

Dr. Tilden's
**HEALTH REVIEW &
CRITIQUE**

Reasoning is shallow indeed when an individual cannot understand that disease-producing habits must stop before health returns.

VOLUME XV

JANUARY, 1940

NUMBER 1

1940 A. D.

New Year Greeting

GOOD wishes and many happy returns to you and yours. We should be very happy to think that our lot in life was cast in America and especially in the grand old United States of America.

Everything in our country is not ideal; but that can be brought about if every American citizen will start the New Year with a strong determination to practice self-control every day during the year. So splendid would be the results that all who controlled themselves for that length of time would be so benefited that they would continue for the self-benefit derived.

A government of self-controlled, self-governed people should be ideal; possibly such a state is impossible, and will remain evermore an ideal for

[1]

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

the great minority to hope, long and pray for. Man must be father to the wish for an ideal home or paradise. Such a state, according to Milton, came near being realized, but it failed. Heaven was once divided, and the majority went with Lucifer, setting up an opposition world. Read Milton; his works are classic, and always will be. It is not for what he says, but how he says it.

I wish all my readers to read my productions for what I say, not for how I say it. My very good friend, the late W. W. Weitling of College Point, N. Y., once said to me: "When you take a text, God only knows what you will write about."

Mr. Frank J. Wolf—the man responsible for the printing of most of my books, and this periodical—my greatest and biggest friend (about 300 pounds) has said: "Open Tilden's writings anywhere, begin reading the first lines that meet the eyes and it is immediately interesting." That is a superb compliment.

Dear Readers, one and all, I hope that you will get enough out of my books and periodical to induce you to get all the health possible out of life.

Health is for all, as soon as all understand how to live. No drugs, no surgery except from accident. Besides health, what else? Clear thinking and a continuous feeling of well being and long life—not an existence in an artificial state of hibernation, with nothing particular to do except to watch the calendar for the sixty-fifth year—the

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

year when old-age pension begins with the calumet and tobacco and lots of time to smoke. Such a life is conducive of prolonged existence. Existence is not life! "Life is real! Life is earnest! and the grave is not the goal!" Neither is life a flowery bed of ease. Progression is the definition of Life! Regression is death.

Much work, much health and much progression, is my greeting to all my readers. Remember, Health and Life are Good Habits!

Colitis

COLON: large intestine. Itis: inflammation. Colitis: inflammation of the large intestine. Inflammation of any organ is indicated by adding "itis": Tonsilitis, colitis, gastritis. Gastric means stomach; gastritis means inflammation of the stomach. Gastritis is interpreted by some people as gas in the stomach or gas in the bowels—a very great mistake that any good dictionary would correct. Why some people have a phobia or dread of a dictionary, I do not know. If I were a dictator, I would compel every couple expecting to wed to own a first-class dictionary and a Bible. If they were too poor to have any other reading matter I should think they would rather have the books than go through an examination and treatment for syphilis. The latter superstition is

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

brewed from medical commercialism; the former is an encouragement to seek information, not misinformation—the right use of words—not a belief in ages-old medical superstition.

Bible readers can learn that syphilis was cured in the days of David, without leaving a hangover from generation to generation, and that, too, without a Wasserman test and medicating with drugs such as mercury and arsenic.

A little more *Bible*, and less *medical superstition* with a good bit less of twentieth century delusional medicine, would be a good exchange for child health-knowledge. Children should be taught how to study the dictionary. It is better to be a one-book man than to have a library and know nothing about it; however, a library is more for reference than for study.

Acquire ten words a week—it means over five hundred words a year, and fifteen thousand in thirty years. Shakespeare is said to have used fifteen thousand words in building his literature.

What have words to do with the study of colitis? If the readers of HEALTH REVIEW AND CRITIQUE wish to know all about any or all subjects about which I write, they must understand the meaning of the semi-technical words I use. I have always endeavored to avoid technicalities as much as possible. I use very few words that cannot be found in the "*Winston Simplified Dictionary—Encyclopedic Edition.*"

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

“Itis” is a suffix, which, when added to the name of an organ or part, means inflammation of that organ or part. “Itis,” when added to colon, means inflammation of the colon, or large intestine. Inflammation of the sinuses is named sinusitis (chronic catarrh). Most people have catarrh; those greatly afflicted have hay fever; others have asthma. *Itis* covers the subject, and all cases can get well, even those who have been deformed by surgical maniacs—and I have seen patients disfigured for life. No one cured—but ruined for life—robbed of his filthy lucre, and then the disease worse than ever. Why? Because the so-called science of medicine has no comprehension of cause and cure.

To repeat, “itis,” when added to the name of an organ of the body means inflammation of that organ. This is simple enough for a child to understand, but when the medical nomenclaters get through defining all these *itises*, and giving each a personality all its own, the number of distinct diseases is supposed to be four hundred—distinct treatments are innumerable and *new cures being added almost daily*.

There are so many diseases that an invalid consulting a half dozen specialists will come back home with six diagnoses, no two alike, and the treatments advised will all be different. Is there any wonder that diagnosis and treatment are confusion confounded?

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

Clinics differ the same as do single doctors. Most medical opinions submitted to me, brought from their erstwhile doctors, have been erroneous.

Inflammation of any part of the body is from *the same cause*; namely, *Toxemia*. The enervation that checks elimination and superinduces Toxemia can come from any enervating cause. See "Dr. Tilden's Toxemia Explained." To see the book, buy it, take it home, put it away with other books and proceed to forget it, will not give the owner vital knowledge—a knowledge that will free him and his family from the burden of sickness—the expense of family doctors and the dullness of intellect that blinds one to his opportunities.

Food drunkenness, as well as the drunkenness caused by any and all other sensual habits, is the cause of all the so-called diseases that swell to monstrous size the hospitals of this land.

The greatest delusion of our present age is the belief in cure, and the belief that hospitals are for curing the masses. A hospital cannot cure anybody of anything—the doctors in hospitals cannot cure. If they could cure, why don't they stop practicing the habits that cause the sickness of the people who are filling all hospitals to bursting? If the doctor learns to cure himself, he should be able then to cure his patients.

In the first place, our bodies are *human machines*. We begin to die as soon as we begin to live. The body acts automatically; it digests food,

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

and the nutritive part is used for building and repairing. The waste is carried out of the body as fast as the emunctory organs can eliminate it. The nose is an emunctory organ. When one blows the nose, that means elimination from the nose—coughing and expectoration from the throat, tonsils, bronchial tubes and lungs is elimination from these organs. These are emunctory organs. Any organ or duct that discharges waste matter from the body is an emunctory or excretory organ. A duct is a tube, or channel, for conveying the secretions of a gland. All cavities, canals, channels, ducts and sinuses are lined with mucous membranes and secrete mucus. Those membranes are excretory as well as secretory. When sensuality has brought on profound enervation, and secretions and excretions are checked, the system (the body) is surcharged with toxin. This is what I name *Toxemia*, the great single cause of all so-called diseases. When this state is evolved, there are symptoms galore. *Medical science* bunches the symptoms and labels them in keeping with the organ or location sending out the symptoms. The result is, as I named it above, confusion confounded. The truth about cause and cure can be likened to looking for a needle in a haystack—and this is called *modern medical science!*

All glands are subject to inflammation, and the disease is indicated by the suffix *itis*. For example: goiter is inflammation of the thyroid gland, or

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

thyroiditis; mumps is inflammation of the parotoid gland, or parotitis.

All inflammations are the same, caused by *toxemia*, and are they *cured* by the same remedy? (Readers pardon me for using the word "cure," for, in my philosophy, it has no meaning. I cannot cure anything; all I do is to remove the cause, and nature cures very quickly.)

When the body is normal, and is being fed and watered enough to meet the demands of a going concern, there will be enough of the by-product—*toxin*—to give the body the stimulation needed to induce activity. The young animal needs stimulation, something to energize, animate, goad on to play and enjoy activity. A reasonable amount of the by-product (*toxin*) stimulates and invigorates; an excess enervates, overworks, and checks elimination, creating *toxin poisoning*—the retention of waste—by-products of metabolism—*Toxemia*—the cause of all the so-called diseases man or animals are heir to.

As hinted before, constitutional catarrh—*toxemia*—*itis*—is the lone universal disease. We are born physiologically perfect, but with a predisposition to develop catarrh—*toxemia*.

Is it strange that the nonimaginative recognize the inflammation (*itis*) of every separate organ or part as a distinct disease? *Tarsitis* means inflammation of the tarsus (*instep*) of the foot, or inflammation of the tarsus—*tarsal cartilage* of

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

the upper eyelid. One itis is in the foot, the other in the eye. This should be confusing to the unlettered in medical lore, but certainly not to the gods of medicine and their progeny.

What are we to think of the gods of medicine when one specializes in the diseases of the foot—chiropracist—and the other specializes on the eye—oculists—another on the lungs, still another on the stomach, and still others on every other part of the body? Some parts are so large that the masters of these parts farm them all out to subletters. This division of man's body insures *perfect skill to each part!* Beautiful dream, if it works, but it does not. On the contrary, today the profession is confused and confounded—what knowledge it has is worthless. All the effort at curing is an *absolute failure*, and no one knows it better than the doctors themselves. Cutting out disease, which has been the most popular racket practiced in the past fifty years, is dying out, and there is nothing in sight to take its place, unless it is to build hospitals large enough to hold all the sick, so that the eagle eye of the profession can watch the victims and keep them from being cured in an “irregular way.” The plan is an old one, known last century as “the dog in the manger plan.”

As iterated and reiterated in my writings, there is but one disease; namely, TOXEMIA. It is auto-generated—being a by-product of metabolism—and our blood is not free from it from concep-

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

tion to the end of life. A normal amount of toxin is as necessary to our existence as oxygen (air). If the reader wants to become wise to Toxemia, its cause and effect on the human body, read carefully and thoughtfully over and over again, my book "Toxemia Explained." It is not hard to understand, if given full attention while reading.

Reading has become a *bad habit*. Every fellow has become so cocksure he is reading with understanding, that he hops along on the high places, egomaniac that he is, believing that he knows who killed cockrobin; when he is not certain that the robin is dead, saying nothing about how the bird lost his life. The world is full of unproven knowledge, and modern medical science is only one system based wholly and entirely on delusion.

Toxemia being the only disease, does it not appeal to reasoning minds that to restore health—to cure (?) toxemia—is the sum of a doctor's function to mankind? So far as the doctor is concerned, his job is easy—it is up to him to teach patients how to get well, the hard work is for man to cure himself by following instructions. Enervation, brought on from enervating habits, can be corrected by giving up the habits. Is there anything rational in giving drugs to a patient suffering from tobacco poisoning, having irregular and intermittent pulse? What can drugs do? Nothing. A rational prescription would be to stop the habit. The use of drugs builds disease. The bad habit of

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

using drugs builds a predisposition to disease. Have we not proof of this in the tea, coffee, and tobacco habits? How about morphine and whiskey addictions? Being sick and consulting doctors is one of the very, very bad habits of this civilization.

Have I a reader so stupid he cannot see that to remove the cause is the only way to get rid of an effect? Man builds his disease by practicing enervating habits; stop the habits and the disease disappears. When he returns to his habits, the disease hurries back.

Doctors medicate and palliate—relieve discomfort—but *cures cannot be made without removing cause*. It is childish twaddle to advocate disease and cures. Disease means bad habits—inebriation of mind and body.

What is the treatment of colitis? After what I have said about cause, can a reasoning mind ask for treatment? Treat what? If one is sitting on a tack, the proper thing to do is to pull out the tack. Think you it would be sensible to stop the pain with anodyne, or put on hot poultices? To remove the cause is the only rational thing to do, and when this is done, nature does the rest.

Treatment: *Rest is the first logical* prescription to be given to the sick, it matters not what the discomfort or so-called disease. Rest means rest to body and mind—physiological and pathological. Enervation (tire) is the first and last departure from the normal. Tire is the cause of all

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

checking of elimination and accumulation of toxin, establishing systemic toxemia—toxin inebriation. After this state is once established, inflammation—itis—takes hold of the organ or organs most used or abused—enervated.

Walking is a rest from running; sitting down is a rest from walking; but real rest means to go to bed and dismiss all thought of anything or anybody. If in pain, use a large enema to clear the bowels of debris and gas; then a ten- or fifteen-minute hot bath. If the breath is bad, tongue coated, and there is a bad taste in the mouth, a stomach lavage should be given before the bowel enema. No food—nothing except hot water (not warm water)—a mug or a glassful every three hours, or oftener if the patient is thirsty! No! No lemon or fruit juice! Water only! This routine is to be continued day after day until the patient is comfortable in every way. An overweight patient should continue the fast, and drink as little water as possible until normal weight is established.

It matters not how sick a patient may be, he must exercise a short time daily, and increase the exercise a little each day as he improves. When the patient cannot exercise (or will not), then general massage two or three times a day, with special rubbing of painful points, will help all patients. The osteopath and chiropractor are paid for exercising patients—the patients could get the same, or more, benefit if not too tired, and could

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

keep the money at home where it is needed. Doctors are supernumerary—not needed.

The doctoring habit has become second nature. When a pain starts in a joint, rheumatism is thought of by doctor and patient; medicine internal, external, and eternal are given. When rubbing of liniment removes the pain, the rubbing and exercise do the work, the drugs get the credit.

When uncomfortable, stop eating and stay away from food until comfortable. This will prove economical in health, wealth, and length of life.

Next month we shall discuss Ulcerative Colitis.

What's the Use?

WHAT'S the use? We have but one life to live! If we live a few years more or less, what difference does it make? This is a common and thoughtless remark frequently heard from the uncultivated. Doubtless it is often made by those who indulge in superlative nothings, and by others in a spirit of reckless abandon after some trivial disappointment; for it takes weak characters to value life so little. Such a remark can not come from an intelligentsia thoroughly schooled to self-discipline.

Whether an individual lives or dies is a matter that concerns himself more than anyone else. True, there may be someone depending upon him

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

—a wife, child, or children; a mother, brother, sister, or friend; and this dependence may be the principal reason for the need of self-preservation. Nothing inhibits individual growth so much as assistance. Just how far this rule can be safely applied is probably beyond the grasp of the wisest sage. Relief from pain is a curse in more ways than one. It removes the educational value of suffering; it removes the incentive to investigate in the field of causation.

There is no suffering except to reflective mind. Bodily pain amounts to nothing unless there be a mind to enlarge upon it. Remove fear of consequences, and pain will drive the victim to seek relief; but, when relief is found, the pain is forgotten. The language of pain is that the victim is in an environment either self-perversed, or unwittingly adopted not in keeping with his best interests. If the victim be a worm, it will wriggle and squirm away from it; after which the experience becomes innate—instinct—and protective. If the victim be a man, he will seek relief; and, if he has a cultivated reflection, he will try to learn the cause of it, so that he may avoid it in the future. The difference between the mind of a man and that of a worm is that man has the potential power of reflection—and reason. The price which man pays for reflection is often an unwholesome fear which can not be gotten rid of until the pain of it forces him to cultivate enough

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

knowledge to understand the laws of cause and effect, psychical as well as physical, and through this knowledge know how to adjust himself to nature so that he may avoid unfavorable and incompatible contacts, and secure the greatest good at the least expenditure of force. This answers the question: "What's the use?"

Before man arrives at this stage of information, he has to try all the palliatives born of ignorance. His religion teaches him that he can avoid suffering by prayer; his healing systems teach him to stop the pain by taking drugs to kill it; the "new thought" advocated by Christian Science, Mental Science, and mind cures generally, teaches him to forget it, cut it out, disbelieve in it, ignore it, deny it. This is an atavistic remedy; it reverts to the relief experienced by the worm of squirming and wriggling away from the discomfort, and then forgetting it—or not knowing its cause; yes, worse than that, disbelieving in cause and denying it.

Death is not dreadful to any except those who have the superstitious fear of after-suffering. If a death can be offered that carries immunization to post-mortem suffering, such as that of the hero or martyr, it is easy to find a glut of human lives ready for the maw of the great Juggernaut of death. To die for one's country secures eternal absolution. Hence the alacrity with which soldiers rush into the jaws of death. It is glorious to die for one's country!

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

I repeat: Suffering is in keeping with incorrigibility. The worm cannot be taught; hence, the death rate is great. All through the animal kingdom the birth- and death-rate is in keeping with incorrigibility. There is no exception to the law when applied to the human race; the more ignorant, the more births and deaths; the greater the intelligence, the fewer births and the fewer deaths. Deaths and births are regulated by the great natural law of supply and demand. The more we talk of race suicide, the more we expose our ignorance of natural law and order. When it comes to this subject—in fact, all subjects pertaining to nature—we think of the wise remark of the great sage of Avon: "There is a destiny that shapes our ends, rough-hew them as we will." The reason for this is that there are so many contingent circumstances of which we are ignorant, that are working toward the ideal. We often realize unexpected benefits wholly out of keeping with, and frequently in opposition to, our efforts. On the other hand, the same process often works destruction to our hopes and expectations. The more we understand and can interpret world processes, the better we can assist nature and avoid suffering. This is another answer to the question: "What's the use?"

In my field of work I often think I have an exception to the rule that suffering is in keeping with incorrigibility, but after becoming better

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

acquainted with all the facts in the case, I find cause and effect equal—well balanced. Sometimes quite an intelligent patient will balk my best efforts at correcting an illness, which has no excuse for existence except wrong life, by a hundred-and-one little, petty habits that do not amount to anything. No, they do not amount to anything—just enough, however, to spell the difference between recovering good health and building illness. These habits run like this: A little lunch—not enough to call it lunch, but just enough to remove the longing, that all-gone feeling; a little candy or a dish of ice cream; or a smoke with a friend; or a drink—not enough to call it anything; or sitting up until eleven or twelve o'clock because “I can't sleep if I go to bed before”; then staying in bed late in the morning; too late to sponge off, or rub down, and too late to exercise; “but such little trifles can not possibly have anything to do in keeping me feeling bad.” When told to abstain from starch-bearing foods, including bread, a little bread will be eaten, or a few crackers, or a cookie—“not much, not enough to hurt me.” A small lunch after the theater—“not enough to count, just a dish of oysters and one bottle.” Because they are not permitted to eat between meals, some will chew gum and fill their stomachs full of saliva and air. “Of course, gum cannot do any harm; Dr. Beeman recommends his pepsin gum for dyspepsia.” Barnum and Beeman believed a lie

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

justifiable if there is enough in it—millions! Others have domestic trouble of a petty nature that they hug to death. Few people are not self-centered. If they have a good time, they are worn out. They can not spend a half hour in conversation without getting so nervous that they can not sleep. If someone tells them that they look bad, they make it real by believing it and fretting about it. The list of “nothings” that do not amount to anything could be extended indefinitely, but “what’s the use?” To enumerate them will not help those who have the faults; for people subject to petty faults will not acknowledge that they have any; and those who haven’t any do not need to read of the faults of others.

One of the worst habits that sick folks have is the habit of being petted. Some people can stand a lot of petting. They like it so well that they work for it. Hubbies are so sympathetic that spoiled wives do not want to get well because they are afraid they will lose something. Shallow brains allow themselves to be spoiled much to the disgust of their friends.

One of the most pronounced reasons why some people do not follow instructions to the letter is that it looks too much like allowing themselves to be bossed.

Incorrigible people boast of their freedom. Their idea of freedom is to displease those whom they should endeavor to please most. They live

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

wrong, if they can find out what is wrong, simply to be obstinate and contrary. They usually get what is coming to them, and in a hurry. I have known people who would rather undergo a surgical operation which removes the effect, because the doctor promised them a cure, without the inconvenience of changing bad habits which are the causes of their diseases. They never get well; they either die after an operation or two, or settle into chronic invalidism. These are the people who say: "What's the use?"

If children suffer, it is due to their lack of proper discipline. While they may have some bodily suffering, the matter of life or death with them, is no great affair. But with the parents it is, and is often the only pain that will rouse parents to duty. The death of a child, or an illness that threatens the integrity of the mind, like epilepsy, will often shake incorrigible parents into new endeavor when nothing else will. But someone will ask: "Where is the justice that will cause a child to die or lose its mind simply to discipline parents?" Do not forget that there is no such thing in nature as justice. Nature is neither moral nor immoral—simply unmoral. Absolute order reigns, and the order is mechanical, chemical, and physiological. It amounts to the push and pull of atoms according to their innate force modified by environments. Perhaps the child would not have been taken away from the parents if the parents

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

had given proper attention to the laws of life. Possibly the child had low life-force because of one or both parents being tuberculous. If so, the death of the child is the price the parents pay for non-observance of the law that should govern society; namely, never propagate unless quite sure that children can be endowed with good physiques—and I am not sure but that good common-sense is fully as important. Good common sense should begin with parents.

A child belonging to parents who are too ignorant or too stupid to try to bring it up in a wholesome, sensible manner, according to health laws, should die. If it does not, in all probability it will be a duplicate of the parents, with perhaps a lower vitality. And, according to the law of the "survival of the fittest," all such are unfit to live.

I have seen the lives of tuberculous mothers prolonged indefinitely because of child-bearing. The mothers bought their respite from death by going through the suffering incident to pregnancy. From the standpoint of morality, the higher physical development of the race, etc., these acts of self-preservation on the part of such mothers are criminal. Under such circumstances it is a case of pitting the first law of nature against an artificial moral standard. Which is right depends upon the viewpoint. From nature's standpoint there is no such thing as right. What is and must, will be, morality or no morality. With human and

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

moral standards, what is and must, shall not be, because it is not right—it is immoral.

In attempting to raise the physical and moral standard, man can enlist the aid of nature, if he goes about it right. The right way is to study the laws of his nature, and conform his efforts in attempting to improve the race to nature's plan. Nature kills off the unfit. Man's plan should be to avoid, as far as possible, producing the unfit. People who have diseased bodies should refrain from propagating until, by obeying the laws of health, they have restored themselves to a normal condition. It is better to have one or two healthy children than to have a dozen that are below par in a physical or mental sense.

Until people know enough to control themselves—are possessed of sufficient self-poise to be self-centered—child-bearing with them is a crime against the best moral standards. But at this point, the question comes up, and will not down: To gain the poise—to become self-centered—is it not necessary to go through the thousands of mistakes incident to taking on responsibility prematurely, as we see it in the marriage of young people whose only excuse for entering the relationship is to satisfy the animal instincts? Isn't it necessary to experience every pain before the human mind can be ripened into an ideal condition? If this is true, "what's the use" of trying to avoid the disagreeable in life?

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

The use is in endeavoring to do the best we can so that generation after generation of the human family may inherit more and more of an aptness to think right and reason right. If everyone will cultivate a disposition to be taught—a willingness to be shown the right—this quality in time will be transmitted to children, and will enable them to attain the power of discriminating between the undesirable and the best in life.

Parents that are incorrigible, give birth to children of the same nature. Then, if the children are reared by these same parents, they will duplicate the parents. If the parents have cultivated vicious habits—habits that lower their vital force—the children develop a low resistance until early death eventually destroys all trace of the family. On the other hand, if a family is teachable, it improves on the original stock. Doesn't that answer, "What's the use?"

TOO BUSY?

Are you one who says, "Yes, I would like to give more attention to proper food combinations, etc., but I am too busy to refer to my books just at a time when I need the information"?

The Ready Reference Chart, prepared by Dr. Tilden, will meet your needs—give you the information in a jiffy, for it can hang in a handy place on the kitchen wall.

And are there not many among your friends who would appreciate this handy guide? It is more fully described on Publicity Page III.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

A Case History

MANY requests have been received for further reports on individual cases. As to just why this type of information is interesting to readers, I do not know, but if that is what you wish, all right.

Along in July of this year I received correspondence from a gentleman regarding his wife's condition. From his reports, and those of the physicians who had been caring for the patient, it did not look to me like a favorable case—rather a hopeless one—and I did not like to encourage them to bring her all the way to Denver from Minnesota. I wrote them to that effect, and also told them that my institution was closed, and that I had no place where I could take care of her. I thought that would end the matter, but it did not. The husband called me on the telephone and said he wanted to bring his wife out for me to examine her anyway, and asked if we could not find accommodations somewhere close to the office. I hesitated, but he was so insistent that I said I would see what could be done, and would call him back the next night. We located a room close by and called to so advise him, asking that he notify us of time of arrival if they decided to come. We did not hear anything more that night nor the next morning, and decided that they had concluded to

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

drop the idea of her coming; but, the next morning when we arrived at the office, there sat the husband. He and his wife had arrived by plane, leaving home after talking to me the night before.

He brought his wife to the office later in the morning, and she certainly was a frightened, forlorn-looking individual. I shall never forget her appearance that morning, as contrasted with her appearance when she came to bid me good-bye two months later. She was one of the best patients I ever had—eager to follow instructions and learn all she could. Her husband joined her in her splendid efforts to help me help her. They deserved better than they had received at the hands of the profession. "They are the salt of the earth." At the end of the first week her husband returned home, and her dear old father came to be with her, and to be a patient also. He was suffering from ulceration of the neck of the bladder. He is a prince among men, 79 years old. I shall not forget how, on the day he left, he put his arm around my shoulders, and, with tears in his eyes, said, "Doctor, you will never know how much I love you." He had received full relief and was happy. I had taught him how to care for himself so that he could have health.

Can you wonder that my work seems so worth while, when I can help such splendid people? And this, after much suffering and waste of money.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

Before explaining what I found in this woman's case, I shall quote a letter I received recently from the husband, and then the history of his wife's case, which I requested that he write up for me.

October 19, 1939

MY DEAR FRIEND DR. TILDEN:

It has been three weeks since my wife and father-in-law returned to me, three lovely weeks. How sweet the fruit of your labor is. I am unable to find words which will express my full appreciation. I gave you a wife that was nervous, haggard, and tired, and you return to me the wife I had ten years ago. The lines have disappeared from her face, her neck is full and round; there is life and luster to her hair and her eyes sparkle like that of a child with a new toy. She grows more beautiful every day.

I quote the following prayer. It is a part of our home and everything we do. It makes it easy for my family to live as you have instructed and shown to be right.

"All that I do which is good, comes from God. All else that I do from my own desires, passions and temptations, comes from me. May God strengthen me and give me an opportunity to do the things which are good for myself, good for my neighbor and good for my country."

God is well pleased in you, Dr. Tilden. He has richly blessed you in mind, intellect, will-power and perseverance. He has privileged you to do much good. We are very thankful for the opportunity we have had to know you. It has given us much pleasure and we too have been richly blessed. Both my wife and Mr. _____ are feeling fine and I earnestly thank you for the part you have played in rebuilding my home.

Sincerely, H. S.

* * *

CASE HISTORY

1896—Born perfectly normal.

1902—Fell from buggy at 6 years—no apparent injury.

1904—Severe headaches at 8 and a shortened muscle or cord of neck pulling head to one side over left shoulder. Consulted two doctors about neck. One wanted to operate; the other treated with strong liniment, and finally broke the spell after about a year. Treated with eye specialist for 15 months and finally wore glasses at 9 years in order to see. Headaches continued. He said headaches were caused by female trouble, and that they would leave as

[25]

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

soon as menstruation started. This came at 17 but headaches continued.

1917—Completely rundown condition at 21 years. Secured aid of chiropractic doctor. He discovered very crooked or curved spine and an active goiter. Took treatments three times weekly for four years.

1921-1927—Span of six fairly good years with only occasional chiropractic help. We were married in 1923.

1927—Birth of boy. Tough job. Followed with rundown condition and regular treatments for many months. Goiter was active. 1929 to 1932 were fair years. Sinus infection 1931 and fall 1932.

1933—Birth of girl. Another tough job. Dry birth. Both babies were instrument babies. Same condition as after birth of boy, except that it seemed more stubborn and she got little relief from treatments.

1934—Secured the aid of MD. Discovered goiter with anemic and run-down condition otherwise. Gave her blood tonic and metabolism test. Something went wrong with the test (maybe some orange juice that my wife drank two hours before) and it showed the goiter inactive. My wife continued chiropractic treatments. Improvement was slow.

1937—Additional work, strain and worry due to her mother's long illness (cancer) and death, caused my wife to grow much worse and she finally reached a bed-ridden condition in the fall of that year. We consulted several doctors and she finally found relief under the electrical and chiropractic treatments of Dr. B. (That is where I discovered your magazine). She gained strength gradually and in March of this year we began to feel that she had finally made a reasonable recovery. She began to show a new interest in things and grew more active. Then she came down with a bad sinus infection. It wore her down in spite of her doctor's extra efforts. She became nervous and sleepless. In June she began to lose weight rapidly and I again called the aid of an MD. He found her to be suffering from goiter and ovary trouble. He could treat the ovaries with hypodermic needle but she must have an operation or chance going completely insane.

I had read some of your works and I know several people that had operations on similar goiters. Several of them are dead, and some are in sanitariums, so we were afraid. My wife finally consented to go to Denver. You know what a job you had trying to keep me away for a few weeks.

Gratefully your friend, H. S.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

MY DIAGNOSIS

Mrs. S—— is of a pronounced nervous temperament. She is the mother of two children. The neck and mouth of the womb were more or less mutilated at both of her labors. Hurrying labor is the rule in obstetrics today. The majority of women who have borne children in the past fifty years, if examined, would show injuries due to hurrying labor.

Mrs. C—— suffered a stellated tear in the mouth and neck of the womb. No treatment had been given, not even douches of hot water prescribed, which every doctor pretending to obstetric practice, should teach every mother—every woman—to use every night before retiring.

The womb was subinvolved—had failed to go down to the normal size from childbirth. The mouth and neck were greatly enlarged, indurated, and ulcerated.

She was constipated, due to obstruction by the womb. Naturally she was discouraged, because she could get no relief.

My first treatment gave relief and hope.

The thyroid gland was enlarged and had given trouble, but was quiescent. If the patient lives as instructed, the goiter will gradually disappear.

The patient should have stayed another month, but felt that she must return to husband and children.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

Butchery Continues

THE butchery in appendicitis and enlarged prostate glands continues, in spite of the fact that both of these diseases can be treated in a simple manner, without surgery and without mortality.

Death in either of these diseases is wholly unnecessary if not maltreated at the beginning.

Surgery is wholly and entirely unnecessary in the treatment of either.

There has been a shameful mortality in the past, and will be in the future, unless popular opinion becomes wise to the fact that a simple treatment is all that so-called appendicitis and prostatic disease need.

The hospital cult is necessary to establish the doctor's full proprietorship over his patient. For patients to receive correct nursing is essential, but this virtue, wedded to a professional chattelship by a doctor, is doubling the slavery of disease. To be sick is slavery enough, but to be chattered to a doctor while disease or life lasts, without a personal right to select consultants of one's own choice, is pushing personal liberty to the point of abject slavery—to the point that forced Patrick Henry (a patriarch) to cry out: "Give me liberty or give me death." Consultations among *ethical gentlemen* amount to an endorsement of the prevailing treatment.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

I do not give drugs, and I do not feed the patient until the so-called disease is under control—until convalescence is established. Until then, whatever is being done in the line of treatment should stop, after which correct eating and nursing are necessary. Average doctoring is superfluous, if not detrimental. Cut-and-dried treatment is necessary to evolve a textbook type of disease. "Typhoid Mary" was a type of disease made in a medical laboratory. When racketeers run this country, personal liberty will be an extinct ideal; then the herd will be in the hospitals, and sticklers for personal freedom will live *in durance vile*.

Why do I say "so-called appendicitis"? Because nine-tenths of all cases diagnosed appendicitis are nothing more than a common stomach-ache and fear. The fear comes from doctors who declare: "You must be operated upon before morning." The rush order is commercialism; the object is to secure a fee rather than to save the patient. The utter selfishness of commercialized medicine is beyond the comprehension of average moral intelligence.

A patient who has been complaining of more or less discomfort in the region of the appendix, or the bottom of the abdomen, should be scrutinized for bladder trouble, prostatic irritation and enlargement, or if a female, she should be examined for womb, tubal, or ovarian sensitiveness. Heavy hands should not be employed to explore the abdo-

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

men. A subtilely formed abscess may be ruptured by much manipulation and pressure—thousands of abscesses have been ruptured and thousands more will be, for there are always thousands of fools ready to rush in where angels fear to tread.

A doctor awkward enough to rupture an appendiceal, typhlitic, or perityphlitic abscess, or perhaps an abscess of the right ovary or tube, will be too sloven to clean, and keep clean, the abdominal cavity; hence, such lack of skill will end in the death of a good citizen years too soon—maybe a father or mother needed by a promising offspring that the world needs.

Who wants to lose his life because of medical stupidity or racketeering?

Doctors may make a fine grade in college, but “no knowledge is our knowledge until we live it”; and help others to live it. “No man can serve two masters.” A doctor who lives the life that leads to disease, cannot teach others how to live for health and long life.

Many cases come to me after being told by a reputable doctor that they must be “operated on before morning.” Not one time in more than fifty years have I found the diagnosis correct. Indeed, when the patient's fright is allayed, there is nothing seriously the matter—the pain is gone—but a good opportunity to correct wrong habits presents itself. They have been more or less constipated and have had indigestion—they need teaching.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

In prostatic cases the diagnosis is always right, but any operation is a crime, for there is no reason to believe that any case will be permanently relieved by any operation, and there can be no assurance that any case will survive a very simple operation.

No, not an "operation that does not amount to anything," but one about which the doctor declares, "*You'll be out in three days.*" Out where? In the boneyard! A successful operation on the prostate, any time and anywhere, *means perfect drainage* is necessary, and perfect drainage in such surgery is next to impossible. Why? Because the urethra is the only outlet for drainage when there is an operation on the prostate gland to overcome urethral discomforts. When an operation is necessary, the post-urethra and neck of the bladder are inflamed, ulcerated and septic. Septic inflammation is imminent following the slightest operation.

The slightest to the greatest operation on the prostate gland does not admit of drainage; hence, a surgeon who has the temerity to operate should be subjecting himself to the loss of his right to practice surgery, but he has the racketeers behind him, and law and order haven't a look-in.

Surgery for the relief of prostatic pressure is not necessary, and because of inflammation and ulceration of the posterior urethra, prostate gland, and neck of the bladder, the drainage of this por-

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

tion of the urethra is very imperfect, causing infection of the bladder and a retention of a portion of every urination. This is called residual urine. This retained urine poisons the bladder; in time the entire system is poisoned, causing much suffering, with death in old men, and sometimes in middle-aged men. Bladder complications are not found in more than one-third of the cases of prostatic enlargement.

Few men reach forty years of age without prostatic enlargement and one or more strictures of the urethra. Symptoms are often obscure. A persistent discomfort anywhere in the body—or a discomfort that is commonly attributed to bad teeth or enlarged tonsils—may be due to prostatic pressure, causing ulceration and infection.

These ulcers in the prostatic portion of the urethra are easily overcome by the patient himself when he is taught how to care for himself. It is necessary for the patient to know how to treat himself to bring comfort, for the pressure cannot be removed without death; hence, this pressure is continuous until senile impotency evolves, with its senile atrophies. The cause—pressure—continues, and must be relieved weekly, if not oftener. Men must know how to relieve themselves, because the need is often making it too expensive to call a doctor each time, and few doctors know anything about the treatment—I mean a correct treatment. Indeed, the need of self-treatment of every man

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

over fifty years of age is my own discovery, and the treatment is my own development. It has been a slow evolution, dating back for sixty years. It takes a lifetime to dig a very simple truth out of an environment where it has existed since sensuality has been characteristic of "fallen man." When man lifts himself up morally and leaves sensuality behind, he will cease to be troubled with diseases which hold him below his possible mental attainments.

Today sensuality holds man in a death grip. The medical teacher does not teach health; he has evolved a system of palliation—relief—which has no more to do with correcting the cause of disease than error has to do with the salvation of man.

The first great error that keeps man down is his belief in entitative disease and cures. Both are obvious errors, and, until corrected, there will be no advance made in the line of establishing a sound mind in a sound body.

Thousands have been killed by prostatic operations, and time is "rotten ripe" to call a halt on any more experimenting; it is ripe also for calling a halt on operating for appendicitis. When in active practice, I had no deaths in such cases. Deaths, such as that of Valentino, *the people's Idol*, was nothing short of an inexcusable tragedy. It is a tragedy for anyone to die before full maturity—mental maturity. It is always a tragedy to die unnecessarily. When the sick are fed, medi-

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

cated, and experimented upon from the first hour of sickness until death ends the farce, that is hell. Sherman declared that "war is hell." There is not much difference between being killed in war and dying the victim of medical superstition.

Appendicitis starts with pain in the bowels, preceded by years of wrong eating, overeating, constipation, and other bad habits. But pain in the bowels does not always mean appendicitis. About 99 per cent of pain in the bowels comes from gas—stomach-ache—but many cases are diagnosed and operated upon as appendicitis. Possibly 10 per cent are really appendicitis. Many have come to me after being told that they have the disease and must be operated upon before morning. My prescription usually is: "Go home and sleep until morning and the appendicitis will be well."

IMPORTANT!

The medical profession is doing its level best to get a strangle hold on the people. It is making a last determined stand for it realizes that the world generally is beginning to be interested in education along the line of maintaining health without the aid of doctors.

I am doing all I can to help people in this education, but I need all the assistance I can get from those already so educated. You have profited by this education. Will you not show your appreciation by helping others to help themselves? If each one of my readers would bring one person into the fold during 1940, it would double our circulation and widen our circle of influence.

J. H. TILDEN.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

Franklin a Polytechnician

MR. P. H. CALLAHAN of Louisville, Kentucky, an old friend of four decades standing, sent me a reprint from the *Urologic and Cutaneous Review*, giving a short write-up of Benjamin Franklin, bringing out his Polytechnic characteristics.

I shall review what the *medical reviewer* quoted and commented on: "Franklin was the first to treat disease with electricity."

Why the great polyscientist treated patients with electricity, he does not say. It is easy to infer from the use given the remedy today, that patients paid for a useless and senseless treatment then, as they do today. No doubt Franklin believed in disease and cure.

The cystoscope is a fiendish instrument to use. If torture is curative, the illumination of the bladder should be a great success.

Of what use is the cystoscope? Its use is so painful that when the doctor is through with his examination the patient knows he has been *scientifically* examined—and a scientific examination, to the average "rube," is equivalent to a diagnosis. Diagnosis is a greater achievement than a cure, because the disease may be incurable; hence, a correct diagnosis is a greater achievement than a cure.

This philosophy may not appeal to the unregen-

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

erated mind, but, to those of educated perception, it is mind's ease.

The regular profession is entrenched on high professional ground, high enough to be unaccountable to the common laws of civilization.

Experimenting with human life is an established function of the regular school of medicine. This accounts for duplications and reduplications of mammoth hospitals being built all over the country. What for? To cure the sick? I can prove that there is no such thing as curing disease. Hospitals are institutions for educating their patrons into sick habits. Over the doors of all hospitals should be inscribed: "All who enter here leave hope behind." So long as "curing the sick" is the slogan of regular doctors, hospitals cannot be built fast enough nor large enough. If the public were not purblind, they could see the degeneration.

"Medical science" is becoming more and more *subtly dangerous* to health and life. (In some future issue of the Critique I shall comment on Sulfanilamide and Dr. Parran's article in "This Week Magazine" of the "San Francisco Chronicle." October 29, 1939. Those who wish to read the doctor's article should get that portion of the Chronicle.)

A few years ago a patient came to me with enlarged prostate gland, ulceration of the neck of the bladder from pressure of the prostate, and cystitis, due to residual urine.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

This was my diagnosis when he came to me after a cystoscopic examination in New York City. The patient lived in Canada, had a son in New York City, and, when the father was compelled to quit work and seek medical aid, he wrote the son, telling him that he had decided to go to me for treatment. The son became cockeyed and gave "his old man" to understand that New York City is the Mecca for surgery—that the father should not go to Denver, it is a big country town. So the father went to New York City and employed a surgeon. A cystoscopic examination was made and a pathological specimen secured. The specimen was not satisfactory and the surgeon asked to use the cystoscope again. The patient declared: "I would rather die than go through another examination, I shall go to Denver."

He came to me and had some hemorrhage from the posterior urethra and bladder for eighteen days, caused by the cystoscopic examination.

He improved steadily under a more humane technique. Why should a second examination be necessary? In this case the doctor wanted to secure a specimen for examination; the first was not satisfactory. Just why doctors must be suspicious of cancer in every case of ulceration of the neck of the bladder, prostate, or urethra, I do not know. Long irritation and inflammation of the neck of the bladder ends in ulceration, with slight hemorrhage, seldom in cancer. Frequent bladder irriga-

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

tion, a meatless diet, with abstinence from alcohol, tobacco, coffee, and sex excitement, will help to overcome the trouble.

Since writing the above I have received the following letter from the gentleman referred to above. It speaks for me as well as for itself. I am delighted to hear from my friend and former patient. He now lives in Washington, D. C.

DEAR DR. TILDEN:

It has been a long time since you heard from me. You remember that I was with you for four months, and a pretty sick man at that time. That was back in 1925. Glad to say I am in fairly good health right now, and have been for a long time. Have had no return of the bladder trouble from which I suffered when I came to you. Often I have thought that I would like to come to you for a few weeks and have the local treatments repeated, thinking thereby it would help me in the years to come. I have not used the sound nor catheter in twelve years. The only reason I have for thinking it would help me, is the fact that, while there is no trouble or pain in urinating, it is a little slower than it used to be in passing.

You told me once, and I was in bad shape at the time with constant hemorrhages, that I would look as young at 75 as I did then. I don't think that is quite true, in so far as age is concerned, but I feel and look better than I did then—67 next March.

I was one of the first subscribers to the HEALTH REVIEW & CRITIQUE, in fact, you delivered the first number to me in person as I was with you at the time.

Glad to know (through the magazine) that you are keeping well. Hope you keep that way for many years to come. Kindest personal regards to yourself.

Sincerely,

J. S.

Sorry the affair turned out so unfavorable for the eastern touts, who like to think of the west as wild and woolly. "Go west, young man, go west," was not a mistake of Greeley's. Ask any young man who has lived in Colorado fifty years. Greeley

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

died at sixty-one—he should have lived at least thirty years longer. Death is a mental calamity, when a thinking man dies before the end of six score. Conserving nutritive and reproductive forces in the first threescore years, will help man to live the last threescore.

This is not the first time I have put a know-it-all eastern surgeon on his good behavior. Just why the surgical mind guesses cancer first in all pathologies except fractures and dislocations, I do not know—maybe because there are more fees in operating; certainly there are not more cures. All cases cured by operation were not cancer.

Operations on the prostate gland have been highly fatal, and should be forbidden by law.

Electric treatment is a make-believe treatment, and should not be used as a remedy—there are no cures! Electricity belongs to the physical world—physics and Franklin contributed much to physical science, also to mental science, and to *Uncommon sense*. Some of his maxims would help some of the wiseacres today; concerning venery he did not taboo the subject to the damnation of the worshippers of medical superstition.

To the great detriment of mankind, the present profession of medicine is stupidly or criminally ignorant of the fact that excessive venery is the cause of more physical and mental ill health than all the rest of enervating causes put together. It strikes a venomous blow at logical reasoning—

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

it converts a logical mind, or what would be a logical mind, into a parrot or prattle—much talk without understanding—in a sentence—it kills understanding.

Quoting from the article on Franklin, some of his most pertinent maxims were given as follows:

1. A full belly is the mother of all evil.
2. Three good meals a day is bad living.
3. Tolerate no uncleanness in body, clothes, or habitation.
4. Rarely use venery, never to dullness or injury of your own or another's peace of mind.
5. Temperance: eat not to dullness; drink not to elevation. (He used neither tobacco nor liquor.)
6. Tranquillity: be not disturbed at trifles or at accidents common or unavoidable.
7. One is either a fool or a doctor at 40.

Referring to his first maxim—compare that with the present day doctor's advice to the sick: "Eat good nourishing food to keep up the strength." Eating without exercise evolves *rigor mortis*, mental and physical. When discomfort or sickness appears, to eat leads on to a fatal sickness. Two idiotic habits are practiced by so-called modern intelligentsia; namely, eat and take drugs—they have knowledge and wisdom, but no understanding.

There will be no sound reasoning nor understanding so long as the people believe that disease is an entity that can be killed or destroyed by drugs.

One of Franklin's maxims: "One is either a fool or a doctor at forty." According to the Toxin philosophy the masses are "fools at forty," for

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

they do not know the cause of disease. Franklin's knowledge of the cause of disease was better than that of the average intelligent person today. So-called disease is *man-made*—built by enervating habits—and incurable, unless causes—bad habits—are given up, and health-building habits substituted. So far as disease, its cause and cure, are concerned, there is no change, fundamentally, since Franklin's death. The Toxin Theory is not a theory, it is a fact—demonstrable now, then, and for all time. I stand ready to prove it to inquiring minds.

Research Elevates the Rodent

THE following clipping was sent to me without giving the name of the paper from which it was taken:

PARALYSIS RESEARCH NOW DONE WITH RATS INSTEAD OF MONKEYS

Washington, D. C., October 12.—The United States public health service, facing a shortage of imported monkeys because of the war, has successfully conducted infantile paralysis serum experiments on eastern cotton rats.

"The discovery is especially timely since the war will interfere with the importation of monkeys, which to date have been the only susceptible experimental animals for infantile paralysis," Surgeon General Thomas Parran said.

Dr. Parran said that the virus which causes the disease has been carried through seven transfers in the rodents. Symptoms produced in the rats were identical to those observed in children in that one or more of the limbs or respiratory muscles were paralyzed, he said.

"The discovery of a cheap, easily handled experimental animal that can be readily reared in captivity may be expected to facilitate further studies of infantile paralysis, including the search for a possible cure."

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

The white rat has become a substitute for monkeys in research. Why not? Research has made monkeys out of men. Now that the rat (the rodent) has gnawed its way into good society, it may educate its useless tail into prehensility and swing itself physically and mentally into the medical profession, by proving that all flesh is alike, and, that, in so far as research is concerned, one animal is as good as another. Even man has not been spared by the search mongers. Research has not enabled the "regular" profession to cure any so-called disease. The experimenters have searched and researched to find the cause of cancer, or even a simple cold, yet no cause has been discovered, notwithstanding thousands of monkeys have been sacrificed on the altar of medical science. I have been teaching laymen the cause of disease for fifty years.

The researchers have been busy for years seeking the cause of infantile paralysis. I have not seen thousands of cases, but I saw enough up to forty years ago, when I was called to see a most beautiful girl baby eighteen months old prostrate with paralysis from the hips down, to tell the father: "Your child cannot be cured." Possibly I was criminally frank when I told the father that he could throw away money galore on the child, without a cent's worth of benefit. I told him that he could employ doctors galore who believed that the child could be cured, but all, parents and doc-

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

tors, would learn in time that a cure is impossible; but, that, when the contractural stage comes, the surgeon is necessary to relieve painful deformities.

I told him that I would not treat the child, for I could not be of any benefit; that he should give her the extra care that her misfortune demanded, but not to be fooled by the many who would believe that they could help her—yes, even cure her. My word for it was that only a miracle could cure, but miracle workers are figments of the imagination.

He had to prove what I said—parents are not happy unless they are paying someone to cure their loved ones.

What good has all the research done? Not any, except to prove to the discerning that doctors cannot find a cure for disease any more than the simple people on earth can find a pot of gold at the end of the rainbow. It also proves that no one is so blind as the one who will not see.

Suppose all those whom this obvious fact concerns, should suddenly change their minds and declare that there is no such thing as a cure possible—pandemonium would break loose, and medical superstition with all its investments would suddenly turn to "Dead Sea apples." Hell would be to pay—Wall Street would go fishing; the cure-all druggists with their aspirin, bromo-quinine, cod-liver oil, pink pills for pale people, would cease barking their wares. When medical superstition is

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

dead, everything appertaining to the subject of curing ends—man will then know how to stay well. Why? When man can no longer secure health and salvation, or no longer think he can buy, beg, borrow or steal them, he will behave.

The only research worthy of time and money is that of man's habits, their influence—their cumulative influence—the cause of disease. Stop the habits and health follows.

In about two years, more or less, the contractural stage of infantile paralysis will set in—the deformity will cause discomfort, and then an orthopedic surgeon will be needed. This will be expensive, but necessary.

That child (our subject) is now above the average in intelligence of women her age—women who have not been handicapped in any way. She has a personality that dominates—autocratic—no inferiority complex.

I could report similar cases; all are deformed, but sharp and acute mentally. Often it requires the stimulus of opposition to bring out the best.

When the nerves of breathing are involved—paralyzed—there is no cure. The "Iron Lung" is a *dernier ressort*, but a cruel promise for restoration of breathing power, that in time will be dashed to pieces.

A paralysis that can be brought back to the normal is of functional origin. Infantile paralysis is sudden death to the subconscious nerve, or set

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

of nerves, that control breathing. The nerve or nerves are dead—struck dead instanter. If the nerves involved in infantile paralysis are not of vital importance, the patient lives, and the deformity will be light or heavy, depending upon the part of the body involved.

Dr. Parran should use rats to learn something of syphilis before subjecting human beings to the experiments of medical syphilomaniacs. He knows no more of syphilis than he does of infantile paralysis. Textbook knowledge lacks experience.

Breathing power is involuntary, the same as heart action, digestion, and assimilation. When the heart fails, the rhythm of the blood vessels may keep up a low circulation for a short time, long enough for a slight reaction to save the life.

In infantile paralysis, the nerves of involuntary motion—breathing—are lost, and breathing is carried on by the will—voluntary breathing power. This is furnished by the voluntary muscles of the chest, abdomen, and diaphragm. These muscles can carry on breathing until exhausted—until the power of volition must sleep. Here is where the “iron lung” is called into service. The iron lung empties and fills the lungs by manipulating the chest. This feat accomplished, the mind that views this accomplishment, without knowledge or imagination, will look upon the accomplishment as a great success. It is a great failure. Why? Man cannot live in solitary confinement—

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

he must have exercise, he must have friends—friends are human—they have sympathy and emotion, but both these functions wear out. Paralysis of the involuntary muscles of breathing means slow death. The iron lung is the last resort; then comes helpless confinement, and the body must die from stasis. This is a living death.

Paralysis of a functional character is not without hope. All can or should get well. The rule is that they are helpless, and their friends feed them too much—the greatest kindness would be to “starve them to death.”

The cause of functional paralysis is excessive eating and excessive venery. The functions of nutrition and reproduction are worn out. Ataxia belongs to this class. If patients do not yield to rigid dietetic and exercise treatment, they will have been subjected to syphilomaniac treatment such as Thomas Parran and his ilk advocate—that of poisoning each patient with mercury and arsenic. For this constitutional poisoning Parran and his cohorts are using lighter doses of the same drug, agreeable to a therapeutic hypothesis; namely, “The hair of the dog will cure its bite.”

To recapitulate: In infantile paralysis, only the nerves of involuntary breathing are involved, and the patient would die at once if the nerves of volition did not take on the work of breathing; then life will be continued until the body's demand for sleep dominates the body's will to live. Then the

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

iron lung keeps the patient alive until hope of getting well is abandoned. That is when we all die—hope must die first. The inspirer of hope should be humanely conservative—wise and knowing and well controlled. Emotional people, without self-control, should stay out of sick rooms until health has put out emotion.

Robert Louis Stevenson was very emotional—he must have been in this state of mind when he said: “I lay me down with a will.” He lived only forty-four years. They were full years—a sickly childhood as well as manhood—yet his pen was seldom idle. He lived almost entirely in books and in his imagination. Not knowing how to conserve life, he whipped himself along with tobacco, and no doubt kept his alimentary tract acidulated with the acid of fermentation from an excess intake of starchy foods, eaten with animal protein. Had he lived on raw fruit and vegetable salads, with meat and starch once a week, he could have lived to write from digested experience. He wasted the best part of his life running away from one of the delusions of medical science — tuberculosis. The world has lost a lot of “gray matter” playing with the tubercular germ. It is nearly fifty years since it was discovered that the germ is sometimes a year or two in developing after the so-called disease starts. When doctors stop stuffing tuberculosis, the disease will become extinct.

We can make the climate of our lungs what we

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

want it. We need not be chasing climate all over the world. We can make it anywhere.

When the infantile paralysis is rid of its periodic fits of excitement concerning cause, research, monkeys, rats, iron lung, etc., and people settle down to be satisfied that it is not a disease, as recognized by medical nomenclature, but a biological imperfection—a cell monstrosity that science will explain but never anticipate nor correct, the public excitement will end, along with unnecessary treatment of children.

Future scientists will smile when they read how hard the researchers of today worked and sweat in their search for cause—the cause being lost in an electronic cyclone.

To get back to gross man: What do you think of infantile paralysis being a phenomenon of the subconscious world, and the more the patient is left alone, the better, until the deformity becomes a distortion and painful? Then relieve, when necessary.

NOTICE

While I am no longer taking patients in the old institution, I can accept and arrange other accommodations for a few patients. But no one should come without making advance arrangements, for I can accept only a very few cases at one time. Don't forget—write in advance.

J. H. TILDEN.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

Sincere Appreciation

ON Christmas day Mrs. Tilden and I sat down in our home and opened and read every Christmas message that had been received; and what pleasure it did afford us. Reading those messages from old friends and new friends, some of whom we have not seen for many years, and others whom we have never had the pleasure of meeting, but whom we look upon as friends, through our magazine and correspondence, helped us to realize how rich we are in really true friends. These messages warmed the cockles of our hearts.

We only wish that we might answer each one of these messages personally and individually, but this year we are not in a position to do so. Therefore, we can only say to each and every one of you who sent us a Christmas greeting: "Thank you from the bottom of our hearts."

We sincerely hope that each and every one of you, as well as ourselves, may be spared to greet each other a year from now.

DR. J. H. TILDEN.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

Tilden Cookery

BY F. B. TILDEN

THIS being the first month of the new year, it seems fitting to give a summary of the Tilden suggestions regarding food and food combinations. This is for the benefit of our new readers, as well as for a check-up by our older readers.

These suggestions are the result of over sixty years of study by Dr. Tilden, not in the laboratory, but in everyday care of human beings. These have proved to be suggestions that bring the best results, if followed conscientiously, for people who wish to maintain a high standard of health.

A close study of patients over a long period has proved that most people have comfort if they adopt the rule of having three meals, and three meals only, each day—one meal having as a base a rather hearty starch; a second meal with a hearty protein as the main item; and a third meal—the lightest for the day—being composed mainly of raw fruit or raw vegetables.

The heavy meal, or dinner, for the day, may be a protein meal most of the time. With this protein may be served a large raw vegetable salad and one or two cooked nonstarchy vegetables.

The starch meal for the day may be at breakfast time. The starch, which should be preferably

[50]

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

of a dry form, such as crisped shredded wheat or whole wheat bread, may be followed with fruit and a beverage.

The third meal may be fruit with buttermilk, sweet milk, fifty-fifty, or teakettle tea.

Now, this is a very simple outline and easy to follow. The Cook Book will help with the details and variations. The different foods can be changed with the seasons, but the general outline should be the same.

Younger people need more starch than those who have passed forty years of age. But, don't forget that very thorough mastication is the secret of digestion of starch.

Two or three times a week the protein may be dropped from the dinner, and a decidedly starchy food such as baked potato may be substituted, to be accompanied by salad and the cooked non-starchy vegetables.

On the days when starch is used in the dinner, those who do better with not too much starch, should drop the starch for breakfast and use simply fruit with milk, fifty-fifty or teakettle tea.

Many people find that they can work better if they start the day with a very light breakfast, having dinner at noon, and a starchy meal in the evening. Others prefer a light breakfast of starch, lunch at noon, and dinner at night. Still others take a light breakfast and lunch, with one substantial meal each day—in the evening.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

As people become accustomed to lighter eating, they are surprised at how much less food they really need, and how much better they feel when they stop burdening the organism with the digestion of unnecessary food. It is unbelievable how much more food people consume than they need. The only way to prove it is to try it out, but give yourself time to become adjusted to the change.

Do a little studying and experimenting until you find the order of meals that gives you the most comfort and energy for your work, then stick to that routine. There cannot be hard and fast rules for all people. No two individuals are exactly alike. Each person is a law unto himself. General rules can be established, but each person must learn what variations suit him best. Then, if he will live within his limitations in all lines, he will have health.

We have recently received inquiry as to the best book for securing information regarding vitamin content of various foods, the chemical reaction in the digestion of certain foods, etc., etc. It is all right to have general knowledge regarding food, but don't become fanatical on the subject. It is proper for chemists and doctors to delve into these subjects, but for laymen to wish to know just what is taking place in the digestion of each item of food, is rather a dangerous thing. They get to the point where they eat a meal and then keep their minds on the digestive apparatus.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

Our meals should be treated about the same as we treat our clothing. We dress in the morning and then forget about our clothes unless some article of apparel is irritating, when we remove the irritation. We should eat our meals and then forget them. If we have discomfort, we should miss the next meal. That is all there is to it.

What is a real Tilden salad? Lettuce, tomatoes, and cucumbers, dressed with oil, lemon, and salt. We suggest two-thirds lettuce by bulk and one-third tomatoes and cucumbers. There are seasons of the year when it is difficult to obtain the tomatoes and cucumbers in some localities. At those times any other raw vegetable may be substituted; for instance, lettuce, celery and carrot, or lettuce, celery and turnip, or lettuce, cabbage and apple. In fact, any fresh vegetable may be used. Olive oil may be used for dressing, but we suggest Wesson oil. Vinegar may be used in place of lemon, if it is not convenient to have lemon.

What is teakettle tea? A cup of hot water, a little cream, and honey to sweeten.

What is fifty-fifty? Half hot water and half warm milk. Don't boil the milk; to do so makes it more constipating.

How is the vegetable soup made? Cut up in rather small pieces four or five different vegetables and simmer slowly in a small amount of water until tender. Add water, milk, or cream to give the desired consistency. Use no meat.

DR. TILDEN'S HEALTH REVIEW AND CRITIQUE

Menus

MONDAY

Breakfast

Shredded Wheat—Butter
Prunes—Teakettle Tea

Lunch

Vegetable Soup

Dinner

Baked Potato
Spinach—Beets
Tilden Salad

TUESDAY

Breakfast

Triscuit—Butter
Grapefruit

Lunch

Bananas

Dinner

Roast Lamb
Carrots—Peas
Tilden Salad

WEDNESDAY

Breakfast

Toasted Baking Powder
Biscuit—Butter—Prunes
Teakettle Tea

Lunch

Apples—Raisins
Milk

Dinner

Hubbard Squash
Cooked Celery—Spinach
Tilden Salad

THURSDAY

Breakfast

Ry-Krisp—Butter
Sliced Orange

Lunch

Baked Apple
Buttermilk

Dinner

Cottage Cheese
String Beans—Peas
Tilden Salad

FRIDAY

Breakfast

Toasted Whole Wheat Bread
Butter—Prunes—Figo

Lunch

Fruit Salad

Dinner

Baked Fish
Stewed Tomatoes—Spinach
Tilden Salad

SATURDAY

Breakfast

Shredded Wheat—Butter
Prunes—Postum

Lunch

Vegetable Soup

Dinner

Rice with Cream
Turnips—Broccoli
Tilden Salad

SUNDAY

Breakfast

Waffles—Honey—Butter
Grapefruit—Teakettle Tea

Lunch

Fruit Salad

Dinner

Roast Chicken
Parsnips—Cauliflower
Tilden Salad

[54]