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By

J. H. TILDEN, M. D.

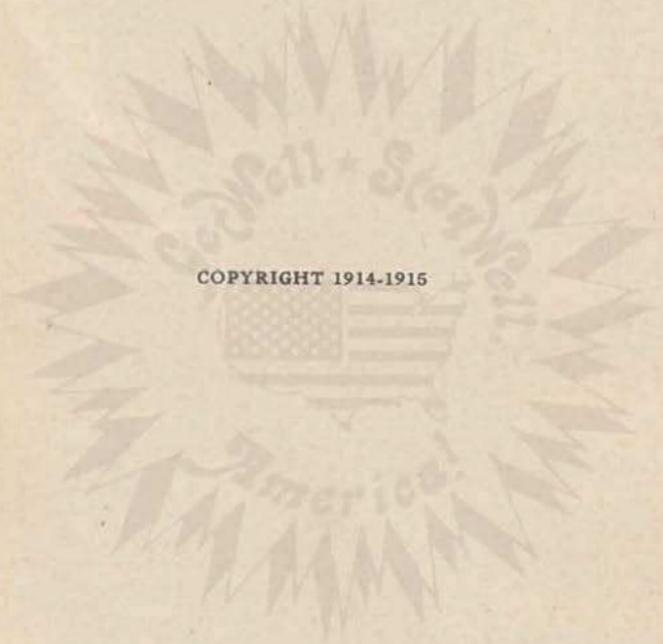
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(This index has been compiled by Miss Catherine MacDougall. CLUB readers are invited to send any suggestions for its improvement to her. Address, 1645 Lincoln Street, Denver, Colo.)

MOTTOES

There are liars, damned liars, and statistics.—Carlyle.

Weary Willie's economic ideas are all right when rags are legal tender.

A well man can indulge in any and all vices for a time, without apparent harm.

There must be a demon—a scapegoat—on which to lay the blame for all our stupidity.

There is always a time when only one mind believes in the discovery of a great truth.

Nature puts her eternal fiat against impure births by causing sterilization in those unfit to propagate.

Disease and premature death are the prices paid for bribing the palate into passing food into an overworked digestive organ.

Habits are easily broken when desire and will work together. Real desire is necessary before will can be developed.

It is only a question of time when the whole germ fallacy, which today is backed by almost the entire medical profession, must go down and out.

It is a mistake to believe that we may indulge ourselves, beyond the system's needs, with any food or drink, with impunity.

Every prospective mother has it within her power so to guide and direct her life that she may have a natural, normal, hence a painless, labor.

There are a greater per cent of rose-buds that develop into perfect flowers than there are babies that develop into perfect human beings.

So long as doctors teach that disease is a specific entity, and that the people can't make themselves sick by overindulgence, just so long will there be no hope of health becoming the rule, instead of, as now, the exception.

The chasm that exists between my dietetic system and every other system that I have heard of is too great to be bridged with any possible compromise. I feed my patients in keeping with their digestive capacity, while all others endeavor to force feeding in keeping with apparent systemic needs, without respect or consideration for the patients' ability to digest or assimilate.

The very common and vulgar belief that disease is inevitable—an ever-present imminence, a never-to-be-gotten-rid-of nemesis—still takes form in the medical mind, and shapes the policy of the treatment. Civic, state, and national governments are so

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sure that this theory is true that these authorities are ever ready to add force to moral suasion, if necessary, to carry out the doctors' wishes.

If the profession were not piebald in its reasoning, it could secure all the information it needs regarding the cause of disease by watching the people, and even the doctors, vivisect themselves.

The regular school is as full of cures, that are not cures, as the heavens are full of stars; and, to add stupidity to its credulity, it would have laws passed to force people to accept its "cures," when the school itself can scarce charge any of its new "specifics" with enough suggestion to potentize them for a moon's length.

Full health is full immunization. Drugs, vaccines, and other like preventions, are only battering-rams for beating down health's fortifications.

If the breakfast is an orange, oatmeal mush, cream and sugar, toast bread, an egg or two, and coffee; with meat, bread, potatoes, pie, and a glass of milk for lunch, a very poor guesser can predict for the victim of such eating habits early death from pneumonia, kidney disease, rheumatism, heart disease, apoplexy, or some other disease or diseases brought on from autotoxemia; if not death by such diseases, then some type of chronic disease that will ruin life.

Too many specialists give no thought as to whether their specialty synthetically joins all others in making a consistent whole. To make myself understood, I will say that health, disease, ethics, morality, religion, physics, and all other departments of human knowledge, must join in a consistent whole. The same laws govern all, and every specialty must be consistent with every other specialty. If it is not, it must be reorganized and made to fit logically with the laws governing every other department of learning. So long as it does not, it is founded on fallacy, and must fail.

Stop food, and immediately elimination begins. Nature needs no assistance in securing the functioning of organs; simply remove the cause of functional inhibition, and the process of elimination starts with increasing speed, until all retentions are removed from the body, including fluid accumulations in cavities and growths of all kinds.

How Legally to Defeat the Vaccination Law and Obey the Education Law

I would, therefore, advise all parents in your town who, for the sake of the health of their children, refuse to have them vaccinated (that is, who make use of their clearly legal right to protect their children from the infliction of a dangerous disease which now kills more children than smallpox) to send their

children regularly every day to the public school and demand admission and instruction for them; and I would suggest that all parents opposed to vaccination have their children attend in a body each day, asserting this right and making this demand upon the school officers. And you will find that no one will attempt to arrest or prosecute these parents under the compulsory education law, which would be false arrest and malicious prosecution under such circumstances; and you will further find, I think, that if the parents keep up this bold assertion of their rights, your school officials will discover that they have full right to admit the children and will do so, under the precedent already set by the Commissioner of Education in the case of Olean, and that the position of the parents and your school officers in this case will be absolutely impregnable in a moral and legal sense.

As this whole subject is a very important one, and has been clouded with the most shameful misrepresentation by our vaccinators and so-called health officials, and some of our school officers, I have gone at length into the matter in this letter, so as to cover all points; and I would suggest that you have this letter published in your local paper for the proper information of the parents and school officers in your town.

Yours very truly,

CHARLES M. HIGGINS,
Treasurer Anti-Vaccination League of America.

It is certainly childish for anyone to believe that the body can be abused by wrong eating, or wrong life of any kind, and escape the penalty. This penalty, however, the drug and other palliating systems pretend to ignore and set aside; but do they? The so-called healing professions and faith cures undertake to head off the penalty for wrong living by offering the public all sorts of pain-relieving schemes. The pain from bad habits is subdued by drugs, or stimulation induced by manual manipulative or mechanical devices. The cause ascribed is often grotesque, often ingeniously contrived, and more ingeniously made to agree with conventional philosophies, and not infrequently entirely devoid of common-sense and reason.

So long as the medical profession is crediting germs with all the troubles of mankind, and encouraging people to eat good nourishing food to help keep up their strength, and smoke good Havana cigars, and take only a moderate amount of booze, we shall continue to have an army of the best talent mentally and the best bodies physically marching to a premature grave.

A STUFFED CLUB¹⁹

Drugs and Superfluous Surgery Must Go.

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No. 1

FOOD — ITS COMPOSITION, PREPARATION, COMBINATIONS, AND EFFECT



EGINNING with this number of the CLUB, I have promised to give a series of articles on the properties, use, preparation, and proper combinations of food.

In the future I shall be subjected to criticism, as I have been in the past. There will be readers who know that I am wrong, positively ignorant, and, of course, an unsafe adviser. In all probability I shall have many readers who know from their experience and observation that my suggestions about food combinations are absurd. For example: I shall recommend that meat and bread be not eaten together by those of impaired health. My critics will ask: "Doesn't the whole world of people eat meat and bread together?" When I say that bread and other starchy foods should not be eaten with sugar, preserved and cooked fruits, my critics will show how absurd are my recommendations; for they will say: "Is it not a fact that people generally mix or combine starchy foods with fruits, cooked and raw?" And when I say that coffee, tea, tobacco, and alcoholics are injurious, these friends can point to the fact that these drugs are in common use, by nearly all the people, all the time. I can, however, offset all these criticisms and conventional beliefs

with the indisputable fact that the average length of life is about forty years—one-third the normal length of time man should live; a sad travesty on man's intelligence, for, as I contend and can prove, man shortens his life by his habits.

My critics will no doubt admit that those who drink, sometimes get drunk; and this means that they are alcohol-poisoned. I believe that all rational beings will admit that there are people who eat too much, work too hard, enjoy too much, sorrow too much, bathe too much, clothe themselves overmuch; in fact, I believe my severest critics will admit that it is the disposition of most people to go to extremes in all directions. This admitted, I must declare that in this fact we have the cause of disease; for excess in all lines breaks down resistance by using up nerve force, and when energy is used up, the functions of the body are not carried on properly; then waste is retained, which poisons the body and causes it to become autotoxemic. This state is known as disease.

A well man can indulge in any and all vices for a time, without apparent harm. If he has large resistance, a happy, contented mind, and is inclined to avoid excess, he may live to eighty or a hundred years of age. Such men have a limit to their habits beyond which they will not go—no, not even to please a friend. This temperament has either one vice that is indulged in to the full, or several vices that are not pushed beyond the influence that is experienced from the fully indulged single vice. Such temperaments have a safety-valve, so to speak, in a wise caution. They indulge up to a given effect, and when that is reached, no more will be indulged in until the used-up nerve energy is restored. This is not deliberately planned and wisely executed; for the individual is probably not aware that he is different from other people; indeed, I have found such people innocent of a knowledge of being pos-

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sessed of self-protection, and when called upon to give expression concerning the influence of bad habits, they will usually say, concerning diet or temperance—self-control or self-restriction: "I eat, drink, smoke, or indulge my wants as I like; I never restrict myself; I do not believe in your absurd ideas concerning food combinations; I smoke all I like, and have done so since my youth; I eat anything and everything I like; nothing hurts me; I do not believe such things cause disease; I believe that when a man's time comes he will go." So thoroughly convinced is such a man that he is right that he will usually work against rational reform movements. He knows that he can drink or let it alone, *and he knows that other people can do the same.* He will vote to keep the saloon open, because he can't conceive of the truth that the majority of drinking men cannot let up on their destructive drinking habits, so long as there is a place to buy, beg, or steal a drink.

All men with destructive habits have times when they are strong enough to go by the places where their enemy is for sale, but they all have moments of such nerve depression that they will sell their birth-right for a mess of pottage.

Drug stores, opium joints, and saloons do not tempt the sober man; but not so with the drug fiend. The laws are becoming so strong that it is hard for the drug-crazed to buy morphine, opium, cocaine, and other habit-producing drugs.

The saloon is still accessible to the inebriate; but, for the sake of those who can't quit their bad habit, so long as it is possible for them to buy, beg, or steal, saloon laws should be enforced or the saloon closed.

There are food fiends who are as hard to control as those with the drug habit; it is impossible to keep them from overeating, and as a consequence they cannot be cured. So long as they are under

watch, and being coached, they can be made better; but they have no self-control.

Medical superstition — *modern medical* superstition — is standing in the way of educating the people into right habits of thinking. So long as the priests of healing are self-indulgent—users of tobacco, alcoholics, coffee, and tea to excess—and abuse their health standard until their perversions are as great as those of the ignorant laity, the people will not listen to rational advice. Why? Because the entire profession is opposed to the nonsensical idea that food can possibly have anything to do with building disease.

So long as doctors teach that disease is a specific entity, and that the people can't make themselves sick by overindulgence, just so long will there be no hope of health becoming the rule, instead of, as now, the exception.

There are a few questions that ought to be answered right; namely: Is prohibition ever prohibitive? Does not prohibition generate a retaliatory desire on the part of those who indulge in the drinking vice? And, to get even with what they look upon as interference with personal liberty, do they not loan themselves to the petty crime of running, or patronizing, secret "joints"?

The liberty to buy alcoholics, as well as drugs, should be taken from the man who injures himself, his family, and his business because of drug habits. Properly enforced saloon laws will govern the people who drink better than prohibition. When notice is served by a wife, or any member of a family, that no more liquor is to be served to a husband, father, or any other member of a family, it should be enforced by revocation of license and a stiff fine.

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Just how far this interference with personal liberty can or should be allowed to go is hard to say, for there are as many homes made poor and filled with disease, sorrow, and premature death, because of wrong eating, overeating, too frequent eating, as are ruined by drugs. The supposed need of drugs is built from health-destroying habits taught and indulged in the home—modern medical science to the contrary notwithstanding.

Those who are helpless to protect themselves from drug or eating habits should be known and taken care of by society. These people should not be permitted to buy alcohol or other drugs.

Thousands who have been ruined and have died of drug habits could have been saved if, at the critical moment, when desire had resistance mastered, it would have been impossible for them to buy, beg, or steal the much-coveted poison.

I believe that the average individual can see, if taught how, that alcohol poisoning and other drug poisonings, so far as disease is concerned, are nothing more than health under the depressing influence of a stimulating habit. Reasoning, thinking beings surely cannot look upon an enervated state of the body, brought on from drugs, as a disease in the sense that is generally understood—an entity, something independent of the organism, and to be driven out by some therapeutic process.

If, then, alcohol reduces nerve energy, it simply lowers the normal resistance. The individual is in health, but his health standard is below the point where sensations are comfortable, and his energy is reduced so that he can't perform feats of strength. The power to live is reduced, and if the habit is continued, the nerve energy will be so far reduced that death results.

This being the state of the body from habitual drug action, what can be the nature of the so-called diseases brought on by over-

stimulation from food, joy, sorrow, sensual indulgences, overwork, and the giving-way to the emotions? Isn't the disease, enervation, a lowered or weakened health standard, the same as that brought on from the use of drugs?

Overstimulation from any cause lowers energy, and when energy is lowered the health standard is lowered.

Disease, then, in its true sense, is lowered resistance, or health in a state of depression; and the cure can be understood by anyone capable of thinking.

To prescribe intelligently for ordinary diseases does not require a great skill; indeed, it does not often need a technical medical education. If energy is reduced from any kind of overstimulation, there is but one cure, and that is: remove the cause (stimulant), and rest.

My desire in going into all this argument is, if possible, to teach the people to recognize what is known as disease as lowered or perverted health, and not a specific entity that is making war on health by establishing disease in place of health. There is no disease except impaired health; hence it is correct to say bad health and good health.

The profession and the people will be better fortified for treating the sick, if they can be made to understand that there is no disease *per se*; that what is called disease is health laboring under a handicap; and all the remedy needed, and all that can be used to advantage, is to understand the cause of the lowered health standard, and to remove it.

I contend that those with lowered resistance must be brought back to the normal by rest of body and mind. All irritations must be removed.

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Worry depresses, and if it is not overcome, ideal health cannot be attained.

A style of eating that irritates or overstimulates must be controlled, or the enervated will be further enervated.

The child-mind is not philosophic; with it there is no unity or relationship of phenomena. The child-mind sees tobacco in general use by men and women of apparent good health; hence it decides that tobacco is not injurious. The fact that occasionally a man lives to one hundred years of age who has used tobacco for most of those years, or that someone is a moderate drinker of alcoholics the greater part of ninety years, is, by people who do not reason, recognized as settling the question that tobacco and alcohol are not injurious.

Boys see other boys smoking and apparently maintaining good health, and they decide that it does not injure boys to use tobacco.

The custom of taking drugs by most people who are sick establishes the belief that drugs cure diseases. Why not? Do not most people get well who fall sick? Yes. Then what killed those who died? If drugs cure those who get well after taking them, logic declares that drugs kill those who die.

The child-mind believes as it likes to believe, and its intelligence is not questioned when its conclusions are glaringly inconsistent. For example: Jones is given drugs and recovers. The conclusion accepted by all is that the doctor cured him. Brown is treated by the doctor for the same disease, and given the same drugs, but he does not recover. His death is attributed to the "infinite wisdom of God." What is the truth? Reason declares that, if the drugging cured Jones, it must have killed Brown.

The explanation of the whole phenomenon of cause and effect rests on the question of individual resistance or the amount of health the individual possesses.

In determining the injurious effect of a given stimulation, the individual's resistance must be considered. The amount of resistance will not answer the question; for, when everything else is equal, the individual who is well poised will not wear out in half the time that the one will who has no resistance.

The man who smokes incessantly and is well poised will live longer than the man of equal energy who is not poised and who borrows trouble.

The woman who is well poised can have a baker's dozen of children, and live to enjoy life with the children of her youngest child; while a woman of equal energy, but who is not poised, will break down and die long before her children are grown.

I wish my readers to pay strict attention to my theory of disease. Disease is health perverted.

The body is a machine that is possessed of more or less reparative power, but nevertheless a machine; and, like all machines, it will last in keeping with the care given it. If it is worked hard and given but little attention, it will wear out.

Does it appear reasonable that life or energy can be drawn upon in every way continuously without rest, and not become exhausted?

Does it sound reasonable to say that the man who works and smokes uses no more energy than the man who works and does not smoke?

Is it reasonable to believe that the girl who goes to school and takes music lessons spends no more energy than the girl who attends the same school and does not take music? Suppose the girl who

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goes to school and takes music is fed on starchy food at every meal, and eats candy between meals; frets and worries all the time, until she can't sleep; is anyone simple-minded enough to believe that nerve bankruptcy is not staring such a young person in the face?

FOUNDATION OF HEALTH

No structure can be built and given lasting power without a good foundation. It matters not how splendidly a given individual inherits; he must have a foundation on which his splendid powers can rest, and that foundation is poise.

An infant can be given poise by being educated into contentment. Young children should not be handled except just enough to be kept clean, fed, and turned from side to side occasionally. They must go to sleep without rocking or coddling. They should be taken to a quiet room, where they will be warm, and left alone except to give them the necessary attention. They can be taught to demand, by fretfulness and restlessness, to be taken to a dark bedroom and put to bed where they will go to sleep at once and continue until morning. They can be taught to eat three times a day and be satisfied.

Nothing is so disgusting as a child that must be entertained all the time. The egomania of a child can be developed to such a degree that the child loses its health.

Those people who make up the rank and file of the great army of invalids that fill the hospitals and sanitariums are, almost to a man and woman, undisciplined. They have no self-discipline. They have practiced all their lives doing as they like. Many are dancing attendance to a morbid appetite. They know but little about suppressing an impulse. A very large per cent arrive at the stage where sensual gratification is the *summum bonum*.

When this stage of chaos in self-control is arrived at, the victim is badly enervated. If he is a user of tobacco, he is going to the limit; if his desires run to food, he gluttonizes at the regular mealtime and eats between meals; if his taste runs to confectionery, he will eat a pound of candy at a sitting; if lust commands his attention, he probably will go to such extremes that paralysis will overtake him early in life. The neurasthenic type will complain of every kind of disease in the course of a year.

It must not be forgotten that by the time these people begin to seek health advice they are decidedly enervated, and their established nerve-exhausting habits are fully developed, and master of them; indeed, the habits are a part of them. To cure such people requires an extraordinary power to control them, as well as knowledge of how to convince them of the evil of their ways, and to make them believe that health is worth the effort they must make to overcome their bad habits.

Those with no ambition cannot be cured, for they will quickly drift back into old habits. The ambitious man and woman can be shown that they are not getting all that is coming to them. They can be convinced that by restoring all their nerve power they will increase their efficiency and come into their own.

No one is getting all that is coming to him who is sapping his nerve energy with a bad habit. The one who is smart and successful, with the handicap of one or more bad habits, should know that he is falling far short of his capabilities.

There is a popular belief that alcoholics will help concentration; that tobacco will brighten the intellect and bring the best out of those who use it. Such beliefs are nonsensical. The unstimulated mind does its best work when normal and rested. Sleep is the only positive restorer of mental power. Non-stimulating food,

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carrying all the food elements necessary to build the body and mind, is all that is necessary to bring out the best in anyone.

The literature of the day is more or less marred and distorted by the effects of stimulants. Tobacco and alcohol are not logical. They never get down to reasoning out the cause and effect. Opium and cocaine write extravagantly. They paint pictures that are sometimes nude and sometimes of a salacious bias.



EATING—ITS OBJECT



THE object of food is to maintain life, keep up strength or energy to do the work of life, and give potency to the mind. When serious thought is given to the real work accomplished by metabolism, is there anything in life more important? And, as a matter of fact, is there anything that pertains to man's well-being and happiness that is carried on with more haphazard than the preparing and eating of food?

When intelligent men and women have digested the truths of the preceding article—have learned that disease is health perverted—that disease cannot be established until the body and mind are enervated, they surely can carry these truths a step farther and see the necessity of maintaining a normal health standard by avoiding doing to excess everything that lowers energy.

There is nothing with which man has to do that is of more importance than a knowledge of food—its composition, preparation, and effect upon the body; its good as well as bad effects; its conversion into brain and brawn.

There is no knowledge equal to the art of eating—to know when to eat, and when not to eat; what to eat, and what not to

eat; what foods to combine, and what foods not to combine; in brief, what, when, and how to eat.

Someone has said that "hygiene of the stomach is also hygiene of the mind." This truth is so simple and self-evident that it should be apparent to everyone; but as it is not, it should be "proclaimed from the housetops" until the most ignorant know of it.

How many can understand how far-reaching is the expression, "hygiene of the mind"? It means that perfect mental hygiene is perfect morality, perfect estheticism, correct ethics. This being true, is not health, and how to build it ideally, the correct religion? Can there be an ideal religion—church—built on any other foundation?

FOOD VALUES

Man works for his living; to make a comfortable living these days, he must work body and mind. To do so means wearing out. To work, to think, to eat, causes a wearing-out of the organism; and man's duty to himself is to know how to do all these things at the least expenditure of force, so that he may live long and accomplish much.

In working, man should learn to do the most possible for him to do with the least wear and tear. The mind, and the mind only, can help man to save his body. The best minds are in the bodies best cared for; it then behooves all of us to take care of our bodies.

Who are the skilled laborers? Who are those who elevate the standard and dignify labor, all the way from those engaged in common day labor to those with the most consummate skill in mechanics and technology, on to those representing the highest types in art and the professions? Those who use their minds. *Mind efficiency makes skill*, and the kind of skill that has a ready market.

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Skill, I say. Not egomania. Dear reader, there is a difference; study it, and act wisely.

To overstimulate the body and mind by food, drugs, and uncontrolled emotions, or by any other form of stimulation, is to bind up the mind's eyes and go through life in mental darkness.

Nutrition is perverted by drugs—tobacco, alcohol, and the sedative drugs; efficiency is handicapped by any influence that consumes energy and establishes enervation.

How many men go stumbling over all their opportunities because sensuality has put a hoodwink upon their mind's eyes? Many people who think they never had a show in life are mentally blinded with bad habits. The physical eyes see the objective world; but unless this sight is accompanied by mental vision, the objects will have no meaning—will not be understood.

Without the mind the eyes see nothing; hence it is obvious that, if man desires to come into his own, he must see, and comprehend what he sees.

The difference between the man who sees with his mind and the one who sees with his physical eyes is the difference between walking and riding a bicycle; between the stage-coach and a twentieth-century limited; between the automobile and a flying-machine; between drugging to suppress pain, and removing the cause of the pain; between the most skilled surgical operation, and the correcting of the errors of life on which the disease calling for surgery depends; between skilfully removing a diseased thyroid gland, and teaching the patient how to live so that health may be restored and the gland returned to the normal; between operating for appendicitis, and removing the errors of digestion and nutrition which bring about the disease; between cutting for stone in the gall-bladder and kidney, and teaching such patients how to live to get

rid of lithemia (stone-making); the difference between prescribing lithia tablets or alkaline waters for the cure of lithemia, and correcting the dietetic and other habits that have brought on the disease.

I find that mankind has lived in such ignorance regarding health, and how to keep it, that it is very difficult to teach dietetics and hygiene. If man buys life insurance or house insurance, it is after he learns the need of it; the same is true of health knowledge. Man will not buy a protecting knowledge until he learns to know that he needs it. Then he must run the risk of buying knowledge that is worthless.

When he is awakened to the need of protection from disease, he soon learns that the profession is divided in its opinion of how he should be immunized. He quickly learns that the *respectable element*—the majority—of medical men believe and teach that he can be artificially immunized by vaccination, inoculation, etc. He soon learns that nothing he can do himself will save him; that all the talk about eating wrong and practicing bad habits, etc., is "foolish"—simply "fads which beguile the unwary."

Only a short time ago the best professional men advocated drug palliation; now the palliation continues, but all faith and hope are centered in vaccines, serums, antitoxins, etc. My labor is an endeavor to teach a few—a small per cent of mankind—that man's health, life, and happiness are within his own hands; that he is sick, inefficient, and handicapped in the race of life by reason of habits that are blindly followed because all who have gone before him have practiced them.

There are so few who really have any vital knowledge on the subject of causation, but who think they have, that I find myself

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pounding line upon line in a vain endeavor to get a few facts implanted into a few minds.

Fundamentals are positively necessary, if anyone desires a working knowledge; but I find people clamoring for more general knowledge, when they are in the painful position of not being able to apply the knowledge they have, simply because they are so indifferent to the rules or fundamental principles which would enable them to apply old as well as new information.

The reason why most people are clamoring for more knowledge before they are ready for it is because that is the style of teaching in our schools. Most children are passed along so rapidly that they do not know what they have gone over; hence, the new knowledge is not digested, because rules that would enable them to assimilate it are passed over and not understood.

If the reader finds me reverting—iterating and many hundred times reiterating—in these articles on food, composition, preparation, combination, and effect, my only apology is that I find so few who really know what I am endeavoring to teach.

SIMPLE CLASSIFICATION OF FOODS

Air, Heat, Cold, Light, Sound, Electricity are elements as necessary as food, if indeed they are not the most important food.

Organic	Nitrogenous (protein)	Proteids; e. g., casein, myosin, gluten, legumin
		Albuminoids; e. g., gelatin
	Non-nitrogenous	Carbohydrates; e. g., sugar, starch
		Fats; e. g., olive oil, butter
Inorganic	Mineral matter; e. g., sodium, potassium, lime, phosphorus, chlorine	
	Water	

—HUTCHISON.

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TISSUE-FORMERS
 Proteids
 Mineral matters
 Water

WORK- AND HEAT-PRODUCERS
 Proteids
 Albuminoids
 Carbohydrates
 Fats
 Mineral matter
 —HUTCHISON.

COMPOSITION OF ELEMENTS		PROPERTIES		
Water (Hydrogen-Oxygen, H ₂ O)		Solvent		
Salts		Tissue-builders		
Fats (Carbon-Hydrogen-Oxygen)		Heat and work		
Carbohydrates (Carbon-Hydrogen-Oxygen)		Heat and work		
Protein Proteids Nitrogen	Meat Fish	Albumin Fibrin Myosin	Nitrogen Carbon Hydrogen Oxygen	Muscle-forming
	Peas Beans	Legumin		Tissue-repairing
	Grains	Glutin		

Air is not classified as a food; yet it is the most important food, for we can live without the ordinary foods from thirty to forty days, and we can live without water for a few days, but we can't live without air for more than a few minutes.

Air is the gaseous substance that envelops the earth and forms its atmosphere. It consists almost entirely of the gases oxygen and nitrogen, which are merely mixed and not chemically combined.

An ordinary-sized man is supposed to take through the lungs about two thousand cubic feet of air each twenty-four hours. It is from the air that we secure our greatest supply of oxygen.

Air at sea-level has a pressure of about fourteen and three-quarter pounds upon the square inch; it decreases about one-twentieth of a pound per square inch for every ninety feet of alti-

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tude. High altitudes cause a quickening of the pulse and breathing. Most people have an idea that there is much danger in going to a high altitude quickly. There is very little discomfort, and almost no danger, to persons in good health.

It is said that, whatever the altitude, the composition of the air is always the same; namely, twenty-one parts of oxygen, seventy-eight and six hundredths of nitrogen, ninety-four hundredths of argon, and a trace of carbonic acid.

The only change in the composition of the air in high altitudes is an increase in ozone. The variations of the chemical composition of the air do not account for the evil effects experienced in high altitudes; hence the effects must be caused by temperature, pressure, and the action of the sun's rays, which strike more perpendicularly in high than in low altitudes. At an altitude of 4,500 to 5,000 feet the temperature will mark a difference of ten to twelve degrees F. in the sun and shade. If the bulb of the thermometer be covered with black cotton, the difference will often reach sixty degrees F. This should warn those in delicate health to prepare themselves with a proper amount of clothing when going into high altitudes. It should not be forgotten, however, that the cold of high altitudes is more tolerable than that of low altitudes.

The sun, however, does not melt snow unless accompanied with warm air. Black or dark clothes retain the sun's heat and enable the traveler to keep warm in a temperature that would be very uncomfortable at sea-level.

• The absence of wind and humidity in high altitudes gives comfort, whereas in low altitudes with a much higher temperature those who are sick and of low resistance will suffer from the cold.

[Continued in next number.]

BONE DISEASES



CARIES and necrosis are diseases of the bone. The first-named is a variety affecting the heads of bone. It starts with inflammation of the periosteum, and so destroys the nutritive function of the membrane that the bone gradually becomes devitalized and sloughs away.

At the beginning there are inflammation, redness, and swelling. The disease may be named contusion or sprain, and treated for the injury, or the inflammation caused by the injury; for the exciting cause may be, and usually is, brought on by injury. But primarily the patient is heavily autotoxemic. People so afflicted have brought upon themselves, from overeating and other excessive self-indulgences, a state of adenitis, and those who are predisposed to take on pulmonary tuberculosis will die of *necrosis of the lungs*. But those whose anatomism—whose liver and lung construction—is large enough to decarbonize the carbon intake will not develop lung disease, but will take on such diseases as those furnishing us with this title, and others, such as skin diseases of an acute and chronic form, joint infections, etc.

The following clipping will give the reader a very good idea of how the average medical and surgical man handles a case of caries or necrosis:

TWELVE OPERATIONS IN FOURTEEN YEARS

FAR ROCKAWAY, N. Y., March 4.—Attended and advised by forty-one surgeons, operated on twelve times, and confined in eleven different hospitals, are the experiences Miss Ella F. Hobby, daughter of City Marshal and Mrs. Thomas J. Hobby, of Far Rockaway, has undergone as the result of a dog-bite fourteen years ago. When Miss Hobby was aged fifteen, and a comrade

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of the daughters of Mr. and Mrs. Michael Barry, the Barry dog bit her in the left leg, and blood-poisoning developed.

Two months later the first operation was performed, and since then, at intervals of a year or so, her leg has been opened in an attempt to eradicate the poison. She has been in hospitals in Brooklyn, Manhattan, and Queens, and of the twelve times she has been operated on, five times the bone that was affected has been scraped.

This week the bone was opened for the first time and a defective piece four inches long was removed. The operation was performed in the Rockaway Beach Hospital by Dr. M. S. Kakels, a specialist of 71 Sixty-fifth Street, Manhattan, assisted by Dr. A. Goldberg, of Rockaway Beach. Miss Hobby was taken to the hospital five weeks ago, when she had a fever of 106 $\frac{1}{4}$ degrees.

Following each of the twelve operations Miss Hobby was able to walk on crutches for a few months, but the poison invariably returned and she was obliged to remain abed. An operation two years ago was not so favorable as in the other instances. Shortly after she went to bed, and has been unable to move about unassisted since. Physicians said that she was too weak to attempt another operation, but she persisted in having it done.

She says she is anxious to recover and will submit to any suffering to attain that end. Mr. Hobby said: "While we have despaired of ever having her cured, she has been cheerful and has expressed the utmost faith in her eventual recovery. She has urged us time and again, when she was so weak that she could hardly move her hands, to arrange to have an operation performed, expressing the belief that she would be cured."

"I think she will be cured this time," Mr. Hobby said, "because this is the first time that the bone has been opened. Dr. Kakels said he thinks the operation will be successful."—*The Leader*.

Is there any sense or reason—or perhaps I would better say, is there any real professional skill—displayed when forty-one surgeons operate twelve times in eleven different hospitals on a case of bone disease? There is not.

The cause of continued failure of treatment and operations is that the professional men fail to correct the blood state, and then are in too great haste to operate.

These patients are fed "good nourishing food," notwithstanding the fact that the primary cause of the systemic derangement that allows such diseases to develop is overindulgence in food, stimulants, and sensual gratification all down the line.

The feeding must be restricted, and, for the most part, consist of raw fruits, vegetable salads, and a very moderate amount of albuminous foods of either animal or vegetable origin.

The greatest mistakes that are made in these cases are in operating prematurely. Time must be given for the inflammation to subside; for if an operation is performed while the disease is active, all the dead bone may be removed, but death of more must follow, and continue to follow, as long as the inflammation that is destroying the nutrition of the bone is going on. Besides, if operated upon too early, extension of the destructive inflammation will be excited by the operation. Every premature operation drives the disease farther and farther into the bone and joint. Such boyish, neophytic, unskilled, scientific malpractice maims many for life and sends many more to premature graves.

Yes, I say thousands and tens of thousands have been forced into such an ending by meddlesome, scientific malpractice.

The layman who wrote the above-quoted item imagined that a subtle poison had gained entrance to the leg from the dog-bite, and that the operations had failed to get deep enough to extract the poison. Such an idea is childish. Poison doesn't lodge in the flesh and blood as a nail or splinter of wood that can be pulled or cut out. Poison either becomes an element of the blood or it does not; and if it does not, it fails to poison.

In this case the dog-bite bruised the bone, and its action was no different from what would have been the action of a mule-kick

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or any other violence that would have caused as much injury to the nutritive membrane of the bone.

If the patient had been treated skilfully from the beginning, there probably would not have been an operation required, or, at most, only one operation, and the cure would not have required more than one year of time.

She was operated upon two months after the injury—at a time when the inflammation was at its most active stage; and any surgeon ought to know that a hasty operation or operations performed prematurely must end in failure.

Caries is best described as an ulceration of the bone, beginning at the surface. Necrosis is the death of a portion of bone. The dead portion may be on the outside and it may be on the inside of the bone. The surgeon should allow enough time for a separation of the living and the dead bone to take place before operating; and if he does not, he will be compelled to operate again and again, as was done in Miss Hobby's case. Haste makes waste in such diseases.



WHY AVERAGE PHYSICIANS DO NOT KNOW ANYTHING ABOUT DIETETICS



THE following communication from Mr. Charles E. Flammer, of Berkeley, Cal., contains information that is to the point on the subject of food and why physicians generally know so little about it. This letter from one of the leading professors of Cornell University is vital and corroborative of a great deal that has appeared in the CLUB from time to time for the past ten or twelve years. I reproduce it

for the benefit of CLUB readers. (This should have followed "Cant" in the April CLUB, instead of "Does Postum Build Appendicitis?")

BERKELEY, January 26, 1914.

Dr. Graham Lusk, Cornell University, New York City.

DEAR SIR: Your article in *Science* of October 10, 1913, appends the names of twenty-two colleges in the United States whose medical courses are of a high standard, and approved as the highest by the American Medical Association.

When reading your article, I chanced to see the June, 1913, issue of the *Medical Brief*, published at St. Louis, and was especially interested in the editorial "Dietetics: A Neglected Study." Since then I have prepared the attached schedule, showing the number of hours, during the entire four-year medical course, devoted to dietetics in each of the twenty-two schools, as announced in their printed curriculums.

In fairness to all of these colleges, I should make this observation: Many offer no course termed "Dietetics"—Cornell, Johns Hopkins, and Harvard, among others. Doubtless these teach branches of the subject under the general head of Physiology or Medicine. But I have wondered whether you will not agree with the editor in his article aforementioned. May I quote some of his most pointed remarks?

"Considering the immense part that diet plays in the welfare, or otherwise, of the human body, and even of the mind, it is strange, to say the least, that dietetics, as a science and art, should lag so lamentably behind the procession. That it does lag no one, we think, will seriously question. . . . He [the physician] does not seem to have realized the towering importance of an exact and scientific knowledge of dietetics, or what a powerful therapeutic agent such a knowledge and control of diet would put into his hands. He appears to be strangely blind to the tremendous possibilities such a science, practically applied, opens to him. . . . Even in the hospitals, where one would naturally look for some sort of systematic ordering of dietetics, the same superficial procedure prevails, the dietary being usually classified loosely into 'slop, light, and full,' with an eye to the purely physical qualities of the food rather than to its physiological values. . . . Perhaps we should go a step

further back, if we are to find the root of the trouble, and observe that there is no adequate provision made for teaching dietetics in our medical schools. Many colleges—no doubt the great majority of them—absolutely ignore the subject, so far as its claims to a special course are concerned. . . . And even in the schools where the subject is recognized to the extent of assigning it a chair and a place in the curriculum, the relative time and importance given to it is so pitifully out of all proportion to its real dimensions that the actual, practical issue, we venture to assert, is not so very far ahead of that which attends a complete ignoring of it. . . . But there is another aspect to this matter. If the medical profession is ignoring the question of dietetics, others are not. . . . But to one of the criticisms the writer felt utterly unable to offer any defense or justification, and that was the very charge to which we are now mutually pleading guilty—that as a class the medical profession is woefully ignorant of, and inexcusably indifferent toward, the science of dietetics. On this charge the writer's lips were dumb. It is true—deplorably true. . . . But unless we very soon sit up and take notice, we shall have the public at large challenging us on the same ground, and that will be even more embarrassing. It is no excuse or justification for us to plead that we have so many more important matters to engross our time and attention. *There is no more important or far-reaching subject than dietetics.* It ramifies into every aspect of health and disease, and profoundly influences every condition of life."

As a layman, it seems to me that, as life is continued only through the agencies of light, air, water, and food, these things, and they only, when properly employed, will give permanent health and happiness. Personally, I believe it is immoral to accept medicine or surgery as a cure for, or in palliation of, disease, if the wrong habits of eating, drinking, etc., be continued; for it does not seem rational to conclude that disease is the result of any cause other than wrong habits of eating and living. Hence, it appears to me that "Food"—the When, the Why, and the How Much of it—is the most important of all subjects that ought to be taught in our medical schools. May I then venture this prophecy:

That in ten years the medical schools will devote ten times more time than at present to dietetics; and in twenty years dietetics will be the major subject taught in the then medical college.

That you may live that long and longer, always in health and happiness,
is my sincere wish.

Very respectfully yours,

2235 Ashby Avenue,
Berkeley, Cal.

CHARLES FLAMMER.

Name of College and Location	Dietetics: Total Hours During Entire Course— Four Years	Remarks
California—		
University of California, San Francisco.....	16 hours	Third year—first semester
Leland Stanford, Jr., Uni- versity, San Francisco...	16 hours	Fourth year—second semester
Connecticut—		
Yale Medical School, New Haven.....	None	
Illinois—		
Northwestern University Medical School, Chicago	?	"The principles of dietetics are reviewed."
Rush Medical School, Uni- versity of Chicago, Chi- cago.....	None	
Indiana—		
Indiana University Medi- cal School, Indianapolis	11 hours	Senior year—spring term
Iowa—		
State University, Iowa City	?	"A sufficient number of lectures are presented to cover the essen- tials of invalid dietaries."
Louisiana—		
Tulane University, New Orleans.....	?	"Part of the first half of the third year."
Maryland—		
Johns Hopkins University Medical Department, Baltimore.....	None	
Massachusetts—		
Harvard Medical School, Boston.....	None	
Michigan—		
University of Michigan, Ann Arbor.....	?	"Homoeopathic Medical College— A special course is given in which the problems of food in relation to health and disease are dis- cussed."
Minnesota—		
University of Minnesota, Minneapolis.....	?	"Graduate School, Department of Agricultural Chemistry and Soils —Human Nutrition and Dietet- ics, six hours a week, second semester."

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Name of College and Location	Dietetics: Total Hours During Entire Course—Four Years	Remarks
Missouri— Washington University Medical School, St. Louis	11 hours	
New York— Columbia University, New York City.....	None	
Cornell University, New York City.....	None	
New York University and Bellevue Hospital Medical School, New York City.....	?	"Graduate School, Department of Physiology—Nutrition and Diet Selection; study of the principles upon which normal and special diets are based."
Syracuse University, Syra- cuse.....	?	"The principles of dietetics and dietetic cures are thoroughly taught."
Ohio— University of Cincinnati, Cincinnati.....	?	"Dietetics—A lecture course on the composition and effects of diet, including the methods of preparation."
Western Reserve Univer- sity, Cleveland.....	None	
Pennsylvania— University of Pennsylvania, Philadelphia.....	16 hours	"Dietetics of the Sick."
Texas— University of Texas, Gal- veston.....	26 hours	
Virginia— University of Virginia, Charlottesville.....	None	

POST OF POSTUM FAME

C. W. POST, the millionaire manufacturer of "health foods," was operated upon successfully for appendicitis on schedule time. The operation will prove fully as successful as his health foods have been in keeping him well.

Inasmuch as he is a millionaire, I judge that his health foods give more energy and strength to his bank account than to his

physical well-being, and the well-being of those who pay him exorbitant prices for them.

I wonder if his appendix was full of postum? I would suggest that a strainer be used by all those who indulge in this most excellent table beverage, for appendicular operations are expensive.

In all probability he brought on his appendicitis in the same way that one of the leading surgeons of Rochester brought his on; namely, too much eating and stuffing of the good things of life. I don't believe that he got it from eating his health food. I really believe that it takes a lot of good beefsteaks, gravies, "parates and sich," to develop a real, genuine appendicitis.



MEDICAL SPELLBINDERS

LEONARD KEENE HIRSHBERG, A.B., M.A., M.R.S.G., M.D. (AND X.Y.Z. PERHAPS), (JOHNS HOPKINS); HERBERT QUICK, M.D., AND WOODS HUTCHINSON, M.D.



NATURE is the best food specialist, and appetite the best advice. The fact is that nobody knows what is good for us to eat, or how we should eat it. The most ignorant day laborer knows better what is good for him than any hygienic expert with a queue of capital letters tied to his name.—HERBERT QUICK, M.D.

Too fat? Don't worry! It's ancestors' faults! Eat all you like, dieting will not reduce weight. Dieting will not reduce stoutness . . . it's a family peculiarity.

Fat people should eat all they want.—WOODS HUTCHINSON, M.D.

Dr. Hirshberg is one of the most learned medical men engaged in writing "Answers to Health Questions" in the United States. He was especially qualified for this work in the greatest of all medical schools; namely, Johns Hopkins of Baltimore.

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I take pleasure in quoting the following from the *Chicago Evening Post*:

ANSWERS TO HEALTH QUESTIONS

A. C. A.—I shampoo my hair once every two weeks, but it becomes oily soon after. Kindly publish a remedy for this.

Five grains of resorcin in an ounce of equal parts of alcohol, glycerine, and carnation, or other scented water, is a good anti-oil lotion. Stop shampooing your hair and merely wash it twice a month with an alcohol—transparent—soap.

Mrs. S. O.—How can hollows in the neck be filled out? Is cocoa butter helpful? What will color my cheeks naturally? How can I gain weight?

1—Drink cocoanut oil, eat butter and margarine, meat fats, goose oils, and all fatty things. Massage the hollow spaces every four hours for five minutes with goose grease.

2—Cocoa butter is only an expensive fad.

3—Rosy cheeks result from plenty of fresh air at night while you sleep under plenty of covers. Sunlight, a brisk two-hours' outdoors daily exposure to dry air, and plenty of meats, gravies, and good victuals. Massage your cheeks every two hours for one or two minutes.

4—You will gain flesh by sleeping for nine or ten hours after midnight, eating oils, fats, sugars, rich meats, spices, sauces, pastries, starches, fruits, and drinking lots of cream and the yolks of a dozen eggs daily.

Spend all the money you used to spend on medicines on eggs, creams, big steaks, and good oils. Eat your suppers late, and another meal at midnight.

No one could give such valuable hints as are contained in the above questions who carried fewer titles than Dr. Hirshberg.

This is a day and age when success in any calling means preparation and specialization.

No one but a profoundly educated man would know that shampooing the hair every two weeks was the cause of the hair

becoming excessively oily, and that all that is necessary to cure the disease is to wash it with an "alcohol—transparent—soap."

I doubt if even so profound a scholar and educator as Dr. Osler, a former professor of Johns Hopkins, but now of Oxford, knows that "hollows in the neck" can be cured by drinking cocoanut oil; eating butter and margarine, meat fats, goose oils, and all fatty things; and massaging the hollows every four hours for five minutes with goose grease.

Only an A.B., M.D., A.M. could possibly know that "cocoa butter is only an expensive fad."

The doctor's answer to the third question is indeed profound, especially the prescription calling for "plenty of meats, gravies, and good victuals."

Prescription 4 is unique. No one except an A.M. knows that nine and ten hours' sleep after midnight, and eating oils, fats, sugar, rich meats, spices, sauces, pastries, starches, and fruits, and drinking lots of cream and the yolks of a dozen eggs daily, will cause one to gain flesh.

It is highly gratifying to know that so profound a scholar as Dr. Leonard Keene Hirshberg, A.B., M.D., A.M., gives the kibosh to drugs. Read the last paragraph of answer No. 4: "Eat your suppers late, and another meal at midnight."

It certainly has taken special advantages to develop so much erudition. It is just barely possible that this great man was named after one of America's great surgeons, and while yet an infant he was anointed with goose grease and other fats, compounded with the beards of the gods* of medicine. He certainly must have had

*"Paracelsus styled himself the 'monarch of physicians,' and explained that the hair on his head knew more than all authors; . . . and his beard possessed more experience than all the academy of Basle."—PETTIGREW.

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the learning of the gods rubbed into him, for otherwise he could not have known so much about the value of fats, late suppers, and sleep after midnight. The *Evening Post* should be thanked for discovering this great physician.

Nearly all the quotations which follow were taken from Dr. Hutchinson's lecture given at the Woman's Club, as reported by Mildred Morrison in the *Rocky Mountain News* and *Denver Times* for Sunday, April 5. The great peripatetic doctor licensed our people to do as they like. Nothing counts for disease-making but infection. According to his opinion, the drunkard's thirst is a better guide than the advice of the prohibitionist. The desire for morphine, opium, cocaine, and other drugs should be indulged, for it is due to the "immutable law of heredity." Going without these drugs will not remove the appetite nor cure the disease.

People who are "fat should eat all they want"! Taking less will not do any good. Those with a drug habit should take all they want.

"There is but one way to escape stoutness," to escape drug habits, to escape sensuality; and that is, to "choose parents who are reasonably thin"—reasonably continent as to drug habits, etc. The doctor's prescription for the generations unborn is to get busy and change the nature of their parents-to-be, while he and the other representatives of *modern medical science* sit on the cosmic urge by advising all drunkards to drink more, all gluttons to eat more, all sensualists to gratify their senses more, all criminals to commit more crime! This is the long-looked-for instructions of how the tail should wag the dog—of how to make a three-year-old colt in a minute.

"A seven-course dinner is one of the noblest works of man," says Dr. Hutchinson; and Robert J. Ingersoll said: "An honest

God is the noblest work of man;" all of which is the same, except that the doctor would make a god of the bellies, while the lawyer would make a god of the brains. This is a case where a dead man knows more than one supposed to be alive.

These sayings are from great men. The former has nothing to show for his seven-course dinners; the latter lost twenty years of his life and the products of twenty years of active mental labor—and, neither last nor least, twenty years of pleasure—all *because he failed to choose his parents wisely*, and inherited a strong desire for "course dinners," which all wise doctors declare should be indulged, because they made a mistake in choosing parents.

"One can have gout and still be poor and humble enough to avoid high living." Proving what A STUFFED CLUB says: that enervation and autotoxemia can be brought on by any influence that dissipates nerve energy; and the disease that develops will be in keeping with systemic peculiarities, both physical and mental, plus domestic, geographical, and thermometric influences.

The worst types of rheumatic bursitis can be found in Poverty Row as well as on the boulevards. Why is this? Because, as the CLUB has been teaching, there is no such thing as a single cause for any disease. Seven-course dinners must be aided by overheated houses, too heavy clothing, sensual indulgences galore, neglect of exercise, and, neither last nor least, *a bad selection of doctors and parents*, to develop gout in a rich or a poor man. Bread, rice, beans, pork, coffee, no opportunity for baths, worry, sickness of family, bad air, discouragement, no hope, and perhaps many other influences, unite in building a deforming rheumatism. Sometimes all that appears to be necessary is to be endowed with vanity, envy, spite, or jealousy.

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Single causations—such as germs, alcohol, seven-course dinners, bad selection of parents—are too limited a view in this world of variety in universal unity.

“We have found that overeating never causes disease. . . . Gout is caused by chronic infections. It may be due, for instance, to some infection in the nose or throat.” The reporter really thought the doctor said something when he said: “We have found that overeating never causes disease.”

Did he find this out at the same time he discovered that disease “*may be due to some infection*”?

If he found that “*overeating never causes disease*” in the same way that he discovered that “*some infection may cause it*,” how does he know that he discovered it? He *may* have only thought he discovered it.

My opinion is that “we have” *not* “found that overeating never causes disease.” At the most, it is a guess with Dr. Hutchinson—the same as that “*gout may be due to infection*.”

This teacher of modern medical acrobaticism, who has such a genius for “discovering” easy stunts for attaining good health, has learned from years of experience that people should eat when they are hungry, and drink when they are dry, and repeat as often as inclined. No doubt this theory applies as well to the gratification of lust, and to the desire to steal, murder, lie, and infringe on the rights of others. Of course, the doctor does not work out his theory to its legitimate end, but the application I make of it is strictly in line with reason, and is the logical ending of his theory when applied to crime.

“Children especially should eat between meals.” One would think, from the earnestness of Dr. Hutchinson’s prescriptions, that the people are in the habit of eating half enough, and that children

never eat between meals. Is it just possible that the doctor reads his own experience in the rest of the human family? If the doctor should practice healing the sick for a short time, his mind would be disabused of some of its dreams, or the dreams of the laboratory experts. He certainly will not grow practical knowledge of healing in going about teaching the women's clubs, public schools, the Y. M. C. A.'s, the Y. W. C. A.'s, the W. C. T. U.'s, and the Chautauqua assemblies to eat plenty of good food, butter, sugar, pure candy, and the importance of eating between meals.

I don't know where this man with a pessimistic face and an optimistic speech has lived all his life. Really, the people are not in dietetic slavery—quite the contrary. I find that people generally are in much the same condition as the friends of a colored woman who once said to me: "I jes tell dese niggahs 'round heah we don't do nothin' but eats our heads off."

I am fairly busy in a professional way, and my patients come from everywhere—principally from the United States and Canada; and I find that very few of them have failed to gratify their appetites and passions, and if they have hesitated in eating all they possibly could, their physicians have encouraged and urged them to "eat more;" "eat all they possibly can, to hold up their strength."

I do not remember of ever having a child brought to me that had not been fed between meals. When they eat light is when they have been pampered and their appetites cloyed on sweets to the extent of "three-fourths of a pound of sugar a day," more or less.

Really, I think the doctor is laboring under a mental delusion when he holds out the idea that the people are starving. I know of many who boast of eating according to Dr. Hutchinson. I had

one in my office yesterday who had been ten years trying to get well of gonorrhoea.

"The principle of dieting is this: Your doctor asks you what you like most to eat, and then tells you that you must eat it."

This platitude was sprung by this perambulating dietitian to a Denver audience, and was followed by: "It is the old-fashioned notion that what is most delightful to you is the thing you shouldn't do."

The *oldest-fashioned* prescriptions that are worked off on a confiding public are: "Eat what you like;" "Eat what agrees with you."

This dietitian's theories change when it comes to prescribing for appendicitis, tumors, etc. His prescriptions then are not what most delight the patient—no, indeed! They are whatever delight the surgeons.

"The child needs fuel for his energy between meals. Give him plenty of butter and plenty of pure candy at all times." And when he falls sick from this sort of care, vaccinate him with pure pus, and keep his blood saturated with pure serum; for he was not wise in selecting his parents—it's all a question of heredity.

Adam, our forefather, ate too much from the tree of knowledge, and as a consequence we have to be stuffed with the same sort of fruit. Drs. Hutchinson, Evans, Quick, Hirshberg, *et al.*, employed by the A. M. A., are well qualified for keeping the Adamic fruit passing on.

The following is in line with the medical trust's activities, and is pure politics—a bait to appease the wrath stirred up in the rational minority by the utterances of these assassins of common-sense.

NUTRITION AIDS INDUSTRY

It will not be long before the problem of nutrition will be one of the problems in which the statesmen of the nation will be interested. The best employers have come to realize that the greater the variety and abundance of food their employes eat, the better workers they are, and, instead of figuring how low they can reduce wages, they ask themselves how high they can increase them so as to supply the men and women who work for them the means of obtaining proper food.

The physician is appearing more in public. He has come to feel that he must be a public man, so that he may advise, not one man, but the whole community. He has come to look upon the whole community as his patients, and bends his efforts and learning to see how he can best help the community as a whole.

The last paragraph is true; but what a pity that this long-felt want is being filled by the hot air of theoretical men who are all things to all people!



“NOTHING HURTS ME—I DO AS I LIKE”

 HIS boast is made to me very often by people who are quite content in their own conceits. Every inebriate saw the time when he could boast of his invulnerability to the detrimental influences of alcohol. The deformed rheumatic once could say: “I eat as I like.” The tuberculous subject once practiced the freedom of independence, and lived for pleasure and personal comfort. If removing a coat and sitting in a draft felt good, he hesitated not; for had he not always practiced such things without injury?

Those with cancer of the stomach once boasted that they could eat “any old thing”—that nothing in the eating line hurt

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them. The morphine and cocaine fiends saw the time when they were masters of themselves; this was before drugs had bound them hand and foot and sold them into slavery. The subject of blurred, amber-purging eyes could once boast of a clear vision of both mind and body. The aged can truthfully boast that once they were young and possessed of all the beauties peculiar to youth. The ataxic subject, although not old, can look back to a time, a few years ago, when he was as nimble as health makes you; he saw several years of comparative health while he was traveling "the pace that kills." Nature never kills us for our first offense. Often she is long-suffering before she abandons us to our fate.

But why should I describe the pleasure, sorrow, pain, and death that come to many who pace the elusive road of pleasure and dissipation, when I can furnish the story better told by one who dipped his pen in the ink of self-experience, and who gives us the beautiful poem—word-painting—of the disease known as locomotor ataxia?

The author, I have been informed, was only about thirty-five years of age when he wrote "Ataxia." In reality this poem is a death-bed confession, and for those who *can do as they like, as nothing hurts them*, it is a veritable "Sermon on the Mount."

ATAXIA

My world has shrunk at last to this small room,
Where, like a prisoner, I must now remain.
I'd rather be a captive in the gloom
Of some damp dungeon, tearing at my chain;
For then, perchance, my freedom I might gain.
Ah God! to think that I must languish here,
Fettered by sickness and subdued by pain,
To die a living death from year to year,
Joy banished from my breast, and Sorrow brooding here!

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Yet these familiar walls do sometimes fade—
Then my faint eyes on fair horizons rest;
By Memory's distant lights I am betrayed,
And Hope a moment flutters in my breast,
Till I forget that I am all unblest;
My vagrant fancies wander far away;
Fond faces hover near; dear lips are pressed;
My stagnant pulses seem to leap and play
Anew with youth's wild heat, and half revive this clay.

I often think how once these stumbling feet,
That now can scarcely bear me to my bed,
Were swift to follow, as the wind is fleet,
The baleful beam that to destruction led;
Nor paused I till the luring light had fled—
Till on mine ears there broke the dismal roar
Of that black stream whose waters wail the dead;
Dumb with despair I stood, and from that shore
Saw Charon's specter-craft and heard his doleful oar.

Thou domineering power! or love, or lust,
Or passion, or whatever else thou art—
How have thy crimson roses turned to dust,
And strown their withered leaves upon this heart!
Though through my vitals now thy venom'd dart
Strikes like an adder's sting, yet still I feel
From Egypt's fleshpots it is hard to part;
And my weak, wandering glances often steal
Back to sweet sinful things, until my senses reel.

Sometimes at night around my bed there rise
Fair, faithless loves who in the past were known;
But now I look on them with other eyes;
The wanton witches I no longer own;
They come to mock me as they hear me moan,

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And float a cloud of taunting witnesses.

Yet were there some, whose arms around me thrown,
As in the olden days, with soft caress,
Could make me half forget these hours of sharp distress.

I do remind me now of one whose heart
Hath leaped against mine own a thousand times;
And though we did not find it hard to part,
And years have passed, and now in different climes
Our lives asunder lie; yet could these rhymes
Bring back that leman and those long-lost days,
I'd make their strains ascend where angel chimes
Ring forth glad paeans of eternal praise,
And from the dead, cold past that matchless minion raise.

Had Time but halted for us, as the sun
Stood still on Gideon while Joshua strove!
Ah no; the silver moon of Ajalon
Would have looked kindlier on those nights of love!
Little cared we for sun or moon above,
Or for the gems upon the black-browed night;
We may have seen them through the heavens move,
But recked not, thought not of their wheeling flight—
Blinded, poor love-sick fools! by Passion's dazzling light.

Oft in that light's fast-fading afterglow
Her visioned presence unto me appears;
And as I first beheld her long ago,
The same alluring loveliness she wears.
Oft in the midnight silence fancy hears
A sweeter plaint than Pandion's daughter's strain,
Murmur in kisses that beguile my fears,
While in my dreams I clasp her form again—
To wake, alas! and weep to find the vision vain.

She was but one of an ungodly throng
Whose name was legion; but among them all

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To her my best and brightest years belong,
Though there were others whom I oft recall,
Who wove their shining threads through this dark pall,
Long years ago, in Passion's panting loom,
Before Life's honeyed cup had turned to gall,
Or yet the day had deepened to the gloom
That wraps me like a shroud within this living tomb.

O Marah! Marah! as thy bitter stream
Was turned to sweetness by the magic tree,
So the dark current of my years doth seem
To flow at times in murmuring melody.
'Tis when, dear Lyric Maid, I turn to thee—
Then the light laughing loves of other days
Hide their false faces or like shadows flee.
Oft had I fallen in these cheerless ways,
But heard the whispered words that comfort and upraise.

Now, though these limbs are cold and almost dead,
And torture runs through every sluggish vein,
Yet is endurance out of suffering bred,
And fortitude to triumph over pain.
The wasted body shrinks, but still the brain
Urges the palsied hand along the sheet,
On which, alas! tears often fall like rain;
But Fancy even Misery can cheat,
And in the pain-born rhyme will find a refuge sweet.

But even there the Spoiler with his scythe
Torments the withered sheaf he waits to reap;
His torturing reminders make me writhe,
Till, mad with pain, I beg the final sweep
That surely soon must come to give me sleep.
Still one retreat is left, to which I flee—
Dear dreamy draught, in which I often steep
Body and soul! I turn again to thee,
And drift down Lethe's stream out on Oblivion's sea.

WHAT IS DISEASE?



A CLUB reader asks the following question: "What is disease; or do you consider symptoms disease?"

Symptoms point to physical and mental derangement. Disease is not an entity, any more than health is an entity. Disease is health handicapped.

I can make a coarse simile, which may be understood a little better: What is filth? Someone has defined it as dirt out of place. We do not look upon soil or dirt in which we plant seeds and grow food as filth; even fertilizer we recognize as something rich in elements that will feed the plants that grow to make us food. Fertilizer on the lawn is beneficent; but fertilizer on the parlor carpet is filth. Fertilizer on the body will cause the one so afflicted to be called filthy and dirty—a person to be shunned.

Disease is health under a state of irritation, depression, or perversion. The drunk man is a sick man; he is laboring for the time being under the influence of poison on his nervous system. The man who is constipated for days at a time, and is allowing his blood stream to be contaminated from a reabsorption of excreta, is a sick man, and his symptoms may manifest themselves as catarrh, Bright's disease, consumption, pneumonia, gastritis, torpor of the liver, melancholia, dishonesty, insanity, etc. Torpor of the liver and engorgement of the liver are symptoms of what? Of a disease of the liver? No; the symptoms of a badly controlled appetite, and wrong eating; the individual is taking too much carbon into his system by way of bread, sugar, fats, or alcoholics; then the disease *per se* is the bad habit. Arteriosclerosis, cancer, stone in the gall-bladder, are not diseases; they are symptoms of a bad life; the indi-

vidual is living wrong; he is irritable and gives way to his temper, and is probably depending upon others to make his life tolerable; he does not know that, to be happy, one must be self-centered and self-sufficient; he has not learned that depending upon outside influences for happiness and contentment dooms one to disappointment, disease, and premature death. Disease, then, is health forced to sidestep ill-treatment of body and mind.

The old idea that there are as many diseases as names in medical nomenclature is all wrong.

The profession generally seems to be quite content when it arrives at the conclusion that, when a man has locomotor ataxia, he certainly, at some time or other in his life, has had that dreadful disease advertised on the stage as syphilis; and the profession is so thoroughly satisfied that this is true that it will think a man more idiotic than wise who will declare that locomotor ataxia is a symptom of sensuality.

No man has ever had locomotor ataxia who has not lived to the limit of his ability in gratifying his sensual nature. He does not need specific disease to wear out his nervous system; neither does he need the abominable treatment that is given to specific disease to cause degeneration of his nerve centers.

As described in this CLUB by the poem "Ataxia," locomotor ataxia is the result of outraging and debauching the nervous system until it is so depleted and enervated that it takes on degeneration.

Please get the notion out of your mind that disease is a special entity—a special dispensation of Providence, brought into existence by a just God to punish man for his misdeeds. Indeed, there is not a word of truth in that, and such an opinion is unworthy of enlightened people.

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Disease is absolutely nothing more than health perverted—driven out of its normal channels. Remove the cause, and nature will readjust itself. Get it out of your mind that there is any such thing as cure; that is unworthy of enlightened minds.

I defy the most learned to prove that what I say is not true.



OUR NEW HOME



EVERYONE who has seen OUR NEW HOME likes it. Why not? The apartments give our friends from a distance a comfortable, exclusive, quiet little home while they are in Denver taking treatment and instructions.

Many people come to us to secure the quiet and rest that their social life at home denies them.

Rest is one of the most important remedies. It is far-reaching; much of its influence, indeed, is thought to be brought about by other so-called remedies which are often used at the same time.

Enervation.—CLUB readers do not get an opportunity to forget that enervation—nerve exhaustion—is the cause of auto-toxemia. The remedy for enervation is rest, rest, rest! When the body is enervated, elimination is imperfect; and from this source all chronic and acute diseases spring up.

Let us review causes of overstimulation: eating and drinking to excess; overwork; too much mental stimulation in the line of entertaining and being entertained; giving way to the emotions; mental and physical overindulgence; lack of self-control; the tobacco and other drug habits.

Rest is the remedy. The quickest way to bring about health is to remove the cause—stop whatever is enervating; go to bed, and REST. Learn, in the meantime, how to live to build reserve force, and how to live to avoid dissipating energy unnecessarily.

This is a rational healing. It does not appeal to the bugologist, the glutton, the sensualist, and those physicians who prescribe to please their patients.

Many people need the rest cure. Many who are being operated upon would be saved unnecessary mutilation if sufficient and proper rest were given them.

The average physician, and most laymen, are not aware of the fact that fasting is a form of rest and does not mean *starve*.



"CLUB" BINDING



ANOTHER year is ended, and Volume XIV is completed. The April CLUB finished the present year, and, as customary, we will do the annual binding.

This notice is to remind those who intend to have their fourteenth volume bound to send it in. If you have any of the numbers loaned out, gather them in, so that you can send them to us not later than the 15th of May, 1914.

Every year there are a few subscribers who fail to wrap their volumes well; others are careless in addressing, or in giving their own name and address; consequently their CLUBS are lost in transit.

This year everyone should endeavor to do a little better than before.

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The following are a few hints as to how to prevent mistakes and possible loss of your volume:

Put the numbers together in regular order, beginning with May, 1913, and ending with April, 1914. Then tie them securely with a strong cord before wrapping them. Select as strong wrapping-paper as you can find, and wrap securely; then bind again with cord strong enough to insure that the package will not break apart.

Address: A STUFFED CLUB, 1045 Lincoln Street, Denver, Colorado. Then, in the upper left-hand corner, write your name and address, or have it typewritten. Be careful to write both addresses so plainly that there can't be any mistakes made.

At the time of sending the volume, write a letter, addressing it to A STUFFED CLUB, Denver, Colorado, saying that you have sent your volume for binding.

If all this detail is carried out *carefully*, the chances for losing your volume are almost nil.

The price for binding will be the same as before—namely, seventy-five cents a volume. Those who wish their bound volumes returned to them by special delivery, or by registered mail, must send ten cents extra to pay for special postage.

The bound volumes will not be sent out of A STUFFED CLUB office, on their way home, until June 1, 1914. If by June 7, 1914, your bound volume has not been delivered, write to us without delay, and a search will be made. Don't wait for six months or a year to notify us that you have not received your book. This delay has occurred in times gone by; if it occurs again, the CLUB office will not be responsible.

We have a few of all the back numbers of Volume XIV, which we can furnish to those who have broken sets; price, ten cents each.

GOVERNOR BLEASE, OF SOUTH CAROLINA

COLUMBIA, S. C., February 27.—“Before I would sign such a bill I would resign and go off into eternal oblivion,” declared Governor Blease today, vetoing a bill for medical inspection of children attending public schools in Richland County. The governor characterized such legislation as “outrageous, uncalled for, ill-advised, and dictatorial”

It is a shame that we have not more governors like Governor Blease.

Unfortunately, most public men are time-servers, and if they cannot be all things to all men, they certainly will be all things to convention and popular opinion, whether or not there is sense or reason to it.

What is popular opinion worth on the subject of school inspection? Nine-tenths of the people are served by regular physicians and are under the educational influences of regular medicine, and it is regular medicine that wishes to establish school inspection. What reason has regular medicine for demanding a law that people shall submit to school inspection? It will give work to doctors; and the more work the average physician has, the more school inspection will be necessary.

Who is to blame for nine-tenths of all the afflictions said to be troubling school children? The average physician. He is the family medical adviser, and this medical adviser knows no more when he enters the school for inspection than he knows when he enters the family as a family physician. Is the appointment to school inspection going to increase his diagnostic ability and perfect him in his treatment? If the family physician knew anything of any very great importance or value to the people, he would teach them how to raise their children; he would teach them how to feed and otherwise care for their children, so they would not develop

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nose, ear, and eye troubles. The professional men who are clamoring for school inspection are the very class that suffer the building of all these children's diseases.

There are a few people in this world who have common-sense and have the courage of their convictions, and South Carolina has a few of those people; and, neither last nor least, belonging to that class are Governor Blease and Senator Tillman.

School inspection will never amount to a row of pins, except to furnish a salary to physicians for carrying out the inspection, running people into a lot of expense for impossible cures, and giving the children and teachers, and those interested in the school, a false education in regard to health—how to gain it and how to keep it. These are absolute facts, even if they are disagreeable.

Governor Blease makes the following strong statement: "Before I would sign such a bill I would resign and go off into eternal oblivion."

It is a shame that we have not a hundred thousand such men as Governor Blease in the United States! But such types are almost as scarce as hens' teeth, and I congratulate South Carolina on having such a man for its governor.



DR. BROOK INJURED



DR. HARRY BROOK, editor of *Brain and Brawn*, met with the misfortune, a short time ago, of receiving a severe injury to one of his legs. I understand the leg was fractured in several places. We certainly hope that he will get out in good condition in a reasonable time. The doctor is doing a wonderful work with his maga-

zine. It is certainly a credit to him and to the branch of the medical profession to which he belongs; viz., Naturopathy.

I received a clipping from him yesterday. It was taken from the *Los Angeles Times*. It was a notice about the finding of the jury in the case of the wholesale slaughter in the city of Los Angeles by the administration of neosalvarsan. The report is on the order of a whitewash and reads as follows:

The report shows that the intra-muscular or intra-venous methods have proved wonderfully successful. We, the grand jury, recommend: "That the proper federal authorities be requested to exercise more stringent supervision over the importation of the remedy, in order that contraband goods will be absolutely prohibited; to insure fresh and genuine supplies at all times; also that every effort be made to overcome the evil effect arising out of this most unfortunate occurrence, that society may not lose this great boon because something went wrong."

It is very easy to understand why the grand jury makes such a report. They have been coached by physicians, and the physicians have made the grand jury say that the intra-muscular or intra-venous methods of use have proved wonderfully successful. Of course, the jury did not know that this is true; it has only taken the physicians' word for it, and then it adds that it would be a great loss to society if this wholesale murder should cause the people to put the "kibosh" on the remedy.

What is meant when physicians generally declare that something has proved wonderfully successful? It means that nearly all physicians have adopted the use of a given remedy. It does not mean that anyone has been cured, and it is not intended to mean that thousands have been killed, but such are the facts—salvarsan advocates to the contrary notwithstanding.

ANSWERS TO INQUIRIES



Would you kindly advise me through the CLUB what fats to use, and in what form, in this case? By faithfully and conscientiously following your instructions, as given in the CLUB from time to time, I have succeeded in eliminating in the past three years all abnormal conditions in my system, except underweight and its corollary—an almost uncontrollable appetite for fats in the shape of cream, butter, cheese, fat meats. My assimilative power is weak—about thirty on a scale of one hundred.

Am five feet six inches tall; weigh 112 pounds. Have no chronic or temporary ailment, except as above noted.

Had a hard lump, about the size of an orange, in my right side, where colon curves to cross the body, but it gave me no pain except when pressed, and it is slowly but gradually lessening in size and hardness, and I feel sure it will disappear in time, if I adhere to your rules.

But what fats can I eat, and why?

Chocolate seems to allay the craving best of anything, and, so far as I could discover, left no ill effects; but your general advice was against its use.

Mrs. R., of Kansas.

Any fat, in moderation, that is in daily use. The lady asking this advice should be careful not to overeat on fat, for she does not digest this class of foods well. A reasonable amount of butter with bread; no olive oil on salads; for she will fail to digest the ordinary combination salad, if she uses enough oil to coat the vegetables. A small amount of salt, a little sugar, and an eighth of a lemon to a dinner-plate-ful of salad. She should avoid the beef and mutton fats. When lamb and beef are eaten, all the fat should be removed and the meat broiled over coals; everything on the order of frying must be given up.

Underweight in this case is probably largely due to a restless, active nature and a lack of poise.

The reason this woman has an almost uncontrollable appetite is because she is not getting the benefit of the food she eats, and the more she eats the more she will starve; for, by eating more, she adds to the crowding that has been going on for a long time.

The hard lump which she describes may be a phantom tumor: a hardening—on-guard—state of the abdominal muscles that gives the appearance of a lump or tumor; it may be a distended colon, dislocated kidney, enlargement of the liver, or an ovarian or fibroid tumor; possibly accumulation, with chronic catarrh of the large intestines, or colitis. A layman's opinion of such matters is worthless, and physicians must be up on differential diagnosis, or they make mistakes.

Breakfast: Toasted biscuit with butter, followed with a glass of unskimmed milk (scalded).

Lunch: Baked apples, with sugar, and milk one-third cream, followed with a glass of scalded milk; this food combination should be eaten every other day; on the alternate days, one or two apples (good eating apples, not too acid), one or two ounces of cheese, and follow with milk.

After a week of this style of eating, drop the fruit, and take bread and milk as suggested for breakfast; then, after a week on the bread and milk, change to the fruit and cheese.

Dinner: Broiled lamb or steak; cooked non-starchy vegetables and a salad, every other day; on the alternate days, either potatoes (Irish or sweet), rice, corn bread, dry beans, or peas; and follow with hot milk.

Chocolate should not be eaten by those who have autotoxemia, sluggish liver, or catarrh of the large intestines.

This patient should rest one hour after lunch every day, and go to bed early, and neither entertain nor be entertained.