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Philosophy of Health

By

J. H. TILDEN, M. D.

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DENVER, COLORADO

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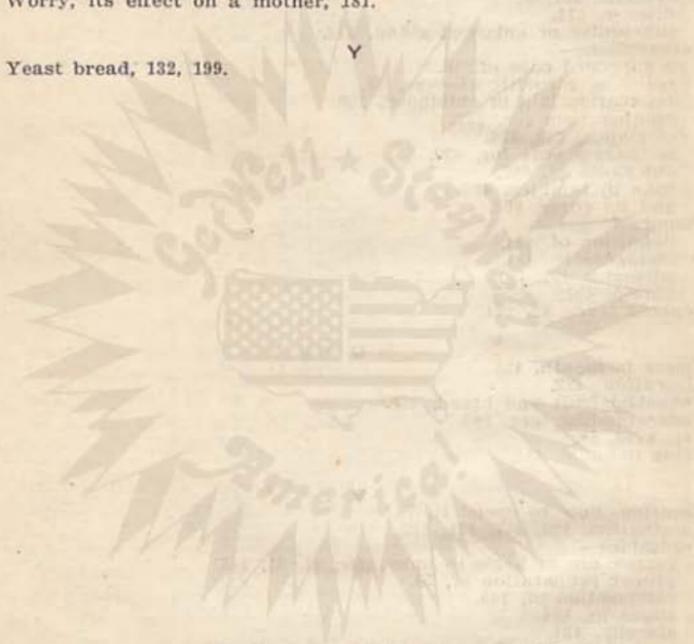
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Philosophy of Health

A TEACHER OF HEALTH—NOT A BUILDER OF DISEASE

Volume 17

MAY, 1916

Number 1

A TOAST TO THE DISOBEDIENT*



DISOBEDIENCE to authority is the mother of progress. Dissenters and revolutionists are those who keep the world from stagnating and settling on a dead center. It is the fellow who does not accept authority without investigation who keeps the world progressing.

Robert J. Ingersoll said: "There is something splendid in man that will not always mind." He further said:

If we had done as kings told us five hundred years ago, we would all have been slaves; if we had done as priests told us, we would all have been idiots; and if we had done as doctors told us, we would all be dead. We have been saved by disobedience.

Oliver Wendell Holmes, on his return from Paris as a student, said:

I have learned three principles since I have been to the French capital: not to take authority when I can have facts; not to guess when I can know; not to think a man must take a physic because he is sick; and my aim has been to qualify myself—not for a mere scholar, for a follower after another man's opinions, for a dependent on their authority—but for the character of a man who has seen, and therefore knows; who has thought, and therefore has arrived at his own conclusions.

The reason Dr. Holmes made a failure in practice was because he was ahead of his time, and, as

*A toast given at one of the Sunday "Tilden" dinners.

he could not brook ostracism by the profession, he settled down as professor of anatomy and physiology in the Harvard school—a position which he could fill without offending established opinions. He was fifty years ahead of the medical schools on the nature of puerperal fever (child-bed fever). He published his views in an obscure medical journal (because he could not get them into the better-class journals)—a periodical that lived only a short time. Why should it live, when having the audacity to print heretical matter?

Dr. Holmes, no doubt, was surprised to find that the profession was obdurate—absolutely heartless. Note his appeal:

I am too much in earnest for either humility or vanity, but I do entreat those who hold the key of life and death to listen to me also for this once. I ask no personal favor, but I beg to be heard in behalf of the women whose lives are at stake, until some stronger voice shall plead for them.

He only received bitter sarcasm from men in the profession whose high position required an answer.

Holmes was only thirty-four years of age when he made this plea for women, which was hissed down by the profession.

The attacks on his beliefs were published ten years after, and of these attacks he said:

When, by the permission of Providence, I held up to the professional public the damnable facts connected with the conveyance of poison from one young mother's chamber to another's—for doing which humble office I desire to be thankful that I have lived, though nothing else should ever come of my life—I had to bear the sneers of those whose position I had

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assailed, and, as I believe, have at last demolished,* so that nothing but the ghosts of dead women stir among the ruins.

Again he said:

If I have been hasty, presumptuous, ill-informed, illogical; if my array of facts means nothing; if there is no reason for any caution in the view of these facts; let me be told so on such authority that I must believe it, and I will be silent henceforth, recognizing that my mind is in a state of disorganization * * * persons are nothing in this matter; better that twenty pamphleteers should be silenced, or as many professors unseated, than that one mother's life should be taken.

Dr. Holmes was a man of brains—this is conceded by all informed people of today, and by all, even the medical men, of his own time. But how much did it cost this man to gain and retain the respect of the medical profession, and hold a chair in Harvard Medical College? He lost the privilege of independence—of thinking out loud in a medical way. He lost the opportunity of giving a bright mind and a unique healing intuition to the cause of drugless healing. Did he not say that, if drugs were all thrown into the sea, it would be better for man, but hard on the fishes?

Dr. Holmes was above the average of bright minds; but he was a natural-born aristocrat; he could not brook professional ostracism. When he found that he could not bring the profession to him, he preferred to take an unobtrusive position within the ranks, and to bury his medical talents; which he did, devoting his life to literature, rather than be an ostracized physician.

The world lost a great leader when medical

*I presume Holmes learned, before he died, that convention and superstition cannot be demolished.

bigotry professionally killed and buried O. W. Holmes; and O. W. Holmes lost an opportunity to develop his greatest talents.

Big, logical, all-round men—men of wealth, education, and refined tastes—seldom lend their influence to reform work. It is hard to face ostracism for opinion's sake; besides, the rabble that follows in the wake of leaders is often enough to discourage the most enthusiastic reformer. The dead weight of stupidity, ignorance, and lack of refinement that gathers on a reform movement, as barnacles gather on a ship, is liable to sink it. Only orthodoxy can stand barnacles to the brim—that is a peculiarity of the psychology of orthodoxy.

Drugless healing is today weighted down by a large accumulation of inefficiency, in the shape of professional never-do-wells, who are a natural exudate of regular medicine, and a large number of half-baked people who think they have found a short road to healing by way of institutions that fail to impart a respectable amount of professional knowledge. There will always be a class of mental roustabouts going into the profession to benefit themselves in a business and social way; and there is a class of ambitious people who are barred from a professional education because of the cost of taking a regular course, and who jump at the chance to avail themselves of an opportunity to take a short road into the healing art. The latter class are progressive and will grow in knowledge; these are the *irregulars* who give respectability to the so-called irregular schools of healing. Most of the recog-

nized quacks and mountebanks—those who make themselves offensive by their newspaper and magazine advertising—are sloughs and exudates from the ranks of the regular profession.

This has always been true of new schools and reforms, and such men as Holmes cannot face the criticism that must come to them because of such association; hence, they prefer to hide themselves and their opinions under the protecting wings of the regular profession, where respectability is too often the principal asset, and where respectability does not prevent the rankest practice of selfishness and misanthropy, *under the guise of ethics*.

Is there anything new in this modern movement to do away with drugs? There is nothing new in any new, or old, healing system. The archives of medicine contain all that is known on the subject of healing. The war between creeds, schools, and factions is made, and kept up, by different views of applying what is known—it is a matter of applying the knowledge after once attaining it. This is the art side of the healing profession; and real artists are as scarce in the healing profession as in any and all other branches of human endeavor. There are many bulls in china shops.

What is regarded as learning, erudition, or wisdom is a treasure which others have won and possessed before our time. Every great thought has had a precursor, every great man a predecessor. "What has been is what again will be; what has been done is the same as what will be done; there is nothing new under the sun. We have no Father

of Medicine, no Founder of the Healing Art, except in eponym."

Regular medicine has been changing its psychology very rapidly in the past one or two decades. It is easy to see that popular demand is causing this change, or it would not come about.

Before the days of Hippocrates, slave-doctors were employed to do the most unattractive part of the work. They waited upon the patients, or went from house to house to prescribe for sick domestics. Plato said of these physicians:

They never talk to their patients individually, or let them talk about their individual complaints. He prescribes as he sees fit, as though he knew everything about the case; gives orders after the manner of a tyrant; and then hurries away to another of his patients.

This picture fits the attitude assumed by some of the medical gentlemen of today.

In that day there were philosophical physicians who discoursed with their patients, describing the disorder from its commencement, its nature, and its cure. Says Plato:

If, during such a discussion, one of the [then regular] physicians should encounter a philosophical practitioner, he would burst into laughter and say: "You stupid dolt! You are not treating the sick patient, but are imparting instructions, as though your patient were desirous of becoming a physician!"

Only yesterday, as I remember, to inform a patient was the worst form of quackery.

Hippocrates synthesized the medical knowledge of his day into a philosophic system which was designated as "dogmatic, or philosophic." He prescribed *total abstinence from food* while the disorder was on the increase. He taught physicians

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to assist nature, his maxim being: "Nature is the first physician." Just what that meant to him is rendered obscure by twenty-five hundred years. Possibly it meant no more to him than it means to many who use similar expressions today; for he could not have given nature much show with a materia medica of 586 different remedial agents. It is doubtful if he did more than philosophize about the medical knowledge of his day. This is a work that someone must do in nearly every century, or medical knowledge of worth, as a real healing system, would die out. Philosophy tethers to sanity.

"Getting back to nature" is the slogan of many who pose as modern in theory and practice. I have known of many who boasted much of using natural methods, and in their armamentarium could be found all sorts of instruments and drugs of torture. Helping nature is the excuse given by many who are over-stimulating their patients by drugs, manual manipulation, mechano-therapy, and diet; and by those who are operating for stone in the kidney or gall-bladder, or removing normal appendices and ovaries. Much is done these days, in the name of nature, by those who do not know a physiological from a pathological process. Talk and boasting are often the principal assets of pretending healers.

Modern medicine is boastful of its natural methods; even the germ theory is nature's method modernized.

The germ theory and superfluous surgery have common-sense and reason almost crowded out; but there is a beginning wave of philosophic reasoning

that is spreading over the country, and it will continue.

Those who help to keep humanity tethered to common-sense and reason—sometimes called sanity—are libertarians; but they are best known by other names that are not quite so euphonious. On occasion, for convenience or caprice (I cannot say which), I denominate them the *disobedient*. Are they not disobedient? They refuse to be wheedled into conventional lines.

Medical superstition of all ages has for its slogan *science*—it is always scientific! Today more scientific than ever before. From the way our state and national governments are appealed to for indorsement, one would think that medicine has become godfather to all the science in the universe. But "science is no tradesman—one who works for the improvement of a special trade, art, or profession; but for truth only." One would suppose, from the continual growling and snarling—as a dog with a bone—of the regular profession, that it owned all of medical science; that science was a specific entity delivered into the keeping of the A. M. A., not to be examined nor passed upon except by those wearing professional collars stamped A. M. A. This is given somewhat of sanction when we think of what Goethe has said: "In this world there are so many voices, and so many echoes." The echoes have it.

The masses follow an eloquent tongue and popular doctrine; but the few and the true seek after

real knowledge. "There are those who would reject a gem because of its setting." It is not a question of what one knows; it is a question of what creed brand one wears.

There are those who have dared to be disobedient to authority in every age. Take a glance at history, and you will see with me a line of martyred dead leading back as far as history's memory runs, every one of whom gave his life to fertilize and propagate cherished truth. Twenty-five hundred years ago the greatest of all Grecians was condemned for impiety. The great Socrates impious! And he, above all, a searcher after a knowledge of virtue!

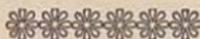
Only a short time—perhaps two hundred years—later the beautiful and highly talented Hypatia was turned over to a mob because she was said to be an enemy of the faith and its ministers. A little later—three hundred years, not more—the Christ was crucified, and, in giving up His life, He cried out: "Father, forgive them, for they know not what they do!" And it ever has been so—that the sinned against are the ones to forgive.

But why further invoice the crimes of creeds and customs? Rather let us "ring forth glad pæans of eternal praise" to the martyred dead—those who have died that their truth might live. All heroes are not dead; the world is full of live ones today.

And I want you, kind friends, to join me in a rousing bumper of Adam's ale, and drink to the

memory of all those who have suffered and died for truth, and all the Right Royal Disobedient of today.

Here's to that "splendid something in man that will not always mind"!



FOOD—ITS COMPOSITION, PREPARATION, COMBINATIONS, AND EFFECTS

EGETABLES—In the past fifteen years the green-grocery trade in the city of Denver has grown from almost nil—from a time when it was almost impossible to get material for a first-class "Tilden" salad—to a time, say ten years afterward and now, when any day in the year the housewife may order from any grocer prime head lettuce, tomatoes and cucumbers, without any fear that she will be unable to get these vegetables.

Fifteen to eighteen years ago *most of the best physicians* declared that green, uncooked vegetables were disease-producing, and that typhoid-fever germs lurked in a dish of salad. A few physicians with rheumatic joints and bad breath remain in this state of benightedness, and glory in their ignorance, which they persist in pronouncing scientific wisdom; but the best physicians—those who are susceptible to truth—not only eat vegetable salads, but prescribe them. As a consequence, there is a very great decline in catarrhal diseases. Sore throats have declined fifty or more per cent in families where they eat salad; *the bad habit of eating bread or starch with sweets, cooked and preserved fruits, and jellies,*

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has been stopped; tonsilitis, rheumatism, and, in fact, nearly all diseases, have been driven out by the use of salads and fresh, uncooked fruits. All that is necessary to add to the foregoing prophylactic suggestions is: banish overeating; then the people may say good-by and fare-u-well, B-other Watkins-a, to the family physician.

From almost no trade in vegetables that are eaten without cooking, and even an ordinary amount of those to be cooked, the Denver trade has required, for the past four, five, or more years, two hustling wholesale houses that handle green-groceries only.

From a time, less than eighteen years ago, when, in traveling, a vegetable salad could not be had for love or money, we have arrived at a time today when a combination vegetable salad can be had anywhere. So general is the use of green vegetable salad that, if ordered anywhere within civilization, and it cannot be furnished, an apology is forthcoming from the *restaurateur*.

Green vegetables and fresh fruits, eaten in proper proportion with the common staple foods, will immunize from typhoid fever, diphtheria, scarlet fever; in fact, from all so-called contagious diseases.

The high cost of living, and especially the high cost of all kinds of meats, is going to solve many problems regarding economy, health, etc.; for the people are going to be forced into growing their own vegetables—all they need for summer; and nuts and fruit will solve the problem for winter.

It is true that fruit is quite high in price, but there is no law against the common people growing enough apple trees on an ordinary city lot to furnish them all the apples they need for winter use; and it does not take much ground on which to grow vegetables and fruits enough for the largest families.

Where is the workingman to get the land on which to enjoy all this luxury? City lots are too high in price, and land outside of the cities is too high in price for poor people to own.

My dear people, take a tip from the writer: Stop the use of tobacco, alcoholics, coffee, and tea; stop stuffing bread and starch simply because it is cheap and easy to get; and then, by all means, stop land monopoly by voting "Single Tax;" then it cannot be many years until every head of a family will own his own home, and have a healthy family, with all the good, wholesome food necessary for any human being to eat.

A few things that bind the shackles of poverty and discontent on the masses are: tobacco, alcoholics, coffee, tea, bread used as the "staff of life;" idleness when not at the regular employment; gossip; finding fault with a miserable existence, built by an ignorance and shiftlessness that is often expressed by some such statements as: "The world owes me a living, and I'm going to have it;" or "The laws are all against the poor man, and he has no chance."

Bad habits, and the ignorance that fosters them, are the fundamentals out of which poverty and discontent are built.

"The poor man needs alcoholics, tobacco, coffee, and tea;" "He needs these few luxuries;" "You should not rob him of his only enjoyment;" "Certainly he is entitled to this much." And, in enjoying these stimulants, and other sensual pleasures, and cultivating the habit of feeling sorry for himself, he enervates and mystifies his brain to such an extent that he loses all self-protection; after which he becomes the tool of commercial sharks, and votes as a machine, and invariably against his own interests.

The only salvation for the people is to get sober by stopping the use of all stimulants, and learn to eat right and think right. Until able to do better, eat cooked dried fruit for breakfast; for dinner at noon, stewed meat, cabbage slaw, and a cooked non-starchy vegetable; supper, toasted whole-wheat bread and milk.

Stop voting the conventional ticket. For what measures shall the people vote? Certainly not for those that are perpetuating the past and present causes of their discomfort. If the people would get away from the present disease-building regime, they certainly ought to have sense enough not to expect a change for the better by sending for the same doctors and voting for the same politicians.

If following a given road always leads to trouble, why not change the route? Even ants change when they find a certain route dangerous.

Wake up, lift the land monopoly, stop bad habits, and free the body and mind from drunkenness!

Alcohol is not the only inebriant; coffee, tea, tobacco, and erroneous ideas are others. The people are drunk as often on disease-producing ideas as they are on stimulants and food poisoning; indeed, inebriating habits are interchangeable.

When man eats more rationally than he does now, he will be healthier, happier, and more prosperous.

The summer is here, and every head of a family should endeavor to utilize every foot of ground that he can. Owners of lots certainly would rather have them covered with vegetables than weeds. Indeed, every vacant lot should be worked; and if there is an old misanthrope anywhere who objects to having vegetables in place of weeds, send him to me, and I will agree to pay him for all damage to his land.

There are two vacant lots next to my home, and six close by. I here and now agree to pay for irrigating them, if eight families will agree to garden them. Every man who owns a home next to vacant lots should be willing to donate the water necessary to cultivate them; and if he will not, then some arrangement should be made to have the city furnish the water, and force the owner of the land to pay the cost.

Cities should take care of trees that are left to die by their owners, and hold the lots for pay. No man has, or should have, the right to play the part of a vandal in any community. If the landscape is ruined from neglect of property, it should be taken

care of by the city and the property made to pay the expense.

All these reforms are health hints, and, if acted upon, the individual and civic health are improved. The cities of this country should let all vacant lots to those who will obligate themselves to cultivate them, and the cities should furnish the water, and make the lots pay for it. If necessary, the cities should furnish the seeds needed.

If people do not know how to prepare and cook vegetables—how to prepare them for eating as they should be prepared—they should be taught.

There should be a school in every city to teach people how to cook, and how to combine foods for the different meals. The most important health knowledge to teach a community is the importance of fruit and vegetables in the daily dietary, and how the different meals should be served—what the combinations of food should be for the different meals. This knowledge put into practice will do away with hospitals, poor-farms, and insane asylums. If these disease-breeding institutions are not entirely eliminated, they will grow smaller instead of larger, as they are now all over this country. The money expended in carrying out the present schemes of health boards, hospitals, etc., which in fact are disease-producing, if spent in teaching people how to live—how to help themselves; how to build health instead of, as now, how to build disease—would make disease and discontent give way to health and happiness.

[To be continued]

The following article is another point of view, and as it is also a plea for "Single Tax," it is worth while. Simply because I do not believe in the mosquito theory does not prevent me from agreeing with Dr. George's views on taxing land values:

THE FACTOR OF POVERTY IN SANITATION

The factor of poverty in sanitary problems was discussed in Washington, November 26, by Surgeon General William C. Gorgas, whose success in cleaning up Havana and the Panama Canal zone has brought him recognition as America's leading sanitarian. His audience was the Clinical Society of Surgeons, assembled in their twenty-fourth annual meeting. Dr. Gorgas said, in part:

"Such sanitary work as is necessary in the tropics is expensive, but measures directed against special disease are not the greatest good that can be accomplished by sanitation.

"Before these great results that we can all now see are possible for the sanitarian, we shall have to alleviate more or less the poverty at present existing in all civilized communities. Poverty is the greatest of all breeders of disease, and the stone wall against which every sanitarian must finally impinge.

"During the last ten years of my sanitary work I have thought much on this subject. Of what practical measure could the modern sanitarian avail himself to alleviate the poverty of that class of our population which most needs sanitation? It is evident that this poverty is principally due to low wages; that low wages in modern communities are principally due to the fact that there are many more men competing for work than there are jobs to divide among these men. To alleviate this poverty, two methods are possible; either a measure directed toward decreasing the number of men competing for jobs, or, on the other hand, measures directed toward increasing the number of jobs.

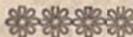
"The modern sanitarian can very easily decrease the number of men competing for jobs. If by next summer he should introduce infected stegomyia mosquitoes at a dozen different places in the southern United States, he could practically guarantee that when winter came we should have several million fewer persons competing for jobs in the United States than we have at present. [With such deadly germs in existence, and the world devoid of its present bacteriological knowledge, how is it

possible that man succeeded in populating the earth? In the good old days, when swamps were everywhere, how is it that the human animal ever succeeded in getting a foothold? Editor.] This has been the method that man has been subject to for the last six or seven thousand years; but it does not appeal to me, nor, I believe, to yourselves. This method is at present being tried on a huge scale by means of the great war in Europe. I do not think that I risk much in predicting that, when this war is over and we shall have eliminated three or four million of the most vigorous workers in Europe, wages will rise, and for a long time no man will be unable anywhere in Europe to get a job at pretty fair wages.

"But I am sure that every sanitarian would much rather adopt measures looking toward the increase of jobs, rather than, as we have done in the past, submit to measures that decrease the number of competitors for jobs.

"I recently heard one of the members of the cabinet state that in the United States fifty-five per cent of the arable land, for one reason or another, is being held out of use. Now, suppose in the United States we could put into effect some measure that would force this fifty-five per cent of our arable land into use. The effect at once would be to double the number of jobs. If the jobs were doubled in number, wages would be doubly increased. The only way I can think of forcing this unused land into use is a tax on land values.

"I therefore urge for your consideration, as the most important sanitary measure that can be at present devised, a tax on land values."



CARE OF CHILDREN



AM told that the Jewish children of New York City average higher in their class work than any other race —than the children of our own country. Why? Because of an in-born want. Want that has been generated by centuries of deprivation and abuse. Want for freedom to live as other people live. Want for everything

of a social nature has become as potential in the Jewish race as the racial blood itself. Such a driving want, coupled with the potentials of loyalty and virtue of the Jewish maidens, wives, and mothers, which has been characteristic since tribal life, will eventuate in the Jew becoming the "white man's hope"—the savior of the white race.

The Jew has been, and is, abused; and our sympathies go out to him when we hear of the cruelties to which he has been subjected. The philosopher must see in this abuse a racial "blessing in disguise," in keeping with world-building. He must see a working-out of cosmic destiny that will end—by the Eternal, in spite of every opposition—in the Jew becoming the savior of the world. Individuals must suffer; but if they suffer and die for a cause so great as the emancipation of their race, and then their race become emancipators of all peoples from race-prejudice, their suffering and death will not have been in vain, and will win for them distinction's badge of honor and loyalty. World-processes are carried on with peoples, not with individuals. The individual good is of minor concern, compared with the advancement of races, peoples, and countries.

If the bitter cup of want and suffering could be diverted, how could the virtues that are bought in no other way become potential in a race? No! The Jews—this scattered race—will be united; not in Palestine, not in any restricted country, but by links of saved peoples. The Jew is cosmopolitan, and he must suffer, and continue to suffer, until fitted by

suffering to emancipate himself and the world from the curse of race-prejudice and religious superstition. While the Jew has fought against amalgamation, he is destined to be the universal amalgamator. How soon this will come depends entirely upon how soon the Jewish people awaken to a realization of the great responsibility that rests upon them. The Jewish race is essentially religious, but it has not worked out a universal religion. This will come before universal amalgamation makes all peoples one.

If the above bit of philosophical prophecy serves its purpose—if it enables my readers to find themselves on the subject of eugenics; enables even a few to understand that want, suffering, and even death are body- and mind-building; such race-building as stamps character in the blood and makes it potential, not only in the individual, but in the race—then I shall be satisfied.

Eugenics, according to present-day ideals, is a pampering process and will produce an impotent race; for degeneration follows in the wake of pampered appetites and anticipated wants. Life always comes out of death. Death follows on the heels of creation, as night follows day. Real life is bought with self-effort, and work—work—eternal work. A people supplied with every want deteriorates. A child that knows no hunger—has no real wants—is already on the road to degeneracy. The baby that scored all points in our last "baby show" died a few weeks after. What we do not know about eugenics would make a large book.

Why can America assimilate the so-called scum of Europe? America has not done much except furnish opportunity. When these unfortunate people come to this country, they are potentized with want; and the greatest is a want of opportunity. This America has given. But, like an unwise and indulgent parent, she has not looked after her charges as she should, and her adopted children are suffering from unwise indulgence; and prematurity—senility—is setting in, which, if not controlled, will lead to early national death. There is but one worse suffering than want, and that is over-supply.

Children must be cared for in a way to develop the most health, and wholesome wants are not to be despised. Hunger must not be tabooed, if health is craved. If education is to be worth anything, it must be secured at the price of a need and want that drives to action. The present system of education is a stuffing process; and those stuffed regurgitate their half-digested mental *pabulum* on a credulous public unable to discriminate between real digested knowledge and the dyspeptic variety.

I certainly hope that my readers will not be too impatient at my occasional excursions—digressions—out into people, race, and world subjects for material to illustrate the great truth that laws governing individuals are the same that govern peoples, races, and worlds, in their birth, life, and death.

Parents, and others who have the care of children, should learn, for the good of all concerned, that want must be great enough to force action; for through action come knowledge, experience, and

lastly wisdom. It is well to remember that simply knowing will not do—we must experience. By practicing what we are taught by books and observation, the knowledge thus gained becomes ours, and not before. Theory gives a working basis; but until theory is worked out—proved in our own lives—it is not our knowledge.

How is a mother to know when a child is thriving?—A pampered and spoiled child is a problem for mothers; for it is hard to tell whether it is simply acting, or in need of food or water, or whether it is uncomfortable. Mothers pay, and pay dearly, for overindulging their children; it makes bad actors of them.

If a child has no fever, the bowels apparently normal, the kidneys sufficiently active, the skin-coloring all right, and the sleep quiet and natural, the mother need not pay much attention to its crankiness or ugliness. A spoiled child is a tyrant, and rules to ruin.

To cure spoiled children.—Treat them with indifference. Place them where they cannot possibly hurt themselves, and then allow them to become acquainted with themselves by "raising Cain." An hour or two spent in crying and spilling a lot of bad temper is splendidly educational, both physically and mentally; and where this remedy is used, in place of doctors and their dope, or soothing syrup, children thrive and grow into good sons and daughters; and, neither last nor least, into good citizens.

Is there danger in much crying? Is a child

liable to bring on rupture?—Crying is a form of exercise, and at birth, and soon after, it is the only exercise a baby can take. There is no danger in allowing a child to cry until it goes to sleep. To cry hard brings tire, and tire brings sleep.

The only possible chance for rupture is to overfeed the child, and bring on fermentation and distention of bowels with gas. Then the intra-abdominal pressure, aided by much crying or straining at stool, may cause rupture. Fast the child for a day or two, and then feed three times a day, giving half as much food as has been the custom, until cured of the gas distention. To cure hernia a truss may be necessary when a child cries nearly all the time. If the hernia is large and inclined to stay out, have a truss worn daily—but have it taken off at night.

An overfed child.—An overfed child, like inebriates and gluttons, has a constant desire for food. Its desire cannot be satisfied. Feed sufficiently, but it is a great mistake to try to satisfy an abnormal desire. Many children are killed in this way every year.

How can a mother know the difference between an overfed child, a sick child, and a spoiled child?—An overfed child is a sick child, and often a spoiled child. An overfed child has curd in the bowel movements; it either is constipated or has diarrhea; its bowels are more or less distended with gas; it is uncomfortable, and often cross and irritable. A spoiled child will make as much trouble for nurse or mother as a sick child; but it has no symptoms of sickness.

How should an overfed child be cared for?—Fast it as long as necessary to remove the gas from its bowels, to get rid of the white milk-curds (undigested milk), and to overcome diarrhea, should diarrhea be one of the symptoms. If constipation be one of the symptoms, the bowels should be washed out thoroughly every day until all curdled milk—all accumulation—is washed away; then give half as much food as was given before the child was made sick.

What should be done for vomiting?—Stop feeding and giving water. Children are thirsty when there is much irritation in the stomach, and often vomiting will continue until the stomach is rested from food and water. To relieve thirst, give a half-pint of plain water by enema every three hours until vomiting is controlled; then give boiled water by mouth for twenty-four hours before starting to feed.

How should a child be fed after an attack of stomach irritation is overcome?—A child less than six months old should be fed about one-fourth the amount that it has been in the habit of taking before the attack of sickness, and of the same food that it has been accustomed to. A child of eight months to two years of age, if the weather is hot, should be given nothing but water the first day. Fruit juice should be given the second day. The third day it should be given milk—about one-third of its accustomed supply—in the morning; fruit juice at noon; and, in the evening, if all goes well, about half the usual supply of milk taken before the sickness. By

the third day it should be able to take its accustomed food, in about half the quantity, and at the same intervals that it has been accustomed to taking food. Then increase each day; but, as the child has been overfed, it would be well not to allow it to have so much as it was taking before its sickness. If, however, the sickness was brought on from imprudence—feeding articles of food that should not go into any child's stomach—perhaps all that will be necessary is to give it the accustomed amount of milk, and leave the imprudent feeding alone entirely.

Mothers should be careful about trifling with their children's stomachs in hot weather. Give the food to which the child is accustomed, and do not change or try experiments until the fall weather makes it safe. Nearly all children that are taken down and die with cholera infantum are forced into their sickness by mothers or nurses who believe that it is necessary to give babies a variety of foods. It is well to remember that milk carries all the nourishment necessary. All the constituents of the body can be found in pure milk; hence it is not necessary to take any risk in hot weather by attempting to feed the child outside of its customary milk supply.

Cleanliness is more important than pasteurizing or modifying milk.—It is impossible to be too cleanly about the care of children. Milk bottles must be thoroughly cleansed, then boiled, and, if possible, placed in the sun for a day.

Nursing bottles.—There should be at least a half-dozen. As soon as a bottle has been used, it

should be cleansed; then—not an hour, nor a day, afterwards, but immediately—boiled and put out in the sun. For the next feeding take the bottle that has been longest out of use—provided, of course, that it has been properly taken care of.

The rubber nipples must be thoroughly washed; and there should be as many nipples as bottles, or even more. As soon as a child has finished nursing, the nipple is to be washed as well as the bottle. It should be scrubbed with a brush and Castile soap (or any good toilet soap); then thoroughly rinsed, and put to soak in soda water (a tablespoonful of soda to the quart of water). Keep in a covered jar. Allow the nipples to stay in this soda water until ready for use, and then rinse them off in quite hot water. It spoils the rubber to use boiling water.

Children must be kept clean; they should not be soaked—bathed to death—but their clothing must be sweet and clean. Their beds must be clean and well aired. The bed that will give out the odor of urine is not fit for a child to sleep in. Oil-silk or oil-cloth should be used to prevent the mattress from getting soiled; but these oil-cloths should also receive attention. They must be washed with soap, and they should be put in the sun for a day every little while. A child's bed should be opened to the sun. There should be two sets of bed clothing: one for the night that has been hanging in the sun all day; and, if there is no sun, then the clothing should be hung where it will be perfectly dry and thoroughly aired. Pillows can be worked overtime. It

would be well to have oil-silk to cover the pillows, so that milk or water spilled on the pillow will not penetrate and dampen the feathers. The oil-silk can be between the pillow-slip and the pillow.

Cleanliness is more far-reaching than prayer under such circumstances. The mother who will neglect her child in every way except prayer will probably send her child to heaven very early.

There is a great deal of straining at gnats and swallowing of camels in regard to milk, its modification, pasteurization, etc. If the hints I gave in the last chapter are carried out—namely, get milk from a properly-cared-for animal (cow or goat)—and then, if the proper cleanliness, such as I have suggested, is practiced, and overfeeding is avoided, there will be no excuse for calling doctors, nor for giving paregoric, soothing syrup, pepsin, and other things belonging to medical superstition. Of the three virtues, charity is said to be the greatest; but, in regard to the care of children, the avoiding of overfeeding is the greatest of all, and cleanliness comes next.

Pasteurizing.—I am frequently asked what I think of the pasteurizing of milk. It belongs to the germ superstition. There is nothing to it. The only thing in its favor is that the milk is not heated to a point that spoils it materially for use. It certainly does not sterilize. When milk is heated to 212 degrees, it is more or less spoiled as a food, and of what benefit can it possibly be? If the child has been fed too frequently, its mouth and stomach and bowels are in an acid state, and if sterilized milk is

put into its stomach, it soon becomes infected with the other decomposing milk. Instead of feeding the child sterilized milk under such circumstances, give it sterilized water, or plain water, until the stomach and bowels are thoroughly cleared out and rid of the ferment that has been brought on from overeating. Then feed milk that comes fresh from the animal; but be sure that it is taken in small enough quantities not to overtax and weaken digestion; for when children are fed beyond their digestive capacity, their little stomachs and bowels are converted into veritable swill-barrels. It would be a joke, were it not so serious, to talk about feeding such children sterilized or pasteurized milk, or feeding them peptonized or modified milk, with a view of nourishing them.

What advantage is there in peptonizing?—It enables the doctor and the nurse to feed a little more. I found years ago that children could take more milk for a while by helping them to digest what they took with pepsin. Pepsin, and bicarbonate of soda, or lime water, will overcome the little acidity for the time being. And what does this mean? It means that the symptoms produced by feeding too much are palliated for the time being. What becomes of the patient, if this nonsensical treatment is continued? It is only a question of time about the child's going down and out with some form of disease.

This is true of grown people as well as of children. Years ago it was the writer's privilege to be the physician to a very large clientele of farmers.

They worked hard, and ate harder. They were subject to frequent sick spells, which were invariably due to indigestion. I would give them good big doses of pepsin and soda, which would act like a charm. They would soon be relieved; the pepsin would digest the undigested material that was giving them trouble in the stomach and bowels; and in a few days after taking this artificial digestive agent the patients would be able to go back to work in the field—and at the table. What became of them? They died at from thirty to forty-five years of age, nine-tenths of them.

I would suggest, as a parting word on this subject: Avoid feeding beyond the digestive capacity. There is no advantage in overfeeding by the aid of pepsin. Some authors say that "peptonized milk is useful with young infants who have great difficulty in digesting the curd of the milk." Why do they have great difficulty in digesting the curd of the milk? Simply because they have too much milk given them. If a man should eat too much beefsteak, it could be said that he has great difficulty in taking care of beefsteak; but if only a quantity that is within his digestive capacity be given him, he immediately gets over his inability to digest the beefsteak. This can be applied all along the line, as regards eating and digesting.

Years ago, tonics were given to force digestion. Much nervous derangement has been built in an endeavor to build a good appetite and good digestion. All that is ever necessary under such circumstances is to withdraw food a sufficient length of time, and

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then begin to feed little enough, and gradually increase. Doctors who overfeed, and patients who are overfed, are always complaining of a lack of desire for food; and the failure in power to digest. There is neither sense nor reason in any of this scientific nonsense. All that is necessary for any person to do is to imitate the animal. When an animal does not have a desire for food, it will not eat; but when the human animal gets to the point where it does not have a desire, then the scientific doctor is employed to drum up an artificial desire; and when it is found that the food taken cannot be digested, artificial digestants are used. And this nonsense is called *modern medical science!*

Weaning the baby. — Children should be weaned at the end of the first year. Mothers should begin to give a little cow's milk a month or two before they intend to take the child off the breast. After letting the child nurse, give it a small amount of cow's milk through a nursing-bottle. This teaches the child to use the bottle, if it has not already been taught how to use it for drinking water. All babies raised properly should have a bottle of water given to them, or offered to them, every day. Children are often thirsty, and when being fed in the usual haphazard way they will be nursed instead of being given a drink. This lays the foundation for sickness.

If the child is born in June, it should be weaned in April. Such children should be given a little cow's milk in February, along with the mother's nursing; gradually increasing the cow's milk and

reducing the amount that is taken from the mother's breast. In this way the child can be weaned without any digestive disturbance. It is, however, well to bear in mind that the disturbances which come to children when their food is changed are due to overfeeding more than to the change. If the people and the profession once could get this idea well in mind, it would save a world of trouble in the care of children. The way that some children are abused by changing from one kind of food to another, almost daily, at a fatal time—namely, when they are getting their second teeth, and in hot weather—is appalling, and wholly unnecessary; for the reason that all the different foods disagree is because of overfeeding and feeding when sick.

Much unnecessary sickness and many deaths among children during the hot weather could be avoided if all mothers would adopt my golden rule; namely, never give food when children are uncomfortable; and if a child is not comfortable from one meal-time to the next, then the meal that is due must be omitted. The question of overfeeding, and of different foods disagreeing, would be settled if that golden rule were adopted in the household—not only for the baby, but for every member of the family.

Such feeding as is indicated by the following clipping, which was sent to me by a friend in Cambridge, Massachusetts, cannot be passed upon as anything but manslaughter in the first degree. The friend who sent the clipping did not tell me who the author was; hence I cannot be very personal in

my comments. I shall say, however, that it is in line with the feeding advocated by the physician who is educated into modern medical science. Look at the dinner advocated for this ten- or twelve-month-old child: chopped meat, meat broth, eggs, potato, gravy! *Gravy is an elegant food!* It is a fine thing to have on the table even for grown people—grease and starch in combination, crackers, zwieback, etc.! Doctors who recommend such eating may have raised pigs, but they have not raised children; or, if they have raised children, they have raised chronic invalids. Doctors who advocate feeding babies in that way will find it necessary to operate upon their children, when they are just entering manhood and womanhood, for appendicitis, ovaritis, or draining the gall-bladder, etc. But, from their point of view, the feeding has nothing to do with it; hence they will go on advocating the murderous plan of feeding children.

WEANING BABY

Mrs. M. writes: "Will you kindly advise me through your 'How to Keep Well' column what I should feed my ten months old baby when I wean him? He weighs nineteen pounds and has no teeth yet. I feed him orange juice in morning and blood of beef four times a week; also nurse him every three hours. Do you think this the proper time to wean him?"

REPLY

Wean him in April. He will then be between eleven and twelve months old. Feed him as follows:

7 A. M.—Six ounces of milk and two ounces of oatmeal gruel.

9 A. M.—Orange juice, strained.

10 A. M.—Twelve ounces of a mixture of milk, two parts; oatmeal gruel, one part.

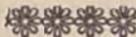
2 P. M.—A little finely chopped meat, meat broth or eggs, potato and gravy, finely chopped spinach and carrots, crackers or zwieback, four ounces milk.

6 P. M.—Twelve ounces milk, two parts; gruel, one part.

10 P. M.—Six ounces milk and two ounces gruel.

You must train your baby to gruels, fruits, vegetables, and meat gradually.

[*To be continued*]



WHY FEES IN ADVANCE ARE NECESSARY

BY MISS FRIEDA B. GANTZ.



HERE is a great deal of difference between treating sick people with palliatives and educating them out of their bad habits into habits that will bring health of body and mind. It is impossible to educate people into health, and allow them to dictate terms; allow them to come and go as they like; allow them to take a few dollars' worth of advice now and then, at times that please them. People must be educated out of their old disease-producing habits into health-building habits; and it takes time and opportunity for this work. Dr. Tilden has found, from years of experience, that it requires much drilling. Therefore he takes no patient for treatment for less than one month, and he insists that payment must be made in advance. Why in advance? Because few can see the need of the strict discipline required to educate them into a cure; and many would quit in a few days, or a week or two, if they had not paid in advance.

Those who will not follow instructions—those who have not the self-control—should not start treatment. But, as this cannot be known in ad-

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vance, it becomes necessary to fortify against such a contingency by forcing discipline in all lines, even to paying in advance. Sick people are children—boys and girls grown tall. Most of them cannot govern themselves; hence it is necessary to govern them; and, to prevent them from running away, they must be tethered by at least one month's fee in advance.

People are sick because of ignorance along health lines, and from lack of self-control. The majority of people probably think that all that is necessary is for Dr. Tilden to dictate instructions, and have them sent to those applying for advice, and then patients will follow these instructions to the letter. Perish the thought! Even those who think that the above is true would not follow instructions unless they were coerced into doing so. If laymen could see the first letter and set of reports received from nine out of every ten patients, and the doctor's reply, they would realize how necessary it is to coax, beg, scold—in fact, use all means to be thought of—to induce patients to follow instructions. It usually takes two sets of reports and two letters of criticism to get the majority of patients into line for following instructions.

Where do they err? They fail to apply "Rule No. 1." They usually make good combinations, for that is set down word for word; but when it comes to reasoning out as to whether they have been comfortable from one meal-time to the other—whether they have a meal due them—there is where they fail, and there is where they require more drilling

than at any other one point in all the instructions. In order to succeed in holding patients long enough to convince them of the correctness of his plan of discipline and criticism, Dr. Tilden is obliged to collect fees in advance; otherwise the majority would quit before the first month was up, and feel so *injured*—their self-pride would be so abused—that they would not come back nor pay a cent. If their consciences should hurt them at all, they would be relieved by calling to mind his abuse of them. A wounded pride often liquidates obligations and lulls an uneasy conscience to sleep. Why not? There are many causes for disease, and lack of honor is often one of them.

As Dr. Tilden has often said: "Dishonesty and lack of promptness in paying debts are disease-producing." Hence, if he should allow patients to practice such habits, he would be educating them farther into disease, instead of helping them to throw off their disease-producing habits.

The credit system is disease-producing. No one with pride can be happy when in debt to his doctor, grocer, or any other public servant who is not secured by adequate collateral.

All bad habits must be overcome; and worry is one of the foremost. What causes worry more than a debt hanging over one's head? How much happier, and how much more poised, is the man who can look the world in the face and say he owes no man a cent! Paying in advance is often the first step in a self-discipline which in time leads to freedom from disease.

The following extract from a letter inclosing a third set of reports from a patient in Michigan will show how necessary it is to have a client safely anchored for at least one month, so that he can be criticized, scolded, and fairly beaten into following instructions, without the fear of his escaping before he receives the full benefit of the teaching and discipline. This could not be done if fees were not paid in advance; but, once a patient has paid his fee, he feels that he must get his money's worth; and Dr. Tilden is always willing and ready to see that he gets it. Those who fail to get their money's worth are invariably incorrigible—they will not be taught.

I think "Rule No. 1" is sufficiently pounded into my head. I shall now stay put. I am sorry that you had to exercise so much patience. I certainly intend to stick—have not the slightest idea of giving up.

People are always ready, apparently, to pay their last cent for an operation which, to their defective health knowledge, sounds very imposing—very like a cure; but when they learn how very simple Dr. Tilden's plan of treating disease is, they often do not feel that his service is worth the money charged.

Many complain that the fees charged are too high; but if they would stop to consider that they are getting a health education, and it is for life—a knowledge of how to get well and stay well—they should see that the fee is absurdly small. If those who take instructions would follow them closely and attentively from the first day they start to take treatment, they would soon have a health knowledge

that would prevent the necessity of their ever consulting a physician again—no more doctor bills as long as they live. The so-called exorbitant fee would settle their doctor's bills for the rest of their lives. Remember the treatment is not for today alone, nor tomorrow, nor merely for this year, but for the remainder of life. Health education and a cultivated self-control are immunization *par excellence*.

At the end of nearly all of our correspondence courses—treatments—pupils are always willing to concede that they have received their money's worth; but they cannot always see it at first, and would not at all unless drilled effectually. There is enough information given in the first letter of instructions, if well applied, and followed to the letter, to deliver almost any person into excellent health, and keep him in good health the rest of his life. But pupils must be watched, criticized, and shown from day to day how to follow instructions, in order to bring them into a state of health. The system is strictly educational; it is simply wonderful, when compared with the curing ideas believed in by the public generally.

Dr. Tilden makes it a rule not to deliver instructions until the fee is paid; for he does not wish to have pupils making mistakes trying to follow instructions without coaching and criticism. This requires systematic daily reports. When they do, they invariably make mistakes, secure no benefit, decide to give it up—and it is good-by fee. The fee, however, is the smallest part of the failure; an op-

portunity is lost to educate someone out of the sick habit and medical superstition. Not only that, but they will ignorantly and stupidly publish the falsehood to every friend that Dr. Tilden has failed; that he is no good; that they have tried his treatment, received no benefit, and quit.

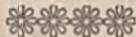
If the fee is paid, a pupil will hang on to the end; for he feels that he must receive full value for his money; and this desire to get his money's worth gives us time to impart the necessary education.

I could cite hundreds of instances where people came for examination, promised to return at a certain time to receive instructions and make payment, but never showed up, and never let us hear anything more from them; and of still others who pay a part and steal away before their time is up.

Ours may seem to bear the ear-marks of a very mercenary system, but such is not the case. There is a great deal of charity work done, for which not a cent is received. And charity education is hard to impart, for the same reason that we have been setting forth. It is impossible to give something for nothing. Subjects for charity are like those who are able to pay—namely, they have a lot of bad habits which they will not stop until compelled to do so; and they cannot hire anyone to compel them. The fee binds the victim to the whipping-post of discipline until he is cured.

The reason Dr. Tilden is so insistent on prospective pupils paying in advance is because he is so very anxious for people to receive full benefit, and he knows from experience that the only way to make

them work to receive what they desire is to have their money invested; for this holds them while he proceeds to do his part in delivering what he has for them. He cannot give them *something for nothing*; they are not willing to receive; and they cannot receive full benefit from what he has to give them in the way of health knowledge unless they will live the knowledge that he imparts. For *no knowledge is our knowledge until we have lived it.*



"CAN THERE ANY GOOD THING COME
OUT OF NAZARETH?"

(John 1:46)

THE MISSOURIANS CAN SHOW YOU

*Dr. J. H. Tilden,
Denver, Colo.*

DEAR DOCTOR: I am in receipt of the three valuable books you so kindly sent me, and I assure you they are very highly appreciated. I believe this completes my library of your books, and I have twelve or more volumes of the CLUB.

In reference to the eggs and the hard shells you mention in your letter, I have noticed this myself in traveling out west, but I am unable to say what causes the shells on eggs in the Central West to seem harder and thicker than in the western country.

We are in the carload poultry and egg business, but have quite a number of friends to whom we ship these little lots. Some of them are like yourself, for whom I would go quite a long way to do a favor. I do not mind the little extra trouble one bit, and should you want anything in our line in the future, I should only be too glad to send it to you; and rest assured you will get the best.

Our busy season is from February to June. We have been shipping an average of six cars of poultry per week, and about six to eight cars of eggs. There are about 4,500 chickens in the car, and 12,000 dozen eggs; so you see this is quite a poultry and egg country. We cover this part of Missouri (southeast),

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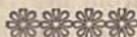
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and a portion of northern Arkansas, and concentrate from thirty-odd buying stations into Delta, Missouri, which is our central house where we make up car-loads.

We are educating the farmers in our section to caponize their young cocks when about six weeks old, and have quite a number interested. The large breeds grow into money quite fast after caponizing. Their comb stops growing, and they fatten and grow fast. We are paying 20 cents a pound for this kind. We also have what is known as "Rooster Day" about the first of June. We pay more for them at this time than at any other time during the year. We do this in order to get the roosters away from their flock of hens during the warm weather. The farmer that keeps the rooster from his flock has no rotten eggs, and his non-fertile eggs are worth more money. On a test, these non-fertile eggs have been put in an incubator for three weeks, and came out good. I do not want to tire you with this "dope," but wanted to tell you what a chicken country we have here in southeastern Missouri.

I want you to sample a capon and am expressing you a ten-pound one today. I think they are the best eating fowl that we handle, and I believe there is nothing nicer than one baked properly.

The proper way to ship these birds is to dress them, but I thought the three-days' ride in a steam-heated express car would have a telling effect on the bird dressed, so I decided to ship it alive. With best wishes, I am Yours truly, R. F. JEAN.



ONE EVENING'S QUIZ AT THE CLINIC

(REPORTED BY MISS F. B. GANTZ.)

(1) You allow milk or buttermilk with breakfast or luncheon, or both. Do you advise one glass simply; or, if the pitcher of either is near by, would two or three glasses be considered overeating?

If a hearty breakfast has been eaten, milk is not due. Milk may be eaten with a small breakfast. A slice or two of toast and butter, followed with a glass of milk, is sufficient. An apple, orange, or grapefruit is quite enough without anything more.

(2) Do you advise berries to be eaten three times a day during their season—especially if picked fresh from the garden?

You can eat berries three times a day; and if you take milk and cheese with the fruit, you can go through the summer and into the winter in good physical condition. The majority of people would be very much better for having lived this way.

(3) If a person gets up in the morning with a very bitter taste in the mouth, even if the body is comfortable, would you allow any breakfast to be eaten? What causes this, if the person has eaten of the regulation food and felt well the day before?

Such symptoms indicate overeating. There will not be a bitter taste in the mouth unless one eats too much. What causes a bad taste in the mouth? A sluggish state of the liver. It means overeating, perhaps of starch and sugar. Simply follow Rule No. 1,* and not eat when not comfortable. "What causes this?" This question reminds me of the rich young man of the Bible who said: "All these things have I kept from my youth up; what lack I yet?" "Sell all that thou hast and give to the poor." Sell what? Conceit! That individual is conceited. He says he has followed instructions. He has done nothing of the kind; for if he had, he would not have reason to complain of a bad taste. This symptom will be followed by others of a more uncomfortable character, unless wrong eating is righted.

(4) A lady who has catarrh consulted me this evening. It started, she declares, when she was a year old. She has ulceration in the ears, which has been diagnosed middle-ear disease; symptoms

*See book "Food" for the four rules to guide in eating.

are growing worse as she grows older. She does not know it, for there is no history of it, but she has had scarlet fever or diphtheria when a baby. These two diseases are just the same, except that one has a rash and the other has not. Some children outgrow this middle-ear trouble, but this patient belongs to a family, the members of which, including herself, eat improperly continually, and she hopes to find a doctor who can cure her in spite of her bad habits. There is no doctor who can cure this woman's ears and permit her to indulge her appetite as she pleases.

Such breakfasts as she eats will keep her ear trouble active as long as she lives. She has pancakes and syrup until tired of them; then eggs and coffee, with pancakes and syrup, until she gets tired of that combination. Such eating will continue to build for her catarrh of the throat and ears. That kind of a breakfast is very hearty, especially with eggs, coffee, and toast for the noon meal; and a big dinner in the evening of hominy, bread, bacon, etc. She says that her father has rheumatism, although he does not have meat very often. Many people have the idea that meat causes rheumatism. If rheumatic subjects would stop overeating on all foods, and cut down especially on starch and sweets, they would soon be well of rheumatism and all other diseases. Bread taken beyond all reasonable need is the chief offender in rheumatism. Meat has to stand for it, because the average doctor advises patients to be careful and not eat the red meat, but eat the white meat. What is the white meat? It is the meat that is devoid of energy. For example,

the breast of the chicken. The dark meat is the best food, because it is full of vitality—potentialized with life.

The ears should be kept clean, and the eating should be rational. This woman should take an apple or orange for breakfast, and nothing more. Pancakes? Never! If she keeps on with the pancakes, it means a continuation of her disease. The throat is very red and irritable, and the Eustachian tubes are inflamed from the opening in the throat to the ears. There is no hope for her to get well, and she will gradually grow worse, until she is as deaf as a post, unless she corrects her mode of living. She should have fruit for breakfast; and just now a little fruit for her noon meal; and then for the evening meal she may have meat, eggs, or fish, with two cooked non-starchy vegetables and a combination salad. If she will live this way for a year, keep her ears clean, and exercise as much as necessary, she will have a different story to tell at the end of the year. She will not be well by that time, but she will be much better. She ought to exercise three or four times every day. The head and neck especially must be exercised. The ears should be rubbed both in front and at the back thoroughly every day.

(5) How can one tell if he needs fluid with his meals?

If he is thirsty. It is proper to drink before the meal-time, and directly after finishing a meal, before leaving the table; but after the meal is finished, nothing more should be taken. Nothing should be taken into the stomach between meals—not even fluid. Water may be taken one hour before

meal-time. It is all right to drink during the meal, if the food is not hurriedly washed down. Be sure that the mouth is emptied; then take a few sips of water. Fluid is needed to bring the food to a liquid state before it can be taken through the absorbents of the stomach and pass through the walls of the blood-vessels. If water is not taken into the stomach, nature will draw it into the stomach from the blood-vessels. Suppose dry breakfast foods have been eaten, or dry toasted bread—where is that dry food to meet with enough fluid to reduce it to a state of solution, so that it will pass through a membrane like water? You have to wet it with saliva; then it goes into the stomach and bowels, and nature throws out enough fluid to reduce it to a state fit for absorption. Eating generates a thirst—a demand for water; but whether one takes water or not, one will be able to digest a certain amount of food before the system runs dry. That is why there is surplus water in the system; namely, dissolving, digesting, and helping to assimilate food. The harm from drinking comes from taking a bite of food, and then washing it into the stomach without insalivation. The saliva must be mixed with the food to secure perfect digestion. Starchy food especially must not be washed into the stomach, because it is necessary for it to be mixed with the saliva; for it will not meet with any other alkaline secretions before it reaches the intestines. There would not be any chance for starch to digest before reaching the intestines, if it were sent through the mouth into the stomach without first mixing it with the alkaline se-

cretions of the mouth. If this occurs, it will ferment, and will be more or less ruined, so far as its properties as a food are concerned, before it meets with the alkaline secretions of the pancreas to start it on its road to digestion.

Some foods need to be chewed more than others. Meat does not need chewing, but all starchy foods need much mastication and insalivation.

(6) Do you use a dressing of olive oil and lemon juice or vinegar on a combination salad with a starch meal?

I do not recommend the use of lemon or vinegar with starch. Dress the salad with salt and olive oil.

(7) When a person is fasting to cure constipation, or on a fruit diet, should the bowels move every day? If they should, what will make them move?

That individual evidently thinks that fasting should bring the bowels around instantly—"Johnny on the spot!" Sometimes it is not necessary to do very much fasting, but it is necessary to cut the food down to the digestion's limitation. Find your limitations, and then respect them. Many people bring on constipation by overeating, which in turn causes fermentation and overdistention of the bowels from gas. Accumulation of gas, due to eating beyond the digestive capacity, causes much discomfort besides constipation. There are many other things that cause constipation besides simply overeating. Lack of energy in the line of exercising is a cause. The majority of people who suffer with constipation do not exercise enough. They allow their tissues to grow old. They do not renew their tissues often enough. The tissues gradually grow

hard. Constipation brings on autotoxemia, and then later cancer, hardening of the arteries, premature old age, and death. A little reasonable exercise every day, along with control of the appetite, will put everything right.

(8) What is the cause of goiter, and can one of ten or twelve years' standing be cured?

Goiters are slow to move; they cannot be driven away faster than they have developed. Goiters that develop rapidly can be driven away rapidly. Goiters will disappear under the proper treatment, and nature will not require you to be good quite so long as you have been bad. Be sure that the bowels are regular. Eat in such a way that the bowels will not be bloated with gas to such an extent that they will not move. A person with goiter should have someone to watch and coach him every day. A well person can learn how to stay well by reading my books on health, but a person who is sick must have special attention until well. The enervation that allows disease to develop weakens the will-power; that is why sick people must be coached, coaxed, and driven into health.

(9) Does saliva have any important action on sugars, fats, and proteids?

Sugar does not need any digestion, so requires no tax on the part of the system to take it up. It is taken up by the absorbents, when liquefied. The proteids are the tissue-building foods and require digestion by the secretions of the stomach. Saliva might help, possibly, to emulsify a little fat. Fat is taken care of by the pancreatic glands below the

stomach. The pancreatic secretions emulsify the fat. Fat is really not digested; it is simply broken into small atoms. An emulsion is formed by the breaking-up of the oil globules into little globules.

(10) I have just examined a lady who is supposed to have tuberculosis. She has been suffering from a cough more or less for years. She came to this country for her health—to escape dying of tuberculosis. Thousands of people have been driven to Colorado on account of a cough, but many had no tuberculosis. The West has cured thousands of cases of tuberculosis in people who did not have it. There are thousands of one-lungers in this country who have two good lungs. This is a generally believed saying. It is a bad habit, into which this country has fallen, of talking about one-lungers, or those said to have come here with tuberculosis; for it is not possible for anyone to live and have only one lung. There are many people with coughs who do not have tuberculosis.

It is possible to have a very annoying cough from a deranged stomach. People so afflicted are easily cured. All that is necessary is to correct the errors in eating. Many times, when coming from a bad climate in the East to some part of Colorado, people unwittingly change diet as well as climate; they may not make much of a change, but what they make is quite enough to correct a chronic irritation of the stomach; after which the cough leaves, never to return. Getting away from environments that cause emotional irritation cure many people, but the cure is not recognized.

People who have had bronchitis in childhood seldom get fully rid of the cough, and with every cold they have an extra bronchial secretion. This disease is accompanied, in its non-active stage, by a moderate amount of expectoration, and in its active stage by a profuse expectoration called bronchorrhea. Severe cases will spit up a pint of thick, heavy, tenacious material in a day.

This lady should take a two-to-three-minute hot bath the first thing on getting up in the morning, provided she has a warm bathroom. If not, she should take the bath in the evening, followed with a quick cold-sponge bath; then follow that with ten minutes' dry rubbing. If the bath is taken in the evening, the body should have a thorough dry-towel rubbing every morning.

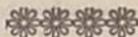
When the cough is annoying, she should eat very lightly. When feeling uncomfortable in any way, she should not eat until better—eat nothing at all until comfortable from the previous meal-time. When there is nothing about which to complain, except the cough and a reasonable amount of expectoration, she should eat two meals a day: fruit, either morning or noon, and a dinner in the evening; or take the fruit morning and night and the dinner at noon, whichever is the more convenient.

Dinner should be moderate, consisting of meat, cooked non-starchy vegetables, and a salad or slaw. After the cough is controlled, then one meal a day can be of toasted biscuit-bread and butter, followed with teakettle tea—one-third milk, two-thirds boil-

ing water, and a very little sugar. Rice, or any other starchy food, may be used in place of toasted biscuits. In other words, there should be one starchy meal, one fruit meal, and one meat meal for each day. If the cough is stubborn, only fruit morning, noon, and night until it is controlled; and if the cough does not improve under this light diet, a fast should be taken until all symptoms are under control. When fasting, drink freely of water. To recapitulate: when the cough is annoying, stop eating. That is in keeping with Rule No. 1. Never eat when uncomfortable; one should be comfortable from one meal-time to the other, or go without the meal.

(11) Toast and egg make a good combination, but in none of your menus do I see recommended potato and egg at the same meal, except egg in custard form. Are baked potatoes and boiled eggs all right at the same meal?

Yes, potatoes and egg make a good combination, but I would not advise eating simply the egg and potato. Egg, potato, and a combination salad make a well-balanced meal. Don't forget that it is necessary for the old horse—the pent-up animal—to have some grass. Dry foods—grain and hay—furnish carbohydrates and proteids, but fruit and salads (grass) are required to furnish the cell salts, and also for their eliminating qualities.



The advertisement for *Brain and Brawn* has been crowded out this month, but Dr. Brook is on the warpath just the same.