeeze out all of the whey. Add a half teaspoonful of salt to the curd, and work this into the cheese thoroughly with the fingers. Now line a perforated can, such as a coffee can, with cheese cloth, and pack the curd into the can. Put a small dish with a weight in it on top of the curd, and let it stand for twenty-four hours to press out the whey. Now, remove the curd from the can, and rub salt all over the outside to keep the mold off. Now, let cheese stand a day or two on sticks to drain; then, grease the surface with lard. After

this, cover with cheese cloth and lay on sticks to cool in dry airy place, so that the air may circulate all around the cheese. Leave the cheese this way for a month, but turn often and rub off surface mold. The cheese is now ready to eat. The mold may be cut off or rubbed off before serving. Winter favors cheese-making more than summer does.

HOME MADE GOAT WHEY CHEESE: Save the whey used in making Presbycasin, and put this whey in a kettle on a hot fire and let it boil twenty to thirty minutes. Then strain off the whey again, and return this whey to the fire, and cook steadily until you have only one-eighth of it left in the kettle. Now, the whey has a light brown color, and begins to thicken. It must be stirred often, after it begins to thicken. At this point, add one-half cup of sweet goat cream to each three cups of the remaining thick whey. To test thickening boiling cheese whey, put a spoon into the boiling whey, and remove the spoon; hold the spoon slanting and you see a thick cheese drop form on the edge of the spoon. Then the whey is ready for the cream to be added. After the cream shall have been added, let the whey boil until it is as thick as marmalade. When the color is a deep light brown, and when it is as thick as marmalade, remove from fire and stir with a spoon until cool. Then pour it into glass containers. It should be firm; now it is ready to eat. The thicker it is the longer it will keep. When serving, remove any mold that may have formed.

HABITS THAT FAVOR THE WEAK AND AGED

Sleep in abundance, both at night and during the day, say, ten to fifteen hours, in every twenty-four hours. If sleep is restless, abdominal applications promote sleep, also Swedish massage, and a combination salad with the evening meal.

Gardening, horticulture and outdoor life, among trees and bushes, in the fresh air and sunshine, favor health, youth and old age. Old folks should spend at least six hours out of doors each day.

Horseback exercises are vibratory. They promote circulation, elimination, respiration, oxidation, tissue metabolism, and nerve generation.

Pleasurable walks should be taken each day, preferably after each meal, to promote the vital functions. To sit in a rocking-chair after meals, is not wise, nor is it wise to work hard after meals, nor to use the brain energetically. Some may be compelled to do it nevertheless, but it is unfavorable for youthfulness, old age and vigor.

Change of climate and surroundings is favorable, providing everything else is advantageous and auspicious, and providing old folks know what kind of climate favors them. A genial climate, usually favors old age, neither humid, nor arid, nor windy, nor too sunny. The glaring sunlight of California, Arizona, and of other similar places is trying on the optic nerves, which are usually weak and susceptible in older folks. Old folks, also tourists and

health-seekers, should study climate, and temperamental needs, as this is as important as a course in law, business or handicraft. When health gives out, what good is a diploma, a trade, or a business?

If we must spend our money to regain health, only to die in a climate that does not favor us, what is the gain? When we change climate, surroundings, diet, habits, in old age, we should be careful. We must first know what is best for us.

Swedish massage, when given by a trained and skilled masseur, has a wonderful effect on the tissues and functions of all people, whether young or old.

Eating habits should favor old age. Small meals favor old age, because of weaker digestion, sluggish bowel action, low nerve force, reduced anabolism, increased catabolism, and reduced secretion of the digestive juices. Old people constantly overeat, even without knowing it.

Old people should NEVER, under any circumstances, eat until they are hungry. They should eat slowly and masticate their food well. They should take a walk after meals, and breathe deeply of fresh air. They should sit and tempt their appetite at meals, for ten minutes, before they eat, in order to secrete gastric juice in abundance for good digestion.

Correct breathing is an essential habit in old age. We should use our lungs and charge our blood and tissues with revivifying oxygen at all times. We must not forget that oxidation is a life-giving act,

and that correct breathing promotes health and long life.

It is not generally known that the tissues and the blood require certain active basic, constructive food salts, to carry out the functions of life. These food salts are found mainly in goat brown cheese, in berries and greens. For this reason, we should eat such food each day, so that these blood elements and salts of oxidation may be well supplied to blood and tissue, as we advance in years.

When we go on a vacation, it is important to know where to go. Vacations, the same as change of climate, favor us, if everything is favorable, such as altitude, climate, air-pressure, heat, cold, transportation, health, diet, accommodations, bedding, clothing, and comfort in general. Pronounced changes do not favor old age.

We should dress, so that we are comfortably warm and dry at all times. So soon as our feet, hands, knees, head or any part of our body, is cold, or damp, we should do something to regain the normal heat equilibrium. It may be necessary to change foot-wear, bed-clothes, underwear, or gloves, as the case may be, for we cannot afford to chill any part of our body, nor to become damp, as we advance in years. Nor should we stay long in sultry heat, severe cold, or strong wind. It is important to seek comfort at all times.

When there are gas and decomposition products in the alimentary tract, it is often difficult to sleep soundly. Besides, such products and gases disturb

digestion and bowel action, and may also produce headaches, gastritis, appendicitis, and other difficulties. At such times, hot moist applications to the stomach and bowels, may promote digestion and sleep.

Take a flannel, and fold it to six or eight thicknesses; hold it by the ends, one end in each hand; dip the center of the flannel in boiling water, turning it over in the water; now wring out most of the water, and wrap this hot flannel up in large Turkish towels, and you have an abdominal application that covers the whole abdomen, and that keeps its heat for some time. Apply this to the abdomen, and you may soon fall asleep, and your digestive and excretory functions may commence their natural offices and you may sleep undisturbed. In old age, digestion and elimination, especially elimination, need constant attention.

There is nothing better for neuritis, rheumatism, or arthritis, caused by uric acidity, in old age, than intense dry local heat applied again and again. You can cook out the acid that bothers your arms, knees, feet, hips, or joints, the same as many sufferers have done, after drugs and all other treatments have failed. You can overcome pneumonia by intense dry heat, by chest and spinal massage, and by drinks made of goat brown cheese, and by deep steady breathing. This intense dry heat should be local, and must not be applied directly to the skin. A bag may be made of heavy ticking to fit the gas oven opening. Where this bag slips over the oven,

use asbestos covering to prevent the bag from catching fire. Conduct the oven heat by means of this bag, to the aching part. Cover the afflicted part with two or three thicknesses of Turkish bath towel, and turn on the heat as intense, as when baking bread, for twenty to forty minutes. To prevent heat from escaping, wrap a blanket around the bag and cover up the affected part well. Hot bricks, hot stones, hot sand bags, or hot corn, etc., may be used also, but in each case, the heat should go directly to the affected part, and not to the body in general. The affected part should be baked, until the acid comes out with the perspiration.

Much brain work, (studies, reading, talking, chattering, discussion, lecturing, teaching, or singing), does not favor old people, as it liberates fatigue products, and produces acidity and bloating. Light brain work is beneficial, to keep the brain from becoming rusty, but it must not be exhaustive brain-work.

Carry out this regime and watch the results. Be sure that you know well all of the unfavorable foods that have been mentioned in this book, and then avoid them at all times. Young people can dissipate occasionally, without any particular danger, but not so with the old, infirm and weak. One single reckless meal of unfavorable food, may undo the work of one year's careful diet. Be careful in any and every direction in regard to each and every habit of life. Live moderately, and you will be healthy.

FOOD FOR THOUGHT

Having no desire to be prejudiced, or intolerant, in favor of diet, as compared to other means of favorably influencing health, we take this occasion to cite the various conditions and factors that are, or can be, dealt with from a health standpoint.

The mechanics of the body are so evident, that none but a fool could deny them. If we consider bones, joints, ligaments, muscles, leverages, motion, locomotion, etc., we know that we are mechanical creations, and subject to stress and strain.

We contend that natural living and rational care of the body, will, in all, except the rarest, instances, result in freedom from mechanical disturbances.

The mechanical arts of osteopathy, chiropractic, massage, etc., are fully justified at times, but are certainly not to be considered as complete methods for preventing and curing disease. Let these mechanical arts be used at the right time, but not at other times. Let normal healthful work and physical exercise attend to the mechanics of the body as nature intended they should.

Without discrediting the mechanical arts for the good work they have done, and will do in the future, it is undeniable that the American people have been adjusted, punched, pulled, pinched, squeezed and pounded enough in the last forty years, to have been cured a dozen times over, if a cure by these methods were possible.

Nor have the people lacked for Niagaras of medi-

cines, pills by the billions, operations without number, psychic and mental treatments at five dollars per think. In addition, every conceivable electrical, vibratory, mechanical, physical, spiritual, serum, vaccine, and other such treatments that the imaginative mind of man could think of have been used, yet the necessity for treatment increases in volume with each succeeding year.

Reader, think for yourself. Act for yourself; do for yourself, or you will never be cured. No cult, method or system known to man, in the past, or present, has ever succeeded in curing the people. This is true—then, cure yourself. Live rightly, and be healthy, live wrongly, and no one can cure you.

The patient is all-important; the patient suffers, and spends his money. Doctors do not suffer for the patients, yet get the patients' money. The patient is a thousand times more important than the doctor. The patient is the doctor's opportunity for fame, glory, reward, prestige, knowledge, and commercial success. Doctors should do everything within their power to help suffering humanity, and be humble and kindly. When doctors cannot cure, they should not take the patients' money; it is not honest. If doctors could cure they would not need to resort to that medical shout in dailies: "Go to your doctor," "call on your physician," for people would rush to doctors without being urged to do so by artful methods. The question is, can doctors cure us? Let doctors learn how to cure before they cackle in dailies, then such sly methods will not be needed.

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