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Dr. Tilden's
HEALTH REVIEW &
CRITIQUE

Individuality of Disease is a Delusion of so-called Scientific Medicine.

I, J. H. Tilden, stand ready to prove this statement. —TILDEN.

VOLUME XII

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A Happy New Year

ANOTHER year has come and gone and I desire to thank all of my friends in this and other countries for their moral as well as material support and for every boost they have given me.

The depression has ruined many lives — proper education and self-discipline would have saved many. Many have jumped into their doom's day this past year, when a word of encouragement would have caused a sick mind to make one more effort. *That law of nature:* "If at first you do not succeed, try, try again," is disciplining and necessary if one desires to reach mature understanding. How many times? Keep at it! How do you know but that your dissatisfaction is working against your best interests — that to succeed, unprepared, as you possibly are

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just now desiring to do, would shipwreck your life.

It is well to remember that "all roads lead to Rome," and that Rome figuratively is Understanding; and whatever road we are on, if attentively followed, gives understanding. Without efficient understanding, the next road we take to the Rome of understanding will be tedious and tasteless—discouraging.

The student who finds many difficult points on his student route, and decides to detour them, will not go very far until he needs the understanding of that which he is detouring and, unless he returns and digs it out—acquires an understanding of all he has gone over—his knowledge will be defective all through life.

That is why the best dictionary is none too good for everyone who reads. Unless we understand the full meaning of every word, efficient understanding of the context will escape us.

The habit of try, try, trying is worth all it costs. If discouraged, go right along trying; if you are mistaken in the selection of life's calling, get all the experience possible. Some day your own will come to you; then you can use it advantageously. Keep at it, for you are growing in experience—remember, we learn to walk by falling down. Keep eternally at it; it will help you to find your work; or you may find a new way to carry

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on an old calling. Indeed, if you keep at it, in spite of your discouragement at seeing others succeeding in working at the same calling in the established way, perhaps your genius for labor may show you that the calling you are working at has never been understood, and that it is up to you to revolutionize general opinion. Be patient—don't try to abridge time. Premature success invites early failure.

Everything that man has to do, and do with, must be evolved to a higher efficiency, if not in this generation, then in the next, with your help in this. For display? No! For self-satisfaction. Success is at best a questionable attainment and, like Dead Sea Apples, only to look at. Efficiency must and will bring out inventive potentialities. See what Henry Ford has done. He laboriously conceived and bore a "Tin Lizzy." He did not rest. He continued to dig into his mind until now his last production is a *Dream*—a leader in fine cars; and from now he will go on mentally begetting—and gaining understanding of art—as long as he lives. For he has built for himself a thinking machine, and its efficiency insures success; the elements of failure are overcome. Work, work, eternal work, is the price he paid for his mental children.

Work will evolve a thinking machine for any man. Some apparently succeed without labor,

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others labor for life and then pass their genius for work to a son or daughter, who passes the inherited potentials into discoveries in art and science for the uplifting of man.

How little a man can do for himself and by himself. The latter statement requires modifying, else, taken at face value, it is far from the truth. Evolving opinions, and coming into individual, independent thinking on lines running counter to orthodox beliefs in general, generates the opposition of entrenched customs to such a degree that it becomes necessary to go into solitude—go it *alone*.

Friends of childhood, adolescence, maturity, even into so-called old age, drop away from one who follows the lead of an open mind. To receive no words of encouragement from the nearest and dearest, requires a large love of truth if one is to go on and never look back!

My own family experience has been this: One brother being asked if "John had made any change in his mental attitude concerning religion," replied: "During the eight months I was with him he was the same day after day—the only man I ever saw who compelled me to wish that I could some day feel equal to him in individuality and moral integrity." My opinion of this brother was that he was the most lovable man I ever knew—a beautiful religious type, but he died at

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twenty-six—did not live long enough to differentiate. He was not aggressive. Another brother accepted me at my seeming value. "If John is not right, no one is!" Generally people have liked me until they found out my beliefs, then they detoured. I've lived alone so much—from three to eight o'clock in the morning at my desk and then at my professional work for the rest of the day, I have not had a looking in at social life—as Elbert Hubbard would say: "I've not broken into sassiety"—hence, I may be unsocial, grouchy, and selfish. My books are my friends, if I treat them shabbily, they do not mind; they just consider the source.

New interpretations must be formulated in solitude. Radical changes cannot be discussed, for they bring down the wrath of the ultra-fundamentalists of all classes. It becomes necessary to leave father, mother, kindred, and friends, accept isolation and even ostracism. People of popular beliefs and opinions in refined society become mobocratic towards those advocating opposing opinions.

You, my friends, whom I am wishing a Happy and Prosperous New Year, have come to me, one by one, as you have learned of me through my writings, or from others who have been taught how to get rid of disease and how to live to stay well; many know me from attending my lectures

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previous to ten years ago—many have been patients of mine. Most of you have learned to tolerate me in spite of my lack of suavity—amenities.

I withdrew my attendance on medical societies more than fifty years ago because of my “peculiar” and unpopular views. Today the profession in general is using my methods which once it condemned. The critics of forty years ago wronged me often by broadcasting that the Tilden salad would kill those who ate it, for “raw vegetables are covered with typhoid germs.” Germophobia is not so rambunctious now as it was at the close of the Nineteenth Century. Once I was condemned for a plan of treatment of disease which is now being generally but poorly imitated. Laymen are buying my books and applying the treatment with success after having had much treatment from orthodox doctors who failed to relieve. Friends, you all have helped me more than you can know, by lending your books to sick people. It would be better, however, for you to advise them to get the books, “Toxemia Explained” and “The Cook Book,” and encourage them to make a study of them.

From a commercial standpoint, friends can help by mentioning the work we are doing. There is a place in all our lives that the “filthy lucre” fits in, and we are handicapped without it. When

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wisely used, money or its equivalent is a blessing beyond compare; when unwisely used, it becomes the "root of all evil." Fortunes have been spent fostering medical superstition and so-called medical and surgical sciences—delusions based on fallacious fundamental medical hypotheses; and all the new and startling discoveries must be false and must fail as all others have failed. I am exposing medical fallacy as fast as I can; but with a few friends I cannot make a rapid impression on the millions who are worshipping (like heathens) at medical shrines.

A change is coming; I can see a great change in fifty years, but medical fallacy has the majority. The supposed-to-be intelligensia are on the side of medical and other superstition, and are they not paying with lost health and, lives—yes, at least twenty-five of the best years of life—for the blessed privilege of traveling prematurely with the majority to *that bourne from whence no traveler returns?* Of course, we are all going surely, but why be in a hurry? Why throw away twenty-five of the best years of life? Twenty-five to forty-five years tacked on to seventy-five gives ample time to mature mental development—mature understanding—and satisfy ambition to know a little something before associating with the gods. Or, if nothing short of "The One and Only God" will satisfy—for countenance sake we should try

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to live long enough to get rid of stupid bigotry. Remember, when we get in the presence of God He will catch on to our prevarications, equivocations, lip-homage, duplicity, hypocrisy, quibbling, and more of the infinite humbuggery practiced before and after prayers here on earth that He knows nothing about because He is so far away, but when in His presence His *effluence* will bring out down to every peccadillo. We will then be made transparent to each other—everything hidden in life will shine out! So we should live long enough to get rid of our love of hypocrisy before becoming embalmed in perfection.

We need dollars to push our work, but a few *golden words* from every friend will secure a lot of readers for our books and periodical and readers make friends—lasting friends, for they will know why they are with us.

The support of cold, selfish dollars, divested of every potential of human sympathy, is cold consolation when man hungers for a slap on the back, a smile, and a whole-souled, "Bully Doc, *nothing succeeds like success*," a little speech that was made to me often by a pal of my boyhood and professional life. When I met with an unusual success, my pal would slap me on the back and say, "Bully," etc.

We exchanged compliments as most friends do. He was a successful business man but he passed

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out of life at fifty-eight years of age; I lost a wonderful friend. A man of no bad habits except one, namely: Bread, butter and jam, which brought him to an untimely end.

I have many friends in this and most countries—thousands that I have never seen and possibly never will see—but I have letters from them. As time runs on, the ties of friendship grow stronger, letters indicate this.

To all friends everywhere, I am indebted to every one of you for life extension; it is you who fed my desire to go on and add to my fund of knowledge that I might return it to you. My contribution is to solve the problems of how to live to full mental maturity. Sixty years are for physical maturity and then we should have sixty to mature mind. Mind must be matured before man can come into his own. I've been too slow; you who follow should succeed better. Just a few words often convert a would-be dull and dreary day into one of sunshine and hope.

Help those next to you to live long enough to mature their minds; this is of more value than gold. A Happy and Prosperous New Year, Friends, One and All.

READY REFERENCE CHART

The Tilden Ready Reference Chart has met with a splendid reception. It is something each one of our readers should have at hand for quick and ready reference. You need this daily reminder. See Publicity Pages for further information.

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Each Individual Is a Law Unto Himself

ALMOST every person is inclined to use some one else as a standard by which to measure and guide his conduct in life. This is or should be, a limited social necessity, for every man is a law unto himself. To a limited extent we learn of our relationship to nature by studying the experiences of others; but if great care and judgment be not used, and the experiences of great numbers be not taken into consideration, we are just as liable to make shipwrecks of faith as we are to be saved. That every person is a law unto himself is an exceptional fact. It is a fact when observation is limited to isolated cases, but when the individual is measured by the common standard of the multitude, the differences disappear.

The general tendency in every-day life is to form opinions from isolated examples. This is regarded, by the scientific mind, as jumping at conclusions, snap-shot conclusions, and is too unreliable a method to arrest the attention, for one moment, of men who know the necessity of accumulated evidence.

Because one man lives to be one hundred years old and uses tobacco ninety of these years is no

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evidence, to thinking people, that tobacco is either beneficial or detrimental. There would have to be many such cases, in truth, to establish the fact that tobacco is a factor in prolonging life; it would be necessary to establish beyond doubt that the majority of people who use tobacco live longer than a like number who do not use it. And this demonstration would have to be taken with a grain of salt, for the rule is pretty universal that men who do not use tobacco have some indiscretions that make up for their gain in the non-use of the weed. Some eat too much, some are given to eating between meals—candy eating and the munching of fruits, nuts, or something else, at unseemly times of day. Many expend much nerve force in gratifying the grand passion, the appetite for which is abnormally stimulated by a glutton's habit. Meat, eggs, and oysters, to excess—three times a day—even twice a day is excess—stimulate the passions, and people who boast of temperance in alcohol and tobacco are often given over to a worse state.

There is more sickness among women than among men, and I have thought one of the causes is that more women universally overeat than men. Men find satisfaction in drinking and the pipe.

It is no uncommon thing to have some centenarian pointed out as a man who used more or less

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whisky, tobacco, coffee, and meat all his life. Such an isolated witness is offered as proof that these stimulants do not militate against long life, and the half-cocked thinker will declare that the old man lived to that age because of his stimulants. Such slipshod opinions have to be contended with every day.

The early inhabitants of this country lived on hog and hominy, and because of the hardy condition of those old post-revolution settlers, and their children, the idea has filtered down through the decades that hog and hominy are good fodder out of which to build hardy men. The advocates of bacon, coffee, and hog forget the log fires that roasted the face while the back froze, the friendly winter winds that old clothes, rags, coon and possum skins failed utterly to keep out of the chinks in the log houses, and the mantle of snow that the hardy old pioneers had to shake off their beds of a morning before they could crawl out of them, and, neither last nor least, but the greatest of all else, the sound sleep and peaceful minds that accompany a complete absence of worry. Ambition and mammon had not taken possession of those hardy old forefathers in that day. Those were the days when poor neighbors did not have to borrow, nor steal; if they were lacking the wherewithal to sustain life, their more fortunate neighbors divided with them; if they lacked the

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comforts of the rude house, the neighbors for miles around co-operated, and in a short time the poorest family would be as well provided for as any one else. That was before the days of tramps, poorhouses, and selfishness; before men became beasts of high and low degree—so high that they could look with complacency upon a human being in need of the necessities of life; and, on the other hand, so low that they could look with exultation upon the discomfiture, ah! even the death of those whom they recognized as usurpers of their birth-rights. Both are ignorant of themselves; they are brothers still, but are estranged by an environment that has made them what they are without the knowledge or consent of either, and over which neither can have any control, until they both understand and are willing to concede to each other the manhood of which circumstances have bereft them.

To say that all men should be able to get on in the world financially, and that only the unfit are numbered among the needy is as reasonable as to say that all should be able to sing because there are a few who can. Suppose that singing stood for the medium of exchange instead of money, how many would be poor? Suppose oratory stood for the medium of exchange instead of money, how many would be rich? Suppose high-grade mechanical skill stood for the medium of ex-

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change, how many who now control the wealth of the world would be rich? how many would be beggars? The getting of money is an innate power, born with the man. Has he no duty to any except self? Is it not a fact that advance in all lines of development is held back by selfishness on the part of the few who hold all the power? Only if wealth helps an artist, a thinker, a mechanic, to a higher development by relieving the bread and butter worry, does it help to elevate the standard of civilization.

Fresh air and contentment, and the absence of the social cancers which should be better known by their true names of selfishness, envy, and avarice, had more to do with the hardiness of our forefathers' constitutions than their food. These people also had the best of fresh meat. The hog that they did eat was not born in a hothouse and pampered into a state of degeneration similar to the Strasburg goose, which is made from the liver of a goose killed just in time to prevent it from dying from fatty degeneration, and served to connoisseurs of *pate de foie gras*. The hog was allowed its freedom to fresh air and pure water until, by its own hustling of acorns, nuts, and roots, with a little corn, it was in condition to be cured into food. Such a hog represented more life force to the pound than our fancy, degenerate, over-fed hogs represent in ten pounds.

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Much of the meat of this period was wild game and represented all the life force that nature could impart.

The modern domesticating of animals and poultry tends to lessen life force, hence our meat has less of it to impart to us as food. Again, in those days the people ate when hungry and there was nothing in the style of living to force the appetite. That modern food is lacking in its life-imparting force is evidenced by a lack of satisfaction after eating. It is common to see people hungry while their systems are satisfied with food—hungry yet full. This is impossible except when the food is lacking in life-imparting qualities. Modern food tends to make the people more rotund, and this is often pointed out as an evidence of a better quality of food than our more angular and bony ancestors had to eat. Fatness and rotundity mean degeneration, just the opposite condition from that found in the rough, rugged pioneers.

These are vital truths that the world will come to appreciate in time. Today the vegetarian is the better off, for he lives nearer to nature and gets more of life force, but, at the same time, there is lacking in hothouse vegetables the same life-imparting force that is lacking in the degenerated animal. Civilization tends to degenerate because of a lack of life force in the food; add to

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this the worry and struggle for the unattainable and we have physical degeneration manifested in such diseases as consumption, Bright's disease, cancer, and nervous diseases.

The universal disposition to stuff comes partly from a subconscious longing for food with life in it.

The white flour of today is deprived of the germ of life that each wheat grain contains. Children starve on white bread and milk from stall, slop-fed cows—animals that are fed on the cheapest possible food—any old thing so that it will keep the animal alive and force her to give as much milk as possible. The cow is not allowed exercise, fresh air, and sunshine, and she is expected to lactate until she dies of consumption. All that any child needs, by way of food, is good milk from a healthy cow and bread made of whole wheat. Not eaten in the same meal.

The refining process carried on in our food supply, both in the vegetable and animal kingdom, tends to devitalize the food products. This must show itself in a devitalized state of human life.

Add to the degenerating food the systematic adulteration that is going on, and where are the people to get life force?

These are problems, the effect of which must be worked out by the statistician. The non-

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observing individual cannot see nor even suspect them. The individual sees enough isolated exceptions to these general propositions to dispute their veracity. The physician has this ignorance to contend with daily. He can find on any corner a man who can point out an example with which he can down all the accumulated experiences of all the observers of all time. Such people will say: "You talk of this stuffing habit killing people off, look at Smith; he is a gormand and yet he is the picture of health."

It does not count, with such an intellectual caliber, that a thousand Smiths can be cited who have gone over the road before half their legitimate lives were lived, because of just such a life. If that Smith dies of apoplexy while the dispute is on, the man of infantile intellect will immediately turn to Jones and hold him up as an example.

People cannot understand that there are hundreds of conditions that go to make up the life of an individual, and that all these conditions must be taken into account when comparing results. Two men may be equally successful in business; one is cheerful and happy while the other is morose and discontented. The happy man, everything else equal, will live the longer, but if he does not, it will not prove, except to the stupid, that cheerfulness and happiness are conducive of

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short life, and that if one wants to live he must be morose and discontented.

If the happy fellow's case is looked into, it may be found that he squandered too much of his life force in entertaining friends and losing sleep. He may have had personal habits that pulled him down; he may have been wholly unselfish and, in his desire to please, allowed his friends to impose upon him; in spite of his general appearance he may have been carrying a great load of responsibility.

The other man was selfish, and instead of carrying others he may have had the faculty of making others carry him. Then there is the question of vital force, which no man can measure. The man who is selfish and lazy, everything else equal, will live longer than the unselfish man. The man who works hard and is contented, everything else equal, will live longer than the man who works hard and worries.

The hard worker and the hard thinker will not live as long as the lazy fellow, if both eat an equal amount.

The popular opinion is that if a man works hard he must eat a great deal. Look at the farmers; they are not a long-lived race. Men and animals digest little while at work. The truth of this has been demonstrated. It has been shown that if two dogs are fed like breakfasts and one

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is put in the kennel and the other taken on a six or seven hours' run, and at the end of that time both are killed, on examination the dog that has been quiet is found to have digested all his food, while the other has his breakfast just as it was eaten. This proves that to digest well one must have quiet.

Who ever heard of a race horse being taken on the track fat and full? A hunter would not think of feeding his hounds before a chase; in fact, if he would have his dogs do good work and his horse spirited and alert—ready to make a long run without water and with staying qualities—he will start them without food. Food is conducive to sluggishness and a desire for water; the more of both (food and water) given, the less capable either animal will be of doing its best work.

In this, the hunter often builds better than he knows; his reason for thinking that the dog does better work is that the dog is hungry and becomes savage for blood. This is far from the truth. The dog is light and free and at his best without food. If a man would do a few hours' thinking he will have to do it, wittingly or unwittingly, with an empty stomach. People who are fat and full are fat-witted. All great feats requiring skill and endurance are won by the moderate. The gluttonous are penantless except in discom-

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fort and early death. They are never found in the arena of achievements; but occasionally in the stock shows, where fat reigns supreme.

Work, worry, or anything else that uses up nerve force, takes that power away from the system, leaving none for digestion. Many persons know from experience that a telegram of unfavorable news at the end of a meal stops digestion. Anything that disturbs the equilibrium of composure impedes or stops digestion; then it is that food rots and poisons the system.

The secretions of the body are put in an abnormal condition by excitement. Children have been killed by nursing a mother soon after she had been in a state of great danger. The same is true of animals. Hard work ruins the mother's milk. When I used to do a country practice I found that Mondays were wash days. Tuesdays ironing days, and Wednesdays sick baby days. The wash tub has killed many babies; a hot kitchen has sent many of them to their long homes.

Stockraisers know that to work a brood mare is almost sure to end in her giving birth to a colt that will die of bowel trouble known as the scours; in the baby it is known as cholera infantum.

People should know that to eat when tired invites indigestion. If a large breakfast is eaten and then hard work is indulged in, the food will remain in the stomach largely undigested; if a

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midday meal is eaten and then a supper, the two lap over each other, and neither is well digested. If such a regime is kept up for any great length of time invalidism and early death may be looked for. Everyone should rest, if possible, before eating; if this is impossible, a very light meal should be eaten. If farmers were always working as hard as they are some parts of the year, they would not live as long as they do. Farmers could avoid sickness during the work season—the time of year when they are most given to sickness—if they would start the day without food and then break the day's fast at noon with a light meal—bread and butter with fruit, or milk with fruit—then rest for one hour in the evening and eat a full dinner. Of course this will be given a knowing squint, as much as to say that I may know some things, but a mighty little about farmers and their work. One excuse given will be that in the busy season there are no hours to be given to rest, the grain is ripe and every hour must be utilized. Every hour is not utilized. Count the hours lost in sickness and its expense and then add to this ten to thirty years of life lost by early death, and see how much you save. Go with me back to my first field of practice, 51 years ago, you must be content to read with me their names on memorial stones marking the place where they are taking the rest they did not have time to take

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in the days when they had a good capital stock of health. By conserving this health, they could have lived on and enjoyed what they were working so hard to earn and save.

A young farmer was in my office not long ago consulting me about his wife; he is a large man and possesses a fine physique, a man with a splendid life's expectancy. He incidentally remarked that he was not as well as he looked. I gave him a few suggestions which, if he should put them into practice, would cause his ill feelings to vanish and good health would return to him, to remain to old age. However, it is to be feared that he does not realize that I gave him the secret of good health and long life; it was a case of pearls before swine. He is a hog and doesn't know it, and is now breaking ground with his incorrigible snout to bury himself in.

Hard-working people are more prone to pneumonia than others. The reasons are neglect of skin, heavy, stinking flannel underwear, hoggishness in eating, and fear of starving to death, so that when the fatal cold is taken the eating is kept up until there is turned loose in the system so much decomposition that the life forces are overwhelmed and death results. The boozers are another class who die of pneumonia. They hit the free lunches at any and all hours of the day, "catch cold," and go on with their interminable

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stuffing, go to bed, and are dead in seventy-two hours. There is another class that pneumonia finds and "doesn't do a thing to"—those who create the necessity for midnight eating salons. They cannot go home after an entertainment without loading their omnium-gatherum. Shell fish, confectionery, popcorn, hot tamales, and alcoholics, strong and light, are indulged in. When the system is a little out of order and the power to digest is a little off, oysters and fish of any kind, and brains, are very liable to explode and turn loose a ptomaine that spends its forces on the lungs by starting pneumonia. I think the phosphatic oils in a state of decomposition are more prone to set up lung trouble than other forms of fat. I would not recommend oysters or brains for those predisposed to so-called colds. As the text runs: Each individual is a law unto himself. Because one eats oysters when suffering a cold and does not die or have pneumonia, does not prove that the tendency is toward such a result. A man may have a little larger stock of resistance at one indiscretion than he has at another, and so will come out all right; but if he persists in tempting the gods that grind the mill of fate, he will get caught, and then it may be too late for him to be saved, but never in all my experience, too late for him to beg to be saved.

It is not expected that we will see one com-

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placent while dying, yet it is cowardly of those who beg to be saved after they have wilfully and knowingly dared the grim monster until he has picked up their challenge.

Yes, of course, tobacco is injurious. A man may live as long as he would otherwise, and even longer, and use tobacco. I believe some people would kill themselves eating if it were not that the tobacco habit supplies the place of much eating. Living is not all in living many years. Any one can vegetate. Life is what we get into it. If every year is filled full of useful work, numbers of years do not count. Some people live to eighty and ninety and yet any ambitious fellow could crowd the whole of their lives into ten years.

The New York Health Club

We have had a report on the last meeting of the Tilden Health Club of New York, and we are very much pleased with their activities. They are arranging to have at least one person selected to give a talk along our lines of work at each meeting, following with general discussion.

This procedure, according to our ideas, is the best way of getting a great deal of information from such meetings. Selected subjects to be discussed and general discussion following a leading address gives all members an opportunity to offer inquiries and also suggestions. The secretary of the Club will be glad to hear from any of our readers regarding the work being done. Notice of the January meeting will be found on Publicity page of this issue.

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Constipation

By VICTOR P. FLEMING, M.B., M.D.

CONSTIPATION is probably the most common, the most discussed and the most treated functional disturbance of the human body. Every night at bed time, at least fifty-million pills, powders and other drugs are started down the intestinal tract of as many people of all ages, sizes and shapes, in an effort to prod, whip, or coax a sluggish colon into unnatural action. Before breakfast or during the day ten million enema cans are filled with water, salted, soaped or oiled, to be used in washing out the residue of improperly combined and haphazardly selected meals. This evening and morning colon cleansing rite has almost become a religion to the addicts of the laxative pill and enema can. In many it certainly amounts to an obsession.

CONSTIPATION ONLY A SYMPTOM

Constipation is merely a symptom of an improperly functioning gastro-intestinal tract. To hear the average person describe the symptoms, discomforts, and mental disturbance associated with delayed colon action, one would think that it was a separate disease. Patients build a fence around the condition and magnify it until it becomes a monument of physical disability.

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Every week our mail is burdened with letters that for detail, rival the "confession stories" of the pulp magazines. Occasionally telegrams are received announcing the glad tidings that all is well again. One would think a new set of quints had arrived.

All this goes to show the mental effect on certain people of a condition that, after all, is, when understood, only a symptom of impaired health. Constipation of itself is not serious. Once understood, it can be corrected easily in a natural way. It is the usual drugging, irrigating and stimulating of the colon that is harmful. No laxative or colon washing procedure ever corrected this condition. As a matter of fact the usual end of such harmful procedures is a paralysis of colon function that may defy all treatment.

GASTRO-INTESTINAL FUNCTION

A little knowledge of the function of the intestinal tract will help the constipatee to understand how constipation develops and how it may be corrected in a natural way.

The thirty odd feet of intestinal tract is divided into a digestive part, the mouth, stomach and small intestines, and the remainder, the colon or large bowel, serves as a container for the residue of meals until it is prepared for evacuation from the terminal part of the colon, the rectum.

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INTESTINAL TIMING

There is a certain time limit in the digestion of a meal and in its evacuation from the body. This mechanics of digestion varies with the type of individual. The husky with a wide angle of the ribs at the sternum or breast bone and short abdomen, can digest and evacuate a meal in about forty-eight hours. The thin, long abdomen type of individual usually requires about seventy-two hours. The importance of a normal timing is that the chemical side of digestion parallels the mechanical function and any disturbance or delaying in the timing produces abnormal chemical changes in the digesting food and fermentation and putrefaction results.

HEADS AND TAILS

To simplify our explanation of intestinal timing we divide a meal into head and tail. The head being, roughly, the first half of the meal to leave the stomach. In the average type of individual the head of the meal leaves the stomach in about two hours, travels the twenty-five feet of small intestine in five hours and reaches the rectum to be evacuated in twenty-four hours. The tail of the meal leaves the stomach in about four and one-half hours and is evacuated from the rectum within forty-eight hours. The thin, long abdomen type of individual may have food

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in the stomach at six hours and not have complete evacuation until seventy-two hours.

Constipation, or as it is more correctly termed, intestinal stasis (sluggishness) may take place in *any* part of the intestinal tract. Slow emptying of the stomach is common to those who overeat or who are badly enervated. Stasis is frequent in the ileum or terminal portion of the small intestine, but the most common form of intestinal stasis or constipation is found in the colon or large bowel. However, it is important to remember that the colon, especially the descending portion, is meant to function as a reservoir or container for food residue until water is extracted. Then the residue is passed into the rectum as a formed stool and evacuated. Man originally lived on two meals a day and normally had a bowel movement after each meal. The taking of food into the stomach normally stimulates the rectum to expel its contents; the most common time for the bowels to move is after breakfast. The almost universal habit of irregular eating, eating too much, eating too often, has so bewildered the intestinal tract and so over-loaded the colon with resultant enervation and loss of tone, that it cannot react in a normal way to the normal stimulus of rectal contents. It is quite common to find in those who habitually overeat and who eat between meals, a delayed timing of two or three hundred

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hours. It is not unusual to find in anyone with symptoms of constipation, the residue of twenty to thirty meals, in all stages of fermentation or decomposition, whereas normally there should be not more than six or nine.

CAUSE OF CONSTIPATION

The most common and universal cause of constipation is *over-eating*. There are several contributing factors; eating between meals, and meals in which the starches and proteins are mixed causing delayed stomach emptying and fermentation. Fatigue and habits that enervate, lower rectal tone and tend to produce spasm of the sphincter muscles of the rectum, thus checking evacuation or making it incomplete. The act of defecation depends to a great extent on the ability of the rectal sphincter (guarding muscles) to relax. As spasm develops in these muscles normal bowel movements are prevented. In children a rather common bad habit is putting off going to the toilet in order to play. In adults laziness or inconvenience often causes the act to be postponed and gradually the rectum loses sensitivity to pressure impulse.

The next most common factor in producing constipation is the use of laxatives, purgatives and enemas, high or low. It is a mistaken idea to think that the bowels *must* move *every* day. While this is a good habit, if the residue of any

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one meal is evacuated from the body within forty-eight to seventy-two hours, comfort and health can be maintained.

TREATMENT

Stop overeating. Stop eating between meals. See that your foods are properly combined. Do not mix starches and proteins, they invite fermentation. Stop enervating habits of mind and body, and stop everlastingly thinking and talking about your bowels. Stop all laxatives and enemas and give the bowels a chance. While nature is readjusting the colon to the new way of living, an occasional enema or mild laxative may be required. No drastic purgatives or high enemas! An enema or laxative should not be taken more often than two or three times a week while you are trying to get back normal colon function. If the patient is able to take institutional treatment, our first step is to fast or to give only fruit juices. This method most quickly restores tone and relaxation to the colon and rectum. The mucous membrane, muscles and nerves return to normal and respond to normal stimulation of rectal contents. The guarding muscles (sphincter) of the rectum relax, making the act easy. Suitable exercises are prescribed to build up the abdominal and pelvic muscles. Suitable colon massage is taught to restore the colon to normal tone.

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SPECIAL TYPES

The most common stage of constipation in which advice is sought is the spastic type. The descending colon, especially the sigmoid and rectum, is tight and tense. The stool is hard and often rounded in "bullets." The last stage is paralysis of the colon with absolutely no natural movement. Colitis, or inflammation of the mucous lining, may be present in both types. All stages respond to the above outlined measures, and normal movements are usually obtained within one month. More obstinate cases may require three months.

As a type, the robust individual is free from constipation as the "timing" is rapid. It is the long abdomen type who is most susceptible on account of the slow "timing." Constipation will early make its appearance in the later type owing to the general greater susceptibility to the enervating habits of overeating and emotional excesses. However, the robust type, through incorrect habits of living can soon so lower the general tone of the body that the intestinal tract will show signs of stasis. As the long abdomen type of individual often has a stomach emptying time of six or more hours on a three meal a day schedule, there is a tendency, owing to the closeness of the meal time, to superimpose food on food already spoiling in the stomach. This not only causes loss

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of weight but predisposes to constipation and colitis. A two meal a day schedule will often work wonders as regards gaining weight and regaining normal bowel action.

After our patients have graduated to the full diet, cooked vegetables and raw salads vegetables supply the needed cellulose and water to form the normal stool. One of the greatest and most common mistakes in the treatment of constipation is the drinking of excessive amounts of liquids, usually water, in an effort to produce a soft movement. This excess of water is short circuited through the kidneys. A properly balanced diet provides sufficient water for softening purposes. Not more than two or three glasses of water a day are required by the system under average circumstances of temperature and exercise or physical work.

THE ENDLESS CHAIN

THE letter quoted below illustrates how our circle of friends enlarges:

DEAR DR. TILDEN:

Last year a friend gave us your very valuable booklet Health Review and Critique for a Christmas gift.

We now think we could not do without it, so in hopes of spreading the good work we are also giving five subscriptions as gifts to intelligent readers and renewing our own subscription.

Yours very truly,
Mrs. C. B.

We send out a large number of single copies of our magazine at the request of our readers, and much of this seed may fall on stony ground, but enough finds fallow ground and germinates, to produce a gradual growth of our circle of friends and interested readers. As a result, people are becoming more "health minded" every day.

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My Charm String

IDA L. VANIMAN

TWO simple sources of entertainment of our passing age, the Family Album, and the Charm String, have become almost obsolete at the present time. Many may already have forgotten the "Charm String," but to any child, whose love of color and of collecting resulted in the acquisition of a long string of beautiful buttons, it is still a cherished memory.

Needless to say, I was the proud possessor of such a Charm String, and a great part of my pleasure in it lay in the fact that many of the buttons were donated by kindly, interested friends.

Recently, in my study of early numbers of Dr. Tilden's *Stuffed Club*, I came across this bit of advice: "Get thoughts and then, like beads, string them to suit yourself." This quotation awakened the memory of my precious Charm String, so I proceeded to make for myself a string of thought gems with which to enter my New Year, and I am just old fashioned enough to want to share it with you and visit with you about some of its charms.

I am at liberty to enthuse about these beautiful thought gems, as I am merely the collector. I have found them all in Dr. Tilden's writings and

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there are many, many more. Each one of you might make a collection and still not use them all.

This first one is to be used as my New Year's resolution: "I want to move on and am doing all I can to corral the best thoughts of each day of the year." Dr. Tilden expressed that thought in 1906 (thirty years ago) and we all know what he has done with the best thoughts of each day of the year since that time.

The next one is: "Get busy with living and make the most of every day in self-building." Another one: "We have as many opportunities as we make. Every day and every hour of each day is an opportunity." Now this next one says: "No knowledge is your knowledge until you have lived it." I have turned this one over and around a good many times and it has brought this thought to me: If one reads for entertainment only, the subject matter has not really entered the mind as mental nutrition. It must be digested by personal application and every-day living, before it becomes a part of the cells and tissues of your character; after that, it will benefit the physical make-up because it must radiate through the physical to find expression. May we not say that getting knowledge is like the eating of our food, that getting wisdom is the digesting, and getting understanding the equivalent of the assimilation of food by the body? Another one of these

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thought gems reveals that: "It is just as necessary to feed the brain right as it is to feed the body properly"; also "The mind and body are so blended that they are simply different viewpoints of one and the same thing"; and another: "Health consists of a right life, of foods adapted to needs in quantity and kind, good habits, and, neither last nor least, a busy, happy and contented mind."

Here are a few perfect gems that reveal the legitimate use of stimulation, one that will be a constant and not followed by enervation: "There is no tonic, stimulant, or builder of health like a strong purpose," and "I believe that intense thinking stimulates the whole body and is exercise to every cell." One more seems to fit in so perfectly here: "All the five senses are roads into the body for food, for 'Man does not live by bread alone'."

Here is one that has given me a great deal of pleasure: "It is woman's prerogative to exchange youth and beauty and their accompanying ignorance, for matronly dignity, experience, and knowledge." By some subtlety known only to the mind, this gem brought to my consciousness a song that I have not thought of for years. It is called, "Wouldn't that be queer?" Some of the words were: "If the babies, when they came, were very old and tall, and grew down instead of up, to be quite young and small, dear, dear, wouldn't that be queer? Wouldn't that be queer?"

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What those words meant to my mind as an amateur prima-donna and what I see in them now, is awfully interesting to me, and it isn't queer at all; for it now seems to me that instead of being queer that is what actually happens. When I think of the seriousness of youth, of the weight of responsibility I felt, when I think of the lack of experience and absence of a sound philosophy with which to meet life's problems, when I recall the influences of respected older people and their beliefs, when I review the difficulty of attempting to stand alone in life, of trying to achieve individual independence, I would say that the true joy and freedom of life cannot be known until the individual is mature and has developed *beyond* the physical infirmities and handicaps of youth. All these things make it seem true that we *do* grow "young and small" as the years of experience and a seasoned philosophy set us free.

With physical appetites and passions removed, with dependable health established, consciousness of the body disappears and the thought world becomes a living reality. Then we are ready for the next thought gem: "After sixty years of age, you can bring out all your mental potentialities and I will promise you this, that every ten years after sixty years of age, you will enjoy life better than you have any ten years before sixty."

Oh, I must not forget to tell you how this kind

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of a Charm String may be prepared. Experience is the sharp little instrument that fastens these gems to your thread of memory, and the clasp that holds them all in place is the character you have developed while assembling your collection. But before I fasten this clasp, one more gem must be added for the coming year: "The best advocates do not *talk*, they simply *radiate* Health."

Duodenal Ulcer

WE GIVE the following from Dr. Cutter concerning the treatment of stomach or duodenal ulcer:

STOMACH OR DUODENAL ULCER IS NOT DIFFICULT TO CURE

By DR. IRVING S. CUTTER

A peptic (stomach or duodenal) ulcer is a local manifestation of a constitutional disease. If the patient is intelligent, and if he can be instructed as to the character and general progress of his disease, the first step in cure will have been taken. If undue fatigue, infection, and mental upsets can be avoided recovery will proceed with fair certainty.

While hemorrhages and perforations can and do occur, they will not exhibit themselves in the majority of cases and surgery need not be invoked until after medical treatment has had a fair trial.

For these up-and-about patients Bassler recommends no solid food whatsoever for the first month. A liquid

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diet is prescribed in suitable portions every three or four hours during the day. The objective is to keep the stomach so supplied with food that the hydrochloric acid in the gastric juice will be used up and hence be unable to irritate the ulcer. Basically, the diet contains four substances: (1) eggs; (2) fresh milk and cream; (3) water, and (4) well cooked cereals with bread and crackers. The eggs are taken raw or cooked and the milk should be warm, not hot. Ready prepared breakfast foods are not used.

The total quantity of food in one day consists of four eggs, one quart of milk, a quarter of a pound of fresh unsalted butter, four medium thick slices of bread, a half pint of fresh cream, and a quarter of a pound of cereal (weighed before cooking).

The second thirty days consists of four meals—the first at 8 a. m. and the last at 8 p. m. They are made up of plain milk, cream, soups, crackers, ground or mashed vegetables, puddings, and any form of gelatine.—*N. Y. Daily News*, April 24, 1936.

The first paragraph we endorse absolutely. The next paragraph we do not endorse. The doctor says, "surgery need not be invoked until after medical treatment has had a fair trial." Then he proceeds to tell about the "fair trial" treatment. I should judge—from the treatment—that the majority of cases coming into his hands, treated in that manner, will "invoke surgery." I know if I should treat my cases in that way they would not get well; and I do not believe that they would get well treated in that way for anyone else. The treatment is ideal for a food drunkard.

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The doctor believes in feeding every three or four hours during the day. I do not. The trouble in such cases is that patients are always overeating and if they are encouraged by doctors to eat every three or four hours, it will be catering to a gluttonous appetite, a desire for overeating, the first great cause of stomach ulcers. He says the object of feeding is to keep the stomach so supplied with food that the hydrochloric acid in the gastric juice will be used up and hence be unable to irritate the ulcer. Hydrochloric acid is a normal secretion of the stomach; it is a physiological product and an auxiliary to digestion. To believe that it is disease-building is in keeping with the erroneous diagnosing of so-called scientific medicine.

The truth concerning the acid that complicates peptic ulcer, is that the acid of decomposition is the alpha and omega—the first and last—cause of stomach ulcers. Food eaten beyond digestive powers enervates and inhibits normal functioning of the stomach; hence, there is less and less of hydrochloric acid, pepsin, and other digestive secretions, and more and more acid of decomposition, until the state of the stomach is so ichorous that ichorrhemia (septic matter in the blood) creates a constitutional complication threatening death.

To feed any amount of food complicates—to

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feed according to Dr. Cutter and Bassler is to invite one hundred per cent mortality. The only alibi I can offer for the extraordinary statements made in the item quoted, is that these gentlemen have not treated peptic ulcer, they are acquainted with a delusional pathology and treatment. They are not alone in their delusions, they have lots of company.

The way to cause an acidity of the stomach is to overfeed and feed too often; and the acid that produces peptic ulcer or any other old ulcer is not hydrochloric acid but acid of fermentation. He declares that it is a constitutional disease.

I agree that it is a constitutional disease at the finish, that must be corrected by rest in bed and a great reduction in the amount of food taken; and certainly such cases should not be encouraged to eat every three hours or every four hours.

I do not think very much of eggs as a daily diet for ulceration of the stomach. They would be all right possibly for ulceration of the duodenum, because eggs would not come in contact with the ulceration until they have been digested by the stomach juices, or changed from albumen, the latter being a rank poison when brought in contact with ulcer.

Under no circumstances would I give cereals to patients who are suffering from gastric ulcer. I would expect, if I did so, to make such patients

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worse, and I do not believe any case ever did get well that was fed cooked cereals, bread, and crackers. Peptic ulcer of the stomach and duodenum should not be interrupted in their healing by inviting fermentation of starch to take place in the stomach, and that is one reason why such cases do not get well at all, or, if they get well, they get well slowly and more often end in cancer, hence proving that the patients never had recovered from the ulceration or chronic inflammation.

The start of ulcer of the stomach is, first, irritation from overeating and the continuous fermentation of starch in the stomach. Thorough mastication of dry or toasted bread and avoiding fresh bread and porridge prevents fermentation.

After a given time of irritation, we have inflammation, and the inflammation runs on to ulceration, and then, if not corrected, cancer. To make a blanket prescription for food in such cases: it would be almost entirely meat or meat broth and fresh cooked vegetables and salad. If there is a very great soreness or tenderness, it would be well to have the salads run through a mill so that they would not irritate the stomach from roughness.

This past year a gentleman was booked for an operation for peptic ulcer. A friend got hold of him and brought him to me. I told him it was not necessary for him to have an operation, if he

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would follow my instructions. He followed my instructions and was at his carpenter work in thirty days and he has had no trouble since, for he has continued living right.

Why operate, except that the job is quickly over with and that there is more filthy lucre in it?

In a given case of peptic ulcer only a small portion of the entire mucous surface of the stomach is involved in the inflammation and only a small part of the inflamed surface is ulcerated; this spot is removed but nearly all of the inflamed part is left. What hinders the formation of another ulcer? Nothing at all except procuring a physician who can remove the cause—improper eating—then nature cures. This is true of all so-called diseases. Two can cure (?) as well as one, if they know how. Surgery is an admission of stupidity. I once had a patient who had been operated on four times, each time for removal of an ulcer, and he was up for another or fifth operation; but he came to me and I broke the chain of the vicious circle.

A STUFFED CLUB—BOUND VOLUMES

The supply of Volume V of The Stuffed Club, mentioned on Publicity Page II, is about exhausted. After February 18 it will no longer be offered to our readers. This will leave only five of the volumes available. Don't delay too long and be disappointed.

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Sinus Troubles

THE following clipping declares that sinus trouble victims are found to be carriers of cold. It is utter nonsense to talk about carriers of anything. Man's constitution is continually laboring to get rid of the accumulation that comes from enervating habits. There is nothing in any so-called disease *per se* that mankind can carry except toxemia—and what is toxemia? It is the result of enervation brought on from overwork, worry, or nerve wasting habits such as tobacco, coffee, tea, alcohol, overeating, wrong food combinations, etc. Enervation, established, checks elimination of the toxic waste that follows—which means *Toxemia* (excess of toxin retained in the blood caused by enervation). Health means the equality between the absorption and assimilation of food and the excretion of end-products. See "Toxemia Explained."

Disease means that this equilibrium is checked when the body is enervated (some of the causes are named above). The body must be enervated before there can be retention of tissue waste—causing *Toxemia*, the first, last and only cause of disease.

Where enervating habits are continued, our system is brought into a state of chronic catarrh. What is catarrh? It is the continual vicarious

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elimination of waste matter from the mucous membrane called colds—catarrh of any mucous membrane. Sinus troubles are extensions of colds (catarrh) in the *sinuses*.

Catarrh of the sinus will leave gradually and stay away forever when the subject learns to eat properly and within his limitations. Chronic sinus trouble means the bad habit of enervating and eating beyond the digestive limitations. Then why not talk about the real trouble and not forever be harping on end products? No wonder the medical profession is losing out, because like the dog that chases his tail, it never succeeds in getting away from the whirligig it has named carrier. There is not a case that has been pronounced carrier of disease that could not have been corrected in the time that is necessary to restore nerve energy and allow the system to throw off its accumulation. What is wrong with so-called carriers? Chronic bad habits; all could be free from their so-called carrying disease if they had been properly instructed in how to live.

All chronic cases are prepared by daily habits that enervate and cause a retention of waste products in the system. The Alpha of all so-called diseases is *cold-coryza*. Resistance is broken. The subject may be an infant, and the indigestion that manifests as cold is caused by overfeeding. The child's enervation may be brought on from broken

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rest. Lack of quiet and rest is one of the leading causes of enervation in babies; overfeeding then builds catarrh. Chronic catarrh in grown people often runs back to the first year of life.

CHRONIC SINUS TROUBLE VICTIMS FOUND TO BE
CARRIERS OF COLDS

Kansas City, Mo.—The human "carrier" on the common cold, the agency probably responsible for epidemics of colds, has been found in the victims of chronic sinus trouble.

This medically new idea which explains many of the familiar experiences of catching colds in subways and crowds and even in surroundings apparently "sanitary" was put forward by Edward C. Sewall, M. D., of San Francisco before the American Medical Association here today.

"Procedure" was cast aside by the medical men in tribute to their new association president, critically ill and 2,000 miles away.

He was installed last night on the assurance of a hospital bulletin he would live 24 hours more.

Dr. J. Tate Mason, 55, listened by radio in Seattle yesterday to the convention. He was its president-elect, but was unable to attend because a blood clot has necessitated amputation of his left leg.

Birth control "propagandists" were blamed for an alarming slump in child bearing by educated families and with failing to aid the poor whose cause they champion in a report before Association.

A committee reported it knew of no type of contraceptive which is reasonably adequate and effective for a large portion of the population."—*Rochester Times-Union*, Wednesday Evening, May 13, 1936.

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Judging from this Kansas City, Missouri, item, to catch cold we have to subject ourselves to subways and crowds. That, at least, is a guess, not deep humility as expressed by the profession at not knowing anything about colds. I wonder if there ever was a cold caught by the fast-riding cowboy who is in the open air all the time? Why is it that men in the open continually are catarrhal and many of them troubled with sinus troubles and a very great percentage of them die every winter from pneumonia? Any number of them have never seen a subway nor been in a very large crowd, except in the open air at a political meeting, bull fight, bovine or homo sapiens.

How long had Dr. Mason, alluded to in this quoted item, been toxemic and catarrhal before his blood vessels became so diseased by chronic toxemia that he developed the blood clot necessitating amputation of his left leg? Blood clots require a long abuse to the organism before they will make their appearance. Why do doctors develop the diseases they are supposed to correct? Because they, like laymen, live in a manner to bring on the same kind of diseases. When the profession uses better science and gets down to a good understanding, it will then know that there are no diseases per se and the organism of man is made inefficient by daily mental and physical habits.

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Bathing

F. B. TIDEN

THIS subject is so very important that it should be brought up for discussion frequently. The skin is a very important excretory organ; unless it is kept in good condition it cannot carry on its work properly and the health of the individual must as a consequence suffer to a greater or less degree.

We see such a great deal of neglect of this particular part of the body care that we feel we should make a point of bringing to the attention of all those who are interested in good health the necessity for frequent bathing and dry-towel rubbing. At almost any time one may moisten his hand and, in rubbing the surface of the body, bring about a sloughing off of the dead portion of the outer skin. This is continually being rubbed off and renewed and if this old dead material is carried off properly the skin can function so much better.

There is no excuse for anyone not taking care of the body, so far as bathing is concerned. It is not necessary for one to have a bathroom nor even a bath tub for daily bathing. If there are not facilities for tub sponging off, a large hand basin is sufficient. Fill the basin with quite warm water

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and go over the body with a heavy wash cloth. Then follow with plenty of dry-towel rubbing. The rubbing is the most important part of the bathing. If the room is not warm, go over one arm and then one leg, covering the portion of the body as soon as the bathing is finished. If the bathing must be done in front of the old base burner or air-tight stove in winter, by carrying it out in this way there is no danger of chilling. Then, about once a week, there should be provided some means for a good old hot-water-and-soap scouring. This being more of an ordeal for those who do not have bath rooms but who use the good old tin tub, it is all right to postpone it until Saturday night, the regular old-time bathing night. Then, with a good sponging off each night before retiring or the first thing in the morning, the body will be kept in good shape. It may seem like a great deal of time to spend in the care of the body, but it is well worth while.

Those people who have bath rooms and hot and cold water at all times should be ashamed to allow their bodies to become ill-smelling and the skin to become clogged with accumulated material. It takes but a few minutes for a quite warm sponge bath in the morning or at night, just getting the water over the body to rinse it off well and then a thorough dry-towel rubbing. Then the scrubbing once a week with soap and hot water, plenty of it.

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Occasionally we find some one coming to us here who has allowed such a state of the skin to be built that the odor from the body is terrific, and when such a body is filled with toxins and elimination begins, the odor that is thrown off the body often sickens the patient himself and brings on a nausea. Of course, with plenty of tub bathing here, the skin carries on the elimination at a great rate. All it needs is a chance. Unfortunately, it is not given to us to "smell ourselves as others smell us." There are a large percentage of the people who still adhere to their weekly bath habit, but perhaps if we discuss this subject frequently we can help the human animal to keep himself clean and get the full benefit from a skin that is functioning perfectly all the time.

We are much inclined to wash our faces more often than we do the rest of the body and our faces have the benefit of coming in contact with the fresh air. If we treated our faces the same as our bodies, failing to give them a good washing each day and covering them with clothing, they, too, would take on an odor that would be anything but pleasant. Keeping the body covered with clothing does not keep it clean, it does not clear away the material that is thrown out by the skin. Only water and rubbing and contact with the air can do that. In these days of heated houses, much food, and rich food, we need to

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assist the skin all we can in its work of carrying out of the body its particular portion of the debris incident to life functions.

Clothing, unless esthetically cared for, is disease-building, or, in plainer words, wearing clothes is a nasty habit. This is not to say that we approve of nudism. We approve of clean clothes frequently changed, and frequent bathing. Just Saturday night will not keep anyone's body free from odor or sufficiently aid the skin in its functions.

One of the best aids to proper functioning of the skin is good circulation and there is no better way of developing a good circulation than through exercise. Many people feel that their daily habits are such that they have plenty of exercise. If you wish to prove to yourself that this is not true, turn to the book, *Toxemia Explained*, and find the outline for tensing exercise. Spend thirty minutes in these exercises in the morning before getting out of bed and thirty minutes before going to sleep at night and notice the soreness of those muscles that are not accustomed to this form of exercise, or in fact any form of exercise. The tensing exercises bring into play almost all the muscles of the body and they will relieve the heavy tired feeling that is often present at the end of the day.

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Tilden Cookery

By F. B. TILDEN

THROUGH the winter months it is necessary in many localities to use more or less of the canned goods. Of course we cannot look upon the canned food as being as perfect as the fresh cooked foods, but in many localities there is no alternative. However, if one keeps in mind that there is no real necessity for the use of the cooked vegetables and that the raw foods are so much more essential, it makes the planning of the meals much easier. For instance, if it is not convenient for one to have a freshly cooked vegetable, forget about it. If the raw vegetable salad material is hard to obtain, there are many items that may be used in its place. Any raw vegetable or fruit may be used in the salad along with some protein to make a full meal. It is not necessary to have a meal of two cooked vegetables and a salad with the protein. But one should always plan to have some raw fruit or vegetable with a protein meal. For instance, there are very few localities where one cannot get apples, cabbage, or the raw carrots, and they can be used together to make a splendid raw food salad. Many of our readers find that their families are very fond of all kinds of raw vegetables, such as carrots, tur-

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nips, cabbage, celery, and even parsnips, grated or shredded together and dressed with salt, oil, and lemon, or a mayonnaise dressing thinned with lemon or vinegar. The cooked vegetables are more or less a filler to help one not to overeat on the other foods. Upholstering is what Dr. Tilden often calls them.

There are many good brands of the canned vegetables and fruits on the market today and it hardly pays one to go to the trouble of canning fruits and vegetables unless the family is located far from the business section of the country or unless there is a surplus of such foods which can be procured at a low price and in abundance. We have found one splendid brand of string beans. It is known as the Integrity brand and is put up by the Greco Canning Co., Inc., of San Jose, Calif. These beans are put up whole and are so tightly packed in the can that they must almost be forced out. They are a little higher in price than the brands of cut beans, but the content of the can is so much more in bulk than the cut beans that they are not more expensive in the long run. We suggest that the canned vegetables be opened the night before they are to be used and allowed to stand in an open dish all night. This overcomes that canned-food flavor which is rather objectionable to most people. If one has some of these beans left over they may be used with canned corn

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for a succotash the next day.

Suggestions are desired for the making of sandwiches. To begin with, we would like to go on record as believing that this particular form of food is one of the worst evils in the present-day eating habits. Watch any lunch counter of today and see the sandwiches that are served. The bread is soft, even if it is given a slight-of-hand toasting, and the buns are always soft and doughy. Then the filling is usually some form of meat and many times meat ground up with a combination of other foods. No one knows how long that meat has been standing in a refrigerator, or even outside of a refrigerator, before it is consumed, and where there is an opportunity for meat to deteriorate, it should not be used at any time as a cold meat. It is always so much safer to bring meat to the scalding point before using it at a second serving.

If one must use sandwiches, have the bread several days old so that it may be well masticated before swallowing. Then why not simply butter the bread and take in a separate serving the food that would be used as a filling? Almost any food that may be used as a filling for a sandwich will moisten it more or less and make it easy to slip down without mastication. I presume the sandwiches inquired for would be used for a child's lunch at school. Why not use simple bread-and-

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butter sandwiches and send along an apple or some celery?

The triscuit is a form of shredded wheat and it makes nice sandwiches after being crisped in the oven. Thin wafers are nice, or the rye crisp. But we always feel that it is better for a child to have starch in the morning when the mother can have more or less supervision of the eating and see that plenty of time is given to mastication. Then for the noon or lunch meal use fruit. Palatable combinations may be made, such as apple and raisins or apple and figs, or apple and dates, or any other fruit in place of the apple with any of the dry fruits. Children are very fond of the dry fruits as a rule and apples are a universal favorite. Then, with a dinner in the evening, this system divides the day's meals up very nicely. If milk is desired, it may be used at noon with the fruit, either the fresh fruit or the sweet dried fruits.

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Menus

Breakfast
Shredded Wheat—Butter
Prunes

Lunch
Vegetable Soup

Dinner
Roast Beef
Spinach—Turnips
Tilden Salad

Breakfast
Toasted Wholewheat Bread
Butter—Orange

Lunch
Tomato Soup
Fruit Salad

Dinner
Baked Potato—Bacon
Creamed Cabbage
Tilden Salad

Breakfast
Triscuit—Butter
Grapefruit

Lunch
Baked Apple
Fifty-Fifty

Dinner
Bacon and Eggs
String Beans—Beets
Tilden Salad

Breakfast
Cream of Wheat—Cream
Prunes

Lunch
Apple—Figs—Cheese

Dinner
Hubbard Squash
Broccoli—Parsnips
Tilden Salad

Breakfast
Rye Crisp—Butter
Orange

Lunch
Cream of Pea Soup
Canned Pears

Dinner
Roast Lamb
Peas—Carrots
Tilden Salad

Breakfast
Shredded Wheat—Butter
Prunes—Teakettle Tea

Lunch
Baked Apple—Cheese
Canned Peaches

Dinner
Cornbread—Butter
Rutabagas—Spinach
Tilden Salad

Breakfast
Waffles—Honey
Fruit Cup—Teakettle Tea

Dinner
Stewed Chicken
Parsnips—Cranberry Relish
Tilden Salad
Jell-O

Lunch
Fruit—Teakettle Tea

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Question and Answer Department

Question: How do you treat burns?

ANSWER: As soon as possible use baking soda freely on burns. Cover the burned surface with soda. It is all right to make a paste of the soda with water to spread on, if desired, but sprinkle the soda on the burn as soon as possible; it will often bring quick relief. Any fat—oil of any kind—gives relief. Anybody suffering with a severe burn should have a doctor's opinion on the severity of the burn and what is best to do for it. I cannot enter into the discussion of proper treatment for severe burns, it might induce someone to think he is giving the proper treatment for burns when he probably would be doing a very careless dressing, one that might lead to death. The best skilled doctor is needed in severe burns.

Question: I cannot relax at night on either side and lie straight, since my operation for appendicitis (ruptured) without drawing up my knees. Why is this? I had no trouble previously.

ANSWER: You may have adhesions since your operation won't allow you to lie on either side. If this state of yours is very troublesome, why not ask a local physician to advise you? I would have to see you to know whether your trouble is that of adhesions. It may be that if you will massage your abdomen daily, you will get rid of the discomfort.