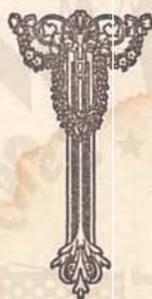


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Dr. Tilden's
Health Review and
Critique



Volume X / 1935

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Dr. Tilden's
HEALTH REVIEW &
CRITIQUE

Can Humanism evolve out of an educational system based on Animalism? Educators are privileged to reply.
—TILDEN.

VOLUME X

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NUMBER 1

Happy New Year to All!

MY FRIENDS, and, may I say, all the friends and those to be the friends of my medical philosophy: Greetings for the New Year! And may I use the phraseology of Rip Van Winkle, as I tip the glass of happiness to you all, and wish that you all may live long and "brosper." When you have time, after the season of pleasure is past and the more important things of life are again taken up, read the following definition of philosophy, and tell me what you think of it:

January 21, 1851, to January 21, 1935, equals a hiatus of eighty-four years. What of it? How is it possible to live so many years and know so little? Or, as Socrates said: "All I know is that I do not know anything." I do believe in *Truth*,

[1]

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that Truth is the substance out of which *Science* is spun, and that of this combination (?) philosophy is the finished product.

The ultimate of thinking and reasoning is science. When all science is brought together in agreement, and nothing but truth can be found by testing with the acid of experience, then it can be said that philosophy is born.

Philosophy cannot be born of young parents. The potentials will be passed on from father to son, from one generation to another, until the accumulation will burst forth on an unsuspecting world, and the reaction will be so hostile that the accrued potentials are lost forever. Then the world must wait until several generations have passed, each leaving its philosophical potentialities for another superman to utilize.

Christ was killed by *stupidity and ignorance* before He arrived at the age when men begin to think. If He had lived to be eighty, with the intellect with which He started life, building experience on top of experience, He would have left a philosophy that would have done credit to Socrates, Aristotle, Thomas Aquinas, and others before Him. There are and have been philosophers galore since the beginning of the Christian era. In spite of this, what does the average man know of truth, science, and philosophy?

We are told by Renan, the wisest of Jews, that Socrates gave philosophy to the world. Mankind

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is the world; without mankind, philosophy would be in the nebular state, existing as a potential—undifferentiated. The earth is a ball of *elements*, in which the potentials exist for evolving physical man, who, in that state, is a microcosm—a miniature universe, in which the elements of the universe are duplicated.

If Socrates gave philosophy to mankind, it was because he discovered the psychological elements and learned how to combine them into philosophy. If Pilate had been trained into logically combining facts (truth), he would not have been compelled to ask: "What is truth?" Truth is logically analyzed facts. Truth is truth only when analyzed and its elements proved. God is truth only when analyzed and synthesized. Socrates bared the "power behind the throne"; and, to get rid of the *truth* that was corrupting Greek youth, the doctors of conventional logic prescribed hemlock for the discoverer of philosophy. Did the old gadfly take it? And how? In a manner to cause all posterity to be envious. He was the least concerned of many who attended him. He took the cup of hemlock and held it up, saying to the officer: "Shall I drink to any god? I must pray to the gods to prosper my journey from this to that other world. May this then, which is my prayer, be granted to me!" He then drank the poison. When near the end, his last words were: "Crito, I owe a cock to Asclepius. Will you remember to

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pay the debt?" Debonair and nonchalant to the last! *One immortal being—deathless!* Analyze what the philosopher meant by his libation to the gods. He talked to the officer in the language of the people. Unless you become as little children, you cannot be understood.

Everything is possible in evolution. The elements are, have been, and always will be. They lend themselves to the masters of logic to build for immortality. God is Macrocosm; man is microcosm. God creates; and man discovers, analyzes, and synthesizes, and helps nature to evolve. Philosophy is synthesized truth.

New Medicine for Fever Wins Medal

YOU people who do any thinking at all, do you ever stop to reflect what kind of people want medals? And who are the people who award medals? Those offering medals, and those receiving medals, are regular, orthodox, and strictly conventional in their beliefs and thinking.

Koch discovered the bacillus of tuberculosis in 1882, and that of cholera in 1883. In 1890 he announced the discovery of a cure for tuberculosis, for which he was awarded \$100,000 and honors galore. His cure was logically based on the law of cure according to bacteriology; but it

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failed, like every one of the thousand and one discoveries along similar lines. Just now experiments are being made on a few convicts in the Colorado penitentiary. The undertaking is a foredoomed failure—so obvious that those who can reason logically concerning cause and effect, know now, in advance of the conclusion, that it cannot end in anything else.

The advanced opinion of those who have given the disease any attention whatever is that it is neither infectious nor contagious. When the "toxin philosophy" (see Dr. Tilden's book, "Toxemia Explained") is generally understood, the infectiousness and contagiousness of all so-called contagious and infectious diseases will vanish like vibrations on the air.

Sanitariums for tuberculosis are soon to vanish. Why? The manner of living that cursed the earth with "the great white plague" is going. Meals of bread, meat, pudding or pie, coffee, etc., are giving way to meals of raw and cooked vegetables, and raw and cooked fruits, with bread or potatoes four times a week and meat three times a week—not with starch. The old Tilden salad of lettuce, tomatoes, and cucumbers (see The Tilden "Cook Book") can chase tuberculosis out of any family, and, if eaten daily, will antidote the so-called tuberculosis.

Is there a medal or a reward for changing a *disease-building manner* of living for a manner

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of living which will put out of business hospitals, poor-houses, jails—in a word, which will kill the sick and so-called criminal habit and medical superstition so dead that there can be no excuse for resurrection? There are no rewards for supplanting fallacy with truth, except the reward of living with rational people.

Disease and medical superstition are twin Nemeses that are threatening the very life of our nation. Neither is necessary; they are bad habits that are inhibiting the mental fruition of this age. Our manner of living favors frenzy, and a frenzied people is incapable of logical reasoning.

The medals and rewards are all in the line of retaining this age *in statu quo*; and those discoveries which advise against convention, as understood today, are treated as enemies of mankind. State, nation, and most education stand in the attitude of suppression or inhibition to opposing opinions. The status of the average mind is somewhere between that of the moron and the egomaniac.

The *typhoid fever alluded to* in the newspaper item given later in this article must be a very dangerous disease. *I freely admit that it is; for it is man-made.* When the medical profession is gathered together in national convention, nearly every member will have a quick cure for typhoid fever; that is, if the subject—typhoid—comes up. These conventions are largely mutual-admiration

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societies, except when weighing the important problems of jugulating cults which differ from scientific medicine only in their therapy (treatment). And this difference is immaterial; for fundamentally all rest on the belief in the specificity of disease; and, to be consistent, treatment should be specific. What do we see? The most astute diagnosticians differing in diagnosis, and the most keenly discerning finding in autopsy examinations of their dead patients that they were in error in their diagnosis in fifty per cent of the cases examined! *And the worst is yet to come: What was found at the autopsies was only effects!* The causes did not receive a mental reflection, so unimportant is the subject of etiology held to be in the minds of average medical men. Yet, with all these data, keen as these medical men are, their sense of logic and consistency has not suggested to them the great need of analyzing the foundations of their beliefs, and synthesizing on a more reasonable and rational basis. **High-hatted bluff will not always continue to aid them in perpetuating fallacy—so-called medical science.** Humility and a willingness to be shown would be a very becoming mental attitude with which to supplant medical superstition, hard-boiled arrogance, egomania, and the quite characteristic assumption of omniscience and infallibility.

Why fool away time in vaccinating rabbits, vaccinating horses from rabbits, and then from

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horses back to rabbits again? What has all that horse and rabbit play to do with curing disease brought on from sensuality? X-ray the occult habits of the best and the worst sick people, and the dear old self-deluded profession will not need to be snooping into the *pure blood* of every animal on earth to find hidden treasures of pathology with which to *cure* all diseases of mind and body. The dear old erstwhile doctors, Calomel, Jalap, and Bloody Lancet have evolved into the great Drs. Germophobia, Carbolic Acid, and Antisepticism. A rational evolution is waiting for you medical gentlemen and your consorts just around the corner; parodying a few words from one of Billie Sunday's revival hymns, just "over in the corner where you are." Changing a theory and practice of Bug-House Delusions to a rational investigation of the mental and physical habits of sick people, and correcting these habits, is a pleasant practice, and converts a life of *uncertainty into as great a certainty* as is possible in dealing with fallible man. Medicine as practiced since the dawn of its existence has been a large factor in holding man down and inhibiting his mental evolution.

Pasteurization must go. Belief in extraneous causes of disease, as necessary to the building of an etiological philosophy, is slipping, and must cease to be thought of as a possible theory on which to base a successful practice of medicine.

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The cause and cure for disease are so simple that he who runs may read. The Great Artificer—Creator—did not intentionally “hay-wire” (Hill Billy) the problems of disease and cure for man to solve, so that every man must become a mystic or a scientist on the order of Einstein to understand the cause of disease.

Professor Einstein can learn all that it is possible for man to know about the universe, and at the end he would know little about man. He would not know why a fibroid tumor develops, why one induration ends in cancer and another in benignity. The wisdom of the spheres would not tell him why his prostate gland is smaller than that of the average cleric. Star-gazing is more absorbing than sky-piloting.

Man is the microcosm, and is as large a subject to study as the macrocosm, and much more important to man and his destiny. The microcosm and its laws are as infinite and need as much understanding as the universe that is encompassed by the word “macrocosm.” Indeed, if man ever finds God (I mean *God*—not an extravaganza, a caricature, but a Supreme Understanding), it will be by understanding man, the “Microsism.”

We do not need to analyze an infinite quantity of butter, cheese, or eggs to know all there is to know about any of them. Our world is probably a replica of all worlds; and, if we know the nature

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of all the elements, we can know our world and all others. Man is a greedy animal; he must always bite off more than he can chew. We should know more if we *more intensely farmed a part of what we think we know*.

Isn't it rather stupid to ascribe omniscience to a Supreme Being who creates human beings, and who then creates disease-producing germs and other disease-producing influences about which these human beings know nothing, and cannot know anything until they receive a technical education? And, after they are scientifically educated, they are as helpless in sidestepping disease as those humans who are not educated at all; reminding us of the alchemists who could transmute base metals into gold, yet remained as poor as church mice. Scientific medicine *knows all about disease and cure*; but, if nature were not busy curing eighty per cent of all who get sick, the dear doctor would fail to cure anybody.

Man does not know how to prevent disease, and he receives no help in this respect until he employs a doctor who, by searching and re-researching, has discovered the secrets of *causes and cures* which God, in His infinite wisdom, hid from man, allowing him to die painfully and prematurely in infinite numbers until He saw fit to create the modern doctor and endow him with the innate Sherlock Holmes cunning to sleuth all His hidden secrets of curing and preventing disease.

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Is this one of God's mistakes? No one in our higher educational institutions, not even in our theological institutions, is willing to step out in the forum and defend God, charged, as He is, with fiendish massacre of the human race for the past six thousand years.

Readers, think it over! Do you believe that God created man and made him susceptible to disease-creating influences about which he knew nothing, and without means of defense? The Christ certainly knew nothing about the fiendishness of His Father.

In spite of all this hellish reputation, we are demanded to love this God under penalty of going to hell after we die! Think it over! And, if you see it as I do, the whole thing is a nightmare, and the only defense is: universal stupidity and frenzy.

Forget the frenzy built by the science of medicine and theology, and take a rational view of man's estate. There is nothing about the *cause of disease or its prevention* which cannot be taught in the primary schools, and it should be. The medical lies and superstitions should be retired from the books of the primary schools, along with disease-building lunches, vaccination, serumization, and other mental damnations to growing minds.

Is there a boy or girl ten years old who would believe the statement made above concerning the Supreme Being? Yet so-called educated people

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believe this about the God whom they pretend to worship.

Is there anything strange about the remark that is constantly becoming more common: "This age is growing more *moronic* all the time"? Why not? Beliefs quite generally are becoming delusional, due to the fact that as we move slowly from one science discovery to another, we have cultivated the miserly habit of *toting* all our antiquated beliefs and practices with the later ideas, and the result is that we never get used to thinking, talking, and acting in the new mental garb. Modern truths are for the most part dead letters; they have no influence on our daily lives. My teachings concerning living correctly to secure good health and long life really help only a very few. Truth not acted on is of no force in any life.

Does anyone want to make a test of my theories? All right, I will tell you how. Send for me instanter when you have diagnosed a case of typhoid fever. I do not want the typhoid case after it has been treated for a week or two, fed, and given all kinds of serums, etc. I want the typhoid case as soon as I can get it at the beginning. If there is any fever after the eighth day, I shall be delighted to have my stupidity advertised to the world. Perhaps my good friends will say that I advertise it enough without their help. It looks a little that way; for the average individual is not able to get a thought outside the medical

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profession and its superstitions. Typhoid fever I treated fifty-five to sixty years ago, and those who did not die managed to get out after six weeks. Six to ten weeks was considered a very normal length of time for typhoid patients to remain in bed. Fifty years ago the time was reduced to fourteen to twenty-one days. Forty years ago seven to twelve days was all the time necessary. I think that, if a patient should be put on the expectancy treatment—which means, give him nothing, and that includes food as well as drugs and serums—and he should have as treatment quiet, a warm-water enema every night, and a wet pack to the abdomen until his temperature is normal, if the fever lasts twelve days I should suspect a collusion on the part of the nurse and the patient—stealthily slipping food to the patient. There is nothing left of typhoid fever in seven days, unless it is built by the doctor. If this is true, what is all this twaddling nonsense that we and and indiscriminating, long-suffering public must read about in the clipping which follows?

A doctor who drugs and feeds typhoid fever, or any fever, is a novice or an old fool.

NEW MEDICINE FOR FEVER WINS MEDAL

CLEVELAND.—The gold medal of the American Medical Association goes Thursday to a new medicine for typhoid fever, announced here for the first time. Even more important than the medicine, in the opinion of the awarding committee, is the method which produced it.

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For this process holds promise of finding new remedies for others of man's most troublesome diseases.

The award was made in the scientific exhibit to Gregory Shwartzman, M.D., of Mount Sinai Hospital, New York. He originated the process which produced the typhoid medicine, an antitoxin serum.

This process unravels some of the "complications" which are the despair of the physician. It follows a medical trail as surprising as any thriller plot.

A bacterial filtrate, the liquid from which all bacteria have been extracted, is injected into the skin of a rabbit. This filtrate is poisonous, but after twenty-four hours nothing serious happens to the rabbit's skin. Then, after another twenty-four hours, the same filtrate is injected into the rabbit's blood. Nothing happens to the blood. But on the spot where the same filtrate was injected so harmlessly into the rabbit's skin there appears a savage sore.

Then the scientific detective has to skip to a large animal for the next step in unraveling the action of this filtrate poison. A horse usually is chosen. The same original filtrate is injected into the horse until a serum develops in his blood. If this serum is then injected into the rabbit, the sores no longer can be produced.

By following this cycle, the medical scientist can develop a serum of sufficient potency to offset the poison of the filtrate, yet not strong enough to risk killing the patient.

This was the method followed to obtain the new typhoid medicine. It has been tested on about 100 human beings, at Mount Sinai Hospital, the United States Marine Hospital in New Orleans, and the Charity Hospital in New Orleans.

Collaborating in these tests were Dr. George Baehr,

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Dr. William Y. Hollingsworth, and Dr. McCoy, director of the National Health Institute, Washington.

The typhoid remedy in about seventy per cent of the cases shortened the course of the disease and helped to free the patients from general toxic effects.—*Birmingham News*, June 14, 1934.—Scientific bunk. (J. H. T.)

Gall Bladder Diseases

GEORGE S. WEGER, M.D.
Redlands, California

IT WOULD appear from the number of cases reported that gall bladder disease, like circulatory and heart diseases, is decidedly on the increase. It is doubtful, however, if this is actually the case. Greater accuracy in differential diagnosis makes it possible to recognize diseases of the gall bladder from symptoms which were formerly ascribed to other causes and other organs in the gall bladder region. Because gall bladder symptoms so often lead to ineffective medical treatment and—this failing—to surgery, we deem it sufficiently important to give a resume of the function and the most common diseases of the gall bladder.

In order to understand the nature and function of the gall bladder, one should know something of the liver, to which it is attached. The liver is complex in structure and function. One cannot live more than a few hours after its removal

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from the body. It is an organ of both excretion and secretion and perhaps performs more vital and essential duties than are attributed to it even by our most learned physiologists. Some of the functions of the liver are definitely known, but undoubtedly much of its work has not yet been determined.

We prefer to understand the liver as the greatest purifying, depurating, and filtering plant in all of the complex machinery that makes up the human body. All the blood that circulates, and all the food that goes into the body and after digestion becomes a part of the blood, is pumped in a continuous stream through the liver. As this life fluid passes through the liver, it is refined and elaborated, and impurities are filtered out by the action of the liver cells. The impurities that are rejected pass down in the form of bile.

It is said that the life of the red blood cells is only about three weeks. As these blood cells outlive their usefulness, the liver does most of the work of removing the debris. This debris consists of the solid matter, including protein, cholesterol, lecithin, the inorganic salts of sodium and potassium phosphates and chlorides, and hemoglobin. It is chiefly from the latter that bile obtains its color. Exposed to oxygen, hemoglobin is red; however, when undergoing chemical changes in the liver, other color compounds are formed.

Just as important as the removal of blood cell

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debris is the function of the liver in converting toxic end-products of protein putrefaction into nontoxic substances. The final product of the liver is bile. This is not normally a toxic end-product. Nature utilizes her end-products to serve multiple purposes. Bile finds its way out of the body through the intestinal tract. On the way it acts as an intestinal antiseptic, it helps to digest and emulsify fat, and it acts as a gentle stimulant to promote bowel movement.

Bile flows in a constant stream from the liver cells and is gathered from innumerable small channels into larger and larger ducts to find its way into the two largest ducts which emerge from the under side of the liver to form the main hepatic duct. The hepatic duct is joined by the cystic duct, which ends in a pear-shaped sac, called the gall bladder, where part of the bile that comes from the liver is temporarily stored.

This stored-up bile is only needed during intestinal digestion. While this is going on, the gall bladder contracts rhythmically and empties its contents into the food as it passes down from the stomach into the small intestine. It may be surmised that this is a necessary function and that removal of the gall bladder must always result in disruption of the cooperative unity of the digestive processes. Just how much eventual harm is done by removing a gall bladder is a matter of speculation. At any rate, there should always be

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a pathology severe enough to cause permanent distress or to endanger life before gall bladder removal is justified.

The symptoms of gall bladder disease vary according to the duration, the extent to which adjacent organs are involved in an inflammatory process, whether or not there are adhesions, and the presence or absence of gallstones either in the gall bladder or gall ducts. In all cases, symptoms of digestive disturbances are present and these symptoms may be continuous or recurrent after periods of remission.

The *acute* type of cholecystitis (gall bladder inflammation) occurs usually after the fortieth year and is more frequent in women than in men, in the ratio of 2 or 3 to 1. The causes as technically enumerated include the retention of stagnant bile from sagging of abdominal viscera, tight lacing, abdominal distention as in pregnancy, infection from the blood stream or intestines, gallstones, and inflammations following intestinal infection and fevers. It also frequently complicates colitis. In the severe types of cholecystitis, pus sometimes accumulates in the gall bladder, which, if drainage is obstructed through the ducts, may result in gangrene, making surgery imperative. Perforations occur but are comparatively rare.

The symptoms are often diagnosed as dyspepsia or indigestion. Fever occurs only in the most severe types of gall bladder inflammation, usually

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marked by chills. Pain is a prominent symptom and if stones are present, great suffering ensues when they start to engage in or pass through the ducts. Gall bladder pain is frequently referred to the back under the shoulder blade. Jaundice is not a conspicuous symptom. When the gall bladder is greatly enlarged, it may be felt under the ribs on the right side, and this area is almost always tender on deeper pressure.

Cholecystitis may be confused with a number of unrelated diseases, such as appendicitis, pancreatitis, diaphragmatic pleurisy, floating kidney, hydronephrosis, shingles, gastric crises, or duodenal or pyloric ulcers.

In *chronic* cholecystitis, which is the type that is most common, gallstones occur more frequently. The persons most likely to be afflicted are those who are constipated, lead sedentary lives, are inclined to obesity, and are as a rule heavy eaters.

The symptoms are similar to those in acute cholecystitis, the most pronounced being pain, indigestion, occasional nausea, sometimes vomiting, constipation, eructation of gas, sallow appearance of the skin, less frequently chills and fever, heart palpitation, and nervousness.

Among the later methods of diagnosis is that known as cholecystography in which certain dyes are given either by the mouth or injected into the veins. Local and constitutional symptoms are in most cases more reliable than X rays though the

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latter, especially when gallstones are present, are valuable in clinching the diagnosis.

Thus far the description of gall bladder disease, though not as exhaustive as one finds it in textbooks, coincides with the views of practically all clinicians. However, there is much more that can be said about cause and treatment, especially as it relates to the nonsurgical methods we have found almost invariably effective.

From our point of view gallstones and gall bladder diseases are primarily caused by overeating. When the factor of wrong food combinations is added to excessive indulgence at the table and between meals, the causes of gall bladder disease and gallstones may be multiplied by two. Add to these primary factors that of lowered digestive power and lowered vitality in general, which is the prevailing state that high-powered living and excessive speed invariably induce, and we need search no farther for cause and effect.

These opinions apply equally well to many diseases. However, since we are now dealing specifically with the gall bladder, the student of the Toxin Theory may until further advanced concentrate on the subject in hand.

How do overeating and the other factors mentioned lead to the complications centering in and around a defective gall bladder? The reader should keep in mind the fact that the liver effects certain changes in all the food and blood that

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passes through it. It performs its functions at the highest efficiency when it is not crowded beyond its capacity.

Compare the liver with any part or organ or with any mechanical device that is made to do just so much work and no more. What happens to an automobile engine when it is fed a rich mixture and too much oil day after day? It carbonizes and loses power and efficiency. The carbon in the motor is analogous to the retained impurities and by-products of digestion. When the liver is overworked residues are retained in the liver cells, in the ducts and gall bladder. As time goes on the liver becomes more and more tired. The stream of bile as it is gathered from the cells becomes more and more sluggish. With sluggishness comes an increasing thickness and viscosity of the liver secretion until it may move like cold molasses uphill in January. The passage of bile and debris is by this time further impeded by catarrhal irritation and thickening of the channels and ducts until these passages become almost entirely occluded. There are symptoms of digestive disturbance long before this stage is reached but people pay little or no attention to slight warnings and indispositions.

With a hepatic system in this condition it is surprising that gallstones do not form in every instance. Luckily, at least 50% of persons with a sluggish liver escape this complication. How-

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ever, the material of which gallstones are built is always available. Little crystals of undissolved waste composed of cholesterol, other bile salts, phosphates, and chemical debris, get caught in the channels and bile ducts because of catarrhal swelling and thickening. Along comes another waste crystalline element and clings to the first one or near it. Then another and many others to form a nucleus around which a stone is built much as a pearl forms in an oyster—layer by layer.

Gallstones may be soft or hard, depending upon the density of their component parts. There may be only a few stones no larger than a grain of wheat. There may be a number of irregular shaped stones the size of a pea. Small stones sometimes gather in clusters so that a veritable nest is disclosed by the X ray or removed if surgery is resorted to. Occasionally only one stone is formed. This may be in the making for years without causing any great distress until it attempts to pass out. Gallstones the size of a hen's egg have been removed and it is not uncommon to find them the size of ordinary marbles.

When small stones become dislodged and start down through the narrow canals towards the intestines, the patient suffers what is known as gallstone colic. This pain ceases as soon as the stone passes into the small bowel but during passage the pain is usually very intense. If hot baths and packs do not bring relaxation and relief, hypoder-

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mic injections of morphine must be resorted to until the paroxysm has passed. In some cases these attacks of pain recur frequently though at irregular intervals, especially when the stones are small, sand-like, and comparatively soft in structure.

A large stone may engage in the upper expanded end of one of the gall ducts or in the duct that drains the gall bladder. The pain may be intense for a while. In fact, it remains intense unless the spasm or contraction that is exerting propulsive force relaxes, when relief is usually immediate as far as excruciating pain is concerned. Soreness in the area may persist for a few days. There may be other symptoms also, especially in the type called "ball valve gallstone" which is often accompanied by chills and fever.

If the reader can visualize the pen picture we have thus briefly drawn, it should not be difficult for him to understand why we consider a rational and nonsurgical treatment quite adequate, in fact absolutely essential to cure in all except a very few cases. The few exceptions are those in which the gallstone is large, hard, and dense, and the patient too old or too low in vitality to go through with a treatment in which the entire blood chemistry must undergo a change. Such treatment takes time and requires effort, but seldom do we find a case in which our nonsurgical treatment cannot be successfully applied.

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Cause must first be removed. The most rapid recovery may be expected from a complete fast in the beginning. Fasting permits the body rapidly to throw off disease-building accumulations, it clears out obstructing mucus, and liquefies secretions and excretions. In short, fasting fosters drainage as nothing else does. Every cell sheds its burdens during a fast. In fact, nature does a job of renovating and housecleaning and does it most thoroughly and effectively. Nature needs no drug to stimulate an organ into functional activity. What she needs is rest from food so that she can eliminate and elaborate the excess material that she has on hand.

Nature can and does cause gallstones to soften, disintegrate, and pass out. What we declare here applies to kidney stones as well. They may not all pass out during the fast, especially if there is a nest of them. However, with proper diet afterwards the old stones become softer and pass out like fine sand with little or no discomfort.

There will be no new stones forming thereafter unless former eating and living habits are resumed. Proper diet by which the alkaline reserve of blood is maintained will prevent the formation of stones, other things being equal. The minerals and juices of fruit, of salad materials, and vegetables, will prevent gallstones and kidney stones. An excess of sweets, starches, fats, and proteins will cause them to form in those who are pre-

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disposed or who have built them from these same materials before. The chemical elements in the right kind of food, properly combined, act as solvents and neutralizers of foreign elements in the blood and various recesses and cavities of the body.

Water does not dissolve or remove. Water acts as a diluent in any fluid with which it can mix but, contrary to popular belief, water does not wash out or flush out of the system the harmful substances that nature builds into it under protest.

In view of the large number of authenticated cases of gall bladder diseases that have responded readily to nonsurgical treatment, it would seem that every sufferer should give himself a chance to get well by putting himself in the best possible constitutional condition. This done, the results are surprisingly gratifying not alone as far as the local trouble is concerned but because recovery from gall bladder disease is accompanied by improvement in the health and stamina and resistance of the entire organism. The sacrifices one must make to obtain a cure in this way are definite. Appetite must be controlled, enervating influences must be overcome, regular exercises are essential; and food thereafter must be carefully selected as to kind and combination in order to prevent the return of a like or similar condition. Whatever builds a disease in the first place will build it again, circumstances being equal.

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Salad

DR. WILMER KRUSEN OUT-TILDENS TILDEN
ON SALAD-EATING

THE average person should eat salads twice a day. This is the dictum of Dr. Wilmer Krusen, head of the Health Committee of the Philadelphia Chamber of Commerce and former health commissioner of that city.

"Most people eat too heavily, especially in warm weather. They need vegetables, both raw and cooked. A salad added to two of the three meals furnishes the body with the vitamins, minerals, and roughage necessary to keep it in the best condition.

"I think it is a good idea to make the main dish for either lunch or supper a salad. It will stimulate the appetite, as well as supplying the calcium, phosphorus, iron, and other essentials that the body depends on for health."—*Rocky Mountain News*.

When I introduced and recommended the daily eating of the Tilden salad forty-five years ago, those who were really fanatical on the subject of eating *cooked foods only* for health would have liked to see me burned at the stake for advocating a large combination salad at every dinner. Why? Because *science*—medical science—at that time declared that typhoid germs infested all vegetables, and that "to eat uncooked vegetables would cause the subject to die of typhoid fever." This quotation the writer finished by adding: Typhoid fever is never fatal unless treated by a scientific

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doctor. In the days of *wuld lang syne*, doctors wrestled with typhoid fever day and night, from six to twelve weeks. Many patients would succumb at the height of the fray. Many who got over the so-called disease in spite of doctors, were never strong thereafter, and some developed tuberculosis. What can the layman say of medical science when I assert that typhoid will end when the people adopt eating for health, instead of eating for pleasure? There are still people who are stupid enough to eat and take drugs while sick, and who are satisfied with recovering by "the skin of their teeth" after four to eight weeks in bed, when seven to fourteen days of comfortable sickness is all the time necessary now, or ever was in the history of medical superstition, to keep typhoid-fever patients in bed. Other diseases can be ameliorated and cut short in the same way. Expectant, let-alone treatment turns the trick.

Now Dr. Krusen comes to the front with two salads a day, declaring that they are full of vitamins, and that we need them, but at the same time mentioning a lot of stuff which it is not necessary to talk about when recommending foods for laymen. My salad was an outcast until it became so popular *with the people* that there had to be something done. It would not do to allow Tilden to get away with that "scoop" (newspaper slang). So the researching part of the profession went to searching for the element that gives raw fruit and

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vegetables their power over a developing scurvy or tuberculosis. Eureka! Science found something just as good as raw fruit and vegetables—better, in fact, because the Ph.D can make it; that something which gives *virtue* to codliver oil, to “good, nourishing food,” and to “the Tilden salad, if it has any.” The *wonder-workers*—vitamins—which researchers found they named after the letters in the alphabet—A, B, C, X, Y, Z. The vitamin enthusiasts are as silly in alphabetizing their many varieties of vitamins as our university future sweethearts and mothers are in giving Greek letters to their societies, and their *sanctum sanctorum* where they withdraw from the world, and where the men too talk over their problems of life.

The great men engaged in discovering vitamins and alphabetizing them are endeavoring to outdo the discoverers of the *infinite*—endless—variety of proteins. Already the scientific diagnosticians must spend much time in testing as many as fifty varieties before the right one is found. Then, if the use of the right remedy fails, the patient will be put through another and another scientific test. If he feels better, the respite follows the accidental missing of a meal. But the scientific doctor assures the victim of his science treatment that his relief was from the treatment, and advises patience—a cure will surely follow. At the end of two, and sometimes five, years, however, the pa-

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tient, thoroughly discouraged, calls on a physician, who corrects his habits, and—*presto, change!*—all discomfort is gone in a month, never to return, unless the patient goes back to the flesh-pots of Egypt. Dear reader, do you still stick to the moss-covered delusion that disease is caused by an entity, and that it can be cured if the right remedy can be found? Get away from superstition and delusion!

Like the whole workings of so-called medical science, the astute of the profession mistake the phenomenon for the thing-in-itself. The discovery of vitamins is the discovery of the body—substance—after the noumenon, *the thing-in-itself*, has flown.

Man, the wonder of evolution, is the greatest study of all studies. What element is it that keeps our interest? Mind! It defies the Ph.D. We know that the mind is generated by the brain, but it eludes the chemist, his crucible, and his test-tube.

The crisp vegetables out of which a salad should be made are strutting with the dew of the morning—every cell is rotund with life, vitality, the thing-in-itself. If subjected to a warm atmosphere, the rotund cells collapse. If not supplied with fresh, cold water soon enough, their drinking power is lost—they are dead. Yes, the material elements are left, but life has flown, and substance remains to be used as building material when

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joined with other dead material. The dead must bury the dead. Dead foods—those killed in cooking—furnish material to build the body. So long as the body can supply life, vital energy, to incoming dead foods, the body continues to live. Of course, the body is deteriorating all the time, and unless food, with life in it, is supplied, it must die. The finest and best *devitalized* foods cannot keep man alive very long. Raw fruit and raw vegetables must be supplied daily. A balanced food intake, and good habits of mind and body, lead on to health and long life.

When plants lose power to eat, drink, and breathe, they die. Before the death of plants, if they are eaten, they impart substance for repairing, and their “the thing-in-itself” adds to man’s noumenon, giving life, health, and vigor. The Ph.D.’s vitamin, which is just as good as fresh fruit and vegetables, is substance without noumenon. The chemist cannot create; he can synthesize elements, but *the thing-in-itself* teases, tantalizes, and eludes him. He can, however, fool the majority all the time, and the minority most of the time. There are only a few who know that science is not truth until it is fitted to the superstructure of universal philosophy.

When animate matter ceases to function, it has lost something; something has gone out of it forever, and we call it life. It is noumenon—the part of animation that we know only by rational

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intuition. The Ph.D. has a fat chance to bottle this valuable substance. He is a knave or a fool to believe that he has bottled that element of a salad which has power to impart noumenon to the subjects of scurvy or tuberculosis, or to those who have lost a part of the thing-in-itself, and are in the physical or mental state we call disease or death.

Vitamins are a joke, and can fool only those who are in search of cures, gold bricks, and something for nothing.

Ph.D.'s found that there were *vitamins in green fruit and vegetables*. And what are vitamins but substance out of which life has flown? It is life in raw fruit and vegetables that makes them so valuable as a food. Call it what you please, we have had it demonstrated time out of mind that people who will not eat raw fruit and raw vegetables are very liable to take on such diseases as scrofula, which has tuberculosis for another name. The people who develop this type of disease have the *lymphatic temperament* (are prone to develop enlarged lymphatic glands). Another large class of people who fight shy of raw foods, or happen to be situated in an environment deprived of fresh raw foods, develop scurvy, the symptoms of which are soft, spongy gums, trench-mouth, shell-shock, nervous derangements, pellagra, rheumatism, neuralgia, and, neither last nor least, goiter. Why so many types of disease? Figuratively speaking,

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“a rose by any other name would smell as sweet.” The only advantage in classifying symptoms is to know that one catalogue of symptoms comes under the head of tuberculosis, and another under the head of scurvy. Of what advantage is that knowledge if the doctor does not know that every departure from health means a deficiency disease? Those deficient of any element or elements needs not be *cast-aways* at sea; for these states can be brought about by plethory—redundancy—from excessive eating, fail to digest properly. Hence failure in assimilation of the mineral elements follows.

Anemia is often seen in plethory, obesity, corpulency, pury. Anemia is supposed to mean a deficiency of iron. Giving iron fails to benefit such cases. Giving the mineral elements in the form of drugs will not correct the deficiency. Exercise, baths, and fruit and vegetables, cooked and raw, will restore health in a reasonable time. Taft's and Roosevelt's were valuable lives that could have been saved to eighty or ninety years of age if they had been given corrective food, rest, and reasonable exercise. Both were food-drunkards. So were Mr. Wilson and Mr. Coolidge. All different types, but a corrective manner of living would have restored and saved them for years to come. It is a disgrace that education in the line of correct living is an unknown quantity to the educational standards of our country. The best-

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educated people in this country have no more conception of what is necessary to have dependable health or prolong life than domestic animals. The doctoring delusion will have to be supplanted by a knowledge of self-protection.

A fruit-and-salad diet will permit the elimination of *toxins* and excessive weight. By the time the weight has been brought to normal, there will be a restoration of the balance of the mineral elements in the blood. Then away fly tuberculosis, scurvy, and their retinues of symptoms, and away goes the *bugaboo that excess weight must be maintained to feed the germs*, to keep the germs from feeding on the patient. This idea is born of the habits of scavengers; but the doctor man is a coarse reasoner. The germ scavengers that infest man are attracted by filth. The glutton has so much surplus garbage that he attracts large colonies of scavenger germs. When he cleans up, inside and outside, his microscopic friends abandon him for another dirty environment.

The profession's vitamins—A, B, C, X, Y, Z—will not drive the scavenger germs away from the tubercular patient who is coerced into eating a surplus of food to keep up his weight. Doctors who give such advice are automatons. They have not learned to think—their instructions to patients are recitations which they have committed to memory under the tutorage of automatic professors (teachers).

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I suppose it does not matter who introduces people to the proper foods and induces them to live right. It is worth while for people to know something about living right, but forty-five years ago there was no teaching in that line of which I know anywhere in the profession. When doctors were called upon to pass judgment in regard to the influence of food in building disease, they invariably said: "Nothing to it! Food has nothing to do with disease. Eat what you like, and plenty of it, to keep up your strength." But now the same ilk of doctors who criticised me are talking about green vegetables carrying into the system the vitamins that are necessary to keep a normal health standard and build up the bony structure of the body. The bony structure of the body will require a certain amount of whole grain before children and young people can have a sufficient quantity of mineral elements. However, they will get more or less in the vegetables and in fruit.

People all over the world will be very slow and very loath to live on salad. They make a great, big kick. If you say they can have raw fruit and raw vegetables, also cooked fruit and vegetables, they will not be satisfied with that. Hence doctors must learn to give proper combinations. When it is generally known among laymen that a good, big combination salad takes the curse off excessive eating and badly mixed meals—I mean wrong combinations—people will be more liable to eat

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properly than to take vitamins; for they are fed up on drugs and laboratory synthetic foods. Proper foods take the place of drugs, synthetic foods, and lots of unnecessary surgery.

Most people like a little dessert. I tell them they can have a dessert reasonably often, if they will take the dessert, and eat a salad with it, at noon, and have their dinner in the evening; but no dessert in the evening with the dinner. If people generally who are well wish to do so, they can take a quarter of a sweet-potato pie or pump-kin pie, or a nice juicy apple pie, or any other pie, and eat it with a large combination salad at noon, and escape all the curse that people usually get from eating desserts. Why not have the desserts at that time of day? Dessert-eating is the usual road to premature demise; for dessert is always that much too much.

APPENDICITIS

It has always been my aim to teach people prevention rather than cure. Secondly, I have endeavored to teach people, if disease does overtake them, how to care for themselves without becoming panicky. But with all my endeavors, people are prone to wait until such a condition as that of appendicitis develops and then frantically call for help. My book, Appendicitis, should be read by every reader of this magazine. This is in line of prevention, or, at the most, acquiring information regarding care, in case such symptoms develop.

In order to stimulate the reading of the book on Appendicitis, I am offering a copy complimentary with each set of Impaired Health ordered during the months of January and February.

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Hospitals Galore

WE ARE indebted to O. O. McIntyre, one of the cleverest columnists in the business. The following clipping has put the writer under obligations to him for giving us the status of medical and surgical hospitals in New York City.

For a while, during the frenzy of *transmuting* all the base elements of man—envy, jealousy, dishonesty, meanness, villainy, and paltriness, everything despicable—into gold, the modern alchemists succeeded much beyond the hopes and realizations of those of the Middle Ages; but, alas and alack, the ill-gotten gold proved to be “Apples of Sodom.” The reaction came near repeating the Roman debacle. All that was needed was an emperor of the old order, with the courage to use the torch, and the artistic sense of humor to fiddle during the fireworks—while the Roman candles held out to burn, lighting up the last feast of the lions on the followers of Jesus. Think of Rome, and compare its last days with the last days of our transmuting our immorality into gold; then reflect that we have had two thousand years in which to cultivate humane attributes. How do we compare with the Cæsars? Not so crude, but more hypocritical—pharisaical.

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NEW YORK.—Hospitals are struggling with the greatest emptiness in their history. Another year such as the past, and many private institutions will have to close. Thousands who would patronize them under ordinary circumstances cannot afford to now, and remain at home.

The expensive sanitarium, whose patronage is largely rich hypochondriacs, are dying off like flies in the winter time. Much of New York's oversupply of hospitals is attributed to the vast Medical Center which opened just as the depression was getting under way.

The medical profession generally is also affected by the continued slump. Several buildings whose offices were tenanted by specialists have undergone wholesale exodus. Specialists have returned to the outmoded system of having offices in their homes.

Even the great surgeons whose incomes often totaled \$200,000 a year find them more than halved. But the greatest dilemma is faced by the young medical graduate whose first step is an internship. There are hundreds for every job. And no jobs.

Dorothy Parker, now in Denver, leaving the enormous Medical Center some time ago, was asked her impression. "It's all right for a visit," she is reputed to have generalized, "but I shouldn't want to live there."—*Rocky Mountain News*, July 31, 1934.

When McIntyre goes after anything, he usually gets it; and what he has to say cannot be gainsaid. I think that it is a grand thing that the innate workings of subconscious nature are fool-proof. This time the dénouement of our world-frenzy was greatly delayed. Possibly there is a delaying power—a god—who reigns over even

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automatism, and who wisely postponed the peak of the frenzy until lagging enterprises (the lag of the tide) had reached the superlative pace, so that all could go together in a complete debacle (panic). No rational-minded man was surprised. The only surprise will be if our country can ever be saved. Have we enough rationally minded men to prevent disintegration? There is a getting-together of the old clans for the purpose of restoring the old order, which, if successful, will strike doom for this country.

We have seen high-class salesmanship and big business. One is dependent upon the other—it is a hothouse order, not at all in keeping with evolution; its products are lacking in the virility necessary for perpetuation. What better proof do we need than to analyze the epidemics of frenzies which this country has suffered since the epidemic of rhyphobia (morbid dread of filth), “the nasty touch,” which was ushered in with the *Germ Theory of Disease*? No one can have the slightest conception of the phobia (obsession of fear) and phobophobia (dread of being afraid) that was suffered by the people during the last quarter of the nineteenth century. This insane dread of *germs* introduced the delusion that germs were the cause of disease. The doctors were the most obsessed of all the people. Even now, after the craze has been forgotten by the people, a visit to an operating-room will convince intelligence that

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surgeons are still under the phobic delusion willed to them by the chief of germ phobia, Louis Pasteur.

No doubt the mental state of the people was weakened by the shock of the germ frenzy, which has made them susceptible to every excitement since. When the World War was kicked up (1914) by Germany, following the germ craze imported from France, more frenzy was added to our overload of germ phobia. The people were made ready for the financial frenzy which put us where we are.

Are we going back to a poised mental state? We shall see what we see—patients are necessary.

The building boom was in keeping with other insanities. As Frenzy has been the medical profession's middle name since the rhyphobia epidemic that started about 1875, one of the exacerbations was building hospitals with the expectation of sending everybody into a hospital. When sanity returns, I hope that the frenzy of making everybody sick, and having him *ensconced* in a nice hospital at Uncle Sam's expense, will be one of the profession's exploded ambitions. One of the day-and-night dreams of Scientific Medicine has been to induce Uncle Sam to adopt the regular school, so that the poor doctors would be provided for in all emergencies. *Bright idea!* Our hope is that the people will become so informed that they can help themselves to all the health they want. The shake-down stopped one of the most devastating

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visitations. Just where the profession of medicine would have gone, "God only knows, and He won't tell." There is a limit to the size of the greatest as well as the smallest, in evolution—only God is limitless.

Buddha's mathematical point (Supreme Happiness) leaves off at nothing; then Brahma has arrived at supreme perfection. Is not man's taking-off at Braham's vanishing-point, the difference being that man *remains in supreme happiness*, while Brahma must expand into universe again and again, eternally? Speculation concerning delusions ruins the mind for logical reasoning.

The great world-frenzy, recovery from which we are endeavoring to make, is really a rest period—time to reflect, to regain lost sanity, and to start over. When man grows supremely selfish, he drifts away from the truth. Everything with which he has anything to do he distorts. The distortion begins with himself—he becomes an ego-maniac. When he walks, he dons seven-league boots. If he has a car, he must have a car for each member of his family. His house is too small; he must sell, and build a mansion. Societies take on monstrous growths. Psychologically, everything mental grows into monstrosities. My profession exaggerates to such a degree that every ache, every pain, means a surgical operation. A headache means a tumor on the brain. According to the hypertrophied medical mind, every man,

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woman, and child need an operation; in fact, every organ in the body which can be removed should be. That is why this country went into a drunken orgy and put billion of dollars into hospitals to fit the frenzied medical mind. That mind is not cured, and will not be until the human herd is convinced that cutting out every pain is medical insanity. As the truth has few friends, I will say that ninety-five per cent of all surgery performed in the past fifty years was superfluous. I should say that *possibly* one person in every hundred operated upon may have required an operation.

If, in recovering from our inexcusable frenzy, we ignore the proper interpretation of *truth*, treat with indifference the right interpretation of *cause and effect*, and fail to cultivate self-control—instead of demanding the best understanding, being content with fallacy because public opinion lists in that direction—we shall soon lose the corrective influence of our self-inflicted punishment and drift into the old errors. History repeats itself. When a country will not be corrected of its errors, it comes to an end. A man in the grip of destroying habits may reform, but he seldom stays reformed, and instead goes to a premature grave. Countries that foster more fallacy than truth must, and will, go down. The reason why history repeats itself is because man kills himself before mental maturity. Hence history is never completed.

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The hospitals were climbing stories and stories higher, and covering acres and acres of ground. The mighty minds of the deluded and deluding profession have fallen. From now on, unless these wonderful buildings are occupied in some other way than as hospitals, they will be roosts for birds, bats, and the spirits that always haunt empty houses. About the time that a quietus was put on the medical building boom, all kinds of kites and kiting were being flown. One of the largest financial skyrockets was that sent up by Insull. Uncle Sam spent time and money in bringing him back; now he is free. What about such gestuers? The only reason why that kind of insanity was not indulged in by millions was because they did not have the money. Millions who could not get into the gamble in a big way got in in a small way, and lost their all. Some few managed to get the money, and they shot up buildings, corporations, and enterprises galore, as if they were going to outdo Jacob's ladder. This insanity was encouraged by Hoover, Brisbane, and other false prophets, statesmen, and bankers. Even the great financiers and bankers encouraged people to believe that there could never be a depression. Are such beliefs an evidence of sanity? No! Overstimulation ends in drunkenness, which is frenzy—monomania.

We are thankful to O. O. McIntyre for this little item of information.

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The Skin a Disinfectant

IF THE skin is a disinfectant, will someone tell us how it is that those "weary Willies" of the open road keep from dying? According to the following item, dirt prevents the skin from exercising its disinfecting qualities. It would appear that this quality of the skin is rather superfluous with the great unwashed. Joking aside, I do not think that the people who have the right understanding of man's resistance to disease are surprised at the information given out in this item:

HUMAN SKIN KILLS GERMS IN HURRY

CHICAGO, September 29.—Man's skin is the most remarkable disinfecting agent in existence, experiments of University of Illinois medical research scientists indicate.

A series of tests under the direction of Dr. Lloyd Arnold, of the University College of Medicine, showed that 98 per cent of thousands of bacteria which had been placed in contact with human skin disappeared within ten minutes. Dangerous bacteria, such as those of lockjaw, boils, typhoid, and dysentery, vanished as quickly as did the more harmless ones.

"However, the skin has certain minute nerve-sterile areas where the germs do not disappear," Dr. Arnold reported. "Four such areas are under the fingernails, the thin line which marks the junction of the lip with the membrane lining of the nostrils, and the rim of the eyelid where the outside skin meets the inside lining."

Dirt almost completely destroys the disinfecting qual-

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ities, the experiment further showed. The percentage of bacteria which disappeared from unclean skin surfaces was almost negligible in every case, the scientists found.

We all should know that every part of the body is its own protector. Even in an open wound, nature sends out a fluid that is disinfecting. Unless the drainage is obstructed by a foolish dressing, germs cannot have any influence whatever on a wound. That is the reason why I am continually insisting on all canals being in a normal state, so that all discharges are being carried on without any obstruction. How long would a man live if there were no disinfecting properties to the secretions from his mouth to his rectum? Man never would have gained a foothold on earth, if he had not been made able, by nature, to be more than a match for the germs of his environment; and that, too, before the world ever knew anything of bacteriology. If this had not been true, what would have become of the Jewish race at the time King David lamented the disease of his loins, the odor from which ascended to heaven—meaning, of course, that his people were largely afflicted with syphilis? Yet, for all that, the Jewish race is as normal and healthy as any race of people on earth today. How did they get rid of that terrible disease at that time? Certainly they did not know anything about mercury, arsenic, iodine of potassium, or "606." I will tell you that we are crazy

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on this subject of bacteriology. And as large a delusion is our belief concerning blood diseases.

This report given out by Dr. Arnold should not be a surprise to people who really think and reflect. Man has power to stay well in spite of opposition, if he learns the law of his nature and respects it. Given a normal state of the secretions in the gastro-intestinal canal, there is no possible chance for a parasite of any kind to go through that canal and live.

The True Function of Germs

The following clipping was received for comment:

ATTACK ON GERM THEORY OF ILLNESS SPREADS

Revolt against the theory that germs cause all disease is spreading, as the result of a movement begun in England. More than 2,000 physicians in that country have formed a health league based on the new thought that germs are incidental to the later stages of the disease, and that such scourges as cancer and consumption can be checked before the danger stage is reached. The leader of the research department is Professor O. A. Bewall, London scientist, who has submitted himself to various operations and inoculations in the hunt for proof sufficient to tear down the old theory.—*Popular Mechanics*, November, 1933.

The league, which has nothing to recommend it

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further than the idea that germs are incidental to the later stages of disease, will not get far. Germs are no more incidental to the advanced stages than to the beginning of disease. It is all right to exclude the germ in a search for the cause, but cause must be known before any system can be considered successful. And I am standing at attention watching and waiting for someone to give us a cause of disease that will be more general in its application and successful in practice than my hypothesis that Toxemia is the cause of all disease. The philosophy of Toxemia is quite well inoculated in England; but, if a society is being launched which leaves out Toxemia as the cause of disease, they will have to launch again and again. When we have the right idea concerning disease and its cause, we do not have to make a spectacular experiment, such as submitting to various operations, inoculations, etc.

The Toxemia theory is as plain as the ABC, and I believe that the enemies of that idea in this country are opposed to it more on account of its simplicity than anything else. The medical profession has always cultivated mystery, so as to befog the minds of the clientele. Dumb animals are not more pliant. Doctors are more outspoken today than ever before. They cry in a loud voice: "Germs are the cause of disease!" Yet they fill the newspapers and magazines with reports of new discoveries of causes. No apologies are given

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for getting their wires crossed. A true philosophy of cause and effect will not require a change in diagnosis and treatment daily. Daily prescribing means scrambled thinking. If doctors would tell the truth—the whole truth—concerning the cause and treatment of disease, they would be compelled to acknowledge that they are not getting anywhere with the germ theory, and would abandon it; for a medical philosophy that the common man would understand would be equivalent to dumping the whole theory of the so-called science and practice of medicine. It is dangerous to get away from mystery in cause and treatment of disease. People are used to being led by blind teachers, and having to be piloted out of ditches.

I wonder what theory the London *scientist* has to substitute for the one he intends to “tear down.”

The “health league,” if truly represented by the above clipping, has no valid excuse for existence; so the sooner it joins the throng of medical abortions, the better.

APPENDICITIS

In order to interest every one of our readers in prevention rather than cure, we are offering a copy of my book on Appendicitis complimentary with each new subscription to HEALTH REVIEW & CRITIQUE received during January and February.

This book will make you safe in case the symptoms of this so-called disease should develop, but better still, it will teach you how to sidestep the building of such symptoms.

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Health Habits for "Old Men"

THE following inquiry, and my reply, may give our readers a better understanding why there are some troubles which must have personal attention and supervision.

All people could get general information regarding rational living habits from our books, but there are a few derangements to which man is heir which demand personal education on the part of the patient to overcome. Diseases or derangements of so-called "old men" are in this line. Some of these days we hope to publish a book to help men to know how to care for themselves so as to sidestep these so-called diseases of "old age." But after the derangement is established, these cases must come to me to be taught how to care for themselves to have comfort for the rest of their lives:

DEAR DR. TILDEN:

In your current issue of HEALTH REVIEW AND CRITIQUE you comment on the fact that Edison might have lived many more years had he been educated in what all old men should know. Wouldn't it be a nice thing for some of us subscribers who are "getting along" to publish an article or two, educating old men in these things? I do not mean to give away the whole show, but just a few helpful hints for the oldsters. You have had two good articles on the prostate in the past, but a little

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of this education for the old folks would do a lot of good. I get no end of good from your magazine. I have all your books, have read them many times, and understand them. But we all need specific help and advice from time to time.

Best wishes for you in every way. You are doing an inestimable amount of good. May your days be long!

Sincerely,

A. V. I.

* * *

DEAR MR. I.:

Your postal card of November 26 came duly to hand. I have written concerning enlarged prostate gland, and the bladder trouble that goes with it. We have a small pamphlet on this subject which I will send to you.

Old people need to be taught how to take care of themselves. When a man is troubled with frequent micturation, he needs somebody to teach him just how to handle himself. Then, wherever he goes, so long as he lives he will be independent of doctors. Some time you may want to come to Colorado, and give me a month of your attention. Then I will free you from any uneasiness concerning this horrid old trouble.

You may know how hard it is for doctors to realize the suffering that old men have who are sick as Edison was. The patients get out of their heads. They have not sense enough to tell where their aches and pains are, because they are in a semi-comatose state; and the doctor is not old enough to have the experience to know that men of Edison's age are troubled with retention of urine, and that it should be looked after. If not, they die just exactly as Edison did.

Thank you for your card. I hope some time to see you.

Your friend,
DR. J. H. TILDEN.

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Tilden Cookery

BY F. B. TILDEN

WE HOPE that all our readers came through the holiday celebration without any uncomfortable after-effects. Now we are ready to start ahead on a new year, turning over a new leaf, determined to be a little more kind to ourselves, and ending this year with a still larger surplus to our credit in the bank of health.

We have had an inquiry regarding the use of popcorn. It is a splendid starch, if taken without the butter dressing. If the butter dressing must be added, the home product is very much better than that purchased of a vender; for often the butter used at such markets is rather inclined to be rancid. But the popcorn with salt dressing only is splendid; for it necessitates plenty of mastication before it can be swallowed. If it is fed to young children who might be inclined to swallow it without enough mastication, the popcorn may be run through a coarse grinder before serving. It may be used at breakfast-time, in place of other starch; or, if dinner is served in the evening, it may be used for lunch at noon. In either event, it may be followed with any fresh fruit desired. The corn should all be taken first, and then the fruit. Or, if dinner is served at noon, the corn will make a nice lunch in the evening. There are such good

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corn-poppers on the market now that it is not much of a task to prepare it at home, and it is so much nicer that way. There is not a better meal in the world than popcorn, followed with a nice, crisp, raw apples. The popcorn prepared with the syrup dressing is not so easy to take care of and should be used sparingly. Any of the puffed breakfast foods, such as puffed wheat or puffed rice, may be crisped in the oven, dressed with a little salt, and served in place of popcorn, followed with fresh fruit.

Another subject which has come up for discussion since the December magazine was issued is that of the raw green peppers, or even the cooked green peppers. We mentioned the peppers as being rather hard to digest, and some of our readers regretted that they felt they must discontinue their use after reading that statement; for they had found the peppers apparently easy of digestion, and they were much enjoyed. Each individual should use his own discretion regarding such foods as may be considered hard to take care of. If one finds that he can digest a certain food without any trouble, and his health is good, there is no reason why that food may not be used in reasonable amounts. If there should develop digestive troubles, then one might be suspicious of the pepper, or whatever food does sometimes cause difficulty with a good many people, and it can be eliminated from the food supply.

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Some people are in a quandary as to what may be used in the Tilden salad at the time of year when tomatoes and cucumbers cannot be procured, or when those that can be procured are not really fit to eat. The combination may be two-thirds lettuce, and the other third of finely cut-up celery and apple; or lettuce, grated carrot, and celery; or lettuce, grated carrot, and grated turnip. There are many such combinations which may be used. If one cannot procure the lettuce, cabbage will take its place, with whatever raw vegetable or fruit is available to combine with it. The dressing may be the same in any event—salt, oil, and lemon juice. For the oil, one may use either olive oil or any of the vegetable oils on the market. Those who are in good health, and who wish to use up cold cooked potatoes, may cut them up fine and add to the salad in any of the combinations as given above. This, then, makes a full meal of itself, with perhaps a cooked non-starchy vegetable or two.

If one has a craving for something in the line of pie or cake, the best way to indulge such a desire is to use these so-called desserts at noon for lunch, with a large combination salad or with some fresh fruit. The salad will help take off the curse of the dessert. Of course, this should not be repeated every day in the week. Once a week is sufficient for most people; and, if one takes these foods about that often and knows that he is to

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have them at those intervals, the craving between times seems to be allayed.

If you have a small amount of two, or even three, vegetables, and not enough of any one for a meal, suppose you try combining them and cooking them together. You will discover some very pleasing dishes in this manner. Carrots and turnips cooked together are splendid; or celery cooked and combined with stewed tomatoes, string-beans, carrots, and peas; or string-beans, canned corn, and green lima beans. There are combinations without number that will be popular with the family.

Since the cold weather has come, we have been serving our spinach with a dressing of bacon, lamb, or pork fat. This is a good suggestion for those who think they do not like spinach. You will find that they enjoy it dressed this way. Crisp a slice or so of bacon, pour off part of the grease, and then, after steaming the spinach just long enough to make it tender, pour it into the skillet with the bacon fat, and allow it to be coated with the fat. Or, if you are cooking lamb-chops, use the lamb fat in the same way, or the fat from the spare-ribs. During the cold weather we can take care of more fat than during the heat of the summer.

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Menus

Breakfast
Shredded Wheat—Butter
Prunes

Lunch
Tilden Salad
Apple Pie

Dinner
Bacon and Eggs
Turnips—Carrots
Tilden Salad

Breakfast
Baked Apples—Raisins
Milk

Lunch
Popcorn
Tilden Salad or Fruit

Dinner
Baked Potato
String Beans—Cauliflower
Tilden Salad

Breakfast
Cooked Cereal—Cream
Orange

Lunch
Vegetable Soup

Dinner
Roast Pork
Parsnips—Stewed Tomatoes
Tilden Salad

Breakfast
Whole-Wheat Bread—Butter
Prunes

Lunch
Baked Apple—Milk

Dinner
Spaghetti with Tomato
Stewed Celery
Tilden Salad

Breakfast
Canned Pears—Grapefruit
Fifty-Fifty

Lunch
Potato Soup

Dinner
Lamb Stew
Peas—Carrots
Tilden Salad

Breakfast
Corn Meal Mush—Cream
Orange

Lunch
Vegetable Soup

Dinner
Peach Shortcake
Tilden Salad

Breakfast
Waffles—Bacon
Honey—Fruit—Cocktail

Lunch
None

Dinner
Roast Chicken
Celery—Olives
Spinach—Beets
Tilden Salad
Fruit Jello

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Questions and Answers

Question: You speak of using a thread for drain in a wound and closing the wound with adhesive tape, to avoid using stitches. How large a wound may safely be treated in this way without the use of stitches?

ANSWER: A wound that reaches from the inner canthus (the inner angle) of the eyelids to the bend in the maxillary bone—or, in other words, a tear or cut the entire length of the face. We should not expect anybody as clumsy as an elephant in a china-shop to coaptate the edges of a wound like that. A light-handed person should be able to plant a clean thread or twine in the bottom of the cut or tear, and to draw the edges of the skin together. In a large wound like that, I should say to put a twine as a drain so that the ends protrude from the upper edge of the wound, as well as from the lower edge; then strips of adhesive plaster a quarter of an inch wide can be drawn across the entire length a quarter of an inch apart. If the one adjusting the edges puckers the skin, you can understand there will be a pucker which nature will eventually almost correct, but stitches often leave more lasting marks along the line of healing of the incision.

No one but a bungler will ever put a stitch

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in the face, or where a wound or scar will be visible to the public. Young doctors are very much inclined to take stitches, so that they can tell a fine tale about having to take ten, fifteen, or twenty-five of them. In the good old times they used to charge \$5 a stitch, and, of course, they had to get as many stitches in as possible, it did not make any difference how the wound looked. Wounds should be cleaned with warm water, when it is available. Never abuse a wound by adding antiseptic drugs to the water. Running water is to be chosen, when one is given a choice. Cleanse the wound—remove dirt and all foreign particles. Do not scrub. Handle a wound scrupulously, but efficiently. Antiseptics microscopically sear the surface of a wound, and this dead surface sloughs off, adding an unnecessary waste to the physiological drain that is common to all raw surfaces. If medical superstition must be followed and a little antiseptic is used daily, don't be surprised if a *keloid* develops in the scar, banishing forever the hope of a scarless union. Yes, the drug delusion, as well as dirty handling of wounds, ends in keloid development.

Keloid growth in scar tissue means impaired blood, caused by an intestinal cesspool from heavy eating and careless habits of body. Those who are injured should eat raw fruit and vegetables. Such eating favors quick and near-scarless healing.