

We Also Have Dr. Tilden's 15 Books All on 1 DVD, Waiting — Just for You!

# Philosophy of Health

By

J. H. TILDEN, M. D.

VOL. XIX—1918-1919



DENVER, COLORADO

We Also Have Dr. Tilden's 15 Books All on 1 DVD, Waiting — Just for You!



**COPYRIGHT, 1918-1919**

DENVER, COLORADO



# INDEX

## A

- Abscess—  
  of appendix, 112.  
  of tooth, 332.  
Acid forming foods, 15, 302.  
Acidosis, 168.  
Adenitis, 9, 155, 302.  
Adulteration of candy, 120.  
Adventures in sick land, 306.  
Affections, symptoms of slight, 26.  
Afflictions vs.-disease, 18.  
Aid, first, 167.  
Alcohol, manufacture of in human body, 480.  
Alkaline foods, 15, 302.  
Allies driving a head, 284.  
Allison, Dr. T. R., on Unity of Disease, 323.  
American Hospitals, 54.  
American Medical Association, 401.  
Am I my Brother's Keeper, 98.  
Anemia, 16.  
Anna Held, 325.  
An Appeal, 525.  
Antitoxin, 30, 203.  
Appendicitis, 18, 157, 179, 190, 197.  
Appendix, abscess of, 112.  
Are we at the beginning of this civilization, 511.  
Arteries, hardening of, 16, 127, 254.  
Ash constituents in fruit, 304.  
As our patients see us, 220.  
Asthma, 18, 140, 301.  
Athletes short lived, 10.  
Authority, what is it, 214.  
Autotoxemia, 27, 320.

## B

- Barnard's Lincoln, 360.  
Bates, Dr. on treatment of eyes, 537.  
Bathing in hot weather, 212.  
  with hot and cold water, 422.  
Big noise on candy, 119.  
Bladder trouble, 383.  
Biliousness, 26.  
Birth control, 431.  
Birthday may be chosen, 398.  
Blood pressure, high, 127.  
Blood, transfusion, 327.  
Blue, general, on influenza, 439.  
Boyd, Dr. V. E. on the Tilden Health School, 355.  
Boys, take your medicine, 420.  
Brain, congestion of, 53.  
Brawn does not ward off disease, 9.  
Breast, cancer of, 18.  
Bright's disease, 305, 323, 412.  
Bronchial asthma, 140.

IV

INDEX

Bronchitis, 18, 301.  
 Brook, Robert, death of, 336.  
 Burning of stomach, 42.  
 Burns from X-Ray, 68.

C

Cabot, Dr. on diagnosis, 218.  
 Canadian doctors have gone over the top, 563.  
 Cancer, 18.  
     of breast, 147, 301.  
     keloid, 40.  
 Candy, big noise on, 119.  
 Cankers of mouth, 90.  
 Carbohydrate foods ferment, 142.  
 Card parties, 568.  
 Care of teeth, 330.  
     of hair, 372.  
 Carpenter, on inoculation, 238.  
 Carque's black figs, 335.  
 Catarrhal, diseases, 7, 62, 158, 301, 384.  
     of gall duct and bladder, 111.  
     asthma, 140.  
     nasal, 155.  
     Dr. Osler on, 158.  
 Catching colds, 62.  
 Cathartics and constipation, 390.  
 Cause, of disease, 19, 61.  
     ennui, 71.  
     toxemia, 145.  
     must be removed, 183.  
 Cell, function of, 12.  
     proliferation, 329.  
 Charity, its meaning, 101, 128.  
 Chest development, 334.  
 Chicago woman practicing without a license, 557.  
 Chiropractors not accepted, 402.  
 Christian Science, 63, 76, 117, 371.  
 Chronic diarrhea, 87.  
 Colds, catching, 62, 293.  
     what are they, 298, 438.  
 Colitis, 19, 390.  
 Complicated life, the, 337.  
 Congestion of the brain, 53.  
 Constipation, 19, 37, 92, 155.  
     enemas for, 389.  
     cured of, 476.  
     rectal, 392.  
     when cured, 553.  
 Cooked fruit and vegetables acid forming, 15, 576.  
 Corset, the, 472.  
 Cough, chronic, 19.  
 Cracking joints, 480.  
 Crazy, a fool or a knave, 545.  
 Cure, explained, 122.  
     of disease, 147.  
 Cured of constipation, 476.  
 Curse, of narcotics, 529.

# INDEX

V

## D

- Dancing, 423.
- Dead men tell no tales, 49.
- Decomposition and fermentation, 142.
- Democracy, world safe for, 395, 516.
- De Quincy and opium, 10.
- Diabetes, 254.
- Diagnosis, 201.
- Dr. Cabot on, 218.
- of Kaiser's case, 236.
- Diarrhea, chronic, 87.
- Diathesis, tuberculous and scrofulous, 9, 22, 138, 157.
- gouty, 22, 139, 155.
- Diet—
  - tables, 5.
  - safe, 7.
  - for diarrhea, 87.
  - for hay fever, 207.
  - after pneumonia, 348.
  - and climate, 528.
- Dilation of the stomach, 18.
- Digestion varies, 375.
- Diphtheria, 202.
- antitoxin in, 30.
- Disease—
  - germs a cause of, 8.
  - afflictions versus, 18.
  - defined, 21, 194.
  - not an entity, 51, 146, 188, 530.
  - cause of, 145.
  - unity of, 319.
- Dixon, Dr. on disease, 321.
- Doctors, why they make mistakes, 184.
- Dropsical swelling, 19.
- Dropsy, cause of, 89.
- Drinking water, 92, 210.
- Drunkard's disease, 24.
- Dryness of fingers, 423.
- Dysemia, 16.
- Dysmenorrhea, 500.

## E

- Economics, food, 5.
- Eczema, 158, 566.
- Electricity and life, 12.
- Employer and employee, 257.
- Endocarditis, 16.
- Enema, use and abuse of, 389.
- Energy, nerve varies, 26.
- nerve necessary, 153.
- Enervation, effect of, 189, 291, 320, 354.
- Enlarged glands, 9.
- prostate, 18.
- tonsils, 302.
- Ennui, a cure for, 70.
- Epidemic influences, 193, 298, 340, 437.
- Epilepsy, 569.
- Epistle from a Tildenite, 288.
- Epsom salts for lock jaw, 388.



VI

INDEX

Erysipelas, 31.  
 Essay on man, 231.  
 Evans, Dr. on vaccination, 545.  
 Excerpt, 286.  
 Excessive venery, effect of, 157.  
 Ex. President Roosevelt is at rest, 461.  
 Eyes, treatment of, 537.

F

Fast, how to break, 575.  
 Fear, effect of, 193, 213.  
 Feet, tender, 212.  
 Fermentation and decomposition, 142.  
 Fever—  
     hay, 155, 204.  
     scarlet, 202.  
     typhoid, 31, 59, 157, 191, 197.  
 Fibroid tumor, 112, 201, 254, 573.  
 Figs, Carque's black, 335.  
 First Aid, 167.  
 Foch, Generalissimo Ferdinand, 45.  
 Following instructions, 91.  
 Food, economics, 5.  
     heating, 211.  
     for breaking fast, 575.  
 Frenzied philanthropy, 481.  
 Fruit, raw, necessary, 8, 18, 170, 301.  
     alkaline, 15.  
     diet, exclusive, 91.

G

Gall bladder, rupture of, 61.  
 Gall stones, 66, 110, 122, 357.  
 Gastritis, 202.  
 Germanism, our, 385.  
 Germany, without, 387.  
 Germs, 4, 8, 60, 125, 197, 422, 441, 518.  
     and influenza, 289, 349, 549.  
 Glands, enlarged, 9.  
     lymphatic, function of, 142.  
 Good, what is good, 174.  
 Gonorrhea, 499.  
 Gossips and tattletales, 426.  
 Gouty diathesis, 22, 139, 155.

H

Hardening of the arteries, 16, 127.  
 Hair, care of, 372.  
     loss of, 422.  
 Hay Fever, 155, 204.  
 Headache, 21.  
     cure of, 51.  
     congestive, 127.  
 Health, can be taught, 104, 567.  
     defined, 124, 189, 194, 268.  
 Hearing, defective, 18.  
 Heart—  
     endocarditis, 16.  
     disease of, 53, 416.  
     asthma of, 141.

# INDEX

# VII

leakage of, 569.  
 Heating food in summer, 211.  
 Held, Anna, 325.  
 Heredity, 115, 156.  
 Hiccough, cause and treatment of, 43.  
 High blood pressure, 127.  
 Higher selfishness a cure for ennui, 70.  
 Holmes, Dr. H. P. on tea, 416.  
 Hospitals, American, 54.  
 Hot weather, few hints for, 209.  
 How your warm air furnaces can help win the war, 275.  
 Hyperacidity, 424.

## I

Iles, Thos. H., address by, 541.  
 Inaccuracy inhibits mental evolution, 213.  
 Inconsistency, 250.  
 Indigestion, 19.  
 Inebriety, 23.  
 Infantile paralysis, 200.  
 Influenza, 289, 333, 340, 349, 467.  
     vaccine in, 546.  
     spread of, 549.  
 Influenza retrospectively, 433.  
 Inoculation, for diphtheria, 30.  
     by C. E. Carpenter, 238.  
     for typhoid, 420.  
 Injustice, an, 479.  
 Iron, use of, 17, 367.  
 Janeway, Dr. T. C. on Hospitals, 54.  
 Janowitz, J. on charity, 128.  
 Joints, crackling of, 480.  
 Kaiser's diagnosis, 237.  
 Keloid, cause and cure of, 40.  
 Kidney diseases, 157.  
 Knees, stiff, 471.

## L

Leakage of the heart, 569.  
 Letter, a, and its sequential musings, 362.  
 Liberal minded, 251.  
 Liberty loan, fourth, 230, 283.  
 Life, explained, 11.  
     the complicated, 377.  
 Lincoln, Barnard's, 360.  
 Lock jaw, 388.  
 Love, what is it, 268.  
 Lymphatic glands, function of, 142.

## M

Malaria, 190.  
 Malignant diseases, 329.  
 Man, essay on, 231.  
 Masks for the Flu, 294, 349.  
 Meat eating, excessive, 422.  
 Medical research and Red Cross, 93.  
 Medicine, science and art of, 49, 63.  
     American, 57.

VIII

INDEX

Meningitis, 3, 200, 298.  
Menstruation, painful, 573.  
Mental depression, 21.  
Mental state, 273.  
Ministry of health, 559.  
Monarchism, crimped, 381.  
Monkeying, there's lots of it everywhere, 1.  
Mouth, cankers of, 90.  
Muscles, on guard, 179.  
Myeloma-sarcoma, 326.

N

Narcotics, the curse of, 529.  
Nerve resistance, necessary, 8, 153.  
varies, 26.  
Neuman, Dr. on American Hospitals, 54.  
Neuralgia, 370.  
Neurotic temperament, 23.  
New Science, a, 398.

O

Off the President's bat, 238.  
Operations, for disease, 19, 395.  
Opium used by De Quincy, 10.  
Origin of the Red Cross, 288.  
Osler, Dr. on Hay fever, 156, 204.  
on catarrh, 158.  
on pneumonia, 337, 342.  
Osteopathy, Dr. Still and, 32.  
and Tildenism, 357.  
not accepted, 402.  
Our Germanism, 385.  
Overeating, 21.  
in constipation, 390.  
Overweight, 254.  
Overwork, effect of, 21.

P

Page, C. E. on vaccination in influenza, 547.  
Palliation is not cure, 110, 531.  
Palming the eyes, 539.  
Paralysis, infantile, 200.  
Patrick, Dr. Leon, on Unity of disease, 319.  
Peritonitis, 61.  
Pershing, General, 279.  
Philanthropy, frenzied, 481.  
Piles, 393.  
Pneumonia, 16, 18, 59, 157, 190, 197, 301, 337, 573.  
Poise, 135.  
Polyuria, 211.  
Post mortems, 219.  
Potash in fruits, 17.  
Potatoes, use of in kidney trouble, 383.  
Prayers answered, 333.  
Proctitis, 390.  
Progress, 28.  
Prolapsus of womb, 60.  
of bowels, 393.



# INDEX

1X

Prostate, enlarged, 18.  
 Proteids, composition of, 14.  
     decomposition of, 142.  
 Psoriasis, 158.  
 Pterygium, cure of, 44.  
 Ptomaine poisoning, 16.  
 Put Denver on the map, 36.  
 Pyorrhea, cause and cure of, 137, 332, 422.  
 Query, a, 467.  
 Question Department, 334, 383, 422.  
 Quivering of veins and flesh, 423.  
 Quizz, at clinic, 40, 137, 568.

## R

Radium, 69.  
 Raw vegetables and fruit necessary, 8, 170.  
 Rectal constipation, 392.  
 Red Cross and medical research, 93.  
     origin of, 288.  
     work of, 481.  
 Relaxation, 228.  
 Repentant, 38.  
 Resistance an unknown quantity, 25.  
     nerve, 153, 192.  
 Rest, necessary, 253.  
 Reunion, none this year, 132.  
 Rheumatism, 7, 18, 22, 139, 302.  
     not an entity, 25.  
 Rheumatoid arthritis, 263.  
 Richardson, Dr. B. W. on medicine, 321.  
 Roosevelt, Ex. President, at rest, 461.  
 Ruminating, 110, 286.

## S

Sadler, Dr. on influenza, 296.  
 Safe for democracy, 516.  
 Salad necessary, 18, 302.  
 Sanatorium, what is it, 225.  
 Sarcoma, myeloma, 326.  
 Sardonic smile, that, 124.  
 Scarlet fever, 202.  
 School for doctors as well as patients, 355.  
 Science, new, 398.  
 Scrofulous diathesis, 9, 22.  
 Scurvy, cause of, 18.  
 Sensualism, 534.  
 Shall we all take tea, 415.  
 Shell shock, 3.  
 Sick habit, 368.  
 Simple life, 379.  
 Sleeping in hot weather, 212.  
 Small pox, 191, 338.  
 Smile, that sardonic, 124.  
 Snake bite, 166.  
 Soldiers, why sick, 240.  
     death of the, 469.  
 Spermatorrhea, 505.  
 Spread of influenza, 549.  
 Starch and cooked tomatoes, 89.

X

INDEX

Starve to death doctor, 241.  
 Stiff knees, 471.  
 Still, Dr., 32.  
 Stomach, dilation of, 18.  
     burning of, 42.  
 Stone in gall bladder, 61, 66, 110, 122, 357.  
 Stover, Dr. G. H. dies of X-Ray burns, 66.  
 Sugar as a war winner, 312.  
 Superacidity, 42.  
 Sympathy, too much, 178.  
 Symptoms, 22.  
 Syphilis, 19, 365, 522.  
     Wasserman test in, 34.  
     Salvarsan in, 387.  
     war on, 485.

T

Tables, diet, 5.  
 Tanner, Dr. passes, 459.  
 Taste, disagreeable, 26.  
 Tea, shall we all take, 415.  
 Tell the child, 271.  
 Teeth—  
     pyorrhea of, 137  
     care of, 330.  
 Tender feet, 212.  
 Tender spot over bladder, 383.  
 Test, Wasserman, 34.  
 Tetanus, 3.  
 Thanksgiving and Christmas greeting, 382.  
 There's lots of monkeying everywhere, 1.  
 Third Liberty Loan, 48.  
 Tilden Health School, 225.  
 Tire, mental and physical, 70.  
 Tomatoes, cooked and starch, 89.  
 Tonsils, enlarged, 19, 159, 302.  
     needed, 84.  
 Toxemia, 16, 21, 139, 145, 161, 189, 193, 290, 354, 412.  
 Toxin poisons, 320, 571.  
 Transfusion of blood, 327.  
 Truth, what is it, 214.  
 Tuberculosis, 7, 8, 254, 301, 391, 575.  
     and Robert Louis Stevenson, 10.  
 Tuberculous diathesis, 9, 22, 138, 157, 575.  
 Tumor, fibroid, 112, 201, 254, 573.  
 Two editorials, 514.  
 Typhoid fever, 31, 59, 157, 191, 197.

U

Ulcers, 572.  
 Unity of disease, 319.  
 Urea, 14.  
 Use and abuse of the enema, 389.

V

Vaccination, 69, 121, 191, 420, 545.  
     of German army, 300.  
 Varicose veins, 18, 573.  
 Vegetable, raw necessary, 8, 301.

INDEX

XI

cooking changes, 576.  
Veins, varicose, 18.  
Venereal disease, war on, 485.  
Venery, excessive, effect of, 157.  
Vivisection, 2.

W

War is over, 457.  
War on venereal disease, 485.  
War Savings Stamps, 432.  
Warts, 571.  
Wasserman test, 34.  
Water, 18.  
    drinking, 92.  
    in summer, 210.  
    in constipation, 390.  
We do not treat names, 551.  
What part does germ play, 518.  
When is constipation cured, 553.  
Why do doctors make mistakes, 184.  
Why is my soldier sick, 240.  
Why isn't German Army vaccinated, 300.  
Why one can and another cannot digest, 375.  
Why our boys will win the war, 233.  
Without Germany, 387.  
Wilson, Mrs. cheers blinded soldiers, 524.  
Womb, prolapsus of, 60.  
World is safe for democracy, 395.

X

X-Ray burns cause death, 66.

Y

Yellow spots on hands, 383.  
Your trouble may be with your differential, 368.



## MOTTOES.

---

If people who get well are not cured, what takes place? They certainly were once sick, and now they are well.

If my system does not meet the requirements for a cure, no system can. Then it is explained that a correct system of treatment will not recognize diseases as named. The patient is to be treated—not his so-called disease; for disease, per se, has no existence. The totality of symptoms may sum up a complex named rheumatism, gout, tuberculosis, syphilis, etc., but the name and the symptoms fail to hark back to cause; hence treatment based upon names must be a failure.

The plaint of regular and so-called scientific medicine is: "Give us control, and we will not allow anyone to die without a post-mortem examination. No one shall practice the profession who does not live in dead men's bodies."

Drinking or swilling of water to overcome constipation when the kidneys have once got in line with carrying off all the fluids of the body, will not correct constipation. There is but one way, and that is to re-establish the secretions of fluid into the stomach and bowels. This cannot be done other than by suffering with thirst until nature diverts the liquid, fluid, or water of the blood into the stomach and bowels, and re-establishes normal secretions, thereby relieving the kidneys of their burden. It requires a little patience. This change will not take place at once; the perversion was not brought about in a day.

So happy is everyone who has found joy in work that he excites the envy of those who look upon work as a curse sent upon man.

All nature cries out against non-productiveness. Man was turned out of paradise—out of the home of his birth and youth—that he might be blessed by work. The idle spirit has called man's dismissal from Eden a curse sent upon him!

MOTTOES

XIII

Work is looked upon as a curse until man labors enough to secure the blessing, which is love of work—until he learns of the blessings of labor. "Unto everyone that hath (learned the joy of work) shall be given, and he shall have abundance." Abundance of what? Of joy in work—abundance of work. Not everyone who works is rewarded in a material way.

The medical world has been looking for a remedy to cure disease, notwithstanding the obvious fact that nature needs no remedy—she only needs an opportunity to exercise her own prerogative of self-healing.

Truth never attempts to take advantage by forcing compliance. Only the false require law, and an army of officers to enforce its acceptance.

Intimidation is the argument used by inefficiency, inferiority, and degeneracy. It means "I cannot, and you shall not."

Germans! German-Americans! For your sakes, for the sake of your race, for the sake of humanity, get together and allow sanity to control insanity. This war is not for or against principles; it is the leading of a great people by an Insane Monarch to massacre the human race.

The idea that the cause of disease must be an entity has dominated the medical mind from the earliest time. It is false. Disease is simply health pushed aside by influences that lower life's standard. Health is the normal state of the body, and all the body's energies are directed to its maintenance.

When toxemia is accepted as the underlying principle which makes all diseases kin, doctors can proceed in the treatment of all diseases with a certainty and confidence never before experienced by physicians. Uncertainty will be a thing of the past.

Perfect health is an ideal not possible. It is a working standard for us to strive to attain.



XIV

MOTTOES

Dishonesty and ignorance manipulated are so nearly alike in their influence and results, they should be watched and investigated. A safe plan is to take no one's word for anything. It does an honest person no harm to be investigated. If he is found in error, he will be glad to be told of it, and will immediately get away from the business he is boosting.

Why, then, does the ever-present germ fail to develop disease—toxin poisoning—in everyone? Because those who develop the disease are prepared by being enervated, and by eating beyond systemic needs, and of food deprived of enzyme (vitamin) which is necessary for bacterial control.

The craving for any stimulant outside of natural food is artificially created and belongs to drunkenness. The craving for sweets in children is no more legitimate than the craving for liquor by the inebriate. If children must have the sugar, then the drunkard must have his alcohol, the lad his cigarette, the paddy his pipe, the average human being his tea and coffee; and, neither last nor least, the thief must have an opportunity to steal, because his nervous system needs the thrill; etc., etc., on throughout life's illegitimate thrilling habits.

The Republicans held power so long that it was necessary for their political health to retire them; but if anyone thinks that any of the old loyalty, in that party of tried patriots, is dead, just start something, as the President did in his "call to arms" (ballots) to wipe out Republican influence in the House and Senate.

God help us, we are as far from the realization of such a dream as we are from freedom. Freedom means deliverance from superstition. Today our dollar is found on the basic principle of "In God We Trust," and we roll that God-dollar over every principle of mental and physical freedom, and suppress with its weight every attempt at progress that is not sanctioned by the double-cross of medical and religious superstition.



MOTTOES

XV

Unless there is a crimp put in our Germanic expertism, medical freedom will be a dream, like almost every other democratic ideal for which we are said to be spending our wealth and blood.

Our obsession on expertism is strikingly Germanic. The true American way is for those who have become well founded in fundamentals to specialize; but to specialize in any department of learning, before the relationship of the special to the general is well understood, is to place education in its present chaotic state. "No knowledge is our knowledge until we have lived it"—nowhere does this aphorism ring so true as in the practice of medicine.

Why strain every rule of argument, beg every question, take advantage of ignorance, in endeavoring to bolster up a false theory, when the obvious is at hand at any moment to give the reason for disease, which, when formulated and acted upon, gives perfect satisfaction in handling every disease in the most economical manner?

Man in pain, fear, anger, discomfort, or fever does not digest food well. Hence, in giving nourishment to the sick, great care should be exercised to avoid feeding before gastro-intestinal decomposition is overcome. Certainly digestive resumption must be waited for before any food, except the juice of citrus fruits, is given. Thousands have paid with their lives for breaking this rule. Animal food is most dangerous; carbohydrates come next.

To treat syphilis specifically is so fraught with harm to the subject that it should be made a crime. To greet any disease as though it were an entity is malpractice; and I make bold to denounce the treatment of modern medical science as malpractice, and as the cause of much unnecessary suffering and fatality.

Perhaps learning to be clean and how to eat is the one thing needful to evolve the human race into a real civilization. It has been said: "All that is necessary to find a heathen

is to scratch the back of a Christian;" the word "Christian" being used to denote the highest type of civilization. The ignorance that is to be overcome is not the ignorance of higher mathematics—higher criticism—but the ignorance of the educated concerning health. Very largely education is supplanting common-sense. We have men, with kite-tail titles a yard long, who have to be helped in out of the rain.

Commercialism in medicine has cultivated pain for a purpose, and that purpose should be obvious—often a scare, cleverly harpooned into the sick mind by a professional gentleman, who, debonnaire, sympathetic, and kind, secures a questionable operation and the customary emolument.

No rational, sensible person will object at all to sanitation that is necessary to enforce domestic, civic, and national health. Everything that pertains to man's health in a sanitary way should be under the surveillance of state and national authority. But legalizing superstition and unproven theories, such as vaccination, for instance, and forcing the people to accept the profession's theory of immunization, as ridiculous and as unproven as it is, is robbing the people of their rights in the matter of self-protection.

# Philosophy of Health

*A Teacher of Health—Not a Builder of Disease*

Volume 19

MAY, 1918

Number 1



## THERE'S LOTS OF MONKEYING EVERYWHERE



RECEIVED a small clipping from a Canadian friend on the battle front in France. It was about five by seven inches, and had four items. The clipping was from the *Weekly Dispatch*, Sunday, November 11, 1917, London, England. The first I quote:

### 600 MONKEYS

"SHIPMENT NOT FOR LONDON," SAYS THE IMPORTER

Mr. J. D. Hamlyn, the naturalist, of St. George's-in-the-East, is very indignant about Mr. Basil Peto's question in the House of Commons, asking whether the arrival of 600 monkeys, "sufficient to fill the whole House," is desirable at the present time.

"If Mr. Peto had taken the trouble to come to me first," said Mr. Hamlyn yesterday, "I could have told him the 600 monkeys were not coming to England at all. They were shipped from Calcutta to New York direct and will arrive there today.

"The government have done a very foolish thing in prohibiting the importation of live animals to this country. In pre-war days I used to pay about £1,000 a month in freight, dock charges, and cartage. Now I ship all my animals direct to New York from both India and Africa.

"Hardly a penny of this money comes to England now. Why the government put a ban on the business, goodness only knows! It could not have been shortage of shipping, for they were always brought over on deck.



"Monkeys are very dear at the present time. The government now pay £3 10s. to £4 apiece for the kind I was able to supply for 25s. before their importation was restricted. They are not menagerie animals at all. They are used in the pathological laboratories for experimental purposes and have been extremely useful to the army medical authorities during the present war."

Six hundred monkeys on which to experiment, and then make monkeys out of human beings experimenting on them!

The people are played for monkeys by the medical profession in every conceivable way. The Red Cross, under the plea of helping the sick, wounded, and starving, and doing other charity work, turns a hundred thousand dollars over to vivisectors for vivisection. Those who are against monkeying with animals in a vivisectional way will feel angry to know that the Red Cross funds are diverted in this manner. I myself had made up my mind to do as much as possible, but do not care to donate to an institution that is binding the shackles of superstition on the people, as this big charity is doing. In tuberculosis the Red Cross is embalming and perpetuating the present fallacious theory regarding its cause and treatment, and the more popular the Red Cross—the more money it has—the more fallacy will thrive.

I have the cross in my window, but there are two of us, and the lady of the house is more charitable than I am.

I suppose the Red Cross donations to the vivisectionists will keep them in monkeys for some time, and we may expect some good serums to check the spread of

May, '18

PHILOSOPHY OF HEALTH

3

infantile paralysis, meningitis, and other diseases, just as surely as it has done in the past.

\* \* \*

The second item on the clipping was:

#### FEARED EXAMINATIONS

##### STRANGE EFFECT OF SHELL-SHOCK ON CADET WHO 'COMMITTED SUICIDE

Fear of medical examinations was said to have been the effect of shell-shock on Cadet Reginald Douch, twenty-one, on whose body an inquest was held at Weedon, Northants, yesterday. He was found in barracks with his throat cut and died an hour later.

He had been at Weedon two months and was suffering from shell-shock. A doctor said he had ordered Douch to go before a medical board, but at his own request he gave him permission to resume partial training.

Fellow-cadets said Douch was extremely nervous and took potassium bromide to steady his nerves before an interview. He had said he did not fear shell or bullet, but could not face an examination.

A verdict of suicide while temporarily insane was returned.

This item needs no comment.

\* \* \*

The next was headed "Medals for Scientists" in research work. More monkeying!

The next was "Died of Two Diseases." Tetanus and meningitis. The diagnosis is modern and made possible by more monkeying.

Keep our doctors monkeying with plenty of Red Cross money, and, if we all live long enough, we shall run out of any knowledge of any value.

The Red Cross charity, when confined to care of the sick and unfortunate soldiers, is a grand and noble work; but to ask the people for money for charity, and then turn it over to a vivisection society, when a large percentage of those donating would not give a dollar for such vivisection, but would give dollars to oppose it, is betraying the confidence of the public, and a good, big explanation and apology should be forthcoming.

\* \* \*

LATER FROM NEW YORK

DEAR DOCTOR:

Here is a monkey making monkeys out of a board of health. Mike ought to get a medal.

Your friend,

W. W. WEITLING.

HEALTH BOARD MONKEY THRIVED ON DISEASES

Mike, a ring-tailed monkey, was inoculated with germs of eighteen different diseases without any other effect than an increase in his appetite. The Board of Health became tired of experimenting with this hopeless proposition. They gave him to Mrs. Jacob N. Erlich, of No. 149 West Thirty-eighth Street, for a pet.

Mike made himself one of the family at his new home. He adopted a black cat and several parrots as pals.—From *New York American*, February 4, 1918.

And now Mike is a "carrier." If not, why not?

DEAR DOCTOR:

Inclosed find check for \$1.25, for which please renew my subscription for 1918. Good luck to your incomparable work! In the desert of medical superstition, your clear-cut theory of disease and health is the only oasis. Yours for truth at any price,

DR. E. B. W., Philadelphia, Pa.



May, '18

PHILOSOPHY OF HEALTH

5

## FOOD ECONOMICS

THE following bulletin was sent to me with request to give my opinion on its merits:

### FOOD ECONOMY COMMITTEE

#### NATIONAL DEFENSE

#### ALLEGHENY COUNTY DIVISION

### BULLETIN NO. 1

THIS IS SUFFICIENT FOOD PER PERSON PER DAY

#### DIET TABLE

Meat*—including poultry,† game,† and fish,† per person per day -----	8 oz.
Eggs†— -----	2½ eggs
Cereals‡—including flour, rice, corn meal,† baker's bread (1 loaf = 12 oz.), macaroni, corn starch, tapioca, crackers, breakfast foods (net weight given on the packages) -----	5 oz.
Sugar—including molasses and maple syrup and candy--	3 oz.
Fat—including butter, lard, suet, and sweet oil-----	3 oz.
Milk†—(for children allow double amount)-----	1 pint
Potatoes†—1 very large or 2 small; or substitute beets†— 2 medium-sized; carrots†—2 medium-sized; turnips†— 1 large; dried peas or beans‡-----	5 oz.

Articles not on this list are unimportant from a conservation standpoint, although some of them, such as fruit† and fresh vegetables,† are highly desirable from a dietetic aspect.

The quantities given here are what should be allowed per

---

\* Butcher's weight, including trimmings. The edible portion would be about four cubic inches.

† H. C. Hoover, chairman of the American Food Commission, advises the consumption of this article in place of others more suitable for exportation.

‡ Grocer's weight, uncooked.

person per day to provide an ample diet for persons engaged in ordinary light work. For those engaged in heavy manual labor they should be increased by 20 per cent, and for children under eight diminished by the same amount. Ten per cent extra allowance has been made for unavoidable waste.

By comparing this table with the quantities shown in her weekly bills, the housekeeper can readily calculate the amount of waste and over-consumption of food for which she is responsible.

Prepared under the supervision of Professor Mary S. Rose, of the Nutrition Department of Teacher's College, Columbia University, and approved by a prominent practicing physician of New York City.

Frankly, it is a relief to see a reasonable amount of food prescribed, instead of the great quantities usually advocated by medical men who believe in "lots of good, nourishing food."

If people will confine themselves to the limitations of this bulletin, the general health will be improved, for there will not be so much overeating.

The "Diet Table" is devoid of the *unimportant foods from a conservation standpoint*.

My opinion is not worth much in this cyclone of reform that is sweeping the country, notwithstanding I have been a very close observer of the sick and well for forty-five years. Just any little two-by-four popinjay who has heard of starch, proteid, and fat can tell me where to get off on the subject of diet. I wish to say that conservation in food is a good thing. If our people can be cured of their ignorant, stupid habit of wasting food, this war will not be all in vain. But conservatism is not half worked when it is spent in saving food. The greatest conservation is in health and life. To know

*May, '18*

PHILOSOPHY OF HEALTH

7

how to eat for health is one of the most conservative measures to be taught a people. The "Diet Table" copied above gives no hint as to this, but is capable of doing harm. The food recommended has a preponderance of acid potentiality. Should it be eaten in a community for a few months, there would be much sickness from a lack of eliminating foods and from a lack of foods potentially enzymic.

Many people eat according to that table, but eat twice to three and four times the amount recommended. They break down with catarrhal diseases and tuberculosis, or rheumatism or some form of gout.

A safe diet—one that is more conservative in food, and certainly more conservative in health—is the following: Fruit—fresh, uncooked fruit—for breakfast. Dinner at noon: meat every other day (four to six ounces)—any butcher's meat, fish, fowl, or eggs—with two succulent vegetables and a Tilden salad or a grapefruit, or apples; the alternate days, one of the following foods: Irish or sweet potatoes, corn bread, navy or butter beans, rice or whole-wheat bread (toasted), two succulent vegetables, and a salad or fruit. Supper: any cereal and fruit, or pie, pudding, or plain cake, and a glass of milk; occasionally nuts, cottage cheese, and fruit, on days when meat is left out of dinners. How much? All necessary to satisfy. If there is discomfort of any kind, miss a meal, or miss as many meals as necessary to bring comfort; then eat more moderately. As well declare that grass is not necessary for the cow as to say that fresh fruit and vegetables are not necessary for



man. I am not so lonesome on my diet reform as I used to be. Everybody believes in it—"everybody's doin' it"! Those who have just broken out with the disease know all about it. No knowledge is so important as that of the novice.

---

## WHY PEOPLE SHOULD EAT RAW VEGETABLES AND FRUIT

A FEW HINTS ON THE USE OF SUCCULENT VEGETABLES AND  
FRUIT IN THE PHYSICAL ECONOMY



BEFORE taking up the subject proper, it will be well to attempt to have as clear an understanding as possible of what disease is, and then what curing is.

Are germs the cause of disease? If they are, why are we not all sick, or why were we not all destroyed long ago—surely they are omnipresent? Is it because we have enough resistance to prevent the germs from influencing us? Then it is resistance that keeps us well, and lack of resistance that allows disease-producing influences to make us sick.

It is nerve resistance that keeps us from getting sick. Lack of nerve resistance puts us in a position where disease-producing influences down us. It is all right for us to talk about germs causing disease; but what is it that causes germs to cause disease? For it is apparent that they do not at all times do so. What causes tuberculosis? That is the question. We should get it out of

*May, '18*

## PHILOSOPHY OF HEALTH

9

our systems once for all the idea that anybody has ever taken tuberculosis from breathing the exhalations of a tuberculous subject. That is one of our medical delusions, notwithstanding the consensus of medical opinion favors that theory. Fortunately the medical profession does change its beliefs occasionally, and some time this century it will repudiate its present beliefs on the subject of tuberculosis. The profession is gradually giving up beliefs about infection and contagion which a short time ago it was forcing the people to accept by law.

What is really the matter with a tuberculous subject? In the first place, he has inherited the scrofulous or tuberculous diathesis, and then he undermines his digestion and nervous system by improper eating and other enervating habits. This sets the scavengers—germs—to work, and, as he is predisposed to that kind of disease, it develops at once. But he must first develop adenitis. He first has enlarged glands in the neck, in the cervical region, and in other parts of the body. From what? Infection—from absorption of toxic material in the intestine, brought on by gastro-intestinal decomposition. From what cause? Overeating, and eating improper combinations, aided by enervation brought on from any influence that uses up nerve energy.

### BRAWN DOES NOT WARD OFF DISEASE

What kind of resistance is it that keeps us well? Is it the big muscles and nerve energy that help us to win battles? Is it the energy that helps us to win the race, the fight, the victory over physical and mental obstruc-

tions? If so, why are athletes proverbially short-lived? Why do many pugilists die young?

It is not because pugilists take so much punishment. There is not so much punishment in the pugilistic ring as in the football game. The "pugs" get off with very little punishment.

If physical development gives immortality, then the Sandows should live forever.

I have been writing much, the past years, about used-up nerve energy—that enervation is at the bottom of all diseases—and it occurs to me that I had better explain to my readers what I mean by enervation. A man may be strong enough to give a tremendous punch, but at the same time his energy for resisting disease may be very low.

Why do strong men lie down and die in middle life?

Why was it possible that De Quincey could develop such a fiendish toleration for opium that by the time he was thirty years of age he could take a pound of the tincture? And yet he lived to be seventy-four years old. He inherited, of course, tremendous vitality—tenacity to life; but if he had not given up the opium habit, he would not have lived to half the age he did. After he gave up his habit, he gradually went back to normal; after which he was probably a very moderate man in all his habits of life, and this helped him to live to a reasonable old age. Physically he was a delicate man, having rickets in his youth.

Why could Robert Louis Stevenson produce books while he was dying of tuberculosis? He was a delicate



*May, '18*

PHILOSOPHY OF HEALTH

11

boy; his requirements were not understood, and he was cared for like other boys, which care ill fitted him. His cigarette habit shortened his life.

Certainly resistance to disease is not within the reckoning of strong muscles and robust health. Resistance to disease depends upon the condition of the cells.

It must be cell life, cell activity, cell health, that has to do with our toleration and resistance.

We are made up of cells; our bodies consist of a colonization of cells, and the body's continuance depends entirely upon cell life—the cell's ability to renew itself. This power of cell renewal is not physical force; it is chemical and vital.

Power to live—power to renew life—is both inherited and acquired. Those who have not inherited large vital power may, by care, live longer than those who have.

#### NATURE REWARDS EFFORT IN ANY AND ALL LINES

Life, like electricity, we can know in attribute only; and why are we not justified in recognizing it as transformed energy?

People generally look upon life as something that is unexplainable—something that we shall never know what is—and the reason for this belief is that they think we cannot generate life. We should not forget that we know just as much about life as we do about electricity—and we know just as much about electricity as we know about light, heat, motion, gravitation. It is reasonable to believe that life is simply transformed energy. Then perhaps someone will say that electricity is made. All

right. I will then say: Have that someone make me some electricity, and I will make him some life.

We do not make electricity—we only transform it from other forces. We cannot generate anything that is—that is immortal. Force is immortal, everlasting, never to be destroyed and never to be created. Life is everlasting, never to be created and never to be destroyed. Then why can we not understand life as well as we understand electricity? We must get rid of this backing-off and being afraid of natural phenomena for fear we cannot explain.

I shall assume that the cell is the workshop of our bodies, and it is the special function of the cell to transmute energy into life.

Down in that little cell, that unitary brain, that unit out of which the human body is made, there is a workshop where everything of a vital character is carried on. It is so small that it is microscopic.

The line of demarkation as to where life is and where it is not is very dim.

The egg is not a living entity; but if it is put under a hen, or put where it will be kept at a certain temperature, there is developed, in the course of three weeks, a live animal—and one so completely developed that it can stand on its feet and eat the same food that its mother eats. This is a wonderful transformation to take place in three weeks. There was life in that shell—that is, life potentiality; but there was something required to start that life—nothing more, however, than a certain amount of heat. If it had not received that heat, the ani-



*May, '18*

PHILOSOPHY OF HEALTH

13

mal—individuality—would never have come to activity; that particular biological synthesis would have lost its only opportunity to incarnate. Individuality, from the lowest cell to man, is dependent upon energy in some form for its completion. Warmth withheld for a moment at just the needed time means the blasting of that life.

The cell, then, is the great I AM, so far as the living human body is concerned; for the body is made up of cells. It is microscopic, yet the base elements—those building materials—that go to make up our bodies are represented in those little cells which are microscopic. Then is the vitalized element in the stalk of celery, a leaf of lettuce, a head of cabbage, the fruit of the tomato, and the cucumber to be ignored as sources from whence to secure the one thing needful in building up life and resistance?

The cell is the unit of all tissue. The uniting of cells—the colonizing of cells—makes tissue; tissue makes organs; each organ has special functions; the colonizing of organs makes a body; and the body makes the man.

Microscopically, the base elements are brought together in an orderly manner and made into a cell, which is the unit of all tissue formation. Tissue is then woven into organs, and organs are united into a finished body. Cell is the unit of tissue; tissue is the unit of organ; organ is the unit of body or man; man is the unit of mind; and mind is the unit of God—cosmic psychology.

We start with a microscopic unit which is a compound made up of elemental salts and proteids, with psychical potentiality and inherited tendencies; and all are united



in making a macrocosmic unit that is all-inclusive. We can know all about these units by studying their elements and attributes—that is the only way to know of anything; and yet the potential elements we shall never discover by analysis—very possibly by reasoning.

As stated before, the cell is made up of proteid—albuminous substance or nitrogenous compounds—and the very vital elements, cell salts.

Proteids consist chiefly of albumins and the elements carbon, hydrogen, nitrogen, sulphur, and oxygen. The proteids are very complex, hence unstable: they go into a state of decomposition easily—that is the reason why meat decomposes so quickly. Fish seems to be held in a state of *status quo* a shorter time than any other flesh; consequently we can be poisoned by fish very easily.

The instability of the proteid foods makes it necessary to be careful in their use as a food; for an oversupply will cause the accumulation of urea or nitrogen (acid) in the blood and tissues of the body, when digested; and, when not digested, intestinal putrefaction and systemic infection, with toxin poisoning, take place. It is the poisoning by proteid foods that favors the development of suppurating and ulcerating diseases, such as smallpox, diphtheria, syphilis, and septic fevers of all kinds.

As generally conceded, urea is antiseptic. Nature provides herself with materials that protect her. If one overeats, one accumulates too much of certain wastes. Urea is one. It becomes an antiseptic, and helps to prevent poisoning from decomposition. But auto-cures can be overdone. A time comes when the body will be badly

*May, '18*

PHILOSOPHY OF HEALTH

15

toxin-poisoned. Then we have diseases set up peculiar to toxin poisoning.

Nature tries to keep us from killing ourselves; but if we persist in self-abuse, in eating and otherwise, of course we can overcome every protection that has been established by nature. That is the reason why people die years ahead of their time. It is not because nature has not been protecting on every hand; for she is eternally fighting for the ideal. Nature cures, if there is ever any curing done. We should not forget that doctors never cure anything; the cure must be within the body itself; all that doctors can do is to help nature to bring about a cure.

The proteids are acid-forming foods. Unless they are eaten in moderation, and with enough base-forming foods, such as fresh fruits and vegetables, systemic poisoning will take place.

In the process of digestion the acid from fruits is transformed into a basic—alkaline—element. When the ash of fruit gets into the blood, it acts as alkali and neutralizes the acid coming from the proteid digestion. This being true, when we eat a good square meal of meat we should balance it with plenty of fresh fruit or salads. If we are to balance up the acid resulting from the digestion of corn bread or whole-wheat bread or meat, we must have fruit or salad. When vegetables or fruit are cooked, their alkaline potentiality is weakened, and they are put on the side of the acid-forming foods. This is especially true if sugar be added to the fruit.

It is obvious that food poisoning may range from the



slightest—a poisoning that ends in a slight cold or sore throat—to an overwhelming ptomaine poisoning that ends in sudden death. The profoundly toxicemic require only a moderate ptomaine poisoning to prove fatal.

It is the steady little poisoning taking place daily—causing endocarditis (inflammation of the lining of the heart) and hardening of the arteries—that undermines the system and brings on chronic diseases. The intake of a little poison daily weakens the system, brings on enervation, and makes it less capable of reproducing itself. When digestion is not furnishing a pabulum that is basically alkaline, it is furnishing too much acid. The acid weakens cell development, so that every time cells are renewed they are renewed weaker and weaker. The body is being undermined, and a collapse must come. The body is being put into a state where anything that overstimulates it will knock it down and out. Who are the people who lie down and die of pneumonia? They are those who neglect the eating of raw fruit and vegetables. No one can have pneumonia who follows the plan of eating suggested here. Eating potentially acid foods lessens the cell power—power to renew—and that is the enervation which causes one to lie down and die. The athlete may be on the brink of eternity, yet have all the brawn possible for him to develop.

Where the life of the blood is gradually killed by wrong eating and imprudent care of the body, a class of people grow pale and paler as they grow older, and the doctors talk about anemia. The derangement is not anemia; it is dysemia. Patients are poisoned with the



*May, '18*

PHILOSOPHY OF HEALTH

17

acid-forming foods that have not been balanced up with enough of the base-containing foods—potentially alkaline foods—to neutralize the acid. The life of the blood is killed, and the individual loses more and more of the red blood corpuscles, because they are killed by the acid toxin in the blood. When one gets in this condition it takes years to get back to the normal. To administer iron is childish. It is a medical superstition that is not worthy of this age. Iron cannot possibly do anything. Get back, remove the cause, and nature can do the rest. Giving iron is on the principle of "I am going to make you get well in spite of yourself." Another class grow flushed and purple, and in time die of apoplexy.

Fruit introduces an acid substance into the digestive tract that later yields an alkaline or basic substance in the blood and tissues.

The acidity of fruits is largely due to acid potassium salts—tartrate of potash—cream of tartar.

All the fresh fruits and vegetables carry potash. It is found combined with organic acids and other organic matter. When fruit is burned, either in the air or in the body, it gives off carbon dioxide and water, and also an ash in the form of carbonate of potash.

All ashes made from wood and vegetables are alkaline, and contain the mineral elements necessary to build cells.

A diet of proteins (meat), fats, sugar, and carbohydrates (starch) leaves no soda (ash) and will introduce no fixed base into the body, but will introduce

sulphuric acid from the sulphur in the protein. Hence it is an acid-forming diet.

A diet of pure albumin, olive oil, and sugar will develop symptoms of scurvy within ten days.

Water is one of the supposedly important foods. Indeed, it is not very important. It is not necessary to drink large quantities of water; for there is enough water in fruits and salads to supply all needs, when eaten as they should be. The water in fruits and vegetables is distilled water, and better than any of man's distilled waters.

People are not inclined to look upon fruit and vegetables—salads—as of much worth as food. They have the idea that fruit is a luxury. But it offers the cells of our bodies the most important food that is taken into it.

A large salad or grapefruit with each dinner is one of the most important prophylaxes. Indeed, to eat enough fruit and salad immunizes against disease.

---

## AFFLICTIONS VERSUS DISEASE



THE individuality of disease is generally believed both by the profession and by the laity. As a consequence of this popular fallacy, I receive letters from many people asking if certain diseases with which they are afflicted are amenable to my plan of treatment. To be specific: "Dr. Tilden, do you treat rheumatism, pneumonia, bronchitis, asthma? Is your plan of treatment effectual in appendicitis? Will your system reach enlargement or dilation of the stomach, enlarged prostate gland, cancer of the breast, varicose veins

*May, '18*

PHILOSOPHY OF HEALTH

19

of the legs, chronic cough, indigestion, dropsical swelling of the legs, defective hearing, enlarged tonsils, colitis, syphilis, constipation, etc.?" To most of the above-mentioned queries another question is added, namely: "Do I have to be operated upon?"

LIKE CAUSES PRODUCE LIKE EFFECTS

It is a self-evident truth that like causes always produce like effects, when the cause is single and acts upon a single object, bringing out a single effect. But where, in this world of multiplicity, are we likely to find single causes acting upon single objects, causing single effects? At the first suggestion it will be thought that to draw a bow across a violin string will always produce the same effect; but, alas! before we have begun to analyze the cause, our minds are filled with the suggestions that the bow must be one especially made, of just the proper elements and proper construction, and adjusted to a definite resistance; and the amount of resistance must be an adjustment known only to the educated sense-perception of the one who is selected to draw the bow across the string. It will not do haphazardly to select anyone to draw the bow. Indeed, the hand and arm that draw it must be educated to place the bow on the string in a definite way, put a definite amount of pressure on it, and draw it in a definite manner and at a definite speed; and then the sound that it sends out may vibrate love, hate, tragedy—indeed, any emotion that exists in the mind of the one who manipulates the bow.

To draw the bow so as to get a specific effect, we see



that the whole human being must be educated to the work; and then he must be an automaton, if the sound is to be the same if repeated; for if he who draws the bow has a soul, his moods will ring out in the sound, and it cannot be the same any two times the note is struck.

Now we have found how impossible it is to secure a like effect—sound—when the cause is objectively the same, and we have only partially analyzed the elements selected to make the sound. We have a man, and we have placed a bow of proper construction in his hand. Not even the string has been considered. A string presupposes a world of accumulated experience to manufacture it correctly, if it is to equal and fit the requirements of the man and the bow; and the man and the bow must test it and force it into a specific tautness, and its specificity must agree—be attuned to a specific sound. What that sound is to be—if divine or a noise—depends upon the violin. And this instrument is constructed out of wood and the souls of men—incarnated wood—wood potentized with the musical psychology of the ages. At least, that is what Stradivari is made of. Of course, the psychology of the violin must vary from a soulless commercial fiddle made of wood, string, and bow, to an incarnation that represents the musical psychology of the spheres.

How impossible it is to have a like cause producing a like effect, when the soul of man has anything to do with it!

Perhaps the reader will think my illustration is far-fetched and has nothing to do with the subject in hand—

*May, '18*

PHILOSOPHY OF HEALTH

21

namely, the individuality of disease. Perhaps. Let us see.

Food eaten beyond digestive power causes headache. The formula is: Too much food taken into the stomach ferments, and the irritation from the toxin of the ferment causes headache. What kind of food? Not all foods will produce this effect, and the food that produces headache in one person will not produce it in another. That fact indicates that the head that aches has been especially prepared by living an unsuitable life—a life that has made the nerves sensitive. All people will not be affected in the same way by the same cause; for a fermentation in the stomach may produce, in one, asthma; in another, headache; in others, pneumonia, tonsilitis, catarrh of the nose and throat, ear disease from extension of throat disease, etc. To bring about these effects, the stomach is differently influenced. In one person, enervation is brought on from overwork; another person is a sensualist and breaks down digestion by various self-indulgences; still others depress digestion by worry—by many varieties of mental depression. If we add to these causes the varying chemistry of the food, its cooking and seasoning, we see how absurd it is to think of one cause and one effect in the midst of infinite causes and infinite effects. Yet we must believe that in all this diversity there must be a universal unity. All is made possible by never-varying law and order. The law is for maintaining unity.

Disease is perverted health. The human body and mind rebel at the law's restrictions, and in attempting to break the law the body and mind are broken.



Disease, then, is the effect on health of disregarding law and order; disease, then, is effect; and the daily habits of body and mind of the people in general are enough alike to make effects (diseases) similar. People of different diatheses, when disregarding law according to convention, develop acute affections (diseases) in keeping with their inclinations—their diatheses. The scrofulous diathesis, from breaking health laws in a conventional way, develops all sorts of glandular affections (diseases), and eventually tuberculosis. The gouty subject, from breaking health laws according to convention, develops all sorts of rheumatoid affections, and in the end is deformed by gout in some way. There are other diatheses, both general and organic; and, of course, all people in the various classes, living in the same way, will have diseases—affections—of a like kind.

My system of practice is based on presenting man to his laws in such a way that he will not suffer from the contact. Then, when people ask me if certain diseases come under my mode of treatment, the answer sent back is: If my system does not meet the requirements for a cure, no system can. Then it is explained that a correct system of treatment will not recognize diseases as named. The patient is to be treated—not his so-called disease; for disease, *per se*, has no existence. The totality of symptoms may sum up a complex named rheumatism, gout, tuberculosis, syphilis, etc.; but the name and the symptoms fail to hark back to cause; hence treatment based upon names must be a failure.

Sometimes I am reminded by a logical-minded lay-



May, '18

PHILOSOPHY OF HEALTH

23

man or doctor that all these diseases are cured by physicians—"that there are thousands of doctors who are busy treating people, sick with all sorts of diseases—and *they certainly do not all die.*" The italicized words are pregnant with sarcasm and intended to silence my batteries against distinctive diseases. But such a remark is plausible and conclusive only to minds dealing with the surface of things. A little sub-surface reasoning will soon have the whole army of opponents *hors de combat*. But, unfortunately, only a few will know it. There are none so blind as those who will not see.

"If people who get well are not cured, what takes place? They certainly were once sick, and now they are well."

To make a homely illustration, we will consider a case of inebriety—which is a type of disease, as disease is understood. The drunkard's diathesis is what is called a neurotic temperament: he inherits the neurotic—nervous—diathesis. People of this diathesis develop a habit for stimulants very easily. After living and breaking health laws in the ordinary or conventional way, the enervation that is brought on is marked by great discomfort. All kinds of painful affections spring up, and the victim soon learns that relief is found in coffee and more coffee, in tobacco and still more tobacco; and at last alcohol is found to relieve, and more and more is used.

When the inebriate is prostrate with liquor he is sick—too sick to help himself. It is then he is taken care of and nursed back to health; that is, he is over the acute attack of alcoholism, and the doctoring and nursing has

cured him. Is he cured? What is his disease? Drunkenness. Is he cured when over a spree? Yes, he is over the affection—the disease called drunk. What causes these periodic attacks of drunkenness? Satisfying a desire for alcohol. Is the desire, and the enervation that causes the desire, cured? No! Then he will continue to get drunk until he is cured of his desire for drink. And the cause of the desire is enervation and its discomforts. A cure must be not only to stop alcoholics, but so to regulate the life as to get over nerve longings—nervousness, which is a crying-out for relief by nerves that are educated in finding relief in alcohol, tobacco, coffee, tea, opium, and other drugs, and stimulating food—the toxins (intoxication) generated by fermentation of food when taken in too large amounts.

Cannot the reader follow step by step and compare the drunkard's disease and its cure with any other drug disease and its cure; and then the food drunkard's diseases, and the thing most needful to cure—namely, not only get rid of the headache, the rheumatism, the heart derangement, the typhoid fever, the pneumonia, and the other affections which are true types of food drunks, but correct the eating habits in such a way that the nerve habit—the longing, the aching of enervated nerves—will be restored to the normal? Then it can be said that the drunkard is cured, be he an alcoholic, a tobacco, a coffee, or a food inebriate.

#### THE CONVENTIONAL WAY OF THINKING

It is so easy to think of rheumatism as an entity, and then of a specific remedy. It is easy to go to the drug



May, '18

## PHILOSOPHY OF HEALTH

25

store and get a bottle of Dr. Blank's specific for rheumatism, or to go to Dr. X-Ray and get a shot of just the right serum, and, lo, presto, change! the rheumatism is gone—*all but a little heart derangement*, which is treated with heart remedies.

### THE NORMAL WAY TO THINK OF DISEASE

The truth about the physical state of a rheumatic subject is that he inherits the gouty diathesis; then he lives in such a manner as to become toxemic. He would not suffer an attack of rheumatism unless poisoned with toxins, and the toxin poisoning presupposes a sensual indulgence exceeding the power of digestion, assimilation, and elimination.

### HOW DISEASE IS BUILT

Resistance is an unknown quantity. It must vary in all individuals, and in the same individual. To the point: A person may be in usual health, and on getting up in the morning feel fit for almost anything, and eat and enjoy a breakfast of eggs, bacon or ham, cakes or biscuit, and coffee. All goes well until ten o'clock. Then he feels heavy, dulled, and aged. The morning that was so bright and enjoyable has become gloomy and dull. The noon meal, with its stimulating food, revives the drooping spirits. Later in the day comes the dinner, and once more stimulation. Then in a few hours to bed for a heavy sleep, with an awakening more or less refreshed. The bath and stirring about shake off a little feeling of stiffness and languor. Anyhow, a breakfast such as the morning before revives and puts the sun of cheer in the



sky for at least three hours. Then comes the depression similar to that of the day before, which is a state of enervation from overstimulation.

Nerve energy varies from time to time. It represents the sum of resistance. Energy may be used up in imprudent eating, overeating, or in work, worry, pleasure, etc.

#### SYMPTOMS OF SLIGHT AFFECTIONS

A heavy, dull feeling; an ache in the back; daily recurring aches in different parts of the body; an occasional stiff feeling; slight languor or gloom that mentally depresses; a feeling in the mouth that is not natural; a slight, undefinable taste, which may at times be disagreeable—enough so as to take away the old-time keen relish for food; capriciousness of taste: the brand of cigars must be changed—those once looked upon with favor are little better than cabbage leaves; the coffee has lost its flavor; the old favorite dishes pall on the palate. Indeed, life begins to be somewhat of a bore. During the time since the first feeling of languor, until everything, even friends, pall upon the victim of bad habits, there have been a number of attacks of sickness. Headaches, gastric derangements—pronounced by the family doctor biliousness—constipation, piles and possibly prolapsus of the rectum, headache, lumbago (backaches), slight rheumatism, frequent attacks of tonsilitis, quinsy, ulceration of gums and aching teeth, a slight deafness, ringing in the ears, nasal catarrh, hay fever, and the catching-cold habit, are all slight affections that come and go without let or hindrance on the part of the doctor. As the vic-

May, '18

PHILOSOPHY OF HEALTH

27

tim of this state (constitutional toxemia—autotoxemia) continues to become more enervated and toxic, the crises—the affections—the so-called attacks of disease—become more severe and the reaction more feeble, until there is a gradual development of a chronic disease that defies forever all palliating schemes called systems of cures.

Every affection above referred to is self-limited; for it is simply a crisis—an exacerbation—of a constitutional state of autotoxemia. If there were no physicians on earth, if doctors were not called at all, these so-called diseases would come and go, and in most instances would go much sooner if not held back by an unsuitable treatment. Because of the tendency of all these ailments and discomforts to get well without doctoring, all systems of curing succeed. Indeed, if left alone, the patient soon settles back to the regular life of building toxin poisoning; and when the system is overwhelmed, there is a return of the same symptoms that *were cured* a short time before—or the escape of the pent-up fury may present another form.

The foregoing being true, it is to laugh to see all sorts of doctors and healers taking much unction to their souls for the great offices they are performing in curing and amputating crises in a chronic state of autotoxemia that comes and goes, doctor or no doctor.

\* \* \*

The explanation of the relation of other diseases to these principles will follow. Reader, pay attention to the description of so-called diseases that shall follow from

month to month, and learn to think right about disease! Bring a neighbor along with you in the reading of a true analysis of diseases! Let us work together for enlightenment of the public on the subject of the true cause of disease!

---

### PROGRESS



THE universe rhythms. Worlds come and go. Continents rise and sink. Empires flourish and decay. Today, whither are we drifting? Are we progressing or retrograding?

Nature owns all the time there is; and, as time is the profoundest of all infinities and motion is its affinity, there can be no delay in cosmic progress. Everything must move, and keep moving; for in the universal scheme of world-building regression makes progression, and only man is peeved by delay. Only insignificant things are disturbed when peoples sink or rise.

Man is so incorrigible that he spends most of his time going backwards, because he cannot learn that very, very often the longest way around is the shortest way across—that delay utilized is the quickest way to progress.

Tennyson touched a philosophical note of truth when his muse made him say:

Yet I doubt not thro' the ages one increasing purpose runs,  
And the thoughts of men are widened with the process of the suns.

But when progress is halted, and perhaps turned back, by the shortsightedness of man—by the selfish egotism of the few—we become discouraged; for the span of human life is short at the longest, and, before we have



May, '18

PHILOSOPHY OF HEALTH

29

to go, we should be glad to know that friends who follow us have conditions of life made better for them than we were permitted to enjoy. But if we must judge the future by the present, the outlook for years to come is anything but pleasing to those who love freedom and who hate slavery in any of its forms. Real freedom of mind does not exist. We are free to think as convention dictates only.

Civilization is threatened with overthrow. The war in Europe is as senseless as the social status that brought it on. The social status of our own country is such that probably nothing will purify except internecine war. Possibly discontent will be satisfied for the time being if malcontents can be united in a struggle for democracy.

Milton was a seer. His description of the evil spirit is fitting it today:

. . . So eagerly the Fiend  
O'er bog or steep, through strait, rough, dense, or rare,  
With head, hands, wings, or feet pursues his way,  
And swims or sinks, or wades, or creeps, or flies.  
So he with difficulty and labor hard  
Moved on, with difficulty and labored he.

If any reader thinks Milton's description of the evil fiend of his day is too overdrawn to fit the devil of dogma today, he should cast his eyes over the two following letters:

DEAR DR. TILDEN:

In December I made an unsuccessful attempt to reach you by telephone. I have waited for facts to give you before explaining, or asking for bill, as Central informs me she reached your secretary.

The facts are: The State Board of Health swooped down upon the deaf school, in response to some information received because of a few cases of simple sore throat among the pupils. Two came armed to "stamp out diphtheria," where there was not a serious case. Anyone refusing to take the Shick test would leave the school and could never return. My sister and brother believed the statement that this test was local—that nothing entered the circulation. I insisted this was not true, and that the board should wait until I could consult our authority. These two, sister and brother, were the only ones in rebellion. I was furious. Not succeeding in getting your advice, they took the test—given in the arm with the hypodermic needle.

In three days the arms were to show whether the victims had sufficient resistance to make them immune from diphtheria in case of exposure. Those not immune must have antitoxin. Two hundred and fifty took the Shick test, and nearly everyone the antitoxin. Edgar was immune. Stella was not. She refused the antitoxin, but had a fight of about three hours. Every means was used by our city health M. D., the chemist, and an M. D. from Madison, to force this treatment, except physical brute force. Two ladies stood out with her. They were made to believe they had forfeited their positions for life.

They were locked in a small room, and a deaf girl was given the key to the only door. There was only one window, ten to twenty feet from the ground. There they were held for fourteen days.

The 250 were quarantined about the same length of time. There were six cases of so-called diphtheria. These three ladies were put in the same building with the six. The three were in perfect health. No one was allowed to speak with them except through the closed window, standing on a ladder. Food was shoved in through the door; empty dishes were jerked out.

Mr. Buell, a new superintendent, was helpless. These three ladies were told they were under police authority—they would go where and when told, and stay until released.

The night following the antitoxin was a horror. Some were

May, '18

PHILOSOPHY OF HEALTH

31

in chills; others fainted; all suffered from pain and soreness, and severe swelling in backs and arms, some of which were almost black. One hundred and ninety children had no choice. Teachers and officers were given the choice of leaving their positions or yielding to the vaccination. The outcries and pleading and protests were like a pandemonium.

I have told but a small part of the outrageous conduct of these officers, our city doctor included.

Thanking you for any time used in reading this, I am

Most respectfully,

L. E. F.

And yet we boast of freedom and enlightenment, and protest our innocence of being superstitious, ignorant, and bigoted.

\* \* \*

DEAR DR. TILDEN:

Within the last year I have noticed a number of court decisions, arising from workmen's compensation laws, that should interest you and your readers.

I think I sent you a clipping of one. It was an Oregon case where a man took typhoid, and sued his employer for providing water with typhoid germs in it, and thus causing his typhoid. The court awarded him damages, holding his employer to be responsible for the man's fever.

The latest to come to my notice is in *Public Health Report*, August 25, and is a case of an insurance solicitor's widow against the company that employed him—in Connecticut.

"Of good health and rugged physique, he drove fifteen or twenty miles in course of his employment," and got his face frost-bitten. Erysipelas followed, and the man died. The widow sued for compensation, and won. The Connecticut Supreme Court of Errors, to which the case was appealed, found no error. Here is part of the decision:

"The finding shows that the usual exposure of the employment of the decedent to the weather caused frost-bite, producing



lesions of the face, through which the germ of erysipelas entered and the disease erysipelas developed.

"Erysipelas developed from the frost-bite; the finding on this point is conclusive. If the primary injury arises out of the employment, every consequence which flows from it likewise arises out of the employment."

Insurance men often meet with a frost. But if employers are to be held responsible for the "germs" which their people get into them, there will be no need of socialism to effect redistribution of wealth.

L. C. L.

Employers should demand that employees take a course in dietetic training from Tilden, and agree to live it, or reform employment. Proper living will prevent such contingencies.

---

## DR. STILL—THE FATHER OF OSTEOPATHY

DR. STILL has passed to the silent majority.

Peace be with him!

Dr. Still—the man, the individualist, the pathfinder; one of the frontiersmen of the healing profession; a rugged doctor; one who could be loyal to his own mind, in spite of all the opposition of entrenched custom; one of the few born in the nineteenth century who dared to stand alone, in a little oasis of his own creation in the great desert of medical opinion, and defy the desert air filled with the burning sands of fallacy.

The grand old man was rewarded in his old age by seeing friends gather about him by the thousands; and he bore up patiently and serenely at seeing his early pioneer opinions exploited in a manner that threatened

*May, '18*

PHILOSOPHY OF HEALTH

33

their annihilation, and certainly taking on a metamorphosis that was not dreamed of in his philosophy.

I presume he was amused at seeing his philosophy taken out of its pioneer negligee and put in a dress suit, with possibly a hypodermic in one hip pocket, a bloody scalpel in the other, and a few pills stealthily ensconced in a vest pocket for emergencies—emergencies that never belong to the old pioneer's armament, nor were they dreamed of in his philosophy.

'Tis well that death eventually spirits the pioneer in thought out of the way of his own boomerangs.

The thought that Dr. Still put in motion years ago evolved, through his satellites, a personality so unlike the original that before he died he had to be introduced to it when he met it on the streets of the Missouri town which he placed on the map.

No doubt the old doctor would have been dismissed from his own society because of heresy, would the performance not have been so decidedly incongruous and unprecedented.

Dr. Still, like Mrs. Eddy, outlived himself. The metamorphosed theories of both met them on their way to their funeral, and condoled them on the misfortune of their longevity, but congratulated them on their demise and sweet prospects of personal oblivion.

Dr. Still and Osteopathy are names for the future to conjure with. Whatever of original potency may be distilled out of the philosophy in the refining process, Still and Osteopathy are branded eternal on the empyrean.



PHILOSOPHY OF HEALTH congratulates Dr. Still, and those who represent him, on the immortality he has achieved. May the dear old man *rest in pace!*

### WASSERMANN TEST

**I**T IS thought by many laymen, as well as by the profession, that an unbeliever in the Wassermann test should be sent to an insane asylum, and I especially, for my oft-repeated statements that the Wassermann test is a delusion. The time is coming when it will be a curio instead of a cure-all. It is one of the regular profession's ephemeral infallibilities. There is but one thing that is certainly infallible about modern diagnosis, treatment, and immunization, and that is its fallibility.

The following clipping from the *Globe and Commercial Advertiser* of New York City, for February 7, 1918, is a hint of the beginning of the end of the Wassermann delusion:

#### DR. SYMMERS AND OTHERS HOLD THAT WASSERMANN REACTION IS FAR FROM INFALLIBLE

Doubt is cast on the accuracy of the Wassermann reaction, regarded by some as an almost infallible test for the presence of syphilis in the patient, by a report of 331 autopsies presented by Dr. Douglas Symmers, assistant director of the Bellevue Hospital laboratories; Dr. Charles G. Darlington, and Helen Bittman, assistant in the Bellevue laboratories, and published in the current *Journal of the American Medical Association*.

The conclusions which the three investigators have reached are, first, that the Wassermann test gives a negative reaction in from thirty-one to fifty-six per cent of cases in which characteristic anatomic signs of the disease are shown by autopsy; second,



*May, '18*

PHILOSOPHY OF HEALTH

35

that the Wassermann reaction is positive in at least thirty per cent of cases in which it is not possible to demonstrate any of the anatomic lesions of the malady by autopsy.

Speaking of the Wassermann reaction, the report says: "It is not a specific action, but occurs in conditions other than syphilis, and it does not always occur in syphilis."

The methods of diagnosticians who depend chiefly on the Wassermann reaction for their judgment as to whether the patient is or is not afflicted with the disease are criticized. Unlike the Wassermann reaction, which is not specific, the report says, there are specific indications of the malady, such as detectable changes in the skin and mucus membranes. The report also says:

"These and like signs were sought by the clinicians of the generation that passed with Delafield and the elder Janeway; but the generation that holds the responsibility of the future is being inculcated with an almost reverential respect for artificial methods that neither clinician nor pathologist can explain or control."

Dr. Symmers is the man whom James E. McBride, head of the Municipal Civil Service Commission, has been attempting to deprive of his place as third in the list of those eligible to appointment as chief medical examiner for New York.


At the very best, the test fails in fifty per cent of the cases on which it is tried—I mean in cases where there are ordinary signs of syphilis—and the test is positive in half of those suspected of infection. It is positive and negative alternately in suspects and in those with a history.

If the advocates of the Wassermann test would like, I will obligate myself to prepare any number of syphilis-free cases to show a Wassermann positive test, and then immediately after cause the same subjects to show negative reactions; and the preparation of both conditions will be made with food.

It is easily demonstrable that the Wassermann test will show positive in fifty per cent of cases that have no taint whatever, and in at least half the tests made on proved syphilis the reaction will show negative. As far as being a guide—a reliable guide—on which to base a treatment—a treatment fraught with as much danger as the drug “606” and its congeries—it is a delusion and a builder of syphilophobia.

It can be proved that where the treatment of syphilis is carried on according to this theory, it is either fraudulent or delusional—that those giving the treatment are either dishonest or deluded.

### PUT DENVER ON THE MAP!

HY don't you come to New York? You can't pull the East to Denver! If you were in San Francisco, you might pull the West; but, being in Denver, you have no pull.”

The substance of the above quoted remark has been hurled defiantly at me by New Yorkers and other eastern people, as well as Californians. Those making the pessimistic statement forget that they have been pulled from their respective places, and when they go home they will send others who are not able to get in the East or West what Denver can give them.

No, I am not going east or west, north or south. I intend to stay here and put Denver on the map.

Colorado and Sunshine are on the map, and they have drawn people seeking health. Of course, Denver has



*May, '18*

PHILOSOPHY OF HEALTH

37

been the biggest place at which the visitors and cowboys could trade. But, so far as doing anything that would place it on the map is concerned, about the biggest noise it has ever made was twenty-five to thirty years ago, when it did enough business in wild-cat stock to rob every hired girl and washer-woman in the land of her little nest-egg. This job of wild-catting was followed by a lot of irrigating stock-jobbing that nearly broke all the dishes on the eating-house tables.

There is one other service in which Denver has done herself proud, and has succeeded fairly well in holding herself down to the dead-level of a boarding-house town; and that is in telling everybody who has heard of Dr. J. H. Tilden, and who has come to the town inquiring about him, that there is a starve-to-death doctor in town by that name. Or, if the stranger is Rube enough to ask a professional man, the answer will be: "I never heard of him; I know him not;" or: "Yes, there is a quack in this city by that name; he is one of the biggest fakes on earth."

This is the manner of procedure that the influential people of this city have practiced to keep this magical mascot of the plains off the map; but it is my intention to make Denver the Mecca of all those who are seeking cures—not palliation, not mutilation, not a place to be saved in sin—but a place to learn how to get well and stay well.

Yes, Denver is going to be put on the map, and New York, San Francisco, Chicago, and New Orleans will follow the people from other countries to God's Sana-



torium—Colorado and Sunshine—and especially to Denver, the home of PHILOSOPHY OF HEALTH and the TILDEN HEALTH SCHOOL.

Denver shall go on the map; for we have the elements of cure for all diseases—a happy combination of atmosphere, sunshine, beautiful city, and knowledge.

At Dr. Tilden's Health School there was discovered, in 1917, the cure for constipation. Not a cure; for there can be but one cure for any disease. Yes, the cure for constipation—all constipation that is not caused by mechanical obstruction. That discovery is perhaps the greatest that has ever been made; for the discoveries said to have been made in the past years have not proved themselves reliable. Our cure for constipation, where carried out faithfully, will have the bowels moving regularly every day within one to two months. This is a great victory for rational healing. *This is enough to put Denver on the map!*

---

## REPENTANT

May 31, 1917.

DEAR DR. TILDEN:

I am now availing myself of your very kind offer, when closing our correspondence, to write you when in difficulty, etc. It is said that "confession is good for the soul," and I know your rebuke will be merited.

A few weeks after finishing our correspondence I became very deeply interested in so-called "Christian Science," and up until a few days ago was endeavoring, with more or less success, to practice its teachings under the guidance of one of their so-called "practitioners." I am not denying that they may help in some

*May, '18*

## PHILOSOPHY OF HEALTH

39

cases, and work cures, and that their idealism is to be marveled at. Be that as it may; I am too material to have any desire to be sacrificed on the altar of "Xmas Science." Funny what a difference a little pain, which a mental treatment is unable to overcome, will do to one's conceptions, etc.!

My trouble, simply stated, is this: About three weeks ago I began to acquire what I thought was a stiff neck. But it persisted; so I concluded that it must be something else. Of course, being a neophyte in "Science," I had treatments, which, while allaying any fear I may have had, failed to stop the formation of a bunch on the left side of my neck, about where the collar band comes, which began to prove increasingly painful, in spite of what the practitioner called her "work."

It became red and inflamed, about the size of an egg, and seemed to have effected the muscles of the neck, making it difficult for me to turn my head either left or right. Still it did not act like a boil. However, it was, and is, very inconvenient, and interferes with my sleep and daily work. So yesterday, after a vigorous session with myself, I decided that, while we were undoubtedly spiritual in the last analysis, we had not reached that last analysis, and there were no short-cuts, Mary Baker Eddy to the contrary.

While matter is undoubtedly the substratum of mind, still there is no use in my "kidding" myself that there is no matter, when everything shrieks at me that to my present state of consciousness there is matter. So I cut out breakfast and lunch, and for dinner had three oranges and an apple. Today I applied a poultice of anti-phlogistine to the aforesaid lump, and have just returned from the bathroom after a session with the lump, which started to discharge about 9:45 p. m. There must have been about a wine-glass full of pus, followed by blood discharge, with the consequent reduction of the lump and a relieved sensation in that vicinity. It seems to me, although I possess very slight knowledge along that line, that the sac, or container, ought to be cut open, so that drainage would be free. What do you advise?

Until this thing clears up I am sticking to the entire fruit



diet, unless you advise me differently; and, believe me, *I am through* with religious fads and fancies, such as Christian Science represents. Good common-sense, such as you teach, is my guide from now on.

Aside from the trouble described, I am well, although failure to follow your rules has brought constipation back on me. However, experience seems to be my only teacher, and I have learned my lesson. *Never again!*

Assuring you that I shall be deeply grateful for any rebuke, admonition, instruction, or advice you may give me, and will guarantee to follow it, I am

Sincerely yours,

---

## ONE EVENING'S QUIZ AT THE CLINIC

(1) What is the cause of keloid? Can it be cured with diet only? The case is a child of twelve, and the trouble is developing in a scar on the neck.

Keloid is supposed to be the simplest form of cancer. It usually develops in scars. It is often seen in negro subjects where they have had an injury on the neck or face. What causes it? Infection of the wound because of imperfect drainage and perverted nutrition. If the drainage of the wound in such cases were prevented, patients would die of the infection. Wrong life and eating wrong, sleeping wrong, bathing wrong, thinking wrong, prevent ideal wound-healing. Antiseptic dressings also cause keloids. We do not have such results unless we do something that is contrary to the laws of nature. How would you cure it? Do exactly right, by stopping the wrong. Aren't cures simple? A cure is simple, or it is false.



*May, '18*

## PHILOSOPHY OF HEALTH

41

A gentleman came here from North Dakota a couple of years ago. He met a young man who had just gone out from our school, who was very enthusiastic about our place, and who urged this man to come here, notwithstanding he was billed for a surgical "plant" between here and there. The patient came down to the surgical plant, had an examination, and was told that he must have an operation for ulceration of the stomach. But, instead of doing so, he took the next train for Denver, and told me nothing about this experience for ten days after.

After his examination he said: "Now, doctor, I want to know the worst. You must tell me the worst. Whatever my fate is, I must know." I said: "Perhaps you are not able to stand it." "You must tell me. I insist on knowing in what condition I am." I answered: "If I should do a lot of harm by telling you, I hope you will not hold me responsible for it." So I got up close to his ear, very confidentially, and said: "You will be so easily cured that it is a shame to do it." That was too much levity with a man so seriously ill; he thought that I could not know very much. But he followed instructions, and in ten days he had a smile that would not come off. About this time I said: "You look pretty well. You are all right." He, answering, said: "Doctor, I haven't felt so well for twenty years. But I am not happy. I came by So-and-So's on my way here, and was told that I had ulceration of the stomach, and you haven't said a word about my stomach." "Oh, you want me to talk about your stomach! There isn't a thing the matter with

your stomach." He went home in a month and has been busy and well ever since.

What did I do for him? I just taught him how to live, what to eat, etc. He had been living wrong, was fifty-two years old, and developing the early symptoms of arteriosclerosis. But as soon as he quit doing the wrong thing, and began to do the right, he improved and put on the smile that will not come off.

When people live right, they have the smile that won't come off until they begin sliding back into old habits; then they get sick. This man was treated as I would treat keloid. Nutrition must be righted.

(2) For dinner, what food combinations would be best for a man thirty-seven years old suffering from superacidity, or a burning sensation in the stomach about two hours after eating?

Those who are suffering with a burning sensation of the stomach two hours after eating are eating too much. Those who suffer from acidity as a rule are eating too much at all their meals. Until the acidity is overcome I would suggest fresh fruit for breakfast, and nothing else—a good eating-apple, or any other kind of fresh fruit desired. Four to six ounces of toasted bread or zwieback, with not more than a half ounce of butter, may be taken for the evening meal. After eating all desired of the toasted bread and butter, each morsel of which must be thoroughly masticated and insalivated to the liquid state, a little fresh fruit may be eaten—an apple or pear or a few grapes; in very cold weather, two ounces of raisins.



*May, '18*

PHILOSOPHY OF HEALTH

43

The dinner at noon should be meat every other day. How much? Not to exceed four ounces. To this add one or two cooked, non-starchy vegetables, cooked properly and seasoned at the table with a small amount of salt and a limited amount of butter, and a good big combination salad—a dinner-plate full of lettuce, tomatoes, and cucumbers, with a small bit of onion, dressed with salt, olive oil, and lemon juice; or lettuce, celery, and canned tomatoes, with a small bit of onion; or simply lettuce and celery, or cabbage and celery, dressed in the same way. The alkaline juices of the vegetables will prevent fermentation, if the individual does not eat too much. The alternate dinners may be made of baked potato, corn bread, navy beans, butter beans, macaroni, or any decidedly starchy food, in place of the meat. The other part of the meal may be the same. No desserts should be eaten.

(3) What causes hiccough, and what can be done to prevent it?

Hiccough is a nervous affection. It may be a symptom of many different irritations of the body. The ordinary hiccough which people have for a short time occasionally is due to irritation of the stomach. It will often come on after a hearty meal. Hiccough that comes to stay for hours and days at a time, and sometimes to end in the death of the patient by wearing him out, is caused from a derangement of the cerebro-spinal center: passive congestion of the base of the brain, arteriosclerosis, sclerosis of the spinal cord, brain tumor, and perhaps many other organic changes of the nervous system. Men who dissipate in the use of stimulants are liable to



develop severe forms of hiccough. Excessive smoking will sometimes subject the user of tobacco to distressing spells of hiccoughing. What is the cure? Ascertain the cause, and remove it. If the patient is in the habit of taking too much food, eating too much daily, the habit must be overcome. Where one is troubled with this symptom, it is safe to stop eating, and also stop the use of stimulants, until all symptoms are entirely under control. Then resume eating on a more moderate plan, and cut out the stimulants entirely.

(4) Can a pterygium be cured without operation?

What is a pterygium? Pterygium is a small, fanlike growth on the white of the eye—growing toward the pupil. It is an index of a constitutional derangement marked by blood pressure. It can be cut off, and then, when some other symptom comes (for the cause remains), this can be suppressed also; then, if the patient is of a mental nervous temperament, and the force of the hyperemia continues in the brain, the patient may be forced into an insane asylum in the course of five to ten years, and people will wonder why he was sent there. Perhaps the disease will not end in that way; it may end in fibroid tumor; and it may be cut out. The disease is cured again. The symptom complex is gastro-intestinal fermentation, a bloodshot eye, a pterygium; an attack of pneumonia; a little farther on, a sore throat; and, a little farther on still, a spell of fever. Every one of these units belongs to one chain—a morbid condition that is going to lead to a premature grave. Disease from toxin poisoning is not sidestepped by cutting off symptoms. If the tendency is

May, '18

PHILOSOPHY OF HEALTH

45

toward paralysis, or cancer of the uterus, or cancer anywhere else, it will not be prevented by having it cut out.

Nearly every one of the little extraordinary pains and discomforts that come up in one's life is nothing more than a crisis—the real disease is toxin poisoning—auto-toxemia.

---

### GENERALISSIMO FERDINAND FOCH

"MY RIGHT has been driven in, my left has been driven in; consequently, with all that I have left in my center, I now will attack."—General Foch's telegram to General Joffre just before he made victory possible at the Battle of the Marne, September 7, 1914.

\* \* \*

At the first battle of Ypres an officer protested that his men were too tired to make another charge. "Tired out! So are the Germans! You are to attack!" was all General Foch vouchsafed in reply.

\* \* \*

"How are we to win the war?" he replied in answer to an inquiry. "By killing Germans!"

\* \* \*

Yet, with all his dash and aggressiveness, he is noted as a general who never sacrifices his troops needlessly. He is a conservator of his French man power. "It is Germans I sacrifice," he is quoted as saying. "I never throw away my own soldiers."

At last the armies of the Allies have found a mascot that spells victory, provided Americans—the people of the United States—furnish the club for beating down the foe. Every loyal American will do his best now. If he cannot fight, he can feed the soldier and keep the fighting man's gun loaded; and if he has no food and

cannot load the gun, he can shout for victory, and hurrah for the boys, and tell them to plug 'em in the ribs: "Stab 'em anywhere that the bayonet will enter! Go for them, boys! You are winning; you will win; by the eternal God, you have *got* to win!"

Foch is the nucleus about which this cyclone is gathering. It is the concentrating power that has been needed from the beginning of this war, and it shall be the ending of it.

I do not believe in war, and this civilization should be ashamed of it; but we are in it, and it is a question of licking or being licked. Surely we, the representatives of freedom, even if we have fallen below our ideals, are too proud to be brought to our knees by autocracy. No, it shall not be! Every believer in freedom must show it now. It is our country—our ideals—however much we have fallen short of living in them. We are now fighting for them. And we must win—we have *got* to win; for our ideals are better than others, and in fighting for them we are repenting and doing penance, to the God of our better selves, for the slovenly manner in which we have trailed the emblem of freedom in the dust. Most certainly we are not going to repudiate our beliefs—the beliefs of our better selves—by submitting to the domination of ideals that hark back to medievalism.

In what follows, every true American can agree:

In times gone by it has been the writer's privilege and pleasure to know many Germans. As citizens, neighbors, and friends they hold a high average. So



*May, '18*

## PHILOSOPHY OF HEALTH

47

well have I known them, and so favorably, that I unhesitatingly declare that they are splendid people out of whom to make a country; for they are frugal, industrious, and honest. But now, if their love of the fatherland is strong enough to make them favor imperialism as against the freedom for which this country and all of humanity should stand, and cause them to help the fatherland by fighting with their money, food, and influence, we are poles apart in sympathy; and if our friendly relationship is not to be broken, it is up to them to be loyal to the principles for which republicanism stands, or go to the fatherland and array themselves in an honorable way against me and my country. To stay here as citizens of this country, and enjoy the privileges of citizenship, and at the same time covertly work against it, is allowing zeal to play false with friendship and convert citizenship into disloyalty—traitorism! Such friends are not to be compared honorably with those who are massed and hurled against liberty and freedom in France, who are showing by fighting and dying that they at least have the courage of their convictions in an honorable attempt to uphold the beliefs of their country.

A man in this country who will not fight or feed the soldiers, or load the guns for those who are fighting, or who will not stand up and “root” his throat raw for the boys who are defending us, must go to the wells, cellars, and basements; for a discriminating psychological cyclone is gathering, and it will sweep everything pro-German that is on the surface of our country and every other country off the earth. He who is not for us is

against us. This affair is no longer German, French, English, American; it is cosmic; and woe be to him who cannot read the writing on the empyrean! Force! Force! and then more Force! is the slogan. The great Hun has said it. We accept it, and it shall be Force! "and damned be he who first cries, Hold! Enough!" All people in this country now are for it or against it; and the call is for loyalty, embarkation, or annihilation.

At last this civilization is up to the parting of the ways. Which way shall it be? Imperialism or Democracy? Mental domination or mental freedom? Our people, the Allies, shout freedom first, last, and all the time. This great world unpleasantness is not a question of politics; it is not commercialism; it is individual liberty—a struggle for the *Emancipation of Man's Mind from Superstition*. No other freedom is worth while. Democracy points the direction! Democracy is the road—the way—and there is no other to an honorable freedom. Are you with us? Then, on the great democratic thoroughfare, everyone who is not a traitor to humanity, a traitor to the best interests of life, will travel to Victory and Freedom!

---

### THIRD LIBERTY LOAN!

April 15, 1918. Mount Angle, Oregon, 90 per cent German and Austrian population, won an honor flag today.

German populations in Minneapolis district showed good records the first day's canvass.