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Dr. Tilden's
Health Review and
Critique



Volume XIV-1939

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Dr. Tilden's
HEALTH REVIEW &
CRITIQUE

*A knowledge that is not burned into the mind by
the red hot iron of experience counts for but little.*

VOLUME XIV

JANUARY, 1939

NUMBER I

New Year—1939

*Greetings for the New Year to You All,
Dear Friends and Readers*

TEMPUS FUGIT—Indeed, time does fly. Only yesterday I bade the yesteryear good-bye and now I'm greeting you, CRITIQUE readers, with the first number of the fourteenth volume and good wishes for a happy New Year, and the hope that your cornucopia for the whole year will be filled to overflowing with comfort to mind and body, and a larger and more comprehensive understanding of your true relationship to your environment, and your environment's relationship to the universe.

Thirteen years have passed since launching the HEALTH REVIEW AND CRITIQUE, marking the period of our renaissance. I am told that few men come back after seventy-five years of age. I need ten more years to finish what I have in mind.

[1]

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

All of my old friends remember that "A Stuffed Club," the first number, May, 1900, was my first effort in the line of teaching health through the medium of publicity—I was then forty-nine years old. My written word has gone out every month since that date. My periodicals have been free from advertising cures, and Barnumizing the people in the usual way—selling cures that do not cure. We have not resorted to the sensational picture appeal to catch the literary taste of the lascivious minded, neither have we attempted in any other way to herd the public into a large subscription file; hence, my circulation has been limited. The only nudity indulged in for our readers is that of the *naked truth*, and truth often frightens the average citizen's conscience, and "This conscience doth make cowards of us all."—*Hamlet*.

"A lamb appears a lion, and we fear
Each beast we see's a bear."—*Quarles*.

Goody, goody people fear truth, and as most people belong to that class, our little periodical's influence is restricted to a small but discriminating public. I'll wager any amount that my readers are more intelligent concerning matters pertaining to health and long life than the readers of the American Medical Journal and other periodicals representing the head of "regular medicine." Medical journals are scientific—but medical sci-

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

ence is based on a fallacy! There is no such power as *cure*, outside of biology. It is an art to stay well—a greater art to know how to get well.

Practical health-imparting knowledge is what counts. Sick people want to get well—even doctors whose business is curing, die like their clientele, because they have no saving knowledge; their curing scheme rests upon a false hypothesis, and is not worth a ——— in saving or prolonging life. The profession can have the truth, but it is too pig-headed—too bigoted—to acknowledge defeat in its search and research after aetiology. Truth is always obvious to the mind in search of it. Camouflaging kills the instinct for truth.

Medical superstition has succeeded in suppressing my influence by such epithets as: "Tilden is irregular; a quack; Prince of Quacks; he starves people to death," etc., etc. "Truth will out," it is said, and we have had some evidence of it in the past year 1938. We are pleased to report that our *Health Institute* has had a waiting list a part of the time this year. For this we thank you, our friends. At one time I had many Peters among my friends. My unpopularity was quite enough to condemn anyone who had the audacity to speak well of me. I had plenty of inferiority complex, enough to keep my feet soft-pedaling. Time, the great physician—the leveler of all irregularities—cures all ills, downs the great, lifts the small, exposes fallacy, and illuminates truth. If we would

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see justification, we must economize on life, that we may live long enough to understand that:

“Though the Mills of God grind slowly,
Yet they grind exceeding small;
Though with patience stands He waiting,
With exactness grinds He all.”

Mind demands time to reflect, analyze, synthesize, and philosophize. Youth and middle age are too often carried away with sensuality to such an extent that mind potency — ratiocination — is either suppressed or fails to germinate. Exact thinking is a *rara avis*. Our modern manner of overstimulating and depressing the nerve centers, dwarfs the intelligence. We often hear the question: “What has become of our statesmen?” “We have no outstanding great men!” Intelligence is dwarfed by health destroying habits. The words “science” and “scientist” are bedraggled. They are like “old dog Tray,” they have been caught in bad company.

Mankind must decide soon if the future is to be evolution with greatness, or war with degeneration and involution. Mankind can not stand still, and certainly it is not progressing ethically nor aesthetically, and any other way is degeneracy.

A greater understanding should be the wish of all. The CRITIQUE will help its readers to at least understand health, how to get it, and how to keep it. Disease in its last analysis is begotten by sensuality. Sobriety leads to dependable health and long life.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

Is the universe incomprehensible? Your environment—that part of the universe that it is your privilege to understand—is a replica of the whole. Fundamentally matter — earth — is universally the same. All is possible to the mind of man. Truth will lead the open mind into *itself*. Man is the author and builder of all his enigmas.

“Nothing is more easy than to deceive one’s self, as our affections are subtle persuaders.”—Demosthenes.

“The fool hath said in his heart there is no God.” What does fool mean? It means a person lacking in reasoning power; hence, a person whose opinions should not be considered in a scheme of right thinking.

The brain of man is very complex; its possibilities are infinite; its defects are also infinite. Abuse to the body causes mental defects. Health is the greatest necessity in the life of man. Mind must be kept sensitized by the blood of health. All stimulants including coffee and tea dull intellect.

People generally are awed by the sublime, the infinite, the supernatural, etc. The sublime is beyond the comprehension of a defective mind. Anything beyond the reach of our imagination is infinite. The infinite is near the undeveloped mind.

A little boy once telling me how far he had gone on a given road, expressed himself about distance as follows: “Do you see that road; I went on that road, and kept going and going,”

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and he kept pointing and stretching his arm, and raising his voice; "and do you see that white house? I went farther and farther than that; I kept goin' and goin'." At last, somewhat exhausted from his excitement, he closed his narrative with: "I went a lot farther than I did." Poor "Jack," his life's journey ended in the World War in France, along with a million other boys who died to "save democracy." Commonsense and honesty need a bloodless war to establish them, after which wars that destroy youth should end. I wish young men under thirty would refuse to go to war. If they should, war would end. Agitators for war should face a firing squad as fast as they evolve. Why kill intelligence, and allow ego-maniacs to live to propagate their ilk?

Mrs. Tilden joins me in New Year's Greetings and all good wishes to our friends everywhere. We realize that the increase in the number of readers of our magazine and books, and the rapidly growing attendance upon our Health Institute, has come largely from your good offices in our behalf, and we are grateful. We hope those who have returned to their homes after being taught how to live to maintain health, will cultivate self-control enough to remain well.

He who controls himself is greater than the one who takes a city. Man must control his appetites and passions; if he will not, they will control him, and this control means ruin.

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Tumors

THERE are all kinds of tumors: hard tumors, soft tumors, simple or benign tumors, malignant or cancerous tumors, bone tumors, brain tumors, glandular tumors, tumors of the blood vessels, etc. It is too large a subject to write much about in a magazine, but we have had so many inquiries regarding fibroid and cystic tumors that I shall attempt to give a little information regarding these forms.

It is necessary for the reader to understand Toxemia—what I mean by Toxemia—before he can have a workable understanding of the cause of tumors, or any so-called disease, for without Toxemia there can be no disease. There can be no Toxemia unless the toxic debris of tissue metamorphosis (change) is retained in the blood; and the toxic waste will not remain in the blood unless there is a checking-up of elimination (excretion), due to enervation (reduced nerve-energy). It takes nerve-energy for man simply to exist; more to keep up a strenuous existence. When we dissipate more nerve-energy than the sleep and rest which we take, can restore, we become enervated, elimination fails, and then toxin accumulates. This is a condensed definition of Toxemia. Those desiring to be informed on the most important knowledge of life should study "Toxemia

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Explained." What is more important than to know how to avoid the consequences of Toxemia?

Food drunkenness is universal, and is potential to every other form of drunkenness. Until this is understood, so-called cures, doctoring, ninety-five per cent of surgery, and immunizing—all prevent rational reasoning and the growth of understanding.

Growth requires food; but until man knows that there is a limit to the food he should take, and will respect that limit, he will build food-drunkenness. And this leads to sex-prematurity and abuse of the reproductive function. Sex-abuse leads to physical and mental drunkenness, or manias.

The physical suffers as greatly as the mental from inebriety. The gastro-intestinal so-called diseases are always with us. Both sexes have their so-called diseases: genito-urinary diseases in man, ending in impotency, ataxia, prostatic and bladder disease, goiter (a reflex from prostatic disease), ending in ulcer and often in cancer. In women, hyperthyroidism, goiter, inflammation, induration, ulceration, enlargements, flexions, displacements, tumors, and cancers.

The many symptom-complexes—so-called diseases—set forth above are related endings of inebriety. With this understanding, we may study tumors with more knowledge. Causes in this class of diseases are as little known by the

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regular profession as the cause of common cold.

For a picture of the ravages wrought to the human race by the diseases referred to above, behold the distortion everywhere, in spite of the fact that the medical priesthood spends its time, and millions of donated lucre, in strenuous effort to find the cause of all the various manifestations of chronic inebriety. The waste-products of the besotted are analyzed, scanned with the microscope, and subjected to laboratory research; but the cause of so-called diseases they fail to find. Yet it is so obvious that the blind should see.

Toxemia poisons the body. Early in life the toleration point is easily reached, marked by a toxin crisis—nature rebelling and expelling toxin. These expulsions are called attacks of disease. They are not attacks; they are efforts at expelling toxin. A cold is a catarrhal discharge—an elimination of toxin through the mucous membrane. Each so-called attack (cold) builds a little more catarrhal inflammation and toleration to toxin-poisoning. Chronic elimination of toxin is called chronic catarrh; and the tendency is for the catarrhal inflammation to spread, taking in more and more mucous membrane. Then the sub-mucous tissue, glands, and organs become infected, as the mucous membrane takes on ulceration. When a mucous membrane is continuously covered with mucus, decomposition takes place, causing ulceration of the already inflamed mucous

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membrane. At this stage, infection from absorption of septic debris occurs; but absorption cannot be brought about without opposition by the conservative power of nature. As soon as inflammation sets in, nature begins a thickening between the mucous membrane and the vital tissue beneath. Nature builds a wall, so to speak, in front of the advance of inflammation. This wall is made up of congested blood-vessels and thickened and indurated tissue. The surplus of blood antidotes any septic or toxic elements knocking for admission into the circulation; the indurated wall prevents advance of the ulceration.

In this brief description is shown how nature attempts to fortify the body against the entrance of septic poison. An enlarged tonsil is a minor illustration, and an enlarged pylorus is built the same way. An enlarged thyroid gland, a fibroid tumor of the uterus, and other fibroids, in their beginnings are attempts at protection—conservation efforts; and sometimes nature's conservative efforts develop beyond conservatism and become destructive.

To grow a tumor, or any of the so-called chronic diseases evolved from repeated crises of Toxemia, the subject must first live in the conventional haphazard manner, and must go through the hundred-and-one sicknesses and discomforts peculiar to enervation, checked elimination, and sequential *Toxemia*. The first manifes-

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tation of any deviation from normal is catarrh. When crises of catarrh have been repeated until the mucous tissue, glands, and organs contiguous to the catarrhal membrane have taken on subacute inflammation, then hypertrophy (thickening, enlarging) takes place. These enlargements are called tumors, growths, or indurations, and they vary in structure in keeping with the tissue involved. The intrinsic cause of all hypertrophies is the same—environment, accident, or fortuity bring change. A simple fibroid will take on so-called malignancy if environment inhibits expansion to the extent of cutting off the circulation, causing asphyxiation. Intensive research into the pathology of tumors will never find a specific cause for degeneration—cancer. The science of mechanics, not chemistry, will solve the problem.

The word "hyperplasia" means an excessive formation of tissue—abnormal growth; and, as we cannot get something out of nothing, there must be a cause for enlargements of organs and tissues. If we begin with the most simple thickening or enlargements, we shall get a better understanding of cause. A corn is a thickening of tissue on the toes, or any part of the foot, where undue pressure or rubbing takes place from an ill-fitting shoe. The rubbing irritates the skin, causing redness—an unusual flow of blood to the part—bringing about a little swelling. Where the irritation is continuous, the part thickens and the

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surface hardens. The hardened or calloused part is for protection. As the calloused part gradually grows thicker and harder, it in time becomes a source of irritation—a protector is converted into an offender.

The callus can be removed, giving relief; but, as the growth is not its own cause, the operation is palliative. The cause of the rubbing must be removed; namely, the ill-fitting shoes must be supplanted by shoes that fit the feet.

The reader should keep well in mind that health and comfort are natural. When sickness and discomfort come, it is because we have been abusing our privilege—exceeding our limitations in enjoying. A cure does not consist in finding a quick relief. Relief or palliation may end life, as we sometimes see in giving a drug to relieve a distressing cough in pneumonia, or a congestive headache, or an auto-subconscious vigil due to nerve-exhaustion from a long-sustained fear, apprehension, and introspection (a mild form of monomania). The evil of palliating discomfort does not always end in immediate death. Those who develop the palliation habit fill all our hospitals, sanitariums, and eleemosynary institutions. Bad habits and the doctoring—getting cured—habit, build chronic disease. If cause is removed at the first discomfort, health returns. Then, if cause is not repeated, there will be no more discomforts to be built into chronic disease

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by conventional doctoring.

Palliated and tinkered-with diseases in children ripen into all kinds of so-called chronic diseases in the matured and aged. The first cold in the baby, *properly and conventionally tinkered with*, will end in rickets, tuberculosis, fibroid tumor, etc., etc.

A cold in the baby, tinkered with, shows up in the school girl as painful menstruation, and in the woman as some form of thyroid disease (tumor), ovarian or fibroid tumor, possibly cancer.

When a part takes on enlargement, we should know that there is some reason for it—there is some irritation of a local or reflex character that calls blood to the part. Wherever an excessive amount of blood flows continually to and through a part, enlargement takes place. When normal tissues take on increased growth, we call the activity hyperplasia—increased growth. Too much material taken to an organ or part causes enlargement, and this is the beginning of a tumor.

To make this more easily understood by lay readers, we will say that a woman with erotic intoxication built by overstimulating foods, who is catarrhal from childhood, and who suffers painful menstruation, takes on thyroid-gland enlargement. What causes the gland to enlarge? An excessive amount of blood going to it, because of the correlated or sympathetic influence of these

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organs on each other. The causes of irritation that start a growth anywhere in a toxemic subject may be a bruise, a slight injury, an extra amount of pressure, or a sympathetic irritation, as we see in thyroid-gland enlargement from uterine derangements.

The thyroid gland, being in sympathy with the reproductive organs, takes on sympathetic irritation, which causes excess blood to flow to the gland, causing it to enlarge. An enlarged thyroid gland is called thyroid tumor or goiter. Hyperthyroidism is caused by excessive secretion of the thyroid gland, and there is always a uterine and ovarian pathology.

Operating for goiter in thyroid disease is becoming universal. There are very few people who know that this disease can be overcome without surgery. Why cut out a gland because it has taken on irritation, inflammation, and enlargement? The gland is not to blame for being in this plight. The cause must be overcome; the blood derangement—Toxemia—must be righted. Overstimulating habits that bring on enervation must be overcome. The uterine catarrh and reproductive excitement that always precede enlargement of the thyroid gland must be corrected.

Many cases of catarrhal inflammation of the female reproductive organs end in fibroid tumor. The development of a tumor is brought on about as follows: Each month after puberty, in toxemic

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subjects, the reproductive organs are engorged (congested) with an excess of blood, due to the menstruation period. Exposure to heat or cold, overdoing in any way, such as dancing or other superactive physical enjoyments, brings on enervation—a very tired state of the body. If these activities are free from lascivious or erotic suggestions, or overworked emotions, only physical tire will be experienced, which will be overcome by sufficient rest; but when to physical tire is added an erotopathic influence—an erotic environment, an environment strongly sex-suggestive—there will be a stronger than natural influx of blood to the reproductive organs. The congestion of blood in the womb and ovaries will be still greater if contingently it is menstrual time. Then, in virgins, the excess flow is called menorrhagia.

During menstruation, women should live in erotic seclusion. It is a travesty on human intelligence to be compelled to advise that married women should be freed from erotic influence during menstruation and pregnancy. Husbands who are so ignorant as not to know the evil of such excitement during their wives' menstruation should be banished to a social status where morality is enforced by *brute instinct*, or by the cruel ethical brand: *Unclean!* Present-day stupid customs consign a large percentage of women to suffer from diseases of the reproductive organs—even cancer. Prevention will come with a higher

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moral and esthetic culture—from research, not in *physical pathology*, but in *mental and moral pathology*.

Conventional habits of eating to excess of rich foods and confectionery products, and drinking to excess of the concoctions of soft-drink parlors, derange digestion. These excesses bring on enervation, check normal elimination, and surcharge the blood with toxin, which must be eliminated. As the natural exit is inadequate, vicarious elimination through the mucous membranes is established. Gastric and intestinal catarrhs evolve, marked by varying crises, named in keeping with their symptom-complexes, obviously all of which are of the same nature—basically the same—even if recognized and treated as separate and distinct diseases.

The womb, or uterus, is made vulnerable as a location for catarrhal inflammation by the social ignorance referred to above. Its mucous membrane, being engorged every month, furnishes a favorable *situs* (place) to establish vicarious elimination in those who have established Toxemia.

The early symptoms of uterine catarrh are nervousness, headache, a feeling of weight, a dragging-down in the loins, hips, legs, and lower abdomen, backache, and painful menstruation. These symptoms may pass away in two or three days. Like all inflammation it may spread to

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other mucous membranes, the inflammation being more intense in one place than in another. The most intense spots of inflammation may be located on the front or the posterior wall of the womb, or on either side. If located on the front wall, thickening of this wall takes place. As it thickens, it elongates and widens, and, as the posterior wall remains normal, it is forced to bend back. The same bending toward the normal side takes place from thickening of either of the opposite sides or back wall. This abnormal shape is called retroversion, antiversion, or right or left lateral versions. When the induration continues, the affected wall grows larger, longer, and wider. As it does so, the opposing side at first is bent, then flexed. This defines how versions and flexions are evolved. I believe this is the first rational explanation of versions of the womb. A consultation of textbooks will show my explanation stands alone. When this stage is reached, the circulation of the blood in the normal side is impeded, and the muscular tissue becomes flaccid or soft from lack of nourishment. The enlarged side is more active. In a small percentage of these cases the womb becomes transformed into a large fibroid tumor.

During the menstruation period, care should be taken not to overdo in any line. Those who are liable to take on this condition are invariably those who have developed a catarrhal habit of body, and every cold adds to the catarrhal state

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of the womb. As the catarrh increases, the engorged state of the mucous membrane increases in sensitiveness, inflammation, and ulceration. Drainage is imperfect. Decomposition and infection follow—the same as imperfect drainage in wounds, ulcers, or pent-up inflammations anywhere in the body. The mucous membrane of the womb becomes thickened. The thickening of the uterine mucous membrane is due to a continual infection and engorgement of the blood-vessels. In time the excessive amount of blood causes enlargement. With each menstruation period there is more and more engorgement, thickening, and enlargement, until the tissues beneath the mucous membrane take on so much new growth that it begins to be obstructive to the circulation. This is the beginning of the fibroid tumor. The more enlargement, the slower the circulation, and the more engorgement from accumulated blood.

From the beginning there will be more or less discomfort at menstruation. These discomforts are called menstrual pains, due to menstruation. The patient becomes more nervous, developing deranged digestion, constipation, and many other symptoms. On examination, the physician will find a small growth—a fibroid tumor. Why is it called fibroid? Because the tissues are made up of fibrous tissues, or the muscular tissue of which the womb consists. If the tumor develops just beneath the mucous membrane, the time will come

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when there will be excessive menstruation—menorrhagia—gradually growing worse and worse until there is a continuous flow from one menstruation to the next. The physician who is called will diagnose the case submucous fibroid, which means a fibroid growth just beneath the mucous membrane on the inside of the womb. This thickening—enlarging—is of the muscular portion of the body of the womb. If the growth is more to the outside of the womb, then the tendency will be for it to develop on the outside or underneath the peritoneal covering. Some patients will have four or five small growths (the nucleus of multi-growths is lymphatic enlargement); others will have but one. The growth or growths often occupy the greater portion of the body of the womb.

These are simple growths. By that I mean that they are not malignant. They are not painful, except as they disturb the circulation of adjacent parts by pressure on nerves and blood-vessels.

Thousands of women have built fibroid tumors as large as an ordinary-sized grapefruit, and have gone through to old age never knowing they had a tumor. The tendency is for these growths to decline in size when menstruation ceases—after the change of life.

Enlargements of the ungravid (non-pregnant) womb are of two kinds—enlargement from tumor

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and from subinvolution. The latter means that the womb has failed to return to its normal size.

Subinvolution results when women get on their feet too early after childbirth, and take the responsibility of the home and care of children before the womb has had time to readjust. It takes sixty days, under normal conditions, for the womb to return to normal size. Stout women, with heavy abdomens, should stay off their feet for at least six weeks, and limit their eating to cooked and raw fruits and vegetables for forty days. The womb, being large, is easily moulded into malformations by intra-abdominal (within-the-abdomen) pressure—a pressure from super-incumbent fat, and from gas distention in others. The traditional belief that pregnant women should eat for two, and have every abnormal longing supplied to prevent marking the child, leads to gluttony and a heavy deposit of fat in the abdomen, as well as elsewhere all over the body. The accumulation of fat within the abdomen throws a great weight on the pelvic organs; and when the woman obeys another tradition—that she must leave her bed in from seven to fourteen days—falling and displacement of the womb are sure to follow.

Few women who have followed custom in overeating during pregnancy, escape building misplacements, which lead to so-called "female diseases," the treatment for which, according to

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a few leading gynecologists, is a "lost art." It probably was lost in the bacteriological and gynecological *surgical insanity* that has been pandemic for the past forty years. The truth is that there never has been any art in the treatment of so-called "female diseases." With the coming of bacteriology, which disillusioned the medical mind concerning the sacredness of the abdominal cavity, and removed the awesomeness of invading the various cavities of the body, disappeared the ancient art of mechanically supporting all falling (prolapsus) of the womb. Some of the devices were fearfully and wonderfully made, equaling anti-kick harness used on outlaw horses. The self-retaining supports were legion in variety and infinite in quantity—enough to bull the rubber market. About the only virtue of this *art* treatment was that patients lived until they died, whereas under the scientific surgical treatment that supplanted the "lost art" treatment the patients lived until they were killed or made sterile. Today the reproductive function is barrenized by X-ray, radium, or lethalizing solar rays.

What logical connection have these various *artistic* and *scientific* treatments with cause? None whatever. Women have not had time to evolve self-protection since they shook off their chains of chattel slavery. Then they had no souls—and their bodies belonged to their owners. To-

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day their owners are under the spell of what Bernard Shaw describes as the "conspiracy of specialism." The doctor says: "That organ, which gives potential individualism, must come out, or its functions must be annulled."

Besides surgery, drugs are used. What for? Because the stupid public clings to the fallacy that drugs cure, and that to cut out an effect will cure the cause.

Scratch an average civilized man on the back, and you will find a savage. To find a medicine man, visit your lady's chamber, take a breath of the air therein, laden with the odoriferous concoctions given her by the guild doctor, and then "tell it not in Gath, publish it not in Ashkelon," that the treatment of women is a "lost art."

Ill-smelling drugs for douches, to be used after removing a more vile-smelling tampon placed on an excoriated cervix by the specialist, is proof that the old "art" is improved upon esthetically, even before radical surgery supplanted the conservative treatment of three to four decades ago.

Redundancy of tissue—overweight—favors the development of catarrhal inflammations.

Mothers who weigh less after childbirth than they weighed before pregnancy usually escape the "diseases peculiar to women." Women who work, and are not abused emotionally—who are not distressed by jealousy, who are not angered, who do not live in fear, and who are not expected

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to submit to sex-relations when all their energies are needed to bring forth and properly care for children—will escape disease, and bring up better and healthier children.

The popular ignorance on this subject among married people is appalling. Not only mothers, but children, suffer from the many different evil influences of abused sexuality.

In these days of multi-marriage and divorce, few guess at the real cause, which is sex-madness—erotomania.

The people need much knowledge on health subjects. They cannot know too much concerning the evil caused by excess indulgence in appetites and passions. Excess strikes at the foundation of procreation and nutrition, handicapping the present as well as future generations.

During the time of the development of fibroid tumors there will be various reflex disturbances such as fits of indigestion and growing nervous irritation—especially when the ovaries are interfered with. These patients are subjected to all kinds of treatment, until they are worn out with foolish, unnecessary doctoring. They become discouraged, hysterical, and hypochondriacal. These discomforts demand that something be done. This is the excuse for the wholesale operating that has been carried out in removing fibroid tumors in the last thirty to forty years. There are very few growths of this character that demand an opera-

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tion. The patients need education, not *doctoring* or *operations*.

These patients must be educated in such a manner of living as will correct all reflex irritations and fear. The education consists largely in teaching people how to live to get back to the normal physically and mentally, and then how to live to stay normal. By correcting bad habits of all kinds—which include the *doctoring habit*—and teaching proper living habits of mind and body, auto-cures follow. Patients who have been suffering a very great deal, and who have been told that their troubles are all due to fibroid tumors, will find, after living correctly for a reasonable time, that their discomforts leave them. The fibroid tumors still remain, but will gradually undergo absorption, following the necessary local uterine treatments. This should prove to anyone capable of doing a little thinking that it is not the tumor that needs to be removed, but the habits of life that are breaking down the constitution and making the growth of tumors possible. Tumors are the outgrowth of ignorant, vicious habits, and they gradually disappear with the disappearance of their cause. Operations do not remove the cause, and are illogical, unscientific, make-shift treatment.

The constant warning that, unless operated upon, the tumor will evolve into cancer, is commercial buncombe. Cancer often follows opera-

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tions, because of the continuance of the vicious habits that build the tumor. Cancer is a later evolution of the pathological chain starting with a cold in childhood, and ending in tuberculosis, syphilis, or cancer.

What is a rational treatment for patients suffering from fibroid tumor? As above stated, the life must be corrected; errors of eating must be corrected; nervous irritations of all kinds must be overcome. Overworked emotions, fear, anxiety, introspection—all these conditions must be overcome. Unless they are, they will continue even after the fibroid tumor is removed, because those conditions are built from wrong living, and this wrong life was begun very early—soon after birth.

Invariably there is a catarrhal state of the womb—endometritis and endocervicitis, which means chronic catarrhal inflammation of the mucous membrane of the womb or neck of the womb. No catarrh, no tumor. It must be corrected by securing proper drainage from the womb through local uterine treatments, and by reforming vicious daily habits. All cases have more or less obstruction of the uterine canal. Secretions are retained. They take on decomposition, and this decomposition, retained, causes more or less obstruction of the entire organism. Besides, this decomposed material, as it passes down and out of the womb, excoriates the mucous

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membrane of the outside of the neck of the womb—mouth of the womb, and even the vagina. This must be corrected as one of the prime necessities for overcoming the tumor enlargement.

Many cases of this character will be benefited within a few months by the indicated treatment, to the extent of reducing the fibroid tumor fifty per cent. The tendency is for these growths to disappear gradually when the causes are removed. It follows that there is but one rational treatment for fibroid tumor, whether of the thyroid or the womb, and that is to remove the cause. This certainly cannot be done by operating on the thyroid gland or cutting out the tumor or performing hysterectomy, which means removing the womb, and often all the reproductive organs.

Fibroid tumors may press upon important organs, creating derangement of their functions. A growth may be so situated as to interfere very materially with urination. This will cause a derangement of the bladder, and must be looked after, because we cannot live without proper functioning of the bladder. The tumor may be so peculiarly situated that it will press upon the rectum, obstructing this organ so greatly as to bring on a constipation that refuses to yield to the usual remedies, and demands relief.

At times a tumor may develop after adhesions have taken place, caused by some form of "specific" or other infection. An ovary may be tied

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down with adhesions. As the fibroid tumor develops, there is a gradual increasing of pressure, as the ovary cannot rise in the pelvis. The pressure causes a very great deal of discomfort, which means that something must be done to bring relief. Rest in bed, absolute freedom from sex-excitement, education into a normal physical and mental life, with proper uterine treatment, will bring comfort and allow absorption of the fibroid tumor.

CYSTIC TUMORS

All of the above has referred to the varieties of fibroid tumor. As to the cystic tumor, which is a sac filled with fluid, and which is usually attached to its supporting organ or tissue by a small pedicle, there is no way of bringing about the absorption of this growth. The only means of overcoming this form of tumor is by surgery. If the patient will prepare herself for such an operation, by bringing the body to as nearly a normal state as possible, the operation, not being particularly complicated, should be successful, and the patient make a quick recovery.

The Question and Answer Department
has been crowded out this month. It
will be resumed next month.

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Chaos Reigns in Diagnosis

CONCERNING the activities of doctors: In the writer's opinion there should be settled in advance of every other question, the one concerning whether this universe is governed by law and order, or whether illogical chance or haphazard reigns supreme. Is it an irrefragable truth that like causes produce like effects when everything else is equal? Reason affirms that this is true; for example, a cold may kindle inflammation of the tonsils, bronchi, stomach and colon, or the mucous membrane of any other part of the body that has lost its power of resistance. The naming of the so-called disease is after the organ affected—if the tonsil, tonsillitis; if the bronchi, bronchitis, *et alii* likewise. The pathology (disease) is the same whatever the name may be. It is well to understand that the organ affected is one enervated from cause. If the so-called cold is of simple origin (simple fermentation of carbohydrate foods in the stomach or bowels), it will end in two or three days, if the patient is not fed; if the cold is of septic origin—decomposition of animal proteins in the stomach and bowels—then the fasting must be for a week or longer. If feeding must be done, it should consist of raw fruit and vegetables—no animal food, bread or porridge. Symptoms must be gone before

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such foods as starch or protein are given. There is no need of drugs unless it is desired that the disease be lengthened and complications be developed. Drugs and serums are delusions—dangerous. Diseases are simple and without complications unless doctored—in other words, medicated and fed! My *Golden Rule*, which prevents disease when given immediate attention, and jugulates the disease after it starts—if not too long delayed—is namely: “Never eat unless just as comfortable in mind and body as desired, from the previous meal time.” This rule should be adopted before all other so-called immunization contrivances and preventions are used. See foot of this page.* Instinct governs animals in their eating. Man lost his instinct and failed to develop self-control. Christianity, if followed, would lead to sobriety—its axioms are self-evident but vapidly practiced.

The first truth that should be burned into the student mind is: If law and order reigns, there can be no exception nor substitution, for everything from the electron to the sun is under the absolute control of the same law. Then, if law reigns, the supreme function of man's mind should be to observe the phenomena of life, health, and disease, and to note the variations and their

*Immunizations galore are made much of. Typhoid fever like syphilis is a man-made disease. The only prevention that prevents is *CLEANLINESS!*

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cause—the why of those variations. Health is a normal state of life. Disease then is an abnormal state of life. Therefore as law is unchangeable, any change from the normal phenomenon (health) must be due to an abnormal change in its ætiology—cause. This is so self-evident that he who runs should read, and our scientific “regular” doctors do read, but *only* with the eye of the microscope, *not with the eye of the mind*. To illustrate: A young man 17 years old was brought to me with *abscess* of the right antrum of Highmore (the cavity in the superior maxillary bone—commonly known as cheek bone). Six specialists and X-ray had so diagnosed the case. All the X-ray did was to show that the antrum was darkened, and this darkening the specialists diagnosed as pus and declared that an immediate operation was necessary. I was favored with the care of the patient in spite of the medical proof arrayed against me. The X-ray was eloquent in its interpretation to me which I read with my mind's eye.

I placed the patient in the hands of a competent nurse and ordered a hot bath as hot as the patient could bear, repeating every three hours night and day until full relief should result; no food, water when desired. The patient's suffering was great; the hot baths, which relieved for a short time, were given every three hours for five days and nights. The fifth night the pain disappeared, to return no more—the inflammation and

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congestion were controlled before suppuration ensued. What would have been the ending if anodynes and premature surgery had been the treatment? Most doctors hotfoot to surgery while the going is fine, whereas a little delay might allow recovery without operation! It will be an *evil day for commercialized surgery* when the *populi* becomes informed.

The above is a sample of the sort of thing which, under "regular" treatment, ends in chronic suppurative sinusitis. *Scientific quackery* endorsed by all the powers that be. Yet "Tilden can not diagnose."

About seventy-five years of devotion to germ worship has blinded the mental eyes of the profession to the point where it subscribes to only one cause of disease, namely, germs. Pasteur infested the medical profession with germs. Germs can not be the unitary cause, for they are ubiquitous and if they were present all the time, man could never have gained a foothold on earth—existence. The ubiquity of germs at man's evolution would have been abortive if not contraceptive. Of course, medical advocates, with their Sherlock Holmeses, have ransacked the earth to find alibis for the too obvious truth that germs are merely incidental and apparently function specifically only when close to the fortuitous conjunction of several unrelated causes. The nerve energy expended by the profession to prove that "germs

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cause disease" has been quite enough to have taught the heads of every family since the beginning of the germ delusion how to live to avoid disease, and how to live in order to mature mind potentials which in reality can not mature in the seventy years allowed to man by the Bible.

The medical mind sees exceptions to all rules of physiology. Its only reason is that there ought to be exceptions. Is "Man, the Unknown," unknowable? Why? Does the author of "Man, the Unknown" place man in the transcendent class? Perhaps it would be nearer the truth to say that man is by nature quite material—mechanical—belonging to the province of artisans. Industrial arts are governed by exact rules. The beginning of art is attention, then imitation. Art in its greatest refinement is not yet transcendent; it uses scientific exactness in its creations, but when such rules become burdensome, they are cast to the winds and then man attempts to live in the ideal, building castles in the air. The truth is scientific and unchangeable; when science changes, it is not Truth. When science becomes all things to all people, it is not Truth. The God of the poetic mind renders justice, it matters not if He repudiates every one of His fixed laws. Without fixation (unchangeable law) all must be Chaos. Jehovah — the never-changing — was repudiated by Christ. With Christ, love was everything! In His world the Ideal could be true! But in a

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world of reality, two and two always make four. In the Ideal one must leave all and follow "Me," *the Truth!* Not Pilatized truth.

If the profession is a unit in believing that Man is an enigma—unknown—a little explanation is necessary: Why are doctors of irregular schools and a few doctors whose degrees are from "regular" schools, listed in Fishbein's "Big Blue Book" as quacks? After all the centuries of medical study and practice, man is unknowable? Man is pronounced "Unknown" by medical authorities. Does this mean that medical men have bacteriological blindness to such a degree that they can not see the most obvious thing on earth, namely *Man!* The ideal man exists in the imagination. Disease of man takes its genesis from fatigue, rest is the remedy. Artificial stimulation builds artificial fatigue; stop stimulants, and rest *cures!*

Rest is nature's cure; *belaboring disease* is the boast of so-called scientific medicine, in this A. D.—the Twentieth Century!

If man is unknown, why so much ado about diagnosis? Everybody not a nit-wit has known the profession's weakness in diagnosis. Patients not infrequently consult six to a dozen doctors and get a different opinion from each. One of the leading diagnosticians of this country published as the truth that autopsies had proven about 50 per cent of his diagnoses to be mistakes! An honest doctor. The diagnoses of the rank and file

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are delusions and will be until the profession becomes educated and expert in discovering the ætiology—cause—of disease; at this time the profession is occupied doctoring effects and is quite bigoted over its acumen. When doctors become expert detectives they will know malingering in all its phases, much to the advantage of "Uncle Sam" and insurance companies. Both these great concerns have thousands of malingerers in spite of the fact that they have the protection of grade-A M.D.'s. Once upon a time when I was more curious than now, I saw death reports of tubercular and Bright's subjects who were insured less than six months.

These grade-A doctors (some of them) busy themselves telling the people that Tilden cannot diagnose disease; few patients of mine, if I get them early, ever develop chronic organic diseases. At an early stage the diagnosis is obvious. The regular profession palliates functional derangements; if the members knew their *aetiology*, they could prevent functional derangements from running into organic *degeneration*.

The patients with acute derangements this year are dismissed with: "Not much the matter; can be cured in a jiffy; if not all right in two or three days, call again." Palliation is not what the patient should have; he should be told the cause of his discomfort, for then he could cure himself. When one is told the cause of his ail-

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ment the cure consists in stopping the cause. If one is sent off with palliation, the disease grows; in two to ten years the patient will be dead or an incurable. Aetiology (cause), if understood at the beginning of disease, points to its cure.

The profession today stands a *self-confessed Infidel* to the only truths concerning man's body that have been discovered and recorded in all the past; namely, *Anatomy and Physiology*.

"Man, the Unknown" is the *standard* which appears to be generally accepted—*silence gives consent!* If regular medicine does not accept the *standard*, it double-crosses its *daily doings* by repudiating it.

Diagnosing is largely guesswork and treating disease is a jungle of therapeutic hypotheses refuting each other. Average doctors are bursting with diagnostic conceit—but when their methods are analyzed we find that only symptoms are being treated. "What is the cause of the disease?" "Nobody knows!"

A sample: Jones has heart trouble; his doctor grabs off the first awe-inspiring name belonging to his repertoire of heart derangements and proceeds to stethoscopize frequently and to comment on his findings—a kind of soliloquizing in such a manner as to cause fear. Just why so many doctors feed fear to patients, I cannot understand. In so-called heart derangements, fear and apprehension often constitute all there is to the heart

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disease. I am compelled to relieve the apprehension of many patients coming to me for treatment who have been told by doctors that on account of their hearts, they should not come to Denver. I assure these fear-stricken people that altitude has nothing to do with heart derangement—since there are so-called heart diseases in high and low altitudes. If there is any difference, the high altitude is better for such derangements. Why? Because ninety per cent of so-called heart diseases are nothing more than sympathetic irritation brought on from enervating habits. Such cases recover very quickly at the Tilden Institute. The people at that institution “scatter smiles, bright smiles,” and despondency flies away from optimism. Even *valvular insufficiency* can get well if the cause is understood and removed, and this is true in the whole realm of *medical science*, and when it is, the entire literature will have to be rewritten. Until then, chaos will reign, much to the hindrance of logical thinking.

DEAR DR. TILDEN:

I have been following your teachings since the days of “The Stuffed Club.” At the age of 59, I enjoy more rigorous health than at any time in my life. Moderate eating of the right food in proper combinations, temperance in all other things, with the proper mental poise, have been keeping me from enervation and consequent toxemia.

I have of late succeeded in interesting quite a few of my friends and associates in seeing the light. With all good wishes and many thanks to you.

H. G.

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Vegetables and Fruit

VEGETABLES and fruits, eaten as they should be, are immunizers against disease. Not, however, when eaten as they are usually prepared—namely, cooked in water, or cooked with meat, butter or other fats. Vegetables should be cooked in their own juices, as in a double boiler, or with very little water, or in a pressure cooker, or steamed; positively no dressing until ready to serve, or after they are served, when salt may be added.

All vegetables that are palatable may be eaten raw by those who can masticate them thoroughly. Cooking and seasoning add no virtue to foods; indeed, nutritive virtue is abstracted from all. However, because of our inability to masticate grain well, grains and their products should be cooked. Man cannot take proper care of grain in a masticatory sense, and he also has difficulty in digesting raw starch.

Meat and grain should be cooked; for man cannot be sure of his digestive ability to kill the ova of parasites taken into his body by the eating of raw meat and whole grain, or milled and unbolted flour.

Salads made of raw vegetables—such as lettuce, tomatoes, cucumbers, celery, spinach, cabbage—and all kinds of fresh fruits, are the most

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important foods placed on the dinner table, because of the antiseptic character of their juices and the oxygen they carry; and, neither last nor least, the cell salts which are important to tissue renewal. The idea that many people have of a salad is erroneous—namely, that it is a relish which can be left out of the meal with impunity.

A conventional salad consists of a tablespoonful of cooked or raw fruit and vegetables, placed on a lettuce leaf and served with some sort of dressing. The conventional conception of a salad is that it shall be small enough to serve as a relish. The idea that a salad should be large enough to be one of the most important dishes on the dinner table, has not dawned on convention's haphazard-eating, dyspepsia-building mental horizon.

Diet-wise people look upon the idea as absurd that green vegetable salads are as necessary to health and life as meat and bread. That food for cows—vegetables—should be made to rank in importance with the two acknowledged staffs of life—namely, bread and meat—is the dietetic drivel of ignorance.

The truth is that no one should eat meat without vegetables. I mean that vegetarians should have a large salad with their dinner, and those who eat meat should accompany all meat meals with a large combination salad.

An efficient salad should never be smaller than

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the amount of chopped-up vegetables which can be placed on a large-sized dinner plate or soup plate. Fresh, crisp salad vegetables take up much room, but when thoroughly masticated they are reduced to at least one-fourth the space occupied previous to being eaten.

Bread and meat should not be eaten at the same meal. Why? Because neither should be eaten more often than once a day; and, as these two important foods are digested by two opposing digestive agents, they should be eaten from five to ten or twelve hours apart. Of course, such a suggestion is thought by the conventional to be pure, unalloyed imagination; for all professional men and wise laymen know that everybody eats meat and bread together! Of course he does, and he has been eating in this way always—at least, “the memory of man runneth not to the contrary.” Hence, according to Blackstone, custom has established the habit; and, as common law is based upon precedent, it must be right, with no apologies to God or natural laws. As a result of such eating, and other habits built by wrong living, it is impossible to find one-half of one per cent of humanity ideally well.

Why not eat bread with meat—both must go through the same stomach, and the stomach secretes acid? Yes, but meat stimulates the acid secretions more than any other foods. Starch has little power to force the acid secretion, when

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eaten alone or without meat. Is this statement so very much out of keeping with many well-known physiological laws—for instance, that of the power possessed by every tissue of the body for selecting its own building material from the circulating fluids?

There is much to recommend a mono-diet; but, if restriction to one article of food at a meal is objectionable on account of social, aesthetic, or other reasons, then the mixing of foods should be confined as nearly as possible to compatible varieties, observing and respecting the limitations of the functions of the digestive organs. Their secretions, and the health protection they furnish, when not worked beyond their limit, should be understood and respected.

Bile is antiseptic, and, when it is furnished in proper amounts, all goes well—it keeps the bowels aseptic; but when too little is furnished, fermentation takes place, constipation follows, and all the excretory organs, including the skin, are requisitioned to do vicarious work in disposing of this diverted bile secretion. When, from any cause, bile fails to reach the bowels, decomposition of the contents of the bowels occurs, marked by putrid-smelling gases. Bile then exerts its antiseptic influence in the blood by aiding urea and other antiseptic agents in antidoting the effects of any putrescence escaping the guards in the intestines and getting into the circulation.

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Bile does for the bowels what uric acid does for the blood. As all readers know, or should know, uric acid is as normal a product of animal metabolism as bile, and is as important as an antiseptic agent in keeping the blood aseptic, as the bile is important in keeping the intestinal canal, below the stomach, aseptic. The normal secretions of the stomach keep that organ aseptic.

Bile, uric acid, urea, gastric secretions, and ptyalin are all protectors against septic poisoning, and all are able to protect up to a given limit. A healthy, normal man has these protectors generated within his organism in amounts sufficient to keep up a successful resistance to all external influences of a normal character; but when he goes beyond his power in eating, drinking, pleasure-seeking, and working, then one or more of these natural defenders are perverted, and they cease to be friends and become enemies. If too much albuminoid food is eaten, over-stimulation takes place; and, as a result of over-stimulation, enervation ensues; then metabolism is impaired—the building-up process declines, and excretions are limited. The liver, kidneys, and other organs fail to do their work well. The natural antiseptics lose their power, and the organism begins to suffer from putrefaction—germ infection!

Modern medical science begins at this point to urge "good nourishing food"—lots of steaks, eggs, milk, cream, etc. With what result? More putre-

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faction, which they call typhoid, septicemia, suppuration, tuberculosis; and by way of remedies, they give bile, urea, and products of decomposition. The result of this "fools' paradise" in medical science is that the people are worse off than they would be if they had no doctors at all. For evidence and proof galore, look at the results of Christian Science.

When enervation has been brought on from overwork—physical, mental, and physiological—there must result, of necessity, a retention of excretions. This I am pleased to call "autotoxemia"—self-poisoning. Not only uric acid is retained, but all excretions. These add more stimulation, and consequently more enervation, until physiological functioning is bankrupt, so to speak. After this, why shall not the victim develop any disease to which he is predisposed, or for which he is anatomically constructed?

The difference between a rational healing system and the present day so-called scientific method, is that, according to the latter, the effect (germs) is the cause, and the treatment, one to correspond; while according to the former, or rational, system the cause is irrational living, and the cure a correction of bad habits.

Overeating and eating wrong combinations should be corrected in those out of health, to enable them to get back to health; and errors in living habits should be corrected in those who are

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supposed to be in full health, to prevent the building of disease and to enable them to develop the highest efficiency.

One of the greatest errors practiced by those who consider themselves in full health, is living haphazardly, giving no attention whatever to the fact that health, if it is to be maintained, must be guarded intelligently. Health that is enjoyed without understanding why, is as precarious as living without house and life insurance, or as endeavoring to run a business or carry on a trade or profession, without knowing anything about it.

It is a positive fact that there is not one per cent of the people to be found anywhere in any community, in any trade, business, or profession, who are in perfect health. This being true, it certainly should be obvious to any thinking mind that it is the duty of the people to repudiate the present plan of living haphazardly until sick, and then calling a physician who is presumed to be possessed of a knowledge of how to cure. What a grim travesty on intelligence! For the average physician has no more idea of the true cause of disease than has the patient. It is a case of two fools well matched.

On the subject of eating, doctors and patients know, or think they know, that it is necessary to eat freely of "good nourishing food," consisting of a goodly supply of proteins—meats or animal

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foods of all kinds, whole grains of all kinds, and dry beans and peas—carbohydrates—starches and sugars; and hydrocarbon—fats. If fruits or succulent vegetables are eaten at all, it is with apologies to their digestive organs for imposing on them such bulky and unimportant foods.

The consequence of such an acid-producing style of living is a body surcharged with acid poisoning, causing all sorts of diseases—enervating both mind and body, and, neither last nor least, causing early death.

Fruit and succulent vegetables, properly proportioned with staple foods, will immunize against the diseases that are to be found everywhere, resulting from overeating on staple foods recognized as life dependents.

The potentially acid foods may be said to be all animal foods and all cooked foods, including cooked fruits and vegetables, except potatoes, dry beans and peas.

The potentially alkaline are the raw fruits and vegetables.

If you have friends who might be interested in knowing something more about health, how to keep it, or restore it, we shall be glad to send them a copy of HEALTH REVIEW & CRITIQUE.

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Comfortable Old Age

MY DEAR DOCTOR TILDEN: You know that nearly all the first-class doctors now, and those who have read, and studied, and thought are more or less following the ideas that you advocated when I first met you more than twenty years ago. It is wonderful how they have changed, and I am sure that they would give but little medicine at this time if it were not for the fact that their fees are obtained almost entirely through the writing of prescriptions and the giving of pills, more or less harmless in nature. You have the right system. I am a living example of what you have done for an old man who should have passed out more than twenty years ago.

When I was a youth, they thought I would die before I was sixteen; and when I reached sixteen they didn't think I would live until I was twenty-one; and, at twenty-two, having come to Texas for a change of climate, my employer seriously put his hand on my shoulder and asked me where I came from. I told him Tennessee. He said, "My son, my advice to you is to go back on the next train." At that time I had a very bad cough, weighed from ninety to one hundred pounds, was six feet tall, and looked like a walking skeleton, but I persisted and stayed on, getting in better health.

About twenty years ago, through my good wife, I met you. You took me in hand and have kept me going ever since. I do not want to brag too much, but I believe that I am now in better health than I have been in the last twenty years. I feel fine. I follow your regime as accurately as possible and never miss taking your exercises once every twenty-four hours. I will be seventy-seven years of age my next birthday which comes in February.

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My family follow your system intermittently, but I notice that when one of the children get sick, they go to bed and quit eating until they get well. Of course, as with all youth, they eat just about what every other child would eat under the same circumstances.

With many regards to both you and your good wife, I remain,
W. B.

The writer of the above letter was a patient of mine something like twenty-five years ago. When he came he was run down almost beyond recovery, a very much overworked man, and being a capitalist and large real estate and land owner, he had much to look after. He had reached the point where it was almost impossible for him to have enough power to "spit off his chin," if he will excuse me for making such a statement.

He overcame his trouble, but from time to time I have seen him since. A time arrived when his local doctors were called in to give him advice concerning his bladder, a condition that is peculiar to the old age of man. They were endeavoring to work him into the belief that a surgical operation was necessary, but he fought shy of it, and when he had time to come to me, he did so. I then taught him how to take care of himself. He met his doctors after he went home and they wanted to know if he was about ready for an operation. He told them that he did not need an operation; that Dr. Tilden had fixed him up so that he was able to take care of himself. They gave him the

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guffaw, saying that some of these times at night he would be sending for them and that he would be glad to go to the hospital where they could give him some relief. He gave them the guffaw, and said that he had a different opinion entirely; that he did not believe he would ever require their services in a surgical way. You will see from his letter that he is approaching 80 years of age and you can also see what he thinks of himself from a health standpoint. Being a man of personality, and plenty able to pay for the best treatment in the world if he wants it, he seems to be satisfied with being taught to do his own doctoring at home.

When men begin to need a doctor for an old-age disease, it would be worth while to remember that there are roads besides a surgical route to health, absolutely devoid of any danger of death by operation.

A few years ago I made a trip to Honolulu, being gone three months. The first thing that I heard when I reached Denver was that a certain gentleman was to be buried at 1:00 o'clock. That gentleman was an old friend of mine of forty years' standing. He had never been prescribed for that I knew of in those years. His wife and children were my patients when I went to his house, but he knew nothing but 100 per cent health. While I was away, he became a little uneasy about himself, tried to see me and found I

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was out of the city. He secured another doctor, who sent him to the hospital for two weeks' observation. Then the doctor told him he needed a little operation which did not amount to much. If killing a man does not amount to much, that statement was true in this man's case, but he died the third day after the little operation that did not amount to much. Of course, that is only one man. Maybe the next one would live, and in all probability the next one would die under the same treatment.

Using surgery with organs that cannot drain well, is a very dangerous thing. Men who would like to live as long as John D. Rockefeller, had better not contemplate a surgical operation when one is not needed. The only reason it is so needful is because there is a larger fee following an operation than in advising a patient how to live to get along without one.

CORRECTION!

In the December issue of our magazine an error occurred in the article "Food and Its Relation to Immunization and Disease." On page 652, the first line in the second paragraph should have read: "It is just about conceded by all thinking pro-" instead of "If the serum theory of immunization is true,"

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Yesterday, Today, Tomorrow

BY IDA L. VANIMAN

ONE of the first mysteries in life to agitate the mind of childhood lies in the question "When will it be tomorrow?"

One of my little nephews confronted with this weighty problem came to his mother one morning after days of serious thinking, saying: "I know about tomorrow, Mother—today is yesterday's tomorrow and we just keep on having tomorrows till we die, don't we?"

Never in all my years of reading since that time have I seen a better definition of tomorrow; or a more complete arrangement of the relation of those days, so definitely telescoping them into one period of time, with all barriers removed that might prevent us from thinking of that period as an infinitesimal moment of eternity. Today is yesterday's tomorrow. Doesn't it show conclusively that *today* is all we ever have?

In an indefinite way so many things are promised to the child "when tomorrow comes." In much the same indefinite manner the adult promises himself many things to be accomplished or achieved tomorrow. If we take the advice of the Persian poet Omar, we must learn to strike "from the calendar unborn Tomorrow, and dead yesterday." Our surest progress will come by taking

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ourselves as we are, taking life as it is, and by adjusting ourselves to the things of today. Too much thought about the glamour of tomorrow will defeat the glory of today. So with no regret for yesterday and no fear for tomorrow we may hope to achieve an efficient today. Living today expectantly, adventurously and courageously, is the way to keep in touch with the fountain of youth.

The future can not be built in the future, but only by constructive and positive action today. A mind that is too much occupied with plans for the future loses part of its power to consider the immediate tasks of today. When we begin to lose confidence in our management of today, we begin to feel anxiety about the future, to distrust our judgment, and then to fall into that unhappy state of mind that suggests "there's not much use to try anyhow." To quote once again from Omar, "Yesterday *this* day's madness did prepare; Tomorrow's silence, triumph, or despair."

There is no word more suggestive of well planned activity than the word *building*. If we speak of building a house, a battleship or an aeroplane, we know that the work of construction will follow a previously prepared plan. In the same manner one speaks of building character. Doctor Tilden always speaks and writes of building health; he offers an understandable, workable plan. This plan embodies "plain living, high

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thinking, and useful service." But this plan must be followed today, and every day, as the body is being constantly rebuilt. You cannot expect a pleasing result by following the Tilden plan one day and another plan the next day, and some quite different plan the following day.

No architect would ever succeed in his profession if he attempted to mix the plans for an English house, a French house, and a Spanish house into one structure; he could not hope to produce a consistent type of house in such a manner.

These thoughts have come to me with the approach of the New Year. During nineteen-thirty-nine we must reap the harvest of our planting in nineteen-thirty-eight. Some one has thought to write this very simple but rather haunting statement—"Day breaks, but never falls. Night falls but never breaks."

It is so suggestive of the great silence of Nature's operations. Like the silence of the shifting sand in an hour glass is the parade of our years—of our daybreak and night fall, so rapidly changing our todays into yesterdays, and our longed for tomorrows into todays.

May the new year bring you three hundred and sixty-five happy todays.

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Tilden Cookery

BY F. B. TILDEN

ONE of our readers has suggested that, so long as this is the season for turning over new leaves and making good resolutions, a few suggestions as to sensible living habits would be in order. Therefore, although we may have made these same suggestions before, we shall do our best to give you our ideas as to simple, health-building habits—particularly eating habits.

Our general rule is: one starch meal, one protein meal, and one meal of fruit, soup, or some other light food. One good, substantial meal a day is quite sufficient. The two other meals may both be light if the individual is heavy in weight, or getting along in years; or one of the two remaining meals may be heavier, if the individual needs a little more weight, or is in early manhood or womanhood. The remaining meal may be light.

For breakfast: Either starch and a fruit, followed by a beverage, or simply fruit and a beverage. If one is over weight, omit the fluid and make it fruit alone. Use up some of your own surplus weight by leaving out fluids.

Then, considering noon as the dinner hour, use some form of protein with a good sized Tilden salad and one or two cooked nonstarchy vegetables. No starch such as bread or potatoes? No,

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not on this particular day, at this meal. The protein dinners may be served Sunday, Tuesday, Thursday, and Friday. On the other days drop the protein and use some form of starch in its place, with a Tilden salad and one or two cooked nonstarchy vegetables. Those who have been in the habit of using bread with a meat dinner may miss the bread for a few days, but as it is mostly a habit, it will soon be forgotten.

What are the proteins to be used for these dinners? Any fresh meat such as lamb, chicken, beef, fish, eggs, cottage cheese, cream cheese, etc.

The starches may be potatoes, either Irish or sweet, rice, macaroni, Hubbard squash, and any foods made from grain, etc.

The cooked nonstarchy vegetables are any of the green succulent vegetables such as string beans, green peas, spinach, cabbage, beets, carrots, etc.

What is the Tilden salad? Lettuce, two thirds by bulk, tomatoes and cucumbers for the other third; all crisp and fresh, and dressed with salt, oil and lemon juice. Olive oil may be used, or any of the vegetable oils.

For the third meal of the day, either fresh fruit or a bowl of soup and fruit. Any of the fresh fruits may be used, or part fresh fruit and part sweet fruits such as raisins, dates or figs. The soup may be a vegetable soup or one of the cream soups.

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If one desires to have a light breakfast and heavier lunch, use the starch with soup or fruit in the evening and fruit alone in the morning.

What kind of starch may be used for the morning or evening meal? Shredded wheat is about the best. Crisp it in the oven or on a toaster, use butter sparingly and thoroughly masticate and insalivate every morsel of your starchy foods. If you don't have time to do this, don't eat starch at all. If you cannot eat it right, it will do you more harm than good. Whole wheat or white bread thoroughly dried and toasted is next best to shredded wheat. Older people don't need whole-wheat, and the white flour is simpler, and therefore easier for them to digest. Baking powder biscuits are all right occasionally, well baked split and toasted. Corn bread is a heartier food and may be used about once a week for dinner with the salad and vegetables or for a lunch with fruit.

It is not a bad idea on the days when starch is to be served for dinner, to omit starch in the other two meals and use a moderate amount of cottage cheese or a few nuts with the fruit for the evening meal.

If it is more convenient to have the dinner at night, as with most working people, that arrangement is all right, and we have arranged in that order the menus which accompany these suggestions. The meals may be interchanged to suit the individual desires and habits.

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Those who are not so familiar with our suggestions regarding food combinations, etc., may think from this brief outline that we taboo a great many foods such as desserts, etc. There is a place for such foods, but we cannot go into detail regarding all foods, in this short article. The Tilden Cook Book gives full information as to the use of all lines of foods and we would suggest that those interested in "eating to live" rather than "living to eat," should have not only the Cook Book but also Toxemia Explained.

The most important thing to be considered, even more important than proper food combinations, is knowing when to eat and when not to eat. Dr. Tilden's first rule covers this subject thoroughly; namely, Never eat unless you have been comfortable in mind and body from the previous meal time. If that rule is followed, along with proper food combinations and the habit of eating within one's limitations, there will be no bodily discomfort.

Those who desire more information regarding the feeding of their children will find a world of information in the book "Children, Their Health and Happiness."

For those who are new subscribers and to whom this information is all new, we welcome your questions regarding food combinations and food preparation, to be answered in this department.

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Menus

Breakfast
Shredded Wheat—Butter S
Prunes—Teakettle Tea

Lunch
Vegetable Soup

Dinner
Roast Lamb P
Peas—Carrots
Tilden Salad

Breakfast
Triscuit—Butter S
Grapefruit

Lunch
Fruit Salad
Cream of Tomato Soup

Dinner
Spare Ribs P
Sauerkraut—String Beans
Tilden Salad

Breakfast
Cooked Oatmeal—Cream S
Pears—Teakettle Tea

Lunch
Vegetable Soup

Dinner
Beef Roast P
Creamed Celery—Spinach
Tilden Salad

Breakfast
Toasted Wholewheat Bread S
Butter—Orange

Lunch
Baked Apple—Cream Cheese P

Dinner
Baked Potato—Bacon S
Cauliflower—Spinach
Tilden Salad

Breakfast
Ry Krisp—Butter S
Prunes—Teakettle Tea

Lunch
Apple—Raisins—Buttermilk

Dinner
Rice with Cream S
Asparagus—Turnips
Tilden Salad

Breakfast
Shredded Wheat—Butter S
Orange

Lunch
Fruit Salad—Milk

Dinner
Baked Hubbard Squash S
Cooked Cabbage—Peas
Tilden Salad

Breakfast
Fruit Cup
Waffles—Honey—Postum S

Lunch
Fresh Fruit

Dinner
Roast Chicken P
Parsnips—Cauliflower
Tilden Salad